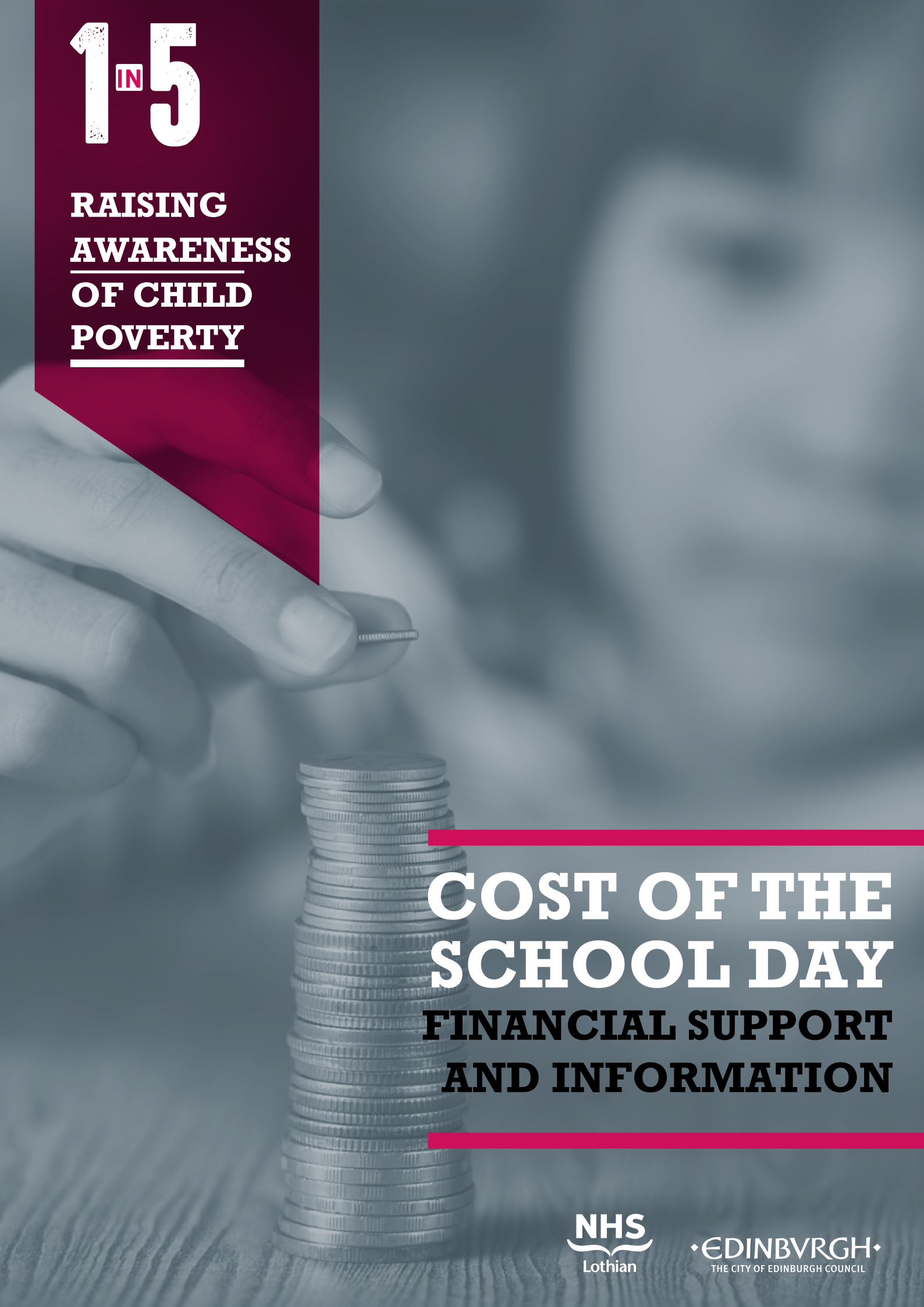


**1<sup>IN</sup>5**

**RAISING  
AWARENESS  
OF CHILD  
POVERTY**

A hand is shown in the foreground, dropping a coin into a tall stack of coins. The background is a blurred image of a child's face. The text is overlaid on the right side of the image.

**COST OF THE  
SCHOOL DAY  
FINANCIAL SUPPORT  
AND INFORMATION**



# Financial Support and Information for Families

Child poverty across Scotland is rising, with 40,000 more children living in poverty in 2017 than in 2014/15. The impact of poverty on children's lives is pervasive. There are currently 1 in 5 children in Edinburgh who are experiencing child poverty. The gap in outcomes remains wide in terms of standard of living, quality of life, health, opportunities and educational attainment. The stigmatising effects of poverty can act to exacerbate the impacts and can make it difficult for families to ask for help and support.

A recent review of research conducted by Cooper and Stewart (2017<sup>1</sup>) found that level of income has a direct correlation with educational attainment and that having more money directly improves the development and level of achievement of children. Alongside government policy on welfare and employment, schools can play a part in maximising family incomes in the following key ways:

- \* **Reducing the costs associated with school**, ie uniform, school trips, curriculum materials, events and fundraisers – see '1 in 5: Top Tips Leaflet' and 'Making Education for All: Edinburgh's School Equity Framework
- \* **Supporting families to maximise incomes** by offering advice, support and relevant signposting to ensure families are receiving all the financial and in kind support they are entitled to.

The 1 in 5 project has been taking place in schools and settings to increase awareness of child poverty, challenge attitudes, review the costs of the school day and explore policies and practices to ensure all pupils feel included, valued and respected. This booklet will support schools and settings further by providing ideas for supporting and signposting families in order to maximise their incomes and receive in kind support.

This leaflet and the appended Family Support and Information Directory should be held in the school office and all staff, including office staff, should familiarise themselves with the information so all staff can direct any parents in need accordingly.

For Further information on any aspect of the 1 in 5 project please contact [childpoverty@edinburgh.gov.uk](mailto:childpoverty@edinburgh.gov.uk) or call 529 7655.

<sup>1</sup> Cooper K and Stewart K (2017) Does Money Affect Children's Outcomes? An update London School of Economics



# Making Relationships a Priority

As the key institution that families will have contact with as children grow up, it is important that schools prioritise building relationships with parents .. Inviting parents in for a cup of tea and a scone to meet school staff in a relaxed atmosphere or headteachers being present in the school playground at school drop off and pick up times can help to make parents feel respected, valued and welcome in school. When this is the case they may feel more able to raise financial and other worries if they arise.

Making routine enquiries about family finances can be done in ways that do not single out particular parents and are non-judgemental.

## 1 Making routine enquiries

- \* Parents should be routinely informed about FSM, school clothing grants as well as other organisations who provide support for provision of school uniform (see support and information directory) and how to apply for them when registering for school and at the beginning of each term.
- \* Staff should feel able to pick up on signs of low income and ask families simply 'Do you have any money worries?'. Parents do not need to share details but staff can then refer them to advice services.
- \* Have prepared scripts for routine enquiries about finances during parent teacher consultation evenings or telephoning parents about particular matters that have arisen:

### **Providing routine info to all parents at parents evenings:**

'We are, as a school committed to supporting families, and as part of this we are telling every parent about Free School Meal entitlement and school clothing grants. This may not apply to you but please take the information and forms away to look at in case it does. If you are unsure or would like us to help you decide and/or fill in forms please get in touch- we are happy to help'.

### **Making routine enquiries parents in relation to trips:**

We haven't received (child's name's) confirmation that he/she is coming to the trip. There are a number of our families who find it tricky to afford trips but we can support them. We want to make sure everyone comes along so if you are having any money worries which are making it difficult for you to pay for the trip we can help. Do you have any money worries?

### **Making routine enquiries with parents in relation to homework:**

I've noticed that (name of child) has not completed their homework tasks recently. Is there a particular reason for this? I appreciate this task required particular materials and we just want to make you aware that the school can provide these. We have a box of materials which children can help themselves to at any time.

- \* Schools could consider having a member of staff, funded by pupil equity funding with dedicated time to making contact with families, build relationships with them and support them to claim for financial entitlements.

## 2 FSM Entitlement and Clothing Grants

Every year approximately £80,000 worth of FSM entitlement and school clothing grants are not claimed by parents who are entitled to them. Schools could consider using incentives for families to claim FSM ie a free school sweatshirt, enter into a prize draw.

### Free School Meal Entitlement

Children in families that receive the following benefits can claim FSM:

- \* Income support
- \* Income-based Job Seeker's Allowance (JSA)
- \* Any income related element of Employment and Support Allowance
- \* Child Tax Credit (CTC), but not Working Tax Credit, and your income is less than £16,105
- \* Both maximum Child Tax Credit and maximum Working Tax Credit and your income is under £6,420
- \* Support under Part VI of the Immigration and Asylum Act 1999
- \* Universal Credit where take home pay is less than £610 per month

Families receiving these benefits should still apply for FSM in P1-3, even though FSM is universal in these school years. This will allow them to receive free school milk, uniform grant and free access to CEC run and some private provider breakfast clubs. Approximately £80.9 million of benefits are unclaimed in Edinburgh alone. Supporting families to claim benefits will enable them to also access FSM **Free school meals can save a family up to £10 per week per child, £380 a year.**

**School Clothing Grant:** Clothing grants are provided by the local authority using the same criteria as accessing FSM. In Edinburgh parents can receive £43 for primary and £50 for secondary towards school clothing. Parents who qualify and have applied for a clothing grant will receive a payment directly into their bank account or through paypoint.

### Breakfast Clubs

All schools can apply for funding to set up a breakfast club. Free places are available in all CEC run and some private provider breakfast clubs. These can be allocated at the headteacher's discretion according to FSM entitlement or if the school is aware a family is having financial or other difficulties.

### 3 Providing support to parents to ensure they receive all the benefits they are entitled to

It is estimated 50,000 families across Scotland do not claim the benefits they are entitled to. Families on low incomes are entitled to a range of benefits, including disability living allowance for children under 16, who needs more looking after than a child of the same age who doesn't have a disability. Families may also be entitled to discretionary housing payments, hardship payments or benefits advances if they are having difficulties paying for things or are facing sanctions or delays in relation to benefits claims.

A family's financial situation can change rapidly as a result of, for example, job loss or illness impacting on the support they can receive. Schools can help to sign-post parents and carers on to advice services to ensure that all families are accessing the financial supports that they are entitled to.

A successful referral to a benefits/ money advisor would have the following characteristics:

- \* The school would develop a good partnership with a local advice service (see contacts below for citywide services).
- \* All parents would be given information about the advice service as part of routine enquiry at parents evening and at first meeting with head teacher.
- \* If parents wanted to meet with an advice service, school staff can support families to make initial contact, perhaps by making the call for them, supporting them when making the call or passing their details on to the service and the family would be contacted to arrange an appointment.
- \* The advice service or school could send a text message in advance of the phone call from the adviser in case parents are reluctant to answer calls from an unknown number.
- \* The school and advice service can experiment with co-locating advice clinics in the school to make it more accessible. If this is of interest contact [childpoverty@edinburgh.gov.uk](mailto:childpoverty@edinburgh.gov.uk)

#### Case Study

Dalry Primary School has been working in partnership with CHAI to offer a bi-monthly financial advice service in collaboration with CEC and NHS Lothian. The service is promoted during parent/ carer information evenings, ie at the start of term and by leaflets and regular reminders. Parents book appointments through the school office ensuring a clear link is formed with the school and tap into existing booking systems in schools. The schools can then ensure the parent is sent a reminder text before the appointment to support attendance. They have accessed the service to seek support around income maximisation, debt, housing and homelessness, benefits and citizenship enquiries. Such an approach is being developed in other schools. According to CHAI this approach has attracted parents that they would never usually have coming to advice services.

#### According to the headteacher at the school:

*'This is a well-used, and much needed, service at Dalry Primary School. It is invaluable knowing we can direct our parents to this service and someone will be there to listen, advise and support them. It is a discreet and supportive service where parents are given advice in a warm and familiar environment. Due to it running inside the school building, and during the school day, it is convenient and accessible for many parents to use.'*

The following offer free, impartial and confidential advice on how to maximise family finances:

#### **The Advice Shop**

Edinburgh City Council, 249 High St, Edinburgh  
EH1 1YJ

Telephone: 0131 200 2360

Opening hours for enquiries:

Monday, Wednesday, Thursday: 8.30am – 4.30pm

Tuesday 10am – 4.30pm

Friday 8.30am – 3.40pm.

Drop-in service available for more in-depth enquiries Monday, Thursday and Friday 9am. Tuesday 1pm. This is on a first come first served basis.

#### **CHAI (Community Help and Advice Initiative)**

A range of advice and support for individuals and communities across Edinburgh related to welfare, housing, youth and community development and substance misuse.

Tel: 0131 442 2100

Email: [chai@chaiedinburgh.org.uk](mailto:chai@chaiedinburgh.org.uk)

CHAI Advice Service: 0131 442 1009

**Citizens Advice Edinburgh** also runs services in 30 outreach locations

Details: [www.citizensadviceedinburgh.org.uk](http://www.citizensadviceedinburgh.org.uk) and Citizens Advice Direct

A national service for help and assistance

Telephone: 0808 800 9060

Calls from all UK landlines are free

Mobiles may vary

Open Monday to Friday: 9am – 8pm

Saturday: 10am – 2pm

#### **Changeworks**

Advice on how to reduce energy costs by increasing their understanding of meters and bills and how to deal more effectively with suppliers, as well as enhance energy efficiency.

Freephone Helpline 0808 808 2282

#### **4 Parent and Carer Support Resources**

Booklets for programmes, activities and groups for parents can be found by going to [www.edinburgh.gov.uk/pacs](http://www.edinburgh.gov.uk/pacs)

# Family Support and Information Directory

## Getting advice

### Citizen Advice Edinburgh (CAE)

**For money** (debt, benefits, tax) **family** (relationships, health, housing, education) **daily life** (employment, consumers affairs, communication, travel) **your right** (civil rights, immigration, legal rights, responsibilities)

### CAE Dundas Street

58 Dundas Street EH3 6QZ  
Appointments only: 0131 558 3681  
Employment Clinic: 0131 603 771  
Appointments only, unless otherwise noted  
Monday: 9.10am – 4pm  
Tuesday: 9.10am – 4pm  
Wednesday: 9.10am – 1pm, 1.30pm – 4pm (Drop-in), 6pm – 8pm  
Thursday: 9.10am – 4pm, 6pm – 8pm (Employment Clinic, Fuel Bills Clinic)  
Friday: 9.10am – 1pm (Drop-in), 1pm – 4pm (appointment only)

### CAE Leith

23 Dalmeny Street EH6 8PG  
Telephone: 0131 554 8144  
Monday to Friday: 9.30am – 12.30pm (Drop-in), 12.30pm – 4.30pm (appointment only)  
Tuesday: 5.00pm – 8pm (Legal/Employment/Money Clinics, appointment only)

### CAE Pilton

661 Ferry Road EH4 2T  
Telephone: 0131 202 1153  
Monday to Friday: 9.30am – 12.30pm (Drop-in), 12.30pm – 4.30pm (appointment only)

### CAE Portobello

8a–b Bath Street EH15 1EY  
Appointments only: 0131 669 9503  
Appointments only unless otherwise stated  
Monday: 9.30am – 4.30pm  
Tuesday: 9.30am – 12.30pm (Drop-in), 12.30pm – 4.30pm (appointment only)  
Wednesday: 9.30am – 4.30pm, Evening clinic 6.30pm – 7.30pm fortnightly  
Thursday: 9.30am – 12.30pm (Drop-in), 12.30pm – 4.30pm (appointment only)  
Friday: 9.30am – 4.30pm

### CAE Gorgie/Dalry Fountainbridge

Appointment only 0131 510 5510  
Mon: 10.15am – 4.30pm  
Mon: 5.30pm – 7.00pm (if someone available)

### Citizens Advice Edinburgh

Details: [www.citizensadviceedinburgh.org.uk](http://www.citizensadviceedinburgh.org.uk)  
Runs services in 30 outreach locations

### Citizens Advice Direct

A national service for help and assistance  
Telephone: 0808 800 9060. Calls from all UK landlines are free. Mobiles may vary.  
Open Monday to Friday: 9am – 8pm  
Saturday: 10am – 2pm

### The Advice Shop Edinburgh City Council

249 High St, Edinburgh EH1 1YJ  
Telephone: 0131 200 2360

Opening hours for enquiries:

Monday, Wednesday, Thursday: 8.30am – 4.30pm  
Tuesday: 10am – 4.30pm  
Friday: 8.30am – 3.40pm

Information, advice and representation to access welfare benefits and deal with debt. This is a free, impartial and confidential service. Drop-in service available for more in-depth enquiries:

Monday, Thursday and Friday: 9am  
Tuesday: 1pm

This is on a first come first served basis.

### Granton Information Centre

134–138 West Granton Road, Edinburgh EH5 1PE  
Telephone: 0131 5512459/0131 552 0458  
Email: [enquiries@gic.org.uk](mailto:enquiries@gic.org.uk)

Monday to Thursday: 9.30am – 12.30pm and 1.30pm – 4pm  
Friday: 9.30am – 12.30pm

Granton Information Centre (GIC) provides free, impartial and confidential expert advice, information and representation to the residents of North Edinburgh on a range of issues: welfare benefits, housing advice and debt/money advice. To make an appointment contact GIC.



### **CHAI – Community Help and Advice Initiative**

CHAI Head Office  
ELS House, 555 Gorgie Road, Edinburgh EH11 3LE  
Telephone: 0131 442 2100  
Email: [chai@chaiedinburgh.org.uk](mailto:chai@chaiedinburgh.org.uk)  
CHAI Advice Service: 0131 442 1009

For advice on housing, welfare benefits, debt/ money, employability. They offer appointments and operate a drop-in service on Wednesday morning (from 9.30am). Please call for information or an appointment.

### **One Parent Families Scotland**

Call: 0808 801 0323 to speak to an advisor  
Email: [info@opfs.org.uk](mailto:info@opfs.org.uk)

The Lone Parent Helpline provides support and advice on anything from benefit or tax credit issues, to sorting out maintenance, debt, moving into work and other related topics.

Your call is free of charge from any UK landline or mobile. Our friendly advisers are available Monday to Friday 9:30am to 4:00pm

### **Income Advice Team, Edinburgh City Council**

Telephone: 0131 529 7463

For advice about applying for housing benefit and council tax reduction or other benefits, including tax and pension credits. They also let you know about other ways you might be able to get financial help. For City of Edinburgh Council Tenants only.

### **Scotland's Financial Health Service**

[www.scotlandfinancialhealthservice.gov.uk/](http://www.scotlandfinancialhealthservice.gov.uk/)

Talk to Scotland's Financial Health Service advisers directly by calling 0800 707 6696.

### **Edinburgh Debt Advice Centre**

Tel: 0131 297 7585  
Email: [martin.bethell@salvationarmy.org.uk](mailto:martin.bethell@salvationarmy.org.uk)

Run by the Salvation army, this offers a free, confidential and impartial service provided by trained debt advisors who work with clients and debtors to agree a manageable and realistic debt management plan.

## **Getting help with money**

### **Scottish Welfare Fund (SWF)**

SWF is administered by Edinburgh City Council  
Apply online at [www.edinburgh.gov.uk/scottishwelfarefund](http://www.edinburgh.gov.uk/scottishwelfarefund)

Crisis Grants for people on income-related benefits who, due to an emergency or disaster, have no money to pay for immediate essential living costs, or Community Care Grants to pay for essential items to help a vulnerable person to leave care or supported accommodation, or remain in their own home.

### **Department of Work & Pensions (DWP)**

Telephone: 0345 608 8545

Short Term Benefit Advances may be available if someone has applied for benefits or has had a recent change to their benefit entitlement but hasn't had their first payment yet.

Hardship Payments may be available to people claiming Job Seekers Allowance/Employment Support Allowance whose benefit has been suspended or 'sanctioned.' To receive a hardship payment, you must prove that without it you are in danger of going without essentials, like food or heat. Severe Hardship Payments may be available to 16–17 year-olds living away from their family home. To find out more or apply, contact the local job centre.

### **Social Fund**

Budgeting loans (minimum £100 – maximum £1,500) for people who have been claiming income-related benefits for at least 26 weeks to help pay for larger items or can cover certain debts, like utility bills or rent arrears. Budgeting loans are interest-free but need to be repaid.  
Funeral payments: if you get certain benefits and are responsible for arranging a family funeral (maximum £700).

Sure Start Maternity Grants: For new mothers on income-related benefits (up to £500)

Contact the Social Fund; telephone: 0843 515 8360 (or application forms from Job Centre).

### **Discretionary Housing Payments (DHP)**

DHPs may be available to people receiving Housing benefit who are having trouble paying their rent, for example due to the 'bedroom tax' or other shortfalls between their rent and housing benefit payments.

For further details or to apply online, go to [www.edinburgh.gov.uk/discretionaryhousingpayments](http://www.edinburgh.gov.uk/discretionaryhousingpayments)

### **Social Work Payment**

Edinburgh City Council has a statutory duty to support vulnerable adults or children in need if there is an emergency. To ask about Section 12, 22 or 27 social work payments, contact Social Care Direct telephone 0131 200 2324 or, if homeless, The Access Point; telephone 0131 529 7438. Out of office hours, call the Out of Hours Social Work service (emergencies only) on 0800 731 6969.

### **Employability: Get On**

Telephone: 0131 529 6161  
email: [geton@edinburgh.gov.uk](mailto:geton@edinburgh.gov.uk)

Support for getting into work or training.

### **Employability: WEACTION – Route 2**

Jobs – Training – Education  
Develop your skills. Get work ready. Find a job.  
Help and advice to get you on your way. Earn more money.

Gate 55, 55 Sighthill Road, Edinburgh EH11 4PB  
0131 477 2800  
[Route2@edinburghcollege.ac.uk](mailto:Route2@edinburghcollege.ac.uk)

### **Edinburgh Trust**

The Turn2us Edinburgh Trust provides grants to people struggling financially living in the City of Edinburgh. The funds are dedicated entirely to helping local people on low incomes. The range of grants available can be found at <https://www.turn2us.org.uk/About-Us/Turn2us-Grants/Edinburgh-Trust>

## Getting Help with Food

### **Foodbanks**

Referral to basic food banks: email: [referrals@ecm.org.uk](mailto:referrals@ecm.org.uk) or Edinburgh City Mission: telephone 0131 225 9445. Service-user must present with a completed referral form. Please phone or email for a form which must be signed by a third party. Emergency food packs and long term provision (initially a maximum of six weeks). Financial and welfare advice from Citizen Advice Edinburgh available at all basic banks.

Granton (Basic Bank), Granton Baptist Church  
99 Crewe Road North EH5 2NW  
Tuesday: 10am – 1.30pm  
For referral details, see above

Newington (Basic Bank), Edinburgh Community Church, Kings Hall  
41a South Clerk Street EH8 9NZ  
Thursday: 10:30am – 1.30pm  
For referral details, see above

Leith (Basic Bank), Ebenezer United Free Church of Scotland  
31 Bangor Road EH6 5JX  
Wednesday: 11.30am – 2pm  
Referral details, as above

Bruntsfield (Basics Bank), Bruntsfield Evangelical Church  
70 Leamington Terrace EH10 4JU  
Friday: 10am – 2pm  
Referral details, as above

Portobello (Basics Bank), Wilson Memorial Church  
7 Kekewich Avenue (corner of Moira Terrace) EH7 6TZ  
Tuesday 10am – 1pm  
Referral details as above

Corstorphine (Basics Bank), St Thomas' Church  
75–79 Glasgow Road  
Thursday 10.30am – 12.30pm  
Referral details as above

Moredun (Basics Bank), Tron Kirk Gilmerton and Moredun Church  
Craigour Gardens EH17 7NX  
Friday 10.30am  
Referral details as above

### **Edinburgh Central Mosque Food Banks**

50 Potterow EH8 9BT  
Tel 0131 667 1777

Friday 9.30am – 12noon  
Referral needed. Muslims from whole of Edinburgh welcome. Non muslims from South east Edinburgh only.

### **Wester Hailes Holy Trinity Church**

Hailesland Place, Wester Hailes EH14 2SL  
Telephone 0131 442 3304.  
Tuesday: 2pm – 3pm

No referral needed, not specifically for Wester Hailes. Fortnightly packages up to 10 times.

### **NW Foodbank (Trussell Trust)**

For postcodes EH 1–5, 9, 10, 12, 28–30  
Telephone: 0131 444 0030  
Referrals only

Rannoch Community Centre  
Rannoch Terrace, EH4 7ER  
Tel: 07794849945  
Tuesday and Thursday: 1pm – 3pm  
Referrals only

The Priory Church  
Hopetoun Road, South Queensferry EH30 9RA  
Telephone: 07837532169  
Thursday: 11am – 1pm  
Referrals only.

Pilton  
34A Muirhouse Crescent EH4 4QL (next to  
Muirhouse Social Work Centre)  
Telephone: 07794850009  
Monday: 1pm – 3pm and Friday: 10am – 1pm  
Referrals only

Kirkliston, Kirkliston Parish Centre  
The Square, Kirkliston EH29 9AS  
Tuesday: 2.30pm – 4pm  
Referrals only

### **SW Foodbank (Trussell Trust)**

431 Gorgie Road EH11 2RB  
Telephone 0131 346 2875

Open Monday: 2pm – 4pm  
Wednesday: 11am – 1pm  
Friday: 10am – 12 noon

Oxgangs, All Nations Christian Fellowship  
1c Oxgangs Avenue EH13 9JA  
Telephone: 0131 441 2020  
Wednesday: 10am – 2pm  
Referrals only

### **SE Foodbank (Trussell Trust)**

Blytheswood Care, 47 Southhouse Broadway EH17 8AS  
Telephone: 0131 664 9353 or 07521 097 670

Monday, Tuesday, Thursday: 11am – 2.30pm

Craigmillar, Bristo Church  
196 Peffermill Road EH4 3DJ  
Mobile 07783 419 595  
Tuesday and Thursday 11am – 2.30pm  
Saturday 12.30pm – 2.30pm

### **Central Foodbanks (Trussell Trust)**

Telephone: 0131 440 0030

Grassmarket Community Project, 86 Candlemaker  
Row EH1 2QA  
Telephone: 07805203852  
Tuesday and Friday: 2pm – 4pm  
Referrals only

Tollcross Distribution Centre, 2 West Tollcross  
(entrance via corner shop under Central Hall) EH3 9BP  
Telephone: 07805203744  
Monday: 2pm – 4pm, Thursday: 10am – 12 noon  
Referrals only

Broughton St Mary's Parish Church, 12 Bellevue  
Crescent EH3 6NE  
Telephone: 07805204009  
Wednesday: 10am – 1pm  
Thursday: 1pm – 4pm

### **NE Foodbank (Trussell Trust)**

Main Distribution Centre

Main contact 6 Henderson Street, Leith EH6 6BS  
Telephone: 0131 554 2578  
Referrals only

Monday: 1pm – 2.30pm  
South Leith Parish Church Hall, 6 Henderson Street

Tuesday: 10am – 12 noon  
North Leith Parish Church Hall, Session House,  
1a Madeira Street (blue door on right before  
residential homes)

Tuesday: 1pm – 2.30pm  
Leith St Andrew's Parish Church Hall, 410–412 Easter  
Road (enter from door on Easter Rd, opposite Tesco  
carpark)

Wednesday: 4.30pm – 6pm  
Pilrig St Pauls Church Hall, Leith Walk (enter from  
the door on Leith Walk, just right of the pedestrian  
crossing)

Wednesday: 11am – 12.30pm  
St Marys Parish Church, McLaren Halls, 48 Restrig  
Road South (located just round the corner from  
Marionville Police Station)

Thursday: 10.00am – 11.30am  
Leith St Andrews Parish Church, 410–412 Easter Road

Friday: 10am – 12 noon  
North Leith Parish Church Hall, Session House,  
1a Madeira Street (blue door on right before  
residential homes)

Friday: 3pm – 5pm  
South Leith Parish Church Hall, 6 Henderson Street

### **Broomhouse Community One Stop Shop**

3 Broomhouse Market EH11 3UU  
Telephone: 0131 443 6223  
E-mail: cossinfo@ymail.com

Monday to Thursday: 9am – 5pm  
Friday: 9am – 12pm  
Self-referral

There is also a CAB adviser and employability  
worker present for support and help.

Contact Broomhouse Community One Stop Shop  
for referrals to a Foodbank at Calders Community  
Flat, bottom of Dunsyre House

### **Westerhailes Healthy Living Centre**

30 Harvesters Way EH14 3JF  
Telephone: 0131 453 9100

Monday to Thursday: 10am – 5pm  
Friday: 10am – 12.30pm  
Referral only; must be living in Wester Hailes area.

### **Free Meals**

#### **Cyrenians Community Cook Clubs**

At community cook clubs people can come along  
and help to cook or come along for the community  
meal and enjoy the chat. Members are given  
recipes, extra ingredients and additional prepared  
meals to take home or give to a friend. Community  
cook clubs are free and open to all.

Call Amanda Somerville for more information on  
0131 554 3900.

#### **Community cook club current locations:**

The Open Door Café Sunday Lunch in Morningside  
– first Sunday of each month 1:00pm – 3:00pm

Hibs GameChanger Lunch – Easter Road Stadium,  
West Stand – every second Monday (15th January,  
29th January, 12th February etc) 12:00pm – 2:00pm

Goodtrees Community Café in Moredun – every  
Tuesday 2:00pm – 4:00pm

The Ripple Project – 198 Restalrig Rd South – last  
Wednesday of each month 4:00pm – 6:00pm

Starfish CCC – Musselburgh Racecourse,  
Musselburgh EH21 7RG – every Wednesday –  
11:00am – 1:00pm

Sandy's CCC – Sandy's Community Centre, 76  
Craigmillar Castle Avenue EH16 4DW – every  
Thursday 11:00am – 1:00pm (starting 18th January)

The Tron Church in Moredun – every Friday  
11:30pm – 1:30pm

Royal Botanic Garden Edinburgh in the Cottage –  
every second Friday 10:30am – 1:00pm

Burnfoot CCC – Burnfoot Community School,  
Kenilworth Avenue, Hawick TD9 8EQ – first Friday  
of each month 10:00am – 12:00pm

Gorgie CCC – Salvation Army, 429–431 Gorgie  
Road, Edinburgh EH11 2RT – every second Tuesday  
12:30pm – 2:30pm

### **St Catharine's Convent**

4 Lauriston Gardens  
Telephone: 0131 229 2659

Monday – Friday: 9am – 11.30am and  
5.30pm – 6.30pm (closed July and August)  
Hot meal (showers available)

### **Destiny Angels**

106 Salamander Street, Leith  
Telephone: 0131 454 2001

Ladies Coffee Stop – referral needed

Need referral for emergency food parcels or drop in  
Friday between 1pm and 3pm.

### **Missionaries of Charity**

18 Hopetoun Crescent  
Telephone: 0131 556 5444

Every day at 4pm, except Wednesdays and  
Thursdays. No referral needed.

### **Bethany Care Van**

Lunchtime: Monday, Wednesday, Thursday and  
Saturday: 12.40pm from Waverley Bridge, then  
George Street, Lothian Road, King's Stable's Road,  
George IV Bridge, Chamber Street, North Bridge/  
Royal Mile Junction; reaching Leith Walk (just North  
of McDonald Road) at 2pm.

Evening follows same route as lunchtime, minus  
Leith Walk and George Street. Starts at 9pm on  
Lothian Road.



### **Jericho House**

53 Lothian Street, entrance on Bristo Place  
Telephone: 0131 225 8230

Sunday: 10am – 2pm – coffee/lunch.

### **Carrubbers Christian Centre**

65 High Street, Royal Mile EH1 1SR  
Telephone: 0131 556 2626

Free breakfast every Sunday: 8am – 9.30am (men's clothes and blankets provided at breakfast).

Free lunch Tuesdays from 12pm – 1pm (not July/August – runs roughly with school term time).

### **South Leith Parish Church**

6 Henderson Street  
Telephone: 0131 554 2578

Sunday: 9.30am – 10am, takeaway breakfast

### **Grassmarket Centre**

86 Candlemaker Row  
Telephone: 0131 225 3626

Monday: 4pm – 5.30pm, (closes for the festival), soup, sandwiches, biscuits and cake

### **Social Bite**

131 Rose Street EH2 4JN  
89 Shandwick Place EH2 3DT  
Telephone: 0131 220 8206

Offers free coffee and food, but not always guaranteed.

Monday – Friday: 7am – 11am and 3pm – 5pm

### **Home restaurant**

Offers free meals between 3–5pm on Mondays to those experiencing homelessness.

See website for details.

<http://home-restaurant.co.uk/our-mission/>

### **Salvation Army**

25 Niddrie Street  
Telephone: 0131 523 1060

Drop-in for homeless people over 18 years old  
Monday – Friday, 9am – 10am, breakfast £1.25  
12 noon – 1pm, lunch £1

Provides clothing, a shower and advice also.

## **Vouchers**

### **Healthy Start**

Telephone: 0345 607 6823

You get free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins. Pregnant or have children under the age of four? You could qualify if you're on benefits, or if you're pregnant and under 18. Speak to your midwife or health visitor for an application form or visit <http://www.healthystart.nhs.uk/>

## **Getting Help with Clothing**

### **Edinburgh School Uniform Bank**

A volunteer run uniform bank offering new uniforms and pencil cases etc to families who are struggling to afford school uniform. By referral only from social worker, headteacher, GP or support worker by emailing [edinburghbtosb@gmail.com](mailto:edinburghbtosb@gmail.com)

### **Edinburgh Police Fund for Children (EPFC)**

The Edinburgh Police Fund for Children provides grants up to £50 for the purchase of school shoes and jackets. Referrals can be made by head teachers, social workers, health visitors and other support workers.

For further information and to obtain an online application form for please go to <http://www.eltf.org.uk/funds/edinburgh-police-fund-for-children/> or contact [janette.scappaticcio@eltf.org.uk](mailto:janette.scappaticcio@eltf.org.uk) or telephone 0131 555 9100.

### **The Edinburgh Clothing Store**

A charity offering free clothing, shoes, bedding, etc for those in genuine need. This includes children's clothing and can help with interview clothes, etc.

To access the service individuals can be referred by schools and other support agencies (no self-referrals) and visit by appointment only. To refer and make an appointment contact 0131 552 1111.

### **The Edinburgh and Lothian Trust Fund**

Grants of up to £250 specifically for those experiencing hardship and/or with an illness or disability. Referrals can be made by head teachers, social workers, health visitors and other support workers. For further information and an online application form please go to <http://www.eltf.org.uk/funds/grants-for-individuals/> or contact [janette.scappaticcio@eltf.org.uk](mailto:janette.scappaticcio@eltf.org.uk) or telephone 0131 555 9100.

### **Kids Love Clothes**

Helps struggling families with young children by providing much-needed, quality donated kids' clothing in gift bags – info@kidsloveclothes.co.uk and/or 0779 879 0390

### **Fuel poverty and keeping warm**

#### **Changeworks Affordable Warmth Service**

Provides specialist advice and practical support to help people stay affordably warm in their homes. They can help people to manage fuel debt and avoid disconnection and to access winter fuel and cold weather payments, discounts and grants. To make a referral, contact Jane Adams telephone 0131 555 4010 or email warmth@changeworks.org.uk

#### **Additional emergency credit for pre-payment**

In an emergency, if a vulnerable person or family has no money for a pre-payment gas or electric meter, it may be possible to negotiate a small amount of extra emergency credit by contacting their energy supplier (although this needs to be repaid).

Freephone contact numbers for the main domestic fuel suppliers, for help with paying for gas/electric.

**British/Scottish Gas:** telephone 0800 107 3391

**EDF Energy:** telephone 0800 269 450

**EON:** telephone 0800 051 1480

**Npower:** telephone 0800 073 3000

**Scottish Power:** telephone 0800 027 0139

**Scottish Hydro Electric:** telephone 0800 622 838

#### **Energy matters the fuel bills advice service**

A Citizens Advice Edinburgh project providing free, specialist support about how to reduce household fuel costs. Negotiating with energy suppliers, avoiding disconnection, switching tariffs, managing arrears and billing issues, accessing grants and increasing household income.

Service is available via Thursday evening advice clinics at CAE Dundas Street and via Edinburgh-wide home visits by arrangement. To make an appointment email iain.waugh@caed.org.uk or telephone 07825 519 081.

#### **Home Energy Scotland**

Home Energy Scotland from the Scottish Government is a free, impartial energy advice service to help people save money and stay warm in their homes. Home Energy Scotland offers a wide range of support and advice, for example, it provides energy saving tips and advice, carries out home energy checks to identify energy efficiency measures and improvements,

provides guidance on what funding and support is available and makes referrals to the relevant funding streams. Free phone Home Energy Scotland on 0808 808 2282 or visit [www.homeenergyscotland.org](http://www.homeenergyscotland.org)

### **Homelessness and at risk of losing your home**

#### **Edinburgh Housing Advice Partnership**

[www.ehap.org.uk](http://www.ehap.org.uk)

If someone is at risk of losing their home because their landlord or mortgage company is taking legal action to evict them, they should immediately contact Edinburgh Housing Advice Partnership, telephone 0131 442 1009 or 0845 302 4607, who can provide advice and arrange for someone at risk of losing their home to be represented at court hearings. Advice also provided on a wide range of housing issues – phone for an appointment with an Adviser at venues across the City.

#### **The Access Point (TAP)**

17 and 23 Leith Street

Telephone 0131 5297438

Anyone 18+ without children and homeless in Edinburgh can register here. Advice about entitlements, eligibility for temporary accommodation and benefits.

They also offer medical and social work support. Out of hours, call the City of Edinburgh Council's out of hours service on 0800 032 5968.

#### **Housing Options Team**

1a Parliament Square

Telephone: 0131 529 7368

For under 18s or those with children. Advice about entitlements, eligibility for temporary accommodation and benefits. Out of hours, call the City of Edinburgh Council's out of hours service on 0800 032 5968.

#### **Streetwork Crisis Service**

22 Holyrood Road

Telephone: 0131 557 6055

Crisis line 24/7: telephone 0808 178 2323

24 hour provision of advice and support. Food, laundry, showers and lockers available for those accessing support.

### **The Rock Trust**

55 Albany Street  
Telephone 0131 557 4059

The Rock Trust works with young people (16– 25) who are homeless or at risk of becoming homeless. They provide advice, educate and support for young people.

### **Vicars Relief Fund**

Provides small crisis grants of up to £350 who are at risk of, or currently experiencing, homelessness or are vulnerably housed. For further information visit [www.smitf.flexigrant.com/](http://www.smitf.flexigrant.com/)

### **Council Housing Officer**

West: telephone 0131 529 7440  
East: telephone 0131 529 3111  
South: telephone: 0131 529 5151  
South West: telephone 0131 527 3800  
Leith: telephone 0131 529 6170  
North: telephone 0131 529 5050.

Your local neighbourhood council Housing Officer can help with housing needs.

### **Cyrenians Homeless Prevention Service**

Telephone: 0131 475 2556  
Email: [hps@cyrenians.org.uk](mailto:hps@cyrenians.org.uk)

For Edinburgh East and South residents who are at risk of losing their home.

### **Gateway Visiting Support**

Telephone: 0131 561 8910  
Email: [gvs@bethanychristiantrust.com](mailto:gvs@bethanychristiantrust.com)

For Edinburgh City and North residents who are at risk of losing their home.

### **Shelter's Free Housing Advice Line**

Telephone: 0808 800 4444

Provides free and confidential advice on housing problems and rights.

Monday to Friday: 9am – 4pm

## **Misc**

### **Buttle UK**

<http://www.buttleuk.org/>

Buttle UK gives financial support to young people and families in desperate need, the charity provides emergency items, such as children's beds, washing machines and cookers — to those who would otherwise struggle without.

Buttle UK can also pay towards school fees for independent or boarding school places for children whose home life is seriously impeding on their development. It also assists young people who have no parental support to meet an education or training goal.

### **Turn 2 Us**

<https://www.turn2us.org.uk/Find-Benefits-Grants>

Provides a grant search tool of some of the local grants and financial supports available to children and families on low income.

### **Free Cakes for Kids**

A network of volunteers who will bake a birthday cake for families who cannot afford one for their children. In Edinburgh contact Lesley Pert at [freecakesforkidsedinburgh@gmail.com](mailto:freecakesforkidsedinburgh@gmail.com)

### **Lifeline**

0131 557 2060 or 0790 449 9320

Lifeline provides clothing and equipment for babies and children up to age two. These are given free of charge to families in financial hardship, and especially to those who have no access to other sources of help or local family support. The Newborn starter pack includes 7 sets of clothes, a Moses basket, blankets and other items based on need and availability. They cannot provide buggies or travel seats.

### **Befriending Network**

A network of befriending charities which can provide support to families experiencing a range of issues related to poverty, disability and illness. Go to <http://www.befriending.co.uk/> for more information.

### **The Edinburgh Fire Fund**

Provides grants to families on low income who have suffered a house fire and had no contents insurance. A grant can be provided to cover contents, clothing, redecoration and counselling. Further information and an online application form please go to <http://www.eltf.org.uk/funds/the-edinburgh-fire-fund/> or contact [janette.scappaticcio@eltf.org.uk](mailto:janette.scappaticcio@eltf.org.uk) or telephone 0131 555 9100.

### **The Red Book**

The Red Book is a searchable directory of services provided by charities and voluntary organisation in Edinburgh. Please go to <http://www.evocredbook.org.uk/>

