



SURVIVING THE HOLIDAYS AND NEW YEAR 2018



Christmas and New Year can be a difficult time of year. In this guide you will find information about services and support on offer in Edinburgh during the festive period.

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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, a local mental health and wellbeing charity, has produced this guide to bring together a range of support and services that are here to help during the festive period.

You can find information about mental health and wellbeing and support that is available all the year round on Edspace. Visit www.edspace.org.uk.

You can also visit the Mental Health Information Station at 'A Sense of Someplace', Walpole Hall, Palmerston Place every Thursday 11am to 3pm.

For information on mental health and wellbeing services and groups outside of Edinburgh visit:

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

Midspace: www.midspace.co.uk for information about Midlothian

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

To find out more about Health in Mind visit www.health-in-mind.org.uk



#EdinCheer

What is Edinburgh Cheer?

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 Cheer is supported by the Edinburgh Evening News and Heart of Midlothian FC, through its Big Hearts Community Trust, 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 wellbeing 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.

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 it will make a difference. Please let us know you are supporting us and sign up to our #EdinburghCheer newsletter 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

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 social media, 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 on 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 special Christmas card to show that you are thinking of them.



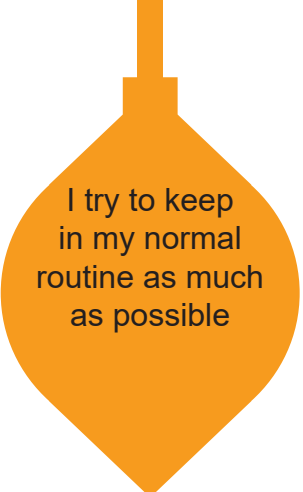
Sing with us

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


Make your #EdinburghCheer pledge now

Keeping well


Here are some ways people have shared with us that help them to keep well at Christmas. Different things work for different people.



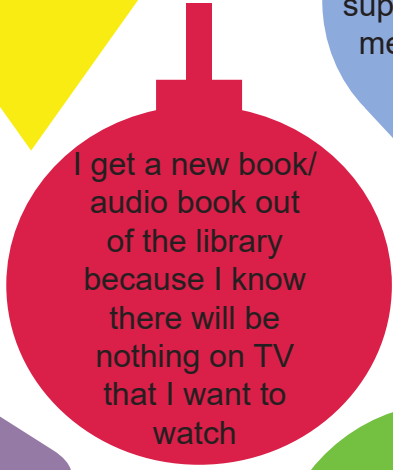
I try to keep in my normal routine as much as possible




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




I use online resources as a support with my mental health



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



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

What do you do during the festive period to keep well? Tweet us your ideas @Health_in_Mind using #EdinCheer.

10 tips for getting through the festive period

1. Make sure you have enough medication to cover the time when the GP and Chemist are closed.
2. Work out a budget in advance 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 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 okay 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.
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 difficult.
10. If things get too much, talk to someone or reach out and access listening services if needed.





THE CAPITAL OF GOODWILL

EDINBURGH

CHEER

MAKING SCOTLAND'S CAPITAL

THE KINDEST CITY



CHECK OUT EVENTS IN DECEMBER ON FACEBOOK@EDINBURGHCHEER

As part of Edinburgh Cheer, GameChanger will:

- Provide Christmas hampers for 1000 city families in need, in partnership with *Destiny Church* and *Story Contractors* – visit destinyedinburgh.com to find out more
- Provide warm clothing for the city's rough sleepers in partnership with *Streetwork* and *Cyrenians*
- Throughout December support a number of our partners' Christmas parties and events
- Once again create a very warm Christmas glow with a screening of *'White Christmas'* on 18th December at 7.00pm, at *Hibernian Football Club*, with delicious cinema snacks prepared by *Prep Table*. Contact GamechangerPSP@nhslothian.scot.nhs.uk to book a place.

As part of Edinburgh Cheer, the Big Hearts Community Trust will:

- Organise a Foodbank Collection at *Tynecastle Stadium* on 2nd December in partnership with *Community One Stop Shop* and *Jambos Kickback* to help provide food and vital supplies
- Host a free *'Memories Christmas Lunch'* at *Tynecastle Park* on 11th December, welcoming isolated older people from across the Football and Edinburgh Memories projects and further community groups.
- Work with local schools to support children and families who are particularly vulnerable during the Christmas Holidays, providing food, gifts and festive activities at *Tynecastle Park*.



What's open on Christmas Day

It can be good to go out and be with other 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.

Southside Community Centre:
Christmas Day: 11am - 6pm
Boxing Day from 11am - 6pm.

Salvation Army (South West)

0131 346 2875

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

Hibernian and Hearts Football Club

Christmas Day lunch available for the most vulnerable and lonely in and around Edinburgh. Free taxi service provided by volunteers. Book now to secure a place. For more information email GameChangerPSP@nhslothian.scot.nhs.uk or christmas@bighearts.org.uk.

Useful Contacts

Support with your mental health

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

Edinburgh Crisis Centre

(open 24/7)

0808 801 0414

Mental Health Assessment Service

(open 24/7)

0131 537 6000

Social Care Direct

(open 9am - 5pm)

0131 200 2324 or

0800 731 6969 for out of hours/holidays

Listening services

Samaritans Local line

(open 9am-10pm)

0131 221 9999

Silverline

0800 470 8090 (open 24/7)

(for older people)

Samaritans National Line

116 123 (24/7)

CALM

0800 58 58 58

(open 5pm-12am)

(suicide prevention for men)

Breathing Space

(open 6pm - 2am)

0800 83 85 87

Papyrus Hopeline

(open 10am-10pm weekdays,
2pm-10pm weekends).

0800 068 41 41

Saneline

(open 6pm - 11pm)

0300 304 7000

Advocacy / Legal

Advocard

0131 554 5307

Legal Services Agency

0131 228 9993

Partners in Advocacy

0131 478 7723

Housing

Shelter's Housing Advice

0808 800 4444

Edinburgh Housing Advice Partnership

0131 442 1009 or

0845 302 4607

Home Energy Scotland

0808 808 2282

(for advice and help heating your home)

Access Point

0131 529 7438

Health and wellbeing

NHS 24

(including dentist)

111

Sexual Health Centre

0131 536 1070

LGBT Health and Wellbeing Centre

0300 123 2523

Edinburgh Access Practice

0131 240 2810

(GP access for people who are homeless)

NHS Inform helpline

0800 22 44 88

Money

Citizens Advice

0131 510 5510

Scottish Welfare Fund

0131 529 5299

Foodbanks

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

Trussel Trust

Trussel Trust have several foodbanks across Edinburgh. Contact central foodbank for referral details. Call 0131 202 9130 or visit trusselltrust.org/get-help/find-a-foodbank.

Basic Banks

Basic 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

Call 0131 225 9445

Grassmarket Community Project

Free meal on Mondays

from 4pm - 5.30pm

0131 225 3626

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

Support for carers

VOCAL

0131 622 6666

VOCAL will be open for two 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 information and advice and there will also be workshops, cafe, groups and more.

Carer for Carers

0131 661 2077

Carers Support Project

0131 557 0718

Carers Council

0131 270 6087

Emergency contacts open 24/7

Emergency Services
999

Scottish Water Helpline
0800 0778 778

Gas Helpline
0800 111 999

Electricity Helpline
0800 40 40 90

Keeping safe

Police (non emergency)
101

Scottish Women's Aid
(24hr helpline)
0800 027 1234

Rape Crisis Edinburgh
0131 556 9437

LGBT Domestic Abuse Helpline
0300 999 5428 or
0800 999 5428

Rape Crisis Scotland
0808 801 0302

Edinburgh Women's Aid
0131 315 8110

Victim Support
0345 603 9213

edspace

Keep checking Edspace for information about other events and support taking place over the festive period. www.edspace.org.uk

Many thanks to the generous contribution from our partner agency Story Contracting.

STORY

