

Guide to Befriending Services in Edinburgh



Edinburgh **Health and Social Care** Partnership



May 2023

Contents

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If you or someone is in need of a Befriender, you should be aware that many services are experiencing heavy levels of inquiries as they try to support the community. Although you may wish to find a local services offering face to face meetings you should also try out national services offering helplines that you can contact if you need a listening ear.

Age UK available: 8am–7pm Daily, call: 0800 6781602

Age Scotland available: 9am-5pm Monday-Friday, call: 0800 12 44 222

Alone Ireland available: 8am–8pm Daily, call: 0818 222 024

Breathing Space (Scotland) available: 6pm–2am Monday-Thursday and 6pm Friday–6am Monday call: 0800 83 85 87

Chest Heart and Stroke Scotland available: 9.30am-4pm Monday-Friday, call: 0808 801 0899

Silverline available: 24 hours Daily, call: 0800 470 8090

Samaritans available: 24 hours Daily, call: 116 123

Shout available 24 hours Daily, Text SHOUT to 85258

Keeping the guide up to date:

Services noted within this guide provide a comprehensive, useful and accurate listings of Befriending Services within Edinburgh. Please email (with hyperlink) any additions or entry update changes for consideration.

Email: ConnectHereUpdates@nhslothian.scot.nhs.uk

Disclaimer:

The inclusion of services or projects in this guide is in no way a commercial endorsement on the part of Edinburgh Health and Social Care Partnership or NHS Lothian. We are unable to guarantee the quality of service provided by the organisation listed. If you have concerns about a service listed here, please contact the service provider in the first instance and their professional body, if one exists. Please email an experience update to us and it will be taken into consideration whilst updating the next guide. Whilst every effort has been made to ensure the accuracy and reliability of the information in this guide, neither Edinburgh Health and Social Care or NHS Lothian will accept liability for errors or omissions an any resulting harm.

Email: ConnectHereUpdates@nhslothian.scot.nhs.uk

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Red Cross - Get help with loneliness

Opening Hours: Monday–Sunday 10.00am–6.00pm

W1: <https://www.redcross.org.uk/get-help/get-help-with-loneliness>

W2: <https://www.redcross.org.uk/get-help/coronavirus>

Summary: Get help with loneliness. The British Red Cross is helping people connect with their local communities, meet new friends, and offering ways to help people cope with loneliness. One in five people in the UK say they experience feelings of loneliness, so this service is working hard to make sure that no one feels like they have nowhere to turn. If affected by loneliness or know someone who needs help, click the links above to find a local Red Cross service.

Befriending: Carers

Befriending - Carers - Eric Liddell Centre

15 Morningside Road
Edinburgh EH10 4DP

E: frontdesk@ericliddell.org

W: <https://www.ericliddell.org/befriending/>

Summary: The befriending to carers process is easy: complete a simple application form, during the initial meeting discover personal interests, life experiences and hobbies. Then a range of interesting and fun training, which clarifies roles and responsibilities, will be provided and if the decision is made to move forward, a match will be made with a suitable befriender with similar interests to enable a friendship to develop. After coordinating the first contact continued support will be provided throughout the friendship. Click on the above links for more information.

Leith Conversation Cafes

Edinburgh

E: info@feniks.org.uk

FB: <https://www.facebook.com/LeithConversationCafes>

Summary: Would you like to meet people from all over the world? Would you like to make people new to Edinburgh feel here at home? Would you like to explore interesting and engaging topics with others and learn new perspectives? Leith Conversations Cafes, are happening at:

Santosa, 21 Albert Street, off the Leith Walk, Edinburgh, EH7 5LH, on Monday evenings: 5.30pm-7.00pm

Online - Thursday @ 12:00-1:30 pm. To get a link go to our Meetup page and sign up for the event:

<https://www.meetup.com/leith-conversation-cafes/>

Befriending: Ethnic Minority

The Welcoming - Befriending Programme

1, 20 Westfield Avenue

Edinburgh EH11 2TT

W: <https://www.thewelcoming.org/activities/friendship/>

FB: <https://www.facebook.com/thewelcoming>

Tw: <https://twitter.com/WelcomingEdi>

Inst: <https://www.instagram.com/welcomingedinburgh/?hl=en>

Summary: Their Befriending programme holds the Befriending Networks Quality in Befriending Award.

They understand that friendship comes in many forms. Every activity at The Welcoming is a chance to meet new people and make friends.

The programme is free and for adults (over 18s).

The Welcoming - Conversation Cafe

Unit 1 20 Westfield Avenue
Edinburgh EH11 2TT

Opening Hours: Friday 3.00pm-5.00pm

E: info@thewelcoming.org

W: <https://www.thewelcoming.org/services/friendship/>

FB: <https://www.facebook.com/thewelcoming>

Tw: <https://twitter.com/WelcomingEdi>

Inst: <https://www.instagram.com/welcomingedinburgh/?hl=en>

Summary: The Group is an informal and friendly conversation group for newcomers to Edinburgh to practice English, make friends and discuss a range of interesting topics. Everyone is welcome.

Befriending: Ethnic Minority

The Welcoming - One-to-one Befriending

Unit 1 20 Westfield Avenue
Edinburgh EH11 2TT

E: chiara@thewelcoming.org

W: <https://www.thewelcoming.org/services/friendship/>

FB: <https://www.facebook.com/thewelcoming>

Tw: <https://twitter.com/WelcomingEdi>

Inst: <https://www.instagram.com/welcomingedinburgh/>

Summary: One-to-one befriending supports New Scots who may struggle to attend The Welcoming's wider programme of activities and classes. For more information use the contact details above.

Women's Conversation Space

1, 20 Westfield Avenue
Edinburgh EH11 2TT

Opening Hours: Thursdays 11.30am–1.00pm

E: gosia@thewelcoming.org

W: <https://www.thewelcoming.org/services/friendship/welcoming-womens-cafes/>

FB: <https://www.facebook.com/thewelcoming>

Tw: <https://twitter.com/WelcomingEdi>

Inst: <https://www.instagram.com/welcomingedinburgh/?hl=en>

Summary: A relaxed, accessible, and diverse social space for New Scots women in Edinburgh to take part in crafts and activities, make new friends, and become a meaningful part of their local communities. This group is for women only. Location details will be supplied when registration is complete, please see email address above.

Things to do: Befriending: Ethnic Minority: Muslim

Muslim Women's Association of Edinburgh

Edinburgh

E: mail@mwae.org.uk

W: <http://www.mwae.org.uk/>

Summary: The Muslim Women's Association of Edinburgh was set up at the end of 2005 by a group of Muslim women who found a lack of social activities for Women and their families in Edinburgh. This group is run entirely by volunteers, working with women and their families in Edinburgh and the Lothians to build a stronger community through education and social activities.

Milan (Senior Welfare Organisation)

Norton Park
57 Albion Road
Edinburgh EH7 5QY

E: info@milanswo.co.uk

W: <http://milanswo.co.uk/>

FB: <https://www.facebook.com/milanseniorwelfareorganisation/>

YT: <https://www.youtube.com/channel/UCeHsdmkYaMiVKIb-x7ofpYw/>

Summary: This organisation provides services for people over 50 years of age from Indian, Pakistani, Bangladeshi and Mauritian Communities living in Edinburgh and the Lothians, which meet social, cultural, recreational, language and care needs.

Befriending: Ethnic Minority: Seniors

Nari Kallyan Shangho

Darroche Annexe
Edinburgh EH3 9NH

T2: 07737 576 054 (Helpline English)

T3: 07828 171 261 (Helpline Urdu/Hindi/Punjabi)

T4: 07828 167 614 (Helpline Bengali/Sylheti)

Opening Hours: Monday-Friday 9.00am-5.00pm (Helplines)

E: NKS@NKSHEALTH.CO.UK

W: <http://www.nkshealth.co.uk/>

Summary: Empowering ethnic minority women and their families to make better and informed life choices with an established platform for women and their families to collectively address issues of concern and support living in Scottish society. Click on the links above for more information or to schedule support which is available by: phone, text messages, WhatsApp, skype-group support via social media (WhatsApp, Zoom, Facetime).

People Know How - Positive Transitions

525 Ferry Road (Edinburgh)
F11 Fisherrow Centre (East Lothian)
Edinburgh EH5 2FF / EH21 6AT

Opening Hours: Monday-Friday 9.00am–5.00pm

E: positive.transitions@peopleknowhow.org

W: <https://peopleknowhow.org/positive-transitions>

FB: <https://www.facebook.com/peopleknowhow>

Tw: <https://twitter.com/pkhinnovation?lang=en>

Inst: <https://www.instagram.com/peopleknowhow/>

YT: <https://www.youtube.com/user/PeopleKnowHow1>

Summary: Positive Transitions is a service supporting children, young people and their families in the transition from primary and secondary school across Edinburgh and East Lothian. Their interventions include family support which supports families and helps young people engage with family, schools and the community.

Befriending: Mental Health and Wellbeing

People Know How - Reconnect

525 Ferry Road
Edinburgh EH5 2FF

E: reconnect@peopleknowhow.org

W: www.peopleknowhow.org/reconnect

Summary: This service offers support to adults and families in Edinburgh and East Lothian to help them to improve wellbeing by increasing digital and social inclusion. Projects provide a supportive environment to reduce social isolation through building digital skills and maintaining connections all the while helping people to stay connected, improve financial health, increase employability, access resources and more.

Cyrenians Golden Years Befriending

57 Albion Road
Edinburgh EH7 5QY

E: GoldenYears@cyrenians.scot

W: <https://cyrenians.scot/family-people/older-peoples-services/golden-years-service/>

Summary: This innovative Befriending/Community Connecting Service with a diverse range of options to help tackle isolation and loneliness for the over 60s in Edinburgh. The service is free and is delivered by trained volunteers who offer encouragement, companionship and support to help older people engage in and enjoy social, leisure and community activities. Click on the above links for more information. This service is in heavy demand but there is currently some (limited) capacity for one to one befriending.

Befriending: Older People

Edinburgh City Mission

Two's Company Befriending Service
7 Washington Lane
Edinburgh EH11 2HA

Contact: Julie Young, Project Coordinator

E: julie@edinburghcitymission.org.uk

W: <https://edinburghcitymission.org.uk/ministry/twos-company/>

Summary: A new befriending scheme in partnership with Linking Lives UK. They want to stimulate and strengthen local churches by equipping them to engage in befriending relationships with isolated older people in their communities.

Their service is available to adults aged 65 and older living within Edinburgh. They are currently only accepting referrals in EH15 and EH7.

Edinburgh Garden Partners

First Floor, Causewayside House
160 Causewayside,
Edinburgh EH9 1PR

E: info@edinburghgardenpartners.org.uk
W: <https://www.edinburghgardenpartners.org.uk/>
FB: <https://www.facebook.com/edinburghgardenpartners/>
Tw: <https://twitter.com/egpgrapevine?lang=en>
Inst: <https://www.instagram.com/edinburghgardenpartners/>

Summary: This community organisation is active across Edinburgh with the aim of strengthening communities by creating relationships between people who want a space to grow and those who have garden space to share. People of different ages, abilities, and backgrounds are connected to build a shared gardening movement through the exchange of skills, knowledge, and life experience.

Befriending: Older People

Food Train/Eat Well Age Well

Suite 2/6A (2nd Floor)
Brook Street Studio
60 Brook Street
Glasgow G40 2AB

T: 0800 783 7770

E: hello@mealmakers.org.uk
W: <http://www.mealmakers.org.uk/>
FB: <https://www.facebook.com/MealMakersScot>
Tw: <https://twitter.com/MealMakersScot>

Summary: This local neighbourhood food-sharing project connects people who love cooking, and who are happy to share an extra portion of home cooked food with an older neighbour who would really appreciate a freshly prepared meal and a friendly chat.

Things to do: Befriending: Older People

Forever Young

Carrickvale Community Education Centre
2 Saughton Mains Street
Edinburgh EH11 3HH

Opening Hours: Monday, Tuesday, Wednesday, Friday 9.00am-2.00pm

T: 0131 443 4167 (June or Laura)

W: <https://carrickvalecommunitycentre.com/current-programme-2002/>

Summary: The Forever Young Club is for older people in the Stenhouse, Saughton Mains and Whitson areas. Our aim is to provide quality care and activities for the elderly which include bingo, dominoes, quizzes, discussions, Reminiscence, crafts and trips.

Independent Age

18 Avonmore Road
London W14 8RR

T2: 020 7605 420 (Fax)

E: charity@independentage.org

W: <https://www.independentage.org/>

FB: <https://www.facebook.com/independentage/>

Tw: <https://twitter.com/IndependentAge>

Inst: <https://www.instagram.com/independentage/>

YT: https://www.youtube.com/channel/UCAF-wNvyfuWe2PHXiF0T3Tg?sub_confirmation=1

Summary: There are a number of ways support is on offer, by calling the Helpline, or receiving a regular phone call, or visit from a volunteer.

Befriending: Older People

Passing the Baton Bethany Befriending Service

65 Bonnington Road
Edinburgh EH6 5JQ

T: 0131 454 3115 (Rhiannon Lee)

E: ptb@bethanychristiantrust.com

W: <https://bethanychristiantrust.com/service/passing-the-baton/>

FB: <https://en-gb.facebook.com/BCTPTB/>

Tw: https://twitter.com/befriending_bct?lang=en-gb

Summary: This service operating in Edinburgh aims to befriend people back into the community who may feel lonely and socially isolated and may also struggle with homelessness.

Pilmeny At Home In-Reach Service

19-21 Buchanan Street
Edinburgh EH6 8SQ

Contact: Anne Munro

E: annemunro@btconect.com

W: <http://www.pilmenydevelopmentproject.co.uk/>

FB: <https://www.facebook.com/groups/pilmenydevelopmentproject/>

Summary: This service supports older people who live in North East Edinburgh locality by addressing personalised the needs, wants and capabilities of each individual older person who is unable to get out of their home. PDP welcome referrals from health workers, family/friends and self-referrals.

Befriending: Older People

Vintage Vibes

79/89 Broomhouse Crescent
Edinburgh EH11 3RH

T: 0131 343 0955

E: hello@vintagevibes.org.uk

W: <https://vintagevibes.org.uk/>

FB: <https://www.facebook.com/vintagevibesedinburgh>

Tw: <https://twitter.com/vintagevibesed>

Inst: <https://www.instagram.com/vintagevibesed/>

Summary: This fresh new service is tackling isolation and loneliness among over 60s in Edinburgh and they are offering companionship, reliable support and the chance to be more socially connected. The services takes referrals for over 60s who would like a visit from a volunteer on a weekly basis.

For more information and to find out what services are currently available get in touch using the contacts details above.

You're never too old

Laura Ferguson Court
72 Craigmount Brae
Edinburgh EH12 8XF

Opening Hours: Monday and Tuesday 10.00am–1.30pm

E: anne.stewart@yournevertooold.org.uk

W: <https://www.yourenevertooold.org.uk/>

FB: <https://www.facebook.com/YNTO2021/>

Summary: YNTO's mission is to reduce Social Isolation within the community. Enjoy meeting new people, making new friends, carry out activities, bringing the past back to life with reminiscence and have a light lunch. Vacancies are available on both days.

Befriending: Older People: Dementia

Thursday Group

The Open Door
420 Morningside Road
Edinburgh EH10 5HY

Opening Hours: Thursday 10.30am–3.00pm

E: hello@theopendoor.org.uk

W: <https://www.theopendoor.org.uk/daycare>

FB: <https://www.facebook.com/theopendoormorningside/>

Summary: The Thursday Club (10:30am - 3pm) is for men and women over the age of 65 years and has similar activities to the Good Neighbour Club, including a hot lunch, dessert and refreshments. This group is for individuals who may require some additional assistance with the activities and who have more memory and cognitive difficulties. They provide transport to and from home if required, with a member of staff in attendance, for the members of this group.

Senior Men's Group

The Open Door
420 Morningside Road
Edinburgh EH10 5HY

Opening Hours: 1.00pm–4.00pm

E: hello@theopendoor.org.uk

W: <https://www.theopendoor.org.uk/daycare>

FB: <https://www.facebook.com/theopendoormorningside/>

Summary: Friday's Club is for men only, and is open to men who are experiencing social isolation and would like to connect with other men in the area. The group comes together for soup and sandwiches and a catch up. This is followed by either a guest speaker, a musical event or a variety of other activities such as Eurhythmy, beer and wine tasting etc.

Befriending Women: Older People

Good Neighbour Club

The Open Door
420 Morningside Road
Edinburgh EH10 5HY

Opening Hours: 10.30am-3.00pm

E: hello@theopendoor.org.uk

W: <https://www.theopendoor.org.uk/daycare>

FB: <https://www.facebook.com/theopendoormorningside/>

Summary: The Good Neighbour Club is for women over the age of 65 years. There are morning and afternoon activities such as arts and crafts, music, concerts, guest speakers, yoga, and various games such as floor darts and balloon tennis. A homemade hot lunch such as mince and tatties, stews, fish and chips is provided, with a dessert and plentiful teas, coffees and biscuits throughout the day.

Rowan Alba

1 Lochrin Square
92 - 98 Fountainbridge
Edinburgh EH3 9QA

T: 0131 229 7554

E: info@rowanalba.org

W: <https://rowanalba.org/>

FB: <https://www.facebook.com/RowanalbaLtd/>

Tw: <https://twitter.com/rowanalba>

Summary: The services in this organisation are built around people and their individual needs with a broad range of services including Community Alcohol Awareness Service (CARDS), Supported Accommodation, One to One Support and the Rowan Alba Learning Centre.

Befriending: Veterans

Blind Veterans UK

12-14 Harcourt Street
London W1H 4HD

W: <https://www.blindveterans.org.uk/>

FB: <https://www.facebook.com/pg/blindveteransuk/groups/>

Tw: <https://twitter.com/BlindVeterans>

YT: <https://www.youtube.com/user/BlindVeterans>

Summary: Help is available to support anyone who has served in the Armed Forces, or who has done National Service, and who is now living with significant sight loss. Help is on offer for blind ex-Service men and women to lead independent and fulfilling lives by supporting them with our in-depth expertise, experience and full range of services. Veterans are given much-needed support to adjust to sight loss, overcome the challenges of blindness and enjoy daily life.

Veterans First Point

Floor K, Argyle House
3 Lady Lawson Street
Edinburgh EH3 9DR

Opening Hours: Monday–Friday 9.00am–5.00pm

E: V1P.Scotland@nhslothian.scot.nhs.uk

W: <https://www.veteransfirstpoint.org.uk/>

Summary: V1P was developed by Veterans for Veterans and is staffed by an alliance of clinicians and Veterans. The service provided is free at the point of access and provided as part of the NHS. V1P works in collaboration with a large range of both statutory and third sector providers to meet the needs of veterans 'whatever they may be'.

Befriending: Veterans

Veterans Legion Scotland

New Haig House
Logie Green Road
Edinburgh EH7 4HQ

E: t.douglas@legionscotland.org.uk

W: <https://www.legionscotland.org.uk/befriending>

Summary: The Veterans Community Support Service promotes fellowship and offers advice and signposting to veterans who have a range of problems resulting from military service such as isolation, unemployment, housing issues, bereavement, and benefits. amongst others.

People Know How - Positive Transitions

525 Ferry Road (Edinburgh)
F11 Fisherrow Centre (East Lothian)
Edinburgh EH5 2FF / EH21 6AT

Opening Hours: Monday–Friday 9.00am–5.00pm

E: positive.transitions@peopleknowhow.org
W: <https://peopleknowhow.org/positive-transitions/>
FB: <https://www.facebook.com/peopleknowhow>
Tw: <https://twitter.com/pkhinnovation?lang=en>
Inst: <https://www.instagram.com/peopleknowhow/>
YT: <https://www.youtube.com/user/PeopleKnowHow1>

Summary: Positive Transitions is a service supporting children, young people and their families in the transition from primary and secondary school across Edinburgh and East Lothian. Their interventions include befriending which matches young people with a befriender, providing them with a positive role model and safe environment to chat and engage in activities based on their interests including arts, crafts, science, cooking and games.

Befriending: Youth

Space - Big Hearts Befriending

Space and Broomhouse Hub
79-89 Broomhouse Crescent
Edinburgh EH11 3RH

E: admin@spacescot.org
W: <http://www.spacescot.org/>
FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>
Tw: <https://twitter.com/SpaceBroomhouse>

Summary: This service is for young people in kinship care and new referrals are being accepted. Click on the links above for more information or to submit a referral.

Space - P.H.E.W (Peoples Health and Emotional Wellbeing)

Space & Broomhouse Hub
79-89 Broomhouse Crescent
Edinburgh EH11 3RH

E: admin@spacescot.org

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Summary: This service offers 18 to 25 year olds a safe and friendly space to make connections whilst also offering support in an one-to-one setting. Click on the links above for more information and complete a referral for services.

Befriending: Youth

Space - Youth Befriending Space

Space and Broomhouse Hub
79-89 Broomhouse Crescent
Edinburgh EH11 3RH

E: admin@spacescot.org

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Summary: Space for Youth Befriending provides children and young people aged 5 to 16 years, living in the South West of Edinburgh with a volunteer befriender once a week for 2 – 3 hours who will support and encourage them to explore new activities, find new interests and hobbies with a view to engaging in local youth provision. Youth befriending aims include building confidence increasing self-esteem, engaging positively with education, improve social skills, engage in extra-curricular activities and widen a young person's social network.

Click on the links above for more information and to complete a referral for services.

Space - Friday Youth Club

Space and Broomhouse Hub
79-89 Broomhouse Crescent
Edinburgh EH11 3RH

E: admin@spacescot.org

W: <http://www.spacescot.org/>

FB: <https://www.facebook.com/SpaceScotBroomhouseHub/>

Tw: <https://twitter.com/SpaceBroomhouse>

Summary: Open access and detached youth work provision. Every Friday 4.30pm to 6.00pm for ages 8-11 and 6:.30pm to 8.00pm for ages 12-14. The Club is very popular, entry is on a first come first served basis so don't leave it late!
