

# East Lothian Short Breaks Statement: Adults

East Lothian  
**Health & Social Care Partnership**



## **Introduction**

This Short Breaks Services Statement has been produced by East Lothian Health and Social Care Partnership in collaboration with Carers of East Lothian and has been written in consultation with carers and other professionals.

Every local authority in Scotland has a duty under the Carers (Scotland) Act 2016 to produce a Short Breaks Services Statement.

This statement provides information for you as a carer, and for others who might support you, about the different breaks from caring available in East Lothian. It also includes details of local services which may be of help to you.

East Lothian has around 14,500 carers. A “carer” is someone providing care on an unpaid basis for a family member or friend who relies on their help due to a long-term illness, frailty, disability or drug or alcohol misuse. Carers can be a:

- Young carer
- Young adult carer
- Parent carer
- Adult carer

**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 allows carers time away from their caring responsibilities.

We know that breaks are essential for you if you are caring for someone, to help you have the chance to take care of your own health and wellbeing, allow you to have time to yourself, or to spend time with people who are important to you.

## **Help to Arrange a Break**

### **Help from Social Work**

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.

Carers can now receive an assessment in their own right called an Adult Carer Support Plan. This is a chance to talk to a professional about your caring situation and, among other things, whether you need help to arrange a break from caring and how best to do this.

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.

You can find out more about East Lothian social work department's eligibility criteria on their [website](#). Carers are eligible for a budget if they meet the criteria at the Substantial or Critical levels.

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

You can choose any of the following options:

- Option 1: Direct payment – you receive the funding to a separate bank account and make all arrangements for support yourself
- Option 2: Managed budget – we hold your budget for you but you direct us on how it is spent
- Option 3: Council managed care – we hold the budget for you and you ask us to decide which providers to use
- Option 4: A mix of the above

You can use any of these options to pay towards the different types of breaks we outline later in the document.

If you would like more information on Self-Directed Support visit the Council's [website](#).

## **Help from your Local Carers Organisation**

### ***Carers of East Lothian***

Carers of East Lothian can help you with all 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
- do research on services on your behalf
- offer advice on making arrangements
- provide emotional support
- offer opportunities for you to meet other carers through support groups, training courses and events

Contact details for Carers of East Lothian are available in the Important Contacts section.

## Help with the cost of breaks

### ***Carers of East Lothian – Breaks from Caring Fund***

Carers of East Lothian offers their own small grants scheme. If the person who you are looking after is over the age of 21, you can apply for a small grant (usually up to £250) to help towards the cost of a break.

You can contact Carers of East Lothian directly for an application form.

### ***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 some charities ask for a supporting letter from a professional.

Turn2Us is a useful website for looking for grants: <https://www.turn2us.org.uk/>

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

## Charges for support

Breaks from caring that are arranged through social work are a chargeable service. The person you care for will be financially assessed for their contribution towards the cost of their care. Their income and savings are taken into account and half of any joint savings.

People in Scotland who are over 65 and who have care needs are entitled to free personal care. They need to have an assessment from a member of social work staff to confirm this though.

If a break has been assessed as being required due to carer need, you will not be charged.

Further information on charging is available on the Health & Social Care Partnership's [website](#).

## 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 diagrams below show the types of services available by length of time and for each age group.

## Breaks by length of time

### Breaks for a few hours during the day

- Telecare
- Care agencies and volunteer services
- Direct payments
- Adult Resource Centres
- Shared Lives Scheme
- Day Centres and Lunch Clubs

### Overnight support

- Care agencies
- Direct payments
- Shared Lives Scheme

### Breaks with the person you care for

- Direct payments
- Supported holidays
- Accessible holiday accommodation

### Breaks for a few days or longer

- Live in care
- Care agencies
- Direct payments
- Shared Lives Scheme
- Nursing Home or Residential Home

## Services by Age Group

### Services for all ages

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

### Ages 16 – 65

- Adult Resource Centres
- Shared Lives Scheme
- Residential care services for younger people

### Ages 65 and over

- Day Centres and Lunch Clubs
- Care homes

## Types of Services

Below we explain 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.

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.

## Telecare

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 can be installed in people's homes that can be activated by the person in cases where they know that help is required. Sensors can also be activated automatically in circumstances where a vulnerable person is at risk for example, during a fire/flood, or following a fall.

The technology links to the Contact Centre where trained alarm staff respond to calls 24 hours a day, 7 days a week. Staff can hold emergency phone numbers for designated family members who can be contacted if needed. 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.

### Using Telecare

Michael suffered a stroke when he was at home on his own. After his stay in hospital he was still unsteady on his feet. His wife Frances who cared for him felt worried about leaving him alone and stopped doing activities she enjoyed so she could be at home if Michael needed help.

Feeling stressed, Frances contacted her local carers organisation who helped her to get in touch with the Telecare Team at the Health and Social Care Partnership. The team installed a community alarm which would allow Michael to summon help quickly if he had a fall or needed medical help. Frances was reassured about leaving her husband alone at home and felt less stressed as she was able to get back to her usual routine.

## Care agencies and volunteer services

Care agencies and volunteer services 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.

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

### Agency Care During the Day

Elsa cares for her husband Frank who has a diagnosis of Alzheimer's. Elsa had contacted her local carers' centre because she was suffering from stress due to the changes in her husband's nature as a result of his illness. She had previously attended a craft class but had stopped as Frank had begun to get upset when she left the house and she had become concerned about leaving him on his own.

Frank was unhappy about the idea of someone supporting him at home at first, but after the carer support worker had listened to his concerns, he agreed to try a male support worker. Frank enjoyed chatting to the support worker about his interests and spending time going out to places he liked. Frank now looks forward to his time out each week and Elsa has been able to go back to attending her class. Elsa is now happier and less stressed as a result.

## Day centres and lunch clubs

Day centres and lunch clubs are available for older people and can provide an opportunity for people to take part in a range of activities at the centre, get involved in activities in their own community and make friends.

### Shared Lives Scheme

The Shared Lives Scheme is a service run by the Health and Social Care Partnership that matches carers that we recruit, with a person between the ages of 16 and 65 with a specific support need. A Shared Lives carer opens up their home to the adult needing support and includes them in their family life. The service provides day support, overnight support as well as providing longer breaks.

### Overnight Support – Shared Lives

Jacqueline cares for her son who has physical disabilities, as well as epilepsy. He often has seizures at night that requires medication, personal care and monitoring. Jacqueline provides most of the care for her son during the day but needed someone to give her a regular break overnight. She applied to use the Shared Lives service and her son now receives regular overnight support at his Shared Lives carer's home. The Shared Lives carer knows her son well and Jacqueline is able to have peace of mind knowing that her son is getting the care that he needs.

## Adult Resource Centres

Adult Resource Centres provide support and weekday opportunities for young people and adults with learning and physical disabilities aged 16 and over. There are resource centres in Musselburgh, Port Seton and Haddington. 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.

## 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](#). Several of the care homes in our area have dedicated respite beds, while other homes are able to provide respite if they have free beds available at the time.

## Using Direct Payments (Self Directed Support)

A direct payment is where the social work department provides the person you care for or you as the carer with funding following your assessment. This money allow you to organise and buy the services that you feel best meets your needs. They are one of the most flexible ways of directing your own support.

Some of the most popular ways that people choose to use their direct payment is to buy support from a care agency, or to choose to become an employer and recruit their own Personal Assistant (PA). Both care agencies and PA's can be hired to provide support for short, or longer periods of time depending on the break that is required.

## 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

### A stay in a care home

Sheila, 80, has mobility and frailty issues and is unable to manage alone at home. She receives support from a care agency and care from her daughter Helen. Helen is keen to take a break with her family abroad and talks to her mother about a break in a care home. Sheila goes for a day visit to the home and after that she agrees to a week's stay.

During her time at the care home, Sheila enjoys being able to sit out in the garden, takes part in the seated yoga as well as the singing session organised with the local church. The staff at the home are friendly and welcoming and the manager arranges for Sheila to visit the in-house hairdresser to get her hair and nails done. Sheila finds the stay at the home a much more sociable experience than she had expected.

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.

### **Live in Care at Home**

Suzanne cares for her daughter Michelle who has a learning disability. Michelle had previously tried a break on a supported group holiday but had not been keen to take part in the group activities on offer. Suzanne wanted to go away for a long weekend and this time Michelle was keen to try staying at home with support.

Using a Direct Payment, Suzanne arranged care from an agency that specialises in live-in care at home. Her daughter enjoyed her time with the live-in care worker and was able to do activities of her choice on a one-to-one basis, such as spending time on the beach. The worker even supported Michelle to take part in some of the tasks at home, like cooking, that her mother would usually do for her, giving her a new sense of independence.

### **Supported holidays**

Supported holidays are 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.

### **Accessible holiday accommodation**

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

### **A Supported Holiday**

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.

### **A Break Away – Accessible holidays**

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.

## **Important Contacts**

### **Local Organisations**

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

Randall House  
Macmerry Business Park  
Macmerry  
EH33 1RW  
01875 824 309 (Contact Centre)  
[communityaccess@eastlothian.gov.uk](mailto:communityaccess@eastlothian.gov.uk)  
[www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)

#### **Carers of East Lothian**

94 High Street  
Musselburgh  
EH21 7EA  
0131 665 0135  
[centre@coel.org.uk](mailto:centre@coel.org.uk)  
[www.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)  
[www.sharedcarescotland.org.uk](http://www.sharedcarescotland.org.uk)

#### **Carers Scotland**

The Cottage  
21 Pearce Street  
Glasgow  
G51 3UT  
0141 445 3070  
[info@carerscotland.org](mailto:info@carerscotland.org)  
[www.carersuk.org/scotland](http://www.carersuk.org/scotland)

## **Website Information**

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

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

### **Care Inspectorate**

[www.careinspectorate.com](http://www.careinspectorate.com)

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

[https://www.eastlothian.gov.uk/info/210583/assessment\\_and\\_support/11846/adult\\_social\\_care\\_charging\\_policy/1](https://www.eastlothian.gov.uk/info/210583/assessment_and_support/11846/adult_social_care_charging_policy/1)

### **Carers Eligibility Criteria**

[https://www.eastlothian.gov.uk/downloads/download/12845/eligibility\\_criteria\\_framework](https://www.eastlothian.gov.uk/downloads/download/12845/eligibility_criteria_framework)

### **Self-Directed Support**

[https://www.eastlothian.gov.uk/info/210558/social\\_care\\_and\\_health/12324/self\\_directed\\_support/1](https://www.eastlothian.gov.uk/info/210558/social_care_and_health/12324/self_directed_support/1)

### **Employing Personal Assistants and Direct Payments**

[https://www.eastlothian.gov.uk/info/210558/social\\_care\\_and\\_health/12324/self\\_directed\\_support/2](https://www.eastlothian.gov.uk/info/210558/social_care_and_health/12324/self_directed_support/2)

### **Telecare**

[https://www.eastlothian.gov.uk/info/210581/disability\\_and\\_additional\\_support\\_needs/11905/community\\_alarm\\_and\\_telecare\\_service/1](https://www.eastlothian.gov.uk/info/210581/disability_and_additional_support_needs/11905/community_alarm_and_telecare_service/1)

### **Shared Care Scotland**

<https://www.sharedcarescotland.org.uk/resources/short-break-planner/>

### **Euans Guide**

<https://www.euansguide.com/>

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

<https://www.turn2us.org.uk>

## List of Local Services

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

### Key:

LD – Learning Disabilities      PD – Physical Disabilities      MH – Mental Health

AU – Autism                      OP – Older People

Services highlighted in green are ones that can only be accessed through a referral via social work.

Provider	Office Address	Contact Details	User Groups				
			LD	PD	MH	AU	OP
<b>Care at Home Agencies – Framework Providers</b>							
Allied Healthcare	Macmerry Business Park Macmerry	01875 619140 <a href="https://www.alliedhealthcare.com/">https://www.alliedhealthcare.com/</a>	✓	✓	✓	✓	✓
Beyond Homecare	1A Loch Road, Tranent	01875 616666 <a href="http://www.beyondhomecare.co.uk/">http://www.beyondhomecare.co.uk/</a>	✓	✓	✓	✓	✓
Call In Homecare	6 Market St, Haddington	01620 696030 <a href="http://www.call-inhomecare.co.uk/">http://www.call-inhomecare.co.uk/</a>	✓	✓	✓		✓
Companionship Care	Unit 5, Brewery Park Business Centre Haddington	0131 454 1500 <a href="https://mcsence.com">https://mcsence.com</a>		✓	✓		✓
Crossreach	27 Milton Road East Edinburgh	0131 454 4319 <a href="https://www.crossreach.org.uk/">https://www.crossreach.org.uk/</a>	✓	✓	✓	✓	✓
Delight Supported Living	Suite 5, First Floor, Stuart House, Eskmills Musselburgh	0131 285 6795 <a href="https://www.delightsupportedliving.co.uk/">https://www.delightsupportedliving.co.uk/</a>		✓	✓		✓
ELCAP	Woodbine Cottage Prestonpans	01875 814114 <a href="http://www.elcap.org/">http://www.elcap.org/</a>	✓	✓	✓	✓	
Enable	Unit 4, Newhailes Business Park, Musselburgh	0300 0200 101 <a href="https://www.enable.org.uk/">https://www.enable.org.uk/</a>	✓	✓	✓	✓	

Provider	Office Address	Contact Details	User Groups				
			LD	PD	MH	AU	OP
McSence	Unit 5, Brewery Park Business Centre Haddington	01620 8263335 <a href="https://mcsence.com">https://mcsence.com</a>		✓			✓
Mears	9 Mill Walk Business Park North Berwick	0333 4343 113 <a href="https://www.mearsgroup.co.uk/">https://www.mearsgroup.co.uk/</a>	✓	✓	✓	✓	✓
Real Life Options	Old Stables, Eskmills Park Musselburgh	0131 285 6192 <a href="http://www.reallifeoptions.org/">http://www.reallifeoptions.org/</a>	✓	✓		✓	✓
SCRT	1 Scott House, Mid New Cutlins, Edinburgh	0131 453 2282 <a href="http://www.scrt.org.uk/">http://www.scrt.org.uk/</a>	✓	✓	✓	✓	✓
Thera	Melrose House, 69A George Street, Edinburgh	0300 303 1280 <a href="https://www.thera.co.uk/">https://www.thera.co.uk/</a>	✓	✓		✓	
With You	26 Muirpark Drive Tranent	0131 201 2947 <a href="https://www.withyou.support/">https://www.withyou.support/</a>	✓	✓	✓	✓	✓
<b>Care at Home Agencies – Non Framework Providers</b>							
Action Group	1 Court St, Haddington	01620 823282 <a href="https://actiongroup.org.uk/">https://actiongroup.org.uk/</a>	✓	✓	✓	✓	
ARK	14B Haddington Road Tranent	01875 615 029 <a href="https://www.arkha.org.uk/">https://www.arkha.org.uk/</a>	✓			✓	
Autism Initiatives	11 Granton Square Edinburgh	0131 551 7260 <a href="https://www.autisminitiatives.org/">https://www.autisminitiatives.org/</a>				✓	
Bluebird Care	40/12 Hardengreen Business Park Dalhousie Rd, Dalkeith	0131 660 6610 <a href="https://www.bluebirdcare.co.uk/home">https://www.bluebirdcare.co.uk/home</a>		✓			✓
Bright Care	18c Liberton Brae Edinburgh	0131 344 4670 <a href="https://brightcare.co.uk/">https://brightcare.co.uk/</a>		✓			✓
Deaf Action	49 Albany Street Edinburgh	0131 556 3128 <a href="http://www.deafaction.org.uk/">http://www.deafaction.org.uk/</a>	✓	✓			✓
Hilton Homecare	9 Hilton Court Haddington	01620 826300 <a href="http://www.hiltonnursingagency.co.uk/">http://www.hiltonnursingagency.co.uk/</a>	✓	✓	✓	✓	✓

Provider	Office Address	Contact Details	User Groups				
			LD	PD	MH	AU	OP
Home Instead	Suite 10, 1 <sup>st</sup> Floor Stuart House, Eskmills Musselburgh	0131 273 5252 <a href="https://www.homeinstead.co.uk/eastmidlothian">https://www.homeinstead.co.uk/eastmidlothian</a>	✓	✓	✓	✓	✓
Phoenix Therapy & Care	1 Lodge Street Haddington	01620 828566 <a href="https://www.phoenixtherapyandcare.co.uk/">https://www.phoenixtherapyandcare.co.uk/</a>	✓	✓		✓	
Poppy Homecare	34 Scarlett Park Wallyford	07865 462635 <a href="https://www.poppyhomecare.co.uk/">https://www.poppyhomecare.co.uk/</a>	✓	✓		✓	
Scottish Autism	17D North High St Musselburgh	0845 3009274 <a href="https://www.scottishautism.org/">https://www.scottishautism.org/</a>				✓	
Thistle Foundation	Centre of Wellbeing, 13 Queen's Walk, Edinburgh	0131 661 3366 <a href="https://www.thistle.org.uk/">https://www.thistle.org.uk/</a>	✓	✓	✓	✓	✓
<b>Live In Care at Home Agencies</b>							
Able Community Care	Whitlingham Lane, Trowse Norwich	01603 764567 <a href="https://www.ablecommunitycare.com/">https://www.ablecommunitycare.com/</a>	✓	✓	✓	✓	✓
Country Cousins	Aviation House, Cross Oak Lane, Redhill, Surrey	0808 278 6055 <a href="https://www.country-cousins.co.uk/">https://www.country-cousins.co.uk/</a>	✓	✓	✓	✓	✓
Elder	Unit 1.3, 11/29 Fashion St London	0300 363 4896 <a href="https://www.elder.org/">https://www.elder.org/</a>	✓	✓	✓	✓	✓
Good Companions	Beverley House, 80-82 Beverley Rise, Carlisle	07768 552990 <a href="http://goodcompanions.net/">http://goodcompanions.net/</a>	✓	✓	✓	✓	✓
The Good Care Group Scotland	Rolland House Newbridge Industrial Estate, Newbridge	0131 603 9710 <a href="https://www.thegoodcaregroup.com/scotland">https://www.thegoodcaregroup.com/scotland</a>		✓			✓
<b>Befriending Services</b>							
RVS	37 Sidegate Haddington	01875 811011 <a href="https://www.royalvoluntaryservice.org.uk/">https://www.royalvoluntaryservice.org.uk/</a>					✓
RNIB	12-14 Hillside Crescent Edinburgh	0131 652 3140 <a href="https://www.rnib.org.uk/">https://www.rnib.org.uk/</a>		✓			

Provider	Office Address	Contact Details	User Groups				
			LD	PD	MH	AU	OP
<b>Residential Homes for Older People</b>							
Eskgreen (ELC Owned)	Shorthope Street Musselburgh	0131 665 8281 *Dedicated respite bed					✓
The Abbey	Old Abbey Road North Berwick	01620 892014 *Dedicated respite bed					✓
Florabank Christian Residential Care Home	18 Florabank Road Haddington	01620 823259 <a href="http://florabank.co.uk/">http://florabank.co.uk/</a>					✓
Carberry	Carberry House Musselburgh	0131 665 2882 <a href="http://www.carberryresidentialhome.co.uk/">http://www.carberryresidentialhome.co.uk/</a>					✓
<b>Nursing Homes for Older People</b>							
Adamwood	47c Ravensheugh Road Musselburgh	0131 665 8032 <a href="http://www.adamwoodnursinghome.co.uk/">http://www.adamwoodnursinghome.co.uk/</a>					✓
Astley House	14 – 16 Dirleton Avenue North Berwick	01620 892037 <a href="http://astleyhousenursinghome.co.uk/">http://astleyhousenursinghome.co.uk/</a>					✓
Drummohr	47A Drummohr Gardens Wallyford	0131 653 3737 <a href="https://www.hc-one.co.uk/Carehomes/Drummohr.aspx">https://www.hc-one.co.uk/Carehomes/Drummohr.aspx</a>					✓
Fidra	67 Dirleton Avenue North Berwick	01620 897600 <a href="https://www.randolphhill.com/our-homes/fidra-house">https://www.randolphhill.com/our-homes/fidra-house</a>					✓
Haddington Care Home	Mill Wynd Haddington	01620 674880 *Dedicated respite bed <a href="http://www.haddingtoncarehome.co.uk/">http://www.haddingtoncarehome.co.uk/</a>					✓
Hilton Nursing Home	60 Court Street Haddington	01620 822291 <a href="http://www.hiltonlodgenursinghome.co.uk/">http://www.hiltonlodgenursinghome.co.uk/</a>					✓
Muirfield	Main Street Gullane	01620 842116 <a href="https://www.randolphhill.com/our-homes/muirfield">https://www.randolphhill.com/our-homes/muirfield</a>					✓

Provider	Office Address	Contact Details	User Groups				
			LD	PD	MH	AU	OP
<b>Day Centres for Older People</b>							
Dunbar Day Centre	3 Westgate Dunbar	01368 862843					✓
Gullane Day Centre	Hamilton Road Gullane	01620 843084					✓
Haddington Day Centre	Neilson Park Road Haddington	01620 825149					✓
Harlawhill Day Centre	Co-op Buildings Prestonpans	01875 814989					✓
The Hollies Day Centre	183 High Street Musselburgh	0131 665 5613	✓	✓	✓	✓	✓
John Bellany Day Centre	34 The Promenade Port Seton	01875 815 886					✓
Lynton Day Centre	Prestonkirk House East Linton	01620 861807					✓
North Berwick Day Centre	St Regulas North Berwick	01620 890906					✓
Primrose Day Centre	2 Main Street Ormiston	01875 614265					✓
Tranent Day Centre	Sandersons Wynd Tranent	01875 612130					✓
<b>Lunch Clubs for Older People</b>							
Haddington	Corn Exchange Haddington	01620 827347					✓
Macmerry	Macmerry Village Hall Macmerry	01875 615491					✓
North Berwick	St Regulas North Berwick	01620 890906					✓

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			LD	PD	MH	AU	OP
Pencaitland	Trevelyan Hall Pencaitland	01875 341194					✓
Links	Prestonpans Town Hall Prestonpans	01875 812 742					✓
Whitecraig/Wallyford	44a Whitecraig Crescent Wallyford	0131 653 2227					✓
<b>Day Services for Adults</b>							
Fisherrow Hub	South Street Musselburgh	0131 665 8739	✓	✓	✓	✓	
Port Seton Resource Centre	South Seton Park Port Seton	01875 815 220	✓	✓		✓	
Tynebank Resource Centre	16 Kirk View Haddington	01620 824415	✓				
Upward Mobility	151 London Road Edinburgh	0131 661 4411 <a href="https://www.upmo.org/">https://www.upmo.org/</a>	✓			✓	
Leuchie Day Service	Leuchie House North Berwick	01620 892864 <a href="http://www.leuchiehouse.org.uk/">http://www.leuchiehouse.org.uk/</a>		✓			✓
<b>Holiday Accommodation with Disabled Access</b>							
Carberry Tower	Carberry Tower Estate Musselburgh	0131 665 3135 <a href="http://www.carberrytower.com/">www.carberrytower.com/</a>	✓	✓	✓	✓	✓
Denis Duncan House	Manse Road Dirleton	01787 372343 <a href="http://www.thelinberwicktrust.org.uk/denis-duncan-house.html">http://www.thelinberwicktrust.org.uk/denis-duncan-house.html</a>	✓	✓	✓	✓	✓
Drummohr Holiday Park	Levenhall Musselburgh	0131 665 6867 <a href="http://www.drummohr.org/">http://www.drummohr.org/</a>	✓	✓	✓	✓	✓
The Maitlandfield House Hotel	24 Sidegate Haddington	01620 826513 <a href="http://www.maitlandfieldhouse.co.uk/">http://www.maitlandfieldhouse.co.uk/</a>	✓	✓	✓	✓	✓
Nationwide Cottage Castle Rock Edinvar	Dirleton Court North Berwick	0131 657 0600 <a href="https://castlerockedinvar.co.uk">https://castlerockedinvar.co.uk</a>	✓	✓	✓	✓	✓

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Seton Sands Holiday Park	20 Kingsbarn Links Road, Port Seton	01875 813333 <a href="http://www.setonsands.org.uk/">www.setonsands.org.uk/</a>	✓	✓	✓	✓	✓
Premier Inn	Carberry Road Inveresk, Musselburgh	0871 527 8358 <a href="http://www.premierinn.com">www.premierinn.com</a>	✓	✓	✓	✓	✓
The Shepherd's Cottage	Pitcox Farm Dunbar	<a href="http://www.cottages.com/cottages/the-shepherds-cottage-28772">www.cottages.com/cottages/the-shepherds-cottage-28772</a>	✓	✓	✓	✓	✓
The Stables	Upper Bolton Haddington	<a href="https://www.cottageguide.co.uk/upperbolton-stables/">https://www.cottageguide.co.uk/upperbolton-stables/</a>	✓	✓	✓	✓	✓
Thurston Manor Leisure Park	Innerwick Dunbar	01368 840643 <a href="http://www.verdantleisure.co.uk/thurston-manor/">www.verdantleisure.co.uk/thurston-manor/</a>	✓	✓	✓	✓	✓
<b>Supported Holidays</b>							
Dementia Adventure	Unit 11 Old Park Farm Ford End, Essex	01245 237548 <a href="https://dementiaadventure.co.uk/">https://dementiaadventure.co.uk/</a>		✓			✓
Jolly Days	High St Ingatestone, Essex	01277 355565 <a href="http://www.jollydaysholidays.co.uk">www.jollydaysholidays.co.uk</a>	✓	✓		✓	
Mind for You	5 The Willows, Burton on the Wolds, Leicestershire	01509 351008 <a href="http://www.mindforyou.co.uk/">http://www.mindforyou.co.uk/</a>		✓			✓
Options Supported Holidays Ltd	Unit 4, Down Farm South Cerney, Gloucestershire	01285 740 491 <a href="http://www.optionsholidays.co.uk/">http://www.optionsholidays.co.uk/</a>	✓	✓	✓	✓	
Outward Mobility	151 London Rd Edinburgh	0131 661 4411 <a href="https://www.upmo.org/">https://www.upmo.org/</a>	✓			✓	
Your Direction Ltd	4 Dalemeadow Road Liverpool	0151 203 5758 <a href="http://www.yourdirection.co.uk/">http://www.yourdirection.co.uk/</a>	✓	✓	✓	✓	✓
Altogether Travel	77 Renfrew St Glasgow	01236 222006 <a href="http://www.altogethertravel.co.uk/">http://www.altogethertravel.co.uk/</a>	✓	✓	✓	✓	✓
Calvert Kielder and Calvert Trust Kielder	Kielder Water and Forest Park, Hexham, Northumberland	01434 250232 <a href="http://www.calvert-trust.org.uk">http://www.calvert-trust.org.uk</a>	✓	✓	✓	✓	

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