

Essential deliveries at a crucial time

These unsettling times have had a big impact on local families:
Melissa tells her story

Mellisa is a single mum to her three sons, Ronald, Tyler and Riley.

Melissa had been attending LIFT group workshops upskilling and applying for jobs just before Lockdown.

Covid Lockdown happened so quickly that many families were unprepared. Mel is receiving universal credits and as she is paid monthly, she was unable to bulk buy, as many people were doing. By the time Mel was paid the shelves were empty and the food shortage had begun.

Mel is usually very stubborn and very independent but due to the food shortage and Lockdown she was unable to get to the shops to do her shopping. She contacted her LIFT Key worker who offered to deliver essential groceries on a weekly basis until such times the roadmap through COVID was lifted.

Mel has stated that without LIFT she would not have been able to provide essential food to her sons and would have had to take the 3 boys to the shops with her.

"Mel said that, although lockdown has been lifted, the fear of not knowing what is going to happen next is still there for her and a lot of other families. She is looking forward to the day she can come back to the group work sessions and continue to learn new skills and work toward finding a job.

"...the shelves were empty and the food shortage had begun"



Mellisa and her sons, Ronald, Tyler & Riley.



Delivering food safely in North Edinburgh



Food packs ready for distribution.

foreword

Covid 19 is not over

What will the future bring to north Edinburgh and beyond?

We have seen a glimpse in the tremendous work and unity of purpose of our community in delivering food and other vital support but there is a danger that going back to the so called 'normal' will create further difficulties on top of the existing poverty and exclusion.

An amazing 49,636 hot food, 53,506 packed lunches and 16,683 food packs have been delivered by Covid-19 Foodshare Group in North Edinburgh, during lockdown!

Over the last 12 weeks through the work of local organisations and volunteers we have seen the possibilities of a different normal; one of kindness, compassion and practical support. We cannot lose this. As a community we will be demanding from the Westminster and Scottish Government dedicated funding to enable us to build across our diverse community the support required for all people as the storm of Covid 19 and its consequences continues.

Poverty, unemployment and their well known ill effects on people and society will require our community, in north Edinburgh and beyond, to unite as never before to resist and to demand that funding and resources are found and channelled directly into communities like north Edinburgh.

The Council has called for another budget meeting with a predicted level of £53 million cuts for September 20. Communities and those who have delivered at the grass roots across the city are already coming together with a new confidence, to challenge any cuts and to demand that they are reversed or stopped.

Willie Black

CHAIR, NORTH EDINBURGH COVID 19 FOODSHARE GROUP

Letter from resident

May I express my thanks to the organisers and volunteers in setting up the outstanding work by so many local people in providing over a long period the delivery of meals and other supplies throughout North Edinburgh. These have been gratefully received and have been a lifeline.

It has been successful and I feel it is an indicator of the possibilities of future activity and working together.

Tony Delahoy



Granton Gardners delivering packed lunches

North Edinburgh Covid-19 Foodshare Group:

Community Renewal, Drylaw Neighbourhood Centre, Drylaw Rainbow Day Centre, Fresh Start, Granton Gardners, LIFT, North Edinburgh Arts, MYDG, PEP, Pilton Community Health Project, Pilton Youth Community Project, Royston Wardieburn Community Centre, Scran Academy, The Spartans Community Football Academy, Volunteer Edinburgh

Funders:

Amazing Harmonies, Bain Capital, Cairn Energy, Cash for Kids, Cramond FC, Edinburgh City Council, Inspiring Scotland, Lift, Lindsay's Charitable Trust, Neighbourly Community Fund, National Emergencies Trust, North Edinburgh Community Councils, Martin Lewis Foundation, Muirhouse Housing Association, Muirhouse Salvesen Community Council, Murray Foundation, PCHP, People's Health Trust, Pilton Central Association (PCA), Places for People Foundation, Port of Leith Housing Association, PYCP, Queensberry House Trust, Richardson and Starling, Scottish Government, SCVO, Spartans FC Youth Section, Stewart Investors, STV Appeal, The National Lottery for Communities, Walter Scott, West Granton Housing, West Pilton Neighbourhood Centre

Food, supplies and support have kindly been donated by:

Baillie Gifford, Chand & Co Group, Edinburgh Academy, Investec, Fettes College, Neighbourly Community Fund, Nourish, Mathieson's the butchers, Morrisons, PrepTable Scotland, Porto & Fi cafe, Scottish Gas, Social Bite, Tesco, TB McKay Energy Supplies and Walter Scott

Contact us:

Feed back on newsletter /any other issues
e-mail: northedinnews@gmail.com



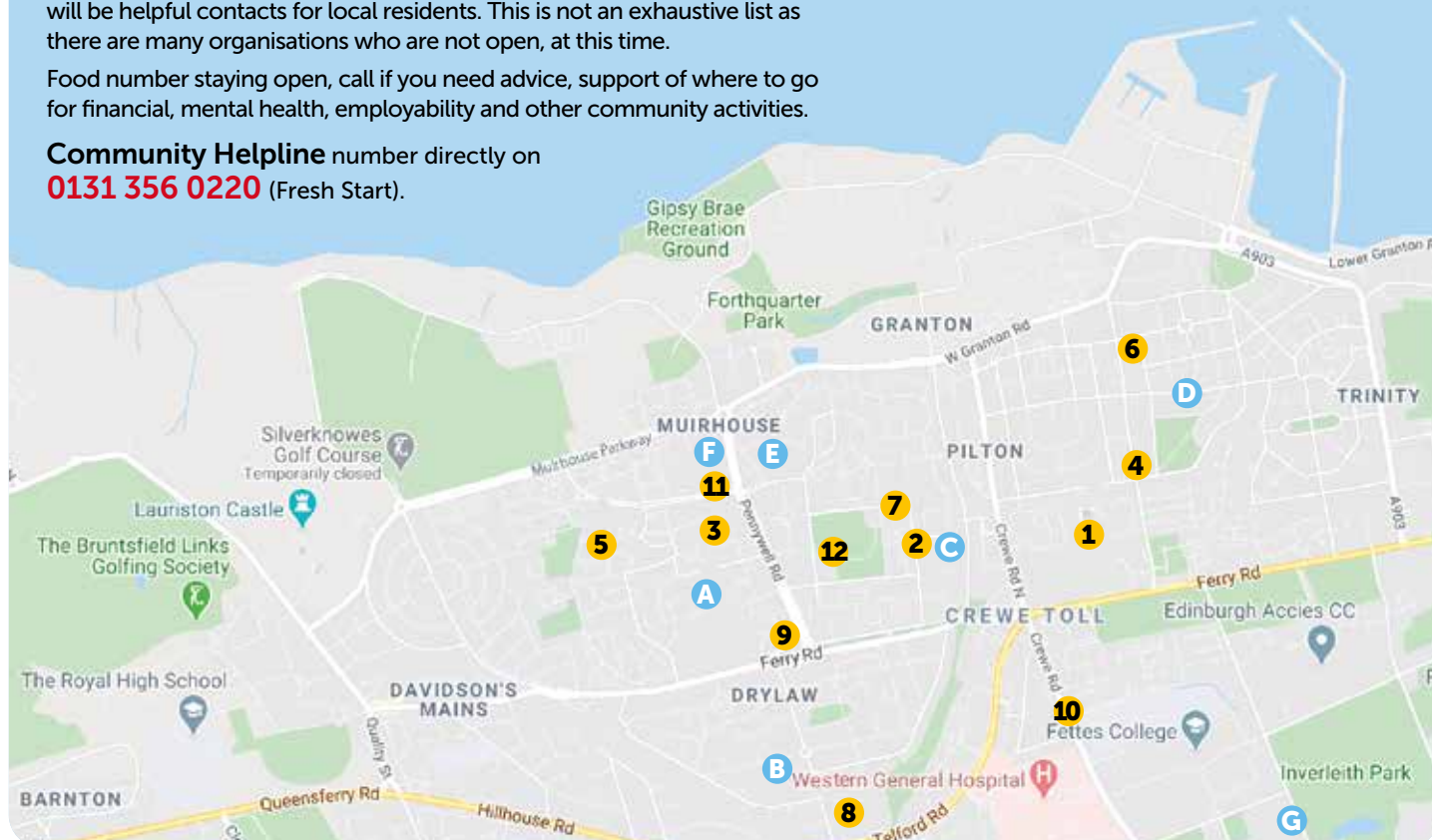
The COVID-19 Group is a collective of organisations based in North Edinburgh. Formed in partnership during the early stages of the pandemic restrictions. They plan to continue working together and plan for the future.

The Community Map below, details the groups and organisations which will be helpful contacts for local residents. This is not an exhaustive list as there are many organisations who are not open, at this time.

Food number staying open, call if you need advice, support of where to go for financial, mental health, employability and other community activities.

Community Helpline number directly on
0131 356 0220 (Fresh Start).

Community Map



1 Spartans

94 Pilton Drive, EH5 2HF
0131-552-7854 info@spartanscfa.com
www.spartanscfa.com

2 Fresh Start

22-24 Ferry Road Drive, EH4 4BR
0131 356 0220 (Mon-Fri 10am-4pm)
admin@freshstartweb.org.uk
www.freshstartweb.org.uk

3 North Edinburgh Arts

15a Pennywell Court, EH4 4TZ
0131 315 2151 (Mon-Fri 11am-2pm)
admin@northedinburgharts.co.uk
northedinburgharts.co.uk

4 Pilton Community Health Project

73 Boswall Parkway EH5 2PW
admin@pchp.org.uk

5 Muirhouse Millennium Centre: including Lift

Muirhouse Millenium Centre
7 Muirhouse Medway, EH4 4RW
0131 467 3578
danielle.lift@outlook.com
www.lift-edinburgh.com

6 Granton Community Gardeners

10 Wardieburn Road, EH5 1LY
info@grantoncommunitygardeners.org
www.grantoncommunitygardeners.org

7 Pilton Equalities Project

3 West Pilton Park, EH4 4EL
0131 315 4466
pepequalities@btconnect.com
www.pepequalities.co.uk

8 Drylaw Neighbourhood Centre

67b Groathill Road North, EH4 2SA
0131 315 4989
roy@drylawnc.org.uk
www.drylawnc.org.uk

9 Drylaw Rainbow Club

Drylaw Parish Church
2A Easter Drylaw Gardens, EH4 2RP
0131 343 6643
rainbowdaycare@btconnect.com

10 Fet-Lor: including Scran Academy

Fetlor Youth Club
122 Crewe Road South, EH4 2NY
07496 850591
hello@scranacademy.com
www.scranacademy.com

11 Health Hub:

Pennywell All Care Centre
1D Pennywell Gardens EH4 4UA
0131 286 5200

12 Edinburgh Council - North Office

8 West Pilton Gardens, EH4 4DP
0131 529 5050

A Craigroyston Primary School

7 Muirhouse Place West, EH4 4PX
0131 343 6465
admin@craigroyston-pri.edin.sch.uk
craigroystonprimary.com

B Ferryhill Primary School

Groathill Road North, EH4 2SQ
0131 538 7382 admin@ferryhill.edin.sch.uk
www.ferryhillprimary.com

C Forthview Primary School

West Pilton Place, EH4 4DF
0131 332 2468 admin@forthview.edin.sch.uk

D Granton Primary School

55 Boswall Parkway, EH5 2DA
0131 5523987 admin@granton.edin.sch.uk
www.grantonprimary.blog

E St David's RC Primary School / Pirniehall Primary

West Pilton Crescent, EH4 4EP
0131 332 3500 admin@st-davids.edin.sch.uk
www.saintdavidsrc.com

F Craigroyston Community High School

67 Pennywell Rd, EH4 4NL 0131 477 7801

G Broughton High School

29 East Fettes Avenue, EH4 1EG
0131 332 7805

Volunteering through COVID-19

COVID-19
GROUP
0131 356 0220

Local volunteer **Hannah Geddes** shares her challenges and many positive experiences with us

The Covid-19 pandemic and the lockdown in Edinburgh – and across the world – highlighted to me the importance of community and our mutual reliance on each other. For this reason, after returning home, I felt the need to get out into my community to offer a helping hand. It is only luck – our age, health, and personal situation which differentiates the experiences that each of us have had under Covid-19. I ended up on the lucky side this time, I wanted to be able to offer something back to those in more difficult situations.

I found my volunteering post on volunteerscotland.net, where I saw that the North Edinburgh Arts Centre (NEA) was looking for people to help in a food warehouse in their theatre. I applied and was interviewed by Volunteer Edinburgh and was successful in being recruited as a volunteer. I was familiar with NEA, having volunteered there before. North Edinburgh charities together have focussed on delivering essential food items to those in need, using their ready-to-go systems, staff and connections.

When I first arrived to volunteer, we were given basic hygiene and distancing training, and introduced to our tasks. The other volunteers were enthusiastic and lovely people – students, teachers and furloughed workers. We were led by Jacqui, from the council, who always kept us motivated and updated with a smile.

The job was not difficult, but did require significant heavy lifting: not exactly what I'm cut out for at 5'3"! A fantastic team and worked well together. It was rewarding to know the food was going into the community weekly to those who needed it.

Volunteering was therefore a positive experience; I would absolutely recommend it to others. I made friends, and learned a lot about my own capabilities in new situations, dealing with unforeseen challenges and coming up with creative solutions. I think the combination of the teamwork, connection with the community, and feeling like you're something genuinely helpful – however small – is unique to volunteering. I hope to continue helping out at the warehouse, and have even been inspired to volunteer elsewhere thanks to my positive experiences over past few months.



"I made friends, and learned a lot about my own capabilities in new situations"

VOLUNTEER EDINBURGH

The newly formed Community Taskforce Volunteer Team are trained, checked and verified volunteers ready and willing to assist with all sorts of practical tasks.

What can we help with? Weekly shopping trips, tidying gardens, delivering newspapers daily, taking bins downstairs, walking dogs and assist in many other ways too. Want help?

» Please contact:
taskforce@volunteeredinburgh.org.uk
or call 07958540438



Volunteering in North Edinburgh:

there are hundreds of different ways to volunteer. No matter who you are, how much or how little time you have or why you want to volunteer, there is a role that is just right for you. We can help you find it.

» Contact us on hello@volunteeredinburgh.org.uk or 0131 225 0630 for more information.

Opening the Pantry!

Fresh Start Local Pantry providing the community with a unique service

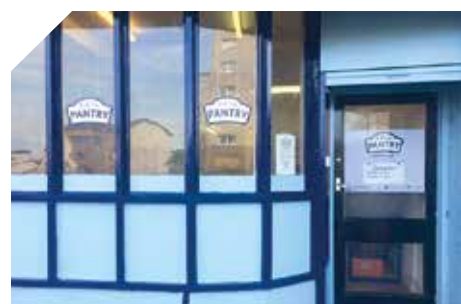
Fresh Start Local Pantry opened on 29th of June, the first in Edinburgh. This is the first stage of developing a new community hub and due to food poverty and challenges that people in North Edinburgh have faced as a result of Covid-19, Fresh Start have prioritised this element to ensure people are receiving the support they need at this difficult time.

The Pantry will give local people, living in Pilton, Granton, Drylaw, Muirhouse, Telford and Salvesen, the opportunity to do their weekly shop for a fraction of the prices they would pay in the supermarket when they become a member of our exciting new food club! For a membership fee of £3.50 per week, shoppers can pick up to 10

items from the Pantry. These items range from cereals, pasta, sauces, crisps, juice and tinned goods - all the basics on a weekly basis. Cleaning and toiletries available and fresh items (do not fall into the 10 items) can be added as 'free' extras!

Sign up via Fresh start website and bring proof of your address with you on your first visit to the Pantry or call 0131 476 7741. No ongoing subscription fees or requirement to use the Pantry every week. Simply pay £3.50 when you visit and pick your items.

Fresh Start Managing Director, Biddy Kelly said "The development of the community pantry - a membership model that allows people to get their weekly shopping for £3.50 a week



saving local residents approx. £700 per year - allows people to access cheap nutritional food at low cost and build their social networks, and brings them into contact with people regularly. It frees local people from the constant isolation that financial poverty brings - which in turn allows them to start thinking, planning and looking up - Where do I want to go? What can I do? and allows people to focus their energy elsewhere without worrying about where their next meal will come from."



The Fresh Start Local Pantry is located at 26-28 Ferry Road Drive, EH4 4BR. Open Mondays and Tuesdays from 9am - 4pm.

Moving forward together

north
edinburgh
arts

A look at what's happening at North Edinburgh Arts

Although the North Edinburgh Arts building has been closed to the public since the end of March, we have been working hard, safely, behind the scenes to connect with and support many of our regular participants and local residents who have been isolating and shielding at home. We couldn't have done this without the phenomenal support and trust of our funders, partner organisations, artists, staff, volunteers and local community members - Thank You all!

We have now launched a takeaway only Café service, open Monday to Friday, 12pm - 2pm, offering a reduced menu including hot and cold drinks, toasties, soup and a hot dish of the day. Outdoor table service is next on the horizon, so keep up to date with plans for the Café on our Facebook page and website: www.northedinburgharts.co.uk

Our Garden Artist-in-Residence Natalie Taylor has been working with Ross McRae, local mural artist and

illustrator, on a collaboration raising awareness of the declining butterfly population. We are currently running visits and activities in the garden by appointment only, so please email admin@northedinburgharts.co.uk to express your interest.

In addition to online creative activities for all ages, throughout July and August we are handing out a range of free art packs including: Create kits for under 5s, activities for kids aged 6+ from the National Galleries of Scotland and a poster competition from Sustrans for ages 5 - 25. Pop by on Thursdays, 2pm - 3.30pm, to see what's on offer!



Working in NEA garden space



Lily's art work

Share your lockdown creativity with us:

We would love to hear from members of the local community about what you have been making, growing or creating during the Covid-19 lockdown. A selection of submitted work and pictures will be included in a local public display, celebrating contributions of key workers and the local community during recent challenging times. Please send pictures of your creative lockdown to: marketing@northedinburgharts.co.uk



The Spartans Community Football Academy

From mid-March to mid-August, working with various local suppliers and partners, the Academy sourced and distributed c75k packed lunches across the local community, along with 10,000 meals and c800 food parcels. A huge thanks to everyone who played their part, in particular Allan Hosey, Baillie Gifford (Chand & Co Catering Group), Walter Scott, Porto & Fi and Social Bite.

Our children's community coaching programmes have restarted in July, delivered safely in accordance with SG and SFA guidelines. For information about our latest coaching courses taking place at the Academy please check out the Academy website www.spartanscfa.com Our regular youth work clubs are set to return in late August, again in accordance with the latest SG guidelines. Going forward we will continue to work with various local partners to help provide for local families who would benefit from food based help and support.

Drylaw Neighbourhood Centre

Join our community garden.

A warm welcome is guaranteed. Come along!
Tuesday & Thursday mornings

Helping local families with access free food

Our sharing shelves are available to anyone who is in need.

Older centre members and volunteers using the centre can bring non perishable food and swap with food they will use on the shelves.

This service is available from 10:30-2:30 on weekdays.
0131 315 4989

Share'n'Wear@Granton Parish Church

Our free clothes service is now open on a referral basis, with strict hygiene rules in place. We have a lot of adult and children's clothes and shoes including school uniforms. All free to anyone in need, you do not need to swap anything as we have enough donations.

To book an appointment people should email anna@grantongoesgreener.org.uk or text Anna on 07965941177

(NO NEW DONATIONS ARE BEING TAKEN AT THIS TIME)

Community Renewal



Have an idea that would make Muirhouse a better place to live or want to get involved in your community? The Muirhouse Community Forum is looking for new members!

Follow The Local Conversation in Muirhouse on Facebook or contact cara.babineau@communityrenewal.org.uk for more information.

Next Step employment support/advice:
0300 365 0025

Men's mental health support:
call William at 07701 324076



Fidra Court Community Kitchen

Fidra Kitchen is still doing food packs and takeaway breakfast rolls

Fidra Court Pennywell Medway, EH4 4SE
Community Renewal 07701 380928

Screen Education Edinburgh

Screen Education Edinburgh have some exciting opportunities open for lovers of film. Aged 16 to 19 on our BFI Film Academy learn all areas of filmmaking, meet industry professionals, produce a film and gain a Preparing to Work in the Film Industry qualification www.screen-ed.org/bfi-film-academy Aged 16 to 25 on our Moving Image Arts A Level course learn the history of film and apply this in making your own film <https://www.screen-ed.org/moving-image-arts> For adults over 21 on our Introduction to Filmmaking Online Course learn to make your own film from writing to editing, using your mobile, iPad or tablet www.screen-ed.org/Pages/Category/adult-learners



Mental Health and Wellbeing Support in North Edinburgh

A directory of local support services operating during the lockdown

Circle Haven Project

Support for families with children aged 12 or under, inc. daily check-ins, activities and father's support.
Contact Alex Collop on 07703 714 764

Community Renewal

Community forums: call Cara on 07701 380 928
Support for men: call William on 07701 324 076
Employability support: call 0300 365 0025

Dads Rock

Online parenting support sessions and emotional support for parents/carers in Edinburgh.
Call Thomas on 07807 498 709

Granton Information Centre

Benefits support, advice and foodbank referrals.
Call 0131 551 2459 or 0131 552 0458

Granton Youth

Support for people aged 11-26 in North West Edinburgh. Counselling and online activities.
Call 07952 369 811

Health in Mind

Various support around mental health and wellbeing for adults, including one-to-one, groups and courses. Call 0131 225 8508

LIFT

One-to-one emotional support, benefits and employability support, online family activities.
Call 0131 467 1605

Living Well North Edinburgh

Online social groups and activities for adults.
Call Sandra on 07983 424 865

North Edinburgh Arts

Various free activities to promote positive wellbeing and creativity.
Call 0131 315 2151 (Mon-Fri, 11am-2pm)

North West Carers

Online groups and support for unpaid carers.
Adult carers: call Rosie on 07407 427 773
Young carers: call Lisa on 0750 0003 726

People Know How

Refurbished computers to help people stay connected, befriending service, and support for young people attending school.
Call 0131 569 0525

Pilton Community Health Project

Various, including counselling, one-to-one and peer support for women, support for men, and groups for minority ethnic communities.
General: call 07513 379 036
Men's support: call/text 07784 897 607

Pilton Equalities Project

Emotional support via telephone.
Call 0131 315 4466 (leave a message with your name and number)

Pilton Youth & Children's Project

One-to-one support, groups and homework help, for young people aged 5 to 18.
Visit: www.facebook.com/PYCP97

Stepping Stones

Support for families with children, including one-to-one, group work and peer support.
Call 0131 551 1632 (leave a voicemail)

Community Wellbeing Helpline

We have also set up a community Wellbeing Helpline that can offer you information about what mental health and wellbeing support is available locally. Call 0131 332 8773, leave your name and number, and we will get back to you.



This is supported by Circle, Community Renewal, Health in Mind, Link Up at North Edinburgh Arts, Pilton Community Health Project, Pilton Equalities Project, and Stepping Stones.

GRANTON INFORMATION CENTRE



Free school meals, milk and school clothing grants

Free school meals payment: £22.50 per child every 2 weeks (including P1-3s), milk and clothing grant payment (£100 per child) depends on the family's income and are in receipt of one of the following benefits:

- 1 **Universal credit** (with monthly earnings up to £610)
- 2 **Income Support** and Income Based Job seekers Allowance or Employment and Support Allowance
- 3 **Child Tax Credits** only with gross income up to £16105
- 4 **Child and Working Tax Credits** with gross income up to £690
- 5 **Support under Part VI of the Immigration and Asylum Act 1999**

For more information and keep up to date with possible changes please visit www.edinburgh.gov.uk/schoolgrants

www.edinburgh.gov.uk/food-clothing/free-school-meals-school-clothing-grants/1

Housing Advice

Shelter Scotland provide housing advice for everyone.

» Contact: www.scotland.shelter.org.uk where you can get detailed information, chat on line or call free help line.

On shelter Scotland website, you can get Scottish housing advice: coronavirus (COVID-19)

- | | |
|---------------------------|--------------------------------------|
| 1 Eviction | 6 Mortgage arrears |
| 2 Moving and leaving home | 7 Repairs and landlord access |
| 3 Paying rent | 8 Gas and electricity bills |
| 4 Claiming benefits | 9 Land and Buildings Transaction Tax |
| 5 Domestic abuse | |

EVICTON

On 7 April 2020, the Scottish Government brought in new rules to extend the notice period required to be given to tenants before landlords can start legal action to obtain an order for eviction. These new rules will be in place till 30 September 2020 in the first instance.

» Housing advice is also available at Granton Information Centre

Benefits

Benefits entitlement will depend on your particular circumstances. For a benefit check, contact Granton Information Centre

- 1 **If your income has decreased** (for example you have been furloughed; have reduced hours of work; or have lost your job), you may be entitled to additional help.
- 2 **If you are in receipt of benefits**, such as Universal Credit, Housing Benefit or Tax Credits, your entitlement could increase as your earnings decrease.
- 3 **If you are not currently getting any benefits**, you may be entitled to claim Universal Credit, or new style Jobseeker's Allowance or new style Employment Support Allowance.
- 4 **If you have a long-term health condition or disability**, you may want to claim Personal Independence Payment. You can also submit medical certificates to the Jobcentre for Universal Credit or Employment Support Allowance, if you are unfit for work.

Useful numbers



City of Edinburgh Council revenues and benefits:

0131 608 1111

HMRC Tax Credits:

0345 300 3900

Jobcentre:

0800 169 0310

PIP (new claims):

0800 917 2222

PIP (existing claims):

0800 121 4433

Scottish Welfare Fund:

0131 529 5299

Universal Credit helpline:

0800 328 5644

» (please note that new claims are generally made online: www.gov.uk/apply-universal-credit)