

## LATEST COVID UPDATES ON CITY OF EDINBURGH COUNCIL WEBSITE

[Please check here to view regular updates from City of Edinburgh Council.](#)

### Latest updates

- [Working together to support those facing homelessness](#)
- [Become a friend against scams](#)
- [Our response to the coronavirus outbreak in numbers](#)
- [Paths for Everyone code of conduct campaign launched](#)
- [aStarting nursery or P1 in August](#)
- [Support for shielded and vulnerable people](#)

## Plans for safer walking and cycling in Edinburgh

On Friday, the Council launched a campaign encouraging everyone to be considerate of other people and follow Scottish Government guidance when enjoying their outdoor exercise and travel.

The press release which was published on Friday can be found [here](#).

**Increase in people using off-road paths and parks** - Since restrictions were introduced to help manage the coronavirus outbreak, there's been an increase in people using the city's network of paths, as well as parks, as part of their daily exercise and for travelling to work or local amenities – with up to five times their normal use.

Data up to week five of lockdown shows increases on the Union Canal towpath, with 17% growth in pedestrian numbers at Harrison Park, whilst cycling numbers have grown by 76% at Wester Hailes. On the North Edinburgh Path Network at Rodney St, pedestrian numbers have grown by 14%, cycling numbers by 32%. At certain times of the week, especially weekends, much bigger increases have been recorded. While it's great that the routes are popular and well-used, we want to make sure that everyone can undertake and enjoy their daily exercise and travel in safety and comfort.

**Paths for everyone code of conduct** - The campaign will direct people to the '[Paths for Everyone](#)' section of the Council's webpages, where we hope to be able to display information such as busy routes/times, coming from our pedestrian/cycle counter data. This aims to encourage people to use alternative routes if they can, or exercise at a less busy time. '[Smarter Choices, Smarter Places](#)' funding for this project is gratefully received from Paths for All.

**About the campaign** - Temporary signage (example attached) will be rolled out this week, starting on the active travel network entry points, and signage in the parks will follow. We will be running a complementary social media campaign also, and we would really appreciate your support with sharing this content amongst your followers and networks.

**Report issues** - There might be local issues that you are aware of where additional signs may help. Please email your suggestions to [spacesforpeople@edinburgh.gov.uk](mailto:spacesforpeople@edinburgh.gov.uk)  
Wishing you all the best and thank you in advance for your support with our campaign.



## Mental Health Awareness Week 18-24th of May

**2020 Theme: Kindness** I don't think there could have been a more appropriate theme for this year for all aspects of our lives.

**'Kindness could transform our schools, places of work, communities and families. Let's shape a society that tips the balance in favour of good mental health, for all of us, but especially for those who are most vulnerable.'**

Please find attached a copy of the new Outlook newsletter. Please share with anyone you think could benefit from it and contact us on [CLD.OP@edinburgh.gov.uk](mailto:CLD.OP@edinburgh.gov.uk) for more information.

Information below on resources for Mental Health Awareness Week

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>

[Get involved this Mental Health Awareness Week! | Mental Health Foundation](#)

Mental Health Awareness Week will take place from 18-24 May 2020 on the topic of kindness.

Download your free supporter pack (.pdf)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## Pilton Youth & Childrens Project

Latest bulletin can be found here: <https://pycp.co.uk/wp-content/uploads/2020/05/PYCP-News-Bulletin-May-2020.pdf?fbclid=IwAR13CjHZWw-IRTdbj5BENMhk8gn-4Aa4WQ0TQD9tJqM5bKyjkgIIWBfulDo>



## SHE Scotland

SHE would like to offer any youth organisation working with girls the opportunity to take part in a virtual SHE Circle Time. We have designed a fantastic activity pack to share.

Supporting youth agencies and organisations to connect with females and develop future collaborations.

SHE are also distributing our Circle Time resource packs to our educational partners.

If you are interested in finding out more about Circle Time, please get in touch :

[shescotland@outlook.com](mailto:shescotland@outlook.com)

## Creativity, Culture and Performances Online

- **Capital Theatres Virtual 'Tea and Jam' sessions**  
**Dates:** Friday 29<sup>th</sup> May 2020, Friday 26<sup>th</sup> June, Friday 31<sup>st</sup> July, 11.00am- 12.00pm approx.  
**Contact:** [dawn.irvine@capitaltheatres.com](mailto:dawn.irvine@capitaltheatres.com) to register and obtain zoom meeting details
- **Capital Theatres Drop-In 'A Brew & Blether'**  
**Dates:** Last Wednesday of the month – 27<sup>th</sup> May 2020, 2.00pm – 2.45 pm approx.  
**Contact:** [dawn.irvine@capitaltheatres.com](mailto:dawn.irvine@capitaltheatres.com) to register and obtain zoom meeting details

- **Scottish Opera's Anthropocene – full length opera online**  
Link: <https://www.scottishopera.org.uk/discover-opera/spotlight-on-anthropocene/>
- **Scottish Ballet Dance Health classes at home – Time to Dance dementia class on Wednesdays at 11.30am**  
Link: <https://www.scottishballet.co.uk/articles/digital-sb-health-classes>
- **Luminate @ Home – lots of online tutorials of things to make and join in with**  
Link: <https://www.luminatescotland.org/luminateathome>
- **Edinburgh and Lothians Greenspace Trust – Gentle exercise class**  
Dates: every Friday at 11.00am on facebook live  
Link: <https://www.facebook.com/greenspacetrust/>  
Contact: [kim@elgt.org.uk](mailto:kim@elgt.org.uk) for details
- **National Theatre Live – Antony and Cleopatra, full length performance**  
Link: [https://www.youtube.com/watch?v=IWc6\\_aCTqI0](https://www.youtube.com/watch?v=IWc6_aCTqI0)
- **Cirque De Soleil 60 minute specials**  
Link: <https://www.youtube.com/watch?v=BITCkMMJM6o>
- **The Living Memory association – Thelma FM podcasts** – local people talk about lots of interesting topics, including a story about working at The Kings Theatre and Playhouse  
Link: <http://lifestory.libsyn.com/>
- **The Lyceum Theatre – Curtain Up!** – opportunity to create a square patch of the new Lyceum Theatre curtain  
Link: <https://lyceum.org.uk/curtain-up>
- **National Galleries of Scotland – you tube channel**  
Link: [https://www.youtube.com/channel/UCF-KoSfVuL4Xj9uifg\\_yCXA](https://www.youtube.com/channel/UCF-KoSfVuL4Xj9uifg_yCXA)
- **Virtual Train journeys from around the world!**  
Link: <https://secretldn.com/spectacular-virtual-train-rides/>
- **Tricky Hat Productions – The Flames video performances** collaboration between Scotland and Japan  
Links: <https://vimeo.com/409542207>  
Links: <https://vimeo.com/416935766>

## Thrive Edinburgh

Our latest weekly briefing is titled Different Experiences

This week we are featuring the guidance that our Edinburgh Violence against Women Partnership colleagues have produced highlighting the increased risks during this time of shielding, isolation and distancing. The resources developed by Seen but not Heard also serve to remind us that not everyone will be experiencing the lockdown in the same way.

The incredible work and creative endeavours continues – it's a pleasure to share these with you. Next week is Mental Health Awareness Week and the theme is kindness, never have we needed it more.

Please continue to get in touch with your stories, materials and ideas.



This week's quote:

"I think we all have empathy. We may not have enough courage to display it".  
(Maya Angelou)

Please find our latest news bulletin here: <https://www.edinburghthrive.com/news/thrive-briefing-6>

## Puppetry At Home

From 30<sup>th</sup> of April, Puppet Animation Scotland is excited to be collaborating with puppeteers across Scotland to bring you unique Puppetry at Home tutorial videos every Thursday up until the 4th of June. click here to find out more: <https://bit.ly/PAHNews>

The videos will include step by step instructions on how you can craft your own puppets and crankie theatres using materials you can find in and around the house, or you can easily order online. If you don't have card you can use the back of old cereal boxes, coloured pencils, felt tips, Sellotape just keep it simple an adapt using stuff you have.

Video 1, Finger Puppet Portraits: [https://www.youtube.com/watch?v=4K1vOoXVL\\_Y&t=10s](https://www.youtube.com/watch?v=4K1vOoXVL_Y&t=10s)

Video 2, Build a Toy Crankie Theatre: <https://www.youtube.com/watch?v=iwNyZldoodM&t=3s>

## Edinburgh Poverty Commission

Dear All

Thank you for your continued interest in the work of the Edinburgh Poverty Commission and all taking place at this time. We had intended sending out the Commission's final report, but over the last few weeks our attention has been on the effects of the Coronavirus pandemic on Edinburgh and its people.

This interim report, released today, reflects the voices and contributions of many individuals, groups and organisations. It would be good to hear your thoughts, to help inform the Commission's final report later in the year.

Read the Chair's blog [here](#) which includes a link to the [interim report](#).

If you are not already following the Commission on twitter, find out what's been said so far today [@EndPovertyEdin](#).

Keep well and take care.



## Neighbourhood Watch Scotland

Please find below a link to the latest Safer Communities Safer Scotland booklet for your information. This has been produced by Neighbourhood Watch Scotland with assistance from their partners including Police Scotland. It contains information on their service, as well as some excellent

advice on numerous other topics including keeping your home and possessions safe, energy scams, mobility aid scams, doorstep scams, safety at home and antisocial behaviour.

The booklet also includes links to further information.

[https://www.neighbourhoodwatchscotland.co.uk/wp-content/uploads/2020/02/Final\\_SCSS\\_web.pdf](https://www.neighbourhoodwatchscotland.co.uk/wp-content/uploads/2020/02/Final_SCSS_web.pdf)

If you'd more info on Neighbourhood Watches, this can be found here:

<https://www.neighbourhoodwatchscotland.co.uk/>

## Home Instead Senior Care

Good morning, I hope you are all managing well through these strange strange times.

I've never been more grateful for the dedication of all our CAREGivers and Key Players who continue to visit their clients in their own homes, caring with compassion and providing much needed companionship to ensure no one becomes too isolated.

To help with this, over the coming weeks we're running a series of vintage song singalong concerts with 'Sarah Laing Sings' that are open to everyone. Starting this week, they're going to be on Thursdays, at 2pm, using Facebook Live. You'll be able to watch and take part by going to our Facebook page at <https://www.facebook.com/HomeInsteadEdinburgh/>.

I really hope you will join us and help spread the word by telling others who may be interested, thank you.

Our CAREGivers will be helping their clients to watch the concerts live or a recording later. If you need some help to watch please let me know and I'll see what we can do.

This short video explains some more and has a clip of Sarah singing "We'll Meet Again" made famous by Vera Lynn <https://www.youtube.com/watch?v=E9OjP-UIoUU>.

At Home Instead we've always been passionate about helping our clients to keep doing the things they enjoy and visiting the people and places they love. Unfortunately the current restrictions limit what we can do. But this we can do, so I hope you will join us and help others to join in too. Many thanks!

Now more than ever a little bit of kindness is going to go a long way,

### **Andrew**

Andrew Senew, Owner and Director

Home Instead Senior Care, Castlebrae Business Centre, Peffer Place, Edinburgh, EH16 4BB

Direct Dial & Mobile 0131 300 0598 - Office 0131 300 0599 - Website

[www.homeinstead.co.uk/edinburgh](http://www.homeinstead.co.uk/edinburgh)

## The Corstorphine Dementia Project

The Corstorphine Dementia Project keeps the community connected and engaged - a community-based charity that offers day services to people living with dementia in Corstorphine and its

surrounding area. The project has over 30 years of knowledge and experience in supporting people with all types and stages of dementia.

The project normally offers social opportunities through The Jubilee Club and twice-monthly Teatime Club. However, since the outbreak of coronavirus (COVID-19) they, like many others, have adapted their model of care to safeguard the health and safety of its members and the wider community. All face-to-face activities have been replaced by remote communication but this hasn't affected the dedication or creativity of the whole team. [Here are some of the new initiatives the team have devised and introduced.](#)

More information can be found on their [website](#).

## SCRAN Academy

Good afternoon, **I wanted to give you brief update on the power of work that has been done as part of the Scran Meals partnership in order to respond to the covid19 crisis.**

It was **TWO MONTHS** on Friday past that schools closed and wider lockdown took effect on many people's lives. For most of us, this includes primarily our service users, staff teams and of course our own families. We collectively as organisations decided that we can't sit around and not be there for those who were about to really struggle because of covid19. For those of you who have helped Scran, I want to say THANK YOU.

The Scran Meals Coalition have just produced, packaged and delivered our 30,000<sup>th</sup>(!) meal! **I 34,186 ready meals for over 1,300 of Edinburgh's most vulnerable people to be exact.** The Coalition comprises of Scran Academy, Prep Table Scotland, Pilton Equalities Project, Fet Lor Youth Club, Out of the Blue Leith, The Edinburgh Academy and Fettes College. However SO many more have helped out. We estimate over **100 businesses, charities, organisations, funders and groups have helped us.** I can't list every single one here, but what you're all helping achieve is **simply heroic.**

Together we have achieved:

- **34,186 ready meals** freshly prepared and delivered direct to door
- **1,300+ people** have accessed our support
- **Over 140 staff & volunteers** have come together to **give thousands of hours back** to our city
- We have received **nearly 700 separate referrals from over 60 different agencies**
- **13%** of referrals have been made direct to us **from family, friends or self-referral**
- **53% of referrals represent single people**, many of whom are socially isolated and have told us that their delivery driver is often the only person they have seen that day
- **47% of referrals represent families and couples** who have been disproportionately affected by lockdown through job loss, loss of free school meals and/or underlying health conditions
- **7% are facing homelessness** or in temporary accommodation with no access to cooking facilities
- **Over 300 people have been trained in Covid19** safety guidance and risk assessment
- **126 people (10%) no longer required support**, due to exiting isolation or getting family support. This is a really positive indicator that we are avoiding a dependency culture!

I would like to thank you for your continuing support during the lockdown period. We will never get this perfect, but I promise we are doing all we can to respond rapidly with love, act with safety in mind, and be led by the communities.

For many we are a fifth emergency service. We don't just serve food, we deliver a wee portion of love, community and togetherness.

Best wishes, John

**John Loughton**, Founder CEO, Twitter [@JohnLoughton](#)



## North Edinburgh Arts

### Our creative community

This week at North Edinburgh Arts, staff and volunteers have been busy putting together Creative Kits and making deliveries on foot, by bike and by car to homes across our community. We have had a phenomenal response to our offer so far with 150 kits requested, plus gardening and craft packs going out too. We are incredibly touched by the enthusiasm and dedication of everyone whose hard work continues to make this possible. Our wholehearted thanks go to everyone involved!



We'd love to see how these kits are helping you to get creative and express yourself at home. You can share what you're making with us by emailing [admin@northedinburgharts.co.uk](mailto:admin@northedinburgharts.co.uk) or by posting on social media using the hashtag #WeAreNEA and tagging us @northedinarts

[For more ideas and inspiration on how to stay creative at home, visit our website](#)

### Our Covid-19 Services

We're continuing to offer support with essential supplies and hot food deliveries to local residents in partnership with Link Up Muirhouse and as part of the North Edinburgh Covid-19 Foodshare Group.

**If you live in North Edinburgh and need support or advice, please read [North Edinburgh Covid-19 Foodshare information](#)**

**or call our local support helpline.**



### Art for All

Our Saturday Arts and Room for Art tutor and Artist Sally Price shares some ideas on how to stay creative using materials that you can easily find at your own home. This week's creative idea is about making jigsaws from found objects and pattern making.

[Check it out here](#) and share your own creations with us. We'd love to know what you've made!

### Create at Home (0 - 5 years)

If you're looking for ideas to keep your little ones occupied, our Create team are here to help with a creative storytelling of the Very Hungry Caterpillar. We hope you enjoy this short film with your family members!



[Visit our website](#) for more creative ideas to inspire your child.

### Grow wildflowers at home

Join us in feeding bees and butterflies by growing your own wildflowers at home. We have the wildflower seeds to give away, and all you'll need is your own garden or a large pot or container with some soil (it doesn't need to be compost). The wildflowers will grow and display by summer which will help with conserving important pollinators in Scotland.



**To request a free wildflower seeds pack:** please call **0131 315 2151** or email **admin@northedinburgharts.co.uk** or, letting us know your full name, address including postcode, and contact phone number, and we'll post one out to you.

**This offer is available to local residents** living in Muirhouse, Pilton, Drylaw, Granton or Royston areas. We have a limited number of packs, and they will be offered on a first come, first served basis (1 pack per household). Image: Drawing by NEA Garden Artist in Residence Natalie Taylor.

### Yoga & Meditation



Stephanie Knight, our Saturday yoga teacher, has added new online sessions to our online programme. In addition to our general-level yoga classes on Saturday mornings at 10.30am, **there are two additional sessions: Chair Yoga on Wednesdays at 4.30pm and Meditation on Thursdays at 7pm.** If you would like to take part in these online sessions, please [visit our website for more details.](#)



### Tinderbox Zoom Gig



[Tinderbox](#) are celebrating 2 months of online music making with a Zoom performance featuring live performances from a number of Tinderbox's young musicians and collaborators. It'll also be the first chance to see new videos of the orchestra performing

during lockdown and see what they've been up to.

Whether you're a long term Tinderbox supporter or it's the first time you've heard of them, you're invited to join the online gig tomorrow, **Saturday 16 May at 8pm!** To join, please [register here.](#)

We hope you're well, and that you're finding our weekly updates helpful. If you have any suggestions or further questions about our creative activities, please get in touch with us by phone or email. #WeAreNEA

#### **Get in touch**

**You can phone us between Monday - Friday, 11am - 2pm on 0131 315 2151  
or email [admin@northedinburgharts.co.uk](mailto:admin@northedinburgharts.co.uk)**

Visit our website for more creative ideas during the Covid-19 pandemic and follow us on our social media for most up-to-date news

Please see below, some great stuff for young people

- Screen Education Edinburgh have launched [Your Take](#) - a free online filmmaking course suitable for young people
- Scottish Youth Film Festival have launched a [filmmaking competition called Home](#)
- Tickets are now available to book for the [Scottish International Film Education Conference 2020](#)
- [Scottish Book Trust](#) have loads of online resources that can be used at home. We collaborate with them on the [First Minister's Reading Challenge](#). With our resource, [Your Reading Journey Through Film](#), young people can create video responses for the challenge
- [Children's University](#) have a host of home friendly activities that can be accessed through their Aspire platform. Try their weekly [Family Learning Challenge](#)
- [Scotland on Screen](#) have a great range of resources including downloadable films for practicing editing at home
- [Education Scotland](#) have created online Wakelets for all subjects. Check out the ones for [Literacy and English](#) and [Expressive Arts](#)
- BFI have launched [See Yourself on Screen](#) - young people can create their own idea for tv show to be filmed at home
- Film City Futures an Glasgow Film have launched a brand new [Talent Development Programme](#) for emerging Scottish Talent

## Post Coronavirus Advice Line



### Post Coronavirus Rehab Advice Line

For patients who have concerns about their recovery from Coronavirus

09:00 – 12:00 - 07969334704

Walking, exercise

Concerns e.g. still coughing

Getting back to work

Mental Health

Fatigue

Breathing more comfortably

Strength

Pain management

Traumatic reactions

Anxiety e.g. About memory loss

Something else?

Give your views?

Edinburgh University's *Generation Scotland* team and network are urgently researching the effect the Covid-19 situation - and the government's policies regarding it - are having on the lives of people in the U.K., and, importantly, who is being affected.

Please help them by completing the survey here:

[https://edinburgh.eu.qualtrics.com/jfe/form/SV\\_3Fc6S8ttNkyDHNP](https://edinburgh.eu.qualtrics.com/jfe/form/SV_3Fc6S8ttNkyDHNP)



## **POLICE SCOTLAND – MESSAGE TO COMMUNITIES**

### **Message from Assistant Chief Constable Gary Ritchie – 22<sup>nd</sup> May 2020**

Police Scotland continue to urge victims and witnesses of hate crime to report it during the COVID-19 pandemic. We understand the impact this type of incident can have on individuals, their families, friends and the wider community.

Police Scotland is fully committed to keeping people safe and protecting all our communities and I acknowledge communities and individuals may feel vulnerable as a result of COVID-19.

A hate crime can include name calling, harassment, graffiti or a physical attack motivated by prejudice or ill-will towards a social group. Social groups covered by hate crime legislation are disability, race, religion, sexual orientation and transgender identity. What you may view as a minor incident can have a major impact and we want to assure you that any form of hate crime will not be tolerated and will be fully investigated.

Should you experience or witness such an incident, please report it to us by calling 101, or 999 in an emergency, or by using our [online hate crime reporting form](#) on the Police Scotland website.

If you do not feel comfortable reporting the matter directly to Police, there is a network of Third Party Reporting (TPR) Centres available to provide support remotely during the current situation. Although, at the moment, you cannot attend a TPR centre in person, many organisations are now offering an option to report an incident over the telephone or via e-mail. Please visit the TPR page of the Police Scotland website for more information on [Third Party Reporting](#) and for a list of active centres.

## **FUNDING**

Did you know that CEC Libraires have an online funding search website? Just register for free and you can search for funding for specific projects: <https://www.idoxopen4community.co.uk/edinburgh>

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.