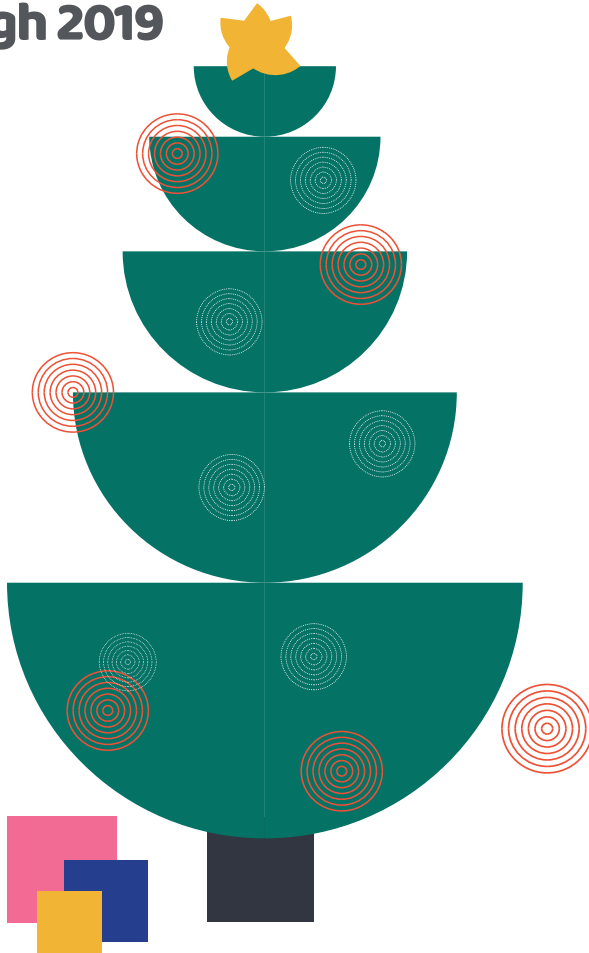




# Surviving the holidays

## Edinburgh 2019



# Health in Mind is a charity promoting positive mental health and wellbeing in Edinburgh and across Scotland



We've been promoting positive mental health and wellbeing in Scotland since 1982. Our hopeful and caring approach supports and empowers each person to live the life they want to live. We offer flexibility and choice through our range of services and support people to make changes and improve their quality of life.

**You can find out more about Health in Mind and how we can support you by visiting our website [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk) or connecting with us on social media.**

## Thrive Edinburgh



People living in cities around the world care about their mental health and the mental health of their fellow residents; they also know that urbanization - living amongst masses of people with its related stressors and burdens - can often be toxic to mental health and wellbeing.

Thrive Edinburgh is our new mental health and wellbeing collaborative approach offering an opportunity for the Capital City to not only reduce the toll of mental illness, but also promote and protect the citizens of Edinburgh's mental health, resilience, self-esteem, family strength, and joy.

**Email: [thrive.edinburgh@nhslothian.scot.nhs.uk](mailto:thrive.edinburgh@nhslothian.scot.nhs.uk) to get involved**

# About this guide

**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.**

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 as there's extra stress around this time of year. Such as worrying about money, seeing family, heating the house, or going out where there is a lot of drinking.

We've 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.  
**[www.edspace.org.uk](http://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. Please note it will be closed on Polling day - Thursday 12 December.

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

**Eastspace** for information about East Lothian  
[www.eastspace.org.uk](http://www.eastspace.org.uk)

**Midspace** for information about Midlothian  
[www.midspace.co.uk](http://www.midspace.co.uk)

**Westspace** for information about West Lothian  
[www.westspace.org.uk](http://www.westspace.org.uk)



# Keeping well

There are many different ways to keep well at Christmas.

Here are some things that people have shared with us that are helpful to them:

**I curl up on the sofa with a good book and a nice cup of tea.**

**I look online for resources that can help me feel in control and support me with my mental health.**

**I wrap up warm and go outside for some fresh air when I feel like I need a breather.**

**I remind myself that it's only for a couple of days and that things will go back to normal soon.**

**I like to spend time doing something that I'm good at and enjoy, like playing an instrument.**

**I try to stick to my normal routine as much as I can.**

**I used to feel pressure to take part in Christmas and New Year. But now I know it's okay to just see them as ordinary days.**

**We'd love to hear what helps you to keep well during the festive period. Share your ideas with us on social media. [#KeepingWellAtChristmas](#)**



# 10 tips for getting through the festive period

1. Think about little things you can do for yourself each day, like running yourself a nice warm bath or spending time outside.
2. Make sure you have enough medication to last the days when the GP and Chemist are closed.
3. Try to be honest with family and friends if things are starting to feel overwhelming. It is okay to take some time out to yourself when you need to.
4. Work out a budget in advance and try to stick to it.
5. What we eat can have an impact on how we feel. Try to plan some healthy meals as well to have a good balance over the festive period.
6. Try not to compare yourself and your Christmas to the things you see on TV or social media. You are not alone in finding things difficult.
7. Plan a routine and follow it every day.
8. Remember it's okay to cancel plans if you don't feel like going out. The most important thing is to look after yourself.
9. Talk to your support worker, or people who support you, about how you will cope around Christmas.
10. We can all feel overwhelmed at times. If things get too much, take time to talk to someone about how you're feeling or reach out to listening services for support.

# Christmas Day

## Christmas Cheer at Easter Road Stadium!

25 December from 12 noon until 3pm



We are delighted that once again GameChanger is hosting a Christmas Day dinner at Hibernian Football Club's Easter Road Stadium. People of all ages are invited to join us for a lovely festive meal, good company and a visit from Santa!

**If you would like to come please**

**email: [gamechangerpsp@nhslothian.scot.nhs.uk](mailto:gamechangerpsp@nhslothian.scot.nhs.uk) or  
call Cat on 0131 529 3235 or Linda on 07561704365.**

Please let us know your name, a contact number or email address and if you are bringing children how old they are.

**We need to let the chefs know how many to cook for, so if you can let us know by 18 December that would be just great.**

The food will be provided by Tesco, cooked by the wonderful Hibs chef, with soft drinks provided by Barrs and served by our wonderful GameChanger volunteers.

If you will have difficulty making your way to Easter Road Stadium then please let us know, we will do our best to help.

Please note, no alcohol is allowed to be brought in and there will be no alcohol for sale.



## **Crisis at Christmas**

Call: 0131 209 7700

No invite required - for homeless adults

Open 25 December 10am-6pm

There will be food, hairdressers, podiatrists, crisis staff and befrienders.

## **Christmas at Big Hearts**

Big Hearts will be hosting a free festive meal at Tynecastle Park on 25 December, 11am-2pm.

Since 2017, Big Hearts Community Trust has been delivering an extended support over the festive period to ensure adults and children facing isolation and food poverty at this time of the year get the help they need.

This year's Christmas Day Lunch will be held in partnership with Heart of Midlothian FC, who will once again open the doors of the Main Stand to facilitate the event and help Big Hearts provide good food and company to those most isolated and vulnerable on Christmas Day.

This includes local people who would be otherwise spending Christmas alone, and older people and families in crisis who could benefit from some festive cheer.

**Advance registration is required to attend and referrals should be made via Big Hearts before the 16 of December.**

**Call: 0131 200 7225 or email [Christmas@bighearts.org.uk](mailto:Christmas@bighearts.org.uk)**

# Useful Contacts

## Support with your mental health

- **Edinburgh Crisis Centre** (open 24/7)  
Call: 0808 801 0414
- **Mental Health Assessment Service** (open 24/7)  
Call: 0131 537 6000
- **Social Care Direct** (open 8.30am-5pm Monday to Thursday, 8.30am to 3.55pm Friday)  
Call: 0131 200 2324 or 0800 731 6969 for out of hours/holidays

## Advocacy / Legal

- **Advocard** Call: 0131 554 5307
- **Legal Services Agency** Call: 0131 228 9993
- **Partners in Advocacy** Call: 0131 478 7723

## Housing

- **Shelter's Housing Advice** Call: 0808 800 4444
- **Edinburgh Housing Area Partnership**  
Call: 0845 302 4607
- **Home Energy Scotland** for advice and help heating your home Call: 0808 808 2282
- **Access Point** Call: 0131 529 7438

## Support with addictions

- **Alcoholics Anonymous** (24/7)  
Call: 0800 917 7650
- **Drinkline Scotland** (open 7 days a week, 8am-11pm)  
Call: 0300 123 1110
- **Narcotics Anonymous** (Open 10am-12am everyday)  
Call: 0300 999 1212
- **Gambling Anonymous** (24/7)  
Call: 0370 050 8881
- **Al-anon** (open 10am to 10pm)  
Call: 020 7403 0888



## Listening services

- **Samaritans Local Line** (open 9am-10pm)  
Call: 0131 221 9999
- **Samaritans National Line** (24/7)  
Call: 116 123
- **Breathing Space** (open 6pm-2am)  
Call: 0800 83 85 87
- **Saneline** (open 4.30pm-10.30pm)  
Call: 0300 304 7000
- **Silverline** for older people (open 24/7)  
Call: 0800 470 8090
- **CALM** suicide prevention for men (open 5pm-12am)  
Call: 0800 58 58 58
- **Papyrus Hopeline** for young people under 30 (open 9am-10pm weekdays, 2pm-10pm weekends and bank holidays)  
Call: 0800 068 41 41  
Text: 07860 039967  
Email: pat@papyrus-uk.org

## Money

- **Citizens Advice** Call: 0131 510 5510
- **Scottish Welfare Fund** Call: 0131 529 5299
- **Debtline** Call: 0808 808 4000

## Health and wellbeing

- **NHS 24** (including dentist) Call: 111
- **LGBT Health and Wellbeing Centre** (open 12 noon-9pm Tuesday to Wednesday) Call: 0300 123 2523
- **NHS Inform Helpline** (open 8am-11pm Monday to Friday, 9am to 5pm Saturday and Sunday) Call: 0800 22 44 88
- **Sexual Health Centre** Call: 0131 536 1070
- **Edinburgh Access Practice**  
GP access for people who are homeless  
Call: 0131 240 2810

## 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 664 9353 or visit [trusselltrust.org/get-help/find-a-foodbank](http://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 5pm - 6.30pm  
Call: 0131 225 3626

## Support for carers

- **VOCAL** Call: 0131 622 6666
- **Care for Carers** Call: 0131 661 2077
- **Carers Council** Call: 0131 270 6087

## Emergency contacts open 24/7

- **Emergency Services** Call: 999
- **Gas Helpline** Call: 0800 111 999
- **Electricity Helpline** Call: 105
- **Scottish Water Helpline** Call: 0800 0778 778

## Keeping safe

- **Police (non emergency)** Call: 101
- **Rape Crisis Edinburgh** Call: 0131 556 9437
- **Rape Crisis Scotland** Call: 0808 801 0302
- **Edinburgh Women's Aid** Call: 0131 315 8110
- **Scottish Women's Aid** Call: 0800 027 1234
- **LGBT Domestic Abuse Helpline** Call: 0300 999 5428
- **Victim Support** Call: 0800 160 1985

# **Add some cheer on winter solstice**

**Friday 20 December 12 noon - 2pm**

**Join us for refreshments, mince pies  
and christmas treats!**

**At Waverley Station, beside Platform 2.**

**With information stalls providing  
advice and support for the festive  
season.**

**All welcome**







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

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

*edspace*

## Get in touch

For further information on Health in Mind services, volunteering, employment opportunities, feedback/complaints procedures, or how you can support our work please contact us at:

-  0131 225 8508
-  [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)
-  [health-in-mind.org.uk](http://health-in-mind.org.uk)
-  40 Shandwick Place, Edinburgh EH2 4RT

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