

NORTH EDINBURGH SERVICE DIRECTORY

Getting it right for families

August 2014



Brought to you by the North Children's Services Management Group and Total Craigroyston

With thanks to Rena Kerracher and Chris Robinson

North Edinburgh Service Directory

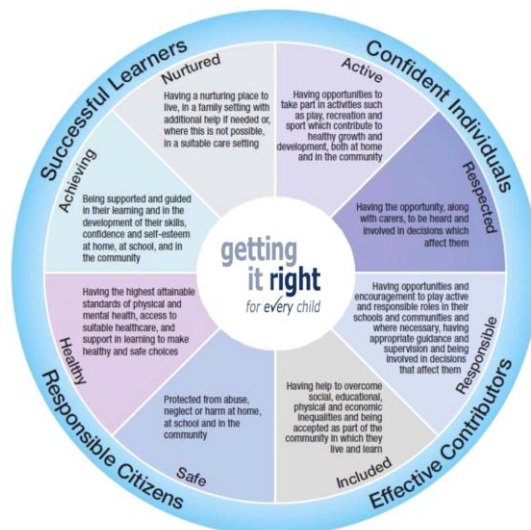
Getting it right for families

This service directory supports practitioners to access services to support children and their families in the North of the city.

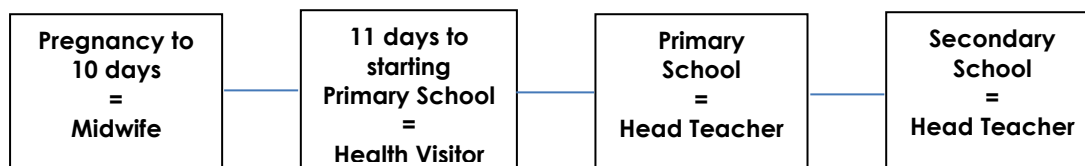
As we continue to embed the Getting it Right approach, we are encouraging all practitioners to be aware of the needs of children and young people and to respond as soon as possible.

Many concerns can be addressed within universal services, but from time to time additional support may be needed. This directory gives information of the many services that can provide support.

The Wellbeing Wheel provides a common reference point to support us to understand what children need to thrive, and where we may have concerns.



Every child and young person in Edinburgh has a **Named Person** who provides a consistent point of contact for families and professionals. The Named Person changes as children grow up.



If you have concerns about a child you can contact the Named Person to share this information. The Named Person will have an overview of any other concerns as well as other services which may be involved with the child or family.

A range of Getting it Right documents and tools are available to download at www.edinburgh.gov.uk/GIRFEC

For training and development opportunities search the Children and Families Continuing Professional Development Directory at www.edinburgh.gov.uk. For Total Craigroyston training opportunities search www.totalcraigroyston.co.uk

Team Around the Cluster

When a child, young person or family needs extra support we do not always know who can help. This Directory aims to make it easier for professionals to connect with each other. The *Team Around the Cluster* describes the many practitioners from different services who may come together to provide the right support.

Cluster areas are defined by secondary school and associated primary school catchment areas. This Directory covers the North clusters of Craigroyston Community High School, Broughton High School, Drummond Community High School, Trinity Academy and Leith Academy but many of the services in the Directory provide support across the City.

Where else can I get information?

Many local authority and health services including Psychological Services, Social Work, CLD and Education Welfare are aligned to school clusters or neighbourhood areas. Information about local contacts can be found online at:

https://orb.edinburgh.gov.uk/downloads/200970/getting_it_right_for_every_child

NHS Lothian

Maternity Services

New mums-to-be can plan to give birth at home, at the Simpson Centre for Reproductive Health at the Royal Infirmary of Edinburgh at Little France, or at St John's Hospital in Livingston.

Contact Details:

- Simpson Centre for Reproductive Health: 0131 536 1000
- St John's Hospital, Livingston: 01506 523 000

North Community Midwife Teams

North East Edinburgh: Leith Community Treatment Centre: 0131 536 6450

North West Edinburgh: Pennywell Resource Centre: 0131 537 4251

The role of the Health Visitor

Health Visitors are qualified nurses with additional training in family and community health. They are different to other nurses because they specialise in improving health rather than focusing on illness and disease.

Health Visitors can work with all age groups however the majority of clients are families with pre-school children. The main responsibilities are:

- Developmental checks of babies and toddlers
- Child health clinics
- Advice on immunisations
- Advice and support on pregnancy, parenting, feeding (including breastfeeding), sleeping, crying, speech
- Health promotion, including pre-school children and child accident prevention
- Identifying people suffering from postnatal depression and providing support
- Child protection
- Family nutrition
- Family planning and well women services

The role of the School Nurse

Each school has a named nurse as its first point of contact. School Nurses can provide support and advice on a range of child health issues. They have close links with education staff, Community Paediatricians and Health Visitors.

Community Services

A number of health services are available within each Community Health Partnership. For more information see www.nhslothian.scot.nhs.uk

Online Directories

These online directories provide more information. Save these links to your Favourites/Bookmarks in a Team Around the Cluster folder.

Team Around the Cluster Documents

Key people – mainly from statutory services – who provide support and services within each school cluster.

https://orb.edinburgh.gov.uk/downloads/200970/getting_it_right_for_every_child

Edinburgh Choices

An online directory of local care and support services.

www.edinburgh.gov.uk/edinburghchoices

EVOC Red Book

An online directory of services and organisations in Edinburgh.

www.evocredbook.org.uk

Support for Parents and Carers

Information about groups, programmes and individual support.

www.edinburgh.gov.uk/info/861/parental_support/1864/support_and_help_for_parents_and_carers

Edinburgh Childcare Information Service

Free, impartial information on registered childcare.

childcareinformation@edinburgh.gov.uk

Drug and Alcohol Directory

Drug and alcohol services for young people, from information on substances through to addictions treatment. www.edinburghadp.co.uk

Edinburgh Drug and Alcohol Partnership

More information about Edinburgh's drug and alcohol services – including adult services. www.edinburghadp.co.uk

Youth Services Opportunities

A constantly evolving database of youth work in Edinburgh. www.joininedinburgh.org

Healthy Respect Drop In and sexual health information

Edinburgh's network of accredited sexual health drop-ins - free and confidential for anyone over 13 years old. www.healthyrespect.co.uk

Sexual Abuse

Directory of services to support victims of sexual assault.

www.rapecrisisscotland.org.uk/find-a-service/

Care Providers for people with disabilities

Information about support and care services for people who live with disabilities.

<http://www.fairadvice.org.uk/userfiles/Directory%20of%20Care%20Homes%202012.pdf>

Employability

The Get On gateway is the access point for support and advice that helps people get into work. <http://www.edinburgh.gov.uk/geton>

To find out what services are offering employability support take a look at the Joined Up for Jobs website. <http://www.joinedorforjobs.org.uk/joined-up-for-jobs-directory/>

Housing Support: www.edinburgh.gov.uk/housingsupport

Changes, corrections and additions

As with all directories, information changes and services come and go. If any information is incorrect or missing please contact Steff Kaye, North Area Coordinator:
Email: steff.kaye@greengables-nur.edin.sch.uk Tel: 07795 665 332

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Aberlour Family Outreach - Edinburgh	14			❖			○		○		○				○							○		○					
Advice Shop	14			❖	○					○						○				○			○						
Afasic	14			❖	○										○														
Amber Mediation and Support	14			❖							○	○			○	○										○			○
Barnardos Community Support Service & others	15			❖							○			○	○		○					○	○						
Barnardos Intensive Behaviour Support Service	15			❖	○						○											○							
Barnardos Care Leavers and 16+ Visiting Support Service	16			❖						○						○							○						
CAMHS Child and Adolescent Mental Health Services	16			❖	○				○					○	○							○			○				
CAMHS Edinburgh Connect	16			❖					○																○				
CAMHS North Edinburgh Outpatient Team	16	❖	❖		○				○						○										○				

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CAMHS The Meadows Child and Adolescent Sexual Trauma	17			❖					○		○			○	○										○					
Caledonia Youth	17			❖					○				○									○								
Canny Families	17			❖						○					○									○						
Canongate Youth Project	17			❖								○								○										
Capability Scotland	18			❖	○						○				○					○	○			○	○					
Casselbank Kids Toy Library	18	❖																			○									
Children Experiencing Domestic Abuse Recovery: Cedar	18			❖		○									○															
CHILDREN 1ST BFriends	18	❖	❖				○				○				○				○							○				
CHILDREN 1ST Edinburgh Family Support Service	19	❖	❖								○				○						○				○					
Circle - Harbour Project	19		❖	❖			○				○				○						○	○						○		
Circle - Haven Project	19		❖								○	○			○						○	○			○					
Citadel Youth Centre	19	❖										○					○									○				○
Citizens Advice Edinburgh Leith	20	❖			○					○						○				○			○							

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Citizens Advice Edinburgh Pilton	20		❖		○					○						○				○			○							
Couple Counselling – Family Therapy	20			❖					○		○				○															
Crossreach Counselling	20			❖					○													○			○					
Cruse Bereavement	20			❖					○																					
Dads Rock	21	❖	❖			○	○	○			○				○						○	○								
Dr Bell's Family Centre	21			❖					○		○				○				○	○	○			○						
Early Years Centres	21			❖							○				○							○								
Eat, Sleep, Learn, Play grant	21			❖						○											○									
Edinburgh Befriending	22			❖			○					○			○		○												○	
Edinburgh City Youth Café – 6VT	22			❖			○					○			○	○	○				○					○				
Edinburgh Community Food Initiative	22			❖											○															
Edinburgh Women's Aid	22			❖		○			○							○									○	○				
Edinburgh Women's Rape & Sexual Abuse	23			❖					○					○																
Edinburgh Young Carers	23			❖	○	○																			○		○			

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Education Welfare Service	23			❖											○														○
Families Need Fathers	23			❖							○				○														
Families Outside (Prison)	24			❖							○				○											○			
Family Advice & Information Resource (FAIR)	24			❖	○					○													○						
Family Focus	24			❖	○						○				○						○								
Family Group Decision Making	24			❖											○											○			○
Family Mediation	25			❖											○														
Family Solutions	25			❖							○				○						○				○				
Firsthand Lothian	26			❖	○						○				○				○		○				○		○		
Gingerbread	26			❖					○	○	○				○						○								
Granton Information Service	26		❖							○						○							○						
Granton Youth Centre (GYC)	26		❖									○			○					○						○			
Grapevine – Lothian Disability Info Service	27			❖	○					○						○				○			○	○	○	○			
Health & Literacy Project (CLD)	27	❖	❖					○			○				○						○	○		○	○				
Home Start	27	❖									○				○						○								

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Hospital and Outreach Teaching Service (HOTS)	28			❖							○			○											○					
The Junction	28	❖			○	○	○		○			○	○	○				○	○			○			○	○	○	○	○	
Kindred	28			❖	○				○					○															○	
LGBT Youth Scotland	29			❖					○			○						○								○				
Link Up Women's Support Centre	29			❖					○								○							○	○	○				
Linknet Mentoring Ltd	29			❖			○										○		○	○				○		○				
Living Memory Association	29			❖													○									○				
Living Well North Edinburgh	30	❖	❖						○																○	○				
Lothian Autistic Society	30			❖	○									○								○								
Making it Work	30			❖			○			○											○		○	○		○				
Muirhouse Youth Dev Grp (MYDG)	30		❖									○														○				
Multisystemic Therapy (MST)	31			❖							○	○		○																
Multicultural Family Base (MCFB)	31	❖	❖			○			○		○			○					○		○	○			○					
Neighbourhood Support Service	31			❖											○															

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NE Edinburgh Counselling Service	32	❖							○																○				
North Edinburgh Arts	32		❖									○									○			○		○			
North East Recovery Hub	32	❖					○			○					○													○	
North West Drug & Alcohol Service	33		❖				○			○					○					○			○		○		○	○	
North West Carers (Adult & Young Carers)	33		❖		○	○	○				○	○			○										○		○		
Number 6 – Autism Initiatives	33			❖	○				○	○	○				○					○				○	○				
One Parent Families Scotland	33			❖	○				○	○	○				○	○						○							
P F Counselling Service	34			❖					○																				
Parents Enquiry Scotland (LGBT)	34			❖					○					○				○											
Partners in Advocacy	34			❖	○					○					○										○				○
Penumbra (Edinburgh Self Harm Project)	34			❖					○					○											○	○			
People First	35			❖	○																				○				○

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Pilton Community Health Project	35		❖		○	○	○		○		○			○	○		○	○	○		○				○	○			○
Pilton Youth & Children's Project (PYCP)	35	❖	❖				○				○	○	○		○	○										○			○
Place2Be	36		❖						○		○				○										○				
Playback Trust	36			❖	○							○			○											○			
Play-Base Edinburgh	36			❖				○			○								○		○			○					
Plusone Mentoring Programme	37			❖								○					○												
Polish Family Support Centre	37			❖					○	○	○	○			○				○						○				○
Post Natal Depression Services (Crossreach)	37			❖					○						○										○				
PrePare	38			❖			○				○											○							
The Princes Trust Fairbridge Programme	38			❖	○		○	○			○	○	○			○					○				○	○			
Richmond's Hope (Bereavement)	39			❖					○						○										○				
Ripple Project	39	❖			○				○	○	○	○	○		○	○	○				○	○		○	○		○		
Rock Trust	39			❖								○			○						○					○			

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Safer Families Edinburgh	40			❖		○			○						○														
Saheliya	40			❖		○			○			○					○		○		○			○	○	○			○
Samaritans	40			❖		○	○		○				○	○				○	○						○				
Shakti Women's Aid	40			❖		○										○			○						○				
Sikh Sanjog	41	❖	❖									○							○	○				○					
Simpson House Counselling	41			❖			○		○	○		○											○	○		○		○	
Sleep Scotland	41			❖	○				○			○			○						○								
The Spark	41			❖					○																				
Stepping Stones	42		❖				○				○	○			○					○	○	○		○		○			
Stopover Project	42			❖												○										○			
Streetwork	42			❖		○	○			○		○		○		○									○	○			○
Sunflower Garden (Simpson House Crossreach)	42			❖			○		○								○										○	○	
Swietlica Migrant Drop In	43	❖						○			○				○									○					
Systemic Family Therapy Team	43			❖					○						○										○				
Venture Scotland	43			❖								○														○			

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Visiting Teaching Support Service	44			❖	○									○							○								
Vocal (Carers)	44			❖	○		○		○	○				○	○			○	○				○		○				○
Wellspring	44			❖			○		○					○				○							○				
YMCA – Edinburgh	45			❖		○	○				○	○		○			○				○	○			○				
Young People's Service	45			❖			○				○			○											○				

Aberlour Family Outreach- Edinburgh

Wester Hailes Healthy Living Centre, 30 Harvesters Way, Edinburgh EH14 3JF

Tel: 0131 453 9110 **Email:** Edinburgh.outreach@aberlour.org.uk

Web: www.aberlour.org.uk/outreachedinburgh

Service: Works across the city with families who are experiencing difficulties with substance use. Working in individuals' own homes or in community settings, Aberlour Family Outreach helps and supports parents to make positive changes in their lives. This positive influence will improve family living and make it safer and healthier for them and their children.

Who we work with:

- parents who are experiencing difficulties as a result of their substance use and who have children
- pregnant women and women with young babies
- lone fathers with care of their children who have parenting and substance use issues.

Area: Citywide

How to access the service: Self referral or referral from agencies.

The Advice Shop

249 High Street, Edinburgh EH1 1YJ

Tel: 0131 200 2360 **Email:** advice.shop@edinburgh.gov.uk

Hours: Mon, Wed and Thurs: 8.30am-4.30pm, Tues 10am-4.30pm, Fri 8.30am-3pm.

Service: Free, confidential advice, help on all benefits and entitlements, Tax Credits and Pension Credit, Disability and Carers Benefits, Housing Benefit, Council Tax Benefit and money/debt problems.

Area: Citywide

How to access the service: Drop in during opening hours or phone/ email.

Afasic

Tel: 07507 535 857 (Judith Woodward, Family Support Worker)

Email: judith@afasicscotland.org.uk **Web:** www.afasicscotland.org.uk/young-people/family-support-project-edinburgh/

Service: A Scottish registered charity which represents the interests of children and young adults with lived experience of speech, language and communication impairments, working towards their inclusion in society and supporting their parents and carers. The Edinburgh project would particularly welcome contact with parents / carers/ kinship carers / professionals connected to children who are/were at risk of becoming looked after.

Area: Citywide

How to access the service: Phone Judith for more information.

Amber Mediation and Support

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

Tel: 0131 475 2354 **Web:** www.cyrenians.org.uk/what_we_do/amber/

Service: Preventing Homelessness: Improving Relationships. Amber works with young people (age 14 - 24) and their families who are having problems getting on. Arguments might be putting the young person at risk of having to leave home, or they might already be homeless. The Amber team have Personal Advisers who individually support everyone involved and Mediators who facilitate the family finding a positive way forward that everyone agrees to. A specialist anger management worker is available where anger is an issue.

Area: Citywide

How to access the service: By phone or contact via the website.

Barnardos Edinburgh Community Support Services (BECSS)

111 Oxbgangs Road North, Edinburgh EH14 1ED

Tel: 0131 446 7000 **DD:** 0131 446 7049 **Fax:** 0131 446 7001 **Web:** www.barnardos.org.uk

Service: Multi-disciplinary team of teachers, family workers, community support workers and volunteer/befrienders supporting primary aged children at risk of exclusion from their home, school or community.

Area: Citywide

How to access the service: Referral by the child's school, through submitting a recent Child's Plan and Assessment of Need to maureen.mcpheely@edinburgh.gov.uk for consideration by the Additional Support Access Point (ASAP).

For more information contact Barnardos by telephone on 0131 446 7000

Barnardos Lighthouse

Young people's service aimed at changing sexually challenging and problematic behaviour. Also aims to improve the protection for all young people by helping families and communities reduce risks presented by these young people.

Barnardos Skylight Service

Supports children and young people who have experienced sexual abuse and are being looked after by the Local Authority or living at home. It provides direct intervention and support as well as consultancy and training for carers and professionals on the impact of sexual abuse.

Barnardos Young Family Support Service

A 20 week programme for new parents who are under 21 with a first baby under the age of 1. The programme uses a mix of hands-on experiential and group work learning to help improve parenting capabilities and facilitate access to universal and specialist services. Participants will live in the 15% most deprived areas of Scotland (SIMD 2009) and may have experienced the care system themselves.

Area: Citywide

How to access the services: Referrals to Lighthouse, Skylight and Young Family Support Services may be submitted by relevant professionals such as Social Workers, Health or Education professionals. Self referrals may also be submitted. Contact Barnardos by telephone on 0131 446 7000 for more information.

Barnardos Intensive Behaviour Support Service (BIBSS)

Caern House, Gogarbank, Edinburgh EH12 9BZ

Tel: 0131 339 8840

Service: We work with families who have a child or children with learning disability and/ or Autism Spectrum Disorder who has behavioural issues.

BIBSS is a time-limited service and can work with you and your family up to 12 weeks. In working with you we have the following aims:

- to improve your confidence and resilience as a parent/carer, which will help you cope better with your child's behaviour.
- to reduce your feelings of stress as a parent/carer.
- to improve family relationships, including between siblings.
- to help you have a better understanding of your child's disability.

Area: Citywide

How to access the service: Referrals through City of Edinburgh Council Disability Practice Team

Barnardos Care Leavers and 16+ Visiting Support Service

Throughcare & Aftercare, 329 High Street, Edinburgh EH1 1PN

Tel: 0131 529 6400 **Email:** CFDuty.ThroughcareandAftercare@edinburgh.gov.uk

Web: www.barnardos.org.uk

Service: Barnardos Care Leavers and 16+ Support provides an accommodation service for young people between the ages of 15 and 21 who have been looked after and who have housing support needs. Will support young people for up to 2 years. The service will not work with people who fail to engage or with people who have an active drug addiction.

Area: Citywide. Involved with Total Craigroyston for some particular referrals for Young People previously looked after at home.

Access to Service: Service can only be accessed by contacting Throughcare and Aftercare. Contact Barnardos on 0131 556 4583 for more information.

CAMHS (Child and Adolescent Mental Health Services) Edinburgh

Royal Edinburgh Hospital, Tipperlinn Road, Edinburgh EH10 5HF

Tel: 0131 537 6364

Web: www.nhsllothian.scot.nhs.uk/Services/A-Z/CAMHS/Pages/default.aspx

Service: CAMHS provides psychological, medical and psychosocial assessment and treatment for children and young people with mental health problems. CAMHS aims to promote health and well-being and to prevent relapse by offering a range of individual, family, and group approaches. CAMHS teams also offer professional consultation services.

NHS Lothian CAMHS is made up of a number of different teams. Outpatient teams offer appointments in hospitals and local health centres. There are Specialist teams such as The Meadows (see below), The Child Learning Disabilities and Autism Team, The Paediatric Psychology and Liaison Service (PPALS), Edinburgh Connect (see below), The Social, Emotional and Behavioural Difficulties (SEBD) schools and youth justice community health worker service (CMHWs), and The North-West and South-West Attention Deficit Hyperactivity Disorder (ADHD). Day and inpatient service provide care for children and young people who need intensive help and support.

Area: Citywide

How to access the service: Contact number above for more information.

CAMHS-Edinburgh Connect

Service: Offer a service to children and young people who are looked after and accommodated by Edinburgh Local Authority and their carers.

Area: Citywide

How to access the service: Referral from key staff involved with and concerned about children and young people. Contact 0131 651 4130 for more information

CAMHS- North Edinburgh Outpatient Team

Clinics run at Leith Community Treatment Centre, Craigroyston Health Centre and Tipperlinn Road

Service: CAMHS North Edinburgh provides a service for children and young people (0-18years) when there are significant concerns about their mental health or wellbeing and when their difficulties are impacting on their day to day life.

Area: North Edinburgh/ service also citywide in other clinics

How to access the service: Referrals from professionals such as general practitioners, health visitors, social workers or from schools. Consent from parents and/or young person (depending on age) is required.

CAMHS- The Meadows Child and Adolescent Sexual Trauma Service

3 Rillbank Terrace, Edinburgh EH9 1LL

Tel: 0131 536 0534

Service: The Meadows team provides a multi-disciplinary approach to children and young people (0-18years) and their families who are experiencing emotional, behavioural and mental health difficulties following sexual abuse. They also provide a service for children who display problematic sexual behaviour.

Area: Citywide

How to access the service: Referrals can be made from a number of sources e.g. GP, Social worker, Health Visitor or Community Paediatrician. Allegations must have been reported in line with child protection procedures. Contact us to discuss.

Caledonia Youth

5 Castle Terrace, Edinburgh EH1 2DP

Tel: 0131 229 3596 **Email:** information@caledoniayouth.org

Web: www.caledoniayouth.org

Hours: Mon-Fri 9am-5pm. Out of hours access – weekday clinics open lunchtime, after school and early evening hours, as well as Saturday drop-ins.

Services: Provides a range of services and support that cover personal relationships, emotional issues and sexual wellbeing. Services are free, confidential and inclusive - no matter your background, gender or individual circumstances. Services also include pregnancy testing, free condoms, contraception, infection advice, a safe space to talk or more in-depth counselling, and referral for termination of pregnancy if required.

Area: Citywide

How to access the service: No appointments or referrals needed, just drop in (appointments also available).

Canny Families Project

Edinburgh Community Food, 22 Tennant Street, Edinburgh EH6 5ND

Tel: (Stephanie Scott) 0131 467 7326 **Email:** sscott@edinburghcommunityfood.org.uk

Service: Supports families with children to better manage rising energy/food costs and to maximise income. A programme of affordable cooking courses run over a six week period. With a focus on a different topic each week participants not only learn practical cooking skills and how to make affordable and healthy family meals but also improve their knowledge of nutrition and learn how to reduce food waste. Participants are also offered affordable warmth advice from Changeworks as well as fuel poverty advice from Citizens Advice Edinburgh. The programme is open to parents with children under the age of 16. Childcare is available at all sessions.

Area: Citywide – contact us to find out about local programmes.

How to access the service: phone or email.

Canongate Youth

South Bridge Resource Centre, 6 Infirmary Street, Edinburgh EH1 1LT

Tel: 0131 556 9719/ 9389 **Email:** info@canongateyouth.org

Web: www.canongateyouth.org

Hours: Various. Phone for information or check website.

Services: Provides citywide employability and training services for ages 15 – 25. Nationally recognised training initiatives and qualifications.

Area: Training services citywide and the Lothians.

How to access the service: Check website or phone for information and availability.

Capability Scotland

Head Office, Westerlea, 11 Ellersly Road, Edinburgh EH12 6HY

Tel: 0131 337 9876 **Email:** Sam.louden@capability-scotland.org.uk

Westerlea.sure-start@capability-scotland.org.uk

Web: www.capability-scotland.org.uk

Hours: Contact Capability Scotland for information.

Services: Provides education, employment and care services for disabled children and adults across Scotland.

Westerlea Early Years Service

Play and activity sessions with children with additional support needs, group sessions, respite, support, advice and information to parents.

Area: Citywide

How to access the service: Contact Capability Scotland for advice and information.

Casselbank Kids Toy Library

South Leith Baptist Church, 5a Casselbank Street, Edinburgh EH6 5HA

Tel: 07954206908 **Web:** www.toylibraryck.blogspot.co.uk

Hours: Thursday 9.30am until 12noon

Service: Toy library where you can borrow a wide range of toys for children. £3 to join for a year and then either 20p, 40p or 60p for toys.

Area: Leith

How to access the service: Phone for registration information then drop in.

Children Experiencing Domestic Abuse Recovery (Cedar)

Cedar Network, Scottish Women's Aid, 2nd Floor, 132 Rose Street, Edinburgh EH2 3JD

Tel: 0131 226 6606

Service: A therapeutic 12 week group work programme for children who have experienced domestic abuse, and their mothers. The programmes are designed to encourage both mothers and children to work together towards recovery from their experiences.

How to access the service: Groups for children ages 7-9 years and 9-11 years will run throughout autumn 2014. Contact us for more information.

CHILDREN 1ST Bfriends

North Edinburgh Office, Prentice Centre, 1 Granton Mains Ave, Edinburgh EH4 4GA

Tel: 0131 552 8265 **Email:** bfriends.northedinburgh@children1st.org.uk

Web: www.bfriends.org.uk

Services: Bfriends volunteers provide friendship and support for children and young people aged 5-16 years who are experiencing difficulties at home, at school or in the community. Our aim is to help build young people's self-confidence and self-esteem, and to open up opportunities for personal and social development. We can also offer Family Support and parenting advice to the parents and carers of any young people we are working with.

Area: North Edinburgh – Muirhouse, Pilton, Drylaw, Inverleith, Stockbridge, Clermiston.

Access to Service: Bfriends accepts referrals for young people aged 5-14, but gives priority to those who meet any of the criteria below:

- living in areas of high social need;
- from black and minority ethnic communities;
- on, or at risk of going on, a Supervision Requirement or the Child Protection Register;
- have a Child's Plan stating this type of service would be useful

CHILDREN 1ST - Edinburgh Family Support Team

Baird House, 10/12 Newtoft Street, Gilmerton, Edinburgh EH17 8RD

Tel: 0131 468 2580 **Email:** info@children1st.org.uk

www.children1st.org.uk/services/34/edinburgh-family-support-team

Hours: Mon-Thurs 9am-4:45pm; Fri 9am-3:30pm. 24 hour voicemail.

Services: To help children (3-5 years) thrive in their families and prevent escalating need, for families with children who are experiencing social, emotional or behavioural difficulties. We can offer individual Intensive support, group work for parents, support with transitions, specialist approaches such as Video Interactive Guidance (VIG).

Area: Citywide

How to access the service: Referrals should be made by the Named Person, through submitting a recent Child's Plan and Assessment of Need to maureen.mcpheely@edinburgh.gov.uk for consideration by the Additional Support Access Point (ASAP).

Circle – Harbour Project

18 West Pilton Park, Edinburgh EH4 4EJ

Tel: 0131 552 0305 **Web:** www.circlescotland.org

Hours: Mon-Thurs 9am-5pm; Fri 9am-4pm

Services: Children and families affected by parental drug and alcohol use; children at risk of school exclusion and their families; children experiencing neglect, physical, emotional and/or sexual abuse; fathers who are not engaging with helping services. Provide support to establish home routines; access counselling and support; support parents to attend meetings; individual support for children; improve school attendance; support for children to access social groups.

Area: Citywide

How to access the service: Self-referral or referral by other agencies including social work, health and addiction services.

Circle – Haven Project

Craigroyston Primary School, Muirhouse Place West, Edinburgh EH4 4PX

Tel: 0131 332 9269 **Email:** info@circlescotland.org

Hours: Mon-Thurs 9am-5pm, Fri 9am-4pm

Services: A range of accredited parenting groups for mums and dads or parents to be, which provide support to parents in the healthy development of their children. Tailored support to dads, and dads-to-be, individually and in groups. A programme of healthy social activities and outings for dads and their children. Individual and group support to children to help improve their educational experiences and opportunities, delivered in partnership with local primary schools and other organisations.

Area: Greater Pilton

How to access the service: The service is for families with children under 12 living in the local area around Craigroyston Primary School. You can refer yourself, or other agencies can refer you.

Citadel Youth Centre

175 Commercial Street, Leith, Edinburgh EH6 6JE

Tel: 0131 554 0510 **Email:** info@citadelyouthcentre.org.uk

Web: www.citadelyouthcentre.org.uk

Hours: Office hours 9.30am-4.30pm

Service: The Citadel Youth Centre offers local children & young people aged 6-21yrs opportunities for fun, meeting friends, trying new things and having experienced youth workers there for help and support. The Citadel helps young people to have their say and make Leith a good place to grow up.

Area: Leith

How to access the service: Referrals from parents or professionals.

Citizens Advice Edinburgh Leith

12 Bernard Street, Edinburgh EH6 6PP

Tel: 0131 554 8144 **Email:** leith@citizensadviceedinburgh.co.uk

Web: www.citizensadviceedinburgh.org.uk

Hours: Mon-Fri 9.30am-12.30pm (drop in) and 12.30pm-4.30pm (appointments). Tues 5.30pm-7pm (legal and employment - appointments only).

Service: Free, confidential advice on issues including family/personal problems, housing, employment, consumer rights, welfare benefits, debt and legal issues.

Area: North East Edinburgh

How to access the service: Drop in or phone for appointment.

Citizens Advice Edinburgh Pilton

661 Ferry Road, Edinburgh EH4 2TX

Tel: 0131 202 1153 **Email:** pilton@caed.org.uk

Web: www.citizensadviceedinburgh.org.uk

Hours: Mon-Fri 9.30am-12.30pm (drop in) and 12.30pm-4.30pm (appointments).

Service: Free, confidential advice on issues including family/personal problems, housing, employment, consumer rights, welfare benefits, debt and legal issues.

Area: North West Edinburgh

How to access the service: Drop in or phone for appointment.

Couple Counselling Lothian – Family Therapy Service

9a Dundas Street, EH3 6QG

Tel: 0131 556 1527 **Email:** admin@cclothian.org.uk **Web:** www.cclothian.org.uk

Hours: Family Therapy Service available on Thurs 10am-6pm, Mon and Fri 9am-1pm

Service: A counselling service for people of all ages with family concerns. These may be about individuals, family members, or their relationships. Sometimes worries are to do with conflict, family breakdown, general parenting, stepfamily, or extended family issues. Family Therapy interviews can be with one, some, or all family members.

Area: Citywide

How to access the service: Self-referral or referral. Payment by donation.

Crossreach – Counselling

Wallace House, 3 Boswall Road, Edinburgh EH5 3RJ

Tel: 0131 552 8901 **Email:** ccl@crossreach.org.uk

www.crossreach.org.uk/crossreach-counselling-lothians

Hours: 9am-5pm Tues and 12noon-8pm Wed/Thurs

Service: Confidential counselling service for adults and children & young people. Donations are encouraged, based on income.

Area: Citywide

How to access the service: Self referrals are preferred and the service encourages agencies to pass on contact details to those who might benefit from the service. Referrals can be made by telephone, letter or email through the administrator.

Cruse Bereavement Care Scotland - Edinburgh

First Floor, 3 Rutland Square, Edinburgh EH1 2AS

Tel: 0845 600 2227 **Email:** edinburgh@crusescotland.org.uk

www.crusescotland.org.uk

Service: Provides counselling for those who have suffered bereavement. Children's counsellor available. All volunteers have been checked by Disclosure Scotland.

Area: Citywide

How to access the service: By telephone in the first instance.

Dads Rock

The Prentice Centre, 1 Granton Mains Ave, Edinburgh EH4 4GA

Tel: 0131 552 0485 **Email:** prenticecentre@hotmail.co.uk or Thomas@dadsrock.org.uk

Hours: Saturday 10am-11.30am

Service: Playgroups for dads/male carers and their kids providing a positive, fun place for dads to feel at ease about what it means to be a dad with a group who are comfortable sharing their joys, concerns, experiences and questions. Musical instruments, crafts, storytelling and songs. Healthy snacks and activities around food preparation, as well as a quiet 1 to 1 time for dads and kids. The weekly programme varies, each week is full of different ways to spend quality time with your children.

Area: Granton/West Pilton

How to access the service: Drop in or phone 07511 533 432 (David) or 07807 498 709 (Thomas)

Dr. Bell's Family Centre

Junction Place, Edinburgh EH6 5JA

Tel: 0131 553 0100 www.drbellisleith.org.uk

Hours: Various depending on the activities. Phone for details.

Service: A range of support services and facilities for local families, including:

- a small café and cookery classes
- drop in crèche with regular spaces for vulnerable families
- employment advice and training, learning and volunteering opportunities
- support groups, parenting support
- health and wellbeing appointments and counselling
- room hire and access to computers and the internet

Area: Leith and North East Edinburgh

How to access the service: Phone the centre or drop in.

Early Years Centres

Craigroyston: 67 Pennywell Road, EH4 4QP **Manager:** Diane Hope **Tel:** 0131 332 3855

Granton: 10 Wardieburn Road, EH5 1LY **Manager:** Diane Hope **Tel:** 0131 552 4808

Fort: 25 North Fort Street, EH6 4HF **Manager:** Karen Brown **Tel:** 0131 554 4077

Craigentiny: 4 Loganlea Drive, EH7 6LR **Manager:** Tracey Shaw **Tel:** 0131 661 8593

Service: Early Years Centres offer a range of universal and targeted supports for families with children 0-8 years. Services include early learning and childcare (0-5yrs), parent/carers groups and individual support and advice.

Area: North Edinburgh and citywide

How to access the service: parents/carers can self-refer or be referred via a health visitor or other professional. Contact the centres to enquire about groups and individual support/advice.

Eat, Sleep, Learn, Play grant – Save the Children

Tel: 0131 527 8200 **Email:** infoscotland@savethechildren.org.uk

Web: www.savethechildren.org.uk/where-we-work/united-kingdom/scotland

Service: Aims to support children under 36 months in the most desperate need by awarding a 'material grant' to support a child's basic needs such as a cooker, child's bed or a washing machine. Ensure families are receiving the help they are entitled to through a benefits check, and offer them the opportunity for volunteers to help with basic DIY in their home.

Area: Citywide

How to access the service: Referrals via professionals in health and social work and must be in receipt of certain benefits.

Edinburgh Befriending Consortium

Baird House, 10/12 Newtoft Street, Gilmerton, Edinburgh EH17 8RD

Tel: 0131 468 2580 **Email:** Elizabeth.collyer@children1st.org.uk

Service: Edinburgh Befriending Consortium (EBC) is a partnership between Children1st, Sunflower Garden (Crossreach) and the Broomhouse Centre, providing a befriending service for children affected by substance misuse within their families.

We recruit, train, match and support volunteers with vulnerable children and young people (ages 5 – 16). Befrienders visit weekly and help increase children's confidence, resilience, social skills and also participate in social activities. The service for each young person lasts for a year although this can be extended if necessary.

Area: Citywide

How to access the service: By referral.

6VT- Edinburgh City Youth Cafe

6 Victoria Terrace, Edinburgh EH1 2JL

Tel: 0131 220 2108 **Email:** contact@6vt.info **Web:** www.6vt.info

Hours: Office Hours 9am-6pm. Drop-in Mon & Wed 6pm-10pm, Fri 6pm-10.30pm.

Family Cafe Sat 1pm-4pm, 6VT Activity Agreement Hub Wed 2pm-6pm

Service: As a purpose designed youth café 6VT provides a high quality, safe environment. 6VT delivers holistic personal development opportunities, empowering and motivating positive change. An important benefit is an integrated approach to working - a combination of youth and social workers with specialised practitioners - so offering a centralised "one stop shop". For some young people we are a positive social networking and learning service, whilst for others it is their key means of support and development, and for the majority it is safe diversionary service.

Area: Citywide

How to access the service: Drop in sessions for young people 14-21. Contact 6VT by phone or email for other programmes and services.

Edinburgh Community Food Initiative

22 Tennant Street, Edinburgh EH6 5ND

Tel: 0131 467 7326 **Email:** admin@edinburghcommunityfood.org.uk

Web: www.ecfi.org.uk

Hours: Office hours Mon-Fri 9am-5pm

Service: Provides information, education & consultancy on a range of food poverty & health issues. Delivery of fresh produce to community food co-ops.

Area: Citywide

How to access the service: Drop into the nearest food co-op (details on website).
Phone for details of events/ training.

Edinburgh Women's Aid

4 Cheyne Street, Stockbridge, Edinburgh EH4 1JB

Admin Tel: 0131 315 8111 **Tel:** 0131 315 8110 **Text:** 07781 472043

Email: info@edinwomensaid.co.uk

Hours: Drop In Mon 1pm-3pm, Tues/Wed/Fri 10am-3pm, Thurs 2pm-7pm, Sat 10am-1pm, or leave a message on our 24 hour answer machine

Service: Offers information, advice and safe refuge service to women & accompanying children who have experienced domestic abuse.

Area: Citywide

How to access the service: Drop-in (no need to make an appointment).

Edinburgh Women's Rape and Sexual Abuse Centre

P.O. Box 120, Brunswick Road, Edinburgh EH7 5WX

Admin Tel: 0131 557 6737 **Helpline and appointments:** 0131 556 9437

Email: info@ewrasac.org.uk **Support email:** support@ewrasac.org.uk

Web: www.ewrasac.org.uk

Hours: Helpline – we aim for our helpline to be on every day. When it is not on please leave a message and we will call back – we will not say who we are unless you tell us it is ok for us to do so.

Service: Confidential emotional and practical support, information, advice and advocacy to women and girls aged 12 and over who have experienced sexual abuse at any time in their lives; telephone; one-to-one; group; letter or email support.

Area: Covers Edinburgh, Borders and the Lothians.

How to access the service: By phone and appointment.

Edinburgh Young Carers Project

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

Tel: 0131 475 2322 **Email:** info@youngcarers.org.uk **Web:** www.youngcarers.org.uk

Hours: Office hours Mon-Fri 9am-5pm

Service: Works with young people aged 5-20 years who care for or are affected by someone else at home - usually a parent or sibling. Aim to make a positive difference in the lives and futures of young carers through support, information, respite and personal development and training. The person they care for may suffer from mental health problems, disability, chronic ill-health, drugs or alcohol misuse.

Area: Citywide

How to access the service: Anyone can make a referral. Two types of referral forms available on website – 'Referral form' - for any third party (including family member) to refer and – 'Referral Information and Form' - Self referral form for young people.

Education Welfare Service

Senior Education Welfare Officer in North: Ali Purser

Tel: 0131 555 8430 **Email:** Ali.Purser@ea.edin.sch.uk

Service: A statutory service with a legal responsibility for monitoring the attendance of children and young people at school. The service covers the primary and secondary sectors of schools in the City of Edinburgh Council. Education Welfare Officers try to resolve the difficulties that children and young people may be having attending school in partnership with parents/guardians and other statutory and/or voluntary agencies. We may refer a parent/guardian to the Area Advisory Attendance Group if we are not satisfied that that a parent/guardian is fulfilling their legal responsibility in regard to their child's attendance at school.

Area: Citywide

How to access the service: Parents may contact the service directly. Referrals are made to the service by school Pupil Support Leaders and Head Teachers.

Families Need Fathers

Helpline: 0300 0300 363 (Mon-Fri 6pm-10pm)

Web: www.fnfscotland.squarespace.com/edinburgh/?SSScrollPosition=0

Service: National helpline and local support groups for fathers.

Area: Citywide

How to access the service: Edinburgh support group meets on the first Monday of each month, 7pm-9pm, at 10 Palmerston Place, Edinburgh EH12 5AU (near Haymarket Station). Contact Ian Maxwell for more information at

ian.maxwell@fnf.org.uk

Families Outside (Prison)

13 Great King Street, Edinburgh EH3 6QW

Tel: 0131 557 9800 **Email:** admin@familiesoutside.org.uk

Web: www.familiesoutside.org.uk

Service: Works to support the families of people involved in the criminal justice system. We work to mitigate the effects of imprisonment on children and families and reduce the likelihood of reoffending through support and information for families and for people who work with them.

Area: Citywide

How to access the service: By phone or email.

Family Advice and Information Resource (FAIR)

95 Causewayside, Edinburgh EH9 1QG

Tel: 0131 662 1962 **Email:** fair@fairadvice.org.uk **Web:** www.fairadvise.org.uk

Hours: Office hours Mon-Fri 9am-5pm.

Service: FAIR is an information and advice service for people with learning disabilities and Autism, their parents, carers and people who work with them in Edinburgh. We provide expert welfare rights advice, including completing benefit claims and representation at tribunal.

Area: Citywide

How to access the service: Phone during office hours to book an appointment.

Family Focus – Care at Home

1 Bingham Avenue, Edinburgh EH15 3HZ

Tel: 0131 657 1364 **Email:** Yvonne.murray@edinburgh.gov.uk

Hours: Mon-Sat, most families receive around three hours service per week from a trained specialist support worker, in the family home or community.

Service: Family Focus is a free respite and outreach service for children (0-16) who have a learning disability and/or complex care needs. We offer support to meet the needs of the whole family. This can include practical and emotional support for child and family; personal care; following programmes of care and therapy; facilitating friendships between children and young people; taking part in a range of opportunities and activities from play in the home to swimming, soft-play, zoo trips, etc, some of which can be funded from our small budget.

Area: Citywide

How to access the service: A social worker will complete a Section 23 assessment with you for consideration by the Day Services Panel. We will also consider emergency referrals. If agreed the service will start when a worker becomes available. We get to know you and your child and agree how we can best support you.

Family Group Decision Making in Edinburgh

1st Floor, Viewforth Early Years Centre, 18 Viewforth Terrace, Edinburgh EH10 4LH

Tel: 0131 221 2210 **Email:** cf.familygroupdecisionmaking@edinburgh.gov.uk

Service: Bringing the extended family together to help make decisions and plan for the care and welfare of children. Referrals should be considered when a child:

- May be referred to the reporter
- Needs a family plan about their safety and protection
- May be, or is, accommodated
- Will be moving home or between placements
- Needs a plan when there are complex contact arrangements
- Needs a new permanent home base

Area: Citywide

How to access the service: Referrals to the team can be made by families themselves or any professional working with the family. We welcome pre-referral discussions.

Family Mediation Lothian

37 George Street, Edinburgh EH2 2HN

Tel: 0131 226 4507 **Email:** info@familymediationlothian.org

Web: www.familymediationlothian.co.uk

Hours: Mon-Thurs 9.15am-4.15pm and Fri 9.30am-1pm. Answer phone for out of office hours.

Services:

- **A telephone based information and signposting service** for parents and the wider community on all issues relating to separation/divorce.
- **Child focused mediation services** designed to allow parents to communicate with each other, reduce conflict, resolve difficulties and negotiate on issues connected with the physical and emotional health and well being of their children.
- **Contact Centre services**, offering supported contact in a neutral and welcoming venue where children can meet and spend time with their non-resident parent and/or extended family members. These Centres can also be used as a safe, neutral pick-up/drop-off point for children and their parents. Contact Centres are seen as providing a relatively short-term solution, the aim being to work towards families making their own contact arrangements when safe to do so. The Contact Centres operate in Leith, Granton, Viewforth, Musselburgh, Whitburn and Elilburn.
- **Supervised Contact Services** designed to facilitate contact between children and a non-resident parent in circumstances where (for child protection and/or other reasons) this needs to take place in the presence of a supervisor.
- **Children's Groups** which offer children from separating/divorced families an opportunity to share their experiences, learn from each other about managing difficult situations and to discuss any worries or concerns they may have.

Area: Citywide

How to access the services: Self-referral, please phone for initial appointment.

Family Solutions

• **North West:** Moira Roberston

Tel: 0131 529 6698 **Email:** moira.s.robertson@edinburgh.gov.uk

• **North East and Leith:** Elaine Faichnie

Tel: 0131 553 2121 **Email:** Elaine.faichnie@edinburgh.gov.uk

Service: Family Solutions works alongside families and other agencies to build on strengths within families and bring about changes in behaviours that impact on the health, well-being and development of children in the household. Family Solutions is part of Family and Community Support, a division within the City of Edinburgh Council Children and Families Department.

Provides direct support to families at the earliest opportunity and works in partnership with parent and carers

- Flexible family support
- Promote social skills
- Group work and support for parents
- Group work and support for children
- Focussed on families with children under 13

Area: Citywide

How to access the service: Through Social Care Direct.

First Hand Lothian

Strathmore Business Centre, Hopetoun Gate, 8b McDonald Road, Edinburgh EH7 4LZ

Tel: 0131 523 1322 **Email:** info@firsthand-lothian.org.uk

Web: www.firsthand-lothian.org.uk

Hours: Mon-Fri 9am-5pm (Please leave a message on the answering machine).

Service: Delivered in the family home, we look after the child/ren for blocks of 3 -4 hours for parents/carers with a child with a disability, as well as support and respite for isolated and vulnerable families who would benefit from some regular input. We aim to achieve a sustainable change within the family as a result of the service (which is time limited to a maximum of 80 hours in total), increasing resilience and improving the wellbeing of vulnerable families, children and young people.

Our services are for:

- Families with children with disabilities from birth to 16 years of age
- Vulnerable and disadvantaged families with child/ren under 16 years of age
- Young people with disabilities (up to 18 years old)
- Lone parent families and families with a parent with disabilities

Our services include:

- Early Years Service delivered in the family home
- Support for children with disabilities in their own home
- Support for disadvantaged / vulnerable families delivered in their own home

Area: Citywide

How to access the service: Direct referral.

Gingerbread Edinburgh & Lothians

117-119 Fountainbridge, Edinburgh EH3 9QG

Tel: 0131 478 1391 **Email:** gingerbread@wwmail.co.uk

Web: www.gingerbreadchildcare.org.uk

Hours: Mon-Fri 8am-6pm. General office hours: 10am-4pm.

Service: Information, advice office, counselling, legal, 7 after school clubs, breakfast clubs, play schemes.

Area: Citywide

How to access the service: Clients may self-refer or be referred through an agency. Drop-in and telephone for appointments.

Granton Information Service

134-138 W Granton Road, Edinburgh EH5 1PE

Tel: 0131 552 0458 **Email:** info@gic.org.uk **Web:** www.gic.org.uk

Hours: Phone or email for appointments or drop-in times

Service: Free, impartial & confidential advice, information & representation on a range of issues and by a variety of methods including centre-based interviews, home visits, outreach/drop in clinics. The main issues we deal with are welfare benefits, housing advice and money/debt advice.

Area: Pilton/Muirhouse/Granton

How to access the service: Phone or email.

(GYC) Granton Youth Centre

3-11 West Granton Road, Edinburgh

Tel: 0131 467 5854 **Email:** info@granton youth.com **Web:** www.granton youth.com

Hours: Various depending on activity.

Service: Provides specific services for young people including counselling and employability work, volunteering and peer education, and school-based services within the local community. 12-25 year olds.

Area: Muirhouse/Pilton/Granton/Royston

How to access the service: Phone to speak to programme co-ordinator.

Grapevine - Lothian Disability Information Service

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

Tel: 0131 475 2370 **Email:** grapevine@lothiancil.org.uk **Web:** www.lothiancil.org.uk

Hours: Advice line is open Mon-Thurs 10am-4pm. Office hours Mon-Thurs 10am-4pm. Email enquiries accepted. Online enquiries send to: <http://www.lothiancil.org.uk/our-services/grapevine/services-grapevine-enquiry-form/>

Service: Free and confidential information and advice on any disability issue. Subjects covered include benefits, transport, aids and equipment, housing, access, sources of funding, leisure, holidays, employment, health, education and training, personal care and self-directed support.

Access: Disabled Access, wheelchair access, disabled toilets, parking for disabled drivers, ramped access, lift.

Appointments available to assist people with Personal Independent Payment forms and Attendance Allowance forms at our offices. Please arrange in advance.

Area: Citywide

How to access the service: Telephone, email, or drop in.

Health and Literacy Project

•North West: **Jo Aitkenhead** and **Fiona Manson**, Pennywell Resource Centre, 31-33 Pennywell Road, Edinburgh EH4 4PJ **Tel:** 0131 537 4230

•North East: **Joanna Patterson**, Fort Community Wing, North Fort Street, EH6 4HF
Tel: 0131 553 1074 and **Jacqui Bain** c/o Royston Wardieburn Community Centre, Pilton Drive North, EH5 1NF **Tel:** 0131 552 5700

Service: Target group: Parents and carers who are disadvantaged due to health and/or education; who are pregnant or have a pre-school child; who face significant health barriers in accessing other learning provision.

- 1:1 literacy and numeracy learning
- Weaning/family cooking groups
- Pregnancy café
- SQA courses, including PEEP
- Work with midwives to deliver ante natal classes
- Link new mothers into local community groups
- Work with Bump Start to address parents' learning needs
- Mum's Club at Crewe Medical Centre
- Joint provision of Raising Children with Confidence parents course.

Area: North West and North East Edinburgh

How to access the service: Phone the above numbers to find out dates and times of activities.

Home-Start Leith (North East Edinburgh)

247 Leith Walk, Edinburgh EH6 8NY

Tel: 0131 553 7819 **Email:** admin@homestartleith.co.uk

Web: www.homestartleith.org.uk

Hours: Mon-Fri 9am-4pm

Service: Supports families with at least one child under 5 years. A mixture of practical help and emotional support. A volunteer will usually visit at home for a couple of hours each week and parents can decide what happens – playing at the park; helping you make/keep medical appointments; helping to find out more about local services or just having a cup of tea and a chat while the children play at home. Volunteers are not babysitters, home helps or trained counsellors, though they may give practical help looking after children and will always listen.

Area: Leith and North East Edinburgh

How to access the service: Referral forms available to download on the website.

HOTS: Hospital and Outreach Teaching Service

First Floor, 63 Niddrie Mains Terrace, Edinburgh, EH16 4NX

Head of Service: Dianne Rainey-Cooper

Tel: 0131 469 2830 **Email:** irene.keenan@ea.edin.sch.uk

Service: Specialist teaching service who offer support to mainstream schools to support children with medical (short-long term hospital), social, emotional and behavioural difficulties. Accessed via school application to ASAP. HOTS provides educational support for vulnerable children and young people experiencing an interrupted education. The service is a referral based service and works closely with schools, parents, partnership services and agencies.

They may provide teaching:

- in hospital or at home for a child unable to attend school due to ill health
- for a child/young person excluded from school
- for Looked After and Accommodated Children if they are experiencing difficulty at school
- for pregnant schoolgirls/young mums
- for Gypsy/Traveller/Roma children
- for inpatients at CAMHS Tipperlinn (Royal Edinburgh Hospital)

Area: Citywide

How to access the service: Referral to this service should be made by the child's school, through submitting a recent Child's Plan and Assessment of Need to maureen.mcpheely@edinburgh.gov.uk for consideration by the Additional Support Access Point (ASAP).

The Junction

82-86 Great Junction Street, Edinburgh EH6 5LL

Tel: 0131 553 0570 **Email:** info@the-junction.org **Web:** www.the-junction.org

Hours: For more information contact The Junction

Service: The Junction offers a confidential centre which offers lots of health related services, education and support for young people aged 12-21. Services include drop-ins, counselling and one-to-one support, alcohol support, parental substance use support, sexual health.

Area: Leith and North East Edinburgh

How to access the service: Phone or email to find out more.

Kindred

7 Rutland Court Lane, Edinburgh EH3 8ES

Tel: 0131 536 0360 **Fax:** 0131 538 9354 **Email:** kindred.enquiries@gmail.com

Web: www.kindred-scotland.org

Service: Kindred is a voluntary organisation based at the Royal Hospital for Sick Children in Edinburgh offering

- Information, advocacy and emotional support to families of children and young people with additional support needs and the professionals who work with them.
- Information, advocacy and emotional support to young people with additional needs aged 14-24.
- Training for people who work with children and families
- Therapeutic support services in the Royal Hospital for Sick Children & in the community

Area: Citywide

How to access the service: Helpline or contact the office.

LGBT Youth Scotland

Citadel House, 40 Commercial Street, Edinburgh EH6 6JD

Tel: 0131 555 3940 **Email:** info@lgbtyouth.org **Web:** www.lgbtyouth.org.uk

Service: Provides opportunities and support for lesbian, gay, bisexual and transgender youths. Offers one to one and group support and advice and staff training/ support.

Area: Citywide

How to access the service: Phone or email, or via forum on the website.

Link Up Women's Support Centre

Lochend House, 33 Lochend Road South, Edinburgh EH7 6BR

Tel: 0131 661 9292 **Web:** www.link-upsupport.co.uk

Hours: 10am–5pm

Service: A support service for women in NE Edinburgh which includes groupwork, crèche and counselling services aiming to provide a safe caring environment in the community for women who suffer from mental health problems and social isolation.

Area: Citywide

How to access the service: By referral, by phone or ask GP, Social Worker, CPN, Health Visitor or anybody currently supporting person to give the Centre a ring on their behalf. LUWSC is also happy to receive e-mails with inquiries from women who are interested in the services on offer or come along to the Drop-In on a Thursday afternoon to find out more about the service.

LINKnet Mentoring Ltd

31 Guthrie Street, Edinburgh EH1 1JG

Tel: 0131 261 4463/ 0131 225 7970

Email: enquiries@linknetmentoring.com volunteers@linknetmentoring.com

Web: www.linknetmentoring.com

Hours: Mon-Fri 9am-5pm. 24Hrs voicemail on 0131 261 4463

Services:

- **One to one mentoring project:** Free one to one mentoring is provided by qualified, experienced and trained mentors to minority ethnic people on employment, education or personal development.
- **Diverse Recruitment Consultancy:** LINKnet's Diverse Recruitment Consultancy works with employers who would like to increase the number of minority ethnic people in their workforce. All minority ethnic job seekers are encouraged to register with the DRC that would help find jobs for them.
- **Free English Classes:** LINKnet holds free English Language classes for those who want to improve grammar in particular.

Area: Citywide

How to access the service: Enquiries by phone or email.

Living Memory Association

5 Quayside Street, Edinburgh EH6 6EJ

Tel: 0131 553 4580 **Email:** comhist@googlemail.com **Web:** www.livingmemory.org.uk

Hours: Mon-Fri 10am–4pm. Answerphone for out of office hours.

Service: Organisation that aims to bring people together so that they can share memories, learn from one another, feel valued and respected and give their knowledge of the past to younger generations.

Area: Citywide

How to access the service: Call to arrange a visit to the Reminiscence Centre.

Living Well North Edinburgh

5 West Pilton Park, Edinburgh EH4 4EL

Tel: 0131 343 6375 **Email:** admin@livingwellnorthedinburgh.org.uk

Web: www.livingwellnorthedinburgh.org.uk

Service: A community mental health charity for people aged 18 and over. Prevention and treatment, 1 to 1 support and full programme of activities including arts and craft, relaxation, tai chi. Service is free.

Area: North Edinburgh

How to access the service: By phone or email, by referral or self-referral.

Lothian Autistic Society

Davidson House, 57 Queen Charlotte Street, Leith, Edinburgh, EH6 7EY

Tel: 0131 661 3834 **Email:** office@lothianautistic.org **Web:** www.lothianautistic.org

Hours: Mon-Fri, 9am-5pm

Service: Information and support for parents and carers of children with autism. Hold monthly support meetings, often with a speaker in attendance. Run play schemes and respite schemes, a Sunday club and a siblings club.

Area: Citywide

How to access the service: Phone for information in the first instance.

Making it Work

Capital City Partnership, The Canon Mill, 1-3 Canon Street, Edinburgh EH3 5HE

Tel: 0131 270 6080

Hours: Drop in sessions

Service: For lone parents with a child under five. We support parents on a one to one basis to plan for the future and consider options for skilling, training or employment. We can help with new skills as well as problems with literacy and numeracy, career advice, debt and housing issues, improving confidence, benefits calculations and concerns with childcare.

Area: Citywide

How to access the service: For more information or to book an appointment with one of our Development Workers contact Catherine Sim on the above number.

(MYDG) Muirhouse Youth Development Group

c/o Craigroyston Community High School, 67 Pennywell Road, Edinburgh EH4 4NL

Tel: 0131 332 3356 **Web:** www.mydg.org.uk

Hours: Varies according to programme

Service: Creative and innovative programmes of adventure, residential experience and sport to encourage learning and leadership in a supportive environment. Projects, Clubs, activities, P7 transition.

Area: Muirhouse and adjacent areas of North Edinburgh

How to access the service: Some clubs are drop-in: phone or check website.

Multisystemic Therapy Service (MST)

Tel: Carole Murphy – 0131 529 6364 **Email:** cf.mst@edinburgh.gov.uk

Web: www.mstservices.com

Service: MST is an intensive family and community based intervention for 12-17 year olds at risk of out-of-home placement due to their antisocial/offending behaviour. It focuses on all the environmental systems that impact on young people's behaviour – their homes and families, schools and teachers, neighbourhoods and friends. MST is a strengths-based approach which emphasises sustainability of change through helping parents/carers manage the influences and factors that drive problem behaviours.

Area: Citywide

How to access the service: Referral via Social Work or Social Care Direct 0131 200 2327

Multicultural Family Base (MCFB)

50 Coburg Street, Edinburgh EH6 6HE

Tel: 0131 467 7052 **Email:** management@MCFB.org.uk **Web:** www.mcfb.org.uk

Hours: 9.30am–5pm, Mon-Fri

Service: Support for predominately Black Minority Ethnic families through regular home-visits or in groups for vulnerable children, young people and their families. Help for people affected by family illness or disability, family tensions or school problems, stress or isolation in the community, or anxieties about being a parent. Groups for parents and children under 3 as well as therapeutic groups for children and young people affected by problems at home, at school or in their neighbourhood. One group focuses specifically on young people affected by domestic abuse. Art therapy is available on a one-to-one basis to help children and adults cope with trauma and other issues in their lives. MCFB also help black and minority ethnic adults to prepare for training or work.

Area: Citywide

How to access the service: Phone for information.

Neighbourhood Support Service

North Team: 8 West Pilton Gardens, Edinburgh EH4 4DP **Tel:** 0131 529 5014

Email: nss.north@edinburgh.gov.uk

Central (and Leith) team: 1 Cockburn Street, Edinburgh EH1 1BJ **Tel:** 0131 529 7169

Email: nss.central@edinburgh.gov.uk

The Neighbourhood Support Service (NSS) provides visiting housing support to vulnerable adults who may be homeless or at risk of losing their home. The service assists people aged 16 or over to live independently in their own home and to help access services and be involved in the local community. We work with our clients to develop the skills required to live at home. This is achieved through providing customer focused tasks to work towards outcomes and goals identified by our clients. We work with other agencies to help people access services and resources, depending on their need, such as specialist addictions or mental health, finding and accessing GPs, liaising with DWP, Housing Officers and voluntary organisations.

How to access the service: Drop in, or contact us by phone or email. Self-referrals welcome.

North East Edinburgh Counselling Service

31 Haddington Place, Edinburgh EH7 4AG

Tel: 0131 557 4478 **Email:** neecscounselling@btconnect.com

Web: www.neecscounselling.org.uk

Hours: The phone is generally answered Mon-Thurs 9am-5pm and Fri 9am-2pm. Any phone messages are responded to between these hours.

Service: Provides face to face counselling appointments for adults over 16 years on issues affecting their mental wellbeing. Waiting list operates. Counsellors fully trained and supervised. Free of charge, donations accepted. We also have an additional service for 16 – 25 year olds at risk from harm.

Area: North East Edinburgh including Leith, Lochend, Craigentenny, Northfield and Portobello.

How to access the service: By phone in the first instance.

North Edinburgh Arts (NEA)

15a Pennywell Court, Edinburgh EH4 4TZ

Tel: 0131 315 2151 **Fax:** 0131 332 2521 **Web:** www.northedinburgharts.co.uk

Service: A charity providing opportunities for individual growth and community development through engagement with the professional arts, NEA offers a safe, comfortable and creative space for people of all ages. The venue incorporates two studios, a 96 seat theatre, recording studio, gallery and offices. The community café is open Mon-Sat serving affordable and nutritious food. It has a children's play area and leads onto a community garden incorporating a plot for community growing, seating areas and a play/discovery area for younger children. Creative workshops, primarily with a family focus, run Tues-Sat.

Area: North West Edinburgh

How to access the service: Drop-in, phone or email via the website.

North East Recovery Hub

5 Links Place, Edinburgh, EH6 7EZ

Tel: 0131 554 7516 **Fax:** 0131 553 1101 **Web:** www.turningpointscotland.com

Email: edinburghservices@turningpointscotland.com

Hours: Drop-in Mon, Wed 10am-4pm; Tues, Thurs 10am-7pm; Fri 10am-3.30pm

Service: Drop-in advice, information and assessment for a wide range of drug, alcohol and support services.

Partner agencies co-located on either full or part time basis within the hub include Turning Point Scotland's substance misuse services, Turning Point Scotland's Housing support services, NHS Substance Misuse Directorate, EVOC Financial Inclusion Workers, ELCA and VOCAL. Other services that can be accessed directly through the hub are CEC substance misuse services, Crew and Simpson House.

Support available within the hub includes - Ongoing emotional and practical support, advice and information with a named worker to those who are experiencing problems due to their alcohol or drug misuse. Group work programmes. Needle exchange service, blood borne virus testing and treatment, training in basic life saving techniques, Housing/homelessness advice and support, financial advice and support, support for families/ carers affected by a loved one's substance use, alcohol counselling, support for children and families affected by alcohol and/ or drug use (CAPSM).

Area: North East Edinburgh for drop in, NHS SMD and one to one support service. City wide for all other services

How to access the service: We accept self-referrals on a drop in basis, and referrals from GPs, social workers and other professionals working with an individual.

For **CAPSM** information please contact Victoria McCracken on 07435789947 who is based at the North East Recovery Hub.

North West Edinburgh Drug and Alcohol Service

10 Pennywell Court, Edinburgh EH4 4TZ

Tel: 0131 332 2314 **Fax:** 0131 538 7101 **Email:** mail@nedac.co.uk

Service: Advice in a safe environment with encouragement to address issues masked or caused by their drug use and regain control of their lives. Active liaison and advocacy work with, child protection services, criminal justice, medical, housing, education and employment services, enhances the possibility for successful rehabilitation and social inclusion. Support for children affected by parental substance misuse (CAPSM).

Area: North West Edinburgh

How to access the service: Phone or drop in.

For **CAPSM** information please contact Amie Tait on the above number.

North West Carers Centre

Drylaw Neighbourhood Centre, 67b Groathill Road North Edinburgh EH4 2SA

Tel: 0131 315 3130 **Email:** marcia@nwcarers.org.uk or Teresa@nwcarers.org.uk

Web: www.nwcarers.org.uk

Service: Information, advice and support to carers. There is an adult respite service. The Wi Rascals services for young carers supports young people 5-16 years who care for or are affected by someone else at home e.g. a sibling or parent. The Centre can offer support, groups, residential and day trips, individual support and information.

Area: North West Edinburgh

How to access the service: Referrals can be made by the individual, a professional or family member.

Number 6 – Autism Initiatives UK

24 Hill Street, Edinburgh EH2 3JZ

Tel: 0131 220 1075 **Email:** number6@aiscotland.org.uk **Web:** www.number6.org.uk

Hours: Mon, Thurs 9am-8pm; Tues, Wed, Fri 9am-5pm. Answer phone for out of office hours.

Service: One-stop shop for adults (16 and over) with high functioning autism or Aspergers syndrome. Provides support to parents and carers, individually and in groups and supports people to access more appropriate agencies where necessary. Can arrange home visits. Provides advice and support on independent living, housing, dealing with statutory services - including social work and health services - education and employment.

Area: Citywide

How to access the service: Contact us to book an appointment.

One Parent Families Scotland

13 Gayfield Square, Edinburgh EH1 3NX

Tel: 0131 556 3899 **Helpline:** 0808 8010323 **Web:** www.opfs.org.uk

Service: Free and confidential helpline with specialist advisers available at specific times only. Advice and information can be given on a wide range of issues including benefits and tax credits, maintenance and the CSA, parental rights and responsibilities, housing and support groups.

Edinburgh Dad's Club and **Us Together** for single and contact fathers and their children – contact Tom Carroll on 0131 557 7894/ 07814 078 139

Area: Citywide

How to access the service: Free helpline, telephone, drop in.

P F Counselling Service

8 Balcarres Street, Edinburgh EH10 5JB

Tel: 0131 447 0876 **Email:** info@pfcounselling.org.uk **Web:** www.pfcounselling.org.uk

Hours: Mon-Thurs 9am-9pm, Fri 9am-5pm

Service: Offers initial assessment appointment followed by weekly one to one sessions with a suitable counsellor. For individuals ages 18 and over. Clients are invited to make a regular financial donation based on their ability to do so. A Fast Track service is available for £45 per session.

Area: Citywide

How to access the service: A request for counselling can be submitted by completing a request form (available online) or by calling the number above.

Parents Enquiry Scotland

Tel: 0131 556 6047 (Anne) This is a home number so please phone at a reasonable time (9am-9pm) or **Email :** parentsenquiry@hotmail.com

Web: www.parentsenquiryscotland.org

Hours: 9am-9pm, 7 days a week

Service: Parents Enquiry Scotland is a voluntary organisation run by parents of LGBT children providing help, information and support for parents of LGBT children. Email enquiries welcome.

Area: Citywide

Partners in Advocacy

2nd Floor, Beaverhall House, 27/5 Beaverhall Road, Edinburgh EH7 4JE

Tel: 0131 478 7723 / 7724

Email: edinburgh@partnersinadvocacy.org.uk **Web:** www.partnersinadvocacy.org.uk

Hours: Mon-Fri 9am-5pm

Service: Short term advocacy to adults (16+) with learning difficulties, adults with physical disability and older people (65+). Group advocacy for people with learning disabilities, mental health advocacy for 11-21 year olds who use or have used mental health services.

Area: Citywide

How to access the service: Contact the above details to make a referral.

Penumbra – Edinburgh Self Harm Project

5 Leamington Terrace, Edinburgh EH10 4JW

Tel: 0131 229 6262 **Email:** selfharm.edinburgh@penumbra.org.uk

Web: www.penumbra.org.uk

Service: The Edinburgh Self Harm Project provides a non-judgemental, friendly and user led support service to people who self-harm. They also explore the needs of family, carers and professionals in contact with people who self-harm. This is a confidential service which allows people (16+) to talk about what is causing them concern. The service offers support and respect to enable people to cope with crisis and develop the skills and confidence to make positive life choices. There is parents, carers and friends support, this is a 1:1 session with the project peer worker. This service is for any parent, carer or friend who is dealing with the issues of suicide and self-harm.

Area: Citywide

How to access the service: By self-referral or referral from agencies. Referral forms on the website.

People First

Tel: 0131 478 7707 **Mob:** 07801 138 265 (Jane Lewis) **Web:** www.peoplefirstttd.com

Service: Self-advocacy group for parents with learning difficulties.

Area: Citywide

How to access the service: Contact Jane (numbers above) for more information.

Pilton Community Health Project

73 Boswall Parkway, Edinburgh EH5 2PW

Tel: 0131 551 1671 **Fax:** 0131 551 1677 **Email:** admin@pchp.org.uk

Web: www.pchp.org.uk

Hours: Office hours 9am–4.30pm Mon-Fri

Service: Works with local people to take steps towards better health, to identify and tackle causes of ill health (e.g. stress), and to campaign for better health services. PCHP runs activities, courses and groups that local people can join so they can feel healthier or learn more about how to live healthier lives. A free counselling service for adults (18+) who require help with emotional, personal or relationship difficulties. A young person's counselling service is available in local secondary schools. The Women Supporting Women group offers group, one to one and befriending support to women who may be feeling down, depressed or isolated. Many groups run to support healthy living, healthy eating and active lifestyles. There is a free crèche available for many services.

Area: Greater Pilton

How to access the service: phone or email.

(PYCP) Pilton Youth & Children's Project

1a West Pilton Place, Edinburgh EH4 4DG

Tel: 0131 332 9815 **Email:** info@pycp.co.uk **Web:** www.pycp.co.uk

Service: A range of activities from open clubs and groups to community and school based individual support. Each provision is designed to meet the needs of particular age and peer groups in consultation with the children and young people involved. Clubs and groups for children and young people age 5-18 years. A summer programme and a story club for children in Primary 1 and 2. A weekly parent and community group.

Work falls into 4 broad categories:

- Open access youth work
- Targeted and referred support work to children and young people in need
- Promotion of good health and wellbeing
- Progression routes for young people i.e. volunteering programme, employability support

Area: Greater Pilton

How to Access Service: Referrals to the 1:1 Support service can be made by schools, statutory or voluntary agencies, PYCP staff or young people and their families. Phone or download a referral form from our website.

Preventative Opportunities Programme (POP) has a more intense focus and way of working to provide support and holistic intervention to young people and their families in need. Children and Young people aged between 8-18 years will be referred into the programme for a period of 6 months. Young people and families will work together on the programme. Contact Katie for more information at katie@pycp.co.uk

Place2Be

Forthview Primary School, West Pilton Place, Edinburgh EH4 4DF

Tel: (Sandra Mathews) 0131 343 1656

Craigroyston Primary School, 7 Muirhouse Place West, Edinburgh EH4 4PX

Tel: 0131 343 2867

Email: Scotland@place2be.org.uk **Web:** www.place2be.org.uk

Place2Be supports children whose emotional issues and behaviour impede their learning and often disrupt the learning of others. It offers drop in and counselling sessions for children within Forthview and Craigroyston Primaries. Place2Be also offers a free confidential counselling service for parents and carers whose children attend Forthview or Craigroyston Primaries.

Area: Children attending Forthview and Craigroyston Primaries, their parents/carers.

How to access the service: Phone or speak to a member of school staff.

Playback Trust

489 Lanark Road, Edinburgh EH14 5DQ

Tel: 0131 453 4889

Email: Hamish@playbacktrust.net or may@playbacktrust.net

Web: www.playbacktrust.net

Hours: Office hours Mon-Fri 9am-5pm.

Service: Plans, organises and supports a wide range of everyday, taken for granted opportunities for young disabled people. The event and activity programme is based on the direct wishes of the young people, and includes arts, crafts, drama, dancing, listening to music, physically adapted games, swimming, visits to the cinema, theatre or sports centres, shopping, or simply meeting informally and chatting amongst themselves, or going for a meal.

Area: Citywide

How to access the service: Phone for information in the first instance.

Play Base

Play-Base Edinburgh, Fort Community Wing, 25 North Fort Street, Edinburgh EH6 4HF

Tel: 0131 554 8873 **Email:** play-base@btconnect.com **Web:** www.playbase.org.uk

Hours: Mon/Tue/Wed 10am-3pm; Thurs 10am-2pm

Service: To bring parents from the home environment and give them child care skills that can be used in the home or to go on to further training opportunities. Courses are low cost, flexible and individually planned and usually held in community venues for maximum accessibility. Course subjects can include child development through play, childcare, working with adults, presentation and tutoring skills. Courses are designed to deliver the understanding, skills and confidence needed by parents and carers in a flexible, supportive way. For some, they offer a first step training experience for those who want to enter college or university but who, for cultural or personal reasons, feel unable to do so.

Area: Citywide

How to access the service: Drop in during opening times or phone for information.

Plusone Mentoring Programme -YMCA

Junction Place, Leith, Edinburgh EH6 5JA

Tel: 0131 553 7877 **Email:** plusone@ymcaedinburgh.com **Web:** www.plusone.uk.com

Service: Plusone seeks to use the skills and life experience of local volunteer mentors to support and engage with young people in Edinburgh aged 8-14 who are deemed to be at risk of entering the children's hearing system/criminal justice system. Mentors develop positive and trusting relationships with the young people and help equip the young people with skills and knowledge to make informed choices.

Area: Citywide

How to access the service: Referrals are mostly identified in partnership with colleagues from police, education and social work, but can come from other sources/ agencies such as youth clubs and family support services. Referral criteria includes at least 2 of the following:

- a) Evidence of disruption or disengagement at school
- b) Evidence of offending, aggressive or anti-social behaviour
- c) Evidence of conflict in the home/family
- d) Evidence of substance misuse by young person
- e) Lack of positive adult role model
- f) Associations with anti-social peers
- g) Weak community ties

To make a referral or for further information please contact Mike Kerracher, Programme Manager on 0131 553 7877 or email plusone@ymcaedinburgh.com

Polish Family Support Centre

172 Leith Walk, Edinburgh EH6 5EA

Tel: 0131 281 0429 **Email:** info@pfsc.co.uk **Web:** www.pfsc.co.uk

Hours: Mon-Fri 10am-5pm

Service: A voluntary organisation that offers comprehensive support for disadvantaged people through offering professional psychological, social, educational and advocacy services, principally targeting the difficulties Polish face after leaving their native country. PFSC brings together experts and professionals who are passionate about helping Polish community in need of support.

Area: East Lothian and Edinburgh

How to access the service: Drop in, referral or phone for appointment.

Post Natal Depression Services - Crossreach

Wallace House, 3 Boswell Road, Edinburgh EH5 3RJ

Tel: 0131 538 7288 **Email:** pnd@crossreach.org.uk

Hours: Mon-Fri 9am-5pm. Answer phone available out of office hours.

Service: Provides counselling for families with young children where the mother or father suffers from Post Natal Depression. Therapy groups, individual and couples counselling. Infant massage, art therapy and yoga. Crèche facilities available. Donations welcome.

Area: North Edinburgh and Citywide

How to Access the Service: Telephone for advice in the first instance.

PrePare – Edinburgh Integrated Pregnancy and Parenting Support Team

Wester Hailes Healthy Living Centre, 30 Harvester's Way, Edinburgh EH14 3JF

Tel: 0131 453 9208

Hours: Mon-Fri, 8am-4pm

Service: Provides a multi-agency service for pregnant women and women who have just given birth who have problem substance misuse. PrePare works closely with the women during their pregnancy, monitoring their health as well as that of their baby. The team looks at the domestic set up and lifestyle and check access to drug programmes and alcohol detox facilities. Support is offered for up to nine months after giving birth.

Area: Citywide

How to access the service: The team are happy to discuss referrals from all sources, phone the above number for more information. Professional referrals can be made through Social Care Direct by calling 0131 200 2327 or emailing

socialcaredirect@edinburgh.gov.uk

PrePare Father's Support

A Father's worker can work with partners of women referred to PrePare, working with men during the antenatal and postnatal period to provide ongoing support. For more information contact PrePare's Father's Worker on 0131 453 9156.

The Princes' Trust Fairbridge Programme

Edinburgh Centre, 73 Ferry Road, Edinburgh EH6 4AQ

Phone: 0131 553 0850 **Email:** edinburghcentre@princes-trust.org.uk

Web: http://www.princes-trust.org.uk/need_help/fairbridge_programme.aspx

Hours: Mon-Fri 9am-5pm

Service: Empowers disengaged and marginalised young people through a combination of group activities, opportunities, experiences, and one-to-one support to help them gain the personal, social and life skills needed to stabilise their life circumstances and eventually move into education, employment, training or volunteering.

Many Fairbridge Programme young people have struggled with more structured programmes in the past, are far away from reaching their potential, have chaotic lifestyles and are not aware of and/or unable to overcome problems in their lives. Each young person will be linked to a dedicated member of staff who will provide them with regular one-to-one support before, during, and after the programme to help them to get the most from the experience.

Young people move from the induction phase and onto a five day Access Course which uses challenging and adventurous activities, including a couple of days away from home at an outdoor residential venue.

Young people are supported to pick and choose from a variety of Follow On courses appropriate to their needs. Courses range from those that support young people to manage addiction and overcome homelessness, to parenting skills and learning to earn.

When ready, young people are supported by their dedicated staff member in moving on to another positive engagement. This support lasts for three months beyond the end of the programme to ensure a smooth transition back into society.

Area: Citywide

How to access the service: Referral forms on website. Phone enquiries and visits welcome. We receive referrals from a range of statutory and voluntary organisations.

Richmond's Hope

Richmond Craigmillar Church, 227-229 Niddrie Mains Road, Edinburgh EH16 4PA

Tel: 0131 661 6818 **Email:** info@richmondshope.org.uk

Web: www.richmondshope.org.uk

Hours: Mon-Fri 9am-5pm. Flexible hours to suit family needs.

Service: Richmond's Hope offer one-to-one sessions to children who have suffered a bereavement, supporting them through their grief using therapeutic play and providing a safe haven for them to work out their feelings. The service offers support, advice and information to families, schools and other agencies to increase their understanding of the social, practical and emotional needs of bereaved children. Individual support for children and young people 4-18years, family support- away days and family sessions, a fortnightly support group for young people (13-18 years), telephone support and advice, and a lending library also available.

Area: Citywide for people of all faiths and beliefs

How to access the service: Anyone can make a telephone referral as long as parental consent is given and the child/ young person is aware of the referral. It is requested that the child/young person knows the circumstance of the death.

The Ripple Project

Restalrig Lochend Community Hub, 198 Restalrig Road South, Edinburgh EH7 6DZ

Tel: 0131 554 0422 **Web:** www.rippleproject.co.uk

Email: rippleproject01@btconnect.com

Service: The Ripple Project runs a range of community based services aimed at improving the health and wellbeing of residents of all ages in the Restalrig, Lochend and Craigentiny area. Our ongoing services include:

- Parent/Carer Toddler Group
- Drop In Youth Cafés and The Buz (Youth Bus)
- Listening Place for individuals in crisis and Ripple Buddies (child mentoring)
- Daily Lunch Club and weekly Social Club for older people
- Detached Streetwork
- Knitting Network
- Healthy Hub Walkers and Gentle Exercise Class
- Hub Grub Community Café and Catering for Change
- Restalrig Lochend Community Hub
- Young People's Sexual Health Service
- Ripple Xpress Children's Drama Group and Write On creative writing group

In addition to Ripple projects we also host a range of specialist services at the Hub delivered by other agencies including group for adults with learning difficulties, computing classes, rent arrears & housing advice, benefits advice, employment advice, crèche and more.

Area: Restalrig, Lochend and Craigentiny

How to access the service: Phone/email for more information or drop in.

The Rock Trust

55 Albany Street, Edinburgh EH1 3QY

Admin Tel: 0131 557 4059 **Tel:** 0800 781 1245 **Email:** admin@rocktrust.org

Web: www.rocktrust.org

Service: Accommodation, support, education and employment are the best routes off the streets and the misery that accompanies homelessness; they lead to a better future for our young people. These projects are the solutions that The Rock Trust offers a growing number of homeless youngsters.

Area: Citywide

How to access the service: Telephone for information in the first instance.

Safer Families Edinburgh - Working with Men

Chesser House, 500 Gorgie Road, Edinburgh EH11 3YJ

Tel: 0131 469 5325 **Email:** cf.workingwithmen@edinburgh.gov.uk

Service: Safer Families delivers a programme for men who are unhappy about their abusive behaviour towards a woman partner and want help to change. The men's programme consists of 14 one-to-one meetings with a worker and 26 weekly group meetings and uses a cognitive behavioural approach designed to help men understand why they have been abusive, to help them reflect on their attitudes and expectations, and to learn new ways of thinking about things and new ways of behaving. Safer Families also have a women's service. The partners or ex-partners of men who take up the service are offered a safety planning, support and advocacy service. This involvement is voluntary. We do not work directly with children but aim to ensure that children's needs are met in line with GIRFEC principles.

Area: Citywide

How to access the service: You can phone us to speak to one of the workers.

Saheliya

125 McDonald Road, Edinburgh EH7 4NW

Tel: 0131 556 9302 **Email:** info@saheliya.co.uk **Web:** www.saheliya.co.uk

Service: Saheliya is a specialist mental health and wellbeing support organisation for black and minority ethnic (BME) women and girls (12+) in Scotland. Saheliya provide counselling, complementary therapies, practical and emotional support, youth and group work. Saheliya deliver a wide range of learning activities to support resilience, recovery, employment and integration. We offer childcare on a social enterprise model for under 7s and work closely with mainstream agencies to help make their services more accessible.

Area: Edinburgh and other parts of Scotland

How to access the service: Self-referral or referral from GP, Social Work or other agency.

The Samaritans of Edinburgh and the Lothians

25 Torphichen Street, Edinburgh EH3 8HX

Tel: 0131 221 9999 **Email:** edinburgh@samaritans.org

Web: www.edinburghsamaritans.org

Service: Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Helpline 24 hours 08457 90 90 90 (local call charge applies)

Email support jo@samaritans.org (will respond within 24 hours)

Drop-In 25 Torphichen Street for personal callers from 9am-10pm every day. No appointment is necessary.

Shakti Women's Aid

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

Tel: 0131 475 2399 **Email:** info@shaktiedinburgh.co.uk

Web: www.shaktiedinburgh.co.uk

Hours: Office hours: Mon-Fri 10am-5pm.

Service: Voluntary organisation offering support to all black minority ethnic women, children and young people experiencing and/or fleeing domestic abuse from partners, husbands, ex-partners or other family members. Note this is a specialist service for black & minority ethnic women.

Area: Citywide

How to access the service: By phone or email or referral.

Sikh Sanjog

130/12 Leith Walk, Leith, Edinburgh EH6 5DT

Tel: 0131 553 4737 **Email:** info@sikhsanjog.com **Web:** www.sikhsanjog.com

Hours: Mon-Fri, 10am-4.30pm; Punjabi Junction Café Tues-Thurs, 11am-4pm; Fri-Sat 11am-8.30pm. Cookery classes on Mon and Tues; 11am-1pm and 6pm-8pm.

Service: To provide support and information to the Edinburgh Sikh Community in accessing resources in the wider community. Services include youth clubs, women's groups, outreach project, training /employment opportunities, advice and information drop in.

Area: North Edinburgh

How to access the service: Drop in, phone or check website.

Simpson House Counselling

52 Queen Street, Edinburgh EH2 3NS

Tel: 0131 225 1054 **Email:** counselling@simpson-house.org

Web: www.simpson-house.org

Service: As a charity, Simpson House provides counselling for people affected by their own or another's drug use, works with children affected by drug or alcohol misuse, provides training courses related to counselling, and provides recovery services. A Financial Inclusion Officer based at Simpson House provides welfare services and debt advice.

Area: Citywide

How to access the service: Phone or email in the first instance.

Sleep Scotland

8 Hope Park Square, Edinburgh EH8 9NW

Tel: 0131 651 1392 **Fax:** 0131 651 1391 **Web:** www.sleepscotland.org

Hours: Support line between the hours of 9.30am and 5pm, Mon-Fri.

Service: Sleep Scotland is a charity which supports the parents and carers of children and young people with additional support needs and sleep problems.

Area: Citywide

How to access the service: Contact by telephone or email enquiries@sleepscotland.org

The Spark

South Side Centre, New Sciennes House, 86 Causewayside, Edinburgh EH9 1PY

Tel: 0845 271 2711 **Email:** info@thespark.org.uk **Web:** www.thespark.org.uk

Hours: 9am-8pm (Mon- Thurs) 9am-5pm (Fri)

Service: Relationship difficulties are a normal part of life. They happen to everyone at some stage but when you are in the midst of it, it is hard to believe that other people have similar problems. The Spark offers relationship counselling, which you can access as a couple or on your own. Here at The Spark we encourage people to access support as early as possible, don't wait until it is a major crisis. Counselling is available in our regional centres across Scotland, by telephone, or online.

Area: Citywide

How to access the service: Call our Relationship Helpline free on 0808 802 2088 or use our live web chat. Open 9am-8pm Mon-Thurs, and Fri 9am-5pm. Phone to make an appointment or use the booking form on our website.

Stepping Stones – NW

10 Wardieburn Road, Edinburgh EH5 1LY

Tel: 0131 551 1632 **Email:** infor@steppingstonesnorthedinburgh.co.uk

Web: www.steppingstonesnorthedinburgh.co.uk

Service: Focused on families with children under 5 years and parents of all ages, delivering group work, family support, parenting support, a Dad's group. Also provide support to access other community services.

Area: North Edinburgh

How to access the service: Referral process open to all, self-referral available. Phone calls welcome to discuss appropriate referrals

Bumpstart – Stepping Stones

Pregnancy and Family Support Project, Pregnancy Café

Area: North Edinburgh

How to access the service: Accept referrals for young parent families (under 25) and pregnant young women living in the Forth & Inverleith wards. Self-referrals or referrals from Health Visitors, Midwives, Social Work professionals and others.

Stopover Project

40 Grove Street, Edinburgh EH3 8AT

Tel: 0131 229 6907 **Email:** stopover@foursquare.org.uk **Web:** www.foursquare.org.uk

Hours: Open 24hrs a day, 7 days a week

Service: Provides emergency accommodation for young people ages 16-21 who are homeless or at risk. Young people can stay up to 3 months, or a bit longer if needed.

Area: Citywide

How to access the service: Phone for information in the first instance.

Streetwork

18 South Bridge, Edinburgh EH1 1LL

Tel: 0131 344 0825 **Email:** mail@streetwork.org.uk **Web:** www.streetwork.org.uk

Hours: 24 hour Crisis Service. Other services operate across a variety of hours.

Service: We work with people who are homeless or at risk of homelessness on their terms, at their pace, in a partnership based on respect and trust that seeks to help people to find their own solutions. Streetwork's centre at 22 Holyrood Road offers a 24 hour service for people in housing crisis. We deliver street based outreach, taking our services to where people are most at risk and in need. We offer housing support to help people who are making the transition to managing their own tenancy. Our Women's Project provides street based outreach and one to one support for women and young women who have experienced, or are at risk of, commercial sexual exploitation, domestic abuse and/or sexual abuse.

Area: Citywide

How to access the service: Drop in at 22 Holyrood Road or phone 0131 344 0825 to discuss other services.

Sunflower Garden (Simpson House - Crossreach)

52 Queen Street, Edinburgh EH2 3NS

Tel: 0131 220 2488 **Email:** sunflower@simpson-house.org

Web: www.simpson-house.org/sunflowergarden.htm

Service: Therapeutic support service for children aged 5-14 affected by parental substance misuse. We offer 1:1 and group work support, art therapy, play therapy and children's counselling.

Area: Citywide

How to access the service: Referral or phone.

Swietlica Migrant Drop In

Fort Community Wing, North Fort Street, Edinburgh EH6 4HF

Tel: 553 1074 **Email:** info@swietlica.org.uk **Web:** www.swietlica.net

Hours: Open 3 days per week but phone first as numbers can be large.

Service: Świetlica provides a range of free services to families in need as well as running regular language classes, cultural events, arts and crafts and ethnographic, music and photography workshops as well as recreational activities for older citizens and remote reporting.

Area: Leith

How to access the service: Email or phone for information on the programme.

Systemic Family Therapy Team

18 Viewforth Terrace, Edinburgh EH10 4LH

Tel: 07771 944559 (Karry Richardson)

Email: cf.systemicfamilytherapy@edinburgh.gov.uk

Service: Free confidential service run by the City of Edinburgh Council. Many families are able to manage difficulties effectively. However, sometimes families get stuck and need to consider different ways of dealing with the problems they are facing. Systemic Family sessions can

- Give families the opportunities to recognise the strengths they already have and to consider how these can be best used to bring about change.
- Devote time to discuss issues that are important in the family.

Area: Citywide

How to access the service: Families or professionals can email for more information.

Venture Scotland

4 Norton Park, Edinburgh EH7 5QY

Tel: 0131 661 6786 **Email:** info@venturescotland.org.uk

Web: www.venturescotland.org.uk

Service: Provides enjoyable opportunities for young people to develop self-awareness and appreciation of the outdoors, through weekend courses run at our Bothy in Glen Etive on the west coast of Scotland.

Young people choose to come on our courses at what is considered a turning point in their lives. This could be related to issues around homelessness, leaving care, addiction, asylum, mental health, sexual orientation or education.

Area: Citywide

How to access the service: Phone for information in the first instance.

VTSS - Visiting Teaching Support Service

Service run by City of Edinburgh Council

Tel: 0131 469 2850 **Web:** <http://www.edinburgh.gov.uk/info/886/schools-additional-support-for-learning/552/visiting-teaching-and-support-service>

Service: The team work with children and young people from birth and throughout their school years who have or are awaiting a diagnosis of a disability. This would include pre-school children whose needs arise from:

- Communication difficulties
- Learning disabilities
- Challenging behaviour
- Physical difficulties

And learners of any age who may have:

- Sensory disability (hearing impaired/visually impaired)
- Specific language or pervasive communication disorder
- Autism Spectrum Disorder
- Down's Syndrome
- ADHD
- Challenging behaviour arising from their disability

We work with families, early years settings and schools to develop programmes to progress children's learning and offer advice and support regarding aspects of disability.

Area: Citywide, apart from VI team who are Lothian wide.

How to access the service: Referrals should be made by the Named Person, through submitting a recent Child's Plan and Assessment of Need to maureen.mcpheely@edinburgh.gov.uk for consideration by the Additional Support Access Point (ASAP).

Vocal Carers Centre

8-13 Johnston Terrace, Edinburgh EH1 2PW

Tel: 0131 622 6666 **Email:** centre@vocal.org.uk **Web:** www.vocal.org.uk

Hours: Office hours Mon-Fri 9am-5pm; late opening Tues and Wed until 8pm.

Service: Provides information and advice; emotional support; training; counselling; advocacy; support to carers, including those supporting someone with additional problems.

Area: Citywide

How to access the service: Self-referral or professional referral by phone, email or online; <https://www.vocal.org.uk/referral-form.html>

Wellspring (Scotland) Ltd

13 Smith's Place, Edinburgh EH6 8NT

Tel: 0131 553 6660 **Email:** mail@wellspring-scotland.co.uk

Web: www.wellspring-scotland.co.uk

Hours: There are waiting lists to see counsellors

Service: Counselling and psychotherapy to individuals, couples and groups including families and young people. Charges depend on service. Grants may be available where the charges are too great. Some therapists offer sessions in Spanish, Hebrew, Danish and German. Some have an understanding of French and Russian.

Area: Citywide

How to access the service: Clients come to us through word of mouth, their GP, social work department and other agencies. It is important that the initiative for making an appointment comes from the client. This can be by email, phone or letter.

YMCA – Edinburgh

1 Junction Place, Leith, Edinburgh EH6 5JA

Tel: 0131 553 7877 **Email:** admin@ymcaedinburgh.com

Web: www.ymcaedinburgh.com

Hours: Various depending on activity

Service: Parent and Toddler PEEP Class (with Bump Start), Women's Group and Crèche (Tuesdays), Men's Drop In (Thursdays). Drop-in youth group for young people aged 13-16 years in the Pilmeny area who are experiencing social exclusion or are at risk of offending. Open access youth club for young people aged 12-17. 1:1 support in schools for pupils with emotional, social or behavioural issues. Plusone Mentoring Programme, an early intervention service for young people at risk of offending.

Area: Leith and Edinburgh

How to access the service: Open access, drop-in or phone for details.

Young People's Service

Level 10, City Chambers, High Street, Edinburgh EH1 1YJ

Tel: 0131 529 6700 **Email:** yps@edinburgh.gsx.gov.uk

Services for young people aged 12-17 to:

- Prevent further escalation into care systems
- Prevent family breakdown
- Address offending behaviour
- Assist in transitions out of care
- Provide additional levels of supervision, monitoring and interventions to young people who pose a risk of harm to others or at risk of being placed in care, especially secure (welfare or offending)
- Deliver 1:1 support to young people
- Deliver Teen Positive Parenting Programme
- Undertake systemic family work to support families.

Area: Citywide

How to access the service: via referral from Over 12's Panel, SCRA, Courts and Practice Teams. We also receive referrals from schools for children who pose a high risk of harm, although this is mainly Case Conferences.