

# CRAMOND CARES RESOURCE INFORMATION BOOKLET

## \*\*\*\*\*CARE AND SUPPORT AT HOME\*\*\*\*\*

*(also see the section "LIVE IN CARE")*

### **Care for Carers**

Tel: 0131 661 2077

Email: [enquiries@care4carers.org.uk](mailto:enquiries@care4carers.org.uk)

Website: <http://www.care4carers.org.uk/>

### **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>

### **Edinburgh Homecare**

Tel: 0131 541 2365

Email: [melody@edinburghhomecare.com](mailto:melody@edinburghhomecare.com)

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

### **Eidyn Care**

(Offer specialist services and Palliative Care)

Tel: 0131 285 1221

Email: [info@eidyncare.co.uk](mailto: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](mailto: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](http://www.homeinstead.co.uk)

### **Viva Independent Living**

(Services: care and companionship (not full carers). Will make a meal and accompany to appointments)

Tel: 0131 313 1892:

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

\*\*\*\*\***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 & MENTAL HEALTH SERVICES**\*\*\*\*\*

**Community Money Advice (CMA)**

Tel: 07990 892873

Email: [freedomcmaconnect@gmail.com](mailto:freedomcmaconnect@gmail.com)

Website: <https://comelybankchurch.com/cma-community-money-advice>

(St Stephen's Comely Bank have partnered with CMA, a UK wide Christian Charity, to provide a Money Management and Debt Advice Service)

**Edinburgh Crisis Centre** (for Mental Health)

Tel: 0808 801 0414

Email: [crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)

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

**Health in Mind** (formerly the Edinburgh Association for Mental Health)

Tel: 0131 225 8508

Email: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

Website: <https://www.health-in-mind.org.uk>

**Lothian Deaf Counselling Service**

(Provided by Health in Mind as above)

Tel: 0131 225 8508

Email: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

Website: [https://www.health-in-mind.org.uk/services/lothian\\_deaf\\_counselling\\_service/d143](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](mailto:oasis@dmpc.org.uk)

\*\*\*\*\***DEMENTIA SERVICES**\*\*\*\*\*

Please note that anyone requiring a day care centre for someone diagnosed with Dementia should in the first instance contact Social Care Direct. This is a temporary measure due to staffing shortages. Diane Williams, November 2022

Website: <https://www.edinburgh.gov.uk/socialcaredirect>

**Alzheimer Scotland**

Tel: 0808 808 3000

Email [helpline@alzscot.org](mailto: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>

**Cramond Dementia and Carers Lunch Club**

Held on 1<sup>st</sup> Monday of each month at Cramond Kirk Halls. Contact Patricia Eason

Tel: 0131 629 6490

Email: [patricia.eason@virgin.net](mailto:patricia.eason@virgin.net)

**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](mailto: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>

**North Edinburgh Dementia Care**

Tel 0131 553 7147

Email [enquiries@nedc.org.uk](mailto:enquiries@nedc.org.uk)

Website: <https://seagrovecentre.wordpress.com/>

\*\*\*\*\***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](http://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>

#### City of Edinburgh Council website for Urgent Care

(Any adult at risk or requiring care i.e if a spouse goes into hospital and someone at home requires urgent care)

<https://www.edinburgh.gov.uk/get-care-support/contact-crisis>

Tel: 0131 200 2324

### \*\*\*\*\*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](mailto: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](mailto: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](mailto: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](mailto: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**\*\*\*\*\*

**Bluebird Live in Care**

Tel: 013 258 5005  
Email: [edinburgh@bluebirdcare.co.uk](mailto:edinburgh@bluebirdcare.co.uk)  
Website: <https://www.bluebirdcare.co.uk/edinburgh>

**Everycare (Edinburgh) Ltd**

Tel: 0131 668 4184  
Email: [edinburgh@everycare.co.uk](mailto: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](mailto:helpline@alzscot.org)  
Website: <https://www.alzscot.org/>

**CrossReach**

A Church of Scotland charity  
Tel: 0131 657 2000  
Email: [bdd@crossreach.org.uk](mailto:bdd@crossreach.org.uk)

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

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

**Chiropodist-home visits**

Tel: 0131 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: 07917 108242

**Hearing Aids**

A hearing test and hearing aids are available from the NHS and can be arranged by your GP

**NHS** - falls prevention advice

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

**OutsideClinic**

Optician home visits

Tel: 0808 239 4685

Email: [info@outsideclinic.com](mailto:info@outsideclinic.com)

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

**Sight Scotland** (Assistance with Sight Loss)

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

Tel: 0800 024 8973

**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](mailto:active@edinburghleisure.co.uk)

**AbilityNet**

A charity offering free help with computers, tablets and smartphones

Tel: 0800 269545

Email: [enquiries@abilitynet.org.uk](mailto: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](mailto:reception@cre.scot)

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

## **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/>

## **\*\*\*\*\*SHOPPING\*\*\*\*\***

### **Iceland**

Iceland is offering shoppers over the age of 60 a 10% discount in their stores every Tuesday. Please present a form of ID (Senior Bus Pass, Driving Licence etc) to claim your discount.

### **Mobility Solutions** (Specialist retailer of mobility aids)

Tel: 0808 273 8541

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

### **Oakhouse Foods** (meal deliveries to your door)

Tel: 0333 370 6700

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

### **Snappy Shopper**

Home delivery shopping service

Tel: 0330 900 1250

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

### **Wiltshire Farm Foods** (meal deliveries to your door)

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

## **\*\*\*\*\*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](mailto: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](mailto:kamalone23@hotmail.com)

### **Davidson's mains Parish Church Sycamore Tree Café**

The café is open 9.30 am to 3.30 pm Tuesday to Thursday

Website: <https://www.dmpc.org.uk/whats-on/sycamore-tree-cafe/>

### **Mobile Library Edinburgh**

Tel: 0131 529 5683

Email: [access.services@edinburgh.gov.uk](mailto:access.services@edinburgh.gov.uk)

Website: <https://www.edinburgh.gov.uk/directory-record/1359186/barnton-whitehouse-road-opposite-junction-with-braehead-grove>

### **St Stephen's Comely Bank Parish Church Lunch Club**

Website: <https://www.comelybankchurch.com/about-us/services/lunch-club-team/>

### **South Leith Parish Church Lunch Club**

Website: <https://slpc.co.uk/about-the-lunch-club/>

### **Vintage Vibes**

Tel: 0131 343 0955

Email: [hello@vintagevibes.org.uk](mailto: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 always welcome 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@caringincraigmillar.org](mailto:info@caringincraigmillar.org)

Website: <https://www.caringincraigmillar.co.uk/phonelink-edinburgh.html>

\*\*\*\*\***TRANSPORT**\*\*\*\*\*

### **Blue Badge Disabled Parking permit**

Provided by City of Edinburgh Council

Website: [www.edinburgh.gov.uk/bluebadge](http://www.edinburgh.gov.uk/bluebadge)

### **British Red Cross wheelchair hire** (short term)



Tel: 0300 456 1914

Website: <https://www.redcross.org.uk/get-help/hire-a-wheelchair>

### **Cab Assist Card**

If you are a Taxi Card user or are over the age of 65 then you are eligible for the City Cabs Cab Assist card.

Tel: 0131 656 0830

Email: [enquiries@citycabs.co.uk](mailto:enquiries@citycabs.co.uk)

Website: <https://www.citycabs.co.uk/services/cab-assist-card/>

### **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](mailto:edinburgh@handicabs.org.uk)

### **Disabled Persons Buss Pass**

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

### **Edinburgh Airport Special Assistance**

Website: <https://www.edinburghairport.com/prepare/special-assistance>

### **Mobility Solutions** (Specialist retailer of mobility aids)

Tel: 0808 273 8541

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

### **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>

### **Scotrail Passenger Assistance**

Tel: 0800 046 1634

Website: <https://www.scotrail.co.uk/plan-your-journey/accessible-travel>

### **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>

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