



Surviving Christmas and New Year 2016

Midlothian Edition

Inside this leaflet you will find brief information about a range of services that can offer support over Christmas and New Year.

For more about mental health in Midlothian, see www.midspace.org.uk or call the Orchard Centre on 0131 663 1616

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This 'Surviving Christmas and New Year' is based on a leaflet produced by the FAST group in West Dumbarton and the Fife Adult Protection Committee

Introduction

It can seem that everyone around us is having a great time at Christmas and New Year, but it can be a really hard time for many of us.

There is extra stress around this time of year. For example, worrying about money, seeing family, heating the house, or going out where there is a lot of drinking.

This guide brings together a range of support and services that are here to help.

Health in Mind provides a range of services to help people live the way they want to live. Our Midlothian services include:

- Art Therapy
- Befriending
- CLEAR - peer support for people with addictions
- Guided Self Help
- Orchard Centre services - includes one to one support, over 30 groups, and crisis support on the phone
- MidSpace.co.uk - online information about keeping well in Midlothian
- SHARE - group support for men

For more information call 0131 661 6363 or email reception@orchardcentreservices.org.uk

Keeping well

Here are some ways that people keep well at Christmas. These are just a few things that people have told us help them. Different things work for different people .

I try to keep in my normal routine as much as possible.

I try to remember it's only a couple of days and things will be back to normal soon.

I go out for a walk when family life is getting too much for me.

I used to feel like I had to take part in Christmas and New Year. But now, they are just ordinary days for me and that's much easier.

I get a new book out of the library because I know that there will be nothing on TV that I want to watch.

10 tips for getting through Christmas

1. Make sure you have enough medication to cover the time when the Doctor and Chemist are closed.
2. Work out a budget and stick to it.
3. Think about little things you can do each day to keep you well, for example, a nice warm bath or wrapping up and spending time outside.
4. Plan out meals so that you have enough food in the house to cover the days when the shops are closed.
5. Plan a routine and follow it each day.
6. Try to be honest with family and friends if things are feeling overwhelming.
7. Remember it's OK to cancel plans if you don't feel up to going out.
8. Talk to your support worker, or people who support you, about how you will cope with Christmas now.
9. Try not to compare yourself and your Christmas to those you see on TV or on social media. You are not alone in finding things hard.
10. If things get too much, talk to someone

Emergency contacts

Mental health specific

Midlothian Early Intervention Crisis Response Service 0131 663 5533

(Mon - Fri 4 pm-10 pm, Sat - Sun 10 am-4pm)

Midlothian Joint Mental Health Team 0131 536 8907

Mental Health Assessment Service 0131 537 6000

Social Care Direct (9 - 5pm) 0131 271 3900
Out of hours and holidays 0800 731 6969

You're not alone. Some places who are here to listen

Samaritans Nationals Line 116 123

Breathing Space (open 6pm - 2am) 0800 83 85 87

Saneline (open 6pm - 11pm) 0300 304 7000

Silverline 0800 4 70 80 90
(For older people)

CALM helpline 0800 58 58 58
(Suicide prevention for men)

Papyrus Hopeline 0800 068 41 41
(Young people under 30)

Health and Support with Addictions

Health

Wellbeing Access Point (help to find mental health support)	0131 536 8981
Midlothian Community Hospital	0800 027 1234
NHS 24 (including dentist)	111
NHS Inform helpline	0800 22 44 88

Support with Addictions

Alcoholics Anonymous	0800 917 7650
CLEAR project (peer support for addictions)	0131 663 1616
Gambling Anonymous gascotland.org	0370 050 8881
Gateway to Recovery (one stop shop for support with addictions)	0131 660 6822
Narcotics Anonymous ukna.org	0300 999 1212
Mid and East Lothian Drugs (MELD)	0131 660 3566

Housing, Money and Advocacy

Housing

Shelter's Housing Advice Line	0808 800 4444
Midlothian Council Housing Advice	0131 271 3607
Home Energy Scotland (for advice and help heating your home)	0808 808 2282

Money

Citizens Advice Dalkeith	0131 660 1636
Citizens Advice Penicuik	01968 675259
Scottish Welfare Fund	0131 270 5600

Advocacy / Legal

CAPS	0131 237 5116
EARS	0131 478 8866
Legal Services Agency	0131 228 9993

Free and Low Cost Food

Foodbanks

You must be referred by an agency to get a Foodbank Voucher. Contact Citizens Advice, your GP, or social care direct. You can also call the foodbank to find the nearest referral agency to you.

Trussel Trust Gorebridge - Tel 07789 173276 or email janiceburns@midlothian.foodbank.org.uk

Trussel Trust Dalkeith at the MARC project - tel 07597 359910

Free / Low Cost Food

The Storehouse (Dalkeith and Newbattle) - church run project offering food for children and families. Referrals via health professionals. Contact Heather.Ritchie@midlothian.gov.uk for Dalkeith and David.Shields@midlothian.gov.uk for Newbattle

Sacred Heart & St Margaret's Church, Penicuik offers free food parcels, no referral needed. Tel 01968 673709

Keeping Safe and Emergency Services

Safety

Women's Aid Dalkeith	0131 663 9827
Women's Aid Penicuik	01968 670970
Scottish Women's Aid (24hr helpline)	0800 027 1234
Rape Crisis Scotland (6pm - 12am)	0808 801 0302
LGBT Domestic Abuse Helpline	0300 999 5428 or 0800 999 5428

Emergency contacts

Emergency Services	999
Police (non emergency)	101
Gas emergency line (if you smell gas)	0800 111 999
Scottish Gas	0800 048 0202
Scottish Power	0800 092 9290
Scottish Hydro Electric	0800 980 0415

Transport and Support for Carers

Getting Around in Winter

In extreme weather Midlothian Council can help with getting groceries, medications etc to anyone who is vulnerable and needs help can telephone. Tel 0131 271 3233.

Dial-A-Bus Midlothian	0131 447 1718
Dial-A-Ride Midlothian	0131 447 9949
Midlothian Travel Team	0131 561 5443

Carers

VOCAL

0131 663 6869

Vocal will be open between Christmas and New Year, on Thursday 29 December, offering a space for carers to come and get some time out for themselves.

Workers will be on hand to offer info and advice, and there will also be workshops, café, groups and more!

Call 0131 663 6869 for details.

What's Open on 25 December?

It can be good to go out and be with others on Christmas Day.

Many churches and community centres hold a free event such as coffee mornings or a Christmas meal on 25 December. You can also ask your local community centre or church if they are holding any events. Your local library may also have information about events on Christmas Day.

You can also see local events online at www.midspace.co.uk

A Final Word

This booklet has been created by the information Team at Health in Mind.

For more information about Health in mind and the services we provide see www.health-in-mind.org.uk or call us on 0131 225 8508