



Access Guide for Selkirk Lodge

This access statement does not contain personal opinions as to suitability for those with access needs, but aims to accurately describe the facilities and services that we offer all our guests/visitors.

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Introduction

Selkirk is one of our nine self-catering lodges, Homelands opened in September 2014. Situated in the picturesque seaside village of Lundin Links, it is at the gateway to the beautiful East Neuk of Fife. The local village shops, pubs and restaurants are only a few hundred yards away (5 minutes at a slow walking pace). The lodges are also beside the local accessible play park, bowling club, and sports club/ tennis courts. Within half a mile there is a local sailing club, award winning beaches of Largo Bay and the Fife Coastal Path.

Also on site, is our community hub, the Paxton Centre.

Selkirk can sleep up to 6 people, in three bedrooms. On the ground floor there is an open plan kitchen/ dining/ living area with sliding patio doors leading out onto a screened patio area and communal lawn.

Downstairs in Selkirk:

- 1 accessible twin bedroom.
- The bedroom has one Invacare Medley 'Ergo' electric profiling bed with Invacare Softform Premier Active 2 airflow mattress
- The other bed is a comfortable single divan.
- The bedroom has a full room Guldmann H-frame ceiling tracking hoist (maximum weight limit 28 stone/350kg).
- Large wet room with shower, toilet (left/right transfer) and H-frame ceiling tracking hoist (maximum weight limit 28 stone/350kg).
- Separate accessible WC (left transfer).
- Utility room with washing machine/ tumble dryer/ clothes airer/ ironing facilities.
- Outside there is a patio with garden furniture.

Upstairs in Selkirk:

- Upstairs there are 2 bedrooms, the larger can be made up as a twin or a double, the second room is a twin room.
- The large room has velux windows with sea views and a wardrobe.
- The smaller room has a feature window with sea views and a wardrobe.
- Bathroom - bath with a separate shower.
- Quiet sitting space on the landing.

Getting here

Car

- For full details and maps of how to reach us please see please contact us or type in Homelands Trust to Google maps.
- You can plan your journey by car using a website such as www.theaa.com/route-planner. Simply enter your postcode and our postcode, which is KY8 6AT, to get directions.
- Speed bumps and a 20 mph limit have been introduced in Lundin Links.

Train

- You can plan your journey by train using the Traveline website at www.traveline.info/.
- The nearest railway is Markinch, 8 miles away. **NB** It is advisable to book a taxi in advance as there is no taxi rank at Markinch station.
- Markinch is a transport hub and there is a bus service Stagecoach X4 or No. 46 to Leven then Stagecoach No. 95 to Lundin Links.
- See www.nationalrail.co.uk/stations_destinations/MNC.aspx for station access information

Taxi (accessible)

- One2one 01333 427121
- Kings 01333 351999 (minibus)
- Taxi Centre Fife 01333 300300

Bus

- For full details of bus services to Lundin Links visit www.traveline.co.uk.
- The Stagecoach No. 95 bus will take you from Lundin Links to Leven (10 minutes).

- Other buses pass through the village for Kirkcaldy (X58, X62), Edinburgh (X62) and St Andrews (No. 95), details of which can be found at www.travelinescotland.com.
- The nearest bus stop is 0.3 mile away opposite the shops on Leven Road. Homelands is on Links Road, which runs on the right of the pharmacy. Follow Links Road, crossing straight over the junction with Crescent Road then Victoria Road; Homelands is on the right, opposite Golf Road.
- The main routes on pavements to and from the village centre have the kerbs lowered, were resurfaced in late 2014 and are wider.
- Some pavements in the village are narrow and uneven in places.

Services

- A local company can provide any additional mobility hire equipment on request - www.clarkmobility.co.uk/ Tel: 01333 425777.
- There is a Pharmacy, hairdresser, barber, mini-market, gift shop, cafe and a butcher/ baker on Leven Road in the centre of Lundin Links.
- The nearest Post Office is in Leven.
- The nearest supermarket is Sainsbury's in Leven, 3 miles away, and they have a delivery service. Leven also has Lidl and Aldi stores. Tesco and Asda also deliver.
- The nearest indoor shopping centre is in Glenrothes, 9 miles away or Kirkcaldy 12 miles away.
- Both towns have Shopmobility - www.fifeshopmobility.com Tel 0844 335 6414 and choose option 1 for Glenrothes, option 2 for Kirkcaldy, option 3 for Dunfermline.
- The nearest hospital with Accident and Emergency is Victoria Hospital, Hayfield Road, Kirkcaldy, KY2 5AH. It is 11 miles away.
- Blacketyside Farm Shop is under a mile outside Lundin Links, heading towards Leven. It does a range of pre-prepared microwave meals as well as other farm produce, butcher meat and has an excellent gift shop and cafe. Leven Road has a pedestrian crossing at the village shops and there is an accessible footpath/ cycle path from the village to Blacketyside.

Parking

- There is 1 accessible parking space outside each of the 8 lodges, Drummochy, Keil, Massney, Durham, Selkirk, Largo, Lundin and Emsdorf on a monobloc surface. The parking space for Cardy is opposite the lodge.
- There is also one dedicated non-accessible parking space for each lodge a short distance away.
- There is a small, angled lip of less than 2.5 cm/ 1 inch between the edge of the parking area and the monobloc nearest the Paxton Centre Reception.

Arrival

Photo: Reception at the Paxton Centre



- The key to your lodge can be located in the key safe, which is located to the front of the lodge. You will be given the combination number prior to your arrival.
- Reception is at the entrance of the Paxton Centre, which has level access.
- The front door is 107.5 cm/ 42.4 inches wide and can be operated by an automatic press pad.
- There is an induction loop at reception.
- There is an accessible toilet plus a unisex toilet at reception.
- There are no kerbs on site and all areas are paved or tarmac.
- If you are travelling by public transport and arriving on foot, there is a tarmac pedestrian path on Links Road leading to the Paxton Centre. It has a gradient of 1:20 (or 5%).
- There is also a side entrance to the grounds from Victoria Road along by the accessible play park and sports club.
- There is also access to Leven Road via a gate close to the large wooden clad storage shed.

Lodge Ground Floor

Entrance Porch

- The ground is level and the door is 105cm wide.
- The front door leads into a spacious porch where mobility scooters and portable hoists can be stored.
- The porch has a double charging point for a mobility scooter, or a portable hoist, if required.
- There are coat hooks.
- Evacuation plan assembly areas are in a frame in the entrance porch.
- The entrance is well lit by timer and sensor lights, which can also be manually operated.
- The main door is manually operated.
- The porch floor covering is Karndean with a carpet rug insert at the front door.

Entrance Hall, Stairs and Landing

- The hall, stairs and landing are well lit.
- The passageway on the ground floor is 173cm wide.
- The floors in the downstairs living and sleeping areas are Karndean.

Lounge

Photo: Living Area Looking Towards Patio Doors



- Main door into living area from porch - width 110cm
- Door width to sliding patio door is 144cm
- Dining table to floor 78 cm

- The open plan living area is situated on the ground floor.
- There is a sliding door which leads onto the patio.
- There are sliding doors which can be opened between the bedroom and living area. This door is 136cm wide.
- There is a sofa and a comfortable armchair and a coffee table.
- There is a widescreen digital television with remote control, audio description and subtitles. There is also a DVD player.
- There is a rise/recline chair.
- The flooring is Karndean throughout the lounge/ kitchen/ dining area and corridors.
- There is a portable flashing door bell, with adjustable volume.
- The lighting is natural daylight through the windows and patio doors, also by ceiling lights at night.

- All items of furniture and soft furnishing are of a modern style and comfortable.

Dining Room

Photo: Living Area Looking Towards Front Entrance



- The dining area is situated in the open plan living area.
- There is a large dining table which can seat 6 people, with free space to move around the table.
- There are 4 slatted chairs that have padded seats and have no arms and 2 chairs that are padded with arms.
- The chairs can all be moved freely around the table or to the breakfast bar.

Kitchen

Photo: Kitchen



- Worktop/ sink/ hob to floor 92 cm
- Oven door handle height range 126cm
- Breakfast bar to floor 74 cm height.
Underside of breakfast bar to floor is 70cm

- The kitchen is situated on the ground floor within the open plan living area.
- The door of the oven is a slide and hide.
- There is an American style fridge/ freezer.
- There is also a lowered breakfast bar.
- Glasses and crockery can be moved from the wall units to floor units. Please request this before your arrival.
- The kitchen is lit with LED light bulbs.
- The flooring is Karndean.
- A freestanding dishwasher sits at floor level.

Downstairs Bedroom:

Photo: Downstairs Bedroom



Bed height from floor:

- 48cm fully lowered
- 89cm fully raised.

- Door is 106cm wide

- Patio door is 123cm.

- There is one accessible spacious bedroom on the ground floor, which has access directly onto the patio through a 106cm wide door. The bedroom contains an Invacare Medley 'Ergo' electric profiling bed with a pressure relief 'Softform Premier Active 2' airflow mattress.
- The other bed is a single divan.
- The electric profiling bed has wheels and can be moved around the room as required.
- The room has a Guldmann electric ceiling tracking hoist to aid transfers in any part of the room.
- You will need to inform us if you are going to be using the ceiling tracking hoists so we can install the spreader bars.
- Guests using the ceiling tracking hoists are required to bring their own sling and should check that it is compatible with the Guldmann H-frame ceiling hoist.

- The bedroom has two fitted wardrobes.
- The bedroom has a small smart TV.
- The bedroom has beautiful views over the garden and the sea.
- Guests are to supply their own sharps disposal and advise if oxygen is being used and delivered.

Wet Room and Toilet

Photo: Wet Room



Hand basin to floor 72 cm

Toilet seat to floor 49cm

Toilet bowl to floor is 46cm

- On the ground floor there is a large wet room.
- Toilet with transfer through the left/right side, a wash hand basin and a level access shower, with a fold away shower seat. A plastic basin is also provided.
- Shower/commode chairs, shower trolley and toilet seat raisers are available on request.
- There is a ceiling tracking hoist, which covers the full area of the room.
- There are horizontal and vertical grab rails around the room at the WC, sink and shower.
- There are lever taps on the wash hand basin.
- Guests are to supply their own continence products.

Accessible W/C Toilet

- There is an additional, accessible WC on the ground floor with transfer through the left side.
- It has a wash hand basin and lever taps.
- There are grab rails at the wash hand basin and WC.
- Both rooms have non-slip wet-room flooring.

Laundry/Utility Room

The utility room is located off the main living area.

- The door opening is 100cm wide.
- There is a sink, washing machine, tumble dryer, clothes airer, ironing board and iron.
- The utility room has non-slip, wet-room flooring.

Upper Floor

Staircase and Landing

- The staircase to the first floor has 14 steps with a half turn on step 4.
- On the stairs and the bedrooms on the first floor there is a lovely deep pile carpet.
- There is a banister on either side of the stairs.

Bathroom

- Upstairs there is a bathroom which contains a WC, hand basin, bath and separate shower.

Upstairs Bedrooms

Photo: Larger Upstairs Bedroom



- The large upstairs bedroom can be made up as a double or twin.
- The bedroom has an additional luxury feature of a Window with views over the sea.

Photo: Smaller Upstairs Bedroom



- This bedroom is a twin room.
- It has two velux windows with sea views.

Garden

Photo: South/ West facing gardens



- The cottage has a slabbed patio, which can be accessed from the open plan living area and the ground floor bedroom.
- The access is level with no steps.
- There is a garden table, which is 71cm from the ground to the underside of the table and 73cm to the top of the table, and chairs on the patio.
- The lawn area, which leads off the patio, is communal and slopes gradually.
- There are currently no paved paths on the grass in the garden.

Additional Information

- All areas of the cottage have good colour contrast between the doors, floor and walls. The walls are painted cream and the flooring and doors are beech wood.
- All our staff have completed the Visit Scotland Accessible Tourism online training as well as a course in First Aid.
- The nearest doctor's surgery is located in Leven called Scoonie Medical Practice is 2.6 miles away. Address is Victoria Road, Leven KY8 4ET. Phone 01333 432 588
- The nearest hospital with A & E facilities is Victoria Hospital, Hayfield Road, Kirkcaldy, KY2 5AH - 11 miles away in.
- Your welcome pack also contains a list of local attractions and please refer to Euan's Guide for further attraction and accessibility information. Please contact us if you have any queries.
- Homelands has a variety of specialist equipment and assistive technology which can be placed in the lodge where required. Please contact us ahead of your stay to enquire about any additional support equipment you may require.
- We have 2 mobility scooters for hire - an Electric Mobility Rascal 388x 6mph and a Pride Colt Deluxe 6mph.

Grid Reference

Latitude: 56.212200 Longitude: 2.9568726

Local Carer Providers

- **CarePlus (Scotland) Ltd**
Tel: 01592 747527
Email: careplus@hotmail.co.uk
Website: www.careplusscotland.co.uk
- **Handy Services**
Tel: 01383 312573
Website: www.handy-services.co.uk
Email: care@handy-services.co.uk
- **Elite Care (Scotland) Ltd**
Tel: 01334 472834
Website: www.elitecarescotland.co.uk
Email: info@elitecareathome.co.uk
- **Trusted Breaks**
Culdees Avenue, Glenrothes
Call Jacqui on 01592 369818 or mobile 07981347030
- **Like2Care**
Tel: 01592 650530
Website: www.like2care.co.uk
Email: liketocare@gmail.com
- **Avenue Care Services**
Tel: 01383 326401
Website: www.avenuecareservices.co.uk
Email: enquiries@avenuecareservices.co.uk
- **Orancare Homecare Ltd**
Eden Park House, Eden Park, Cupar KY14 7DP
Website: www.orancare.com
Phone: 01334 652987
- **ACasa Care Ltd**
Linburn House
Station Road, Auchtermuchty, Cupar KY14 7DP
Website: www.acasacare.co.uk

Email: info@acasacare.co.uk

- **Gibson Training and Care**

Website: www.gibsontrainingandcare.co.uk

Email: info@gibsontrainingandcare.co.uk

Tel: 01333 429443

- **Gillian Lockhart (Companion Care)**

07788821318

Email: Gillianlockhartbusiness@gmail.com

Local Equipment Hire

- British Red Cross, St Andrews Community Hospital, KY16 8AR, 01592 770459
- C.C. Mobility, 21 High St East, Anstruther, Fife, KY10 3DQ, 01333 313932
- Clark Mobility Services, Forth Street, LEVEN, KY84PF, 01333 425777, enquiries@clarkmobility.co.uk, <http://clarkmobility.co.uk/> Fife

Shopmobility Fife

Glenrothes - Multi-storey Car Park, Kingdom Centre, Glenrothes, KY7 5NB

Tel: 0844 335 6414 • Option 1 for Glenrothes

Email: glenrothes@shopmobilityfife.uk

Kirkcaldy - Thistle Car Park, Kirkcaldy, KY1 1RQ

Tel: 0844 335 6414 • Option 2 for Kirkcaldy

Email: kirkcaldy@shopmobilityfife.uk

Dunfermline - Ground Floor, Kingsgate Shopping Centre, KY12 7QU

Tel: 0844 335 6414 • Option 3 for Dunfermline,

Email: dunfermline@shopmobilityfife.uk

Local Accessible Taxis:

- One2one 01333 427121
- A1 Taxis 01333 424499
- Taxi Centre Fife 01333 300300

Local Public Transport:

- www.travelinescotland.com

Feedback

We welcome feedback about our Access Statements and about our facilities. Often, guests do not like to comment but feedback is crucial if we are to maintain the high standard we have set.

Contact Information

- Address: Homelands Trust - Fife, The Paxton Centre, 14a Links Road, Lundin Links, Leven, Fife, KY8 6AT
- Telephone: 01333 329039
- Email: Info@homelands-fife.co.uk
- Website: www.homelands-fife.co.uk
- Facebook - www.facebook.com/HomelandsTrust
- Twitter - www.twitter.com/homelandstrust
- Instagram
- TikTok