

CRAMOND CARES RESOURCE INFORMATION BOOKLET

*****CARE AND SUPPORT AT HOME*****

(also see the section "LIVE IN CARE")

Care Sourcer Ltd

Comparison and matching site for home care and care homes

Website: <https://www.caresourcer.com/>

City of Edinburgh Council - Main site for social care and health services

(Includes sections on adults and older people, carers, "Get care and support", "Paying for care")

Website: <https://www.edinburgh.gov.uk/social-care-health>

City of Edinburgh Council --Care and support at home

Website: <https://www.edinburgh.gov.uk/help-live-home/care-support-home/1>

Eidyn Care

(Offer specialist services and Palliative Care)

Tel: 0131 285 1221

Email: info@eidyncare.co.uk

Website: <https://www.eidyncare.co.uk/>

Help at Home

(provided by LifeCare, an Edinburgh Charity)

Tel: 031 343 0950

Email: enquiries@lifecare-edinburgh.org.uk

Website: <https://www.lifecare-edinburgh.org.uk/services/help-at-home/>

Home Help Me Care

(Services include companionship and palliative care at home)

(business based at Blackhall)

Tel: 0131 285 8320

Home Instead Senior Care

(Services include home care housework but not palliative care)

Tel: 0131 300 0599

Website: www.homeinstead.co.uk

Viva Independent Living

(Services: making meals; companionship)

Tel: 0131 313 1892:

Website: <https://vivaindependentliving.co.uk/Independent>

*****CARE HOMES*****

Care Sourcer Ltd

Comparison and matching site for home care and care homes

Website: <https://www.caresourcer.com/>

City of Edinburgh Council - Edinburgh Care Homes

List of residential and nursing homes in Edinburgh.

The care/assisted living homes in Cramond are: Cramond Residence, Lyle Court and Queen's Manor Care Home

Website: <https://www.edinburgh.gov.uk/directory/10213/care-homes---residential-and-nursing>

*******COUNSELLING SERVICES*******

Lothian Deaf Counselling Service

(Provided by Health in Mind, a registered charity)

Tel: 0131 225 8508

Email: contactus@health-in-mind.org.uk

Website: https://www.health-in-mind.org.uk/services/lothian_deaf_counselling_service/d143

Oasis Counselling Services

(based at Davidsons Mains Parish Church)

Tel: 0131 312 6238

Email: oasis@dmpc.org.uk

*******DEMENTIA ADVICE*******

Alzheimer Scotland

Tel: 0808 808 3000

Email helpline@alzscot.org

Website: <https://www.alzscot.org/>

City of Edinburgh Council - Dementia friendly Edinburgh

Website; <https://www.edinburgh.gov.uk/adults-older-people/dementia-friendly-edinburgh/1>

Dementia UK

Admiral Nurse Dementia helpline. Please note that this is an online appointment service available to relatives

Tel: 0800 888 6678

Email: helpline@dementia.org

Website: <https://www.dementiauk.org/>

Herbert Protocol – Missing Person Form

(A Police Scotland service)

The Herbert Protocol form is an information gathering tool to assist the police to find a person, living with dementia who has been reported missing, as quickly as possible.

Here is the link to download the form

Website: <https://www.scotland.police.uk/spa-media/j21h3laq/herbert-protocol-form-v3.doc>

*******EDINBURGH CITY COUNCIL SERVICES*******

Website links

Assisted Wheelie Bin Services

<https://www.edinburgh.gov.uk/bins-recycling/request-assisted-bin-collection>

Blue Badge Disabled Parking permit

Website: www.edinburgh.gov.uk/bluebadge

Care and support at home

Website: <https://www.edinburgh.gov.uk/help-live-home/care-support-home/1>

Dementia friendly Edinburgh

Website: <https://www.edinburgh.gov.uk/adults-older-people/dementia-friendly-edinburgh/1>

Edinburgh Care Homes -City of Edinburgh Council list

The care/assisted living homes in Cramond are:

Cramond Residence, Lyle Court and Queen's Manor Care Home

Website: <https://www.edinburgh.gov.uk/directory/10213/care-homes---residential-and-nursing>

Equipment to help you live at home

(includes handrails, grabrails, stair bannisters)

Website: <https://www.edinburgh.gov.uk/help-live-home>

Falls prevention advice

Website: <https://www.edinburgh.gov.uk/adults-older-people/falls-prevention-advice/1>

Main City of Edinburgh Council website for social care and health services

(Includes sections on adults and older people, carers, "Get care and support", "Paying for care")

Website: <https://www.edinburgh.gov.uk/social-care-health>

*****EQUIPMENT*****

Acorn Stairlifts

Tel: 0800 016 9746

Website: <https://www.acornstairlifts.co.uk>

City of Edinburgh Council

Order equipment to help you live at home

(includes handrails, grabrails, stair bannisters)

Website: <https://www.edinburgh.gov.uk/help-live-home>

Grabrails

Our Pastoral Care Assistant, Diane Williams, advises that, because of pandemic backlogs, grabrails are better bought from B&Q and fitted by an independent provider. If you want more advice her email is diane.williams@cramodkirk.org.uk

Scotland Stairlifts

Tel: 0800 016 9729

Website: <http://www.scotlandstairlifts.com/>

Stairlifts

Provided through Edinburgh Health and Social Care partnership

Tel: 0131 554 3200

Email: info@mobilityscotlandltd.co.uk

Website: <https://mobilityscotlandltd.co.uk/stairlifts-edinburgh/>

Stannah Stairlifts

Tel: 08082395340

Website: <https://www.stannah.co.uk/stannah-stairlifts-scotland>

Telecare 24

(Careline alarm provider)

Tel: 0800 1808540

Email: support@telecare24.co.uk

Website: <https://www.telecare24.co.uk>

*******HELPLINES*******

Care Scotland

Cruse Bereavement

Tel: 0845 600 2227

Carers UK

Advice and information for all carers

Tel: 0808 808 7777

Citizens Advice Direct

Tel: 0131 550 1000

Keyword: Helplines, advice

Dementia UK

Admiral Nurse Dementia helpline

Tel: 0800 888 6678

Email: helpline@dementia.org

Website: <https://www.dementiauk.org/>

The Silver Line Helpline

Information, friendship and advice for older people

Tel: 0800 4 70 80 90

*******LIVE-IN CARE*******

Everycare (Edinburgh) Ltd

Tel: 0131 668 4184

Email: edinburgh@everycare.co.uk

Website: <https://www.everycare.co.uk/edinburgh/>

The Good Care Group

Tel: 020 3728 7577

Website : <https://www.thegoodcaregroup.com/>

*******NATIONAL CHARITIES*******

Age Scotland

Tel: 0800 12 44 222

Website: <https://www.ageuk.org.uk/scotland/>

Alzheimer Scotland

Tel: 0808 808 3000

Email helpline@alzscot.org

Website: <https://www.alzscot.org/>

CrossReach

A Church of Scotland charity

Tel: 0131 657 2000

Email: bdd@crossreach.org.uk

<https://www.crossreach.org.uk/find-service/care-for-older-people>

*******PERSONAL CARE SERVICES*******

Chiropodist-home visits

Tel: 013 332 8837

City of Edinburgh Council – Main Social care and health services site

(Includes sections on adults and older people, carers, “Get care and support”, “Paying for care”)

Website: <https://www.edinburgh.gov.uk/social-care-health>

City of Edinburgh Council – falls prevention advice

Website: <https://www.edinburgh.gov.uk/adults-older-people/falls-prevention-advice/1>

Hairdresser home visits

Hazel Hamilton

Tel: 07927 208242

NHS - falls prevention advice

Website: <https://www.nhs.uk/conditions/falls/prevention/>

OutsideClinic

Optician home visits

Tel: 0808 239 4685

Email: info@outsideclinic.com

Website: <https://www.outsideclinic.co.uk/eye-test-at-home/>

Specsavers Home visits

Optician home visits

Tel: 0800 198 1132

Website: <https://www.specsavers.co.uk/home-eye-tests>

Steady Steps

To access this 16-week programme for anyone who has had or is at risk of a fall you need to be referred by a health professional (physiotherapist, occupational therapist). The programme is delivered by Edinburgh Leisure.

Tel: 031 458 2260

Email: active@edinburghleisure.co.uk

AbilityNet

A charity offering free help with computers, tablets and smartphones

Tel: 0800 269545

Email: enquiries@abilitynet.org.uk

Website: <https://abilitynet.org.uk/>

Assisted Wheelie Bin Services

Provided by City of Edinburgh Council

<https://www.edinburgh.gov.uk/bins-recycling/request-assisted-bin-collection>

Care & Repair - Home repair services

Provided by Care & Repair Edinburgh, a registered charity

Tel: 0131 337 1111

Email: reception@cre.scot

Website: <https://www.cre.scot/>

Snappy Shopper

Home delivery shopping service

Tel: 0330 900 1250

Website: <https://www.snappysopper.co.uk/>

SAFETY AT HOME

Home Fire Safety Visit

Provided by Scottish Fire and Rescue Services

Tel 0800 0731999

Website: <https://www.firescotland.gov.uk/your-safety/at-home/for-older-people/>

*******SOCIAL ACTIVITIES*******

The Bridge Memory Club and Life Care Conversations

(both provided by LifeCare, an Edinburgh Charity)

Tel: 0131 343 0940

Website: <https://www.lifecare-edinburgh.org.uk/services/day-clubs/>

The Community Choir

When: Tuesdays 7.30pm -9.00pm

Where: Cramond Kirk Halls

Contact Ian Huggan

Email: ianghuggan@blueyonder.co.uk

Cramond Coffee and Chat

You will receive a warm welcome from our volunteer staff

Where: Gathering Space , Cramond Kirk Halls

When: Every Monday 10.30 am to 12 noon

Please note that from Tuesday to Saturday the Gathering Space Café is open in the same space 10am-3pm selling tea, coffee, freshly baked cakes and more

Cramond Kirk Visiting team

Available: Phone calls and/or visits from a friendly member of the Kirk

Contact: Kathleen Malone

Tel: 0131 539 6881

Email: kamalone23@hotmail.com

Vintage Vibes

Tel: 0131 343 0955

Email: hello@vintagevibes.org.uk

Website: <https://www.edinburghleisure.co.uk/activities/active-communities/ageing-well>

The Wednesday Club

This friendly Social Club meets twice a month in Cramond Kirk Halls on Wednesday evenings from 7.30pm to 9.30pm. They are looking for new members. For further information please phone Olive Glencross on 031 336 3968

Phonelink

Phonelink is a telephone morning and evening check call service for people aged 65 year olds and over and living Edinburgh.

Tel: 0131 510 6930

Email: info@caringinraigmillar.org

Website: www.caringinraigmillar.org

*******TRANSPORT*******

Blue Badge Disabled Parking permit

Provided by City of Edinburgh Council

Website: www.edinburgh.gov.uk/bluebadge

Dial-A-Ride

Provided by HCL (Handicabs Lothian), a Scottish Charity

Dial-A-Ride provides door-through-door transport for people with limited mobility

Tel: 0131 447 9949

Website: <https://www.hcltransport.org.uk/dial-a-ride>

Dial-A-Bus

Also provided by HCL

Tel: 0131 447 1718

Email: edinburgh@handicabs.org.uk

Disabled Persons Buss Pass

Website: <https://www.mygov.scot/disabled-bus-pass/apply-for-or-renew-a-bus-pass>

Motability

The Motability Scheme helps you get mobile by exchanging your qualifying mobility allowance to lease a new affordable car, Wheelchair Accessible Vehicle, scooter or powered wheelchair.

Tel: 0131 554 3200

Website: <https://www.motability.co.uk/>

Older Persons Bus pass

<https://www.mygov.scot/older-persons-bus-pass>

Taxicard

Taxicards, provided by City of Edinburgh Council, are available to those living in Edinburgh with a permanent disability

Website: <https://www.edinburgh.gov.uk/public-transport/taxicard/1>

Updated 01/04/2022