



Extra Cash in Your Pocket

Many people over pension age don't receive the money they should. You might be one of them.

Melville's Welfare Benefits Advisers can check if you should be getting more, even if you have a pension or savings.

We can help with:



Pension Credit



Attendance Allowance



Free TV licence



Housing Benefit



Help with heating bills



Council Tax reduction

Who can help?

No one will ask for your passwords. Leave a message and someone will call you.

Andrew Collinge
acollinge@melville.org.uk
0131 561 6482

John Scott
jscott@melville.org.uk
0131 561 6481

The next steps I plan to take.....

+ Key contacts for emergencies and support

Health emergency

Health emergencies call **999**
Non-urgent health concerns
call **111**

Support if you are self-isolating
0131 270 7500
CLL@midlothian.gov.uk

If someone is at risk of harm

Adult Social Care
0131 271 3900
(Out of Hours **0800 731 6969**)

Domestic violence

Women's Aid
0131 561 5800
info@womensaideml.org

Mental health

Breathing Space
0800 83 85 87 (FREE)
Confidential support if you feel
low, anxious or depressed

Samaritans **116 123** (FREE)
If you need someone to talk to

Essential transport to a hospital, GP or funeral

Handicabs Lothian
0131 447 9949

Staying connected

Red Cross
0131 654 0340
Friendship calls

The Silverline
0800 470 8090 (FREE) 24/7
friendship calls and advice

Ageing Well
0131 561 6506
Walking and talking groups

Food

If you can afford food
but need help to get it,
local businesses might
deliver or call

Red Cross
0131 654 0340.

If you cannot afford food:

Food banks
0131 270 7500
Various locations

Eat Well Age Well
0800 13 88 220
Malnutrition advice line

Sensory impairment

Order hearing aid batteries:
batteries@midlothian.gov.uk
or **0131 270 7500**

RNIB
0303 123 9999
helpline@rnib.org.uk

Dementia

Alzheimer Scotland
0808 808 3000
24/7 help and guidance

Carer support

VOCAL Midlothian
0131 669 6869
Alzheimer Scotland
0808 808 3000

LGBT

LGBT Helpline
0300 123 2523
helpline@lgbthealth.org.uk