

Support for Families in South 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, contact the Lifelong Learning Parent and Carer Support Team by emailing supportingparentsandcarers@edinburgh.gov.uk or text 07860 736129 and the team will call you back.

Parenting Programmes - Courses to Help 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 20th April, and Fridays from 23rd 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 22nd of April. Submit applications by 29th 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

-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

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/>

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 4th and 11th May 7.30-9.30pm. Email 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 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.lleedinburgh.co.uk

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

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 2nd April 10-11.30am and Thu 8th April 10-11.30am for 6 weeks. Please contact Jo Howie email jo.howie@edinburghcommunityfood.org.uk Tel 0131 467 7326

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 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 Tel: 0131 467 7326.

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

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 or email 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 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/

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

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

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 10th April 2.30-4pm for 10 weeks. Email pnd@crossreach.org.uk Visit 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 at least 24hours before the sessions for the zoom link. For more information visit www.facebook.com/junopmhsedinburgh/

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

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

The Spark- Free Relationship Support and Counselling Free helpline for anyone over 16year experiencing family or couple relationship issues. In response to COVID some free counselling sessions will be available for individuals and couples needing more in-depth support, sessions will be provided by telephone and online. Tel: 0808 802 2088 Mon-Thu 9am-9pm, Fri 9am-4pm. 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 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. 28th April Conflict Response Styles 12-12.40pm, Anxious and Afraid 13th 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 or email scrc@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.

Volunteering Matters Supporting Families in SE and SW Edinburgh. Friendly local volunteers who can offer wellbeing phone or video calls, support with daily routines, support with home schooling, attending appointments, managing budgets etc. Email Kyle.McFaddenYoung@volunteeringmatters.org.uk 07377 692 427

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

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 or Julie King, Tel: 07984 022908, email: 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 Tel: 07807 498709 www.dadsrock.org.uk

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

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

Becoming a dad during the coronavirus pandemic Father Network Scotland have produced a [leaflet](#) for new dads and dads to be at this time. Visit the Facebook page or www.fathersnetwork.org.uk

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

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 or heather.muchamore@ea.edin.sch.uk

Digital Drop-in with Edinburgh Libraries. Email: 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/

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

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

TransParenTsees 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

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 South East contact Paige Reid @ paige.reid@circle.scot or call 07930 807 953

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

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 and a sleep advisor will call you back. <https://www.sleepscotland.org/support/sleep-counselling/sleep-support-covid-19/>

Children 1st Parentline Scotland Free helpline, email and web-chat service offering advice and support for parents and carers 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 Tel: 0800 253 0088 Webchat www.familiesoutside.org.uk Text: FAMOUT to 60777 Email support@familiesoutside.org.uk Mon-Fri 9am-5pm

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

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

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

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

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@sdaafh.org.uk online chat at www.sdaafh.org.uk

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

Parenting Across Scotland website has useful information on the services and helplines available for parents and carers in Scotland and a range of parenting support and advice.

www.parentingacrossscotland.org Information for you and your family- Coronavirus
www.parentingacrossscotland.org/info-for-families/coronavirus/

EVOC Covid-19 Directory of Services For a list of other support services where you live visit www.evocredbook.org.uk

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 for more information or to make an application visit www.firsthand-lothian.org.uk

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 for more information or to make an application visit 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

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

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 or check out Jack Kane on facebook/twitter.

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

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

Speech and Language Therapy Helpline for parents of children looking for advice or support around their child's talking and communication. [Gracemount Medical Centre Tel: 0131 672 9456](http://www.lets-talk.scot.nhs.uk)
www.lets-talk.scot.nhs.uk

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 26th April, 24th May, 21st 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 or Tel: 0131 475 2350

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

Scottish Autism Advice Plus Advice Line 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://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

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/>

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. 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

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 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

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 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 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 or Facebook <https://m.facebook.com/mcultural1>

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

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 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 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 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@sikhsanjog.com Visit www.sikhsanjog.com or Facebook www.facebook.com/sikhsanjogedinburgh

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 sweety@saheliya.co.uk or phone 07400617023 (between 10am - 4pm on Mon - Fri). Visit www.saheliya.co.uk or Facebook- Saheliya Hub

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

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 or phone 07447228686 www.linknetmentoring.com

Shakti Women's Aid Supporting BME women and children experiencing domestic abuse. Tel 0131 475 2399 email info@shaktiedinburgh.gov.uk Mon-Fri 9am-5pm. www.shaktiedinburgh.co.uk

Aditi Supports the safety and wellbeing of Black, Asian and Minority Ethnic (BAME) women who have experienced or are currently experiencing domestic abuse or 'honour' based violence. For more information call 0131 603 4865, email aditi@sacro.org.uk For more information visit 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 Tel: 0131 346 8577 email info@thewelcoming.org

Support for Young People

Goodtrees Neighbourhood Centre

Follow on Facebook for details of Easter based outdoor programme of dance and sport for children After the Easter break there is a full outdoor youth work programme will be starting:

Wednesday evenings - Amplify in partnership with Edinburgh International Festival, Vox Luminous which will allow young people to amplify their voices through song writing, singing rapping drill music to produce an album in an effort to illuminate the young people's voices and lived experiences in an effort to challenge some of the territorial divides across the locality to help support this project

Goodtrees are on the Go

Mondays at the Mansion (Gracemount) & Thursday's at Topside – There is an exciting new street based project supported Scran Academy tackling some of the ongoing antisocial issues in the area by providing a safe space in the outdoors.

Tuesday Evenings - Continuing with their Inspiring Scotland funded project in partnership with friends from Reel youth Media, which will see young people telling their stories in new and creative ways. With much success following on from their Christmas music video a brand new 6 part podcast which will be launching soon.

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

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 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 Call: 07813 341 074

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

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

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 30th March 12-12.40am, Understanding Anger 15th 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

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

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

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 or Jane McColl 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

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

Multicultural Family Base (MCFB) 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 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 Visit Facebook, twitter, instagram or contact through the website 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 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

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

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

Stop Breathe Think Free Virtual Mental Health Service for Young People under 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 There is a slight waiting list for support to individuals over 16 years who self-harm but please contact selfharm.edinburgh@penumbra.org for more information.

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

Childline Help and advice on a wide range of issues www.childline.org.uk FREE Helpline Tel: 0800 1111

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

Gambling and Young People- Fast Forward Advice and information booklet for parents and carers on gambling and young people www.fastforward.org.uk/advice-for-parents

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

Family Activities

Goodtrees Neighbourhood Centre

New family group starting January 2021 in partnership with Out & About outdoors Tuesdays 4pm-6pm. The group will be working in the outside gardening space and woodland space nearby. The group will also be enhancing the outside space working on an arts project and participating in some woodland activities. Families will also take away activity packs for the week to showcase the following week. For more information please contact info@goodtrees.org or call 07306 133 260

Out and About (Edinburgh and Lothians Greenspace Trust) Activities may change to keep updated check out Facebook page and Instagram account @outandabouted to follow our activities or contact Kim@elgt.org.uk

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 or heather.muchamore@ea.edin.sch.uk

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

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/ or the **Adventures at Home Hub** 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/

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=IwAR1GwYIbHVHmQVVaj0ldzL26h0Su969m-0ap2Kai-JxkwccufhOzID2p03k

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 Or call 0800 182 2222

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

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

Employability and Digital Skills Course- One Parent Families Scotland Online support for single parents in Edinburgh. To book or for more information email 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 or Tel: 0300 0200 101 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 Open Thursdays 2-4pm for collection of packs.

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

Maximise Families who have a child who attends school Liberton High School, Liberton, Gilmerton, Craigour Park, Prestonfield or Gilmerton Primaries can receive free welfare and benefit advice, employability assistance or family support. Tel: 0131 442 2100 or 0131 446 2300

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

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

Money Talk Team Free money advice and support for families from The Citizens Advice Network funded by the Scottish Government. Call 0800 0857145 Mon- Fri 8am-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 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 Organisations who need nappies for the families they support can email nappirunz@gmail.com www.nappirunz.com

The Hope Centre Practical support available for families offering a range of clothing, 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

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

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

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

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

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

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

Community Food

Goodtrees Neighbourhood Centre

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

Foodbanks

Foodbanks are able to provide emergency food for anyone finds themselves in crisis and cannot afford food. A referral and a valid foodbank voucher are needed from your support worker or GP surgery. To find out which agencies can issue vouchers contact The Foodbank on 0131 444 0030 or Social Care Direct on 0131 200 2324/Out of Hours 0800 731 6969. Anyone struggling to access a Foodbank referral can contact The Scottish Welfare Fund, who will check if you are eligible for a crisis grants within 24 hours 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. For up to date information on the Foodbanks currently operating Tel: 0131 444 0030 or visit www.edinburghhse.foodbank.org.uk/locations

Foodbanks www.edinburghcitymission.org.uk

Newington Community Church 41a South Clerk Street EH8 9NZ **Thursdays** 10.30am -1.00pm

Bruntsfield Evangelical Church 70 Lemington Terrace Bruntsfield EH10 4JU **Fridays** 10.00am – 1.00pm

Tron Kirk Moredun Craigour Gardens EH17 7NX **Fridays** 10.30am – 1.00pm

Soul Food Meals In partnership with Soul Food Edinburgh, every week we offer free generous meals of high-quality food for anyone who is in need of food. Edinburgh City Mission runs two 'Grab and Go' Takeaway stands on Tuesdays and Wednesdays.

Tuesdays (outside Carrubbers Christian Centre, High Street, 5:30pm)

Wednesdays (outside The City of Edinburgh Methodist Church, Nicolson Square, 5:30pm)

There is also a **delivery service** operating on a Thursday evening too.

If you would like a meal delivered, please phone or text 07407213397 by Midday on Thursday, and we will arrange to drop off a meal. For further information please contact <https://www.soulfoodedinburgh.org/>

Care Van A partnership between Bethany Christian Trust and Edinburgh City Mission, Serving soup and Sandwiches.

Lunchtimes: Mondays, Wednesdays, Thursdays & Saturdays only. 12.30pm Market Street

1.00pm-2.00pm King's Stables Road, Grassmarket, North Bridge

Evenings: Every night

9.00pm Waverley Bridge

9.50pm-10.30pm King's Stables Road, Grassmarket, North Bridge

Telephone: **0131 225 9445**.

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

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

edinburghfoodbank@blythwood.org

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

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.

Empty Kitchens Full Hearts Meal Packs delivered. Hot food served daily at Leith Theatre, 28-30 Ferry Road, Leith, EH6 4AE, 11.30-12.30pm and 4.30-5.30pm. If you or someone you know is struggling with safe access to food visit <https://www.emptykitchens.co.uk/> or call 07895347157 for more information

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.

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

If you do not have support from family, friends or community organisations and are in need of food or medicine delivery please contact City of Edinburgh Council 0131 200 2306 Mon-Thu 8.30am-5pm, Fri 8.30-3.40pm or email edinburghvulnerable@edinburgh.gov.uk or

Contact the Scottish Government 0800 111 4000 Mon-Fri 9am-5pm.

If you have any information to add to the *Support for Families in SE Edinburgh* list or if any information in this list is incorrect please email supportingparentsandcarers@edinburgh.gov.uk

