

# Support for Families in North East Edinburgh

## Spring 2021

**Free or Low-Cost Activities and Support  
available during COVID-19**



## Support and Information for Parents and Carers

**Local Support for Parent and Carers** For up to date information on the support available for Parents and Carers in any part of Edinburgh download your local leaflet at [www.edinburgh.gov.uk/pacs](http://www.edinburgh.gov.uk/pacs), contact the Lifelong Learning Parent and Carer Support Team by emailing [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or text 07860 736129 and the team will call you back.

### Parenting Programmes - Courses to Help with your Child or Teenager's behaviour

The City of Edinburgh Council are offering online courses in place of face-to-face groups during restrictions.

**-The Incredible Years** A 10week group course on Teams for parents and carers of 3 to 6year olds. Two groups available- starting Tuesdays from 20<sup>th</sup> April, and Fridays from 23<sup>rd</sup> of April. Submit applications by Tuesday 6 April at <https://www.edinburgh.gov.uk/incredibleyears>

**-The Incredible Years Autism Course** A 10week course on Teams for parents and carers of 2-5year olds. Starting on Thursday the 22<sup>nd</sup> of April. Submit applications by 29<sup>th</sup> of March at <https://www.edinburgh.gov.uk/incredibleyears>

**-Triple P Online** for parents and carers of 6 to 10 years olds. An 8 module online course for self-study with weekly individual support phone calls. Applicants will be asked to join our waiting list. Applications can be made at [www.edinburgh.gov.uk/parenting3to10](http://www.edinburgh.gov.uk/parenting3to10)

**-Teen Triple P Online** for parents and carers of 11 to 16year olds. A 6 module online course for self-study with weekly individual phone or online group calls. Priority given to parents who feel they need help with their teenager's behaviour. Waiting list in place. Applications can be made at [www.edinburgh.gov.uk/teentriplep](http://www.edinburgh.gov.uk/teentriplep)

**Solihull Online Courses for Parents** The Scottish Government is funding access to online courses for parents and carers. The following courses are available free for parents/carers in Scotland: *Understanding Pregnancy, Labour, Birth and your Baby, Understanding your Baby, Understanding your Child, Understanding your Child with Additional Needs and Understanding your Teenager's Brain*. There is also a course for Teenagers *Understanding your Brain- Teenagers Only!* To access these courses for free, families need to use the code TARTAN. Courses are available in different languages.

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

**Raising Children with Confidence Course** Run online by Dr Bells Family Centre for parents and carers with at least one child under 5 years in the Leith area. Starts Tue 18<sup>th</sup> May 9.30-11.30am for 6 weeks. Email [info@dbfc.org.uk](mailto:info@dbfc.org.uk) or call 0131 553 0100. Limited Places.

**Building Resilience- Back to School Tips** Useful videos and tips for parents and carers to use to support themselves and their children to become more resilient, develop the skills needed to cope with challenging times and feel safe and happy with the return to nursery and school.

<https://www.edinburgh.gov.uk/schools-learning/building-resilience---back-school-tips>

**Edinburgh Lothians Twins and Multiples Free Antenatal Classes** running online 4<sup>th</sup> and 11<sup>th</sup> May 7.30-9.30pm. Email [antenatal@edinburghtwins.org](mailto:antenatal@edinburghtwins.org) Book on Eventbrite.

**Lothian Breastfeeding Buddies** Free and Friendly Online Drop in Groups every Wednesday and Thursday 10.30-11.30am. 1:1 Online Peer Support available 7 days a week. Register online <https://tinyurl.com/y4mrrcua> Email: [lothian.peers@nct.org.uk](mailto:lothian.peers@nct.org.uk) Tel: 07732690813

**La Leche League Edinburgh Online Breastfeeding Support.** Run by volunteers, each meeting is facilitated by a skilled breastfeeding counsellor. The group meets every Friday at 10.30am and 8pm. For more information and to join a session visit [www.lledinburgh.co.uk](http://www.lledinburgh.co.uk)

**Online Weaning Workshop** Edinburgh Community Food are running sessions giving advice on introducing food to your baby; babies aged 5-8months. Open to all families in Edinburgh. Alternate Mondays at 1.30pm. To sign up email [jo.howie@edinburghcommunityfood.org.uk](mailto:jo.howie@edinburghcommunityfood.org.uk) Tel: 0131 467 7326.

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

**Food Box** with Dr Bell's Family Centre. For parents of under 5s in the Leith area. Thursdays at 1.30pm. Online cooking group where parents and carers can share recipes and tips on food budgeting, cooking, nutrition and fussy eating. Limited spaces, booking essential. Email [info@dbfc.org.uk](mailto:info@dbfc.org.uk) or call 0131 553 0100. Starts April 22nd.

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

**Family Smiles- FREE online cooking and nutrition sessions** via zoom for parents with a child under 5. Learn to cook healthy meals for your family and find ways to reduce sugar intake and improve oral and general health. Next courses starting Fri 2<sup>nd</sup> April 10-11.30am and Thu 8<sup>th</sup> April 10-11.30am for 6 weeks. Please contact Jo Howie email [jo.howie@edinburghcommunityfood.org.uk](mailto:jo.howie@edinburghcommunityfood.org.uk) Tel 0131 467 7326

**FREE online cooking and nutrition sessions and Kitchen Canny workshops** for Leith residents to learn ways to eat a healthy balanced diet in an affordable way. Please contact Louise Cairns, [louise.cairns@edinburghcommunityfood.org.uk](mailto:louise.cairns@edinburghcommunityfood.org.uk), 0131 467 7326

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

**Craigmillar Community Grows** (Carr Gorm Project in Craigmillar)- **Food and Blether Group** Mondays at 12.30pm, online cooking and chat sessions. **Walking Group** Thursdays at 11am. Meet at Thistle foundation. Booking essential. Contact Karin Tel: 07824838364 email [karinchipulina@carrgomm.org](mailto:karinchipulina@carrgomm.org) or visit Craigmillar Community Grows on Facebook.

**Walk this Way Mums Walking Group** with Dr Bell's Family Centre. For mums of under 5s in the Leith area. Mondays at 9.30am. Limited crèche spaces available while the mums walk. Email [info@dbfc.org.uk](mailto:info@dbfc.org.uk) or call 0131 553 0100. Booking essential and waiting list in place. Starting 19th April, guidance permitting.

**Active Mums** with Edinburgh Leisure and Dr Bell's. For mums with children under 5 in the Leith area. Mondays 12.30-2pm. Limited creche spaces available, booking essential. Email [info@dbfc.org.uk](mailto:info@dbfc.org.uk) or call 0131 553 0100. Starting 19th April, Scot Gov guidance permitting.

**The Alma Project** (Arts and Mental Health) For adults with mental health problems, currently offering online weekly art and creative writing, environmental art and dramatherapy sessions. Weekly peer zoom chat also available. For more information or a referral form visit [www.thealmaproject.wordpress.com](http://www.thealmaproject.wordpress.com) or email [contact.thealmaproject@gmail.com](mailto:contact.thealmaproject@gmail.com) or phone 0770 36 39 334.

**Online Depression and Anxiety Support Group** Health in Mind run a friendly peer led support groups to any adults affected by depression, low mood, stress or anxiety. Different groups are available on Monday and Tuesday evenings. For more information email [edinburghselfhelp@health-in-mind.org.uk](mailto:edinburghselfhelp@health-in-mind.org.uk) before 3pm on the day you would like to attend. Or call 0131 225 8508 and leave a message. More information at [https://www.health-in-mind.org.uk/services/depression\\_and\\_anxiety\\_support\\_groups/d101/](https://www.health-in-mind.org.uk/services/depression_and_anxiety_support_groups/d101/)

**Mental Health and Wellbeing Group** Peer support for single parents via Zoom each Wednesday 10-11:30 am. For more info call 07814078139 or email [tom.carroll@opfs.org.uk](mailto:tom.carroll@opfs.org.uk)

**Free 1:1 Counselling for Single Parents** Currently online via video call or by phone. For more info call 0131 556 3899 or email [brock.lueck@opfs.org.uk](mailto:brock.lueck@opfs.org.uk)

**Wellbeing Walks in North East** Gentle and accessible wellbeing walks for adults who have been feeling stressed and worried or struggling with low mood. Connect with others and explore ways to improve your wellbeing. Mondays at 2.00 - 3.00 pm 5th, 12th, 19th, 26 April, 10 May 2021 For more info and to register email Anna at [anna.chmiel@health-in-mind.org.uk](mailto:anna.chmiel@health-in-mind.org.uk) or call Health in Mind: 0131 225 8508 - ask for Anna.

**Crossreach- Managing Perinatal Anxiety Using Self-Compassion** Supportive online counselling group for expectant parents or parents with a child under 2years who are struggling with anxiety or worries and would like support with their emotional and mental wellbeing. Starts Monday 10<sup>th</sup> April 2.30-4pm for 10 weeks. Email [pnd@crossreach.org.uk](mailto:pnd@crossreach.org.uk) Visit [www.crossreach.org.uk/our-locations/crossreach-perinatal-service](http://www.crossreach.org.uk/our-locations/crossreach-perinatal-service)

**Juno Pre and Postnatal Parents Online Peer Support Sessions** Zoom peer support sessions for mums who are suffering or have suffered post-natal depression. A relaxed time for people to chat and gain advice and support. Mondays 8-9pm. Email [juno.enquiries@gmail.com](mailto:juno.enquiries@gmail.com) at least 24hours before the sessions for the zoom link. For more information visit [www.facebook.com/junopmhseedinburgh/](https://www.facebook.com/junopmhseedinburgh/)

**NHS Mental Health Information Station** Walpole Hall, Palmerston Place, EH12 5 AW Information on a range of adult mental health supports. Drip in closed during restrictions. Speak with an NHS Mental Health professional by telephone on Thursdays 9.30am-4.30pm 0131 537 8688. Or send enquiries or request a call by emailing [MentalHealthInformation@nhslothian.scot.nhs.uk](mailto:MentalHealthInformation@nhslothian.scot.nhs.uk)

**Ithrive** Online space for Mental Health and Wellbeing Information in Edinburgh. Local information on services and support and links to self-help and self-management resources. [www.ithriveedinburgh.org.uk](http://www.ithriveedinburgh.org.uk)

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

**With Kids** Play Therapists have produced videos online around Emotional Wellbeing, Regulation, Tips and Strategies for Parents, Self-Care, Relaxation and Activity Ideas. Visit website [www.withkids.org.uk](http://www.withkids.org.uk) Social Media <https://www.facebook.com/withkids/> or <https://twitter.com/withkidsscot>

**Conflict Resolution Sessions** Free online sessions giving parents and carers who may be struggling with conflict at home. 28<sup>th</sup> April Conflict Response Styles 12-12.40pm, Anxious and Afraid 13<sup>th</sup> May 12-12.40pm. For more information and to book online training sessions visit <https://scottishconflictresolution.org.uk/events> For useful resources on conflict visit [www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk) or email [sccr@cyrenians.scot](mailto:sccr@cyrenians.scot)

**Safe Families** A volunteer support service that connects with isolated families, offering services such as befriending, day and overnight hosting and practical resources for families. For more information visit <https://safefamilies.uk/> or call 0131 603 8430. To make a referral please click on this link <https://refer.safefamilies.uk> and use code 94. Parents can self-refer or ask a professional to do this.

**Time 4 Mum Firsthand Lothian** Service for Mums living in Edinburgh, who are isolated. Support and encouragement will be offered to explore and attend opportunities and activities to help boost mental and/or physical health, initially with a worker for up to 3 hours per week for a maximum of 12 weeks. Childcare needs to already be in place. Tel: 0131 523 1322 and leave a message or email [jan.holden@firsthand-lothian.org.uk](mailto:jan.holden@firsthand-lothian.org.uk) for more information or to make an application visit [www.firsthand-lothian.org.uk](http://www.firsthand-lothian.org.uk)

**Homestart Leith and North East Edinburgh** Support to families with at least one child under five years old. Staff and volunteers are able to support families who may be struggling with a range of other issues, remotely at present. Tel: 07532 373115/ 07815 313296 Email: [admin@homestartleith.co.uk](mailto:admin@homestartleith.co.uk)

**Fathers Support** 1:1 help for single fathers of children under 4yrs, needing help with parenting, advocacy and information. For more information call 07909 112 036 or [jenifer.hamilton@opfs.org.uk](mailto:jenifer.hamilton@opfs.org.uk)

**Circle Father's Worker** - Support to fathers, affected by substance use, in their role as a parent. Individual support available and a weekly Dad's Shed group. Contact Pete Cloke, Tel: 07703 714769 email: [pete.cloke@circle.scot](mailto:pete.cloke@circle.scot) or Julie King, Tel: 07984 022908, email: [julie.king@circle.scot](mailto:julie.king@circle.scot)

**Dads Rock** Free monthly workshops via zoom including Antenatal, First Aid, Feeding, Hairstyle, Sleeping and Raising Children with Confidence workshops for both dads and mums. Weekly online group for new and expectant dads Tuesdays 8-9pm book at <https://bit.ly/3re1dEM> New Dads in the Wood outdoor play sessions on alternate Saturday mornings and monthly walks. Dads whatsapp group also available. Email: [hello@dadsrock.org.uk](mailto:hello@dadsrock.org.uk) Tel: 07807 498709 [www.dadsrock.org.uk](http://www.dadsrock.org.uk)

**Young Dads** Dads Rock offers 1:1 support for Young Dads, aged 30 or under. This support is face to face, and over the phone, with practical as well as emotional support. Email: [hello@dadsrock.org.uk](mailto:hello@dadsrock.org.uk) Tel: 07807 498709 [www.dadsrock.org.uk](http://www.dadsrock.org.uk)

**Children 1<sup>st</sup> Dads Work** Support for Dads and Male carers about raising children with confidence, their mental health and day to day parenting. Contact Niko Tel: 07908 399 944

### **Becoming a dad during the coronavirus pandemic**

Father Network Scotland have produced a [leaflet](#) for new dads and dads to be at this time. Visit the Facebook page or [www.fathersnetwork.org.uk](http://www.fathersnetwork.org.uk)

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

**Family Learning Games** For Parents/Carers with children in Nursery, Primary One and Two, Wednesdays 1-2pm on Teams, open to parents from both North East Edinburgh and beyond. Enjoy different games, chat with other parents and explore how games can help with children's maths, English and science learning. Restarts after Easter on Weds 21st April. Contact [barbara.middleton@ea.edin.sch.uk](mailto:barbara.middleton@ea.edin.sch.uk) or [heather.muchamore@ea.edin.sch.uk](mailto:heather.muchamore@ea.edin.sch.uk)

**Lifelong Learning** If you feel you would like to improve your own reading, writing, maths or digital skills contact Lorna Hoy Tel: 07840 649 258 email [lorna.hoy@ea.edin.sch.uk](mailto:lorna.hoy@ea.edin.sch.uk) or Alan Stewart Tel: 07840 649317 Email: [Alan.1.Stewart@ea.edin.sch.uk](mailto:Alan.1.Stewart@ea.edin.sch.uk)

**Digital Drop-in with Edinburgh Libraries.** Email: [getonline@edinburgh.gov.uk](mailto:getonline@edinburgh.gov.uk) to book a 1-1 remote learning sessions.

**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 10-11am) Craigmillar Library (every other Tuesday 10-11am) Find out more and sign up at [www.openbookreading.com/unbound/](http://www.openbookreading.com/unbound/)

**Reconnect – People Know How** Support for adults and families to improve wellbeing. Projects provide a supportive environment to reduce social isolation through building digital skills and maintaining connections. Help for people to stay connected, improve financial health, increase employability, access resources and more. Find out more at: [www.peopleknowhow.org/reconnect](http://www.peopleknowhow.org/reconnect)

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

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

**Circle – The Harbour Project** Offers support to children and families affected by parental substance use (alcohol and/or drugs) including parenting, family relationships and practical support. Children can be referred for individual support through a partnership with the Sunflower Garden Project. In North East contact Sam Black, Tel: 07703714761 Email: [sam.black@circle.scot](mailto:sam.black@circle.scot)

**Vocal Family Support Addictions** Support for parents, friends, partners and other family members who are affected by someone else's drinking and drug use. Email: [fsa@vocal.org.uk](mailto:fsa@vocal.org.uk) Tel: 0131 622 6666

**Sleep Scotland Parent Support Line** Guidance and support for parents and carers on their child or teenagers sleep problems or young people themselves. Mon-Thu 10am-4pm Email [sleepsupport@sleepscotland.org](mailto:sleepsupport@sleepscotland.org) and a sleep advisor will call you back.  
<https://www.sleepscotland.org/support/sleep-counselling/sleep-support-covid-19/>

**Children 1<sup>st</sup> Parentline Scotland** Free helpline, email and web-chat service offering advice and support for parents and carers including cash grants, debt and income advice. Mon-Fri 9am- 9pm Sat and Sun 9am-12.30pm.Tel: 08000 28 22 33 <https://www.children1st.org.uk/help-for-families/parentline-scotland/>

**Families Outside** Support for families affected by imprisonment. Helpline: 0800 253 0088 Mon-Fri 9am-5pm Webchat [www.familiesoutside.org.uk](http://www.familiesoutside.org.uk) Text: FAMOUT to 60777 Email [support@familiesoutside.org.uk](mailto:support@familiesoutside.org.uk)

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

**Lone Parent Helpline-One Parent Families Scotland** Free information and advice for single parents. Open Mon-Fri 9.30am-4.00pm Tel: 08088 010323 [www.opfs.org.uk](http://www.opfs.org.uk)

**Social Care Direct- Children and Families Social Work** Request help or advice about a child or vulnerable adult requiring support due to illness, disability or at risk or harm. Tel: 0131 200 2324 Out of Hours 0800 7316969

**Edinburgh Women's Aid** Supporting women and children experiencing domestic abuse – practical and emotional support, information and advice. Tel 0131 315 8110 Email [info@edinwomensaid.co.uk](mailto:info@edinwomensaid.co.uk)

**Scottish Domestic Abuse 24 hr Helpline** Support for Women experiencing domestic abuse or forced marriage and their friends and family. Translation facilities available for callers whose first language is not English. Tel: 0800 027 1234 or email [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk) online chat at [www.sdafmh.org.uk](http://www.sdafmh.org.uk)

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

**Parenting Across Scotland** website has useful information on the services and helplines available for parents and carers in Scotland and a range of parenting support and advice.  
[www.parentingacrossscotland.org](http://www.parentingacrossscotland.org) Information for you and your family- Coronavirus  
[www.parentingacrossscotland.org/info-for-families/coronavirus/](http://www.parentingacrossscotland.org/info-for-families/coronavirus/)

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

## Additional Support Needs

**Firsthand Lothian** Matches a worker or volunteer with families who have one or more children under 16 years with additional support needs. Offering activities and outings with the child whilst offering parents / carers some regular respite. Currently delivered 1:1 in the local community and remotely via Zoom, What's App and Portals. **Social Support Group** For parents and carers with children (mainly with ASN/ ASD) who are currently or were previously supported by Firsthand Lothian meet online monthly and are supported to share knowledge, experience, ideas and strategies. Reducing social isolation. Includes guest speakers, visits/trips to relevant organisations. Tel: 0131 523 1322 and leave a message or email [info@firsthand-lothian.org.uk](mailto:info@firsthand-lothian.org.uk) for more information or to make an application visit [www.firsthand-lothian.org.uk](http://www.firsthand-lothian.org.uk)

**Peer Support Group for Single Parents with a Child on the Autistic Spectrum** Currently online (via Zoom). Every Thursday 12 -1:30pm. For more info call 07814078139 or email [tom.carroll@opfs.org.uk](mailto:tom.carroll@opfs.org.uk)

**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. 6week support followed by signposting to other supports. For more info email [ScotlandSocialGroups@nas.org.uk](mailto:ScotlandSocialGroups@nas.org.uk)

**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](mailto:contact@tailoredfoundation.co.uk) or Tel: Roo 07518 040 115 or Kate 07980 702 962

**Inspiring Disability Group-Jack Kane Community Centre** Free family-based fun for children and young people with additional support needs their parent/carers and siblings. Continues to meet on Saturday mornings 10am-12pm using a combination of online and activity pack deliveries, tailored to individual needs. Wider connection and support offered through our social media platforms. For more information please contact Emma email [emma@jackkanecommunity.org](mailto:emma@jackkanecommunity.org) or check out Jack Kane on facebook/twitter.

**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](mailto:emily@hearmymusic.org.uk) or Tel: 07890512824

**Lothian Centre for Inclusive Living (LCiL)** Peer Support Groups for parents of children with additional support needs are meeting online over Zoom and co-hosted with VOCAL. Next sessions Mon 26<sup>th</sup> April. 24<sup>th</sup> May, 21<sup>st</sup> June at 11am. Also running a new peer support group for parents who have adult children that has left school. Online workshops also run around knowing your rights and how best to get the support you need. For more information Email [sds@lothiancil.org.uk](mailto:sds@lothiancil.org.uk) or Tel: 0131 475 2350

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

**Scottish Autism Advice Plus** Advice Line and Live Chat- Information, advice and support for individuals and families about Autism. Tue 10am-7pm, Wed- Fri 10am-4pm Tel 01259 222 022 or email [advice@scottishautism.org](mailto:advice@scottishautism.org) Also offering live Facebook sessions and online groups. For more information visit <https://bit.ly/PVFB1812>

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

**Occupational Therapy Helpline** for parents of children with additional support needs. Offers support and advice around your child's everyday life skills and difficulties experienced during COVID -19. Tel: 07866 848304 8.30am-10am Mon-Thu. No appointment system, so may need to wait until phone line becomes free. Please leave a message if no answer.

Resources to support your child's development at <https://www.nhslanarkshire.scot.nhs.uk/services/occupational-therapy/children-and-young-people/early-years/>

**Speech and Language Therapy Helpline** for parents of children looking for advice or support around their child's talking and communication. In North East contact Leith Community Treatment Centre Tel: 0131 536 6467 Mon- Fri 9am-5pm [www.lets-talk.scot.nhs.uk](http://www.lets-talk.scot.nhs.uk) Updates on other areas and Drop in Sessions will be added to <https://www.lets-talk.scot.nhs.uk/parents-families/information-from-your-local-slt-team/edinburgh/>

**Boardmaker** 30 free trial of Boardmaker online to support accessible online learning for every child.  
<https://goboardmaker.com/blogs/news/boardmaker-online-working-from-home#PCS#SLPeeps>

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

**Kindred** Support for parents and carers of children with complex needs. Assistance with benefits, grant funding for aids and equipment, information and support on statutory care and support being discharged from the Royal Hospital for Sick Kids. Tel 0800 031 5793 or email [enquiries@kindred-scotland.org](mailto:enquiries@kindred-scotland.org)

**Whizz-Kidz Scotland** Offering online sessions for young wheelchair users and their families. Sessions include coffee and chatter time, dance and movement, Art and crafts and storytelling. Join the [Whizz Kidz Scotland Facebook group](#) for more information or to book.

**Salvesen Mindroom** Support for parents, carers, professionals and children and young people affected by learning difficulties. Contact available via telephone, emails and video calls. Tel: 0131 370 6730 Email: [directhelp@mindroom.org](mailto:directhelp@mindroom.org) Facebook <https://www.facebook.com/nomindleftbehind/> Twitter <https://twitter.com/MindroomInform>

**Adult Carers Support Service** Supporting adults who are in a caring role and who would benefit from additional support and advice. Contact SPACE Broomhouse Hub email [adultcarers@spacescot.org](mailto:adultcarers@spacescot.org)

**VOCAL Support for Carers** Telephone support available for carers, including parents where the caring role of their child requires additional time. Access to information, benefits and counselling. Email: [centre@vocal.org.uk](mailto:centre@vocal.org.uk) Tel: 0131 622 6666 For free courses and events for carers visit <https://www.carerstraining.co.uk/>

**VOCAL Wee Breaks** Are providing online and virtual breaks opportunities for carers to take time for themselves and a break from daily routine even now during lockdown! Visit <https://weebreaks.com/>

## Support for Black and Minority Ethnic Families

**ESOL (English for Speakers of other Languages)** Courses for adults wishing to improve their English. Free classes running on Teams during term time. For more information or to join a class email [ESOL@ea.edin.sch.uk](mailto:ESOL@ea.edin.sch.uk) or Tel 0800 085 7672

### Multi-Cultural Family Base (MCFB) Support to Black, Asian and Minority Ethnic children and families

**Early Years' Service** Individual or group support to families with young children, from pregnancy to 3 years old, with an emphasis on promoting good mental health through fostering positive relationships, encouraging play and providing practical assistance where families are experiencing disadvantage.

**-Chinese Flower Group** For Chinese parents and their children, 0-3 years. Referral only. Currently online.

**-The Strawberry Group** For parents and toddlers aged 0-3 years. Currently online.

**-The Wren Group (referral only)** Currently offering online support to black and minority ethnic mothers/carers in the Leith area who have a child under 5 with additional support needs. Currently online.

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

**-Safe Haven Project** Supports refugee families holistically through individual or group work.

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

For more information on any groups or to make a referral Tel 0131 467 7052 Visit [www.mcfb.org.uk](http://www.mcfb.org.uk) or Facebook <https://m.facebook.com/mcultural1>

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

**Edinburgh Smile** Offers free virtual oral health workshops, one to one dental care sessions, an advocacy service to register with dental clinics and support during appointments to all minority ethnic people (adults and children). For more information, please call 07788762576, email: [linknet1@linknetmentoring.com](mailto:linknet1@linknetmentoring.com) or visit <https://www.edinburghsmile.org/>

**Equal Access- Health in Mind** Online support sessions for people from ethnic minority backgrounds who may face additional cultural and language barriers to accessing mental health support. Weekly Mondays from 11am to 12.30pm (women support group). Fortnightly Wednesday 12-1.30pm (Urdu), Fortnightly Thursdays 12-1.30pm (men and women) One to one support may also be available. To register or for further information, please email [rahila.khalid@health-in-mind.org.uk](mailto:rahila.khalid@health-in-mind.org.uk) or call 07730220109.

**Open Arms-ELREC** Free online courses and activities for women such as Calorie Burner exercise, Body maintenance exercise, Face yoga, skin care and keeping well forums. Women support group on WhatsApp. For more information email Mitra at [mroostami@elrec.org.uk](mailto:mroostami@elrec.org.uk) Visit Facebook [ELREC OpenArms](https://www.facebook.com/ELRECOpenArms)

**Sikh Sanjog.** One to one support to women and their families through phone, video calls and online groups, including help with accessing benefits, foodbank support etc. Contact 07837 701263 or email [info@sikhсанjog.com](mailto:info@sikhсанjog.com) Visit [www.sikhсанjog.com](http://www.sikhсанjog.com) or Facebook [www.facebook.com/sikhсанjogedinburgh](https://www.facebook.com/sikhсанjogedinburgh)

**Saheliya** Learning session online or by phone including English language, sewing, computer skills, yoga, well-being and exercise. Weekly informal online drop-in session run to help people with employment or to stay in touch, language support provided in Arabic, Urdu, Hindi and Bengali. Email [sweetie@saheliya.co.uk](mailto:sweetie@saheliya.co.uk) or phone 07400617023 (between 10am - 4pm on Mon - Fri). Visit [www.saheliya.co.uk](http://www.saheliya.co.uk) or Facebook- Saheliya Hub

**LINKNet Mentoring** Free one-to-one mentoring for education, employment, personal development English improvement and befriending for minority ethnic adults. Online drop-in service every day from 10am to 4pm that provides short-term support on employability, education and information on issues including housing, benefits, domestic abuse or mental health. Contact [linknet2@linknetmentoring.com](mailto:linknet2@linknetmentoring.com) or phone 07447228686 [www.linknetmentoring.com](http://www.linknetmentoring.com)

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

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

**Aditi** Supports the safety and wellbeing of Black, Asian and Minority Ethnic (BAME) women who have experienced or are currently experiencing domestic abuse or 'honour' based violence. For more information call 0131 603 4865, email [aditi@sacro.org.uk](mailto:aditi@sacro.org.uk) For more information visit [www.sacro.org.uk/aditi](http://www.sacro.org.uk/aditi)

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

**The Welcoming Association** Currently offering online support to newcomer families in Edinburgh. Support to feel less isolated, find friendship, free English learning classes, employment guidance, 1:1 befriending; home energy, recycling and food growing advice. For more information visit [www.thewelcoming.org/timetable](http://www.thewelcoming.org/timetable) Tel: 0131 346 8577 email [info@thewelcoming.org](mailto:info@thewelcoming.org)

## Support for Young People

**Health in Mind Wellbeing Hangouts** for people aged 18 - 25 living in Edinburgh. 6-week drop in workshops to chat about how you are feeling, how to stay well and to meet other people. Starting date: Thursday 18 March at 5:30 - 7:00 pm on Zoom. After the block of workshops ends, the Wellbeing Hangouts will continue as a peer support group. Call, text or email: Stuart on 0131 225 8508 or 07760 753040 or [stuart.cameron@health-in-mind.org.uk](mailto:stuart.cameron@health-in-mind.org.uk)



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

**Impact Arts- Creative Pathways** New Block starting April 2021 Employability support for 16-17year olds who are not in education, employment or training over a 12 week course focused on developing creativity, confidence and skills. You don't need to be a whizz at art. For more information Email: [hello@impactarts.co.uk](mailto:hello@impactarts.co.uk) Call: 07813 341 074

**Impact Arts- Cashback Programme** Running in April and May. Free weekly online creative sessions for 12-19year olds, including Visual Art, Music, Creative Writing, Digital Arts and more. Participants will be supported by a fully trained artists, as well as a youth worker and will focus on well-being as well as creative fun. For more information Email: [hello@impactarts.co.uk](mailto:hello@impactarts.co.uk) Call: 07813 341 074

**Conflict Resolution Sessions** Free online sessions giving young people 16-25years who may be struggling with conflict at home, advice and support. Conflict Resolution – Conflict Response Styles 30<sup>th</sup> March 12-12.40am, Understanding Anger 15<sup>th</sup> April 12-12.40pm. For more information and to book visit <https://scottishconflictresolution.org.uk/events> For useful resources on conflict visit [www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)

**The Junction's Digital Drop-In** offers flexible support by phone, text, Zoom or email for young people aged 12-21years in Edinburgh. A free, confidential, 1-1 chat with a worker for 30-45 minutes to discuss anything on your mind. Email [support@the-junction.org](mailto:support@the-junction.org) or text 07758 348 850 to arrange a suitable time. Visit [www.the-junction.org](http://www.the-junction.org) for more information. Visit The Junction's Social Media sites for any updates.

**Pupils Know How Groups** for young people P7-S1 on themes ranging from art, science, drama or solving riddles and mysteries! Currently running online. Find out more at [www.peopleknowhow.org/pupils-know-how](http://www.peopleknowhow.org/pupils-know-how)

**People Know How Befriending** – support for young people P7-S1 providing a safe, supportive environment. Young people are matched with a befriender to talk, play games, learn, and share stories. Currently running online. [www.peopleknowhow.org/befriending](http://www.peopleknowhow.org/befriending)

**SPACE for Youth- Befriending for Children** Supporting children and young people aged 5-16 years affected by parental drug and/or alcohol use. Contact Nicola Campbell [nicola@spacescot.org](mailto:nicola@spacescot.org) or Jane McColl [janemc@spacescot.org](mailto:janemc@spacescot.org)

**Big Hearts Befriending** Supporting children and young people aged 7-14 years, living in kinship care and/or experiencing a high level of social isolation. Contact Jane Harkin [jane@spacescot.org](mailto:jane@spacescot.org)

**Multicultural Family Base (MCFB) Support to Black, Asian and Minority Ethnic children and families -427 Project** Supports children and families with transitions from home to nursery or nursery to school, through individual or group support.

**-Junior Groups** Therapeutic groupwork for children (P4-P7) needing extra support to combat social isolation, managing peer relationships. Small groupwork focusing on social skills, fun and friendship. Currently on-line.

**-4Corners Project:** for children and young people aged 8-16 years, who may be experiencing difficulties due to loss, migration, language barriers, racism, poverty, inadequate housing and social isolation. Currently offering online children's/family support and group work.

**-4Corners Group work:** To support children with emotional regulation, developing and managing friendships, developing social skills, and experiencing new opportunities.

Monday Group: School-based P3-P5, Tuesday Group: P3-P5, Thursday Group: P6-S1

**-MOSAIC** For S1-S6 young people who identify as experiencing stress and/or anxiety. Friendly group based at MCFB or Junction and currently on-line. Focus on self-care and exploring helpful approaches to coping with anxiety.

For more information on any groups or to make a referral Tel 0131 467 7052 Visit [www.mcfb.org.uk](http://www.mcfb.org.uk) or Facebook <https://m.facebook.com/mcultural1>

**6VT** Staff are supporting young people via messenger and can support young people in crisis on a socially distanced individual basis. Online drop ins for 13-21years olds every Mondays and Fridays 7-8pm. Email [contact@6vt.info](mailto:contact@6vt.info) Visit Facebook, twitter, instagram or contact through the website [www.6vt.info](http://www.6vt.info)

**Healthy Respect** Information on how young people (13-18) can access sexual health services just now can be found at [www.lothiansexualhealth.scot/yphelp](http://www.lothiansexualhealth.scot/yphelp) which also includes access to a helpful video.

**NHS Lothian Free C:Card Condom Service** Young people over 13years can access condoms by post during lockdown by visiting [www.ccard.org.uk](http://www.ccard.org.uk)

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

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

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

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

**Penumbra Self Harm Project** Support and advice to parent and carers who are concerned about their child over the phone, by email or video call. Contact: [Samantha.harrison@penumbra.org.uk](mailto:Samantha.harrison@penumbra.org.uk) There is a slight waiting list for support to individuals over 16 years who self-harm but please contact [selfharm.edinburgh@penumbra.org](mailto:selfharm.edinburgh@penumbra.org) for more information.

**Young Minds** Support for children and young people's mental health and emotional wellbeing. [www.youngminds.org.uk](http://www.youngminds.org.uk) Young people experiencing a mental health crisis needing urgent help can contact the Young Minds Crisis Messenger by texting 85258, this is available 24 hours a day, every day. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.  
**Free helpline for parents and carers:** 0808 802 5544 or email [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)

**Childline** Help and advice on a wide range of issues [www.childline.org.uk](http://www.childline.org.uk) FREE Helpline Tel: 0800 1111

**Mind Yer Time Website** New website developed by the Children's Parliament and Scottish Youth Parliament. Positive tips, stories and information for children and young people to help use screen time positively. [www.mindyertime.scot](http://www.mindyertime.scot)

**Gambling and Young People- Fast Forward** Advice and information booklet for parents and carers on gambling and young people [www.fastforward.org.uk/advice-for-parents](http://www.fastforward.org.uk/advice-for-parents)

**Talking to Teens about Smoking** – A guide for Parents and Carers produced by ASH [www.ashscotland.org.uk/carers](http://www.ashscotland.org.uk/carers)

## Family Activities

**Play and Connect** Online Play, Rhymes, Songs and Chat for Parents/Carers and children under 5, Thursday mornings 11am-12pm. A friendly, relaxed group sharing simple ways to have fun at home and help with feelings of isolation. Restarts after Easter on Thurs 22nd April. Email [mary.sutherland@ea.edin.sch.uk](mailto:mary.sutherland@ea.edin.sch.uk) or [heather.muchamore@ea.edin.sch.uk](mailto:heather.muchamore@ea.edin.sch.uk)

**Smart Play Rangers** Outdoor play resources and opportunities in the Magdalene and Bingham areas. Tuesdays and Fridays. Booking essential. For more information and locations visit the Facebook page <https://www.facebook.com/smartplayrangers>

**Saturday Activity Groups for Single Parents and Children** Each Saturday morning (currently via Zoom) starting face to face as soon as guidance allows. For more info call 07814078139 or email [tom.carroll@opfs.org.uk](mailto:tom.carroll@opfs.org.uk)

**The Green Team** Provides opportunities for children and young people to enjoy and be active in the outdoors, develop friendships and put something back into their local community.  
**Green Volunteers** Environmental conservation volunteering for young people aged 12-18. Reduced cost for low income families and free spaces available for those who can't afford it.  
<https://www.greenteam.org.uk/our-programmes/green-volunteers/>  
**Green Angels** For girls aged 12-18 who are interested in making friends and having fun whilst making improvements to the natural environment <https://www.greenteam.org.uk/our-programmes/green-angels/>  
**Thrive** For young people looking for respite from daily life through outdoor adventure, friendships and personal support to enhance mental wellbeing <https://www.greenteam.org.uk/our-programmes/thrive/>  
For more information email [penny.radway@greenteam.org.uk](mailto:penny.radway@greenteam.org.uk) or visit [www.greenteam.org.uk](http://www.greenteam.org.uk)

**Bridgend Farmhouse** Easter Egg Hunt 5<sup>th</sup> and 6<sup>th</sup> April- suitable for all ages, under 12s must be accompanied by an adult. Book a slot by making a small donation at [https://www.eventbrite.co.uk/e/easter-egg-hunt-tickets-147007201497?fbclid=IwAR0L4IP4iaqLyBnEPt75SuQuCNOxSR2nJxuPfs\\_hwGKyAg9MYA4rhOhWULw](https://www.eventbrite.co.uk/e/easter-egg-hunt-tickets-147007201497?fbclid=IwAR0L4IP4iaqLyBnEPt75SuQuCNOxSR2nJxuPfs_hwGKyAg9MYA4rhOhWULw)  
Free Family Friendly cycle rides, bikes can be included if you don't have your own. Alternate Fridays starting 16<sup>th</sup> April at 2pm. Booking required email [roz.angus@bridgendfarmhouse.org](mailto:roz.angus@bridgendfarmhouse.org)  
For other online activities and events visit the Facebook page.

**Easter Extravaganza! Hope Church Bingham.** Egg Hunt starting Mon 29<sup>th</sup> March from 3pm, plastic eggs will be hidden around Bingham, Magdalene and the Christian with a chocolate and raffle ticket for a prize draw. Easter Games in the Park Sat 3<sup>rd</sup> April 2-3pm. Outdoor family games and the Easter story. Booking essential contact Emily on the Facebook page or email [hopechurchbingham@gmail.com](mailto:hopechurchbingham@gmail.com) by Thu 1<sup>st</sup> April

**STARPIC Youth and Dance Project Family Activities online.** Mondays Family Baking, Tuesdays and Wednesdays Family Fitness, Fridays Family Movie, Sunday Family Bingo/ Quiz. For more information Visit Facebook [www.facebook.com/starpicdanceproject](http://www.facebook.com/starpicdanceproject) Tel: 07958 716 666 Email: [chris@starpicproject.co.uk](mailto:chris@starpicproject.co.uk)

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

**VASS- Virtual Active Schools Sessions** Free, Accessible sessions online during weekdays at 4pm, take part at home with family or by yourself at [Active Schools Edinburgh YouTube Channel](https://www.youtube.com/channel/UC8w8w8w8w8w8w8w8w8w8w8w)

**Families Magazine Online** Free online magazine with lots of family activity ideas and information and advice for parents and carers. Visit <https://www.familiesonline.co.uk/families-magazines/families-edinburgh-magazine>

**Wee Hope Baby and Toddler Group** Hope Café, 135 Mountcastle Road South, Running outside at Bingham Playpark Thursdays 10-11am, Term Time 50p. Please book a space in advance. Contact Hannah 07401 417174

**Toddlers at Niddrie Mission** Running outside at the Playpark next to Lidl Mondays 9.30am, Term time 50p donation for snack. Email [tasha@niddrie.org](mailto:tasha@niddrie.org)

**Ps and Gs Online Activities for Parents and Babies and Toddlers** Videos of nursery rhymes and stories from the St Paul's and St George's Church children's team. Links to family activities and online resources. Visit [www.psandgs.org.uk/childrens-resources](http://www.psandgs.org.uk/childrens-resources)

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

**Children & Young People at Edinburgh Libraries** Facebook Page with lots of fun family activities  
[www.facebook.com/CYPatEdinburghLibraries/](http://www.facebook.com/CYPatEdinburghLibraries/)

**Portobello Library Facebook Page** Fun family activities running Mondays 2pm Hannah's Living Room Library, Tuesdays 4pm Live Storytime with Ian and Orville the dog, Wednesdays 11am Live Rhymetime, Fridays 2pm Craft activity, Fridays 2pm Anowar's Lego Challenge  
<https://www.facebook.com/PortobelloLibrary>

**Library Online Memberships** If you are not already a member, join your local library for free and access magazines and newspapers online, download ebook, audiobooks and learning resources  
[www.yourlibrary.edinburgh.gov.uk](http://www.yourlibrary.edinburgh.gov.uk)

**Craigmillar Books for Babies** Live Baby and toddler Rhymetimes Tue at 11am, Bedtime Stories Tue at 6pm. Sat Storytimes at 11am. Scots Rhymetime last Fri of the month 11am. Referrals can also be made for the Family Support at Home Service; this is being delivered online/ outdoors. Email: [info@craigmillarbooksforbabies.org.uk](mailto:info@craigmillarbooksforbabies.org.uk) or call 07923403061. Facebook [www.facebook.com/craigmillarbooksforbabies.org.uk](http://www.facebook.com/craigmillarbooksforbabies.org.uk) Twitter @CraigmillarBFB

**Craigmillar Books for Babies Book Club** for families with children under 4 living in Craigmillar, Bingham, Magdalene and Niddrie. Receive a copy of the book club book and join us weekly on Facebook Rooms to share books and stories together. Thursdays 11-11.30am with Michelle. Private message through Facebook or email [info@craigmillarbooksforbabies.org.uk](mailto:info@craigmillarbooksforbabies.org.uk) for more information about joining.

**Feel Good Fridays** for families with children aged 6-9 years but all ages welcome. Join Katie for stories, craft and relaxation ideas. Every Friday 4pm-4.30pm on Facebook Live.. Email [katie.craigmillarbookfestival@gmail.com](mailto:katie.craigmillarbookfestival@gmail.com) for further information.

**Online Bookbug Sessions:** Bookbugs's Easter Party Scottish Book Trust Springtime songs, rhymes and stories <https://www.scottishbooktrust.com/articles/online-bookbug-session-bookbugs-easter-party>

**Impact Arts Creative Outdoor Play Sessions** Designed to encourage children to develop creative skills, confidence outdoors and help them make new friends. For children aged P2-P4, 1<sup>st</sup> March- 27<sup>th</sup> April- Mondays 3.30-4.30pm or 5-6pm meet at Moredun Concierge Office, 14 Craigour Green, EH17 7RL, Tuesdays 3.30-4.30pm or 5-6pm meet at Tron Kirk Gilmerton and Moredun Church, 202 Upper Craigour, EH16 4SS Places are limited and booking is essential. For more info or to book please get in touch with Victoria on 07587 358 475 or email [Victoria.briones@impactarts.co.uk](mailto:Victoria.briones@impactarts.co.uk)

**North Edinburgh Arts** A new programme of online activities for children and adults to enjoy at home. Visit their Facebook page or [www.northedinburgharts.co.uk/online-activities/](http://www.northedinburgharts.co.uk/online-activities/)

**Baby Peep** Supporting parents with their babies in the Leith area to make to become confident communicators and active learners with Sally (Dr Bell's) and Heather (Home-Start Leith) Wed at 10am via Zoom. Email [heather@homestartleith.co.uk](mailto:heather@homestartleith.co.uk) or [info@dbfc.org.uk](mailto:info@dbfc.org.uk) or call Dr Bells on 0131 553 0100.

**Baby Massage with Dr Bell's Family Centre** Five-week course allowing Leith parents to relax and enjoy this special time with their baby. Suitable for babies from six weeks up until crawling. Wednesdays at 1pm via Zoom. To sign up email [info@dbfc.org.uk](mailto:info@dbfc.org.uk) or call Dr Bell's on 0131 553 0100.

**Hatha Yoga with Michal at Dr Bell's Family Centre** For families with children under 5 in the Leith area. Thu 10am online Live via our private Facebook group. Email [info@dbfc.org.uk](mailto:info@dbfc.org.uk) or call 0131 553 0100

**Buggy Walks with Dr Bell's in and around Leith.** For families with children under 5 in the Leith area. Mondays at 1pm. Meet at Leith Community Croft. Email [info@dbfc.org.uk](mailto:info@dbfc.org.uk) or call 0131 553 0100. Starting 19th April, Scot Gov guidance permitting.

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

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

**Girlguiding Scotland** Free activities for every member of the family. Guiding at Home [www.girlguidingscotland.org.uk/guiding-at-home-hub/guiding-at-home-challenge/](http://www.girlguidingscotland.org.uk/guiding-at-home-hub/guiding-at-home-challenge/) or the **Adventures at Home Hub** [www.girlguiding.org.uk/what-we-do/adventures-at-home/](http://www.girlguiding.org.uk/what-we-do/adventures-at-home/) for lots of fun challenges for young people ages 4-17 (you don't have to be a current member to take part). If you enjoy the activities and want to join a local guide unit visit [www.girlguiding.org.uk/information-for-parents/register-your-daughter/](http://www.girlguiding.org.uk/information-for-parents/register-your-daughter/)

**Starcatchers** Wee Inspirations idea cards for parents at home with young children. Fun, creative ideas to engage little ones without a lot of resources, stress, and no pressure to 'achieve' anything. [www.starcatchers.org.uk/wee-inspirations/?fbclid=IwAR1GwYIbHVHmQVVaj0IdzL26h0Su969m-0ap2Kai-JxkwccufhOzID2p03k](http://www.starcatchers.org.uk/wee-inspirations/?fbclid=IwAR1GwYIbHVHmQVVaj0IdzL26h0Su969m-0ap2Kai-JxkwccufhOzID2p03k)

**Play Plus Toy Library** Inch House Community Centre, 225 Gilmerton Rd. Currently operating a click and click service on Tue Mornings. Closed 30<sup>th</sup> March- 27<sup>th</sup> April. Membership £4 per year which allows you to borrow 4 toys for 30 days. Visit <http://playplustoylibrary.lend-enging-app.com> to register and book toys.

## Financial and Employability Support and Advice

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

**Best Start Grant School Age Payment** £250 help for eligible families with the cost of starting school. For children born between 1 March 2015 and 29 Feb 2016 apply between 1 June and 28 Feb 2021. (even if deferring entry) Also available, and Best Start Foods.

**Early Learning Payment** £250 help for eligible families with a child between 2 and 3 1/2 years

**Pregnancy and Baby Payment** £600 for first child or £300 help for eligible families with cost of pregnancy or having a new child.

**Food Payment** £17 every four weeks for eligible families during pregnancy and for every child under three to spend on healthy foods.

To find out the support you may be eligible for visit [www.mygov.scot/beststart](http://www.mygov.scot/beststart) Or call 0800 182 2222

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

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

**Employability and Digital Skills Course- One Parent Families Scotland** Online support for single parents in Edinburgh. To book or for more information email [stacey.powchscott@opfs.org.uk](mailto:stacey.powchscott@opfs.org.uk) Tel 07570106789 or visit the Facebook page.

**ENABLE Works Progress for Parents** A free employability service for parents of a child or person with a disability. Support finding employment or securing better working conditions around caring responsibilities. For more information email [enable.works@enable.org.uk](mailto:enable.works@enable.org.uk) or Tel: 0300 0200 101 [www.enableworks.org.uk](http://www.enableworks.org.uk)

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

**Leith Families – Kids' Clothes, Toys & Equipment** A private Facebook group set up by Dr Bells Family Centre to help families donate or swap clothes, toys and kids' equipment for free. All welcome. Facebook page visit <https://m.facebook.com/groups/693628008139179/#> =

**Family and Household Support** can offer support and advice with family relationships, parenting, mental health and well-being, employment and learning, housing options and neighbour disputes. Help with accessing food banks, debt, budgeting, welfare benefits, applying for grants, funding or furniture. Email: [northeast.familyandhouseholdsupport@edinburgh.gov.uk](mailto:northeast.familyandhouseholdsupport@edinburgh.gov.uk)

**Maximise** Families who have a child who attends school at Leith Academy, Castlebrae High School, Lorne, Leith, Hermitage Park or Craigentiny, Niddrie or Castlevie Primaries can receive free welfare benefit advice, employability assistance or family support. Tel: 0131 442 2100 or 0131 446 2300.

**The Advice Shop** Tel 0131 200 2360 anytime Mon-Fri and leave a message. A return call will be made within 2 hours or email [advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk)

**Citizens Advice Edinburgh** Online advice and support at <https://www.citizensadviceedinburgh.org.uk/get-advice> or Tel 0131 510 5510

**Money Talk Team** Free money advice and support for families from The Citizens Advice Network funded by the Scottish Government. Call 0800 0857145 Mon- Fri8am-6pm. More info on the Parent Club [Website](#)

**Digital Device Support** For single parents struggling with lack of a device or connectivity at home. Ongoing support to improve confidence and skills. for more information email [stacey.powchscott@opfs.org.uk](mailto:stacey.powchscott@opfs.org.uk) Tel 07570106789 or visit the Facebook page.

**NappiRunz** If you have any unused or cloth nappies, NappiRunz and collect and donate these to families who need them visit Facebook for collection points [www.facebook.com/nappirunz](http://www.facebook.com/nappirunz) Organisations who need nappies for the families they support can email [nappirunz@gmail.com](mailto:nappirunz@gmail.com) [www.nappirunz.com](http://www.nappirunz.com)

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

**Float Trust** Small grants to help with essential costs for people in need, who have been refused a Crisis Grant. Bus tickets can be provided to organisations to help clients access essential services such as attending appointments, interviews, attending support groups. Referral by a professional. [www.float.scot/](http://www.float.scot/)

**Changeworks** Accepts referrals from professionals for people who will benefit from energy advice and fuel billing/debt support. For more information visit [www.changeworks.org.uk/what-we-do/energy-and-fuel-poverty/fuel-poverty-services/refer-clients-to-fuel-poverty-services](http://www.changeworks.org.uk/what-we-do/energy-and-fuel-poverty/fuel-poverty-services/refer-clients-to-fuel-poverty-services)

**Home Energy Scotland** If you're worried about your energy bills or struggling to keep warm at home call 0808 808 2282. Calls are free Monday to Friday 8am to 8pm, Saturday 9am to 5pm. Or request a call back on the website: <https://www.homeenergyscotland.org/contact-advice-support-funding/>

**Red Cross** Hardship fund for individuals and families, can offer support with food and toiletries, somewhere to sleep, access to a phone or the internet, fuel to cook, keep lights on or stay warm. If you or someone you support is experiencing money problems call the Coronavirus Support line for free on 0808 196 3651

**TURN2US Edinburgh Trust Response Fund Relating to COVID-19** For people who have lost their income as a result of the Coronavirus and are struggling financially may be eligible for a one-off crisis grant towards essential living expenses. For more information on eligibility and how to apply visit <https://www.turn2us.org.uk/Edinburgh-Trust-Response-Fund-for-Covid-19>

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

## Community Food

**Richmond Church** Free bags of Fairshare food available on Thursdays 10am-1pm or by arrangement. Call the church on 0131 661 6561.

**Venchie Community Food**, 61 Niddrie Mains Terrace, Free food often available outside or pop along for some soup from the van on a Wednesday. Check Facebook for availability and opening days.

**Niddrie Community Church** Available to do pick up/deliveries of food and medication to vulnerable Niddrie and Craigmillar residents. Call 07816292212 or email [admin@niddrie.org](mailto:admin@niddrie.org)

**St Martin's** are working with local organisations in Bingham and Magdalene to offer support to those in need. Tel: 07545804034 or 07900367023.

**Basics Bank Food Bank @ Wilson Memorial Church** 127 Moira Terrace, Portobello Road, EH76UB in partnership with Edinburgh City Mission. Food, support, and advice to local people in need. Food Bank open each Tuesday 10am-1pm Referral can be made by professionals at [www.edinburghcitymission.org.uk](http://www.edinburghcitymission.org.uk). Access Food Bank via rear door off Kekewich Avenue. Contact [info@wilsonmemorial.org.uk](mailto:info@wilsonmemorial.org.uk)

**Empty Kitchens Full Hearts** Meal Packs delivered. Hot food served daily at Leith Theatre, 28-30 Ferry Road, Leith, EH6 4AE, 12-1pm and 4.30-5.30pm. If you or someone you know is struggling with safe access to food email [hello@emptykitchen.co.uk](mailto:hello@emptykitchen.co.uk) or call 07895347157 for more information.

**ASDA Kids Eats Free** A range of free hot and cook kids meals are available in Asda Cafes for children under 16years when an adult spends £1. Tier 2 eat in, Tier 3 takeaway.

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

**The Food Bank Project**, World Care Foundation. Anyone on a low income, or generally struggling at the moment, can request a food parcel to be delivered to their address. The food parcel consists of dried goods. Please call 07971198658 or 07763612663.

**Foodbanks** are able to provide emergency food for anyone in crisis, who cannot afford food. A referral and a foodbank voucher are needed from a support worker or GP surgery. For information contact The Foodbank on 0131 444 0030 or Social Care Direct on 0131 200 2324/Out of Hours 0800 731 6969. For up to date information on the Foodbanks currently operating Tel: 0131 444 0030 or visit [www.edinburghne.foodbank.org.uk/locations](http://www.edinburghne.foodbank.org.uk/locations) or Edinburgh North East Foodbank Facebook page or <https://edinburghfoodproject.org/locations/> Anyone struggling to access a Foodbank referral can contact The Scottish Welfare Fund, who will check if you are eligible for a crisis grants within 24hours or issue a foodbank voucher. Tel: 0131 529 5299 Email: [welfarefundteam@edinburgh.gov.uk](mailto:welfarefundteam@edinburgh.gov.uk) Applicants should highlight if they are in social isolation or shielding.

**-CLOSED- Craigmillar Foodbank- Delivery Service only**, Bristo Memorial Church, EH16 4AJ

**-Broughton Foodbank**, Broughton St Mary's Parish Church, Bellevue Crescent, EH3 6NE: Mon 13:00-15.00, Tuesday 13:00-15:00

**-South Leith Parish Church Halls**, 6 Henderson Street, Leith EH6 6BS  
Opening times: Monday 13:00-14.30 Fri 15:00-17:00

**-North Leith Parish Church Halls**, 1b Madiera Street, Leith, EH6 4AW  
Opening times: Tuesday 10:00-12:00 Friday 10:00-12:00

**-Leith St Andrew's Church Hall**, 410-412 Easter Road, Leith, EH6 8HT  
Opening times: Tuesday 13:00-14.30 Thursday 10:00-11.30

**- Pilrig St Paul's Church Hall**, 1a Pilrig Street, Leith, EH6 5AH  
Opening times: Wednesdays 16:30-18.00

**-St Margaret's Parish Church Halls**, 48 Restalrig Road South, EH7 6LE  
Opening times: Wednesday 11:00-12.30

### **Helplines for vulnerable and high-risk people during COVID-19**

If you do not have support from family, friends or community organisations and are in need of food or medicine delivery please contact City of Edinburgh Council 0131 200 2306 Mon-Thu 8.30am-5pm, Fri 8.30-3.40pm or email [edinburghvulnerable@edinburgh.gov.uk](mailto:edinburghvulnerable@edinburgh.gov.uk) or Contact the Scottish Government 0800 111 4000 Mon-Fri 9am-5pm.

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

**Coronavirus**  
Covid-19

For latest updates on council services visit

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

