

Connect Here Directory of City Wide Community Resources



Edinburgh **Health and
Social Care** Partnership



June 2021 - Draft



Keeping 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

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 in 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

Connect Here Directory of City Wide Community Resources

Welcome to the sixth edition of the Connect Here Directory. This edition reflects the partial re-opening of Edinburgh's community resources. Many services are again running pre-booking systems as a means of visiting such things as Art Galleries, Public Libraries or Swimming Pools. Other services are running out door activities. Edinburgh Leisure has re-started their popular health walks.

Concerns over a potential Covid-19 third wave means that many services continue to operate online with Zoom meetings and staff working from home. Some limited social distanced meetings are beginning to happen.

This edition of the Directory has sought to capture these changes in service delivery. You will find guidance on the need to pre-book as well as extensive links to a service's social media channels, clear references to Zoom/Teams meetings and links to You Tube Channels.

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.

Guidance on Using the Directory

Subject Listings

Information about services is divided into Subject Groupings, click on a hyper link 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 that labeled “Back to Main Contents Page”.

Alphabetical Listings

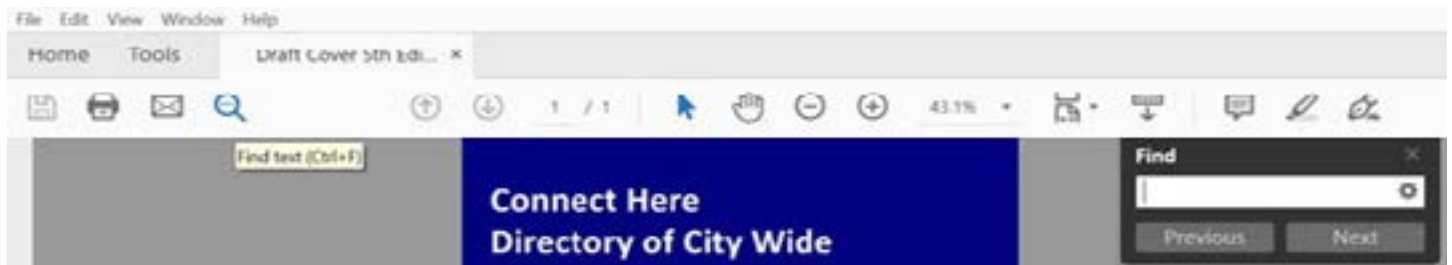
You will also find an A-Z alphabetical listing of all of the services/projects in the Directory. Click on the link for a particular service/project and it will take you to the entry. To access the Alphabetical Index click [here](#).

Book Mark Menu

The Directory has a book mark menu which runs down the left hand side of the screen. You can use this menu to “navigate” your way around the Directory. Clicking on a button will take you to the corresponding page in the Directory.

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 7

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 7. If you have a problem accessing a site and Internet Explorer 7 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

Connect Here Guides

The main **Connect Here Directory of Community Resources** is big! over 600 pages. Such a large document can seem inaccessible and intimidating to some people. If you feel that this is all too much you may be interested in 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 like head over to the [Mental Health Information Station web site](#) who have kindly agreed to host the guides:

[Connect Here Guide to Computer Training in Edinburgh](#)

[Connect Here Guide to Employability services](#)

[Connect Here Guide to Book Groups](#)

[Connect Here Guide to Counselling Services in Edinburgh](#)

[Connect Here Guide to Cycling in Edinburgh](#)

[Connect Here Guide to Mental Health Apps](#)

[Crisis Support Edinburgh](#)

[Connect Here Guide to Art, Culture and Creative opportunities in Edinburgh](#)

[Printing booklets using Adobe Acrobat or Reader](#)

Other available Information Resources

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. To ensure that you, the citizen, have a good chance of finding the service that meets your need, we have listed below some of the other 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/>

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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

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

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

Tw: https://twitter.com/FearFree_Scot

Summary: Support for people experiencing domestic abuse in Scotland who identify as a man or from the LGBT+ community.

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

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

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

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

Inst: 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: BAME

Aditi

1a Atholl Crescent
Edinburgh EH3 8HA

T: 0131 603 4865

E: aditi@sacro.org.uk

E2: aditi.service@sacroscotland.cjsm.net

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.

Abuse: BAME

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: BAME

Saheliya

125 McDonald Road
Edinburgh EH7 4NW

T: 0131 556 9302

E: 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.

Abuse: BAME

Scotland's Domestic Abuse and Forced Marriage Helpline

T: 0900 027 1234 - Helpline

Opening Hours: Helpline open 24/7

E: helpline@sdsfmh.org.uk

W: <https://sdfmh.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: BAME

Shakti Women's Aid

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 0131 475 2399

E: 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.

Abuse: BAME

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

W: <http://www.sikhsanjog.com/>

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

Tw: 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. Click here for a full list of its current service provision - Sikh Sanjog Service Provision.

Abuse: Child Abuse

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

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: Child Abuse

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

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 helplineers.

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

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

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

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.

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

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
Edinburgh

T: 0131 469 5325

E: saferfamilies@edinburgh.gov.uk

W: 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.

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 & Wednesday between 12 - 9pm, Thursday & Sunday 1-6pm

E: helpline@lgbthealth.org.uk

W: <https://www.lgbthealth.org.uk/helpline/>

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>

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.

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/>

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

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

Inst: 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.

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Adult Education: Digital Skills

Score Scotland

Edinburgh

E: 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

Adult Education: ESOL

ESOL (English for Speakers of other Languages)

Edinburgh

T: 0800 085 7672

E: ESOL@ea.edin.sch.uk - General Enquiries

E: 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, Tel: 0800 085 7672 For more details contact Karen - Karen.buist@edinburgh.gov.uk

Adult Education: ESOL

Syrian Resettlement Project (SRP): ESOL

Edinburgh

E: Karen.riddell@ea.edin.sch.uk

E: Hannah.avison@ea.edin.sch.uk

YT: www.youtube.com/EnglishSnacks

Summary: ESOL (English for Speakers of other Languages): offers a range of classes, including Beginner Level. Our aim is to provide high quality, responsive ESOL services for Syrian refugees, which will then enable them to develop English language skills, improve communication with local services and feel more included and settled within their local communities. Our classes are small, friendly and very welcoming. Contact Karen or Hannah about ESOL. Karen.riddell@ea.edin.sch.uk - Hannah.avison@ea.edin.sch.uk

Adult Education: Family Learning

Syrian Resettlement Project (SRP): SRP Family Learning

Edinburgh

E: Mhairi.mcneill@ea.edin.sch.uk

E: Shingai.maramba@ea.edin.sch.uk

YT: www.youtube.com/channel/UCfyyf4R4ek_mXcRQL5rbYzA

Summary: SRP Family Learning: We deliver online courses for Syrian families across Edinburgh. Our aim is to provide learning opportunities around every day English language for adults. Family Learning encourages parental involvement in their children's learning, and provides a platform for parents to support one another and come up with everyday learning opportunities for the whole family. We also offer online storytelling and craft activities for families. If you would like to know more about the Family Learning Project, then you can speak with Mhairi or Shingai. Mhairi.mcneill@ea.edin.sch.uk - Shingai.maramba@ea.edin.sch.uk

Adult Education: Literacy

Adult Literacies

Edinburgh

T: 0800 085 7672 - Adult Learning Line

T: 07922416232 - Liz Highet - Adult Literacies Lifelong Learning Development Officer

E: ale@ea.edin.sch.uk

E: Liz.Highet@ea.edin.sch.uk

FB: <https://bit.ly/3pM7oii>

YT: 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 homework, 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 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, Tel: 07922416232

Adult Education: Literacy

Scots Literacy 'Guid Fer a Laugh'

Edinburgh

T: 07719 420 424

E: 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

Adult Education: Literacy and Numeracy

Literacy and Numeracy Support for Adults Edinburgh

T: 07719 420 424

E: 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 Or 07719 420 424

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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 or T3: 07920 207 568
T4: 0808 196 3525 - Prison Advocacy Service
T5: 07920 207 564 - Text Messaging
E: 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 . 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
For our Prison advocacy service please contact us on Tel: 0808 196 3525 Text messages: 07570 954 038 email: 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
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

Advocacy

EARS Independent Advocacy Service (SCIO)

525 Ferry Road
Edinburgh EH5 2FF

T: 0131 478 8866

E: 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

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.

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

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

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

FB: <https://www.facebook.com/pages/category/Charity-Organization/People-First-Scotland-220261761669477/>

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

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.

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Art, Culture, Create: Activities

Do Think Share

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

FB: <https://www.facebook.com/64millionartists>

Tw: 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.

Art, Culture, Create: Activities

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

Inst: https://www.instagram.com/whale__arts/

YT: https://www.youtube.com/channel/UC-B-jZk8Iq_S4u9UQ2VKQ1g

Summary: The building is still closed due to Covid-19 restrictions but WHALE are running: Free Art Packs for all ages; Free meal via take away or delivery service on Fridays; Friendship calls from WHALE Art Staff; Free online classes and activities on their website. To request a service fill out their referral form bit.ly/referralformwhale

Art, Culture, Create: 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

E: enquiries@nationalgalleries.org

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

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

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

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

YT: 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.

Art, Culture, Create: Art Gallery - Dementia

Art in the City

Edinburgh

T: 0131 529 6365

E: 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 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.

Alma Project Edinburgh

Edinburgh

T: 0770 36 39 334

Open Hours: See site for details

E: thealmaproject@gmail.com

W: <http://thealmaproject.wordpress.com>

Summary: The Alma Project groups runs a rich mix of arts, crafts, writing and drama sessions. They cannot currently use Craighentinny Community Centre because of Covid-19 restrictions, activities are therefore being run by way of Zoom sessions, outdoor activities or through 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.

Art, Culture, Create: 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/artlinkedinburgh/>

YT: <https://www.youtube.com/channel/UC6zRgWsU0lFQ4vrtMS5pRUQ>

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

Art, Culture, Create: Art Therapy

People Know How

525 Ferry Road
Edinburgh EH5 2FF

T: 0131 569 0525

E: positive.transitions@peopleknowhow.org

W: www.peopleknowhow.org/arts-therapies

Summary: Our **Arts Therapies** project provides opportunities for young people to explore and express their emotions through the arts. Projects may include art therapy, music therapy, play therapy or drama therapy.

Art, Culture, Create: Art Therapy

People Know How

525 Ferry Road
Edinburgh EH5 2FF

T: 0131 569 0525

E: positive.transitions@peopleknowhow.org

W: www.peopleknowhow.org/arts-therapies

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.

Art, Culture, Create: 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: The building is still closed to the public due to Covid-19 restrictions, however they have just produced a new programme of online activities for children and adults to enjoy at home. 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/

Art, Culture, Create: Book Group

Edinburgh Gay Men's Book Group

Edinburgh

E: <https://edgaybookgroup.wordpress.com/contact/>

W: <https://edgaybookgroup.wordpress.com/>

Summary: Due to the Coronavirus pandemic, the Book Group won't be able to meet in person for the foreseeable future, however, we will still meet on the fourth Wednesday of each month using Zoom.

Art, Culture, Create: 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.

Art Culture Create: Book Group

Inspiring Leith - Book Group

Edinburgh

T: 07919557691 - Colin

E: emma.jardine@simonscotland.org

Summary: Book Group - Fridays on Zoom at 2.30pm - End the week with a relaxed chat about books.

Art, Culture, Create: Book Group

Open Book Group - Craig Millar Library

Edinburgh

E: info@openbookreading.com

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

Summary: 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/

Art, Culture, Create: Book Group

The Edinburgh Book Club

Edinburgh

W: <https://www.meetup.com/bookclub-676/>

Summary: Large online book group based in Edinburgh. Join through Meet Up, see the book group's page for details.

Art, Culture, Create: Book Group

Wester Hailes Public Library - Online Book Group

1 Westside Plaza
Edinburgh EH14 2ST

E: 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

Art, Culture, Create: Book Group

Youngish Bookish Types of Edinburgh: a Book Club for 20s-40s

Edinburgh

W: <https://www.meetup.com/Youngish-bookish-types-in-Edinburgh-a-book-club-for-20s-40s/>

Summary: This is a new group for people in their 20s, 30s or 40s who love reading and chatting about books and would like to be part of a regular (monthly) book club. Pre-pandemic, the plan was to meet-up in a cafe or pub to have a good natter about that month's book over tea/coffee/wine/drink of choice, but we've adapted this to adhere to lockdown rules. Our first lovely meetup was online, and we're hoping the next one can be in a park - rules and weather permitting.

Art, Culture, Create: Children and Young People - Art Projects

North Edinburgh Arts

15a Pennywell Court
Edinburgh EH4 4TZ

T: 0131 315 2151

W: www.northedinburgharts.co.uk/online-activities/

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

Summary: North Edinburgh Arts A new 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/

Art, Culture, Create: Children and Young People - Story Telling

Scottish Story Telling Centre

43-45 High Street
Edinburgh EH1 1SR

T: 0131 556 9579

Open Hours: 10am to 6pm Tuesday – Sunday

E: reception@scottishstorytellingcentre.com

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

FB: <https://www.facebook.com/ScotStory/Fest>

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

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

Summary: The Scottish Storytelling Centre and John Knox House have re-opened to the public. Online booking: We're introducing online reservations/bookings for John Knox House entry. Entry slots will be available every 20 minutes from 10am to 5pm, and booking in advance of your visit is recommended. Instead of booking a ticket for everyone in your group, you will pay a £5 deposit for your time slot, and your party will pay the remaining balance on arrival to John Knox House ahead of entry. Please let us know in advance if you can no longer attend, so that we can offer the time slot to someone else! Click [here](#) to book.

Art, Culture, Create: 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

Art, Culture, Create: Classical Music

Detroit Symphony Orchestra

W: <https://www.dso.org/watch-listen-and-connect/keep-the-music-playing>

Summary: Enjoy your DSO anytime, anywhere

Art, Culture, Create: Classical Music

Melbourne Symphony Orchestra

W: https://www.youtube.com/channel/UCWC3rUkPeaV2B2r_bwwgnNw

Summary: Melbourne Symphony Orchestra will livestream performances on their YouTube channel.

Art, Culture, Create: 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.

W: <https://northedinburgharts.co.uk/online-activities/kitchen-table-projects/>

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

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

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

Summary: Face to Face meetings of the sewing group have again been suspended due to Covid-19 restrictions. Our Stitch In Time tutor and artist Jessica Howarth has put together an activity pack for those wanting to explore the textile technique of weaving from their home. See web page for details.

Art, Culture, Create: Crafting

Thistle Foundation - The Hobby Hut

13 Queen's Walk
Edinburgh EH16 4EA

T: 07471030957

Open Hours: Thursday mornings on Zoom

E: Claire.cumming@thistle.org.uk

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

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

Summary: The Hobby hut are having virtual catch ups on zoom on Thursday mornings while they can not be together in person.

Art, Culture, Create: 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/>

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

Art, Culture, Create: 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 museum's excellent collection online – all without stepping out from your front door.

Art, Culture, Create: Museums

J Paul Getty Museum

1200 Getty Center Drive
Los Angeles CA 90049

Open Hours: The Museum now re-opened but a pre-booking is required.

W: <https://www.getty.edu/museum/>

Summary: 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.

Art, Culture, Create: 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.

Art, Culture, Create: 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.

Art, Culture, Create: 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.

Art, Culture, Create: 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.

Art, Culture, Create: 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.

Art, Culture, Create: Music

People Know How

525 Ferry Road

Edinburgh EH5 2FF

T: 0131 569 0525

E: positive.transitions@peopleknowhow.org

W: www.peopleknowhow.org/arts-therapies

Summary: Our Arts Therapies project provides opportunities for young people to explore and express their emotions through the arts. Projects may include art therapy, music therapy, play therapy or drama therapy.

Art, Culture, Create: 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

Art, Culture, Create: Photography

Artspace55

Edinburgh

E: 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".

Art, Culture, Create: Pottery

Leith Community Pottery

Leith Business Centre

4a Marine Esplanade

Edinburgh EH6 7LU

T: 07505 113 836

E: potterofleith@yahoo.com

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

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

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

Summary: Here at Leith Community Pottery, we are currently closed and at this point, don't anticipate any courses or workshops running until May 2021 at the earliest. As the year progresses, we hope to begin running our 10 week throwing courses and also a series of one-off weekend, hand building workshops. The workshops will once again be free to those living with poor mental health, front line workers and anyone who feels their mental well-being has been adversely affected by events of the past year. Places will be open to self-referral.

Art, Culture, Create: Public Libraries

Central Public Library

George IV Bridge
Edinburgh EH1 1EG

Opening Hours: Monday: 1pm – 5pm; Tuesday: 10am – 5pm; Wednesday: 1pm – 5pm; Thursday: 10am – 5pm
Friday: 10am – 2pm; Saturday: 10am – 2pm

T: 0131 242 8000

E: 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: Please note, the Edinburgh and Scottish Collection, Music Library and Art and Design Library remain closed. The Reference Library is open for computer access only. There are no study spaces available in the library. We hope to begin opening up further services soon. Without a booking, you can - return your books - pick up Hey Girls sanitary products. You need to book a slot to: - browse and borrow books - 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.

Art, Culture, Create: Public Libraries

Craigmillar Library

101 Niddrie Mains Road
EH16 4DS

T: 0131 529 5597

E: craigmillar.library@edinburgh.gov.uk

W: <https://www.edinburgh.gov.uk/directory-record/1229177/craigmillar-library>

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

Opening Hours: Monday: 1pm – 5pm; Tuesday: 10am – 5pm; Wednesday: 1pm – 5pm; Thursday: 10am – 5pm
Friday: 10am – 2pm; Saturday: 10am – 2pm

Summary: Summary: The Library has re-opened but you will have to book if you want to do more than return your library books or obtain Hey Girls sanitary products. You need to book a slot to: - browse and borrow books - 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.

Art, Culture, Create: Public Libraries

Drumrae Library Hub

81 Drum Brae Drive
EH4 7FE

0131 529 5244

E: drumrae.library@edinburgh.gov.uk

W: <https://www.edinburgh.gov.uk/directory-record/1229179/drumrae-library-hub>

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

Summary: The Library has re-opened but you will have to book if you want to do more than return your library books or obtain Hey Girls sanitary products. You need to book a slot to: - browse and borrow books - 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.

Art, Culture, Create: 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. Click on the links below for full instructions on how to use them on your device. Not a member of the library? Join online today.

Art, Culture, Create: Public Libraries

Fountainbridge Public Library

137 Dundee Street

Edinburgh EH11 1BG

Opening Hours: Monday: 1pm – 5pm; Tuesday: 10am - 2pm; Wednesday: 1pm – 5pm; Thursday: Closed
Friday: 10am- 2pm; Saturday: 10am – 2pm

T: 0131 529 5616

E: fountainbridge.library@edinburgh.gov.uk

W: <https://www.edinburgh.gov.uk/directory-record/1229181/fountainbridge-library>

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

Summary: The Library has re-opened but you will have to book if you want to do more than return your library books or obtain Hey Girls sanitary products. You need to book a slot to: - browse and borrow books - 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.

Art, Culture, Create: Public Libraries

Kirkliston Public Library

16 Station Road

Edinburgh EH29 9BE

Opening Hours: Monday: 1pm – 5pm; Tuesday: 10am - 2pm; Wednesday: 1pm – 5pm; Thursday: Closed
Friday: 10am - 2pm; Saturday: 10am – 2pm

T: 0131 529 5510

E: kirkliston.library@edinburgh.gov.uk

W: <https://www.edinburgh.gov.uk/directory-record/1229184/kirkliston-library>

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

Summary: The Library has re-opened but you will have to book if you want to do more than return your library books or obtain Hey Girls sanitary products. You need to book a slot to: - browse and borrow books - 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.

Art, Culture, Create: Public Libraries

McDonald Road Public Library

2 McDonald Road
Edinburgh EH7 4LU

Opening hours: Monday: 1pm – 5pm; Tuesday: 10am – 5pm; Wednesday: 1pm – 5pm; Thursday: 10am – 5pm
Friday: 10am – 2pm; Saturday: 10am – 2pm

T: 0131 529 5636

E: mcdonaldroad.library@edinburgh.gov.uk

W: <https://www.edinburgh.gov.uk/directory-record/1229186/mcdonald-road-library>

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

Summary: The Library has re-opened but you will have to book if you want to do more than return your library books or obtain Hey Girls sanitary products. You need to book a slot to: - browse and borrow books - 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.

Art, Culture, Create: Public Libraries

Newington Public Library

17-21 Fountainhall Road
Edinburgh EH9 2LN

T: 0131 529 5536

E: 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.

Art, Culture, Create: 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

W: <https://www.edinburgh.gov.uk/directory-record/1229201/stockbridge-library>

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

Summary: The Library has re-opened but you will have to book if you want to do more than return your library books or obtain Hey Girls sanitary products. You need to book a slot to: - browse and borrow books - 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.

Art, Culture, Create: Rock Music

Paste Magazine

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

Summary: For all rock music fans missing live concerts.

Art, Culture, Create: 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/UCloI1lLkTJ5FoCVvof-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.

Art, Culture, Create: Singing

Open Community Singing Group

Edinburgh

T: 0131 446 3321

E: 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.

Art, Culture, Create: 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.

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 and we'll be in touch.

Art, Culture, Create: Singing

Singing4Fun with Parkinson's UK (Edinburgh Branch)

Edinburgh

T: 0131 557 6438

E: 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 for more details of the online sessions or for general information about Singing4Fun.

Art, Culture, Create: 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.

Art, Culture, Create: Singing

The Forget Me Notes, singing group Edinburgh

Edinburgh

T: 0758 889 4587

Monday & Thursday at 2.00pm on Zoom

E: 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.

Art, Culture, Create: Singing

The Massive Singlet

E: 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.

Art, Culture, Create: Tools

Edinburgh Tool Library

E: 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.

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BAME: Befriending

Leith Conversation Cafes

Edinburgh

T: 07510 122 425

E: info@feniks.org.uk

W: <https://leithconversations.wordpress.com/>

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

Summary: We are still running Leith Conversations Cafes, although they are being held online. We have been running online conversation cafes 3 times a week (On Mondays 18:30-20:00, Thursdays 12:00-13:30 and Sundays 16:00-17:30) from mid-March. Around mid-July, we have stopped running Sundays' sessions due to low attendance, but we might bring it back in the autumn season. 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. We run a Facebook page as well where we post topics for up coming sessions as well: <https://www.facebook.com/LeithConversationCafes/>. We do not plan to restart conversation sessions face to face yet and it is hard to predict when that could happen.

BAME: Befriending

The Welcoming - Befriending Programme

Unit 1 20 Westfield Avenue

Edinburgh EH11 2TT

T: 07379 940716 - Telephone/text/WhatsApp

E: life@thewelcoming.org

W: <https://www.thewelcoming.org/activities/friendship/>

Summary: Online - Weekly Cultural Exchange for Women - (with Lizzie) Tuesdays, 12pm-1pm, Women Only: <https://zoom.us/j/99218279137>; Women's Friendship Group (Arabic / English) (with Lizzie and Intisar), Wednesdays, 11am-12pm, Women Only: <https://zoom.us/j/98614382>

BAME: Befriending

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

W: <https://www.thewelcoming.org/activities/friendship/the-wee-blether/>

Summary: Online - Weekly Cultural Exchange for Women - (with Lizzie) Tuesdays, 12pm-1pm, Women Only:

<https://zoom.us/j/99218279137>; Women's Friendship Group (Arabic / English) (with Lizzie and Intisar),

Wednesdays, 11am-12pm, Women Only: <https://zoom.us/j/98614382>

BAME: Carers

Minority Ethnic Carers of People Project (MECOPP)

Maritime House
8 The Shore
Edinburgh EH6 6QN

T: 0131 467 2994

E: mhairi@mecopp.org.uk

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.

BAME: Domestic Violence

Aditi

1a Atholl Crescent
Edinburgh EH3 8HA

T: 0131 603 4865

E: 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.

BAME: Domestic Violence

Saheliya

125 McDonald Road
Edinburgh EH7 4NW

T: 0131 556 9302

E: 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

BAME: Domestic Violence

Shakti Women's Aid

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 0131 475 2399

E: 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.

BAME: 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

W: <http://www.sikhsanjog.com/>

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

Tw: 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.

BAME: 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

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

FB: <https://www.facebook.com/mcultural1/?ref=ts>

Tw: <https://twitter.com/MCFB1>

Inst: <https://www.instagram.com/mcfb98/>

Summary: 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.

BAME: Muslim

Muslim Women's Association of Edinburgh

Edinburgh

T: 0748 056 9192

E: 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.

BAME: 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

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.

BAME: 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

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.

BAME: Seniors

Milan (Senior Welfare Organisation)

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 0131 475 2307

E: 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.

BAME: Social Justice

Nari Kallyan Shangho

Darroche Annexe
Edinburgh EH3 9NH

T: 0131 221 1915

E: 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.

BAME: 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.

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Befriending: All Age Groups

Heads Up (Health All Round)

24 Westfield Avenue
Edinburgh EH11 2QH

T1: 07394942066 - Catriona

T2: 07950617898 - Rose T3: 07849136944 - Maysoon

Opening Hours: Mon 2pm-4pm, Wed 10am-2pm, Thurs 12pm-2pm

E: info@healthallround.org.uk

W: <http://www.healthallround.org.uk/corona.html>

Tw: <https://twitter.com/hashtag/daretoreachout?src=hash&lang=en>

Summary: Head's Up: Supporting you to maintain mental wellbeing through challenging times. Social isolation is not easy for anyone. If you find that you are beginning to feel low in mood or your anxiety is getting the better of you, you may wish to consider our Telephone Befriending service. Ask Rose on 07950617898 for further details.

Befriending: Arthritis

Scotland Versus Arthritis

Edward House
199 Sauchiehall Street
Glasgow G2 3EX

T: 0141 954 7776

Contact: Marion MacNeil

E: m.macneil@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.

Befriending: BAM

The Welcoming - Women's group, conversation café and Wee Blether

1, 20 Westfield Ave,
Edinburgh EH11 2TT

T: 07379940716 - Telephone/text/WhatsApp

Contact: Life Raluy - Befriending Programme Manager

E: life@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, Women Only: <https://zoom.us/j/99218279137>; Women's Friendship Group (Arabic / English) (with Lizzie and Intisar), Wednesdays, 11am-12pm, Women Only: <https://zoom.us/j/98614382>

Befriending: BAME

The Welcoming - Befriending Programme

1, 20 Westfield Ave,
Edinburgh EH11 2TT

T: 07379940716 - Telephone/text/WhatsApp

Contact: Life Raluy - Befriending Programme Manager

E: 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

Befriending: Bereavement

Held in Our Hearts

Craiglockhart Tennis Centre
77 Colinton Road
Edinburgh EH14 1BZ

T: 0131 622 6263

E: 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: Cancer

Macmillan Cancer Support (Macmillan Befriending)

Caledonian Exchange
19A Canning St
Edinburgh EH3 8EG

T: 0808 808 00 00

E: tmorrow@macmillan.org.uk

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

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

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

Inst: <https://www.instagram.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. Your volunteer buddy will be a listening ear, ready to talk about how you're feeling and your support needs during this difficult time. They can also let you know about our other services, and all the ways Macmillan can help, so you don't have to face cancer alone.

Befriending: Carers

Befriending - Carers - Eric Liddell Centre

Eric Liddell Centre
15 Morningside Road
Edinburgh EH10 4DP

T: 0131 357 1271

E: frontdesk@ericliddell.org

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

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

Summary: Due to Covid-19 restrictions the Eric Liddell Centre is currently closed. Events and activities are being organised through their Facebook pages.

Befriending: Families

People Know How

525 Ferry Road
Edinburgh EH5 2FF

T: 0131 569 0525

E: positive.transitions@peopleknowhow.org

W: 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: Our **Family Support project** hosts social work students on placement from universities around Scotland. They consider the needs of the young people and help them engage with family, school and their community through our family support service.

Befriending: HIV

Positive Help

139 George Street
Edinburgh EH2 4JY

T1: 0131 225 4766

T2: 0758 295 8753

E: 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.

Befriending: Mental Health and Wellbeing

People Know How

525 Ferry Road
Edinburgh EH5 2FF

T: 0131 569 0525

E: reconnect@peopleknowhow.org

W: 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.

Befriending: Mental Health and Wellbeing

People Know How

525 Ferry Road
Edinburgh EH5 2FF

T: 0131 569 0525

E: positive.transitions@peopleknowhow.org

W: 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: Seniors

Cyrenians Golden Years Befriending

57 Albion Road
Edinburgh EH7 5QY

T: 0131 475 2354

E: 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

Befriending: Seniors

Edinburgh Garden Partners

First Floor, Causewayside House
160 Causewayside,
Edinburgh EH9 1PR

T: 0131 347 0529

E: 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.

Befriending: Seniors

Independent Age

18 Avonmore Road
London W14 8RR

T: 0800 319 6789 - Helpline

Fax: 020 7605 420

E: 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-wNvyfuWe2PHXiF0T3Tg?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.

Befriending: Seniors

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

Befriending: Seniors

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

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

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

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

Inst: 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: Seniors

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

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

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

Tw: 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: Seniors

Pilmeny At Home In-Reach Service

19 - 21 Buchanan Street
Edinburgh EH6 8SQ

T: 07375 918524

E: 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.

Befriending: Substance Misuse

Rowan Alba

89-95 Fountainbridge
Edinburgh EH3 9PU

T: 0131 229 7554

E: info@rowanalba.org

W: <https://rowanalba.org/>

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

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

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.

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

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.

Befriending: Veterans

Veterans Legion Scotland

New Haig House
Logie Green Road,
Edinburgh EH7 4HQ

T: 0131 550 1560

E: 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

W: 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: Our accredited Befriending project works closely with schools to provide young people with a befriender, someone they can talk to about their worries, have some fun with or just sit quietly with! They visit young people in and out of school and provide a safe environment.

Befriending: Youth

Space - Big Hearts Befriending

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

T: 0131 455 7731

E: 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/

Summary: Space - Big Hearts Befriending: For Young people in kinship care. They are accepting new referrals, please email 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

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

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

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

Inst: 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 for more information.

Befriending: Youth

Space - Youth Befriending

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

T: 0131 455 7731

E: 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/

Summary: Youth Befriending : For young people affected by parent drug or alcohol use. We are accepting new referrals , please email admin@spacescot.org for more information.

Befriending: Youth

Space - Youth Café

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

T: 0131 455 7731

Opening Hours: Friday evenings

E: 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/

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 for more information.

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Bereavement: Funeral Directors

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.

Bereavement: Helpline

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.

Bereavement: Online Support

Bereavement UK

E: 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

Bereavement: Online Support

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

Bereavement: Online Support

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

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.

Bereavement: Online Support

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

Bereavement: Palliative Care

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

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

Bereavement: Suicide

Survivors of Bereavement by Suicide (SOBS)

National Office

Flamsteed Centre

Albert Street

Ilkeston DE7 5GU

T: 0300 111 5065 - Helpline

E: support@uksobs.org

W: <https://uksobs.org/forum>

WC: Online Forum: uksobs.org/forum

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

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

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

Summary: All SOBS groups have been suspended. The helpline and online forum is still operating as normal

Bereavement: Support for Children & Young People

Richmond Hope Bereavement Service

Richmond's Hope
Richmond Craigmillar Church
227 Niddrie Mains Rd
Edinburgh EH16 4PA

T: 0131 661 6818

E: info@richmondshope.org.uk

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

Summary: Our staff teams in Edinburgh and Glasgow are working hard to resume our face-to-face service. We have started to meet with families who were in receipt of support at the start of lockdown. If you are currently on our waiting list, we will be in touch as soon as we can to discuss your support needs. In the meantime, if you need advice, please call or email and we will respond as soon as possible.

Bereavement: Trauma Counselling

PETAL (People Experiencing Trauma and Loss)

8 Barrack Street
Hamilton ML3 0DG

T: 01698 324502

Opening Hours: Monday - Thursday 9am - 5pm; Friday 9am - 4pm

E: info@petalsupport.com

W: <http://www.petalsupport.com/>

Summary: PETAL is currently providing services: bereavement counselling; emotional support; practical support/advice. Download PETAL'S leaflet here - COVID-19 Leaflet from PETAL

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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

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

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

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

Inst: 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 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

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

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

Summary: The office is closed, staff are working from home. The team have transferred face-to-face appointments to telephone contact and online contact. Messages will be picked up daily from the mainline 0131 322 8480 or you can email. You can make a new referral by phone or email. Advocacy at Mental Health Tribunals is still available until further notice. See website for updates. Edinburgh Carers Council has a new online peer support group that has been set up through Facebook.

Carers: Autism

PADSA Family of adults with autism

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 suspended. Services are online

Carers: Befriending

Befriending - Carers - Eric Liddell Centre

Eric Liddell Centre
15 Morningside Road
Edinburgh EH10 4DP

T: 0131 357 1271

E: frontdesk@ericliddell.org

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

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

Summary: Due to Covid-19 restrictions the Eric Liddell Centre is currently closed. Events and activities are being organised through their Facebook pages.

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

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

W2: <https://vimeo.com/401044870>

Summary: We can provide phone call support, emotional support and help with sorting out practical supports and issues. We will provide regular email and hard copy Carer Newsletters and updates for the duration. You may also be interested in our video "Caring for carers during Covid-19" - video by Michael West (Work and Organisationa Psychology professor, Lancaster University) - See the link above.

Carers: Carer Support

Care for Carers - Respite / Short Breaks

Room 4.25
St Margaret's House
Edinburgh EH7 6AE

T: 0131 661 2077

Opening Hours: Suspended due to Covid-19

E: admin@care4carers.org.uk

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

Summary: All face to face services have been suspended due to Covid-19 restrictions. Staff are available to give telephone support.

Carers: Carer Support

Edinburgh Carers Network

Edinburgh

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.

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

W: <https://services.nhsllothian.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

Edinburgh Carers Hub
60 Leith Walk
Edinburgh EH6 5HB

T: 0131 622 6666

E: 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

Edinburgh Carers Hub
60 Leith Walk
Edinburgh EH6 5HB

T: 0131 622 6666

E: 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.

Carers: Families

Fair Advice Edinburgh

95 Causewayside
Edinburgh EH9 1QG

T: 0131 662 1962

E: fair@fairadvice.org.uk

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

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

Tw: 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 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 (HSEW)

Room S3

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

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 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.

Carers: Helpline

Marie Curie Support Line

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.

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

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/oneparentfamiliesScotland/>

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

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.

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

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

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

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

Inst: 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 for more information:

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Children and Young People: Activities

Blue Peter Badges

Blue Peter MediaCityUK
Salford M50 2BH

E: 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: 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.

Children and Young People: 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

Children and Young People: 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.

Children and Young People: 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.

Children and Young People: Art Group/Art Project

North Edinburgh Arts

15a Pennywell Court
Edinburgh EH4 4TZ

T: 0131 315 2151

W: www.northedinburgharts.co.uk/online-activities/

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

Summary: North Edinburgh Arts A new 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/

Children and Young People: Audio Books

Audible

W: <https://stories.audible.com/start-listen>

Summary: Amazons, "Audible" service has made access to their children's audio books free for the duration of COVID-19. For as long as schools are closed, kids everywhere can instantly stream an incredible collection of stories. All stories are free to stream on your desktop, laptop, phone or tablet.

Children and Young People: Counselling

Space and Broomhouse Hub counselling

79-89 Broomhouse Crescent
Edinburgh EH11 3RH

T: 0131 455 7731

E: 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/

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: Dance

North Edinburgh Arts - Dance with Dice

15a Pennywell Court
Edinburgh, EH4 4TZ

T: 0131 315 2151

E: admin@northedinburgharts.co.uk

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

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

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.

Children and Young People: Disability

Teens Plus at Ravenscroft

60 Ravenscroft Street
Edinburgh EH17 8QW

T: 0131 468 4239

E: enquiries@teensplus.org.uk

W: www.teensplus.org.uk

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

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

Summary: TEENS+ is an Edinburgh-based, full time, transitional education project for young adults aged 17 to their 20s, with complex and severe communication needs, such as autism, who have left school and are entering adulthood. Currently closed because of Covid

Children and Young People: Employability

Canongate Youth - Employability Programme

South Bridge Resource Centre
6 Infirmary Street
Edinburgh EH1 1LT

T: 0131 556 9389

E: training@canongateyouth.org.uk

W: www.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.

Children and Young People: Family Activities

Sustrans Outside In - Resources for lockdown activities, games and challenges

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

Summary: Get weekly inspiration and resources for lockdown activities, games and challenges. 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.

Children and Young People: Free School Meals

Free School Meals

E: 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 if your bank details etc have changed.

Children and Young People: 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

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: Currently not running because of Covid. When it restarts it will run in January and September

Children and Young People: Health Education

Health Opportunities Team (H.O.T.)

1a Queens Walk
Edinburgh EH16 4EA

E: getsupport@health-opportunities.org.uk

W: <https://www.health-opportunities.org.uk/>

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

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

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

Summary: Health Opportunities Team (H.O.T.) are still offering support to young people. 1 to 1 Support: If you have been meeting with a H.O.T. worker at school, college or in the community, then they are offering to continue this work through video calls or telephone. Drop-ins: Mental Health and Sexual Health advice and support is available during these times through a confidential telephone consultation. Times: Wednesdays from 4 Pm to 8 Pm. Thursdays from 3.45 Pm to 6 Pm. E-mail: getsupport@health-opportunities.org.uk

Children and Young People: Helpline

Childline

NSPCC Weston House
42 Curtain Road
London EC2A 3NH

T: 800 1111 - Helpline

W: www.childline.org.uk

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

Inst: 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: Helpline

Children 1st

83 Whitehouse Loan
Edinburgh EH9 1AT
T: 08000 28 22 33 - Parentline
T: 0131 446 2300

E: 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: During the COVID-19, Children 1st will 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 however no support within child/family homes or in close personal contact with family members is available as per Government Guidelines. Referrers can request a referral form at gary.dewar@children1st.org.uk

Children and Young People: Helpline

The Mix

T: 0808 808 4994 - Helpline
W: 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.

Children and Young People: 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: Helpline

Young Scot

Rosebery House

9 Haymarket Terrace

Edinburgh EH12 5EZ

T: 0808 801 0338 - Helpline

E: info@young.scot

W: <https://young.scot/get-involved>

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.

Children and Young People: 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.

Children and Young People: 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: Personal Development

Venture Scotland

Offices 1 &2
4 Norton Park
Edinburgh EH7 5RS

T: 07495 836 248

T: 0131 661 6786

E: 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) and by telephone 07495 836 248.

Children and Young People: 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: 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/

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

Children and Young People: 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: Play Activities

The Yard

22 Eyre Place Lane
Edinburgh EH3 5EH
T: 0131 476 4506

E: info@theyardscotland.org.uk

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

FB: 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.

Children and Young People: Reading

Craigmillar Books for Babies

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

T: 0131 621 2621

T: 07923403061

E: info@craigmillarbooksforbabies.org.uk

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

FB: <https://www.facebook.com/pg/craigmillarbooksforbabies/about/>

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.

Children and Young People: Science

People Know How

525 Ferry Road
Edinburgh EH5 2FF

T: 0131 569 0525

E: positive.transitions@peopleknowhow.org

W: 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.

Children and Young People: Youth Club

6VT Youth Cafe

11 - 15 Vennel
Edinburgh EH1 2HU

T: 07758348850

T: 0131 229 1797

E: https://www.6vt.info/lets_talk

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

FB: www.facebook.com/6VTYouth

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

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

Summary: 6VT have set a virtual drop-in on Mondays at 7.00 pm and a sexual health and relationship workshop at 7.00 pm on a Wednesday. All young people welcome. 6VT Youth Workers will be running the virtual drop-ins as normal. You can contact the team on messenger for private support or if you are a young person in crisis. For more information and updates, go to the 6VT Youth Cafe Facebook page.

Children and Young People: Youth Club

Canongate Youth

South Bridge Resource Centre
6 Infirmary Street
Edinburgh EH1 1LT

T: 0131 556 9389

E: 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: All face-to-face services have been suspended until further notice. For young people being supported one-to-one, the Canongate Youth team will be in touch with you directly. For everyone else, all staff can still be contacted via e-mail, phone and through social media.

Children and Young People: Youth Club

Granton Youth

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

T: 07952 369 811

T: 0131 552 6741

E: 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.

Children and Young People: Youth Club

Pilmeny Development Project

19-21 Buchanan Street
Edinburgh EH6 8SQ

T: 07375 918524

E: 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 or Anne Munro (Manager) annemunro@btconect.com 07375 918524

Children and Young People: 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 & young people until we're able to resume our groups & clubs.

Children and Young People: Youth Club

The Junction Young People Health and Wellbeing

82-86 Great Junction Street
Edinburgh EH6 5LL

T: 07758348850

T: 0131 553 0570

E: 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.

Children and Young People: Youth Homelessness

The Rock Trust

55 Albany Street
Edinburgh EH1 3QY

T: 0131 557 4059

E: hello@rocktrust.org

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

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

Tw: 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 staffs 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

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Digital: 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

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.

Digital: Digital Accessibility

ACE IT Information Technology

25 Nicholson Square
Edinburgh EH8 9BX

T: 0131 667 2053 - Helpline

E: <http://aceit.org.uk/contact/>

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

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

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

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

Summary: ACE IT have created helpsheets to assist Older People to use the internet to support them through this time, and have launched a coaching helpline for guidance and advice. ACE IT have also launched a free IT training helpline.

Digital: Digital Accessibility

Cyrenians Digital Inclusion Service

Edinburgh

E: 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.

Digital: Digital Accessibility

Get Online Beginners Pack

W: <https://yourlibrary.edinburgh.gov.uk/documents/22366/91659/Getting+Started+guide/1ed99f-ba-6126-4634-9321-56f7a8572cc6>

Summary: This short booklet is a very useful guide in explaining a lot 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>

Digital: Digital Accessibility

People Know How

525 Ferry Road

Edinburgh EH5 2FF

T: 0131 569 0525

E: reconnect@peopleknowhow.org

W: www.peopleknowhow.org/reconnect

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

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

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

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.

Digital: Digital Accessibility

SCOREscotland

WHALE Learning Centre
30 Westburn Grove
Edinburgh EH14 2SA

T: 07398 603 969

E: 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.

Digital: 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.

Digital: 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.

Digital: Online training in Digital Skills

Choosing a Scanner

W: <https://www.bbc.co.uk/webwise/guides/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.

Digital: 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.

Digital: Online training in Digital Skills

Digital Skills Academy

Edinburgh

T: 07732 690 263

E: info@communityrenewal.org.uk

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

Summary: Due to the current situation Digital Skills are unable to accept any new referrals. We are continuing to support existing clients remotely with digital skills advice and learning plans.

Digital: 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

Digital: 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

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

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.

Digital: Online training in 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

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 Tel 07570106789 or visit the Facebook page.

Digital: Online training in Digital Skills

Future Learn

<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.

Digital: 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 2474T: 07925 417 338

E: 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.

Digital: 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

Digital: 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 2474T: 07925 417 338

E: 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.

Digital: 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.

Digital: 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

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.

Digital: 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 2474T: 07925 417 338

E: 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/pages/9/>) 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.

Digital: 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 2474T: 07925 417 338

E: 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.

Digital: 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 2474T: 07925 417 338

E: 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.

Digital: 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 desktop computer - or help how to do so to others.

Digital: Online training in Digital Skills

Using Google Maps

W: <https://support.google.com/maps/?hl=en#topic=3092425>

Summary: How to use google maps

Digital: 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.

Digital: 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

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.

Digital: 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 2474T: 07925 417 338

E: admin@deafscotland.org

W: <https://deafscotland.org/wp-content/uploads/2020/09/MZA.7-British-Sign-Language-Users.pdf>

B: <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.

Digital: 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 2474T: 07925 417 338

E: admin@deafscotland.org

W: <https://deafscotland.org/wp-content/uploads/2020/09/MZA.8-People-who-are-Deafblind.pdf>

B: <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.

Digital: 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 2474T: 07925 417 338

E: admin@deafscotland.org

W: <https://deafscotland.org/wp-content/uploads/2020/09/MZA.9-People-who-are-Deafened.pdf>

B: <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.

Digital: Online training in Digital Skills

Zoom for people who are Hard of Hearing

Deaf Scotland
c/o The ALLIANCE
The Venlaw Building, 349 Bath St
Glasgow G2 4AA

T: 0141 248 2474T: 07925 417 338

E: admin@deafscotland.org

W: <https://deafscotland.org/wp-content/uploads/2020/09/MZA.10-Hard-of-Hearing-deafscotland-factsheet.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. Deafscotland use the term the 'four pillars of deafness' to describe Deaf, Deafblind, Deafened and Hard of Hearing as people with different levels of deafness who have different barriers to overcome and have different language and communication support needs. There are several steps to consider and available features that may make Zoom meetings more accessible for those who are Hard of Hearing.

Digital: Repair & Recycle

Edinburgh Computer Recycling

Parkwood Industrial Estate
Godstone RH9 8JJ

T: 01293 731222

W: <https://www.cprcomputerrecycling.co.uk/computer-recycling-county-details.asp?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.

Digital: Repair & Recycle

Edinburgh Remakery

127 Leith Walk
Edinburgh EH6 8NP

T: 0131 629 9358

E: 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/UC2W1NIIAw2B3ukhTHGQUAw>

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.

Digital: Repair & 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

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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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

T2: 0131 469 5981 - ATECH24

E: socialcaredirect@edinburgh.gov.uk

E2: ATEC24.alarms@edinburgh.gov.uk

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

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.

Digital Health: Chest/Heart/Stroke

The Edinburgh Smart Home

T: 0131 443 3837

T: 07761330031

E: COTRS@edinburgh.gov.uk

E2: 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

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.

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

W: <https://www.actiononhearingloss.org.uk/live-well/products-and-technology/products-and-technology-to-help-with-hearing-loss/>

Summary: Hearing aids can be a lifeline if you're struggling to hear. But, in more challenging and noisy environments, you may benefit from assistive devices.

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.

Digital Health: Hearing Loss

C2Hear Online

E: melanie.ferguson@nal.gov.au

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

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

YT: 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

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

T2: 0131 469 5981 - ATECH24

E: socialcaredirect@edinburgh.gov.uk

E2: ATEC24.alarms@edinburgh.gov.uk

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

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

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

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.

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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Disability Services: 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

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.

Disability Services: Additional Support Needs

Capability Scotland - Head Office

Berkeley House
285 Bath Street
Glasgow G2 4JL

T: 0131 337 9876

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.

Disability Services: Additional Support Needs

Capability Scotland - Riccarton Service

Mercury House
Research Avenue North
Heriot Watt Research Park
Edinburgh EH14 4AP

T: 0131 347 1078 - Liz Gold

Opening Hours: Contact Capability Scotland for information.

E: Riccarton@capability.scot

W: <https://www.capability.scot/services/8-riccarton-edinburgh>

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

Summary: Our purpose designed Edinburgh Hubs are based at Riccarton and Craigmillar and offer different experiences and day opportunities to disabled people with complex care needs.

Disability Services: Additional Support Needs

Changing Places Toilets Directory

T: 01382 385 154

E: PamisChangingPlaces@dundee.ac.uk

W: www.changing-places.org/Default.aspx

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

Tw: 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 often need extra equipment and space to allow them to use the toilets safely and comfortably. These needs are met by Changing Places toilets.

Disability Services: Additional Support Needs

ECAS - Friendly and practical help for people with a physical disability

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 07500 221618

E: hello@ecas.scot

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

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

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.

Disability Services: Additional Support Needs

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.

Disability Services: Additional Support Needs

Poppy Homecare

Wallyford
East Lothian EH21 8BY

T: 07865 462635

E: Poppyhomecare@hotmail.com

W: 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.

Disability Services: 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

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.

Disability Services: Additional Support Needs

The Action Group

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 0131 475 2315

E: 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.

Disability Support Services: Additional Support Needs: Autism

National Autistic Society

393 City Road
London EC1V 1NG

E: ScotlandSocialGroups@nas.org.uk

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

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 ScotlandSocialGroups@nas.org.uk

Disability Support Services: Additional Support Needs: Autism

One Parent Family Support - Peer Support Autism

2 York Place
Edinburgh EH1 3EP

T: 07814078139

E: 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/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

Disability Support Services: Additional Support Needs: Autism

Scottish Autism - Right Click Online Support Programme

Hilton House,
Alloa Business Park, Whins Road
Alloa FK10 3SA

E: advice@scottishautism.org

W: 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

Disability Support Services: Additional Support Needs: Autism

Scottish Autism - Advice Plus Advice Line and Live Chat

Hilton House,
Alloa Business Park, Whins Road
Alloa FK10 3SA

T: 01259 222 022

E: advice@scottishautism.org

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

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 Also offering live Facebook sessions and online groups. For more information visit <https://www.scottishautism.org/>

Disability Support Services: Additional Support Needs: Autism

Spectrum Music - run by Hear my Music

5 Acacia Way
Cambuslang
Glasgow G72 7ZY

T: 07890512824

E: 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 email emily@hearmymusic.org.uk or Tel: 07890512824

Disability Support Services: Additional Support Needs: Autism

Tailor Ed

11 Maritime Street
Edinburgh EH6 6SB

T: 07518 040 115 - Roo

T: 07980 702 962 - Kate

E: 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 Weekday Circle Times, Games sessions of interactive and visually supported activities, Fortnightly Quiz Night for parents. For more info or to refer a family to access these events email: contact@tailoredfoundation.co.uk or Tel: Roo 07518 040 115 or Kate 07980 702 962

Disability Services: Children Services

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

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.

Disability Services: Children Services

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

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 of any disability.

Disability Services: 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

Summary: Independent advice service on additional support for children's education and learning.

Disability Services: Children Services

FABB

The Treehouse
Trossachs Tryst
Invertrossachs Road
Callander FK17 8HW

T: 01877 331 200
E: info@fabb.org.uk
W: 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.

Disability Services: Children Services

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.

Disability Services: Children Services

Place2Be

Robertson House
125 Bath Street
Glasgow G2 4TB

T: 020 7923 5500

E: Scotland@place2be.org.uk

W: 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 Craigroyston Primaries.

Disability Services: Children Services

Playback Trust

489 Lanark Road
Edinburgh EH14 5DQ

T: 0131 453 4889

Opening Hours: Office hours Mon-Fri 9am-5pm.

E: may@playbacktrust.net

W: 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, dancing, list.

Disability Services: Children Services

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.

Disability Services: Children Services

Whizz-Kidz

2nd Floor, 30 Park Street,
London SE1 9EQ

T: 020 7233 6600

E: info@whizz-kidz.org.uk

W: 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 services for young wheelchair users including residential camps, social clubs and wheelchair skills training.

Disability Services: Counselling

TalkTime Scotland

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 07774 210104

E: talktimescotland@gmail.com

W: 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.

Disability Services: Disabilities Support Services

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

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.

Disability Services: Disabilities Support Services

Disabled Living Centre

c/o (LCiL) Lothian centre for Inclusive Living
57 Albion Road
Edinburgh EH7 5QY

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

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.

LCiL does not have access to the SMART homes equipment. The above should be signposted either to the NHS Aistley Ainsley or Edinburgh Community Stroke Service who have a SMART home installed at their Longstone premises. Please contact ann-marie-seath@edinburgh.gov.uk for more details about how this is operating now.

Disability Services: Disabilities Support Services

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

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.

Disability Services: Disabilities Support Services

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

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

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

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

Summary: A peer support group for parents and carers of children and young people who are disabled or have additional support needs. The group allows parents and carers to share experiences, support each other and participate in discussion topics. Creche provided.

Disability 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

W: 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 Groups suspended due to Covid-19 restrictions.

Disability 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

W: 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.

Disability Services: 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

Summary: Disability Employment Advisers (DEAs) can give you help and support regardless of your situation. -
Wester Hailes

Disability Services: 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

Summary: Disability Employment Advisers (DEAs) can give you help and support regardless of your situation. -
Livingstone

Disability Services: 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

Summary: Disability Employment Advisers (DEAs) can give you help and support regardless of your situation. -
Leith

Disability Services: Employability

Disability Employment Adviser - Timothy Bryd

High Riggs Job Centre Plus
20 High Riggs
Edinburgh EH3 9HU

T: 0131 528 6864

E: 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

Disability Services: 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.

Disability Services: Family Support Services

Children and Families Disability Team

City of Edinburgh Council
Edinburgh

T: 0131 200 2324

E: 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

Disability Services: Family Support Services

Disability Behaviour Support Service (DBSS)

City of Edinburgh
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.

Disability Services: Family Support Services

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

W: 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

Disability Services: Family Support Services

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

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

Disability Services: Independent Living

Self-Directed Support (SDSS)

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 0131 475 2623

E: info@sdsscotland.org.uk

W: 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.

Disability Services: Learning Disabilities

Poppy Homecare

Wallyford
East Lothian EH21 8BY

T: 07865462635

E: ewan@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.

Disability Services: 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

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

Summary: Inclusion Alliance Edinburgh gives service for people with a learning disability.

Disability Services: 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

07810 331887 - Direct Help and Support Service

E: directhelp@mindroom.org

W: 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/featured

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.

Disability Services: Learning Disability

Upward Mobility

Links House Level 4
15 Links Place
Edinburgh EH6 7EZ

T: 0131 661 4411

E: hello@upmo.org

W: www.upmo.org

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

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

Inst: 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.

Disability Services: Learning Disability

Visualise Scotland

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 0131 475 2337

E: office@visualise.org.uk

W: 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.

Disability Services: 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

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.

Disability Services: Sensory Stimulation

Multi-Sensory Room Greengables Family Centre

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.

Disability Services: Social Support Chat

Get2gether

Thistle Centre of Wellbeing
13 Queen's Walk
Edinburgh EH16 4EA

T: 07867 179023

E: admin@get2gether.org.uk

W: 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.

Disability Services: Speech and Language Therapy

Speech and Language Therapy

NHS Lothian
Edinburgh

W: <https://services.nhsllothian.scot/SLT/Pages/Contact-Us.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.

Disability Services: Speech and Language Therapy

The Speech Language Communication Company (SLCo)

42-44 Castle Street
Dundee DD1 3AQ

T: 01382 250060 - Helpline

07580 022151 - Mobile

E: 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

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.

Disability Services: 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.

Disability Services: 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. - Walk climb ski, Offers outings, trips, holidays and expeditions. Expeditions are currently suspended due to Covid-19 restrictions.

Disability Services: Sports Activities

Lothian Disability Sport

Meadowmill Sports Centre,
By Tranent,
Edinburgh EH33 1LZ

T: 07885 549 173 - Mobile

E: admin@lothiandisabilitysport.co.uk

W: www.lothiandisabilitysport.co.uk

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

Tw: 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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Employability: Clothing

Grassroots Clothing Project

Forth Sector
Duddingston Park South
Edinburgh EH15 3NT

T: 07887 492 411

E: 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).

Employability: Clothing

Smart Works

32 Annandale Street Lane
2 Anderson Place
Edinburgh EH7 4LS

T: 0131 516 7787

E: 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.

Employability: Digital

Digital Skills Academy

Edinburgh

T: 07732 690263

E: info@communityrenewal.org.uk

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

Summary: All our training courses are run in small, friendly groups by highly experienced tutors in convenient venues located all round Edinburgh. Whether you're starting completely from scratch, want to update your skills or improve your chances of getting a job, Digital Skills has a class for you. Plus, our courses are totally FREE for learners.

Employability: Digital

People Know How - Basic Digital Skills project

525 Ferry Road

Edinburgh EH5 2FF

T: 0131 569 0525

E: contactus@peopleknowhow.org

W: <https://peopleknowhow.org/reconnect/learn-digital/>

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

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

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

Summary: Currently running a service to provide computers to those who need help staying connected in Edinburgh and East Lothian. Members of the community who are self-isolating, home-schooling, on low income or would benefit for any other reason are all welcome to make a referral. They will deliver the computer to the doorstep, and have volunteers ready to offer phone support in setting up and connecting to the internet.

Employability: Disability

ENABLE Scotland - All in Edinburgh

T: 0131 220 8255

E: 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 or phone 01312208255

Employability: Disability

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: bs1@enable.org.uk

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

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

Tw: 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.

Employability:

Employability: Disability

Real Jobs (The Action Group)

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 0131 475 2315

E: 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.

Employability: Employability

Access to Industry

156 Cowgate
Edinburgh EH1 1RP

T: 0131 260 9721

E: 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: our projects are still operating across Scotland, but all our support and classes have moved online. Please look at the courses page for information on classes, or contact us for more information.

Employability: Employability

All in Edinburgh

T: 0300 020 0101

E: 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.

Employability: Employability

Apex Scotland

9 Great Stuart Street
Edinburgh EH3 7TP

T: 07894 386 430

E: admin@apexscotland.org.uk

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

FB: <https://twitter.com/apexscotland>

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.

Employability: Employability

Build It (Firstport)

Firstport
7 Montgomery Street Lane
Edinburgh EH7 5JT

T: 0131 564 0331

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

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

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

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

Summary: Funding of up to £25,000 for individuals to grow an enterprising idea that has been successfully piloted.

Employability: Employability

Business Gateway

Waverly Court
4 East Market Street
Edinburgh EH8 8BG

T: 0300 013 4753

T: 0131 516 6932

E: bglathian@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.

Employability: Employability

CHAI

5th Floor, Riverside House
502 Gorgie Road
Edinburgh EH11 3AF

T: 0131 442 2100

E: chai@mail.wh1.org.uk

W: <http://www.chaiedinburgh.org.uk/get-involved/job>

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.

Employability: Employability

Cyrenians - Learning and Work Training Project

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 0131 475 2435

E: 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.

Employability: Employability

Fort Kinnaird Recruitment and Skills Centre

32 Fleming House
Newcraighall
Edinburgh EH15 3RD

T: 0131 657 2029

W: <http://rscfortkinnaird.co.uk>

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

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

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.

Employability: Employability

Forth Sector

Duddingston Yards
Duddingston Park South
Edinburgh EH15 3NT

T: 0131 201 2450

E: info@forthsector.org.uk

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

FB: <https://www.facebook.com/Forth-Sector-503515349703000/>

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.

Employability: Employability

Four Square

67a Logie Green Road
Edinburgh EH7 4HF

T: 0131 557 7900 - Learning & Employability

E: 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

Employability: Employability

Fresh Start - Head Office

22-24 Ferry Road Drive
Edinburgh EH4 4BR

T: 0131 476 7741

E: 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.

Employability: Employability

Into Work

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 0131 474 2600

E: 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.

Employability: Employability

Joined up for Jobs

Capital City Partnership
165a Leith Walk
1 - 3 Canon Street
Edinburgh EH6 8NR

E: joinedupforjobs@capitalcitypartnership.org

W: 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.

Employability: Employability

Link Living

Link House
2c New Mart Road
Edinburgh EH14 1RL

T: 0330 303 0302

E: enquiries@linkliving.org.uk

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

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

Tw: 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. Covid-19 has effected their face to face services so make sure to have a look at their excellent online services: <https://www.linkliving.org.uk/covid-19/more/>

Employability: Employability

Next Step

Stafford Centre
103 Broughton Street
Edinburgh EH1 3RZ

T: 0131 557 0718

E: nextstep@supportinmindscotland.org.uk

W: <https://www.supportinmindscotland.org.uk/edinburgh-services>

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

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.

Employability: Employability

Next Step (Part of Community Renewal)

31 Pennywell Road
Edinburgh EH4 4PJ

T: 0300 365 0025 - Employment Support

E: info@communityrenewal.org.uk

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

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

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

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

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.

Employability: Employability

People Know How

525 Ferry Road
Edinburgh EH5 2FF

T: 0131 569 0525

E: reconnect@peopleknowhow.org

W: 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.

Employability: Employability

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.

Employability: Employability

Redhall Walled Gardens

97 Lanark Road
Edinburgh EH14 2LZ

T: 0131 443 0946

E: 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. In addition the garden will now be open on Saturdays from the 12th June 10-4 till the end of August.

Employability: Employability

Skills Development Scotland

Monteith House,
11 George Square
Glasgow G2 1DY

T: 0800 917 8000

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

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

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

Summary: Skills Development Scotland (SDS) is Scotland's national skills body. We contribute to Scotland's sustainable economic growth by supporting people and businesses to develop and apply their skills. We work with our partners to provide services that deliver the very best outcomes for Scotland's people, businesses and the economy.

Employability: Employability

StartScotland

T: 0800 049 7061

E: info@startscotland.scot

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

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

Summary: StartScotland can still provide support by phone or email.

Employability: 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

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.

Employability: Occupational Therapy

Working Health Services

NHS Lothian, OT Department

Astley Ainsley Hospital

133 Grange Loan

Edinburgh EH9 2HL

T: 0131 537 9579

W: <http://www.nhslotthian.scot.nhs.uk/Services/A-Z/WorkingHealthServices/Pages/default.aspx>

Summary: For people who are off work or struggling to stay in work due to a mental or physical health reason.

Employability: Online

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.

Employability: Online

Universal Jobmatch

W: <https://www.gov.uk/find-a-job>

Summary: Find full or part-time jobs in England, Scotland and Wales.

Employability: Recruitment

Capital City Partnership LEP Lothian Employment Partnership

165a Leith Walk,
Edinburgh EH6 8NR

T: 0131 554 3067

E: 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

Employability: 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

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.

Employability: Recruitment

Fort Kinnaird Recruitment and Skills Centre

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.

Employability: Recruitment

Fuse Retail and Hospitality Academy

45 Leith Street

Edinburgh EH1 3AT

T: 0131 370 3850

E: hello@edinburghfuse.com

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

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

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

Inst: https://www.instagram.com/edinburgh_fuse/

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.

Employability: Recruitment

Goodmoves

T: 0800 0192 149

E: enquiries@goodmoves.org.uk

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

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

Summary: Charity and voluntary sector recruitment

Employability: Recruitment

Joined up for Business

Capital City Partnership

165a Leith Walk,

Edinburgh EH6 8NR

W: <https://www.joinedupforjobs.org/employers/joined-up-for-business>

Summary: Joined Up for Business offers a bespoke, free recruitment and training service for businesses in Edinburgh. It also provides business growth support for micro and small to medium enterprises.

Employability: Recruitment

Kick Start

W: <https://www.gov.uk/government/collections/kickstart-scheme>

Summary: The Kickstart Scheme provides funding to employers to create job placements for 16 to 24 year olds on Universal Credit.

Employability: Recruitment

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

Employability: Recruitment

Myjobscotland

E: myjobscotland@cosla.gov.uk

W: <https://www.myjobscotland.gov.uk/>

Summary: Scotland's job website for the public and third sector

Employability: Recruitment

Remploy Scotland

22-24 Earl Grey Street

Edinburgh EH3 9BN

E: 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.

Employability: 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.

Employability: Recruitment

Workingrite

Catchpell House,

4 Carpet Lane

Edinburgh, EH6 6SP

T: 0131 553 9395

E: 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: Training

Apprentices - Skills Development Scotland

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

Tw: https://twitter.com/apprentice_scot

Inst: https://www.instagram.com/apprentice_scot/

YT: <https://www.youtube.com/channel/UCKEH9FdVLYMYKI2c4pNqjPA>

Summary: We understand these are concerning times and you might be worried about the impact of COVID-19. Our absolute priority is to support you whether you're an apprentice, employer or learning provider.

Employability: Training

Broomhouse Café Project - Now called Space Kitchen Training Academy

T: 0131 455 7731

E: 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/

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.

Employability: Training

Canongate Youth - Employability Programme

South Bridge Resource Centre

6 Infirmary Street

Edinburgh EH1 1LT

T: 0131 556 9389

E: 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.

Employability: Training

Community Renewal

31 Pennywell Rd

Edinburgh EH4 4PJ

T: 0300 365 0025

E: 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

Employability: Training

Digital Skills Academy

T: 07732 690263

E: info@communityrenewal.org.uk

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

Summary: Due to the current Covid-19 situation Digital Skills are unable to accept any new referrals. We are continuing to support existing clients remotely with digital skills advice and learning plans.

Employability: Training

Edinburgh Early Learning and Child Care Academy

City of Edinburgh Council

W: <https://www.edinburgh.gov.uk/information-professionals/early-years-staff-training/1>

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

Tw: 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.

Employability: Training

Edinburgh Guarantee

T: 0131 529 4312

E: 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/UCNlxAGEjFZTQb98S4IBmgjw>

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: Training

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

Employability: Training

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.

Employability: Training

Link Living 16-25 Link Academy

LinkLiving
Link House
2c New Mart Road,
Edinburgh EH14 1RL

T: 0330 303 0302

E: enquiries@linkliving.org

W: <https://www.linkliving.org.uk/what-we-do/link-academy>

Summary: The Link Living Academy is based in Falkirk. It runs a range of employability training courses. Due to Covid-19 our Link Academy Building is currently closed until further notice. We are closely monitoring government and health officials advice and will re-open when it is safe to do so. In the meantime, we are delivering some of our courses online so please contact us for information about these or to register your interest for future course information and re-opening updates at <https://www.linkliving.org.uk/contact-us/> or on 01324 466 860 where our phone lines remain open.

Employability: Training

My World of Work - Skills Development Scotland

T: 0800 917 8000

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

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

Summary: Offices closed, services being delivered online

Employability: Training

National Careers Service

W: <https://nationalcareers.service.gov.uk/find-a-course/the-skills-toolkit>

Summary: Free courses to help you learn new skills or change jobs. Including general skills that apply to all sectors and more specialised skills.

Employability: Training

North Edinburgh Childcare - Child Care Academy

18b Ferry Road Avenue
Edinburgh EH4 4BL

T: 0131 332 8001

E: 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.

Employability: Training

Skills Development Scotland

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.

Employability: Training

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: Training

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: Training

Skills Development Scotland

79 Shandwick Place
Edinburgh EH2 4SD

T: 0131 718 2040

W: <https://www.skillsdevelopmentScotland.co.uk/what-we-do/scotlands-careers-services/our-careers-service-in-schools/apprenticeshipscot/>

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: Training

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

Employability: Training

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.

Employability: Training

Youth Scotland Coding Training

Balfour House
19 Bonnington Grove
Edinburgh EH6 4BL

T: 0131 554 2561

E: 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: Veterans

Employ-able

Poppy Scotland
New Haig House
66 Logie Green Road
Edinburgh EH7 4HQ

T: 0131 557 2782

E: 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.

Employability: Volunteering

Project Scotland Volunteering

T: 0131 564 1951

E: volunteer@projectscotland.co.uk

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

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

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

Summary: We help Young People in Scotland to get on in life through volunteering.

Employability: 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.

Employability: Youth

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

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

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Faith Groups: Faith Groups: 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. The current Secretary will reply to emails but others may pick up as well.

Faith Groups: Faith Groups: Baptists

Central Church

Central Hall
2 West Tollcross
Edinburgh EH3 9BP

T: 0131 447 9787

E: hello@centralchurch.co.uk

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

W2: <https://www.centralchurch.co.uk/sundayonline/>

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: Faith Groups: Brahma Kumaris

The Brahma Kumaris

Inner Space Edinburgh
183 Dalry Road
Edinburgh EH11 2EB

T: 0131 229 7220

E: 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.

Faith Groups: Faith Groups: 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 is currently closed because of Covid-19 restrictions. We'll continue for now coming together for meditation, dharma and ceremony on the Zoom platform each week.

Faith Groups: Faith Groups: Buddhist

Buddhist Centre - Bread Street

35-37 Bread Street
Edinburgh EH3 9AL

T: 07599 718556

E: info@edinburghbuddhistcentre.org.uk

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

Summary: We offer a range of activities operating at our base the Healthy Life Centre, 35 – 37 Bread Street, just off Lothian Road. Run taster sessions; Introductory courses; Meditation. In accordance with government Covid-19 advice we are currently closed.

Faith Groups: Faith Groups: Buddhist

Kadampa Mediation Centre

172 Leith Walk
Edinburgh EH6 5EA

T: 0131 622 1956

Opening Hours: 7:30pm

E: 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.

Faith Groups: Faith Groups: Catholic

St Mary's Catholic Cathedral

Broughton Street
Edinburgh EH1 3JR

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

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

Summary: The government's limit of 150 people per Mass will be in effect as of Monday, 26th April, so it is important that you register for one of the weekend Masses before you arrive. Once you do have a place reserved, please make every attempt to attend your chosen Mass. 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: Faith Groups: 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

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.

Faith Groups: Faith Groups: 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.

Faith Groups: Faith Groups: Church of Scotland

Greenbank Parish Church

Braidburn Terrace,
Edinburgh EH10 6ES

Opening Hours: 10:30am every Sunday

E: 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: Faith Groups: Church of Scotland

Wester Hailes Holy Trinity Church

Hailesland Place
Edinburgh EH14 2SL

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

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

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

Summary: We have adapted our usual Sunday morning service provision to allow for Covid safety measures. Capacity will change with tier level, currently we are permitted to accommodate 50 people in the sanctuary.

In line with all other churches, you must book your place in advance. The Holy Trinity Church will continue to livestream their Sunday worship on their Facebook as well as holding zoom sessions.

Faith Groups: Faith Groups: Church of Scotland

Duddingston Kirk

Duddingston Kirk
5 Old Church Lane
Edinburgh EH15 3PX

T: 0131 661 4240

E: dodinsoffice@aol.com

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

W2: <https://vimeo.com/showcase/6887304>

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.

Faith Groups: Faith Groups: 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/UCtAryGUYloCTiF55wtFX0-A>

Summary: Church of Scotland and United Reformed Church. Church Service - Sundays at 11 am. Prayer Service - Wednesdays at 5 pm. You will need to book in advance if you wish to attend a Sunday service. The limit on attendance is 50. Services continue to be streamed online.

Faith Groups: Faith Groups: Church of Scotland

Church of Scotland

121 George Street
Edinburgh EH2 4YN

T: 0131 225 5722

E: 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: Faith Groups: 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/>

W2: <https://vimeo.com/user31669181>

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.

Faith Groups: Faith Groups: Episcopal

Mustard Seed Edinburgh (St Margaret's Church)

170 Easter Road
Edinburgh EH7 5QE

T: 07407 213397

E: liz@mustardseededinburgh.org

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

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

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

Summary: Mustard Seed is a community of Good News, rooted in prayer. We're having to do Mustard Seed in a different way at the moment. We're still having food every Thursday (Soul Food) and Saturday (Soul Food Families) but as takeaways. We're still worshipping and praying every week but online. There is a weekly in-person service on Sundays at 4pm at St. Margaret's Church, 170 Easter Road, but you will have to book in advance as numbers are limited due to Covid restrictions. We're still caring for each other in smaller support groups via the phone and online. Please send your email or phone number to access any of these things.

Faith Groups: Faith Groups: Evangelical

Destiny North

7 Waterfront Broadway
Edinburgh EH5 1SA

T: 0131 555 2705

Opening Hours: Sundays 11.30am

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

W2: <https://live.destinyedinburgh.com/>

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

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

Faith Groups: Faith Groups: Evangelical

Destiny Leith

12 Casselbank Street
Edinburgh EH6 5HA

T: 0131 555 2705

Opening Hours: Sundays 10.30am

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

W2: <https://live.destinyedinburgh.com/>

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

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

Faith Groups: Faith Groups: 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

Faith Groups: Faith Groups: 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>

W2: <https://live.destinyedinburgh.com/>

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

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

Faith Groups: Faith Groups: Evangelical

Chinese Evangelical Church

18 West Mayfield
Edinburgh EH9 1TQ

T: 07503 695983

Opening Hours: Sunday Service -1.30pm

E: 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.

Faith Groups: Faith Groups: Hindu

Edinburgh Hindu Mandir/Cultural Centre

St Andrew Place
Leith
Edinburgh EH6 7EG

T: 0131 677 0905

E: info@edinburghhindumandir.org.uk

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

Summary: Our Temple is situated just outside the heart of Edinburgh in Scotland, in the area of Leith. Our building, a former Church, is a spacious building which can easily hold 500 people and more when the need calls for it. We have a fairly large congregation which meets once a fortnight.

Faith Groups: Faith Groups: 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 web site with a request to be added and a contact telephone number.

Faith Groups: Faith Groups: Jewish

The Scottish Council of Jewish Communities

222 Fenwick Road
Edinburgh G46 6UE

T: 0141 638 6411

E: 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: Faith Groups: Kagyu Samye Dzong

Kagyu Samye Dzong Edinburgh

25 Bernard Street
Edinburgh EH6 6SH

T: 0131 225 8359

E: isacornerfit@gmail.com

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

Summary: The centre is currently closed due to the coronavirus outbreak. Courses and events are occurring online, see web site for details.

Faith Groups: Faith Groups: Muslim - Islamic Educational Centre

Mohiuddin Jamia Masjid & Education Centre

123 Great Junction Street
Edinburgh EH6 5JB

T: 0131 555 1116

E: 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

Faith Groups: Faith Groups: 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

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

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

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

Faith Groups: Faith Groups: Muslim - Mosque

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: Faith Groups: 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: Faith Groups: 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: Faith Groups: Muslim - Mosque

Annandale Mosque

43-45 Annandale Street
Edinburgh EH7 4A2

T: 07514 774001

E: 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

Faith Groups: Faith Groups: 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.

Faith Groups: Faith Groups: Muslim - Mosque

Blackhall Mosque

1 House O'Hill Road
Edinburgh EH4 2AJ

T: 0131 343 3802

E: 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.

Faith Groups: Faith Groups: Muslim - Mosque

Idara Trust - Polwarth

8-10 Temple Park Crescent
Edinburgh EH11 1HT

T: 0131 229 3844

E: info@omniislam.or.uk

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

Summary: Information and advice; Education and development work.

Faith Groups: Faith Groups: 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.

Faith Groups: Faith Groups: Pentecostal

Edinburgh Elim Church

18 Morningside Road
Edinburgh EH10 4DB

T: 0131 447 5086

E: 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

Summary: Pentecostal Church. Due to current national guidelines, we have made the difficult decision to suspend our in person gatherings on Sunday mornings. We will however 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: Faith Groups: 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. Due to Covid-19, Meetings for Worship in Scotland may not be meeting in person. To obtain the Meeting Link for our Meeting for Worship on Zoom every Sunday at 11 : contact office@equaker.org.uk

Faith Groups: Faith Groups: 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

W: <http://edinburgh-gurdwara.co.uk/>

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

Summary: Daily prayers and wedding ceremonies

Faith Groups: Faith Groups: 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

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: BAME

The Mosaic Project

Multi-Cultural Family Base
50 Coburg Street
Edinburgh EH6 6HE

T: 0131 467 7052

E: hello@mcfb.org.uk

W: <http://www.mcfb.org.uk/projects/supporting-teenagers>

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: 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

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.

Families: Disability Information Service

Fair Advice Edinburgh

95 Causewayside
Edinburgh EH9 1QG

T: 0131 662 1962

E: fair@fairadvice.org.uk

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

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

Tw: 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 and we will get back to you. We hope you and your family remain safe during this difficult time

Families: Disability Information Service

Kindred

7 Rutland Court Lane
Edinburgh EH3 8ES

T: 0800 031 5793

E: Enquiries@kindred-scotland.org

W: 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.

Families: Employability

One Parent Families Scotland - Employability and learning

2 York Place
Edinburgh EH1 3EP

T: 0131 556 3899

E: 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

Families: Family Support

Circle Haven Project

18 West Pilton Park
Edinburgh EH4 4EJ

T: 0131 552 0305

Fax: 0131 551 3976

E: 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: Family Support

City of Edinburgh - Family and Household Support Service - North East

Edinburgh

T: 0131 529 7168

E: 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.

Families: Family Support

City of Edinburgh - Family and Household Support Service - North West
Edinburgh

T: 0131 529 5014

E: 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: Family Support

City of Edinburgh - Family and Household Support Service - South East
Edinburgh

T: 0131 529 5123

E: 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.

Families: Family Support

City of Edinburgh - Family and Household Support Service - South West
Edinburgh

T: 0131 469 5150

E: 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: 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 available on the phone during the virus situation, but staff and volunteers can't visit families at home at the moment. If you have been referred to or Home Link already support you, the team will be in contact soon via phone/Whatsapp/Skype/email and will contact you regularly to offer as much help as we can. Homelink is still accepting referrals but the time frame for actioning these may be longer. Home Link have got loads of ideas about how you can entertain your children at home – Check out Facebook for ideas.

Families: 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

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 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: 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

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

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

Summary: All face to face services are currently closed because of Covid-19 restrictions. We can deliver frequent telephone / text contact offering personal support to families and guidance to other services.

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

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: Family Support

Safe Families

4 Diamond Court
Kingston Park
Newcastle upon Tyne NE3 2EN

T: 0131 603 8430

E: scotland@safefamilies.uk

W: <https://safefamilies.uk/>

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

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

YT: <https://vimeo.com/safefamiliesuk>

Summary: Safe Families works with families in Edinburgh who are isolated and struggling by linking them with trained and approved volunteers. Safe Families is providing Calls/Video calls support from the family support staff and getting families emergency food parcels. Safe Families is currently receiving referrals.

Families: 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

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.

Families: 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

W: <https://www.firsthand-lothian.org.uk/>

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

Summary: All face-to-face services have been suspended. There will be no visits until Government advice changes regarding contact. Family support is available by phone. The team are now working from home and contactable by email and/or mobile. Our parent and carer closed Facebook page continues to be a source of support and reassurance for parents across the city.

Families: Fathers

Dads Rock

c/o Space & Broomhouse Hub,
79-89 Broomhouse Crescent
Edinburgh EH11 3RH

T: 07807 498 709

E: hello@dadsrock.org.uk

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

W2: <https://www.dadsrock.org.uk/latest-news-1/2020/3/23/changes-to-how-we-work>

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

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.

Families: 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 & service referrals for local families.

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

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: 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

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.

Families: 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

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: 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.

Families: 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 bab; understanding your child; understanding your teenager's brain

Families: 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/>

W2: <https://www.thespark.org.uk/coronavirus-service-update/>

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.

Families: Parenting

Parent Club

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

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

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

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

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!

Families: 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.

Families: 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

W: <https://www.juno.uk.com/>

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

Tw: https://twitter.com/juno_pmhs

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.

Families: 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

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: Currently online via video call or by phone. For more info call 0131 556 3899 or email brock.lueck@opfs.org.uk or visit the Facebook page.

Families: Single Parents

One Parent Families Scotland - Free Cooking & Conversation Sessions for Single Parents

2 York Place
Edinburgh EH1 3EP

T: 07814078139 - Tom Carrol

E: 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: Free Cooking and Conversation Sessions for Single Parents - via Zoom each Wednesday 10:30 – 12:30 pm. For more info call 07814078139 or email tom.carroll@opfs.org.uk or visit the Facebook page.

Families: 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

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 or visit the Facebook page.

Families: 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

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 or visit the Facebook page.

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Food: Commercial Retailer

Artisan Larder Scotland

Ostara Café
Coburg Street
Edinburgh EH6 7BY

T: 0131 261 5441

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

Summary: Celebrating Scotlands Small producers! - Order online or by phone/whatsapp Collection Monday, Wednesday and Friday. Can deliver to those in self isolation.

Food: Commercial Retailer

Bidfood Food Wholesalers

T: 0131 535 2000

E: info@artisanlarderscotland.co.uk

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

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

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

Inst: [Inst: https://www.instagram.com/bidfooduk/?hl=en](https://www.instagram.com/bidfooduk/?hl=en)

YT: <https://www.youtube.com/channel/UC1esepmKtRxxG6tLk-jMYAw>

Summary: Usually a food wholesaler but have started an online home delivery service. Experiencing a high volume of requests but currently still accepting new customers. See web site for details.

Food: Commercial Retailer

Breakfast, Brunch and Lunch

65 Pleasance
Edinburgh EH8 9TG

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

FB: <https://www.facebook.com/bbl65pleasance/>

Tw: <https://twitter.com/bbl65pleasance?lang=en>

Inst: [Inst: https://www.instagram.com/bbl65pleasance/](https://www.instagram.com/bbl65pleasance/)

Summary: Deliver throughout Edinburgh and have vegetarian and vegan options available.

Food: Commercial Retailer

Capital Whole Salers

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

FB: <https://www.facebook.com/capitalwholesalers.delivered/>

Summary: Capital Wholesalers will now deliver food to your own home. It works in the same way as online food shopping services run by the supermarkets. Go to their website, browse and fill up your basket with all your weekly essentials. When you're done, pop in your details through our secure shopify checkout and we will do the rest. One of our friendly drivers will deliver your personalised box (Contact-Free), to your door the next-day. In recyclable, returnable and plastic free packaging!

Food: Commercial Retailer

Edinburgh Food Deliveries

The Edinburgh Catering Company
Edinburgh EH5 1RS

E: <https://edinburghfooddelivery.com/pages/contact-us>

W: www.edinburghfooddelivery.com

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

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

Summary: Range of fruit, veg, bakery items, meat and fish for delivery or zero contact pickup. Delivery is a flat rate of £5 to Edinburgh (within 7km) or collection is free.

Food: Commercial Retailer

Knock Out Meals

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

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

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

Summary: Knockout Meals - freshly cooked food delivered weekly citywide - you need to order min 5 meals - delivery cost £2.5 anywhere in Edinburgh

Food: Commercial Retailer

Oakhouse Foods

T: 0333 370 6700

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

Summary: You can choose from a wide range of ready frozen meals that will be delivered to your door. We cater for special dietary requirements. Delivery is free for orders over £30. See our website for details.

Food: Commercial Retailer

Parsley Box

T: 0800 612 7225

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

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

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

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

Summary: No need for a fridge or a freezer! Cupboard stored meals delivered straight to your door and ready to eat within minutes - with no subscription required. Delivery timescales for the time being remains at 3-4 days – however, we have introduced our new Express Delivery Bundle, which offers 10 of our best-selling meals, delivered to you in 1-2 days, for £29.90. You'll also see the Express delivery icon and filter on our menu page: if your order contains only meals which have this icon, we can rush them to you in 1-2 days. This is ideal if you need food in hurry, which we know is essential for many customers.

Food: Commercial Retailer

RomainCalm

UNIT 8, 37 Roseburn Street
Edinburgh EH12 5PE

E: <https://romainecalm.co.uk/pages/contact-us>

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

Summary: Food boxes delivered to your door. Our boxes are packed in a professional food environment and we will only accept online payments for deliveries. Our delivery drivers will leave the food box in an agreed location and will notify you when the box has been delivered. Order before 4.30pm for next day delivery in Edinburgh

Food: Commercial Retailer

Schop

W: <https://schop.co/>

FB: <https://www.facebook.com/schop.co/>

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

Inst: <https://www.instagram.com/schop.co/>

Summary: Schop is an easy, convenient and eco-friendly alternative to a supermarket shop. On [Schop.co](https://schop.co/) you can visit on line a range of independent shops who expertly select and prepare great quality food and drink. You just tell us what you want, when you want it and where you want your schop delivered.

Food: Commercial Retailer

Weigh to Go

27 Crighton Place
Leith Walk
Edinburgh EH7 4NY

T: 0746 255 8705

E: weightogoedinburgh@gmail.com

W: www.weightogo.co.uk

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

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

Summary: Weigh to Go in Leith Walk sell a wide range of locally sourced groceries in a plastic free environment. They are offering a delivery service for people who live nearby. They are stocking cans of chopped tomatoes, chickpeas and baked beans during this period, as well as all their usual foods.

Food: Commercial Retailer

Welch Fishmongers

23 Pier Place
Newhaven
Edinburgh EH6

T: 0131 552 5883

E: welchfish@btconnect.com

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

FB: <https://www.facebook.com/Welch-Fishmongers-159623400745112/>

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

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

Summary: Can order fish and pay by phone for next day delivery. Friendly, reliable service. Deliveroo do the actual delivery.

Food: Commercial Retailer

Wiltshire Meals

T: 0800 0773100

T: 0176 465 5859

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

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

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

Summary: Very long waiting times for orders by phone (08000773100 or more local number 01764655859), can still order online, nearest available delivery slots within a few days from placing an order

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

Porty Coronavirus Action

T: 0131 210 0200

E: 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 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 Delivery

Niddrie Community Church

12 Hay Drive
Edinburgh EH16 4RY

T: 07816 292212

E: 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

Food: Food Distribution

World Care Foundation

11a Haddington Place
Edinburgh EH7 4AF

T: 07763612663

E: 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.

Food:Food Pantry

Fresh Start Pantry

22-24 Ferry Rd Dr,
Edinburgh EH4 4BR

Opening hours: Mon 10-3pm, Tues 12-4pm, Friday 9am-1.30pm.

E: pantry@freshstartweb.org.uk

W: <https://www.freshstartweb.org.uk/fresh-start-pantry>

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 to join or for more info.

Food:Food Pantry

Granton Community Hub - Community Pantry

Madelvic House,
Granton Park Avenue,
Edinburgh, EH5 1HS

E: 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

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

YT: 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 or visit the Granton Hub Facebook page.

Food: Food Pantry

The Hays Community Pantry

Castle Rock Edinvar
3 Hay Avenue
Edinburgh EH16 4RW

Open Hours: Wed (excluding holidays): 11am -2pm

T: 07738 760601

E: 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, 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

Goodtrees Neighbourhood Centre

5 Moredunvale Place
Edinburgh EH17 7LB

T: 07306 133 260

E: 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 or call 07306 133 260.

Food: Fridge

SCORE Scotland Community Fridge

c/o WHALE Arts Centre
30 Westburn Grove
Edinburgh EH14 2SA

T: 07496190916

W: <https://www.scorescotland.org.uk/community-fridge/>

FB: 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

Food: Food Parcels

Richmond Church

227 Niddrie Mains Road
Edinburgh EH16 4PA

Open Hours: Thursdays 10am-1pm or by arrangement

T: 0131 661 6561

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.

Food: Food Parcels

Destiny Angels

12 Casselbank Street
Edinburgh EH6 5HA

T: 0131 454 2001

E: angels@destinyedinburgh.com

W: <https://forms.office.com/Pages/ResponsePage.aspx?id=aEYeFS-Z4kKrKsfM-6TVmZQJLEqoZuxAmU7OD-jLBrkBUQkczQVoxWVWaVVFYSUk2T1VUWE1XMFpLQiQIQCN0PWcu>

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 or 0131 4542001, or you can complete this online referral form at: <https://forms.office.com/Pages/ResponsePage.aspx?id=aEYeFS-Z4kKrKsfM-6TVmZQJLEqoZuxAmU7OD-jLBrkBUQkczQVoxWVWaVVFYSUk2T1VUWE1XMFpLQiQIQCN0PWcu>

Food: Food, Cleaning and Toiletry Packs

Fresh Start - Food, Cleaning and Toiletry Packs

Edinburgh

T: 0131 356 0220

E: 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>

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

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 - Craigentinny - 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 - Bristo Memorial Church

196 Peffermill Road
Edinburgh EH16 4AJ

Open Hours: Closed due to Covid-19 restrictions

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 is currently shut due to Covid-19 restrictions. A Home delivery service is in operation.

Food: Foodbank

Edinburgh Food Project - Broughton St Mary's Parish Church

Bellevue Crescent
Edinburgh EH3 6NE

Open Hours: Closed due to Covid-19 restrictions

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 is currently shut due to Covid-19 restrictions. A Home delivery service is in operation.

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: Foodbank, 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

Open Hours: Closed due to Covid-19 restrictions

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 is currently shut due to Covid-19 restrictions. A Home delivery service is in operation.

Food: Foodbank

Edinburgh Food Project - St Andrew's Church (Buttercup Hall)

17-19 Clermiston View
Edinburgh EH4 7BS

Open Hours: Closed due to Covid-19 restrictions

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 is currently shut due to Covid-19 restrictions. A Home delivery service is in operation.

Food: Foodbank

Edinburgh Food Project - St Columba's by the Castle - (Enter via Victoria Terrace, the church with the blue door down the hill)

14 Johnston Terrace
Edinburgh EH1 2PW

Open Hours: Closed due to Covid-19 restrictions

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 is currently shut due to Covid-19 restrictions. A Home delivery service is in operation.

Food: Foodbank

Edinburgh Food Project - St Margaret Mary

Boswall Pkwy
Edinburgh EH5 2JQ

Open Hours: Closed due to Covid-19 restrictions

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 is currently shut due to Covid-19 restrictions. A Home delivery service is in operation.

Food: Foodbank

Edinburgh Food Project - The Priory Church

Hopetoun Road
Edinburgh EH30 9RA

Open Hours: Closed due to Covid-19 restrictions

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 is currently shut due to Covid-19 restrictions. A Home delivery service is in operation.

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.

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 - Struggly for a referral? The Scottish Welfare Fund

T: 0131 529 5299

E: 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 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

W: 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

W: 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

W: 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

W: 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

W: 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 or Edinburgh North East Foodbank Facebook page

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

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

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

W: 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

Food:Free/Low Cost Food

Calders Resident Association - Weekly Fare Share Distribution

Calder Community flat G1

Dunsyre House North, Calder Estate

Edinburgh

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.

Food:Free/Low Cost Food

Clovenstone Community Centre - Weekly Fare Share Distribution

54 Clovenstone Park,

Edinburgh EH14 3EY

FB: <https://www.facebook.com/cloviecentre1975/>

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

E: cossinfo@ymail.com

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: 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.

Food: Free or Low Cost Food

Cyrenians FareShare

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 0131 554 3900

E: 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 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

Food: Free or Low Cost Food

Guru Nanak - Free Kitchen

Kirkgate
Edinburgh

Open Hours: Friday 5pm

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

Food: Free or Low Cost Food

Ps & Gs Church – Saturday Meal

York Place
Edinburgh EH1 3RH

T: 0131 556 1335

Open Hours: Sat: 4.30pm - 6.00pm

E: 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 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

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
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.

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 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

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

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

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

Inst: 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

St 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

W: <https://mercycentre.org.uk/the-homeless-project>

Summary: St Catherine's Convent Homelessness Project offers friendship and practical support to homeless and disadvantaged people.

Food: Free or Low Cost Food

St Martin's

4 Magdalene Drive
Edinburgh EH15 3DB

T: 07545 804034

T: 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

W: <https://sites.google.com/a/whhealthagency.org.uk/home/>

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

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

Inst: https://www.instagram.com/whale_arts/

YT: 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

Food: Hot Food Requests

Empty Kitchens, Full Hearts
28-30, Ferry Road
Edinburgh EH6 4AE

T: 07895 347 157

E: 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. Their food collection drop in is still on. (28/05)

Food: Hot Food Requests

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

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

Summary: Requests for Hot Food deliveries should be sent to: BrianM@NorthEdinburghArts.co.uk

Food: Packed Lunch

Drylaw Neighbourhood Centre - Packed Lunch Requests

Edinburgh

Open Hours: Mon – Fri: 10am – 2pm

E: 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

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

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

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

Summary: Packed Lunch requests - Service available for those living in Granton / Royston

Food: Packed Lunch

West Pilton/Graton Mill - Packed Lunch Requests
Edinburgh

T: 07845 015 976

Open Hours: Mon – Fri: 9am – 12pm

E: lynn.mccabe@ea.edinburgh.sch.uk

Summary: Packed Lunch requests - Service available for those living in West Pilton/Graton Mill

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Health and Wellbeing: Counselling Services

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

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) 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

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: Covid-19 UPDATE: We want to let you know that we are still operating, and adding clients to our waiting list. All sessions currently take place online through the main platforms (such as Skype, Zoom, Whatsapp, etc.) until further notice. PLEASE NOTE: Our current waiting time is from 8 months to a year. We are not an Emergency Mental Health service. If you find yourself in crisis we encourage you to telephone NHS 24 on 111.

Health and Wellbeing: Counselling Services

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.

Health and Wellbeing: Counselling Services

Breathing Space Phonenumber

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

Health and Wellbeing: Counselling Services

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.

Health and Wellbeing: Counselling Services

Bright Light relationship counselling

9A Dundas Street

Edinburgh EH3 6QG

T: 0131 556 1527

E: askus@bright-light.org.uk

W: <https://www.bright-light.org.uk>

Tw: 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: Counselling Services

British Psychoanalytic Council

Unit 7
19-23 Wedmore Street
N19 4RU

T: 0207 561 9240

E: 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

Health and Wellbeing: Counselling Services

CoCo Counselling

Greyfriars Charteris Centre
140 Pleasance (Access through Brown Street)
Edinburgh EH8 9RR

T: 0772 415 2557

E: 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 - Covid-19 - CoCo is currently only able to offer remote services (phone or video calls), but please get in touch if you need support.

Health and Wellbeing: Counselling Services

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. Our national service is currently following Government advice and working remotely; the best way to contact us during this time is by emailing us at info@carrgomm.org

Health and Wellbeing: Counselling Services

Community Links and Peer Support Service

The Hive

Royal Edinburgh Hospital Morningside Crescent
Edinburgh EH10 5HF2

T: 0131 537 6256

E: communitylinks@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

Health and Wellbeing: Counselling Services

Contact Counselling

1F3

36 Montgomery Street
Edinburgh EH7 5JY2

T: 0131 466 4597

E: 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.

Health and Wellbeing: Counselling Services

Cosca

(Counselling & Psychotherapy in Scotland)

16 Melville Terrace
Falkirk FK8 2NE

T: 01786 475 140

E: 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.

Health and Wellbeing: Counselling Services

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/our-locations/crossreach-counselling-lothians-edinburgh>

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 psychotherapy (CBT). Covid-19 (Coronavirus) update : Regretfully, CrossReach Counselling: Lothians has temporarily suspended its service to limit the spread of Covid 19 virus. Staff are working remotely and will respond to e-mails.

Health and Wellbeing: Counselling Services

CREW 2000

32-32A Cockburn Street
Edinburgh EH1 1PB

T: 0131 220 3404

E: admin@crew2000.org.uk

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

FB: <https://www.facebook.com/Crew2000/>

Tw: https://twitter.com/crew_2000

Inst: 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 Drop-in Shop is open to the public with social distancing measures in place, see site for details. We are continuing our Digital Drop-in at the usual opening times – Mondays to Saturdays 1-5pm except Thursdays when we open 3-7pm.

Health and Wellbeing: Counselling Services

Crossreach Counselling – Lothians

Wallace House
3 Boswall Road
Edinburgh EH5 3RJ

T: 0131 552 8901

E: ccl@crossreach.org.uk

W: <https://www.crossreach.org.uk/find-service/adults/counselling-for-adults>

FB: <https://www.facebook.com/CrossReach1869/>

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

Summary: We are a generic counselling service for both children and adults. Due to Covid-19 restrictions, face to face counselling services is very limited. However, they are working remotely with their existing clients and those on their waiting list, and are constantly reviewing their ability to take on new referrals so please keep checking their site page for updates.

Health and Wellbeing: Counselling Services

Crossreach Lothians Perinatal Services

Wallace House (Main Office)

3 Boswall Road

Edinburgh EH5 3RJ

T: 0131 538 7288 (The main office, based on the North side of the City.)

E: info@crossreach.org.uk

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

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. COVID-19 Update - CrossReach Perinatal Service has temporarily suspended its service to limit the spread of Covid 19 virus. Staff are working remotely and will respond to e-mails.

Health and Wellbeing: Counselling Services

Cruse Bereavement Counselling

CBCS Headquarters

29 Barossa Place

Perth PH1 5HH

T: 0808 802 6161 - Helpline

E: 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 only able to offer telephone support. If you are a current client or on a waiting list someone will be in touch to discuss this with you.

Health and Wellbeing: Counselling Services

Dads Rock Free Counselling

525 Ferry Rd

Edinburgh EH5 2FF

T: 07807 498 709

E: 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. Covid-19: We are supporting young Dads, and their families over the phone and online.

Health and Wellbeing: Counselling Services

Direction – Counselling & Training

7 Haddington Place
Edinburgh EH7 4AE

T: 0845 034 5644

E: 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.

Health and Wellbeing: Counselling Services

East Edinburgh Perinatal Service

East Edinburgh PND Centre
The Gate Lodge27 Milton Road East
Edinburgh EH15 2NL

T: 0131 454 4315

E: info@crossreach.org.uk

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

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. COVID-19 Update In line with Government advice, CrossReach Counselling has taken the difficult decision to temporarily close its counselling centres until there is less risk to public health. Staff are working remotely and will respond to e-mails.

Health and Wellbeing: Counselling Services

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

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.

Health and Wellbeing: Counselling Services

Edinburgh Crisis Centre

T: 0808 801 0414 - Helpline

E: 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. From Tuesday 11th August 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.

Health and Wellbeing: Counselling Services

Edinburgh Institute of Counselling and Psychotherapy

86 Causewayside

Edinburgh EH9 1PY

T: 0131 667 5251

E: 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. COVID-19 - During this difficult period, we are offering sessions remotely either by phone or by video call. If you would like an appointment please contact us in the normal way.

Health and Wellbeing: Counselling Services

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

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.

Health and Wellbeing: Counselling Services

Family Mediation Lothian

37 George Street
Edinburgh EH2 2HN

T: 0131 226 4507

E: info@familymediationlothian.org

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

Summary: Family Mediation Lothian offers support and advice to families, young people and children throughout Edinburgh and the Lothians who are experiencing separation or divorce.

Health and Wellbeing: Counselling Services

FENIKS - Counselling, Personal Development

151 London Road
Edinburgh EH7 6AE

T: 0751 012 2425

E: 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.

Health and Wellbeing: Counselling Services

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

W: 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. COVID-19: To support people who use our services during this time, we are currently offering telephone or video counselling sessions.

Health and Wellbeing: Counselling Services

Health in Mind - Craigmillar Counselling

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: counselling@health-in-mind.org.uk

W: 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: Counselling Services

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

W: 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 Online on zoom, see web site for dates of meetings.

Health and Wellbeing: Counselling Services

Health in Mind - Guided Self-Help

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: Zoe.Reid@health-in-mind.org.uk

W: https://www.health-in-mind.org.uk/services/guided_self_help/d155/

Summary: Guided Self Help – short term CBT based therapy for people with mild to moderate stress / anxiety / depression and / or low mood. Free. COVID-19: To support people who use our services during this time, we are currently offering telephone or video counselling sessions.

Health and Wellbeing: Counselling Services

Health In Mind - Lothian Deaf Counselling

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: contactus@health-in-mind.org.uk

W: 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

Inst: 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.

Health and Wellbeing: Counselling Services

Health in Mind - Pathway Men

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: traumaservices@health-in-mind.org.uk

W: https://www.health-in-mind.org.uk/services/trauma_support/d159/

Summary: Beyond Trauma: Pathway Men is a therapeutic support service within the Beyond Trauma service at Health in Mind. COVID-19: To support people who use our services during this time, we are currently offering telephone or video counselling sessions.

Health and Wellbeing: Counselling Services

Health in Mind - Pathway Women

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: traumaservices@health-in-mind.org.uk

W: https://www.health-in-mind.org.uk/services/trauma_support/d159/

Summary: If you are 16 years of age or over, live in the Edinburgh area and experienced sexual abuse in childhood, you can self-refer to the service or we can take referrals from social services or other voluntary organisations. COVID-19: To support people who use our services during this time, we are currently offering telephone or video counselling sessions.

Health and Wellbeing: Counselling Services

Health in Mind - Resolve Counselling

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: counselling@health-in-mind.org.uk

W: https://www.health-in-mind.org.uk/resolve_counselling/d178/

Summary: If you are finding things difficult, counselling can help you turn things around. Resolve Counselling 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)

Health and Wellbeing: Counselling Services

Health in Mind - South East Counselling (Edinburgh)

T: 0131 225 8508

E: 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.

Health and Wellbeing: Counselling Services

Health in Mind - The Listening Space

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: stuart.cameron@health-in-mind.org.uk

W: 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.

Health and Wellbeing: Counselling Services

Health in Mind - Trauma Counselling Line Scotland (TCLS)

T: 0808 802 0406

E: counselling@health-in-mind.org.uk

W: 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

Inst: https://www.instagram.com/health_in_mind/

Summary: A free telephone counselling service for adults who experienced abuse in Childhood.

Health and Wellbeing: Counselling Services

Heriot Watt University Student Support Services

Hugh Nisbet Building

Edinburgh EH14 4AS

T: 0131 451 3386

E: 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.

Health and Wellbeing: Counselling Services

Home Link Family Support

1 Dalkeith Road

Edinburgh EH16 5GA

T: 0131 661 0890

E: 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. Covid-19: The staff team are available on the phone during usual working hours and these arrangements are under constant review so please contact the office in the first instance on 0131 661 0890. Leave a message if we don't pick up, and we will get back to you.

Health and Wellbeing: Counselling Services

Hope Park Counselling Centre

8 Hope Park Square
Meadow Lane
Edinburgh EH8 9NW

T: 0131 650 6696

E: 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.

Health and Wellbeing: Counselling Services

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: Counselling Services

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

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.

Health and Wellbeing: Counselling Services

LGBT Health and Wellbeing

Duncan Place Community Hub
4 Duncan Place
Edinburgh EH6 8HW

T: 0300 123 2523 - Helpline

E: 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 working from home. The helpline will now also run 1-6pm Thurs to Sunday.

Health and Wellbeing: Counselling Services

LGBT Youth Scotland

5/1 Mitchell House
Mitchell Street
Edinburgh EH6 7BD

T: 07984 356 512

E: info@lgbtyyouth.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.

Health and Wellbeing: Counselling Services

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

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.

Health and Wellbeing: Counselling Services

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

W: <https://my.napier.ac.uk/Wellbeing-and-Support/Counselling/Pages/Counselling.aspx>

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

Summary: We have a wide range of services and professionals to help students at the university stay on course. COVID-19 - As a result of government guidance relating to Covid 19 and the subsequent closure of the campuses, the Counselling and Mental Wellbeing service is now delivering therapeutic support and mental health advice online and via telephone.

Health and Wellbeing: Counselling Services

No Panic

Unit 3, 10 Oxford Street
Oakengates,
Telford TF2 6AA

T: 0844 967 4848 - Helpline

E: admin@nopanics.org.uk

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

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

Summary: No Panic aims to help people who suffer from Panic Attacks, Phobias, OCD & related anxiety disorders

Health and Wellbeing: Counselling Services

North East Edinburgh Counselling Centre

31 Haddington Place
Edinburgh EH7 4AG

T: 0131 557 4478

07498 520 377 - Text

E: 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. All NEECS waiting lists are currently closed.

Health and Wellbeing: Counselling Services

Number 6 – Autism Initiatives

24 Hill Street
Edinburgh EH2 3JZ

T: 07570 953 331

E: 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

Health and Wellbeing: Counselling Services

Palmerston Place Perinatal Service

Palmerston Place PND Centre
8a Palmerston Place
Edinburgh EH12 5AA

T: 0131 220 3547

E: info@crossreach.org.uk

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

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: Counselling Services

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.

Health and Wellbeing: Counselling Services

PF Counselling Service

8 Balcarres Street
Edinburgh EH10 5JB

T: 0131 447 0876

E: 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. Covid-19 - The PF is still operational, limited face to face sessions are possible, most counselling is happening by phone or online but all clients and counsellors are working from home. Most people will have to wait around 4-6 weeks until their Initial Appointment, and then a further 4 - 12 weeks until they can begin regular counselling. The wait depends on the availability and flexibility of the client, as well as the availability of a suitable counsellor.

Health and Wellbeing: Counselling Services

Pilton Counselling Service

Pilton Community Health Project
73 Boswall Parkway
Edinburgh EH5 2PW

T: 0131 551 1671

E: admin@pchp.org.uk

W: <http://www.pchp.org.uk/projects/adult-counselling>

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

Summary: Pilton Counselling Service provides help with emotional, personal or relationship difficulties. Covid-19 - Our adult counselling service is open and offering weekly, short-term counselling, by phone or online on Mondays and Tuesdays.

Health and Wellbeing: Counselling Services

Pregnancy Counselling and Care

E: info@counsellingandcare.co.uk

Summary: All locations have closed. Online counselling support is available to long term clients, limited number of fast-track sessions available.

Health and Wellbeing: Counselling Services

Projekt 42 Affordable Counselling Services

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. Online counselling involves the delivery of counselling sessions via video. Sessions last for 50 minutes. Online counselling is delivered through our secure online healthcare platform, Cliniko. Clients are provided an appointment with a counsellor, and an email is sent with a link to a virtual counselling room. Sessions must be paid for in advance either online (here) or by debit/credit card at reception. Each week we have 50 hours of free and part-funded counselling available. You can apply for this in the self-referral form.

Health and Wellbeing: Counselling Services

Queen Margaret University Student Counselling Service

Level 1 (Student & staff information point)

Edinburgh EH21 6UU

T: 0131 474 0000

E: wellbeing@qmu.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. COVID-19 - Email support and/or audio/face time support via Microsoft Teams.

Health and Wellbeing: Counselling Services

Relationship Scotland

18 York Place

Edinburgh EH1 3EP

T: 0345 119 2020 - Infoline

E: 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. COVID-19 - All face-to-face meetings are closed, On-line or telephone support maybe an option.

Health and Wellbeing: Counselling Services

Saheliya

125 McDonald Road
Edinburgh EH7 4NW

T: 0131 556 9302

E: 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 (BME) women and girls (12+) in Scotland.

Health and Wellbeing: Counselling Services

Shakti Women's Aid

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 0131 475 2399

E: info@shaktiedinburgh.co.uk

W: <http://shaktiedinburgh.co.uk/>

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

Summary: Shakti Women's Aid helps BME 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.

Health and Wellbeing: Counselling Services

Simpson House Counselling Service

52 Queen Street
Edinburgh EH2 3NS

T: 0131 225 6028

E: 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 & Recovery service are operating as normal remotely and are accepting new referrals.

Health and Wellbeing: Counselling Services

Spark Counselling

The Eric Liddell Centre
15 Morningside Road
Edinburgh EH10 4DP

T: 0808 802 2088

E: <https://www.thespark.org.uk/contact-us/gen-enquiries/>

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.

Health and Wellbeing: Counselling Services

Stafford Centre

103 Broughton Street
Edinburgh EH1 3RZ

T: 0131 557 0718

E: info@supportinmindscotland.org.uk

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

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

Summary: The Stafford Centre is a community resource for adults who experience mental ill health. Due to Covid-19 restrictions all of our support will be delivered by phone or online and we will have no face to face outreach or buildings-based support until we are advised that social distancing is no longer needed

Health and Wellbeing: Counselling Services

TalkTime Scotland

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 07774 210 104

E: talktimescotland@gmail.com

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

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

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

Summary: The first free counselling service for 12-25 year olds with physical disabilities and long-term health conditions.

Health and Wellbeing: Counselling Services

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

W: <https://sites.google.com/a/whhealthagency.org.uk/home/home>

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

Summary: Counselling offers a opportunity to talk over issues in the clients lives with a skilled listener. Services are running over phone and online. Facebook is carrying a lot of their events.

Health and Wellbeing: Counselling Services

The Junction Youth Centre

82-86 Great Junction Street
Edinburgh EH6 5LL

T: 0131 553 0570

E: 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 building is closed due to Covid. Those aged 12-21 can 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 or text 07758348850

Health and Wellbeing: Counselling Services

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

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.

Health and Wellbeing: Counselling Services

The Whole Works

Jacksons Close
209 Royal Mile
Edinburgh EH1 1PZ

T: 0131 225 8092

E: enquiries@thewholeworks.co.uk

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

FB: <https://www.facebook.com/The-Whole-Works-complementary-therapy-and-counselling-centre-155696501138435/>

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. COVID-19 - Any new, current or past clients of The WW who need extra support over the current period should email enquiries@thewholeworks.co.uk or call 07747 148 944. A therapist will then email or call you within 48 hours to arrange telephone or internet support.

Health and Wellbeing: Counselling Services

Vocal Carers Centre

Edinburgh Carers' Hub
60 Leith Walk
Edinburgh EH6 5HB

T: 0131 622 6666

E: 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 continue 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.

Health and Wellbeing: Counselling Services

Wellspring Scotland

13 Smiths Place
Edinburgh EH6 8NT

T: 0131 553 6660

E: mail@wellspring-scotland.co.uk

W: <http://www.wellspring-scotland.co.uk>

Summary: Wellspring provides affordable counselling and psychotherapy in a safe, welcoming environment. COVID-19 - Counselling is available by way of telephone or Zoom.

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Health and Wellbeing: Dental Health

How to register with an NHS Dentist

Edinburgh

W: <https://services.nhsllothian.scot/Dentists/Pages/default.aspx>

Summary: Registering with an NHS dentist and finding your local dentist.

Health and Wellbeing: Dental Health

Ardmillan Dental Practice

14 Ardmillan Terrace

Gorgie

Edinburgh EH11 2JW

T: 0131 337 2771

Open Hours: By appointment

W: <https://www.nhsinform.scot/scotlands-service-directory/dental-services/4151%201edc1116>

FB: <https://www.facebook.com/ardmillan.dentalpractice>

Summary: General Dentistry

Health and Wellbeing: Dental Health

Artis Dental & Implant Studio

4 Main Street
Balerno
Edinburgh EH14 7EH

T: 0131 466 8206

Open Hours: By appointment

E: info@artis dental.co.uk

W: <https://artis dental.co.uk/>

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

Summary: At Artis, we are skilled in the art of smiles! Our highly – skilled team are committed to providing you with exceptional dental care, individually tailored from our wide range of treatments. With our depth of experience and state of the art facilities we will make a positive difference to your oral health and overall wellbeing.

Health and Wellbeing: Dental Health

Barbour Dental Care

39 Mayfield Gardens
Newington
Edinburgh EH9 2BX

T: 0131 668 1521

Open Hours: By appointment

E: info@barbourdentalcare.co.uk

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

Summary: Barbour Dental Care is a modern, full-service dental practice, where we are pleased to welcome you and your family for preventive, restorative and cosmetic dental treatment in a friendly, relaxing environment. In addition to NHS and private family dentistry, we are proud to provide skilled advanced treatments, such as dental implants, as well as popular cosmetic solutions such as teeth whitening.

Health and Wellbeing: Dental Health

Bellstane Dental Care

1 Bellstane
South Queensferry
Edinburgh EH30 3PU

T: 0131 319 1879

Open Hours: By appointment

E: bellstanedental@soegateway.com

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

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

Inst: https://www.instagram.com/clyde_munro_dental_group/

Summary: Due to Covid-19 restrictions, the dentist will prioritise patients according to their knowledge of the particular clinical situation. Those experiencing pain will continue to be our priority and should contact us for further advice and care where required. The dentist is fully aware of those NHS patients on the list awaiting check ups and routine dental work, these people will be contacted in due course.

Health and Wellbeing: Dental Health

Bruntsfield Dental

226 Bruntsfield Place
Bruntsfield
Edinburgh EH10 4DE

T: 0131 229 3040

Open Hours: By appointment

E: info@bruntsfielddental.com

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

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

Tw: <https://www.bruntsfielddental.com/>

Summary: Due to Covid-19 restrictions dental emergencies will be given priority. We will be in touch with all registered patients as soon possible to recommence routine appointments.

Health and Wellbeing: Dental Health

Bupa Dental Care Prestonfield

173 Dalkeith Road
Newington
Edinburgh EH16 5BY

T: 0844 387 8333

Open Hours: By appointment

W: <https://www.bupa.co.uk/dental/dental-care/practices/prestonfield>

Summary: We are continuing to experience increased patient demand, so please bear with us if we are unable to book you in as quickly as normal.

Health and Wellbeing: Dental Health

City Health Clinic

9 Earl Grey Street
Tollcross
Edinburgh EH3 9BN

T: 0131 228 2442

Open Hours: By appointment

E: info@cityhealthclinic.com

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

FB: <https://www.facebook.com/City.health.clinic/>

Summary: Welcome to City Health Clinic, we are a dental clinic that provides exceptional NHS dentistry and private dental treatments. Our state of the art clinic is located in Edinburgh city centre with convenient transport links and parking nearby.

Health and Wellbeing: Dental Health

Comiston Dental

27 Comiston Road
Morningside
Edinburgh EH10 6AA

T: 0131 447 2722

Open Hours: By appointment

E: info@comistondental.com

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

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

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

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

Summary: We offer a fully comprehensive NHS & Private dental service.

Health and Wellbeing: Dental Health

Corstorphine Dental Centre

96 Saughton Road North
Edinburgh EH12 7JU

T: 0131 334 2524

Open Hours: By appointment

E: info@corstorphinedental.co.uk

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

Summary: Corstorphine Dental Centre is an established dental practice offering an extensive range of both NHS dentistry and private treatment. Our practice is conveniently located in the area of Corstorphine making it easily accessible for patients in and around Edinburgh.

Health and Wellbeing: Dental Health

Craigentenny Dental Care

57 Duddingston Crescent
Edinburgh EH15 3AY

T: 0131 669 2114

Open Hours: By appointment

E: <https://www.craigentenny.co.uk/contact-us/>

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

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

Tw: https://twitter.com/Edinb_Dentist

Summary: At Craigentenny Dental Care we have been providing quality dental care to patients of all ages in Edinburgh for over 25 years. Maybe that's why so many local families trust us to look after their smiles. We are your dentist in Edinburgh.

Health and Wellbeing: Dental Health

Craigmillar Dental Centre

198 Peffermill Road
Craigmillar
Edinburgh EH16 4AJ

T: 0131 661 7525

Open Hours: By appointment

E: <https://craigmillardentalcentre.co.uk/contact/email-us>

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

Summary: Our skilled dentists have years of experience in the dental industry. We aim to provide you with results as close to your expectations as possible. Through our dental consultations we can discuss your expectations and show you the results you should expect to gain through the use of various procedures.

Health and Wellbeing: Dental Health

Davidson's Main Dental

65 Main Street
Davidson's Mains
Edinburgh EH4 5AD

T: 0131 336 3903

Open Hours: By appointment

E: <https://www.davidsonsmainsdental.com/contact-us/>

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

Summary: Due to Covid-19 and associated NHS restrictions all NHS dental check ups have been suspended until further notice. The provision and remobilisation of NHS dental services are aligned with the indexing of the phasing stages to match the Scottish government road map index. At present we can provide emergency and urgent care only to our NHS registered patients. Should you wish to discuss alternative arrangements for care at this time please contact us on 01313363903 and a member of staff will be happy to discuss options.

Health and Wellbeing: Dental Health

Dental Express

310 Portobello High Street
Edinburgh EH15 2DA

T: 0131 669 3333

Open Hours: By appointment

E: reception@dentalexpressedinburgh.co.uk

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

Summary: We believe that honesty is the best policy – there may be several routes to solving any one dental problem and we know that the patient's wishes come first. We will not try to force you down any treatment route with which you are not comfortable, and our qualified dental healthcare professionals are happy to discuss any questions you may have.

Health and Wellbeing: Dental Health

Downie, Harper and Shanks Dental Practice

55 Captains Road
Edinburgh EH17 8HP

T: 0131 664 2184

Open Hours: By appointment

E: enquiries@downieharperandshanks.co.uk

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

Summary: Due to Covid-19 restrictions, priority will be still be given to emergency patients. Check-ups and Routine filling appointments will gradually be reintroduced starting with patients that were cancelled at the start of Lockdown. We do not have a definitive timetable for this yet.

Health and Wellbeing: Dental Health

Earl Grey Dental Practice

42 Earl Grey Street
Tollcross
Edinburgh EH3 9BN

T: 0131 221 9535

Open Hours: By appointment

E: earlgreydental@clydemunrodental.com

W: <https://clydemunrodental.com/find-your-practice/earl-grey-dental-practice/>

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

Inst: https://www.instagram.com/clyde_munro_dental_group/

Summary: Earl Grey Dental Practice, formerly known as Genix Healthcare Edinburgh, is now proud to be under the ownership of Clyde Munro Dental Group.

Health and Wellbeing: Dental Health

East Craigs Dental Practice

9 Bughtlin Market
East Craigs
Edinburgh EH12 8XP

T: 0131 339 2992

Open Hours: By appointment

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

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

Summary: We are two family run NHS dental practices in the Corstorphine and East Craigs areas of Edinburgh. We are committed to providing high quality NHS family dental care, which always includes a free check-up. We are also able to offer private treatments such as white fillings, tooth whitening and veneers if desired

Health and Wellbeing: Dental Health

Easter Road Dental Practice

100 Easter Road
Leith
Edinburgh EH7 5PL

T: 0131 661 1404

Open Hours: By appointment

E: reception@erdpdental.co.uk

W: <http://erdpdental.co.uk/>

Summary: Due to the Covid-19 coronavirus the practice is open with restrictions in place. Please check back for further updates and remember our phone lines remain open.

Health and Wellbeing: Dental Health

Edinburgh Dental

59 Ratcliffe Terrace
Newington
Edinburgh EH9 1ST

T: 0131 667 4433

Open Hours: By appointment

E: edinburghdental1@gmail.com

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

Summary: Edinburgh Dental is an oral surgery and implant referral clinic situated close to Edinburgh's City Centre. Call us on 0131 667 4433 to arrange an appointment or ask your own dental practitioner to refer you to Edinburgh Dental.

Health and Wellbeing: Dental Health

EH10 Dental

1 Millar Crescent
Edinburgh EH10 5HN

T: 0131 447 0606

Open Hours: By appointment

E: info@eh10dental.com

W: <https://www.eh10dental.com/>

Summary: We are now able to see NHS patients for routine treatment including check-ups, however guidance set by the Scottish Government significantly restricts the number of NHS patients we can see each day. As such, we apologise in advance for the delay that may be caused in you being able to see your dentist.

Health and Wellbeing: Dental Health

Enhance Dental Care

1A-3 Drumbrae Avenue
Drumbrae
Edinburgh EH12 8TE

T: 0131 339 9845

Open Hours: By appointment

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

Summary: General dentistry

Health and Wellbeing: Dental Health

Fraser Sim and Associates

28 Annandale Street
Leith
Edinburgh EH7 4AN

T: 0131 556 3704

Open Hours: By appointment

W: <https://www.nhsinform.scot/scotlands-service-directory/dental-services/4279%201edc1116>

Summary: General Dentistry

Health and Wellbeing: Dental Health

Fredrick Street Dental Care

57 Frederick Street
City Centre
Edinburgh EH2 1LH

T: 0131 629 1158

Open Hours: By appointment

E: info@frederickstreetdental.co.uk

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

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

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

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

Summary: Frederick Street Dental Care is a family friendly clinic with an excellent reputation for providing with all aspects of highest standard of dentistry to our patients in a relaxed and compassionate environment in the heart of historic Edinburgh City Centre.

Health and Wellbeing: Dental Health

Golden Acre Dental Practice

4 Inverleith Gardens
Inverleith
Edinburgh EH3 5PU

T: 0131 552 4024

Open Hours: By appointment

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

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

Summary: Due to Covid-19 restrictions, emergency treatment is being given priority, routine checkups are being carried out when available appointments allow.

Health and Wellbeing: Dental Health

Gorgie Road Dental Practice

296 Gorgie Road
Gorgie
Edinburgh EH11 2PP

T: 0131 337 3936

Open Hours: By appointment

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

Summary: There has been a dental practice at 296 Gorgie Road for over 100 years and we are proud to continue a tradition of providing affordable, high quality dentistry to the local community

Health and Wellbeing: Dental Health

Great Junction Dental Practice

163 Great Junction Street
Leith
Edinburgh EH6 5LG

T: 0131 554 8589

Open Hours: By appointment

E: info@greatjunctiondental.com

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

Summary: For all your dental needs we provide a reliable, state-of-the-art solution. Our friendly and competent team makes you feel at home from the moment you come through the entrance door.

Health and Wellbeing: Dental Health

Great Stuart Dental Practice

4 Great Stuart Street
West End
Edinburgh EH3 6AW

T: 0131 225 3911

Open Hours: By appointment

E: info@4greatstuartstreet.com

W: <https://www.4greatstuartstreet.com/>

Summary: We maintain a discrete and stable dental practice, buried deep in Edinburgh's West End/New Town area. The practice has been at 4 Great Stuart Street, Edinburgh for over 30 years.

Health and Wellbeing: Dental Health

Hailesland Dental Practice

1/2 Hailesland Gardens
Wester Hailes
Edinburgh EH14 2QN

T: 0131 453 1151

Open Hours: By appointment

W: <https://www.nhsinform.scot/scotlands-service-directory/dental-services/4297%201edc1116>

Summary: General Dentistry

Health and Wellbeing: Dental Health

Haymarket Dental

264 Morrison Street
Haymarket
Edinburgh EH3 8DT

T: 0131 229 6633

Open Hours: By appointment

E: info@haymarketdental.com

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

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

Inst: https://www.instagram.com/haymarket_dental_edinburgh/

Summary: Haymarket Dental is conveniently situated very close to Haymarket Station in Edinburgh. It has been an established dental practice for over 100 years and was taken over by husband and wife team Andrew and Kiki Norman in 2009.

Health and Wellbeing: Dental Health

Haymarket Dental Care

3C Washington Lane
Dalry
Edinburgh EH11 2HA

T: 0131 337 8272

Open Hours: By appointment

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

Summary: At Haymarket Dental Care we provide a high standard of treatment using the latest techniques and equipment.

Health and Wellbeing: Dental Health

High St Dental Centre

216 Portobello High Street
Edinburgh EH15 2AU

T: 0131 669 2995

Open Hours: By appointment

E: portobello-rec@mydentist.co.uk

W: <https://www.mydentist.co.uk/dentists/practices/scotland/east-scotland/edinburgh/216-portobello-high-street>

Summary: We are prioritising patients in need, including anyone who has suffered pain during lockdown. Please do not try to book a routine appointment, such as a check-up, just yet. We will advise you when you can.

Health and Wellbeing: Dental Health

Howard Place Dental Practice

4 Howard Place
Edinburgh
Edinburgh EH3 5JZ

T: 0131 556 7232

Open Hours: By appointment

E: info@howardplacedental.com

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

Summary: Howard Place Dental Practice is a friendly, welcoming practice where we aim to provide reliable, consistent and high quality dental care.

Health and Wellbeing: Dental Health

KF Dental

6 East Hermitage Place
Leith
Edinburgh EH6 8AA

T: 0131 554 5028

Open Hours: By appointment

E: info@kfdental.co.uk

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

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

YT: <https://www.youtube.com/channel/UCejXhrzawqDe2CjaMcNaWFA>

Summary: KF Dental is a long established family practice in Leith, Edinburgh that successfully offers a high level of professionalism and care for NHS, Private and Denplan patients. Our team is committed to providing high quality dental treatments and you can be safe that we use the most up to date and advanced dental techniques such as 3D digital implant planning, dental microscope and dental laser.

Health and Wellbeing: Dental Health

Leith Walk Dental Practice

83 Leith Walk
Leith
Edinburgh EH6 8LX

T: 0131 554 8216

Open Hours: By appointment

E: info@leithwalkdentalpractice.co.uk

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

Summary: At Leith Walk Dental Practice, we strive to provide our patients with quality and supportive dental services.

Health and Wellbeing: Dental Health

Links Dental Practice

101-103 Whitehouse Loan
Bruntsfield
Edinburgh EH9 1AT

T: 0131 447 6606

Open Hours: By appointment

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

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

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

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

Summary: Due to the rescheduling of appointments during the closure and to adhere to social distancing guidelines there is a limited number of appointments available, therefore you may need to wait longer than usual to be seen.

Health and Wellbeing: Dental Health

Marchmont Dental Care

35 Warrender Park Road
Marchmont
Edinburgh EH9 1HJ

T: 0131 229 5542

Open Hours: By appointment

E: enquiries@marchmontdentalcare.co.uk

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

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

Summary: Due to Covid-19 restrictions, the dentist is being kept busy seeing patients who are in need of urgent care. We will therefore be seeing a limited number of registered patients for routine exams. Priority will be given to patients who are regular attenders and children.

Health and Wellbeing: Dental Health

Meadowbank Dental Practice

15 Earlston Place
Meadowbank
Edinburgh EH7 5SU

T: 0131 659 5670

Open Hours: By appointment

E: reception@meadowbankdental.co.uk

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

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

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

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

YT: <https://www.youtube.com/channel/UCIifbE49EnY08Uh04EI24wQ>

Summary: Due to Covid-19 restrictions, we are limited in the service that we can offer. We are answering calls, offering advice and where appropriate patients with pain or a dental emergency will be triaged and booked an emergency appointment. Emergency appointments in most cases will be for a temporary measure and not for routine treatment.

Health and Wellbeing: Dental Health

Montgomery Street Dental Care

96 Montgomery Street
East Central
Edinburgh EH7 5HE

T: 0131 556 3949

E: info@mgsdental.co.uk

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

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

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

Summary: We must stress that any appointments offered will be for emergency treatment only and no routine treatment is allowed at this time. Patients with a dental emergency must call (01315563949) or email the practice to arrange an appointment, there will be no walk-in appointments. The treatments we can offer will be very limited as we are still unable to carry out aerosol generating procedures (Drilling or Scaling).

Health and Wellbeing: Dental Health

Murrayfield Dental Practice

91 Corstorphine Rd
Murrayfield
Edinburgh EH12 5QE

T: 0131 337 2983

Open Hours: By appointment

E: info@murrayfielddental.co.uk

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

Summary: Murrayfield Dental Practice was established in 1935. It has served the local communities of Murrayfield, Ravelston, Roseburn, Balgreen, Belmont, Craigleith, Saughton, Carrick Knowe and Corstorphine. We are an NHS dental practice but also provide private and cosmetic treatments.

Health and Wellbeing: Dental Health

My Dentist

Unit 22
Muirhouse Shopping Centre
Edinburgh EH4 4TY

T: 0131 315 2666

Open Hours: By appointment

W: <https://www.mydentist.co.uk/dentists/practices/scotland/east-scotland/edinburgh/unit-22>

Summary: Our dental practices in Scotland have now opened, with a limited range of dental treatments available. Prioritising patients in need. We are prioritising patients in need, including anyone who has suffered pain during lockdown. Please do not try to book a routine appointment, such as a check-up, just yet. We will advise you when you can.

Health and Wellbeing: Dental Health

My dentist, Commercial Quay

80/1B Commercial Quay

Leith

Edinburgh EH6 6LX

T: 0131 553 5959

Open Hours: By appointment

E: <https://www.mydentist.co.uk/book-a-dental-appointment/scotland/east-scotland/edinburgh/suite-1b>

W: https://www.mydentist.co.uk/dentists/practices/scotland/east-scotland/edinburgh/suite-1b?utm_source=google&utm_medium=local&utm_content=503&utm_campaign=my-business

Summary: We are prioritising patients in need, including anyone who has suffered pain during lockdown. Please do not try to book a routine appointment, such as a check-up, just yet. We will advise you when you can.

Health and Wellbeing: Dental Health

Newkirkgate Dental Care

2 Great Junction Street

Leith

Edinburgh EH6 5LA

T: 0131 554 3509

Open Hours: By appointment

E: smile@newkirkgatedental.co.uk

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

Summary: We are prioritising patients in need, including anyone who has suffered pain during lockdown. Please do not try to book a routine appointment, such as a check-up, just yet. We will advise you when you can.

Health and Wellbeing: Dental Health

Ocean Drive Dental Care

120 Ocean Drive
Leith
Edinburgh EH6 6JG

T: 0131 555 0376

Open Hours: By appointment

E: info@oceandrivedentalcare.co.uk

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

Summary: In accordance with the latest Scottish Government guidance we are pleased to announce that in addition to being able to undertake urgent/emergency treatments the Scottish Government has announced that from the beginning of November, dentists can deliver the full range of care that was available under the NHS prior to lock-down. However, whilst the full range of care CAN now be delivered there are additional complexities that have come to the fore as a result of the last 8-months.

Health and Wellbeing: Dental Health

Parkside Dental Practice

1 Parkside Terrace
Newington
Edinburgh EH16 5BN

T: 0131 667 0500

Open Hours: By appointment

W: <https://www.nhsinform.scot/scotlands-service-directory/dental-services/4377%201edc1116>

Summary: General Dentistry

Health and Wellbeing: Dental Health

Pearl Dental Clinic

23 Duddingston Park South
Edinburgh EH15 3NY

T: 0131 669 9977

Open Hours: By appointment

E: info@edinburghpearldental.co.uk

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

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

Tw: https://twitter.com/clinic_pearl

Summary: Open for Dental EMERGENCIES only- due to government guidelines. When we do return the treatment options will be limited simple extractions, temporary dressings, antibiotics and pain killer prescriptions.

Health and Wellbeing: Dental Health

Portobello Dental Practice

274 Portobello High Street
Edinburgh EH15 2AT

T: 0131 669 1193

Open Hours: By appointment

E: info@portobellodental.co.uk

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

Summary: Due to Covid-19 restrictions, priority will be given to those in pain. Those on the NHS requiring dental check ups will be seen but this will take time because of limited operating capacity.

Health and Wellbeing: Dental Health

Q Court Dental Studio

3 Quality Street
Davidson's Mains
Edinburgh EH4 5BP

T: 0131 336 1785

Open Hours: By appointment

E: reception@qcourt dental.co.uk

W: <http://qcourt dental.co.uk/>

Summary: If you are looking for a family friendly NHS Dental Practice in Edinburgh why not visit Q Court Dental Studio and experience the welcoming approach from our highly qualified dentists. Based in the Davidson Mains area of Edinburgh, we offer free parking in our private car park which is easily accessible and safe.

Health and Wellbeing: Dental Health

Riccarton Dental Practice

Heriot Watt University
Edinburgh EH14 4AS

T: 0131 451 3080

Open Hours: By appointment

E: info@riccartondental.co.uk

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

Summary: Due to Covid-19 restrictions, a dentist will be triaging calls each week day and will assess if you need to be seen for an appointment. Only patients with severe pain, symptoms of infection, bleeding or trauma will be seen for emergency treatment. We appreciate many of you had have routine appointments and treatment appointments cancelled during lockdown and we have a database of everyone affected and when we are allowed to resume more services we will be in touch to make your appointment.

Health and Wellbeing: Dental Health

Saint Johns Road and East Craigs Dental Practice

176 St. John's Road
Corstorphine
Edinburgh EH12 8BE

T: 0131 334 2704

Open Hours: By appointment

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

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

Summary: We are two family run NHS dental practices in the Corstorphine and East Craigs areas of Edinburgh. We are committed to providing high quality NHS family dental care, which always includes a free check-up. We are also able to offer private treatments such as white fillings, tooth whitening and veneers if desired

Health and Wellbeing: Dental Health

Sean Murphy Dental Care

147 Bruntsfield Place
Bruntsfield
Edinburgh EH10 4EB

T: 0131 229 7999

Open Hours: By appointment

E: sean.murphy@soegateway.com

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

Summary: Given the limited appointments available, priority will remain as it has done throughout the pandemic to providing emergency care. Everyone on our waiting lists will be contacted in chronological order, beginning with those who had their appointments cancelled back in March. Please do not contact us to arrange routine appointments or examinations, we will contact you. No one will lose their NHS registration due to the time it will take to be seen.

Health and Wellbeing: Dental Health

Seven Hills Dental Practice

302 Oxbgangs Road North
Edinburgh EH13 9ND

T: 0131 441 3231

Open Hours: By appointment

E: info@sevenhillsdental.co.uk

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

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

Summary: We are now open for full range of Private Dental treatments. We are also doing NHS check-ups and dental Emergencies for registered patients with limited options for treatment.

Health and Wellbeing: Dental Health

Southside Dental Care

125 Mayfield Road
Newington
Edinburgh EH9 3AJ

T: 0131 667 5656

Open Hours: By appointment

E: info@southsidedental.co.uk

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

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

Summary: We will be in touch with patients with outstanding treatment and who have missed check ups starting from March 2020. We will still have allocated emergency time daily so if you have any pain or concerns please still contact us.

Health and Wellbeing: Dental Health

Stuart Steven Dental Practice

212 Morrison Street
Haymarket
Edinburgh EH3 8EA

T: 0131 229 7899

Open Hours: By appointment

E: <https://www.dentists-edinburgh.co.uk/contact>

W: <https://www.dentists-edinburgh.co.uk/>

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

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

Summary: At Stuart Steven Dental Practice we are constantly striving to provide the very best dental care to all our patients. All of our staff here are highly experienced and qualified so you can be confident of receiving high quality dental treatments, provided by a forward thinking and motivated team.

Health and Wellbeing: Dental Health

Tesco Dental Practice

Meadow Place Road
Corstorphine
Edinburgh EH12 7UQ

T: 0131 297 4249

Open Hours: By appointment

W: <https://www.mydentist.co.uk/dentists/practices/scotland/east-scotland/edinburgh/corstorphine-extra>

Summary: Welcome to Dentist At Tesco Corstorphine. From teething toddlers to denture wearers, our practice caters for all. Along with the full range of NHS dental services, you'll find a great selection of cosmetic treatments, including tooth whitening and dentures.

Health and Wellbeing: Dental Health

Townsend Dental Practice

65 Ferry Road
Leith
Edinburgh EH6 4AQ

T: 0131 554 1791

Open Hours: By appointment

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

FB: <https://www.facebook.com/pages/Townsend-KMRB-Dental-Surgeon/417534225058337>

Summary: Until further notice we are only able to see patients that require urgent dental care and we are very limited on the type of treatments we can carry out.

Health and Wellbeing: Dental Health

Vitaliteeth Dental Spa

116 Ocean Drive
Leith
Edinburgh EH6 6JG

T: 0131 208 2222

Open Hours: By appointment

E: info@vitaliteeth.co.uk

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

Summary: In accordance with the latest Scottish Government guidance we are pleased to announce that we are able to undertake certain urgent/emergency treatments by appointment. At this time we have strict COVID-19 protection measures in place.

Health and Wellbeing: Dental Health

Vitality Dental Care

5/3 Bristo Square
Edinburgh EH8 9AL

T: 0131 629 1120

Open Hours: By appointment

E: info@vdental.co.uk

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

Summary: Vitality Dentist in Edinburgh offers a comprehensive list of high quality services and treatments to clients in Edinburgh. We have built our reputation on a solid foundation of excellent work ethics and practises. We are one of the best dental practises to visit in Edinburgh, with over 4,000 clients who have put their trust in us.

Health and Wellbeing: Dental Health

West Granton Dental Care

3 Waterfront Broadway
Granton
Edinburgh EH5 1SA

T: 0131 552 2251

Open Hours: By appointment

E: admin@westgrantondentalcare.co.uk

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

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

Summary: Unfortunately due to Covid-19 restrictions, at this time and to keep everyone safe, we will be limited to 10 patients per day.

Health and Wellbeing: Dental Health

Westside Dental Care

Westside Plaza

Wester Hailes

Edinburgh EH14 2SW

T: 0131 442 4084

Open Hours: By appointment

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

Summary: Welcome to Westside dental care, we offer quality dental care for all the family. NHS and private patients are always welcome. Book for your free examination now

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[GP Practices](#)

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Annandale Medical Practice

Bellevue Medical Centre
26 Huntingdon Place
Edinburgh EH7 4AT

T: 0131 556 8196

W: <http://www.annandalepractice.scot.nhs.uk/>

FB: https://www.facebook.com/pg/Annandale-Medical-Practice-101053914875864/about/?ref=page_internal

Health and Wellbeing: GP Practice

Bangholm Loan Medical Centre

25 Bangholm Loan
Edinburgh EH5 3AH

T: 0131 552 7676

W: <http://www.bangholmmedicalcentre.scot.nhs.uk/>

FB: <https://www.facebook.com/Bangholm/?rf=204592722896877>

Health and Wellbeing: GP Practice

Barclay Medical Practice East Craigs Medical Centre

10 Bughtlin Market
Edinburgh EH12 8XP

T: 0131 339 6670

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

Health and Wellbeing: GP Practice

Baronscourt Surgery

89 Northfield Broadway
Edinburgh EH8 7RX

T: 0131 657 5444

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

Health and Wellbeing: GP Practice

Blackhall Medical Centre

51 Hillhouse Road
Edinburgh EH4 3TH

T: 0131 332 7696

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

Health and Wellbeing: GP Practice

Blue Practice

Stockbridge Health Centre
1 India Place
Edinburgh EH3 6EH

T: 0131 260 9233

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

Health and Wellbeing: GP Practice

Boroughloch Medical Practice

1 Meadow Place
Edinburgh EH9 1JZ

T: 0131 229 7529

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

Health and Wellbeing: GP Practice

Braefoot Medical Practice

Conan Doyle Medical Centre
4 Nether Liberton Lane
Edinburgh EH16 5TY

T: 0131 667 2240 / 667 2836

W: <https://www.braefootmedicalpractice.scot.nhs.uk/>

Health and Wellbeing: GP Practice

Braids Medical Centre

6 Camus Avenue
Edinburgh EH10 6QT

T: 0131 445 5999

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

Health and Wellbeing: GP Practice

Brunton Place Surgery

9 Brunton Place
Edinburgh EH7 5EG

T: 0131 557 5545

W: <https://www.bruntonplacesurgery.scot.nhs.uk/>

Health and Wellbeing: GP Practice

Bruntsfield Medical Practice

11 Forbest Road
Edinburgh E H10 4EY

T: 0131 228 6081

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

Health and Wellbeing: GP Practice

Colinton Road Surgery

296B Colinton Road
Edinburgh EH13 0LB

T: 0131 441 4555

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

Health and Wellbeing: GP Practice

Craiglockhart Surgery

Allermuir Health Centre
165 Colinton Mains Drive
Edinburgh EH13 9AF

T: 0131 312 2140

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

Health and Wellbeing: GP Practice

Craigmillar Medical Group

106 Niddrie Mains Road
Edinburgh EH16 4DT

T: 0131 322 2111

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

FB: <https://www.facebook.com/pages/category/Medical-Service/Craigmillar-Medical-Group-287351808641397/>

Health and Wellbeing: GP Practice

Cramond Medical Centre

2 Crammond Glebe Road
Edinburgh EH4 6NS

T: 0131 336 5432

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

Health and Wellbeing: GP Practice

Crewe Medical Centre

135 Boswell Parkway
Edinburgh EH5 2LY

T: 0131 552 5544

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

Health and Wellbeing: GP Practice

Dalkeith Road Surgery

145 Dalkeith Road
Edinburgh EH16 5HQ

T: 0131 667 1289

W: <https://dalkeithroad.gpsurgery.net/>

FB: <https://www.facebook.com/pages/category/Doctor/Dalkeith-Road-Medical-Practice-138504253523896/>

Health and Wellbeing: GP Practice

Davidson's Mains Medical Centre

5 Quality Street
Edinburgh EH4 5BP

T: 0131 336 2291

W: <http://www.davidsonsmainsmedicalcentre.scot.nhs.uk/>

Health and Wellbeing: GP Practice

Dr A Comiskey and Partners

Conan Doyle Medical Centre
4 Nether Liberton Lane
Edinburgh EH16 5TY

T: 0131 666 5160

W: <http://www.portobello-conandoylesurgery.co.uk/?LMCL=CYnj3P>

Health and Wellbeing: GP Practice

Durham Road Medical Group

25 Durham Road
Edinburgh EH15 1WY

T: 0131 669 1153

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

FB: <https://www.facebook.com/pages/Durham-Road-Medical-Group/1910645159050161>

Health and Wellbeing: GP Practice

Edinburgh Access Practice

Spittal Street Clinic
23-24 Spittal Street
Edinburgh EH3 9DU

T: 0131 240 2810

W: <https://www.edinburghaccesspractice.scot.nhs.uk/>

Health and Wellbeing: GP Practice

Edinburgh Access Practice

The Access Point
17 Leith Street
Edinburgh EH1 3AT

T: 0131 240 2810

W: <https://www.edinburghaccesspractice.scot.nhs.uk/>

Health and Wellbeing: GP Practice

Eyre Medical Practice

31 Eyre Crescent
Edinburgh EH3 5EU

T: 0131 556 8842

W: <https://eyre-medical-practice.co.uk/>

Health and Wellbeing: GP Practice

Ferniehill Surgery

8 Ferniehill Road
Edinburgh EH17 4AB

T: 0131 664 2166

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

FB: <https://www.facebook.com/pages/Ferniehill-Surgery/178458715527876>

Health and Wellbeing: GP Practice

Firrhill Medical Centre

165 Colinton Mains Drive
Edinburgh EH13 9AF

T: 0131 441 3119

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

Health and Wellbeing: GP Practice

Gilmore Medical Practice

Tollcross Health Centre
10 Ponton Street
Edinburgh EH3 9QQ

T: 0131 536 9800

W: <https://www.gilmore-medical.com/>

Health and Wellbeing: GP Practice

Gracemount Medical Centre

24 Gracemount Drive
Edinburgh EH16 6RN

T: 0131 664 2377

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

FB: <https://www.facebook.com/pages/Gracemount-Medical-Practice/131579553559764>

Health and Wellbeing: GP Practice

Grange Medical Group

1 Beaufort Road
Edinburgh EH9 1AG

T: 0131 447 1646

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

FB: <https://www.facebook.com/pages/category/Doctor/Grange-Medical-CentreThe-316049698881829/>

Health and Wellbeing: GP Practice

Green Practice

Stockbridge Health Centre
1 India Place
Edinburgh EH3 6EH

T: 0131 260 9227

W: <http://www.greenpractice-shc.co.uk/>

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

Health and Wellbeing: GP Practice

Heriot Watt University Medical Centre

Riccarton Campus
The Avenue
Edinburgh EH14 4AS

T: 0131 451 3010

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

Health and Wellbeing: GP Practice

Hermitage Medical Practice

5/6 Hermitage Terrace
Edinburgh EH10 4RP

T: 0131 447 6277/3344

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

Health and Wellbeing: GP Practice

Inchpark Surgery

10 Marmion Crescent
Edinburgh EH16 5QU

T: 0131 666 2121

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

FB: <https://www.facebook.com/pages/Inchpark-Surgery/160169684030694>

Health and Wellbeing: GP Practice

Ladywell Medical Centre (East)

26 Featherhall Avenue
Edinburgh EH12 7UN

T: 0131 334 5000

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

Health and Wellbeing: GP Practice

Ladywell Medical Centre (West)

Ladywell Road
Edinburgh EH12 7TB

T: 0131 334 3602

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

Health and Wellbeing: GP Practice

Leith Mount Surgery

2 Lindsay Street
Edinburgh EH6 4EG

T: 0131 561 1900

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

FB: <https://www.facebook.com/pages/Leith-Mount-Surgery/152217138144701>

Health and Wellbeing: GP Practice

Leith Surgery

2 Duke Street
Leith
Edinburgh EH6 8HQ

T: 0131 554 6471

W: <https://www.travelsafeedinburgh.com/contact1.aspx>

Health and Wellbeing: GP Practice

Leven Medical Practice

Tollcross Health Centre
10 Ponton Street
Edinburgh EH3 9QQ

T: 0131 536 9700

W: <https://leven.gpsurgery.net/>

Health and Wellbeing: GP Practice

Liberton Medical Group

65 Liberton Gardens
Edinburgh EH16 6JT

T: 0131 664 3050

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

FB: <https://www.facebook.com/pages/Liberton-Medical-Group/173981729316696?rf=1486608638224912>

Health and Wellbeing: GP Practice

Links Medical Centre

4 Hermitage Place
Edinburgh EH6 8BW

T: 0131 554 6471

W: <https://www.travelsafeedinburgh.com/index.aspx>

Health and Wellbeing: GP Practice

Long House Surgery

73 East Trinity Road
Edinburgh EH5 3EL

T: 0131 552 4919

W: <http://www.longhousesurgery.scot.nhs.uk/welcome,52519.htm>

FB: <https://www.facebook.com/pages/category/Family-Medicine-Practice/Longhouse-Surgery-103838761149981/>

Health and Wellbeing: GP Practice

Long House Surgery

73 East Trinity Road
Edinburgh EH5 3EL

T: 0131 552 4919

W: <http://www.longhousesurgery.scot.nhs.uk/welcome,52519.htm>

FB: <https://www.facebook.com/pages/category/Family-Medicine-Practice/Longhouse-Surgery-103838761149981/>

Health and Wellbeing: GP Practice

MacKenzie Medical Centre

20 West Richmond Street
Edinburgh EH8 9DX

T: 0131 651 1000

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

FB: <https://www.facebook.com/pages/Mackenzie-Medical-Practice/486345544743361>

Health and Wellbeing: GP Practice

Marchmont Medical Practice

10 Warrender Park Terrace
Edinburgh EH9 1JA

T: 0131 229 6314

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

Health and Wellbeing: GP Practice

Meadows Medical Centre

9 Brougham Place
Edinburgh EH3 9HW

T: 0131 229 7709

W: <https://www.meadowsmedicalpractice.scot.nhs.uk/>

FB: <https://www.facebook.com/pages/Meadows-Medical-Practice/114199035327535>

Health and Wellbeing: GP Practice

Mill Lane Surgery

4 Mill Lane
Leith
Edinburgh EH6 6TL

T: 0131 5541274

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

Health and Wellbeing: GP Practice

Milton Surgery

132 Mountcastle Drive South
Edinburgh EH15 3LL

T: 0131 549 7300

W: <https://milton.gpsurgery.net/>

Health and Wellbeing: GP Practice

Morningside Medical Practice

2 Morningside Place
Edinburgh EH10 5ER

T: 0131 452 8406

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

Health and Wellbeing: GP Practice

Muirhouse Medical Centre

1 Muirhouse Avenue
Edinburgh EH4 4PL

T: 0131 202 4444

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

Health and Wellbeing: GP Practice

Murrayfield Medical Centre

35 Saughton Crescent
Edinburgh EH12 5QX

T: 0131 337 2166

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

Health and Wellbeing: GP Practice

Murrayfield Medical Practice

13b Riversdale Crescent
Edinburgh EH12 5QX

T: 0131 337 6151

W: <http://www.murrayfieldmedicalpractice.scot.nhs.uk/>

Health and Wellbeing: GP Practice

Niddrie Medical Practice

Craigmillar Medical Centre
106 Niddrie Mains Rd,
Edinburgh EH16 4DT

T: 0131 652 2004

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

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

Health and Wellbeing: GP Practice

Parkgrove Medical Centre

22B Parkgrove Terrace
Edinburgh EH4 7NX

T: 0131 312 6600

W: <http://www.parkgrovemicalpractice.scot.nhs.uk/>

Health and Wellbeing: GP Practice

Pentland Medical Centre

44 Pentland View
Edinburgh EH14 5QB

T: 0131 449 2142

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

Health and Wellbeing: GP Practice

Polwarth Medical Practice

Tollcross Health Centre
1st Floor, 10 Ponton Street
Edinburgh EH3 9QQ

T: 0131 536 9898

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

Health and Wellbeing: GP Practice

Portobello Surgery

265 Portobello High Street
Edinburgh EH15 2AW

T: 0131 669 8406

W: <http://www.portobello-conandoylesurgery.co.uk/?LMCL=CYnj3P>

Health and Wellbeing: GP Practice

Ratho Surgery

14a Wilkieston Road
Edinburgh EH28 8RH

T: 0131 333 0600

W: <http://www.rathomedicalpractice.scot.nhs.uk/>

Health and Wellbeing: GP Practice

Restalrig Park Medical Centre

40 Alemoor Crescent
Edinburgh EH7 6UJ

T: 0131 454 2110

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

Health and Wellbeing: GP Practice

Sighthill Green Medical Practice

Sighthill Health Centre
380 Calder Road
Edinburgh EH11 4AU

T: 0131 537 7060

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

Health and Wellbeing: GP Practice

Sighthill Health Centre (Drs Sharpe, Putta & Burns)

Sighthill Health Centre
380 Calder Road
Edinburgh EH11 4AU

T: 0131 537 7040

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

Health and Wellbeing: GP Practice

Slateford Medical Centre

27 Gorgie Park Close
Edinburgh EH14 1NQ

T: 0131 442 8700

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

FB: <https://www.facebook.com/pages/Slateford-Medical-Centre/173193666043894>

Health and Wellbeing: GP Practice

South Queensferry Medical Practice

41 The Loan,
South Queensferry
Edinburgh EH30 9HA

T: 0131 537 4407

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

FB: <https://www.facebook.com/pages/category/Doctor/South-Queensferry-Medical-Practice-152502351448016/>

Health and Wellbeing: GP Practice

Southern Medical Practice

322 Gilmerton Road
Edinburgh EH17 7AB

T: 0131 664 2148

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

Health and Wellbeing: GP Practice

Southfield Medical Practice

132 Mountcastle Drive South
Edinburgh EH15 3LL

T: 0131 549 7340

W: <https://southfieldmedicalpractice.scot.nhs.uk/>

Health and Wellbeing: GP Practice

Springwell Medical Centre

39 Ardmillan Terrace
Edinburgh EH11 2JL

T: 0131 347 1860

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

Health and Wellbeing: GP Practice

St. Leonard's Medical Centre

145 Pleasance
Edinburgh EH8 9RU

T: 0131 668 4547

W: <http://www.stleonards-surgery.com/>

FB: <https://www.facebook.com/pages/St-Leonards-Medical-Centre/163373490368024>

Health and Wellbeing: GP Practice

Saint Triduana's Medical Practice

54 Moira Park
Edinburgh EH7 6RU

T: 0131 657 3341

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

FB: <https://www.facebook.com/pages/category/Family-Medicine-Practice/St-Triduanas-Medical-Practice-172418486805163/>

Health and Wellbeing: GP Practice

Summerside Medical Practice

29b Summerside Place
Edinburgh EH6 4NY

T: 0131 554 3533

W: <http://www.summersidemedicalcentre.scot.nhs.uk/>

Health and Wellbeing: GP Practice

The Hopetoun Practice

Bellevue Medical Centre
26 Huntingdon Place
Edinburgh EH7 4AT

T: 0131 556 2642

W: <https://www.bellevuemc-drtoolley.co.uk/index.aspx>

Health and Wellbeing: GP Practice

University Health Centre

Bristo Square
Edinburgh EH8 9AL

T: 0131 650 2777

W: <http://www.health-service.ed.ac.uk/>

Health and Wellbeing: GP Practice

Victoria Practice

2nd Floor, Leith CTC
12 Junction Place
Edinburgh EH6 5JA

T: 0131 465 2950

W: <https://victoria-practice.co.uk/>

Health and Wellbeing: GP Practice

West End Medical Practice

36 Manor Place
Edinburgh EH3 7EB

T: 0131 225 5220

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

Health and Wellbeing: GP Practice

Wester Hailes Medical Centre

Wester Hailes Healthy Living Centre
30 Harvesters Way
Edinburgh EH14 3JF

T: 0131 453 9250

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

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

Health and Wellbeing: GP Practice

Whinpark Medical Centre

6 Saughton Road
Edinburgh EH11 3RA

T: 0131 455 7999

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

FB: <https://www.facebook.com/Whinpark-Medical-Centre-695537930572307/>

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Health and Wellbeing: 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

Health and Wellbeing: 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.

Health and Wellbeing: Mental Health: Autism

Lothian Autistic Society

Davidson House
57 Queen Charlotte Street Leith
Edinburgh EH6 7EY

T: 0131 661 3834

Open Hours: Monday – Friday 9:00am-4:30pm

E: office@lothianautistic.org

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. We are currently running our West Lothian Saturday Club. We are due to start our East Lothian Saturday Club this Saturday and our Edinburgh Saturday Club on the 7th November.

Health and Wellbeing: 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

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 the Number 6 coordinators. Call 07570 953 331 between 9.30am to 5.00pm Monday to Friday.

Health and Wellbeing: 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

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

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

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

Summary: PASDA have suspended all face to face groups due to Covid-19 restrictions. For more updates, go to their Facebook and Twitter pages.

Health and Wellbeing: Mental Health: Autism

Scottish Autism

Hilton House Alloa Business Park
Whins Road
Alloa FK10 3SA

T: 01259 222022 - Autism Advise Line

T2: 01259 720044 - General enquiries

Open Hours: Advise lines operates 7 days a week between the hours of 8am and 8pm

E: advice@scottishautism.org

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

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

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

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. Advise 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.

Health and Wellbeing: Mental Health: Bipolar

Bipolar Scotland Self-help Group

Edinburgh

E: 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/

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

Summary: Bipolar Scotland groups have moved online. Email info@lothianbipolargroup.org.uk to get more information on new online groups and activities.

Health and Wellbeing: Mental Health: Bipolar

Bipolar UK

11 Belgrave Road

London SW1V 1RB

E: info@bipolaruk.org

W: <https://www.bipolaruk.org/blog/key-links-to-help-you-during-the-covid-19-pandemic>

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

Summary: Key links to help you during the covid-19 pandemic

Health and Wellbeing: Mental Health: Borderline Personality Disorder

Borderline Personality Disorder Support Group

Edinburgh

W: www.meetup.com/edinburghborderline/

FB: www.facebook.com/borderlinepd/

Summary: Welcome to Edinburgh Borderline! This group was set up to give a voice & 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.

Health and Wellbeing: Mental Health: CMHP

B Healthy Together

79-89 Broomhouse Crescent
Edinburgh EH11 3RH

E: 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.

Health and Wellbeing: Mental Health: CMHP

Bridgend Farmhouse

41 Old Dalkeith Road
Edinburgh EH16 4TE

T: 0131 564 0068

E: info@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 suspended most onsite activities due to the Scottish Government Lockdown, now we are concentrating on getting our outdoor activities running again before usage of our buildings slowly starts. The only exception to this is emergency bike repairs and maintenance for essential workers' bikes. Please make an appointment for these needs via 07591 882 779 or ActiveTravel@bridgendfarmhouse.org.uk so we can keep the number of folk onsite at a time to a minimum. Click [here](#) for a roadmap that explains how services will be re-established.

Our staff will mostly still be working from home, looking for ways in which we can help our community. You can contact us via admin@bridgendfarmhouse.org.uk or info@bridgendfarmhouse.org.uk

Health and Wellbeing: 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

W: <https://grassmarket.org/>

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

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

Summary: The Project has re-started their Member's 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: Mental Health: CMHP

Health Agency

30 Harvester Way
Edinburgh EH14 3JF
T: 0131 453 9400

E: Frontdesk@thehealthagency.org.uk

W: <https://sites.google.com/a/whhealthagency.org.uk/home/home>

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

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: Standing 10am, Seated 11.30am; Wednesday: Movement Monday 2.00pm; Thursday: Mindfulness 3.00pm; Friday: Seated Exercise 11am.

Health and Wellbeing: 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

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 still available for help and support but are unable to provide face-to-face support. Here is a list of current services: Online exercise classes; Telephone support for health and wellbeing; Telephone befriending; Telephone and online support from Polish Link Worker; Telephone and practical support to people aged 55 and over and who are self-isolating. The Heads Up team are available for telephone support during our usual drop-in hours. Maysoon - 07849136944; Rose - 07950617898; Catriona - 07394942066

Health and Wellbeing: Mental Health: CMHP

Living Well North Edinburgh

5 West Pilton Park
Edinburgh EH4 4EL

T: 0131 343 6375

E: 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>

Health and Wellbeing: Mental Health: CMHP

Penumbra

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 0131 475 2380

E: enquiries@penumbra.org.uk

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

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

Tw: https://twitter.com/penumbra_scot

YT: <https://www.youtube.com/channel/UCyNhYwgXsE-KiG0k9jP8mVQ>

Summary: Penumbra - have some limited capacity for 1:1 therapeutic support through our peer team (P2C) - referral form available on our website: <https://www.penumbra.org.uk/service-locations/east-area-services/edinburgh/plan-2-change-edinburgh/>; Their Self Harm Project is now being run through Thrive the weblink is: <https://ithriveedinburgh.org.uk/services/edinburgh-self-harm-project-penumbra/?location=edinburgh#>
Email: selfharm.edinburgh@penumbra.org.uk Telephone: 01312296262

Health and Wellbeing: 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

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.

Health and Wellbeing: Mental Health: CMHP

Stafford Centre

103 Broughton Street
Edinburgh EH1 3RZ

T: 0131 557 0718

E: staffordcentre@supportinmindscotland.org.uk

W: <https://www.supportinmindscotland.org.uk/Listing/Category/coronavirus-support-guidance>

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: No Face to Face, services delivered online or by phone

Health and Wellbeing: 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

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.

Health and Wellbeing: Mental Health: CMHP

The Thistle Foundation

13 Queen's Walk
Edinburgh EH16 4EA

T: 0131 661 3366

E: 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

Health and Wellbeing: Mental Health: CMHP

Thistle Foundation - Lifestyle Management Course

13 Queen's Walk
Edinburgh EH16 4EA

T: 07552 277 416

E: hello@thistle.org.uk

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

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

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

Health and Wellbeing: Mental Health: CMHP

Thistle Foundation - Mindfulness

13 Queen's Walk
Edinburgh EH16 4EA

T: 07552 277 416

E: hello@thistle.org.uk

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

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

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

Health and Wellbeing: Mental Health: CMHP

Thistle Foundation - Wellbeing Coaching

13 Queen's Walk
Edinburgh EH16 4EA

T: 07552 277 416

E: hello@thistle.org.uk

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

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

Summary: Remote self-management support - 1:1 Wellbeing coaching. Please direct all referrals to: referrals@thistle.org.uk

Health and Wellbeing: Mental Health: CMHP

Thistle Foundation - Long Covid

13 Queen's Walk
Edinburgh EH16 4EA
T: 07552 277 416

E: hello@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

Health and Wellbeing: Mental Health: CMHP

Thistle Foundation - Long term health condition support

13 Queen's Walk
Edinburgh EH16 4EA

T: 07552 277 416

E: hello@thistle.org.uk

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

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

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

Health and Wellbeing: 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

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

Health and Wellbeing: 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

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

Health and Wellbeing: 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: <http://www.bighearts.org.uk/wp-content/uploads/2020/03/Click-here-to-download-the-helplines-list.pdf>

Summary: Mental health support, wellbeing info and regular peer support in partnership with SAMH. Face to Face meet ups are prohibited due to Covid 19 restrictions, telephone support is available.

Health and Wellbeing: 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

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; Anyone concerned that a young person could be thinking about suicide

Health and Wellbeing: 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>

W2: <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

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.

Health and Wellbeing: Mental Health: Helpline

No Panic

No Panic Jubilee House
74 High StreetMadeley
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

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: 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

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.

Health and Wellbeing: 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

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.

Health and Wellbeing: 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

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: 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: 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/>

WC: <https://www.thecalmzone.net/help/webchat/>

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.

Health and Wellbeing: Mental Health: Mens Health

Andys Man Club (Edinburgh)

Edinburgh

E: info@andysmanclub.co.uk

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

Summary: The weekly group has moved online. Email to be added to the group. Mondays from 7.00 pm - 9.00 pm

Health and Wellbeing: 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

Health and Wellbeing: Mental Health: Mental Welbeing

Mental Health Foundation

Merchants House
30 George Square
Glasgow G2 1EG

E: 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.

Health and Wellbeing: 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

Health and Wellbeing: Mental Health: Online Resource

Staying well while social distancing

W: <https://www.rcot.co.uk/staying-well-when-social-distancing>

Summary: The Royal College of Occupational Therapists have developed a fantastic resource to help you stay well while you are social distancing.

Health and Wellbeing: Mental Health: Reconnect

People Know How

525 Ferry Road
Edinburgh EH5 2FF

T: 0131 569 0525

E: reconnect@peopleknowhow.org

W: 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.

Health and Wellbeing: Mental Health: 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

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.

Health and Wellbeing: Mental Health: 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.

Health and Wellbeing: 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

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

WC: <https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/webchat-support>

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;

Health and Wellbeing: Mental Health: Sign posting

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

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

FB: <https://www.facebook.com/pages/category/Medical---Health/Mental-Health-Information-Station-108046397496550/>

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 still 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 at any time with specific queries and/or a request for a callback. Email requests will only be answered on a Thursday.

Health and Wellbeing: Mental Health: Suicide

Ask, Tell - Save A Life: Every Life Matters

Vimeo: <https://vimeo.com/338176393>

Summary: Suicide Prevention Skills: It's a short, informative overview of what you can do to support someone in distress.

Health and Wellbeing: Mental Health: Suicide

United to Prevent Suicide

E: enquiry@unitedtopreventsuicide.org.uk

W: <https://unitedtopreventsuicide.org.uk/index.html>

FB: www.facebook.com/TalkToSaveLives/

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

Inst: 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.

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Homelessness and Housing: 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

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.

Homelessness and Housing: 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/_BethanyCT

Summary: Our Emergency Resettlement Unit is called Bethany House. It accommodates 24 men and 4 women in 6 cluster flats. Referrals can 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: Emergency

Street Support Edinburgh

Edinburgh

E: edinburgh@streetsupport.net

W: <https://streetsupport.net/edinburgh/>

FB: www.facebook.com/streetsupport?form=MY01SV&OCID=MY01SV

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

Summary: Connecting people and organisations locally, to tackle homelessness in Edinburgh.

Homelessness and Housing: Emergency

Care Shelter

Edinburgh

T: 07919 557 673 - Bethany Christian Trust

E: careshelter@bethanychristiantrust.com

Summary: The Care Shelter is seasonal. This year's Care Shelter:

Rapid Re-accommodation Welcome Centre where we have warm beds in en-suite rooms, hot food, and wrap around support including help finding longer term accommodation. is based at the Haymarket Hub Hotel, 7 Clifton Terrace, EH12 5DR and will run until May 31st 2021

Homelessness and Housing: Food

Social Bite

131 Rose St

Edinburgh EH2 3DT

T: 0131 353 0250

E: info@social-bite.co.uk

W: <http://social-bite.co.uk/>

Summary: Since Friday 20th March, Social Bite's kitchens, cafes and teams have been entirely re-deployed to produce and deliver food to those most in need during the Coronavirus outbreak. We are providing vital fresh lunch packs to a wide range of individuals and communities including people experiencing homelessness, families in food poverty and vulnerable children and adults.

Homelessness and Housing: Helpline

Shelter's Free Housing Advice Line

6 South Charlotte Street,
Edinburgh EH2 4AW

T: 0808 800 4444 - Helpline

Opening Hours: Open: Mon - Fri: 9.00am - 5.00pm

W: https://scotland.shelter.org.uk/about_us/contact_us

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

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. Scottish housing advice during Covid-19.

Homelessness and Housing: Housing Advice

Four Square Connected - Edinburgh Housing Advice

67a Logie Green Rd
Edinburgh EH7 4HF

T: 0131 557 7900

E: info@foursquare.org.uk

W: <https://www.foursquare.org.uk/our-services/>

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

Summary: We 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.

Homelessness and Housing: Housing Association

Hanover Scotland

95 McDonald Road
Edinburgh EH7 4NS

T: 0131 557 0598

E: hello@hanover.scot

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

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: Renting

The EdIndex Team

Waverley Court
Level C.3
4 East Market Street
Edinburgh EH8 8BG

E: edindex@edinburgh.gov.uk

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

Summary: Homes available to rent are advertised through Key To Choice. This is on behalf of the EdIndex partnership (the City of Edinburgh Council and 19 Housing Associations). You must be registered with EdIndex if you want to apply for a Council or Housing Association home. 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 about Key to Choice please email edindex@edinburgh.gov.uk

Homelessness and Housing: 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!

Homelessness and Housing: Support Service

Streetwork - Holyrood Hub

22 Holyrood Road

Edinburgh EH8 8AF

T: 0808 178 2323 - Crisis line 24/7

T: 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: Service: 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: Support Service

The Access Point

23 Leith Street

Edinburgh EH1 3AT

T: 0131 529 7438 - Housing and Social Work

T: 0131 240 2810 - Health

T: 0800 032 5968 - Out of hours (City of Edinburgh Council's out of hours service)

Opening Hours: Mon, Wed, Thus, Fri: 9.00am - 5.00pm, Tues: 10am - 4pm. Contact them to make an appointment.

W: <https://www.edinburgh.gov.uk/homeless-risk/access-point/1>

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.

Homelessness and Housing: Supported Accommodation

Hillcrest Futures Resource Hub (Gowrie Care)

3 Gilmour Street
Edinburgh, EH8 9HR

T: 0131 667 9407

Contact: Piotr Jankowski

E: Edinburghfutureshub@hillcrestfutures.org.uk

W: <https://hillcrest.org.uk/Gowrie+Care/>

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 .

Homelessness and Housing: Supported Accommodation

Bethany Christian Trust - Gateway to Homes and Communities

65 Bonnington Road
Edinburgh EH6 5JQ

T: 0131 651 8930

Opening Hours: Mon – Fri: 9am – 5pm

E: info@bethanychristiantrust.com

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

FB: <https://www.facebook.com/BethanyChristianTrust1/>

Tw: https://twitter.com/_BethanyCT

Summary: Fresh Start Emergency food, cleaning and toiletry packs available. Bethany Gateway teway 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: 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.

Homelessness and Housing: Supported Accommodation

Dunedin Harbour Hostel

4 Parliament Street
Leith
Edinburgh EH6 6EB

T: 0131 624 5800

E: 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.

Homelessness and Housing: Supported Accommodation

LinkLiving

Link House
2c New Mart Road
Edinburgh EH14 1RL

T: 0330 303 0302

E: enquiries@linkliving.org.

W: <https://www.linkliving.org.uk/what-we-do/homelessness-support/>

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

Tw: 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: 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

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.

Homelessness and Housing: Youth

Stopover Project

40 Grove Street
Edinburgh EH3 8AT

T: 0131 229 6907

E: stopover@foursquare.org.uk

W: <https://www.foursquare.org.uk/wp-content/uploads/2020/06/STOPOVER.pdf>

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

Summary: Service: 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.

Homelessness and Housing: Youth

Ypeople - Your Home

26 Leith Walk
Edinburgh EH6 5AA

T: 0131 603 9815

E: 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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LGBT: Abuse

FearFree

SACRO National Office
29 Albany Street
Edinburgh EH1 3QN

T: 0131 624 7270

E: FearFreeInfo@sacro.org.uk

W: <https://www.sacro.org.uk/services/criminal-justice/fearless>

Summary: FearFree is a support service for any man, or LGBTI+ person experiencing domestic abuse.

LGBT: Book Group

Edinburgh Gay Men's Book Group

Duncan Place Community Hub
4 Duncan Place Edinburgh

E: <https://edgaybookgroup.wordpress.com/contact/>

W: <https://edgaybookgroup.wordpress.com/>

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

Summary: The group meets the fourth Wednesday of each month at 7pm at the Edinburgh LGBT Centre for Health and Wellbeing at 9 Howe Street, Edinburgh EH3 6TE (please note due to Covid-19 all of our meetings until further notice will be via Zoom only). We discuss one book each month. Please email us using the contact form below for further information or follow us on <https://twitter.com/edingaybook?lang=en>.

LGBT: Helpline

LGBT Health and Wellbeing

Duncan Place Community Hub

4 Duncan Place

Edinburgh EH6 8HW

T: 0300 123 2523 - Helpline

E: helpline@lgbthealth.org.uk

W: <https://www.lgbthealth.org.uk/services-support/lgbt-helpline-scotland/helplines-and-lgbt-listings/>

Summary: We provide information and emotional support to lesbian, gay, bisexual and transgender people and their families, friends and supporters across Scotland. We are also here to support those questioning or wanting to discuss their sexuality or gender identity.

LGBT: Trans

Scottish Trans Alliance

30 Bernard Street

Edinburgh EH6 6PR

T: 0131 467 6039

T: 0131 476 9006

E: info@scottishtrans.org

W: <https://www.scottishtrans.org/important-information-about-continuing-your-hormones-during-the-coronavirus-outbreak/>

FB: <https://www.facebook.com/scottishtrans.org>

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

Summary: Important information for trans people about continuing your hormones during the coronavirus outbreak

LGBT: Youth

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

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

WC: <https://www.lgbtyouth.org.uk/chat>

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.

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Money/Advice: 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.

Money/Advice: Charity - Financial Support

TURN TO US - Edinburgh Trust Fund

E: 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

Inst: 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, if a person cannot sign the declaration, the referrer 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).

Money/Advice: Charity - Financial Support

Float Trust

The Melting Pot

5 Rose Street,

Edinburgh EH2 2PR

E: info@float.scot

W: www.float.scot/

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. www.float.scot/

Money/Advice: 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

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.

Money/Advice: 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, For additional help check: <http://www.chaiedinburgh.org.uk/coronavirus-what-help-is-available/> and <http://www.mysurgerywebsitemobile.co.uk/website/L63245/files/What%20to%20Claim%20Coronavirus%20Factsheet%20March%202020.pdf>

Money/Advice: Debt Counselling

Christians Against Poverty (CAP)

Christians Against Poverty, 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

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/

YT: 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

Money/Advice: 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/debtadvicefoundation>

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

Summary: A specialist debt charity offering free, confidential advice on any aspect of debt.

Money/Advice: 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

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.

Money/Advice: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.

Money/Advice: Debt Counselling

Money Advice Scotland Helpline

Suite 410, Pentagon Centre

36 Washington Street

Glasgow G3 8AZ

T: 0141 572 0237

Web Chat: Monday-Thursday, 8:30am-6:00pm, and Friday 8:30-3:30

E: 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.

Money/Advice: 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

W: <https://www.lift-edinburgh.com/>

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

Tw: 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.

Money/Advice: 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.

Money/Advice: 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.

Money/Advice: 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).

Money/Advice: Energy Advice

Changeworks Heat Heroes

36 Newhaven Road
Edinburgh EH6 5PY

T: 0131 555 4010

E: 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

Our first video – where to get help with your gas and electricity concerns – is now live on YouTube.

Money/Advice: Energy Advice

Home Energy Scotland

Second Floor, Ocean Point 1
94 Ocean Drive
Edinburgh EH6 6JH

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

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

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

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

Summary: Home Energy Scotland helping your clients stay warm. If your clients are worried about their energy bills or struggling to stay warm at home, please continue to refer them to us as normal. We won't be able to offer them a home visit, but can work with you to decide how best to provide support. If you're not already a portal user, drop us an email or call your local advice centre on 0808 808 2282 and we'll look to get you set up. If you'd like more detail on the outcome of a referral or to discuss a specific case, get in touch with your local partnership contact

Money/Advice: 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.

Money/Advice: 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; 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.

Money/Advice: Income Maximisation

Maximise - Chai

Edinburgh

T: 0131 442 2100

T: 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 Castleview Primaries can receive free welfare benefit advice, employability assistance or family support. Tel: 0131 442 2100 or 0131 446 2300.

Money/Advice: Welfare Benefits

City of Edinburgh - Crisis Grants

City of 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: http://www.edinburgh.gov.uk/info/20239/scottish_welfare_fund/520/scottish_welfare_fund/3

Money/Advice: Welfare Benefits

City of Edinburgh - Discretionary Housing Payments

City of Edinburgh

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.

Money/Advice: 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

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.

Money/Advice: Welfare Benefits

City of Edinburgh - Social Work Payments

City of Edinburgh

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.

Money/Advice: Welfare Benefits

Department of Work & 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

Money/Advice: 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.

Money/Advice: 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.

Money/Advice: 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

Money/Advice: Welfare Benefits

Scottish Social Security - Pregnancy and Baby Grant

T: 0800 1822 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.

Money/Advice: Welfare Benefits

Early Learning Payment - Social Security Scotland

Edinburgh

T: 0800 182 2222

W: 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 Or call 0800 182 2222

Money/Advice: Welfare Benefits

Food Payment £17 every four week - Social Security Scotland

Edinburgh

T: 0800 182 2222

W: 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 Or call 0800 182 2222

Money/Advice:Welfare Benefits

Pregnancy and Baby Payment - Social Security Scotland

Edinburgh

T: 0800 182 2222

W: 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 Or call 0800 182 2222

Money/Advice:Welfare Benefits

Free School Meals, milk and clothing grant - City of Edinburgh

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>

Money/Advice:Welfare Benefits

Scottish Child Payment for low income families with children under 6 years - Social Security Scotland

Edinburgh

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/>

Money/Advice: 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

Money/Advice: Welfare Benefits Advice

CHAI - Community Help and Advice Initiative - Coronavirus - Benefits Guidance

5th Floor, Riverside House,
502 Gorgie Road,
Edinburgh EH11 3AF

W: <http://www.mysurgerywebsitemobile.co.uk/website/L63245/files/What%20to%20Claim%20Coronavirus%20Factsheet%20March%202020.pdf>

Summary: And this is the link to CHAI's (Community Help & Advice Initiative) information, an online pdf file, about what benefits people can claim during the Coronavirus outbreak: <http://www.mysurgerywebsitemobile.co.uk/website/L63245/files/What%20to%20Claim%20Coronavirus%20Factsheet%20March%202020.pdf>

Money/Advice: Welfare Benefits Advice

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
<http://www.chaiedinburgh.org.uk/coronavirus-what-help-is-available/>

Money/Advice: Welfare Benefits Advice

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.

Money/Advice: Welfare Benefits Advice

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

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

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Older People: Abuse - Helpline

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.

Older People: 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: Befriending

Cyrenians Golden Years Befriending

57 Albion Road
Edinburgh EH7 5QY

E: 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

Older People: 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

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

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

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

Inst: 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.

Older People: 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

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

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.

Older People: Befriending

People Know How

525 Ferry Road
Edinburgh EH5 2FF

T: 0131 569 0525

E: contactus@peopleknowhow.org

W: <https://www.peopleknowhow.org/reconnect>

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 offer a distance befriending service for adults across Edinburgh over the phone or via video calling. From chatting about hobbies and interests to sharing advice on accessing resources, befrienders are there to listen, talk, and understand.

Older People: Befriending

Pilmeny At Home In-Reach Service

19 - 21 Buchanan Street
Edinburgh EH6 8SQ

T: 07375 918524

E: 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

Older People: Care Homes

Care Homes - NHS Lothian

NHS Lothian

E: 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

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

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

Older People: Falls Prevention

Be Able

City of Edinburgh Council
Edinburgh

T: 0131 200 2324 - Social Care Direct

E: be.able@edinburgh.gov.uk

W: 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

Older People: Falls Prevention

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: Falls Prevention

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.

Older People: Falls Prevention

Edinburgh Leisure - Steady Steps

Edinburgh Leisure
3 Cultins Road
Edinburgh EH11 4DF

T: 0131 458 2260

Opening Hours: Various times and locations across Edinburgh.

E: 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, in partnership

Older People: Falls Prevention

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!

Older People: Falls Prevention

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.

Older People: Feet Care

Happy Feet - Prestonfield Neighbourhood Project

Prestonfield Neighbourhood Project
63 Prestonfield Avenue
Edinburgh EH16 5EX

T: 0131 620 7222

E: prestonfieldnp@southedinburgh.net

W: www.southedinburgh.net/pnp

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.

Older People: 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.

Older People: 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: 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

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 or call Kristin Armour on 0131 510 6930

Older People: Helpline

Silver Line Helpline

Trade Tower, Calico Row, London, SW11 3YH

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: 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

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/

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.

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

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.

Older People: 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

E: jean@lgbthealth.org.uk

E: 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: Library Services

Books - local library delivering book

343 Oxfgangs Road North
Edinburgh EH13 9LY

T: 0131 529 5553

E: 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 Lifelong Learning Library Development Leader - Libraries/Access Services

Older People: Social Support

Eric Liddel Centre

15 Morningside Road
Edinburgh EH10 4DP

T: 0131 447 4520 - Front Desk

E: 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: Although the Centre is still closed to the public due to Covid restrictions, classes for Children and Adults have restarted. Judo, Monkey Music and Lunch time Concerts are running (via zoom) and adults can enjoy Zumba, Pilates and Indian Dancing Classes, 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.

Older People: 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

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: Social Support

Space and Broomhouse Hub Beacon Club

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

T: 0131 455 7731

E: admin@spacescot.org

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

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

Inst: 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 for more information.

Older People: Social Support

The Dove Centre

1 Clovenstone Park
Edinburgh EH14 3BG

T: 0131 453 4656

E: 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.

Older People: Social Support

Vintage Vibes

79-89 Broomhouse Crescent
Edinburgh EH11 3RH

T: 0131 343 0955

E: 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

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

Older People: 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

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.

Older People: Support Services

Cafeline - Meals on Wheels

Lifecare (Limited) Edinburgh
2 Cheyne Street
Edinburgh EH4 1JB

T: 0131 343 0940

E: 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_

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: Support Services

Home Instead

Federation House
222 Queensferry Road
Edinburgh EH4 2BN

T: 0131 300 0599

E: 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 - prices between £29 and £38 p/hour depending on the number of hours required.

Older People: Support Services

Pilton Equalities Project

PEP Centre
3 West Pilton Park
Edinburgh EH4 4EL

T: 0131 315 4466

E: pepequalities@btconnect.com

W: <https://pepequalities.co.uk/services>

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

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 your name and number; by email or telephone below, or contact us through Facebook at the Pilton Equalities Project. We will ensure that someone contacts you back to help reduce the worries that being isolated can bring.

Older People: Support Services

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

W: <http://www.southedinburgh.net/pnp>

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.

Older People: Support Services

Prestonfield Neighbourhood Project - Shopping Service

Prestonfield Neighbourhood Project
63 Prestonfield Avenue
Edinburgh EH16 5EX

T: 0131 620 7222

E: prestonfieldnp@southedinburgh.net

W: <http://www.southedinburgh.net/pnp>

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: Support Services

Prestonfield Neighbourhood Support Service

Prestonfield Neighbourhood Project
63 Prestonfield Avenue
Edinburgh EH16 5EX

T: 0131 620 7222

E: prestonfieldnp@southedinburgh.net

W: <http://www.southedinburgh.net/pnp>

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

Older People: Veterans

Veterans - Legion Scotland

New Haig House
Logie Green Road,
Edinburgh EH7 4HQ

T: 0131 550 1560

E: 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.

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Physical Activity: Cycling: Cycling

Cycling UK

T: 07785597591 - Suzanne Forup

E: suzanne.forup@cyclingsuk.org

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

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

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

Summary: Several of our staff are mechanic trained and can fix/do basic repairs and maintenance on bikes - at hospitals or other key worker settings We can loan cycles (pedal cycles or ebikes) to key workers We can deliver food/medicines by bike to vulnerable people. Contact: Email suzanne.forup@cyclingsuk.org and we'll get the relevant local staff to assist

Physical Activity: Cycling: Bicycle Hire - Electric

Edinburgh Cycle Hire - Just Eat

T: 0131 278 3000

E: support@edinburghcyclehire.com

W: edinburghcyclehire.com/

FB: www.facebook.com/cyclehire.edi/

Tw: twitter.com/cyclehire_edi

Inst: www.instagram.com/cyclehire_edi/

Summary: Just Eat Cycles is Edinburgh's cycle hire scheme. The bikes are a quick and easy way to get from A to B around Edinburgh. Most people use it as an alternative to public transportation for everyday journeys like commuting, getting to places or just as a fun way to experience the city.

Physical Activity: Cycling: Bicycle Maintenance

How to:

W: www.cyclescheme.co.uk/community/how-to

Summary: This is your (en)cyclopedia for all things cycling!

Physical Activity: Cycling: Cycle Helmets

Bicycle injuries and helmet use: a systematic review and meta-analysis

W: 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.

Physical Activity: Cycling: Cycle Helmets

Cycle Helmets an overview

W: 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.

Physical Activity: Cycling: Cycle Helmets

Informed Choice about Helmets - Spokes

W: 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.

Physical Activity: Cycling: Cycle Security

Bike Register – Online Police Database

W: www.bikeregister.com/

Summary: Every Police Force in the UK uses the BikeRegister database to search for stolen and recovered bikes

Physical Activity: 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

Summary: Bike storage solutions for individuals and communities.

Physical Activity: Cycling: Cycle Security

Access to safe secure on street bike storage

T: 0208 699 1338

E: rentals@cyclehoop.com

W: www.cyclehoop.rentals/

FB: www.facebook.com/Cyclehoop/

Tw: twitter.com/cyclehoop

Inst: 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.

Physical Activity: 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.

Physical Activity: Cycling: Cycling Campaign Group

Cycle for Good

T: 01543 888494

E: info@cycleofgood.com

W: 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!

Physical Activity: Cycling: Cycling Campaign Group

Bikes for Refugees

E: bfrscotland@gmail.com

W: 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 Scottish 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!

Physical Activity: Cycling: Cycling Campaign Group

SPOKES: The Lothian Cycle Campaign

T: 0131 313 2114

E: spokes@spokes.org.uk

W: www.spokes.org.uk/

FB: www.facebook.com/Spokes-the-Lothian-Cycle-Campaign-169099526468801/?ref=bookmarks

Tw: twitter.com/spokeslothian

Summary: Lothian based cycling campaign group.

Physical Activity: Cycling: Cycling Campaign Group

Sustrans Scotland

Rosebery House

9 Haymarket Terrace

Edinburgh EH12 5EZ

T: 0131 346 1384

E: scotland@sustrans.org.uk

W: www.sustrans.org.uk/

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

Tw: twitter.com/sustrans

Inst: www.instagram.com/sustrans/

YT: www.youtube.com/channel/UCDMSSlL7Fnsk53HcYGWDgVQ

Summary: We're the charity making it easier for people to walk and cycle

Physical Activity: 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-museums-scotland/

Summary: Bicycles at National Museums Scotland - Please note that the National Museum is currently closed due to Covid-19 restrictions.

Physical Activity: Cycling: Cycling News Services

Cyclist

W: www.cyclist.co.uk/news/412/bicycle-crime-statistics

Summary: Bicycle crime statistics

Physical Activity: 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

Physical Activity: Cycling: Cycling Routes

City of Edinburgh: Exploring Quiet Routes

W: www.edinburgh.gov.uk/cycling-walking/explore-quietroutes/1

Summary: QuietRoutes 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.

Physical Activity: Cycling: Cycling Routes

Cycling Edinburgh

E: mike@cyclimg-edinburgh.org.uk

W: www.cyclimg-edinburgh.org.uk/index.php

Summary: Although the lockdown is now gradually being eased, it is still not possible for local cycling groups to organise their usual programme of rides.

Physical Activity: Cycling: Cycling Routes

Edinburgh Bike Paths: A Cyclist's Guide

W: www.cyclimg-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.

Physical Activity: Cycling: Cycling Routes

Edinburgh's City Cycleway's Inner Tube Map

W: www.innertubemap.com/

Summary: Edinburgh City Cycleway.

Physical Activity: Cycling: Cycling Routes

Edinburgh Evening News - Plans for cycle segregation lanes across Edinburgh

W: 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

Physical Activity: Cycling: Cycling Routes

Laid Back Holyrood Park Circuit

W: www.plotaroute.com/route/141289

Summary: Online map of cycle route round Holyrood Park

Physical Activity: 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

Physical Activity: Cycling: Cycling Shops

Edinburgh Bicycle Cooperative

8 Alvanley Terrace
Edinburgh EH9 1DU

T: 0131 228 3565

W: www.edinburghbicycle.com/info/shop/bruntsfield-edinburgh/

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

Tw: twitter.com/EdinburghBikes

YT: 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.

Physical Activity: Cycling: Cycling Shops

The Bike Station

250 Causewayside
Newington,
Edinburgh EH9 1UU

T: 0131 668 1967

Saturday only: 10am-4.30pm

W: 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.

Physical Activity: Cycling: Rules of the Road

The Highway Code

W: www.gov.uk/guidance/the-highway-code

Summary: This Highway Code applies to England, Scotland and Wales.

Physical Activity: 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

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.

Physical Activity: Cycling: You Tube Videos

How to Build Your Cycling Confidence

YT: www.youtube.com/watch?v=cI0GWQRoDq0

Summary: Confidence is everything, especially out on the open road. Use these practical tips to boost your cycling confidence and enjoy your riding more.

Physical Activity: Cycling: You Tube Videos

How to improve your balance on a bicycle

YT: 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.

Physical Activity: Cycling: You Tube Videos

9 Beginner Mistakes and How to avoid them

YT: 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

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Physical Activities: Exercise

B Healthy Together

79-89 Broomhouse Crescent

Edinburgh EH11 3UU

T: 0131 467 7678

E: info@bhealthytogether.org.uk

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

FB: https://www.facebook.com/pg/bhealthytogether/about/?ref=page_internal

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.

Physical Activities: Exercise

Edinburgh Leisure - Ainslie Park Leisure Centre - Gym

92 Pilton Drive

Edinburgh EH5 2HF

T: 0131 458 2100

E: 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.

Physical Activities: Exercise

Edinburgh Leisure - Craiglockhart Leisure and Tennis Centre

177 Colinton Road

Edinburgh

EH14 1BZ

T: 0131 458 2100

E: 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.

Physical Activities: Exercise

Edinburgh Leisure - Drumbrae Health Centre - Gym

30 Drum Brae Terrace

Edinburgh

EH4 7SF

T: 0131 458 2100

E: enquiries@edinburghleisure.co.uk

W: 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 Activities: Exercise

Edinburgh Leisure - Gracemount Leisure Centre - Gym

22 Gracemount Drive

Edinburgh

EH16 6RN

T: 0131 458 2100

E: enquiries@edinburghleisure.co.uk

W: 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.

Physical Activities: Exercise

Edinburgh Leisure - Jack Kane Sports Centre - Gym

208 Niddrie Mains Road

Edinburgh

EH16 4ND

T: 0131 458 2100

E: enquiries@edinburghleisure.co.uk

W: 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 Activities: Exercise

Fit for Health Classes - Edinburgh Leisure

T: 0131 458 2260

E: active@edinburghleisure.co.uk

W: <https://www.edinburghleisure.co.uk/fit-for-health>

Summary: We are happy to be offering digital pre-recorded and live stream classes via Zoom during Level 4 restrictions. Our team are contacting all participants to let them know about this support.

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.

Physical Activities: 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.

Physical Activities: Exercise

Projekt 42

117 Leith Walk

Edinburgh EH6 7QD

E: 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/

Summary: Currently, Projekt 42 is delivering its services online, with digital fitness and yoga classes over Zoom. These can be accessed via membership or as PAY G, classes range from free - £5. There is a range of classes including fitness, yoga and meditation. 50% of revenue from these classes funds the Projekt 42 counselling service, so members know they can improve their own wellbeing whilst supporting the wellbeing of their community. The mental health service has gone digital and will include, video sessions, text and tele-support. The waitlist for new patients is open. Projekt 42 has launched online counselling and mental health support and has counsellors available for immediate support to those in need right now. Link to our self-referral form: <https://forms.gle/QkL4m1vJXvcfDbrX6> .

Physical Activities: Football

Street Soccer Scotland

2 Bernard Street
Edinburgh EH6 6PU

T: 07480979919

Robbie

E: 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.youtube.com/user/streetsoccerscotland>

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.

Physical Activities: Football

The Changing Room - Mental Health

Edinburgh

T: 0131 603 4929

E: 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 for the required details.

Physical Activities: Walking

Edinburgh and Lothians Greenspace Trust - Walking Adventures

Swanston Steading
109/11 Swanston Road
Edinburgh EH10 7DS

Tuesday Walk, 2.00 pm

T: 07824 641133

E: Kim@elgt.org.uk

W: www.elgt.org.uk/

FB: 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 or phone: 07824 641133

Physical Activities:Walking

Edinburgh Leisure Health Walk - Monday - Meadows Walk

Edinburgh

Monday Walk at 10.30am

T: 0131 458 2260 - Active Communities Team

E: active@edinburghleisure.co.uk

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.

Physical Activities:Walking

Edinburgh Leisure Health Walk - Monday - Gyle Park Walk

Edinburgh

Monday Walk at 10.45am

T: 0131 458 2260 - Active Communities Team

E: active@edinburghleisure.co.uk

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 Activities: Walking

Edinburgh Leisure Health Walk - Tuesday - Happy Wanderers

Edinburgh

Tuesday Walk at 10.30 am

T: 0131 458 2260 - Active Communities Team

E: active@edinburghleisure.co.uk

Summary: Happy Wanderers 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 Activities: Walking

Edinburgh Leisure Health Walk - Tuesday - Night Strollers

Edinburgh

Tuesday Walk at 7.00 pm

T: 0131 458 2260 - Active Communities Team

E: active@edinburghleisure.co.uk

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.

Physical Activities: Walking

Edinburgh Leisure Health Walk - Wednesday - Portobello Prom

Edinburgh

Wednesday Portobello Walk at 10.30 am

T: 0131 458 2260 - Active Communities Team

E: active@edinburghleisure.co.uk

Summary: Portobello Prom, Start time: 10.30am, Duration: 30 - 60 mins, Grade: 2. The meeting point is outside 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.

Physical Activities: Walking

Edinburgh Leisure Health Walk - Thursday - Get Going

Edinburgh

Thursday Walks at 10am

T: 0131 458 2260 - Active Communities Team

E: active@edinburghleisure.co.uk

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 Activities: Walking

Edinburgh Leisure Health Walk - Thursday - Stepping Out

Edinburgh

Thursday Walks at 1.45pm

T: 0131 458 2260 - Active Communities Team

E: active@edinburghleisure.co.uk

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.

Physical Activities: Walking

Edinburgh Leisure Health Walk - Friday - Victoria Park

Edinburgh

Friday Victoria Park Walk at 11.00 am

T: 0131 458 2260 - Active Communities Team

E: active@edinburghleisure.co.uk

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.

Physical Activities:Walking

Energize - Walking Group

Energize Gym, 3 Lochside Place
Edinburgh Park
Edinburgh EH12 9DF

Opening Time: 2.30-3.30pm Tuesday

T: 0131 317 0260

W: 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 Activities:Walking

Energize - 60+ Sessions

Energize Gym, 3 Lochside Place
Edinburgh Park
Edinburgh EH12 9DF

Opening Time: 10.30am Monday and Thursday, Friday 10am

T: 0131 317 0260

W: 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)

Physical Activities: Walking

Health in Mind - Wellbeing walks

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508 - ask for Anna or Stuart.

E: anna.chmiel@health-in-mind.org.uk

E: stuart.cameron@health-in-mind.org.uk

W: www.health-in-mind.org.uk/services/wellbeing_walks/d233/

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

Inst: 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. Feel free to contact us to find out when the next group in your neighbourhood is starting. For more information and to register email Anna at anna.chmiel@health-in-mind.org.uk or Stuart at stuart.cameron@health-in-mind.org.uk or call 0131 225 8508 - ask for Anna or Stuart.

Physical Activities: Walking

Paths for All

Kintail House
Forthside Way
Stirling FK8 1QZ

W: www.pathsforall.org.uk/walking-for-health/health-walks

FB: 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

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Physical Activity: Gardening

Amisfield Walled Garden

Haddington
Edinburgh EH41 4PU

T: 07704 049572 - Alasdair McDougall

Open 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

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.

Physical Activity: Gardening

Artlink Glasshouses

13a Spittal Street
Edinburgh EH3 9DY

T: 0131 229 3555

E: 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: Gardening

Braidwood Centre Community Garden

69 Dumbiedykes Road
Edinburgh EH8 9UT

T: 0131 556 5995

Opening Hours: Currently not meeting will.

E: info@braidwoodcentre.org.uk

W: https://www.braidwoodcentre.org.uk/?page_id=714

Summary: Still closed

Physical Activity: Gardening

Bridgend Growing Communities

41 Old Dalkeith Road
Edinburgh EH16 4TE

T: 0131 664 9559

E: bridgendgrowingcommunities@gmail.com

W: <https://en-gb.facebook.com/pages/category/Charity-Organization/Bridgend-Growing-Communities-614192235323256/>

Summary: Not Active

Physical Activity: Gardening

Broomhouse Growers

Edinburgh EH11

T: 07704 315 934 - Steven Pike

Open Hours: Wed afternoon and Saturday morning.

E: 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.

Physical Activity: Gardening

Calders Community Garden

Wester Hailes

Edinburgh EH11

E: 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.

Physical Activity: Gardening

Calders Green Shoots

Edinburgh EH11

T: 07704 315 934 - Steven Pike

Open Hours: Wednesday morning and Saturday afternoon

E: 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.

Physical Activity: Gardening

Clovenstone Growing Hub

Clovenstone Gardens

Edinburgh EH14 3ET

T: 07999 734776 - Alan Gordon

E: 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: Gardening

Clovie (Clovenstone) Community Garden

Edinburgh

E: cloviasecretary@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.

Physical Activity: Gardening

Corstorphine Hill Walled Garden

109-111 Clermiston Road

Edinburgh EH12 6UR

T: 0131 337 9232

E: daviesfd@blueyonder.co.uk

W: <http://www.corstorphinehill.org.uk/photo-gallery.html>

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: Gardening

Craigmillar Community Grows

Edinburgh EH16

Open 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.

Physical Activity: Gardening

Craigmillar Growers

The White House

70 Niddrie Mains Road

Edinburgh EH16 4BG

Open Hours: Thursday and Saturday 10.30 – 15.30

E: 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 Bristo 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: Gardening

Donkeyfield Orchard

Portobello

Edinburgh EH15

E: orchard@pedal-porty.org.uk.

W: <https://www.pedal-porty.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.

Physical Activity: Gardening

Dr Neil's Garden

Duddingston Village

Old Church Lane,

Edinburgh EH15 4PX

T: 07849 187 995

E: Info@DrNeilsGarden.co.uk

W: <http://www.drneilsgarden.co.uk/volunteers/>

Summary: Join us every Tuesday and Friday for some communal gardening. Help us with watering, weeding, garden maintenance and repairs. Get outdoors and active. Meet new people and make new friends. Enjoy a cuppa with us in the beautiful surroundings of Dr Neil's Garden. Come and talk to the Gardener, e-mail Info@DrNeilsGarden.co.uk or phone 07849187995 for more information.

As a volunteer at Dr Neil's you will be involved with the day-to-day maintenance and ongoing development of the garden.

Physical Activity: Gardening

Drumbrae Community Allotment

The Rannoch Community Education Centre

6 Rannoch Terrace,

Edinburgh EH4 7ES

E: cfc@elrec.org.uk

W: <http://www.elrec.org.uk/community-gardens/>

Summary: The Drumbrae 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 mornings from 11 am to 1 pm. Lead contact is Jean-Matthieu Gaunand and Rhona Donaldson.

Physical Activity: 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 or on 0131 315 4989.

Physical Activity: Gardening

Duddingston Community Garden and Field Group

Duddingston Village

The Causeway

Edinburgh EH15 3PZ

T: 07790 770 2T: 07

E: 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 contact us on 07790770207. Work days have been suspended due to Covid-19 restrictions.

Physical Activity: Gardening

Earth in Common. Rooted in Leith

E: 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

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.

Physical Activity: 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: Will Review position about accepting new volunteers in March 2021.

Physical Activity: Gardening

ELREC Community Gardening Westerhailes

30 Westburn Grove,

Edinburgh EH14 2SA

E: 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: Gardening

ELREC Greenkeepers at the Botanic Gardens

Royal Botanic Gardens
Edinburgh EH3 5NZ

T: 0131 556 0441

E: Jgaunand@elrec.org.uk

W: <http://www.elrec.org.uk/community-gardens/>

Summary: Currently only holding on line meetings and themed educational sessions.

Physical Activity: Gardening

Fresh Start Community Garden

22-24 Ferry Road Drive,
Edinburgh, EH4 4BR

T: 0131 476 7741

E: admin@freshstartweb.org.uk

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: Gardening

Friends of Orchard Park

Queensferry Road
Edinburgh EH4

Open Hours: Not in a position to offer opportunities to volunteers. (February 2021)

E: christine.ashley828@gmail.com

W: <https://friendsoforchardpark.org/our-projects/>

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. You can find out more about the group and our activities on our website, <https://friendsoforchardpark.org/our-projects/>

Physical Activity: Gardening

Friends of Starbank Park

17 Laverockbank Road
Edinburgh EH5

Open Hours: Wednesday 10am – 11.30am; Saturday 10am – 11.30am
E: friendsofstarbankpark@gmail.com

Summary: Only established volunteers at the moment

Physical Activity: 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
W: <http://www.fombl.org.uk/>

Summary: Active Very active volunteer team, contact the Friends of the Meadows for details.

Physical Activity: Gardening

Goodtrees Community Garden

Goodtrees Neighbourhood Centre

5 Moredunvale Place

Edinburgh EH17 7LB

E: info@elgt.org.uk

Summary: Limited opportunities for volunteering.

Physical Activity: Gardening

Gorgie / Dalry Growers

Edinburgh EH11

E: 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.

Physical Activity: 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 revised 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

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: Gardening

Granton Community Gardeners

Wardieburn Road

Edinburgh EH5 1LX

E: info@grantoncommunitygardeners.org

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

Summary: We're not currently running open drop in sessions, but there are some free group sessions you can join if you sign up.

1/. Gardening club every Wednesday 1-3pm. Join in with a range of tasks at our big community garden. Beginners and experts welcome.

The numbers for this are limited to 15max due to current restrictions, so you need to let Tom know in advance if you'd like to come: tom@grantoncommunitygardeners.org

2/. Introduction to Growing Your Own Food.

A free 6 week course: Tuesday mornings 10-12. Starts Tues 11th May. Places limited, to sign up contact: tom@grantoncommunitygardeners.org.

Update: This course is now full, but due to demand is likely to run again, so get in touch if you're interested.

Physical Activity: Gardening

Greening Our Street, Community Garden & 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

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 . We look forward to meeting you.

Physical Activity: Gardening

Grove in the Park

West Bryson Street

Edinburgh EH11 1BQ

Open Hours: Saturday 11am – 1pm

E: grovefcg@gmail.com

W: <https://www.grovecommunitygarden.wordpress.com/>

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.

Physical Activity: Gardening

Iona Street Community Garden Project

Edinburgh EH6 8SF

T: 07488 549244

FB: <https://www.facebook.com/pages/category/Community-Garden/Iona-Street-Community-Garden-Project-230424558287670/>

Summary: Active on Facebook

Physical Activity: Gardening

Iqra Academy Community Garden

E: 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

Physical Activity: Gardening

Leith and Lochend Growers

Edinburgh EH6

E: 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: Gardening

Jock Tamson's Gairden

The Glebe Duddingstone Kirk
5 Old Church Lane
Edinburgh

E: lizz.spence@jocktamsonsgairden.org.uk

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.

Our summer plans include creating new vegetable plots and growing produce which we will be selling via a portable market stall 'JOCK TAMSON'S GREENS TO GO' in Duddingston Kirk Car Park. 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.

Physical Activity: Gardening

Little France Park

Edinburgh EH16 4UU

T: 07768 820160

E: 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.

Physical Activity: Gardening

Lochend Secret Garden

6 Lochend Quadrant
Edinburgh EH7 6DL

E: 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.

Physical Activity: Gardening

Macmillan Move More Edinburgh

Royal Botanic Garden
20a Inverleith Row
Edinburgh EH3 5LR

T: 0131 458 2190

Open Hours: Currently Closed, will review position in March 2021

Summary: Review position March 2021 (CO)

Physical Activity: Gardening

Midlothian Community Hospital Garden

Bonnyrigg, Dalkeith
Edinburgh EH22 3ND

T: 07772 886746

Open Hours: Tuesdays and Thursdays

E: 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 We are operating from a waiting list at the moment.

Physical Activity: Gardening

Milton Road Community Garden at Edinburgh College

24 Milton Road East
Edinburgh EH15 2PP

T: 07919 157296

E: 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.

We have decided to welcome only students groups in the gardens until the end of the courses which will be mid-June.

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 me for this. (for example with have a choir which will use the space as they meeting indoor is difficult)

There will be one volunteer day per week, contact Severine for details.

Physical Activity: Gardening

Newhaven Heritage Community Garden

Edinburgh EH6

E: 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.

Physical Activity: 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

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.

Physical Activity: Gardening

Oxgangs Community Garden

71 Firrhill Drive
Edinburgh EH13 9EU

T: 0131 466 0678

E: 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.

Physical Activity: Gardening

Pilton Community Gardeners

West Pilton Brae
Edinburgh EH4 4BH

T: 07778732171

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

Summary: Contact them for details of this year's programme

Physical Activity: Gardening

Pilton Equalities Project

PEP Centre
3 West Pilton Park
Edinburgh EH4 4EL

T: 0131 315 4466

E: 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: Gardening

Pishwanton Community Woodland

Pishwanton Wood
Edinburgh EH41 4PL

T: 01620 810 259

E: 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.

Physical Activity: Gardening

Redbraes Community Garden

23 Redbraes Place
Edinburgh EH7 4LH

Open Hours: Last Sunday of the month.

E: 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 27th June; Sunday 25th July; Sunday 29th August; Sunday 26th September; Sunday 31st October; Sunday 28th November

Physical Activity: Gardening

Redhall Walled Garden

97 Lanark Road
Edinburgh EH14 2LZ

T: 0131 443 0946

E: redhall@samhservices.org.uk

W: <https://www.samh.org.uk/about-us/our-work>

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

Summary: 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. In addition the garden will now be open on Saturdays from the 12th June 10-4 till the end of August.

Physical Activity: Gardening

Royal Edinburgh Community Gardens

Royal Edinburgh Hospital
Morningside Terrace
Edinburgh EH10 5HF

T: 07837 477450

E: 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. We're currently working out our delivery plans and referrals and expect to be up and running Jan 2021. If you need further information please contact Lucy Holyroyd - lucyholyroyd@cyrenians.scot. Based on NHS and Scottish Government advice the Gardens are temporarily closed for volunteering.

Physical Activity: Gardening

Saughton Park Community Physic Garden

Balgreen Road
Edinburgh EH11 3BQ

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

W: <https://www.friendsofсаughtonpark.org/gardens-orchards-1>

FB: <https://www.facebook.com/groups/FofSP>

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

Summary: Restricted to 5 households and a maximum of 15 people.

Physical Activity: Gardening

Sighthill Community Garden

Bankhead Ave
Edinburgh EH11 4DE

T: 07919 157296

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

Summary: Not open yet (NW)

Physical Activity: Gardening

The Action Group Community Plot

57 Albion Road
Edinburgh EH7 5QY

T: 0131 475 2315

E: info@actiongroup.org.uk

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

Summary: Emailed, awaiting a reply.

Physical Activity: Gardening

Westerhailes Growers (Murrayburn and Hailesland)

Edinburgh
EH14

T: 07704 315 934 - Steven Pike

Tuesday and Thursday mornings

E: steven@edibleestates.co.uk

W: <http://www.edibleestates.co.uk/project/wester-hailes-community-growers/>

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

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

Physical Activity: 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.

Physical Activity: Gardening

West Port Garden

Edinburgh EH1

Sundays 2-4

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

Summary: Waiting to return to “normal activity”

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Physical Activity: 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

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.

Physical Activity: Swimming

Edinburgh Leisure - Dalry Swim Centre

25-29 Caledonian Cres

Edinburgh EH11 2AL

T: 0131 458 2100

E: 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: Swimming

Edinburgh Leisure - Drumbrae Leisure Centre

30 Drum Brae Terrace

Edinburgh EH4 7SF

T: 0131 458 2100

E: 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.

Physical Activity: Swimming

Edinburgh Leisure - Glenogle Swim Centre

Glenogle Road
Edinburgh EH3 5JB

T: 0131 458 2100

E: 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.

Physical Activity: Swimming

Edinburgh Leisure - Gracemount Swimming Pool

Gracemount Leisure Centre
22 Gracemount Drive
Edinburgh EH16 6RN

T: 0131 458 2100

E: enquiries@edinburghleisure.co.uk

W: 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.

Physical Activity: Swimming

Edinburgh Leisure - Leith Victoria Swim Centre

Junction Place
Edinburgh EH6 5JA

T: 0131 458 2100

E: enquiries@edinburghleisure.co.uk

W: 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: Swimming

Edinburgh Leisure - Portobello Swim Centre

57 Portobello Promenade
Edinburgh EH15 2BS

T: 0131 458 2100

E: 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.

Physical Activity: Swimming

Edinburgh Leisure - Royal Commonwealth Pool

21 Dalkeith Road
Edinburgh EH16 5BB

T: 0131 458 2100

T: 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.

Physical Activity: Swimming

Edinburgh Leisure - Warrender Swim Centre

55 Thirlestane Road
Edinburgh EH9 1AP

T: 0131 458 2100

T: 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. See site for details.

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Sensory Impairment: BSL Users: Art Culture Create

City of Edinburgh Council's Museums and Galleries team
Edinburgh

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

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. No tours are currently running due to Covid-19 restrictions.

Sensory Impairment: BSL Users: 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: Counselling

Health In Mind - Counselling in BSL

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: contactus@health-in-mind.org.uk

W: 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

Inst: 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).

Sensory Impairment: BSL Users: Social Work and Communication

BSL Sign Language Dictionary

E: 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.

Sensory Impairment: BSL Users: Social Work and Communication

Contact Scotland BSL

Edinburgh

T: 0333 344 7712

Tx: 0797 084 8868

E: 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 throughout 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: 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

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

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

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

Sensory Impairment: BSL Users: 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

E2: 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 peoplethe 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: Hearing Loss: Campaign and Representation 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

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

FB: 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.

Sensory Impairment: Hearing Loss: Campaign and Representation Organisations

European Federation of Hard of Hearing People

NVVS
Randhoeve 221
Houten, The Netherlands
3995 GA

T: 0131 556 3128

Tx: 0131 557 0419 - Text

Fax: 0131 557 8283

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.

Sensory Impairment: Hearing Loss: 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

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: Campaign and Representation Organisations

International Federation of Hard of Hearing Young People (IFHOHYP)

E: 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.

Sensory Impairment: Hearing Loss: 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

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: Communication

Association of Lipspeakers

E: 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.

Sensory Impairment: Hearing Loss: Communication

ATLA (Association of Teachers of Lipreading to Adults)

48 East Hill, South Darent
Dartford DA4 9AN

T: 07426 559602 (text only)

E: 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: 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

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

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

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.

Sensory Impairment: Hearing Loss: Communication

Deaf Strategies

The Administrator
Manchester Centre for Deaf Studies
PO Box 319
Manchester M21 3DG

T: 0161 832 0444

E: 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.

Sensory Impairment: Hearing Loss: Communication

Scottish Association of Sign Language Interpreters

SASLI/Scottish Register of Language Professionals with the Deaf Community (SRLPDC)
c/o Brett Nicholls Associates Ltd
63 Ruthven Lane
Glasgow G12 9BG

T: 07788 722 528

E: mail@thescottishregister.co.uk

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

FB: <https://www.facebook.com/sasli1981>

Summary: SASLI was the voluntary regulatory body for language and communication professionals working with Deaf and Deafblind people in Scotland. The organisation went through a review and at the end, members decided to keep the register part of SASLI but to change the name to reflect the new organisation.

Sensory Impairment: Hearing Loss: Communication

Scottish Register of Language Professionals with the Deaf Community

c/o Brett Nicholls Associates,
63 Ruthven Lane,
Glasgow, G12 9BG

T: 07788 722 528

E: 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.

Sensory Impairment: Hearing Loss: Counselling

Health In Mind

40 Shandwick Place
Edinburgh EH2 4RT

T: 0131 225 8508

E: contactus@health-in-mind.org.uk

W: 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

Inst: 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).

Sensory Impairment: Hearing Loss: Equipment Suppliers

RNID - Technology and assistive devices

Brightfield Business Hub

9 Bakewell Road

Orton, Southgate

Peterborough, PE2 6XU

E: 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/

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: 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.

Sensory Impairment: Hearing Loss: Equipment Suppliers

C2Hear Online

E: melanie.ferguson@nal.gov.au

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

Tw: https://twitter.com/C2HearOnline?ref_src=twsrc%5Etfw

YT: https://www.youtube.com/channel/UC_CO85ih5H68q5YSxMziidw

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

Sensory Impairment: Hearing Loss: Equipment Suppliers

Connevans Limited

Bridge House

1 Nutfield Road

Merstham RH1 3EB

T: 01737 247571

E: 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

Sensory Impairment: Hearing Loss: 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

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: General Organisation

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

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: General Organisation

Hearing Link - Helpdesk

The Grange
Wycombe Road
Saunderton
Princes Risborough HP27 9NS

T: 0800 018 0527 - Helpline

T2: 01844 348111

E: 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.

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. Please include your first and last name and your post code in your email

Sensory Impairment: Hearing Loss: 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

Sensory Impairment: Hearing Loss: General Organisations

RNID

Brightfield Business Hub
Bakewell Road
Orton Southgate
Peterborough PE2 6XU

T: 0808 808 0123 - Infoline

E: 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/

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: 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

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.

Sensory Impairment: Hearing Loss: 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

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

FB: 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.

Sensory Impairment: Hearing Loss: General Organisations

Hearing Like Me

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

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

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

Summary: [HearingLikeMe.com](https://www.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: 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

W: <https://www.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: Self-management

City of Edinburgh Council Deaf Learners Service lipreading courses

E: 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
Course currently suspended due to Covid-19 restrictions.

Sensory Impairment: Hearing Loss: 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
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.

Sensory Impairment: Hearing Loss: 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/
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.

Sensory Impairment: Hearing Loss: Self-management

Deaf Action - Support Services

7/2 Slateford Green
Edinburgh EH14 1NE

T: 0131 442 6924

E: slatefordgreen@deafaction.org

W: http://www.deafaction.org/our_services/support-services/

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

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: 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)

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: Hearing Loss: Self-management

The Edinburgh Smart Home

T1: 0131 443 3837

T2: 07761330031

E: COTRS@edinburgh.gov.uk

E2: 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.

Sensory Impairment: Hearing Loss: 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

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: Self-management

Hearing Link - Intensive Rehabilitation Programme

The Grange
Wycombe Road
Saunderton
Princes Risborough HP27 9NS

T: 0800 018 0527 - Helpline

T: 01844 348111

E: 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.

Sensory Impairment: Hearing Loss: Self-management

Hearing Link - LinkUps group support

The Grange
Wycombe Road
Saunderton
Princes Risborough HP27 9NS

T: 07739 581059

E: 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. <https://www.hearinglink.org/services/linkups/>

Sensory Impairment: Hearing Loss: 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

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 or website www.hearinglink.org/services/helpdesk. All Helpdesk Enquirers currently receive an option for a 1-2-1 session.

Sensory Impairment: Hearing Loss: Self-Management

Lipreading Practice

E: 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: 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.

Sensory Impairment: Hearing Loss: Self-management

RNID - Get Help with Benefits

T: 07741 164096

E: 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.

Sensory Impairment: Hearing Loss: 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

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/

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.

Sensory Impairment: Hearing Loss: Self-management

RNID - Information Line

Information Line, RNID,
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

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/

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

Summary: Hear to Inform & Connect delivers information and support around Hearing Loss and the assistive technology which can support those with hearing Loss

Sensory Impairment: 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

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: 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: Hearing Loss: Signposting services

Hearing Link

The Grange
Wycombe Road
Saunderton
Princes Risborough HP27 9NS

T: 01844 348111

T2: 0800 018 0527 - Helpline

E: helpdesk@hearinglink.org

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

FB: https://m.facebook.com/HearingLink/?__nodl&ref=www.facebook.com

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: 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: Social work and health services

Cochlear - Cochlear Implants

University Hospital Crosshouse

Kilmarnock Road

Crosshouse Hospital

Kilmarnock KA2 0BE

T: 01563 827323

T2: 01563 827339 - Spares Hotline

Tx: 07824598277

Fax: 01563 827507

E: 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.

Sensory Impairment: Hearing Loss: 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: Social work and health services

Hearing Aid Batteries

Edinburgh

T: 0131 536 1637

Summary: The following Libraries have re-opened:

Central, Central Children's, Craigmillar, Fountainbridge, Drumbrae, Gilmerton, Kirkliston, McDonald Road, Stockbridge and Wester Hailes libraries are now open.

Due to use as Covid-19 Asymptomatic Test Centres

- Fountainbridge Library is currently closed but will reopen at 10am on Tuesday 8 June
- Craigmillar Library will close at 5pm on Saturday 5 June and reopen at 10am on Tuesday 15 June

We're pleased to confirm more libraries will reopen on a phased basis from Monday 7 June:

- 7 June – Balgreen, Colinton, Currie, Piershill and South Queensferry libraries
- 14 June – Moredun and Morningside libraries and a mobile library at Ratho
- 17 June – Blackhall Library
- 21 June – Portobello Library.

You will have to pre-book your visit to the library to pick up hearing aid batteries. Go to:

<https://selfservice-edinburgh.servicebuilder.co.uk/renderform.aspx?t=6&k=9207978C602E9BBDF-C97DCCC43A1920836C03279>

to access the Library Booking system

Sensory Impairment: Hearing Loss: 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: 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

W: 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.

Sensory Impairment: Hearing Loss: Social work and health services

Lothian Deaf Mental Health Service

49 Albany Street
Edinburgh EH1 3QY

T: 07526 123255

E: lcmhs@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: Social work and health services

NHS Lothian Edinburgh Audiology Clinic

Level 1, Lauriston Building
Lauriston Place
Edinburgh EH3 9EN

T: 0131 536 1637

T: 07388 227407 - telephone/text

E: 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.

Sensory Impairment: Hearing Loss: Social work and health services

Social Care Direct

40 Captain's Road
Edinburgh EH17 8HN

T: 0131 200 2324

E: socialcaredirect@edinburgh.gov.uk

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

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: 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

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.

Sensory Impairment: Hearing Loss: 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: 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

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.

Sensory Impairment: Hearing Loss: Specific causes of deafness

Nerve Tumours UK

1st Floor
44 Coombe Lane
London SW20 0LA

T: 07939 046 030 - Helpline

T: 0208 439 1234

E: 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.

Sensory Impairment: Hearing Loss: Specific causes of deafness

The Limping Chicken

Tx: 07426 559602 - Text Only

E: 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.

Sensory Impairment: Hearing Loss: Support Groups

The Double H group

Shaurna Dickson

Telephone: 0131 550 0999

SMS: 07775 620 757

email: 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: Support Groups

Connect Deafblind Group

RNIB Scotland offices

12 Hillside Crescent

Edinburgh EH7 5EA

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 The Group is currently not meeting due to Covid restrictions.

Sensory Impairment: Hearing Loss: Tinnitus

British Tinnitus Association

Murrayfield Church Centre

2B Ormidale Terrace

Edinburgh EH12 6EQ

T: 01324 485617

E: 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.

Sensory Impairment: Hearing Loss: 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: 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

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

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

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

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

YT: <https://www.youtube.com/channel/UC6zRgWsU0lFQ4vrtMS5pRUQ>

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 to contact us or if your enquiries are urgent contact us on 07921392478 for Arts Access and 07779659054 for all other enquiries.

Sensory Impairment: Hearing Loss: 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: 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.

Sensory Impairment: Hearing Loss: 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

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: 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

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.

Sensory Impairment: Hearing Loss: 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.

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Sensory Impairment: Sight Loss: Key Local Support Organisations

Guide Dogs for the Blind

Hillfields, Burghfield Common
Reading RG7 3YG

W: www.guidedogs.org.uk

FB: www.facebook.com/GuideDogsUK/

YT: 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.

Sensory Impairment Sight Loss: Key Local Support Organisations

Macular Society

Crown Chambers, South Street,
Andover SP10 2BN

T: 0300 3030 111

E: help@macularsociety.org

W: 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 . Peer Support Group Referrals: Peer Support Group referrals. Tel: 07586 168 803.
E: hazel.mcfarlane@macularsociety.org. However, wider enquiries or referrals should be made via our A and I Service.

Sensory Impairment: Sight Loss: Key Local Support Organisations

RNIB - Scotland

12-14 Hillside Crescent
Edinburgh, EH7 5EA

T: 0131 652 3140 - Local Support

E: rnibscotland@rnib.org.uk

W: 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.

Sensory Impairment: Sight Loss: 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

FB: 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: 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

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: Eye Health

Princess Alexandra Eye Pavilion

Chalmers Street

Edinburgh EH3 9HA

T: 0131 536 1628

W: 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.

Sensory Impairment: Sight Loss: Eye Health

Visibility Scotland Edinburgh Patient Support Services

E: 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: Low Vision Aids and equipment

Care and Repair Edinburgh

160 Causewayside
Edinburgh EH9 1PR

T: 0131 337 1111

E: 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.

Sensory Impairment: Sight Loss: Low Vision Aids and equipment

Poppy Calls

T: 0800 802 8080

E: info@britishlegion.org.uk

W: 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: 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

W: 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.

Sensory Impairment: Sight Loss: 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

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

Inst: 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: Low Vision aids and equipment

The Edinburgh Smart Home

T: 0131 443 3837

T: 07761330031

E: COTRS@edinburgh.gov.uk

E2: anne-marie.seath@edinburgh.gov.uk

W: 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 people with a vision impairment to: 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.

Sensory Impairment: Sight Loss: Low Vision Aids and equipment

Triple Tap Tech

The Renfield Centre, North Hall, 260 Bath Street

Glasgow G2 4JP

T: 07494 706190

E: TripleTapTech@outlook.com

W: 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: Low Vision Aids and equipment

Visibility Scotland Edinburgh Services, Princess Alexandra Eye Pavilion

Edinburgh

T: 0131 378 1874

E: 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: Reading

British Wireless for the Blind Fund (BWFB)

10 Albion Place
Maidstone, Kent ME14 5DZ
T: 01622 754757
E: info@blind.org.uk
W: 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.

Sensory Impairment: Sight Loss: Reading

Lothiansound

PO Box 28130
Edinburgh EH16 9BD
T: 0131 661 2850
E: info@lothiansound.org.uk
W: www.lothiansound.org.uk
FB: 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: Reading

Calibre Audio Library

New Road
Weston Turville
Aylesbury HP22 5XQ
T: 01296432339
W: www.calibreaudio.org.uk/
FB: www.facebook.com/calibreaudio/
Tw: <https://twitter.com/calibreaudio>
Inst: 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.

Sensory Impairment: Sight Loss: Reading

RNIB National Library Service

105 Judd Street
London WC1H 9NE
T: 0303 123 9999
W: 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: Social/Community Support

Macular Society

Crown Chambers, South Street,
Andover SP10 2BN
T: 0300 3030 111

W: www.macularsociety.org/

FB: www.facebook.com/macularsociety

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

YT: www.youtube.com/user/MacularSociety

Summary: Run local support / social groups in Edinburgh for people with a diagnosis of a Macular Disease. The group runs monthly and provides a mixture of social/ peer and learning about new developments in treatments, aids, technology etc. Macular Society also run telephone support groups and less frequent regional patient information events.

Sensory Impairment: Sight Loss: Social/Community Support

RNIB Connect service

12-14 Hillside Crescent
Edinburgh, EH7 5EA
T: 0131 652 3140

W: 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: 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

Summary: Telephone groups to socialise by phone or online, for friendship and peer support in small groups of blind and partially sighted people.

Sensory Impairment: Sight Loss: Social/Community Support

Scottish Disability Sport

Caledonia House, South Gyle
Edinburgh EH12 9DQ
T: 0131 317 1130

E: admin@scottishdisabilitysport.com

W: www.scottishdisabilitysport.com

FB: www.facebook.com/scottishdisabilitysport/?form=MY01SV&OCID=MY01SV

Tw: https://twitter.com/sds_sport

Inst: www.instagram.com/sds_sport/

YT: 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: Social/Community Support

Visibility Scotland volunteering Opportunities and Support

Edinburgh

T: 0131 378 1874

E: info@visibilityscotland.org.uk

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

FB: 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: Emotional Support

Macular Society Telephone Counselling

Crown Chambers, South Street

Andover SP10 2BN

T: 0300 3030 111

W: 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).

Sensory Impairment: Sight Loss: 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

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.

Sensory Impairment: Sight Loss: Emotional Support

Visibility Scotland Positive Outlook Courses

Edinburgh

T: 0131 378 1874

E: info@visibilityscotland.org.uk

W: <https://visibilityscotland.org.uk/groups-and-courses/>

FB: 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: Young People

Guide Dogs for the Blind

Hillfields, Burghfield Common,
Reading RG7 3YG

T: 03451430203 - Edinburgh branch

W: www.guidedogs.org.uk

FB: www.facebook.com/GuideDogsUK/

Inst: www.instagram.com/GuideDogsUK/

YT: 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.

Sensory Impairment: Sight Loss: Young People

Visibility Scotland Children, Young People and Families service

Glasgow

E: 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

Sensory Impairment: Sight Loss: 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

Summary: 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 ; Haggeye 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: Dual Sensory Impairment

Deaf Action

49 Albany Street
Edinburgh EH1 3QY2

T: 0131 556 3128

T: 0131 557 0419 - Textphone

E: admin@deafaction.org

W: www.deafaction.org

FB: www.facebook.com/DeafActionUK/?form=MY01SV&OCID=MY01SV

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

Inst: 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.

Sensory Impairment: Sight Loss: Dual Sensory Impairment

Sense Scotland

TouchBase, 43 Middlesex Street,
Glasgow G41 1EE

T: 0300 330 9292

E: www.sensescotland.org.uk/contact-us-and-enquiry-form/

W: 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.

Sensory Impairment: Sight Loss: Dual Sensory Impairment

Deafblind Scotland

1 Neasham Drive, Lenzie, Kirkintilloch
Glasgow G66 3FA

T: 0141 777 6111

T: 07715421377 - Textphone

W: www.dbscotland.org.uk

FB: www.facebook.com/dbscotland/?ref=tn_tnmn

Tw: <https://twitter.com/dbscotland?form=MY01SV&OCID=MY01SV>

YT: www.youtube.com/channel/UCaXkbn5t0p9kd0UibHOfpjQ

Summary: Campaigns for the rights of the deafblind community and provides a range of services, support, training and information: Guide Communicator service to support people who are deafblind to engage in the community, communicate with others, maintain independence. (Charged service); Formatting and transcription service - to support other organisation to provide information in accessible formats; Welfare rights support.

Sensory Impairment: Sight Loss: Other Useful contacts

Esme's Umbrella: Charles Bonnet Syndrome Support UK

E: esmesumbrella@gmail.com

W: www.charlesbonnetsyndrome.uk

FB: www.facebook.com/EsmesUmbrella/

Tw: <https://twitter.com/esmesumbrella?form=MY01SV&OCID=MY01SV>

Inst: 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.

Sensory Impairment: Sight Loss: 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

W: www.glaucoma.uk

FB: www.facebook.com/glaucomauk

Tw: 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: Other Useful contacts

RNIB UK Sightline Directory

105 Judd Street
London WC1H 9NE

W: 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.

Sensory Impairment: Sight Loss: Other Useful contacts

Visualise

Norton Park, 57 Albion Road,
Edinburgh EH7 5QY

T: 0131 475 2337

E: office@visualise.org.uk

W: 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.

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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 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. All AA meetings are currently online, see web site for details

Substance Misuse: Alcohol Dependency

Drinkline

T: 0800 731 4314 - Helpline

W: <https://www.nhsinform.scot/healthy-living/alcohol/where-to-get-help>

Opening Hours: Weekdays 9 am – 9pm, weekends 10 am – 4 pm

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

W: <https://rowanalba.org/>

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

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

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

W: <https://www.crossreach.org.uk/our-locations/sunflower-garden>

Summary: COVID-19 (Coronavirus) update 1st September 2020: Regretfully, our offices are still temporarily closed to limit the spread of the virus. However, we are working remotely with our existing clients and those on our waiting list, and are constantly reviewing our ability to take on new referrals so please keep checking this page for an update. For all administrative queries please contact: 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

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.

Substance Misuse: Family Support

Circle - Harbour Project

18 West Pilton Park
Edinburgh EH4 4EJ

T: 0131 552 0305

E: info@circle.scot

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

Summary: The Harbour Project supports families affected by parental substance use. We continue to provide support to our families throughout this time. Our Family Outreach Workers are keeping in touch with people over the telephone, by text and e-mail and by the use of video calling. We have set up a closed Facebook page for families we support on which we are sharing useful information and suggestions. We hope to establish some 'live' sessions and possibly groups via Zoom. Our Family Outreach Worker (Young People) and Family Outreach Worker (Fathers) are also continuing to provide support.

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

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.

Substance Misuse: Harm Reduction

Crew 2000

32/32a Cockburn Street

Edinburgh EH1 1PB

T: 0131 220 3404

Opening Hours: Mondays to Saturdays 1-5pm except Thursdays when we open 3-7pm

E: dropin@crew2000.org.uk

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

FB: <https://www.facebook.com/Crew2000/>

Tw: https://twitter.com/crew_2000

Inst: https://www.instagram.com/crew_2000/

Summary: Counselling and drop-in services have been affected and Crew 2000 is offering scaled-back services. Keep updated by going to Crew 2000's social media accounts – Facebook, Twitter and Instagram. Crew Counselling Service is currently offering telephone sessions or online counselling (with video), and we are accepting new referrals for counselling. We are not currently able to offer face to face counselling sessions. To make a referral or inquiry about counselling, please email referrals@crew2000.org.uk

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

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

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

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) - Smart Recovery

Edinburgh

W: <https://www.changegrowlive.org/resources/smart-recovery>

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

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

Summary: Smart recovery group led by CGL, online on Zoom, ID is 9010867797 weekly Mondays and Thursdays starting today at 12.50

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

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

W: <https://www.changegrowlive.org/south-west-recovery-service-edinburgh/info>

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

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

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

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

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

Tynecastle Community Wing,
McLeod Street,
Edinburgh EH11 2ND

T: 07732 418 597

E: hello.rainbowrecovery@gmail.com

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

FB: <https://www.facebook.com/groups/rainbowrecovery19/?ref=share>

Summary: Rainbow Recovery has stopped operating on a temporary basis due to the current guidance on COVID-19. The team will continue to offer support via telephone or through the social media private group. The group is bound by the same confidentiality rules and nobody other than group members can see your posts.

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

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

FB: 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

W: <https://www.turningpointscotland.com/what-we-do/substance-misuse/edinburgh/>

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

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

Summary: Please call to refer, self referrals welcome! - support with recovery, Naloxon, needle exchange, one-to-one support over the phone SAMART 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

E: QuitYourWayServiceNHSLothian@nhslothian.scot.nhs.uk

Open Hours: Monday to Friday 9am - 5pm for more information (answering service when telephone number not available)

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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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

T: 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

E2: 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

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

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

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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.

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

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>

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?

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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

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 www.hiv.scot/coronavirus

Support Group - HIV

Positive Help

139 George Street
Edinburgh EH2 4JY

T: 0131 225 4766

T2: 0758 295 8753

E: office@positivehelpedinburgh.co.uk

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

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

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

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

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.

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Click on the links above and you will go to the relevant section. If you cannot find what you are looking for, click on the link below and you will be taken back to the main index.

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Support Service: All forms of organ transfer

Organ Donation and Transplantation

W: <https://www.odt.nhs.uk/information-for-patients/>

Summary: Good useful resources page, links to articles and other transplant organisations.

Support Service: 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 aren't able to offer you individual medical advice. Find out more about our helpline.

Support Service: Asthma

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

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.

Support Service: Asthma

Living with a chest condition - advice for COVID-19

CHSS,
3rd Floor, Rosebery House,
9 Haymarket Terrace,
Edinburgh EH12 5EZ

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.

Support Service: Asthma/COPD

British Lung Foundation Scotland

18 Mansell Street,
London, E1 8AA

T: 0300 0030 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/>

Summary: What should people with a lung condition do now? Advice on Covid-19

Support Service: Asthma/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

Support Service: 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.

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

FB: <https://www.facebook.com/bloodcanceruk.charity>

Tw: https://twitter.com/bloodcancer_uk

Inst: 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.

Support Service: 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

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.

Support Service: Cancer

Marie Cure Helper Service

84 Albert Embankment
London SE1 7TP

T: 0800 090 2309 - Helpline

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

Support Service: 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

Inst: https://www.instagram.com/cr_uk/

Summary: Has a discussion forum and you can contact a nurse

Support Service: 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

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.

Support Service: 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.

Support Service: Chest/Heart/Stroke

Advocacy to Survivors of Stroke

T: 0131 478 8866

E: 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. 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.

Support Service: Chest/Heart/Stroke

Assistive Technology Enabled Care 24

Edinburgh

T: 0131 200 2324

E: socialcaredirect@edinburgh.gov.uk

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

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.

Support Service: Chest/Heart/Stroke

Chest Heart and Stroke Scotland

Third Floor, Rosebery House
9 Haymarket Terrace
Edinburgh EH12 5EZ

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.

Support Service: Chest/Heart/Stroke

Different Strokes

9 Canon Harnett Court
Wolverton Mill
Milton Keynes MK12 5NF

T: 0345 130 7172 - Infoline

T: 01908 317 618 - Admin Line

E: 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.

Support Service: Chest/Heart/Stroke

Edinburgh Community Rehab and Support Services

62 Longstone Street
Edinburgh

W: <https://services.nhslothian.scot/ecps/PhysioAtHomeAndAssociatedServices/EdinburghCommunityStroke-Service/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.

Support Service: 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

W: <https://services.nhslothian.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.

Support Service: Chest/Heart/Stroke

Edinburgh Headway Group - Brain Injury Charity

Unit 4, 27 Peffer Place

Craigmillar

Edinburgh EH16 4BB

T: 0131 370 0393

Fiona Robertson

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.

Support Service: Chest/Heart/Stroke

Health By Science

98 Giles Street, Leith

Edinburgh EH6 6BZ

T: 0131 210 0002

E: 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.

Support Service: 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.

Support Service: Chest/Heart/Stroke

The Edinburgh Smart Home

T1: 0131 443 3837

T2: 07761330031

E: COTRS@edinburgh.gov.uk

E2: 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.

Support Service: 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/

Summary: Coronavirus: what it means for you if you have heart or circulatory disease.

Support Service: Chronic Heart disease

Heart Condition - COVID Advice from Chest, Heart and Stroke

Chest, Heart and Stroke (CHSS)
3rd Floor, Rosebery House,
9 Haymarket Terrace,
Edinburgh EH12 5EZ

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

Support Service: 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

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

Support Service: Chronic Liver disease

Coronavirus (COVID-19) – health advice for people with liver disease and liver transplant patients

British Liver Trust
6 Dean Park Crescent
Bournemouth BH1 1HL

T: 0800 652 7330 - Helpline

Opening Times: Helpline Open: 10am to 3:00pm Monday to Friday

E: helpline@britishlivertrust.org.uk

W: <https://britishlivertrust.org.uk/coronavirus-covid-19-health-advice-for-people-with-liver-disease-and-liver-transplant-patients/>

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

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

Inst: https://www.instagram.com/british_liver_trust/?hl=en

Summary: The coronavirus is a large family of viruses that includes the common cold and flu. COVID-19 is the disease caused by a recently discovered coronavirus. If you or a loved one has a liver condition, or you've had a liver transplant, you are likely to be very worried about the impact of COVID-19. Here you'll find all information and links to help you if you live with a liver condition.

Support Service: Dementia: Health Care

Focus on Dementia, Health Improvement Scotland

<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.

Support Service: 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.

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.

Support Service: Dementia: Older People

Corstorphine Dementia Project

E: cordempro@aol.com

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

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

Summary: We are a community based charity that offers day services to people living with dementia in Corstorphine and its surrounding area. We have over 20 years of knowledge and experience in supporting people with all types and stages of dementia. We are currently operating a remote service due to Covid-19. We are calling our members twice a week, writing to them fortnightly, contacting carers once a week, distributing a fortnightly newsletter and uploading resources to our facebook page. Our Jubilee Club is currently closed due to Covid restrictions.

Support Service: Dementia: Older People

North Edinburgh Dementia Care

Seagrove Centre

13 Fleming Place

Edinburgh EH7 6GY

T: 0131 553 7147

W: www.nedc.org.uk

FB: <https://www.facebook.com/NEDC-Seagrove-Centre>

Summary: The centre is currently closed due to Covid-19 restrictions. We are running activities through our Facebook page.

Support Service: 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

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

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

Inst: 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 for more information.

Support Service: 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

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.

Support Service: Dementia: Younger 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

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 available: Supporting 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.

Support Service: 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.

Support Service: COPD / Emphysema / Bronchitis

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/people-living-with-lung-condition>

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.

Support Service: COPD / Emphysema / Bronchitis

Chest Condition - COVID Advice

Chest Heart and Stroke Scotland

W: <https://www.chss.org.uk/coronavirus/coronavirus-advice/living-with-a-chest-condition/>

Summary: Guidance on living with a chest, heart or stroke condition.

Support Service: COPD / Emphysema / Bronchitis

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

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.

Support Service: Cystic Fibrosis

Butterfly Trust (Cystic Fibrosis)

109/3 Swanston Road
Edinburgh EH10 7DS

T: 0131 445 5590

E: info@butterflytrust.org.uk

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

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

Tw: <https://twitter.com/Butterflytrust1>

Summary: Flags role of Physiotherapy, Drugs and diet. Offers a range of support and practical services.

Support Service: Cystic Fibrosis

Living with a chest condition - advice for COVID-19

Chest Heart & Stroke Scotland Head Office
Third Floor, Rosebery House
9 Haymarket Terrace
Edinburgh EH12 5EZ

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.

Support Service: Cystic Fibrosis

UK Cystic Fibrosis Medical Associations Statement on Coronavirus

One Aldgate
Second floor
London EC3N 1RE

T: 0300 373 1000 or T: 020 3795 2184 - Helpline

Opening Times: Helpline Open: 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

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 (CF)

Support Service: 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

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.

Support Service: 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 organisation

Support Service: 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.

Support Service: 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

W: <https://lymphoma-action.org.uk/>

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

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

Inst: https://www.instagram.com/lymphoma_action/

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

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.

Support Service: 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.

Support Service - Huntingtons Disease

Scottish Huntington's Association

Business First
Burnbrae Road
Paisley PA1 2FB

T: 0141 848 0308

E: 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.

Support Service: 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”

Support Service: Interstitial lung disease

Action for Pulmonary Fibrosis

Stuart House, East Wing
St Johns Street
Peterborough PE1 5DD

T: 01223 785725 - Support Line

T: 01733 475642

Opening Times: Helpline Open: 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

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

Support Service: 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

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

Support Service: 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; Adocacy Service and has a closed Facebook Group which can put you in touch with those affected by Kidney disease.

Support Service: Leukaemia

African Caribbean Leukaemia Trust (ACLT)

2a Garnet Road,
Thornton Heath, CR7 8RD

T: 020 3757 7700

E: 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.

Support Service: Leukaemia

Cancer Research UK

W: <https://www.cancerresearchuk.org/about-cancer/leukaemia>

Summary: Explains the five different forms of Leukaemia:

Acute myeloid leukaemia (AML)

W: <https://www.cancerresearchuk.org/about-cancer/acute-myeloid-leukaemia-aml>

Acute lymphoblastic leukaemia (ALL)

W: <https://www.cancerresearchuk.org/about-cancer/acute-lymphoblastic-leukaemia-all>

Chronic myeloid leukaemia (CML)

W: <https://www.cancerresearchuk.org/about-cancer/chronic-myeloid-leukaemia-cml>

Chronic lymphocytic leukaemia (CLL)

W: <https://www.cancerresearchuk.org/about-cancer/hairy-cell-leukaemia>

Hairy cell leukaemia

W: <https://www.cancerresearchuk.org/about-cancer/hairy-cell-leukaemia>

Support Service: Leukaemia

CLL Support Organisation

Suite 112, 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.

Support Service: 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

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.

Support Service: Leukaemia

Leukaemia Care

One Birch Court,
Blackpole East,
Worcester, WR3 8SG

T: 08088 010 444

Opening Times: Monday to Friday 9am to 10pm, Saturdays 9am to 12:30pm

E: 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).

Support Service: Liver

British Liver Trust

6 Dean Park Crescent
Bournemouth BH1 1HL

T: 07824 056686

E: 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

Summary: Amy Caffrey runs a support group At 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.

Support Service: 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.

Support Service: 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.

Support Service: 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.

Support Service: 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

Support Service: 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

W: <https://lymphoma-action.org.uk/>

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

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

Inst: 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.

Support Service: Non-Hodgkin lymphoma

Waldenstrom's Macroglobulinaemia

T: 020 3096 7858 - Office

E: 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.

Support Service: 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

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

Support Service: Perinatal Care

Crossreach - CrossReach Perinatal Service

52 Queen Street
Edinburgh EH2 3NS

E: 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.

Support Service: Receiving immunotherapy

[Asco.org](https://www.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

Support Service: Receiving immunotherapy

MacMillian 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/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

Support Service: 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

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/

Summary: Explains how Lymphoma can effect the spleen and what is involved in have a Splenectomy.

Support Service: 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

Support Service: 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

Support Service: Removal of spleen

The ITP support Association

The Platelet Mission
Kimbolton Road,
Bolnhurst MK44 2EL

T: 01234 376 559

E: 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 (immune) causing a shortage of platelets (thrombocytopenia) and bruising (purpura). In acute cases a splenectomy may be carried out. Site gives helpful guidance

Support Service: 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 provide 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.

Support Service: Sickle Cell

Sickle Cell Society

54 Station Road
London NW10 4UA

T: 020 8963 7794 (Shahnaz);

T: 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.

586 Support Groups - Sleep

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Support Group : Sleep: Adults

Every Mind Matters

W: <https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

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

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

Summary: Every Mind Matters - online resources, quizzes, videos and tips on how to overcome sleeping problems, stress, anxiety and stay well

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

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.

588 Support Groups - Veterans

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Support Groups : Veterans : Helpline

Armed Service Advice Project (part of Citizens Advice)

Broadside,
2 Powderhall Rd,
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.

Support Groups : 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

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 Groups : Veterans : Helpline

Rock2Recovery

T: 01395 220072 - Helpline

Opening Hours: Phone lines open 7 days a week 9am to 5pm

E: 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 or 01395 220072

Support Groups - 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/

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 Groups - 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

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 Groups - 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.

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 Groups - 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

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.

Support Groups - Veterans : Transport

Fare 4 Free

Edinburgh

T: 07708 299399

E: 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.

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Support Groups - 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

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 for more details.

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Transport: Bus

Lothian Buses

Customer Services Department
Annandale Street
Edinburgh EH7 4AZ

T: 0131 554 4494

E: mail@lothianbuses.co.uk

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

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

Tw: 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.

Transport: Cycle Hire

Just Eat Cycles

T: 0131 278 3000

E: support@edinburghcyclehire.com

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

FB: <https://www.facebook.com/cyclehire.edi/>

Tw: https://twitter.com/cyclehire_ed

Inst: https://www.instagram.com/cyclehire_ed/

YT: <https://www.youtube.com/channel/UCNfNcERtiMrJthyalkCcz3g/videos>

Summary: Edinburgh Cycle Hire offers bikes for hire from nearly eighty hire points across the city meeting the needs of those living, working, and studying in Edinburgh.

Transport: Mobility

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.

Transport: Mobility

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

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.

Transport: Mobility

Lothian Community Transport Service

200 Sir Harry Lauder Road
Edinburgh EH15 2QA

T: 0131 669 9959

E: 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 & Information. Unfortunately, due to the current lockdown, we've had to suspend services again - all Community Bus routes are still running, and we're working from home & will be back ASAP. Get in touch and we'll do everything we can get you safely back "out & about"...

Transport: Mobility

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.

Transport: Mobility

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

Transport: Trams

Edinburgh Trams

Customer Relations

1 Myreton Drive

Edinburgh EH12 9GF

T: 0131 338 5780

E: 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.

Transport: 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.

Transport: Veterans

Fare 4 Free

Edinburgh

T: 07708 299 399

E: 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.

Transport: Wheel Chair

Red Cross - Borrowing a Wheelchair

Unit 52

Mayfield Industrial Estate

Edinburgh EH22 4AD

T: 0300 456 1914

E: 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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Volunteering

EVOC Coronavirus Directory of services

Edinburgh

E: <https://www.evocredbook.org.uk/contact>

W: <https://directory.evoc.org.uk/>

Summary: EVOC Directory of Coronavirus services - Lists how projects and services have responded to the pandemic

Volunteering

Project Scotland Volunteering

5-7 Montgomery Street

Edinburgh EH3 9DQ

T: 0131 564 1951

E: 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: Substance Misuse

Rowan Alba

89-95 Fountainbridge
Edinburgh EH3 9PU

T: 0131 229 7554

E: info@rowanalba.org

W: <https://rowanalba.org/>

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

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

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.

Volunteering

Volunteer Edinburgh

222 Leith Walk
Edinburgh EH6 5EQ

T: 0131 561 8300

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

W: <https://www.volunteeredinburgh.org.uk/volunteer/covid-19>

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: Please note that opportunities to volunteer for voluntary organisations and public services are very limited at this time. For more information, please go to the Volunteer Edinburgh website.

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Vulnerable People: Coronavirus

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: Coronavirus

Edinburgh Health and Social 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: Coronavirus

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: Coronavirus

Government Guidance on shielding and protecting vulnerable people

W: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

Summary: Guidance on shielding and protecting people who are clinically extremely vulnerable from Covid-19.

Vulnerable People: Coronavirus

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: Coronavirus

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: Coronavirus

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>

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.

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.

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>

YT: https://www.youtube.com/channel/UCOUDdGru7Yv9Tip_4FVAHvg

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

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.cancer.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.

A-Z Alphabetical Index

Each of the services and projects listed in the Directory can be found in the A-Z Alphabetical Index. If you click on a hyperlinked title below you will go to the corresponding full entry in the Directory. Please note that some projects and services are listed under multiple topics, this is why you will see multiple page numbers for some of the entries..

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