

Directory of services in Lothian

Developed by the CHSS Nurses

July 2006

Whilst we hope you find the contents of this directory informative, the contents are for general information purposes only and do not constitute advice.

We believe the contents to be true and accurate as at the date of writing but can give no assurances or warranty regarding the accuracy, currency or applicability of any of the contents in relation to specific situations and particular circumstances.

Details may be changed or updated without notice.

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Travel:

Blue Badge: Edinburgh – 0800 23 23 23 / 0131 469 3840

West Lothian – 01506 775 287

Down load – www.westlothian.gov.uk/content/services/B/68203/1081981

East Lothian – 01620 827 367

Midlothian – 0131 271 3522

Bus Pass: Edinburgh Downloadable copies – www.edinburgh.gov.uk – under travel then travel Cards – 0131 429 3840

East Lothian 01620 827 367 or go to local library

West Lothian – 01506 775 287

Midlothian – 0131 271 3522

Taxi Cards: Edinburgh -0800 232323/ 0131 469 3840

West Lothian 01506 775 287/775 291

Down load – www.westlothian.gov.uk/content/services/T/68944/

East Lothian – 01620 827 657

Midlothian – 0131 271 3522

Disabled parking bays – 0800 23 23 23

Handicabs/Dial a ride - door to door service for disabled people and dial a ride provides weekly shopping trips for the elderly

Handicabs Edinburgh

Dial a ride 0131 447 9949

Dial a Bus 0131 447 1718

Handicabs West Lothian

Dial a Ride 01506 633 953

Dial a bus 01506 633 336

Handicabs Midlothian/East Lothian

Dial a ride 0131 663 0163

Dial a Bus 0131 663 5184

Lothian all aboard – an increasing number of accessible bus routes are being provided throughout the Lothians.

To find out more contact the Traveline – **0800 23 23 23**

East Lothian Gaberlunzie all aboard service – offers public transport to areas of east Lothian not on a fixed bus route. To use this service call **0800 32 87 717** between 9am and 4pm. You can then book the time and place to be picked up. Standard and concessionary fares apply.

Disabled persons rail card – £14 per annum and provides 1/3 of all travel via train Contact local railway station or Tel 0191 218 8103 (disabled persons railcard office Newcastle) or download via

www.disabledpersons-railcard.co.uk/application/application.htm

Thistle travel card – if you have difficulty using public transport you can use this card to show to staff who will provide you with assistance for example provide extra time to sit down, help to count out money, tell you when you are at your stop etc. Obtained from transport booking offices, local authority concessionary travel offices, day centres, carers centres etc.

Accessible Scotland brochure – list of accessible accommodation/ visitor attractions online www.visitscotland.com or 0845 22 55 121

Disabled Go – detailed access information for people with disabilities across the UK

www.disabledgo.info

Motability

Helps disabled people and their families become mobile

Tel. 01264 384480 or www.motability.co.uk

Shopmobility Mobility products i.e. wheelchairs, scooters which are available free of charge.

Edinburgh Princes Street – 0131 225 9559

Edinburgh -The Gyle 0131 317 1460

Edinburgh Ocean terminal 0131 475 9408

Almondvale centre Livingston 01506 442 744

Volunteer car Services – car schemes which may organise transport in the scheme's locality. Some schemes limit themselves to transporting to hospital, GP's surgery, shopping or providing or occasional or emergency service – other schemes are more flexible.

British Red Cross Transport and Escort

Edinburgh – 0131 557 9898
East Lothian and Midlothian 0131 654 0340
West Lothian – 01506 654 652

Edinburgh

Women's Royal Voluntary Service – 0131 556 4284
Colinton Care – 0131 441 4787
Morningside Churches Neighbourhood Group – 0131 445 1877

East Lothian

North Berwick Volunteer Scheme – 01620 892 101

West Lothian

Linlithgow Link – 01506 845 137
Dedridge Good Neighbour Network – 01506 416 137
Ladywell Neighbourhood Network – 01506 437 746

South Edinburgh Amenities Group – SEAG offers a citywide, wheelchair accessible minibus service to community groups and invites enquiries to the transport manager
Tel 0131 658 1431

DVLA Drivers Medical Group - Information for drivers with medical conditions.

<http://www.dvla.gov.uk/drivers/dmed1.htm>

Telephone 0870 600 0301 (Monday – Friday 0815 – 430pm) Fax 0845 850 0095
e-mail: eftd@dvla.gsi.gov.uk

http://www.dvla.gov.uk/drivers/dmed1_files/pdf/INF188_3.pdf - DVLA guide to driving

http://www.dvla.gov.uk/drivers/dmed1_files/pdf/B1STR.pdf Fitness to drive form for patients

Forum of Mobility Centers - Advice on driving for disabled people.

<http://www.mobility-centres.org.uk>

Tripscope – provides advice and information for disabled people **(closed Mar 06)**

Tel 084 56 58 56 41 www.tripscope.org.uk

<http://www.dptac.gov.uk/door-to-door/index.htm>

-provides travel information for disabled people

National Association for Bikers with a Disability (NABD) -

an organisation which provides help, in the form of grants, learner machines and obtaining discounted insurance for disabled people who wish to ride motorcycles
Unit 20, The Bridgewater Centre Robson Avenue Urmston Manchester M41 7TE
Tel 0870 759 0603 e-mail nabd@nabd.org.uk website <http://www.nabd.org.uk>

Lothian Community Transport Services (LCTS)

provides a citywide and wheelchair-accessible minibus hire service for community and voluntary groups, and minibus training. Offers advice and information for transport providers and purchasers.

200 Sir Harry Lauder Road Edinburgh EH15 2QA

Tel: 0131 669 9959 Fax: 0131 669 9961 Email : lcts@dial.pipex.com

Home Support:

Edinvar Connections – specialist support to people who have an acquired brain injury. This includes

- securing/maintaining accommodation
- accessing services and resources for ABI
- Budgeting, shopping, paying bills
- Living independently
- Joining groups
- Accessing benefits

Contact – Alan Dudley 0131 667 4098 e-mail marshallst@edinvar.co.uk

Home Link

- People currently homeless
- Have multiple support needs
- Highly vulnerable/ at risk people

Contact – Gill Young 0131 661 8298 **E-mail:** debbie@tehlp.fluf.com

Neighbourhood Support Team

Council tenants having difficulty with meeting tenancy conditions (Advice, information, visiting support)

Contacts: Central/South – Ann Barratt 0131 529 7018
 North – Joe Shearer 0131 529 5071
 East – Helen Weekes 0131 529 3582
 South – Hazel Baird 0131 529 5123
 West – Elaine Hadley 0131 527 3818

Pneumbra – www.pneumbra.org.uk

Visiting support for people with mental health/ acquired brain injury who are finding it difficult to maintain tenancies.

Contact 0131 475 2380 **E-mail:** roy.heath@pneumbra.org.uk

Useful Website – www.nice-work.com/hogasp/care/atoz/htm info about other support agencies.

Freespace - People with severe physical disabilities who want to control their own lives. Clients with acquired brain injury. Visiting Support. Support to enable severely physically disabled adults to live their lives in the way they wish and to have full control in their own lives. All aspects of Personal Care, one to one.

Tel: 0131 346 9030

Carr-Gomm Scotland - People who need support for whatever reason, whatever amount or whatever their age. Not limited to any particular client group. Need to be aged 16+ and vulnerable.

Tel: 0131 669 1600

Fax: 0131 669 3540

E-mail: info@carr-gommScotland.org.uk **Web-site:** www.carr-gommScotland.org.uk

Housing Support and Inclusion Services - The Housing Support and Inclusion Service helps people to live independently in their own homes and be involved in their local community. This includes help completing forms and help to understand your bills, Help you to access and use other services, familiarizing you with the local area, Help you to access and maintain appropriate accommodation, Life skills, including advice on cooking and maintaining your home, Making sure that you get to appointments, accompanying you if needed.

Assessment and Advice Services, Community Care Housing, 23 Waterloo Place
Edinburgh EH1 3BH

Tel: 0131 529 7661

Social Work:

North West District

Westfield House SWC
5 Kirk Loan
Edinburgh EH12 7HD

Tel. 0131 334 9933
Fax 0131 316 4095

Home care 0131 314 5855

West Pilton Gardens SWC
8 West Pilton Gardens
Edinburgh EH4 4DP

0131 529 5400
0131 529 5429

0131 529 5457/58

North East District

Leith SWC
St Johns House
71 Constitution Street
Edinburgh EH6 7AF

Tel 0131 553 2121
Fax 0131 555 0842

Home care 0131 553 2121

Craigentenny SWC
Loaning Road
Edinburgh EH7 6JE

0131 661 8291
0131 652 0984

0131 656 6119

South Central District

Oxgangs Path SWC
4 Oxgangs Path
Edinburgh EH13 9LX

Tel 0131 445 4451
Fax 0131 445 5501

Home Care not based here

Victoria Street SWC
11 Victoria Street
Edinburgh EH1 2HE

0131 226 6731
0131 220 4883

Home care 0131 527 5126

South East District

Captains Road SWC
40 Captains Road
Edinburgh EH17 8QF

Tel 0131 529 5300
Fax 0131 529 5384

Home Care 0131 529 5300

Craigmillar SWC
111 Peffermill Road
Edinburgh EH16 4AL

0131 656 9800
0131 652 2749

No home care team

South West District

Murrayburn Gate SWC
5 Murrayburn Gate
Edinburgh EH14 2SS

Tel 0131 442 4131
Fax 0131 442 4842

Home care 0131 458 3944

Springwell House
1 Gorgie Road
Edinburgh Eh11 2LA

0131 313 3366
0131 346 7768

0131 313 3366

Midlothian

Dalkeith SWC
11 St Andrew Street
Dalkeith EH22 1AL

Tel 0131 271 3860
Fax 0131 663 2826

Home Care 0131 271 3860

Loanhead SWC
4 Clerk Street
Loanhead EH20 9DR

0131 271 3900
0131 448 2151

0131 271 3900

East Lothian

Haddington SWC
6-8 Lodge Street
Haddington EH41 3DX

Tel 01620 826 600
Fax 01620 826 202

Home care 01620 826 600

Musselburgh SWC
Brunton Hall
Ladywell Way
Musselburgh EH21 6AF

0131 665 3711
0131 653 2122

0131 665 3711

West Lothian

Livingston SWC
Cheviot House
Owen Square
Livingston EH54 6PW

Tel 01506 777 777
Fax 01506 777 711

Home care 01506 777 777

Bathgate SWC
69 Whitburn Road
Bathgate EH48 1HE

01506 776 700
01506 776 735

01506 776 700

Broxburn SWC
Easter Road
Broxburn EH52 5HN

Tel 01506 775 666
Fax 01506 775 667

Disabled Persons Housing Service – provides a range of services which aim to help disabled people obtain housing more suitable to their needs.

12-13 Johnston Terrace Edinburgh EH1 2PW
Tel 0131 225 7788

Grants - may be available to help owner occupiers and tenants of private landlords with the costs of adapting a house to meet the needs of a disabled person. Local Offices –

28 Gorgie Road Edinburgh – 0131 337 6241
95 Portobello High Street – 0131 669 0759
23 Leith Walk – 0131 555 0424
61 South Clark Street – 0131 662 4777

The City of Edinburgh Council Revenues and Benefits Division – Main office for enquires regarding housing benefit, council tax, and council tax benefit
Tel 0131 459 1991

The City of Edinburgh Housing Advice Service – 23 Waterloo Place, Edinburgh
EH1 3BH
Tel 0131 529 7368

Joint domiciliary Equipment Service – 1/13 Slateford Road, Edinburgh,
EH11 1NX

Equipment for use at home i.e. cubs, hand rails, stocking aids etc.
Tel - 0131 313 2435 Fax - 0131 313 4303

East Lothian Sub Store – Unit 11 Mid road Industrial Store Prestonpans
EH32 9ER
Tel 01875 814 720, Fax 01875 815 937

Community Alarm service (CAS) Edinburgh
Tel 0131 529 7714

CAS Alarm Midlothian – 0131 271 3900

CAS Alarm East Lothian – 01875 613 921

Continence Services

People who are incontinent and are living at home or with relatives can get help with washing bed sheets from social work community laundry service. **Contact local social work centre or District Nurse.**

Continence Advisor – Edinburgh, Midlothian, East Lothian 0131 537 4572

West Lothian Continence Advisor – 01506 419 666 ext 2936

Garden Aid Scheme

Tel 0131 529 7862/5

Basic service of grass and hedge cutting for people who are over 60 or disabled. To qualify you must be in receipt of housing or council tax benefit and no one else in the house who can maintain the garden. **Note if you are over 80 you are also entitled without above benefits**

Garden Aid East Lothian – contact local community office (Council tenants only)
Or enquires Tel 01620 827 430

Direct Gov - Information website providing useful information on benefits, carers allowance, disability rights, education and training www.direct.gov.uk

Hospitals and Health

Herdmanflat & Roodlands Hospitals - Aberlady Rd, Haddington, East Lothian
EH41 3BU Tel: 0131 536 8300

Edington Cottage Hospital 54, St. Baldreds Rd, North Berwick, East Lothian
EH39 4PU Tel: 01620 897040

Belhaven Hospital Beveridge Row, Dunbar, East Lothian EH42 1TR
Tel: 01368 862246

Astley Ainslie Hospital 33 Grange Loan Edinburgh 0131 537 9000

Bo'ness Hospital Dean Road Bo'Ness (01506) 829 580

Chalmers Hospital 55 Lauriston Place Edinburgh 0131 536 1000

DENTAL

Dental Advice line

- is operational in the evenings and at weekends to offer advice or to arrange for you to receive urgent dental care. A dental nurse advisor will take your call and assess the urgency of your symptoms in a similar way to the triage nursing system at Chalmers Dental Centre. Lothian Dental Advice Line: Tel 0131 536 4800

Edenhall Hospital Edenhall Road Musselburgh 0131 536 8000

Lauriston Building Lauriston Place Edinburgh 0131 536 1000

Liberton Hospital 113 Lasswade Road Edinburgh 0131 536 7800

Loanhead Hospital Hunter Avenue Edinburgh 0131 440 0174

Princess Alexandra Eye Pavilion Chalmers Street Edinburgh 0131 536 1000

St Michael's Hospital Edinburgh Road Linlithgow (01506) 842053

Royal Infirmary of Edinburgh 51, Little France Crescent, Edinburgh, Midlothian
EH16 4SA Tel: 0131 536 1000

Corstophine Hospital 136, Corstophine Rd, Edinburgh, Midlothian EH12 6TT
Tel: 0131 537 6250

Elen's Glen House Carnbee Avenue, Edinburgh, Midlothian EH16 6FF
Tel: 0131 537 6243

The Royal Hospital for Sick Children 9, Sciennes Rd, Edinburgh, Midlothian
EH9 1LF Tel: 0131 536 0000

Eastern General Hospital Seafield St, Edinburgh, Midlothian EH6 7LN
Tel: 0131 536 7000

Balfour Day Hospital Astley Ainslie Hospital, Grange Loan, Edinburgh, Midlothian
EH9 2HL Tel: 0131 537 9015

BUPA Murrayfield Hospital – Edinburgh 122, Corstorphine Rd, Edinburgh,
Midlothian EH12 6UD Tel: 0131 334 0363

Royal Victoria Hospital 13, Craighleith Rd, Edinburgh, Midlothian EH4 2DN
Tel: 0131 537 5000

St. Johns Hospital Howden Rd West, Livingston, West Lothian EH54 6PP
Tel: 01506 419666

Western General Hospital Crewe Road, Edinburgh 0131 537 1330

PODIATRY (CHIROPODY)

This service is available to everyone with a podiatric or medical need, regardless of age, at clinics across Lothian.

Appointments in Edinburgh

To self-refer for an appointment, you should fill out an application form, which can be obtained from any of the Edinburgh NHS podiatry clinics. The completed form should then be sent to one of the eight assessment centres. You should choose from the list below. An appointment will be posted out to you.

Assessment Centres

Opening hours: Monday-Thursday: 8.30 am to 5.00 pm; Friday: 8.30am to 4.00pm

Tollcross Medical Centre, 11 Forbes Road
Gilmerton Clinic, 66 Gilmerton Dykes Street
Inchkeith House, 139 Leith Walk
Mountcastle Clinic, 132 Mountcastle Drive South
Sighthill Health Centre, 380 Calder Road
South Queensferry Health Centre, 12 Rosebery Avenue
Springwell House Health Centre, Ardmillan Terrace
Stockbridge Health Centre, 1 India Place

Appointments in East Lothian and Midlothian

To self refer for an appointment you should obtain an application form from any clinic or GP practice in the area. Once completed, you may return the form to any clinic. You will receive an appointment to attend at one of the assessment clinics.

Assessment Centres

Opening hours: Monday-Thursday: 8.30 am to 5.00 pm; Friday: 8.30am to 4.00pm

Bonnyrigg Health Centre, 109-111 High Street
Cockenzie Health Centre, Avenue Road
Dalkeith Medical Centre, 24-26 St Andrew Street
Danderhall Medical Centre, 85 Newton Church Road
Dunbar Medical Centre, Abbey Road
Gorebridge Medical Centre, 15a Hunterfield Road
Gracefield Clinic, Musselburgh
Loanhead Clinic, 17 George Terrace
Newtonport Clinic, Newton Port, Haddington
North Berwick Health Centre, St Baldred's Road
Penicuik Health Centre, 37 Imrie Place
Prestonpans Health Centre, Preston Road
Tranent Health Centre, Loch Road

Appointments in West Lothian

You may be advised to attend by your GP or nurse, or you may be experiencing pain and discomfort. You can apply for assessment by completing an application form available from your health centre or St John's Hospital Chiropody Department. You will be offered an initial assessment at St John's, Whitburn Health Centre or Linlithgow Health Centre, whichever is most convenient for you. Treatment will be given for pain relief at the assessment. Necessary follow-up care will be discussed with you and appropriate arrangements made. If you require information or an emergency referral, telephone St John's Hospital Chiropody Department on 01506 422751.

GENERAL PRACTITIONERS / FAMILY DOCTORS

How to register with or change your GP

Everyone should be registered with a GP. If you are new to the area, you should register with a local GP as soon as possible. Ask at the reception desk of the GP practice for a registration form.

A list of GP practices is available in your local library. You can find the GP practice nearest to your home by telephoning 0131 537 8424

If you wish to change your GP you can apply as above, or you can telephone 0131 537 8424 for advice.

If you have been removed from a GP's list, and cannot get another doctor to accept you, please telephone 0131 537 8473.

Temporary residents may access GP services. If you are staying with a family who are registered, you may be able to attend their GP.

People who are homeless may access local GP services. Alternatively GP, nursing and mental health services are available at TAP (The Access Point), 17 Leith Street, Edinburgh and at the Cowgate Clinic, 20 Cowgate, Edinburgh. Advice regarding housing and social work services are also available at TAP.

NHS 24 – Tel 08454 24 24 24 Textphone 08001 08454 24 24 24
www.nhs24.com

Community Rehab Team Edinburgh – Room 118, Shrubhill House, Shrub Place, Edinburgh, EH7 4PD
Tel 0131 553 8270 Fax 0131 554 5775

CRABIS Community Rehabilitation and Acquired Brain Injury Service
Project leader Janet Brown Tel 01506 774 046

Neurological outpatient's physiotherapy service East Lothian- service for people aged 16-64 years who have a neurological condition including people with acquired brain injury. Referral via GP (No transport available)

East Lothian Discharge Response Team – Roodlands Hospital Haddington EH41 3PF
Tel 0131 536 8405 Fax 0131 536 8406

Leith Community Treatment Centre – Junction Place Edinburgh EH6 5JQ
Tel 0131 536 6225

Smoking Cessation (Midlothian) Group support to stop smoking
Tel 0131 536 7666 or 0131 271 3456

HEBS – national resource for improving Scotland's health, provides information on stroke, mental health, cancer, smoking etc. Has a large resource of leaflets etc in different languages.

Edinburgh office – Woodburn House Cannan Lane Edinburgh EH10 4SG
Tel: 0131 536 5500 Textphone: 0131 536 5503 Fax: 0131 536 5501
www.hebs.scot.nhs.uk

Smoking Cessation West Lothian St Johns Hospital, Helen Connelly
01506 419 666 ext 3000

Low income groups – Joyce Mowbray 01506 419 666 ext 3000 and Debra Love 01506 446 643

Midlothian Smoking Cessation – Elidh Mowat 0131 536 7666
East Lothian – Jan Copleton 01620 827 363

Smoking Cessation Edinburgh:

North West Edinburgh – Kate Dixon 0131 459 7244 and Katie Jack 0131 551 1671 (Pilton area)

North East Edinburgh – Mary Monaghan and Diana Martin 0131 536 6207

South West Edinburgh – Anna Cunniff 0131 537 7446

South Central - Jennifer Potter 0131 536 9759

South East Edinburgh – Marion Woodward 0131 672 9532

Midlothian Food Train – new free shopping service to help local, elderly or disabled people.
Contact Gorebridge Health Project 01875 823 922

Midlothian Healthy Living Project – information on health and healthy living
Tel 0131 660 5055

Healthy Living Scotland – information and order healthy living packs
Tel 0845 278 8878 www.healthyliving.gov.uk

Edinburgh Community Food Initiative – information, education and consultancy on a range of food poverty and health issues. Organises food co-op's
Tel 0131 467 7326

Bonnington Food Co-op – Bonnington Resource Centre 200 Bonnington Road Edinburgh. Sells fresh fruit and vegetables at low prices, every Monday 1pm – 4pm
Tel 0131 555 0920

Clovenstone Food Co-op - Pat Donnelly Tel 453 3257

Dumbiedykes Food co-op – 8/7 Holyrood Court Edinburgh
Thursday 10am – 12 30pm and Saturday 10am – 12 00 noon
Tel 0131 558 7804

Richmond Craigmillar Food co-op – 227/229 Niddrie Mains Road Edinburgh
Thursday 10 30 – 12 30
Tel 0131 661 6561

Broomhouse Food Co-Op – 1 Broomhouse Market Edinburgh Mon – Fri 9-3 and Wednesday 9-12 (contact Linda Newlands)

Calder Food Co-Op – Calder Community Centre 9 Calder Park Edinburgh Tue/Thurs 10-12. Contact Senga Nightingale Tel 0131 453 2654

Barri Grub – quality, low cost fruit and vegetables (Can deliver).
3 West Pilton Park, Edinburgh
Tel 0131 332 0871

Pentland Food Co-operative - c/o Pentland Community Care Project,
Pentland Community Education Centre Oxgangs Brae, Edinburgh EH13 9LS
Wednesday 10.30-12.00pm
Tel 0131 445 5559

Gorebridge Health Project – Quality fruit and veg at affordable prices
The Brown Building, 80 Hunterfield Road, Gorebridge EH23 4TT.
Tel Cathy Hamilton 01875 823 922
Tues: 9:30-11:30 Medica Top Hut, Mayfield.
Wed: 9:30-11:30 Greenhall Community Education Centre and The Brown Building, Gorebridge.
Thurs: 9:30-11:30 the Brown Building, Gorebridge and Surestart, Penicuik and Bilston Miners Welfare.

East Lothian Roots and Fruit access to healthier diet
82 High Street Tranent, Monday to Friday 9am – 3pm
Tel: 01875 616 337

Catch the Food Train

A free shopping delivery service active in Midlothian
For more information or to try out the new service Tel 01875 823 922

Edinburgh Visual impairment service – provides advice on social and financial benefits for registered blind or partially sighted people. Also has an equipment store and supported living service.
12 Hillside Crescent Edinburgh Tel 0131 557 1004 www.rnib.org.uk

Dental repairs – 157 Morrison Street Edinburgh
Tel 0131 229 5967

The Outside Clinic – provide free eye test in your own home
Tel 0500 295 245

Podiatry – Podiatry Centre Springwell House, Ardmillian Terrace, Edinburgh
Tel 0131 537 7466

Community Dental service – 16 Duncan Street Edinburgh (some work can be undertaken at home for housebound people)
Tel 0131 667 7114

NHS Interpreter – Tel 0131 242 8181, 24 hour helpline 0800 731 69 69

Continence Foundation - Information and support for people with bowel and bladder problems and for service providers
www.continence-foundation.org.uk

Disability Sport Events - News and information about sport for disabled people.
www.disabilitysport.org.uk

Scottish Disability Sport - Supports sporting activities for disabled people in Scotland.
www.scottishdisabilitysport.com

Alcohol concern – has a wide range of information and can put people worried about own or relatives drinking in touch with a local agency.
Tel 0207 928 7377
www.alcoholconcern.org.uk email: contact@alcoholconcern.org.uk

Depression Alliance – www.depressionalliance.org Tel 0845 123 23 20

Prescription Prepayment Certificate (PPC) order line - which enables the public to buy a PPC by phone using a credit or debit card and provides general advice regarding prescriptions. Calls are charged at local rate Order line 0845 850 0030
http://www.ppa.org.uk/ppa/ppc_intro.htm Monday to Friday 8.00 am to 8.00 pm

Breathing Space – support line for people and carers suffering from low mood/depression, Tel 0800 83 85 87 www.breathingspacescotland.co.uk

DIPEX – website providing information for carers/patients on various topics including cancer, heart disease, neurological conditions www.dipex.org

Edinburgh & Lothian Council on Alcohol - 40 Shandwick Place Edinburgh EH2 4RT, Tel 0131 225 8888

Alcoholics Anonymous -- 24 hour helpline
38 Cockburn Street, Edinburgh EH1 1PB Tel 0131 225 2727

West Lothian Drug and Alcohol Service – 47/48 Adalaide Street Livingston EH54 5HQ Tel 01506 430 225 E-Mail: enquiries@wldas.org

Carer Support

Help for carers – helpline will be able to tell you what financial help is available, details of carers groups in your area.

Tel 0800 22 44 88

Carers Helpline - provides support to carers in their role by providing complex advice and information on welfare benefits and community care issues
Helpline 0808 808 7777 Monday to Friday, 10.00 am to 2.00 pm

Carers UK – provides information and advice for people caring for someone. Can put people in touch with other carers or groups.

Tel 0207 808 7777 www.carersonline.org.uk

NSF Scotland – Carers support project – Claremont House, 130 East Claremont Street, Edinburgh EH7 4LB Tel 0131 557 9162

NSF Scotland Carers Information Service – (address as above)

Tel 0131 557 8969

Social Work Carers Support and Development Workers – provides advice and information for carers living in Edinburgh.

Tel Doreen Copeland (North of city) 0131 553 8453

Tel Eileen McNaughton (South of city) 0131 553 8452

Oxgangs Pentland Carers Project

Tel 0131 441 5099

Provides advocacy, sitter service, befriending and support groups

Greater Pilton Carers Resource – 36 Muirhouse crescent Edinburgh EH4 4QL provides support, information, groups, training and sitter services.

Tel 0131 315 3130

CHAI – Community Support Project Oxgangs

Tel 0131 442 210 also in Calder/Wester- Hailes area – help young people with practical requirements for young tenants

VOCAL - the Voice of Carers Across Lothian,

VOCAL Carers Centre, 8-13 Johnston Terrace, Edinburgh, EH1 2PW

Tel 0131 622 6666 Fax 0131 622 7621. E-mail vocal@carers.net

www.vocal.org.uk

Vocal Midlothian – 0131 663 6869

NHS carer coordinator North East
Tel 0131 536 6215 (Madeline Martin)

Carer Support and development worker – Gwenne McIntosh Tel 0131 672 9202

Gilmerton Carers meeting – at Ravenscroft Sheltered Housing 30 Ravenscroft Place. Contact Gween McIntosh 0131 672 9202 or Lisa Rice 0131 672 0987

North West carers centre - Provides support, information, groups, training and sitter services
Tel 0131 315 3130 **Fax:** 0131 315 3137 **Contact:** Diane Barnes - Project Manager
E-mail: resource@pilton.carers.net

Crossroads – caring for carers, befrienders, sitter service
Springwell House 1 Gorgie Road Edinburgh Tel 0131 346 1596
www.crossroads.org.uk

Homelink – Voluntary organisation providing befriending support to young families in Midlothian and South Edinburgh
Tel 0131 661 0890 www.homelinkbefriending.org

Carers of West Lothian voluntary organisation and charity that aims to provide support, information, a voice for carers and to work with others to ensure a better quality of life for carers
Tel 01506 771750 www.carers-westlothian.com

Peer counselling (as above) – confidential one to one service by disabled people
Peer Counselling Co-ordinator LCIL, Norton Park Centre, 57 Albion Road, Edinburgh. Tel/Minicom: 0131 475 2350
Email: peercounselling@lothiancil.org.uk

Craigshill Good Neighbour Network - Craigsfarm Maree Walk Livingston Tel: 01506 419578

Dedridge Good Neighbour Network- A local voluntary organisation, which provides a comprehensive care, scheme through a voluntary network. The aim is to identify needs and provide a co-ordinated approach to Community Care.
C/O The Lanthorn Community Centre, Kenilworth Rise, Dedridge, Livingston EH54 6JJ
Tel: 01506 416137

Knightsridge Neighbourhood Network- Aims to promote social welfare through the provision of good neighbours; to provide information, advice and practical or emotional support to anyone in the community who may be isolated or experiencing difficulties. Also includes an advocacy service and a furniture-recycling scheme. Community house
23 Graham Way, Knightsridge Livingston Tel: 01506 439 430
Website: www.neighbourhoodhouse.org.uk

Ladywell Neighbourhood Network- To supply voluntary community care (prescription delivery, befriending, pension collection, driving to appointments, lunch clubs and over 50's Club. Services for low income households, e.g. IT access, internet, photocopying, garden equipment hire, welfare rights, health & well being, financial care & correspondence, book borrowing, etc.
28 Heather Bank, Ladywell, Livingston EH54 6EE Tel: 01506 437746

Midlothian Befriending Scheme – Volunteer befrienders for people in Midlothian who are socially isolated, people who are unable to get out much, people who feel lonely
Tel 0131 663 3366 www.mbs.org.uk

Good Neighbours –East Lothian
Run by WRVS to collect prescriptions, shopping, provide transport, walk a dog, a companion to provide carer with a break etc.
Tel. 01620 829 337

Cruse Bereavement Care Scotland (Edinburgh Branch) – provides counselling for those who have suffered a bereavement, children's counsellors available
Tel 0131 229 6275 www.crusescotland.org.uk

Cruse East Lothian - 01875 833 600

Cruse West Lothian - 01506 636 177

Couple Counselling Scotland – 9A Dundas Street, Edinburgh EH3 6QG
Information about counselling for couples in Scotland.
Tel 0131 556 1527 Fax 0131 558 9526
www.couplecounselling.org or www.cclothian.btinternet.co.uk
e-mail cclothian@btopenworld.com

Counselling at –
Dundas Street Monday – Thursday 9am-4pm / Friday 9am-4pm /
Saturday **10am**-10pm

Sighthill – 0131 537 7001 Thursday 1pm-5pm

Dalkeith – 0131 561 5510 Wednesday 1pm-4pm

Dedridge Health Centre 01506 556 1527 – Tuesday 10am, 11am, 12 noon

Howden Health Centre 01506 556 1527 – Wednesday 1pm-4pm

Relate - Relationship counselling and therapy .
www.relate.org.uk

www.wellontheweb.org - Raising awareness and promoting positive mental health, Eliminating stigma, Preventing suicide, Promoting Recovery.
Edinburgh Young Carers Project, 57 Norton Park, Edinburgh
Tel 0131 475 2322

First Hand – voluntary organisation which runs services for one parent families, Families affected by disability and young disabled people. Services include sitter service, befriending and groups for children and young people
Tel 0131 557 3121 www.1sthand.org.uk

Home Link – home based befriending service for families with at least one child under 5, who are under stress or experiencing difficulties
Tel 0131 661 0890 www.homelinkbefriending.org

Home Start – offers a few hours a week to give young families practical help, support and friendship providing child under age of 5

Edinburgh South Central – Tel 0131 226 1331
North East Edinburgh – 0131 553 7819
East Lothian – 01875 616 066
West Lothian – 01506 854 529

Crossroads Caring for carers – offers short breaks from caring within the home allowing the carer a much needed break.
Springwell House, 1 Gorgie Road Edinburgh
Tel 0131 346 1596 www.crossroads-scotland.co.uk

Crossroads Care attendant scheme (Midlothian and East Lothian) aims to prevent carers becoming ill through exhaustion. Provides carers with peace of mind by proving a care attendant so allowing carers to relax, go to shops etc.
Tel 0131 665 3810

Crossroads Care attendant scheme West Lothian
17 East Main Street, Whitburn, EH47 0RA Tel 01501 742 944

Edinburgh Young Carers Project – a project offering fun, relaxation, time out, a chance to talk and the opportunity to access other services.
Tel 0131 475 2322

CA(I)RE Project – based at the Eric Liddell Centre, Edinburgh for carers
Tel 0131 446 3317/3319/3321

Care for Carers support group for carers
Lochend House, 33-35 Lochend Road South, Edinburgh Tel 0131 661 2077

Lothian Victim Support Scheme
- provides support and advice for victims of crime
Tel 0131 668 2556

Stepping out
– residential weekend breaks for carers and former carers in Linlithgow.
Tel 0131 661 2077/ 0131 553 8453

South Queensferry Community Care Project – provides a range of services for carers and former carers offering support, information, support groups and training courses to carers in South Queensferry
Tel 0131 331 5570

Carer Support and Development worker at Ladywell Medical Centre – provides support to individual carers one day per week (Wednesday) who are with the East Wing Practice
Tel Gwenne McIntosh 0131 536 9536

Carer support group – Tower Day Centre, 18 Murrayfield Drive, Edinburgh for any carer who looks after an older person. Group meets monthly.
Tel Jane Jeffery 0131 337 9344 or Violet Stevens 0131 337 1504

Corstorphine Clermiston Carers support group – group meets at Saunders Court first Wednesday of every month
Tel Gwenne McIntosh 0131 536 9536 or Doreen Copeland 0131 553 8453

Silverlea and Granton Carers Support Group – group meets first Tuesday of each month between 7pm and 9pm at Silverlea Residential Home
Tel Geraldine Howard (Silverlea Day Centre) 0131 336 4495 or Katie Neilson 0131 315 3130 (Greater Pilton Carers Resource)

Leith Carers Support Group – group meets every second Wednesday from 10am-1145, Acorn Centre, Great Junction Street Edinburgh Tel 0131 553 7329

Queensferry Churches Care in the Community Project – provides support and information in South Queensferry, Dalmeny, Kirkliston, Ratho and Newbridge.
Tel Gillian Smith 0131 331 5570

Bereavement Support Group – Tel Jean Mack 0131 225 8508 or 666 1606
(North West Edinburgh)

Crossroads Carer's Support & Respite Services - Edenhall Hospital
Musselburgh
Contact Mr Ian Huggan 0131665 3810

Dunbar carers Group – Belhaven Parish Church meets monthly. Contact Carers
of East Lothian Tel 0131 665 0135

North Berwick Carers Group – Blenheim Hotel meets first Tuesday of every
month 1030 – 1230pm
Contact Margaret Stubbs 01620 895 281

Musselburgh Carers Group – Carers of East Lothian Carers Centre Meets every
3 months.
Contact Carers of East Lothian 0131 665 0135

Tranent Carers Group – Tranent Day Centre, contact Ray Anderson Tel: 01875
612 130

East Linton Carers Group – Meets first Thursday of each month in Lynton Centre
from 10am – 12noon.
Contact Carers of East Lothian 0131 665 0135 or Anne Stewart 01620 860 645

Carers of East Lothian advice and information on benefits, carer support,
holidays and respite
Tel 0131 665 0135 www.coel.org

East Lothian Young carers – provides support and information for young people
of any age up to 25 years who care for a family member
Tel 0131 273 4356

Minority Ethnic Carers Older People Project (MECOPP) – an information,
advice and support service for carers of minority ethnic older people, provides a
sitter service for carers – Carers Centre, 23 Leith Walk, Edinburgh EH6 8LN
Tel 0131 467 2994 www.mecopp.org.uk
Chinese language line 0131 467 2996
Asian language line 0131 467 2997

MECOPP Asian Support Group – for carers and relatives of older people
Tel Shampa Bhattacharya 0131 467 2997

MECOPP Chinese Support Group – for carers and relatives of older people
Tel Carrie Ho 0131 467 2996

MILAN Senior welfare Council – provides information, advice and support to older people from India, Pakistan, Bangladesh and Mauritius. Also provides befriending service

Tel 0131 555 5330 or 555 6500 (Neena Agarwal) www.milanswc.org

Saheliya – Saheliya is a Black and Minority Ethnic Women's Mental Health organization offers a Befriending service to provide 'social support' to isolated black and minority ethnic women in Edinburgh, alternative therapies and counselling.

10 Union Street, Edinburgh EH1 3LU

Tel/fax: 0131 556 9302 Noha Shrourou www.saheliya.org.uk

Black Community Development project – provides information and advice for older people from ethnic groups.

Craigroyston Community High School, Pennywell Road, Edinburgh

Tel 0131 467 7990

Minority Ethnic Health Inclusion Project – provides information and advice about health services and will find information in people's own language –

Springwell House, Ardmillian Terrace, Edinburgh

Tel 0131 537 7565

Dosti Muslim Groups Client - Muslim Women and Children, whatever their ethnic background in Edinburgh. Mainly North East Edinburgh, but are open to all Edinburgh.

Tel 0131 553 2189

Ukrainian Community Centre - 14 Royal Terr Edinburgh EH7 5AB

Tel. 0131 556 7622

YWCA Roundabout Centre - Offers general Access information and runs a variety of groups, courses and volunteer opportunities for black and minority ethnic women. White women are also welcome to attend. Regular activities include a Women's Sewing Group for black and minority ethnic women (younger women are very welcome to attend), a fortnightly group for parents of children of mixed racial parentage, as well as some short courses whenever possible. Volunteer opportunities include working in a small children's crèche, and working in a very large play scheme in the summer.

Contact Emma Cranshaw for volunteer training and opportunities.

Kate Betney/Anna Keggie The YWCA Roundabout Centre, 4b Gayfield Place
Edinburgh EH7 4AB

Tel 0131 556 1168

Edinburgh Chinese Elderly Support Association - Provides educational and recreational activities for Chinese elders in Edinburgh and surrounding towns. The Association provides a link between users and other voluntary and statutory bodies. For more information:

Coordinator: Ben Yuen 25 Home Street, Edinburgh EH3 9JR Tel: 0131 228 5808

Black Community Development Project - Greater Pilton - Provides advice, support, education, training, community, cultural and sporting activities to black/minority ethnic people of all ages in Greater Pilton.

Tesfu Gessesse, Black Community Development Project, Craigmoynton Community High School, Pennywell Road, Edinburgh EH4 4QP Tel: 0131 467 7990

PEER Counselling A confidential one-to-one service provided by disabled people for disabled people. Tue and Thu at Disability West Lothian offices 10.00am-3.30pm. last appointment 2.00pm

contact: Hazel or Jane, Lothian Centre for Integrated Living Norton Park
57 Albion Road Edinburgh EH7 5QY Tel/Minicom: 0131 475 2350 (24hr Answerphone) OR:

Disability West Lothian Ability Centre, Carmondean, Livingston Tel: 01506 774 030

ABICAS (Acquired Brain Injury Care And Support) - ABICAS is a new support group for people who care for someone with a brain injury. It was founded by Anne McIvor, and aims to meet monthly, so that carers can share their views and find support. It also aims to raise awareness and highlight needs to service providers. Anne would like to hear from anyone caring for someone with a brain injury. Anne McIvor ABICAS, 28 Gareloch Way, Whitburn EH47 0RS Tel: 01501 740 483 e-mail: anne@abicas.co.uk

Carers Connect – c/o Ballenden House 28 Howden street Edinburgh EH8 9HL
Gwennie McIntosh 7pm - 9pm Tues fortnightly. Carers of people with mental health problems

Tel 0131 536 9536

Depression Alliance - 3 Grosvenor Gardens Edinburgh EH12 5JU

Tel: 0131 467 3050 Email: ruthi@depressionalliance.org

Contact Ruth Lang

This is an organisation offering support to people who are depressed, and support for carers through information, publications and self-help groups.

ECESA Edinburgh Chinese Elderly Support Association -

Contact Ben Yuen 25 Home Street, Edinburgh EH3 9JR

Aims to relieve poverty, provides support and information, and promotes racial harmony within the wider community. Day care is provided two days per week.

Lunch club once a week. Tel 0131 228 5808

Lothian Gay and Lesbian Switchboard - PO Box 169 Edinburgh EH1 3UU Open from 7.30pm to 10pm every night. This organisation provides an advice, accommodation / housing, befriending, counselling, development, fundraising, information resource, volunteering. Tel: 0131 556 8997 Fax 0131 556 8997 Advice line 0131 556 4049

Men in Mind(Health in Mind) - 56 Queen Charlotte Street Edinburgh EH6 7EX Men in Mind is a mental health project for black and minority ethnic men. Tel: 0131 225 8508 Fax: 0131 220 0028 Email: mim@health-in-mind.org.uk Website: www.health-in-mind.co.uk

Flexible Adult breaks service(FABS) – available to people in Edinburgh. Provides a service by carers who can offer short breaks to older people that last from a few hours to a few weeks. Short Breaks team building 4 5-7 Regent Road Edinburgh EH7 5BL Tel 0131 525 8040

Edinburgh Counselling Centre – General Counselling Service. Day and evening appointments. Fee charged 5 Dundonald Street, Edinburgh, EH3 6RX Telephone (0131) 557 4220

Edinburgh Centre of Scottish Marriage Care – No home visits. Disabled access. Free, but donations welcome. Evening and daytime Appointments 113 Whitehouse Loan, Edinburgh, EH9 1BB Telephone: (0131) 452 8240

North East Edinburgh Counselling Service – Free professional counselling service for all residents in North East Edinburgh. 31 Haddington Place Edinburgh, EH7 4AG Telephone: (0131) 557 4478 Email: neecs.counselling@btconnect.com

No 21 Counselling Service – Counselling, Art Therapy. Financial contribution by agreement 21 Rutland Square Edinburgh, EH1 2BB Telephone: (0131) 221 9377 Email: staff@number21.bosr.org.uk

PF Counselling – Counselling for individuals and couples. Financial contribution by agreement. Eric Liddle Centre 15 Morningside Road Edinburgh, EH10 4DP Telephone: (0131) 447 0876 Email: info@pfcounselling.org.uk

The Whole Works – Complementary Therapy and Counselling Centre. Fees negotiable. Jacksons Close, 209 Royal Mile, Edinburgh, EH1 1PZ Telephone: (0131) 225 8092 Website: www.thewholeworks.co.uk

Westerhailes Health Agency – Free, general counselling service to those within Westerhailes and surrounding area. Waiting List applicable. Counselling Service 40 Dumdryden Drive Edinburgh EH14 2QR Telephone: (0131) 458 3080 Email: admin@whhealthagency.co.uk

Leonard Cheshire Scottish Services – This service aims to provide a holistic package it is available to those in Scotland. Hourly charge applicable.
Care at Home 161 Lower Granton Road Edinburgh, EH5 1EY
Telephone: (0131) 467 6380 Fax: (0131) 467 6757 Email:
Edinburgh@scot.leonard-cheshire.org.uk Website: www.leonard-cheshire.org.uk

Queensferry Care in the Community Project – Free befriending service.
Self-referral or through the Social Work Department The Haven, 25B Burgess Road, South Queensferry EH30 9JA
Telephone: (0131) 331 5570 Fax: (0131) 331 1173 Email: mail@qccc.org.uk
Website: www.qccc.org.uk

Caring in Craigmillar - To promote the welfare of the people of Craigmillar, to advance health by provision of facilities for social welfare. Social welfare work with young and old and disabled. Information, advice and benefit advice.
Ground Floor, 63 Niddrie Mains Terrace EDINBURGH (0131) 661 585 216

Useful Organisations

Speakability - Mrs Roz Rosenblatt, Head of Regional Development
1 Royal Street London England SE1 7LL Tel 0207 261 9572 Fax 0207 928 9542
E-mail: speakability@speakability.org.uk www.speakability.org.uk

Speakability – national charity for people with aphasia. Now running groups run by people with aphasia for people with aphasia
Tel 0207 261 9572 www.speakability.org.uk

Information Service and Helpline:
Tel: 080 8808 9572
Monday to Friday 10am-4pm (Answerphone at all other times)

Aphasia Help - Accessible information about aphasia written for people with aphasia. www.aphasiahelp.org

Dial UK - Disability Information and Advice Line - Information and advice for disabled people set up and run by disabled people.
www.dialuk.org.uk

Different Strokes - Information, support and advice for young people with stroke.
Tel 0845 130 7172 www.differentstrokes.co.uk

The Stroke Association - Information, publications, services, research, fundraising and support for people with stroke.
Stroke helpline 0845 3033 100 (open Monday to Friday, 9am to 5pm)
www.stroke.org.uk E-mail info@stroke.org.uk

Disabled Go- Access guide information for disabled people across the UK, about shops, pubs, restaurants, cinemas and other services
www.disabledgo.info

Capability Scotland – ASCS (Advice service Capability Scotland) free confidential advice and information on a range of disability issues – accessible holidays, capability Scotland services, community care services, equipment, finance, mobility and transport, short breaks and respite, sport and leisure activities.
www.capability-scotland.org.uk Tel 0131 313 5510 Fax 0131 346 2569

Enlighten –Edinburgh based charity for people with epilepsy, provide information about epilepsy, support
Tel 0131 226 5458 www.enlighten.org.uk

Epilepsy West Lothian – provides community support and information for people with epilepsy. Provides assistance with DLA applications and other benefits. Within Bloom house supporting people with independent living skills (Referrals via GP, social worker, community worker, family or self referral)
Tel 01506 464 446 www.epilepsywestlothian.co.uk

Age Concern - provides information and counselling for older people
113 Rose street Edinburgh EH2 3DT
Tel 0131 220 3345 www.ageconcernscotland.org.uk

Disability Scotland – provides information and advice on all aspects of disability
Tel 01506 202 666

Help the Aged Seniorline - an organisation which provides Over 50s with free advice leaflets and a welfare rights advice line.
Seniorline free phone service 0808 800 6565
e-mail seniorline@helptheaged.org.uk www.helptheaged.org.uk

The Whistling Tortoise – The Whistling Tortoise supplies a wide range of products to the public dedicated to making life easier. Rehabilitation aids and equipment. Open 10-6pm, Mon-Fri, Closed 12.30-1.30pm for Lunch Sat 10-4pm, Open all day 42a Hamilton Place Stockbridge Edinburgh, EH3 5AX
Telephone: (0131) 225 6365 Fax: (0131) 225 6383
Email: whistlingtortoise@virgin.net Website: www.whistlingtortoise.com

Deaf Action - 49 Albany Street Edinburgh, EH1 3QY Telephone: (0131) 556 3128
Text: (0131) 557 0419 Fax: (0131) 557 8283
Email: admin@deafaction.org Website: www.deafaction.org

Miscellaneous

Listening books – range of books in various formats for visually impaired people
Tel 0207 407 9417 or www.listening-books.org.uk

Talking newspapers – range of newspapers/magazines in various formats for visually impaired people
Tel 01435 866 102 or www.tnauk.org.uk

Lothian sound Talking Newspaper - Contact Name Miss Morag Corrie for taped copies of evening news, Scotsman etc.
Telephone Number 0131 661 2850

Newspeak Talking Newspaper - 177 Broomfield Crescent Edinburgh EH12 7NH -
Mr Brian D West Telephone Number 07932 146 177

West Lothian Boomerang Talking Newspaper - 5 Hillhaugh Lane, Bathgate
EH48 4BH Contact Name Mrs Theresa MacNeil
Telephone Number 01506 633252 or 01506 654 072 Thomas Drew

East Lothian Talking Newspaper - C/o Haddington Library, Newton Port,
Haddington EH41 3NA
Contact Name Mrs Veronica Wallace Telephone Number 01620 828200

Talking Newspapers (Midlothian) Tel 0131 271 3531

Calibrie - A UK charity which provides free cassette recordings of thousands of books for blind or print disabled www.calibre.org.uk
Tel)01296) 432 339

West Lothian Library Outreach – 01506 776 336

Edinburgh Libraries Book on Wheels - provide home delivery of some books, tapes and other audio aids to those who are unable to get to their local libraries. To register and for further info Tel 0131 529 5683.

Library link – provides a monthly service via a minibus for people who live in residential or sheltered housing to visit their local library. Contact local library.

Ethnic services Library –
Tel 0131 529 5644/5643

Housebound Library Edinburgh – run by WRVs
Tel 0131 556 4284

House bound library service East Lothian – contact Morag Tocher
Tel 01620 828 205

East Lothian Library Housebound Delivery Service

Contact David Moody, Libraries Officer. Tel 01620 828202
[Delivery services to those temporarily/permanently housebound]

Visual Impairment Service Edinburgh & Lothian

RNIB South East Scotland 12-14 Hillside Crescent Edinburgh, EH7 5DZ
Telephone: (0131) 557 1004 Fax: (0131) 557 4001

Avanti Books - Wide range of easy to read books.
www.avantibooks.com

Big Print - Weekly newspaper in big print (national and international news)
affiliated to RNIB. RNIB gives practical support and information to anyone with a
sight problem. Tel 0800 12 40 07
www.big-print.co.uk e-mail bigprint@rnib.org.uk

Interact Reading Service - Provides a professional, live, interactive reading for
stroke patients.
www.interactreading.co.uk

Talking Books – audio recorded books for sale
www.talkingbooks.co.uk

U Can do I.T (Formerly WACCIS) – Computer training for blind, deaf and disabled
People at home (coming to Edinburgh soon)
www.ucandoit.org.uk

VocalEyes - Contact information for VocalEyes, a nationwide audio description
service for people with a visual impairment. They describe musicals, opera, drama,
pantomimes and dance - plus some art exhibition
First Floor 54 Commercial Street London E1 6LT 020 7375 1043
e-mail enquiries@vocaleyeyes.co.uk website <http://www.vocaleyeyes.co.uk>

Your Edinburgh – a collection of websites from, about and for Edinburgh people.
Information and links to useful sights for Disability
www.youredinburgh.info

Edinburgh Furniture Initiative – provides basic household furniture and
appliances to new tenants in Edinburgh who are referred to the project and are on
low income or benefits
Tel 0131 553 3444 Fax 0131 555 5900
www.efiweb.org.uk or www.homeless-ecsh.org

Home Aid West Lothian 12-14 Gideon Street Bathgate – distributes second hand furniture, covers all of west Lothian
Tel 01506 652 230

Care and Repair Edinburgh – small joinery work provided for elderly clients aged 60 and over
Tel 0131 228 5707 Fax 0131 221 9848

Handy person service – advice and support, changing light bulbs, batteries in smoke alarms etc.
Tel 0131 228 5707

West Lothian Care and Repair – small joinery work provided for elderly clients
Tel 01506 424 148

Lothian and Borders Fire Brigade – free advice on fire safety
Tel 0800 169 0320

Disability Living Foundation- provides information on all equipment for those with disability, downloadable information on equipment etc.
Tel 0870 603 9177 minicom 0870 603 9176 www.dlf.org.uk

Disabled Living Centre – free advice on a range of equipment from a qualified OT for disabled people, carers and professionals. Appointment only.
DLC, Astley Ainslie Hospital, Grange Loan, Edinburgh EH9 2HL
Tel 0131 537 9190

Energy Efficiency – provides information on how to save on fuel bills
Tel 0800 512 012

British Red Cross (www.redcross.org.uk) - The British Red Cross Therapeutic Care Service is available on short term basis to anyone who needs it during particularly stressful times. Provision may range from one week to six months. Users of the service are offered a relaxing 30 minute session consisting of:

- hand care and hand massage
- neck and shoulder massage given through clothes

Edinburgh community Support –The British Red Cross have helpers that can provide practical help and personal care.
44 Albany Street Edinburgh 0131 556 4835

West Lothian Red Cross – based in Linlithgow, deals with loan of wheelchairs short term
Tel 01506 844 163

Dalkeith Midlothian Red Cross - The British Red Cross can lend items of medical equipment, such as wheelchairs, bed rests and commodes, to people on a short term basis. 131 High Street Dalkeith EH22 1BE
Tel 0131 654 0340

Lothian Branch Red Cross - The British Red Cross can lend items of medical equipment, such as wheelchairs, bed rests and commodes, to people on a short term basis. Beaverhall House, 27 Beaverhall Road, Edinburgh EH7 4JE
Tel 0131 557 9898

Home safety service – health and social care team in Broxburn – alarms for falls, floods, fire etc.
Tel 01506 771 770

Free Home Fire safety Checks – Lothian and Borders fire Brigade offer free home safety checks Tel 0800 169 0320

Living Book – website for disability west Lothian, info and advice, West Lothian access committee and community transport. Gives info on West Lothian groups, services and organisations.
www.dwl.demon.co.uk or www.livingbook.co.uk

The Number Shop – free courses to help adults improve their everyday numbers and communications skills
Tel Grace Ferrier 0131 668 4787

Disabled Drivers Association - Information, campaigning and services for disabled drivers.
www.dda.org.uk

Disabled Living Foundation - Advice and information on equipment for disabled people.
www.dlf.org.uk

Wiltshire Farm Foods – Freephone 0800 773 773
www.wiltshirefarmfoods.com or e-mail info@wiltshirefarmfoods.com

HomeAid - West Lothian - This project provides a service to low income and homeless families by distributing furniture and household items. Donations of furniture are always welcome.
Tel 01506 652 230

The Cinnamon Trust – national charity for elderly and terminally ill people and their pets. Provides practical help to walk dogs for housebound people, fostering service for pets whilst owners in hospital. Also provide long term care for pets whose owners have died.

Tel 01736 757 900 www.cinnamon.org.uk

Pet fostering Scotland – The PFSS was started to help in such circumstances. Holding a register of volunteer fosterers, dog walkers and people willing to support the service [in other ways](#), it coordinates short-term foster care for companion animals throughout Scotland/Edinburgh/Lothian

Tel: 0131 669 3186 www.pfss.org.uk

Interpretation and Translation Service – This service provides residents of Edinburgh and Lothian's with written and oral interpretations of Council or Health Service information or meetings. This service can be arranged through any Council department, hospital, health centre or GP practise. The service is free and can be used for appointments with, eg. Schools, colleges or other education services. Housing and Social Work Departments, hospitals, dentists, GPs and Opticians.

The City of Edinburgh Council Central Library,

George IV Bridge, Edinburgh EH1 1EG

Telephone: (0131) 242 8181 Fax: (0131) 242 8009 www.edinburgh.gov.uk

Asian Welfare Association (Scotland) - Provides advice, information and support relating to education, health, racial harassment and housing to all members of the community. 12 St Marys Street, Edinburgh EH1 1SU

Tel (0131) 557 1690

Community-based English as a Second Language - These courses are for men and women living permanently in Edinburgh and the Lothians who want to learn English or improve their English. Applications from asylum seekers and refugees are welcomed. Fees: £50.00 (maximum 1 year period)

4 Duncan Place Edinburgh EH6 8HW Tel (0131) 535 4630 www.stevenson.ac.uk

Hair Dressing – Telford College, Crewe Road West

£15 buys as many hairdo's as you wish. Tel 0131 332 2491

Benefits and Advice

Midlothian Welfare rights – info, advice, and advocacy including benefits, housing, employment and disability issues.

Tel 0131 271 3674

Citizens Advice Bureau

www.cas.org.uk

Dalkeith – 0131 663 3688, Money advice service – 0131 454 0166

Penicuik – 01968 679 918, Money advice service 01968 679 918

The CAB Midlothian provides a community advice and home visiting service

Advice sessions are held at:

Rosslynlee Loanhead Library, Monday 10am – 1pm

Gorebridge library, Monday 10am -12 30pm

Danderhall Library, alternative Tuesdays 10am 12 30pm

Newbyres Medical Centre by appointment

Portobello 191 High Street – 0131 669 7138 / 9503

Musselburgh 141 High Street – 0131 653 2748 / 2544

Haddington 38 Market Square – 01620 824 471

Edinburgh 661 Ferry road – 0131 332 9434

Edinburgh Central 58 Dundas Street – 0131 557 1500

Edinburgh Gorgie/Dalry Fountainbridge Library- 0131 474 8080

Leith (Edinburgh) 166 Great Junction Street 0131 554 8144

West Lothian Sheil House Livingston - 01506 432 977

The Rights office – Southside Community Centre 117 Nicolson Street Edinburgh
Tel 0131 667 6339

Grapevine – information service for people with disabilities – benefits, form filling etc. Tel 0131 475 2370 www.lothiancil.org.uk

New Leaf Midlothian – free advice and Guidance for individuals for careers and employment, learning opportunities
Tel 0131 271 3455

West Lothian advice shop – advice on benefits, money, debt, and employment
9/12 Waverley Street, Bathgate
Tel 01506 776444

Disability West Lothian The Ability Centre Livingston – information and advice centre. Tel 01506 774 030

The Help Centre – seeks to provide information and support for anyone with a problem, which is proving difficult for them to resolve.
Cross House, The Cross, Linlithgow, West Lothian EH49 7AL
E-mail:info@helpcentre.org.uk Open: Fridays 10am to 12 noon.
Internet www.helpcentre.org.uk

DIG (Disablement Income Group) – Provides a free welfare benefits information and advice for disabled people and carers in Scotland. Helps to fill in DLA and Attendance Allowance forms
Tel 0131 555 2811 www.digscotland.org.uk

The Advice Shop – free confidential advice on benefits etc
86-87 South Bridge, Edinburgh
Tel 0131 225 1255

Craigmillar Advice Shop – 94 Niddrie Mains Edinburgh
Tel 0131 659 6528

Granton Information Centre 134-136 Granton Road Edinburgh – advice and information on benefits, housing, debt, employment
Tel 0131 552 0458 / 551 2459

Community One Stop Shop -Provide free and confidential advice on a wide range of issues including housing, employment, education, training, help with filling in forms and reading letters, benefits, pensions, local services and problems with neighbours.
3 Broomhouse Market, Broomhouse, Edinburgh EH11 3UU (0131) 443 6223

Moving On – pre vocational and employability skills training for long term unemployed adults (Charge for service)
Tel 0131 475 2333

East Lothian Welfare rights team based at Brunton Hall Musselburgh

Tel 0131 653 4303/ Form filling 0800 44 11 44

Freephone service advising on benefits 0800 88 22 00

Surgeries:

Brunton Hall, Musselburgh – Wednesdays 10am-12noon

Aldhammer House, Prestonpans – Tuesdays 10am-12noon

8 Civic Centre, Tranent – Thursdays 10am-12noon

6-8 Lodge Street, Haddington – Thursdays 2pm-4pm

Department for Work and Pensions (formerly Benefits Agency) – welfare and employment issues

www.dwp.gov.uk

Disability and Carers Service - benefits enquiry line

Tel 0800 88 22 00 Textphone: 0800 24 33 55 (for hearing or speech difficulties)

Disability Living Allowance/Attendance allowance

Tel 0845 712 3456 Textphone: 08457 22 44 33 (for hearing or speech difficulties)

Carer's Allowance - Telephone: 01253 85 61 23 Textphone 01772 89 94 89 (for hearing or speech difficulties)

Appeal Form GL24 - www.dwp.gov.uk/publications/dwp/2004/gl24_apr.pdf

Edinburgh Disability Benefits Centre Edinburgh DBC

Argyle House, 3 Lady Lawson Street Edinburgh, EH3 9DR

Tel: 0131 222 5467

Pilton Elderly project – provides accessible transport, information, advice and other services for older people at Royston Resource, Royston Mains Avenue, Edinburgh

Tel 0131 552 7389

Pilton Reach out project – provides practical support and counselling for those experiencing stress. 5 West Pilton Park, Edinburgh

Tel 0131 343 6375

Pilton community Health Project – provides practical help, counselling and other health based services. 3 West Pilton Park Edinburgh

Tel 0131 332 0871

The Housing Advice Directory – organisations in East Lothian that provide information and advice about housing. www.eastlothian.gov.uk – in the community click on housing assistance and then advice agencies directory

Welfare Rights Worker at Ladywell Medical Practice – provides help on benefits and or welfare issues to people registered at the surgery.
Tel Pauline Dunn 0131 334 3602 (Tuesday or Thursday)

Victim support Agency - Practical and emotional support for victims of crime, including help with insurance and compensation claims.
2 Nicolson Street Edinburgh EH8 9BH Tel 0131 668 2556

Black Community Development Project (BCDP) - Advice, advocacy, casework and support for people from the black and minority ethnic communities who are experiencing racial discrimination and harassment. Advice and information on welfare benefits, housing, health, immigration and nationality. Group work, including a group for Chinese women, a black tenants support group, and one for women from all minority ethnic communities. Areas covered North East Edinburgh - Pilton, Drylaw, Royston, Wardieburn, Muirhouse, Granton.
Tel 0131 467 7990 www.bcdp.org.uk

Legal Services Agency Limited – Free legal advice for those with mental health difficulties, dementia, brain injuries and learning difficulties.
Open 9.00-5pm, Monday – Friday (Closed 1.00-2.00pm for lunch)
Princes House, 5 Shandwick Place, Edinburgh, EH2 4RG
Telephone: (0131) 228 9993 Fax: (0131) 228 9994
Email: lsaedin@btconnect.com Website: www.lsa.org.uk

CHSS Welfare Grants - CHSS offers a system to those affected by chest, heart and stroke illness. For further information about eligibility, please contact Chest, Heart & Stroke Scotland, 65 North Castle Street, Edinburgh EH2 3LT.
Telephone: (0131) 225 6963 Fax: (0131) 220 6313.

The Rights Office – Advice given on benefits and welfare, help with form completion. Drop in service in the morning, afternoon- appointments only.
Open Monday and Wednesday 10.00am - 3.30pm.
South Side Community Centre, 117 Nicolson Street, Edinburgh, EH8 9YG
Telephone: (0131) 667 6339

Gazeta the Polish Gazette - Information service on Polish matters, e.g. help in tracing relatives in Poland, travel advice, etc., publications available in U.K.
0131 343 2589

West Lothian

DAY CENTRES AND CLUBS

West Lothian On line – list of groups/activities in local West Lothian towns from A-Z

www.westlothian.gov.uk/localgroup/

West Lothian Ability Day Service – centre for physically disabled adults aged 16-65
01506 774 066

The Just Team – independent group for physically disabled adults.
Monday 10am at Uphall Community Centre
Tel 01506 845 504 or 01506 853 036

Braid House Day Care – Labrador Avenue, Livingston – Over 55 referred via GP, Social Worker, Community Services, District Nurse
Tel 01506 430 615

Bo'ness Day Centre for Elderly – Meeting place for the elderly with link to Social Services. Provides Teas and snacks from 9.30-11.45 Tues & Thurs. Lunches from 12 noon to 2pm. All available at low cost
16 Corbiehall Boness EH51 0AP Tel Rachel Brown 01506 827 334

Limecroft Day Centre – Dedridge Livingston – people over 60 years old. Referrals via community services
Tel 01506 460 151

Men's Group - Boghall, Bathgate - Church based organisation offering a varied programme of activities for men of all ages, e.g. talks, videos, quizzes and outings. Boghall Parish Church, Elizabeth Drive, Boghall, Bathgate.
Contact the Parish Church for further information.

Livingston Disabled Persons Club - Disabled people meeting every Wednesday Evening, for Social Evenings, Entertainment and Outings Tel: 01506 413252
Between 9am - 12noon and 7pm – 9pm

Acredale House - Centre for older people. Including Community groups for 50+, day centre for frail elderly, Dementia group, Lunch club and Adapted transport.
9 Mid Street, Bathgate EH48 1PS Tel: 01506 634288
e-mail: acredale@acredale.fsnet.co.uk
website: <http://www.mood.fsbusiness.co.uk/acredale.htm/>

Whitedale House Day Centre 110 East Main Street, Whitburn – people over 55 referred via community services
Tel 01501 742 924

WORDS – West Lothian Opportunity for recreation for Dysphasia sufferers – Stroke patients referred via SALT.
Tel 01506 855 976

Strathbrock Lodge day care for Older people -Day care is provided on a daily basis for older people living in the community. Day Care Unit, Strathbrock Lodge, 47 West Main Street Broxburn, West Lothian EH52 5RL
Tel 01506 854662 Anne Korimboccus at above address

West Calder Day Centres – Social activities for the elderly (over 65)
West Calder Medical Practice, Dr C Brook, Dickson Street, West Calder EH55 8HB
Tel: 01506 871403 or Gwen Gilham on 01506 872786

Activity Group For Disabled Adults (AGDA) - Social Group meets 2nd Thursday of each month 7-9pm. Mrs Gail Henderson C/O Armadale Community Centre, North Street, Armadale Tel: 01501 730 708

Armadale 50+ Group - The group participates in a variety of activities including visits to places of interest and listening to talks from different organizations and demonstrations
Tel 01501 730 708

Murieston 50+ Group Livingston - Over 50's group in Murieston. The group will have talks, discussions, occasional craft demonstrations, outings & walking group
Tel Elizabeth Flynn (Chairperson) - 01506 409 958

Contact the Elderly West Lothian takes isolated elderly clients for Sunday tea to volunteer's homes. Need to be able to get in car
Tel 01575 573 370

Dedridge Good Neighbour network befriending, sitting services and lunch club
Tel 01506 416 137

Visually Impaired Social Club – Bathgate Meets every Thursday 1.00-3.00pm, Bathgate British Legion, (not during July or August) 12 Hillside Crescent, Edinburgh EH7 5DZ Tel: 0131 557 1004
local contacts: Wilma Cullen Tel: 01501 731151
Anne Davidson Tel: 0131 557 1004

Linlithgow link – Admin building, St Michaels Hospice Linlithgow – car service, support group, scooter trials, outings
Tel 01506 845 137

Mood project – groups for those at risk of depression over 60 years in Whitburn and Blackburn

Tel 01501 749 974 Robert Cook

West Lothian Visually impaired Bowling – contact Alex Miller or John McGreight

Tel 01501 733 120

Artlink West Lothian - Community Arts and Disability Organisation. Developing Arts Projects for people with mental health problems.

20 Goschen Place, Broxburn West Lothian EH52 5JT

Tel: 01506 858 353

Tel: 0131 229 3555

Ageing well West Lothian - Services provided: Training volunteer health mentors, Organizing/planning activities with older adults, including tea dances, Promoting well being, Encouraging and developing local walking groups, Classes in Pilates, Gentle exercise classes in Sheltered Housing and Provision of information leaflets.

Tel 01506 652283

Changing Lifestyles - West Lothian – exercise for over 50's

Telephone: 01506 635 510

Walkaboutabiti – Contact Jim Dixon for info on walks for health in Uphall, Murieston, Seafield, Whitburn and Bathgate.

Tel 01501 678 048

Put your best foot forward – walking groups in West Lothian contact Amanda

Mackay Tel 01506 775 207

West Lothian 50+ Network – monthly meetings, art groups, bowling, lunch clubs visits to museums/theatres throughout West Lothian

48g Linbar House North Bridge Street Bathgate EH48 4PP

Tel 01506 635 510

St Michael's Day Centre - Service for frail older people and those with dementia.

St Michael's Hospital, Linlithgow. Tel 01506 847496

COMMUNITY CENTRES

Addiewell Community Education Wing - Church St, Addiewell,
West Lothian EH55 8PG Tel 01501 762796

Bathgate Community Education Centre - Marjoribanks Street, Bathgate,
West Lothian EH48 1AH Tel 01506 654 487

Blackburn Community Education Centre - Blackburn Community Education
Centre, Ashgrove, Blackburn Tel 01506 653 014

Broxburn Community Education Centre - 205 West Main Street, Broxburn,
West Lothian EH52 5LJ Tel 01506 852 948

Carmondean Community Education Centre - Nether Dechmont Farm Fells Rigg
Carmondean Livingston West Lothian EH54 8AX Tel 01506 439 568

Craigs Inn Centre - Craig Inn Centre, Main Street, Blackridge EH48 3SP
Tel 01501 753 227

Dedridge and Murieston Community Education Wing - Dedridge Primary
School, Dedridge, East Livingston EH54 6JQ Tel 01506 412 831

East Calder Community Education Centre - 143 Main St East Calder EH53 0EP
Tel 01506 881557

Fauldhouse Community Education Centre - Langrigg Road, Fauldhouse
West Lothian Tel 01501 770552

Forestbank Community Education Centre – Forestbank, Ladywell, East
Livingston EH54 6DX Tel 01506 430035

Lanthorn Community Education Centre - Kenilworth Rise, Dedridge, East
Livingston EH54 6JJ Tel 01506 777 707

Livingston Station Community Education Centre - 7 Main Street, Deans,
Livingston Tel 01506 411 295 or 01506 414 002

Mid Calder Community Education Centre - Mid Calder Institute Hall, 15 Market
Street, Mid Calder EH53 0AL Tel 01506 881 246

Mosswood Community Education Centre - 85 Ferguson Way, Knightsridge,
West Livingston EH54 8JF Tel 01506 437761

Seafield Community Education centre - Redhouse Road, Seafield, Bathgate
EH47 7AL Tel 01506 631 791 / 01506 652 394

Springfield Community Education Wing - 141 Springfield Road, Linlithgow
EH49 7SN Tel 01506 847 455

Stoneyburn Community Education Centre - 75 Main Street, Stoneyburn
EH47 8BY Tel 01501 762323

Toronto Community Education Centre - Toronto Primary School, Howden East
Livingston EH54 6BN Tel 01506 431 465

Whitburn Community Education Centre - Manse Road, Whitburn EH47 8EZ
Tel 01501 743034

Edinburgh

DAY CENTRES AND CLUBS

Get up and Go list of activities, groups etc in Edinburgh Tel 0131 536 9435
<http://download.edinburgh.gov.uk/getupandgo.pdf>

www.edinburgh.gov.uk/CEC/Recreation/Libraries/Local_Organisations/local.html
lists groups and organisations in Edinburgh

Headway – Astley Ainslie Hospital, Edinburgh – people with Traumatic Brain Injuries
Tel 0131 537 9116

Clermiston Day Centre – for older frail/dementia people
93 Parkgrove, Edinburgh EH4 7RD Tel 0131 336 1181

Craighall Daycentre –Day centre for disabled people aged 16-65. Referrals via Carenap. Transport available.
210 Ferry Road Edinburgh EH6 4RB Tel 0131 551 2194 Fax 0131 551 6428

Firhill Day Centre –Day centre for disabled adults aged 16-65 Referrals via Carenap. Transport available
257 Colinton Road Edinburgh EH14 1DW Tel 0131 441 7162 Fax 0131 441 6303

The Thistle foundation – Supported living service for disabled people who live in their own homes. The foundation also offers a healthy living centre, provides short breaks, has its own fully equipped gym and heated swimming pool, offers complimentary therapies and also has a physio service.

The Thistle Foundation - Niddrie Mains Road, Edinburgh EH16 4EA
Tel 0131 661 3366 www.thistle.org.uk

Craigentiny House Community Centre – Rita Matheson, 9 Loaning Road
Edinburgh EH7 6JE Mondays – Thursdays 12-1pm, charges £1.40
Tel 0131 661 8188

Duddingston Kirk – Parish Lunch club. The Manse, 5 Old Church Lane,
Edinburgh EH15. Thursday's 11:30 – 2pm transport available
Contact Linda Sim

Cameron House Community Centre - To provide educational, social, recreational opportunities to the local community, blind club, alternative health clinic, Tai Chi, Yoga.
Cameron House Avenue, Prestonfield, Edinburgh EH16 5LF Tel 667 3762

Edinburgh Elderly Chinese Support – Ben Yeun 25 Home Street Edinburgh EH9 3JR

Thursdays 12-3pm charge £1.40 for elderly Chinese community
Tel 0131 228 6808

Jewish Community Lunch club – Edinburgh Hebrew congregation, Synagogue Chamber, 4 Salisbury Road Edinburgh EH16 5AB

Tuesdays and Thursdays 12:30-2pm Charge £2.25
Tel 0131 666 3144

The Lunch Club – Inverleith Parish Church Tuesdays and Thursdays 12-12:30 charge £1.50

Tel Margaret Campbell 0131 552 3919

Magdalene Lunch Club – Caroline Lamond, Magdalene Community Centre, 106b Magdalene Drive, Edinburgh EH15 3BE

Wednesdays and Fridays 12 noon for people with dementia – early stage or frail older people – bus transport available

Northfield and Willowbrae lunch club – Community Centre, 10 Northfield Road Edinburgh EH8 7RP Monday – Wednesdays 12:1230

Tel 0131 661 5723

Oginsko Polish Lunch Club – meets at Cluny Church 139 St Leonard's Street

Tel 0131 667 7594

Ogniska Polish Lunch Club, Cluny Centre, Cluny Parish Church 1 Cluny Drive, Edinburgh EH10 Contact: Anna Frackiewicz

Every Wednesday from 12 -2pm this group provides lunch and opportunities to socialize for Polish people and their partners. Tel: 0131 447 6745

Pilrig St Paul's Lunch club – Rev John Tate, 1 Pilrig Street, Edinburgh

Monday and Wednesdays 12 -1.30pm

Tel 0131 554 1842

Portobello United Reformed Church – 28 Seaview Terrace, Edinburgh EH15 2HD Tuesdays and Thursdays 12-1pm

Tel 0131 699 7358

Ripple Project 176 Restalrig Road South, Edinburgh - range of services and activities for children, families and individuals, elderly.

Meets McLarens Hall, 48 Restalrig Road South. Monday – Friday 12 – 1pm

Charge £1.30 + bus cost 30p

Tel 0131 554 0422

Salvation Army Leith – The Citadel Lunch Club, 13 Bangour Road, Edinburgh EH6 5JV Meets Tuesdays 12-1pm, charge £1.20
Tel 0131 554 6107

Salvation Army Lunch club Portobello – Jean Farrer 40A Bath Street, Portobello Edinburgh EH15 Monday and Wednesdays 12 noon, charge £1.25
Tel 0131 669 7706

South Leith Parish Church Lunch Club – Monday – Fridays 12-1pm charge £1.40 or £7p/w – 6 Henderson Street Edinburgh
Tel 0131 554 2578

Dalmeny Lunch Club – Mrs Ian Ross, Church Hall, Main Street, Dalmeny South Queensferry. Tuesdays and Friday.

Edinburgh Leith OP – Lunch club Mrs H Morton, Welfare Council, Stockbridge House, Edinburgh. Monday – Friday
Tel 0131 332 0361

Parkgrove Lunch Club – Mrs G Munro, The Munro Centre, Parkgrove Street, Edinburgh. Tuesdays and Thursdays
Tel 0131 539 7179

Royston and Wardieburn Lunch Club – Community Centre, Pilton Drive North, Edinburgh. Monday – Friday
Tel Mary Sherratt 0131 553 7700

St George's West Lunch Club – St George's West, The Crescent Lunch Club, Stafford Street, Edinburgh. Monday – Friday
Tel 0131 225 7001

South Queensferry lunch Club – Mrs E Garfitt, Parish Church Lunch Club, The Loan, South Queensferry – Tuesday and Friday

Chummy Club – lunch and social activities for frail and older people. Queensberry Bowling Club, Pilton Drive Grove, Edinburgh
Tel 0131 552 7389

Content Group – activities and outings for frail, older people.
West Pilton Neighbourhood Centre, 19 West Pilton Grove, Edinburgh
Tel 0131 551 3194

Craigroyston Community Centre – provides a range of activities and classes 7 days a week. 1A Pennywell Road, Edinburgh
Tel 0131 332 7360

Craigroyston Lunch Club – offers lunch and company. (address as above)
Tel 0131 332 7360

Craigroyston pensioners group – social and entertainment activities (address as above)
Tel 0131 332 9126

Broomhouse Befriending service – one to one visiting service for the frail elderly client who is socially isolated.
Tel 0131 455 7731

Drylaw Neighbourhood centre – offering a range of activities and classes.
67b Groathill Road North, Edinburgh
Tel 0131 315 4989

Drylaw young at heart – social activities and outings for 50+.
Drylaw Neighbourhood Centre, Groathill Road North
Tel 0131 315 4989

Drylaw Rainbow Club Day Centre – Frail older people and dementia
Drylaw Church Hall, Groathill Road North, Edinburgh
Tel 0131 343 6643

Friendly Group – encourages older people to get involved with various activities.
Health Hut, 3 West Pilton Park, Edinburgh
Tel 0131 332 0871

Granton Day Centre – for frail older people. 15 Wardieburn Street West,
Edinburgh
Tel 0131 551 8647

Granton Parish Church – recreation club for men. Boswall Parkway, Edinburgh
Tel 0131 551 2159

Lambs House – provides companionship and activities for frail older people.
Burgess Street, Edinburgh
Tel 0131 554 3131

Magic Club – social activities for 50+. Royston/Wardieburn Community Centre,
Pilton Drive North, Edinburgh
Tel 0131 552 5700 or 0131 467 3578

Muirhouse Millenium Project – offers a range of social and educational opportunities. 7 Muirhouse Medway, Edinburgh
Tel 0131 467 3578

123 Club – activities and outings for 50+. Drylaw Church, Groathill Road, Edinburgh
Tel 0131 552 1463

Prentice Centre – social activities for 50+. The Prentice Centre, 1 Granton Mains Avenue, Edinburgh
Tel 0131 552 0485

Royston Resource – a weekend facility providing trips, entertainment and company for 50+. Royston Mains Avenue, Edinburgh
Tel 0131 552 7389

Royston community Centre – provides a wide range of activities and classes. Pilton Drive North, Edinburgh
Tel 0131 552 5700

Senior Citizens Group – social activities for 60+. St Margaret Mary's R/C Church, Boswall Parkway, Edinburgh
Tel 0131 552 4782

St Paul's senior Citizens Club – St Paul's RC Church 4 Muirhouse Avenue, Edinburgh
Tel 0131 332 3320

Silverlea Day Centre – activities and companionship for frail older people. 14 Muirhouse Parkway, Edinburgh
Tel 0131 336 4495

Sunshine Club – social activities for 50+. Millennium Centre, 7 Muirhouse Medway, Edinburgh
Tel 0131 467 3578

The Ladies Circle – social activities for 60+. The Old Kirk, Pennywell Road, Edinburgh
Tel 0131 332 4354

The Old Kirk – church service and tea and chat. Pennywell Road, Edinburgh
Tel 0131 332 4354

West Pilton OAP Group – social activities for 60+. The Old Kirk, Pennywell Road, Edinburgh
Tel 0131 332 9126

Balerno Scott Hall – Mrs McFarlane Ladycroft, Balerno. Monday, Tuesday and Thursday
Tel 0131 451 5014

Beacon – Mary Frances Smart 79-89 Broomhouse Crescent, Edinburgh
Monday and Thursday
Tel 0131 455 7331

Carrickvale Lunch Club – Carrickvale Community Centre, Stenhouse Street, Edinburgh. Monday – Friday
Tel Phylis Health 0131 443 8888

Clovenstone Apna – Community Centre, 54 Clovenstone Park, Edinburgh
Tuesdays (Ethnic catering)
Tel 0131 453 4561

Currie Youth and Community Centre - 280 Lanark Road West, Currie
Monday – Thursday
Tel Marharet Richardson 0131 449 2052

Dalry Lunch Club – Orwell Place, Edinburgh. Monday – Friday
Tel Frances Callaghan 0131 332 0361

Dalry House – To provide Day Centre activities for fit older people.
To provide Day Care for frail older people. 15 Orwell Place, EH11 2AD
Day Centre phone: - 337 5252 or phone 467 7118 for Information and visiting service

Firhill – Sandra Smith (Warden) Sheltered Housing, Firhill Drive, Edinburgh
Tel 0131 441 2781

Gorgie Lunch Club – War Memorial Hall, Gorgie Road, Edinburgh
Monday – Friday
Tel 0131 337 9098

Harlaw Lunch Club – M.Frost Deanpark, Primary School, 31 Marchbank Gardens, Balerno. Mondays
Tel 0131 447 5603

Juniper Lunch Club – Molly Finnan, Village Hall, Baberton Avenue, Edinburgh
Tuesday and Friday
Tel 0131 453 4427

Pentland Lunch Club – Cyril Purves Community Centre, Sighthill Wynd, Edinburgh
Monday – Friday
Tel 0131 445 2874

Pentland Young at Heart Group – Support and social activities for older people with mental health problems. Thursday 1pm – 3pm
Tel 0131 445 2871

Oxgangs community care Group – Craiglockhart tea group for the hoesbound, frail and elderly, Friday coffee group for older people, New deal placements for young people who wish to gain skills, experience in the care sector, Oxgangs Community Health Project mental health support, advice, training, ethnic minority involvement, health education and promotion, Pentland lunch club for older people, pentland Wednesday club, young at heart group.
Pentland Community Centre, Oxgangs Brae, Edinburgh EH13 9LS
Tel 0131 445-5559 Fax: 0131 445-4392 www.oxgangscare.com

Sighthill Lunch club – Jean Monro, Community Centre, Sighthill Wynd, Edinburgh. Monday – Friday
Tel 0131 453 6076

Burdiehouse Lunch Club – Agnes Marr, KLM Church, Gracemount Drive, Edinburgh. Monday's
Tel 0131 664 4247

Craigour Lunch Club – Nan Farquar, High Flats G1 Little Frane House, Edinburgh. Monday and Thursday

Cumnor Crecent – Sheltered Housing, 1 Tressilian Gardens, Edinburgh
Monday – Friday
Tel Martha O'Donnell 0131 664 4556

Chinese Lunch Club – Manqwan Hill, Barclay Church, Bruntsfield Place
Edinburgh (ethnic Catering) Tuesday and Thursday
Tel 0131 22 5808

Edinburgh Synagogue – Samuel Latter, 27 Salisbury Road, Edinburgh
Tuesday and Thursday
Tel 0131 667 3144

Gilmerton Church – Rev Skinner, Ravenscroft Street, Edinburgh
Thursdays
Tel 0131 664 2147

Gilmerton Lunch Club – Jean Mack, Community Centre, 4 Drum Street
Edinburgh. Monday, Tuesday and Friday
Tel 0131 664 2335

Greyfriars Hostel – Mike Carr, The Grassmarket, Edinburgh
Monday – Friday
Tel 0131 225 1643

Eric Liddell Centre – lunch club for the elderly Monday, Wednesday and Friday,
Extend -elderly fitness classes every Friday, Napier Club (October – May)
Thursday afternoons for a range of activities including slide shows, music,
discussions etc.
15 Morningside Road, Edinburgh EH10 4DP
Tel 0131 447 4520 www.eric-liddell.org

Jack Kane Centre – Mrs Mitchell, 53 Niddrie Mains Road, Edinburgh
Tuesday and Thursday
Tel 0131 657 1595

Kaimes Lochart – Jean Tugwell, Memorial Church, Gracemont Drive, Edinburgh
Tuesdays

Liberton Kirk – J. Robertson, Church Hall, Edinburgh
Mondays
Tel 0131 664 6481

Moredun Tuesday Club – Community Centre, Moredun Park View, Edinburgh
Monday – Friday

Newington Lunch Club – Betty Unrau, St Peters Church, Luton Place, Edinburgh
Monday – Friday
Tel 0131 667 2311

Niddrie Lunch Club – Anna Wickstead, Craigmillar Festival Club, Niddrie Mains
Terrace, Edinburgh.
Tuesday, Thursday and Friday

McGovern House Community Centre – 52 Niddrie House Park, Edinburgh EH16
4UN. Tel Andrea NcKirdy 0131 657 4546.
Caters for all groups under 5's to over 80's

Niddrie Housebound – Midge Lamb Craig Festival Society Craigmillar Festival
Club, Niddrie Mains Terrace, Edinburgh
Saturdays Tel 0131 669 8432

North Merchiston Lunch Club – John Summer, 48 Watson Crescent, Edinburgh
Wednesdays
Tel 0131 622 1757

Muirhouse and Granton Networking Service – Granton Methodist Church,
Boswall Parkway, Edinburgh EH5 1OQ Chumming people to groups, befriending
Tel Helen Wilkins/Frances Durie 0131 551 3072

Murrayfield club – 2b Ormidale Terrace, Edinburgh EH12 Tel 0131 337 1091
Day centre for the elderly transport available

Open Door Centre – Doreen Tarbit, 420 Morningside Road, Edinburgh
Thursdays
Tel 0131 447 9757

Pleasance Day Centre – 7 West Adam Street, Edinburgh
Monday – Friday
Tel 0131 558 3728

Polish Lunch Club – Cluny Church, Edinburgh
Wednesdays

Prestonfield Church Hall – S Tocher, 63 Prestonfield Avenue, Edinburgh
Monday, Tuesday, Wednesday and Friday
Tel 0131 667 0237/4457

Richmond Church Hall – via CFS A Wickstead, 229 Niddrie Mains Road,
Edinburgh
Monday, Wednesday and Friday
Tel 0131 661 5877

St Ann's – Mary Whitfield Community Centre, The Cowgate, Edinburgh
Monday – Friday
Tel 0131 557 0469

St Barnaba's – Nora Drinkwater, St Barnabas Church, Moredun Park View,
Edinburgh
Monday and Thursday
Tel 0131 664 7436

St Josephs – Sister Mary Bridget, Little Sisters of the Poor, 43 Gilmore Place
Edinburgh 7 days
Tel 0131 229 5672

Cathay Court – Ben Yuen, Dorset Place, Edinburgh
Tuesday and Wednesday

Bingham Lunch Club – Margaret Porteous, Community Centre, Bingham Avenue
Edinburgh
Monday and Wednesday
Tel 0131 669 8778

Craigentiny Lunch Club/Monday Club – Mrs I Gibb, Craigentiny House
Loaning Road, Edinburgh
Monday – Thursday
Tel 0131 661 8188

Craigentiny Well -Being Group - Well-being group for the over 60s, but will take younger requests. We have organised games, speakers, and outings. We make our own funding for the outings. We also make up our own programmes which include special days, including Easter Bonnet making, Tramp party, St.Patrick's Day and flower arranging
Craigentiny Community Education Centre, Loaning Road, Edinburgh EH7 6JE
(0131)661 8188

Craigmillar Park (C of S) Church Lunch Club - Craigmillar Park Edinburgh EH16
5LZ Tuesday 12.30pm
Rev Mrs Sarah Nicol (0131) 667 1623

Currie Senior Citizens Club - Gibson Craig Memorial Hall, Lanark Road West,
Currie
Mondays 2.00-4.00pm
Mrs E M Smith 88 Currievale Drive (0131) 449 2756

Epworth Club - Nicolson Square Methodist Church Hall, 25 Nicolson Square
Edinburgh EH8 9BX
Older peoples' club, supported by Edinburgh & Leith Age Concern. Generally,
speaker and discussion. Small annual subscription £1 (subject to review
occasionally) and 30p each week for tea and biscuits
Mr & Mrs K Newis 0131 447 4138 or 0131 662 0417

Bingham and District 50+ Project – To provide social, educational and leisure opportunities for older people within the greater Craigmillar area. Activities include Library home – link, Information service, Transport provision, Volunteer / escorts, Educational / interest classes, Leisure and fitness programme, Day - care provision Social activities, Outings, Occasional events and get togethers
31 Bingham Avenue Edinburgh EH15 3HZ Tel Catriona Kerr 0131 669 0606

Lambs House Day centre – Joan Turner, Burges Street, Edinburgh
Monday – Wednesday
Tel 0131 554 3131

Lochend – Ann Morrisson (0131 669 7521) Church Hall, Restalrig Road South,
Edinburgh
Monday – Friday
Tel 0131 554 7400

Northfield/Willowbrae Senior Citizens Lunch Club - Northfield/Willowbrae
Community Centre, 10 Northfield Road, Edinburgh EH8 7PP
Charlotte Falconer (0131)661 0220 or (0131)661 5723

Northfield/Willowbrae Senior Citizens Thursday Afternoon Club - Open to
members of the community centre Fees: 50p per session. Centre fee £2 for O.A.Ps
- film shows, socials, bingo, entertainers.
G. Henderson (0131)661 5684 or (0131)661 5723

Magdalene – Caroline Lammond, Brunstane Community Centre, Edinburgh
Wednesday and Friday
Tel 0131 669 8760

Northfield Lunch Club – Jean Tulloch, Community Centre, Northfield Broadway
Edinburgh
Monday and Wednesday
Tel 0131 661 5726

North Leith Church Hall – Mary Davidson, 1A Madeira Place, Edinburgh
Thursday
Tel 0131 552 7010

Portobello – Ruby Hepburn, Congregational Church Hall, Malborough Street,
Edinburgh
Tuesday and Thursday
Tel 0131 669 6658

Portobello Monday Club – Jim Melville, Baptist Church Halls, High Street
Edinburgh
Monday
Tel 0131 657 4264

St Paul's – John Cooper, Church Hall, Lorne Street, Edinburgh
Monday and Wednesday
Tel 0131 554 1868

South Leith Lunch club – Chris Malcolm, Parish Church Halls, Henderson Street
Edinburgh
Monday – Friday
Tel 0131 554 2581

Inverleith Parish Church – Ferry Road, Edinburgh
Tuesday and Thursday

Corstorphine Lunch Club – Mrs J Higgins, Kirk Hall, Kirk Loan, Edinburgh
Tuesday, Thursday and Friday
Tel 0131 334 2572

Dalmeny – Irene Ros,s Old Primary School, Main Street, Dalmeny
Tuesday and Friday
Tel 0131 331 1479

St Andrews – Joyce Fyfe, Church Hall, Clermiston View, Edinburgh
Monday, Wednesday and Friday
Tel 0131 336 4942

South Queensferry – Mrs Garfitt, WRVS Convenor, Parish Church, The Loan,
South Queensferry
Tuesday and Friday
Tel 0131 331 1100

Stockbridge House – Helen Morton, Stockbridge House, Cheyne Street,
Edinburgh
Monday – Friday
Tel 0131 332 0261

Sunderland Street Lunch Club – Elaine Harrow, 39 Sunderland Street,
Edinburgh
Monday and Thursdays
Tel 0131 337 9161

Ratho Lunch Club – Laurence Ascot, Community Centre, School Lane, Ratho
Wednesdays

LAHA –offer a day service for older people and people with dementia in the south
East area of Edinburgh. Also run Young Adults group for people with physical or
learning disabilities (Transport Available)
26 Gracemount Drive Edinburgh EH16 6RN
Tel 0131 664 7424 www.laha.org.uk

The Dove Centre –various activities including domino's, bingo, lunch club, gentle
exercise for the over 50 in the west of Edinburgh
26 Hailesland Place, Edinburgh EH14 2SL
Tel 0131 453 4656 www.dovecentre.org.uk dovecentre@hotmail.com

Broomhouse Befriending Service – provides a visiting service to the elderly frail and elderly people with dementia in their own homes
Tel 0131 455 7731

Oxgangs Pentlands Friday Group – support and social activities for older people with Mental Health Problems. Fridays 10am – 1130am
Tel Gary Rose 0131 441 7588

Smarties – Frail elderly social group which includes social activities, bingo, table games, quizzes, educational opportunities and outings. Based at St David's Episcopal Church, Royston Mains Place, Edinburgh
Every Tuesday from 1pm. Subs £1.50 including transport
Tel 0131 552 7389

Juniper Green Village association – 1/2 Juniper Juniper Park Road, Edinburgh
Lunch clubs etc Tel 0131 453 4427

Balerno Old Folks Club - Balerno Church Hall, Balerno
4th Monday every month from Sept to March (0131) 449 3796

Blackhall Over 60's Club - St. Columba's Church Hall, Columba Road, Edinburgh EH4 (0131)332 5269
contact details B. H. Thickett, 14 Barntongate Drive, Edinburgh EH4 8BE (0131) 339 6966

Blackhall Probus Club - Social gathering for retired professional/business men.
Subscription £10 p.a. W Iain C Dunn
(0131)334 1665

Pentland Probus Club - Retired professional and business people (male)
10.00am first and third Wednesdays
Leslie Hannaford 456 Lanark Road, Juniper Green, Edinburgh EH14 5BB
(0131) 453 3012 <http://www.pentlandprobus.org.uk>

Prestonfield & District Neighbourhood Workers Project - Provides advice information and therapeutic care for older people. Also home support service
Linda Wright ,Prestonfield Neighbourhood Centre, 63 Prestonfield Avenue,
Edinburgh EH16 5EX
(0131)620 7222

Probus Club of Edinburgh - A club aimed at retired business and professional men, an offshoot of the Rotary Club. Talks on subjects of general interest are held at meetings. Visits are arranged to places of interest. Annual fee for membership is £5. AGM is held in May. Annual programme. Restricted to members and guests. Meets at St Cuthbert's Parish Church, Lothian Road (100m from Princes Street) M. Priestley, 14 Craigleith Crescent, Edinburgh EH4 3JL (0131) 332 3317

Second Probus Club of Portobello - To provide regular meetings of an informal social character for retired professional and business men of the district to develop common interest, recreational facilities and to assist in charitable work. Portobello Old Parish Church Hall, Bellfield Street, Edinburgh Ian Dempster 0131 332 3333

South Leith Pensioners Lunch Club - South Leith Church Halls, 6 Henderson Street, Edinburgh EH6 6BS
Mon. - Fri., 11.30am
(0131)554 2578

Pilton Elderly Project - Provides services for older people aged 50 plus including accessible transport, lifelong learning, ICT, clubs, volunteering opportunities, visiting and information service and open forum (the campaigning organization supporting older people's issues in North Edinburgh).
The PEP Centre, 3 West Pilton Park, Edinburgh EH4 4EL
(0131) 315 4466 <http://www.pepelderly.org>

Kirkliston Community Education Centre – computer courses, indoor bowling, Group/lunches for older people.
Wednesday and Thursday
Queensferry Road, Kirkliston Tel 0131 333 4214

LAHA – provides day and evening activities for people in the Liberton area
26 Gracemount Drive, Edinburgh Tel 0131 664 7424

Clovenstone Community Education Centre -Variety of clubs, classes
54 Clovenstone Park, Edinburgh EH14 3EY Tel 453 4561

Lambs House day centre – social centre for older people in Leith and surrounding areas
Burgess Street Leith Edinburgh Tel 0131 554 3131

DAY CARE NORTH EAST EDINBURGH

Ferrylee Day Centre – 33 North Junction Street, Edinburgh EH6 6HR
Tel 0131 553 7329

Jewel House Day Centre – 15 Bingham Crescent, Edinburgh EH15 3JT
Tel 0131 669 0888

Parkview Day Centre – 64 Peffermill Road, Edinburgh EH16 5LP
Tel 0131 662 9256

Porthaven Care Home for the elderly – 14 Wellington Place, Edinburgh EH6
7EQ
Tel 0131 554 2271

DAY CARE NORTH WEST EDINBURGH

Clermiston House – 93 Parkgrove Terrace, Edinburgh EH4 7RD
Tel 0131 336 1181

Silverlea – 14 Muirhouse Parkway, Edinburgh EH4 5EU
Tel 0131 336 4495

DAY CARE SOUTH EAST EDINBURGH

The Tower – 19 Murrayfield Drive, Edinburgh EH12 6EB
Tel 0131 337 9344

Granton – 15 Wardieburn Street, West Edinburgh EH5 2DA
Tel 0131 552 8647

DAY CARE SOUTH WEST EDINBURGH

Liberton Gardens – 57 Liberton Gardens, Edinburgh EH16 6NB
0131 664 5828

Oaklands – 35 Canaan Lane, Edinburgh EH10 4SG

Ford Road – 8 Fords Road, Edinburgh EH 11 2HP
Tel 0131 443 0662

Sighthill Day Centre – 12 Calder Gardens, Edinburgh EH11 4JD
Tel 0131 453 2418

Artlink – provides an escort service for housebound people to visit theatre, museums etc. 4 Forth Street Edinburgh
Tel 0131 556 6350

Pleasance Day Centre - Day Care support for older people in the Southside of Edinburgh. 7 West Adam Street Edinburgh EH8 9SX Tel 558 3728

Almond Mains Club - Cramond Kirk, Cramond Glebe Road, Edinburgh EH4 6NS
Held on Tuesdays and Wednesdays; snacks and lunch provided. Very varied programme of activities, including speakers and outings. Members contribute to planning of activities. £6 per day to cover snacks, lunch, transport and activities.
Tel 0131 336 2082

ECAS – opportunities to undertake several different activities including, art, computers, yoga, weight management. Also a weekly evening social group, a swimming group. Also available are grants for people to obtain computers etc.
Ecas ltd Norton Park 57 Albion Road, Edinburgh EH7 5QY
Tel 0131 475 2344 www.ecas-edinburgh.org

BASH- Brain Aneurysm AVM self help group – support group once a month for patients and carers based at DCN monthly
Tel 0800 073 2772

Khush Dil - is a community health project set up to prevent Coronary Heart Disease and Diabetes in South Asian people. The project offers heart health screening, a 1:1 dietetic/nutritional service and a range of healthy lifestyle activities including a local walks programme.
Contact: Gill Mathews Tel: 0131 537 4585/7
Email: Gill.Mathews@lpct.scot.nhs.uk

South City Stroller – walks around Burdiehouse Burn
contact Mary McGibbon Tel 0131 666 1354

Ageing well Edinburgh –Walking and general health and well being in Edinburgh.
For training and specific enquiries please contact:

Anita McCallum (Ageing Well Manager)
141 London Road
Edinburgh
EH7 6AE
Tel: 0131 652 2178
Email: AnitaMccallum@edinburghleisure.co.uk

For South Central Edinburgh programme details:
Joe Docherty (Project Assistant)

Tel: 0131 652 2178
Email: JoeDocherty@edinburghleisure.co.uk

For North East Edinburgh programme details:
Robina Brown (Project Assistant)

Tel: 0131 553 2559
Email: Robinabrown@btconnect.com

Mind body and stroll - Please contact Shirley Bowman for further information
about "Mind, Body & Stroll" Tel 0131 669 8401

Balerno Footsteps for fitness - 50+ Doorstep walks go from Balerno High School
at 10am on alternating Thursdays and Fridays, and are aimed at people 50 years
and over, with no upper age limit.
Contact: Will Sharp Tel: 0131 477 7733
Email: hywel.sharp@balernochs.edin.sch.uk

It's good to walk - Please contact Sarah for more information about walks in
Wester Hailes and the surrounding areas Tel 0131 458 3080.

Pilton walking group -Please contact Sarah for more information about walking in
the Greater Pilton area Tel 0131 315 7372

Sikh Sanjog -Thursdays 1 - 2pm for walks in Pilrig Park. Meet at Sikh Sanjog
office. Contact Trishna Singh for more information Tel 0131 553 4737

M.I.L.A.N. – provides people from ethnic minorities to participate in groups, yoga, exercise and trips. Lunch and transport available.

Tel head office to find out more 10 Albert Street, Edinburgh EH7 5LG

Tel 0131 555 5330/6500

M.I.L.A.N. – c/o Dalry House Neena Agarwal (ethnic Catering) Orwell Terrace
Edinburgh

Thursdays

Tel 0131 337 5252

Be-well – drop in Complimentary therapies, advocacy and stress management and groups (i.e. Young at Heart pensioners group every Saturday) – Covers Craigmillar area. 14 Niddrie House Park, Edinburgh (charge applies)

Tel 0131 657 4174 www.be-well.org.uk

APNA (Wester Hailes Asian Women's Group) - APNA aims to bring isolated women together, to provide support to Asian families in Wester Hailes and to develop better relationships between communities. **APNA** is working to raise awareness of Asian culture.

The group meets on Tuesdays between 11.30 am–2.30 pm, in Clovenstone Community Centre and activities include a lunch club and outings and visits for women and children. Courses include Family Literacy, Options and Choices and Health Issues in the Community. Childcare facilities are available.

Farhat Raza, APNA Clovenstone Community Centre, 54 Clovenstone Park, Edinburgh. Tel 0131 453 4561

DOSTI - is a support group for ethnic minority women, particularly Muslim women, who live in the local area. They run Women's Groups offering sewing, craft and other educational and leisure activities, a Mother and Toddler Group and Girls' and Boys' Groups. A crèche is available at certain times.

Audrey Peacocke **Dosti Muslim Group** 15 Smith's Place Edinburgh EH6 8NT

Tel/Fax 0131 553 2189

E.P.I.C. – people with epilepsy who have had it for years and may have moved on from organisation in Edinburgh.

Augustine Church, 41 George IV Bridge, Edinburgh EH1 1EL

Miss Lawson - Mr McLellan Tel 558 9703

Edinburgh Chinese Elderly Support Association - Information advice training, welfare special needs resources. Ongoing activities: training, celebration, support English training, lunch club, day care, home visits. Client groups: older people and other sectors of the Chinese community. To give information and advice on social benefits. To organize Thursday lunch club, Meals-on-wheels, home visiting, Day care services (Tuesday and Wednesday).

25 Home Street Edinburgh EH3 9JR Tel: 228 5808

COMMUNITY CENTRES EDINBURGH

Moredun community Centre – The programme provides a wide range of activities for older people Moredun Park View Edinburgh EH17 7NE
Tel 0131 6643823

Inch Community Education Centre – lunch club/older peoples groups
Inch House, 225 Gilmerton Road, Edinburgh EH16 5UE
Tel Ian Murdoch 0131 664 4710

Cameron House Community Centre
Cameron House Avenue, Edinburgh EH16 5LF
Tel 0131 667 3762 www.cameronhouse.edin.org

Burdiehouse and Southhouse Community Centre
25 Burdiehouse Street, Edinburgh EH17 8EZ
Tel. 0131 664 2210

Balerno Community Centre – 7/11 Main Street, Balerno EH14 7AQ
Tel. 0131 453 4561

Community Education/Carrickvale - 2 Saughton Mains Street,
Edinburgh EH11 3HQ
Tel: 0131 443 6971

Colinton Mains Community Centre - Firrhill Loan, Edinburgh EH13 9EJ
Contact: Sandra Purnell Tel: 0131 441 6597

Ukrainian Community Centre - 14 Royal Terrace, Edinburgh EH7 5AB
Tel. 0131 556 7622

Calton Centre - 121 Montgomery Street Edinburgh EH7 5EP
Tel 0131 661 5252

Craigentenny Community Education Centre – Loaning Road, Edinburgh
EH7 6JE
Tel 0131 661 8188/8189

Craigroyston Community Education Centre – 1a Pennywell Road, Edinburgh
EH4 4PH
Tel 0131 332 7360

Fort Community Wing - North Fort Street, Edinburgh EH6 4HF
Telephone: 0131 553 1074

Goodtrees Neighbourhood Centre – Moredunvale Place, Edinburgh EH17 7LB
Tel 0131 672 2629

Gracemount Youth and Community Centre – 128 Lasswade Road Edinburgh
EH16 6UA
Tel 0131 664 3275

Jack Kane Community Education Centre – 208 Niddrie Mains Road, Edinburgh
EH16 4ND
Tel 0131 657 1595

Juniper Green Village hall – Baberton Avenue, Juniper Green EH14 5DU
Tel 0131 453 4427

Kirkliston Community Education Centre - 16-18 Queensferry Road Kirkliston
EH29 9AQ
Tel 0131 333 4214

Leith Community Education Centre – New Kirkgate, Edinburgh EH6 6AD
Tel 0131 554 4750

Longstone community Centre –Redhall Grove Edinburgh EH14 2DU
Tel 0131 453 6078

Magdalene Community Centre – Magdalene Drive Edinburgh EH15 3BE
Tel 0131 669 8760

Northfield/Willowbrae Community Education Centre – Northfield Road Edinburgh
EH8 7PP
Tel 0131 661 5723

Pentland Community Education Centre – Oxgangs Brae, Edinburgh EH13 9LS
Tel 0131 445 2871

Portobello Community Education Centre – 3 Adelphi Grove, Edinburgh
EH15 1AP
Tel 0131 669 8275

Rannoch Community education Centre – Rannoch Terrace Edinburgh EH4 7ES
Tel 0131 339 5351

Ratho community Education Centre – 1 School Wynd, Ratho EH28 8TT
Tel 0131 333 1055

Royston/Wardieburn Community Centre – 11 Pilton Drive North, Edinburgh
EH5 1NF
Tel 0131 552 5700

St Ann's Centre – 6 South Grays Close, Edinburgh EH1 1TQ
Tel 0131 557 0469

St Brides Community Centre – 10 Orwell Terrace Edinburgh EH11 2DY
Tel 0131 346 1405

Sighthill Community Centre – Sighthill Wynd Edinburgh EH11 4BL
Tel 0131 453 6078

South Side Community Education – 117 Nicolson Street Edinburgh EH8 9ER
Tel. 0131 667 0484 <http://www.southside.edin.org>

South Queensferry Community Centre – Kirkliston Road South Queensferry
EH30 8NZ
Tel 0131 331 2113

West Pilton Neighbourhood Centre – 19 West Pilton Grove Edinburgh EG4 4BU
Tel 0131 551 3194

Artlink - Provides a volunteer to accompany clients to art venues within Lothian.
You pay the cost the cost of your own ticket and travel costs. The volunteers' costs
are met by Artlink
Artsaccess 13a Spittal Street Edinburgh EH3 9DY Telephone 0131 229 3555
www.artlinkedinburgh.co.uk

**East Lothian and Midlothian:
DAY CENTRES AND CLUBS**

Prestonpans physical disability resource centre – day service offering people to meet friends, learn new skills and to take part in opportunities
Tel 01875 812 747

Headway East Lothian– people with acquired brain injuries, group meets regularly.
Tel 01875 814 934

Arts Service – provides art activities and events to all throughout east Lothian
Tel 0131 665 9900

Stroke Group Prestonpans – every Thursday afternoon at Prestonpans Health Centre
Tel 01875 810 736

John Bellamy Day Centre 34 The Promenade, Port Seton. 60plus
Tel 01875 815886

Prestonpans Physically Disabled Bowling Club
Janice@fraser.318fsnet.co.uk

Carpet Bowls – Prestonpans Community Centre

Wallyford Miners Bowling Club – Mr C McGlynn, 47 Inchview Crescent
Tel 0131 665 5854

Whitecraig and Wallyford Lunch Club - Mrs C. F. Naysmith, 53 Whitecraig Avenue, Whitecraig
Tel 0131 665 7691

Tranent Day Care Centre Lunch Club (referral through GP or social services)
Monday – Friday 9am to 4pm
Tel Mrs Ray Anderson 01875 612130

Haddington West Church Friendship Hour Every second Thursday
Tel Mrs Beryl McNeil 01620 822075

Gullane Day Centre Lunch Club Linksview, East Links Road, Gullane
Contact Mrs Lorraine Houston 01620 843084

Carer's Support Haddington Contact Jim Herkness, Charge Nurse,
Herdmanflat Hospital
Tel 0131 536 8520

Lunch for Older Groups (60+) Organising Social Events & Outings
Meets in Corn Exchange
Monday – Thursday 11.30am – 1pm

Haddington Lunch Club Corn Exchange, Court Street, Haddington
Contact Mrs Bunty Hogg 01620 822 198

Haddington Probus Club (65 years+) Meets @ Maitlandfield House Hotel
Contact Mr Ian Baird, 6 Park Lane, Haddington
Tel 01620 823 316

Haddington OAP Club 91 Abbots View, Haddington
Contact Mrs May Brown 01620 823 906
[Meets 3rd Monday of each month September – June in Corn Exchange]

Longniddry Probus Club Meets @ Longniddry Inn
Contact Mr Gilbert Dempster 01875 852278
[Meets 2nd & 4th Thursdays from Oct to April @ 10.15am]

Hollies Day Centre Lunch Club 183 High Street, Musselburgh
Contact Mrs H Ross 0131 665 5613
[Social contact for the elderly. Movement to music, Line Dancing, Indoor Bowling,
Art Classes, Sewing, Tea Dances! 2 - 4pm most classes 5 – 7pm art classes]

Musselburgh Mansefield Court Lunch Club Contact Mrs Law 0131 665 8162
[Lunch club open to anyone in Musselburgh Area. Monday – Friday @ 12 noon]

Musselburgh Probus Club Meet @ Holmes Hall, High Street
Contact Mr Jack Suffolk 0131 665 3401
[Aims – lectures, slides, bowls etc
alternate Mondays 2 – 4pm]

North Berwick Probus Club Contact Dr B I Davies, 2 Stair Park, North Berwick
Tel 01620 892663

North Berwick & District Senior Citizens Association (60 – 90 years)
Contact Mrs Mary Hogan, 2 Dirlton Court, North Berwick Tel 01620 894 155
[Meets 4th Monday of month @ 6.30pm]

Sea Breezes Club (WRVS) Contact Mrs Margaret Grinstead, 29 Keppel Road
North Berwick Tel 01620 892 982
[Cards, dominoes & chat. Refreshments followed by entertainment. Every
Thursday Oct – April 1.45 – 3.45pm]

Humbie Lunch Club – c/o KeithBridge, Humbie EH36 5PA

North Berwick Volunteer Car Scheme Contact Mrs Sue Potter, 8 Smileyknowes Court, North Berwick
Tel 01620 892 101 [Door to door transport facilities]

North Berwick WRVS Lunch Club Contact Mrs Christine Strickland, 24 Melbourne Place, North Berwick Tel 01620 895603
[Hearty 2 course lunch + company]

Ormiston Lunch Club Contact Mrs Moira Addison, 2 Main Street, Ormiston
Tel 01875 615121 [10 – 11.30am café 11.30 – 3/4pm lunch club open to members]

Pencaitland Lunch Club Contact Mrs Alyson Cowe Trevelyan Hall Pencaitland
01875 340218 [Wednesdays 10 – 2pm]

Prestonpans Link Club & Lunch Club Contact Mrs Mary McGrath, 68 West Loan, Prestonpans 01875 813 361 [Mon/Wed/Fri]

Prestonpans OAP Association Contact Mr Ian Telford, 73 Polwarth Terrace, Prestonpans
Tel 01875 810 720

Elphinstone Lunch Club Community Centre. Contact Mrs Waddell
Tel 01875 611 362 [Mondays @ 11am]

Macmerry Lunch Club Macmerry Village Hall, Contact Mrs Maureen Clithill
Tel 01875 853431 [Tues & Thurs 11.30am – 2pm]

Tranent Golden Years Club Contact Mrs Olivia Riding, 74 Lindores Drive Tranent
[Social gathering with bingo @2pm, meets @ Loch Centre]

Tranent Probus Club Contact Mr James Dickson, 4 Lammermoor Gardens, Tranent
Tel 01875 611972 [1st & 3rd Tuesday of month. 10.30 – 12noon @ Brigg Inn, Tranent]

Whitecraig OAP Club Contact Mrs CF Naysmith, 75 Whitecraig Avenue, Whitecraig, Musselburgh
Tel 0131 665 7691 [Lunch Club 1pm. Young at Heart Pensioners 2 – 4pm. Wednesdays]

Changes 82 High Street, Musselburgh
Tel 0131 665 3977 www.changeschp.org.uk

Haddington Rotary Club Contact Mr Allan Colley, 7 Trabroun Cottages, Elvington Haddington
Tel 01620 853 589 Email: haddington@rotary1020.org

Haddington Round Table Contact Mr Mark Crane, 3 Mark Lane, Haddington
Tel 01620 826 836

Befriender - Midlothian, Penicuik and district for Older People. Tel 01968-678 109

Ageing well project East Lothian – provides over 50's opportunity to access exercise classes, group walks, buddying service, companionship.
Tel 01620 828 760 Wendy Alexander

Dunbar Probus Club – for retired men in Dunbar and district, located in Dunbar Castle Park Social Club. Meeting every second Tuesday from September to May at 10am

Dunbar Day Centre – Westgate Dunbar EH42 1JL Tel 01368 862 843

Aberlady Friendly Club - The Club provides an opportunity for social gathering with friends and neighbours. The Club meets on alternate Friday afternoons in the Kirk Stables. For further information, contact Miss O Fairgrieve on 870 341.

Be Active – Dalkeith - exercise, activity for over 50's in Midlothian
Telephone: 0131 271 3355

Penicuik Day Centre – 7 Bellmans Road, Penicuik
Tel 01968 678109

COMMUNITY CENTERS

Bridge Centre - Poldrate Haddington Tel 01620 823 137.

Dunbar Day Centre - Bakers Croft Dunbar Tel 01368 862 843

Fisrow Community Centre – South Street Musselburgh Tel 0131 665 7590

Longniddry Community Centre – Churchway Longniddry Tel 01875 852 933

Prestonpans Community Centre – Reston road Prestonpans Tel 01875 813 349

Stoneyhill Community Centre – 5 Stoneyhill Farm road Musselburgh Tel 0131 665 3110

Tranent Loch Community Centre – Loch road Tranent Tel 01875 611 081

Wallyford Community Centre – Albert Place Wallyford Tel 0131 653 2804

Whitecraig Community Centre - 44a, Whitecraig Crescent, Whitecraig,
Musselburgh, Midlothian EH21 8NG Tel: 0131 653 2227

Dalkeith Community Centre - 6, Woodburn Rd, Dalkeith, Midlothian EH22 2AR
Tel: 0131 663 3445

Newbattle Community Education Centre - 67 Gardiner Place, Newtongrange,
Dalkeith EH22 4RT Tel. 0131 663 6055

Penicuik Community Learning Centre - Jackson St, Penicuik EH26 9BQ
Tel. 01968 679 234

Other:

RIDING FOR DISABLED ADULTS

Muirfield Group East Lothian – Tel 01620 843 288

Ravelrig Group Edinburgh – Tel 0131 449 7994

West Lothian – Tel 0845 450 6952

Riding for the Disabled - Holmes Riding Stables, Tue, Wed & Thu.
Mrs K Dennison Holmes Riding Stables, Blackburn House Farm, Blackburn, West
Lothian EH47 7AQ Tel: 01506 636 556

Or:

West Lothian Group (on application) Mrs L Kerr, 76 Millgate, Winchburgh
West Lothian EH52 6UB

Employment and Education:

Moving into Work – specialised employment and support service working for Edinburgh and the Lothians. This service works with people with acquired brain injury helping them to find or retain employment.

Tel 0131 475 2600 www.intowork.org.uk/moving

Moving into work West Lothian – Tel 01506 443 100

Disability Employment officer, Jobcentre plus – offers help in finding work and claiming benefits. Contact local job centre plus or www.jobcentreplus.com

Scottish Employment Opportunities for people with disabilities – helps people with disabilities find and retain employment

Tel 0131 229 0627 www.opportunities.org.uk

Stevenson College, Directions flexible/part time courses for people with acquired brain injury – supported programs from half day to three full days per week.

Tel 0131 535 4700 www.stevenson.ac.uk

Edinburgh Telford College - Crewe Toll, Edinburgh EH4 2NZ,

Tel: 0131 332 2491 Fax: 0131 343 1218

mail@ed-coll.ac.uk

www.ed-coll.ac.uk

West Lothian College - Almondvale Crescent, Livingston EH54 7EP

Tel: 01506 418181

Fax: 01506 409980

enquiries@west-lothian.ac.uk

www.west-lothian.ac.uk

Jewel & Esk valley College - Eskbank Centre, Newbattle Road,
Dalkeith EH22 3AE

Tel: 0131 660 1010

Fax: 131 663 0271

Milton Road Centre, 24 Milton Road East, Edinburgh EH15 2PP

Tel: 0131 657 7200 Fax: 0131 657 2276

e-mail - info@jevc.ac.uk website www.jevc.ac.uk

The City of Edinburgh Council

The City of Edinburgh Council has a commitment to assisting people disadvantaged in the labour market back into employment. Its newest initiatives to facilitate this are through its [Employment Academies](#) and its [Joined Up for Jobs](#) initiative.

Various departments within the Council also support this commitment by delivering services and supporting projects which assist people with disabilities to access and retain employment. These include:

Social Work's Supported Employment Team - The Team provides employment and support service to people with disabilities and people with other special needs. This includes pre-employment and in-employment support and marketing to employers. The Team also administers a number of [Workstep](#) places and assists people with or recovering from mental health problems through the Open Employment Scheme.

Building 4, 5-7 New Parliament House, Regent Road, Edinburgh, EH7 5BL
Tel: 0131 525 8040 Isabelle Ferrie, Team Leader (Acting)
isabelle.ferrier@edinburgh.gov.uk

The City of Edinburgh Council also supports a number of independent local initiatives delivering a range of employment focused services within the city. These include:

Bonnington Resource Centre - Social Work, City of Edinburgh Council, Bonnington Road, Edinburgh, EH6 5NL
Walter Anderson Tel. 0131 555 0920 neesswork@hotmail.com

McLeod Street Resource Centre - Social Work, City of Edinburgh Council, 13 McLeod Street, Edinburgh EH6 5NL
Tel. 0131 337 3353 Jim Vyse

Pefferbank Co-op Work Scheme - Social Work, City of Edinburgh Council, Unit 4, 27 Peffer Place, Edinburgh EH16 4BB
Tel. 0131 659 5532 Julia Mikrouli, Depute Manager
pefferbank@coopscheme.freeserve.co.uk

Worktrack - (serving Craigmillar & SE Edinburgh) Central Administration, Unit 27 Castlebrae Business Centre, Peffer Place, Edinburgh EH16 6BB
Tel: 0131 661 9550 & 672 1248 Paula Kenny, Office Manager
paula@worktrack.co.uk

Moving On - (serving Pilton & N. Edinburgh) Norton Park, 57 Albion Road, Edinburgh EH7 5QY
Tel. 0131 475 2333

West Edinburgh Action – These initiatives provide advice, guidance and counselling, practical jobsearch assistance and access to training
16 Hailesland Place, Edinburgh EH14 2SL
Tel: 0131 477 2800 Fax 0131 488 2640

Leonard Cheshire Workability project – Leonard Cheshire's award winning Workability project aims to provide disabled people with the support needed to gain access to training and employment
160 Lower Granton Road, Edinburgh, EH5 1EY
Telephone: (0131) 538 5544 Fax: (0131) 538 5566
Email: Workability@scot.leonard-cheshire.org.uk

Midlothian Council

[Midlothian Council](#) is the major provider of services and largest employer in the Midlothian area. The Council is committed to 'equality of opportunity' in the local labour market and delivers a number of specific services and supports specialist projects, assisting people with disabilities resident within its catchment area. (see below). It is also in the process of developing a Midlothian Employment Action Network with the aim of 'joining up' local providers of employment support to people from all groups who are significantly distanced from the labour market. For more information contact Peter Purves at Intowork. peter.purves@intowork.org.uk

Midlothian Training Services - A range of programmes under the collective heading `Midlothian Training Services`, offering vocational training and personal development.

Midlothian Council, 76 High Street, Bonnyrigg, EH19 2AE
Jim Murphy Tel. 0131 454 0050 jim.murphy@midlothian.gov.uk

MiTech - Information Technology training for women returning to work and existing employees of small businesses. 1 Eskdail Court, Dalkeith EH22 1AG
Tel. 0131 271 3474 dorothy.johnston@midlothian.gov.uk

Midworks - 10 places per year in horticultural training for long-term unemployed adults over 25 years of age through the Worklink project Elaine Brown
Tel 0131454 0050 elaine.brown@midlothian.gov.uk

Environment Task Force (New Deal) - 20 places per year in environmental and landscaping training under the New Deal Environment Task Force for 18 - 24 year olds. Elaine Brown Tel 0131454 0050 elaine.brown@midlothian.gov.uk

Skillseekers - A 45 place Skillseekers programme for 16 - 18 year olds, in a range of occupational areas. There is also a programme for new young recruits to the Council workforce.
Jim Murphy Tel. 0131 454 0050 jim.murphy@midlothian.gov.uk

New Leaf - Formerly known as the provides free careers and employment advice and assistance to employed and unemployed adults.

5 Eskdail Court, Dalkeith EH22 1AG

Tel: 0131 271 3455

Services in Training for Employment in Midlothian (STEM) - Provides employment assistance and on-going support to adults with a learning disability.

Cherry Road Resource Centre, 8 Cherry Rd., Bonnyrigg EH19 3ED

Tel: 0131 654 0378

The Orchard Centre - The centre offers a supportive environment for people with or recovering from mental health problems. It provides information and advice on education, training, employment issues and welfare benefits.

14 Lothian St., Bonnyrigg EH19 3AB

Tel: 0131 663 1616

Midlothian Welfare Rights - This service provides information, advice, advocacy and representation covering a range of welfare rights including benefits, housing, employment and disability issues.

Fairfield House, 8 Lothian Road, Dalkeith EH22 3AE

Tel: 0131 271 3674

East Lothian Council

The Council operates its own supported employment service, managed by the Department of Social Work and Housing.

East Lothian Vocational Opportunities Service (ELVOS) offers a comprehensive service to people with a range of different disabilities, and works extensively with employers to support this process.

Elements of the service include:

- Pre employment advice and support for people seeking employment
- Advising employers and providing recruitment and selection assistance
- Delivering on-going workplace support to employee and employer for as long as this is required

Unit F, Macmerry Industrial Estate, Macmerry, Tranent EH33 1RD

Tel: 01875 614928

Fax: 01875 615252

abroad1@eastlothian.gov.uk

West Lothian Council

West Lothian Council is committed to helping people resident within its area who are disadvantaged within the labour market - including people with disabilities. It operates and supports a number of dedicated services and projects which can provide guidance and assistance to people with disabilities seeking or wishing to maintain employment.

West Lothian House, Almondvale Boulevard, Livingston EH54 6QG

Tel: 01506 777600, (Main Council Helpline Number)

cis@westlothian.gov.uk

www.westlothian.gov.uk

New Deal Gateway - Gateway advice as part of the New Deal initiative. This can incorporate training needs assessment, personal profiling and action planning, educational guidance and employment counselling, access to Adult Basic Education, and, jobsearch and on-going support.

Tel: 01506 777926

TACTIX - Provides support to help people get back to work or enhance their career prospects. This includes an Action for Work Fund, C.V. Service and the Next Steps programme which helps with jobsearch and interview activity.

Tel: 01506 777666

The Workplace - A Craigshill based initiative which offers people practical help to find a new or better job. The Workplace is a member of the TACTIX network.
Craigshill Mall, Livingston
Tel: 01506 435 430

Intowork West Lothian - Supported employment service. The service works with a range of people with disabilities including users of day centers who wish to take up and sustain employment.
Tel: 01506 443 100
Fax: 01506 443 055

Polbeth Market Garden - West Lothian Council also provides support to the Polbeth Market Garden Project offering full or part-time courses for unemployed people and women returners in business computing
Tel: 01506 430 805.

Employment and Education - general

Employment Opportunities for People with Disabilities - Charity helping disabled people find and retain work.
www.opportunities.org.uk

Equal Access to Open Learning Programme (EATOL) - Support for people wanting to learn flexibly from home.
www.nec.ac.uk

Open College of the Arts - Arts-based courses for flexible home-based learning.
www.oca-uk.com e-mail open.arts@ukonline.co.uk
Freephone: 0800 731 2116 Fax: 01226 730 838 Minicom: 01226 205 255

Open University - Flexible degree courses for home-based learners.
Mr Peter Syme, Scottish Director, 10 Drumsheugh Gardens, Edinburgh EH3 7QJ
Tel: 0131 226 3851 Fax: 0131 220 673 www.open.ac.uk

Skill: the National Bureau for Students with Disabilities - Promotes opportunity in training, education and employment for disabled adults.
Skill Scotland, Norton Park, 57 Albion Road, Edinburgh EH7 5QY
Tel: 0131 475 2348 Fax: 0131 475 2397
www.skill.org.uk/scotland e-mail- admin@skillscotland.org.uk

Leonard Cheshire Supported Employment service Edinburgh
Criteria 19 – 60 years provides skills and support to gain employment.
Tel 0131 538 5544

Momentum Scotland - People with acquired brain injury to find work and provide learning support

Tel 0141 221 2333 website www.momentumscotland.org

Learn direct – Call our helpline free on 0808 100 9000

www.learndirectscotland.com

Access Ability Lothian – supporting disabled people to access education

Tel 0131 475 2300

Community Based ESL - This section of Stevenson College runs 'English as a Second Language' classes and reading and writing workshops in various locations in Edinburgh, East, Mid and West Lothian. Some are for women only. Most have crèches. One-to-one tuition is available for people who cannot go to classes.

Flick Thorpe, Stevenson College, Community-based ESL, Duncan Place Resource Centre, 4 Duncan Place, Edinburgh EH6 8HW 0131 535 4630

Skillnet Edinburgh - aims to increase access to training, education and employment for black/minority ethnic people living in Edinburgh. They offer pre-vocational training, and career guidance, with full follow up support. The training courses are FREE, and childcare and travel are reimbursed to trainees. Courses offered include computing skills and English language support. You can make an appointment by phoning us at the number below.

Fergus Timmons, Skillnet Edinburgh, Unit 4 Abbeymount Techbase, 2 Easter Road Edinburgh EH7 5AN Tel: 0131 661 6625 E-mail skillnet@btinternet.com

LEAD Scotland - enables physically and/or sensory impaired adults to access education, training and lifelong learning opportunities and acts as a broker between education providers and disabled adults.

Helpline: (voice) 0800 100 900, (text) 0800 838 122 and ask for Lead Scotland.

Sarah Lawson, Information Officer Lead Scotland, Queen Margaret University College, Clerwood Terrace, Edinburgh EH12 8TS

Tel 0131 317 3439 E-mail enquiries@lead.org.uk Web www.lead.org.uk

Disability inclusion network - Disability Inclusion Network is an organisation to promote social inclusion and access for disabled people living in Craigmillar. They can provide information on training, funding, educational opportunities, employment and recreation

Coordinator: Patsy King/John Smith, Disability Inclusion Network - 57 Peffer Place, Edinburgh EH16 4BB

Tel 0131 661 8212 Fax 0131 661 8269

Signposts - assists people with mental health problems into employment, training and education. It is a FREE service and provides support, information and practical advice to people resident in East Lothian. Write or telephone for more information or drop in for a coffee and a chat.

Signposts, 18/20 Bridge Street, Musselburgh EH21 6AG
Tel 0131 653 3334

West Lothian 50+ Network - The group meets on Saturday mornings, either monthly or two monthly, and has a range of activities depending on the interests expressed.

Blanche Moore, West Lothian 50+ Network, 22 Livery Street, Bathgate EH48 4HS
Tel 01506 635 510

AbilityNet - Contact details for AbilityNet, an organisation to help everyone to gain access to IT, particularly those with disabilities

PO Box 94, Warwick CV34 5WS

National helpline 0800 269 545 Tel 01926 407 425

e-mail enquiries@abilitynet.org.uk Website <http://www.abilitynet.org.uk>

Bingham & District Third Age Learning Project - Working on an outreach basis (we only have an office base) we negotiate Learning Plans tailored to individual needs and aspirations, accessing learning classes and activities either in-house or from other organizations and agencies. We offer support services i.e. transport where required.

Tel Joyce Ghani/Margaret Evens, 31 Bingham Avenue, Edinburgh EH15 3HZ
Tel 0131 669 0606

Carrickvale Community Education Centre - To offer educational opportunities to all ages irrespective of ability. Stenhouse Street West EH11 3EP

Tel Douglas Bishop 0131 443 6971

East Lothian Centre for Lifelong Learning – Alderston House, Haddington EH41 3SF Tel 01620 829 908

Job centres plus – Wester Hailes ESJ/Social Security Office - Westside Plaza
Edinburgh EH14 2SP

Telephone: 0131 456 4300

Edinburgh Torphichen St. Jobcentre Plus - 24-26 Torphichen Street
Edinburgh EH3 8JP

Telephone: 0131 456 5200

Leith Jobcentre Plus - 1-3 Leith Walk Leith Edinburgh EH6 8TD

Telephone: 0131 456 4200

Portobello Jobcentre - 21-23 Windsor Place Portobello Edinburgh
EH15 2AF
Telephone: 0131 456 4800

Edinburgh City Jobcentre Plus - 11-13 South St Andrew Street, Edinburgh
EH2 2BT
Telephone: 0131 456 3300

Haddington Jobcentre - 22 Hardgate, Haddington EH41 3JR
Telephone: 01620 644 900

Bathgate District Office - 31-33 Whitburn Road, Bathgate EH48 1HG
Telephone: 01506 772 000
Textphone: 01506 772 168

Jobcentre Plus – Broxburn - 97/99 East Main Street, Broxburn, West Lothian
Tel 01506 772800

Jobcentre Plus - Lothian & Borders District Jobcentre Plus -
Unit 15 Regional Centre, Almondvale South, Livingston. EH54 6NQ.
Tel 01506 772661 or 772000

MELD – Minority Ethnic Learning Disability Initiative - 17 John Cotton Business
Centre, 10 Sunnyside, Edinburgh EH7 5RA
Tel: 0131 623 2200 Web: www.meldi.org E-Mail: info@meldi.org
(ceased business March 2004)

The Numbers Shop – Free courses to help adults improve their everyday
numbers and communication skills
188-190 The Pleasance Edinburgh EH8 9RT Telephone: 0131 668 4787

Platform Adult Learning Centre – a local adult guidance centre, which
highlighted a very clear need for a separate literacy and numeracy provision in the
area
96 Wester Hailes Road Edinburgh EH14 3HR Tel 0131 458 5482