

# Interested?

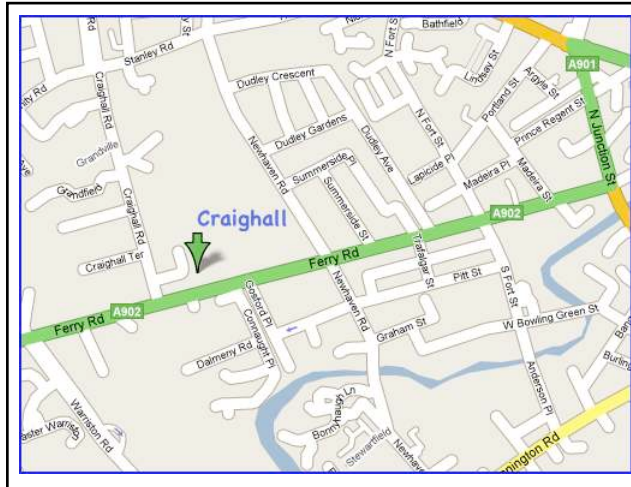
To obtain a place at Craighall you should first telephone:

Social Care Direct  
0131 200 2324

A Social Worker or Occupational Therapist from your local Community Care Team may visit, or alternatively your details may be sent directly to an Occupational Therapist at Craighall. You can visit the Centre and discuss your needs fully before committing to a regular placement.



# How to get there ...



Free door-to-door transport is available if you require it.



LRT public buses 21 & 14 stop close to the Centre. We also have some car parking spaces.

CRAIGHALL CENTRE  
210 FERRY ROAD  
EDINBURGH  
EH6 4RB

TEL: 0131 551 2194  
FAX: 0131 551 6428

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THE CITY OF EDINBURGH COUNCIL

Health & Social Care

# CRAIGHALL CENTRE



# OPPORTUNITIES

## Who are we?

The Craighall Centre is a day service run by the City of Edinburgh Council Health and Social Care Department.

The Centre aims to develop skills and personal confidence, to enable adults with a physical disability to access and participate in the wider community.

The approach is different to that of a medical clinic or hospital service. All individual planning or review discussions include you directly. You negotiate your own programme of activities.

## What we do

- Social and Recreational Activities eg, swimming, computers, music, gardening, arts/crafts, sports
- Promote healthy lifestyles
- Continue rehabilitation
- Encourage independence skills
- Link with community opportunities
- Training for work opportunities

## What are our aims?

Some of these activities take place within our purpose built Centre. However, our aim is to increase the opportunities for service users to develop interests in community settings beyond the Centre.

## Why get involved?

Not all adults with physical disabilities feel the need to use this kind of service. Those who do tell us that they appreciate the acceptance they experience here.

Getting involved with your local community can be a challenge on your own. You may feel that access restrictions and your own physical limitations rule out many choices in life. Our job is to support you in overcoming some of these barriers.

Not least of all, people enjoy being involved with interesting activities and establishing new friendships. A break from home can give a welcome breathing space.

### **Facilities**

Our building is particularly suitable for use by people of all abilities. There is level access to all areas, including the spacious, specially adapted toilets. Hoists are available if needed.

### **Staffing**

The programme of activities is run by a small team of Day Centre Officers and Occupational Therapists. Care assistance is provided as required.

### **Expenses**

There is no charge for use of the service (though some activities or outings may have associated materials or entrance costs). Lunch is just £2.70 for a 2 course meal.