

# What's out there?

Sources of information and support for those  
with chronic pain

Pain management

Astley Ainslie hospital





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## Sources of pain management support



The Astley Ainslie hospital pain management programme webpage contains: pain management information, relaxation and meditation audio tracks, tai chi and cardio exercise videos, links to other sources of information and support.

**[weare.nhslothian.scot/lcps/](http://weare.nhslothian.scot/lcps/)**



Pain concern are a charity supporting those with chronic pain. Website includes pain management videos, podcasts and leaflets on many relevant topics. They run an online chat forum through the website health unlocked that can be accessed via their own site. Pain concern helpline is staffed by trained volunteers who provide information, support or just a listening ear to people wanting to talk about their own pain or that of a family member or friend. Call 0300 123 0789 Every Monday 2-4pm, Wednesday 6-8pm and Friday 10am-12pm [help@painconcern.org.uk](mailto:help@painconcern.org.uk) **[painconcern.org.uk](http://painconcern.org.uk)**



Reconnect 2 life .An interactive on line pain management tool developed by Torbay and South Devon NHS foundation trust.

**[torbayandsouthdevon.nhs.uk/services/pain-service/reconnect2life](http://torbayandsouthdevon.nhs.uk/services/pain-service/reconnect2life)**



Self-help support for chronic pain

**[livewellwithpain.co.uk](http://livewellwithpain.co.uk)**



The British pain society. Produces leaflets on medical management of pain, specific medications and on pain management more broadly. Available online or to order. [britishpainsociety.org](http://britishpainsociety.org)



Provides free, reliable information about health issues, by sharing people's real-life experiences. Search for chronic pain or use the A-Z feature. [healthtalk.org](http://healthtalk.org)



Self-help support with chronic pain. [paintoolkit.org](http://paintoolkit.org)



## Well-being resources



Health in mind. This website connects you with activities in your area that may benefit your mental health. This includes, helpline, information drop in centre, befriending schemes and counselling. Covers all areas of Lothian.

[health-in-mind.org.uk](http://health-in-mind.org.uk)



living  
life to  
the full  
[www.lttf.com](http://www.lttf.com)

Living life to the full. Self-help information about low mood and stress and all of the common linked problems this causes. Costs involved to access some of this material. [lttf.com](http://lttf.com)



Work through a self-help guide that uses CBT (cognitive behavioural therapy) to help you live with chronic pain. Self-help guides are also available on the website for many mental health topics including anxiety, depression, panic, grief, anger and insomnia [nhsinform.scot](http://nhsinform.scot) (search for chronic pain self-help)



Edinburgh mental health information station. Free weekly drop in advice for people affected by mental health issues, and their carers. Runs every Thursday from 10.30am-3.00pm and is based in the Walpole Hall (next to St Mary's Cathedral), Palmerston Place, **Edinburgh**. Providing faster access to services, information, sign posting to support groups and more local resources. You can call 0131 536 8688 on Thursday between 9.30-3.30 email [MentalHealthInformation@nhslothian.scot.nhs.uk](mailto:MentalHealthInformation@nhslothian.scot.nhs.uk)



Each of these websites offers a lot of information about services that promote wellbeing in a variety of ways, specific to each area of Lothian .This includes activities as well as support.

**west  
space**

West Lothian's online source of mental  
health and wellbeing information  
[www.westspace.org.uk](http://www.westspace.org.uk)



Your online space for  
mental health and wellbeing  
information in Edinburgh

[www.ithriveedinburgh.org.uk](http://www.ithriveedinburgh.org.uk)

**Midspace**

Midlothian's online source  
of mental health and  
wellbeing information



[www.midspace.co.uk](http://www.midspace.co.uk)



[www.eastspace.org.uk](http://www.eastspace.org.uk)

**ALISS**

A Local Information System for Scotland

A local activity and support directory.  
Search using your postcode for local  
support. [aliss.org](http://aliss.org)



Changes community health project. Provide supportive opportunities towards healthier and less stressful living, for those with mild to moderate mental health conditions in East Lothian. Includes individual and group counselling, relaxation and mindfulness groups and more. Based in Musselburgh but offering resources across East Lothian. [changeschp.org.uk](http://changeschp.org.uk)



The Thistle foundation. A health and wellbeing charity, located in Niddrie that support people with long term conditions including chronic pain. You can contact them no matter where you live as many of their resources are now on line. They also have a specific Midlothian service. They run free 10 week Lifestyle Management courses, 1:1 wellbeing coaching, 8 week mindfulness courses, veteran support and much more.

To find out more, or to arrange a meeting, please call Emma on 07552 277416 or email [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk) [thistle.org.uk](http://thistle.org.uk)



Health all round .A community health project based in south west Edinburgh. Offering mental health and wellbeing support in a variety of ways including creative classes, CBT, pain management classes and outdoor activities. Tel 0131 337 1376 [info@healthallround.org.uk](mailto:info@healthallround.org.uk) [healthallround.org.uk](http://healthallround.org.uk)



Online NHS CBT courses. Designed to support mental health and wellbeing. Ask your GP about a referral:

Beating the blues .Helps people with stress, depression, anxiety or general low mood.

Silver cloud. Helps people to cope with long term health conditions including chronic pain.



Saheliya offer counselling , complimentary therapy, and practical and emotional support for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+).Contact on 0131 556 9302 or email [info@saheliya.co.uk](mailto:info@saheliya.co.uk)  
**[saheliya.co.uk](http://saheliya.co.uk)**



The Changing Room is a 12-week behavioural change course, and is a great opportunity for men who want to look after themselves, better their social connections and wellbeing, and improve the lives they lead.

Football is central to all that goes on within The Changing Room with activities including A Question of Football Quiz, Stadium Tour, Walking Football, a motivational guest speaker, pitch side walks and more.

[samh.org.uk/get-involved/physical-activity-and-sport/our-projects/the-changing-room](http://samh.org.uk/get-involved/physical-activity-and-sport/our-projects/the-changing-room)

Phone: 0141 530 1000 or Email: [thechangingroom@samh.org.uk](mailto:thechangingroom@samh.org.uk)



**Feeling overwhelmed?** Speak to your GP, NHS24- 111, or A&E

Emergency mental health crisis contacts

Mental health assessment service (MHAS Edinburgh) - 0131 537 6000

Confidential phone support

Breathing space **[breathingspace.scot](https://breathingspace.scot)** – a mental health helpline. Tel: 0800 83 85 87

Opening hours Weekdays: Monday-Thursday 6pm to 2am, Weekend: Friday 6 pm-Mondays 6am

Edinburgh crisis centre - Freephone: 0808 801 0414, Text: 07974429075

Email: **[crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)** 24 hours, 7 days a week

**[samaritans.org](https://samaritans.org)** Tel: 116 123 Email: [jo@samaritans.org](mailto:jo@samaritans.org) 24 hours, 365 days



## Relationship counselling



Relationship counselling and family mediation. Payment is requested. Costs may be negotiable in cases of financial hardship. 9A Dundas Street, Edinburgh, EH3 6QG and at other centres throughout Lothian. Call centre on: 0131 556 1527 email: [askus@bright-light.org.uk](mailto:askus@bright-light.org.uk)

**[bright-light.org.uk](http://bright-light.org.uk)**



Individual, family and couples counselling run by the Church of Scotland but you don't have to be churchgoer, a member of the Church of Scotland, or even a person of faith to use their services. No fixed charge, donation requested. Available in Edinburgh 0131552 8901 and Prestonpans 01875 814933



The Spark relationship helpline. For parents and families needing support with any relationship difficulties. Call between from Mon-Thursday 9am-9pm or Friday 9am-4pm. Free and confidential. 0808 802 2088



## Veterans support



Veteran's first point. Free advice and support for anyone that has served in HM armed forces. Edinburgh only but others can make contact by email Tel: V1P Lothian: 0131 220 992

**[V1P.Scotland@nhslothian.scot.nhs.uk](mailto:V1P.Scotland@nhslothian.scot.nhs.uk)** [veteransfirstpoint.org.uk](http://veteransfirstpoint.org.uk)



Thistle foundation veterans Courses. Learning to cope with stress, anxiety and anger, building confidence and self-esteem. 1:1 support also offered. Contact Claire on 07471030957 or email [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk)

**[Thistle.org.uk](http://Thistle.org.uk)**



## Keep going with exercise

The following pages include information on exercise classes aimed at people with long term conditions or needing to take a gentler pace. Since the covid pandemic many exercise classes have been running online only. This is constantly changing and we recommend checking the details we have shared for any updates.

### Edinburgh

**Fit for health.** A free 16 week physical activity lower intensity classes for all ages and abilities. Currently offering in-venue classes. You can be referred to the programme by any healthcare professional.

You can also find a 45 minute guided video to follow on You Tube, search for Edinburgh leisure.

**Healthy active minds.** A programme for adults aged 18 years and over with mild to moderate depression, stress, anxiety or low mood. Specialist support on lifestyle changes and motivational support. Advice to help create a unique physical activity plan e.g. swimming, walking, yoga and gym. Currently offering digital one-to-ones, one-to-one supported gym sessions, in-venue classes, and outdoor sessions. You can be referred by your GP, a mental health professional or pain management physiotherapists.

**Steady steps** Exercise classes for anyone who has had or is at risk of having a fall. Currently running in-venue classes. Live streamed classes each Wednesday via Zoom are being offered to anyone on the waiting list. Costs £1 per class and runs for 16 weeks.

You can also find a 45 minute guided video to follow on You Tube, search for Edinburgh leisure. You can be referred to the programme by your GP or physiotherapist.

**Get moving with counterweight.** A free 12 month group programme which supports you to make small changes to your diet and lifestyle to help you to manage your weight and become more active. Starts with a 1:1 session and then 10 group sessions and weekly exercise classes. More detail at [edinburghleisure.co.uk](http://edinburghleisure.co.uk). You can be referred by your GP or pain management physiotherapist or self-refer by emailing [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)



## Edinburgh leisure gentle Get Active classes

In venue classes. Book on the website, or using the Edinburgh Leisure app. You may qualify for a £10 per month access card if you are on benefits. You can pay per class rather than take out a membership if you create an account on the website. Reduced costs apply for 1 year if you have been through steady steps or fit for health programme.

**Active sit** .Low-level class combining seated and standing exercises. Active Sit is for anyone who has poor balance, walks slowly or uses mobility aids to get around. Classes are available at Ainslie park, Craiglockhart, Drumbrae, Gracemount and Leith Victoria sports centres.

**Strength and balance** .This low-level circuit session. This is the ideal class if you can move around independently and are looking to build on your strength and balance. This class uses a mixture of body weight and light weights. Allows you to work at your own pace. Classes are available at Ainslie park, Craiglockhart, Drumbrae, Gracemount and Leith Victoria sports centres.

**Strength and cardio**. A light and enegetic circuit class. Using body weight and light weights. Each exercise can be adapted to meet your individual needs and allows you to work at your own pace. On at the Royal Commonwealth Pool only.

**Seated Yoga**. This class is for people who need to remain seated, including wheelchair users. The focus is on maintaining or improving strength, balance and confidence in everyday movements as well as relaxation. On at Leith Victoria, Drumbrae, Craiglockhart.



## Other exercise programmes in Edinburgh

**Paths for all.** Offer short guided health walks for all abilities. Many groups meeting all over Lothian. Search for a local group on the website. [pathsforall.org.uk](https://pathsforall.org.uk)

**Aging well.** Currently offering gentle graded walking groups across the city and an allotment gardening group in Leith. Sessions cost £1-£2. Details at [edinburghleisure.co.uk](https://edinburghleisure.co.uk) , Tel: 0131 458 2260

**Thistle foundation.** Offer gentle exercise classes, Tai chi classes online and in person. Call 07552 277416 or email [referrals@thistle.co.uk](mailto:referrals@thistle.co.uk). You can also make contact via the website [thistle.org.uk](https://thistle.org.uk)

**ALISS** (a local information system for Scotland). Online directory of exercise classes and activities in your area. Search using your postcode. [ALISS.org](https://ALISS.org)

**Health all round.** Currently running online exercise classes including yoga, stretching, gentle movement and mindful movement. Tel: 0131 337 1376 email [alan@healthallround.org.uk](mailto:alan@healthallround.org.uk) [healthallround.org.uk](https://healthallround.org.uk)

**ECAS** Organisation supporting adults with physical disabilities living in Edinburgh or Lothian. Currently running online Tai chi and yoga on Tuesdays via Zoom. Details and application form on website. [ecas.scot](https://ecas.scot) Costs apply

**The Salisbury Centre** Offers a holistic and dynamic program of activities such as courses, workshops, lectures, meditations and one-to-one therapeutic work. Our intention is to provide an open, welcoming and accessible space to explore spiritual, psychological, and creative dimensions of being.

Yoga, Qigong and meditation classes at a discounted rate.

<https://www.salisburycentre.org/>



## **On line Tai Chi classes**

**Ifataichiedinburgh.co.uk.** Gentle and focusing on health benefits. Classes on Tuesday and Wednesday mornings live on line. Costs apply. Book on the website. Text 07450-979625 or email [lfataichiedinburgh@gmail.com](mailto:lfataichiedinburgh@gmail.com)

**Thistle foundation.** Contact for more information on live and recorded on line Tai Chi [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk). Costs may apply

**ECAS.** Organisation supporting adults with physical disabilities living in Edinburgh or Lothian. Currently running online Tai chi and yoga on Tuesdays via Zoom. Details and application form on website. [ecas.scot](http://ecas.scot) Costs apply

**Changes.** Online Tai chi on Tuesday mornings. [changeschp.org.uk](http://changeschp.org.uk) To register interest email [info@changeschp.org.uk](mailto:info@changeschp.org.uk) or phone 0131 653 3977

**Tai chi and nutritional therapy.** Online gentle beginners Tai Chi/Qigong. Costs apply. Details on website [taichiandnutrition.com](http://taichiandnutrition.com). Book on website or contact [tainutritionist@gmail.com](mailto:tainutritionist@gmail.com) 07990 582921

**Tai Chi Qi Gong and wellbeing class.** Online via Zoom. Thursday afternoon, Costs apply. Christine Dodson 07769 835623 [cadodson@btinternet.com](mailto:cadodson@btinternet.com)



## Face to face Tai Chi classes Lothian

**Changes.** Face to face Tai Chi classes in Musselburgh on Monday mornings. [changeschp.org.uk](http://changeschp.org.uk)  
To register interest email [info@changeschp.org.uk](mailto:info@changeschp.org.uk) or phone 0131 653 3977

**Tai chi and nutritional therapy Outdoor** gentle beginners Tai Chi/Qigong. Restarts in Spring.  
Stockbridge and bruntsfield. Costs apply. Details on website [taichiandnutrition.com](http://taichiandnutrition.com). Book on website or  
contact [tainutritionist@gmail.com](mailto:tainutritionist@gmail.com) 07990 582921

**Tai Chi Qi Gong and wellbeing class.** Face to face in Musselburgh .Thursday Morning, Costs apply.  
Christine Dodson 07769 835623 [cadodson@btinternet.com](mailto:cadodson@btinternet.com)

**West Lothian aging well programme.** Beginners Tai Chi at Howden park centre and Xcite Bathgate.  
Contact [aclerkson@westlothianleisure.com](mailto:aclerkson@westlothianleisure.com) - 01506 237950 / 07768090008

**Midlothian aging well programme 'be active'.** Tai Chi classes at Bonnyrigg Pitcairn centre on  
Tuesdays.Contact by email [AgeingWell@midlothian.gov.uk](mailto:AgeingWell@midlothian.gov.uk) or call 0131 561 6506



## East Lothian

**Extend.** Gentle exercise to music classes for older or disabled adults. Prestonpans ,North Berwick and Dunbar. Call 07917032435 or look at website for details. [Extend.org.uk](http://Extend.org.uk)

**Changes.** Online and Face to face Tai chi, on line exercise to music class, 6 week cycling skills courses, walking groups and buddy walks. [changeschp.org.uk](http://changeschp.org.uk) To register interest email [info@changeschp.org.uk](mailto:info@changeschp.org.uk) or phone 0131 653 3977

**East Lothian rest of life programme.** Classes aimed at those who would benefit from supervised exercise. Join online via website [livewelleastlothian.org](http://livewelleastlothian.org). Currently offering online exercise classes and outdoor walkercise in North Berwick. [office.elrlg@gmail.com](mailto:office.elrlg@gmail.com) 01224 036560

**Aging well East Lothian.** Find a large range of activities, including gentle dance, seated Pilates , Zumba gold, yoga, walking groups and walking football ,on [activeeastlothian.co.uk](http://activeeastlothian.co.uk) , follow links for **get active** and **aging well** for contact details for each group.

Email: [ageingwell@eastlothian.gov.uk](mailto:ageingwell@eastlothian.gov.uk)

Tel: 07718 117585

**Paths for all.** Offer short guided health walks for all abilities. Many groups meeting all over Lothian. Search for a local group on the website. [pathsforall.org.uk](http://pathsforall.org.uk)



## East Lothian leisure centre-gentle exercise classes

In venue classes. Book online or over the phone. You can join for a reduced cost if you are in receipt of benefits. You do not have to be a member to book. [enjoyleisure.com](http://enjoyleisure.com)

**Resistance training for all.** Whole body workouts designed to maintain muscle strength and bone density. The exercises are for all ages and all levels of fitness. Graduated use of dumbbells, barbells and resistance bands. Musselburgh sports centre 0131 653 5208

**Aqua fit** This class will relieve the stress on joints whilst improving your cardiovascular fitness and mobility. Musselburgh sports centre 0131 653 5208, North Berwick sports centre 01620 820730, Aubingy centre sports centre 01620 820650, Loch centre Tranent 01875 824140 , Dunbar leisure pool 01620 820655



## Midlothian

**Be active.** For over 50's in Midlothian. Health walks for all abilities at many places across Midlothian. Other activities include exercise classes, walking rugby, adapted kurling, walking football, walking netball, table tennis and badminton. Costs apply for some activities. Call 0131 561 6506 or look at the aging well page of the [www.midlothian.gov.uk](http://www.midlothian.gov.uk) website.

**MAC. Midlothian active choices.** This is a programme to support adults who are not active, or who have long term health conditions, to exercise. You need to be referred by your GP or physiotherapist. As part of the programme you receive a MAC card for reduced cost access to leisure facilities and support to make a plan. The programme also offers supervised gym sessions, walking groups, exercise classes and walking football at venues across Midlothian. For more information speak to your health care professional, call 0131 561 6507 or email [mac@midlothian.gov.uk](mailto:mac@midlothian.gov.uk)

**Paths for all** Offer short guided health walks for all abilities. Many groups meeting all over Lothian. Search for a local group on the website. [pathsforall.org.uk](http://pathsforall.org.uk)

**Extend** .Gentle exercise to music classes for older or disabled adults. Penicuik Call 01968 673393 or look at website for details. [Extend.org.uk](http://Extend.org.uk)



## Midlothian leisure centre gentle exercise classes

Visit [www.midlothian.gov.uk](http://www.midlothian.gov.uk) and search for exercise classes, register and book.

**Aqua Aerobics.** Classes running in Loanhead, Lasswade, Penicuik

**Mature Movers.** A gentle, relaxing, conditioning class. Running in Newtongrange.



## West Lothian

**Paths for all.** Offer short guided health walks for all abilities. Many groups meeting all over Lothian. Search for a local group on the website. [pathsforall.org.uk](http://pathsforall.org.uk)

**Ageing well West Lothian.** A wide range of gentle activities for the over 50's including dance , seated exercises, buddy swimming and walking groups at different venues across West Lothian. Contact Avril for more information [aclerkson@westlothianleisure.com](mailto:aclerkson@westlothianleisure.com) - 01506 237950 / 0776809000

**Health classes.** Gentle exercise classes in Broxburn , Craigswood and at the Howden park centre, run by West Lothian council. Attendance is following referral by your GP or physiotherapist. Following referral you will be offered an appointment to discuss what activity interests you.



## Reliable health information



Functional neurological disorder guide. Self Help website for people with functional neurological symptoms (FND). **[neurosymptoms.org](https://neurosymptoms.org)**



Scotland's national telehealth and telecare organisation. Call free on 111 if you are ill and cannot wait until your regular NHS service reopens.



Health information you can trust. A good place to find out more about symptoms or conditions. **[nhsinform.scot](https://nhsinform.scot)**



A comprehensive source of information about all kinds of Arthritis and other musculoskeletal conditions. Includes information on diet and complementary medicine. **[versusarthritis.org](https://versusarthritis.org)**



## Have you ever thought about voluntary work?

Help others

Meet others

Work towards  
paid  
employment

Use your  
skills

Achievement  
Connection  
Enjoyment

Edinburgh

**[volunteeredinburgh.org.uk](http://volunteeredinburgh.org.uk)**

0131 225 0630

222 Leith Walk

Edinburgh

East Lothian

**[volunteereastlothian.org.uk](http://volunteereastlothian.org.uk)**

01875 615423

56 High Street

Tranent

[info@volunteereastlothian.org.uk](mailto:info@volunteereastlothian.org.uk)

West Lothian

**[voluntarysectorgateway.org](http://voluntarysectorgateway.org)**

07712521850 or 01506

650111

Suite 1, Bathgate business  
centre

Email – [vsg@vsgwl.org](mailto:vsg@vsgwl.org)

Midlothian

**[volunteermidlothian.org.uk](http://volunteermidlothian.org.uk)**

07859914587

4-6 White Hart Street

Dalkeith

Voluntary work  
does not affect  
your benefits

Voluntary work can be  
very flexible and can  
often be adjusted  
around what you are  
able to manage





## Carers support

You may be interested in the following support if you are a carer or if you are currently cared for.

Understanding  
financial options  
and benefits

Getting a  
break from  
caring  
responsibilities

One to one  
counselling

Social and training  
events, meet  
other carers

Referral on to  
other services

Advocacy in  
health or social  
care settings

Support for  
young  
carers

Carer  
support  
groups

Edinburgh

[vocal.org.uk](http://vocal.org.uk)

0131 622 6666

Email:

[centre@vocal.org.uk](mailto:centre@vocal.org.uk)

West Lothian

[carers-westlothian.com](http://carers-westlothian.com)

01506 448000

Email: [office@carers-westlothian.com](mailto:office@carers-westlothian.com)



East Lothian

[coel.org.uk](http://coel.org.uk)

0131 665 0135

Email:

[centre@coel.org.uk](mailto:centre@coel.org.uk)

Midlothian

[vocal.org.uk](http://vocal.org.uk)

0131 663 6869

Email:

[midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk)





## Support after bereavement



CRUSE is a charity, staffed by volunteers, providing a national helpline, face to face support and support groups for people who have lost loved ones, no matter when that was. Free and confidential. National Helpline Opening Hours: Mon-Fri 9am to 8pm, weekends 1-4pm 0808 802 6161  
**[crusescotland.org.uk](http://crusescotland.org.uk)**

## Support to stay at /return to work



Working Health Services is a nation-wide job retention service. In NHS Lothian, the service works with people with a wide range of physical and mental health conditions, and aims to prevent sickness absence, support people to return from sickness absence quickly, prevent unemployment.

Referral criteria: Employed in small or medium size business <250 employees, off sick or struggling at work because of health, or self-employed. Ask your GP to make a referral or you can refer yourself by calling 0131 537 9579 Free and confidential



Remploy supports people with health issues to find work or move to a new job. Remploy have no branches in Lothian but can support local people online or via their phone line. Free, no impact on benefits. Call 0300 456 8110 **remploy.co.uk**



All in Edinburgh is a project which supports people who have a disability or long term health condition to find and keep a paid job. They can offer support with training, finding work and applying. They work with a number of employers to find roles that might suit you. If you are in work they can support you and your employer to make changes you might need in the workplace. All in Edinburgh is run by four organisations working together. These are: The Action Group, ENABLE Scotland, Forth Sector and IntoWork. Covering Edinburgh and Midlothian. 0300 0200 101, [info@allinedinburgh.org.uk](mailto:info@allinedinburgh.org.uk)  
**allinedinburgh.org.uk**



A non-profit organization for people with disabilities or long-term health conditions who need support to get or keep a job. Edinburgh and Midlothian. Self-refer via the website or contact on 0131 475 2600 [enquiries@intowork.org.uk](mailto:enquiries@intowork.org.uk) **intowork.org.uk**



Joined up for Jobs is an online directory for details of organisations that can help you deal with finding work, housing, homelessness, training, health, money, learning and more.  
**joinedupforjobs.org**



## Housing, benefits, or financial advice



*Community Help and Advice Initiative*

CHAI provide housing support, advice on debt and welfare rights Only Edinburgh residents. Appointment only. Book in advance by phoning 0131 442 1009. **[chaiedinburgh.org.uk](http://chaiedinburgh.org.uk)**



The Advice Shop Edinburgh provides a range of welfare rights and debt advice. There is now no drop in service provided. Contact by phone or email. Tel: 0131 200 2360  
.Email:[advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk)



The West Lothian advice shop provides advice and support on benefits, debt, housing, and managing energy costs. Currently not operating face to face. Tel: 01506 283000  
[advice.shop@westlothian.gov.uk](mailto:advice.shop@westlothian.gov.uk) Go to **[westlothian.gov.uk](http://westlothian.gov.uk)** and search advice shop.



The East Lothian welfare Rights team offers free, confidential information and advice with welfare rights and benefits. Tel: 01620 827827 Go to **[eastlothian.gov.uk/welfare-rights](http://eastlothian.gov.uk/welfare-rights)** search for welfare rights for details on specific surgeries.



The Midlothian welfare Rights Team offer free, impartial advice on: applying for benefits, desperate financial circumstances, benefit appeals and tribunal representation, basic debt and housing advice.  
Tel: 0131 270 8922 Go to **[Midlothian.gov.uk](http://Midlothian.gov.uk)** and search for welfare rights



Help to overcome debt problems. Visit the website for online debt help tool and for contact numbers which vary depending on your specific needs. **stepchange.org**



A national charity that supports people in financial hardship to find benefits and grants. **turn2us.org.uk**



Citizen's advice Scotland provide free, impartial and independent advice on any subject. Specialise in benefits, debt, health, budgeting, employment, housing, immigration and consumer rights. 0800 028 1456 **cas.org.uk**



Offer a range of practical services to enable older people and people with disabilities to repair, improve and adapt their homes .Services provided by volunteers for a donation plus cost of materials. Edinburgh council areas only Tel: 0131 337 1111 email [reception@cre.scot](mailto:reception@cre.scot) [cre.scot](http://cre.scot)



VoiceAbility provide a free advocacy service to people across Scotland who identify as disabled.

<https://www.voiceability.org/support-and-help/services-by-location/edinburgh>



## Enjoyable activities in your area

### **[aliss.org](http://aliss.org)**

Search for activities  
in your area using  
your postcode

### **[midlothian.gov.uk](http://midlothian.gov.uk)**

Search adult  
education and  
community classes  
or aging well

**Local libraries** are a  
good source of  
information through  
noticeboards and  
leaflets

**Men's sheds** are places where  
men come together to pursue  
hobbies and pastimes, share  
skills and experiences or  
undertake projects for  
themselves or their  
communities

**[scottishmsa.org.uk](http://scottishmsa.org.uk)**

### **[Activeeastlothian.co.uk](http://Activeeastlothian.co.uk)**

Click on links for get  
active and aging well for  
current activity list

**<https://adulthoodeducationedinburgh.spydus.co.uk>**

Council run adult  
education classes

### **[westlothian.gov.uk](http://westlothian.gov.uk)**

and search for local  
groups or aging well

### **Mad Jammers Open Mic Edinburgh**

Friendly, inclusive nights of music,  
poetry, comedy, dance etc. mainly  
for and by people with experience  
of mental health issues.

Find on Facebook at this link:  
**<https://www.facebook.com/Mad-Jammers-Open-Mic-edinburgh-812718862190851/>**



## Help with daily living

Daily living equipment can make a difference when trying to manage energy and keep mobile. Some equipment is available from the different local authorities in Lothian.

You can order indoor and outdoor grab rails from Edinburgh Council free of charge and they will deliver and install them in your house. Complete the form on the Edinburgh council website <https://www.edinburgh.gov.uk/orderequipmentthomeform> If you need help to fill in this form call 0131 529 6300. Edinburgh council are not taking referrals for more substantial adaptations to home at present unless they are to prevent a hospital admission. If provision is urgent contact social care direct on 0131 200 2324 or email



**West Lothian  
Council**

In West Lothian you can order a range of small equipment, such as handrails and grab rails. Call 01506 523335. For an assessment of what adaptations may help keep you independent in your home call 01506 776 700 (over 65) 01506 282252 (under 65).  
**[westlothian.gov.uk](http://westlothian.gov.uk)** search home equipment



In East Lothian you can complete an online form to request outdoor grab rails, banisters or newel rails. [eastlothian.gov.uk](http://eastlothian.gov.uk)

Search home equipment. To find out if you are eligible for a home assessment of your needs call occupational therapy /adult social care on 01875 824309



Midlothian For advice about what equipment or adaptations may help you manage independently at home call 0131 2713900 or email: [swccenquiries@midlothian.gov.uk](mailto:swccenquiries@midlothian.gov.uk)



A much larger range of equipment is available to buy. It can be useful to get independent advice about whether equipment is suitable for you. See links below.

**Lothian disabled living centre, SMART centre, Astley Ainslie hospital**

This centre has a varied selection of equipment, of interest to people with disabilities and their carers, on display e.g. kitchen equipment, bath aids and much more. People can inspect and try this equipment. An OT is available to assist visitors.

A referral is not necessary.

The centre is open 8.30-4.30 Monday-Friday.

Telephone enquiries are welcome 0131 5379190

It is necessary to make an appointment before visiting the centre



Disability living foundation (DLF) is a national charity providing impartial advice and information on independent living. With a huge range of equipment available, sometimes it can be confusing. How do you know what is available? Where do you go to buy equipment? How do you know what is right for you? How do you know if a supplier is reputable? DLF provides all the answers to these questions. [www.dlf.org.uk](http://www.dlf.org.uk)



Website run by the disability living foundation. Practical guide to where a huge variety of equipment can be purchased. An impartial source of information which allows you to compare features and cost.  
**[livingmadeeasy.org.uk](http://livingmadeeasy.org.uk)**



This website is relevant to all those with chronic pain, not just due to arthritis. The 'daily life' and 'hints and tips' sections contain practical advice about many practical aspects of home life. A booklet, on 'everyday living and arthritis', can be ordered or downloaded for free  
**[versusarthritis.org](http://versusarthritis.org)**