

North East Locality

Parents/Carers Advice and Guidance

Parentline Scotland/ Parent Helpline – Children 1st/ Edinburgh Together

Free helpline, email and web-chat service offering advice and support for parents and carers. Tel: 08000 28 22 33 Mon-Fri 9.00 a.m-to 9.00 pm: Sat and Sun 9.00 a.m.to 12 noon.
<https://www.children1st.org.uk/help-for-families/parentline-scotland/>

NSPCC

For parenting advice and support, contact trained online helpline counsellors at NSPCC Tel: 0808 800 5000, weekdays 8.00 a.m to 10.00 pm and weekends 9.00 a.m. to 6.00 p.m, email help@nspcc.org.uk or visit www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/

Lifelong Learning Parent and Carer Support Team

To find out about available support by email:
supportingparentsandcarers@edinburgh.gov.uk or text 07795 127954 and the team will call you back.

One Parent Families Scotland

Support through Lone Parent Helpline 0808 801 0323 Edinburgh office telephone: 0131 556 3899 Email: brock.lueck@opfs.org.uk, webchat and 'ask a question' on their website
<https://opfs.org.uk/>

Occupational Therapy Helpline

For parents of children with additional support needs. Tel: 07866848453 9.00 am to 12 noon, Tues-Fri.

Sleep Scotland

Support line to discuss sleeping problems of children aged 18 months to 18 years open from Monday to Thursday from 10.00 a.m until 4.00 p.m . Email us and we will call you back
sleepsupport@sleepscotland.org

Dads Rock

For fathers and parents: <https://www.dadsrock.org.uk>

Contact thomas@dadsrock.org.uk Tel: 07807498709:

Some activities now available online <https://www.dadsrock.org.uk/workshops>

Dads Rock Academy provides weekly music lessons for young people aged 7+ and their families.

Clan Child Law

For children's rights: Clan Child Law info@clanchildlaw.org Tel 0808 129 0522

Local Support Groups

A link to find local support during the covid19 outbreak

<https://covidmutualaid.org/local-groups/>

Social Security Scotland

<https://www.socialsecurity.gov.scot/>

Information for carers: <http://saltire/integrations/social-security-scotland/COVID-19-Specific-Lines-to-take/Pages/Lines-to-take-for-Carers.aspx>

Edinburgh & Lothians Greenspace Trust

Various resources for parents and families

<http://www.elgt.org.uk/>

Domestic abuse helplines

Link to various helplines

https://www.scottishwomensrightscentre.org.uk/news/covid-19coronavirus-info/covid-19-support-available-for-women-experiencing-abuse/#rslider_1

Information for People at High Risk of getting Covid19

<https://www.gov.scot/news/support-for-those-at-high-covid-19-risk/>

Edinburgh Council

CEC Parent and Carer Support Resources

<https://www.edinburgh.gov.uk/downloads/download/13779/parent-and-carer-support-resources>

Parenting Across Scotland Newsletter

<https://pas.cmail19.com/t/ViewEmail/r/5F35E37BDA6D9BB92540EF23F30FEDED/670B2727A6F00E3F025DA65DC0D0F53A>

Telephone Helplines - various

<https://www.juno.uk.com/useful-telephone-helplines/>

Employment Support during Covid-19

<https://c19jobs.org/>

Portobello Timebank

COVID19 - Isolation Support neighbourhood self-support groups for people who are self-isolating. Can also provide social support over the telephone. For information, send your details to info@portobellotimebank.co.uk For help with getting shopping, contact Porty Coronavirus Action: email portycoronavirusaction@gmail.com or Phone 0131 210 0200.

Housing and Family Support

Support and advice from Housing and Family Support staff on welfare applications, foodbanks, benefits, budgeting and debt. Help with tenancies. Email

southeast.familyandhouseholdsupport@edinburgh.gov.uk

CHAI

Advice service (housing, employment, addictions etc). Tel: 0131 442 2100. Information on Coronavirus claims available on website <http://www.chaiedinburgh.org.uk/coronavirus-what-can-i-claim/>

Community Facebook Page

<https://www.facebook.com/groups/1095578667442207/>,

Mental Health and Crisis contacts

This link provides details of a range of organisations and support lines:

<https://sites.google.com/a/whhealthagency.org.uk/home/home>

Health in Mind

Find out all the support options on https://www.health-in-mind.org.uk/coronavirus_covid_19/i2271/our_edinburgh_services_covid_19_16_april_2020.aspx

Scottish Centre for Conflict Resolution

Help with stressful family arguments and rows:

<https://scottishconflictresolution.org.uk/parents-and-carers>

Edinburgh Crisis Centre

For anyone suffering a mental health crisis. Call Free phone 0808 801 0414 – open 24 hours

Edinburgh Women's Aid

For domestic abuse support. Call 0131 315 8110: Mon, Tues, Wed, Fri 10.00 a.m to 3.00 p.m; Thurs 10.00 a.m to 7.00 p.m; Sat 10.00 a.m to 1.00 p.m.

Mental Health Foundation:

<https://www.mentalhealth.org.uk/coronavirus>

NHS:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Pharmacy Informaiton

Map

Free prescription deliveries by pharmacies

https://www.google.com/maps/d/viewer?mid=1BwGcVb54EvJ_-LPtYMQDkcTmQXi_n5vb&usp=sharing

NHS Scotland

Information on medical and pharmacy needs

<https://www.communitypharmacy.scot.nhs.uk/>

Community Food

Scran Academy

For free meals sign up on the website <https://www.scranacademy.com/> or email johnloughton2000@yahoo.co.uk

Craigmillar Food Bank

Call 07946 628 976. Open Tues and Thurs 11.00 a.m to 2.00 p.m.

Edinburgh Food Social

Food for Good Coalition: preparing and distributing food to those in need. Telephone: 07968 090 530 Email: admin@communityrenewal.org
Website: <https://edinburghfoodsocal.org/>

Leith Community Crops in Pots

Free limited quantity of vegetarian meals for people self-isolating in EH6 postcode only. Text or call 07444 772897 with name, address, and any food allergies. Mon-Fri 9.00 a.m to 5.00 p.m.

Soul Food

Tel: 07815936526 Email: hello@soulfoodedinburgh.org (only available to people in certain categories)

Various Organisations Providing Food

For information about organisations providing food and other assistance use Community Helpline 0131 356 0220 (Mon-Fri 10.00 a.m – 4.00 p.m) or visit: <https://northedinburghartssite.files.wordpress.com/2020/04/north-edinburgh-food-network-info-updated-17-april-2020.pdf>

Social Bite

Provides meals in partnership with other organisations to families who are homeless, who were relying on free school meals or parents made redundant due to the crisis info@social-bite.co.uk or call us on 0131 353 0250.

Edinburgh Community Food

Working with partners to deliver fresh foods, essentials boxes, all in one "take & make" meal kits and long life foods to community hubs. Tuesdays - Fridays Telephone: 0131 467 7326 Email: admin@edinburghcommunityfood.org.uk

All Foodbanks

For up to date information on the Foodbanks currently operating Tel: 0131 444 0030 or visit www.edinburgh.foodbank.org.uk/locations/

The Scottish Welfare Fund

Anyone struggling to access a Foodbank referral can contact The Scottish Welfare Fund, who will check if you are eligible for a crisis grant or issue a foodbank voucher. Tel: 0131 529 5299 Email: welfarefundteam@edinburgh.gov.uk Applicants should highlight if they are in social isolation or shielding.

School Meals

School meals and school clothing information from the council, including who qualifies and how to apply.

<https://www.edinburgh.gov.uk/schoolgrants>

Food Map – Edinburgh

Links into local networks about where people can get local support

<https://docs.google.com/spreadsheets/d/1qTirGvckaWIFtkHws1cM9TkXxbBK85jYaZ82BiqGSgM/edit#gid=0>

Food Deliveries

Map showing places in Edinburgh who will still deliver food (online orders)

<https://www.google.com/maps/d/viewer?mid=1A8b0PgCrRuUrW0Xnq0Aj7LGbnb0psGDg&ll=55.94866203024115%2C-3.199674849999951&z=12>

Gorgie Farm

Get in touch via Facebook or email gorgie@l-o-v-e.org.uk and arrangement will be made through volunteer delivery drivers

Pet food

And for your cat or dog....

Pet Foodbank (Edinburgh Cat and Dogs Home): phone 0131 669 5331 or email info@edch.org.uk if you would like to use this service.

Home-based Activities

This link provides a long list of activity sites:

<https://sites.google.com/a/whhealthagency.org.uk/home/home/stuck-at-home-activity-sites>

Craigmillar Books for Babies

Access their Facebook page [@craigmillarbooks for babies](https://www.facebook.com/craigmillarbooksforbabies) for 'Storytime' and 'Rhymetime' (including Polish Rhymetime)

Licketyspit Children & Families Ne

Delivering a framework of online engagement for/with families with children under 12 to support play, learning and wellbeing - e.g. a Children's Guide to Coronavirus 2: Lockdown (also available in Polish, Spanish and Arabic)

<https://www.youtube.com/watch?v=kMmrkCKnO-8>

Active Schools

Ideas for children's activities at <https://www.joininedinburgh.org/sports/active-schools/activeathome/>

Also available on Twitter [@ActiveSchoolsED](https://twitter.com/ActiveSchoolsED)

Library Online Memberships

If you are not already a member, join your local library for free and access magazines and newspapers online, download ebook, audiobooks and learning resources

www.yourlibrary.edinburgh.gov.uk

Starcatchers

Series of ideas cards for parents. Fun, creative ideas to engage little ones without a lot of resources or stress [www.starcatchers.org.uk/wee-](http://www.starcatchers.org.uk/wee-inspirations/?fbclid=IwAR1GwYIbHVHmQVVaj0ldzL26h0Su969m-0ap2Kai-JxkwccufhOzID2p03k)

[inspirations/?fbclid=IwAR1GwYIbHVHmQVVaj0ldzL26h0Su969m-0ap2Kai-JxkwccufhOzID2p03k](http://www.starcatchers.org.uk/wee-inspirations/?fbclid=IwAR1GwYIbHVHmQVVaj0ldzL26h0Su969m-0ap2Kai-JxkwccufhOzID2p03k)

The Yard

Offering online activities and songs for children with additional support needs on their Facebook page. www.facebook.com/TheYardScotland

Various Activities

Simple experiments and activities for under 11's to do at home:

<https://www.sciencefestival.co.uk/event-details/kids-lab>

Free online games at <https://www.bbc.co.uk/cbeebies/games>

Parent Club Scotland

<https://www.parentclub.scot/>

Listen to stories and have fun learning at <https://home.oxfordowl.co.uk/kids-activities/>

Facebook Activities

<https://www.facebook.com/574347544/posts/10157508588287545/?sfnsn=scwspmo&extid=2ihPnTGgsMLY2WZ6>

Joe Wicks Home Workouts

Joe Wicks has created Home Workouts which you can join live on YouTube Mon-Fri at 9.00am - "PE with Joe" live on YouTube. <https://www.youtube.com/watch?v=Na1rzigYISU>

Meditation for children

Check out the link below from a YouTube channel called Peace Out Guided Meditation for kids. <https://www.youtube.com/watch?v=QQCnWvwrO8U>

Check out Cosmic Kids Yoga on YouTube, link below

<https://www.youtube.com/user/CosmicKidsYoga>

Learning Boost

<https://www.youtube.com/channel/UCYKWjCzrVTUUbhPH46Yq7bQ>

Twinkl Resources

www.twinkl.co.uk/offer (Use free access code UKTWINKLHELPS)

Virtual Museum Tours

<https://www.wvlt.tv/content/news/Stuck-at-Home-with-the-kids-here-are-12-Famous-Museums-Offer-Virtual-Tours--568830661.html>

Glasgow Science Museum

<https://www.glasgowsciencecentre.org/gsc-at-home/coming-soon>

'Audible' books for kids

Amazon have cancelled the subscription fees for audible books so kids can access this for free

<https://stories.audible.com/start-listen>

Baking with limited ingredients

<https://www.edinburghlive.co.uk/news/here-magic-cake-recipe-you-18006130>

BBC Good Food – activities for kids

<http://e.bbcgoodfood.com/g/11mhq4iAyh3rljmEuDnjJaR/wv>

Crafts for kids using 3 items or less

<https://www.care.com/c/stories/3882/13-crafts-for-kids-to-make-with-3-supplies-or/>

Indoors water play activities for toddlers

<https://www.whatdowedoallday.com/indoor-water-play-ideas-for-kids/>

Live Nature Cameras

<https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/osprey-cam/>

<https://www.edinburghzoo.org.uk/webcams/penguin-cam/#penguincam>

www.bit.ly/ZooToYouActivities

<https://www.blairdrummond.com/animals/webcams>

<https://www.facebook.com/blairdrummondSP/>

Julia Donaldson Online Stories

Search for Julia Donaldson on Facebook for weekly stories, songs etc. It will be available from 4pm every Thursday

<https://www.facebook.com/OfficialGruffalo/videos/3134033283326152/>

Freshstart

Help people who have been homeless get established in their new homes. They provide various cooking and gardening programmes.

Help Line: 0131 056 0220

<http://www.freshstartweb.org.uk/20-for-20>

Art Link Edinburgh & Lothians

Creative ideas/resources from Artlink to support each other through boredom and loneliness.

<https://www.youtube.com/channel/UC6zRgWsU0IFQ4vrtMS5pRUQ/videos>

Tips for home schooling during lockdown

<https://www.bbc.co.uk/news/uk-scotland-52120553>

Financial Assistance

Aberlour

Aberlour have an Urgent Assistance Fund for families who are suffering hardship (including due to the impact of Coronavirus).

You can download a referral form from their website:

<https://www.aberlour.org.uk/service-category/urgent-assistance-fund/>

Covid19 Resources

Talking to children about coronavirus

Have a look at this link from Children 1st about how to talk to children about Coronavirus.

<https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/talking-to-children-about-coronavirus/>

Childcare settings available for Key Worker children

<https://www.edinburgh.gov.uk/downloads/file/27147/partners-open-for-key-workers>

A story explaining Social Distancing to children

https://www.youtube.com/watch?v=DA_SsZFYw0w

SCVO

[online Coronavirus Community Assistance Directory for Scotland.](#)

City of Edinburgh Council

<https://www.edinburgh.gov.uk/coronavirus-4/supporting-parents-carers-children-young-people-coronavirus-advice/1>

How to talk to a child about Covid19

<https://www.bbc.co.uk/tiny-happy-people/how-to-talk-child-about-coronavirus/zntjjhv>

Pins & Nettie

A brand new animated TV series for children under 5. This series explores 2 hedgehogs who usually love to explore their neighbourhood, but are now having to stay inside. They discover lots of fun, new things they can do at home or in their garden and share new games with viewers each week. Starting Friday 17th April 2020.

<https://www.youtube.com/channel/UCE2z01fL-ukrwVP9wlbcm-w>