

## 3<sup>rd</sup> APRIL 2020 – NEWS AND EVENTS IN NORTH WEST EDINBURGH

### CITY OF EDINBURGH COUNCIL:

Please check out the City of Edinburgh Council coronavirus update page, which can be found here, and which contains regularly updated information on services: [www.edinburgh.gov.uk/coronavirus](http://www.edinburgh.gov.uk/coronavirus)

If you use social media, you may also want to follow us on twitter (@edinburgh\_cc) or on facebook (City of Edinburgh Council) for more information.

### NHS Lothian:

You will find guidance on COVID-19 here.

This is a rapidly changing situation which is being monitored carefully by NHS Lothian.

[www.nhslothian.scot/HealthInformation/Coronavirus/Pages/default.aspx](http://www.nhslothian.scot/HealthInformation/Coronavirus/Pages/default.aspx)

Make sure you stay up to date with the latest advice and information by checking [NHS Inform](https://www.nhs.uk).

A free helpline has been set up for those who do not have symptoms but are looking for general health advice: 0800 028 2816.

[www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus)

### SCOTTISH GOVERNMENT'S READY SCOTLAND:

Get information here on how you can help your neighbourhood, family and friends;

<https://www.readyscotland.org/coronavirus/helping-your-neighbours-friends-and-family/>

## CITY OF EDINBURGH COUNCIL - COUNCIL RESILIENCE CENTRES – 23/3/20

To enable the Council to continue to support the most vulnerable members of society at a time of significantly reduced resources due to the coronavirus outbreak, five Council Resilience Centres (CRCs) have been established. The CRCs will be open from 10:00 to 16:00 on weekdays. They are based in the following locations:

- North East locality office, 101 Niddrie Mains Road, Edinburgh, EH16 4DS
- North West locality office, 8 West Pilton Gardens, Edinburgh, EH4 4DP
- South East locality office, 40 Captain's Road, Edinburgh, EH17 8QF
- South West locality office, 10 Westside Plaza, Edinburgh, EH14 2ST
- Leith Community Centre, 12A Newkirkgate, Edinburgh, EH6 6AD

The CRCs will focus on urgent needs that can only be delivered in-person. Customers are asked to attend the CRCs only for the following issues:

- Support for those experiencing homelessness;
- Emergency cash payments; and
- Critical presentations around harassment cases (where imminent and real threat exists).

Customers should not attend CRCs with regards to any other issues. Customers wishing to raise any other issues with the Council are requested to use the Council website, email, or phone. Information on contacting the Council can be found at [www.edinburgh.gov.uk/contact-us](http://www.edinburgh.gov.uk/contact-us).

Access to the CRCs will be controlled for the safety of customers and staff.

Customers with symptoms of coronavirus are asked not to attend the CRCs.

Partner agencies such as Police Scotland will be able to use the CRCs if needed

Everyone is requested to support the CRCs as much as possible by encouraging people with routine and less urgent needs to use other channels to contact the Council rather than visiting the CRCs.

**Thanks to you all for your understanding and for not overwhelming Council services at this time. Please check out the City of Edinburgh Council coronavirus update page, which can be found here, and which contains regularly updated information on services: [www.edinburgh.gov.uk/coronavirus](http://www.edinburgh.gov.uk/coronavirus)**

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

[Edinburgh partners](#) are supporting residents, businesses, communities and working hard to sustain essential and lifeline services at this incredibly challenging time.

Helping this is a growing army of volunteers from across the city.

- Neighbours
- communities
- voluntary organisations
- businesses

are doing what they can to direct support to those most in need.

Look within your own street and community first. See what your local charity is already doing. Just being a good neighbour will be a lifeline to many older, vulnerable or isolated people.

### **What else you can do**

If you're already a volunteer or want to know how you can volunteer, contact [Volunteer Edinburgh](#) for information and advice.

Voluntary organisations responding to COVID-19 in their communities should contact [EVOC](#) for advice and support.

We'll also keep sharing the advice and support being offered from other organisations on Twitter at [@Edinburgh\\_CC](#)

## **COMMUNITY FOOD INFORMATION**

This is an update on the rapidly evolving community food work that we know of going on across the NW of the city just now. Further update to be circulated soon.

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**[SPARTANS ACADEMY](#) are acting as a distribution hub for packed lunches. We should emphasise that in order to keep the distribution area clean and safe, collections are being made by organisations who will distribute to individuals and families. Therefore, only the collecting organisations have access to the Spartans Campus.**

**Starting on Monday 23rd a professional catering company has offered their services for free and supplies 1,000 packed lunches per week. These have been distributed in the Granton area by the Granton Community Gardeners/Spartans and in the Muirhouse area by Muirhouse Community Centre/LIFT.**

**As of Monday 30<sup>th</sup> March Social Bite will be delivering 800 packed lunches every week to Spartans for further distribution. It is anticipated that these packed lunches will be distributed in West Pilton and Drylaw.**

**There is a commitment to keeping this supply going as long as the caterers stay healthy.**

Local organisations can contact Douglas Samuel at [douglassamuel@spartanscfa.com](mailto:douglassamuel@spartanscfa.com) or phone 0131 552 7854 for more info

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**GRANTON GARDENERS** are collecting pre-packed lunches from Spartans and delivering throughout the local area.

Local individuals or families that need a packed lunch can contact them by private message on their Facebook page <https://www.facebook.com/grantoncommunitygardeners/> or through the form on their website below

<https://www.grantoncommunitygardeners.org/>

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**SCRAN ACADEMY** are making and receiving prepared meals at their base in Fetlor youth centre as part of their community meal scheme. At present this is on Mondays/Wednesdays and Fridays and being collected and distributed by Pilton Equalities Project (PEP) using their mini buses.

Local organisations can contact Charlie at [hello@scranacademy.com](mailto:hello@scranacademy.com) or by phone on 07496 850591 you can also sign up to receive meals through their website at <https://www.scranacademy.com/shop>

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**CYRENIANS** are now making prepared meals from their Jane street kitchen and delivering directly to local families and individuals throughout the NW area as well as city wide.

Local individuals can contact Amanda Law at [amandalaw@cyrenians.scot](mailto:amandalaw@cyrenians.scot) or by phone on 07891 840411 to be added to be included in meal deliveries.

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Pilton foodbank centre is now based in **FET LOR YOUTH CENTRE, 122 Crewe Road South EH4 2NY**. They will be open Monday 13:00-15:00, Wednesday 13:00-15:00 and Friday 10:00-12:30.

To get in touch call 07794 850 009

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The food work is constantly changing and evolving in the area, so we will aim to update and share this info regularly. If you know of any other food related work happening, please share it across the network.

#### **CIRCLE - HAVEN PROJECT – UPDATE 30 MARCH 2020**

Haven Project staff are continuing to support children and families throughout the COVID-19 situation. Although we are having to adapt the way in which we offer our service, we are striving to continue to provide high quality support to everyone by being as creative as possible.

- Staff will be providing support to families over the telephone, via text and e-mail and by using video calling where possible. Workers will contact families regularly to offer as much help as we can.
- If you have recently been referred to Circle you will be allocated to a member of the team who will phone you as soon as possible and discuss how best to support you at this time.
- **Circle – Haven Project have limited capacity but are still accepting referrals.**

I can be contacted using the details below:

**Alex Collop**                      07703 714764      [alex.collop@circle.scot](mailto:alex.collop@circle.scot)

- Circle staff will continue to liaise with referrers and other professionals involved in supporting families. The staff team are available on the phone during usual working hours and can be contacted on their mobile numbers

or by e-mail. I am also available and can be contacted using the details above.

## **REPEATED POST – FUN/FREE/CHEAP ACTIVITIES TO DO AT HOME**

One of our CEC Lifelong Learning Officers has put together a document listing online links that people might find useful.

The last page gives some emergency contact details but the others are full of links for things to do at home - with your kids, other family members, or just on your own.

Please feel free to use, circulate, or even suggest how it could be improved or added to with other sites that you'd like to recommend.

Take care and stay safe!, Callum McLeod, CEC Lifelong Learning.

### **Activities for Parents, Babies & Infants:**

- <https://themummybubble.co.uk/40-fun-activities-baby-home/>
- <https://theeducatorsspinonit.com/babies/>
- <https://www.funathomewithkids.com/.../50-creative-activities-...>
- <https://busytoddler.com/2016/03/easy-baby-activities/>
- <https://www.zerotothree.org/.../167-play-activities-for-12-to...>
- <https://hungrylittleminds.campaign.gov.uk/>
- <https://adelady.com.au/top-10-activities-for-kids-ages-0-5/>

### **Activities for parents and young children (under 5's):**

- <https://www.youtube.com/user/CosmicKidsYoga>
- <https://www.oxfordowl.co.uk/.../fun-ideas.../fun-ideas-ages-4-5/>
- <https://www.learning4kids.net/play-activities-by-age/>
- <https://www.google.com/search...>
- <https://handsonaswegrow.com/indoor-kids-activities/>

### **Activities for parents and children (5-12 yrs):**

- <https://parenting.firstcry.com/.../top-30-activities-for-5-y.../>
- <https://www.goodtoknow.co.uk/f.../things-to-do-with-kids-66855>
- <https://www.care.com/.../101-awesome-activities-for-kids-age.../>
- <https://www.kidspot.com.au/.../games-crafts-and-activities-fo...>
- <https://www.kidspot.com.au/.../games-crafts-and-activities-fo...>
- <https://parenting.firstcry.com/.../top-20-activities-for-you.../>
- <https://www.jumpstart.com/.../activities/activities-7-year-old>
- <https://picklebums.com/activities-for-6-10-year-olds/>
- <https://theartofsimple.net/20-indoor-activities-for-kids-b.../>
- <https://www.toucanbox.com/.../fun-things-to-do-at-home-with-y...>

- <https://liveboldandbloom.com/.../lif.../fun-things-to-do-at-home>
- <https://www.scottishbooktrust.com/topics/read-write-count>
- <https://theeducatorsspinonit.com/tag/grade-school/>
- <https://parenting.firstcry.com/.../top-20-activities-for-8-y.../>

#### Activities for 12+ yrs:

- <https://www.momjunction.com/.../indoor-activities-for-your-t.../>
- <https://kidactivities.net/50-fun-games-to-play-with-friends/>
- <https://www.prisonerofclass.com/fun-games-to-do-with-frien.../>
- <https://www.khanacademy.org/>
- <https://www.ted.com/recommends...>

#### Sports:

- Set4Sport <https://www.facebook.com/set4sport/> (Inspired by games that Judy Murray played with sons Jamie & Andy when they were young and helped develop the skills needed for playing sport)
- Epicdash <http://www.epicdash.com/100-workouts-you-can-do-without-eq.../> (Adult No Equipment Home Workout)
- Youtube <https://www.youtube.com/watch?v=oBu-pQG6sTY>(30 days of Yoga course)
- Whatmomslove <https://whatmomslove.com/.../active-indoor-games-activities-.../> (87 Energy-Busting Indoor Games & Activities For Kids)
- Mommy Poppins <https://mommypoppins.com/.../25-exercise-games-indoor-activit...> (25 Exercise Games and Indoor Activities to Get Kids Moving)

#### General Activities for Families/Multiple Age Groups:

- <https://www.whatdowedoallday.com/indoor-family-games/>
- <https://familyguide.com/boredom-busters-110-fun-at-home-a.../>
- <https://www.goodhousekeeping.com/.../a.../what-to-do-when-bored/>
- <https://www.childfun.com/.../developmentally-appropriate-act.../>
- <https://www.buzzfeed.com/.../20-insanely-simple-party-games-t...>

#### Film:

- Into Film <https://www.intofilm.org/...>  
(Into Film puts film at the heart of the educational and personal development of children and young people across the UK)

#### Library Resources & Online Books:

- Edinburgh Libraries Online Resources:  
<https://yourlibrary.edinburgh.gov.uk/w.../arena/a-z-eresources>

<https://yourlibrary.edinburgh.gov.uk/>

- National Library of Scotland eResources: <https://auth.nls.uk/eresources/>
- Audible <https://stories.audible.com/discovery> (Instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids).
- Worldbook (3000 Children's Ebooks online):  
<https://worldbook.kitaboo.com/reader/worldbook/index.html...>

#### **Adult Online Learning & Activities:**

- <https://www.open.edu/openlearn/>
- <https://www.futurelearn.com/>
- <https://www.open.edu/openlearncreate/>
- <https://chatterpack.net/.../list-of-online-resources-for-anyo...>
- <https://liveboldandbloom.com/.../lif.../fun-things-to-do-at-home>
- <https://www.goodhousekeeping.com/.../a.../what-to-do-when-bored/>
- <https://www.wisebread.com/50-fun-things-to-do-when-youre-st...>
- <https://www.khanacademy.org/>
- <https://www.ted.com/recommends...>

#### **Other Useful Sites:**

- BBC Learning <http://www.bbc.co.uk/learning/coursesearch/>
- BBC Bitesize <https://www.bbc.co.uk/bitesize>
- CBeebies Radio <https://www.bbc.co.uk/cbeebies/radio>
- Listening activities for children Under 5s
- Nature Detectives <https://naturedetectives.woodlandtrust.org.uk/NATUREDETECTI...>
- Activities that can be done in garden as a family All
- Mystery Science <https://mysteryscience.com/school-closure-planning>
- Home science ideas All The kids should see this <https://thekidshouldseethis.com/>
- Child friendly science videos that does not underestimate their ability KS1+
- Operation Ouch <https://www.youtube.com/channel/UCQJDFI9j8UeNoqra37p5OkA>
- Engaging science and medical (STEM) videos for all ages – filter by topic All
- Crash Course Kids <https://www.youtube.com/user/crashcoursekids>
- Educational videos – filter by age Primary level (EYFS – KS2)
- Crash course <https://www.youtube.com/user/crashcourse>
- Educational videos – filter by age Secondary
- KS3+
- Geography Games <https://world-geography-games.com/>

- All National Geographic Kids <https://www.natgeokids.com/uk/>
- Activities and quizzes Primary level and EYFS
- Duolingo <https://www.duolingo.com/> Learn a language for free All ages
- Blockly <https://blockly.games/> Educational games that teach programming For children new to computer programming
- Scratch <https://scratch.mit.edu/>
- Computer programming KS1+
- Future Learn <https://www.futurelearn.com/>
- Free site – different courses All
- DK Find Out <https://www.dkfindout.com/uk/>
- UK version – lots of games and quizzes. KS1+
- TinkerCad <https://www.tinkercad.com/>
- Free app for 3D Design, electronics and coding KS1+
- Prodigy Maths Games <https://www.prodigygame.com/>
- Free online maths KS1+

#### **Emergency Contacts:**

- Children 1st – 0131 446 2300
- NSPCC – 0808 800 5000
- Samaritans – 116123 or [jo@samaritans.org](mailto:jo@samaritans.org)
- Parent line Scotland – 08000282233
- Home Link – voluntary agency offering advice or support for families – 0131 661 0890
- Home Start – voluntary agency offering advice or support for families – 0131 564 1540
- Cedar – voluntary agency offering advice or support for children affected by domestic abuse – 0131 315 8116/ 07850515283
- Circle – voluntary agency offering advice or support for families – 0131 552 0305
- CHAI- voluntary agency offering advice, housing support and employability support – 0131 442 1009
- Domestic abuse helpline – 0808 802 3333
- Social Care Direct - 0131 200 2324 (Opening hours Monday-Thursday 8:30am-5pm, Friday 8:30am-3:55pm) or [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)
- Emergency Social work service – (out of hours) – 0800 731 6969
  - Police Scotland Edinburgh – 01786 289070
- Emergency police – 999
  - Police text phone – 18000
  - Police 101

## COMPLETE THE Hi5 AT HOME

The Hi5 Award at Home is an exciting [SCQF level 2](#) award for young people that records and recognises wider achievement

We are excited to [launch our popular Hi5 Award electronically](#). Young people can now enjoy all the awards fun and gain their accredited award at home.

Our team has created a **FREE Hi5 at Home toolkit** packed with **25 fun activities** across Games, STEM, Arts and Wellbeing that can be put towards a Hi5 Award. In addition to the free toolkit, we have **adapted our Hi5 Award challenge sheet** to be completed at home. We will send you a printable version, an editable Word version and an editable PDF version of the challenge sheet.

**You can order Hi5 at Home toolkits and digital challenge sheets that can be printed or typed in. We are using Eventbrite to process these orders.**

[Click here for the Hi5 Award at home](#)



# Cyrenians

## Can you rise to the challenge and #StepUP?

Make your #StayAtHome Exercise mean more this April and help raise vital funds for those in need during the Covid-19 outbreak.

We're continuing to support some of the most vulnerable people in our communities during this crisis, but we need your help. With many people now #StayingAtHome to help prevent the spread of the virus, it's important to remember the benefits of exercise for our physical and mental wellbeing.

Join our #StepUP challenge and make your exercise more meaningful. Whether you use your daily trip outside, turn your garden into a running track, workout with a certain YouTube phenomenon— it all counts! Make a commitment to your exercise and wellbeing goals, and match the steps you make to the pounds you raise.

Getting involved couldn't be easier, simply:

- Choose your challenge - take 100,000 steps, and raise £100, or set your own target
- [Sign up and create your fundraising page](#) - you can sign up to take part at any time during April.
- Get your friends, family and colleagues to donate. You could ask them to donate the money they might be saving on their commute, the cost of their morning take away coffee, or monthly gym fees.
- Complete your steps - whether it's marching on the spot, taking the stairs or a stroll round the garden, track the steps you take using your fitness tracker or phone. Aim to reach your step target within 30 days!

## COVID-19 - IMPORTANT INFORMATION FOR GROUPS WORKING TO TACKLE VIOLENCE AGAINST WOMEN AND GIRLS

This is a difficult time for all those experiencing and responding to VAWG. There are sudden changes and added pressures for those experiencing or at risk of VAWG. The situation is dynamic and changing rapidly, so we're issuing a short update instead of the usual bulletin for April with links to further information. Please circulate to your contacts and networks with an interest.

**Working together** - The Scottish Government recognises the increased risk to victims of domestic abuse, gender-based violence and commercial sexual exploitation, including prostitution, as a result of social distancing, and the potential for disruption to support services provided by victim support organisations. We are working closely with victim support organisations and other justice stakeholders across the sector to understand the impact COVID-19 is having, and where additional support may be required. We have set up weekly calls with relevant organisations to share intelligence and good practice and identify any emerging issues which may affect service delivery.

**Domestic Abuse Act** - The first anniversary of the Domestic Abuse (Scotland) Act 2018 falls tomorrow - 1 April. The legislation has been ground breaking, reflecting the full spectrum of abuse that a victim may suffer, creating a specific offense covering a “course of conduct”, and recognising the fact that children are harmed by domestic abuse. This has had a huge impact on public perceptions, victims and professionals working with victims. The Scottish Government are continuing efforts to ensure implementation of the Act is smooth and effective, and measure relevant impacts.

**COSLA** - COSLA is working in partnership with the Scottish Government to inform and support Councils’ in their implementation of Equally Safe in local areas. The key COSLA contact for VAWG matters is Katie Brown [katie@cosla.gov.uk](mailto:katie@cosla.gov.uk).

**Legislation** - The Coronavirus (Scotland) Bill has been introduced to Parliament and it contains specific measures relating to the Justice system. The Bill as introduced, and the accompanying documents can be found here: <https://www.parliament.scot/parliamentarybusiness/Bills/114929.aspx>

In common with all the provisions in the Bill, the justice measures in the Scottish emergency coronavirus legislation are expressly temporary and, as currently drafted, will remain in place for 6 months, with a possible extension to two further periods of 6 months (18 months in total). The Bill also places a 2 monthly monitoring requirement on the use of the provisions.

The Justice provisions are intended to enable a response to the current situation whereby we have seen severe impacts on the operation of the system through a combination of the effects on our collective workforce and restrictions rightly imposed on the basis of the current public health advice.

The main provisions are:

- Powers to allow for solemn trials to be conducted by a judge/sheriff sitting alone without a jury.
- Powers to allow for emergency release of prisoners.
- Extension of time limits for completion of unpaid work and powers to postpone or vary community orders which become impossible to fulfil under current circumstances.
- Management of community orders which become impossible to fulfil within existing parameters.
- Addressing Legal Aid and Parole Board issues.
- Practical steps such as extension of statutory time limits; national jurisdiction for custody courts; allowing more cases to be disposed of by fiscal fine rather than come to court; and extending allowance of hearsay evidence in cases where the witness is self-isolating.
- Suspending the need for physical appearance; and removing barriers to using digital means, across both criminal and civil processes.
- Ensuring flexibility as required within Youth Justice and Children’s Hearings processes.

**Funding available** - The Cabinet Secretary for Justice has announced a ‘victims fund’, administered by Victim Support Scotland, of £100,000 to support victims of crime struggling financially amid the coronavirus (COVID-19) pandemic. Individuals will be able to access assistance worth up to £3,000 to help meet immediate financial needs. Information can be found here: <https://www.gov.scot/news/extra-support-for-crime-victims-during-pandemic/>.

To support organisations to continue to provide access to the services which will remain vital to victims and witnesses during the COVID-19 outbreak, the Scottish Government has announced two funds:

- The £50m Wellbeing Fund will help charities and others which require additional capacity to work with at-risk people who may be worst affected by the crisis
- The Third Sector Resilience Fund will support charities, voluntary organisations and social enterprises that already deliver vital services in communities that find themselves in financial difficulties directly as a result of the pandemic. The funding’s primary intention is to provide grants of between £5,000 and £100,000 and interest-free loans to help these organisations to stabilise and manage cash flows over this difficult period.

More information [here](#).

**Funding delivered** - The First Minister and the Justice Secretary earlier announced that over £1.5m would be made available to Scottish Women's Aid and Rape Crisis Scotland to support the response to COVID. Press release [here](#).

**Delivering Equally Safe Fund: deadline extended** - The deadline for applications to the [Delivering Equally Safe Fund \(DES Fund\)](#) has been extended until the end of June. Recognising the challenges of the current context, this being kept under active review.

**Court business** - The Scottish Government has been working with the Lord President and Lord Advocate to ensure court business can continue as much as is practically possible in the context of Coronavirus. The Scottish Courts and Tribunals Service has provided an [update on court arrangements](#).

**Child contact** - The Lord President has issued guidance on parental contact and family court orders, as follows:

- If you and your partner live in separate homes but take turns to look after your children, you can continue to do this.
- If there is a court order or formal agreement in place, you should try to stick to the arrangements it sets out unless both people with parental responsibilities and rights agree to vary it.
- If you have a more informal arrangement with your partner or ex-partner, you'll need to discuss what's best for your kids.
- If it's not possible to keep face to face contact you should try and maintain regular contact virtually using for example Face Time, WhatsApp or Skype.

The full guidance on compliance with family court orders can be found here: <https://www.scotcourts.gov.uk/coming-to-court/attending-a-court/coronavirus>

More at: [Equally Safe Knowledge Hub](#).

### Services and resources

**KHub info** - The Improvement Service is gathering information on [COVID-19 resources](#) on Khub (which VAWG organisations can join).

**CLiCK additional resources** - The CLiCK project is developing a [resource hub on its website](#) with information to help reduce isolation and feelings of anxiety for women. The project is also increasing its [online chat provision](#).

**TARA** - TARA continues to be contactable 24/7 by telephone only on 0141 276 7724.

From Friday 27 March it will provide a telephone support and advocacy service for women already engaged with the service. It will provide a face-to-face response to urgent cases or new referrals but this will be agreed on a case by case basis. It is unable to provide any training or awareness-raising sessions for now.

**Scottish Women's Aid** - SWA is acutely aware that the COVID-19 pandemic might cause increased anxiety in women experiencing domestic abuse as their routes to safety and support may be more limited. SWA is assisting the 36 local groups in a radical redesign of services to respond to the crisis, in line with government advice. Groups are still providing services. However, they are doing so by technology and phones, rather than face-to-face support. Anyone seeking support should still contact their local Women's Aid group in the first instance. Contact details on the [SWA website](#). Scotland's Domestic Abuse and Forced Marriage Helpline remains fully operational and available 24/7 on 0800 027 1234 and email and web chat at [www.sdafmh.org.uk](http://www.sdafmh.org.uk).

**Rape Crisis Helpline: plus new textline** - The [RCS Helpline](#) 08088 01 03 02 and [support@rapecrisisscotland.org.uk](mailto:support@rapecrisisscotland.org.uk) is open from 6pm to midnight, 7 days a week, and offers free and confidential initial and crisis support and information. The helpline can also put people in touch with [local rape crisis centres](#) or other services for ongoing support. The helpline can arrange for language interpreters for those whose first language is not English.

In response to COVID-19, it is running a textline alongside the helpline to make it as easy as possible for anyone affected by sexual violence to get in touch: 07537 410027.

Local rape crisis centres are still running services, with modifications: check with individual centres as required.

**Scottish Women's Rights Centre** - To keep women informed about changes to the justice system, SWRC is publishing [updates and answers to frequent asked questions](#). It has compiled a list of [services supporting women](#) who are experiencing abuse.

Legal and advocacy services operating as usual with some adjustments.

**Helplines: 08088 010 789:**

Legal information

Monday: 2 to 5pm

Tuesday: 6 to 8pm

Wednesday: 11am to 2pm

Friday: 10am to 1pm

Advocacy support

Tuesday: 11am to 2pm

Sexual harassment

Thursday: 5 to 8pm

**Surgeries:** [appointments available](#) for legal advice by video call.

**Legal representation: still taking on cases. Women can [apply for legal representation here](#).**

**ASSIST service** - ASSIST workers are continuing to support victims and children by working from home. They are responding to new referrals from Police Scotland and other agencies (including self-referrals and MARAC referrals) if the victim has reported to the police and there is a court process. Workers are also supporting existing clients to risk assess, safety plan and to provide information to partners and processes where appropriate. ASSIST has suspended its face-to-face support for children and young people which includes court support on the day of trial but will continue to provide telephone support to children and young people and their carers wherever possible. You can contact ASSIST on 0141 2767710 and you will be asked to leave a message which will be relayed to the appropriate person or email [ASSIST@glasgow.gov.uk](mailto:ASSIST@glasgow.gov.uk) (from a secure server only).

**Safe & Together Institute: support offered** - The Safe & Together Institute is providing critical and useful information, and virtual options for training and support including:

- COVID-19 practice information: [COVID-19](#) page on the website includes resources such as - [-Partnered with a survivor](#)
- [Virtual Academy](#) with e-learning courses, and a new online version of the four-day CORE training. More courses coming soon
- Free COVID-19 [live webinars](#)

It wants to support practitioners and direct service agencies by using its global network to gather and disseminate information. It wants to hear from you about how domestic violence dynamics are changing in this context, what challenges you are facing as practitioners, and how you are adapting to and overcoming these barriers. Let Anna Mitchell know and she will pass it along to the team. This will help with writing blogs, developing podcasts and offering other forms of support. If there is anything specific you'd like Safe and Together to do to support you please contact [annamitchell@safeandtogetherinstitute.com](mailto:annamitchell@safeandtogetherinstitute.com)

**Amina** - Amina MWRC's staff are working from home and aiming to run its services in new ways. Its [helpline and related chat service](#) are running at the usual times of 10am to 4pm on weekdays to provide a listening ear to Muslim and BME women who are isolated or facing a crisis. Its Ending Violence Against Women work is shifting to video conferencing. It has held its first video chat with women in Edinburgh about the coercive control legislation. If your staff team would like a video conference with its trainers to learn about how violence against women can affect Muslim and BME women, please get in touch on [info@mwrc.org.uk](mailto:info@mwrc.org.uk)

**SafeLives** - [Resources for professionals](#) supporting those experiencing domestic abuse during this time and [online community](#).

**Surviving Economic Abuse** - [Coronavirus guidance](#) from SEA.

**Mental wellbeing** - Information from [SAMH on mental health and wellbeing](#) to support professionals, service users

and anyone else.

**Children and young people** - Resources to support children and young people from [Young Scot](#) and [Young Minds UK](#).

**Human rights and equality considerations in responding to Coronavirus** - EHRC [article](#) highlighting possible impact of pandemic-related restrictions on already disadvantaged people, for example ASN pupils and families, and likely increase in domestic abuse.

**Recommendations for self-isolating feminists** - If you find yourself with some free time, check out the Zero Tolerance list of feminist books, films and documentaries to distract yourselves with:

<https://www.zerotolerance.org.uk/news/blog/recommendations-for-self-isolating-feminists---saffrons-picks/>

### **National VAW network update**

VAW organisations interested in the work of the network are invited to join its [KHub Group](#). There is also a monthly network newsletter which highlights new content on the KHub and other network news. More information: visit the [Improvement Service](#) website or contact [Joanna.McLaughlin@improvementservice.org.uk](mailto:Joanna.McLaughlin@improvementservice.org.uk)

## **MENTAL HEALTH INFORMATION STATION – WHAT’S NEW?**

Due to Covid-19, MHIS has closed our walk-in service at Walpole Hall. However, individuals can still contact our Nursing and Occupational therapy staff to receive mental health support and advice. We will be available every Thursday for extended hours between 9.30 and 4.30. As ever, no referral is necessary. All that’s needed is to:

- Call Cambridge Street House on 0131 537 8650 and ask to be transferred to MHIS staff
- Leave their name and contact number and staff will arrange a call back

Alternatively, people can email [mentalhealthinformation@nhslothian.scot.nhs.uk](mailto:mentalhealthinformation@nhslothian.scot.nhs.uk) at any time with specific queries and/or a request for a call back.

Further links to mental health information and advice can be found on our new digital platforms:

- Facebook - Mental Health Information Station
- Instagram – [mental.health.information](https://www.instagram.com/mental.health.information)

No promises, but if service demands are very high we may be able to extend to other days. Please contact SW Edinburgh Lead OT at [Katrina.h.campbell@nhslothian.scot.nhs.uk](mailto:Katrina.h.campbell@nhslothian.scot.nhs.uk) or on 07712855203 with any queries.

Elaine Lennon, 03/04/20.

Please email [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.

**Coronavirus  
Covid-19**



**Wash your  
hands.**



**Use a tissue  
for coughs and  
sneezes.**



**Avoid touching  
your face.**

*[www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus)*