

**Autumn 2020**

**Support for Families in South East Edinburgh**

**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](mailto: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. For more information visit [www.joininedinburgh.org/parenting-programmes/](http://www.joininedinburgh.org/parenting-programmes/)

**Solihull Online** - The Scottish Government has announced, that all families in Scotland will have free access to the full Solihull Online resource for parents and carers. Solihull Online is a universal resource for parents and carers from the antenatal period to 19 years. The following courses are available free for parents/carers in Scotland:

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

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

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

**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

**Dads Rock** run free monthly workshops via zoom including Antenatal, First Aid, Feeding, Hairstyle, Sleeping and Raising Children with Confidence workshops for both dads and mums. Dads whatsapp group also available. Email: [hello@dadsrock.org.uk](mailto:hello@dadsrock.org.uk) Tel: 07807 498709  
[www.dadsrock.org.uk](http://www.dadsrock.org.uk)

**Young Dads.** Dads Rock offers 1:1 support for Young Dads, aged 30 or under. This support is face to face, and over the phone, with practical as well as emotional support.

Email: [hello@dadsrock.org.uk](mailto:hello@dadsrock.org.uk) Tel: 07807 498709 [www.dadsrock.org.uk](http://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](http://www.fathersnetwork.org.uk)

**Share Parenting Scotland** Are holding 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. Ring 0131 557 2440 or see [www.sharedparenting.scot](http://www.sharedparenting.scot) for details of helpline and online training on these topics.

## **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. Visit [www.peopleknowhow.org/reconnect](http://www.peopleknowhow.org/reconnect)

**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](http://www.peopleknowhow.org/reconnect/coronavirus)

**Big Hearts Kinship Care** Helpline 0131 603 4927 [kinship@bighearts.org.uk](mailto:kinship@bighearts.org.uk) Advice on parenting peer support and services for Kinship care families Mon-Thu 10-4

**Employability and Digital Skills Webinars- One Parent Families Scotland** Online support for single parents in Edinburgh. Ongoing, next course starts 15<sup>th</sup> September. To book or for more information email [stacey.powchscott@opfs.org.uk](mailto:stacey.powchscott@opfs.org.uk) Tel 07570106789 or visit the Facebook page.

**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

**Circle – The Harbour Project** Offers support to children and families affected by parental substance use (alcohol and/or drugs) including parenting, family relationships and practical support. Children can be referred for individual support through a partnership with the Sunflower Garden Project. There is also a dedicated Fathers' Worker. In South East contact Marion Connolly-Hughes Tel: 07921 700539 Email: [marion.connolly-hughes@circle.scot](mailto:marion.connolly-hughes@circle.scot)

**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](mailto: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.

**With Kids** Play Therapists have produced videos online around Emotional Wellbeing, Regulation, Tips and Strategies for Parents, Self-Care, Relaxation and Activity Ideas. Visit website [www.withkids.org.uk](http://www.withkids.org.uk) 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 8-9pm. Fridays 1-2pm. Email [juno.enquiries@gmail.com](mailto:juno.enquiries@gmail.com) at least 24hours before the sessions for the zoom link. For more information visit [www.facebook.com/junopmhedinburgh/](https://www.facebook.com/junopmhedinburgh/)

**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- Conflict Response Styles -Wed 23<sup>rd</sup> Sept 10.30-11am, Growing Up is Never Easy- Thu 24<sup>th</sup> Sept 10.30-11am. Conflict Free Coffee- Keep the Heid- Thu 17<sup>th</sup> September 10.30am -11.30am, session 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](http://www.scottishconflictresolution.org.uk)

**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](mailto:MentalHealthInformation@nhslothian.scot.nhs.uk) at any time with specific queries and request a call back.

**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](mailto:brock.lueck@opfs.org.uk)

**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](mailto:tom.carroll@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](mailto:tom.carroll@opfs.org.uk)

**Mental Health and Wellbeing Group for Single Parents** – currently via Zoom each Wednesday 11:00 – 12:30 pm. For more info call 07818301570 or email [Sofia.Mouzi@opfs.org.uk](mailto:Sofia.Mouzi@opfs.org.uk)

**Free REHIS Food Hygiene Course** Online training 8<sup>th</sup> and 9<sup>th</sup> October 9.30am-1pm. Contact Edinburgh Community Food Tel: Chris 0131 457 7326.

**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](http://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 Email [sleepsupport@sleepscotland.org](mailto:sleepsupport@sleepscotland.org) and a sleep advisor will call you back. <https://www.sleepscotland.org/support/sleep-counselling/sleep-support-covid-19/>

**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](mailto:jessica.Pearson@edinburghcommunityfood.org.uk) or call Dr Bells on 0131 553 0100.

**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 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 10am to 6pm and weekends 12am to 4pm, 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/)

**Safe Families** offers 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 on their behalf

**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](http://www.opfs.org.uk)

**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: 0800 027 1234 or email [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk) online chat at [www.sdafmh.org.uk](http://www.sdafmh.org.uk)

**Parent Club** The Scottish Government has put together lots of up to date information to help you and your family cope with Coronavirus. Information on returning to school and nursery, changes to restrictions and keeping children safe can be found at <https://www.parentclub.scot/topics/coronavirus>

**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](http://www.parentingacrossscotland.org) Information for you and your family- Coronavirus [www.parentingacrossscotland.org/info-for-families/coronavirus/](http://www.parentingacrossscotland.org/info-for-families/coronavirus/)

**EVOC Covid-19 Directory of Services** For a list of other support services where you live visit [www.evocredbook.org.uk](http://www.evocredbook.org.uk)

### **Additional Support Needs**

**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. [Gracemount Medical Centre Tel: 0131 672 9456](http://www.lets-talk.scot.nhs.uk)  
[www.lets-talk.scot.nhs.uk](http://www.lets-talk.scot.nhs.uk)

**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>

**The Yard** are offering online videos with play ideas, sessions and signed songs and stories for children with additional support needs. Mindfulness and relaxation sessions for parents. Visit <https://www.theyardscotland.org.uk/Pages/Category/digital-sessions-and-content> For more information on play sessions for members visit [www.facebook.com/TheYardScotland](https://www.facebook.com/TheYardScotland)

**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](mailto:advice@scottishautism.org) Also offering live Question and Answer sessions on Facebook visit [www.facebook.com/scottishautism/](https://www.facebook.com/scottishautism/)

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

**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 to families being discharged from the Royal Hospital for Sick Kids. Tel 0800 031 5793 or email [enquiries@kindred-scotland.org](mailto: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](https://www.facebook.com/WhizzKidzScotland) 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](mailto: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](http://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. Access to information, benefits and counselling. Email: [centre@vocal.org.uk](mailto:centre@vocal.org.uk) Tel: 0131 622 6666 For free courses and events for carers visit [www.carerstraining.co.uk/events/](http://www.carerstraining.co.uk/events/)

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

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

**Lothian Centre for Inclusive Living (LCiL)** Peer Support Groups for parents of children with additional support needs are meeting online by Zoom. The next sessions will run on Thu 24<sup>th</sup> September 11am. Email [sds@lothiancil.org.uk](mailto:sds@lothiancil.org.uk)

**Yoga for the Autistic Community** Free online evening yoga sessions for Autistic teens and adults. To register visit [www.oss-aberdeen.co.uk](http://www.oss-aberdeen.co.uk)

## Support for Black and Minority Ethnic Families

**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](http://www.mcfb.org.uk) or Facebook <https://m.facebook.com/mcultural1>

**The Action Group- Advice Service** Benefits advice and support for families with a disabled child. **BEMAS** can offer a 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](mailto:advice@actiongroup.org.uk)

**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](mailto: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@sikhsanjog.com](mailto:info@sikhsanjog.com) Visit [www.sikhsanjog.com](http://www.sikhsanjog.com) or Facebook [www.facebook.com/sikhsanjogedinburgh](https://www.facebook.com/sikhsanjogedinburgh)

**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](mailto:linknet3@linknetmentoring.com) or phone 07957989804. [www.linknetmentoring.com](http://www.linknetmentoring.com)

**ELREC** Free online courses and activities for women such as exercise sessions, Yoga class, crafts, skin care and keeping well. Women support group on WhatsApp. 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](mailto:mrostami@elrec.org.uk) Visit Facebook [Elrec Openarms Mitra](https://www.facebook.com/ElrecOpenarmsMitra)

**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](mailto:sweetie@saheliya.co.uk) or phone 07400617023 (between 10am - 4pm on Mon - Fri). Visit [www.saheliya.co.uk](http://www.saheliya.co.uk) or Facebook- Saheliya Hub

**Shakti Women's Aid** Supporting BME women and children experiencing domestic abuse. Tel 0131 475 2399 email [info@shaktiedinburgh.gov.uk](mailto:info@shaktiedinburgh.gov.uk) Mon-Fri 9am-5pm. [www.shaktiedinburgh.co.uk](http://www.shaktiedinburgh.co.uk)

**Aditi** Supports the safety and wellbeing of Black, Asian and Minority Ethnic (BAME) women, inclusive of trans women and non-binary people. For more information call 0131 603 4865, email [aditi@sacro.ork.uk](mailto:aditi@sacro.ork.uk) or secure e-mail [aditi.service@sacroscotland.cjism.net](mailto:aditi.service@sacroscotland.cjism.net)

## Support for Young People

**Goodtrees Neighbourhood Centre** Are engaging with young people via street work, checking in to see if any additional support may be needed and signposting where relevant. The team are focusing on Moredun & Gillmerton to try and relieve some tensions. There is a programme in partnership with the Scottish Centre for Conflict resolutions on Wednesday evenings outside Goodtrees & Thursday evenings in Gilmerton looking at positive solution based ways to deal with conflict. Staff are meeting with young people regularly for 1-1 support and are also contactable on Goodtrees NC snapchat & Instagram @goodtreesnc1 alternatively please contact [info@goodtrees.org](mailto:info@goodtrees.org) or call 07306 133 260

**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](mailto:support@the-junction.org) or text 077583488 to arrange a suitable time. [www.the-junction.org](http://www.the-junction.org)

**People Know How** are offering online befriending for young people in P7 in South East Edinburgh who would benefit from support as part of their positive transition service. Young people and their befrienders can talk, play games, learn, and share. See [www.peopleknowhow.org/positive-transitions-service](http://www.peopleknowhow.org/positive-transitions-service)

**6VT** staff are 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.

**Canongate Youth Project** are supporting young people via Zoom virtual clubs and 1-1 referred support. For more information call 07899676688 or e-mail [admin@canongateyouth.org.uk](mailto:admin@canongateyouth.org.uk)

**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 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](mailto:getsupport@health-opportunities.org.uk) or sent a message on Facebook- Health Opportunities Team, Twitter @hothoose Instagram @hothoose **NEW Drop in Live Chat** for 12-25 years old, a confidential text chat with a HOT project worker through the website [www.health-opportunities.org.uk](http://www.health-opportunities.org.uk) Mon, Wed and Thu between 4-6pm.

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 @hothoose Instagram @hothoose

**Impact Arts- Cashback Nights** Starting 7th September. 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

visit <https://www.impactarts.co.uk/content/join-a-project-cashback/> Sign up at <https://www.impactarts.co.uk/content/count-me-in/> For other virtual creative project visit <https://www.impactarts.co.uk/content/get-involved-young-people-2020/> For more information Email: [hello@impactarts.co.uk](mailto:hello@impactarts.co.uk) Call: 0141 575 3001

**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](mailto: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](mailto:selfharm.edinburgh@penumbra.org) for more information.

**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. Weekly Mondays from 12 to 1pm (women support group). Fortnightly Wednesday 12-1.30pm (Asian men), Fortnightly Thursdays 12-1.30pm (men and women), Weekly Fridays 2-3pm (Stress management and coping skills for women). One to one support may also be available. To register or for further information, please email [rahila.khalid@health-in-mind.org.uk](mailto:rahila.khalid@health-in-mind.org.uk) or call 07730220109.

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

**Stills School Contact Free Introductory Photography Course** For 16-19years olds who face barriers to accessing the arts. A small group will run from Monday 19th - Friday 13rd October, 11am - 2pm. Travel costs and all materials and resources provided. Apply online <https://docs.google.com/forms/d/e/1FAIpQLSdZs-GPBOjUCIvMjCElhAHL2tbYdpBge6TQTGZ2jE60KgGSfQ/viewform> For more information on Stills School visit <https://stills.org/learning/stills-school/>

**TransParentsees** Group run by and for parents, carers and guardians of transgender young people. Meets on the 1st Monday of the Month. For more information email [Transparentsees@gmail.com](mailto:Transparentsees@gmail.com)

**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

**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](http://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](http://www.fastforward.org.uk/advice-for-parents)

**Academy of Music and Sound** Free online music short courses. Sound Production, Synthesis, Rap & hip hop, Working in Live Music and Women's Employability in Music. For more information or to apply visit <https://www.academyofmusic.ac.uk/course/short-courses/>

**Time to Live Grants for Young Carers** Grants which can be used to help young carers get a break at home, can be used for variety of things such as exercise equipment, musical instrument, online subscription, art supplies. Email [ycesupportworker@spacescot.org](mailto:ycesupportworker@spacescot.org) for more information.

**Screen Education Edinburgh Free Moving Arts** programme for 16-25year olds. Looks at film technique and history with each learner then applying this to produce their own short film. 14<sup>th</sup> Sept- My 2021. No previous experience necessary. Support with travel costs may be available. For more information visit <https://www.screen-ed.org/news/moving-image-arts-2020-21-open-for-applications>

**Screen Education Edinburgh Film Academy Course** for 16-19year olds. Builds knowledge and skills for young people passionate about film and shows pathways into the industry for talented and committed young people. Saturdays starting late Sept- Jan 2021 Support with travel costs may be available. For more information visit <https://www.screen-ed.org/news/bfi-film-academy-2020-21-open-for-applications>

## Family Activities

### Goodtrees Neighbourhood Centre

New family group starting in partnership with Out & About outdoors Tuesdays 4pm-6pm. The group will be working in the outside gardening space and woodland space nearby. The group will also be enhancing the outside space working on an arts project and participating in some woodland activities. Families will also take away activity packs for the week to showcase the following week. For more information please contact [info@goodtrees.org](mailto:info@goodtrees.org) or call 07306 133 260

**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/](https://www.facebook.com/peepcentre/) [www.instagram.com/peepcentre/](https://www.instagram.com/peepcentre/)

**Moredun Library** Live on Facebook, Storytime every Tuesday 10.30am as well as family activities every Saturday.

**Children & Young People at Edinburgh Libraries** Facebook Page with lots of fun family activities. Mon 2pm, Hannah's Living Room Library, Tue 2pm, Ellen's Creative Writing for Kid's, Tue 4pm, Live Storytime with Ian and Orville the dog, Wed 11am, Live Rhymetime, Fri 2pm, Craft activity, Fri 2pm, Anowar's Lego Challenge. [www.facebook.com/CYPatEdinburghLibraries/](https://www.facebook.com/CYPatEdinburghLibraries/)

**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)



**Families Online**- A free online magazine with lots of family activity ideas as well as information and advice for parents and carers. To access this visit:

[https://issuu.com/familiesonline/docs/edinburgh\\_3?fr=sOTJiMzE1MTMyMDM](https://issuu.com/familiesonline/docs/edinburgh_3?fr=sOTJiMzE1MTMyMDM)

**Online Glasgow Science Festival** 9<sup>th</sup> September – 9<sup>th</sup> November. Free, digital programme full of hands-on activities, talks, shows, workshops, exhibitions and more. Designed to entertain and inspire. All from the comfort of your own sofa! Visit [www.glasgowsciencefestival.org.uk](http://www.glasgowsciencefestival.org.uk) for more information.

**Out and About** (Edinburgh and Lothians Greenspace Trust) Activities may change to keep updated check out Facebook page and Instagram account @outandabouted to follow our activities Due to COVID-19 **booking is essential** for all activities so that we can adhere to government guidelines.

Wednesday 10am - Zoom Gentle Fitness (current block ends 16 September) – Suitable for older adults and people with long term health conditions - Contact [Kim@elgt.org.uk](mailto:Kim@elgt.org.uk)

Wednesday 10am - Goodtrees Jogging Group – Meet outside Goodtrees Neighbourhood Centre - Suitable for beginners – Contact [Ruth@elgt.org.uk](mailto:Ruth@elgt.org.uk) – Places are limited

New! Starts 17 September - Thursday 1pm – Walking Adventures – Meet outside The Crags Centre – Gentle walk with fun activity – Contact [Kim@elgt.org.uk](mailto:Kim@elgt.org.uk) – Places are limited and priority is given to Dumbieykes residents

**Impact Arts Creative Outdoor Play Sessions** For children from Castleview, Liberton, Prestonfield, St John Vianney RC Primaries, P2-P4, Inch Park. For more information visit <https://www.impactarts.co.uk/content/our-work-children-edinburgh/> to book email [victoria.briones@impactarts.co.uk](mailto:victoria.briones@impactarts.co.uk) or Tel: 0131 661 4225

**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](http://www.nationalgalleries.org/art-and-artists/features/home-where-art-creative-curriculum-kids)

**Edinburgh Zoo** Watch the animals on live webcams <https://www.edinburghzoo.org.uk/webcams/panda-cam/>

**Girlguiding Scotland** - Are offering free activities for every member of the family – the adventures don't stop just because we're staying home! You can check out our [Guiding at Home challenge](#) or the [Adventures at Home Hub](#) for lots of fun challenges for young people ages 4-17 (you don't have to be a current member to take part). If you've enjoyed these activities and do want to join a local unit visit <https://www.girlguiding.org.uk/information-for-parents/register-your-daughter/>

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

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

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

## Financial Support and Advice

**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. Email: [southeast.familyandhouseholdsupport@edinburgh.gov.uk](mailto:southeast.familyandhouseholdsupport@edinburgh.gov.uk)

**Maximise** Families who have a child who attends school Liberton High School, Liberton, Gilmerton, Craighour Park, Prestonfield or Gilmerton Primaries can receive free welfare and benefit advice, employability assistance or family support. Tel: 0131 442 2100 or 0131 446 2300

**Community Help and Advice Initiative (CHAI)** - Is currently offering a telephone consultation service. To book an appointment call 0131 442 2100 or email [chai@chaiedinburgh.org.uk](mailto: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](mailto: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

**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 [computer.delivery@peopleknowhow.org](mailto:computer.delivery@peopleknowhow.org)

**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](http://www.mygov.scot/beststart) For more info call 0800 182 2222 or visit

**NappiRunz** If you have any unused or cloth nappies, NappiRunz and collect and donate these to families who need them visit Facebook for collection points

[www.facebook.com/nappirunz](https://www.facebook.com/nappirunz) Organisations who need nappies for the families they support can email [nappirunz@gmail.com](mailto:nappirunz@gmail.com) [www.nappirunz.com](http://www.nappirunz.com)

**All in Edinburgh** Remote employability and welfare support for people (over 16years) with disabilities or long-term health conditions. Tel: 0300 0200 101 email [info@allinedinburgh.org.uk](mailto:info@allinedinburgh.org.uk)

**The Hope Centre** Practical support available for families offering a range of clothing, toiletries, milk, baby food, cribs, cots and buggies. Also provides a safe space to talk for those who have gone through miscarriage, stillbirth or child loss or who finds themselves unintentionally pregnant, considering or needs support following an abortion. Please contact [hopecentre@destinyedinburgh.com](mailto:hopecentre@destinyedinburgh.com)

### **TURN2US Edinburgh Trust Response Fund Relating to COVID-19**

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

**Float Trust** make small grants to people in need living in Edinburgh. Grants usually help with essential living costs including living costs such as food and travel. For more information visit <https://float.scot/>

**Changeworks** offers support to people who will benefit from energy advice and fuel billing/debt support. For more information visit <https://www.changeworks.org.uk/what-we-do/energy-and-fuel-poverty/fuel-poverty-services/refer-clients-to-fuel-poverty-services>

**Energy Saving Trust** If you're worried about your energy bills or struggling call **0808 808 2282** with energy bills 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](http://www.energysavingtrust.org.uk/scotland/home-energy-scotland/lets-talk)

**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. If you or someone you support is experiencing money problems call the Coronavirus Support line for free on 0808 196 3651

**Apply for Free School Meals, milk and clothing grant.** For more information or to apply visit <https://www.edinburgh.gov.uk/schoolgrants>

**Warm Homes Discount** Scottish Power, E.ON and Npower are accepting applications for the warm home discount, providing support towards your winter electricity bill. If your annual income is less than £16,190 per year, contact your supplier to check if they are part of the scheme and ask to make an application.

## Community Food

### South East

#### **Goodtrees Neighbourhood Centre**

Now moving to a collection point where families in need can collect essential food bags weekly every Wednesday, arrangements are made for those who are shielding to be delivered too. For more information, or to make a referral, please contact [info@goodtrees.org](mailto:info@goodtrees.org) or call 07306 133 260.

**Bridgend Farmhouse** Meal delivery service for residents in EH16 or EH17 who are self-isolating or in need of support. Waiting list may be in operation. Referral required from GP practices or community, health and social care professionals. Email [bridgendfarmhouse.food@gmail.com](mailto:bridgendfarmhouse.food@gmail.com) or Tel 07873976801

#### **Foodbanks** [www.edinburghcitymission.org.uk](http://www.edinburghcitymission.org.uk)

Foodbanks are able to provide emergency food for anyone finds themselves in crisis and cannot afford food. A referral and a valid foodbank voucher are needed from your support worker or GP surgery. To find out which agencies can issue vouchers contact The Foodbank on 0131 444 0030 or Social Care Direct on 0131 200 2324/Out of Hours 0800 731 6969.

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](mailto:welfarefundteam@edinburgh.gov.uk) Applicants should highlight if they are in social isolation or shielding.

**Newington Community Church** 41a South Clerk Street EH8 9NZ **Thursdays** 10,30am -1.00pm  
**Bruntsfield Evangelical Church** 70 Lemington Terrace Bruntsfield EH10 4JU **Fridays** 10.00am – 1.00pm  
**Tron Kirk Moredun** Craighour Gardens EH17 7NX **Fridays** 10.30am – 1.00pm

**Soul Food Meals** In partnership with Soul Food Edinburgh, every week we offer free generous meals of high-quality food for anyone who is in need of food. Edinburgh City Mission runs two 'Grab and Go' Takeaway stands on Tuesdays and Wednesdays.

**Tuesdays** (outside Carrubbers Christian Centre, High Street, 5:30pm)

**Wednesdays** (outside The City of Edinburgh Methodist Church, Nicolson Square, 5:30pm)

There is also a **delivery service** operating on a Thursday evening too.

If you would like a meal delivered, please phone or text 07407213397 by Midday on Thursday, and we will arrange to drop off a meal. For further information please contact

<https://www.soulfoodedinburgh.org/>

**Care Van** A partnership between Bethany Christian Trust and Edinburgh City Mission, Serving soup and Sandwiches.

Lunchtimes: Mondays, Wednesdays, Thursdays & Saturdays only.

12.30pm Market Street

1.00pm-2.00pm King's Stables Road, Grassmarket, North Bridge

Evenings: Every night

9.00pm Waverley Bridge

9.50pm-10.30pm King's Stables Road, Grassmarket, North Bridge

Telephone: **0131 225 9445**.

**Food banks** – contact the Scottish Welfare Fund on 0131 529 5299 or find your local food bank, [www.trusselltrust.org](http://www.trusselltrust.org)

**Edinburgh South East (Southhouse) Blythswood Care** 47 Southhouse Broadway, EH17 8AS  
Monday and Thursday 11.00am -2.30pm Phone 0131 664 9353 or 07521097670 or Email [jrossapc@googlemail.com](mailto:jrossapc@googlemail.com)

**Empty Kitchens Full Hearts** Meal Packs delivered. Hot food served daily at Leith Theatre, 28-30 Ferry Road, Leith, EH6 4AE, 11.30-12.30pm and 4.30-5.30pm. If you or someone you know is struggling with safe access to food visit [food.ekfh@gail.com](mailto:food.ekfh@gail.com) or call 07895347157 for more info

**Foodbanks** Foodbanks are able to provide emergency food for anyone finds themselves in crisis and cannot afford food. A referral and a valid foodbank voucher are needed from your support worker or GP surgery. To find out which agencies can issue vouchers 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.edinburghse.foodbank.org.uk/locations](http://www.edinburghse.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](mailto: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](mailto:edinburghvulnerable@edinburgh.gov.uk) or the Scottish Government 0800 111 4000 Mon-Fri 9am-5pm.

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

**Coronavirus**  
Covid-19

For latest updates on council services visit

[www.edinburgh.gov.uk/coronavirus](http://www.edinburgh.gov.uk/coronavirus)

