

Support for Families in South West Edinburgh

Summer 2020

Free or low-cost activities and support
available during COVID-19



Please click on one of these links:

[Family activities](#)

[Parents and carers – support and information](#)

[Black, Asian & minority ethnic families](#)

[Additional support needs](#)

[Young people](#)

[Financial support and advice](#)

[Community food](#)

Family Activities

New

Bridge 8 & Paddle Café with support from [Edinburgh Tool Library](#), [Cycling UK](#) and [Spokes Lothian Campaign](#) we have opened Wednesday to Sunday supporting local residents with a free bike maintenance check and repair service. [Bridge 8](#)

New

Children & Young People at Edinburgh Libraries New Facebook Page with lots of fun family activities such as Cosmic Kids Yoga, Drag Queen Storytelling, Bookbug, Quizzes, Challenges and Craft ideas.

www.facebook.com/CYPatEdinburghLibraries/

Active Schools Active at Home ideas for children and young people

<https://www.joininedinburgh.org/sports/active-schools/activeathome/>

New

Home-Start Edinburgh West and South West continue to offer remote support to families with one child under 5. We can offer 1:1 or group telephone and digital support. For more information

Visit <https://www.facebook.com/HomeStartEdinburghWestSouthWest>

Contact 0131 564 1540, leave a message and we will get back to you as soon as possible.

New

Impact Arts – Creative Arts organisation currently offering a range of virtual creative projects for 12-26year olds for more information visit. [https://www.impactarts.co.uk/content/get-involved-young-people-](https://www.impactarts.co.uk/content/get-involved-young-people-2020/)

[2020/](https://www.impactarts.co.uk/content/get-involved-young-people-2020/) hello@impactarts.co.uk 0141 575 3001

New

Keep Scotland Beautiful – [new eco-schools home activities](#)

New

National Theatre of Scotland Play Dates An 8-week interactive online arts programme running Tue- Fri until the 17th July with interactive workshops and activities for children and families. For more information

visit www.nationaltheatrescotland.com/events/play-dates

New

Nursery to P1 [Transition We're going on a bear hunt](#) Six weeks of activities to help prepare your child for starting P1 in August 2020.

New

Out and About (Edinburgh and Lothians Greenspace Trust)

Family fitness, Gardening, Virtual catch-ups, Gentle fitness

Facebook <https://www.facebook.com/OutandAboutEd/> Instagram @outandabouted

Monday Morning – Fitness Roadshow Oxfords

Contact Kim Sibbald Kim@elgt.org.uk Ruth Wyatt Ruth@elgt.org.uk for the link

Healthy choices talk with Edinburgh Community Food

Contact Chris Mantle cmantle@edinburghcommunityfood.org.uk

New

Parents as partners – [help your child gain a qualification](#)

Arty Smarty Simple arts & crafts. No experience needed. No special equipment. Online every Tuesday and Friday 11.30am to 12pm www.facebook.com/withkidsedinburgh/

B Healthy Together continue to offer online exercise and support sessions – most of the session take place via their Facebook page www.facebook.com/behealthytogether/ : activities include: High Impact Workouts, Emotional Eating Live Chats, Low Impact Exercise, Chair Exercise, Seated Yoga, Active Kids Exercise, Community Chats

Bookbug sessions online sessions now being hosted on library Facebook pages [Balerno](#), [Currie](#), [Colinton](#), [Fountainbridge](#), [Ratho](#), [Sighthill \(Gate 55\)](#), [Westerhailes](#) or download the Bookbug Songs and Rhymes app. Also from [Space & Broomhouse Hub](#)

Children's Art Activities from National Galleries Scotland New activity ideas every Monday, all ages. www.nationalgalleries.org/art-and-artists/features/home-where-art-creative-curriculum-kids

Clovenstone Community Centre ideas and challenges for the whole family www.facebook.com/cloviecentre1975

Edinburgh Zoo Watch the animals while the zoo is closed on the live webcams www.edinburghzoo.org.uk Discovery and learning resources can be accessed at www.bit.ly/ZooToYouActivities

Library Online Memberships If you are not already a member, join your local library for free and access magazines and newspapers online, download ebook, audiobooks and learning resources www.yourlibrary.edinburgh.gov.uk

Peep Supporting babies and children to play and learn together. Visit the [Facebook](#) or [Instagram](#) pages to see posts on Peep Tips, Things to do at home, simple ideas and videos. www.facebook.com/peepcentre/ www.instagram.com/peepcentre/

Peep ideas from [HomeStart South & West Edinburgh](#)

Starcatchers have launched a new series of Wee Inspirations idea cards for parents at home with young children. Fun, creative ideas to engage little ones without a lot of resources, stress, and no pressure to 'achieve' anything. www.starcatchers.org.uk/wee-inspirations/?fbclid=IwAR1GwYIbHVHmQVVaj0ldzL26h0Su969m-0ap2Kai-JxkwccufhOzID2p03k

#StayInWorkOut online exercise and workout routines from The Health Agency and Health All Round on Facebook www.facebook.com/thehealthagency www.facebook.com/healthallround

The Story Kist – [inclusive online story and song sessions](#) Saturday mornings

WHALE Arts Centre free online classes www.whalearts.co.uk/online-classes Free Art Packs for all ages via pick-up or delivery on Fridays.

Parents and carers – support and information

Local support for Parent and Carers for up to date information on what support is available for parents and carers in South West text 07717 317 665, or for any area in Edinburgh, contact supportingparentsandcarers@edinburgh.gov.uk.

Updated

Parenting Programmes- courses to help parents with their child or teenager's behaviour

Face-to-face courses are currently postponed however [Triple P \(3-6 years and Primary\)](#) and [Teen Triple P \(11-16years\)](#) parenting programmes are still accepting online applications and the team will keep families informed about the types of support which may still be available. For more information visit www.joininedinburgh.org/parenting-programmes/

New

Cyber Bullying Information Session Free online information session for parents and carers run by Connect and Respectme. Black lives matter- Keeping Children Safe Online Thursday 18th June 7pm, Parenting Muslim Teens Sunday 21st June 9.30am, Internet Safety for Parents Wednesday 24th June 12.00pm. Places must be booked at <https://bit.ly/Connectplusrespectme>

New

Speech and Language Therapy in South West

Helpline for parents of children looking for advice or support around their child's talking and communication. Contact Wester Hailes Healthy Living Centre 453 9315 www.lets-talk.scot.nhs.uk Mon-Fri 10am-12pm

New

Solihull Online FREE online courses for parents and carers from the Scottish Government.

- Understanding pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child
- Understanding your teenager's brain

To access these courses for free, families need to use the access code TARTAN.

<https://inourplace.heiapply.com/online-learning/>

New

Share Parenting Scotland Online meetings 7-9pm on the first Monday of every month with a family lawyer and family therapist to help separated parents who are not seeing their children or facing other lockdown issues. Tel 0131 557 2440 For more information and advice visit www.sharedparenting.scot

Updated

People Know How

Wellbeing Calls- phone befriending service for adults across Edinburgh who may be feeling isolated. From chatting about interests to sharing advice on accessing resources, the befrienders are there to offer a friendly ear.

Learn Digital Project Support for adults with support to use computers and digital devices, helping to stay connected, find a job online, navigate the web and save money online. Visit

www.peopleknowhow.org/reconnect/coronavirus

New

The Health Agency Wellbeing Service for anyone living in South West Edinburgh

Check-in calls, counselling, talking therapies and online group work on topics such as anxiety management.

Call 0131 453 9400 to arrange a call or book an appointment hello@thehealthagency.org.uk

If necessary leave a message with your name and a contact number.

Becoming a dad during the coronavirus pandemic

Father Network Scotland has produced a [leaflet](#) for new dads and dads to be at this time.

www.fathersnetwork.org.uk

Children 1st Dads Work Support for dads and male carers about raising children with confidence, their mental health and day to day parenting. Contact Niko Tel: 07908 399 944

Circle-Harbour

Support for children and families affected by parents' use of alcohol or drugs. In South West new referrals can be made for family outreach or father's support by contacting Sylvia Sword 07903 822059

sylvia.sword@circle.scot

Dads Rock are offering a number of courses via Zoom including antenatal classes, sleep and feeding workshops for both dads and mums. Courses are free, or by donation for those who can afford it.

hello@dadsrock.org.uk Tel: 07807 498709 www.dadsrock.org.uk

Employability and Digital Skills Webinars - One Parent Families Scotland Online support for single parents. To book or for more information email mar.sanchez@opfs.org.uk Tel 07789 277608 or visit the Facebook page.

EVOC (Edinburgh Voluntary Organisations Council) Covid-19 Directory of Services For a list of other support services where you live visit www.directory.evoc.org.uk

Juno Pre and Postnatal Parents Online Peer Support Sessions Zoom peer support sessions for mums who are suffering or have suffered post-natal depression. A relaxed time for people to chat and gain advice

and support. Mondays 8pm from the 4th of May. For more information visit www.facebook.com/junopmhseedinburgh/

Lone Parent Helpline-One Parent Families Scotland Information and advice for single parents. Open Mon-Fri 9.30am-4.00pm Tel: 08088 010323 www.opfs.org.uk

Mental Health Information Station NHS Information on a range of adult mental health supports. Speak with an NHS Mental Health professional Thursdays 9.30am-4.30pm. Please call 0131 537 8650 and ask for the Mental Health Information Station. If staff are busy, you can arrange a call back. Or you can email: MentalHealthInformation@nhslothian.scot.nhs.uk at any time with specific queries and request a call back.

NSPCC For parenting advice and support, contact trained online helpline counsellors Tel: 0808 800 5000, weekdays 8am to 10pm and weekends 9am to 6pm, email help@nspcc.org.uk or visit www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/

Parentline Scotland/ Parent Helpline – Children 1st/ Edinburgh Together Free helpline, email and web-chat service offering advice and support for parents and carers Mon-Fri 9am- 9pm Sat and Sun 9am-12 pm. Tel: 08000 28 22 33 <https://www.children1st.org.uk/help-for-families/parentline-scotland/>

Parent Club The Scottish Government's has put together lots of information to help you and your family cope with this huge change to our daily lives. www.parentclub.scot/

Parenting Across Scotland website has useful information on the services and helplines available for parents and carers in Scotland and a range of parenting support and advice. www.parentingacrossscotland.org

Scottish Domestic Abuse 24 hr Helpline Support for Women experiencing domestic abuse or forced marriage and their friends and family. Translation facilities available for callers whose first language is not English. Tel: 0808 802 3333 or email helpline@sdafmh.org.uk online chat at www.sdafmh.org.uk

Sleep Scotland Parent Support Line Guidance and support for parents and carers on their child or teenagers sleep problems or young people themselves. Mon-Thu 10am-4pm www.sleepscotland.org Tel: 0800 138 6565

Social Care Direct- Children and Families Social Work Request help or advice about a child or vulnerable adult requiring support due to illness, disability or at risk or harm. Tel: 0131 200 2324 Out of Hours 0800 7316969

Star Line National Home Learning Helpline Support and advice for parents and carers on home learning and managing children's behaviour during COVID-19 from qualified teachers and parenting and education experts. Tel 0330 313 9162 (local rate) Mon, Wed 8am-4pm, 7-10pm, Tue, Thu, Fri 10am-4pm. Sun 10am-1pm. www.starline.org.uk

Stress Control Classes The six session stress control classes are available free of charge online the next block starts Mon 11th or Tue 12th May, alternating weekly sessions run on a Thursday and Friday. Sessions can be watched in the afternoon or evening. For more information or to register go to <https://stresscontrol.org/>

The Spark Relationship Helpline Free helpline for anyone experiencing family or couple relationship issues. Tel 0808 802 2088 Mon-Thu 9am-9pm, Fri 9am-4pm. www.thespark.org.uk

Vocal Family Support Addictions Support for parents, friends, partners and other family members who are affected by someone else's drinking and drug use. New referrals being accepted. fsa@vocal.org.uk 0131 622 6666

WithKids video content from play therapists, accessible through: www.withkids.org.uk, <https://www.youtube.com/channel/UCuhkd5DBWMV6dAdIJQkwmUw> and social media platforms. [Twitter.com/withkidsscot](https://twitter.com/withkidsscot). [Twitter.com/with_kidsedin](https://twitter.com/with_kidsedin) <https://www.facebook.com/withkids>, <https://www.facebook.com/withkidsedinburgh>

Young Minds

Support for children and young people's mental health and emotional wellbeing. For information and advice for young people and parents and carers go to www.youngminds.org.uk.
Free helpline for parents and carers: 0808 802 5544 or email parents@youngminds.org.uk

Black, Asian and Minority Ethnic families

New

AAI Diversity Work – 6-week online support programme for black and minority ethnic people in Scotland
<https://www.aai-employability.org.uk/>

New

Aditi Supports the safety and wellbeing of Black, Asian and Minority Ethnic (BAME) women who have experienced or are currently experiencing domestic abuse or 'honour' based violence. For more information call 0131 603 4865, email aditi@sacro.ork.uk www.sacro.org.uk/aditi

New

SCORE Scotland Family Support to BAME communities in the South West Edinburgh We liaise with schools, social work departments and GP services to support children, young people and their parents/carers during the COVID 19 pandemic, supporting families with mental health support, and mindfulness/meditation sessions. Please refer families by emailing Jennifer.Ba@scorescotland.org.uk or text 07504 826 683

New

SCORE strengthening communities for race equality Scotland [Free bike servicing and food distribution](#)

Equal Access- Health in Mind Online support sessions for people from ethnic minority backgrounds who may face additional cultural and language barriers to accessing mental health support. Fortnightly Mondays from 12 to 1pm (women support group). Weekly Tuesdays from 11 to 12.30pm- Stress management and coping skills for women. Fortnightly Thursdays 12-1.30pm (men and women) One to one support may also be available. To register or for further information, please email rahila.khalid@health-in-mind.org.uk or call 07730220109.

Multi-Cultural Family Base (MCFB) Online and telephone support is still being offered to black and minority ethnic children and families, with some of the groups running remotely. New referrals accepted. Tel 0131 467 7052 Visit www.mcfb.org.uk or Facebook <https://m.facebook.com/mcultural1/>

Open Arms Services offering support for women from black and minority ethnic communities in Edinburgh, including refugees, asylum seekers and those who have mental health challenges or difficult home situations.

- **Sikh Sanjog.** One to one support to women and their families through phone, video calls and online groups, including help with accessing benefits, foodbank support etc. Contact 07837 701263 or email info@sikhсанjog.com Visit www.sikhсанjog.com or Facebook www.facebook.com/sikhсанjogedinburgh
- **LINKNet Mentoring** one to one weekly remote support for women looking to build their confidence and look for opportunities for education, employment and personal development. Contact linknet3@linknetmentoring.com or phone 07957989804.
www.linknetmentoring.com

- **ELREC** Online course and activities for women such as sessions exercise sessions, crafts, skin care and keeping well. In partnership with Health in Mind a Stress and Anxiety management group for women from black and minority ethnic communities runs weekly. For more information email Mitra at mrostami@elrec.org.uk Visit Facebook [Mitra Rostami-ELREC](#)
- **Saheliya** Learning session online or by phone including English language, sewing, computer skills, yoga, well-being and exercise. Weekly informal online drop-in session run to help people with employment or to stay in touch, language support provided in Arabic, Urdu, Hindi and Bengali.
- Email sweetey@saheliya.co.uk or phone 07400617023 (between 10am - 4pm on Mon - Fri). Visit www.saheliya.co.uk or Facebook- Saheliya Hub

Shakti Women's Aid Supporting BME women and children experiencing domestic abuse. Tel 0131 475 2399 email info@shaktiedinburgh.gov.uk Mon-Fri 9am-5pm www.shaktiedinburgh.co.uk

The Action Group- BEMAS Service Holistic advice and support for parents from BME communities with a disabled child. Tel: 0131 475 2315 Monday to Friday 9am-5pm. Leave a message for Advice or BEMAS and an adviser will call back or email advice@actiongroup.org.uk

The Welcoming Association has created online resources to support newcomer families across Edinburgh, to feel less isolated and continue to find friendship and support during the Corona virus crisis. Support includes Online English learning; Online Employment Guidance; Online Friendship; Home Energy, Recycling and Growing; Useful information www.thewelcoming/covid-19-announcement 0131 346 8577 info@thewelcoming.org

Additional Support Needs

New

Children in Scotland FREE Webinars for families of children with ASN Practical and supportive sessions to help you cope during coronavirus and the return to school. For more info or to book visit <https://www.eventbrite.co.uk/o/children-in-scotland-20206726841>

New

Lothian Centre for Inclusive Living (LCiL) Peer Support Groups for parents of children with additional support needs are meeting online by Zoom. Email lisa.milburn@lothiancil.org.uk

New

Take a break Scotland – Provides grants for short breaks for carers of disabled children, young people and their families in Scotland. 2020 applications are open until 5pm on Monday the 29th of July. Families have 12 months to use the grant or if they prefer not to travel, other items can be requested to help support a break at home such as bikes, sports equipment, outdoor play or home entertainment. <http://takeabreakscotland.org.uk/applications/who-can-apply/>

Boardmaker is offering a free 90 day trial to support accessible online learning for every child. <https://goboardmaker.com/blogs/news/boardmaker-online-working-from-home#PCS#SLPeeps>

ChatterPack is a voluntary-run, special educational needs and disabilities hub: <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

City of Edinburgh Psychological Services Support and advice for parents, carers, professionals and young people about supporting children and young people's learning and wellbeing. Leave a message Mon to Fri 9am-5pm on 0131 469 2800 or email psychologicalservices@ea.edin.sch.uk and an Educational Psychologists will get back in touch. [Helpful information on supporting children at home during COVID-19](#) and a [Guide for Young People](#) can be found on the council website.

Kindred Support for parents and carers of children with complex needs. Assistance with benefits, grant funding for aids and equipment, information and support on statutory care and support being discharged from the Royal Hospital for Sick Kids. Tel 0800 031 5793 or email enquiries@kindred-scotland.org

Occupational Therapy Helpline for parents of children with additional support needs. Offers support and advice around your child's everyday life skills and difficulties experienced during COVID -19 pandemic. Tel: 07866848453 9am-12pm Tue-Fri. No appointment system, may need to wait until phone line becomes free.

Salvesen Mindroom Support for parents, carers, professionals and children and young people affected by learning difficulties. Contact available via telephone, emails and video calls. Tel: 0131 370 6730 Email: directhelp@mindroom.org Facebook <https://www.facebook.com/nomindleftbehind/> Twitter <https://twitter.com/MindroomInform>

Scottish Autism Advice Plus Advice Line - Information, advice and support for individuals and families about Autism. Mon-Sun 8am-8pm Tel 01259 222 022 call or email advice@scottishautism.org Also offering Live chat, Facebook groups and Wellbeing Video sessions also available to view each Thursday, for more information visit www.facebook.com/scottishautism/

Scottish Autism Right Click Online Support Programme For parents and carers of children and young people on the Autism spectrum, a free online support programme specific to the age of their child. Women and girls specific programme also available. Programmes run for five weeks on a rolling programme. For more information or to register visit www.scottishautism.org/services-support/support-families/online-support-right-click

Speech and Language Therapy Helpline for parents of children looking for advice or support around their child's talking and communication. Contact Westerhailes Healthy Living Centre Tel: 0131 453 9315 www.lets-talk.scot.nhs.uk

The Action Group Advice Service Benefits advice and support for families with a disabled child. Tel: 0131 475 2315 Monday to Friday 9am-5pm. Leave a message for Advice and an adviser will call back or email advice@actiongroup.org.uk

The Yard is offering online activities and songs for children with additional support needs on their Facebook page. www.facebook.com/TheYardScotland

VOCAL Support for Carers Telephone support available for carers, including parents where the caring role of their child requires additional time. Email: centre@vocal.org.uk Tel: 0131 622 6666. For free courses around the challenges carers may be facing during COVID-19 visit www.carerstraining.co.uk/events/

Whizz-Kidz Scotland Offering online sessions for young wheelchair users and their families. Sessions include coffee and chatter time, dance and movement, Art and crafts and storytelling. Join the [Whizz Kidz Scotland Facebook group](#) for more information or to book.

Young People

New

Health in Mind's new wellbeing Line for young people launched in June and runs till 31 July 2020. Call 0808 801 0614 for FREE, 2-6pm Mon, Thurs, Fri & 11am-3pm Sat & Sun

New

People Know How are offering **Online Befriending** and **Group Support** for young people in P7 across Edinburgh who would benefit from support through this uncertain time. Young people can talk, play games, learn, and share with a befriender or participate in group activities. See www.peopleknowhow.org/positive-transitions-service/coronavirus

New

SCORE Scotland's children and youth team are currently delivering two weekly sessions online; Knots and Crosses Children's Club (7-10 years) and Knots and Crosses Youth Club (11-16 years). We are engaging with children and young people via Zoom and Instagram @knots.and.crosses.youth.club. Participants have recently been working on cookery challenges and enterprise sessions and this provision continue to grow. Please refer families with children & young people to Jennifer.Ba@scorescotland.org.uk 07504 826 683

New

The Youth Agency

- **Weekly Digital Drop-ins via Zoom** a mixture of easy fun activities, general chat and chance to share experiences, checking in to see how individuals are and the opportunity to access further support if required. Juniors (aged 8-P6) Tuesday 6-8pm; Intermediates (P7-S2) Thursday 7-9pm; Seniors (S3+) Wednesday 7-9pm
- **One to One support, Issue-based group work, Nurture groups**
- offered to any young person we worked with prior to covid-19. Get in touch and a worker will call you back.
- **Comfort packs** contain shampoo, conditioner, tooth brushes, toothpaste, sanitary products and deodorant. They can be collected from the Youth Agency office on Dumbryden Drive (in line with social distancing) or delivered to anyone who is self-isolating.
- **Food Parcels** we have a limited number of food parcels and vouchers which are for young people we work with and their families. Should we have an extra we will let people know through social media.
- Contact info@youthagency.co.uk facebook.com/westerhaileseyouthagency Twitter@WHYouthAgency

6VT staff are supporting young people via messenger, email contact@6vt.info, facebook, twitter, instagram or contact through the website www.6vt.info. Online drop ins for 13-21years olds every Mon, Wed, Fri 7pm.

Childline Help and advice on a wide range of issues www.childline.org.uk

Telephone, online chat, email or forum support. FREE Helpline Tel: 0800 1111

Gambling and Young People- Fast Forward Advice and information booklet for parents and carers on gambling and young people www.fastforward.org.uk/advice-for-parents

HOT (Health Opportunities Team) Offer health and wellbeing support to young people. Mental health and sexual health support available through a confidential telephone consultation on Wed 4-8pm and Thu 3.45-6pm or join the online Feel Good group. For more information or to book a time to chat email: getsupport@health-opportunities.org.uk or sent a message on Facebook- Health Opportunities Team, Twitter @hothoose Instagram @hothoose

Mind Yer Time Website New website developed by the Children's Parliament and Scottish Youth Parliament. Positive tips, stories and information for children and young people to help use screen time positively. www.mindyertime.scot

Penumbra Self Harm Project Support and advice to parent and carers who are concerned about their child over the phone, by email or video call. Please contact: Samantha.harrison@penumbra.org.uk There is a slight waiting list for support to individuals over 16 years who self-harm but please contact selfharm.edinburgh@penumbra.org for more information.

Young Minds Support for children and young people's mental health and emotional wellbeing. www.youngminds.org.uk Young people experiencing a mental health crisis needing urgent help can contact the Young Minds Crisis Messenger by texting 85258, this is available 24 hours a day, every day. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Financial Support and Advice

New

- **Best Start Grant School Age Payment** £250 help for eligible families with the cost of starting school. For children born between 1 March 2015 and 29 Feb 2016 apply between 1 June and 28 Feb 2021(even if deferring entry)
- **Early Learning Payment** £250 help for eligible families with a child between 2 and 3½ years
- **Pregnancy and Baby Payment** £600 for first child or £300 help for eligible families with cost of pregnancy or having a new child

- **Food Payment** £17 every four weeks for eligible families during pregnancy and for every child under three to spend on healthy foods.

To find out the support you may be eligible for visit www.mygov.scot/beststart or call 0800 182 2222

New

Changeworks – delivering positive low carbon living

Fuel billing and debt support for households contact <https://www.changeworks.org.uk/what-we-do/energy-and-fuel-poverty/fuel-poverty-services/refer-clients-to-fuel-poverty-services>

Contact Aidan Tracey 0131 539 8640, atracey@changeworks.org.uk, www.changeworks.org.uk

New

Float Trust Small grants to help with essential costs for people in need, who have been refused a Crisis Grant. Bus tickets can be provided to organisations to help clients access essential services such as attending appointments, interviews, attending support groups. Referral should be made by a professional.

www.float.scot/

New

Home Energy Scotland - Free and impartial advice for anyone worried about energy bills

We recognise that home heating and energy use will be affected by people staying home to avoid picking up the Coronavirus. If you're worried about your energy bills or struggling to stay warm at home, call us. We're briefing our advisors with the latest information from energy suppliers and from the Scottish Government, and we'll stay up to date with any new developments. Our advice is free, impartial and funded by the Scottish Government.

Phone 0808 808 2282 to chat to a friendly advisor – calls are free and we're available Monday to Friday 8am to 8pm and Saturday from 9am to 5pm. Or request a call back on our website:

www.energysavingtrust.org.uk/scotland/home-energy-scotland/lets-talk

New

OPFS Emergency Energy Fund Support to single parents who are under intense financial pressure due to the coronavirus crisis. Sponsoring agencies can apply for a one-off payment of £50 for single parent families who need help with their energy bills (e.g. gas/electricity). Applications may take up to 28 working days. To become a sponsoring agent who can apply for families, contact 0131 556 3899 or email

energygrants@opfs.org.uk

Updated

People Know How- Computer Delivery project to provide refurbished computers and devices to those who need help staying connected in Edinburgh. Those who are self-isolating, home-schooling, on low income or would benefit for any other reason are eligible to apply. For more information please email

contactus@peopleknowhow.org

New

SCORE Scotland

For the families severely affected financially by the COVID-19 pandemic, we will support you through the process of applying for emergency crisis/community grants. The Scottish government has increased the Welfare fund to provide financial assistance to those most in need. Contact bahiya@scorescotland.org.uk or text 07504 826 683

Citizens Advice Edinburgh Online advice and support at <https://www.citizensadviceedinburgh.org.uk/get-advice> or Tel 0131 510 5510

CHAI (Community Help and Advice Initiative) is currently offering a telephone consultation service. To book a phone appointment call 0131 442 2100 or email chai@chaiedinburgh.org.uk

Family and Household Support can offer support and advice with family relationships, parenting, mental health and well-being, employment and learning, housing options and neighbour disputes. Help with accessing food banks, debt, budgeting, welfare benefits, applying for grants, funding or furniture.

southwest.familyandhouseholdsupport@edinburgh.gov.uk

Maximise Families who have a child who attends school at WHEC, Clovenstone, Canal View, Sighthill primaries can receive free welfare and benefit advice or family support. 0131 442 2100 or 0131 446 2300

The Advice Shop Tel 0131 200 2360 anytime Mon-Fri and leave a message. A return call will be made within 2 hours or email advice.shop@edinburgh.gov.uk

Turn2us Edinburgh Trust Response Fund Relating to COVID-19

People who have lost their income as a result of the Coronavirus and are struggling financially may be eligible for a one-off crisis grant towards essential living expenses. For more information on eligibility and how to apply visit <https://www.turn2us.org.uk/Edinburgh-Trust-Response-Fund-for-Covid-19>

Community Food

New

Destiny Angels (part of Destiny Church) Run by volunteers-Befriending phone calls, emergency food parcels and home-made meal doorstep deliveries. Email angels@destinyedinburgh.com for more info.

Foodbanks

Foodbanks are able to provide emergency food for anyone in crisis, who cannot afford food. A referral and a foodbank voucher are needed from a support worker or GP surgery. For information contact The Foodbank on 0131 444 0030 or Social Care Direct on 0131 200 2324/Out of Hours 0800 731 6969. For up to date information on the Foodbanks currently operating Tel: 0131 444 0030 or visit www.edinburghne.foodbank.org.uk/locations or Edinburgh North East Foodbank Facebook page or www.edinburghnw.foodbank.org.uk/locations/ Anyone struggling to access a Foodbank referral can contact The Scottish Welfare Fund, who will check if you are eligible for a crisis grants within 24hours or issue a foodbank voucher. Tel: 0131 529 5299 Email: welfarefundteam@edinburgh.gov.uk Applicants should highlight if they are in social isolation or shielding.

[Interactive Food Map for South West](#)

Go Beyond South West in partnership with Mapme has created a map showing ongoing food provision in the locality. Please contact organisations directly; they include:

- Calders Community Flat
- [Community One Stop Shop](#)
- Holy Trinity Church
- Oxfords Community Church
- Score Scotland
- South West Edible Estates
- [Space and Broomhouse Hub](#)
- The Dove Centre
- The Health Agency
- [WHALE Arts Agency](#)

The Digital Sentinel the [community news site](#) for Wester Hailes - weekly updates on local provision

Broomhouse and Stenhouse areas

- **Stenhouse Primary Free School Packed lunches**
every week day outside Stenhouse Baptist Church 1.30-2.30pm
- **St Salvador's Church** self-referral foodbank every Wednesday from 12-1.30pm
- **Salvation Army Gorgie** Foodbank open on Mon/Wed/Fri from 1-3pm
- **Community One Stop Shop** Self-referral foodbank Mon-Thurs 10am-3pm, Fri 10am-12pm
- **Broomhouse Hub** Hot meals for meal voucher holders from 11.3-am-1.30pm

The Scottish Welfare Fund

Anyone struggling to access a Foodbank referral can contact The Scottish Welfare Fund, who will check if you are eligible for a crisis grants within 24hours or issue a foodbank voucher. Tel: 0131 529 5299 Email: welfarefundteam@edinburgh.gov.uk Applicants should highlight if they are in social isolation or shielding.

Edible Estates offering to deliver food parcels – email to contact Stacey@thehealthagency.org.uk; emma@thehealthagency.org.uk

Helplines for vulnerable and high-risk people during COVID-19

If you do not have support from family, friends or community organisations and are in need of food or medicine delivery please contact City of Edinburgh Council 0131 200 2306 Mon-Thu 8.30am-5pm, Fri 8.30-3.40pm or email edinburghvulnerable@edinburgh.gov.uk or Contact the Scottish Government 0800 111 4000 Mon-Fri 9am-5pm.

SCORE strengthening communities for Race Equality Scotland - Community Fridge

In line with the recent developments, our community fridge will temporarily switch to home deliveries and we will only be delivering to those who need emergency food supply. For more information contact our office on 0131 442 2341

If you have any information to add to the *Support for Families in South West Edinburgh* list or if any information in this list is incorrect please email supportingparentsandcarers@edinburgh.gov.uk

Coronavirus
Covid-19

For latest updates on council services visit

www.edinburgh.gov.uk/coronavirus

