15th May 2020 – NEWS AND EVENTS IN NW EDINBURGH

LATEST COVID UPDATES ON CITY OF EDINBURGH COUNCIL WEBSITE

Please check here to view regular updates from City of Edinburgh Council.

Latest updates include:

Latest updates

- Financial support available for people of Edinburgh
- Handy guide keeps you updated on service changes
- <u>Action plan drawn up for safer walking and cycling</u>
- Getting help if you or someone else is at risk from harm
- Support for shielded and vulnerable people

FOOD FOR THOUGHT FORUM – FOOD MAP UPDATE

The new <u>Covid-19 Food Support</u> <u>section of the map</u> shows all the group/organisation/school venues, currently involved in the coordination and distribution of food across the area during the Covid-19 situation.

COVID-19 Foodshare Group Support and Help available in North Edinburgh

Muirhouse | Salvesen | Pilton Granton | Drylaw | Telford



NORTH EDINBURGH ARTS UPDATE

With each week passing we are more inspired by the work and commitment shown by some many in so many different ways; locally, city-wide and nationally, volunteering, connecting online, sharing skills, donating funds and emergency supplies.

We're grateful for all the lovely comments we have been receiving about the support we're offering in partnership with Link Up Muirhouse and as part of the North Edinburgh Covid-19 Foodshare Group. We have full hearts knowing that our contribution is making a difference and supporting our community. This work is possible due to numerous funders, organisations and individual supporters. Our sincere thanks go to all of them, for their commitment and trust.

For more information about what support and help is available in North Edinburgh, please

read <u>North Edinburgh Covid-19 Foodshare information</u> or call a local community support helpline 0131 356 0220 10am – 4pm Mon – Fri

Read more about springing into creativitiy with North Edinburgh Arts here: <u>https://northedinburgharts.co.uk/online-activities/</u>

SPARTANS

Spartans have produced a short film to inform others about our food consortium based work this past 8 weeks. Watch it and find out more about Spartans here:



https://www.spartanscfa.com/latest-news/covid-19-community-collaboration-at-spartans-communityfootball-academy

SUPPORT FOR FAMILIES IN NORTH WEST EDINBURGH

Free or Low-Cost Activities and Support available during COVID-19

Download family support information sheets (PDFs) for free or low-cost activities and support available during Covid-19

Find information for parents who are also unpaid carers.

CIRCLE HAVEN PROJECT

Circle - Haven Project, Update 05 May 2020

Haven Project staff are continuing to support children under the age of 12 years and their families in North Edinburgh throughout the COVID-19 situation. Although we are having to adapt the way in which we offer our service, we are striving to continue to provide high quality support to everyone by being as creative as possible.

In general the team are offering a daily check in and a listening ear. We can support families around routines, behaviours, triggers and problem solving. Signposting and supporting parents with online and local supports to address stresses created by isolation, social distancing, financial worries, relationship concerns and food or fuel poverty.

The team can offer support to families with children under 1 year such as Baby Massage and Weaning advice.

We also offer support to fathers and their children through a dedicated Father Support Worker.

 Circle – Haven Project have limited capacity but are still accepting referrals. The team manager can be contacted using the details below:
 Alex Collop 07703 714764 <u>alex.collop@circle.scot</u>
 Alex Collop, Project Manager
 Circle – Haven

EDINBURGH HEALTH & SOCIAL CARE PARTNERSHIP – THRIVE BULLETIN



This week we've been doing a lot of thinking about what happens next:

- what have we all learnt to date
- what have we reconnected with and discovered
- what new ways of working or being do we want to continue with
- what do we not want to return to. <u>Read weekly Thrive briefing 5</u>

Thrive is delighted to be supporting National Mental Health Awareness Week whose timely theme this year is Kindness. Kindness could transform our schools, places of work, communities and families. Let's shape a society that tips the balance in favour of good mental health, for all of us, but especially for those who are most vulnerable. During week commencing 18 May, The Mental Health Foundation would like you to carry out or reflect on an act of kindness. Take a photo or video (with permission!) and use the hashtags:



#KindnessMatters ;#MentalHealthAwarenessWeek https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved

SACRO = THE ADITI PROJECT



The 'Aditi' service, offers well-being and mental health support services to BAME women affected by domestic abuse, HBV and harmful traditional practices.

More info here: https://www.sacro.org.uk/aditi

A well-being support service for Black, Asian and Minority Ethnic (BAME) Women



Next Step Free employment support and advice during the Covid-19 outbreak

- Have you lost your job?
- Are you looking for work?
- Need employment advice?
- Want to prepare to return to work once lockdown ends?

Our Next Step advisers can help.

Phone 0300 365 0025

Email admin@communityrenewal.org.uk Facebook @nextstepedinburgh

www.nextstepedinburgh.org











community

renewal







Edinburgh Depression & Anxiety Support Group At North West Edinburgh



We are now online!

A peer support group for adults living with depression, anxiety and low mood

How does it work?

Meetings take place on an online platform (ZOOM). To join an online session or if you have questions, please email **edinburghselfhelp@health-in-mind.org.uk** before 3pm on the day you would like to attend. Each session will be 50 minutes for up to 8 participants + a facilitator.

If you do not have Internet access and would like to phone in to the group please call us on 0131 225 8508 and leave a message. A staff member will call you back to arrange for you to join a session on the day of the group meeting.

Times and dates

Alternate Mondays 4 - 4:50pm & 5 - 5:50pm 27 April; 11 & 25 May; 8 & 22 June

www.health-in-mind.org.uk



Health in Mind is a charity registered in Scotland, number SC004128, and a company limited by guarantee, registered in Scotland, number SC124090. The registered office is at 40 Shandwick Place, Edinburgh, EH2 4RT

Anxiety Management Drop-in

At North West Edinburgh

We are now online!

Do you experience mild anxiety? Are you keen to learn tools that can help?

We are meeting on an online platform (ZOOM) every other Tuesday at 11am - 12pm.

Current dates: 21 April, 5 & 19 May, 2, 16 & 30 June.

For more information, to get support with setting up a ZOOM account or to register, email Anna at anna.chmiel@health-inmind.org.uk. If you do not have Internet access and would like to phone in to the group, please call 0131 225 8508 and leave a message. Anna will call you back to arrange for you to join.

www.health-in-mind.org.uk

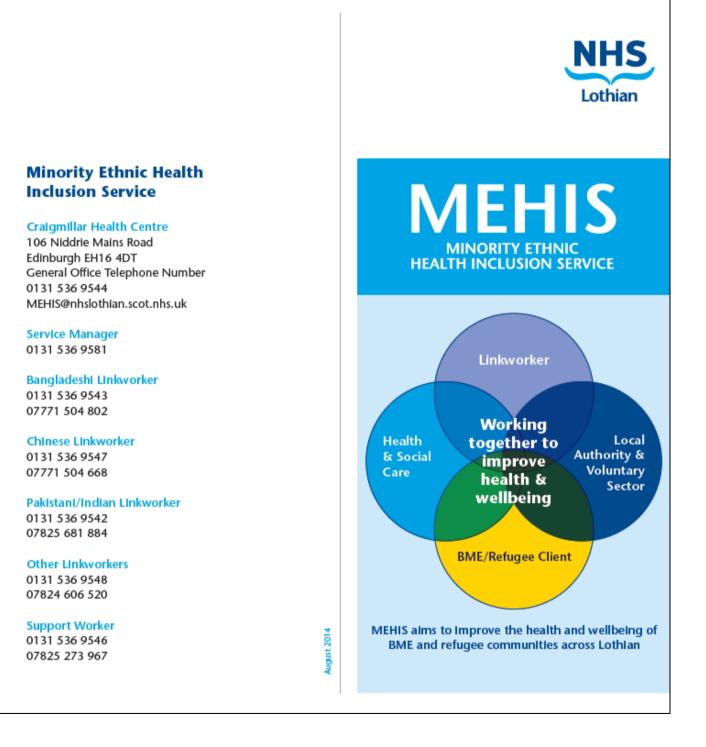


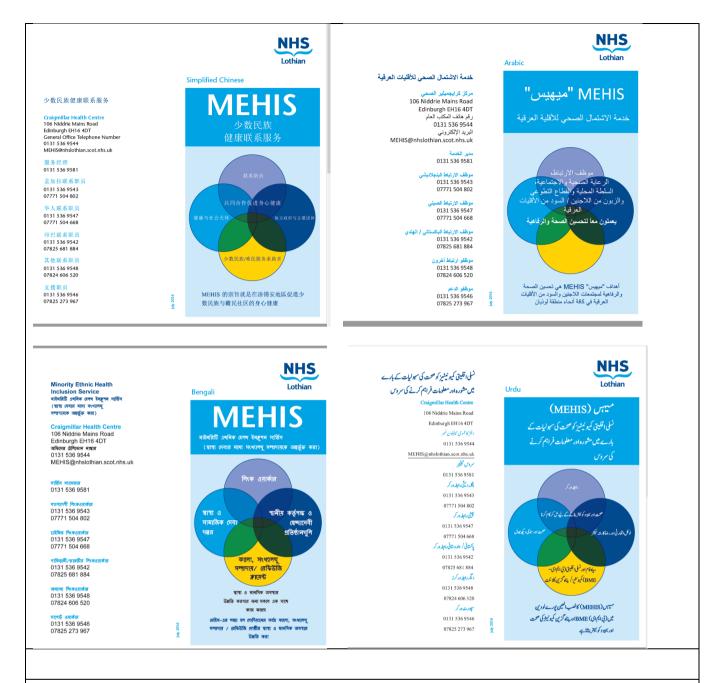
Health in Mind is a charity registered in Scotland SC004128 and a company limited by guarantee, registered in Scotland SC124090. The registered office is 40 Shandwick Place, Edinbugh EH2 4RT

MEHIS

MEHIS (Minority Ethnic Health Inclusion Service) work across Lothian with minority ethnic, refugee and asylum seekers and accept referrals from individuals themselves, carers, NHS and other agencies as long as the person has agreed to be referred to us.

During the COVID 19 lockdown, we are trying to maintain a presence in the office on most days but staff are also working from home.





SHOP LOCAL



With physically distant shopping and home deliveries on the rise, hundreds of Capital-based businesses in Edinburgh are reinventing the way they trade during lockdown.Local gyms are offering virtual keep-fit classes, independent bars and restaurants are delivering to our doors, and small businesses and social enterprises are ramping up their abilities to work remotely.

With more options becoming available for safe shopping - and helpful directories like <u>Localburgh</u>, the <u>Edinburgh Lockdown</u> <u>Economy, Locally</u> and <u>Edinburgh Social Enterprise</u> providing up to the minute information on those who are open for business - we're calling on residents to support local high streets where they can.

VOCAL

• **VOCAL Carers Hub** continue to support unpaid carers across Edinburgh in many ways. You don't have to be a relative, or to live with the person, to be a carer. If you help someone

manage a condition or disability, for instance by giving emotional or practical support then you are an unpaid carer. Our current range of support includes:

- **One to one support** we offer short to medium term confidential one to one advice and support using telephone or video chat sessions.
- **Counselling** we can offer weekly counselling sessions, also by telephone or video chat for carers who are looking for support with the emotional impact of the caring role.
- Short breaks we can help you apply for funding so you can purchase items that could help you have a break from caring. This can include laptops or tablets, a garden shed, play equipment or online courses.
- Anticipatory care or wills 'surgeries' a 30 minute consultation with a professional to get advice on how to set up an anticipatory care plan or make a will
- **Peer support and training** we have just finalised our new online carer training programme which includes:
 - > Tuesday 19 May 2pm-3pm, Improving confidence to access online resources
 - Wednesday 27 May 2pm-3pm, Understanding the impact of Coronavirus on your life
 - Monday 1 June, 10am-11am, Money Matters during Coronavirus
 - Wednesday 10 June 10am-11am, Support and services available in Edinburgh during Coronavirus
 - Friday 19 June 10am-11am, Managing relationships during social isolation
 - Wednesday 24 June 2pm-3pm, Shaping your own support during Coronavirus
- Family Support Addictions continue to offer one-to-one support to friends and family members affected by someone else's drug or alcohol problem. We offer ongoing advice and support using telephone and video chat session. In addition we facilitate a SMART Friends and Family group now using zoom – interested carers should contact Phone: 0131 622 6666 Email: <u>fsa@vocal.org.uk</u>

https://www.vocal.org.uk/

Vocal Services, via Bill McLaren <bmclaren@vocal.org.uk>

VOLUNTEER EDINBURGH

Just some of the current local volunteering opportunities available on our website



Garden Assistant

North Edinburgh Arts Centre | EH6 5EQ

To assist in the maintenance of the garden at North Edinburgh Arts and keep the garden tidy and looking good as the season progresses

Food Warehouse Assistant (COVID-19)

North Edinburgh Arts Centre | EH4 4TZ

To assist in the preparation of food packages for distribution in North Edinburgh Arts and prepare resources as required. Information on what is needed will be coordinated with the team at North Edinburgh Arts Daily tasks will be given at each session.

https://www.volunteeredinburgh.org.uk/



Hello from Team FetLor and welcome to our Spring newsletter!

The club has evolved significantly over its 96-year history, adapting to changing social needs and economic conditions and we are now adapting faster than ever. We could not do this without you. Huge thanks go out to all our dedicated supporters. Teamwork makes dreamwork!

The team are all working safely from home and continuing to support our young people with a digital youth work programme, made possible by the National Emergencies Trust and Foundation Scotland.

Here are some highlights...



NATIONAL EMERGENCIES TRUST

Youth work activities

- Quiz wizard Paddy was an incredible host for our first quiz on Facebook
 Live! Quizzes are weekly on Thursdays, follow our page and join in the fun!
- Virtual Zoom youth clubs just got even better as we trial delivering activity





NET



We are working closely with local partners, sharing resources and coordinating a #stayinyerhoosechallenge to support everyone to keep safe.

Daily learning and physical challenges are keeping us all active...Netflix parties run by the Young Volunteer Team provide entertainment...Arts and crafts videos and competitions keep us creating... and coding and gaming club is going from strength to strength with new Minecraft, FIFA and Fortnite sessions!



what's Happening at Fetlor?

Our partners Scran Academy are using our amazing Wooden Spoon kitchen space as a food production and distribution hub. The Scran Meals Coalition deliver hot, free and safe meals across many of Edinburgh's most vulnerable communities. Since restrictions began, they've delivered over 25,268 meals

Young consultant column

Our newest member of staff, Young Consultant Dylan, did an amazing job working with the young volunteer team on a peer survey so we could find out what digital options our young people wanted to see on offer and help us design online youth work.

Young People are Amazingl

O.



1.1.832 MEALS TODAY! That's 15,391 so far of all freshly made, healthy & and counting!

Fet Lor Youth Club is e feeling motivated. Published by Amy Henderson 1?1 - Yesterday at 12:18 - ♀ On Thursday 2nd April we launched a drawing competition to win a £20 voucher following Mitch's Comic Character video. We had 2 entries from Dale & Kleran Dickson, instead of splitting the voucher, the Boys wanted to donate this to Scran Academy to help with the delivery of food parcels. What a thoughtful and selfless gesture ♥ Well Done Boys, We will get through this <u>?</u>! Leanne Dickson

#YoungPeopleLeadingTheWay #StayInYerHoose #YouthWorkStillWorks

we would love to hear from you!

www.fetlor.org.uk EMAIL: hello@fetlor.org.uk

FetLor Youth Club is a charity registered at 122 Crewe Road South, Edinburgh, EH4 2NY. Charity number: SC013866

NHS LOTHIAN HEALTH PROMOTION APRIL 2020

TIPS FOR EATING WELL AT HOME

Fruit and Vegetables

Increasing your intake of fresh, frozen or tinned fruit and vegatables helps us to maintain a balance diet and a healthy immune system. <u>Click Here</u>

Stay Hydrated

NHS

Lothian



6-8 glasses of fluid a day (1.2L) helps us stay well. Water, low fat milk and sugar-free drinks are good choices. <u>Click Here</u>

Following a Structure

Try to plan your meals and snacks with support from the Eatwell Guide. This helps us to have a balanced diet and stay healthy. <u>Click here.</u>

Drinking Responsibly



Having four drink free days and drinking no more than 14 units of alcohol in a week. This reduces the impact on our health. <u>Click Here.</u> NHS LOTHIAN HEALTH PROMOTION SERVICE APRIL 2020

LINKS TO HELP YOU ACCESS FOOD

During this challenging time, some of us may need some help access food. Below are links to Local authority websites that v help you or someone you know access support.

City of Edinburgh

Council List of Support if Needing Help to Access Food

Council Support for Shielding Population

List of Community Food Resources

Midlothian

Council List of Support if Needing Help to Access Food

Council Support for Shielding Population

East Lothian

NI

Lot

Council List of Support If Needing Help to Access Food

Council support for shielding population

List of Community Food Resources

West Lothian

Council List of Support if Needing Help to Access Food

Council Support for Shielding Population

List of Community Food Resources

National Supports

-<u>Support for Shielding Population</u> -<u>Best Start Food Payments</u> -<u>Income/Welfare Support and Advice</u> -Tips on Recipes:<u>Families</u> / <u>Adu</u>

This List is not exhaustive, will be monitored and updated if links change: Version One 23/04/20

FUNDING

FUNDING NEWS FROM EDINBURGH 4 COMMUNITIES

Registering for the funding news service ensures you are kept up to date with the latest funding news. The following news articles have been published in the last week. To view the full details of any news article, simply click on its title.

 06/05/2020:
 Ecclesiastical Movement for Good Awards Open for 2020

 06/05/2020:
 Scotland's Perinatal and Infant Mental Health Third Sector Fund Opens for Applications

 06/05/2020:
 Swimathon Foundation's COVID-19 Relief Fund to Support Aquatics Community

 04/05/2020:
 Barclays' 100x100 UK COVID-19 Community Relief Programme Opens for Applications

 04/05/2020:
 Nuffield Foundation Launches New Strategic Fund Application Round

FUNDING NEWS FROM GLASGOW EQUALITIES FORUM

https://us2.campaign-archive.com/?u=239c05d4a3f8291346f83f0db&id=a5a6245ae8

OTHER FUNDING NEWS

Postcode Community Trust – Community Grants

Short-term, designated funding is available for new projects, or significant expansions of existing projects, in Great Britain that focus on the 2020 themes to improve community health and wellbeing, increase participation in arts and physical recreation, or reduce isolation.

Maximum value:	£20,000
Application deadline:	None specified

Background and Objectives of Fund

Funding is provided by the People's Postcode Community Trust which was established in 2014. With funding from the players of the People's Postcode Lottery, the Trust is able to offer short-term, designated funding for projects that address the following themes in 2019:

- Improving community health and wellbeing.
- Increasing participation in arts and physical recreation
- Reducing isolation.

Who Can Apply and Further Information

Grassroots organisations, local charities and non-profit community businesses that are seeking to effect positive change within their local area in England, Scotland and Wales are eligible to apply. The following organsiations are eligible to apply for between £500 and £2,000:

- Companies limited by guarantee with a non-profit purpose.
- Constituted voluntary organisation with no charity number.
- Community Interest Company with no charity number.
- Constituted sports group with no charity number.
- Organisations with tax exempt status but no registered charity number.

The following organisations are eligible to apply for between £500 and £20,000:

• Organisation with registered Charity number or SCIO/CIO number.

The Trust will consider applications from branches of national charities if the branch has its own charity registration number. However, this does not extend to local Wildlife Trusts. All applicants must be able to provide proof they are a constituted organisation and have an organisation bank account. All registered charities, with an income above £25,000, should have a financial reserves strategy in place. Applicants wishing to discuss their project proposals should contact People's Postcode Trust's management team (email: info@postcodecommunitytrust.org.uk or tel no: 0131 555 7287).

How to Apply

The programme has two funding rounds and an online two-stage application process involving an expression of interest form. Those who are successful at the initial stage will be invited to complete a full application.

The application form will appear online during the stage 1 dates. The 2020 dates for application are:

Round 1 Stage 1: 21 January - 4 February Round 1 Stage 2: 10 March - 24 March Round 2 Stage 1: 4 - 18 August Round 2 Stage 2: 15 - 29 September

Applicants are urged to read the guidance notes published on the <u>Trust's website</u> before starting the online application form.

The Galton and Simpson Bursary for Comedy Writing

A bursary aimed at helping a new comedy writer or writing partnership to develop a script for broadcast consideration.

Maximum value:	£5,500
Application deadline:	05/06/2020

Background and Objectives of Fund

The Galton and Simpson Bursary for Comedy Writing is a new bursary being offered by the BBC in collaboration with the Mental Health Foundation. The bursary is aimed at helping new comedy writers build their career. The bursary is named after Ray Galton and Alan Simpson, one of the most enduring partnerships in comedy history and creators of classics such as Hancock and Steptoe and Son. The bursary is aimed at helping new comedy writers or writing partnerships to develop a script for broadcast consideration along with guidance from established industry professionals and the BBC comedy commissioning team.

Who Can Apply and Further Information

To be eligible to apply individual writers or writing duos should be either resident in the UK or be an EU or UK national resident in an EU member state. Further details on this fund and its restrictions (terms and conditions) can be found on the <u>Galton and Simpson website</u>.

How To Apply

Applicants must submit the following by email to <u>Galton&Simpson.Bursary@bbc.co.uk</u>:

- A sample comedy/sitcom script of 30 pages/30 minutes maximum duration.
- A series development plan.
- A short biography/statement.

Marilyn Stafford FotoReportage Award

An award made to a professional woman photographer towards completing a documentary photo essay which addresses an important social, environmental, economic or cultural issue anywhere in the world.

Maximum value:	£2,000
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Application deadline:	22/05/2020	
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Background and Objectives of Fund

The Marilyn Stafford FotoReportage Award is facilitated by FotoDocument and supported by Nikon. The aim of the scheme is to support a professional woman photographer complete a documentary photo essay which addresses an important social, environmental, economic or cultural issue, whether local or global.

Who Can Apply and Further Information

Women from any stage of their careers are welcome to apply, whether emerging, mid-career or established. Entrants must already have started the photo essay for which they are seeking funding and be able to show work in progress. In addition, applicants must have already completed at least one other documentary photo essay to demonstrate track record prior to applying for funding. Entrants must be over 18 and may be any nationality and based anywhere in the world.

How to Apply

The application form and guidance notes are available from the website.

MU Coronavirus Hardship Fund

Responding to the widespread cancellation of work that has hit the music profession as a result of the coronavirus (COVID-19) pandemic, this fund will support members with genuine and pressing hardship.

Maximum value:	£200
Application deadline:	None specified

Background and Objectives of Fund

This programme is provided by the Musician Union (MU). In response to the widespread cancellation of work that has hit the music profession as a result of the coronavirus (COVID-19) pandemic, the Musicians Union has set up a £1 million hardship fund that members with genuine and pressing hardship can apply to. This is intended to be immediate, urgent relief for musicians facing financial hardship right now.

Who Can Apply and Further Information

The Fund is open to any current MU members who are:

- Currently paying the full MU membership subscription rate, or joint MU / NEU membership subscription rate (either in full or by Direct Debit).
- UK resident.
- Suffering genuine hardship from loss of work due to the coronavirus pandemic.
- Have not already successfully received a payment from the MU Coronavirus Hardship Fund.

How To Apply

Applications are open now, via an online form from the <u>Musicians Union website</u>. Those seeking assistance filling out the application form should email <u>equalities@themu.org</u>.

AIM Crisis Fund for Independent Music Contractors

Funding for contractors and freelance workers in the UK's independent music industry whose source of income has been cut due to lost work in April and May as a result of the COVID-19 pandemic.

Maximum value:	£1,000
Application deadline:	None specified

Background and Objectives of Fund

This programme is provided by the Association of Independent Music (AIM). AIM is the voice of the independent recorded music sector in the UK. It is a not-for-profit trade body exclusively representing the UK's independent music sector, which makes up a quarter of the recorded music market. The AIM Crisis Fund for Independent Music Contractors is a support fund aimed at contractors and freelance workers in the independent music industry whose source of income has been severed without warning due to lost work in April and May as a result of the coronavirus (COVID-19) pandemic.

Who Can Apply and Further Information

The fund is open to any contractor due to work with new and developing artists currently signed to AIM member labels who have lost committed income because of cancelled projects with those artists and who does not qualify for other music industry hardship funds on offer. This part of the music industry ecosystem includes tour crews, studio producers, mixing engineers, radio pluggers, graphic designers, stylists, photographers, publicists, managers and AIM Rightsholder Members themselves who are suffering serious hardship as a result of cancelled artist projects. AIM member labels will invite signed artists and their managers to nominate candidates to be pre-approved on this basis.

Qualifying workers must:

- Be a self-employed contractor or the sole employee of their own loan-out company.
- Not be currently benefiting from any other music industry COVID-19 support scheme.
- Have been nominated by their employing artist's AIM member label (including self-releasing artists and manager-led-labels), with the label submitting confirmatory back-up information.

Priority will be given to UK and Ireland nationals and residents.

How to Apply

There is no set deadline. Grants will be distributed on a first-come-first-served basis. Further information on this fund and how to apply can be found via the <u>AIM website</u>. Questions about the fund and the application process should be directed to <u>aimfund@aim.org.uk</u>.

Please email me at <u>elaine.lennon@edinburgh.gov.uk</u> if you have any community news to share. Preferred format is a jpeg or word document if possible. We will only use any data to provide you with updates associated with the North West Locality and your data will not be shared. This is in line with the City of Edinburgh Council's Privacy Notice. You can opt out at any time by using this link to unsubscribe. If you unsubscribe, we will not retain any contact details you have provided.