

FESTIVE BREAK
HELPFUL INFORMATION



Corstorphine Community Centre
191 St John's Road, Corstorphine

Closure periods:

***CCC groups and activities, last days are closed from 18th December 2020
resuming 11th Jan 2021.***

***Food Bank is running Wed 23rd Dec, is NOT running on 30th Dec and
resumes weekly service on Wed 6th Jan***

Charity shop last day is Sat 19th Dec, reopens on Thurs 7th Jan.

We wish you all a happy festive season.

We look forward to seeing you in 2021. Stay safe!

Useful Contacts

When you need help now: Police, Fire, Ambulance Call: 999

Police (non emergency) Call: 101

NHS 24 Call: 111

Edinburgh Access Practice Call: 0131 240 2810 services for anyone who is experiencing difficulty in accessing primary care.

Social Care Direct Call: 0131 200 2324 for help with illness, frailty, disability or concerns about safety of an adult or child at risk of harm. Out of hours Call: 0800 731 6969

Coronavirus information Call: 0800 22 44 88

National Assistance Helpline Call: 0800 111 4000. Essential assistance to those who are at high risk of contracting COVID-19.

Lone Parent Helpline Call: 0808 801 0323 support and advice for single parents.

Edinburgh Crisis Centre Call: 0808 801 0414

Scotland's Domestic Abuse and Forced Marriage Helpline Call: 0800 027 1234

Mental Health Assessment Service Call: 0131 286 8137 for people in crisis who need an emergency mental health assessment.

Citizens Advice Call: 0131 510 5510 information on rights and money

Edinburgh Food Project Call: 0131 444 0030 providing emergency food and support to local people.

Empty Kitchens, Full Hearts Call: 07895 347157 charitable hot meals and food packs with delivery.

Listening services Samaritans Local Call: 0131 221 999 Samaritans National Call: 116 123 Breathing Space Call: 0800 83 85 87 CALM Call: 0800 58 58 58 for

Carers Voices of Carers Across the Lothians (VOCAL) Call: 0131 622 6666 working with family members, partners and friends who are caring for someone.

Edinburgh Carers Council Call: 0131 322 8480 advocacy for carers supporting someone with physical or mental health difficulties.

MECOPP (Minority Ethnic Carers of Older People Project) Carers Centres Call: 0131 467 2994 support for Black and Minority Ethnic carers to access appropriate supports and services.

Carers Scotland Advice Line Call: 0808 808 7777 25

Age Scotland Call: 0800 12 44 222

Silverline Call: 0800 4 70 80 90 helpline offering friendship and advice to older people.

Hourglass Call: 080 8808 8141 (press 2 for Scotland) helpline providing information and support for anyone concerned about harm or abuse of an older person.

Citizens Advice Call: 0131 510 5510

Scottish Welfare Fund Call: 0131 529 5299 grants for people on low incomes.

Debtline Call: 0808 808 4000 26

Gas Helpline Call: 0800 111 999

Electricity Helpline Call: 105

Scottish Water Helpline Call: 0800 0778 778

Floodline Call: 0345 988 1188

Edinburgh Council Emergency Call: 0131 200 2000

Cruse Bereavement Care Call: 0808 802 6161

PETAL (People Experiencing Trauma And Loss) Call: 01698 324 502

The Scottish Funerals Costs Helpline Call: 03000 11 33 01

Rape Crisis Edinburgh Call: 0131 556 9437

Rape Crisis Scotland Call: 0808 801 0302

Edinburgh Women's Aid Call: 0131 315 8110

Scottish Women's Aid Call: 0800 027 1234

Victim Support Scotland Call: 0800 160 1985

Shakti Women's Aid Call: 0131 475 2399 support for black minority ethnic women and their children who are experiencing, or who have experienced, domestic abuse.

Edinburgh Community Food Call: 0131 467 7326 helping people to have access to a healthy diet.

Eat Well Age Well Malnutrition Helpline Call: 0800 13 88 220 provides practical tips and advice about how to stay well-nourished for older people aged 65 years or over living at home who have a poor appetite and/or are experiencing unintentional weight loss.