



Finding your way through the maze

A guide to services for people with
dementia and their carers in the Falkirk
area



The Dementia Services
Development Centre



Introduction

More and more services are being made available for people with dementia and for their carers. However, finding the service that will best meet your needs is seldom easy. Some services are run by the social work department, some by the health board, some by voluntary organisations and some by private companies. This resource guide for Falkirk aims to simplify the task of identifying appropriate local resources.

What's inside?

What is dementia?	Page 2
What to do if you are worried?	4
What help is available?	5
• Social work community care services	6
• "Specialist" dementia services in the community	8
• Health services for people with dementia	10
 Additional information and services:	
• Day centres and lunch clubs (non-specialist)	13
• Carer support services	14
• Benefits information and advice	15
• Driving and dementia	16
• Planning for the future (power of attorney)	17
• Long stay care	18
• Minority ethnic services	19

What is dementia?

Dementia is the progressive loss of the powers of the brain. The most common cause is Alzheimer's disease. Other kinds of dementia are vascular dementias (including multi infarct dementia), alcohol-related dementias, Lewy body dementia and Pick's disease. What all these diseases have in common is that they damage and kill brain cells, so that the brain cannot work as well as it should.

In Scotland, over 58,000 people have dementia. It is most common in older people but can affect people in their 40s or 50s or even younger.

What causes dementia?

We do not yet know exactly what causes dementia. Medical researchers all over the world are working to find causes and develop treatments.

Alzheimer's disease damages individual brain cells one by one, so that the brain can't work as well as it used to. A protein called amyloid builds up in deposits, called plaques, and tiny filaments in the brain cell form tangles. Much current research is trying to find out why these changes happen. Some kinds of Alzheimer's disease affecting people under 65 can be inherited. Faulty genes may cause the build up of the amyloid protein. Recent research seems to show that there may also be a genetic factor in other cases of Alzheimer's disease. However, this does not mean that someone whose parent had Alzheimer's will automatically develop the disease.

In the **vascular dementias**, there are problems with the blood supply to brain cells. For example, the most common type of vascular dementia is **multi-infarct dementia**, in which tiny strokes (infarcts) damage small areas of the brain.

What are the symptoms?

Every person with dementia is different. How their illness affects them depends on which areas of their brain are most damaged.

One of the most common symptoms of dementia is memory loss. It is important to remember that everyone forgets things sometimes. Most people's memory gets worse as they get older. But when someone has dementia, they may forget the names of family members, not just of strangers. They may burn pans because they have forgotten them or forget whether they have eaten lunch. They may repeat the same question again and again and not know they are doing it.

People with dementia may lose their sense of time, losing track of which day it is or of the time of day. They may lose track of where they are, and get lost even in a familiar place. They may fail to recognise people they know well.

People with dementia may often be confused. Their ability to think, to reason and to calculate can all be affected. They may make odd decisions and find it hard to solve problems. Handling money may become difficult as they find it harder to work out their change or lose their sense of the value of money.

Dementia can also cause personality changes. Someone who was active and energetic may become listless; someone pleasant and well-mannered may become rude and aggressive. These changes can be particularly distressing to relatives and friends as they lose the person they knew.

Gradually, over a period of years, most functions of the brain will be affected. Eventually, people with dementia will probably need help with even simple daily activities, such as dressing, eating or going to the toilet.



What should I do if I'm worried?

It is very important not to jump to conclusions. Confusion or forgetfulness does not mean someone has dementia. Many other conditions, such as infections, depression or the side effects of medicines can cause similar problems.

Three important contacts:

1. Contact your doctor or local GP

Dementia can only be diagnosed by ruling out other possible causes of the symptoms. This is why a full medical assessment is important.

If your doctor finds no reason for the symptoms, he or she may want to refer you or your relative to see a hospital specialist. The specialist can do further tests.

2. Contact Alzheimer Scotland - for information, advice and support

Falkirk office: phone - 01324 559480

24 hour helpline number- 0808 808 3000

Website: www.alzscot.org

3. Contact your local Social work office - to see what support and services are available for you or your relative in your local community (see contact details on page 6).

An emergency service operates during non-office hours, weekends and holidays: 01324 503050.

What help is available?

Social work community care services

Social work services can offer **community care assessments** to identify areas of need where some form of assistance may improve well-being. Both the person with dementia and the carer have a right to request an assessment of their needs. The request for an assessment should be made through your local social work centre. A worker will visit and talk to the person with dementia and to the carer, both of whom should be fully involved in the assessment process and have every chance to say what help they feel is needed.

You can ask for a **carer's assessment** if you are providing care on a 'regular and substantial' basis. Although no clear definition is given in the Carers' Act as to what is meant by this, most carers of people with dementia would meet these conditions. You do not have to be living with the person you care for to qualify for a carer's assessment. More help on how to prepare for a carer's assessment is given in a free booklet called *How Do I Get Help? - A Guide to the Assessment Process* available from Carers Scotland, 3rd Floor, 91 Mitchell Street, Glasgow G1 3LN. 0141 221 9141.

Assessment is free, but you may have to pay something for any services. Personal care is free for people aged 65 and over. People living at home should not be charged for the personal care they are assessed as needing. Those people living in care homes who pay their own care costs are entitled to a payment for their personal and nursing care.

If the assessment shows that you or the person with dementia need services, the social worker will put together a **care plan**, using local services to try to meet these needs. The services may be provided by the social work department or by voluntary or private organisations.

Sometimes there is a waiting list for assessments. If you need help right away, ask the social work department if they can do an emergency assessment.

Because dementia is a progressive condition, the needs of the person with dementia change over time. People with dementia must have regular reviews of their situation. Carers should ask for their own needs to be reassessed too.

Find your local Social Work Office

To arrange for an assessment, contact the duty social worker at your social work centre:

Bo'ness: Kinglass Centre, Gauze Road. 01506 778668.

Grangemouth: Oxgang Road. 01324 504343.

Stenhousemuir: 130 King Street. 01324 503503.

Denny: Carronbank House, Carronbank Crescent. 01324 504160.

Camelon: 108b Glasgow Road. 01324 501200

Falkirk Grahamston: 155 Grahams Road, Falkirk. 01324 506595

Meadowbank: 1 Salmon Inn Road, Polmont. 01324 503883

Additionally, Falkirk Council have "One Stop Shops" throughout the community, providing information and advice about their services. These include:

Bo'ness - Pier Street. 01506 778770.

Falkirk - Callendar Square Shopping Centre. 01324 506965

Denny - Carronbank Crescent. 01324 504234

Grangemouth - 5 York Lane. 01324 504540.

Stenhousemuir - 398 Main Street. 01324 503338.

Some examples of community care services include:

- **Home care team**
 - homecarers
 - delivered meals
 - aids and adaptations
 - community occupational therapists
- **Short breaks through the social work department**

Short breaks or "respite" can be quite flexible and may be in a care home for the person with dementia or may be in the form of a "short break" where the carer can choose to accompany the person with dementia. Access to respite or short breaks is

dependent on assessed need and availability. You may need to pay for this depending on your financial assessment.

- **Falkirk Mobile Emergency Care Service (MECS)**

This is a passive alarm service for people with dementia or other cognitive impairments. This technology aims to support people in their own homes for as long as possible by reducing some of the associated risk factors. This comprises smoke, gas, hypothermia, heat detectors, flood detectors, door switches and pressure pads. For more information contact: 01324 506520.

- **Care and Repair** - As part of its range of housing services, Falkirk Council offers free advice and technical assistance to elderly and disabled households in private housing about repairs and improvements to their homes through the Care & Repair Service. If you can't find a good builder or you think you can't afford to have work done, the Care and Repair Service can assist. If you have a disability and need some adaptation to your home, the Care & Repair Service may also be able to help. For more information contact: 01324 590797

- **Direct Payments**

You may wish to organise your own services and this can be done through a scheme called **Direct Payments** (this is also referred to as "Self Directed Support").

The aim of a direct payment is to give more flexibility in how services are provided to many individuals who are assessed as eligible for social services support. By giving individuals money in lieu of social care services, people have greater choice and control over their lives, and are able to make their own decisions about how their care is delivered and by whom.

It is important to bear in mind however that if you choose to employ someone privately you will take on the responsibility of being an employer.

If you are looking for further information on Direct Payments you can discuss it with your community care worker or local social work office. You can also contact the Forth Valley Direct Payments Support Service on 01324-508794.

For more information about any social work services or resources in the Falkirk area contact the main office:

Housing and Social Work Services (Falkirk)

Social Work Headquarters
Brockville
Hope Street
Falkirk
FK1 5RW

Telephone: 01324 506400.

Or visit the Website: www.falkirk.gov.uk

Specialist (Dementia) Services

Some services have been specifically set up to benefit the needs of the person with dementia and their carer. Access to these services is often, by assessment, usually following referral from doctors, social workers or health visitors.

1. Alzheimer Scotland - Falkirk Services

Provides a range of services and support, including:

- **Day Care Services** - are offered to people with dementia away from their homes in order to provide care and stimulation for the person with dementia, and regular short breaks for the carer.
Examples include:
 - The Maples (Mon - Fri), 33 Johnston Avenue, Stenhousemuir, FK5 4JZ
 - The Lounge (Fri only), Dean Court Sheltered Housing, Kinneil Place, Bo'ness.
- **Home Support** - emphasis is placed on maintaining or regaining the skills of daily living and on sustaining lifestyles and relationships. The service may be funded by individual community care teams. Careful consideration is given to matching the person who is to receive the service with an appropriate home support worker. The support worker's role may include:
 - providing personal care (such as help with washing or dressing)
 - providing emotional support
 - supervision and guidance (such as help with domestic tasks)
 - providing social support (helping someone to carry on with their interests and hobbies)
 - helping to preserve personal identity and assist with orientation
- **Carer Information Courses and Support Groups** - caring for someone with dementia can be a lonely and stressful process. It can be a great help to talk to others who are sharing similar experiences. Each year we offer three information courses, which meet for a morning or evening for five weeks with a follow up support group.

These courses are shaped depending on carers' needs. Past courses have included the following topics: What is Dementia, Communication & Challenging Behaviour, Welfare benefits and Legal issues, Accessing services and the Cognitive Enhancers (drugs used to treat some of the symptoms of Alzheimer's Disease).

For further information about any of these services contact:

Alzheimer Scotland (Falkirk Services)

35 Johnston Avenue, Stenhousemuir

FK5 4JZ

Phone: 01324 559480

E-mail: falkirkservices@alzscot.org

2. Joint Dementia Initiative (JDI)

Provides a range of specialist services including:

- **Day Care** - our day care is known as Home from Home and is set in a domestic house and provides a homely comfortable environment for a small number of people. We aim to promote people's existing skills and encourage them to become involved in day to day activities such as meeting friends and preparing a meal.
- **Home Support** - offers care and stimulation, which is responsive to individual needs (personal, domestic, social and emotional). Emphasis is placed on maintaining or regaining the skills of daily living and on sustaining lifestyles and relationships.
- **Time to Share** - short breaks of flexible duration are offered in ordinary domestic homes. Support is provided by a trained carer on a one-to-one basis. The individual support facilitates choice in how the person spends their time, and provides opportunities for them to pursue favourite activities. Additionally, they can organise a limited number of short breaks in ordinary holiday venues for people with dementia accompanied by their main carer or a familiar trained carer. Some of these short breaks may be in groups.
- **Services for younger people with dementia**
A worker seconded from the Primary Health Care Trust works exclusively with younger people with dementia and provides support for younger people with dementia (under 65) as well as their families.
- **Mutual support group.** Last Thursday of the month at Horsemill Inn, Denny. Open to anyone with dementia.
- **Technology working group ("the Tuesday group").** This looks at ways of helping and supporting the person with dementia to maintain independence.
- **Dementia Counselling** - although no qualified counsellors are available from this service, support and counselling is available from some skilled staff working at the JDI.

For more information please contact the Joint Dementia Initiative office:

Dollar Park
Camelon Road
Falkirk
FK1 5RU.
Tel: 01324 501730.

3. Specialist residential and day care facilities

Grahamston House provides day care facilities seven days a week and can be accessed through Social Services.

Grahamston House
Mandela Avenue, Falkirk
Tel: 01324 501861

4. Health services

General Practitioner (GP)

Your local GP and the Primary Care Team will continue to look after your physical health needs. **District and Community nurses** can provide skilled help with issues such as wound care and continence problems. Advice on general health matters can also be provided by **Health visitors**.

Your GP may also refer you to more specialist services for dementia such as the Community Mental Health Team (CMHTE) and Day Hospital.

Community Mental Health Team for the Elderly (CMHTE).

The CMHT has a membership of doctors and nurses who have particular interest and expertise in working with people with dementia and their carers. Once a provisional/probable diagnosis is made, recommendations regarding an individual's treatment and future care are discussed with the person, their carer and their GP.

Other services and treatments provided or monitored by CMHTE include:

- **Cognitive enhancers** - a psychiatrist will specifically assess whether a person with dementia is eligible for treatment with one of the cognitive enhancers (Aricept, Reminyl, Exelon, Ebixa). These medications are only licensed and recommended for certain types of dementia, and not all people will benefit from their use. As these medications are thought to be of temporary benefit, their use will be regularly reviewed to determine whether they should be discontinued.
- **Dementia Link Nurse (DLN)** - people who are being treated with Cognitive Enhancers may be supported by the Dementia Link Nurse, who will offer advice and information regarding their particular situation and prescribed medication. The DLN will carefully monitor the progression of the person's dementia using a variety of assessments and people are generally visited in their own homes.

- **Care Home Liaison Nurse** - provides specialist psychiatric liaison within the care home sector. This service aims to support care home staff and establish a supportive environment by providing evidence based training and clinical expertise.

For more information about the Community Mental Health Team contact:

Bonnybridge Hospital
Falkirk Road
Bonnybridge
FK4 1BD

Tel: (01324) 811166.

Bonnybridge Day Hospital.

If a person requires a longer period of assessment or treatment that would be difficult to provide at home, the CMHTE may refer them to Bonnybridge Day Hospital.

People usually attend for one (or more) day per week and when they are discharged, they may be asked to attend an alternative community service.

Health Maintenance Clinic is attached to the Day Hospital and monitors people's general health and medication.

For more information about Bonnybridge Day Hospital contact:

Falkirk Road
Bonnybridge
FK4 1BD.

Tel: 01324 811125.

In-patient Services

- **Acute Hospital**

If someone with memory problems is referred to an acute hospital service at Falkirk (FDRI) or Stirling (SRI) for outpatient or inpatient assessment, tests or treatment, it is desirable for them to be accompanied by family or a friend to provide additional information if necessary as well as general support.

A **Psychiatric Specialist Liaison Nurse** is based in the acute hospital and may be asked to provide an assessment, or advise on the person's treatment and care while in hospital.

Hospital Social work team - provides assessment, as well as offering advice and guidance to patients and their families, to facilitate discharge from the acute hospitals.

- **Ward 17, FDRI** - is the local assessment and treatment in-patient facility for people with dementia. It caters for people who will benefit from 24 hour mental health assessment and treatment.
- **Ward 3, Bonnybridge Hospital & Unit 2, Bo'ness Hospital** - provide interim hospital care for people with dementia who have complex clinical needs. The need for them to remain in hospital will be regularly reviewed.

Other health services

- **Community Continence Services**
Patients can be seen at a continence clinic location, or arrangements can also be made to see patients at home. For further information contact:
Carronbank Health Centre
Carronbank Crescent
Denny
FK6 6DG
Tel: 01324 827420.
- **Memory Impairment Prompting Service (MIPS)** helps older people with memory problems by reminding them to take their medication, attend GP and hospital appointments, go out to clubs and day hospitals, and to continue their daily activities. At present this is only available in the Grangemouth area.
Tel: 07803 042646.
- **Disabled Living Centre** - a Disabled Living Centre (DLC) is a place where you can get free and impartial information and advice about products which can increase disabled or older people's choices about how they live.
For further information, contact:
Dundas Resource Centre
Oxgang Road
Grangemouth
FK3 9EF.
Tel: 01324 504311.

Day centres and lunch clubs (non-specialist)

Some people with dementia enjoy day care centres for older people which do not specialise in helping people with dementia. Times and availability may vary. Transport and hot midday meal (may be a small charge) are usually provided. For more information, see contact details below, or contact your local social work office (see page 6).

Some examples of these services are listed below.

- **Social work day care centres**
 - Morar House Sheltered Housing, Grangemouth (Mon and Tues)
 - Dean Court Sheltered Housing, Bo'ness (Weds)
 - Carronbank House, Denny (Thurs and Fri)

- **Alanmart Elderly Day Care**, 6b Muirhead Road, Stenhousemuir.
Tel: 01324 563314
This service can be accessed through Social Services or privately.

- **Bankview Nursing Home**, Kilsyth Road, Banknock, Bonnybridge. Tel:01324 841090
This service can be accessed through Social Services or privately.

- **St Andrews Church Tuesday Group**, Grange Terrace, Bo'ness. Contact Marie Alexander . Tel: 01506 825803
This service can be accessed through social services or your G.P.

- **Haining Nursing Home**, Vellore Road, Maddiston, Falkirk.
Tel : 01324 718794
This service can be accessed through Social Services or privately.

- **Falkirk lunch club service**
For more information contact:
Meals on Wheels Manager, Oxcgang Road, Grangemouth.
Tel: 01324 504343.

Carer Support Services

Princess Royal Trust Falkirk & Clackmannan Carers Centre, 5 Newmarket Street, Falkirk, FK1 1JQ .

Tel: 01324 611 510, fax: 01324 622022.

E-mail: centre@falkirk.carers.net

Web site: www.carersfalkirk.org.uk

This organisation is especially for carers and offers a wide range of services.

- **Support groups**
- **Befriending service** - links carers with volunteer befrienders who can offer companionship, relieve isolation, visit carers in their own homes, and support carers to get out and about. A telephone befriending service and befriending for young carers are also available. For further information on this service contact:
The Carers Befriending Project, Burgh Building, 12/14 Newmarket Street, Falkirk.
Tel: 01324 626046.
- **Drop-in and telephone information and advice service** for carers providing information on a wide range of topics including benefits, respite, holidays, health matters, support groups, etc.
- **Young carers project** - support and activities for young carers, under 19 years. Young Carers Groups in Falkirk and Clackmannanshire.

Crossroads Falkirk Care Attendant Scheme, 1 Muirhall Road, Larbert, FK5 4RF.

Crossroads Falkirk provides practical help to any carer, regardless of the age, disability or illness of the person being cared for. They provide mainly respite for carers of a few hours duration at a time that is of benefit to them. This may include an outing for the person being cared for.

Services can be accessed either directly or through social services. For further information please contact 01324 555230.

Benefits information and advice

Both the carer and the person with dementia may be entitled to benefits from the Benefits Agency and detailed below are some of the benefits you may be able to claim for:

- Attendance Allowance (AA) - this is for people with disabilities who are 65 or over with care needs, including people with dementia. (This is not means tested.)
- Disability Living Allowance (DLA) - this is for people with disabilities who are under 65 at the time they apply, and has two parts, for care and mobility. (This is not means tested.)
- Carer's Allowance.- This is for the carer but always check before applying for Carer's Allowance, as it may affect the benefits of the person being cared for.
- Income Support is the main benefit for people on low income.
- Incapacity benefit- is for people of working age who are medically incapable of working.
- Someone getting Income Support or income based Job seekers Allowance may be entitled to help from the social fund.
- Community Care Grants can help people on Income Support or income based Job seekers Allowance with extra costs such as furniture, clothing or removals.

For more information phone the freephone enquiry line (0800 882200) or contact Scotland Disability Benefit Centre at:
Argyle House, 3 Lady Lawson Street, Edinburgh. 0131 222 5467.

Council tax discount

People with dementia and their carers may also be entitled to a discount.

Where can I get more information about welfare benefits?

- It is a good idea to get expert advice and Falkirk Councils One Stop Shops have Welfare Benefits officers who can provide advice and assistance.
- Citizens Advice Bureau offers independent welfare benefits advice and they can be contacted at:
 - Falkirk Citizens Advice Bureau, 27-29 Vicar Street, Falkirk, FK1 1LL.
Tel: 01324 611244.
 - Grangemouth & Bo'ness Citizens Advice Bureau, 1 Kerse Road, Grangemouth, FK3 8HW.
Tel: 01324 483467.

Driving and Dementia

Many people with dementia are able to continue driving for some time following diagnosis. Most people in the early stages of dementia are physically capable of controlling a car.

However, as dementia affects the decision making process and reaction times, some people with dementia may be slower to react, especially when under stress. It is important that certain steps are taken now to ensure you are safe to drive.

1 Inform the DVLA

If you have a driving license, you must tell the Driver and Vehicle Licensing Authority (DVLA) if you have a diagnosis of dementia. If you don't, you are breaking the law and you can be fined up to £1,000. If you have not told the DVLA about your diagnosis your insurance may not cover you if you drive.

If you need assistance with writing this letter please contact your local Alzheimer Scotland office (01324 559480) or Joint Dementia Initiative (01324 501730).

If you want to carry on driving, tell the DVLA. They will send you a questionnaire and will get reports from your doctor. They may need you to have a specialist driving assessment. The Medical Advisers at DVLA will take the final decision on your suitability to drive, based on the information they receive.

If at any time you decide you shouldn't carry on driving, send your license back to the DVLA.

2 Tell your insurance company

You must tell your insurance company of your diagnosis straight away. If you don't and you have an accident they may not pay up, even if the accident was not your fault. It is a criminal offence to drive without third party insurance cover.

3 Check with your doctor

Ask your GP or specialist about whether you can still drive safely. If the doctor is not sure, he or she may refer you for a specialist driving assessment. Some medication can also affect your driving, for example by making you drowsy. Check with your GP if you are not sure about the effects of any medicines you are taking.

For more information and advice, contact your local Alzheimer Scotland office (see page 4)

Planning for the future.

Making plans for the future is very important. Dementia is a progressive illness and by making important decisions about financial and welfare matters at an early stage, you can avoid trouble and expense for family and friends later on.

Power of attorney is a document in which you grant someone else the power to run your affairs for you if you become mentally incapacitated in the future for any reason through illness (such as dementia) or accident.

There are two kinds of power of attorney, which will help if you become mentally incapacitated:

- **continuing (financial) power of attorney** - someone to look after your money and property
- **welfare power of attorney** - someone to decide about your personal welfare, such as medical and care decisions.

Your attorney needs to be someone you trust - a relative, friend or professional.

It is a good idea to see a solicitor, who can help draw up wills, trusts and powers of attorney.

Money and legal matters.

You can get more information in Alzheimer Scotland's booklet called "Dementia: money and legal matters". This is available free of charge to people with Dementia and carers. Contact your local Alzheimer Scotland office (see page 4), or the Dementia Helpline on 0800 808 3000.

Long-stay care

As dementia progresses, there may be a time when you need to consider long-stay care for the person with dementia which will usually be in a care home.

All residential homes and nursing homes are now referred to as **care homes**.

Care homes may be provided by the social work department, by voluntary organisations or by private companies. Some will always have a qualified nurse on duty, while others might not. All Care Homes are registered and inspected by the Care Commission.

Ask your social worker to assess the person with dementia to see what sort of long-stay care would be appropriate. The social worker should be able to suggest suitable local homes and it is worthwhile visiting several before making a decision.

Care homes will charge fees, but the social work department may be able to help, depending on the person's capital and income. Personal and nursing care in care homes is free for people aged 65 over and nursing care is free to anyone. People living in care homes who pay their own care costs are entitled to a payment for this. There is no charge for hospital care.

Where can I get more information about care homes?

- **Age Concern Scotland** publishes a factsheet (No.10) on local authority charging procedures for care homes, available from:
Causewayside House, 160 Causewayside, Edinburgh, EH9 1PR.
Tel: 0845 833 0200.
Or, contact the Scottish Helpline for Older People;
Tel: 0845 125 9732.
- **Local Resource Centre**, Springfield House, Laurelhill Business Park, Stirling. FK7 9GQ. Tel: 01786 406363.
- **The Care Commission (Scotland)** provides inspection reports of care home visits.
View their website : www.carecommission.com
Tel: 0845 603 0890.
- You can request a list of Care Homes in your area via the Dementia Helpline:
Tel: 0808 808 3000.

Minority ethnic services

Alzheimer Scotland has a leaflet called "Dementia - what you need to know", which is available in Bengali, Chinese, Hindi, Italian, Polish, Ukrainian and Urdu. Contact your local Alzheimer Scotland office (page 4).

Alzheimer's Disease International has a webpage with information relating to dementia in 33 different languages:

<http://www.alz.co.uk/alzheimers/languages.html>

Translation and interpreting services

This service is currently available via the Dundee Interpreting Service.

Tel: 01382 431563.

Central Scotland Chinese Elderly Project

For more information contact:

Central Scotland Chinese Elderly Project, 39a Bannockburn Road,
St Ninian's, Stirling.

Tel: 01786 471291.

Pakistan Welfare Association helps with rights, educational, socio-cultural problems, interpretation and translation.

For more information contact:

Arshad Farooqui or Khalid Hamid

01324 611935 or 01324 812269 or

write c/o 41 Grangemouth Road, Falkirk,
FK2 9AA.

Central Scotland Bahai Community

Contact: Ms Kobra Farzine, 8 Linden Drive, Banknock, Falkirk, FK4 1LE. Tel: 01324 840803.

OR Mrs Parvin Morrissey, 4 Simpson Court, Tillicoultry, FK13 6QQ.

Tel: 01259 750757.