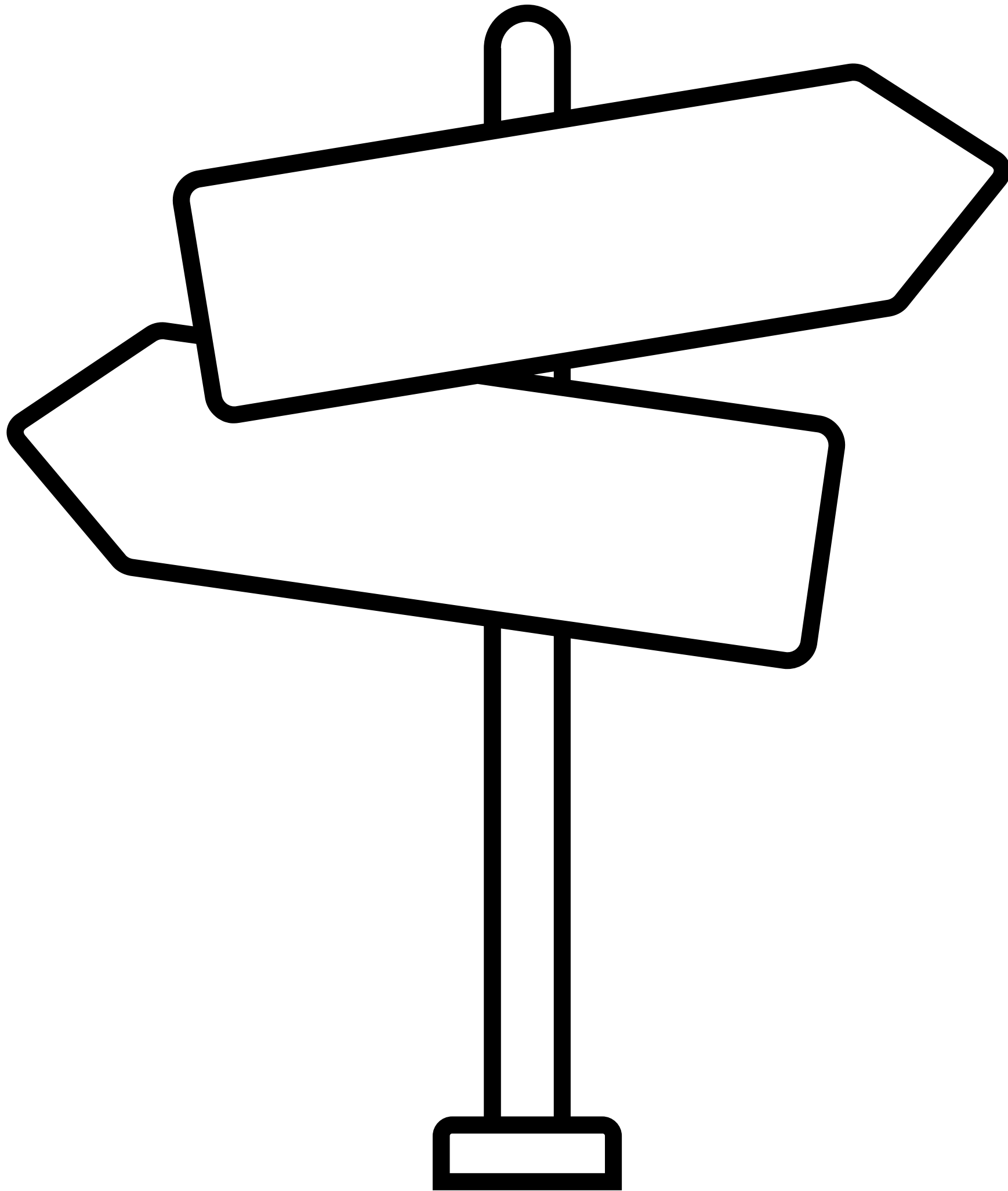


MacMillan Skills Hub Support Directory



Food Support

For further food support information: edinburgh.gov.uk/cost-living/food-bank-information

Food Pantries

Food Pantries allow members to shop and get a basket of food for a much lower price (the membership cost).

Fresh Start Pantry

What: Pantry

How much: £5.00

When: Monday/Tuesday/Friday 9am - 12.30pm and Wednesday 2.30pm - 5pm

Where: 22-24 Ferry Road Drive, EH4 4BR

Sign-up: Drop-in or visit: churchpoverty.my.site.com/s/member-sign-up

Pennywell Pantry

What: Pantry

How much: £4.50 for an individual and £6 for a family shop

When: Wednesday and Thursday 10am - 2pm

Where: 31 - 33 Pennywell Road, EH4 4PJ

Sign-up: pennywellpantry@communityrenewal.org.uk, 0131 332 8773

Find your local pantry here: yourlocalpantry.co.uk/joinapantry

Cyrenians also have multiple pantries across the city: cyrenians.scot/how-we-help/140-community-pantries

Community Meals and Cafes (Free and Low-Cost)

Empty Kitchens, Full Hearts

What: Community Lunch

When: Friday 12 - 2pm

Where: 3-11 West Granton Road, EH5 1HG

Website: emptykitchens.co.uk

Call: 07895 347157

Granton Parish Church

Wednesday: Lunch at 12 noon at small cost

Thursday: Coffee morning 10am

Second Saturday of each month: Men's breakfast 9am

Where: 55 Boswall Parkway, EH5 2DA

Website: grantonchurch.org.uk/home-3-3-2/weekly-sessions/

Call: 0131 210 0540

North Edinburgh Arts

What: Community Cafe with affordable prices

When: Monday - Saturday 9am - 5pm

Website: northedinburgharts.co.uk/our-spaces/cafe-2/

Call: 0131 315 2151

Pilton Community Health Project

What: There is a range of food support at Pilton Community Health Project

Where: 73 Boswall Parkway, Edinburgh EH5 2PW

Website: pchp.org.uk

Salvation Army Community Cafe

When: Monday and Wednesdays – 11am to 2pm

Where: 36 Wardieburn Drive, Edinburgh, EH5 1BZ

What: Warm and friendly space where people can meet for free tea, coffee and cake

Website: salvationarmy.org.uk/edinburgh-granton

Call: 0131 551 6820

Meal Packs**Empty Kitchens, Full Hearts**

What: Meal packs delivered to your home or to a community hub

How much: Free

Sign-up: Go to their website and fill in the “Get in Touch” form on the homepage

Website: emptykitchens.co.uk

Call: 07895 347157

Sharing Shelves**LIFT @ Muirhouse Millennium Centre**

What: Sharing shelf outside filled daily with donations

Where: 7 Muirhouse Medway, EH4 4RW

Website: lift-edinburgh.com

Call: 0131 467 3578

Wellbeing and Mental Health

Free and Low Cost Counselling

Centre for Psychological Studies

What: Counselling for young people under 26 years old with mild to moderate issues

How to access: email cpt@ed.ac.uk

Website: health.ed.ac.uk/centre-for-psychological-therapies/making-an-appointment

Counselling in Communities

What: Counselling with affordable sessions for those with financial hardship (£5 - £35 per session)

How to access: Get in touch by email at info@cocoed.org.uk

Website: cocoed.org.uk

Call: 07724152557

Feniks

What: Counselling for adults from the Central Eastern European communities, offering psychological support in Polish and Ukrainian.

How to access: email info@feniks.org.uk

Website: feniks.org.uk

Call: +44 (0)131 629 1881

Hope Park Counselling

What: Affordable counselling by donation

How to access: Fill in the online self-referral form

Website: health.ed.ac.uk/hope-park-counselling-centre/making-an-initial-appointment

Call: 0131 650 6696

LGBT Health and Wellbeing

What: Counselling for people LGBTQ+

How to access: Referral form or phone/email counselling@lgbthealth.org.uk

Website: lgbthealth.org.uk/services-support/mental-health/counselling/

Phone: 0131 564 3970

One Parent Families

What: free counselling for single parents

How to access: email opfsedinburgh@opfs.org.uk

Website: opfs.org.uk/who-we-are/local-services/opfs-edinburgh/

Phone: 0131 556 3899

PF Counselling Service

What: Affordable counselling with minimum donation cost structure (£20 - £50 per session)

How to access: Request counselling on the website

Website: pfcounselling.org.uk

Call: 0131 447 0876

Saheliya

What: Counselling for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+)

How to access: Referral form

Website: saheliya.co.uk

Call: 0131 556 9302

TalkTime

What: Free counselling service for 12-25 year olds who are physically disabled or have long-term physical health conditions

How to access: Call, text or email talktimescotland@gmail.com

Website: www.talktimescotland.co.uk

Call: 07774 210104

Other Wellbeing Support**Breathing Space**

What: Advisors provide listening, advice and information for people in Scotland who are feeling low, stressed or anxious

Opening hours: Monday – Thursday 6pm – 2am, Friday 6pm – Monday 6am

Website: www.breathingspace.scot

Helpline: 0800 83 85 87

Cruse Scotland

What: Bereavement Support

How to access: Various depending on service

Website: www.crusescotland.org.uk

Health in Mind

What: Variety of services in Edinburgh

How to access: Fill in the enquiry form: health-in-mind.org.uk/enquiry-form/

Website: health-in-mind.org.uk

Call: +44 131 225 8508

Thrive Welcome Team

What: Supporting you to access the right help for your mental health

How to access: Use your local drop-in service

Website: ithriveedinburgh.org.uk/thrive-welcome-teams/

Also check out the support and activities available at your local community centre

www.edinburgh.gov.uk/directory/10258/other-warm-and-welcoming-locations/category/10507

For urgent support please contact 111

Money Advice

CHAI

What: Housing and money advice

How to access: call or email chai@chaiedinburgh.org.uk to make an appointment

Website: chaiedinburgh.org.uk/housing-and-money-advice/

Call: 0131 442 2100

Changeworks

What: Energy advice, including if you're struggling with your energy bills

How to access: Ask us to refer or self-refer at www.changeworks.org.uk/referral

Website: www.changeworks.org.uk

Citizens Advice

What: Range of advice services including money, debt and benefits

How to access: Drop in or book an appointment with one of their locations across the city.

Website: www.citizensadviceedinburgh.org.uk/get-advice

Financial health and budgeting helpline: [0800 085 7145](tel:08000857145)

Edinburgh Food Project

What: Budgeting, advice and debt advice

How to access: Drop in to a foodbank

Website: edinburghfoodproject.org/access-the-money-advice-service/

Call: 0131 444 0030, Option 2

The Advice Shop

What: Advice on debt and welfare rights

How to access: Advice Line is open Monday – Friday 9am – 1pm (except Tuesdays when it opens at 10am) call 0131 200 2360 or drop in at the Advice Shop on Tuesdays and Thursdays 9:30am – 12:30pm at the Customer Hub, 249 High Street

Website: www.edinburgh.gov.uk/benefits-grants/advice-shop

turn2us

What: Benefits calculator, advice and signposting

Website: www.turn2us.org.uk

Granton Information Centre

What: Benefits and finance advice

How to access: call or email appointments@gic.org.uk to make an appointment

Website: gic.org.uk

Call: 0131 551 2459 / 0131 552 0458

More advice can be found at: www.moneyadvicescotland.org.uk/ and www.mygov.scot/free-debt-advice

New Scots

Citizens Advice Scotland

What: Immigration Advice

Website: www.citizensadvice.org.uk/scotland/immigration/

Citizens Rights Project

What: Support for EU/EEA migrants in Scotland

Website: citizensrightsproject.org

ESOL (English for Speakers of Other Languages)

City of Edinburgh Council provides information on the various service providers here:

www.edinburgh.gov.uk/schools-learning/english-speakers-languages-classes-support

Skills & Productivity

Digital

Access to Industry

What: Ongoing course providing an introduction to IT for people not currently in education or employment

Contact: 0131 260 9721 or mail@accesstoindustry.co.uk

Website: accesstoindustry.co.uk/courses/it/

Ace It

What: Supporting anyone over 50 to use digital devices.

Contact: 0131 667 2053 or email info@aceit.org.uk

Website: aceit.org.uk

Tools

Focusmate

What: Virtual body doubling

Website: www.focusmate.com

Grammarly

What: Online writing and grammar tool

Website: www.grammarly.com

Otter.ai

What: Transcription tool

Website: otter.ai/

Pomodoro Technique

What: Time Management

Website: You can use a variety of tools online or apps for example pomofocus.io/