

# Connect Here Community Resources Directory

supporting people with Long Term Conditions



Edinburgh Health and  
Social Care Partnership



October 2021

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October 2021

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**Anticipatory Care Planning:** No one knows when their health and care may change, so it is a good idea to put a plan in place.

**Digital Health - Blood Pressure Monitoring:** Why go all the way to the GP when you can measure your own blood pressure at home?

**Self Management** - Living with a Long Term Health condition can be challenging Did you know that Lothian Centre for Inclusive Living (LCIL) has a **Self Management Support Worker** that can help you to face some of those challenges?

**Falls Support Services:** Around one in three people experience a fall at least once a year. Younger people can be at risk of falling too. The good news is there are many ways we can support you to reduce your risk of falls. [NHS Scotland's Up and About booklet](#) has lots of information on how to take positive steps to avoid trips and falls. In this edition we take a look at help and guidance from [Fall Support](#).

**Connect Here Guides:** We introduce you to quick guides to help you access information on Arts, Culture and Creative activities, Book Groups, Cycling, Crisis, Counselling, Employability Services and Mental Health Apps.

**Other Useful Information Services:** Edinburgh has some truly great specialised Information Services, we highlight some of our favourites.

**Guidance on Using the Directory:** We explain some of the Directory's finding tools, which will help you in navigating the content in the directory.

## Directory Subject Categories

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**Disclaimer:** The inclusion of services or projects in this guide is in no way a commercial endorsement on the part of Edinburgh Health and Social Care Partnership or NHS Lothian. We are unable to guarantee the quality of service provided by the organisation listed.

If you have concerns about a service listed here please contact the service provider in the first instance and their professional body if one exists. Please update us of your experience by emailing us and we will take account of this when we compile the next update of the guide. Whilst every effort has been made to ensure the accuracy and reliability of the information in this guide, neither Edinburgh Health and Social Care or NHS Lothian will accept liability for errors or omissions and any resulting harm.

**Email:** [ConnectHereUpdates@nhslothian.scot.nhs.uk](mailto:ConnectHereUpdates@nhslothian.scot.nhs.uk)



# Connect Here Community Resources Directory

We hope that you had a warm and wonderful summer! As you can see we have had the builders in so you will notice some changes to this edition of the Connect Here Directory.

In each edition of the Directory, we will showcase some services in the introduction to the Directory. In this edition we focus on: Anticipatory Care Planning, Digital Health - Blood Pressure Monitoring service, Falls Support and LCIL's Long Term Conditions - Self Management Support Worker.

We have also had a go at streamlining some of the subject categories in the Directory, bringing together in one place interrelated topics that had been previously spread across the Directory.

You will also notice some categories of entries in the directory have been reduced in size e.g. doctors and dentists still exist but we ask you to link through to databases on NHS Inform.

There are some new categories. Services focused on Self Management and those delivering their service using a foreign language are featured. Long Term Conditions support groups now appear as a separate group, with the Health and Wellbeing section detailing other support groups.

Categories covering Adult Education, Arts, Heritage and Culture and making new friends are all grouped under a new Category called "Things to do"

You will find a fuller explanation of how services have been grouped under each category if you go to [page 9](#).

Please let us know how you get on with the new lay out.

**Email:** [ConnectHereUpdates@nhslothian.scot.nhs.uk](mailto:ConnectHereUpdates@nhslothian.scot.nhs.uk)

Addresses for Community Resources have been included because some services have re-started limited face to face contact with the public. You should continue to contact a service first by phone/email to ascertain their current status before attempting a face to face visit to the service in question.

**Keeping us Up to date:** We have included services and projects in this guide with the intention of providing as comprehensive useful and accurate listing as possible about Community Resources in the Capital. Please email us with any changes or additions that you are aware of and we will update the entry.

**Email:** [ConnectHereUpdates@nhslothian.scot.nhs.uk](mailto:ConnectHereUpdates@nhslothian.scot.nhs.uk)

## Anticipatory Care Planning

No one knows when their health and care may change. Planning ahead can help you have more control and choice over your care and support. Sometimes, when we are unwell we are not able to explain what is important to us.

An Anticipatory Care Plan (ACP) allows you to think, understand and plan ahead for your health and care.

### Making a plan

When you are making your care plan, you might want to think about a number of things.

Who matters to me? What matters to me? Where I would like to be when I am unwell? What I would like and do not want?

### Why does this matter to me?

- I am able to tell people my views and be listened to by health and care professionals
- I am taking part in decisions about me
- I have a shared understanding about my health and care with people who support and care for me.

You can read our [‘Let’s Think Ahead’](#) leaflet to find out more.



## Digital Health - Blood Pressure Monitoring

Home and mobile health monitoring – Florence telehealth

Florence is an easy to use service designed to provide support for people to manage their own health conditions. Florence combines the expertise of the Health and Social Care professionals with the convenience of mobiles phones to provide text prompts and advice to act on.

One area that we have focused on is supporting people who have hypertension in Lothian to manage their condition.

Why focus on Blood Pressure telemonitoring?

- 31% of adult UK population have raised blood pressure
- In Scotland there are 1.2 million primary care appointments annually to check blood pressure
- Checking blood pressure at home can give a better reading than having it taken in a medical centre.

Find out more about [Florence Telehealth](#)

Find out more about [monitoring your own blood pressure](#)

## Self Management Services

There are some really great services locally and nationally that can help people living with Long Term Health Conditions. You can see the full listing in the Self Management section of the Directory. But we would like to highlight one of them in each edition.



### Long Term Conditions - Self Management Support Worker

Lothian Centre for Inclusive Living (LCiL) in Edinburgh do a fantastic job of helping those living with the challenges of a disability but did you know that they have a Long Term Conditions Self Management Support Worker? The Support Worker can help you think about what matters to you, supporting you to develop skills to:

- Be better informed about your condition
- Live life better on your terms
- Be better supported
- Be better prepared for everyday challenges
- Know what's right for your condition, what's right for you

The Self Management Support Worker can connect you with people or activities in your local community. They can also support you to learn from, or share with, other people who live with Long Term Conditions. This service is free!

For more information contact:

Self Management Support Worker

**T: 0131 475 2554**

**Mobile/SMS: 07396 591 871**

**E: [SMW@lothiancil.org.uk](mailto:SMW@lothiancil.org.uk)**

The Self Management Support Worker is provided in partnership with LCiL and Edinburgh Health and Social Care Partnership. LCiL is a registered charity (number SC017954). For more information please visit:

[www.lothiancil.org.uk](http://www.lothiancil.org.uk)

## Falls Support

What to do if you fall

- use a phone to call a relative, friend or neighbour. If you're injured, phone 999 and ask for an ambulance. If you're not sure, phone 111
- use a community alarm, if you have one
- ask your smart speaker, if you have one, to call someone who can help you
- try shouting, or banging on a wall, to try to attract your neighbour's attention.

Around one in three older people experience a fall at least once a year. Younger people can be at risk of falling too. The good news is there are many ways we can support you to reduce your risk of falls. NHS Scotland's [Up and About booklet](#) has lots of information on how you can take positive steps to avoid trips and falls.

Be prepared in case you fall

- [NHS Inform](#) shows you how to be prepared and know how to get up off the floor.
- The [Get Up And Go booklet](#) provides information on falls prevention and how to make a plan
- You or your health professional can request a falls assessment by calling Social Care Direct on 0131 200 2324
- A [community alarm](#) can alert for help if you fall. Contact Social Care Direct for information on how to start the referral process on 0131 200 2324

## Taking positive steps to avoid trips and falls

### Ways to reduce your risk of falls

- How is your health? – Dizziness, blackouts, fainting? Headaches, chest pain or palpitations? Do you manage your health conditions well? Your GP can help with these. It is important to tell your GP if you have had a fall.
- Are you taking medications? – Some medications can increase your falls risk. Ask your pharmacist or GP for a medication review.
- How is your eyesight? – Getting your eyesight checked regularly is important. Visit [NHS Inform](#) for information about getting your eyes checked. Contact your local optician to arrange an appointment.
- Do you hear well? – It is a good idea to get your hearing tested regularly. Your GP can arrange a referral. Many opticians also offer hearing tests free of charge.
- Feet and footwear – Foot problems and shoes that are well worn or don't fit well can increase your risk of falls. A podiatrist can help you. [Contact NHS Lothian Podiatry](#) for an appointment. It is a good idea to consider replacing your shoes if they are well worn.
- Pain and injuries can make you less steady on your feet. You can [ask to see a physiotherapist](#).
- Around your home – There are often ways to make your home safer. Check your home is well lit and you have space to easily walk around. You may need equipment to make your home safer and easier to live in. You can [order community equipment and minor adaptations](#) from the Edinburgh Health and Social Care Partnership.
- Eating well and staying hydrated – Having a balanced diet and drinking lots of water is a good way of making sure you have enough energy. Eating foods with plenty of calcium and taking the right amount of vitamin D can help maintain healthy bones. The Royal Osteoporosis Society has [more information about eating enough calcium](#). [Visit the Scottish Government website](#) to get advice about getting more vitamin D. Your GP can help if you are not sure.
- Staying active - We are all recommended to take at least 150mins of exercise a week including strength and balance exercises twice a week. There are lots of health benefits that come from doing this including reducing the risk of falls.
- Visit [Falls Assistant](#) to find some exercises you can do to help prevent falls.
- [Steady Steps](#) is a programme run by Edinburgh Leisure, supported by the Edinburgh Health and Social Care Partnership. It's for anyone who has had or is at risk of having a fall. If you feel you would benefit from taking part in Steady Steps speak to your health professional who can make a referral on your behalf.
- Lots of the activities you do daily and enjoy all help with staying active.

## Connect Here Guides

The Connect Here Directory also produces a series of smaller thematic Connect Here guides covering topics within the main directory. These guides cover a wide range of topics from cycling to mental health apps and can be printed out as A5 double sided booklets. If you want to see what one of these guides looks head over to the [Mental Health Information Station web site](#) who are currently hosting the collection of guides.

## Other Useful Information Services

This Directory covers a lot of services and projects in Edinburgh but one information service cannot cover everything. Edinburgh is lucky to have a network of specialised information services covering specific subjects and sectors. On this page, we would like to spotlight some of these truly excellent information services available for public access:

### Disability Information Scotland

provides reliable, accurate and accessible information for people living with disability in Scotland.

W: <https://www.disabilityscot.org.uk/>

### EVOC – The Red Book

an online directory of third sector organisations and services in Edinburgh.

W: <https://www.evocredbook.org.uk/>

### iThrive Edinburgh

is your online space for mental health and wellbeing information in Edinburgh. It includes self help resources, support information, news and events.

W: <https://ithriveedinburgh.org.uk/>

### NHS Inform

NHS inform is Scotland's health information service. It offers quality assured health and care information via a website and phone service.

W: <https://www.nhsinform.scot/>

### Perinatal and Infant Mental Health Third Sector Service Directory:

Quickly search, sort and filter charities and organisations who offer Perinatal and Infant Mental Health support in Scotland.

W: <https://www.inspiringscotland.org.uk/perinatal-mental-health-services/>

### Long Term Conditions Programme

<https://www.edinburghhsc.scot/longtermconditions/>

Edinburgh Health and Social Care Partnership's Long Term Conditions Programme supports health and social care teams to improve care for people living with long term health conditions and those who are at risk of falls. Its vision is to support health and social care teams to improve care and support by:

- seeing the whole person rather than each individual condition
- engaging the whole team involved in the person's care, including third sector partners
- improving the way that care and support is planned across the whole system.

Have a look at the [website](#) to find out how the Long Term Conditions Programme provides support in the following areas:

- [Anticipatory care planning – thinking ahead](#)
- [Digital support](#)
- [Falls support](#)
- [Falls Support in Care Homes](#)
- [Self-Management.](#)

## Guidance on Using the Directory

### Subject Listings

Information about services is divided into Subject Groupings, click on a hyperlink on the Contents list and you will automatically go to the start of the main subject grouping. Each of these is sub divided again, click on any of these headings and you will go to the corresponding entries for services/projects.

If you want to go back to the main Content Pages scroll back to the Subject Grouping page and click on the button labeled "Back to Main Contents Page".

If you want to find the nearest subject grouping page, click on blue hyperlinked Subject Category title at the top of each page of entries.

### Alphabetical Listings

You will also find an A-Z alphabetical listing of all of the services/projects in the Directory. Click on the link for a particular service/project and it will take you to the entry. To access the Alphabetical Index click [here](#).

You will also find a link to the Alphabetical Index at the bottom of every individual Subject Category Index page.

### Find Facility

All text based PDF files come with their own built in find facility. When you open the file in Adobe Acrobat Reader, you will find a spy glass icon on the toolbar. Click on this icon and the Find Facility will appear. Input your search term and hit return. The Find Facility will then bring up every mention of your search term in the document.



### Entries Explained

This edition of the Directory includes a lot of additional information about Social Media Channels. You will find new information in an entry. Social Media entries will be preceded with the following field names:

- FB – Facebook
- Tw – Twitter
- Inst – Instagram
- YT – You Tube

### End of a Browser Era - RIP Internet Explorer 11

Some of you reported issues of functionality with the last edition of the Directory, it seems that this was often caused by people still using Internet Explorer 11. If you have a problem accessing a site and Internet Explorer 11 is your default web browser could you start by copying and pasting the web address into Google Chrome. Please email us If you still have a problem:

[ConnectHereUpdates@nhslothian.scot.nhs.uk](mailto:ConnectHereUpdates@nhslothian.scot.nhs.uk)



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## Care and Support Services

**Carers:** [Adult](#), [Advocacy](#), [Autism](#), [Befriending](#), [Carer Support](#), [Events and Training](#), [Families](#), [Helpline](#), [Hospital Discharge](#), [Parenting](#), [Young Carers](#)

**Care Homes:** [Choosing a Care Home](#)

**Digital Health:** [Blood Pressure](#), [Chest/Heart/Stroke](#), [Falls Support](#), [Hearing Loss](#), [Independent Living](#), [Tinnitus](#), [Video Calls](#)

**Falls Support:** [Alarms](#), [Audio Visual](#), [Care Homes](#), [Online Guidance](#), [Training Programme](#)

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**Advice and Guidance:** [Counselling](#), [Health Education](#), [Helpline](#), [LGBT](#), [Mental Wellbeing](#), [Parenting](#), [Young Carers](#)

## Employability and Personal Development.

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**GP**: [How to Register for a GP; Edinburgh GP's \(A-Z\) – Scottish Services Directory](#)

**Counselling**: [Edinburgh Counselling Services \(A-Z\)](#)

**Mental Health**: [Apps](#), [ADHD](#), [Autism](#), [Bipolar](#), [Borderline Personality Disorder](#), [Community Mental Health Project \(CMHP\)](#), [Crisis](#), [Helplines](#), [Men's Health](#), [Mental Welfare](#), [Online Resources](#), [Reconnect](#), [Perinatal Depression](#), [Self Harm](#), [Sign Posting](#), [Suicide](#), [Youth](#)

## [Peer Support](#)

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**Substance Misuse**: [Advocacy](#), [Alcohol Dependency](#), [Children and Young People](#), [Family Support](#), [Harm Reduction](#), [Recovery](#), [Smoking Cessation](#)

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**Dementia**: [Health Care](#), [Dementia: Older People](#), [Dementia: Singing](#), [Dementia: Young People](#), [Diabetes](#)

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**Support Services:** [COPD](#), [Counselling](#), [Disabled Horse Riding](#), [Disability Employment Advisers](#), [Employability](#), [Families](#), [Independent Living](#), [Information Service](#), [Learning Disability](#), [Music Tuition](#), [Sensory Stimulation](#), [Social Support Chat](#), [Speech and Language Therapy](#), [Sports Activities](#),

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## Long Term Conditions - Self Management

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## Money, Advice and Help Services

**Advice Service:** e.g. [Citizens Advice Helpline](#)

**Charity - Financial Support:** [Float Trust](#), [TURN TO US](#)

**Debt Counselling:** [Advice Shop](#), [CHAI - Community Help and Advice Initiative](#), [Christians Against Poverty \(CAP\)](#)

**Energy Advice:** [Additional emergency credit for pre-payment meters](#), [Change-works Heat Heroes](#), [Home Energy Scotland](#), [Money Saving Expert - Pre-pay gas/electricity - What to do if you need to self Isolate](#)

**Food:** [Foodbanks](#), [Food Delivery](#), [Food Pantries](#), [Food Parcels](#), [Food](#), [Cleaning and Toiletry Packs](#), [Free or Low Cost Food](#), [Packed Lunch's](#)

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**Martial Arts, Swimming:** All Edinburgh Leisure Swimming Pools (A-Z),

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**Sight Loss:** [Key Local Support Organisations](#), [Eye Health](#), [Low Vision Aids and equipment](#), [Reading](#), [Social/Community Support](#), [Emotional Support](#), [Young People](#), [Other Useful contacts](#)

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**Charity - Financial Support:** [TURN TO US](#) - [Edinburgh Trust Fund Float Trust](#)

**Debt Counselling:** [Advice Shop](#), [CHAI](#) - [Community Help and Advice Initiative](#), [Christians Against Poverty \(CAP\)](#) [Debt Advice Foundation](#), [Granton Information Centre](#), [Mental Health and Money Advice](#), [Money Advice Scotland](#), [Muirhouse Low Income Families Together](#), [National Debt Helpline](#), [Step Change Debt Charity](#)

**Emergency and Affordable Food:** [Food Delivery](#), [Food Distribution](#), [Food Fridge](#), [Food Pantry](#), [Food Parcels](#), [Food Cleaning and Toiletry Packs](#), [Foodbanks](#) - [Basic](#), [Edinburgh Food Project](#), [Edinburgh Settlement Project](#), [North East](#), [South East](#), [South West](#), [Sikh](#), [Free or Low Cost Food](#), [Packed Lunch's](#)

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### Sector Skills Support

**Employment Services:** [Clothing](#), [Digital](#), [Disability](#), [Employability](#), [Online](#), [Recruitment](#), [Training](#), [Veterans](#), [Volunteering](#), [Youth](#)

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## Care and Support Services

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### **Carers: Adult Carers**

#### **Space - Adult Carers**

Space and Broomhouse Hub 79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 455 7731

E: [admin@spacescot.org](mailto:admin@spacescot.org)

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

Summary: We offer support to Adult Carers with regular telephone calls and providing information, advice, well-being and coping strategies. We are taking new referrals for carers in need in South West Edinburgh, please contact [adultcarers@spacescot.org](mailto:adultcarers@spacescot.org) for more information.

### **Carers: Advocacy**

#### **Edinburgh Carers Council (ECC)**

GF5 14 Links Place Great Michael House  
Edinburgh EH6 7EZ

T: 0131 322 8480

E: [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk)

W: <https://edinburghcarerscouncil.co.uk/>

FB: <https://www.facebook.com/edinburghcarerscouncil>

Summary: ECC staff are continuing to work both remotely and from our office. We are now able to meet carers in person for advocacy appointments where appropriate; to arrange, please get in touch with your advocacy worker or you can call us on our main office number, 0131 322 8480. If no one is in the office please leave a voice mail and we'll get back to you as soon as possible. You can also email us via these email addresses: For General Enquiries or to make a Referral, please email [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk); For Information, or if you want to know more about our Peer Support Services, you can email our Information and Resource Worker, [rachael@edinburghcarerscouncil.co.uk](mailto:rachael@edinburghcarerscouncil.co.uk)

## Care and Support Services

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### **Carers: Autism**

#### **PASDA**

Norton Park 57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2416

E: <https://www.pasda.org.uk/index.php/contact-us/>

W: <https://www.pasda.org.uk/>

FB: <https://www.facebook.com/pasdaofficial/>

Tw: <https://twitter.com/pasdaofficial>

Inst: <https://www.instagram.com/pasdacharity/>

Summary: Face to Face services have restarted. Click here for their August newsletter:

<https://www.pasda.org.uk/index.php/2021/08/03/august-2021-newsletter/>

### **Carers: Befriending**

#### **Eric Liddell Befriending Service**

Eric Liddell Centre 15 Morningside Road  
Edinburgh EH10 4DP

T: 0131 357 1271

E: [frontdesk@ericliddell.org](mailto:frontdesk@ericliddell.org)

W: <https://www.ericliddell.org/services/befriending/>

FB: <https://www.facebook.com/EricLiddellCentre/>

Summary: The service is active, with matches meeting in person or virtually, depending on their comfort levels with regard to Covid-19.



## Care and Support Services

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### **Carers: Carer Support**

#### **Care for Carers**

Room 4.25 St Margaret's House  
151 London Road  
Edinburgh EH7 6AE

T: 0131 661 2077

Opening Hours: Monday to Friday 9-5pm

E: [admin@care4carers.org.uk](mailto:admin@care4carers.org.uk)

W: <https://www.care4carers.org.uk/>

Summary: The office is still closed due to Covid-19 restrictions. We can provide phone call support, emotional support and help with sorting out practical supports and issues. We provide regular email and Carer Newsletters and updates for the duration. The June edition of the Newsletter can be accessed here [https://www.care4carers.org.uk/PDF\\_Leaflets/C4C\\_Monthly\\_Newsletter.pdf](https://www.care4carers.org.uk/PDF_Leaflets/C4C_Monthly_Newsletter.pdf)

### **Carers: Carer Support**

#### **Capital Carers**

The Prentice Centre 1 Granton Mains Avenue  
Edinburgh EH4 4GA

T: 0750 000 3726 - Lisa Millar

E: [lisa@nwcarers.org.uk](mailto:lisa@nwcarers.org.uk)

W: <https://capitalcarers.org.uk/>

FB: <https://www.facebook.com/capitalcarers/>

Tw: [https://twitter.com/carers\\_team](https://twitter.com/carers_team)

Inst: <https://www.instagram.com/capitalcarers/>

Summary: Capital Carers (formerly known as North West Carers Centre) is a small grassroots organisation formed by local Carers who wanted more local support. We have been providing tailor-made services to unpaid carers of all ages and the people they care for, for over 20 years. We have services for: Adult Carers, Young Adult Carers and Young Carers.

## Care and Support Services

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### **Carers: Carer Support**

#### **Edinburgh Carers Network**

W: <http://www.knowledge.scot.nhs.uk/edinburghcarersnetwork.aspx>

Summary: The Edinburgh Carers Network (ECN) was founded in 2010 to bring together agencies and projects which support carers across the city.

The aims of the ECN are to:

- a) facilitate a more efficient system for information sharing and
- b) allow members opportunity to contribute to strategic developments.

The ECN functions largely “virtually” using this site and weekly email updates, but also holds quarterly meetings to allow members to meet and discuss relevant issues.

### **Carers: Carer Support**

#### **NHS Edinburgh Carer Support Team**

Edinburgh

T: 0131 536 3371

Opening Hours: Mon to Fri : 09.00-5.00pm

E: [carer.support@luht.scot.nhs.uk](mailto:carer.support@luht.scot.nhs.uk)

W: <https://services.nhslothian.scot/supportingcarers/CarerSupportServices/Pages/CarerSupportTeam.aspx>

Summary: The service can provide information and advice to help carers in their caring role. It also offers short term interventions to help carers to consider their own health and lifestyle needs and to link them to appropriate sources of support.

### **Carers: Carer Support**

#### **VOCAL Edinburgh**

60 Leith Walk  
Edinburgh EH6 5HB

T: 0131 622 6666

E: [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

W: <https://www.vocal.org.uk/>

FB: <https://www.facebook.com/VOCALEdinburgh>

Tw: <https://twitter.com/VOCALEdinburgh>

Summary: Provides information and advice; emotional support; training; counselling; advocacy; support to carers, including those supporting someone with additional problems. Services are currently being delivered by phone, video call and at the Edinburgh Carers' Hub by appointment only.

### **Carers: Carer events and training**

#### **VOCAL Edinburgh Carers Hub**

60 Leith Walk  
Edinburgh EH6 5HB

T: 0131 622 6666

E: [carertraining@vocal.org.uk](mailto:carertraining@vocal.org.uk)

W: <https://www.carerstraining.co.uk/>

FB: <https://www.facebook.com/VOCALEdinburgh>

Tw: <https://twitter.com/VOCALEdinburgh>

Summary: Free training, learning, social and leisure activities for carers who live or care for a family member, partner or friend in Edinburgh and Lothian. Events delivered online via Zoom and some events will be offered in a face to face setting at the Edinburgh Carers' Hub.

## Care and Support Services

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### **Carers: Families**

#### **Fair Advice Edinburgh**

95 Causewayside  
Edinburgh EH9 1QG

T: 0131 662 1962

E: [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)

W: <https://www.fairadvice.org.uk/>

FB: <https://www.facebook.com/FairAdviceEdinburgh/>

Tw: [https://twitter.com/Fair\\_Advice](https://twitter.com/Fair_Advice)

Summary: Due to Covid restrictions FAIR staff are working remotely. We understand that our support and advice is very important at this time and our service remains open. Please contact us on 0131 662 1962 or email [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk) and we will get back to you. We hope you and your family remain safe during this difficult time

### **Carers: Families**

#### **Home Start Edinburgh West and South West**

525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 564 1540

Opening Hours: Mon-Thurs 9am to 5pm; Fri 9am to 12 noon

E: [help@hsew.org.uk](mailto:help@hsew.org.uk)

W: <http://www.hsew.org.uk/>

FB: <https://www.facebook.com/HomeStartEdinburghWestSouthWest>

Summary: HSEW support families with children under 5. The staff team can provide telephone or digital support at this time but cannot visit families at home at the moment. If you already receive support, the staff team will have been in touch to find out how you would like contact to continue. If you have recently been referred to the service, the team will telephone you in the first instance. See Face book page for play ideas, links to benefit advice and links to services that help us all look after our mental health with useful tips and information.



## Care and Support Services

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### **Carers: Helpline**

#### **Marie Curie Support Line**

Marie Curie 89 Albert Embankment  
London SE1 7TP

T: 0800 090 2309 - Support Line

Opening Hours: Open 9am to 5pm Monday to Friday.

W: <https://www.mariecurie.org.uk/help/support/marie-curie-support-line>

FB: <https://www.facebook.com/MarieCurieUK>

Tw: <https://twitter.com/mariecurieuk>

YT: <https://www.youtube.com/user/mariecurieuk>

Summary: Ask questions and find support. Open 9am to 5pm Monday to Friday. (Your call may be recorded for training and monitoring purposes)

### **Carers: Hospital Discharge**

#### **Carer Support Hospital Discharge Service**

Edinburgh

T: 0131 536 3371 - Edinburgh Carer Support Team

Opening Hours: Monday-Friday, 9am-5pm

W: <https://services.nhslothian.scot/supportingcarers/CarerSupportServices/Pages/EdinburghCarerSupportHospitalDischargeService.aspx>

Summary: Carer support workers in hospital can help you to get involved from the point of admission in planning support for the person you care for when they leave hospital. This is called discharge planning. They can help you access carer support. You can use this service if you, or the person in an Edinburgh hospital, is aged 18 years or over. You can also refer yourself to the service by calling the Edinburgh Carer Support Team on 0131 536 3371 (Monday-Friday, 9am-5pm). Currently running at Edinburgh Royal Infirmary, Western General Hospital, Astley Ainslie Hospital and Liberton Hospital. We also plan to expand into the Royal Edinburgh Hospital in the near future.

## Care and Support Services

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### **Carers: Parenting**

#### **One Parent Families**

2 York Place  
Edinburgh EH1 3EP

T: 0808 801 0323 - Helpline T: 0131 556 3899

E: [helpline@opfs.org.uk](mailto:helpline@opfs.org.uk)

W: <https://opfs.org.uk/get-involved/news-and-events/news/preparing-for-the-coronavirus/>

FB: <https://www.facebook.com/OneParentFamiliesScotland/>

Tw: <https://twitter.com/opfs?lang=en>

Inst: <https://www.instagram.com/oneparentfamiliescotland/>

Summary: One Parent Families can find help and support by way of the telephone helpline, website or by email.

### **Carers: Young Carers**

#### **Edinburgh Young Carers**

Norton Park 57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2322

E: [info@youngcarers.org.uk](mailto:info@youngcarers.org.uk)

W: <https://www.youngcarers.org.uk/>

FB: <https://www.facebook.com/Edinburghyoungcarers/>

Tw: <https://twitter.com/eycp>

Inst: <https://www.instagram.com/eycscotland/>

Summary: No one-to-one meetings or groups. Staff are supporting people remotely by phone or text message.

## Care and Support Services

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### **Carers: Young Carers**

#### **Space - Young Adults, Young Carers**

Space and Broomhouse Hub 79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 455 7731

E: [admin@spacescot.org](mailto:admin@spacescot.org)

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

Summary: We are offering one to one telephone support and/or group support through digital platforms, by telephone, Whatsapp, door step visits and fun and engaging activity packs. We are accepting new referrals please email [admin@spacescot.org](mailto:admin@spacescot.org) for more information:

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## Care and Support Services

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### **Older People: Care Homes**

#### **Care Homes - NHS Lothian**

E: [carehomes@nhslothian.scot.nhs.uk](mailto:carehomes@nhslothian.scot.nhs.uk)

W: <https://services.nhslothian.scot/CareHomes/Pages/default.aspx>

Summary: Welcome to the Lothian Care Home Webpages. These webpages have been developed to provide information and resources to all care home staff working in Lothian. They have been developed by staff who work for NHS Lothian and the four Health and Social Care Partnerships in consultation with organisations such as Scottish Care and with review by the Lothian Care Home Manager Reference Group.

### **Older People: Care Homes**

#### **Care Inspectorate - Care Homes in Edinburgh**

Compass House  
11 Riverside Drive  
Dundee DD1 4NY

T: 0345 600 9527

Opening Hours: Monday to Friday, between 09:00 - 16:00.

E: [enquiries@careinspectorate.gov.scot](mailto:enquiries@careinspectorate.gov.scot)

W: <https://www.careinspectorate.com/>

Summary: The Care Inspectorate reviews and grades all Care and Nursing Homes in Edinburgh. This site is very useful as it will give you contact details for all of the homes and allow you to access the Inspectorate's inspection reports for each of the homes.

**Older People: Care Homes**

**Help and Guidance on how to choose a Care Home**

City of Edinburgh Council

Edinburgh

W: [http://www.edinburgh.gov.uk/info/20076/adults\\_and\\_older\\_people/86/day\\_care\\_and\\_support/2](http://www.edinburgh.gov.uk/info/20076/adults_and_older_people/86/day_care_and_support/2)

Summary: Help and Guidance on how to choose a Care Home

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### **Digital Health: Blood Pressure**

#### **Monitoring Your Own Blood Pressure from home**

W: <https://vimeo.com/389976964>

Summary: A promotional video that explains how you can sign up for a service that allows you to measure your blood pressure from home and send in the results by text to your local GP surgery.

### **Digital Health: Chest/Heart/Stroke**

#### **Ability Net - Strokes and Computing**

W: <https://abilitynet.org.uk/factsheets/stroke-and-computing>

Summary: The factsheet looks at how computers and tablets can be made easier to use after you have had a stroke. The factsheet goes on to look at how assistive technology can help and support you.

### **Digital Health: Chest/Heart/Stroke**

#### **Assistive Technology Enabled Care 24**

Edinburgh

T: 0131 200 2324 - Social Care Direct

E: [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)

W: <https://www.edinburghhsc.scot/livingindependently/atec24/>

Summary: Assistive Technology Enabled Care 24 (ATEC 24) was established in 2018 to bring together all the services in the Partnership that use technology to help people live safely in their homes as long as possible. ATEC24 is made up of:

Community Alarm and Telecare Service

Community Equipment Service

Bathroom Equipment Assessment Team

Sheltered Housing Support Service

Communities and Families Occupational Therapy Team.

To speak to someone about getting assistive technology in your home, contact Social Care Direct

### **Digital Health: Chest/Heart/Stroke**

#### **The Edinburgh Smart Home**

T: 0131 443 3837 T2: 07761330031

E: [COTRS@edinburgh.gov.uk](mailto:COTRS@edinburgh.gov.uk) E2: [anne-marie.seath@edinburgh.gov.uk](mailto:anne-marie.seath@edinburgh.gov.uk)

W: <https://www.edinburghhsc.scot/the-edinburgh-smart-home-is-open-for-remote-information-and-advice/>

Summary: We can aid with: Smart home technology that supports safe and independent living for example digital devices (mobile phones, tablets). You can contact us for information and advice over telephone or email. Who would benefit from information and advice? anyone with a disability within Edinburgh.



### **Digital Health: Falls Prevention**

#### **Edinburgh Council Community Alarms service**

City of Edinburgh Council  
Edinburgh

T1: 0131 200 2324

W: <https://www.edinburgh.gov.uk/socialcaredirect>

Summary: Having an alarm which you can use to contact someone for help if you have a fall can be useful. This kind of alarm is usually a portable alarm that you can either wear round your neck like a pendant or on your wrist like a watch. If you had a fall you would press the button on it and an alert would be sent out and someone would assist you off the floor. The CEC has a Community Alarms service. You need to be referred to access this service. Begin by speaking to Social Care Direct on: 0131 200 2324 or Email: [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk). You can be referred for the service if you meet any of the following criteria: End of Life Care; Urgent Hospital Discharge; Prevention of Admission to Hospital.

### **Digital Health: Health Monitoring**

#### **Home & Mobile Health Monitoring (HMHM) - Florence Telehealth**

W: <https://vimeo.com/222803256>

Summary: Florence is an easy to use service designed to provide support for people to manage their own health conditions. Florence combines the expertise of the Health and Social Care professionals with the convenience of mobiles phones to provide text prompts and advice to act on. One area that it is used in is supporting people who have hypertension in Lothian to manage their condition. This promotional film explains TeleHealth services in the Lothian area.

### **Digital Health: Hearing Loss**

#### **Action on Hearing Loss - Products and Technology**

1–3 Highbury Station Road  
London N1 1SE

E: [information@hearingloss.org.uk](mailto:information@hearingloss.org.uk)

W: <https://rnid.org.uk/information-and-support/technology-and-products/>

Summary: Their guidance page covers: Hearing Aids, Using your Mobile or Smart Phone, Using Your Landline Phone, Relay UK, Loop systems and how video conferencing apps compare for accessibility. Other sections cover assistive technology to live with Tinnitus, Alerting Devices and Entertainment.

### **Digital Health: Hearing Loss**

#### **AskSara Shaw Trust Edinburgh**

T: 0131 466 6114

W: <https://asksara.dlf.org.uk/>

Summary: AskSARA is an award-winning online self-help guide providing expert advice and information on products and equipment for older and disabled adults and children.

## Care and Support Services

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### **Digital Health: Hearing Loss**

#### **C2Hear Online**

E: [melanie.ferguson@nal.gov.au](mailto:melanie.ferguson@nal.gov.au)

W: <https://c2hearonline.com/>

Tw: <https://twitter.com/c2hearonline?lang=en>

YT: [https://www.youtube.com/channel/UC\\_CO85ih5H68q5YSxMziidw](https://www.youtube.com/channel/UC_CO85ih5H68q5YSxMziidw)

Summary: Get the best out of your hearing aide - NHS Videos on You Tube

### **Digital Health: Hearing Loss**

#### **Connevans Limited**

Bridge House

1 Nutfield Road

Merstham RH1 3EB

T: 01737 247571

E: [info@connevans.com](mailto:info@connevans.com)

W: <https://www.connevans.co.uk/>

FB: <https://www.facebook.com/Connevans/>

Tw: <https://twitter.com/Connevans>

Inst: <https://www.instagram.com/connevanslimited/>

Summary: Deaf Equipment Suppliers

### **Digital Health: Independent Living**

#### **Assistive Technology in your home**

Edinburgh

T: 0131 200 2324 - Social Care Direct

E: [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)

W: <https://www.edinburghhsc.scot/livingindependently/atec24/>

Summary: There are several alarms and monitors available to keep you safe and this is called assistive technology. We can fit your home with an alarm system, including pull cords, a movement sensor and smoke alarms. If any of the systems go off, it sends an alert to the assistive technology enabled care hub who will contact you or your family / friends to make sure you are safe and take action, to help you if you need it. The service runs 24 hour a day, 365 days a year. For a referral first contact Social Care Direct.

### **Digital Health: Independent Living**

#### **Disabled Living Centre**

SMART Centre

Astley Ainslie Hospital

Grange Loan

Edinburgh EH9 2HL

T: 0131 537 9190

Opening Hours: The Centre is open during office hours from Monday to Thursday. It is essential to make an appointment before visiting.

E: [Lothian.dlc@nhslothian.scot.nhs.uk](mailto:Lothian.dlc@nhslothian.scot.nhs.uk)

W: <http://www.smart.scot.nhs.uk/disabled-living-centre>

Summary: At the Disabled Living Centre (SMART Centre, Astley Ainslie Hospital) you can see and try out equipment and explore other solutions to overcome difficulty undertaking activities of daily living.

### **Digital Health: Independent Living**

#### **Disabled Living Foundation**

Unit 1, 34 Chatfield Road,

Wandsworth

London SW11 3SE

T: 0300 123 3084 T2: 0300 999 0004 - Helpline

Opening Hours: 9am - 5pm, Mon-Fri

E: [enquiries@dlf.org.uk](mailto:enquiries@dlf.org.uk)

W: <https://www.dlf.org.uk/>

Tw: <https://twitter.com/DLFUK>

Summary: DLF is a national charity providing impartial advice, information and training on independent living since 1969. Since 2014 we have been part of The Shaw Trust.

### **Digital Health: Tinnitus**

#### **Technology to manage your tinnitus**

W: <https://rnid.org.uk/information-and-support/technology-and-products/technology-to-manage-your-tinnitus/>

Summary: If you have tinnitus, there are different types of devices and apps that may be able to help.

### **Digital Health: Video Calls**

#### **Near Me - Video Calls to your GP Surgery**

W: <https://www.nearme.scot/>

Summary: Where appropriate, you can attend your consultation with your GP online via a video call. Video calling is as convenient as a phone call, with the added value of face-to-face communication. All you need is a device for making video calls like a smartphone and an internet connection. Near Me is a secure form of video consulting approved for use by the Scottish Government and NHS Scotland.



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### **Falls Support**

#### **Be Able**

City of Edinburgh Council  
Edinburgh

T: 0131 200 2324 - Social Care Direct

E: [be.able@edinburgh.gov.uk](mailto:be.able@edinburgh.gov.uk)

W: [http://www.housingcare.org/downloads/services/resources/13934\\_10576.pdf](http://www.housingcare.org/downloads/services/resources/13934_10576.pdf)

Summary: Be Able is for you if you are an older person and have longterm health problems. Be able offers you an opportunity, over a period of 16 weeks, to practice regaining your mobility skills with the help of trained staff including occupational therapists. Social Care Direct on 0131 200 2324 or email [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)

### **Falls Support**

#### **City of Edinburgh - Falls prevention advice**

City of Edinburgh Council  
Edinburgh

W: <https://www.edinburgh.gov.uk/adults-older-people/falls-prevention-advice?documentId=12359&categoryId=20076>

Summary: Helpful page that gives a summary of advice for avoiding falls.

### **Falls Support**

#### **Edinburgh Council Community Alarms service**

City of Edinburgh Council  
Edinburgh

W: <https://www.edinburgh.gov.uk/socialcaredirect>

Summary: Having an alarm which you can use to contact someone for help if you have a fall can be useful. This kind of alarm is usually a portable alarm that you can either wear round your neck like a pendant or on your wrist like a watch. If you had a fall you would press the button on it and an alert would be sent out and someone would assist you off the floor. The CEC has a Community Alarms service. You need to be referred to access this service. Begin by speaking to Social Care Direct on: 0131 200 2324 Email Social Care Direct. You can be referred for the service if you meet any of the following criteria: End of Life Care; Urgent Hospital Discharge; Prevention of Admission to Hospital.

### **Falls Support**

#### **Edinburgh Health and Social Care Partnership - Falls Support**

Long term conditions programme

W: <https://www.edinburghhsc.scot/longtermconditions/falls-support/>

Summary: This web page explains how you can take positive steps to avoid trips and falls. It covers what to do if you fall, offers guidance on how you can be prepared in case you fall and the ways in which you can reduce your risk of falls.

### **Falls Support**

#### **Edinburgh Leisure - Steady Steps**

3 Cultins Road  
Edinburgh EH11 4DF

T: 0131 458 2260

Opening Hours: Various times and locations across Edinburgh.

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/activities/active-communities/steady-steps>

Summary: Steady Steps is a community-based physical activity referral programme delivered by Edinburgh Leisure and supported by the Edinburgh Health & Social Care Partnership. Steady Steps is for anyone who has had or is at risk of having a fall. The programme is delivered over 16 weeks with participants attending weekly sessions at one of our venues. Participants are also encouraged to complete home exercises twice a week for the duration of the programme.

### **Falls Support**

#### **NHS Inform - What to do if you fall**

NHS Scotland  
Edinburgh

W: <https://www.nhsinform.scot/healthy-living/preventing-falls/dealing-with-a-fall/what-to-do-if-you-fall>

Summary: Excellent site from NHS Inform offering detailed advice on what to do in the event of a fall. This resource is in particular valuable because of the videos made by Seniors giving good advice on dealing with falls and the best way to get up again even if you are alone, well worth watching!

### **Falls Support**

#### **NHS Lothian - Falls in Care Homes**

NHS Scotland

Edinburgh

W: <https://services.nhsllothian.scot/CareHomes/SupportingResidentsNeeds/Services/Pages/Falls.aspx>

Summary: Very helpful NHS site explaining why falls may occur in Care Homes and offers guidance on how to avoid falls in within the Care Home.

### **Falls Support**

#### **Staying active at home - a simple set of exercises**

The Chartered Society of Physiotherapy

14 Bedford Row

London WC1R 4ED

T: 020 7306 6666

W: <https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength>

Summary: A simple set of exercises designed especially for older people to help everyone stay active at home from the Chartered Society of Physiotherapy.

### **Falls Support**

#### **Strength and Balance exercises to reduce falls and fractures - Video**

Paths for All

W: <https://www.pathsforall.org.uk/>

FB: <https://www.facebook.com/PathsforAllScotland>

Tw: <https://twitter.com/PathsforAll>

Inst: <https://www.instagram.com/pathsforall/>

YT: [www.youtube.com/watch?v=2ZplzbLmfz0](https://www.youtube.com/watch?v=2ZplzbLmfz0)

Summary: Maintaining strength and balance is important. Paths for All has a very good video on its YouTube channel how you can achieve this through walking.

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## Care and Support Services

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### **Older People: Home Maintenance**

#### **Care and Repair Edinburgh**

160 Causewayside  
Edinburgh EH9 1PR

T: 0131 337 1111

Opening Hours: Mon to Fri: 9.00 am to 5.00 pm

E: [reception@cre.scot](mailto:reception@cre.scot)

W: <https://www.cre.scot/>

FB: <https://www.facebook.com/CandREdinburgh>

Tw: <https://twitter.com/carerepairedin>

Summary: Care and Repair Edinburgh provides a wide range of practical services and advice to assist anyone over 60 and disabled people regardless of age to live in their own homes longer. The Handyman service has returned but because of limited number of volunteers and the waiting list built up during lock down there is a 2-3 week wait for volunteers to tend to jobs in some areas. Care and Repair can now assist with: free draught proofing for wooden door and windows; Independent Living Assessment to advise safe changes in the home; fire alarm installation programme to match the government recommendations and 'EasiAccess' handrail installations,

### **Older People: Garden Maintenance**

#### **Edinburgh Garden Partners**

First Floor, Causewayside House  
160 Causewayside  
Edinburgh EH9 1PR

T: 0131 347 0529

E: [info@edinburghgardenpartners.org.uk](mailto:info@edinburghgardenpartners.org.uk)

W: <https://www.edinburghgardenpartners.org.uk/>

FB: <https://www.facebook.com/edinburghgardenpartners/>

Tw: <https://twitter.com/egggrapevine?lang=en>

Inst: <https://www.instagram.com/edinburghgardenpartners/>

Summary: We are a community organisation active across Edinburgh. We aim to strengthen communities by creating relationships between people who want a space to grow and those who have garden space to share. We connect people of different ages, abilities, and backgrounds to build a shared gardening movement through the exchange of skills, knowledge, and life experience.

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## Care and Support Services

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### **Mobility: Bus**

#### **Lothian Buses**

Customer Services Department  
Annandale Street  
Edinburgh EH7 4AZ

T: 0131 554 4494

E: [mail@lothianbuses.co.uk](mailto:mail@lothianbuses.co.uk)

W: <https://www.lothianbuses.com/>

FB: <https://www.facebook.com/lothianbuses>

Tw: [https://twitter.com/on\\_lothianbuses](https://twitter.com/on_lothianbuses)

Inst: <https://www.instagram.com/lothianbuses/>

Summary: Lothian Buses is an award-winning bus company that operates over 70 services in Edinburgh and the surrounding areas of Midlothian, East Lothian and West Lothian. Lothian Buses remains publicly owned - the major shareholder being The City of Edinburgh Council.

### **Mobility: Parking**

#### **Blue Badge and Taxicard Schemes**

T: 0131 469 3891

W: <https://www.mygov.scot/transport-help/cars-and-taxis/>

Summary: The Blue Badge scheme provides parking concessions for disabled people travelling either as drivers or passengers. This means you can park closer to where you need to go. You'll be exempt from certain parking restrictions, like being allowed to park: free at on-street parking meters and in Pay and Display bays; up to 3 hours on single and double yellow lines.

### **Mobility: Transport**

#### **South Edinburgh Amenities Group (SEAG)**

c/o Lowland Army Reserve Centre  
126 Alnwickhill Road  
Edinburgh EH16 4NQ

T: 0131 669 3847

E: [admin@seag.uk.net](mailto:admin@seag.uk.net)

Summary: Founded in Edinburgh in 1982 by local people concerned about the isolation of the most vulnerable within the community. SEAG provides accessible, affordable, transport to give the mobility needed to participate in the range of community activities and social interests which we all take for granted.

## Care and Support Services

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### **Mobility: Transport**

#### **Lothian Community Transport Service**

200 Sir Harry Lauder Road  
Edinburgh EH15 2QA

T: 0131 669 9959

E: [Edinburgh@LCTS.org.uk](mailto:Edinburgh@LCTS.org.uk)

W: <https://www.lcts.org.uk/>

Summary: Lothian Community Transport Services (LCTS) is an independent organisation that provides, promotes and supports high-quality passenger transport services including: Minibus hire to almost 200 member organisations; High quality training for transport operators; Advice and Information. With restrictions easing, we're now delighted to see many groups returning - why not get in touch to book..? We've also now resumed training delivery...

### **Mobility: Transport**

#### **HCL**

Bilston Glen Industrial Estate  
24/3A Dryden Road  
Loanhead  
Edinburgh EH20 9HX

T: 0131 447 9949 - Dial-a-Ride

E: <http://www.hcltransport.org.uk/contact>

W: <https://www.hcltransport.org.uk/>

FB: <https://www.facebook.com/handicabs.org.uk>

Tw: <https://twitter.com/TransportHc>

Summary: Hcl is a charitable company which provides accessible transport for people in Edinburgh and the Lothians. Dial-A-Ride provides a door-through-door transport service for people of any age with mobility limitations, who are unable to use ordinary buses due to age, illness, health condition (long term or short term), disability or geographical remoteness. Dial-A-Ride will take you wherever you want or need to go.

## Care and Support Services

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### **Mobility: Transport**

#### **Scottish Ambulance Service - Patient Transport Service**

Edinburgh

T: 0300 123 1236

W: <http://www.scottishambulance.com/WhatWeDo/pts.aspx>

FB: <https://www.facebook.com/scotambservice/>

Tw: <https://twitter.com/scotambservice>

YT: <https://www.youtube.com/user/ScottishAmbulance/videos>

Summary: If you have a medical need or have limited mobility you can request transport to and from your healthcare appointment by phoning: 0300 123 1236

### **Mobility: Trams**

#### **Edinburgh Trams Customer Relations**

1 Myreton Drive  
Edinburgh EH12 9GF

T: 0131 338 5780

E: [customer@edinburghtrams.com](mailto:customer@edinburghtrams.com)

W: <https://edinburghtrams.com/>

FB: <https://www.facebook.com/EdinburghTramsOfficial/>

Tw: <https://twitter.com/edinburghtrams>

Inst: <https://www.instagram.com/edinburghtrams/?hl=en>

Summary: Edinburgh Trams is the award winning operator of The City's tramway with a vision to be an integral part of the future success of Edinburgh and the Lothians by providing world-class, environmentally-friendly and socially-inclusive transport.

### **Mobility: Travel Information**

#### **Traveline Scotland**

T: 0871 200 22 33

Open 24 hours

W: <https://www.travelinescotland.com/>

Summary: Timetables and journey planner for all bus, rail, coach, air and ferry services in Scotland. Also open 24 hours by phone on 0871 200 22 33.

### **Mobility: Veterans**

#### **Fare 4 Free**

Edinburgh

T: 07708 299 399

E: [info@fares4free.org](mailto:info@fares4free.org)

W: <https://www.fares4free.org>

FB: <https://www.facebook.com/fares4free/>

Summary: What can Fares4Free do to help people engage with support and beat social isolation? Fares4Free work closely with over 30 charities and organisations throughout the country who refer veterans and their families for support through transport.

### **Mobility: Wheel Chair**

#### **Red Cross - Borrowing a Wheelchair**

Unit 52

Mayfield Industrial Estate

Edinburgh EH22 4AD

T: 0300 456 1914

E: [contactus@redcross.org.uk](mailto:contactus@redcross.org.uk)

W: <https://www.redcross.org.uk/get-help/borrow-a-wheelchair>

FB: <https://www.facebook.com/BritishRedCross/>

Summary: The Red Cross also provide short term loans for mobility aids.



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## Children and Young People

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### **Things to do: Activities**

#### **Activity Village**

W: <https://www.activityvillage.co.uk/school-closures>

FB: <https://www.facebook.com/ActivityVillage>

Tw: <https://twitter.com/activityvillage>

Summary: Downloadable packs of printable activities to help keep kids busy and engaged. These resources are “fun” rather than educational, but offer some inspiration and distraction, to take the pressure off just a little! Some activities also available in Polish, Spanish and Portuguese.

### **Things to do: Activities**

#### **Blue Peter Badges**

Blue Peter MediaCityUK

Salford M50 2BH

E: [bluepeter@bbc.co.uk](mailto:bluepeter@bbc.co.uk)

W: <https://www.bbc.co.uk/cbbc/curations/blue-peter-badges>

Summary: Find out how you can apply for a Blue Peter badge, which attractions badge winners can get into for free, and how to get hold of a Blue Peter badge card.

## Children and Young People

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### **Things to do: Activities**

#### **Chatterpack**

W: <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

Summary: All kinds of free literature, art, learning, children's stuff, virtual tours.

### **Things to do: Activities (Younger Children)**

#### **Hungry Little Minds**

W: <https://hungrylittleminds.campaign.gov.uk/>

Summary: Simple, fun activities for kids from newborn to five. Covers play ideas; fun activities and information about Apps suitable for 2 to 5 year olds.

**Things to do: Activities (Younger Children)**

**Picklebums**

W: <https://picklebums.com/activities-for-6-10-year-olds/>

FB: <https://www.facebook.com/Picklebums>

Tw: <https://twitter.com/katepickle>

Summary: Ten Easy Activities for 6-10 Year-Old.

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## Children and Young People

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### **Things to do: Art Group/Art Project**

#### **North Edinburgh Arts**

15a Pennywell Court  
Edinburgh EH4 4TZ

T: 0131 315 2151

W: [www.northedinburgharts.co.uk/online-activities/](http://www.northedinburgharts.co.uk/online-activities/)

FB: <https://www.facebook.com/northedinarts/?form=MY01SV&OCID=MY01SV>

Summary: North Edinburgh Arts provides a programme of online activities for children and adults to enjoy at home. We're updating online activities weekly so make sure to check in here regularly for more updates or sign up to our e-newsletter. Meantime, have a look at what we're offering and get creative! Visit their [Facebook page](#) or [www.northedinburgharts.co.uk/online-activities/](http://www.northedinburgharts.co.uk/online-activities/)

### **Things to do: Dance**

#### **North Edinburgh Arts - Dance with Dice**

15a Pennywell Court  
Edinburgh EH4 4TZ

T: 0131 315 2151

E: [admin@northedinburgharts.co.uk](mailto:admin@northedinburgharts.co.uk)

W: <https://northedinburghartssite.files.wordpress.com/2020/04/dancing-with-dice-game.pdf>

FB: <https://www.facebook.com/northedinarts/?form=MY01SV&OCID=MY01SV>

Tw: <https://twitter.com/northedinarts>

Inst: <https://www.instagram.com/northedinarts/>

Summary: Dancing with Dice - Join our Saturday Arts teacher Hayley MacDonald in some fun dancing games with dice. Get all your family involved and have fun! For written instructions click on the web link.

### **Things to do: Family Activities**

#### **Sustrans Outside In**

W: <https://www.sustrans.org.uk/campaigns/outside-in>

Summary: Sustrans Outside In activities include videos, games, weekly challenges, themed activities and more. Designed by our knowledgeable, experienced and fun-loving Schools Officers. The four-week activity pack is full of cycling, walking and scooting themed fun. Outside In weekly updates are packed with creative, active and interesting indoor and outdoor activities for all the family. Subscribe to Sustrans Outside In activities and ongoing family e-newsletter.

### **Things to do: Physical Activities**

#### **Active Schools**

Edinburgh

W: <https://www.joininedinburgh.org/sports/active-schools/activeathome/>

Summary: Active Schools have launched some Active at Home ideas for children and young people.

## Children and Young People

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### **Things to do: Play Activities**

#### **Learning for Kids**

E: <https://www.learning4kids.net/contact/>

W: <https://www.learning4kids.net/play-activities-by-age/>

FB: <https://www.facebook.com/learning4kids>

Inst: [https://www.instagram.com/learning\\_4\\_kids/](https://www.instagram.com/learning_4_kids/)

Summary: Meaningful learning experiences for kids to watch them discover those amazing light bulb moments.

### **Things to do: Play Activities**

#### **The Mummy Bubble**

W: <https://themummybubble.co.uk/category/play/things-to-do/>

FB: <https://www.facebook.com/TheMummyBubbleBlog/>

Tw: <https://twitter.com/themummybubble>

Summary: 40 fun activities to do with your baby at home.



## Children and Young People

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### **Things to do: Play Activities**

#### **The Yard**

22 Eyre Place Lane  
Edinburgh EH3 5EH

T: 0131 476 4506

E: [info@theyardscotland.org.uk](mailto:info@theyardscotland.org.uk)

W: <https://www.theyardscotland.org.uk/>

FB: [www.facebook.com/TheYardScotland](https://www.facebook.com/TheYardScotland)

Tw: <https://twitter.com/theyardscotland>

Inst: <https://www.instagram.com/theyardscotland/>

YT: <https://www.youtube.com/channel/UCW0FMLmYv1HI45sw9GhDNcA>

Summary: The Yard is an award-winning charity that creates inclusive adventure play experiences for disabled children and young people aged 0-25. Activities on the site are currently closed but 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).

### **Things to do: Reading**

#### **Craigmillar Books for Babies**

Castlebrae Community High School  
2A Greendykes Road  
Edinburgh EH16 4DP

T: 0131 621 2621 T2: 07923403061

E: [info@craigmillarbooksforbabies.org.uk](mailto:info@craigmillarbooksforbabies.org.uk)

W: <http://www.craigmillarbooksforbabies.org.uk/>

Summary: Books for babies - Online Live baby and toddler 'Rhymetime', 'Storytime' and 'Polish Rhymetime'  
- Go to web site for details about how you can obtain copies of the books.

### **Things to do: Science**

#### **People Know How**

525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 569 0525

E: [positive.transitions@peopleknowhow.org](mailto:positive.transitions@peopleknowhow.org)

W: [www.peopleknowhow.org/pupils-know-how](http://www.peopleknowhow.org/pupils-know-how)

Summary: Pupils Know How is a series of groups run in schools across Edinburgh and East Lothian that adapt to each individual school and its pupils. Each one is designed by the young people themselves, based on aims they have identified during our work with them.

### **Things to do: Youth Club**

#### **6VT Youth Café**

11 - 15 Vennel

Edinburgh EH1 2HU

T: 07758348850 T2: 0131 229 1797

E: [https://www.6vt.info/lets\\_talk](https://www.6vt.info/lets_talk)

W: <https://www.6vt.info/>

FB: [www.facebook.com/6VTYouth](http://www.facebook.com/6VTYouth)

Tw: <https://twitter.com/6VTYouthCafe>

Inst: <https://www.instagram.com/6vtyouthcafe/>

Summary: Changes to our Drop In provision during Covid - We are delighted to be back in our building in the Vennel in the city centre. However due to restrictions we have had to make some changes:

Monday evenings 6-9pm are now for 17 -21 year olds with a Maximum of 15 individuals

(including workers) Wednesday evenings 6.30-8.30pm Lifegym emotional well being group for 16 years and under maximum of 8 individuals. Friday evenings 6-9pm are now for 12-16 years old maximum of 30 individuals. All groups require young people to book in to ensure correct numbers are adhered to and for Track and Protect purposes.

At the heart of all the 6VT services is the Drop In. Operating an open door policy, the Drop In is open to any young person living in the Edinburgh aged 14 -21 years of age. Each month there is a programme of social, educational and personal development activities which young people can participate in if they wish.

## Children and Young People

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### **Things to do: Youth Club**

#### **Canongate Youth**

South Bridge Resource Centre  
6 Infirmary Street  
Edinburgh EH1 1LT

T: 0131 556 9389

E: [admin@canongateyouth.org.uk](mailto:admin@canongateyouth.org.uk)

W: <https://canongateyouth.org.uk/>

FB: <https://www.facebook.com/CanongateYouth/>

Tw: <https://twitter.com/Canongateyouth>

Inst: <https://www.instagram.com/canongateyouth/>

Summary: COVID-19 Update – September 2021. We continue to work according to Scottish Government guidelines and are in the process of getting our service back to 'normal'. As yet, we have been unable to run youth clubs from our building but hope to make changes to this in the coming weeks. Please be patient with our staff as we all get used to new ways of working within Canongate Youth HQ.

Contact During Covid: During this time we are continuing to work with young people in school, our youth clubs are running (slightly differently) and we are still working with young people on their employability skills and wellbeing – both one to one and in groups.

For all general enquiries related to CY please call the office number on 0131 556 9389 where you should be able to reach our Deputy Manager, Susie.

### **Things to do: Youth Club**

#### **Granton Youth**

c/o: Royston Wardieburn Community Centre  
11 Pilton Drive North  
Edinburgh EH5 1NF

T: 07952 369 811 T2: 0131 552 6741

E: [Mary@grantonyouth.com](mailto:Mary@grantonyouth.com)

W: <https://www.grantonyouth.com/>

Tw: <https://twitter.com/GrantonYouth>

Summary: Granton Youth, established in 2002, provides opportunities for young people aged 11 – 27 years living within the North Edinburgh areas of Granton, Wardieburn, Royston, Muirhouse and Pilton to engage in youth work, informal education and programmes supporting their involvement in positive activities and learning opportunities. Their programme after August will be very similar to pre-covid but with some additions: GoLone – young parents support group (three times weekly and one to one support); Counselling – non-time limited therapy (by appointment); Intensive Family Support Service – supporting families with teenagers where they are experiencing difficult relationships; Youth Work in school – 1:1 support in Broughton High School; Volunteer Support – from young volunteers to adults with a youth worker apprenticeship scheme; Open Access Youth work – 3 clubs per week; Music Group - one evening per week to learn all aspects of making and producing music; Outdoor activities – youth work led outdoor activity programme. See web site for more details.

### **Things to do: Youth Club**

#### **Pilmeny Development Project**

19-21 Buchanan Street  
Edinburgh EH6 8SQ

T: 07375 918524

E: [youthclubs@btconnect.com](mailto:youthclubs@btconnect.com)

W: <http://www.pilmenydevelopmentproject.co.uk/>

Summary: Pilmeny Development Project can offer support to socially isolated parents, children and young people, who are unable to get out of their own home. Support given is dependent on the needs of the families and includes: telephone support, information provision, practical help and interactive youth provision. Please contact Claire Obrien (Youth Development Worker) [youthclubs@btconnect.com](mailto:youthclubs@btconnect.com) or Anne Munro (Manager) [annemunro@btconnect.com](mailto:annemunro@btconnect.com) Telephone Number: 07375 918524

## Children and Young People

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### **Things to do: Youth Club**

#### **The Citadel Youth Centre**

175 Commercial Street  
Edinburgh EH6 6JE

T: 0131 554 0510

W: <https://citadelyouthcentre.org.uk/>

FB: <https://en-gb.facebook.com/FriendsofCitadel/>

Tw: <https://twitter.com/citadelycleith?lang=en>

Inst: <https://www.instagram.com/citadelycleith/>

Summary: All Groups are being run digitally as the centre is closed because of COVID-19. Go to the Citadel's Facebook page for a full listing of groups and web links. Our workers are delivering outdoor 1:1 work with children and young people until we're able to resume our groups and clubs.

### **Things to do: Youth Club**

#### **The Junction Young People Health and Wellbeing**

82-86 Great Junction Street  
Edinburgh EH6 5LL

T: 07758 348850 T2: 0131 553 0570

E: [support@the-junction.org](mailto:support@the-junction.org)

W: <https://the-junction.org/>

FB: <https://www.facebook.com/TheJunctionEdinburgh>

Summary: Phone, text or email support is available for young people in Edinburgh aged 12-21. You can have a free confidential one-to-one chat with a worker for around half an hour about anything on your mind. All the workers are really friendly and will treat you with respect. The worker can listen to you and help you find any information you might need. To request support please either email or text. Let the team know if you would prefer support by text, phone, or email. The team will then get back in touch to confirm when your support will be.

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## Children and Young People

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### **Advice and Guidance: Counselling**

#### **Place2Be**

Robertson House  
125 Bath Street  
Glasgow G2 4TB

T: 020 7923 5500

E: [Scotland@place2be.org.uk](mailto:Scotland@place2be.org.uk)

W: [www.place2be.org.uk](http://www.place2be.org.uk)

FB: <https://www.facebook.com/place2becharity>

Summary: Place2Be supports children whose emotional issues and behaviour impede their learning and often disrupt the learning of others. It offers drop in and counselling sessions for children within Forthview and Craigoyston Primaries.

### **Advice and Guidance: Counselling**

#### **Space and Broomhouse Hub counselling**

79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 455 7731

E: [admin@spacescot.org](mailto:admin@spacescot.org)

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

Summary: Counselling services still exist at the Broomhouse Hub. We typically see 4 students from St. Augustine's and 2 young people from the youth and families services.

## Children and Young People

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### **Advice and Guidance: Health Education**

#### **Canongate Youth - Power Up**

South Bridge Resource Centre  
6 Infirmary Street  
Edinburgh EH1 1LT

T: 0131 556 9389

E: [admin@canongateyouth.org.uk](mailto:admin@canongateyouth.org.uk)

W: <https://canongateyouth.org.uk/power-up-is-back/>

FB: <https://www.facebook.com/CanongateYouth/>

Tw: <https://twitter.com/Canongateyouth>

Inst: <https://www.instagram.com/canongateyouth/>

YT: <https://www.youtube.com/user/canongateyouth>

Summary: Power Up is a 12 week long programme to empower young women to take control over their relationships, sexual health and emotional wellbeing. Currently not running because of Covid. When it re-starts it will run in January and September.

### **Advice and Guidance: Helpline**

#### **Childline**

NSPCC Weston House  
42 Curtain Road  
London EC2A 3NH

T: 800 1111 - Helpline

W: [www.childline.org.uk](http://www.childline.org.uk)

FB: <https://www.facebook.com/childline>

Inst: [https://www.instagram.com/childline\\_official/](https://www.instagram.com/childline_official/)

Summary: You can currently only speak to a counsellor online or on the phone between 9am and midnight. To make sure we can answer everyone who's waiting, you won't be able to join the queue for a 1-2-1 chat after 10:30pm. After 10:30pm, you'll still be able to call us for free on 0800 1111 up until midnight. You can also send a message from your locker any time, but we won't be able to read this straight away (Locker is Childline web chat facility, see site for details.) We've added an automated switchboard to help make it easier to get through when you call. You also won't be able to use 1-2-1 chat on the Childline app for now, but you can still have one via the website.

## Children and Young People

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### **Advice and Guidance: Helpline**

#### **Children 1st**

83 Whitehouse Loan  
Edinburgh EH9 1AT

T: 0800 028 2233 - Parentline    T2: 0131 446 2300

E: [EdinburghFST@children1st.org.uk](mailto:EdinburghFST@children1st.org.uk)

W: <https://www.children1st.org.uk/>

FB: <https://www.facebook.com/children1st>

Tw: <https://twitter.com/children1st>

Inst: <https://www.instagram.com/children1st/>

YT: <https://www.youtube.com/user/children1stcharity>

Summary: Coronavirus has had a heavy impact on families, Children 1st continue to offer a wide-range of practical, social and emotional support to children, young people and families via phone, online, web and text services. Financial Advice, Income Maximisation, Welfare & Housing advice and Employability and Skills support is also available via phone and online. Outreach support is available to deliver essential goods, medicines, resource drop-offs etc. Children 1st continue to risk assess face to face contact based on the needs and health and well being of children and families and our staff team. Referrers can request a referral form at [gary.dewar@children1st.org.uk](mailto:gary.dewar@children1st.org.uk)

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## Children and Young People

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### **Advice and Guidance: Helpline**

#### **The Mix**

T: 0808 808 4994 - Helpline

W: [www.themix.org.uk/get-support](http://www.themix.org.uk/get-support)

FB: <https://www.facebook.com/TheMixUK>

Tw: <https://twitter.com/themixUK>

Inst: <https://www.instagram.com/themixuk/>

YT: <https://www.youtube.com/themixuk>

Summary: The Mix is the UK's leading support service for young people. The team can help you take on any challenge you're facing – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Text Service: A crisis messenger text service providing free, 24/7 crisis support across the UK. The service is for people aged 25 or under, and are experiencing any painful emotion or are in crisis.

### **Advice and Guidance: Helpline**

#### **Young Minds**

T: 0808 802 5544 - Parent Helpline

W: <https://youngminds.org.uk/>

FB: <https://www.facebook.com/youngmindsuk>

Tw: <https://twitter.com/YoungMindsUK>

Inst: <https://www.instagram.com/youngmindsuk/>

YT: <https://www.youtube.com/user/youngmindscharity>

Summary: Support for children and young people's mental health and emotional wellbeing. 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.

## Children and Young People

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### **Advice and Guidance: Helpline**

#### **Young Scot**

Rosebery House  
9 Haymarket Terrace  
Edinburgh EH12 5EZ

T: 0808 801 0338 - Helpline

E: [info@young.scot](mailto:info@young.scot)

W: <https://young.scot/>

FB: <https://www.facebook.com/youngscot>

Tw: <https://twitter.com/YoungScot>

Inst: <https://www.instagram.com/youngscot/>

YT: <https://www.youtube.com/YSTheFeed>

Summary: Lots of advice and ways to get involved in things for young people living in Scotland.

### **Advice and Guidance: LGBT**

#### **LGBT Youth Scotland**

Mitchell House  
5/1 Mitchell Street  
Edinburgh EH6 7BD

T: 0131 555 3940

Opening hours: Textline open: Mon to Fri.

E: [info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk)

W: <https://www.lgbtyouth.org.uk/>

FB: <https://www.facebook.com/lgbtys>

Tw: <https://twitter.com/lgbtys?lang=en>

Inst: <https://www.instagram.com/lgbtys/>

Summary: LGBT Youth Scotland's face to face youth services will be put on hold with youth workers delivering online groups at current group times and arranging digital one to one meetings with young people directly.

## Children and Young People

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### **Advice and Guidance: Mental Wellbeing**

#### **Aye Mind**

E: <http://ayemind.com/contact/>

W: <http://ayemind.com/>

Tw: <https://twitter.com/hashtag/ayemind>

Summary: A suite of positive digital resources and methods for widespread use. Excellent web site with a lot of great resources.

### **Advice and Guidance: Parenting**

#### **The Educators Spin on it - Babies - Learning Games**

E: <https://theeducatorsspinonit.com/contact/>

W: <https://theeducatorsspinonit.com/babies/>

FB: <https://www.facebook.com/EducatorsSpinOnIt>

Tw: <https://twitter.com/EducatorsSpin>

Inst: <https://www.instagram.com/theeducatorsspinonit/>

Summary: Have a new baby at home? You've just discovered our baby resource page packed with baby activities for what to do with your new little one.

## Children and Young People

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### **Advice and Guidance: Young Carers**

#### **Edinburgh Young Carers**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2322

E: [info@youngcarers.org.uk](mailto:info@youngcarers.org.uk)

W: <https://www.youngcarers.org.uk/>

FB: <https://www.facebook.com/Edinburghyoungcarers/>

Tw: <https://twitter.com/eypc>

Inst: <https://www.instagram.com/eypcscotland/>

Summary: No one-to-one meetings or groups. Staff are supporting people remotely by phone or text message.

### **Advice and Guidance: Young Carers**

#### **Space - Young Adults, Young Carers**

Space and Broomhouse Hub  
79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 455 7731

E: [admin@spacescot.org](mailto:admin@spacescot.org)

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

Summary: We are offering one to one telephone support and/or group support through digital platforms, by telephone, Whatsapp, door step visits and fun and engaging activity packs. We are accepting new referrals please email [admin@spacescot.org](mailto:admin@spacescot.org) for more information.

### **Advice and Guidance: Youth Homelessness**

#### **The Rock Trust**

55 Albany Street  
Edinburgh EH1 3QY

T: 0131 557 4059

E: [hello@rocktrust.org](mailto:hello@rocktrust.org)

W: <https://www.rocktrust.org/get-help-now>

FB: <https://www.facebook.com/TheRockTrust>

Tw: [https://twitter.com/rocktrust\\_tweet](https://twitter.com/rocktrust_tweet)

Inst: <https://www.instagram.com/therocktrust/>

YT: <https://www.youtube.com/watch?v=zJjWTuNQF8Y>

Summary: The Rock trust offices and drop-in have closed but Trust staff are still available on the phone and the team are out and about supporting young people. Services currently still available: One-to-one advice plus emergency provisions including food and toiletries; Benefits Advice; Online group-work; Check out the Rock Trust's website for more information and updates. Socially distanced face-to-face appointments can be

arranged in specific circumstances. Please phone 0345 222 1425 between 9am and 5pm any weekday and ask to speak to the Duty team. If you would prefer to arrange someone to call you back, email [hello@rocktrust.org](mailto:hello@rocktrust.org)



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**Things to do:** [Activities](#), [Art Group/Art Project](#), [Dance](#), [Family Activities](#), [Physical Activities](#), [Reading](#), [Science](#), [Youth Club](#)

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## Children and Young People

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### **Employability Service**

#### **Canongate Youth - Employability Programme**

South Bridge Resource Centre

6 Infirmary Street

Edinburgh EH1 1LT

T: 0131 556 9389

E: [training@canongateyouth.org.uk](mailto:training@canongateyouth.org.uk)

W: <https://canongateyouth.org.uk/>

FB: <https://www.facebook.com/CanongateYouth/>

Tw: <https://twitter.com/Canongateyouth>

Inst: <https://www.instagram.com/canongateyouth/>

YT: <https://www.youtube.com/user/canongateyouth>

Summary: We are still offering our services via our online platforms and telephone at the moment. We can support young people on a one-to-one basis but also offer group spaces for those who wish to join in with that. We currently have a Drop-In online on a Thursday.

#### **Link Living - Link Academy**

Link House

2c New Mart Road

Edinburgh EH14 1RL

T: 0330 303 0302

E: [enquiries@linkliving.org.uk](mailto:enquiries@linkliving.org.uk)

W: <https://www.linkliving.org.uk/our-support/our-services/link-academy/>

FB: <https://en-gb.facebook.com/LinkLiving/>

Tw: [https://twitter.com/Link\\_Living/](https://twitter.com/Link_Living/)

Summary: Link Academy is a SQA accredited training centre which provides a wide range of SCQF qualifications and employability support that can help people to develop the skills, knowledge, and experience needed to secure employment.

### **Employability Service**

#### **Workingrite**

Catchpell House  
4 Carpet Lane  
Edinburgh EH6 6SP

T: 0131 553 9395

E: [info@workingrite.co.uk](mailto:info@workingrite.co.uk)

W: <https://workingrite.co.uk/>

FB: <https://www.facebook.com/working.rite?ref=ts&fref=ts>

Tw: <https://twitter.com/workingrite>

Inst: <https://www.instagram.com/workingrite/>

Summary: Across Scotland, our local Project Co-ordinators individually match a young person to a small business in their local community, where they learn valuable skills 'on-the-job', where it counts. Our 'trainees' are with their work placement provider for up to six months during which they are guided by an older mentor in the business and supported by our Project Co-ordinator. If they are eligible, they also receive a weekly training allowance and we cover their travel expenses.

### **Employability: Apprenticeships**

#### **Skills Development Scotland**

79 Shandwick Place  
Edinburgh EH2 4SD

T: 0131 718 2040

W: <https://www.skillsdevelopmentscotland.co.uk/what-we-do/apprenticeships/>

Summary: We are committed to developing and growing a world-class and inclusive work-based learning system in Scotland. Apprenticeships demonstrate and promote the benefits work-based learning brings to businesses, individuals and the Scottish economy. Our Edinburgh careers centre is open for appointments only. Contact the local centre on 0131 718 2040 for more information on how to access career information, advice and guidance.

### **Employability: Apprenticeships**

#### **Skills Development Scotland**

79 Shandwick Place  
Edinburgh EH2 4SD

T: 0131 718 2040

W: <https://www.skillsdevelopmentscotland.co.uk/what-we-do/apprenticeships/foundation-apprenticeships/>

Summary: Foundation Apprenticeships are a work-based learning opportunity for senior-phase secondary school pupils. Lasting one or two years, pupils begin their Foundation Apprenticeship in S5 or S6. Young people spend time out of school at college or with a local employer, and complete the Foundation Apprenticeship alongside their other subjects like National 5s and Highers. Completion leads to a qualification at the same level of learning as a Higher and can lead to progression on to a job, such as a Modern or Graduate Apprenticeship. Foundation Apprenticeships are recognised as entry qualifications by all Scottish colleges and universities. Our Edinburgh careers centre is open for appointments only. Contact the local centre on 0131 718 2040 for more information on how to access career information, advice and guidance.

### **Employability: Apprenticeships**

#### **Skills Development Scotland**

#### **Apprenticeships.scot**

79 Shandwick Place  
Edinburgh EH2 4SD

T: 0131 718 2040

W: <https://www.apprenticeships.scot/>

Summary: Apprenticeships.scot supports young people who would like to become apprentices and connects them with the employers who want to take them on. Our Edinburgh careers centre is open for appointments only. Contact the local centre on 0131 718 2040 for more information on how to access career information, advice and guidance.

### **Employability: Apprenticeships**

### **Employability: Apprenticeships**

#### **Skills Development Scotland - My World of Work**

T: 0800 917 8000

W: <https://www.myworldofwork.co.uk/>

FB: <https://www.facebook.com/myworldofwork>

Summary: When it comes to your career, there are so many possibilities. But where do you begin? We're not just here to get you started – we're here to guide you every step of the way.

Some of our Skills Development Scotland (SDS) career centres are now open for face-to-face appointments. Contact [your local centre](#) to make an appointment with an adviser. You can also call 0800 917 8000.

There's a careers adviser in all Scottish secondary schools – they're on hand to offer career advice and support.

Career information and advice is available here on My World of Work. Sign in or register to make the most of our tools and guidance.

You can also speak directly to a careers adviser by calling our helpline on 0800 917 8000. It's open Monday to Friday, 9am-5pm.

## Children and Young People

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### **Employability: Digital Skills**

#### **Youth Scotland Coding Training**

Balfour House  
19 Bonnington Grove  
Edinburgh EH6 4BL

T: 0131 554 2561

E: [laura.kemp@youthscotland.org.uk](mailto:laura.kemp@youthscotland.org.uk)

W: <https://www.youthscotland.org.uk/programmes/generation-code/>

FB: <https://www.facebook.com/YouthScotland/>

Tw: <https://twitter.com/YouthScotland>

YT: <https://www.youtube.com/user/youthscotland1>

Summary: Developing new skills and sparking an interest in coding, Generation Code allows young people to get creative, develop their computational thinking and coding skills to become better equipped to take advantage of the opportunities in a world that is becoming digital-by-default.

### **Employability: Funding**

#### **Kick Start Scheme the City of Edinburgh**

City of Edinburgh Council  
Edinburgh

W: <https://www.edinburgh.gov.uk/opportunities-young-people>

Summary: Funding to employers to provide job placements for young people up to 6 months.

## Children and Young People

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### **Employability: Personal Development**

#### **Venture Scotland**

Offices 1 and 2  
4 Norton Park  
Edinburgh EH7 5RS

T: 07495 836 248 T2: 0131 661 6786

E: [admin@venturescotland.org.uk](mailto:admin@venturescotland.org.uk)

W: <https://venturescotland.org.uk/>

FB: <https://www.facebook.com/venturescotland>

Tw: <https://twitter.com/venturescotland?lang=en>

Summary: Venture Scotland office is closed and all their staff are working from home. Service are online or Zoom. Some Socially distance face to face events are happening, keen to get new referrals, referrals can still be made via email ([admin@venturescotland.org.uk](mailto:admin@venturescotland.org.uk)) and by telephone 07495 836 248.

### **Employability: Personal Development**

#### **Edinburgh Guarantee**

T: 0131 529 4312

E: [mick.greenwood@edinburgh.gov.uk](mailto:mick.greenwood@edinburgh.gov.uk)

W: <https://www.edinburghguarantee.org/>

FB: <https://www.facebook.com/EdinburghGuarantee/>

Tw: <https://twitter.com/edinguarantee>

YT: <https://www.youtube.com/channel/UCNlxAGEjFZTQb98S4lBmgjw>

Summary: The aspiration of the Edinburgh Guarantee is that the public, private, voluntary and education sectors will work in partnership to ensure that every young person in Edinburgh will leave school with the choice of a job, Modern Apprenticeship, Graduate Apprenticeship, training programme or further education place available to them.



### **Employability: Personal Development**

#### **Move On**

2F1, 25 Greenside Place  
Edinburgh EH1 3AA

T: 0131 558 3740

E: <https://www.moveon.org.uk/contact-us>

W: <https://www.moveon.org.uk/>

FB: <https://www.facebook.com/MoveOnScotland/>

Tw: <https://twitter.com/moveonscotland>

Summary: Move On Scotland work with vulnerable young people and people affected by homelessness to help them unlock their untapped potential. We believe everyone has the potential to secure a job, manage money, sustain a stable home and live a fulfilling and independent life. We help people achieve these goals by providing mentoring, peer education, training, volunteering opportunities, guidance, information and advice.

### **Employability: Personal Development**

#### **Rocktrust**

55 Albany Street  
Edinburgh EH1 3QY

T: 0131 557 4059

W: <http://www.rocktrust.org/>

FB: <https://www.facebook.com/TheRockTrust>

Tw: [https://twitter.com/rocktrust\\_tweet](https://twitter.com/rocktrust_tweet)

Inst: <https://www.instagram.com/therocktrust/>

Summary: Support around employability for young people, aged 16-25 years old who have a background of being in care, offending or homelessness

### **Employability: Personal Development**

#### **Princes Trust**

T: 0800 842 842

E: <https://www.princes-trust.org.uk/contact-us>

W: <https://www.princes-trust.org.uk/help-for-young-people/get-job>

FB: <https://www.facebook.com/princestrust>

Tw: <https://twitter.com/princestrust>

Inst: <https://www.instagram.com/princestrust/>

YT: <https://www.youtube.com/user/princestrust>

Summary: If you're 16 to 30 and want to gain experience, skills, training and the confidence to help you into work, you've come to the right place.

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## Faith Groups

[Baha](#), [Baptists](#), [Brahma Kumaris](#), [Buddhist](#), [Catholic](#), [Christian Charitable Organisation](#), [Church of Scotland](#), [Episcopal](#), [Evangelical](#), [Jewish](#), [Kagyu Samye Dzong](#), [Muslim](#), [Pagan](#), [Pentecostal](#), [Quakers](#), [Sikh](#), [Unitarian](#)

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## Faith Groups

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### **Baha**

#### **Edinburgh Baha'i Centre**

44 Albion Street  
Edinburgh EH1 3QR

T: 0131 333 2170

W: <http://www.edin-bahai.org.uk/centre/>

Summary: The Edinburgh Baha'i Centre is currently not in use for community gatherings and events due to the current restrictions. We are continuing devotional gatherings, study circles, celebration of Baha'i Holy Days and other events using online platforms (mainly Zoom). If anyone is interested in finding out more they can contact the Spiritual Assembly of the Baha'is of Edinburgh at [secretary@edin-bahai.org.uk](mailto:secretary@edin-bahai.org.uk). The current Secretary will reply to emails but others may pick up as well.

### **Baptists**

#### **Central Church**

Central Hall  
2 West Tollcross  
Edinburgh EH3 9BP

T: 0131 447 9787

E: [hello@centralchurch.co.uk](mailto:hello@centralchurch.co.uk)

W: <https://www.centralchurch.co.uk>

FB: <https://www.facebook.com/centralchurched/>

Tw: <https://twitter.com/centralchurched>

Inst: <https://www.instagram.com/centralchurched/>

Summary: Baptist Church; Debt Counselling Service; Youth Group; Play Group.

## Faith Groups

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### **Brahma Kumaris**

#### **The Brahma Kumaris Inner Space Edinburgh**

183 Dalry Road  
Edinburgh EH11 2EB

T: 0131 229 7220

E: [edinburgh@innerspace.org](mailto:edinburgh@innerspace.org)

W: <https://www.brahmakumaris.org/uk/edinburgh>

FB: <https://www.facebook.com/BrahmaKumarisUK/>

Tw: <https://twitter.com/brahmakumarisuk>

Inst: <https://www.instagram.com/globalcooperationhouse/>

YT: <https://www.youtube.com/user/BrahmaKumarisUK>

Summary: The Brahma Kumaris World Spiritual University (UK) teaches Raja Yoga as a way of experiencing peace of mind and a positive approach to life. Access to online meditations is available from their website.

### **Buddhist**

#### **Buddhist Centre**

Edinburgh

E: [info@edinburghbuddhistcentre.org.uk](mailto:info@edinburghbuddhistcentre.org.uk)

W: <http://www.edinburghbuddhistcentre.org.uk/>

Summary: We offer a range of activities from introduction to meditation courses to events for practicing Buddhists in Edinburgh. We are currently running our classes online and have lost the premises we were hiring on Bread Street due to the effect of Covid-19 on small businesses. We will be looking for suitable premises again in the New Year. If you are interested in learning to meditate or find out more about Buddhism, check out our introductory courses. We also run Buddhist meditation taster sessions during the Edinburgh Festival Fringe.

## Faith Groups

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### **Buddhist**

#### **Kadampa Meditation Centre**

172 Leith Walk  
Edinburgh EH6 5EA

T: 0131 622 1956

Opening Hours: Weekdays 10.30am-4pm. Open during evening classes and weekend events.

E: [info@meditateinedinburgh.org](mailto:info@meditateinedinburgh.org)

W: <http://www.meditateinedinburgh.org/>

FB: <https://www.facebook.com/kbcedinburgh/>

Inst: <https://www.instagram.com/meditateinEdinburgh/>

Summary: We offer a programme consisting of a wide variety of topics, ranging from basic meditation techniques suitable for anybody on a drop-in basis through to dedicated retreats on specific aspects of Buddhism.

### **Buddhist**

#### **Portobello Buddhist Priory**

27 Brighton Place  
Edinburgh EH15 1LL

T: 0131 669 9622

E: <https://www.portobellobuddhist.org.uk/contact-the-prior>

W: <https://www.portobellobuddhist.org.uk/>

Summary: Portobello Buddhist Priory, a non-residential ground floor flat in the Portobello district of Edinburgh, opened in 1998. It is one of a number of temples in Britain which are connected to the Community of Buddhist Contemplatives. The Priory will re-open for Sunday meditation 9.30am-12.00 from 15 August. We welcome those of you who have been double vaccinated. The Priory will be able to accommodate up to 6 people. There will be a booking system; please contact the Priory by midday on the Saturday before the Sunday you would like to attend. Morning meditations will also resume at 7.00am on Tuesdays and Fridays, starting 17 August.

## Faith Groups

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### **Catholic**

#### **Catholic Church General Secretariat**

64 Aitken Street  
Edinburgh ML6 6LT

T: 01236 764479

W: <https://www.bcos.org.uk/>

FB: [https://www.facebook.com/vaticannews/?brand\\_redir=DISABLE](https://www.facebook.com/vaticannews/?brand_redir=DISABLE)

Tw: <https://twitter.com/Pontifex>

Inst: <https://www.instagram.com/franciscus/>

YT: <https://www.youtube.com/channel/UCxIsefyI9g9A5SGWA4FvGIA>

Summary: The Roman Catholic Church in Scotland (Scottish Gaelic: An Eaglais Chaitligeach), overseen by the Scottish Bishops' Conference, is part of the worldwide Catholic Church headed by the Pope.

### **Catholic**

#### **St Mary's Catholic Cathedral**

Broughton Street  
Edinburgh EH1 3JR

W: <https://www.stmaryscathedral.co.uk/>

FB: <https://www.facebook.com/edinburghcathedral/>

Summary: Due to government guidelines, we are still asking parishioners to reserve a place for Mass. Once you do have a place reserved, please make every attempt to attend your chosen. Masses continue to be streamed over the internet, parishioners may call the parish office if they do not have access to the internet.



## Faith Groups

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### **Christian Charitable Organisation**

#### **Edinburgh City Mission**

The Coracle  
41 Bryson Road  
Edinburgh EH11 1DS

T: 0131 225 9445

W: <https://www.edinburghcitymission.org.uk/>

FB: <https://www.facebook.com/edinburghcitymission>

Inst: <https://www.instagram.com/edinburghcitymission/>

Summary: Edinburgh City Mission is a Christian charitable organisation whose aim is to share the Gospel of Jesus Christ in words and action, and engage in poverty relief among the inhabitants of Edinburgh and the surrounding area, particularly in deprived communities.

### **Church of Scotland**

#### **Church of Scotland**

121 George Street  
Edinburgh EH2 4YN

T: 0131 225 5722

E: [https://www.churchofscotland.org.uk/contact\\_us](https://www.churchofscotland.org.uk/contact_us)

W: <https://www.churchofscotland.org.uk/home>

FB: <https://www.facebook.com/churchofscotland>

Tw: <https://twitter.com/churchscotland>

Inst: <https://www.instagram.com/churchofscotland/>

YT: <https://www.youtube.com/c/churchofscotland>

Summary: The Church of Scotland seeks to inspire the people of Scotland and beyond with the Good News of Jesus Christ through enthusiastic worshipping, witnessing, nurturing and serving communities. Our main administration office is located in 121 George Street, Edinburgh, where central administration functions and meetings of the Church are carried out.

## Faith Groups

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### **Church of Scotland**

#### **Duddingston Kirk**

5 Old Church Lane  
Edinburgh EH15 3PX

T: 0131 661 4240

E: [dodinsoffice@aol.com](mailto:dodinsoffice@aol.com)

W: <http://www.duddingstonkirk.co.uk/>

Summary: Services on Sundays at 10.30 am and Wednesdays at 10 am. Numbers are limited – advance booking essential but you can still access the services online.

### **Church of Scotland**

#### **Greenbank Parish Church**

Braidburn Terrace  
Edinburgh EH10 6ES

Opening Hours: 10:30am every Sunday

E: [mritchie@churchofscotland.org.uk](mailto:mritchie@churchofscotland.org.uk)

W: <https://www.greenbankchurch.org/>

FB: <https://www.facebook.com/GreenbankParishChurchEdinburgh/>

Tw: <https://twitter.com/GreenbankParish>

Summary: Greenbank Parish Church are livestreaming their Sunday service to keep in touch with members of the community. If you wish to attend a Sunday services, you will have to book in advance. The Government has set a cap of 50 for the total number of people allowed in the church at one time, including those conducting the service and the stewards.

## Faith Groups

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### **Church of Scotland**

#### **Morningside United Church**

15 Chamberlain Road  
Edinburgh EH10 4DJ

T: 0131 447 3152

E: <http://www.morningsideunitedchurch.org/contact-us.html>

W: <http://www.morningsideunitedchurch.org/>

FB: <https://www.facebook.com/morningsideunited>

YT: <https://www.youtube.com/channel/UcTAryGUYIoCTiF55wtFX0-A>

Summary: Church of Scotland and United Reformed Church. Church Service - Sundays at 11 am. Prayer Service - Wednesdays at 5pm. Social Distancing measures are still in force. Those attending services must wear a mask. Services continue to be streamed online.

### **Church of Scotland**

#### **Wester Hailes Holy Trinity Church**

Hailesland Place  
Edinburgh EH14 2SL

E: <http://holytrinitywesterhailes.org.uk/contact-us/>

W: <http://holytrinitywesterhailes.org.uk/>

FB: <https://www.facebook.com/holytrinitywesterhailes/>

Summary: Social distancing restrictions are now relaxed to 1m distance, meaning we can have many more people attending our service in person. Online services are still available live on Facebook and YouTube on Sunday at 10.30am.

## Faith Groups

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### **Episcopal**

#### **General Synod of the Scottish Episcopal Church**

21 Grosvenor Crescent  
Edinburgh EH12 5EE

T: 0131 225 6357

E: <https://www.scotland.anglican.org/contacts/>

W: <https://www.scotland.anglican.org/who-we-are/organisation/boards-and-committees/the-general-synod/>

FB: <https://www.facebook.com/scottishepiscopalchurch/?ref=profile>

Tw: <https://twitter.com/secsynod>

YT: <https://www.youtube.com/c/TheScottishEpiscopalChurch>

Summary: The General Synod acts as the Parliament of the Scottish Episcopal Church.

### **Episcopal**

#### **Mustard Seed Edinburgh (St Margaret's Church)**

170 Easter Road  
Edinburgh EH7 5QE

T: 07407 213397

E: [liz@mustardseededinburgh.org](mailto:liz@mustardseededinburgh.org)

W: <https://www.mustardseededinburgh.org/>

FB: <https://www.facebook.com/MustardSeedEdinburgh/>

Tw: <https://twitter.com/mustardseeded>

Summary: As our journey through Coronavirus continues, we have developed the following ways of doing church: 1. A weekly Soul Food Grab & Go Meal at St. Margaret's Church (170 Easter Road) on Thursdays at 5.30pm.; 2. A weekly Soul Food Grab & Go Breakfast at St. Margaret's Church (170 Easter Road) on Fridays at 10am. 3. A weekly YouTube service video which is released on Sundays and can be found on our YouTube page here. 4. A weekly in-person service on Sundays at 4pm at St. Margaret's Church, 170 Easter Road. You are so welcome to join us! 5. A weekly Zoom Prayer Meeting on Tuesdays at 7.30pm

## Faith Groups

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### **Evangelical**

#### **Bruntsfield Evangelical Church**

70 Leamington Terrace  
Edinburgh EH10 4JU

T: 0131 564 1399

W: <http://bruntsfield.org.uk/>

Tw: <https://twitter.com/BECEdinburgh>

YT: <https://www.youtube.com/channel/UCxO6-UQrKeVb-MkDTIXmfuA/live>

Summary: Independent Evangelical Church; Basics Food Bank.

Please go to next entry

## Faith Groups

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### **Evangelical**

#### **Chinese Evangelical Church**

18 West Mayfield  
Edinburgh EH9 1TQ

T: 07503 695983

Opening Hours: Sunday Service -1.30pm

E: [contact@cece.org.uk](mailto:contact@cece.org.uk)

W: <http://www.cece.org.uk/>

FB: <https://www.facebook.com/IchthusEdinburgh/>

Summary: The CECE will suspend physical meetings for the upcoming weeks, indefinitely. We have an online worship service on Google Meet, every Sunday at 11am, and we plan to continue having weekly sermon recordings added to our podcast. If you have children, you can access free Sunday School videos and activities provided by LifeWay.

### **Evangelical**

#### **Destiny Gorgie**

52 Gorgie Road  
Edinburgh EH11 2NB

T: 0131 555 2705

Opening Hours: Sundays 10.30am & 6pm

W: <https://destinyedinburgh.com/locations/gorgie>

FB: <https://www.facebook.com/destinyedinburgh>

Summary: Destiny Angels Edinburgh offers support to people in need across Edinburgh.

## Faith Groups

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### **Evangelical**

#### **Destiny Leith**

12 Casselbank Street  
Edinburgh EH6 5HA

T: 0131 555 2705

Opening Hours: Sundays 10.30am

W: <https://destinyedinburgh.com/locations/leith>

FB: <https://www.facebook.com/destinyedinburgh>

Summary: Destiny Angels Edinburgh offers support to people in need across Edinburgh.

### **Evangelical**

#### **Destiny North**

7 Waterfront Broadway  
Edinburgh EH5 1SA

T: 0131 555 2705

Opening Hours: Sundays 11.30am

W: <https://destinyedinburgh.com/locations/granton>

FB: <https://www.facebook.com/destinyedinburgh>

Summary: Destiny Angels Edinburgh offers support to people in need across Edinburgh.

## Faith Groups

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### **Jewish**

#### **Sukkat Shalom Edinburgh Liberal Jewish Community**

7 Castle Terrace  
Edinburgh EH1 2DP

T: 0131 777 8024

E: <http://www.eljc.org/index.php/contact>

W: <http://www.eljc.org/>

FB: <https://www.facebook.com/Sukkat-Shalom-Edinburgh-409490615745959/>

Summary: We provide a modern and relevant interpretation of Jewish life and practice. All services have been cancelled in physical form for the foreseeable future. Rabbi Mark Solomon will be conducting services remotely every week. He will also conduct the regular discussion groups online at times TBC. Choosing Judaism classes will be held every Sunday. Details are being sent to those enrolled. You should receive instructions on how to join these events by e-mail: if you are not on our mailing list, please fill in the contact form on the website with a request to be added and a contact telephone number.

### **Jewish**

#### **The Scottish Council of Jewish Communities**

222 Fenwick Road  
Edinburgh G46 6UE

T: 0141 638 6411

E: [scojec@scojec.org](mailto:scojec@scojec.org)

W: <https://www.scojec.org/>

Summary: The Scottish Council of Jewish Communities is the representative body of all the Jewish communities of Scotland. Its primary function is to act on behalf of Scotland's Jewish Communities to all external bodies.



## Faith Groups

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### **Kagyü Samye Dzong**

#### **Kagyü Samye Dzong Edinburgh**

25 Bernard Street  
Edinburgh EH6 6SH

T: 0131 225 8359

E: [isacornerfit@gmail.com](mailto:isacornerfit@gmail.com)

W: <https://www.edinburgh.samye.org/>

Summary: The centre is once again open and holding events (see website for details.) Those attending must pre-book. Attendees are required to wear a face mask and have been vaccinated or recently tested as Covid free.

### **Muslim Islamic Educational Centre**

#### **Iqra Academy Edinburgh**

10 East Suffolk Road  
Edinburgh EH16 5PH

T: 0131 629 6322

Opening Hours: Every day

E: [info@iqraacademy.org](mailto:info@iqraacademy.org)

W: <https://www.iqraacademy.org/>

FB: <https://www.facebook.com/IqraAcademyEdinburgh/>

Summary: Advice/Information; Daily Prayers; Funeral Services; Sport/Leisure/Recreation.

## Faith Groups

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### **Muslim Islamic Educational Centre**

#### **Mohiuddin Jamia Masjid and Education Centre**

123 Great Junction Street  
Edinburgh EH6 5JB

T: 0131 555 1116

E: [enquiries@mohiuddintrust.com](mailto:enquiries@mohiuddintrust.com)

W: <http://mohiuddintrust.com/>

Summary: Services: Education and Development; Health and Care; Portobello Muslim Community and Educational Centre, Portobello Pakistani Education and Cultural Centre.

### **Muslim Islamic Educational Centre**

#### **Wali-al-Asir Trust**

1 King Street  
Edinburgh EH6 6TQ

T: 0131 554 4534

Opening Hours: Fri: 12:30 – 2:30 pm

FB: <https://en-gb.facebook.com/WaliAlAsirTrust>

Summary: Prayers; Advice and information.

## Faith Groups

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### **Muslim Mosque**

#### **Annandale Mosque**

43-45 Annandale Street  
Edinburgh EH7 4A2

T: 07514 774001

E: [edmosqueannandale@gmail.com](mailto:edmosqueannandale@gmail.com)

W: <http://www.annandalemosque.org/>

FB: <https://en-gb.facebook.com/edmosqueAnnandale/>

Summary: Family Counselling every Thursday 9.00 am to 11am.

### **Muslim Mosque**

#### **Balgreen Mosque and Turkish Community Centre**

199 - 201 Balgreen Road  
Edinburgh EH11 2RZ

T: 0131 629 5276

W: <https://www.eventbrite.com/e/friday-prayer-at-turkish-community-centre-tickets-128746581491>

FB: <https://www.facebook.com/pages/Edinburgh-Turkish-Community-Centre/159507070911166>

Summary: Every person associated with this masjid guarantees to do everything within our means, to help anyone in need or in difficulties, with any reasonable assistance such as food, shelter, a lift, someone to talk to, first aid, a place of safety, advice and comfort.

## Faith Groups

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### **Muslim Mosque**

#### **Blackhall Mosque**

1 House O'Hill Road  
Edinburgh EH4 2AJ

T: 0131 343 3802

E: [info@blackhallmosque.com](mailto:info@blackhallmosque.com)

W: <http://blackhallmosque.com/>

Summary: To contribute to social, cultural, spiritual, economic enhancement of all aspects of the lives of members of the Muslim community, we will work alongside policy makers and strategy developers so that the voice of the Muslims is heard.

### **Muslim Mosque**

#### **Idara Trust - Polwarth**

8-10 Temple Park Crescent  
Edinburgh EH11 1HT

T: 0131 229 3844

E: [info@omniislam.or.uk](mailto:info@omniislam.or.uk)

W: <http://www.polwarth-masjid.co.uk/>

Summary: Information and advice; Education and development work.

## Faith Groups

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### **Muslim Mosque**

#### **Mosque and Islamic Centre**

50 Potter Row  
Edinburgh EH8 9BT

T: 0131 667 1777

E: <https://www.edmosque.org/contacts/contact-us/>

W: <https://www.edmosque.org/>

FB: <https://www.facebook.com/EdinburghCentralMosque/>

Tw: <https://twitter.com/edcentralmosque?lang=en>

YT: <https://www.youtube.com/channel/UCAbuSA8z6oNaFISMsh33RyA>

Summary: The Mosque is at the very heart of the Scottish capital city. It is Edinburgh's main mosque and cultural centre for the resident Muslim community. Due to Covid-19 there is a limit of 50 people attending prayer, all places must be pre-booked.

### **Muslim Mosque**

#### **Roxburgh Mosque**

12 Roxburgh Street  
Edinburgh EH8 6TA

T: 0131 556 1902

Opening Hours: Mon - Fri 4:30pm - 6:30pm

W: <http://roxburgh-street-masjid.co.uk/>

Summary: Advice/Information; Daily Prayers; Funeral Services; Sport/Leisure/Recreation.

## Faith Groups

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### **Pagan**

#### **Pagan Federation Scotland**

P.O. Box 14251  
Edinburgh KY10 3YA

E: <http://www.scottishpf.org/contact.html>

W: <http://www.scottishpf.org/>

FB: <https://www.facebook.com/ScottishPaganFederation>

Summary: Paganism is very much a religion of reverence for life. Nearly all Pagans believe that Nature is sacred and understand divinity – whether perceived as divine beings or in more abstract forms - to be manifest within the living world.

### **Pentecostal**

#### **Edinburgh Elim Church**

18 Morningside Road  
Edinburgh EH10 4DB

T: 0131 447 5086

E: [office@edinburghelim.com](mailto:office@edinburghelim.com)

W: <http://www.edinburghelim.com/>

FB: <https://www.facebook.com/edinburghelim>

Tw: <https://twitter.com/edinburghelim>

Inst: <https://www.instagram.com/edinburghelim/>

YT: [https://www.youtube.com/channel/UCoQ6\\_Z9LOE0A62XFBVoMHkw](https://www.youtube.com/channel/UCoQ6_Z9LOE0A62XFBVoMHkw)

Summary: Pentecostal Church. You will have to book in advance if you wish to attend one of our gatherings. Alternatively we will continue to livestream our services each week. Join us at <https://edinburghelim.online.church/> at 11am Sundays. We also stream on our Facebook and YouTube pages.

## Faith Groups

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### **Quakers**

#### **Religious Society of Friends (QUAKERS)**

Quaker Meeting House

7 Victoria Terrace

Edinburgh EH1 2JL

T: 0808 109 1651

E: <http://www.quakerscotland.org/contact-us>

W: <https://www.quakerscotland.org/central-edinburgh>

Summary: Quakerism is a religion with Christian roots, whose worship is based on silence and listening to the spirit. Quakers practise truth, equality and simplicity and pursue paths leading to peace. Many meetings of Quakers are still only by way of Zoom, some 'blended' meetings (mix of limited number attending in person and those using zoom) are beginning to happen, see website for dates. If you wish to attend in person you will have to book in advance using the Evenbrite facility on the website. To obtain the Meeting Link for our Meeting for Worship on Zoom every Sunday at 11 : [contact.office@equaker.org.uk](mailto:contact.office@equaker.org.uk)

### **Sikh**

#### **Sikh Temple Gurdwara**

1 Sheriff Brae Leith

Edinburgh EH6 6ER

T: 0131 553 7207

Opening Hours: Mon - Sat: 6:30am-7:30am

E: [info@edinburgh-gurdwara.co.uk](mailto:info@edinburgh-gurdwara.co.uk)

W: <http://edinburgh-gurdwara.co.uk/>

FB: <https://en-gb.facebook.com/gurunanakgurdwara.edinburgh/>

Summary: Daily prayers and wedding ceremonies.

## Faith Groups

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### **Unitarian**

#### **Unitarians in Edinburgh**

St Mark's Church  
7 Castle Terrace  
Edinburgh EH1 2DP

T: 0131 659 7600

Opening Hours: 11am every Sunday

E: [enquire@edinburgh-unitarians.org.uk](mailto:enquire@edinburgh-unitarians.org.uk)

W: <http://www.edinburgh-unitarians.org.uk/upcoming-services>

FB: <https://www.facebook.com/unitariansinedinburgh/>

Tw: <https://twitter.com/UnitariansInED>

YT: <https://www.youtube.com/channel/UCzBMTtxPOpotc-8469cFE7w>

Summary: Due to COVID-19 our church-based services are suspended until further notice. Instead, we are holding time together in community online every Sunday, 11am-12noon. We are using Zoom to connect. To join us simply go to <https://us02web.zoom.us/j/459569403> each Sunday at 11am.



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**Families**

[Breast Feeding](#), [Disability Information Service](#), [Ethnic Minority](#), [Employability](#), [Family Support](#), [Fathers](#), [Helpline](#), [Parenting](#), [Perinatal and Infant Mental Health](#), [Perinatal Depression](#), [Single Parents](#).

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## Families

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### **Breast Feeding**

#### **La Leche League Edinburgh**

T: 0131 336 2641 - Eden T2: 0784 207 8527 - Sarah

T3: 0770 259 9503 - Karla

Opening Hours: Fridays at 10:30 and 20:00

E: [hello@llledinburgh.co.uk](mailto:hello@llledinburgh.co.uk)

W: <https://llledinburgh.co.uk/>

FB: <https://www.facebook.com/breastfeedinglllgb/>

Tw: <https://twitter.com/lllgb>

Summary: We at LLL Edinburgh are working hard to keep supporting mothers with their breastfeeding journeys while maintaining social distancing. To bring some regular stability we are trialling two regular weekly online meetings on Fridays at 10:30 and 20:00. Meetings will be way of “LiveWebenair” and “Zoom”, see web site for joining instructions.

### **Disability Information Service**

#### **Fair Advice Edinburgh**

95 Causewayside

Edinburgh EH9 1QG

T: 0131 662 1962

E: [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)

W: <https://www.fairadvice.org.uk/>

FB: <https://www.facebook.com/FairAdviceEdinburgh/>

Tw: [https://twitter.com/Fair\\_Advice](https://twitter.com/Fair_Advice)

Summary: Due to COVID, FAIR staff are working remotely. We understand that our support and advice is very important at this time and our service remains open. Please contact us on 0131 662 1962 or email [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk) and we will get back to you. We hope you and your family remain safe during this difficult time.

## Families

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### **Disability Information Service**

#### **Kindred**

7 Rutland Court Lane  
Edinburgh EH3 8ES

T: 0800 031 5793

E: [Enquiries@kindred-scotland.org](mailto:Enquiries@kindred-scotland.org)

W: [www.kindred-scotland.org](http://www.kindred-scotland.org)

FB: <https://www.facebook.com/kindred.scotland/>

Summary: Provide advocacy and information on services available to children with additional support needs and their carers. Courses and support groups for parents and carers.

### **Ethnic Minority**

#### **The Mosaic Project**

Multi-Cultural Family Base  
50 Coburg Street  
Edinburgh EH6 6HE

T: 0131 467 7052

E: [hello@mcfb.org.uk](mailto:hello@mcfb.org.uk)

W: <http://www.mcfb.org.uk/>

FB: <https://www.facebook.com/mcultural1/?ref=ts>

YT: <https://www.youtube.com/channel/UCmHK7vLayrQknuyhna9xezQ>

Summary: The Mosaic Project is a new group project, which aims to promote the mental well-being of Black, Asian and Minority Ethnic (BAME) young people in the North Locality of Edinburgh. The group is co-facilitated by Multi-Cultural Family Base and The Junction, offering a service for BAME young people in S2-S6 who identify as experiencing poor mental health, and feel that their cultural needs are not being met by mainstream mental health services or youth agencies.

## Families

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### **Employability**

#### **One Parent Families Scotland - Employability and learning**

2 York Place  
Edinburgh EH1 3EP

T: 0131 556 3899

E: [info@opfs.org.uk](mailto:info@opfs.org.uk)

W: <https://opfs.org.uk/>

FB: <https://www.facebook.com/OneParentFamiliesScotland/>

Tw: <https://twitter.com/opfs?lang=en>

Inst: <https://www.instagram.com/oneparentfamiliesScotland/>

YT: <https://www.youtube.com/user/oneparentfamilies>

Summary: Thinking about getting a job, studying or taking up training as a single parent can feel overwhelming at times. We know there can be lots of things that need to be considered to enable parents to do this. Our local services can help you start your journey towards employment or learning. What we can help you with: get online; build your CV; look at current vacancies; complete application forms; prepare for your interview. You can also meet other single parents in a similar situation and take part in free and accessible employability and skills-building courses in specific locations

### **Family Support**

#### **Circle Haven Project**

18 West Pilton Park  
Edinburgh EH4 4EJ

T: 0131 552 0305

Fax: 0131 551 3976

E: [info@circle.scot](mailto:info@circle.scot)

W: <https://circle.scot/circles-haven-project/>

FB: <https://www.facebook.com/Circle.Scot>

Tw: <https://twitter.com/CircleScot>

YT: <https://www.youtube.com/user/CircleScotland>

Summary: For individual families the team can offer a daily check-in and listening ear, and can support families with things like routines, behaviours, supporting education and practical areas such as food, welfare and household energy issues. Weaning advice, sensory activities, singing and baby massage videos and Zoom sessions for families of babies under 1 year old.

## Families

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### **Family Support**

**City of Edinburgh - Family and Household Support Service - North East Edinburgh**

T: 0131 529 7168

E: [northeastFHS@edinburgh.gov.uk](mailto:northeastFHS@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/private-housing/family-household-support-service/1>

Summary: Support with housing, parenting, debts and benefits, school attendance, neighbour disputes, family relationships, health and wellbeing, accessing work and learning.

### **Family Support**

**City of Edinburgh - Family and Household Support Service - North West Edinburgh**

T: 0131 529 5014

E: [northwestFHS@edinburgh.gov.uk](mailto:northwestFHS@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/private-housing/family-household-support-service/1>

Summary: Support with housing, parenting, debts and benefits, school attendance, neighbour disputes, family relationships, health and wellbeing, accessing work and learning.

## Families

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### **Family Support**

**City of Edinburgh - Family and Household Support Service - South East Edinburgh**

T: 0131 529 5123

E: [southeastFHS@edinburgh.gov.uk](mailto:southeastFHS@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/private-housing/family-household-support-service/1>

Summary: Support with housing, parenting, debts and benefits, school attendance, neighbour disputes, family relationships, health and wellbeing, accessing work and learning.

### **Family Support**

**City of Edinburgh - Family and Household Support Service - South West Edinburgh**

T: 0131 469 5150

E: [southwestFHS@edinburgh.gov.uk](mailto:southwestFHS@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/private-housing/family-household-support-service/1>

Summary: Support with housing, parenting, debts and benefits, school attendance, neighbour disputes, family relationships, health and wellbeing, accessing work and learning.

## Families

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### **Family Support**

#### **Homelink Family Support**

1 Dalkeith Road Mews,  
Dalkeith Road  
Edinburgh EH16 5GA

T: 0131 661 0890

W: <https://www.homelinkfamilysupport.org/>

FB: <https://www.facebook.com/homelinkfamilysupport/>

Summary: Home Link Family Support is an award winning charitable organisation supporting families with young children in Edinburgh and Midlothian. Our staff are working between their homes and the community to provide support to those in need. If you require an update or any further information about the way that Home Link Family Support are operating please get in touch by phoning: 0131 661 0890 or emailing [info@homelinkfamilysupport.org](mailto:info@homelinkfamilysupport.org). We are aiming to have staff in the office Monday - Thursday from 9-4, to answer any enquiries

### **Family Support**

#### **Home-Start Edinburgh West and South West (HSEW)**

Room S3  
525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 564 1540

E: [help@hsew.org.uk](mailto:help@hsew.org.uk)

W: <http://www.hsew.org.uk/>

FB: <https://www.facebook.com/HomeStartEdinburghWestSouthWest>

Summary: HSEW support families with children under 5. Please note we are currently all working from home so there may be a delay in responding to correspondence. If you have recently been referred to the service, the team will telephone you in the first instance. See Facebook page for play ideas, links to benefit advice and links to services that help us all look after our mental health with useful tips and information.



## Families

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### **Family Support**

#### **Home-Start Leith and North East Edinburgh**

247 Leith Walk  
Edinburgh EH6 8NY

T: 0131 553 7819

Opening Hours: Normal working hours

E: [admin@homestartleith.co.uk](mailto:admin@homestartleith.co.uk)

W: <http://homestartleith.org.uk/>

FB: <https://www.facebook.com/homestartleithandnortheastedinburgh/>

Summary: Home-Start Leith and North East Edinburgh: support parents with young children at home; recruits and trains volunteers to provide this support. We have re-started face to face home visiting with families.

### **Family Support**

#### **Licketyspit Children and Families Network**

Community Central Hall  
292-316 Maryhill Rd  
Glasgow G20 7YE

T: 07413 800 342

Opening Hours: Mon-Fri 9.30-5.30, some content going out at the weekend

E: [info@lickety spit.com](mailto:info@lickety spit.com)

W: <https://www.lickety spit.com/>

FB: <https://www.facebook.com/LicketyspitTheatre/>

Tw: <https://twitter.com/LicketyTweet>

YT: <https://www.youtube.com/watch?v=kMmrkCKnO-8>

Summary: Licketyspit is delivering a framework of quality online engagement for families with children under-twelve to support play, learning and wellbeing during the Coronavirus lockdown - e.g Licketyspit Children's Guide to Coronavirus 2: Lockdown - <https://www.youtube.com/watch?v=kMmrkCKnO-8>. This has also been translated into Polish, Spanish and Arabic (All on Youtube/Facebook) Some limited Face-Face now that schools have restarted in Edinburgh.

## Families

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### **Family Support**

#### **Stepping Stones North Edinburgh**

9a Pilton Drive North,  
Edinburgh EH5 1NF

T: 0131 551 1632

Opening Hours: Monday - Friday 9-5pm

E: [info@steppingstonesnorthedinburgh.co.uk](mailto:info@steppingstonesnorthedinburgh.co.uk)

W: <https://www.steppingstonesnorthedinburgh.co.uk/>

Summary: Families can continue to be referred for support and will be offered phone support from an allocated worker - they can support clients with their mental health and well-being, offer practical tips and resources to support children, welfare advice, and support to access food and material resources where needed. We are developing weekly online circle time for parents and young children via Zoom and hope to start baby massage classes as well. We are sending out resources to families to help keep children learning and playing at home. We continue to accept referrals for our sleep clinic, offering phone consultations to parents looking for sleep support.

### **Family Support**

#### **First Hand Lothian**

Strathmore Business Centre  
Hopetoun Gate  
8b McDonald Road  
Edinburgh EH7 4LZ

T: 0131 523 1322

E: [info@firsthand-lothian.org.uk](mailto:info@firsthand-lothian.org.uk)

W: <https://www.firsthand-lothian.org.uk/>

FB: <https://en-gb.facebook.com/firsthandlothian/>

Summary: In line with Scottish Government guidelines we are not delivering sessions inside the family home. Most sessions will take place outside – going to places in the local community, local parks, amenities etc. Bearing in mind the weather we are offering a blended service with some remote delivery when face to face is not possible. Remote delivery can be via FB Portals which have a wide angle lens, automatically zooming in and out, which helps online engagement with children and parents. Where these would be appropriate and enhance delivery we are able to provide Portals for the duration of the service, prioritising those who are struggling due to isolation, declining mental health and those who do not have English as a first language. Our Parent and Carer closed Facebook page continues to be a source of support and reassurance for parents across the city as are the Parent and Carer Group on line meetings.

## Families

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### **Fathers**

#### **Dads Rock**

c/o Space & Broomhouse Hub,  
79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 07807 498 709

E: [hello@dadsrock.org.uk](mailto:hello@dadsrock.org.uk)

W: <http://www.dadsrock.org.uk>

FB: <https://www.facebook.com/DadsRockOrg/>

Tw: <https://twitter.com/DadsRockOrg>

Inst: <https://www.instagram.com/dadsrockorg/>

YT: [https://www.youtube.com/channel/UCTNglbyaMB2ME\\_ZF28YK2wg?view\\_as=subscriber](https://www.youtube.com/channel/UCTNglbyaMB2ME_ZF28YK2wg?view_as=subscriber)

Summary: Online parenting support sessions run regularly and are open to all parents/carers across Scotland. Workshops for new parents run regular online using Zoom. Topics covered include antenatal, feeding, sleep, hair styling and more. Face to Face Music Lessons and Play Groups (with Covid safety measures) have re-started, see website for details.

## Families

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### **Helpline**

#### **Big Hearts Community Trust - Kinship Care Helpline**

T: 0131 603 4927 - Helpline

Opening Hours: 10am-4pm, Mon-Thurs

W: <http://www.bighearts.org.uk/wp-content/uploads/2020/03/Click-here-to-download-the-helplines-list.pdf>

Summary: Advice on parenting strategies, peer support and service referrals for local families.

### **Helpline**

#### **Families Outside**

17 Gayfield Square  
Edinburgh EH1 3NX

T: 0800 254 0088 - Helpline

Opening Hours: Helplines open: Monday to Friday from 9am – 5pm.

E: [support@familiesoutside.org.uk](mailto:support@familiesoutside.org.uk)

W: <http://www.familiesoutside.org.uk>

FB: <https://www.facebook.com/Families-Outside-185872184769712/>

Tw: <https://twitter.com/familiesoutside>

YT: <https://vimeo.com/familiesoutside>

Summary: Families Outside works solely on behalf of families affected by imprisonment. The team support family members and friends who have someone close to them in prison. The team offer phone support to family members and/or professionals. Contact our helpline on 0800 254 0088 . Home visits are not likely to resume until the New Year. However, we are still able to offer support on an outreach basis such as through outdoor and 'walk and talk' meetings; through hospitality settings and prison visitor centres; and of course through email, telephone, and video links. Group work has resumed through a programme of online activities and conversations.

## Families

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### **Helpline**

#### **One Parent Families Scotland**

2 York Place  
Edinburgh EH1 3EP

T: 0808 801 0323 - Helpline T2: 0131 556 3899  
Opening Hours: Helpline open: Mon-Fri: 9.30 am to 4.00pm  
E: [helpline@opfs.org.uk](mailto:helpline@opfs.org.uk)  
W: <https://opfs.org.uk/>  
FB: <https://www.facebook.com/OneParentFamiliesScotland/>  
Tw: <https://twitter.com/opfs?lang=en>  
Inst: <https://www.instagram.com/oneparentfamiliesScotland/>  
YT: <https://www.youtube.com/user/oneparentfamilies>

Summary: One Parent Families Scotland has suspended face-to-face work in Edinburgh. This includes groups, courses and one-to-one support. The organisation will continue to be available for single parents and their children. For the families already receiving support, staff will continue to provide support in local areas through phone calls, texts and local Facebook groups. For single parents outwith those areas or who have not yet been supported by our local teams, you can access support through the Helpline, webchat and 'ask a question' function on the One Parent Families Scotland website.

### **Helpline**

#### **ParentLine Scotland**

83 Whitehouse Loan  
Edinburgh EH9 1AT

T: 0800 028 2233 - Helpline T2: 0131 446 2300  
Opening Hours: Monday - Friday, 9.00 am - 9.00 pm; Saturday - Sunday, 9.00am - 12:00pm  
E: [parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)  
W: <https://www.children1st.org.uk/help-for-families/parentline-scotland/>

Summary: ParentLine Scotland is the free, confidential helpline run by Children 1st. Its highly trained call-takers offer help, advice, information, reassurance or just a friendly listening ear to stressed parents or carers.

## Families

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### **Parenting**

**Local resources for parents and carers - North East; North West; South East and South West Edinburgh  
Edinburgh**

W: <https://www.edinburgh.gov.uk/pacs>

Summary: Parent and carer support resources - City of Edinburgh - Autumn Editions - very good listings of low cost support services for North East, North West, South East and South West Edinburgh.

### **Parenting**

**Parenting programmes - courses to help parents and carers understand their children's development and  
behaviour  
Edinburgh**

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

Summary: Free online Solihull courses for every parent from Scottish Government in partnership with NES: understanding pregnancy, labour, birth and your baby; understanding your baby; understanding your child; understanding your teenager's brain.

## Families

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### **Parenting**

#### **The Spark - Free Parenting Resources**

Edinburgh

T: 0808 802 2088 - Relationship Helpline T2: 0808 802 0050 - Booking a Counselling Session

Opening Hours: Helpline open: 9.00am to 9.00pm Mon to Thurs; 9.00am to 4.00pm Fri

W: <https://www.thespark.org.uk/relationship-support-parents-families/free-parenting-resources/>

Summary: Office is closed and service is online or by way of Zoom. Free Parenting Resources - Drawing on over 50 years of family counselling experience, The Spark has produced a range of free parenting resources. These are designed to help parents and families deal with the common relationship issues and challenges faced in day-to-day life.

### **Parenting**

#### **Parent Club**

W: <https://www.parentclub.scot/>

FB: <https://www.facebook.com/ParentClubScotland/>

Inst: <https://www.instagram.com/parentclubscotland/>

Summary: Welcome to Parent Club! Home of Scotland's Baby Box! If you are a parent, a carer or a parent-to-be, visit us today for parenting hints, tips and tricks!

### **Perinatal and Infant Mental Health**

#### **Inspiring Scotland**

Level 1, Riverside House  
502 Gorgie Road  
Edinburgh EH11 3AF

W: <https://www.inspiringscotland.org.uk/perinatal-mental-health-services/>

FB: <https://www.facebook.com/InspiringScotland/?fref=nf>

Tw: <https://twitter.com/inspiringsland>

YT: <https://www.youtube.com/user/InspiringScotland>

Summary: Perinatal and Infant Mental Health Third Sector Service Directory. Find Support Near You. Quickly search, sort and filter charities and organisations who offer Perinatal and Infant Mental Health support in Scotland.

### **Perinatal Depression**

#### **Juno Perinatal Mental Health Support**

Open Hours: Mondays 8.00 pm - 9.00pm and Fridays 1.00 pm - 2.00 pm

E: [juno.enquiries@gmail.com](mailto:juno.enquiries@gmail.com)

W: <https://www.juno.uk.com/>

FB: <https://www.facebook.com/junopmhseдинburgh>

Tw: [https://twitter.com/juno\\_pmhs](https://twitter.com/juno_pmhs)

Summary: Our new face-to-face group re-started in June, Meeting Monday's at 10.30 am. If you'd like to join us, please email: [juno.enquiries@gmail.com](mailto:juno.enquiries@gmail.com). Our services are very much drop in, but we need an idea of numbers to keep our groups covid-compliant. This group will be running on Mondays in term-time at Crossreach, Simpson House, 52 Queen Street, Edinburgh. Support groups are also available over Zoom on Mondays 8.00 pm - 9.00pm and Fridays 1.00 pm - 2.00 pm. Email the team for a link. Please give 24 hours notice if you would like to attend.



## Families

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### **Single Parents**

#### **One Parent Families Scotland - Free 1:1 Counselling for Single Parents**

2 York Place

Edinburgh EH1 3EP

T: 0131 556 3899

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

W: <https://opfs.org.uk/>

FB: <https://www.facebook.com/OneParentFamiliesScotland/>

Tw: <https://twitter.com/opfs?lang=en>

Inst: <https://www.instagram.com/oneparentfamiliescotland/>

YT: <https://www.youtube.com/user/oneparentfamilies>

Summary: 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) or visit the Facebook page.

## Families

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### **Single Parents**

#### **One Parent Families Scotland - Friday Night Zoom Quiz for Single Parents**

2 York Place  
Edinburgh EH1 3EP

T: 07814078139 - Tom Carrol

Opening Hours: Friday 8:30 – 10:00 pm.

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

W: <https://opfs.org.uk/>

FB: <https://www.facebook.com/OneParentFamiliesScotland/>

Tw: <https://twitter.com/opfs?lang=en>

Inst: <https://www.instagram.com/oneparentfamiliesScotland/>

YT: <https://www.youtube.com/user/oneparentfamilies>

Summary: 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) or visit the Facebook page.

### **Single Parents**

#### **One Parent Families Scotland - Mental Health and Wellbeing Group for Single Parents**

2 York Place  
Edinburgh EH1 3EP

T: 07818301570 - Sofia Mouzi

E: [Sofia.Mouzi@opfs.org.uk](mailto:Sofia.Mouzi@opfs.org.uk)

W: <https://opfs.org.uk/>

FB: <https://www.facebook.com/OneParentFamiliesScotland/>

Tw: <https://twitter.com/opfs?lang=en>

Inst: <https://www.instagram.com/oneparentfamiliesScotland/>

YT: <https://www.youtube.com/user/oneparentfamilies>

Summary: 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) or visit the Facebook page.

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## Foreign Languages

(Services provided in all or in part in languages other than English)

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**Befriending**: [Leith Conversation Cafes](#), [The Welcoming - Befriending Programme](#), [The Welcoming - Women's group](#), [conversation café](#) and [Wee Blether](#)

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**Carers**: [Minority Ethnic Carers of People Project \(MECOPP\)](#)

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**Ethnic Minorities**: Family ([Multi-cultural Family Base](#)); Muslim ([Muslim Women's Association of Edinburgh](#)); Polish ([Polish Family Support Centre](#), [Polish Link Worker \(Health All Round\)](#)); Seniors ([Milan \(Senior Welfare Organisation\)](#)); Social Justice ([Nari Kallyan](#)), ([SCOREscotland](#))

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**NHS Inform - Translations**

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## Foreign Languages

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### **Befriending**

#### **Leith Conversation Cafes**

Edinburgh

T: 07510 122 425

E: [LCC@feniks.org.uk](mailto:LCC@feniks.org.uk)

FB: <https://www.facebook.com/LeithConversationCafes/>

Summary: Leith Conversations Cafes, meets online or face to face at an outside venue. Events are currently running on Mondays 18:30-20:00 and Thursdays 12:00-13:30. We run the Meetup group where all the topics are announced and participants can sign up for the event to receive the link to the meeting which is run on Google Hangouts Meet. Here is the link to our Meetup page: <https://www.meetup.com/Leith-Conversation-Cafes/>. Alternatively, people can send us an email at [LCC@feniks.org.uk](mailto:LCC@feniks.org.uk) We run a Facebook page as well where we post topics for up coming sessions as well: <https://www.facebook.com/LeithConversationCafes/>.

### **Befriending**

#### **The Welcoming - Befriending Programme for Women**

Unit 1 20 Westfield Avenue

Edinburgh EH11 2TT

T: 07379 940716 - Telephone/text/WhatsApp

E: [life@thewelcoming.org](mailto:life@thewelcoming.org)

W: <https://www.thewelcoming.org/activities/friendship/welcoming-womens-cafes/>

Opening Times: First Tuesday of the month, 12pm – 2pm

Summary: Online - Women of the World: Friendship Circle - A relaxed social space for women in Edinburgh to share stories, culture, craft and friendship, integrating opportunities for New Scots women to practise English language. Women Only. To join the group contact [lizzie@thewelcoming.org](mailto:lizzie@thewelcoming.org)

## Foreign Languages

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### **Befriending**

#### **The Welcoming - Befriending Programme for Women**

Unit 1 20 Westfield Avenue  
Edinburgh EH11 2TT

T: 07379 940716 - Telephone/text/WhatsApp

E: [lizzie@thewelcoming.org](mailto:lizzie@thewelcoming.org)

W: <https://www.thewelcoming.org/activities/friendship/welcoming-womens-cafes/>

Opening Times: First Wednesday of the month, 11am – 12.30pm

Summary: Women's Friendship Group (Arabic/English) - A relaxed and accessible social space for Arabic-speaking New Scots women in Edinburgh to take part in informal language practise and conversation, and to make new friends. Women Only. To join the group contact [lizzie@thewelcoming.org](mailto:lizzie@thewelcoming.org)

### **Carers**

#### **Minority Ethnic Carers of People Project (MECOPP)**

Maritime House  
8 The Shore  
Edinburgh EH6 6QN

T: 0131 467 2994

E: <https://www.mecopp.org.uk/contact>

W: <https://www.mecopp.org.uk/>

FB: <https://www.facebook.com/MECOPP/>

Tw: <https://twitter.com/MECOPP1>

YT: <https://www.youtube.com/channel/UCViFCS7JYw8hf6GawCdBl4Q>

Summary: Face-to-face meetings have been suspended. Support is available by phone, text message or email.

## NHS Scotland Explainer Video Translations – 5 July 2021

### COVID-19 Vaccine Explainer Video Links by Language

**BSL:** [Full Length Explainer Video](#)

**Amharic:** [Full Length Explainer Video](#)

**Arabic:** [Full Length Explainer Video](#), [Short Length Explainer Video](#), [Side Effects and Safety Video](#), [Doses and Appointments Video](#), [Pregnancy and Breastfeeding Video](#) and [Faith Leaders and Ingredients Video](#)

**Cantonese:** [Full Length Explainer Video](#), [Short Length Explainer Video](#), [Side Effects and Safety Video](#), [Doses and Appointments Video](#), [Pregnancy and Breastfeeding Video](#) and [Faith Leaders and Ingredients Video](#)

**Farsi:** [Full Length Explainer Video](#)

**French:** [Full Length Explainer Video](#), [Short Length Explainer Video](#), [Side Effects and Safety Video](#), [Doses and Appointments Video](#), [Pregnancy and Breastfeeding Video](#) and [Faith Leaders and Ingredients Video](#)

**Hindi:** [Full Length Explainer Video](#), [Short Length Explainer Video](#), [Side Effects and Safety Video](#), [Doses and Appointments Video](#), [Pregnancy and Breastfeeding Video](#) and [Faith Leaders and Ingredients Video](#)

**Pashto:** [Full Length Explainer Video](#)

**Polish:** [Full Length Explainer Video](#), [Short Length Explainer Video](#), [Side Effects and Safety Video](#), [Doses and Appointments Video](#), [Pregnancy and Breastfeeding Video](#) and [Faith Leaders and Ingredients Video](#)

**Punjabi:** [Full Length Explainer Video](#), [Short Length Explainer Video](#), [Side Effects and Safety Video](#), [Doses and Appointments Video](#), [Pregnancy and Breastfeeding Video](#) and [Faith Leaders and Ingredients Video](#)

**Swahili:** [Full Length Explainer Video](#), [Short Length Explainer Video](#), [Side Effects and Safety Video](#), [Doses and Appointments Video](#), [Pregnancy and Breastfeeding Video](#) and [Faith Leaders and Ingredients Video](#)

**Tamil:** [Full Length Explainer Video](#)

**Romanian:** [Full Length Explainer Video](#), [Short Length Explainer Video](#), [Side Effects and Safety Video](#), [Doses and Appointments Video](#), [Pregnancy and Breastfeeding Video](#) and [Faith Leaders and Ingredients Video](#)

**Urdu:** [Full Length Explainer Video](#), [Short Length Explainer Video](#), [Side Effects and Safety Video](#), [Doses and Appointments Video](#), [Pregnancy and Breastfeeding Video](#) and [Faith Leaders and Ingredients Video](#)

**Vietnamese:** [Full Length Explainer Video](#)

### **Domestic Violence**

#### **Aditi**

1a Atholl Crescent  
Edinburgh EH3 8HA

T: 0131 603 4865

E: [aditi@sacro.org.uk](mailto:aditi@sacro.org.uk)

W: <https://www.sacro.org.uk/aditi>

Summary: Aditi is dedicated to the safety and wellbeing of Black, Asian and Minority Ethnic (BAME) women, inclusive of trans women and non-binary people. Our service is free and confidential. Aditi aims to provide support to women and enable positive changes in their lives.

### **Domestic Violence**

#### **Saheliya**

125 McDonald Road  
Edinburgh EH7 4NW

T: 0131 556 9302

E: [info@saheliya.co.uk](mailto:info@saheliya.co.uk)

W: <http://www.saheliya.co.uk/>

FB: <https://www.facebook.com/saheliya.bme.women>

Tw: <https://twitter.com/Saheliya>

Summary: The Saheliya office is temporarily closed but support is available by phone and online.



## **Domestic Violence**

### **Shakti Women's Aid**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2399

E: [info@shaktiedinburgh.co.uk](mailto:info@shaktiedinburgh.co.uk)

W: <https://shaktiedinburgh.co.uk/>

FB: <https://www.facebook.com/ShaktiWA>

Summary: Shakti Women's Aid has stopped face-to-face support. Women, children and young people will be supported through phone calls, WhatsApp and Facetime.

## **Domestic Violence**

### **Sikh Sanjog**

17a Graham Street  
Edinburgh EH6 5QN

T: 07837 701263 - Urgent Enquiry T2: 0131 553 4737

Opening Hours: Office Monday to Friday: 9:30am – 4:30pm

E: [info@sikhsanjog.com](mailto:info@sikhsanjog.com)

W: <http://www.sikhsanjog.com/>

FB: <https://en-gb.facebook.com/sikhsanjogedinburgh/>

Tw: [https://twitter.com/sikh\\_sanjog?lang=en](https://twitter.com/sikh_sanjog?lang=en)

Summary: Sikh Sanjog is delivering a remote outreach service, virtual youth club, and one-to-one support to tackle loneliness.

### **Families**

#### **Multi-cultural Family Base**

50 Coburg Street  
Edinburgh EH6 6HE

T: 0131 467 7052

Opening Hours: Monday to Friday 9.30 am to 5.00 pm

E: [hello@mcfb.org.uk](mailto:hello@mcfb.org.uk)

W: <http://www.mcfb.org.uk/>

FB: <https://www.facebook.com/mcultural1/?ref=ts>

Tw: <https://twitter.com/MCFB1>

Summary: Here at MCFB in Edinburgh we work with children and their families who are experiencing difficulties. Some of these are practical, such as housing or financial problems; others are more personal, such as dealing with discrimination or emotional issues.

Many of our families are from Black and Minority Ethnic communities and are often new migrants.

The Multi-cultural family base offices have closed but the staff team is working from home where possible. If you contact us on 0131 467 7052 during office hours (Monday to Friday 9.30 am to 5.00 pm), your call will be diverted to a duty worker. Please leave a message if your call is out of these working hours. See our Facebook page for updates.

### **Muslim**

#### **Muslim Women's Association of Edinburgh**

Edinburgh

T: 0748 056 9192

E: [mail@mwae.org.uk](mailto:mail@mwae.org.uk)

W: <http://www.mwae.org.uk/>

Summary: The Muslim Women's Association of Edinburgh was set up at the end of 2005 by a group of Muslim women who found a lack of social activities for Women and their families in Edinburgh. This group is run entirely by volunteers, working with women and their families in Edinburgh and the Lothians to build a stronger community through education and social activities.

## Foreign Languages

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### **Polish**

#### **Polish Family Support Centre**

19 Smith Place  
Edinburgh EH6 8NU

T: 0131 281 0429

Opening Time: Mon - Fri 10:00am-5:00pm

E: [info@pfsc.co.uk](mailto:info@pfsc.co.uk)

W: <http://www.pfsc.co.uk/home/4591478247>

FB: <https://www.facebook.com/PsychologEdinburgh/>

Tw: <https://twitter.com/PFSCEdinburgh>

Summary: We are a growing charity focusing on providing support to the Polish minority in Scotland. We offer comprehensive support for disadvantaged people through offering counselling, social and advocacy services, principally targeting the difficulties Polish face after leaving their native country.

### **Polish**

#### **Polish Link Worker (Health All Round)**

24 Westfield Avenue  
Edinburgh EH11 2QH

T: 0749 467 9674      T2: 0131 337 1376

Opening Hours: Mon-Fri, 10am-2pm

E: [linkworker@healthallround.org.uk](mailto:linkworker@healthallround.org.uk)

W: <http://www.healthallround.org.uk/>

Summary: We understand that this may be a stressful and bewildering time for many people, especially those with limited English. Our Link Worker Anna can help you keep in touch with latest developments and link you into the services you require to manage your health and wellbeing.

## Foreign Languages

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### **Seniors**

#### **Milan (Senior Welfare Organisation)**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2307

E: [info@milanswo.co.uk](mailto:info@milanswo.co.uk)

W: <http://milanswo.co.uk/>

FB: <https://www.facebook.com/milanseniorewelfareorganisation/>

YT: <https://www.youtube.com/channel/UCeHsdmkYaMiVKIb-x7ofpYw/>

Summary: Milan provides services for people over 50 years of age from Indian, Pakistani, Bangladeshi and Mauritian Communities living in Edinburgh and the Lothians, which meet social, cultural, recreational, language and care needs.

### **Social Justice**

#### **Nari Kallyan Shangho**

Darroche Annexe  
Edinburgh EH3 9NH

T: 0131 221 1915

E: [NKS@NKSHEALTH.CO.UK](mailto:NKS@NKSHEALTH.CO.UK)

W: <http://www.nkshealth.co.uk/>

Summary: One-to-one support is available by phone, text messages, WhatsApp, skype-group support via social media (Whatsapp, Zoom, Facetime). The team have been making educational videos which will be posted in group chats.

### **Social Justice**

#### **SCOREscotland**

WHALE Learning Centre  
30 Westburn Grove  
Edinburgh EH14 2SA

T: 0131 442 2341

Opening Hours: Monday to Friday, 9am-5pm

E: <https://www.scorescotland.org.uk/contact-us/>

W: <https://www.scorescotland.org.uk/>

Summary: SCOREscotland is a social justice organisation based in Wester Hailes. We deliver a range of services in West/South West Edinburgh. Our full name is: Strengthening Communities for Race Equality Scotland, and we are Edinburgh's only locality-based anti-racism and multi-equality voluntary organisation.

### **Translations**

#### **NHS Inform**

W: <https://www.nhsinform.scot/translations>

Summary: Health information in different languages and formats - Including BSL, Easy Read and translations.

### **Translations**

#### **NHS Northumberland Tyne and Wear - Self Help Leaflets**

Northumberland Tyne and Wear

W: <https://web.ntw.nhs.uk/selfhelp/>

Summary: You can directly access 21 leaflets on the site which can be translated online into a very wide range of languages (100+) many of the translations come with an audio out put. The leaflets cover a wide range of mental health conditions. You have to access the leaflet and click on the PDF option before you will see the full range of translations available.

### **Translations**

#### **Health Information Translations**

E: <https://www.healthinfotranslations.org/contact/>

W: <https://www.healthinfotranslations.org/>

Summary: Health Information Translations provides education resources in multiple languages for health care professionals and others to use in their communities. Resources are easy to read and culturally appropriate.

## Foreign Languages

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### **Translations**

#### **Medline Plus**

W: <https://medlineplus.gov/languages/languages.html>

Summary: Information for the public in 60 languages from the US National Library of Medicine.

## Health and Wellbeing

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[Dentist](#): How to Register for a Dentist; Edinburgh Dentists (A-Z) – Scottish Services Directory

[GP](#): How to Register for a GP; Edinburgh GP's (A-Z) – Scottish Services Directory

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[Counselling](#): Edinburgh Counselling Services (A-Z)

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[Mental Health](#): [Apps](#), [ADHD](#), [Autism](#), [Bipolar](#), [Borderline Personality Disorder](#), [Community Mental Health Project \(CMHP\)](#), [Crisis](#), [Helplines](#), [Men's Health](#), [Mental Welfare](#), [Online Resources](#), [Reconnect](#), [Perinatal Depression](#), [Self Harm](#), [Sign Posting](#), [Suicide](#), [Youth](#)

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[Sexual Health](#): Chambers Street Clinic

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### **Dental Health**

#### **How to register with an NHS Dentist**

Edinburgh

W: <https://services.nhslothian.scot/Dentists/Pages/default.aspx>

Summary: Registering with an NHS dentist and finding your local dentist.

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### **Dental Health**

#### **Edinburgh Dentists (A-Z) – NHS Inform: Scottish Services Directory - Dentists**

W: <https://www.nhsinform.scot/scotlands-service-directory/dental-services>

Summary: Use the built in filter on the site to build a listing of dentists in Edinburgh. With current Public Health advice around COVID-19, some offered services may not be available and some services may be operating different opening times from that stated below or may be closed temporarily. We recommend that you contact the service prior to attending.

### **GP Practices**

#### **How to register with an NHS General Practitioner (GP)**

W: <https://www.nhsinform.scot/care-support-and-rights/nhs-services/doctors/registering-with-a-gp-practice>

Summary: You can only register with a GP practice if you're staying in the area for more than 3 months. If you're not, you may still be treated, but as a Temporary Resident. First find your local GP surgery. Complete the registration form which can be accessed on the attached link. Contact the surgery to see if you can email the completed registration form or whether if they require a hardcopy of the form. When your registration has been received by the GP practice you'll be notified, either by telephone or email to advise if your application to register has been successful.

### **GP Practices**

#### **Edinburgh GPs (A-Z) – NHS Inform: Scottish Services Directory - GPs**

Edinburgh

W: <https://www.nhsinform.scot/scotlands-service-directory/gp-practices>

Summary: Use the built in filter on the site to build a listing of GPs in Edinburgh. With current Public Health advice around COVID-19, some offered services may not be available and some services may be operating different opening times from that stated below or may be closed temporarily. We recommend that you contact the service prior to attending.

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## Health and Wellbeing

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[Dentist](#): How to Register for a Dentist, Edinburgh Dentists (A-Z) – Scottish Services Directory

[GP](#): How to Register for a GP; Edinburgh GP's (A-Z) – Scottish Services Directory

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[Mental Health](#): [Apps](#), [ADHD](#), [Autism](#), [Bipolar](#), [Borderline Personality Disorder](#), [Community Mental Health Project \(CMHP\)](#), [Crisis](#), [Helplines](#), [Men's Health](#), [Mental Welfare](#), [Online Resources](#), [Reconnect](#), [Perinatal Depression](#), [Self Harm](#), [Sign Posting](#), [Suicide](#), [Youth](#)

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[Sexual Health](#): Chambers Street Clinic

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### **Counselling: Abuse**

#### **Health in Mind - Counselling for Survivors of Sexual Abuse**

40 Shandwick Place  
Edinburgh EH2 4RT

T: 0131 225 8508

E: [counselling@health-in-mind.org.uk](mailto:counselling@health-in-mind.org.uk)

W: [https://www.health-in-mind.org.uk/services/counselling\\_for\\_survivors\\_of\\_sexual\\_abuse/d168/](https://www.health-in-mind.org.uk/services/counselling_for_survivors_of_sexual_abuse/d168/)

Summary: Counselling offers a safe, confidential place where people can talk about the difficulties they have experienced in their lives. Our trained Counsellors will help support them through this process. This counselling service offers telephone and video counselling (face to face counselling is currently suspended due to COVID-19). We offer counselling for up to six months for people aged 18 years and over who are survivors of childhood sexual abuse living in the Edinburgh area.

### **Counselling: Abuse**

#### **Health in Mind - Pathway Men**

40 Shandwick Place  
Edinburgh EH2 4RT  
Tammy Kirk

T: 0131 225 8508

E: [traumaservices@health-in-mind.org.uk](mailto:traumaservices@health-in-mind.org.uk)

W: [https://www.health-in-mind.org.uk/services/trauma\\_support/d159/](https://www.health-in-mind.org.uk/services/trauma_support/d159/)

Summary: Practical and emotional support for men who are survivors of childhood sexual abuse or men who have experienced rape/sexual abuse or domestic violence as adults. We provide support to develop coping strategies, build self-confidence and reduce stress and anxiety. You can self-refer or be referred by someone else. The referral form and contact information can be found by way of the web link. Please note that there is an extensive waiting list.

### **Counselling: Abuse**

#### **Health in Mind - Pathway Women**

40 Shandwick Place  
Edinburgh EH2 4RT

T: 0131 225 8508

E: [traumaservices@health-in-mind.org.uk](mailto:traumaservices@health-in-mind.org.uk)

W: [https://www.health-in-mind.org.uk/services/trauma\\_support/d159/](https://www.health-in-mind.org.uk/services/trauma_support/d159/)

Summary: Practical and emotional support for women who are survivors of childhood sexual abuse. We provide support to develop coping strategies, build self-confidence and reduce stress and anxiety. This service is available to people living in North West, South East and South West Edinburgh. You can self-refer or be referred by someone else. The referral form and contact information can be found by way of the web link. Please note that there is an extensive waiting list.

### **Counselling: Abuse**

#### **In Care Survivors**

14 Bank Street  
Alloa FK10 1HP

T: 0800 121 6027 - Helpline

E: <https://www.incaresurvivors.org.uk/contact>

W: <https://www.incaresurvivors.org.uk/>

FB: <https://www.facebook.com/In-Care-Survivors-Service-Scotland-121308051238016/>

Summary: Confidential support to individuals who have experienced childhood trauma whilst in a care setting. COVID-19: Wellbeing Scotland recognise what a difficult time it is for all with this Covid-19 outbreak. As it is currently not safe to offer face to face appointments we will be offering support by telephone, text, email and groups.

## Health and Wellbeing

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### **Counselling: Abuse**

#### **In Care Survivors Service Scotland (Partnership led by Open Secret)**

Open Secret/Wellbeing Scotland

14 Bank Street

Alloa FK10 1HP

T: 01324 630 100

E: [info@wellbeingscotland.org](mailto:info@wellbeingscotland.org)

W: <http://www.incaresurvivors.org.uk/>

FB: <https://www.facebook.com/WellbeingScotland/>

Summary: Wellbeing Scotland aims to help those who have experienced adverse life experience.

### **Counselling: Autism**

#### **Number 6 – Autism Initiatives**

24 Hill Street

Edinburgh EH2 3JZ

T: 07570 953 331

E: [number6@aiscotland.org.uk](mailto:number6@aiscotland.org.uk)

W: <http://number6.org.uk/>

FB: <https://www.facebook.com/Number6OSS>

Summary: The one-stop shop for adults with High Functioning Autism or Asperger Syndrome.

Covid-19: Staff are still working and available for phone calls, emails and Skype. We have a temporary mobile number that will be available to take calls between 9:30am – 5pm, Monday to Friday, so if you want to get in touch, call 07570 953 331. If we are busy on another call, then please leave a message and we will get back to you within 24 hours.

Monthly Email Updates: We email out brief service updates every month. If you would like to be added to the mailing list please contact Karina at: [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)

### **Counselling: Bereavement**

#### **Bereavement UK**

E: [dav.boy@btinternet.com](mailto:dav.boy@btinternet.com)

W: <http://www.Bereavementuk.co.uk>

FB: <https://www.facebook.com/groups/1566851883557388/>

Summary: Bereavement UK has a Facebook Support Forum and a Chat Room, and includes a special support group for those who have lost a child.

### **Counselling: Bereavement**

#### **Caledonia Cremation - Scottish Funeral Costs Helpline**

18 Orkney Street

Glasgow G51 2BX

T: 0300 011 3301 - Helpline

Opening Hours: Open during office hours, but can leave a message outwith these hours.

E: <https://www.caledoniacremation.org.uk/contact/>

W: <https://www.caledoniacremation.org.uk/>

Summary: A free-impartial phonenumber for anyone wanting advice about funeral costs. During the Covid-19 lockdown they are also able to provide emotional support on this helpline for those who may be unable to attend a funeral due to the ongoing restrictions.



## Health and Wellbeing

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### **Counselling: Bereavement**

#### **Cruse Bereavement Care Scotland**

Riverview House  
Friarton Road  
Perth PH2 8DF

T: 0845 600 2227 - National Phonenumber    T2: 01738 444178

W: <http://www.crusescotland.org.uk>

W2: <http://www.cruse.org.uk/get-help/about-grief>

FB: <https://www.facebook.com/CruseScot/>

Tw: <https://twitter.com/search?q=CruseScotland>

Summary: Grief is a natural process, but it can be devastating. Cruse Bereavement Care is here to support you after the death of someone close. We offer a range of free confidential support for adults and children.

### **Counselling: Bereavement**

#### **Cruse Bereavement Counselling**

CBCS Headquarters  
29 Barossa Place  
Perth PH1 5HH

T: 0808 802 6161 - Helpline

E: [info@crusescotland.org.uk](mailto:info@crusescotland.org.uk)

W: <http://www.crusescotland.org.uk/>

FB: <https://www.facebook.com/CruseScot/>

Tw: <https://twitter.com/search?q=CruseScotland>

Summary: Cruse Bereavement Care Scotland (CBCS) supports people through the loss and grief that follow bereavement. Counselling takes place in local areas, and is accessed the national helpline: telephone 0845 600 2227. Please note that due to the COVID-19 pandemic we are able to offer telephone and video support. If you are a current client or on a waiting list someone will be in touch to discuss this with you.

### **Counselling: Bereavement**

#### **Good Life, Good Death, Good Grief**

Scottish Partnership for Palliative Care

CBC House

24 Canning Street

Edinburgh EH3 8EG

T: 0131 272 2735

E: [office@palliativecarescotland.org.uk](mailto:office@palliativecarescotland.org.uk)

W: <https://www.goodlifedeathgrief.org.uk/>

FB: <https://www.facebook.com/LifeDeathGrief/>

Tw: <https://twitter.com/LifeDeathGrief>

Summary: Online education for informal carers: an introduction to end of life issues.

### **Counselling: Bereavement**

#### **Grief after bereavement or loss**

NHS

W: <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

Summary: 6 ways to feel happier, ways to sleep, peer support, and free audio guides from the NHS.

### **Counselling: Bereavement**

**Sue Ryder**

183 Eversholt Street  
London NW1 1BU

T: 0808 164 4572

W: <https://www.sueryder.org/how-we-can-help>

FB: <https://www.facebook.com/SueRyderNational/>

Tw: [https://twitter.com/Sue\\_Ryder](https://twitter.com/Sue_Ryder)

Inst: <https://www.instagram.com/suerydercharity/>

Summary: End of Life forums and guidance on how to start a conversation about death and dying, and to talk with children.

### **Counselling: Bereavement**

#### **Understanding and Coping with grief and Loss**

W: <https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>

Summary: Coping with Grief and Loss.

### **Counselling: Carers**

#### **Vocal Carers Centre**

Edinburgh Carers' Hub  
60 Leith Walk  
Edinburgh EH6 5HB

T: 0131 622 6666

E: [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

W: <http://www.vocal.org.uk>

FB: <https://en-gb.facebook.com/pg/VOCALEdinburgh/posts/>

Summary: VOCAL provides support for unpaid carers in all caring situations and relationships. Covid-19: VOCAL Edinburgh Carers Hub continues to support unpaid carers across Edinburgh through remote working during the pandemic. You don't have to be a relative, or to live with the person. Support being given by phone and NHS Attend Anywhere online video appointments.

### **Counselling: Children and Young People**

#### **The Junction Youth Centre**

82-86 Great Junction Street  
Edinburgh EH6 5LL

T: 0131 553 0570

E: [support@the-junction.org](mailto:support@the-junction.org)

W: <http://the-junction.org/>

FB: <https://www.facebook.com/TheJunctionEdinburgh/>

Summary: The Junction is a support centre for young people (12-21) in Leith and North Edinburgh. The Centre is still running their digital drop in service You can contact them phone, text or email and have a free confidential one-to-one chat with a worker for around half an hour about anything on your mind. To request support email [support@the-junction.org](mailto:support@the-junction.org) or text 07758348850

The Centre has also re-started their face-face drop in service. Our Drop-In runs on Wednesdays from 4pm to 7pm at The Junction. The Drop-In is a safe space you can come to on your own or with a pal. You can have a one-to-one chat with a worker, use our sexual health services or just chill out for a bit.

### **Counselling: Community Link working**

#### **Community Compass**

Carr-Gomm

11 Harewood Road

Edinburgh EH16 4NT

T: 0300 666 3030

E: <https://www.carrgomm.org/forms/contact-us>

W: <https://www.carrgomm.org/community-compass>

FB: <https://www.facebook.com/CarrGomm>

Summary: Community Compass is Carr Gomm's Community Link Working project in Craigmillar, Edinburgh. Community Compass aims to support people to connect with local services and help them overcome challenges they are facing. These challenges could be things like money worries, unemployment, or isolation.

### **Counselling: Craigmillar**

#### **Health in Mind - Craigmillar Counselling**

40 Shandwick Place

Edinburgh EH2 4RT

T: 0131 225 8508

E: [counselling@health-in-mind.org.uk](mailto:counselling@health-in-mind.org.uk)

W: [https://www.health-in-mind.org.uk/services/craigmillar\\_counselling/d169/](https://www.health-in-mind.org.uk/services/craigmillar_counselling/d169/)

Summary: Counselling offers a safe, confidential place where people can talk about the difficulties they have experienced in their lives. Our trained Counsellors will help support them through this process. Covid-19: To support people who use our services during this time, we are currently offering telephone or video counselling sessions.

## Health and Wellbeing

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### **Counselling: Crisis**

#### **Edinburgh Crisis Centre**

T: 0808 801 0414 - Helpline

E: [crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)

W: <http://www.edinburghcrisiscentre.org.uk>

FB: <https://www.facebook.com/theedinburghcrisiscentre/>

Summary: The Crisis Centre is open 24 hours a day 365 days of the year and provides community based, emotional and practical support at times of crisis. PLEASE NOTE OUR TEXT SERVICE IS NOT OPERATIONAL AT THIS TIME. We are currently operating our telephone and email service 24/7. You can also arrange a virtual appointment with one of our staff team.

We have returned to offering in person 1:1 appointments at the centre. These are initially arranged through our freephone telephone helpline or email service. Our volunteer led writing and art groups are currently not running. If you are on Facebook, please 'like' our page, that way you will receive updated posts on how we are working at that time. Unfortunately we are unable to take on any further volunteers at this point. If you're experiencing a mental health crisis and need to talk to someone, please contact our friendly, confidential team: Free phone 0808 801 0414. Email [crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)

### **Counselling: Deaf Counselling**

#### **Health In Mind - Lothian Deaf Counselling**

40 Shandwick Place

Edinburgh EH2 4RT

T: 0131 225 8508

E: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

W: [https://www.health-in-mind.org.uk/services/lothian\\_deaf\\_counselling\\_service/d143/](https://www.health-in-mind.org.uk/services/lothian_deaf_counselling_service/d143/)

FB: <https://en-gb.facebook.com/healthinmindscotland>

Tw: [https://twitter.com/Health\\_in\\_Mind](https://twitter.com/Health_in_Mind)

Inst: [https://www.instagram.com/health\\_in\\_mind/](https://www.instagram.com/health_in_mind/)

Summary: Lothian Deaf Counselling Service provides a free confidential counselling service for those aged 18 or over who are Deaf, deafened, hard of hearing or deafblind throughout Lothian who will benefit from a counselling service specially designed to meet their needs. We offer counselling in British Sign Language (without interpreter) and also in English. A personal loop system and communication in written English are available for people who are deafened or hard of hearing. Face to face counselling is currently suspended due to COVID-19.

### **Counselling: Deaf Counselling**

#### **Lothian Deaf Community Mental Health Service**

49 Albany Street  
Edinburgh EH1 3QY

T: 0131 556 3128

SMS: 07815 637 019 or 07815 637 024

E: [LDCMHS@deafaction.org](mailto:LDCMHS@deafaction.org)

W: <http://www.deafaction.org>

FB: <https://www.facebook.com/DeafActionFBpage>

Summary: Lothian Deaf Community Mental Health Service is a community mental health service for deaf people.

### **Counselling: Disability**

#### **TalkTime Scotland**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 07774 210 104

E: [talktimescotland@gmail.com](mailto:talktimescotland@gmail.com)

W: <http://www.talktimescotland.co.uk/>

FB: <https://www.facebook.com/talktimescotland>

Tw: <https://twitter.com/talktimes>

Summary: The first free counselling service for 12-25 year olds with physical disabilities and long-term health conditions.

### **Counselling: Ethnic Minorities**

#### **Amina - The Muslim Women's Resource Centre**

Greyfriars Charteris Centre  
138 - 140 The Pleasance  
Edinburgh EH8 9RR

T: 0808 801 0301 - Helpline

E: [info@mwrc.org.uk](mailto:info@mwrc.org.uk)

W: <http://www.mwrc.org.uk>

Summary: Aims to inspire Muslim women to fulfil their true potential and empower them to participate fully in all aspects of society, without fear of discrimination or inequality. COVID-19 Service Update - We can still be contacted by email ([info@mwrc.org.uk](mailto:info@mwrc.org.uk)) or through our main number (0141-212-8420). Our Helpline remains operational at its regular times – Monday through Friday, from 10AM to 4PM, and can be reached by dialing 0808 801 0301. Health and Wellbeing: Counselling Services

### **Counselling: Ethnic Minorities**

#### **Bright Choices - Sacro**

29 Albany Street  
Edinburgh EH1 3QN

T: 0131 662 7500

E: <https://brightchoices.scot/contact-us>

W: <https://brightchoices.scot/>

Summary: Bright Choices is a partnership service between Sacro, the Edinburgh and Lothians Regional Equality Council (ELREC) and the Multicultural Family Base. We help men, women, children, families and communities who experience difficult relationships.



### **Counselling: Ethnic Minorities**

#### **Saheliya**

125 McDonald Road  
Edinburgh EH7 4NW

T: 0131 556 9302

E: [info@saheliya.co.uk](mailto:info@saheliya.co.uk)

W: <http://www.saheliya.co.uk/>

FB: <https://www.facebook.com/saheliya.bme.women>

Tw: <https://twitter.com/Saheliya>

Summary: Service: Saheliya is a specialist mental health and wellbeing support organisation for black and minority ethnic women and girls (12+) in Scotland.

### **Counselling: Ethnic Minorities**

#### **Shakti Women's Aid**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2399

E: [info@shaktiedinburgh.co.uk](mailto:info@shaktiedinburgh.co.uk)

W: <http://shaktiedinburgh.co.uk/>

FB: <https://www.facebook.com/ShaktiWA>

Summary: Shakti Women's Aid helps black and minority ethnic women, children, and young people experiencing, domestic abuse. Covid-19 - currently due to Coronavirus, we have stopped face to face support. However, we will be supporting our women, children and young people through telephone, WhatsApp and Facetime.

### **Counselling: Ethnic Minority**

#### **FENIKS - Counselling, Personal Development**

151 London Road  
Edinburgh EH7 6AE

T: 0751 012 2425

E: [info@feniks.org.uk](mailto:info@feniks.org.uk)

W: <http://www.feniks.org.uk>

FB: <https://www.facebook.com/Feniks.Support.Services/>

Summary: We are a group of professionals (psychologists, educators and psychotherapists) who have come together to establish FENIKS, a project which it is hoped will successfully fill a gap in the psychological services available to the Polish community in Edinburgh. Counselling is offered by phone or Zoom.

### **Counselling: Family**

#### **Family Mediation Lothian**

18 York Place  
Edinburgh EH1 3EP

T: 0131 556 8118 - Helpline

T2: 0131 556 1221 - Office

E: [admin@scottishmediation.org.uk](mailto:admin@scottishmediation.org.uk)

W: <https://www.scottishmediation.org.uk/mediator/family-mediation-lothian/>

FB: <https://www.facebook.com/Scottish-Mediation-522805757835668/>

Tw: <https://twitter.com/ScotMediation>

Summary: Our family mediators help families in conflict, particularly those going through divorce, separation or family re-structuring, to understand and communicate with each other better so they can make practical plans for the future. Mediation can help minimise conflict, improve family life and help avoid long, painful and expensive legal battles. The office is currently closed, services are available by phone and online.

### **Counselling: Family**

#### **Home Link Family Support**

1 Dalkeith Road  
Edinburgh EH16 5GA

T: 0131 661 0890

E: [info@homelinkfamilysupport.org](mailto:info@homelinkfamilysupport.org)

W: <http://www.homelinkfamilysupport.org>

Summary: Home Link's provides support to families with young children who are under stress and experiencing difficulties. Our staff are working between their homes and the community to provide support to those in need. If you require an update or any further information about the way Home Link Family Support are operating please get in touch by phoning: 0131 661 0890 or emailing [info@homelinkfamilysupport.org](mailto:info@homelinkfamilysupport.org) We are aiming to have staff in the office Monday-Thursday from 9-4, to answer any enquiries.

### **Counselling: Fathers**

#### **Dads Rock Free Counselling**

525 Ferry Road  
Edinburgh EH5 2FF

T: 07807 498 709

E: [thomas@dadsrock.org.uk](mailto:thomas@dadsrock.org.uk)

W: <http://www.dadsrock.org.uk>

FB: <https://www.facebook.com/dadsrockedin/>

Tw: <https://twitter.com/DadsRockOrg>

Inst: <https://www.instagram.com/dadsrockorg/>

Summary: Dads' Rock support and help Dads to engage with their children and build strong lasting relationships. Dads' Rock uses music and the arts to encourage self-expression and improve self-esteem in both Dads and their children. Young Dads Project - this is 1:1 support for at risk young dads, aged 30 or under, who have an EH postcode. Working face to face and over the phone.

## Health and Wellbeing

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### **Counselling: Guided Self Help**

#### **Health in Mind - Guided Self-Help**

40 Shandwick Place  
Edinburgh EH2 4RT

T: 0131 225 8508

E: [Zoe.Reid@health-in-mind.org.uk](mailto:Zoe.Reid@health-in-mind.org.uk)

W: [https://www.health-in-mind.org.uk/services/guided\\_self\\_help/d155/](https://www.health-in-mind.org.uk/services/guided_self_help/d155/)

Summary: One-to-one support to access self-help materials. Sessions are currently being delivered online (zoom) and by telephone. The self-help material is based on the principles of Cognitive Behavioural Therapy (CBT) and is for anyone aged 18 and over experiencing mild to moderate anxiety or depression, stress or sleep problems. A guided self-help worker provides one-to-one support to empower people to make positive changes in their life now and going forward. How to access the service? This service can only be accessed via GP or Community Link Worker referrals, please speak to your GP for more information.

### **Counselling: LGBT**

#### **LGBT Health and Wellbeing**

Duncan Place Community Hub  
4 Duncan Place  
Edinburgh EH6 8HW

T: 0300 123 2523 - Helpline

E: [admin@lgbthealth.org.uk](mailto:admin@lgbthealth.org.uk)

W: <http://lgbthealth.org.uk>

Summary: The Centre promotes the health and wellbeing of lesbian, gay, bisexual and transgender (LGBT) people. Covid-19 - all staff are working from home. The helpline will open on Tuesday and Wednesday between 12 - 9pm, Thursday and Sunday 1-6pm.

## Health and Wellbeing

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### **Counselling: LGBT**

#### **LGBT Youth Scotland**

5/1 Mitchell House  
Mitchell Street  
Edinburgh EH6 7BD

T: 07984 356 512

E: [info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk)

W: <https://www.lgbtyouth.org.uk/>

FB: <https://www.facebook.com/lgbtys>

Tw: <https://twitter.com/lgbtys?lang=en>

Inst: <https://www.instagram.com/lgbtys/>

Summary: LGBT Youth Scotland provides quality youth work to LGBTI young people. COVID-19 - safe Facebook Groups have been established; live chat sessions currently run every Monday, Wednesday and Thursday evening from 6pm to 8pm; text message service. This is available Monday to Friday on **07786 202 370**.

### **Counselling: Listening Therapy**

#### **Health in Mind - The Listening Space**

40 Shandwick Place  
Edinburgh EH2 4RT

T: 0131 225 8508

Opening Times: Wed 1pm to 3pm

E: [edinburgh@health-in-mind.org.uk](mailto:edinburgh@health-in-mind.org.uk)

W: [https://www.health-in-mind.org.uk/services/the\\_listening\\_space/d125/](https://www.health-in-mind.org.uk/services/the_listening_space/d125/)

Summary: Drop in and join us: Speak to a peer listening volunteer; Talk about what is on your mind; Get involved with wellbeing activities; Access information. Covid-19: Our Listening Space service, a space for positive mental health and wellbeing in Edinburgh, has moved online on Wednesday afternoons using the platform Zoom. For more information and to sign up, contact Anna Chmiel at [edinburgh@health-in-mind.org.uk](mailto:edinburgh@health-in-mind.org.uk).

### **Counselling: Listening Therapy**

#### **The Samaritans of Edinburgh and the Lothians**

25 Torphichen Street  
Edinburgh EH3 8HX

T: 116 123 Helpline 24 hours (free from any phone)      T2: 0330 094 5717 (local call charge applies)

E: [edinburgh@samaritans.org](mailto:edinburgh@samaritans.org)

W: <https://www.edinburghsamaritans.org>

FB: <https://www.facebook.com/samaritanscharity>

Summary: Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Face to Face services are suspended because of COVID-19.

### **Counselling: Online - Depression**

#### **Beating the Blues Institute of Psychiatry Kings College**

W: <http://www.beatingtheblues.co.uk/>

Summary: Beating the Blues® is an effective treatment for people feeling stressed, depressed, anxious or just down in the dumps.

### **Counselling: Online - Panic**

#### **No Panic**

Unit 3, 10 Oxford Street  
Oakengates,  
Telford TF2 6AA

T: 0844 967 4848 - Helpline

E: [admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)

W: <http://www.nopanic.org.uk>

FB: <https://www.facebook.com/charitynopanic>

Summary: No Panic aims to help people who suffer from Panic Attacks, Phobias, OCD & related anxiety disorders.

### **Counselling: Perinatal**

#### **Crossreach East Edinburgh Perinatal Service**

East Edinburgh PND Centre  
The Gate Lodge  
27 Milton Road East  
Edinburgh EH15 2NL

T: 0131 454 4315

E: [info@crossreach.org.uk](mailto:info@crossreach.org.uk)

W: <https://www.crossreach.org.uk/our-locations/crossreach-perinatal-service>

Summary: Postnatal depression is a serious condition affecting 1 in 6 mothers and 1 in 10 fathers. Crossreach provides one of the only independent services with crèche facilities for mothers and fathers with postnatal depression in the U.K.

### **Counselling: Perinatal**

#### **Crossreach Lothians Perinatal Services**

52 Queens Street  
Edinburgh EH2 3NS

T: 0131 538 7288 (The main office, based on the North side of the City.)

E: [info@crossreach.org.uk](mailto:info@crossreach.org.uk)

W: <https://www.crossreach.org.uk/our-locations/crossreach-perinatal-service>

FB: <https://www.facebook.com/CrossReach1869/>

Tw: <https://twitter.com/CrossReach>

Summary: Postnatal depression is a serious condition affecting 1 in 6 mothers and 1 in 10, provides one of the only independent services with crèche facilities for mothers and fathers with postnatal depression in the U.K.

### **Counselling: Perinatal**

#### **Crossreach Palmerston Place Perinatal Service**

Palmerston Place PND Centre  
8a Palmerston Place  
Edinburgh EH12 5AA

T: 0131 220 3547

E: [info@crossreach.org.uk](mailto:info@crossreach.org.uk)

W: <https://www.crossreach.org.uk/our-locations/crossreach-perinatal-service>

Summary: Confidential perinatal counselling and therapy in the west end of Edinburgh. Due to Covid-19 restrictions, staff are working remotely and will respond to e-mails. Only very limited face to face counselling is occurring.



## Health and Wellbeing

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### **Counselling: Phoneline**

#### **Breathing Space Phoneline**

T: 0800 838 587 - Helpline

W: <http://www.breathingspace.scot/>

Summary: Breathing Space is a free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety. Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the phone - we're here to listen. Weekdays: Monday-Thursday 6pm to 2am. Weekend: Friday 6pm-Monday 6am. Calls are free,

### **Counselling: Professional Standards**

#### **British Psychoanalytic Council**

Unit 7, 19-23 Wedmore Street  
London N19 4RU

T: 0207 561 9240

E: [hello@bpc.org.uk](mailto:hello@bpc.org.uk)

W: <https://www.bpc.org.uk/>

FB: <https://www.facebook.com/BritPsyCouncil/>

Summary: The British Psychoanalytic Council is a professional association and voluntary regulator of the psychoanalytic psychotherapy profession, publishing a Register of practitioners who are required to follow our ethical code and meet our fitness to practise standards. Covid-19 - staff are still working remotely but are reviewing the situation in light of government guidance

### **Counselling: Professional Standards**

#### **Cosca (Counselling & Psychotherapy in Scotland)**

16 Melville Terrace  
Falkirk FK8 2NE

T: 01786 475 140

E: [info@cosca.org.uk](mailto:info@cosca.org.uk)

W: <http://www.cosca.org.uk>

FB: <https://www.facebook.com/coscacounselling/>

Summary: Scotland's professional body for counselling and psychotherapy.

### **Counselling: Psychotherapy and Counselling**

#### **Arkordia Counselling and Psychotherapy Service**

Southside Centre  
86 Causewayside  
Edinburgh EH9 1PY

T: 07496 155038

E: <https://www.arkordia.org/contact/>

W: <http://arkordia.org/>

Summary: The Arkordia waiting list is closed for the foreseeable future. If you are on our waiting list you should receive a email to confirm this. Unfortunately we will not be taking on any new clients nor can we see anyone who is already on the waiting list. We want to let you know that we are still operating. All sessions currently take place online through the main platforms (such as Skype, Zoom, Whatsapp, etc.) until further notice. We are not an Emergency Mental Health service. If you find yourself in crisis we encourage you to telephone NHS 24 on 111.

### **Counselling: Psychotherapy and Counselling**

#### **CoCo Counselling**

Greyfriars Charteris Centre  
140 Pleasance (Access through Brown Street)  
Edinburgh EH8 9RR

T: 0772 415 2557

E: [info@cocoed.org.uk](mailto:info@cocoed.org.uk)

W: <http://www.cocoed.org.uk>

FB: <https://www.facebook.com/cocoedinburgh>

Summary: We offer indoor and outdoor person-centred counselling to all clients over 16. We ask all clients for a regular contribution each session based on what they can afford.

### **Counselling: Psychotherapy and Counselling**

#### **Contact Counselling**

1F3, 36 Montgomery Street  
Edinburgh EH7 5JY2

T: 0131 466 4597

E: [enquiries@contactcounselling.co.uk](mailto:enquiries@contactcounselling.co.uk)

W: <http://www.contactcounselling.co.uk>

Summary: One-to-one counselling; children and young people's counselling; family counselling; post natal depression counselling.

### **Counselling: Psychotherapy and Counselling**

#### **Counselling For All**

Charis House  
47 Milton Road East  
Edinburgh EH15 2SR

T: 0131 657 2000

E: <https://www.crossreach.org.uk/contact-us>

W: <https://www.crossreach.org.uk/find-service/adults/counselling-for-adults>

FB: <https://www.facebook.com/CrossReach1869/>

Summary: The main objective of this counselling service is to help individuals identify current difficulties and equip them with strategies to help them cope in the future. A wide range of problems can be treated through counselling and cognitive behavioural therapy (CBT)

We are operating as normal remotely but unfortunately are not currently in a position to accept new referrals. Please check back regularly here or monitor the CrossReach Twitter Page for information on when new enquiries are once again possible. If you are looking for support during this time iThrive have useful information on their website.

For all administrative queries please contact: [ccl@crossreach.org.uk](mailto:ccl@crossreach.org.uk) If you require immediate support, please either contact your GP, or Breathing Space on 088 838 587, Or The Samaritans on 116 123.

### **Counselling: Psychotherapy and Counselling**

#### **Direction – Counselling and Training**

7 Haddington Place  
Edinburgh EH7 4AE

T: 0845 034 5644

E: [enquiries@direction.org.uk](mailto:enquiries@direction.org.uk)

W: <http://www.direction.org.uk>

FB: <https://www.facebook.com/directionscotland/>

Inst: <https://www.instagram.com/directionscotland/>

Summary: Direction specialises in providing professional and high quality Counselling and Psychotherapy, Employee Assistance Programmes, Workplace Mediation, Training and Independent Supervision.

### **Counselling: Psychotherapy and Counselling**

#### **Edinburgh Institute of Counselling and Psychotherapy**

86 Causewayside  
Edinburgh EH9 1PY

T: 0131 667 5251

E: [enquiries@eicp.org](mailto:enquiries@eicp.org)

W: <http://www.eicp.org.uk>

Tw: <https://twitter.com/eicp>

Summary: Would you like to change a behaviour or an aspect of how you are in relationships that is causing you difficulty or holding you back? We provide professional confidential counselling and psychotherapy to individuals, couples and groups. Normally, we would offer sessions both in person in Edinburgh, and online throughout the UK and in Europe. However, currently, our sessions are offered remotely either online by video call or by phone. If you would like an appointment, please contact us in the normal way and a therapist will contact you to arrange a suitable date and time.

### **Counselling: Psychotherapy and Counselling**

#### **Hope Park counselling centre**

8 Hope Park Square  
Meadow Lane  
Edinburgh EH8 9NW

T: 0131 650 6696

E: [counselling@hopepark.org.uk](mailto:counselling@hopepark.org.uk)

W: <http://www.ed.ac.uk/schools-departments/health/hopepark>

Summary: Hope Park counselling centre offers counselling to individuals and couples.

### **Counselling: Psychotherapy and Counselling**

#### **North East Edinburgh Counselling Centre**

31 Haddington Place  
Edinburgh EH7 4AG

T: 0131 557 4478

Text: 07498 520 377

E: [neecscounselling@btconnect.com](mailto:neecscounselling@btconnect.com)

W: <http://www.neecscounselling.org.uk>

Summary: North East Edinburgh Counselling Service provides counselling for the local community. COVID-19 - Counselling will be carried out either by telephone, or online via Zoom. Further information will be provided when appointments have been arranged. The Adult NEECS waiting lists is currently closed but the Young Person's list is open. (September 2021)

### **Counselling: Psychotherapy and Counselling**

#### **PF Counselling Service**

8 Balcarres Street  
Edinburgh EH10 5JB

T: 0131 447 0876

E: [info@pfcounselling.org.uk](mailto:info@pfcounselling.org.uk)

W: <http://www.pfcounselling.org.uk>

FB: <https://www.facebook.com/pfcounselling/>

Summary: Offers initial assessment appointment followed by weekly one to one sessions with a suitable counsellor. For individuals ages 18 and over. Clients are invited to make a regular financial donation based on their ability to do so. Face-to-face counselling is allowed, but everyone is encouraged to follow guidance to ensure the safety of clients, counsellors, and staff. In-person sessions are therefore continuing at the PF, and we look forward to welcoming more clients and counsellors back to meeting on the premises in the weeks ahead. However, where both client and counsellor agree that they want to continue to work remotely, this option can still be used. Anyone who is meeting remotely and wants to change to in-person sessions should speak to their counsellor, or email the PF office.

### **Counselling: Psychotherapy and Counselling**

#### **Projekt 42 Affordable Counselling Services**

Unit 32/33 Ocean Terminal  
Edinburgh

W: <https://www.projekt42.co.uk/>

Summary: Our affordable online counselling services give you the opportunity to access a safe environment to talk, helping you to improve your confidence and take control of your life. Our new mental health hub is now open at Ocean Terminal. The hub is located in unit 32/33 on the first floor of the centre next to what was Debenhams at the port end.

### **Counselling: Psychotherapy and Counselling**

#### **Simpson House Counselling Service**

52 Queen Street  
Edinburgh EH2 3NS

T: 0131 225 6028

E: [counselling@simpson-house.org](mailto:counselling@simpson-house.org)

W: <http://www.simpson-house.org/home.htm>

Summary: As a charity, Simpson House provides counselling for people affected by their own or another's drug use, works with children affected by drug or alcohol misuse, provides training courses related to counselling, and provides recovery services. A Financial Inclusion Officer based at Simpson House provides welfare services and debt advice. Covid-19 restrictions: The Counselling and Recovery service are operating as normal remotely and are accepting new referrals.

### **Counselling: Psychotherapy and Counselling**

#### **Spark Counselling**

The Eric Liddell Centre  
15 Morningside Road  
Edinburgh EH10 4DP

T: 0808 802 2088

E: <https://staging1.thespark.org.uk/contact-us/>

W: <https://www.thespark.org.uk/>

Summary: The Spark is a leading provider of couple counselling, marriage counselling, individual counselling and family counselling in Scotland. The Spark is changing the way it delivers its counselling and support services in response to the Coronavirus pandemic. Like many other businesses we have closed our offices and we have moved to home working to protect our colleagues and clients. However, it is business as usual – we have a dedicated team of experienced Online Counsellors who are able to provide a professional online counselling service either by phone or video through ZOOM. To find out more or make an appointment contact us online or freephone 0808 802 0050 during our operating hours.



### **Counselling: Psychotherapy and Counselling**

#### **The Health Agency**

Wester Hailes Health Agency  
Wester Hailes Healthy Living Centre  
30 Harvesters Way  
Edinburgh EH14 2JF

T: 0131 453 9400

E: [info@thehealthagency.org.uk](mailto:info@thehealthagency.org.uk)

W: <https://thehealthagency.org.uk/mental-health-service/>

FB: <https://www.facebook.com/WesterHailesHealthAgency/>

Summary: Counselling offers a opportunity to talk over issues in the clients lives with a skilled listener. Counselling and CBT are available to anyone in South West Edinburgh aged 16 and over and can take place face-to-face, online, or by phone. You can self-refer or be referred by your GP, CPN, social worker, or other organisation you are working with.

### **Counselling: Psychotherapy and Counselling**

#### **The Whole Works**

Jacksons Close  
209 Royal Mile  
Edinburgh EH1 1PZ

T: 0131 225 8092

E: [enquiries@thewholeworks.co.uk](mailto:enquiries@thewholeworks.co.uk)

W: <http://www.thewholeworks.co.uk/>

Summary: The Whole Works is a health centre in the heart of Edinburgh offering counselling and psychotherapy as well as a full range of body work and complementary therapies. We are open for face-to-face appointments. For enquiries, please email [enquiries@thewholeworks.co.uk](mailto:enquiries@thewholeworks.co.uk) or call 0131 225 8092. Online appointments are also available. Please refer to therapist's individual profile for their contact details.

### **Counselling: Psychotherapy and Counselling**

#### **Wellspring Scotland**

13 Smiths Place  
Edinburgh EH6 8NT

T: 0131 553 6660

E: [mail@wellspring-scotland.co.uk](mailto:mail@wellspring-scotland.co.uk)

W: <http://www.wellspring-scotland.co.uk>

FB: <https://www.facebook.com/WellspringScotland/>

Summary: Wellspring provides affordable counselling and psychotherapy in a safe, welcoming environment. Counselling is available by way of telephone or Zoom.

### **Counselling: Relationships**

#### **Bright Light relationship counselling**

9A Dundas Street  
Edinburgh EH3 6QG

T: 0131 556 1527

E: [askus@bright-light.org.uk](mailto:askus@bright-light.org.uk)

W: <https://www.bright-light.org.uk>

Tw: [https://twitter.com/Bright\\_Light\\_47](https://twitter.com/Bright_Light_47)

Summary: Couple Counselling Restorative Practice - is a service which works with couples where there are issues around domestic abuse, sexual abuse, domestic violence, controlling behavior, excessive alcohol and/ or drug use, or anger within the couple relationship. Tel - 0131 556 1527

## Health and Wellbeing

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### **Counselling: Relationships**

#### **Relationship Scotland**

18 York Place  
Edinburgh EH1 3EP

T: 0345 119 2020 - Infoline

Open Mon - Fri 9:30am - 4:00pm

E: [enquiries@relationships-scotland.org.uk](mailto:enquiries@relationships-scotland.org.uk)

W: <https://www.relationships-scotland.org.uk/>

FB: <https://www.facebook.com/RelationshipsScotland>

Tw: <https://twitter.com/relscot>

Summary: Scotland's largest provider of relationship counselling, family mediation and child contact centre services.

### **Counselling: Royal Edinburgh - Discharge**

#### **The Hive**

Royal Edinburgh Hospital  
Morningside Crescent  
Edinburgh EH10 5HF2

T: 0131 537 6256

E: [info@samh.org.uk](mailto:info@samh.org.uk)

W: <http://www.samh.org.uk>

FB: <https://www.facebook.com/SAMHmentalhealth/>

Tw: <https://twitter.com/samhtweets>

Inst: <https://www.instagram.com/samhscotland/>

Summary: The service provides support to people who are being discharged from the Royal Edinburgh Hospital.

### **Counselling: South East Edinburgh**

#### **Health in Mind - South East Counselling (Edinburgh)**

40 Shandwick Place  
Edinburgh EH2 4RT

T: 0131 225 8508

E: [counselling@health-in-mind.org.uk](mailto:counselling@health-in-mind.org.uk)

W: <https://www.health-in-mind.org.uk/services/counselling/d10/#parentHorizontalTab2>

FB: <https://en-gb.facebook.com/healthinmindscotland>

Summary: This counselling services offers face-to-face counselling, up to 12 sessions for people aged 18 years and over, living in the South East area of Edinburgh. Covid-19: to support people who use our services during this time, we are currently offering telephone or video counselling sessions.

### **Counselling: Students**

#### **Edinburgh University Student Counselling Services**

Third Floor, Main Library Building  
30 George Square  
Edinburgh EH8 9LJ

T: 0131 650 4170

E: [Student.Counselling@ed.ac.uk](mailto:Student.Counselling@ed.ac.uk)

W: <https://www.ed.ac.uk/student-counselling>

Summary: We offer counselling to help students work through their difficulty understand themselves better and find ways of managing their situation. Covid-19 - we are continuing to operate a service during the Coronavirus pandemic. We are doing this remotely, in line with University and Government guidelines and in the interests of your health and safety. During the Coronavirus (Covid-19) outbreak we are offering services by video via Microsoft Teams, telephone and email.

### **Counselling: Students**

#### **Heriot Watt University Student Support Services**

Hugh Nisbet Building  
Edinburgh EH14 4AS

T: 0131 451 3386

E: [studentsupport@hw.ac.uk](mailto:studentsupport@hw.ac.uk)

W: <https://www.hw.ac.uk/students/health-wellbeing/edinburgh/counselling.htm>

Summary: We can offer you counselling, support and information to help you deal with the difficulties you may face while studying with us.

### **Counselling: Students**

#### **Napier University Student and Academic Services**

Student and Academic Services, Student Support  
Edinburgh Napier University,  
Merchiston Campus, 10 Colinton Road  
Edinburgh EH10 5DT

T: 0131 455 2929

E: [counselling@napier.ac.uk](mailto:counselling@napier.ac.uk)

W: <https://my.napier.ac.uk/wellbeing-support-and-inclusion>

FB: <https://www.facebook.com/EdinburghNapierUnivers>

Summary: The Student Wellbeing and Inclusion team is here to help you make the most of your time here at Edinburgh Napier - so you feel safe, supported, healthy and able to fulfil your potential. As a result of government guidance relating to Covid-19, in particular the guidance about the need to implement social distancing, we have paused face to face services. However, all of our services continue and are now delivered through telephone or online services.

## Health and Wellbeing

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### **Counselling: Students**

#### **Queen Margaret University Student Counselling Service**

Level 1 (Student & staff information point)

Edinburgh EH21 6UU

T: 0131 474 0000

E: [wellbeing@gmu.ac.uk](mailto:wellbeing@gmu.ac.uk)

W: <https://www.qmu.ac.uk/study-here/student-services/wellbeing-service/>

Summary: Counselling is a free service available to all matriculated students. Appointments are available face to face on campus with Louise Gill or online, using Microsoft Teams, depending on your preference.

### **Counselling: Substance Misuse**

#### **CREW 2000**

32-32A Cockburn Street

Edinburgh EH1 1PB

T: 0131 220 3404

E: [admin@crew2000.org.uk](mailto:admin@crew2000.org.uk)

W: <https://www.crew.scot/>

FB: <https://www.facebook.com/Crew2000/>

Tw: [https://twitter.com/crew\\_2000](https://twitter.com/crew_2000)

Inst: [https://www.instagram.com/crew\\_2000/](https://www.instagram.com/crew_2000/)

Summary: Crew 2000 provide information, advice and support around drug use. They neither condone nor condemn drug use and aim to reduce the risks around drug use.

Our 32 Cockburn St Drop-In is open to the public, with social distancing measures in place: please also follow notices in the drop-in requesting face covering unless exempt and use of hand sanitiser. The Drop-in opens Mondays, Tuesdays, Wednesdays, Fridays and Saturdays at 1-5pm, and Thursdays 3-7pm. We are closed on Sundays.

Our Digital Drop-In is also available at the same times: to contact the Digital Drop-In you can either

- email [dropin@crew2000.org.uk](mailto:dropin@crew2000.org.uk)
- send a direct message via [https://www.instagram.com/crew\\_2000/](https://www.instagram.com/crew_2000/)
- or send a free text confidentially to 07860 047501.

### **Counselling: Substance Misuse**

#### **Edinburgh and Lothian Council on Alcohol (ELCA) - Drop In Service**

91 Rose Street  
Edinburgh EH2 3DT

T: 0131 337 8188

E: [elca@bt.connect.com](mailto:elca@bt.connect.com)

W: <https://ithriveedinburgh.org.uk/services/edinburgh-and-lothian-council-on-alcohol-elca/>

Summary: No appointment necessary. We provide: information/advice about alcohol and its effects and offer quick access to an experienced drop-in worker on a one to one basis. ELCA's main office is closed at the moment due to COVID-19 but the counselling service is still running over the phone and online.

### **Counselling: Support Groups**

#### **Health in Mind - Depression and Anxiety Support Groups**

40 Shandwick Place  
Edinburgh EH2 4RT

T: 0131 225 8508

E: [edinburghselfhelp@health-in-mind.org.uk](mailto:edinburghselfhelp@health-in-mind.org.uk)

W: [https://www.health-in-mind.org.uk/services/depression\\_and\\_anxiety\\_support\\_groups/d101/](https://www.health-in-mind.org.uk/services/depression_and_anxiety_support_groups/d101/)

Summary: The Depression and Anxiety Support Group is a friendly user-led support group and it is open to any adults living with depression, low mood, stress or anxiety. It offers the opportunity for confidential local support, contact with others in a similar situation and the opportunity to explore positive ways of coping with depression. Meetings are either online on zoom or a limited number of people who have pre-registered may attend in person. See web site for dates/locations of meetings and details about pre-registering.

## Health and Wellbeing

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### **Counselling: Trauma**

#### **Health in Mind - Trauma Counselling Line Scotland (TCLS)**

40 Shandwick Place  
Edinburgh EH2 4RT

T: 0808 802 0406

E: [counselling@health-in-mind.org.uk](mailto:counselling@health-in-mind.org.uk)

W: [https://www.health-in-mind.org.uk/services/trauma\\_counselling\\_line\\_scotland/d15/](https://www.health-in-mind.org.uk/services/trauma_counselling_line_scotland/d15/)

FB: <https://en-gb.facebook.com/healthinmindscotland>

Tw: [https://twitter.com/Health\\_in\\_Mind](https://twitter.com/Health_in_Mind)

Inst: [https://www.instagram.com/health\\_in\\_mind/](https://www.instagram.com/health_in_mind/)

Summary: A free telephone counselling service for adults who experienced abuse in Childhood.

### **Counselling: Trauma**

#### **Petal Support - for People Experiencing Trauma And Loss**

8 Barrack Street  
Hamilton ML3 0DG

T: 01698 324 502

W: <http://www.petalsupport.com>

Summary: PETAL's Counselling Service specializes in supporting people who are experiencing trauma and loss. We offer free counselling sessions to people across Scotland that have been affected by homicide or suicide. Support takes place face-to-face or by telephone or online for those who cannot access a specialist centre in Glasgow, Hamilton, Dundee and Edinburgh.



### **Counselling: Wellbeing Therapies**

#### **Health in Mind - Wellbeing Therapies - Counselling**

40 Shandwick Place  
Edinburgh EH2 4RT

T: 0131 225 8508

E: [counselling@health-in-mind.org.uk](mailto:counselling@health-in-mind.org.uk)

W: [https://www.health-in-mind.org.uk/resolve\\_counselling/d178/](https://www.health-in-mind.org.uk/resolve_counselling/d178/)

Summary: If you are finding things difficult, counselling can help you turn things around. Our Counselling service is available to all adults in Scotland. Sessions cost £50 for a 1 hour appointment. Counselling takes Place on the phone or through a video call (face to face counselling is currently suspended due to Covid-19).

Please go to next entry

### **Counselling - 'Not found what you are looking for?'**

Finding a counsellor that fits your needs can take time and a lot of research. In your search for the right counsellor you should also look at:

#### **Counselling Directory**

<https://www.counselling-directory.org.uk/city/edinburgh>

Summary: Connect with a qualified Counsellor or Therapist in Edinburgh. Over 15000 listed professionals offering therapy across the UK.

#### **Psychology Today - Counselling in Edinburgh**

<https://www.psychologytoday.com/gb/counselling/sct/edinburgh>

Summary: Find detailed listings for mental health professionals in Edinburgh.

#### **What method of therapy is right for me?**

When it comes to treatment methods, there's no 'right way'. A couples counsellor or a family counsellor may use different techniques depending on the one that works best for you. Learn what to expect from [different types of therapy](#) and how they work.

#### **Can I afford counselling?**

Most counsellors offer reasonable rates or will work on a sliding scale basis. Many accept health insurance. Feel free to discuss this when you contact the counsellor.

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### **Mental Health: App**

#### **Feeling Good: positive mindset App**

W: <https://www.nhs.uk/apps-library/feeling-good-positive-mindset/>

Summary: An app to help overcome stress, low mood and worry. The app consists of a series of audio tracks, Positive Mental Training (PosMT), to help you build essential skills, not only to deal with mental stresses and strains but to bounce forwards and become mentally stronger and more resilient to stress. Feel Good App - General Public Covid-19 Code; Feeling Good App - Professionals Covid-19 Code.

### **Mental Health: App**

#### **Headspace - Telephone Apps**

Headspace UK  
c/o LABS 90 High Holborn  
London WC1V 6LJ

E: <https://www.headspace.com/contact-us>

W: <https://www.headspace.com/work/mindful-approach-to-covid-19>

FB: <https://www.facebook.com/Headspace>

Tw: <https://twitter.com/Headspace>

Inst: <https://www.instagram.com/headspace/>

YT: <https://www.youtube.com/user/GetSomeHeadspace>

Summary: A mindful approach to helping your team through the current global crisis. Headspace produce a range of telephone apps to aid sleep, depression and meditation. All apps come with an initial free trial but be aware that a monthly subscription charge will have to be paid if you want to continue to use the app.

### **Mental Health: ADHD**

#### **ADHD Action**

E: [info@adhdaction.org](mailto:info@adhdaction.org)

W: <https://www.adhdaction.org/>

FB: <https://www.facebook.com/ADHDAction>

Tw: <https://twitter.com/ADHDAction>

YT: <https://www.youtube.com/channel/UCGAM-gMzzmDlvnF8X1sy8IQ>

Summary: We offer awareness training, consultancy, advocacy and campaigning on behalf of ADHD adults and children in the UK. We campaign for change through our media campaigns, our All Party Parliamentary Group for ADHD, and lobbying the NHS and other public sector bodies.

### **Mental Health: ADHD**

#### **Edinburgh ADHD Parent/Carer Support Group**

FB: <https://www.facebook.com/groups/1485002315161483/>

Summary: The Edinburgh ADHD Parent / Carer Support group offers a chance for parents in Edinburgh to share information. Currently a virtual group on Facebook, it used to hold regular meet ups and hopes to get these going again in the future. Anyone not on Facebook needing support can email [carolebrownabode@gmail.com](mailto:carolebrownabode@gmail.com). For anyone affected by a child's ADHD - Parents, Grandparents, siblings, care givers or friends. We offer support, friendship and signposting to all our members in an informal relaxed environment. See our events list for our meeting dates. If you are unable to make any of our meetings we can also provide email support.

**Mental Health: ADHD**

**Mental Health: ADHD**

**Scottish ADHD Coalition**

Unit 15, Manhattan Works  
Dundonald Street  
Dundee DD3 7PY

E: <https://www.scottishadhdcoalition.org/contact-us/>

W: <https://www.scottishadhdcoalition.org/>

Summary: The Scottish ADHD Coalition was launched in June 2017 to bring together the voluntary organisations providing support to adults and children with Attention Deficit Hyperactivity Disorder (ADHD) in Scotland, and their parents, carers and families.

### **Mental Health: Autism**

#### **Lothian Autistic Society**

Unit 4, 38 Baileyfield Road  
Portobello  
Edinburgh EH15 1NA

T: 0131 661 3834

Open Hours: Monday – Friday 9:00am-4:30pm

E: <https://www.lothianautistic.org/contact-us-3/>

W: <https://www.lothianautistic.org/>

Summary: Information, advice, and support to families and professionals about children and people on the autism spectrum. Online training course for parents. Advice lines operates 7 days a week between the hours of 8am and 8pm. Our Head Office is currently closed due to Covid-19 with most staff working from home. If you know the staff member you need to contact please do so via email.

### **Mental Health: Autism**

#### **National Autistic Society Scotland**

Central Chambers  
1st Floor, 109 Hope Street  
Glasgow G2 6LL

T: 0141 221 8090

Fx: 0141 221 8118

E: [scotland@nas.org.uk](mailto:scotland@nas.org.uk)

W: <https://www.autism.org.uk/>

FB: <https://www.facebook.com/NationalAutisticSociety/>

Tw: <https://twitter.com/Autism>

Inst: <https://www.instagram.com/nationalautisticsociety/?hl=en>

YT: <https://www.youtube.com/user/NationalAutisticSoc>

Summary: Post Diagnostic Autism Support Service New service funded by the Scottish Government, run by The National Autistic Society and partners. Support for young people aged 12 to 18 in Scotland, who have received a diagnosis in recent years. Support to understand and embrace their identity as an autistic person through exploring topics such as understanding autism, managing anxiety and social skills. 6 weeks support followed by signposting to other supports. For more info email [scotland@nas.org.uk](mailto:scotland@nas.org.uk)



### **Mental Health: Autism**

#### **Number 6**

24 Hill Street  
Edinburgh EH2 3JZ

T: 07570 953 331

Open Hours: Mobile number will be answered between 9:30am – 5pm, Monday to Friday

E: [number6@aiscotland.org.uk](mailto:number6@aiscotland.org.uk)

W: <https://www.number6.org.uk/>

Summary: All groups and drop-ins have been cancelled. This is in order to adopt 'social distancing' as is recommended by our Government. One-to-one telephone appointments are still available. You can arrange this by contacting one of the Number 6 coordinators. Call 07570 953 331 between 9.30am to 5.00pm Monday to Friday.

### **Mental Health: Autism**

#### **One Parent Family Support - Peer Support Autism**

2 York Place  
Edinburgh EH1 3EP

T: 07814078139

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

W: <https://opfs.org.uk/>

FB: <https://www.facebook.com/OneParentFamiliesScotland/>

Tw: <https://twitter.com/opfs?lang=en>

Inst: <https://www.instagram.com/oneparentfamiliescotland/>

YT: <https://www.youtube.com/channel/UCx8t1vCYeIKFzsiYzHuTJ0Q>

Summary: Peer Support Group for Single Parents with a Child on the Autistic Spectrum Currently online (via Zoom). Every Thursday 12 -1:30pm. For more info call 07814078139 or email [tom.carroll@opfs.org.uk](mailto:tom.carroll@opfs.org.uk)

## Health and Wellbeing

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### **Mental Health: Autism**

#### **Parents of Autism Spectrum Disorder Adults (PASDA)**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2416

E: [info@pasda.org.uk](mailto:info@pasda.org.uk)

W: <https://www.pasda.org.uk/>

FB: <https://www.facebook.com/pasdaofficial/>

Tw: <https://twitter.com/PasdaOfficial>

Summary: PASDA face to face groups have re-started! Group meetings, coffee mornings and trips out are scheduled through out autumn, see website and monthly newsletter for details.

### **Mental Health: Autism**

#### **Scottish Autism**

Hilton House  
Alloa Business Park  
Whins Road  
Alloa FK10 3SA

T: 01259 222022 - Autism Advice Line    T2: 01259 720044 - General enquiries

Open Hours: Advice lines open Tues - Fri 10am - 4pm

E: [advice@scottishautism.org](mailto:advice@scottishautism.org)

W: <https://www.scottishautism.org>

FB: <https://www.facebook.com/scottishautism>

Tw: <https://twitter.com/scottishautism>

Inst: <https://www.instagram.com/scottishautism/?hl=en>

YT: <https://www.youtube.com/user/ScottishAutism?feature=watch>

Summary: Information, advice, and support to families and professionals about children and people on the autism spectrum. Online training course for parents. Advice lines operate Tues - Fri 10am - 4pm. Our Head Office is currently closed due to Covid-19 with most staff working from home. If you know the staff member you need to contact please do so via email.

## Health and Wellbeing

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### **Mental Health: Autism**

#### **Scottish Autism - Advice Plus Advice Line and Live Chat**

Hilton House  
Alloa Business Park,  
Whins Road  
Alloa FK10 3SA

T: 01259 222 022

Open Hours: Advice lines open Tues - Fri 10am - 4pm

E: [advice@scottishautism.org](mailto:advice@scottishautism.org)

W: <https://www.scottishautism.org>

FB: <https://www.facebook.com/scottishautism>

Tw: <https://twitter.com/scottishautism>

Inst: <https://www.instagram.com/scottishautism/?hl=en>

YT: <https://www.youtube.com/user/ScottishAutism?feature=watch>

Summary: Scottish Autism Advice Plus Advice Line and Live Chat - Information, advice and support for individuals and families about Autism. Tue 10am-7pm, Wed- Fri 10am-4pm Tel 01259 222 022 or email [advice@scottishautism.org](mailto:advice@scottishautism.org) Also offering live Facebook sessions and online groups. For more information visit <https://www.scottishautism.org>

### **Mental Health: Autism**

#### **Scottish Autism - Right Click Online Support Programme**

Hilton House  
Alloa Business Park,  
Whins Road  
Alloa FK10 3SA

E: [advice@scottishautism.org](mailto:advice@scottishautism.org)

W: [www.scottishautism.org/services-support/support-families/online-support-right-click](http://www.scottishautism.org/services-support/support-families/online-support-right-click)

Summary: 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)

### **Mental Health: Autism**

#### **Spectrum Music - run by Hear my Music**

5 Acacia Way  
Cambuslang  
Glasgow G72 7ZY

T: 07890512824

E: [emily@hearmymusic.org.uk](mailto:emily@hearmymusic.org.uk)

W: <https://www.hearmymusic.org.uk/about>

Summary: 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 [emily@hearmymusic.org.uk](mailto:emily@hearmymusic.org.uk) or Tel: 07890512824.

### **Mental Health: Autism**

#### **Tailor Ed**

11 Maritime Street  
Edinburgh EH6 6SB

T: 07518 040 115 - Roo

T2: 07980 702 962 - Kate

E: [contact@tailoredfoundation.co.uk](mailto:contact@tailoredfoundation.co.uk)

W: <http://tailoredfoundation.co.uk/>

FB: <https://www.facebook.com/tailor.ed.1>

Summary: Tailor Ed Virtual Support Services offer online group sessions to support children with autism and their families. Online support sessions are available during term time and school holidays, including Week-day 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 email: [contact@tailoredfoundation.co.uk](mailto:contact@tailoredfoundation.co.uk) or Tel: Roo 07518 040 115 or Kate 07980 702 962.

## Health and Wellbeing

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### **Mental Health: Bipolar**

#### **Bipolar Scotland Self-help Group**

Edinburgh

E: [info@lothianbipolargroup.org.uk](mailto:info@lothianbipolargroup.org.uk)

W: <https://www.bipolarscotland.org.uk/>

FB: <https://www.facebook.com/Bipolarscotland1/>

Tw: <https://twitter.com/BipolarScotland>

Inst: [https://www.instagram.com/bipolar\\_scotland/](https://www.instagram.com/bipolar_scotland/)

YT: <https://www.youtube.com/user/BipolarScotland/videos>

Summary: Bipolar Scotland groups have moved online. Email [info@lothianbipolargroup.org.uk](mailto:info@lothianbipolargroup.org.uk) to get more information on new online groups and activities.

### **Mental Health: Bipolar**

#### **Bipolar UK**

11 Belgrave Road

London SW1V 1RB

E: [info@bipolaruk.org](mailto:info@bipolaruk.org)

W: <https://www.bipolaruk.org/>

FB: <https://www.facebook.com/bipolaruk>

Tw: <https://twitter.com/bipolaruk>

Summary: Bipolar UK is the only national charity dedicated to empowering individuals and families affected by bipolar. Peer support is at the core of our work. This means people affected by bipolar helping others. Our integrated service consists of: more than 85 peer support groups for people affected by bipolar, facilitated by trained and supported volunteers – many groups have now migrated online; a moderated eCommunity with over 9,000 active users; one-to-one peer support provided by telephone and email, recognising that support groups and a digital service will not be for everyone Information and resources provided on our website which are used by over 360,000 people a year.

## Health and Wellbeing

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### **Mental Health: Borderline Personality Disorder**

#### **Borderline Personality Disorder Support Group**

Edinburgh

W: [www.meetup.com/edinburghborderline/](http://www.meetup.com/edinburghborderline/)

FB: [www.facebook.com/borderlinepd/](http://www.facebook.com/borderlinepd/)

Summary: Welcome to Edinburgh Borderline! This group was set up to give a voice and community to people within Edinburgh living with Borderline / Emotionally Unstable Personality Disorder. As BPD is often an isolating condition, it has been helpful for our members to be able to meet and communicate with others with shared experience.

### **Mental Health: CMHP**

#### **B Healthy Together**

79-89 Broomhouse Crescent

Edinburgh EH11 3RH

E: [info@bhealthytogether.org.uk](mailto:info@bhealthytogether.org.uk)

W: <https://bhealthytogether.org.uk/>

FB: <https://www.facebook.com/bhealthytogether/>

Tw: <https://twitter.com/Bhealthytgether>

Inst: <https://www.instagram.com/bhealthytgether/>

Summary: All Groups are digital, see Facebook, B Healthy Together weekday workouts, seated exercise, yoga.

### **Mental Health: CMHP**

#### **Bridgend Farmhouse**

41 Old Dalkeith Road  
Edinburgh EH16 4TE

T: 07706674108

E: [admin@bridgendfarmhouse.org.uk](mailto:admin@bridgendfarmhouse.org.uk)

W: <https://www.bridgendfarmhouse.org.uk>

FB: <https://www.facebook.com/BridgendFarmhouse>

Tw: <https://twitter.com/BridgendFarmhse>

Summary: Bridgend Farmhouse is a community owned and run charitable organisation in south Edinburgh with a mission to ensure our farmhouse exists as a sustainable community-owned centre for learning, eating and exercise, where all can learn, work and grow together to develop a flourishing community and place. We now have more of a balance of on-site activities, especially where they can operate outdoors, while we keep many of the on-line activities that people are now used to using. Our staff are now doing more of a mix of on-site and home working, while always looking for ways in which we can help our community. All activities continue to operate on a bookable basis, and with limited numbers, due to the current restrictions but we are optimistic we will be able to relax this for sessions not requiring formal supervision ratios in the nearer future. Please remember that booking is essential for all activities, and apart from bike repairs and sales at our Bike Workshop, is via emailing [admin@bridgendfarmhouse.org.uk](mailto:admin@bridgendfarmhouse.org.uk), or by texting or calling 07706674108.

### **Mental Health: CMHP**

#### **Grassmarket Community Project**

86 Candlemaker Row  
Edinburgh EH1 2QA

T: 0131 225 3626

Open Hours: Mon, Weds, Fri 11am to 4pm

E: [info@grassmarket.org](mailto:info@grassmarket.org)

W: <https://grassmarket.org/>

FB: <https://www.facebook.com/grassmarketcommunityproject>

Inst: <https://www.instagram.com/grassmarketcommunity/>

Summary: The Project has re-started their Members' only programme. Becoming a Member is free and straightforward. Simply complete an online Membership form. We will then meet with you and tell you about how to access the classes and opportunities below as well as make you aware of the Code of Conduct ('house rules') and ensure you our policies and procedures which we all follow to keep everyone safe. The following activities are available: Mondays: 5.30pm – FREE Big Screen Films (see listings); Tuesdays: 10- 1pm and 2pm to 4pm – Tartan Enterprise ; Wednesdays: 11-1pm – Reading and Writing; 2pm-4pm – Health and Wellbeing; 7.15pm – FREE Big Screen Films (see listings); Thursdays: 11am-1pm and 2pm – 4pm – IT Skills; Fridays: 11am-1pm and 2pm – 4pm – Art; 10-1pm and 2pm to 4pm – Woodwork. All activities require participants to follow Covid-19 social distancing guidelines.

## Health and Wellbeing

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### **Mental Health: CMHP**

#### **Health Agency**

30 Harvester Way  
Edinburgh EH14 3JF

T: 0131 453 9400

E: [Frontdesk@thehealthagency.org.uk](mailto:Frontdesk@thehealthagency.org.uk)

W: <https://thehealthagency.org.uk/>

FB: <https://www.facebook.com/WesterHailesAgency/>

YT: [https://www.youtube.com/channel/UCF\\_h4BjMxqtHCaXwlqWTBmQ](https://www.youtube.com/channel/UCF_h4BjMxqtHCaXwlqWTBmQ)

Summary: All face to face appointments and services have been postponed. Updates will be available on the Agency's Facebook page and website. Call on 0131 453 9400 if you need more information. The Agency have a daily physical activity session on their Facebook page: Monday: Seated Exercise 11am; Tuesday: Yoga: Stand- ing 10am, Seated 11.30am; Wednesday: Movement Monday 2.00pm; Thursday: Mindfulness 3.00pm; Friday: Seated Exercise 11am.

### **Mental Health: CMHP**

#### **Health All Round**

24 Westfield Avenue  
Edinburgh EH11 2QH

T: 07849136944 - Maysoon    T2: 07950617898 - Rose

T3: 07394942066 - Catriona

Open Hours: Phonelines are available, Monday 2.00pm – 4.00pm, Wednesday 10.00am – 2.00pm and Thursday 12.00pm – 2.00pm.

E: [info@healthallround.org.uk](mailto:info@healthallround.org.uk)

W: <http://www.healthallround.org.uk/>

FB: <https://www.facebook.com/Health-All-Round-271272086242375/>

Tw: <https://twitter.com/hashtag/daretoreachout?src=hash&lang=en>

Summary: Health All Round's team are available for help and support. Most of their services are still online or over the telephone but there are some face to face services if the group can meet outdoors. See web site for full details. The Heads Up team are available for telephone support during our usual drop-in hours. Maysoon - 07849136944; Rose - 07950617898; Catriona - 07394942066



### **Mental Health: CMHP**

#### **Living Well North Edinburgh**

5 West Pilton Park  
Edinburgh EH4 4EL

T: 0131 343 6375

E: [info@livingwellnorthedinburgh.org.uk](mailto:info@livingwellnorthedinburgh.org.uk)

W: <http://www.livingwellnorthedinburgh.org.uk/>

FB: <https://www.facebook.com/livingwellnorthedinburgh>

Summary: Living Well North Edinburgh's offices have closed but the team are offering different types of support online. Check out their Facebook page for more information:

<https://www.facebook.com/livingwellnorthedinburgh>

### **Mental Health: CMHP**

#### **Penumbra**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2380

E: [enquiries@penumbra.org.uk](mailto:enquiries@penumbra.org.uk)

W: <https://www.penumbra.org.uk/>

FB: <https://www.facebook.com/PenumbraScotland>

Tw: [https://twitter.com/penumbra\\_scot](https://twitter.com/penumbra_scot)

YT: <https://www.youtube.com/channel/UCyNhYwgXsE-KiG0k9jP8mVQ>

Summary: Penumbra is one of Scotland's largest mental health charities. We support around 1800 adults and young people every week and employ 450 staff across Scotland.

Founded in 1985, we work to promote mental health and wellbeing for all, prevent mental ill health for people who are 'at risk', and to support people with mental ill health to live fulfilling lives.

We provide a wide range of services which offer hope and practical steps towards recovery, and we campaign to increase public knowledge about mental health and to influence national and local government policy.

## Health and Wellbeing

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### **Mental Health: CMHP**

#### **Pilton Community Health Project (PCHP)**

73 Boswall Parkway  
Edinburgh EH5 2PW

T: 07513379036

Open Hours: 12.00 pm - 2.00 pm, Monday to Thursday

E: [admin@pchp.org.uk](mailto:admin@pchp.org.uk)

W: <https://pchp.org.uk/coronavirus-outbreak-important-information/>

FB: <https://www.facebook.com/PiltonCommunityHealthProject/>

Tw: <https://twitter.com/PiltonComHealth>

Summary: Where possible, services have been moved to over the phone or online. Your PCHP worker will be staying in touch with you, making sure we help you get the support you need. PCHP is continuing to work with community partners to ensure vital food and basic household supplies are still available for the most vulnerable people in the community at this time of uncertainty. There will be regular updates, useful information and resources on our PCHP website and social media to ensure you know what to do to still get the support you need, and on information, sheets distributed locally.

### **Mental Health: CMHP**

#### **Stafford Centre**

103 Broughton Street  
Edinburgh EH1 3RZ

T: 0131 557 0718

E: [staffordcentre@supportinmindscotland.org.uk](mailto:staffordcentre@supportinmindscotland.org.uk)

W: <https://www.staffordcentre.org.uk/>

FB: <https://www.facebook.com/StaffordcentreEdinburgh/>

Tw: <https://twitter.com/suppinmindscot>

Inst: <https://www.instagram.com/suppinmindscot/?hl=en>

YT: <https://www.youtube.com/channel/UCoWw4N4Lcvx8QT9kIHs5lg>

Summary: The Stafford Centre is now open again; we are running an appointment only drop in service (limited numbers) with seven 2 hour sessions a week Monday to Friday. You will be required to wear a facemask when entering and moving around the building. We will also ask you to complete a Covid health checklist and a returning to building checklist.

If you would like to find out about availability, please call the number below.

Monday to Friday. Phone: 0131 557 0718

## Health and Wellbeing

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### **Mental Health: CMHP**

#### **Support in Mind**

6 Newington Business Centre  
Dalkeith Road Mews  
Edinburgh EH16 5GA

T: 0131 662 4359    T2: 0300 323 1545 - Helpline  
Open Hours: Information Line open: 9am and 3.30pm, Monday to Friday  
E: [info@supportinmindscotland.org.uk](mailto:info@supportinmindscotland.org.uk)  
W: <https://www.supportinmindscotland.org.uk>  
FB: <https://www.facebook.com/suppinmindscot/>  
Tw: <https://twitter.com/suppinmindscot>  
Inst: <https://www.instagram.com/suppinmindscot/?hl=en>  
YT: <https://www.youtube.com/channel/UCoWw4N4Lcvx8QT9kIHs5lg>

Summary: Support in Mind Scotland offers a National Information Service which can sign-post you to the local support that will most fit your needs. If you contact this service outwith its opening times please leave a brief message with your contact details and the team will get back to during working hours.

### **Mental Health: CMHP**

#### **The Thistle Foundation**

13 Queen's Walk  
Edinburgh EH16 4EA

T: 0131 661 3366  
E: [info@thistle.org.uk](mailto:info@thistle.org.uk)  
W: <https://www.thistle.org.uk/>  
FB: <https://www.facebook.com/thistlefoundation>  
Tw: <https://twitter.com/thistlecharity>

Summary: We continue to support people on a 1:1 basis by phone, online and, in keeping with current guidelines, in person if the person is unable to engage remotely.

Our group-based support - Lifestyle Management, mindfulness and exercise-based support – is offered remotely and in person. Our Centre of Wellbeing has re-opened offering services on a reduced basis and the gym is open using a booking system to manage numbers of people safely.

People can self-refer or be referred by a health or social care practitioner. Please direct all referrals to: [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk)

## Health and Wellbeing

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### **Mental Health: CMHP**

#### **Thistle Foundation - Lifestyle Management Course**

13 Queen's Walk  
Edinburgh EH16 4EA

T: 07552 277 416

E: [info@thistle.org.uk](mailto:info@thistle.org.uk)

W: <https://www.thistle.org.uk/>

FB: <https://www.facebook.com/thistlefoundation>

Summary: Online and a small number of in-person, group-based Lifestyle Management Courses are running, self-refer or referral by a health or social care practitioner.

Practitioners can find out more about Lifestyle Management with a one-hour introductory session for you and your team, email [ross.grieve@thistle.org.uk](mailto:ross.grieve@thistle.org.uk)

### **Mental Health: CMHP**

#### **Thistle Foundation - Mindfulness**

13 Queen's Walk  
Edinburgh EH16 4EA

T: 07552 277 416

E: [info@thistle.org.uk](mailto:info@thistle.org.uk)

W: <https://www.thistle.org.uk/>

FB: <https://www.facebook.com/thistlefoundation>

Summary: Online and in-person group-based Mindfulness course - self-refer or referral by a health or social care practitioner. Please direct all referrals to: [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk)

### **Mental Health: CMHP**

#### **Thistle Foundation - Wellbeing Coaching**

13 Queen's Walk  
Edinburgh EH16 4EA

T: 07552 277 416

E: [info@thistle.org.uk](mailto:info@thistle.org.uk)

W: <https://www.thistle.org.uk/>

FB: <https://www.facebook.com/thistlefoundation>

Summary: 1:1 phone and online self-management support available from a wellbeing coach. In person self-management support may be possible if the person is unable to engage remotely. Please direct all referrals to: [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk)

### **Mental Health: CMHP**

#### **Thistle Foundation - Long Covid**

13 Queen's Walk  
Edinburgh EH16 4EA

T: 07552 277 416

E: [info@thistle.org.uk](mailto:info@thistle.org.uk)

W: <https://www.thistle.org.uk/>

FB: <https://www.facebook.com/thistlefoundation>

Summary: We know many people are struggling with debilitating ongoing symptoms of Long Covid and are pleased to be able to offer both online and telephone support to people experiencing this. Thistle has long-standing expertise supporting people living with post-viral fatigue, Chronic Fatigue Syndrome and ME, as well as other health conditions. Please direct all referrals to: [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk)

## Health and Wellbeing

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### **Mental Health: CMHP**

#### **Thistle Foundation - Long term health condition support**

13 Queen's Walk  
Edinburgh EH16 4EA

T: 07552 277 416

E: [info@thistle.org.uk](mailto:info@thistle.org.uk)

W: <https://www.thistle.org.uk/>

FB: <https://www.facebook.com/thistlefoundation>

Summary: We offer our full range of self-management support for people living with long-term physical or mental health conditions. Support is available on-line, by phone and with the option of in-person should the person be unable to engage remotely Support includes 1:1 Wellbeing Coaching, Lifestyle Management, Mindfulness and Exercise courses and our specialist gym support. We do not operate an exclusion criteria. Please direct all referrals to: [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk)

### **Mental Health: Crisis**

#### **Edinburgh Crisis Centre**

Edinburgh

T: 0131 561 0084 - Helpline

Open Hours: Open 24 hours a day 365 days

E: [crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)

W: <http://www.edinburghcrisiscentre.org.uk/wordpress/>

FB: <https://www.facebook.com/theedinburghcrisiscentre/>

Summary: We are in a position to start to offer face to face appointments between 9am and 8pm. As before these can be arranged via the telephone helpline or email service. Virtual appointments can be arranged 24/7. We do have a couple of additional questions on our safety assessment to ask and we will discuss the track and trace system with you. All of this is in place to make sure that anyone visiting the centre and our staff team are kept as safe as possible. If you're experiencing a mental health crisis and need to talk to someone, please contact our friendly, confidential team 24/7: Free phone 0131 561 0084

### **Mental Health: Crisis**

#### **Shout - Text Service**

Open Hours: Open 24 hours, seven days a week

W: <https://www.giveusashout.org/>

FB: <https://www.facebook.com/giveusashoutuk/>

Tw: <https://twitter.com/GiveUsAShout>

Inst: <https://www.instagram.com/giveusashoutinsta/?hl=en>

YT: [https://www.youtube.com/channel/UCAKR9Z9sMLq2J0d4GNJ\\_iEg](https://www.youtube.com/channel/UCAKR9Z9sMLq2J0d4GNJ_iEg)

Summary: Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Shout – text support service. Text 'SHOUT' to 85258

### **Mental Health: Helpline**

#### **Anxiety UK**

Nunes House

447 Chester Road

Manchester M16 9HA

T: 0344 475 774 - Infoline    T2: 0161 226 7727

Infoline open: Mon to Fri 9:30am to 10.00pm; Saturday to Sunday, 10am to 8pm

E: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

W: <https://www.anxietyuk.org.uk/>

Summary: Live Chat: The live chat service runs through the website and allows you to speak directly to one of our volunteers for advice and guidance. You can read more about the service here. This service is operational Monday - Friday 9.30 am - 5.30 pm. Responses are limited to 160 characters.

## Health and Wellbeing

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### **Mental Health: Helpline**

#### **Big Hearts Community Trust - The Changing Room**

Tynecastle Park McLeod Street  
Edinburgh EH11 2NL

T: 0131 603 4929 - Helpline

Open Hours: 10:30am-3pm, Mon-Thu.

W: <https://hearts.thechangingroom.org.uk/>

Summary: Due to the current Covid-19 restrictions that are in place, The Changing Room is unable to deliver any of our face to face activities. We recognise this is frustrating and hope to be back as soon as possible. In the meantime we are continuing to deliver 'Virtual Drop-in sessions' over Zoom. If you are interested or feel you'd benefit by joining one of our calls, please contact [thechangingroom@bighearts.org.uk](mailto:thechangingroom@bighearts.org.uk) for the required details.

### **Mental Health: Helpline**

#### **Breathing Space**

T: 0800 83 85 87 - Helpline

Open Hours: Monday to Thursday – 6.00 pm – 2.00 am; Friday to Monday – 6.00 pm – to 6.00 am

W: <https://www.breathingspace.scot>

Summary: Breathing Space is a free, confidential phone and web-based service for people in Scotland experiencing low mood, stress, depression or anxiety. 24 hours at weekends (6pm Friday - 6am Monday). 6pm to 2am on weekdays (Monday - Thursday). Phone and speak to a Breathing Space advisor on: 0800 83 85 87.



## Health and Wellbeing

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### **Mental Health: Helpline**

#### **CALM**

T: 0800 58 58 58 - Helpline

Open Hours: Every day, 5.00 pm – 12.00 am

W: <https://www.thecalmzone.net/>

FB: <https://www.facebook.com/theCALMzone>

Tw: <https://twitter.com/theCALMzone>

Inst: <https://www.instagram.com/calmzone/>

Summary: For people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support. Our helpline and webchat are open 5pm – midnight 365 days a year, and we can talk to you about whatever is getting you down.

### **Mental Health: Helpline**

#### **Hopeline UK**

Lineva House

28-32 Milner Street

Warrington WA5 1AD

T: 0800 068 4141 - Helpline

T2: 01925 572 444

E: [admin@papyrus-uk.org](mailto:admin@papyrus-uk.org)

W: <https://www.papyrus-uk.org/hopelineuk/>

Summary: Hopeline is a confidential support and advice service for: children and young people under the age of 35 who are experiencing thoughts of suicide and anyone concerned that a young person could be thinking about suicide.

## Health and Wellbeing

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### **Mental Health: Helpline**

#### **Mind**

15-19 Broadway Stratford  
London E15 4BQ

T: 0300 123 3393 - Infoline

T2: 0300 466 6463 - Legal line

Infoline Open: Monday to Friday, 9am to 6pm; Legalline Open - Monday to Friday, 9am to 6pm

E: <https://www.mind.org.uk/about-us/contact-us/>

W: <https://www.mind.org.uk>

FB: <https://www.facebook.com/mindforbettermentalhealth>

Tw: <https://twitter.com/mindcharity>

Inst: <https://www.instagram.com/mindcharity/>

Summary: Promotes the views and needs of people with mental health problems. Although Mind does not work in Scotland it has a good national helpline service giving help and support with information and legal guidance. There is also a wide range of useful information on its web site.

### **Mental Health: Helpline**

#### **No Panic**

Jubilee House  
74 High Street  
Madeley  
Telford TF7 5AH

T: 0844 967 4848 - Helpline

T2: 0330 606 1174 - Youth Helpline

Helpline open: Everyday 10:00am – 10:00pm, Charge: 5p a minute and your access charge; Youth Helpline open: Monday, Tuesday, Wednesday, Friday: 3pm to 6pm; Thursday: 3pm to 8pm; Saturday: 6pm to 8pm

E: [admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)

W: <http://www.nopanic.org.uk>

FB: <https://www.facebook.com/charitynopanic>

Tw: <https://twitter.com/charitynopanic>

Inst: <https://www.instagram.com/charitynopanic/>

YT: <https://www.youtube.com/channel/UCE2TT3XrOZSS41T9kwPbkPw/>

Summary: No Panic aims to help people who suffer from Panic Attacks, Phobias, OCD & related anxiety disorders. They have two help lines: for adults: 0844 967 4848; for Youth (13-20): 0330 606 1174.

## Health and Wellbeing

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### **Mental Health: Helpline**

#### **OCD Action**

Suite 506-507  
Davina House  
137-149 Goswell Road,  
London EC1V 7ET

T: 0845 390 6232 - Helpline  
Open Hours: Monday – Friday 9.30 am – 8.00 pm

E: [support@ocdaction.org.uk](mailto:support@ocdaction.org.uk)  
W: <http://www.ocdaction.org.uk/>  
FB: <https://www.facebook.com/OCDAction>  
Tw: <https://twitter.com/ocdaction>

Summary: A confidential and unbiased service offering help, information and support for people with OCD, carers and anyone who is concerned that they, or their friends or relatives, may have OCD or a related disorder.

### **Mental Health: Helpline**

#### **Samaritans**

25 Torphichen Street  
Edinburgh EH3 8HX

T: 116 123 - Helpline T2: 0330 094 5717 - local call charges apply  
Open Hours: Open every day, all day

E: [jo@samaritans.org](mailto:jo@samaritans.org)  
W: <https://www.samaritans.org/scotland/branches/edinburgh/>

Summary: Samaritans offer confidential emotional support for people experiencing feelings of distress or despair, including those that may lead to suicide. Face to Face services are suspended because of COVID-19

### **Mental Health: Mens Health**

#### **Andys Man Club**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

T: 07944 632831

Opening Hours: Every Monday Evening at 7pm (Except Bank Holidays)

W: <https://andysmanclub.co.uk/>

FB: <https://www.facebook.com/pages/category/Charity-Organization/Andys-Man-Club-Edinburgh-117196106386816/>

Tw: <https://twitter.com/andysmanclubuk>

Summary: Men's Mental Health Support Groups running throughout the UK. We are talking groups for men who have either been through a storm, are currently going through a storm or have a storm brewing in life.

### **Mental Health: Mens Health**

#### **Men's Health Forum**

49-51 East Road  
London N1 6AH

T: 020 7922 7908

E: <https://www.menshealthforum.org.uk/contact>

W: <https://www.menshealthforum.org.uk>

FB: <https://www.facebook.com/MHFmalehealth>

Tw: <https://twitter.com/menshealthforum>

Summary: 24/7 stress support for men by text, chat and email.

### **Mental Health: Mental Welfare**

#### **Mental Health Foundation**

Merchants House  
30 George Square  
Glasgow G2 1EG

E: [scotland@mentalhealth.org.uk](mailto:scotland@mentalhealth.org.uk)

W: <https://www.mentalhealth.org.uk>

FB: <https://www.facebook.com/mentalhealthfoundation/>

Tw: <https://twitter.com/mentalhealth>

Inst: <https://www.instagram.com/mentalhealthfoundation/>

YT: <https://www.youtube.com/user/ukmentalhealth>

Summary: Since 1949, the Mental Health Foundation has been the UK's leading charity for everyone's mental health. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems so that people and communities can thrive.

### **Mental Health: Online Resource**

#### **Get Self Help**

W: <https://www.getselfhelp.co.uk/>

FB: <https://www.facebook.com/getselfhelp>

Tw: <https://twitter.com/getselfhelp>

Summary: Cognitive Behaviour Therapy (CBT) has been proven to help mental health problems. This website provides CBT self help and therapy resources, including worksheets and information sheets and self help mp3s.

### **Mental Health: Reconnect**

#### **People Know How**

525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 569 0525

E: [reconnect@peopleknowhow.org](mailto:reconnect@peopleknowhow.org)

W: [www.peopleknowhow.org/reconnect](http://www.peopleknowhow.org/reconnect)

Summary: Reconnect is a service offering support to adults and families in Edinburgh and East Lothian to help them to improve wellbeing by increasing digital and social inclusion. The service is comprised of a range of projects that address wellbeing. We believe that digital inclusion and social inclusion are inextricably linked, and together can contribute to enhanced wellbeing. Our projects provide a supportive environment to reduce social isolation through building digital skills and maintaining connections. Through this we can also help people to stay connected, improve financial health, increase employability, access resources and more.

### **Mental Health: Perinatal**

#### **Juno Perinatal Mental Health Support**

Open Hours: Mondays 8.00 pm - 9.00pm and Fridays 1.00 pm - 2.00 pm

E: [juno.enquiries@gmail.com](mailto:juno.enquiries@gmail.com)

W: <https://www.juno.uk.com/>

Summary: Support groups are available over Zoom on Mondays 8.00 pm - 9.00pm and Fridays 1.00 pm - 2.00 pm. Email the team for a link. Please give 24 hours notice if you would like to attend.

### **Mental Health: Perinatal**

#### **Inspiring Scotland**

Level 1, Riverside House  
502 Gorgie Road  
Edinburgh EH11 3AF

W: <https://www.inspiringscotland.org.uk/perinatal-mental-health-services/>

FB: <https://www.facebook.com/InspiringScotland/?fref=nf>

Tw: <https://twitter.com/inspiringsland>

YT: <https://www.youtube.com/user/InspiringScotland>

Summary: Perinatal and Infant Mental Health Third Sector Service Directory. Find Support Near You. Quickly search, sort and filter charities and organisations who offer Perinatal and Infant Mental Health support in Scotland.

### **Mental Health: Self Harm**

#### **Self Injury Support**

T: 0808 800 8088 - Self Injury Helpline

Open Hours: Tuesday, Wednesday and Thursday from 7.00 pm – 9.30 pm

E: [tessmail@selfinjurysupport.org.uk](mailto:tessmail@selfinjurysupport.org.uk)

W: <https://www.selfinjurysupport.org.uk/>

FB: <https://www.facebook.com/sisupportorguk/>

Tw: <https://twitter.com/sisupportorguk>

Summary: Self Injury Helpline - 0808 800 8088 - For women of any age or background affected by self-injury, whether their own or that of a friend or family member. This service is free. Open Tuesday, Wednesday and Thursday, 7pm – 9.30pm. Text, webchat and email services are also available. Email service: Tuesday, Wednesday and Thursday 7pm-9.30pm.

### **Mental Health: Sign post**

#### **Mental Health Information Station (MHIS)**

Walpole Hall  
St Mary's Cathedral  
Palmerston Place  
Edinburgh EH12 5AW

T: 0131 537 8688

Open Hours: Thursday: 10.30 am – 3.00 pm.

E: [mentalhealthinformation@nhslothian.scot.nhs.uk](mailto:mentalhealthinformation@nhslothian.scot.nhs.uk)

W: <https://services.nhslothian.scot/mentalhealthinformationstation/Pages/default.aspx>

FB: <https://www.facebook.com/MentalHealthInformationStation/>

Inst: <https://www.instagram.com/mental.health.information>

Summary: MHIS has restarted its walk-in service at Walpole Hall. It runs every Thursday from 11am to 3pm. You can contact Mental Health staff by phone or email to receive general mental health support and advice. The phone service runs every Thursday from 9.30am - 3.30 pm. Call 0131 537 8688, if staff are busy, you can arrange a call back. Alternatively, people can email us on: [mentalhealthinformation@nhslothian.scot.nhs.uk](mailto:mentalhealthinformation@nhslothian.scot.nhs.uk) at any time with specific queries and/or a request for a callback. Email requests will only be answered on a Thursday.

### **Mental Health: Suicide**

**Ask, Tell - Save A Life: Every Life Matters**

<http://www.healthscotland.scot/news/2019/may/new-mental-health-and-suicide-prevention-resources-launched>

Summary: Suicide Prevention Skills: It's a short, informative overview of what you can do to support someone in distress. There are three animations available.



### **Mental Health: Suicide**

#### **United to Prevent Suicide**

E: [enquiry@unitedtopreventsuicide.org.uk](mailto:enquiry@unitedtopreventsuicide.org.uk)

W: <https://unitedtopreventsuicide.org.uk/index.html>

FB: [www.facebook.com/TalkToSaveLives/](http://www.facebook.com/TalkToSaveLives/)

Tw: <https://twitter.com/talktosavelives>

Inst: [www.instagram.com/talktosavelives/](http://www.instagram.com/talktosavelives/)

Summary: United to Prevent Suicide is a new unifying identity for suicide prevention in Scotland. It marks a new approach to preventing suicide as set out in Scotland's National Suicide Prevention Action Plan.

### **Mental Health: Youth**

#### **Child and Adolescent Mental Health Service (Camhs)**

Edinburgh

W: <https://services.nhslothian.scot/camhs/Pages/default.aspx>

Summary: CAMHS stands for Child and Adolescent Mental Health Services. These services work with children and young people (from 5 to their 18th birthday), and their parents or carers. NHS Lothian CAMHS provides specialist assessment/intervention as part of a tiered system, which can include consultation and advice prior to referral, and assessment appointment to establish clinical need and priority status. Referrals usually come from general practitioners, health visitors, social workers or from schools.

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### **Peer Support**

#### **Alzheimer Scotland - Peer Support**

160 Dundee Street  
Edinburgh EH11 1DQ

T: 0808 808 3000 - 24 Hour Free Dementia Helpline

T:0131 243 1453

W: <https://www.alzscot.org/living-with-dementia/getting-support/peer-support>

Summary: Our Peer Support groups offer a reassuring, confidential and safe place to talk to others about how dementia affects your life. 100% of people who go along to a Peer Support group feel able to share their experiences there.

### **Peer Support**

#### **Bipolar Scotland - Peer Support**

Studio 1015  
Mile End Mill  
Seedhill Road  
Paisley PA1 1TJ

T: 0141 560 2050

E: [info@bipolarscotland.org.uk](mailto:info@bipolarscotland.org.uk)

W: <https://www.bipolarscotland.org.uk/peer-support>

Summary: Peer support has become an integral part of the work Bipolar Scotland will do going forward. We believe that living with Bipolar makes you an expert in your own experiences. Our peer support workers, who all have lived experience, will chat to you and share experiences that will help you towards your personal recovery. Our 9 peer values which include hope, empowerment, empathy and aspiration will help you map out your goals. As peers we look forward to walking alongside you and learning together. You can self refer for this service, see web page for details.

### **Peer Support**

#### **East and Southeast Asian Scotland - Peer Support**

Edinburgh

T: 0789836 5775

E: [info@esascotland.org](mailto:info@esascotland.org)

W: <https://www.esascotland.org/online-peer-support-group>

FB: <https://www.facebook.com/ESAScotland>

Tw: <https://twitter.com/ESAScotland?s=20>

Inst: <https://www.instagram.com/esa.scotland/>

Summary: ESAS are offering East and South East Asians in Scotland complementary online peer group supported sessions bi-weekly (1st and 3rd Saturday) 1.30pm - 2,45pm. Creating a safe and confidential space for people to connect and share experiences. Sessions with heavy or triggering topics will be supervised by a Counsellor in training. Meetings are held on Zoom, email ESAS for joining instructions.

### **Peer Support**

#### **Edinburgh Alcohol and Drugs Partnership - Women's Peer Support Group**

Waverley Court,  
4 East Market Street,  
Edinburgh EH8 8BG

T: 07595 416484 - Paula Duffy

W: <https://www.edinburghadp.co.uk/arc-meetings/womens-peer-support-group/>

Summary: Peer support group for women in recovery. Getting connected to like minded women. We are currently meeting weekly on zoom please click on the link below. <https://zoom.us/j/778491818>  
ID number 778 491 818 Meets weekly: Wednesday at 14:00. Contact name: Paula Duffy. Contact phone: 07595 416484.

### **Peer Support**

#### **Edinburgh Carers Council - Peer Support**

GF5, 14 Links Place  
(Great Michael House),  
Edinburgh EH6 7EZ

T: 0131 322 8480

E: [rachael@edinburghcarerscouncil.co.uk](mailto:rachael@edinburghcarerscouncil.co.uk)

W: <https://edinburghcarerscouncil.co.uk/services/peer-support>

Summary: Edinburgh Carers Council now offers a peer support service for carers of people with mental health difficulties. Peer support would often happen naturally between carers during our collective advocacy groups and social events. By creating a peer support service, it allows the support to continue outside of these events in a safe and supervised way. Our volunteer peer support workers are all carers or former carers themselves and have completed training from Health in Mind to build their peer work skills.

### **Peer Support**

#### **Juno Perinatal Mental Health Support**

Edinburgh

E: [juno.enquiries@gmail.com](mailto:juno.enquiries@gmail.com)

W: <https://www.juno.uk.com/>

Summary: Juno Perinatal Mental Health Support was founded in February 2015 by a group of mums in Edinburgh who all have personal experience of perinatal mental health difficulties. We support mums through weekly peer support groups and a monthly birth and perinatal trauma support group across the city where we offer advice and information: one-to-one befriending through our outreach program; access a subsidised counselling service and therapies out with our groups with trained professionals. Our main aim as Juno is to help mums with perinatal mental health difficulties realise that they are not alone in how they feel and what they feel is indeed a very real illness. Peer support is currently running by way of Zoom due to Covid concerns. There will be two sessions weekly; Monday evening from 8-9pm and Friday afternoon from 1-2pm. Please email us on [juno.enquiries@gmail.com](mailto:juno.enquiries@gmail.com) to access the meeting links.

### **Peer Support**

#### **Lothian Centre for Inclusive Living (LCiL) - Peer Support**

Norton Park,  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2350

Fax: 0131 475 2392

E: [sds@lothiancil.org.uk](mailto:sds@lothiancil.org.uk)

W: <https://www.lothiancil.org.uk/how-we-help/peer-support-and-learning/>

Summary: With one of our principle aims being to bring people together and help disabled people, parent carers and those with long-term conditions feel better connected, our Peer Support Groups encapsulates our efforts on this front. These groups provide a safe space to get together, share your thoughts and experience, ask questions and, ultimately, to support each other. Due to the ongoing Covid-19 pandemic we are currently operating all of our Peer Support Groups on Zoom (which can also be accessed via telephone). As this year progresses, however, we hope to review this and will be looking to revert back to our usual operation of in-person events. All of our peer support groups typically last around one hour.

### **Peer Support**

#### **Lothians and Edinburgh Abstinence Programme (LEAP) - Peer Support**

Woodlands House  
Astley Ainslie Hospital  
74 Canaan Lane  
Edinburgh EH9 2TB

T: 0131 446 4400

E: [leap.programme@nhslothian.scot.nhs.uk](mailto:leap.programme@nhslothian.scot.nhs.uk)

W: <https://services.nhslothian.scot/leap/Pages/MutualAidRecoveryCommunities.aspx>

Summary: LEAP has a peer support programme which incorporates training and support. Peer support volunteers are involved in many parts of the therapeutic programme and offer lived experience and practical support to patients on the programme.

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### **Peer Support**

#### **Peer Community (Edinburgh)**

E: [peer@health-in-mind.org.uk](mailto:peer@health-in-mind.org.uk)

W: <https://ithriveedinburgh.org.uk/peer-collaborative/>

FB: <https://www.facebook.com/EdinburghPeers/>

Tw: <https://twitter.com/EdinburghPeers>

Summary: The Peer Community is a part of Thrive Edinburgh and organised by The Peer Partnership - a partnership between Health in Mind and CAPS Independent Advocacy. We're here to support and enable people with lived experience of mental health challenges and recovery to intentionally use their experiences to accompany others through their recovery. They run regular courses, workshops and meetings. Sign up for their newsletter to find out more.

### **Peer Support**

#### **Scottish Huntington's Association - Peer Support Groups - Family Branches**

Duke Street URC

108A Duke Street

Leith

Edinburgh EH6 8HL

T: 0131 653 6706

E: [sha-admin@hdscotland.org](mailto:sha-admin@hdscotland.org)

W: <https://hdscotland.org/services/peer-support-groups/>

FB: <https://www.facebook.com/ScottishHuntingtonsAssociation/>

Tw: <https://twitter.com/ScottishHD>

Inst: <https://www.instagram.com/scottishhuntingtons/>

Summary: Family Branches and Support Groups are a vital part of the support network provided by SHA, enabling them to form a link with their local HD Specialist Services and National Office. Branches are run by volunteers, who may also have a personal involvement with Huntington's disease. They meet on a monthly basis, and aim to offer support, information and friendship for people with Huntington's disease, their carers, families and friends. The Lothians branch meets: Last Wednesday each month 7.30 – 9.30pm at Duke Street United Reform Church in Leith.

### **Peer Support**

#### **Spinal Injuries Scotland - Peer Support**

Fullarton Court, Unit C  
11 Drumhead Place  
Glasgow, G32 8EY

T: 0800 013 2305

W: <https://www.spinalinjuriescotland.org.uk/peer-support>

Summary: Peer Support for person with a spinal cord injury. Weekly unit visits are co-ordinated by our Peer Support Manager. All our volunteers either have a Spinal Cord Injury (SCI) or relevant experience of the injury. Volunteers are carefully screened to ensure that they have the understanding, skills and competencies to be able to deal with often difficult and complex issues that are raised by the newly injured.

### **Peer Support**

#### **Time out Scotland - helping to defeat depression**

E: [info@timeoutscotland.org.uk](mailto:info@timeoutscotland.org.uk)

W: <https://www.timeoutscotland.org.uk/>

FB: <https://www.facebook.com/timeoutcentralscotland/>

Summary: Do you suffer from a mental health condition? Time Out Scotland can help you. We are a self-help peer support group which meets every week. There are no mental health professionals on board, the group is run entirely by volunteers who have first-hand experience of mental health conditions themselves. We are simply a safe and confidential space for people to come and share their story. We are delighted to announce that our meetings are now being held every Wednesday from 7pm. Anyone wanting to attend should submit their email address to [info@timeoutscotland.org.uk](mailto:info@timeoutscotland.org.uk) . This will allow us to email you a secure link to the meetings.



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### **Support Group - Eating Disorders**

**ANRED: Anorexia Nervosa and Related Eating Disorders**

W: <https://www.anred.com/>

Summary: This is a non-profit organisation that provides information about anorexia nervosa and related eating disorders.

### **Support Group - Eating Disorders**

**Beat eating disorders**

Unit 1 Chalk Hill House  
19 Rosary Road  
Norwich NR1 1SZ

T: 0808 801 0677 - Helpline      T2: 0808 801 0811 - Student line

Opening Hours: Beat helplines are open 365 days a year from 12.00 pm – 8.00 pm during the week, and 4.00 pm – 8.00 pm on weekends and bank holidays.

E1: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

E2: [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)

W: <https://www.beateatingdisorders.org.uk/>

FB: <https://www.facebook.com/beat.eating.disorders>

Tw: <https://twitter.com/beated>

Inst: <https://www.instagram.com/beatedsupport/?hl=en>

Summary: Beat support people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members. Service can be accessed by way of our helplines and web site.

### **Support Group - Eating Disorders**

#### **National Centre for Eating Disorders**

54 New Road  
Esher KT10 9NU

T: 0845 838 2040 - Support line

E: <https://eating-disorders.org.uk/contact-us/>

W: <https://eating-disorders.org.uk/>

FB: <https://www.facebook.com/national.centre.for.eating.disorders>

Summary: We believe that you have the right to have good eating disorder help from someone who cares and understands. We believe that therapists who work with eating disorders deserve the best professional training to empower their work, plus ongoing clinical support. This is our mission for people with anorexia, bulimia, binge and compulsive eating, body image issues, intractable weight struggles and the people who serve them.

### **Support Group - Eating Disorders**

#### **NHS Eating Disorders Services for adults - Cullen Centre**

Tipperlinn House  
Tipperlinn Road  
Royal Edinburgh Hospital  
Edinburgh EH10 5HF

T: 0131 537 6655

E: [CullenAdmin@nhslothian.scot.nhs.uk](mailto:CullenAdmin@nhslothian.scot.nhs.uk)

W: <https://services.nhslothian.scot/eatingdisordersservicesforadults/Pages/default.aspx>

Summary: The Eating Disorders Service for adults is an outpatient psychotherapy centre which treats people with Eating Disorders including Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder. We see males and females aged 18 years and above.

### **Support Group - Eating Disorders**

#### **Overeaters Anonymous**

OAGB Ltd.

483 Green Lanes

London N13 4BS

T: 07897 541945

E: [general@oagb.org.uk](mailto:general@oagb.org.uk)

W: <https://www.oagb.org.uk/>

Summary: OVEREATERS ANONYMOUS provides insight into our problems of eating compulsively, strength to deal with it, and a very real hope that there is a solution for us. Find your local meeting today...

### **Support Group - Eating Disorders**

#### **Scottish Eating Disorder Interest Group**

E: <https://www.sedig.org/contact>

W: <https://www.sedig.org/>

FB: <https://www.facebook.com/SedigScotland/>

Tw: <https://twitter.com/SEDIGScotland>

Summary: We are Scotland's charity for supporting, connecting and informing anyone who is affected by eating disorders.

### **Support Group - Eating Disorders**

#### **South East Eating Disorders Scotland**

W: <https://www.seeds.scot.nhs.uk/Pages/Home.aspx>

Summary: This site provides information for the public and professionals on Eating Disorders and services in Fife, Forth Valley, Lothian and the Borders.

### **Support Group - Gambling**

#### **Gamblers Anonymous Scotland**

2 Kirkwood Street

Rutherglen

Glasgow G73 2SL

T: 0370 050 8881 - Information Line

W: <https://gascotland.org/>

Summary: G.A. SCOTLAND is always here to support anyone who has a desire to stop gambling. Group meetings have always been at the core of our recovery programme, and whilst we cannot currently meet collectively in a room, we have adopted alternative methods to maintain our unity and continue to support all who come to us for help. Meetings are being held via Zoom and also by Telephone Conference Calls.

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### **Support Group - Gambling**

#### **GAMECARE**

1st Floor  
91-94 Saffron Hill  
London EC1N 8QP

T: 0808 802 0133 - Helpline

W: <https://www.gamcare.org.uk/>

FB: <https://www.facebook.com/gamcare/>

Tw: <https://twitter.com/GamCare>

YT: [https://www.youtube.com/channel/UC0Ue4DeoYh\\_3nYm24EX09kg](https://www.youtube.com/channel/UC0Ue4DeoYh_3nYm24EX09kg)

Summary: GAMECARE a free one hour webinar, designed especially for organisations in Scotland. The sessions provide a toolkit to identify and where appropriate, refer problem gamblers to support and treatment, with a specific focus on women and the barriers they face accessing services. It's really a whistle-stop tour of our face to face training so that staff can have access to the basics while we're in lockdown.

### **Support Group - Gambling**

#### **National Debtline**

21 Garlick Hill  
London EC4V 2AU

T: 0808 808 4000

W: <https://www.nationaldebtline.org/>

FB: <https://www.facebook.com/nationaldebtline>

Tw: <https://twitter.com/natdebtline?form=MY01SV&OCID=MY01SV>

Summary: Providing free debt advice for over 25 years. We are a charity and are dedicated to providing free debt advice to people across the UK.

### **Support Group - Gambling**

Royal College of Psychiatry

W: <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/problem-gambling>

Summary: Problem Gambling? This webpage helps you find out the answers for the following questions. Is problem gambling common? Is my gambling a problem? How can someone lose control of their gambling? Living with a problem gambler; The risks; What help can I get?

### **Support Group - HIV**

**HIV Scotland**

18 York Place

Edinburgh EH1 3EP

T: 0131 558 3713 - Helpline

Opening Hours: Helpline Open: 10.00 am - 6.00 pm, Monday to Friday

E: [info@hiv.scot](mailto:info@hiv.scot)

W: <https://www.hiv.scot/coronavirus>

FB: <https://www.facebook.com/HIVScotland>

Tw: <https://twitter.com/HIVScotland>

Inst: <https://www.instagram.com/HIVScotland/>

Summary: You can phone the HIV Scotland Coronavirus Helpline between 10.00 am - 6.00 pm, Monday to Friday on 0131 558 3713. For more information about HIV (and PrEP) and Covid-19, please go to <https://www.hiv.scot/coronavirus>



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### **Support Group - HIV**

#### **Positive Help**

139 George Street  
Edinburgh EH2 4JY

T: 0131 225 4766 T2: 0758 295 8753

E: [office@positivehelpedinburgh.co.uk](mailto:office@positivehelpedinburgh.co.uk)

W: <https://www.positivehelpedinburgh.co.uk/>

FB: <https://www.facebook.com/PositiveHelpEdinburgh/>

Tw: <https://twitter.com/positivehelpedi?form=MY01SV&OCID=MY01SV>

Summary: All face-to-face meetings have been suspended. The service is still operating medical and emergency food package deliveries telephone support/tele-befriending as well as taking and fast-tracking new referrals.

### **Support Group - HIV**

#### **Waverley Care**

3 Mansfield Place  
Edinburgh EH3 6NB

T: 0131 441 6989

Opening Hours: 9am-5pm (Monday to Sunday)

E: [info@waverleycare.org](mailto:info@waverleycare.org)

W: <https://www.waverleycare.org/news/coronavirus-covid-19-announcement-were-suspending-person-support-services>

FB: <https://en-gb.facebook.com/WaverleyCareFanPage/>

Tw: <https://twitter.com/WaverleyCare>

Inst: <https://www.instagram.com/waverleycare/?hl=en>

Summary: In-person support services, we will be continuing to provide support to people who need it by phone, text, and email, and through our live chat service. We are now extending our live chat service to Monday – Friday, 9am to 5pm.

## Health and Wellbeing

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### **Support Group: Men**

#### **Andys Man Club**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

T: 07944 632831

Opening Hours: Every Monday Evening at 7pm (Except Bank Holidays)

W: <https://andysmanclub.co.uk/>

FB: <https://www.facebook.com/pages/category/Charity-Organization/Andys-Man-Club-Edinburgh-117196106386816/>

Tw: <https://twitter.com/andysmanclubuk>

Summary: Men's Mental Health Support Groups running throughout the UK. We are talking groups for men who have either been through a storm, are currently going through a storm or have a storm brewing in life.

### **Support Group: Men**

#### **Leith Mens Shed**

65-67 Commercial Street  
Edinburgh EH6 6LH

T: 0794 684 3882

Opening Hours: Re-opening shortly

E: [info@leithmensshed.org](mailto:info@leithmensshed.org)

W: <https://www.leithmensshed.org/>

FB: <https://www.facebook.com/LeithMensShed/>

Summary: Re-opening Shortly! The Men of Leith Men's Shed is a values-based organisation run by men, for men. In this respect, it is an authentic men's shed, established to cater to and empower members. It was established with reference to the Australian experience.

### **Support Group: Sleep: Adults**

#### **Every Mind Matters**

W: <https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

Summary: Every Mind Matters - online resources, quizzes, videos and tips on how to overcome sleeping problems, stress, anxiety and stay well.

## Health and Wellbeing

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### **Support Group: Sleep: Children and Young People**

#### **Sleep Scotland**

18G Liberton Brae  
Edinburgh EH16 6AE

T1: 0800 138 6565 - Helpline

T2: 0131 258 1258

E: [enquiries@sleepscotland.org](mailto:enquiries@sleepscotland.org)

W: <https://www.sleepscotland.org/>

FB: <https://www.facebook.com/sleepscotland/>

Tw: <https://twitter.com/SleepScotland>

Inst: <https://www.instagram.com/sleepscot/>

Summary: If your child is struggling to sleep it can be exhausting for them and for the whole family. Counselling and help is available.

### **Support Group: Veterans: Helpline**

#### **Armed Service Advice Project (part of Citizens Advice)**

Broadside  
2 Powderhall Road  
Edinburgh EH7 4GB

T: 0808 800 1007 - Helpline

Opening Hours: Helpline Open: Mon to Fri: 9.00 am and 5.00 pm

E: <https://www.adviceasap.org.uk/contact-us>

W: <http://www.adviceasap.org.uk/>

Summary: Advice, information and support for those currently or previously in the armed forces or merchant navy.

## Health and Wellbeing

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### **Support Group: Veterans: Helpline**

#### **Combat Stress**

Tyrwhitt House  
Oaklawn Road  
Leatherhead KT22 0BX

T: 0800 138 1619 - Helpline

Opening Hours: Helpline open: 24 hours a day, 365 days a year

E: [combatstress@rethink.org](mailto:combatstress@rethink.org)

W: <https://www.combatstress.org.uk/>

FB: <https://www.facebook.com/CombatStress/>

Tw: <https://twitter.com/CombatStress>

Inst: <https://www.instagram.com/combatstress/>

YT: <https://www.youtube.com/user/CombatStressCharity>

Summary: Free Telephone Help Line. When you are having a tough time, we're there to help you tackle the past and help you to take on the future. All our services are free of charge to veterans.

### **Support Group: Veterans: Helpline**

#### **Rock2Recovery**

T: 01395 220072 - Helpline

Opening Hours: Phone lines open 7 days a week 9am to 5pm

E: [Support@rock2recovery.co.uk](mailto:Support@rock2recovery.co.uk)

W: <https://rock2recovery.co.uk/>

FB: <https://www.facebook.com/Rock2RecoveryUk>

Tw: <https://twitter.com/Rock2Recovery>

Summary: Inspiring the fight against stress in our armed forces, veterans and their families. This is a free service for Serving Members of the Armed Forces, Veterans of the Armed Forces and their families. Rock2Recovery remains open at this worrying time and continues to provide our life changing coaching services via Zoom and phone. Face to face sessions will resume once the current restrictions are lifted. If you or someone you know needs our help please contact us on [support@rock2recovery.co.uk](mailto:support@rock2recovery.co.uk) or call: 01395 220072.

## Health and Wellbeing

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### **Support Group: Veterans :Helpline**

#### **SSAFA/Forcesline**

4 St Dunstan's Hill  
London EC3R 8AD

T: 0800 731 4880 - Helpline

Opening Hours: Helpline open: Monday to Friday: 09:00 - 17:30

E: <https://www.ssafa.org.uk/about-us/contact-us>

W: <https://www.ssafa.org.uk/help-you/forcesline>

FB: <https://www.facebook.com/SSAFAOFFICIAL>

Tw: <https://twitter.com/SSAFA>

Inst: [https://www.instagram.com/ssafa\\_armedforcescharity/](https://www.instagram.com/ssafa_armedforcescharity/)

YT: <https://www.youtube.com/user/SSAFAForcesHelp>

Summary: Current/past members of the forces and their families can speak to someone in confidence about any worries/concerns.

### **Support Group: Veterans :Support Service**

#### **Poppy Scotland Welfare Services**

New Haig House,  
Logie Green Road,  
Edinburgh EH7 4HQ

T: 0808 802 1212 - Helpline

Opening Hours: Helpline open: 24 hours a day

E: [gethelp@poppyscotland.org.uk](mailto:gethelp@poppyscotland.org.uk)

W: <http://www.poppyscotland.org.uk>

FB: <https://www.facebook.com/Poppyscotland>

Tw: <https://twitter.com/Poppyscotland>

Inst: <https://www.instagram.com/Poppyscotland/>

YT: <https://www.youtube.com/user/Poppyscotland>

Summary: Poppyscotland believes that those who serve in the Armed Forces, and their families, deserve special recognition and support.

### **Support Group: Veterans: Support Service**

#### **Veterans - Legion Scotland**

New Haig House  
Logie Green Road  
Edinburgh EH7 4HQ

T: 0131 550 1560

E: [t.douglas@legionscotland.org.uk](mailto:t.douglas@legionscotland.org.uk).

W: <https://www.legionscotland.org.uk/>

FB: <https://www.facebook.com/LegionScotland>

Tw: <https://twitter.com/LegionScotland>

Summary: Our Veterans Community Support Service promotes fellowship and offers advice and signposting to veterans who have a range of problems resulting from military service such as isolation, unemployment, housing issues, bereavement, and benefits amongst others

### **Support Group: Veterans: Support Service**

#### **Veterans First Point**

Floor K, Argyle House  
3 Lady Lawson Street  
Edinburgh EH3 9DR

T: 0131 221 7090

Opening Hours: Monday - Friday 9am - 5pm

E: [V1P.Scotland@nhslothian.scot.nhs.uk](mailto:V1P.Scotland@nhslothian.scot.nhs.uk)

W: <https://www.veteransfirstpoint.org.uk/>

Summary: We are currently conducting appointments over the telephone, near me and where appropriate face to face. These are pre-arranged appointments. We regret that our drop in service remains closed and are unable to offer this service at present.

## Health and Wellbeing

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### **Support Group: Veterans :Transport**

**Fareb4Free**

Edinburgh

T: 07708 299399

E: [info@fares4free.org](mailto:info@fares4free.org)

W: <https://www.fares4free.org>

FB: <https://www.facebook.com/fares4free/>

Summary: Fares4Free is a charity that asks Taxi Drivers and companies to give free fares to help veterans and their families access essential services and combat social isolation.

### **Support Group: Women**

**Wishes Women's Group**

Southside Community Centre,  
117 Nicolson Street  
Edinburgh, EH8 9ER.

T: 07867583194 • Mobile switched on on a Thursday when the worker works

E: [wisheswomensgroup@gmail.com](mailto:wisheswomensgroup@gmail.com)

W: <https://ithriveedinburgh.org.uk/services/wishes-women-in-self-help-and-emotional-support-womens-group/>

Summary: Wishes meets weekly on a Thursday from 1-3pm. The focus of the meetings are women's mental health concerns. Wishes aims to be a peer support group, with a self-help and recovery focus. The group choose the Programme topics, including coping with Anxiety, Depression, Lifecoaching, Wellness Recovery Action plans and making baby steps when we cant face them, what helps us feel better, Coping with Professionals, being assertive without losing the heid! Supporting ourselves to feel calm and confident. It is a closed group with a waiting list. New members are welcomed when there are spaces, following a chat on the phone with the worker. Anyone can refer themselves or a woman. Please be aware that messages will be replied to perhaps a week later, due to the very part time nature of the work. We are the original wishes women's group that has run for nearly 30 years at Southside community centre. Please be aware there is now a completely separate organisation using the same name as us, an NHS one, and they have a sexual health focus. We support their aims and hope to ensure no confusion occurs for vulnerable women in the same catchment area, so please take note of the different organisations. Due to Covid-19 restrictions, the Thursday meeting is being held on Zoom with occasional guest speakers eg from Advocard, joanne faulkner Tai chi etc. Members can phone in to the online meeting and access the meeting. Contact Joan Robertson on [wisheswomensgroup@gmail.com](mailto:wisheswomensgroup@gmail.com) for more details.

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### **Substance Misuse: Advocacy**

#### **Problematic Substance Use - Advocard**

Andrew Duncan Clinic,  
Royal Edinburgh Hospital  
Morningside Place  
Edinburgh EH10 5HF

T: 0791 8127 366 - Scott

W: <http://www.advocard.org.uk/problematic-substance-use-advocacy-service/>

Summary: Please call Scott on 07918127366 or email [substanceuse.advocacy@advocard.org.uk](mailto:substanceuse.advocacy@advocard.org.uk) to find out more or to make a phone appointment.

### **Substance Misuse: Alcohol Dependency**

#### **Alcoholics Anonymous**

Edinburgh

T: 0800 917 7650 - Helpline

E: <https://aa-edinburgh.org.uk/contact-us/>

W: <https://aa-edinburgh.org.uk/online-meetings/>

Summary: AA is a fellowship who share their experience with each other that they may solve their common problem and help others to recover from alcoholism. Some groups are beginning to re-open for live meetings. For an up-to-date list of face to face meetings: <https://aa-edinburgh.org.uk/meetings/> Many groups are still meeting online. There are a total of 50 online meetings currently held by Edinburgh and Midlothian Intergroup.

### **Substance Misuse: Alcohol Dependency**

#### **Drinkline**

T: 0800 731 4314 - Helpline

Opening Hours: Weekdays 9 am – 9pm, weekends 10 am – 4 pm

W: <https://www.nhsinform.scot/healthy-living/alcohol/where-to-get-help>

Summary: Drinkline runs a free, confidential helpline for people who are concerned about their drinking, or someone else's.

### **Substance Misuse: Alcohol Dependency**

#### **Rowan Alba**

89-95 Fountainbridge

Edinburgh EH3 9PU

T: 0131 229 7554

E: [info@rowanalba.org](mailto:info@rowanalba.org)

W: <https://rowanalba.org/>

FB: <https://www.facebook.com/RowanalbaLtd/>

Tw: <https://twitter.com/rowanalba>

Summary: We offer a broad range of services including Community Alcohol Awareness Service (CARDS), Supported Accommodation, One to One Support and the Rowan Alba Learning Centre.

### **Substance Misuse: Children and Young People**

#### **Crossreach - Simpson House/Sunflower Garden**

Simpson House  
52 Queen Street  
Edinburgh EH2 3NS

E: [simpsonhouse@crossreach.org.uk](mailto:simpsonhouse@crossreach.org.uk)

W: <https://www.crossreach.org.uk/our-locations/sunflower-garden>

Summary: A service for children and young people in Edinburgh affected by drug and alcohol use in their families. The Sunflower Garden service are operating as normal remotely and are accepting new referrals. We are also able to offer some essential, face-to-face appointments. For all administrative queries please contact: [SunflowerGardenProject@crossreach.org.uk](mailto:SunflowerGardenProject@crossreach.org.uk). In an emergency please contact: Breathing Space on 088 838 587, or The Samaritans on 116 123.

### **Substance Misuse: Family Support**

#### **Al-Anon**

57B Great Suffolk Street  
London SE1 0BB

T: 0800 0086 811 - Helpline

Opening Hours: Every day, 10.00 am – 10.00 pm, 365 days a year

E: [helpline@al-anonuk.org.uk](mailto:helpline@al-anonuk.org.uk)

W: <https://www.al-anonuk.org.uk/>

FB: <https://www.facebook.com/AlAnonFamilyGroupsUK>

Tw: <https://twitter.com/AlAnonukandEire>

Inst: <https://www.instagram.com/alanonukandeire/>

Summary: Al-Anon helpline is for anyone affected by someone else's drinking. Please do not leave a message as, to ensure callers' confidentiality, the team are unable to return calls. Given the outbreak of Coronavirus (COVID-19) we wanted to reassure you that Al-Anon Family Groups are still available to provide support to anyone whose life is, or has been, affected by someone else's drinking. Whilst we do have a contingency plan in place there may be times when the Helpline is covered by a limited number of volunteers so please bear with us while we try to answer your call. We suggest anyone wishing to attend a meeting calls the Helpline to request a group contact.

### **Substance Misuse: Family Support**

#### **Circle - Harbour Project**

18 West Pilton Park  
Edinburgh EH4 4EJ

T: 0131 552 0305

E: [info@circle.scot](mailto:info@circle.scot)

W: <https://circle.scot/harbour-and-fabi-project-updates/>

FB: <https://www.facebook.com/Circle.Scot>

Tw: <https://twitter.com/CircleScot>

YT: <https://www.youtube.com/user/CircleScotland>

Summary: The Harbour Project supports families affected by parental substance use. Support is being delivered by way of Zoom sessions. See website for details.

### **Substance Misuse: Family Support**

#### **Scottish Families Affected by Drugs and Alcohol**

T: 08080 10 10 11 - Helpline. Call back service on weekends.

Opening Hours: Monday – Friday, 9.00 am – 11.00 pm

E: [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)

W: <https://www.sfad.org.uk/>

Summary: If you are concerned about someone's alcohol or drug use, contact Scottish Families Affected by Drugs and Alcohol. Available 9.00 am-11.00 pm Monday to Friday and as a call-back service on weekends.

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### **Substance Misuse: Harm Reduction**

#### **Crew 2000**

32/32a Cockburn Street  
Edinburgh EH1 1PB

T: 0131 220 3404

E: [admin@crew2000.org.uk](mailto:admin@crew2000.org.uk)

W: <https://www.crew.scot/>

FB: <https://www.facebook.com/Crew2000/>

Tw: [https://twitter.com/crew\\_2000](https://twitter.com/crew_2000)

Inst: [https://www.instagram.com/crew\\_2000/](https://www.instagram.com/crew_2000/)

Summary: Crew 2000 provide information, advice and support around drug use. They neither condone nor condemn drug use and aim to reduce the risks around drug use.

Our 32 Cockburn St Drop-In is open to the public, with social distancing measures in place: please also follow notices in the drop-in requesting face covering unless exempt and use of hand sanitiser. The Drop-in opens Mondays, Tuesdays, Wednesdays, Fridays and Saturdays at 1-5pm, and Thursdays 3-7pm. We are closed on Sundays.

Our Digital Drop-In is also available at the same times: to contact the Digital Drop-In you can either

- email [dropin@crew2000.org.uk](mailto:dropin@crew2000.org.uk)
- send a direct message via [https://www.instagram.com/crew\\_2000/](https://www.instagram.com/crew_2000/)
- or send a free text confidentially to 07860 047501.

### **Substance Misuse: Harm Reduction**

#### **Know the Score**

T: 0800 587 5879 - Helpline

Opening Hours: Mon-Fri 9am-9pm & Sat-Sun 10am-4pm

E: [knowthescore.info/help-and-support/drugs-helpline](https://knowthescore.info/help-and-support/drugs-helpline)

W: <https://knowthescore.info/>

Summary: Confidential drugs information and advice.

### **Substance Misuse: Harm Reduction**

#### **Talk to Frank**

T: 0300 123 6600 - Helpline

Opening Hours: Open every day, all day.

E: [frank@talktofrank.com](mailto:frank@talktofrank.com)

W: <https://www.talktofrank.com/>

Summary: Talk to Frank for friendly, confidential drugs information and advice. Webchat and email advice are also available, along with a wide range of online resources on the Frank website.

### **Substance Misuse: Recovery**

#### **CGL (Change Grow Live)**

T: 0131 469 5044

Opening Hours: Monday, Tuesday, Thursday and Friday, 9.00 am - 6.00 pm, Wednesday 9.00 am - 2.00 pm and 3.00 pm - 6.00 - Webchat

W: <https://www.changegrowlive.org/advice-info/coronavirus>

FB: <https://www.facebook.com/changegrowlive>

Tw: <https://twitter.com/changegrowlive>

Summary: There is no face-to-face support but the team are available over the phone and on Skype. Groups are taking place over video chat. If you are currently getting support from a Change Live Grow service, you can chat to the team via webchat on Monday, Tuesday, Thursday and Friday, 9.00 am - 6.00 pm, Wednesday 9.00 am - 2.00 pm and 3.00 pm - 6.00 - Webchat.

### **Substance Misuse: Recovery**

#### **CGL (Change Grow Live) - North West Recovery Service**

Craigroyston Health Centre  
1B Pennywell Road  
Edinburgh EH4 4PH

T: 0131 469 5044

E: [philip.crawley@cgl.org.uk](mailto:philip.crawley@cgl.org.uk).

W: <https://www.changegrowlive.org/north-west-recovery-service-edinburgh/info>

FB: <https://www.facebook.com/changegrowlive>

Tw: <https://twitter.com/changegrowlive>

Summary: The way you get support from us will be different for a while, but we are still here. We'll do everything we can to help you stay safe. Things are changing quickly, so keep checking this page and our national coronavirus info page for updates. If your worker isn't available, please give us a call on the main service number. We're answering calls between 0830 and 1630 weekdays, with out-of-hours/weekend call-back.

### **Substance Misuse: Recovery**

#### **CGL (Change Grow Live) - South East Recovery Service**

South Neighbourhood Office  
40 Captains Road  
Edinburgh EH17 8HN

T: 0131 661 5294

E: [lukas.waclawski@cgl.org.uk](mailto:lukas.waclawski@cgl.org.uk)

W: <https://www.changegrowlive.org/south-east-recovery-service-edinburgh/info>

FB: <https://www.facebook.com/changegrowlive>

Tw: <https://twitter.com/changegrowlive>

Summary: The way you get support from us will be different for a while, but we are still here. We'll do everything we can to help you stay safe. Things are changing quickly, so keep checking this page and our national coronavirus info page for updates. If your worker isn't available, please give us a call on the main service number. We're answering calls between 0830 and 1630 weekdays, with out-of-hours/weekend callback.

### **Substance Misuse: Recovery**

#### **CGL (Change Grow Live ) - South West Recovery Service**

Wester Hailes Healthy Living Centre  
30 Harvesters Way  
Edinburgh EH14 3JF

T: 0131 453 9406

E: [chris.osullivan@cgl.org.uk](mailto:chris.osullivan@cgl.org.uk)

W: <https://www.changegrowlive.org/south-west-recovery-service-edinburgh/info>

FB: <https://www.facebook.com/changegrowlive>

Tw: <https://twitter.com/changegrowlive>

Summary: The way you get support from us will be different for a while, but we are still here. We'll do everything we can to help you stay safe. Things are changing quickly, so keep checking this page and our national coronavirus info page for updates. If your worker isn't available, please give us a call on the main service number. We're answering calls between 0830 and 1630 weekdays, with out-of-hours/weekend callback.

### **Substance Misuse: Recovery**

#### **Cocaine Anonymous (CA)**

T: 0800 612 0225 - Helpline

E: [helpline@cauk.org.uk](mailto:helpline@cauk.org.uk)

W: <https://cocaineanonymous.org.uk/>

Summary: Cocaine Anonymous (CA) is a fellowship, offering information and support to people affected by addiction to cocaine and other mind and mood-altering substances.



### **Substance Misuse: Recovery**

#### **Narcotics Anonymous**

T: 0300 999 1212 - Helpline

Opening Hours: 10.00am - midnight

W: <https://ukna.org/meetings/scotland/edinburgh>

Summary: Narcotics Anonymous, founded in 1953, describes itself as a “nonprofit fellowship or society of men and women for whom drugs had become a major problem”. Narcotics Anonymous uses a 12-step model developed for people with varied substance use disorders and is the second-largest 12-step organization.

### **Substance Misuse: Recovery**

#### **North Edinburgh Drug and Alcohol Centre (NEDAC)**

15A Pennywell Court

Muirhouse

Edinburgh EH4 4TZ

T: 0131 629 4581

E: [mail@nedac.co.uk](mailto:mail@nedac.co.uk)

W: <http://www.nedac.co.uk/>

Summary: NEDAC are unable to provide face-to-face support but can support you by email or over the phone.

### **Substance Misuse: Recovery**

#### **Rainbow Recovery**

North Merchiston Club

48 Watson Crescent

Edinburgh EH11 1EP

Opening Hours: Monday 10.30-11.30am

W: [www.rainbowrecovery.org.uk](http://www.rainbowrecovery.org.uk)

FB: <https://m.facebook.com/rainbowrecovery19/>

Tw: <https://twitter.com/rainbowrecover1?lang=en>

Inst: <https://www.instagram.com/rainbowrecovery.edinburgh/>

Summary: We believe that addiction is a family disease. The substance may only affect those addicted, but the addiction affects the entire family unit. Scotland is becoming ACE Aware. ACE refers to Adverse Childhood Experiences. When children are exposed to adverse and stressful experiences, it can have a long-lasting impact on their ability to think, interact with others and on their learning. It is not a foregone conclusion that those with a higher ACE score will have a problematic adult life, but it identifies a need to build resilience in those who have. That's why family recovery is just as important as recovery from the addiction itself, even if the addicted person doesn't seek recovery, the family need to get support to allow them to build that resilience. Scotland has just outlined it's new Alcohol and Drugs Strategy entitled Rights, Respect and Recovery which recognises the valuable role that the family can have in recovery as well as identifying that addicts and families in equal measure, have the right to a life free of alcohol and drugs.

### **Substance Misuse: Recovery**

#### **Substance Misuse and Recovery Club - North East locality**

North East Edinburgh Recovery Service  
5 Links Place  
Edinburgh EH6 7EZ

T: 0131 554 7516

Opening Hours: Monday to Friday, 9.30 am – 4.30 pm

W: <https://www.turningpointscotland.com/getting-support/edinburgh/north-east-edinburgh-recovery-service/>

Summary: There will be no face-to-face appointments but support is available on the phone.

### **Substance Misuse: Recovery**

#### **The Sorted Project**

Fourth Floor  
Thorn House  
5 Rose Street  
Edinburgh EH2 2PR

T: 0742 514 7635 - Karen Bradford

E: [karen@sortedproject.co.uk](mailto:karen@sortedproject.co.uk)

W: <http://sortedproject.co.uk/>

FB: [www.facebook.com/sortedproject](http://www.facebook.com/sortedproject)

Tw: <https://twitter.com/sortedproject>

Summary: All face-to-face meetings and group work have been suspended. Support for current clients is available through phone, text, email, Facebook messenger, Skype or Zoom.

### **Substance Misuse: Recovery**

#### **Turning Point Scotland**

North East Edinburgh Recovery Service  
5 Links Place  
Edinburgh EH6 7EZ

T: 0131 554 7516

E: [edinburgh@turningpointscotland.com](mailto:edinburgh@turningpointscotland.com)

W: <https://www.turningpointscotland.com/what-we-do/substance-misuse/edinburgh/>

FB: <https://www.facebook.com/turningpointscotland>

Tw: <https://twitter.com/turningpointsco>

Summary: Please call to refer, self referrals welcome! - support with recovery, Naloxon, needle exchange, one to one support over the phone, SMART meetings and more.

### **Substance Misuse: Smoking Cessation**

#### **Quit Your Way - SmokefreeLothian (South Edinburgh)**

Sighthill Health Centre  
380 Calder Road  
Edinburgh EH11 4AU

T: 0131 537 7154

Open Hours: Monday to Friday 9am - 5pm for more information (answering service when telephone number not available)

E: [QuitYourWayServiceNHSLothian@nhslothian.scot.nhs.uk](mailto:QuitYourWayServiceNHSLothian@nhslothian.scot.nhs.uk)

W: <https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/99%201edc1116>

Summary: Guidance and help on smoking cessation.

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### **Sexual Health**

#### **Chambers Street Clinic**

2A Chalmers Street  
Edinburgh EH3 9ES

T: 0131 536 1070

W: <https://www.lothiansexualhealth.scot/>

The NHS Lothian Sexual and Reproductive Health service provides care at the Chalmers Centre for Sexual Health and across 10 locality areas. We work in partnership with other NHS services, Local Authorities and third sector organisations.

Our cohesive and positive team provides an integrated sexual health service and is committed to: reducing the number of blood borne viruses (BBV), Sexually Transmitted Infections (STI) and unintended pregnancies; reducing the health inequalities gap in sexual health and wellbeing, caring for people living with HIV, promoting healthy relationships and supporting victims of sexual abuse and violence.

We provide specialist clinics for: people living with HIV, men who have sex with men (MSM), pre exposure prophylaxis (PrEP) for HIV prevention, management of STIs, women seeking abortion (Choices), as well as routine and complex contraception and routine testing for STI and BBV. Other services include: Chalmers Gender Identity Clinic, Menopause, Psychosexual Medicine and Vasectomy clinic. We have a range of outreach services for young people (Healthy Respect and HR+), women with complex needs (WISHES), MSM (ROAM) and others. We also run the Lothian wide c:card service which provides free condoms for anyone aged 13 and over.

Access to services is via GP referrals, self booking online or direct referral by one of our partners. Women who are socially excluded, have substance use problems or involvement in prostitution can be referred via email ([wishes@nhslothian.scot.nhs.uk](mailto:wishes@nhslothian.scot.nhs.uk)) or phone 07769887112.

For further information, please visit the below websites or phone 0131 536 1070:

[www.lothiansexualhealth.scot/](http://www.lothiansexualhealth.scot/)

[www.healthyrespect.co.uk/](http://www.healthyrespect.co.uk/)

[www.ccard.org.uk](http://www.ccard.org.uk)

[www.roam-outreach.com/](http://www.roam-outreach.com/)

[www.lothiansexualhealth.scot/specialist-services/wishes/](http://www.lothiansexualhealth.scot/specialist-services/wishes/)

[www.s-x.scot/about-sx/](http://www.s-x.scot/about-sx/)

Please phone or book an appointment online before attending in person.

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## Homelessness and Housing

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### **Community Education Centre**

#### **Crisis Skylight**

Crichton House  
4 Crichton Close  
Edinburgh EH8 8DT

T: 0131 209 7700

Opening Hours: Mon to Fri: 9 am to 5pm

E: [edinburgh@crisis.org.uk](mailto:edinburgh@crisis.org.uk)

W: <https://www.crisis.org.uk/get-help/edinburgh/>

FB: <https://en-gb.facebook.com/crisis.homeless/>

Summary: Crisis Skylight Edinburgh works with single people who are homeless and vulnerably housed. The overall aim of our work is to support individuals in their journey out of homelessness and towards independence. We are providing most support remotely through phones or online where possible. Because of the risks to people who may have underlying health needs our buildings are closed or have very restricted access. Phone us or check out our web site to see what is available.

### **Emergency**

#### **Bethany House - Emergency Resettlement Unit**

Edinburgh

T: 0131 561 8911

E: <https://www.bethanychristiantrust.com/contact-us/>

W: <https://www.bethanychristiantrust.com/services/crisis-intervention/>

FB: <https://www.facebook.com/BethanyChristianTrust1/>

Tw: <https://twitter.com/bethanychtrust?form=MY01SV&OCID=MY01SV>

Summary: Our Emergency Resettlement Unit is called Bethany House. It accommodates 24 men and 4 women in 6 cluster flats. Referrals can be only be accepted through Edinburgh City Council or the Rapid Access Accommodation Providers who received referrals daily via Streetwork. If there are any vacancies available at the time, an interview for later on the same day will be offered. Interview appointments are allocated on a 'first come, first served' basis. Bethany House does not operate a waiting list.

## Homelessness and Housing

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### **Emergency**

#### **Care Shelter**

Edinburgh

T: 07919 557 673 - Bethany Christian Trust

E: [careshelter@bethanychristiantrust.com](mailto:careshelter@bethanychristiantrust.com)

W: <https://www.bethanychristiantrust.com/services/crisis-intervention/>

Summary: The Care Shelter is seasonal. This Care Shelter: Rapid Re-accommodation Welcome Centre has a professional staff team, expert visiting agencies and organisations and hundreds of church volunteers providing excellent food and the care. Now operating at the Haymarket Hub Hotel, 7 Clifton Terrace, Edinburgh EH12 5DR. This allows everyone to get their own, Covid-Safe ensuite bedroom as we are not operating in a congregant sleeping space.

### **Emergency**

#### **Street Support Edinburgh**

Edinburgh

E: [edinburgh@streetsupport.net](mailto:edinburgh@streetsupport.net)

W: <https://streetsupport.net/edinburgh/>

Summary: Connecting people and organisations locally, to tackle homelessness in Edinburgh.

## Homelessness and Housing

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### **Food**

#### **Social Bite**

131 Rose Street  
Edinburgh EH2 3DT

T: 0131 353 0250

E: [info@social-bite.co.uk](mailto:info@social-bite.co.uk)

W: <http://social-bite.co.uk/>

Summary: Social Bite has no private shareholders. No private profit motive, just an unrelenting motivation to tackle homelessness.

### **Helpline**

#### **Shelter's Free Housing Advice Line**

6 South Charlotte Street  
Edinburgh EH2 4AW

T: 0808 800 4444 - Helpline

Opening Hours: Mon - Fri: 9.00am - 5.00pm

W: [https://scotland.shelter.org.uk/about\\_us/contact\\_us/call\\_our\\_free\\_helpline](https://scotland.shelter.org.uk/about_us/contact_us/call_our_free_helpline)

Tw: <https://twitter.com/shelterscotland>

Inst: <https://www.instagram.com/shelterscotland/>

Summary: Shelter's free advice line. At Shelter Scotland we don't provide houses, but we do provide answers. From homelessness to home owner, we've housing advice for everyone.

## Homelessness and Housing

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### **Housing Advice**

#### **Four Square Connected - Edinburgh Housing Advice**

67a Logie Green Rd  
Edinburgh EH7 4HF

T: 0131 557 7900

E: [info@foursquare.org.uk](mailto:info@foursquare.org.uk)

W: <https://www.foursquare.org.uk/our-services/>

FB: <https://www.facebook.com/FourSquareScot/>

Summary: They run four different types of service:

Accommodation – we provide hostel accommodation and flats for young people at Stopover and Number Twenty; and a refuge for women who have experienced domestic abuse at Keymoves;

Advice – we help people to access benefits and to access and keep housing through our team of housing and benefits advisors;

Support – we support people who are recovering from trauma and those in unsuitable accommodation through our WomanZone and Visiting Housing Support services;

Learning and Employability – we help people get back into education, training or employment through our Springboard programme.

### **Housing Association**

#### **Hanover Scotland**

95 McDonald Road  
Edinburgh EH7 4NS

T: 0800 111 4646

E: [hello@hanover.scot](mailto:hello@hanover.scot)

W: <https://www.hanover.scot/find-a-home/>

Summary: We provide and manage a range of housing and services, mainly for older people. We currently manage more than 5,000 homes throughout Scotland. We provide a range of housing and tenure types to meet the different support needs of older people, allowing them to retain their independence within a local community and enjoy as much privacy or company as they wish.

## Homelessness and Housing

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### **Renting**

#### **The EdIndex Team**

Waverley Court Level C.3  
4 East Market Street  
Edinburgh EH8 8BG

E: [edindex@edinburgh.gov.uk](mailto:edindex@edinburgh.gov.uk)

W: <https://edindexhousing.co.uk>

Summary: Edindex is a partnership between the Council and 18 housing association/co-operatives in Edinburgh. You only need to complete one application to apply for houses provided by the landlords. You can download an application form. The Edindex office is currently closed due to Covid-19 restrictions. Our teams are working from home which means our telephone line is closed so we are unable to answer telephone enquiries at this time. You will only be able to bid online. If you have questions please email [edindex@edinburgh.gov.uk](mailto:edindex@edinburgh.gov.uk)

### **Support Service**

#### **Cyrenians**

57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2354

E: <https://cyrenians.scot/contact-us>

W: <https://cyrenians.scot/>

FB: <https://www.facebook.com/cyrenians>

Tw: <https://twitter.com/Cyrenians1968>

Inst: <https://www.instagram.com/cyrenians/>

YT: <https://www.youtube.com/user/cyrenians>

Summary: Tackling the consequences of homelessness!

### **Support Service**

#### **Hillcrest Futures Resource Hub (Gowrie Care)**

3 Gilmour Street  
Edinburgh, EH8 9HR  
Contact: Piotr Jankowski

T: 0131 667 9407

Opening Hours: Mon – Fri: 9am – 5pm

E: [Edinburghfutureshub@hillcrestfutures.org.uk](mailto:Edinburghfutureshub@hillcrestfutures.org.uk)

W: <https://www.hillcrest.org.uk/futures/>

Summary: Edinburgh Futures Resource Hub has been set up as a base to allow anyone who is homeless, has recently been homeless or is at risk of homelessness (this can be interpreted to include anyone who struggles with mental health issues, addictions or is socially isolated), to develop skills and resilience to overcome the barriers to social inclusion which many individuals have had to face in such circumstances. Covid-19 restrictions are in place so you must pre-book your visit and leave a mobile number with them after you visit to allow for contact track and trace .

### **Support Service**

#### **Streetwork - Holyrood Hub**

22 Holyrood Road  
Edinburgh EH8 8AF

T: 0808 178 2323 - Crisis line 24/7 T2: 0131 557 6055

Opening Hours: Mon-Fri: 7.15pm to 10pm (drop-in); Sat & Sun: 8am to 4pm (drop-in) Helpline open: 24/7

E: <http://www.streetwork.org.uk/contact-us/>

W: <https://www.streetwork.org.uk/holyrood-hub/>

Summary: We work with people who are homeless or at risk of homelessness on their terms, at their pace, in a partnership based on respect and trust that seeks to help people to find their own solutions. Streetwork's centre at 22 Holyrood Road offers a 24 hours a day, 7 days a week.

## Homelessness and Housing

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### **Support Service**

#### **The Access Point**

23 Leith Street  
Edinburgh EH1 3AT

T: 0131 529 7438 - Housing and Social Work    T2: 0131 240 2810 - Health

T3: 0800 032 5968 - Out of hours ( City of Edinburgh Council's out of hours service)

Opening Hours: Monday, Wednesday and Thursday 9am to 5pm, Tuesday 10am to 5pm and Friday 9am to 4pm.

W: <https://www.edinburgh.gov.uk/homeless-risk/access-point>

Summary: The Homelessness Team within The Access Point offers the same service as the Homelessness Teams within the localities, but only for people who: have significant support needs; are over the age of 16; and who are not responsible for the care of a child or children. Significant support needs include: mental health; alcohol use; drug use; learning difficulties; acquired brain injury; behavioural issues; suffering from sexual or physical abuse.

### **Supported Accommodation**

#### **Bethany Christian Trust - Gateway to Homes and Communities**

65 Bonnington Road  
Edinburgh EH6 5JQ

T: 0131 651 8930

E: [info@bethanychristiantrust.com](mailto:info@bethanychristiantrust.com)

W: <https://www.bethanychristiantrust.com/services/crisis-intervention/>

FB: <https://www.facebook.com/BethanyChristianTrust1/>

Tw: [https://twitter.com/\\_BethanyCT](https://twitter.com/_BethanyCT)

Summary: Fresh Start Emergency food, cleaning and toiletry packs available. Bethany Gateway are offering Starter Packs across Edinburgh and will deliver to Pilton 2 days a week (delivery to be confirmed at referral). Call 0131 651 8930 (Mon – Fri, 9am – 5pm). As well as meeting housing needs, we provide support to individuals and families to help them tackle long-term homelessness problems including addictions, debt, lack of furniture, unemployment and social isolation.

## Homelessness and Housing

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### **Supported Accommodation**

#### **Cyrenians - Residential Communities**

57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2354

W: <https://cyrenians.scot/how-we-help/128-our-residential-communities>

FB: <https://www.facebook.com/cyrenians>

Tw: <https://twitter.com/Cyrenians1968>

Inst: <https://www.instagram.com/cyrenians/>

YT: <https://www.youtube.com/user/cyrenians>

Summary: We support our residents to develop their confidence to live independently, supporting them to develop the life skills and experience they need to eventually move on and flourish in their own home. From shared meals, to support applying to education and employment opportunities, team building activities and navigating the day-to-day demands of household management, we support each of our community members towards a more sustainable living environment.

### **Supported Accommodation**

#### **Dunedin Harbour Hostel**

4 Parliament Street  
Leith  
Edinburgh EH6 6EB

T: 0131 624 5800

E: [hostel@dunedincanmore.org.uk](mailto:hostel@dunedincanmore.org.uk)

W: <https://www.dunedincanmore.org.uk/find-a-home/homelessness-advice/dunedin-harbour-hostel>

Summary: Dunedin Harbour hostel offers residents a pathway out of homelessness. This includes help with addiction issues, mental health, finding work and support to find a permanent home. We offer residents a range of activities, including gym groups, football sessions, cooking classes and alternative therapy sessions. Service users create a specialised support plan which is monitored and reviewed regularly. Staff also signpost service users to external agencies depending on their individual need. Referrals to Dunedin Harbour are made through the homeless team at City of Edinburgh Council.



### **Supported Accommodation**

#### **LinkLiving**

Link House

2c New Mart Road

Edinburgh EH14 1RL

T: 0330 303 0302

E: [enquiries@linkliving.org](mailto:enquiries@linkliving.org).

W: <https://www.linkliving.org.uk/about-us/what-we-do/homelessness-support/>

FB: <https://en-gb.facebook.com/LinkLiving/>

Tw: [https://twitter.com/Link\\_Living/](https://twitter.com/Link_Living/)

Summary: We run a number of services in Edinburgh and Fife for people who currently are, or are at risk of becoming homeless.

## Homelessness and Housing

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### **Youth**

#### **Stopover Project**

40 Grove Street  
Edinburgh EH3 8AT

T: 0131 229 6907

E: [stopover@foursquare.org.uk](mailto:stopover@foursquare.org.uk)

W: <https://www.foursquare.org.uk/wp-content/uploads/2020/06/STOPOVER.pdf>

FB: <https://www.facebook.com/efiedinburgh>

Summary: Provides emergency accommodation for young people ages 16 to 21 who are homeless or at risk. Young people can stay up to 3 months, or a bit longer if needed.

### **Youth**

#### **The Rock Trust**

55 Albany Street  
Edinburgh EH1 3QY

T: 0131 557 4059

Opening Hours: Open: Mon to Fri: 8.45am - 5.00pm

E: [admin@rocktrust.org](mailto:admin@rocktrust.org)

W: <https://www.rocktrust.org/>

FB: <https://www.facebook.com/TheRockTrust>

Summary: We are Scotland's youth-specific homelessness charity. Most of us are currently working from home, so our services are largely being delivered over the phone and sometimes using video chat. The best way to access our services is through our duty service which can be reached by phone on 0131 557 4059. As well as making referrals to our other services, our duty service offers advice, advocacy, support and help with practical things like food and small grants for things like travel, kitchenware, phones.

### **Youth**

#### **Ypeople - Your Home**

26 Leith Walk

Edinburgh EH6 5AA

T: 0131 603 9815

E: [YourHome@ypeople.org.uk](mailto:YourHome@ypeople.org.uk)

W: <https://www.ypeople.org.uk>

FB: <https://www.facebook.com/YPeopleCharity>

Tw: <https://twitter.com/YPeopleOrg>

YT: <https://www.instagram.com/ypeopleorg/>

Summary: Your Home provides support to people aged 16+ who are either transitioning out of homelessness to longer term accommodation or are at risk of becoming homeless.

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## Long Term Conditions

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### **All forms of organ transger**

#### **Organ Donation and Transplantation**

W: <https://www.odt.nhs.uk/information-for-patients/>

Summary: Useful resources page, links to articles and other transplant organisations.

### **Arthritis**

#### **Versus Arthritis**

Copeman House  
St Mary's Court  
St Mary's Gate  
Chesterfield S41 7TD

T: 0800 5200 520 - Helpline

Opening Times: Due to the current lockdown restrictions implemented as a result of rising cases of Coronavirus we currently have limited access to our offices across the UK.

E: <https://www.versusarthritis.org/contact-us/>

W: <https://www.versusarthritis.org/>

FB: <https://www.facebook.com/VersusArthritis>

Tw: <https://twitter.com/VersusArthritis>

Inst: <https://www.instagram.com/VersusArthritis/>

YT: <https://www.youtube.com/versusarthritis>

Summary: You don't need to face arthritis alone. Our advisors aim to bring all of the information and advice about arthritis into one place to provide tailored support for you. Call us for free today (Monday–Friday, 9am–8pm) Please note that our advisors aren't medically trained and are not able to offer you individual medical advice.

## Long Term Conditions

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### **Asthma/ Bronchitis/ Emphysema COPD**

#### **Asthma UK COVID-19 Advice Supporter Care Team**

Asthma UK  
18 Mansell Street,  
London, E1 8AA

T: 0300 222 5800 - Helpline

Opening Times: Helpline Open: Monday to Friday, 9am to 5pm

E: [info@asthma.org.uk](mailto:info@asthma.org.uk)

W: <https://www.asthma.org.uk/coronavirus/>

FB: <https://www.facebook.com/AsthmaUK>

Tw: <https://twitter.com/asthmauk>

Inst: <https://www.instagram.com/asthmauk/>

Summary: Health advice for people with asthma and important covid information.

### **Asthma/ Bronchitis/ Emphysema COPD**

#### **British Lung Foundation COVID-19 Advice**

British Lung Foundation  
18 Mansell Street  
London E1 8AA

T: 03000 030 555 - Helpline

Opening Times: Helpline Open: Monday to Friday, 9am to 5pm

W: <https://www.blf.org.uk/support-for-you/coronavirus>

FB: <https://www.facebook.com/britishlungfoundation>

Tw: <https://twitter.com/lunguk>

Inst: <https://www.instagram.com/britishlungfoundation/>

YT: <https://www.youtube.com/c/BritishLungFoundation>

Summary: This page helps you understand how you can reduce your risk of catching or becoming seriously ill with Covid-19. You should always follow the government guidance for your area, to make sure you are taking sensible steps to reduce the risk of getting or spreading coronavirus.

## Long Term Conditions

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### **Asthma/ Bronchitis/ Emphysema/COPD**

#### **Living with a chest condition - advice for COVID-19**

Chest Heart and Stroke Scotland,  
Regus, Office 507  
9-10 St Andrews Square  
Edinburgh EH2 2AF

T: 0808 801 0899 - Helpline

W: <https://www.chss.org.uk/coronavirus/coronavirus-advice/living-with-a-chest-condition/>

FB: <https://www.facebook.com/CHSScotland>

Tw: <https://twitter.com/CHSScotland>

YT: <https://www.youtube.com/user/CHSScotland>

Summary: Good advice for a person living with a chest, heart or stroke condition and the importance of following social distancing and government advice.

### **Asthma/ Bronchitis/ Emphysema/COPD**

#### **Living with Chronic Obstructive Pulmonary Disease (COPD)**

T: 0808 801 0899 - Helpline (CHSS)

Opening Times: Advice Line is open from Monday to Friday, 9.30am – 4.00pm.

E: [mylungsmylife-support@mlist.is.ed.ac.uk](mailto:mylungsmylife-support@mlist.is.ed.ac.uk)

W: <https://mylungsmylife.org/i-have-copd/>

Summary: Welcome to the section for people living with Chronic Obstructive Pulmonary Disease (COPD). This section is full of information, tips and advice to help you make choices about your COPD.



## Long Term Conditions

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### **Asthma/ Bronchitis/ Emphysema COPD**

#### **My Lungs/ My Life**

T: 0808 801 0899

W: <https://mylungsmylife.org/topics/i-have-asthma>

Summary: Good factsheets for Teenagers. Part of CHSS.

Please go to next entry

## Long Term Conditions

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### **Brain Injury**

#### **Edinburgh Headway Group - Brain Injury Charity**

Unit 4, 27 Peffer Place

Craigmillar

Edinburgh EH16 4BB

Fiona Robertson

T: 0131 370 0393

E: <http://www.edinburghheadway.org.uk/contact.php>

W: <http://www.edinburghheadway.org.uk/>

FB: <https://www.facebook.com/edinburghheadway>

Tw: <https://twitter.com/EdinHeadway>

Summary: Edinburgh Headway Group aims to empower and enrich the lives of adults who have survived an acquired brain injury. Covid-19 has halted face to face services. Members (and carers) now receive daily welfare calls from the staff team. Online rehabilitation services continue through on-line and 1:1 video cognitive activities led by our rehabilitation team to maintain continuity to members' daily structure. On-line physical rehabilitation videos and 1:1 home skype sessions, Seated Yoga and Tai Chi Zoom sessions, are led by our Gym Supervisor and qualified Yoga and Tai Chi instructors. Private Facebook groups/ chat rooms can be accessed to ensure our members and carers can keep connected safely and securely, maintain friendships within the group and provide a forum for peer support.

Please go to next entry

## Long Term Conditions

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### **Cancer**

#### **Blood Cancer UK**

111 George Street  
Edinburgh EH2 4JN

T: 0808 2080 888 - Support line

Opening Times: 10am to 7pm, Monday to Friday and 10am to 1pm on Saturday and Sunday

E: [support@bloodcancer.org.uk](mailto:support@bloodcancer.org.uk).

W: <https://bloodcancer.org.uk/>

FB: <https://www.facebook.com/bloodcanceruk.charity>

Tw: [https://twitter.com/bloodcancer\\_uk](https://twitter.com/bloodcancer_uk)

Inst: [https://www.instagram.com/bloodcancer\\_uk/](https://www.instagram.com/bloodcancer_uk/)

Summary: Blood Cancer UK fund research into leukaemia, lymphoma and myeloma. It also provides patient information booklets and leaflets that you can download or order from their website.

### **Cancer**

#### **Macmillan Cancer Support in Edinburgh Libraries**

T: 0131 242 8125

E: [Macmillan.libraries@edinburgh.gov.uk](mailto:Macmillan.libraries@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/libraries/macmillan-cancer-support-libraries>

Summary: The Macmillan@Edinburgh Libraries Team is still here to help, offering a telephone support service during Covid-19 for people affected by Cancer in Edinburgh. You can reach the voicemail service by calling 0131 242 8125 or alternatively you can speak to team members on the days listed below.

Every Monday, Margaret – 07710 854579.

Every Wednesday, Gaynor – 07894 802557.

Every Friday, Angela – 07562 437727.

## Long Term Conditions

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### **Cancer**

#### **Macmillan Telephone Buddy**

T: 0808 808 00 00

W: <https://www.macmillan.org.uk/telephonebuddies>

FB: <https://www.facebook.com/macmillancancer>

YT: <https://www.youtube.com/user/macmillancancer>

Summary: Going through cancer can be an isolating experience at any time, and especially when social distancing. Our free Telephone Buddy service is here for you. We'll match you with someone who understands what you're going through, and they'll give you a weekly call. To register sign up at [www.macmillan.org.uk](http://www.macmillan.org.uk) Further support: Call the Macmillan Support Line on 0808 808 00 00, 7 days a week, 8am to 8pm. You can also use the web chat. They can provide clinical, practical and financial information.

### **Cancer**

#### **Maggie's Edinburgh: Everyone's home of cancer care**

Maggie's Edinburgh, The Stables,  
Western General Hospital,  
Crewe Road,  
Edinburgh EH4 2XU

T: 0131 537 3131

E: [edinburgh@maggies.org](mailto:edinburgh@maggies.org)

W: <https://www.maggies.org/our-centres/maggies-edinburgh/>

Summary: We are here for you by phone, email, online, book a time to visit us and if you're already visiting the hospital, just come in.

## Long Term Conditions

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### **Cancer**

#### **Marie Curie Helper Service**

84 Albert Embankment  
London SE1 7TP

T: 0800 090 2309 - Helpline

T2: 0141 473 1785 - Referrals

Opening Times: Support Line Open 8am – 6pm Monday to Friday and 11am – 5pm on Saturday.

On bank holidays we are open 10am – 4pm.

W: <https://www.mariecurie.org.uk/professionals/patient-services/helper>

FB: <https://www.facebook.com/MarieCurieUK>

Tw: <https://twitter.com/mariecurieuk>

Inst: <https://www.instagram.com/mariecurieuk/>

YT: <https://www.youtube.com/user/mariecurieuk>

Summary: Face-to-face meetings have been suspended. Still taking new referrals and offering telephone support only. Contact Katie Wardlaw for more information

### **Cancer/Chemotherapy**

#### **Cancer Research UK**

PO BOX 1561  
Oxford OX4 9GZ

T: 0808 800 4040 - Helpline

Opening Times: Monday to Friday, 9am to 5pm

E: <https://www.cancerresearchuk.org/about-us/contact-us/talk-to-our-nurses?secure=true>

W: <https://www.cancerresearchuk.org/about-cancer/cancer-chat>

FB: <https://www.facebook.com/cancerresearchuk/>

Tw: [https://twitter.com/CR\\_UK](https://twitter.com/CR_UK)

Inst: [https://www.instagram.com/cr\\_uk/](https://www.instagram.com/cr_uk/)

Summary: Has a discussion forum and you can contact a nurse.

## Long Term Conditions

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### **Cancer/Chemotherapy**

#### **MacMillan Cancer Support**

9 Albert Embankment  
London SE1 7UQ

T: 0808 808 0000 - Helpline

Opening Times: Helpline Open: 7 days a week, 9am-5pm

W: <https://www.macmillan.org.uk/>

FB: [https://www.facebook.com/macmillancancer/?ref=py\\_c](https://www.facebook.com/macmillancancer/?ref=py_c)

Tw: <https://twitter.com/macmillancancer>

Summary: Extensive range of helpful information, helpline, online discussion forum. Lists local resources in Edinburgh, but note that face to face services are closed.

## Long Term Conditions

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### **Chest/Heart/Stroke**

#### **Ability Net - Strokes and Computing**

W: <https://abilitynet.org.uk/factsheets/stroke-and-computing>

Summary: The factsheet looks at how computers and tablets can be made easier to use after you have had a stroke. The factsheet goes on to look at how assistive technology can help and support you.

### **Chest/Heart/Stroke**

#### **Advocacy to Survivors of Stroke**

T: 0131 478 8866

E: [info@ears-advocacy.org.uk](mailto:info@ears-advocacy.org.uk)

W: <http://www.ears-advocacy.org.uk/our-services#stroke>

Summary: The EARS Team are mostly working from home and regularly checking telephone messages so please do get in touch with us on our contact numbers listed below if you need advocacy support. Your call will either be diverted to one of our workers or we'll pick up your voicemail message as soon as we can. If you would like more information, or would like to make a referral, you can email us at:

[info@ears-advocacy.org.uk](mailto:info@ears-advocacy.org.uk). This service is provided to anyone of any age who has had/survived a Stroke. The service is there to support those people who have had a Stroke to support them to move on from hospital and access additional services in the community. (EARS is currently only providing statutory advocacy (for example, Adult Protection, Mental Health Act or Adults with Incapacity referrals) for the time being. This is across all of their services.) Face-to-face meetings are currently suspended. For advocacy support, call 0131 478 8866.

## Long Term Conditions

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### **Chest/Heart/Stroke**

#### **Assistive Technology Enabled Care 24**

Edinburgh

T: 0131 200 2324

E: [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)

W: <https://www.edinburghhsc.scot/livingindependently/assistivetechology/>

Summary: Assistive Technology Enabled Care 24 (ATEC 24) was established in 2018 to bring together all the services in the Partnership that use technology to help people live safely in their homes as long as possible.

### **Chest/Heart/Stroke**

#### **Chest Heart and Stroke Scotland**

Regus, Office 507

9-10 St Andrews Square

Edinburgh EH2 2AF

T: 0808 801 0899 - Helpline

Opening Times: Advice Line is open from Monday to Friday, 9.30am – 4.00pm

W: <https://www.chss.org.uk/coronavirus/coronavirus-advice/>

FB: <https://www.facebook.com/CHSScotland>

Tw: <https://twitter.com/CHSScotland>

YT: <https://www.youtube.com/user/CHSScotland>

Summary: Existing advice line service, plus 'kindness callers' and volunteers. From friendly 'kindness' calls to check in on you regularly, to dog-walking, shopping or medication deliveries, our Kindness Volunteers are here to make sure you can stay safe and well in your own home.



## Long Term Conditions

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### **Chest/Heart/Stroke**

#### **Different Strokes**

9 Canon Harnett Court  
Wolverton Mill  
Milton Keynes MK12 5NF

T: 0345 130 7172 - Infoline

T2: 01908 317 618 - Admin Line

E: [info@differentstrokes.co.uk](mailto:info@differentstrokes.co.uk)

W: <https://differentstrokes.co.uk/what-we-do/find-a-support-group/>

FB: <https://www.facebook.com/differentstrokescharity/>

Tw: <https://twitter.com/diffstrokes>

Summary: We help younger stroke survivors and their families to reclaim their lives through active peer support. Please note that groups are not meeting face to face due to Covid-19 restrictions. Groups are meeting on Zoom.

### **Chest/Heart/Stroke**

#### **Edinburgh Community Rehab and Support Services**

62 Longstone Street  
Edinburgh

W: <https://services.nhsllothian.scot/ecps/PhysioAtHomeAndAssociatedServices/EdinburghCommunityStrokeService/Pages/default.aspx>

Summary: ECSS (Edinburgh Community Stroke Service) is a multidisciplinary service provided by Occupational Therapists, Physiotherapists, an Employment and Training Advisor and Community Support Workers for stroke specific rehabilitation and support within the community based on individual rehabilitation need and goals.

## Long Term Conditions

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### **Chest/Heart/Stroke**

#### **Edinburgh Community Stroke Service**

Edinburgh Community Rehabilitation and Support Services  
62 Longstone Street  
Edinburgh EH14 2DA

T: 0131 443 3837

E: [ECSS@edinburgh.gov.uk](mailto:ECSS@edinburgh.gov.uk)

W: <https://services.nhsllothian.scot/Stroke/community/Pages/ecss.aspx>

Summary: The Edinburgh Community Stroke Service (ECSS) provides person-centred, family-orientated rehabilitation and support for people recovering from stroke in the Edinburgh area, and is delivered through Edinburgh Community Rehabilitation and Support Services.

### **Chest/Heart/Stroke**

#### **Health By Science**

98 Giles Street,  
Leith  
Edinburgh EH6 6BZ

T: 0131 210 0002

E: [hello@healthbyscience.co.uk](mailto:hello@healthbyscience.co.uk)

W: <https://www.healthbyscience.co.uk/exercise-after-stroke/>

Summary: Your Rehab does not have to stop once you are discharged. The vast majority of stroke survivors don't meet the exercise guidelines. Don't get caught in the inactivity trap. Instead, improve your confidence and mobility with our experts.

## Long Term Conditions

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### **Chest/Heart/Stroke**

#### **Stroke Association**

Stroke Helpline

1 Sterling Business Park Salthouse Road,  
Brackmills,  
Northampton NN4 7EX

T: 0303 3033 100 - Helpline

Text: 18001 0303 3033 100

Opening Hours: Monday, Thursday and Friday: 9am – 5pm; Tuesday and Wednesday: 8am – 6pm;  
Saturday: 10am – 1pm; Sunday: Closed

W: <https://www.stroke.org.uk/>

FB: <https://www.facebook.com/TheStrokeAssociation>

Tw: <https://twitter.com/thestrokeassoc>

Inst: <https://www.instagram.com/thestrokeassociation/>

Summary: Our Stroke Helpline is a place for information and support. If you or someone you know has been affected by stroke, or you want to know more information on how to reduce your risk of a stroke, please get in touch.

### **Chest/Heart/Stroke**

#### **The Edinburgh Smart Home**

T1: 0131 443 3837

T2: 07761 330 031

E: [COTRS@edinburgh.gov.uk](mailto:COTRS@edinburgh.gov.uk)

E2: [anne-marie.seath@edinburgh.gov.uk](mailto:anne-marie.seath@edinburgh.gov.uk)

W: <https://www.edinburghhsc.scot/the-edinburgh-smart-home-is-open-for-remote-information-and-advice/>

Summary: We can aid with Smart home technology that supports safe and independent living for example digital devices (mobile phones, tablets). You can contact us for information and advice over telephone or email. Who would benefit from information and advice? Anyone with a disability within Edinburgh.

## Long Term Conditions

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### **Chronic Heart disease**

#### **British Heart Foundation - COVID Advice**

Greater London House,  
180 Hampstead Road,  
London NW1 7AW

T: 0300 330 3311 - Helpline

Opening Times: Helpline Open: Mon - Fri 9am - 5pm

W: <https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health>

FB: <https://www.facebook.com/bhf>

Tw: <https://twitter.com/TheBHF>

Inst: [https://www.instagram.com/the\\_bhf/](https://www.instagram.com/the_bhf/)

Summary: What Coronavirus means for you if you have heart or circulatory disease.

### **Chronic Heart disease**

#### **Heart Condition - COVID Advice from Chest, Heart and Stroke.**

Chest, Heart and Stroke (CHSS)  
Regus, Office 507  
9-10 St Andrews Square  
Edinburgh EH2 2AF

T: 0808 801 0899 - Helpline

W: <https://www.chss.org.uk/coronavirus/coronavirus-advice/living-with-a-heart-condition/>

FB: <https://www.facebook.com/CHSScotland>

Tw: <https://twitter.com/CHSScotland>

Inst: <https://www.instagram.com/chsscotland/>

YT: <https://www.youtube.com/user/CHSScotland>

Summary: Living with a chest, heart or stroke condition.

## Long Term Conditions

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### **Chronic Liver disease**

#### **Advice for parents, with children suffering a liver disease.**

Childrens Liver Disease Foundation  
38 Great Charles Street  
Birmingham B3 3JY

T: 0121 212 3839

E: [info@childliverdisease.org](mailto:info@childliverdisease.org)

W: <https://childliverdisease.org/coronavirus-update-for-parents/>

FB: <https://www.facebook.com/CLDFonline/>

Tw: <https://twitter.com/tweetcldf>

Inst: <https://www.instagram.com/cldfonline/>

Summary: Coronavirus Update for Parents - March 2020

### **Chronic Liver disease**

#### **British Liver Trust**

6 Dean Park Crescent  
Bournemouth BH1 1HL

T: 0800 652 7330 - Helpline

Opening Times: 10am to 3:00pm Monday to Friday

E: [helpline@britishlivertrust.org.uk](mailto:helpline@britishlivertrust.org.uk)

W: <https://britishlivertrust.org.uk/about-us/what-we-do/our-work-across-the-uk/our-work-in-scotland/>

FB: <https://www.facebook.com/britishlivertrust/>

Tw: <https://twitter.com/LiverTrust>

Inst: [https://www.instagram.com/british\\_liver\\_trust/?hl=en](https://www.instagram.com/british_liver_trust/?hl=en)

Summary: Our work in Scotland includes: health promotion, support groups/events, awareness raising, ambassadorial work, and partnership working. See web page for details.

## Long Term Conditions

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### **Chronic Liver disease**

#### **NHS Advice for living with a Liver Disease**

W: <https://www.nhs.uk/conditions/liver-disease/>

Summary: Useful information explaining types of liver disease, ways to avoid liver disease and guidance over Covid-19.

## Long Term Conditions

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### **Cystic Fibrosis**

#### **Butterfly Trust**

109/3 Swanston Road  
Edinburgh EH10 7DS

T: 0131 445 5590

E: [info@butterflytrust.org.uk](mailto:info@butterflytrust.org.uk)

W: <http://www.butterflytrust.org.uk/>

FB: <https://www.facebook.com/butterflytrust>

Tw: <https://twitter.com/Butterflytrust1>

Summary: The service emphasis the important role of physiotherapy, drugs and diet in the treatment of cystic fibrosis. The service offers a range of support and practical services.

### **Cystic Fibrosis**

#### **Living with a chest condition - advice for COVID-19**

Chest Heart and Stroke Scotland  
Regus, Office 507  
9-10 St Andrews Square  
Edinburgh EH2 2AF

T: 0808 801 0899 - Helpline

Opening Times: Advice Line is open from Monday to Friday, 9.30am – 4.00pm.

W: <https://www.chss.org.uk/coronavirus/coronavirus-advice/living-with-a-chest-condition/>

FB: <https://www.facebook.com/CHSScotland>

Tw: <https://twitter.com/CHSScotland>

Inst: <https://www.instagram.com/chsscotland/>

YT: <https://www.youtube.com/user/CHSScotland>

Summary: Good advice on living with a chest, heart or stroke condition and Covid-19 guidance.

### **Cystic Fibrosis**

#### **UK Cystic Fibrosis Medical Associations Statement on Coronavirus**

One Aldgate  
Second floor  
London EC3N 1RE

T: 0300 373 1000

T2: 020 3795 2184 - Helpline

Opening Times: Mon 9.30am-1.30pm; Tues 9.30am-4.30pm; Wed 9.30am-1.30pm;

Thurs 9.30am-4.30pm; Fri 9.30am-1.30pm

E: [helpline@cysticfibrosis.org.uk](mailto:helpline@cysticfibrosis.org.uk)

W: <https://www.cysticfibrosis.org.uk/news/uk-cf-medical-associations-statement-on-coronavirus>

FB: <https://www.facebook.com/cftrust>

Tw: <https://twitter.com/cftrust>

Inst: <https://www.instagram.com/cftrustuk/>

Summary: Guidance on the impact of coronavirus (COVID-19) infection on people with cystic fibrosis.

Please go to next entry



## Long Term Conditions

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### **Dementia: Health Care**

#### **Focus on Dementia/Healthcare Improvement Scotland**

W: <https://ihub.scot/improvement-programmes/focus-on-dementia/>

Summary: 90,000 people are living with dementia in Scotland. Around 3,200 of which are under the age of 65. As our population ages, the number of people with dementia will increase; we expect the number to double over the next 25 years. Focus on Dementia is a national improvement portfolio based within the improvement hub of Healthcare Improvement Scotland.

### **Dementia: Older People**

#### **Age Scotland**

T: 0800 12 44 222 – Helpline

Opening Hours: Monday to Friday 9am - 5pm

W: <https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/dementia/>

Summary: If someone receives a dementia diagnosis they and their family will have questions, including about what support they will receive. Our Early Stage Dementia Project team have produced a range of guides to help you. Download your copy for free using the links below.

W: <https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/dementia/>

Alternatively you can call the Age Scotland Helpline (0800 12 44 222 Monday to Friday 9am - 5pm) to request copies be posted to you free of charge.

## Long Term Conditions

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### **Dementia: Older People**

#### **North Edinburgh Dementia Care**

Seagrove Centre  
13 Fleming Place  
Edinburgh EH7 6GY

T: 0131 553 7147

W: [www.nedc.org.uk](http://www.nedc.org.uk)

FB: <https://www.facebook.com/NEDC-Seagrove-Centre-129189967132081/?form=MY01SV&OCID=MY01SV>

Summary: The Centre have re-opened their doors to service users and have been providing our day care service at a reduced capacity since 12th July.

### **Dementia: Older People**

#### **Space and Broomhouse Hub Beacon Club**

Space & Broomhouse Hub  
79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 455 7731

E: [admin@spacescot.org](mailto:admin@spacescot.org)

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

Summary: Our staff are supporting members of the Club, and their carers, with regular telephone calls, door step visits and activity packs. We are taking new referrals for people with dementia in South West Edinburgh, to offer a support service. Please contact [beaconclub@spacescot.org](mailto:beaconclub@spacescot.org) for more information.

## Long Term Conditions

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### **Dementia: Singing**

**The Forget Me Notes, singing group Edinburgh**

T: 0758 889 4587

Opening Times: Monday & Thursday at 2.00pm on Zoom

E: [admin@forgetmenotes.org.uk](mailto:admin@forgetmenotes.org.uk)

W: <https://www.forgetmenotes.org.uk/>

Summary: There is no criteria for joining the choir other than you like music. The choir is inclusive of all, aims to offer people a good social meeting place, challenges the stigma of dementia and create a sound that people enjoy listening to.

### **Dementia: Young People**

**Alzheimer Scotland**

160 Dundee Street  
Edinburgh EH11 1DQ

T: 0131 551 9350

Opening Hours: Monday-Thursday 9am-5pm and Friday 9am-2pm

E: [EdinburghServices@Alzscot.org](mailto:EdinburghServices@Alzscot.org)

W: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/edinburgh-office>

FB: <https://www.facebook.com/AlzheimerScotland/>

Summary: Alzheimer Scotland supports younger people living with dementia and their carers. Support is tailored to the individual's needs and circumstances. The service is currently providing: Outreach essential home support visits to reduce isolation, reduce carer stress, engage people in social activities and local walks. Telephone well-being calls for younger people living with dementia, including therapeutic activities over the phone, or via video call. Monthly Outdoor Carers Support Group Monthly online Young Onset Oasis D Café. Connect 2 telephone companion (befriending) for people living with dementia of any age. Bi-monthly service newsletter with local and national news and information.

## Long Term Conditions

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### **Diabetes**

#### **Diabetes UK**

The Venlaw  
349 Bath Street  
Glasgow G2 4AA

T: 0141 212 8710 - Helpline

Opening Times: Helpline Open: Monday–Friday, 9am–6pm

E: [helpline.scotland@diabetes.org.uk](mailto:helpline.scotland@diabetes.org.uk)

W: <https://www.diabetes.org.uk/>

FB: <https://www.facebook.com/diabetesuk/>

Tw: <https://twitter.com/DiabetesUK>

Inst: <https://www.instagram.com/diabetesuk/>

YT: <https://www.youtube.com/user/diabetesukcharity>

Summary: We are Diabetes UK. Our vision is a world where diabetes can do no harm. We're leading the fight against the UK's biggest and growing health crisis. And it's a fight that involves us all – sharing knowledge and taking on diabetes together.

## Long Term Conditions

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### **Hodgkin lymphoma**

**Cancer Research UK - Hodgkin lymphoma**

W: <https://about-cancer.cancerresearchuk.org/about-cancer/hodgkin-lymphoma>

Summary: Explains condition, treatment, guidance on living with the condition and support.

### **Hodgkin lymphoma**

**Health Talk - Lymphoma**

W: <https://healthtalk.org/lymphoma/overview>

Summary: The lymphoma section of Health Talk Online is based on themes that came out of research funded by Cancer Research UK. Around 40 people were interviewed to find out what it was like to have lymphoma.

## Long Term Conditions

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### **Hodgkin lymphoma**

#### **Lymphoma Action**

3 Cromwell Court New Street  
Aylesbury, HP20 2PB

T: 0808 808 5555 (press Option 1 for helpline)

Opening Times: Helpline Open: 10am to 3pm, Monday to Friday

E: [information@lymphoma-action.org.uk](mailto:information@lymphoma-action.org.uk)

W: <https://lymphoma-action.org.uk/>

FB: <https://www.facebook.com/LymphomaAction/>

Tw: <https://twitter.com/LymphomaAction>

Inst: [https://www.instagram.com/lymphoma\\_action/](https://www.instagram.com/lymphoma_action/)

YT: <https://www.youtube.com/c/lymphomaaction>

Summary: At Lymphoma Action, we've brought together the latest information about COVID-19 and how it affects people with lymphoma. This information comes from authoritative sources, including the UK government, NICE and the NHS, and is frequently updated to reflect the latest guidance.

### **Hodgkin lymphoma**

#### **Lymphoma Information Network**

W: <https://www.lymphomainfo.net/>

Summary: The Lymphoma Information Network is an American site, written by someone who has been through successful but intensive treatment for Hodgkin lymphoma. There is information about Hodgkin and non-Hodgkin lymphoma that is detailed and quite technical in places. This site is very thorough, with links and booklists.

## Long Term Conditions

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### **Huntingtons Disease**

#### **Scottish Huntington's Association**

Business First  
Burnbrae Road  
Paisley PA1 2FB

T: 0141 848 0308

E: [sha-admin@hdscotland.org](mailto:sha-admin@hdscotland.org)

W: <https://hdscotland.org/>

FB: <https://www.facebook.com/ScottishHuntingtonsAssociation>

Tw: <https://twitter.com/scottishhd>

YT: <https://www.youtube.com/user/ScottishHuntingtons>

Summary: We are transforming the landscape of care for HD affected families so that everyone gets the right support at the right time in the right way. Face to Face services are highly restricted due to Covid-19 restrictions. Staff are working from home and offering telephone and online support.

### **Immunosuppression therapies**

#### **American Cancer Society**

W: <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/low-blood-counts/infections/preventing-infections-in-people-with-cancer.html>

Summary: Has a good page on "Watching for and preventing infection".

## Long Term Conditions

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### **Interstitial lung disease**

#### **Action for Pulmonary Fibrosis**

Stuart House,  
East Wing  
St Johns Street  
Peterborough PE1 5DD

T: 01223 785725 - Help Line

T2: 01733 475642

Help Line: Leave a message giving your name and phone number. One of our team of specialist ILD nurses and patient ambassadors will call you back as soon as we can.

E: [info@actionpf.org](mailto:info@actionpf.org)

W: <https://www.actionpulmonaryfibrosis.org/>

FB: <https://www.facebook.com/actionpulmonaryfibrosis>

Tw: <https://twitter.com/ActionPFcharity>

Inst: <https://www.instagram.com/actionpulmonaryfibrosis/>

YT: <https://www.youtube.com/channel/UCizvTJ9QqJ9KXxfLpgnSQHw/videos>

Summary: Offers Helpline, guidance, access to support groups.

### **Interstitial lung disease**

#### **Breathing Matters - Fighting Pulmonary Fibrosis and Infection**

UCL Respiratory,  
Rayne Institute,  
5 University Street,  
London WC1E 6JF

T: 020 3549 5979

E: [breathingmatters@ucl.ac.uk](mailto:breathingmatters@ucl.ac.uk)

W: <https://www.breathingmatters.co.uk/>

FB: <https://www.facebook.com/BreathingMatters>

Summary: Site is aimed at fund raising but has a good range of articles about Interstitial lung disease in general and pulmonary fibrosis in particular.



## Long Term Conditions

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### **Kidney**

#### **Kidney Care UK**

3 The Windmills,  
St Mary's Close  
Turk Street  
Alton GU34 1EF

T: 01420 541424

Opening Times: Monday to Friday 9am - 5pm. Call, leave details and you will be called back.

E: <https://www.kidneycareuk.org/contact-us/>

W: <https://www.kidneycareuk.org/>

FB: <https://www.facebook.com/kidneycareuk.org>

Tw: <https://twitter.com/kidneycareuk>

Inst: <https://www.instagram.com/kidneycareuk/>

Summary: Good COVID-19 advice for kidney patients, runs Counselling Service; Advocacy Service and has a closed Facebook Group which can put you in touch with those affected by Kidney disease.

### **Leukaemia**

#### **African Caribbean Leukaemia Trust (ACLT)**

2a Garnet Road,  
Thornton Heath, CR7 8RD

T: 020 3757 7700

E: [info@aclt.org](mailto:info@aclt.org)

W: <https://aclt.org/>

FB: <https://www.facebook.com/acltcharity/>

Tw: <https://twitter.com/ACLTcharity>

Inst: <https://www.instagram.com/acltcharity/>

Summary: The African Caribbean Leukaemia Trust (ACLT) aims to increase the number of bone marrow and stem cells donors for African, African Caribbean and mixed parentage people in the UK who need a transplant.

## Long Term Conditions

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### **Leukaemia**

**Cancer Research UK**

W: <https://www.cancerresearchuk.org/about-cancer/leukaemia>

Summary: Explains the five different forms of Leukaemia: Acute myeloid leukaemia (AML); Acute lymphoblastic leukaemia (ALL); Chronic myeloid leukaemia (CML); Chronic lymphocytic leukaemia (CLL); Hairy cell leukaemia

### **Leukaemia**

#### **CLL Support Organisation**

Suite 112, 8 The Bridge

8 The Bridge

Chippenham SN15 1FY

T: 0800 977 4396 - Helpline

Opening Times: 24 hour membership telephone number

E: <https://www.clisupport.org.uk/contact-us/>

W: <https://www.clisupport.org.uk/>

FB: <https://www.facebook.com/CLLSupport/>

Summary: The CLL Support Organisation provides information and support to people with chronic lymphocytic leukaemia and their carers. It also promotes research into the treatment of CLL.

## Long Term Conditions

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### **Leukaemia**

#### **Leukaemia Cancer Society**

118 Myddleton Rd  
London N22 8NQ

T: 020 8374 4821

E: <https://www.leukaemiacancersociety.org/ask-doctor>

E2: [info@leukaemiacancersociety.org](mailto:info@leukaemiacancersociety.org)

W: <https://www.leukaemiacancersociety.org/>

FB: <https://www.facebook.com/leukaemia.cancer.society/>

Tw: <https://twitter.com/leukaemiauk>

Summary: The Leukaemia Cancer Society is a charity that provides information, support and has a befriending service. It's also involved in organising events to recruit donors for the stem cell registry, fundraising for research and raising awareness of blood cancers.

### **Leukaemia**

#### **Leukaemia Care**

One Birch Court  
Blackpole East  
Worcester, WR3 8SG

T: 08088 010 444

Opening Times: Monday to Friday 9am to 10pm, Saturday 9am to 12:30pm

E: [nurse@leukaemiacare.org.uk](mailto:nurse@leukaemiacare.org.uk)

W: <https://www.leukaemiacare.org.uk/>

FB: <https://www.facebook.com/LeukaemiaCare/>

Tw: <https://twitter.com/LeukaemiaCAREuk>

Inst: <https://www.instagram.com/leukaemiacareuk/>

Summary: Leukaemia Care is a national blood cancer support charity, committed to ensuring that anyone affected by blood cancer receives the right information, advice and support. It provides a range of support services to patients and their carers, including information, support groups, patient and carer conferences, and nurse education days. Nurse or support team number: Freephone 08088 010 444 (Monday to Friday 9am to 10pm, Saturdays 9am to 12:30pm).

## Long Term Conditions

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### **Liver**

#### **British Liver Trust**

6 Dean Park Crescent  
Bournemouth BH1 1HL

T: 07824 056686

E: [amy.caffrey@britishlivertrust.org.uk](mailto:amy.caffrey@britishlivertrust.org.uk)

W: <https://britishlivertrust.org.uk/support-type/transplant/>

FB: <https://www.facebook.com/britishlivertrust/>

Tw: <https://twitter.com/LiverTrust>

Inst: [https://www.instagram.com/british\\_liver\\_trust/?hl=en](https://www.instagram.com/british_liver_trust/?hl=en)

Summary: Amy Caffrey runs a support group at the Royal Infirmary of Edinburgh, Little France for those who have had a liver transplant. Please check with her to see if group is currently running due to Covid restrictions.

### **Myeloma**

#### **Cancer Research UK - Myeloma**

W: <https://www.cancerresearchuk.org/about-cancer/myeloma>

Summary: Good general round up of description of condition, treatment, available help resources.

## Long Term Conditions

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### **Myeloma**

#### **Myeloma UK**

22 Logie Mill  
Beaverbank Business Park  
Edinburgh EH7 4HG

T: 0800 980 3332 - Infoline

Opening Times: Infoline open Monday-Friday, 9am-5pm (closed weekends and most public holidays).

E: <https://www.myeloma.org.uk/help-and-support/ask-the-nurse/>

W: <https://www.myeloma.org.uk/>

FB: <https://www.facebook.com/myelomauk/>

Tw: <https://twitter.com/MyelomaUK>

Summary: Useful range of resources: dedicated "COVID-19 information hub"; infoline - 0800 980 3332; email the nurse service; guidance for living well with Myeloma; video section. Well used online forum.

### **Myeloma**

#### **UK Myeloma Forum**

E: <https://www.ukmf.org.uk/contact-us/>

W: <https://www.ukmf.org.uk/>

Summary: This organisation does not have a patient forum, but works closely with Myeloma UK. The website has information about clinical trials that are taking place in the UK and guidelines for the diagnosis and treatment of myeloma. This is really a site for researchers and doctors with an interest in myeloma. Much of the information is written in a very scientific way.

## Long Term Conditions

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### **Non-Hodgkin lymphoma**

**Cancer Research UK - Non-Hodgkin lymphoma**

W: <https://about-cancer.cancerresearchuk.org/about-cancer/non-hodgkin-lymphoma>

Summary: Explains condition, treatment, guidance on living with the condition and support organisation.

### **Non-Hodgkin lymphoma**

**Lymphoma Action**

T: 0808 808 5555 (press Option 1 for helpline)

Opening Times: 10am to 3pm, Monday to Friday

E: [information@lymphoma-action.org.uk](mailto:information@lymphoma-action.org.uk)

W: <https://lymphoma-action.org.uk/>

FB: <https://www.facebook.com/LymphomaAction/>

Tw: <https://twitter.com/LymphomaAction>

Inst: [https://www.instagram.com/lymphoma\\_action/](https://www.instagram.com/lymphoma_action/)

Summary: Good range of information, helpline and web chat. Face to face support groups have been halted because of Covid-19 but group activities are being run on the Lymphoma Action Facebook page.

## Long Term Conditions

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### **Non-Hodgkin lymphoma**

#### **Waldenstrom's Macroglobulinaemia**

T: 020 3096 7858 - Office

E: [info@wmuk.org.uk](mailto:info@wmuk.org.uk)

W: <https://www.wmuk.org.uk/>

FB: <https://www.facebook.com/WMUKsupport/>

Tw: <https://twitter.com/WmukInfo>

Summary: This UK group gives information and support to people affected by Waldenstrom's Macroglobulinaemia. Their volunteers can answer questions about their experience of specific treatments.

### **Pain**

#### **Pain Association**

Scotland Head Office,  
Suite D Moncrieffe Business Centre  
Friarton Road  
Perth PH2 8DG

T: 0800 783 6059

Opening Times: Monday-Friday 8.00am-4.30pm

E: [info@painassociation.com](mailto:info@painassociation.com)

W: <https://painassociation.co.uk/>

Tw: <https://twitter.com/painassocscot>

Inst: <https://www.instagram.com/painassocscot/>

Summary: A national charity that delivers professionally self-management pain education in the community.

## Long Term Conditions

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### **Perinatal Care**

#### **Crossreach - CrossReach Perinatal Service**

52 Queen Street  
Edinburgh EH2 3NS

E: [pnd@crossreach.org.uk](mailto:pnd@crossreach.org.uk)

W: <https://www.crossreach.org.uk/our-locations/crossreach-perinatal-service>

FB: <https://www.facebook.com/CrossReach1869/>

Tw: <https://twitter.com/CrossReach>

Summary: COVID-19 (Coronavirus) update 16th December 2020: We are operating as normal remotely but unfortunately are not currently in a position to accept new referrals. Please check back regularly here or monitor the CrossReach Twitter Page for information on when new enquiries are once again possible.

### **Receiving immunotherapy**

#### **Asco.org**

W: <https://www.cancer.net/navigating-cancer-care/how-cancer-treated/immunotherapy-and-vaccines/understanding-immunotherapy>

FB: <https://www.facebook.com/CancerDotNet>

Tw: <https://twitter.com/cancerdotnet>

Summary: American service but good page explaining immunotherapy.



## Long Term Conditions

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### **Receiving immunotherapy**

#### **MacMillian Cancer Support**

9 Albert Embankment  
London SE1 7UQ

T: 0808 808 00 00 - Helpline

Helpline Open: 7 days a week, 8am - 8pm

E: <https://www.macmillan.org.uk/about-us/contact-us/ask-macmillan-form.html>

W: <https://www.macmillan.org.uk/cancer-information-and-support/treatments-and-drugs/immunotherapy>

FB: <https://www.facebook.com/macmillancancer>

Tw: <https://twitter.com/macmillancancer>

Inst: <https://www.instagram.com/macmillancancer/>

Summary: Page explains immunotherapy and links the reader to MacMillans support services.

### **Removal of spleen**

#### **Lymphoma Action**

3 Cromwell Court  
New Street  
Aylesbury HP20 2PB

T: 0808 808 5555 (press Option 1 for helpline)

Opening Times: Mon-Fri 10am-3pm

E: [information@lymphoma-action.org.uk](mailto:information@lymphoma-action.org.uk)

W: <https://lymphoma-action.org.uk/about-lymphoma-treatment-lymphoma/splenectomy-having-your-spleen-removed>

FB: <https://www.facebook.com/LymphomaAction/>

Tw: <https://twitter.com/LymphomaAction>

Inst: [https://www.instagram.com/lymphoma\\_action/](https://www.instagram.com/lymphoma_action/)

Summary: Explains how Lymphoma can affect the spleen and what is involved in have a Splenectomy.

## Long Term Conditions

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### **Removal of spleen**

#### **MacMillan Cancer Support**

9 Albert Embankment  
London SE1 7UQ

T: 0808 808 00 00 - Helpline

Opening Times: Helpline Open: 7 days a week, 8am - 8pm

E: <https://www.macmillan.org.uk/about-us/contact-us/ask-macmillan-form.html>

W: <https://www.macmillan.org.uk/cancer-information-and-support/treatments-and-drugs/surgery-to-remove-the-spleen>

FB: <https://www.facebook.com/macmillancancer>

Tw: <https://twitter.com/macmillancancer>

Inst: <https://www.instagram.com/macmillancancer/>

Summary: Useful guidance on Splenectomy.

### **Removal of spleen**

#### **NHS - Spleen problems and spleen removal**

W: <https://www.nhs.uk/conditions/spleen-problems-and-spleen-removal/>

Summary: Guidance on spleen problems and spleen removal.

## Long Term Conditions

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### **Removal of spleen**

#### **The ITP support Association**

The Platelet Mission  
Kimbolton Road,  
Bolnhurst MK44 2EL

T: 01234 376 559

E: [info@itpsupport.org.uk](mailto:info@itpsupport.org.uk)

W: <https://www.itpsupport.org.uk/index.php/en/splenectomy>

FB: <https://www.facebook.com/ITPSuppAssoc/>

Tw: <https://twitter.com/ITPSupportAssoc>

Inst: <https://www.instagram.com/itpsupportassoc/>

Summary: ITP - stands for Immune thrombocytopenia it is a medical term for an autoimmune disorder (im- mune) causing a shortage of platelets (thrombocytopenia) and bruising (purpura). In acute cases a splenectomy may be carried out. Site gives helpful guidance.

### **Sarcoidosis**

#### **SarcoidosisUK**

214 China Works  
100 Black Prince Road  
London SE1 75J

T: 020 3389 7221

T2: 0800 014 8821 (Freephone)

Opening Hours: Our lines are open Monday to Friday 10am to 6pm

E: <https://www.sarcoidosisuk.org/about/contact/>

W: <https://www.sarcoidosisuk.org/>

Summary: SarcoidosisUK provides information and support to anyone affected by sarcoidosis. We also raise awareness and fund research into a cure for sarcoidosis. The site also explains the types of help available from the SarcoidosisUK's Support Hub e.g. NHS Nurse Helpline, Support Groups and Online Support.

## Long Term Conditions

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### **Sickle Cell**

#### **Sickle Cell Society**

54 Station Road  
London NW10 4UA

T: 020 8963 7794 (Shahnaz)

T2: 07923285013 (Stephanie)

W: <https://www.sicklecellsociety.org/>

FB: <https://www.facebook.com/SickleCellUK/>

Tw: <https://twitter.com/SickleCellUK>

Inst: <https://www.instagram.com/sicklecelluk/>

Summary: Helpline open 5 days a week from 10am to 5pm, on different days of the week the number and staff member will change, see web site for details.

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## Long Term Conditions - disAbility

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**Additional Support Needs:** [Activities](#), [Befriending](#), [Digital Health](#), [Grant Funding](#), [Mentoring](#), [Tailored Care Services](#), [Toilet Facilities](#).

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**Children Services:** [Complex Needs](#), [Mobility](#), [Parenting](#), [Play](#), [Respite Care](#), [School Holiday Provision](#), [Supportive Child Care](#).

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**Support Services:** [COPD](#), [Counselling](#), [Disabled Horse Riding](#), [Disability Employment Advisers](#), [Employability](#), [Families](#), [Independent Living](#), [Information Service](#), [Learning Disability](#), [Music Tuition](#), [Sensory Stimulation](#), [Social Support Chat](#), [Speech and Language Therapy](#), [Sports Activities](#),

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## Long Term Conditions - Disability Services

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### **Additional Support Needs**

#### **Capability Scotland - Craigmillar Service**

Units 9-15 SPACE  
11 Harewood Road  
Edinburgh EH16 4NT

T: 0131 661 1212

Opening Hours: Contact Capability Scotland for information.

E: [Craigmillar@capability.scot](mailto:Craigmillar@capability.scot)

W: <https://www.capability.scot/services/9-craigmillar-edinburgh>

FB: <https://www.facebook.com/CapabilityScotland>

Tw: <https://twitter.com/CapabilityScot>

Summary: Our day opportunities service at Craigmillar offers a variety of experiences and exciting programmes for you to get involved in. Please contact Capability Scotland for current availability.

### **Additional Support Needs**

#### **Capability Scotland**

1 Osborne Terrace  
Edinburgh EH12 5HG

T: 0131 337 9876 T2: 0131 346 2529

Opening Hours: Contact Capability Scotland for information.

E: <https://www.capability.scot/contact-us>

W: <http://www.capability-scotland.org.uk/>

FB: <https://www.facebook.com/CapabilityScotland>

Tw: <https://twitter.com/CapabilityScot>

Summary: Capability Scotland delivers exemplary care, support and education for disabled children and adults across Scotland.

### **Additional Support Needs**

#### **Share Scotland**

6B Moorpark Court  
33 Dava Street  
Glasgow G51 2JA

T: 0141 445 8992

E: <https://www.sharescotland.org.uk/contact/>

W: [www.sharescotland.org.uk](http://www.sharescotland.org.uk)

Summary: We are committed to providing practical, emotional and physical support to people with disabilities – so you, and the people you care about, can live the life you want.

### **Additional Support Needs**

#### **The Action Group**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2315

E: [info@actiongroup.org.uk](mailto:info@actiongroup.org.uk)

W: <https://actiongroup.org.uk/>

FB: <https://www.facebook.com/theactiongroup1/>

Summary: The Action Group for children and adults with support needs and learning disabilities and their carers. The Action Group offices are currently closed in line with current government guidance. Our main reception number 0131 475 2315 can still be used to contact us and we will pass your message on to the appropriate person.



### **Additional Support Needs: Activities**

#### **ECAS - Activities**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 07500 221618

Opening Hours: Times for individual Zoom classes can be found on the website

E: [hello@ecas.scot](mailto:hello@ecas.scot)

W: <https://www.ecas.scot/activities/>

FB: <https://www.facebook.com/EcasScot>

Tw: <https://twitter.com/EcasScot>

Inst: <https://www.instagram.com/ecasscot/>

YT: [https://www.youtube.com/channel/UCFx4zy5KD0uHU\\_rUGmgSQCw/videos](https://www.youtube.com/channel/UCFx4zy5KD0uHU_rUGmgSQCw/videos)

Summary: ECAS offers a wide range of activities by way of Zoom. Our Zoom sessions offer you the chance to improve your health and wellbeing and meet others through: Gentle exercise such as yoga and tai chi; Music, reading and creative writing and art groups; Computing – one to one sessions on topics of your choice. Our activities are specially for anyone over the age of 18 with a physical disability. We welcome everyone from complete beginners to advanced, and everyone in between. We supply all materials. All ECAS staff are trained, know their subject and have an enhanced disclosure certificate. Activities cost £2.30 per Zoom session. New members can try an activity for two weeks before signing up. We anticipate that in-person activities will resume when it is safe to do so.

### **Additional Support Needs: Befriending**

#### **ECAS - Friendly and practical help for people with a physical disability**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

E: [hello@ecas.scot](mailto:hello@ecas.scot)

W: <https://www.ecas.scot/activities/>

FB: <https://www.facebook.com/EcasScot>

Tw: <https://twitter.com/EcasScot>

Inst: <https://www.instagram.com/ecasscot/>

YT: [https://www.youtube.com/channel/UCFx4zy5KD0uHU\\_rUGmgSQCw/videos](https://www.youtube.com/channel/UCFx4zy5KD0uHU_rUGmgSQCw/videos)

Summary: ECAS befriending offers friendship and companionship for isolated, physically disabled adults living in Edinburgh. If you are in contact with someone who is isolated due to a physical disability we would like to hear from you. Staff currently working from home due to Covid-19 restrictions.

## Long Term Conditions - Disability Services

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### **Additional Support Needs: Digital Health**

#### **Keycomm Lothian Communication Technology Service**

1C Pennywell Road  
Edinburgh EH4 4PH

T: 0131 311 7130

W: <https://keycommaac.wordpress.com/>

FB: <https://www.facebook.com/keycommaac/>

Summary: Keycomm help people living in Edinburgh and the Lothians who have communication impairments make effective use of technology. Referrals can be made to Keycomm for a complete communication technology assessment.

### **Additional Support Needs: Grant Funding**

#### **ECAS - Grants Fund**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 07500 221618

W: <https://www.ecas.scot/grants/>

FB: <https://www.facebook.com/EcasScot>

Tw: <https://twitter.com/EcasScot>

Inst: <https://www.instagram.com/ecasscot/>

YT: [https://www.youtube.com/channel/UCFx4zy5KD0uHU\\_rUGmgSQCw/videos](https://www.youtube.com/channel/UCFx4zy5KD0uHU_rUGmgSQCw/videos)

Summary: ECAS gives out grants to help meet the costs of items or services which you can't get through welfare benefits and other sources. For example, we've helped people buy furniture, white goods and electronic goods; pay for a holiday; meet student fees; and more. The ECAS grant fund is suspended from 1st April 2021 due to uncertainty regarding future income. The Board of Directors will look to reintroduce the fund when ECAS' financial position allows.

## Long Term Conditions - Disability Services

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### **Additional Support Needs: Mentoring**

#### **ECAS - Young People's Partnership Service**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 07500 221618

W: <https://www.ecas.scot/young-people/>

FB: <https://www.facebook.com/EcasScot>

Tw: <https://twitter.com/EcasScot>

Inst: <https://www.instagram.com/ecasscot/>

YT: [https://www.youtube.com/channel/UCFx4zy5KD0uHU\\_rUGmgSQCw/videos](https://www.youtube.com/channel/UCFx4zy5KD0uHU_rUGmgSQCw/videos)

Summary: ECAS have taken the decision to pause the Young People's Service at this point due to continuing uncertainty of the impact from the pandemic situation. Therefore, this service will not be taking on referrals until further notice.

ECAS plan to reinstate the Young People's service and engagement with physically disabled young people in due course.

### **Additional Support Needs: Tailored Care Services**

#### **Poppy Homecare**

Wallyford  
East Lothian EH21 8BY

T: 07865 462635

E: [Poppyhomecare@hotmail.com](mailto:Poppyhomecare@hotmail.com)

W: [www.poppyhomecare.co.uk](http://www.poppyhomecare.co.uk)

FB: <https://www.facebook.com/poppyhomecareautismsupport/>

Summary: Poppy Homecare is an established company providing tailored care services for learning disabilities, physical disabilities and autism. We are based in East Lothian.

### **Additional Support Needs: Toilets**

#### **Changing Places Toilets Directory**

T: 01382 385 154

E: [PamisChangingPlaces@dundee.ac.uk](mailto:PamisChangingPlaces@dundee.ac.uk)

W: [www.changing-places.org/Default.aspx](http://www.changing-places.org/Default.aspx)

FB: <https://www.facebook.com/ChangingPlacesUK/>

Tw: [https://twitter.com/CP\\_Consortium](https://twitter.com/CP_Consortium)

Summary: Directory of accessible toilet facilities across the UK for people with profound and multiple learning disabilities, as well people with other physical disabilities such as spinal injuries, muscular dystrophy and multiple sclerosis who often need extra equipment and space to allow them to use the toilets safely and comfortably. These needs are met by Changing Places toilets.

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## Long Term Conditions - disAbility

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**Additional Support Needs:** [Activities](#), [Befriending](#), [Digital Health](#), [Grant Funding](#), [Mentoring](#), [Tailored Care Services](#), [Toilet Facilities](#).

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**Children Services:** [Complex Needs](#), [Mobility](#), [Parenting](#), [Play](#), [Respite Care](#), [School Holiday Provision](#), [Supportive Child Care](#).

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**Support Services:** [COPD](#), [Counselling](#), [Disabled Horse Riding](#), [Disability Employment Advisers](#), [Employability](#), [Families](#), [Independent Living](#), [Information Service](#), [Learning Disability](#), [Music Tuition](#), [Sensory Stimulation](#), [Social Support Chat](#), [Speech and Language Therapy](#), [Sports Activities](#),

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## Long Term Conditions - Disability Services

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### **Children Services**

#### **Children and Families Disability Team**

City of Edinburgh Council  
Edinburgh

T: 0131 200 2324

E: [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/socialcaredirect>

Summary: The City of Edinburgh Council Children and Families Disability Team can help children and young people with disabilities get access to services, their needs assessed and help with behaviour or sleep issues. Contact Social Care Direct to access the service.

### **Children Services**

#### **Enquire Additional Support for Learning**

Children in Scotland  
Rosebery House  
9 Haymarket Terrace  
Edinburgh EH12 5EZ

T: 0345 123 2303

Helpline open : Monday to Friday 1pm-4.30pm,

E: <https://enquire.org.uk/contact/>

W: [www.enquire.org.uk](http://www.enquire.org.uk)

Summary: Independent advice service on additional support for children's education and learning.

### **Children Services: Complex Needs**

#### **Teens Plus at Ravenscroft**

60 Ravenscroft Street  
Edinburgh EH17 8QW

T: 0131 672 2555

Opening Hours: Mon to Thurs: 9.00 am to 4.45 pm; Friday: 9.00 am to 1.00 pm

E: <https://www.teensplus.org.uk/contact>

W: <https://www.teensplus.org.uk/>

Summary: The Centre is our facility dedicated towards young people with complex communication needs, autism and it's complexities, and behaviours that challenge traditional services.

### **Children Services: Mobility**

#### **Whizz-Kidz**

2nd Floor, 30 Park Street  
London SE1 9EQ

T: 020 7233 6600

E: [info@whizz-kidz.org.uk](mailto:info@whizz-kidz.org.uk)

W: [www.whizz-kidz.org.uk](http://www.whizz-kidz.org.uk)

FB: <https://www.facebook.com/whizzkidz>

Tw: <https://twitter.com/WhizzKidz>

Inst: <https://www.instagram.com/whizzkidzuk/>

YT: <https://www.youtube.com/user/WhizzKidzUK/videos>

Summary: A nationwide charity that runs a whole range of services for young wheelchair users including residential camps, social clubs and wheelchair skills training.



## Long Term Conditions - Disability Services

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### **Children Services: Parenting**

**Parents and carers of children with disabilities in the City of Edinburgh - Facebook Group**

FB: <https://www.facebook.com/groups/495538157523959>

Summary: Facebook group run by The City of Edinburgh Council offering information on policy, services and support for parents and carers of children with disabilities.

### **Children Services: Parenting**

#### **Contact (for families with disabled children)**

The Melting Pot  
15 Calton Road  
Edinburgh EH8 8DL

T: 07458 046 071

E: [scotland.office@contact.org.uk](mailto:scotland.office@contact.org.uk)

W: <https://contact.org.uk/scotland/>

FB: <https://www.facebook.com/contactfamilies>

Tw: <https://twitter.com/contactfamilies>

YT: <https://www.youtube.com/contactfamilies>

Summary: We support families with the best possible guidance and information. We bring families together to support each other. And we help families to campaign, volunteer and fundraise to improve life for themselves and others.

## Long Term Conditions - Disability Services

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### **Children Services: Play**

#### **Playback Trust**

489 Lanark Road  
Edinburgh EH14 5DQ

T: 0131 453 4889

Opening Hours: Office hours Mon-Fri 9am-5pm.

E: [may@playbacktrust.net](mailto:may@playbacktrust.net)

W: [www.playbacktrust.net](http://www.playbacktrust.net)

Summary: Plans, organises and supports a wide range of everyday, taken for granted opportunities for young disabled people. The event and activity programme is based on the direct wishes of the young people, and includes arts, crafts, drama and dancing.

### **Children Services: Respite Care**

#### **Capability Scotland - Youth Zone**

Capability Scotland  
Osborne House  
1 Osborne Terrace  
Edinburgh EH12 5HG

T: 0131 347 1027 - Claire Carracher

Opening Hours: Contact Capability Scotland for information.

E: [YouthZone@capability.scot](mailto:YouthZone@capability.scot)

W: <https://www.capability.scot/services/19-youthzone-edinburgh>

FB: <https://www.facebook.com/CapabilityScotland>

Tw: <https://twitter.com/CapabilityScot>

Summary: Youth Zone provides two respite sessions a month between 9:45am and 1.45pm to young people between the age of 10-16.

## Long Term Conditions - Disability Services

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### **Children Services: School Holiday Provision**

#### **FABB**

The Treehouse Trossachs Tryst  
Invertrossachs Road  
Callander FK17 8HW

T: 01877 331 200

E: [info@fabb.org.uk](mailto:info@fabb.org.uk)

W: [www.fabb.org.uk](http://www.fabb.org.uk)

FB: <https://www.facebook.com/fabbscotland>

Tw: <https://twitter.com/fabbscotland>

Summary: Fabb Go provides school holiday provision for disabled children and young people within Edinburgh.

### **Children Services: Supportive Child care**

#### **Capability Scotland - Edinburgh Childcare 4 All**

Berkeley House  
285 Bath Street  
Glasgow G2 4JL

T: 0131 347 1027 - Lauren Stewart

Opening Hours: Contact Capability Scotland for information.

E: [ChildServices@capability.scot](mailto:ChildServices@capability.scot)

W: <https://www.capability.scot/services/16-edinburgh-childrens-services>

FB: <https://www.facebook.com/CapabilityScotland>

Tw: <https://twitter.com/CapabilityScot>

Summary: Childcare 4 All work alongside staff in mainstream childcare settings, including private nurseries, after school clubs, holiday clubs, playgroups and child-minders in order to develop their capacity to include children with additional support needs within their services. Currently we are providing a limited service where our support workers can work in one setting at a time to support children with ASN, usually they would be in 4 – 5 per week.

## Long Term Conditions - disAbility

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**Additional Support Needs**: [Activities](#), [Befriending](#), [Digital Health](#), [Grant Funding](#), [Mentoring](#), [Tailored Care Services](#), [Toilet Facilities](#).

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**Children Services**: [Complex Needs](#), [Mobility](#), [Parenting](#), [Play](#), [Respite Care](#), [School Holiday Provision](#), [Supportive Child Care](#).

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**Support Services**: [COPD](#), [Counselling](#), [Disabled Horse Riding](#), [Disability Employment Advisers](#), [Employability](#), [Families](#), [Independent Living](#), [Information Service](#), [Learning Disability](#), [Music Tuition](#), [Sensory Stimulation](#), [Social Support Chat](#), [Speech and Language Therapy](#), [Sports Activities](#),

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### **Support Services: Counselling**

#### **TalkTime Scotland**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 07774 210104

E: [talktimescotland@gmail.com](mailto:talktimescotland@gmail.com)

W: [www.talktimescotland.co.uk](http://www.talktimescotland.co.uk)

FB: <https://www.facebook.com/talktimescotland>

Tw: <https://twitter.com/talktimescot>

Summary: A free counselling service for young people aged 12-25 with physical disabilities and long-term health conditions. They offer a telephone and video service.

### **Support Services: COPD**

#### **Grapevine Disability Information Service for People affected with Respiratory Conditions**

Lothian Centre for Inclusive Living (LCiL)  
Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

E: [loth.grapevine@nhslothian.scot.nhs.uk](mailto:loth.grapevine@nhslothian.scot.nhs.uk)

W: <http://www.lothiancil.org.uk/>

Summary: Our Grapevine Community Respiratory Support Service works with Edinburgh Health and Social Care Partnership to support people affected by Chronic Obstructive Pulmonary Disease (COPD) and other respiratory conditions in Edinburgh and has now been extended to people who have developed long COVID 19 symptoms. We can assist and provide information on the following: benefits check; information on how to claim benefits; assistance to complete PIP, attendance allowance forms and ESA Work Capability Questionnaires. But also: employment and education, transport accessibility (blue badge, bus pass, taxi card etc...), information on grants/money for aids/equipment, housing, community care and Self-Directed Support, leisure, accessibility (i.e. Radar Key). People can be referred to LCiL's Grapevine Respiratory Support Service via health and social care practitioners such as GPs, practitioners from hospital and community respiratory teams, social workers, nurses, and NHS Link Workers using a Grapevine referral form.

## Long Term Conditions - Disability Services

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### **Support Services: Disabled Horse Riding**

#### **Drum Riding for the disabled Centre**

155 Drum Street Drum  
Estate Gilmerton  
Edinburgh EH17 8RX

T: 0131 664 5803

E: [drumrda@hotmail.co.uk](mailto:drumrda@hotmail.co.uk)

W: [www.drumrda.org.uk](http://www.drumrda.org.uk)

FB: <https://www.facebook.com/drumriding/?ref=bookmarks>

Tw: <https://www.instagram.com/drum.rda/>

Summary: Drum RDA provides the opportunity for over 200 regular riders to ride each year. All face to face groups suspended due to Covid-19 restrictions.

### **Support Services: Disabled Horse Riding**

#### **Ravelrig RDA (Riding for the Disabled Association)**

21 Ravelrig Gait  
Edinburgh EH14 7NH

T: 0131 449 7994

E: [organiser@ravelrig-rda.org.uk](mailto:organiser@ravelrig-rda.org.uk)

W: [www.ravelrig-RDA.org.uk](http://www.ravelrig-RDA.org.uk)

FB: <https://en-gb.facebook.com/Ravelrig-RDA-634358479918604/>

Tw: <https://twitter.com/RDARavelrig>

Summary: Ravelrig RDA now facilitates classes and therapeutic riding for around 120 riders per year and provides exciting and rewarding opportunities for more than 120 volunteers aged between 12 and 75. Currently operating a reduced service due to Covid-19 social distancing restrictions. A very reduced scale. Zoom meetings, and arts and crafts competitions are happening.

## Long Term Conditions - Disability Services

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### **Support Services: Families**

#### **Disability Behaviour Support Service (DBSS)**

City of Edinburgh Council  
Edinburgh

T: 0131 200 2324

W: <https://www.edinburgh.gov.uk/children-families/children-young-people-disabilities/1>

Summary: The City of Edinburgh Council Disability Behavioural Support Service provides a time limited intensive service to Edinburgh families with a disabled child aged between 4-18 years.

### **Support Services: Families**

#### **Disability Information Scotland**

Thorn House  
5 Rose Street  
Edinburgh EH2 2PR

T: 0300 323 9961 - Helpline

T2: 0778 620 0707

E: [info@disabilityscot.org.uk](mailto:info@disabilityscot.org.uk)

W: [www.disabilityscot.org.uk](http://www.disabilityscot.org.uk)

FB: <https://www.facebook.com/disabilityinfoscotland>

Tw: <https://twitter.com/disabilityscot>

Summary: Provides a wide range of information, guidance and a directory of support services. Based in Edinburgh.

## Long Term Conditions - Disability Services

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### **Support Services: Families**

#### **First Hand Lothian**

Strathmore Business Centre  
Hopetoun Gate  
8b McDonald Road  
Edinburgh EH7 4LZ

T: 0131 523 1322

Opening Hours: Mon-Fri 9am-5pm (Please leave a message on the answering machine).

E: [info@firsthand-lothian.org.uk](mailto:info@firsthand-lothian.org.uk)

W: <https://www.firsthand-lothian.org.uk/>

FB: <https://www.facebook.com/firsthandlothian>

Summary: Firsthand Lothian exists to support disadvantaged families and children with disabilities to achieve their full potential. Our skilled staff and volunteers help build resilience by working with families in their community, providing support and respite care.

### **Support Services: Independent Living**

#### **Disabled Living Centre**

Astley Ainsley Hospital  
133 Grange Loan  
Edinburgh EH9 2HL

T: 0131 537 9190

Opening Hours: the centre is open during office hours from Monday to Thursday. It is essential to make an appointment before visiting.

E: [ann-marie-seath@edinburgh.gov.uk](mailto:ann-marie-seath@edinburgh.gov.uk)

E2: [Lothian.dlc@nhslothian.scot.nhs.uk](mailto:Lothian.dlc@nhslothian.scot.nhs.uk)

W: <http://www.smart.scot.nhs.uk/disabled-living-centre>

Summary: At the Disabled Living Centre (SMART Centre, Astley Ainslie Hospital) you can see and try out equipment and explore other solutions to overcome difficulty undertaking activities of daily living. Please contact [ann-marie-seath@edinburgh.gov.uk](mailto:ann-marie-seath@edinburgh.gov.uk) for more details.



### **Support Services: Independent Living**

#### **Lothian Centre for Inclusive Living (LCiL)**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 537 9190

Opening Hours: Mon to Fri : 10.00am - 4.00pm

E: [admin@lothiancil.org.uk](mailto:admin@lothiancil.org.uk)

W: <http://www.lothiancil.org.uk/>

FB: <https://www.facebook.com/LothianCIL/>

Tw: <https://twitter.com/LothianCIL>

Summary: LCiL provide workshops, peer support groups and one to one peer support to help disabled people and parent carers increase their knowledge, skills, confidence and resilience.

### **Support Services: Independent Living**

#### **Self-Directed Support (SDSS)**

T: 0131 475 2623

E: [info@sdsscotland.org.uk](mailto:info@sdsscotland.org.uk)

W: [www.selfdirectedsupportscotland.org.uk/](http://www.selfdirectedsupportscotland.org.uk/)

FB: <https://www.facebook.com/SDSScotland>

Tw: <https://twitter.com/SDSScot>

Summary: Scottish Government website which provides information about self-directed support, how to access the correct support and information about potential services.

### **Support Services: Information Service**

#### **Grapevine Disability Information Service**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2370 - Advice line

Opening Hours: Advice line open 5 days a week: 0131 475 2370, Monday – Friday 10am-4pm  
(answer machine available during busy times).

E: [grapevine@lothiancil.org.uk](mailto:grapevine@lothiancil.org.uk)

W: <http://www.lothiancil.org.uk/our-services/grapevine/>

Summary: Grapevine specialises in providing disability information and advice on a range of matters from benefits, grants and trusts, housing, adaptations, self-directed support and independent living, including access rights, work and learning opportunities.

### **Employability**

#### **Disability Employment Adviser - Karen Robertson**

Wester Hailes Job Centre

50 Murrayburn Road

Edinburgh EH14 2SN

T: 0131 456 4379

E: [karen.robertson1@dwp.gov.uk](mailto:karen.robertson1@dwp.gov.uk)

Summary: Disability Employment Advisers (DEAs) can give you help and support regardless of your situation. - Wester Hailes

### **Employability**

#### **Disability Employment Adviser - Sarah Murie**

Livingstone Job Centre

The Centre

50 Almondvale Blvd

Edinburgh EH54 6QP

T: 0150 677 2671

E: [sarah.murie@dwp.gov.uk](mailto:sarah.murie@dwp.gov.uk)

Summary: Disability Employment Advisers (DEAs) can give you help and support regardless of your situation. - Livingstone

### **Employability**

#### **Disability Employment Adviser - Selena Hutton**

Leith Jobcentre Lyndean House  
199 Commercial Street  
Edinburgh EH6 7QP

T: 0131 555 8182

E: [selena.hutton@dwp.gov.uk](mailto:selena.hutton@dwp.gov.uk)

Summary: Disability Employment Advisers (DEAs) can give you help and support regardless of your situation. - Leith

### **Employability**

#### **Disability Employment Adviser - Timothy Byrd**

High Riggs Job Centre Plus  
20 High Riggs  
Edinburgh EH3 9HU

T: 0131 528 6864

E: [Timothy.byrd@dwp.gov.uk](mailto:Timothy.byrd@dwp.gov.uk)

Summary: Disability Employment Advisers (DEAs) can give you help and support regardless of your situation. - Edinburgh City and High Riggs

### **Employability**

#### **Enable Scotland**

Birch House

Bankhead Crossway South

Edinburgh EH11 4EP

T: 0300 0200 101

Opening Hours: Mon to Fri: 9.00am to 5.00pm

E: <https://www.enable.org.uk/contact/>

W: <https://www.enable.org.uk/area/edinburgh/>

FB: <https://www.facebook.com/enablescotland>

Tw: <https://twitter.com/ENABLEScotland>

YT: <https://www.youtube.com/channel/UCiarnmwpATAnu8YYI3F6wQ>

Summary: We provide a wide range of support services for people who have a learning disability in Edinburgh. We offer a wide range of support for adults who have a learning disability. Our approach is to help you plan and achieve the things you want to do in your life.

### **Learning Disability**

#### **Poppy Homecare**

Wallyford

East Lothian EH21 8BY

T: 07865462635

E: [euan@poppyhomecare.co.uk](mailto:euan@poppyhomecare.co.uk)

W: <https://www.poppyhomecare.co.uk/>

FB: <https://www.facebook.com/poppyhomecareautismsupport/>

Tw: <https://twitter.com/homecarepoppy>

Summary: Poppy Homecare is an established company providing tailored care services for learning disabilities, physical disabilities and autism. We are based in East Lothian. We provide services in the Edinburgh and Lothian areas. The service is set around a home environment but also includes a service outwith the home.

### **Learning Disability**

#### **Inclusion Alliance Edinburgh**

Office C, 2 Quayside Mills

Quayside Street

Leith

Edinburgh EH6 6EX

T: 0131 477 6501

E: [admin@inclusionalliance.org.uk](mailto:admin@inclusionalliance.org.uk)

W: <http://www.inclusionalliance.org.uk/>

Summary: Inclusion Alliance is a voluntary organisation providing a service to people with learning disabilities or high support needs to lead full lives as members of their local communities. The organisation is a response to the desire of people with learning difficulties to lead inclusive valued lives that are not segregated from the rest of their fellow citizens.

## Long Term Conditions - Disability Services

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### **Learning Disability**

#### **The Salvesen Mindroom Centre Suite**

4/3, Great Michael House  
14 Links Place  
Edinburgh EH6 7EZ

T: 0131 370 6730 - Direct Help and Support Service  
T2: 07810 331887 - Direct Help and Support Service

E: [directhelp@mindroom.org](mailto:directhelp@mindroom.org)

W: [www.mindroom.org](http://www.mindroom.org)

FB: <https://www.facebook.com/nomindleftbehind>

Tw: <https://twitter.com/MindroomInform>

Inst: <https://www.instagram.com/salvesenmindroomcentre/>

YT: [https://www.youtube.com/channel/UCYHag\\_KXH0QQM\\_WtM1rp3Aw/featu](https://www.youtube.com/channel/UCYHag_KXH0QQM_WtM1rp3Aw/featu)

Summary: Provides one-to-one support for families, offering practical advice, information, guidance and support to parents and carers of children, and to young people up to the age of 25 years with learning difficulties such as ADHD and Autism Spectrum Disorders.

### **Learning Disability**

#### **Upward Mobility**

Links House  
Level 4 15 Links Place  
Edinburgh EH6 7EZ

T: 0131 661 4411

E: [hello@upmo.org](mailto:hello@upmo.org)

W: [www.upmo.org](http://www.upmo.org)

FB: <https://www.facebook.com/upmoproject/>

Tw: <https://twitter.com/upmoproject>

Inst: [https://www.instagram.com/yoyo\\_cafe\\_edinburgh/](https://www.instagram.com/yoyo_cafe_edinburgh/)

YT: <https://www.youtube.com/user/UpwardMobilityProj>

Summary: Upmo is an Edinburgh based charity providing support and opportunity for adults with learning disabilities and autism. For more than a decade, we've been combining tailored support services with an increasingly respected curriculum of creative workshops, educational activities and vocational programmes.

### **Learning Disability**

#### **Visualise Scotland**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2337

E: [office@visualise.org.uk](mailto:office@visualise.org.uk)

W: [www.visualise.org.uk](http://www.visualise.org.uk)

Summary: A charity to support people with a variety of disabilities, including physical and learning disabilities and sensory or communication needs. At the moment, our office staff are working from home. Therefore, please contact them by email in the first instance. If it is an urgent enquiry then ensure to write your telephone number and we will contact you as soon as we can.

### **Music Tuition**

#### **Drake Music Scotland**

SPACE  
11 Harewood Road  
Edinburgh EH16 4NT

T: 0131 659 4766

Opening Hours: 09:00am - 5:00pm

E: [info@drakemusicscotland.org](mailto:info@drakemusicscotland.org)

W: <https://drakemusicscotland.org/>

FB: <https://www.facebook.com/drakemusicscotland/>

Tw: <https://twitter.com/DrakeMusicScot>

YT: <https://www.youtube.com/user/DrakeMusicScotland>

Summary: Scotland's leading organisation creating music making opportunities for children and adults with disabilities. Staff are working remotely due to Covid-19 restrictions.



### **Sensory Stimulation**

#### **Multi-Sensory Room**

Greengables Family Centre  
8A Niddrie House Gardens  
Edinburgh EH16 4UF

T: 0131 669 9083

Summary: The Multi-Sensory Room can be booked for hourly sessions for you to enjoy with your child for free.

### **Social Support Chat**

#### **Get2gether**

Thistle Centre of Wellbeing  
13 Queen's Walk  
Edinburgh EH16 4EA

T: 07867 179023

E: [admin@get2gether.org.uk](mailto:admin@get2gether.org.uk)

W: [www.get2gether.org.uk](http://www.get2gether.org.uk)

FB: <https://www.facebook.com/get2getherscotland/>

Tw: <https://twitter.com/get2getheredin>

Summary: Offering social and friendship opportunities to adults with disabilities in Edinburgh and the Lothians.

### **Speech and Language Therapy**

#### **Speech and Language Therapy**

NHS Lothian  
Edinburgh

W: <https://services.nhsllothian.scot/SLT/Pages/Paediatric-Speech-and-Language-Therapy-Service.aspx>

Summary: The NHS Lothian Children's Speech and Language Therapy department provides a range of services working with families and staff to support children's communication skills and/or eating, drinking and swallowing needs.

### **Speech and Language Therapy**

#### **The Speech Language Communication Company (SLCo)**

42-44 Castle Street  
Dundee DD1 3AQ

T: 01382 250060 - Helpline

T2: 07580 022151 - Mobile

E: [families@s-l-co.uk](mailto:families@s-l-co.uk)

W: <http://speech-language-communication-company.uk/>

FB: <https://www.facebook.com/slcoscotland/>

Tw: [https://twitter.com/s\\_l\\_co](https://twitter.com/s_l_co)

Summary: A Scottish registered charity which represents the interests of children and young adults with lived experience of speech, language and communication impairments, working towards their inclusion in society and supporting their parents and carers.

### **Sports Activities**

#### **Advantage Tennis Edinburgh - ASN Squad**

Craiglockhart Tennis Centre  
177 Colinton Road  
Edinburgh EH14 1BZ

W: <https://www.advantagetennis.org/sessions/autism-learning-disability-tennis-edinburgh.php>

Summary: We have suspended all tennis sessions and fundraising events indefinitely due to the COVID-19 pandemic. We have taken this action to keep our players, coaches, volunteers and supporters safe in uncertain times.

### **Sports Activities**

#### **Equal Adventure**

The Old Dairy  
Woodlands Industrial Estate  
Woodlands Terrace  
Granton on Spey PH26 3NA

T: 01479 861 200

W: <http://www.equaladventure.org/>

FB: <https://www.facebook.com/Equal-Adventure-91423945425/?ref=hl>

Summary: Offers inspiration and advice via working in special and mainstream schools tailoring outdoor education activities and experiences to try outdoor adventure and promotes inclusion for all. The service offers Walking, climbing and skiing outings, trips, holidays and expeditions. Expeditions are currently suspended due to Covid-19 restrictions.

### **Sports Activities**

#### **Lothian Disability Sport**

Meadowmill Sports Centre

By Tranent

Edinburgh EH33 1LZ

T: 07885 549 173 - Mobile

E: [admin@lothiandisabilitysport.co.uk](mailto:admin@lothiandisabilitysport.co.uk)

W: [www.lothiandisabilitysport.co.uk](http://www.lothiandisabilitysport.co.uk)

FB: <https://www.facebook.com/LothianDisabilitySport>

Tw: [https://twitter.com/LDS\\_Sport](https://twitter.com/LDS_Sport)

Summary: Provides adapted sport activities and opportunities for all people with a disability: cycling, karate, tennis, table tennis, swimming curling, rugby, multi-sports and fencing. This year they have been holding virtual events online. Check the site for latest details.

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## Long Term Conditions - Self Management

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### **Arthritis**

#### **Living Well with Arthritis in Scotland**

Versus Arthritis

Copeman House, St Mary's Court

St Mary's Gate

Chesterfield S41 7TD

T: 0300 790 0400

E: [enquiries@versusarthritis.org](mailto:enquiries@versusarthritis.org)

W: <https://www.versusarthritis.org/additional-services/living-well-with-arthritis-in-scotland/>

Summary: There are five workshop modules available, covering a range of topics: person centred self-management; effective communication; understanding pain and other symptoms; activity and exercise; managing change. The modules are delivered by trained volunteers who have experience of using self-management techniques to live well with a long-term condition.

### **Children and Young People**

#### **Children and Young People's Self-Management Service**

22 Laurie Street,

Edinburgh EH6 7AB

T: 0131 553 6553

E: [enquiries@childrenshealthscotland.org](mailto:enquiries@childrenshealthscotland.org)

W: <https://www.childrenshealthscotland.org/service/lothian-self-management/>

FB: <https://www.facebook.com/ChildrensHealthScotland/>

Tw: <https://twitter.com/ChildHealthScot>

Summary: Children's Health Scotland offers a Self-Management Service for children and young people with long-term health conditions. The Self-Management Service (SMS) is a Programme of face-to-face workshops and is available for children and young people living in the Lothians. If you live outside of the Lothians, take a look at our SMS:CONNECT Programme. Two SMS Programmes are available, one for children aged 10 to 12 and one for young people aged 13 to 17 years.

## Long Term Conditions - Self Management

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### **Community of Practice**

#### **Edinburgh Self Management network (ESMN) - Online Community of Practice**

**W:** <https://www.khub.net>

Summary: Edinburgh now has an online forum to support practitioners delivering or supporting people living with long term conditions. Established by ESMN, network members can use the platform to:

- connect with partners by completing your profile and start networking through the Members section
- contribute to Forum discussions and start your own topics of conversation
- build the online Library by adding your resources
- learn about partners' self management developments and updates in the Group Blogs, and write your own blog to share your news
- find out about upcoming Events, and publicise your Events to all Network members
- innovate self management approaches and developments by adding to the Ideas section, and vote/comment on ideas already posted.

Joining the online Community of Practice is quick and easy to do. Just follow these three steps:

- sign up to the Knowledge Hub (<https://www.khub.net>)
- search for the Edinburgh Self Management Network Community of Practice 'Group' and request to join
- Complete 'My Profile' to share information about your role in supporting citizens with self management.

### **Deafblind**

#### **Deafblind Scotland - Guide/Communicator Service**

1 Neasham Drive  
Lenzie  
Kirkintilloch  
Glasgow G66 3FA

T: 0141 777 7774

Tx: 07715 421 377 (office hours)

E: [info@dbscotland.org.uk](mailto:info@dbscotland.org.uk)

W: <https://dbscotland.org.uk/>

YT: <https://www.youtube.com/channel/UCaXkbn5t0p9kd0UibHOfpjQ>

Summary: Deafblind Scotland's Guide/Communicator service is available across Scotland. The service is tailored to meet an individual's needs. Guide/Communicators are highly skilled individuals, trained to be the eyes and ears of a deafblind person. They relay information, facilitate communication with others and ensure they are able to get about safely.



## Long Term Conditions - Self Management

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### Hearing Loss

#### City of Edinburgh Council Deaf Learners Service lipreading courses

W: <https://www.edinburgh.gov.uk/physical-disabilities/edinburgh-hearing-loss-support-directory/5>

E: [deaflearners@ea.edin.sch.uk](mailto:deaflearners@ea.edin.sch.uk)

Summary: This six week course runs for two hours each week. Suitable for people with a hearing loss and their partners/friends. For more information email [deaflearners@ea.edin.sch.uk](mailto:deaflearners@ea.edin.sch.uk)

### Hearing Loss

#### Deaf Action - Equipment service

Head Office

49 Albany Street

Edinburgh EH1 3QY

T: 0131 556 3128

Tx: 0131 557 0419

SMS: 07775 620 757

E: [specialistequipment@deafaction.org](mailto:specialistequipment@deafaction.org)

W: <http://www.deafaction.org/>

FB: <https://www.facebook.com/DeafActionFBpage>

Tw: <https://twitter.com/DeafAction>

Summary: If you live in the City of Edinburgh Council area and have a diagnosis of hearing loss you are entitled to certain pieces of free equipment. Contact Deaf Action for more information. As part of this service, Deaf Action can provide a text phone free of charge that you can use to contact the text relay service. They can also advise on purchasing a specialist landline phone that can enable you to communicate more effectively.

## Long Term Conditions - Self Management

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### **Hearing Loss**

#### **Deaf Action - Lipreading course**

Head Office  
49 Albany Street  
Edinburgh EH1 3QY

T: 01382 221 124  
Tx: 01382 227 052

W: [http://www.deafaction.org/our\\_courses/lipreading-classes/](http://www.deafaction.org/our_courses/lipreading-classes/)  
FB: <https://www.facebook.com/DeafActionFBpage>  
Tw: <https://twitter.com/DeafAction>

Summary: This course is free for two years. For details you can visit the Deaf Action website. To be put on the waiting list please contact Deaf Action using the contact details provided. The course is currently suspended due to Covid-19 restrictions.

### **Hearing Loss**

#### **Deaf Action - Support Services**

7/2 Slateford Green  
Edinburgh EH14 1NE

T: 0131 442 6924  
E: [slatefordgreen@deafaction.org](mailto:slatefordgreen@deafaction.org)  
W: [http://www.deafaction.org/our\\_services/support-services/](http://www.deafaction.org/our_services/support-services/)  
FB: <https://www.facebook.com/DeafActionUK/?form=MY01SV&OCID=MY01SV>

Summary: Our specialist staff team is located within the Dunedin Canmore Housing Association development at Slateford Green, where we provide Support Services to people who are deaf and who have additional needs. We support people in 15 flats at Slateford Green, in addition to providing an outreach support service to those in their own homes in Edinburgh, Lothians and Fife. Would you or a family member benefit from support in your own home? Contact us.

## Long Term Conditions - Self Management

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### **Hearing Loss**

#### **Hearing Dogs for Deaf People**

The Grange  
Wycombe Road  
Saunderton  
Princes Risborough HP27 9NS

T: 01844 348111 (voice) or 18001

Tx: 01844 348111(NGT/Text relay)

E: [applications@hearingdogs.org.uk](mailto:applications@hearingdogs.org.uk)

W: <https://www.hearingdogs.org.uk/apply/>

Summary: Hearing Dogs for Deaf People take applications for Hearing Dogs a number of times each year to support people with hearing loss. Dogs are provided free of charge to successful applicants and most partnerships are provided with support throughout the lifetime of the dog. The charity trains dogs to work in different roles depending on the needs of the applicant and include Confidence Companions, Sound 2 Support Dogs and Accredited Hearing Dogs.

### **Hearing Loss**

#### **Hearing Link - Community support volunteer service**

Eric Liddell Centre  
15 Morningside Road  
Edinburgh EH10 4DP

T: 07788 722 528

E: [scotland@hearinglink.org](mailto:scotland@hearinglink.org)

W: <https://www.hearinglink.org/connect/hearing-link-scotland/>

Summary: Hearing Link Scotland is based in Edinburgh and works to improve the quality of life for people with hearing loss in Scotland, as well as supporting partners, family and friends. We deliver key services such as group programmes and one-to-one support through our network of volunteers. We also deliver community events and provide training to local organisations, to raise awareness of the practical and emotional challenges faced by those living with hearing loss. Contact is being carried out by phone because of Covid-19 restrictions. Personalised bookable online sessions of 30-45 minutes. The opportunity for individual support on a specific issue (audiology, communication, technology, etc) or general hearing management as lockdown eases, for example. Bookable via the Helpdesk [helpdesk@hearinglink.org](mailto:helpdesk@hearinglink.org) or website [www.hearinglink.org/services/help-desk](http://www.hearinglink.org/services/help-desk). All Helpdesk Enquirers currently receive an option for a 1-2-1 session.

### **Hearing Loss**

#### **Hearing Link - Intensive Rehabilitation Programme**

The Grange  
Wycombe Road  
Saunderton  
Princes Risborough HP27 9NS

T: 0800 018 0527 - Helpline

T2: 01844 348111

E: [helpdesk@hearinglink.org](mailto:helpdesk@hearinglink.org)

W: <https://www.hearinglink.org/services/intensive-rehabilitation-programmes/>

Summary: For those with severe-to-profound hearing loss. This is a five-day residential course. Our intensive residential rehabilitation programmes take place over a period of five days and includes up to eight adults with a hearing loss. Many participants bring a family members or friend, and a few bring their children. There are up to 14 participants in total. Currently Suspended because of Covid-19 restrictions.

### **Hearing Loss**

#### **Hearing Link - LinkUps group support**

The Grange  
Wycombe Road  
Saunderton  
Princes Risborough HP27 9NS

T: 07739 581059

E: [helpdesk@hearinglink.org](mailto:helpdesk@hearinglink.org)

W: <https://www.hearinglink.org/services/linkups/>

Summary: This group covers aspects of self-management from coping strategies, to personal safety and managing frustrations. They are led by experienced volunteers who have personal experience of hearing loss, and aim to give you, a partner, family member or friend the information to help you each better manage the changes hearing loss can bring. Due to Covid-19, we are running Facilitator led groups online. These mini-groups of up to 8 people look to overcome general and complex issues around managing hearing loss. Practical and emotional support with input from Hearing Link Services volunteers with similar lived experiences. With IT support and speech to text reporting on-hand throughout.

## Long Term Conditions - Self Management

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### **Hearing Loss**

#### **Lipreading Practice**

E: [gloria@lipreadingpractice.co.uk](mailto:gloria@lipreadingpractice.co.uk)

W: <http://www.lipreadingpractice.co.uk/>

Summary: The site aims to enable those who have a hearing loss and who are unable to join a lipreading class the opportunity to develop lipreading skills. The material is designed to help to develop lipreading skills and to practise them in a safe environment.

### **Hearing Loss**

#### **Relay UK App**

W: <https://www.relayuk.bt.com/>

Summary: Relay UK (Previously Next Generation Text) - helping people with hearing and speech difficulties communicate with anyone over the phone, using the national relay service. Relay UK helps deaf, speech-impaired, and hearing people talk to each other over the phone using the relay service. Just type what you'd like to say, and read the replies in real-time, while an assistant relays the conversation. It's that easy. All you pay are your normal call charges. You pay nothing to use the service itself.

## Long Term Conditions - Self Management

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### **Hearing Loss**

#### **RNID - Get Help with Benefits**

T: 07741 164096

E: [jayne.armour@rnid.org.uk](mailto:jayne.armour@rnid.org.uk)

W: <https://rnid.org.uk/information-and-support/local-support-services/get-help-with-benefits/>

Summary: If you live in Scotland and are deaf or have hearing loss, we can help you find and apply for benefits and support. The coronavirus (Covid-19) outbreak means we've paused our face-to-face services, but local advisers are still here to help remotely if you have any questions about finding welfare benefits and advice.

### **Hearing Loss**

#### **RNID - Hearing Forces**

Brightfield Business Hub,  
9 Bakewell Road  
Orton, Southgate  
Peterborough, PE2 6XU

T: 07464 828452

E: [hearing.forces@rnid.org.uk](mailto:hearing.forces@rnid.org.uk)

W: <https://rnid.org.uk/information-and-support/local-support-services/support-for-older-veterans/>

FB: <https://www.facebook.com/rnid>

Tw: <https://twitter.com/rnid>

Inst: [https://www.instagram.com/rnid\\_uk/](https://www.instagram.com/rnid_uk/)

YT: <https://www.youtube.com/c/rniduk>

Summary: Hearing Forces offers information and support in easy-to-access local community settings and people's homes throughout Scotland. We make sure that veterans, their families and their carers get the support they need to address any concerns about their hearing loss or tinnitus.

## Long Term Conditions - Self Management

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### **Hearing Loss**

#### **RNID - Information Line**

9 Bakewell Road  
Orton, Southgate  
Peterborough PE2 6XU

T: 0808 808 0123 - Infoline

T2: 0808 808 9000 - Text phone

Tx: 0780 000 0360

Information Line is open Monday to Friday, 9am to 5pm

E: [information@rnid.org.uk](mailto:information@rnid.org.uk)

W: <https://rnid.org.uk/information-and-support/information-line/>

FB: <https://www.facebook.com/rnid>

Tw: <https://twitter.com/rnid>

Inst: [https://www.instagram.com/rnid\\_uk/](https://www.instagram.com/rnid_uk/)

YT: <https://www.youtube.com/c/rniduk>

Summary: Hear to Inform and Connect delivers information and support around Hearing Loss and the assistive technology which can support those with hearing Loss.

### **Hearing Loss**

#### **Scottish Course to Train Tutors of Lipreading**

T: 0808 808 0123

Tx: 0808 808 9000 - Text Phone

E: [scctlipreading@gmail.com](mailto:scctlipreading@gmail.com)

W: <http://www.scotlipreading.org.uk/>

Summary: You can visit the Scottish Course to Train Tutors of Lipreading to look at some videos and find out whether lipreading is for you.

## Long Term Conditions - Self Management

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### **Hearing Loss**

#### **The Edinburgh Smart Home**

T1: 0131 443 3837

T2: 07761330031

E: [COTRS@edinburgh.gov.uk](mailto:COTRS@edinburgh.gov.uk)

E2: [anne-marie.seath@edinburgh.gov.uk](mailto:anne-marie.seath@edinburgh.gov.uk)

W: <https://www.edinburghhsc.scot/the-edinburgh-smart-home-is-open-for-remote-information-and-advice/>

Summary: Edinburgh Health and Social Care Partnership's Smart Home has an extensive selection of technology to demonstrate to Deaf people or people with a hearing loss: keep you safe; keep you connected; keep you participating in-and out-doors; keep you well; keep you informed. During COVID we are open for information and advice through email and phone. We shall update this when access to the Smart Home changes.

### **Mental Health**

#### **Mental Health Foundation: Self-management of mental ill-health**

W: <https://www.mentalhealth.org.uk/a-to-z/s/self-management-mental-ill-health>

Summary: Our self-management courses focus on setting goals (eg lose two stone, have a good night's sleep, take their first train ride, learn to read, get back to work, live independently) and getting people working together to try to overcome the problems that will stop them achieving those goals.



## Long Term Conditions - Self Management

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### **Mental Health: Bipolar**

#### **Bipolar Scotland - Self-Management Training (SMT)**

Studio 1015  
Mile End Mill  
Seedhill Road  
Paisley PA1 1TJ

T: 0141 560 2050

W: <https://www.bipolarscotland.org.uk/self-management-training>

Summary: Recovering from bipolar is often rooted in an individual's ability to manage the condition. Bipolar Scotland runs a modular Self-Management Training (SMT) course which teaches people how to recognise personal triggers and early warning signs which can then help them take action to prevent a mood escalating into severe depression or mania. Each SMT course runs over two full days (normally weekends) and a follow-up half-day (morning only) four weeks later. Each course can accommodate 12 people and all participants should be able to participate on all three days. We try to run 3-4 courses each year in locations around Scotland. All SMT course participants must be Bipolar Scotland members and you can join by calling our office on 0141 560 2050.

### **Mental Health**

#### **The Thistle Foundation**

13 Queen's Walk  
Edinburgh EH16 4EA

T: 0131 661 3366

E: [hello@thistle.org.uk](mailto:hello@thistle.org.uk)

W: <https://www.thistle.org.uk/>

FB: <https://www.facebook.com/thistlefoundation>

Tw: <https://twitter.com/thistlecharity>

Summary: We are keeping in touch with people currently using our service by phone and online, and are continuing to offer 1:1 support. The centre is closed because of Covid-19 but our group-based support options - Lifestyle Management, mindfulness and exercise-based supports - are happening online. You can self-refer or be referred by a health or social care practitioner. Please direct all referrals to:

[referrals@thistle.org.uk](mailto:referrals@thistle.org.uk)

## Long Term Conditions - Self Management

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### **Mental Health**

#### **Thistle Foundation - Lifestyle Management Course**

13 Queen's Walk  
Edinburgh EH16 4EA

T: 07552 277 416

E: [hello@thistle.org.uk](mailto:hello@thistle.org.uk)

W: <https://www.thistle.org.uk/>

FB: <https://www.facebook.com/thistlefoundation>

Tw: <https://twitter.com/thistlecharity>

Summary: Online group-based Lifestyle Management course - self-refer or be referred by a health or social care practitioner. Find out more about Lifestyle Management: to organise a one hour introductory session for you and your team, email [ross.grieve@thistle.org.uk](mailto:ross.grieve@thistle.org.uk)

### **Mental Health**

#### **Thistle Foundation - Mindfulness**

13 Queen's Walk  
Edinburgh EH16 4EA

T: 07552 277 416

E: [hello@thistle.org.uk](mailto:hello@thistle.org.uk)

W: <https://www.thistle.org.uk/>

FB: <https://www.facebook.com/thistlefoundation>

Tw: <https://twitter.com/thistlecharity>

Summary: Online group-based Mindfulness course - self-refer or be referred by a health or social care practitioner. Please direct all referrals to: [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk)

## Long Term Conditions - Self Management

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### **Mental Health**

#### **Thistle Foundation - Wellbeing Coaching**

13 Queen's Walk  
Edinburgh EH16 4EA

T: 07552 277 416

E: [hello@thistle.org.uk](mailto:hello@thistle.org.uk)

W: <https://www.thistle.org.uk/>

FB: <https://www.facebook.com/thistlefoundation>

Tw: <https://twitter.com/thistlecharity>

Summary: Remote self-management support - 1:1 Wellbeing coaching. Please direct all referrals to: [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk)

### **Mental Health**

#### **Thistle Foundation - Long Covid**

13 Queen's Walk  
Edinburgh EH16 4EA

T: 07552 277 416

E: [hello@thistle.org.uk](mailto:hello@thistle.org.uk)

W: <https://www.thistle.org.uk/>

FB: <https://www.facebook.com/thistlefoundation>

Tw: <https://twitter.com/thistlecharity>

Summary: We know many people are struggling with debilitating ongoing symptoms of Long Covid and are pleased to be able to offer both online and telephone support to people experiencing this. Thistle has long-standing expertise supporting people living with post-viral fatigue, Chronic Fatigue Syndrome and ME, as well as other health conditions. Please direct all referrals to: [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk)

## Long Term Conditions - Self Management

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### **Mental Health**

#### **Thistle Foundation - Long term health condition support**

13 Queen's Walk  
Edinburgh EH16 4EA

T: 07552 277 416

E: [hello@thistle.org.uk](mailto:hello@thistle.org.uk)

W: <https://www.thistle.org.uk/>

FB: <https://www.facebook.com/thistlefoundation>

Tw: <https://twitter.com/thistlecharity>

Summary: We now offer our full range of self-management supports for people living with long term physical or mental health conditions online and over the phone. These include 1:1 Wellbeing Coaching, Lifestyle Management courses and Mindfulness courses. We do not operate an exclusion criteria. Please direct all referrals to: [referrals@thistle.org.uk](mailto:referrals@thistle.org.uk)

### **Pain**

#### **Pain Association Scotland**

Suite D, Moncrieffe Business Centre  
Friarton Road  
Perth PH2 8DG

T: 0800 783 6059

E: [info@painassociation.com](mailto:info@painassociation.com)

W: <https://painassociation.co.uk/what-we-deliver>

Tw: <https://twitter.com/painassocscot>

Inst: <https://www.instagram.com/painassocscot/>

YT: <https://www.youtube.com/playlist?list=UUYV0TyHQdOrHQJbI4OtxLIQ>

Summary: Develop Skills to self-manage your condition. Professionally led groups focus on helping you to improve the equality of your life.

## Long Term Conditions - Self Management

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### **Self Management Network**

#### **Health and Social Care Alliance Scotland - Self Management Network Scotland**

349 Bath Street  
Glasgow G2 4AA

T: 0141 404 0231

E: [info@alliance-scotland.org.uk](mailto:info@alliance-scotland.org.uk)

W: <https://www.alliance-scotland.org.uk/self-management-and-co-production-hub/self-management-network/>

FB: <https://www.facebook.com/ALLIANCEscot/>

Tw: <https://twitter.com/ALLIANCEscot>

Inst: <https://www.instagram.com/alliance.scot/>

YT: <https://www.youtube.com/user/AllianceScotland>

Summary: Join, share and learn with others in Scotland working to raise the profile and improve understanding of self management. The Self Management Network Scotland has over 650 members and we welcome membership from a wide range of individuals who are all, in some way, stakeholders in self management. If you have any questions about Self Management Network Scotland please email: [info@alliance-scotland.org.uk](mailto:info@alliance-scotland.org.uk) or call 0141 404 0231.

### **Support Worker**

#### **Self Management Support Worker**

T: 0131 475 2554

T2: 07396 591 871

SMS: 07396 591 871

E: [SMW@lothiancil.org.uk](mailto:SMW@lothiancil.org.uk)

W: [www.lothiancil.org.uk](http://www.lothiancil.org.uk)

Summary: The Support Worker can help you think about what matters to you. Supporting you to develop skills to: take care of your illness or condition by taking care of you; manage your emotional challenges and changes; have better control and plan your life day by day. The Self Management Support Worker can connect you with people or activities in your local community. They can also support you to learn from, or share with, other people who live with Long Term Conditions. This service is free!

## Long Term Conditions - Self Management

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### **Training Provider**

#### **Self Management UK**

Suite 409, Chadwick House  
Birchwood Park  
Warrington WA3 6AE

E: [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org)

W: <https://www.selfmanagementuk.org/>

FB: <https://www.facebook.com/selfmanagementuk>

Tw: <https://mobile.twitter.com/SelfManageUK>

Inst: <https://www.instagram.com/selfmanagementuk/>

Summary: Self Management UK educates people in the knowledge, skills and confidence needed to improve wellbeing. Self-management does not mean doing it alone. We help people make informed choices about what services and support they want and need and how to work in partnership with healthcare teams. Self Management UK is a charity providing support and education to people with long-term health conditions. Our education courses are designed to give people with long-term conditions, and their Carers, the choices for how they can live better and healthier lives. They are delivered by peer tutors. We are able to operate courses across England and Wales as well as offer virtual video-style courses and some online user guided course.

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## Money, Advice and Food Services

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### **Advice Service**

#### **Citizens Advice Helpline**

T: 0800 028 1456 - Helpline

Opening Hours: Monday to Friday, 9am to 5pm

W: <https://www.cas.org.uk/>

Summary: Personal, one-to-one advice and information on employment, housing, debt, benefits and consumer issues like energy bills.

### **Advice Service**

#### **TURN TO US - Edinburgh Trust Fund**

Edinburgh

E: [edinburgh@turn2us.org.uk](mailto:edinburgh@turn2us.org.uk)

W: <https://www.turn2us.org.uk/get-support/Turn2us-Funds/Edinburgh-Trust>

FB: <https://www.facebook.com/turn2us>

Tw: [https://twitter.com/turn2us\\_org](https://twitter.com/turn2us_org)

Inst: [https://www.instagram.com/turn2us\\_org/](https://www.instagram.com/turn2us_org/)

YT: <https://www.youtube.com/user/Turn2us>

Summary: The Edinburgh Trust could help in several ways:

- Providing a one-off grant to meet an identified need
- Completing a welfare benefits check to ensure someone is receiving all they are entitled to
- Signposting to other sources of support.

We've helped thousands of people across the City of Edinburgh. Many people come to us after having had a difficult time in life such as unemployment, physical or mental illness or other problems.

The grants we give can be used to buy household items such as cookers, washing machines, beds, fridges and carpets. We can also help people meet their essential living and travelling costs and pay bankruptcy fees.



### **Charity - Financial Support**

#### **Float Trust**

The Melting Pot  
5 Rose Street  
Edinburgh EH2 2PR

E: [info@float.scot](mailto:info@float.scot)

Tw: <https://twitter.com/floattrust?lang=en>

Summary: Float Trust provides 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.

### **Debt Counselling**

#### **Advice Shop**

249 High Street  
Edinburgh EH1 1YJ

T: 0131 200 2360

Advice Line open: Monday, Wednesday, Thursday 8.30am to 4.30pm; Tuesday 10am to 4.30pm; Friday 8.30am to 3.40pm

E: [advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk)

W: <http://www.edinburgh.gov.uk/advice-shop>

Summary: Help with income maximisation and all aspects of benefit entitlements, form filling, claims and disputes. Help to resolve all problematic personal debt issues. Benefits advice includes Universal Credit, Employment Support Allowance, Personal Independence Payment, Attendance Allowance, Pension Credit, Tax Credits etc.

We have a specialist Macmillan welfare rights service for people affected by cancer – patients and family members.

Debt advice includes support to deal with Council Tax, credit card debts, bank loans, rent arrears, catalogue debt, overdrafts etc. We can assist with bankruptcy applications and represent at sheriff court to prevent eviction due to rent arrears. We aim to put more money in people's pockets and help reduce stress and anxiety around income and expenditure. We continue to provide welfare rights and debt advice through our Advice Line (0131 200 2360) and email [advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk).

## Money, Advice and Food Services

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### **Debt Counselling**

#### **CHAI - Community Help and Advice Initiative**

5th Floor, Riverside House,  
502 Gorgie Road,  
Edinburgh EH11 3AF

T: 0131 442 2100

T2: 0131 442 1009 - Advice Service

W: <http://www.chaiedinburgh.org.uk/>

Tw: <https://twitter.com/chaiedinburgh>

Summary: CHAI is still available to provide advice and information over the phone. To book a telephone appointment please phone the office during working hours. In the meantime, to assist anyone who is impacted by job losses, reductions in hours or short-time working as a consequence of the Coronavirus outbreak click on this link: <http://www.chaiedinburgh.org.uk/coronavirus-what-help-is-available/>

### **Debt Counselling**

#### **Christians Against Poverty (CAP)**

Jubilee Mill,  
North Street,  
Bradford BD1 4EW

T: 0800 328 0006 - Debt Helpline

Helpline Open: Mon to Thurs: 9.30am - 5.00pm Fri: 9.30am - 3.30pm

E: [info@capuk.org](mailto:info@capuk.org)

W: <https://capuk.org/i-want-help/our-services/cap-debt-help/help-in-scotland>

FB: <https://www.facebook.com/CAPuk>

Tw: <https://twitter.com/CAPuk>

Inst: [https://www.instagram.com/capuk\\_org/](https://www.instagram.com/capuk_org/)

YT: [https://www.youtube.com/channel/UCs\\_xMCD1ykGf-wnIQ2UJ1g](https://www.youtube.com/channel/UCs_xMCD1ykGf-wnIQ2UJ1g)

Summary: The CAP Edinburgh team is able to take new appointment bookings for its Debt Help service via its helpline. The CAP Edinburgh team also holds a weekly Friday Cafe in the Mustard Seed, 170 Easter Road, EH7 5QE. The Cafe begins with Breakfast 10am - 11am, Course Discussion 11am - 12noon, Lunch 12 - 1pm. At the Cafe you can gain skills to lift the pressure of low income life or to step confidently into employment. For more information contact Mark Harris on 07519 268800 [markharris@capuk.org](mailto:markharris@capuk.org)

### **Debt Counselling**

#### **Debt Advice Foundation - Helpline**

1 Anchor Court  
Commercial Road  
Darwen BB3 0DB

T: 0800 043 4050 - Helpline  
T2: 01254 778 404 - Office Reception  
Opening Hours: Monday to Friday 8am to 6pm

E: <https://www.debtadvicefoundation.org/contact/>  
W: <https://www.debtadvicefoundation.org/>  
FB: <https://www.facebook.com/DebtAdviceFoundation/>  
Tw: <https://twitter.com/debtadvisedaf>  
YT: <https://www.youtube.com/user/debtadvicefoundation>

Summary: A specialist debt charity offering free, confidential advice on any aspect of debt.

### **Debt Counselling**

#### **Granton Information Centre**

134-138 West Granton Road  
Edinburgh EH5 1PE

T: 0131 551 2459  
T2: 0131 552 0458  
Opening Hours: Mon – Fri, 9.30am – 4pm

E: [info@gic.org.uk](mailto:info@gic.org.uk)  
W: <http://gic.org.uk/index.html>

Summary: Due to the Coronavirus outbreak, our office is closed to the public unless you have a pre-arranged appointment. If you need to speak to a staff member, call us on 0131 551 2459 / 0131 552 0458 or email [info@gic.org.uk](mailto:info@gic.org.uk)

Our outreaches have also been cancelled until further notice. If you need telephone advice or you are an existing client and want an update on your case then please call us on: 0131 551 2459 or 0131 552 0458 during our opening hours.

There is also some useful information in the COVID19 Advice section of the website. If you need a foodbank referral please call us during our opening hours and we can arrange a referral by taking your details over the telephone. If you are in financial hardship due to a crisis, please contact the Scottish Welfare Fund on 0131 529 5299 and apply for a crisis grant.

## Money, Advice and Food Services

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### **Debt Counselling**

#### **Mental health and money advice service**

Mental Health UK  
15th Floor, 89 Albert Embankment  
London SE1 7TP

W: <https://www.mentalhealthandmoneyadvice.org/scot/>

FB: <https://www.facebook.com/mhealthuk/>

Tw: <https://twitter.com/mentalhealthuk?form=MY01SV&OCID=MY01SV>

Inst: <https://www.instagram.com/mhealthuk/>

Summary: Mental health and money advice service - clear, practical advice and support for people experiencing issues with mental health and money.

### **Debt Counselling**

#### **Money Advice Scotland Helpline**

Suite 410, Pentagon Centre  
36 Washington Street  
Glasgow G3 8AZ

T: 0141 572 0237

E: [info@moneyadvicescotland.org.uk](mailto:info@moneyadvicescotland.org.uk)

W: <https://www.moneyadvicescotland.org.uk/coronavirus-dealing-with-debt-and-money-worries>

FB: <https://www.facebook.com/moneyadvicescot>

Tw: <https://twitter.com/moneyadvicescot>

Summary: One stop shop for those who have money problems or are seeking financial help with their financial worries.

### **Debt Counselling**

#### **Muirhouse Low Income Families Together (LIFT)**

Muirhouse Millennium Centre  
7 Muirhouse Medway  
Edinburgh EH4 4RW

T: 0131 467 3578

E: [Danielle.lift@outlook.com](mailto:Danielle.lift@outlook.com)

W: <https://www.lift-edinburgh.com/>

FB: <https://www.facebook.com/muirhousemillenniumcentre>

Tw: [https://twitter.com/low\\_lift](https://twitter.com/low_lift)

Summary: Office is currently closed because of COVID-19 but staff are accepting and processing requests for packed lunches. Support is still available over phone/email/social media.

### **Debt Counselling**

#### **National Debt Helpline**

T: 0808 808 4000 - Helpline

Opening Hours: Mon - Fri: 9.00 am to 8.00pm; Sat: 9.30am to 1.00 pm

W: <http://www.nationaldebtline.org>

FB: <https://www.facebook.com/nationaldebtline>

Tw: <https://twitter.com/natdebtline>

Summary: A national helpline that provides free confidential and independent advice on how to deal with debt problems.

### **Debt Counselling**

#### **Step Change Debt Charity - Helpline**

Wade House  
Merrion Centre  
Leeds LS2 8NG

T: 0800 138 1111 - Helpline

Opening Hours: Monday-Friday, 8am-8pm, Saturday 8am-4pm

W: <https://www.stepchange.org/>

Summary: We have more than 25 years' experience providing free, expert debt advice. We offer the widest range of practical debt solutions of any provider in the UK. No matter how large or small your debt problem is, we can help. We offer free debt advice that is based on a comprehensive assessment of your situation. We'll then provide practical help and support for however long it's needed.

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### **Energy Advice**

#### **Additional emergency credit for pre-payment meters**

T: 0330 100 0303 - British Gas

T3: 0345 052 0000 - EON

T5: 0800 027 0072 - Scottish Power

T2: 0800 269 450 - EDF Energy

T4: 0800 073 3000 - Npower

Summary: In an emergency, if a vulnerable person or family has no money for a pre-payment gas or electric meter, it may be possible to negotiate a small amount of extra emergency credit by contacting their energy supplier (although this needs to be repaid).

### **Energy Advice**

#### **Changeworks Heat Heroes**

36 Newhaven Road  
Edinburgh EH6 5PY

T: 0131 555 4010

E: [ask@changeworks.org.uk](mailto:ask@changeworks.org.uk)

W: <https://www.changeworks.org.uk/>

FB: <https://www.facebook.com/changeworksuk>

Tw: <https://twitter.com/ChangeworksUK>

YT: <https://www.youtube.com/watch?v=AVspU3meZNM>

Summary: Provides specialist advice and practical support to help people stay affordably warm in their homes. They can help people to manage fuel debt and avoid disconnection and to access winter fuel and cold weather payments, discounts and grants. To make a referral contact: 0131 555 4010 or email: [warmth@changeworks.org.uk](mailto:warmth@changeworks.org.uk) Our first video – where to get help with your gas and electricity concerns – is now live on YouTube.



## Money, Advice and Food Services

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### **Energy Advice**

#### **Home Energy Scotland**

6 Newhaven Road  
Edinburgh EH6 5PY

T: 0808 808 2282 - Helpline

T2: 0131 555 7900

Helpline Open: Monday – Friday from 8am – 8pm and Saturday from 9am – 5pm

E: [advice@se.homeenergyscotland.org](mailto:advice@se.homeenergyscotland.org)

W: <http://www.homeenergyscotland.org/>

FB: <https://www.facebook.com/HomeEnergyScotlandSouthEast/>

Tw: <https://twitter.com/EnergySvgTrust>

Summary: Home Energy Scotland is funded by the Scottish Government and managed by Energy Saving Trust to give free and impartial advice on energy saving, keeping warm at home, renewable energy, green-travel, cutting water waste and more. Our mission is to help people in Scotland create warmer homes, reduce their bills and help tackle climate change. We provide advice and support to help people stay warm, make the best use of energy, and save money on their bills. We can also help people to access any funding or schemes that they might be eligible for, such as Warmer Homes Scotland. Please refer your clients through our referral portal for a call back from one of our friendly advisors who can help them on their journey to be warmer and more energy efficient at home. If you're not already a portal user, drop us an email on [partnerships@se.homeenergyscotland.org](mailto:partnerships@se.homeenergyscotland.org)

### **Energy Advice**

#### **Money Saving Expert - Pre-pay gas/electricity - What to do if you need to self isolate**

W: <https://www.moneysavingexpert.com/news/2020/03/energy-firms-move-to-help-customers-unable-to-top-up-due-to-coro/>

Summary: Guidance for anybody on a pre-paid Gas or Electric Meter that has to self isolate because of Covid-19.

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## Money, Advice and Food Services

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### **Food: Foodbank**

#### **Basic Foodbank - Edinburgh City Mission food bank: Main Contact The Coracle**

41 Bryson Road  
Edinburgh EH11 1DS

T: 0131 225 9446

Open Hours: Between 09.00-14.00 with any query

E: [referrals@edinburghcitymission.org](mailto:referrals@edinburghcitymission.org)

W: <http://www.edinburghcitymission.org.uk/where-to-find-help/basics-bank.php>

FB: <https://www.facebook.com/edinburghcitymission>

Tw: <https://twitter.com/edcimi>

Inst: <https://www.instagram.com/edinburghcitymission/>

Summary: Basics Banks provides food for the length of the service user's crises which can include long term provisions. Signposting and friendship offered at all Basics Banks. Referral Process for Basics Bank: Assistance from Basics Bank is by referral from a referral agent. Please visit the website below for more details: <http://www.edinburghcitymission.org.uk/where-to-find-help/basics-bank.php> . Once a confirmation email has been received by the referral agent, the service user should attend the allocated Basics Bank.

### **Food: Foodbank**

#### **Basic Foodbank - Bruntisfield Evangelical Church**

70 Leamington Terrace  
Edinburgh EH10 4JU

T: 0131 564 1399

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

## Money, Advice and Food Services

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### **Food: Foodbank**

#### **Basic Foodbank - Corstorphine Community Church**

7 Glebe Road

Edinburgh EH12 7SQ

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

### **Food: Foodbank**

#### **Basic Foodbank - Craightinny - Wilson Memorial Church**

123 Moira Terrace

Portobello

Edinburgh EH7 6UB

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

**Food: Foodbank**

**Basic Foodbank - Granton Baptist Church**

99 Crew Road North  
Edinburgh EH5 2NW

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

**Food: Foodbank**

**Basic Foodbank - Leith - Ebenezer United Free Church of Scotland**

31 Bangor Road  
Edinburgh EH6 5JX

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

**Food: Foodbank**

**Basic Foodbank - Moredun - The Tron Kirk**

Craigour Gardens  
Edinburgh EH17 7NX

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

**Food: Foodbank**

**Basic Foodbank - Mussleburgh Baptist Church**

68 New Street  
Edinburgh EH21 6JQ

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

**Food: Foodbank**

**Basic Foodbank - Newington - Edinburgh Community Church**

41a South Clark Street  
Edinburgh EH8 9NZ

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

**Food: Foodbank**

**Basic Foodbank - Portobello - Wilson Memorial Church**

127 Moira Terrace  
Edinburgh EH7 6UB

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

## Money, Advice and Food Services

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### **Food: Foodbank**

#### **Edinburgh Food Project - Bristo Memorial Church**

196 Peffermill Road  
Edinburgh EH16 4AJ

T: 07946 628 976

Open Hours: Tues 11:30-13:30; Thu 11:30-13:30

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: This Foodbank has now re-opened, see open hours

### **Food: Foodbank**

#### **Edinburgh Food Project - Broughton Saint Mary's Parish Church**

Bellevue Crescent  
Edinburgh EH3 6NE

T: 07805 204 009

Open Hours: Mon 13:00-15:00; Thu 13:00-15:00

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: This Foodbank has now re-opened, see open hours



## Money, Advice and Food Services

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### **Food: Foodbank**

#### **Edinburgh Food Project - Central Hall**

2 West Tollcross  
Edinburgh EH3 9BP

T: 07805 203 744

Open Hours: Mon 14:00 – 16:00; Thu 10:00 – 12:00

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. Foodbank mobiles will only be on during their opening hours, outwith this time please contact our main office 0131 444 0030. Please do not contact the host buildings directly.

### **Food: Foodbank**

#### **Edinburgh Food Project - Priestfield Parish Church**

2 Marchhall Place  
Edinburgh EH16 5HW

T: 07933 707 819

Open Hours: Wed 13:30-15:30

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: This Foodbank has now re-opened, see open hours. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. Foodbank mobiles will only be on during their opening hours, outwith this time please contact our main office 0131 444 0030. Please do not contact the host buildings directly.

## Money, Advice and Food Services

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### **Food: Foodbank**

#### **Edinburgh Food Project - Saint Andrew's Church (Buttercup Hall)**

17-19 Clermiston View  
Edinburgh EH4 7BS

T: 07794 849 945

Open Hours: Tues 13:00-15:00; Thu 13:00-15:00

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: This Foodbank has now re-opened, see open hours. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. Foodbank mobiles will only be on during their opening hours, outwith this time please contact our main office 0131 444 0030. Please do not contact the host buildings directly.

### **Food: Foodbank**

#### **Edinburgh Food Project - Saint Columba's by the Castle**

Edinburgh

T: 07805 203 852

Open Hours: Tues 14:00-16:00; Fri 14:00-16:00

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: This Foodbank has now re-opened, see open hours. Enter via Victoria Terrace, the church with the blue door down the hill. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. Foodbank mobiles will only be on during their opening hours, outwith this time please contact our main office 0131 444 0030. Please do not contact the host buildings directly.

## Money, Advice and Food Services

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### **Food: Foodbank**

#### **Edinburgh Food Project - Saint Margaret Mary**

Boswall Parkway  
Edinburgh EH5 2JQ

T: 07794 850 009

Open Hours: Mon 13:00-15:00; Wed 13:00-15:00; Fri 10:00-12:00

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: This Foodbank has now re-opened, see open hours. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. Foodbank mobiles will only be on during their opening hours, outwith this time please contact our main office 0131 444 0030. Please do not contact the host buildings directly.

### **Food: Foodbank**

#### **Edinburgh Food Project - The Priory Church**

Hopetoun Road  
Edinburgh EH30 9RA

T: 07837 532 169

Open Hours: Thu 11:00-13:00

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: This Foodbank has now re-opened, see open hours. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. Foodbank mobiles will only be on during their opening hours, outwith this time please contact our main office 0131 444 0030. Please do not contact the host buildings directly.

## Money, Advice and Food Services

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### **Food: Foodbank**

#### **Edinburgh Food Project - Warehouse and Office - No Food distribution from here**

12 New Lairdship Yards  
Edinburgh EH11 3UY

T: 0131 444 0030

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: Main office and warehouse for Edinburgh Food Project - no food distribution to visitors. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. Foodbank mobiles will only be on during their opening hours, outwith this time please contact our main office 0131 444 0030. Please do not contact the host buildings directly.

### **Food: Foodbank**

#### **Edinburgh Settlement Projects**

34a Haddington Place Leith Walk  
Edinburgh EH7 4AG

W: <http://www.edinburghsettlement.org/projects/>

FB: <https://en-gb.facebook.com/settlementprojectsedinburgh/>

Summary: Settlement Projects are open every Friday 12 – 4pm for emergency food sharing during current lockdown. Plenty of food and other essentials to share thanks to partners Edinburgh Food Project, Social Bite, FareShare, Breadshare Community-supported Bakery, Hey Girls, Refugee Community Kitchen Edinburgh. All welcome, no referral or booking needed. Covid safety measures are in place, face coverings and social distancing are essential. Free soup from Refugee Community Kitchen on a Tuesday.

See: <https://www.facebook.com/groups/1826011987631245/>

## Money, Advice and Food Services

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### **Food: Foodbank**

#### **Foodbanks - Struggling for a referral? The Scottish Welfare Fund**

T: 0131 529 5299

E: [welfarefundteam@edinburgh.gov.uk](mailto:welfarefundteam@edinburgh.gov.uk)

Summary: 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.

### **Food: Foodbank**

#### **North East Edinburgh Foodbank (Trussell Trust) - Leith Saint Andrews Church**

410 - 412 Easter Road

Edinburgh EH6 8HT

Open Hours: Tues: 1.00pm - 2.30pm; Thurs: 10.00am - 11.30am

E: [info@edinburghne.foodbank.org.uk](mailto:info@edinburghne.foodbank.org.uk)

W: [www.edinburghne.foodbank.org.uk/locations](http://www.edinburghne.foodbank.org.uk/locations)

Summary: Assistance is available from the North East Foodbank by referral only. Please visit the website below for more details: <http://www.edinburghne.foodbank.org.uk>

## Money, Advice and Food Services

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### **Food: Foodbank**

#### **North East Edinburgh Foodbank (Trussell Trust) - North Leith Parish Church**

1a Maderia Place  
Edinburgh EH6 4AW

Open Hours: Tues: 10.00am - 12.00; Fri: 10.00am - 12.00

E: [info@edinburghne.foodbank.org.uk](mailto:info@edinburghne.foodbank.org.uk)

W: [www.edinburghne.foodbank.org.uk/locations](http://www.edinburghne.foodbank.org.uk/locations)

Summary: Assistance is available from the North East Foodbank by referral only. Please visit the website below for more details: <http://www.edinburghne.foodbank.org.uk>

### **Food: Foodbank**

#### **North East Edinburgh Foodbank (Trussell Trust) - Pilrig Saint Pauls Church**

1b Pilrig Street Leith  
Edinburgh EH6 5AH

Open Hours: Wed: 4.30pm - 6.00pm

E: [info@edinburghne.foodbank.org.uk](mailto:info@edinburghne.foodbank.org.uk)

W: [www.edinburghne.foodbank.org.uk/locations](http://www.edinburghne.foodbank.org.uk/locations)

Summary: Assistance is available from the North East Foodbank by referral only. Please visit the website below for more details: <http://www.edinburghne.foodbank.org.uk>

### **Food: Foodbank**

#### **North East Edinburgh Foodbank (Trussell Trust) - Saint Margaret Parish Church**

McLaren Halls  
48 Restalrig Road South  
Edinburgh EH7 6LE

Open Hours: Wed: 11.00am - 12.30

E: [info@edinburghne.foodbank.org.uk](mailto:info@edinburghne.foodbank.org.uk)

W: [www.edinburghne.foodbank.org.uk/locations](http://www.edinburghne.foodbank.org.uk/locations)

Summary: Assistance is available from the North East Foodbank by referral only. Please visit the website below for more details: <http://www.edinburghne.foodbank.org.uk>

### **Food: Foodbank**

#### **North East Edinburgh Foodbank (Trussell Trust) - South Leith Parish Church Halls**

Main Contact: South Leith Parish Church Halls - Assistance by referral only  
Edinburgh EH6 6BS

T: 0131 554 2578

T2: Social Care Direct on 0131 200 2324/Out of Hours 0800 731 6969

Open Hours: Mon: 13:00 - 14:30; Fri 15:00 - 17:00

E: [info@edinburghne.foodbank.org.uk](mailto:info@edinburghne.foodbank.org.uk)

W: [www.edinburghne.foodbank.org.uk/locations](http://www.edinburghne.foodbank.org.uk/locations)

Summary: 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 554 2578 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](http://www.edinburghne.foodbank.org.uk/locations) or [Edinburgh North East Foodbank Twitter account](#)

## Money, Advice and Food Services

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### **Food: Foodbank**

#### **South East Edinburgh Foodbank (Trussell Trust) - Blythswood Care**

47 Southhouse Broadway  
Edinburgh EH17 8AS

T: 0131 664 9353

T2: 07521 097 670

Open Hours: Mon, Thurs: 11am - 2.30pm

E: [jrossapc@googlemail.com](mailto:jrossapc@googlemail.com)

W: <http://www.edinburghse.foodbank.org.uk/>

FB: <https://www.facebook.com/trusselltrust>

Tw: <https://twitter.com/TrussellTrust>

Summary: Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. See: <http://www.edinburghse.foodbank.org.uk/>

### **Food: Foodbank**

#### **South West Edinburgh Foodbank (Trussell Trust) Salvation Army**

431 Gorgie Road  
Edinburgh EH11 2RB

T: 0131 346 2875

Open Hours: Open Monday: 2pm - 4pm, Wednesday 11am - 1pm and Friday 10am - 12 noon

E: [Edinburgh.Gorgie@salvationarmy.org.uk](mailto:Edinburgh.Gorgie@salvationarmy.org.uk)

W: <https://www.trusselltrust.org/get-help/find-a-foodbank/edinburgh-sw-foodbank/>

FB: <https://www.facebook.com/trusselltrust>

Tw: <https://twitter.com/TrussellTrust>

Summary: Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. See: <https://www.trusselltrust.org/get-help/find-a-foodbank/edinburgh-sw-foodbank/>



## Money, Advice and Food Services

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### **Food: Foodbank**

#### **The Sikh Food Bank**

Edinburgh

E: [admin@sikhsinscotland.com](mailto:admin@sikhsinscotland.com)

W: [www.sikhsinscotland.com](http://www.sikhsinscotland.com)

FB: <https://www.facebook.com/TheSikhFoodBank/>

Tw: <https://twitter.com/sikhsinscotland>

Inst: <https://www.instagram.com/sikhsinscotland/>

Summary: This service is specifically aimed at vulnerable people, elderly and ethnic minority communities who may be in financial difficulties providing food supplies - please email [admin@sikhsinscotland.com](mailto:admin@sikhsinscotland.com)

### **Food: Food Bank**

#### **World Care Foundation**

11a Haddington Place

Edinburgh EH7 4AF

T: 07763 612663

E: [covidsupport@worldcarefoundation.org](mailto:covidsupport@worldcarefoundation.org)

W: <https://www.worldcarefoundation.org/foodbank-edinburgh/>

Summary: Provides urgent support to vulnerable people in the form of deliveries to an individual's home from supermarkets and collecting medication. Their Foodbank works on a structured referral system through partner agencies, GPs, social services, Police and other bodies. We also offer a self-referral service for anyone who is in the process of getting referred or is caught in any misfortune.

Due to Covid-19, our foodbank is only able to provide support through requests made through our helpline for urgent needs. Our helpline number is 07763612663

## Money, Advice and Food Services

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### **Food: Food Delivery**

#### **Edinburgh Coronavirus Support**

T: 0800 111 4000 - National Helpline

E: <https://www.edinburghsupport.com/contact>

W: <https://covoledinburgh.wixsite.com/community>

FB: <https://www.facebook.com/groups/219149212615733/>

Tw: <https://twitter.com/EdCoSupport?s=20&fbclid=IwAR1Fr53teglKdY-wXc5L8AaY9CXU-thf8jvyrskhdhRCx-KJAvKSc2gLXaPM>

Summary: Find a local volunteering group; Food, Housing, Work; BSL Information; Mental Health and Wellbeing. Site has very good listings of business offering food deliveries, local volunteer groups.

### **Food: Food Delivery**

#### **Niddrie Community Church**

12 Hay Drive

Edinburgh EH16 4RY

T: 07816 292212

E: [admin@niddrie.org](mailto:admin@niddrie.org)

W: <https://niddrie.org/>

FB: <https://www.facebook.com/niddriechurch>

Tw: <https://twitter.com/niddriechurch>

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

### **Food: Food Delivery**

#### **Porty Coronavirus Action**

T: 0131 210 0200

E: [portycoronavirusaction@gmail.com](mailto:portycoronavirusaction@gmail.com)

W: <https://portycoronavirusaction.wordpress.com/>

Summary: We are a group of local residents who would like to support the community by offering shopping support. We provide support to: people who are self-isolating; key workers who are struggling to get what they need due to long working hours and empty supermarket shelves; people who are caring for young and/ or elderly relatives and are finding it difficult to get to the shops.

If you need support with shopping please email

[portycoronavirusaction@gmail.com](mailto:portycoronavirusaction@gmail.com) or call us on 0131 210 0200. If emailing please provide a list of what shopping you need (up to maximum £30.00). One of our volunteers will contact you to discuss and arrange delivery, agree payment method and will then shop for your items while out buying their own shopping. They will deliver your shopping to your door, along with a receipt detailing the cost of the items.

### **Food: Food Pantry**

#### **Fresh Start Pantry**

22-24 Ferry Rd Drive  
Edinburgh EH4 4BR

Opening hours: Mon 10-3pm, Tues 12-4pm, Friday 9am-1.30pm

E: [pantry@freshstartweb.org.uk](mailto:pantry@freshstartweb.org.uk)

W: <https://www.freshstartweb.org.uk/fresh-start-pantry>

Summary: A community food club providing the people of North Edinburgh with access to affordable food with dignity in a welcoming and safe environment via a membership system. Fresh Start Shop, housed in the same building, offers affordable, high quality homeware items to members of the public. Contact [pantry@freshstartweb.org.uk](mailto:pantry@freshstartweb.org.uk) to join or for more info.

### **Food: Food Pantry**

#### **Goodtrees Neighbourhood Centre**

5 Moredunvale Place  
Edinburgh EH17 7LB

T: 07306 133 260

E: [info@goodtrees.org](mailto:info@goodtrees.org)

Summary: 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](mailto:info@goodtrees.org) or call 07306 133 260.

### **Food: Food Pantry**

#### **Granton Community Hub - Community Pantry**

Madelvic House,  
Granton Park Avenue,  
Edinburgh, EH5 1HS

E: [community@grantonhub.org](mailto:community@grantonhub.org)

W: <https://grantonhub.org/2020/05/14/community-pantry/>

FB: <https://www.facebook.com/madelviccommunity/?form=MY01SV&OCID=MY01SV>

Tw: [https://twitter.com/granton\\_hub](https://twitter.com/granton_hub)

Inst: <https://www.instagram.com/grantonhub/>

YT: [https://www.youtube.com/channel/UC\\_UH8qG5Jn2hgghQP5cr51A](https://www.youtube.com/channel/UC_UH8qG5Jn2hgghQP5cr51A)

Summary: Granton Hub Community Pantry provides free provision of fresh food. The pantry runs fortnightly on Wednesdays 11am-12pm. For any more information contact [community@grantonhub.org](mailto:community@grantonhub.org) or visit the [Granton Hub Facebook page](#).

### **Food: Food Pantry**

#### **The Hays Community Pantry**

Castle Rock Edinvar  
3 Hay Avenue  
Edinburgh EH16 4RW

T: 07738 760601

Open Hours: Wed (excluding holidays): 11am -2pm

E: [pantry@community.org.uk](mailto:pantry@community.org.uk)

W: <https://stayhappening.com/e/the-hays-community-pantry-E2ISTLGHPNR>

Summary: You can save on your shopping bills. For example you could get £15 worth of food for £3. You will have a choice of what food you would like. By buying produce at the pantry, you will allow us to carry on providing more food for you and your community at super low prices. The Hays Community Pantry is at Castle Rock Edinvar, 3 Hay Avenue, EH16 4RW. It is open on a Wednesday (excluding holidays) and runs from 11am-2pm. You can join with a one-off membership price of £1. Contact us by email: the [pantry@community.org.uk](mailto:pantry@community.org.uk), or call 07738 760601 or just come down when we are open, and we can take a few details from you and set you up before you shop.

**Food: Food Parcels**

**Richmond Church**

227 Niddrie Mains Road

Edinburgh EH16 4PA

T: 0131 661 6561

Open Hours: Thursdays 10am-1pm or by arrangement

W: <https://www.richmondcraigmillarchurch.org/>

Summary: Richmond Church free bags of fairshare food available on Thursdays 10am-1pm or by arrangement. Call the church on 0131 661 6561.

Please go to next entry

### **Food: Food, Cleaning and Toiletry Packs**

#### **Fresh Start - Food, Cleaning and Toiletry Packs**

Edinburgh

T: 0131 356 0220

E: [admin@freshstartweb.org.uk](mailto:admin@freshstartweb.org.uk)

W: <https://www.freshstartweb.org.uk/starter-packs>

FB: <https://www.facebook.com/fresh.start.edinburgh/>

Tw: <https://twitter.com/FreshStartWeb>

YT: <https://www.youtube.com/channel/UCRRXLC7kzEk4uvphmtoHISA>

Summary: Food, Cleaning and Toiletry Packs. Our Starter packs provide basic essential household goods to help set up and sustain a person in their new home. There are 10 packs in total that we can provide: cleaning products; crockery and cutlery; curtains; food; pots; kitchen utensils; single or double bedding; small electrical appliances; toiletries and towels. To apply for packs, you will have to complete a referral form. Go to: <https://www.freshstartweb.org.uk/starter-packs>

Please go to next entry

## Money, Advice and Food Services

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### **Food: Free or Low Cost Food**

#### **Empty Kitchens, Full Hearts**

28-30, Ferry Road  
Edinburgh EH6 4AE

T: 07895 347 157

E: [emptykitchens@hotmail.com](mailto:emptykitchens@hotmail.com)

W: <https://www.emptykitchens.co.uk/>

Summary: Empty Kitchens, Full hearts are currently not taking any new referrals for food delivery due to lack of volunteers. We can still offer our hot food service outside Leith Theatre between 12-1pm and 4:30-5:30 pm.

### **Food: Free or Low Cost Food**

#### **North Edinburgh Arts - Hot Food requests**

15a Pennywell Court  
Edinburgh EH4 4TZ

T: 07493 876 130

Open Hours: Mon – Fri: 10am - 4pm

E: [BrianM@NorthEdinburghArts.co.uk](mailto:BrianM@NorthEdinburghArts.co.uk)

W: <https://northedinburgharts.co.uk/>

Summary: Requests for hot food deliveries should be sent to: [BrianM@NorthEdinburghArts.co.uk](mailto:BrianM@NorthEdinburghArts.co.uk)



## Money, Advice and Food Services

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### **Food: Free or Low Cost Food**

#### **Ps and Gs Church – Saturday Meal**

York Place  
Edinburgh EH1 3RH

T: 0131 556 1335

Open Hours: Sat: 4.30pm - 6.00pm

E: [anneburnett56@gmail.com](mailto:anneburnett56@gmail.com)

W: <https://www.psandgs.org.uk/>

Summary: Free food every Sat: 4.30pm - 6.00pm

### **Food: Free or Low Cost Food**

#### **Salvation Army Niddrie Street Wellbeing Centre**

25 Niddrie Street  
Edinburgh EH1 1LG

T: 0131 523 1060

Open Hours: Mon-Fri, 10am - 3.00pm

E: [edinburghcity@salvationarmy.org.uk](mailto:edinburghcity@salvationarmy.org.uk)

W: <https://www.salvationarmy.org.uk/niddrie-street>

FB: <https://www.facebook.com/salvationarmyuk/>

Tw: <https://twitter.com/salvationarmyuk>

YT: <https://www.youtube.com/user/salvationarmyvideo>

Summary: Covid-19 has affected services for help with things like welfare claims. One to one meetings are happening (ideally by appointment). The centre runs a needle exchange service and a GP is available on a Wednesday from 2-4pm. Plans are being developed to open up the centre more as COVID restrictions are lifted.

## Money, Advice and Food Services

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### **Food: Free or Low Cost Food**

#### **Social Bite**

131 Rose Street  
Edinburgh EH2 3DT

T: 0131 353 0250

Open Hours: 2-4pm

E: [info@social-bite.co.uk](mailto:info@social-bite.co.uk)

W: <http://social-bite.co.uk/>

Summary: Social Bite are open for food packs to take away from 3pm – 4pm every weekday.

### **Food: Free or Low Cost Food**

#### **Soul Food**

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

FB: <https://www.facebook.com/SoulFoodEd/>

Tw: <https://twitter.com/SoulFoodEdin>

Summary: There are 'Grab and Go' Takeaway stands across Edinburgh on: Tuesdays (outside Carrubbers Christian Centre, High Street, 5:30pm); Wednesdays (outside The City of Edinburgh Methodist Church, Nicolson Square, 5:30pm); Thursdays (outside St Margaret's Episcopal Church, Easter Road, 5:30pm); And 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 meal. Please email [hello@soulfoodedinburgh.org](mailto:hello@soulfoodedinburgh.org) or contact us through our social media pages for more information.

## Money, Advice and Food Services

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### **Food: Free or Low Cost Food**

#### **Space / Broomhouse hub**

79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 455 7731

E: [helene@spacescot.org](mailto:helene@spacescot.org)

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

Summary: Café at the Hub: Open from 11.30am – 1.30pm for take away food to those who have family meal vouchers. Social distancing measures are in place to allow for a 2m gap when queuing. They are also providing hot meals, food parcels and ready meals for cooking at home. Food delivery is from 8.00am to 3.00pm. This service is for the most vulnerable and referred clients from SW Edinburgh. Call 0131 455 7731 for more information. All our core services at the centre have been moved to telephone and/or digital services. Please see Facebook for updates and schedules videos.

### **Food: Free or Low Cost Food**

#### **Saint Catherine's Convent**

4 Lauriston Gardens  
Edinburgh EH3 9HH

T: 0131 229 2659 T2: 07411 666 411

Open Hours: Mon-Fri: 9-11.30am, 5.30-6.30pm

E: [timmins490@btinternet.com](mailto:timmins490@btinternet.com)

W: <https://mercycentre.org.uk/the-homeless-project>

Summary: Saint Catherine's Convent Homelessness Project offers friendship and practical support to homeless and disadvantaged people.

## Money, Advice and Food Services

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### **Food: Free or Low Cost Food**

#### **St Martin's Parish Church**

4 Magdalene Drive  
Edinburgh EH15 3DB

T: 07545 804034

T2: 07900 367023

W: <https://www.stmartinsedinburgh.info/>

Summary: St Martin's are working with local organisations in Bingham and Magdalene to offer support to those in need. Tel: 07545804034 or 07900367023.

### **Food: Free or Low Cost Food**

#### **The Health Agency**

Wester Hailes Healthy Living Centre  
30 Harvesters Way  
Edinburgh EH14 3JF

E: [stacey@thehealthagency.org.uk](mailto:stacey@thehealthagency.org.uk)

W: <https://thehealthagency.org.uk/>

FB: <https://www.facebook.com/WesterHailesHealthAgency/>

Summary: The Health Agency - check out on Facebook for dates of Wednesday weekly take away <https://www.facebook.com/WesterHailesHealthAgency/> or contact [stacey@thehealthagency.org.uk](mailto:stacey@thehealthagency.org.uk)

## Money, Advice and Food Services

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### **Food: Free or Low Cost Food**

#### **WHALE Arts**

30 Westburn Grove  
Edinburgh EH14 2SA

T: 0131 458 3267

W: <http://www.whalearts.co.uk/>

FB: <https://www.facebook.com/WhaleArtsAgency>

Tw: [https://twitter.com/whale\\_arts](https://twitter.com/whale_arts)

Inst: [https://www.instagram.com/whale\\_arts/](https://www.instagram.com/whale_arts/)

YT: [https://www.youtube.com/channel/UC-B-jZk8lq\\_S4u9UQ2VKQ1g](https://www.youtube.com/channel/UC-B-jZk8lq_S4u9UQ2VKQ1g)

Summary: A free community takeaway meal is available every Friday between 1.00 and 2.00pm. Social distancing measures are in place to allow for a 2m gap, when queuing). You can either collect this meal or request a home delivery. They are also offering art packs for children - get in touch and they will post one out to you. For more information call 0131 458 3267 or email [info@whalearts.co.uk](mailto:info@whalearts.co.uk)

### **Food: Fridge**

#### **SCORE Scotland Community Fridge**

c/o WHALE Arts Centre  
30 Westburn Grove  
Edinburgh EH14 2SA

T: 07496 190 916

W: <https://www.scorescotland.org.uk/community-fridge/>

FB: [https://www.facebook.com/SCOREscotland/?eid=ARBKo1uFWrBD18zseVrvkuL83a66QqVKOQ0H-st6eenpPj8\\_29dmA2zTslAq3EdvyPJT1\\_LGPwYpzflGg](https://www.facebook.com/SCOREscotland/?eid=ARBKo1uFWrBD18zseVrvkuL83a66QqVKOQ0H-st6eenpPj8_29dmA2zTslAq3EdvyPJT1_LGPwYpzflGg)

Summary: The Community Fridge is for everybody! People and businesses donate food that is close to its 'use by' or 'best before' dates that they know they won't use/sell or will otherwise be wasted. You can take food if you see anything that you know you will use. Anything you take from the fridge is free of charge. This is not a foodbank and there is no need to feel ashamed or embarrassed that you are using the community fridge – it is a food redistribution project to cut the amount of food wasted in our community. All food must be good for at least another 24 hours when you donate it. The fridge will have a signing in/out sheet, so you can log what you have donated and/or taken, just so that the volunteers running the fridge can keep a track of what is going in and out of the fridge and ensure everything stays safe to eat. The SCORE Scotland Community Fridge is located inside the reception area of the Whale Arts Centre. It is open on Mondays and Thursdays between 1:30pm to 3pm. If you would like to use the Community Fridge please contact: [madhavi@scorescotland.org.uk](mailto:madhavi@scorescotland.org.uk)

**Food: Packed Lunch**

**Drylaw Neighbourhood Centre - Packed Lunch Requests**

Edinburgh

Open Hours: Mon – Fri: 10am – 2pm

E: [roy@drylawnc.org.uk](mailto:roy@drylawnc.org.uk)

Summary: Packed lunch requests - service available for those living in Drylaw / Telford

**Food: Packed Lunch**

**Drylaw Rainbow Club Centre - Packed Lunch Requests**

Edinburgh

T: 0131 343 6643

Open Hours: Mon – Fri: 10am – 2pm

E: [rainbowdaycare@btconnect.com](mailto:rainbowdaycare@btconnect.com)

Summary: Packed lunch requests - service available for those living in Drylaw / Telford

**Food: Packed Lunch**

**Granton Community Gardeners - Packed Lunch Requests**

Edinburgh

E: [Tom@grantoncommunitygardeners.org](mailto:Tom@grantoncommunitygardeners.org)

W: <https://forms.gle/JVUXaRCtXH4zhAmw6>

W: <https://www.grantoncommunitygardeners.org/>

Summary: Food/Meals delivered, see web site for details. Packed lunch requests, service available for those living in Granton / Royston

**Food: Packed Lunch**

**Muirhouse Low Income Families Together (LIFT) - Packed Lunch Requests**

Edinburgh

T: 0131 467 3578

E: [Danielle.lift@outlook.com](mailto:Danielle.lift@outlook.com)

Summary: Packed lunch requests - service available for those living in Muirhouse / Salvesen

**Food: Packed Lunch**

**Spartans Football Club - Packed Lunch Requests**

Edinburgh

T: 0131 552 7854

Open Hours: Mon - Fri: 10am – 3pm

E: [info@spartanscfa.com](mailto:info@spartanscfa.com)

Summary: Packed lunch requests - service available for those living in Granton / Royston

**Food: Packed Lunch**

**West Pilton/Graton Mill - Packed Lunch Requests**

T: 07845 015 976

Open Hours: Mon – Fri: 9am – 12pm

E: [lynn.mccabe@ea.edinburgh.sch.uk](mailto:lynn.mccabe@ea.edinburgh.sch.uk)

Summary: Packed lunch requests - service available for those living in West Pilton/Graton Mill



**Food: Free/Low Cost Food**

**Calders Resident Association - Weekly Fare Share Distribution - Fridays 10am-12noon**

Calder Community flat G1  
Dunsyre House North  
Calder Estate Edinburgh  
Edinburgh

Summary: Calder Residents Association - weekly fare share distribution at Calder Community flat G1, Dunsyre House North, Calder Estate Fridays 10am-12noon.

**Food: Free/Low Cost Food**

**Care Van**

W: <https://www.edinburghcitymission.org.uk/where-to-find-help/care-van.php>

Summary: The Care Van continues to go out five lunch-times and seven evenings a week, providing a hot drink and takeaway meal for homeless people.

Lunchtimes: 12.30pm Market Street; 1pm-2pm King's Stables Road, Grassmarket, North Bridge;  
2pm Leith Walk (north of McDonald Rd);

Evenings: 9pm Waverley Bridge; 9.50-10.30pm King's Stables Road, Grassmarket, North Bridge.

## Money, Advice and Food Services

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### **Food: Free/Low Cost Food**

#### **Clovenstone Community Centre - Weekly Fare Share Distribution**

54 Clovenstone Park,  
Edinburgh EH14 3EY

FB: <https://www.facebook.com/cloviacentre1975/>

Summary: Clovenstone Community Centre - check out their Facebook page for days and times of fare share distributions.

### **Food: Free/Low Cost Food**

#### **Community One Stop Shop**

3 Broomhouse Market  
Edinburgh EH11 3UU

T: 0131 443 6223 - Helpline

Open Hours: Monday to Thursday, 9.00 am - 3.00 pm; Friday 9.00 am - 12.00 pm; Wednesday evenings, 5.00 pm - 8.00 pm

W: <https://www.coss-broomhouse.org.uk/foodbank/>

FB: <https://en-gb.facebook.com/CommunityOneStopShop/>

Tw: <https://twitter.com/cossfoodbank?lang=en-gb>

Inst: [Inst: https://www.instagram.com/communityonestopshop/](https://www.instagram.com/communityonestopshop/)

Summary: Due to measures related to the Coronavirus (Covid-19) outbreak, our advisers will provide advice via telephone appointments. We can help with benefit enquiries and applications, housing issues and other welfare matters.

Food Bank: We operate a self-referral food bank, which means that you do not have to get a referral from a professional in order to get a food parcel. This ensures that we can provide support to people who may not be accessing other services, or who do not have the ability to request a referral.

Outreach: We also deliver our Food Bank and advice services at the Calder's Community Flat in Edinburgh.

## Money, Advice and Food Services

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### **Food: Free/Low Cost Food**

#### **Cyrenians FareShare**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 554 3900

E: [fareshare@cyrenians.scot](mailto:fareshare@cyrenians.scot)

W: <https://cyrenians.scot/community-and-food/good-food/fareshare/>

FB: <https://www.facebook.com/cyrenians>

Tw: <https://twitter.com/Cyrenians1968>

Inst: <https://www.instagram.com/cyrenians/>

Summary: Cyrenians FareShare, based in Leith, redistributes surplus food from manufacturers and supermarkets to community groups based on a membership system; contact: [fareshare@cyrenians.scot](mailto:fareshare@cyrenians.scot) more information: <https://cyrenians.scot/community-and-food/good-food/fareshare/>

### **Food: Free/Low Cost Food**

#### **Edinburgh Community Food**

22 Tennant Street  
Edinburgh EH6 5ND

T: 0131 467 7326

W: <https://www.edinburghcommunityfood.org.uk/Pages/Shop/Default.aspx>

FB: <https://www.facebook.com/EdinComFood/>

Tw: <https://twitter.com/EdinComFood>

Inst: <https://www.instagram.com/edincomfood/>

Summary: Edinburgh Community Food - have an online order form of specific food - Please get in touch on 0131 467 7326 or visit <https://www.edinburghcommunityfood.org.uk/Pages/Shop/Default.aspx> - various food boxes (veg, essentials or variety) priced £20-25, delivered to vulnerable customers across Edinburgh.

**Food: Free/Low Cost Food**

**Guru Nanak - Free Kitchen**

Kirkgate  
Edinburgh

FB: <https://www.facebook.com/gnfkedinburgh/>

Summary: Guru Nanak - Free Kitchen. Meet in the Kirkgate from 5.00pm Friday. Suspended due to current Covid-19 restrictions.

**Food: Free/Low Cost Food**

**Missionaries of Charity**

18 Hopetoun Terrace  
Edinburgh EH7 4AY

T: 0131 556 5444

Open Hours: Mon, Tues and Fri: 4.00pm - 5.00pm

Summary: Monday, Tuesday, Wednesday, Friday and Sunday free hot food at 4pm.

### **Food: Free/Low Cost Food**

#### **NHS Healthy Start Vouchers**

T: 0345 6076823

E: <https://www.healthystart.nhs.uk/contact-us/>

W: <http://www.healthystart.nhs.uk/>

Summary: Healthy Start vouchers are free from NHS Lothian. They are issued every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. The voucher scheme is mean tested and there is specific qualifying criteria as follows: You get free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins. Pregnant women and children over one and under four years old can get £3.10 voucher per week; Children under one year old can get two £3.10 vouchers (£6.20) per week. Speak to your midwife or health visitor for an application form or visit <http://www.healthystart.nhs.uk/>

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**Income Maximisation**

**Maximise - Chai**

Edinburgh

T: 0131 442 2100 T2: 0131 446 2300

W: <http://www.chaiedinburgh.org.uk/maximise/>

Tw: <https://twitter.com/chaiedinburgh>

Summary: Maximise Families who have a child who attends school at Leith Academy, Castlebrae High School, Lorne, Leith, Hermitage Park or Craigentenny, Niddrie or Castlevie Primaries can receive free welfare benefit advice, employability assistance or family support. Tel: 0131 442 2100 or 0131 446 2300.

**Income Maximisation**

**Money Talk Team - Citizens Advice**

Citizens Advice Edinburgh

T: 0800 085 7145

W: <https://www.parentclub.scot/articles/who-are-money-talk-team>

FB: <https://www.facebook.com/ParentClubScotland/>

Inst: <https://www.instagram.com/parentclubscotland/>

Summary: Income Maximisation - They'll check whether you're getting as much income as you possibly could, and help find ways that you could pay out less each month, like: Ways you might be able to save cash; Cheap- er deals on things like gas and electricity; Claiming benefits you might not know you're entitled to; Grants or exemptions you may be entitled to.

## **Welfare Benefits**

### **CHAI - Community Help and Advice Initiative - Coronavirus - What help is available**

5th Floor, Riverside House,  
502 Gorgie Road,  
Edinburgh EH11 3AF

W: <http://www.chaidinburgh.org.uk/coronavirus-what-help-is-available/>

Summary: This is a really good guide of various financial options.

## **Welfare Benefits**

**Please go to next entry**



### **Welfare Benefits**

#### **City of Edinburgh - Crisis Grants**

Edinburgh

T: 0131 529 5299

W: <https://www.edinburgh.gov.uk/benefits-grants/scottish-welfare-fund/3?documentId=12271&category-Id=20127>

Summary Crisis Grants -You can apply for a Crisis Grant by calling 0131 529 5299, or alternatively, by applying online via: <https://www.edinburgh.gov.uk/benefits-grants/scottish-welfare-fund/3?documentId=12271&category-Id=20127>

### **Welfare Benefits**

#### **City of Edinburgh - Discretionary Housing Payments**

T: 0800 014 7299 - Freephone

T2: 0131 608 1111 - For Help

Helpline Open: Mon-Thurs: 10.00am - 4.00pm and Fri 10.00am - 3.00pm

W: <https://www.edinburgh.gov.uk/welfare-reform/discretionary-housing-payments-dhp-form>

Summary: A Discretionary Housing Payment (DHP) is intended to help towards eligible housing costs and is made entirely at the discretion of the Council. Whilst it is not a payment of benefit, a DHP can only be made if Housing Benefit or Housing Costs (within Universal Credit award) is already in payment. Some things that may be included in your housing costs, e.g. heating, water, electricity etc. do not qualify for a DHP.

### **Welfare Benefits**

#### **City of Edinburgh - Scottish Welfare Fund**

City of Edinburgh  
Waverley Court  
4 East Market Street  
Edinburgh EH8 8BG

T: 0131 529 5299

E: [welfarefundteam@edinburgh.gov.uk](mailto:welfarefundteam@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/benefits-grants/scottish-welfare-fund>

Summary: The fund awards the community care grant and crisis grant. Neither grant has to be paid back. Each case is considered on its own merit. You can apply for a: Crisis Grant – if you're in crisis because of a disaster (like a fire or flood), or an emergency (like losing your money or job, or an unexpected expense); Self Isolation Support Grant - if you've been asked to self-isolate by Test and Protect because of coronavirus (COVID-19) and will lose income as a result; Community Care Grant – to help you or someone you care for to start to live, or to carry on living, a settled life in the community. Food and clothing bank - When you apply for a community care grant or crisis grant from the Scottish Welfare Fund, we will also offer you emergency food and clothing support.

### **Welfare Benefits**

#### **City of Edinburgh - Social Work Payments**

T: 0131 200 2324 - Social Care Direct

T2: 0131 529 7438 - The Access Point

T3: 0800 731 6969 - Out of Hours Social Work service (emergencies only)

Summary: Edinburgh City Council has a statutory duty to support vulnerable adults or children in need if there is an emergency. To ask about Section 12, 22 or 27 social work payments, contact Social Care Direct; telephone 0131 200 2324 or, if homeless, The Access Point; telephone 0131 529 7438. Out of office hours, call the Out of Hours Social Work service (emergencies only) on 0800 731 6969.

### **Welfare Benefits**

#### **Department of Work and Pensions (DWP)**

W: <https://www.gov.uk/government/news/coronavirus-support-for-employees-benefit-claimants-and-businesses>

Summary: Coronavirus support for employees, benefit claimants and businesses.

### **Welfare Benefits**

#### **Department of Work & Pensions (DWP) - Funeral Support Payment**

T: 0800 731 0469 - Bereavement Service Helpline

Helpline Open: Mon-Fri: 08.00am - 06.00pm

W: <https://www.gov.uk/funeral-payments>

Summary: You could get a Funeral Expenses Payment (also called a Funeral Payment) if you get certain benefits and need help to pay for a funeral you're arranging.

## **Welfare Benefits**

### **Department of Work & Pensions (DWP) - Hardship payments**

T: 0345 608 8545 - Hardship payments

Summary: How to apply for a hardship payment. If you're on JSA or ESA you should either ask about hardship payments in person at the Jobcentre Plus office, or call the DWP contact centre on 0345 608 8545. You should be set up with an appointment for the same day or the day after.

## **Welfare Benefits**

### **Department of Work & Pensions (DWP) - Short Term Benefit Advances**

T: 0800 169 0310 - Income support, ESA or JSA

T2: 0800 731 0297 - Carer's Allowance

T3: 0800 731 0469 - Pension Credit or State Pension

Summary: Department of Work & Pensions (DWP): Short Term Benefit Advances you may be able to get an advance on your first benefit payment if you're in urgent financial need and have recently applied for Jobseeker's Allowance, Income Support, Employment and Support Allowance (ESA), Carer's Allowance, Pension Credit or State Pension. Speak to your Jobcentre Plus work coach or call the phone number for the benefit you're claiming.

## Welfare Benefits

### Early Learning Payment - Social Security Scotland

T: 0800 182 2222

W: [www.mygov.scot/beststart](http://www.mygov.scot/beststart)

Summary: Early Learning Payment £250 help for eligible families with a child between 2 and 3 1/2 years. To find out the support you may be eligible for visit [www.mygov.scot/beststart](http://www.mygov.scot/beststart) Or call 0800 182 2222

## Welfare Benefits

### Food Payment £17 every four week - Social Security Scotland

T: 0800 182 2222

W: [www.mygov.scot/beststart](http://www.mygov.scot/beststart)

Summary: 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) Or call 0800 182 2222

## Money, Advice and Food Services

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### **Welfare Benefits**

#### **Free School Meals, milk and clothing grant - City of Edinburgh**

W: <https://www.edinburgh.gov.uk/schoolgrants>

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

### **Welfare Benefits**

#### **Pregnancy and Baby Payment - Social Security Scotland**

T: 0800 182 2222

W: [www.mygov.scot/beststart](http://www.mygov.scot/beststart)

Summary: Pregnancy and Baby Payment £600 for first child or £300 help for eligible families with cost of pregnancy or having a new child. To find out the support you may be eligible for visit [www.mygov.scot/beststart](http://www.mygov.scot/beststart) Or call 0800 182 2222

## Welfare Benefits

### Scottish Child Payment for low income families with children under 6 years - Social Security Scotland

W: <https://www.mygov.scot/scottish-child-payment>

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

## Welfare Benefits

### Scottish Social Security - Pregnancy and Baby Grant

T: 0800 182 2222

Opening Hours: Monday to Friday, 8am to 6pm, Monday to Friday

W: <https://www.mygov.scot/best-start-grant-best-start-foods/>

Summary: You can get Best Start Grant and Best Start Foods: if your child is the right age for a payment; whether you're in work or not, as long as you're on certain payments or benefits; as long as you're the parent of a child, or the main person looking after the child.

## **Welfare Benefits**

### **Universal Credit Live Service Advance Payments**

T: 0800 328 9344 - Universal Credit live service helpline

Summary: DWP - Universal Credit Live Service Advance Payments If you need help to pay your bills or cover other costs while you wait for your first Universal Credit payment, you can apply to get an advance. You'll need to explain why you need an advance. Speak to your Jobcentre Plus work coach or phone the Universal Credit live service helpline Telephone: 0800 328 9344

## **Welfare Benefits Advice Services**

### **Citizens Advice Bureau Edinburgh**

T: 0131 510 5510

Opening Hours: Monday to Friday, 9.30 am - 4.30 pm

W: <https://www.citizensadviceedinburgh.org.uk/>

Summary: Citizens Advice Edinburgh are now operating a telephone only advice service. In the meantime, you can use the CAB Edinburgh website for information.



**Welfare Benefits Advice Services**

**Milan Senior Welfare Organisation**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2307

Opening Time: Monday to Friday 9am to 4pm

E: [admin@milanswc.org](mailto:admin@milanswc.org)

W: <http://www.milanswo.co.uk/>

FB: <https://www.facebook.com/milanseniorewelfareorganisation/>

Summary: Milan is providing the services detailed below to both carers and older people from South Asian communities in Edinburgh and Lothian: Telephone support in community languages; Contactless delivery of essential household groceries for the vulnerable and those self isolating; Free hot meals at least once a week; Welfare benefits support through our information/advice support (call 0131 475 2307/2419/2447 for guidance); Outreach/befriending service to those most excluded and living alone

## Older People

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### **Anticipatory Care Planning**

#### **Anticipatory Care Planning**

Long Term Conditions Programme  
Edinburgh Health and Social Care Partnership  
Astley Ainslie Hospital, Edinburgh

E: [AnticipatoryCarePlanning@nhslothian.scot.nhs.uk](mailto:AnticipatoryCarePlanning@nhslothian.scot.nhs.uk)

W: <https://www.edinburghhsc.scot/longtermconditions/anticipatorycareplanning/>

Summary: No one knows when their health and care may change. Planning ahead can help you have more control and choice over your care and support. Sometimes, when we are unwell we are not able to explain what is important to us.

An Anticipatory Care Plan (ACP) allows you to think, understand and plan ahead for your health and care.

Making a plan: When you are making your care plan, you might want to think about a number of things.

Who matters to me? What matters to me? Where I would like to be when I am unwell? What I would like and do not want?

Why does this matter to me?

- I am able to tell people my views and be listened to by health and care professionals
- I am taking part in decisions about me
- I have a shared understanding about my health and care with people who support and care for me.

You can read our '[Let's Think Ahead](#)' leaflet to find out more.

## Older People

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### **Befriending**

#### **Cyrenians Golden Years Befriending**

57 Albion Road  
Edinburgh EH7 5QY

E: [GoldenYears@cyrenians.scot](mailto:GoldenYears@cyrenians.scot)

W: <https://cyrenians.scot/family-people/older-peoples-services/golden-years-service/>

FB: <https://www.facebook.com/cyrenians>

Tw: <https://twitter.com/Cyrenians1968>

Inst: <https://www.instagram.com/cyrenians/>

YT: <https://www.youtube.com/user/cyrenians>

Summary: Currently have capacity for telephone befriending please email requests to:  
[GoldenYears@cyrenians.scot](mailto:GoldenYears@cyrenians.scot)

### **Befriending**

#### **Food Train/Eat Well Age Well**

Suite 2/6A (2nd Floor),  
Brook Street Studio  
60 Brook Street  
Glasgow G40 2AB

T: 0141 551 8118

T2: 0800 783 7770

E: [hello@mealmakers.org.uk](mailto:hello@mealmakers.org.uk)

W: <http://www.mealmakers.org.uk/>

FB: <https://www.facebook.com/MealMakersScot>

Tw: <https://twitter.com/MealMakersScot>

Inst: [https://www.instagram.com/meal\\_makers/](https://www.instagram.com/meal_makers/)

Summary: Meal Makers is a local neighbourhood food-sharing project that connects people who love cooking, and who are happy to share an extra portion of home cooked food, with an older neighbour who would really appreciate a freshly prepared meal and a friendly chat.

### **Befriending**

#### **Passing the Baton**

Bethany Befriending Service  
65 Bonnington Road  
Edinburgh EH6 5JQ

T: 0131 454 3114 - Pall Singh: Senior Passing the Baton Facilitator

T2: 0131 454 3115 - Rhiannon Lee: Passing the Baton Facilitator

E: [ptb@bethanychristiantrust.com](mailto:ptb@bethanychristiantrust.com)

W: <https://www.bethanychristiantrust.com/news-article/become-a-passing-the-baton-befriender/>

FB: <https://en-gb.facebook.com/BCTPTB/>

Tw: [https://twitter.com/befriending\\_bct?lang=en-gb](https://twitter.com/befriending_bct?lang=en-gb)

Summary: Passing the Baton is Bethany's Befriending Service operating in Edinburgh. Our aim is to befriend people back into the community. We befriend adults who may feel lonely and socially isolated and may also struggle with homelessness. We all need to be able to call on a friend, and for someone who has experienced homelessness, this can be particularly important as they settle into a new local community. Our Passing the Baton Befrienders come alongside people who may be isolated or lonely and journey with them as they begin to put down roots and get to know their neighbourhood.

### **Befriending**

#### **Pilmeny At Home In-Reach Service**

19 - 21 Buchanan Street  
Edinburgh EH6 8SQ

T: 07375 918524

E: [pilmenyproject@btconnect.com](mailto:pilmenyproject@btconnect.com)

W: <http://www.pilmenydevelopmentproject.co.uk/>

Summary: Pilmeny Development Project can offer support to socially isolated or housebound older people (65+), who are unable to get out of their own home. Support given is dependent on the needs of the older person and includes: telephone support and information provision.

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## Older People

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### **Care Homes**

#### **Care Homes - NHS Lothian**

Edinburgh

E: [carehomes@nhslothian.scot.nhs.uk](mailto:carehomes@nhslothian.scot.nhs.uk)

W: <https://services.nhslothian.scot/CareHomes/Pages/default.aspx>

Summary: Welcome to the Lothian Care Home Webpages. These webpages have been developed to provide information and resources to all care home staff working in Lothian. They have been developed by staff who work for NHS Lothian and the four Health and Social Care Partnerships in consultation with organisations such as Scottish Care and with review by the Lothian Care Home Manager Reference Group.

### **Care Homes**

#### **Care Inspectorate - Care Homes in Edinburgh**

Compass House

11 Riverside Drive

Dundee DD1 4NY

T: 0345 600 9527

Opening Hours: Monday to Friday, between 09:00 - 16:00.

E: [enquiries@careinspectorate.gov.scot](mailto:enquiries@careinspectorate.gov.scot)

W: <https://www.careinspectorate.com/>

Summary: The Care Inspectorate reviews and grades all Care and Nursing Homes in Edinburgh. This site is very useful as it will give you contact details for all of the homes and allow you to access the Inspectorate's inspection reports for each of the homes.

## Care Homes

### Help and Guidance on how to choose a Care Home

City of Edinburgh Council

W: [http://www.edinburgh.gov.uk/info/20076/adults\\_and\\_older\\_people/86/day\\_care\\_and\\_support/2](http://www.edinburgh.gov.uk/info/20076/adults_and_older_people/86/day_care_and_support/2)

Summary: Help and Guidance on how to choose a Care Home

Please go to next entry



## Older People

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### **Community Café**

#### **Butterflies Café - Giles Parish Church Centre**

Marchmont Street, Giles Parish Church Centre  
Giles Parish Church Centre  
1a Kilgrason Road  
Edinburgh EH9 2DW

T: 0131 447 4359

Opening Hours: Monday to Fridays 10am to 2pm

E: [Butterflies@marchmontstgiles.org.uk](mailto:Butterflies@marchmontstgiles.org.uk)

W: <http://marchmontstgiles.org.uk/butterflies-cafe/>

Summary: Butterflies Café offers a variety of home-made food and drinks, served in a friendly and welcoming Covid safe environment. From a simple cup of tea or light snack, through to a substantial lunch, Butterflies is a great place to eat with friends or alone.

### **Community Café**

#### **Café @ ONC**

Oxgangs Neighbourhood Centre  
71 Firrhill Drive  
Edinburgh EH13 9EU

T: 0131 466 0678

Opening Hours: Monday to Friday 10am to 1pm

W: <https://oxgangsneighbourhoodcentre.org.uk/our-facilities/our-facilitiescaffe/>

Summary: Our cafe is run by our cafe manager Bryony and our friendly bunch of volunteers. We are open from 10am until 1.00pm. Come in and enjoy our tasty menu including soup of the day, daily specials and Derek's famous steak pie and mash for only £4.30.

## Older People

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### **Community Café**

#### **Café Connect - Eric Liddel Centre**

Eric Liddel Centre  
15 Morningside Road  
Edinburgh EH10 4DP

T: 0131 447 4520

Opening Hours: Monday to Friday from 10am – 4pm

W: <https://www.ericliddell.org/cafe/>

Summary: Café Connect offers a fresh alternative to high-street chains. Every weekday, our chef uses locally sourced ingredients to create delicious homemade soups, sandwich fillings and baked goods. We offer a wide range of coffee and teas and the icing on the delicious cakes is that every time you use our café, you are supporting your neighbourhood's local care charity.

### **Community Café**

#### **Café 48**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

T: 0131 622 1757

Opening Hours: Tuesday-Friday 12-7pm; Saturday-Sunday 9am-3pm

E: [info@northmerchiston.co.uk](mailto:info@northmerchiston.co.uk)

W: <https://www.northmerchiston.co.uk/cafe-48-1>

FB: <https://www.facebook.com/NorthMerchistonClub/>

Summary: 'Life begins after coffee, visit us for your coffee fix'

## Older People

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### **Community Café**

#### **Community Café - South Leith Parish Church**

South Leith Parish Church  
South Leith Parish Church Halls  
6 Henderson Street  
Edinburgh EH6 6BJ

T: 0131 554 2578

Opening Hours: Monday to Friday 10am to 2pm

W: <https://slpc.co.uk/community-cafe/>

Summary: Our Community Cafe re-opens in May. We are open Monday to Friday 10am to 2pm. Why not come into our Community cafe for a cuppa and a blether. The café sells home-made soup, home baking, Fairtrade coffees and teas, and herbal teas. We also offer outside catering!

### **Community Café**

#### **Dalmeny Kirk Café**

Dalmeny Parish Church  
Main Street  
Dalmeny EH30 9TT

T: 0131 331 1100

Opening Hours: Friday 10.00 am to 12.00am

W: <http://www.dalmeny.org>

Summary: We hope to see all of our customers and welcome you back. Please follow Government Guidelines. There is a limit of 30 people in the café and 3 households per table and usual hand sanitising procedures.

## Older People

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### **Community Café**

#### **Forrest Café**

141 Lauriston Place  
Tollcross  
Edinburgh EH3 9JN

T: 0131 229 4922

Opening Hours: 10am - 11pm every day, as long as we have enough volunteers!

E: [info@theforest.org.uk](mailto:info@theforest.org.uk)

W: <https://blog.theforest.org.uk/>

FB: <https://www.facebook.com/ForestHappenings?form=MY01SV&OCID=MY01SV>

Summary: The Forest Cafe menu offers delicious vegetarian dishes, almost all of which can be made vegan. We also have great coffee and a selection of teas. Our menu changes here and there, so come by the cafe to check out what we're serving. We are open 10am - 11pm every day, as long as we have enough volunteers!

### **Community Café**

#### **Kirkgate Café - Liberton Kirk**

Liberton Kirk  
28-30 Kirkgate  
Liberton  
Edinburgh EH16 6RY

T: 0131 664 8264

Opening Hours: Mondays & Wednesdays from 10am to 2pm for takeaways

E: [kirkgatecafe@libertonkirk.net](mailto:kirkgatecafe@libertonkirk.net)

W: <https://libertonkirk.net/kirkgatecafe/>

Summary: A lively café staffed mostly by volunteers- great for meeting with family & friends. We have a good range of food, snacks and drinks, including daily specials and we seek to cater for people with food allergies. For more information, check out our Facebook page or email [kirkgatecafe@libertonkirk.net](mailto:kirkgatecafe@libertonkirk.net)

## Older People

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### **Community Café**

#### **Life Care Centre**

2 Cheyne Street  
Stockbridge  
Edinburgh EH4 1JB

T: 0131 343 0940

Opening Hours: Monday to Friday 9am to 11am

W: <https://www.lifecare-edinburgh.org.uk/lifecare-space/cafe/>

FB: <https://www.facebook.com/LifeCare.Edinburgh>

Tw: [https://twitter.com/LifeCare\\_](https://twitter.com/LifeCare_)

Inst: <https://www.instagram.com/lifecareextrayearsofzest/>

YT: <https://www.youtube.com/channel/UChSEbgM21o-xlvFi0mcNsyw>

Summary: The Café is open for breakfast, lunch and coffees. Sit in or take away. Monday to Friday 9am to 11am. Government Covid-19 guidelines remain in force so on a limited number of people can be in the café at any one time.

### **Community Café**

#### **Out of the Blue Drill Hall**

36 Dalmeny Street,  
Leith  
Edinburgh EH6 8RG

T: 0131 555 7100

Opening Hours: Monday – Friday 10am – 4pm

W: <https://www.outoftheblue.org.uk/cafe/>

Summary: The Café is open Monday – Friday 10am – 4pm. The size of the Drill Hall allows us to operate on a 2 metre-distancing basis which – alongside other precautionary measures – should make for a comfortable and reassuringly distant experience.

## Older People

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### **Community Café**

#### **Sycamore Tree Café**

Davidson's Mains Parish Church  
1 Quality Street  
Davidson's Mains  
Edinburgh EH4 5BB

T: 0131 312 6282

Opening Hours: Tuesday to Thursday: 9.30am to 2.00pm

W: <http://dmopc.org.uk>

Summary: Our friendly community café is open 9.30am to 2.00pm Tuesday to Thursday, serving teas, coffees, cakes and ice cream, soup, sandwiches and toasties. Come along for a safe, socially distanced catch up. Please follow government guidelines.

### **Community Café**

#### **The Grassmarket Community Project Café**

86 Candlemaker Row  
Edinburgh EH1 2QA

T: 0131 225 3626

Opening Hours: Mon - Sat 9am-4pm; Sun 10am - 4pm

E: [info@grassmarket.org](mailto:info@grassmarket.org)

W: <http://grassmarket.org/cafe/>

Summary: Our café is open 363 days a year (closed Christmas and Boxing Days) from 9am to 4pm Monday to Saturday and 10am to 4pm Sunday.

## Older People

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### **Community Café**

#### **The Mill at St Joseph's (Cafe)**

Balerno Parish Church  
2 Main Street  
Balerno EH14 7EH

T: 0131 449 7245

W: <http://www.balernochurch.org.uk>

Summary: The Mill Café reopened on Tuesday 27th April as the restrictions caused by the Covid-19 pandemic were partially lifted. At present, we still need to observe social distancing which means that the number of tables indoors is still limited but we plan to increase the number of tables we have outdoors. As currently advised, we are allowed up to six people from two households indoors and up to six people from six different households at each table outdoors. Track and trace rules will continue to apply and we know everyone will work with us to ensure we continue to provide our wonderful space safely to you all. We're afraid that bookings cannot be taken and at busy times, time limits will apply to how long you can sit at tables (1 hour if just coffee and cake and 1.5 hours for lunch service).

### **Community Café**

#### **The Ripple**

Restalrig Lochend  
Edinburgh EH7 6DZ

T: 0131 554 0422

Opening Hours: Community Café is open from 10am to 1.30pm

E: [admin@theripple.org.uk](mailto:admin@theripple.org.uk)

W: <https://www.rippleproject.co.uk/>

FB: <https://www.facebook.com/ripplerestalrig>

Tw: <https://twitter.com/RippleRestalrig>

Inst: <https://www.instagram.com/ripplerestalrig/>

Summary: The Hub is gradually Opening up, make a date in your diary for their open day on the 16th October. Keep checking their web site for updates. But the Ripple is pleased to announce that their Community Café is fully open from 10am to 1.30pm.

## Older People

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### **Community Café**

#### **The White House Kitchen**

70 Niddrie Mains Road  
Craigmillar  
Edinburgh EH16 4BG

Opening Hours: Mon, Tue: 6.30am to 3.00pm; Wed: 6.30am to 5.00pm, Thurs to Sun.: 6.30 to 3.00pm

E: <https://thewhitehousekitchen.co.uk/contact-us>

W: <https://www.thewhitehousekitchen.co.uk>

Summary: The White House Kitchen serves up a delicious range of reasonably priced breakfast, mains and desert menus. Well worth visiting!

### **Community Café**

#### **Water of Leith Visitor Centre Café**

24 Lanark Road  
Edinburgh EH14 1TQ

T: 0131 455 7367

Opening Hours: for Sit in and Takeaways every day 10.00 to 4.00pm.

E: [admin@waterofleith.org.uk](mailto:admin@waterofleith.org.uk)

W: <http://www.waterofleith.org.uk/centre/>

Summary: Our Centre Cafe is now open for Sit in and Takeaways every day 10.00 to 4.00pm.



## Older People

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### **Falls Support**

#### **Be Able**

City of Edinburgh Council  
Edinburgh

T: 0131 200 2324 - Social Care Direct

E: [be.able@edinburgh.gov.uk](mailto:be.able@edinburgh.gov.uk)

W: [http://www.housingcare.org/downloads/services/resources/13934\\_10576.pdf](http://www.housingcare.org/downloads/services/resources/13934_10576.pdf)

Summary: Be Able is for you if you are an older person and have longterm health problems. Be able offers you an opportunity, over a period of 16 weeks, to practice regaining your mobility skills with the help of trained staff including occupational therapists. Social Care Direct on 0131 200 2324 or email [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)

### **Falls Support**

#### **City of Edinburgh - Falls prevention advice**

City of Edinburgh Council  
Edinburgh

W: <https://www.edinburgh.gov.uk/adults-older-people/falls-prevention-advice?documentId=12359&categoryId=20076>

Summary: Helpful page that gives a summary of advice for avoiding falls.

## Older People

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### **Falls Support**

#### **Edinburgh Council Community Alarms service**

City of Edinburgh Council  
Edinburgh

W: <https://www.edinburgh.gov.uk/socialcaredirect>

Summary: Having an alarm which you can use to contact someone for help if you have a fall can be useful. This kind of alarm is usually a portable alarm that you can either wear round your neck like a pendant or on your wrist like a watch. If you had a fall you would press the button on it and an alert would be sent out and someone would assist you off the floor. The CEC has a Community Alarms service. You need to be referred to access this service. Begin by speaking to Social Care Direct on: 0131 200 2324 Email Social Care Direct. You can be referred for the service if you meet any of the following criteria: End of Life Care; Urgent Hospital Discharge; Prevention of Admission to Hospital.

### **Falls Support**

#### **Edinburgh Leisure - Steady Steps**

3 Cultins Road  
Edinburgh EH11 4DF

T: 0131 458 2260

Opening Hours: Various times and locations across Edinburgh.

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/activities/active-communities/steady-steps>

Summary: Steady Steps is a community-based physical activity referral programme delivered by Edinburgh Leisure and supported by the Edinburgh Health & Social Care Partnership. Steady Steps is for anyone who has had or is at risk of having a fall. The programme is delivered over 16 weeks with participants attending weekly sessions at one of our venues. Participants are also encouraged to complete home exercises twice a week for the duration of the programme.

### **Falls Support**

#### **NHS Inform - What to do if you fall**

NHS Scotland

Edinburgh

W: <https://www.nhsinform.scot/healthy-living/preventing-falls/dealing-with-a-fall/what-to-do-if-you-fall>

Summary: Excellent site from NHS Inform offering detailed advice on what to do in the event of a fall. This resource is in particular valuable because of the videos made by Seniors giving good advice on dealing with falls and the best way to get up again even if you are alone, well worth watching!

### **Falls Support**

#### **NHS Lothian - Falls in Care Homes**

NHS Scotland

Edinburgh

W: <https://services.nhslothian.scot/CareHomes/SupportingResidentsNeeds/Services/Pages/Falls.aspx>

Summary: Very helpful NHS site explaining why falls may occur in Care Homes and offers guidance on how to avoid falls in within the Care Home.

### **Falls Support**

#### **Staying active at home - a simple set of exercises**

The Chartered Society of Physiotherapy  
14 Bedford Row  
London WC1R 4ED

T: 020 7306 6666

W: <https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength>

Summary: A simple set of exercises designed especially for older people to help everyone stay active at home from the Chartered Society of Physiotherapy.

### **Falls Support**

#### **Strength and Balance exercises to reduce falls and fractures - Video**

Paths for All

W: [www.youtube.com/watch?v=2ZplzbLmfz0](http://www.youtube.com/watch?v=2ZplzbLmfz0)

Summary: Maintaining strength and balance is important. Paths for All has a very good video on its YouTube channel.

### **Feet Care**

#### **Happy Feet - Prestonfield Neighbourhood Project**

Prestonfield Neighbourhood Project

63 Prestonfield Avenue

Edinburgh EH16 5EX

T: 0131 620 7222

E: [prestonfieldnp@southedinburgh.net](mailto:prestonfieldnp@southedinburgh.net)

W: <https://www.edinburgh.gov.uk/directory-record/1098824/prestonfield-neighbourhood-project>

Summary: Happy Feet - Prestonfield's Personal Footcare Service - The Project are offering a personal foot care and toenail cutting service to people over 50 who are unable to manage their own footcare but not require podiatry. Project staff, trained by NHS Podiatris. By appointment only - £20 for your first visit and includes your personal kit, £15.00 per treatment thereafter. This service is currently suspended due to Covid-19 restrictions.

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## Older People

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### **Helpline - Abuse**

#### **Hourglass Scotland (formely Elder Abuse Helpline)**

PO Box 29244

Dunfermline KY12 2EG

T: 0808 808 8141 (press 2 for Scotland) - Helpline

Opening Hours: Monday – Friday, 9.00 am – 5.00 pm

E: <https://wearehourglass.scot/scotland/contact>

W: <https://wearehourglass.scot/scotland>

FB: <https://www.facebook.com/wearehourglass/>

Tw: <https://twitter.com/wearehourglass>

Summary: The Hour Glass Helpline offers free and confidential advice and support on: financial harm or exploitation; physical abuse; emotional or psychological abuse; sexual harm or abuse; neglect.

### **Helpline - Alzheimer**

#### **Alzheimer Scotland**

160 Dundee Street

Edinburgh EH11 1DQ

T: 0808 808 3000 - Helpline

Opening Hours: Freephone Dementia Helpline is here 24 hours a day, 7 days a week.

E: <https://www.alzscot.org/our-work/about-us/contact-us>

W: <https://www.alzscot.org/>

FB: <https://www.facebook.com/AlzheimerScotland/>

Tw: <https://twitter.com/alzscot/>

Inst: <https://www.instagram.com/alzscot/>

Summary: Active helpline

## Older People

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### **Helpline**

#### **Caring In Craigmillar - Helpline**

63 Niddrie Mains Terrace  
Edinburgh EH16 4NX

T: 0131 510 6930 - Helpline

W: <https://www.caringincraigmillar.co.uk/>

Summary: They also deliver meals to guests who used to attend the day centre.

### **Helpline**

#### **Independent Age**

18 Avonmore Road  
London W14 8RR

T: 0800 319 6789 - Helpline

W: <https://www.independentage.org/>

Summary: Receive regular phone calls. If you feel you could do with more conversation in your life, we'll connect you with a volunteer who is good company and wants to chat 0800319 6789.

## Older People

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### **Helpline**

#### **Phonelink (Caring in Craigmillar)**

63 Niddrie Mains Terrace  
Edinburgh EH16 4NX

T: 0131 510 6930 - Helpline

Opening Hours: 8-11am and 6-8pm, 7 days a week

E: [info@caringincraigmillar.org](mailto:info@caringincraigmillar.org)

W: <https://caringincraigmillar.co.uk/phonelink-edinburgh.html>

Summary: Face to Face service is suspended. Phonelink has increased capacity. The team can offer daily contact, 7 days a week, 365 days a year including welfare checks, prompt people to take their medications and reduce isolation for anyone aged 65 and over, living in Edinburgh. Making a referral is easy, just email [info@caringincraigmillar](mailto:info@caringincraigmillar) or call Kristin Armour on 0131 510 6930

### **Helpline**

#### **Silver Line Helpline**

Trade Tower  
Calico Row  
London SW11 3YH

T: 0800 470 8090 - Helpline

Helpline open: 24 hours a day, seven days a week, 365 days of the year.

E: <https://www.thesilverline.org.uk/contact-us/>

W: <https://www.thesilverline.org.uk/>

Summary: The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year. Our specially trained helpline team can: offer information, friendship and advice; link callers to local groups and services.



## Older People

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### Helpline

#### **The Age Scotland Helpline**

Causewayside House

160 Causewayside

Edinburgh EH9 1PR

T: 0800 124 4222 - Helpline

Opening Hours: Monday to Friday, 9.00 am – 5.00 pm

E: [helpline@agescotland.org.uk](mailto:helpline@agescotland.org.uk)

W: <https://www.ageuk.org.uk/scotland/what-we-do/tackling-loneliness/age-scotland-helpline/>

FB: <https://www.facebook.com/agescotland>

Tw: <https://twitter.com/agescotland>

Inst: [https://www.instagram.com/age\\_scotland/](https://www.instagram.com/age_scotland/)

Summary: The Age Scotland helpline is a free, confidential phone service for older people, their carers and families in Scotland. The team provide information, friendship and advice. We also run “Our Good Day Call service” It is a daily call, 365 days a year, to have a chat and check on the welfare of an older person. Over time, we hope to become good friends on the phone, chatting about the day and the world, and being there to give support and to arrange assistance if needed. Costs £50 per month. 01856 898 222.

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## Older People

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### **Home Maintenance**

#### **Care and Repair Edinburgh**

160 Causewayside  
Edinburgh EH9 1PR

T: 0131 337 1111

Opening Hours: Mon to Fri: 9.00 am to 5.00 pm

E: [reception@cre.scot](mailto:reception@cre.scot)

W: <https://www.cre.scot/>

FB: <https://www.facebook.com/CandREdinburgh>

Tw: <https://twitter.com/carerepairedin>

Summary: Care and Repair Edinburgh provides a wide range of practical services and advice to assist anyone over 60 and disabled people regardless of age to live in their own homes longer. We have suspended our Handyperson service for non-emergency work. Where a job is assessed as an emergency, we will see whether we have volunteers prepared to undertake jobs and if we do, we will allocate jobs on that basis. Our phone staff will need to make the assessment as to whether a job can be classified as an emergency and will need to make some finely balanced calls taking into account the job and the demeanour of the client.

### **LGBT**

#### **LGBT Age**

LGBT Health and Wellbeing  
Duncan Place Community Hub  
4 Duncan Place  
Edinburgh EH6 8HW

T: 0141 271 2330 - Jean

T2: 0141 271 2330 - Lynda

E1: [jean@lgbthealth.org.uk](mailto:jean@lgbthealth.org.uk)

E2: [lynda@lgbthealth.org.uk](mailto:lynda@lgbthealth.org.uk)

W: <https://www.lgbthealth.org.uk/services-support/lgbt-age/>

Summary: Befriending for LGBT people aged 50 and over.

## Older People

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### **Library Services**

#### **Books - local library delivering book**

343 Oxfords Road North  
Edinburgh EH13 9LY

T: 0131 529 5553

E: [jane.douglas@edinburgh.gov.uk](mailto:jane.douglas@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/libraries/libraries-elderly-housebound-disabled-readers>

Summary: Books - local library delivering books to older people - every 3 weeks - books or CDs of their choice - 0131 529 5553 [jane.douglas@edinburgh.gov.uk](mailto:jane.douglas@edinburgh.gov.uk) Lifelong Learning Library Development Leader - Libraries/Access Services

### **Social Support**

#### **Cafeline - Meals on Wheels Lifecare (Limited) Edinburgh**

2 Cheyne Street  
Edinburgh EH4 1JB

T: 0131 343 0940

E: [enquiries@lifecare-edinburgh.org.uk](mailto:enquiries@lifecare-edinburgh.org.uk)

W: <https://www.lifecare-edinburgh.org.uk/covid-19-measures/>

FB: <https://www.facebook.com/LifeCare.Edinburgh>

Tw: [https://twitter.com/LifeCare\\_](https://twitter.com/LifeCare_)

Inst: <https://www.instagram.com/lifecareextrayearsofzest/>

YT: <https://www.youtube.com/channel/UChSEbgM21o-xlvFi0mcNsyw>

Summary: Fresh nutritious meals prepared by Café Life in Stockbridge. Meals on Wheels delivered to you hot and ready to eat. Available to over 65's in selected areas of North Edinburgh: Stockbridge, Comely Bank, Fettes, Craighleith, Murrayfield, Drylaw, Blackhall, Davidson's Mains, Muirhouse, Granton, Pilton, Trinity, Newhaven, Warriston, Cannonmills or Bonnington. - Free of charge. They are particularly looking to support individuals on pension credit, those who have had their care support reduced, those who have had their day/lunch club suspended or anyone isolated due to the pandemic.

## Older People

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### **Social Support**

#### **Eric Liddell Centre**

15 Morningside Road  
Edinburgh EH10 4DP

T: 0131 447 4520 - Front Desk

E: [frontdesk@ericliddell.org](mailto:frontdesk@ericliddell.org)

W: <https://www.ericliddell.org/whats-on/>

FB: <https://www.facebook.com/EricLiddellCentre/>

Tw: <https://twitter.com/theericliddell>

Inst: <https://www.instagram.com/ericliddellcentre/>

Summary: The Centre has started to re-open to the public. Classes for Children and Adults have restarted. The Music and Singing Group is again running but using a blended format – on offer both in-person and via Zoom. Lunch time Concerts have also re-started. Face to Face Zumba, Pilates, Judo, Indian Dancing Classes and seated exercise are all now running, see site for details.

The Day Care Service is still currently closed. Alternative arrangements are being made to ensure that clients personally, or someone they care for, will continue to receive the support needed to remain at home and they will be contacted to confirm what these arrangements are. This may include home visits, telephone contact or alternative arrangements to meet individual needs. If you require any further details or wish to discuss this further, please call the Day Care Manager, Caroline Heenan on 0131 357 1273. All care related services have been suspended – Carers Programme, Befriending Service, Caring Soles (foot-care service) and our Lunch Break Programme. Staff will be in contact with service users to discuss how the team might be able to provide alternative support in the present circumstances. A Lunch delivery service is available.

### **Social Support**

#### **Home Instead**

Federation House  
222 Queensferry Road  
Edinburgh EH4 2BN

T: 0131 300 0599

E: [andrew.senew@homeinstead.co.uk](mailto:andrew.senew@homeinstead.co.uk)

W: <https://www.homeinstead.co.uk/edinburgh/>

FB: <https://www.facebook.com/HomeInsteadEdinburgh>

Tw: <https://twitter.com/HomeInsteadEdi>

Summary: Companionship, home help/ cleaning, shopping - the cost is between £29 and £38 p/hour depending on the number of hours required.

## Older People

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### **Social Support**

#### **Milan Senior Welfare Organisation**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2307

Opening Hours: Monday to Friday 9am to 4pm

E: [admin@milanswc.org](mailto:admin@milanswc.org)

W: <http://www.milanswo.co.uk/>

FB: <https://www.facebook.com/milanseniorewelfareorganisation/>

Summary: Milan is providing the services detailed below to both carers and older people from South Asian communities in Edinburgh and Lothian: Telephone support in community languages; Contactless delivery of essential household groceries for the vulnerable and those self isolating; Free hot meals at least once a week; Welfare benefits support through our information/advice support (call 0131 475 2307/2419/2447 for guidance); Outreach/befriending service to those most excluded and living alone

### **Social Support**

#### **Pilton Equalities Project**

PEP Centre  
3 West Pilton Park  
Edinburgh EH4 4EL

T: 0131 315 4466

E: [pepequalities@btconnect.com](mailto:pepequalities@btconnect.com)

W: <https://pepequalities.co.uk/services>

Summary: We are working in partnership with 2 local projects delivering nutritious meals with 7 days provision provided, to those shielding, self isolating or experiencing food poverty. We are also collecting surplus food from M&S and providing food parcels. Additionally PEP would like to offer support to older people and others who have used PEP services in the past. If you are feeling lonely and would like to reach out to just have a chat with someone: Please contact us and leave you name and number; by email or telephone. We will ensure that someone contacts you back to help reduce the worries that being isolated can bring.

## Older People

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### **Social Support**

#### **Prestonfield Neighbourhood Project - Older Person's Advice Service**

Prestonfield Neighbourhood Project  
63 Prestonfield Avenue  
Edinburgh EH16 5EX

T: 0131 620 7222

E: [prestonfieldnp@southedinburgh.net](mailto:prestonfieldnp@southedinburgh.net)

W: <https://www.edinburgh.gov.uk/directory-record/1098824/prestonfield-neighbourhood-project>

Summary: Do you need advice, information or assistance to fill in forms etc.? The service is by appointment or on the telephone so if you need assistance with form filling, benefits or any issue or problem affecting your life phone 620 7222 where one of the staff on duty will try to assist you.

### **Social Support**

#### **Prestonfield Neighbourhood Project - Shopping Service**

Prestonfield Neighbourhood Project  
63 Prestonfield Avenue  
Edinburgh EH16 5EX

T: 0131 620 7222

E: [prestonfieldnp@southedinburgh.net](mailto:prestonfieldnp@southedinburgh.net)

W: <https://www.edinburgh.gov.uk/directory-record/1098824/prestonfield-neighbourhood-project>

Summary: Shopping Service - The Project currently offers an online Shopping Service to some clients for their weekly groceries (including fresh items) which are delivered to their home from three major supermarkets - Tesco, Sainsbury's and Asda. In August it was reported that the service will shortly restart.

## Older People

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### **Social Support**

#### **Prestonfield Neighbourhood Support Service**

Prestonfield Neighbourhood Project  
63 Prestonfield Avenue  
Edinburgh EH16 5EX

T: 0131 620 7222

E: [prestonfieldnp@southedinburgh.nett](mailto:prestonfieldnp@southedinburgh.nett)

W: <https://www.edinburgh.gov.uk/directory-record/1098824/prestonfield-neighbourhood-project>

Summary: A member of staff can visit you at home for social interaction and to give carer respite. This service was suspended at Christmas. Prestonfield are currently consulting with members over the type of service that they would like to see re-established

### **Social Support**

#### **Space and Broomhouse Hub Beacon Club**

Space and Broomhouse Hub  
79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 455 7731

E: [admin@spacescot.org](mailto:admin@spacescot.org)

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

Summary: Our staff are supporting members of the Club, and their carers, with regular telephone calls, door step visits and activity packs. We are taking new referrals for people with dementia in South West Edinburgh, to offer a support service. Please contact [beaconclub@spacescot.org](mailto:beaconclub@spacescot.org) for more information.

## Older People

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### **Social Support**

#### **The Dove Centre**

1 Clovenstone Park  
Edinburgh EH14 3BG

T: 0131 453 4656

E: [dovecentre@hotmail.com](mailto:dovecentre@hotmail.com)

W: <http://www.dovecentre.org/>

FB: <https://www.facebook.com/dovecentre/>

Tw: <https://www.twitter.com/thedovecentre>

Summary: The Dove Centre has suspended all service user activities, classes and meals within the centre. The Dove Centre is providing meal deliveries and essentials shopping for its clients on Mondays, Tuesdays and Thursdays. The answering machine will pick up calls on Wednesdays and the office will be staffed on Fridays. The team will also deliver with the meals and shopping a weekly pack of fun and mentally stimulating activities to do at home. For more updates, check out The Dove Centre and Dove Transport Facebook page and Twitter account.

### **Social Support**

#### **Veterans - Legion Scotland**

New Haig House  
Logie Green Road,  
Edinburgh EH7 4HQ

T: 0131 550 1560

E: [t.douglas@legionscotland.org.uk](mailto:t.douglas@legionscotland.org.uk).

W: <https://www.legionscotland.org.uk/>

Summary: Our Veterans Community Support Service promotes fellowship and offers advice and signposting to veterans who have a range of problems resulting from military service such as isolation, unemployment, housing issues, bereavement, and benefits amongst others.



## Older People

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### **Social Support**

#### **Vintage Vibes**

79-89 Broomhouse Crescent

Edinburgh EH11 3RH

T: 0131 343 0955

E: [andrewainsworth@vintagevibes.org.uk](mailto:andrewainsworth@vintagevibes.org.uk)

W: <https://vintagevibes.org.uk/>

FB: <https://www.facebook.com/vintagevibesedinburgh>

Tw: <https://twitter.com/vintagevibesed>

Inst: <https://www.instagram.com/vintagevibesed/>

YT: [https://www.youtube.com/channel/UCbOk8w-l\\_4D62th-iQE8jkw](https://www.youtube.com/channel/UCbOk8w-l_4D62th-iQE8jkw)

Summary: We are currently open for new referrals. The referral list is now open for over 60s who would like a visit from a volunteer on a weekly basis. Referrals are being accepted in these postcodes only: EH6 – Leith; EH7 – Broughton and Restalrig; EH8 – Meadowbank, Southside and Piershill; EH9 – Newington and Marchmont - See website for details. All of our existing friendships are continuing, where possible, over the phone. Our singing group is meeting every 2nd and 4th Friday on Zoom, if you would like information on this please get in touch [hello@vintagevibes.org.uk](mailto:hello@vintagevibes.org.uk)

### **Social Support**

#### **With YOU**

Hays Business Centre Unit 3/2

4 Hay Avenue

Edinburgh EH16 4AQ

T: 0774 1645 460

E: [wilma.lowrie@withyou.support](mailto:wilma.lowrie@withyou.support)

W: <https://www.withyou.support/our-services/older-people/>

Tw: <https://twitter.com/withYOUSupport?lang=en>

Summary: Our support service for Older People at St Leonards is still fully functioning, as the type of support we provide cannot be put on hold. The Day Centre at West Adam St, Pleasance has been closed since March, but we have been providing weekly phone calls, and are now doing outreach support instead. There are plans to reopen within the next 2 months, subject to assessment by Edinburgh Health Protection Teams, Edinburgh Council and the Care Inspectorate. Please contact 07741645460 . If you require any further information in the meantime, Wilma Lowrie, Service Manager can be contacted on 0131 201 2944.

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## Things to Do

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### **Adult Education**

#### **Adult Education Programme**

Edinburgh

E: [adult.education@ea.edin.sch.uk](mailto:adult.education@ea.edin.sch.uk)

W: <https://bit.ly/36TQ6Ji>

FB: [www.facebook.com/EdinburghAEP](http://www.facebook.com/EdinburghAEP)

Tw: [www.twitter.com/AepEdinburgh](http://www.twitter.com/AepEdinburgh)

Inst: [www.instagram.com/edinburghaeprogramme/](http://www.instagram.com/edinburghaeprogramme/)

Summary: Edinburgh's Adult Education Programme (AEP). Did you know that the countdown to enrolment is up, as of Wednesday the 28th of July, you can now register for our classes! We have a variety of outdoor courses starting in early September, as well as our online programme starting later in September. From archaeology and sketching to geology, woodwork and walking there is so much to choose from. Also, our classes offer the chance to get outside, learn something new and meet with a small friendly tutor led group. Follow the link below to have a look at the 35 different outdoor courses on offer and decide what you would like to try: <https://bit.ly/36TQ6Ji> Please note, outdoor course spaces are filling up fast, so it is advisable to book quickly.

### **Adult Education**

#### **Outlook Project**

Edinburgh

T: text / call: 07752 700 754

E: [alexander.callaghan@edinburgh.gov.uk](mailto:alexander.callaghan@edinburgh.gov.uk)

Summary: At Outlook Guidance Points, we offer individual guidance, information, classes and educational support. The service enables people who access mental health services in Edinburgh and the Lothians to take up a variety of both local and City-wide opportunities. Short, free, beginner level courses are available in a range of subjects throughout the year, offering an informal way to try out new subjects in small groups. Learners are invited to talk with a worker when first accessing the service to discuss their interests, different services on offer and what to expect when accessing Outlook courses. People can either self-refer or be referred through an agency. We are also sending out monthly newsletters which have Outlook class updates, as well as other educational and mental health related information. Currently we are holding some face to face sessions, although available spaces are now limited. For more info on our classes or for any general inquiries, please contact Alex at [alexander.callaghan@edinburgh.gov.uk](mailto:alexander.callaghan@edinburgh.gov.uk) or text / call: 07752 700 754 (if no answer, please leave a voicemail and your call will be returned as quick as possible).

## Things to Do

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### **Adult Education: Digital Accessibility**

#### **ABILITYNET IT CAN HELP**

Acre House  
11/15 William Road,  
London NW1 3ER

T: 0800 048 7642

Opening Hours: UK office hours, Monday - Friday

E: [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk)

W: <https://abilitynet.org.uk/>

Summary: Free technical help and training service setup to support anyone either 55 and over or anyone with a disability/medical condition. The service is delivered by volunteers who are all PVG checked. Now with Covid-19 they offer support for people with things such as Zoom, Whatsapp and help with online shopping whether it's Amazon or Online grocery shopping.

### **Adult Education: Digital Accessibility**

#### **Alzheimer Scotland - Digital Dementia Advisor**

3 Edinburgh Road  
Edinburgh EH22 1LA

T: 0131 654 1114

T2: 07734 289401 - Kathy Wiles

E: [KWiles@alzscot.org](mailto:KWiles@alzscot.org)

W: <https://www.alzscot.org/living-with-dementia/staying-independent>

Tw: <https://twitter.com/alzscot/>

Summary: The Digital Dementia Advisor (DDA) provides specialist support for people living with dementia in the Edinburgh area and their families (including remote carers) giving guidance and support on the use of consumer technologies\* to support greater independence, health and wellbeing. The DDA will work directly with families to help them make good choices about technology using the About Digital and Me web site <https://meetadam.co.uk> and will set up, troubleshoot and provide or arrange on-going support for technologies selected. Help will be provided at home or remotely as circumstances allow. The DDA is part of the Alzheimer Scotland team and will also be able to provide advice and guidance on additional support available from Alzheimer Scotland and will signpost to other organisations and agencies that provide support for people living with dementia. The Digital Dementia Advisor is funded by Edinburgh's Health and Social Care Partnership. \*Consumer technologies can be anything with a plug or a battery, an app on a phone, a smart speaker or tablet/laptop, or a GPS device.

## Things to Do

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### **Adult Education: Digital Accessibility**

**Cyrenians Digital Inclusion Service**

Edinburgh

E: [rafallesniewski@cyrenians.scot](mailto:rafallesniewski@cyrenians.scot)

W: <https://cyrenians.scot/>

Summary: Cyrenians Digital Inclusion service aims to enable older citizens to confidently use on-line services such as shopping, banking, health etc. as well as engage with family/ friends, on-line exercise programmes/ meetings/ classes via Internet communicators.

### **Adult Education: Digital Accessibility**

**Get Online Beginners Pack**

W: <https://yourlibrary.edinburgh.gov.uk/documents/22366/91659/Getting+Started+guide/1ed99fba-6126-4634-9321-56f7a8572cc6>

Summary: This short booklet is a very useful guide in explaining alot of computers/internet technical jargon. A good "How to" guide if you are trying to understand the basics. See also:

<https://yourlibrary.edinburgh.gov.uk/web/arena/how-to-section>. How to get an app on your device:

<https://yourlibrary.edinburgh.gov.uk/web/arena/app-guides>

## Things to Do

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### **Adult Education: Digital Accessibility**

#### **People Know How - Computer Delivery**

525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 569 0525

E: [reconnect@peopleknowhow.org](mailto:reconnect@peopleknowhow.org)

W: [www.peopleknowhow.org/computer-delivery](http://www.peopleknowhow.org/computer-delivery)

FB: <https://www.facebook.com/peopleknowhow>

Tw: <https://twitter.com/pkhinnovation?lang=en>

Inst: <https://www.instagram.com/peopleknowhow/>

Summary: People Know How collects donated devices, refurbishes them and delivers them to recipients' doorsteps. They also provide phone support for set-up and support with connectivity. The project accepts referrals for those on low income or who can't afford a device or connectivity and are families or adults over 16 years old living in Edinburgh or East Lothian. The project is currently accepting referrals, donations and volunteer enquiries.

### **Adult Education: Digital Accessibility**

#### **SCOREscotland**

WHALE Learning Centre  
30 Westburn Grove  
Edinburgh EH14 2SA

T: 07398 603 969

E: [joanne@scorescotland.org.uk](mailto:joanne@scorescotland.org.uk)

W: <https://www.scorescotland.org.uk/wester-hailes-connects-2/>

Summary: In addition to the distribution of several tablets already, SCOREscotland has recently been successful in accessing the Scottish Government Wellbeing Fund. An element of this will enable us to get more devices and improve connectivity for families most in need. This is critical, especially now, to enhance digital access to our services and other online resources. Ongoing support for using these new devices will be available. Thanks to the Power Up Fund support from our Digital Inclusion partnership project, Wester Hailes Connects (WHC), is available to all local families and individuals during and after COVID-19.

## Things to Do

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### **Adult Education: Digital Reading**

#### **Library2go**

W: <https://yourlibrary.edinburgh.gov.uk/web/arena/library2go>

Summary: Our Library2go services provide a range of downloadable ebooks, audiobooks, magazines and newspapers. Access these 24/7 on your tablet, phone or computer. Not a member of the library? Join online today.

### **Adult Education: Digital Skills**

#### **Score Scotland**

Edinburgh

E: [joanne@scorescotland.org.uk](mailto:joanne@scorescotland.org.uk)

Summary: Wester Hailes Connects: Would you like to improve your digital inclusion skills? Would you like to feel more confident emailing, surfing the net or accessing online information? If so, please contact: [joanne@scorescotland.org.uk](mailto:joanne@scorescotland.org.uk)

## Things to Do

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### **Adult Education: Digital: Repair and Recycle**

#### **Edinburgh Computer Recycling**

Parkwood Industrial Estate  
Godstone RH9 8JJ

T: 0129 373 1222

W: <https://www.cprcomputerrecycling.co.uk/crcd/area/Edinburgh-Computer-Recycling/county/Edinburgh/>

Summary: They collect redundant IT equipment for free, cleaned and fully refurbished prior to being re-sold for personal or business use. Prices for refurbished equipment is good value for money.

### **Adult Education: Digital: Repair and Recycle**

#### **Edinburgh Remakery**

127 Leith Walk  
Edinburgh EH6 8NP

T: 0131 629 9358

E: [hello@edinburghremakery.org.uk](mailto:hello@edinburghremakery.org.uk)

W: <https://www.edinburghremakery.org.uk>

FB: <https://www.facebook.com/TheEdinburghRemakery/>

Tw: <https://twitter.com/EdinRemakery>

YT: <https://www.youtube.com/channel/UC2W1NIIIAw2B3ukhTHGQUAw>

Summary: Edinburgh Remakery has reconditioned lap tops and computers for sale. Our online shop (access from web site) will remain a one-stop shop for all of your affordable, refurbished IT equipment needs, we will remain committed to supporting low income and vulnerable members of our community, and we also hope to bring back our popular IT repair appointments in the near future.



## Things to Do

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### **Adult Education: Digital: Repair and Recycle**

#### **Pass it On**

14 Wardie Avenue  
Edinburgh EH5 2AB

T: 0131 476 1645

Opening Hours: Monday 10am-4pm; Tuesday 10am-3pm; Thursday 10am-9pm; Friday 10am-3pm

E: [admin@passitoncomputers.co.uk](mailto:admin@passitoncomputers.co.uk)

W: <http://www.passitoncomputers.co.uk/pass-it-on-home/>

Summary: We provide free computer systems to people in the Edinburgh and Lothians postcode area who are unable to access publicly available computers because of their disability or long-term health condition. We adapt and customise donated equipment to our clients.

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## Things to Do

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### **Adult Education: ESOL**

#### **ESOL - College Based**

Edinburgh College  
Edinburgh

W: <https://www.edinburghcollege.ac.uk/Courses/ESOL%20College%20Based>

Summary: This course is designed to prepare you for the Cambridge Certificate in Advanced English (CAE) test. The course covers the reading, writing, listening and speaking skills you will need for the test as well as relevant vocabulary and grammar. You will receive a College certificate and will either continue with studies for Cambridge Advanced or be ready to enter for the Cambridge exam upon completion of the course. This course includes taught classes, directed self-study and personal tutorial time.

### **Adult Education: ESOL**

#### **ESOL (English for Speakers of other Languages)**

Edinburgh

T: 0800 085 7672

E: [ESOL@ea.edin.sch.uk](mailto:ESOL@ea.edin.sch.uk) - General Enquiries

E: [Karen.buist@edinburgh.gov.uk](mailto:Karen.buist@edinburgh.gov.uk) - Detailed enquiries

Summary: ESOL (English for Speakers of other Languages): Weekly online English classes at different levels are available to adults for whom English is not a first language. New learners are invited to a language assessment meeting and then placed in an appropriate class or on a waiting list. New learners can be accepted into classes at the start of each term, provided there are spaces. Due to Covid-19 restrictions, these classes are currently online using Microsoft Teams. For general enquiries please email:

[ESOL@ea.edin.sch.uk](mailto:ESOL@ea.edin.sch.uk) , Tel: 0800 085 7672 For more details contact Karen - [Karen.buist@edinburgh.gov.uk](mailto:Karen.buist@edinburgh.gov.uk)

## Things to Do

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### **Adult Education: Family Learning**

Please go to next section

### **Adult Education: Family Learning**

#### **Resettlement Programme (ESOL and Family Learning)**

Edinburgh

E: [Karen.riddell@ea.edin.sch.uk](mailto:Karen.riddell@ea.edin.sch.uk)

E: [Hannah.avison@ea.edin.sch.uk](mailto:Hannah.avison@ea.edin.sch.uk)

YT: <https://www.youtube.com/EnglishSnacks>

Summary: Resettlement Programme (ESOL and Family Learning): Formerly we were called the Syrian Resettlement Project. 2 services are available for refugees from countries covered under the UK resettlement scheme. We offer English for Speakers of Other Languages (ESOL) classes, as well as Family Learning courses. Our ESOL tutors deliver over 20 online ESOL classes every week. The Family Learning workers support families to learn English together. We also have 62 English Snacks videos on our YouTube channel. The short videos are suitable for learners new to ESOL and can be stacked up to slightly more challenging levels. These can be found by following the link below: <https://www.youtube.com/EnglishSnacks> For information on the Resettlement Programme's ESOL classes, please contact either Karen or Hannah: [Karen.riddell@ea.edin.sch.uk](mailto:Karen.riddell@ea.edin.sch.uk) - [Hannah.avison@ea.edin.sch.uk](mailto:Hannah.avison@ea.edin.sch.uk)

## Things to Do

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### **Adult Education: Family Learning**

#### **Time for a Story**

YT: [www.youtube.com/channel/UCfyyf4R4ek\\_mXcRQL5rbYzA](https://www.youtube.com/channel/UCfyyf4R4ek_mXcRQL5rbYzA)

Summary: Time for a Story: online videos with stories, songs and activities to do together at home

Please go to next entry

## Things to Do

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### **Adult Education: Literacy**

#### **Adult Literacies**

Edinburgh

T: 0800 085 7672 - Adult Learning Line

T2: 07922416232 - Liz Highet - Adult Literacies Lifelong Learning Development Officer

E: [ale@ea.edin.sch.uk](mailto:ale@ea.edin.sch.uk)

E: [Liz.Highet@ea.edin.sch.uk](mailto:Liz.Highet@ea.edin.sch.uk)

FB: <https://bit.ly/3pM7oii>

YT: [www.youtube.com/channel/UC9N5k4EAiTJN9jy7ovaQrXg](http://www.youtube.com/channel/UC9N5k4EAiTJN9jy7ovaQrXg)

Summary: Adult Literacies' groups and courses are free for all adults who want to build skills and confidence in reading, writing, spelling or numbers. Learners decide what they want to work on and can learn at their own pace. Each person will be working towards a different goal. They may want to help their children with home- work, write better work reports, manage money or work towards SQA qualifications. Due to Covid there are no face-to-face groups running just now. Adults can continue learning online with digital support available to them or they can work with a tutor by phone and post. For general enquiries please email: [ale@ea.edin.sch.uk](mailto:ale@ea.edin.sch.uk) or Adult Learning line: 0800 085 7672. For more details contact Liz Highet - Adult Literacies Lifelong Learning Development Officer. Email: [Liz.Highet@ea.edin.sch.uk](mailto:Liz.Highet@ea.edin.sch.uk), Tel: 07922416232

### **Adult Education: Literacy**

#### **Scots Literacy 'Guid Fer a Laugh'**

Edinburgh

T: 07719 420 424

E: [Lydia.Markham@ea.edin.sch.uk](mailto:Lydia.Markham@ea.edin.sch.uk)

Summary: Reading, Writing, Speaking Scots - Introduction to Scots Literacy - Learning Scots language and auld words, taking a look at Scots comedy and writing. We'll be using poems, songs, comedy, jokes, informal fun activities. Packs are free and emailed or posted. Contact: [Lydia.Markham@ea.edin.sch.uk](mailto:Lydia.Markham@ea.edin.sch.uk)

## Things to Do

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### **Adult Education: Literacy and Numeracy**

#### **Literacy and Numeracy Support for Adults**

Edinburgh

T: 07719 420 424

E: [Lydia.Markham@ea.edin.sch.uk](mailto:Lydia.Markham@ea.edin.sch.uk)

Summary: Literacy and Numeracy Support for Adults in South West Edinburgh Reading, Writing, Numbers, Guidance and Advice. An online group with support by phone or email Contact: Lydia Markham on [Lydia.Markham@ea.edin.sch.uk](mailto:Lydia.Markham@ea.edin.sch.uk) Or 07719 420 424

Please go to next entry

## Things to Do

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### **Adult Education: Online training in Digital Skills**

#### **BT Skills for Tomorrow**

W: <https://www.bt.com/skillsfortomorrow>

Summary: Online courses to learn new skills for work, home and everyday life.

### **Adult Education: Online training in Digital Skills**

#### **Choosing a Scanner**

W: <https://scannerzone.com/guide-to-choosing-a-scanner/>

Summary: Scanners are great for saving old photos or important documents onto your computer for posterity. They are very handy, affordable and need not take up much space. Here are some tips for choosing the right scanner for you.

### **Adult Education: Online training in Digital Skills**

#### **Complete Guide to Importing Your Photos in Windows 10**

W: <https://www.quantumbooks.com/technology/software/how-to-import-photos-from-your-camera-in-windows-10/>

Summary: While Microsoft has put lot of effort for the basic tasks to be as easy as possible, importing photos from your digital camera in Windows 10 is straightforward and you can do this in different ways. In this article, we will stick to the most common and easiest method to import your favorite snaps to the computer. Only File Explorer and Photos application are required during the process.

Please go to next entry



## Things to Do

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### **Adult Education: Online training in Digital Skills**

Discover free digital skills courses for all levels - Accenture

W: <https://www.futurelearn.com/career-advice/grow-your-digital-skills>

Summary: Explore these free digital skills courses

### **Adult Education: Online training in Digital Skills**

#### **Ecas - Computer training - Disability**

Norton Pack

57 Albion Road

Edinburgh EH7 5QY

T: 07500 221618

Opening Hours: Monday: 9.30 - 3.00pm

E: [hello@ecas.scot](mailto:hello@ecas.scot)

W: <https://www.ecas.scot/activities/computing/>

FB: <https://www.facebook.com/EcasScot>

Tw: <https://twitter.com/EcasScot>

Inst: <https://www.instagram.com/ecasscot/>

YT: [https://www.youtube.com/channel/UCFx4zy5KD0uHU\\_rUGmgSQCw/videos](https://www.youtube.com/channel/UCFx4zy5KD0uHU_rUGmgSQCw/videos)

Summary: Friendly and practical help for people with a physical disability. In 45 minute one-to-one online sessions, you'll learn how to use a computer for: audio visual materials like photos and videos; And more. Online - 45 minute one-to-one individual timeslots.

## Things to Do

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### **Adult Education: Online training in Digital Skills**

#### **Employability and Digital Skills Course**

One Parent Families Scotland

2 York Place

Edinburgh EH1 3EP

T: 07570 106 789

E: [stacey.powchscott@opfs.org.uk](mailto:stacey.powchscott@opfs.org.uk)

W: <https://opfs.org.uk/>

FB: <https://www.facebook.com/OneParentFamiliesScotland/>

Summary: Employability and Digital Skills Course - One Parent Families Scotland Online support for single parents in Edinburgh. 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.

### **Adult Education: Online training in Digital Skills**

#### **Future Learn**

W: <https://www.futurelearn.com/>

Summary: Future Learn covers Digital Skills and much, much, more. Learn 100% online with world class universities and industry experts. Develop hobbies, new skills and career-changing expertise with our flexible courses. Choose from hundreds of short online courses from top universities and specialist organisations.

## Things to Do

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### **Adult Education: Online training in Digital Skills**

#### **Good manners at Zoom meetings**

Deaf Scotland

c/o The ALLIANCE

The Venlaw Building, 349 Bath St

Glasgow G2 4AA

T: 0141 248 2474 T2: 07925 417 338

E: [admin@deafscotland.org](mailto:admin@deafscotland.org)

W: <https://deafscotland.org/wp-content/uploads/2020/09/MZA.3-Good-Manners-at-Meetings.pdf>

FB: <https://www.facebook.com/deafscotland/>

Tw: <https://twitter.com/deafscotmedia>

Summary: Deafscotland is the user led, membership organisation for the deaf sector in Scotland. For more information, visit the deafscotland website. Due to Covid Zoom is now a very common way to use your computer to access meetings online. This two page guide explains good manners at a Zoom meeting.

### **Adult Education: Online training in Digital Skills**

#### **Google Digital Garage**

W: <https://learndigital.withgoogle.com/digitalgarage>

Summary: Get new skills for a digital world: Learn at your own pace, with flexible and personalised training courses designed to build your confidence and help you thrive. Discover tools to make your business succeed. Improve your interview skills. Prepare for the career you want

## Things to Do

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### **Adult Education: Online training in Digital Skills**

#### **How to access Zoom**

Deaf Scotland  
c/o The ALLIANCE  
The Venlaw Building, 349 Bath St  
Glasgow G2 4AA

T: 0141 248 2474

T2: 07925 417 338

E: [admin@deafscotland.org](mailto:admin@deafscotland.org)

W: <https://deafscotland.org/wp-content/uploads/2020/09/MZA.1-How-to-Access-Zoom.pdf>

FB: <https://www.facebook.com/deafscotland>

Tw: <https://twitter.com/deafscotmedia>

Summary: Deafscotland is the user led, membership organisation for the deaf sector in Scotland. For more information, visit the deafscotland website. Due to Covid Zoom is now a very common way to use your computer to access meetings online. This two page guide explains basic information about Zoom and how to access an online meeting.

### **Adult Education: Online training in Digital Skills**

#### **Inserting Pictures into a word document**

W: <https://support.microsoft.com/en-us/office/insert-pictures-3c51edf4-22e1-460a-b372-9329a8724344?ui=en-us&rs=en-us&ad=us>

Summary: How to insert a picture into a word document.

## Things to Do

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### **Adult Education: Online training in Digital Skills**

#### **Learn My Way**

Good Things Foundation  
3rd Floor  
1 East Parade  
Sheffield S1 2ET

T: 0114 349 1666

E: [hello@goodthingsfoundation.org](mailto:hello@goodthingsfoundation.org)

W: <https://www.learnmyway.com/>

FB: <https://www.facebook.com/goodthingsfoundation>

Tw: <https://twitter.com/goodthingsfdn?lang=en>

YT: <https://www.youtube.com/channel/UCuxFa-6Mrjz52WQ5FsLiSA>

Summary: Learn My Way has free courses for you to learn digital skills to stay safe and connected.

### **Adult Education: Online training in Digital Skills**

#### **IT User Skills**

T: 0800 001 5910

E: <https://freecoursesinscotland.co.uk/get-in-touch/>

W: <https://freecoursesinscotland.co.uk/it-user-skills/>

Summary: This free online course aims to develop your knowledge, understanding and competence in a range of different IT areas: Using IT to increase productivity; IT software fundamentals; IT security for users; Presentation software; Spreadsheet software.

## Things to Do

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### **Adult Education: Online training in Digital Skills**

#### **Making Zoom Meetings fully accessible**

Deaf Scotland  
c/o The ALLIANCE  
The Venlaw Building, 349 Bath St  
Glasgow G2 4AA

T: 0141 248 2474

T2: 07925 417 338

E: [admin@deafscotland.org](mailto:admin@deafscotland.org)

W: <https://deafscotland.org/wp-content/uploads/2020/09/MZA.5-Making-Zoom-Fully-Accessible.pdf>

FB: <https://www.facebook.com/deafscotland>

Tw: <https://twitter.com/deafscotmedia>

Summary: Deafscotland is the user led, membership organisation for the deaf sector in Scotland. It is important to make sure that you follow the principles of Inclusive Communication (<https://www.gov.scot/publications/principles-inclusive-communication-information-self-assessment-tool-public-authorities/>) and find out what the communication and language support needs of all participants are well before the meeting so that you can book language support professionals to make your Zoom meetings fully accessible.

### **Adult Education: Online training in Digital Skills**

#### **Preparing for your Zoom meeting**

Deaf Scotland  
c/o The ALLIANCE  
The Venlaw Building, 349 Bath St  
Glasgow G2 4AA

T: 0141 248 2474

T2: 07925 417 338

E: [admin@deafscotland.org](mailto:admin@deafscotland.org)

W: <https://deafscotland.org/wp-content/uploads/2020/09/MZA.2-Preparing-for-Your-Zoom-Meeting.pdf>

FB: <https://www.facebook.com/deafscotland>

Tw: <https://twitter.com/deafscotmedia>

Summary: Deafscotland is the user led, membership organisation for the deaf sector in Scotland. For more information, visit the deafscotland website. Due to Covid Zoom is now a very common way to use your computer to access meetings online. This two page guide explains basic information about how to prepare for a Zoom meeting.

## Things to Do

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### **Adult Education: Online training in Digital Skills**

#### **Safe and secure use of Zoom**

Deaf Scotland  
c/o The ALLIANCE  
The Venlaw Building, 349 Bath St  
Glasgow G2 4AA

T: 0141 248 2474

T2: 07925 417 338

E: [admin@deafscotland.org](mailto:admin@deafscotland.org)

W: <https://deafscotland.org/wp-content/uploads/2020/09/MZA.4-Safe-and-Secure-Use-of-Zoom.pdf>

FB: <https://www.facebook.com/deafscotland/>

Tw: <https://twitter.com/deafscotmedia>

Summary: Deafscotland is the user led, membership organisation for the deaf sector in Scotland. For more information, visit the deafscotland website. Due to Covid Zoom is now a very common way to use your computer to access meetings online. Here are several steps you can take to help keep calls secure whilst using Zoom.

### **Adult Education: Online training in Digital Skills**

#### **Step by step guide: How to video call your family**

W: <https://www.bbc.co.uk/news/technology-51968122>

Summary: If you are self-isolating at home, video-chatting can help you stay in touch with your friends and family. This guide will show how to make a video call using a smartphone, or receive one using your desk-top computer - or help how to do so to others.

## Things to Do

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### **Adult Education: Online training in Digital Skills**

#### **Using Google Maps**

W: <https://support.google.com/maps/?hl=en#topic=3092425>

Summary: How to use google maps

### **Adult Education: Online training in Digital Skills**

#### **Using the iPad to Support Learners with Physical Difficulties**

W: <https://www.callscotland.org.uk/downloads/posters-and-leaflets/using-the-ipad-to-support-learners-with-physical-difficulties/>

Summary: How to use an ipad to support learners with physical difficulties.



## Things to Do

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### **Adult Education: Online training in Digital Skills**

#### **Youth Scotland Coding Training**

Balfour House  
19 Bonnington Grove  
Edinburgh EH6 4BL

T: 0131 554 2561

E: [laura.kemp@youthscotland.org.uk](mailto:laura.kemp@youthscotland.org.uk)

W: <https://www.youthscotland.org.uk/programmes/generation-code/>

FB: <https://www.facebook.com/YouthScotland/>

Tw: <https://twitter.com/YouthScotland>

YT: <https://www.youtube.com/user/youthscotland1>

Summary: Developing new skills and sparking an interest in coding, Generation Code allows young people to get creative, develop their computational thinking and coding skills to become better equipped to take advantage of the opportunities in a world that is becoming digital-by-default.

### **Adult Education: Online training in Digital Skills**

#### **Zoom for people who are BSL users**

Deaf Scotland  
c/o The ALLIANCE  
The Venlaw Building, 349 Bath St  
Glasgow G2 4AA

T: 0141 248 2474

T2: 07925 417 338

E: [admin@deafscotland.org](mailto:admin@deafscotland.org)

W: <https://deafscotland.org/wp-content/uploads/2020/09/MZA.7-British-Sign-Language-Users.pdf>

FB: <https://www.facebook.com/deafscotland/>

Tw: <https://twitter.com/deafscotmedia>

Summary: Deafscotland is the user led, membership organisation for the deaf sector in Scotland. There are several useful measures and features that can assist those who are Deaf British Sign Language users to make Zoom meetings more accessible.

## Things to Do

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### **Adult Education: Online training in Digital Skills**

#### **Zoom for people who are Deafblind**

Deaf Scotland  
c/o The ALLIANCE  
The Venlaw Building, 349 Bath St  
Glasgow G2 4AA

T: 0141 248 2474

T2: 07925 417 338

E: [admin@deafscotland.org](mailto:admin@deafscotland.org)

W: <https://deafscotland.org/wp-content/uploads/2020/09/MZA.8-People-who-are-Deafblind.pdf>

FB: <https://www.facebook.com/deafscotland/>

Tw: <https://twitter.com/deafscotmedia>

Summary: Deafscotland is the user led, membership organisation for the deaf sector in Scotland. There are several steps to consider and available features that may make Zoom meetings more accessible for those who are Deaf Blind.

### **Adult Education: Online training in Digital Skills**

#### **Zoom for people who are Deafened**

Deaf Scotland  
c/o The ALLIANCE  
The Venlaw Building, 349 Bath St  
Glasgow G2 4AA

T: 0141 248 2474

T2: 07925 417 338

E: [admin@deafscotland.org](mailto:admin@deafscotland.org)

W: <https://deafscotland.org/wp-content/uploads/2020/09/MZA.9-People-who-are-Deafened.pdf>

FB: <https://www.facebook.com/deafscotland/>

Tw: <https://twitter.com/deafscotmedia>

Summary: Deafscotland is the user led, membership organisation for the deaf sector in Scotland. There are several steps to consider and available features that may make Zoom meetings more accessible for those who are Deafened.

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**Arts and Creative activities:** [Contact Point](#), [Art Gallery - Dementia](#), [Art Therapy](#), [Art Centre](#), [Book Group](#), [Crafting](#), [Modern Art](#), [Photography](#), [Pottery](#)

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## Things to Do

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### **Arts and Creative activities**

#### **Contact Point**

101 High Riggs  
Edinburgh, EH3 9RP

T: 0131 455 6868

Opening Hours: Sunday to Thurs: Sun: 11am to 4pm; Mon: 2pm -8pm; Tue: 10:30am—4:30pm; Wed: 10:30am—4:30pm; Thurs: 2:00pm—8:00pm. Closed Fri/Sat

E: [contactpointlothianteam@wheatley-care.com](mailto:contactpointlothianteam@wheatley-care.com)

Summary: Contact Point is finally back! Offering Art, Mindfulness, Walking and Tai Chi, Contact Point still has a quiz night and a chance to meet up on a Sunday. To access their social space or any of our activities, they require the completion of an individual referral and risk assessment form, prior to use. This helps them to better support you and keep the service a safe space for you and others.

### **Arts and Creative activities**

#### **Do Think Share**

W: <https://dothinkshare.com/>

FB: <https://www.facebook.com/64millionartists>

Tw: [https://twitter.com/64M\\_Artists](https://twitter.com/64M_Artists)

Inst: <https://www.instagram.com/64millionartists/>

YT: <https://www.youtube.com/channel/UCTXGtn57Nzq8x5kD8ipY0Yw>

Summary: Here you'll find simple creative activities for individuals and groups. Whether you're looking for things to do at home, in your workplace, school, care home or local café, there's something here to inspire you. Dive into the Creative Activities section and take a look

## Things to Do

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### **Arts and Creative activities**

#### **Edinburgh Tool Library**

E: [hello@edinburghtoollibrary.org.uk](mailto:hello@edinburghtoollibrary.org.uk)

W: <https://edinburgh.myturn.com/library/>

FB: <https://www.facebook.com/edinburghtoollibrary/>

Summary: We are currently running a tool pick up and drop off service from our Main Tool Depot and Portobello space.

### **Arts and Creative activities**

#### **WHALE Arts**

30 Westburn Grove  
Edinburgh EH14 2SA

T: 0131 458 3267

W: <https://www.whalearts.co.uk/whats-on/>

FB: <https://www.facebook.com/WhaleArtsAgency>

Tw: [https://twitter.com/whale\\_arts](https://twitter.com/whale_arts)

Inst: <https://www.instagram.com/whalearts/>

YT: [https://www.youtube.com/channel/UC-B-jZk8lq\\_S4u9UQ2VKQ1g](https://www.youtube.com/channel/UC-B-jZk8lq_S4u9UQ2VKQ1g)

Summary: Whale Arts is now running a mix of indoor and outdoor events. Their Digital Support and Art Session groups have re-started. They also have a Poetry group meeting up. Those who prefer the outdoors can Volunteer to work in the Garden. Free Art Packs for all ages; Free meals via take away or delivery service on Fridays; Friendship calls from WHALE Art Staff; Free online classes and activities on their website continue to be available.

## Things to Do

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### **Arts and Creative activities: Art Gallery**

#### **National Galleries of Scotland**

73 Belford Road  
Edinburgh EH4 3DS

T: 0131 624 6200

Open Hours: [https://www.nationalgalleries.org/visit#Opening\\_hours](https://www.nationalgalleries.org/visit#Opening_hours)

E: [enquiries@nationalgalleries.org](mailto:enquiries@nationalgalleries.org)

W: <https://www.nationalgalleries.org/>

FB: <https://www.facebook.com/nationalgalleries/>

Tw: <https://twitter.com/NatGalleriesSco>

Inst: <https://www.instagram.com/natgalleriessco/>

YT: [https://www.youtube.com/channel/UCF-KoSfVuL4Xj9ujfq\\_yCXA](https://www.youtube.com/channel/UCF-KoSfVuL4Xj9ujfq_yCXA)

Summary: Explore the online collection of artworks dating from the early Renaissance to the present day. Browse over a thousand highlighted artists from the collection in our artist A-Z. Visits to galleries must be pre-booked. All Gallery buildings are now open but you will need to book before you visit.

### **Arts and Creative activities: Art Gallery - Dementia**

#### **Art in the City**

Edinburgh

T: 0131 529 6365

E: [Diana.Morton@edinburgh.gov.uk](mailto:Diana.Morton@edinburgh.gov.uk)

Summary: Art in the City provides an opportunity for people whose lives are affected by dementia and their friends, families and carers to share a gallery visit and discuss art (and other things) in a friendly and supportive environment. Due to Covid-19 restrictions, Art in the City meets on a monthly basis online in Microsoft Teams. If you are interested in attending, please contact Diana Morton: [Diana.Morton@edinburgh.gov.uk](mailto:Diana.Morton@edinburgh.gov.uk) or 0131 529 6365 to be added to the mailing list to receive the most up to date information. She will assist you in accessing the Teams group.

## Things to Do

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### **Arts and Creative activities: Art Therapy**

#### **Alma Project**

Craigentinny Community Centre  
9 Loaning Road  
Edinburgh EH 7 6JE

T: 0770 36 39 334

Open Hours: See summary

E: [thealmaproject@gmail.com](mailto:thealmaproject@gmail.com)

W: <http://thealmaproject.wordpress.com>

Summary: The Alma Project groups runs a rich mix of arts, crafts, writing and drama sessions. The Alma Project are now running a mix of outdoor/indoor/ online activities. Outings Mon 12 noon – 1.30pm; Art Group: Craigentinny Community Centre: Tues 12 noon – 2pm; Art/Writing zoom session: Thurs 1pm – 1.30pm; Alma Theatre hybrid zoom & in person, Thurs at varying times (email [emily@activeinquiry.co.uk](mailto:emily@activeinquiry.co.uk)); Peer Chat zoom Fri 12 noon. Activities are also being run on their Facebook page (you have to register with Alma before you can access the Facebook page) and referrals are still being received by email only and the form can be found on the website.

### **Arts and Creative activities: Art Therapy**

#### **Artlink Edinburgh and Lothians**

13a Spittal Street  
Edinburgh EH3 9DY

T: 0131 229 3555

W: <http://www.artlinkedinburgh.co.uk>

FB: <https://www.facebook.com/ArtlinkEdinburgh/>

Tw: <https://twitter.com/ArtlinkEdin>

Inst: <https://www.instagram.com/artlinkededin/>

YT: <https://www.youtube.com/channel/UC6zRgWsU0IFQ4vrtMS5pRUQ>

Summary: Artlink Edinburgh and Lothians are creating lots of different creative resources and activities. See their website for updates and more details. Monthly listings, and Artlink TV - see youtube



## Things to Do

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### **Arts and Creative activities: Art Therapy**

#### **People Know How - Art Therapies Project**

525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 569 0525

E: [positive.transitions@peopleknowhow.org](mailto:positive.transitions@peopleknowhow.org)

W: [www.peopleknowhow.org/arts-therapies](http://www.peopleknowhow.org/arts-therapies)

Summary: Arts Therapies provides a supportive environment in which to explore and express emotions through the arts using different materials, exercises and methods. Projects may include art therapy or music therapy! People Know How works in partnership with universities and organisations across Scotland to provide individual or group sessions, improving confidence and resilience. Support is face-to-face, or blended with online support when face-to-face sessions are not possible.

### **Arts and Creative activities: Art Therapy**

#### **People Know How - Pupils Know How**

525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 569 0525

E: [positive.transitions@peopleknowhow.org](mailto:positive.transitions@peopleknowhow.org)

W: [www.peopleknowhow.org/pupils-know-how](http://www.peopleknowhow.org/pupils-know-how)

Summary: Pupils Know How is a series of groups in schools across East Lothian and Edinburgh that adapt to each individual school and its pupils. Each group is designed by young people themselves, based on aims they have identified during support. Past groups have explored emotions and school transitions through art, science, drama, nature and Curiosity Club. Support is face-to-face, or blended with online support when face-to-face sessions are not possible.

## Things to Do

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### **Arts and Creative activities: Arts Centre**

#### **North Edinburgh Arts**

15a Pennywell Court  
Edinburgh EH4 4TZ

T: 0131 315 2151

W: <http://www.northedinburgharts.co.uk>

FB: <https://www.facebook.com/northedinarts/>

YT: <https://www.youtube.com/channel/UC3Lf5kT-ESR5hnMUa0LAhkg>

Summary: North Edinburgh Arts is gradually reopening services with a blend of indoor/outdoor and online services. Online activities are updated weekly so make sure to check their site regularly for more updates or sign up to their e-newsletter. Meantime, have a look at what we're offering and get creative! Visit their Facebook page or [www.northedinburgharts.co.uk/online-activities/](http://www.northedinburgharts.co.uk/online-activities/)

### **Arts and Creative activities: Book Group**

#### **Edinburgh Gay Men's Book Group**

Edinburgh

E: <https://edgaybookgroup.wordpress.com/contact/>

W: <https://edgaybookgroup.wordpress.com/>

Tw: <https://twitter.com/edingaybook?lang=en>

Summary: Edinburgh Gay Men's Book meets the fourth Wednesday of each month at 7pm at the Edinburgh LGBT Centre for Health and Wellbeing at 9 Howe Street, Edinburgh.

## Things to Do

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### **Arts and Creative activities: Book Group**

#### **Girly Book Club**

Edinburgh

W: <https://uk.thegirlybookclub.com/edinburgh/>

FB: <https://www.facebook.com/TheGirlyBookClub/>

Summary: The concept is simple. We're a global book club for likeminded women to discuss great books!  
Monthly book club meeting on Zoom.

### **Arts and Creative activities: Book Group**

#### **Inspiring Leith - Book Group**

Edinburgh

T: 07919557691 - Colin

E: [emma.jardine@simonscotland.org](mailto:emma.jardine@simonscotland.org)

FB: <https://www.facebook.com/inspiringleith/>

Summary: Book Group - Fridays on Zoom at 2.30pm - End the week with a relaxed chat about books

## Things to Do

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### **Arts and Creative activities: Book Group**

#### **Open Book Group - Craig Millar Library**

Edinburgh

E: [info@openbookreading.com](mailto:info@openbookreading.com)

W: <https://openbookreading.com/>

Summary: Shared Reading sessions with Open Book Join Open Book on Zoom for relaxed sessions reading stories and poems together and having a chat about them. The National Library of Scotland (Mondays 10 to 11am) Craigmillar Library (every other Tuesday 10-11am). Find out more and sign up at:

[www.openbookreading.com/unbound/](http://www.openbookreading.com/unbound/)

### **Arts and Creative activities: Book Group**

#### **Bonanza Non Fiction Book Club**

Edinburgh

W: <https://www.meetup.com/edinburgh-book-club-meetup-group/>

Summary: We are a small, informal non-fiction book group who meet every couple of weeks and (in theory) discuss one book a month. Although a lot of it is just drinking and chatting ...

With non-fiction virtually anything goes: Art, biographies/memoirs, psychology, ecology, politics, science, history, philosophy...

We meet at around 8pm on the 2nd and 4th Tuesday of each month. Meetings are currently on-line. Once restrictions end we'll be back in the Blue Blazer on Spittal Street. The Blue Blazer has been our 'home' for several years now. It is a bustling pub, not a hushed shrine to the printed word, but it suits us. We are usually at the back of the back room, and we try to have some books on the table so you'll know who we are.

## Things to Do

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### **Arts and Creative activities: Book Group**

#### **Wester Hailes Public Library - Online Book Group**

1 Westside Plaza  
Edinburgh EH14 2ST

E: [Melissa.Hollingshead@edinburgh.gov.uk](mailto:Melissa.Hollingshead@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/directory-record/1229202/wester-hailes-library>

FB: <https://www.facebook.com/WesterHailesLibrary>

Summary: The Library has now re-opened but you will have to book in advance if you are entering the library for anything other than returning a book. Their online book group is up and running. If you want to join the book group email [Melissa.Hollingshead@edinburgh.gov.uk](mailto:Melissa.Hollingshead@edinburgh.gov.uk)

### **Arts and Creative activities: Book Group**

#### **Great Reads EDI**

Edinburgh

W: <https://www.meetup.com/Great-Reads-EDI/>

Summary: In person meetings will return as soon as it is safe to resume them.

Online meetings will continue for those members unable to attend in person.

This group is for anyone interested in reading and discussing great books. We mostly read contemporary fiction, but a few classics and non-fiction titles sometimes appear on our bookshelf too.

## Things to Do

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### **Arts and Creative activities: Crafting**

#### **North Edinburgh Arts - A Stitch in Time**

15a Pennywell Court  
Edinburgh EH4 4TZ

T: 0131 315 2151

Open Hours: Thursdays, 10am - 12pm

E: [admin@northedinburgharts.co.uk](mailto:admin@northedinburgharts.co.uk).

W: <https://northedinburgharts.co.uk/whats-on/a-stitch-in-time/#:~:text=A%20sewing%20group%2C%20led%20by,12pm%20at%20North%20Edinburgh%20Arts.>

FB: <https://www.facebook.com/northedinarts>

Tw: <https://twitter.com/northedinarts>

Inst: <https://www.instagram.com/northedinarts/>

Summary: You'll get a chance to learn and develop your machine sewing skills, hand embroidery and needle felting skills. All sessions are free. No previous sewing experience is required, only the willingness to learn and explore.

Develop and learn sewing skills; Grow your creativity; Meet local residents; Share and create with others,

All sessions are free and places are available to local residents of Muirhouse and Pilton but must be booked in advance [via NEA's Eventbrite](#).

You can also keep in touch with your fellow Stitchers, access resources, and receive updates on the project via the Facebook Group.

For more information, please email: [admin@northedinburgharts.co.uk](mailto:admin@northedinburgharts.co.uk)

### **Arts and Creative activities: Crafting**

#### **Thistle Foundation - The Hobby Hut**

13 Queen's Walk  
Edinburgh EH16 4EA

T: 07471030957

Open Hours: Thursday 10am to 12.30

E: [Claire.cumming@thistle.org.uk](mailto:Claire.cumming@thistle.org.uk)

W: <https://www.thistle.org.uk/>

FB: <https://www.facebook.com/thistlefoundation>

Summary: The hobby hut is now back meeting in person in the Centre of Wellbeing on Thursdays 10-12.30. It is often quite a busy group so booking is required as numbers in the space are limited to keep everyone safe. Spaces can be checked/booked by calling reception on 0131 661 3366, up to a week in advance of each session.

## Things to Do

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### **Arts and Creative activities: Modern Art**

**Coursera**

W: <https://www.coursera.org/learn/modern-art-ideas>

FB: <https://www.facebook.com/Coursera>

Tw: <https://twitter.com/coursera>

Inst: <https://www.instagram.com/coursera/>

Summary: This course is designed for anyone interested in learning more about modern and contemporary art. Over the next five weeks, you will look at art through a variety of themes: Places and Spaces, Art and Identity, Transforming Everyday Objects, and Art and Society.

### **Arts and Creative activities: Photography**

**Artspace55**

Edinburgh

E: [margaret.m.drysdale@outlook.com](mailto:margaret.m.drysdale@outlook.com)

Inst: <https://www.instagram.com/artspace55artclub/>

YT: <https://www.youtube.com/watch?v=ESyvsN1hBmU>

Summary: Artspace55 Art Club is for adults who enjoy being creative and taking photos. The Artspace55 Art Club is a space for you to share your creativity with others. Think about the theme we have suggested and then create what that theme means for you. You can use photography, digital media, collaging, painting, drawing or a poem/words. Email images of your art work to Margaret and she will post it on the instagram page. The current theme is "Reflections".

## Things to Do

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### **Arts and Creative activities: Pottery**

#### **Leith Community Pottery**

Leith Business Centre  
4a Marine Esplanade  
Edinburgh EH6 7LU

T: 07505 113 836

E: [potterofleith@yahoo.com](mailto:potterofleith@yahoo.com)

W: <http://www.thepotterofleith.co.uk>

FB: <https://www.facebook.com/potterofleith>

Inst: <https://www.instagram.com/thepotterofleith/>

Summary: Offers free and donation based access to courses and workshops to those living with poor mental health, dementia, social exclusion and isolation.



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## Things to do

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**Adult Education:** [Adult Education Programme](#), [Outlook Project](#), [Digital Accesibility](#), [Digital Reading](#), [Digital Skills](#), [Digital: Repair and Recycle ESOL](#), [Literacy](#), [Online Training in Digital Skills](#)

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**Arts and Creative activities:** [Contact Point](#), [Art Gallery - Dementia](#), [Art Therapy](#), [Art Centre](#), [Book Group](#), [Crafting](#), [Modern Art](#), [Photography](#), [Pottery](#)

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**Befriending:** [All Age Groups](#), [Arthritis](#), [Bereavement](#), [Carers](#), [Ethnic Minorities](#), [Families](#), [HIV](#), [Mental Health and Wellbeing](#), [Older People](#), [Substance Misuse](#), [Veterans](#), [Youth](#)

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**Heritage and Culture:** [Classical Music](#), [Museums](#), [Music Therapy](#), [Opera](#), [Public Libraries](#), [Rock Music](#), [Singing](#)

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## Things to Do

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### **Befriending: All Age Groups**

#### **Red Cross - Get help with loneliness**

T: 0808 196 3651 - Free Support Line 10am to 6pm every day.

W: <https://www.redcross.org.uk/get-help/get-help-with-loneliness>

W: <https://www.redcross.org.uk/get-help/coronavirus>

Summary: Get help with loneliness. The British Red Cross is helping people connect with their local communities, meet new friends, and offering ways to help people cope with loneliness.

If you are feeling lonely, please know that you are not alone. The British Red Cross is here to help you.

One in five people in the UK say they experience feelings of loneliness, and during the coronavirus pandemic many more of us felt anxious and isolated. We are working hard to make sure that no-one feels like they have nowhere to turn.

If you are affected by loneliness or know someone who needs help, click the link below to find a Red Cross service in your area. We may be able to help directly or to refer you to another organisation.

### **Befriending: Arthritis**

#### **Scotland Versus Arthritis**

Edward House

199 Sauchiehall Street

Glasgow G2 3EX

Contact: Marion MacNeil

T: 0141 954 7776

E: [livewell@versusarthritis.org](mailto:livewell@versusarthritis.org)

W: <https://www.versusarthritis.org/>

FB: <https://www.facebook.com/VersusArthritis>

Tw: <https://twitter.com/VersusArthritis>

Inst: <https://www.instagram.com/VersusArthritis/>

YT: <https://www.youtube.com/versusarthritis>

Summary: Around 10 million people in the UK are thought to have arthritis. It can affect people of all ages – even children and teenagers. Some forms of arthritis are more common in older people. When you need support, we are here to help in whatever way you need us – on the phone, online or in person.

Versus Arthritis offers a range of services aimed at providing support and information to people of all ages.

## Things to Do

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### **Befriending: Bearevement**

#### **Held in Our Hearts**

Craiglockhart Tennis Centre  
77 Colinton Road  
Edinburgh EH14 1BZ

T: 0131 622 6263

E: [info@heldinourhearts.org.uk](mailto:info@heldinourhearts.org.uk)

W: <https://heldinourhearts.org.uk/>

FB: <https://www.facebook.com/babylosscounsellingandsupport/>

Tw: <https://twitter.com/heldinourhearts>

Inst: <https://www.instagram.com/heldinourhearts/>

Summary: We are a local charity providing baby loss counselling and support to families. Formerly known as SANDS Lothians, we have 40 years' experience of offering compassionate bereavement care in the community.

### **Befriending: Carers**

#### **Befriending - Carers - Eric Liddell Centre**

15 Morningside Road  
Edinburgh EH10 4DP

T: 0131 357 1271

E: [frontdesk@ericliddell.org](mailto:frontdesk@ericliddell.org)

W: <https://www.ericliddell.org/befriending/>

FB: <https://www.facebook.com/EricLiddellCentre/>

Summary: How does it work? Initially, we would ask you to complete a simple application form. We then meet you to find out your interests, life experiences and hobbies. A range of interesting and fun training which clarifies roles and responsibilities will be provided.

If you would like to go ahead, we then carefully match you to a suitable befriender who has similar interests which will enable a friendship to develop. We coordinate the first contact and continue to support the friendship throughout.

## Things to Do

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### **Befriending: Ethnic Minority**

#### **Leith Conversation Cafes**

Edinburgh

T: 07510 122 425

E: [info@feniks.org.uk](mailto:info@feniks.org.uk)

FB: <https://www.facebook.com/LeithConversationCafes>

Summary: Leith Conversations Cafes, are happening at Out of the Blue & Drill Hall Arts Cafe, 36 Dalmeny St, Edinburgh EH6 8RG, on a Monday from 10.30 to 12.00 and at the Santosa Yoga Studio, Cafe and Therapy Centre, 21 Albert St, Edinburgh EH7 5LH on a Sunday from 16.00 to 17.30.

### **Befriending: Ethnic Minority:**

#### **The Welcoming - Befriending Programme**

1, 20 Westfield Avenue

Edinburgh EH11 2TT

Contact: Life Raluy - Befriending Programme Manager

T: 07379940716 - Telephone/text/WhatsApp

E: [life@thewelcoming.org](mailto:life@thewelcoming.org)

W: <https://www.thewelcoming.org/activities/friendship/>

FB: <https://www.facebook.com/thewelcoming>

Tw: <https://twitter.com/WelcomingEdi>

Inst: <https://www.instagram.com/welcomingedinburgh/?hl=en>

Summary: Welcoming Friendship connects newcomers to Edinburgh with local volunteers. The project aims to support newcomers to build increased confidence, wellbeing and integration into Edinburgh life whilst providing local people with opportunities to contribute to their community. To make a referral for one-to-one befriending contact our Befriending Programme Manager: Life Raluy – [life@thewelcoming.org](mailto:life@thewelcoming.org)

## Things to Do

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### **Befriending: Ethnic Minority:**

#### **The Welcoming - Cultural Exchange for Women**

1, 20 Westfield Avenue

Edinburgh EH11 2TT

Contact: Life Raluy - Befriending Programme Manager

T: 07379 940716 - Telephone/text/WhatsApp

E: [liffe@thewelcoming.org](mailto:liffe@thewelcoming.org)

W: <https://www.thewelcoming.org/activities/friendship/welcoming-womens-cafes/>

FB: <https://www.facebook.com/thewelcoming>

Tw: <https://twitter.com/WelcomingEdi>

Inst: <https://www.instagram.com/welcomingedinburgh/?hl=en>

Summary: Online - Weekly Cultural Exchange for Women - (with Lizzie) Tuesdays, 12pm-1pm, contact our Befriending Facilitator: Lizzie Ashworth – [lizzie@thewelcoming.org](mailto:lizzie@thewelcoming.org) to join. Women's Friendship Group: Every Wednesday, 11:00 am – 12:00 pm on Zoom, contact our Befriending Facilitator: Lizzie Ashworth – [lizzie@thewelcoming.org](mailto:lizzie@thewelcoming.org) to join.

### **Befriending: Ethnic Minority:**

#### **The Welcoming - Women's group, conversation café and Wee Blether**

Unit 1 20 Westfield Avenue

Edinburgh EH11 2TT

T: 07379 940716 -Telephone/text/WhatsApp

E: [lizzie@thewelcoming.org](mailto:lizzie@thewelcoming.org)

W: <https://www.thewelcoming.org/activities/friendship/the-wee-blether/>

FB: <https://www.facebook.com/thewelcoming>

Tw: <https://twitter.com/WelcomingEdi>

Inst: <https://www.instagram.com/welcomingedinburgh/?hl=en>

Summary: Wee Blether Online is an informal and friendly conversation group for newcomers to Edinburgh to practice English and discuss a range of interesting topics. Everyone is welcome. Every Thursday, 3:30 pm – 4:30 pm on Zoom. Contact Lizzie Ashworth – [lizzie@thewelcoming.org](mailto:lizzie@thewelcoming.org) to join

## Things to Do

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### **Befriending: Ethnic Minority: Muslim**

**Muslim Women's Association of Edinburgh**  
Edinburgh

T: 0748 056 9192

E: [mail@mwae.org.uk](mailto:mail@mwae.org.uk)

W: <http://www.mwae.org.uk/>

Summary: The Muslim Women's Association of Edinburgh was set up at the end of 2005 by a group of Muslim women who found a lack of social activities for Women and their families in Edinburgh. This group is run entirely by volunteers, working with women and their families in Edinburgh and the Lothians to build a stronger community through education and social activities.

### **Befriending: Ethnic Minority: Seniors**

**Milan (Senior Welfare Organisation)**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2307

E: [info@milanswo.co.uk](mailto:info@milanswo.co.uk)

W: <http://milanswo.co.uk/>

FB: <https://www.facebook.com/milanseniorewelfareorganisation/>

YT: <https://www.youtube.com/channel/UCeHsdmkYaMiVKIb-x7ofpYw/>

Summary: Milan provides services for people over 50 years of age from Indian, Pakistani, Bangladeshi and Mauritian Communities living in Edinburgh and the Lothians, which meet social, cultural, recreational, language and care needs.

## Things to Do

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### **Befriending: Ethnic Minority: Social Justice**

**Nari Kallyan Shangho**

Darroche Annexe

Edinburgh EH3 9NH

T: 0131 221 1915

E: [NKS@NKSHEALTH.CO.UK](mailto:NKS@NKSHEALTH.CO.UK)

W: <http://www.nkshealth.co.uk/>

Summary: One-to-one support is available by phone, text messages, WhatsApp, skype-group support via social media (Whatsapp, Zoom, Facetime). The team have been making educational videos which will be posted in group chats.



## Things to Do

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### **Befriending: Families**

#### **People Know How**

525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 569 0525

E: [positive.transitions@peopleknowhow.org](mailto:positive.transitions@peopleknowhow.org)

W: [www.peopleknowhow.org/family-support](http://www.peopleknowhow.org/family-support)

FB: <https://www.facebook.com/peopleknowhow>

Tw: <https://twitter.com/pkhinnovation?lang=en>

Inst: <https://www.instagram.com/peopleknowhow/>

YT: <https://www.youtube.com/user/PeopleKnowHow1>

Summary: People Know How supports families, considering the needs of the young people, and how best to support them and help them engage with family, school and their community. Their team of social work placement students from universities across Scotland are supported and supervised, with opportunities to be creative and flexible in practice. Support is face-to-face, or blended with online support when face-to-face sessions are not possible.

### **Befriending: HIV**

#### **Positive Help**

139 George Street  
Edinburgh EH2 4JY

T1: 0131 225 4766 T2: 0758 295 8753

E: [admin@positivehelpedinburgh.co.uk](mailto:admin@positivehelpedinburgh.co.uk)

W: <https://www.positivehelpedinburgh.co.uk/>

FB: <https://www.facebook.com/PositiveHelpEdinburgh/>

Tw: <https://twitter.com/positivehelpedi>

Summary: Our Phone Friends service is continuing remotely by phone and online to provide social contact and reduce loneliness and isolation during this difficult time.

## Things to Do

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### **Befriending: Mental Health and Wellbeing**

#### **People Know How - Pupils Know How**

525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 569 0525

E: [positive.transitions@peopleknowhow.org](mailto:positive.transitions@peopleknowhow.org)

W: [www.peopleknowhow.org/pupils-know-how](http://www.peopleknowhow.org/pupils-know-how)

Summary: Pupils Know How is a series of groups run in schools across Edinburgh and East Lothian that adapt to each individual school and its pupils. Each one is designed by the young people themselves, based on aims they have identified during our work with them.

### **Befriending: Mental Health and Wellbeing**

#### **People Know How - Reconnect**

525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 569 0525

E: [reconnect@peopleknowhow.org](mailto:reconnect@peopleknowhow.org)

W: [www.peopleknowhow.org/reconnect](http://www.peopleknowhow.org/reconnect)

Summary: Reconnect is a service offering support to adults and families in Edinburgh and East Lothian to help them to improve wellbeing by increasing digital and social inclusion. The service is comprised of a range of projects that address wellbeing. We believe that digital inclusion and social inclusion are inextricably linked, and together can contribute to enhanced wellbeing. Our projects provide a supportive environment to reduce social isolation through building digital skills and maintaining connections. Through this we can also help people to stay connected, improve financial health, increase employability, access resources and more.

## Things to Do

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### **Befriending: Older People**

#### **Cyrenians Golden Years Befriending**

57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2354

E: [GoldenYears@cyrenians.scot](mailto:GoldenYears@cyrenians.scot)

W: <https://cyrenians.scot/family-people/older-peoples-services/golden-years-service/>

Summary: Currently have capacity for telephone befriending please email requests to:

[GoldenYears@cyrenians.scot](mailto:GoldenYears@cyrenians.scot)

### **Befriending: Older People**

#### **Edinburgh Garden Partners**

First Floor, Causewayside House  
160 Causewayside,  
Edinburgh EH9 1PR

T: 0131 347 0529

E: [info@edinburghgardenpartners.org.uk](mailto:info@edinburghgardenpartners.org.uk)

W: <https://www.edinburghgardenpartners.org.uk/>

FB: <https://www.facebook.com/edinburghgardenpartners/>

Tw: <https://twitter.com/egpgrapevine?lang=en>

Inst: <https://www.instagram.com/edinburghgardenpartners/>

Summary: We are a community organisation active across Edinburgh. We aim to strengthen communities by creating relationships between people who want a space to grow and those who have garden space to share. We connect people of different ages, abilities, and backgrounds to build a shared gardening movement through the exchange of skills, knowledge, and life experience.

## Things to Do

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### **Befriending: Older People**

#### **Food Train/Eat Well Age Well**

Suite 2/6A (2nd Floor),  
Brook Street Studio,  
60 Brook Street  
Glasgow G40 2AB

T1: 0141 551 8118

T2: 0800 783 7770

E: [hello@mealmakers.org.uk](mailto:hello@mealmakers.org.uk)

W: <http://www.mealmakers.org.uk/>

FB: <https://www.facebook.com/MealMakersScot>

Tw: <https://twitter.com/MealMakersScot>

Summary: Meal Makers is a local neighbourhood food-sharing project that connects people who love cooking, and who are happy to share an extra portion of home cooked food, with an older neighbour who would really appreciate a freshly prepared meal and a friendly chat.

### **Befriending: Older People**

#### **Independent Age**

18 Avonmore Road  
London W14 8RR

T: 0800 319 6789 - Helpline

Fax: 020 7605 420

E: [charity@independentage.org](mailto:charity@independentage.org)

W: <https://www.independentage.org/>

FB: <https://www.facebook.com/independentage/>

Tw: <https://twitter.com/IndependentAge>

Inst: <https://www.instagram.com/independentage/>

YT: [https://www.youtube.com/channel/UCAF-wNvyfuWe2PHXiFOT3Tg?sub\\_confirmation=1](https://www.youtube.com/channel/UCAF-wNvyfuWe2PHXiFOT3Tg?sub_confirmation=1)

Summary: Receive regular phone calls. If you feel you could do with more conversation in your life, we will connect you with a volunteer who is good company and wants to chat.

## Things to Do

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### **Befriending: Older People**

#### **Passing the Baton Bethany Befriending Service**

65 Bonnington Road  
Edinburgh EH6 5JQ

T1: 0131 454 3114 - Pall Singh

T2: 0131 454 3115 - Rhiannon Lee

E: [ptb@bethanychristiantrust.com](mailto:ptb@bethanychristiantrust.com)

W: <https://www.bethanychristiantrust.com/>

FB: <https://en-gb.facebook.com/BCTPTB/>

Tw: [https://twitter.com/befriending\\_bct?lang=en-gb](https://twitter.com/befriending_bct?lang=en-gb)

Summary: Passing the Baton is Bethany's Befriending Service operating in Edinburgh. Our aim is to befriend people back into the community. We befriend adults who may feel lonely and socially isolated and may also struggle with homelessness.

### **Befriending: Older People**

#### **Pilmeny At Home In-Reach Service**

19 - 21 Buchanan Street  
Edinburgh EH6 8SQ

T: 07375 918524

E: [annemunro@btconnect.com](mailto:annemunro@btconnect.com)

W: <http://www.pilmenydevelopmentproject.co.uk/>

FB: <https://www.facebook.com/groups/pilmenydevelopmentproject/>

Summary: Their At-Home Inreach Service supports socially isolated and/or housebound older people in their own home. They work with older people who live in North East Edinburgh locality. PDP welcome referrals from health workers, family/friends and self-referrals.

## Things to Do

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### **Befriending: Older People**

#### **Vintage Vibes**

79/89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 343 0955 - Helpline

W: <https://vintagevibes.org.uk/>

FB: <https://www.facebook.com/vintagevibesedinburgh>

Tw: <https://twitter.com/vintagevibesed>

Inst: <https://www.instagram.com/vintagevibesed/>

Summary: Their referral list is now open for over 60s who would like a visit from a volunteer on a weekly basis. Referrals are being accepted in these postcodes only: EH6 – Leith; EH7 – Broughton and Restalrig; EH8 – Meadowbank, Southside and Piershill; EH9 – Newington and Marchmont - See website for details. All of our existing friendships are continuing, where possible, over the phone. Our singing group is meeting every 2nd and 4th Friday on Zoom, if you would like information on this please get in touch [hello@vintagevibes.org.uk](mailto:hello@vintagevibes.org.uk)

### **Befriending: Substance Misuse**

#### **Rowan Alba**

89-95 Fountainbridge  
Edinburgh EH3 9PU

T: 0131 229 7554

E: [info@rowanalba.org](mailto:info@rowanalba.org)

W: <https://rowanalba.org/>

FB: <https://www.facebook.com/RowanalbaLtd/>

Tw: <https://twitter.com/rowanalba>

Summary: We offer a broad range of services including Community Alcohol Awareness Service (CARDS), Supported Accommodation, One to One Support and the Rowan Alba Learning Centre.

## Things to Do

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### **Befriending: Veterans**

#### **Blind Veterans UK**

12-14 Harcourt Street  
London W1H 4HD

T: 0800 389 7979 - Helpline

W: <https://www.blindveterans.org.uk/>

FB: <https://www.facebook.com/pg/blindveteransuk/groups/>

Tw: <https://twitter.com/BlindVeterans>

Inst: <https://www.instagram.com/blind.veterans/>

YT: <https://www.youtube.com/user/BlindVeterans>

Summary: We are here to support anyone who has served in the Armed Forces, or who has done National Service, and who is now living with significant sight loss. We help blind ex-Service men and women lead independent and fulfilling lives by supporting them with our in-depth expertise, experience and full range of services. We give veterans much-needed support to adjust to sight loss, overcome the challenges of blindness and enjoy daily life. Our charity has been offering physical and emotional support to vision-impaired veterans since 1915.

### **Befriending: Veterans**

#### **Veterans First Point**

Floor K, Argyle House  
3 Lady Lawson Street  
Edinburgh EH3 9DR

T: 0131 221 7090

Opening Hours: Monday - Friday 9am - 5pm

E: [V1P.Scotland@nhslothian.scot.nhs.uk](mailto:V1P.Scotland@nhslothian.scot.nhs.uk)

W: <https://www.veteransfirstpoint.org.uk/>

Summary: We are currently conducting appointments over the telephone, near me and where appropriate face to face. These are pre-arranged appointments. We regret that our drop in service remains closed and are unable to offer this service at present.

## Things to Do

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### **Befriending: Veterans**

#### **Veterans Legion Scotland**

New Haig House  
Logie Green Road,  
Edinburgh EH7 4HQ

T: 0131 550 1560

E: [t.douglas@legionscotland.org.uk](mailto:t.douglas@legionscotland.org.uk).

W: <https://www.legionscotland.org.uk/>

Summary: Our Veterans Community Support Service promotes fellowship and offers advice and signposting to veterans who have a range of problems resulting from military service such as isolation, unemployment, housing issues, bereavement, and benefits amongst others.

### **Befriending: Youth**

#### **People Know How**

525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 569 0525

E: [positive.transitions@peopleknowhow.org](mailto:positive.transitions@peopleknowhow.org)

W: [www.peopleknowhow.org/befriending](http://www.peopleknowhow.org/befriending)

FB: <https://www.facebook.com/peopleknowhow>

Tw: <https://twitter.com/pkhinnovation?lang=en>

Inst: <https://www.instagram.com/peopleknowhow/>

YT: <https://www.youtube.com/user/PeopleKnowHow1>

Summary: People Know How works with schools to provide young people with a befriender. Befriending takes place during or after school, providing young people with a safe environment and positive role model. Sessions involve activities based on the interests of the young person and befriender such as arts, crafts, science experiments, cooking, games or simply talking. Support is face-to-face, or blended with online support when face-to-face sessions are not possible.



## Things to Do

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### **Befriending: Youth**

#### **Space - Big Hearts Befriending**

Space and Broomhouse Hub  
79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 455 7731

E: [admin@spacescot.org](mailto:admin@spacescot.org)

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

Summary: Space - Big Hearts Befriending: For Young people in kinship care. They are accepting new referrals, please email [admin@spacescot.org](mailto:admin@spacescot.org) for more information.

### **Befriending: Youth**

#### **Space - P.H.E.W (Peoples Health and Emotional Wellbeing)**

Space & Broomhouse Hub  
79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 455 7731

E: [admin@spacescot.org](mailto:admin@spacescot.org)

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

Summary: Space - P.H.E.W (Peoples Health and Emotional Wellbeing) offering 18 to 25 year olds a safe and friendly space to make connections. Support can also be offered in a one-to-one setting. We are accepting new referrals, please email [admin@spacescot.org](mailto:admin@spacescot.org) for more information.

## Things to Do

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### **Befriending: Youth**

#### **Space - Youth Befriending Space and Broomhouse Hub**

Space & Broomhouse Hub  
79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 455 7731

E: [admin@spacescot.org](mailto:admin@spacescot.org)

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

Summary: Youth Befriending : For young people affected by parent drug or alcohol use. We are accepting new referrals , please email [admin@spacescot.org](mailto:admin@spacescot.org) for more information.

### **Befriending: Youth**

#### **Space - Youth Café**

Space and Broomhouse Hub  
79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 455 7731

E: [admin@spacescot.org](mailto:admin@spacescot.org)

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

Summary: Space - Youth Café Friday evening open to young people across Edinburgh aged 8-15yrs. We are accepting new referrals , please email: [admin@spacescot.org](mailto:admin@spacescot.org) for more information.

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**Befriending**: [All Age Groups](#), [Arthritis](#), [Bereavement](#), [Carers](#), [Ethnic Minorities](#), [Families](#), [HIV](#), [Mental Health and Wellbeing](#), [Older People](#), [Substance Misuse](#), [Veterans](#), [Youth](#)

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**Heritage and Culture**: [Classical Music](#), [Museums](#), [Music Therapy](#), [Opera](#), [Public Libraries](#), [Rock Music](#), [Singing](#)

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## Things to Do

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### **Heritage and Culture: Classical Music**

#### **Berlin Philharmonic**

W: <https://www.digitalconcerthall.com/en/home>

Summary: Berlin Philharmonic has opened its digital archive, offering access to hundreds of previous concerts as well as upcoming shows

Please go to next entry

## Things to Do

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### **Heritage and Culture: Classical Music**

#### **Melbourne Symphony Orchestra**

YT: [https://www.youtube.com/channel/UCWC3rUkPeaV2B2r\\_bwwgnNw](https://www.youtube.com/channel/UCWC3rUkPeaV2B2r_bwwgnNw)

Summary: Melbourne Symphony Orchestra will livestream performances on their YouTube channel.

### **Heritage and Culture: Museums**

#### **British Museum**

Great Russell Street Bloomsbury  
London WC1B 3DG

Open Hours: The Museum has now re-opened but you will need to book your visit in advance.

W: <https://blog.britishmuseum.org/how-to-explore-the-british-museum-from-home/>

FB: <https://www.facebook.com/britishmuseum>

Tw: <https://twitter.com/britishmuseum>

Inst: <https://www.instagram.com/britishmuseum/>

YT: <https://www.youtube.com/user/britishmuseum>

Summary: For those of you unlikely to be in London soon, you can enjoy a virtual visit and explore the museums excellent collection online – all without stepping out from your front door.

## Things to Do

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### **Heritage and Culture: Museums**

#### **J Paul Getty Museum**

1200 Getty Center Drive  
Los Angeles CA 90049

Open Hours: The Museum has now re-opened but a pre-booking is required.

W: <https://www.getty.edu/museum/>

Summary: You can enjoy a virtual visit and explore many parts of the collection can be accessed online. With more than 6,000 years worth of creative treasures, the Getty is one of the best places for art on the west coast of the US. Go from neolithic clay figures to Van Gogh's Irises and Renoir's La Promenade – just two of many artworks that feature in the collection.

### **Heritage and Culture: Museums**

#### **National Museum of Flight**

East Fortune Airfield,  
Edinburgh EH39 5LF

Opening Hours: 10.00am - 5:00pm

W: <https://www.nms.ac.uk/national-museum-of-flight/>

Summary: The Museum has now re-opened but you will have to book in advance before you visit.

## Things to Do

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### **Heritage and Culture: Museums**

#### **National Museum of Rural Life**

Philipshill Road,  
Edinburgh G76 9HR

Opening Hours: 10.00am - 5:00pm

W: <https://www.nms.ac.uk/national-museum-of-rural-life/>

Summary: The Museum has now re-opened but you will have to book in advance before you visit.

### **Heritage and Culture: Museums**

#### **National Museums Scotland**

Chambers Street  
Edinburgh EH1 1JF

Opening Hours: 10.00am - 4.30pm

W: <https://www.nms.ac.uk/>

Summary: Our online database contains a selection of the 12 million objects and specimens in our collections. New records are added regularly. Explore the Museum Online. And enjoy the sites Games and learning resources section. The Museum has now re-opened but you will have to book in advance before you visit.



## Things to Do

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### **Heritage and Culture: Museums**

#### **National War Museum**

Edinburgh Castle  
Edinburgh EH1 2NG

Opening Hours: Open daily, 09.45 - 16.45

W: <https://www.nms.ac.uk/national-war-museum/>

Summary: The Museum has now re-opened but you will have to book in advance before you visit.

### **Heritage and Culture: Museums**

#### **Vatican Museums**

Rome

W: <http://m.museivaticani.va/content/museivaticani-mobile/en.html>

W2: <https://www.youvisit.com/tour/vatican>

Summary: Soaring vaulted ceilings, intricate murals and tapestries, the Vatican's museums are creatively rich sites. Don't forget to look up when exploring the seven spaces in the museum's virtual tour, to gawp at a series of 360-degree images, including the Sistine Chapel.

## Things to Do

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### **Heritage and Culture: Music**

#### **People Know How**

525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 569 0525

E: [positive.transitions@peopleknowhow.org](mailto:positive.transitions@peopleknowhow.org)

W: [www.peopleknowhow.org/arts-therapies](http://www.peopleknowhow.org/arts-therapies)

Summary: Summary: Arts Therapies provides a supportive environment in which to explore and express emotions through the arts using different materials, exercises and methods. Projects may include art therapy or music therapy! People Know How works in partnership with universities and organisations across Scotland to provide individual or group sessions, improving confidence and resilience. Support is face-to-face, or blended with online support when face-to-face sessions are not possible.

### **Heritage and Culture: Opera**

#### **Royal Opera House**

London

W: <https://londonist.com/london/things-to-do/royal-opera-house-streaming-free-shows-ballet>

Summary: The Royal Opera House Is Screening Free Shows Online

## Things to Do

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### **Heritage and Culture: Poetry**

#### **Scottish Poetry Library**

Opening Hours: Mon - Fri: 10.00am - 2.00pm - The Library has re-opened with limited spaces available for work and study.

W: <https://www.scottishpoetrylibrary.org.uk/>

Summary: The Scottish Poetry Library is a unique national resource and advocate for the art of poetry, and Scottish poetry in particular.

### **Heritage and Culture: Public Libraries**

#### **Central Public Library**

George IV Bridge  
Edinburgh EH1 1EG

T: 0131 242 8000

Opening Hours: Monday: 1pm – 5pm; Tuesday: 10am – 5pm; Wednesday: 1pm – 5pm; Thursday: 10am – 5pm Friday: 10am – 2pm; Saturday: 10am – 2pm

E: [libraries@edinburgh.gov.uk](mailto:libraries@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/directory-record/1229174/central-library>

FB: <https://www.facebook.com/edinburghcentrallibrary/>

Tw: <https://twitter.com/edcentralib/>

Inst: <https://www.instagram.com/edcentralib/>

Summary: The Reference Library is open for computer access and study space is available in the Reference Library and the Edinburgh and Scottish Collection. If you want to consult reference material during your booked study session, please contact the department in advance so that material can be made available.

Edinburgh and Scottish Collection: [central.edsc.library@edinburgh.gov.uk](mailto:central.edsc.library@edinburgh.gov.uk)

Reference Library: [reference.library@edinburgh.gov.uk](mailto:reference.library@edinburgh.gov.uk)

Without a booking, you can - return your books - pick up Hey Girls sanitary products. You no longer need to book a slot to: - browse and borrow books. But you will need to book a slot to:

- use a public computer and print
- use a study space
- apply for a National Entitlement Card (bus pass)
- collect hearing aid batteries

## Things to Do

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### **Heritage and Culture: Public Libraries**

#### **Craigmillar Library**

101 Niddrie Mains Road  
Edinburgh EH16 4DS

T: 0131 529 5597

Opening Hours: Monday: 1pm – 5pm; Tuesday: 10am – 5pm; Wednesday: 1pm – 5pm; Thursday: 10am – 5pm Friday: 10am – 2pm; Saturday: 10am – 2pm

E: [craigmillar.library@edinburgh.gov.uk](mailto:craigmillar.library@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/directory-record/1229177/craigmillar-library>

FB: <https://www.facebook.com/CraigmillarLibrary/>

Summary: Without a booking, you can:

- browse and borrow books
- return your books
- pick up Hey Girls sanitary products.

You need to book a slot to:

- use a public computer and print
- apply for a National Entitlement Card (bus pass)
- collect hearing aid batteries.

Photocopying will also be available with staff assistance.

Library booking form: [Book your library visit online](#)

### **Heritage and Culture: Public Libraries**

#### **Drumbrae Library Hub**

81 Drum Brae Drive  
Edinburgh EH4 7FE

T: 0131 529 5244

E: [drumbrae.library@edinburgh.gov.uk](mailto:drumbrae.library@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/directory-record/1229179/drumbrae-library-hub>

FB: <https://www.facebook.com/drumbrae/?form=MY01SV&OCID=MY01SV>

Summary: Summary: Without a booking, you can:

- browse and borrow books
- return your books
- pick up Hey Girls sanitary products.

You need to book a slot to:

- use a public computer and print
- apply for a National Entitlement Card (bus pass)
- collect hearing aid batteries.

Photocopying will also be available with staff assistance.

Library booking form: [Book your library visit online](#)

## Things to Do

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### **Heritage and Culture: Public Libraries**

#### **Edinburgh Libraries - Library2go**

Edinburgh

W: <https://yourlibrary.edinburgh.gov.uk/web/arena/library2go>

FB: <https://www.facebook.com/EdinburghCityLibraries>

Tw: <https://twitter.com/TalesOfOneCity>

Summary: Our Library2go services provide a range of downloadable ebooks, audiobooks, magazines and newspapers. Access these 24/7 on your tablet, phone or computer. Not a member of the library? Join on-line today.

### **Heritage and Culture: Public Libraries**

#### **Fountainbridge Public Library**

137 Dundee Street

Edinburgh EH11 1BG

T: 0131 529 5616

Opening Hours: Monday: 1pm – 5pm; Tuesday: 10am - 2pm; Wednesday: 1pm – 5pm; Thursday: Closed  
Friday: 10am- 2pm; Saturday: 10am – 2pm

E: [fountainbridge.library@edinburgh.gov.uk](mailto:fountainbridge.library@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/directory-record/1229181/fountainbridge-library>

FB: <https://www.facebook.com/FountainbridgeLibrary/>

Summary: Without a booking, you can:

- browse and borrow books
- return your books
- pick up Hey Girls sanitary products.

You need to book a slot to:

- use a public computer and print
- apply for a National Entitlement Card (bus pass)
- collect hearing aid batteries.

Photocopying will also be available with staff assistance.

Library booking form: [Book your library visit online](#)

## Things to Do

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### **Heritage and Culture: Public Libraries**

#### **Kirkliston Public Library**

16 Station Road  
Edinburgh EH29 9BE

T: 0131 529 5510

Opening Hours: Monday: 1pm – 5pm; Tuesday: 10am - 2pm; Wednesday: 1pm – 5pm; Thursday: Closed  
Friday: 10am - 2pm; Saturday: 10am – 2pm

E: [kirkliston.library@edinburgh.gov.uk](mailto:kirkliston.library@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/directory-record/1229184/kirkliston-library>

FB: <https://www.facebook.com/KirklistonLibrary/>

Summary: Without a booking, you can

- browse and borrow books
- return your books
- pick up Hey Girls sanitary products.

You need to book a slot to:

- use a public computer and print
- apply for a National Entitlement Card (bus pass)
- collect hearing aid batteries.

Photocopying will also be available with staff assistance.

Library booking form: [Book your library visit online](#)

### **Heritage and Culture: Public Libraries**

#### **McDonald Road Public Library**

2 McDonald Road  
Edinburgh EH7 4LU

T: 0131 529 5636

Opening hours: Monday: 1pm – 5pm; Tuesday: 10am – 5pm; Wednesday: 1pm – 5pm; Thursday: 10am – 5pm  
Friday: 10am – 2pm; Saturday: 10am – 2pm

E: [mcdonaldroad.library@edinburgh.gov.uk](mailto:mcdonaldroad.library@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/directory-record/1229186/mcdonald-road-library>

FB: <https://www.facebook.com/McDonaldRoadLibrary/>

Summary: Without a booking, you can

- browse and borrow books
- return your books
- pick up Hey Girls sanitary products.

You need to book a slot to:

- use a public computer and print
- apply for a National Entitlement Card (bus pass)
- collect hearing aid batteries.

Photocopying will also be available with staff assistance.

Library booking form: [Book your library visit online](#)

## Things to Do

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### **Heritage and Culture: Public Libraries**

#### **Newington Public Library**

17-21 Fountainhall Road  
Edinburgh EH9 2LN

T: 0131 529 5536

E: [newington.library@edinburgh.gov.uk](mailto:newington.library@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/directory-record/1229192/newington-library>

FB: <https://www.facebook.com/newingtonlibrary/>

Summary: From 22 March until the end of October this library will operate as a Covid Test Centre. The building will be operated by the NHS for this period and no library transactions or staff will be available during this time. We will update with any changes to that timetable.

### **Heritage and Culture: Public Libraries**

#### **Stockbridge Public Library**

11 Hamilton Place  
Edinburgh EH3 5BA

T: 0131 529 5665

Opening Hours: Monday: 1pm – 5pm; Tuesday: 10am - 2pm; Wednesday: 1pm – 5pm; Thursday: Closed  
Friday: 10am - 2pm; Saturday: 10am – 2pm

E: [stockbridge.library@edinburgh.gov.uk](mailto:stockbridge.library@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/directory-record/1229201/stockbridge-library>

FB: <https://www.facebook.com/StockbridgeLibrary/>

Summary: Without a booking, you can

- browse and borrow books
- return your books
- pick up Hey Girls sanitary products.

You need to book a slot to:

- use a public computer and print
- apply for a National Entitlement Card (bus pass)
- collect hearing aid batteries.

Photocopying will also be available with staff assistance.

Library booking form: [Book your library visit online](#)

## Things to Do

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### **Heritage and Culture: Rock Music**

#### **Paste Magazine**

W: <https://www.pastemagazine.com/>

Summary: For all rock music fans missing live concerts.

### **Heritage and Culture: Singing**

#### **COPD Singing - The Cheyne Gang**

Edinburgh

T: 0776 932 2583

Open Hours: Meet ups online

E: <https://www.thecheynegang.com/contact>

W: <https://www.thecheynegang.com/>

YT: <https://www.youtube.com/channel/UClol1lLkTJ5FoCVvof-PCMg>

Summary: The Cheyne Gang is a community singing group for people living with long term respiratory conditions such as COPD (Chronic Obstructive Pulmonary Disease), Asthma, Bronchiectasis - in fact any respiratory condition that causes long term breathlessness. Their You Tube channel is full of very useful exercises.



## Things to Do

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### **Heritage and Culture: Singing**

#### **Open Community Singing Group**

Edinburgh

T: 0131 446 3321

E: [opencommunitysinginggroup@gmail.com](mailto:opencommunitysinginggroup@gmail.com)

W: <https://ocsg.org/>

W2: <https://singlouderthanguns.com/singalong-songs/>

Summary: As we are unable to hold our live sessions due to the coronavirus pandemic, our Song Leader, Penny Stone, is sending us a weekly video with a song to learn and sing along with her, including harmonies. If you would like to join the mailing list, please see our Contact Us page. You can also access these videos on Penny's website with the link <https://singlouderthanguns.com/singalong-songs/> and there are many more videos there for you to explore and enjoy. We managed a meeting via Zoom on the 5th November 2020 to sing a few songs with Penny and catch-up with each other (see our Latest Song page). Watch out for more perhaps early in the New Year.

### **Heritage and Culture: Singing**

#### **Protest in Harmony**

Edinburgh

T: 0131 477 0817

Open Hours: Last Friday of the month from 6pm to 7.30pm online

E: [protestinharmony@gmail.com](mailto:protestinharmony@gmail.com).

W: <https://www.protestinharmony.org.uk/>

YT: <https://www.youtube.com/channel/UCGhmmbCLSRV8HvDILoGGkKA>

Summary: Protest in Harmony is a radical singing group based in Edinburgh. Anyone can join us, no experience necessary and no auditions. During the current emergency, our regular meetups will take place online, generally on the last Friday of the month from 6pm to 7.30pm. Members will receive an email with the meeting link. If you're new to the choir and would like to join us online, email us at [protestinharmony@gmail.com](mailto:protestinharmony@gmail.com) and we'll be in touch.

## Things to Do

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### **Heritage and Culture: Singing**

#### **Singing4Fun with Parkinson's UK (Edinburgh Branch)**

Edinburgh

T: 0131 557 6438

E: [cathie@edinburghparkinsons.org](mailto:cathie@edinburghparkinsons.org)

W: <https://www.edinburghparkinsons.org/regular-activities/singing4fun/>

Summary: We sing for fun and enjoyment as well as to exercise the vocal folds and the facial muscles. Our singing builds friendships and laughter is guaranteed! Sessions include rounds, part harmonies, traditional songs, jazz numbers, ballads and songs from around the globe. While the regular on-site Branch activities are suspended due to the coronavirus situation, our Tuesday and Wednesday Singing4Fun (S4F) song-leaders, Penny Stone and Sally Jaquet, are posting videos to keep us going through these challenging times. There are also some Zoom sessions organised – please contact Cathie Quinn, 0131 557 6438 or [cathie@edinburghparkinsons.org](mailto:cathie@edinburghparkinsons.org) for more details of the online sessions or for general information about Singing4Fun.

### **Heritage and Culture: Singing**

#### **Songtribe**

Edinburgh

Open Hours: Choirs meets online

E: <https://sing-in-scotland.com/contact/>

W: <https://sing-in-scotland.com/>

Summary: There are no auditions and you aren't expected to be able to read music. However we are looking for people with enthusiasm, commitment, and a willingness to take part in our concerts. If you would like to add your name to our waiting list, you can add your name to the choir waiting list here. We'll contact people who are being offered a place in the choir about a month before the start of the new term. Choir currently meeting online due to Covid-19 restrictions.

## Things to Do

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### **Heritage and Culture: Singing**

**The Forget Me Notes, singing group Edinburgh**  
Edinburgh

T: 0758 889 4587

Opening Hours: Monday and Thursday at 2.00pm on Zoom

E: [admin@forgetmenotes.org.uk](mailto:admin@forgetmenotes.org.uk)

W: <https://www.forgetmenotes.org.uk/>

Summary: There is no criteria for joining the choir other than you like music. The choir is inclusive of all, aims to offer people a good social meeting place, challenges the stigma of dementia and create a sound that people enjoy listening to. We are pleased to say that the Forget Me Notes choir is meeting online every Monday & Thursday at 2.00pm on Zoom. We email the songs to everyone in advance, and then we are able to sing together and enjoy each other's company.

### **Heritage and Culture: Singing**

**The Massive Singlet**

E: [things@massivesinglet.com](mailto:things@massivesinglet.com)

W: <https://www.massivesinglet.com>

FB: <https://www.facebook.com/massivesinglet>

Summary: In a Massive Singlet, you'll join up to 500 participants worldwide in warmups, the learning and singing of a song (or two), a little drink break, and then a bit of sharing: thoughts, knitted things, flags, or snippets of music from you, possibly finishing with a dance track. You'll see everybody, but, mostly you won't be able to hear everybody, due to latency (delay). but sometimes you will, for a moment, be able to hear everybody.

## Physical Activity and Leisure

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### **Cycling: Bicycle Maintenance**

**How to:** This is your (en)cyclopedia for all things cycling!

W: [www.cyclescheme.co.uk/community/how-to](http://www.cyclescheme.co.uk/community/how-to)

Summary: This is your (en)cyclopedia for all things cycling!

### **Cycling: Cycle Helmets**

**Bicycle injuries and helmet use: a systematic review and meta-analysis**

W: [academic.oup.com/ije/article/46/1/278/2617198](http://academic.oup.com/ije/article/46/1/278/2617198)

Summary: The research literature was systematically reviewed and results were summarized from studies assessing bicycle helmet effectiveness to mitigate head, serious head, face, neck and fatal head injury in a crash or fall.

### **Cycling: Cycle Helmets**

#### **Cycle Helmets an overview**

W: [www.cyclehelmets.org/1009.html](http://www.cyclehelmets.org/1009.html)

Summary: The Bicycle Helmet Research Foundation's own comprehensive summary of the current state of knowledge about cycle helmets and the issues that surround them. This overview is updated from time to time to keep it current.

### **Cycling: Cycle Helmets**

#### **Informed Choice about Helmets - Spokes**

W: [www.spokes.org.uk/documents/advice/helmets/](http://www.spokes.org.uk/documents/advice/helmets/)

FB: <https://www.facebook.com/Spokes-the-Lothian-Cycle-Campaign-169099526468801/?ref=bookmarks>

Tw: <https://twitter.com/spokeslothian>

Summary: Spokes supports 'informed choice' over cycle helmets – not just 'choice'. Informed choice means that individuals should be told the pros and the cons of helmet use, then allowed to make their own decision.

### **Cycling: Cycle Security**

#### **Access to safe secure on street bike storage**

T: 0208 699 1338

E: [rentals@cyclehoop.com](mailto:rentals@cyclehoop.com)

W: [www.cyclehoop.rentals/](http://www.cyclehoop.rentals/)

FB: [www.facebook.com/Cyclehoop/](https://www.facebook.com/Cyclehoop/)

Tw: [twitter.com/cyclehoop](https://twitter.com/cyclehoop)

Inst: <https://www.instagram.com/cyclehoop/>

Summary: Cyclehoop Rentals is the largest cycle parking network in the UK. Cyclehoop work with local councils to provide a fully managed cycle parking rentals scheme. Our affordable, award-winning Bikehangars, Bike- lockers and Cycle Hubs reduce the risk of theft and provide effective protection from weathering. Our Rentals Team manage the cycle parking spaces within the Bikehangars, Bikelockers and Cycle Hubs. We are available between 9:00 - 18:00, Monday to Friday.

### **Cycling: Cycle Security**

#### **Bicycle Security and Storage**

W: <https://www.edinburgh.gov.uk/cycling-walking/bicycle-security-storage/1>

Summary: Edinburgh City Council are rolling out a number of secure storage units for residents, following the trial of installing units in a small number of streets.

### **Cycling: Cycle Security**

#### **Bike Register – Online Police Database**

W: [www.bikeregister.com/](http://www.bikeregister.com/)

Summary: Every Police Force in the UK uses the BikeRegister database to search for stolen and recovered bikes

### **Cycling: Cycle Security**

#### **Cycle for Good**

T: 01543 888494

E: [info@cycleofgood.com](mailto:info@cycleofgood.com)

W: [www.cycleofgood.com/](http://www.cycleofgood.com/)

Summary: Cycle of Good is helping to end poverty in one of the poorest communities in the world. Currently employing 10 Malawian tailors full time, but with ambitions to grow this to a team of 100, they earn a good wage and can support their families, without any charity donations or handouts. You will not believe what they can make out of old inner tubes.



### **Cycling: Cycle Security**

#### **How to be a cycling flat dweller**

W: [www.spokes.org.uk/wp-content/uploads/2019/07/Spokes-Tenement-Parking-Kweb2-FINAL-FOR-WEB.pdf](http://www.spokes.org.uk/wp-content/uploads/2019/07/Spokes-Tenement-Parking-Kweb2-FINAL-FOR-WEB.pdf)

Summary: Bike storage solutions for individuals and communities.

### **Cycling: Cycling**

#### **Cycling UK**

T: 07785597591 - Suzanne Forup

E: [suzanne.forup@cyclingsuk.org](mailto:suzanne.forup@cyclingsuk.org)

W: <https://www.cyclingsuk.org/>

FB: <https://www.facebook.com/CyclingUK>

Tw: <https://twitter.com/wearecyclingsuk>

Summary: Cycling UK is a trading name of the Cyclists' Touring Club, which is a charitable membership organisation supporting cyclists and promoting bicycle use.

## Physical Activity and Leisure

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### **Cycling: Cycling Campaign Group**

#### **Bikes for Refugees**

E: [bfrscotland@gmail.com](mailto:bfrscotland@gmail.com)

W: [www.bikesforrefugees.scot/](http://www.bikesforrefugees.scot/)

Summary: We have been distributing bikes since 2016. We have refurbished and gifted over 1000 donated bikes for New Scots across Scotland. Bikes support the social inclusion and integration of New Scots into Scot-tish life and sends out an important message of solidarity to people seeking safety and shelter. Bikes and the transformational power of cycling helps isolated families and children to connect with communities, essential services, and to forge new friendships. We have a long waiting list!

### **Cycling: Cycling Campaign Group**

#### **SPOKES: The Lothian Cycle Campaign**

T: 0131 313 2114

E: [spokes@spokes.org.uk](mailto:spokes@spokes.org.uk)

W: [www.spokes.org.uk/](http://www.spokes.org.uk/)

FB: [www.facebook.com/Spokes-the-Lothian-Cycle-Campaign-169099526468801/?ref=bookmarks](https://www.facebook.com/Spokes-the-Lothian-Cycle-Campaign-169099526468801/?ref=bookmarks)

Tw: [twitter.com/spokeslothian](https://twitter.com/spokeslothian)

Summary: Lothian based cycling campaign group.

## Physical Activity and Leisure

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### **Cycling: Cycling Campaign Group**

#### **Sustrans Scotland**

Rosebery House  
9 Haymarket Terrace  
Edinburgh EH12 5EZ

T: 0131 346 1384

E: [scotland@sustrans.org.uk](mailto:scotland@sustrans.org.uk)

W: [www.sustrans.org.uk/](http://www.sustrans.org.uk/)

FB: <https://www.facebook.com/Sustrans/>

Tw: [twitter.com/sustrans](https://twitter.com/sustrans)

Inst: <https://www.instagram.com/sustrans/>

YT: <https://www.youtube.com/channel/UCDMSsIL7Fnsk53HcYGWDgVQ>

Summary: We're the charity making it easier for people to walk and cycle

### **Cycling: Cycling Exhibitions**

#### **National Museum**

Chamber Street  
Edinburgh EH1 1JF

W: [www.nms.ac.uk/explore-our-collections/stories/science-and-technology/bicycles-at-national-muse-ums-scotland/](http://www.nms.ac.uk/explore-our-collections/stories/science-and-technology/bicycles-at-national-muse-ums-scotland/)

Summary: Bicycles at National Museums Scotland. You will have to book ahead for your visit to the museum.

**Cycling: Cycling News Services**

**Cyclist**

W: [www.cyclist.co.uk/news/412/bicycle-crime-statistics](http://www.cyclist.co.uk/news/412/bicycle-crime-statistics)

Summary: Bicycle crime statistics

**Cycling: Cycling Routes**

**City of Edinburgh: Cycling and Walking Projects**

W: <https://www.edinburgh.gov.uk/cycling-walking-projects-1>

Summary: City of Edinburgh Walking and Cycling Projects

### **Cycling: Cycling Routes**

#### **City of Edinburgh: Exploring Quiet Routes**

W: [www.edinburgh.gov.uk/cycling-walking/explore-quietroutes/1](http://www.edinburgh.gov.uk/cycling-walking/explore-quietroutes/1)

Summary: Quiet Routes are Edinburgh's walking and cycling routes - perfect for exploring the city. View the routes on our interactive map below or download print-friendly versions.

### **Cycling: Cycling Routes**

#### **Cycling Edinburgh**

E: [mike@cycling-edinburgh.org.uk](mailto:mike@cycling-edinburgh.org.uk)

W: [www.cycling-edinburgh.org.uk/index.php](http://www.cycling-edinburgh.org.uk/index.php)

Summary: On this page, you'll find details of all organised bike rides in or near the Scottish capital. These rides are run by local cycling clubs, groups and individuals, and are mostly free and open to all. If you like the idea of cycling in congenial company with a knowledgeable leader, you're sure to find a run here that's right for your experience and level of fitness.

### **Cycling: Cycling Routes**

#### **Edinburgh Bike Paths: A Cyclist's Guide**

W: [www.cycling-edinburgh.org.uk/bike-paths.htm](http://www.cycling-edinburgh.org.uk/bike-paths.htm)

Summary: Edinburgh has a terrific network of cycle paths and off-road routes. But finding your way round them can be tricky. Here's a guide to getting from A to B on two wheels.

### **Cycling: Cycling Routes**

#### **Edinburgh Evening News - Plans for cycle segregation lanes across Edinburgh**

W: <https://www.edinburghnews.scotsman.com/news/politics/new-plans-cycle-segregation-lanes-across-edinburgh-unveiled-2917326>

Summary: New plans for cycle segregation lanes across Edinburgh unveiled

**Cycling: Cycling Routes**

**Edinburgh's City Cycleway's Inner Tube Map**

W: [www.innertubemap.com/](http://www.innertubemap.com/)

Summary: Edinburgh City Cycleway.

**Cycling: Cycling Routes**

**Laid Back Holyrood Park Circuit**

W: [www.plotaroute.com/route/141289](http://www.plotaroute.com/route/141289)

Summary: Online map of cycle route round Holyrood Park

### **Cycling: Cycling Routes**

#### **Route Maps on your phone – CycleStreets Journey Planner**

W: <https://edinburgh.cyclestreets.net/>

Summary: Journey Planner - Plan a cycle route round Edinburgh

### **Cycling: Cycling Shops**

#### **Edinburgh Bicycle Cooperative**

8 Alvanley Terrace  
Edinburgh EH9 1DU

T: 0131 228 3565

W: [www.edinburghbicycle.com/info/shop/bruntsfield-edinburgh/](http://www.edinburghbicycle.com/info/shop/bruntsfield-edinburgh/)

FB: <https://www.facebook.com/EdinburghBicycle>

Tw: [twitter.com/EdinburghBikes](https://twitter.com/EdinburghBikes)

YT: [www.youtube.com/user/EdinburghBicycle](http://www.youtube.com/user/EdinburghBicycle)

Summary: Due to coronavirus, we are changing the way we work to keep you and our staff safe. If you have a bike to collect or drop off, we will happily organise for this to happen outside the store, in our car park. While inside, please maintain social distancing rules and bear with us while browsing. If you would like to use our hand-washing facilities, please ask a Coop staff member and they'll show you where to go.



### **Cycling: Cycling Shops**

#### **The Bike Station**

250 Causewayside  
Newington,  
Edinburgh EH9 1UU

T: 0131 668 1967

Opening Hours: Saturday only: 10am-4.30pm

W: [thebikestation.org.uk/](http://thebikestation.org.uk/)

Summary: We recycle donated bikes, sell them at affordable prices, and then use the proceeds to help people across Scotland get cycling.

### **Cycling: Rules of the Road**

#### **On Shared Paths....**

W: [www.spokes.org.uk/wordpress/wp-content/uploads/2010/08/1210-Topics\\_for-web\\_SpWeb.pdf](http://www.spokes.org.uk/wordpress/wp-content/uploads/2010/08/1210-Topics_for-web_SpWeb.pdf)

FB: <https://www.facebook.com/Spokes-the-Lothian-Cycle-Campaign-169099526468801/?ref=bookmarks>

Tw: <https://twitter.com/spokeslothian>

Summary: Advised good behaviour practices when cycling on a path share with pedestrians.

### **Cycling: Rules of the Road**

#### **The Highway Code**

W: [www.gov.uk/guidance/the-highway-code](http://www.gov.uk/guidance/the-highway-code)

Summary: This Highway Code applies to England, Scotland and Wales.

### **Cycling: You Tube Videos**

#### **9 Beginner Mistakes and How to avoid them**

YT: [www.youtube.com/watch?v=x4WHeVf5DN4](http://www.youtube.com/watch?v=x4WHeVf5DN4)

Summary: We've all been there, we've all made these mistakes when we started cycling - here's our guide to avoiding the common mistakes

### **Cycling: You Tube Videos**

#### **How to Build Your Cycling Confidence**

YT: [www.youtube.com/watch?v=cl0GWQRoDq0](http://www.youtube.com/watch?v=cl0GWQRoDq0)

Summary: Confidence is everything, especially out on the open road. Use these practical tips to boost your cycling confidence and enjoy your riding more.

### **Cycling: You Tube Videos**

#### **How to improve your balance on a bicycle**

YT: [www.youtube.com/watch?v=PweYjt6Yz9Q](http://www.youtube.com/watch?v=PweYjt6Yz9Q)

Summary: Balancing is something we often forget the importance of. We've got some hints and tips that will help you with your confidence when riding in traffic or around others.

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## Physical Activity and Leisure

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### **Dancing**

#### **Alba Luna Belly Dance with Nici**

North Merchiston Club

48 Watson Crescent

Edinburgh EH11 1EP

Opening Hours: Monday 8.-9pm; Wednesday 7.30-9pm

W: <https://www.northmerchiston.co.uk/adult-activities>

Summary: Nici is currently teaching fusion Belly Dance in Edinburgh, catering for all levels. Nici always aims to provide fun and safe classes where women can let their hair down, meet like minded people and most importantly build on their self esteem and confidence.

### **Dancing**

#### **Dancebase**

14-16 Grassmarket

Edinburgh EH1 2JU

T: 0131 225 5525

Opening Hours: Classes are running through out the day, Monday to Friday, See website for details.

W: <https://www.dancebase.co.uk/>

FB: <https://www.facebook.com/DanceBaseScotland/>

Tw: <https://twitter.com/dancebase>

Inst: <https://www.instagram.com/dancebase/>

Summary: As Scotland's National Centre for Dance, we offer a vibrant and uplifting focal point for dance as an art form, a way to exercise, and a way of life. We reach out to inspire wellbeing and creativity, and cultivate a future for dance in local, national and international communities. Our public class programme gives the people of Edinburgh and Scotland access to the joy of dance in all its forms, in an inclusive and non-competitive environment. In our Edinburgh centre and increasingly online we deliver over 100 classes in over 40 different forms of dance throughout the year, including: creative dance for preschool, hip hop and street dance, Cuban salsa, ballet, tap, contemporary, tango, ballroom and Egyptian belly dance – to name just a few.

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### **Dancing**

#### **Saltire Burlesque Academy**

North Merchiston Club

48 Watson Crescent

Edinburgh EH11 1EP

Opening Hours: Thursdays: 8-9pm

FB: <https://www.facebook.com/Saltireburlesqueacademy/>

W2: <https://www.northmerchiston.co.uk/adult-activities>

Summary: Empowerment-Confidence-Fitness.

### **Dancing**

#### **Tap Dancing**

North Merchiston Club

48 Watson Crescent

Edinburgh EH11 1EP

Opening Hours: Tuesday 6pm-7.30pm

E: [vtasevents@gmail.com](mailto:vtasevents@gmail.com)

W: <https://www.northmerchiston.co.uk/adult-activities>

Summary: Hooray! We're back to tap! Dust off those tap shoes and jump in. If you can shuffle and do some basic time steps, then this is for you. Friendly, fun and relaxed, you'll enjoy building on your repertoire of techniques and putting them together in mini routines. Don't worry if you haven't tapped for a while. It will all come flooding back. Pre-booking essential per 4-week block, costing £20/£16 concessions. Please email [vtasevents@gmail.com](mailto:vtasevents@gmail.com) if you are interested in joining this course.

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### **Exercise**

#### **B Healthy Together**

79-89 Broomhouse Crescent  
Edinburgh EH11 3UU

T: 0131 467 7678

E: [info@bhealthytogether.org.uk](mailto:info@bhealthytogether.org.uk)

W: <https://bhealthytogether.org.uk/>

FB: <https://www.facebook.com/bhealthytogether/?form=MY01SV&OCID=MY01SV>

Tw: <https://twitter.com/Bhealthytgether>

Inst: <https://www.instagram.com/bhealthytgether/>

YT: <https://www.youtube.com/channel/UC7j8ADHNOdTP1-oUdWC3xew>

Summary: Home workout classes for all ages and fitness levels. Schedules can be found on Twitter. Classes are running on Facebook live and we adding an Emotional Eating Live chat and a Community Zoom Meeting.

### **Exercise**

#### **Edinburgh Leisure - Ainslie Park Leisure Centre - Gym**

92 Pilton Drive  
Edinburgh EH5 2HF

T: 0131 458 2100

E: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/venues/ainslie-park-leisure-centre>

Summary: The Gym has re-opened but to access the facility, you must first set up an account and pre-book your visit. See web site for details.



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### **Exercise**

#### **Edinburgh Leisure - Craiglockhart Leisure and Tennis Centre**

177 Colinton Road  
Edinburgh EH14 1BZ

T: 0131 458 2100

E: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/venues/craiglockhart-tennis-courts>

Summary: The Gym is currently closed because of Covid-19 restrictions. Our outdoor tennis courts will remain open (weather permitting). Scottish Tennis guidance released on 06/01/21 states that adults and children aged 12 and above can only take part in outdoor singles tennis, unless all participants are members of the same household or extended household. This is in line with the requirement that only up to 2 people from 2 different households may participate in outdoor sport and exercise.

### **Exercise**

#### **Edinburgh Leisure - Drumbrae Health Centre - Gym**

30 Drum Brae Terrace  
Edinburgh EH4 7SF

T: 0131 458 2100

E: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: [www.edinburghleisure.co.uk/venues/drumbrae-leisure-centre](http://www.edinburghleisure.co.uk/venues/drumbrae-leisure-centre)

Summary: The Gym has re-opened but to access the facility, you must first set up an account and pre-book your visit. See web site for details.

## Physical Activity and Leisure

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### **Exercise**

#### **Edinburgh Leisure - Gracemount Leisure Centre - Gym**

22 Gracemount Drive  
Edinburgh EH16 6RN

T: 0131 458 2100

E: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: [www.edinburghleisure.co.uk/venues/gracemount-leisure-centre](http://www.edinburghleisure.co.uk/venues/gracemount-leisure-centre)

Summary: The Gym has re-opened but to access the facility, you must first set up an account and pre-book your visit. See web site for details.

### **Exercise**

#### **Edinburgh Leisure - Jack Kane Sports Centre - Gym**

208 Niddrie Mains Road  
Edinburgh EH16 4ND

T: 0131 458 2100

E: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: [www.edinburghleisure.co.uk/venues/jack-kane-sports-centre](http://www.edinburghleisure.co.uk/venues/jack-kane-sports-centre)

Summary: The Gym has re-opened but to access the facility, you must first set up an account and pre-book your visit. See web site for details.

## Physical Activity and Leisure

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### **Exercise**

#### **Fit for Health Classes - Edinburgh Leisure**

T: 0131 458 2260

E: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/fit-for-health>

Summary: We're so happy to be back delivering this programme again. Like everyone, we've had to adapt for COVID-19. Things might be a little different and not all our classes will be starting immediately but our friendly team of instructors are here to welcome you back and help you stay active with us in a safe, but most of all enjoyable way. For now, we can support participants in a range of ways, including in-venue classes, live streamed classes, pre-recorded classes and outdoor sessions. Fit for Health is a 16 week physical activity referral programme delivered by Edinburgh Leisure in partnership with the Edinburgh Health & Social Care Partnership for people with long term health conditions. Classes are delivered across various Edinburgh Leisure venues. This physical activity programme is for those aged 16+ who have a long term health condition (e.g. cardiovascular disease, respiratory disease, heart failure, cancer, arthritis or diabetes/risk of developing diabetes). Any health professional can refer to Fit for Health - this includes GP's, nurses and physiotherapists.

### **Exercise**

#### **Joe's Body Coach PE - Children and Adults**

YT: <https://www.youtube.com/user/thebodycoach1>

Summary: Joe's Body Coach Channel has a wealth of exercise videos for all ages. There is no need to go to a gym, all of these exercises can be done from home.

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### **Exercise**

#### **Projekt 42**

117 Leith Walk  
Edinburgh EH6 7QD

E: [info@projekt42.co.uk](mailto:info@projekt42.co.uk)

W: <https://www.projekt42.co.uk/>

FB: <https://www.facebook.com/Projekt42Edinburgh>

Tw: <https://twitter.com/Projekt42EDI>

Inst: [https://www.instagram.com/projekt\\_42/](https://www.instagram.com/projekt_42/)

Summary: All online streaming and outdoor activities have stopped as of 30th June 2021. Why? Because Projekt 42 has a new permanent home and, to get ready for a relaunch of our indoor fitness and yoga activities, we're going to focus on refurbishing the new venue. The new venue will be open in early 2022 in Leith! Understandably, having to pause our fitness services is sad news but we hope you understand why. It means we can focus on building a space we'll all love to work out in. But we have a new home for our mental health services. Our new mental health hub is now open at Ocean Terminal. The hub, which is the new home of all Projekt 42's mental health services, is located in unit 32/33 on the first floor of the centre next to what was Debenhams at the port end.

### **Fitness Exercise**

#### **Freddie's Bootcamp**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

Opening Hours: Mondays: 18.30 - 20.00; Tuesdays: 10.30 - 12.00

E: [freddie.thomas@live.com](mailto:freddie.thomas@live.com)

W: <https://www.freddies-bootcamp.com/#/>

W2: <https://www.northmerchiston.co.uk/adult-activities>

Summary: FREDDIES BOOTCAMP CLUB is a health and wellbeing bootcamp focussing on general wellbeing, nutrition, mindset, and activity. It involves activity/exercise, wellness talk (covering nutrition, mindset and activity), and wellness one on one checkin. PLUS a weekly virtual get together and a bootcamp in Harrison Park. For more information please contact Freddie on [freddie.thomas@live.com](mailto:freddie.thomas@live.com) or alternatively check out the web page <https://www.freddies-bootcamp.com/#/> please book via messaging Freddie. Limited spaces to ensure greater attention, must book in advance.

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### **Fitness Exercise**

#### **Hula Hoop**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

Opening Hours: Wednesdays 6.15-7.15pm

W: <https://www.northmerchiston.co.uk/adult-activities>

Summary: Think Circus Intermediate Hula Hoop Classes. Hula hoop is one of the best ways to awake your inner playful, creative child, learning a new skill, making new connections and bringing you into your physical self. These classes are taught in 5 week blocks and are for anyone who can hula hoop on their waist and hands already. If you would like to learn the foundation skills of hula hoop, we teach beginners classes at another venue in Edinburgh.

You can book and find more information here: [bookwhen.com/thinkcircus](http://bookwhen.com/thinkcircus)

### **Fitness Exercise**

#### **Insanity with Emma**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

Opening Hours: Tuesday 8 - 9pm

E: [emma@go-get.co.uk](mailto:emma@go-get.co.uk)

W: <https://www.northmerchiston.co.uk/adult-activities>

FB: <https://www.facebook.com/gogetinsanitylive/>

Summary: Its time to rise above the excuses. Step outside your comfort zone and make the shift from “I can’t” to “I will”. Because if you want results you have to work hard for them. Leave whatever is holding you back outside class and master Athletic Training Drills, Cardio Conditioning and Strength Training to reach your personal best, no matter where you starting from.

## **Seated Chair Exercise**

### **B Healthy Together - Chair Exercise**

Saint Davids Church Hall  
70 Broomhouse Crescent  
Edinburgh EH11 3RH

Opening Hours: Wednesday 11am to 11.45am

FB: <https://www.facebook.com/bhealthytogether/>

Summary: Seated work out that can be tailored for different help or mobility needs. Wheelchair accessible. Suitable and welcoming for all. You must pre-book before attending

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### **Football**

#### **Street Soccer Scotland**

2 Bernard Street  
Edinburgh EH6 6PU

T: 07480979919 - Robbie

E: [info@streetsoccerscotland.org](mailto:info@streetsoccerscotland.org)

W: <http://www.streetsoccerscotland.org>

FB: <https://www.facebook.com/StreetSoccerScotlandOfficial>

Tw: <https://twitter.com/streetsoccerSCO>

Inst: <https://www.instagram.com/streetsoccerscotland/>

YT: <https://www.facebook.com/StreetSoccerScotlandOfficial>

Summary: Street Soccer Sessions - If you like football, are aged 16+ and looking for something to fill your time, why not join us at a session near you. Covid mitigation measures are in place: Players remain in the same group for each session; Groups are limited to 8; You will have to accept new guidelines for your participation; parks local to players will be used; WhatsApp groups for each session have been established to allow for notification in the event of a player developing Covid symptoms.

### **Football**

#### **The Changing Room - Mental Health**

Edinburgh

T: 0131 603 4929

E: [thechangingroom@bighearts.org.uk](mailto:thechangingroom@bighearts.org.uk)

W: <http://hearts.thechangingroom.org.uk/>

Summary: The Changing Room has one goal - to promote men's positive mental health through the power of the beautiful game. Open to men aged 30 to 64, this 12-week programme offers participants opportunities to meet up, engage in activities together and start positive conversations about their mental health and wellbeing. Due to the current Covid-19 restrictions that are in place, The Changing Room is unable to deliver any of our face to face activities. We recognise this is frustrating and hope to be back as soon as possible. In the meantime we are continuing to deliver 'Virtual Drop-in sessions' over Zoom. If you are interested or feel you'd benefit by joining one of our calls, please contact [thechangingroom@bighearts.org.uk](mailto:thechangingroom@bighearts.org.uk) for the required details.

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### **Gardening**

#### **Amisfield Walled Garden**

Haddington  
Edinburgh EH41 4PU

T: 07704 049572 - Alasdair McDougall

Opening Hours: Monday afternoons 1-4, Wednesday mornings 10-1, Wednesday afternoons 1.30-4.30, Thursdays 1-4 and Friday afternoons 1-4, there is also a session on Saturday from 10-1.

E: [volunteersamisfield@gmail.com](mailto:volunteersamisfield@gmail.com)

W: <https://www.amisfield.org.uk/>

FB: <https://www.facebook.com/AmisfieldGarden/>

Summary: We'd be delighted to accept new volunteers. The garden is a very peaceful and friendly space. We accept all levels of ability for volunteering. It is an excellent venue to learn about gardening and conservation. We also offer the volunteers referred to us with mental health problems the option to do 3 monthly reviews with action plans. The Session times run as follows: Monday 10-1 and 1.30-4 ; Wednesday 10-1 and 1.30-4; Thursday 10-1 and 1.30-4; Friday 10-1 and 1.30-4; Saturday 10-1, People are free to head in to more than one session on any of the days above! And please note that the garden is also open to visitors during all the hours stated above. Looking into the future, there's still loads of space for garden design and development and we will be offering the public and volunteers free workshop sessions to improve their horticultural skills.

### **Gardening**

#### **Artlink Glasshouses**

13a Spittal Street  
Edinburgh EH3 9DY

T: 0131 229 3555

E: [info@artlinkedinburgh.co.uk](mailto:info@artlinkedinburgh.co.uk)

W: <https://www.artlinkedinburgh.co.uk/2020/04/images-from-the-royal-edinburgh-hospital-online-garden-group/>

Summary: The garden is currently closed because of Covid restrictions. The Glasshouses Garden Group has been keeping in touch with each other while they can't be together.

## Physical Activity and Leisure

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### **Gardening**

#### **B Healthy Together - Whinpark Community Garden**

Whinpark Medical Practice  
Edinburgh

Opening Hours: Mondays: 11am to 12noon

FB: <https://www.facebook.com/bhealthytogether/>

Summary: Small and friendly group gardening together to keep the garden beautiful and productive. You must pre-book before attending

### **Gardening**

#### **Braidwood Centre Community Garden**

69 Dumbiedykes Road  
Edinburgh EH8 9UT

T: 0131 556 5995

Opening Hours: Currently not meeting.

E: [info@braidwoodcentre.org.uk](mailto:info@braidwoodcentre.org.uk)

W: [https://www.braidwoodcentre.org.uk/?page\\_id=714](https://www.braidwoodcentre.org.uk/?page_id=714)

Summary: Still closed

## Physical Activity and Leisure

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### **Gardening**

#### **Broomhouse Growers**

Edinburgh EH11

T: 07704 315 934 - Steven Pike

Opening Hours: Wed afternoon and Saturday morning.

E: [steven@edibleestates.co.uk](mailto:steven@edibleestates.co.uk)

W: <http://www.edibleestates.co.uk/project/broomhouse-growers/>

FB: <https://www.facebook.com/BroomhouseGrowers/>

Summary: Garden members from the Broomhouse area look after this garden on a communal basis in their own time as well as regular communal sessions led by the Community Gardener on Wednesday and Saturday mornings from 9am to 12.30. Volunteers, particularly from the local community, are warmly welcomed.

### **Gardening**

#### **Calders Community Garden**

Wester Hailes

Edinburgh EH11

E: [Rhona@thehealthagency.org.uk](mailto:Rhona@thehealthagency.org.uk)

Summary: Calders Community Garden is a wildlife garden in the Calders area of Wester Hailes. The garden is situated next to Bridge 8 Hub on the Union Canal. Over the past 2 years we have been cultivating many native medicinal herbs on site and leading workshops in the community on how to use these to support health. This has been a great focus for our gardening. Volunteering sessions take place each week on a Tuesday afternoon. We meet at the garden at 1pm and finish at 4pm. During the Covid crisis we have encouraged volunteers to bring along their own snacks and refreshments.

### **Gardening**

#### **Calders Green Shoots**

Edinburgh EH11

T: 07704 315 934 - Steven Pike

Opening Hours: Wednesday morning and Saturday afternoon

E: [steven@edibleestates.co.uk](mailto:steven@edibleestates.co.uk)

W: <http://www.edibleestates.co.uk/project/calders-green-shoots/>

FB: <https://en-gb.facebook.com/greenshootsgarden/>

Summary: Calders Community Garden - Garden members from the Calders area have plots in this garden and come and use the garden in their own time. There is also regular community gardening sessions run by Steve Pike on Saturday afternoons from 1-4 pm. Volunteers, particularly from the local community are warmly welcomed.

### **Gardening**

#### **Clovenstone Growing Hub**

Clovenstone Gardens

Edinburgh EH14 3ET

T: 07999 734776 - Alan Gordon

E: [alan@edibleestates.co.uk](mailto:alan@edibleestates.co.uk)

Summary: Clovenstone Community Garden - Contact Alan Gordon 07999 734776. Garden members from the Clovenstone area have plots in this garden and come and use the garden in their own time. There is also a regular session community gardening session run by Alan on a Tuesday.

## Physical Activity and Leisure

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### **Gardening**

#### **Clovie (Clovenstone) Community Garden**

Edinburgh

E: [cloviesecretary@gmail.com](mailto:cloviesecretary@gmail.com)

FB: <https://www.facebook.com/ClovieComGarden/>

Summary: The Clovenstone Growers Association manages the Clovenstone Neighbourhood Garden. It has Covid mitigation practices in place e.g. enhanced tool cleaning and social distancing while members use the garden.

### **Gardening**

#### **Corstorphine Hill Walled Garden**

109-111 Clermiston Road

Edinburgh EH12 6UR

T: 0131 337 9232

E: [daviesfd@blueyonder.co.uk](mailto:daviesfd@blueyonder.co.uk)

W: <https://hiddenscotland.co/corstorphine-walled-garden/>

Summary: We need volunteers - if you can join in with any of our activities, such as: committee work; giving a talk; leading a walk; newsletter delivery; newsletter production; organising talks; organising walks; taking a turn on the Tower rota; Walled Garden maintenance, please let us know ... many hands make light work ... and you will be made most welcome.

## Physical Activity and Leisure

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### **Gardening**

#### **Craigmillar Community Grows**

Edinburgh EH16

Opening Hours: Walking Group: Thursdays at 12.00 noon

FB: <https://www.facebook.com/CraigmillarCommunityGrows/>

Summary: All groups are now closed apart from the walking group on Thursdays at 12.00 pm starting at the Wauchope garden. Staff will be available on Tuesdays and Thursdays till groups resume.

### **Gardening**

#### **Craigmillar Growers**

The White House  
70 Niddrie Mains Road  
Edinburgh EH16 4BG

Opening Hours: Thursday and Saturday 10.30 – 15.30

E: [paul@communityalliancetrust.org.uk](mailto:paul@communityalliancetrust.org.uk)

W: <http://www.edibleestates.co.uk/project/bristo-church-home-farm/>

FB: <https://www.facebook.com/CraigmillarGrowers/>

Summary: Craigmillar Growers has two community garden sites: the White House kitchen garden and the Bris- to Church garden, where participants can work together on any gardening jobs that need doing, learn about growing vegetables and fruit, and take a share of the produce. We are currently just doing a 'pick-your-own' session on Thursday (11am-2pm) and Saturday (12-1pm) when participants can come and get vegetables from the gardens, plus occasional workshops/ work days which are advertised through Facebook. Anybody who wants to get involved should get in touch with the Community Gardiner via email or phone.

## Physical Activity and Leisure

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### **Gardening**

#### **Donkeyfield Orchard**

Portobello  
Edinburgh EH15

E: [orchard@pedal-party.org.uk](mailto:orchard@pedal-party.org.uk).

W: <https://www.pedal-party.org.uk/food/orchard/>

Summary: The Orchard group is planting trees, installing furniture, laying paths, maintaining the site, as well as harvesting the fruit. Our monthly work day usually falls on the last Saturday morning of the month. All are welcome, a job will be found for you, whatever your age and level of fitness.

### **Gardening**

#### **Dr Neil's Garden**

Duddingston Village  
Old Church Lane,  
Edinburgh EH15 4PX

T: 07849 187 995

E: [Info@DrNeilsGarden.co.uk](mailto:Info@DrNeilsGarden.co.uk)

W: <http://www.drneilsgarden.co.uk/volunteers/>

Summary: Please note that currently we do not have any availability to take on additional volunteers. When we do we will advertise on Facebook, Instagram and on this website



## Physical Activity and Leisure

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### **Gardening**

#### **Drumrae Community Allotment**

The Rannoch Community Education Centre  
6 Rannoch Terrace,  
Edinburgh EH4 7ES

E: [admin@elrec.org.uk](mailto:admin@elrec.org.uk)

W: <http://www.elrec.org.uk/community-gardens/>

Summary: The Drumrae Community Garden is beside the Rannoch Community Centre. Although the Centre is closed due to Covid restrictions the Garden holds sessions for volunteers on Friday morning from 9:15 to 11:15. Lead contact is Jean-Matthieu Gaunand and Rhona Donaldson.

### **Gardening**

#### **Drylaw Neighbourhood Centre**

67b Groathill Road North  
Edinburgh EH4 2SA

T: 0131 315 4989

E: <http://www.drylawnc.org.uk/contact-us/>

W: <http://www.drylawnc.org.uk/>

FB: <https://www.facebook.com/DrylawNC>

Tw: <https://twitter.com/DrylawNC>

Summary: Due to Covid our garden project is on restricted numbers at the moment. It runs two day per week Tuesday and Thursday 10:30-2:00pm. The centre is totally accessible as well as the path to the food growing areas. We have a garden worker who will engage with volunteers to help them learn about food growing and about the advantages being outdoors and how gardening has health benefits to. From 2021 when restrictions are back to the norm we will be open to receive new volunteers and groups. The activities run from 10:30 - 1:30. Contact Georgia at [gardens@drylawnc.org.uk](mailto:gardens@drylawnc.org.uk) or on 0131 315 4989.

## Physical Activity and Leisure

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### **Gardening**

#### **Duddingston Community Garden and Field Group**

Duddingston Village  
The Causeway  
Edinburgh EH15 3PZ

E: [fieldgroupduddingston@gmail.com](mailto:fieldgroupduddingston@gmail.com)

W: <https://thefieldduddingston.wordpress.com/>

Summary: We have an organic fruit and vegetable garden in the Duddingston community land, run completely by volunteers from across town. Volunteers use the produce and we sell vegetable pails in the summer in order to be self funding. Anyone interested in the garden is welcome to send us an email. Field Work Days have restarted.

### **Gardening**

#### **Earth in Common. Rooted in Leith**

Edinburgh

E: [hello@earth-in-common.org](mailto:hello@earth-in-common.org)

W: <https://www.earth-in-common.org/>

F: <https://www.facebook.com/EarthinCommon>

Tw: [https://twitter.com/earth\\_in\\_common](https://twitter.com/earth_in_common)

YT: <https://www.youtube.com/channel/UCrcHbkp8FyQzXXGIKOQxITw>

Summary: We started as a movement of Leithers reclaiming common good land to make healthy food and nature accessible to ourselves and our children. For the first years of our existence, we were known as Leith Community Crops in Pots. Now we're working to tackle a broken food system, climate change and social inequality locally, nationally and internationally.

### **Gardening**

#### **Edible Gardening Project**

Royal Botanic Garden  
20a Inverleith Row  
Edinburgh EH3 5LR

T: 0131 248 2909

W: <https://www.rbge.org.uk/ediblegardening>

Summary: Currently our programme is limited due to Covid19 but you can explore our video and blog library to give you all the inspiration you need to enjoy nature, and grow, cook and eat your own seasonal produce.

### **Gardening**

#### **ELREC Community Gardening Westerhailes**

30 Westburn Grove,  
Edinburgh EH14 2SA

E: [Jgaunand@elrec.org.uk](mailto:Jgaunand@elrec.org.uk)

W: <http://www.elrec.org.uk/community-gardens/>

Summary: Volunteering opportunities are currently on hold due to Covid restrictions.

## Physical Activity and Leisure

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### **Gardening**

#### **ELREC Greenkeepers at the Botanic Gardens**

Royal Botanic Gardens  
Edinburgh EH3 5NZ

T: 0131 556 0441

E: [Jgaunand@elrec.org.uk](mailto:Jgaunand@elrec.org.uk)

W: <http://www.elrec.org.uk/community-gardens/>

Summary: Currently only holding on line meetings and themed educational sessions.

### **Gardening**

#### **Fresh Start Community Garden**

22-24 Ferry Road Drive,  
Edinburgh, EH4 4BR

T: 0131 476 7741

E: [admin@freshstartweb.org.uk](mailto:admin@freshstartweb.org.uk)

FB: <https://www.facebook.com/FreshStartCommunityGarden/?form=MY01SV&OCID=MY01SV>

Summary: We currently have a gardening project running every Wednesday afternoon in Craigmillar 2pm-4pm. We are happy to take referrals for people with little or no gardening experience to join the group and get a taste for the benefits and rewards of growing fruit and vegetables in an informal and supportive environment.

## Physical Activity and Leisure

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### **Gardening**

#### **Friends of Orchard Park**

Queensferry Road  
Edinburgh EH4

E: [christine.ashley828@gmail.com](mailto:christine.ashley828@gmail.com)

W: <https://friendsoforchardpark.org/our-projects/>

FB: <https://www.facebook.com/groups/2982181178545298?form=MY01SV&OCID=MY01SV>

Summary: We are a fairly new group who are looking to increase biodiversity within the two small areas that make up Orchard Park. We are a park rather than a community garden. We are a non-profit organisation and so welcome any local volunteers who would like to get involved and help out! You can find out more about the group and our activities on our website, <https://friendsoforchardpark.org/our-projects/>

### **Gardening**

#### **Friends of Starbank Park**

17 Laverockbank Road  
Edinburgh EH5

Opening Hours: Wednesday 10am – 11.30am; Saturday 10am – 11.30am

E: [friendsofstarbankpark@gmail.com](mailto:friendsofstarbankpark@gmail.com)

W: <https://friendsofstarbankpark.org/>

Summary: Starbank Park is a fabulous community park in north Edinburgh with a beautiful garden and glorious views. We work hard to maintain the park and we'd love you to come and help. We hold volunteer gardening parties at the park every Wednesday and Saturday morning from 10.00 to 11.30. Please join us for rewarding, enjoyable and healthy mornings in the fresh air.

## Physical Activity and Leisure

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### **Gardening**

#### **Friends of The Meadows and Brunstfield Links Volunteers**

Edinburgh EH9

Open Hours: last Saturday of the month 10am – 12noon

E: [volunteer@fombl.org.uk](mailto:volunteer@fombl.org.uk)

W: <http://www.fombl.org.uk/>

FB: <https://www.facebook.com/groups/537008269744869/?form=MY01SV&OCID=MY01SV>

Tw: <https://twitter.com/fombledinburgh?form=MY01SV&OCID=MY01SV>

Summary: Active Very active volunteer team, contact the Friends of the Meadows for details.

### **Gardening**

#### **Goodtrees Community Garden**

Goodtrees Neighbourhood Centre

5 Moredunvale Place

Edinburgh EH17 7LB

E: [info@elgt.org.uk](mailto:info@elgt.org.uk)

FB: <https://www.facebook.com/goodtreesnc1/>

Summary: Limited opportunities for volunteering.

## Physical Activity and Leisure

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### **Gardening**

#### **Gorgie / Dalry Growers**

Edinburgh EH11

E: [patrick@edibleestates.co.uk](mailto:patrick@edibleestates.co.uk)

FB: <https://www.facebook.com/GorgieDalryGrowers/>

Summary: During the Covid Lockdown, we are going to support households to grow by supplying free Window sill starter packs and instructional videos through the Home Grown Group which is attached to this page - press the blue Visit Group button. As we come out of lockdown, our plan is to continue to work with folk to create more growing opportunities in the local area.

### **Gardening**

#### **Granton Castle Walled Garden**

Edinburgh EH5 1QB

Open Hours: The garden will be open for visitors on Saturdays and Sundays from 2-4pm. For volunteers our re-vised opening times from Monday 28th September is as follows: Monday 10-3pm; Wednesday 10-3pm; Friday 10-1pm; Saturday 2-4pm; Sunday 2-4pm

E: [grantongarden@gmail.com](mailto:grantongarden@gmail.com)

W: <https://grantoncastlewalledgarden.wordpress.com/>

FB: <https://www.facebook.com/GrantonCastleGarden/>

Summary: Historic walled garden in Pilton. A team of volunteer gardens from the local community have taken on the task of reclaiming this overgrown garden. Their achievements to date are very impressive.

## Physical Activity and Leisure

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### **Gardening**

#### **Granton Community Gardeners**

Wardieburn Road  
Edinburgh EH5 1LX

E: [info@grantoncommunitygardeners.org](mailto:info@grantoncommunitygardeners.org)

W: <https://www.grantoncommunitygardeners.org/>

Summary: Currently the only open gardening session we are running is: Gardening club. Every Wednesday 1-3pm. Join in with a range of tasks at our big community garden. Beginners and experts welcome. (for more [info contact tom@grantoncommunitygardeners.org](mailto:info contact tom@grantoncommunitygardeners.org))

### **Gardening**

#### **Greening Our Street,**

Community Garden and Orchard,  
Community Garden on the Meadows  
The Meadows, We are near the tennis courts.  
Edinburgh EH3 9GE

T: 0131 556 0441

Open Hours: Every Saturday 11am – 2pm

E: [greeningourstreet@gmail.com](mailto:greeningourstreet@gmail.com)

FB: <https://www.facebook.com/greeningour.street>

Tw: <https://twitter.com/LauristonGreen>

Summary: Our community garden has been kept going all year, by volunteers and friends. We have seven raised beds, and borders for flowers, as well as a community orchard and a wildflower plot. Our projects include creating an outdoor classroom, setting up a free library and a bird feeder, planting bulbs and much more. We rely on a core group of about 30 volunteers. Our volunteer sessions are on Saturdays, from 11 to 2 pm and everyone is welcome. We comply with safety requirements and have a vulnerable persons policy. To get in touch, please email [greeningourstreet@gmail.com](mailto:greeningourstreet@gmail.com) . We look forward to meeting you.



## Physical Activity and Leisure

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### **Gardening**

#### **Grove in the Park**

West Bryson Street  
Edinburgh EH11 1BQ

Open Hours: Saturday 11am – 1pm

E: [grovefcg@gmail.com](mailto:grovefcg@gmail.com)

W: <https://grovecommunitygarden.wordpress.com/grove-in-the-park/>

Summary: In the north east corner of Harrison Park, we have an open access garden, together with community orchard, permanent at least for the foreseeable future; communal gardening session every Saturday morning, times vary during the year, for winter from 10.30 to 11.30 weather permitting, see website for updates.

### **Gardening**

#### **Iqra Academy Community Garden**

Edinburgh EH6

E: [DAbushaban@elrec.org.uk](mailto:DAbushaban@elrec.org.uk)

W: <https://www.iqraacademy.org/>

Summary: A friendly women only community gardening group to learn how to grow organic veggies and fruits as part of the Iqra Academy Mosque in Cameron Toll. The group meets on Saturday mornings from 11am-1pm. If interested in joining please contact [DAbushaban@elrec.org.uk](mailto:DAbushaban@elrec.org.uk)

## Physical Activity and Leisure

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### **Gardening**

#### **Jock Tamson's Gairden**

The Glebe Duddingstone Kirk  
5 Old Church Lane  
Edinburgh

E: [lizz.spence@jocktamsonsgairden.org.uk](mailto:lizz.spence@jocktamsonsgairden.org.uk)  
W: <https://www.jocktamsonsgairden.org.uk/>  
FB: <https://www.facebook.com/jocktamsonsgairden/>

Summary: Situated on the banks of Duddingston Loch under Arthur's Seat with beautiful views of the Braid and Pentland hills, the Gairden is a peaceful and safe space for everyone who takes part in horticultural and landscaping activities or who simply visits to enjoy being outdoors. Jock Tamson's Gairden is a new charity which is building upon the foundations laid down by Duddingston Kirk's Glebe Project which has spent the last five years establishing the infrastructure necessary for both productive growing spaces and accessible recreation areas.

We recruit volunteers largely from the Health and Employability Service team at [Volunteer Edinburgh](#) and encourage people, particularly those who have experienced mental health problems and substance abuse, to work with us. We're not currently taking on new volunteers as we are full up but they are happy for people to contact them if they'd like to go on the waiting list.

### **Gardening**

#### **Leith and Lochend Growers**

Edinburgh EH6

E: [patrick@edibleestates.co.uk](mailto:patrick@edibleestates.co.uk)  
FB: <https://www.facebook.com/leithcommunitygrowing/>

Summary: The days are getting longer at last and we are thinking about spring! We have started to gather pallets to begin to make planters. If you would like to join in and make some with us, or would be interested in planting one up or can think of a great front step or spot in Leith that would benefit from a planter get in touch!

## Physical Activity and Leisure

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### **Gardening**

#### **Little France Park**

Edinburgh EH16 4UU

T: 07768 820160

E: [Friendsoflittlefrancepark@gmail.com](mailto:Friendsoflittlefrancepark@gmail.com)

FB: <https://www.facebook.com/groups/184097666026293/>

Summary: Our aim is to increase local and wider community awareness and interaction with the park for recreation, relaxation and engagement with nature. In that way we can increase understanding that Little France Park is a vital community resource which offers substantial benefits for health, quality of life, overall wellbeing and education now and into the future.

### **Gardening**

#### **Lochend Secret Garden**

6 Lochend Quadrant

Edinburgh EH7 6DL

E: [dotstuart@aol.com](mailto:dotstuart@aol.com)

W: <http://www.edibleestates.co.uk/project/lochend-secret-garden/>

FB: <https://www.facebook.com/lochendcommunitygrowing/>

Summary: Lochend Secret Garden is located in the East of Edinburgh, it was established in 2011-12 by a group of local residents supported by Edinburgh Community Backgreen Association (ECBA) and Carr Gomm. The garden was conceived as a hub for growing activities in their estate. The Secret Garden has growing spaces for fifty residents, a community shed, accessibility beds, and Scotland's longest forest garden forming a perimeter around the site. Lochend Community Growing Project (a SCIO) facilitate the management of the Garden.

### **Gardening**

#### **Macmillan Move More Edinburgh**

Royal Botanic Garden  
20a Inverleith Row  
Edinburgh EH3 5LR

T: 0131 458 2190

W: <https://www.edinburghleisure.co.uk/activities/be-active/move-more-edinburgh>

Summary: Participants in the Move More Edinburgh programme can choose from a range of activities including gardening, walking groups, gentle movement and circuits-based activity classes. The Garden is once again open. Get in touch to find out more.

### **Gardening**

#### **Midlothian Community Hospital Garden**

Bonnyrigg,  
Dalkeith  
Edinburgh EH22 3ND

T: 07772 886746

Open Hours: Tuesdays and Thursdays

E: [MCHGardens@cyrenians.org.uk](mailto:MCHGardens@cyrenians.org.uk)

Summary: As part of Thrive we will be delivering Green social prescriptions from our gardens at Midlothian Community and Hospital and primarily the Royal Edinburgh Hospital. We will offer opportunities for people to garden, as well as workshops on woodland management and biodiversity. We offer volunteering session at the Midlothian Community Hospital Garden to take part in Gardening activities on a Tuesday and a Thursday for up to 2 hours. For people interested in volunteering they should contact: Emma Myhill – [emmamyhill@cyrenians.scot](mailto:emmamyhill@cyrenians.scot) We are operating from a waiting list at the moment.

### **Gardening**

#### **Milton Road Community Garden at Edinburgh College**

24 Milton Road East  
Edinburgh EH15 2PP

T: 07919 157296

E: [Severine.Monvoisin@edinburghcollege.ac.uk](mailto:Severine.Monvoisin@edinburghcollege.ac.uk)

W: <https://edible-edinburgh.org/food-project/sample-food-project/>

FB: <https://en-gb.facebook.com/MiltonRoadCommunityGarden/>

Summary: Due to Covid-19 restrictions, the way we work in the gardens has been adapted. All campuses have reopened and only a small number of students are on site for learning of vocational skills on site. From Mid-June onwards we will welcome community groups back into the gardens, one group per day probably for the start. Groups who want to use the space for gardening or for other purposes are welcome to contact them for this. (for example we have a choir which will use the space as meeting indoor is currently difficult) There will be one volunteer day per week, contact Severine for details.

### **Gardening**

#### **Newhaven Heritage Community Garden**

Edinburgh EH6

E: [greenfingersnh@gmail.com](mailto:greenfingersnh@gmail.com)

FB: <https://en-gb.facebook.com/Newhavenheritagecommunitygarden/>

Summary: Newhaven Heritage oversees the Newhaven Heritage Community Garden that is in bloom in Newhaven. Care for the window boxes, the Old Burial Ground, the Community garden on Newhaven Main Street, the planters in Fishmarket Square, the garden at Auchinleck Brae and vegetable plot at Willowbank Row are all cared for by the Community Garden in Newhaven. In addition there is work maintained at the rear of the houses on Newhaven Main street and fruit trees are growing as well as raspberry canes. The gardening session is on Sundays from 1pm to 2pm though people can pop in at anytime and tend to the flower beds and look after all the blossoms. There are tools available and a code for the padlock can be supplied. It is a very tranquil, peaceful happy spot in Newhaven. They are open spaces and require watering, weeding or pruning and in return deliver joy.

### **Gardening**

#### **North Edinburgh Grows**

15a Pennywell Court  
Edinburgh EH4 4TZ

T: 0131 315 2151

Open Hours: Adult session Tuesday 2pm – 4.30pm; Children session Monday & Thursday 3pm – 4.30pm

E: [garden@northedinburgharts.co.uk](mailto:garden@northedinburgharts.co.uk)

W: <https://northedinburgharts.co.uk/north-edinburgh-grows/>

Summary: Our community garden space is a hidden sanctuary in the heart of Muirhouse and is open to everyone. There is a play area, sand pits, gardening plots for groups, homegrown fruit and veg for the Pop-In Café to use and seats and spaces for relaxing. We run sessions for adults, children and families focusing on horticulture, food production, nature and bio-diversity and the environment, as well as hosting outdoor events, like our annual community barbecue.

### **Gardening**

#### **Oxgangs Community Garden**

71 Firrhill Drive  
Edinburgh EH13 9EU

T: 0131 466 0678

E: [oxgangsneighbourhoodcentre@gmail.com](mailto:oxgangsneighbourhoodcentre@gmail.com)

FB: <https://www.facebook.com/oncgarden/>

Summary: We are always looking for people to volunteer in the garden. Contact the Centre Manager for more details.

### **Gardening**

#### **Pilton Community Gardeners**

West Pilton Brae  
Edinburgh EH4 4BH  
Kirsty Sutherland

T: 07778 732171

E: [mossytwig@gmail.com](mailto:mossytwig@gmail.com)

FB: <https://www.facebook.com/PiltonCommunityGardeners/>

Summary: Contact them for details of this year's programme

### **Gardening**

#### **Pilton Equalities Project**

PEP Centre  
3 West Pilton Park  
Edinburgh EH4 4EL

T: 0131 315 4466

E: [piltoncommunitygardeners@gmail.com](mailto:piltoncommunitygardeners@gmail.com)

W: <https://pepequalities.co.uk/>

Summary: Won't be open for some time but might need one person to keep garden tidy.

## Physical Activity and Leisure

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### **Gardening**

#### **Pishwanton Community Woodland**

Pishwanton Wood  
Edinburgh EH41 4PL

T: 01620 810 259

E: [admin@pishwanton.com](mailto:admin@pishwanton.com)

W: <https://lifesciencecentre.co/>

Summary: We are currently not accepting volunteer groups, due to covid restrictions, we are using the time to redesign our garden with an internal team. There might be new volunteering opportunities next spring, when we will be restocking the garden. Due to tree felling activities, site visits are currently not possible.

### **Gardening**

#### **Redbraes Community Garden**

23 Redbraes Place  
Edinburgh EH7 4LH

Open Hours: Last Sunday of the month.

E: [jmsiann18@gmail.com](mailto:jmsiann18@gmail.com)

FB: <https://www.facebook.com/redbraescommunitygarden/>

Summary: We can use your help – the Redbraes Community Garden Group is meeting once a month in 2021 abiding by COVID-restrictions (social distancing of 2m apart etc) for 2-3 hours at 10am on the last Sunday of the month. 2021 Work Day Dates: Sunday 26th September; Sunday 31st October; Sunday 28th November



## Physical Activity and Leisure

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### **Gardening**

#### **Redhall Walled Garden**

97 Lanark Road  
Edinburgh EH14 2LZ

T: 0131 443 0946

E: [redhall@samhservices.org.uk](mailto:redhall@samhservices.org.uk)

W: <https://www.samh.org.uk/about-us/our-work>

FB: <https://www.facebook.com/RedhallWalledGarden/>

Summary: Redhall Walled Garden is a very unusual 18th century walled garden on the west side of Edinburgh, on the banks of the Water of Leith, in the beautiful Colinton Dell.

Redhall Garden is managed by SAMH and is run on organic principles.

This is an exciting and innovative community garden. It is primarily a training garden with many unusual features - an Iron Age roundhouse, bog garden, ponds, sunken garden, and lots more. Most importantly it is an active working garden managed collaboratively by a team of 50 people recovering from the challenges of mental health problems. We have a strong belief in the therapeutic benefits of working on the land and are committed to the principles of conservation and sustainability.

### **Gardening**

#### **Royal Edinburgh Community Gardens**

Royal Edinburgh Hospital  
Morningside Terrace  
Edinburgh EH10 5HF

T: 07837 477450

E: [recg@cyrenians.org.uk](mailto:recg@cyrenians.org.uk)

W: <https://cyrenians.scot/how-we-help/127-community-hospital-gardens>

FB: <https://en-gb.facebook.com/rehcg/>

Summary: As part of Thrive we will be delivering Green social prescriptions from our gardens at Midlothian Community and Hospital and primarily the Royal Edinburgh Hospital. We will offer opportunities for people to garden, as well as workshops on woodland management and biodiversity. If you need further information please contact Lucy Holyroyd - [lucyholyroyd@cyrenians.scot](mailto:lucyholyroyd@cyrenians.scot). Based on NHS and Scottish Government advice the Gardens are temporarily closed for volunteering.

## Physical Activity and Leisure

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### **Gardening**

#### **Saughton Park Community Physic Garden**

Balgreen Road  
Edinburgh EH11 3BQ

E: <https://www.friendsofsaughtonpark.org/contact-us>

W: <https://www.friendsofsaughtonpark.org/gardens-orchards-1>

FB: <https://www.facebook.com/groups/FofSP>

Tw: <https://twitter.com/SaughtonFriends>

Summary: The Physic Garden began life as a Community Garden cared for by the Friends of Saughton Park growing fruit and vegetables in two large raised beds. As part of the park restoration, The Friends were asked to recreate that area as a physic garden and we jumped at the chance.

The landscape architects working on the master plan for the overall park designed 17 raised beds and we were given the opportunity to design both the approach and the planting scheme. Currently those working in the Physic Garden are restricted to 5 households and a maximum of 15 people.

### **Gardening**

#### **Sighthill Community Garden**

Bankhead Ave  
Edinburgh EH11 4DE

T: 07919 157296

FB: <https://www.facebook.com/SighthillCommunityGarden/>

Summary: Community garden at Edinburgh College's Sighthill campus – volunteering opportunities for students and staff

### **Gardening**

#### **The Action Group Community Plot**

57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2315

E: [info@actiongroup.org.uk](mailto:info@actiongroup.org.uk)

W: <https://actiongroup.org.uk/>

Summary: Emailed, awaiting a reply.

### **Gardening**

#### **The National Allotment Society**

W: <https://www.nsalg.org.uk/>

Summary: The National Allotment Society (NAS) is the leading national organisation upholding the interests and rights of the allotment community across the UK. We work with government at national and local levels, other organisations and landlords to provide, promote and preserve allotments for all. We offer support, guidance and advice to our members and those with an interest in allotment gardening.

## Physical Activity and Leisure

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### **Gardening**

#### **Wauchope Community Garden**

655 Niddrie Mains Terrace  
Edinburgh EH16 4NX

FB: <https://www.facebook.com/wauchopecommunity/>

Summary: Very active Community Garden project, see Facebook page for details.

### **Gardening**

#### **West Port Garden**

Edinburgh EH1

Opening Hours: Sundays 2-4

FB: <https://www.facebook.com/grassmarketgarden/>

Summary: Waiting to return to “normal activity”

### **Gardening**

#### **Westerhailes Growers (Murrayburn and Hailesland)**

Edinburgh EH14

T: 07704 315 934 - Steven Pike Tuesday and Thursday mornings

E: [steven@edibleestates.co.uk](mailto:steven@edibleestates.co.uk)

W: <http://www.edibleestates.co.uk/project/wester-hailes-community-growers/>

Summary: Garden members from the M&H area have plots in this garden and come and use the garden in their own time. There is also regular community gardening sessions run by the Community Gardener on Tuesday and Thursday mornings

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### **Martial Arts**

#### **Aikido**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

Opening Hours: Wednesday 6.30 – 9pm

W: <https://www.northmerchiston.co.uk/adult-activities>

Summary: Founded by Morihei Ueshiba, Aikido is a martial art which focuses on the art of self-defence. Aikido is often translated to 'The way of unifying life's energy' showing the philosophical side of the art. The goal of Aikido is to use your opponent's momentum to neutralise their attack. An interesting aspect of Aikido is that it does not solely use hand techniques. Aikido uses both Aiki-Ken (Wooden Sword) and Aiki-Jo (Wooden Staff) which are harder to use than traditional weapons showing the principle of extension, centring, and focus.

### **Martial Arts**

#### **Capoeira**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

Opening Hours: Tuesday 7.30-9.00pm; Thursday 6.30-8.30pm; Friday 6.30-8.00pm

E: [cdoscotland@gmail.com](mailto:cdoscotland@gmail.com)

W: <http://www.cdoscotland.com/>

W2: <https://www.northmerchiston.co.uk/adult-activities>

Summary: Capoeira is a unique Brazilian cultural art incorporating diverse movements, music and physical conditioning. As well as being an amazingly interesting, rewarding and fun activity, the practice of Capoeira can also develop excellent fitness, increased flexibility, improved coordination and balance as well as knowledge of another culture. For more information contact: [cdoscotland@gmail.com](mailto:cdoscotland@gmail.com)



### **Martial Arts**

#### **Checkmat Edinburgh**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

Opening Hours: Tuesdays: 19.00 - 21.00; Thursdays: 19.00 - 21.00; Saturdays: 11.00 - 13.00; Sundays: 13.15 - 15.15

W2: <https://www.northmerchiston.co.uk/adult-activities>

FB: <https://www.facebook.com/checkmatedin/>

Summary: Brazilian Jiu-Jitsu (BJJ) is for everyone. It's a ground fighting, grappling based martial art that is suitable for people of all ages and fitness levels. Whether you want to get fit, learn self-defence, increase your confidence, compete in competitions or just spend some time with like-minded friendly people, our BJJ classes at Checkmat Edinburgh are ideal. Learn these new skills in a relaxed, safe and respectful environment where you will receive all the support you need to get the most out of your training. For booking please visit: Checkmat Edinburgh | Facebook

### **Martial Arts**

#### **Shorinji Kempo**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

Opening Hours: Thursday 19:00 – 21:00

E: [edinburghkempo@gmail.com](mailto:edinburghkempo@gmail.com)

W: [www.edinburghkempo.com](http://www.edinburghkempo.com)

W2: <https://www.northmerchiston.co.uk/adult-activities>

Summary: Healthy Mind, Healthy Body, Self Defence. Shorinji Kempo is a martial art which focuses on self-defence and spiritual development. It was founded in Japan shortly after world war two. We take inspiration from the philosophies of Japanese and Chinese martial arts as well as Zen Buddhism. Classes typically start with a group warmup and revision of basic techniques, followed by training in pairs. Shorinji Kempo has three groups of technique: Goho (hard technique) involves a wide variety of strikes, blocks, etc., whilst Juho (soft technique) involves joint reversals, releases, restraints, takedowns and throws. Seiho (correcting technique) uses acupressure manipulation of joints and muscles to relieve tension and reduce injury. We also practice seated meditation and practical philosophy. Everyone is welcome to join us, and no martial arts experience is necessary. For more information, please email [edinburghkempo@gmail.com](mailto:edinburghkempo@gmail.com), or visit [www.edinburghkempo.com](http://www.edinburghkempo.com). Everyone is welcome

## Physical Activity and Leisure

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### **Martial Arts**

#### **Yee's hung ga**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

T: 0131 622 1757

Opening Hours: Monday 8-9pm fridays

W: <https://www.northmerchiston.co.uk/adult-activities>

Summary: The Yee's Hung Ga Kung Fu Academy offers the complete martial system of Hung Ga Kung Fu, an authentic martial art that can be traced back to the Shaolin Temple in Southern China. Regular training includes self-defence, fitness, hand forms, weapon forms, lion dance, qi gong, and body conditioning. Although known for its devastating and powerful close-range techniques, and its utilization of the 5 animals and 5 elements of traditional Shaolin philosophy, this system offers mental and spiritual growth achieved through rigorous internal and external training, proven life management philosophies and silent introspection.

### **Meditation**

#### **Meditation Mondays - Saughton Park**

Health All Round  
Edinburgh

T: 07707 916 177

Opening Hours: every last Monday of the month: 27.09, 25.10, 29.11 between 5pm-6pm in Saughton Park

E: [aleksandra@healthallround.org.uk](mailto:aleksandra@healthallround.org.uk)

Summary: Relax, unwind, and be kind to your whole self; body and mind. Join us once a month for Meditation Mondays. Our eco-therapist Stephen will lead you through a few relaxing meditations to help you let go of your busy thoughts and build a more comfortable relationship with your mind. One meditation will be from a mindfulness perspective (being more aware of the present moment), and another will be a relaxing nature-inspired visualisation. To book a space, please email: [aleksandra@healthallround.org.uk](mailto:aleksandra@healthallround.org.uk) or call: 07707 916 177

### **Self Defence**

#### **Krav maga**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

Opening Hours: Tuesdays 6.30-9pm

W2: <https://www.northmerchiston.co.uk/adult-activities>

Summary: Rencounter is a self-defence school in Edinburgh, Scotland. We are affiliated with Krav Maga Global. Krav Maga is a self-defence system based on instinctive reactions and natural movements. It is suitable for everyone, regardless of background, age, gender, and level of fitness. We focus on how to get yourself out of a dangerous situation in the most efficient and safest way possible. With Rencounter Krav Maga you can develop your fitness while having fun and learning effective, realistic self-defence that works for everyone!

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## Physical Activity and Leisure

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### **Swimming**

#### **Edinburgh Leisure - Ainslie Park Leisure Centre**

Ainslie Park Leisure Centre  
92 Pilton Drive  
Edinburgh EH5 2HF

T: 0131 458 2100

E: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/venues/ainslie-park-leisure-centre>

Summary: Ainslie Park Leisure Centre has re-opened but with Covid-19 restrictions in place, see web site for details. Attendance at the centre must be pre-booked. See site for details.

### **Swimming**

#### **Edinburgh Leisure - Dalry Swim Centre**

25-29 Caledonian Cres  
Edinburgh EH11 2AL

T: 0131 458 2100

E: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/venues/dalry-swim-centre>

Summary: Dalry Swim Centre has re-opened but with Covid-19 restrictions in place, see web site for details. Attendance at the centre must be pre-booked. See site for details.

## Physical Activity and Leisure

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### **Swimming**

#### **Edinburgh Leisure - Drumbrae Leisure Centre**

30 Drum Brae Terrace  
Edinburgh EH4 7SF

T: 0131 458 2100

E: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/venues/drumbrae-leisure-centre>

Summary: Drumbrae Leisure centre has re-opened but with Covid-19 restrictions in place, see web site for details. Attendance at the centre must be pre-booked.

### **Swimming**

#### **Edinburgh Leisure - Glenogle Swim Centre**

Glenogle Road  
Edinburgh EH3 5JB

T: 0131 458 2100

E: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/venues/glenogle-swim-centre>

Summary: Glenogle Swim Centre has re-opened but with Covid-19 restrictions in place, see web site for details. Attendance at the centre must be pre-booked. See site for details.

### **Swimming**

#### **Edinburgh Leisure - Gracemount Swimming Pool**

Gracemount Leisure Centre

22 Gracemount Drive

Edinburgh EH16 6RN

T: 0131 458 2100

E: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: [www.edinburghleisure.co.uk/venues/gracemount-leisure-centre](http://www.edinburghleisure.co.uk/venues/gracemount-leisure-centre)

Summary: Gracemount Leisure centre has re-opened but with Covid-19 restrictions in place, see web site for details. Attendance at the centre must be pre-booked. See site for details.

### **Swimming**

#### **Edinburgh Leisure - Leith Victoria Swim Centre**

Junction Place

Edinburgh EH6 5JA

T: 0131 458 2100

E: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: [www.edinburghleisure.co.uk/venues/leith-victoria-swim-centre](http://www.edinburghleisure.co.uk/venues/leith-victoria-swim-centre)

Summary: Leith Victoria Swim Centre has re-opened but with Covid-19 restrictions in place, see web site for details. Attendance at the centre must be pre-booked. See site for details.



## Physical Activity and Leisure

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### **Swimming**

#### **Edinburgh Leisure - Portobello Swim Centre**

57 Portobello Promenade

Edinburgh EH15 2BS

T: 0131 458 2100

E: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/venues/portobello-swim-centre>

Summary: Portobello Swim Centre has re-opened but with Covid-19 restrictions in place, see web site for details. Attendance at the centre must be pre-booked. See site for details.

### **Swimming**

#### **Edinburgh Leisure - Royal Commonwealth Pool**

21 Dalkeith Road

Edinburgh EH16 5BB

T: 0131 458 2100

T: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/venues/royal-commonwealth-pool>

Summary: The Royal Commonwealth Pool has re-opened but with Covid-19 restrictions in place, see web site for details. Attendance at the centre must be pre-booked. See site for details.

### **Swimming**

#### **Edinburgh Leisure - Warrender Swim Centre**

55 Thirlestane Road  
Edinburgh EH9 1AP

T: 0131 458 2100

T: [enquiries@edinburghleisure.co.uk](mailto:enquiries@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/venues/warrender-swim-centre>

Summary: Warrender Swim Centre has re-opened but with Covid-19 restrictions in place, see web site for details. Attendance at the centre must be pre-booked. The centre is currently closed for refurbishment, it is expected to be open again in December.

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## Physical Activity and Leisure

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### **Walking**

#### **B Healthy Together - Walking Group**

Broomhouse Hub Centre

79 - 89 Broomhouse Crescent

Edinburgh EH11 3RH

T: 0131 467 7678 - Lisa Jennings

Opening Hours: Meet at Broomhouse Hub Café on Friday's at 10am

E: [lisa@bhealthytogether.org.uk](mailto:lisa@bhealthytogether.org.uk)

FB: <https://www.facebook.com/bhealthytogether/>

Summary: All abilities welcome! This walk lasts around 1 hour following various routes. The walk and refreshments afterwards are free. Meet at Broomhouse Hub Centre, 79 - 89 Broomhouse Crescent, Edinburgh EH11 3RH. New walkers please phone prior to your first walk. You must pre-book before attending

### **Walking**

#### **Edinburgh and Lothians Greenspace Trust - Walking Adventures**

Swanston Steading

109/11 Swanston Road

Edinburgh EH10 7DS

T: 07824 641133

Opening Hours: Tuesday Walk, 2.00 pm

E: [Kim@elgt.org.uk](mailto:Kim@elgt.org.uk)

W: [www.elgt.org.uk/](http://www.elgt.org.uk/)

FB: [www.facebook.com/greenspacetrust/](https://www.facebook.com/greenspacetrust/)

Tw: <https://twitter.com/greenspacetrust>

Summary: Walking Adventures. Meet outside the Craggs Centre, 2pm on Tuesdays. Book your space today, spaces are limited email: [Kim@elgt.org.uk](mailto:Kim@elgt.org.uk) or phone: 07824 641133

## Physical Activity and Leisure

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### **Walking**

#### **Edinburgh Leisure Health Walk - Friday - Victoria Park**

Edinburgh

T: 0131 458 2260 - Active Communities Team

Opening Hours: Friday Victoria Park Walk at 11.00 am

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: [www.edinburghleisure.co.uk/ageing-well-walks](http://www.edinburghleisure.co.uk/ageing-well-walks)

Summary: Friday Victoria Park, Start Time: 11.00am, Duration: 60 - 75mins, Grade: 2 and 3 (walk splits into two groups, a moderate paced longer walk and a gentler paced shorter walk). The meeting point is located at the benches close to the Edward VII statue. If you have not been on this walk before you will have to register with the Walk Co-ordinator prior to the walk. Call: 0131 458 2260 and speak to the Active Communities Team. Please make sure you wear suitable footwear and outdoor clothing to complete your walk. A contribution of £1 is welcome towards the activity.

### **Walking**

#### **Edinburgh Leisure Health Walk - Monday - Gyle Park Walk**

Edinburgh

T: 0131 458 2260 - Active Communities Team

Opening Hours: Monday Walk at 10.45am

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: [www.edinburghleisure.co.uk/ageing-well-walks](http://www.edinburghleisure.co.uk/ageing-well-walks)

Summary: Gyle Park Walk, Start Time: 10.45am, Duration: 30 - 60mins, Grade: 2. The meeting point is in the cul-de-sac behind the Tesco Superstore at Corstorphine in Gylemuir Road. This is accessible from the Tesco car park at side of building. If you have not been on this walk before you will have to register with the Walk Co-ordinator prior to the walk. Call: 0131 458 2260 and speak to the Active Communities Team. Please make sure you wear suitable footwear and outdoor clothing to complete your walk. A contribution of £1 is welcome towards the activity.

## Physical Activity and Leisure

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### **Walking**

#### **Edinburgh Leisure Health Walk - Monday - Meadows Walk**

Edinburgh

T: 0131 458 2260 - Active Communities Team

Opening Hours: Monday Walk at 10.30am

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: [www.edinburghleisure.co.uk/ageing-well-walks](http://www.edinburghleisure.co.uk/ageing-well-walks)

Summary: Meadows Walk, Start Time: 10.30am, Duration: 30 - 60mins, Grade: 2. The meeting point is outside the Café Refresh behind the East Meadows Play Park. If you have not been on this walk before you will have to register with the Walk Co-ordinator prior to the walk. Call: 0131 458 2260 and speak to the Active Communities Team. Please make sure you wear suitable footwear and outdoor clothing to complete your walk. A contribution of £1 is welcome towards the activity.

### **Walking**

#### **Edinburgh Leisure Health Walk - Thursday - Get Going**

Edinburgh

T: 0131 458 2260 - Active Communities Team

Opening Hours: Thursday Walks at 10am

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: [www.edinburghleisure.co.uk/ageing-well-walks](http://www.edinburghleisure.co.uk/ageing-well-walks)

Summary: Get Going hold walks at various locations across the city, contact the Active Communities Team for details. Start Time: 10.00am, Duration: 60 - 75mins, Grade: 3. If you have not been on this walk before you will have to register with the Walk Co-ordinator prior to the walk. Call: 0131 458 2260 and speak to the Active Communities Team. Please make sure you wear suitable footwear and outdoor clothing to complete your walk. A contribution of £1 is welcome towards the activity.

## Physical Activity and Leisure

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### **Walking**

#### **Edinburgh Leisure Health Walk - Thursday - Stepping Out**

Edinburgh

T: 0131 458 2260 - Active Communities Team

Opening Hours: Thursday Walks at 1.45pm

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: [www.edinburghleisure.co.uk/ageing-well-walks](http://www.edinburghleisure.co.uk/ageing-well-walks)

Summary: Stepping Out hold walks at various locations across the city, contact the Active Communities Team for details. Start Time: Time: 1.45pm, Duration: 60 - 75mins, Grade: 3. If you have not been on this walk before you will have to register with the Walk Co-ordinator prior to the walk. Call: 0131 458 2260 and speak to the Active Communities Team. Please make sure you wear suitable footwear and outdoor clothing to complete your walk. A contribution of £1 is welcome towards the activity.

### **Walking**

#### **Edinburgh Leisure Health Walk - Tuesday - Happy Wanderers**

Edinburgh

T: 0131 458 2260 - Active Communities Team

Opening Hours: Tuesday Walk at 10.30 am

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: [www.edinburghleisure.co.uk/ageing-well-walks](http://www.edinburghleisure.co.uk/ageing-well-walks)

Summary: Happy Wanders hold walks at various locations across the city, contact the Active Communities Team for details. Start Time: 10.00am, Duration: 60 - 75mins, Grade: 3. If you have not been on this walk before you will have to register with the Walk Co-ordinator prior to the walk. Call: 0131 458 2260 and speak to the Active Communities Team. Please make sure you wear suitable footwear and outdoor clothing to complete your walk. A contribution of £1 is welcome towards the activity.

## Physical Activity and Leisure

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### **Walking**

#### **Edinburgh Leisure Health Walk - Tuesday - Night Strollers**

Edinburgh

T: 0131 458 2260 - Active Communities Team

Opening Hours: Tuesday Walk at 7.00 pm

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: [www.edinburghleisure.co.uk/ageing-well-walks](http://www.edinburghleisure.co.uk/ageing-well-walks)

Summary: Night Strollers hold walks at various locations across the city, contact the Active Communities Team for details. Start Time: 7.00pm, Duration: 60 - 75mins, Grade: 3. If you have not been on this walk before you will have to register with the Walk Co-ordinator prior to the walk. Call: 0131 458 2260 and speak to the Active Communities Team. Please make sure you wear suitable footwear and outdoor clothing to complete your walk. A contribution of £1 is welcome towards the activity.

### **Walking**

#### **Edinburgh Leisure Health Walk - Wednesday - Portobello Prom**

Edinburgh

T: 0131 458 2260 - Active Communities Team

Opening Hours: Wednesday Portobello Walk at 10.30 am

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: [www.edinburghleisure.co.uk/ageing-well-walks](http://www.edinburghleisure.co.uk/ageing-well-walks)

Summary: Portobello Prom, Start time: 10.30am, Duration: 30 - 60 mins, Grade: 2. The meeting point is out- side Portobello Swim Centre. If you have not been on this walk before you will have to register with the Walk Co-ordinator prior to the walk. Call: 0131 458 2260 and speak to the Active Communities Team. Please make sure you wear suitable footwear and outdoor clothing to complete your walk. A contribution of £1 is welcome towards the activity.



### **Walking**

#### **Energize - 60+ Sessions**

Energize Gym,  
3 Lochside Place  
Edinburgh Park  
Edinburgh EH12 9DF

T: 0131 317 0260

Opening Hours: Wed 10am and Thurs 9.30am

W: [www.energizegym.co.uk/index.html](http://www.energizegym.co.uk/index.html)

Summary: Free Classes for over 55's in and outdoors and swimming sessions to keep active, flexible and help injuries. 10.30am Monday and Thursday, Friday 10am (booking required - call 0131 317 0260)

### **Walking**

#### **Energize - Walking Group**

Energize Gym  
3 Lochside Place  
Edinburgh Park  
Edinburgh EH12 9DF

T: 0131 317 0260

Opening Hours: 2.30-3.30pm Tuesday

W: [www.energizegym.co.uk/index.html](http://www.energizegym.co.uk/index.html)

Summary: Outdoor walking Group in the beautiful grounds of Edinburgh Park and beyond Free to members and non members 2.30-3.30pm Tuesday.

## Physical Activity and Leisure

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### **Walking**

#### **Health in Mind - Wellbeing walks**

40 Shandwick Place

Edinburgh EH2 4RT

T: 0131 225 8508 - ask for Anna

E: [edinburgh@health-in-mind.org.uk](mailto:edinburgh@health-in-mind.org.uk)

W: [www.health-in-mind.org.uk/services/wellbeing\\_walks/d233/](http://www.health-in-mind.org.uk/services/wellbeing_walks/d233/)

FB: <https://en-gb.facebook.com/healthinmindscotland>

Inst: [www.instagram.com/health\\_in\\_mind/](http://www.instagram.com/health_in_mind/)

Summary: Have you been feeling stressed and worried or struggling with low mood? Would you like to connect with others and explore ways to improve your wellbeing? You might be interested in joining us for a series of five gentle and accessible Wellbeing Walks. When and where? The Wellbeing Walks take place in various locations across Edinburgh. Dates and times vary across localities. For more information and to register email [edinburgh@health-in-mind.org.uk](mailto:edinburgh@health-in-mind.org.uk) or call 0131 225 8508 - ask for Anna Chmiel

### **Walking**

#### **Paths for All**

Kintail House

Forthside Way

Stirling FK8 1QZ

W: [www.pathsforall.org.uk/walking-for-health/health-walks](http://www.pathsforall.org.uk/walking-for-health/health-walks)

FB: [www.facebook.com/PathsforAllScotland?form=MY01SV&OCID=MY01SV](http://www.facebook.com/PathsforAllScotland?form=MY01SV&OCID=MY01SV)

Tw: <https://twitter.com/PathsforAll>

Summary: Paths for All: Health Walks - Take part in short, volunteer led, friendly walks in every local authority in Scotland. This is a helpful website that will give you the times and contact detail for Health Walks across Edinburgh

### **Walking**

#### **The Ripple - Walking Group**

Edinburgh

W: <https://www.rippleproject.co.uk/>

Opening Hours: Thursdays at 9.15am and 10.00am

Summary: It is great to hear that the Ripple is restarting activities at the centre. Their Walking Group is meeting outside the Hub on Thursdays at

9.15 - 9.45am for a 30 minutes brisk pace walk,

Meet new friends, improve your fitness and discover local landscapes and places of interest.

10:00 – 10:30 for a 30 minutes gentle pace walk

Meet new friends, improve your fitness and discover local landscapes and places of interest

## Physical Activity and Leisure

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[Cycling](#): Bicycle Maintenance, Cycle Helmets, Cycle Security, Cycling Campaign Group, Cycling Exhibitions, Cycling News Services, Cycling Routes, Cycling Shops, Rules of the Road, You Tube Videos

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[Dancing](#)

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[Exercise](#): Edinburgh Leisure Gyms, Thistle Foundation Gyms

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[Fitness Exercise](#)

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[Football](#): Includes Therapeutic courses and Street Soccer

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[Gardening](#): Community Gardening Projects (A-Z)

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[Martial Arts](#)

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[Swimming](#): All Edinburgh Leisure Swimming Pools (A-Z)

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[Walking](#): Edinburgh Leisure Health Walks; Edinburgh and Lothian Greenspace Trust

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[Yoga](#)

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### **Seated Yoga**

#### **B Healthy Together - Seated Yoga**

Broomhouse Hub Centre  
79 - 89 Broomhouse Crescent  
Edinburgh EH11 3RH

Opening Hours: Thursdays: 10am - 10.45am; 11am - 11.45am; 12 - 12.45am

W: <https://bhealthytogether.org.uk/>

FB: <https://www.facebook.com/bhealthytogether/>

Summary: Meditation, breathing and gentle strength exercises to improve fitness and flexibility. You must pre-book before attending

### **Yoga**

#### **Iyengar Yoga with Leyla Kerlaff**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

T: 07814 851 303

Opening Hours: Friday: 9.15 - 10.30

E: [leyla@leylakerlaff.co.uk](mailto:leyla@leylakerlaff.co.uk)

W: <https://www.northmerchiston.co.uk/adult-activities>

FB: <https://www.facebook.com/kerlaff>

Summary: This class is suitable for anyone starting yoga for the first time, or who already has some experience of yoga. Iyengar yoga takes a safe and structured approach to teaching yoga, allowing students to progress from simpler poses to more challenging ones over time. Class sizes are limited to allow the teacher to give each student individual attention. The idea of meditation in action is a keynote of the Iyengar system. Being totally aware and absorbed in the poses as they are being done is meditation: body and mind communicate at a subtle level and are harmonized. The Iyengar method is not just a sophisticated form of physical exercise and deep breathing. It is a spiritual practice aimed at integrating mind, body and inner self. Leyla has been practicing yoga since 1996, is fully qualified and insured as an Iyengar yoga teacher. To book a place, please contact: [leyla@leylakerlaff.co.uk](mailto:leyla@leylakerlaff.co.uk)

## Physical Activity and Leisure

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### **Yoga**

#### **Pregnancy Yoga**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

Opening Hours: Wednesday: 6.30 - 7.30

E: [marcela@mamagiveslight.com](mailto:marcela@mamagiveslight.com)

W: <https://mamagiveslight.com>

W2: <https://www.northmerchiston.co.uk/adult-activities>

Summary: Pregnancy Yoga & Birth Preparation classes. These classes provide a secure, intimate, comfortable and calm environment for you to connect with your growing baby and with your own body. Create a special time for you to bond with your baby and a time for peace and calm for yourself every week as you prepare for birth and learn many useful ways to move and breathe. Expect gentle stretching, breathing techniques, learn positions to help you in labour and enjoy a long and a good relaxation! We work with helpful tools, breathing exercises (pranayama) and physical postures (asanas) that could support you during and after pregnancy. We also explore various exercises that come useful during labour for a more active birth. You will be safely guided by Marcela, an experienced Yoga Teacher, Doula, Birth Educator, Active Birth Teacher, and mum of two. Please bring your own mat.

### **Yoga**

#### **Rise and shine yoga**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

Opening Hours: Wednesdays 9.30 -10.45am

E: [maggielightheart@gmail.com](mailto:maggielightheart@gmail.com)

W2: <https://www.northmerchiston.co.uk/adult-activities>

FB: <http://www.facebook.com/lightheartyogacoaching>

Inst: <https://www.instagram.com/maggielightheart/>

Summary: Start your day well! Time and space just for you. Leave feeling strong, peaceful and bright! The 75 min class includes: a physical practice of gentle and dynamic flowing postures, deep relaxation, beautiful words, energising breathing practices, accessible meditation, gorgeous music and dreamy aromas. To contact or to find our more details please visit: <http://www.facebook.com/lightheartyogacoaching> or email: [maggielightheart@gmail.com](mailto:maggielightheart@gmail.com)

## Physical Activity and Leisure

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### **Yoga**

#### **Vinyasa Yoga**

North Merchiston Club

48 Watson Crescent

Edinburgh EH11 1EP

Opening Hours: Tuesdays: 18.30-19.30

W2: <https://www.northmerchiston.co.uk/adult-activities>

Summary: Energising whilst calming and nourishing at the same time, in this class we build strength and flexibility for the mind and body. Within each class is a breathing practice, yoga movement and guided meditation. Beginners are welcome and the class has a steady pace. For more information please contact Fay at: [Puravida@yogawithfay.co.uk](mailto:Puravida@yogawithfay.co.uk) To book please visit

(Adults) : <https://yogawithfay.as.me/?appointmentType=22320337> or

(Concessions) : <https://yogawithfay.as.me/?appointmentType=22845848>

## Sensory Impairment

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**BSL Users:** [Art Culture Create](#), [Corona virus Advice](#), [Counselling](#), [Signposting services](#), [Social Work and Communication](#).

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**Hearing Loss:** [Campaign and Representation Organisations](#), [Communication](#), [Counselling](#), [Equipment Suppliers](#), [General Organisations](#), [Self-Management](#), [Signposting services](#), [Social work and health services](#), [Specific causes of deafness](#), [Support Groups](#), [Tinnitus](#), [Working life, leisure and volunteering](#)

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**Sight Loss:** [Key Local Support Organisations](#), [Eye Health](#), [Low Vision Aids and equipment](#), [Reading](#), [Social/Community Support](#), [Emotional Support](#), [Young People](#), [Other Useful contacts](#)

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**Deafblind:** [Self-Management](#), [Support Groups](#), [Social Work and Specialist Equipment](#)

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## Sensory Impairment: BSL Users

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### **Art Culture Create**

**City of Edinburgh Council's Museums and Galleries team**

E: <https://www.edinburghmuseums.org.uk/contact-us>

W: <https://www.edinburghmuseums.org.uk/whats-on>

FB: <https://www.facebook.com/MuseumsandGalleriesEdinburgh>

Tw: [https://twitter.com/EdinCulture?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](https://twitter.com/EdinCulture?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)

Inst: <https://www.instagram.com/museumsgalleriesedinburgh/>

YT: <https://www.youtube.com/channel/UCpFB3cTnBHqstNFZsMYhaUg>

Summary: BSL Tours are arranged by the City of Edinburgh Council's Museums and Galleries. You will need to book in advance.

### **Coronavirus Advice**

**British sign language - Coronavirus advice - Coronavirus British sign language videos**

W: <https://www.edinburgh.gov.uk/coronavirus-4/british-sign-language-coronavirus-advice>

Summary: Edinburgh City Council present a series of Coronavirus British sign language video on the following topics: Action plan drawn up for safer walking and cycling; Find out more about leaving school; Coronavirus affected council services; Primary schools advice for drop off and pick up times; Getting help for someone who's at risk from harm; Advice for businesses reopening.

## Sensory Impairment: BSL Users

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### **Counselling**

#### **Health In Mind - Counselling in BSL**

40 Shandwick Place  
Edinburgh EH2 4RT

T: 0131 225 8508

E: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

W: [https://www.health-in-mind.org.uk/services/lothian\\_deaf\\_counselling\\_service/d143/](https://www.health-in-mind.org.uk/services/lothian_deaf_counselling_service/d143/)

FB: <https://en-gb.facebook.com/healthinmindscotland>

Tw: [https://twitter.com/Health\\_in\\_Mind](https://twitter.com/Health_in_Mind)

Inst: [https://www.instagram.com/health\\_in\\_mind/](https://www.instagram.com/health_in_mind/)

Summary: Lothian Deaf Counselling Service provides a free confidential counselling service for those aged 18 or over who are Deaf, deafened, hard of hearing or deafblind throughout Lothian who will benefit from a counselling service specially designed to meet their needs. We offer counselling in British Sign Language (without interpreter) and also in English. A personal loop system and communication in written English are available for people who are deafened or hard of hearing. This counselling service offers telephone and video counselling (face to face counselling is currently suspended due to Covid-19 restrictions).

### **Signposting services**

#### **British Sign Language Plan for Edinburgh 2018-2024**

W: <https://www.edinburgh.gov.uk/downloads/download/14153/british-sign-language-plan-for-edinburgh-2018-2024>

Summary: This plan aims to improve services across the City of Edinburgh Council and the Edinburgh Health and Social Care Partnership for British Sign Language (BSL) Users and those who represent them.

## Sensory Impairment: BSL Users

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### **Social Work and Communication**

#### **BSL Sign Language Dictionary**

E: [support@signbsl.com](mailto:support@signbsl.com)

W: <https://www.signbsl.com/sign/edinburgh>

Summary: Search and compare thousands of words and phrases in British Sign Language (BSL). The largest collection online.

### **Social Work and Communication**

#### **Contact Scotland BSL**

Edinburgh

T: 0333 344 7712

Tx: 0797 084 8868

E: [info@contactscotland-bsl.org](mailto:info@contactscotland-bsl.org)

W: <https://contactscotland-bsl.org/>

FB: <https://www.facebook.com/contactScotland/>

Summary: contactSCOTLAND-BSL is a Scottish Government service that connects deaf BSL users through out Scotland through an online BSL interpreting video relay service (VRS) with all of Scotland's public authorities and voluntary organisations (Third Sector) and now beyond. To access this service click here: <https://contactscotland-bsl.org/contact-us/>

## Sensory Impairment: BSL Users

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### **Social Work and Communication**

#### **Deaf Action - Head Office**

49 Albany Street  
Edinburgh EH1 3QY

T: 0131 556 3128

Tx: 0131 557 0419

SMS: 07775 620 757

E: [admin@deafaction.org](mailto:admin@deafaction.org)

W: <http://www.deafaction.org/>

FB: <https://www.facebook.com/DeafActionUK/?form=MY01SV&OCID=MY01SV>

Tw: <https://twitter.com/DeafAction>

Summary: Deaf Action is a deaf-led charity providing services across Scotland to the estimated 1,012,000 people living with some degree of hearing loss. For many, deafness and hearing loss can be isolating and socially debilitating. Deaf Action's services are geared towards removing barriers for deaf people and empowering them to access and participate in society. Deaf Action services are running as normal as possible during the coronavirus outbreak. They can: assess your needs in a social work assessment and provide advice and long term support; assess for and provide specialist equipment such as flashing doorbells and smoke detectors, and advise on other equipment you can buy; provide a BSL duty service

### **Social Work and Communication**

#### **Scottish Sensory Centre**

Moray House School of Education and Sport,  
University of Edinburgh  
Paterson's Land, Holyrood Road  
Edinburgh EH8 8AQ

T: 0131 651 6501

Fax: 0131 651 6502

E: [sscmail@ed.ac.uk](mailto:sscmail@ed.ac.uk)

E2: [sscworkshops@ed.ac.uk](mailto:sscworkshops@ed.ac.uk)

W: <http://www.ssc.education.ed.ac.uk/>

FB: <https://www.facebook.com/ScottishSensory/>

Tw: <https://twitter.com/ScottishSensory>

Summary: For everyone who is involved in the education of deaf children: deafblind children and visually impaired children and young people the young people themselves and their families. We are funded by the Scottish Government to provide Career-Long Professional Learning opportunities to teachers and professionals, we engage in research into the issues that affect children with sensory impairments and the professionals who work with them. We also provide an information service comprising a postal lending library information searches and online resources. Due to current restrictions relating to the COVID-19 pandemic the SSC team will be working remotely. All face-to-face events have been suspended. Online courses and events will be offered until further notice.

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## Sensory Impairment

604

**BSL Users:** [Art Culture Create](#), [Corona virus Advice](#), [Counselling](#), [Signposting services](#), [Social Work and Communication](#).

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**Hearing Loss:** [Campaign and Representation Organisations](#), [Communication](#), [Counselling](#), [Equipment Suppliers](#), [General Organisations](#), [Self-Management](#), [Signposting services](#), [Social work and health services](#), [Specific causes of deafness](#), [Support Groups](#), [Tinnitus](#), [Working life, leisure and volunteering](#)

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**Sight Loss:** [Key Local Support Organisations](#), [Eye Health](#), [Low Vision Aids and equipment](#), [Reading](#), [Social/Community Support](#), [Emotional Support](#), [Young People](#), [Other Useful contacts](#)

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**Deafblind:** [General Organisations](#), [Self-Management](#), [Support Groups](#), [Social Work and Specialist Equipment](#)

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## Sensory Impairment: Hearing Loss

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### **Campaign and Representation Organisations**

#### **European Federation of Hard of Hearing People**

NVVS

Randhoeve 221

Houten, The Netherlands 3995 GA

T: 0131 556 3128

Fax: 0131 557 8283

Tx: 0131 557 0419 - Text

E: <https://www.efhoh.org/contact/>

W: <https://www.efhoh.org/>

FB: <https://www.facebook.com/groups/28392292467/?fref=ts>

Summary: The European Federation of Hard of Hearing People (EFHOH) was established in 1993 as a non-profit, non-governmental organization, registered in the Netherlands. EFHOH consists of organizations of/for hard of hearing and late-deafened people, parent organizations, and professional organizations at a European level in dialogue with the European Union, members of the European Parliament, and other European authorities.

### **Campaign and Representation Organisations**

#### **Ideas for ears**

57-59 High Street

Dunblane FK15 0EE

T: 07739 581059

SMS: 07925 417 338

E: [info@ideasforears.org.uk](mailto:info@ideasforears.org.uk)

W: <https://www.ideasforears.org.uk/>

Tw: <https://twitter.com/IdeasForEars>

Summary: Ideas for Ears is a progressive, fresh-thinking social enterprise that is run by people with hearing loss. We are a not-for profit initiative with a grass roots approach. We support organisations to make their products, services and facilities more accessible, desirable and effective for people with hearing loss. We involve people with hearing loss in what we do, including our award-winning Community Hearing Hub volunteers.

## Sensory Impairment: Hearing Loss

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### **Campaign and Representation Organisations**

#### **International Federation of Hard of Hearing Young People (IFHOHYP)**

E: [info@ifhohyp.org](mailto:info@ifhohyp.org)

W: <http://ifhohyp.org/>

FB: <https://www.facebook.com/ifhohyp/>

Tw: <https://twitter.com/IFHOHYP?s=20>

Inst: <https://www.instagram.com/ifhohyp/?hl=en>

YT: <https://www.youtube.com/channel/UCp3wyOzMgdTnBnsuxrZvM8Q>

Summary: IFHOHYP aims to support the development of a future global society where hard of hearing young people will have equal opportunities, with appropriate support, to be integrated into the community and viewed as contributing members.

### **Campaign and Representation Organisations**

#### **National Association of Deafened People**

Crown House

27 Old Gloucester Street

London WC1N 3AX

T: 0845 0559663

T2: 07818 132 961- Helpline

E: [enquiries@nadp.org.uk](mailto:enquiries@nadp.org.uk)

W: <https://www.nadp.org.uk/>

FB: <https://www.facebook.com/NADPofficial/>

Summary: The NADP provides information and support for deafened people, who have lost all or most of their useful hearing, to help enable them to regain their independence and enjoy the best quality of life. NADP is run by and for deafened people and the Executive Committee consists of deafened people, who can relate to the needs of their members.



## Sensory Impairment: Hearing Loss

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### **Communication**

#### **Association of Lipspeakers**

E: [alsinfo@lipspeaking.co.uk](mailto:alsinfo@lipspeaking.co.uk)

W: <https://www.lipspeaking.co.uk/>

Summary: The Association of Lipspeakers is the professional body that represents lipspeakers. We aim to promote lipspeaking and its good practice and encourage the further development of lipspeaking as a communication service.

### **Communication**

#### **ATLA (Association of Teachers of Lipreading to Adults)**

48 East Hill,  
South Darenth  
Dartford DA4 9AN

T: 07426 559602 (text only)

E: [info@atlalipreading.org.uk](mailto:info@atlalipreading.org.uk)

W: <https://atlalipreading.org.uk/>

FB: <https://www.facebook.com/ATLA.4.lipreading/>

Summary: Our aim is to create a world where lipreading classes are available to anyone who needs them. Hearing loss is the most isolating disability. Classes are for anyone who struggles to hear. They are often – and more accurately – called ‘Lipreading and Managing Hearing Loss’ classes. ATLA (the Association of Teachers of Lipreading to Adults) is the only organisation in the UK dedicated to teaching this valuable skill. All ATLA members are qualified lipreading tutors.

## Sensory Impairment: Hearing Loss

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### **Communication**

#### **Deaf Action - Head Office**

49 Albany Street  
Edinburgh EH1 3QY

E: [admin@deafaction.org](mailto:admin@deafaction.org)

W: <http://www.deafaction.org/>

FB: <https://www.facebook.com/DeafActionUK/?form=MY01SV&OCID=MY01SV>

Tw: <https://twitter.com/DeafAction>

Summary: Deaf Action is a deaf-led charity providing services across Scotland to the estimated 1,012,000 people living with some degree of hearing loss. For many, deafness and hearing loss can be isolating and socially debilitating. Deaf Action's services are geared towards removing barriers for deaf people and empowering them to access and participate in society. Deaf Action services are running as normal as possible during the coronavirus outbreak. They can: assess your needs and provide advice and long term support; assess for and provide specialist equipment such as flashing doorbells and smoke detectors, and advise on other equipment you can buy; provide a BSL duty service.

### **Communication**

#### **Deaf Strategies**

The Administrator  
Manchester Centre for Deaf Studies  
PO Box 319  
Manchester M21 3DG

T: 0161 832 0444

E: [enquiries@manchesterdeafstudies.org](mailto:enquiries@manchesterdeafstudies.org)

W: <http://www.deafstrategies.org/>

Summary: Deaf Strategies has been designed with hearing impaired people in mind. It brings together strategies that people with a hearing loss have found helpful to them in a variety of situations.

### **Communication**

#### **Scottish Register of Language Professionals with the Deaf Community**

Herbert House

24 Herbert Street

Glasgow G20 6NB

T: 07788 722 528

E: [mail@thescottishregister.co.uk](mailto:mail@thescottishregister.co.uk)

W: <https://thescottishregister.co.uk/>

Summary: Welcome to the Scottish Register of Language Professionals with the Deaf Community, SRLPDC. We are a registering body that monitors, supports and regulates language professionals who work within the BSL community across the whole of Scotland. We are known as The Scottish Register for short.

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## Sensory Impairment: Hearing Loss

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### **Counselling**

#### **Health In Mind**

40 Shandwick Place  
Edinburgh EH2 4RT

T: 0131 225 8508

E: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

W: [https://www.health-in-mind.org.uk/services/lothian\\_deaf\\_counselling\\_service/d143/](https://www.health-in-mind.org.uk/services/lothian_deaf_counselling_service/d143/)

FB: <https://en-gb.facebook.com/healthinmindscotland>

Tw: [https://twitter.com/Health\\_in\\_Mind](https://twitter.com/Health_in_Mind)

Inst: [https://www.instagram.com/health\\_in\\_mind/](https://www.instagram.com/health_in_mind/)

Summary: Lothian Deaf Counselling Service provides a free confidential counselling service for those aged 18 or over who are Deaf, deafened, hard of hearing or deafblind throughout Lothian who will benefit from a counselling service specially designed to meet their needs. We offer counselling in British Sign Language (without interpreter) and also in English. A personal loop system and communication in written English are available for people who are deafened or hard of hearing. This counselling service offers telephone and video counselling (face to face counselling is currently suspended due to COVID-19).

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## Sensory Impairment: Hearing Loss

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### **Equipment Suppliers**

**AskSara**

Shaw Trust

T: 0131 466 6114

W: <https://asksara.dlf.org.uk/>

Summary: AskSARA is an award-winning online self-help guide providing expert advice and information on products and equipment for older and disabled adults and children.

(The DLF is part of The Shaw Trust which is registered as a charity in England and Wales (287785) and Scotland (SCO398566) and is a company limited by guarantee (1744121). The DLF is a wholly owned subsidiary.)

### **Equipment Suppliers**

**C2Hear Online**

E: [melanie.ferguson@nal.gov.au](mailto:melanie.ferguson@nal.gov.au)

W: <https://c2hearonline.com/>

Tw: [https://twitter.com/C2HearOnline?ref\\_src=twsrc%5Etfw](https://twitter.com/C2HearOnline?ref_src=twsrc%5Etfw)

YT: [https://www.youtube.com/channel/UC\\_CO85ih5H68q5YSxMziidw](https://www.youtube.com/channel/UC_CO85ih5H68q5YSxMziidw)

Summary: Get the best out of your hearing aide - NHS Videos on YouTube

## Sensory Impairment: Hearing Loss

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### **Equipment Suppliers**

#### **Connevans Limited**

Bridge House  
1 Nutfield Road  
Merstham RH1 3EB

T: 01737 247571

E: [info@connevans.com](mailto:info@connevans.com)

W: <https://www.connevans.co.uk/>

FB: <https://www.facebook.com/Connevans/>

Tw: <https://twitter.com/Connevans>

Inst: <https://www.instagram.com/connevanslimited/>

Summary: Deaf Equipment Suppliers

### **Equipment Suppliers**

#### **Disabled Living Foundation**

Unit 1,  
34 Chatfield Road  
Wandsworth  
London SW11 3SE

T: 0300 999 0004 - Helpline

T2: 0300 123 3084

E: [enquiries@dlf.org.uk](mailto:enquiries@dlf.org.uk)

W: <https://www.dlf.org.uk/node>

FB: <https://twitter.com/DLFUK>

Summary: DLF is a national charity providing impartial advice, information and training on independent living since 1969. Since 2014 we have been part of The Shaw Trust.

## Sensory Impairment: Hearing Loss

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### **Equipment Suppliers**

#### **RNID - Technology and assistive devices**

Brightfield Business Hub  
9 Bakewell Road  
Orton, Southgate  
Peterborough, PE2 6XU

E: [information@rnid.org.uk](mailto:information@rnid.org.uk)

W: <https://rnid.org.uk/information-and-support/technology-and-products/>

FB: <https://www.facebook.com/rnid>

Tw: <https://twitter.com/rnid>

Inst: [https://www.instagram.com/rnid\\_uk/](https://www.instagram.com/rnid_uk/)

YT: <https://www.youtube.com/c/rniduk>

Summary: Stay independent – and continue to enjoy the things you want to do – by making the best out of new and existing technology. Find out about the different types of products and technology that you might benefit from.

## Sensory Impairment: Hearing Loss

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### **General Organisations**

#### **Deaf Scotland**

c/o Scottish Council on Deafness  
The ALLIANCE  
Venlaw Building 349 Bath Street  
Glasgow G2 4AA

T: 0141 248 2474

E: [admin@deafscotland.org](mailto:admin@deafscotland.org)

W: <https://deafscotland.org/>

FB: <https://www.facebook.com/deafscotland/>

Tw: <https://twitter.com/deafscotmedia>

Summary: deafscotland is the lead organisation for deaf issues in Scotland. We aim to ensure that deaf people in Scotland can access services and information across all sectors of society from their local communities to what comes from government departments. We represent organisations working with and on behalf of Deaf Sign Language users; Deafblind; Deafened; and, Hard of Hearing people. At the present time due to Covid-19, deafscotland staff are all working remotely. We are available to answer queries and to provide information by email.

### **General Organisations**

#### **Hearing Dogs for Deaf People**

The Grange  
Wycombe Road  
Saunderton  
Princes Risborough HP27 9NS

T: 01844 348111 (voice) or 18001

Tx: 01844 348111(NGT/Text relay)

E: [applications@hearingdogs.org.uk](mailto:applications@hearingdogs.org.uk)

W: <https://www.hearingdogs.org.uk/apply/>

Summary: Hearing Dogs for Deaf People take applications for Hearing Dogs a number of times each year to support people with hearing loss. Dogs are provided free of charge to successful applicants and most partnerships are provided with support throughout the lifetime of the dog. The charity trains dogs to work in different roles depending on the needs of the applicant and include Confidence Companions, Sound Support Dogs and Accredited Hearing Dogs.



## Sensory Impairment: Hearing Loss

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### **General Organisations**

#### **Hearing Link - Helpdesk**

The Grange  
Wycombe Road  
Saunderton  
Princes Risborough HP27 9NS

T: 0800 018 0527 - Helpline

T2: 01844 348111

E: [helpdesk@hearinglink.org](mailto:helpdesk@hearinglink.org)

W: <https://www.hearinglink.org/>

Summary: Hearing Link is a UK-wide charity for people with hearing loss, their families and friends. If you're looking for answers, seeking support or simply need to talk to someone who understands – just ask! All of our Helpdesk Responders have personal or professional experience of hearing loss and they are ready to offer information, guidance, and support to help you take your next step – whether you have hearing loss yourself or wish to support someone else. All of our Helpdesk Responders have personal or professional experience of hearing loss and they are ready to offer information, guidance, and support to help you take your next step – whether you have hearing loss yourself or wish to support someone else. Our Helpdesk is monitored during office hours Monday-Friday, 9am-5pm. We will pass your question to the most appropriate volunteer Helpdesk Responder for a personalised reply. This can sometimes take several days, but we will endeavour to have answers for you sooner. Please get in touch: Drop us an email to [helpdesk@hearinglink.org](mailto:helpdesk@hearinglink.org). Please include your first and last name and your post code in your email.

### **General Organisations**

#### **Hearing Like Me**

W: <https://www.hearinglikeme.com/>

Tw: <https://twitter.com/phonak/>

Inst: <https://www.instagram.com/hearinglikeme/>

Summary: HearingLikeMe.com is a news and lifestyle website for people whose lives are affected by hearing loss. We bring together people from all around the world to share stories that inspire hope in almost any hearing loss situation. We created this site with a simple idea: Sharing our stories with each other is a powerful thing. Together, we can learn to live with hearing loss more successfully and advocate in a more meaningful way.

## Sensory Impairment: Hearing Loss

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### **General Organisation**

#### **National Cochlear Implant Users Association**

E: <https://www.nciua.org.uk/contact-us/>

W: <https://www.nciua.org.uk/>

Summary: The NCIUA is the sole national association in the UK that represents all Cochlear Implant users. Peer support groups specifically for cochlear implant recipients in the UK

### **General Organisations**

#### **RNID**

Brightfield Business Hub  
Bakewell Road  
Orton Southgate  
Peterborough PE2 6XU

T: 0808 808 0123 - Infoline

E: [information@rnid.org.uk](mailto:information@rnid.org.uk)

W: <https://rnid.org.uk/>

FB: <https://www.facebook.com/rnid>

Tw: <https://twitter.com/rnid>

Inst: [https://www.instagram.com/rnid\\_uk/](https://www.instagram.com/rnid_uk/)

YT: <https://www.youtube.com/c/rniduk>

Summary: We support people across the UK to manage their deafness, tinnitus and hearing loss. We provide useful information and community-based care and support services, develop technology and treatments, and campaign for equality.

## Sensory Impairment: Hearing Loss

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### **General Organisations**

#### **UK Council on Deafness**

c/o Griffin Chapman,  
4 & 5 The Cedars, Apex 12,  
Old Ipswich Road  
Colchester CO7 7QR

T: 07903 560 037(voicemail only)

E: [info@deafcouncil.org.uk](mailto:info@deafcouncil.org.uk)

W: <https://deafcouncil.org.uk/>

FB: <https://www.facebook.com/UKCouncilonDeafness/>

Summary: UKCoD is the umbrella body for organisations working with deaf people in the UK. Our mission is to assist organisations and the sector as a whole to maximise the positive impact they have for deaf people.

## Sensory Impairment: Hearing Loss

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### **Self-management**

#### **City of Edinburgh Council Deaf Learners Service lipreading courses**

E: [deaflearners@ea.edin.sch.uk](mailto:deaflearners@ea.edin.sch.uk)

Summary: This course is free for two years. When a new two year course is recruiting, information is on [Join in Edinburgh](#). For more information email [deaflearners@ea.edin.sch.uk](mailto:deaflearners@ea.edin.sch.uk) - Course currently suspended due to Covid-19 restrictions.

### **Self-management**

#### **Deaf Action - Equipment service**

Head Office  
49 Albany Street  
Edinburgh EH1 3QY

T: 0131 556 3128

Tx: 0131 557 0419

SMS: 07775 620 757

E: [specialistequipment@deafaction.org](mailto:specialistequipment@deafaction.org)

W: <http://www.deafaction.org/>

FB: <https://www.facebook.com/DeafActionUK/?form=MY01SV&OCID=MY01SV>

Tw: <https://twitter.com/DeafAction>

Summary: If you live in the City of Edinburgh Council area and have a diagnosis of hearing loss you are entitled to certain pieces of free equipment. Contact Deaf Action for more information. As part of this service, Deaf Action can provide a text phone free of charge that you can use to contact the text relay service. They can also advise on purchasing a specialist landline phone that can enable you to communicate more effectively.

## Sensory Impairment: Hearing Loss

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### **Self-management**

#### **Deaf Action - Lipreading course**

Head Office  
49 Albany Street  
Edinburgh EH1 3QY

T: 01382 221 124

Tx: 01382 227 052

W: [http://www.deafaction.org/our\\_courses/lipreading-classes/](http://www.deafaction.org/our_courses/lipreading-classes/)

FB: <https://www.facebook.com/DeafActionUK/?form=MY01SV&OCID=MY01SV>

Tw: <https://twitter.com/DeafAction>

Summary: This course is free for two years. For details you can visit the Deaf Action website. To be put on the waiting list please contact Deaf Action using the contact details provided. The course is currently suspended due to Covid-19 restrictions.

### **Self-management**

#### **Deaf Action - Support Services**

7/2 Slateford Green  
Edinburgh EH14 1NE

T: 0131 442 6924

E: [slatefordgreen@deafaction.org](mailto:slatefordgreen@deafaction.org)

W: [http://www.deafaction.org/our\\_services/support-services/](http://www.deafaction.org/our_services/support-services/)

FB: <https://www.facebook.com/DeafActionUK/?form=MY01SV&OCID=MY01SV>

Summary: Our specialist staff team is located within the Dunedin Canmore Housing Association development at Slateford Green, where we provide Support Services to people who are deaf and who have additional needs. We support people in 15 flats at Slateford Green, in addition to providing an outreach support service to those in their own homes in Edinburgh, Lothians and Fife. Would you or a family member benefit from support in your own home? Contact us.

## Sensory Impairment: Hearing Loss

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### **Self-management**

#### **The Edinburgh Smart Home**

T1: 0131 443 3837

T2: 07761330031

E: [COTRS@edinburgh.gov.uk](mailto:COTRS@edinburgh.gov.uk)

E2: [anne-marie.seath@edinburgh.gov.uk](mailto:anne-marie.seath@edinburgh.gov.uk)

W: <https://www.edinburghhsc.scot/the-edinburgh-smart-home-is-open-for-remote-information-and-advice/>

Summary: Edinburgh Health and Social Care Partnership's Smart Home has an extensive selection of technology to demonstrate to Deaf people or people with a hearing loss:

- keep you safe;
- keep you connected;
- keep you participating in- and out-doors;
- keep you well;
- keep you informed.

During COVID we are open for information and advice through email and phone. We shall update this when access to the Smart Home changes.

### **Self-management**

#### **Hearing Dogs for Deaf People**

The Grange

Wycombe Road

Saunderton

Princes Risborough HP27 9NS

T: 01844 348111 (voice) or 18001

Tx: 01844 348111(NGT/Text relay)

E: [applications@hearingdogs.org.uk](mailto:applications@hearingdogs.org.uk)

W: <https://www.hearingdogs.org.uk/apply/>

Summary: Hearing Dogs for Deaf People take applications for Hearing Dogs a number of times each year to support people with hearing loss. Dogs are provided free of charge to successful applicants and most partnerships are provided with support throughout the lifetime of the dog. The charity trains dogs to work in different roles depending on the needs of the applicant and include Confidence Companions, Sound Support Dogs and Accredited Hearing Dogs.

## Sensory Impairment: Hearing Loss

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### **Self-management**

#### **Hearing Link - Intensive Rehabilitation Programme**

The Grange  
Wycombe Road  
Saunderton  
Princes Risborough HP27 9NS

T: 0800 018 0527 - Helpline

T2: 01844 348111

E: [helpdesk@hearinglink.org](mailto:helpdesk@hearinglink.org)

W: <https://www.hearinglink.org/services/intensive-rehabilitation-programmes/>

Summary: For those with severe-to-profound hearing loss. This is a five-day residential course. Our intensive residential rehabilitation programmes take place over a period of five days and include up to eight adults with a hearing loss. Many participants bring a family members or friend, and a few bring their children. There are up to 14 participants in total. Currently Suspended because of Covid-19 restrictions.

### **Self-management**

#### **Hearing Link - LinkUps group support**

The Grange  
Wycombe Road  
Saunderton  
Princes Risborough HP27 9NS

T: 07739 581059

E: [helpdesk@hearinglink.org](mailto:helpdesk@hearinglink.org)

W: <https://www.hearinglink.org/services/linkups/>

Summary: This group covers aspects of self-management from coping strategies, to personal safety and managing frustrations They are led by experienced volunteers who have personal experience of hearing loss, and aim to give you, a partner, family member or friend the information to help you each better manage the changes hearing loss can bring. Due to Covid-19, we are running Facilitator led groups online. These mini-groups of up to 8 people look to overcome general and complex issues around managing hearing loss. Practical and emotional support with input from Hearing Link Services volunteers with similar lived experiences. With IT support and speech to text reporting on-hand throughout.

## Sensory Impairment: Hearing Loss

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### **Self-management**

#### **Hearing Link - Community support volunteer service**

Eric Liddell Centre  
15 Morningside Road  
Edinburgh EH10 4DP

T: 07788 722 528

E: [scotland@hearinglink.org](mailto:scotland@hearinglink.org)

W: <https://www.hearinglink.org/connect/hearing-link-scotland/>

Summary: Hearing Link Scotland is based in Edinburgh and works to improve the quality of life for people with hearing loss in Scotland, as well as supporting partners, family and friends. We deliver key services such as group programmes and one-to-one support through our network of volunteers. We also deliver community events and provide training to local organisations, to raise awareness of the practical and emotional challenges faced by those living with hearing loss. Contact is being carried out by phone because of Covid-19 restrictions. Personalised bookable online sessions of 30-45 minutes. The opportunity for individual support on a specific issue (audiology, communication, technology, etc..) or general hearing management as lockdown eases, for example. Bookable via the Helpdesk [helpdesk@hearinglink.org](mailto:helpdesk@hearinglink.org) or website [www.hearinglink.org/services/help-desk](http://www.hearinglink.org/services/help-desk). All Helpdesk Enquirers currently receive an option for a 1-2-1 session.

### **Self-management**

#### **Lipreading Practice**

E: [gloria@lipreadingpractice.co.uk](mailto:gloria@lipreadingpractice.co.uk)

W: <http://www.lipreadingpractice.co.uk/>

Summary: The site aims to enable those who have a hearing loss and who are unable to join a lipreading class the opportunity to develop lipreading skills. The material is designed to help to develop lipreading skills and to practise them in a safe environment.



## Sensory Impairment: Hearing Loss

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### **Self-management**

#### **Relay UK App**

W: <https://www.relayuk.bt.com/>

Summary: Relay UK (Previously Next Generation Text) - helping people with hearing and speech difficulties communicate with anyone over the phone, using the national relay service. Relay UK helps deaf, speech-impaired, and hearing people talk to each other over the phone using the relay service. Just type what you'd like to say, and read the replies in real-time, while an assistant relays the conversation. It's that easy. All you pay are your normal call charges. You pay nothing to use the service itself.

### **Self-management**

#### **RNID - Get Help with Benefits**

W: <https://rnid.org.uk/information-and-support/local-support-services/get-help-with-benefits/>

Summary: If you live in Scotland and are deaf or have hearing loss, we can help you find and apply for benefits and support. The coronavirus (COVID-19) outbreak means we've paused our face-to-face services, but local advisers are still here to help remotely if you have any questions about finding welfare benefits and advice.

## Sensory Impairment: Hearing Loss

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### **Self-management**

#### **RNID - Hearing Forces**

Brightfield Business Hub,  
9 Bakewell Road  
Orton, Southgate  
Peterborough, PE2 6XU

T: 07464 828452

E: [hearing.forces@rnid.org.uk](mailto:hearing.forces@rnid.org.uk)

W: <https://rnid.org.uk/information-and-support/local-support-services/get-help-if-youre-a-veteran-with-hearing-loss-or-tinnitus/>

FB: <https://www.facebook.com/rnid>

Tw: <https://twitter.com/rnid>

Inst: [https://www.instagram.com/rnid\\_uk/](https://www.instagram.com/rnid_uk/)

YT: <https://www.youtube.com/c/rniduk>

Summary: Hearing Forces offers information and support in easy-to-access local community settings and people's homes throughout Scotland. We make sure that veterans, their families and their carers get the support they need to address any concerns about their hearing loss or tinnitus.

### **Self-management**

#### **RNID - Information Line,**

9 Bakewell Road  
Orton, Southgate  
Peterborough PE2 6XU

T: 0808 808 0123 - Infoline T2: 0808 808 9000 - Text phone

Tx: 0780 000 0360

Information Line is open Monday to Friday, 9am to 5pm

E: [information@rnid.org.uk](mailto:information@rnid.org.uk)

W: <https://rnid.org.uk/information-and-support/information-line/>

FB: <https://www.facebook.com/rnid>

Tw: <https://twitter.com/rnid>

Inst: [https://www.instagram.com/rnid\\_uk/](https://www.instagram.com/rnid_uk/)

YT: <https://www.youtube.com/c/rniduk>

Summary: Hear to Inform and Connect delivers information and support around Hearing Loss and the assistive technology which can support those with hearing Loss.

### **Self-management**

#### **Scottish Course to Train Tutors of Lipreading**

T: 0808 808 0123

Tx: 0808 808 9000 - Text Phone

E: [scttlipreading@gmail.com](mailto:scttlipreading@gmail.com)

W: <http://www.scotlipreading.org.uk/>

Summary: You can visit the Scottish Course to Train Tutors of Lipreading to look at some videos and find out whether lipreading is for you.

## Sensory Impairment: Hearing Loss

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### **Signposting services**

#### **Hearing Link**

The Grange  
Wycombe Road  
Saunderton  
Princes Risborough HP27 9NS

T: 01844 348111T2: 0800 018 0527 - Helpline

E: [helpdesk@hearinglink.org](mailto:helpdesk@hearinglink.org)

W: <https://www.hearinglink.org/>

FB: <https://www.facebook.com/HearingLink/>

Tw: <https://twitter.com/HearingLink>

YT: <https://www.youtube.com/user/Hearinglink>

Summary: Hearing Link is a UK-wide charity for people with hearing loss, their families and friends.

## Sensory Impairment: Hearing Loss

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### **Social work and health services**

#### **Cochlear - Cochlear Implanted Children's Support Group**

T: 07775 797608

E: <https://www.cicsgroup.org.uk/cics-group/contact/>

W: <https://www.cicsgroup.org.uk/>

Summary: Founded by parents whose deaf children have cochlear implants, the CICS Group was formed to help others whose children already have implants and those who are thinking about cochlear implantation for their deaf child, whether this is unilateral, simultaneous or sequential bilateral.

## Sensory Impairment: Hearing Loss

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### **Social work and health services**

#### **Cochlear - Cochlear Implants University Hospital**

Crosshouse Hospital

Kilmarnock Road

Kilmarnock KA2 0BE

T: 01563 827323T2: 01563 827339 - Spares Hotline

Fax: 01563 827507

Tx: 07824598277

E: [cochlear.implant@aaaht.scot.nhs.uk](mailto:cochlear.implant@aaaht.scot.nhs.uk)

W: <http://www.sciponline.co.uk/>

Summary: The Scottish Cochlear Implant Programme provides a national cochlear implant service for profoundly deaf adults and children from across Scotland.

### **Social work and health services**

#### **Cochlear - National Cochlear Implant Users Association**

E: <https://www.nciua.org.uk/contact-us/>

W: <https://www.nciua.org.uk/>

Summary: The NCIUA is the sole national association in the UK that represents all Cochlear Implant users. Peer support groups specifically for cochlear implant recipients in the UK

## Sensory Impairment: Hearing Loss

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### **Social work and health services**

#### **Hearing Aid Batteries**

Edinburgh

T: 0131 536 1637

Summary: You will have to pre-book your visit to the library to pick up hearing aid batteries.

Library booking form: [Book your library visit online](#)

### **Social work and health services**

#### **Hearing Aid Maintenance**

Edinburgh

T: 0131 229 3555

YT: <https://www.youtube.com/playlist?list=PLosKuOHkm9c4BoG3dA9TTk9WSYvZiDBzY>

Summary: Please watch these great videos by NHS Lothian on hearing aid maintenance. Repair clinics are not currently available for face to face appointments, there is a drop box available on the 1st floor of Lauriston Building opposite the audiology reception. Put your hearing aid in an envelope with a note of your name, date of birth and short description of the problem inside the envelope and we will repair and send it back to you.

## Sensory Impairment: Hearing Loss

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### **Social work and health services**

#### **Lothian Deaf Counselling Service**

Health in Mind  
40 Shandwick Place  
Edinburgh EH2 4RT

T: 0131 225 8508

Tx: 07786202875

E: [deafcounselling@health-in-mind.org.uk](mailto:deafcounselling@health-in-mind.org.uk)

W: [https://www.health-in-mind.org.uk/services/lothian\\_deaf\\_counselling\\_service\\_edinburgh/d143/](https://www.health-in-mind.org.uk/services/lothian_deaf_counselling_service_edinburgh/d143/)

Summary: Lothian Deaf Counselling service funded by NHS Lothian provides counselling for hard of hearing people, deafened people, deafblind people and Deaf BSL users. You can self-refer or be referred to the service by your GP, Social Work, Audiology, Community Mental Health Team or other health professional. The service is delivered by Health in Mind.

### **Social work and health services**

#### **Lothian Deaf Mental Health Service**

49 Albany Street  
Edinburgh EH1 3QY

T: 07526 123255

E: [ldcmhs@deafaction.org](mailto:ldcmhs@deafaction.org)

W: <https://services.nhslothian.scot/LothianDeafCommunityMHServices/Pages/default.aspx>

Summary: This service helps people deal with emotional and practical problems associated with deafness, and also deaf people who have complex social, emotional and/or practical problems unrelated to their deafness but who need specialist knowledge of sign language and deaf culture and community issues. You can self-refer to this service.



## Sensory Impairment: Hearing Loss

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### **Social work and health services**

#### **NHS Lothian Edinburgh Audiology Clinic**

Level 1, Lauriston Building  
Lauriston Place  
Edinburgh EH3 9EN

T: 0131 536 1637 T2: 07388 227407 - telephone/text

E: [audiology@nhslothian.scot.nhs.uk](mailto:audiology@nhslothian.scot.nhs.uk)

W: <https://services.nhslothian.scot/paediatricaudiology/AudiologyServices/Pages/default.aspx>

Summary: You need a referral from your GP to get your hearing tested. Once you have a hearing aid, you can get in touch with Audiology yourself. Covid-19 has impacted upon face to face services, please continue to use phone and email as your means of communication until instructed other wise. Hearing aid repair clinics. These clinics are running at a reduced face to face service. We do however have a drop box available on the 1st floor of Lauriston Building opposite the audiology reception. Put your hearing aid in an envelope with a note of your name, date of birth and short description of the problem inside the envelope and we will repair and send it back to you. The postal repair service is available as normal for maintenance and repair of faulty hearing aids. You must ensure you: use correct postage; write your address on the back of the envelope; include your aids, name and date of birth and short description of the problem inside the envelope. Do not use a standard first or second class stamp to post aids to the department. If you are unable to access any of these repair options, please contact us as we have a volunteer support service.

### **Social work and health services**

#### **Social Care Direct**

40 Captain's Road  
Edinburgh EH17 8HN

T: 0131 200 2324

E: [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/socialcaredir>

Summary: Social Work - If you need help with day to day living, then you may need support from the specialist social work service for hard of hearing people. You don't need a referral from a health professional, you can contact Social Care Direct yourself.

## Sensory Impairment: Hearing Loss

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### **Specific causes of deafness**

#### **British Acoustic Neuroma Association**

Tapton Park Innovation Centre

Brimington Road

Chesterfield S41 0TZ

T: 01246 550011

E: [admin@bana-uk.com](mailto:admin@bana-uk.com)

W: <https://www.bana-uk.com/>

FB: <https://www.facebook.com/BANA-is-Forever-Grateful-312887852090877/>

Tw: <https://twitter.com/BANAUK>

Summary: Our Vision is a world in which Acoustic Neuroma is no longer a life-changing experience. Our Mission is to be a trusted, impartial and reliable source of information and support.

### **Specific causes of deafness**

#### **Hearing Link**

T: 07526 123255

07526 123255 - SMS

W: <https://www.hearinglink.org/connect/useful-hearing-loss-organisations/useful-organisations-uk/>

Summary: Hearing Link has a further list of useful UK organisations

## Sensory Impairment: Hearing Loss

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### **Specific causes of deafness**

#### **Meniere's Society**

The Rookery  
Surrey Hills Business Park  
Wotton, Surrey RH5 6QT

T: 01306 876883

E: [info@menieres.org.uk](mailto:info@menieres.org.uk)

W: <https://www.menieres.org.uk/>

FB: <https://www.facebook.com/menieressociety/>

Summary: The Ménière's Society is the only registered charity in the UK dedicated solely to supporting people with vestibular (inner ear) disorders causing dizziness and imbalance. A national organisation, the Ménière's Society has been offering information and support to those affected by vestibular conditions and those who care for them; as well as health professionals and the general public for over 30 years.

### **Specific causes of deafness**

#### **Nerve Tumours UK**

1st Floor  
44 Coombe Lane  
London SW20 0LA

T: 07939 046 030 - Helpline T2: 0208 439 1234

E: [info@nervetumours.org.uk](mailto:info@nervetumours.org.uk)

W: <https://nervetumours.org.uk/>

FB: <https://www.facebook.com/NerveTumoursUK/>

Tw: <https://twitter.com/nervetumoursuk>

Inst: <https://www.instagram.com/nervetumoursuk/>

YT: <https://www.youtube.com/channel/UC43jgra8gGB9zTrj1yfH37Q>

Summary: Nerve Tumours UK provides support and information, as well as campaigns and raises awareness on behalf of over 26,500 people in the UK who have Neurofibromatosis (NF1 and NF2) and Schwannomatosis. We're here to improve lives for people with nerve tumours, by making sure those affected have access to the help they require.

### **Specific causes of deafness**

#### **The Limping Chicken**

Tx: 07426 559602 - Text Only

E: [editor@limpingchicken.com](mailto:editor@limpingchicken.com)

W: <https://limpingchicken.com/>

Summary: The world's most popular deaf blog! Laying eggs since 2012. Welcome to The Limping Chicken, the UK's independently-run deaf blog and news site. We focus on everything related to deafness, publishing blogs by Deaf people across the UK and the world, laying eggs every week.

### **Support Groups**

#### **The Double H group**

Shaurna Dickson

T: 0131 550 0999

SMS: 07775 620 757

E: [shaurna.dickson@deafaction.org](mailto:shaurna.dickson@deafaction.org)

Summary: The Double H group is a social group for hard of hearing people that provides an opportunity to meet people, socialise and take part in organised events. The group usually meets at Deaf Action on the third Tuesday of the month from 12 – 2pm. The Double H group is looking for new members so you'd be made very welcome. Currently not meeting due to Covid-19 restrictions.

## Sensory Impairment: Hearing Loss

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### **Tinnitus**

#### **British Tinnitus Association**

Murrayfield Church Centre  
2B Ormidale Terrace  
Edinburgh EH12 6EQ

T: 01324 485617

E: [eperrers@gmail.com](mailto:eperrers@gmail.com)

W: <https://www.tinnitus.org.uk/edinburgh-southeast-of-scotland-tinnitus-support-group>

FB: <https://www.facebook.com/BritishTinnitusAssociation>

Tw: <https://twitter.com/BritishTinnitus>

Inst: <https://www.instagram.com/britishtinnitus/>

YT: <https://www.youtube.com/user/BritishTinnitus>

Summary: Edinburgh & Southeast of Scotland Tinnitus Support Group - All meetings for this year have been cancelled due to COVID-19. It is hoped that meetings can restart in early 2021. All that they have been doing is taking telephone calls and emails from their members or anyone else who needs support and help with their tinnitus. Meetings are currently cancelled due to Covid-19 restrictions, they hope to restart in 2021.

### **Tinnitus**

#### **Technology to manage your tinnitus**

W: <https://rnid.org.uk/information-and-support/technology-and-products/technology-to-manage-your-tinnitus/>

Summary: If you have tinnitus, there are different types of devices and apps that may be able to help.

## Sensory Impairment: Hearing Loss

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### **Working life, leisure and volunteering**

#### **Artlink Edinburgh and the Lothians**

13a Spittal Street  
Edinburgh EH3 9DY

T: 0131 229 3555

E: [info@artlinkedinburgh.co.uk](mailto:info@artlinkedinburgh.co.uk)

W: <https://www.artlinkedinburgh.co.uk/>

FB: <https://www.facebook.com/ArtlinkEdinburgh>

Tw: <https://twitter.com/ArtlinkEdin>

Inst: <https://www.instagram.com/artlinkedinburgh/>

YT: <https://www.youtube.com/channel/UC6zRgWsU0IFQ4vrtMS5pRUQ>

Summary: Provides practical support so that people with disabilities can access the arts. Most of Artlink are still working from home. So, if you need to get in touch with us, please use [info@artlinkedinburgh.co.uk](mailto:info@artlinkedinburgh.co.uk) to contact us or if your enquiries are urgent contact us on 07921392478 for Arts Access and 07779659054 for all other enquiries.

### **Working life, leisure and volunteering**

#### **Deaf Action - Employability Resources**

E: <https://www.deafaction.org/get-in-touch/>

W: <https://www.deafaction.org/resources/employability-resources/>

Summary: Are you deaf or hard of hearing and are looking for employment? Or perhaps you are already employed and are seeking support to make working with deafness or hearing loss easier? We know how stressful it can be looking supportive workplaces and fulfilling jobs for deaf people and the hard of hearing, so we created a handy guide. It's filled with lots of resources and advice on how to take your first steps into employment and be fully supported when you are working.

## Sensory Impairment: Hearing Loss

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### **Working life, leisure and volunteering**

**Get support in work if you have a disability or health condition**

T: 01382 221 124

W: <https://www.gov.uk/access-to-work>

Summary: If you're disabled or have a physical or mental health condition that makes it hard for you to do your job, you can: talk to your employer about changes they must make in your workplace; get extra help from Access to Work, including mental health support.

### **Working life, leisure and volunteering**

#### **Safe and Sound - Supporting landlords and deaf tenants**

Deaf Action

49 Albany Street

Edinburgh EH1 3QY

Tel: 0131 556 3128

Text: 0131 557 0419

SMS: 07775 620 757

E: [admin@deafaction.org](mailto:admin@deafaction.org)

W: <https://www.deafaction.org/services/safe-sound/>

Summary: Safe and Sound offers Scottish landlords and \*deaf tenants equal access to information and advice on the property rental market.



## Sensory Impairment: Hearing Loss

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### **Working life, leisure and volunteering**

#### **Volunteer Edinburgh Health and Wellbeing Team**

222 Leith Walk

Edinburgh EH6 5EQ

T: 0208 439 1234

E: [healthandwellbeing@volunteeredinburgh.org.uk](mailto:healthandwellbeing@volunteeredinburgh.org.uk)

W: <https://www.volunteeredinburgh.org.uk/volunteer/health-and-wellbeing/>

Summary: This team supports people who face barriers to engaging in volunteering including people who have an acquired hearing loss. For more information you can see the Volunteer Edinburgh website or contact Volunteer Edinburgh.

### **Working life, leisure and volunteering**

#### **Your Local Cinema**

W: <https://www.yourlocalcinema.com/edinburgh.html>

Summary: Your Local Cinema lists captioned films showing at Edinburgh cinemas. All Cinemas are currently closed because of COVID-19 restrictions.

## Sensory Impairment

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**BSL Users:** [Art Culture Create](#), [Corona virus Advice](#), [Counselling](#), [Signposting services](#), [Social Work and Communication](#)

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**Hearing Loss:** [Campaign and Representation Organisations](#), [Communication](#), [Counselling](#), [Equipment Suppliers](#), [General Organisations](#), [Self-Management](#), [Signposting services](#), [Social work and health services](#), [Specific causes of deafness](#), [Support Groups](#), [Tinnitus](#), [Working life, leisure and volunteering](#)

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**Sight Loss:** [Key Local Support Organisations](#), [Eye Health](#), [Low Vision Aids and equipment](#), [Reading](#), [Social/Community Support](#), [Emotional Support](#), [Young People](#), [Other Useful contacts](#)

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**Deafblind:** [General Organisations](#), [Self-Management](#), [Support Groups](#), [Social Work and Specialist Equipment](#)

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**[Alphabetical Index](#)**

## Sensory Impairment: Sight Loss

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### **Key Local Support Organisations**

#### **Guide Dogs for the Blind**

Hillfields,  
Burghfield Common  
Reading RG7 3YG

W: [www.guidedogs.org.uk](http://www.guidedogs.org.uk)

FB: [www.facebook.com/GuideDogsUK/](https://www.facebook.com/GuideDogsUK/)

YT: [www.youtube.com/user/GuideDogsUK](https://www.youtube.com/user/GuideDogsUK)

Summary: Assessment and training to access Guide Dogs and Companion Dogs; My Sighted Guide - volunteer service to help build confidence around mobility; Services for children and families - guide dogs and buddy dogs, mobility and skills training, education support, family support and events.

### **Key Local Support Organisations**

#### **Macular Society**

Crown Chambers  
South Street  
Andover SP10 2BN

T: 0300 3030 111

E: [help@macularsociety.org](mailto:help@macularsociety.org)

W: [www.macularsociety.org](http://www.macularsociety.org)

Summary: Telephone counselling; Telephone befriending; Mentors, Treatment buddies and Peer Support Groups; Skills for Seeing - support to make the best of the vision you have; Volunteer technology support; Specific services for working age and young people. General Referral Pathway: Macular Society Advice and Information service is the front door of our organisation. T: 0300 30 30 111 E: [help@macularsociety.org](mailto:help@macularsociety.org) . For Peer Support Group Referrals. Tel: 07586 168 803 or E: [hazel.mcfarlane@macularsociety.org](mailto:hazel.mcfarlane@macularsociety.org). However, wider enquiries or referrals should be made via our A and I Service.

## Sensory Impairment: Sight Loss

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### **Key Local Support Organisations**

#### **RNIB - Scotland**

12-14 Hillside Crescent  
Edinburgh, EH7 5EA

T: 0131 652 3140 - Local Support

E: [rnibscotland@rnib.org.uk](mailto:rnibscotland@rnib.org.uk)

W: [www.rnib.org.uk/scotland](http://www.rnib.org.uk/scotland)

Summary: Support on both a local and national level for people of all ages with sight loss: Local support - contact RNIB Scotland on 0131 652 3140; Product for Life store to view and purchase low vision aid; Community Connect - social groups; peer support; volunteering opportunities. The office is currently closed due to Covid-19 restrictions.

### **Key Local Support Organisations**

#### **Sight Scotland**

50 Gillespie Crescent  
Edinburgh EH10 4JB

T: 0131 229 1456

E: <https://sightscotland.org.uk/contact-us>

W: [www.sightscotland.org.uk](http://www.sightscotland.org.uk)

FB: [www.facebook.com/SightScotland?form=MY01SV&OCID=MY01SV](https://www.facebook.com/SightScotland?form=MY01SV&OCID=MY01SV)

Tw: <https://twitter.com/SightScotland>

Summary: Provides a range of services to adults and children / young people with sight loss: Rehabilitation and Mobility Services on behalf of Edinburgh Health and Social Care Partnership; Care: specialist care and accommodation for adults; Education - support for pupils in education; early years support; Family Wellbeing Service - support for family / carers.

## Sensory Impairment: Sight Loss

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### **Key Local Support Organisations**

#### **Sight Scotland Veterans**

T: 0800 035 6409

E: <https://sightscotland.org.uk/veterans-contact-us>

W: [www.sightscotland.org.uk/veterans](http://www.sightscotland.org.uk/veterans)

Summary: Provide support to empower ex-servicemen and women affected by sight loss to regain confidence, restore independence and make new connections: Outreach support service; information and advice; Rehabilitation Service; Social support; Linburn Day Centre plus locally organised outings and meet ups; Digital skills support.

## Sensory Impairment: Sight Loss

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### **Eye Health**

#### **Princess Alexandra Eye Pavilion**

Chalmers Street  
Edinburgh EH3 9HA

T: 0131 536 1628

W: [www.nhsllothian.scot/GoingToHospital/Locations/Pages/PrincessAlexandraEyePavilion.aspx](http://www.nhsllothian.scot/GoingToHospital/Locations/Pages/PrincessAlexandraEyePavilion.aspx)

Summary: Staff at The Princess Alexandra Eye Pavilion (PAEP) provide specialist care for the treatment and management of diseases and conditions affecting the eye and eyesight.

### **Eye Health**

#### **Visibility Scotland Edinburgh Patient Support Services**

E: [edinburgh@visibilityscotland.org.uk](mailto:edinburgh@visibilityscotland.org.uk)

W: <https://visibilityscotland.org.uk/our-services/edinburgh-services>

Summary: Visibility Scotland provides Patient Support Services to children, young people, adults their families and carers who are going through diagnosis or experiencing changes to their vision. This service provides information, hands on demonstration on assistive aids and technology and person-centred advice on: Eye conditions and neurological visual changes; Visual strategies - making the most of your vision; Reading and navigation (getting about safely); Assistive aids and equipment, including low vision aids; Technology and assistive apps; Information on local and national services; Benefits and Entitlements; Registering as Sight Impaired or Severely Sight Impaired; Groups, activities and social events; Environmental advice; The use of low vision aids, positioning and reading strategies. Our Patient Support Staff will also provide: Emotional support and Peer support groups.

## Sensory Impairment: Sight Loss

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### **Low Vision Aids and equipment**

#### **Care and Repair Edinburgh**

160 Causewayside  
Edinburgh EH9 1PR

T: 0131 337 1111

E: [reception@cre.scot](mailto:reception@cre.scot)

W: <https://www.cre.scot/>

FB: <https://www.facebook.com/CandREdinburgh>

Summary: Care and Repair Edinburgh provides a wide range of practical services and advice to assist anyone over 60 and disabled people regardless of age to live in their own homes longer.

### **Low Vision Aids and equipment**

#### **Poppy Calls**

T: 0800 802 8080

E: [info@britishlegion.org.uk](mailto:info@britishlegion.org.uk)

W: [www.britishlegion.org.uk](http://www.britishlegion.org.uk)

Summary: A handy van service offered by the Royal British Legion, which offers free assistance with small household repairs and minor adaptations. You must have served in the Armed Forces for at least seven days, or be a dependant (partner, widow or widower) of someone who has. You must also be aged 70 or over.

## Sensory Impairment: Sight Loss

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### **Low Vision Aids and equipment**

#### **RNIB Products for Life Store**

12-14 Hillside Crescent  
Edinburgh, EH7 5EA

T: 0131 652 3140

E: [Derek.Rutherford@rnib.org.uk](mailto:Derek.Rutherford@rnib.org.uk)

W: [www.rnib.org.uk/advice/technology-useful-products/stores](http://www.rnib.org.uk/advice/technology-useful-products/stores)

FB: <https://www.facebook.com/rnibuk>

Summary: Low vision aids and equipment available to view and purchase. Based within RNIB 12 Hillside Crescent EH7 5EA. There may be changes to this service in the near future which impacts on the range of products on site and how these are purchased. The Edinburgh store has now re-opened on Tuesday and Thursday 9.30am - 4pm but you will have to book your visit in advance. see site for details.

### **Low Vision Aids and equipment**

#### **Sight Scotland Rehabilitation and Mobility Services**

50 Gillespie Crescent  
Edinburgh EH10 4JB

T: 0131 385 7488

E: <https://sightscotland.org.uk/contact-us>

W: <https://sightscotland.org.uk/edinburghandlothians>

FB: [www.facebook.com/SightScotland?form=MY01SV&OCID=MY01SV](https://www.facebook.com/SightScotland?form=MY01SV&OCID=MY01SV)

Tw: <https://twitter.com/SightScotland>

Inst: [www.instagram.com/sightscotland/](https://www.instagram.com/sightscotland/)

Summary: Contracted by Edinburgh Council to provide Rehabilitation and Mobility services to adults with sight loss. Some aids and equipment provided free of charge as part of this service, and demonstration and advice provided on self-purchase of a wide range of other aids and equipment.



## Sensory Impairment: Sight Loss

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### **Low Vision aids and equipment**

#### **The Edinburgh Smart Home**

T: 0131 443 3837

T2: 07761330031

E: [COTRS@edinburgh.gov.uk](mailto:COTRS@edinburgh.gov.uk)

E2: [anne-marie.seath@edinburgh.gov.uk](mailto:anne-marie.seath@edinburgh.gov.uk)

W: <https://www.edinburghhsc.scot/the-edinburgh-smart-home-is-open-for-remote-information-and-advice/>

Summary: We can aid with: Smart home technology that supports safe and independent living for example digital devices (mobile phones, tablets). You can contact us for information and advice over telephone or email. Who would benefit from information and advice? anyone with a disability within Edinburgh

### **Low Vision Aids and equipment**

#### **Triple Tap Tech**

The Renfield Centre,  
North Hall,  
260 Bath Street  
Glasgow G2 4JP

T: 07494 706 190

E: [TripleTapTech@outlook.com](mailto:TripleTapTech@outlook.com)

W: [www.tripletaptech.org](http://www.tripletaptech.org)

Summary: Organisation who advise, help, support, and train people with a visual impairment on everything to do with technology, free of charge.

## Sensory Impairment: Sight Loss

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### **Low Vision Aids and equipment**

**Visibility Scotland Edinburgh Services,**  
Princess Alexandra Eye Pavilion  
Edinburgh

T: 0131 378 1874

E: [edinburgh@visibilityscotland.org.uk](mailto:edinburgh@visibilityscotland.org.uk)

W: <https://visibilityscotland.org.uk/visibility-news/new-provider-patient-support-services-edinburgh/>

Summary: Providing Patient Support Services to young people, adults their families and carers who are going through diagnosis or experiencing changes to their vision. This service provides information, hands on demonstration on a huge range of assistive aids and technology and person-centred advice.

## Sensory Impairment: Sight Loss

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### **Reading**

#### **British Wireless for the Blind Fund (BWFB)**

10 Albion Place  
Maidstone, Kent ME14 5DZ

T: 01622 754757

E: [info@blind.org.uk](mailto:info@blind.org.uk)

W: [www.blind.org.uk](http://www.blind.org.uk)

Summary: Provide accessible radios or portable smart device tablet, free of charge to people meeting their criteria (UK resident; registered or registerable sight impaired or severely sight impaired; aged over 8; on a means tested benefit) Delivery and training on the device are also provided by a local agent.

### **Reading**

#### **Lothiansound**

PO Box 28130  
Edinburgh EH16 9BD

T: 0131 661 2850

E: [info@lothiansound.org.uk](mailto:info@lothiansound.org.uk)

W: [www.lothiansound.org.uk](http://www.lothiansound.org.uk)

FB: [www.facebook.com/LothiansoundTalkingNewspaper/?form=MY01SV&OCID=MY01SV](https://www.facebook.com/LothiansoundTalkingNewspaper/?form=MY01SV&OCID=MY01SV)

Summary: A weekly audio recording of local news and events, and a monthly recording of articles from the Scots Magazine. Free service. In certain circumstances will provide the USB player required to listen. Currently closed due to Covid-19 restrictions.

## Sensory Impairment: Sight Loss

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### **Reading**

#### **Calibre Audio Library**

New Road  
Weston Turville  
Aylesbury HP22 5XQ

T: 01296432339

W: [www.calibreaudio.org.uk/](http://www.calibreaudio.org.uk/)

FB: [www.facebook.com/calibreaudio/](https://www.facebook.com/calibreaudio/)

Tw: <https://twitter.com/calibreaudio>

Inst: [www.instagram.com/calibreaudio/](https://www.instagram.com/calibreaudio/)

Summary: Free service available on streaming, or via post on memory stick or MP3. Again, certain devices are required for some formats. Calibre can advise.

### **Reading**

#### **RNIB National Library Service**

105 Judd Street  
London WC1H 9NE

T: 0303 123 9999

W: [www.rnib.org.uk/talking-books-service](http://www.rnib.org.uk/talking-books-service)

Summary: Wide range of fiction and non-fiction books in either Audio, Braille or Giant Print. The service is free, and books can be accessed via post on CD or USB stick or via download. Audio magazines and newspapers also available. Some formats require a special device to play the books on. RNIB can advise.

## Sensory Impairment: Sight Loss

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### **Social/Community Support**

#### **Macular Society**

Crown Chambers,  
South Street,  
Andover SP10 2BN

T: 0300 3030 111

E: [help@macularsociety.org](mailto:help@macularsociety.org)

W: [www.macularsociety.org](http://www.macularsociety.org)

Summary: Telephone counselling; Telephone befriending; Mentors, Treatment buddies and Peer Support Groups; Skills for Seeing - support to make the best of the vision you have; Volunteer technology support; Specific services for working age and young people. General Referral Pathway: Macular Society Advice and Information service is the front door of our organisation. T: 0300 30 30 111 E: [help@macularsociety.org](mailto:help@macularsociety.org) . Peer Support Group Referrals: Peer Support Group referrals. Tel: 07586 168 803.

E: [hazel.mcfarlane@macularsociety.org](mailto:hazel.mcfarlane@macularsociety.org). However, wider enquiries or referrals should be made via our A and I Service.

### **Social/Community Support**

#### **RNIB Connect service**

12-14 Hillside Crescent  
Edinburgh, EH7 5EA

T: 0131 652 3140

W: [www.rnib.org.uk/scotland](http://www.rnib.org.uk/scotland)

Summary: There are a range of social and activity groups affiliated to RNIB for adults and young people with sight loss. Many take place at RNIB Hillside Crescent but others are held in locations across Edinburgh (and Mid and East Lothian). RNIB Connect also provides other opportunities for peer and community engagement, awareness raising, volunteering etc. Office currently closed due to Covid-19 restrictions.

## Sensory Impairment: Sight Loss

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### **Social/Community Support**

#### **RNIB Talk and Support**

105 Judd Street  
London WC1H 9NE

T: 0303 123 9999

W: [www.rnib.org.uk/sight-loss-advice/talk-and-support](http://www.rnib.org.uk/sight-loss-advice/talk-and-support)

Summary: Telephone groups to socialise by phone or online, for friendship and peer support in small groups of blind and partially sighted people.

### **Social/Community Support**

#### **Scottish Disability Sport**

Caledonia House,  
South Gyle  
Edinburgh EH12 9DQ

T: 0131 317 1130

E: [admin@scottishdisabilitysport.com](mailto:admin@scottishdisabilitysport.com)

W: [www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)

FB: [www.facebook.com/scottishdisabilitysport/?form=MY01SV&OCID=MY01SV](https://www.facebook.com/scottishdisabilitysport/?form=MY01SV&OCID=MY01SV)

Tw: [https://twitter.com/sds\\_sport](https://twitter.com/sds_sport)

Inst: [www.instagram.com/sds\\_sport/](https://www.instagram.com/sds_sport/)

YT: [www.youtube.com/user/ScottishDisability](https://www.youtube.com/user/ScottishDisability)

Summary: Can offer information about sporting groups for people with sight loss - local organisations / opportunities include lawn bowling; golf; skiing; Goalball; Tennis; Tandem Cycling.

## Sensory Impairment: Sight Loss

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### **Social/Community Support**

#### **Visibility Scotland Volunteering Opportunities and Support**

Edinburgh

T: 0131 378 1874

E: [info@visibilityscotland.org.uk](mailto:info@visibilityscotland.org.uk)

W: <https://visibilityscotland.org.uk/>

FB: [www.facebook.com/VisibilityScot/](https://www.facebook.com/VisibilityScot/)

Tw: <https://twitter.com/visibilityscot>

Summary: Bringing people together to provide person-centred support to people, with a visual impairment, in the community.

## Sensory Impairment: Sight Loss

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### **Emotional Support**

#### **Macular Society Telephone Counselling**

Crown Chambers,  
South Street  
Andover SP10 2BN

T: 0300 3030 111

W: [www.macularsociety.org/support/counselling/](http://www.macularsociety.org/support/counselling/)

Summary: Free structured telephone counselling sessions with a trained counsellor, for anyone diagnosed with a Macular Disease (or a family member of someone experiencing MD).

### **Emotional Support**

#### **RNIB Counselling and Living well with sight loss courses**

105 Judd Street  
London WC1H 9NE

T: 0303 123 9999

W: [www.rnib.org.uk/advice/living-well-with-sight-loss-courses](http://www.rnib.org.uk/advice/living-well-with-sight-loss-courses)

Summary: RNIB Telephone Counselling - free structured sessions with a trained counsellor to support people to talk through their thoughts and feelings connected to their sight loss. Living Well with Sight Loss Courses - structured group sessions either face to face or telephone based to meet and share experiences with others; boost confidence around living with sight loss; and get practical advice information and resources.



### **Emotional Support**

#### **Visibility Scotland Positive Outlook Courses**

Edinburgh

T: 0131 378 1874

E: [info@visibilityscotland.org.uk](mailto:info@visibilityscotland.org.uk)

W: <https://visibilityscotland.org.uk/groups-and-courses/>

FB: [www.facebook.com/VisibilityScot/](https://www.facebook.com/VisibilityScot/)

Tw: <https://twitter.com/visibilityscot>

Summary: A three-week course that aims to support and inform people that are experiencing daily challenges as a result of their visual impairment. The course provides a group environment with an introduction to practical and emotional advice, helpful tips and factual information on eye conditions and local/national services. The course enables people to meet others who may be experiencing similar challenges

## Sensory Impairment: Sight Loss

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### **Young People**

#### **Guide Dogs for the Blind**

Hillfields,  
Burghfield Common,  
Reading RG7 3YG

T: 03451430203 - Edinburgh branch

W: [www.guidedogs.org.uk](http://www.guidedogs.org.uk)

FB: [www.facebook.com/GuideDogsUK/](https://www.facebook.com/GuideDogsUK/)

YT: [www.youtube.com/user/GuideDogsUK](https://www.youtube.com/user/GuideDogsUK)

Summary: Mobility and Independent Living skills training from early years to teen; CustomEyes books (large print); Education Support - from pre-school to further education; Guide Dogs and Buddy Dogs for children - via an assessment process.

### **Young People**

#### **Visibility Scotland Children, Young People and Families service**

Glasgow

E: [edinburgh@visibilityscotland.org.uk](mailto:edinburgh@visibilityscotland.org.uk)

W: <https://visibilityscotland.org.uk/our-services/children-young-people/>

Summary: A holistic service for children and young people aged 0-25 experiencing visual impairment, their families and support networks

### **Young People**

#### **RNIB Scotland's Children and Young People's Service**

12-14 Hillside Crescent

Edinburgh EH7 5EA

T: 0303 123 9999

W: [www.rnib.org.uk/scotland-contact-rnib-scotland/services-we-offer-edinburgh-and-lothians](http://www.rnib.org.uk/scotland-contact-rnib-scotland/services-we-offer-edinburgh-and-lothians)

Summary: Information and Advice for parents; Family support events across the UK (currently being delivered online during Covid); Accessible learning material via RNIB Library or Bookshare scheme; Technology Education Loan Library - trial loan service for aids and technology open to educational settings; Haggery Youth Engagement Forum - platform for young people to campaign for change, influence the provision of services, meet new people and make new friends, take part in social activities, discuss issues of concern to them. Office currently closed due to Covid-19 restrictions

## Sensory Impairment: Sight Loss

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### **Other Useful contacts**

**Esme's Umbrella: Charles Bonnet Syndrome Support UK**

E: [esmesumbrella@gmail.com](mailto:esmesumbrella@gmail.com)

W: [www.charlesbonnetsyndrome.uk](http://www.charlesbonnetsyndrome.uk)

FB: [www.facebook.com/EsmesUmbrella/](http://www.facebook.com/EsmesUmbrella/)

Tw: <https://twitter.com/esmesumbrella?form=MY01SV&OCID=MY01SV>

Inst: [www.instagram.com/esmesumbrella/?form=MY01SV&OCID=MY01SV](http://www.instagram.com/esmesumbrella/?form=MY01SV&OCID=MY01SV)

Summary: A website offering information about what CBS is, why it happens, latest research, experiences and coping mechanisms of others with CBS. Also, a printable leaflet about CBS which can be shown to GPs / medical practitioners to assist with recognition and diagnosis.

### **Other Useful contacts**

#### **Glaucoma UK**

Woodcote House,  
15 Highpoint Business Village Henwood  
Ashford TN24 8DH

T: 01233 64 81 70 - Helpline

E: [helpline@glaucoma.uk](mailto:helpline@glaucoma.uk)

W: [www.glaucoma.uk](http://www.glaucoma.uk)

FB: [www.facebook.com/glaucomauk](http://www.facebook.com/glaucomauk)

Tw: [https://twitter.com/glaucoma\\_uk](https://twitter.com/glaucoma_uk)

Summary: Run a national helpline for support and advice for people diagnosed with Glaucoma. Treatment buddy scheme - peer support for those undergoing or considering undergoing treatment for Glaucoma  
Community forum (online) for sharing experiences

## Sensory Impairment: Sight Loss

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### **Other Useful contacts**

#### **RNIB UK Sightline Directory**

105 Judd Street  
London WC1H 9NE

W: [www.sightlinedirectory.org.uk](http://www.sightlinedirectory.org.uk)

Summary: The directory is a useful resource which lets your search for sight loss services by location, category etc. Please always check details are up to date before passing on to a person with sight loss or their carer.

### **Other Useful contacts**

#### **Visualise**

Norton Park,  
57 Albion Road,  
Edinburgh EH7 5QY

T: 0131 475 2337

E: [office@visualise.org.uk](mailto:office@visualise.org.uk)

W: [www.visualise.org.uk](http://www.visualise.org.uk)

Summary: Provide specialist housing support, care at home and day opportunities to people with complex needs which include a sight loss. Regulated services.

## Sensory Impairment

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**BSL Users:** [Art Culture Create](#), [Corona virus Advice](#), [Counselling](#), [Signposting services](#), [Social Work and Communication](#)..

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**Hearing Loss:** [Campaign and Representation Organisations](#), [Communication](#), [Counselling](#), [Equipment Suppliers](#), [General Organisations](#), [Self-Management](#), [Signposting services](#), [Social work and health services](#), [Specific causes of deafness](#), [Support Groups](#), [Tinnitus](#), [Working life, leisure and volunteering](#)

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**Sight Loss:** [Key Local Support Organisations](#), [Eye Health](#), [Low Vision Aids and equipment](#), [Reading](#), [Social/Community Support](#), [Emotional Support](#), [Young People](#), [Other Useful contacts](#)

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**Deafblind:** [General Organisations](#), [Self-Management](#), [Support Groups](#), [Social Work and Specialist Equipment](#)

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## Sensory Impairment: Deafblind

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### **General Organisations**

#### **Deafblind Scotland**

1 Neasham Drive  
Lenzie  
Kirkintilloch  
Glasgow G66 3FA

T: 0141 777 7774

Tx: 07715 421 377 (office hours)

E: [info@dbscotland.org.uk](mailto:info@dbscotland.org.uk)

W: <https://dbscotland.org.uk/>

FB: [https://www.facebook.com/dbscotland/?ref=tn\\_tnmn](https://www.facebook.com/dbscotland/?ref=tn_tnmn)

Tw: <https://twitter.com/dbscotland>

YT: <https://www.youtube.com/channel/UCaXkbn5t0p9kd0UibHOfpjQ>

Summary: For over 25 years Deafblind Scotland has been serving the Deafblind community, sustaining deafblind people's personal and professional support networks and influencing statutory services and policy. Due to the rise in Covid-19 numbers, Deafblind Scotland office staff are mainly working from home. You can still contact us through any of the listed methods.

### **Self-Management**

#### **Deafblind Scotland - Guide/Communicator Service**

1 Neasham Drive  
Lenzie  
Kirkintilloch  
Glasgow G66 3FA

T: 0141 777 7774

Tx: 07715 421 377 (office hours)

E: [info@dbscotland.org.uk](mailto:info@dbscotland.org.uk)

W: <https://dbscotland.org.uk/>

YT: <https://www.youtube.com/channel/UCaXkbn5t0p9kd0UibHOfpjQ>

Summary: Deafblind Scotland's Guide/Communicator service is available across Scotland. The service is tailored to meet an individual's needs. Guide/Communicators are highly skilled individuals, trained to be the eyes and ears of a deafblind person. They relay information, facilitate communication with others and ensure they are able to get about safely. Service currently suspended because of Covid-19 restrictions

## Sensory Impairment: Deafblind

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### **Support Group**

#### **Connect Deafblind Group**

RNIB Scotland offices  
12 Hillside Crescent  
Edinburgh EH7 5EA

E: [rniblothian@rnib.org.uk](mailto:rniblothian@rnib.org.uk)

Summary: This group runs at RNIB Scotland offices at 12 Hillside Crescent Edinburgh EH7 5EA. It meets from September through to June on the third Friday of each month between 2pm to 4pm. The group is always happy to meet new members who have a dual sensory loss. For further information e-mail [rniblothian@rnib.org.uk](mailto:rniblothian@rnib.org.uk) The Group is currently not meeting due to Covid restrictions.

### **Support Group**

#### **Sense Scotland**

TouchBase,  
43 Middlesex Street,  
Glasgow G41 1EE

T: 0300 330 9292

E: [www.sensescotland.org.uk/contact-us-and-enquiry-form/](http://www.sensescotland.org.uk/contact-us-and-enquiry-form/)

W: [www.sensescotland.org.uk](http://www.sensescotland.org.uk)

Summary: Support for children and adults affected by Deafblindness, and their families. Many of their direct services are based in the west of Scotland but they are still a useful source of specialist advice, information and support.



### **Social Work and Specialist Equipment**

#### **Deaf Action**

49 Albany Street  
Edinburgh EH1 3QY2

T: 0131 556 3128

Text: 0131 557 0419

E: [admin@deafaction.org](mailto:admin@deafaction.org)

W: [www.deafaction.org](http://www.deafaction.org)

FB: [www.facebook.com/DeafActionUK/?form=MY01SV&OCID=MY01SV](https://www.facebook.com/DeafActionUK/?form=MY01SV&OCID=MY01SV)

Tw: <https://twitter.com/DeafAction>

Inst: [www.instagram.com/deafaction/](https://www.instagram.com/deafaction/)

Summary: Contracted to provide a specialist social work and specialist equipment service to residents of Edinburgh & Lothians. Workers are fluent in BSL; Advice line for anyone who is deaf or hard of hearing; Befriending service; Health and Wellbeing Support - including support from trained BSL Counsellors; Communication and Interpretation services; Social groups; Supported accommodation at Slateford Green and outreach visiting support service; Deaf Awareness and British Sign Language Courses.

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## Staying Safe

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### **Abuse: Abused Men**

#### **Abused Men in Scotland (AMIS)**

525 Ferry Road  
Edinburgh EH5 2FF

T: 03300 949 395 - Helpline

Opening Hours: Helpline open: Monday - Friday, 9am to 4pm

E: [support@amis.org.uk](mailto:support@amis.org.uk)

W: <https://abusedmeninscotland.org/who-we-are/helpline/>

FB: <https://www.facebook.com/abusedmeninscotland>

Tw: <https://twitter.com/amiscotland>

Summary: Each year hundreds of men across Scotland contact us for information or support if they have experienced or are experiencing domestic abuse. We do not judge, but we do offer practical information, guidance and casework.

### **Abuse: Abused Men**

#### **Fear Free**

29a Albany Street  
Edinburgh EH1 3QN

T: 0131 624 7266

E: [fearfree@sacro.org.uk](mailto:fearfree@sacro.org.uk)

W: <https://fearfree.scot/>

Tw: [https://twitter.com/FearFree\\_Scot](https://twitter.com/FearFree_Scot)

Summary: Support for people experiencing domestic abuse in Scotland who identify as a man or from the LGBT+ community.

## Staying Safe

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### **Abuse: Abused Men**

#### **Respect - Men's Advice Line**

T: 0808 8010 327 - Helpline

Opening Hours: Helpline open: Monday: 9am – 8pm; Tuesday: 9am – 5pm; Wednesday: 9am – 8pm; Thursday: 9am – 5pm; Friday: 9am – 5pm

E: [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)

W: <https://mensadviceline.org.uk/>

FB: <https://www.facebook.com/UKRespect/>

Tw: <https://twitter.com/RespectUK>

Inst: [https://www.instagram.com/respect\\_uk/](https://www.instagram.com/respect_uk/)

Summary: Men's Advice Line confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members) Tel - 0808 8010327

### **Abuse: Ethnic Minority**

#### **Aditi**

1a Atholl Crescent  
Edinburgh EH3 8HA

T: 0131 603 4865

E: [aditi@sacro.org.uk](mailto:aditi@sacro.org.uk)

W: <https://www.sacro.org.uk/aditi>

Summary: Aditi is dedicated to the safety and wellbeing of Black, Asian and Minority Ethnic (BAME) women, inclusive of trans women and non-binary people. Our service is free and confidential. Aditi aims to provide support to women and enable positive changes in their lives.

## Staying Safe

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### **Abuse: Ethnic Minority**

#### **CHAYN**

W: <https://www.chayn.co>

FB: <https://www.facebook.com/chayn>

Inst: <https://www.instagram.com/chaynhq/>

Summary: CHAYN is a global volunteer network addressing gender-based violence by creating intersectional survivor-led resources online.

### **Abuse: Ethnic Minority**

#### **Saheliya**

125 McDonald Road  
Edinburgh EH7 4NW

T: 0131 556 9302

E: [info@saheliya.co.uk](mailto:info@saheliya.co.uk)

W: <http://www.saheliya.co.uk/>

FB: <https://www.facebook.com/saheliya.bme.women>

Tw: <https://twitter.com/Saheliya>

Summary: The Saheliya office is temporarily closed but support is available by phone and online.

## Staying Safe

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### **Abuse: Ethnic Minority**

#### **Scotland's Domestic Abuse and Forced Marriage Helpline**

T: 0900 027 1234 - Helpline

Opening Hours: Helpline open 24/7

E: [helpline@sdsfmh.org.uk](mailto:helpline@sdsfmh.org.uk)

W: <https://sdafmh.org.uk/>

Summary: The helpline supports anyone with experience of domestic abuse or forced marriage, as well as their family members, friends, colleagues and professionals who support them. The team provide a confidential, sensitive service to anyone who calls.

### **Abuse: Ethnic Minority**

#### **Shakti Women's Aid**

Norton Park

57 Albion Road

Edinburgh EH7 5QY

T: 0131 475 2399

E: [info@shaktiedinburgh.co.uk](mailto:info@shaktiedinburgh.co.uk)

W: <https://shaktiedinburgh.co.uk/>

FB: <https://www.facebook.com/ShaktiWA>

Summary: Shakti Women's Aid has stopped face-to-face support. Women, children and young people will be supported through phone calls, WhatsApp and Facetime.

## Staying Safe

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### **Abuse: Ethnic Minority**

#### **Sikh Sanjog**

17a Graham Street  
Edinburgh EH6 5QN

T: 07837 701263 - Urgent Enquiry

T2: 0131 553 4737

Opening Hours: Office Monday to Friday: 9:30am – 4:30pm

E: [info@sikhsanjog.com](mailto:info@sikhsanjog.com)

W: <http://www.sikhsanjog.com/>

FB: <https://en-gb.facebook.com/sikhsanjogedinburgh/>

Tw: [https://twitter.com/sikh\\_sanjog?lang=en](https://twitter.com/sikh_sanjog?lang=en)

Summary: Sikh Sanjog is delivering a remote outreach service, virtual youth club, and one-to-one support to tackle loneliness. We are slowly starting to make our way back into our offices on Graham Street!

So if you call the office and reach the answer machine, bear with as we adjust and follow Government guidelines appropriately and safely.

To make sure you are directed to the right team, follow the link below for all up to date information on what we are doing during these unprecedented times and how we can help you –

Sikh Sanjog – [Covid 19 Service Provision](#)

[Scottish Sikhs and the Impact of Covid-19](#)

## Staying Safe

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### **Abuse: Childhood**

#### **National Association for People Abused in Childhood**

CAN Mezzanine  
7-14 Great Dover Street  
London SE1 4YR

T: 0808 801 0331 - Helpline

T2: 0203 096 7645 - Office

Opening Hours: Helpline open: 10am until 9pm Mondays to Thursdays, and 10am until 6pm on Fridays

E: [support@napac.org.uk](mailto:support@napac.org.uk)

W: <https://napac.org.uk/>

FB: <https://www.facebook.com/NationalAssociationforPeopleAbusedinChildhood>

Tw: <https://twitter.com/NAPAC>

Summary: Our vision is of a society in which every adult survivor of childhood abuse in the UK can access the support they need, when they need it.

### **Abuse: Childhood**

#### **Survivors UK - National Online Helpline**

11 Sovereign Close  
London E1W 3HW

T: 0203 598 3898

Tx: 020 3322 1860 - Text

E1: <https://www.survivorsuk.org/contact-us/>

E2: [help@survivorsuk.org](mailto:help@survivorsuk.org)

W: <https://www.survivorsuk.org/young-people/help-online/>

FB: <https://www.facebook.com/SurvivorsUK>

Tw: <https://twitter.com/survivorsuk>

Inst: <https://www.instagram.com/survivorsukcharity/>

YT: <https://www.youtube.com/user/SurvivorsUK>

Summary: Survivors UK supports men who have been sexually abused. Online Helpline: A chat service for men who have experienced sexual abuse either as a child or an adult and allows you to have a confidential one-to-one chat with one of the trained helpliners.



## Staying Safe

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### **Abuse: Domestic Violence**

#### **Coronavirus (COVID-19): support for victims of domestic abuse**

W: <https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse>

Summary: UK Government Information about domestic abuse and signposting.

### **Abuse: Domestic Violence**

#### **Edinburgh Rape Crisis Centre**

17 Claremont Crescent  
Edinburgh EH7 4HX

T: 0888 01 03 02 - Helpline

T2: 0131 557 6737

Opening Hours: Helpline open every day from 6.00 pm until midnight

E: [support@ercc.scot](mailto:support@ercc.scot)

W: <https://www.ercc.scot/>

FB: <https://www.facebook.com/edinburghrapecrisis/>

Tw: <https://twitter.com/edinrapecrisis>

Inst: <https://www.instagram.com/edinburghrapecrisis/>

Summary: Edinburgh Rape Crisis Centre has suspended referrals to the Edinburgh Adult Service that offers support for adult survivors across the City. We are able to offer an online/virtual appointment. These appointments may be offered in the same way we would have invited people into the centre previously. You can also contact the Rape Crisis Scotland national helpline on 0888 01 03 02 (open every day from 6.00 pm until midnight) for support. If you have experienced sexual assault in the past 7 days, please contact us on [support@ercc.scot](mailto:support@ercc.scot)

**Abuse: Domestic Violence**

**Domestic Abuse City of Edinburgh Council Edinburgh**

W: <https://www.edinburgh.gov.uk/domesticabuse>

Summary: Advice and Guidance for those dealing with Domestic Abuse.

**Abuse: Domestic Violence**

**Edinburgh Womens Aid**

4 Cheyne Street  
Stockbridge  
Edinburgh EH4 1JB

T: 0131 315 8110

Opening Hours: Helpline open: Monday, Tuesday, Wednesday, Friday 10am-3pm. Thursday 10am-7pm. Saturday 10am-1pm.

E: [info@edinwomensaid.co.uk](mailto:info@edinwomensaid.co.uk)

W: <https://edinwomensaid.co.uk/>

Summary: The office currently has a small staff and is open during normal hours; they are asking anyone who does not need to see someone face to face to use our telephone service. Email and Facebook are monitored during business hours and anyone contacting for a service will be passed to homeworkers. Staff working from home are providing telephone or online support to all existing service users, and they are being allocated new cases as they come in. EDDACS service (advocacy service for female domestic abuse victims going through the courts) is fully functional (as it is a telephone support service) and the 24-hr service remains staffed 24/7. They have emergency plans in place to ensure that no-one in refuge is left struggling while in isolation and have a plan to deliver food and essential items if required.

## Staying Safe

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### **Abuse: Domestic Violence**

#### **Rape Crisis Scotland**

3rd floor, Abbey House 10 Bothwell Street  
Glasgow G2 6LU

T1: 0808 8010 302 - Helpline

T2: 0141 331 4180

Tx: 077537 410 027 - Text

Opening Hours: Helpline open every day from 6.00 pm until midnight

E: [support@rapecrisisScotland.org.uk](mailto:support@rapecrisisScotland.org.uk)

W: <https://www.rapecrisisScotland.org.uk/>

Summary: The Rape Crisis Scotland helpline offers free and confidential support and information by phone, email and text. It is for anyone aged 13 and over, of any gender, affected by any form of sexual violence, no matter when or how it happened.

### **Abuse: Domestic Violence**

#### **Safer Families Edinburgh City of Edinburgh Council**

T: 0131 469 5325

E: [saferfamilies@edinburgh.gov.uk](mailto:saferfamilies@edinburgh.gov.uk)

W: [http://www.edinburgh.gov.uk/info/20110/domestic\\_abuse/331/help\\_for\\_men\\_being\\_abusive](http://www.edinburgh.gov.uk/info/20110/domestic_abuse/331/help_for_men_being_abusive)

Summary: Safer Families delivers a programme for men who are unhappy about their abusive behaviour towards a woman partner and want help to change.

## Staying Safe

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### **Abuse: Helpline**

#### **24 Hour National Domestic Violence Helpline**

T: 0808 2000 247 - Helpline

Opening Hours: Helpline open 24 hours a day

W: <https://www.nationaldahelpline.org.uk/>

Summary: The Freephone 24 Hour National Domestic Violence Helpline, run in partnership with Women's Aid and Refuge, is a national service for women experiencing domestic violence. Their family, friends, colleagues and others calling on their behalf will also find the helpline useful.

### **Abuse: LGBT**

#### **LGBT Health and Wellbeing**

Duncan Place Community Hub

4 Duncan Place

Edinburgh EH6 8HW

T: 0300 123 2523 - Helpline

Opening Hours: Helpline open: Tuesday and Wednesday between 12 - 9pm, Thursday and Sunday 1-6pm

E: [helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)

W: <https://www.lgbthealth.org.uk/services-support/lgbt-helpline-scotland/>

Summary: We provide information and emotional support to lesbian, gay, bisexual and transgender people and their families, friends and supporters across Scotland.

### **Abuse: Seniors**

#### **Hourglass Scotland (formely Elder Abuse Helpline)**

PO Box 29244

Dunfermline KY12 2EG

T: 080 8808 8141 (press 2 for Scotland) - Helpline

Opening Hours: Helpline open: Monday – Friday, 9.00 am – 5.00 pm

E: <https://wearehourglass.scot/scotland/contact>

W: <https://wearehourglass.scot/scotland>

FB: <https://www.facebook.com/wearehourglass/>

Tw: [https://twitter.com/wearehourglass\\_](https://twitter.com/wearehourglass_)

Summary: The Hour Glass Helpline offers free and confidential advice and support on: financial harm or exploitation; physical abuse; emotional or psychological abuse; sexual harm or abuse; neglect.

## Staying Safe

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### **Abuse: Slavery**

#### **Modern Slavery Helpline**

T: 0800 0121 700 - Helpline

Opening Hours: Helpline open: 24 hours, 7 days a week

E: <https://www.modernslaveryhelpline.org/contact-us>

W: <https://www.modernslaveryhelpline.org/>

Tw: <https://twitter.com/MSHelpline>

Summary: The helpline provides victims, the public, statutory agencies and business access to information and support on a 24/7 basis.

### **Abuse: Stalking**

#### **National Stalking Helpline**

The Foundry

17-19 Oval Way

London SE11 5RR

T: 0808 802 0300 - Helpline

Opening Hours: Helpline open: 9.30am - 4.00pm weekdays except Wednesdays when it is open 1.00pm - 4.00pm

E: <https://www.suzylamplugh.org/forms/national-stalking-helpline-enquiry-form>

W: <https://www.suzylamplugh.org>

FB: <https://www.facebook.com/suzylamplughtrust/>

Tw: [https://twitter.com/live\\_life\\_safe](https://twitter.com/live_life_safe)

Inst: [https://www.instagram.com/live\\_life\\_safe/](https://www.instagram.com/live_life_safe/)

YT: <https://www.youtube.com/user/SuzyLamplughTrust>

Summary: If you are concerned that you are being stalked find help and advice here.

## Staying Safe

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### **Advocacy**

#### **AdvoCard,**

Andrew Duncan Clinic,  
Royal Edinburgh Hospital,  
Morningside Place  
Edinburgh, EH10 5HF

T1: 0131 554 5307 - For community collective and individual advocacy

T2: 0131 537 6004 - For our hospital individual advocacy

T3: 07920 207 568

T4: 0808 196 3525 - Prison Advocacy Service

Text: 07920 207 564

E: [advocacy@advocard.org.uk](mailto:advocacy@advocard.org.uk)

W: <http://www.advocard.org.uk/>

FB: <https://www.facebook.com/AdvoCard>

Tw: <https://twitter.com/advocard1>

Summary: AdvoCard is open for referrals, providing advocacy by phone, email and other digital means as appropriate. For community collective and individual advocacy please contact us on Tel: 0131 554 5307 Text messages: 07920 207 564 email: [advocacy@advocard.org.uk](mailto:advocacy@advocard.org.uk) . For our hospital individual advocacy please contact us on Tel: 0131 537 6004. Please call this mobile no instead: 07920 207 568 email: [hospital.advocacy@advocard.org.uk](mailto:hospital.advocacy@advocard.org.uk) For our Prison advocacy service please contact us on Tel: 0808 196 3525 Text messages: 07570 954 038 email: [prison.advocacy@advocard.org.uk](mailto:prison.advocacy@advocard.org.uk)

### **Advocacy**

#### **CAPS Independent Advocacy CAPS,**

Old Stables  
Eskmills Park,  
Station Road  
Musselburgh EH21 7PQ

T: 0131 273 5118

E: [advocate@capsadvocacy.org](mailto:advocate@capsadvocacy.org)

W: <http://capsadvocacy.org/>

FB: <https://en-gb.facebook.com/CAPSIndependentAdvocacy/>

Tw: <https://twitter.com/capsadvocacy>

Summary: The Individual Advocacy staff for East Lothian and Midlothian are working from home and regularly checking telephone messages so please get in touch with us on 0131 273 5118 if you need advocacy support. While we are unable to attend appointments face to face at the moment, we can arrange a telephone appointment with you and will try to assist you remotely as much as possible. Collective advocacy: We are holding collective advocacy meetings online now. Please see site for email addresses and phone numbers of Collective Advocacy workers. All LEARN courses have been postponed for now. You can get in touch with the team by email [learn@capsadvocacy.org](mailto:learn@capsadvocacy.org)

### **Advocacy**

#### **EARS Independent Advocacy Service (SCIO)**

525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 478 8866

E: [info@ears-advocacy.org.uk](mailto:info@ears-advocacy.org.uk)

W: <http://www.ears-advocacy.org.uk/>

Summary: EARS is currently only providing statutory advocacy (for example, Adult Protection, Mental Health Act or Adults with Incapacity referrals) for the time being. This is across all of their services. EARS is currently still providing Advocacy services across Edinburgh and the Lothians, however, face-to-face meetings are currently suspended. For advocacy support, call 0131 478 8866

### **Advocacy**

#### **Edinburgh Carers Council**

GF5, 14 Links Place (Great Michael House)  
Edinburgh EH6 7EZ

T: 0131 322 8480 T2: 0131 270 6089

Monday to Friday 9.00 am – 5.00 pm

E: [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk)

W: <http://www.edinburghcarerscouncil.co.uk/>

FB: <https://www.facebook.com/edinburghcarerscouncil>

Tw: <https://twitter.com/EdCarersCouncil>

YT: <https://www.youtube.com/watch?v=FMX3NzeUvnU>

Summary: Edinburgh Carers Council an independent advocacy service for those with mental health difficulties or using mental health services.



## Staying Safe

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### **Advocacy**

#### **Partners in Advocacy**

G/1 Links House  
15 Links Place  
Edinburgh EH6 7EZ

T: 0131 478 7723/7724

Opening Hours: Monday to Friday, 9.00 am - 5.00 pm

E: [edinburgh@partnersinadvocacy.org.uk](mailto:edinburgh@partnersinadvocacy.org.uk)

W: <https://www.partnersinadvocacy.org.uk/>

FB: <https://www.facebook.com/PiAScotland>

Tw: <https://www.twitter.com/PIAScotland>

Summary: All face-to-face meetings have been suspended. The team are trying alternative communication methods including teleconferencing. Calls to the office number get diverted to duty advocacy. Referrals can be taken under the premise that communications are only possible on the phone/online.

### **Advocacy**

#### **People First**

77-79 Easter Road  
Edinburgh EH7 5PW

T: 0131 478 7707

Monday to Friday 9.00 am – 5.00 pm

E: [admin@peoplefirstscotland.org](mailto:admin@peoplefirstscotland.org)

W: <http://www.peoplefirstscotland.org>

FB: <https://www.facebook.com/People-First-Scotland-220261761669477/?form=MY01SV&OCID=MY01SV>

Summary: Self advocacy and collective advocacy for people with learning difficulties.

### **Advocacy**

#### **Royal Edinburgh Hospital Patients' Council**

Morningside Place  
Edinburgh EH10 5HF

T: 0131 537 6492

E: [info@rehpatientscouncil.org.uk](mailto:info@rehpatientscouncil.org.uk)

W: <http://rehpatientscouncil.org.uk>

FB: <https://www.facebook.com/rehpatientscouncil/>

Tw: <https://twitter.com/rehpatients>

Summary: The Patients Council is an advocacy organisation representing the views of hospital service users.

## Staying Safe

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### **Advice Service**

#### **Citizens Advice Helpline**

T: 0800 028 1456 - Helpline

Opening Hours: Monday to Friday, 9am to 5pm

W: <https://www.cas.org.uk>

Summary: Personal, one-to-one advice and information on employment, housing, debt, benefits and consumer issues like energy bills.

### **Charity - Financial Support**

#### **TURN TO US - Edinburgh Trust Fund**

Edinburgh

E: [edinburgh@turn2us.org.uk](mailto:edinburgh@turn2us.org.uk)

W: <https://www.turn2us.org.uk/get-support/Turn2us-Funds/Edinburgh-Trust>

FB: <https://www.facebook.com/turn2us>

Tw: [https://twitter.com/turn2us\\_org](https://twitter.com/turn2us_org)

Inst: [https://www.instagram.com/turn2us\\_org/](https://www.instagram.com/turn2us_org/)

YT: <https://www.youtube.com/user/Turn2us>

Summary: At the current time, and mindful that not everyone has the means to keep in touch, in addition to the usual items (cookers, heaters, microwaves, household items, etc) they will also try to look favourably on more 'unusual' requests for example, smart phones or TVs (+ living costs, can only make one application so make sure it covers all relevant), for people who need to/have chosen to self-isolate (whether or not they have symptoms of COVID-19) including community residents, elderly, anxiety issues, etc. Just make sure the application stresses this and the importance of maintaining contact/communication for mental health/ wellbeing purposes. Outreach/Key Workers to give Turn2Us as much information as possible and stress their ongoing relationship/knowledge of the person. If you are not sure, contact Turn To Us: email is best for them at the moment [edinburgh@turn2us.org.uk](mailto:edinburgh@turn2us.org.uk), if a person cannot sign the declaration, the referer can just type the person's name and they would call them directly to verify. Re the usual requirement for bank statements (simply to ensure someone is below the income threshold), they want to be flexible and would consider, for example, confirmation from a Key Worker if a resident was self-isolating. Similarly, if someone doesn't have a bank account they could pay to the organisation supporting the client and they could pass on the funds (in such cases they would need proof of benefits, if in receipt, but a photo of award letter would be enough).

### **Charity - Financial Support**

#### **Float Trust**

The Melting Pot  
5 Rose Street  
Edinburgh EH2 2PR

E: [info@float.scot](mailto:info@float.scot)

Tw: <https://twitter.com/floattrust?lang=en>

Summary: 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.

### **Debt Counselling**

#### **Advice Shop**

249 High Street  
Edinburgh EH1 1YJ

T: 0131 200 2360

Advice Line open: Monday, Wednesday, Thursday 8.30am to 4.30pm; Tuesday 10am to 4.30pm; Friday 8.30am to 3.40pm

E: [advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk)

W: <http://www.edinburgh.gov.uk/advice-shop>

Summary: Help with income maximisation and all aspects of benefit entitlements, form filling, claims and disputes. Help to resolve all problematic personal debt issues. Benefits advice includes Universal Credit, Employment Support Allowance, Personal Independence Payment, Attendance Allowance, Pension Credit, Tax Credits etc. We have a specialist Macmillan welfare rights service for people affected by cancer – patients and family members. Debt advice includes support to deal with Council Tax, credit card debts, bank loans, rent arrears, catalogue debt, overdrafts etc. We can assist with bankruptcy applications and represent at sheriff court to prevent eviction due to rent arrears. We aim to put more money in people's pockets and help reduce stress and anxiety around income and expenditure. We continue to provide welfare rights and debt advice through our Advice Line (0131 200 2360) and email [advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk)

## Staying Safe

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### **Debt Counselling**

#### **CHAI - Community Help and Advice Initiative**

5th Floor, Riverside House,  
502 Gorgie Road,  
Edinburgh EH11 3AF

T: 0131 442 2100

T2: 0131 442 1009 - Advice Service

W: <http://www.chaiedinburgh.org.uk/>

Tw: <https://twitter.com/chaiedinburgh>

Summary: CHAI is still available to provide advice and information over the phone. To book a telephone ap- pointment please phone the office during working hours. In the meantime, to assist anyone who is impacted by job losses, reductions in hours or short-time working as a consequence of the Coronavirus outbreak. For additional help check: <http://www.chaiedinburgh.org.uk/coronavirus-what-help-is-available/>

### **Debt Counselling**

#### **Christians Against Poverty (CAP)**

Jubilee Mill,  
North Street,  
Bradford BD1 4EW

T: 0800 328 0006 - Debt Helpline

Helpline Open: Mon to Thurs: 9.30am - 5.00pm Fri: 9.30am - 3.30pm

E: [info@capuk.org](mailto:info@capuk.org)

W: <https://capuk.org/i-want-help/our-services/cap-debt-help/help-in-scotland>

FB: <https://www.facebook.com/CAPuk>

Tw: <https://twitter.com/CAPuk>

Inst: [https://www.instagram.com/capuk\\_org/](https://www.instagram.com/capuk_org/)

YT: [https://www.youtube.com/channel/UCs\\_xMCD1ykGf-wnlQT2UJ1g](https://www.youtube.com/channel/UCs_xMCD1ykGf-wnlQT2UJ1g)

Summary: The CAP Edinburgh team is able to take new appointment bookings for its Debt Help service via its helpline. The CAP Edinburgh team also holds a weekly Friday Cafe in the Mustard Seed, 170 Easter Road, EH7 5QE. The Cafe begins with Breakfast 10am - 11am, Course Discussion 11am - 12noon, Lunch 12 - 1pm. At the Cafe you can gain skills to lift the pressure of low income life or to step confidently into employment. For more information contact Mark Harris on 07519 268800 [markharris@capuk.org](mailto:markharris@capuk.org)

## Staying Safe

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### **Debt Counselling**

#### **Debt Advice Foundation - Helpline**

1 Anchor Court  
Commercial Road  
Darwen BB3 0DB

T: 0800 043 4050 - Helpline T2: 01254 778 404 - Office Reception  
Opening Hours: Monday to Friday 8am to 6pm

E: <https://www.debtadvicefoundation.org/contact/>

W: <https://www.debtadvicefoundation.org/>

FB: <https://www.facebook.com/DebtAdviceFoundation/?form=MY01SV&OCID=MY01SV>

Tw: <https://twitter.com/debtadvisedaf>

YT: <https://www.youtube.com/user/debtadvicefoundation>

Summary: A specialist debt charity offering free, confidential advice on any aspect of debt.

### **Debt Counselling**

#### **Granton Information Centre**

134-138 West Granton Road  
Edinburgh EH5 1PE

T: 0131 551 2459 T2: 0131 552 0458

Opening Hours: Mon – Fri, 9.30am – 4pm

E: [info@gic.org.uk](mailto:info@gic.org.uk)

W: <http://gic.org.uk/index.html>

Summary: Due to the Coronavirus outbreak, our office is now closed and we are unable to provide appointments or face to face advice for those that need our help. Our outreaches have also been cancelled until further notice. If you need telephone advice or you are an existing client and want an update on your case then please call us on: 0131 551 2459 or 0131 552 0458 during our opening hours. There is also some useful information in the COVID19 Advice section of this website. If you need a foodbank referral please call us during our opening hours and we can arrange a referral by taking your details over the telephone. If you are in financial hardship due to a crisis, please contact the Scottish Welfare Fund on 0131 529 5299 and apply for a crisis grant.

## Staying Safe

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### **Debt Counselling**

#### **Mental health and money advice service**

Mental Health UK  
15th Floor, 89 Albert Embankment  
London SE1 7TP

W: <https://www.mentalhealthandmoneyadvice.org/scot/>

FB: <https://www.facebook.com/mhealthuk/>

Tw: <https://twitter.com/mentalhealthuk?form=MY01SV&OCID=MY01SV>

Summary: Mental health and money advice service - Clear, practical advice and support for people experiencing issues with mental health and money.

### **Debt Counselling**

#### **Money Advice Scotland Helpline**

Suite 410, Pentagon Centre  
36 Washington Street  
Glasgow G3 8AZ

T: 0141 572 0237

E: [info@moneyadvicescotland.org.uk](mailto:info@moneyadvicescotland.org.uk)

W: <https://www.moneyadvicescotland.org.uk/coronavirus-dealing-with-debt-and-money-worries>

FB: <https://www.facebook.com/moneyadvicescot>

Tw: <https://twitter.com/moneyadvicescot>

Summary: One stop shop for those who have money problems or are seeking financial help with their financial worries.

## Staying Safe

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### **Debt Counselling**

#### **Muirhouse Low Income Families Together (LIFT)**

Muirhouse Millennium Centre  
7 Muirhouse Medway  
Edinburgh EH4 4RW

T: 0131 467 3578

E: [Danielle.lift@outlook.com](mailto:Danielle.lift@outlook.com)

W: <https://www.lift-edinburgh.com/>

FB: <https://www.facebook.com/muirhousemillenniumcentre>

Tw: [https://twitter.com/low\\_lift](https://twitter.com/low_lift)

Summary: Office is currently closed because of COVID-19 but staff are accepting and processing requests for packed lunches. Support is still available over phone/email/social media.

### **Debt Counselling**

#### **National Debt Helpline**

T: 0808 808 4000 - Helpline

Opening Hours: Mon - Fri: 9.00 am to 8.00pm; Sat: 9.30am to 1.00 pm

W: <http://www.nationaldebtline.org>

FB: <https://www.facebook.com/nationaldebtline>

Tw: <https://twitter.com/natdebtline>

Summary: A national helpline that provides free confidential and independent advice on how to deal with debt problems.



### **Debt Counselling**

#### **Step Change Debt Charity - Helpline**

Wade House  
Merrion Centre  
Leeds LS2 8NG

T: 0800 138 1111 - Helpline

Opening Hours: Monday-Friday, 8am-8pm, Saturday 8am-4pm

W: <https://www.stepchange.org/>

Summary: We have more than 25 years' experience providing free, expert debt advice. We offer the widest range of practical debt solutions of any provider in the UK. No matter how large or small your debt problem is, we can help. We offer free debt advice that is based on a comprehensive assessment of your situation. We'll then provide practical help and support for however long it's needed.

## Staying Safe

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### **Energy Advice**

#### **Additional emergency credit for pre-payment meters**

T: 0330 100 0303 - British Gas

T2: 0800 269 450 - EDF Energy

T3: 0345 052 0000 - EON

T4: 0800 073 3000 - Npower

T5: 0800 027 0072 - Scottish Power

Summary: In an emergency, if a vulnerable person or family has no money for a pre-payment gas or electric meter, it may be possible to negotiate a small amount of extra emergency credit by contacting their energy supplier (although this needs to be repaid).

### **Energy Advice**

#### **Changeworks Heat Heroes**

36 Newhaven Road  
Edinburgh EH6 5PY

T: 0131 555 4010

E: [ask@changeworks.org.uk](mailto:ask@changeworks.org.uk)

W: <https://www.changeworks.org.uk/>

FB: <https://www.facebook.com/changeworksuk>

Tw: <https://twitter.com/ChangeworksUK>

YT: <https://www.youtube.com/watch?v=AVspU3meZNM>

Summary: Provides specialist advice and practical support to help people stay affordably warm in their homes. They can help people to manage fuel debt and avoid disconnection and to access winter fuel and cold weather payments, discounts and grants. To make a referral contact: 0131 555 4010 or email: [warmth@changeworks.org.uk](mailto:warmth@changeworks.org.uk) Our first video – where to get help with your gas and electricity concerns – is now live on YouTube.

## Staying Safe

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### **Energy Advice**

#### **Home Energy Scotland**

6 Newhaven Road  
Edinburgh EH6 5PY

T: 0808 808 2282 - Helpline T2: 0131 555 7900

Helpline Open: Monday – Friday from 8am – 8pm and Saturday from 9am – 5pm

E: [advice@se.homeenergyscotland.org](mailto:advice@se.homeenergyscotland.org)

W: <http://www.homeenergyscotland.org/>

FB: <https://www.facebook.com/HomeEnergyScotlandSouthEast/>

Tw: <https://twitter.com/HomeEnergyScot?form=MY01SV&OCID=MY01SV>

Summary: Home Energy Scotland is funded by the Scottish Government and managed by Energy Saving Trust to give free and impartial advice on energy saving, keeping warm at home, renewable energy, greener travel, cutting water waste and more. Our mission is to help people in Scotland create warmer homes, reduce their bills and help tackle climate change. We provide advice and support to help people stay warm, make the best use of energy, and save money on their bills. We can also help people to access any funding or schemes that they might be eligible for, such as Warmer Homes Scotland. Please refer your clients through our referral portal for a call back from one of our friendly advisors who can help them on their journey to be warmer and more energy efficient at home. If you're not already a portal user, drop us an email on [partnerships@se.homeenergyscotland.org](mailto:partnerships@se.homeenergyscotland.org)

### **Energy Advice**

#### **Money Saving Expert - Pre-pay gas/electricity - What to do if you need to self isolate**

W: <https://www.moneysavingexpert.com/news/2020/03/energy-firms-move-to-help-customers-unable-to-top-up-due-to-coro/>

Summary: Guidance for anybody on a pre-paid Gas or Electric Meter that has to self isolate because of Covid-19.

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## Staying Safe

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### **Food: Food Delivery**

#### **Edinburgh Coronavirus Support**

T: 0800 111 4000 - National Helpline

E: <https://www.edinburghsupport.com/contact>

W: <https://covoledinburgh.wixsite.com/community>

FB: <https://www.facebook.com/groups/219149212615733/>

Tw: <https://twitter.com/EdCoSupport?s=20&fbclid=IwAR1Fr53teglKdY-wXc5L8AaY9CXU-thf8jvyrskhdhRCx-KJAvKSc2gLXaPM>

Summary: Find a local volunteering group; Food, Housing, Work; BSL Information; Mental Health and Well-being. Site has very good listings of business offering food deliveries, local volunteer groups.

### **Food: Food Delivery**

#### **Niddrie Community Church**

12 Hay Drive

Edinburgh EH16 4RY

T: 07816 292212

E: [admin@niddrie.org](mailto:admin@niddrie.org)

W: <https://niddrie.org/>

FB: <https://www.facebook.com/niddriechurch>

Tw: <https://twitter.com/niddriechurch>

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

## Staying Safe

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### **Food: Food Delivery**

#### **Porty Coronavirus Action**

T: 0131 210 0200

E: [portycoronavirusaction@gmail.com](mailto:portycoronavirusaction@gmail.com)

W: <https://portycoronavirusaction.wordpress.com/>

Summary: We are a group of local residents who would like to support the community by offering shopping support to: People who are self-isolating; Key workers who are struggling to get what they need due to long working hours and empty supermarket shelves; People who are caring for young and/ or elderly relatives and are finding it difficult to get to the shops. If you need support with shopping please email [portycoronavirusaction@gmail.com](mailto:portycoronavirusaction@gmail.com) or call us on 0131 210 0200. If emailing please provide a list of what shopping you need (up to maximum £30.00). One of our volunteers will contact you to discuss and arrange delivery, agree payment method and will then shop for your items while out buying their own shopping. They will deliver your shopping to your door, along with a receipt detailing the cost of the items.

### **Food: Food Distribution**

#### **World Care Foundation**

**11a Haddington Place**

**Edinburgh EH7 4AF**

T: 07763 612663

E: [covidsupport@worldcarefoundation.org](mailto:covidsupport@worldcarefoundation.org)

W: <https://www.worldcarefoundation.org/foodbank-edinburgh/>

Summary: Provides urgent support to vulnerable people in the form of deliveries to an individual's home from supermarkets and collecting medication. Their Foodbank works on a structured referral system through partner agencies, GP's, social services, Police and other bodies. We also offer a self-referral service for anyone who is in the process of getting referred or is caught in any misfortune.

## Staying Safe

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### **Food: Food Pantry**

#### **Fresh Start Pantry**

22-24 Ferry Rd Drive  
Edinburgh EH4 4BR

Opening hours: Mon 10-3pm, Tues 12-4pm, Friday 9am-1.30pm

E: [pantry@freshstartweb.org.uk](mailto:pantry@freshstartweb.org.uk)

W: <https://www.freshstartweb.org.uk/fresh-start-pantry>

Summary: A community food club providing the people of North Edinburgh with access to affordable food with dignity in a welcoming and safe environment via a membership system. Fresh Start Shop, housed in the same building, offers affordable, high quality homeware items to members of the public.

Contact [pantry@freshstartweb.org.uk](mailto:pantry@freshstartweb.org.uk) to join or for more info.

### **Food: Food Pantry**

#### **Goodtrees Neighbourhood Centre**

5 Moredunvale Place  
Edinburgh EH17 7LB

T: 07306 133 260

E: [info@goodtrees.org](mailto:info@goodtrees.org)

Summary: 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](mailto:info@goodtrees.org) or call 07306 133 260.

## Staying Safe

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### **Food: Food Pantry**

#### **Granton Community Hub - Community Pantry**

Madelvic House,  
Granton Park Avenue,  
Edinburgh, EH5 1HS

E: [community@grantonhub.org](mailto:community@grantonhub.org)

W: <https://grantonhub.org/2020/05/14/community-pantry/>

FB: <https://www.facebook.com/madelviccommunity/?form=MY01SV&OCID=MY01SV>

Tw: [https://twitter.com/granton\\_hub](https://twitter.com/granton_hub)

Inst: <https://www.instagram.com/grantonhub/>

YT: [https://www.youtube.com/channel/UC\\_UH8qG5Jn2hgghQP5cr51A](https://www.youtube.com/channel/UC_UH8qG5Jn2hgghQP5cr51A)

Summary: Granton Hub Community Pantry Provides free provision of fresh food. The next pantry runs fortnightly on Wednesdays 11am-12pm. We are pleased to announce that the Community pantry will be open, starting next Wednesday 6 May, from 11.00-12.00. For any more information contact [community@grantonhub.org](mailto:community@grantonhub.org) or visit the [Granton Hub Facebook page](#).

### **Food: Food Pantry**

#### **The Hays Community Pantry**

Castle Rock Edinvar  
3 Hay Avenue  
Edinburgh EH16 4RW

T: 07738 760601

Open Hours: Wed (excluding holidays): 11am -2pm

E: [pantry@community.org.uk](mailto:pantry@community.org.uk)

W: <https://stayhappening.com/e/the-hays-community-pantry-E2ISTLGHPNR>

Summary: You can save on your shopping bills. For example you could get £15 worth of food for £3. You will have a choice of what food you would like. By buying produce at the pantry, you will allow us to carry on providing more food for you and your community at super low prices. The Hays Community Pantry is at Castle Rock Edinvar, 3 Hay Avenue, EH16 4RW. It is open on a Wednesday (excluding holidays) and runs from 11am-2pm. You can join with a one-off membership price of £1. Contact us by email: the [pantry@community.org.uk](mailto:pantry@community.org.uk), or call 07738 760601 or just come down when we are open, and we can take a few details from you and set you up before you shop.



## Staying Safe

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### **Food: Food Parcels**

#### **Destiny Angels**

12 Casselbank Street  
Edinburgh EH6 5HA

T: 0131 454 2001

E: [angels@destinyedinburgh.com](mailto:angels@destinyedinburgh.com)

FB: <https://www.facebook.com/DestinyAngelsEd/>

Summary: Community Meals are currently not running because of Covid-19. Destiny is providing Emergency food parcels for people who have no one else to turn to and friendly phone calls for anyone struggling with isolation. If there are individuals or families you are working with who could benefit from either of these services, they can contact us directly via [angels@destinyedinburgh.com](mailto:angels@destinyedinburgh.com) or call 0131 4542001.

### **Food: Food Parcels**

#### **Richmond Church**

227 Niddrie Mains Road  
Edinburgh EH16 4PA

T: 0131 661 6561

Open Hours: Thursdays 10am-1pm or by arrangement

W: <https://www.richmondcraigmillarchurch.org/>

Summary: Richmond Church Free bags of Fairshare food available on Thursdays 10am-1pm or by arrangement. Call the church on 0131 661 6561.

## Staying Safe

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### **Food: Food, Cleaning and Toiletry Packs**

#### **Fresh Start - Food, Cleaning and Toiletry Packs**

Edinburgh

T: 0131 356 0220

E: [admin@freshstartweb.org.uk](mailto:admin@freshstartweb.org.uk)

W: <https://www.freshstartweb.org.uk/starter-packs>

FB: <https://www.facebook.com/fresh.start.edinburgh/>

Tw: <https://twitter.com/FreshStartWeb>

YT: <https://www.youtube.com/channel/UCRRXLC7kzEk4uvphmtoHISA>

Summary: Food, Cleaning and Toiletry Packs. - Our Starter packs provide basic essential household goods to help set up and sustain a person in their new home. There are 10 packs in total that we can provide: Cleaning products; crockery and cutlery; curtains; food; pots; kitchen utensils; single or double bedding; small electrical appliances; toiletries and towels. To apply for packs, you will have to complete a referral form. Go to: <https://www.freshstartweb.org.uk/starter-packs>

## Staying Safe

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### **Food: Foodbank**

#### **Basic Foodbank - Edinburgh City Mission food bank: Main Contact The Coracle**

41 Bryson Road  
Edinburgh EH11 1DS

T: 0131 225 9446

Open Hours: Between 09.00-14.00 with any query

E: [referrals@edinburghcitymission.org](mailto:referrals@edinburghcitymission.org)

W: <http://www.edinburghcitymission.org.uk/where-to-find-help/basics-bank.php>

FB: <https://www.facebook.com/edinburghcitymission>

Tw: <https://twitter.com/edcimi>

Inst: <https://www.instagram.com/edinburghcitymission/>

Summary: Basics Banks provides food for the length of the service user's crises which can include long term provisions. Signposting and friendship offered at all Basics Banks. Referral Process for Basics Bank: Assistance from Basics Bank is by referral from a referral agent. Please visit the website below for more details: <http://www.edinburghcitymission.org.uk/where-to-find-help/basics-bank.php> . Once a confirmation email has been received by the referral agent, the service user should attend the allocated Basics Bank.

**Food: Foodbank**

**Basic Foodbank - Bruntisfield Evangelical Church**

70 Leamington Terrace  
Edinburgh EH10 4JU

T: 0131 564 1399

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

**Food: Foodbank**

**Basic Foodbank - Corstorphine Community Church**

7 Glebe Road  
Edinburgh EH12 7SQ

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

**Food: Foodbank**

**Basic Foodbank - Craigentiny - Wilson Memorial Church**

123 Moira Terrace  
Portobello  
Edinburgh EH7 6UB

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

**Food: Foodbank**

**Basic Foodbank - Granton Baptist Church**

99 Crew Road North  
Edinburgh EH5 2NW

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

**Food: Foodbank**

**Basic Foodbank - Leith - Ebenezer United Free Church of Scotland**

31 Bangor Road  
Edinburgh EH6 5JX

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

**Food: Foodbank**

**Basic Foodbank - Moredun - The Tron Kirk**

Craigour Gardens  
Edinburgh EH17 7NX

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

**Food: Foodbank**

**Basic Foodbank - Mussleburgh Baptist Church**

68 New Street  
Edinburgh EH21 6JQ

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

**Food: Foodbank**

**Basic Foodbank - Newington - Edinburgh Community Church**

41a South Clark Street  
Edinburgh EH8 9NZ

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission

**Food: Foodbank**

**Basic Foodbank - Portobello - Wilson Memorial Church**

127 Moira Terrace  
Edinburgh EH7 6UB

Open Hours: Contact Edinburgh City Mission for details

Summary: Requires Referral, see Edinburgh City Mission



### **Food: Foodbank**

#### **Edinburgh Food Project - Warehouse and Office - No Food distribution from here**

12 New Lairdship Yards

Edinburgh EH11 3UY

T: 0131 444 0030

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: Main office and warehouse for Edinburgh Food Project - no food distribution to visitors. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. Foodbank mobiles will only be on during their opening hours, outwith this time please contact our main office: 0131 444 0030. Please do not contact the host buildings directly.

## Staying Safe

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### **Food: Foodbank**

#### **Edinburgh Food Project - Bristo Memorial Church**

196 Peffermill Road  
Edinburgh EH16 4AJ

T: 07946 628 976

Open Hours: Tues 11:30-13:30; Thu 11:30-13:30

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: This Foodbank has now re-opened, see open hours

### **Food: Foodbank**

#### **Edinburgh Food Project - Broughton Saint Mary's Parish Church**

Bellevue Crescent  
Edinburgh EH3 6NE

T: 07805 204 009

Open Hours: Mon 13:00-15:00; Thu 13:00-15:00

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: This Foodbank has now re-opened, see open hours

## Staying Safe

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### **Food: Foodbank**

#### **Edinburgh Food Project - Central Hall**

2 West Tollcross  
Edinburgh EH3 9BP

T: 07805 203 744

Open Hours: Mon 14:00 – 16:00; Thu 10:00 – 12:00

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. Foodbank mobiles will only be on during their opening hours, outwith this time please contact our main office 0131 444 0030. Please do not contact the host buildings directly.

### **Food: Foodbank**

#### **Edinburgh Food Project - Priestfield Parish Church**

2 Marchhall Place  
Edinburgh EH16 5HW

T: 07933 707 819

Open Hours: Wed 13:30-15:30

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: This Foodbank has now re-opened, see open hours. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. Foodbank mobiles will only be on during their opening hours, outwith this time please contact our main office 0131 444 0030. Please do not contact the host buildings directly.

## Staying Safe

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### **Food: Foodbank**

#### **Edinburgh Food Project - Saint Andrew's Church (Buttercup Hall)**

17-19 Clermiston View  
Edinburgh EH4 7BS

T: 07794 849 945

Open Hours: Tues 13:00-15:00; Thu 13:00-15:00

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: This Foodbank has now re-opened, see open hours. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. Foodbank mobiles will only be on during their opening hours, outwith this time please contact our main office 0131 444 0030. Please do not contact the host buildings directly.

### **Food: Foodbank**

#### **Edinburgh Food Project - Saint Columba's by the Castle**

Edinburgh

T: 07805 203 852

Open Hours: Tues 14:00-16:00; Fri 14:00-16:00

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: This Foodbank has now re-opened, see open hours. Enter via Victoria Terrace, the church with the blue door down the hill. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. Foodbank mobiles will only be on during their opening hours, outwith this time please contact our main office 0131 444 0030. Please do not contact the host buildings directly.

## Staying Safe

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### **Food: Foodbank**

#### **Edinburgh Food Project - St Margaret Mary**

Boswall Parkway  
Edinburgh EH5 2JQ

T: 07794 850 009

Open Hours: Mon 13:00-15:00; Wed 13:00-15:00; Fri 10:00-12:00

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: This Foodbank has now re-opened, see opening hours. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. Foodbank mobiles will only be on during their opening hours, outwith this time please contact our main office 0131 444 0030. Please do not contact the host buildings directly.

### **Food: Foodbank**

#### **Edinburgh Food Project - The Priory Church**

Hopetoun Road  
Edinburgh EH30 9RA

T: 07837 532 169

Open Hours: Thu 11:00-13:00

W: <https://edinburghfoodproject.org/locations/>

FB: <https://en-gb.facebook.com/EdinFoodProject/>

Tw: <https://twitter.com/edinfoodproject?lang=en>

Inst: <https://www.instagram.com/EdinFoodProject/>

Summary: This Foodbank has now re-opened, see open hours. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. Foodbank mobiles will only be on during their opening hours, outwith this time please contact our main office 0131 444 0030. Please do not contact the host buildings directly.

## Staying Safe

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### **Food: Foodbank**

#### **Edinburgh Settlement Projects**

34a Haddington Place Leith Walk  
Edinburgh EH7 4AG

W: <http://www.edinburghsettlement.org/projects/>

FB: <https://en-gb.facebook.com/settlementprojectsedinburgh/>

Summary: Settlement Projects are open every Friday 12 – 4pm for emergency food sharing during current lockdown. Plenty of food and other essentials to share thanks to partners Edinburgh Food Project, Social Bite, FareShare, Breadshare Community-supported Bakery, Hey Girls, Refugee Community Kitchen Edinburgh. All welcome, no referral or booking needed. Covid safety measures are in place, face coverings and social distancing are essential. Free soup from Refugee Community Kitchen on a Tuesday.

See: <https://www.facebook.com/groups/1826011987631245/>

### **Food: Foodbank**

#### **Foodbanks - Struggling for a referral? The Scottish Welfare Fund**

T: 0131 529 5299

E: [welfarefundteam@edinburgh.gov.uk](mailto:welfarefundteam@edinburgh.gov.uk)

Summary: 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.

**Food: Foodbank**

**North East Edinburgh Foodbank (Trussell Trust) - Leith Saint Andrews Church**

410 - 412 Easter Road  
Edinburgh EH6 8HT

Open Hours: Tues: 1.00pm - 2.30pm; Thurs: 10.00am - 11.30am

E: [info@edinburghne.foodbank.org.uk](mailto:info@edinburghne.foodbank.org.uk)

W: [www.edinburghne.foodbank.org.uk/locations](http://www.edinburghne.foodbank.org.uk/locations)

Summary: Assistance is available from the North East Foodbank by referral only. Please visit the website below for more details: <http://www.edinburghne.foodbank.org.uk>

**Food: Foodbank**

**North East Edinburgh Foodbank (Trussell Trust) - North Leith Parish Church**

1a Maderia Place  
Edinburgh EH6 4AW

Open Hours: Tues: 10.00am - 12.00; Fri: 10.00am - 12.00

E: [info@edinburghne.foodbank.org.uk](mailto:info@edinburghne.foodbank.org.uk)

W: [www.edinburghne.foodbank.org.uk/locations](http://www.edinburghne.foodbank.org.uk/locations)

Summary: Assistance is available from the North East Foodbank by referral only. Please visit the website below for more details: <http://www.edinburghne.foodbank.org.uk>

## Staying Safe

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### **Food: Foodbank**

#### **North East Edinburgh Foodbank (Trussell Trust) - South Leith Parish Church Halls**

Main Contact: South Leith Parish Church Halls - Assistance by referral only  
Edinburgh EH6 6BS

T: 0131 554 2578

T2: Social Care Direct on 0131 200 2324/Out of Hours 0800 731 6969

Open Hours: Mon: 13:00 - 14:30; Fri 15:00 - 17:00

E: [info@edinburghne.foodbank.org.uk](mailto:info@edinburghne.foodbank.org.uk)

W: [www.edinburghne.foodbank.org.uk/locations](http://www.edinburghne.foodbank.org.uk/locations)

Summary: 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 554 2578 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](http://www.edinburghne.foodbank.org.uk/locations) or [Edinburgh North East Foodbank Facebook page](#)

### **Food: Foodbank**

#### **North East Edinburgh Foodbank (Trussell Trust) - Pilrig Saint Pauls Church**

1b Pilrig Street Leith  
Edinburgh EH6 5AH

Open Hours: Wed: 4.30pm - 6.00pm

E: [info@edinburghne.foodbank.org.uk](mailto:info@edinburghne.foodbank.org.uk)

W: [www.edinburghne.foodbank.org.uk/locations](http://www.edinburghne.foodbank.org.uk/locations)

Summary: Assistance is available from the North East Foodbank by referral only. Please visit the website below for more details: <http://www.edinburghne.foodbank.org.uk>



**Food: Foodbank**

**North East Edinburgh Foodbank (Trussell Trust) - Saint Margaret Parish Church**

McLaren Halls

48 Restalrig Road South

Edinburgh EH7 6LE

Open Hours: Wed: 11.00am - 12.30

E: [info@edinburghne.foodbank.org.uk](mailto:info@edinburghne.foodbank.org.uk)

W: [www.edinburghne.foodbank.org.uk/locations](http://www.edinburghne.foodbank.org.uk/locations)

Summary: Assistance is available from the North East Foodbank by referral only. Please visit the website below for more details: [www.edinburghne.foodbank.org.uk/locations](http://www.edinburghne.foodbank.org.uk/locations)

## Staying Safe

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### **Food: Foodbank**

#### **South East Edinburgh Foodbank (Trussell Trust) - Blythswood Care**

47 Southhouse Broadway

Edinburgh EH17 8AS

T: 0131 664 9353 T2: 07521 097 670

Open Hours: Mon, Thurs: 11am - 2.30pm

E: [jrossapc@googlemail.com](mailto:jrossapc@googlemail.com)

W: <http://www.edinburghse.foodbank.org.uk/>

FB: <https://www.facebook.com/trusselltrust>

Tw: <https://twitter.com/TrussellTrust>

Summary: Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. See: <http://www.edinburghse.foodbank.org.uk/>

## Staying Safe

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### **Food: Foodbank**

#### **South West Edinburgh Foodbank (Trussell Trust) Salvation Army**

431 Gorgie Road  
Edinburgh EH11 2RB

T: 0131 346 2875

Open Hours: Open Monday: 2pm - 4pm, Wednesday 11am - 1pm and Friday 10am - 12 noon

E: [Edinburgh.Gorgie@salvationarmy.org.uk](mailto:Edinburgh.Gorgie@salvationarmy.org.uk)

W: <https://www.trusselltrust.org/get-help/find-a-foodbank/edinburgh-sw-foodbank/>

FB: <https://www.facebook.com/trusselltrust>

Tw: <https://twitter.com/TrussellTrust>

Summary: Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher. See: <https://www.trusselltrust.org/get-help/find-a-foodbank/edinburgh-sw-foodbank/>

### **Food: Foodbank**

#### **The Sikh Food Bank**

Edinburgh

E: [admin@sikhsinscotland.com](mailto:admin@sikhsinscotland.com)

W: [www.sikhsinscotland.com](http://www.sikhsinscotland.com)

FB: <https://www.facebook.com/TheSikhFoodBank/>

Tw: <https://twitter.com/sikhsinscotland>

Inst: <https://www.instagram.com/sikhsinscotland/>

Summary: This service is specifically aimed at vulnerable people, elderly and ethnic minority communities who may be in financial difficulties providing food supplies - please email [admin@sikhsinscotland.com](mailto:admin@sikhsinscotland.com)

## Staying Safe

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### **Food: Free or Low Cost Food**

#### **Calders Resident Association - Weekly Fare Share Distribution**

Calder Community flat G1  
Dunsyre House North  
Calder Estate Edinburgh  
Edinburgh

Opening Hours: Fridays 10am-12noon

Summary: Calder Residents Association - weekly fare share distribution at:  
Calder Community flat G1, Dunsyre House North, Calder Estate Fridays 10-12.

### **Food: Free or Low Cost Food**

#### **Care Van**

W: <https://www.edinburghcitymission.org.uk/where-to-find-help/care-van.php>

Summary: Care Van: the van continues to go out five lunch-times and seven evenings a week, providing a hot drink and takeaway meal for homeless people. ; Lunchtimes: 12.30pm Market Street; 1pm-2pm King's Stables Road, Grassmarket, North Bridge; 2pm Leith Walk (north of McDonald Rd); Evenings: 9pm Waverley Bridge; 9.50-10.30pm King's Stables Road, Grassmarket, North Bridge.

## Staying Safe

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### **Food: Free or Low Cost Food**

#### **Clovenstone Community Centre - Weekly Fare Share Distribution**

54 Clovenstone Park,  
Edinburgh EH14 3EY

FB: <https://www.facebook.com/cloviacentre1975/>

Summary: Clovenstone Community Centre - Check out Facebook page for days and times of fare share distribution.

### **Food: Free or Low Cost Food**

#### **Community One Stop Shop**

3 Broomhouse Market  
Edinburgh EH11 3UU

T: 0131 443 6223 - Helpline

Open Hours: Monday to Thursday, 9.00 am - 3.00 pm; Friday 9.00 am - 12.00 pm; Wednesday evenings, 5.00 pm - 8.00 pm

W: <https://www.coss-broomhouse.org.uk/foodbank/>

FB: <https://en-gb.facebook.com/CommunityOneStopShop/>

Tw: <https://twitter.com/cossfoodbank?lang=en-gb>

Inst: <https://www.instagram.com/communityonestopshop/>

Summary: The Broomhouse Food Bank offers free packs of food to families and individuals in crisis. Supported by your donations of non-perishable food, we are able to make a difference to families living in poverty in our area. If you are in crisis and need help with emergency food provision, please contact us immediately. Many of our clients are facing long term crisis situations. The most common reason for service access this year was clients having no money to buy food, often due to benefit delays, sanctions or changes.

We pride ourselves on the holistic nature of the project, and encourage foodbank clients to engage with our primary services. We also deliver our Food Bank and advice services at the Calder's Community Flat in Edinburgh.

## Staying Safe

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### **Food: Free or Low Cost Food**

#### **Cyrenians FareShare**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 554 3900

E: [fareshare@cyrenians.scot](mailto:fareshare@cyrenians.scot)

W: <https://cyrenians.scot/community-and-food/good-food/fareshare/>

FB: <https://www.facebook.com/cyrenians>

Tw: <https://twitter.com/Cyrenians1968>

Inst: <https://www.instagram.com/cyrenians/>

Summary: Cyrenians FareShare: based in Leith; redistributes surplus food from manufacturers and supermarkets to community groups based on a membership system; contact: [fareshare@cyrenians.scot](mailto:fareshare@cyrenians.scot) more info: <https://cyrenians.scot/community-and-food/good-food/fareshare/>

### **Food: Free or Low Cost Food**

#### **Edinburgh Community Food**

22 Tennant Street  
Edinburgh EH6 5ND

T: 0131 467 7326

W: <https://www.edinburghcommunityfood.org.uk/Pages/Shop/Default.aspx>

FB: <https://www.facebook.com/EdinComFood/>

Tw: <https://twitter.com/EdinComFood>

Inst: <https://www.instagram.com/edincomfood/>

Summary: Edinburgh community Food - have an online order form of specific food - Please get in touch on 0131 467 7326 or visit <https://www.edinburghcommunityfood.org.uk/Pages/Shop/Default.aspx> - various food boxes (veg, essentials or variety) priced £20-25, delivered to vulnerable customers across Edinburgh

## Staying Safe

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### **Food: Free or Low Cost Food**

#### **Empty Kitchens, Full Hearts**

28-30, Ferry Road  
Edinburgh EH6 4AE

T: 07895 347 157

E: [emptykitchens@hotmail.com](mailto:emptykitchens@hotmail.com)

W: <https://www.emptykitchens.co.uk/>

Summary: Empty Kitchens Full hearts are currently not taking any new referrals for food delivery due to lack of volunteers. We can still offer our hot food service outside Leith Theatre between 12-1pm and 4:30-5:30 pm.

### **Food: Free or Low Cost Food**

#### **Guru Nanak - Free Kitchen**

Kirkgate  
Edinburgh

FB: <https://www.facebook.com/gnfkedinburgh/>

Summary: Guru Nanak - Free Kitchen. Meet in the Kirkgate from 5.00pm Friday. Suspended due to current Covid-19 restrictions.

**Food: Free or Low Cost Food**

**Missionaries of Charity**

18 Hopetoun Terrace  
Edinburgh EH7 4AY

T: 0131 556 5444

Open Hours: Mon, Tues and Fri: 4.00pm - 5.00pm

Summary: Monday, Tuesday, Wednesday, Friday and Sunday Free Hot food at 4pm

**Food: Free or Low Cost Food**

**NHS Healthy Start Vouchers**

T: 0345 6076823

E: <https://www.healthystart.nhs.uk/contact-us/>

W: <http://www.healthystart.nhs.uk/>

Summary: Healthy Start vouchers are free from NHS Lothian. They are issued every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. The voucher scheme is mean tested and there is specific qualifying criteria as follows: You get free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins. Pregnant women and children over one and under four years old can get £3.10 voucher per week; Children under one year old can get two £3.10 vouchers (£6.20) per week. Speak to your midwife or health visitor for an application form or visit



## Staying Safe

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### **Food: Free or Low Cost Food**

#### **North Edinburgh Arts - Hot Food requests**

15a Pennywell Court  
Edinburgh EH4 4TZ

T: 07493 876 130

Open Hours: Mon – Fri: 10am - 4pm

E: [BrianM@NorthEdinburghArts.co.uk](mailto:BrianM@NorthEdinburghArts.co.uk)

W: <https://northedinburgharts.co.uk/>

Summary: Requests for Hot Food deliveries should be sent to: [BrianM@NorthEdinburghArts.co.uk](mailto:BrianM@NorthEdinburghArts.co.uk)

### **Food: Free or Low Cost Food**

#### **Ps and Gs Church – Saturday Meal**

York Place  
Edinburgh EH1 3RH

T: 0131 556 1335

Open Hours: Sat: 4.30pm - 6.00pm

E: [anneburnett56@gmail.com](mailto:anneburnett56@gmail.com)

W: <https://www.psandgs.org.uk/>

Summary: Free food every Sat: 4.30pm - 6.00pm

## Staying Safe

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### **Food: Free or Low Cost Food**

#### **Salvation Army Niddry Street Wellbeing Centre**

25 Niddrie Street  
Edinburgh EH1 1LG

T: 0131 523 1060

Open Hours: Mon-Fri, 10am - 3.00pm

E: [edinburghcity@salvationarmy.org.uk](mailto:edinburghcity@salvationarmy.org.uk)

W: <https://www.salvationarmy.org.uk/niddry-street>

FB: <https://www.facebook.com/salvationarmyuk/>

Tw: <https://twitter.com/salvationarmyuk>

YT: <https://www.youtube.com/user/salvationarmyvideo>

Summary: Covid-19 has effected services for help with things like welfare claims. One to one meetings are happening (ideally by appointment). The centre runs a needle exchange service and a GP is available on a Wednesday from 2-4pm. Plans are being developed to open up the centre more as COVID restrictions are lifted.

### **Food: Free or Low Cost Food**

#### **Social Bite**

131 Rose Street  
Edinburgh EH2 3DT

T: 0131 353 0250

Open Hours: 2-4pm

E: [info@social-bite.co.uk](mailto:info@social-bite.co.uk)

W: <http://social-bite.co.uk/>

Summary: Social Bite are open for food packs to take away from 3pm – 4pm every weekday in Edinburgh from 131 Rose St Social Bite.

## Staying Safe

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### **Food: Free or Low Cost Food**

#### **Soul Food**

E: [hello@soulfoodedinburgh.org](mailto:hello@soulfoodedinburgh.org)

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

FB: <https://www.facebook.com/SoulFoodEd/>

Tw: <https://twitter.com/SoulFoodEdin>

Summary: There are 'Grab and Go' Takeaway stands across Edinburgh on: Tuesdays (outside Carrubbers Christian Centre, High Street, 5:30pm); Wednesdays (outside The City of Edinburgh Methodist Church, Nicolson Square, 5:30pm); Thursdays (outside St Margaret's Episcopal Church, Easter Road, 5:30pm); And 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 meal. Please email [hello@soulfoodedinburgh.org](mailto:hello@soulfoodedinburgh.org) or contact us through our social media pages for more information.

### **Food: Free or Low Cost Food**

#### **Space / Broomhouse hub**

79-89 Broomhouse Crescent

Edinburgh EH11 3RH

T: 0131 455 7731

E: [helene@spacescot.org](mailto:helene@spacescot.org)

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

Summary: Café at the Hub: Open from 11.30am – 1.30pm for take away food to those who have family meal vouchers. Social distancing measures are in place to allow for a 2m gap when queuing.; They are also providing hot meals, food parcels and ready meals for cooking at home. Food delivery is from 8.00am to 3.00pm. This service is for the most vulnerable and referred clients from SW Edinburgh. Call 0131 455 7731 for more information. All our core services at the centre have been moved to telephone and/or digital services. Please see Facebook for updates and schedules videos.

## Staying Safe

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### **Food: Free or Low Cost Food**

#### **Saint Catherine's Convent**

4 Lauriston Gardens  
Edinburgh EH3 9HH

T: 0131 229 2659

T2: 07411 666 411

Open Hours: Mon-Fri: 9-11.30am, 5.30-6.30pm

E: [timmins490@btinternet.com](mailto:timmins490@btinternet.com)

W: <https://mercycentre.org.uk/the-homeless-project>

Summary: Saint Catherine's Convent Homelessness Project offers friendship and practical support to homeless and disadvantaged people.

### **Food: Free or Low Cost Food**

#### **Saint Martin's**

4 Magdalene Drive  
Edinburgh EH15 3DB

T: 07545 804034

T2: 07900 367023

W: <https://www.stmartinsedinburgh.info/>

Summary: Saint Martin's are working with local organisations in Bingham and Magdalene to offer support to those in need.

## Staying Safe

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### **Food: Free or Low Cost Food**

#### **The Health Agency**

Wester Hailes Healthy Living Centre  
30 Harvesters Way  
Edinburgh EH14 3JF

E: [stacey@thehealthagency.org.uk](mailto:stacey@thehealthagency.org.uk)

W: <https://thehealthagency.org.uk/>

FB: <https://www.facebook.com/WesterHailesHealthAgency/>

Summary: The Health Agency - check out on Facebook for dates of Wednesday weekly take away  
<https://www.facebook.com/WesterHailesHealthAgency/> or contact [stacey@thehealthagency.org.uk](mailto:stacey@thehealthagency.org.uk)

### **Food: Free or Low Cost Food**

#### **WHALE Arts**

30 Westburn Grove  
Edinburgh EH14 2SA

T: 0131 458 3267

E: [info@whalearts.co.uk](mailto:info@whalearts.co.uk)

W: <http://www.whalearts.co.uk/>

FB: <https://www.facebook.com/WhaleArtsAgency>

Tw: [https://twitter.com/whale\\_arts](https://twitter.com/whale_arts)

Inst: [https://www.instagram.com/whale\\_arts/](https://www.instagram.com/whale_arts/)

YT: [https://www.youtube.com/channel/UC-B-jZk8lq\\_S4u9UQ2VKQ1g](https://www.youtube.com/channel/UC-B-jZk8lq_S4u9UQ2VKQ1g)

Summary: A free community takeaway meal is available every Friday between 1.00 and 2.00pm. Social distancing measure are in place to allow for a 2m gap, when queing). You can either collect this meal or request a home delivery. They are also offering art packs for children - get in touch and they will post one out to you. For more information call 0131 458 3267 or email [info@whalearts.co.uk](mailto:info@whalearts.co.uk)

## Staying Safe

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### **Food: Fridge**

#### **SCORE Scotland Community Fridge**

c/o WHALE Arts Centre  
30 Westburn Grove  
Edinburgh EH14 2SA

T: 07496 190 916

W: <https://www.scorescotland.org.uk/community-fridge/>

FB: [https://www.facebook.com/SCOREscotland/?eid=ARBKo1uFWrBD18zseVrvkuL83a66QqVKKOQH-st6eenpPj8\\_29dmA2zTslAq3EdvyPJT1\\_LGPwYpzflGg](https://www.facebook.com/SCOREscotland/?eid=ARBKo1uFWrBD18zseVrvkuL83a66QqVKKOQH-st6eenpPj8_29dmA2zTslAq3EdvyPJT1_LGPwYpzflGg)

Summary: The Community Fridge is for everybody! People and businesses donate food that is close to its 'use by' or 'best before' dates that they know they won't use/sell or will otherwise be wasted. You can take food if you see anything that you know you will use. Anything you take from the fridge is free of charge. This is not a foodbank and there is no need to feel ashamed or embarrassed that you are using the community fridge – it is a food redistribution project to cut the amount of food wasted in our community. All food must be good for at least another 24 hours when you donate it. The fridge will have a signing in/out sheet, so you can log what you have donated and/or taken, just so that the volunteers running the fridge can keep a track of what is going in and out of the fridge and ensure everything stays safe to eat. The SCORE Scotland Community Fridge is located inside the reception area of the Whale Arts Centre. It is Open on Mondays and Thursdays between 1:30pm to 3pm. If you would like to use the Community Fridge please contact: [madhavi@scorescotland.org.uk](mailto:madhavi@scorescotland.org.uk)

### **Food: Free School Meals**

#### **Free School Meals**

E: [school.grants@edinburgh.gov.uk](mailto:school.grants@edinburgh.gov.uk)

Summary: Parents who receive free school meals will get payments to their bank accounts during time schools are closed because of COVID-19. Email [school.grants@edinburgh.gov.uk](mailto:school.grants@edinburgh.gov.uk) if your bank details etc have changed.

**Food: Packed Lunch**

**Drylaw Neighbourhood Centre - Packed Lunch Requests**

Edinburgh

Open Hours: Mon – Fri: 10am – 2pm

E: [roy@drylawnc.org.uk](mailto:roy@drylawnc.org.uk)

Summary: Packed Lunch requests - Service available for those living in Drylaw / Telford

**Food: Packed Lunch**

**Drylaw Rainbow Club Centre - Packed Lunch Requests**

Edinburgh

T: 0131 343 6643

Open Hours: Mon – Fri: 10am – 2pm

E: [rainbowdaycare@btconnect.com](mailto:rainbowdaycare@btconnect.com)

Summary: Packed Lunch requests - Service available for those living in Drylaw / Telford

## Staying Safe

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### **Food: Packed Lunch**

#### **Granton Community Gardeners - Packed Lunch Requests**

Edinburgh

E: [Tom@grantoncommunitygardeners.org](mailto:Tom@grantoncommunitygardeners.org)

W: <https://forms.gle/JVUXaRCtXH4zhAmw6>

Summary: Food/Meals delivered, see web site for details. Packed Lunch requests. Service available for those living in Granton / Royston

### **Food: Packed Lunch**

#### **Muirhouse Low Income Families Together (LIFT) - Packed Lunch Requests**

Edinburgh

T: 0131 467 3578

E: [Danielle.lift@outlook.com](mailto:Danielle.lift@outlook.com)

Summary: Packed Lunch requests - Service available for those living in Muirhouse / Salvesen



**Food: Packed Lunch**

**Spartans Football Club - Packed Lunch Requests**

Edinburgh

T: 0131 552 7854

Open Hours: Mon - Fri: 10am – 3pm

E: [info@spartanscfa.com](mailto:info@spartanscfa.com)

Summary: Packed Lunch requests - Service available for those living in Granton / Royston

**Food: Packed Lunch**

**West Pilton/Graton Mill - Packed Lunch Requests**

T: 07845 015 976

Open Hours: Mon – Fri: 9am – 12pm

E: [lynn.mccabe@ea.edinburgh.sch.uk](mailto:lynn.mccabe@ea.edinburgh.sch.uk)

Summary: Packed Lunch requests - Service available for those living in West Pilton/Graton Mill

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**Abuse:** [Abused Men](#), [Ethnic Minorities](#), [Child Abuse](#), [Domestic Violence](#), [Helpline](#), [LGBT](#), [Seniors](#), [Slavery](#), [Stalking](#)

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**Advocacy**

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## **Welfare Benefits - Income Maximisation**

### **Maximise - Chai**

Edinburgh

T: 0131 442 2100 T2: 0131 446 2300

W: <http://www.chaiedinburgh.org.uk/maximise/>

Tw: <https://twitter.com/chaiedinburgh>

Summary: Maximise Families who have a child who attends school at Leith Academy, Castlebrae High School, Lorne, Leith, Hermitage Park or Craigentenny, Niddrie or Castlevie Primaries can receive free welfare benefit advice, employability assistance or family support. Tel: 0131 442 2100 or 0131 446 2300.

## **Welfare - Income Maximisation**

### **Money Talk Team - Citizens Advice**

Citizens Advice Edinburgh

T: 0800 085 7145

W: <https://www.parentclub.scot/articles/who-are-money-talk-team>

FB: <https://www.facebook.com/ParentClubScotland/?form=MY01SV&OCID=MY01SV>

Inst: <https://www.instagram.com/parentclubscotland/>

Summary: Income Maximisation - They'll check whether you're getting as much income as you possibly could, and help find ways that you could pay out less each month, like: Ways you might be able to save cash; Cheaper deals on things like gas and electricity; Claiming benefits you might not know you're entitled to; Grants or exemptions you may be entitled to.

## Staying Safe

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### **Welfare Benefits - Guidance**

#### **Citizens Advice Bureau Edinburgh**

T: 0131 510 5510

Opening Hours: Monday to Friday, 9.30 am - 4.30 pm

W: <https://www.citizensadviceedinburgh.org.uk/>

Summary: Citizens Advice Edinburgh are now operating a telephone only advice service. In the meantime, you can use the CAB Edinburgh website for information.

### **Welfare Benefits - Guidance**

#### **CHAI - Community Help and Advice Initiative - Coronavirus - Benefits Guidance**

5th Floor, Riverside House,

502 Gorgie Road,

Edinburgh EH11 3AF

W: <http://www.chaiedinburgh.org.uk/coronavirus-employee/>

Summary: And this is the link to CHAI's (Community Help & Advice Initiative) information, that explains the benefits that you can claim if you are diagnosed with the Coronavirus:

<http://www.chaiedinburgh.org.uk/coronavirus-employee/>

### **Welfare Benefits - Guidance**

#### **CHAI - Community Help and Advice Initiative - Coronavirus - What help is available**

5th Floor, Riverside House,  
502 Gorgie Road,  
Edinburgh EH11 3AF

W: <http://www.chaiedinburgh.org.uk/coronavirus-what-help-is-available/>

Summary: Really good guide of various financial options.

### **Welfare Benefits - Guidance**

#### **Milan Senior Welfare Organisation**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2307

Opening Time: Monday to Friday 9am to 4pm

E: [admin@milanswc.org](mailto:admin@milanswc.org)

W: <http://www.milanswo.co.uk/>

FB: <https://www.facebook.com/milanseniorewelfareorganisation/>

Summary: Milan is providing the services detailed below to both carers and older people from South Asian communities in Edinburgh and Lothian: Telephone support in community languages; Contactless delivery of essential household groceries for the vulnerable and those self isolating; Free hot meals at least once a week; Welfare benefits support through our information/advice support (call 0131 475 2307/2419/2447 for guidance); Outreach/befriending service to those most excluded and living alone

## **Welfare Benefits - Payments/Grants**

### **City of Edinburgh - Crisis Grants**

Edinburgh

T: 0131 529 5299

W: <https://www.edinburgh.gov.uk/benefits-grants/scottish-welfare-fund/3?documentId=12271&category-%20Id=2>

Summary: Crisis Grants - You can apply for a Crisis Grant by calling 0131 529 5299, or go to the above website and apply online

## **Welfare Benefits - Payments/Grants**

### **City of Edinburgh - Discretionary Housing Payments**

T: 0800 014 7299 - Freephone T2: 0131 608 1111 - For Help

Helpline Open: Mon-Thurs: 10.00am - 4.00pm and Fri 10.00am - 3.00pm

W: <https://www.edinburgh.gov.uk/welfare-reform/discretionary-housing-payments-dhp-form>

Summary: A Discretionary Housing Payment (DHP) is intended to help towards eligible housing costs and is made entirely at the discretion of the Council. Whilst it is not a payment of benefit, a DHP can only be made if Housing Benefit or Housing Costs (within Universal Credit award) is already in payment. Some things that may be included in your housing costs, e.g. heating, water, electricity etc. do not qualify for a DHP.

## **Welfare Benefits - Payments/Grants**

### **City of Edinburgh - Scottish Welfare Fund**

City of Edinburgh  
Waverley Court  
4 East Market Street  
Edinburgh EH8 8BG

T: 0131 529 5299

E: [welfarefundteam@edinburgh.gov.uk](mailto:welfarefundteam@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/benefits-grants/scottish-welfare-fund>

Summary: The fund awards the community care grant and crisis grant. Neither grant has to be paid back. Each case is considered on its own merit. You can apply for a: Crisis Grant – if you're in crisis because of a disaster (like a fire or flood), or an emergency (like losing your money or job, or an unexpected expense); Self Isolation Support Grant - if you've been asked to self-isolate by Test and Protect because of coronavirus (COVID-19) and will lose income as a result; Community Care Grant – to help you or someone you care for to start to live, or to carry on living, a settled life in the community. Food and clothing bank - When you apply for a community care grant or crisis grant from the Scottish Welfare Fund, we will also offer you emergency food and clothing support.

Please go to the next page.

## **Welfare Benefits - Payments/Grants**

### **City of Edinburgh - Social Work Payments**

T: 0131 200 2324 - Social Care Direct T2: 0131 529 7438 - The Access Point

T3: 0800 731 6969 - Out of Hours Social Work service (emergencies only)

Summary: Edinburgh City Council has a statutory duty to support vulnerable adults or children in need if there is an emergency. To ask about Section 12, 22 or 27 social work payments, contact Social Care Direct; telephone 0131 200 2324 or, if homeless, The Access Point; telephone 0131 529 7438. Out of office hours, call the Out of Hours Social Work service (emergencies only) on 0800 731 6969.

## **Welfare Benefits - Payments/Grants**

### **Free School Meals, milk and clothing grant - City of Edinburgh**

W: <https://www.edinburgh.gov.uk/schoolgrants>

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



Please go to next entry

## **Welfare Benefits - Payments/Grants**

### **Department of Work and Pensions (DWP) - Hardship payments**

T: 0345 608 8545 - Hardship payments

Summary: How to apply for a hardship payment. If you're on JSA or ESA you should either ask about hardship payments in person at the Jobcentre Plus office, or call the DWP contact centre on 0345 608 8545. You should be set up with an appointment for the same day or the day after.

## **Welfare Benefits - Payments/Grants**

### **Department of Work & Pensions (DWP) - Funeral Support Payment**

T: 0800 731 0469 - Bereavement Service Helpline

Helpline Open: Mon-Fri: 08.00am - 06.00pm

W: <https://www.gov.uk/funeral-payments>

Summary: You could get a Funeral Expenses Payment (also called a Funeral Payment) if you get certain benefits and need help to pay for a funeral you're arranging.

## **Welfare Benefits - Payments/Grants**

### **Department of Work & Pensions (DWP) - Short Term Benefit Advances**

T: 0800 169 0310 - Income support, ESA or JSA T2: 0800 731 0297 - Carer's Allowance

T3: 0800 731 0469 - Pension Credit or State Pension

Summary: Department of Work and Pensions (DWP): Short Term Benefit Advances you may be able to get an advance on your first benefit payment if you're in urgent financial need and have recently applied for Jobseeker's Allowance, Income Support, Employment and Support Allowance (ESA), Carer's Allowance, Pension Credit or State Pension. Speak to your Jobcentre Plus work coach or call the phone number for the benefit you're claiming.

## **Welfare Benefits - Payments/Grants**

### **Universal Credit Live Service Advance Payments**

T: 0800 328 9344 - Universal Credit live service helpline

Summary: DWP - Universal Credit Live Service Advance Payments If you need help to pay your bills or cover other costs while you wait for your first Universal Credit payment, you can apply to get an advance. You'll need to explain why you need an advance. Speak to your Jobcentre Plus work coach or phone the Universal Credit live service helpline Telephone: 0800 328 9344

## **Welfare Benefits - Payments/Grants**

### **Early Learning Payment - Social Security Scotland**

T: 0800 182 2222

W: [www.mygov.scot/beststart](http://www.mygov.scot/beststart)

Summary: Early Learning Payment £250 help for eligible families with a child between 2 and 3 1/2 years. To find out the support you may be eligible for visit [www.mygov.scot/beststart](http://www.mygov.scot/beststart) Or call 0800 182 2222

## **Welfare Benefits - Payments/Grants**

### **Food Payment £17 every four week - Social Security Scotland**

T: 0800 182 2222

W: [www.mygov.scot/beststart](http://www.mygov.scot/beststart)

Summary: 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) or call 0800 182 2222

## **Welfare Benefits - Payments/Grants**

### **Scottish Social Security - Pregnancy and Baby Grant**

T: 0800 182 2222

Opening Hours: Monday to Friday, 8am to 6pm, Monday to Friday

W: <https://www.mygov.scot/best-start-grant-best-start-foods/>

Summary: You can get Best Start Grant and Best Start Foods: if your child is the right age for a payment; whether you're in work or not, as long as you're on certain payments or benefits; as long as you're the parent of a child, or the main person looking after the child.

## **Welfare Benefits - Payments/Grants**

### **Scottish Child Payment for low income families with children under 6 years - Social Security Scotland**

W: <https://www.mygov.scot/scottish-child-payment>

Summary: The Scottish Child Payment for low income families with children under 6 years pays out £10 per child, per week. For more information go to: <https://www.mygov.scot/scottish-child-payment/how-it-works/>

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**City of Edinburgh - Coronavirus Service**

E: <https://www.edinburgh.gov.uk/contactus>

W: <https://www.edinburgh.gov.uk/coronavirus>

Summary: Coronavirus - Latest update on COVID-19 and Edinburgh City Council services

**Vulnerable People: Covid-19 Guidance**

**Edinburgh Health and Social Care Partnership - Coronavirus**

W: <https://www.edinburghhsc.scot/coronavirus-information/>

Summary: To help keep you informed during the outbreak of COVID-19, on these pages you'll find information and advice from the Edinburgh Health and Social Care Partnership and other official bodies about COVID-19.

### **Vulnerable People: Covid-19 Guidance**

**Get coronavirus support as a clinically extremely vulnerable person**

W: <https://www.gov.uk/coronavirus-extremely-vulnerable>

Summary: Get support if you're clinically extremely vulnerable to coronavirus.

### **Vulnerable People: Covid-19 Guidance**

**Latest UK Government Coronavirus (COVID-19) Guidance**

W: <https://www.gov.uk/coronavirus>

Summary: Coronavirus remains a serious health risk. You should stay cautious to help protect yourself and others.

- Let fresh air in if you meet indoors. Meeting outdoors is safer
- Wear a face covering in crowded and enclosed spaces where you come into contact with people you do not normally meet
- Get tested and self-isolate if required
- If you haven't already, get vaccinated



**Vulnerable People: Covid-19 Guidance**

**NHS Inform - Latest coronavirus (Covid-19) guidance from NHS Scotland and the Scottish Government**

W: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

Summary: Latest coronavirus (Covid-19) guidance from NHS Scotland and the Scottish Government, including physical distancing measures and advice for infected households.

**Vulnerable People: Covid-19 Guidance**

**Scottish Care - Information and resources for Covid-19**

W: <https://scottishcare.org/>

Summary: Scottish Care is committed to supporting providers to ensure the health, safety and wellbeing of the individuals they support and their workforce at this difficult time. Members are able to find Covid-19 related information, resources and guidance on the Members Area of this website.

### **Vulnerable People: Covid-19 Guidance**

**The Scottish Government's guidance around Covid-19**

W: <https://www.gov.scot/coronavirus-covid-19/>

Summary: Guidance about coronavirus (Covid-19), including business, health, education and housing.

### **Vulnerable People: Compassion and Self Esteem**

**Self Compassion in difficult times - with Kristin Neff**

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

Summary: Dr Kristin Neff explains the vital importance of self-compassion and how we can we learn to be kinder to ourselves, especially when facing difficult times. This was filmed at an Action for Happiness online event on 20 July 2020 <https://www.actionforhappiness.org>

### **Vulnerable People: Compassion and Self Esteem**

#### **Self-esteem self-help guide**

W: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/self-esteem-self-help-guide/>

Summary: Work through a self-help guide that uses cognitive behavioural therapy (CBT) to improve self-esteem.

### **Vulnerable People: Compassion and Self Esteem**

#### **How to feel happier**

W: <https://www.nhsinform.scot/healthy-living/mental-wellbeing/low-mood-and-depression/how-to-feel-happier>

Summary: Try our six tips to help you be happier, more in control, and able to cope better with life's ups and downs.

## Staying Safe

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### **Vulnerable People: Fire Safety**

#### **Fire Safety during Covid-19**

W: <https://www.firescotland.gov.uk>

Summary: Advice from the Scottish Fire and Rescue Service on how to stay safe during Covid-19

### **Vulnerable People: Fraud**

#### **Scams during Covid-19**

W: <https://www.tsscot.co.uk/coronavirus-covid-19/coronavirus-scams/>

FB: <https://www.facebook.com/TSScot?form=MY01SV&OCID=MY01SV>

Tw: <https://twitter.com/TSScot>

Summary: As Scottish communities deal with uncertainty and isolation, there is a rapidly increasing variety of scams related to the Coronavirus (Covid-19) outbreak. Scottish Standards Scotland have put together a guide to help you protect yourself from scammers.

### **Vulnerable People: Leaving Hospital**

#### **General Patient Information for being discharged from hospital**

W: <https://www.nhs.uk/using-the-nhs/nhs-services/hospitals/being-discharged-from-hospital/>

Summary: Help and guidance on the discharge from hospital process.

### **Vulnerable People: Loneliness**

#### **Feeling lonely**

W: <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/feeling-lonely/>

Summary: Most people feel lonely sometimes, for many different reasons. If loneliness is affecting your life, there are things you can try that may help.

### **Vulnerable People: Talking to a Health Professional**

#### **How to talk to your GP about your mental health**

W: [https://www.youtube.com/watch?v=Dqb-n\\_L5hIA](https://www.youtube.com/watch?v=Dqb-n_L5hIA)

Summary: For most of us, our local GP practice is the first place we'll go when we're unwell. It's there to help us with our mental health as well as our physical health. In fact, around one third of all GP appointments are related to mental health. However, it's not always easy having that first conversation about your deepest feelings with your GP, someone you may hardly know.

### **Vulnerable People: Talking to a Health Professional**

#### **Doctor, Can We Talk?: Tips for Communicating With Your Health Care Team**

W: [https://www.cancercare.org/publications/53-doctor\\_can\\_we\\_talk\\_tips\\_for\\_communicating\\_with\\_your\\_health\\_care\\_team](https://www.cancercare.org/publications/53-doctor_can_we_talk_tips_for_communicating_with_your_health_care_team)

Summary: Talking to your doctor can be difficult. A diagnosis of cancer may leave you feeling frightened or overwhelmed, but good communication with your doctor will help improve the quality of the care you receive.

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## Training and Employment

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### **Training: ESOL**

**ESOL (English for Speakers of other Languages) - College Based**  
Edinburgh College

W: <https://www.edinburghcollege.ac.uk/Courses/ESOL%20College%20Based>

Summary: Edinburgh College runs ESOL (English for Speakers of other Languages) 1-5 courses, see website for details.

### **Training: ESOL**

**ESOL (English for Speakers of other Languages)**  
Edinburgh

T: 0800 085 7672

E: [ESOL@ea.edin.sch.uk](mailto:ESOL@ea.edin.sch.uk) - General Enquiries

E: [Karen.buist@edinburgh.gov.uk](mailto:Karen.buist@edinburgh.gov.uk) - Detailed enquiries

Summary: ESOL (English for Speakers of other Languages): Weekly online English classes at different levels are available to adults for whom English is not a first language. New learners are invited to a language assessment meeting and then placed in an appropriate class or on a waiting list. New learners can be accepted into classes at the start of each term, provided there are spaces. Due to Covid-19 restrictions, these classes are currently online using Microsoft Teams.

For general enquiries please email:

[ESOL@ea.edin.sch.uk](mailto:ESOL@ea.edin.sch.uk) , Tel: 0800 085 7672

For more details contact:

Karen - [Karen.buist@edinburgh.gov.uk](mailto:Karen.buist@edinburgh.gov.uk)

## Training and Employment

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### **Training: Family Learning**

#### **Resettlement Programme (ESOL and Family Learning)**

Edinburgh

E: [Karen.riddell@ea.edin.sch.uk](mailto:Karen.riddell@ea.edin.sch.uk)

E: [Hannah.avison@ea.edin.sch.uk](mailto:Hannah.avison@ea.edin.sch.uk)

YT: <https://www.youtube.com/EnglishSnacks>

Summary: Resettlement Programme (ESOL and Family Learning): Formerly we were called the Syrian Resettlement Project. 2 services are available for refugees from countries covered under the UK resettlement scheme. We offer English for Speakers of Other Languages (ESOL) classes, as well as Family Learning courses. Our ESOL tutors deliver over 20 online ESOL classes every week. The Family Learning workers support families to learn English together. We also have 62 English Snacks videos on our YouTube channel. The short videos are suitable for learners new to ESOL and can be stacked up to slightly more challenging levels. These can be found by following the link below: <https://www.youtube.com/EnglishSnacks> For information on the Resettlement Programme's ESOL classes, please contact either Karen or Hannah:

[Karen.riddell@ea.edin.sch.uk](mailto:Karen.riddell@ea.edin.sch.uk) - [Hannah.avison@ea.edin.sch.uk](mailto:Hannah.avison@ea.edin.sch.uk)

### **Training: Literacy**

#### **Adult Literacies**

Edinburgh

T: 0800 085 7672 - Adult Learning Line

T2: 07922416232 - Liz Highet - Adult Literacies Lifelong Learning Development Officer

E: [ale@ea.edin.sch.uk](mailto:ale@ea.edin.sch.uk)

E: [Liz.Highet@ea.edin.sch.uk](mailto:Liz.Highet@ea.edin.sch.uk)

FB: <https://bit.ly/3pM7oii>

YT: [www.youtube.com/channel/UC9N5k4EAiTJN9jy7ovaQrXg](https://www.youtube.com/channel/UC9N5k4EAiTJN9jy7ovaQrXg)

Summary: Adult Literacies' groups and courses are free for all adults who want to build skills and confidence in reading, writing, spelling or numbers. Learners decide what they want to work on and can learn at their own pace. Each person will be working towards a different goal. They may want to help their children with home- work, write better work reports, manage money or work towards SQA qualifications. Due to Covid there are no face-to-face groups running just now. Adults can continue learning online with digital support available to them or they can work with a tutor by phone and post. For general enquiries please email: [ale@ea.edin.sch.uk](mailto:ale@ea.edin.sch.uk) or Adult Learning line: 0800 085 7672. For more details contact Liz Highet - Adult Literacies Lifelong Learning Development Officer. Email: [Liz.Highet@ea.edin.sch.uk](mailto:Liz.Highet@ea.edin.sch.uk),  
Tel: 07922416232

## Training and Employment

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### **Training: Literacy and Numeracy**

#### **Literacy and Numeracy Support for Adults**

Edinburgh

T: 07719 420 424

E: [Lydia.Markham@ea.edin.sch.uk](mailto:Lydia.Markham@ea.edin.sch.uk)

Summary: Literacy and Numeracy Support for Adults in South West Edinburgh Reading, Writing, Numbers, Guidance and Advice. An online group with support by phone or email Contact: Lydia Markham on [Lydia.Markham@ea.edin.sch.uk](mailto:Lydia.Markham@ea.edin.sch.uk) Or phone: 07719 420 424

## Training and Employment

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### **Training: Digital Skills**

#### **BT Skills for Tomorrow**

W: <https://www.bt.com/skillsfortomorrow>

Summary: Online courses to learn new skills for work, home and everyday life.

### **Training: Digital Skills**

#### **Discover free digital skills courses for all levels - Accenture**

W: <https://www.futurelearn.com/career-advice/grow-your-digital-skills>

Summary: Explore these free digital skills courses

## Training and Employment

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### **Training: Digital Skills**

#### **Ecas - Computer training - Disability**

Norton Pack  
57 Albion Road  
Edinburgh EH7 5QY

T: 07500 221618

Opening Hours: Monday: 9.30 - 3.00pm

E: [hello@ecas.scot](mailto:hello@ecas.scot)

W: <https://www.ecas.scot/activities/computing/>

FB: <https://www.facebook.com/EcasScot>

Tw: <https://twitter.com/EcasScot>

Inst: <https://www.instagram.com/ecasscot/>

YT: [https://www.youtube.com/channel/UCFx4zy5KD0uHU\\_rUGmgSQCw/videos](https://www.youtube.com/channel/UCFx4zy5KD0uHU_rUGmgSQCw/videos)

Summary: Friendly and practical help for people with a physical disability. In 45 minute one-to-one online sessions, you'll learn how to use a computer for: audio visual materials like photos and videos; And more. Online - 45 minute one-to-one individual timeslots.

### **Training: Digital Skills**

#### **Employability and Digital Skills Course**

One Parent Families Scotland  
2 York Place  
Edinburgh EH1 3EP

T: 07570106789

E: [stacey.powchscott@opfs.org.uk](mailto:stacey.powchscott@opfs.org.uk)

W: <https://opfs.org.uk/>

FB: <https://www.facebook.com/OneParentFamiliesScotland/>

Summary: Employability and Digital Skills Course - One Parent Families Scotland Online support for single parents in Edinburgh. 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.

## Training and Employment

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### **Training: Digital Skills**

#### **Future Learn**

W: <https://www.futurelearn.com/>

Summary: Future Learn covers Digital Skills and much, much, more. Learn 100% online with world class universities and industry experts. Develop hobbies, new skills and career-changing expertise with our flexible courses. Choose from hundreds of short online courses from top universities and specialist organisations.

### **Training: Digital Skills**

#### **Google Digital Garage**

W: <https://learndigital.withgoogle.com/digitalgarage>

Summary: Get new skills for a digital world: Learn at your own pace, with flexible and personalised training courses designed to build your confidence and help you thrive. Discover tools to make your business succeed. Improve your interview skills. Prepare for the career you want

## Training and Employment

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### **Training: Digital Skills**

#### **Learn My Way**

Good Things Foundation

3rd Floor:

1 East Parade

Sheffield S1 2ET

T: 0114 349 1666

E: [hello@goodthingsfoundation.org](mailto:hello@goodthingsfoundation.org)

W: <https://www.learnmyway.com/>

FB: <https://www.facebook.com/goodthingsfoundation>

Tw: <https://twitter.com/goodthingsfdn?lang=en>

YT: <https://www.youtube.com/channel/UCuxFa-6Mrjz52WQ5FsLiSA>

Summary: Learn My Way has free courses for you to learn digital skills to stay safe and connected.

### **Training: Digital Skills**

#### **IT User Skills**

T: 0800 001 5910

E: <https://freecoursesinscotland.co.uk/get-in-touch/>

W: <https://freecoursesinscotland.co.uk/it-user-skills/>

Summary: This free online course aims to develop your knowledge, understanding and competence in a range of different IT areas: Using IT to increase productivity; IT software fundamentals; IT security for users; Presentation software; Spreadsheet software.

## Training and Employment

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### **Training: Digital Skills**

#### **People Know How - Basic Digital Skills project**

525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 569 0525

E: [reconnect@peopleknowhow.org](mailto:reconnect@peopleknowhow.org)

W: [www.peopleknowhow.org/wellbeing-and-digital](http://www.peopleknowhow.org/wellbeing-and-digital)

FB: <https://www.facebook.com/peopleknowhow>

Tw: <https://twitter.com/pkhinnovation?lang=en>

Inst: <https://www.instagram.com/peopleknowhow/>

Summary: People Know How aim to increase wellbeing by providing tailored digital support and a friendly ear to those who may be feeling isolated. We've helped people with obstacles including using devices and completing tasks online, staying safe online, finding opportunities for education or employment online, home schooling, studying or completing homework online, managing finances, paying bills and saving money online, and more. Sessions include phone, online and face-to-face support through one-to-ones or group drop-ins and are open to anyone who needs support.

### **Training: Digital Skills**

#### **Scottish Digital Academy**

E: <https://www.digitalacademy.gov.scot/contact-us>

W: <https://www.digitalacademy.gov.scot/w/>

Summary: We provide high quality professional learning and training to build digital skills and capability across the public and third sectors in Scotland. Our aim is to support the transformation of services by being focussed on the needs of our citizens, maximising the use of digital technologies and using new ways of working.



### **Training: Digital Skills**

#### **Using Google Maps**

W: <https://support.google.com/maps/?hl=en#topic=3092425>

Summary: How to use google maps

### **Training: Digital Skills**

#### **Youth Scotland Coding Training**

Balfour House  
19 Bonnington Grove  
Edinburgh EH6 4BL

T: 0131 554 2561

E: [laura.kemp@youthscotland.org.uk](mailto:laura.kemp@youthscotland.org.uk)

W: <https://www.youthscotland.org.uk/programmes/generation-code/>

FB: <https://www.facebook.com/YouthScotland/>

Tw: <https://twitter.com/YouthScotland>

YT: <https://www.youtube.com/user/youthscotland1>

Summary: Developing new skills and sparking an interest in coding, Generation Code allows young people to get creative, develop their computational thinking and coding skills to become better equipped to take advantage of the opportunities in a world that is becoming digital-by-default.

### **Training: Apprenticeships**

#### **Skills Development Scotland**

79 Shandwick Place  
Edinburgh EH2 4SD

T: 0131 718 2040

W: <https://www.skillsdevelopmentscotland.co.uk/what-we-do/apprenticeships/>

Summary: We are committed to developing and growing a world-class and inclusive work-based learning system in Scotland. Apprenticeships demonstrate and promote the benefits work-based learning brings to businesses, individuals and the Scottish economy. Our Edinburgh careers centre is open for appointments only. Contact the local centre on 0131 718 2040 for more information on how to access career information, advice and guidance.

## Training and Employment

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### **Training: Sector Skills Support**

#### **Broomhouse Café Project - Now called Space Kitchen Training Academy**

T: 0131 455 7731

E: [admin@spacescot.org](mailto:admin@spacescot.org)

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Inst: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

Summary: There will be two training courses, one for those people who want to work in professional catering and also another programme for people who'd like to develop food skills with a view to independent living. The relaunch of the cafe project has been delayed due to the current covid-19 restrictions.

### **Training: Sector Skills Support**

#### **Edinburgh Early Learning and Child Care Academy**

City of Edinburgh Council

W: <https://www.edinburgh.gov.uk/downloads/download/12891/edinburgh-early-learning-and-child-care-academy>

FB: <https://www.facebook.com/edinburghcouncil>

Tw: [https://twitter.com/Edinburgh\\_CC](https://twitter.com/Edinburgh_CC)

YT: <https://www.youtube.com/user/EdinburghCouncil>

Summary: If you are currently employed in: Care Inspectorate registered childcare; are registered as a manager with Scottish Social Services Council.

## Training and Employment

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### **Training: Sector Skills Support**

#### **Fort Kinnaird Recruitment and Skills Centre**

32 Fleming House  
Newcraighall  
Edinburgh EH15 3RD

T: 0131 657 2029

W: <https://rscfortkinnaird.co.uk/>

FB: <https://www.facebook.com/RecruitmentSkillsCentreFortKinnaird>

Tw: <https://twitter.com/RSCFortKinnaird>

Inst: <https://rscfortkinnaird.co.uk/>

Summary: The Recruitment and Skills Centre (RSC) at Fort Kinnaird Shopping Centre supports Employers' current recruitment and staff development needs and also Jobseekers to gain and retain employment in the area. The RSC is a partnership with British Land.

### **Training: Sector Skills Support**

#### **Fuse Retail and Hospitality Academy**

45 Leith Street  
Edinburgh EH1 3AT

T: 0131 370 3850

E: [hello@edinburghfuse.com](mailto:hello@edinburghfuse.com)

W: <https://www.edinburghfuse.com/>

FB: <https://www.facebook.com/EdinFUSE/>

Tw: <https://twitter.com/fuseedin>

Summary: A world class retail and hospitality academy setting standards for skills, training, recruitment and career support in Edinburgh. FUSE has been established to work across Edinburgh, connecting people to training courses, accredited qualifications, employers and jobs in both retail and hospitality within St James Quarter but also the rest of the city.

## Training and Employment

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### **Training: Sector Skills Support**

#### **Health and Care at Edinburgh College**

Edinburgh College Edinburgh

W: <http://www.edinburghcollege.ac.uk/Training/Health-and-Care>

Summary: Edinburgh College serves professionals looking for qualifications to progress within their chosen career, we have a range of SVQ, PDA and NPA courses in areas such as Counselling, Social Services, Leadership and Management, Supervision and Practical Skills.

### **Training: Sector Skills Support**

#### **North Edinburgh Childcare - Child Care Academy**

18b Ferry Road Avenue

Edinburgh EH4 4BL

T: 0131 332 8001

E: [info@northedinburghchildcare.co.uk](mailto:info@northedinburghchildcare.co.uk)

W: <https://www.northedinburghchildcare.co.uk/childcare-academy-programme/>

Summary: This programme is currently on hold due to the current crisis.

## Training and Employment

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### **Training: Sector Skills Support**

#### **Skills Development Scotland - Introduction to Work Place Skills (IWPS)**

79 Shandwick Place  
Edinburgh EH2 4SD

T: 0131 718 2040

W: <https://www.skillsdevelopmentscotland.co.uk/what-we-do/employability-skills/introduction-to-work-place-skills/>

Summary: The Introduction to Work Place Skills (IWPS) qualification is tailored to individual needs, which enables people to develop their core skills and begin to improve their competence in a workplace environment. Our Edinburgh careers centre is open for appointments only. Contact the local centre on 0131 718 2040 for more information on how to access career information, advice and guidance.

### **Training: Sector Skills Support**

#### **Tourism and Hospitality Academy**

Edinburgh College Edinburgh

W: <http://www.edinburghcollege.ac.uk/welcome/centres/tourism-and-hospitality-academy>

Summary: Wide range of Hospitality, Catering and Business courses

## Training and Employment

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### **Training: Sector Skills Support**

#### **Training for Care - Edinburgh Council**

Edinburgh College Edinburgh

W: <https://www.edinburgh.gov.uk/information-professionals/communities-families-training>

Summary: City of Edinburgh Council (Children and Families) offer a range of learning and development courses to: Council staff working with children and families; charities and voluntary organisations; partner nurseries; independent schools and other authority staff.

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## Training and Employment

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### **Employment Services: Clothing**

#### **Grassroots Clothing Project**

Forth Sector  
Duddingston Park South  
Edinburgh EH15 3NT

T: 07887 492 411

E: [grassrootsclothingedinburgh@gmail.com](mailto:grassrootsclothingedinburgh@gmail.com)

W: <https://grassrootsclothingedinburgh.co.uk/>

Tw: <https://twitter.com/GRclothingEdin>

Summary: Men looking for work! Need interview clothes? Grassroots Clothing Company may be able to help you. Currently on benefits or a low wage? Email or call us for more details. We work by appointment only (dependent on Government guidance in regards Covid 19).

### **Employment Services: Clothing**

#### **Smart Works**

32 Annandale Street LaneS  
2 Anderson Place  
Edinburgh EH7 4L

T: 0131 516 7787

E: [edinburgh@smartworks.org.uk](mailto:edinburgh@smartworks.org.uk)

W: <https://smartworks.org.uk/edinburgh-smart-works/>

FB: <https://www.facebook.com/smartworksedinburgh/>

Tw: <https://twitter.com/smartworksedi>

Inst: <https://www.instagram.com/smartworksedinburgh/>

Summary: To help women in the Edinburgh area who need help with interview clothing and confidence building on the run up to their interview.

## Training and Employment

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### **Employment Services: Disability or Health Issues**

#### **Access to Industry**

156 Cowgate  
Edinburgh EH1 1RP

T: 0131 260 9721

E: [mail@accesstoindustry.co.uk](mailto:mail@accesstoindustry.co.uk)

W: <https://accesstoindustry.co.uk/>

FB: <https://en-gb.facebook.com/accesstoindustry/>

Summary: Access to Industry works with individuals to support them into education and employment. COVID-19 UPDATE: We are following guidelines and we are supporting people remotely, and where required, in person – by appointment. This is both in Cowgate based and in our outreach services. Our Edinburgh College courses are through blended learning with some in-person and some online classes. If you have a caseworker you can still contact them directly by mobile or email during office hours. If you don't have their number, call 0131 260 9721 or text 07809 555 708

### **Employment Services: Disability or Health Issues**

#### **All in Edinburgh**

T: 0300 020 0101

E: [info@allinedinburgh.org.uk](mailto:info@allinedinburgh.org.uk)

W: <http://allinedinburgh.org.uk/>

Summary: All in Edinburgh (The Action Group, Into Work, Forth Sector and ENABLE Scotland) are committed to delivering remote support during this time to all existing and new clients. All in Edinburgh is a service for people with disabilities and health conditions. The team can support you to understand the impact COVID 19 may have on your current job and help you to understand any changes to your job because of COVID 19. They can also support you if you have lost your job due to COVID 19 and need to find a new job. Or perhaps you have never worked before, but are now looking for employment. Method of face to face communication: Skype, Zoom, phone call, email, text.

## Training and Employment

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### **Employment Services: Disability or Health Issues**

#### **Apex Scotland**

9 Great Stuart Street  
Edinburgh EH3 7TP

T: 07894 386 430

E: [admin@apexscotland.org.uk](mailto:admin@apexscotland.org.uk)

W: <https://www.apexscotland.org.uk/>

Tw: <https://twitter.com/apexscotland>

Summary: Apex Scotland's new Steps service is support offered to participants who have multiple barriers to employment or are long term unemployed.

### **Employment Services: Disability or Health Issues**

#### **Cyrenians - Learning and Work Training Project**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2435

E: [admin@cyrenians.scot](mailto:admin@cyrenians.scot)

W: <https://cyrenians.scot/work-and-skills/>

FB: <https://www.facebook.com/cyrenians>

Tw: <https://twitter.com/Cyrenians1968>

Inst: <https://www.instagram.com/cyrenians/>

Summary: Cyrenians helps jobseekers to move into work across Scotland. By tackling barriers to employment and offering skills and training, we not only help our clients find work, we help them stay in employment and away from benefits.

## Training and Employment

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### **Employment Services: Disability or Health Issues**

#### **Disability Employment Adviser - Karen Robertson**

Wester Hailes Job Centre

50 Murrayburn Road

Edinburgh EH14 2SN

T: 0131 456 4379

E: [karen.robertson1@dwp.gov.uk](mailto:karen.robertson1@dwp.gov.uk)

Summary: Disability Employment Advisers (DEAs) can give you help and support regardless of your situation. - Wester Hailes

### **Employment Services: Disability or Health Issues**

#### **Disability Employment Adviser - Sarah Murie**

Livingstone Job Centre

The Centre

50 Almondvale Blvd

Edinburgh EH54 6QP

T: 0150 677 2671

E: [sarah.murie@dwp.gov.uk](mailto:sarah.murie@dwp.gov.uk)

Summary: Disability Employment Advisers (DEAs) can give you help and support regardless of your situation. - Livingstone

### **Employment Services: Disability or Health Issues**

#### **Disability Employment Adviser - Selena Hutton**

Leith Jobcentre Lyndean House  
199 Commercial Street  
Edinburgh EH6 7QP

T: 0131 555 8182

E: [selena.hutton@dwp.gov.uk](mailto:selena.hutton@dwp.gov.uk)

Summary: Disability Employment Advisers (DEAs) can give you help and support regardless of your situation. - Leith

### **Employment Services: Disability or Health Issues**

#### **Disability Employment Adviser - Timothy Byrd**

High Riggs Job Centre Plus  
20 High Riggs  
Edinburgh EH3 9HU

T: 0131 528 6864

E: [Timothy.byrd@dwp.gov.uk](mailto:Timothy.byrd@dwp.gov.uk)

Summary: Disability Employment Advisers (DEAs) can give you help and support regardless of your situation. - Edinburgh City and High Riggs

## Training and Employment

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### **Employment Services: Disability or Health Issues**

#### **Enable Scotland**

Birch House  
Bankhead Crossway South  
Edinburgh EH11 4EP

T: 0300 0200 101

Opening Hours: Mon to Fri: 9.00am to 5.00pm

E: <https://www.enable.org.uk/contact/>

W: <https://www.enable.org.uk/area/edinburgh/>

FB: <https://www.facebook.com/enablescotland>

Tw: <https://twitter.com/ENABLEScotland>

YT: <https://www.youtube.com/channel/UCiarnmwpATAnu8YYI3F6wQ>

Summary: We provide a wide range of support services for people who have a learning disability in Edinburgh. We offer a wide range of support for adults who have a learning disability. Our approach is to help you plan and achieve the things you want to do in your life.

### **Employment Services: Disability or Health Issues**

#### **ENABLE Scotland - All in Edinburgh**

T: 0131 220 8255

E: [lucy.pearson@enable.org.uk](mailto:lucy.pearson@enable.org.uk)

W: <http://allinedinburgh.org.uk/>

Tw: <https://twitter.com/AllinEdinburgh>

Summary: Enable Scotland are delivery partners in All in Edinburgh, a 5 stage Supported Employment programme for people with a disability or long term health conditions amongst their identified barriers to employment. To refer someone, please contact Lucy Pearson at [lucy.pearson@enable.org.uk](mailto:lucy.pearson@enable.org.uk) or phone 01312208255

## Training and Employment

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### **Employment Services: Disability or Health Issues**

#### **Enable Works - Parents of People with a Disability**

ENABLE Scotland

INSPIRE House

3 Renshaw Place, Eurocentral,

North Lanarkshire, ML1 4UF

T: 07889 456 192

E: [enable.works@enable.org.uk](mailto:enable.works@enable.org.uk)

W: <https://www.enableworks.org.uk/>

Tw: [https://twitter.com/search?q=%23enableworks&src=typed\\_query](https://twitter.com/search?q=%23enableworks&src=typed_query)

Summary: Enable Works has launched a new employability support project for parents and guardians of people with a disability living in Edinburgh. Progress for Parents is free and can provide support and guidance for parents to: Gain meaningful employment through one to one job search sessions; Negotiate reasonable adjustments and flexible working with employers; Explore income maximization options – such as access to funding and grants; Access our Welfare Rights service for benefits support; Gain certified education and training.

### **Employment Services: Disability or Health Issues**

#### **Forth Sector**

Duddingston Yards

Duddingston Park South

Edinburgh EH15 3NT

T: 0131 201 2450

E: [info@forthsector.org.uk](mailto:info@forthsector.org.uk)

W: <http://www.forthsector.org.uk/>

Tw: <https://twitter.com/forthsector>

Summary: Our primary focus as a charity is to provide employability support to those experiencing disadvantage through unemployment and who live in Edinburgh.

## Training and Employment

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### **Employment Services: Disability or Health Issues**

#### **Into Work**

High Riggs Job Centre Plus  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 474 2600

E: [enquiries@intowork.org.uk](mailto:enquiries@intowork.org.uk)

W: <http://www.intowork.org.uk/>

FB: <https://www.facebook.com/IntoWork2/>

Tw: <https://twitter.com/IntoWork57>

Summary: A non-profit organisation for people with disabilities or long-term health conditions who would like a job but need support to get one or keep one. We support people who live in Edinburgh, East Lothian, Midlothian or West Lothian.

### **Employment Services: Disability or Health Issues**

#### **Link Living**

Link House  
2c New Mart Road  
Edinburgh EH14 1RL

T: 0330 303 0302

E: [enquiries@linkliving.org.uk](mailto:enquiries@linkliving.org.uk)

W: <http://www.linkliving.org.uk/>

FB: <https://en-gb.facebook.com/LinkLiving/>

Tw: [https://twitter.com/Link\\_Living/](https://twitter.com/Link_Living/)

Summary: We run a number of employability services, volunteer programmes, and SQA courses, all of which can help give you a kick start onto the career ladder. Make sure to check out their [Skills Academy](#)



## Training and Employment

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### **Employment Services: Disability or Health Issues**

#### **Next Step**

Stafford Centre  
103 Broughton Street  
Edinburgh EH1 3RZ

T: 0131 557 0718

E: [nextstep@supportinmindscotland.org.uk](mailto:nextstep@supportinmindscotland.org.uk)

W: <https://www.supportinmindscotland.org.uk/edinburgh-services>

FB: <https://www.facebook.com/TheStaffordCentre>

Tw: <https://twitter.com/NextStepEdin>

Inst: <https://www.instagram.com/nextstepedinburgh/>

Summary: We aim to help you find an interest or activity that will improve your employability skills, build your confidence. Due to Covid-19 all services are currently being delivered by phone or online.

### **Employment Services: Disability or Health Issues**

#### **Real Jobs (The Action Group)**

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2315

E: [info@actiongroup.org.uk](mailto:info@actiongroup.org.uk)

W: <https://actiongroup.org.uk/real-jobs/>

FB: <https://www.facebook.com/theactiongroup1/>

Summary: Real Jobs is a supported employment service to help people with a learning disability, autism, long term health condition or other support need to find paid work. The Action Group offices are currently closed in line with current government guidance. Our main reception number 0131 475 2315 can still be used to contact us and we will pass your message on to the appropriate person.

## Training and Employment

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### **Employment Services: Disability or Health Issues**

#### **Redhall Walled Gardens**

97 Lanark Road  
Edinburgh EH14 2LZ

T: 0131 443 0946

E: [Redhall@samhservices.org.uk](mailto:Redhall@samhservices.org.uk)

W: <http://www.samh.org.uk/>

FB: <https://en-gb.facebook.com/RedhallWalledGarden/>

Tw: <https://twitter.com/samhtweets>

Inst: <https://www.instagram.com/samhscotland/>

Summary: Provides training in horticulture, conservation, maintenance skills, ITC/admin and life skills for people with mental health problems. Redhall is now open for our service users Mon-Fri as well as the general public. We have recently started taking new people in to the service for our general programme of activities but we also offer shorter programmes of one session per week for 8 weeks. There is currently a short waiting list.

### **Employment Services: Disability or Health Issues**

#### **Remploy Scotland**

22-24 Earl Grey Street  
Edinburgh EH3 9BN

E: [edinburgh@mail.remploy.co.uk](mailto:edinburgh@mail.remploy.co.uk)

W: <http://www.remploy.co.uk/remploy-scotland>

Summary: Remploy aim to help disabled people and those with complex barriers to finding work. Employability support/advice and help to find work. Employment support and Personal Development.

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### **Employment Services: General**

#### **CHAI**

5th Floor,  
Riverside House  
502 Gorgie Road  
Edinburgh EH11 3AF

T: 0131 442 2100

E: [chai@chaiedinburgh.org.uk](mailto:chai@chaiedinburgh.org.uk)

W: <http://www.chaiedinburgh.org.uk/our-services/employability-support/>

Summary: Provides supportive, friendly employability support for people whose aim, long or short term, is to find and keep a job, Services are delivered at a number of convenient community locations. Not mental health specific. Provides information on benefits and money advice service for people who are thinking of working or are in work.

### **Employment Services: General**

#### **Community Renewal**

31 Pennywell Rd  
Edinburgh EH4 4PJ

T: 0300 365 0025

E: [admin@communityrenewal.org.uk](mailto:admin@communityrenewal.org.uk)

W: <https://www.communityrenewal.org.uk/projects/employment-safety-net/>

Summary: Community Renewal have extensive experience in running employability services in North Edinburgh, see also: [Next Step Edinburgh](#)

## Training and Employment

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### **Employment Services: General**

#### **Community Works**

Port of Leith Housing Association  
108 Constitution Street  
Leith  
Edinburgh EH6 6AZ  
Rachel Hutton

T: 0131 553 8784

E: [community.works@polha.co.uk](mailto:community.works@polha.co.uk)

W : <https://www.polha.co.uk/community-works/>

Summary: Our team offer 1:1 guidance, CV and interview preparation, and free accredited training. We also provide help for people looking for voluntary work. The service is free and confidential for people living in EH5, 6 or 7. We provide assistance to people who are working, not working or self employed.

### **Employment Services: General**

#### **Four Square**

67a Logie Green Road  
Edinburgh EH7 4HF

T: 0131 557 7900 - Learning & Employability

E: [info@foursquare.org.uk](mailto:info@foursquare.org.uk)

W: <https://www.foursquare.org.uk/>

FB: <https://www.facebook.com/efiedinburgh>

Summary: We help people get back into education, training or employment through our Springboard programme

## Training and Employment

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### **Employment Services: General**

#### **Fresh Start - Head Office**

22-24 Ferry Road Drive  
Edinburgh EH4 4BR

T: 0131 476 7741

E: [admin@freshstartweb.org.uk](mailto:admin@freshstartweb.org.uk)

W: <http://www.freshstartweb.org.uk/training-initiative>

FB: <https://www.facebook.com/fresh.start.edinburgh>

Tw: <https://twitter.com/FreshStartWeb>

Summary: Our Training Initiative offers the opportunity to gain skills, experience and qualifications.

### **Employment Services: General**

#### **Joined up for Jobs**

Capital City Partnership  
165a Leith Walk  
1 - 3 Canon Street  
Edinburgh EH6 8NR

E: [joinedupforjobs@capitalcitypartnership.org](mailto:joinedupforjobs@capitalcitypartnership.org)

W: [www.joinedupforjobs.org](http://www.joinedupforjobs.org)

Summary: Joined up for Jobs is the jobs strategy for Edinburgh. It sets out how a partnership of key agencies will help more people into employment. Provides a Listings of all the organisations and services offering employability support in Edinburgh.

## Training and Employment

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### **Employment Services: General**

#### **Next Step (Part of [Community Renewal](#))**

31 Pennywell Road  
Edinburgh EH4 4PJ

T: 0300 365 0025 - Employment Support

E: [info@communityrenewal.org.uk](mailto:info@communityrenewal.org.uk)

W: <https://www.nextstepedinburgh.org/>

Tw: <https://twitter.com/NextStepEdin>

Summary: Next Step Edinburgh is an impartial and free employment service run by Community Renewal and based in your local area. Our support is for people in-work and out of work and our friendly staff team are based all over Edinburgh. They can be flexible, work out of office hours and can answer any questions you may have so get in touch. We also provide practical help and advice in getting a better paid, more secure job plus support for people experiencing difficulties in the workplace.

### **Employment Services: General**

#### **StartScotland**

T: 0800 049 7061

E: [info@startscotland.scot](mailto:info@startscotland.scot)

W: <https://www.startscotland.scot/>

FB: <https://www.facebook.com/StartScotland>

Summary: StartScotland can still provide support by phone or email.

## Training and Employment

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### **Employment Services: Mentoring**

#### **Business Gateway**

Waverly Court  
4 East Market Street  
Edinburgh EH8 8BG

T: 0300 013 4753 T2: 0131 516 6932

E: [bglothian@bgateway.com](mailto:bglothian@bgateway.com)

W: <http://www.bgateway.com/local-offices/edinburgh/>

FB: <https://www.facebook.com/businessgateway>

Tw: <https://twitter.com/bgateway>

Summary: Business Gateway is here to provide you with tailored 1:1 support (via phone or Skype), route you to the right Government funding package, offer free webinars, guides, checklists and advice.

### **Employment Services: Mentoring**

#### **Business Mentoring Scotland**

Scottish Chambers of Commerce  
Strathclyde Business School  
199 Cathedral Street  
Glasgow G4 0QU

T: 0141 444 7500

E: [admin@scottishchambers.org.uk](mailto:admin@scottishchambers.org.uk)

W: <http://www.scottishchambers.org.uk>

FB: <https://www.facebook.com/ScottishChambersOfCommerce/>

Tw: <https://twitter.com/ScotChambers>

Summary: A one to one mentoring programme operated by the Chambers of Commerce.

## Training and Employment

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### **Employment Services: Online Jobs Site**

#### **Capital City Partnership**

LEP Lothian Employment Partnership

165a Leith Walk

Edinburgh EH6 8NR

T: 0131 554 3067

E: [Paige.Evans@capitalcitypartnership.org](mailto:Paige.Evans@capitalcitypartnership.org)

W: <https://capitalcitypartnership.co.uk/>

Summary: The Local Employability Partnership (LEP) is coordinated through the Job Strategy Group and the Joined Up for Jobs strategy. The LEP brings together partners to share information about their organisations and to discuss future changes and initiatives. This ensures a strategic approach to planning, implementation and delivery, and identifies opportunities for joint working and helps tackle inequality and poverty and improve job outcomes and increase skills

### **Employment Services: Online Jobs Site**

#### **Goodmoves**

T: 0800 0192 149

E: [enquiries@goodmoves.org.uk](mailto:enquiries@goodmoves.org.uk)

W: <https://goodmoves.com/>

Tw: <https://twitter.com/goodmovesjobs>

Summary: Charity and voluntary sector recruitment



## Training and Employment

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### **Employment Services: Online Jobs Site**

**DWP - Jobs, benefits and pensions**

W: <https://www.gov.uk/government/organisations/department-for-work-pensions>

FB: <https://www.facebook.com/DWP>

Tw: <https://twitter.com/dwp>

Inst: <https://www.instagram.com/dwpgovuk/>

YT: <https://www.youtube.com/dwp>

Summary: The Department for Work and Pensions (DWP) is responsible for welfare, pensions and child maintenance policy. As the UK's biggest public service department it administers the State Pension and a range of working age, disability and ill health benefits to around 20 million claimants and customers.

### **Employment Services: Online Jobs Site**

**Myjobscotland**

E: [myjobscotland@cosla.gov.uk](mailto:myjobscotland@cosla.gov.uk)

W: <https://www.myjobscotland.gov.uk/>

Summary: Scotland's job website for the public and third sector

### **Employment Services: Online Jobs Site**

#### **Universal Jobmatch**

W: <https://www.gov.uk/find-a-job>

Summary: Find full or part-time jobs in England, Scotland and Wales.

## Training and Employment

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### **Employment Services: Recruitment**

#### **Covid-19 Jobs Support**

City Region Deal - Edinburgh and South East Scotland  
Capital City Partnership  
165a Leith Walk  
Edinburgh EH6 8NR

E: [c19jobs@capitalcitypartnership.org](mailto:c19jobs@capitalcitypartnership.org)

W: <https://c19jobs.org/Default.aspx>

FB: <https://www.facebook.com/C19-Jobs-106228524361500/>

Tw: <https://twitter.com/c19jobs>

Inst: <https://www.instagram.com/c19jobs/>

Summary: Are you at risk of losing your job, facing reduced hours or need support to secure work? Are you a business looking to recruit urgently to respond to high demands as a result of COVID-19? Are you based in Edinburgh, East Lothian, Midlothian, West Lothian, Fife or the Scottish Borders? If so, you can register your details here to get quick access to advertise jobs and search for live vacancies, recruiting employers, links to employability support and up to date information on your rights.

### **Employment Services: Recruitment**

#### **Start Scotland**

Edinburgh

T: 0800 049 7061

E: <https://www.startscotland.scot/contact-us>

W: <https://www.startscotland.scot/>

Summary: StartScotland are delivering Fair Start Scotland employment support service on behalf of Scottish Government. The new service will give potential participants flexibility and will take into account their personal circumstances to help them overcome any challenges they may have which may be stopping them finding a job. StartScotland can give you online support for: Jobsearch Activity, Money Matters / Housing Issues, Job application and follow up, Digital Training and Workshops, Job application and follow up.

### **Employment Services: Redundancy**

#### **Access to Industry - Risk of Redundancy service**

156 Cowgate  
Edinburgh EH1 1RP  
Noel Guy

T: 0131 260 9721

E: [NoelGuy@accesstoindustry.co.uk](mailto:NoelGuy@accesstoindustry.co.uk)

W: <https://accesstoindustry.co.uk/>

FB: <https://en-gb.facebook.com/accesstoindustry/>

Summary: Access to Industry and Cyrenians are offering a free and confidential service for Edinburgh residents, aged 50 and over, who are experiencing or facing redundancy, at risk of redundancy, or whose employment has been affected by Covid 19. We are here to help you to consider your options and make decisions to get back into work, volunteering, education, or training. We can also provide information on financial support available; including benefits, welfare advice and employment rights. To find out how more about the help and support we can offer, please get in contact with us. The office is closed due to Covid-19 restrictions, this service is delivered over the phone or online.

### **Employment Services: Redundancy**

#### **Cyrenians - Risk of Redundancy service**

Edinburgh  
Lauren Quinn

T: 0131 475 2629

E: [Laurenquinn@cyrenians.scot](mailto:Laurenquinn@cyrenians.scot)

W: [www.cyrenians.scot](http://www.cyrenians.scot)

Summary: Access to Industry and Cyrenians are offering a free and confidential service for Edinburgh residents, aged 50 and over, who are experiencing or facing redundancy, at risk of redundancy, or whose employment has been affected by Covid 19. We are here to help you to consider your options and make decisions to get back into work, volunteering, education, or training. We can also provide information on financial support available; including benefits, welfare advice and employment rights. To find out how more about the help and support we can offer, please get in contact with us. The office is closed due to Covid-19 restrictions, this service is delivered over the phone or online.

### **Employment Services: Veterans**

#### **Employ-able Poppy Scotland**

New Haig House  
66 Logie Green Road  
Edinburgh EH7 4HQ

T: 0131 557 2782

E: [enquiries@poppyscotland.org.uk](mailto:enquiries@poppyscotland.org.uk)

W: <https://www.poppyscotland.org.uk/>

Summary: Whilst staff are now, by and large, working remotely, they can still be contacted on their normal telephone numbers: Employment Coordinator: 0131 550 1568; Employ-Able will continue to accept referrals and support can be provided via the telephone in the first instance.

## Training and Employment

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### **Employment Services: Youth**

#### **Canongate Youth - Employability Programme**

South Bridge Resource Centre  
6 Infirmary Street  
Edinburgh EH1 1LT

T: 0131 556 9389

E: [training@canongateyouth.org.uk](mailto:training@canongateyouth.org.uk)

W: <https://www.canongateyouth.org.uk>

FB: <https://www.facebook.com/CanongateYouth/>

Tw: <https://twitter.com/Canongateyouth>

Inst: <https://www.instagram.com/canongateyouth/>

Summary: We are still offering our services via our online platforms and telephone at the moment. We can support young people on a one-to-one basis but also offer group spaces for those who wish to join in with that. We currently have a Drop-In online on a Thursday.

### **Employment Services: Youth**

#### **Edinburgh Guarantee**

T: 0131 529 4312

E: [mick.greenwood@edinburgh.gov.uk](mailto:mick.greenwood@edinburgh.gov.uk)

W: <https://www.edinburghguarantee.org/>

FB: <https://www.facebook.com/EdinburghGuarantee/>

Tw: <https://twitter.com/edinguarantee>

YT: <https://www.youtube.com/channel/UCNlxAGEjFZTQb98S4lBmgjw>

Summary: The aspiration of the Edinburgh Guarantee is that the public, private, voluntary and education sectors will work in partnership to ensure that every young person in Edinburgh will leave school with the choice of a job, Modern Apprenticeship, Graduate Apprenticeship, training programme or further education place available to them.

## Training and Employment

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### **Employment Services: Youth**

#### **Kick Start Scheme the City of Edinburgh**

City of Edinburgh Council

W: <https://www.edinburgh.gov.uk/opportunities-young-people>

Summary: Funding to employers to provide job placements for young people up to 6 months.

### **Employment Services: Youth**

#### **Link Living**

Link House

2c New Mart Road

Edinburgh EH14 1RL

T: 0330 303 0302

E: [enquiries@linkliving.org.uk](mailto:enquiries@linkliving.org.uk)

W: <http://www.linkliving.org.uk/>

FB: <https://en-gb.facebook.com/LinkLiving/>

Tw: [https://twitter.com/Link\\_Living/](https://twitter.com/Link_Living/)

Summary: We run a number of employability services, volunteer programmes, and SQA courses, all of which can help give you a kick start onto the career ladder, for more detail look at their [Skills Academy](#)

## Training and Employment

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### **Employment Services: Youth**

#### **Move On**

2F1, 25 Greenside Place  
Edinburgh EH1 3AA

T: 0131 558 3740

E: <https://www.moveon.org.uk/contact-us>

W: <https://www.moveon.org.uk/>

FB: <https://www.facebook.com/MoveOnScotland/>

Tw: <https://twitter.com/moveonscotland>

Summary: Move On Scotland work with vulnerable young people and people affected by homelessness to help them unlock their untapped potential. We believe everyone has the potential to secure a job, manage money, sustain a stable home and live a fulfilling and independent life. We help people achieve these goals by providing mentoring, peer education, training, volunteering opportunities, guidance, information and advice.

### **Employment Services: Youth**

#### **Princes Trust**

T: 0800 842 842

E: <https://www.princes-trust.org.uk/contact-us>

W: <https://www.princes-trust.org.uk/help-for-young-people/get-job>

FB: <https://www.facebook.com/princestrust>

Tw: <https://twitter.com/princestrust>

Inst: <https://www.instagram.com/princestrust/>

YT: <https://www.youtube.com/user/princestrust>

Summary: If you're 16 to 30 and want to gain experience, skills, training and the confidence to help you into work, you've come to the right place. If you're 16 to 30 and want to gain experience, skills, training and the confidence to help you into work, you've come to the right place.



## Training and Employment

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### **Employment Services: Youth**

#### **Rocktrust**

55 Albany Street  
Edinburgh EH1 3QY

T: 0131 557 4059

E: <https://www.rocktrust.org/contact-us/>

W: <http://www.rocktrust.org/>

FB: <https://www.facebook.com/TheRockTrust>

Tw: [https://twitter.com/rocktrust\\_tweet](https://twitter.com/rocktrust_tweet)

Inst: <https://www.instagram.com/therocktrust/>

Summary: Support around employability for young people, aged 16-25 years old who have a background of being in care, offending or homelessness

### **Employment Services: Youth**

#### **Workingrite**

Catchpell House  
4 Carpet Lane  
Edinburgh EH6 6SP

T: 0131 553 9395

E: [info@workingrite.co.uk](mailto:info@workingrite.co.uk)

W: <https://workingrite.co.uk/>

FB: <https://www.facebook.com/working.rite?ref=ts&fref=ts>

Tw: <https://twitter.com/workingrite>

Inst: <https://www.instagram.com/workingrite/>

Summary: Across Scotland, our local Project Co-ordinators individually match a young person to a small business in their local community, where they learn valuable skills 'on-the-job', where it counts. Our 'trainees' are with their work placement provider for up to six months during which they are guided by an older mentor in the business and supported by our Project Co-ordinator. If they are eligible, they also receive a weekly training allowance and we cover their travel expenses.

## Training and Employment

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[Adult Numeracy and Literacy](#): Numeracy and Literacy classes run by Adult Education

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[Training in Digital Skills](#): Digital Accessibility, Online, Reading, Repair and Recycle

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[Apprenticeships and Sector Skills Support](#)

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[Employment Services](#): Clothing, Digital, Disability, Employability, Online, Recruitment, Training, Veterans, Volunteering, Youth

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[Vocational Rehabilitation](#): Lothian Work Support Services

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### **Vocational Rehabilitation**

#### **Lothian Work Support Services**

Occupational Therapy Department

Astley Ainsley Hospital

133 Grange Loan

Edinburgh EH9 2HL

T: 0131 537 9579

E: [voc.rehab@nhslothian.scot.nhs.uk](mailto:voc.rehab@nhslothian.scot.nhs.uk)

W: <https://services.nhslothian.scot/LothianWorkSupportServices/Pages/default.aspx>

Summary: For people who are off work or struggling to stay in work due to a mental or physical health reason.

## Training and Employment

756

[Adult Numeracy and Literacy](#): Numeracy and Literacy classes run by Adult Education

760

[Training in Digital Skills](#): Digital Accessibility, Online, Reading, Repair and Recycle

766

[Apprenticeships and Sector Skills Support](#)

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[Vocational Rehabilitation](#): Lothian Work Support Services

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[Volunteering](#): Volunteer Edinburgh

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## Training and Employment

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### **Volunteering**

#### **City of Edinburgh: Volunteering Opportunities**

Edinburgh

W: <https://www.edinburgh.gov.uk/volunteer>

Summary: Web page offers guidance on how to volunteer and links to services who support volunteer opportunities e.g. Library Services, Refugee Resettlement and Social Care.

### **Volunteering**

#### **Community Taskforce volunteers**

Volunteer Edinburgh

222 Leith Walk

Edinburgh EH6 5EQ

T: 0131 225 0630

W: <https://www.volunteeredinburgh.org.uk/volunteer/community-taskforce-volunteers/>

Summary: Volunteer Edinburgh is now offering one-off adhoc assistance to people through our newly formed team of Community Taskforce Volunteers. Currently our volunteers are: delivering a newspaper to a couple in their 90s, taking bins downstairs, walk- ing dogs, tidying gardens, going on shopping trips with a shopping list for people that cannot go to the shops to buy for themselves\*. Often the volunteers can be found in the supermarket of choice for the individual(s) needing our help. We have also accompanied some people on a shopping trip with great success! Often we can have a volunteer complete a task on the day of request as tasks are allocated on a local basis by a postcode match. There are 500 plus ready and willing volunteers who can assist with all sorts of practical tasks and to help improve people's circumstances. Go to <https://actionforhelp.co.uk/ve/> to request help from the Community Taskforce.

## Training and Employment

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### **Volunteering**

#### **Project Scotland Volunteering**

5-7 Montgomery Street  
Edinburgh EH3 9DQ

T: 0131 564 1951

E: [info@projectscotland.co.uk](mailto:info@projectscotland.co.uk)

W: <https://www.projectscotland.co.uk/>

FB: <https://www.facebook.com/ProjectScotland/>

Tw: <https://twitter.com/projectscotland?lang=en>

YT: <https://www.youtube.com/user/projectscotland/videos>

Summary: There's a good chance you've arrived here because you've discovered that we help young people in Scotland to get on in life while volunteering with a charity. We're passionate about young people and believe in their ability to positively transform both their own lives and those of the people around them. That is why, since 2005, we have been supporting young people to develop their confidence and skills to move into employment, training or education.

### **Volunteering**

#### **Volunteer Edinburgh**

222 Leith Walk  
Edinburgh EH6 5EQ

T: 0131 225 0630

E: <https://www.volunteeredinburgh.org.uk/contact-us/>

W: <https://www.volunteeredinburgh.org.uk/>

FB: <https://www.facebook.com/VolunteerEdinburgh>

Tw: <https://twitter.com/VolunteerEdi>

Inst: <https://www.instagram.com/volunteer.edinburgh/>

YT: <https://www.youtube.com/user/VolunteerEdinburgh>

Summary: Whether you're looking to volunteer or engage volunteers in your organization, Volunteer Edinburgh is the place to go to for information and advice on volunteering in Edinburgh. You can access opportunities through our website and we are planning to offer a limited number of face-to-face appointments later in the summer. The Health and Wellbeing team is available if you need more advice, information or support due to your disability, mental health issue, long term health condition or other barrier. The employability team works with people who are looking for employment through volunteering. Volunteer Edinburgh has a team of Community Taskforce Volunteers who are able to provide ad hoc practical help for people who need support in the community. Click on: <https://www.volunteeredinburgh.org.uk/projects/community-taskforce-volunteers/> or 0131 225 0630

### **Volunteering - Substance Misuse**

#### **Rowan Alba**

89-95 Fountainbridge  
Edinburgh EH3 9PU

T: 0131 229 7554

E: [info@rowanalba.org](mailto:info@rowanalba.org)

W: <https://rowanalba.org/>

FB: <https://www.facebook.com/RowanalbaLtd/>

Tw: <https://twitter.com/rowanalba>

Summary: Volunteering opportunities available with this innovative service. We offer a broad range of services including Community Alcohol Awareness Service (CARDS), Supported Accommodation, One to One Support and the Rowan Alba Learning Centre.

**Alphabetical Index**

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