

**Coronavirus  
Covid-19**

For latest updates on council services visit

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



## **CORONAVIRUS - HOW YOU CAN HELP**

### Being a good neighbour

To everyone who has approached us, and to those of you who are trying to find ways to help your communities, thank you. Your kindness and generosity in these difficult times are a reflection of all that is best about the city we share and the people who call it home.

As a rule, right now, the best thing that most people can do is

- stay at home
- limit social contact
- follow NHS guidelines.

If you're able to help others then 'Think Local and Act Local'. Where you can, offer support to your

- wider family
- friends
- neighbours

to help make sure that they receive the essential supplies and medicine that they may need. Many people will already have established arrangements for support which are expected to continue but for those of you offering to help, Volunteer Edinburgh has some guidance on [how to be a good neighbour safely](#).

### Volunteering

If you have specific skills that you would like to volunteer, please consider organisations like [Volunteer Edinburgh](#) and [EVOC](#), particularly in regards to food distribution. These organisations are working hard to connect supply and demand at the very local and community level.

If you are part of an existing or newly formed community group, please contact EVOC who have developed a [directory](#) and are connecting the amazing community responses across the city. EVOC is working hard to connect supply and demand of food at a very local and community level. EVOC is asking people to complete a [basic form](#) or for more information email [info@evoc.org.uk](mailto:info@evoc.org.uk)

You can also find out more about the Scottish Government's [national plan for volunteering](#) and [other options](#) to volunteer with, for example British Red Cross.

### What the Council's doing

To keep essential services running and support vulnerable people across the city, we're constantly monitoring how we deploy our staff. We're working to identify where our services need help and at this point in time, we're relying on our own internal capacity to meet those needs. We'll be monitoring this over the weeks ahead and will work with Volunteer Edinburgh to share any ask of citizens and community organisations.

**The Government guidance on COVID-19**

has information in various languages on the importance of staying at home and [can be found here](#).

This includes information on staying at home in

- English
- Arabic
- Bengali
- Chinese - Cantonese
- Chinese - Mandarin
- French
- Gujarati
- Polish
- Portuguese
- Punjabi
- Urdu
- Welsh

## **NATIONAL HELPLINE ESTABLISHED FOR THOSE WHO DO NOT HAVE FAMILY OR COMMUNITY SUPPORT.**

A new national helpline is being set up to provide essential assistance to those who don't have a network of support but who are at high risk of contracting COVID-19.

The service – which opens tomorrow (Tuesday) – will offer help to those who do not have family or existing community support and cannot get online and who are over 70, disabled, require the support of mental health services, are pregnant or receive a flu jab for health reasons. This service is in addition to localised support already available for people who have received letters advising them to shield themselves. However, any of those in the shielding category who are not yet receiving assistance, who do not have family and cannot get online can access support via this new helpline.

Anyone not in these categories but still looking for support should visit [readyscotland.org](http://readyscotland.org)

The helpline – 0800 111 4000 – will initially operate during core working hours of 09:00 to 17:00 while plans are developed and implemented to extend it to operate for a longer period each day.

Callers will be automatically connected to their local authority who will support them to access the service they need, such as:

- essential food and medication
- links to local social work services for vulnerable children or adults
- emotional support
- contact with local volunteer groups

## **POLICE SCOTLAND**

Given the different dynamics we are all experiencing within our communities and the vast reduction in everyone being out and about, I'd like to draw your attention to the Neighbourhood Watch Alert scheme

Officers from the Prevention, Intervention, and Partnerships Team have been regularly using the Neighbourhood Watch Scotland 'Alert' system to share important crime prevention information. Information has included advice on home and shed security, cyber security and online safety for young people, and how to better protect oneself from becoming a victim of a Covid-19 relate fraud or scam.

Neighbourhood Alert is delivered in Scotland by Neighbourhood Watch Scotland. The Alert system allows people to stay up to date with the latest crime, safety and resilience news for your local area

which has proved particularly useful to people and communities over the last few weeks. All information comes from trusted sources and removes any doubt to the accuracy and authenticity of the information you receive. Over 23,000 people across the country have joined so far and this number grows every day.

Neighbourhood Alert is free to join - just go to [www.neighbourhoodwatchscotland.co.uk](http://www.neighbourhoodwatchscotland.co.uk) and sign up to receive Alerts



## SITUATIONS VACANT



### **Administration Assistant**

Do you have previous Administration Experience? Are you seeking part time employment? Can you multi-task in a busy environment? Can you work on your own initiative? If the answer to all those questions is yes, The Corstorphine Trust could have the ideal role for you!

We are seeking an experienced Administration Assistant to help organise our growing number of activities in the heart of the Corstorphine village. The successful candidate will provide confidential administrative support to The Trust.

#### Duties and Responsibilities Include:

- \* Monitoring inboxes
- \* Invoicing
- \* Updating online/desk diaries
- \* Liaising with caretakers
- \* Arranging maintenance appointments
- \* Showing prospective clients around buildings
- \* Maintaining membership database
- \* Maintaining key holders list.

#### Key Skills and Experience:

- \* The ability to multi task in a busy environment
- \* Excellent organisation skills
- \* First class communication skills and the ability to deal with colleagues and clients at all levels
- \* Good IT skills.

This is an ongoing position starting at 10 hours per week but with the distinct possibility of increasing over time. We can be fairly flexible regarding specific days and parts thereof worked. The role offers an hourly rate of £10.00.

If you think this job is for you, please apply with your name and 'phone number to [treasurer@corstorphinetrust.co.uk](mailto:treasurer@corstorphinetrust.co.uk) telling us why. The closing date for applications is Thursday 30 April 2020.

## SITUATIONS VACANT

### **Caretaker**

Salary: £200 per month for 15 days (rotational - five days on/five days off)

As caretaker of two buildings in the heart of the Corstorphine village, you will be part of a team helping to ensure the smooth running of The Corstorphine Trust's growing number of activities.

Providing high standards of customer care, you will open and close for casual lets where some evening and weekend work will be essential. You will monitor the external areas around the properties for defects and report on any found. You will help ensure a good standard of tidiness of internal and external spaces. Your duties will also include (but not restricted to) laying out/storing of equipment, alarm tests, defibrillator monitoring, ensuring bins are put out in time for pick up, setting heating timers, reading utility meters.

Working on your own initiative, excellent time management and organisational skills will allow you to manage priorities while on shift. Basic IT skills are essential.

Please apply to [treasurer@corstorphinetrust.co.uk](mailto:treasurer@corstorphinetrust.co.uk) providing your name, 'phone number and a short paragraph telling us why you're the person we're looking for. The closing date for applications is Thursday 30 April 2020.

## **VOLUNTEER EDINBURGH**

We have produced a map highlighting the pharmacies across Edinburgh that deliver prescriptions and any restrictions on this. Contact details are given for each:

[www.voled.in/prescriptiondeliveries](http://www.voled.in/prescriptiondeliveries)

## **NORTH WEST CHILDREN'S SOCIAL WORK TEAM**

The North West Children's Social Work Team continue to support families during the current Covid-19 pandemic. The vast majority of Social Workers are still at work, but working from home, and we continue to make regular contact with families by phone, FaceTime, Skype or other means. We are carrying out home visits only if we have significant concerns about a child that requires us to have face to face contact. This is as much about ensuring that social work staff are not passing on the virus to families alongside protecting staff. We continue to run our duty service from Pennywell All Care Centre for the whole of the locality. The office at Westfield House is closed for the moment. The duty team can be contacted on 0131 286 5200.

We are delivering food parcels on a fortnightly basis to vulnerable families with children aged under five. We are also able to make referrals to Edinburgh Project for food bank deliveries or make referrals to other services who may be able to help provide food and other essentials. If families with children are struggling financially due to the Covid-19 pandemic, we may also be able to offer some emergency financial assistance. We have been involved in identifying children who would benefit from a nursery or school placement. We are also supplying iPads to a small number of families who do not have any electronic devices. This will allow children to access school work and social workers to have video calls with children and families.

If you would like support or advice from Social Work, or if you are worried about a child, please contact Social Care Direct on 0131 200 2324. Out with normal office hours you can contact Emergency Social Work Services on 0800 731 6969.

## **YOUNG SCOT**

Young Scot has lots of advice and information for young people and how to cope during the current situation. You can find out more here: <https://young.scot/>

COVID-19 Foodshare Group  
**Support and Help available  
in North Edinburgh**

(Muirhouse/Salvesen/Pilton/Granton/Drylaw/Telford)



New  
Community  
Helpline:

0131 356 0220

10am – 4pm  
Mon – Fri

### Hot Food requests

**Scran Academy:**

Go to [www.ScranAcademy.com](http://www.ScranAcademy.com)  
and fill in the form on the C19 tab.

Email [hello@scranacademy.com](mailto:hello@scranacademy.com)  
Or call 07496 850591

**North Edinburgh Arts:**  
(Muirhouse/Pilton area)

Email [BrianM@NorthEdinburghArts.co.uk](mailto:BrianM@NorthEdinburghArts.co.uk)  
Or call 07493 876130 (Mon – Fri, 10am - 4pm)

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### Packed Lunch requests

**Muirhouse / Salvesen:** Muirhouse Low Income Families Together (LIFT):  
Email [Danielle.lift@outlook.com](mailto:Danielle.lift@outlook.com) or call 0131 467 3578.

**Granton / Royston:** Granton Community Gardeners:  
Email [info@grantoncommunitygardeners.org](mailto:info@grantoncommunitygardeners.org)  
or complete the request form at:  
<https://forms.gle/JVUXaRCtXH4zhAmw6>

Spartans Community Football Academy:  
Email [info@spartanscfa.com](mailto:info@spartanscfa.com) or call 0131 552 7854 (10am – 3pm).

**Drylaw / Telford:** Drylaw Neighbourhood Centre: Email [roy@drylawnc.org.uk](mailto:roy@drylawnc.org.uk)  
Drylaw Rainbow Club Centre: Email [rainbowdaycare@btconnect.com](mailto:rainbowdaycare@btconnect.com)  
or call 0131 343 6643 (Mon – Fri, 10am – 2pm).

**West Pilton / Granton Mill:** Email [lynn.mccabe@ea.edinburgh.sch.uk](mailto:lynn.mccabe@ea.edinburgh.sch.uk)  
or call 07845 015 976 (Mon – Fri, 9am – 12pm).

## Food, cleaning & toiletry packs

Fresh Start are leading on this locally.

Call 0131 356 0220 (community helpline) or email [admin@freshstartweg.org.uk](mailto:admin@freshstartweg.org.uk)

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

Email [Danielle.lift@outlook.com](mailto:Danielle.lift@outlook.com) or call 0131 467 3578.

**Bethany Gateway** are offering Starter Packs across Edinburgh and will deliver to Pilton 2 days a week (delivery to be confirmed at referral). Call 0131 651 8930 (Mon – Fri, 9am – 5pm).

**Forthview Primary School**

If your child attends Forthview PS please contact Tracey Berry to arrange packs (delivered Tuesday & Wednesday), or contact Fresh Start for alternative delivery options (details above).

**Drylaw Rainbow Club Centre (Drylaw / Telford)**

Call 0131 343 6643 (10am – 2pm) or email [rainbowdaycare@btconnect.com](mailto:rainbowdaycare@btconnect.com)

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## Other helpful information

Scottish Government helpline: 0800 111 4000

Health information: Visit [www.nhsinform.scot](http://www.nhsinform.scot)

**Edinburgh City Council:**

Information for vulnerable and high risk people.

Visit [www.edinburgh.gov.uk/homepage/10483/vulnerable-and-high-risk-people](http://www.edinburgh.gov.uk/homepage/10483/vulnerable-and-high-risk-people)

Call 0131 200 2306 (Mon – Thurs, 8.30am - 5pm, Fri 8.30am – 3.40pm)

or email [edinburghvulnerable@edinburgh.gov.uk](mailto:edinburghvulnerable@edinburgh.gov.uk)

**Council Tax and Benefits:**

Email [incomeandbenefits@edinburgh.gov.uk](mailto:incomeandbenefits@edinburgh.gov.uk) or call 0131 608 1111 (emergencies only).

**Granton Information Centre:**

Call 0131 551 2459 / 0131 552 0458 (Mon – Fri, 9.30am – 4pm) or email [info@gic.org.uk](mailto:info@gic.org.uk)

**Parenting advice and support:**

NSPCC: Call 0808 800 5000 (Mon – Fri, 8am – 10pm, weekends 9am – 6pm)

Social Care Direct: Call 0131 200 2324

**Older people:**

Visit <https://www.ageuk.org.uk/information-advice/coronavirus/>

or call the Age UK helpline: 0800 12 44 222.

**Business Advice:**

Call 0300 303 0660 (Mon – Fri, 8.30am – 5.30pm).

The Find Business Support website gives the latest information and advice:

<https://findbusinesssupport.gov.scot/coronavirus-advice>

HMRC Tax Advice helpline: 0800 015 9559

Interested in volunteering? Contact Volunteer Edinburgh to be connected to a local organisation that needs your support: [www.volunteeredinburgh.org.uk](http://www.volunteeredinburgh.org.uk)

# STAY WELL STAY ACTIVE

During COVID-19 measures we recommend you try to get your weekly 150 minutes of moderate activity. This can help to support your physical and mental health

## STAY ACTIVE AT HOME



## STRETCH REGULARLY

Even if space is limited remember to stretch regularly

## WORK OUT

You don't need fancy equipment to be active at home, use what you have around you



## SIT LESS



Break up your sitting time. Every half hour try...

Sit = 20 minutes

Stand = 8 minutes

Stretch = 2 minutes



## APPS & TECH

There are lots of mobile apps & wearables which can be a really good way to get reminders to move as well as ideas for activity



## DANCE

Music can help keep your mood positive and adding a little bit of dancing to your day can be fun and help you be more active

## OUT & ABOUT

- Only go outside for essential food, health and work reasons
- Only go out for one form of exercise a day, e.g. a run, a walk or cycle alone or with members of your household
- Stay 2 metres (6 feet) away from other people
- Wash your hands regularly & wash your hands as soon as you get home
- The most up to date advice can be found at [www.nhsinform.scot](http://www.nhsinform.scot)

## ACTIVE AT HOME

Generally, to stay healthy adults are recommended to get around 30 minutes of moderate to vigorous physical activity on most days, while children should get 60 minutes of this same level of physical activity every day. More about the guidelines on activity can be found here

<https://www.nhs.uk/live-well/exercise/>

Getting your recommended levels of activity can be difficult during COVID-19 restrictions but taking advantage of the opportunity get out in the fresh air to do one form of exercise outside each day, for example a walk, run, or cycle (alone or with members of your household) can help reduce stress and help you feel more positive and energised. If you're finding it difficult to meet the recommended levels try starting small and build up slowly. Set yourself manageable goals by counting your steps or timing your activity and doing a little more each day.

All activity is good for you and more is better. Break up your sitting time too. Try standing up and doing some stretching at least once an hour. If you're working from home the ideal routine is 20 minutes sitting, eight minutes standing and two minutes stretching. If you're finding it difficult to remember to move regularly, can you set an alarm on your phone?

Below are some links to examples of how you can be active at home. There are lots more for different levels of fitness, different interests and age groups that you can find by searching the internet or through social media sites like Facebook and Twitter.

There is guidance on outdoor activity at the end of the document too.

Feel free to share your favourite activity ideas and links and if you Tweet them to me I'll share them too @ActivelyJohn

### **NHS Inform**

Latest guidance about COVID-19 from NHS Scotland and the Scottish Government, including social distancing and stay at home advice.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-andpoisoning/coronavirus-covid-19>

### **Scottish Government Activity Guidance**

As part of the effort to keep everyone moving 'Actify' will be working with Scottish Government to host their physical activity guidance on the Actify digital platform and providing free webinars and support sessions to help you do the same. So it may be worth keeping an eye on Actify for more information as it develops. <https://go.actify.org.uk/covid19-support/>

Here are some ideas to get you started:

### **Home Based Exercises & Workouts**

## **Home-based strength and cardio workouts for adults:**

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

## **Five-week strength and flex programme:**

<https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

## **The Body Coach**

Joe Wicks P.E., Kids Workouts to do at Home, Home Workouts for Seniors, and lots of other workouts. All free. <https://www.youtube.com/user/thebodycoach1>

## **Yoga course**

30 days of Yoga on YouTube. <https://www.youtube.com/watch?v=oBu-pQG6sTY>

Stay In Work Out - Sport England also have a useful page with lots of links:

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

## **NHS Live-Well: Exercise**

An excellent place to start. Exercise info, guidance, explanations, tips, apps, videos, 'Couch to 5k'; Fitness Studio Exercise Videos – aerobics, belly dancing, yoga, meditation, pilates. Exercises for all – beginners and intermediate, workouts, chair based exercise, exercises for people affected by knee problems, back problems, arthritis, scoliosis, osteoporosis, MS and fibromyalgia included.

<https://www.nhs.uk/live-well/exercise/>

## **Apps**

### **Active 10**

Add more regular bursts of brisk walking to your daily routine with activity tracking, encouragement and achievable milestones. <https://www.nhs.uk/oneyou/apps/>

### **Couch to 5K**

Get off the couch and running 5K in just 9 weeks. Grab your trainers and follow the step-by-step audio instructions. <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>

### **My Wellness**

My Wellness is a FREE app that allows you to track your fitness progress, save your workouts and monitor your fitness goals online from your phone!

<https://www.westlothianleisure.com/xcite-activities/adult/gym/my-wellness-app/>

## **Pregnancy, Babies and Younger Children**

### **The Mummy Bubble: 40 fun activities to do with your baby at home**

<https://themummybubble.co.uk/40-fun-activities-baby-home/>

### **Yoga, mindfulness and relaxation designed especially for kids aged 3+ on YouTube**

<https://www.youtube.com/user/CosmicKidsYoga>

### **Active for Life: 49 fun physical activities to do with kids aged 2 to 4 which you might be able**

to adapt for your garden or living room

<https://activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4/>

### **Children & Young People**

**Change4Life indoor games for children** – <https://www.nhs.uk/change4life/activities/indooractivities>

**Change4Life accessible activities for children** -

<https://www.nhs.uk/change4life/activities/accessible-activities>

### **Physical Activity & Learning at Home**

**Physical Activity mixed** with classroom learning (at home) BBC Supermovers is a campaign from the Premier League and BBC to help get a generation of pupils up and moving while they learn. [www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers)

**Exercise in pregnancy guidelines**

<https://www.nhs.uk/conditions/pregnancy-and-baby/pregnancy-exercise/>

### **Older People**

**Stay Active at Home (Chartered Society of Physiotherapy)**

A simple set of exercises designed especially for older people to help everyone stay active.

<https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-youage/staying-strong-you-age/strength>

**Paths for all** have the following video <https://www.youtube.com/watch?v=2ZplzbLmfz0> for

**Strength and Balance** and <https://www.pathsforall.org.uk/walking-for-health/strength-andbalance/strength-and-balance-exercises> leaflet that might be useful

**Seated strength and flexibility exercises for adults with mobility issues:**

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

**Midlothian Ageing Well Facebook page has a range of workout videos**

[https://www.facebook.com/pg/Ageing-Well-Midlothian-108505023900886/videos/?ref=page\\_internal](https://www.facebook.com/pg/Ageing-Well-Midlothian-108505023900886/videos/?ref=page_internal)

**East Lothian Ageing Well** East Lothian's Facebook page is a good way to keep up with ideas, activities and information for older people in East Lothian

<https://www.facebook.com/AgeingWellEastLothian/>

### **Mental Health Support**

**Young People**

**Young Minds:** Organisation dedicated to supporting young people's mental health. Also has a parent support line <https://youngminds.org.uk/>

## **General Mental Health**

**Mental Health Foundation:** Looking after your mental health during the Coronavirus outbreak

<https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirusoutbreak>

**Scottish Association for Mental Health: Coronavirus support info**

[www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirusinformation-hub](http://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirusinformation-hub)

**Support in Mind Scotland: Coronavirus support info**

<https://www.supportinmindscotland.org.uk/listing/category/coronavirus-supportguidance>

**Breathing Space:** Mental health support and information for people in Scotland as well as confidential phonenumber for over 16's (0800 83 85 87) <https://breathingspace.scot/>

**Get Active with a Disability**

<https://www.nhs.uk/live-well/exercise/get-active-with-a-disability/>

**Advice for wheelchair users**

<https://www.nhs.uk/live-well/exercise/wheelchair-users-fitness-advice/>

**Exercises for back pain and safe exercising advice**

<https://www.nhs.uk/live-well/exercise/?tabname=exercise-tips>

**British Sign Language NHS Inform COVID-19 Advice**

British Sign Language video explaining steps you can take to help avoid infection from coronavirus (COVID-19) and self-isolation advice.

<https://www.nhsinform.scot/translations/languages/british-sign-language-bsl/illnesses-andconditions/coronavirus-covid-19>

**Learning Disability friendly Coronavirus Advice**

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/876996/Easy\\_read\\_looking\\_after\\_your\\_feelings\\_and\\_body.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf)

## **Lothian**

**Edinburgh Active Schools Activities A-Z (Alphabetical activity challenge)**

<https://www.joininedinburgh.org/sports/active-schools/activeathome/>

**Edinburgh Leisure**

Fitness at Home: Links to Les Mills workouts, NHS Advice and Fit for Health Fitness Class delivered by Edinburgh Leisure on YouTube <https://www.edinburghleisure.co.uk/fitness-athomehttps://www.youtube.com/watch?v=fMH2XFYCP4E&lc=z23xxlmjyun1hza1uacdp431ql3ve1xd1ks2cuacx3tw03c010c>

**West Lothian Leisure**

Free Les Mills Workouts <https://www.westlothianleisure.com/>

**My Wellness App**

My Wellness is a FREE app that allows you to track your fitness progress, save your workouts and monitor your fitness goals online from your phone.

<https://www.westlothianleisure.com/xcite-activities/adult/gym/my-wellness-app/>

Also see the Facebook page for more info and links to activities

<https://www.facebook.com/Xcitewestlothianleisure/>

**East Lothian Ageing Well** Facebook page is a good way to keep up with ideas, activities and information for older people in East Lothian <https://www.facebook.com/AgeingWellEastLothian/>

The Active East Lothian Twitter account @ActiveEL is a good place to keep up to date with sport and physical activity news from East Lothian <https://twitter.com/ActiveEL>

**Health All Round/Wester Hailes Health Agency Active Steps Programme** exercise videos can be found on the Health Agency Facebook page.

<https://www.facebook.com/pg/WesterHailesHealthAgency/videos/>

### **Active Outdoors during COVID-19**

The below guidance should explain what you can and can't do during this period. (adapted from Public Health England website)

- Taking daily exercise is one of the four reasons the government has advised that it is fine to leave your household for.
- You can do one form of exercise outside each day, for example a walk, run, or cycle – alone or with members of your household.
- While you're out, always keep at least two metres or more away from anyone outside of your household. This will stop the virus spreading.
- Minimise time outside and wash your hands when you return home.

#### **If you are self isolating**

- If you're self-isolating (for example if you're over 70, pregnant or have an underlying health condition) but feel well, you can also go outside with the same caveat of keeping your distance from others.
- If you're self-isolating because you have symptoms, or someone in your household has them, or you're defined as extremely vulnerable on medical grounds, you shouldn't leave home but that doesn't mean you should stop moving. It's really important to use movement and activity as a way of breaking up your routine, but only if you feel well enough.

#### **If you are unwell**

- If you're unwell, use your energy to get better and don't try to be active. If you can get out of bed, then do so, but don't try to do too much.
- Finally, if you're feeling better after having had the virus, return to your normal routine very gradually and make sure to have additional rest periods during and after exercise.

**From John Brennan SHPS (Physical Activity) NHS Lothian Health Promotion April 2020**

[john.brennan@nhslothian.scot.nhs.uk](mailto:john.brennan@nhslothian.scot.nhs.uk)

**LIVE MUSIC NOW SCOTLAND**

Thanks to all who have tuned in to watch our #TogetheratHomeLMNS concerts so far!



We've been enjoying reading your comments online and thanks to those who have shared photos of children singing along at home. So far the videos have been watched across Scotland and the UK, as well as in America, Canada, Germany and France. We've been sending the YouTube videos to the care homes where our musicians normally perform and have been touched to hear that the residents are enjoying the music in this new way.

To catch up on the brand new concerts we have premiered over the past two weeks, please head over to our YouTube channel, <https://www.youtube.com/livemusicnowscotland>

Live Music Now Scotland's programme of online concerts continues this week (Monday 20th - Sunday 26th April). Everyone is welcome, please share!

Daily concerts will be available to watch at either 11am or 7pm, with some designed for children and others for the general public or those living with dementia.

Our friends at Live Music Now Munich have also created videos to keep in touch with their audiences. LMNS will be featuring their videos this week as part of #TogetheratHomeLMNS.

Week three music programme:

Monday 13th April, 7pm Celtic Pacifica, soprano and piano duo, suitable for general public.

Tuesday 14th April, 11am Laura McFall & Viktoria Sarkadi, soprano and piano duo, suitable for early years.

Wednesday 15th April, 11am Mille Influence, jazz trio from Live Music Now Munich, suitable for general public.

Thursday 16th April, 11am Rachel Lightbody, jazz vocals, suitable for early years.

Friday 17th April, 11am Acrcis Saxophon Quartett from Live Music Now Munich, suitable for general public.

Saturday 18th April, 7pm Farzane Zamen, singer songwriter, suitable for the general public, older people in care homes and those living with dementia.

Sunday 19th April, 7pm Prismatic Winds, wind quintet, suitable for the general public.

See you in cyberspace!

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Live Music Now Scotland will continue to bring the joy of music into people's lives, even during the COVID-19 pandemic. Our Together at Home series is a programme of brand new concerts, recorded especially for sharing with our longstanding audiences, whether that's older people in care homes, children in school or nursery, or people on lockdown in every one of Scotland's 32 local authorities. And now even further beyond!

Following the cancellation of many concerts, Live Music Now Scotland was keen to find alternative ways of sharing music in the community. Music is more vital than ever in these uncertain times, providing a way to take our minds off the current realities that are unfolding and lift us out of the stress and worries of daily life. It was also crucial that we found a means of financially supporting our 118 emerging artists during a difficult time and ensuring their work remained accessible.

We came up with a solution: pre-recorded and live concerts, direct from the artists' homes that we can share with care homes, arts venues and nurseries. Or straight into the living rooms or mobile phones of our supporters.

We have commissioned a special series of videos, recorded in living rooms around Scotland – or wherever our artists are on lockdown – that will be available to view on YouTube for a limited time. Here are some dates for your diary, please join us on Facebook to share some wonderful music Together at Home.

## MAKE DO GROW

If you are looking for fun, free and easy activities for the family, and use facebook, check out this page: [www.facebook.com/makedogrow](https://www.facebook.com/makedogrow)

## THRIVE EDINBURGH

This week we are focusing on how to keep active whilst practising social distancing or as Edinburgh Leisure describe it “‘find your feel good at home’. We’ve also included links to beautiful outside spaces you can visit without leaving your house, and innovations and new developments from partners.

<https://www.edinburghhsc.scot/wp-content/uploads/2020/04/16-April-Inside-Outside-Thrive-briefing-2.docx.pdf>

## HEALTH IN MIND Service Updates

Due to the current situation, we are being more flexible about what people can attend in their locality so please contact Health in Mind for more information to find out what’s available to you.

### EdSpace

Covid-19 Mental Health Service Updates: <https://edspace.org.uk/covid-19-service-updates/>

Edinburgh’s online source of mental health and wellbeing information.

Edspace provides information about:

- Local services
- News
- Events
- Factsheets
- Self-help materials.

Contact information - Email: [julie.huggan@health-in-mind.org.uk](mailto:julie.huggan@health-in-mind.org.uk)

Call: 0131 225 8508 and ask to speak to Julie Huggan

### Stockbridge - Depression and Anxiety Support Group

The group is a supportive environment where people experiencing anxiety, depression and low mood can share their thoughts and feelings or just to be present. It is led by a volunteer with lived experience and it creates a space for people to connect with others in a similar situation and to learn positive coping strategies from one another.

How to access - The group currently meets on an online platform (Zoom). To join an online session or if you have questions, please email [edinburghselfhelp@health-in-mind.org.uk](mailto:edinburghselfhelp@health-in-mind.org.uk) before 3pm on the day you would like to attend. Each session will be 50 minutes for up to 8 participants + a facilitator.

Times and dates - Mondays 4 - 4:50pm & 5 - 5:50pm, 30 March; 13 & 27 April; 11 & 25 May; 8 & 22 June

### **Anxiety Management Drop-in**

Do you experience mild anxiety?

Are you keen to learn tools that can help?

We are meeting on an online platform (ZOOM) every other Tuesday at 11am - 12pm.

Current dates: 21 April, 5 & 19 May, 2, 16 & 30 June.

For more information, to get support with setting up a ZOOM account or to register, email Anna at [anna.chmiel@health-in-mind.org.uk](mailto:anna.chmiel@health-in-mind.org.uk) or call 0131 225 8508

### **South Queensferry - Wellbeing Space**

Do you feel low, anxious or isolated?

Would you like to join a supportive group with others in a similar situation?

The Wellbeing Space meets weekly and it allows people to share, listen and connect with each other.

How to access - The group currently meets on and online platform (ZOOM). To join an online session or if you have questions, please email out Support and Development Worker Anna Chmiel at [anna.chmiel@health-in-mind.org.uk](mailto:anna.chmiel@health-in-mind.org.uk)

Times and dates - Every Thursday at 12 - 1:30pm

### **South Queensferry - Anxiety Management Drop-In (online)**

Are you experiencing anxiety?

Would you like to learn tools that can help?

The Anxiety Management Drop-in meets weekly and is a space for people to learn evidence-based tools to reduce symptoms of anxiety.

How to access - The group currently meets on and online platform (ZOOM). To join an online session or if you have questions, please email Zoe at [zoe.reid@health-in-mind.org.uk](mailto:zoe.reid@health-in-mind.org.uk)

Times and dates - Every Tuesday at 2-3pm

### **MAPS: My Personal Assets and Strengths**

New online 8-week MAPS course taking place in the evening, where we'll look at a variety of ways we can stay well throughout social isolation and beyond. This will take place on Zoom and each week we'll look at a different topic relating to our wellbeing, including daily wellbeing activities, mindfulness, goal setting, unhelpful thought patterns, habits and habit formation, the link between physical and mental health.

Open-access webinars in which I discuss a particular topic which might be of support to people during lockdown.

How to access the service? Please contact us for details of upcoming courses and to register your place.

Contact information - Email: [stuart.cameron@health-in-mind.org.uk](mailto:stuart.cameron@health-in-mind.org.uk) Call: 0131 225 8508 and ask to speak to Stuart Cameron

### **Guided Self Help:**

Health in Minds Guided Self Help Service in Edinburgh is still taking referrals but they must be by email only from GP's and GP Link Workers.

We are currently providing the Guided Self help service via telephone during the time of Covid -19.

GP's can find the email on RefHelp

### **Counselling:**

We offer a range of counselling services in North West Edinburgh. Counselling offers a safe, confidential place where people can talk about the difficulties they have experienced in their lives. Our trained Counsellors will help support them through this process.

To support people who use our services during this time, we are currently offering telephone counselling sessions for our CSA Counselling Service, NE Counselling Service and SE Counselling Service.

This option isn't suitable for everyone, and some people have opted to put their counselling on hold until face to face counselling is available but to give clients further options, we are also offering video counselling. All new clients who are ready to start counselling will be offered telephone or video counselling until face to face counselling resumes.

If you need any further information please contact our counselling team who will be happy to answer any of your questions [counselling@health-in-mind.org.uk](mailto:counselling@health-in-mind.org.uk)

How to access counselling?

You can self-refer or be referred by someone else. The referral form can be downloaded from our website.

Contact information

Email: [counselling@health-in-mind.org.uk](mailto:counselling@health-in-mind.org.uk)

Call: 0131 225 8508 and ask to speak to the Counselling team

**Counselling for Survivors of Sexual Abuse**- face-to-face counselling up to six months for people aged 18 years and over who are survivors of childhood sexual abuse living in the Edinburgh area.

**Trauma Counselling Line Scotland**- telephone based counselling for people aged 16 years and over, affected by childhood abuse, living in Scotland and are either from a Minority Ethnic Community or identify as having a disability (mental or physical) or live in a remote area.

**Lothian Deaf Counselling Service**- for those aged 18 or over who are Deaf, deafened, hard of hearing or deafblind. We offer counselling in British Sign Language (without interpreter) and also in English. A personal hearing loop system and communication in written English are available for people who are deafened or hard of hearing.

To support people who use our service during this time, we are currently offering video counselling.

We understand this isn't suitable for everyone, and some people have opted to put their counselling on hold until face to face counselling is available. All new clients will also be offered video counselling until face to face counselling resumes.

Email: [deafcounselling@health-in-mind.org.uk](mailto:deafcounselling@health-in-mind.org.uk)

Voice: 0131 225 8508 and ask to speak to the counselling team

Text: 07786 202875

**Equal Access**

Our Equal Access service supports people from ethnic minority communities who face additional cultural and language barriers and help them develop positive mental health and wellbeing.

We are going online using the video communications platform Zoom.

- For North West we have started Zoom online group support sessions on Mondays for the group at Pilton from 12pm to 1pm.
- We are also providing online group support sessions every Tuesday from 31 March from 11.00 am – 1.00 pm where you can learn stress management and coping skills for various mental health challenges.
- We will also provide one-to-one support to digitally connect with local communities, groups and services, taking into account your cultural and language needs.

To register for the group sessions or for further information, please contact, Rahila Khalid on [rahila.khalid@health-in-mind.org.uk](mailto:rahila.khalid@health-in-mind.org.uk) or call 07730220109.

### **Peer Collaborative**

A network of support for Peer Workers in Edinburgh.

Updates on how people can access peer spaces in Edinburgh during the Coronavirus (covid 19) crisis will be added to our Edspace page. If you have an update on your peer service or group please email [peer@health-in-mind.org.uk](mailto:peer@health-in-mind.org.uk) and it will be added to the list.

### **Trauma Support**

#### **Pathway Men**

Practical and emotional support for men who are survivors of childhood sexual abuse or men who have experienced rape/sexual abuse or domestic violence as adults. We provide support to develop coping strategies, build self-confidence and reduce stress and anxiety.

#### **Pathway Women**

Practical and emotional support for women who are survivors of childhood sexual abuse. We provide support to develop coping strategies, build self-confidence and reduce stress and anxiety.

How to access the service?

You can self-refer or be referred by someone else. The referral form can be downloaded from our website and we are still accepting referrals by email. We will offer initial meeting and then support by phone when spaces become available.

Contact information

Email: [traumaservices@health-in-mind.org.uk](mailto:traumaservices@health-in-mind.org.uk)

Call: 0131 225 8508 and ask to speak to Tammy Kirk



# Anxiety Management Drop-in

At North West Edinburgh

**We are now online!**

**Do you experience mild anxiety?**

**Are you keen to learn tools that can help?**

We are meeting on an online platform (ZOOM) every other Tuesday at 11am - 12pm.

Current dates: 21 April, 5 & 19 May, 2, 16 & 30 June.



For more information, to get support with setting up a ZOOM account or to register, email Anna at [anna.chmiel@health-in-mind.org.uk](mailto:anna.chmiel@health-in-mind.org.uk). If you do not have Internet access and would like to phone in to the group, please call 0131 225 8508 and leave a message. Anna will call you back to arrange for you to join.

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)



Health in Mind is a charity registered in Scotland SC004128 and a company limited by guarantee, registered in Scotland SC124090. The registered office is 40 Shandwick Place, Edinburgh EH2 4RT

# Edinburgh Depression & Anxiety Support Group

At North West Edinburgh



We are now online!

**A peer support group for adults living with depression, anxiety and low mood**

## How does it work?

Meetings take place on an online platform (ZOOM). To join an online session or if you have questions, please email [edinburghselfhelp@health-in-mind.org.uk](mailto:edinburghselfhelp@health-in-mind.org.uk) before 3pm on the day you would like to attend. Each session will be 50 minutes for up to 8 participants + a facilitator.

If you do not have Internet access and would like to phone in to the group please call us on 0131 225 8508 and leave a message. A staff member will call you back to arrange for you to join a session on the day of the group meeting.

## Times and dates

Alternate Mondays 4 - 4:50pm & 5 - 5:50pm

27 April; 11 & 25 May; 8 & 22 June

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)



Health in Mind is a charity registered in Scotland, number SC004128, and a company limited by guarantee, registered in Scotland, number SC124090. The registered office is at 40 Shandwick Place, Edinburgh, EH2 4RT

## **Child Protection Additional Guidance from Scottish Government**

Scottish Government are advising that there is likely to be a rise in child protection concerns due to the impacts of the Coronavirus pandemic on families and wider society.

In light of this, Scottish Government have issued some additional Covid-19 guidance which supplements the National Guidance for Child Protection in Scotland <https://www.gov.scot/publications/coronavirus-covid-19-supplementary-national-child-protection-guidance>

## **Changes to PVG system during Coronavirus**

Volunteer Scotland have also produced a useful guide for organisations: <https://www.volunteerscotland.net/for-organisations/disclosure-services/pvg-and-coronavirus-covid-19/>

## **Child Protection training and support**

Youth Scotland is continuing to offer Child Protection Awareness Training through online courses, delivered by Youth Scotland's Child Protection trainers. For dates of courses and how to apply: <https://www.youthscotland.org.uk/training-events-bookings/>

## **Cyber security advice from Police Scotland**

Police Scotland have issued some very accessible cyber security videos that their colleagues in the City of London Police have shared. The videos cover: Phishing, Vishing, Multi-Factor Authentication, Passwords, Software updates, Social engineering and Securing your router. The topics may sound daunting but the videos avoid jargon and explain things clearly. See the download on our Covid-19 page <https://youthscotland.org.uk/covid-19/>

## **Quick Tips for Online Youth Work**

Youth Scotland has produced a quick guide to online youth work, providing guidance on how to [engage safely with young people online](#)

THINKUKNOW also have a range of tools for parents/carers <https://www.thinkuknow.co.uk/parents/Support-tools/support-your-child-at-home/>

You can also access a further range of safeguarding guidance and template policies on Youth Scotland's Youth Work Essentials website: <http://www.youthworkessentials.org/safe-sound.aspx>

[See our latest Covid-19 information](#)

## RESOURCES & FUNDING

**Creative Edinburgh** - Creative Edinburgh's website has a page dedicated to [funding opportunities](#). If you are looking for your next opportunity, whether you are in search of a new job or your next freelance project, they also have a [jobs board page](#) which may be of interest to you.

### UK Government's Self-employment Income Support Scheme

Claim a grant through the coronavirus (COVID-19) Self-employment Income Support Scheme. Use this scheme if you're self-employed or a member of a partnership in the UK and have lost income due to coronavirus (COVID-19).

#### Objectives of Fund

This scheme will allow you to claim a taxable grant worth 80% of your trading profits up to a maximum of £2,500 a month. It will be available for 3 months, but may be extended. The grant will be subject to Income Tax and National Insurance contributions but does not need to be repaid. You can make a claim for Universal Credit while you wait for the grant, but any grant received will be treated as part of your self-employment income and may affect the amount of Universal Credit you get. Any Universal Credit claims for earlier periods will not be affected.

If you receive the grant you can continue to work or take on other employment including voluntary work. If you have other employment as a director or employee which is paid through PAYE your employer may be able to get support using [the Job Retention Scheme](#).

#### Who Can Apply and Further Information

You can claim if you're a self-employed individual or a member of a partnership and you:

- have submitted your Self Assessment tax return for the tax year 2018 to 2019
- traded in the tax year 2019 to 2020
- are trading when you apply, or would be except for coronavirus
- intend to continue to trade in the tax year 2020 to 2021
- have lost trading profits due to coronavirus.

You will need to confirm to HMRC that your business has been adversely affected by coronavirus. HMRC will as usual use a risk based approach to compliance. Your trading profits must also be no more than £50,000 and more than half of your total income for either:

- the tax year 2018 to 2019
- the average of the tax years 2016 to 2017, 2017 to 2018, and 2018 to 2019.

If you have not submitted Self Assessment tax returns for all 3 years find out [how they will work out your eligibility](#). Further information on this grant from the UK Government can be found via their [website](#).

**How To Apply** - Please note that you cannot make a claim yet. HMRC will aim to contact you by mid May 2020 if you're eligible for the scheme and invite you to claim using the GOV.UK online service. If

you're unable to claim online an alternative way to claim will be available. We will update this page with more information soon.

This page will also be updated with the steps you can take to make it easier to claim using the GOV.UK online service. You do not need to contact HMRC, as this will only delay the urgent work being undertaken to introduce the scheme.

### **European Cultural Foundation - Culture of Solidarity Fund**

Funding to support imaginative cultural initiatives reinforcing solidarity and the notion of Europe in response to the coronavirus pandemic.

Maximum value:	£50,000
Application deadline:	27/04/20

#### Background and Objectives of Fund

Provided by the European Cultural Foundation, the aim of the European Culture of Solidarity Fund is to support imaginative cultural initiatives - big or small - that reinforce solidarity and the notion of Europe as a shared public space in response to the current coronavirus crisis and its aftershocks. The Fund is open to individuals, collectives and organisations from all sectors and civil society at large with initiatives and ideas that:

- Expand the notion of Europe as an open and shared public space for everybody in times of inward- looking and national decision-making.
- Express and act in hands-on solidarity with people and communities across closed borders.
- Share experiences, knowledge, skills, stories, ideas and resources of solidarity across Europe, especially outside mainstream public attention.
- Sustain people-to-people interaction beyond European borders and in times of travel restrictions and social distancing.
- Maintain cultural life and social experiences with a European outreach in times of home lockdown and prepare the ground for a cultural revival of Europe after the crisis.
- Develop new approaches in operations of cultural work and new alliances across sectors to deal with the current challenges imposed by the crisis.

Special attention will be paid to proposals coming from:

- Regions where so far there is little to no emergency funding made available for the cultural and creative sector institutions.
- People and communities that face discrimination on the basis of race, ethnicity, (cultural) background, people with disabilities and members of the LGBTQ+ community.

How to Apply - Applications must be submitted via an [online form](#)

Please email me at [elaine.lennon@edinburgh.gov.uk](mailto:elaine.lennon@edinburgh.gov.uk) if you have any community news to share. Preferred format is a jpeg or word document if possible. We will only use any data to provide you with updates associated with the North West Locality and your data will not be shared. This is in line with the City of Edinburgh Council's Privacy Notice. You can opt out at any time by using [this link](#) to unsubscribe. If you unsubscribe, we will not retain any contact details you have provided.