

Useful contacts

DETAILS	CONTACT
<p>Midlothian Dementia Team Advice, help and support.</p>	<p>0131 537 9979 www.midlothian.gov.uk/dementia</p>
<p>Social Work Team Assessments for assistance at home.</p>	<p>0131 271 3900 Emergency Out of Hours – 0800 731 6969 www.midlothian.gov.uk</p>
<p>Rapid Response Falls Team 24/7 support if you fall at home and need help to get up.</p>	<p>0131 270 8890</p>
<p>Midcare 24/7 home sensors/alarms linked to a central support centre.</p>	<p>0131 271 3900 www.midlothian.gov.uk/midcare</p>
<p>NHS 24 24/7 medical help.</p>	<p>111 www.nhsinform.scot</p>
<p>VOCAL (carers) Support, information and training for carers – e.g. respite, welfare benefits, legal matters and power of attorney.</p>	<p>0131 663 6869 www.vocal.org.uk</p>
<p>Citizen's Advice Information and advice about money and legal problems.</p>	<p>Dalkeith - 0131 660 1636 Penicuik - 01968 675259 National - 0800 023 2581</p>
<p>Alzheimer's Scotland Information, advice, local groups and a 24-hour help line.</p>	<p>0131 654 1114 24-hour: 0808 808 3000 www.alzscot.org</p>
<p>Redcross Minor home adaptations, and information on local groups.</p>	<p>0131 654 0340 brcmidlothian@redcross.org.uk</p>

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<p>Age UK Advice Line Information and help to access the advice you need.</p>	<p>0800 678 1602 www.ageuk.org.uk</p>
<p>Speech and Language Team Support with swallowing, speech, language or voice.</p>	<p>0131 454 9544 https://services.nhsllothian.scot/slt</p>
<p>The Smart Centre Rehabilitation services e.g. driving assessment</p>	<p>0131 537 9192 www.smart.scot.nhs.uk</p>
<p>Ageing Well Physical activities for the over 50s.</p>	<p>0131 561 6506 www.midlothian.gov.uk/ageing-well</p>
<p>Grassy Riggs Community Café (65+) A drop-in with social activities information, and carer support.</p>	<p>0131 654 1770 10 Woodburn Rd, Woodburn, Dalkeith</p>
<p>Thistle Foundation Lifestyle Management Support for people with long-term health conditions.</p>	<p>0131 656 7345 www.thistle.org.uk</p>
<p>Scottish Fire and Rescue Home Safety Free home fire safety visit and fitting smoke alarms.</p>	<p>0800 0731 999 www.firescotland.gov.uk/contact-us</p>
<p>Sight Scotland rehabilitation and mobility team Practical guidance to help people with sight loss.</p>	<p>0800 024 8973 www.sightscotland.org.uk</p>
<p>Deaf Action Information and advice for deaf people.</p>	<p>0131 556 3128 https://deafaction.org</p>
<p>HCL Transport Supported accessible transport.</p>	<p>Dial-A-Ride 0131 447 9949 Dial-A-Bus 0131 447 1718 www.hcltransport.org.uk</p>