

# Connect Here Guide to Welfare Support Services in Edinburgh: Advice, Information, Food, Welfare Benefits



Edinburgh **Health and Social Care** Partnership



Published  
February 2024

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February 2024

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## Keeping the guide up to date:

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

Email: [ConnectHereUpdates@nhslothian.scot.nhs.uk](mailto: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 resulting in any harm.

Email: [ConnectHereUpdates@nhslothian.scot.nhs.uk](mailto:ConnectHereUpdates@nhslothian.scot.nhs.uk)

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## Edinburgh Police Fund for Children

T: 0131 555 9100

E: [police.fund@eltf.org.uk](mailto:police.fund@eltf.org.uk)

W: <https://www.eltf.org.uk/funds/epfc/>

**Summary:** This fund provides grants for warm jackets and footwear to school aged children that are in need of assistance. School Branded garments are not funded. Online applications are made by a third party:

- Social Worker,
- Health Visitor,
- Community/District Nurse,
- Support Worker,
- Head/Guidance Teacher,
- A voluntary organisation.

## Money, Advice and Food Services : Children's Clothing Grants

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### School Clothing Grant

E: [https://webforms.edinburgh.gov.uk/site/portal/request/contact\\_us\\_schools](https://webforms.edinburgh.gov.uk/site/portal/request/contact_us_schools)

W: [www.edinburgh.gov.uk/schoolgrants](http://www.edinburgh.gov.uk/schoolgrants)

**Summary:** Clothing grants are provided by the local authority using the same criteria as FSM. In Edinburgh families can receive £120 for primary age children and £150 for secondary pupils towards school clothing. City of Edinburgh Council pay clothing grants between July and 31st March the following year. Families who qualify will receive a payment directly into personal bank account. Click on the above link for more information or to apply for grant.

### Baby Clothing Bank

Pregnancy Counselling and Care (Scotland)  
1 Waterfront Avenue  
Edinburgh EH5 1SG

T: 0131 557 2060

E: [info@counsellingandcare.co.uk](mailto:info@counsellingandcare.co.uk)

W: <https://counsellingandcare.co.uk/babybank>

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

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

Instagram: <https://www.instagram.com/pccscotland/>

**Summary:** Baby Bank Service is up and running. Average waiting time for referrals is 5 weeks. Please note that they are experiencing an unprecedented rise in demand for the service - therefore they may not be able to meet Baby Pack requests in full. (December 2023).

**NB!!:** The Baby Bank donations and referrals forms remain closed after our office suffered serious flooding and a complete power failure. The office will remain closed until 31st January. They are urgently seeking alternative temporary premises.

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### Money, Advice and Food Services : Children's Clothing and School Uniforms

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#### Kids Love Clothes

E: [info@kidsloveclothes.co.uk](mailto:info@kidsloveclothes.co.uk)

W: [www.kidsloveclothes.co.uk](http://www.kidsloveclothes.co.uk)

W: [Making a referral](#)

**Summary:** This charity provides a selection of clothes for each referred child. The clothes are ironed, folded and packaged into gift bags ready for delivery. Gift bags are free and the child receives quality clothes which have been put together with care and attention. Click on the above links for more information or speak to the child's school for a referral.



## Edinburgh School Uniform Bank

E: [info@edinburghuniform.org](mailto:info@edinburghuniform.org)

W: [www.edinburghuniform.org](http://www.edinburghuniform.org)

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

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

**Summary:** This Uniform Bank distributes bespoke packs of free new school uniform to hundreds of Edinburgh families each year, as well as supplying nearly new uniform to schools and community groups. Click on the above link for more information or ask to be referred by the school welfare team, a personal family support worker, a health visitor, or a youth worker for a referral.

**NB: Please note that ESUB is not currently taking referrals for uniform. They have paused their service temporarily because of a major electrical fault in their building. If you need urgent help please contact them on [info@edinburghuniform.org](mailto:info@edinburghuniform.org) or visit their signposting page for alternative sources of assistance. January 2024**

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## Money, Advice and Food Services : Children's Clothing and School Uniforms

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### The Edinburgh Clothing Store

156 Lower Granton Road

Edinburgh EH5 1EY

T: 0131 552 1111

W: [www.edinburghclothingstore.org](http://www.edinburghclothingstore.org)

W: [Making a referral](#)

**Summary:** This charity offers free adult and children's clothing, shoes, bedding, etc. for people in need. Click on the above links for more information or speak to child's school for a referral.



## Grassroots Clothing Project

T: 07887 492 411

E: [grassrootsclothingedinburgh@gmail.com](mailto:grassrootsclothingedinburgh@gmail.com)

W: <https://grassrootsclothingedinburgh.co.uk/>

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

**Summary:** Are you struggling to find work? Been out of employment for a while? Confidence taken a bit of a knock? Can't afford the proper interview clothes? This is why Grassroots Clothing Edinburgh was formed to help men just like you get their life back on track and back into employment.

To refer yourself or a client, please use the following emails ONLY.

[heather.grassrootsclothing@gmail.com](mailto:heather.grassrootsclothing@gmail.com)

[graham.grassrootsclothing@gmail.com](mailto:graham.grassrootsclothing@gmail.com)

Detailing the exact sizes of interview clothes required. All our stock is maintained in numerical order, so please do not use small, medium, large etc.

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## Money, Advice and Food Services : Interview Clothing

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### Smart Works

32 Annandale Street Lane

Edinburgh EH7 4LS

T: 0300 373 0955

E: [scotland@smartworks.org.uk](mailto:scotland@smartworks.org.uk)

W: <https://smartworks.org.uk/edinburgh-smart-works/>

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

**Summary:** They are a charity that gives unemployed women the clothes, coaching and confidence to secure employment and change their lives.

**Capital Credit Union**

Credit Union House  
31 Dunedin Street  
Edinburgh EH7 4JG

T: 0131 225 9901

E: [contactus@capitalcreditunion.com](mailto:contactus@capitalcreditunion.com)

W: <https://capitalcreditunion.com>

FB: <https://www.facebook.com/capitalcreditunion.uk>

Tw: <https://twitter.com/CapitalCreditU2>

Instagram: [https://www.instagram.com/capital\\_credit\\_union/](https://www.instagram.com/capital_credit_union/)

**Summary:** Capital Credit is a member owned, community based, financial organisation. See website for details.

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**Money, Advice and Food Services : Credit Union**

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**Castle Community Bank**

49 Great Junction Street  
Edinburgh EH6 5HX

T: 0131 466 5006

Opening Hours: Tuesday-Thursday 10.00am-2.00pm. An Email or Telephone Service is available Monday-Friday between 10.00am-4.00pm.

E: [info@castlecommunitybank.co.uk](mailto:info@castlecommunitybank.co.uk)

W: <https://castlecommunitybank.co.uk/>

**Summary:** This is a credit union dedicated to bringing people an alternative home for their savings and loans. Credit unions were created to cooperatively provide affordable access to loans and other financial services to people sharing common bonds.

**Citizens Advice Edinburgh (CAE)**

Edinburgh

E: <https://www.citizensadviceedinburgh.org.uk/contact-us-email>

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

**Summary:** Citizens Advice Edinburgh (CAE) is a charity providing advice, information and practical assistance. Our services are Free, Confidential, Impartial and Independent. Advice is available in our offices, at Outreach locations, by telephone or via home visits. They specialise in Welfare Rights (Benefits), Debt, Budgeting, Employment, Housing, Energy, Immigration, Consumer Rights and Health. They are city-wide and have 5 Bureau and 13 outreach sites serving every locality. They also deliver the national Pensionwise and the Patient Advice and Support Services.

CAE can also assist with Income Maximisation, see: <http://www.moneytalkteam.org.uk>

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**Money, Advice and Food Services : Advice and Information**

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**Fresh Start - NESSie (North Edinburgh Support Services)**

22-24 Ferry Road Drive

Edinburgh EH4 4BR

T: 0131 476 7741

E: [hello@nessienorthed.co.uk](mailto:hello@nessienorthed.co.uk)

W: <https://www.freshstartweb.org.uk/what-we-do/nessie>

FB: <https://www.facebook.com/fresh.start.edinburgh/>

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

Instagram: <https://www.instagram.com/fresh.start.scotland/>

YT: <https://www.youtube.com/channel/UCRRXLC7kzEk4uvphmtoHISA>

**Summary:** The project is one of the first in Scotland to be developed from a 'Human Learning System' perspective. This is where it is different – they have no outcomes with their funders as they start with where people are at. They have no criteria – meaning they will work with all those who need our support and work in a real person-centred way. The purpose is to help people thrive, not survive, and most importantly, push for system change, as the current systems do not help, but hinder people. If you need support, and live in North Edinburgh, please contact them on the email address above.

**Advice Shop**

249 High Street  
Edinburgh EH1 1YJ

T: 0131 200 2360

Opening Hours: Check website for opening times of Helpline.

E: [advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/advice-shop>

**Summary:** This service aims to put more money in people's pockets and help reduce stress and anxiety around income and expenditure. Offers advice including a specialist Macmillan welfare rights service for people affected by cancer – patients and family members. This advice service helps with: Income maximisation, Problematic personal debt issues, Benefit entitlements, form filling, claims and disputes.

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**Money, Advice and Food Services : Debt Counselling**

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**CHAI - Community Help and Advice Initiative**

28 Westfield Avenue  
Edinburgh EH11 2QH

T: 0131 442 2100

Opening Hours: Phone Monday–Friday 9.30am–3.00pm

E: [chai@chaiedinburgh.org.uk](mailto:chai@chaiedinburgh.org.uk)

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

**Summary:** This service is available to assist anyone who is impacted by welfare benefits, job losses, reductions in hours or short time working by providing advice and information over the phone. CHAI can also assist with income maximisation, see <https://chaiedinburgh.org.uk/advice-and-support-for-families/>

A telephone appointment can be booked if you satisfy one of the following criteria: You live within: Sighthill, Winpark, Westerhailes or Brunton Place/Leith GP surgeries, the Surgery will make an appointment for you with the Welfare Benefits Advisor;

If you are a mental health patient and are under the care of a mental health professional and attending one of the following Clinics: Cambridge Street, InchKeith, Ballandin or Craigroyston;

An appointment relating to wider Chai services can be booked if you live in the South West area of Edinburgh, but this appointment cannot be booked too far in advance. Chai has a limited number of appointments available weekly for people who live out with the South West of Edinburgh.

**Christians Against Poverty (CAP)**

Jubilee Mill  
Bradford BD1 4EW

T: 0800 328 0006 - Debt Helpline

Opening Hours: Monday–Thursday 9.30am–5.00pm, Friday 9.30am–3.30pm (Helpline)

E: [info@capuk.org](mailto:info@capuk.org)

W: <https://capuk.org/get-help/cap-debt-help>

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

Instagram: [https://www.instagram.com/capuk\\_org/](https://www.instagram.com/capuk_org/)

**Summary:** This charity has been providing free professional debt help and community groups through local churches since 1996 and assisting thousands to break free from debt every year. No matter how large or small your problem is, they can help. Their free, expert debt help will advise on the best route out of debt, and offer different types of support to help you become debt free.

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**Money, Advice and Food Services : Debt Counselling**

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**Christians Against Poverty (CAP)**

Mustard Seed Edinburgh  
170 Easter Road  
Edinburgh EH7 5QE

T: 0800 328 0006

Opening Hours: Monday to Thursday 9.30am-5.00pm, Friday 9.30am-3.30pm

E: [contact@capuk.org](mailto:contact@capuk.org)

W: <https://capuk.org/about-us/our-work-across-the-uk/our-work-in-scotland>

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

Inst: [https://www.instagram.com/capuk\\_org/](https://www.instagram.com/capuk_org/)

**Summary:** CAP has been working in Scotland for over 20 years, supporting hundreds of people to become debt free. They have a network of Debt Centres across Scotland from Aberdeen to Edinburgh, Inverness to East Kilbride. To take your first step out of debt, call their friendly New Enquiries team who will arrange your first appointment with your local Debt Coach.

**Debt Advice Foundation - Helpline**

1 Anchor Court  
Commercial Road  
Darwen BB3 0DB

T: 0800 043 40 50 (Helpline)  
T: 01254 778 404 (Office Reception)  
Opening Hours: Monday–Friday 8.00am–6.00pm

E: [info@debtadvicefoundation.org](mailto:info@debtadvicefoundation.org)  
W: <https://www.debtadvicefoundation.org/>  
FB: <https://www.facebook.com/DebtAdviceFoundation/>  
YT: <https://www.youtube.com/user/debtadvicefoundation>

**Summary:** The aim of this foundation is to help every person regain control of their finances by: Reducing monthly payments to a realistic and affordable level; Stopping creditors from taking enforcement action; Protecting important assets such as your home. If there are struggles keeping up with credit card, loan or debt consolidation repayments, arrears or facing legal action from lenders as a result of being unable to repay unsecured or secured debts, Debt Helpline Advisers are waiting to help.

**Money, Advice and Food Services : Debt Counselling**

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**Granton Information Centre**

134-138 West Granton Road  
Edinburgh EH5 1PE

T: 0131 551 2459  
T: 0131 552 0458  
Opening Hours: Monday-Thursday 9.30am-12.30pm and 1.30pm-4.00pm,  
Friday 9.30am-12.30pm and 1.30pm-3.30pm

E: [info@gic.org.uk](mailto:info@gic.org.uk)  
W: <http://gic.org.uk/index.html>  
FB: <https://www.facebook.com/GrantonInfoCentre>  
Tw: <https://twitter.com/infogicorguk1>

**Summary:** The main issues dealt with at GIC are: Welfare benefits advice, Debt/money advice, General housing advice, Charitable grants/foodbanks referrals. All advice given by GIC advisers is strictly confidential and by appointment only. This service is available to those living in EH5-EH8. Click on the above links for more information or to book an appointment.

### **Mental health and money advice service**

Mental Health UK  
London SE1 7TP

E: [helpline@ehlers-danlos.org](mailto:helpline@ehlers-danlos.org)

W: <https://www.mentalhealthandmoneyadvice.org/scot/>

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

Instagram: <https://www.instagram.com/mhealthuk/>

**Summary:** Mental health and money advice service - clear, practical advice and support for people experiencing issues with mental health and money.

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### **Money, Advice and Food Services : Debt Counselling**

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#### **Money Support Scotland**

W: <https://moneysupport.scot/>

**Summary:** Scottish Government website that reviews and explains services which can help and support people facing worries and concerns over debt. The site covers: benefits, debt advice and affordable credit.



**Money Talk Team : Citizens Advice Bureau**

Broadside, 2 Powderhall Road  
Edinburgh EH7 4GB

T: 0800 028 1456

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

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

**Summary:** The Money Talk team can help you to maximise your income by providing free money and debt advice. Everyone's situation is unique but experience shows us that there are ways to improve peoples finances to help with the increased cost of living.

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**Money, Advice and Food Services : Debt Counselling**

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**Muirhouse Low Income Families Together (LIFT)**

Muirhouse Millennium Centre  
Edinburgh EH4 4RW

T: 0131 467 3578

E: [info@lift-edinburgh.com](mailto:info@lift-edinburgh.com)

W: <https://www.lift-edinburgh.com/>

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

**Summary:** This centre is committed to working in a holistic way with individuals, families and the community whilst implementing a whole-family approach using the Key Working Model. LIFT'S aims and objectives are to assist families in learning new skills to improve their lives and encourage their children to grow up feeling loved, safe and respected so that they can realise their full potential.

**National Debtline**

Tricorn House  
51 - 53 Hagley Road  
Edgbaston  
Birmingham B16 8TP

T: 0808 808 4000 (Helpline)

Opening Hours: Monday–Friday 9.00am–8.00pm, Saturday 9.30am–1.00pm

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

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

Tw: <https://twitter.com/natdebtline?form=MY01SV&OCID=MY01SV>

**Summary:** This national helpline provides free confidential and independent advice on how to deal with debt problems. Click on the above links for more information and to access web chats.

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**Money, Advice and Food Services : Debt Counselling**

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**StepChange Debt Charity**

123 Albion Street  
Leeds LS2 8ER

T: 0800 138 1111

E: <https://www.stepchange.org/send-us-an-email.aspx>

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

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

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

**Summary:** Free, impartial debt advice and practical solutions to help you take back control of your finances.

### TURN TO US - Edinburgh Trust Fund

E: [edinburgh@turn2us.org.uk](mailto:edinburgh@turn2us.org.uk)

W: <https://www.turn2us.org.uk/get-support/Turn2us-Funds/Edinburgh-Trust>

FB: <https://www.facebook.com/turn2us>

Tw: [https://twitter.com/turn2us\\_org](https://twitter.com/turn2us_org)

Inst: [https://www.instagram.com/turn2us\\_org/](https://www.instagram.com/turn2us_org/)

YT: <https://www.youtube.com/user/Turn2us>

**Summary:** Situated in Leith, just north of the city centre, The Edinburgh Trust is part of Turn2us and has over a decade of experience in giving direct financial support to people experiencing financial insecurity in Edinburgh.

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### Money, Advice and Food Services : Financial Support: Disability

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#### ECAS - Grants Fund

Norton Park

57 Albion Road

Edinburgh EH7 5QY

T: 0131 475 2344

Opening Hours: Monday–Thursday 9.00am–4.30pm, Friday 9.00am–3.30pm

E: [hello@ecas.scot](mailto:hello@ecas.scot)

W: <https://www.ecas.scot/grants/>

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

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

Instagram: <https://www.instagram.com/ecasscot/>

You Tube: [https://www.youtube.com/channel/UCFx4zy5KD0uHU\\_rUGmgSQCw/videos](https://www.youtube.com/channel/UCFx4zy5KD0uHU_rUGmgSQCw/videos)

**Summary:** Ecas supports people in Edinburgh and Lothian who have a physical disability. They have done so for over 100 years: promoting equality, choice and participation through their activities, befriending service and grants fund. They give out grants to people of any age to help meet the costs of items or services which are not accessible through welfare and other sources; helped people buy furniture and white goods; pay for a holiday; meet student fees; and more. Awards for power-packs retrofitted to manual wheelchairs now considered. Available across Edinburgh and Lothian.

**Advice Shop**

249 High Street  
Edinburgh EH1 1YJ

T: 0131 200 2360

Opening Hours: Check website for opening times of Helpline.

E: [advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/advice-shop>

**Summary:** This service aims to put more money in people's pockets and help reduce stress and anxiety around income and expenditure. Offers advice including a specialist Macmillan welfare rights service for people affected by cancer – patients and family members. This advice service helps with: Income maximisation, Problematic personal debt issues, Benefit entitlements, form filling, claims and disputes.

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**Money, Advice and Food Services : Income Maximisation**

**CHAI - Community Help and Advice Initiative**

28 Westfield Avenue  
Edinburgh EH11 2QH

T: 0131 442 2100

Opening Hours: Phone Monday–Friday 9.30am–3.00pm

E: [chai@chaiedinburgh.org.uk](mailto:chai@chaiedinburgh.org.uk)

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

**Summary:** This service is available to assist anyone who is impacted by welfare benefits, job losses, reductions in hours or short time working by providing advice and information over the phone. CHAI can also assist with income maximisation, see <https://chaiedinburgh.org.uk/advice-and-support-for-families/>

A telephone appointment can be booked if you satisfy one of the following criteria: You live within: Sighthill, Winpark, Westerhailes or Brunton Place/Leith GP surgeries, the Surgery will make an appointment for you with the Welfare Benefits Advisor;

If you are a mental health patient and are under the care of a mental health professional and attending one of the following Clinics: Cambridge Street, InchKeith, Ballandin or Craigmoynton;

An appointment relating to wider Chai services can be booked if you live in the South West area of Edinburgh, but this appointment cannot be booked too far in advance. Chai has a limited number of appointments available weekly for people who live out-with the South West of Edinburgh.

**Money Talk Team : Citizens Advice Bureau**

Broadside, 2 Powderhall Road  
Edinburgh EH7 4GB

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

**Summary:** The Money Talk team can help you to maximise your income by providing free money and debt advice. Everyone's situation is unique but experience shows us that there are ways to improve peoples finances to help with the increased cost of living.

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**Money, Advice and Food Services : Income Maximisation**

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**Granton Information Centre**

134-138 West Granton Road  
Edinburgh EH5 1PE

T: 0131 551 2459

T: 0131 552 0458

Opening Hours: Monday-Thursday 09.30am-12.30pm and 1.30pm-4.00pm,  
Friday 9.30am-12.30pm and 1.30pm-3.30pm

E: [info@gic.org.uk](mailto:info@gic.org.uk)

W: <http://gic.org.uk/index.html>

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

Tw: <https://twitter.com/infogicorguk1>

**Summary:** The main issues dealt with at GIC are: Welfare benefits advice, Debt/money advice, General housing advice, Charitable grants/foodbanks referrals. All advice given by GIC advisers is strictly confidential and by appointment only. This service is available to those living in EH5-EH8. Click on the above links for more information or to book appointment.

### Changeworks Heat Heroes

Orchard Brae House  
30 Queensferry Road  
Edinburgh EH4 2HS

T: 0131 555 4010

E: [ask@changeworks.org.uk](mailto:ask@changeworks.org.uk)

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

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

YT: <https://www.youtube.com/watch?v=AVspU3meZNM>

**Summary:** This service provides specialist advice and practical support to help people stay affordably warm in their homes by: Avoiding disconnection, access winter fuel, helping to manage fuel debt, Cold weather payments, discounts, and grants. View the video via the links above to get help with your gas and electricity concerns. Click on the above links for more information and to make a phone referral.

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### Money, Advice and Food Services : Energy Advice

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#### Energy Advice.Scot

Mercantile Chambers  
Glasgow G2 6TS

T: 08081968660 (Advice number)

Opening Hours: Monday–Friday 9.00am–5.00pm

E: <https://energyadvice.scot/email-us/>

W: <https://energyadvice.scot/>

**Summary:** Free, practical advice and information on energy-related matters for the citizens of Scotland. They can provide advice and information if you:

- Have an energy enquiry relating to your supplier (no matter how complex).
- Wish to understand your energy supplier's complaints process.
- Are experiencing any problems with your energy bills.

**Home Energy Scotland**

6 Newhaven Road  
Edinburgh EH6 5PY

T: 0808 808 2282 (Helpline)

0131 555 7900

Opening Hours: Monday – Friday from 8.00am–8.00pm and Saturday from 9.00am–5.00pm (Helpline)

E: [advice@se.homenergyscotland.org](mailto:advice@se.homenergyscotland.org)

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

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

**Summary:** This Scottish Government service was set up to give free and impartial advice on: energy saving, keeping warm at home and renewable energy. Aims to help people in Scotland create warmer homes, reduce their bills, and help tackle climate change. Also available is help for people to access any funding or schemes which they might be eligible for, such as Warmer Homes Scotland. Click on the above links for more information, to sign up and refer clients via the Referral Portal.

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**Leonard Chesire Cooking Group**

The Rannoch Community Education Centre  
Edinburgh EH4 7ES

T: 0131 339 5351

Opening Hours: Thursday 11.00am-1.15pm

**Summary:** Cooking Classes for disabled groups.

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**Money, Advice and Food Services : Cooking Skills**

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**Cooking Classes**

Fresh Start

28-30 Ferry Road Drive  
Edinburgh EH4 4BR

T: 0131 476 7741

E: [cooking@freshstartweb.org.uk](mailto:cooking@freshstartweb.org.uk)

W: <https://www.freshstartweb.org.uk/what-we-do/cooking-classes>

FB: <https://www.facebook.com/fresh.start.edinburgh/>

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

Instagram: <https://www.instagram.com/fresh.start.scotland/>

YT: <https://www.youtube.com/channel/UCRRXLC7kzEk4uvphmtoHISA>

**Summary:** Fresh Start offers a range of cooking classes, from beginners to improvers, bespoke groups and taster sessions, community meals and projects that focus on learning to cook at home (Dish of the Day and Saturday Night Suppers).

### Cooking Club

Sandy's Community Centre  
76 Craigmillar Castle Avenue  
Edinburgh EH16 4DW

T: 0131 661 4046

T: 07504 627 853 (Karin)

Opening Hours: Thursday 11.00am-1.30pm

E: [sandyscommunitycentre@gmail.com](mailto:sandyscommunitycentre@gmail.com)

W: <http://sandyscommunitycentre.com/index.php>

**Summary:** Learn cooking skills by helping to prepare the meal, or just come along for the food and blether with others. Cost £1.

Creche facility is available cost £1. Booking is essential, everyone is welcome.

They are working in partnership with Craigmillar community grows.

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### Money, Advice and Food Services : Cooking Skills

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#### Cooking Skills Courses

Cyrenians - Flavour and Haver Cook School  
84-86 Jane Street  
Edinburgh EH6 5HG

T: 0131 554 3900

Opening Hours: Monday-Wednesday 11.00am–2.00pm, Thursday 2.30pm–5.30pm

E: <https://cyrenians.scot/contact-us>

E: [press@cyrenians.scot](mailto:press@cyrenians.scot)

W: <https://cyrenians.scot/how-we-help/142-cooking-skills-courses>

**Summary:** The Cyrenian's purpose-built community kitchen is home to a number of courses to help break down the barriers around creating good quality, nutritious meals. At their community cook school, based on Jane Street in Leith, they are acutely aware of the power of food; from the nutritious elements of a balanced diet, to the joy and love shared over a hand-crafted meal. Their food education courses help take the mystery out of meal prepping, planning and budgeting, helping create lifelong skills and friends too.

### Saturday Night Supper

Fresh Start

Edinburgh EH4 4BR

T: 0131 476 7741

E: <https://www.freshstartweb.org.uk/contact>

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

FB: <https://www.facebook.com/fresh.start.edinburgh/>

Instagram: <https://www.instagram.com/fresh.start.scotland/>

YT: <https://www.youtube.com/channel/UCRRXLC7kzEk4uvphmtoHISA>

**Summary:** Sign up and receive a bag of ingredients and recipe card. Cook at home. Serves 4-6. Veggie Options are available.

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## **Basic Foodbanks**

### **Edinburgh City Mission**

#### **MAIN CONTACT**

T: 0131 225 9445

Open: Between 09.00am 2.00pm

E: [mail@edinburghcitymission.org.uk](mailto:mail@edinburghcitymission.org.uk)

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

Edinburgh City Mission operate a referral only service. Local agencies and practitioners e.g., doctors, support workers, social workers or church ministers can refer using the online referral system.

## **Edinburgh Food Project - Foodbanks**

### **Edinburgh Food Project – Warehouse and Office**

#### **MAIN CONTACT**

No Food distribution from here

T: 0131 444 0030

Open: Monday-Friday: 9.00am-4.00pm

W: <https://edinburghfoodproject.org/locations/>

NB\*: Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher/referral number. Foodbank mobiles will only be on during their opening hours, out with this time please contact our main office 0131 444 0030. Please do not contact the host buildings directly.

### **Edinburgh Food Project – Grassmarket St Columba's by the Castle EH1**

(Enter via Victoria Terrace, the church with the blue door down the hill)

T: 07805 203 852\*

Open: Tues and Fri: 2.00pm to 4.00pm

W: <https://edinburghfoodproject.org/locations/>

### **Edinburgh Food Project – Broughton Broughton St Mary's Parish Church EH3**

T: 07805 204 009\*

Open: Mon and Thurs: 1.00pm - 3.00pm

W: <https://edinburghfoodproject.org/locations/>

### **Edinburgh Food Project – Clermiston St Andrew's Church EH4**

(Buttercup Hall)

T: 07794 849 945\*

Open: Tue and Thurs: 1.00pm to 3.00pm

W: <https://edinburghfoodproject.org/locations/>

**Edinburgh Food Project - Foodbanks**

**Edinburgh Food Project – Pilton**

**St Margaret Mary EH5**

T: 07794 850 009\*

Open: Monday, Wednesday: 1.00pm-3.00pm,

Fri: 10am to 12 Noon

W: <https://edinburghfoodproject.org/locations/>

**Food Project – Craigmillar**

**Thistle Centre of Wellbeing EH16**

T: 07805 203744\*

Open: Tuesday and Thursday: 11.30am-1.30pm

W: <https://edinburghfoodproject.org/locations/>

**Edinburgh Food Project – Prestonfield**

**Priestfield Parish Church EH16**

T: 07933 707 819\*

Open: Wednesday: 1.30pm-3.30pm

W: <https://edinburghfoodproject.org/locations/>

**Edinburgh Food Project - South Queensferry**

**The Priory Church EH30**

T: 07837 532 169\*

Open: Thursday: 11.00am-1.00pm

W: <https://edinburghfoodproject.org/locations/>

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## **Foodbank – North East Foodbank**

### **North East Edinburgh Foodbanks**

#### **(Trussell Trust)**

#### **MAIN CONTACT**

No Food distribution from here

E: [Info@edinburgh.foodbank.org.uk](mailto:Info@edinburgh.foodbank.org.uk)

T: 0131 553 5694

NB: Assistance is available from North East Foodbanks by referral only. Please visit the website below for more details:

W: <https://edinburghne.foodbank.org.uk>

### **North East Edinburgh Foodbank**

#### **South Leith Parish Church Halls**

6 Henderson Street, Leith

Edinburgh EH6 6BS

T: 0131 554 2578

Opening hours: Monday 1.00pm-2.30pm, Friday: 3.00pm–5.00pm

W: <https://edinburghne.foodbank.org.uk>

### **North East Edinburgh Foodbank**

#### **North Leith Parish Church Halls**

Madeira Street, Leith

Edinburgh EH6 4AW

T: 0131 553 7378

Opening Hours: Tuesday: 10.00am-11.30am; Friday: 10.00am-11.30am

W: <https://edinburghne.foodbank.org.uk>

### **North East Edinburgh Foodbank**

#### **Leith Saint Andrews Church**

410-412 Easter Road, Leith

Edinburgh EH6 8HT

T: 0131 553 8839

Opening Hours: Tuesday: 1.00pm-2.30pm; Thursday: 10.00am-11.30am

W: <https://edinburghne.foodbank.org.uk>

### **North East Edinburgh Foodbank**

#### **Pilrig Saint Pauls Church**

1a Pirig Street Leith

Edinburgh EH6 5AH

Opening Hours: Wednesday: 4.30pm-6.00pm

W: <https://edinburghne.foodbank.org.uk>

### **North East Edinburgh Foodbank**

#### **Saint Margaret Parish Church**

48 Restalrig Road South, Leith

Edinburgh EH7 6LE

T: 0131 554 7400

Open: Wednesday: 11.00am-12.30pm

W: <https://edinburghne.foodbank.org.uk>

**Foodbank - South West and South East  
Edinburgh**

**South East Edinburgh Foodbank  
(Trussell Trust) - Blythswood Care**

T: 0131 664 9353

Open: Monday, Tuesday, Thursday: 10am-1.30pm

E: <https://edinburghse.foodbank.org.uk/contact-us/>

W: <https://edinburghse.foodbank.org.uk>

**South West Edinburgh Foodbank  
(Trussell Trust) - Salvation Army**

T: 0131 346 2875

Open: Monday: 2pm-4pm, Wednesday: 11.00am-1.00pm  
and Friday 10.00am-12 noon

E: [Edinburgh.Gorgie@salvationarmy.org.uk](mailto:Edinburgh.Gorgie@salvationarmy.org.uk)

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Please go to next section



**SCORE Scotland Community Fridge**

c/o WHALE Learning Centre  
Edinburgh EH14 2SA

T: 07496 190 916

Opening Hours: Monday 1.30-2.30pm and Thursday 11am-12pm

E: [madhavi@scorescotland.org.uk](mailto:madhavi@scorescotland.org.uk)

W: <https://www.scorescotland.org.uk/community-fridge/>

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

**Summary:** People and businesses donate food which is close to its 'use by' or 'best before' dates and it is known it won't use/sell or will otherwise be wasted. Free of charge food is available to take if it will be used. This is not a foodbank it is a food redistribution project to cut the amount of food wasted in the community. All food must be good for at least another 24 hours when donated so the volunteers running the fridge are able to keep track and to ensure everything stays safe to eat. Click on the above links for more information.

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Please go to next section

**Fresh Start Pantry**

26-28 Ferry Road Drive  
Edinburgh EH4 4BR

T: 0131 476 7741

Opening Hours: Monday-Tuesday 9.00am–12.30pm, Wednesday 3.30pm-6.00pm, Friday 9.00am–12.30pm

E: [pantry@freshstartweb.org.uk](mailto:pantry@freshstartweb.org.uk)

W: <https://www.freshstartweb.org.uk/what-we-do/pantry>

FB: <https://www.facebook.com/fresh.start.edinburgh/>

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

Instagram: <https://www.instagram.com/fresh.start.scotland/>

YT: <https://www.youtube.com/channel/UCRRXLC7kzEk4uvphmtoHISA>

**Summary:** A community food club providing the people of North Edinburgh with access to affordable food with dignity in a welcoming and safe environment via a membership system. Fresh Start Shop, housed in the same building, offers affordable, quality homeware items to members of the public. Click on the links above for more information including how to join.

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**Money, Advice and Food Services : Food Pantries**

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**Pennwell Pantry**

Community Renewal  
31-33 Pennywell Road  
Edinburgh EH4 4PJ

T: 0131 332 8773

Opening Hours: Wednesday-Friday 10.00am–2.00pm, Thursday 10.00am–2pm, Saturday 10.00am–1.00pm

E: [pennywellpantry@communityrenewal.org.uk](mailto:pennywellpantry@communityrenewal.org.uk)

W: <https://www.yourlocalpantry.co.uk/find-a-pantry/pennywell-pantry/>

**Summary:** Enrolled members are able to choose a selection of food with a value of £15–£20 each week. weekly membership £4.50 (singles and couples), £6 families; application form at pantry. Click on the links above for more information including how to join.

Please go to the next section

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**Money, Advice and Food Services : Food Pantries**

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**Edinburgh Leith Pantry**

South Leith Parish Church  
Constitution Street  
Edinburgh EH6 6BJ

T: 07551 592 218 (Ann)

Opening Hours: Thursday 9.15am-1.15pm

E: [leithpantry@gmail.com](mailto:leithpantry@gmail.com)

W: <https://www.yourlocalpantry.co.uk/pantry-listings/edinburgh-leith-pantry/>

FB: <https://www.facebook.com/YLP-Leith-Pantry-106582868809325/>

**Summary:** The Leith Pantry is open on Thursday mornings to people living in the EH6 and EH7 postcodes. The pantry is currently closed to new members.

### Hibernian Foundation Pantry

Hibernians West Stand entrance (next to the Hibs Gift Shop)  
Edinburgh EH7 5QG

T: 0131 554 3900

Opening Hours: Wednesday 12.30am-2.00pm

E: [LisaAnderson@cyrenians.scot](mailto:LisaAnderson@cyrenians.scot)

W: <https://cyrenians.scot/events/community-events/50-hibernian-foundation-pantry>

**Summary:** Cyrenian pantries are membership based. There is a £1 membership fee payable at your first visit, then £2 per shop for a wide variety of items. Membership is limited at each location.

There is currently a waiting list for new membership - January 2024.

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### Money, Advice and Food Services : Food Pantries

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### Ripple Project - Pantry

198 Restalrig Road South  
Edinburgh EH7 6DZ

T: 0131 554 3900

Opening Hours: Alternate Wednesdays 10.00am–11.00am

E: [LisaAnderson@cyrenians.scot](mailto:LisaAnderson@cyrenians.scot)

W: <https://cyrenians.scot/events/community-events/9-the-ripple-project-pantry>

**Summary:** This Community Pantry is in collaboration with FareShare and the Cyrenians and requires registration to join but once a member, pick up 10 food items of choice for £2. Click on the links above for more information including how to join.

There is currently a waiting list for new membership - January 2024.

**Braidwood Centre**

The Crannie  
Edinburgh EH8 8BE

T: 0131 554 3900

Opening Hours: Friday 10.00am–11.00am

E: [LisaAnderson@cyrenians.scot](mailto:LisaAnderson@cyrenians.scot)

W: <https://cyrenians.scot/events/community-events/26-the-braidwoods-centre-pantry>

**Summary:** The pantry is membership based with prices starting at £1 per 10 items. A one-off £1 joining fee is applicable at your first visit - membership is available.

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Money, Advice and Food Services : Food Pantries

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**St Brides Food Pantry**

St Brides Community Centre  
10 Orwell Terrace  
Edinburgh EH11 2DZ

T: 0131 554 3900

Opening Hours: Monday 10.00am-11.30am

E: [LisaAnderson@cyrenians.scot](mailto:LisaAnderson@cyrenians.scot)

W: <https://cyrenians.scot/events/community-events/51-st-brides-centre-pantry>

**Summary:** Cyrenian Community Pantries offer a unique, low cost way to access a variety of foods, including chilled and fresh produce, and ambient cupboard staples. Our Community Pantries offer a unique, low cost way to access a variety of foods, including chilled and fresh produce, and ambient cupboard staples. There is currently a waiting list for new members. (January 2024)

**Broomhouse Pantry**

3 Broomhouse Market  
Edinburgh EH11 3UU

T: 0131 443 6223

Opening Hours: Tuesday-Thursday 10.00am-2.00pm, Friday 9.30am-11.30am

E: [broomhousepantry@gmail.com](mailto:broomhousepantry@gmail.com)

W: <https://www.yourlocalpantry.co.uk/pantry-listings/edinburgh-broomhouse-pantry/>

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

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

**Summary:** This pantry was set up to provide affordable and nutritious food to local residents, who as members will be able to choose a selection of food with a value of £15–£20 each week. The pantry is here to help top up weekly shops and the variety of food available includes fresh fruit and veg, store cupboard favourites, bread and dairy products. To become a member, click on the links above. Weekly membership £4.00.

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Money, Advice and Food Services : Food Pantries

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**Edinburgh Sunflower Pantry**

Clovenstone Community Centre  
54 Clovenstone Park  
Edinburgh EH14 3EY

T: 07754 713920

Opening Hours: Tuesday 9.30am-1.30pm

E: [catherine@westerhailesgrowing.org](mailto:catherine@westerhailesgrowing.org)

W: <https://www.yourlocalpantry.co.uk/pantry-listings/edinburgh-sunflower-pantry/>

**Summary:** For just £4.50 each week local residents can join up as members and access a whole range of benefits. Members are able to choose a guaranteed 10 items from a huge variety of groceries, fresh fruit and veg plus all the usual store cupboard favourites.

**Greenhouse Pantry**

64 Niddrie Mains Road  
Edinburgh EH16 4BG

T: 07754 713 920

Opening Hours: Thursday 10.00am–2.00pm, Friday: 9.30am - 12.00noon

E: [catherine@communityalliancetrust.org.uk](mailto:catherine@communityalliancetrust.org.uk)

W: <https://www.yourlocalpantry.co.uk/pantry-listings/edinburgh-greenhouse-pantry/>

**Summary:** Members of this pantry are able to access food including fresh fruit and vegetables and store cupboard favourites that will often value £20. Membership is open to the community and local families are strongly encouraged to join. Weekly subscription: £4.50. Click on the links above for more information including how to join.

There is currently a waiting list for new membership- January 2024.

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**Money, Advice and Food Services : Food Pantries**

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**The Hays Community Pantry**

Castle Rock Edinvar  
3 Hay Avenue  
Edinburgh EH16 4RW

T: 07738 760 601

Opening Hours: Wednesday 11.00am–2.00pm (excluding holidays)

E: [pantry@community.org.uk](mailto:pantry@community.org.uk)

W: <https://stayhappening.com/e/the-hays-community-pantry-E2ISTLGHPNR>

**Summary:** A choice of preferred food is available and by buying produce at the pantry, this will assist on providing more food for the local community at low prices. One-off membership price: £1 Click on the links above or just come down when the pantry is open and a few details will be collected prior to shopping.

**Goodtrees Neighbourhood Centre**

5 Moredunvale Place  
Edinburgh EH17 7LB

T: 0131 554 3900

Opening Hours: Wednesday 1.00pm–3.00pm

E: [LisaAnderson@cyrenians.scot](mailto:LisaAnderson@cyrenians.scot)

W: <https://cyrenians.scot/events/community-events/8-goodtrees-neighbourhood-centre-pantry>

FB: <https://www.facebook.com/goodtreesnc1/>

**Summary:** Community Pantries offer a unique, low cost way to access a variety of foods, including chilled and fresh produce, and ambient cupboard staples. Their pantries are membership based. There is a £1 membership fee payable at your first visit, then £2 per shop for a wide variety of items.

Membership is available.

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**Money, Advice and Food Services : Food Pantries**

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**Valley Park Community Centre**

37 Southhouse Road  
Edinburgh EH17 8EU

T: 0131 554 3900

Opening Hours: Thursday 10.00am-11.00am

E: [LisaAnderson@cyrenians.scot](mailto:LisaAnderson@cyrenians.scot)

W: <https://cyrenians.scot/events/community-events/39-valley-park-community-centre-pantry>

**Summary:** Our pantries are membership based. There is a £1 membership fee payable at your first visit, then £2 per shop for a wide variety of items.

Membership is available.



### Fare Share Fridays

Magdalene Community Centre  
106B Magdalene Drive  
Edinburgh EH15 3BE

T: 0131 669 8760

Opening Hours: Friday 10.00am–12.00pm

E: <https://magdalenecc.wordpress.com/contact/>

W: <https://magdalenecc.wordpress.com/>

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

**Summary:** Food parcels for anyone in the community needing a little help. Food parcels are usually ready to collect from the Magdalene Community Centre garden between 10.00am to 12.00pm.

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### Money, Advice and Food Services : Free or Low Cost Food

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#### Bethany Care Van

T: 0131 561 8930

E: [carevan@bethanychristiantrust.com](mailto:carevan@bethanychristiantrust.com)

W: <https://edinburghcitymission.org.uk/ministry/care-van/>

**Summary:** The Care Van operates every evening, and lunchtimes on Monday, Wednesday, Thursday and Saturday.

#### Lunchtimes:

12:30pm Market Street;

1.00pm King's Stables Road,

1.20pm Grassmarket;

2.00pm Tesco Car Park, Easter Road side, leaving no earlier than 2.15pm.

#### Evenings:

9.00pm Waverley Bridge,

9.50pm King's Stables Road,

10.00pm Grassmarket,

10.30pm High Street / North Bridge every evening, leaving no earlier than 11.00pm.

**Steps to Hope**

Old St Paul's Church  
Edinburgh EH1 1DH

T: 07494 383 666

Opening Hours: Tuesday 5.00pm, Friday 5.00pm, Saturday 10.00am

E: [info@stepstohope.co.uk](mailto:info@stepstohope.co.uk)

W: <https://www.stepstohope.co.uk/>

**Summary:** Catering Van at Old Saint Paul's Church followed by Hollyrood Road (Opposite Baskin Robins) then Kings Stables Road at the foot of the steps under the Bridge.

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**Money, Advice and Food Services : Free or Low Cost Food**

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**Salvation Army Niddrie Street Wellbeing Centre**

25 Niddry Street  
Edinburgh EH1 1LG

T: 0131 523 1060

Opening Hours: Monday–Friday 10.00am–3.00pm

E: [edinburghcity@salvationarmy.org.uk](mailto:edinburghcity@salvationarmy.org.uk)

W: <https://www.salvationarmy.org.uk/niddry-street-wellbeing-centre>

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

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

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

**Summary:** Based in the heart of Edinburgh's old town, this Wellbeing Centre aims to provide support in all aspects of wellbeing for those whose lives have been impacted. Breakfast, lunch, showering and laundry facilities are available including a clothing store and a safe stop.

**Carrubbers Christian Centre**

65 High Street  
Edinburgh EH1 1SR

T: 0131 556 2626

Opening Hours: Sunday 9.00am.

E: [office@carrubbers.org](mailto:office@carrubbers.org)

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

**Summary:** Take Away breakfast and lunch will be served from the Carrubbers Cafe to anyone struggling with food poverty at this time or anyone who is homeless.

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**Money, Advice and Food Services : Free or Low Cost Food**

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**St Cuthbert's Church**

5 Lothian Road  
Edinburgh EH1 2EP

T: 07494 383 666

Opening Hours: Sunday 5.00pm, Monday 6.00pm

E: [info@stepstohope.co.uk](mailto:info@stepstohope.co.uk)

W: <https://www.stepstohope.co.uk/>

**Summary:** Food served indoors.

**6VT Youth Café**

11-15 Vennel  
Edinburgh EH1 2HU

T: 0131 229 1797

Opening Hours: Monday, Wednesday, Friday 6.00pm-10.00pm

E: [contact@6vt.info](mailto:contact@6vt.info)

W: <https://www.6vt.info/>

FB: <https://www.facebook.com/6VTYouth?ref=settings>

Tw: <https://twitter.com/6VTYouthCafe>

Instagram: <https://www.instagram.com/6vtyouthcafe/>

**Summary:** Open to 12-21 year olds only; hot meal.

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**Money, Advice and Food Services : Free or Low Cost Food**

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**Grassmarket Community Project**

86 Candlemaker Row  
Edinburgh EH1 2QA

T: 0131 225 3626

Opening Hours: Wednesday 5.00pm–6.30pm

E: [info@grassmarket.org](mailto:info@grassmarket.org)

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

**Summary:** Open to ALL in Edinburgh, this weekly meal is offered especially to people who are experiencing homelessness, temporary/vulnerable housing or rough housing. No need to book, just join us. You are very welcome.

**Rock Trust**

55 Albany Street  
Edinburgh EH1 3QY

T: 0131 557 4059

Opening Hours: Monday-Thursday 9.00am-5.00pm; Friday 9.00am-4.00pm

E: [hello@rocktrust.org](mailto:hello@rocktrust.org)

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

**Summary:** Long life food, food parcel; open to all.

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**Money, Advice and Food Services : Free or Low Cost Food**

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**Ps and Gs Church – Saturday Meal**

York Place  
Edinburgh EH1 3RH

T: 0131 556 1335

Opening Hours: Saturday 5.00pm–6.00pm

E: [anneburnett56@gmail.com](mailto:anneburnett56@gmail.com)

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

**Summary:** As part of this social transformation ministry, a Saturday meal is held providing a safe place for people in need to enjoy food and companionship.

**Grassmarket Community Project - Coffee Saints**

Little King Street  
Edinburgh EH1 3SP

T: 0131 225 3625

Opening Hours: Wednesday 5.00pm-6.30pm

E: [info@grassmarket.org](mailto:info@grassmarket.org)

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

Summary: 2 Course meal.

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Please go to the next page

**Social Bite**

131 Rose Street  
Edinburgh EH2 3DT

T: 0131 353 0250

Opening Hours: Monday–Friday 8.00am–4.00pm, Take Away Opening Hours: Monday–Friday 3.00pm–4.00pm

E: [info@social-bite.co.uk](mailto:info@social-bite.co.uk)

W: <http://social-bite.co.uk/>

**Summary:** This programme offers food and hot drinks to vulnerable people. People in a situation of homelessness and food poverty are invited into the chain of sandwich shops to enjoy homemade food and coffee throughout the day, and a food pack to take away. Take away breakfasts are available 8.00am-09.30am.

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Money, Advice and Food Services : Free or Low Cost Food

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**Vesta Restaurant**

7-8 Queensferry Street  
Edinburgh EH2 4PA

T: 0131 226 7527

Opening Hours: Tuesday 3.00pm-5.00pm

E: [info@social-bite.co.uk](mailto:info@social-bite.co.uk)

W: <https://www.social-bite.co.uk/>

**Summary:** Sit in food; book at 131 Rose Street by Friday for next Tuesday.

**Soul Food - Walpole Hall, St Marys Episcopal**

Palmerston Place  
Edinburgh EH3 7EN

Opening Hours: Tuesday 12.30pm

E: [hello@hello@soulfoodedinburgh.org](mailto:hello@hello@soulfoodedinburgh.org)

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

**Summary:** Seniors sit down meal.

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**Money, Advice and Food Services : Free or Low Cost Food**

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**Saint Catherine's Convent**

4 Lauriston Gardens  
Edinburgh EH3 9HH

T: 0131 229 2659

T2: 07411 666 411

Opening Hours: Monday–Friday 9.00am–11.30am, 5.30pm–6.30pm

E: [timmins490@btinternet.com](mailto:timmins490@btinternet.com)

W: <https://mercycentre.org.uk/the-homeless-project>

**Summary:** This homelessness project offers friendship and practical support to homeless and disadvantaged people. A morning and evening meal is provided along with toilet, shower facilities, a warm welcome and a listening ear.



**Soul Food - Central Hall**

West Tollcross  
Edinburgh EH3 9BP

Opening Hours: Friday 5.30pm–6.30pm

E: [soulfood@centralchurch.co.uk](mailto:soulfood@centralchurch.co.uk)

W: <https://www.centralchurch.co.uk/care-support/>

**Summary:** A free, hot meal is on offer to all in need. A main course and dessert, along with tea and coffee will be provided. Click on the links above for more details.

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Please go to next page

**LifeCare - Free Teas, Coffee, Soup**

2 Cheyne Street  
Edinburgh EH4 1JB

T: 0131 343 0940

E: [NaomiPotts@lifecare-edinburgh.org.uk](mailto:NaomiPotts@lifecare-edinburgh.org.uk)

W: <https://www.lifecare-edinburgh.org.uk/>

FB: <https://www.facebook.com/LifeCare.Edinburgh>

Tw: [https://twitter.com/LifeCare\\_](https://twitter.com/LifeCare_)

Instagram: <https://www.instagram.com/lifecareextrayearsofzest/>

**Summary:** Free tea, coffee, and soup. Service available to those living in EH4, EH5.

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**Money, Advice and Food Services : Free or Low Cost Food**

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**LifeCare - Meals on Wheels**

2 Cheyne Street  
Edinburgh EH4 1JB

T: 0131 343 0940

E: [NaomiPotts@lifecare-edinburgh.org.uk](mailto:NaomiPotts@lifecare-edinburgh.org.uk)

W: <https://www.lifecare-edinburgh.org.uk/>

FB: <https://www.facebook.com/LifeCare.Edinburgh>

Tw: [https://twitter.com/LifeCare\\_](https://twitter.com/LifeCare_)

Instagram: <https://www.instagram.com/lifecareextrayearsofzest/>

**Summary:** Meals on wheels for 50+ if Pension Credit is being claimed. Service available to those living in EH4, EH5, EH6; part EH7 and EH12.

**Drylaw Parish Church**

Groathill Road North  
Edinburgh EH4 2RP

T: 0131 332 6863

Opening Hours: Wednesday 11.00am - 1.00pm

E: [drylawparishchurch@btinternet.com](mailto:drylawparishchurch@btinternet.com)

W: <https://e-voice.org.uk/drylawparishchurch/>

**Summary:** Sharing Food Shelf, local people can access for free.

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**Money, Advice and Food Services : Free or Low Cost Food**

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**Fresh Start - Community Meal**

22-24 Ferry Road Drive  
Edinburgh EH4 4BR

T: 0131 476 7741

Opening Hours: Wednesday 5.00pm-6.30pm; Friday 12.00pm-1.30pm

E: [cooking@freshstartweb.org.uk](mailto:cooking@freshstartweb.org.uk)

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

FB: <https://www.facebook.com/fresh.start.edinburgh/>

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

Instagram: <https://www.instagram.com/fresh.start.scotland/>

YT: <https://www.youtube.com/channel/UCRRXLC7kzEk4uvphmtoHISA>

**Summary:** Community Meal. For those living in EH4, EH5.

**LIFT - Muirhouse Community Base**

7 Muirhouse Medway  
Edinburgh EH4 4RW

T: 0131 467 1605 / T: 0131 467 3578

Opening Hours: Thursday 9.00am-1.00pm

E: [susan@lift-edinburgh.com](mailto:susan@lift-edinburgh.com)

W: <https://www.lift-edinburgh.com/>

**Summary:** Members only. Lifts £1 fill a bag sale.

Sharing shelf OUTSIDE free; filled daily with donations.

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**Money, Advice and Food Services : Free or Low Cost Food**

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**Pilton Equalities Project - Food Parcels**

3 West Pilton Park  
Edinburgh EH4 4EL

T: 0131 315 4466

Opening Hours: Monday–Friday 8.00am–3.30pm

E: [helenpepequalities@hotmail.co.uk](mailto:helenpepequalities@hotmail.co.uk)

**Summary:** Food parcels are available (7day, 3 meals per day); This service is referral only and is only available in EH4/5 post codes in Edinburgh.

**Granton Community Gardeners - Women only outdoor cook club**

Pilton Community Health Project  
Edinburgh EH5 1LY

T: 07518 756 330 (Sally Findlay)  
Opening Hours: Wednesday 12.00pm

E: [sallyfindlay@pchp.org.uk](mailto:sallyfindlay@pchp.org.uk)

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

**Summary:** Women only outdoor cooking club; referral only.

Money, Advice and Food Services : Free or Low Cost Food

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**Granton Community Gardeners - Community Meal**

Boswall Parkway  
Edinburgh EH5 2BF

Opening Hours: All Events 5.00pm–6.30pm

E: [info@grantoncommunitygardeners.org](mailto:info@grantoncommunitygardeners.org)

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

**Summary:** Free Community Meals with the Scran Van at the garden. Everybody is invited to a series of free community meals. Last Wednesday of each month. Children welcome with a responsible adult. Come and eat with your neighbours and celebrate local harvests through the seasons.

**Granton Parish Church - Mens Breakfast**

55 Boswall Parkway  
Edinburgh EH5 2DA

T: 0131 551 2159

Opening Hours: Every second Saturday 9.00am

E: [info@granton.org.uk](mailto:info@granton.org.uk)

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

**Summary:** Mens' breakfast, £3, please book; 1st visit free.

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**Money, Advice and Food Services : Free or Low Cost Food**

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**Granton Baptist Church**

99 Crewe Road North  
Edinburgh EH5 2NW

T: 0131 552 0915

Opening Hours: Wednesday 12.00pm–1.30pm

E: [church@grantonbaptist.org](mailto:church@grantonbaptist.org)

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

**Summary:** Free community lunch.

**Empty Kitchens, Full Hearts**

3-11 West Granton Road  
Edinburgh EH6 4AE

T: 07895 347 157

E: [hello@emptykitchens.co.uk](mailto:hello@emptykitchens.co.uk)

W: <https://www.emptykitchens.co.uk/>

**Summary:** In its most simple terms, they turn surplus food into nourishing meals for people that need them, free of charge and without judgement. By making their service available to all, without the need to prove need, they reach some of the most marginalised people across Edinburgh.

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Money, Advice and Food Services : Free or Low Cost Food

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**Edinburgh Community Food**

22 Tennant Street  
Edinburgh EH6 5ND

T: 0131 467 7326

E: [admin@edinburghcommunityfood.org.uk](mailto:admin@edinburghcommunityfood.org.uk)

W: <https://www.edinburghcommunityfood.org.uk/Pages/Shop/Default.aspx>

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

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

Instagram: <https://www.instagram.com/edincomfood/>

**Summary:** An online order form is available for specific food packages priced between £20–25 and deliverable to vulnerable customers across Edinburgh: Take and Make Meal Variety Box.; Fruit and Veg Box.; Best Start Food Box. Various food boxes (veg, essentials or variety). Click on the links above for more information or to place an order.

**Missionaries of Charity**

18 Hopetoun Terrace  
Edinburgh EH7 4AY

T: 0131 556 5444

Opening Hours: Monday, Tuesday, Wednesday, Friday and Sunday 4.00pm–5.00pm

W: <https://evocredbook.org.uk/services/free-meal/a0V0X00000xR7DbUAK>

**Summary:** All are welcome to join in for free hot food as noted above.

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**Money, Advice and Food Services : Free or Low Cost Food**

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**Soul Food - Mustard Seed (St Margaret's Church)**

Episcopal Church  
170 Easter Road  
Edinburgh EH7 5QE

T: 07407 213397

Opening Hours: Breakfast: Friday, 10.00am-11.00am, Dinner: Thursdays, 5.30pm

E: [liz@mustardseededinburgh](mailto:liz@mustardseededinburgh)

W: <https://www.mustardseededinburgh.org/coming-up>

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

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

**Summary:** If you would like more information about these meals, please contact them using the link/email address above.



**Cyrenians FareShare**

Norton Park  
Edinburgh EH7 5QY

T: 0131 554 3900

E: <https://cyrenians.scot/contact-us>

W: <https://cyrenians.scot/social-enterprise/fareshare>

Tw: <https://twitter.com/Cyrenians1968>

Instagram: <https://www.instagram.com/cyrenians/>

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

**Summary:** The Fareshare Depot is based in Leith, redistributes surplus food from manufacturers and supermarkets to community groups based on a membership system. Community food members work to turn food deliveries into delicious and nutritious meals, reaching out to those who need it most. From veterans' groups, to breakfast clubs, community centres to community homes – the community food members are connected to members of the community who may not have access to other means. Click on the links above for more information.

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**Money, Advice and Food Services : Free or Low Cost Food**

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**Soul Food - City of Edinburgh Methodist Church**

25 Nicolson Square  
Edinburgh EH8 9BX

T: 07917 563 202

Opening Hours: Monday 5.30pm–7.00pm

E: [miles@edinburghcitymission.org.uk](mailto:miles@edinburghcitymission.org.uk)

**Summary:** Hosted by Edinburgh City Mission - A delicious, free home-cooked meal served from a 'Grab and Go' stand.

**Soul Food - Life Church**

2 Davie Street  
Edinburgh EH8 9EB

E: [jacob@lifechurchedinburgh.org](mailto:jacob@lifechurchedinburgh.org)

W: <https://www.soulfoodedinburgh.org/meals>

**Summary:** DINNER Sundays at 5.30pm.

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Please go to the next page

**Calders Resident Association - Weekly Fare Share Distribution**

Calder Community flat G1  
Calder Estate Edinburgh  
Edinburgh

Opening Hours: Friday 10.00am–12.00pm

**Summary:** Calder Residents Association – weekly fare share distribution

**Money, Advice and Food Services : Free or Low Cost Food**

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**Space / Broomhouse hub**

79-89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 455 7731

Opening Hours: Take away 11.30am–1.30pm, Food delivery 8.00am–3.00pm

E: [helene@spacescot.org](mailto:helene@spacescot.org)

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

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

Instagram: [https://www.instagram.com/space\\_broomhousehub/](https://www.instagram.com/space_broomhousehub/)

**Summary:** Food at the café is available to those with family meal vouchers. Hot meals, food parcels and ready meals for cooking at home are also available for the vulnerable people and referred clients from SW Edinburgh. Click on the above links for more information and referral information.

**Community One Stop Shop**

3 Broomhouse Market  
Edinburgh EH11 3UU

T: 0131 443 6223 (Helpline)

Opening Hours: Monday - Thursday 9:30am–2.30pm, and 5.00pm–7:30pm, Friday 9.30am–11.45am

E: <https://www.coss-broomhouse.org.uk/contact-us/>

W: <https://www.coss-broomhouse.org.uk/the-foodbank/>

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

Tw: <https://twitter.com/cossfoodbank?lang=en-gb>

Instagram: <https://www.instagram.com/communityonestopshop/>

**Summary:** This food bank offers free packs of food to families and individuals in crisis and is supported by donations of non-perishable food. This programme is able to make a difference to families living in poverty in the area by operating this self-referral food bank, which means a referral from a professional is not required to receive a food parcel. Outreach: Delivery of food bank and advice services at the Calder's Community Flat in Edinburgh is available. Click on the links above for more information.

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Please go to next page.

**Soul Food - Oxgangs Community Church**

Oxgangs Neighbourhood Centre  
Edinburgh EH13 9EU

Opening Hours: Sunday 5.00pm-6.00pm

E: [hello@soulfoodedinburgh.org](mailto:hello@soulfoodedinburgh.org)

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

**Summary:** Sit down dinner.

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**Money, Advice and Food Services : Free or Low Cost Food**

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**Community Meal**

Whale Arts  
Edinburgh EH14 2SA

T: 0131 458 3267

Opening Hours: Fridays 1.00pm-2.00pm

E: [info@whalearts.co.uk](mailto:info@whalearts.co.uk)

W: <https://www.whalearts.co.uk/>

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

Tw: [https://twitter.com/whale\\_arts](https://twitter.com/whale_arts)

Instagram: [https://www.instagram.com/whale\\_arts/](https://www.instagram.com/whale_arts/)

YT: [https://www.youtube.com/channel/UC-B-jZk8lq\\_S4u9UQ2VKQ1g](https://www.youtube.com/channel/UC-B-jZk8lq_S4u9UQ2VKQ1g)

**Summary:** Come along for a free, delicious, healthy meal. Check Socials for more information!  
(Membership of Whales Arts is required)

**The Health Agency**

Wester Hailes Healthy Living Centre  
Edinburgh EH14 3JF

E: [stacey@thehealthagency.org.uk](mailto:stacey@thehealthagency.org.uk)

W: <https://thehealthagency.org.uk/tasting-change-service/>

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

**Summary:** The Tasting Change programme is designed to tackle food insecurity and the health inequalities that prevent people from getting access to good quality, affordable, healthy food.

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**Money, Advice and Food Services : Free or Low Cost Food**

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**Clovenstone Community Centre - Weekly Fare Share Distribution**

54 Clovenstone Park  
Edinburgh EH14 3EY

W: <https://www.facebook.com/cloviecentre1975/>

**Summary:** Clovenstone Community Centre – check out their Facebook page for days and times of fare share distributions.

**St Martin's Parish Church**

4 Magdalene Drive  
Edinburgh EH15 3DB

T: 07545 804034  
T2: 07900 367023

E: [bwishart@churchofscotland.org.uk](mailto:bwishart@churchofscotland.org.uk)  
W: <https://www.stmartinsedinburgh.info/>

**Summary:** St Martin's work with local organisations in Bingham and Magdalene to offer support to those in need by bringing food to help those in need.

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**Money, Advice and Food Services : Welfare Benefits Advice**

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**Advice Shop**

249 High Street  
Edinburgh EH1 1YJ

T: 0131 200 2360  
Opening Hours: Check website for opening times of Helpline.

E: [advice.shop@edinburgh.gov.uk](mailto:advice.shop@edinburgh.gov.uk)  
W: <https://www.edinburgh.gov.uk/advice-shop>

**Summary:** This service aims to put more money in people's pockets and help reduce stress and anxiety around income and expenditure. Offers advice including a specialist Macmillan welfare rights service for people affected by cancer – patients and family members. This advice service helps with: Income maximisation, Problematic personal debt issues, Benefit entitlements, form filling, claims and disputes.

**Advice Direct Scotland**

Mercantile Chambers  
Glasgow G2 6TS

T: 0808 800 9060

E: [info@advice.scot](mailto:info@advice.scot)

W: <http://www.advisedirect.scot>

FB: <https://www.facebook.com/advice.scot>

Instagram: <https://www.instagram.com/advice.scot/?hl=en-gb>

**Summary:** Providing a range of services that can help with cost of living issues. This includes energy and debt advice, as well as access to the Scottish Government's Home Heating Support Fund. They also have a free benefit calculator on their website to check entitlement.

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**Money, Advice and Food Services : Welfare Benefits Advice**

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**Milan Senior Welfare Organisation**

Norton Park  
Edinburgh EH7 5QY

T: 0131 475 2307

Opening Hours: Monday–Friday 9.00am–4.00pm

E: [admin@milanswc.org](mailto:admin@milanswc.org)

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

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

**Summary:** This organisation provides the services detailed below to both carers and older people from South Asian communities in Edinburgh and Lothian. Some of the specialities available: Telephone support is available in community languages; Contactless delivery of essential household groceries for the vulnerable; Free hot meals at least once a week; Welfare benefits support through information/advice support; Out-reach/befriending service to those most excluded and living alone.



### Money Advice Service

Edinburgh Food Project

Edinburgh EH11 3UY

T: 0131 444 0030, Option 2

Opening Hours: Monday–Friday 10.00am–5.00pm

E: [moneyadvice@edinburghfoodproject.org](mailto:moneyadvice@edinburghfoodproject.org)

W: <https://edinburghfoodproject.org/money-advice-service/>

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

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

Instagram: <https://www.instagram.com/EdinFoodProject/>

**Summary:** Edinburgh Food Project currently employs three Budgeting, Benefits and Debt advisers to help clients with any financial difficulties they may be facing. They offer face-2-face support in our Foodbank centres. Alternatively, support can be accessed remotely through their telephone helpline, with follow up calls and texts or Zoom meetings (where appropriate).

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### Money, Advice and Food Services : Welfare Benefits Advice

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#### Universal Credit - Helplines

T: 0800 328 5644

T2: 0800 328 1344 (Text)

T3: 18001 then 0800 328 5644 (Relay UK: if hearing impaired or difficulty speaking on the phone)

Opening Hours: Monday–Friday 8.00am–6.00pm

W: <https://www.gov.uk/universal-credit>

**Summary:** Universal Credit is a payment to help with living costs and it is paid monthly or twice a month for some people in Scotland. This credit is pay-able to people on a low income, out of work or are unable to work. Click on the link above for more information.

## Universal Credit Live Service Advance Payments

T: 0800 328 9344 (Universal Credit live service helpline)

**Summary:** DWP, Universal Credit Live Service Advance Payments will help to pay bills or cover other costs while waiting for an initial Universal Credit payment. Speak to a Jobcentre Plus work coach or phone the Universal Credit live service helpline at the number noted above.

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## Money, Advice and Food Services : Welfare Benefits Advice

### Welfare Benefits Advice

Citizens Advice Bureau Edinburgh

T: 0131 510 5510

Opening Hours: Monday–Friday 9.30am–4.30pm

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

**Summary:** This service provides advice on any subject – by phone, online and face to face, as well as home visits for people with reduced mobility. CAB specialises in: Welfare Rights (Benefits). Debt, Budgeting. Employment. Housing. Click on links above, then the ‘Get Advice’ tab and choose the most relevant service.

### City of Edinburgh - Crisis Grants

Edinburgh

T: 0131 529 5299

Opening Hours: Monday–Thursday 10.00am–1.45pm, Friday 10.00am–3.40pm

E: [welfarefundteam@edinburgh.gov.uk](mailto:welfarefundteam@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/benefits-grants/scottish-welfare-fund/3?documentId=12271&category-id=20127>

**Summary:** A crisis grant is a sum of money given by the Social Welfare Fund in a crisis. The grant is tax free and you don't have to pay it back. Apply for a Crisis Grant by utilising the link and information above.

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### Money, Advice and Food Services : Welfare Benefits: City of Edinburgh

#### City of Edinburgh - Discretionary Housing Payments

T: 0800 014 7299 (Freephone)

T2: 0131 608 1111 (For Help)

Opening Hours: Helpline Open: Monday–Thursday: 10.00am–4.00pm and Friday 10.00am–3.00pm

W: <https://www.edinburgh.gov.uk/welfare-reform/discretionary-housing-payments-dhp-form>

**Summary:** A Discretionary Housing Payment (DHP) is intended to help towards eligible housing costs and is made entirely at the discretion of the Council. Whilst it is not a payment of benefit, a DHP can only be made if Housing Benefit or Housing Costs (within Universal Credit award) is already in payment. Some things that may be included in your housing costs, e.g. heating, water, electricity etc. do not qualify for a DHP.

### City of Edinburgh - Scottish Welfare Fund

City of Edinburgh Council

4 East Market Street

Edinburgh EH8 8BG

T: 0131 529 5299

E: [welfarefundteam@edinburgh.gov.uk](mailto:welfarefundteam@edinburgh.gov.uk)

W: <https://www.edinburgh.gov.uk/benefits-grants/scottish-welfare-fund>

**Summary:** The fund awards the community care grant and crisis grant. Neither grant has to be paid back. Each case is considered on its own merit. To apply for a Crisis Grant:

- If in crisis because of a disaster (like a fire or flood)
- An emergency (like losing money or a job, or an unexpected expense)

Community Care Grant: To help people to start to live, or to carry on living, a settled life in the community.

Food and clothing bank: When applying for a community care grant or crisis grant from the Scottish Welfare Fund, emergency food and clothing support is also provided.

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### Money, Advice and Food Services : Welfare Benefits: City of Edinburgh

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#### City of Edinburgh - Social Work Payments

T: 0131 200 2324 (Social Care Direct)

T2: 0131 529 7438 (Access Point)

T3: 0800 731 6969 (Out of Hours Social Work - Emergencies only)

**Summary:** Edinburgh City Council has a statutory duty to support vulnerable adults or children in need if there is an emergency. To ask about Section 12, 22 or 27 social work payments call the appropriate telephone number listed above.

## Money, Advice and Food Services : Welfare Benefits: Department of Work and Pensions (DWP)

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### Department of Work and Pensions (DWP) - Funeral Support Payment

T: 0800 731 0469 (Bereavement Service Helpline)

Opening Hours: Opening Hours: Monday–Friday 8.00am–6.00pm (Helpline Open)

W: <https://www.gov.uk/funeral-payments>

**Summary:** Funeral Expenses Payment (also called a Funeral Payment) is available if currently receiving certain benefits and need help to pay for a funeral being personally arranged.

## Money, Advice and Food Services : Welfare Benefits: Department of Work and Pensions (DWP)

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### Department of Work and Pensions (DWP) - Hardship payments

T: 0345 608 8545 (Hardship payments)

**Summary:** To apply for a hardship payment and currently receiving JSA or ESA, ask about hardship payments in person at the Jobcentre Plus office, or call the DWP contact centre and an appointment will be set up for the same day or the day after.

Department of Work and Pensions (DWP) - Short Term Benefit Advances

T: 0800 169 0310 (Income support, ESA or JSA)

T2: 0800 731 0297 (Carer's Allowance)

T3: 0800 731 0469 (Pension Credit or State Pension)

**Summary:** With the DWP Short Term Benefit Advances, an advance on the first benefit payment is possible, if there is an urgent financial need and if Jobseeker's Allowance, Income Support, Employment and Support Allowance (ESA), Carer's Allowance, Pension Credit or State Pension have recently been applied for. Speak to a Jobcentre Plus work coach or call the phone number noted above for the benefit you are claiming.

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Please go to next section

## Social Security Scotland

T: 0800 182 2222

Opening Hours: Monday–Friday 8.00am–6.00pm

E: [ceu@gov.scot](mailto:ceu@gov.scot)

W: <https://www.mygov.scot/contact-social-security-scotland>

W: <https://www.mygov.scot/browse/benefits>

**Summary:** The links above explain how to contact Social Security Scotland and the welfare benefits that they administer.

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## Money, Advice and Food Services : Welfare Benefits: Social Security Scotland

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### Social Security Scotland: Adult Disability Payment

T: 0800 182 2222

Opening Hours: Monday–Friday 8.00am–6.00pm

W: <https://www.mygov.scot/adult-disability-payment>

**Summary:** Adult Disability Payment is extra money to help with the costs of living with a disability or long term health condition. To find out more access the link above.

## Social Security Scotland: Best Start Grant and Best Start Foods

T: 0800 182 2222

Opening Hours: Monday–Friday 8.00am–6.00pm

W: <https://www.mygov.scot/best-start-grant-best-start-food>

**Summary:** Best Start Grant and Best Start Foods are payments that help towards the costs of being pregnant or looking after a child. Best Start Grant is made up of 3 one-off payments: Pregnancy and Baby Payment, Early Learning Payment, School Age Payment, to find out more access the link above.

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## Money, Advice and Food Services : Welfare Benefits: Social Security Scotland

### Social Security Scotland: Carers Allowance Supplement

T: 0800 182 2222

Opening Hours: Monday–Friday 8.00am–6.00pm

W: <https://www.mygov.scot/carers-allowance-supplement>

**Summary:** A Carer's Allowance Supplement is an extra payment for people in Scotland who get a Carer's Allowance on a particular date. Carer's Allowance Supplement is paid twice a year. Click on the link above for more information.



### Social Security Scotland: Child Disability Payment

T: 0800 182 2222

Opening Hours: Monday–Friday 8.00am–6.00pm

W: <https://www.mygov.scot/help-apply-child-disability-payment>

**Summary:** Child Disability Payment is a Social Security Scotland benefit that was introduced across Scotland in 2021. An application may be submitted on behalf of a child who lives in any part of Scotland.

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### Money, Advice and Food Services : Welfare Benefits: Social Security Scotland

### Social Security Scotland: Child Winter Heating Assistance

T: 0800 182 2222

Opening Hours: Monday–Friday 8.00am–6.00pm

W: <https://www.mygov.scot/child-winter-heating-assistance>

**Summary:** This Assistance is a payment to help disabled children and young people and their families with increased heating costs over winter. It's paid once a year. Payments are usually made from the end of November onwards.

## Social Security Scotland: Funeral Support Payment

T: 0800 182 2222

Opening Hours: Monday–Friday 8.00am–6.00pm

W: <https://www.mygov.scot/funeral-support-payment>

**Summary:** The funeral support payment helps pay for funeral costs for those living in Scotland. The payment may be used towards funeral costs for a baby, child or adult. This includes babies who were stillborn. It usually will not cover the full cost of the funeral but it should help pay for some costs. It can either be paid directly or to the funeral director who's helping to plan the funeral.

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## Money, Advice and Food Services : Welfare Benefits: Social Security Scotland

### Social Security Scotland: If You Need Help from Social Security Scotland – Local Delivery

T: 0800 182 2222

Opening Hours: Monday–Friday 8.00am–6.00pm

W: <https://www.mygov.scot/if-you-need-help-from-social-security-scotland>

**Summary:** How Social Security Scotland can help.

## Social Security Scotland: Job Start Payment

T: 0800 182 2222

Opening Hours: Monday–Friday 8.00am–6.00pm

W: <https://www.mygov.scot/job-start-payment>

**Summary:** Applying for this Job Start Payment will help with the costs of starting a new job for young people who: have been out of work; on certain benefits.

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## Money, Advice and Food Services : Welfare Benefits: Social Security Scotland

### Social Security Scotland: Scottish Child Payment for low income families with children under 16 years

T: 0800 182 2222

Opening Hours: Monday–Friday 8.00am–6.00pm

W: <https://www.mygov.scot/scottish-child-payment>

**Summary:** Scottish Child Payment helps towards the costs of supporting a family. It's a weekly payment of £25 that a parent or guardian can get for every child they look after who's under 16 years of age. They will get the payment every 4 weeks if the application is successful.

## Social Security Scotland: Short-Term Assistance: a temporary payment

T: 0800 182 2222

Opening Hours: Monday–Friday 8.00am–6.00pm

W: <https://www.mygov.scot/short-term-assistance>

**Summary:** Short-Term Assistance - a temporary payment you can apply for when you ask to challenge a decision to reduce or stop a Disability Payment.

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## Money, Advice and Food Services : Welfare Benefits: Social Security Scotland

### Social Security Scotland: Winter Heating Payment

T: 0800 182 2222

Opening Hours: Monday–Friday 8.00am–6.00pm

W: <https://www.mygov.scot/winter-heating-payment>

**Summary:** Overview of how Winter Heating Payment works.

## Social Security Scotland: Young Carer Grant

T: 0800 182 2222

Opening Hours: Monday–Friday 8.00am–6.00pm

W: <https://www.mygov.scot/young-carer-grant>

**Summary:** This Young Carer Grant is a yearly payment of £359.65 for young carers in Scotland. To be able eligible for this grant, you must be aged must be between 16–18 years old. The other requirement is to have been caring for 1,2 or 3 people for an average of 16 hours a week for at least the last 3 months. If caring for more than one person, the hours may be combined of the people cared for you to average 16 hours a week. Click on the link above for more information.

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## Money, Advice and Food Services : Welfare Benefits: Social Security Scotland

### Social Security Scotland: Your Benefit is Moving to Social Security Scotland

T: 0800 182 2222

Opening Hours: Monday–Friday 8.00am–6.00pm

W: <https://www.mygov.scot/browse/benefits/benefit-transfer>

**Summary:** Find out what happens to your Department for Work and Pensions benefit if it's moving to Social Security Scotland.