# **Emergency Help**

(Staff - 02 April)

# For all health advice go to <a href="https://www.nhsinform.scot/coronavirus">www.nhsinform.scot/coronavirus</a>

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 <a href="www.ofgem.gov.uk/coronavirus-covid-19">www.ofgem.gov.uk/coronavirus-covid-19</a>

Changeworks - grants + advice 0131 555 4010 or <a href="www.changeworks.org.uk">www.changeworks.org.uk</a>

## Help and advice

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

Citizen's Advice - <u>www.citizensadvice.org.uk/scotland/</u>

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 – <a href="mailto:cli@midlothian.gov.uk">cli@midlothian.gov.uk</a> (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 <a href="https://www.facebook.com/groups/MidlothianActiveChoices">www.facebook.com/groups/MidlothianActiveChoices</a> Ageing Well 0131 561 6506 (+ online daily exercises)

# If you want to Volunteer

ReadyScotland <u>www.readyscotland.org/coronavirus</u>

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



For help with pets see 'community help'.







### 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

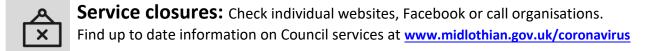
• Dalkeith & Newbattle Storehouse & Foodstore@PNK - Children & Families - 0131 271 3414 (NOT during school holiday as provision already been made for lunch packs)

#### All ages

- Gorebridge (Trussel Trust) 07789 173 276 or 07597 359 910
   Gorebridge Church, Hunterfield Road
   \*REFERRAL ONLY (e.g. Social work/3<sup>rd</sup> 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/3<sup>rd</sup> Sector)
- Bonnyrigg + Sherwood Community Trust 0131 663 2555 <u>www.facebook.com/BonnyriggTrust</u>
   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 <u>www.facebook.com/rosewellcoronavirus</u>
   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.scld.org.uk
- Alzheimer Scotland 24/7 helpline 0808 808 3000 guidance https://www.alzscot.org/sites/default/files/2020-03/Coronavirus%20toptips.pdf
- Kinship Care Myra Orr, 07540 30059 or <a href="mailto:kinshipcarersadvocacy@gmail.com">kinshipcarersadvocacy@gmail.com</a>
  Kinship Care Alliance 07490720123, Big Hearts 0131 603 4927
  Carers <a href="mailto:www.midlothian.gov.uk/coronavirus">www.midlothian.gov.uk/coronavirus</a>
  - 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.nhslothian.scot/camhs/Resources/Pages/ResourcePacks.aspx



## 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)







