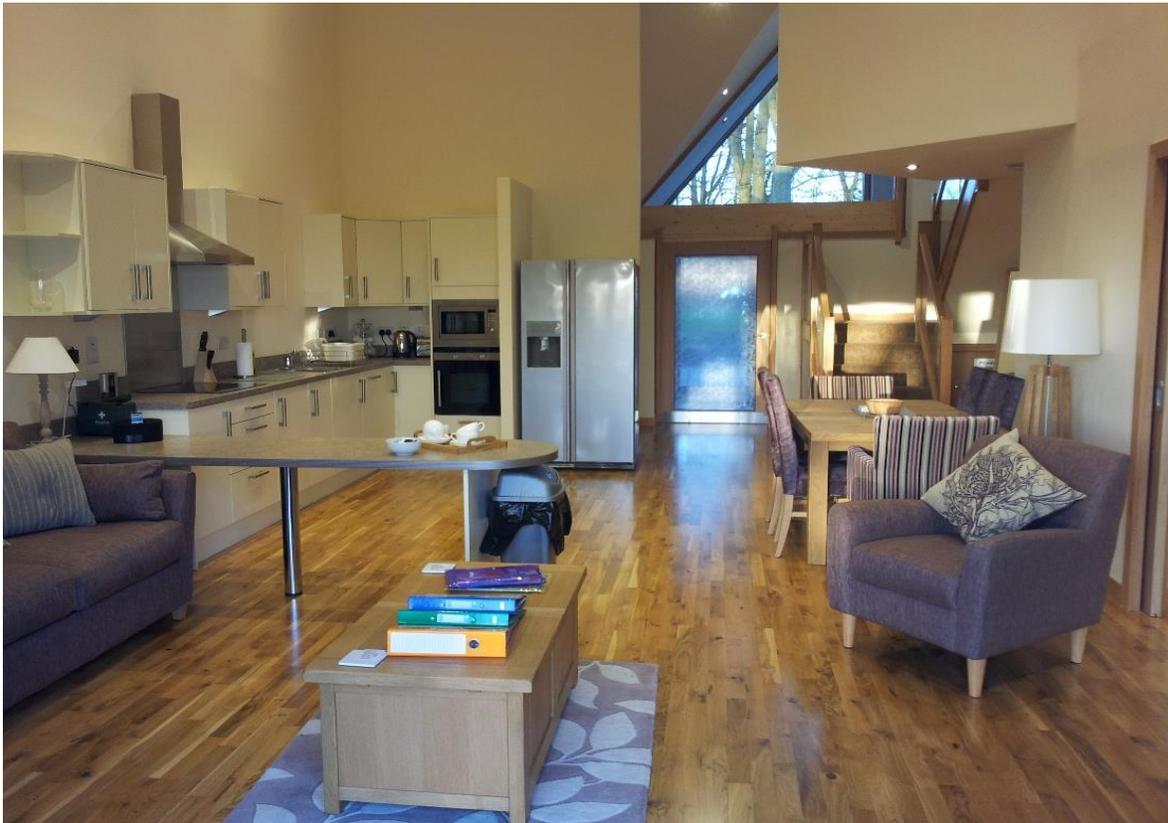


# homelands

## Access Guide for Cardy 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.*

## Contents

Introduction	Page 4
Downstairs in Cardy:	Page 5
Upstairs in Cardy:	Page 5
Getting here	Page 6
<ul style="list-style-type: none"><li>• Car</li><li>• Train</li><li>• Taxi (accessible)</li><li>• Bus</li></ul>	
Services	Page 7
Parking	Page 8
Arrival	Page 9
Ground Floor	Page 10
Lodge Entrance Porch	Page 10
Lounge	Page 11
Dining Room	Page 12
Kitchen	Page 13
Downstairs Bedroom	Page 14

Wet Room and Toilets	Page 15
Laundry/Utility Room	Page 16
Upper Floor	Page 16
Staircase and Landing	Page 16
Bathroom	Page 16
Upstairs Bedroom	Page 17
Garden	Page 18
Additional Information	Page 19
Local Care Providers	Page 20
Local Equipment Hire	Page 21
Shopmobility	Page 21
Local Accessible Taxis	Page 21
Local Transport	Page 21
Contact Information	Page 22

## **Introduction**

Cardy is one of our four self-catering lodges, 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 lodge has stunning views across Lundin Links Golf Course and Largo Bay on the Firth of Forth towards Edinburgh and East Lothian. 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 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. You can come in for a coffee and take in the spectacular views or treat yourself to a relaxing massage or inclusive exercise classes. A cafe operates on Mondays and Wednesdays offering a reasonably priced lunch.

Cardy can sleep up to 6 people, in two bedrooms and one double sofa bed which is situated in the living area. On the ground floor there is an open plan kitchen/ dining/ living area with double patio doors leading out onto a screened patio area and communal lawn.

### **Downstairs in Cardy:**

- 1 accessible twin bedroom.
- The bedroom has one Invacare Medley 'Ergo' electric profiling bed with a pressure relief, Softform Premier Active 2 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).
- Large wet room with shower, Clos-o-Mat (left transfer) and H-frame ceiling tracking hoist (maximum weight limit 28 stone).
- Separate accessible WC (right transfer).
- Utility room with washing machine/ tumble dryer/ pulley/ clothes airer/ ironing facilities.
- Outside there is a patio with garden furniture.

### **Upstairs in Cardy:**

- 1 bedroom which can be made up as a twin or a double.
- It has a Velux balcony, which overlooks the golf course and Largo Bay on the Firth of Forth.
- Bathroom - bath with over the bath shower.

## 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](http://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/](http://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](http://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](http://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](http://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](http://www.clarkmobility.co.uk)/ Tel: 01333 425777.
- There is a Pharmacy, hairdresser, mini-market, gift shop with cafe and a butcher/ baker on Leven Road in the centre of Lundin Links.
- There is a specialist craft shop, Very Crafty, in Lower Largo just over half a mile away.
- 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](http://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

- Parking is to the North of the lodges at the top of the drive, there is space for 12 cars, 3 of these are allocated disabled parking bays.
- The surface of the parking spaces consists of small stone aggregate secured with a flat, plastic mesh topping to create a flat, level surface.
- There is 1 accessible parking space outside each of the 3 lodges, Drummochy, Keil and Massney, on a monobloc surface. The parking space for Cardy is opposite the lodge and the surface is as per the car parking spaces.
- There is a small, angled lip of less than 2.5 cm/ 1 inch between the edge of the parking area and the monobloc.

## Arrival

### Photo: Reception at the Paxton Centre



- If arriving during office hours (9.30am - 4pm Mon - Saturday), the key to your lodge can be collected from the Paxton Centre reception, adjacent to the lodges, on the right at the top of the drive.
- Out with office hours, the key can be located in the key safe, which is located around the right hand side of each 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.
- The outside area is well lit at night until 10pm by timer and sensor lights.
- 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 side entrance to the grounds from Victoria Road along by the play park and sports club. **NB** It has a hard packed dirt surface, with potholes, and changes to grass at the sports club.
- There is also an entrance from Leven Road, opposite the Montrave Hall. The lane opposite the hall leads to the bin store, where there is a heavy, wooden gate.

## **Lodge Ground Floor**

### **Entrance Porch**

- The main access to the lodge is from the North.
- The ground is level and the door is 105cm / 41 inches wide. It has a small weather bar of 2 cm/ 0.7 inches.
- 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, a shoe rack and a small shelf.
- Evacuation procedure details are on the shelf.
- 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 a short-pile carpet.

### **Entrance Hall, Stairs and Landing**

- The hall, stairs and landing are well lit using a combination of ceiling and wall lights.
- The passageway on the ground floor is 149cm wide.
- The floors in the downstairs living and sleeping areas are Junckers wooden flooring.

## Lounge

### Photo: Living Area Looking Towards Main Entrance



- Main door into living area from porch - width 109cm / 42.9"
- Door width to patio 192 cm/ 75"
- Dining table to floor 75 cm/ 29.5 inches

- The open plan living area is situated on the ground floor.
- There is a door which leads on to the patio.
- There are sliding doors which can be opened between the bedroom and living area. This door is 144cm wide.
- There are two sofas and a coffee table. There is a large rug under the coffee table, which can be removed on request.
- There is a widescreen digital television with remote control, audio description and subtitles. There is also a DVD player and an iPod docking station.
- There is a rise/recline chair.
- The flooring is quality, Junckers wood 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 and wall lights at night. Blinds can be angled to reduce any glare from the sun.
- There is also a comfortable double sofa bed which can sleep two people.
- All items of furniture and soft furnishing are of a modern style and comfortable.

## Dining Room

- The dining area is situated in the open plan living area.
- There is a large dining table which can sit 6 people, with free space to move around the table.
- There are 4 chairs that are padded 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 90 cm/ 35.5 inches
- Oven door handle height range 50-81 cm/ 19.5-32 inches
- Microwave to floor 112 cm/ 44 inches
- Breakfast bar to floor 74 cm/ 29 inches
- Ice dispenser controls to floor 116 cm/ 45.5 inches
- Fridge shelves 144cm/ 56.5 inches-30cm/ 12 inches.
- Freezer shelves 144cm/ 56.5- 36cm/ 14 inches.

- The kitchen is situated on the ground floor within the open plan living area.
- The door of the oven is right-hand opening with a vertical-bar
- The American style fridge/ freezer contains an ice machine and filtered water.
- 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 halogen light bulbs.
- The flooring is Junckers, quality wood.
- An integrated dishwasher sits at floor level.
- The kitchen work tops are lit with LED light bulbs

## Downstairs Bedroom:

### Photo: Downstairs Bedroom



#### Bed height from floor:

- 48cm fully lowered
- 89cm fully raised.
  
- Door is 106cm wide
  
- Patio door is 106cm/ 41.7 inches wide.

- 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.
- Both the 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 using the ceiling hoists so we can install the spreader bars.
- Guests using the 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 golf course to the Firth of Forth.

- Guests are to supply their own sharps disposal and advise if oxygen is being used.

## Wet Room and Toilet

### Photo: Wet Room



Hand basin to floor  
78 cm/ 30.7"

Clos-o-Mat toilet  
seat to floor 45 cm/  
17.7" high

- On the ground floor there is a large wet room.
- It has a Clos-o-Mat toilet with transfer through the left side, a small 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, which does not have a plug.
- 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 right side.
- It has a wash hand basin without a plug, 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, pulley, 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 turn half way.
- On the stairs and the bedrooms on the first floor there is a lovely deep pile carpet.
- There is a banister on either side on the first flight, and on the right side only on the upper flight.

### **Bathroom**

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

## Upstairs Bedrooms

### Photo: Larger Upstairs Bedroom



- Upstairs there is one bedroom, which can be made up as a double or twin.
- The bedroom has an additional luxury feature of a Velux balcony, which opens out to give spectacular views of Largo Bay.

## Garden

### Photo: South facing gardens



- The cottage has a slabbed patio, which can be accessed from the open plan living area and the larger ground floor bedroom.
- The access is level with no steps.
- There is a garden table, which is 730 mm/ 28.7" from the ground to the underside, and chairs on the patio.
- The lawn area, which leads off the patio, is communal and slopes gradually.
- The lawn is surrounded by a dry stone dyke, which has a gap for access.
- There are two wooden benches in the garden area, allowing you to rest and enjoy the views.
- 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 on Hillhead Street, Lundin Links, KY8 4DB - ½ mile away. Further information is provided in your welcome pack.
- 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. Please refer to Euan's Guide for further attractions 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.
- The onsite, Paxton Centre is the perfect place to have a coffee or take part in one of the therapies or activities which are on offer. Please note there may be additional charges for these. Please contact us for a note of the activities/therapies available during your stay
- 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  
Website: [www.careplusscotland.co.uk](http://www.careplusscotland.co.uk)  
Email: [careplus@hotmail.co.uk](mailto:careplus@hotmail.co.uk)
- **Handy Services**  
Tel: 01333 312573  
Email: [care@handy-services.co.uk](mailto:care@handy-services.co.uk)
- **Leonard Cheshire Disability**  
Tel: 01383 428721  
Website: [www.lcdisability.org](http://www.lcdisability.org)  
Email: [info@lcdisability.org](mailto:info@lcdisability.org)
- **Allied Homecare**  
Tel: 01383 620577  
Website: [www.alliedhealthcare.com](http://www.alliedhealthcare.com)  
Email: [dunfermline@alliedhealthcare.com](mailto:dunfermline@alliedhealthcare.com)
- **Elite Care (Scotland) Ltd**  
Tel: 01334 472834  
Website: [www.elitecarescotland.co.uk](http://www.elitecarescotland.co.uk)  
Email: [info@elitecareathome.co.uk](mailto:info@elitecareathome.co.uk)
- **Like2Care**  
Tel: 01592 650530  
Website: [www.like2care.co.uk](http://www.like2care.co.uk)  
Email: [liketocare@gmail.com](mailto:liketocare@gmail.com)
- **Avenue Care Services**  
Tel: 01383 326401  
Website: [www.avenuecareservices.co.uk](http://www.avenuecareservices.co.uk)  
Email: [enquiries@avenuecareservices.co.uk](mailto:enquiries@avenuecareservices.co.uk)

## 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](mailto:glenrothes@shopmobilityfife.uk)

**Kirkcaldy** - Thistle Car Park, Kirkcaldy, KY1 1RQ

Tel: 0844 335 6414 • Option 2 for Kirkcaldy

Email: [kirkcaldy@shopmobilityfife.uk](mailto:kirkcaldy@shopmobilityfife.uk)

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

Tel: 0844 335 6414 • Option 3 for Dunfermline,

Email: [dunfermline@shopmobilityfife.uk](mailto:dunfermline@shopmobilityfife.uk)

## **Local Accessible Taxis:**

- One2one 01333 427121
- Kings Taxis 01333 351999 (Minibus)
- Taxi Centre Fife 01333 300300
- Ian's Taxi 07880655383 or 07874782244

## **Local Public Transport:**

- [www.travelinescotland.com](http://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](mailto:Info@homelands-fife.co.uk)
- Website: [www.homelands-fife.co.uk](http://www.homelands-fife.co.uk)
- Facebook - [www.facebook.com/HomelandsTrust](http://www.facebook.com/HomelandsTrust)
- Twitter - [www.twitter.com/homelandstrust](http://www.twitter.com/homelandstrust)