

HELP WITH ADDICTIONS

Talk to someone...

Drinkline Scotland 0800 7314 314

Alcoholics Anonymous 0800 917 7650

Frank (drugs helpline) 0800 77 66 00 (24 hr)

Gamblers Anonymous Scotland 0370 0508 881 (24hr)

Get information, advice or support...

Crew 2000 0131 220 3404 Mon-Fri 10am-5pm, for support or information. Drop in at 32 Cockburn Street Mon-Wed 1-5pm, Thurs 3-7pm, Fri & Sat 1-5pm. Information about drugs and how to stay safe. Crew neither condemns nor condones drug use.

For medical help, advice and prescriptions...

Harm Reduction Team 22-24 Spittal Street 0131 537 8300
Low-threshold medication programme for injecting drug users, women's services for those involved in the sex industry, needle exchange, wound care clinic, harm reduction training, dental care for people using drugs.

Recovery Hubs offering a wide range of alcohol & drug services & support.

- **North East** 0131 554 7516
- **North West** 0131 469 5044
- **City Centre** 0131 557 5273
- **South East** 0131 661 5294
- **South West** 0131 453 9406

Get help through a residential programme...

Bethany Christian Centre 0131 454 3125

Teen Challenge 01664 822 221

LEAP 0131 446 4400

Or ask a GP to refer you for help (see the Medical Help section to find a GP)

The **Addiction Recovery Companion** is a useful app for finding services to help with recovery (search ARC-Edinburgh in the app store or go to www.arcapp.co.uk).

Big Issue

31 Queensferry Street 0131 225 6714
Help to start earning money from selling magazines. Open Mon-Fri 8am-4pm. First five magazines are free to sell.

FOOD (free unless specified)

Day/Time	Name	Details	Phone
Daily, except Wed & Thurs, 4pm	Missionaries of Charity	18 Hopetoun Crescent	556 5444
Mon-Fri, 9-11.30am, 5.30-6.45pm	St Catherine's Convent	4 Lauriston Gardens Breakfast brunch and an evening meal	229 2659
Mon-Fri, 9-10am, 12-12.45pm	Salvation Army	25 Niddry Street. Breakfast £0.60, lunch £1.	523 1060
Mon-Fri, 9.15am-12pm	Union of Genius	8 Forrest Road. Soup and Coffee	
Monday 3pm-5pm	Maison Bleue at Home Restaurant	South Queensferry Street	220 0773
Monday 5-6pm	Grassmarket Community Project	86 Candlemaker Row Two-course meal, last serving at 6pm	225 3626
Wednesday, 5-6.30pm	Guru Nanak's Free Kitchen	Locations vary. Free community meals served by the Sikh community	07917 563202
Thursday, 5.30pm-6pm	South Leith Parish Church	Food parcels, mainly tins	
Thursday, 5.30pm-7pm	Mustard Seed at St Margaret's Church	170 Easter Road. Meal and companionship	
First and third Wednesday of the month in Leith and third Wednesday at Gorgie, 7.30pm-9pm	Rise at Destiny Church	12 Casselbank Street, Leith and 52 Gorgie Road Three course meal	555 2707
Friday, 12-2pm	Free Light Lunch	Leith Free Church, Casselbank Street; Lunch	
Saturday 8.20am-2pm	Old St Paul's Church	Jeffrey Street. Porridge/sandwiches/soup	
Saturday from 5.30pm	Soul Food at Ps & Gs	46 York Place. Meal and companionship	556 1335
Sunday 8-9.30am	Carrubbers Christian Centre	65 High Street Breakfast—men's clothes and blankets provided	556 2626
Sunday 9.30-10.30am	South Leith Parish Church	6 Henderson Street; Breakfast	554 2578
Sunday 9.30am-12.30pm	Kirk O'Field Church	140 Pleasance Sandwiches and hot drinks, then lunch from 11am	

MORE HELPLINES

Most calls to helplines are free from landlines, mobiles vary

Samaritans

Confidential, emotional support for anyone in crisis
116 123 (24 hr)

Breathing Space

0800 83 85 87
Mon-Thu 6pm-2am,
Fri 6pm-Mon 6am

Men's Advice Line

For men experiencing domestic violence
0808 801 0327

Missing People

If you are missing or have lost touch with someone who is missing you
116 000—call or text (24 hr)

National Association for People Abused in Childhood

0808 801 0331

Lone Parent Helpline

Advice and support for single parents
0808 801 0323
Mon-Fri 9.30am-4.30pm

Asylum Help

Advice and guidance for asylum seekers
0808 8000 630
Mon-Fri 8.30am-7pm

Cruse Bereavement Care

Support after the death of someone close
0808 808 1677

Citizens Advice Direct

Benefits, employment, debt and housing advice
0808 800 9060
Mon-Fri 9am-6pm

VETERANS

Armed Service Advice Project (part of Citizens Advice) 0808 800 1007

Advice, information and support for those currently or previously in the armed forces or merchant navy.

SSAFA/Forcesline/AWOL 0800 731 4880 Mon-Fri 10.00am-3.30pm

Current/past members of the forces or those absent without leave and their families can speak to someone in confidence about any worries/concerns.

PETS

All4Paws Veterinary Clinic 07546 218 261

Health checks, vaccinations, flea and worm treatments, veterinary and behaviour advice, dog leashes, coats and other supplies, spay and neuter advice (and help with costs). Clinics are held on:

- Mondays 6pm-7.30pm at Grassmarket Community Project
- 2nd and 4th Tuesdays 6.30pm-7.45pm at Turning Point Scotland, Leith
- 1st Saturday of month 12pm-3pm Edinburgh Access Practice

SOCIAL BITE

SUSPENDED COFFEE & FOOD

A member of the public pays for an extra coffee or meal when they are buying their own and then this is available for someone who needs a free coffee/meal.

Social Scrان - Takeaway

Breakfast Rolls and Tea/Coffee

131 Rose St & 89 Shandwick Pl
Mon-Fri 8am-11am & 2-3pm

Hot meals, Sandwiches and Tea/Coffee

Rose Street - 3.30pm, Mon/Thu/Fri

Shandwick Place - 3.30pm, Wed

Social Suppers - Sit In

Mixed Supper - Vesta, book at Shandwick Place, Monday, 3pm - 5pm

Mixed Supper - Rose Street
Tuesday, 4pm - 5.30pm

Women's Supper - Rose Street
Wednesday, 4pm - 5.30pm

You can also pick up items at the end of the day at 3.30pm every Mon, Wed, Thurs & Fri.

CARE VAN

A partnership between Bethany Christian Trust and Edinburgh City Mission, the Care Van operates every evening and at lunchtimes Mon, Wed, Thurs & Sat. Phone 0131 561 8930.

Lunchtimes:

- 12.30pm Market Street
- 1pm-2pm King's Stables Road, Grassmarket, the Bridges
- 2pm Leith Walk (north of McDonald Rd)

Evenings:

- 9pm Waverley Bridge
- 9.50-10.30pm King's Stables Road, the Grassmarket, the Bridges

SUPPORT FOR WOMEN

Edinburgh Women's Aid 0131 315 8110

Help for women in abusive relationships or in danger from ex-partners. Safe accommodation available for women and children.

Shakti Women's Aid 0131 475 2399

Advice for black/ethnic minority women, children and young people experiencing and/or fleeing domestic abuse.

Women's Aid Domestic Abuse Helpline 0808 2000 247 (24 hr)

National Domestic Violence Helpline 0800 027 1234 (24 hr)

Rape Crisis Scotland National Helpline 08088 01 03 02

Daily, 6pm-midnight. For anyone affected by rape.

Sacro Another Way Service

Wednesday – 9pm - 11pm at Turning Point Scotland, Links Place, Leith Links.

For women over the age of 18 who are in sex work to provide a break in a safe place, toiletries, condoms and needle exchange.

YOUNG PEOPLE

The Rock Trust 55 Albany Street (0131) 557 4059

For 16-25 year olds who are homeless or at risk of becoming homeless. Showers, laundry, advice & support available Mon-Fri 9am-12pm.

Papyrus 0800 068 41 41 or text 0778 6209 697

Mon-Fri 10am-5pm & 7pm-10pm, weekends 2pm-5pm

A helpline for anyone 35 or younger who is considering suicide.

ChildLine 0800 11 11

To talk to a counsellor about anything that is troubling you.

Missing People's Runaway Helpline

116 000—call or text (even without credit)

For under 18s who have run away or are thinking of running away.

STREET SOCCER

Free football for anyone aged over 16 with opportunities to go on work placements.

Portobello Powerleague, Spartans Academy, Leith Community Centre

Visit www.streetsoccerscotland.org/what-we-do/drop-in-sessions for more information

CONCERNED FOR OTHERS?

For concerns about vulnerable adults or children, call **Social Care Direct**

(0131) 200 2324 (adults) or 0131 200 2327 (children) during working hours.

Out of hours or on weekends call 0800 731 6969

MEDICAL HELP

In an emergency dial 999

NHS 24 For out of hours urgent treatment or advice call 111 (free)

Edinburgh Access Practice 17 Leith St/Spittal St (0131) 240 2810

GP surgery for anyone who is homeless. Mon, Tue, Thu & Fri 9am-5pm, Wed 10am-5pm (except 4th Wed of the month: 1.45-5pm) Closed for lunch 12.45-1.45pm. Drop in or call if you are homeless and need to see a GP/nurse.

Streetsmart Physio Clinic Salvation Army Hostel, 1 The Pleasance

Weds 6pm-7.30pm, book an appointment at reception.

Mental Health Assessment Service (0131) 537 6000

Self-refer for an emergency psychiatric assessment.

Edinburgh Crisis Centre

Mental health helpline 0808 801 0414 (24 hrs) or text 07974 429 075

Chalmers Dental Centre, 3 Chalmers Street, Edinburgh EH3 9EW

Walk in emergency dental care. For 'same-day' care, you should attend before

3pm. **Emergency Dental Pain Relief** — 0131 536 4800

MONEY AND BENEFITS

Job Centre Plus 0800 055 6688

To make a new benefits claim. Mon-Fri 8am-6pm.

The Advice Shop 249 High Street 0131 200 2360

Mon, Wed, Thurs 8.30am-4.30pm, Tues 9.30am-4.30pm, Fri 8.30am-3.40pm. Information, advice and representation to access benefits and deal with debt.

Department for Work and Pensions 0345 611 2970

Short term benefit advances and hardship payments.

National Debt Line 0808 808 4000

Mon-Fri 9am-9pm, Sat 9.30am-1pm

Christians Against Poverty (CAP) 0800 328 0006

Free debt help and money courses. Call to make an appointment.

CHAI 0131 442 2100 and **Granton Information Centre** 0131 551 2459

Both offer welfare rights and money advice

CHURCH

Street Church "bringing church to the street"

Sundays 11am-1.30pm around St Giles Cathedral, High Street

Church is about the people, not the buildings.

Café at Life Church

Wed-Fri 10am-12 noon, West Richmond Street

A place to meet and chat.

Care Shelter



Monday 23 September 2019 – Sunday 3 May 2020

A free night shelter offering food and sleeping facilities to people who are homeless

Until 1 December 2019

Gorgie Parish Church (GDS)

190-192 Gorgie Road, Edinburgh, EH11 2NX

2 December 2019 – 3 May 2020

Diadem

539 Gorgie Road, Edinburgh, EH11 3AR

The Care Shelter will be located at Gorgie Parish Church (GDS) until 1 December. It will then be located at Diadem from 2 December until the end of the season.

Transport will be provided to the Care Shelter in the evenings from the first bus stop going out of town on the Western Approach Road at the Lothian Road end.

- 9pm (from 2 December onwards)
- 9.30pm
- 11pm (please note: no food will be available at this time)

The minibus will not go out if the shelter is already full.

There will be transport back to the city-centre in the mornings from 3 December.

Evening meals will be provided by local churches from 9.30-10.30pm.

Breakfast is available at 6.30am and people using the service must leave by 7am.

Staff members will be on duty each night.

Zero tolerance on drug use or dealing

No alcohol consumption inside/around the venue

Respect for others



A project organised by Bethany Christian Trust. For enquiries phone 0131 561 8930 (day) or 07919 557 673 (night) or email careshelter@bethanychristiantrust.com

Bethany Christian Trust is a registered charity SC003783 www.bethanychristiantrust.com

Where Can I Get Help?



HOMELESS SERVICES

The Access Point 17 & 23 Leith Street 0131 529 7438

Register as homeless here, get advice about entitlements, eligibility for temporary accommodation & benefits. Or go to one of the locality housing offices: 40 Captain's Road EH17 8QF (SE); 10 Westside Plaza EH14 2ST (SW); 8 West Pilton Gardens EH4 4DP (NW); or 101 Niddrie Mains Road EH16 4DS (NE).

Council Out of Hours Service 0800 032 5968 Call if you are homeless and need somewhere to stay and it is outwith normal office hours.

Crisis Skylight 4 Crichton's Close 0131 209 7700

Education, training and support with accommodation. Open Mon-Fri, 9am-5pm

Streetwork's Holyrood Hub 22 Holyrood Road 0131 557 6055

Laundry, showers, lockers available as well as advice and support.

24/7 freephone crisis line 0808 178 2323 (24hr)

Salvation Army Regen8+ 25 Niddry Street 0131 523 1060

A drop-in that provides food for a small charge, a clothing store, shower,

HOUSING

Hostels Accessed through the council, see The Access Point above.

Edinburgh Housing Advice Partnership (EHAP)

Mon-Fri, 9am-5pm 0131 442 2100

Advice and information for those in housing crisis.

Shelter Mon-Fri 9am-5pm 0808 800 4444

Housing advice helpline.

Your Home YourHome@ypeople.org.uk 0131 603 9815

For anyone worried about losing their home or needing help around housing.

Four Square 0131 557 7900

For anyone aged 16-25 needing crisis accommodation.

Bethany Christian Trust, 65 Bonnington Road, Edinburgh, EH6 5JQ

Bethany Christian Trust is a registered charity no. SC003783