

YOUR FREE COMMUNITY NEWSLETTER

## Stay at Home

To minimise the risk of spreading the virus, stay at home. For guidance: <https://www.gov.scot/publications/coronavirus-covid-19-stay-at-home-guidance/>  
Helpline on 0800 111 4000 - open from 9am-5pm.  
Stopping the spread starts with all of us.



### YOU SHOULD:

- Wear a face covering
- Avoid crowded places
- Clean hands and surfaces regularly
- Stay 2m away from other people
- Self-isolate and book a test if you have COVID-19 symptoms (new continuous cough, fever or loss of, or change in, sense of smell or taste)

## Need Help?

Fresh Start have taken a lead on a Community Helpline. Call if you need advice, the benefits checker, support of where to go for financial, mental health, employability, food and other community activities.



If you know someone in need of help or need support yourself please call: 0131 356 0220 Mon: Thursday 9am-4pm Friday: 9am-3pm Staff will be on hand to answer your call.

For information online re food and community groups find support near you with Pilton Community Health Project interactive community maps:

<https://www.foodforthoughtforum.org.uk/#/map>  
<https://www.northedinburghmap.org.uk/#/>

The Pantry is a community food club offering food with dignity. For a weekly membership of £3.50, members of Pennywell Pantry will be able to choose a selection of food with a value of £15 - £20 each week.



The pantry is here to help you top up your weekly shop, and the variety of food available includes fresh fruit and veg, store cupboard favourites, bread and dairy products.

### Pennywell Pantry's Opening Times:

Wed 12(noon) - 4pm / Thurs 10am - 2pm / Sat 10am - 1pm

For further information please call 07493 876 130 or visit one of the days listed above.

### You can find the Pantry at:

43 Pennywell Road EH4 4DR (in the old Co-op building).

## INFORMATION

### REMEMBER there's no charge for the vaccine

Health organisations providing the Covid-19 vaccine will NEVER send unsolicited emails or texts asking for banking details. If you receive a text or email that asks you to click on a link or for you to provide information, such as your name, credit card or bank details, it's a scam. You should never give out personal details to organisations or people before verifying their credentials first, even if the message appears to be genuine.

### LIFT: Low Income Families Together

LIFT staff are still busy working and are at the end of the phone or an email if needed. Food delivery, one-to-one emotional support, benefits and employability support, online family activities. Call: 0131 467 3578  
danielle.lift@outlook.com www.lift-edinburgh.com

### Pilton Equalities Project

For food and emotional support via telephone. Call 0131 315 4466 (leave a message with your name and number) or Email us: [atpeequalities@btconnect.com](mailto:atpeequalities@btconnect.com) and someone will get back to you.

### Pilton Community Health Project

For food delivery and the new The Pantry: contact [admin@pchp.org.uk](mailto:admin@pchp.org.uk) and your email will be sent to the right person. If you can't get in touch via email, you can call 07513379036 between 12pm - 2pm, Monday to Thursday. 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

### City of Edinburgh Council

#### Shielding and Vulnerable Support

The Council's Shielding and Vulnerable team can be contacted on 0131 200 2388 or by email at [shielding@edinburgh.gov.uk](mailto:shielding@edinburgh.gov.uk). The team supporting this service offer a wide range of advice, guidance and support.

#### Restricted Face to Face Support & Homelessness Support

The Council's Resilience Centres are dealing with emergency support for those in crisis. They can provide information and advice and signpost all available support from those in immediate crisis.

Information: [www.edinburgh.gov.uk/coronavirus-4/update-homelessness-services](http://www.edinburgh.gov.uk/coronavirus-4/update-homelessness-services) or by contacting 0131 529 7125.

Our fully qualified staff at the Day Centre would like to offer help to anyone self-isolating or unable to get out of the house, for the things they need for day to day living.

- Provide emergency food parcels
- Urgent supplies (medication etc)
- Dog walking
- A friendly phone call

Please call between the hours of 10am-2pm Mon - Fri on 0131 343 6643 or email [rainbowdaycare@btconnect.com](mailto:rainbowdaycare@btconnect.com)



## Granton Information Centre's (GIC) office remains closed BUT please be assured they are still operating!

If you have any benefit, debt or housing issues please contact by email on [info@gic.org.uk](mailto:info@gic.org.uk), or call **0131 551 2459** or **552 0458** to arrange a telephone appointment with an adviser. Please ensure you clearly leave your full name and telephone number when leaving a message. If you are experiencing difficulty repaying debts, there are options available to you. **Get in touch – we can help!**

### Benefits

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

### Scottish Child Payment

If you are eligible and haven't done so already, remember to apply for the Scottish Child Payment ASAP - payments will be made from 15 February

### Free school meals, milk & school clothing grants

For more information and to keep up to date with possible changes please visit:

[www.edinburgh.gov.uk/food-clothing/free-school-meals-school-clothing-grants/1](http://www.edinburgh.gov.uk/food-clothing/free-school-meals-school-clothing-grants/1)

### Eligible for Young Carer Grant?

The Young Carer Grant is an annual payment, reapply every year, for young people (16 - 18), who spend an average of 16 hours a week caring for someone who has been in receipt of one of more qualifying benefits for at least three months. You can combine the hours spent caring for up to three eligible people in order to reach the 16 hours per week requirement.

To find out more or apply:

Contact GIC, visit [mygov.scot/benefits](http://mygov.scot/benefits) or call **0800 182 2222**.

### Eviction Ban Extended

The Scottish Government has announced that the ban on eviction orders has been extended to the 31st March.

### Shelter Scotland

Shelter Scotland provide housing advice for everyone.

Contact: [www.scotland.shelter.org.uk](http://www.scotland.shelter.org.uk) where you can get detailed information or chat on line.

Shelter

NEA workshops for all ages will be available online including favourites Stitch in Time, Yoga, Art and Dance. Facebook page for updates, [www.facebook.co/northedinarts](http://www.facebook.co/northedinarts) Also working with partner organisations to share digital one-off events, and get creative packs ready for distribution.

If you aren't able to get online please give us a ring on **0131 315 2151** 10am to 4pm Mon to Fri for more information.

north  
edinburgh  
arts

ADVICE, FOOD  
BENEFIT CHECK  
0131 356 0220

### Community Wellbeing Helpline

Wellbeing Helpline can offer 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 & Stepping Stones.

### People Know How

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

### 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](http://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).

### Capital Carers formerly 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**

### 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**

### Health in Mind

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

Call: **0131 225 8508**

### 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](http://www.gov.uk/apply-universal-credit))