

Welcome

TO THE SCOTTISH MINING CONVALESCENT TRUST
BLAIR CASTLE, CULROSS

TEL 01383 880307
Roberta@blaircastle.net

FOR YOUR COMFORT AND SAFETY, PLEASE READ AND RESPECT THE FOLLOWING INSTRUCTIONS.

FIRE – The home is equipped with *sensitive* smoke detectors, and anyone smoking out with the **SMOKING ROOM** will be discharged immediately. In the event of a fire a loud continuous alarm will sound. All residents are asked to follow staff instructions to evacuate the building. Do not stop to collect belongings etc. As you move around the home, please observe exit doors and signs, so you will know where the nearest exit is.

ILLNESS Arrangements can be made with the local health centre – please report illness as early in the day as possible. The matron will be in the medical room around 10.30am each day to advise or treat minor ailments.

NIGHT COVER - ALL NON MEDICAL night emergencies should be reported to the attendant who can be found in the Lounge/Dining area. For **MEDICAL EMERGENCIES ONLY** push the button bell positioned near your bed.

ALCOHOL the trustees do not permit alcohol to be brought into the home. Only alcohol purchased at the bar is permitted and can only be consumed in the bar and lounge area. No alcohol is permitted in the bedrooms or any other public rooms.

SMOKING is restricted to the Smoking Room positioned near the main lounge.

SECURITY Residents who go out for the evening are required to be back in the home by 10pm when the building is made secure for the night. All music and Games should cease by 10.30pm and you should prepare to retire to your room.

CARS it is advised not to leave valuables in unattended vehicles. Cars should be parked in the car park and must not restrict access for emergency access. Due to the increasing number of cars arriving at the Home, only Registered Disabled drivers are allowed to park at the front of the home.

VISITORS Are welcome any afternoon between 2-5pm but should not have unsupervised access to the bedroom area. Children should be supervised at all times. Indoor games are for Residents Only. Visitors and Residents should use the Residence Entrance at all times

MEALS will be served in the Dining Rooms.

Mon – Sat 8.30am Breakfast	Sun 8.30am Breakfast
1.00pm Light Lunch	1.00pm Traditional Lunch
5.00pm Dinner	5.00pm High Tea

Each evening a buffet supper will be served in the lounge area, at 8.30pm and will remain until all Residents have eaten.

Each Day morning tea will be served in the Dining Room at 10am.

VENDING MACHINE is located in the lounge. The machine accepts 10p and 20p pieces. All drinks cost 30p and must be consumed in this area. You may use the machine at any time, even during the night. No hot drinks or kettles are permitted in the bedrooms.

BOOKS may be selected from the library on the first floor or bookcases in the entrance foyer, but please return after use.

TELEVISION LOUNGES There are two on the first floor where BBC and be viewed in one and STV in the other. These rooms are open between 10am and 10pm. For disabled Residents a television can be viewed on the ground floor between the hours of 6pm and 10pm.

The **PUBLIC TELEPHONE** is situated in the front hall where patients can make and receive calls, the number is 01383 880200.

The LOUNGE is for socialising, concerts etc. There is a piano, organ and music system with microphone for your enjoyment.

The BAR is for patients to enjoy bingo, dominoes, draughts, cards, etc. The bar opens each evening from 7 – 10pm.

GAMES ROOM Snooker, pool, darts and bowls are also available.

NEWSPAPERS can be ordered on arrival and collected from the Reception Hall.

MAIL Personal mail and phone messages received will be left in the Reception for collection. Outward post is collected from the post-box in the lounge.

TUCK SHOP is situated in the Main Reception is open daily from 3 - 3.30pm.

BUSES Public buses are available from the main road, via the pedestrian driveway and staff will assist you with the times etc.

MINI BUS For a reasonable fee, the mini bus will take Residents to bingo club etc. when driver is available.

ENTERTAINMENT

1. First Friday – bus trip to Stirling costing £2
2. Saturday Evening
3. Second Monday – bus trip ‘Mystery Tour’ costing £2
4. Every Tuesday & Wednesday Evenings Competitions, Raffles or songs will be held at various times depending on the requirements of each admission

HAIRDRESSER First Thursday morning in laundry area, start at 9.30am.

CHURCH/CHAPEL Service are held in Culross Abbey and High Valleyfield Chapel, transport is available.

ADVICE During your stay, Representatives from the N.U.M., C.I.S.W.O., and F.A.I.R. will attend to offer you support as necessary.

PLEASE WATCH THE NOTICE BOARD FOR FURTHER INFORMATION>

If you have any SUGGESTIONS or COMPLAINTS, please discuss them initially with Roberta Black, General Manager of the Home.

EVERYONE AT THE SCOTTISH MINING CONVALESCENT TRUST EXTENDS A WARM WELCOME TO YOU, AND WISHES YOU A VERY ENJOYABLE STAY.