

YOUR FREE COMMUNITY NEWSLETTER

We're in this together!

Local community organisations come together to deliver over 13,000 food packages every week during lockdown

Charity and community groups in North Edinburgh have joined forces to deliver over 13,000 free healthy meals, toiletries and cleaning supplies to vulnerable individuals and families every week during the Coronavirus lockdown.

More than a dozen organisations have come together to form the North Edinburgh Covid-19 Foodshare Group, supporting those in food poverty or experiencing hardship as a result of the coronavirus pandemic.

Launched at the beginning of the lockdown in March, the group has coordinated community groups and volunteers to safely deliver a record number of healthy meals to those who need them most. It now aims to deliver over 15,000 meals each week, thanks to support from funders, donors and members of the public.

In just one week, more than 13,000 ready-meals, sandwich packs and essential supplies packs were delivered to over 1865 households across Muirhouse, Salvesen, Pilton, Granton, Drylaw and Telford. A mighty community-led relief operation has swung into action and more than 54,000 packs will be distributed this month.

A phonenumber has also been launched to handle and coordinate requests for assistance. Locals in Muirhouse, Salvesen,



Fresh Start preparing food packs for delivery



Delivery of packed lunches from Drylaw Rainbow Day Club



Community supports and thanks NHS & front line workers

Pilton, Granton, Drylaw and Telford can call 0131 356 0220. The hotline is open from Monday to Friday, 10am to 4pm.

Due to the high demand, which shows no sign of abating, the Foodshare group successfully applied for government funding to support their local initiative and members of the group have also launched individual fundraising campaigns to ensure that growing local need can be met (see page 2). All money raised will go towards supporting vulnerable people living in North Edinburgh through the Covid-19 pandemic.

Lockdown is now being loosened, but the devastating economic effects of the coronavirus will be felt for a long

time to come – particularly in our poorest communities.

The efforts of the Foodshare team have been particularly appreciated in these toughest of times.

“It’s great to see the community is coming together to help each other”

One local mum said: “We are really grateful. I don’t know what I would have done without the packs. They have been a lifesaver for our family.”

Another said: “You are all doing an amazing job. It’s great to see the community is coming together to help each other.”

foreword

North Edinburgh: What Kind of Future?

Covid 19 has created the perfect storm in North Edinburgh and beyond. We see glimpses of a different kind of future or more of the same, or worse.

The Covid 19 Foodshare Group came together before the lockdown in a meeting called by West Pilton Neighbourhood Centre, as it became clear that our neighbourhood needed to come together to support each other as we have done in the past. Since then there have been weekly meetings on Zoom.

The co-ordination between groups and organisations and volunteers, using their own funds and funds raised from the Lottery, Scottish Government and others, has grown into an effective local service.

This coalition is providing food and toiletries to the level of more than 13,000 meals per week to local households. With unemployment and economic recession, the coalition sees the prospect of this need growing.

Our experiences of the '80s in North Edinburgh and other parts of the city should give us a warning that if we don't act now to protect the people, the consequences will be dire.

Millions and billions are now being given to businesses and individuals who already have millions and billions. This is the wrong formula. Money should be directed into local communities to create support and solidarity.

Local councils across Scotland now face financial black holes which, by past experience, will be turned into cuts. These cuts will be unacceptable as they come on top of past cuts and we know many people are living hand to mouth already.

In the coming weeks North Edinburgh and other areas across the city will be required to stand up, stand together and demand a different future with a clear set of demands on food, transport, housing, welfare and climate and how this could be delivered.

A different future; one of support, love and kindness.

If this resonates with you and your ideas, please share them by contacting this paper/newsletter and help grow the local response.

Willie Black

CHAIR, NORTH EDINBURGH COVID 19 FOODSHARE GROUP



Low Income Families Together preparing food for delivery

North Edinburgh Covid-19 Foodshare Group:

Community Renewal, Drylaw Neighbourhood Centre, Drylaw Rainbow Day Centre, Fresh Start, Granton Gardners, LIFT, North Edinburgh Arts, MYDG, PEP, Pilton Community Health Project, Pilton Youth Community Project, Royston Wardieburn Community Centre, Scran Academy, The Spartans Community Football Academy, Volunteer Edinburgh

Funders:

Cash for Kids, Inspiring Scotland, North Edinburgh Community Councils, Muirhouse Housing Association, Pilton Central Association (PCA), SCVO, STV Appeal, The National Lottery for Communities, West Pilton Neighbourhood Centre

Food, supplies and support have kindly been donated by:

Baillie Gifford, Chand & Co Group, Edinburgh Academy, Fettes College, Mathieson's the butchers, Morrisons, PrepTable Scotland, Porto & Fi cafe, Scottish Gas, Social Bite, Tesco, and TB McKay Energy Supplies

Contact us:

Feed back on newsletter /any other issues
e-mail: northedinnews@gmail.com



COVID-19 Food Support Map

The COVID-19 Foodshare Group is a collective of organisations and individuals based in North Edinburgh. Formed in partnership during the early stages of the pandemic restrictions and dedicated to providing food to people in need amid the ongoing uncertainty.

The Food Map below, details the groups and organisations currently involved in this work in various ways. If you are in current need of support to access food, you can contact one of the groups close to you or phone the **Community Helpline** number directly on **0131 356 0220** (Fresh Start).



1 Spartans

94 Pilton Drive, EH5 2HF
0131-552-7854
info@spartanscfa.com
www.spartanscfa.com

2 Fresh Start

22-24 Ferry Road Drive, EH4 4BR
0131 356 0220 (Mon-Fri 10am-4pm)
admin@freshstartweb.org.uk
www.freshstartweb.org.uk

3 North Edinburgh Arts

15a Pennywell Court, EH4 4TZ
0131 315 2151 (Mon-Fri 11am-2pm)
admin@northedinburgharts.co.uk
northedinburgharts.co.uk

4 Fidora Court Community Kitchen

Fidora Court
Pennywell Medway, EH4 4SE
Community Renewal 07701 380928

5 LIFT

Muirhouse Millenium Centre
7 Muirhouse Medway, EH4 4RW
0131 467 3578
danielle.lift@outlook.com
www.lift-edinburgh.com

6 Granton Community Gardeners

10 Wardieburn Road, EH5 1LY
info@grantoncommunitygardeners.org
www.grantoncommunitygardeners.org

7 Pilton Equalities Project

3 West Pilton Park, EH4 4EL
0131 315 4466
pepequalities@btconnect.com
www.pepequalities.co.uk

8 Drylaw Neighbourhood Centre

67b Groathill Road North, EH4 2SA
0131 315 4989
roy@drylawnc.org.uk
www.drylawnc.org.uk

9 Drylaw Rainbow Club

Drylaw Parish Church
2A Easter Drylaw Gardens, EH4 2RP
0131 343 6643
rainbowdaycare@btconnect.com

10 Scran Academy

Fetlor Youth Club
122 Crewe Road South, EH4 2NY
07496 850591
hello@scranacademy.com
www.scranacademy.com

A Craigroyston Primary School

7 Muirhouse Place West, EH4 4PX
0131 343 6465
admin@craigroyston-pri.edin.sch.uk
craigroystonprimary.com

B Ferryhill Primary School

Groathill Road North, EH4 2SQ
0131 538 7382 admin@ferryhill.edin.sch.uk
www.ferryhillprimary.com

C Forthview Primary School

West Pilton Place, EH4 4DF
0131 332 2468 admin@forthview.edin.sch.uk

D Granton Primary School

55 Boswall Parkway, EH5 2DA
0131 5523987 admin@granton.edin.sch.uk
www.grantonprimary.blog

E St David's RC Primary School

West Pilton Crescent, EH4 4EP
0131 332 3500 admin@st-davids.edin.sch.uk
www.saintdavidsrc.com



FOR FURTHER INFORMATION VISIT >

www.foodforthoughtforum.org.uk/?c=covid_19_food_support#/map

services directory

Public Bodies

Scottish Government: helpline: 0800 111 4000
Health information: Visit www.nhsinform.scot

City of Edinburgh Council:

Emergency: 0131 200 2000.

Information for vulnerable and high risk people
phone: 0131 200 2306 or 0131 200 2388: shielding
Mon to Thurs 8.30am to 5pm and Fri 8.30am to 3.40pm.

Edinburgh Carer Support Team: 0131 536 3371

Council Tax/Benefits/Debt Advice

Granton Information Centre: Our advisers are available to support you during the Coronavirus pandemic.

If you require benefits/tax credits/debt or housing advice please call us on 0131 551 2459 / 0131 552 0458 or email info@gic.org.uk

Citizens Advice Bureau:

Advice on money, housing, benefits, utilities:
0131 510 5510

CAB Universal Credit helpline: 0800 023 2581

Call back:

www.citizensadviceedinburgh.org.uk/contact-us-covid

StepChange helpline: 0800 138 1111

www.stepchange.org

National Debt helpline: 0808 808 4000

Money Advice Scotland:

www.moneyadvicescotland.org.uk

Scottish Welfare Fund: 0131 529 5299

Parenting advice and support

NSPCC: Call 0808 800 5000

(Mon – Fri, 8am – 10pm, weekends 9am – 6pm)

Social Care Direct: Call 0131 200 2324

Parentline Scotland: 08000 28 22 33

The Spark's Relationship Helpline service:
0808 802 2088

One Parent Families Scotland helpline: 0808 801 0323

Older people

Age UK helpline: 0800 12 44 222

URGENT UPDATE: Covid-19 Free school meals for Edinburgh families: Families of children from P4 who receive free school meals, and those in P1 to P3 who are entitled to clothing grants, will receive a fortnightly electronic payment. Payments started on 23 March. Families of children in P1 to P3 who have an income-based entitlement to free school meals/clothing grant who have been contacted for bank account details, are being processed and payments will be backdated to 23 March.

For more information contact: www.edinburgh.gov.uk/schoolgrants www.edinburgh.gov.uk/schoolgrants or phone 0131 469 3033

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0131 356 0220

Business

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

The Find Business Support: information and advice:
www.findbusinesssupport.gov.scot/coronavirus-advice

Business Gateway: 0131 529 6644

FSB advice and guidance for businesses online:
www.fsb.org.uk/campaign/covid19.html

Tax Advice

HMRC Tax Advice helpline: 0800 015 9559

Employment/Work/ Health and Safety

Next Step: employment support/advice: 0300 365 0025.

Scottish Hazards helpline: 0800 0015 022 or
info@scottishhazards.org www.scottishhazards.org.uk

ACAS helpline: 0300 123 1100 or
www.acas.org.uk/contact

Domestic Abuse

Scotland's Domestic Abuse Helpline: 0800 027 1234
www.safer.scot/da/page-6

Scottish Women's Aid helpline: 0800 027 1234
www.womensaid.scot

Energy Advice

Home Energy Scotland Hotline: 0808 808 2282

Scottish Gas Energy Trust: support for customers, offering advice, assistance and grants to people who are struggling to pay their bills. Includes Emergency Credit Vouchers for prepayment customers. Q&A for information:
www.britishgas.co.uk/business/coronavirus-update

Consumer Advice

Helpline on 0808 800 9060 or www.coronavirusadvice.scot/knowledge-centre/coronavirus-consumer-advice

Housing advice

Shelter Scotland helpline: 0808 800 4444 or
www.scotland.shelter.org.uk/about_us/contact_us

Interested in volunteering?

Contact Volunteer Edinburgh to be connected to a local organisation that needs your support: www.volunteeredinburgh.org.uk

Let's get creative!

During Covid-19 North Edinburgh Arts, have been busy putting together kits full of art materials, seed packs, fun activities and inspiring ideas to keep everyone creating and making at home during lockdown.

The response has been phenomenal so far, with over 150 Creative Kits requested, in addition to gardening and craft packs.

Staff and volunteers are continuing to pack supplies and make deliveries on foot, by bike and by car to homes across our community. Generous donations of materials from Art in Healthcare and the National Galleries of Scotland have also ensured this offer can go further.

NEA are incredibly touched by the enthusiasm and dedication of everyone who's hard work continues to make this initiative possible.

If you have used the kits NEA would love to see how these kits are helping you to get creative and express yourself at home - both indoors and outdoors! Please share what you're making with NEA by posting on social media using the hashtag #WeAreNEA and tagging us @northedinarts

Get in touch

If you want to access NEA packs or get more information about our on-line service phone us between Monday to Friday, 11am - 2pm on 0131 315 2151 or email admin@northedinburgharts.co.uk

Also you can visit our NEA website for more creative ideas during the Covid-19 pandemic and follow us on our social media for most up-to-date news.



Local Services Mental Health Collective Response

Several local organisations providing mental health support in the North West area are working together to shape a collective response to Covid-19.

We are developing a booklet, listing the services that are providing mental health support in

North Edinburgh. It lists the services that can help you keep well, and what kind of work they are doing and will be available in June.

If you would like to talk to someone about these services, or need mental health and wellbeing support, we have set up a community **Wellbeing Helpline:** 0131 332 8773. The Helpline can offer you information about what mental health support is available locally, and can arrange for services to call you back if you like.

Since lockdown, **Pilton Community Health Project** have moved their services to telephone & online

support. Adult counselling service is still open & taking new clients remotely. To arrange an appointment, email: admin@pchip.org.uk or send a text to: 07513379036

Women Supporting Women have started an online Support Group! If you have accessed our services and would like to join, please contact: rosagarman@pchip.org.uk

For more updates visit: www.facebook.com/PCHP-Women-Supporting-Women-107841077563409

Living in Harmony Chat Café has moved online! Join from 2pm-3pm, Monday to meet people, practise English, and discuss services & opportunities in an informal space. If you would like to join, please e-mail Carla: carlasayer@pchip.org.uk

lockdown activities

Why save food?

Your food does its job best when it's on a plate ready to be enjoyed. Saving food saves money and helps to slow down global warming and deforestation. Reducing the amount of food that ends up in the bin also means you can say goodbye to unnecessary packaging waste. If we all make a few small changes and start using up the food we buy, together we can make a big difference.

As we've all got that bit more time at home at the moment, the kitchen has even more than ever become the focal point of the house! There's no better time, then, to rally the kids and get them involved in making meals with you so they can understand the whole process. Whether that's buying fresh produce or understanding what needs to be used up, right through to prep and cooking!

Go to www.scotland.lovefoodhatewaste.com/why-save-food to get recipes. To get you going - Apple and Parsnip Soup recipe.

Family Quiz

About a third of us are being quizmaster by this point of lockdown - are we right?

Virtual quizzing has become the norm now, with families and friends gathering on video calls to compete against each other. To help you out a little if it's your turn this week, we've put together ten questions.

- 1 How many Grand Slam titles has Andy Murray won?
- 2 What colours are the five Olympic rings?
- 3 What is Usain Bolt's world record time for 100m?
- 4 What singer was best-known for her 1973 version of Killing Me Softly?
- 5 What song is this lyric from: "Libraries gave us power, then work came and made us free"?
- 6 What percentage of Earth's surface is covered in water?
- 7 The famous Kruger National Park is in which country?
- 8 How many episodes of Friends are there? (closest answer wins)
- 9 What is Shakespeare's longest play?
- 10 Which country has won the Eurovision Song Contest the most?

Answers below:

1	Three: US Open 2012, Wimbledon 2013, 2016	6	71 percent
2	Blue, yellow, black, green and red	7	South Africa
3	9:58 seconds	8	236
4	Roberta Flack	9	Hamlet
5	A Design For Life by Manic Street Preachers.	10	Ireland



Apple and parsnip soup

To a pan add a couple of peeled, chopped apples (the ones no one will touch as they have bruises) a couple of peeled, chopped parsnips, a couple of potatoes, water (about 500ml you can always add more) and a teaspoon of medium curry powder (adjust to taste). When the veg are very soft, blitz them until smooth, with a blender. Serve with plain yogurt and chopped herbs. Freeze if not needed straight away.



Great walking and cycle routes in North Edinburgh. Let's keep healthy!

Libraries in lockdown

Libraries are keeping in touch with their communities online in innovative and inspiring ways.

Follow your local library on Facebook to keep in touch with them whilst we're all staying safe at home.

Remember also to subscribe to the Libraries' Tales of One City blog to keep up with the news from across our libraries.

Go to on line resources at www.yourlibrary.edinburgh.gov.uk/web/arena/home for e-books, audio books, newspapers, magazines, local and family history, learn on line, children activities and music.



While we are living through the COVID-19 pandemic, we need to continue to eat well and stay active.

Stay Active

Be active, feel the difference.

Being active can help to enhance your mood, wellbeing and energy levels by helping to reduce stress, anxiety and depression.

Stay active at home: by walking up and down stairs, dancing, gardening or taking part in a virtual fitness class. It doesn't matter what you do, as long as you do something you enjoy and keep moving.

Get your daily dose of physical activity, fresh air and vitamin D.

If you are able to leave the house, make the most of the opportunity. Walk, jog or cycle while maintaining social distancing.

Eat Well

Make a plan. Planning meals and snacks and making a shopping list is a good way to make sure you get everything you need for a healthy, balanced diet, while limiting your time at the shops.

Eat to feel fuller for longer.

Eating a variety of fruit, vegetables and pulses is a good way to keep satisfied throughout the day, and avoid excess snacking.

Stay hydrated. Drinking plenty of fluid throughout the day (aiming for at least 6-8 glasses) will help keep you hydrated. Water, low-fat milk and sugar-free drinks are good choices.



For people working from home: sit less and move more. Break up the amount of time you spend sitting by standing and walking around every 30 minutes, or whenever you're on the phone.

For over 70s and those with underlying health conditions: it's important for your mental and physical health that you stay active. By building or maintaining your strength and balance you'll find it easier to do daily tasks and move around.

Resources to help keep active...

www.nhsinform.scot/healthy-living/keeping-active
www.nhs.uk/live-well/exercise/sitting-exercises



For parents and carers with children: planning and preparing meals and snacks together with children can be fun and enjoyable and can encourage them to learn about food and cooking.

For key workers: try to take regular breaks and drink water often throughout the day. Focussing on starchy food such as pasta, rice and potatoes and filling up on fruit and vegetables will help keep your energy levels maintained.

If you need help to access food...

Those at increased risk and without a support network can call **0800 111 4000**. You can also call the North Edinburgh COVID-19 Foodshare Group's community helpline on **0131 356 0220**.

Based on information from:



Want to improve your health and well-being but not too keen on running machines or lycra with social distancing? Do you like gardening outside helping the environment, as well as yourself!

Drylaw Neighbourhood Centre: every Tues & Thurs 10:30-1:00 Phone to book: it's Free, 0131 315 4989 info@drylawnc.org.uk

Quotes from North Edinburgh residents

Family from Muirhouse:

"My husband has lost his job, and we were 2093 in the queue to speak to someone at Universal credits, 14 hour wait, no money, no food. My health visitor referred us to Covid-19 Foodshare Group and they just appeared with food and packed lunches for us. I have never cried to see food to feed my kids, but I just have no money. They turn up every day with packed lunches and for the last three weeks a food parcel has appeared at our door."

Muriel, elderly Drylaw resident. Husband in care facility:

"Many many thanks for your kind and considerate actions. To the staff, you have no idea, how your thoughts for older isolated people impacts on our daily life.

*The comfort and solace it gives to us, when you are alone and can't reach out to touch our loved ones is like winning the lottery, an absolute god send to me!
Thank you from the bottom of my Heart"*

Isolated resident from Pennywell:

"Please let the chef know that the mushroom soup was absolutely amazing and fandabbydozy"

Family from Pilton:

"Both me and my partner are temporarily out of employment, with 2 kids at home. The first week we survived thanks to the kindness of a neighbour. I really appreciate the food packs and the different foods we are receiving now. It has saved us".

Mother and 1 child

"I'm a single Mum and I don't find it safe to go out as my daughter runs everywhere, it's really difficult to manage and keep safe in supermarkets. Thanks so much for your help"

Single parent from Granton:

"I want to send my appreciation first of all by sending you this message. You guys have helped my own household and my sons during this pandemic. I think we might have really struggled if it wasn't for all the good work you guys are doing for the community, you are all amazing".

Mother and 2 children

"It's truly appreciated, this forced me out of work and having to claim universal credits when I've worked since I left school. Thanks so much, it's helped"

Mother and 4 children

"I've been really struggling to support my family and feeling like I can't cope. Thank you so much for the food parcel, the workers who dropped it off to me were so nice, honestly so much appreciated"

Family, 2 adults and Baby

"My husband has been really affected being self employed and we are having to claim benefits that are taking a while to get to us, in the mean time we don't have enough to make ends meet. It has been really helpful to find that we can get referred through you. It makes a difficult situation a bit easier"

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"My son is autistic and we can't get out, I do not know what I would've done without the packed lunches and weekly shop delivered by the Team in North Edinburgh. They have been amazing in this community, the smiles and happy faces of the staff is all we have to look forward to every day...They are a god send."

Woman shielded status

"This has made such a difference, I am so grateful. I didn't have anything in my home as I arrived into it just as lockdown started after being homeless. I had nothing with me. It has give enough to eat each week and I even got Easter eggs at Easter which touched me so much"

Single mum

"The kids look out the window for the lady in the big white car who brings their lunch, I could not afford to pay my electricity top up if I didn't get provided lunch for my 4 kids every day. Nothing is too much for them, the kids got Easter eggs and were so excited. Thank you, you are all angels."



Spartans and Granton Community Gardeners working together



Young people at Scrax, learning new skills, for the benefit of the community