



# East Lothian Health & Social Care Partnership



Carers of  
East Lothian



East Lothian  
Short Breaks Services for Carers

**Carers of Adults**

# CONTENTS

- 1 Introduction**
- 2 Help from your Local Carers Organisation**
- 3 Help from Social Work**
- 3 Help with the Cost of Breaks**
- 4 Charges for Support**
- 4 How to Plan your Break**
- 6 Types of Services**
  - 6 Technology Enabled Care**
  - 6 Smart TEC**
  - 7 Volunteer Services**
  - 7 Day Centres (for older people)**
  - 7 Meeting centres (for people living with dementia)**
  - 7 Lunch clubs, Community Kitchen, Bite 'n' Blethers**
  - 7 Adult Resource Centres and Coordinators**
  - 7 Neighbourhood networks**
  - 8 New Beginnings Clubs**
  - 8 Care Agencies**
  - 8 Care Homes**
  - 9 Live in Care**
  - 9 Shared Lives Scheme**
  - 10 Supported Holidays**
  - 10 Accessible Holiday Accommodation**
- 11 Important Contacts**
- 12 Website Information**
- 13 List of Local Services**

## What is a Short Breaks Statement

We have written this statement to help give you an idea of the different types of breaks and services that are available within East Lothian to help you to get a break from caring. It also includes details of local services which may be of help to you.

**The information in this Short Breaks Statement is for adult carers who are looking after someone who is 16 years of age or over. There are separate Statements for young carers, and parent carers of children under the age of 16.**

## Breaks from Caring

A “break from caring” is any type of service or help that enables a carer to take time away from their caring responsibilities.

Being able to take a break from caring is vital for you to be able to stay healthy. Breaks can help you to take time for yourself, try new activities, allow you to spend more time with your family away from caring, or to take a break away from the person you care for.

## Your right to an Adult Carer Support Plan

All adult carers have the right to an Adult Carer Support Plan (ACSP). Any Carer can complete one of these, regardless of the number of hours, type of caring or regularity of their caring role. Through a ‘good conversation’ your plan should look at what outcomes you want to achieve and what support you need to be able to do so. As part of this process you should always be supported to consider whether you need a break from caring, the difference this will make to you and what kind of break might be the best option for you and the person you care for.

## Help to Arrange a Break

### Help from other friends and family or community supports

As part of the support planning process it might be good to think about whether there are other friends and family members who may be able to spend time with the cared for person so you can have a break from caring. This can also help to maintain relationships with friends and family who may be unsure how they can help.

## Short breaks at home

Short breaks at home and more creative breaks developed in response to the Coronavirus lockdown in 2020 as a way to help carers and their families have some time out from caring routines while other supports may not have been available. We learned that for many carers being able to have a break at home can really help their own health and well-being. As a result many more carers are accessing creative breaks through opportunities for leisure, relaxation or through technology.

## Help from your Local Carers Organisation

### Carers of East Lothian

East Lothian Community Hospital, Haddington  
0131 665 0135

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

[Carers of East Lothian – Supporting people who care for family and friends \(coel.org.uk\)](http://www.coel.org.uk)



Carers of East Lothian can help you with many aspects of arranging breaks from caring. All of the services they provide are free and confidential.

Carer support workers can:

- help you to decide the type of break that would work best for you and the person you care for
- support you to access grants to help towards the cost of your chosen break
- research breaks that are appropriate for your needs
- tell you about other organisations or charities that can provide discounted or free breaks and refer you if necessary
- discuss any barriers to you getting a break e.g. accessibility needs, replacement care options for the person you care for
- liaise with other agencies e.g social work, where necessary
- provide emotional support
- offer opportunities for you to meet other carers through support groups, training courses and events.



## Help from Social Work

### Adults Services

01875 824 309 (Contact Centre)

[communityaccess@eastlothian.gov.uk](mailto:communityaccess@eastlothian.gov.uk)

[www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)

If you need more support and especially where you can't take a break without alternative care being provided for the person you care for, East Lothian social work department can help you to arrange a break. A social worker will talk to you about your needs and the needs of the person you care for, to make sure you find a break that suits you both.

If you, or the person you care for, are assessed as being eligible for support social work may also be able to provide assistance with the cost of a break, known as a personal budget.

If you have a budget from social work, you can decide how you wish to spend it, this is known as Self-Directed Support.

Self-directed Support: A guide for carers is available here:

[Self-directed Support: A Guide for Carers - gov.scot](http://www.gov.scot) ([www.gov.scot](http://www.gov.scot))

*Mr and Mrs K have an adult daughter with a learning disability and physical disabilities. Mrs K is feeling very tired due to an increase in over night care she provides. Through her ACSP Mrs K identified that she would love to get to the gym while her daughter attends her day centre. Funding was provided for this to help support Mrs K's health and well being and hopefully increase her energy levels. The Carer support worker also supported Mrs K to apply for funding for a short break so they could travel with some other family members. Mr K is still working and feels he spends most of his free time supporting his wife. He noted he used to work outdoors and this helped his well being. Funding was arranged for a fishing permit so Mr K could get some time outdoors and spend time with and teach his grandson to fish helping maintain their relationship too.*

Personal Account 1

## Help with the cost of breaks

### Charity Grants and Free/Subsidised holidays

You may also be able to get a grant from a charity towards a break. Some charities offer free, or subsidised stays in caravans or other holiday accommodation instead of money.

You can apply directly to charities in some cases, although others ask for a supporting letter or referral from a professional. Carers of East Lothian may be able to support you with this.

Carers of East Lothian and social work can also offer advice and support with finding grants.

## Carers of East Lothian – Time for me Fund

Carers of East Lothian offers their own small grants scheme with funds provided by the Scottish Government and East Lothian Health and Social Care Partnership. Adult carers, parent carers and young carers can apply for a Time for Me grant to help with the cost of a break from caring.

Contact Carers of East Lothian directly for information about how to apply for a Time for Me Grant

*Mrs P cares for her partner who has bipolar disorder and possible agoraphobia and struggles with her own anxiety. She describes ballet as “her happy place” and says she is never happier than when she is dancing, and it means everything to her. She had not been to classes for 2 years because of Covid and could no longer afford it which made her very sad. She was supported to apply for a grant for a full years ballet lessons. She said “This will enable me to go to my ballet and do what I love doing. It brings me great joy and helps me relax so I can cope better with daily life. Enjoying it very much.”*

Personal Account 2

## Charges for support

Any services provided to meet Carer need cannot be charged for since the introduction of the Carers Waiving of Charges for Support regulations (2014) and the Carers Scotland Act (2016)

Your need for a break will be discussed as part of your ACSP and if your needs meet local eligibility criteria you will not be charged for support.

## How to Plan Your Break

When you start to plan your break you might want to think about:

- how long you want your break to be for
- the age group of the person you care for
- the type of services that might best suit you and the person you care for.

The information on the following page shows the types of services available by length of time and for each age group.

## Breaks by length of time

### *Breaks for a few hours*

- Community groups
- Meeting centres
- Day centres and Outreach services
- Telecare
- Care agencies and volunteer services
- Adult resource centres or resource co-ordinators
- Shares Lives scheme.

### **Breaks for a few days or longer**

- Care agencies
- Live in care
- Nursing or residential homes.

### **Longer breaks with the person you care for**

- Supported holidays
- Accessible holiday accommodation

## Services by Age Group

### **Services for all ages**

- Telecare
- Care agencies and volunteer services
- Live in care
- Direct payments
- Supported holidays
- Accessible holiday accommodation

### **Age 16-65**

- Neighbourhood Networks
- Adult resource centres
- Shared Lives scheme
- Residential care services for younger people

### **Age 65 and over**

- Day Centres and lunch clubs
- Meeting centres (for people with dementia)
- Residential care and nursing homes.

# Types of Services

The following information gives examples of the different types of breaks available in East Lothian.

There is a list of providers offering these breaks and care services at the end of the document.

**All efforts have been made to ensure information is correct at time of publication, however local services are subject to change**

Many of these providers can be contacted directly and you can also purchase their services privately. However, there are some providers who can only be accessed by a referral from social work. These services are noted in the provider list.

## Technology Enabled Care

This is the use of different technologies to improve a person's outcomes, the two main types of technology covered by the TEC team are Telecare and Smart TEC.

Telecare technology can be useful in enabling you and the person you care for to have some time apart, reassuring you the person you care for is safe and that they can call for assistance if necessary. Equipment available includes:

- Community alarms
- Gas, fire, carbon monoxide and heat sensitive alarms
- Flood detectors for kitchens and bathrooms
- Equipment that detects falls or lack of movement
- Sensors that detect people leaving the property at unusual times
- Automatic medication dispensers.

East Lothian Health and Social Care Partnership Telecare Team offer assessments to make sure you get the equipment that is right for you. Equipment provided is free although there is a charge for the monitoring service.

## Smart TEC

Smart technology is readily available on the high street or online and is usually low cost and easy to set up. Most devices do require a Wifi connection.

You can use Smart TEC to control items in your home in a different way such as heating, lighting, security. More information and case studies can be found at:

[Technology Enabled Care - Access to a Better Life in East Lothian](#)



## Volunteer Services

Some volunteer services offer companionship and befriending services so that a carer can take a break while the Cared for person is in the company of someone they know and trust.

### Day Centres (for older people)

Day centres are available for older people and can provide an opportunity to make or keep up with friends, reduce loneliness and isolation, take part in a range of activities and get involved in activities in their own community. Day Centres are registered services and provide support from trained staff that will include personal care where required.

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### Meeting centres (for people living with dementia)

Offer a new model of community support to people with mild to moderate dementia and their carers. They help people based on the 'adjusting to change' model and people who attend very much shape what goes on at the centre.

### Lunch clubs, Community Kitchen, Bite 'n' Blethers

These all offer opportunities for people to meet up with others in their local community and enjoy others company while sharing a meal.

### Adult Resource Centres and Coordinators (for adults with learning and physical disabilities)

Adult Resource Centres provide support and weekday opportunities for young people and adults with learning and physical disabilities aged 16 and over. Centres promote independence and provide structured activities that enable people attending to do things that are meaningful to them. Activities may include independent living skills, sport and leisure, arts and crafts and personal health, wellbeing and safety.

Resource co-ordinators are now county wide and support people to access a wider range of community based services

### Neighbourhood networks [Networks - Neighbourhood Networks](#)

Support vulnerable adults many with learning disabilities, physical disabilities and mental health issues to live an active, healthy life, safely, within their own homes and be fully involved within their local communities. Members are active in networks, learning essential life skills, becoming more independent whilst spending more time with friends and becoming less reliant on paid support.

## **New beginnings clubs** – [facebook.com/nbcclubeastlothian/](https://facebook.com/nbcclubeastlothian/)

The New Beginnings Clubs are member driven social clubs. With members making the decisions on their priorities and activities and being on the board of Trustees supported by volunteers and a part-time administrator.

They focus on 'home-grown' activities devised and run by members with volunteer support. Activities include weekly social evenings, craft clubs and trips out. They also have a focus on healthy living, with allotments and healthy eating cookery classes, and guided nature walks. They also offer members the opportunity for self-development and learning skills which are not otherwise available to them. An example of this is its award-winning weekly radio show 'Happy Talk' on East Coast FM.

## **Care agencies**

Care agencies can support people with personal care or companionship. When choosing a care agency you may want to consider using a provider on the Health and Social Care Partnership's list of approved providers. These agencies have been through a tendering process to ensure they meet our quality standards and are on our "framework". These are listed on our [website](#) but are included in the provider list below.

Other providers are working in East Lothian. Providers not on the framework can provide support under Self Directed Support options 1 & 2. All providers need to meet the minimum standards of care set out by the Care Inspectorate.

You can also find out more about a service including their care grades by looking at the inspection reports on the Care Inspectorate website [Welcome to the Care Inspectorate](#)

## **Care homes**

Care homes can provide people with round the clock care. Homes usually have daily activities and residents can choose whether they wish to take part in these. All homes are registered with the Care Inspectorate and inspection reports can be viewed on their [website](#). Homes offer less respite than in previous years and at present ELHSCP have only one planned, bookable respite bed in East Lothian. Homes may be able to provide respite if they have free beds available at the time and through private arrangements with use of SDS budgets.

## Live in care

Live in care provided by care agencies allows the cared-for person to remain at home while the carer chooses to take a break elsewhere. This may be especially beneficial where the person being looked after has a health problem/sensory impairment that means a change to a different environment would be particularly disruptive for them.

*Suzanne cares for her Mum, Michelle, who lives with dementia. Michelle previously had a short stay in a local care home while her daughter went to visit her sister who lives abroad but Suzanne found she worried about her Mum a lot while she was away and found her more unsettled when she returned. Suzanne had high levels of carer stress as she cared for her mum 24 hours a day but had avoided going away again as she felt guilty that her Mum may not have a good experience and felt it wasn't worth it as it might 'make her worse'. Suzanne's social worker supported her to recognise her own need for a break and to look into live in care so her Mum could get the support she needed but stay in her familiar environment while Suzanne had a break.*

*Using a Direct Payment, Suzanne arranged care from an agency that specialises in live-in care at home. Her Mum was able to be supported by the live-in care worker and maintain her usual routine with her friend from down the road still able to pop in for a cuppa. This was a much more successful break for both Suzanne and her Mum.*

Personal Account 3

## Shared Lives Scheme

The Shared Lives is a community/family based model of care and support that provides long term/ short breaks and day support within Shared Lives Carers homes.

Shared Lives carers are self-employed and receive a fee for their work. Shared lives is run by East Lothian Health and Social Care Partnership and is registered with the Care Inspectorate.



## Supported holidays

Run by companies organising breaks away where all accommodation and care is organised and provided by the company. Companies cater for people with various conditions.

*Fay is in her forties and has a learning disability and lives at home with her mum. Fay's mum wanted to go away on holiday and asked her local carers organisation for help arranging care while she was away. Her daughter was keen to try going on holiday by herself for the first time and chose to spend a week using a supported holiday company where all the care needed was provided. Fay enjoyed her holiday and the experience of being independent while her mother got the chance to have the break she needed.*

Personal Account 4

## Accessible holiday accommodation

Allows you to have a holiday together with the option of arranging any care required separately.

*Isobel, 70, has multiple sclerosis and her husband Robin is her carer. At home, Isobel receives care at home visits four times a day. Every year, they enjoy a holiday together and often return to Blackpool to stay at a fully accessible hotel which has a care agency on-site. At the hotel, the couple can enjoy all of the benefits of having a holiday away together while knowing that all the support and equipment needed is on-site.*

Personal Account 5



# Important Contacts

## **Local Organisations**

### **East Lothian Health & Social Care Partnership**

John Muir House  
 Haddington  
 EH41 3HA  
 01620 827 827  
[communityaccess@eastlothian.gov.uk](mailto:communityaccess@eastlothian.gov.uk)  
[www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)

### **Carers of East Lothian**

East Lothian Community Hospital  
 Alderston Road  
 Haddington  
 EH41 3PF  
 0131 665 0135  
[centre@coel.org.uk](mailto:centre@coel.org.uk)  
[Carers of East Lothian – Supporting people who care for family and friends \(coel.org.uk\)](http://www.coel.org.uk)

## **National organisations**

### **Shared Care Scotland**

Unit 2, Dunfermline Business Centre  
 Izatt Avenue  
 Dunfermline  
 Fife  
 KY11 3BZ  
 01383 622462  
[office@sharedcarescotland.com](mailto:office@sharedcarescotland.com)  
[Shared Care Scotland](http://www.sharedcarescotland.com)

### **Carers Scotland**

Suite 1B  
 38 Queen Street  
 Glasgow  
 G1 3DX  
 0141 378 1065  
[info@carerscotland.org](mailto:info@carerscotland.org)  
[Scotland | Carers Scotland \(carersuk.org\)](http://www.carersuk.org)

# Website Information

## **East Lothian Health and Social Care Partnership**

[Social care and health | East Lothian Council](#)

## **Care Inspectorate**

[Welcome to the Care Inspectorate](#)

## **Charging Information - East Lothian Health & Social Care Partnership**

[Charging for support at home | Support at Home | East Lothian Council](#)

[Non Residential Social Care Charging Policy 2023-24 | East Lothian Council](#)

## **Carers Eligibility Criteria**

[Carers Eligibility Criteria | East Lothian Council](#)

## **Self-Directed Support**

[Self Directed Support Scotland \(SDSS\) - Self Directed Support Scotland](#)

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

[What is Self Directed Support? | Self Directed Support | East Lothian Council](#)

## **Telecare**

[What is Telecare | Community Alarm and Telecare Service | East Lothian Council](#)

## **Shared Care Scotland**

Directory has information on short breaks and respite services covering all forms of service including: home based and residential respite, family placements, befriending, holiday breaks and accessible guest houses and hotels

[Short break providers | Shared Care Scotland](#)

## **Euans Guide**

[Euan's Guide - Disabled Access Reviews \(euansguide.com\)](#)

## **Turn2us - Information re Charitable Grants**

[Carer - Turn2us](#)

## **Care Sourcer - Helps you find elderly care in your area**

[Elderly Care Comparison | Care Sourcer](#)

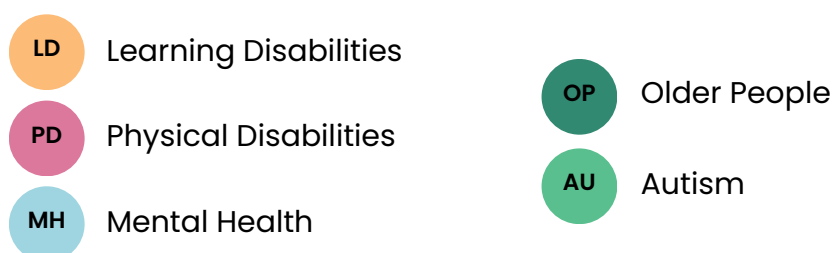
## **Carefree - transforms vacant hotel accommodation into vital breaks for unpaid carers**

[Carefree - A New Kind of Charity \(carefreespace.org\)](#)

# List of Local Services

The following are some examples of services based in East Lothian. The list also includes some supported holiday options out with East Lothian, although for more in-depth advice on services out with the area you may wish to contact the relevant Local Authority for their own Short Breaks Services Statement.







## Key









*Every effort has been made to show who providers can offer support to but it is always important to discuss the needs of the person you care for with a provider to ensure they can offer appropriate support.*

| Provider                                    | Office Address  | Contact Details   |
|---|---|---|
| Care at Home Agencies - Framework Providers |   |   |
| Call in Homecare<br>                        | 28 Sidegate,<br>Haddington  | 01620 696030  |
| Cera<br>                                    | 14 Tantallon Road,<br>North Berwick, EH39<br>5NF                  | 0333 434 3113   |
| Crossreach<br>                              | 47 Milton Road East<br>Edinburgh, EH15 2SR                        | 0131 657 2000<br><a href="#">Home   CrossReach</a>  |
| Delighted Supported<br>Living<br>           | Suite 5, First Floor,<br>Stuart<br>House, Eskmills<br>Musselburgh | 0131 285 6795<br><a href="#">Home</a><br><a href="http://delightsupportedliving.co.uk">(<a href="http://delightsupportedliving.co.uk">delightsupportedliving.co.uk</a>)</a> |
| ELCAP<br>                                   | Woodbine Cottage<br>Prestonpans                                   | 01875 814114<br><a href="#">Home - ELCAP</a>  |

|   |  |  |
|---|--|--|
| <p>Enable</p>    | <p>Unit 4, Newhailes Business Park, Musselburgh</p>            | <p>0300 0200 101<br/> <a href="#">East Lothian - ENABLE Scotland</a></p>   |
| <p>Penumbra</p>  | <p>34 Market Street, Haddington</p>                            | <p>0131 665 5818<br/> <a href="mailto:EastLothianServices@penumbra.org.uk">EastLothianServices@penumbra.org.uk</a></p> |
| <p>With You</p>  | <p>Hays business centre, Unit 3/2, 4 Hay Avenue, Edinburgh</p> | <p>0131 201 2931<br/> <a href="#">with You - Supporting people across Edinburgh and the Lothians</a></p>               |









| Care at Home Agencies - Non Framework Providers  |   |   |
|--|---|---|
| <p>Action Group</p>                               | <p>Norton Park Centre, 57 Albion Road, Edinburgh</p>          | <p>0131 475 2315<br/> <a href="mailto:info@actiongroup.co.uk">info@actiongroup.co.uk</a><br/> <a href="#">East Lothian   The Action Group</a></p> |
| <p>Autism Initiatives</p>                       | <p>11 Granton Square Edinburgh</p>                            | <p>0131 551 7260<br/> <a href="#">Autism Initiatives</a></p>  |
| <p>Bluebird Care Sitter services/home help</p>  | <p>40/12 Hardengreen Business Park Dalhousie Rd, Dalkeith</p> | <p>0131 660 6610<br/> <a href="#">Home   Bluebird Care (East &amp; Midlothian)</a></p>  |
| <p>Bright Care</p>                              | <p>18c Liberton Brae Edinburgh</p>                            | <p>0131 344 4670<br/> <a href="#">Edinburgh &amp; Midlothian   Elderly Home Care   Bright Care</a></p>  |
| <p>Deaf Action Adaptations/re-ablement</p>      | <p>49 Albany Street Edinburgh</p>                             | <p>0131 556 3128<br/> <a href="#">Social care in Edinburgh and the Lothians   Deaf Action</a></p>   |
| <p>Hilton Homecare</p>                          | <p>9 Hilton Court Haddington</p>                              | <p>01620 826 300<br/> <a href="#">Hilton Homecare   Hilton Nursing &amp; Homecare Agency (hiltonnursingagency.co.uk)</a></p>                      |









|  |  |  |
|--|--|--|
| <p>Home Instead</p>                         | <p>Stuart House, Suite 10, 1st Floor, Eskmills Musselburgh</p> | <p>0131 273 5252</p> <p><a href="http://homeinstead.co.uk">High Quality Home Care in East Lothian and Midlothian (homeinstead.co.uk)</a></p> |
| <p>Phoenix Therapy &amp; Care</p>           | <p>Dunbar business centre Spott Road, Dunbar</p>               | <p>01620 828566</p> <p><a href="#">Contact us – Phoenix Therapy and Care</a></p>   |
| <p>Poppy Homecare</p>                       | <p>34 Scarlett Park Wallyford</p>                              | <p>07865 462635</p> <p><a href="#">Poppy Homecare   Edinburgh and East Lothian   Care Services</a></p>                                       |
| <p>Scottish Autism</p>                      | <p>17D North High St Musselburgh</p>                           | <p>0845 3009274</p> <p><a href="#">Scottish Autism – Autism Awareness Charity &amp; Services for Children &amp; Adults in Scotland</a></p>   |
| <p>Thistle Foundation</p>                 | <p>Centre of Wellbeing, 13 Queen’s Walk, Edinburgh</p>         | <p>0131 661 3366</p> <p><a href="#">Thistle Foundation   Supporting people with long term health conditions and disabilities.</a></p>        |
| <p>McSence<br/>Companionship service</p>  | <p>32 Sycamore Road, Dalkeith</p>                              | <p>0131 4541500</p> <p><a href="#">McSence   Care   McSence</a></p>  |

| Live In Care at Home Agencies                    |   |  |
|--|---|--|
| <p>Able Community Care</p> <p>LD PD MH OP AU</p> | <p>Whitlingham Lane,<br/>Trowse<br/>Norwich</p>                 | <p>01603 764567<br/><a href="http://ablecommunitycare.com">.ablecommunitycare.com</a></p>  |
| <p>Consultus Care and Nursing</p>                | <p>Tonbridge TN10 3AB</p>                                       | <p>01732 355231<br/><a href="#">Private Nursing Agency   Consultus Care</a></p>  |
| <p>Country Cousins</p> <p>LD PD MH OP AU</p>     | <p>Suite 5G Gatwick House, Peeks Brook Lane, Horley</p>         | <p>0808 196 0439<br/><a href="#">Nationwide Live-in Care Providers   Country Cousins</a><br/><a href="http://country-cousins.co.uk">.country-cousins.co.uk</a></p>       |
| <p>Elder</p> <p>LD PD MH OP AU</p>               | <p>Elder HQ, 230 City Road, London, EC1V 2TT</p>                | <p>0330 057 4943<br/><a href="#">Live-in Care, Elderly Home Care and Dementia Care   Elder</a></p>   |
| <p>Live in Care Direct</p>                       | <p>11-17 Fowler Road, Ilford</p>                                | <p>0800 368 8558<br/><a href="#">Award Winning Live in Care Agency UK   Bespoke Elderly Care</a><br/><a href="http://liveincaredirect.org">.liveincaredirect.org</a></p> |
| <p>Miracle Workers</p>                           | <p>Sterling House, Lewis's Lane, Abergavenny, Monmouthshire</p> | <p>01873 881306<br/><a href="#">Home - Miracle Workers</a><br/><a href="http://miracle-workers.co.uk">.miracle-workers.co.uk</a></p>                                     |
| <p>The Good Care Group Scotland</p> <p>PD OP</p> | <p>Rolland House Newbridge Industrial Estate, Newbridge</p>     | <p>03330 605 255<br/><a href="http://www.thegoodcaregroup.com/">www.thegoodcaregroup.com/</a></p>  |






| Befriending Services  |  |  |
|---|--|--|
| Changes<br>                          | 108 Market Street,<br>Musselburgh, EH21<br>6QA | 0131 653 3977<br><a href="http://changeschp.org.uk">Befriending East Lothian -<br/>Changes (changeschp.org.uk)</a> |
| RNIB<br>                             | 12-14 Hillside<br>Crescent Edinburgh           | 0131 652 3140<br><a href="https://www.rnib.org.uk/">https://www.rnib.org.uk/</a>                                   |
| Volunteer Centre East<br>Lothian<br> | 56 High Street,<br>Tranent                     | 01875 615 423<br><a href="https://www.volunteereastlothian.org.uk">https://www.volunteereastlothian.org.uk</a>     |

| Provider   | Office Address                              | Contact Details  |
|--|---|--|
| Residential Homes for Older People   |   |  |
| The Abbey<br>                                   | Old Abbey Road<br>North Berwick             | 01620 892014   |
| Carberry Residential Home<br>                   | Carberry House<br>Musselburgh, EH21 8PY     | 0131 665 2882<br><a href="http://carberryresidentialhome.co.uk">Carberry Residential Care - Residential Care East Lothian, Edinburgh (carberryresidentialhome.co.uk)</a> |
| Crookston Care Centre<br>                       | Sandersons Wynd,<br>Tranent, EH33 1DA       | 01875 444660<br><a href="http://crookstonresidentialhome.co.uk">Crookston Residential Home   Care Homes in East Lothian   East Lothian Council</a>                       |
| Florabank Christian Residential Care Home<br> | 19 Linkfield Road,<br>Musselburgh, EH21 7LQ | 01620 823259<br><a href="http://florabank.co.uk/">http://florabank.co.uk/</a>  |
| Foresight residential Home<br>                | 19 Linkfield Road,<br>Musselburgh, EH21 7LQ | 0131 665 5566  |
| St Anne's Care Home<br>                       | Windsor Gardens,<br>Musselburgh, EH21 7LP   | 0131 665 5591<br><a href="http://stannesmusselburgh.co.uk">St Anne's Residential Care Home (stannesmusselburgh.co.uk)</a>  |
| Nursing Homes for Older People   |   |  |
| Astley House<br>                              | 14 – 16 Dirleton Avenue<br>North Berwick    | 01620 892037<br><a href="http://astleyhousenursinghome.co.uk/">http://astleyhousenursinghome.co.uk/</a>  |
| Belhaven<br>                                  | Beveridge Row,<br>Dunbar, EH42 1TP          | 01368 862246<br>Owned by ELC, run by Lothian Health Board Trust  |

















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| Drummohr<br>                    | 47A Drummohr Gardens<br>Wallyford, EH21 8BH   | 0131 653 3737<br><a href="https://www.hc-one.co.uk/Carehomes/Drummohr.aspx">https://www.hc-one.co.uk/Carehomes/Drummohr.aspx</a>                     |
| Fidra Nursing Home<br>          | 67 Dirleton Avenue<br>North Berwick, EH39 4QL | 01620 897600<br><a href="https://www.randolphhill.com/our-homes/fidra-house">https://www.randolphhill.com/our-homes/fidra-house</a>                  |
| Haddington Care Home<br>        | Mill Wynd<br>Haddington                       | 01620 674880 *Dedicated respite bed<br>-<br><a href="http://www.haddingtoncarehome.co.uk/">http://www.haddingtoncarehome.co.uk/</a>                  |
| Harbour House<br>              | 131 New Street,<br>Musselburgh, EH21 6DH      | 0131 374 2070<br><a href="http://moraruk.co">Morar - Life Is For Living (moraruk.co)</a><br>-  |
| Hilton Lodge Nursing Home<br> | 60 Court Street<br>Haddington, EH41 3AF       | 01620 822291<br>Hilton<br><a href="http://hiltonlodgenursinghome.co.uk">Lodge   Hilton Lodge Private Nursing Home (hiltonlodgenursinghome.co.uk)</a> |
| Lammermuir Nursing Home<br>   | East Links Road,<br>Dunbar, EH42 1LT          | 01620 842116<br><br><a href="https://www.randolphhill.com/our-homes/muirfield">https://www.randolphhill.com/our-homes/muirfield</a>                  |
| Leuchie House<br>             | North Berwick, EH39 5NT                       | 01620 892864<br><a href="http://leuchiehouse.co.uk">Leuchie House   Short breaks</a>   |
| Muirfield Nursing Home<br>    | Main Street, Gullane,<br>EH31 2AA             | 01620 842116<br>Muirfield Care Home   Gullane, East Lothian   Randolph Hill  |









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| Tantallon House<br>               | 7 Tantallon Road,<br>North Berwick, EH39<br>5NF | 01620 566019<br><a href="http://moraruk.co">Morar - Life Is For Living<br/>(moraruk.co)</a>  |
| Tranent Nursing Home<br>          | 1 Coak Neuk Court,<br>Tranent, EH33 IDR         | 01875 616 560<br><a href="http://hc-one.co.uk">Tranent - Care home in Coal<br/>Neuk, Tranent   HC One<br/>(hc-one.co.uk)</a><br>–  |
| Tyneholm Stables Nursing Home<br> | Tyneholm Estate,<br>Pentcailtland, EH34<br>5DJ  | 01875 340 823<br>Tyneholm Stables Dementia<br>and Residential Care   Tranent,<br>East Lothian   Sanctuary Care<br><a href="http://sanctuary-care.co.uk">(sanctuary-care.co.uk)</a> |

| Provider   | Office Address                  | Contact Details |
|--|---------------------------------|-----------------|
| Day Centres for Older People   |                                 |                 |
| Dunbar Day Centre<br>       | 3 Westgate<br>Dunbar            | 01368 862843    |
| Gullane Day Centre<br>      | Hamilton Road<br>Gullane        | 01620 843084    |
| Haddington Day Centre<br>   | Neilson Park Road<br>Haddington | 01620 825149    |
| Harlawhill Day Centre<br>   | Co-op Buildings<br>Prestonpans  | 01875 814989    |
| John Bellany Day Centre<br> | 34 The Promenade<br>Port Seton  | 01875 815 886   |





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| North Berwick Day Centre<br> | St Regulas<br>North Berwick | 01620 890906 |
| Primrose Day Centre<br>      | 2 Main. Street<br>Ormiston  | 01875 614265 |
| Tranent Day Centre<br>       | Sandersons Wynd<br>Tranent  | 01875 612130 |

| Lunch Clubs   |                               |              |
|---|-------------------------------|--------------|
| Pencaitlin<br>  | Trevelyan Hall<br>Pencaitland | 01875 341194 |

| Day Services for Adults  |                                |  |
|--|--------------------------------|--|
| Fisherrow Hub<br>    | South Street<br>Musselburgh    | 0131 665 8739  |
| Port Seton Resource Centre<br>    | South Seton Park<br>Port Seton | 01875 815 220  |
| Tynebank Resource Centre<br>  | 16 Kirk View<br>Haddington     | 01620 824415   |
| Upward Mobility<br>    | 151 London Road<br>Edinburgh   | 0131 661 4411<br><a href="https://www.upmo.org/">https://www.upmo.org/</a>                                     |
| Leuchie Day Service<br>    | Leuchie House<br>North Berwick | <u>01620 892864</u><br>-<br><a href="http://www.leuchiehouse.org.uk/">http://www.leuchiehouse.org.uk/</a><br>- |

| Holiday Accommodation with Disabled Access  |   |   |
|---|---|---|
| Carberry Tower<br>                               | Carberry Tower Estate<br>Musselburgh    | 0131 665 3135<br><a href="#">Carberry Tower   Edinburgh accommodation   Accessible Room</a>           |
| Denis Duncan House<br>                           | Manse Road<br>Dirleton                  | 01620 892 864<br><a href="#">Leuchie House   Denis Duncan House Accessible Self Catering Cottage</a>  |
| Glen View (accessible self catering caravan)<br> | Thurston Manor Leisure Park,            | 01620 892 864<br><a href="#">Leuchie House   Glen View Self-Catering Accessible Caravan</a>           |
| Seton Sands Holiday Park<br>                   | Links Road, Port Seton,<br>East Lothian | 01875 813 333<br><a href="#">Seton Sands Holiday Park, Port Seton, East Lothian, Scotland   Haven</a> |
| Premier Inn<br>                                | Carberry Road<br>Inveresk, Musselburgh  | 0333 777 4679<br><a href="#">Edinburgh A1 (Musselburgh) Hotels   Book Direct   Premier Inn</a>        |
| The Shepherd's Cottage<br>                     | Pitcox Farm<br>Dunbar                   | <a href="#">Shepherds Cottage, Dunbar – Updated 2023 Prices (booking.com)</a>                         |
| The Stables<br>                                | Upper Bolton<br>Haddington              | <a href="#">Upper Bolton Farm   Holiday Cottages and B &amp; B</a><br>–                               |
| Thurston Manor Leisure Park<br>                | Innerwick<br>Dunbar                     | 01368 840643<br><a href="#">Thurston Manor Leisure Park, Dunbar   Verdant Leisure</a><br>–            |

| Support Holidays   |  |  |
|--|--|--|
| Dementia Adventure<br>                          | Unit 11 Old Park Farm<br>Ford End, Essex                     | 01245 237548<br><a href="#">Dementia Adventure   Dementia Holidays, Training and Support</a>                                     |
| Jolly Days<br>                                  | Unit 3b, Hill Farm, Church Lane, Ford End, Chelmsford, Essex | 01277 355565<br><a href="#">JollyDays Supported Holidays - Special Needs and Learning Disabilities (jollydaysholidays.co.uk)</a> |
| Mind for You   | 5 The Willows, Burton on the Wolds, Leicestershire           | 01509 351008<br><a href="#">Home   MindforYou</a>  |
| Options Supported Holidays Ltd<br>            | Unit 4, Down Farm South Cerney, Gloucestershire              | 01285 740 491<br><a href="#">(optionsholidays.co.uk)</a>   |
| Outward Mobility<br>                          | 151 London Rd<br>Edinburgh                                   | 0131 661 4411<br><a href="https://www.upmo.org/">https://www.upmo.org/</a>   |
| Your Direction Ltd<br>                        | 4 Dalemeadow Road<br>Liverpool                               | 0151 203 5758<br><a href="http://www.yourdirection.co.uk/">http://www.yourdirection.co.uk/</a>                                   |
| Altogether Travel<br>                         | 77 Renfrew St<br>Glasgow                                     | 01236 222006<br><a href="http://www.altogethertravel.co.uk/">http://www.altogethertravel.co.uk/</a>                              |
| Calvert Kielder and Calvert Trust Kielder<br> | Kielder Water and Forest Park,<br>Hexham, Northumberland     | 01434 250232<br><a href="http://www.calvert-trust.org.uk">http://www.calvert-trust.org.uk</a>                                    |

| Provider  | Office Address   | Contact Details   |
|---|--|---|
| Breaks in Specialist Accommodation  |  |   |
| Bankfoot<br>(Aberlour Options)<br><br> | 5 Bankfoot<br>Prestonpans                                  | Contact through Social<br>Work<br>01875 824 309   |
| Leuchie House<br><br>                  | Leuchie House<br>North Berwick                             | 01620 892864<br><br><a href="http://www.leuchiehouse.org.uk/">http://www.leuchiehouse.org.uk/</a> |
| Potterspath<br><br>                    | 9 Potterspath, Well Wynd<br>Tranent                        | Contact through Social<br>Work<br>01875 824 309   |
| Other Services  |  |   |
| Shared Lives<br><br>                 | Run by East Lothian<br>Health & Social Care<br>Partnership | Contact through Social<br>Work<br>01875 824 309   |