CONTACTS

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

First-Aid Courses/Blood Donation
48 Milton Street, Glasgow G4 0HR
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

Capabilities Scotland-Head Office

Well-being

Are your church and church premises accessible for all?

Produced by the Church in Society Committee of the Scottish Episcopal Church, the Methodist Church in Scotland and the Church & Society Committee of the United 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 SC019562

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

Enable
2nd Floor, 146 Argyle Street, Glasgow G2 8BL
T: 01412264451  www.enable.org.uk

Powerful Partnerships
21 Saughtonhall Drive, Edinburgh EH12 5TV
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
- 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

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
- raise funds
- 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.
We give thanks for their love, compassion, patience and energy.
AMEN