



Want to volunteer?

You can dip a toe into volunteering for this service by contacting Lisa Jennings at lisa@ericliddell.org, phoning the Centre at 0131 447 4520 or by visiting the 'Get Involved' section of our website on www.ericliddell.org. Training is provided by NHS Lothian.



Eric
Liddell
Centre



The Eric Liddell Centre is a local care charity and community hub supporting some of Edinburgh's most vulnerable people. Established in 1980, we have since developed many caring and community services.

JustGiving Donate to us via JustGiving by texting 'ERIC15' and the amount to 70070 or you can visit justgiving.com/campaigns/charity/the-elc/meettheelc

 @theericliddell

 facebook.com/EricLiddellCentre

15 Morningside Road, Edinburgh, EH10 4DP
SC003147

Caring Soles Personal Foot Care



Working together for a caring,
healthier, safer Edinburgh

WHAT IS CARING SOLES?

Caring Soles is a low cost personal footcare service in Edinburgh delivered by trained volunteers to NHS standard in toenail cutting.

In accordance with a guidance document produced by the Scottish Government in 2013, NHS Scotland support the voluntary sector to carry out personal footcare in a community setting.

WHERE CAN I GET FOOTCARE?

Tuesdays, Wednesdays & Fridays
@ Eric Liddell Centre
15 Morningside Road, EH10 4DP

Thursdays
@ The Ripple Project, Restalrig & Lochend Community Hub
198 Restalrig Road South, EH7 6DZ

Tuesdays
@ Good Morning Gorgie,
St Martins Community Resource Centre, 232 Dalry Road,
EH11 2JG

You can book an appointment at any of these sites.

By phone: 0131 447 4520 - By email: lisa@ericliddell.org

FEEDBACK FROM APPOINTMENTS

We have also found that the service has had the positive impact of reducing the social isolation felt by some of our elderly neighbours.

One 70 year-old client mentioned to the volunteer treating her that her mobility was poor due to her health and fitness having lapsed. This lady now attends a Pilates physio class in the centre following encouragement from the volunteer and information provided via the service.

Another customer had a conversation with one of our volunteers about having lost her husband in the last few years and not feeling much like going out on her own. She said that it was a big thing for her to come to the Eric Liddell Centre to have her feet treated and asked what else happens in the centre. She now attends a seated Zumba class on Wednesday afternoons that take place inside the Centre and is becoming more interested in doing more with others.

To book in for a session, please call reception on 0131 447 4520.

The first session costs £20, this includes a personal clipper and file set to keep, take home and use in future appointments. All subsequent visits cost £10.