

# SERVICE DIRECTORY CITY-WIDE

*Getting it right for children and families*

September 2015

getting  
it right  
for every child

team around  
the cluster

## **Changes, corrections and additions**

As with all directories, information and services may change or develop in various ways. This Directory is in a format that allows each individual to re-arrange, delete, to add to, or high-light the information to suit their own use.

We can help each other to keep the Directory up-dated by informing of changes by email. These emailed up-dates can then be copied to the Directory.

If any information is incorrect or missing please contact Catherine Barnes (Area Coordinator) who will co-ordinate email up-dates.

Email: [Catherine.barnes@ea.edin.sch.uk](mailto:Catherine.barnes@ea.edin.sch.uk)

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# Edinburgh Service Directory (Introduction)

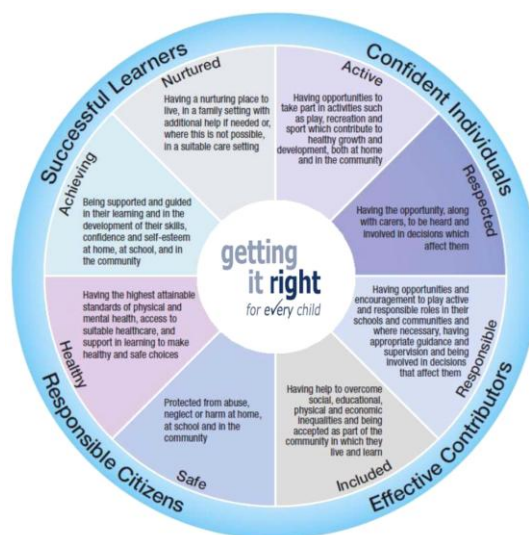
## Getting it right for children and families

This service directory supports practitioners to access services to support children and families in Edinburgh.

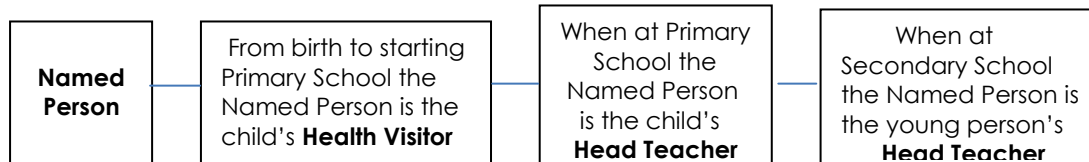
As we continue to embed the Getting it Right approach, we are encouraging all practitioners to be aware of the needs of children and young people and to respond as soon as possible.

Many concerns can be addressed within universal services, and at times additional support will be needed. This directory gives information regarding services that can provide this support.

The Wellbeing Wheel provides a common reference point to support us in our understanding of what children need to be able to thrive, and also those areas where we may have concerns.



Every child and young person in Edinburgh has a **Named Person** who provides a consistent point of contact for families and professionals. The Named Person changes as children grow up.



If you have concerns about a child you can contact the Named Person to share this information. The Named Person will have an overview of any other concerns as well as other services which may be involved with the child or family.

Some children and young people will have higher levels of need and will require regular Assessment and Child Planning reviews, a **Lead Professional** will take responsibility for co-ordinating and ensuring this process and being the consistent point of contact for families and professionals.

A range of Getting It Right for Every Child (GIRFEC) documents and tools are available to download at [www.edinburgh.gov.uk/GIRFEC](http://www.edinburgh.gov.uk/GIRFEC)

For training and development opportunities search the Children and Families Continuing Professional Development Directory at [www.edinburgh.gov.uk](http://www.edinburgh.gov.uk).

## Team around the Cluster

When children need extra support we do not always know who can help. This Directory aims to make it easier for professionals to connect with each other. The *Team around the Cluster* describes those practitioners from different services who

may come together to plan an integrated approach to *Getting it Right* for each child.

Cluster areas are defined by secondary school and associated primary school catchment areas.

Many local authority and health services including Psychological Services, Social Work, Community Learning and Development and Education Welfare are aligned to school clusters or locality areas. Information about local contacts can be found online at: **(please note that the information in the following link is due to be up-dated due to departmental re-organisation)**

[https://orb.edinburgh.gov.uk/downloads/200970/getting\\_it\\_right\\_for\\_every\\_child](https://orb.edinburgh.gov.uk/downloads/200970/getting_it_right_for_every_child)

## **1. NHS Lothian**

### **Maternity Services**

New mums-to-be can plan to give birth at home, at the Simpson Centre for Reproductive Health at the Royal Infirmary of Edinburgh at Little France, or at St John's Hospital in Livingston.

Contact Details:

- Simpson Centre for Reproductive Health: 0131 536 1000
- St John's Hospital, Livingston: 01506 523 000

### **Community Midwife Teams**

<http://www.nhslothian.scot.nhs.uk/Community/MidlothianCHP/Services/Pages/MaternityServices.aspx>

### **Health Visitor Teams**

The main point of contact with local Health Visiting staff is through your local primary care practice or GP surgery. [Click here](#) to find GP practices in your area.

Some local contact information:

#### **The role of the Health Visitor**

Health Visitors are qualified nurses with additional training in family and community health. They are different to other nurses because they specialise in improving health rather than focusing on illness and disease.

Health visitors can work with all age groups however the majority of clients are families with pre-school children. The main responsibilities are:

- Developmental checks of babies and toddlers
- Child health clinics
- Advice on immunisations
- Advice and support on pregnancy, parenting, feeding (including breastfeeding), sleeping, crying, speech
- Health promotion, including pre-school children and child accident prevention
- Identifying people suffering from postnatal depression and providing support
- Child protection
- Family nutrition
- Family planning and well women services

## Looked After Children (LAC) Nursing Support Team

Our aim is to offer all looked after children and young people a holistic health assessment. This includes children and young people who are looked after at home, with kinship carers, foster carers and in residential units. Health assessments are carried

out by the nursing team within four weeks of referrals being received. Health assessments aim to ensure you have good physical and emotional health to help you reach your full potential.

**Contact:** Fiona Stenhouse  
ANP LAC Nursing Team  
10 Chalmers Crescent  
Edinburgh  
EH9 1TS  
Tel. 0131 536 0855

## The School Nurse Team

Each school has a named nurse as its first point of contact. School Nurses can provide support and advice on a range of child health issues. They have close links with education staff, Community Paediatricians and Health Visitors.

### NHS Lothian

#### School Nursing Service

Karen Holmes Clinical Nurse Manager 0131 536 8852 Community Children's Services Royal Hospital for Sick Children 13 Millerfield Place Edinburgh EH9 1LW		Office: Evelyn Shields School Nursing Administrator Blackford Pavilion Office: 0131 537 9541 Astley Ainslie Hospital 133 Grange Loan Edinburgh EH9 2HL
ZONE	BASE NAME & ADDRESS	ANSWER PHONE & MOBILE
South East	Josie Booth School Nurse Team Leader Gracemount Medical Centre 24 Gracemount Drive Edinburgh EH16 6RN	Answer Phone 0131 672 9526
South West	Fiona Christie School Nurse Team Leader Slateford Medical Centre 27 Gorgie Park Close Edinburgh EH14 INQ	Answer Phone 0131 455 9857
North East	Gillian Elliot School Nurse Team Leader Leith Community Treatment Centre 12 Junction Place Edinburgh EH6 5JA	Answer Phone 0131 536 6252
North West	Shirley McShane School Nurse Team Leader Pennywell Resource Centre 31-33 Pennywell Road Edinburgh	Answer Phone 0131 537 4281
Additional Support For Learning Nurse	Sonya Crawford	Mobile: 07920 534 487

## **Child and Adolescent Mental Health Service (CAMHS)**

Royal Edinburgh Hospital, Tipperlinn Road, Edinburgh EH10 5HF

Tel: 0131 537 6364

[CAMHS Tipperlinn \(Royal Edinburgh Hospital\)](#)

### **Supporting Positive Mental Health and Wellbeing local services**

<http://www.hothoose.co.uk/school/feel-good-groups.htm>

Please see this additional information about Health Opportunities Team's two 'Feel Good' groups for young men, and young women. These are free sessions for young people to go along take part in activities such as dance and football, and chat about things that matter to them.

### **Speech and Language Therapy**

[http://www.nhslothian.scot.nhs.uk/Community/EdinburghCHP/Services/Documents/slt\\_paedsnechp.pdf](http://www.nhslothian.scot.nhs.uk/Community/EdinburghCHP/Services/Documents/slt_paedsnechp.pdf)

### **Community Services**

A number of health services are available within each Community Health Partnership. For more information see [www.nhslothian.scot.nhs.uk](http://www.nhslothian.scot.nhs.uk)

## **2. Social Work Services**

### **Social Care Direct** [Social Care Direct](#)

You can ask us for advice or refer someone through our Social Care Direct service. This may be due to levels of need or concerns about the safety of an [adult or child at risk of harm](#). You can phone or email us.

**0131 200 2324** [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)

**Area:** Local/City-wide

**How to access the service:** Social Care Direct 0131 200 2324

### **Local Social Work Centres:**

Westfield House Social Work Centre (West): 0131 200 4000

South West Social Work Centre (Healthy Living Centre: South West): 0131 453 9100

Captain's Road Social Work Centre (South): 0131 529 5300

Muirhouse Social Work Centre (North): 0131 529 6800

Craigmillar Social Work Centre (East Neighbourhood Centre, East): 0131 529 3111

Fort Social Work Centre (Leith): 0131 553 2121

### **Out-of-hours Social Work & public holidays**

Social Care Direct

West Wing, South Neighbourhood Office

40 Captain's Road

## **Children with Disabilities**

**Easy Read Guide to GIRFEC** can be found on the Alliance website under core materials <http://www.alliance-scotland.org.uk/what-we-do/projects/getting-to-know-girfec/> and the **Easy read guide to wellbeing** is on the same page under additional materials

<http://www.edinburgh.gov.uk/info/20079/disabilities>

## **Looked After Children**

[http://www.edinburgh.gov.uk/info/20078/children\\_and\\_families](http://www.edinburgh.gov.uk/info/20078/children_and_families)

Through-care and After-Care

[http://www.edinburgh.gov.uk/info/20156/looked\\_after\\_children\\_and\\_young\\_people](http://www.edinburgh.gov.uk/info/20156/looked_after_children_and_young_people)

Children's Rights

[http://www.edinburgh.gov.uk/info/20156/looked\\_after\\_children\\_and\\_young\\_people/311/childrens\\_rights](http://www.edinburgh.gov.uk/info/20156/looked_after_children_and_young_people/311/childrens_rights)

Improving education and achievement for Looked-After Children

<http://www.gov.scot/Resource/Doc/265301/0079476.pdf>

Edinburgh Leisure: Looked-After-and Active

<http://about.edinburghleisure.co.uk/what-we-do/community-projects/looked-after-and-active/>

## **Children's Hearing System**

<http://www.chscotland.gov.uk/>

## **3. Early Years**

**All Nursery Schools and Classes** provide 600 hours per year of Early Learning and Childcare to all 3 and 4 year olds from the term after their 3<sup>rd</sup> birthday.

To find a nursery contact

[http://www.edinburgh.gov.uk/info/20071/nurseries\\_and\\_childcare/1010/find\\_a\\_nursery](http://www.edinburgh.gov.uk/info/20071/nurseries_and_childcare/1010/find_a_nursery)

**Early Years Centres** provide a range of services for children aged 0-5 yrs. This includes 600 hours of Early Learning and Childcare for children, support and advice for families as well as hosting groups and classes for parents and children. To find out what is available at your local Centre, you can search our Nursery and Early Years directory or contact the Early Years Centre directly.

[Find an early years establishment](#)

### **Early Learning and Childcare**

600 hours of Early Learning and Childcare is now available to eligible two year olds in a number of Edinburgh Council Early Years Establishments. To find out about eligibility criteria and availability of places contact.

[http://www.edinburgh.gov.uk/info/20071/nurseries\\_and\\_childcare/1118/early\\_learning\\_and\\_childcare\\_for\\_two\\_year\\_olds](http://www.edinburgh.gov.uk/info/20071/nurseries_and_childcare/1118/early_learning_and_childcare_for_two_year_olds)

## **4. Schools – Primary, Secondary and Special/ASL**

We have 23 school clusters (Secondary School with its associated Primary Schools) in the City of Edinburgh. To find information and contact details for each school use the links and information below.

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

Other useful links:

[https://orb.edinburgh.gov.uk/directory/44/children\\_and\\_families\\_establishments](https://orb.edinburgh.gov.uk/directory/44/children_and_families_establishments)

[https://orb.edinburgh.gov.uk/downloads/download/1613/children\\_and\\_families\\_establishments](https://orb.edinburgh.gov.uk/downloads/download/1613/children_and_families_establishments)

## **5. Community Learning and Development**

For information about community centres, adult learning and provision for children and young people use the following links.

[http://www.edinburgh.gov.uk/info/20070/adult\\_and\\_community\\_learning](http://www.edinburgh.gov.uk/info/20070/adult_and_community_learning)

Learning Opportunities for All



[www.joininedinburgh.org](http://www.joininedinburgh.org)



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



## **6. Police**

### **Contact information**

South Queensferry	0131 316 2805
Wester Hailes	0131 662 2433/2436
Corstorphine	0131 316 2803
Drylaw	0131 311 4345/4346
Drylaw Response	0131 311 4307
Leith	0131 311 5986
St Leonards	0131 662 5020/5021
Howdenhall	0131 658 5233
Craigmillar	0131 652 4120/4119
Portobello	0131 311 5851
West End	0131 221 2088

## **7. Online Directories**

*These online directories provide a wide range of information about city-wide and local services information. It is worth familiarising yourself with these links.*

### **Edinburgh Choices**

An online directory of local care and support services.

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

### **EVOC Red Book**

An online directory of services and organisations in Edinburgh.

[www.evocredbook.org.uk](http://www.evocredbook.org.uk)

### **Edinburgh Childcare Information Service**

Free, impartial information on registered childcare.

[childcareinformation@edinburgh.gov.uk](mailto:childcareinformation@edinburgh.gov.uk)

### **Drug and Alcohol Directory / Edinburgh Drug and Alcohol Partnership**

Drug and alcohol information and services for young people and adults. From information on substances through to addictions treatment.

[www.edinburghadp.co.uk](http://www.edinburghadp.co.uk)

### **Activities and Groups for children, young people, adults & families**

A constantly evolving database of activities in Edinburgh. [www.joininedinburgh.org](http://www.joininedinburgh.org)

### **Healthy Respect Drop In and sexual health information**

Edinburgh's network of accredited sexual health drop-ins - free and confidential for anyone over 13 years old. [www.healthyrespect.co.uk](http://www.healthyrespect.co.uk)

See section 8, under Healthy Respect Drop-ins, for more information.

### **Sexual Abuse**

Directory of services to support victims of sexual assault.

[www.rapecrisisscotland.org.uk/find-a-service/](http://www.rapecrisisscotland.org.uk/find-a-service/)

### **Care Providers for people with disabilities**

Information about support and care services for people who live with disabilities.

<http://www.fairadvice.org.uk/userfiles/Directory%20of%20Care%20Homes%202012.pdf>

### **Employability**

The Get On gateway is the access point for support and advice that helps people get into work. <http://www.edinburgh.gov.uk/geton>

To find out what services are offering employability support take a look at the Joined Up for Jobs website. <http://www.joinedorforjobs.org.uk/joined-up-for-jobs-directory/>

**Housing Support:** [www.edinburgh.gov.uk/housingsupport](http://www.edinburgh.gov.uk/housingsupport)



**Choose Life** is Scotland's strategy to prevent suicide. Find out more about this and sources of support on the Choose Life Scotland website: <http://www.suicide-prevention.org.uk/>

City of Edinburgh Council has provided extra support to the Edinburgh Samaritans to expand their activity in schools.

The Samaritans have also produced a '**Help a Friend in Need**' guide <http://www.samaritans.org/sites/default/files/kcfinder/files/help-a-friend-in-need.pdf> for those concerned about friends on Facebook.

**The Edinburgh Self-Harm Project** is supported by the council to deliver services to people 16+ with issues around self-harm. 89% of the people they work with have thought of suicide. Over 1,000 support sessions were offered in 2014/15. <http://www.penumbra.org.uk/how-can-we-help/service-locations/edinburgh/self-harm-project/>

**The Council is providing suicide awareness & prevention training to volunteers on LGBT Helpline Scotland.** You can call on 0300 123 2523 Tuesdays and Wednesdays from 12noon-9pm. Or for more information visit the LGBT Helpline Scotland website at [www.lgbt-helpline-scotland.org.uk](http://www.lgbt-helpline-scotland.org.uk).

#### **Samaritans supporting schools**

<http://www.samaritans.org/your-community/supporting-schools>

### **Parenting across Scotland**

Information about the organisations that can help, plus good websites and leaflets for parents and families and the professionals who support them.in Scotland, <http://www.parentingacrossscotland.org/>

#### **Parenting Programmes in Edinburgh**

Programme descriptions and listings of dates, times, venues and online application forms for:

<b>Programme</b>	<b>For parents/carers of children aged</b>
<a href="#">PEEP</a>	0-5yrs
<a href="#">Triple P</a>	3-4yrs
<a href="#">The Incredible Years</a>	3-4yrs
<a href="#">Raising Children with Confidence</a>	0-11yrs
<a href="#">Raising Teens with Confidence</a>	11-16yrs
<a href="#">Teen Triple P</a>	11-16yrs

### **NSPCC resource: Solution-Focused Toolkit**

<http://www.nspcc.org.uk/services-and-resources/research-and-resources/solution-focused-practice-toolkit/>

## **8. City-Wide Services (supporting children and families)**

### **Aberlour Family Outreach- Edinburgh**

Wester Hailes Healthy Living Centre, 30 Harvesters Way, Edinburgh EH14 3JF

**Tel:** 0131 453 9110 **Email:** [Edinburgh.outreach@aberlour.org.uk](mailto:Edinburgh.outreach@aberlour.org.uk)

**Web:** [www.aberlour.org.uk/outreachedinburgh](http://www.aberlour.org.uk/outreachedinburgh)

**Service:** Works across the city with families who are experiencing difficulties with substance use. Working in individuals' own homes or in community settings, Aberlour Family Outreach helps and supports parents to make positive changes in their lives. This positive influence will improve family living and make it safer and healthier for them and their children.

**Who we work with:**

- parents who are experiencing difficulties as a result of their substance use and who have children
- pregnant women and women with young babies
- lone fathers with care of their children who have parenting and substance use issues.

**Area:** Citywide

**How to access the service:** Self referral or referral from agencies.

### **Action Group**

Norton Park Centre, 57 Albion Road, Edinburgh, EH7 5QY. **Tel:** 0131 475 2315.

**Website:** [www.actiongroup.org.uk](http://www.actiongroup.org.uk)

Supports carers, siblings and children with additional support needs. Playschemes, adventure camps, siblings service and 1:1 support for children.

**Active Schools - Getting more pupils more active more often.** Active Schools offers children the chance to take part in school sport and activity. We offer sessions before and after school and during lunchtimes. Each school has an Active Schools Coordinator. They can help you get involved with sport and activities at your school and in your spare time. You can find your Active Schools Coordinator's name and contact details in our directories below.

[Find primary schools](#)

[Find secondary schools](#)

**Active Schools**

**Email:** [activeschools@ea.edin.sch.uk](mailto:activeschools@ea.edin.sch.uk)

**Tel:** [0131 334 9290](tel:01313349290)

# Additional Support for Learning Service (ASL)

63 Niddrie Mains Terrace, Edinburgh, EH16 4NX Tel: 0131 469 2830  
East Neighbourhood Centre, Edinburgh, EH16 4DS Tel: 0131 469 2980  
**Head of Service:** Kirsty Rosie

The ASL Service works closely with schools, parents, medical professionals and partnership services and agencies to provide specialist teaching and support to children and young people across Edinburgh. A request for support from the ASL Service is agreed through discussion at a Child's or Young Person's Planning Meeting and submitted by education staff or medical professionals.

## Specialist Teams

**Learning and Wellbeing Team:** provide educational support for vulnerable children and young people experiencing an interrupted education and pupils with social, emotional and behavioural difficulties. This support may take place in school or in the community.

**Area:** Citywide/localities

**Learning, Language and Communication Team:** work with children and young people from birth and throughout their school years who have or are awaiting a diagnosis of a disability. This team supports families, early years establishments and schools to develop programmes to progress children's learning and offer advice and support regarding aspects of disability.

This would include children and young people whose needs arise from:

- Communication difficulties
- Learning disabilities
- Specific language or pervasive communication disorder
- Autism Spectrum Disorder
- Down's Syndrome

**Area:** Citywide/localities

English as an Additional Language Team: support children and young people who speak English as an additional language. This team works closely with schools to ensure that these pupils are supported to access the curriculum. This team also supports Gypsy, Traveller and Roma children and young people.

Visiting Teachers of the Deaf: this team supports children and young people with a hearing impairment and works with schools and other educational establishments to offer advice and teaching strategies for deaf learners.

Visiting Teachers of the Visually Impaired: this team supports children and young people with a visual impairment and works with schools and other educational establishments to offer advice and teaching strategies for visually impaired learners.

**Area:** Edinburgh and the Lothians

**Medical Outreach Team:** support children and young people with short and long-term medical conditions, including those supported at CAMHS Tipperlinn. Teaching may be provided in hospital or at home for children and young people too ill to attend school.

**Area:** Citywide

**How to access the ASL service:** Referrals should be made by the Named Person, through submitting a recent Child's Plan and Assessment of Need to [maureen.mcpheely@edinburgh.gov.uk](mailto:maureen.mcpheely@edinburgh.gov.uk) for consideration by the Additional Support Access Point (ASAP).

## The Advice Shop

249 High Street, Edinburgh EH1 1YJ

**Tel:** 0131 200 2360 **Email:** [advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk)

**Hours:** Mon, Wed and Thurs: 8.30am-4.30pm, Tues 10am-4.30pm, Fri 8.30am-3pm.

**Service:** Free, confidential advice, help on all benefits and entitlements, Tax Credits and Pension Credit, Disability and Carers Benefits, Housing Benefit, Council Tax Benefit and money/debt problems.

**Area:** Citywide

**How to access the service:** Drop in during opening hours or phone/ email.

## Afasic

**Tel:** 07507 535 857 (Judith Woodward, Family Support Worker)

**Email:** [judith@afasicscotland.org.uk](mailto:judith@afasicscotland.org.uk) **Web:** [www.afasicscotland.org.uk/young-people/family-support-project-edinburgh/](http://www.afasicscotland.org.uk/young-people/family-support-project-edinburgh/)

**Service:** A Scottish registered charity which represents the interests of children and young adults with lived experience of speech, language and communication impairments, working towards their inclusion in society and supporting their parents and carers. The Edinburgh project would particularly welcome contact with parents / carers/ kinship carers / professionals connected to children who are/were at risk of becoming looked after.

**Area:** Citywide

**How to access the service:** Phone Judith for more information.

## Amber Mediation and Support

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

**Tel:** 0131 475 2354 **Web:** [www.cyrenians.org.uk/what\\_we\\_do/amber/](http://www.cyrenians.org.uk/what_we_do/amber/)

**Service:** Preventing Homelessness: Improving Relationships. Amber works with young people (age 14 - 24) and their families who are having problems getting on. Arguments might be putting the young person at risk of having to leave home, or they might already be homeless. The Amber team have Personal Advisers who individually support everyone involved and Mediators who facilitate the family finding a positive way forward that everyone agrees to. A specialist anger management worker is available where anger is an issue.

**Area:** Citywide

**How to access the service:** By phone or contact via the website.

## Barnardos Edinburgh Community Support Services (BECSS)

111 Oxfords Road North, Edinburgh EH14 1ED

**Tel:** 0131 446 7000 **DD:** 0131 446 7049 **Fax:** 0131 446 7001 **Web:** [www.barnardos.org.uk](http://www.barnardos.org.uk)

**Service:** Multi-disciplinary team of teachers, family workers, community support workers and volunteer/befrienders supporting primary aged children at risk of exclusion from their home, school or community.

**Area:** Citywide

**How to access the service:** Referral by the child's school, through submitting a recent Child's Plan and Assessment of Need to [maureen.mcpheely@edinburgh.gov.uk](mailto:maureen.mcpheely@edinburgh.gov.uk) for consideration by the Additional Support Access Point (ASAP).

For more information contact Barnardos by telephone on 0131 446 7000

### **Barnardos Lighthouse**

Young people's service aimed at changing sexually challenging and problematic behaviour. Also aims to improve the protection for all young people by helping families and communities reduce risks presented by these young people.

### **Barnardos Skylight Service**

Supports children and young people who have experienced sexual abuse and are being looked after by the Local Authority or living at home. It provides direct intervention and support as well as consultancy and training for carers and professionals on the impact of sexual abuse.

### **Barnardos Young Family Support Service**

A 20 week programme for new parents who are under 21 with a first baby under the age of 1. The programme uses a mix of hands-on experiential and group work learning to help improve parenting capabilities and facilitate access to universal and specialist services. Participants will live in the 15% most deprived areas of Scotland (SIMD 2009) and may have experienced the care system themselves.

**Area:** Citywide

**How to access the services:** Referrals to Lighthouse, Skylight and Young Family Support Services may be submitted by relevant professionals such as Social Workers, Health or Education professionals. Self referrals may also be submitted. Contact Barnardos by telephone on 0131 446 7000 for more information.

## **Barnardos Intensive Behaviour Support Service (BIBSS)**

Caern House, Gogarbank, Edinburgh EH12 9BZ

**Tel:** 0131 339 8840

**Service:** We work with families who have a child or children with learning disability and/ or Autism Spectrum Disorder who has behavioural issues.

BIBSS is a time-limited service and can work with you and your family up to 12 weeks. In working with you we have the following aims:

- to improve your confidence and resilience as a parent/carer, which will help you cope better with your child's behaviour.
- to reduce your feelings of stress as a parent/carer.
- to improve family relationships, including between siblings.
- to help you have a better understanding of your child's disability.

**Area:** Citywide

**How to access the service:** Referrals through City of Edinburgh Council Disability Practice Team

## **Barnardos Care Leavers and 16+ Visiting Support Service**

Throughcare & Aftercare, 329 High Street, Edinburgh EH1 1PN

**Tel:** 0131 529 6400 **Email:** [CFDuty.ThroughcareandAftercare@edinburgh.gov.uk](mailto:CFDuty.ThroughcareandAftercare@edinburgh.gov.uk)

**Web:** [www.barnardos.org.uk](http://www.barnardos.org.uk)

**Service:** Barnardos Care Leavers and 16+ Support provides an accommodation service for young people between the ages of 15 and 21 who have been looked after and who have housing support needs. Will support young people for up to 2 years. The service will not work with people who fail to engage or with people who have an active drug addiction.

**Area:** Citywide. Involved with Total Craigroyston for some particular referrals for Young People previously looked after at home.

**Access to Service:** Service can only be accessed by contacting Throughcare and Aftercare. Contact Barnardos on 0131 556 4583 for more information.

## Bridge 8 Hub

Calder Crescent, Edinburgh EH11 4NE

**Tel:** 07808534028 **Email:** [info@bridge8hub.co.uk](mailto:info@bridge8hub.co.uk) **Web:** [www.bridge8hub.co.uk](http://www.bridge8hub.co.uk)

**Service:** Bridge 8 Hub provides canal based outdoor activities in South West Edinburgh. The activities on offer are as follows;

- Canoeing
- Raft-building
- Kayaking
- Fatyaking
- Akwakating
- Stand-up paddle boarding
- Archery
- Mountain Biking
- Rock Climbing Tower
- Navigation Skills & Camp Craft Skills
- Duke of Edinburgh Award Groups

**Area:** Citywide

**Access to Service:** For more information and to discuss your requirements please phone 07808534028 or email [info@bridge8hub.co.uk](mailto:info@bridge8hub.co.uk).

## CAMHS (Child and Adolescent Mental Health Services) Edinburgh

Royal Edinburgh Hospital, Tippetlinn Road, Edinburgh EH10 5HF

**Tel:** 0131 537 6364

**Web:** [www.nhslothian.scot.nhs.uk/Services/A-Z/CAMHS/Pages/default.aspx](http://www.nhslothian.scot.nhs.uk/Services/A-Z/CAMHS/Pages/default.aspx)

**Service:** CAMHS provides psychological, medical and psychosocial assessment and treatment for children and young people with mental health problems. CAMHS aims to promote health and well-being and to prevent relapse by offering a range of individual, family, and group approaches. CAMHS teams also offer professional consultation services.

NHS Lothian CAMHS is made up of a number of different teams. Outpatient teams offer appointments in hospitals and local health centres. There are Specialist teams such as The Meadows (see below), The Child Learning Disabilities and Autism Team, The Paediatric Psychology and Liaison Service (PPALS), Edinburgh Connect (see below), The Social, Emotional and Behavioural Difficulties (SEBD) schools and youth justice community health worker service (CMHWs), and The North-West and South-West Attention Deficit Hyperactivity Disorder (ADHD). Day and inpatient service provide care for children and young people who need intensive help and support.

**Area:** Citywide

**How to access the service:** Contact number above for more information.

## CAMHS-Edinburgh Connect

**Service:** Offer a service to children and young people who are looked after and accommodated by Edinburgh Local Authority and their carers.

**Area:** Citywide

**How to access the service:** Referral from key staff involved with and concerned about children and young people. Contact 0131 651 4130 for more information



## CAMHS- The Meadows Child and Adolescent Sexual Trauma Service

3 Rillbank Terrace, Edinburgh EH9 1LL

**Tel:** 0131 536 0534

**Service:** The Meadows team provides a multi-disciplinary approach to children and young people (0-18years) and their families who are experiencing emotional, behavioural and mental health difficulties following sexual abuse. They also provide a service for children who display problematic sexual behaviour.

**Area:** Citywide

**How to access the service:** Referrals can be made from a number of sources e.g. GP, Social worker, Health Visitor or Community Paediatrician. Allegations must have been reported in line with child protection procedures. Contact us to discuss.

## Canny Families Project

Edinburgh Community Food, 22 Tennant Street, Edinburgh EH6 5ND

**Tel:** (Stephanie Scott) 0131 467 7326 **Email:** [sscott@edinburghcommunityfood.org.uk](mailto:sscott@edinburghcommunityfood.org.uk)

**Service:** Supports families with children to better manage rising energy/food costs and to maximise income. A programme of affordable cooking courses run over a six week period. With a focus on a different topic each week participants not only learn practical cooking skills and how to make affordable and healthy family meals but also improve their knowledge of nutrition and learn how to reduce food waste. Participants are also offered affordable warmth advice from Changeworks as well as fuel poverty advice from Citizens Advice Edinburgh. The programme is open to parents with children under the age of 16. Childcare is available at all sessions.

**Area:** Citywide – contact us to find out about local programmes.

**How to access the service:** phone or email.

## Canongate Youth

South Bridge Resource Centre, 6 Infirmary Street, Edinburgh EH1 1LT

**Tel:** 0131 556 9719/ 9389 **Email:** [info@canongateyouth.org](mailto:info@canongateyouth.org)

**Web:** [www.canongateyouth.org](http://www.canongateyouth.org)

**Hours:** Various. Phone for information or check website.

**Services:** Provides citywide employability and training services for ages 15 – 25. Nationally recognised training initiatives and qualifications.

**Area:** Training services citywide and the Lothians.

**How to access the service:** Check website or phone for information and availability.

## Capability Scotland

Head Office, Westerlea, 11 Eilersy Road, Edinburgh EH12 6HY

**Tel:** 0131 337 9876 **Email:** [Sam.louden@capability-scotland.org.uk](mailto:Sam.louden@capability-scotland.org.uk)

[Westerlea.sure-start@capability-scotland.org.uk](mailto:Westerlea.sure-start@capability-scotland.org.uk)

**Web:** [www.capability-scotland.org.uk](http://www.capability-scotland.org.uk)

**Hours:** Contact Capability Scotland for information.

**Services:** Provides education, employment and care services for disabled children and adults across Scotland.

Westerlea Early Years Service

Play and activity sessions with children with additional support needs, group sessions, respite, support, advice and information to parents.

**Area:** Citywide

**How to access the service:** Contact Capability Scotland for advice and information.

## Capability Scotland – Youth Zone

**Tel:** 0131 347 1052 **Email:** [nicolas.nino-ramirez@capability-scotland.org.uk](mailto:nicolas.nino-ramirez@capability-scotland.org.uk) or [rachel.ward@capability-scotland.org.uk](mailto:rachel.ward@capability-scotland.org.uk) (Team Lead)

**Services:** Youth Zone provides one respite session a month between 10am and 1.30pm to young people between the ages of 10-16 of any disability. Youth Zone is designed to support young people to develop self-help skills, social skills, build social/peer groups and provide parents/carers with some weekend respite. A number of activities are organised including:

Cooking, trampolining, puzzles, basketball, arts and crafts, building and many more. Activities are based on young people's interests.

**Area:** Citywide

**How to access the service:** Referral is made through City of Edinburgh Council based on Section 23 and panel decision. Referrals should be made by the Named Person, through submitting a recent Child's Plan and Assessment of Need to [maureen.mcpheely@edinburgh.gov.uk](mailto:maureen.mcpheely@edinburgh.gov.uk) for consideration by the Additional Support Access Point (ASAP).

## Children Experiencing Domestic Abuse Recovery (Cedar)

Cedar Network, Scottish Women's Aid, 2<sup>nd</sup> Floor, 132 Rose Street, Edinburgh EH2 3JD

**Tel:** 0131 226 6606

**Service:** A therapeutic 12 week group work programme for children who have experienced domestic abuse, and their mothers. The programmes are designed to encourage both mothers and children to work together towards recovery from their experiences.

**How to access the service:** Contact us for more information.

## CHILDREN 1<sup>ST</sup> Bfriends

1 Boroughloch Square, Edinburgh EH8 9NJ

**Tel:** 0131 650 1119 **Email:** [bfriends@children1st.org.uk](mailto:bfriends@children1st.org.uk)

**Web:** [www.bfriends.org.uk](http://www.bfriends.org.uk)

**Services:** Bfriends volunteers provide friendship and support for children and young people aged 5-16 years who are experiencing difficulties at home, at school or in the community. Our aim is to help build young people's self-confidence and self-esteem, and to open up opportunities for personal and social development. We can also offer Family Support and parenting advice to the parents and carers of any young people we are working with.

**Area:** Citywide

**Access to Service:** Bfriends accepts referrals for young people aged 5-14, but gives priority to those who meet any of the criteria below:

- living in areas of high social need;
- from black and minority ethnic communities;
- on, or at risk of going on, a Supervision Requirement or the Child Protection Register;
- have a Child's Plan stating this type of service would be useful.

## CHILDREN 1<sup>ST</sup> - Edinburgh Family Support Team

Our work supporting children and families

[Contact us](#) (use link to access further information about Children 1<sup>st</sup> services)

83 Whitehouse Loan  
Edinburgh  
EH9 1AT T: 0131 446 2300 F: 0131 446 2339

### [Email enquiry](#)

**Hours: Mon-Thurs 9am-4:45pm; Fri 9am-3:30pm. 24 hour voicemail.**

**Services:** Services for children of nursery age (3-5)

To help children thrive in their families and prevent escalating need, the Edinburgh Family Support Team is a CHILDREN 1<sup>ST</sup> early intervention service providing city wide support to families with children aged 3-5 who are experiencing social, emotional or behavioural difficulties.

They can offer:

- Individual Intensive support
- Group work for parents
- Support with transitions
- Specialist approaches such as Video Interactive Guidance (VIG)

**Area:** Citywide

**How to access the service:** Referrals should be made by the Named Person, through submitting a recent Child's Plan and Assessment of Need to [maureen.mcpheely@edinburgh.gov.uk](mailto:maureen.mcpheely@edinburgh.gov.uk) for consideration by the Additional Support Access Point (ASAP).

## Children 1<sup>st</sup> Kinship Care

<http://www.children1st.org.uk/kinship-care>

## Children 1<sup>st</sup> Parent-Line Scotland Call 08000 28 22 33

[parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)

## Circle – Harbour Project

18 West Pilton Park, Edinburgh EH4 4EJ

**Tel:** 0131 552 0305 **Web:** [www.circlescotland.org](http://www.circlescotland.org)

**Hours:** Mon-Thurs 9am-5pm; Fri 9am-4pm

**Services:** Children and families affected by parental drug and alcohol use; children at risk of school exclusion and their families; children experiencing neglect, physical, emotional and/or sexual abuse; fathers who are not engaging with helping services. Provide support to establish home routines; access counselling and support; support parents to attend meetings; individual support for children; improve school attendance; support for children to access social groups.

**Area:** Citywide

**How to access the service:** Self referral or referral by other agencies including social work, health and addiction services.

## Citizens Advice Edinburgh

Fountainbridge Library, 137 Dundee Street, EH11 1BG

**Tel:** 0131 474 8080 **Email:** [Gorgie@caed.org.uk](mailto:Gorgie@caed.org.uk)

**Web:** [www.citizensadviceedinburgh.org.uk](http://www.citizensadviceedinburgh.org.uk)

**Hours:** Mon-Fri 10.15 – 16.30 (appointments only), Mon 17.30 – 19.00 (Legal Clinic)

**Service:** Free, confidential advice on a range of issues including family/personal problems, housing, employment, consumer rights, welfare benefits, debt and legal issues.

**Area:** Citywide - 5 bureaux and 25 outreach points across the city. Log onto main website for contact details for each bureaux.

**How to access the service:** Drop in or phone for appointment.

## Couple Counselling Lothian – Family Therapy Service

9a Dundas Street, Edinburgh EH3 6QG

**Tel:** 0131 556 1527 **Email:** [admin@cclothian.org.uk](mailto:admin@cclothian.org.uk) **Web:** [www.cclothian.org.uk](http://www.cclothian.org.uk)

**Hours:** Family Therapy Service available on Thurs 10am-6pm, Mon and Fri 9am-1pm

**Service:** A counselling service for people of all ages with family concerns. These may be about individuals, family members, or their relationships. Family Therapy interviews can be with one, some, or all family members.

**Area:** Citywide

**How to access the service:** Self-referral or referral. Payment by donation.

## Crew 2000

Crew 2000 - Mind Altering shop, Cockburn Street, Edinburgh. **Tel:** 0131 220 3404.

**Website:** [www.crew2000.org.uk](http://www.crew2000.org.uk)

Counselling service for drug users who want support to explore their drug use.

## Crossreach – Counselling

Wallace House, 3 Boswall Road, Edinburgh EH5 3RJ

**Tel:** 0131 552 8901 **Email:** [ccl@crossreach.org.uk](mailto:ccl@crossreach.org.uk)

[www.crossreach.org.uk/crossreach-counselling-lothians](http://www.crossreach.org.uk/crossreach-counselling-lothians)

**Hours:** 9am-5pm Tues and 12noon-8pm Wed/Thurs

**Service:** Confidential counselling service for adults and children & young people. Provides a service to other professionals, including those in general practice, social work, education, churches and voluntary agencies. Provides a service to employers seeking counselling for their staff. Donations are encouraged, based on income.

**Area:** Citywide

**How to access the service:** Self referrals are preferred and the service encourages agencies to pass on contact details to those who might benefit from the service. Referrals can be made by telephone, letter or email through the administrator.

## Cruse Bereavement Care Scotland - Edinburgh

First Floor, 3 Rutland Square, Edinburgh EH1 2AS

**Tel:** 0845 600 2227 **Email:** [edinburgh@crusescotland.org.uk](mailto:edinburgh@crusescotland.org.uk)

[www.crusescotland.org.uk](http://www.crusescotland.org.uk)

**Service:** Provides counselling for those who have suffered bereavement. Children's counsellor available. All volunteers have been checked by Disclosure Scotland.

**Area:** Citywide

**How to access the service:** By telephone in the first instance.

## Cyrenians

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY. **Tel:** 0131 475 2354.

**Website:** [www.cyrenians.org.uk](http://www.cyrenians.org.uk)

Helping people with who are homeless or may potentially become homeless.

## Duke of Edinburgh Award

**How to access the service:** Please contact the D of E office for information.

**Tel:** 0131 551 4370 **Email:** [fraser.robertson@edinburgh.gov.uk](mailto:fraser.robertson@edinburgh.gov.uk)

## Eat, Sleep, Learn, Play grant – Save the Children

**Tel:** 0131 527 8200 **Email:** [infoscotland@savethechildren.org.uk](mailto:infoscotland@savethechildren.org.uk)

**Web:** [www.savethechildren.org.uk/where-we-work/united-kingdom/scotland](http://www.savethechildren.org.uk/where-we-work/united-kingdom/scotland)

**Service:** Aims to support children under 36 months in the most desperate need by awarding a 'material grant' to support a child's basic needs such as a cooker, child's bed or a washing machine. Ensure families are receiving the help they are entitled to through a benefits check, and offer them the opportunity for volunteers to help with basic DIY in their home.

**Area:** Citywide

**How to access the service:** Referrals via professionals in health and social work and must be in receipt of certain benefits.

## 6VT- Edinburgh City Youth Cafe

11-15 Vennel, Edinburgh EH1 2HU

**Tel:** 0131 220 2108 **Email:** [contact@6vt.info](mailto:contact@6vt.info) **Web:** [www.6vt.info](http://www.6vt.info)

**Hours:** Office Hours 9am-6pm. Drop-in Mon & Wed 6pm-10pm, Fri 6pm-10.30pm.

Family Cafe Sat 1pm-4pm, 6VT Activity Agreement Hub Wed 2pm-6pm

**Service:** As a purpose designed youth café 6VT provides a high quality, safe environment. 6VT delivers holistic personal development opportunities, empowering and motivating positive change. An important benefit is an integrated approach to working - a combination of youth and social workers with specialised practitioners - so offering a centralised "one stop shop". For some young people we are a positive social networking and learning service, whilst for others it is their key means of support and development, and for the majority it is safe diversionary service.

**Area:** Citywide

**How to access the service:** Drop in sessions for young people 14-21. Contact 6VT by phone or email for other programmes and services.

## Edinburgh Community Food Initiative

22 Tennant Street, Edinburgh EH6 5ND

**Tel:** 0131 467 7326 **Email:** [admin@edinburghcommunityfood.org.uk](mailto:admin@edinburghcommunityfood.org.uk)

**Web:** [www.ecfi.org.uk](http://www.ecfi.org.uk)

**Hours:** Office hours Mon-Fri 9am-5pm

**Service:** Provides information, education & consultancy on a range of food poverty & health issues. Delivery of fresh produce to community food co-ops.

**Area:** Citywide

**How to access the service:** Drop into the nearest food co-op (details on website).  
Phone for details of events/ training.

## Edinburgh Leisure

<http://www.edinburghleisure.co.uk/activities>

## Edinburgh Women's Aid

4 Cheyne Street, Stockbridge, Edinburgh EH4 1JB

**Admin Tel:** 0131 315 8111 **Tel:** 0131 315 8110 **Text:** 07781 472043

**Email:** [info@edinwomensaid.co.uk](mailto:info@edinwomensaid.co.uk)

**Hours:** Drop In Mon 1pm-3pm, Tues/Wed/Fri 10am-3pm, Thurs 2pm-7pm, Sat 10am-1pm, or leave a message on our 24 hour answer machine

**Service:** Offers information, advice and safe refuge service to women & accompanying children who have experienced domestic abuse.

**Area:** Citywide

**How to access the service:** Drop-in (no need to make an appointment).

## Edinburgh Women's Rape and Sexual Abuse Centre

P.O. Box 120, Brunswick Road, Edinburgh EH7 5WX

**Admin Tel:** 0131 557 6737 **Helpline and appointments:** 0131 556 9437

**Email:** [info@ewrasac.org.uk](mailto:info@ewrasac.org.uk) **Support email:** [support@ewrasac.org.uk](mailto:support@ewrasac.org.uk)

**Web:** [www.ewrasac.org.uk](http://www.ewrasac.org.uk)

**Hours:** Helpline – we aim for our helpline to be on every day. When it is not on please leave a message and we will call back – we will not say who we are unless you tell us it is ok for us to do so.

**Service:** Confidential emotional and practical support, information, advice and advocacy to women and girls aged 12 and over who have experienced sexual abuse at any time in their lives; telephone; one-to-one; group; letter or email support.

**Area:** Covers Edinburgh, Borders and the Lothians.

**How to access the service:** By phone and appointment.

## Edinburgh Young Carers Project

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

**Tel:** 0131 475 2322 **Email:** [info@youngcarers.org.uk](mailto:info@youngcarers.org.uk) **Web:** [www.youngcarers.org.uk](http://www.youngcarers.org.uk)

**Hours:** Office hours Mon-Fri 9am-5pm

**Service:** Edinburgh Young Carers Project works with young people aged 5 to 20 years old who care for or are affected by someone else at home - usually a parent or sibling. They aim to make a positive difference in the lives and futures of young carers through support, information, respite and personal development and training. The person they care for may suffer from mental health problems, disability, chronic ill-health, drug or alcohol misuse.

**Area:** Citywide

**How to access the service:** Anyone can make a referral. There are two types of referral forms available from the website – 'Referral form' - for any third party (including family member) who wishes to refer a young person – 'Referral Information and Form' - Self referral form-for young people who wish to refer themselves.

## Educational Psychology Service

### Contact:

Psychological Services,  
Support to Children & Young People  
City of Edinburgh Council  
Waverley Court Level 1  
4 East Market Street  
Edinburgh  
EH8 8BG  
Tel: 0131 469 2800

Educational Psychologists apply their knowledge of psychology to support young people's learning, behaviour and development. In doing so we aim to ensure that all children and young people have a successful experience of education and that their voice is heard.

We work for the Children and Families Department. Most of our work is in local authority schools, nurseries and other preschool centres. We also work in further education colleges.

### How We Can Help

Educational psychologists work alongside pupils, parents, teachers and other professionals to improve the learning experiences of children and young people. We can do this in a variety of different ways including individual work with a child and family, training for a range of people and supporting the local authority in developing policy and practice.

### Child/Young Person's Planning Meeting

As part of our work with a child or young person we will attend a Child/ Young Person's Planning Meeting in order to hear about their strengths and concerns and to work with all those involved to develop a plan for supporting them further. This process will include gaining informed consent for any further involvement from our service. As a result of this meeting we may also carry out a range of work including talking to those working with the child, observing or meeting with them or doing some other work in the school to support them. We may produce and share a report summarising our work which would usually be copied to all of those involved.

**Area:** City-wide/localities

**Access the service:** The service is accessed through the school that each child attends

## Education Welfare Service

### Contact:

Education Welfare Service  
Leith Primary School  
St Andrew Place  
Edinburgh  
EH6 7EG  
0131 555 8430

**Service:** Education Welfare Service has the legal responsibility to monitor school attendance of children and young people enrolled in primary and secondary school. We aim to work with pupils, families, schools, other statutory and/or voluntary agencies to encourage and support an improvement in levels of school attendance. EWS has a legal responsibility to refer cases for further formal consideration should there be no sustained improvement in attendance or where there are ongoing welfare concerns, these responsibilities may include;

- Possible prosecution
- Referral to Social Care Direct

- Referral to Child Community Health
- Referral to Children's Reporter

**Area:** Citywide

**How to access the service:** Referrals to EWS are made by the Head Teacher in Primary Schools and Support for Pupils Leader in Secondary schools.

## ELCA(Edinburgh and Lothian Council on Alcohol)

6 Clifton Terrace, Edinburgh, EH12 5DR. **Tel:** 0131 337 8188.

**Website:** [www.elcaalcohol.co.uk](http://www.elcaalcohol.co.uk)

Offers specialist advice, information and counselling to anyone worried about their own or someone else's drinking.

## ENABLE Scotland

**Website:** [www.enable.org.uk](http://www.enable.org.uk)

Provides support for families and carers of children with additional support needs.

## Families Need Fathers

**Helpline:** 0300 0300 363 (Mon-Fri 6pm-10pm)

**Web:** [www.fnfscotland.squarespace.com/edinburgh/?SSScrollPosition=0](http://www.fnfscotland.squarespace.com/edinburgh/?SSScrollPosition=0)

**Service:** National helpline and local support groups for fathers.

**Area:** Citywide

**How to access the service:** Edinburgh support group meets on the first Monday of each month, 7pm-9pm, at 10 Palmerston Place, Edinburgh EH12 5AU (near Haymarket Station). Contact Ian Maxwell for more information at

[ian.maxwell@fnf.org.uk](mailto:ian.maxwell@fnf.org.uk)

## Families Outside (Prison)

13 Great King Street, Edinburgh EH3 6QW

**Tel:** 0131 557 9800 **Email:** [admin@familiesoutside.org.uk](mailto:admin@familiesoutside.org.uk)

**Web:** [www.familiesoutside.org.uk](http://www.familiesoutside.org.uk)

**Service:** Works to support the families of people involved in the criminal justice system. We work to mitigate the effects of imprisonment on children and families and reduce the likelihood of reoffending through support and information for families and for people who work with them.

**Area:** Citywide

**How to access the service:** By phone or email.

## Family Advice and Information Resource (FAIR)

95 Causewayside, Edinburgh EH9 1QG

**Tel:** 0131 662 1962 **Email:** [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk) **Web:** [www.fairadvise.org.uk](http://www.fairadvise.org.uk)

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

**Service:** FAIR is an information and advice service for people with learning disabilities and Autism, their parents, carers and people who work with them in Edinburgh. We provide expert welfare rights advice, including completing benefit claims and representation at tribunal.

**Area:** Citywide

**How to access the service:** Phone during office hours to book an appointment.



## Family Focus – Care at Home

1 Bingham Avenue, Edinburgh EH15 3HZ

**Tel:** 0131 657 1364 **Email:** [Yvonne.murray@edinburgh.gov.uk](mailto:Yvonne.murray@edinburgh.gov.uk)

**Hours:** Service is provided Monday to Saturday and most families receive around three hours service on a regular weekly basis.

**Service:** Family Focus is a free respite and outreach service for children (0-16) who have a learning disability and/or complex care needs. A trained specialist support worker will offer a few hours regular respite a week in the family home or community.

### What do we do?

We offer support to meet the needs of the whole family. This can include:

- Practical and emotional support for child and family
- Personal care
- Following programmes of care and therapy
- Facilitating friendships between children and young people
- Taking part in a range of opportunities and activities from play in the home, swimming, soft-play, zoo trips, some of which can be funded from our small budget

**Area:** Citywide

**How to access the service:** You need a social worker to complete a Section 23 assessment form with you. This assessment is considered at the monthly Day Services Panel. However we will also consider emergency referrals. If it is agreed Family Focus is suitable, service will start when a worker becomes available. We will get to know you and your child and agree how we can best support you.

## Family Group Decision Making in Edinburgh

1<sup>st</sup> Floor, Viewforth Early Years Centre, 18 Viewforth Terrace, Edinburgh EH10 4LH

**Tel:** 0131 221 2210

**Service:** Bringing the extended family together, to help make decisions and plan for the care and welfare of children. The Family Group Decision Making (FGDM) team co-ordinate family group meetings to make plans for children and young people. FGDM is part of Family and Community Support, a division within the City of Edinburgh Council Children and Families Department.

Referrals should be considered when a child or young person:

- May be referred to the reporter
- Needs a family plan about their safety and protection
- May be, or is, accommodated
- Will be moving home or between placements
- Needs a plan when there are complex contact arrangements
- Needs a new permanent home base
- Needs a plan for support or a decision which involves practical partnership between family members and professionals

**Area:** Citywide

**How to access the service:** Referrals to the team can be made by families themselves or any professional working with the family. We welcome pre-referral discussions either by telephone or to our generic mailbox

[cf.familygroupdecisionmaking@edinburgh.gov.uk](mailto:cf.familygroupdecisionmaking@edinburgh.gov.uk)

## Family Mediation Lothian

37 George Street, Edinburgh EH2 2HN

**Tel:** 0131 226 4507 **Email:** [info@familymediationlothian.org](mailto:info@familymediationlothian.org)

**Web:** [www.familymediationlothian.co.uk](http://www.familymediationlothian.co.uk)

**Hours:** Mon-Thurs 9.15am-4.15pm and Fri 9.30am-1pm. Answer phone for out of office hours.

### Services:

- **A telephone based information and signposting service** for parents and the wider community on all issues relating to separation/divorce.
- **Child focused mediation services** designed to allow parents to communicate with each other, reduce conflict, resolve difficulties and negotiate on issues connected with the physical and emotional health and well being of their children.
- **Contact Centre services**, offering supported contact in a neutral and welcoming venue where children can meet and spend time with their non-resident parent and/or extended family members. These Centres can also be used as a safe, neutral pick-up/drop-off point for children and their parents. Contact Centres are seen as providing a relatively short-term solution, the aim being to work towards families making their own contact arrangements when safe to do so. The Contact Centres operate in Leith, Granton, Viewforth, Musselburgh, Whitburn and Elburn.
- **Supervised Contact Services** designed to facilitate contact between children and a non-resident parent in circumstances where (for child protection and/or other reasons) this needs to take place in the presence of a supervisor.
- **Children's Groups** which offer children from separating/divorced families an opportunity to share their experiences, learn from each other about managing difficult situations and to discuss any worries or concerns they may have.

**Area:** Citywide

**How to access the services:** Self referral, please phone for initial appointment.

## Family Solutions

Manager: Becky Cropper

**Email:** [Becky.Cropper@edinburgh.gov.uk](mailto:Becky.Cropper@edinburgh.gov.uk)

**Service:** Family Solutions works alongside families and other agencies to build on strengths within families and bring about changes in behaviours that impact on the health, well-being and development of children in the household. Family Solutions is part of Family and Community Support, a division within the City of Edinburgh Council Children and Families Department.

Provides direct support to families at the earliest opportunity and works in partnership with parent and carers

- Flexible family support
- Promote social skills
- Group work and support for parents
- Group work and support for children
- Focussed on families with children under 13

**Area:** Citywide/Teams and Senior Workers in each locality

**How to access the service:** Through Social Care Direct (SCD).

If you would like to know more about Family Solutions, please call 0131 529 6700 or e-mail [familysolutions@edinburgh.gov.uk](mailto:familysolutions@edinburgh.gov.uk).

## Fast Forward

4 Bernard Street, Edinburgh EH6 6PP

**Tel:** 0131 554 4300 **Email:** [admin@fastforward.org.uk](mailto:admin@fastforward.org.uk)

**Web:** <http://www.fastforward.org.uk>

**Service:** Education and learning around drug and alcohol use, promoting healthier life-styles. Free peer education across Scotland and volunteering opportunities for young people

**Area:** Citywide

**How to access the service:** phone 0131 554 4300 for more information

## First Hand Lothian

Strathmore Business Centre, Hopetoun Gate, 8b McDonald Road, Edinburgh EH7 4LZ

**Tel:** 0131 523 1322 **Email:** [info@firsthand-lothian.org.uk](mailto:info@firsthand-lothian.org.uk)

**Web:** [www.firsthand-lothian.org.uk](http://www.firsthand-lothian.org.uk)

**Hours:** Mon-Fri 9am-5pm (Please leave a message on the answering machine).

**Service:** Delivered in the family home, we look after the child/ren for blocks of 3 -4 hours for parents/carers with a child with a disability, as well as support and respite for isolated and vulnerable families who would benefit from some regular input. We aim to achieve a sustainable change within the family as a result of the service (which is time limited to a maximum of 80 hours in total), increasing resilience and improving the wellbeing of vulnerable families, children and young people.

**Our services are for:**

- Families with children with disabilities from birth to 16 years of age
- Vulnerable and disadvantaged families with child/ren under 16 years of age
- Young people with disabilities (up to 18 years old)
- Lone parent families and families with a parent with disabilities

**Our services include:**

- Early Years Service delivered in the family home
- Support for children with disabilities in their own home
- Support for disadvantaged / vulnerable families delivered in their own home

**Area:** Citywide

**How to access the service:** Direct referral.

## Get Going

Administrator, Dietetics Department, Royal Hospital for Sick Children.

**Tel:** 0131 536 0302. **Website:** [www.nhslothian.scot.nhs.uk/getgoing](http://www.nhslothian.scot.nhs.uk/getgoing)

An eight week healthy lifestyle programme funded by NHS Lothian to support your child get active, eat well and maintain a healthy weight.

## Gingerbread Edinburgh & Lothians

117-119 Fountainbridge, Edinburgh EH3 9QG

**Tel:** 0131 478 1391 **Email:** [gingerbread@wwmail.co.uk](mailto:gingerbread@wwmail.co.uk)

**Web:** [www.gingerbreadchildcare.org.uk](http://www.gingerbreadchildcare.org.uk)

**Hours:** Mon-Fri 8am-6pm. General office hours: 10am-4pm.

**Service:** Information, advice office, counselling, legal, 7 after school clubs, breakfast clubs, play schemes.

**Area:** Citywide

**How to access the service:** Clients may self-refer or be referred through an agency. Drop-in and telephone for appointments.

## Grapevine - Lothian Disability Information Service

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

**Tel:** 0131 475 2370 **Email:** [grapevine@lothiancil.org.uk](mailto:grapevine@lothiancil.org.uk) **Web:** [www.lothiancil.org.uk](http://www.lothiancil.org.uk)

**Hours:** Advice line is open Mon-Thurs 10am-4pm. Office hours Mon-Thurs 10am-4pm.

Email enquiries accepted. Online enquiries send to: <http://www.lothiancil.org.uk/our-services/grapevine/services-grapevine-enquiry-form/>

**Service:** Free and confidential information and advice on any disability issue. Subjects covered include benefits, transport, aids and equipment, housing, access, sources of funding, leisure ,holidays, employment, health, education and training, personal care and self-directed support.

**Access:** Disabled Access, wheelchair access, disabled toilets, parking for disabled drivers, ramped access, lift.

Appointments available to assist people with Personal Independent Payment forms and Attendance Allowance forms at our offices. Please arrange in advance.

**Area:** Citywide

**How to access the service:** Telephone, email, or drop in.

## Green Shoots

**Green Shoots** is the social inclusion project of The Green Team that delivers customised, practical, environmental and outdoor learning experiences to groups of young people from Edinburgh and the Lothian.

<http://greenteam.org.uk/our-projects-2/green-shoots/>

## Healthy Respect Drop-Ins

Drop-ins provide general, emotional and sexual health information, c card, pregnancy testing, chlamydia testing, some provide contraception.

**Craigroyston** Health Clinic (Friday 1pm-3pm) 0131 315 2121

**Chalmers Sexual Health Centre**, 2A Chalmers St (Friday 1pm-3pm) 0131 536 1070

**South Queensferry**, Roseberry Hall (Friday 1pm-3pm) 0131 331 2113

The Junction, 82-86 **Great Junction St** (Mon 3pm-5pm, Wed 4.30-7.30pm, Fri 1pm-4pm) 0131 553 0570

**Wester Hailes** Healthy Living Centre, Harvesters Way (Friday 1.30-3.30pm) 0131 537 7300

TEN @ **Throughcare & Aftercare** (329 High Street) (Tuesday 10-1.30pm) 0131 529 6400

**Craigmillar** Health Opportunities Team, 1A Queens Walk (Thurs 3.45-6pm) 0131 468 4600

**Gracemount** Health Opportunities Team, The Mansion Gracemount Drive (Thurs 7pm-9pm) 0131 468 4600

**Portobello** Health Opportunities Team, Portobello Library 1st Floor (Wed 4.30-6.30pm) 0131 468 4600

**The Inch** Health Opportunities Team, Inch Park Communities Sports Club (Wed 4.30-6.30pm) 0131 468 4600

The Ripple Project, **Restalrig Road South** (Wed 3.30-5.30pm) 0131 554 0422

**Craigmount** Community Wing, Craigs Road (Friday 1pm-2pm) 0131 339 8278

**Forrester** High School – Youth Agency, 212 Broomhouse Road (Wed 1pm-1.30pm) 0131 442 4015

Gate 55, 55 **Sighthill Road** (Thurs 6.30-8.30pm) 0131 458 5095

Wester Hailes Youth Agency, 44 **Drumbryden Drive** (Wednesday 3pm-5pm) 0131 442 4015

## Impact Arts

The Printworks, 64-66 Albion Road, Edinburgh EH7 5QZ

**Tel:** 0131 661 9102 **Fax:** 0131 661 8856 **Email:** [mail@impactarts.co.uk](mailto:mail@impactarts.co.uk)

**Web:** [www.impactarts.co.uk](http://www.impactarts.co.uk)

**Service:** Impact Arts is a national community arts charity and social enterprise supporting young people through various arts based projects. Some programmes on offer include Creative Pathways which is an employability programme for 16-19 year olds. The young person chooses a pathway that will lead them to opportunities in the

creative industries. Skills gained are designed to increase their chance of finding work through improving employability skills and providing a stepping stone to a more positive future.

**Area:** Citywide

**How to access the service:** referrals are taken on a rolling basis and young people receive a weekly allowance and a bus pass. Contact Sarah Wallace on 0131 661 9102 or on [swallace@impactarts.co.uk](mailto:swallace@impactarts.co.uk) .

## Join in Edinburgh

Search on the following link for activities for children/young people/adults /parenting programmes

[www.joininedinburgh.org](http://www.joininedinburgh.org)

## Kindred

7 Rutland Court Lane, Edinburgh EH3 8ES

**Tel:** 0131 536 0360 **Fax:** 0131 538 9354 **Email:** [kindred.enquiries@gmail.com](mailto:kindred.enquiries@gmail.com)

**Web:** [www.kindred-scotland.org](http://www.kindred-scotland.org)

**Service:** Kindred is a voluntary organisation based at the Royal Hospital for Sick Children in Edinburgh offering;

- Information, advocacy and emotional support to families of children and young people with additional support needs and the professionals who work with them.
- Information, advocacy and emotional support to young people with additional needs aged 14-24.
- Training for people who work with children and families
- Therapeutic support services in the Royal Hospital for Sick Children & in the community

**Area:** Citywide

**How to access the service:** Helpline or contact the office.

## Kinship Care Team

<http://www.edinburgh.gov.uk/info/20078/children-and-families/629/kinship-carers>

## LGBT Youth Scotland

Citadel House, 40 Commercial Street, Edinburgh EH6 6JD

**Tel:** 0131 555 3940 **Email:** [info@lgbtyouth.org](mailto:info@lgbtyouth.org) **Web:** [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

**Service:** Provides opportunities and support for lesbian, gay, bisexual and transgender youths. Offers one to one and group support and advice and staff training/ support.

**Area:** Citywide

**How to access the service:** Phone or email, or via forum on the website.

## Link Up Women's Support Centre

Lochend House, 33 Lochend Road South, Edinburgh EH7 6BR

**Tel:** 0131 661 9292 **Web:** [www.link-upsupport.co.uk](http://www.link-upsupport.co.uk)

**Hours:** 10am–5pm

**Service:** A support service for women in NE Edinburgh which includes groupwork, crèche and counselling services aiming to provide a safe caring environment in the community for women who suffer from mental health problems and social isolation.

**Area:** Citywide

**How to access the service:** By referral, by phone or ask GP, Social Worker, CPN, Health Visitor or anybody currently supporting person to give the Centre a ring on their behalf. LUWSC is also happy to receive e-mails with inquiries from women who are interested in the services on offer or come along to the Drop-In on a Thursday afternoon to find out more about the service.

## LINKnet Mentoring Ltd

31 Guthrie Street, Edinburgh EH1 1JG

**Tel:** 0131 261 4463/ 0131 225 7970

**Email:** [enquiries@linknetmentoring.com](mailto:enquiries@linknetmentoring.com) [volunteers@linknetmentoring.com](mailto:volunteers@linknetmentoring.com)

**Web:** [www.linknetmentoring.com](http://www.linknetmentoring.com)

**Hours:** Mon-Fri 9am-5pm. 24Hrs voicemail on 0131 261 4463

**Services:**

- **One to one mentoring project:** Free one to one mentoring is provided by qualified, experienced and trained mentors to minority ethnic people on employment, education or personal development.
- **Diverse Recruitment Consultancy:** LINKnet's Diverse Recruitment Consultancy works with employers who would like to increase the number of minority ethnic people in their workforce. All minority ethnic job seekers are encouraged to register with the DRC that would help find jobs for them.
- **Free English Classes:** LINKnet holds free English Language classes for those who want to improve grammar in particular.

**Area:** Citywide

**How to access the service:** Enquiries by phone or email.

## Living Memory Association

5 Quayside Street, Edinburgh EH6 6EJ

**Tel:** 0131 553 4580 **Email:** [comhist@googlemail.com](mailto:comhist@googlemail.com) **Web:** [www.livingmemory.org.uk](http://www.livingmemory.org.uk)

**Hours:** Mon-Fri 10am-4pm. Answerphone for out of office hours.

**Service:** Organisation that aims to bring people together so that they can share memories, learn from one another, feel valued and respected and give their knowledge of the past to younger generations.

**Area:** Citywide

**How to access the service:** Call to arrange a visit to the Reminiscence Centre.

## Lothian Autistic Society

Davidson House, 57 Queen Charlotte Street, Leith, Edinburgh, EH6 7EY

**Tel:** 0131 661 3834 **Email:** [office@lothianautistic.org](mailto:office@lothianautistic.org) **Web:** [www.lothianautistic.org](http://www.lothianautistic.org)

**Hours:** Mon-Fri, 9am-5pm

**Service:** Information and support for parents and carers of children with autism. Hold monthly support meetings, often with a speaker in attendance. Run play schemes and respite schemes, a Sunday club and a siblings club.

**Area:** Citywide

**How to access the service:** Phone for information in the first instance.



Find out about autism  
[www.edinburgh.gov.uk/autism](http://www.edinburgh.gov.uk/autism)

## Making it Work

Capital City Partnership, The Canon Mill, 1-3 Canon Street, Edinburgh EH3 5HE

**Tel:** 0131 270 6080

**Hours:** Drop in sessions

**Service:** For lone parents with a child under five. We support parents on a one to one basis to plan for the future and consider options for skilling, training or employment. We can help with new skills as well as problems with literacy and numeracy, career advice, debt and housing issues, improving confidence, benefits calculations and concerns with childcare.

**Area:** Citywide

**How to access the service:** For more information or to book an appointment with one of our Development Workers contact Catherine Sim on the above number.

## Mental Health & Wellbeing Team

The Mental Health and Wellbeing Team provide a range of resources, training and support options to staff working with children and young people in community based services, and parents and carers. We have a strategic role in supporting staff to implement Curriculum for Excellence Health and Wellbeing Experiences and Outcomes and align with Getting It Right For Every Child. Work in this area has been guided by research which has found that healthy mental and emotional development, despite adversity, is fostered by protective experiences including:

- positive caring relationships
- healthy role models
- development of good social and emotional skills
- a sense of meaning and belonging through participation.

[https://orb.edinburgh.gov.uk/info/200545/health\\_and\\_wellbeing/2099/mental\\_health\\_and\\_wellbeing](https://orb.edinburgh.gov.uk/info/200545/health_and_wellbeing/2099/mental_health_and_wellbeing)

## Move On (Edinburgh)

(2FI) 25 Greenside Place, Edinburgh EH1 3AA **Contact:** Imke Schneemann

**Tel:** 0131 558 3740 **Email:** [imke@moveon.org.uk](mailto:imke@moveon.org.uk) **Web:** [www.moveon.org.uk](http://www.moveon.org.uk)

**Service:** Move On is a charity that works to support people affected by homelessness and to prevent homelessness, especially among vulnerable young people who face a higher risk of becoming homeless.

Services provided include bespoke workshops and sessions relating to:

- *Adult Literacy and Numeracy*
- *Money & Debt Advice*
- *Peer Education*
- *Housing Education*

- Expressive Development
- Employability
- Mentoring
- Visiting Support
- Counselling Services
- Befriending Services

**Area:** Citywide

**How to access the service:** contact directly via email or telephone

## Multisystemic Therapy Service (MST)

**Tel:** Carole Murphy – 0131 529 6364 **Email:** [cf.mst@edinburgh.gov.uk](mailto:cf.mst@edinburgh.gov.uk)

**Web:** [www.mstservices.com](http://www.mstservices.com)

**Service:** MST is an intensive family and community based intervention for 12-17 year olds at risk of out-of-home placement due to their antisocial/offending behaviour. It focuses on all the environmental systems that impact on young people's behaviour – their homes and families, schools and teachers, neighbourhoods and friends.

MST is a strengths-based approach which emphasises sustainability of change through helping parents/carers manage the influences and factors that drive problem behaviours.

**Area:** Citywide

**How to access the service:** Referral via Social Work or Social Care Direct 0131 200 2327

## Multicultural Family Base (MCFB)

50 Coburg Street, Edinburgh EH6 6HE

**Tel:** 0131 467 7052 **Email:** [management@MCFB.org.uk](mailto:management@MCFB.org.uk) **Web:** [www.mcfb.org.uk](http://www.mcfb.org.uk)

**Hours:** 9.30am–5pm, Mon-Fri

**Service:** Support for predominately Black Minority Ethnic families through regular home-visits or in groups for vulnerable children, young people and their families. Help for people affected by family illness or disability, family tensions or school problems, stress or isolation in the community, or anxieties about being a parent. Groups for parents and children under 3 as well as therapeutic groups for children and young people affected by problems at home, at school or in their neighbourhood. One group focuses specifically on young people affected by domestic abuse. Art therapy is available on a one-to-one basis to help children and adults cope with trauma and other issues in their lives. MCFB also help black and minority ethnic adults to prepare for training or work.

**Area:** Citywide

**How to access the service:** Phone for information.

## Nari Kallyan Shango

Darroch Annexe, 7 Gillespie Street, Edinburgh, EH3 9NH. **Tel:** 0131 221 1915.

**Website:** [www.nkshealth.co.uk](http://www.nkshealth.co.uk)

An advocacy service for South Asian women and children.



## Neighbourhood Support Service

**Service:** City-wide service/locality based

Working with adults and their families.

The Neighbourhood Support Service (NSS) provides visiting housing support to vulnerable adults who may be homeless or at risk of losing their home. The service assists people aged 16 or over to live independently in their own home and to help access services and be involved in the local community. We work with our clients to develop the skills required to live at home. This is achieved through providing customer focused tasks to work towards outcomes and goals identified by our clients. We work with other agencies to help people access services and resources, depending on their need, such as specialist addictions or mental health, finding and accessing GPs, liaising with DWP, Housing Officers and voluntary organisations.

**How to access the service:** Drop in, or contact us by phone or email. Self-referrals welcome.

Central Team: [nss.central@edinburgh.gov.uk](mailto:nss.central@edinburgh.gov.uk) 0131 529 7169

East Team: [nss.east@edinburgh.gov.uk](mailto:nss.east@edinburgh.gov.uk) 0131 529 3477

North: [nss.north@edinburgh.gov.uk](mailto:nss.north@edinburgh.gov.uk) 0131529 5014

South: [nss.south@edinburgh.gov.uk](mailto:nss.south@edinburgh.gov.uk) 0131 529 5123

South West: [nss.sw@edinburgh.gov.uk](mailto:nss.sw@edinburgh.gov.uk) 0131 469 5150

West: [nss.west@edinburgh.gov.uk](mailto:nss.west@edinburgh.gov.uk) 0131 469 5596

## Number 6 – Autism Initiatives UK

24 Hill Street, Edinburgh EH2 3JZ

**Tel:** 0131 220 1075 **Email:** [number6@aiscotland.org.uk](mailto:number6@aiscotland.org.uk) **Web:** [www.number6.org.uk](http://www.number6.org.uk)

**Hours:** Mon, Thurs 9am-8pm; Tues, Wed, Fri 9am-5pm. Answer phone for out of office hours.

**Service:** One-stop shop for adults (16 and over) with high functioning autism or Aspergers syndrome. Provides support to parents and carers, individually and in groups and supports people to access more appropriate agencies where necessary. Can arrange home visits. Provides advice and support on independent living, housing, dealing with statutory services - including social work and health services - education and employment.

**Area:** Citywide

**How to access the service:** Contact us to book an appointment.

## One Parent Families Scotland

13 Gayfield Square, Edinburgh EH1 3NX

**Tel:** 0131 556 3899 **Helpline:** 0808 8010323 **Web:** [www.opfs.org.uk](http://www.opfs.org.uk)

**Service:** Free and confidential helpline with specialist advisers available at specific times only. Advice and information can be given on a wide range of issues including benefits and tax credits, maintenance and the CSA, parental rights and responsibilities, housing and support groups.

**Edinburgh Dad's Club** and **Us Together** for single and contact fathers and their children – contact on 0131 557 7894/ 07814 078 139

**Area:** Citywide

**How to access the service:** Free helpline, telephone, drop in.

**One Parent Families Scotland supports single mums and dads across Scotland in a variety of ways. Learn more about what we do, and check out the first in our video series *Single Dad's 60* here:**

<http://www.opfs.org.uk/video-series-single-dads-60-e01/>

## Positive Help

13a Great King Street, Edinburgh, EH3 6QW. Tel: 0131 558 1122.

**Website:** [www.positivehelpedinburgh.co.uk](http://www.positivehelpedinburgh.co.uk)

Enabling people with HIV to live independently.

## P F Counselling Service

8 Balcarres Street, Edinburgh EH10 5JB

**Tel:** 0131 447 0876 **Email:** [info@pfcounselling.org.uk](mailto:info@pfcounselling.org.uk) **Web:** [www.pfcounselling.org.uk](http://www.pfcounselling.org.uk)

**Hours:** Mon-Thurs 9am-9pm, Fri 9am-5pm

**Service:** Offers initial assessment appointment followed by weekly one to one sessions with a suitable counsellor. For individuals ages 18 and over. Clients are invited to make a regular financial donation based on their ability to do so. A Fast Track service is available for £45 per session.

**Area:** Citywide

**How to access the service:** A request for counselling can be submitted by completing a request from (available online) or by calling the number above.

## Parent and carer support

**Contact:** [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or 0131 469 3627

**Parenting Programmes for parents/carers:** are listed on [Join in Edinburgh](#)

**CPD opportunities for multi-agency staff:** are listed on [Parent and carer support](#)

**Service:** Based in neighbourhoods and work closely with Children's Services Management Group area co-ordinators to meet local needs, we provide:

- Help for parents/carers to develop confidence and effectiveness in their parenting.
- Support for practitioners to deliver parenting programmes for families with children pre-birth to 16 years old.
- Coordinating PEEP 0-5 yrs, [PoPP](#)-Triple P/The Incredible Years 3-4yrs, TeenTripleP 11-16yrs.
- Information about parent/carers support services

Families can approach us directly. Professionals are encouraged to contact us to discuss options to match the most appropriate parent/carers support to a family's need.

[https://orb.edinburgh.gov.uk/info/200333/family\\_and\\_community\\_support/2252/parent\\_and\\_carer\\_support\\_team](https://orb.edinburgh.gov.uk/info/200333/family_and_community_support/2252/parent_and_carer_support_team)

## ParentLine Scotland Call 08000 28 22 33

[parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)

## Parents Enquiry Scotland

**Tel:** 0131 556 6047 (Anne) This is a home number so please phone at a reasonable time (9am-9pm) or **Email :** [parents enquiry@hotmail.com](mailto:parents enquiry@hotmail.com)

**Web:** [www.parentsenquiriescotland.org](http://www.parentsenquiriescotland.org)

**Hours:** 9am-9pm, 7 days a week

**Service:** Parents Enquiry Scotland is a voluntary organisation run by parents of LGBT children providing help, information and support for parents of LGBT children. Email enquiries welcome.

**Area:** Citywide

## Partners in Advocacy

2nd Floor, Beaverhall House, 27/5 Beaverhall Road, Edinburgh EH7 4JE

**Tel:** 0131 478 7723 / 7724

**Email:** [edinburgh@partnersinadvocacy.org.uk](mailto:edinburgh@partnersinadvocacy.org.uk) **Web:** [www.partnersinadvocacy.org.uk](http://www.partnersinadvocacy.org.uk)

**Hours:** Mon-Fri 9am-5pm

**Service:** Short term advocacy to adults (16+) with learning difficulties, adults with physical disability and older people (65+). Group advocacy for people with learning disabilities, mental health advocacy for 11-21 year olds who use or have used mental health services.

**Area:** Citywide

**How to access the service:** Contact the above details to make a referral.

## Penumbra – Edinburgh Self Harm Project

5 Leamington Terrace, Edinburgh EH10 4JW

**Tel:** 0131 229 6262 **Email:** [selfharm.edinburgh@penumbra.org.uk](mailto:selfharm.edinburgh@penumbra.org.uk)

**Web:** [www.penumbra.org.uk](http://www.penumbra.org.uk)

**Service:** The Edinburgh Self Harm Project provides a non-judgemental, friendly and user led support service to people who self-harm. They also explore the needs of family, carers and professionals in contact with people who self-harm. This is a confidential service which allows people (16+) to talk about what is causing them concern. The service offers support and respect to enable people to cope with crisis and develop the skills and confidence to make positive life choices. There is parents, carers and friends support, this is a 1:1 session with the project peer worker. This service is for any parent, carer or friend who is dealing with the issues of suicide and self-harm.

**Area:** Citywide

**How to access the service:** By self-referral or referral from agencies. Referral forms on the website.

## People First

**Tel:** 0131 478 7707 **Mob:** 07801 138 265 (Jane Lewis) **Web:** [www.peoplefirstltd.com](http://www.peoplefirstltd.com)

**Service:** Self-advocacy group for parents with learning difficulties.

**Area:** Citywide

**How to access the service:** Contact Jane (numbers above) for more information.

## Playback Trust

489 Lanark Road, Edinburgh EH14 5DQ

**Tel:** 0131 453 4889

**Email:** [Hamish@playbacktrust.net](mailto:Hamish@playbacktrust.net) or [may@playbacktrust.net](mailto:may@playbacktrust.net)

**Web:** [www.playbacktrust.net](http://www.playbacktrust.net)

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

**Service:** Plans, organises and supports a wide range of everyday, taken for granted opportunities for young disabled people. The event and activity programme is based on the direct wishes of the young people, and includes arts, crafts, drama, dancing, listening to music, physically adapted games, swimming, visits to the cinema, theatre or sports centres, shopping, or simply meeting informally and chatting amongst themselves, or going for a meal.

**Area:** Citywide

**How to access the service:** Phone for information in the first instance.

## Play Base

Play-Base Edinburgh, Fort Community Wing, 25 North Fort Street, Edinburgh EH6 4HF

**Tel:** 0131 554 8873 **Email:** [play-base@btconnect.com](mailto:play-base@btconnect.com) **Web:** [www.playbase.org.uk](http://www.playbase.org.uk)

**Hours:** Mon/Tue/Wed 10am-3pm; Thurs 10am-2pm

**Service:** To bring parents from the home environment and give them child care skills that can be used in the home or to go on to further training opportunities.

Courses are low cost, flexible and individually planned and usually held in community venues for maximum accessibility. Course subjects can include child development through play, childcare, working with adults, presentation and tutoring skills.

Courses are designed to deliver the understanding, skills and confidence needed by parents and carers in a flexible, supportive way. For some, they offer a first step training experience for those who want to enter college or university but who, for cultural or personal reasons, feel unable to do so.

**Area:** Citywide

**How to access the service:** Drop in during opening times or phone for information.

## Plusone Mentoring Programme -YMCA

Junction Place, Leith, Edinburgh EH6 5JA

**Tel:** 0131 553 7877 **Email:** [plusone@ymcaedinburgh.com](mailto:plusone@ymcaedinburgh.com) **Web:** [www.plusone.uk.com](http://www.plusone.uk.com)

**Service:** Plusone seeks to use the skills and life experience of local volunteer mentors to support and engage with young people in Edinburgh aged 8-14 who are deemed to be at risk of entering the children's hearing system/criminal justice system. Mentors develop positive and trusting relationships with the young people and help equip the young people with skills and knowledge to make informed choices.

**Area:** Citywide

**How to access the service:** Referrals are mostly identified in partnership with colleagues from police, education and social work, but can come from other sources/ agencies such as youth clubs and family support services. Referral criteria includes at least 2 of the following:

- a) Evidence of disruption or disengagement at school
- b) Evidence of offending, aggressive or anti-social behaviour
- c) Evidence of conflict in the home/family
- d) Evidence of substance misuse by young person
- e) Lack of positive adult role model
- f) Associations with anti-social peers
- g) Weak community ties

To make a referral or for further information please contact Mike Kerracher, Programme Manager on 0131 553 7877 or email [plusone@ymcaedinburgh.com](mailto:plusone@ymcaedinburgh.com)

## Polish Family Support Centre

172 Leith Walk, Edinburgh EH6 5EA

**Tel:** 0131 281 0429 **Email:** [info@pfsc.co.uk](mailto:info@pfsc.co.uk) **Web:** [www.pfsc.co.uk](http://www.pfsc.co.uk)

**Hours:** Mon-Fri 10am-5pm

**Service:** A voluntary organisation that offers comprehensive support for disadvantaged people through offering professional psychological, social, educational and advocacy services, principally targeting the difficulties Polish face after leaving their native country. PFSC brings together experts and professionals who are passionate about helping Polish community in need of support.

**Area:** East Lothian and Edinburgh

**How to access the service:** Drop in, referral or phone for appointment.

## Positive Destinations through Sport

Edinburgh Leisure, Vantage Point, Edinburgh EH11 4DF **Tel:** 0131 458 2100

**Contact:** Jack Martin **Tel:** 07939901799 **Email:** [jackmartin@edinburghleisure.co.uk](mailto:jackmartin@edinburghleisure.co.uk)

**Service:** Edinburgh Leisure's Positive Destinations through Sport project plans to utilise the capacity of sport to transform lives, increase motivation, encourage learning and support personal development.

**Target Group:** The project is targeted at young people Not in Employment, Education or Training (NEET). Each young person will go through a programme of development and learning through sports programme that will focus on sports specific coaching courses. The project hopes to encourage every young person on the programme to progress further in to Further or Higher Education and from there into employment within the leisure industry.

**Area:** Citywide.

**How to access the service:** For more information on the project please contact Jack Martin, Positive Destinations Project Coordinator on 07939901799 or at [jackmartin@edinburghleisure.co.uk](mailto:jackmartin@edinburghleisure.co.uk).

## Post Natal Depression Services - Crossreach

Wallace House, 3 Boswell Road, Edinburgh EH5 3RJ

**Tel:** 0131 538 7288 **Email:** [pnd@crossreach.org.uk](mailto:pnd@crossreach.org.uk)

**Hours:** Mon-Fri 9am-5pm. Answer phone available out of office hours.

**Service:** Provides counselling for families with young children where the mother or father suffers from Post Natal Depression. Therapy groups, individual and couples counselling. Infant massage, art therapy and yoga. Crèche facilities available. Donations welcome.

**Area:** North Edinburgh and Citywide

**How to Access the Service:** Telephone for advice in the first instance.

## PrePare – Edinburgh Integrated Pregnancy and Parenting Support Team

Wester Hailes Healthy Living Centre, 30 Harvester's Way, Edinburgh EH14 3JF

**Tel:** 0131 453 9208

**Hours:** Mon-Fri, 8am-4pm

**Service:** Provides a multi-agency service for pregnant women and women who have just given birth who have problem substance misuse. PrePare works closely with the women during their pregnancy, monitoring their health as well as that of their baby. The team looks at the domestic set up and lifestyle and check access to drug programmes and alcohol detox facilities. Support is offered for up to nine months after giving birth.

**Area:** Citywide

**How to access the service:** The team are happy to discuss referrals from all sources, phone the above number for more information. Professional referrals can be made through Social Care Direct by calling 0131 200 2327 or emailing [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)

## PrePare Father's Support

A Father's worker can work with partners of women referred to PrePare, working with men during the antenatal and postnatal period to provide ongoing support. For more information contact PrePare's Father's Worker on 0131 453 9156.

## The Princes' Trust Fairbridge Programme

Edinburgh Centre, 73 Ferry Road, Edinburgh EH6 4AQ

**Phone:** 0131 553 0850 **Email:** [edinburghcentre@princes-trust.org.uk](mailto:edinburghcentre@princes-trust.org.uk)

**Web:** [http://www.princes-trust.org.uk/need\\_help/fairbridge\\_programme.aspx](http://www.princes-trust.org.uk/need_help/fairbridge_programme.aspx)

**Hours:** Mon-Fri 9am-5pm

**Service:** Empowers disengaged and marginalised young people through a combination of group activities, opportunities, experiences, and one-to-one support to help them gain the personal, social and life skills needed to stabilise their life circumstances and eventually move into education, employment, training or volunteering.

The programme begins with a supportive induction phase. Many Fairbridge programme young people have struggled with more structured programmes in the past, are far away from reaching their potential, have chaotic lifestyles and are not aware of and/or unable to overcome problems in their lives. It is at this early stage in the programme that each young person will be linked to a dedicated member of staff who will provide them with regular one-to-one support before, during, and after the programme to help them to get the most from the experience.

Young people move from the induction phase and onto a five day Access Course. It is delivered using challenging and adventurous activities including a couple of days away from home at an outdoor residential venue.

After Access, young people are supported to pick and choose from a variety of Follow On courses appropriate to their needs. Courses range from those that support young people to manage addiction and overcome homelessness, to parenting skills and learning to earn. Activities are delivered by specialist staff and partners who facilitate learning through a variety of different mediums including adventurous activity, sports, arts, technology, music and film. Follow On courses also present opportunities for young people to develop literacy, digital literacy and numeracy skills, and gain relevant accreditation and qualifications.

When ready, young people are supported by their dedicated staff member in moving on to another positive engagement. This support lasts for three months beyond the end of the programme to ensure a smooth transition back into society.

**Area:** Citywide

**How to access the service:** Referral forms on website. Phone enquiries and visits welcome. We receive referrals from a range of statutory and voluntary organisations.

## Quarriers Life Coaching

The service focusses on Young people who are disengaging, looked after, accommodated, potentially or are homeless or not in education, employment or training. Age range is 16+ but can arrange transitional support 15 and over. I have attached some information on this for you and would be grateful if you could pass it on to anyone you think relevant. I would also be happy to meet and chat about what we can offer through your hubs.

<http://www.joinedorforjobs.org.uk/noticeboard/a-new-service-in-edinburgh-quarriers-life-coach/>

### Lorna Wynn

Quarriers Life Coach | [www.quarriers.org.uk](http://www.quarriers.org.uk)

Inclusion

[Lorna.Wynn@quarriers.org.uk](mailto:Lorna.Wynn@quarriers.org.uk)



## Rathbone (Edinburgh)

15 Blair Street, Edinburgh EH1 1QR

**Tel:** 0131 228 8464 **Email:** [external.communication@rathboneuk.org](mailto:external.communication@rathboneuk.org)

**Web:** [www.rathboneuk.org](http://www.rathboneuk.org)

**Service:** At Rathbone young people can learn in a way that suits them. There are two main programmes which exist to help young people – Employability Fund Programme and X-CEED – Extra Coaching to Engage and Expand Development.

**Employability Fund:** Aimed at unemployed 16-25 year olds who want to gain the skills, qualifications and experience needed to get a job. The course lasts up to 12 weeks and young people can go onto further study, apply for an apprenticeship or look for a job. Depending on young person's circumstances, they may be entitled to a training allowance of £55 a week plus travel expenses. An interview and assessment is needed to ensure the programme is the right choice for a young person.

**X-CEED – Extra Coaching:** Is a new project designed for 14-25 year olds living in Edinburgh who have been through or have a history of involvement with the care and youth justice systems or are vulnerable and hard to reach. Intensive one-to-one support and group activities are offered.

**Area:** Citywide

**How to access the service:** Contact Rathbone directly for more information (see above addresses)

## Richmond's Hope

Richmond Craigmillar Church, 227-229 Niddrie Mains Road, Edinburgh EH16 4PA

**Tel:** 0131 661 6818 **Email:** [info@richmondshope.org.uk](mailto:info@richmondshope.org.uk)

**Web:** [www.richmondshope.org.uk](http://www.richmondshope.org.uk)

**Hours:** Mon-Fri 9am-5pm. Flexible hours to suit family needs.

**Service:** Richmond's Hope offer one-to-one sessions to children who have suffered a bereavement, supporting them through their grief using therapeutic play and providing a safe haven for them to work out their feelings. The service offers support, advice and information to families, schools and other agencies to increase their understanding of the social, practical and emotional needs of bereaved children. Individual support for children and young people 4-18years, family support- away days and family sessions, a fortnightly support group for young people (13-18 years), telephone support and advice, and a lending library also available.

**Area:** Citywide for people of all faiths and beliefs

**How to access the service:** Anyone can make a telephone referral as long as parental consent is given and the child/ young person is aware of the referral. It is requested that the child/young person knows the circumstance of the death.

## The Risk Factory

<http://www.theriskfactory.org/>

The Risk Factory is an interactive safety centre. We manufacture everyday risks in a safe environment and aim to teach people how to deal with or avoid risks altogether. Our aim is to provide high quality, interactive community safety education, which will help to develop pro-active citizenship.

The centre is funded by local authorities. Through this funding all Primary 7 children (and P6 if composite class) from these local authorities have a place at the centre.

Who can visit?

- [Primary 7 children](#) from across Edinburgh and the Lothians and pupils from other local authorities are welcome to visit.
- [Cub scouts](#) for their Home Safety and Road Safety badges.
- [Adults with additional needs](#) who are moving towards greater independence and independent living.
- [Brownies](#) for their Crime Prevention and Home Safety badges or the Fire and Road Safety badges.
- [Boys Brigade](#) (Anchor and Junior Sections) focussing on Home, Fire, Road and Water Safety.

## The Rock Trust

55 Albany Street, Edinburgh EH1 3QY

**Admin Tel:** 0131 557 4059 **Tel:** 0800 7811245 **Email:** [admin@rocktrust.org](mailto:admin@rocktrust.org)

**Web:** [www.rocktrust.org](http://www.rocktrust.org)

**Service:** Accommodation, support, education and employment are the best routes off the streets and the misery that accompanies homelessness; they lead to a better future for our young people. These projects are the solutions that The Rock Trust offers a growing number of homeless youngsters.

**Area:** Citywide

**How to access the service:** Telephone for information in the first instance.

## RUTS (Rural and Urban Training Scheme)

Former Central Workshops, Lady Victoria Colliery, Newtongrange, Midlothian EH22 4QN **Contact:** Pete McDougal – Mobile Unit Leader

**Tel:** 0131 663 5736 **Email:** [iainb@ruts.org.uk](mailto:iainb@ruts.org.uk) **Web:** [www.ruts.org.uk](http://www.ruts.org.uk)

**Service:** Targeted for 16+ pupils who are at risk of not entering a positive destination. RUTS aims to equip young people with the confidence and skills required to achieve their highest potential and raise their aspirations. RUTS run learning programmes of motorcycle related activities for young people. These activities can be tailored to the needs of the group.

**Mobile Unit MotoLearn Programme:** RUTS can deliver the MotoLearn Programme in schools offering one-off sessions or longer programmes of several weeks. Their van is kitted out with tools and motorcycles. Pupils learn 3 main things (i) THINK BIKE – responsibilities and safe riding practices, (ii) FIX BIKE – learn about tools and their use/possible employment and training opportunities, and (iii) RIDE BIKE – becoming familiar with starting and stopping the vehicle and basic riding procedures. To deliver MotoLearn, RUTS require:

- Groups of up to 8 people, aged 14-19
- Parking for their van
- Ground space of 6m x 4m to put up their workshop tent
- Time to be released from lessons for a 6 week block
- Minimal costs are involved (contact RUTS directly)

### Programmes on offer:

- Level 1 and 2 Motorcycle Mechanics (Training Workshop)
- Youth Transition
- Wooden Spoon Bike Hub
- Mobile Unit: MotoLearn Programme (see above)

**Area:** Citywide

**How to access the service:** Contact RUTS directly.



## Safer Families Edinburgh - Working with Men

Chesser House, 500 Gorgie Road, Edinburgh EH11 3YJ

**Tel:** 0131 469 5325 **Email:** [cf.workingwithmen@edinburgh.gov.uk](mailto:cf.workingwithmen@edinburgh.gov.uk)

**Service:** Safer Families delivers a programme for men who are unhappy about their abusive behaviour towards a woman partner and want help to change. The men's programme consists of 14 one-to-one meetings with a worker and 26 weekly group meetings and uses a cognitive behavioural approach designed to help men understand why they have been abusive, to help them reflect on their attitudes and expectations, and to learn new ways of thinking about things and new ways of behaving. Safer Families also have a women's service. The partners or ex-partners of men who take up the service are offered a safety planning, support and advocacy service. This involvement is voluntary. We do not work directly with children but aim to ensure that children's needs are met in line with GIRFEC principles.

**Area:** Citywide

**How to access the service:** You can phone us to speak to one of the workers.

## Saheliya

125 McDonald Road, Edinburgh EH7 4NW

**Tel:** 0131 556 9302 **Email:** [info@saheliya.co.uk](mailto:info@saheliya.co.uk) **Web:** [www.saheliya.co.uk](http://www.saheliya.co.uk)

**Service:** Saheliya is a specialist mental health and wellbeing support organisation for black and minority ethnic (BME) women and girls (12+) in Scotland. Saheliya provide counselling, complementary therapies, practical and emotional support, youth and group work. Saheliya deliver a wide range of learning activities to support resilience, recovery, employment and integration. We offer childcare on a social enterprise model for under 7s and work closely with mainstream agencies to help make their services more accessible.

**Area:** Edinburgh and other parts of Scotland

**How to access the service:** Self-referral or referral from GP, Social Work or other agency.

## The Samaritans of Edinburgh and the Lothians

25 Torphichen Street, Edinburgh EH3 8HX

**Tel:** 0131 221 9999 **Email:** [edinburgh@samaritans.org](mailto:edinburgh@samaritans.org)

**Web:** [www.edinburghsamaritans.org](http://www.edinburghsamaritans.org)

**Service:** Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

**Helpline** 24 hours 08457 90 90 90 (local call charge applies)

**Email support** [jo@samaritans.org](mailto:jo@samaritans.org) (will respond within 24 hours)

**Drop-In** 25 Torphichen Street for personal callers from 9am-10pm every day. No appointment is necessary.

## Shakti Women's Aid

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

**Tel:** 0131 475 2399 **Email:** [info@shaktiedinburgh.co.uk](mailto:info@shaktiedinburgh.co.uk)

**Web:** [www.shaktiedinburgh.co.uk](http://www.shaktiedinburgh.co.uk)

**Hours:** Office hours: Mon-Fri 10am-5pm.

**Service:** Voluntary organisation offering support to all black minority ethnic women, children and young people experiencing and/or fleeing domestic abuse from partners, husbands, ex-partners or other family members. Note this is a specialist service for black & minority ethnic women.

**Area:** Citywide

**How to access the service:** By phone or email or referral.

## Simpson House Counselling

52 Queen Street, Edinburgh EH2 3NS

**Tel:** 0131 225 1054 **Email:** [counselling@simpson-house.org](mailto:counselling@simpson-house.org)

**Web:** [www.simpson-house.org](http://www.simpson-house.org)

**Service:** As a charity, Simpson House provides counselling for people affected by their own or another's drug use, works with children affected by drug or alcohol misuse, provides training courses related to counselling, and provides recovery services. A Financial Inclusion Officer based at Simpson House provides welfare services and debt advice.

**Area:** Citywide

**How to access the service:** Phone or email in the first instance.

## Sleep Scotland

8 Hope Park Square, Edinburgh EH8 9NW

**Tel:** 0131 651 1392 **Fax:** 0131 651 1391 **Web:** [www.sleepscotland.org](http://www.sleepscotland.org)

**Hours:** Support line between the hours of 9.30am and 5pm, Mon-Fri.

**Service:** Sleep Scotland is a charity which supports the parents and carers of children and young people with additional support needs and sleep problems.

**Area:** Citywide

**How to access the service:** Contact by telephone or email  
[enquiries@sleepscotland.org](mailto:enquiries@sleepscotland.org)

## The Spark

South Side Centre, New Sciennes House, 86 Causewayside, Edinburgh EH9 1PY

**Tel:** 0845 271 2711 **Email:** [info@thespark.org.uk](mailto:info@thespark.org.uk) **Web:** [www.thespark.org.uk](http://www.thespark.org.uk)

**Hours:** 9am–8pm (Mon–Thurs) 9am–5pm (Fri)

**Service:** Relationship difficulties are a normal part of life. They happen to everyone at some stage but when you are in the midst of it, it is hard to believe that other people have similar problems. The Spark offers relationship counselling, which you can access as a couple or on your own. Here at The Spark we encourage people to access support as early as possible, don't wait until it is a major crisis. Counselling is available in our regional centres across Scotland, by telephone, or online.

**Area:** Citywide

**How to access the service:** Call our Relationship Helpline free on 0808 802 2088 or use our live web chat. Open 9am-8pm Mon-Thursday, and Fri 9am-5pm. Phone to make an appointment or use the booking form on our website.

## Stopover Project

40 Grove Street, Edinburgh EH3 8AT

**Tel:** 0131 229 6907 **Email:** [stopover@foursquare.org.uk](mailto:stopover@foursquare.org.uk) **Web:** [www.foursquare.org.uk](http://www.foursquare.org.uk)

**Hours:** Open 24hrs a day, 7 days a week

**Service:** Provides emergency accommodation for young people ages 16-21 who are homeless or at risk. Young people can stay up to 3 months, or a bit longer if needed.

**Area:** Citywide

**How to access the service:** Phone for information in the first instance.

## Streetwork

18 South Bridge, Edinburgh EH1 1LL

**Tel:** 0131 344 0825 **Email:** [mail@streetwork.org.uk](mailto:mail@streetwork.org.uk) **Web:** [www.streetwork.org.uk](http://www.streetwork.org.uk)

**Hours:** 24 hour Crisis Service. Other services operate across a variety of hours.

**Service:** We work with people who are homeless or at risk of homelessness on their terms, at their pace, in a partnership based on respect and trust that seeks to help people to find their own solutions. Streetwork's centre at 22 Holyrood Road offers a 24 hour service for people in housing crisis. We deliver street based outreach, taking our services to where people are most at risk and in need. We offer housing support to help people who are making the transition to managing their own tenancy. Our Women's Project provides street based outreach and one to one support for women and young women who have experienced, or are at risk of, commercial sexual exploitation, domestic abuse and/or sexual abuse.

**Area:** Citywide

**How to access the service:** Drop in at 22 Holyrood Road or phone 0131 344 0825 to discuss other services.

## Sunflower Garden (Simpson House - Crossreach)

52 Queen Street, Edinburgh EH2 3NS

**Tel:** 0131 220 2488 **Email:** [sunflower@simpson-house.org](mailto:sunflower@simpson-house.org)

**Web:** [www.simpson-house.org/sunflowergarden.htm](http://www.simpson-house.org/sunflowergarden.htm)

**Service:** Therapeutic support service for children aged 5-14 affected by parental substance misuse. We offer 1:1 and group work support, art therapy, play therapy and children's counselling.

**Area:** Citywide

**How to access the service:** Referral or phone.

## Sycamore Service

c/o Head Office Westerlea, 11 Ellersly Road, Edinburgh EH12 6HY

**Link:** Leila Jade Rami, Team Leader

**Tel:** 0131 347 1041 (Support Team) **Email:** [sycamoreservice@capability-scotland.org.uk](mailto:sycamoreservice@capability-scotland.org.uk)

**Service:** Sycamore Service supports young people with a learning disability and/or autism spectrum disorder who are challenging their school placement to such an extent that it is at risk.

The young person will attend Sycamore for a period of time where jointly, staff will access the child's needs and plan and implement strategies which will lead to reintegration back into their school or an alternative setting.

Sycamore can offer the following:

- *Intensive support during out of school hours based in the service and out in the community*
- *Support is focussed around the individual needs of each child or young person and is aimed at helping them develop life skills and become more independent.*

The Sycamore service is delivered in partnership with the City of Edinburgh Council.

## Systemic Family Therapy Team

18 Viewforth Terrace, Edinburgh EH10 4LH

**Tel:** 07771 944559 (Karry Richardson)

**Email:** [cf.systemicfamilytherapy@edinburgh.gov.uk](mailto:cf.systemicfamilytherapy@edinburgh.gov.uk)

**Service:** Free confidential service run by the City of Edinburgh Council. Many families are able to manage difficulties effectively. However, sometimes families get stuck and need to consider different ways of dealing with the problems they are facing. Systemic Family sessions can

- Give families the opportunities to recognise the strengths they already have and to consider how these can be best used to bring about change.
- Devote time to discuss issues that are important in the family.

**Area:** Citywide

**How to access the service:** Families or professionals can email for more information.

## Totally Sound Music Project

South Bridge Resource Centre, Infirmary Street, Edinburgh EH1 1DT

**Contact:** Liz Highet or Amanda Brown **Tel:** 0131 558 3545

**Email:** [liz.highet@ea.edin.sch.uk](mailto:liz.highet@ea.edin.sch.uk) **Web:** [www.totallysound.org](http://www.totallysound.org)

## Venture Scotland

4 Norton Park, Edinburgh EH7 5QY

**Tel:** 0131 661 6786 **Email:** [info@venturescotland.org.uk](mailto:info@venturescotland.org.uk)

**Web:** [www.venturescotland.org.uk](http://www.venturescotland.org.uk)

**Service:** Provides enjoyable opportunities for young people to develop self-awareness and appreciation of the outdoors, through weekend courses run at our Bothy in Glen Etive on the west coast of Scotland.

## Venture Trust

Floor H, Argyle House, 3 Lady Lawson Street, Edinburgh, EH3 9DR

**Tel:** 0131 228 7700 **Fax:** 0131 228 7701 **Email:** [info@venturetrust.org.uk](mailto:info@venturetrust.org.uk)

**Service:** The Venture Trust is a registered charity based in Edinburgh, supporting young people with chaotic lifestyles and experiencing difficulties in their lives. At the heart of their programme is to offer young people time and space in a wilderness setting, far away from the pressures of home, where physical, emotional and social challenges take them into a personal 'stretch' zone where powerful learning can take place.

**Programmes:** There are specific programmes for pupils aged 14 and over including:

- Children who have been in care or have caring responsibilities - **Inspiring Young Futures**
- Those who are in insecure housing or have experienced homelessness – **Transitions to Independent Living**
- Young people with learning difficulties – **On The Hoof**
- Young people at risk of disengagement – **Personal Development Partnership**

**Area:** Citywide

**How to access the service:** The criteria can sometime be flexible, so contact The Venture Trust directly via telephone or email.

## Vocal Carers Centre

8-13 Johnston Terrace, Edinburgh EH1 2PW

**Tel:** 0131 622 6666 **Email:** [centre@vocal.org.uk](mailto:centre@vocal.org.uk) **Web:** [www.vocal.org.uk](http://www.vocal.org.uk)

**Hours:** Office hours Mon-Fri 9am-5pm; late opening Tues and Wed until 8pm.

**Service:** Provides information and advice; emotional support; training; counselling; advocacy; support to carers, including those supporting someone with additional problems.

**Area:** Citywide

**How to access the service:** Self-referral or professional referral by phone, email or online; <https://www.vocal.org.uk/referral-form.html>

## Wellspring (Scotland) Ltd

13 Smith's Place, Edinburgh EH6 8NT

**Tel:** 0131 553 6660 **Email:** [mail@wellspring-scotland.co.uk](mailto:mail@wellspring-scotland.co.uk)

**Web:** [www.wellspring-scotland.co.uk](http://www.wellspring-scotland.co.uk)

**Hours:** There are waiting lists to see counsellors

**Service:** Counselling and psychotherapy to individuals, couples and groups including families and young people. Charges depend on service. Grants may be available where the charges are too great. Some therapists offer sessions in Spanish, Hebrew, Danish and German. Some have an understanding of French and Russian.

**Area:** Citywide

**How to access the service:** Clients come to us through word of mouth, their GP, social work department and other agencies. It is important that the initiative for making an appointment comes from the client. This can be by email, phone or letter.

## The Yard

22 Eyre Place Lane

Edinburgh EH3 5EH

Tel 0131 476 4506

The Yard is a purpose built indoor and outdoor adventure playground for children and young people with disabilities

[www.theyardscotland.org.uk](http://www.theyardscotland.org.uk)

## YMCA – Edinburgh

1 Junction Place, Leith, Edinburgh EH6 5JA

**Tel:** 0131 553 7877 **Email:** [admin@ymcaedinburgh.com](mailto:admin@ymcaedinburgh.com)

**Web:** [www.ymcaedinburgh.com](http://www.ymcaedinburgh.com)

**Hours:** Various depending on activity

**Service:** Parent and Toddler PEEP Class (with Bump Start), Women's Group and Creche (Tuesdays), Men's Drop In (Thursdays). Drop-in youth group for young people aged 13-16 years in the Pilmeny area who are experiencing social exclusion or are at risk of offending. Open access youth club for young people aged 12-17. 1:1 support in schools for pupils with emotional, social or behavioural issues. Plusone Mentoring Programme, an early intervention service for young people at risk of offending.

**Area:** Leith and Edinburgh

**How to access the service:** Open access, drop-in or phone for details.

## Young Edinburgh Writers YEW

Central Library, George IV Bridge, Edinburgh, EH1 1EE

**Tel:** 0131 449 3265 **Email:** [dorothybaird@tiscali.co.uk](mailto:dorothybaird@tiscali.co.uk)

**Web:** <http://www.dorothybaird.com/yew.html>

**Service:** Young Edinburgh Writers is open to any young person between the ages of 13 – 18 who enjoys creative writing. It's a friendly and informal group where the

emphasis is on learning through doing, having fun and discovering how to trust what comes out of your pen.

**Times:** Twice Monthly meetings

**Area:** Citywide

**How to access the service:** Contact Dorothy Baird via email or telephone (see above)

## Young Minds

**Tel:** 020 7089 5050. **Website:** [www.youngminds.org.uk](http://www.youngminds.org.uk)

Support for children, young people and their carers who experience mental health difficulties.

## Young People's Service

Level 10, City Chambers, High Street, Edinburgh EH1 1YJ

**Tel:** 0131 529 6700 **Email:** [yps@edinburgh.gsx.gov.uk](mailto:yps@edinburgh.gsx.gov.uk)

Services for young people aged 12-17 to:

- Prevent further escalation into care systems
- Prevent family breakdown
- Address offending behaviour
- Assist in transitions out of care
- Provide additional levels of supervision, monitoring and interventions to young people who pose a risk of harm to others or at risk of being placed in care, especially secure (welfare or offending)
- Deliver 1:1 support to young people
- Deliver Teen Positive Parenting Programme
- Undertake systemic family work to support families.

**Area:** Citywide

**How to access the service:** via referral from Over 12's Panel, SCRA, Courts and Practice Teams. We also receive referrals from schools for children who pose a high risk of harm, although this is mainly Case Conferences.

## 9. 16+ Employment and Training Opportunities

### Activity Agreements

An Activity Agreement is a programme of learning and confidence building activities for young people 16 - 19 who have not managed or are not ready to secure a place on a training programme, employment or further education.

Participants usually meet with an Activity agreement coach weekly at one of the CEC hubs (see below) and through these meetings develop a programme of activities designed to build confidence and skills in order to progress onto a job, training or college. Typically this might include, group work at the hub, voluntary work, short courses etc. Participants can apply for £30 (EMA) a week training allowance to support the work they do whilst on an Activity Agreement.

### Hubs

There are currently 8 Activity Agreement hubs across the city that are accessible to young people.

Name	East CLD 16+
Venue/Address	Sandy's Community Centre, 76 Craigmillar Castle Avenue (Wed, Thur P.M) Adult Learning Shop 58 Niddrie Mains Road, Edinburgh (Thursday A.M)
Times	Core groups are Wednesday and Thursday 1.00pm till 3.00pm in Sandy's and Thursday morning s 10.00am till 12.00pm in Adult Literacy Learning shop.
Special circumstances?	Core sessions as above are always on, apart from occasional festive break around local holidays. For full day sessions i.e. Thursday's lunch is provided, otherwise healthy refreshments are on offer at most sessions. Open to all at anytime.
Contact Name	Gordon Ruddiman
Contact Number/s	0131 6616834 or 07718668555

Name	West Pilton Neighbourhood Centre
Venue/Address	West Pilton Neighbourhood Centre, 19 West Pilton Grove, EH4 4BY
Times	Tuesday and Wednesday
Special circumstances?	N/A
Contact Name	Mary Jones
Contact Number/s	0131 551 3194 or <a href="mailto:mary.jones@ea.edin.sch.uk">mary.jones@ea.edin.sch.uk</a>

Name	Slateford Green Hub
Venue/Address	2 Slateford Green, Edinburgh, EH14 1NF
Times	Tuesday 11-3pm
Special Circumstances?	Refreshments, trips and transport costs provided.
Contact Name	Michelle Johnston
Contact Number/s	Mob: 07823348558 and Email: <a href="mailto:michelle.johnston@ea.edin.sch.uk">michelle.johnston@ea.edin.sch.uk</a>
Other useful Info	Bus Routes: 3,4,30,33,44

Name	6VT Activity Hub
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<b>Venue/Address</b>	6 Victoria Terrace, Edinburgh, EH1 2JL
<b>Times</b>	Runs each Wednesday 2-5pm Drop in
<b>Special Circumstances?</b>	Also 1-1 appointments can be made outwith this time
<b>Contact Name</b>	Lorraine Goodwin - 6VT Activity Agreement Practitioner Margaret McLean - Administrator
<b>Contact Number</b>	0131 220 2108 / <a href="mailto:contact@6VT.info">contact@6VT.info</a>

<b>Name</b>	<b>Citadel Youth Centre</b>
<b>Venue/Address</b>	175 Commercial Street, Edinburgh, EH6 6JE
<b>Times</b>	Tuesday 12.30-2.30pm plus extra sessions TBC from the summer.
<b>Special Circumstances?</b>	Drop In with food provided. Take self referrals as well as referrals from external agencies and schools etc.
<b>Contact Name</b>	Sharon Mc Aree Thomas/Luke Dunn
<b>Contact Number</b>	0131 554 0510 <a href="mailto:sharon@citadelyouthcentre.org.uk">sharon@citadelyouthcentre.org.uk</a> <a href="mailto:luke@citadelyouthcentre.org.uk">luke@citadelyouthcentre.org.uk</a>

<b>Name</b>	<b>Leith Learning Hub</b>
<b>Venue/Address</b>	Leith Community Centre, 9 New Kirkgate, Edinburgh
<b>Times</b>	Fridays 10am – 3pm
<b>Special Circumstances?</b>	Fridays – Breakfast and lunch provided
<b>Contact Name</b>	Vikki Carral/David Aitchison
<b>Contact Number</b>	0131 554 4750 <a href="mailto:Vikki.carral@ea.edin.sch.uk">Vikki.carral@ea.edin.sch.uk</a> <a href="mailto:David.aitchison@ea.edin.sch.uk">David.aitchison@ea.edin.sch.uk</a>

<b>Name</b>	<b>Gracemount Hub</b>
<b>Venue/Address</b>	The Mansion (Gracemount Youth and Community Centre) 47 Gracemount House Drive, Edinburgh, EH16 6FD
<b>Times</b>	Tuesdays 9.30am – 3pm
<b>Special Circumstances?</b>	CV skills, support to fill in application forms, literacy support, interview preparation, visits from external agencies, SDS worker
<b>Contact Name</b>	David Aitchison
<b>Contact Number</b>	0131 664 3275 <a href="mailto:David.aitchison@ea.edin.sch.uk">David.aitchison@ea.edin.sch.uk</a>

<b>Name</b>	<b>Gate 55</b>
<b>Venue/Address</b>	Gate 55, 55 Sighthill Road, EH11 4PB
<b>Times</b>	Wednesday and Thursday
<b>Special Circumstances?</b>	10 week programme called Get Moving for those interested in group activities. If young people are not interested in group work they can meet 1:1 with a worker.
<b>Contact Name</b>	Sally Fawcitt or Caroline Brown      Garret Brady
<b>Contact Number</b>	0131 458 5095      07711348219

## Capital Skills



## How to apply

Capital Skills is our vocational training centre that offers training to unemployed people. We currently deliver a programme through the Employability Fund.

### Construction and landscaping

If you want to work in the construction and landscaping industry, there is a 13 week programme you can take part in. This includes training in

- health and safety
- safe use of power tools and machines
- first aid
- working at heights
- manual handling
- abrasive wheels.

As part of this programme, you will be put forward for the Construction Industry Training Board (CITB) Health and Safety test. If you are successful, you will gain your Construction Skills Certification Scheme (CSCS) card. You need this if you want to work in the construction industry. Please contact us if you're interested in this programme.

**Capital Skills Email:** [capitalskills@edinburgh.gov.uk](mailto:capitalskills@edinburgh.gov.uk) **Tel:** [0131 672 3540](tel:01316723540)

## Edinburgh Guarantee

**About the Edinburgh Guarantee :** The Edinburgh Guarantee aims to increase the number of jobs, education and training opportunities for young people, primarily focused on Edinburgh school leavers from the past three years.

Led by the Council, it is a joint venture with the public, private and voluntary sectors.

You can find more information on the Edinburgh Guarantee website.

[Visit the Edinburgh Guarantee website \(external link\)](#)

## Inspiring Young People

### Apply for Inspiring Young People

Are you aged 16-19 years and living in Edinburgh? Not currently in a job, education or training but looking for work? Do you need work experience to get that first step on the career ladder? If the answer is yes, you can apply for the Inspiring Young People programme.

Inspiring Young People is a nine month training programme for young people and school leavers. There are three stages

- stage 1 - lasts two weeks and focuses on personal development and work preparation

- stage 2 - lasts eight weeks includes a work placement and focus on employability and skills development
- stage 3 - is a six month paid placement and focuses on personal development and employability.

You can apply at any time and we will contact you closer to the start date of the next programme. There are 8 programmes per year and everyone who is eligible to apply will be offered an interview.

Download the application form below or contact the Inspiring Young People team for a Microsoft Word version or more information about the training programme.

[Download the Inspiring Young People application form \(PDF, 158KB\)](#)

**Inspiring Young People Email:** [publicsectoracademy@edinburgh.gov.uk](mailto:publicsectoracademy@edinburgh.gov.uk) **Tel:** [0131 672 0030](tel:01316720030)

## JET (Job, Education and Training) Programme

**About the JET Programme :** The JET Programme is a work-based learning programme. It is for pupils in the senior phase of High School. It combines school education with vocational training and real life work experience. You will

- work towards a National Qualification in Employability as well as your National 4s and 5s
- have a full day's work experience placement each Friday from September to April.

Speak to your Depute Head or Guidance Teacher if you want to take part in JET.

**Christmas leavers:** If you are a Christmas leaver, you can have a full time extended work experience placement with an employer in the city. This is from August until Christmas instead of going to school. You will take part in employability training sessions before starting your work experience. Near the end of the programme, we will help and support you decide your next steps.

Speak to your Depute Head or Guidance Teacher, if you want to take part in JET+ for Christmas leavers.

**Support the JET Programmes :** If you are interested in supporting the JET Programmes by providing a weekly Friday work experience placement, a full time extended work experience place or would just like to find out more, please contact JET.

**Email:** [jet.info@edinburgh.gov.uk](mailto:jet.info@edinburgh.gov.uk)

**Tel:** [0131 529 6900](tel:01315296900)

## Quarriers Life Coaching

The service focusses on Young people who are disengaging, looked after, accommodated, potentially or are homeless or not in education, employment or training. I have attached some information on this for you and would be grateful if you could pass it on to anyone you think relevant. I would also be happy to meet and chat about what we can offer through your hubs.

<http://www.joinedupforjobs.org.uk/noticeboard/a-new-service-in-edinburgh-quarriers-life-coach/>

**Lorna Wynn**

Quarriers Life Coach | [www.quarriers.org.uk](http://www.quarriers.org.uk)

Inclusion

[Lorna.Wynn@quarriers.org.uk](mailto:Lorna.Wynn@quarriers.org.uk)



## **Training Providers**

**Capital Skills** (Construction / Landscaping) - 0131 672 3540,

**Modern Apprenticeships** advertised on [www.myjobscotland.gov.uk/edinburgh](http://www.myjobscotland.gov.uk/edinburgh)

**Youth Build / Action for Children** – a variety of construction/ employability courses. Contact Action for Children, Youthbuild, Unit 4 Black 5, Peffermill Industrial Estate, Kinks Haugh, Craigmillar EH16 5UY 0131 6611354

**WEACT** - Youth employability programmes at various locations around the city, run Just do it Programmes, 1 to1 support, Get skilled programmes 13 weeks paid work placements. Contact at Gate 55 Alison Dunlop 0131 466 4924

**Action Group Real Jobs** – employment service for those with support needs. Contact [www.actiongroup.org.uk](http://www.actiongroup.org.uk) or call 0131 475 2315

**Bridgend Growing Communities** – employability, health and social development opportunities community allotment volunteering opportunity [www.bridgendcommunity.blogspot.co.uk](http://www.bridgendcommunity.blogspot.co.uk) or call 0131 664 9559

**Citadel Youth Centre** – Futureheads Youth Café and Young Volunteer Programme, activity agreement hub. Contact [www.citadelyouthcentre.org.uk](http://www.citadelyouthcentre.org.uk) or call 0131 554 0510

**Community Renewal** – delivers support and employability hubs in North and East [www.communityrenewal.org.uk](http://www.communityrenewal.org.uk) or call 0131 669 9675

**Foursquare – Connected Jumpstart** - work preparation training programme [www.foursquare.org.uk](http://www.foursquare.org.uk) or call 0131 557 7913

**GTG – vocational training specialists** including car mechanics, welding and valeting [www.gtg.co.uk](http://www.gtg.co.uk) or call 0131 629 1003

**Media Education** - Media Skills and Filmmaking [www.mediaeducation.co.uk](http://www.mediaeducation.co.uk) or 313 8900

**Mentor** – Modern Apps in Hairdressing [www.mentor.org.uk](http://www.mentor.org.uk) or call 0131 220 4499

**North Edinburgh Childcare** – support for those wanting to work in childcare [www.northedinburghchildcare.co.uk](http://www.northedinburghchildcare.co.uk) or call 0131 311 6931

**Passport** – support for those leaving care [www.accesstoindustry.co.uk](http://www.accesstoindustry.co.uk) or call 0131 260 9721

**Port of Leith Housing Association** – ToiL Programme work experience placements [www.polha.co.uk](http://www.polha.co.uk) or call 0131 553 8746

**Right Track** – get ready for work programme [www.right-track-scotland.co.uk](http://www.right-track-scotland.co.uk) or call 0131 557 8584

**Skills Development Scotland** – national careers service [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk) or call 0808 100 1050

**Springboard** – advice on careers in hospitality, leisure and tourism [www.careerscope.springboarduk.net](http://www.careerscope.springboarduk.net) or call 0845 293 2515

**Training for Care** – get ready for work programme for the care industry [www.tfcscotland.org.uk](http://www.tfcscotland.org.uk) or call 0131 556 7773

**Joined Up for Jobs** – Edinburgh's jobs strategy [www.joinedorforjobs.org.uk](http://www.joinedorforjobs.org.uk) or call 0131 270 6033

## Careers Scotland

Careers Scotland Centre, 79 Shandwick Place, Edinburgh, EH2 4SD.

**Tel:** 0845 850 2502. **Website:** [www.careers-scotland.org](http://www.careers-scotland.org)

Careers advice, interview training and C.V. workshops.

## Princes Trust - Edinburgh

Edinburgh Centre, 73 Ferry Road, Edinburgh, EH6 4AQ.

**Tel:** 0131 553 0850. **Website:** [www.princes-trust.org.uk](http://www.princes-trust.org.uk)

Providing courses to give you skills, work experience and support towards employment for young people aged 16 -25.

## Real Jobs

The Action Group Norton Park Centre, 57 Albion Road, Edinburgh EH7 5QY.

**Tel:** 0131 475 2315. **Website:** [www.actiongroup.org.uk](http://www.actiongroup.org.uk)

Employment support service working with people with additional support and learning

## The Gallery on the Corner

34 Northumberland Street, Edinburgh EH3 6LS. **Tel:** 0131 557 8969.

**Website:** [www.thegalleryonthecorner.org.uk](http://www.thegalleryonthecorner.org.uk)

A social firm developed by Autism Initiatives Scotland creating employment and

experiences for people with Autism Spectrum Condition in Scotland. The gallery offers apprenticeships to 16 to 25 year olds with autism spectrum conditions in art and retail.

## **WEACT (formally West Edinburgh Action)**

Stevenson College, 55 Sighthill Road, EH11 4PB. **Tel:** 0131 477 2800.

**Website:** [www.stevenson.ac.uk/weact](http://www.stevenson.ac.uk/weact)

A Stevenson College initiative to help improve employability for people in South West, City Centre, South Central, Pentlands and South Edinburgh areas.

## **10. Through-care and Aftercare**

Through-care & Aftercare Team

329 High Street Edinburgh EH1 1PN

**Tel:** 0131 529 6400

[http://www.edinburgh.gov.uk/info/20156/looked\\_after\\_children\\_and\\_young\\_people](http://www.edinburgh.gov.uk/info/20156/looked_after_children_and_young_people)

Through-care and Aftercare Services in Edinburgh are made up of four different teams:

- Through-care and Aftercare Team, 329 High Street
- Dean and Cauvin Through-care and Aftercare Team
- St Katharine's Through-care and Aftercare Team
- Barnardos 16+

Young people are eligible for our service if they are looked after or accommodated by City of Edinburgh Council for a period of 13 weeks at or after their school leaving date.

We have a duty to offer a service to eligible young people 16 to 18 years old and the power to provide a service to young people from 19 to 21 years old.

We use a pack called Pathways which involves the young person in planning for their future, and agreeing to a Pathway Plan.

**All referrals come to the Through-care and Aftercare Team at 329 High Street** and then they are allocated to one of the four teams. If the young person does not have an allocated worker they can access support via the Duty Worker at 329 High Street.

## **11. Funding**

### **Career Development Loans**

**Tel:** 0800 585 505.

Apply for loans between £300 and £8000 to pay for job related training.

### **Family Fund**

4 Alpha Court, Monks Cross Drive, York, YO32 9WN. **Tel:** 08449 744 099

**Website:** [www.familyfund.org.uk](http://www.familyfund.org.uk)

Provides grants for low income for families with children with disabilities.

### **ILA Scotland**

**Tel:** 0808 100 1090. **Website:** [www.ilascotland.org.uk](http://www.ilascotland.org.uk)

Up to £500 towards cost of learning if you live in Scotland, are 16 and over and your income is £18,000 or less or if you are on benefits.

### **John Watson's Fund**

Iola Wilson (Administrator), John Watson Trust, The Signet Library, Parliament Square, Edinburgh EH1 1RF. **Tel:** 0131 220 1640, 0131 220 3249

**Website:** [www.johnwatsons.com](http://www.johnwatsons.com)

Grants for under 21's with physical and learning disabilities or financial deprivation. The grants are for educational purposes for individuals, groups and organisations.

### **One Parent Families Scotland**

**Tel:** 0808 801 0323. **Website:** [www.opfs.org.uk](http://www.opfs.org.uk)

Information on funding and childcare for Lone parents.

### **The Student Awards Agency for Scotland**

**Tel:** 0131 476 8212. **Website:** [www.student-support-saas.gov.uk](http://www.student-support-saas.gov.uk)

Financial assistance for higher education. Certain criteria needs to be met. Disabled Student Allowance (DSA) can be applied for providing you are on an HNC course or above.

### **Trefoil House**

Gogarbank, Edinburgh, EH12 9DA. **Tel:** 0131 339 3148. **Website:** [www.trefoil.org.uk](http://www.trefoil.org.uk)

Holiday fund and personal development grants for young people under 18 years with special needs.

### **Edinburgh & Lothian Trust Fund**

Find more information and apply for funding [here](#).

## **12. Leisure and Holidays**

### **Database: Activities for children & young people and adults**

A constantly evolving database of activities in Edinburgh. [www.joininedinburgh.org](http://www.joininedinburgh.org)

### **Cinema Exhibitors Association Card (CEA)**

The Card Network, Network House, St Ives Way, Sandycroft, CH5 2QS.

**Tel:** 0845 123 1292. **Website:** [www.ceacard.co.uk](http://www.ceacard.co.uk)

This card is a national cinema card which allows a disabled person to take a carer free to the cinema. However the card is only available if you are in receipt of Disability Living Allowance, Attendance Allowance or are registered blind. You can download an application from the website or pick up one from your local cinema. There is a charge for the card.

### **Dancebase**

National Centre of Dance, 14-16 Grassmarket, Edinburgh, EH1 2JU.

**Tel:** 0131 225 5525. **Website:** [www.dancebase.co.uk](http://www.dancebase.co.uk)

### **Edinburgh and Lothians Greenspace Trust**

109/11 Swanston Road, Edinburgh, EH10 7DS

**Tel.** 0131 445 4925. **Website:** [www.elgt.org.uk](http://www.elgt.org.uk)

A free programme of environmental and community projects for all ages.

## **Edinburgh Leisure**

**Tel:** 0131 458 2100. **Website:** [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk)

Edinburgh Leisure has coached activities for babies through to adults.

## **Open All Hours – Edinburgh Leisure**

**Website:** [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk)

Active fun for S1 –S6's on Friday nights and Saturday afternoon at certain leisure centres.

## **Orcadia Creative Learning and Trampoline Centre**

3 Windsor Place, Portobello, EH15 2AJ.

**Tel:** 0131 669 1075. **Website:** [www.orcadiacentre.org.uk](http://www.orcadiacentre.org.uk)

This centre provides person centred education by participation in communication arts programmes with after school clubs, youth clubs, children's parties among other things.

## **Outdoor Diary**

**Tel:** 0845 367 3787. **Website:** [www.outdoor-diary.info](http://www.outdoor-diary.info)

A diary of outdoor activities in Edinburgh, Lothians and Scottish Borders for all ages. Run by Rangers, forestry commission and others.

## **Seagull Trust**

Canal Side, Braid Road, Ratho, Edinburgh, EH28 8RA.

**Tel:** 0131 333 0322. **Website:** [www.seagulltrust.org.uk](http://www.seagulltrust.org.uk)

The seagull trust provides free canal cruising for people with disabilities on the Union, Forth and Clyde and Caledonian canals.

## **The Citadel Youth Centre**

175 Commercial Street, Edinburgh, EH6 6JE.

**Tel:** 0131 554 0510 **Website:** [www.citadelyouthcentre.org.uk](http://www.citadelyouthcentre.org.uk)

Youth centre for young people (6 – 21 years) in the Leith area. A place to have fun, meet friends and try new things.

## **The Yard**

22 Eyre Place Lane, Edinburgh, EH3 5EH. **Tel:** 0131 476 4506

**Website:** [www.theyardscotland.org.uk](http://www.theyardscotland.org.uk)

An adventure playground for children and young people with additional support needs. Family sessions are on Fridays 1pm to 4pm and Saturdays 10am to 4pm. Holiday activities and youth programmes available.

## **Venture Scotland**

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY.

**Tel:** 0131 475 2395. **Website:** [www.venturescotland.org.uk](http://www.venturescotland.org.uk)

Takes groups of 16 – 30 year olds for residential weekends or week long programmes to people who do not have such opportunities.

## **Whale Arts Agency**

30 Westburn Grove, Edinburgh, EH14 2SA. **Tel:** 0131 458 3267.

**Website:** [www.whalearts.co.uk](http://www.whalearts.co.uk)

This is a community based arts centre in Wester Hailes. They provide creative art activities for all ages. Their programme changes regularly so contact them for details.

## 13. Adult Support

### Penumbra

5 Leamington Terrace, Edinburgh, EH10 4JW.

**Tel:** 0131 228 1335. **Website:** [www.penumbra.org.uk](http://www.penumbra.org.uk)

Self Harm Project - A community outreach project providing people who self-harm with a confidential, safe, non-judgemental environment in which to explore their feelings (adults from 16 years old).

### Bluebell at Parentline

**Tel:** 0800 345 7457

A confidential telephone helpline supporting mothers with post-natal depression. National Self-Harm network

**Email:** [info@nshn.co.uk](mailto:info@nshn.co.uk) **Website:** [www.nshn.co.uk](http://www.nshn.co.uk)

### Post Natal Depression

**Tel:** 0131 538 7288. **Website:** [www.crossreach.org.uk](http://www.crossreach.org.uk)

### Support in Mind (formally known as National Schizophrenia Fellowship)

**Tel:** 0131 557 8969. **Website:** [www.supportinmindscotland.org.uk](http://www.supportinmindscotland.org.uk)

### Re-Discover (Health in Mind)

40 Shandwick Place, Edinburgh, EH2 4RT.

**Tel:** 0131 225 8508. **Website:** [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

A befriending service for people experiencing mental health difficulties.

### Crew 2000

Crew 2000 - Mind Altering shop, Cockburn Street, Edinburgh. **Tel:** 0131 220 3404.

**Website:** [www.crew2000.org.uk](http://www.crew2000.org.uk)

Counselling service for drug users who want support to explore their drug use.

### Crossreach Counselling Services

Wallace House, 3 Boswall Road, Edinburgh, EH5 3RJ. **Tel:** 0131 538 7288.

**Website:** [www.crossreach.org.uk](http://www.crossreach.org.uk)

Counselling service for children and adults. Donations are depending on your ability to pay.

### Cruse Bereavement Care

**Tel:** 0844 477 9400. **Website:** [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

Counselling support for children and adults in times of bereavement.

### CA(I)RE Befriending Service

Eric Liddel Centre, 15 Morningside Road, Edinburgh, EH10 4DP.

**Tel:** 0131 446 3321. **Website:** [www.ericliddell.org](http://www.ericliddell.org)



A befriending service for unpaid carers to lessen or remove isolation experienced by caring.

### **Ecas Befriending Project**

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY. **Tel:** 0131 475 2344.

**Website:** [www.ecas-edinburgh.org](http://www.ecas-edinburgh.org)

Befriending for people with physical disabilities.

### **Headway**

Edinburgh Headway, Headway House, Astley Ainslie Hospital, Caanan Lane,

Edinburgh, EH9 2HL. **Tel:** 0131 537 9116. **Website:** [www.edinburghheadway.org.uk](http://www.edinburghheadway.org.uk)

Befriending support for people with traumatic head injury and traumatic acquired brain injury.

### **LGBT Age**

LGBT Centre for Health and Well Being, 9 Howe Street, Edinburgh, EH3 6TE.

**Tel:** 0131 652 3282. **Website:** [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)

Support for lesbian, gay, bisexual and transgender people over 50 year olds living in Edinburgh and the Lothians.

### **Positive Help**

13a Great King Street, Edinburgh, EH3 6QW. **Tel:** 0131 558 1122.

**Website:** [www.positivehelpedinburgh.co.uk](http://www.positivehelpedinburgh.co.uk)

Enabling people with HIV to live independently.

### **RNIB Scotland**

12 Hillside Crescent, Edinburgh, EH7 5EA. **Tel:** 0131 652 3140. **Website:** [www.rnib.org.uk](http://www.rnib.org.uk)

Befriending help for blind and partially sighted people in Edinburgh and the Lothians.

### **Join in Edinburgh**

Search on the following link for activities adults

[www.joininedinburgh.org](http://www.joininedinburgh.org)

**The Alma Project** aims to improve the mental health and well-being of the inhabitants of Edinburgh through the use of the arts as a therapeutic tool. It is supported in doing this by the City of Edinburgh's Department of Health & Social Care. More details on <https://thealmaproject.wordpress.com/>

**S.O.B.S. (Survivors of Bereavement by Suicide)** is a support group that meets in Edinburgh the last Thursday of every month. Please contact Jacqui on 07787 580 998 or Joyce (after 6pm) on 0782 517 6256 or e-mail [edinburghsobs@gmail.com](mailto:edinburghsobs@gmail.com) Find out more on <http://uk-sobs.org.uk/support-group/edinburgh/>

## **14. Support for Young Carers**

### **Edinburgh Carer Support Team**

Carers Support Team, Leith Community Treatment Centre, Junction Place, Edinburgh, EH6 5JQ.

**Tel:** 0131 536 3371. **Email:** [carer.support@luht.scot.nhs.uk](mailto:carer.support@luht.scot.nhs.uk)

Supporting people aged 12 or over who look after a relative, partner, friend or neighbour.

### **Edinburgh Young Carers Project**

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY. **Tel:** 0131 475 2322.

**Website:** [www.youngcarers.org.uk](http://www.youngcarers.org.uk)

This project aims to support young carers throughout the Edinburgh region. They provide one to one and group support, residential and day trips, young carers forum and information.

### **The Edinburgh Self Harm Project Parents and Carers Group**

**Tel:** 0131 229 6262.

Support for carers supporting someone up to the age of 25 years who self-harm.

### **Venture Trust**

**Website:** [www.venturetrust.org.uk](http://www.venturetrust.org.uk)

Venture trust combines wilderness expeditions and community based support for young adults aged 16-19 caring for a family member or who have been in the local authority care system.

## **15. Support for Special Needs**

### **ADHD Parents Support Group**

**Email:** Diane Kivlin [fraternal\\_2@hotmail.com](mailto:fraternal_2@hotmail.com) or

Alison Mckewn [neilandalison@blueyonder.co.uk](mailto:neilandalison@blueyonder.co.uk)

This group is run by parents with children who have ADHD. The group meets on the first week of each month during term time.

### **A place to talk about Autism and ADHD(Website)**

**Website:** [www.aplacetotalkaboutautismandadhd.co.uk](http://www.aplacetotalkaboutautismandadhd.co.uk)

This is a useful website for children who play minecraft. It has a special server for children with ADHD/ASD. There is also a forum for chatting to other carers of children with ASD/ADHD.

### **Lothian Autistic Society** (Autism and Aspergers Syndrome)

Unit 22, Castlebrae Business Centre, 40 Pfeffer Place, Edinburgh, EH16 4BB. **Tel:** 0131 661 3834.

**Website:** [www.lothianautistic.org](http://www.lothianautistic.org)

Supporting children with autism and their families.

### **Tailor Ed Foundation**

11 Maritime Street, Leith, Edinburgh, EH6 6SB. **Tel:** 0131 624 8970.

**Website:** [www.tailoredfoundation.co.uk](http://www.tailoredfoundation.co.uk)

A free service for children in Edinburgh aged 3 – 12 years with autism. Helping to teach daily living skills and working with their families.

### **Calibre Audio Library**

Ayslebury, Bucks, HP22 5XQ. **Tel:** 01296 432 339. **Website:** [www.calibre.org.uk](http://www.calibre.org.uk)  
An audio library for adults and children.

### **Dyslexia**

**Website:** [www.dyslexiascotland.org.uk](http://www.dyslexiascotland.org.uk) **Tel:** 01786 446650.

**Website:** [www.dyslexiaaction.org.uk](http://www.dyslexiaaction.org.uk) **Tel:** 0141 334 4549.

**Website:** [www.dyslexia.org](http://www.dyslexia.org)

### **Dyspraxia**

**Website:** [www.dyspraxiafoundation.org.uk](http://www.dyspraxiafoundation.org.uk)

Edinburgh has a local group. **Tel:** 01462 454 986 for details of what's on.

### **Enquire**

Princes House, 5 Shandwick Place, Edinburgh, EH2 4RG. **Tel:** 0845 123 2303.

**Website:** [www.enquire.org.uk](http://www.enquire.org.uk)

An independent Scottish advice service for additional support for learning.

## **16. Volunteering**

### **Volunteer Centre Network**

**Website:** [www.volunteerscotland.org.uk](http://www.volunteerscotland.org.uk)

Saltire awards are volunteering awards supported by the Scottish Government. Available to all 12-25 year old volunteers in Scotland you can volunteer with your friends, family as a team or by yourself.

### **Volunteers in Partnership**

Volunteer Development Team, 200 Bonnington Road, Edinburgh, EH6 5NL.

**Tel:** 0131 555 0290.

Supports older people by visiting them at home or helping them to go out to reduce isolation. Referrals from certain G.P. practices.

## **17. Useful Telephone Numbers and Websites**

### **Action for Children**

**Website:** [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

Supporting vulnerable and neglected children.

### **Bullying**

**Website:** [www.bullying.co.uk](http://www.bullying.co.uk)

### **Child line**

**Tel:** 0800 1111.

A free, confidential telephone helpline for children and young people.

### **Teenage depression**

**Website:** [www.depressioninteenagers.co.uk](http://www.depressioninteenagers.co.uk)

### **NHS Fife**

**Website:** [www.moodcafe.co.uk](http://www.moodcafe.co.uk)

Advice and resources for children, young people and families for a wide range of mental health difficulties

### **Bereavement**

**Website:** [www.rd4u.org.uk](http://www.rd4u.org.uk)

Designed for children as part of Cruse Bereavement.

### **Sleep Scotland**

**Tel:** 0131 651 1392. **Website:** [www.sleepscotland.org](http://www.sleepscotland.org)

Advice and support for families with children with additional support needs and severe sleep problems.

## **18. Welfare Rights and benefits**

### **Family Advice and Information Resource (FAIR)**

95 Causewayside, Edinburgh EH9 1QG. **Tel:** 0131 662 1962.

**Website:** [www.fairadvice.org.uk](http://www.fairadvice.org.uk)

Information and advice for people caring for or working with people with learning disabilities. Help with Disability Living Allowance Form.

### **The Advice Shop**

249 High Street, Edinburgh, EH1 1YJ. **Tel:** 0131 200 2360.

**Email:** [advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk)

Offers information and advice on welfare benefits and rights, money and debt.