

Winter 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 download your local leaflet at www.edinburgh.gov.uk/pacs, 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. **CLOSED 25th Dec- 3rd Jan.**

Parenting Programmes- courses to help parents with their child or teenager's behaviour Face-to-face courses are currently postponed however [Triple P \(3-6 years and Primary\)](#) and [Teen Triple P \(11-16years\)](#) parenting programmes are still accepting online applications. New for 2021 [Incredible Years](#) will be re-starting online, the team will also keep families informed about other types of support which may still be available. For more information visit www.joininedinburgh.org/parenting-programmes/

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/>

Sleep Advice Sessions run by Home Link Family Support for Edinburgh families with a child under 5years. Parents and carers can book an online support session to speak to a trained Sleep advisor and counsellor. Contact Cat Email: catriona.p@homelinefamilysupport.org or Tel: 07594327484

Edinburgh Lothians Twins and Multiples Free Antenatal Classes running online 5th and 12th Jan 7.30-9.30pm. Email antenatal@edinburghtwins.org

Lothian Breastfeeding Buddies Free and Friendly Online Drop in Groups Wednesdays and Thursdays 10.30-11.30am. Email: lothian.peers@nct.org.uk Tel: 07732690813

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, priority given to families in Leith. Alternate Mondays at 1pm. jo.howie@edinburghcommunityfood.org.uk Tel: 0131 467 7326.

Fussy Eaters Workshop - Edinburgh Community Food and Dr Bells Online sessions giving practical advice from a nutritionist for parents of children experiencing picky eating behaviours; for children aged 1-6 years, alternate Tuesday at 1.30pm. Open to all families, priority given to families in Leith To sign up email jo.howie@edinburghcommunityfood.org.uk Tel: 0131 467 7326.

FREE online cooking and nutrition sessions via zoom for parents with a child under 5. Learn to cook healthy meals for your family and find ways to reduce sugar intake and improve oral and general health. Please contact Jo Howie, jo.howie@edinburghcommunityfood.org.uk 0131 467 7326

Free Online REHIS Food Hygiene Course improve skills and knowledge of food hygiene, health and allergy awareness and eating well for older people. Useful in gaining employment. Tel: Jo Howie, jo.howie@edinburghcommunityfood.org.uk, 0131 467 7326 or book at <https://www.edinburghcommunityfood.org.uk/Pages/Events/>

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

The Alma Project (Arts and Mental Health) For adults with mental health problems, currently offering art and writing outings, zoom sessions, and telephone support. For more information or a referral form visit www.thealmaproject.wordpress.com or email contact.thealmaproject@gmail.com or phone 0770 36 39 334

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.

South East Counselling (Edinburgh) Counselling service offering telephone and video counselling for adults over the age of 18 living in South East Edinburgh, for more information visit https://www.health-in-mind.org.uk/services/south_east_counselling/d10/

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

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

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

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

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.

Fathers Support – 1:1 help for single fathers of children under 4yrs, needing help with parenting, advocacy and information. For more information call 07909 112 036 or jenifer.hamilton@opfs.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 Free monthly workshops via zoom including Antenatal, First Aid, Feeding, Hairstyle, Sleeping and Raising Children with Confidence workshops for both dads and mums (next block starts Thu eve 13th Jan). New Dads in the Wood outdoor play sessions on alternate Saturday mornings and monthly walks. Dads whatsapp group also available. Email: hello@dadsrock.org.uk
Tel: 07807 498709 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 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

Shared Parenting Scotland Online meetings 7-9pm on the first Monday of every month with a family lawyer to help separated parents who are not seeing their children or facing other lockdown issues. Free online training on stress, communication skills and debt at www.learnsharedparenting.scot. For more information and advice visit www.sharedparenting.scot
Tel 0131 557 2440

People Know How

Wellbeing Calls and Walking Befriending - befriending service for adults across Edinburgh who may be feeling isolated. From chatting about interests to sharing advice on accessing resources, the befrienders are there to offer a friendly ear. Visit www.peopleknowhow.org/reconnect

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

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 10-4

Digital Drop-in with Edinburgh Libraries. Email: getonline@edinburgh.gov.uk to book a 1-1 remote learning sessions.

TransParentTsees 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

Vocal Family Support Addictions Support for parents, friends, partners and other family members who are affected by someone else's drinking and drug use. Email: fsa@vocal.org.uk Tel: 0131 622 6666 **CLOSED 24th Dec- 5th Jan 2021 apart from reduced hours on 30th and 31st Dec.**

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

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 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. **CLOSED until 4th January 2021** Email juno.enquiries@gmail.com at least 24 hours before the sessions for the zoom link. For more information visit www.facebook.com/junopmhscotland/

NHS Mental Health Information Station Walpole Hall, Palmerston Place, EH12 5 AW
Information on a range of adult mental health supports. Speak with an NHS Mental Health professional at the face to face drop in or Tel: 0131 537 8650 on Thursdays 9.30am-4.30pm.
Open Christmas eve 24th Dec, CLOSED 31st December. Email: MentalHealthInformation@nhslothian.scot.nhs.uk

Ithrive Online space for Mental Health and Wellbeing Information in Edinburgh. Local information on services and support and links to self-help and self-management resources.
www.ithriveedinburgh.org.uk

The Spark- Free Relationship Support and Counselling Free helpline for anyone over 16year experiencing family or couple relationship issues. In response to COVID some free counselling sessions will be available for individuals and couples needing more in-depth support, sessions will be provided by telephone and online. Tel: 0808 802 2088 Mon-Thu 9am-9pm, Fri 9am-4pm. 23rd Dec 9am-1pm, **CLOSED 24th Dec- 4th Jan 2021.** www.thespark.org.uk

Sleep Scotland Parent Support Line Guidance and support for parents and carers on their child or teenagers sleep problems or young people themselves. Mon-Thu 9.30am-4pm, Fri 9.30am - 12.30pm Email sleepsupport@sleepscotland.org and a sleep advisor will call you back.
<https://www.sleepscotland.org/support/sleep-counselling/sleep-support-covid-19/>

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

Families Outside Support for families affected by imprisonment. Helpline Tel: 0800 253 0088 Webchat www.familiesoutside.org.uk Text: FAMOUT to 60777 Email support@familiesoutside.org.uk Mon-Fri 9am-5pm

NSPCC For parenting advice and support, contact trained online helpline counsellors Tel: 0808 800 5000, weekdays 8am to 10pm and weekends/ public holidays 9am to 6pm, email help@nspcc.org.uk or visit www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/

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

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 online chat at 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 Information for you and your family- Coronavirus 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

Volunteering Matters Offers practical and emotional support to families living in South East and South West Edinburgh [for more information please contact james.donnely@volunteeringmatters.org.uk](mailto:james.donnely@volunteeringmatters.org.uk) 07823413260

Additional Support Needs

Firsthand Lothian Matches a worker or volunteer with families who have one or more children under 16 years with additional support needs. Participating in activities and going to places with the child whilst offering parents / carers some regular respite. Currently delivered 1:1 in the local community and remotely via Zoom, What's App and Portals. Tel: 0131 523 1322 and leave a message or email info@firsthand-lothian.org.uk for more information or to make an application visit www.firsthand-lothian.org.uk

Parent and Carer Information Sessions on Autism Spectrum Disorders (ASD) For parents and carers of children in Edinburgh Local Authority mainstream schools. Sessions will run on Microsoft Teams. The sessions run in blocks of 5 different topics for: Pre School; P1-3; P4-7; P1-7 and Secondary. The next block will run for parents and carers of P1-3 children starting 13th January 9.30-11am. Places can be booked until 18th Dec. P4-7 sessions will start on 23rd Feb 4-5.30pm. For more information or to book call Additional Support for Learning on 0131 469 2850 or email autisminfo@ea.edin.sch.uk during term time.

Lothian Centre for Inclusive Living (LCiL) Peer Support Groups for parents of children with additional support needs are meeting online over Zoom and co-hosted with VOCAL. Also running a new peer support group for parents who have adult children that has left school. Online workshops also run around knowing your rights and how best to get the support you need. For more information Email sds@lothiancil.org.uk or Tel: 0131 475 2350

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

Scottish Autism Advice Plus Advice Line- Information, advice and support for individuals and families about Autism. Mon, Wed, Thu and Fri 10am-4pm, Tue 10am-7pm. Tel 01259 222 022 call

or email advice@scottishautism.org **CLOSED 21st Dec-4th Jan**. Also offering live Question and Answer sessions on Facebook visit www.facebook.com/scottishautism/ **Autism Friendly Relaxation presentation and Q&A** 18th December 12pm. Visit <https://bit.ly/PVFB1812>

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

Tailor Ed Virtual Support Services offer online group sessions to support children with autism and their families. Online support sessions are available during the Christmas holidays including Weekday Circle Times, Games sessions of interactive and visually supported activities, Fortnightly Quiz Night for parents.

For more information or to refer a family to access these events please contact Roo (07518 040 115) or Kate (07980 702 962)

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

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](https://www.lets-talk.scot.nhs.uk) 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 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. Leave a message and an adviser will call back.

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

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

For transition support back to school visit:

http://www.mindroom.org/index.php/help_and_support/resources_for_parents/back_to_school_toolkit ASN

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. Surviving the Festive Period as a Carer Course Wed 16th Dec 10-11.30am. **CLOSED 24th Dec- 5th Jan 2021 apart from reduced hours on 30th and 31st Dec.** Email: centre@vocal.org.uk Tel: 0131 622 6666 For free courses and events for carers visit www.carerstraining.co.uk/events/

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. New referrals accepted.

-Chinese Flower Group Chinese parents and their children, 0-3 years in NE. Referral only. Meeting online at present.

-The Strawberry Group New group starting South West in the New Year. For black minority ethnic parents and their children, at least one aged 0-3 years. Accepting new referrals.

-The Wren Group (referral only) Currently offering online support to black and minority ethnic mothers in Leith who have children with additional support needs under five years.

-Katakeet Mother and Baby group (referral only) Currently offering online support for multicultural mothers, including expectant mothers, and babies aged 0 to mobile stage.

-Safe Haven Project for Refugee families. Meeting weekly outdoors.

-Bright Choices Project for women, men, children and families who are experiencing difficult relationships. New referrals accepted.

For more information on any groups or to make a referral 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. 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 or call 07730220109.

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

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 Visit www.sikhsanjog.com or Facebook 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 or phone 07957989804. 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 Visit Facebook [Elrec Openarms Mitra](#)

-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. 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

Goodtrees Neighbourhood Centre 2021, will see the return of Indoor Youth Work at Goodtrees. Dates still to be finalised but this will see the return of our Health & Wellbeing Hub, Boys Group & Girls Group, as well as a programme of activities for children. We have an exciting brand new partnership with Edinburgh International Festival, Vox Luminous and muralist Shona Hardie all starting in January which will see young people get creative, designing murals on the community effort during lockdown and beyond as well as see the young people produce an album locally in an effort to illuminate the young people's voices and lived experiences. More details on our social media channels. [@Goodtrees Neighbourhood Centre](#)

As well as this we have secured funding from Creative Communities Scotland where young people will have a safe creative space learning new skill and telling their stories.

New Web Chat run by Scottish Women's Aid for children and young people who feel scared at home, or who are feeling controlled or hurt in their relationship. Running initially until 31st March. Chat free www.cypwebchat.scot 5-10pm every day.

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

Impact Arts- Creative Pathways for 16/17 year olds not in school, working or training. A non traditional fun way to get a qualification, Sign up January 2021

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

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

Edinburgh Guarantee Help to find a job, apprenticeship or training programme when you leave school. To see the latest opportunities in the Bulletin visit <https://www.edinburghguarantee.org/parents-and-teachers.html>

Screen Education Edinburgh Film Academy Craft Skills Course for 16-19year olds looking to find out more about the film and a career in the industry. 13th Feb – 20th March. Support with travel costs may be available. For more information visit <https://www.screen-ed.org/bfi-film-academy-craft-skills>

The Junction's Digital Drop-In offers flexible support by phone, text, Zoom or email for young people aged 12-21years in Edinburgh. A free, confidential, 1-1 chat with a worker for 30-45 minutes to discuss anything on your mind. Email support@the-junction.org or text 07758 348 850 to arrange a suitable time. The waiting list for their **One-to-One Service** is also open which offers both face-to-face and remote support. Visit www.the-junction.org for more information.

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

Multicultural Family Base (MCFB) Groups for BAME children and young people and their family. Including 4-2-7, Junior Groupwork (P4-P7) and 4 Corners (P6-S3)

-YOLO Group (S1-S6) For Black, Asian, Minority Ethnic Young women and girls who are also Young Carers meeting weekly mostly on-line with some additional meet up's (open to referrals)

-MOSAIC Emotional Wellbeing support for BAME young people (S1-6 in North Edinburgh) experiencing stress and anxiety. Currently meeting weekly. Run by MCFB and The Junction. For more information on any groups or to make a referral Tel 0131 467 7052 Visit www.mcfb.org.uk

HOT (Health Opportunities Team) HOT Online Drop-ins-safe and confidential space for young people to have a chat with a HOT worker. Information and advice about all aspects of your well-being, emotional and sexual health. Drop ins run on Mon, Wed and Thurs from 4pm – 6pm over phone, text or email. Email: getsupport@health-opportunities.org.uk Phone or Text: using the weekly number on HOT social media accounts. **Drop-ins will be closed 24th Dec- 5th Jan.** The drop-in service will end by March 2021.

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.

Sunflower Gardens Therapeutic work with children 5-18years affected by drug or alcohol use in their family. Offering a mixture of distance counselling, phone support and face to face appointments. Referral accepted from parents or professionals. Email sunflower@crossreach.org.uk Visit <https://www.simpson-house.org/sunflowergarden.htm> for more information.

The Prince's Trust works with Young People aged 16-30. Offers support and sessions in employability, self-employment and personal and social development. Each young person will have a keyworker that will work with them on areas such as goal setting and support them through their journey. <https://www.princes-trust.org.uk/help-for-young-people/programmes>

Stop Breathe Think Free Virtual Mental Health Service for Young People under 21 years run by Snow Camp. Text 85258 free for confidential support available 24hrs or for Free 1-1 counselling sessions visit <https://www.snow-camp.org.uk/stopbreathethink/>. Parents or professionals can also refer a young person for support.

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 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

Goodtrees Neighbourhood Centre

New family group starting January 2021 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 or call 07306 133 260

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 - Goodtrees Walking Group – Meet outside Goodtrees Neighbourhood Centre - Contact Kim@elgt.org.uk

Wednesday 10am - Goodtrees Jogging Group – Meet outside Goodtrees Neighbourhood Centre - Suitable for beginners – Contact Ruth@elgt.org.uk

Thursday 1pm – Walking Adventures – Meet outside The Craggs Centre – Gentle walk with fun activity – Contact Kim@elgt.org.uk

Zoom Cooking Sessions with Edinburgh Community Food – Contact Theodora.hidalgo@edinburghcommunityfood.org.uk

Bridgend Farmhouse Are running an advent calendar of online activities and events throughout December, see the activities available each week on their Facebook page including making a wreath for adults on Thu 17th Dec 11.30am- 1.30pm and making eco decorations for families on Sat 19th Dec 10am-12pm. To book email community@bridgendfarmhouse.org.uk

Santa's Story Time Online on Christmas eve at 3pm, for under 12s (although anyone welcome!) Places are free but limited. **Must register by 15th Dec** Email the number of children and their ages to natlearnersforum@btconnect.com

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

The Play Well Project 11 Activity cards to help parents and carers to support their child's health wellbeing and learning through play www.playscotland.org/play-well-project/

VASS- Virtual Active Schools Sessions Free, Accessible sessions online starting Fri 1st Jan weekdays at 4pm, take part at home with family or by yourself at [Active Schools Edinburgh YouTube Channel](#)

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>

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

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

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

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/

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

Edinburgh Buggy Walks Friendly Free walks all over the city. Visit the Facebook Page or Meet Up page <http://meetu.ps/c/2KbDL/Fcr1P/d>

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

Impact Arts Creative Outdoor Play Sessions For children from Castlevue, 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 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

The Night Before Christmas- A magical Christmas concert Royal Scottish National Orchestra and Children's Classic Concerts- to watch available until 10th January 2021

<https://www.youtube.com/watch?v=RPiaYxrAJ0Q>

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

The Yard are offering online activities and songs for children with additional support needs on their Facebook page. 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

The Scottish Child Payment New payment for low income families with children under 6years. Payments of £10 per child, per week starting in February <https://www.mygov.scot/scottish-child-payment/how-it-works/>

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 Or call 0800 182 2222

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

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

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

Progress for Parents A free employability service for parents of a child or person with a disability. Support finding employment or securing better working conditions around caring responsibilities. For more information contact Beth Stanners, email bs1@enable.org.uk or Tel: 07889456192 www.enableworks.org.uk

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.

Ps and Gs Baby Bank Support for new and expectant parents, particularly those in financial difficulty. Provides a Starter Pack of essentials for mum and baby and provides information and support. Email Rachel children@psandgs.org.uk Open Thursdays 2-4pm for collection of packs.

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

Maximise Families who have a child who attends school Liberton High School, Liberton, Gilmerton, Craigour 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

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

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

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 Organisations who need nappies for the families they support can email nappirunz@gmail.com www.nappirunz.com

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

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 by a professional.
www.float.scot/

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

Home Energy Scotland If you're worried about your energy bills or struggling to keep warm at home 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: <https://www.homeenergyscotland.org/contact-advice-support-funding/>

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

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>

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

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

Community Food

South East

Goodtrees Neighbourhood Centre

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

Foodbanks 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 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 Craigour 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

Edinburgh South East (Southhouse) Blythswood Care 47 Southhouse Broadway Edinburgh EH17 8AS

Monday, Tuesday and Thursday 11.00am -2.30pm Phone 0131 664 9353 or Email

edinburghfoodbank@blythswood.org

ASDA Kids Eats Free – A range of free hot and cokmeals are available in all Asda Cafes throughout December for children under 16years. No adult meal needs to be purchased. Tier 2 can eat in, Tier 3 is takeaway.

Bonnie Burrito 82 South Clerk Street, Opening Christmas Day 12-2pm offering free food to those in need.

Destiny Angels (part of Destiny Church) Run by volunteers-Befriending phone calls, emergency food parcels. Email angels@destinyedinburgh.com or phone 0131 555 2707 for more info.

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 <https://www.emptykitchens.co.uk/> or call 07895347157 for more information

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

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.

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 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

Coronavirus
Covid-19

For latest updates on council services visit

www.edinburgh.gov.uk/coronavirus

