

# Emergency Help

(Staff - 10 April)

For all health advice go to [www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus)



**Scottish Welfare Fund** - 0131 270 5600 [www.mygov.scot/scottish-welfare-fund/](http://www.mygov.scot/scottish-welfare-fund/)

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

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

## Fuel

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

**Grants** - energy debt/essential top ups 0141 445 5221 or [energyteam@money mattersweb.co.uk](mailto:energyteam@money mattersweb.co.uk)

**Ofgem** - advice e.g. topping up a prepayment meter [www.ofgem.gov.uk/coronavirus-covid-19](http://www.ofgem.gov.uk/coronavirus-covid-19)

**Changeworks** – grants + advice 0131 555 4010 or [www.changeworks.org.uk](http://www.changeworks.org.uk)

## Help and advice

**Money advice service** - [www.moneyadvice.service.org.uk/en](http://www.moneyadvice.service.org.uk/en)

**Citizen's Advice Penicuik** - 01968 675 259 or [bureau@penicuikcab.org.uk](mailto:bureau@penicuikcab.org.uk)

**Citizen's Advice Dalkeith** - 0131 660 1636 or [bureau@dalkeithcab.org.uk](mailto:bureau@dalkeithcab.org.uk)

**Benefits** - [www.understandinguniversalcredit.gov.uk/coronavirus/](http://www.understandinguniversalcredit.gov.uk/coronavirus/)



## Ordering

Medicines are prescribed for normal repeat cycle so no need to order early or more than you need.

## Pick up/Delivery

Anyone picking up someone else's prescription may be asked to show ID. Contact pharmacies for delivery. If they cannot help see 'community help'.



## Community help

#KindnessMidlothian and Community Council's web/facebook pages

Community Lifelong Learning – [cl@midlothian.gov.uk](mailto:cl@midlothian.gov.uk) (queries about local help)

## Telephone befriending & welfare calls

**Volunteer Midlothian** (No self-referrals) - 0131 660 1216 [info@volunteermidlothian.org.uk](mailto:info@volunteermidlothian.org.uk)

**Red Cross** - 0131 654 0340

**Midlothian Active Choices** 0131 561 6507 [www.facebook.com/groups/MidlothianActiveChoices](https://www.facebook.com/groups/MidlothianActiveChoices)

**Ageing Well** 0131 561 6506 (+ online daily exercises)

## If you want to Volunteer

**ReadyScotland** [www.readyscotland.org/coronavirus](http://www.readyscotland.org/coronavirus)

**Volunteer Midlothian** - 0131 660 1216 [www.volunteermidlothian.org.uk](http://www.volunteermidlothian.org.uk)



For help with pets see 'community help'.



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## Food not related to poverty:

- Check #KindnessMidlothian, Community Council web/facebook or [CLL@midlothian.gov.uk](mailto:CLL@midlothian.gov.uk) or local businesses that deliver.
- Red Cross - emergency food shopping - 0131 654 0340

## Food related to poverty:

### Families with children 0-18

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

### All ages

- Bonnyrigg + Sherwood Community Trust - 0131 663 2555 or [bonnyriggtrust@gmail.com](mailto:bonnyriggtrust@gmail.com)  
[www.facebook.com/BonnyriggTrust](http://www.facebook.com/BonnyriggTrust)
- Gorebridge Joint Project - Food - 07858 285299 /01875 816320.  
Other items - 07747 792382/07535 991332
- Gorebridge (Trussel Trust) - 07789 173 276 or 07597 359 910  
Gorebridge Church, Hunterfield Road  
\*REFERRAL ONLY (e.g. Social work/3<sup>rd</sup> Sector)
- Penicuik + Woodburn (Food Fact Friends) – 07507 697109 or [foodfactsfriends@gmail.com](mailto:foodfactsfriends@gmail.com)  
MARC building - Woodburn Road, Dalkeith Monday 3.30 -5.00pm.  
St Mungo's Church Hall, Penicuik Monday + Friday 10.30 - 1.00pm.  
\*REFERRAL ONLY (e.g. Social work/3<sup>rd</sup> Sector)
- Poltonhall +Hopefield (Groceries to Go) - 07786 667399 or [trish@bonnyriggrose.org.uk](mailto:trish@bonnyriggrose.org.uk)
- Penicuik Ambassadors (food and other items) - 07990 117700  
Part of Sweet Dignity. Can be contacted for drop offs.
- Rosewell Cares Food Bank [www.facebook.com/rosewellcoronavirus](http://www.facebook.com/rosewellcoronavirus)  
Rosewell Parish Church Hall - Monday + Thursday 5.30-7.30pm. Facebook for drop offs.

**LD** Easy Read information for people with a learning disability - [www.sclld.org.uk](http://www.sclld.org.uk)

**D** Alzheimer Scotland 24/7 helpline - 0808 808 3000 guidance - <https://www.alzscot.org/sites/default/files/2020-03/Coronavirus%20toptips.pdf>

**carers** Kinship Care - Myra Orr, 07540 30059 or [kinshipcarersadvocacy@gmail.com](mailto:kinshipcarersadvocacy@gmail.com)  
Kinship Care Alliance 07490720123, Big Hearts 0131 603 4927  
Carers - <https://www.midlothian.gov.uk/adultcarers>

**MH** Health In Mind - Crisis Support - 0131 663 5533 Mon - Fri 4pm -10pm, Sat + Sun 10am -4pm  
Wellbeing service – tel. appointments via GP (promote wellbeing, self-management, resilience)  
Child/Youth Mental Health <https://services.nhslothian.scot/camhs/Resources/Pages/ResourcePacks.aspx>



**Service closures:** Check individual websites, Facebook or call organisations.  
Find up to date information on Council services at [www.midlothian.gov.uk/coronavirus](http://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)



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