

Support for Families in North West Edinburgh

Summer 2020

**Free or Low-Cost Activities and Support
available during COVID-19**



Support and Information for Parents and Carers

Local Support for Parent and Carers For up to date information on the support available for Parents and Carers in any part of Edinburgh contact the Lifelong Learning Parent and Carer Support Team by emailing supportingparentsandcarers@edinburgh.gov.uk or text 07860 736129 and the team will call you back.

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.

Solihull Online Courses for Parents The Scottish Government is funding access to online courses for parents and carers. The following courses are available free for parents/carers in Scotland: *Understanding Pregnancy, Labour, Birth and your Baby, Understanding your Baby, Understanding your Child and 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 Home-Schooling Webinars for single parents or carers. Many families are finding home learning challenging. These webinars will give helpful tips about how parents can support their early years or primary age child with learning at home. Sharing ways to boost children's motivation and create a more positive experience for the whole family. For more info email mar.sanchez@opfs.org or call 07789 266 608 Facebook: <https://www.facebook.com/opfsedinburgh/>

Cyber Bullying Information Session Free online information session for parents and carers run by Connect and Respectme. Internet Safety for Parents Wednesday 24th June 12.00pm. Places must be booked at <https://bit.ly/Connectplusrespectme>

Coping with the new normal? Health in Mind are starting a new service for the NW Edinburgh. Series of 6 workshops run weekly on Tuesdays at 1 - 2:30 pm on Zoom. Workshops are drafted around skills and tools that might help people feel less stressed, anxious and overwhelmed by the current situation and applicable as well to those who experience anxiety regardless of Covid-19. For more information and to register email anna.chmiel@health-in-mind.org.uk

Online Depression and Anxiety Support Group Health in Mind have opened up their friendly peer led support groups to any adults affected by depression, low mood, stress or anxiety. Different groups are available at times on Monday afternoons, Monday evenings and Tuesday evenings. For more information email edinburghselfhelp@health-in-mind.org.uk before 3pm on the day you would like to attend. Or call 0131 225 8508 and leave a message.

Safe Families A volunteer support service that connects with isolated families, offering services such as befriending, day and overnight hosting and practical resources for families. For more information visit <https://safefamilies.uk> or call 0131 603 8430. To make a referral please click on this link <https://refer.safefamilies.uk> and use code 94. Parents can self-refer or ask a professional to do this.

Stepping Stones continues to have capacity to work with pregnant women and families within NW Edinburgh. 1:1 support, sleep counselling and group work being offered across a variety of platforms. We can support families to access learning and activity packs, food vouchers and fuel top ups. We can offer one to one support for primary aged children who attend Granton, Forthview, Pirniehall or Craigmoynton Referrals can be made to moragwilson@steppingstonesnorthedinburgh.co.uk. For more info visit www.steppingstonesnorthedinburgh.co.uk or <https://twitter.com/SSNorthEd>

GoOne Young Parents support, informal chat, challenges and games for everyone. Practical help with those struggling due to Covid19, such as help with utility bills and food parcels. This is a closed group and new members welcome. Anyone interested email julie@grantonyouth.com

Home-start Edinburgh West and South West We are working remotely and can offer telephone and digital support and are contacting our families and volunteers to find out what is best for them. Please bear with us and stay safe in these difficult times. Feel free to get in touch and we will get back to you ASAP. For up to date information visit <https://www.facebook.com/HomeStartEdinburghWestSouthWest>

HomeLink Family Support is delivering a service to families with children under 5 years of age over the telephone, messaging platforms and social media. This is under constant review, we will be adapting our service offer to maintain social distancing. We can offer, emotional and practical support, sleep advice, toilet training advice, play and early learning support for families living in Muirhouse, Pilton, Drylaw, Granton, Wardieburn. We are accepting referrals, if we can help please contact us on 0131 661 0890 or via secure email Lothian.homelinkfamilysupport@nhs.net

Circle-Haven Project are continuing to support to families over the telephone, text, email and video calling. Circle-Haven have limited capacity but are still accepting taking referrals for the Forth neighbourhood. Tel:07703714764 email: alex.collop@circle.scot

Circle-Harbour Support for children and families affected by parents' use of alcohol or drugs. In North West new referrals can be made for family outreach or father's support by contacting Amie Tait Black. Tel: 07903 248740 Email: amie.tait@circle.scot

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

Dads Rock are offering a number of their course via zoom including antenatal classes, sleep and feeding workshops for both dads and mums. The courses are free, or a donation can be made for those who can afford it. Email: hello@dadsrock.org.uk Tel: 07807 498709 www.dadsrock.org.uk

Becoming a dad during the coronavirus pandemic

Father Network Scotland have produced a [leaflet](#) for new dads and dads to be at this time. Visit the Facebook page or www.fathersnetwork.org.uk

With Kids –Play Therapists have produced videos online around Emotional Wellbeing, Regulation, Tips and Strategies for Parents, Self-Care, Relaxation and Activity Ideas to do during lockdown. This can all be accessed through our website www.withkids.org.uk or Social Media <https://www.facebook.com/withkids/> or <https://twitter.com/withkidsscot>

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. For more information visit www.facebook.com/junopmhseedinburgh/

Online Weaning Workshop Edinburgh Community Food and Dr Bells are running sessions giving advice on introducing food to your baby; babies aged 3-8months. Open to all families. Alternate Mondays at 2pm. Email jessica.pearson@edinburghcommunityfood.org.uk or call Dr Bells on 0131 553 0100.

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

Conflict Free Coffee Free online sessions giving parents and carers who may be struggling with conflict at home, advice and support. Cranial Cocktail Thurs 13th August - 10.30am-11.15am. Monkey vs Lizard Wed 8th of July 10.30am 11.15am. Take the Keep the Heid quiz Wed 29th July 11am -11.45am followed by discussion and questions about conflict, For more information and to book visit <https://scottishconflictresolution.org.uk/events> For useful resources on conflict visit www.scottishconflictresolution.org.uk

Women Supporting Women Online Support Group Women who have previously accessed services at Pilton Community Health Project can join this group to connect, share and support each other at this time. Email rosagarman@pchp.org.uk or text 07706612090

Big Hearts Kinship Care Helpline 0131 603 4927 kinship@bighearts.org.uk
Advice on parenting peer support and services for Kinship care families Mon-Thu 10am-4pm.

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

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. For more information visit www.peopleknowhow.org/reconnect/coronavirus

NHS Mental Health Information Station 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.

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

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

StarLine 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

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

Parentline Scotland/ Parent Helpline 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/>

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/

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

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 Information for you and your family about finding a way through this crisis www.parentingacrossscotland.org/info-for-families/coronavirus/

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/

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. Email: fsa@vocal.org.uk Tel: 0131 622 6666

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

EVOC Covid-19 Directory of Services For a list of other support services where you live visit www.directory.evoc.org.uk

Additional Support Needs

Free Children in Scotland 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>

Action Group Wellbeing Response Project – The service is for families with a disabled child and adults with learning disabilities/support needs and their carer. Offering practical support to pick up essential shopping and goods, provision of a free digital device for people who cannot afford to buy one and coaching/ support to become digitally connected, an easy to access wellbeing fund of up to £100. For more information call 0800 740 2454 or visit WellbeingResponse@actiongroup.org.uk

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

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

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

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.

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.

Speech and Language Therapy Helpline for parents of children looking for advice or support around their child's talking and communication. Mon- Fri 10am-12pm Leith Community Treatment Centre Tel: 0131 536 6467 www.lets-talk.scot.nhs.uk

Take a break – 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 June. 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 Boardmaker are offering a 30 free trial of Boardmaker online to support accessible online learning for every child. <https://goboardmaker.com/blogs/news/boardmaker-online-working-from-home#PCS#SLPeeps>

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/

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

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

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.

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> For transition support back to school visit: www.mindroom.org/index.php/help_and_support/resources_for_parents/back_to_school_toolkit

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/

Support for Black 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/>

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. **Bright Choices Project** for women, men, children and families who are experiencing difficult relationships. New referrals accepted. Tel 0131 467 7052 Visit www.mcfb.org.uk or Facebook <https://m.facebook.com/mcultural1>

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.

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 sweetie@saheliya.co.uk or phone 07400617023 (between 10am - 4pm on Mon - Fri). Visit www.saheliya.co.uk or Facebook- Saheliya Hub

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

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. Closed 18th May www.shaktiedinburgh.co.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 For more information visit www.sacro.org.uk/aditi

Support for Young People

Granton Youth during lockdown Youth worker available Mon – Fr 12pm- 4pm on our Facebook page. Individual chats via Zoom , text or phone – PM us on www.facebook.com/grantonyouthcentre or contact paul@grantonyouth.com Virtual Youth Club Fridays 3pm- 4pm on Zoom PM us on Facebook. Individual counselling support via video call, phone or text Email mary@grantonyouth.com

Health in Mind Wellbeing Line Support for young people aged 16-24years who want to chat about the impact Covid-19 has had on their lives. Call 0808 801 0614 Mon, Thurs, Fri 2pm-6pm, Sat, Sun 11am -3pm

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-2020/> Email: hello@impactarts.co.uk Call: 0141 575 3001

The Junction Digital Drop In Phone, text or email support for young people aged 12-21years in Edinburgh. A free 1-1 confidential 30minute chat about anything on your mind. Email support@the-junction.org or text 077583488 to arrange a suitable time. www.the-junction.org

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

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

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.

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

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

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

Family Activities

If your child is starting Nursery or P1 or returning to Nursery, please visit www.bearhuntedinburgh.wordpress.com for information on fun weekly activities to support your child to prepare for the transition to nursery. Activities are also translated into a number of different languages.

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

Families Magazine Online

Free online magazine with lots of family activity ideas and information and advice for parents and carers. Visit <https://www.familiesonline.co.uk/families-magazines/families-edinburgh-magazine>

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

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/

Libraries Summer Reading Challenge This year's challenge "Silly Squad"- has gone digital. Sign up for free to get rewards, play games and earn badges as you discover awesome books to read this summer www.summerreadingchallenge.org.uk

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](https://www.facebook.com/peepcentre/) or [Instagram](https://www.instagram.com/peepcentre/) pages to see posts on **Peep** Tips, Things to do at home, simple ideas and videos. www.facebook.com/peepcentre/ www.instagram.com/peepcentre/

Ps and Gs Online Activities for Parents and Babies and Toddlers Videos of nursery rhymes and stories from the St Paul's and St George's Church children's team. Links to family activities and online resources. Visit www.psandgs.org.uk/childrens-resources

North Edinburgh Arts A new programme of online activities for children and adults to enjoy at home. Create at Home - weekly creative messy play and arts activities for children under 5 years old and their parents and families and bi-weekly Family Sing-alongs on Facebook Live. Art for All, Artist Sally Price provides creative prompts and inspiration for everyone aged 4 to 104. For further details, visit www.northedinburgharts.co.uk/online-activities or call 0131 315 2151.

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

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

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

Financial Support and Advice

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) Also available, and Best Start Foods.

Early Learning Payment £250 help for eligible families with a child between 2 and 3 1/2 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 For more info call 0800 182 2222

Family and Household Support 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. Email: northwest.familyandhouseholdsupport@edinburgh.gov.uk Tel: 0131 529 5014.

Maximise Families who have a child who attends school at Craigoyston CHS, Craigoyston, Pirniehall and Forthview Primaries can receive free welfare and benefit advice or family support. Tel: 0131 442 2100 or 0131 446 2300. You can also receive this support if you are a parent/carer with care experience by calling 0131 442 2100/ 0131 446 2300.

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

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

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

Granton Parish Church, Swap Shop 55 Boswall Parkway. Referrals accepted for anyone struggling with clothes. Can arrange a day/ time when an individual would be allowed to come and pick what they need. A selection of baby, children and adult clothes available. Some shoes, toys and books and free sanitary products. Being able to swap items is not necessary and everything is free. For more information email anna@grantongoesgreener.org.uk

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

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/

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

Energy Saving Trust If you're worried about your energy bills or struggling call **0808 808 2282** calls are free Monday to Friday 8am to 8pm, Saturday 9am to 5pm. Or request a call back on the website: www.energysavingtrust.org.uk/scotland/home-energy-scotland/lets-talk

Changeworks Accepts referrals from professionals for people who will benefit from energy advice and fuel billing/debt support. For more information visit www.changeworks.org.uk/what-we-do/energy-and-fuel-poverty/fuel-poverty-services/refer-clients-to-fuel-poverty-services

Red Cross Hardship fund for individuals and families, can offer support with food and toiletries, somewhere to sleep, access to a phone or the internet, fuel to cook, keep lights on or stay warm. For more information visit www.hardshipfund.redcross.org.uk/

TURN2US Edinburgh Trust Response Fund Relating to COVID-19

For 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

Food for Good Provides free, fresh nutritious meals for those in need in Edinburgh for more information visit www.foodforgoodedinburgh.org

Covid19 Foodshare Support and help available for NW Edinburgh within the Muirhouse, Salvesen, Pilton, Granton, Drylaw, Telford areas. **New community helpline** 0131 356 0220 Monday to Friday 10am - 4pm.

Corstorphine Community Centre Emergency Foodbank, the support from the local community and partners has allowed us to offer support to families. We are working with local restaurants and cafes to provide meals to local people needing support at this time. If you or someone you know requires support, please contact support@ccchub.onlone or call 07580659676

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.edinburghnw.foodbank.org.uk/locations/

The Scottish Welfare Fund for families 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.

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.

If you have any information to add to the *Support for Families in NW 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



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