

# Support for Families in South West Edinburgh

Spring 2021

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



## Family Activities

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

**Bridge 8 & Paddle Café** with support from Edinburgh Tool Library, Cycling UK and Spokes Lothian Campaign are supporting local residents with a maintenance check and repair service. Visit Bridge 8 on Facebook or call 07808534028. Bikes are also available for hire at low costs.

**B Healthy Together** offer online exercise and support sessions – most of the session take place via their Facebook page [www.facebook.com/behealthytogether/](http://www.facebook.com/behealthytogether/) : activities include: Low Impact Exercise, Mobility & Strength, Chair Exercise, Seated Yoga, HIIT class, Contact: [info@bhealthytogether.org.uk](mailto:info@bhealthytogether.org.uk)

**Calders Residents Association - Open Community Meeting** Thursday 8th April 6pm - 7pm, Register for the event using this link - <https://bit.ly/3lnrZZT> and you'll be sent an email invite to the zoom event. We've been supporting the CRA with progressing work on a community asset transfer of the old Janitor's house in Sighthill Primary School. We are now at a key stage in the engagement process and are holding an 'Open Community Meeting' online to go through things in more detail.

**Family Learning Games** for Parents/Carers with children in Nursery, Primary One and Two, Wednesdays 1-2pm on Teams. 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)

**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.

**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)

**WHALE** Arts Centre are offering friendship calls, weekly food take-away, free online art classes and a well-being programme. Visit <http://www.whalearts.co.uk/online-classes/>. Or for their well-being programme contact [programming@whalearts.co.uk](mailto:programming@whalearts.co.uk)

**WHALE Arts Boat Project for Families** Saturday's in April (via Zoom) starting 3rd April & hopefully a day (in-person) in May. WHALE have an exciting new project to make model boats. Join us in our Scotland wide project to build a 100-strong fleet of colourful mini sailing boats! The boats are an accurate 1/8th scale model of Archipelago Folkschools signature rowing boat - the Echo Bay Dory Skiff. We will provide each family with a complete 'build kit', to safely build your model boat at home. For more information go to <https://www.facebook.com/121896077852575/posts/5252479891460809/?d=n>

**Zoodle! Edinburgh Zoo** “Digital Learning Environment” packed full, with a wide range of online materials including games and free courses. <https://learning.rzss.org.uk/>

## Under 5's

**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

**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.

**Wee Inspirations** Starcatchers have launched a new series of 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. <https://www.starcatchers.org.uk/wee-inspirations/>

**Bookbug sessions** online sessions now being hosted on library Facebook pages Balerno, Currie, Colinton, Fountainbridge, Ratho, Sighthill (Gate 55), Westerhailes or download the Bookbug Songs and Rhymes app. Check out the Edinburgh libraries city wide page for more book bug sessions and other library initiatives, <https://www.facebook.com/CYPatEdinburghLibraries/>

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

**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 22<sup>nd</sup> 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)

**BuggyGym.** Twice a week – outdoors and Facebook live. Tuesday 9.30-10:30am- outdoors in Sighthill, commencing March 16<sup>th</sup> 2021. Gentle post-natal exercise focusing on retraining the core, pelvic floor and regaining strength. Thursday's 9.30-10:30 via Facebook live. Boosting energy class working on deep tissue muscles, low impact class using resistance bands provided for each participant. Contact Alicia for more info: [alicja@bhealthytogether.org.uk](mailto:alicja@bhealthytogether.org.uk)

**Bumps to Babies Young Parents Group - Slateford Green**, Slateford Road. For parents aged 16-25 or if you are expecting. Parents can apply for courses, learn to cook healthy meals on a budget and gain new skills. Activities for the children, lunch & bus travel is included, call Michelle on 07786 390035 for more info.

**Starcatchers** - Expecting Something is a weekly group for young parents/carers 25 and under with babies aged 0-2 on Thursdays at WHALE Arts Community Garden and other green spaces in the area. Professional artists create a different weekly theme for parents and babies to explore, play together and connect with others in the community. An online group is run every Monday for all new parents as a space to chat, create and play. For information email: [Expectingsomething@starcatchers.org.uk](mailto:Expectingsomething@starcatchers.org.uk) or call/text Kerry on 07723541628

## Support and information for parents & 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.

## Parent Courses & Groups

### 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 old's. 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** - Scottish Government are funding access to online courses for parents and carers. The following 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*. 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/>

**Home-Start Edinburgh West and South West (HSEW) Home Visiting Support** - Tailored family support delivered by trained volunteers/staff to build parent/carer capacity. **Parenting at Home** - Provide 1:1 home based parenting sessions to include peep learning together sessions (LTP), peep progression pathway (PPP) and Baby Massage (BM) opportunities **Parenting Groups** - Holistic support focused on improving parents' knowledge, skills and confidence in child development, attachment, relationships, early play and language acquisition using Baby Massage and the Peep programme. contact 0131 564 1540 for further information or <https://www.facebook.com/HomeStartEdinburghWestSouthWest> email [help@hsew.org.uk](mailto:help@hsew.org.uk)

**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.

**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 [TransparentTsees@gmail.com](mailto:TransparentTsees@gmail.com)

## Mental Health Support

**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.

**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)

**Crossreach Counselling - Perinatal counselling** can help parents cope with the emotional turmoil of having a baby. Check out <https://www.crossreach.org.uk/find-service/adults/counselling-for-adults/perinatal-counselling-and-therapy> or contact by Email on [info@crossreach.org.uk](mailto:info@crossreach.org.uk) or Telephone 01316572000

**Crossreach counselling service** – supporting adults, check out <https://www.crossreach.org.uk/find-service/adults/counselling-for-adults> for more information or contact by Email on [info@crossreach.org.uk](mailto:info@crossreach.org.uk) or Telephone 01316572000

**Cruse Scotland**– Supporting those who have experienced grief and loss through 1-1 counselling, help line support. Please check <http://www.crusescotland.org.uk/support/leaflets.html> for useful resources. Call the Helpline on Freephone 0808 802 6161.

**Healthy Agency** offers 1-1 counselling (12 weeks) and CBT sessions (16 weeks) which can be accessed over the phone or online. We are running online group sessions, where people can learn relaxation, meditation and help with reducing anxiety. Anxiety management courses, carers groups, women's groups, Wester Haven cancer project, physical activity and health support. Please email [frontdesk@thehealthagency.org.uk](mailto:frontdesk@thehealthagency.org.uk) or call 0131 453 9400 for further information.

**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)

**Health in Mind – An Online Depression and Anxiety Support Group** - 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/)

**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)

**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/junopmhseidinburgh/](http://www.facebook.com/junopmhseidinburgh/)

**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)

**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)

**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)

## Dads Support

**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 & emotional support. Email: [hello@dadsrock.org.uk](mailto:hello@dadsrock.org.uk) Tel: 07807 498709 [www.dadsrock.org.uk](http://www.dadsrock.org.uk)

**Fathers' Support** – 1:1 help for single fathers of children under 4 yrs, 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)

**Father Network Scotland** has produced a [leaflet](#) for new dads and dads to be during COVID-19. Other initiatives include: Understanding Dad; Being Me, Being Dad; Understanding Paternal Mental Health. [www.fathersnetwork.org.uk/](http://www.fathersnetwork.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

## Learning

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

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

**Free REHIS Food Hygiene Course** For more information and to register please visit <https://www.edinburghcommunityfood.org.uk/rehis-food-hygiene-information> or contact Chris at Edinburgh Community Food on 0131 457 7326.

### **Literacy & Numeracy Support for Adults in South West Edinburgh**

Reading, Writing, Numbers, Guidance & Advice. An online group with support by phone or email

**Contact:** Lydia Markham on [Lydia.Markham@ea.edin.sch.uk](mailto:Lydia.Markham@ea.edin.sch.uk) Or 07719 420 424

### **Scots Literacy 'Guid Fer a Laugh'**

Reading, Writing, Speakin Scots - Introduction to Scots Literacy - Learning Scots language and auld words, taking a look at Scots comedy and writing. We'll be using poems, songs, comedy, jokes, informal fun activities. Packs are free and emailed or posted. **Contact:** [Lydia.Markham@ea.edin.sch.uk](mailto:Lydia.Markham@ea.edin.sch.uk)

**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)

**Wester Hailes Connects** Would you like to improve your digital inclusion skills? Would you like to feel more confident emailing, surfing the net or accessing online information? If so, please contact: [joanne@scorescotland.org.uk](mailto:joanne@scorescotland.org.uk)

## Support

**Breast Feeding Support - La Leche League Edinburgh Online.** 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)

**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

**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>

**Health All Round** supports people living in Gorgie Dalry, Saughton, Stenhouse and surrounding areas using a community development approach to provide services focusing on physical, social and emotional wellbeing. Please see <http://www.healthallround.org.uk/WhatsOnHealthAllRound.pdf> for the Spring programme or contact [healthallround.org.uk](http://healthallround.org.uk) for further information.

**WithKids Project** - supporting families, children, young people and kinship carers. Offering group work, family support and 1-1 therapy. For further information see their website on <http://www.withkids.org.uk/what-we-do/parents-carers-family-support>

**Speech and Language Therapy in South West Edinburgh** - Do you have concerns about your child or young person's speech, language or communication? Call our Helpline for advice or support around talking and communication. Contact 07811316913 on Tuesdays 1-2pm or Thursdays 9am-10am or 07774622520 Tuesdays 9-10am or Thursdays 1-2pm to talk to a therapist or visit [www.lets-talk.scot.nhs.uk](http://www.lets-talk.scot.nhs.uk)

**Check out 6 short videos** for parents and carers on the Speech Language Communication Company's page at [www.s-l-co.uk/video-coaching](http://www.s-l-co.uk/video-coaching)

**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)

**Volunteering Matters Support Service** - practical and emotional support to families across the South East and South West localities of Edinburgh, empowering them to face a range of life challenges. We recruit, train and match dedicated, local volunteers to help families every step of the way, spending 1-1 time together on a personalised set of goals chosen by the family. For information contact [james.donnelly@volunteeringmatters.org.uk](mailto:james.donnelly@volunteeringmatters.org.uk) or [kyle.mcfaddenyoung@volunteeringmatters.org.uk](mailto:kyle.mcfaddenyoung@volunteeringmatters.org.uk)

**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. 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)

**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)

**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.

**Free support to Kinship Care Families** from Big Hearts Community Trust. Our Family Support Officer can provide free advice on parenting strategies & financial and practical support available in the community. Contact the Kinship Care Helpline 0131 603 4927 (Monday-Thursday, 10am-4pm) or email [kinship@bighearts.org.uk](mailto:kinship@bighearts.org.uk). We also run various peer support groups for children, teenagers and male carers.

**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. An additional project supporting fathers is also available. Contact Sylvia Sword Mob: 07903 822059

**Adult Carers support service** – Supporting adults who are in a caring role and who would benefit from additional support and advice – Please contact SPACE Broomhouse Hub on [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/>

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

## Phone lines and websites

**An online resource site through CAMHS NHS Lothian**, providing information on support services for children and families, <https://services.nhsllothian.scot/camhs/Resources/Online/Pages/default.aspx>

**EVOC (Edinburgh Voluntary Organisations Council)** Directory of Services of other support services where you live visit [www.directory.evoc.org.uk](http://www.directory.evoc.org.uk)

**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)

**NSPCC** for free parenting advice and support, call trained online helpline counsellors. Tel: 0808 800 5000, weekdays 8am to 10pm and weekends 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/)

**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/>

**Parent Club -The Scottish Government** - has put together lots of information to help you and your family cope with this huge change to our daily lives. Loads of short video clips and practical suggestions [www.parentclub.scot/](http://www.parentclub.scot/)

**Parenting Across Scotland** useful information on many 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)

**Parentline Scotland** – Children 1<sup>st</sup> Edinburgh Together free parent helpline, email and webchat <https://www.children1st.org.uk/help-for-families/parentline-scotland/>  
Mon-Fri 9.00am-9.00pm Sat-Sun 9.00am-12.00pm Tel: 08000 28 22 33

**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: 0808 802 3333 or email [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk) online chat at [www.sdafmh.org.uk](http://www.sdafmh.org.uk)

**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](http://www.sharedparenting.scot)

**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 [www.sleepscotland.org](http://www.sleepscotland.org)  
Tel: 0800 138 6565

**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

**The Digital Sentinel** – An online newspaper with lots of information on support and services in the area, including courses, as well as local up to date news. Check it out on <http://www.digitalsentinel.net/>

## Support for Black, Asian and Minority Ethnic Families

**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/>

**ELREC** Online course and activities for women such as sessions exercise sessions, crafts, skin care and keeping well. 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 [mrostami@elrec.org.uk](mailto:mrostami@elrec.org.uk) Visit Facebook [Mitra Rostami-ELREC](#)

**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

**Zoom Coffee Morning for Non-English Speaking Families** with a child under 5years - run by Homelink. Every 2<sup>nd</sup> Thursday. 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)

**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)

**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 [mrostami@elrec.org.uk](mailto:mrostami@elrec.org.uk) Visit Facebook [ELREC OpenArms](#)

**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

## **SCORE Scotland (Strengthening Communities for Race Equality Scotland)**

Children and Youth Clubs as well as Family Support service, primarily for BME communities in South West Edinburgh (although welcoming to all). We run weekly children's and youth clubs, based in Wester Hailes or online. We liaise with schools, social work departments and GP services to support children, young people and their parents/carers during the COVID 19 pandemic, supporting families with mental health support, digital inclusion, racist hate crime reporting. Please refer families by emailing [Jennifer@scorescotland.org.uk](mailto:Jennifer@scorescotland.org.uk) or text 07504 826 683

**The Welcoming Association** continues to provide online support to newcomer families across Edinburgh, to feel less isolated and find friendship and support. Support includes free online English learning classes; online employment guidance; online friendship groups, 1x1 Befriending; home energy, recycling and food growing advice. Explore activities: [www.thewelcoming.org/timetable](http://www.thewelcoming.org/timetable) phone 0131 346 8577 or email [info@thewelcoming.org](mailto:info@thewelcoming.org)

## **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>

**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-findhelp/salaam-refugees-and-asylum-seekers/>

**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](http://www.facebook.com/sikhсанjogedinburgh)

**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 BAME 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.ork.uk](mailto:aditi@sacro.ork.uk) [www.sacro.org.uk/aditi](http://www.sacro.org.uk/aditi)

## **Additional Support Needs**

**City of Edinburgh Council Psychological Services** Support and advice for parents, carers, professionals and young people about supporting children and young people's learning and wellbeing. Leave a message Mon to Fri 9am-5pm on 0131 469 2800 or email [psychologicalservices@ea.edin.sch.uk](mailto:psychologicalservices@ea.edin.sch.uk) and an Educational Psychologists will get back in touch. Helpful information on supporting children at home during COVID-19 and a Guide for Young People can be found on the council website.

**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. 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 make an application visit [www.firsthand-lothian.org.uk](http://www.firsthand-lothian.org.uk)

**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)

**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

**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)

**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>

**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 9.30am-4pm, Fri 9.30am 12.30pm 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/>

**Sleep Advice Sessions for families with children under 5 from Home Link Family Support** Parents and carers are invited to book a time to speak to a trained sleep advisor and counsellor over Zoom. For more information and to book a slot please contact Cat at [Cat.p@homelinkfamilysupport.org](mailto:Cat.p@homelinkfamilysupport.org) or 07594 327484

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

**VOCAL Support for Carers** Telephone support available for carers, including parents where the caring role of their child requires additional time. Email: [centre@vocal.org.uk](mailto:centre@vocal.org.uk) Tel: 0131 622 6666. For free course around the challenges carers may be facing during COVID-19 visit [www.carerstraining.co.uk/events/](http://www.carerstraining.co.uk/events/)

**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/>

**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. Families can

phone 0131-312-2157 Mon- Fri, 8.30am -4.30pm. No appointment system, so may need to wait until phone line becomes free. Please leave a message if no answer.

**Useful resources to support your child's development** can be found here

<https://www.nhslanarkshire.scot.nhs.uk/services/occupational-therapy/children-and-young-people/early-years/>

**Boardmaker** is offering a free 90day trial to support accessible online learning for every child.

<https://goboardmaker.com/blogs/news/boardmaker-online-working-from-home#PCS#SLPeeps>

**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

**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

**The Yard** is offering online activities and songs for children with additional support needs on Facebook at [www.facebook.com/TheYardScotland](https://www.facebook.com/TheYardScotland) <https://www.theyardscotland.org.uk/our-response-to-covid-19>

**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. [www.lets-talk.scot.nhs.uk](http://www.lets-talk.scot.nhs.uk)

## Young People's Support

### Youth Projects & Services

**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)

**About Youth** – youth project working with children and young people in South West Edinburgh, providing group work and 1-1 support visit; <https://aboutyouth.uk/> for more information.

**The BIG project** supports children and young people in the South West area, aged 5-18 to learn, achieve, have fun and feel good about themselves. Visit <https://thebigproject.org.uk/> for more programme details.

**Detached Youth Work** – across South West Edinburgh – connecting youth workers and young people on the streets. Gorgie Dalry Saughton area contact [marie.atkinson@ea.edin.sch.uk](mailto:marie.atkinson@ea.edin.sch.uk) Wester Hailes & Sighthill areas contact [sas.martinez@ea.edin.sch.uk](mailto:sas.martinez@ea.edin.sch.uk), Oxfords area contact [michelle.johnston@ea.edin.sch.uk](mailto:michelle.johnston@ea.edin.sch.uk)

**The Green Team** - <https://www.greenteam.org.uk> 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. Some of our programmes support involvement in DofE, John Muir Award and JASS award.

**Green Volunteers:** Environmental conservation volunteering for young people aged 12-18.

<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/>

Contact [penny.radway@greenteam.org.uk](mailto:penny.radway@greenteam.org.uk) for more information

**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)

**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>

**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 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)

**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 artist, 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

**LGBT Youth** support young LGBT people and their families. Online youth groups and chat facilities are available. Check out <https://www.lgbtyouth.org.uk/groups-and-support/> for more information or email [info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk) or text 07984356512

**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.

**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)

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

**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)

**The Junction's Digital Drop-In** offers flexible support by phone, text, Zoom or email for young people aged 12-21 years 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.

**The Wee Haven Youth Project (The WHY Project)** runs youth groups for high school aged young people in the South West, we have groups in Saughton, Clovenstone and Wester Hailes. It is free to attend and activities include arts and crafts, sports, cooking etc. We are based outdoors due to Covid-19 but hope to return soon. Please email [info@thewhyproject.org.uk](mailto:info@thewhyproject.org.uk) for further information.

**The Youth Agency** working across South West Edinburgh - Weekly Digital Drop-ins via Zoom a mixture of easy fun activities, general chat and chance to share experiences, checking in to see how individuals are and the opportunity to access further support if required. One to One support, Issue-based group work, Nurture groups, street work sessions. Contact [info@youthagency.co.uk](mailto:info@youthagency.co.uk) [facebook.com/westerhaileseyouthagency](https://www.facebook.com/westerhaileseyouthagency) Twitter@WHYouthAgency <https://youthagency.co.uk/>

### **Youth club – Fridays with the SPACE project**

8-14 years. Open access youth club. Contact [kim@spacescot.org](mailto:kim@spacescot.org) or [jamieb@spacescot.org](mailto:jamieb@spacescot.org)

## **Befriending, Mental Health & Counselling Services**

**Broomhouse Centre SPACE project** – providing community activities and befriending service for children and young people,, please contact for support at <http://www.spacescot.org/>

**Broomhouse Young Carers Project** – a project supporting children and young people/ young adults who are in caring role and would who would benefit from support, email [youngcarers@spacescot.org](mailto:youngcarers@spacescot.org)

**Youth Befriending with Space** - For age 5-16 years. Supporting children and young people 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 Service** for ages 7-14 years. Supporting children and young people living in kinship care and/or experiencing a high level of social isolation. Contact Jane Harkin [jane@spacescot.org](mailto:jane@spacescot.org)

**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) **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)

**Breathing Space** - A confidential out of office hours telephone line for people experiencing low mood, anxiety or depression. Phone: 0800 83 85 87 Visit: <https://breathingspace.scot/>

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

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

**Conflict Resolution Sessions** Free online sessions giving young people 16-25 years 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)

**CREW 2000** supports Young people to reduce harm and to help people make positive choices about their use of cannabis, stimulant and other social drugs and sexual health. Currently operating a self-service kiosk for no-contact pick up of safer sex items like condoms and lube every Monday and Friday from 1-5pm

and Thursdays from 3-7pm. A Digital Drop-in is operating 1-5pm Monday, Tuesday, Wednesday, Friday and Saturday, 3-7pm on Thursdays and is closed on Sundays.

If you would like to chat to a member of our Drop-in team you can: Email [Dropin@crew2000.org.uk](mailto:Dropin@crew2000.org.uk), Text **07860047501** during the times above or direct message us via Instagram [@Crew\\_2000](https://www.instagram.com/Crew_2000)

**Crew 2000 - Counselling service** Individual person-centred Counselling for people concerned about their stimulant and other drug use, up to 30 sessions. **Counselling for people affected by someone else's drug use** - Offer short-term counselling of six weekly sessions for people affected by another's drug use, for example, a partner, a friend or a family member. We can also signpost people in this situation onto longer term support. Visit <https://www.crew.scot/> or email [admin@crew2000.org.uk](mailto:admin@crew2000.org.uk)

**Crossreach Counselling service for young people** – contact <https://www.crossreach.org.uk/find-service/children-families/counselling/one-one-counselling-children-and-young-people> for further information

**CRUSE SCOTLAND – Bereavement - Work with Children & Young People** – Our volunteers have been specially trained to work with children and young people. They understand the challenges that grieving youngsters face – for example, the impact that living with grieving adults can have on them and how siblings can need individual support. Our volunteers can also help when someone a child's own age dies. For Bereavement Support and Enquiries about our Bereavement Services please call our Helpline on Freephone 0808 802 6161 or look online at <http://www.crusescotland.org.uk/>

**Eating Disorders information and support available through Thrive Edinburgh** – check out <https://ithriveedinburgh.org.uk/self-help/self-help-guides-resources/eating-disorders/#> for information and resources.

**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)

**Mental Health Drop in for 16- 25 years-** P.H.E.W Mental health and wellbeing drop in service, weekly every Thursday evening contact Ashlynn Wardle [ashlynn@spacescot.org](mailto:ashlynn@spacescot.org)

**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.

### **SAMH Information Service**

Whether you're seeking support, are looking for more information for you or someone you love, or if you just want to have chat about mental health, we're here to help. Available: 9am to 6pm, Monday to Friday  
Phone: 03448000550 Email: [info@samh.org.uk](mailto:info@samh.org.uk) Visit: [samh.org.uk/infofurtherresourcesfromSAMH](http://samh.org.uk/infofurtherresourcesfromSAMH)  
<https://www.samh.org.uk/get-involved/going-to-be/information-help/children-andyoung-people>

**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.

**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.

**Young Minds** - Support for children and young people's mental health and emotional wellbeing. For information and advice for young people and parents and carers go to [www.youngminds.org.uk](http://www.youngminds.org.uk). Check-in calls, counselling, talking therapies and online group work on topics such as anxiety management. Call 0131 453 9400 to arrange a call or book an appointment [hello@thehealthagency.org.uk](mailto:hello@thehealthagency.org.uk)  
Free helpline for parents and carers: 0808 802 5544 or email [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)

## Training & Employment Support

**Canongate Youth provides employability and well-being support to young people aged 15-24.** Our focus is on helping young people remove their own barriers and supporting them in a holistic way to move onto further education, training and employment. The employability team work with young people to develop skills, build confidence and gain qualifications. To refer a young person for support please complete our [referral form](#) , send to [referrals@canongateyouth.org.uk](mailto:referrals@canongateyouth.org.uk) and someone will get back to you. Or check out <https://canongateyouth.org.uk/employability-wellbeing/> for further 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>

**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 12week 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

**Link Living - Employability Services for young people** aged 16-25, We run employability services, volunteer programmes, and SQA courses, all of which can help give you a kick start onto the career ladder. <https://www.linkliving.org.uk/what-we-do/find-a-service/employability-services-edinburgh/> telephone 0330 303 0302 or email [enquiries@linkliving.org.uk](mailto:enquiries@linkliving.org.uk)

**No One Left Behind Activity Agreements Hub - South West.** The No One Left Behind (NOLB) Activity Agreement Hub works with young people aged 15 ½ - 26yrs feeding in from High Schools across South West. Young people are offered 1-1 support and are encouraged to take part in a programme of learning and activity to help them move on to further education, training or employment. Young people can self-refer through the Hub by contacting Michelle Johnston on [07786 390035](tel:07786390035) / [michelle.johnston@ea.edin.sch.uk](mailto:michelle.johnston@ea.edin.sch.uk)

**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>

**Skills Development Scotland** - Support individuals to build their career management, work-based and employability skills, throughout their career journey, from school, into further learning opportunities and employment. Edinburgh (Centre) Careers Centre team is available to provide career advice, information and guidance by telephone, on 0131 718 2040 or – check out <https://www.skillsdevelopmentscotland.co.uk/what-we-do/> for further information.

## Financial Support, Advice & Employability

### Financial Advice & Support

**Changeworks – delivering positive low carbon living** - Fuel billing and debt support for households contact <https://www.changeworks.org.uk/what-we-do/energy-and-fuel-poverty/fuel-poverty-services/referclients-to-fuel-poverty-services>

Contact Aidan Tracey 0131 539 8640 [atracey@changeworks.org.uk](mailto:atracey@changeworks.org.uk), [www.changeworks.org.uk](http://www.changeworks.org.uk)

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

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

**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.

**Family and Household Support service - City of Edinburgh Council** are there to help if you have a problem and need some support. From health and wellbeing to parenting, neighbour disputes, welfare benefits and housing, working in your community to help anyone who may need support. Linking you with one person to access a whole range of services in the Council and across the community. For further information contact [Southwest.familyandhouseholdsupport@edinburgh.gov.uk](mailto:Southwest.familyandhouseholdsupport@edinburgh.gov.uk) or call Tel: 0131 469 5150

**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 at [www.float.scot/](http://www.float.scot/)

**Home Energy Scotland - Free and impartial advice for anyone worried about energy bills.** We recognise that home heating and energy use will be affected by people staying home to avoid picking up the Coronavirus. If you're worried about your energy bills or struggling to stay warm at home, call us. Our advice is free, impartial and funded by the Scottish Government. Phone 0808 808 2282 to chat to a friendly advisor – calls are free and we're available Mon to Fri 8am to 8pm and Sat from 9am to 5pm. Or request a call back on our website: [www.energysavingtrust.org.uk/scotland/home-energy-scotland/lets-talk](http://www.energysavingtrust.org.uk/scotland/home-energy-scotland/lets-talk)

**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](#)

**Mental health and money advice service** – Clear, practical advice and support for people experiencing issues with mental health and money. <https://www.mentalhealthandmoneyadvice.org/scot/>

**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.

**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)

**Turn2us Edinburgh Trust Response Fund Relating to COVID-19** People who have lost their income because 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>

### **Scottish Government payments;**

**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 3½ 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

**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 crisis or 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 on 0800 111 4000 Mon-Fri 9am-5pm.

## Employability Support

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

**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)

**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.

**Employability - LINKNet Mentoring** Free one-to-one mentoring for education, employment and personal development 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)

**Employability Support - AAI** Employability specialising in inclusive graduate-level talent recruitment, employability- focused social impact projects and diversity and inclusion training. AAI's support marginalised jobseekers from all socio-economic backgrounds to access quality paid opportunities. As well as advice for jobseekers on their website, the company also run online and in-person events focussed on employability skills. Learn more at <https://www.aai-employability.org.uk/>

**Employability support through Skills Development Scotland** Supporting individuals to build their career management, work-based and employability skills, throughout their career journey, from school, into further learning opportunities and employment. Offering support around job seeking, skills training as well access to apprenticeship opportunities. Contact us on <https://www.skillsdevelopmentscotland.co.uk/what-we-do/>

**Parents Employment Project – Workspace** Gain confidence, find work or get a better job? SPACE offers a free package of support and training that offers; Individual support sessions to identify your strengths, challenges and dreams. Employability training: help with job search, applications, CV's & interview prep. Knowledge & skills development: digital skills, sector-based skills, and self-employment & home-working advice. Benefits & welfare advice: maximising your income, accessing childcare and more. Contact [lyndsay@spacescot.org](mailto:lyndsay@spacescot.org) or call 07889984231

## Community Food

### Foodbanks and meal give away

Foodbanks provide emergency food for anyone in crisis or who can't afford food. Visit [www.edinburghne.foodbank.org.uk/locations](http://www.edinburghne.foodbank.org.uk/locations) for foodbanks across the city. Anyone struggling to access a Foodbank can contact The Scottish Welfare Fund, who will check if you are eligible for a crisis grant or a foodbank voucher (not all food banks require this). Tell: 0131 529 5299 or email [welfarefundteam@edinburgh.gov](mailto:welfarefundteam@edinburgh.gov). Check out South West Edinburgh map or contact local organisations below <https://www.scorescotland.org.uk/interactive-food-map-for-edinburgh-south-west/>

**Broomhouse Community One Stop Shop** - <https://www.coss-broomhouse.org.uk/foodbank/>

**Calder Residents Association** – weekly fare share distribution at Calder Community flat G1, Dunsyre House North, Calder Estate Fridays 10-12.

**Clovenstone Community Centre** – Check out <https://www.facebook.com/cloviecentre1975/> for days and times of fare share distribution.

**Destiny Angels (part of Destiny Church)** Run by volunteers-Befriending phone calls, emergency food parcels and home-made meal doorstep deliveries. Email [angels@destinyedinburgh.com](mailto:angels@destinyedinburgh.com) for more info.

**The Dove Centre** – Wester Hailes <http://www.dovecentre.org/dove-centre-lockdown-update/>

**The Health Agency** – check out on Facebook for dates of Wednesday weekly take away <https://www.facebook.com/WesterHailesHealthAgency/photos/pcb.3795801333799865/3795799203800078/> or contact [stacey@thehealthagency.org.uk](mailto:stacey@thehealthagency.org.uk)

**Holy Trinity Church** Food bank and meal take away <https://holytrinitywesterhailes.org.uk/wester-hailes-foodbank/>

**Oxgangs Community Church** <https://www.oxgangs.church/soulfood>

**Salvation Army Food Bank - Gorgie** <https://www.trusselltrust.org/get-help/find-a-foodbank/edinburgh-sw-foodbank/>

**SPACE and Broomhouse Hub** Please contact [admin@spacescot.org](mailto:admin@spacescot.org) for a referral and further information

**St Salvador's Church** Foodbank in Saughton Mains contact <https://www.trusselltrust.org/get-help/find-a-foodbank/edinburgh-sw-foodbank/>

**WHALE Arts** <http://www.whalearts.co.uk/whats-on/s> – a free weekly take away on Fridays.

Thank you to everyone who has contributed

For further information please contact [andrena.graham@ea.edin.sch.uk](mailto:andrena.graham@ea.edin.sch.uk) or [helen.purves@ea.edin.sch.uk](mailto:helen.purves@ea.edin.sch.uk) South West Lifelong Learning Team



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