

# Spring 2020

## Support for Families in North East Edinburgh

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



### Support and Information for Parents and Carers

#### **Parentline Scotland/ Parent Helpline – Children 1<sup>st</sup>/ 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/>

#### **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](mailto:help@nspcc.org.uk) or visit  
[www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/](http://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/)

#### **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](mailto:supportingparentsandcarers@edinburgh.gov.uk) or text 07860 736129 and the team will call you back.

#### **Family and Household Support**

Support and advice from Housing and Family Support staff on welfare applications, foodbanks, benefits,  
budgeting and debt. Help with tenancies. Email [northeast.familyandhouseholdsupport@edinburgh.gov.uk](mailto:northeast.familyandhouseholdsupport@edinburgh.gov.uk)

#### **Maximise**

Families who have a child who attends school at Leith Academy, Lorne, Leith, Hermitage Park or  
Craighentiny Primaries can receive free welfare and benefit advice or family support. Tel: 0131 442 2100 or  
0131 446 2300

**Occupational Therapy Helpline** for parents of a child with ASD. Offering support to families experiencing  
difficulties during COVID -19 pandemic. Support and advice around your child's everyday life skills. Tel:  
07866848453 9am-12pm Tue-Fri. No appointment system, may need to wait until phone line becomes free

#### **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](mailto:centre@vocal.org.uk) Tel: 0131 622 6666.

#### **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](mailto:fsa@vocal.org.uk) Tel: 0131 622 6666

#### **Salvesen Mindroom**

Salvesen Mindroom are continuing to provide a service to 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](mailto:directhelp@mindroom.org) Facebook <https://www.facebook.com/nomindleftbehind/>  
Twitter <https://twitter.com/MindroomInform>

#### **Children 1<sup>st</sup> 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

#### **Lone Parent Helpline-One Parent Families Scotland** [www.opfs.org.uk](http://www.opfs.org.uk)

Information and advice for single parents. Open Mon-Fri 9.30am-4.00pm Tel: 08088 010323

### **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

### **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](mailto:helpline@sdafmh.org.uk) online chat at [www.sdafmh.org.uk](http://www.sdafmh.org.uk)

### **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](http://www.youngminds.org.uk). Free helpline for parents and carers: 0808 802 5544 or email [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)

### **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/](http://www.parentclub.scot/)

## **Support for Young People**

### **HOT Health Opportunities Team**

Offer health and wellbeing support to young people in the Portobello, Craigmillar and Gilmerton areas. Mental health and sexual health support is currently available through a confidential telephone consultation on Wednesdays 4-8pm and Thursdays 3.45-6pm and they are setting up a an online Feel Good group. For more information or to book a time to chat email: [getsupport@health-opportunities.org.uk](mailto:getsupport@health-opportunities.org.uk) or sent a message on Facebook- Health Opportunities Team, Twitter @hothouse Instagram @hothouse

### **6VT**

6VT staff are working remotely – supporting young people via messenger, email [contact@6vt.info](mailto:contact@6vt.info), facebook, twitter, instagram or the contact them on their website [www.6vt.info](http://www.6vt.info). The service has virtual online drop ins for young people aged 13-21 every Mon, Wed and Fri at 7pm.

### **Young Minds**

Support for children and young people's mental health and emotional wellbeing. [www.youngminds.org.uk](http://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.

### **Childline**

Help and advice on a wide range of issues [www.childline.org.uk](http://www.childline.org.uk)  
Telephone, online chat, email or forum support. FREE Helpline Tel: 0800 1111

## **Family Activities**

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

### **Craigmillar Books for Babies**

Tune in to the Facebook page for live songs and stories. Tuesday and Thursdays at 11am for a live Baby and toddler Rhymetime, Bedtime Stories Monday- Friday at 6pm. And Saturday Storytime at 11am. Email: [info@craigmillarbooksforbabies.org.uk](mailto:info@craigmillarbooksforbabies.org.uk) Facebook [www.facebook.com/craigmillarbooksforbabies.org.uk](http://www.facebook.com/craigmillarbooksforbabies.org.uk) Twitter @CraigmillarBFB

### **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](http://www.yourlibrary.edinburgh.gov.uk)

### **Dr Bells**

Dr Bells are offering many of their current groups for families in the Leith area via zoom. Bookbug sessions are available live on Facebook at 10.30am on a Monday and Wednesday. Visit their Facebook page for more info [www.facebook.com/drbells/](http://www.facebook.com/drbells/) Email: [administrator@dbfc.org.uk](mailto:administrator@dbfc.org.uk)

### **Edinburgh Zoo**

Watch the animals while the zoo is closed on the live webcams [www.edinburghzoo.org.uk](http://www.edinburghzoo.org.uk) Discovery and learning resources can be accessed at [www.bit.ly/ZooToYouActivities](http://www.bit.ly/ZooToYouActivities)

### **Starcatchers**

Starcatchers has 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](http://www.starcatchers.org.uk/wee-inspirations/?fbclid=IwAR1GwYIbHVHmQVVaj0ldzL26h0Su969m-0ap2Kai-JxkwccufhOzID2p03k)

### **The Yard**

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

## **Community Food**

### **Foodbanks**

Foodbanks are able to provide emergency food for anyone who finds themselves in crisis. For up to date information on the Foodbanks currently operating Tel: 0131 444 0030 or visit [www.edinburghne.foodbank.org.uk/locations/](http://www.edinburghne.foodbank.org.uk/locations/) or [www.edinburghnw.foodbank.org.uk/locations/](http://www.edinburghnw.foodbank.org.uk/locations/) or Edinburgh North East Foodbank Facebook page. A referral and a valid foodbank voucher is needed. Anyone struggling to access a referral should contact The Scottish Welfare Fund, who can issue crisis grants and foodbank vouchers. Tel: 0131 529 5299 Email: [welfarefundteam@edinburgh.gov.uk](mailto:welfarefundteam@edinburgh.gov.uk) Applicants should highlight if they are in social isolation or shielding.

**-CLOSED- Craigmillar Foodbank- Delivery Service only, Bristo Memorial Church, 196 Peffermill Road, EH16 4AJ**

**-CLOSED -Broughton Foodbank, Broughton St Mary's Parish Church, Bellevue Crescent, EH3 6NE (Rannoch and Prestonfield also closed until further notice)**

**-South Leith Parish Church Halls, 6 Henderson Street, Leith EH6 6BS**  
Opening times: Monday 13:00-14.30 Fri 15:00-17:00

**-North Leith Parish Church Halls, 1b Madiera Street, Leith, EH6 4AW**  
Opening times: Tuesday 10:00-12:00 Friday 10:00-12:00

**-Leith St Andrew's Church Hall, 410-412 Easter Road, Leith, EH6 8HT**  
Opening times: Tuesday 13:00-14.30 Thursday 10:00-11.30

**-CLOSED- Pilrig St Paul's Church Hall, 1a Pilrig Street, Leith, EH6 5AH**

**-St Margaret's Parish Church Halls, 48 Restalrig Road South, EH7 6LE**  
Opening times: Wednesday 11:00-12.30

### **Richmond Church**

Bags of food available from the church. Phone the church on 0131 661 6561 if you need a food or just someone to talk to.

### **Bridgend Farmhouse**

Food bag deliveries for a day's food, plus a takeaway service for pickup. Phone 07873976801 or email [community@bridgendfarmhouse.org.uk](mailto:community@bridgendfarmhouse.org.uk)

### **The Venchie**

Delivering lunches, fruit and some baby products by van to people in need in the EH15/ EH16 areas. Mon-Fri 11-11.20am Niddrie Mill Garages, 11.20-11.50am Moffat Campus, 12-12.30pm Old terminus on Greendykes next to care home 12.40-1pm Craigmillar Castle Road or if you see them just flag them down. For up to date info see their Facebook page *Venchie Child*. Contact 0131 629 9546/ 07815 169222

### **Niddrie Community Church**

Available to do pick up/deliveries of food and medication to vulnerable Niddrie and Craigmillar residents. Call 07816292212 or email [admin@niddrie.org](mailto:admin@niddrie.org)

### **St Martin's**

Working with local organisations in Bingham and Magdalene to offer support to those in need. Tel: 07545804034 or 07900367023. Email [help@magbing.co.uk](mailto:help@magbing.co.uk)

**Edible Estates** offering to deliver food parcels – email to contact [Stacey@thehealthagency.org.uk](mailto:Stacey@thehealthagency.org.uk); [alan@thehealthagency.org.uk](mailto:alan@thehealthagency.org.uk); [emma@thehealthagency.org.uk](mailto:emma@thehealthagency.org.uk)

**If you have any information to add to the *Support for Families in NE Edinburgh* list or if any information in this list is incorrect please email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)**



1<sup>st</sup> APRIL 2020