

# **EAST SUTHERLAND COMMUNITY CARE FORUM**

(ESCCF)



**COMMUNITY CARE – WE CARE  
JANUARY 2002**



## **COMMUNITY CARE DIRECTORY**

In October 2001 the Community Care Forum was successful in its bid to the National Lottery – Awards for All - in securing funding to update its Guide to Community Care Services in East Sutherland. The award, £2670 in total, will allow us to produce the guide in various formats i.e. book, tape, CD Rom and with other funding available through Highland Community Care Forum, in time we will provide the information on our Website.

This booklet contains valuable information on the Community Care Services available in our area. If someone is new to the area and unaware of the key contacts in Voluntary, Social, Health, Housing and Transport Services, or if the revised data is helpful to those who already have the existing copy, the new booklet will provide current and up-to-date information.

New services throughout East Sutherland, Highland and at a National level, if that is the nearest point of contact, have been asked to submit their information which will be included in this edition and hopefully be beneficial to users and carers of Community Care Services. Many more voluntary groups and local services have been established over the last 2 years since the last edition was published.

Transport, Benefits and Advice information are also included in the directory. There is a new chapter on services for children with special needs too.

The collation of information will start at the beginning of 2002 and copies of the directory will be available in the early spring.

For a copy of the guide please contact the Facilitator at the address below.

**Shirley McHardy, ESCCF Facilitator, Alderwood, ROGART. IV28 3XB ☎ and  
Fax 01408 641444**

**E-mail [shirley@mchardy585.freeserve.co.uk](mailto:shirley@mchardy585.freeserve.co.uk)**

## SUTHERLAND ACCESS PANEL

Having been in operation for just over a year, the Sutherland Access Panel continues to grow in members as well as confidence.

We are now a registered Scottish Charity in our own right with a dedicated bank account.

In November 2001 the Panel was awarded £4730 by the Camelot Foundation to carry out an audit of Public buildings in Sutherland, plus travel expenses for our members with disabilities, and hall rental outlays.

Planning applications for public use buildings, which have been submitted to Sutherland Area Planning Department of the Highland Council, are assessed by Panel members to see if they meet the needs of those who have difficulties with access. On the plans we check for various inclusions such as ramps with a proper gradient, fire detectors suitable for those with a hearing problem, doors wide enough for wheelchair users and disabled toilets big enough for the turn-around of wheelchairs. Comments on the plans are given to the Architect involved in the individual project and it is then up to them to act on the guidelines given by the Panel. However, plans must comply with current legislation on access.

We have members throughout Sutherland, but would welcome more people to come forward. If you have an interest in any access issues, which also includes access to information, please contact the Secretary.

☎01408 641444

### WARM DEAL

A Scottish Executive scheme aimed at achieving warmer homes has been launched. Grants, of various percentages and amounts, are available.

Draughtproofing, Loft Insulation etc are the kind of work to be carried out. More information from Eaga Limited  
☎ 0800 072 0150

### FREE TEMPERATURE GUIDES

TO ENSURE PEOPLE ARE  
USING ENERGY EFFICIENTLY.  
Phone Shirley for a free guide

### STAYWARM

**0800 169 4694**

Information has been received from a company, Staywarm, who maintain they can provide cheaper electricity for pensioners. Suitable for people who have white meter heating,

**but not TOTAL CONTROL.** Certain conditions apply e.g. number of bedrooms, number of people in home but no heated greenhouse or workshop in garden. All customer details are given over the telephone to minimise costs to clients. Phone direct to the number above or more details can be obtained from the ESCCF Facilitator.