



Give a little extra this Christmas

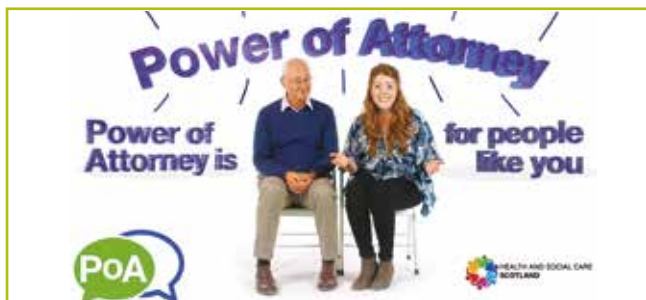
Foodbanks are getting ready for a busy time of year, providing nutritionally balanced food for people in crisis. They are always looking for donations of food on their lists but festive treats are especially welcome.

Professionals such as doctors, health visitors, social workers and the police can refer people in need.

Search midlothian.foodbank.org.uk for ways to donate food or money and find out more.



Power of Attorney - for people like you.



Life can be eventful - accidents or illnesses can mean you are unable to make decisions about how you live your life. You may think your family will be able to make decisions about your support or treatment, especially if you are married or have a will but this isn't always true. Your relatives may be consulted but unless you have given someone the legal power to make decisions for you, they **cannot** decide what should happen to you.

Setting up a Power of Attorney means you can choose who can make decisions on your behalf. It's easy to do and could change your life. Go to mypowerofattorney.org.uk to find out more.

Support after a death.



The death of someone close can be overwhelming. Relatives, friends or neighbours can offer support but there are also organisations to help guide you through what to do and talk through your feelings. As part of the festival of remembrance 'To Absent Friends' we created a list of support organisations you can download from midlothian.gov.uk/bereavement

You may also be eligible for support towards the costs of a funeral, burial or cremation. If you receive a 'qualifying benefit' such as Universal Credit or Income support go to www.mygov.scot/funeral-support-payment



New Joint Director of Midlothian's Health and Social Care Partnership

Morag Barrow replaced Allister Short on the 1st October as our Joint Director. She was previously responsible for primary care and older people's services and says it is "an honour to take on the role at an exciting and challenging time". Congratulations Morag.



New outdoor early learning and childcare centre at Vogrie

The Unpaid Work team have transformed a derelict area at Vogrie into an outdoor early learning and childcare centre. Working under Community Payback Orders, the team have weeded, cleared hedges and completed countless tip runs in preparation for the children arriving. The centre is being developed for children, particularly those who experience higher levels of deprivation and will have a tremendous impact on the community.



Supporting people living with Dementia in Care Homes

A team of nurses, social workers and occupational therapists have started to share good practice for caring for people with dementia. They will look at ways to reduce unnecessary admissions to hospital and share learning from a new project - Namaste Care running at Newbyres Village care home. This brings residents together to stimulate the senses in a soothing atmosphere.



Help is at hand for women with incontinence

Did you know you can get help from a specialist physiotherapist if you have urinary incontinence or prolapse? They can work with you individually to fully assess you and begin a treatment plan to make a difference - and hopefully make little accidents a thing of the past. Ask your GP for a referral.



Personal Assistants offer an alternative to Care Packages

Personal Assistants support people in a variety of ways, including personal care, cooking, support with paperwork, and helping people live full, connected lives. We are recruiting for our Personal Assistant scheme - a sort of match making service for those looking for support, and those interested in working as a Personal Assistant. Find out more at www.midlothian.gov.uk/pa



New Green Hub for Mental Health Project

The ROWAN project is delivered by Health in Mind for people who experience mental health issues. The project is involved in conservation activities with the Ranger service at Roslin Glen, the Bonnyrigg Footpaths Initiative, the Midlothian Community Hospital Garden, the Secret Garden and Grassy Riggs. Members have built a new Green Hub venue that will provide both shelter and act as an activity/teaching space. Call Phil on 0131 663 1616 for more information.

Building for the future

We are the fastest growing local authority in Scotland - growing at a rate of a new house every 16 hours.

We know this puts pressure on GPs. We have been working with NHS Lothian to provide more GP services through adding capacity for thousands more people in new and extended GP clinics.

+8,000 increase in capacity

Bonnyrigg & Rosewell

We will build a new practice in 2022.

+4,500 increase in capacity

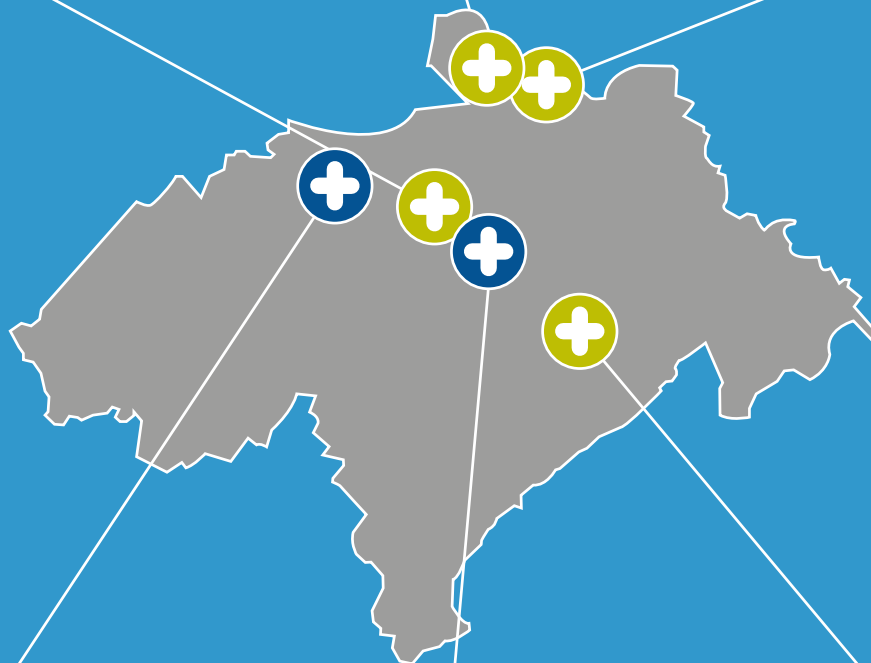
Danderhall

We will either build a new building or expand the current one by 2021.

+7,500 increase in capacity

Shawfair

We will build a new practice by 2025 in the new housing development.



+2,800 increased capacity

Loanhead

We built a new multi purpose centre in 2017 to increase capacity.

+5,000 increased capacity

Newtongrange

We converted a clinic in 2018 to increase capacity at Newbattle practice.

+3,000 increase in capacity

Gorebridge

We will expand the current practice by 2021.

#WhatsOnMid

Older People

Groups for the over 50s at the Link in Loanhead (term time).

- Movie with afternoon tea - Thursday 11:30 - 14:00 (£3.50)
- Lunch Club and activities - Tuesday 10:30 - 13:00 (£5)

Everyone

Free Women's Only Drop In Supper - Thursday 16:30 - 18:00 - No 11, Dalkeith
Enjoy supper while accessing support services at the new central recovery hub for mental health, substance misuse and criminal justice. Call Liz **07741163207**.

Christmas Day Dinner - 25 December 13:00 - Danderhall Miner's Club
Free turkey dinner for no cost but donations welcome. If you know anyone who will be alone on Christmas day contact Stephen on 07387 634108

Physical Disability

Hearing Aid Clinics - Whether your battery is flat, your aid needs re-tubed or you just need some advice, these clinics can help you get the most out of your hearing aid.

- First Wednesday of the month - 10.30 - 11.30 - Dalkeith Library
- Last Wednesday of the month - 10.30 - 11.30 - Penicuik Town Hall

Café Connect - last Tuesday of the month - 14:00 - 16:00 - Dalkeith Welfare Hall.
A community café for physically disabled people, carers and people with disabled friends.

Learning Disability

Cornerstone café - Wednesday 10:00 - 12:00 - Mayfield and Easthouses Church
Tea, coffee, biscuits, delicious soups. What's not to love! Run by the Community Access Team.

Autism Friendly Cycling Routes - Rowan's Recommended Riding Routes
Rowan Taylor is a boy who loves cycling and has Asperger's. His blog is a guide to routes he has explored with his dad. <https://rowansrecommendedridingroutes.com>

Autism Friendly Carol Concert with Kindred - Monday 9th December -
St Cuthbert's Parish Church, West Princes Street Gardens, Edinburgh.

Mental Health

Midlothian Council are delivering training to inform staff about trauma. CAPS want to make sure people with experience of trauma are involved. Contact 0131 273 5116 or ele@capsadvocacy.org

Carers

VOCAL coffee mornings - once a month. Join other unpaid carers for coffee, cake and chat and listen to guest speakers. Call 0131 663 6869.

VOCAL Winter Programme Call 0131 663 6869 to see what activities and events are available over Christmas & New Year.