

Support for Families in South West Edinburgh

Winter 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

Active Schools Active at Home ideas for children and young people
<https://www.joininedinburgh.org/sports/active-schools/activeathome/>

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:, Low Impact Exercise, Chair Exercise, Seated Yoga. Contact: info@bhealthytogether.org.uk

Baby's First Foods. Nutrition class and cooking sessions via Zoom and private Facebook group. 4 weeks sessions with weekly meetings via Zoom every Thursday at 10.45am. Contact Alicia for more info: alicja@bhealthytogether.org.uk

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](#)

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. Visit [Bridge 8](#) on facebook or call 07808534028

BuggyGym. Twice a week – outdoors and Facebook live. Tuesday 9.30-10:30am- outdoors in Sighthill area. Gentle post-natal exercise focusing on retraining the core, pelvic floor and regaining strength. Thursday's 9.30-10:30 via Facebook live. Boosting energy class working on deep tissue muscles, low impact class using resistance bands provided for each participant. Contact Alicia for more info: alicja@bhealthytogether.org.uk

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.

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

Expecting something – Starcatchers is a weekly group for young parents/carers 25 and under with babies aged 0-2 runs on Thursdays in WHALE Arts Community Garden. Professional artists create a different weekly theme for parents and babies to explore, play together and connect with others in the community. During winter, we will be cosying up warm and meeting as a group for hot chocolate and marshmallows by the fire with different activities for families. For more info or to book email expectingsomething@starcatchers.org.uk or call/text Kerry on 07723541628 **Family fit** only via Zoom every Monday at 4-4:30pm. This is a HIIT class, short high intensity training when kids can join as well. Contact Alicia for more info: alicja@bhealthytogether.org.uk

Festive activities on Facebook during December from Homestart West and South West Edinburgh
<https://www.facebook.com/HomeStartEdinburghWestSouthWest/>

Impact Arts – Creative Arts organisation currently offering a range of virtual creative projects for 12-26 year olds for more information visit. <https://www.impactarts.co.uk/content/get-involved-young-people-2020/> hello@impactarts.co.uk 0141 575 3001

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

National Museum of Scotland Chambers Street free for all ages and open during the festive period. Families must book online and once you are in you can stay as long as you like and pick up a special winter trail during your visit. Find out about the Christmas art challenge and on line activity for adults, young people and children <https://www.nms.ac.uk/museumartchallenge> Opening hours 10am -4.30pm Monday to Sunday and on Boxing day and January 1st open 12- 4.30pm. <https://www.nms.ac.uk/reopening/>

Out and About (Edinburgh Lothian Green Team & Edinburgh Community Food) Move & Groove, Oxfangs - Monday Morning. Healthy Lifestyle Activities Facebook <https://www.facebook.com/OutandAboutEd/> Instagram @outandabouted Oxfangs Walking Group, Tuesday Morning – Oxfangs Contact Kim Sibbald Kim@elgt.org.uk,

Peep - Peep Learning Together supporting babies and children to play and learn together. Visit our [Facebook](#) or [Instagram](#) pages to see “rainbow Peep”. Posts on Peep tips and some ideas and activities to at home. www.facebook.com/peepcentre/ www.instagram.com/peepcentre/

Saturday Activity Groups for Single Parents and Children Each Saturday morning (currently via Zoom). For more info call 07814078139 or tom.carroll@opfs.org.uk

Magic Gareth is doing a live zoom magic show on Saturday 19th December starting at 10.00am. I am sending you the link so you can join us, If attending do log in around 09.45 am...Fun for the family OPFS Edinburgh is inviting you to a scheduled Zoom meeting. Link is attached below

Topic: My Meeting

Time: Dec 19, 2020 09:30 AM London

Join Zoom Meeting

<https://opfs-org-uk.zoom.us/j/94904671729>

Scotland Cycle Repair Scheme

Fortnightly on Fridays 10:30-17:00, call for dates and to book: Tel: 07496190752 louisa@scorescotland.org.uk

Tailor Ed Virtual Support Services offer online group sessions to support children with autism and their families. Online support sessions are available during the Christmas holidays including Weekday Circle Times, Games sessions of interactive and visually supported activities, Fortnightly Quiz Night for parents. For more information or to refer a family to access these events please contact Roo (07518 040 115) or Kate (07980 702 962)

Time for Mum Project Support for Vulnerable & Isolated Parents. Focus on mums that struggle to access group activities or start something new. Mums are matched with a Volunteer befriender who will explore and attend activities or groups of interest e.g arts & craft, cooking, exercise and support parents to develop networks of their own within the community. Video delivery on portals/zoom allows mums with anxiety/depression to access social interaction and activities without leaving the house. Support improves self- confidence, resilience, and reduces isolation. Contact 0131 523 1322 or our website for application form www.firsthand-lothian.org.uk – parents/carers can refer themselves or through an organisation

Wee Inspirations Starcatchers have launched a new series of 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. <https://www.starcatchers.org.uk/wee-inspirations/>

WHALE Arts Centre free online classes, Free Art Packs for all ages via pick-up or delivery, Free delivery, Streetwork for young people, friendship calls visit . <http://www.whalearts.co.uk/whats-on/> for more information

Zoodle! Edinburgh Zoo “Digital Learning Environment” packed full, with a wide range of online materials including games and free courses. <https://learning.rzss.org.uk/>

Support and information for parents & carers

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

Children 1st Parentline Scotland Free helpline, email and web-chat service offering advice and support for parents and carers. Mon-Fri 9am- 9pm Sat and Sun 9am-12.30pm. **From 24th Dec -4th Jan open each day 10am- 1pm.** Tel: 08000 28 22 33 <https://www.children1st.org.uk/help-for-families/parentline-scotland/>

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

Conflict Resolution Sessions Free online sessions giving parents and carers who may be struggling with conflict at home, advice and support. Conflict Resolution Session Series- Family Conflict Triggers 21st January 10.3-11.10am, Understanding Anger 4th February, time tbc
Untangling the knots' course 11th and 26th of January 11.30am -12.30am.
For more information and to book visit <https://scottishconflictresolution.org.uk/events> For useful resources on conflict visit www.scottishconflictresolution.org.uk

Dads Rock run monthly courses via Zoom including antenatal classes, sleep, hair and feeding workshops for both dads and mums. Courses are free, or by donation for those who can afford it. They also have Dads Whatsapp groups and have free outdoor play sessions for Dads and children.
hello@dadsrock.org.uk Tel: 07807 498709 www.dadsrock.org.uk

Digital Device Support – For single parents struggling with lack of a device or connectivity at home. Ongoing support to improve confidence and skills. for more information email stacey.powchscott@opfs.org.uk Tel 07570106789 or visit the Facebook page

Father Network Scotland has produced a [leaflet](#) for new dads and dads to be during COVID-19. Other initiatives include: Understanding Dad; Being Me, Being a Dad; Understanding Paternal Mental Health. www.fathersnetwork.org.uk/

Employability and Digital Skills Course- One Parent Families Scotland Online support for single parents in Edinburgh. Ongoing, with next course starting in January. To book or for more information email stacey.powchscott@opfs.org.uk Tel 07570106789 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

Fathers' Support – 1:1 help for single fathers of children under 4 yrs, needing help with parenting, advocacy and information. For more information call 07909 112 036 or jenifer.hamilton@opfs.org.uk

Free 1:1 Counselling for Single Parents – Currently online via video call or by phone. For more info call 0131 556 3899 or email brock.lueck@opfs.org.uk

Free Cooking & Conversation Sessions for Single Parents - via Zoom each Wednesday 10:30 – 12:30 pm. For more info call 07814078139 or email tom.carroll@opfs.org.uk

Free REHIS Food Hygiene Course For more information and to register please visit <https://www.edinburghcommunityfood.org.uk/rehis-food-hygiene-information> or contact Chris at Edinburgh Community Food on 0131 457 7326.

Free support to Kinship Care Families from Big Hearts Community Trust. Our Family Support Officer can provide free advice on parenting strategies & financial and practical support available in the community. Contact the Kinship Care Helpline 0131 603 4927 (Monday-Thursday, 10am-4pm) or email kinship@bighearts.org.uk. We also run various peer support groups for children, teenagers and male carers.

Friday Night Zoom Quiz for Single Parents each Friday 8:30–10:00 pm for more info call 07814078139 or tom.carroll@opfs.org.uk

1:1 or group phone and digital support, including drop-in catch-up group sessions for families with at least one child under 5 years old from **Home-Start** Edinburgh West and South West For more information visit <https://www.facebook.com/HomeStartEdinburghWestSouthWest> or contact 0131 564 1540, leave a message and we will get back to you as soon as possible. Keep an eye on our Facebook page for festive activities in December.

Healthy Agency – offers 1-1 counselling (12 weeks) and CBT sessions (16 weeks) can be accessed over the phone or online. Tasting Change are providing a delicious free take away community meal every Wednesday and can be collected from the gate at The Health Agency and 1 other location throughout Wester Hailes from 1pm - 2pm. We are running online group sessions also, with Taking Care of Ourselves starting in January for 8 weeks, where people can learn relaxation, meditation and help with reducing anxiety. Our anxiety management course will be running some time early in the new year. The Willow Garden project is still runs from the Calder community garden every Tuesday from 1pm Westerhaven are still providing support for people with cancer or COPD through various therapies and information related to cancer and have recently collaborated with With Kids to support children affected by cancer. For enquiries about any of the services, people can call 0131 453 9400. The phone is currently unmanned so will go straight to voicemail, but is being monitored daily and any messages will be dealt with a.s.a.p. People can also email frontdesk@thehealthagency.org.uk for any information they require.

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 8-9pm. Fridays 1-2pm. **CLOSED until 4th January 2021** Email juno.enquiries@gmail.com at least 24hours before the sessions for the zoom link. For more information visit www.facebook.com/junopmhseedinburgh/

Keeping Well over Christmas, Health in Mind are running Wellbeing Course for anyone feeling anxious about the festive period, come along to explore ways to protect yourself over Christmas. Sessions are online on Zoom on Monday 14th and 21st December at 12.00 -1.30pm. For more info contact anna.chmiel@health-in-mind.org.uk or call 0131 225 8508 and ask for Anna.

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

Lone Parent Helpline One Parent Families Scotland free 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 free parenting advice and support, call 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/

Out and About (Edinburgh & Lothian Green Team & Edinburgh Community Food) Zoom groups

Cook with Theodora - Tuesday morning – Theodora.Hidalgo@edinburghcommunityfood.org.uk

Healthy Lifestyle Activities Facebook <https://www.facebook.com/OutandAboutEd/>

Instagram @outandabouted

The Scottish Government's **Parent Club** has put together lots of information to help you and your family cope with this huge change to our daily lives. Loads of short video clips and practical suggestions

www.parentclub.scot/

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

www.parentingacrossscotland.org

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. New for 2021

[Incredible Years](#) will be re-starting online, the team will also keep families informed about other types of support which may still be available. For more information visit

www.joininedinburgh.org/parenting-programmes/

Parentline Scotland – Children 1st Edinburgh Together **free parent helpline, email and webchat**

<https://www.children1st.org.uk/help-for-families/parentline-scotland/>

Mon-Fri 9.00am-9.00pm Sat-Sun 9.00am-12.00pm Tel: 08000 28 22 33

Parents as partners – help your child gain a qualification visit <https://youthscotland.org.uk/support-your-child-to-gain-a-qualification-at-home/>

Reminiscence packs for older people at risk of loneliness - Big Hearts Community Trust provides dementia-friendly resources to fight social isolation of over 65s living in Edinburgh and the Lothians. Free parcels delivered twice a month on their front doors, helping to recall fond memories from the past. To subscribe someone, contact community@bighearts.org.uk or call 0131 603 4928 (Mon-Fri).

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

Shared 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

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

FREE online Parents courses from **Solihull Approach** and **Scottish Government** for all for parents and carers. Your free access code is TARTAN

1. Understanding pregnancy, labour, birth and your baby
2. Understanding your baby
3. Understanding your child
4. Understanding your teenager's brain

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

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 07811316913 on Tuesdays 1-2pm or Thursdays 9am-10am to talk to a therapist or visit www.lets-talk.scot.nhs.uk

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

Strengthening Communities for Race Equality Scotland - SCOREscotland provides a family support service, for the parents/carers of club members. Families are supported with housing, finances, racist hate crime reporting, education and training as well as mental health. For more information email: sharongurr@scorescotland.org.uk or call 0131 442 2341

The Spark- Free Relationship Support and Counselling Free helpline for anyone over 16year experiencing family or couple relationship issues. In response to COVID some free counselling sessions will be available for individuals and couples needing more in-depth support, sessions will be provided by telephone and online. Tel: 0808 802 2088 Mon-Thu 9am-9pm, Fri 9am-4pm. 23rd Dec 9am-1pm, **CLOSED 24th Dec- 4th Jan 2021**. 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. Email: fsa@vocal.org.uk Tel: 0131 622 6666 **CLOSED 24th Dec- 5th Jan 2021 apart from reduced hours on 30th and 31st Dec.**

Volunteering Matters Support Service - practical and emotional support to families across the South East and South West localities of Edinburgh, empowering them to face a range of life challenges. We recruit, train and match dedicated, local volunteers to help families every step of the way, spending 1-1 time together on a personalised set of goals chosen by the family, for the family. We can help in many ways, such as improved living standards, budgeting, healthier eating, better school life and behaviour, access to health and wellbeing aid, as well as introducing parents to community resources, to name a few. Contact james.donnelly@volunteermatters.org.uk or kyle.mcfaddenyoung@volunteermatters.org.uk for more information.

People Know How

Wellbeing Calls and Walking Befriending - 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. Visit www.peopleknowhow.org/reconnect

Wester Hailes Connects Would you like to improve your digital inclusion skills? Would you like to feel more confident emailing, surfing the net or accessing online information? Is so, please contact: joanne@scorescotland.org.uk

WithKids supporting families, children, young people and kinship carers. Offering group work, family support and 1-1 therapy. For further information see their website <http://www.withkids.org.uk/what-we-do/children>

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. 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 Free helpline for parents and carers: 0808 802 5544 or email parents@youngminds.org.uk

Black, Asian and Minority Ethnic families

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

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

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 www.sikhсанjog.com 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 mroostami@elrec.org.uk Visit Facebook [Mitra Rostami-ELREC](https://www.facebook.com/MitraRostami-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 sweetty@saheliya.co.uk Phone 07400617023 Mon-Fri 10am - 4pm Visit www.saheliya.co.uk or Facebook-Saheliya Hub

Salaam is a new project to support refugees and asylum seekers from Syria and other parts of the world. For more information visit <https://www.edinburghcitymission.org.uk/where-to-find-help/salaam-refugees-and-asylum-seekers/>

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

Shakti Women's Aid Supporting BAME 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 continues to provide online support to newcomer families across Edinburgh, to feel less isolated and continue to find friendship and support, during the Coronavirus pandemic. Support includes online English learning classes; online employment guidance; online friendship groups; home energy, recycling and food growing advice.
Explore activities: www.thewelcoming.org/timetable 0131 346 8577 info@thewelcoming.org

Additional Support Needs

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>

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 Council 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

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

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. Tel: 07866 848453 9am-12pm Tue-Fri. No appointment system, may need to wait until phone line becomes free.

Parent & Carer monthly Social Support Group - for parents and carers with children (mainly with ASN/ ASD) who are currently or were previously supported by Firsthand Lothian. Parents and carers are supported to share knowledge, experience, ideas and strategies. Guest speakers, (visits/trips to relevant organisations depending on restrictions), peer support, Facebook page, video group calls. Reducing sense of social isolation for single parents and parents not from Scotland. Contact 0131 523 1322 or visit our website for application form www.firsthand-lothian.org.uk – parents/carers can refer themselves or through an organisation

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

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

Scottish Autism Advice Plus Advice Line- Information, advice and support for individuals and families about Autism. Mon, Wed, Thu and Fri 10am-4pm, Tue 10am-7pm. Tel 01259 222 022 call or email advice@scottishautism.org **CLOSED 21st Dec-4th Jan.** Also offering live Question and Answer sessions on Facebook visit www.facebook.com/scottishautism/ **Autism Friendly Relaxation presentation and Q&A** 18th December 12pm. Visit <https://bit.ly/PVFB1812>

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 9.30am-4pm, Fri 9.30am - 12.30pm Email sleepsupport@sleepscotland.org and a sleep advisor will call you back. <https://www.sleepscotland.org/support/sleep-counselling/sleep-support-covid-19/>

Sleep Advice Sessions for families with children under 5 from Home Link Family Support Parents and carers are invited to book a time to speak to a trained sleep advisor and counsellor over Zoom. For more information and to book a slot please contact Cat at Cat.p@homelinkfamilysupport.org or 07594 327484

Spectrum Music- run by Hear my Music are running specific participant led music sessions for children with complex Autism who have struggled with returning full time to the classroom due to COVID. The sessions will be run remotely initially, then potentially at home then school where appropriate. Instruments and technical support can be provided. For more information email emily@hearmymusic.org.uk or Tel: 07890512824

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

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 <https://www.theyardscotland.org.uk/our-response-to-covid-19>

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](https://www.facebook.com/WhizzKidzScotland) for more information or to book. www.lets-talk.scot.nhs.uk

Zoom Coffee Morning for Non-English Speaking Families with a child under 5years- run by Homelink. Every 2nd Thursday restarting 7th January 2021. A friendly group to practice your English and meet new families. All levels of English welcome. Contact nadia.a@homelinkfamilysupport.org

Young People

6VT Youth Project - 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 -21 years as well as some return to youth work in our city centre base

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.

About Youth – youth project working with children and young people in South West Edinburgh, providing group work and 1-1 support visit; <https://aboutyouth.uk/> for more information.

Broomhouse Centre SPACE project – providing community activities and befriending service for children and young people, <http://www.spacescot.org/>

Befriending service for young people across Edinburgh. Open to isolated and vulnerable children aged 7 to 14 who could benefit from weekly social connections with a trusted adult role model. Group and face-to-face activities, when possible, are designed to improve the young person's wellbeing over a period of 12 months. This free service is offered by Big Hearts Community Trust and Space & Broomhouse Hub. For referrals and info, please contact jane@bighearts.org.uk.

Breathing Space

A confidential out of office hours telephone line for people experiencing low mood, anxiety or depression. Phone: 0800 83 85 87 Visit: <https://breathingspace.scot/>

The BIG project supports children and young people in the South West area, aged 5-18 to learn, achieve, have fun and feel good about themselves. Visit <https://thebigproject.org.uk/>

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

Conflict Resolution Sessions Free online sessions giving young people 16-25years who may be struggling with conflict at home, advice and support. Conflict Resolution – Conflict Response Styles 19th January 11-11.40am, Anxious and Afraid exploring anxiety and stress 28th Jan, 2-2.40pm. For more information and to book visit <https://scottishconflictresolution.org.uk/events> For useful resources on conflict visit www.scottishconflictresolution.org.uk

Detached Youth Work – across South West Edinburgh – connecting youth workers and young people on the streets. Gorgie Dalry Saughton area contact marie.atkinson@ea.edin.sch.uk Wester Hailes and Sighthill areas contact sas.martinez@ea.edin.sch.uk Oxbgangs area contact michelle.johnston@ea.edin.sch.uk

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

Health in Mind's wellbeing Line for young people.

Call 0808 801 0614 for FREE, 2-6pm Mon, Thurs, Fri & 11am-3pm Sat & Sun

https://www.health-in-mind.org.uk/about_us/news_and_blogs/i2314/new_wellbeing_line_for_young_people.aspx

Impact Arts- Cashback Nights Free weekly 1:1 and group creative workshops for 14-19year olds, including Visual Art, Music, Creative Writing, Digital Arts and more. Participants will be supported by a fully trained artists, as well as a youth worker and will focus on well-being as well as creative fun. For more information Email: hello@impactarts.co.uk Call: 07813 341 074

Knots and Crosses Children's Club for 7-10-year-olds (Friday afternoons). SCOREscotland's youth provision. We work with young people to reduce isolation amongst young people, building new skills and confidence and improving physical health and wellbeing. A key element of our work is to provide new experiences and opportunities, including frequent trips and excursions through Edinburgh and the Lothians. Booking is essential. For more information email: jennifer@scorescotland.org.uk or text 07504826683

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

No One Left Behind Activity Agreements Hub - South West. The No One Left Behind (NOLB) Activity Agreement Hub works with young people aged 15 ½ - 26yrs feeding in from Tynecastle and Firrhill High Schools. Young people are offered 1-1 support and are encouraged to take part in a programme of learning and activity to help them move on to further education, training or employment. Young people can self-refer through the Hub by contacting Michelle Johnston on 07786 390035 / michelle.johnston@ea.edin.sch.uk

People Know How Befriending – support for young people P7-S1 providing a safe, supportive environment. Young people are matched with a befriender to talk, play games, learn, and share stories. Currently running online. www.peopleknowhow.org/befriending **Pupils Know How - Groups** for young people P7-S1 on themes ranging from art, science, drama or solving riddles and mysteries! Currently running online. Find out more at www.peopleknowhow.org/pupils-know-how

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.

SAMH Information Service

Whether you're seeking support, are looking for more information for you or someone you love, or if you just want to have chat about mental health, we're here to help. Available: 9am to 6pm, Monday to Friday Phone: 0344 800 0550 Email: info@samh.org.uk Visit: samh.org.uk/info Further resources from SAMH <https://www.samh.org.uk/get-involved/going-to-be/information-help/children-and-young-people>

SCOREscotland's youth provision youth club for 11-16-year-olds (Saturday afternoons). We work with young people to reduce isolation amongst young people, building new skills and confidence and improving physical health and wellbeing. A key element of our work is to provide new experiences and opportunities, including frequent trips and excursions through Edinburgh and the Lothians. Booking is essential. For more information email: jennifer@scorescotland.org.uk or text 07504826683

Talking to Teens about Smoking – A guide for Parents and Carers produced by ASH www.ashscotland.org.uk/carers

The Youth Agency working across South West Edinburgh

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.

One to One support, Issue-based group work, Nurture groups, street work sessions
Contact info@youthagency.co.uk facebook.com/westerhailesyouthagency Twitter@WHYouthAgency <https://youthagency.co.uk/>

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.

Financial Support and Advice

Scottish Government payments

- **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

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

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

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/

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

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

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

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 because 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

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.

Community Fridge - SCORE strengthening communities for Race Equality Scotland

Do you want to be part of a food waste reduction project? Join our community fridge and [access free fresh food](#) Weekly Monday and Thursday, 13:30-15:30 (WHALE Arts Centre)

Contact madhavi@scorescotland.org.uk or phone 0131 4422341 for more information

Community Pantry - SCORE strengthening communities for Race Equality Scotland 10 quality food items for £ 1 Fortnightly on Wednesday Next session: Wed 02/12/2020 at 14:00 - 15:30 (WHALE Arts Centre) contact jolly@scorescotland.org.uk or phone 0131 4422341 for more information

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
- Oxfangs 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.

This information has been compiled by
With Kids and South West Lifelong Learning

Thank you to everyone who has contributed

We wish everyone a safe and peaceful festive season and very
best wishes for the New Year.

South West Lifelong Learning Team, [contact helen.purves@ea.edin.sch.uk](mailto:helen.purves@ea.edin.sch.uk) or
Andrena.graham@ea.edin.sch.uk

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

