





Surviving The Holidays & New Year 2017



Christmas and New Year can be a difficult time of year. Inside this leaflet you will find some information about services and support on offer.



About this guide

It can seem that everyone around us is having a great time at Christmas and New Year, but it can be a really hard time for many of us. There is extra stress around this time of year. For example, worrying about money, seeing family, heating the house, or going out where there is a lot of drinking.

Health in Mind has designed this guide to bring together a range of support and services that are here to help. We would like to thank Edinburgh Cheers and Gamechanger for the grant to print this guide.

You can find information about mental health and well-being and support that is available all year round via : www.edspace.org.uk

You can also visit the Mental Health Information Station at A Sense of Someplace, Walpole Hall every Thursday from 11.00am - 3.00pm

For other areas outside Edinburgh you can access :

www.eastspace.org.uk for information about East Lothian

www.westspace.org.uk for information about West Lothian

www.midspace.co.uk for information about Midlothian





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What is Edinburgh Cheer? #edincheer

Edinburgh's two major football clubs are setting aside sporting rivalry and coming together in a campaign designed to make Edinburgh the Capital of Goodwill over Christmas.

Edinburgh Cheers is supported by the Edinburgh Evening News and Heart of Midlothian FC, through its Big Hearts Foundation, and Hibernian FC, Hibernian Community Foundation and NHS Lothian through their innovative GameChanger Public Social Partnership.

The two Clubs are hosting and supporting a series of events in their respective communities, with many of those being hosted at Tynecastle Park and Easter Road, all designed to harness the power of football to deliver positive social outcomes.

In addition, a number of events and initiatives will take place throughout December to help those in the city – young and old - who are homeless, who are suffering poor mental or physical health, or who are isolated or forgotten at this time of year, with NHS Lothian ensuring that important well-being messages are delivered as part of the campaign.

The city's public, private and third sectors will come together to back the campaign with the aim of making Edinburgh a more caring and compassionate city.



Spreading Edinburgh Capital Of Goodwill



You can play your part in making our city the Capital of Goodwill this Christmas

If you can do just one of these things, please let us know you are supporting us and sign up for our Edinburgh Cheer news letter at www.edinburghnews.com for campaign updates



Smile and say Happy Christmas

Traffic warden? Shop assistant? Fellow commuters? Share some festive spirit with the people you meet each day




Invite someone new for lunch

Maybe a neighbour who is on their own



Give a little of your time

Sign up for our Edinburgh Cheer news letter and see if you can help a local charity deliver a festive project in your neighbourhood




Spread the word about a good cause

Share it on Facebook and Twitter, tell your friends, and don't forget to let us know so we can help #edincheer



Keep people warm on the streets

Watch out for details of how you can support our sleeping bag campaign for rough sleepers




Wish a Polish neighbour *Wesołych Świąt*

Or say *feliz Navidad* to a Spanish friend



Bring some joy to a dinner table

Donate much-needed supplies to a foodbank such as the one at your local Tesco



Make an older person on their own feel special

Send them a Christmas card through #VintageVibes VIP campaign



Sing with us

Join our Edinburgh Cheer choir for communal carol singing. Watch out for details of where and when.



Take the Edinburgh Cheer pledge #edincheer



Here are some ways that people keep well at Christmas. These are just a few things that people have told us help them. Different things work for different people.

I go out for a walk when family life is getting too much for me

I get a new book/ audio book out of the library because I know there will be nothing on TV that I want to watch

I use online resources as a support with my mental health

I try to remember it's only a couple of days and things will be back to normal soon

I try to keep in my normal routine as much as possible

I used to feel like I had to take part in Christmas and New Year. But now, they are just ordinary days for me and that's much easier

10 tips for getting through Christmas

1. Make sure you have enough medication to cover the time when the Doctor and Chemist are closed.

2. Work out a budget and stick to it.

3. Think about little things you can do each day to keep you well, for example, a nice warm bath or wrapping up and spending time outside.

4. Plan out meals so that you have enough food in the house to cover the days when the shops are closed. If possible batch cook and put in your freezer.

5. Plan a routine and follow it each day.

6. Try to be honest with family and friends if things are feeling overwhelming.

7. Remember it's OK to cancel plans if you don't feel up to going out.

8. Talk to your support worker, or people who support you, about how you will cope with Christmas now.

9. Try not to compare yourself and your Christmas to those you see on TV or on social media. You are not alone in finding things hard.

10. If things get too much, talk to someone or reach out and access listening services if needed.





OPEN DOORS & FREE CHRISTMAS DINNER

25th December 2017

From 11am,
**TYNECASTLE
STADIUM**
*WEST EDINBURGH
(EH11 2NL)*



From 11:45am,
**EASTER ROAD
STADIUM**
*NORTH EDINBURGH
(EH7 5QG)*

Do you work with individuals or groups of people who might find things difficult, challenging or feel lonely on Christmas day?

As part of the EDINBURGH CHEER campaign, designed to make Edinburgh the city of kindness this Christmas, we are inviting people to come together on Christmas day to enjoy some food and Christmas cheer at either one of the city's major football stadiums.

See over for more details



With many local people and families having a hard time at Christmas, organisations & agencies in Edinburgh are teaming up to make a difference & you can help too!



Contact edinburghcheer@nhslothian.scot.nhs.uk if you know groups or individuals who would like to come and enjoy a Christmas dinner at Tynecastle Park or Easter Road football stadiums.

We'll then contact you to discuss practical details, including help with transport.

EDINBURGH CHEER is supported by:



What's Open on 25 December?

It can be good to go out and be with others on Christmas Day. Here are some places that will be open. It is a good idea to try and call in advance if you can.

Crisis at Christmas

0131 209 7700

Free and open to people who are homeless or at risk of homelessness aged 18 or over. You'll also be able to find out how Crisis can help you all year round.

There'll be a warm welcome waiting for you at Crisis at Christmas from 8am - 6pm and on Boxing Day from 11am - 6pm.

Enjoy good food, good company, entertainment and activities, with access to hairdressing, massage and foot care services.

Southside Community Centre, 117 Nicolson Street,
Edinburgh, EH8 9ER

Serenity Café (South East / Central)

0131 556 8765

Open for Christmas Dinner for people in recovery, even if you have never been to Serenity before. Turn up on the day or call in advance.

Salvation Army (South West)

0131 346 2875

Open for Christmas day lunch, with festive entertainment. Free and open to all. Booking preferable.

North Edinburgh Arts (North West) : 24 December

Come and ask your questions about what's happening at the Murihouse shopping centre. Free soup and sandwiches at the drop in - **Friday 24th** at 12.00pm



Support with your mental health

Edinburgh Crisis Centre

(Open 24/7)

0808 801 0414

Mental Health Assessment Service

0131 537 6000

Social Care Direct

(9 - 5pm)

0131 200 2324

Out of hours and holidays

0800 731 6969

You are not alone.
There is always
someone here to listen

Listening Services

Samaritans Local line

0131 221 9999

Samaritans Nationals Line

116 123

Breathing Space

(Open 6pm - 2am)

0800 83 85 87

Saneline (open 6pm - 11pm)

0300 304 7000

Silverline

0800 4 70 80 90

(For older people)

CALM helpline

0800 58 58 58

(Suicide prevention for men)

Papyrus Hopeline

0800 068 41 41

(Young people under 30)

Housing

Access Point

0131 529 7438

Edinburgh Housing Advice Partnership

0131 442 1009 or
0845 302 4607

Shelter's Housing Advice Line

0808 800 4444



Home Energy Scotland

0808 808 2282

(for advice and help heating
your home)

Advocacy / Legal

Partners in Advocacy

0131 478 7723

Legal Services Agency

0131 228 9993

Advocard

0131 554 5307

Money



Citizens Advice

0131 510 5510

Scottish Welfare Fund

0131 529 5299

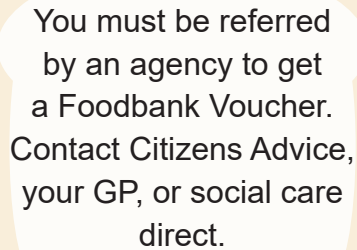
Foodbanks

Trussel Trust

Trussel Trust have several foodbanks across Edinburgh. Contact central foodbank for referral details

0131 202 9130 or see:

trusselltrust.org/get-help/find-a-foodbank



You must be referred by an agency to get a Foodbank Voucher. Contact Citizens Advice, your GP, or social care direct.

Basic Banks

Basics Banks run by Edinburgh City Mission, Call 0131 225 9445 for referral details.



Free and Low Cost Food

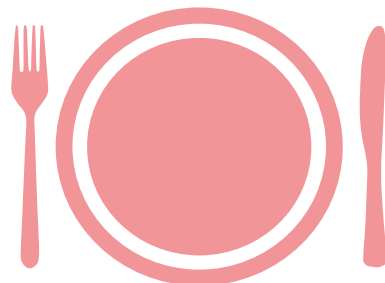
Care Van

Bethany Christian trust and Edinburgh City Mission van, offering food, clothing and friendship to rough sleepers / people in hostels
0131 225 9445



Grassmarket Community Project

Free meal on Mondays from 4 - 5.30 pm
0131 225 3626



Health and well-being



NHS 24

(Including dentist)

111

LGBT Health and Well-being Centre

0300 123 2523

NHS Inform helpline

0800 22 44 88

Sexual Health Centre

0131 536 1070

TAP

0131 240 2810

(GP access for people who are homeless)

Support for Carers Local support



VOCAL

0131 622 6666

VOCAL will be open for three days between Christmas and New Year, offering a space for carers to come and get some time out for themselves.

Workers will be on hand to offer info and advice, and there will also be workshops, café, groups and more!

Call 0131 622 6666 for details.

Carer for Carers

0131 661 2077

Carers Council

0131 270 6087 or

0131 270 6089

Carers Support Project

0131 557 0718

Support with Addictions

Alcoholics Anonymous

0800 917 7650
aa-Edinburgh.org.uk
For local meets

Narcotics Anonymous

0300 999 1212
ukna.org

Drinkline Scotland

0800 7 314 314
drinkaware.co.uk



Gambling Anonymous

0370 050 8881
gascotland.org



Keeping Safe

Rape Crisis Edinburgh

0131 556 9437

Scottish Women's Aid

(24hr helpline)
0800 027 1234

Rape Crisis Scotland

(6pm - 12am)
0808 801 0302

LGBT Domestic Abuse Helpline

0300 999 5428 or
0800 999 5428

Edinburgh Women's Aid

0131 315 8110

Victim Support

0345 603 9213

Emergency Contacts

Emergency Services

999



Police (non emergency)

101

Gas emergency line

(If you smell gas)
0800 111 999

