

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

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

Due to Coronavirus face-to-face courses have been postponed for the time being however some 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/

Parentline Scotland/ Parent Helpline – Children 1st/ Edinburgh Together

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

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/

Family and Household Support

Support and advice from Housing and Family Support staff on foodbank referrals, benefits, budgeting, debt. And help with tenancies. Email northeast.familyandhouseholdsupport@edinburgh.gov.uk

Maximise

Families who have a child who attends school at Leith Academy, Lorne, Leith, Hermitage Park or Craigentenny 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 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

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.

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

Circle-Harbour

Support for children and families affected by parents' use of alcohol or drugs. In North East new referrals can be made for family outreach or father's support by contacting Sam Black, Tel: 07703714761 Email: sam.black@circle.scot

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 Facebook <https://www.facebook.com/nomindleftbehind/> Twitter <https://twitter.com/MindroomInform>

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

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

Dads Rock are offering a number of their course via zoom including antenatal classes, sleep and feeding workshops for both dads and mums. Email: hello@dadsrock.org.uk Tel: 07807 498709 www.dadsrock.org.uk

Lone Parent Helpline-One Parent Families Scotland www.opfs.org.uk

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

Stress Control Classes

The six session stress control classes are going to be available free of charge online starting Monday 13th of April. Sessions can be watched in the afternoon or evening. For more information or to register go to <https://stresscontrol.org/>

NHS Mental Health Information Station

Offers information on a range of adult mental health supports. Drop in not currently open to the public, but you can still speak with an NHS Mental Health professional on a Thursday between 9.30am and 4.30pm. Please call on 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 a request for a call back.

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 online chat at 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. Free helpline for parents and carers: 0808 802 5544 or email 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/

EVOC Covid-19 Directory of Services

For a list of other support services where you live visit www.directory.evoc.org.uk

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 or sent a message on Facebook- Health Opportunities Team, Twitter @hothoose Instagram @hothoose

6VT

6VT staff are working remotely – supporting young people via messenger, email contact@6vt.info, facebook, twitter, instagram or the contact them on their website 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
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
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. Live Baby and toddler Rhymetimes on Monday and Wednesday at 2pm, Tuesday and Thursdays at 11am, Bedtime Stories Tuesday and Thursday at 6pm. And Saturday Storytime at 11am. Email: info@craigmillarbooksforbabies.org.uk Facebook 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

Dr Bells

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

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

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

The Yard

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

Community Food

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.edinburghne.foodbank.org.uk/locations or Edinburgh North East Foodbank Facebook page or www.edinburghnw.foodbank.org.uk/locations/

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

-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.

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

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

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 health and social care professionals.

Email bridgendfarmhouse.food@gmail.com or Tel 07873976801

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

Coronavirus
Covid-19

For latest updates on council services visit

www.edinburgh.gov.uk/coronavirus



9th APRIL 2020