

Category	Area	Organisation	Address	Telephone	Email	Website	Further information
Activity	Edinburgh	B Healthy Together				<a href="https://www.facebook.com/pg/bhealthytogether">www.facebook.com/pg/bhealthytogether</a>	Online exercise classes - click on Events at LHS of page
Activity	Edinburgh	Wester Hailes Health Agency		0131 453 9400		<a href="https://www.facebook.com/WesterHailesHealthAgency">www.facebook.com/WesterHailesHealthAgency</a>	Home workout, wellness and wellbeing classes for all ages and fitness levels
Activity	Nationwide	Edinburgh Leisure				<a href="https://www.edinburghleisure.co.uk/news/5-ways-to-keep-active-during-lockdown">www.edinburghleisure.co.uk/news/5-ways-to-keep-active-during-lockdown</a>	5 ways to keep active during lockdown - although Edinburgh leisure looks like anyone can link in as I did and I am in Argyll.
Activity	South West Edinburgh	The Dover Centre		0131 453 4656			Weekly boredom busters delivered with meals/food. Monday, Tuesday and Thursday
Activity	South West Edinburgh	Active Steps(Healthy Agency and Healthy All Round)			<a href="mailto:alan@healthallround.org.uk">alan@healthallround.org.uk</a> <a href="mailto:samantha@healthallround.org.uk">samantha@healthallround.org.uk</a>	<a href="https://www.facebook.com/WesterHailesHealthAgency/">www.facebook.com/WesterHailesHealthAgency/</a>	On line exercise classes to suit your needs. Monday - Thursday 9am - 3pm, Friday 9am - 12 noon and Wednesday 5pm - 8pm
Advice	All	Age Scotland		0800 12 44 222	<a href="mailto:Admin@edinburghcommunityfood.org.uk">Admin@edinburghcommunityfood.org.uk</a>	<a href="https://www.ageuk.org.uk/Scotland">www.ageuk.org.uk/Scotland</a>	Advice Line for over 50s and their families open Monday - Friday 9am - 5pm. Experiencing high level of calls but service open
Advice	Edinburgh	Citizens Advice Edinburgh	Various locations across Edinburgh - see website	0131 510 5510		<a href="https://www.citizensadviceedinburgh.org.uk">www.citizensadviceedinburgh.org.uk</a>	Still running a telephone service
Advice	Fife	Citizens Advice Fife	Various locations across Fife - see website	0345 1400 095		<a href="https://www.cabfife.org.uk">www.cabfife.org.uk</a>	Still running a telephone service
Advice	Nationwide	Alzheimer Scotland		0808 808 3000	<a href="mailto:helpline@alzscot.org">helpline@alzscot.org</a>		Link to help for things like shopping and collecting medication
Advice	Nationwide	Shelter		0808 800 4444		<a href="https://scotland.shelter.org.uk">https://scotland.shelter.org.uk</a>	Housing advice some specific to Coronavirus - can be by phone (9am - 5pm Mon - Fri) or has online chat service. Service busy at present but please keep trying as someone will respond

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Advice	Scotland	Ready Scotland				<a href="http://www.readyscotland.org.uk/corona-virus">www.readyscotland.org.uk/corona-virus</a>	Scottish Gov website that covers volunteering, helping other, family, community groups, advice, business advice and support, health concerns etc.
Domestic Violence	Nationwide	Refuge		0808 2000 247			24 hour helpline for women and their children affected by domestic violence
Domestic Violence	Nationwide	Respect		0808 801 0327			Helpline for men affected by abuse from their partners
Domestic Violence	Nationwide	Galop		0800 999 5428			Domestic Violence helpline for LGBTQ+
Domestic Violence	Nationwide	Respect		0808 802 4040			Helpline - support for men and women who are harming their partners
Finance	Nationwide	Home Energy Scotland		0800 808 2282		<a href="http://www.energysavingtrust.org.uk/Scotland/home-energy-scotland">www.energysavingtrust.org.uk/Scotland/home-energy-scotland</a>	Free and impartial advice for anyone worried about increased fuel bills Tel Mon - Fri 8am - 8pm and Saturday 9am - 5pm
Food and/or Medicine	All	Morrisons Clever food box service				<a href="http://www.morrisons.com/food-boxes/box/">www.morrisons.com/food-boxes/box/</a>	Cost is £35 and have enough food to feed two adults for a week and has some essential household items. Has vegetarian option but beyond that cannot cater for dietary needs. This is over and above the normal delivery online service
Food and/or Medicine	East Lothian	Wee Locals				<a href="http://www.weelocals.com">www.weelocals.com</a>	Highlighting local shops/restaurants offering delivery or takeaway services in East Lothian and for some into Edinburgh. Individual shops added to the spreadsheet, however this is the go to website for this information at the moment.
Food and/or Medicine	East Lothian	John Gilmour Butchers		01875 616 111		<a href="https://john-gilmour-butchers.myshopify.com/collections/all">https://john-gilmour-butchers.myshopify.com/collections/all</a>	Delivery service or collection of butcher meat - menu on line - to East Lothian and Up Wide

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Food and/or Medicine	East Lothian	North Berwick Distillery				<a href="http://www.nbdistillery.com">www.nbdistillery.com</a>	Delivery in East Lothian area of gin, vodka and rum from the distillery
Food and/or Medicine	East Lothian	Bostock Bakery	East Linton			<a href="http://www.bostockbakery.co.uk">www.bostockbakery.co.uk</a>	Delivery and Collection of bread, pastries, buns, coffee, pasta, grains, tinned food etc. between 9am - 5pm. Shop open 8am - 4pm Delivery area within 15 miles of East Linton
Food and/or Medicine	East Lothian	Cheesee Peasee				<a href="http://www.cheesee-peasee.com">www.cheesee-peasee.com</a>	Mobile French cheese shop also do jam and chutney. Cover East Lothian and Edinburgh. Delivery days Wednesday and Saturday
Food and/or Medicine	East Lothian	Pennypit Community Development Trust			<a href="mailto:lornabellany@gmail.com">lornabellany@gmail.com</a>	<a href="http://www.thepennypitcommunitydevelopmenttrust.com">www.thepennypitcommunitydevelopmenttrust.com</a> or <a href="https://www.facebook.com/pennypittrust">www.facebook.com/pennypittrust</a>	Delivery of Food to Tranent and surrounding areas
Food and/or Medicine	Edinburgh	Edinburgh Community Food	22 Tennant Street, Edinburgh EH6 5ND	0131 467 7326		<a href="http://www.edinburghcommunityfood.org.uk">www.edinburghcommunityfood.org.uk</a>	Currently unable to take on any more deliveries but keep checking
Food and/or Medicine	Edinburgh	Foodbanks					Closed for pick up and will do delivery service except Tollcross which is open Monday 2pm - 4pm and Thursday 10am - 12 noon. On line and text referrals - see 20200331 Foodbank update in Communication folder in COVID File on P Drive for full information
Food and/or Medicine	Edinburgh	Cheesee Peasee				<a href="http://www.cheesee-peasee.com">www.cheesee-peasee.com</a>	Mobile French cheese shop also do jam and chutney. Cover East Lothian and Edinburgh. Delivery days Wednesday and Saturday. Mobile van is in Meadow Place, Edinburgh on Saturdays 10am - 6pm and at Stockbridge Market (corner of Kerr Street/Saunders Street) on a Sunday
Food and/or Medicine	Edinburgh	Food for Good Coalition (Edinburgh food Social)		07968 090 530	<a href="mailto:admin@communityrenewal.org">admin@communityrenewal.org</a>		Preparing and distributing food to those in need. Food shopping and delivery
Food and/or Medicine	Edinburgh	Doorstep Market				<a href="https://doorstepmarket.co.uk">https://doorstepmarket.co.uk</a>	Matching tool for those who want to help and those who need food shopping/delivery

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Food and/or Medicine	Edinburgh	The Venchie		0131 629 9546	<a href="mailto:info@venchie.org.uk">info@venchie.org.uk</a>		Have van available for food deliveries
Food and/or Medicine	Edinburgh	SCHOP				<a href="https://schop.co">https://schop.co</a>	Local shops that are on line and will deliver locally
Food and/or Medicine	Edinburgh	Food for Good Coalition (Edinburgh food Social)			<a href="mailto:foodforgoodoutreach@gmail.com">foodforgoodoutreach@gmail.com</a>		Will deliver a two day supply of food for individuals or communities who need emergency food. In case of urgency individuals can fill out form at <a href="https://forms.gle/phvEzLTQeunbtcsb9">https://forms.gle/phvEzLTQeunbtcsb9</a> otherwise please email
Food and/or Medicine	Edinburgh	Food distribution Network		0131 200 2306			Volunteer requests and request for support such as befriending, as well as for food, should now be passed through the City of Edinburgh Council Helpline at 0131 200 2306
Food and/or Medicine	Edinburgh North	North Edinburgh Arts	15a Pennywell Court Edinburgh EH4 4TZ		<a href="mailto:katieq@northedinburgharts.co.uk">katieq@northedinburgharts.co.uk</a>		Food to take away and information re local support. Also sharing shelf access and drop off donations for this service Monday - Friday 12 noon - 2pm.
Food and/or Medicine	Fife	Fife Shopping and Support Services		01592 653344		<a href="http://www.fifeshoppingandsupportservices.co.uk">www.fifeshoppingandsupportservices.co.uk</a>	Food shopping and other support services
Food and/or Medicine	Fife	COVID Helpline		0800 952 0330		<a href="http://www.fife.gov.uk/coronavirus">www.fife.gov.uk/coronavirus</a>	For food shopping prescriptions finances and personal care - phone line open 9am - 5pm Mon - Fri
Food and/or Medicine	Fife - St Andrews	Community Aid St Andrews		03000 122 014		<a href="http://www.communityaidstandrews.co.uk">www.communityaidstandrews.co.uk</a>	Food deliveries and volunteer opportunities. Online form.
Food and/or Medicine	Nationwide	Sainsbury		0800 328 1700			Sainsbury phone line for elderly / vulnerable telephone shopping service for people who can't use/access online services, all they should need is a debit card.

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Food and/or Medicine	Nationwide	John Gilmour Butchers		01875 616 111		<a href="https://john-gilmour-butchers.myshopify.com/collections/all">https://john-gilmour-butchers.myshopify.com/collections/all</a>	Delivery service or collection of butcher meat - menu on line - to East Lothian and Up Wide
Food and/or Medicine	Nationwide	National Helpline		0800 111 40000			National helpline for those over 70 or receive the flu jab, do not have internet access and do not have anyone to get essential supplies. Monday - Friday 9am - 5pm
Food and/or Medicine	Nationwide	Parsley Box		0800 612 7225		<a href="http://www.parsleybox.com/product/expressbundle">www.parsleybox.com/product/expressbundle</a>	Meals can be bought from the internet and offering an express bundle of 10 meals for £29.90 for 10 meals. 1-2 working days to arrive. Cupboard storage. Offer other products
Food and/or Medicine	Nationwide	Morrisons Doorstep Deliveries		0345 611 6111 and select option 5		<a href="https://my.morrisons.com/doorstep-deliveries">https://my.morrisons.com/doorstep-deliveries</a>	For those who are vulnerable and unable to go shopping themselves. Choose from a menu of items so is restricted to essentials. Endeavour to deliver any orders the next day that are made before 5pm
Food and/or Medicine	North East Edinburgh	Portobello Timebank		07968 090 530	<a href="mailto:info@portobellotimebank.co.uk">info@portobellotimebank.co.uk</a>		Pick up and drop off shopping
Food and/or Medicine	North East Edinburgh	Richmond Church	227/229 Niddrie Mains Road	0131 661 6561			Can provide bags of food
Food and/or Medicine	North East Edinburgh	Richmond Church	227/229 Niddrie Mains Road	0131 661 6561			Someone to talk to
Food and/or Medicine	North East Edinburgh	Niddrie Community Church		07816 292 212	<a href="mailto:admin@niddrie.org">admin@niddrie.org</a>		Pick up and delivery of food and medication
Food and/or Medicine	North East Edinburgh	Craigmillar Foodbank		07946 628 976			Foodbank for those who cannot afford food - no longer open for pick ups but offering delivery
Food and/or Medicine	North East Edinburgh	Tesco	Duke Street Edinburgh				Tesco Duke Street – Open between 9am & 10am for elderly and vulnerable every Monday, Wednesday and Friday

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Food and/or Medicine	North East Edinburgh	Sainsbury	Meadowbank				Sainsbury's Meadowbank – Open between 8am & 9am for elderly and vulnerable every Monday, Wednesday and Friday.
Food and/or Medicine	North East Edinburgh	Lochend Neighbourhood Centre		0131 652 9902			Providing non centre based activities for older people in Lochend. Including telephone contact / medication/ shopping/resource packs
Food and/or Medicine	North East Edinburgh	Pilmey Development Project		07375 918 524	<a href="mailto:pilmeyproject@btconnect.com">pilmeyproject@btconnect.com</a>		Via referral form: Volunteers are being recruited from within PDP & Leith Timebank to assist with practical tasks such as shopping, <b>collecting</b>
Food and/or Medicine	North East Edinburgh	Ripple Project	198 Restalrig Road South Edinburgh EH7 6DZ	0131 554 0422	<a href="mailto:admin@theripple.org.uk">admin@theripple.org.uk</a>	<a href="http://www.rippleproject.co.uk">www.rippleproject.co.uk</a>	Open 9am - 12 noon for food distribution for Restalrig, Craigentiny and Lochend
Food and/or Medicine	North Edinburgh and Leith	Scran Academy		07496 850 591	<a href="mailto:charlie@scranacademy.com">charlie@scranacademy.com</a>	<a href="http://www.scranacademy.com">www.scranacademy.com</a>	Free nutritious meals delivered 3 times per week with meal for every day
Food and/or Medicine	South East Edinburgh	Good Trees Neighbourhood Centre		Contact via Facebook		<a href="http://www.facebook.com/goodtreesnc1/">www.facebook.com/goodtreesnc1/</a>	Dropping off food parcels and packed lunches. Are not able to do shopping for people.
Food and/or Medicine	South East Edinburgh	Southside Community Council			<a href="mailto:volunteer@sccedinburgh.org.uk">volunteer@sccedinburgh.org.uk</a>	<a href="http://www.sccedinburgh.org.uk">www.sccedinburgh.org.uk</a>	Links volunteers to people needing help such as groceries picked up and delivered.
Food and/or Medicine	South West Edinburgh	The Dover Centre		0131 453 4656			Hot meals delivered. Basic shopping or food packs. Monday, Tuesday and Thursday
Food and/or Medicine	South West Edinburgh	Space - Broomhouse Hub		0131 455 7731			Hot meals and foodbank. Café also open 11:30 - 1:30 for takeaway for those who have family meal vouchers
Food and/or Medicine	South West Edinburgh	Score Scotland	WHALE Learning Centre 30 Westburn Grove EH14 2SA	0131 442 2341		<a href="http://Scvo.org/coronavirus-covid-19-information-guidance/resources/">Scvo.org/coronavirus-covid-19-information-guidance/resources/</a>	Foodbank for those in crisis. Open Tuesday and Thursday 10am - 1pm

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Food and/or Medicine	South West Edinburgh	The Ferry Go-For Group		0131 513 0999	<a href="mailto:david@ferrygofor.org">david@ferrygofor.org</a>		Food shopping and delivery. Contact by phone to advise what kind of help is needed.
Food and/or Medicine	South West Edinburgh	Granton Community Gardens	Pilton Community Health Project on Pilton Drive North (around corner from		<a href="mailto:info@grantoncommunitygardens.org">info@grantoncommunitygardens.org</a>	<a href="http://www.grantoncommunitygardens.org">www.grantoncommunitygardens.org</a>	Food shopping and delivery. Also has bakery open Fridays 12noon - 2pm (from window of premises)
Food and/or Medicine	South West Edinburgh	Broadway Premier Convenience Store	Oxgangs Broadway	0131 445 2217			Colinton Area - Taking food orders and delivery by phone Mon - Sat 9am - 11am. Owner is also making fresh soup and hot meals every day as well as
Food and/or Medicine	South West Edinburgh	Franelis		0131 441 5844			Newspaper Delivery
Food and/or Medicine	South West Edinburgh	Colinton Village Pharmacy					Pharmacy now delivering all medication. Opening hours are 9am - 11 am and 3pm - 5.45pm
Food and/or Medicine	South West Edinburgh	Colinton Parish Church		0131 441 2232			Assist with food shopping for those living in and around the area
Health	All	NHS		111			For anyone showing symptoms or with family showing symptoms. Will ask questions and then tell them what to do.
Health	All	NHS		0800 028 2816		<a href="https://www.nhs.uk/conditions/coronavirus-covid-19/">https://www.nhs.uk/conditions/coronavirus-covid-19/</a>	For information on Coronavirus
Health	Edinburgh	Edinburgh Crisis Centre		0808 801 0414		<a href="mailto:crisis@edinburghcrisiscentre.org.uk">crisis@edinburghcrisiscentre.org.uk</a>	24/7 friendly and confidential helpline for people experiencing mental health crisis and needing to talk to someone
Health	Edinburgh	Edinburgh Crisis Centre		0808 801 0414 or text 07974 429 075		<a href="http://www.edinburghcrisiscentre.org.uk">www.edinburghcrisiscentre.org.uk</a>	24/7 helpline for those having a mental health crisis. Also has a text line for contact.
Health	Edinburgh	Audiology NHS Lothian		0131 536 1637	<a href="mailto:audiology@nhslothian.scot.nhs.uk">audiology@nhslothian.scot.nhs.uk</a>		Lothian NHS - for replacement batteries and repairs. Operates on a postal service. Phone line open 10am - 1pm and 2pm - 4pm Mon - Friday



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Health	Fife	Audiology		01592 643 355 ext. 28355	<a href="mailto:audiologyfife@nhs.net">audiologyfife@nhs.net</a>		Hearing Aid enquiries, replacement batteries and repairs
Health	Fife	Audiology - Deaf Communications Service		07984 356 580 (sms text service)	<a href="mailto:swinfo.deafcommunications@fife.gov.uk">swinfo.deafcommunications@fife.gov.uk</a>		Deaf Communication Services
Health	Nationwide	Domestic Abuse Helpline		0800 027 1234		<a href="http://sdafmh.org.uk/">http://sdafmh.org.uk/</a>	24 hour phone line. For those experiencing DA, not for an emergency situation (must call police if help is required). Can also do online chat
Health	Nationwide	NHS				<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/">https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/</a>	
Health	Nationwide	Mental Health Foundation				<a href="https://mentalhealth.org.uk/corona-virus">https://mentalhealth.org.uk/corona-virus</a>	Lots of online information for those with mental health issues to support and help for us during the pandemic e.g. financial, parenting, loneliness, acts of kindness etc.
Health	Nationwide	Clear Your Head (Scotland)				<a href="https://clearyourhead.scot">https://clearyourhead.scot</a>	Tips and ideas about looking after yourself. - Keep moving, create routine, stay connected and stay healthy.
Health	Nationwide	Anxiety UK		03444 775 774		<a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>	Support if you have been diagnosed with an anxiety condition. Currently very high demand so may be difficult to get through to . Phone line open Mon - Fri
Health	Nationwide	Rethink Mental Illness		0300 5000 927		<a href="http://www.rethink.org">www.rethink.org</a>	Support and advice for people living with mental illness. Phones open Mon - Fri 09:30 to 16:00
Health	Nationwide	Samaritans		116 123			Free 24 hour helpline for those experiencing feelings of distress or despair.
Health	Nationwide	SANE		0300 304 7000		<a href="http://www.sane.org.uk/supportforum">www.sane.org.uk/supportforum</a>	Support, information and guidance for people affected by mental illness, their families and carers. Phone line 4.30 pm - 10.30pm



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Health	Nationwide	Cruse		0808 808 1677		<a href="http://www.cruse.org.uk">www.cruse.org.uk</a>	For those needing support through bereavement. Phones open Mon - Fri 9am - 5pm
Health	Nationwide	SHOUT		85258			Text service (free for major mobiles) for anyone in crisis, anywhere, anytime. Also looking for volunteers.
Health	Nationwide	Mood Café				<a href="http://www.moodcafe.co.uk">www.moodcafe.co.uk</a>	Produced and collated info and resources. Self help guides and online CBT and links to other websites.
Health	Nationwide	NSPCC		0808 800 5000			Phone line for anyone concerned about the welfare of a child.
Health	Nationwide	NHS				<a href="https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-advice-for-professionals">https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-advice-for-professionals</a>	
Other	North East Edinburgh	Pilmeny Development Project		07375 918 524	<a href="mailto:pilmenyproject@btconnect.com">pilmenyproject@btconnect.com</a>		Via referral form: Volunteers are being recruited from within PDP & Leith Timebank to assist with practical tasks such as shopping, <b>collecting prescriptions/over the counter medications</b> , walking dogs taking bins out, etc.
Pets	Edinburgh	Edinburgh Dog and Cat Home		0131 669 5331	<a href="mailto:info@edch.org.uk">info@edch.org.uk</a>	<a href="http://www.edch.org.uk">www.edch.org.uk</a>	Wet and dry pet food, jackets, collars and leads, bowls and bedding and pet care advice. By appointment only. No guarantee that all products will be available.
Pets	North East Edinburgh	Pilmeny Development Project		07375 918 524	<a href="mailto:pilmenyproject@btconnect.com">pilmenyproject@btconnect.com</a>		Via referral form: Volunteers are being recruited from within PDP & Leith Timebank to assist with practical tasks such as shopping, <b>collecting prescriptions/over the counter medications</b> , walking dogs taking bins out, etc.

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Pets	South West Edinburgh	The Ferry Go-For Group		0131 513 0999	<a href="mailto:david@ferrygofor.org">david@ferrygofor.org</a>		Dog walking - Phone to advise what kind of help needed
Religion	All	Various					Many churches offering online services various times etc. so need to contact own church to see if offering anything of this nature
Support	All	Age Scotland		0800 12 44 222		<a href="http://www.ageuk.org.uk/Scotland">www.ageuk.org.uk/Scotland</a>	For those feeling lonely can call for a chat Monday - Friday 9am - 5pm. Experiencing high level of calls but service open
Support	Edinburgh	Social Care Direct		0131 200 2324		<a href="http://www.edinburgh.gov.uk/socialcaredirect">www.edinburgh.gov.uk/socialcaredirect</a>	
Support	Fife	Fife Council	Various befriending lists			<a href="http://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/help-for-adults-and-older-people/fife-befriending-service">www.fife.gov.uk/kb/docs/articles/health-and-social-care2/help-for-adults-and-older-people/fife-befriending-service</a>	
Support	Nationwide	Marie Curie		0800 090 2309		<a href="http://www.mariecurie.org.uk/coronavirus">www.mariecurie.org.uk/coronavirus</a>	Telephone and online support for families living with terminal illness. Mon - Fri 8am - 6pm, Sat - Sun 11am - 5pm
Support	Nationwide	Cancer Support Scotland		0141 337 8199	<a href="mailto:info@cancersupportscotland.org">info@cancersupportscotland.org</a>	<a href="http://www.cancersupportscotland.org">www.cancersupportscotland.org</a>	Self help guides and digital counselling for those affected by cancer. Telephone counselling and weekly support chats. There may be a waiting list for this depending on uptake
Support	Nationwide	Parkinsons UK Scotland		0808 800 0303	<a href="mailto:scotland@parkinsons.org.uk">scotland@parkinsons.org.uk</a>	<a href="http://www.parkinsons.org.uk/about-us/parkinsons-uk-scotland">www.parkinsons.org.uk/about-us/parkinsons-uk-scotland</a>	Information, support and advice for people with Parkinsons and their families and friends. Online and printed information and helpline. Community based local advisors offer support by phone or email
Support	Nationwide	Alzheimer Scotland		0808 808 3000	<a href="mailto:helpline@alzscot.org">helpline@alzscot.org</a>		24 hour helpline, website, support from local dementia advisors
Support	Nationwide	Chest Heart and Stroke Scotland		0808 801 0899		<a href="http://www.chss.org.uk/coronavirus">www.chss.org.uk/coronavirus</a>	Advice and Support Line - Leave a message if busy

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Support	Nationwide	Wellbeing Scotland		01324 630100 or 07912 759 655	<a href="mailto:info@wellbeingscotland.org">info@wellbeingscotland.org</a>		Telephone helpline for all ages for those who are feeling impact on their wellbeing
Support	Nationwide	Samaritans	Chris Freeport RSRB- KKBY-CYJK PO Box 9090 Stirling FK8 2SA	116 123	<a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	<a href="http://www.samaritans.org">www.samaritans.org</a>	24 hour helpline offering support and counselling. Also offer email service or to write a letter at address shown in column D
Support	Nationwide	Mind UK	MindinfoLine PO Box 75225 London EH15 9FS	0300 123 3393 or text 86463	<a href="mailto:info@mind.org.uk">info@mind.org.uk</a>	<a href="http://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/">www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</a>	Online guidance if you are feeling anxious or worried about Coronavirus. Also provide text and phone line as well as postal address
Support	Nationwide	Campaign to End Loneliness				<a href="https://www.campaigntoendloneliness.org">https://www.campaigntoendloneliness.org</a>	Web page with up to date with ideas for how we can all combat social isolation and look out for each other during the spread of the virus. Link to the latest guidance and advice from government, charities and experts on how to stay safe and healthy during the outbreak.
Support	Nationwide	Breathing Space		0800 838 587			Mental health phone support - for those feeling low, depressed or anxious 6pm - 2am weekdays and 24 hours at weekend. Are also trialling web chat.
Support	North East Edinburgh	Portobello Timebank		07968 090 530	<a href="mailto:info@portbellotimebank.co.uk">info@portbellotimebank.co.uk</a>		Someone to talk to. Monday - Thursday 9am - 3pm, Friday 9am - 12 noon and Wednesday 5pm - 8pm
Support	North East Edinburgh	Caring in Craigmillar		0131 510 6930			Phonelink daily check in call for over 65s
Support	South West Edinburgh	The Ferry Go-For Group		0131 513 0999	<a href="mailto:david@ferrygofor.org">david@ferrygofor.org</a>		Someone to talk to
Technology	Edinburgh	ACE-IT	25 Nicholson Street Edinburgh EH8 9BX	07737 738551 or 0131 667 2053	<a href="mailto:info@aceit.org.uk">info@aceit.org.uk</a>	<a href="http://www.aceit.org.uk">www.aceit.org.uk</a>	Set up a number of IT help sheets such as online shopping, accessing medical advice, Facebook etc. Can set up specific help sheets on request. Also have a helpline but not sure if this is free (normally there is a donation of £5 minimum for 1-2-1 help) Made enquiry and will update

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Technology	Fife	Digital Fife		01592 583 659		<a href="http://www.digitalfife.com">www.digitalfife.com</a>	Phone support or online learning modules covering things like computer basics, photography, email and Skype, shopping and banking etc.
Translation - Information	Nationwide	NHS				<a href="https://www.nhsinform.scot/translations/languages/british-sign-language-bsl/illnesses-and-conditions/coronavirus-covid-19">BSL videos on YouTube https://www.nhsinform.scot/translations/languages/british-sign-language-bsl/illnesses-and-conditions/coronavirus-covid-19</a>	
Translation - Information	Nationwide	NHS				<a href="https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19">Easy Read documents https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19</a>	
Various	Argyle Park Terrace	Rev Stuart Irvin	St Catherine's Argyle Church	0131 667 7220 or 07421 352 893			Rev Irvin will co-ordinate help needed from by our tenants with his congregation.
Various	East Lothian	Royal Voluntary Service		01875 811 011	<a href="mailto:polly.cooke@royalvoluntaryservice.org.uk">polly.cooke@royalvoluntaryservice.org.uk</a>	<a href="http://www.royalvoluntaryservice.co.uk">www.royalvoluntaryservice.co.uk</a>	Provide a volunteer to assist in practical tasks to enable elderly to remain as independent as possible - transport to hospital, shopping etc.
Various	East Lothian	East Lothian Council Resilience Groups		01875 824 300	<a href="mailto:customerservices@eastlothian.gov.uk">customerservices@eastlothian.gov.uk</a>	<a href="http://www.eastlothian.gov.uk">www.eastlothian.gov.uk</a>	Collect shopping and essential supplies and supporting those in need of emergency care. Useful for people unable to leave their home due to being unwell or self isolating or whose family are unable to help. Mon - Fri 10am - 3pm
Various	Edinburgh	Edinburgh Organisations Voluntary Council				<a href="http://directory.evoc.org.uk/">http://directory.evoc.org.uk/</a>	Helps you find organisations that offer non-medical help. New website and organisations are only adding to it now. Can be drilled down by area and type of support. Good resource
Various	Edinburgh	Edinburgh Council		0131 200 2306 or if shielding 0131 2002388		<a href="https://www.edinburgh.gov.uk/homepage/10483/vulnerable-and-high-risk-people">https://www.edinburgh.gov.uk/homepage/10483/vulnerable-and-high-risk-people</a>	For vulnerable and shielding group - Pick up and delivery of medicine or shopping, opportunity to speak to someone, tips on being active, general volunteer support. Phone Line Mon - Thurs 8.30am - 5pm and Frid 8.30am - 3.40pm if no internet access.

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Various	Fife	Fife Voluntary Action		0800 389 6046	<a href="mailto:helpinghand@fva.org">helpinghand@fva.org</a>	<a href="http://www.fva.org/pandemic.asp">www.fva.org/pandemic.asp</a>	Working with the Council to co-ordinate need and provide help. Can phone during business hours, email or register as needing help (or offering help) on their website
Various	Fife	Fife Council		0800 852 0330			Telephone number for those who do not have access to the internet to seek help/information etc.
Various	Midlothian					<a href="http://www.kindnessmidlothian.co.uk">www.kindnessmidlothian.co.uk</a>	Request support through the COVID-19 emergency. The website also offers other information for volunteers and residents, including local and national guidance and advice. The website is secure and has multi language support as well as embedded government video information which includes the BSL Coronavirus helpline.
Various	Nationwide	Scottish Council for Voluntary Organisations				<a href="https://covid-19.scvo.org.uk">https://covid-19.scvo.org.uk</a>	Helps you find organisations that offer non-medical help. New website and organisations are only adding to it now. Can be drilled down by area and type of support. Good resource
Various	Nationwide	Scottish Council for Voluntary Organisations			<a href="mailto:Scotland@parkinsons.org.uk">Scotland@parkinsons.org.uk</a>	<a href="http://www.scvo.org/coronavirus-covid-19-information-guidance/resources/">www.scvo.org/coronavirus-covid-19-information-guidance/resources/</a>	Volunteer information and guidance - links to some of organisation on this sheet and have specific area for this crisis
Various	Nationwide	Scottish Government tool on how to find support				<a href="https://www.gov.uk/find-coronavirus-support">https://www.gov.uk/find-coronavirus-support</a>	The Scottish Government has also developed a Scottish version of the UK Government's "triage tool" (i.e. how do people looking for support find it), which can be accessed here TRIAGE
Volunteering	East Lothian	STRiVE		01875 615 423	<a href="mailto:info@strive.scot">info@strive.scot</a>	<a href="http://www.strive.scot">www.strive.scot</a>	To volunteer services
Volunteering	Fife	Fife Voluntary Action		0800 389 6046	<a href="mailto:helpinghand@fva.org">helpinghand@fva.org</a>	<a href="http://www.fva.org/pandemic">www.fva.org/pandemic</a>	Volunteering opportunities. Working in partnership with Fife Council
Volunteering	Nationwide	Volunteer Scotland		01786 479 593		<a href="http://www.volunteerscotland.net">www.volunteerscotland.net</a>	To volunteer, guidance on volunteers, and organisations to volunteer with - specific area on website for coronavirus

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Welfare Benefits	Edinburgh	Community Help and Advice Initiative (CHAI)		0131 442 2100		<a href="http://www.chaiedinburgh.org.uk/coronavirus-what-can-i-claim/">www.chaiedinburgh.org.uk/coronavirus-what-can-i-claim/</a>	Advice on financial matters and benefits including short time hours, being on furlough and job losses
Welfare Benefits	Nationwide	Universal Credit		0800 023 2581	UC - <a href="https://www.gov.uk/universal-credit">https://www.gov.uk/universal-credit</a>	<a href="http://www.understandinguniversalcredit.gov.uk/coronavirus">http://www.understandinguniversalcredit.gov.uk/coronavirus</a>	Advice and Applications
Welfare Benefits	Nationwide	HMRC - Self Employed		0800 0159 559			HMRC has set up a helpline for businesses and self-employed people who are concerned about paying their tax due to COVID 19
Welfare Benefits	Nationwide	PIP		0800 917 2222			PIP advice
Welfare Benefits	Nationwide	Employment and Support Allowance		0800 160 0310		<a href="https://www.gov.uk/employment-support-allowance/eligibility">https://www.gov.uk/employment-support-allowance/eligibility</a>	
Welfare Benefits	Nationwide	Carers Allowance		0800 731 0297			
Welfare Benefits	Nationwide	Welfare Fund		0131 529 5299			
Welfare Benefits	Nationwide	General Advice				<a href="https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/">https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/</a>	For mortgage / loan / credit cards / overdrafts and employee rights
Welfare Benefits	Nationwide	Turn2us				<a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a>	National charity helping people when times get tough. Provides financial support to help people get back on track. Has benefit checker.
Welfare Benefits	Nationwide	Universal Credit (access for deaf claimants)				<a href="https://www.gov.uk/universal-credit/how-to-claim">https://www.gov.uk/universal-credit/how-to-claim</a>	To access the service you can go direct to the DWP web site and under 'How to Claim Universal Credit' 'Contact us' you will see a link 'NGT text relay' . Alternatively they can download the FREE SignVideo app by visiting <a href="http://www.signvideo.co.uk">www.signvideo.co.uk</a>