

Emergency Help (Staff - 01 April)

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



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

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

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

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

Ofcom advice including how to top up a prepayment metre if you're self-isolating:

www.ofgem.gov.uk/coronavirus-covid-19/coronavirus-covid-19-and-your-energy-supply

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

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

Help and advice - Money advice <https://www.moneyadviceservice.org.uk/en>

Citizen's Advice – <https://www.citizensadvice.org.uk/scotland/>



Ordering - Medicines will be prescribed for your normal repeat cycle so no need to order early or order more than you need.

Pick up/Delivery - There is no change for family or friends picking up prescriptions.

Anyone picking up someone else's prescription may be asked to show ID.

For deliveries contact your pharmacy. If they cannot help see community help below.



Community help

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

Queries about local help CLL@midlothian.gov.uk

Volunteer Midlothian - telephone befriending. Self-referrals not accepted - **0131 660 1216** or info@volunteermidlothian.org.uk

Red Cross – telephone welfare calls + emergency food shopping - **0131 654 0340**

Midlothian Active Choices **0131 561 6507** + **Ageing Well** **0131 561 6506** – telephone welfare calls + online daily exercise www.facebook.com/groups/MidlothianActiveChoices

Kinship Care advice and support (national) - KCASS 0808 800 0006, **Kinship Care Alliance** – 07490720123, **Big Hearts** – 0131 603 4927 and **Nurture Scotland** – 07547525674 or 07505855341

Volunteers needed

ReadyScotland – to volunteer <https://www.readyscotland.org/coronavirus>

Volunteer Midlothian volunteering safely **0131 660 1216** or www.volunteermidlothian.org.uk



#KindnessMidlothian, **Community Council's web/facebook page** - help with your pet.

Volunteer Midlothian - guidance on safe volunteering (see above)



Food not related to poverty:

Check #KindnessMidlothian, Community Council web/facebook or CLL@midlothian.gov.uk
A number of local businesses offer home deliveries.

Food related to poverty:

Families with children 0-18

Baby Milk Supplies — phone number on tin for supplies.

Dalkeith & Newbattle Storehouse & Foodstore@PNK

(NOT during school holiday e.g. Easter/summer as provision already been made for lunch packs)

Contact Children & Families - 0131 271 3414

All ages - REFERRAL ONLY (e.g. Social work/3rd Sector)

Gorebridge (Trussel Trust) - 07789 173 276 or 07597 359 910

Gorebridge Church, Hunterfield Road

Woodburn + Penicuik (Food Fact Friends) — 07507 697109 or foodfactsfriends@gmail.com

MARC building - Woodburn Road, Dalkeith Monday 3.30 -5.00pm.

St Mungo's Church Hall, Penicuik Monday + Friday 10.30 - 1.00pm.

All ages – Food Banks (self referral accepted)

Bonnyrigg + Sherwood Community Trust - 0131 663 2555 or

www.facebook.com/BonnyriggTrust/

Bonnyrigg Community Trust Shop, High Street Bonnyrigg

Penicuik Ambassadors (food and other items) - 07990 117700

Part of Sweet Dignity. Can be contacted for drop offs.

Rosewell Community Trust - www.facebook.com/rosewellcoronavirus

Rosewell Parish Church Hall - Monday + Thursday 5.30-7.30pm. Facebook for drop offs.



Useful resources:

Local + national COVID resources - <http://www.mfin.org.uk/covid-19-information-resources/>

Carers - https://www.midlothian.gov.uk/info/1352/carers/187/support_for_unpaid_adult_carers/2

Health In Mind Crisis Support - 0131 663 5533 Mon - Fri 4pm -10pm, Sat + Sun 10am -4pm

Child + Youth Mental Health -

<https://services.nhsllothian.scot/camhs/Resources/Pages/ResourcePacks.aspx>

Learning disabilities easy read - <https://www.sclld.org.uk/information-on-coronavirus/>



Service closures:

Check individual websites, Facebook or call organisations to know what they are providing.

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

If all other options have been exhausted

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

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

