

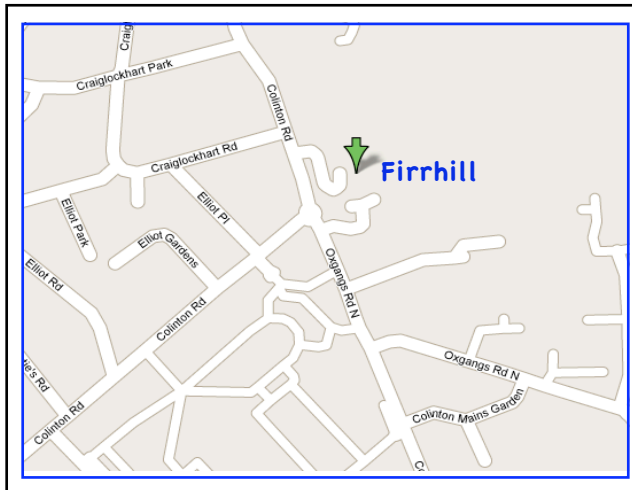
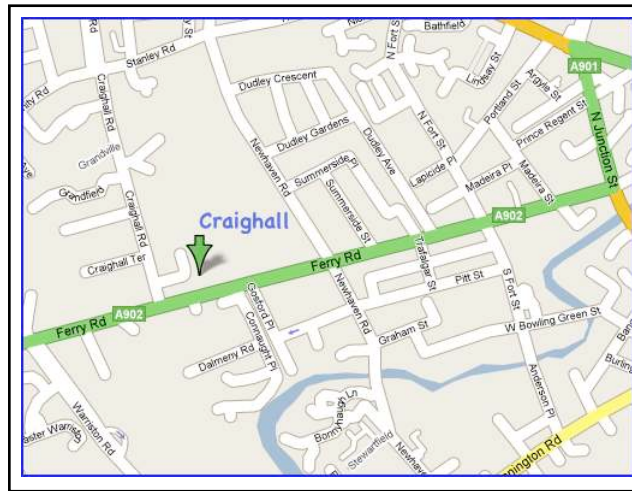
Interested?

To access the Edinburgh Community Stroke Service speak with your Chest Heart and Stroke Scotland Stroke Nurse, GP or other health professional. They can make referral via the City of Edinburgh Council's Social Care Direct contact team:

0131 200 2324

Craighall (North Edinburgh):
210 Ferry Road
Edinburgh
EH6 4RB
0131 551 2194

Firrhill: (South Edinburgh)
257 Colinton Road
Edinburgh
EH14 1DW
0131 441 7162



How To Get There

Door-to-door transport may be available if you are unable to travel independently. Both Centres have parking or can be reached by public transport.



Edinburgh Community Stroke Service



Craighall Centre



Firrhill Centre

Who are we?

The Edinburgh Community Stroke Service is a joint initiative by NHS Lothian and the City of Edinburgh Council Department of Health and Social Care with the support of Chest Heart & Stroke Scotland. The service offers continuing rehabilitation in a community setting.

The ECSS is distinct from other services at the Centres and takes place on Mondays at the Firrhill Centre and Wednesdays at Craighall.

We can provide

- Independence practice in the personal, domestic, work or leisure activities that are important to you
- Support/advice if you want to get out of the house, overcome practical mobility problems and building confidence
- Advice and therapy to optimise hand/arm function
- Help to improve wheelchair skills
- A rehabilitation programme to develop concentration, memory and thinking skills
- “Lifestyle management” support e.g. coping with stress, fatigue and low confidence

Could you Benefit?

Continuing your rehabilitation after a stroke can be a challenge on your own. You may have been assessed as being able to manage the basics, to get by at home, but rehabilitation to your everyday life is a longer process.

Participating in the programme also provides an opportunity to gain support from others who are experiencing similar difficulties.

Though much of the programme takes place within our purpose built Centres we also aim to increase opportunities for users of the service to develop their activities in community settings. For example, you may be supported to access a local gym or fitness club.

Each person has an individually planned programme designed to meet their own particular needs.

The service is currently available to adults living in the city of Edinburgh who are under 65 years of age.

Facilities

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

Staffing

The programme is delivered by a small team that includes Occupational Therapists, Day Centre Officers and Physiotherapist. We also link with Chest Heart & Stroke Scotland Stroke Liaison Nurses, Physiotherapists, Speech and Language Therapists and the Neuro-psychology service.

Expenses

There is no charge for use of the service. There are coffee bar facilities at the Centres and lunch is available for £3.