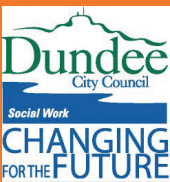




Multiple Sclerosis Society

Multiple Sclerosis Resource Directory Dundee



Produced in conjunction with Dundee City Council
and NHS Tayside.

Introduction

This is a Directory of Multiple Sclerosis (MS) related services across Dundee. The Directory can be used by people affected by MS, as well as staff and professionals. The services listed may be from the health, social, voluntary or private sectors. We have tried to include a list of all Dundee-based services which may be particularly helpful to people affected by MS. All services are listed in alphabetical order by subject matter and by name.

While every effort has been made to ensure this Directory is accurate, we cannot guarantee the accuracy of the information. Neither can we guarantee the quality of any service listed.

The information in the Directory will be reviewed and updated annually, but if you have any comments or suggestions please contact

Marion Dye
Area Development Officer
MS Society Scotland
100 Scott Road
Glenrothes
Fife
KY6 1AE

Tel: 01592 764 851 Email: mdye@mssociety.org.uk

Useful websites

MS Society Scotland
www.mssociety.org.uk/scotland

MS Society
www.mssociety.org.uk

How to use the Directory

To help you get the most from this Directory you should consider the following points when looking for a service.

- ▲ Is the service APPROPRIATE for your needs?
- ▲ Is the service AVAILABLE to you?
(Do you meet any referral criteria and does the service cover the area where you live?)
- ▲ Is the service physically ACCESSIBLE for someone with a disability?
- ▲ Is the service AFFORDABLE?

Unfortunately we have not been able to provide all of this information within this Directory, so we would encourage you to contact the service directly to find out more.

As you use the Directory you might notice that most of the entries are laid out in the following way.

Name of Service

Brief description of the service provided
Whether there is a charge for the service

Contact address
Contact telephone number
Contact email address
Web page

Opening hours and/or geographical area covered

We hope you find this Directory helpful and easy to use. If not, please let us know.

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A

Advocacy

Dundee Independent Advocacy Service

An independent, professional and volunteer advocacy service for people with physical disabilities, learning disabilities, dementia, mental health problems and for frail older people within Dundee.

6A Meadow Mill
West Henderson's Wynd
Dundee
DD1 5BY

Tel: 01382 205515
Email: office@diasdundee.org

B

Bereavement Support

Cruse Bereavement Care

Cruse exists to promote the wellbeing of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss. Service is free.

Daytime Helpline: 0845 600 2227

Email: tayside@crusescotland.org.uk

www.crusebereavementcare.org.uk

British Red Cross

British Red Cross provides short-term loan of medical equipment, e.g. wheelchairs, bed rests and commodes; therapeutic care, e.g. massage; and a transport and escort service for people unable to make their own way to hospital, GP appointments or the shops.

Please contact your local office for further details. These services are provided on a donation basis.

51 Cowgate

Dundee

DD1 2JF

Tel: 01382 200 084 Fax: 01382 228 091

www.redcross.org.uk

Monday to Friday 10am to 4pm

C

Care and Repair

Dundee Care and Repair

Provides free and confidential advice to people with disabilities to assist them with repairs, improvements or adaptations (through referral to occupational therapy) to their property. Home owners and privately rented properties only, Dundee area.

Housing Department
Floor 6
City House
Overgate Centre
Dundee
DD1 1UH

Tel: 01382 435 412 or 01382 435 422
Email: private.sector@dundeecity.gov.uk
www.dundeecity.gov.uk/housing/careandrepair

Monday 8.30am to 5pm; Tuesday 10am to 5pm;
Wednesday, Thursday, Friday 8.30am to 5pm

The Handy Person Service

The Handy Person Service supports people in their own homes by undertaking certain maintenance tasks, e.g. changing light bulbs and home-safety assessments. There could be a charge for this service.

Units 5/6/7 Slessor Court, Claverhouse Industrial Estate
Dundee DD4 9UA
Tel: 01382 432 437 Fax: 01382 432 434
www.dundeecity.gov.uk/dundeecity/uploaded_publications/publication_554.pdf

Carers – Respite

Further information can be obtained from the social work department (see page 36), yellow pages or the internet. Please also refer to the following websites.

www.crossroads.org.uk
www.sharedcarescotland.org.uk
www.mssociety.org.uk/scotland

Carers – Support

Princess Royal Trust Carers Centre

Provides information, advice and training. Also offers a free service offering a short respite time to carers by providing a trusted volunteer who will act as a companion/sitter. This service can be provided on a regular basis or as a one-off. Covers Dundee only.

Princess Royal Trust Carers Centre
First Floor
Argyll House
West Marketgait
Dundee
DD1 1QP

Tel: 01382 200 422 Fax: 01382 227 990

Email: centre@dundeecarerscentre.org.uk
www.dundeecarerscentre.org.uk
Also see www.carers.org

Monday to Friday, 9am to 5pm

See also the Young Carers section.

Citizens Advice Bureau

Dundee Citizens Advice Bureau

Provides free advice and information on a wide range of issues.
All premises are wheelchair accessible. Covers Dundee only.

Wellgate Office

Dundee Central Library

Level 4

Wellgate Centre

Dundee

DD1 2DB

Tel: 01382 307 494 Fax: 01382 431 590

Monday, Tuesday, Thursday (drop in 9.30am to 4pm)

Wednesday (appointment only 10am to 4pm)

Friday (drop in 9.30am to 12noon)

Telephone advice Monday to Friday, 10am to 3pm

Charleston Office

60 Craigmount Road

Charleston

Dundee

DD2 4QF

Tel: 01382 622 793

Monday (drop in 10am to 1pm)

Tuesday, Wednesday (drop in 12noon to 4pm)

Thursday (appointments only)

Friday (drop in 10am to 12.30pm)

Telephone advice Monday to Friday during opening hours
(continued overleaf)

www.dundecab.org

Information on local projects can be found at
www.dundeadvice.org.uk

Information guides on a range of subjects, e.g. money matters and family issues can be found at
www.adviceguide.org.uk/scotland

Counselling

Insight Counselling Service Tayside

Provides low-cost counselling. Accepts referral from GPs, clinicians and other professional care providers. Covers Tayside.

9 West Bell Street
Dundee
DD1 1HG

Tel: 01382 308 800 Text: 0706 006 097
Email: receptionist@insightcounselling.org.uk
www.insightcanhelp.co.uk

Monday to Thursday, 9am to 9pm; Friday 9am to 5pm

Break-Thru

Intensive one-to-one support to people experiencing challenges of poverty or social inclusion, including general counselling, complementary therapies and a six-month personal support programme. Accepts agency and self referrals.

Maxwelltown Information Centre Project
St Salvador Street
Dundee, DD3 7EW
Tel: 01382 802628 Fax: 01382 861068
Email: maxinfocentre@hotmail.com
maxinfocentre.community.officelive.com/breakthru.aspx

Complementary Therapies

Dundee Homeopathic Clinic

Provides a range of homeopathic remedies. Referrals via GP or specialist link nurse only. Covers Tayside. Free of charge.

East Lodge
Royal Victoria Hospital
Jedburgh Road
Dundee
DD2 1SP

Tel: 01382 423 141

Monday 9am to 5pm and Wednesday 9am to 12noon

Continence Service

There is a continence service based at Ninewells Hospital, which one of the MS nurses links with. Referrals via GP or MS nurse. Continence services can also be accessed in the community at

Lead Continence Advisor
Wallace Town Health Centre
Lyon Street
Dundee
DD4 6RB

Tel: 01382 462 861

D

Day Centres

The Mackinnon Skills Centre

Referral via Social Work.

See also the Disability Advice section.

Oakland Day Centre

Day-care services for over 65s. Accepts any referral, including self referral. There may be a charge for this service.

Morven Terrace

Dundee

DD2 2JU

Tel: 01382 435 900 Fax: 01382 435 950

Email: daycentre.oakland@dundeecity.gov.uk

http://www.dundeecity.gov.uk/dundeecity/uploaded_publications/publication_559.pdf

MacMillan Day Centre

This involves once weekly input over a three-month period from a multidisciplinary team including nurses, a physiotherapist, an occupational therapist and dieticians who will review you if required. Referrals via MS nurse.

Roxburghe House

Royal Victoria Hospital

Jedburgh Road

Dundee DD2 1SP

Tel: 01382 423 170

www.nhstayside.scot.nhs.uk/services/palliative/dun_daycare.shtml

Dietitian

Dietitians are based at Ninewells Hospital and within the community. They offer advice about nutrition and diet to individuals according to their medical history. Referrals via GP or MS nurse.

Direct Payments (Self-Directed Support)

Dundee Direct Payments Support Service

Offers general advice and information regarding direct payments. Support setting up and managing the direct payment. For full details of support please contact the Direct Payments Support Service.

Dundee Carers Centre
First Floor, Argyll House
West Marketgait
Dundee, DD1 1QP

Tel: 01382 200 422 Fax: 01382 220 704

directpayments@dundecarerscentre.org.uk
www.dundecarerscentre.org.uk/Home/What-We-Do/Services-For-Carers/Direct-Payment-Service

Disability Advice

Dundee Independent Living Centre

Provides access to a wide range of information on equipment and services for people with a disability, offering advice on practical ways of overcoming your problems. There is a display of equipment that may help to overcome a variety of difficulties.
(continued overleaf)

Dundee Independent Living Centre
Unit T, Charles Bowman Avenue
Claverhouse West Industrial Estate
Dundee, DD4 9UB

Tel: 01382 307 635 Fax: 01382 502 263
www.dundee.gov.uk/socialwork/independentlivingcentre/

Mackinnon Skills Centre

Purpose-built unit for adults (aged 16 to 75) with physical disabilities (or a progressive condition). Offers a range of services to maximise an individual's independence. Referrals via social work only. Covers Tayside. There may be a charge for this service.

491 Brook Street
Broughty Ferry
Dundee
DD5 2DZ

Tel: 01382 431 970
Fax: 01382 431 988
www.dundee.gov.uk/socialwork/mackinnoncentre/

District Nurses

Your local district nurse can be contacted via your GP surgery. District nurses are based in GP practices throughout Tayside. They will assess, plan and provide nursing care for people unable to attend the GP practice. For example, they can help with wound management, continence issues, equipment and much more.

Referrals are accepted from any source including self referrals.

Driving

Scottish Driving Assessment Service

A free service offering

- assessment and advice regarding starting/resuming driving
- legal obligations and insurance
- modifications and appropriate vehicles
- driving schools that have automatic and/or adapted vehicles in your local area.

Requires a referral from a doctor, the DVLA, Motability or a solicitor. Covers all of Scotland.

Scottish Driving Assessment Service

Astley Ainslie Hospital

133 Grange Loan

Edinburgh

EH9 2HL

Tel: 0131 537 9192

www.nhsllothian.scot.nhs.uk/ourservices/driving/driving.asp

E

Education

Dundee College

There is an enquiry service for all course-related information.

Enquiry Service Tel: 01382 834 800

Disability / Learning Difficulties
Dundee College
Kingsway Campus
Old Glamis Road
Dundee
DD3 8LE

Tel: 01382 834 908 Fax: 01382 226 956
www.dundeecollege.ac.uk

University of Dundee

Nethergate
Dundee
DD1 4HN

Tel: 01382 383 000
Email: university@dundee.ac.uk
www.dundee.ac.uk/studentsservices/disabilityservices

Employment

Employment Unit

Provides advice, guidance and practical solutions to employers and employees regarding disabilities. Their aim is to help people with disabilities find work and be able to remain in work.

Accepts agency and self referrals.

Services include

- work-experience placements
- support team
- workstep
- jobclub
- consultancy and advisory service.

Personnel Department
Dundee City Council
Dunsinane Avenue
Dundee
DD2 3QN

Tel: 01382 828 180 Fax: 01382 828 148
Email: employment.unit@dundeecity.gov.uk
www.dundeecity.gov.uk/employmentunit

Remploy

Remploy provides a comprehensive range of employment services to support disabled people and those experiencing complex barriers to work, into gaining and retaining sustainable employment.

In addition to recruitment services, Remploy has a growing learning business which helps disabled people to develop transferable skills before entering the job market.

Dunsinane Avenue, Dunsinane Industrial Estate,
Dundee DD2 3QF

Tel: 01382 825 277 Fax: 01382 833 923
www.remploy.co.uk

Discover Opportunities

This programme brings together all the employment services within Dundee (Careers Scotland, Dundee City Council, Dundee Community Health Partnership, Job Centre Plus, Skills Development Scotland) to assist people who are looking for work, education or training and for employers looking to recruit staff.

Services include

- job search
- CVs
- money advice
- help with childcare
- support with health concerns
- overcoming barriers to work.

22-24 Crichton Street
Dundee
DD1 3AN

Tel: 01382 434 460

Email: discoveropportunities@dundeecity.gov.uk

www.discoveropportunities.org.uk

Working Health Service Dundee

The Scottish Government has funded Working Health Services Dundee to allow people who work in small businesses (1 to 250 employees) to access a range of specialist services to support people at work. Common work-place health problems include back pain, problems with muscles and joints, skin problems, breathing difficulties, stress and other mental-health problems and health problems caused by accidents at work. The team comprises physiotherapists, an occupational therapist, an occupational health nurse, an occupational health doctor and a counsellor/psychological therapist. You can phone to self refer

for this programme.

Telephone hotline: 01382 825 100

www.healthyworkinglives.com/advice/vocational-rehabilitation/dundee.aspx

Equipment

See Tort Centre section.

F

Fatigue Management Group

A six-week course running on a Wednesday afternoon, 4.30 to 5.30pm at Kings Cross Hospital for people who experience marked fatigue. This course is run by an occupational therapist and a physiotherapist who provide advice and coping strategies for dealing with fatigue.

Free of charge.

Referrals via MS nurse or consultant.

Financial Advice

Welfare Rights Service

(Part of Dundee City Council Social Work Department.)

Offers free confidential, specialist advice and advocacy services on a wide range of welfare rights and debt-related issues. The team can assist people to identify and claim benefits they are entitled to. Advice, assistance and support is offered with the following

- attendance allowance
- disability living allowance
- housing and council tax benefits
- income support
- social fund
- tax credits
- representation at appeals
- rent arrears and eviction
- money advice and debt counselling
- debt arrangement scheme
- pension credit
- incapacity benefit/ employment and support allowance.

Advice can be given in person, over the phone or, if necessary, by home visit.

Dundee City Council
Market Mews
Market Street
Dundee
DD1 3LA

Tel: 01382 431167

Email: welfare.rights@dundeecity.gov.uk
www.dundeecity.gov.uk/socialwork/welfare/rights

Monday to Friday 9.30am to 4.30pm.

Macmillian Tayside Welfare Benefits Partnership

Benefits advice service for people affected by cancer and other long-term medical conditions such as multiple sclerosis. Provides a 'gateway' into specialist welfare benefits advice, money advice and information services. Service provided by Angus Council, Dundee City Council and Perth and Kinross Council.

Offers help with

- applying for social security benefits and tax credits
- coping with debt or financial problems
- appeals against benefit decisions
- negotiating with creditors
- fuel costs
- accessing charitable grants
- costs such as travel to hospital
- applying for transport concessions such as the Blue Badge.

(continued overleaf)

Macmillian Tayside Welfare Benefits Partnership
Social Work Office
Suite A
Market Mews
Market Street
Dundee
DD1 3LA

Tel: 01382 431 173 Fax: 01382 431 191
Email: macmillian.taysidebenefits@dundeecity.gov.uk

Monday to Friday 9am to 5pm

H

Hospital Mobility

Provides electric scooters and manual wheelchairs to patients and visitors coming to Ninewells Hospital. Anyone with walking difficulties can register by bringing two forms of identification (including proof of address) and completing an application form. Once registered you will be given a membership card where you can either pre-book or show your card to use a scooter or manual wheelchair. This service is free.

Tel: 01382 645 030

www.vincipark.co.uk/files/Mobility_Dundee.pdf

Housing Associations

Further information can be obtained from the social work department, yellow pages or the internet.

Please refer to the following websites:

www.dundee.gov.uk/housing

www.housingnet.co.uk/bluepages.php



Independent Living Centre

See the Dundee Independent Living Centre in the Disability Advice section.

L

Leisure

Olympia Leisure Centre

See the Sport and Leisure section.

Dundee Healthy Living Initiative

This is a partnership set up by many organisations within Dundee to promote positive health and wellbeing by delivering health-improvement activities by local people in their own communities. It provides opportunities and support for local people to meet their own health needs, share knowledge and skills within their communities and influence decisions about health-service developments and delivery. There are many programmes run in various community centres throughout Dundee. Examples of programmes include weight-reduction classes, exercise classes, community walks, tai chi, stress management sessions, smoking cessation, health checks and many more.

For more information contact the Dundee Healthy Living Initiative.

Tel: 01382 435 824

Email: beverley.black@nhs.net

www.dundeehealth.co.uk

M

MS Society Scotland

Offers information, support, local branches, events, courses and financial support for those affected by MS.

MS Society Scotland
Ratho Park
88 Glasgow Road
Ratho Station
Newbridge
EH28 8PP

Tel: 0131 335 4050 Fax: 0131 335 4051
Helpline: 0808 800 8000 or helpline@mssociety.org.uk
Email: msscotland@mssociety.org.uk
www.mssociety.org.uk/scotland

MS Society Scotland Dundee Branch

Gordon MacDonald, Branch Chairman
Tel: 01382 669 770

MS Specialist Nurses

A free service offering information, support, symptom management and advice. Referrals can be made by any professional as long as it is supported with evidence of diagnosis. Covers all of Tayside.

See the Neurology section for the address.

MS Therapy Centre

Offers physiotherapy, reflexology, aromatherapy, hyperbaric oxygen therapy, pilates, yoga, chiropody and swimming for people affected by MS. Can self refer. Covers all of Tayside. There may be a charge for this service.

Unit 12B
Peddie Street
Dundee
DD1 5LB

Tel: 01382 566 283 Fax: 01382 643 315
enquiries@mstherapytayside.plus.com
www.taysidemstherapy.co.uk

Monday 2.30 to 8pm; Tuesday to Friday 8.30am to 8pm;
Saturday 8.30am to 2pm.

N

Neurology

Department of Neurology

The Department of Neurology is where the MS consultants and MS specialist nurses are based. MS Clinics and other specialist MS services are organised from here. Referrals made through your GP.

Ninewells Hospital
Dundee
DD1 9SY

Tel: 01382 740 048

O

Occupational Therapy

Occupational Therapy Services (community based)

Occupational therapists are available to advise and help people with disabilities in all age groups and in particular those who have more severe disabilities and illnesses. Occupational therapists will offer suggestions and practical help on how to cope with particular difficulties to maximise independence. This may include giving information about specialised equipment and recommending essential alterations to your house to meet your physical needs. Accepts professional and self referrals.

Occupational Therapy Services
Unit T, Charles Bowman Avenue
Claverhouse West Industrial Estate
Dundee DD4 9UB

Tel: 01382 307 645

Fax: 01382 505 236

www.dundee.gov.uk/socialwork/occupational

Occupational Therapy Services (hospital based)

Offer assessment, treatment and advice regarding all aspects of someone's independence, especially relating to self care, productivity and leisure. This might include advice on managing fatigue or providing equipment to help with everyday living. There are also occupational therapists based in the community rehabilitation team at Kings Cross Hospital who assist with all aspects of rehabilitation. Referrals via MS nurse or GP.

P

Physiotherapy

Physiotherapists are based in most hospitals and some GP practices throughout Tayside.

They offer assessment, treatment and advice regarding a range of physical issues such as mobility, muscle weakness and exercise to suit your needs. Some specialise in the management of neurological conditions and are known as neuro-physiotherapists. Referrals via MS team or GP.

There is a neurological physiotherapist based at Kings Cross Hospital – referrals via GP. There is an MS specialist physiotherapist based at Ninewells Hospital – referrals via GP or MS team. This service is free of charge. There is also a physiotherapist working at the MS Therapy Centre at Peddie Street who accepts self referrals. There may be a charge for this service.

Psychology

There is a neuro-psychology service based at Ninewells Hospital. Referrals are from the MS nurse or consultant.

Ninewells Hospital
Dundee
DD1 9SY

R

Rehabilitation

(See the Physiotherapy and Occupational Therapy sections. Also see Tort Centre section.)

There is a Community Rehabilitation Team based at Kings Cross Hospital which has physiotherapists, occupational therapists and rehab assistants who will provide an assessment and, if required, a course of rehabilitation in your home environment. Referrals are via GPs or the MS team. There is also a rehabilitation team at MacMillan Day Care – see the Day Centres section.

Respite and Short Breaks

The MS Society can offer information on short breaks and activities. A Short Breaks and Activities Fund is available through the MS Society. For further information please see the following websites:

www.mssociety.org.uk/scotland
www.sharedcarescotland.org.uk

Leuchie House

Provides holiday respite breaks for people with MS and other long-term conditions with or without their partner/carer. Provides 12-day, full-board stays. Open referral, including self referral. There is a charge for this service.

North Berwick
East Lothian
EH39 5NT

Tel: 01620 892 864 enquiries@leuchie.com
www.leuchie.com
(continued overleaf)

Mackinnon Centre Respite Unit

A purpose-built respite unit for adults with physical disabilities or progressive neurological conditions. It does not provide nursing care. Referrals via Dundee City Council Social Work Service. There is a charge for this service.

491 Brook Street
Broughty Ferry
Dundee
DD5 2DZ

Tel: 01382 431 970 Fax: 01382 431 988
www.dundee.gov.uk/socialwork/mackinnoncentre/

S

Sexual Advice

College of Sexual and Relationship Therapists (COSRT)

Orchard Court
Orchard Lane
Bristol BS1 5WS

Tel: 020 8543 2707

Email: info@cosrt.org.uk

Sex and Disability Helpline

The Sexual Health and Disability Alliance formed by the Outsiders Trust runs a Sex and Disability Helpline.

Tel: 0707 499 3527

Email: info@outsiders.org.uk

www.outsiders.org.uk/helpline

Open Monday to Friday, 11am to 7pm. If you call out of hours, the line is busy or nobody answers, you will get the answer phone. Please leave your message and someone will get back as soon as possible.

Tayside Psychosexual Clinic

Psychiatric Out-patient Clinic
Area 7, Level 6
South Block
Ninewells Hospital
Dundee
DD1 9SY

Tel: 01382 633 856

www.sexualhealthtayside.org

Shopmobility

Shopmobility offers the use of manual or powered wheelchairs or powered scooters for people with mobility difficulties.

Manager
Overgate Centre
Dundee
DD1 1UF

Tel: 01382 228 525

Email: shopmobility_dun@tiscali.co.uk

www.dundetravelinfo.com/mobility_shop.asp

Social Work

Dundee Social Work Service

Provides social care for a wide variety of people in different situations and with different needs, in some cases directly and in others through services provided by the voluntary or private sector. Services include helping people to live independently in their own home, helping with day care if necessary, or providing adaptations to help with daily living.

Most people will want to stay at home wherever practicable. Sometimes, however, they may need residential care for short periods or for a longer term. Social work can also arrange nursing-home care, if necessary. In this case, an assessment of the person's needs will be carried out jointly with the health service. Accept agency and self referrals. There may be a charge for some services and/or applicants may be means tested.

Access Team (children's services, under 16 years)

Tel: 01382 434 350

First Contact Team (adult services, over 16 years)
Tel: 01382 434 019
www.dundee.gov.uk/socialwork

Speech and Language Therapists

Speech and Language Therapy Department (SALT)

SALT offers assessment, advice and treatment for a variety of speech and/or swallowing difficulties. An out-patient service is offered, as well as home visits when necessary. Referral via health professional.

Ninewells Hospital
Dundee
DD1 9SY

Sport and Leisure

Dundee City Council and NHS Tayside have a joint venture called **Active for Life** where your GP or health professional can refer you to your local leisure centre. A fitness instructor will assess and provide you with an exercise programme designed for you and involving the activities you enjoy. You will receive on-site support and advice with this 12-week programme. Gym and swimming pool admission will be at a concessionary rate of £1.50. Leisure centres involved are Olympia, Lochee, Douglas, DISC and Lynch Sports Centre. All referrals are via the Olympia Leisure Centre.

Olympia Leisure Centre
Earl Grey Place
Dundee DD1 4DF
Tel: 01382 432 300
www.dundeeleisure.co.uk (continued overleaf)

Dundee City Disability Sport

Works with other agencies to develop sports for people with disabilities across Dundee.

Dundee City Disability Sport

Olympia Leisure Centre

Earl Gray Place

Dundee

DD1 4DF

Tel: 01382 432 346 Fax: 01382 432 329

info@dundeedisabilitysport.co.uk

www.dundeedisabilitysport.co.uk

T

Tort Centre

The service is clinically based with particular emphasis on carefully assessing patients' needs and then prescribing an appropriate device, e.g. manual wheelchairs, powered wheelchairs, special seating and electronic assistive technology.

Referrals to the service may be initiated by anyone but must be sent by a GP or state-registered therapist or nurse.

Tort Centre
Ninewells Hospital
Dundee DD1 9SY

Tel: 01382 496 299 or 496 300

Transport

For further information on travel in Dundee please refer to the following website

www.dundee-travelinfo.com/mobility.asp

Wheelchair Taxis

When hiring a taxi you can request a wheelchair accessible vehicle. The Taxicard scheme offers discounted taxi fares – see overleaf for more details.

Further information about taxi companies can be obtained from the yellow pages or the internet. One taxi company with wheelchair accessible vehicles is Dundee Private Hire.

Tel: 01382 203 020

(continued overleaf)

Blue Badge Scheme

Provides a national arrangement of parking concessions for people with severe walking difficulties who travel either as drivers or passengers.

Blue Badge Scheme
Social Work Department
Dundee City Council
Floor 2, Dundee House
50 North Lindsay Street
Dundee DD1 1NF

Tel: 01382 438326

Email: blue.badge@dundeecity.gov.uk

Taxicard Scheme

The Taxicard scheme offers taxi travel at a reduced cost to those who are unable to use public transport. Operates in Angus and Dundee.

Customer Services

Tel: 01382 433 558

www.dundeetravelinfo.com/taxi_card_info.asp

V

Visual Impairment – Advice

Dundee Blind & Partially Sighted Society

Offers advice, support, training, a resource centre and social activities to anyone affected by visual difficulties. Accepts self referrals. Covers Dundee only. Free of charge.

Manager
Thomas Herd House
10-12 Ward Road
Dundee
DD1 1LX

Tel: 01382 227 101
www.dundeeblindsociety.org.uk

Open Monday to Friday, 9am to 4.45pm

Volunteering

Volunteering Centres

These aim to develop and promote volunteering opportunities, encourage people to volunteer and encourage good practice in involving volunteers.

Volunteer Centre Dundee
Number Ten
10 Constitution Road
Dundee DD1 1LL

Tel: 01382 305 705 Text: 07781 472 841
Email: info@volunteerdundee.org.uk

W

Wheelchair Services

See Tort Centre section.

Y

Young Carers

Princess Royal Trust Carers Centre

Provides information and support services to carers, young carers and people with disabilities, including home visits. Can help you complete benefit forms and assist people with assessments for community-care services. There are facilities for groups to meet, and it is the contact point for several caring and disability organisations.

Princess Royal Trust Carers Centre
First Floor
Argyll House
West Marketgait
Dundee
DD1 1QP

Tel: 01382 200 422 Fax: 01382 227 990
Email: centre@dundecarerscentre.org.uk
www.dundecarerscentre.org.uk
Also see www.carers.org

Open Monday to Friday, 9am to 4.45pm

MS Society Scotland

Ratho Park
88 Glasgow Road
Ratho Station
Newbridge EH28 8PP

Tel: 0131 335 4050
Fax: 0131 335 4051
Helpline: 0808 800 8000
helpline@mssociety.org.uk

msscotland@mssociety.org.uk
www.mssociety.org.uk/scotland

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