

# Dementia: the Carer's Experience

*Better Enabled, Better Equipped*

## Dementia - A Carers Local Directory

**A Resource by Carers for Carers**

East Lothian

**May 2018**



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## Foreword

Following the successful conference for carers of people with dementia in Glasgow in 2017, a group of us in East Lothian have had the opportunity to organise a second conference from an East Lothian perspective. I am a member of this group and we have compiled a similar resource – **Dementia - A Carers Local Directory** - by carers for carers, which builds on the version produced for the Glasgow event.

Although this list is not exhaustive, we have aimed to offer as up-to-date and as accurate information as possible. We hope this will help you navigate your way through the many challenges which a diagnosis of dementia brings and find your own way of getting some control back into your life whilst living with often very difficult experiences and feelings.

Information and education is power in what can often feel a chaotic situation.

**Moyra Birnie**

**East Lothian Carers Event Steering Group**

This directory will hopefully be a useful tool on your journey as you care for someone with dementia.

I wish that I had been given information like this when I became a carer. It would have made my journey easier and less stressful.

With the right personal advice, I would have found the right path to take and address the challenges we all face as carers of someone with dementia.

**Anne Rankin**

**Glasgow Carers Conference Steering Group**

# Acknowledgements

**Dementia – A Carers Local Directory** for East Lothian is the work of:

Moyra Birnie  
Anne Bisset  
Alison Reynolds  
Mike Turnbull.

With support from:

Lorraine Bairstow, Regional Carer Engagement Lead, tide (together in dementia everyday)  
Amanda McCarren, National Carer Engagement Lead, (together in dementia everyday).

Alison, Anne, Mike and Moyra have long experience of caring for someone with dementia, unpaid

**Dementia – A Carers Local Directory** was first produced by:

Katharyn Barnett  
Maureen McKillop  
Anne Rankin.

With:

Myra Lamont  
Bernard O'Hagan  
Annette Tait.

Katharyn, Maureen, Anne, Myra, Bernard, and Annette too had long term experience of caring for someone with dementia, unpaid.

The **Local Directory** and the **Dementia Checklist**, its companion publication, were first produced by the Glasgow Carers Conference Steering Group for carers attending their conference, **Dementia: the Carer's Experience**, held on 30 September 2017 in Glasgow.

They are complementary, peer to peer resources. Both provide practical information which the steering group, from lived experience, recognise as relevant and useful for others in the same caring situation.

This **Local Directory** covers the **East Lothian** area. The first one covered the areas of East Dunbartonshire, East Renfrewshire, Glasgow, North Lanarkshire, South Lanarkshire, Renfrewshire and West Dunbartonshire.

The **Dementia Checklist** and the two **Local Directories** can be downloaded from the Life Changes Trust website -

<https://www.lifechangestrust.org.uk/people-affected-by-dementia/events>

**All information provided in this directory is available online and in the public domain or, in a few instances, text has been provided by an organisation specifically for inclusion in the directory.**

**Disclaimer: inclusion in the directory does not mean endorsement.**

## Introduction

The Life Changes Trust believes that carers in Scotland have an enormous amount of knowledge and helpful information to share with each other.

In the spirit of empowerment, the Trust is funding and supporting carers of people living with dementia to run their own local events in communities around Scotland. These events have carers at their heart, leading the way – events designed for carers, by carers.

The first conference of this type was held in Glasgow on 30 September 2017, planned and organised by a steering group of people with long experience of caring for someone living with dementia, unpaid.

The Trust similarly invited carers in East Lothian to form a steering group, again supported and funded by the Trust, to come together to plan and organise as they saw fit an event for carers in East Lothian. The group first met in January 2018. **By carers for carers** has been the enduring theme of their hard work over the past few months.

**Dementia – A Carers Local Directory** has been updated by the East Lothian Carers Event Steering Group to give to carers attending the group's conference, **Dementia: the Carer's Experience**, on 22 May 2018.

## East Lothian Carers Event Steering Group

Moyra Birnie  
Anne Bisset  
Alison Reynolds

With acknowledgement to the contribution of: Mike Turnbull.

With support from:

Elizabeth Morrison, Funding and Carers Programme Manager, Life Changes Trust

Amanda McCarren, National Carer Engagement Lead, and Beau Nieuwenhuijs and Lorraine Bairstow, Regional Carer Engagement Leads, tide (together in dementia everyday).

# Local Directory

## 1 Dementia and Carer Services

### **Dementia Link Workers - East Lothian**

Mid and East Lothian Services, Alzheimer Scotland within NHS

Hopetoun Community Base, Aberlady Road, Haddington EH41 3BU

Contact: Stephanie Heasman or Jill Symonds

Tel: 0131 536 8568

**Post-diagnostic support** in East Lothian is a personalised and flexible service delivered by Dementia Link Workers, who aim to develop sensitive and supportive relationships with the person who has a diagnosis of dementia, their partner and family members.

Conversations can include:

- helping you to understand your diagnosis and manage your symptoms
- keeping you informed about what's going on in your community
- encouraging you to with meet other people affected by dementia
- helping you to make plans for the future
- giving you the information and advice you need.

In East Lothian, a referral to a Dementia Link Worker will be made by your Consultant at the time of your diagnosis.

### **Dementia Advisor for East Lothian**

Alzheimer Scotland

Tel: 0131 654 1114

Offers confidential advice and support to people with dementia, their families and friends. Ring to make an appointment.



## **Early Stage Dementia Project (Age Scotland)**

Tel: 0333 32 32 400

Email: [ESDTeam@agescotland.org.uk](mailto:ESDTeam@agescotland.org.uk)

Website: <https://www.ageuk.org.uk/scotland/about-us/our-work/early-stage-dementia-project/>

Twitter: [@AgeScotlandESDTeam](https://twitter.com/AgeScotlandESDTeam)

Raises awareness of early stage dementia and the signs and symptoms of the condition. Early diagnosis is important and can help prolong quality of life for people living with dementia.

Information and advice resources for people with dementia, carers and relatives to help answer questions and give key information on issues surrounding a dementia diagnosis –

<https://www.ageuk.org.uk/scotland/information-guides-and-fact-sheets/being-dementia-aware/>

These publications complement Age Scotland's core publications which provide information and advice about care, benefits, housing and legal issues such as Power of Attorney.

## **24 Hour Dementia Helpline (Alzheimer Scotland)**

Tel: 0808 808 3000

A 24 hour, freephone, Scottish service for people with dementia, carers, relatives, professionals, students and anyone concerned about dementia. It is confidential. You don't have to give your name if you prefer not to. It is staffed by trained volunteers, supported by a staff team at Alzheimer Scotland. Many have had personal or professional experience of caring for people with dementia. Free information packs are provided to people with dementia and carers.

## **Carers of East Lothian**

94 High Street, Musselburgh, EH21 7EA

Tel: 0131 665 0135

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

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

Carers of East Lothian supports adults in a caring role to get information on services to help their individual caring role, enhance their own wellbeing and strengthen their collective voice to improve services.

## **Carers of East Lothian Support Groups**

Support groups offer a chance to share experiences and receive support from Carer Support Workers. They are informal and everyone is welcome. If you are interested in going to any of the groups below, contact the carers centre on 0131 665 0135 to check details, times and venues.

**Unless specified, Carers of East Lothian Support Groups are for carers of people with various long term physical or mental health issues.**

- **Dirleton Support Group** Marquee Room, Open Arms Hotel Dirleton.  
First Tuesday of each month 10.30am to 12 noon
- **Dunbar Support Group** The Stables, Belhaven Church.  
Second Wednesday of each month 10.30am-12 noon
- **Musselburgh Support Group** MECA, Musselburgh.  
Last Wednesday of each month 10.30am to 12 noon
- **Musselburgh Men Who Care** MECA, Musselburgh.  
Second Thursday of each month 10.30am to 12 noon
- **North Berwick Support Group** Nether Abbey Hotel, North Berwick.  
Second Tuesday of each month 10.30am to 12 noon.

## **MECOPP Carers Centre (Minority Ethnic Carers of Older People Project)**

Maritime House, 8 The Shore, Edinburgh EH6 6QN

Tel: 0131 467 2994 (Main line)

Tel: 0131 467 2996 (Chinese language line)

Tel: 0131 467 2997 (Asian language line)

Email: [info@mecopp.org.uk](mailto:info@mecopp.org.uk)

Website: [www.mecopp.org.uk](http://www.mecopp.org.uk)

Offers black and minority ethnic carers a variety of supports and services to undertake or sustain a caring role. Available to carers of Indian, Pakistani, Bangladeshi, Chinese, (Hong Kong and mainland China), Nepalese, African, African-Caribbean or Arabic ethnic origin and who live in Edinburgh and the Lothians, and care for an adult or adults aged 25 plus. Also offers support to Gypsy/Travellers in Lothian.

## **East Lothian Young Carers**

Unit 1, Cheviot House, Mill Wynd, Haddington EH 41 4EX

Tel: 01620 826 558

Email: [eastlothianyc@aol.com](mailto:eastlothianyc@aol.com)

Provides services, support and information to young carers aged 5 to 24 and their families.

## **2 East Lothian Council and NHS Services**

### **Adult Social Care**

John Muir House, Brewery Park, Haddington, Eh41 3HA

Tel: 01875 824 309

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

## **East Lothian Emergency Care Service**

Tel: 01875 618 960

Responds to falls, supporting carers in crisis, alarm calls and emergency personal care.

## **Emergency Standby for East Lothian Social Work (out of hours)**

Tel: 0800 731 6969 (Freephone)

For use in an emergency situation outside social work office hours.

## **NHS 24**

Tel: 111

If you need urgent health advice out of hours, when your GP practice or dentist is closed and you cannot wait until your GP or dental surgery opens. In Scotland, free of charge from landlines and mobile phones.

## **Telecare Team**

Randall House, Macmerry Business Park, Macmerry, EH33 1RW

Tel: 0845 603 1576

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

Available to people who are vulnerable, have a disability or health issues, the Community Alarm and Telecare Service provides an alarm unit (with pendant or wristband) to help support people to be independent in their own homes.

## **Community Mental Health Team**

The Hopetoun Unit, Herdmanflat Hospital, Haddington, EH14 3B4

Tel: 0131 536 8300

## **Community Wardens**

Tel: 01620 829 917 (daytime) or 01875 824 307 (evening)

Antisocial behaviour helpline: 01875 824 307

Email: [cwt@eastlothiancouncil.gov.uk](mailto:cwt@eastlothiancouncil.gov.uk)

Website:

[https://www.eastlothian.gov.uk/info/210574/emergencies\\_safety\\_and\\_crime/12066/community\\_safety\\_and\\_crime/5](https://www.eastlothian.gov.uk/info/210574/emergencies_safety_and_crime/12066/community_safety_and_crime/5)

Easily recognisable by their red and black uniform, a community warden is assigned to each local electoral ward.

Focus on community safety issues. Promote early intervention, active citizenship, and community resilience, empowerment and capacity-building, working with other council colleagues, police, and fire and rescue, plus a variety of community organisations.

High-visibility patrols of housing estates, town centres and other public spaces to prevent and detect antisocial behaviour and crime. Also patrols in areas affected by antisocial behaviour in the council's CCTV van each Friday and Saturday from 6pm to 2:30am.

### **3 Dementia Friendly East Lothian (DFEL)**

Contact: Sue Northrop

Tel: 07727 883 881

Email: [Sue@dfel.org.uk](mailto:Sue@dfel.org.uk)

Website: [dfel.org.uk](http://dfel.org.uk)

Facebook: <https://en-gb.facebook.com/DementiaFriendlyEastLothian/>

A community-led collaborative of local residents, carers, volunteers and paid workers with common cause - local people who want to make their communities great for people with dementia and carers to live, visit and work in. DFEL operates to three important principles: empower, support and include.

#### **DFEL: Dementia Friendly Activities – What's On (by locality)**

DFEL maintains a list of what's on across East Lothian which is available by locality - [dfel.org.uk/whats-on-in-east-lothian/](http://dfel.org.uk/whats-on-in-east-lothian/)

It includes activities that are specifically for people with dementia, their family and friends, and activities where everyone is welcomed. Just because you have dementia doesn't mean you can't join in with everyone else. This is DFEL's current list at the time of going to print:

#### **Dementia Friendly Activities**

##### **Aberlady**

##### **Tuesday**

Zumba Gold - 9.30am to 10.15am, Aberlady Village Hall.

Pensioners' Club - 7pm, last Tuesday of the month (September to April), Kirk Stables.

Contact: Mrs Doreen Donaldson

Tel 01620 831 151

## **Wednesday**

Friendly Club in The Stables - 2pm (fortnightly every Wednesday, September to April).

Contact: Doris Duncan

Tel: 01875 870 596

Craft Club - 10am to 12pm (every Wednesday), Waterston House. Cost £1.00.

Contact: Anne Frost

Tel: 01875 870 404

## **Dunbar**

### **Monday**

Dementia Friendly Hub - 9am to 7.30pm, Bleachingfield Library.

Coffee & Chat - 9am to 12noon, Dunbar Day Centre.

Fresh Encounters Study Group - 7.30pm, Dunbar Parish Church.

### **Tuesday**

Dementia Friendly Hub - 10am to 5pm, Bleachingfield Library.

Extend Exercise Class - 10.30am to 11.30am, Our Lady of the Waves Church.

Singalong - 1.30pm to 3.30pm, The Gibb Room, Bleachingfield Centre.

Fresh Encounters Study Group - 1.30 pm, Dunbar Parish Church.

### **Wednesday**

Dementia Friendly Hub - 9am to 5pm, Bleachingfield Library.

Coffee & Chat - 9am to 12noon, Dunbar Day Centre.

Dunbar Community Shed - 10am to 3pm, Belhaven Church Hall.

The Club - 1pm to 3pm, Bleachingfield Community Centre.

Dunbar Carers Group - Tea Dance - 3pm to 4pm.

Dunbar Castle Social Club - 2pm to 4pm (first Wednesday of the month).

Community Shed - 10.30am to 4pm, Belhaven Parish Hall.

### **Thursday**

Dementia Friendly Hub - 9am to 5pm, Bleachingfield Library.

Coffee & Chat - 9am to 12noon, Dunbar Day Centre.  
Flourish Gardening - 10.30am to 12.30pm, Belhaven Hospital.  
Sporting Memories - 10.30am to 12pm, Halhill Sports Centre.  
Extend Exercise Class - 10.30am to 11.30am, Our Lady of the Waves Church.  
Zumba Gold - 11.30am to 12.15pm, Bleachingfield Centre.  
Dunbar Carers Support Group - 2.30pm to 3.30pm, The Gibb Room, Bleachingfield Centre.  
Bible Book Club - 1<sup>st</sup> Thursday of the month, Dunbar Parish Church.

### **Friday**

Dementia Friendly Hub - 9am to 5pm, Bleachingfield Library.  
Coffee & Chat - 9am to 12noon, Dunbar Day Centre.  
Flourish Gardening - 10.30am to 12.30pm, Belhaven Hospital.  
Wellbeing Walk (Changes).

## **East Linton**

### **Monday**

Needlework Group - 7pm to 9pm (every second Monday), Community Hall.  
Contact: C. Black  
Tel: 01620 860 419  
or  
Contact: R. McShane  
Tel 01620 861 428

### **Tuesday**

Old Time Dance Club - 7.30pm to 10.30pm (alternate Tuesdays).  
Contact: Anne Holywell  
Tel: 01368 862 957  
or  
Contact: Dorothy Kerr  
Tel; 01620 860 519



## **Thursday**

Zumba Gold - 9.45am to 10.30am, East Linton Community Hall.

Carers Support Group - 10.30 am (first Thursday of the month), Lynton Centre.

Contact: Kathleen Jack

Tel: 0131 665 0135

or

Contact: Anne Stewart

Tel: 01620 860 645

## **Friday**

Senior Citizens Club - 7pm to 9pm, Community Hall.

Contact: Margaret Hunter

Tel: 01620 860 066

or

Contact: Ella Bell

Tel: 01620 860 766

## **Haddington**

### **Monday**

Well Being Walks (Changes) - 10am, Aubigny Sports Centre.

Sporting Memories - 1pm to 2.30pm, Haddington Bowling Club. Cost £1 (includes refreshments).

### **Tuesday**

Keep Fit & Chat - 9.45am, Bridge Centre.

Strength & Balance Walks - 10am –to11am, Aubigny Sports Centre.

Active Memories for Men over 60 (sport reminiscence and sport history) - 10am to 12pm.

Hatha Yoga - 6.30pm to 7.30pm, Bridge Centre.

Hatha Yoga - 7.45pm to 9.15pm, Bridge Centre.

### **Wednesday**

Iyengar Yoga - 9.45am to 12.15pm, Bridge Centre.

Extend Exercise - 1.30pm to 2.30pm, Corn Exchange or Townhouse.  
Poldrate Quilters - 1.30pm to 3.30pm, Bridge Centre.

### **Thursday**

Walking Group - 10am, outside Aubigny Centre.  
Friendship Hour - 2pm (October to March on alternate Thursdays), West Parish Church Hall.  
Keep Fit - 7pm, Bridge Centre.  
Relaxed Yoga for Everyone - 7pm to 8pm, Aubigny Sports Centre.

### **Friday**

Yoga & Relaxation - 10am to 11am, Bridge Centre.  
Good Memories Café - 2pm to 4pm (last Friday of every month), Star Room, John Gray Centre. Carers welcome. Music and storytelling.  
Contact: Debbie Chalmers  
Tel: 01620 820 626

### **Longniddry**

Sporting Memories Group, Longniddry Parish Church  
Contact: Laura  
Tel: 07904 439 228  
Email: [laura@sportingmemoriesnetwork.com](mailto:laura@sportingmemoriesnetwork.com)

### **Monday**

Singing Group for everyone - 2.30pm to 4pm, Longniddry Church (from 8 May to 12 June 2018).

### **Wednesday**

Zumba Gold - 12pm to 12.45pm, Longniddry Community Centre.  
Wednesday Club for Retired Villagers, 2.30 pm, Longniddry Church Hall.

## **Macmerry**

### **Tuesday**

Men's Shed - 1pm to 5pm, Macmerry Village Hall.

### **Wednesday**

Men's Shed - 1pm to 5pm, Macmerry Village Hall.

## **Musselburgh**

### **Monday**

Hollies Day Centre Café - 10am to 3.30pm.

Tai Chi - 10.30am to 11.30am, Room G6, Fisherrow Community Centre.  
£4 donation.

The Hollies Day Centre Lunch Club - 12pm to 1pm. Cost £4.50.

Chest, Heart & Stroke Club - 2.00pm to 3.00pm, Musselburgh East Community Association.

### **Tuesday**

10 am – 3.30 pm Hollies Day Centre Café.

Singing for Fun - 10.30am to 12.30am, Room G6, Fisherrow Community Centre.

Sporting Memories - 10.30am to 12pm, Musselburgh Rugby Club.

Chair-Based Exercises - 10.30am to 11.30am, MECA (Musselburgh East Community Centre).

Hollies Day Centre Lunch Club - 12pm to 1pm. Cost £4.50.

Mens' Shed - 2 pm, Our Lady of Loretto Church Hall.

Gentle Walks (Changes) - 2pm to 3pm (30 to 40 mins), Brunton Hall.

### **Wednesday**

Hollies Day Centre Café - 10am to 3.30pm.

Musselburgh Walks - 10am to 11.45am, Sports Centre.

Dementia Friendly Walks - 10.30am, Portobello Swim Centre (Edinburgh).

D (ementia) Café (Alzheimer Scotland) - 11am to 2pm (first Wednesday of the month), St Andrew's High Church. Lunch available at 12.45pm, with a suggested donation of £3.00.

Carer Support Group - 11.30am to 12.30pm, **during D-Café** while there are activities for people with dementia.

Tel: 0131 654 1114

Hollies Lunch Club - 12pm to 1pm. Cost £4.50.

Dementia Drop-in - 2pm to 4pm (second Wednesday of every month), Annex Lounge, Fisherrow Community Centre .

Breathe Easy - 2.30pm to 3.30pm (second Wednesday of every month), MECA Learning Centre (Musselburgh East Community Centre).

Gentle Exercise to Music (Changes) - 3pm to 4pm, Fisherrow Community Centre Gym.

## **Thursday**

Hollies Day Centre Café - 10am to 3.30pm.

Singing Together East Lothian Works - 10am to 12pm, Room G5, Fisherrow Community Centre.

Hollies Day Centre Lunch Club - 12pm to 1pm. Cost £4.50.

## **Friday**

Art - 9.30am to 11.30am, Room G1, Fisherrow Community Centre.

Hollies Day Centre Café - 10am to 3.30pm.

Hollies Lunch Club - 12pm to 1pm. Cost £4.50.

## **North Berwick**

### **Monday**

Yoga - 8 am to 9am, Abbey Church New Hall

Extend Exercise Class - 10am to 11am, St Andrew Blackadder Church Hall. Cost £2.

Drop in Coffee - 11am, North Berwick Day Centre. Cost £2.

Walking Group - 1.30pm (second Monday of the month), meet at former Council Offices, Quality Street.

Book Club - 2pm (second Monday of the month), North Berwick Library.

Relaxed Yoga for everyone - 4pm to 5pm, Hope Rooms.

Zumba Gold - 7.15pm to 8pm, North Berwick Community Centre.

## **Tuesday**

Pilates - 9.15am – 12.15pm, Abbey Church New Hall.

Drop in Coffee - 10am to 11am, North Berwick NB Day Centre.

Gardening Group - 2pm to 4pm, The Abbey.

The Good Cuppa (information and social afternoon) - 2pm to 4pm (first Tuesday of the month), The Hope Rooms.

## **Wednesday**

Probus, 9.45 am, St Andrew Blackadder Church Hall.

Drop in Coffee - 10am to 11am, North Berwick Day Centre.

Yoga - 10.30am to 11.45am, Abbey Church New Hall.

Men's Shed - 1.30pm to 3.30pm, North Berwick Community Centre.

North Berwick Tea Dance - 2pm to 3.30pm (last Wednesday of the month), Hope Rooms.

Pilates - 6.30pm to 7.30pm, Abbey Church New Hall.

## **Thursday**

Drop in Coffee - 10am to 11am, North Berwick Day Centre. Cost £2.

Beacon Drop-in Lunch - 11.20am to 1.30pm, St Andrew Blackadder Church Hall.

Book Group - 6pm (second Thursday of the month), North Berwick Library.

## **Friday**

Drop in Coffee - 10am to 11am, North Berwick Day Centre. Cost £2.

## **Prestonpans**

### **Monday**

Café - 10am to 4pm, Community Centre.

### **Tuesday**

Café - 10am to 6pm, Community Centre.

Wellbeing Walk (Changes) - 10am to 11.30 am

MS Drop-in Group - 1.30pm to 4pm, Community Centre.  
Tea Dance - 1.45pm to 3.35pm, Community Centre. Cost £2.50.  
Senior Moments – Music, Moves and Fun - 1.45pm to 3.35pm, Pennypit Centre. Cost £4.00.  
Knit & Natter - 6.30pm to 8.30pm (monthly), Community Centre.

### **Wednesday**

Café - 10am to 6pm, Community Centre.  
Penpals – Over 60 (social support, old pics & a cup of tea) - 10.30am to 12pm, Prestonpans Library.  
Carpet Bowling for Disabilities - 1pm to 3pm, Community Centre.

### **Thursday**

Café - 10am to 5pm, Community Centre.  
Walking Group for Beginners - 10am to 11am, Community Centre.  
Extend Exercise - 10am to 11am, Community Centre or Town Hall.  
Over 60s Exercise - 10am to 11am, Community Centre.  
Swimming - 10am to 11.30am, Mercat Gate Sports Centre.  
Quilters (no tuition) - 1.30pm to 3.30pm, Community Centre.

### **Friday**

Over 60s Exercise - 10am to 11am, Community Centre.  
Extend Exercise - 10am to 11am, Community Centre.  
Tea & Chat – 11am to 12pm, Community Centre.

## **Tranent**

### **Monday**

Table Tennis for the over 50s - 2pm to 4pm. Cost £2.00.

### **Tuesday**

New Age Kurling - 10am to 11.30am, The Fraser Centre. Cost – donation.  
Sporting Memories - 10.30am to 12pm, George Johnstone Centre. Cost £1.00.

## **Wednesday**

Sporting Memories Group - 10.30am to 12.00pm, Ross High School.

Arts & Crafts - 11.00am to 12pm, the Fraser Centre.

Bible Study (Salvation Army) - 10am.

## **Thursday**

Gentle Exercise - 9.30am to 10.30am, the Fraser Centre.

Dementia Move & Chat Club (Alzheimer Scotland) - 10.30 am (monthly)

Cost £2.50.

Board Game Club - 2pm to 4pm, the Fraser Centre.

## **Friday**

Gentle Exercise - 11am, St Martin's Hall.

## **DFEL: East Lothian DEEP groups**

The **Dementia Engagement & Empowerment Project** (DEEP) brings together groups of people with dementia from across the UK. DEEP supports these groups to try to change services and policies that affect the lives of people with dementia.

Website: <http://dementiavoices.org.uk/>

For further information on **local DEEP groups**, contact Sue on 07727 883 881 or Elaine on 07557 059 672.

- **Haddington** - 10.30am to 12 noon on the first Tuesday of each month, Haddington Bowling Club.
- **North Berwick** - 2pm to 3.30pm on the first Tuesday of each month, Hope Rooms, Beachfront Bothy
- **Musselburgh** - 2.30pm to 4pm on second Wednesday of each month, Fisherrow Community Centre
- **Dunbar** - 10.30am to 12 noon on the third Friday of each month, Royal Macintosh Hotel
- **Prestonpans, Cockenzie and Port Seton** - 10.30am-12 noon on the last Wednesday of each month, Willow Room, Cockenzie House.

## **4 More Activities for Carers and People with Dementia**

### **D-Café – Musselburgh**

St Andrews High Church, High Street, Musselburgh

Tel: 0131 654 1114

D (ementia) Café (Alzheimer Scotland) - 11am to 2pm on the first Wednesday of the month. Lunch available at 12.45pm, with a suggested donation of £3.00.

**Carer Support Group** - 11.30am to 12.30pm, **during D-Café** while there are activities for people with dementia.

### **Good Memories Café**

Star Room, Haddington Library

Tel: 01620 820 680

A friendly and informal drop in café for people with dementia and their carers. Join in with a cup of tea, slice of cake and a chance to chat. 2pm to 4pm on the last Friday of each month (summer break - July and August, starting again in September).

### **CrossReach - Heart for Art, a dementia friendly arts community**

Contact: Laura MacLeod

Tel: 0141 6203 092

Use their online enquiry form to send a message -

<http://crossreach.org.uk/contact?enquiryemail=heartfor.art%40crossreach.org.uk&enquirytitle=Heart%20For%20Art>

This is a national project, creating a dementia friendly community of people with dementia and carers interested in art, also promoting the abilities and potential of people with dementia.



There are significant benefits to using creative arts, enabling people with dementia to connect with society and express themselves, whilst breaking down the barriers of preconception, stigma and discrimination.

Creative arts groups give people living with dementia opportunities to learn new, or re-awaken existing skills. The project promotes creativity, self-worth and achievement, and offers the opportunity to build confidence, develop social relationships, and access support and information. It also organises outings to arts venues and holds exhibitions of members' work.

A local group currently runs in:

**Musselburgh** – 2 to 4pm, Northesk Parish Church, Bridge Street, EH21 6AA.

See the website for the timetable - <http://crossreach.org.uk/heart-art-0>.

## **Paths for All – Dementia Friendly Walking**

Tel: 01259 230 152

Email: [Dementiafriendly@pathsforall.org.uk](mailto:Dementiafriendly@pathsforall.org.uk)

A national project, Paths for All provide support to local Walking for Health projects across Scotland to make their walks accessible to people living with dementia. Walks are led by trained volunteers with an understanding of dementia and dementia friendly walking. Email the project at Paths for All to subscribe to their Dementia Friendly Walking newsletter.

To find a local Dementia Friendly Walk, you can go to the map on Paths for All's website – <http://www.pathsforall.org.uk/pfa/health-walks/dementia-friendly-walking-accredited-projects.html>. The projects shown have been awarded Dementia Friendly Walking accreditation which means they have made their Health Walks accessible to people living with dementia and their carers, friends and family.

## **Sporting Memories Network (SMN) - a dementia friendly community around sport**

Contact: Laura Craig, East Lothian, Midlothian and West Lothian SMN Coordinator

Email: [Laura@Sportingmemoriesnetwork.com](mailto:Laura@Sportingmemoriesnetwork.com)

Sporting Memories Network believes in the power of stories to reignite connections between generations and combat the effects of dementia, depression and loneliness in communities. Opportunities to reminisce can be therapeutic for people living with dementia and can improve the mood, cognitive ability and well-being of those with mild to moderate dementia.

Its dementia friendly community promotes physical and mental wellbeing through activities that help members to reminisce and tell their own stories of watching or participating in sports, as well as providing opportunities to try out new sports. Groups run in a wide variety of settings including community facilities such as sports venues and also care homes and hospitals.

Go to the East of Scotland page on the website to find out about current groups in East Lothian -

[http://www.sportingmemoriesnetwork.com/d1082/east\\_of\\_scotland](http://www.sportingmemoriesnetwork.com/d1082/east_of_scotland)

## **Handmade Haddington**

Social Area of Haddington Library, John Gray Centre, 15 Lodge Street

Website: <http://www.johngraycentre.org/events/hand-made-haddington-3/>

Drop-in - 10am to 12 noon every Friday - just pop in and join like-minded people who like to craft and have a chat.

## **Men's Sheds in East Lothian**

Contact: Mark Coull

Tel: 07415 960 749

Email: [mark@strive.me.uk](mailto:mark@strive.me.uk)

Twitter: @STRiVEWellbeing

Website: <https://scottishmsa.org.uk>

Men's Sheds respond to men's need for camaraderie and provide opportunities to work together in a way that contributes meaning to their lives. The Scottish Men's Shed Association helps new and existing groups to set up and run a Men's Shed in their local town or community.

Dunbar has women members and Haddington's shed is a community shed.

## **5 National Networks for Carers and People with Dementia**

### **tide – together in dementia everyday**

Robertson House, 152 Bath Street, Glasgow G2 4TB

Tel: 0141 353 5607

Contact: Amanda McCarren, National Carer Engagement Lead

Email: [Amanda@tide.uk.net](mailto:Amanda@tide.uk.net)

Website: [www.tide.uk.net](http://www.tide.uk.net)

A national involvement network for carers or former carers of people with dementia.

### **National Dementia Carers Action Network (NDCAN)**

Alzheimer Scotland, 81 Oxford Street, Glasgow, G5 9EP

Tel: 0141 410 0100

Email: [ndcan@alzscot.org](mailto:ndcan@alzscot.org)

Alzheimer Scotland's National Dementia Carers Action Network (NDCAN) is a national campaigning and awareness-raising group whose members all have experience of caring for someone with dementia.

### **Scottish Dementia Working Group (SDWG)**

Alzheimer Scotland, 81 Oxford Street, Glasgow, G5 9EP

Tel: 0141 410 1171

Email: [sdwg@alzscot.org](mailto:sdwg@alzscot.org)

SDWG is a national campaigning and awareness-raising group led by people with dementia, and funded by Alzheimer Scotland and the Scottish Government. They are the independent voice of people with dementia within Alzheimer Scotland. Membership is free and open to people with dementia.

## **6 Health and Wellbeing**

### **Changes Community Health Project**

108 Market Street, Mussellburgh, EH21 6QA

Tel: 0131 653 3977 or 3938

Email: [info@changeschp.org.uk](mailto:info@changeschp.org.uk)

Promotes positive wellbeing and provides opportunities for people in East Lothian to find ways towards healthier and less stressful living. Anyone over the age of 16 who lives in East Lothian can get in touch. Services are free of charge.

Wellbeing walks run in Haddington, Musselburgh, Prestonpans, Port Seton and Dunbar in blocks of 10 weeks throughout the year. You can download their walk schedule here:

<https://www.pathsforall.org.uk/find-a-health-walk/east-lothian/changes-wellbeing-walks.html>

## **Eastspace**

Website: <http://www.eastspace.org.uk>

East Lothian mental health and wellbeing information online for both people with mental health problems and their carers.

## **Strive Wellbeing**

Tel: 01875 615423

Website: <http://strive.me.uk/wellbeing>

Provides support for people to stay connected with their communities through volunteering, Men's Sheds etc.

## **Independent Age**

Tel: 0800 319 6789

Website: <https://www.independentage.org/get-support/receive-regular-phone-calls-or-visits>

A free friendship service working with those who are 60 plus who can receive regular phone calls or face to face visits from friendly, dedicated volunteers. These can be weekly or fortnightly.

## **Cruse Bereavement Care**

Website: <http://www.crusescotland.org.uk>

Tel: 0845 600 2227

Website: <http://www.crusescotland.org.uk>

Support for people who have lost a loved one.

## **British Association of Counselling and Psychotherapy**

Website: <https://www.bacp.co.uk/about-therapy/we-can-help/>

Information you may need if you're thinking about getting counselling but not sure whether it could help, what type of therapy you need, or how to find a safe and effective counsellor or psychotherapist.

## **COSCA Counselling and Psychotherapy**

Tel: 01786 475 140

Website: [www.cosca.org.uk](http://www.cosca.org.uk)

Scotland's professional body for counselling and psychotherapy. To find a therapist, you can search the COSCA Register of Counsellors and Psychotherapists (accredited by the Professional Standards Authority).

## **Breathing Space**

Tel: 0800 83 85 87

A free confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety.

Available weekdays: 6pm to 2am Monday to Thursday, and at weekends: from 6pm Friday to 6am Monday.

## **Samaritans**

Tel: 116 123

Talk to them anytime you like, in your own way, and off the record – about whatever is getting to you. Free to call from landlines and mobiles, including pay-as-you-go mobiles.

## **British Association for Music Therapy**

Email: [info@bamt.org](mailto:info@bamt.org)

Scotland Area Group: [bamtscotland@hotmail.co.uk](mailto:bamtscotland@hotmail.co.uk)

Website: <https://www.bamt.org>



The professional body for music therapy in the UK. You can pay for a music therapist to come to your home. The site has a 'Find a Therapist' function.

Music can be exciting or calming, joyful or poignant, can stir memories and powerfully resonate with feelings, helping people to express them and communicate with others. Music therapists support a client's communications with a bespoke combination of improvised or pre-composed instrumental music and voice, either sung or spoken.

### **East Lothian Community Mediation Service (SACRO)**

Brunton Hall, Ladywell Way, Musselburgh EH21 6AF

Tel: 0131 653 5295

Email: [infoeastlothian@sacro.org.uk](mailto:infoeastlothian@sacro.org.uk)

Website: [www.sacro.org.uk](http://www.sacro.org.uk)

Contributes to the constructive resolution of conflict in the community by providing a free mediation service.

## **7 Money Matters**

### **Citizens Advice Direct – national helpline**

Tel: 0808 800 9060

Website: <https://www.cas.org.uk/bureaux/citizens-advice-direct-telephone-advice>

Free, independent, confidential information and advice on a range of issues including welfare benefits, debt problems and consumer rights. This number is free from a landline and most mobiles.

## **Citizens Advice Bureaux in East Lothian**

### **Musselburgh**

Tel: 0131 653 2748 or 2544

Website: [www.musselburghcab.org.uk](http://www.musselburghcab.org.uk)

Appointment required - Monday, Tuesday and Wednesday - 10am to 12.30pm and 1.30pm to 4pm.

Drop-in (no appointment needed) - Thursday and Friday - 10am to 12.30pm. The first contact will be with a general advisor and, if you need to return, another appointment will be arranged.

Ask about their outreach service to check if a drop-in is held near you.

### **Haddington**

Tel: 01620 824 471

Email: [cab@haddingtoncab.caseonline.org.uk](mailto:cab@haddingtoncab.caseonline.org.uk)

Website: [www.haddingtoncab.co.uk](http://www.haddingtoncab.co.uk)

Drop-in or by appointment - Monday to Friday - 10am to 12 noon

Appointment only - 1.30pm to 4pm

Ask about their outreach service to check if a drop-in is held near you.

## **Welfare Rights**

Advice, Rights and Information Services - East Lothian Welfare Rights Service (East Lothian Council)

Tel: 0131 653 5230 (Monday to Friday 9am-5pm)

Advice on benefits and assistance with form-filling and tribunal representation, plus signposting where necessary to other agencies.

**Welfare rights surgeries** (all surgeries are operated on a first come, first serve basis):

**Musselburgh** – 10am to 12 noon on Wednesdays Brunton Hall.



**North Berwick** – 2pm to 4pm on the first and third Wednesday of each month, North Berwick Library, 13 School Road.

**Dunbar** – 2pm to 4pm on the second and fourth Wednesday of each month, Bleachingfield Centre, Countess Crescent.

**Prestonpans** – 10am to 12 noon on the first and third Thursday of each month, Aldhammer House, High Street.

**Tranent** – 10am to 12 noon on the second and fourth Thursday of each month, George Johnstone Centre, 35 Winton Place.

**Haddington** – 2pm to 4pm on Thursdays, John Muir House, Court Street.

## **Royal Scottish Agricultural Benevolent Institution**

Tel: 0300 111 4166

Website: [www.rsabi.org.uk](http://www.rsabi.org.uk)

Financial and emotional support to individuals and their families across the agricultural sector. They offer grants to help with heating etc. throughout Scotland to people who are or have been involved in farming, crofting or growing.

## **8 Power of Attorney**

### **Office of Public Guardian in Scotland (OPG Scotland)**

Hadrian House, Callender Business Park, Callender Road, Falkirk FK1 1XR

Tel: 0132 467 8300 (general enquires)

Email: [opg@scotcourts.gov.uk](mailto:opg@scotcourts.gov.uk)

Website: <http://www.publicguardian-scotland.gov.uk/>

The OPG Scotland has statutory responsibility to supervise people appointed to make financial or property decisions on behalf of an incapable adult, to supervise people given authority to access an agreed amount of an incapable adult's funds to pay for their day-to-day needs, and to register Powers of Attorney under the terms of the Adults with Incapacity (Scotland) Act 2000.

## **9 Housing**

### **Shelter Scotland - National Helpline**

Tel: 0808 800 4444

Website: [http://scotland.shelter.org.uk/get\\_advice](http://scotland.shelter.org.uk/get_advice)

Information on housing rights and support.

## **10 Independent Living and Practical Help**

### **Age Scotland**

160 Causewayside, Edinburgh EH9 1PR

General Enquiries: 0333 32 32 400

Age Scotland Helpline – 0800 12 44 222 (Monday to Friday, 9am to 5pm)

Silverline Scotland – 0800 470 8090

Email: [info@agesctolamd.org.uk](mailto:info@agesctolamd.org.uk)

Website: [www.age.uk.org.uk/scotland](http://www.age.uk.org.uk/scotland)

Information for older people and their carers across a wide range of topics including; money, health and wellbeing and home and care.

Silverline is a free national helpline providing information, friendship and advice to older people.

## **East Lothian Care and Repair**

Tel: 01620 828445

Website: [http://www.careandrepaireastlothian.co.uk/contact\\_us](http://www.careandrepaireastlothian.co.uk/contact_us)

Practical help with small repairs in the home or advice and assistance with adaptations.

## **Good Neighbours Scheme**

Royal Voluntary Service Edinburgh City and Lothians

Tel: 01875 445 272

Email: [polly.cooke@royalvoluntaryservice.org.uk](mailto:polly.cooke@royalvoluntaryservice.org.uk)

Helps older people stay independent whilst providing friendly, social contact and making sure they're safe and well. Offers practical help, such as collecting a pension or a repeat prescription, walking the dog or changing a light bulb.

## **Lothian Centre for Inclusive Living**

Tel: 0131 475 2350

Website: [www.lothiancil.org.uk](http://www.lothiancil.org.uk)

Support for disabled people, people living with long-term conditions and older people to live independently in their communities. Support with Self Directed Support (SDS) and Direct Payments.

## **Lothian Disabled Living Centre**

Tel: 0131 537 9190

Website: [www.smart.scot.nhs.uk/services/disabled-living-centre](http://www.smart.scot.nhs.uk/services/disabled-living-centre)

Free and impartial information and advice about equipment which can assist people who, due to age, disability or illness, have difficulty undertaking activities of daily living.

## **Royal Voluntary Service (RVS) - East Lothian**

Tel: 01875 811 011

Email: [eastlothian@royalvoluntaryservice.org.uk](mailto:eastlothian@royalvoluntaryservice.org.uk)

Volunteers offer assistance with small practical tasks, shopping and companionship. Volunteer drivers help people get to any kind of appointment from hospital and doctor's appointments to social events.

## **11 Mobility**

### **Blue Badge and Taxicard Schemes**

Tel: 01875 824305 or 01620 827 974

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

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

Disabled parking permits are also known as 'Blue Badges'. The Blue Badge scheme runs across the UK. It allows people with severe mobility issues, who have difficulty using public transport, additional parking rights.

The taxicard gives discounted taxi travel for people with physical mobility problems who cannot use public transport and don't have regular access to private motorised transport.

Both are administered by East Lothian Council.

### **Handicabs (Lothian)**

24/3A Dryden Road, Bilston Glen Industrial Estate, Loanhead EH20 9HX

Dial-a-Ride: 0131 447 9949

Dial-a-Bus: 0131 447 1718

Website: [www.hcltransport.org.uk](http://www.hcltransport.org.uk)

HcL provides accessible transport for people in Edinburgh and the Lothians with mobility challenges. A 'door-through-door' transport service meeting personal mobility needs by providing the assistance needed at the start and at the end of a journey, including assisting people with getting their coat on or ensuring they are settled safely in their home after the journey.

Offers a 365 day a year service, evenings and weekends, subject to driver availability.

## **12 Advocacy**

### **CAPS Individual Advocacy**

The Drying House, Eskmills Park, Station Road, Musselburgh EH21 7PQ

Tel: 0131 665 9699

Email: [advocate@capsadvocacy.org](mailto:advocate@capsadvocacy.org)

Website: <http://www.capsadvocacy.org>

Individual advocacy for people using mental health services in East Lothian.

### **EARS Advocacy Service**

14 Ashley Place, Edinburgh, EH6 5PX

Tel: 0131 478 8866

Email: [info@ears-advocacy.org.uk](mailto:info@ears-advocacy.org.uk)

Individual and collective independent advocacy is provided in all areas but, in East Lothian, its independent advocacy is for older people.

## **13 Providers of Home Care and Support Services**

### **Home Instead**

Suite 10, First Floor, Stuart House, Musselburgh, EH21 7PQ

Tel: 0131 273 525

Website:

[https://www.homeinstead.co.uk/eastmidlothian/Our\\_Care\\_Services.do](https://www.homeinstead.co.uk/eastmidlothian/Our_Care_Services.do)

### **Bluebird Care Edinburgh**

75a Pepper Place, Edinburgh EH16 4BB

Tel: 0131 258 5005

Website: <http://www.bluebirdcare.co.uk/edinburgh/our-services>

### **McSence Companionship/Respite Service**

Contact Marie Fiddes

Tel: 0131 454 1519

Email: [marie@homeineastlothian.org.uk](mailto:marie@homeineastlothian.org.uk)

Website: <http://home-help.mcsence.co.uk/products-services/>

Services include companionship, respite and help at home.

### **Your Support in Mind**

Tel: 07958759083

Email: [rritchie.ysim@gmail.com](mailto:rritchie.ysim@gmail.com)

Personalised, independent support specialising in dementia care.  
Referrals made by phone. Covers most places in East Lothian.

## **14 Day Centres**

Older people's day centres provide a range of support for older people in East Lothian, from drop-in coffee for people who live locally, to more intensive support for individuals who are frail or have dementia. Each centre differs in the level of support offered and opening hours vary.

### **Belhaven Day Centre**

Tel: 01368 862 246

### **Dunbar Day Centre**

2 Westgate, Dunbar EH42 1JL

Tel: 01368 862 843

Email: [dunbardaycentre@hotmail.co.uk](mailto:dunbardaycentre@hotmail.co.uk)

### **East Linton Day Centre**

The Lynton Centre, Prestonkirk House, 60a High Street, East Linton EH40 3BX

Tel: 01620 861 807

Email: [lyntoncentre@btconnect.com](mailto:lyntoncentre@btconnect.com)

### **Gullane Day Centre**

Hamilton Road, Gullane EH31 2HP

Tel: 01620 843 084

Email: [Gullane.dc@btconnect.com](mailto:Gullane.dc@btconnect.com)

### **Haddington Day Centre**

Neilson Park Road, Haddington EH41 3DT

Tel: 01620 825 149

Email: [haddingtondaycentre@btinternet.com](mailto:haddingtondaycentre@btinternet.com)

### **Musselburgh Hollies**

183 High Street, EH21 7DE

Tel: 0131 665 5613

Email: [holliesmusselburgh@hotmail.co.uk](mailto:holliesmusselburgh@hotmail.co.uk)

### **North Berwick Day Care Association**

St Regulas, 6 St Andrew Street, North Berwick EH39 4NU

Tel: 01620 890 906

Email: [carol@nbdc.wanadoo.co.uk](mailto:carol@nbdc.wanadoo.co.uk)

### **Pencaitland Day Centre**

Trevelyan Hall, Pencaitland EH34 5HH

Tel: 01620 829015

### **Primrose Day Centre**

2 Main Street, Ormiston EH35 1HT

Tel: 0187 561 5121

Email: [daycentre@newlands.de](mailto:daycentre@newlands.de)

### **John Bellany Day Centre**

34 The Promenade, Port Seton EH32 0DF

Tel: 01875 815 886

Email: [bellanydaycentre@talktalk.net](mailto:bellanydaycentre@talktalk.net)



## **Harlaw Hill Day Centre**

Co-op Buildings, East Loan, Prestonpans EH32 9ED

Tel: 01875 814 989

Email: [hhddcc2007@yahoo.com](mailto:hhddcc2007@yahoo.com)

## **Tranent Day Centre**

3 Church Street, Tranent, EH33 1AA

Tel: 01875 612 139

Email: [tranentdaycentre@btconnect.com](mailto:tranentdaycentre@btconnect.com)

## **15 Lunch Clubs**

### **Haddington Lunch Club**

Tel: 01620 827 347

### **Haddington - Our Community Kitchen**

Tel: 07557 059 672

### **Humbie Lunch Club**

Tel: 01875 833 251

### **Longniddry Lunch Club**

Tel: 01875 852 933

### **Macmerry Lunch Club**

Tel: 01875 615 491

### **North Berwick Lunch Club**

Tel: 01620 892 982

### **North Berwick - One O'clock Lunch Club**

Tel: 01620 892 799

### **Pencaitland Lunch Club**

Tel: 01875 341 194

### **Prestonpans - Link Lunch Club**

Tel: 01875 813 361

### **Whitecraig/Wallyford Lunch Club**

Tel: 0131 653 2227

## **16 Universal Leisure Activities and Venues**

### **Cockenzie House**

A 17<sup>th</sup> mansion, now an arts, therapy and business centre, providing space for exhibitions, conferences, crafts, yoga and Pilates. Houses 35 studios, the Hecla Gallery and Cadell's Café. Two self-catering cottages set in extensive gardens.

Tel: 01875 819 456

Email: [wevedoneit@cockenziehousecomeshome.org.uk](mailto:wevedoneit@cockenziehousecomeshome.org.uk)

Web: <http://cockenziehousecomeshome.org.uk/index.html>

### **Dunbar Leisure Pool**

Castlepark, Dunbar EH42 1EU

Tel: 01620 820 655

Email: [dunbarleisure@enjoyleisure.com](mailto:dunbarleisure@enjoyleisure.com)

A 25 metre swimming pool, beach area, wave machine, flume and water jet, bodyworks gym, health suite with sauna and steam room, activity hall, cafe with spectator and sea views.

### **Haddington Aubigny Sports Centre**

Mill Wynd, Haddington EH41 4DB

Tel: 01620 820 650

Email: [aubignysports@enjoyleisure.com](mailto:aubignysports@enjoyleisure.com)

A 25 metre swimming pool, 8 metre teaching swimming pool, bodyworks gym, dance studio, health suite with sauna and steam room, sports hall, all weather outdoor pitch, cafe with pool and sports hall viewing areas.

### **Meadowmill Sports Centre**

Off the B1361, by Tranent EH33 1LZ

Tel. 01875 61 9079

Email: [meadowmillsports@enjoyleisure.com](mailto:meadowmillsports@enjoyleisure.com)

Sports hall, bodyworks gym, free weights room, physiotherapy, a range of pitches, athletics track, field athletics facilities, cafe (open during events only).

### **Musselburgh Sports Centre**

Newbigging, Musselburgh EH21 7AS

Tel. 0131 653 5208

Email: [musselburghsports@enjoyleisure.com](mailto:musselburghsports@enjoyleisure.com)

A 25 metre swimming pool, health suite with sauna, steam room and spa pool, sports hall, bodyworks gym, dance studio, squash courts, cafe with viewing area of the pool.

### **North Berwick Sports Centre**

Grange Road, North Berwick EH39 4QS

Tel: 01620 820 730

Email: [northberwicksports@enjoyleisure.com](mailto:northberwicksports@enjoyleisure.com)

A 25 metre swimming pool, health suite with sauna, steam room and spa pool, sports hall, bodyworks gym, dance studio, squash courts, trampoline room, cafe with viewing area of the pool.

## **Prestonpans Mercat Gait Centre**

Preston Road, Prestonpans EH32 9EN

Tel: 01875 815 483

Email: [mgcsports@fesfm.co.uk](mailto:mgcsports@fesfm.co.uk)

## **Tranent Loch Centre**

Well Wynd, Tranent EH33 2JX

Tel: 01875 824 140

Email: [lochcentresports@enjoyleisure.com](mailto:lochcentresports@enjoyleisure.com)

A 25 metre swimming pool, bodyworks gym, dance studios, sports hall, cafe with view of the pool.



## Getting in touch

If you have any queries or wish to share your views and ideas, you can contact the Life Changes Trust in a number of ways:

Phone: 0141 212 9600

Email: [enquiries@lifechangestrust.org.uk](mailto:enquiries@lifechangestrust.org.uk)

Website: [www.lifechangestrust.org.uk](http://www.lifechangestrust.org.uk)

Address: Life Changes Trust, Edward House,  
199 Sauchiehall Street, Glasgow, G2 3EX