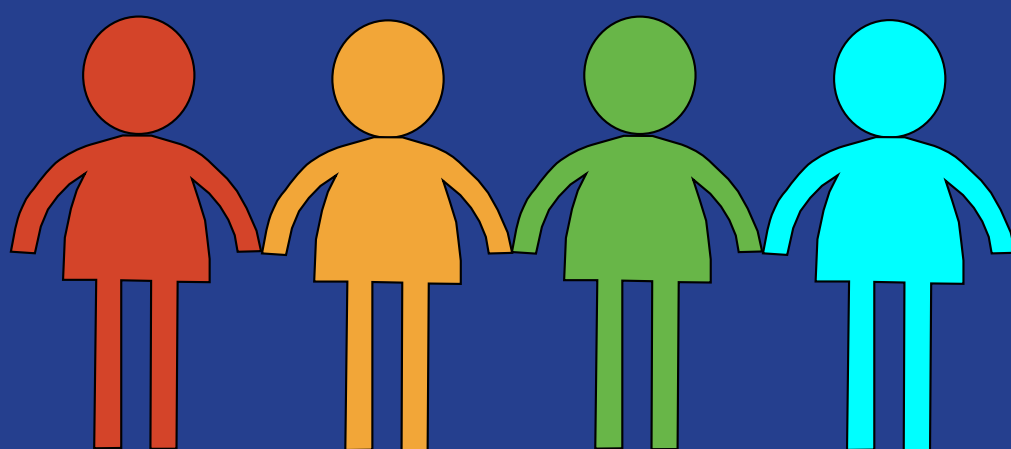


# Guide to Befriending Services in Edinburgh



Edinburgh **Health and Social Care** Partnership



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## Keeping the guide up to date:

Services noted within this guide provide a comprehensive, useful and accurate listings of Abuse and Advocacy 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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### **Carrickvale Connections Group (Isolated Adults)**

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

T: 0131 443 6971

Contact: Lydia or Neil

Opening Hours: Monday 12.30pm–2.30pm

E: [cld-carrickvale@ea.edin.sch.uk](mailto:cld-carrickvale@ea.edin.sch.uk)

W: <https://carrickvalecommunitycentre.com/current-programme-2023/>

**Summary:** Group for isolated adults - Come and join us for a chat, soup and cuppa. They will be visiting Saughton Park Water of Leith Heart of Midlothian FC having creative sessions discussions and much more.

## All Age Groups

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### **Red Cross - Get help with loneliness**

T: 08T: 08 196 3651 (Support Line)

Opening Hours: Monday–Sunday 10.00am–6.00pm

E: <https://www.redcross.org.uk/about-us/contact-us/contact-form>

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

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

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

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

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

YT: <https://www.youtube.com/britishredcross>

**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. As 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.

### People Know How - Reconnect

525 Ferry Road  
Edinburgh EH5 2FF

T: 0131 569 0525

E: [reconnect@peopleknowhow.org](mailto:reconnect@peopleknowhow.org)

W: [www.peopleknowhow.org/reconnect](http://www.peopleknowhow.org/reconnect)

**Summary:** This service offers support to adults and families in Edinburgh and East Lothian to help 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.

## Arthritis

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### Scotland Versus Arthritis

Edward House  
199 Sauchiehall Street  
Glasgow G2 3EX

T: 0141 954 7776

E: [livewell@versusarthritis.org](mailto:livewell@versusarthritis.org)

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

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

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

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

YT: <https://www.youtube.com/versusarthritis>

**Summary:** Around 10 million people in the UK are thought to have arthritis. It can affect people of all ages – even children and teenagers. Some forms of arthritis are more common in older people. Versus Arthritis offers a range of services aimed at providing support and information to people of all ages. Support is available on the phone, online, or in person.

### Held in Our Hearts

Craiglockhart Tennis Centre  
77 Colinton Road  
Edinburgh EH14 1BZ

T: 0131 622 6263

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

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

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

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

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

**Summary:** An Edinburgh-based charity providing baby loss counselling and support to families, with over 40 years' experience of offering compassionate bereavement care in the community.

## Carers

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### Carers - Eric Liddell Centre

15 Morningside Road  
Edinburgh EH10 4DP

T: 0131 357 1271

E: [frontdesk@ericliddell.org](mailto:frontdesk@ericliddell.org)

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

**Summary:** The befriending to carers process is easy: complete a simple application form and, 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.

### The Forget Me Notes Choir

3 Allison Place  
Kirkliston EH29 9BH

T: 07588 894 587  
Contact: Alan

E: [admin@forgetmenotes.org.uk](mailto:admin@forgetmenotes.org.uk)  
W: <https://www.forgetmenotes.org.uk/>

**Summary:** There is no criteria for joining the choir other than to like music. The choir is inclusive of all, aims to offer people a good social meeting place, challenges the stigma of dementia and create a sound that people enjoy listening to. There are 3 different ways to join them:

**ZOOM Choir.** The Zoom choir takes place every Monday at 4.00pm (join from 3.45pm for tea and chat!). If you would like to join, please email or phone them and they will let you have more details.

**Choir in the park.** Their choir in Saughton Park takes place fortnightly on a Thursday. During the winter months they are in the glasshouse at 1.45pm. The choir session ends with tea and hot chocolate.

**Forget Me Notes Choir.** Where it all started! There Forget Me Notes Choir meets fortnightly on a Thursday at 4.00pm at the Salvation Army Hall, Gorgie Road, Edinburgh EH11 2RT.

## Disability

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### ECAS - Befriending

Norton Park  
57 Albion Road  
Edinburgh EH7 5QY

T: 07825 305 376  
Contact: Sam, Befriending Manager

E: [hello@ecas.scot](mailto:hello@ecas.scot)  
W: <https://www.ecas.scot/befriending/>  
FB: <https://www.facebook.com/EcasScot>  
Tw: <https://twitter.com/EcasScot>  
Instagram: <https://www.instagram.com/ecasscot/>  
YT: [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 our activities, befriending service and grants fund. Their befriending service offers friendship and companionship for socially isolated, physically disabled adults, matching people based on interests and personality. They accept volunteers from all walks of life and provide training and ongoing support for matches. Available in Edinburgh.

### **The Linda Tremble Foundation**

14 Crichton Way  
Auchtermuchty  
Fife KY15 5YJ

T: 07716 639067

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

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

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

**Summary:** Their Befriending service is here to support you towards recovery. Through weekly phone calls with a trained volunteer, you will set achievable goals to help build your confidence so you can make positive changes. Befriending is for anyone affected by any eating disorder and would like support in their recovery. Our service also supports carers', families and friends of anyone struggling with an eating disorder.

### **Ethnic Minority**

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#### **Conversation Club - Inspiring Leith - Bethany**

T: 078 7912 1682

Contact: Hannah

Opening Hours: Contact Hannah

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

W: <https://www.bethanychristiantrust.com/service/conversationclub/>

**Summary:** Would you like to make new friends and improve your conversational English? This group encourages relaxed conversation that enables people to get to know one another and learn English.



### Leith Conversation Cafes

Edinburgh

T: 07510 122 425

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

W: <https://feniks.org.uk/services/leith-conversation-cafes/>

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

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 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, on Monday evenings: 5.30pm-7.00pm;
- Online - Thursday at 12.00pm-1:30 pm.

To get a link go to the Meetup page listed above and sign up for the event.

## Ethnic Minority

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### The Welcoming - Befriending Programme

Unit 1, 20 Westfield Avenue

Edinburgh EH11 2TT

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

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

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

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

Instagram: <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 Café

Unit 1, 20 Westfield Avenue  
Edinburgh EH11 2TT

Opening Hours: Friday 3.00pm-5.00pm

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

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

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

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

Instagram: <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.

## Ethnic Minority

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### The Welcoming - One-to-one Befriending

Unit 1, 20 Westfield Avenue  
Edinburgh EH11 2TT

E: [chiara@thewelcoming.org](mailto:chiara@thewelcoming.org)

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

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

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

Instagram: <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.

### The Welcoming - Women's Conversation Space

Unit 1, 20 Westfield Avenue  
Edinburgh EH11 2TT

Opening Hours: Thursdays 11.30am–1.00pm

E: [gosia@thewelcoming.org](mailto:gosia@thewelcoming.org)

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

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

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

Instagram: <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 the email address above.

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## Ethnic Minority: Muslim

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### Milan (Senior Welfare Organisation)

411 Gilmerton Road  
Edinburgh EH17 7JJ

T: 0131 475 2307

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

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

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

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.

### Muslim Women's Association of Edinburgh

Edinburgh

T: 07480 569 192

E: [mail@mwae.org.uk](mailto: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.

## Ethnic Minority: Seniors

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### Nari Kallyan Shangho

Darroche Annex

Edinburgh EH3 9NH

T: 0131 221 1915 (Main Office)

07737 576 054 (Helpline English)

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

T: 07828 167 614 (Helpline Bengali/Sylheti)

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

E: [NKS@NKSHEALTH.CO.UK](mailto: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).

### Deaf Action Befriending Service

49 Albany Street  
Edinburgh EH1 3QY

T: 0131 556 3128

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

W: <https://deafaction.org/services/befriending-service/>

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

Tw: [https://twitter.com/i/flow/login?redirect\\_after\\_login=%2FDeafAction](https://twitter.com/i/flow/login?redirect_after_login=%2FDeafAction)

**Summary:** Deaf Action has a Befriending Service which allows deaf and hard of hearing people to meet people anywhere in Scotland. If you or someone you know could do with a friendly face to chat with, their befriending service can help you meet people with similar interests and communication preferences for conversation and companionship.

## HIV

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### Positive Help

139 George Street  
Edinburgh EH2 4JY

T: 0131 225 4766

T2: 0758 295 8753

E: [admin@positivehelpedinburgh.co.uk](mailto:admin@positivehelpedinburgh.co.uk)

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

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

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

**Summary:** Practical help is on offer to those affected by HIV and Hepatitis C. Staff and volunteers work alongside service users to enable access to treatment and support. Click on the above link for more information.

### **Cyrenians Golden Years Befriending**

57 Albion Road  
Edinburgh EH7 5QY

T: 0131 475 2354

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

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

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

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

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

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

**Summary:** This innovative Befriending/Community Connecting Service offers 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.

## Older People

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### **Edinburgh City Mission: Two's Company Befriending Service**

7 Washington Lane  
Edinburgh EH11 2HA

Contact: Julie Young, Development Officer

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

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

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

### Edinburgh Garden Partners

First Floor, Causewayside House  
160 Causewayside  
Edinburgh EH9 1PR

T: 0131 347 0529

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

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

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

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

Instagram: <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.

## Older People

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### Food Train/Eat Well Age Well

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

T: 0141 551 8118

E: [hello@mealmakers.org.uk](mailto: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.

### Forever Young

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

T: 0131 443 4167

E: [cld-carrickvale@ea.edin.sch.uk](mailto:cld-carrickvale@ea.edin.sch.uk)

Contact: June or Laura

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

W: <https://carrickvalecommunitycentre.com/current-programme-2023/>

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

## Older People

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### Friendly social group for over 60's

Gilmerton Community Centre  
4 Drum Street  
Edinburgh EH17 8QG

T: 07891 840411

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

**Summary:** Friendly social group for over 60's.



### Good Morning Gorgie

Health All Round  
St Martins Community Resource Centre  
Edinburgh EH11 2JG

T: 07380636477 (Gloria)  
0131 337 1376 Monday-Thursday 10am-2pm (Gloria)  
Opening Hours: Tuesday 10.00am–12.30pm  
E: [gloria@healthallround.org.uk](mailto:gloria@healthallround.org.uk)  
W: <http://www.healthallround.org.uk/olderpeople.html>

**Summary:** This social group includes a broad range of activities including: Gentle Exercise; Singing; New Age Kurling; Art Workshops; Seated Swing Dance; Reminiscence; Story telling; quizzes... There is no pressure to join in activities, participants can just sit and chat if they prefer – there is always someone to chat with! A light nutritious lunch is served, with good bread and home made soup which (in spring and summer) includes vegetables from the Health All Round allotment. Dietary requirements can catered for so if someone cannot have a particular food then they can still join in the lunch. Contact Gloria on the links above to register. See website for full details.

## Older People

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### Independent Age

18 Avonmore Road  
London W14 8RR

T: 0800 319 6789 (Helpline)  
020 7605 420 (Fax)  
E: [charity@independentage.org](mailto:charity@independentage.org)  
W: <https://www.independentage.org/>  
FB: <https://www.facebook.com/independentage/>  
Tw: <https://twitter.com/IndependentAge>  
Instagram: <https://www.instagram.com/independentage/>  
YT: [https://www.youtube.com/channel/UCAF-wNvyfuWe2PHXiFOT3Tg?sub\\_confirmation=1](https://www.youtube.com/channel/UCAF-wNvyfuWe2PHXiFOT3Tg?sub_confirmation=1)

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

### LGBT Age

Duncan Place Community Hub  
4 Duncan Place  
Edinburgh EH6 8HW

T: 0131 564 3970 (Central Phone)

T: 0800 464 7000 (LGBT Helpline)

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

W: <https://www.lgbthealth.org.uk/services-support/lgbt-age/>

**Summary:** Befriending for LGBT people aged 50 and over. LGBT Age works with lesbian, gay, bisexual and transgender (LGBT+) people aged 50 in the Lothians to shape support services and resources for older LGBT+ people including social events, community activism, resources and volunteering opportunities.

## Older People

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### Passing the Baton Bethany Befriending Service

65 Bonnington Road  
Edinburgh EH6 5JQ

T: 0131 454 3114 (Pall Singh)

T: 0131 454 3115 (Rhiannon Lee)

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

W: <https://www.bethanychristiantrust.com/>

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

Tw: [https://twitter.com/befriending\\_bct?lang=en-gb](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

T: 0737 591 8524

Contact: Anne Munro

E: [annemunro@btconnect.com](mailto:annemunro@btconnect.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 older person who is unable to get out of their home. PDP welcome referrals from health workers, family/friends and self-referrals.

## Older People

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### Re-Engage

7 Bell Yard,  
London, WC2A 2JR

T: 020 8017 8234

Contact: Esther Lynn - Engagement Officer- Scotland (Monday – Friday)

E: [esther.lynn@reengage.org.uk](mailto:esther.lynn@reengage.org.uk)

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

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

**Summary:** This is a charity that is focused on alleviating Loneliness and Social Isolation in Older Adults over the age of 75 years. They offer tea parties, call companions, and rainbow call companions all over Edinburgh, Scotland and, the wider UK. These services can greatly help the wellbeing of older people. Their services are free of charge for everyone who takes part. You can refer people here: Referral form: refer older people suffering from loneliness and isolation (<https://www.reengage.org.uk/refer/form/>) . They currently have a waiting list of volunteers who are awaiting a match with an older person, so referrals do not put the older person into yet another referral cycle.

### Vintage Vibes

79/89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 343 0955

E: [hello@vintagevibes.org.uk](mailto:hello@vintagevibes.org.uk)

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

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

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

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

YT: [https://www.youtube.com/channel/UCbOk8w-I\\_4D62th-iQE8jkw](https://www.youtube.com/channel/UCbOk8w-I_4D62th-iQE8jkw)

**Summary:** This 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. The areas from which they are taking referrals from is EH9 – Marchmont, Grange and Newington, EH12 – Corstorphine and Gyle and EH13 – Colinton and Oxfords.

## Older People

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### You're never too old

Laura Ferguson Court  
72 Craigmount Brae  
Edinburgh EH12 8XF

T: 07741645413

Contact: Anne

Opening Hours: Monday and Tuesday 10.00am–1.30pm

E: [anne.stewart@yourenevertooold.org.uk](mailto:anne.stewart@yourenevertooold.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 reminiscences and have a light lunch. Vacancies are available on both days.

### **The Happiness Club**

The Open Door  
420 Morningside Road  
Edinburgh EH10 5HY

T: 0131 447 9757

Opening Hours: Thursday 10.30am–3.00pm

E: [care@theopendoor.org.uk](mailto:care@theopendoor.org.uk)

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

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

**Summary:** The Happiness Club (10:30am-3.00pm) 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.

## Older People: Female/Male

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### **Monday Friendship Club**

The Open Door  
420 Morningside Road  
Edinburgh EH10 5HY

T: 0131 447 9757

Opening Hours: Monday 10.30am-3.00pm

E: [care@theopendoor.org.uk](mailto:care@theopendoor.org.uk)

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

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

**Summary:** The Monday Friendship Club is our newest addition to our Day Services, and is here to help you or your loved one by bringing people over 60 together to keep active and stay connected. Join in at their Monday Friendship Club and enjoy all sorts of stimulating activities, a fresh meal, and a fantastic group of new friends.

### Senior Men's Group

The Open Door  
420 Morningside Road  
Edinburgh EH10 5HY

T: 0131 447 9757

Opening Hours: Friday 1.00pm–4.00pm

E: [care@theopendoor.org.uk](mailto:care@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.

## Older People: Women

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### Good Neighbour Club

The Open Door  
420 Morningside Road  
Edinburgh EH10 5HY

T: 0131 447 9757

Opening Hours: Tuesday 10.30am–3.00pm

E: [care@theopendoor.org.uk](mailto:care@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 through out the day.

### Rowan Alba

1 Lochrin Square  
92 - 98 Fountainbridge  
Edinburgh EH3 9QA

T: 0131 229 7554

E: [info@rowanalba.org](mailto: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.

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Please go to next entry

### Blind Veterans UK

12-14 Harcourt Street  
London W1H 4HD

T: 0800 389 7979 (Helpline)

E: [supporter.services@blindveterans.org.uk](mailto:supporter.services@blindveterans.org.uk)

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

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

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

Instagram: <https://www.instagram.com/blind.veterans/>

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

**Summary:** Help is available to support anyone who has served in the Armed Forces, or who have 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

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### Legion Scotland

New Haig House  
Logie Green Road  
Edinburgh EH7 4HQ

T: 0131 322 1076

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

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

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

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

**Summary:** Visits offer supportive, reliable relationships through the Veterans Community Support Volunteers to veterans who would otherwise be socially isolated. It all starts with a cuppa and a chat new activities could be enjoyed in local community. This service links into all other services such as comradeship events, remembrance, and membership. Click on the links above for more information, to complete a referral form or to become a volunteer.



### Veterans First Point

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

T: 0131 221 7090

Opening Hours: Monday–Friday 9.00am–5.00pm

E: [V1P.Scotland@nhslothian.scot.nhs.uk](mailto: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'.

## Youth

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### People Know How - Positive Transitions

F11 Fisherrow Centre (East Lothian)  
Edinburgh EH21 6AT

T: 0131 569 0525

Opening Hours: Monday–Friday 9.00am–5.00pm

E: [positive.transitions@peopleknowhow.org](mailto:positive.transitions@peopleknowhow.org)

W: [www.peopleknowhow.org/befriending](http://www.peopleknowhow.org/befriending)

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

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

Instagram: <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 a safe environment to chat and engage in activities based on their interests including arts, crafts, science, cooking and games.

**People Know How - Positive Transitions**

Straits Meadow  
61-63 London Road  
Edinburgh EH7 6AA

T: 0131 569 0525

E: [positive.transitions@peopleknowhow.org](mailto:positive.transitions@peopleknowhow.org)

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

**Summary:** Positive Transitions supports children, young people and their families in the transition from primary and secondary school across Edinburgh and the Lothians. The service is designed to support them to feel valued and understood, improve their self-esteem and peer relationships, and enable them to fulfil their potential. Positive Transitions spans a wide range of interventions that offer support both on a one-to-one basis and through group projects.

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**Youth****Space - Big Hearts Befriending**

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

T: 0131 455 7731

E: [jane@bighearts.org.uk](mailto:jane@bighearts.org.uk)

W: <https://spacescot.org/big-hearts-befriending/>

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

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

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

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

T: 0131 455 7731

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

W: <https://spacescot.org/phew/>

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

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

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

**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.

## Youth

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### Space - Youth Befriending Space and Broomhouse Hub

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

T: 0131 455 7731

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

W: <https://spacescot.org/youth-befriending/>

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

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

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

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