

List of useful local and online resources – Updated 17/04/20

Directory of services across Scotland related to the pandemic: <https://covid-19.scvo.org.uk/>

A more local directory (doesn’t contain everything below) <http://directory.evoc.org.uk/>

Where to get help – Scottish government - <https://www.readyscotland.org/coronavirus/where-to-find-additional-support/>

Scottish signposting helpline for vulnerable Scots: 0800 111 4000, 9-5 Monday to Friday

Edinburgh helpline for those in the following groups who can’t get the support they need - are over 70, have a disability, need support from mental health services, are pregnant, receive a flu jab for health reasons, don't have online access to get information.

**0131 200 2306** or email:  [edinburghvulnerable@edinburgh.gov.uk](mailto:edinburghvulnerable@edinburgh.gov.uk)

**Food and meds**

*Local Area:*

Craigmillar (Trussel Trust) Foodbank now moved to a delivery service. I have emailed referrers from the surgery with information on how to refer to this.

Richmond Church are doing bags of food from the church. Phone the church on 0131 661 6561 if you need a bag of food or just someone to talk to.

The Venchie has been out with a food van around the area to deliver food – list of days and times attached below. They are also delivering packed lunches to families they support.

Brigend Farmhouse: The food service is currently at capacity. Any new enquiries will be added to our waiting list. Email [bridgendfarmhouse.food@gmail.com](mailto:bridgendfarmhouse.food@gmail.com) or tel 07873976801

We also have a full team of delivery drivers now as well thank you.

THIS MAY NOW BE FULL CAPACITY Niddrie Community Church are helping deliver meals with Bridgend Farmhouse and doing some shopping for a few people. Also delivering medication to vulnerable Niddrie and Craigmillar residents. Call 07816292212 or email [admin@niddrie.org](mailto:admin@niddrie.org)

St Martin’s and other organisations in Bingham are also coordinating an effort for there and Magdalene. 07545804034 or 07900367023. Email [help@magbing.co.uk](mailto:help@magbing.co.uk)

Goodtrees community centre are coordinating for Moredun and possibly a wider area – contact through the facebook page. They can’t collect things for people but are dropping off food parcels and packed lunches.

Portobello Baptist Church offering to do food shopping and pick up meds. Call 07943587754.

*Citywide:*

Parents who receive free school meals will get payments to their bank accounts to cover this. Email [school.grants@edinburgh.gov.uk](mailto:school.grants@edinburgh.gov.uk) if your bank details etc have changed.

Edible Estates offering to deliver food parcels – email to contact [Stacey@thehealthagency.org.uk](mailto:Stacey@thehealthagency.org.uk); [alan@thehealthagency.org.uk](mailto:alan@thehealthagency.org.uk); [emma@thehealthagency.org.uk](mailto:emma@thehealthagency.org.uk)

Morrisons food boxes <https://www.morrisons.com/food-boxes/>

Butchers that home deliver:

Campbells either by courier or their own vans 0131 526 4444

Crombies of Edinburgh Wed Thu and Sat 0131 557 0111 they said they do milk bread and a veg box also

George Bowmans 0131 554 4046 said he would be up and running next week subject to getting a man with a van...…

Sanderson 0131 229 8348

City Cabs (0131 228 1211) offer can pick up shopping from online Click&Collect services. You need to book a slot online and pay upfront https://www.citycabs.co.uk/ Additionally City Cabs currently offer 40% discount of all taxi journeys to all over 65s and NHS staff (proof of ID required).

Cyrenians Food Production - free cooked meals delivered do vulnerable/elderly/ isolated people in the community. Additionally, where capacity permits, supplying to key workers who are supportin gothers. Please email amandalaw@cyrenians.scot for details. Phone: 07891 840411

Bethany Gateway – delivering food parcels, furniture and starter packs as usual, but not entering homes. Phone: 0131 561 8903 Email:gateway@bethanychristiantrust.org

Doorstep Market: Online service that provides links to local shops in your area that are delivering and volunteers who will deliver groceries to the door. <https://doorstepmarket.co.uk/>

Social Bite: Entire organisation has been re-purposed to create a nationwide food delivery service for the homeless, families that are struggling & those who have been made redundant. The Rose Street store is Open daily 2-4pm to provide free take-away food. Phone: 0131 353 0250 Email: [info@social-bite.co.uk](mailto:info@social-bite.co.uk)

Capital Wholesalers: Online shopping service offering free deliverys on orders over £25.00 for anyone with an Edinburgh Postcode [www.capitalwholesalers.com/](http://www.capitalwholesalers.com/)

**Benefits/welfare**

Citizen’s advice continue to work with patients, but are working from home.

Chai have put out useful information about benefits etc, which is below.

Phone advice by advice.scot – 0808 800 9060

Advice Shop – Telephone advice – 0131 200 2360 email: [advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk)

Maximise (for parents) - 0131 442 2100

Universal credit advice <https://www.understandinguniversalcredit.gov.uk/coronavirus/>

DWP advice <https://www.gov.uk/government/news/coronavirus-support-for-employees-benefit-claimants-and-businesses>

Crisis Grants -You can apply for a Crisis Grant by calling 0131 529 5299, or alternatively, by applying online via: <http://www.edinburgh.gov.uk/info/20239/scottish_welfare_fund/520/scottish_welfare_fund/3>

Float trust have £30 grants available <https://float.scot/>

Income Advice Team, Edinburgh City Council. For advice about applying for housing benefit and council tax reduction or other benefits, including tax and pension credits. They also let you know about other ways you might be able to get financial help. For City of Edinburgh Council Tenants only. Telephone: 0131 529 7463.

Grants <https://grants-search.turn2us.org.uk/>

Really good guide of various financial options <http://www.chaiedinburgh.org.uk/coronavirus-what-help-is-available/>

Guide to help and services for those in crisis [file:///C:/Users/RuthAppleby/Downloads/Crisis%20Guide%20March%202020\_.pdf](file:///C:\Users\RuthAppleby\Downloads\Crisis%20Guide%20March%202020_.pdf)

Single helpline employment support for anyone loosing job or needing work in Edinburgh City Region - "Next Step" 0300 365 0025 <https://www.edinburgh.gov.uk/coronavirus-4/businesses-employers>

Jobs site for jobs matching people who are looking for work due to current crisis <https://c19jobs.org/>

Home Energy Scotland Energy advice - Phone 0808 808 2282 to chat to a friendly advisor. Calls are free and we’re available Monday to Friday 8am to 8pm and Saturday from 9am to 5pm. Or request a call back on our website.

**Mindfulness, meditation, relaxation**

Ruth will stream a simple live mindfulness exercise on Fridays at 12 noon (along with daily challenges to stay fit and healthy) <https://www.facebook.com/Isolation-Motivation-104003301243184/?modal=admin_todo_tour>

Jean, from The Health Agency will stream a yoga session on Tuesdays at 10am (standing) and 11.30am (seated), from The Health Agency Facebook page. <https://www.facebook.com/WesterHailesHealthAgency/>

The Feeling Good app, Breathing App, Meditation Game, Insight Timer, are all good apps for relaxation and mindfulness.

Mindful moments with Access Community Trust <https://www.youtube.com/channel/UCfWbO3dzAldGJBpB51z3e-w>

<https://www.youtube.com/watch?v=I-SFdhVwrVA> 5 Minute mindfulness exercise

<https://www.youtube.com/watch?v=_i2zpirOwhI> 5 minute self-compassion exercise

<https://www.youtube.com/watch?v=ar_W4jSzOlM> 10 minute visualisation relaxation

<https://www.youtube.com/watch?v=1NoftTfwojg&fbclid=IwAR0hMvKv02lkZQ-K2jGsfijd-3X5d7K8pFvSn2f1v5zq_8LqQ7p7MmmZv3A&app=desktop> 5 min emotional regulation for healthcare workers.

**Mental Health and Crisis Support**

Edspace service updates <https://edspace.org.uk/covid-19-service-updates/>

[Breathing Space (6pm-2am)](https://breathingspace.scot/) -Call: 0800 83 85 87

Anxiety UK has extended its helpline hours to provide additional support in the evenings until 10.00 pm and over the weekend between 10.00 am -8.00 pm. **Phone:** 03444 775774

[Social Care Direct](https://www.edinburgh.gov.uk/get-care-support/contact-crisis?documentId=12045&categoryId=20199)  
Call (office hours): 0131 200 2324  
Call (out of hours): 0800 731 6969

[Scottish Women’s Aid](https://womensaid.scot/) -Call: 0800 027 1234

[Samaritans](https://www.samaritans.org/?nation=scotland)- Call: 116 123

Other helplines: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Shout – text support service. Text ‘SHOUT’ to 85258

Edinburgh Crisis Centre 24/7 – 0800 801 0414, text 07974429075, email [crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.health-in-mind.org.uk/coronavirus_covid_19/i2274/covid_19_mental_health_resources_24_march_2020.aspx>

<https://www.getselfhelp.co.uk/> Website with CBT resources and self help resources.

Bright light Relationship counselling, mh counselling and support for those affected by being in isolation – there is a cost for this. **Website** [www.bright-light.org.uk](http://www.bright-light.org.uk/), **Telephone** 0131 556 1527 **Email** [admin@bright-light.org.uk](mailto:admin@bright-light.org.uk)

Health in Mind depression and anxiety support group will be happening online via Zoom

<https://www.health-in-mind.org.uk/coronavirus_covid_19/i2271/covid_19_our_edinburgh_services_24_march_2020.aspx>

Smart recovery group led by CGL, online on Zoom, ID is 9010867797 weekly Mondays and Thursdays starting today at 12.50 <https://www.changegrowlive.org/>

Emotional support helpline for bereaved families struggling with grief who are arranging unattended funerals 03000113301 (used to be the National Funeral Costs Advice Helpline) <https://www.caledoniacremation.org.uk/advice/>

Mental Health Information Station: We will be available every Thursday for extended hours between 9.30 and 4.30. As ever, no referral is necessary.  All that’s needed is to - Call Cambridge Street House on 0131 537 8650 and ask to be transferred to MHIS staff. Leave their name and contact number and staff will arrange a call back

Alternatively, people can email [mentalhealthinformation@nhslothian.scot.nhs.uk](mailto:mentalhealthinformation@nhslothian.scot.nhs.uk) at any time with specific queries and/or a request for a call back.

Facebook - Mental Health Information Station

Instagram – mental.health.information

Self-help resources <https://edspace.org.uk/36564-2/?utm_source=Edspace+mailing+list&utm_campaign=ec71a32fa3-EMAIL_CAMPAIGN_2020_01_13_11_35_COPY_01&utm_medium=email&utm_term=0_c2ecb2a565-ec71a32fa3-520811425>

Online stress control course run by the NHS starting 13th April <https://stresscontrol.org/>

Penumbra have some limited capacity for 1:1 therapeutic support through our peer team (P2C), as of now.  
If you had any referrals in mind please use the referral form available on our website: [https://www.penumbra.org.uk/service-locations/east-area-services/edinburgh/plan-2-change-edinburgh/](https://slack-redir.net/link?url=https%3A%2F%2Fwww.penumbra.org.uk%2Fservice-locations%2Feast-area-services%2Fedinburgh%2Fplan-2-change-edinburgh%2F)We are also still taking referrals for 1:1 support through the Self Harm service but there is a slight waiting list for that currently.

Mental health skills training <https://www.thedecider.org.uk/>

**Thistle’s Self -Management Offer** We invite referrals for people who may benefit from short-term self-management support to **prevent** crisis, via a telephone listening and lifestyle coaching service. Contact Emma Hollands (07552 277416 or [emma.hollands@thistle.org.uk](mailto:emma.hollands@thistle.org.uk)) leaving your name and contact details and the person’s name and telephone number. Please confirm when referring that the individual consents to us contacting them by telephone. We will then contact the person directly.

**Exercise**

9am P.E. with Joe weekdays for children and adults <https://www.youtube.com/watch?v=Rz0go1pTda8>

B Healthy Together weekday workouts, seated exercise, yoga <https://www.facebook.com/bhealthytogether/?__tn__=%2Cd%2CP-R&eid=ARAd5VcfXuSBuKee8cTqxRBbG53s9F044VOhuI3ZvuSAzfNp1xKQO209oz_2lJWCNqw2BMaK65p9Q5wf>

Series of livestream sessions on Facebook with The Health Agency <https://www.facebook.com/WesterHailesHealthAgency/>

Home-based strength and cardio workouts for adults: <https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

Five-week strength and flex programme: <https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

Yoga course 30 days of Yoga on YouTube. <https://www.youtube.com/watch?v=oBu-pQG6sTY>

Stay In Work Out - Sport England also have a useful page with lots of links: <https://www.sportengland.org/news/how-stay-active-while-youre-home>

**Children and families resources**

11am Monday morning Fischy Music assembly live <https://youtu.be/GcPYmV-2DY4>

Fischy music resources to help children process emotions <https://www.fischytunes.com/>

Tuesday and Thursdays morning Rhymetime on Facebook live <https://www.facebook.com/pg/craigmillarbooksforbabies/posts/?ref=page_internal>

Site with lots of online activities <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR3X3W7J2ueyZJHwtzYmakkGx8aCvLI7hPh3_wZuwozSd_Uu2K7CsZM_C50>

Another site <http://everclevermom.com/2020/03/covid19-camp-free-resources-to-educate-and-entertain-your-kids-during-quarantine/>

Blair Drummond Safari Park live streaming sessions with the animals <https://www.facebook.com/blairdrummondSP/>

Authors reading stories live on demand <https://www.scottishbooktrust.com/authors-live-on-demand?fbclid=IwAR2ITXgHlmusFJyE1DKl2jQYaMeBHeyKSJR2ONFrAJAXOr7rt4-uyXJLzz4>

Safe families for Children are still taking referrals as normal and doing mostly phone/video support.

Camhs resources <https://services.nhslothian.scot/camhs/Resources/Pages/ResourcePacks.aspx>

Parentline Scotland/ Parent Helpline – Children 1st/ Edinburgh Together Free helpline, email and web-chat service offering advice and support for parents and carers Mon-Fri 9am- 9pm Sat and Sun 9am-12 pm. Tel: 08000 28 22 33 https://www.children1st.org.uk/help-for-families/parentline-scotland/

NSPCC For parenting advice and support, contact trained online helpline counsellors Tel: 0808 800 5000, weekdays 8am to 10pm and weekends 9am to 6pm, email help@nspcc.org.uk or visit www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/

Free Children’s book to help explain Coronavirus <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/?fbclid=IwAR2ztBDH6ttRqJ3Ej-lhR_9MW3xMHDom6EltpveQfPQA5LlByf_T__BWe6U>

**Women’s Aid**

Edinburgh Women’s Aid -The office has a skeleton staff and is open normal hours:

Phone support:

Mon-Wed and Friday 10.00am-3.00pm

Thursday 10.00am-7.00pm

Saturday 10.00am-1.00pm

Drop in

Mon 1.00-3.00pm

Tue, Wed, Friday 10.00am-3.00pm

Thursday 1.00pm-7.00pm

Saturday 10.00am – 1.00pm

We are asking anyone who does not need to see someone face to face to use our telephone service - 0131 315 8110

**Elderly**

Phonelink – offer a free telephone morning and/or evening check call service for those over 65 – can include welfare checks, med prompts, general check ins. Available between 8 – 11am and 6-8pm, 7 days a week. Currently can get this up and running within 24 hours 0131 510 6930.

Age Scotland - many thousands of older people in Scotland feel lonely, perhaps more so than ever right now. Call the Helpline for a chat 0800 12 44 222. [Advice about Coronavirus](https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/coronavirus/)

Age Scotland - Our Good Day Call service is a daily call, 365 days a year, to have a chat and check on the welfare of an older person. Over time, we hope to become good friends on the phone, chatting about the day and the world, and being there to give support and to arrange assistance if needed. Costs £50 per month. 01856 898 222.

Independent Age - Receive regular phone calls. If you feel you could do with more conversation in your life, we’ll connect you with a volunteer who is good company and wants to chat 0800319 6789.

Silverline - The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year 08004 708090.

[Alzheimer Scotland](https://www.alzscot.org/) helpline  
Call: 0808 808 3000

**Advice in other languages:** <https://drive.google.com/drive/folders/193qQN9l04Dvf0N9L5zeWTiXK_DRbrAxg?fbclid=IwAR2Qullj4HYDPPJPI3IVlmvmn74Sc9O5P5Rpg4cM1BEIgp_EA5bnjkt5vJY>





