



# **SURVIVING THE HOLIDAYS AND NEW YEAR 2018**



**Christmas and New Year can be a difficult time of year. In this guide you will find information about services and support on offer in Edinburgh during the festive period.**

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## About this guide



It can seem that everyone around us is having a great time at Christmas and New Year, but it can be a really hard time for many of us. There is extra stress around this time of year. For example, worrying about money, seeing family, heating the house, or going out where there is a lot of drinking.

Health in Mind, a local mental health and wellbeing charity, has produced this guide to bring together a range of support and services that are here to help during the festive period.

You can find information about mental health and wellbeing and support that is available all the year round on Edspace. Visit [www.edspace.org.uk](http://www.edspace.org.uk).

You can also visit the Mental Health Information Station at 'A Sense of Someplace', Walpole Hall, Palmerston Place every Thursday 11am to 3pm.

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**For information on mental health and wellbeing services and groups outside of Edinburgh visit:**

Eastspace: [www.eastspace.org.uk](http://www.eastspace.org.uk) for information about East Lothian

Midspace: [www.midspace.co.uk](http://www.midspace.co.uk) for information about Midlothian

Westspace: [www.westspace.org.uk](http://www.westspace.org.uk) for information about West Lothian

**To find out more about Health in Mind visit [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)**



**#EdinCheer**

## **What is Edinburgh Cheer?**

Edinburgh's two major football clubs are setting aside sporting rivalry and coming together in a campaign designed to make Edinburgh the Capital of Goodwill over Christmas.

Edinburgh Cheer is supported by the Edinburgh Evening News and Heart of Midlothian FC, through its Big Hearts Community Trust, and Hibernian FC, Hibernian Community Foundation and NHS Lothian through their innovative GameChanger Public Social Partnership.

The two Clubs are hosting and supporting a series of events in their respective communities, with many of those being hosted at Tynecastle Park and Easter Road, all designed to harness the power of football to deliver positive social outcomes.

In addition, a number of events and initiatives will take place throughout December to help those in the city – young and old - who are homeless, who are suffering poor mental or physical health, or who are isolated or forgotten at this time of year, with NHS Lothian ensuring that important wellbeing messages are delivered as part of the campaign.

The city's public, private and third sectors will come together to back the campaign with the aim of making Edinburgh a more caring and compassionate city.

# Edinburgh: Capital of Goodwill

You can play your part in making our city the Capital of Goodwill this Christmas. If you can do just one of these things it will make a difference. Please let us know you are supporting us and sign up to our #EdinburghCheer newsletter at [www.edinburghnews.com](http://www.edinburghnews.com) for campaign updates.



## Smile and say Happy Christmas

Traffic warden? Shop assistant? Fellow commuters? Share some festive spirit with the people you meet each day



## Invite someone new for lunch

Maybe a neighbour who is on their own



## Give a little of your time

See if you can help a local charity deliver a festive project in your neighbourhood



## Spread the word about a good cause

Share it on social media, tell your friends, and don't forget to let us know so we can help #EdinCheer



## Keep people warm on the streets

Watch out for details on how you can support our sleeping bag campaign for rough sleepers



## Wish a Polish neighbour *Wesołych Świąt*

Or say *feliz Navidad* to a Spanish friend



## Bring some joy to a dinner table

Donate much-needed supplies to a foodbank such as the one at your local Tesco



## Make an older person on their own feel special

Send them a special Christmas card to show that you are thinking of them.



## Sing with us

Join our Edinburgh Cheer choir for communal carol singing. Watch out for details of where and when

**Make your #EdinburghCheer pledge now**

# Keeping well

Here are some ways people have shared with us that help them to keep well at Christmas. Different things work for different people.



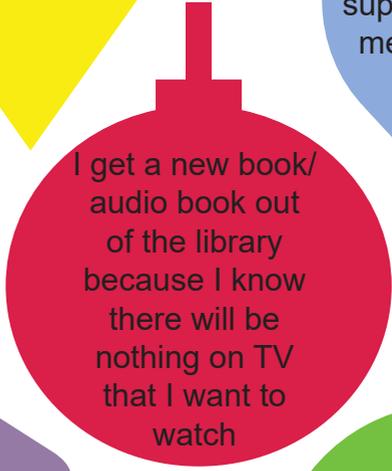
I try to keep in my normal routine as much as possible



I go out for a walk when family life is getting too much for me



I use online resources as a support with my mental health



I get a new book/ audio book out of the library because I know there will be nothing on TV that I want to watch



I used to feel like I had to take part in Christmas and New Year. But now, they are just ordinary days for me.



I try to remember it's only a couple of days and things will be back to normal soon

What do you do during the festive period to keep well? Tweet us your ideas @Health\_in\_Mind using #EdinCheer.

# 10 tips for getting through the festive period

1. Make sure you have enough medication to cover the time when the GP and Chemist are closed.
2. Work out a budget in advance and stick to it.
3. Think about little things you can do each day to keep you well. For example, a nice warm bath or wrapping up and spending time outside.
4. Plan meals so that you have enough food in the house to cover the days when the shops are closed. If possible batch cook and put in your freezer.
5. Plan a routine and follow it each day.
6. Try to be honest with family and friends if things are feeling overwhelming.
7. Remember it's okay to cancel plans if you don't feel up to going out.
8. Talk to your support worker, or people who support you, about how you will cope with Christmas.
9. Try not to compare yourself and your Christmas to those you see on TV or on social media. You are not alone in finding things difficult.
10. If things get too much, talk to someone or reach out and access listening services if needed.





THE CAPITAL OF GOODWILL

EDINBURGH

CHEER

MAKING SCOTLAND'S CAPITAL

THE KINDEST CITY

 CHECK OUT EVENTS IN DECEMBER ON FACEBOOK@EDINBURGHCHEER

### As part of Edinburgh Cheer, GameChanger will:

- Provide Christmas hampers for 1000 city families in need, in partnership with *Destiny Church* and *Story Contractors* – visit [destinyedinburgh.com](http://destinyedinburgh.com) to find out more
- Provide warm clothing for the city's rough sleepers in partnership with *Streetwork* and *Cyrenians*
- Throughout December support a number of our partners' Christmas parties and events
- Once again create a very warm Christmas glow with a screening of *'White Christmas'* on 18th December at 7.00pm, at *Hibernian Football Club*, with delicious cinema snacks prepared by *Prep Table*. Contact [GamechangerPSP@nhslothian.scot.nhs.uk](mailto:GamechangerPSP@nhslothian.scot.nhs.uk) to book a place.

### As part of Edinburgh Cheer, the Big Hearts Community Trust will:

- Organise a Foodbank Collection at *Tynecastle Stadium* on 2nd December in partnership with *Community One Stop Shop* and *Jambos Kickback* to help provide food and vital supplies
- Host a free *'Memories Christmas Lunch'* at *Tynecastle Park* on 11th December, welcoming isolated older people from across the Football and Edinburgh Memories projects and further community groups.
- Work with local schools to support children and families who are particularly vulnerable during the Christmas Holidays, providing food, gifts and festive activities at *Tynecastle Park*.



# What's open on Christmas Day

It can be good to go out and be with other on Christmas Day. Here are some places that will be open. It is a good idea to try and call in advance if you can.

## Crisis at Christmas

0131 209 7700

Free and open to people who are homeless or at risk of homelessness aged 18 or over. You'll also be able to find out how Crisis can help you all year round.

Southside Community Centre:  
Christmas Day: 11am - 6pm  
Boxing Day from 11am - 6pm.

## Salvation Army (South West)

0131 346 2875

Open for Christmas day lunch, with festive entertainment. Free and open to all. Booking preferable.

## Hibernian and Hearts Football Club

Christmas Day lunch available for the most vulnerable and lonely in and around Edinburgh. Free taxi service provided by volunteers. Book now to secure a place. For more information email [GameChangerPSP@nhslothian.scot.nhs.uk](mailto:GameChangerPSP@nhslothian.scot.nhs.uk) or [christmas@bighearts.org.uk](mailto:christmas@bighearts.org.uk).

# Useful Contacts

## Support with your mental health

You are not alone. There is always someone here to listen.

### Edinburgh Crisis Centre

(open 24/7)

0808 801 0414

### Mental Health Assessment Service

(open 24/7)

0131 537 6000

### Social Care Direct

(open 9am - 5pm)

0131 200 2324 or

0800 731 6969 for out of hours/holidays

## Listening services

### Samaritans Local line

(open 9am-10pm)

0131 221 9999

### Silverline

0800 470 8090 (open 24/7)

(for older people)

### Samaritans National Line

116 123 (24/7)

### CALM

0800 58 58 58

(open 5pm-12am)

(suicide prevention for men)

### Breathing Space

(open 6pm - 2am)

0800 83 85 87

### Papyrus Hopeline

(open 10am-10pm weekdays,  
2pm-10pm weekends).

0800 068 41 41

### Saneline

(open 6pm - 11pm)

0300 304 7000

## Advocacy / Legal

### **Advocard**

0131 554 5307

### **Legal Services Agency**

0131 228 9993

### **Partners in Advocacy**

0131 478 7723

## Housing

### **Shelter's Housing Advice**

0808 800 4444

### **Edinburgh Housing Advice Partnership**

0131 442 1009 or

0845 302 4607

### **Home Energy Scotland**

0808 808 2282

(for advice and help heating your home)

### **Access Point**

0131 529 7438

## Health and wellbeing

### **NHS 24**

(including dentist)

111

### **Sexual Health Centre**

0131 536 1070

### **LGBT Health and Wellbeing Centre**

0300 123 2523

### **Edinburgh Access Practice**

0131 240 2810

(GP access for people who are homeless)

### **NHS Inform helpline**

0800 22 44 88

## Money

### Citizens Advice

0131 510 5510

### Scottish Welfare Fund

0131 529 5299

## Foodbanks

**You must be referred by an agency to get a Foodbank Voucher. Contact Citizens Advice, your GP, or social care direct.**

### Trussel Trust

Trussel Trust have several foodbanks across Edinburgh. Contact central foodbank for referral details. Call 0131 202 9130 or visit [trusselltrust.org/get-help/find-a-foodbank](http://trusselltrust.org/get-help/find-a-foodbank).

### Basic Banks

Basic Banks run by Edinburgh City Mission.  
Call 0131 225 9445 for referral details.

## Free and low cost food

### Care Van

Bethany Christian trust and Edinburgh City Mission van, offering food, clothing and friendship to rough sleepers / people in hostels

Call 0131 225 9445

### Grassmarket Community Project

Free meal on Mondays

from 4pm - 5.30pm

0131 225 3626

## Support with addictions

### **Alcoholics Anonymous**

0800 917 7650

[aa-Edinburgh.org.uk](http://aa-Edinburgh.org.uk)

for local meets

### **Narcotics Anonymous**

0300 999 1212

[ukna.org](http://ukna.org)

### **Drinkline Scotland**

0800 7 314 314

[drinkaware.co.uk](http://drinkaware.co.uk)

### **Gambling Anonymous**

0370 050 8881

[gascotland.org](http://gascotland.org)

## Support for carers

### **VOCAL**

0131 622 6666

VOCAL will be open for two days between Christmas and New Year, offering a space for carers to come and get some time out for themselves. Workers will be on hand to offer information and advice and there will also be workshops, cafe, groups and more.

### **Carer for Carers**

0131 661 2077

### **Carers Support Project**

0131 557 0718

### **Carers Council**

0131 270 6087

**Emergency contacts open 24/7**

**Emergency Services**  
999

**Scottish Water Helpline**  
0800 0778 778

**Gas Helpline**  
0800 111 999

**Electricity Helpline**  
0800 40 40 90

**Keeping safe**

**Police (non emergency)**  
101

**Scottish Women's Aid**  
(24hr helpline)  
0800 027 1234

**Rape Crisis Edinburgh**  
0131 556 9437

**LGBT Domestic Abuse Helpline**  
0300 999 5428 or  
0800 999 5428

**Rape Crisis Scotland**  
0808 801 0302

**Edinburgh Women's Aid**  
0131 315 8110

**Victim Support**  
0345 603 9213

# edspace

Keep checking Edspace for information about other events and support taking place over the festive period. [www.edspace.org.uk](http://www.edspace.org.uk)

Many thanks to the generous contribution from our partner agency Story Contracting.

# STORY

