

Emergency Help

(Staff - 02 April)

For all health advice go to www.nhsinform.scot/coronavirus

Scottish Welfare Fund - 0131 270 5600 www.mygov.scot/scottish-welfare-fund/

Crisis Grants - for emergencies when you have no other means.

Community Care Grant – to provide a safe + secure home when you have no other means.

Fuel



Your supplier - help if you can't afford extra energy (contact details on your bill)

Ofgem - advice e.g. topping up a prepayment meter www.ofgem.gov.uk/coronavirus-covid-19

Changeworks – grants + advice **0131 555 4010** or www.changeworks.org.uk

Help and advice

Money advice service - www.moneyadviceservice.org.uk/en

Citizen's Advice – www.citizensadvice.org.uk/scotland/

Benefits - www.understandinguniversalcredit.gov.uk/coronavirus/

Ordering



Medicines are prescribed for normal repeat cycle so no need to order early or order more than you need.

Pick up/Delivery

Anyone picking up someone else's prescription may be asked to show ID. Contact pharmacies for delivery. If they cannot help see 'community help'.

Community help

#KindnessMidlothian and **Community Council's web/facebook pages**

Community Lifelong Learning – cll@midlothian.gov.uk (queries about local help)

Telephone befriending & welfare calls



Volunteer Midlothian (No self-referrals) - **0131 660 1216** info@volunteermidlothian.org.uk

Red Cross - **0131 654 0340**

Midlothian Active Choices **0131 561 6507** www.facebook.com/groups/MidlothianActiveChoices

Ageing Well **0131 561 6506** (+ online daily exercises)

If you want to Volunteer

ReadyScotland www.readyscotland.org/coronavirus

Volunteer Midlothian - **0131 660 1216** www.volunteermidlothian.org.uk



For help with pets see 'community help'.



**Midlothian
Health & Social Care
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Food not related to poverty:

- Check #KindnessMidlothian, Community Council web/facebook or CLL@midlothian.gov.uk or local businesses that deliver.
- Red Cross - emergency food shopping - 0131 654 0340

Food related to poverty:

Families with children 0-18

- Dalkeith & Newbattle Storehouse & Foodstore@PNK - Children & Families - 0131 271 3414 (NOT during school holiday as provision already been made for lunch packs)

All ages

- Gorebridge (Trussel Trust) - 07789 173 276 or 07597 359 910
Gorebridge Church, Hunterfield Road
*REFERRAL ONLY (e.g. Social work/3rd Sector)
- Gorebridge Joint Project - Food - 07858 285299 /01875 816320.
Other items - 07747 792382/07535 991332
- Woodburn + Penicuik (Food Fact Friends) – 07507 697109 foodfactsfriends@gmail.com
MARC building - Woodburn Road, Dalkeith Monday 3.30 -5.00pm.
St Mungo’s Church Hall, Penicuik Monday + Friday 10.30 - 1.00pm.
*REFERRAL ONLY (e.g. Social work/3rd Sector)
- Bonnyrigg + Sherwood Community Trust - 0131 663 2555 www.facebook.com/BonnyriggTrust
Bonnyrigg Community Trust Shop, High Street Bonnyrigg
- Penicuik Ambassadors (food and other items) - 07990 117700
Part of Sweet Dignity. Can be contacted for drop offs.
- Rosewell Community Trust - www.facebook.com/rosewellcoronavirus
Rosewell Parish Church Hall - Monday + Thursday 5.30-7.30pm. Facebook for drop offs.



LD

Easy Read information for people with a learning disability - www.sclld.org.uk

D

Alzheimer Scotland 24/7 helpline - 0808 808 3000 guidance -
<https://www.alzscot.org/sites/default/files/2020-03/Coronavirus%20toptips.pdf>

carers

Kinship Care - Myra Orr, 07540 30059 or kinshipcarersadvocacy@gmail.com
Kinship Care Alliance 07490720123, Big Hearts 0131 603 4927
Carers - www.midlothian.gov.uk/coronavirus

MH

Health In Mind - Crisis Support - 0131 663 5533 Mon - Fri 4pm -10pm, Sat + Sun 10am -4pm
Wellbeing service – tel. appointments via GP (promote wellbeing, self-management, resilience)
Child/Youth Mental Health <https://services.nhsllothian.scot/camhs/Resources/Pages/ResourcePacks.aspx>



Service closures: Check individual websites, Facebook or call organisations.

Find up to date information on Council services at www.midlothian.gov.uk/coronavirus

If all other options have been exhausted

Children & Families on 0131 271 3414 (Emergency Out of Hours: 0800 731 6969)

Adult Social Care on 0131 271 3900 (Emergency Out of Hours: 0800 731 6969)



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