



Edinburgh Consultation notes

Sat 28th October at Leith Academy Community High School

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TRANSPORT

- I use the buses a lot. I self-travel. I like my new pass, it's easy to use. I walk to work. It is not far from home. I don't go out at night.
- Use buses a lot. Self-travel. The timetables are not easy to read. Stopped using taxis when I got my bus pass. Taxi drivers – some are nice, but some are nasty. Doesn't help with the luggage. Mostly early, but sometimes late. Should be more taxis with higher roofs.
- Buses – feel that some buses are still not accessible. All should be. It can be hard because there are buggies. When they are busy, people stand in the way. They move off too quickly before you sit down. Some are not often enough or run late.
- I use the red buses. I self travel. I really like my new bus pass. I am going to use it to travel up North. I can't read the timetable, it's too small. Should be big print.
- Feel quite safe on buses. Would tell the driver. I use buses more at night time. I don't like travelling in the dark – too many muggers. I don't feel safe in the winter, I go home early, even if the bus stops near my home.
- If I ask the driver to tell me the stops, sometimes they do. I have to wait a long time at night (Old Dalkeith Rd). I feel scared at night waiting for a bus. Have to wait, people nudge me, call me names.
- I go on the red buses. They don't always stop for me, even when they know I'm there. Drive off too quickly when I try to sit down. People on the bus can be rude. If I ask they will stop at my stop. They don't tell me and I have to walk a long way.
- Mainly buses – bus pass. Difficult for wheelchairs, needs to be made easier. Taxis don't always get help to get in & out. Drivers should help more, get out and give a hand. People need help and support.
- I need to know the buses to my work and college. Sometimes drivers go too slow or too fast. Won't ask for help from drivers. I use the train to go on holiday. Trains cost a lot of money. Snacks cost a lot.
- It's safer in the house, I don't go out at night. I don't like people coming to my house at night. I only use the bus during the day. I get a taxi to my Day Centre.



- If I am late on the bus, they lock the doors at home, 8.30 pm. I like to use the train. I don't have a railcard.
- If you complain, they did not get back to me. I did get a letter, but they said they couldn't do anything.
- Drivers can be grumpy. When they are busy, could ask them for help / directions. If something happened I would tell the bus driver. Really like my bus pass, its good. More night buses.
- I can go out myself only in the daytime. Much safer, it is not safe at night. It's more scary in winter coming out of college. When I get home it's dark.
- I like my new bus passes. I find it easier on the bus than the train. With my new pass, I haven't tried other places yet, I think I might. Sometimes it is the time it takes.
- On my new pass the driver didn't believe me that two people get on with it. He was rude and I felt terrible.
- I use taxis a lot at night. They cost me a lot of money. I have a bus pass. I use it a lot during the day. I get scared at night and can't go on my own. I would like a taxi card and bus pass or a discount.
- I use private car taxis. Some drivers are ok, some aren't. I have to learn the buses. If they change routes, I get lost. I only read the no of the bus.
- I would like to use the train. I would need someone to show me first. I find it quite easy. Trains should be cheaper for disabled people. I could go to Glasgow, Aberdeen, Dunfermline, Lanark.
- Car Drivers need to pay more attention, take more care, at traffic lights, coming out of roads, danger of accidents.
- Social work transport. My staff don't know when I am coming home, can take a long time. The drivers are nice. The escorts are nice too. I use taxis a lot. The drivers help me. They arrive on time.
- I like getting a bus to my Centre. I have to wait sometimes. They can be late – ½ hour. They don't tell me if they are late. I am on the bus for a long time.
- Planes – I like them. Staff were really helpful. I went to Australia – all the staff helped me. I went to Manchester – it was quick, staff were friendly and helped me.

CHANGES IN MY LIFE

- Went to Day Centre after school – went on college courses from Day Centre.
- Strange to move from my parents to share a flat with a friend I planned for a long time, it was worth it.
- Getting married to my fiancé next June 2007.
- Got support to go to college when I left school. Life skills lots of trips.
- It felt strange going to new places
- Moved into his flat 2 years ago and is enjoying it.
- Moved out from parents home – planned good move. Lives on own and happy.
- Job – works NHS 2 days per week, enjoys this.
- Joined People First – friend suggested. Gets out and about, meets people.
- Speaks out for people.



- I wish I could go out more at night and the weekend, but I haven't got enough money. I think benefits should go up with the cost of living.
- I would like to go cycling more – I did the sponsored bike run along the Water of Leith 2.5 miles. I support Hibs – I would like to see a match.
- Moved to own flat a year ago, from Mum and Dad – Big change. Living on my own, sometimes a bit lonely, looking for a club.
- Left school and went to college – life skills no chance to talk about a career – would have thought about catering – now would think about office work.
- Would like to get paid for work I do – work one morning a week at Mac – get paid for this.
- Would like to see the council put more money into supporting people to work, either voluntary or paid.
- Started a voluntary job, I hope this might lead on to a permanent paid job.
- Support a couple of hours a day, its flexible it can change when I want.
- 18 years old, still at school – would like to do a music course at college.
- Living in school – would like to move. Not many places to move to, hard to get a place.
- Volunteer work – enjoying.
- Enjoys meeting different people – gets out and about more now.
- Been on the flying fox – activity.
- Needs one to one support with someone I can trust. Would go swimming, to cinema, go to pub, concerts.
- I would like to go to more meetings (advocacy) instead of sitting in the centre.
- Sometimes I get pretty bored in the centre. There's nothing to do there and if you want tea you have to pay £1.
- I wish I could get paid for my work in the home – I asked but they said its voluntary I have to pay for tea in the day centre.
- I work in the Garvald shop on Wednesdays.
- We used to get paid but now we don't – we had rep meetings. My mum has to give me money now because we don't get paid anymore.
- I would like to go out more at the weekend – do something inside if it's raining / Go for a walk if it's sunny.
- I would like to see my girlfriend more often – we are both very busy.
- I would like to find new things to do in the evening – maybe join a new club I've heard about – Enable – I want to find out more about what I can do. I hope my support staff can help me find out more.
- I wish the Youth Club and Scottish dancing were on different nights so I could do both.

WHAT IS NOT SO GOOD ABOUT WHERE I LIVE?

- Nothing to do at nights – worse during winter!
- If you want to complain, you need to do it carefully so you don't offend people and make it worse.
- Not close enough to family.
- Annoying neighbours – one is very noisy.



- Feel the house is overcrowded. I feel restless and like I'm wanting to move on somewhere else so I can get more support.
- Get out and about OK during the day. Night times are the problem. I dread the nights – wish there was something to do. Would like there to be clubs or places to go locally.
- Quite a lot of time restrictions in residential school. Have to go to bed at a certain time because night staff come on duty.
- Mixed people, some good, some not so good. Some children and young people 'appallingly bad' – throw stones and call names.
- Not a very good response from the police – reported the incidents but didn't hear anything back.
- Not good to not feel safe from bullying and harassment from children and young people.

WHAT I DO WITH MY TIME

- I would like to go to Bingo. I would like to go on more day outings to places such as North Berwick., etc.
- I do some training with L.A.C. and I get paid, but I can't get too much otherwise it affects my benefits. If I work too much I can get paid in kind so they can help me with bills.
- Holidays – I am going to the caravan with my Dad.
- I attend day centre Mon – Wed.
- I work as a volunteer – we get volunteers' allowances.
- At the weekend I do my own thing. I go out with support staff – café, shopping, housework.
- Gilmerton Day Centre – keyworker takes us on trips. I work in Erskine home – I shop for the residents.
- I attend Bonnington 3 days per week. I look after my flat in my own time. I go out with friends. I like watching TV sports.
- I work Mon & Tues (paid), Wed, Thurs – advocacy group / Thurs am & Fri pm, computer course @ Stevenson. I attend Enable club on Sat night.
- Attend day centre 5 days per week. Befriender on Tues pm, Thurs Am work in McDonald in Princes Mall (paid).
- I attend Telford, modern studies course – learning about Scottish history and Politics on a Tues.
- I'm involved with People First (Director). I am a volunteer admin for Elcap. I go running with a club on Tuesday / Football training with Lothian Disability Sport. I am involved with my local church.
- Mon / Wed / Fri I go to work in Gorgie Factory – Puppetry / woodwork – tool-making, I don't get paid. College Tues & Thurs – writing skills and keep fit. Drama on Tues eve with Lung Ha. Usually swim on Saturdays. Go out with support on Sundays.
- I would like to paint. I play football. I support Liverpool. I go to Art class on Mondays. I enjoy working with Garvald.
- I work in the Garvald bakery 5 days. Party at the weekend. Dance class / swimming.



- Attend day centre 5 days per week 'Sun Trap' – gardening workshop in Pentland. Advocacy group on Thurs am; Tues & Thurs night clubs in Orcadia learning centre. Go to church on Sundays.
- Advocacy group meetings with Council, Service providers etc. Boards / committee.
- Sometimes I visit friends and sometimes they visit me. Sometimes I go to outdoors centre in Kelda – canoeing, archery, abseiling. I take the train there. I've been to France with my parents.
- Play dominos / shopping / look after the house / playing music.
- I see my pals at the weekend. I don't go out at nights because I don't like the dark in the winter.
- Swim on Mon night, sometimes visit friends. Youth club on Wed night. Scottish country dancing with mum.
- 'New Horizon' club / entertainment on Wed night.
- I like listening to music.
- I work for Garvald – weaving / knitting / stain glass / copper foil. I go to college Tues & Thurs, it's excellent – dancing, maths, English, talking about France.

HEALTH

- I need support for doctors, sometimes doctors speak to support staff rather than me and this makes me feel nervous.
- Sometimes Drs appointment can be fast, sometimes I don't get the same doctor.
- I see a lot of doctors, some are good, some are not so good.
- Sometimes the nurses can treat you the wrong way – too busy to help you back into bed and can be rude as they ignore me.
- Doctor doesn't always listen – sometimes they don't get what's wrong with me.
- Sometimes I feel that the doctors don't listen to me - some doctors make you feel really frustrated and upset and sometimes I shake because they make me angry.
- Drs surgery too far away. Like to see the same Dr. Have to wait for an appointment.
- Sack the poor doctors and put new qualified Drs in – a poor doctor is one that doesn't listen, doesn't explain properly. Rude, rushes and speeds up – needs more time to explain.
- Drs speak to me – I have to wait for ages sometimes to get an appointment.
- Prefer early appointments – rather than later (so I don't dwell on what's wrong with me all day) and I prefer early in the week as possible if I'm on holiday.
- Need to take bus to doctors, wait too long in waiting room. I need support.
- I feel a bit rushed. I also need support which uses up my support hours.
- Helps with pain – Dr speaks to my sister instead of me.
- Drs don't explain clearly. I'm still waiting for answers to my questions.
- Drs should give out the right medicine. Speak slowly and clearly so you can understand. Surgery appointments never on time sometimes you can wait for ages.



- Drs only should deal with one patient at a time.
- Nurses and Drs sometimes give out different advice for the same problem.
- Nurses tend to take you on appointment times. Drs appointments are never on time.
- Need support staff sometimes – Drs should slow down and use language we all understand. Instructions for taking / using medication should be in big print. Any info (eg smear test) should be in big print and every day language.
- Hospitals waiting ages to see Dr and appointments are always late. Wait in accident and emergency is the worst
- Food at hospital is tasteless and horrible – I complained – my sister supported me to complain.
- I feel that sometimes Drs don't let you stay in hospital long enough – they kick you out too early when you don't feel better / well enough.
- Staff at Princess Margaret Rose were good.
- Opticians – reading out letters can be difficult. Sometimes glasses can be expensive, especially fancy ones (Re-actolights).
- Opticians are usually helpful – I prefer trendy glasses but these cost extra – I need to wear glasses all the time.
- I don't like puff gun – I get nervous (at the opticians). I need support (use of support hours).
- I go to the Chiropodist myself. The service is ok, staff treat me well.
- Dentist is good – I use the same one as my brother.
- Dentists ok – Mum supports me. I don't mind going. Prefer longer appointments – getting things done all at once, rather than having to go back.
- Dentist can be a bit frightening. I like / need support, which uses up my support hours.
- Dentist – have to wait too long for appointments. I prefer staff (receptionists) to speak to me rather than my staff.

WHAT'S GOOD ABOUT WHERE I LIVE?

- Very proud of the achievement of getting my own flat. Very important to stay in Leith area because I get support from family and friends. I also have my support workers from the Action Group. Very high quality of care, I'm very happy with the care I get.
- Good neighbours – mixed abilities.
- Freedom to come and go - to be as wild as I want, no time restrictions!
- Live in shared flat – like sharing, good flatmates, enjoy company.
- Good to live close to family. Like to keep up contact, very important.
- Still in residential school – good to get lie in (close to everything I need). Hydropool, light room.
- Live at home with family – like this. Go to see friends safe to walk about in neighbourhood. Don't want to get bored!
- Close to sports centre, quite accessible for shops, etc. Quite happy with local area.



- Good local amenities! E.g. swimming pool, cinema, day centre nearby, so close to work (Bonnington Centre), close to shops in Leith (Volunteer work).
- Like this flat better – being on my own as sharing with other people made me feel terrible. Good staff and like living quiet life. Good transport links nearby. I get out and about in summertime. Like going for a pint of Fosters.
- Never see neighbours, but don't mind this. They are no trouble – not noisy or messy. I live a quiet life.
- Local people friendly, nice neighbours help when they can. This works both ways (we are good neighbours).
- Only ½ hour from Edinburgh – lots more on offer.

WHAT MIGHT HELP / CHANGES ARE NEEDED WHERE I LIVE ?

- Would like to find out about sheltered housing options. To share skills & abilities to help other people – Peer Support.
- Need to do some work with children & young people (in schools) around bullying & harassment in local communities. Everyone should stop it!
- Need residential services to be more adult-orientated! I am 18 and still treated like a child.
- Getting used to living on my own. Support workers are helping me to find social things to do in the evenings. Having a flat near my best mate!
- Need more choices for move from residential school. Would be interested in new residential home to be built in Leith.
- Need more for young people to do (not just with disabilities).
- I want to move in with my girlfriend – because I feel we should be happy together and share our meals and we both like Daniel O'Donnell and we like to watch DVD's together.
- Local area needs drop-in centre for disabled people so they can get info on conferences, events, opportunities etc.