

Support available for those with learning disabilities – East Lothian

Local services that provide support for those with learning disabilities include:

Capability Scotland provides local support for those with learning disabilities and offers flexible services in the Lothians such as day services, childcare support and local support and advice. For more information, please contact your local Haddington office on Tel: 01620 825937 or visit: <http://www.capabilityscotland.org.uk/> for more information.

Enable Scotland also provide a range of services for those with learning disability, including personal support workers, employment services, leisure and social activities, Best Buddies Befriending Project, sex and relationship forum and courses and support with planning for the future. For more information, please contact Enable Scotland on Tel: **0300 0200 101**, email: enabledirect@enable.org.uk or visit the website: <http://www.enable.org.uk>. Your local office is: Edinburgh & Lothians Support Services, Birch House, 10 Bankhead Crossway South, Edinburgh, EH11 4EP.

You can also self-refer to the **Community Learning Disability Team (CLDT)** for an assessment of your needs on Tel: 0131 536 8542. The Community Learning Disability Team is based in Haddington, East Lothian and is comprised of a multi-disciplinary team, including: Occupational Therapists, Physiotherapists, Speech and Language Therapy, Dietetic services, Psychologists, Psychiatrists and Community Nurses. Please note that for any medication or psychiatric issues, please contact your GP for a referral to the CLDT, otherwise you can self-refer.

The **Port Seton Resource Centre** provides **day services for adults with a learning disability**. Each person has a named key worker/support worker to provide the day to day care, support and guidance you may need. Together a personal support plan will be agreed and recorded that reflects your abilities and needs and how these will be met. The centre also provides and encourages access to a range of activities that are available in the surrounding communities. Transport can be provided to you if you require it. **Please see** <http://psrc.org.uk> for more details or phone Tel: 01875 818175. Please note that you can only refer for a place at the day service via Social Work – this can be by done by any involved professional in Social Services, including Social Workers and

Occupational Therapists. If you do not have any Social Services input, please self-refer on Tel: 01875 824309 for a needs led assessment.

The Tynebank Resource Centre in Haddington, East Lothian, also offers day services for adults with **learning disabilities** and complex needs. The day service offers person centred activities, arts, crafts and sports and offers one-to-one input. Please phone Tel: 01620 824 415 for more information, however please note as above that referrals need to be made via Social Work – if you do not have any Social Services input, please self-refer on Tel: 01875 824309 for a needs led assessment.

Specialist equipment advice can also be obtained from the **SMART Centre** at Astley Ainsley Hospital, Edinburgh. The SMART Centre has an extensive range of catalogues, leaflets and information relating to both equipment and national and local community services. They can advise you about specific equipment and services, send out brochures or information which may be useful to you and help you find products,

information and suppliers. There is also a limited range of equipment available for demonstration purposes. For more information please call Tel: 0131 537 9177 or Web: <http://www.smart.scot.nhs.uk/>.