

# Useful Information for Older People



**Grange Medical Group: 0131 447 1646**

**District Nurses: 0131 228 7503  
(Based at Bruntsfield Health Centre)**

**Attendance Allowance** 0345 605 6055  
[www.gov.uk/attendance-allowance/](http://www.gov.uk/attendance-allowance/)

**Benefits Advice**  
The Advice Shop (243 High Street) 0131 200 2360

**Bereavement Counselling**  
Cruse 0845 600 2227  
[www.cruse.org.uk](http://www.cruse.org.uk)

**Care and Repair** 0131 337 1111  
(Handyperson service)  
[www.careandrepaiiredinburgh.org.uk](http://www.careandrepaiiredinburgh.org.uk)

**Carers Information**  
CA(I)RE Project 0131 446 3321  
[www.ericliddell.org](http://www.ericliddell.org)

Oxgangs Pentland Carer Project 0131 441 5099

VOCAL – Voice Of Carers Across Lothian  
[www.vocal.org.uk](http://www.vocal.org.uk) 0131 622 6666

**Central Heating Grant** 0800 316 1653

**Community Alarm** 0131 529 7714  
[community.alarms@edinburgh.gov.uk](mailto:community.alarms@edinburgh.gov.uk)

**Community Equipment Service** 0131 529 6300

<b>Continence Stores</b>	0131 537 4572
<b>Disabled Living Centre</b>	0131 537 9190
<b>Fire Safety</b> – <a href="http://www.firescotland.gov.uk/your-safety/">www.firescotland.gov.uk/your-safety/</a>	0800 0731 999
<b>Free TV Licence (over 75's)</b>	0845 603 6999
<b>Garden Aid Scheme</b>	0131 529 7881
<b>Hearing Impairment</b> Action On Hearing Loss <a href="http://www.actiononhearingloss.org.uk">www.actiononhearingloss.org.uk</a>	0808 808 0123
<b>Home Care Information</b> Social Care Direct	0131 200 2324
<b>Lunch Clubs/Day Centres etc</b> Social Care Direct (general info) Also see under “activities”	0131 200 2324
<b>MECOPP</b> Supporting minority ethnic carers & communities.	0131 467 2994
<b>MEHIP - Minority Ethnic Health Inclusion Project</b> Bangladeshi Linkworker Chinese Linkworker Indian/Pakistani Linkworker Refugee/Arabic Linkworker	0131 537 7564 0131 537 7562 0131 537 7563 0131 537 7561

## **NHS 24**

When you are ill (out of hours) 111  
Health Information Service 0800 22 44 88  
[www.nhs24.com](http://www.nhs24.com)

## **Pharmacies**

Kings 0131 447 2198  
Grange (Right Medicine) 0131 447 8707  
Marchmont Pharmacy 0131 228 6677  
Boots, Princes Street 0131 225 8331  
Boots, Cameron Toll 0131 666 1111  
Boots, Morningside 0131 447 6188  
Well Pharmacy 0131 667 1992  
Flemings 0131 658 1274  
Hutchison (Omnicare) 0131 667 2151  
Lloyds, Bruntsfield 0131 228 3725  
Lorimer, Morningside Rd 0131 447 2041  
Newington Pharmacy 0131 667 2368  
Alliance, Newington Rd 0131 667 3008  
Alliance, Dalkeith Rd 0131 667 1144  
Lindsay & Gilmour 0131 447 2336  
Tollcross Pharmacy 0131 229 7778  
Paton & Findlay 0131 229 2110  
Southside Pharmacy 0131 667 4032

## **Red Cross**

0131 338 5700

**Respite**

Social Care Direct 0131 200 2324

**Sheltered Housing**

(advice and application form)

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

0131 529 7706

**Silver Line (Age Scotland Helpline)** 0800 4 70 80  
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**Social Work Department & Occupational Health**

**Department** through a GP referral or can be

accessed by phoning:

Social Care Direct 0131 200 2324

**Transport**

Blue Badge (disabled) Applications 0800 23 23 23

Renewals 0131 469 3891

Bus Pass 0131 200 2351

Dial a bus (handicabs) 0131 447 1718

Dial a ride (handicabs) 0131 447 1718

Taxicard Applications 0800 23 23 23

Renewals 0131 469 3891

**Visual Impairment**

Royal National Institute for the blind

(info, support and advice) 0845 766 9999

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

**War Disablement Pension**

0800 169 2277

[www.veterans-uk.com](http://www.veterans-uk.com)

**Winter Fuel Allowance**

08459 15 1515

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

Information leaflets on other topics are on display in the surgery.

There are some items of equipment you can order directly from the Community Equipment Service. Booklets available in surgery.

**Social Care Direct – 0131 200 2324**