

# Emergency Help (Staff - 24 March)

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



**Scottish Welfare Fund** - 0131 270 5600 or [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** - Contact details for your supplier will be on your bill  
**Your supplier** – might help if you can't afford extra energy because of coronavirus.  
**Citizen's Advice** – grants and advice [www.citizensadvice.org.uk/scotland/consumer/energy](http://www.citizensadvice.org.uk/scotland/consumer/energy)  
**Changeworks** – grants and advice 0131 555 4010 or [www.changeworks.org.uk](http://www.changeworks.org.uk)

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



**Ordering** - Medicines will be prescribed for your normal repeat cycle so no need to order early or order more than you need.

**Pick up/Delivery** - There is no change for family or friends picking up prescriptions. Anyone picking up prescriptions for someone else may be asked to show ID. If you need medication to be delivered contact your pharmacy.



## Lists of community help available/volunteers needed

#KindnessMidlothian & Community Council's web/facebook pages

Community and Lifelong Learning team (internal only)

**Volunteer Midlothian** – advice about keeping safe while volunteering 0131 660 1216 or [www.volunteermidlothian.org.uk](http://www.volunteermidlothian.org.uk)

## Community help

**Volunteer Midlothian** - info for informal volunteers + telephone befriending. They do not accept self-referrals - 0131 660 1216 or [info@volunteermidlothian.org.uk](mailto:info@volunteermidlothian.org.uk)

**Red Cross** – telephone welfare calls and emergency food shopping - 0131 654 0340

**Midlothian Active Choices** 0131 561 6507 + **Ageing Well** 0131 561 6506 – telephone welfare calls and online daily exercise [www.facebook.com/groups/MidlothianActiveChoices](https://www.facebook.com/groups/MidlothianActiveChoices)

**Kinship Care advice and support (national)** - KCASS 0808 800 0006, **Kinship Care Alliance** – 07490720123, **Big Hearts** – 0131 603 4927 and **Nurture Scotland** – 07547525674 or 07505855341



If you need a help to look after your pet see #KindnessMidlothian, Community Council's web/facebook page. For guidance on safe volunteering see **Volunteer Midlothian** (see above)



## Food issues not related to poverty:

Check with #KindnessMidlothian or Community Council  
A number of local businesses offer home deliveries.

## Food issues related to poverty:

### Families with children 0-18

- **Baby Milk Supplies** – phone number on tin for supplies.
- **Dalkeith & Newbattle Storehouse & Foodstore@PNK**  
(NOT during school holiday e.g. Easter/summer as provision already been made for lunch packs)  
**Contact Children & Families - 0131 271 3414**

### All ages – Food Banks - REFERRAL ONLY (e.g. Social work/3<sup>rd</sup> Sector)

- **Gorebridge (Trussel Trust)** - 07789 173 276 or 07597 359 910  
Gorebridge Church, Hunterfield Road
- **Woodburn and Penicuik (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 and Friday 10.30 - 1.00pm.

### All ages – Food Banks (self referral accepted)

- **Bonnyrigg and Sherwood Community Trust** - 0131 663 2555 or [www.facebook.com/BonnyriggTrust/](http://www.facebook.com/BonnyriggTrust/)  
Bonnyrigg Community Trust Shop, High Street Bonnyrigg
- **Penicuik Ambassadors (food and other items)** - 07990 117700  
Part of Sweet Dignity. Can be contacted for drop offs.
- **Rosewell Community Trust** - [www.facebook.com/rosewellcoronavirus](http://www.facebook.com/rosewellcoronavirus)  
Rosewell Parish Church Hall - Monday and Thursday 5.30-7.30pm. Can be contacted via Facebook for drop offs.



## Service closures:

Many organisations are closing their services or moving on to non face-to-face delivery. You can check individual websites, Facebook pages or call them.

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)

