

## CONTACTS

**Citizen Volunteering Service**  
www.cvsscotland.org.uk  
www.volunteerscotland.org.uk

**First-Aid Courses/Blood Donation**  
48 Milton Street, Glasgow G4 OHR  
T: 0141 332 4031 www.firstaid.org.uk

**British Red Cross -UK Office**  
T: 0844 871 11 11 www.redcross.org.uk

**Blood Donation**  
Scottish National Transfusion Service.  
T: 0845 90 90 999 www.scotblood.co.uk

**Chest Heart and Stroke Scotland-Head Office**  
Third Floor, Rosebery House, 9 Haymarket Terrace  
Edinburgh EH12 5EZ  
T: 0131 225 6963 F: 0131 220 6313 www.chss.org.uk

**Macmillan Cancer Relief** www.macmillan.org.uk

**Marie Curie Cancer Care**  
Supporter Services Team, Marie Curie Cancer Care  
London SE1 7TP www.mariecurie.org.uk

**NHS Health Scotland**  
www.healthscotland.com

**Help the Hospices** - Hospice House  
T: 020 7520 8200 www.helpthehospices.org.uk  
In order to find your local hospice, contact  
T: 0870 903 3 903 www.hospiceinformation.info

**Scottish Association for Mental Health**  
Brunswick House, 51 Wilson Street, Glasgow G1 1UZ  
T: 0141 530 1000 www.samh.org.uk

**Penumbra**  
Norton Park, 57 Albion Rd, Edinburgh EH7 5QY  
T: (0131) 475 2380 www.penumbra.org.uk

**Action on Depression**  
11 Alva Street, Edinburgh EH2 4PH  
T: 0131 467 3050 www.actionondepression.org.uk

**Schizophrenia**  
Support in Mind Scotland National Office  
6 Newington Business Centre, Dalkeith Road Mews  
EDINBURGH EH16 5GA  
T: 0131 662 4359 F: 0131 662 2289  
www.supportinmindscotland.org.uk

**AdvoCard**-Volunteer Delivered Advocacy Service  
332 Leith Walk, Edinburgh EH6 5BR  
T: 0131 554 5307 F: 0131 555 6092 www.advocard.org.uk

**Samaritans**  
To volunteer contact 08705 627282 www.samaritans.org

**Children's Hospice Association Scotland (CHAS)**  
Canal Court, 42 Craiglockhart Avenue, Edinburgh EH14 1LT  
T: 0131 444 1900 F: 0131 444 4001 www.chas.org.uk

**Capability Scotland**-Head Office

Westerlea, 11 Ellersly Road, Edinburgh EH12 6HY  
T: 0131 337 9876 F: 0131 346 7864 www.capability-scotland.org.uk

**Enable**  
2<sup>nd</sup> Floor, 146 Argyle Street, Glasgow G2 8BL  
T: 01412264541 www.enable.org.uk

**Powerful Partnerships**  
21 Saughtonhall Drive, Edinburgh EH12 5TW  
T: 0131 478 5501 www.powerfulpartnerships.org.uk

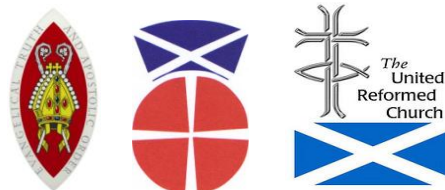
**Royal National Institute for the Blind (RNIB)**  
12-14 Hillside Crescent, Edinburgh EH7 5EA  
T: 0131 652 3140 www.rnib.org.uk

**Guide Dogs for the Blind**  
24D Milton Road East, Edinburgh EH14 2NJ  
T: 0845 372 7406 F: 0845 372 7443 www.guidedogs.org.uk

**Canine Partners**  
T: 08456 580 480 www.caninepartners.org.uk

**Action on Hearing Loss (RNID)**  
T: 020 7296 8000 F: 020 7296 8199 Textphone: 020 7296 8001  
www.actiononhearingloss.org.uk

**Scottish Society for Autism**  
Hilton House, Alloa Business Park, Whins Road, Alloa FK10 3SA  
T: 01259 720 044 www.scottishautism.org



*Produced by the Church in Society Committee  
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Reformed Church Synod of Scotland (EMU)*

**contact:**  
**churchrelations@scotland.anglican.org**

Monthly leaflets downloadable from  
www.scotland.anglican.org/index.php/church\_in\_society\_committee/

Scottish Charity No SC015962

## FAITH in ACTION

# February



## Well-being

*Are your church and church premises accessible  
for all?*

- Do you provide the Scottish Episcopal Church (SEC) Liturgy in Braille?
- Is there a hearing loop?
- Is there space for a wheelchair or buggy in the body of the church?
- Are the toilets accessible?
- Is the language you use inclusive?

Help and advice can be had from the SEC's Church For All Group: contact [churchrelations@scotland.anglican.org](mailto:churchrelations@scotland.anglican.org)

You may wish to try the following:

- pray for the well-being of others
- undertake an accessibility audit for your church premises
- enrol on a first-aid course with the St Andrew's Ambulance Association or the Red Cross
- give blood regularly
- volunteer in the local hospital or hospice
- volunteer as an advocate for one of the local advocacy charities
- become a DJ on hospital radio
- become a reader for Talking Newspapers
- fundraise
- become a puppy walker for charities who train assistance dogs

## PRAYERS

### A Prayer for people with disabilities

Lord, we give thanks for the glorious diversity of ability within your children,  
 Open us up to see you in the differing abilities of the different people we meet,  
 Let us recognise the insight of the blind,  
 Let us hear your voice in the deaf,  
 Let us encounter your Wisdom in those with learning difficulties.  
 For although different, together in our great diversity of gifts and abilities we reflect the inexhaustible richness of your love, and the beauty of your holy name.

AMEN

### A Prayer for those with mental illness

Father of all, we pray for those within our society who suffer from mental illnesses,  
 In their anger, isolation and restlessness, comfort them with your peace.  
 We ask you for the guidance of your Holy Spirit, so that we might seek to include them rather than to exclude, to understand them rather than to ignore.  
 Against our stigma, ignorance and impatience,  
 Let your love burn within us,  
 So that we might become true disciples of your Son.

AMEN

### A Prayer for those with physical illnesses

Almighty Healer,  
 For all those in hospital beds, alone, bewildered and afraid,  
 Enfold them in the mystery of your suffering love.  
 For all those suffering with illness or disease,  
 Enfold them in the mystery of your suffering love.  
 For all those struggling to come to terms with their pain,  
 Enfold them in the mystery of your suffering love,  
 For all those facing the anxiety of death,  
 Enfold them in the mystery of your suffering love.  
 AMEN

### A Prayer for health workers in Scotland and the rest of the world

Lord, in Scotland we are blessed with the tireless work of doctors, nurses, care and social workers, volunteers and family members who give themselves over to caring for your sick and disabled children.  
 We give thanks for their love, compassion, patience and energy.  
 Through your Spirit, give them the strength and the humility to continue their invaluable service of love.  
 In prayer, we also remember those throughout the world who do not have access to medical care.  
 Lord, let our prayer spill over into practice so that in the footsteps of your Son, all your sick children might be healed.  
 AMEN