

Support for Families in North West Edinburgh

Autumn 2020

**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 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 parents with their child or teenager's behaviour

Face-to-face courses are currently postponed however [Triple P \(3-6 years and Primary\)](#) and [Teen Triple P \(11-16years\)](#) parenting programmes are still accepting online applications and the team will keep families informed about the types of support which may still be available.

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 and Understanding your Teenager's Brain*. To access these courses for free, families need to use the access code TARTAN. <https://inourplace.heiapply.com/online-learning/>

Conflict Resolution Sessions Free online sessions giving parents and carers who may be struggling with conflict at home, advice and support. Conflict Resolution Session Series:

Conflict Response Styles -Wed 23rd Sept 10.30-11am, Growing Up is Never Easy- Thu 24th Sept 10.30-11am. Conflict Free Coffee- Keep the Heid- Thu 17th September 10.30am -11.30am, session followed by discussion and questions about conflict. For more information and to book visit

<https://scottishconflictresolution.org.uk/events> For useful resources on conflict visit www.scottishconflictresolution.org.uk.

Online Depression and Anxiety Support Group Health in Mind have opened up their friendly peer led support groups to any adults affected by depression, low mood, stress or anxiety. Different groups are available at times on Monday afternoons, Monday evenings and Tuesday evenings. For more information email edinburghselfhelp@health-in-mind.org.uk before 3pm on the day you would like to attend. Or call 0131 225 8508 and leave a message.

Free 1:1 Counselling for Single Parents – Currently online via video call or by phone, provided by One Parent Family Scotland. For more info call 0131 556 3899 or email brock.lueck@opfs.org.uk

Friday Night Zoom Quiz for Single Parents Run by One Parent Family Scotland each Friday 8:30- 10pm. For more info call 07814078139 or email tom.carroll@opfs.org.uk

Free Cooking & Conversation Sessions for Single Parents Run by One Parent Family Scotland via Zoom each Wednesday 10:30am-12:30 pm. For more info call 07814078139 or email tom.carroll@opfs.org.uk

Mental Health and Wellbeing Group for Single Parents – currently via Zoom each Wednesday 11:00 – 12:30 pm. For more info call 07818301570 or email Sofia.Mouzi@opfs.org.uk

Stepping Stones can provide a wide variety of support for children and families living in North Edinburgh. Families can access 1:1 support, sleep support, groups to reduce isolation, educational groups to learn new skills and a variety of other opportunities such as Peep and Pregnancy Café. We can also offer one to one support for primary aged children who attend Granton, Forthview, Pirniehall or Craigroyston. Referrals can be made to moragwilson@steppingstonesnorthedinburgh.co.uk. For more info visit www.steppingstonesnorthedinburgh.co.uk or <https://twitter.com/SSNorthEd>

GoLone Young Parents support, informal chat, and practical help with parents struggling due to Covid19, such as help with utility bills and food parcels. This is a closed group and new members welcome living within Granton, Wardieburn, Royston, Muirhouse and Pilton area. Anyone interested email julie@grantonyouth.com

Circle-Haven Project are continuing to support to families over the telephone, text, email and video calling. Circle-Haven have limited capacity but are still accepting taking referrals for the Forth neighbourhood. Tel:07703714764 email: alex.collop@circle.scot

Home-start Edinburgh West and South West We are working remotely and can offer telephone and digital support and are contacting our families and volunteers to find out what is best for them. Please bear with us and stay safe in these difficult times. Feel free to get in touch and we will get back to you ASAP. For up to date information visit <https://www.facebook.com/HomeStartEdinburghWestSouthWest>

HomeLink Family Support is delivering a service to families with children under 5 years of age over the telephone, messaging platforms and social media. This is under constant review, we will be adapting our service offer to maintain social distancing. We can offer, emotional and practical support, sleep advice, toilet training advice, play and early learning support for families living in Muirhouse, Pilton, Drylaw, Granton, Wardieburn. We are accepting referrals, please contact us on 0131 661 0890 or via secure email Lothian.homelinkfamilysupport@nhs.net

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.

Juno Pre and Postnatal Parents Online Peer Support Sessions Zoom peer support sessions for mums who are suffering or have suffered post-natal depression. A relaxed time for people to chat and gain advice and support. Mondays 8-9pm. Fridays 1-2pm. Email juno.enquiries@gmail.com at least 24hours before the sessions for the zoom link. For more information visit www.facebook.com/junopmhseidinburgh/

Women Supporting Women Online Support Group Women who have previously accessed services at Pilton Community Health Project can join this group to connect, share and support each other at this time. Email rosagarman@pchp.org.uk or text 07706612090

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

Dads Rock run free monthly workshops via zoom including Antenatal, First Aid, Feeding, Hairstyle, Sleeping and Raising Children with Confidence workshops for both dads and mums. Dads whatsapp group also available. Email: hello@dadsrock.org.uk Tel: 07807 498709 www.dadsrock.org.uk

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

Becoming a dad during the coronavirus pandemic

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

Circle – The Harbour Project Offers support to children and families affected by parental substance use (alcohol and/or drugs) including parenting, family relationships and practical support. Children can be referred for individual support through a partnership with the Sunflower Garden Project. There is also a dedicated Fathers' Worker. In North West contact Amie Tait. Tel: 07903 248740
Email: amie.tait@circle.scot

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

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

People Know How Wellbeing Calls- phone befriending service for adults across Edinburgh who may be feeling isolated. From chatting about interests to sharing advice on accessing resources, the befrienders are there to offer a friendly ear.

Learn Digital Project Support for adults with support to use computers and digital devices, helping to stay connected, find a job online, navigate the web and save money online. Visit www.peopleknowhow.org/reconnect/coronavirus

Employability and Digital Skills Webinars- One Parent Families Scotland Online support for single parents in Edinburgh. Ongoing, next course starts 15th September. To book or for more information email stacey.powchscott@opfs.org.uk Tel 07570106789 or visit the Facebook page.

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.

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

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>

NHS Mental Health Information Station Information on a range of adult mental health supports. Speak with an NHS Mental Health professional Thursdays 9.30am-4.30pm. Please call 0131 537 8650 and ask for the Mental Health Information Station. If staff are busy, you can arrange a call back. Or you can email: MentalHealthInformation@nhslothian.scot.nhs.uk at any time with specific queries and request a call back.

The Spark Relationship Helpline Free helpline for anyone experiencing family or couple relationship issues. Tel 0808 802 2088 Mon-Thu 9am-9pm, Fri 9am-4pm. www.thespark.org.uk

Sleep Scotland Parent Support Line Guidance and support for parents and carers on their child or teenagers sleep problems or young people themselves. Mon-Thu 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/>

Parentline Scotland Free helpline, email and web-chat service offering advice and support for parents and carers. Mon-Fri 9am- 9pm Sat and Sun 9am-12 pm. Tel: 08000 28 22 33 <https://www.children1st.org.uk/help-for-families/parentline-scotland/>

NSPCC For parenting advice and support, contact trained online helpline counsellors Tel: 0808 800 5000, weekdays 10am to 6pm and weekends 12am to 4pm, 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 or email helpline@opfs.org.uk www.opfs.org.uk

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

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

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

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

www.parentingacrossscotland.org Information for you and your family- Coronavirus

www.parentingacrossscotland.org/info-for-families/coronavirus/

EVOC Covid-19 Directory of Services For a list of other support services where you live visit

www.evocredbook.org.uk

Additional Support Needs

Lothian Centre for Inclusive Living (LCiL) Peer Support Groups for parents of children with additional support needs are meeting online by Zoom. The next sessions will run on Thu 24th September 11am. Email sds@lothiancil.org.uk

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

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

Occupational Therapy Helpline for parents of children with additional support needs. Offers support and advice around your child's everyday life skills and difficulties experienced during COVID -19 pandemic. Tel: 07866848453 9am-12pm Tue-Fri. No appointment system, may need to wait until phone line becomes free.

Speech and Language Therapy Helpline for parents of children looking for advice or support around their child's talking and communication. Contact Pennywell All Care Tel: 0131 286 5036 www.lets-talk.scot.nhs.uk

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

Yoga for the Autistic Community Free online evening yoga sessions for Autistic teens and adults. To register visit www.oss-aberdeen.co.uk

Scottish Autism Advice Plus Advice Line- Information, advice and support for individuals and families about Autism. Mon, Wed, Thu and Fri 10am-4pm, Tue 10am-7pm. Tel 01259 222 022 call or email advice@scottishautism.org Also offering live Question and Answer sessions on Facebook visit www.facebook.com/scottishautism/

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](https://www.facebook.com/WhizzKidzScotland) for more information or to book.

Salvesen Mindroom Support for parents, carers, professionals and children and young people affected by learning difficulties. Contact available via telephone, emails and video calls. Tel: 0131 370 6730 Email: directhelp@mindroom.org Facebook <https://www.facebook.com/nomindleftbehind/> Twitter <https://twitter.com/MindroomInform> For transition support back to school visit: www.mindroom.org/index.php/help_and_support/resources_for_parents/back_to_school_toolkit

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 www.carerstraining.co.uk/events/

Support for Black, Asian and Minority Ethnic Families

Multi-Cultural Family Base (MCFB) Online and telephone support is still being offered to Black and minority ethnic children and families, with some of the groups running remotely. New referrals accepted. **Bright Choices Project** for women, men, children and families who are experiencing difficult relationships. New referrals accepted. Tel 0131 467 7052 Visit www.mcfb.org.uk or Facebook <https://m.facebook.com/mcultural1>

Equal Access- Health in Mind Online support sessions for people from ethnic minority backgrounds who may face additional cultural and language barriers to accessing mental health support. Weekly Mondays from 12 to 1pm (women support group). Fortnightly Wednesday 12-1.30pm (Asian men), Fortnightly Thursdays 12-1.30pm (men and women), Weekly Fridays 2-3pm- (Stress management and coping skills for women). One to one support may also be available. To register or for further information, please email rahila.khalid@health-in-mind.org.uk or call 07730220109.

Open Arms Services offering support for women from black and minority ethnic communities in Edinburgh, including refugees, asylum seekers and those who have mental health challenges or difficult home situations.

-Sikh Sanjog. One to one support to women and their families through phone, video calls and online groups, including help with accessing benefits, foodbank support etc. Contact 07837 701263 or email info@sikhsanjog.com Visit www.sikhsanjog.com or Facebook www.facebook.com/sikhsanjogedinburgh

-LINKNet Mentoring one to one weekly remote support for women looking to build their confidence and look for opportunities for education, employment and personal development. Contact linknet3@linknetmentoring.com or phone 07957989804. www.linknetmentoring.com

-ELREC Free online courses and activities for women such as exercise sessions, Yoga class, crafts, skin care and keeping well. Women support group on WhatsApp. In partnership with Health in Mind a Stress and Anxiety management group for women from black and minority ethnic communities runs weekly. For more information email Mitra at mroostami@elrec.org.uk Visit Facebook [Elrec Openarms Mitra](https://www.facebook.com/ElrecOpenarmsMitra)

-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

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. Closed 18th May www.shaktiedinburgh.co.uk

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

Support for Young People

Impact Arts- Cashback Nights Starting 7th September. Free weekly 1:1 and group creative workshops for 14-19year olds, including Visual Art, Music, Creative Writing, Digital Arts and more.

Participants will be supported by a fully trained artists, as well as a youth worker and will focus on well-being as well as creative fun. For more information visit www.impactarts.co.uk/content/join-a-project-cashback/ Sign up at www.impactarts.co.uk/content/count-me-in/ For other virtual creative project visit <https://www.impactarts.co.uk/content/get-involved-young-people-2020/> For more information Email: hello@impactarts.co.uk Call: 0141 575 3001

Academy of Music and Sound Free online music short courses. Sound Production, Synthesis, Rap & hip hop, Working in Live Music and Women's Employability in Music. For more information or to apply visit <https://www.academyofmusic.ac.uk/course/short-courses/>

Screen Education Edinburgh Free Moving Arts programme for 16-25year olds. Looks at film technique and history with each learner then applying this to produce their own short film. 14th Sept- May 2021. No previous experience necessary. Support with travel costs may be available. For more information visit <https://www.screen-ed.org/news/moving-image-arts-2020-21-open-for-applications>

Screen Education Edinburgh Film Academy Course for 16-19year olds. Builds knowledge and skills for young people passionate about film and shows pathways into the industry for talented and committed young people. Saturdays starting late Sept- Jan 2021 Support with travel costs may be available. For more information visit <https://www.screen-ed.org/news/bfi-film-academy-2020-21-open-for-applications>

Stills School Contact Free Introductory Photography Course For 16-19years olds who face barriers to accessing the arts. A small group will run from Monday 19th - Friday 13rd October, 11am - 2pm. Travel costs and all materials and resources provided. Apply online <https://docs.google.com/forms/d/e/1FAIpQLSdZs-GPBOjUClvMjCElhAHL2tbYdpBge6TQTGZ2jE60KgGSfQ/viewform> For more information on Stills School visit <https://stills.org/learning/stills-school/>

Granton Youth during lockdown Youth worker available Mon – Fr 12pm- 4pm on our Facebook page. Individual chats via Zoom , text or phone – PM us on www.facebook.com/grantonyouthcentre or contact paul@grantonyouth.com Virtual Youth Club Fridays 3pm- 4pm on Zoom PM us on Facebook. Individual counselling support via video call, phone or text Email mary@grantonyouth.com

Circle - Harbour Young Persons Service Support for young people in NW Edinburgh, aged 12-18 who are using/at risk of using substances. Contact Coral Donaldson to refer. Tel: 07703 321425 Email coral.donaldson@circle.scot

HOT (Health Opportunities Team) Nae Worries Group For more information on anxiety support groups for young people, contact Jude Sevestre. Tel 07494850461 Email: jude@health-opportunities.org.uk

The Junction Digital Drop In Phone, text or email support for young people aged 12-21years in Edinburgh. A free 1-1 confidential 30minute chat about anything on your mind. Email support@the-junction.org or text 077583488 to arrange a suitable time. www.the-junction.org

People Know How are offering **Online Befriending** and **Group Support** for young people in P7 across Edinburgh who would benefit from support through this uncertain time. Young people can talk, play games, learn, and share with a befriender or participate in group activities. See www.peopleknowhow.org/positive-transitions-service/coronavirus

6VT staff are supporting young people via messenger, email contact@6vt.info, facebook, twitter, instagram or contact through the website www.6vt.info. Online drop ins for 13-21years olds every Mon, Wed, Fri 7pm.

Time to Live Grants for Young Carers Grants which can be used to help young carers get a break at home, can be used for variety of things such as exercise equipment, musical instrument, online subscription, art supplies. Email ycesupportworker@spacescot.org for more information.

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
Telephone, online chat, email or forum support. FREE Helpline Tel: 0800 1111

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

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

Family Activities

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>

Online Glasgow Science Festival 9th September – 9th November. Free, digital programme full of hands-on activities, talks, shows, workshops, exhibitions and more. Designed to entertain and inspire. All from the comfort of your own sofa! Visit www.glasgowsciencefestival.org.uk for more information.

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 posts on Peep Tips, Things to do at home, simple ideas and videos. www.facebook.com/peepcentre/ www.instagram.com/peepcentre/

Children & Young People at Edinburgh Libraries Facebook Page with lots of fun family activities. Mon 2pm, Hannah's Living Room Library, Tue 2pm, Ellen's Creative Writing for Kid's, Tue 4pm, Live Storytime with Ian and Orville the dog, Wed 11am, Live Rhymetime, Fri 2pm, Craft activity, Fri 2pm, Anowar's Lego Challenge. www.facebook.com/CYPatEdinburghLibraries/ Also shared on your local library Facebook page <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

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

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/

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

Children's Art Activities from National Galleries Scotland New activity ideas every Monday, all ages. www.nationalgalleries.org/art-and-artists/features/home-where-art-creative-curriculum-kids

Active Schools Active at Home ideas for children and young people
<https://www.joininedinburgh.org/sports/active-schools/activeathome/>

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

Financial Support and Advice

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>

Warm Homes Discount Scottish Power, EON and Npower are accepting applications for the warm home discount, providing support towards your winter electricity bill. If your annual income is less than £16,190 per year, contact your supplier to check if they are part of the scheme and ask to make an application.

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: northwest.familyandhouseholdsupport@edinburgh.gov.uk Tel: 0131 529 5014.

Maximise Families who have a child who attends school at Craigmoynton CHS, Craigmoynton, Pirniehall and Forthview Primaries can receive free welfare and benefit advice or family support. Tel: 0131 442 2100 or 0131 446 2300. You can also receive this support if you are a parent/carer with care experience by calling 0131 442 2100/ 0131 446 2300.

Granton Parish Church, Swap Shop 55 Boswall Parkway. Referrals accepted for anyone struggling with clothes. Can arrange a day/ time when an individual would be allowed to come and pick what they need. A selection of baby, children and adult clothes available. Being able to swap items is not necessary and everything is free. For more information email anna@grantongoesgreener.org.uk

The Hope Centre Practical support available for families offering a range of clothing, toiletries, milk, baby food, cribs, cots and buggies. Also provides a safe space to talk for those who have gone through miscarriage, stillbirth or child loss or who finds themselves unintentionally pregnant, considering or needs support following an abortion. Please contact hopecentre@destinyedinburgh.com

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

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

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

People Know How- Computer Delivery project to provide refurbished computers and devices to those who need help staying connected in Edinburgh. Those who are self-isolating, home-schooling, on low income or would benefit for any other reason are eligible to apply. For more information please email computer.delivery@peopleknowhow.org

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 should be made 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

Energy Saving Trust If you're worried about your energy bills or struggling 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:
www.energysavingtrust.org.uk/scotland/home-energy-scotland/lets-talk

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

Community Food

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.

Foodbanks

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.edinburghfoodbank.org.uk/locations

South Queensferry Foodbank has re-opened.
Thursday 11am – 1pm. The Priory Church, Hopetoun Road, South Queensferry.

Anyone struggling to access a Foodbank referral can contact The Scottish Welfare Fund, who will check if you are eligible for a crisis grants within 24hours or issue a foodbank voucher. Tel: 0131 529 5299 Email: welfarefundteam@edinburgh.gov.uk Applicants should highlight if they are in social isolation or shielding.

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

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

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

