OTHER SUPER USEFUL THINGS TO KNOW!



WELCOME TO OUR USEFUL PACK!

...our helpful little guide to other bits and bobs you can access outside of Vintage Vibes.

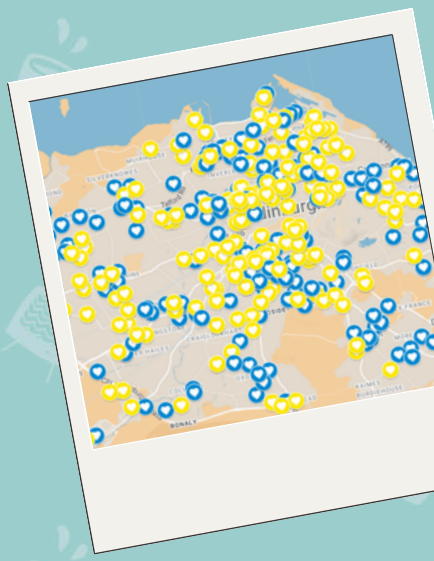


WHY HAVE WE CREATED THIS PACK?

As a small charity creating friendship and community for wonderful over 60s, we often get asked about other challenges in folks' lives. So, in this pack we've tried to compile helpful information about other services in the city or across Scotland.

HOW DOES IT WORK?

We will update this document once a year (this version has been updated in February 2026) and share it with our community members and volunteers.



Please note: The information included is not a comprehensive list or a recommendation from Vintage Vibes for a service - this is just the information we are most commonly asked for from our VIPs.

If you have a service that you think should be included, let us know!

BEFORE WE START

Here's a wee reminder of what you can access within Vintage Vibes!

FABULOUS FRIENDSHIPS AND GROUPS



Our tiny charity prides itself in creating the best friendships - through our one to one matches and our regular groups. Groups include Film Group, Theatre Group, 2 x Coffee Catchups, Vocal Vibes Singing Group, Armchair Adventures (Digital Meetup) and our VIP Voices Advocacy Committee!

LOOK OUT FOR OUR COLOURFUL NEWSLETTERS!



EVENTS, OUTINGS AND ACTIVITIES

Alongside our regular groups and friendship meetups, we also have:

- A large scale event every Spring/Summer, October (our Birthday) and at Christmas
- A wide variety of trips to the Edinburgh Fringe Festival
- A collection of Vintage Vibes 'Friendly Spaces', lovely little cafes in the city that will offer a warm welcome to you!
- Activities and gift packs for those who are limited to their home for a period of time

Please feel free to get in touch with us about any of these!

vintagevibes.org.uk

0131 343 0955

DIAL-A-BUS

WHAT YOU NEED TO KNOW...

Dial-A-Bus is there for you if you need a hand getting to the shops and back. They offer a friendly door-through-door service that'll help you get to local shopping centres and supermarkets.

This service is for people of all ages with limited mobility who are unable to use ordinary buses to access major shops.

HOW DOES IT WORK?

The driver can give any help you need to get from your home and onto the bus. You will have between 1 to 2 hours at the supermarket or shopping centre and then the driver will collect you and take you home, along with your shopping.

An account and booking are both required and can be done either through the website or by calling them on the number below.

The service costs £2 each way from a bus stop or £3.50 for door service, and an escort may join for the same price for those who do not want to travel alone. All Dial-A-Bus vehicles are wheelchair accessible, with space for two chairs.

Specific pick up and drop off times and destinations can be found on the website or by giving them a call.



CONTACT INFORMATION:

Phone: 0131 447 1718

Email: edinburgh@handicabs.org.uk

Website: www.hcltransport.org.uk/dial-a-bus-edinburgh

CARE AND REPAIR

WHAT YOU NEED TO KNOW...

Care and Repair is there to help you with an affordable DIY and repair service for older or disabled residents.



They offer a range of practical services to help people repair, improve, or adapt their homes, so they can remain comfortable and independent.

KEYSAFES, JOINERY, ALARMS, HANDRAIL INSTALLATIONS, AND MORE!

HOW DOES IT WORK?

Care and Repair offer services for all those over 60 or those who have disabilities.

To qualify, you must pay council tax to the City of Edinburgh Council.

Cost varies from job to job.
Funding may be available for individuals either on Pension Credit Guarantee or Support Group ESA.

CONTACT INFORMATION:

Phone: 0131 337 1111

Email: reception@cre.scot

Website: www.cre.scot

ACE IT SCOTLAND

ACE IT
Helping people over 50 access the digital world

WHAT YOU NEED TO KNOW...

ACE IT helps people over the age of 50 to use computers and other digital devices through one-to-one coaching. They help with tablets, phones, laptops, and computers. All sessions are free of charge and are also offered in Ukranian and Cantonese.

HOW DOES IT WORK?

The sessions are offered at:

25 Nicolson Square, EH8 9BX on Tuesdays, Wednesdays, and Thursdays: 10am – 4pm.

Portobello Library, 14 Rosefield Avenue, EH15 1AU on Thursdays: 2pm – 4pm.

Heart of Newhaven, 4-6 Main Street, EH6 4HY on Wednesdays: 9.45am – 12pm.

Oxgangs Library, 343 Oxgangs Road, EH13 9LY on Wednesdays: 2pm – 4pm.

Currie Library, 210 Lanark Road West, EH14 5NX on Tuesdays: 10am – 12.30pm.

Sessions can be booked through the contact information below. Make sure the devices you bring are fully charged and you have the passwords on hand!



CONTACT INFORMATION:

Phone:
General enquiries: 0131 667 2053
To book a session: 07520 660 250

Email: info@aceit.org.uk

Website: www.aceit.org.uk

EDINBURGH CITY LIBRARY DIRECT SERVICES

WHAT YOU NEED TO KNOW...

Looking for a good read? The City of Edinburgh Council has multiple services to ensure older, housebound, or disabled readers can have access to libraries. They offer 4 main services:

Library Link

- A free bus service for anyone who has difficulty accessing libraries due to age, disability, or illness. Trained staff and volunteers help you on and off the minibus. You can choose your books and enjoy a coffee and a chat before being taken home again. Library Link members don't pay library charges or fines.

Home Delivery

- The Royal Voluntary Service helps to deliver books to housebound readers. Home delivery service members don’t pay library charges or fines.

Care Home and Sheltered Housing Library Service

- The mobile library service regularly visits care homes, retirement flats and sheltered housing complexes. Information about when the service comes to your location is available on their website, or you can call them.

Mobile Library

- A fortnightly mobile library route which stops at various locations. Phone or look online to see where your nearest stop is!

CONTACT INFORMATION:

Phone: 0131 529 5683

Email: access.services@edinburgh.gov.uk

Website: www.edinburgh.gov.uk/libraries/libraries-elderly-housebound-disabled-readers

LIFECARE

LifeCare
extra years of zest

HELP AT HOME



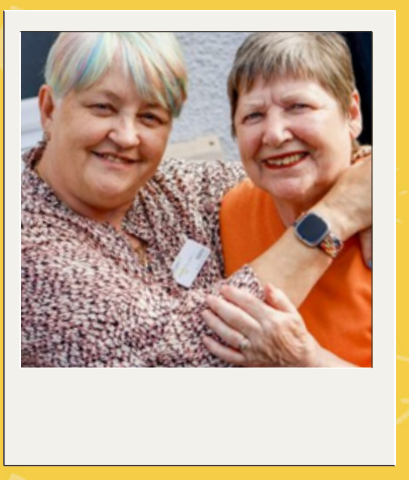
LifeCare's Help at Home service provides regular and reliable support with household tasks and shopping. This can range from specific tasks like taking the bins out to a full on house clean, or buying groceries for the week!

OUTREACH SERVICE

Want some company at home? LifeCare's Outreach Service is a fantastic, registered care program that supports people over 50 who are living with mobility challenges, dementia, or other health issues.

Each client is paired with a friendly staff member who takes the time to understand their unique needs and preferences, so they can best create a supporting companionship.

You can choose to stay at home or venture out! The service is tailored to accommodate individual desires, promoting well-being and independence.



CONTACT INFORMATION:

Phone: Help at Home 0131 343 0950
Outreach Service 0131 343 0944

Email:
enquiries@lifecare-edinburgh.org.uk

Website:
www.lifecare-edinburgh.org.uk/services

MEALS ON WHEELS: LIFECARE

WHAT YOU NEED TO KNOW...



LifeCare offers freshly made hot meals delivered straight to your door! The meals on wheels service offers two-course lunches twice a week.

Meals are delivered approximately between 11:45am and 1:15pm on regular pre-arranged days (weekdays only).

HOW DOES IT WORK?

Sign up by phoning the number below or on the website and if your area is covered you will be able to receive your two weekly meals for £63.75 a month (£7.50 per meal, including delivery). If you are eligible for Pension Credit or Universal Credit, you can receive this service for free.
In some cases, this service can be upped to 4 times per week, the service would then cost £127.50 per month.

ALLERGIES AND DIETRY REQUIREMENTS ACCOMMODATED

*This service only covers North Edinburgh and Leith. See the Food Train on the next page if you are outside these areas and want a similar service.

CONTACT INFORMATION:

Phone: 0131 343 0940

Email: enquiries@lifecare-edinburgh.org.uk

Website: www.lifecare-edinburgh.org.uk/services/meals-on-wheels

THE FOOD TRAIN - MEAL MAKERS

WHAT YOU NEED TO KNOW...

The Food Train offers a Scotland-wide service for individuals over the age of 55 who would enjoy a delicious home cooked meal and some company.

They also offer a grocery delivery service!

HOW DOES IT WORK?

Become a member for just £1 a year! Then you can access the Food Train services, which costs £5 a month. Sign up by phoning the number below or on their website.

After signing up, a volunteer will come over at a pre-arranged time and bring an extra portion of their home cooked meal for both of you to enjoy together.

HOME COOKED MEALS AND FRIENDSHIP!



CONTACT INFORMATION:

Phone: 01387 270800

Email: everything@thefoodtrain.co.uk

Website: www.thefoodtrain.co.uk

SOCIAL CARE DIRECT: THE CITY OF EDINBURGH COUNCIL

WHAT YOU NEED TO KNOW...

If you are in need of more direct social care, The City of Edinburgh Council may be able to provide the support you need. Those in critical and high-risk situations will be prioritised. If urgent social care is needed, call Social Care Direct on 0131 200 2324.

NHS PATIENT TRANSPORT SERVICE

The NHS Patient Transport Service is for those who have either a medical condition or a mobility issue that prevents them from using alternative means of travel to get to a healthcare appointment.

This service is available to help those people attending pre-arranged hospital appointments, or for admission or discharge to the hospital.

The service works by you calling or texting the relevant number below after being notified of your hospital or clinic appointment. If you need support, your carer, friend, relative or GP can make the request on your behalf.

CONTACT INFORMATION:

Call: 0300 123 1236 Text: 18001 03001231236
Website: www.nhslothian.scot/goingtohospital/patient-transport

CITIZENS ADVICE SCOTLAND

WHAT YOU NEED TO KNOW...

Citizens Advice Scotland offers advice specifically for those in Scotland on issues such as: benefits, work, debt and other money issues, housing, family, law, health and immigration among others.

They have a website full of information, and have places where you can go for in-person advice. Phone or check the website to see your nearest location.

CONTACT INFORMATION:

Phone: 0800 028 1456
Website: www.citizensadvice.org.uk/scotland

VOLUNTEER EDINBURGH

Need help with maintaining your home, grocery shopping, or just want a chat? Volunteer Edinbugh has a fantastic team of dedicated Community Taskforce Volunteers. They can help with shopping collection, company on unaided short walks, support after hospital discharge, prescription collection and delivery, light waste management, dog walking and much more! (This service is designed to be short-term, so if you require an ongoing service, considering other options is best.)

CONTACT INFORMATION:

Phone: 0131 561 8309 or 07958 540 438
Email: taskforce@volunteeredinburgh.org.uk

PENSION AGE DISABILITY PAYMENT

WHAT IS PENSION AGE DISABILITY PAYMENT?

*Pension Age Disability Payment automatically replaced Attendance Allowance in April 2025.

Pension Age Disability Payment can help with extra costs if you have care needs because of a disability or health condition. Depending on the care you need you could get £73.90 or £110.40 a week, directly into your bank, building society, or credit union account to help with personal support if both of the following apply:

- you have a physical disability, a mental disability, or a health condition
- you're State Pension age or older

It does NOT cover mobility needs.

You can usually get Pension Age Disability Payment if you live in a care home and your care is paid for by your local authority. If you have a carer, they could get Carer's Allowance if you have substantial caring needs. Learn more through the website below.

HOW TO APPLY:

You can make a claim by going to the website:
apply-for-attendance-allowance.dwp.gov.uk

If you need help with the application.
Phone: 0800 731 0122 or Text: 0800 731 0317
Both helplines are open weekdays, 8am - 6pm.

CEA CARD FOR CINEMAS

FREE CINEMA TICKETS TO REMOVE BARRIERS

The UK Cinema Association (UKCA) operates the CEA Card scheme. The scheme allows a Cardholder to be accompanied by someone, free of charge, when they purchase the applicable full price ticket to visit a participating cinema with that person.

The CEA Card scheme is intended to benefit everyone who might face barriers that require someone's assistance when visiting the cinema, such as barriers that result from sight or hearing loss, having limited mobility or being neurodivergent (as some examples).

HOW DO YOU SIGN UP?

The CEA Card Scheme has straightforward eligibility criteria and there are three ways to apply. Further guidance on the scheme is readily available if you contact them directly.

WHAT IS THE CRITERIA?

To be eligible, you must:

- be 5 years of age or older; and
- have a need to be accompanied in cinemas because of the effect of your disability.

You will be asked to provide evidence, which can include proof of receipt of a Pension Aged Disability Payment/Allowance, Personal Independence Payment, Attendance Allowance etc, or a Sight Impaired Registration. A wider list is available on their website.

HOW TO CONTACT THEM:

Telephone: 01244 526 016
Website: https://www.ceacard.co.uk/
Email: info@ceacard.co.uk

WHAT TO DO IF YOU HAVE A POWER CUT

WHAT YOU NEED TO KNOW...

If a power cut happens you can call 105 for free, to get information about your local area. You should call this number no matter what provider you are with!

If you are on the Priority Services Register, you should instead call the priority number you have been given to receive this service.

WHAT SHOULD I DO DURING A POWER CUT?

- Switch off all electrical appliances that shouldn't be left unattended, in case the power comes back on.
- Leave a light on so you know when the outage is resolved.
- Wrap up warm!

CAN I USE MY PHONE DURING A POWER CUT?

Cordless phones probably won't work during a power cut. Traditional corded phones will work, as will mobiles as long as they keep their charge.

WHAT IF A STORM IS ON THE WAY?

- Keep a torch handy.
- Get a battery powered radio - useful for keeping up with news.
- Stock cupboards with food and drink that doesn't need electricity to prepare.
- Make sure phones, laptops, and tablets are charged.

WHAT SHOULD I DO IF I SMELL GAS?

- If you suspect a gas or carbon monoxide leak, call 0800 111 999.
- You should then open all doors and windows, don't switch anything electric on or off, put out all naked flames, don't smoke, and open doors by hand if they're electrically operated.





VINTAGE VIBES

GOOD COMPANY NEVER GETS OLD

We hope you enjoyed our wee pack!

Have a wonderful day!



vintagevibes.org.uk

0131 343 0955