

Directory of Older People Services



East Dunbartonshire CHP
2013

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Further resources can be accessed at :

<http://www.eastdunassets.org.uk/>



[East Dunbartonshire Community Well-being Map](#)

Health Services:

Service

Overview of the service

Operating times

Alcohol & Drugs Service

A joint health and social care service for people with addiction problems, primarily focusing on people with alcohol or opiate dependency.

The service offers:-

- Community detoxification
- Substitute prescribing from CAT team and in partnership with GPs
- Assistance with the effects of substance misuse on a wide range of life issues and one to one support.
- Series of group work programmes such as relapse prevention are also offered.
- Service is available for young people or children affected by parental substance misuse.

The main service operates from KHCC with satellite operating at Milngavie and Lennoxton. The service can be accessed by:-

- GP referral via SCI Gateway
- Self referral or referral by family/carers
- Other service providers

Mon-Friday 9am-5pm
Evening appointments by arrangement
Tel 0141 232 8211

Cardiac Rehab

Cardiac rehabilitation is the process by which patients with cardiac disease, in partnership with a multidisciplinary team of health professionals, are encouraged and supported to achieve and maintain optimal physical and psychosocial health. Cardiac rehabilitation aims to:

- Improve functional exercise capacity
- Facilitate and support lifestyle change
- Improve health status
- Promote positive adaptation to heart disease

G.P/ Practice Nurse referral for:-

- Newly diagnosed angina
- Step change in condition
- Patients who have failed to attend post discharge

Stobhill Tel 0141 335 8213
Western Infirmary 0141 211 1020

Community Mental Health Team

This multidisciplinary team provides a range of skilled community mental health services to the adult population, age 18 – 65 years living in the area. In conjunction with other agencies. The team will play a major role in reducing the need for psychiatric hospital admissions and minimising lengths of stay in psychiatric wards.

Mondays to Friday 09:00 –5pm

Saturday, Sunday and Public Holidays 0900 - 1700.

Tel 0141 232 8200 From 9am till 5pm

Out of hours services :

Monday—Friday 7.30pm-9.30am

Sat/Sun & Public Holiday 4.30pm-9.30am

Crisis Team (Mental Health)

The service provides short-term intensive community based care for people who are experiencing a mental health crisis. Or aims are:

- To provide an alternative to hospital admission where possible
- Support early discharge from hospital if required
- To offer assessment, interventions and support for people in a mental health crisis.

Daytime Crisis Service

Monday—Friday 9.00am-8.00pm

Sat/Sun & Public Holiday 9.00am-5.00pm

Out of Hours Crisis Service

Monday—Friday 7.30pm-9.30am

Sat/Sun & Public Holiday 4.30pm-9.30am

GP Referral Only

Community Nursing

Delivery of skilled and specialised community nursing care which is patient focused, timely and responsive to patients needs within their home. The District Nursing team work together with Patients and their carers offering support and resources when appropriate.

This service is available 365 days /year 8.30am – 4.30pm

With an Out of Hours nursing service available between 5.30pm – 7.15am

Community Rehabilitation Team

This Multi-disciplinary team (MDT) provides intervention for the prevention of avoidable unscheduled admissions to care home or hospital and early supported discharge. This includes the GP rapid Response service and avoidance of admission services to Acute A&E and agreed areas. The Team provides support to people within the community to maximise independence through a rehabilitation process, to enable them to remain at home for as long as possible. The team operates an open referral service for

GP referral by SCI –gateway

GP Rapid Response referrals made prior to 3pm will be assessed on the day of referral and must be supported by a telephone call from the referring GP if before 3pm Monday –Friday

Open referral by sending a referral form or by

all aspects of the service apart from GP rapid response.
Referrals can be made for Adults (over 16 years) with a Disability and older people

contacting the team directly

Tel 0141 232 8213
Monday – Friday. 8.30am – 4.30pm

Community & Salaried Dentistry

This service offers a range of services to priority groups. A surgery based childrens dental service is available to children who would otherwise have difficulty accessing general dental services. For example children with dental anxiety. Hygienist services are available to both paediatric patients and vulnerable adult groups.

The department is open 3 days / week.
An answering machine is available when the clinic is unmanned.

Tel 0141 304 7422

Continance Team (SPHERE bladder and bowel services North Glagow)

Specialist nurse and physiotherapist led service offering a fully comprehensive assessment, treatment and advice for bladder and bowel dysfunction in Adults in Primary Care.

Referrals via SCI-gateway or in writing.
Assessments carried out in local clinics, home visits or long-stay accomodation.

Tel. 0141 201 3190
Mon – Fri 9am – 10 am
3pm-4pm

Diabetes Team

Delivery of specialised diabetes care and education to all diabetic patients registered with an East Dunbartonshire GP

Tel S.Coats 0141 355 2302
L.Tallon 0141 355 2303
Mobile Mob 07899822364

L Johnstone 0141 355 2376
Mobile 07876396869

Falls Prevention Team

- This city wide team aims to minimise the risk of falls by :-
- Offering support, advice & guidance to the person who has fallen and their carers/family.
- Raising awareness of fall prevention
- Referring on for rehabilitation when required.
- Liaising with other agencies which may be involved with the management of the older generation.

Referral criteria include those over age 65 with a history of at least one fall in the past 12 months.

Falls Prevention Older Peoples Team
3rd Floor
Clutha House
120 Cornwall Street South
G41 1AD
Tel 0141 427 8311

Health Improvement & Inequalities

Inequalities work includes equality and diversity, health and homelessness, employability, community transport and health improvement in regeneration areas.

Health Improvement areas of work include

- Smoking Cessation
- Oral Health
- Breastfeeding
- Public Health Pharmacy
- Health of Young People
- Inequalities.

Physiotherapy Musculoskeletal(MSK)

The MSK physiotherapy service provides assessment, diagnoses, treatment and advice for patients with problems relating to joints, bones and soft tissue (muscles, ligaments, tendons, nerves). Our ethos of care is to work with patients to help them to resolve or manage their condition. We will agree and provide appropriate interventions, self-management advice and health promotion advice. The service is for:

- Adults
- Children aged 14 years and older

Physiotherapy Women's Health Physiotherapy Service

This service provides specialist physiotherapy for women with continence problems.

Podiatry

The Podiatry service provides assessment, diagnosis, treatment and foot health education to patients with a lower limb condition or systemic condition that affects the lower limb.

Kirkintilloch Health & Care Centre
10 Saramago St
Kirkintilloch
G66 3BF

Tel 0141 355 2391

Referral by GP or by self referral (self referral leaflets are available).

Telephone contacts:

Kirkintilloch/ Lennoxton 0141 304 7472
Milngavie 0141 232 4808
Stobhill 0141 355 1642
Springburn Health centre 0141 531 6753

Useful advice for managing MSK problems can be found at www.nhsinform.co.uk/msk

Direct access contact details:

Kirkintilloch /Lennoxton Tel 0141 304 7425
Milngavie/Bearsden Tel 0141 232 4816
Stobhill Tel 0141 201 3587

Patients may self refer to the service

Tel: 0141 636 8421

Podiatry focuses on supporting patients to remain independently mobile and pain free while promoting self care wherever possible.

Monday – Friday 10.00am – 2.20 pm

Primary Care Mental Health Team

The Primary Care Mental Health Team (PCMHT) provides brief evidence based therapeutic services, to clients who present with mild to moderate mental health problems. Groupwork and individual work can be offered for difficulties such as anxiety, low mood and stress.

Mondays to Fridays, 09:00 – 17:00.
First contact GP who will advise re self referral

Pulmonary Rehab

This is a multi disciplinary Team including a specialist physiotherapist, nurse and leisure coach. The service includes:

- Advice on how to manage your breathlessness and information about your lung problem
- An activity programme designed for you
- Support from a dedicated staff and other patients
- Time to ask any questions that you may have regarding your breathing problems
- You will also be offered the chance to maintain your new activity level by attending maintenance classes at your local venue. These are run by the leisure
- Coach from the Rehabilitation Programme.
- You will also be encouraged to continue exercising at home.

Kirkintilloch Leisure Centre
Woodhead Park
Kirkintilloch
Glasgow
G66 3DD
Tel 0141 211 3392

Smoking Cessation

We provide a range of local support to help you stop smoking which is delivered by experienced, trained professionals. We offer:-

- Group work
- One to one support for smokers who want to quit
- Brief advice and support from any of the local pharmacies

Evidence shows that attending an intensive support programme

Contact Smokefree Community Services

Tel 0141 355 2327 or 07766 085900

Or

Tel 0800 84 84 84

Or visit

**Stroke Services
(Community Services)**

along with using Nicotine Replacement therapies or smoking cessation medication you are 4 times more likely to be successful

We are involved in the assessment, diagnosis and management of people with stroke related communication and or swallowing disorders.

We have input in all stages of the patient's journey from:

- acute hospital phase
- in-patient rehabilitation
- out-patient follow up

We work with people in a range of settings including: acute hospital wards, rehabilitation units, Day Hospital, out-patient departments and in their own homes.

We work closely within a multi-disciplinary team i.e. nurses, doctors, Physiotherapists and Occupational Therapists as well as with relatives / carers to offer information and support.

AIM: We aim to use a person centred approach to support individuals with stroke related communication and or swallowing problems and their families, to live as fulfilled and empowered lives as possible.

**Stroke Services
(Outpatient)**

**Woodlands Older
Peoples Mental Health
Teams**

At Woodlands we provide an assessment & treatment service to people over the age of 65 who are experiencing mental health difficulties including depression, schizophrenia and dementia. The service covers East Dunbartonshire as well as small parts of North Lanarkshire and Glasgow city. As a specialist multi disciplinary team we are part of the CHP Rehabilitation & Enablement service.

Patients can be seen within a range of clinics or, if required, a home based service can be arranged. We offer a range of group & individual treatment programmes to assist people to recover

www.nhs.uk/nhs.uk/servicepages/0267.htm

Community Stroke Team (Greater Glasgow Area)
Clutha House
120 Cornwall St south
Kinning Park
G41 1AF
Tel 0141 427 8377
GP and Practice Nurse referral
Hospital Discharge Referral

G.P and Practice Nurse Referral

Referral is by GP & hospital based services. There is a high level of joint working with local authorities and third sector colleagues who may also refer to the service
Mon- Fri 9am to 5pm
Tel 0141 232 7300

positive mental health. There is also a large investment in services to support family members.

Universal Services: Service	Overview of the Service	Operating times
Alcoholics Anonymous	<p>Wednesday 7pm-9pm Thursday 7.30pm-9.30pm</p>	<p>Hillhead Community Centre 169 Meiklehill Rd Kirkintilloch G66 2JT 0141 578 6011</p>
Assisted Life Wheelie Bins	<p>Provides assistance to people who have a disability with taking wheelie bins to the kerbside. An application form can be obtained by calling the contact centre at Broomhill</p>	<p>Broomhill Depot, Kilsyth Road, Kirkintilloch, Glasgow G66 1TF Tel:0300 123 4510</p> <p>Email: contact.centre@eastdunbarton.gov.uk</p>
Befriending Project/ EDVA	<p>The Befriending Project provides a befriending service for older, disabled, housebound and isolated people living in East Dunbartonshire.</p>	<p>Referrals are received from social workers, GPs, health visitors and voluntary sector care workers.</p> <p>The Volunteer Centre East Dunbartonshire Befriending Project 5 Dalrymple Court Kirkintilloch G66 3AA Tel 0141 578 6681</p>
Blue Badge Scheme	<p>The Blue Badge Scheme is a national arrangement of parking concessions designed to help people who are unable to walk, or who are virtually unable to walk, to</p>	<p>Badges are awarded depending on eligibility criteria.</p> <ul style="list-style-type: none"> You can apply by requesting an application form

	travel independently, as either a driver, or as a passenger, by allowing them to park close to their destination.	<p>from:-</p> <p>The Social Work Department Kirkintilloch Health & Care Centre 10 Saramago Street Kirkintilloch G66 3BF Tel: 0141 355 2200</p> <p>Blue badge online application</p>
Care of Gardens	<p>A chargeable service (as at 2012 £96.00) provided by EDC for people who have difficulty with maintaining their garden.</p> <p>Automatic for over 75's, under 75 requires eligibility of medical need and takes account of all members of family contribution.</p> <p>Service is provided April – October and includes grass cutting monthly, 2 x Hedge cutting at beginning and end and 2 x Weed killing at beginning and end.</p>	<p>East Dunbartonshire Council Broomhill Depot Kilsyth Road Kirkintilloch, Glasgow G66 1TF</p> <p>Tel: 0141 574 5540</p> <p>Email: contactcentre@eastdunbarton.gov.uk</p>
Care and Repair	<p>Care and Repair offer a free service to priority groups, enabling them to access repairs, improvements or adaptations to their home.</p> <p>The agency provides:-</p> <ul style="list-style-type: none"> • Advice and assistance on all home repairs and improvements. • Can carry out small repairs in your home. • Undertake home safety checks • Facilitate larger scaled works including securing grant funding. 	<p>East Dunbartonshire Care & Repair Service 3 Cowgate, Kirkintilloch Glasgow G66 1HW Tel: 0141 578 0156</p> <p>Email: careandrepair@antonine.org.uk</p>

Care Inspectorate	<p>We are an independent body dealing with complaints about regulated Care Services. These include:-</p> <ul style="list-style-type: none"> • Residential Care Homes • Support or Day Care Services • Home Care Services • Housing Support Services. <p>Please note that the Care Inspectorate will generally advise you to have attempted to resolve your complaint locally before making contact with them</p>	<p>Care Inspectorate Europa Building Ground Floor 450 Argyle Street Glasgow G2 8LH Tel: 0141 242 0391</p> <p>Care Inspectorate</p>
Carers Link	<p>Carers Link provides information to Carers, their families and to people who may work with Carers. Staff and volunteers will listen and advise you of your options.</p> <p>We run a range of services including:-</p> <ul style="list-style-type: none"> • Information • One to one support • Peer support groups • Advocacy • Caring with confidence courses • Volunteering Opportunities • Raising awareness and outreach • Free-Phone Helpline 	<p>Milngavie Enterprise Centre Ellangowan Road, Milngavie Glasgow 0141 955 2131 Freephone Helpline 0800 975 2131</p> <p>www.carerslink.org.uk</p>
Ceartas	<p>Provides Advocacy for people over 16 yrs, giving priority to:-</p> <ul style="list-style-type: none"> • Older People. 	<p>5-7 McGregor House 10 Donaldson Crescent, Kirkintilloch, G66 1XF</p>

	<ul style="list-style-type: none"> • People living with a physical disability Sensory Impairment. • Dementia. • Mental Health Issues. • Acquired Brain Injury. • Learning Disability. • Additional Communication Needs. <p>Advocacy can support you to:-</p> <ul style="list-style-type: none"> • Find out from you what you want. • Support you to tell others what you want. Help you find out information about your choices • Give you time to think about your choices • Listen to you without judging you • Ceartas also provide advocacy services to support decisions around moving to a care home and give you up to date information on care home option 	<p>Tel: 0141 775 0433.</p> <p>info@ceartas.org.uk</p>
<p>Citizens Advice Bureau</p>	<p>The Citizens Advice Bureau gives free, confidential, impartial and independent advice on a wide range of subjects. These subjects include</p> <ul style="list-style-type: none"> • Benefits • Debt and money advice • Consumer Issues • Bereavement 	<p>Main Office 11 Alexandra St Kirkintilloch G66 1HB Tel 0141 775 3220 Email: bureau@eastdunbartoncab.casonline.org.uk</p> <p>Website: East Dunbartonshire Citizens Advice Bureau</p>

Community Transport Glasgow		
Contact point	<p>We provide a free/in confidence information service on disability, health and carers' issues. We organise social activities including:-</p> <ul style="list-style-type: none"> • Coffee club • Tuesday 1.30-3.30 • Wednesday 10-12pm • Games • Quizzes • Chair aerobics • Various outings throughout the year • Short term wheelchair loan service providing self propelled and escort propelled wheelchairs. 	<p>Park Centre 45 Kerr St Kirkintilloch G66 1LF Tel 0141 578 0183</p>
Crossroads Caring	<p>The principle objective of Crossroads East Dunbartonshire is to provide high quality services in home, personal and respite care (underpinned by the principles behind the National Care Standards) which, in turn, will enable the cared for and carers of vulnerable people to live within the community without a reduced of quality of life.</p>	<p>The Park Centre 45 Kerr St Kirkintilloch G66 1LF 0141 776 7358</p>
Cruse Bereavement Care Scotland	<p>Cruse Bereavement Care Scotland exists to promote the well-being of bereaved people in Scotland. We work with volunteers to:-</p> <ul style="list-style-type: none"> • Help anyone experiencing bereavement to understand and cope with their loss. • Provide free care to bereaved people 	<p>Tel Freefone 0845 600 2227 (24hour answering machine)</p> <p>Local Office: 137a Cowgate Kirkintilloch</p>

	<ul style="list-style-type: none"> • Train & educate individuals & organisations who in turn may be able to contribute to the well-being of bereaved people 	G66 1JT Tel 0141 776 7773
Cue & Review Recording Service- print speaking to the blind	We are a service for the visually impaired, providing daily uploads to the British Wireless Fund for the Blind's Sonata Service of articles from The Herald, Evening Times, Radio Times Scotland and Inside Soap. While also providing a twice weekly mash up of these titles on cassette and, even better, our service is free	18 Crow hill Rd Bishopbriggs http://www.cueandreview.org.uk/
De Café	<p>A café for people with dementia and their carers. It is an informal setting where people with dementia and their carers can meet and speak to each other.</p> <ul style="list-style-type: none"> • People with dementia and their carers can talk to each other about some of the issues they face living with a diagnosis of dementia. • It can provide information about dementia and local services for people living with dementia and their carers. • It can help to prevent isolation for people with dementia and their carers. • It can encourage access to advocacy and carer support services at an early stage. 	For further information about De Café, please call Ceartas Advocacy on: 0141 775 0433.
Deaf Blind Scotland	Our aims are : <ul style="list-style-type: none"> • To assist deaf and blind people to live as members of their own communities. • Encourage and support contact between deaf and blind people and sighted people. • To encourage provision of facilities, services and support for deaf and blind people. 	Contact : 21 Alexandra Ave, Lenzie 0141 777 7774

Deaf Connections	<p>We deliver specialist services to adult deaf people across Scotland to:</p> <ul style="list-style-type: none"> • Eliminate communication barriers, enabling deaf people to participate fully in the community. • Make equality and fairness a normal feature of their everyday lives. • Empower deaf people to make decisions about things which affect them most. <p>We work collaboratively with agencies to promote the interests of people in the deaf community, focusing on quality of life, independence and social inclusion.</p>	<p>Deaf Connections 100 Norfolk St, Glasgow, G5 9EJ</p> <p>Tel 0141 420 1759</p>
Dementia Advisory Service	<p>Information can be provided on a number of subjects including:</p> <ul style="list-style-type: none"> • Granting Power of Attorney. • Applying for Guardianship. • Services for Carers. • Accessing Social Work Assessments. • General Benefits information. 	<p>Ceartas 5-7 McGregor House 10 Donaldson Cresc Kirkintilloch G66 1XF Tel 0141 775 0433</p>
DisabledGo	<p>DisabledGo is a free national online access guide available to everyone.</p> <p>The website provides access information on all of the places that are listed. All of the locations have been visited by a DisabledGo researcher and the information includes things like car parking, lifts, ramps and steps, accessible toilets and changing areas.</p>	<p>Click on the link below</p> <p>http://www.disabledgo.com/</p>

	<p>The site enables those with specific access requirements to check venues in the area for the precise requirements they have.</p> <p>Venues listed include restaurants, cinemas, colleges, hotels, community clubs, tourist attractions and hospitals.</p>	
<p>East Dunbartonshire Association for Mental Health (EDAMH)</p>	<p>EDAMH offers support to adults (16+) experiencing mental ill health</p> <ul style="list-style-type: none"> • Individual Support • Practical Support • Social Support • Group Work • Counselling • Support info Education & Employment • Women's Service/Men's Service 	<p>We operate an open referral system, so while you can be referred by another person or service, such as your GP. You can also refer yourself directly.</p> <p>Referral forms can be obtained by contacting our Milngavie office: Tel 0141 955 3040.</p> <p>edamh referral forms</p>
<p>East Dunbartonshire Initiative for Creative and Social Care. (EDICT)</p>	<p>EDICT aims to promote increased levels of self esteem, reduce stress and ease social isolation.</p> <p>This intervention motivates participants to focus on their own health, both physical and emotional, and encourages the process of self nurture</p> <p>The focus on participants' inherent creativity provides them with an opportunity to share experiences and offer mutual support in a safe and enjoyable atmosphere.</p>	<p>2 McBride Avenue Kirkintilloch G66 1XP Tel: 0141 578 0251</p>
<p>Epilepsy Association of Scotland</p>	<p>We offer an outreach service to support adults(over 16) who are living with a disability including:</p> <ul style="list-style-type: none"> • Physical Disability • Acquired Brain Injury • Mental health Needs 	<p>Lighthouse Outreach Service Glasgow Head Office 48 Govan Rd G51 1JL 0141 427 4911</p>

	<ul style="list-style-type: none"> • Learning Difficulties <p>We offer emotional support , support to make choices and practical assistance with making changes such leisure activities and living more independently</p>	0808 800 2200
Home Supported Living Services	We provide tailor made homecare services, meal preparation and support independent living for elderly people across Glasgow including East Dunbartonshire	174 Dorchester Ave Glasgow Tel 0141 337 6646
Hospital Visitor Service	The Evening Hospital Visitor Service is now up and running in East Dunbartonshire providing FREE door to door transport, Monday to Friday evening, for residents wishing to attend hospital evening visiting at their local hospital. Priority will be given to visitors wishing to travel to their nearest hospital, to older people (over 60), people living with a disability or those in receipt of benefits.	To access the service just call the Booking Hotline 0845 128 4027 between: 1pm-4pm Monday - Thursday 1pm-3.30pm Fridays
Live Active	<p>The scheme may be appropriate for you if you:</p> <ul style="list-style-type: none"> • Are not currently regularly physically active but you are thinking about becoming more active. • Are participating in some physical activity but would like to do more and feel additional advice and support would help. • Have been advised to become more active, e.g. by your GP or Practice nurse, but you don't really know where to start. <p>Once referred, you will be invited to attend an exercise consultation at your local leisure centre with a Live Active Advisor.</p> <p>You will enrol onto the scheme for 12 months where you will:</p> <ul style="list-style-type: none"> • Receive advice, support and encouragement from a Live Active Advisor to help you become 	<p>Kirkintilloch Leisure Centre Woodside Park Kirkintilloch G66 3DD Tel 0141 578 8457</p> <p>Allander Leisure Centre Milngavie Rd Bearsden G61 3DF Tel 0141 578 8457</p> <p>GP / Practice Nurse or Physiotherapist referral is required.</p> <p>East Dunbartonshire Leisure</p>

	<p>and stay regularly physically active.</p> <ul style="list-style-type: none"> • Have an opportunity to meet new people and try a variety of activities at your own pace. <p>Additional support is also provided via:</p> <ul style="list-style-type: none"> • Follow up consultations at the six and twelve month stage. • Follow up phone calls and prompt letters. • Drop in sessions. • Supervised gym sessions. • Live Active Advisor led health walk 	
<p>My Bus</p>	<p>MyBus is a bookable bus services for people who fit the following criteria :-</p> <ul style="list-style-type: none"> • people with mobility difficulties • Over 80 years old • Who live in rural areas and are registered to use the bus. <p>Services Include: Weekly supermarket shopping trips: Tuesday: Bearsden, Milngavie, Kirkintilloch. Thursday: Twechar, Kirkintilloch, Bishopbriggs.</p> <p>The buses are wheelchair accessible.</p> <p>Applicants must hold a valid National Entitlement Card which can be obtained from an SPT travel centre.</p>	<p>Applications to :</p> <p>SPT My Bus Consort House, 12 West George Street Glasgow G2 1HN Tel : 0845 128 4025 0845 128 4027</p> <p>http://www.spt.co.uk/bus/mybus/</p>

<p>OPAL (Older Peoples Access Line)</p>	<p>We are a dedicated telephone line for older people living in East Dunbartonshire. OPAL provide a single point of information and access to:</p> <ul style="list-style-type: none"> • Leisure activities with people who have similar interest. • Relevant information about older peoples’ issues • Help with financial or legal matters like welfare and benefits advice or setting up a Power of Attorney. • Connect you with other people in the community who have gone through similar experiences. • Learning about the variety of locally based services available to you. <p>An advisor will deal with your enquiry and stay with you right through the process of finding the help or information you need.</p>	<p>Telephone 03300 883 757 Monday to Friday 10am – 3pm Calls are charged at national rates only. From mid October 2013, this number will change to: 0140 438 2347</p>
<p>Pensions Advice.</p>	<p>Advice regarding all matters affecting the elderly. We are affiliated to many associations, but in particular “National Pensions Scotland”- based at the same address</p>	<p>Scottish Pensions Association Head Office and Drop-in Centre 207 Pleasance Edinburgh EH8 9RU Tel 0131 668 1001</p>
<p>The Richmond Fellowship Supported Living</p>	<p>We supply individually tailored care packages for people living with a variety of needs including:</p> <ul style="list-style-type: none"> • Mental health difficulties • Older people • People on the Autism Spectrum • People with learning difficulties <p>Levels of support vary from a few hours up to 24-hours-a-</p>	<p>The Richmond Fellowship Scotland 3 Buchanan Gate Buchanan Gate Business Park Cumbernauld Road Stepps North Lanarkshire G33 6FB Tel: 0845 013 6300</p>

	<p>day where required.</p> <p>Our older people services are located in five different areas of the Glasgow and offer those who otherwise might need to move into a Care Home the alternative of remaining in their own flat, with support 24-hours-a-day located just a few minutes from their front door. Planned support is backed up by immediate assistance summoned by alarm call facilities. We also offer Care Homes to people with mental health difficulties who need that kind of support</p>	
RNIB	<p>We offer a variety of activities within a specialised service which enables trained staff to assess a number of areas including functional vision, communication, mobility and independent life skills.</p>	<p>Springfield Road Bishopbriggs, Glasgow G64 1PN 0141 772 9636</p>
Self Directed Support	<p>If you are assessed as requiring community care services, rather than relying on services provided by the council, you can now obtain the money to buy your own service.</p> <p>The East Dunbartonshire Direct Payments Support Service (EDDPSS) provides</p> <ul style="list-style-type: none"> • Information, advocacy and support to obtain a direct payment or other support service • It will also assist local direct payment users to set up their own user led support service 	<p>Suite 1, Enterprise House Southbank Business Park Kirkintilloch G66 1XQ</p> <p>0141 776 2219/634</p> <p>http://www.eddpss.co.uk/</p>

	<ul style="list-style-type: none"> Information and advice to enable you to explore all your options for independent living 	
Strathkelvin Talking Newspaper Association	We record the weekly edition of The Kirkintilloch Herald and distribute it throughout East Dunbartonshire for blind and partially sighted people.	29 Dumber Place Lenzie G66 5PQ Tel 0141 776 0237
Victim Support	Victim Support is a voluntary organisation made up of ordinary men and women who have been trained to offer free, independent support to those people living in our community, who have been victims of crime whether reported or unreported.	Kirkintilloch Police Station 45 Southbank Drive Kirkintilloch G66 1XJ Tel 0141 578 0030
V.I.P (Visually Impaired Persons Forum)	We offer practical, social and emotional support for visually impaired people in East Dunbartonshire. This includes <ul style="list-style-type: none"> Benefits advice, Practical help Social Support Opportunity to meet with people living with similar experiences. Social activities 	For more information contact: McGregor House Donaldson Cresc Kirkintilloch G66 Contact Stuart McMillan 0796 431300

<p>Visibility</p>	<p>Visibility has been working with people with visual impairments for over 150 years. We support people to make their own choices and live their lives fully, confidently and independently. Visibility has a number of different ways that people can access individual, personalised support. Contact for details</p>	<p>2 Queens Cresc Glasgow G4 9BW Tel 0141 332 4632</p>
<p>Vitality</p>	<p>Vitality is a programme of exercise classes that supports participants to exercise at a level suitable to their abilities. Classes are designed in conjunction with NHS GGC and are suitable for people with different physical abilities and medical conditions including stroke, heart conditions, Parkinson's disease, multiple sclerosis, osteoporosis and breathing difficulties to name but a few.</p> <p>The exercises performed within Vitality classes are designed to help participants carry out daily activities more easily and hopefully make daily life more manageable.</p>	<p>Kirkintilloch Leisure Centre Woodside Park Kirkintilloch G66 3DD Tel 0141 578 8457</p> <p>Allander Leisure Centre Milngavie Rd Bearsden G61 3DF Tel 0141 578 8457</p> <p>The Leisured Rome 147 Balmuildy Rd Bishopbriggs G64 3HD Tel 0141 777 3060 Community outreach classes are also available. Contact Community Fitness: 0141 578 8457</p> <p>http://www.edlc.co.uk/Default.aspx</p>

East Dunbartonshire Council Older Peoples Services

Service	Service Overview	Operating Times
Community Care Services	<p>We offer support both in the short term to help you get over a crisis, or it may be for a longer time if your situation does not improve. Our wide range of services include:</p> <ul style="list-style-type: none"> • Direct payments Homecare • Meals on Wheels • Daycare • Respite or short break care • Support for carers • Community alarms • Equipment or adaptations to help you at home • Specialist advice & support for people with hearing, sight or speech problems. • Disabled care badges for people with a permanent disability • Rehabilitation (helping people to stay within their own homes). • Residential or nursing- home care. 	<p>East Dunbartonshire Council 10 Saramago Street Kirkintilloch G66 3BF</p> <p>Tel: 0141 355 2200</p>
Equipu	<p>Stores and delivery service of equipment for East Dunbartonshire Council Social Work Dept, Greater Glasgow and Clyde NHS, Equipment identified through protocol</p> <p>Assessment by staff from health or social work services is required to check eligibility and need.</p>	<p>EQUIPU Baillieston Distribution Centre Nurseries Road Baillieston 0141 287 6311</p> <p>Telephone: 0845 270 2246</p>

		<p>Opening times Mon – Thu 0845- 1645 Fri 0845 -1350</p>
<p>Home Care Re-ablement and Homecare Service</p>	<p>An assessment of need will be carried out in line with East Dunbartonshire criteria to determine eligibility for help to enable you to remain in your own home.</p> <p>Home Care Re-ablement is the initial service (approximately 6 weeks) for people referred following an assessment for a Homecare service. The aim is to support people to regain their independence. Home Care staff and Occupational Therapists work as a team to support individuals to regain skills such as washing, getting dressed, making meals, going to the toilet, mobility etc. A review takes place at the end of the 6 weeks period to decide on the long term home care needs.</p> <p>The Homecare service is the long term service following re-ablement period to support people in their own homes with the things they cannot do for themselves. We can arrange or provide help for individuals at home with:</p> <ul style="list-style-type: none"> • Personal care • Practical tasks such as shopping, food preparation, laundry and housework. <p>Support can also be provided for help to look after a relative or friend at home</p> <p>If you have a relative or friend who supports you, we would be happy to involve them in the discussion, if you wish.</p>	<p>Referrals can be made by telephoning or writing to</p> <p>East Dunbartonshire Council Homecare Southbank House Strathkelvin Place Kirkintilloch G66 1XQ Tel: 0141 578 2101</p> <p>Open referral for assessment can be made by the person directly or their family/carer as long as the person has been made aware that a referral has been made.</p> <p>East Dunbartonshire Homecare</p> <p>The services operate 24 hours per day 365 days per year and have an Out of Hours element to provide support overnight.</p>
<p>Hourcare 24</p>	<p>Hourcare is a 24hours/day community Alarm/Telecare monitoring and response service.</p> <p>By simply pressing a button on the unit installed in your home or on a pendant worn around your neck, you are instantly in touch with one of the staff at our Control Centre who is available 24 hours a day.</p>	<p>Open referral system is in operation.</p> <p>East Dunbartonshire Council Hourcare 24 Broomhill Industrial Estate Kilsyth Road Kirkintilloch</p>

	<p>The person you speak to will be able to respond to your problem either by:</p> <ul style="list-style-type: none"> • Contacting a friend or relative whose details you have given us • Sending one of our Mobile Officers to assist you, or • If necessary, alerting one of the emergency services <p>We can arrange to demonstrate the alarm service in your home without obligation.</p>	<p>G66 1QF</p> <p>Tel: 0141 776 8046</p> <p>Hourcare 24</p>
<p>Occupational Therapy</p>	<p>The main focus of this service is to:-</p> <ul style="list-style-type: none"> • Provide assessments that focus on enabling the person to remain as safe as possible in their own home. • Provide advice on ways of managing everyday tasks to increase your independence, confidence and skills • Advice for any practical or emotional difficulties you or your carer may be experiencing • Information on resources available within the area • Practical solutions to difficulties you are having through the provision of specialised equipment and adaptations to your home. <p>Occupational Therapy staff will usually arrange to visit you in your home to assess your needs.</p>	<p>The service operates a duty system, accepting requests for a service from any source. A member of the team is available Monday to Friday between 9am and 12.30pm.</p> <p>The Duty Worker can also respond to emergency referrals within 24 hours.</p> <p>East Dunbartonshire Council KHCC 10 Saramago Street Kirkintilloch G66 3BF</p> <p>Tel: 0141 355 2200</p>

LUNCH CLUBS

Bishopbriggs

SERVICE	SERVICE OVERVIEW	OPERATING TIMES
<p>Auchinairn Lunch Club</p>	<p>Auchinairn lunch club gives older people the opportunity to leave the house, and to meet old friends and make new ones in a warm and friendly setting whilst enjoying a hot, healthy balanced and nutritious meal.</p>	<p>Auchinairn Public Hall 17 Auchinairn Road Bishopbriggs, 0141 772 6888 Monday & Friday 10.30am-1.30am</p>
<p>The Rowans Lunch Club</p>	<p>The club, situated at The Rowans Sheltered housing complex in Bishopbriggs, gives members a hot meal for lunch followed by a game of bingo.</p>	<p>The Rowans Sheltered Housing Balmuildy Road, Bishopbriggs, G64 3BN 0141 762 2068 Tuesdays and Thursdays</p>
<p>Woodhill Lunch Club</p>	<p>Woodhill Lunch Clubs offer Seniors good company and a square meal. Doors open in time for mid-morning tea or coffee, after which the early birds generally choose between dominoes, Scrabble, reading the daily paper or just sitting and chatting. Late birds are still welcome up until the point when Lunch is served (12:30). At Christmas, a festive lunch is provided, generally preceded by a special programme, and we usually arrange a day-trip away each July.</p>	<p>Woodhill Evangelical Church Westerceddens Road Bishopbriggs 0141 563 1170 Every Wednesday & Friday 10.30am-2pm</p>

Kirkintilloch		
Hillhead Lunch Club	Contact for details	Hillhead Community Education Centre 169 Meiklehill Road Kirkintilloch, G66 2JT 578-6011 Monday, Tuesday, Wednesday & Thursday
Lammermoor Lunch Club (Beild)	Contact for details	Lammermoor Gardens Kirkintilloch Glasgow G66 2AD 0141 776 0401
St Mary's WRVS	St Marys Church lunch club	St Marys Church Hall Cowgate Kirkintilloch, Glasgow G66 0141 776 4106 Tuesday 12pm-1.30pm
Whitehill Lunch Club	Contact for Details	Whitehill Court Kirkintilloch Glasgow G66 2HR 0141 775 0486 Monday, Wednesday & Friday
Bearsden		
Mosshead Lunch Club		Mosshead Sheltered Housing 5 Stockiemuir Rd Bearsden Glasgow G61 3HR Tel. 0141 943 1184

Milngavie		
Burnbank Lunch Club	Contact for details	<p>Burnbank Sheltered Housing 2 Sinclair Street Milngavie G62 8NU Tel 0141 956 4630</p> <p>Tues, Wed,Thurs & Fri</p>
Friendship Circle Lunch Club	Contact for details	<p>Milngavie Town Hall Lesser Hall Station Road Milngavie, Glasgow G62 0141 956 3132</p> <p>Wednesday 10.30 – 3.30</p>
Park Road Lunch Club	Contact for details	<p>Park Road Sheltered Housing 44 Lennox Avenue Milngavie, Glasgow G62 6QQ 0141 956 5026</p> <p>Tuesday, Wednesday & Friday</p>

Day Centres		
Service	Service Overview	Operating Hours
Day Centres & community Centres for Older People	<p>We all need the opportunity to get out of the house during the day in order to meet other people and gain stimulation from a range of activities. The aim of our day services is to:- help you stay as independent as possible</p> <ul style="list-style-type: none"> • Helping you develop and practice new skills recover the use of skills you may have lost. • Find out what things you can manage and which things you find difficult. • Day care can also help support relatives or friends who are caring for you. • We also provide support for people who care for you at home to allow them to get out of the house and pursue their own activities. 	<p>Adult Intake Team East Dunbartonshire Social Work Dept KHCC 10 Saramago St Kirkintilloch G66 3BF 0141 355 2200</p>
Kirkintilloch		
Anand Bhavan Daycare	<p>This ethnic minority day centre runs Monday –Friday. Transport to and from the Centre is provided.</p>	<p>St Ninians Hall Union St Kirkintilloch G66 1DH 0141 578 8379 Monday – Friday 9am-5pm Contact should be made through the Social Work Department (0141 355 2200).</p>
Whitehill	<p>A specialist day care service for people 55 or over, with</p>	<p>Whitehill Sheltered Housing Complex</p>

Daycare	dementia or mental health issues	4 Whitehill Crt Whitehill Ave Kirkintilloch G66 Contact should be made through the Social Work Department (0141 355 2200).
Twechar Day Care	This is a service for those aged over 60 only.	Twechar Parish Church Main St Twechar G65 9QE 01236 822933 Contact should be made through the Social Work Department (0141 355 2200)
Milton of Campsie		
Birdston Daycare	Suitable for frail elderly and people with dementia	Pacific Care Ltd Birdston Road Milton of Campsie G66 8BY 0141 776 6595 Contact should be made through the Social Work Department (0141 355 2200)

Milngavie		
Burnbank Day Care	Contact for details	Alzheimer Scotland 2 Burnbank, Sinclair Street Milngavie, Glasgow G62 8NU 0141 946 0966
Park Road Daycare	Contact for details	Alzheimer Scotland 44a Lennox Avenue Milngavie, G62 6QQ 0141 946 0966
Oakburn Daycare	Contact for details	Oakburn Park, 51 Ferguson Avenue Milngavie G62 2TF 0141 956 4415

Community Groups and Clubs for Older People

Bearsden

Bearsden Baptist Church	<ul style="list-style-type: none"> • Senior Citizens Club • Second and fourth Monday of the month 	14 Roman Rd Bearsden Tel: 0141 563 7830 Contact for details.
Bearsden Housebound Club	<ul style="list-style-type: none"> • Tea/Coffee, • Home baking, • Quizzes. • Volunteer drivers are available to help with transport to and from the club. <p>Meet 2nd and 4th Monday of the month 2pm-4pm</p>	Baptist Church Roman Rd Bearsden Contact Mrs R Armstrong 0141 956 4318
Killermont Exercise Group	<p>This is a Physiotherapy led exercise class aimed at all levels, no matter how unfit. The class offers a chance to exercise led by a team of qualified physiotherapists. The group is affiliated to CHSS and everyone is welcome.</p>	Monday 7pm Sat 9am Killermont Parish Church Rannoch Dv Bearsden G61 2LD http://www.killermontparishchurch.co.uk/what-we-do/community-groups/exercise-class
The Way Ahead Group	<ul style="list-style-type: none"> • Share experiences and take part in exercise under the guidance of two qualified physiotherapists. • Refreshments and delicious home baking are provided to complete the afternoon's activity. 	Killermont Church, Rannoch Ave Bearsden

	<ul style="list-style-type: none"> • Thursdays at 1.15pm 	
Bishopbriggs		
Bishopbriggs & District Seniors Forum	<p>We invite a variety of speakers from health, social work and East Dunbartonshire Council to inform the group on local issues and new developments.</p> <p>First Monday of the month at 1.15pm</p>	<p>Auchinairn Community & Education Centre Auchinairn Rd Bishopbriggs G64 1NG</p> <p>Tel 0141 563 5105</p>
Cadder Parish Church	<ul style="list-style-type: none"> • Coffee Shop, • Mens Group • Guild 	<p>Cadder Rd Bishopbriggs G64 3JJ 0141 772 1363 Contact for Details</p>
Kenmure Church of Scotland	<ul style="list-style-type: none"> • The Guild (Mon Eve) – • Dancing Group/ • Mens Group (once per month) – • Tea Room (Tues morn) • Walking Group – Kenmure Ramblers (every 2nd Sat) 	<p>Viewfield Rd Bishopbriggs G64 2AF Tel 0141 762 4242 Contact for details</p>
Springfield Cambridge Church Over 50's Club	<ul style="list-style-type: none"> • Yoga Mon pm & Wed evening • Quilting Group – Village Patchers every 2nd Wed/ • Guild every 2nd Mon evening <p>All ages welcome</p>	<p>49 Springfield Rd Bishopbriggs 0141 772 1596 (Weekdays 9.00-12noon only) Contact for details</p>
St Dominic's Chapel	<p>Over 70's Social Club – Wed 1.30 – 3.30. Games/ Music/ Quiz afternoons,</p>	<p>76 Etive Cresc Bishopbriggs G64</p>

	Tai chi, Film shows, Line dancing, Beetle drive, Dinner dances, Coach outings Theatre visits 158 members with a waiting list	0141 772 6267 Contact for details of activities
St James the Less	Pensioners Club Writers Club Bridge Club.	Hilton Rd Bishopbriggs G64 Tel 0141 563 5154 Contact for details of activities
Woodhill Evangelical Church	Wester Cleddens Road, Bishopbriggs G64 2NH Tel: 0141 772 428	Lunch Club – Wed/Fri 10.30 – 2.00, Ladies Fellowship – Tuesday 1st & 3rd of Month Contact for details
Kirkintilloch /Lenzie		
Kirkintilloch Baptist Church	<ul style="list-style-type: none"> • Coffee Lounge- Wednesday • Senior Coffee afternoon- Thursday 	52 Townhead, Kirkintilloch G66 1NL Tel 0141 578 6006 Contact for Details
Kirkintilloch and Seniors District Forum	The purpose of this group is to raise discussion about issues that affect older people in East Dunbartonshire. The group is involved in campaigning on such issues as health, housing, income, transport and community care. Representatives from the relevant services are invited to the meetings to talk to the group and update them on local	Contact Martin Brickley 1 Claremont Ave Kirkintilloch G66 0141 775 0588 Meets last Thursday of the month every month except July &

	services and issues.	December. 10.30-12.30.
St Flannans	<ul style="list-style-type: none"> • Lady Pensioner Club 	152 Hillhead Rd, Kirkintilloch Tel 0141 578 5581 Contact for details
St Marys	<ul style="list-style-type: none"> • WRVS lunch club 	35 Bridgeway Rd Kirkintilloch G66 3JB Tel 0141 578 0796 Contact for details
St Mathews Chapel	<p>No specific older adult provision, open to all age groups:</p> <ul style="list-style-type: none"> • Keep fit Club • Sequence Dancing. 	Kirkintilloch Rd Bishopbriggs G64 014 772 1619 Contact for Details
Warm Welcome Club	<p>This group meets every Wednesday from 10.30-1pm and there are a range of activities for older people. These include:</p> <ul style="list-style-type: none"> • Tea/coffee • Bingo • Dancing • Day trips • Games <p>All welcome</p>	Kirkintilloch Miners Welfare & Social Club Kirkintilloch East Dunbartonshire G66 3AA

Milngavie

Fraser Centre	<ul style="list-style-type: none"> • Coffee mornings, • Credit union, • Many other activities. • All welcome 	Douglas St , Milngavie G62 6PA Tel 0141 956 5490Contact for more details
Milngavie Churches Friendship House Association	<ul style="list-style-type: none"> • Light refreshments. • Monday – Friday 10am-4pm 	17 Park Rd Milngavie Tel 0141 956 4868 Contact for details
Milngavie Old Peoples Welfare Committee	Our purpose is to provide leisure and recreational activities for our pensioners	Tel 0141 578 6680 Contact for more details
Milngavie Readers Group	<ul style="list-style-type: none"> • Wednesdays 2pm-4pm 	Milngavie Community and Education Centre Allander Rd G62 8DN Tel 0141 956 5700
Milngavie Writers	Wednesdays 11am-1pm	Milngavie Community and education Centre Allander Rd G62 8DN Tel 0141 956 5700

Milton of Campsie & Lennoxton

Milton of Campsie Senior	<ul style="list-style-type: none"> • Bingo night Wed 7.30-9pm • Summer bus runs 	Village Hall Milton of Campsie,
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Citizens Association	<ul style="list-style-type: none"> • Christmas Lunches 	School Lane, Milton of Campsie G66 8DD Tel: 07758 628172
Campsie Parish Church	<ul style="list-style-type: none"> • Guild every fortnight from October – March • Lunch Club on the first Tuesday of the month 11.30-1.30pm 	Campsie Parish Church 130 Main St Lennoxton G66 7DA Tel 01360 310 939
Twechar		
Twechar Healthy Living & Enterprise Centre	Twechar Healthy Living & Enterprise Centre is located in the heart of the village and provides a focus for much of the learning, social, recreational and community activities in the village.	St. Johns Way, Main St, Twechar G65 9TATel 01360 http://www.twecharhlec.org.uk/index.php

Condition Specific Support Groups: Service	Overview of service	Operating Hours
Age U.K	Information & Advice for the elderly about benefits, care, age , discrimination and healthy living advice.	http://www.ageuk.org.uk/
The Alliance Long Term Conditions	Supporting self management for those living with a long term condition and their families/carers	http://www.alliance-scotland.org.uk/ Tel 0141 404 0231
Alzheimers Scotland	<p>Alzheimer Scotland provides a wide range of services for people with dementia and their carers. Our services provide personalised support designed around each individual.</p> <ul style="list-style-type: none"> • Carers support meetings drop in first Monday of the month 7pm-9pm • Advice & Information • Network of branches which work locally to raise awareness and to improve the position of people with dementia and their carers. • Home support /overnight home support service • Personal care • Day care and community activities 	<p>Dementia Resource Centre 49 Milngavie Road Bearsden Glasgow G61 2DW</p> <p>Tel:0141 946 0966 Email: eastdunbartonshire@alzscot.org</p> <p>Dementia Helpline 0808 8083000 Email helpline@alzscot.org</p>

	<ul style="list-style-type: none"> • Coffee afternoon on the last Friday of every month 1pm-3pm at Ellangowan Social Club, Douglas St, Milngavie. Everyone welcome • Reminiscence through film • Reminiscence through football 	
Acquired Brain Injury Support Group (ABI)	<p>An Acquired Brain Injury can have a devastating effect on any or all of these things, and unlike an injury to the rest of the body it may not leave a visual clue: Many Acquired Brain Injuries are hidden disabilities.</p> <p>Ceartas Advocacy works with Headway Glasgow to facilitate a monthly ABI social and support group called ABI Café.</p> <p>The group has regular visiting speakers, and there is usually a lively discussion. Staff from Ceartas Advocacy and Headway Glasgow are in attendance to offer advice, information and advocacy support. There is also a cracking range of home baking, and tea and coffee are available.</p>	<p>The group holds monthly meetings in the café of the Kirkintilloch Baptist Church. The venue is fully accessible, and carers and supporters are very welcome to attend. For more details, please contact us on 0141 775 0433 or email info@ceartas.org.uk.</p> <p>The venue is fully accessible, for more information please contact Pam Thomson at Ceartas Advocacy.</p> <p>Tel 0141 775 0433</p> <p>Email pthomson@ceartas.org.uk</p>
Arthritis Care	<p>Arthritis Care acts on behalf of people of Scotland who are affected by arthritis. We provide them, their families and friends with support, understanding, information and expertise so they can cope better with the impact of the condition and get the most out of life. The support services we provide include:</p> <ul style="list-style-type: none"> • Helpline • Website • Self Help Groups • Campaign networks • Publications • Pain Management Courses 	<p>http://www.arthritiscare.org.uk/InyourArea/Scotland/</p> <p>Tel: 0808 800 4050</p>

	<ul style="list-style-type: none"> Local branches and groups 	
Breath Easy	<p>Breathe Easy North Glasgow is a support group for people affected by lung conditions including their friends, family and carers</p> <p>Meeting First Wednesday of the month, from 2-4pm Location Milngavie Community Centre,</p>	<p>Milngavie Community Centre 9 Allander Rd Milngavie G62 8PN Contact Margaret Berrie Tel 0141 248 0054</p>
British Heart Foundation	<p>When it comes to anything heart-related, we want to make sure that you have all the information, support and guidance you need. We're here to help you, whether you're calling about yourself or someone you care about.</p> <p>On line information ad support Bi monthly magazine On line community and discussion groups for sharing stories, tips and experiences</p>	<p>Heart Helpline - 0300 330 3311 http://www.bhf.org.uk/</p>
British Lung Foundation	<p>Need some advice? Want to do something proactive in your community? Or simply want to talk to and meet others who are going through the same things as you. Whether you have a lung condition or care for someone who does, get in touch. We're here to help. We offer:</p> <p>Online Community Penpals Helpline Self Help Products Breath Easy local Support Groups</p>	<p>http://www.blf.org.uk/Home Tel: 03000 030 555</p>
Chest, Heart &		

Stroke Scotland (CHSS)	<p>Chest Heart & Stroke Scotland improves the quality of life for people in Scotland affected by chest, heart and stroke illness, through medical research, influencing public policy, advice and information and support in the community. We offer support by:</p> <ul style="list-style-type: none"> • Freefone Helpline offering easy access to confidential, professional advice from trained nurses. • A series of booklets, fact sheets ,dvd's and videos • Community Support Groups • Stroke Chat Scotland. A virtual support group that offers space to talk with others affected by stroke, to ask questions, share experiences and find information. • Patients Stories • Healthy Living Advice • Tips to reduce your risk of chest, heart and stroke problems. 	<p>Tel 0845 077 6000</p> <p>http://www.chss.org.uk/</p> <p>Stroke Chat : http://www.chss.org.uk/forums/index.php</p>
Community Stroke Support Groups	<p>Chest Heart and Stroke Scotland (CHSS) Community Stroke Services aim to provide a range of services which meet the needs of people who have had a stroke. Community Stroke Services are provided in two distinct sections:</p> <ul style="list-style-type: none"> • Communication Support Services - run by a member of CHSS staff and supported by a team of trained volunteers they provide a bridge between formal speech therapy and an independent social life. There are also specific support services for young people following a stroke. • Community Stroke Groups – affiliated stroke groups which are run by volunteers or members as 	<p>Referrals are accepted from Health Professionals, Social Care Staff or Self Referrals. Please contact your local coordinator or telephone CHSS Head Office: (0131) 225 6963 or visit the website: www.chss.org.uk</p> <p>North and East Glasgow Coordinator: deirdre.nixon@chss.org.uk Tel: 0141 779 5331</p> <p>South Glasgow Coordinator: elaine.fisher@chss.org.uk Tel: 0141 762 3385</p> <p>West Glasgow Coordinator: lynette.hall@chss.org.uk Tel: 0141 954 9624</p> <p>Outreach Coordinator (Glasgow-wide): bronwyn.tibbs@chss.org.uk Tel: 07501 222 738</p>

	self-help groups.	
Diabetes Support Group	<p>This group meets on the first Wednesday of every month from 6pm-8pm. The groups aims are to:</p> <ul style="list-style-type: none"> • To provide educational information on diabetes. • To provide practical advice on living with diabetes day to day. • To provide peer support in a safe and friendly environment. • To meet and share experiences with others facing similar challenges. • To meet with others who may be caring for someone with diabetes. • To share support in achieving goals to manage your condition. <p>The group is open to people living with diabetes and their families and carers.</p>	<p>William Patrick Library 2 West High St Kirkintilloch G66 1AD Contact Honor Shaw Diabetes UK Tel 0141 245 6380 Email: honor.shaw@diabetes.org.uk</p>
Diabetes UK	<p>Wide variety of support & information to promote understanding of diabetes from diagnoses, moving onwards, self management , healthy lifestyle advice Diabetes Careline Online Communities Peer support network Voluntary Groups</p>	<p>Call Careline: 0845 120 2960, Monday–Friday, 9am–5pm. http://www.diabetes.org.uk/</p>

<p>My diabetes my way</p>	<p><i>my diabetes my way</i> is the NHS Scotland interactive diabetes website to help support people who have diabetes and their family and friends.</p> <p>You'll find leaflets, videos, educational tools and games containing information about diabetes. You can now also use this website to view your own up-to-date diabetes clinic results, to help you manage your condition more effectively.</p>	<p>http://www.mydiabetesmyway.scot.nhs.uk/</p>
<p>Musculoskeletal Zone</p>	<p>The MSK zone offers information, advice and top tips to people with muscle or joint problems.</p>	<p>http://www.nhsinform.co.uk/msk</p>
<p>NHS Inform</p>	<p>Scotlands Health Information Service.</p> <p>NHS Inform provides a co-ordinated, single source of quality assured health and care information for the people of Scotland</p>	<p>http://www.nhsinform.co.uk/</p> <p>Tel 0800 22 44 88</p>
<p>Pain Association Scotland</p>	<p>Pain Association's service is specifically designed to target those in the community who are affected by Long Term (Chronic Painful) Conditions. We aim to improve the quality of life for chronic pain sufferers by supporting and empowering them to live independently in the community. The focus is to introduce people to, and quickly build self-management skills, thereby creating practical, positive change leading to an improved quality of life and well-being.</p>	<p>Local group meetings take place in The Park Centre, Kerr St, Kirkintilloch on the second Monday of every month from 1pm-3pm</p> <p>http://www.painassociation.com/</p> <p>http://www.painassociation.com/1-2/glasgow-and-the-west-groups/</p>

<p>Parkinsons U.K. Glasgow North Support Group</p>	<p>We offer information, friendship and support to local people with Parkinson's, their families and carers.</p> <p>We also organise regular events and social activities. Join us – and meet other people affected by Parkinson's in your area.</p> <p>We meet on the second Wednesday of every month</p>	<p>Bishopbriggs Community Church</p> <p>Park Rd</p> <p>Bishopbriggs</p> <p>G64 2SN</p> <p>Tel Alicia Sommerville</p> <p>0141 776 2098</p>
<p>Scottish Huntingtons Association</p>	<p>This group is open to people living with Huntingtons disease and their families and friends and provides an opportunity to get together for a chat, discuss Huntingtons issues as well as inviting professionals along for information sharing. Tea / coffee supplied.</p>	<p>Asda Bishopbriggs Community Room</p> <p>Third Thursday of every month</p> <p>1pm-3pm</p>