

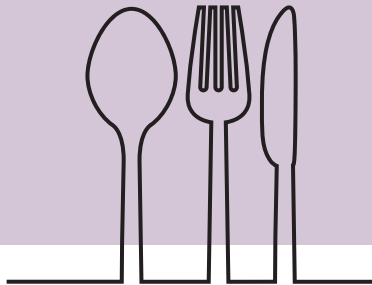


grassmarket  
community project

# L FREE BOOK FREE FOOD K

'ALL ABOUT THE SCRAN'

ESSENTIAL CONNECTIONS  
AND  
*places to be*  
AROUND EDINBURGH



CREATED AND COLLABORATED BY MEMBERS AT  
THE GRASSMARKET COMMUNITY PROJECT

# *You are welcome*

GRASSMARKET COMMUNITY PROJECT

## VISION:

'We believe in a world where people reach their full potential, feel positive about themselves, valued and connected to others and the wider community'

## MISSION:

'We will create an inclusive person-centred environment where people feel empowered to develop skills, build positive relationships and enjoy an ongoing sense of belonging'

# **everyone welcome**

Disconnected to connect

A crisis can hit anytime through one's life. Knowing what to do in a crisis is what this booklet is about. Where to go, who to speak to, advice or direction. The appropriate help can be a lifeline.

*From Allan*

## A CONFIDENCE BOOST

I was homeless at the age of 16, on and off for 20 years. Sofa surfing and staying in different places, travelling back and forward.

Never be afraid to ask for help, or advice, you are always welcome to come along and be part of us.

*From Janie Mc*

### THIS BOOKLET WILL COVER

- **FOODBANKS**
- **HOW TO BE REFERRED**
- **FOOD PANTRYS**
- **FREE MEALS AROUND EDINBURGH**
- **TRAVEL ADVICE**
- **CLOTHING OPTIONS**
- **EMERGENCY CONTACTS**

## **EDINBURGH CARES**

Give another person the confidence to go to a foodbank for the first time because we've been there. Ask someone to go with you for some support if you need.

*From Stevie*

# FOOD GLORIOUS FOOD!

## GLORIOUS FOOD BANKS

### NORTH LEITH PARISH CHURCH HALLS

**Tue 10:00 - 12:00**

**Fri 10:00 - 12:00**

1a Madeira Street  
Leith  
Edinburgh  
EH6 4AW  
0131 553 7378

Calders Residents  
Association  
(The Calders)

**Wed and Fri**

various food  
supports  
3 Broomhouse  
Market  
EH11 3UU

Leith St Andrew's Church Hall

**Tue 13:00 - 14:30**

**Thu 10:00 - 11:30**

410-412 Easter Road  
Leith  
Edinburgh  
EH6 8HT  
0131 553 8839

### SOUTH LEITH PARISH CHURCH HALLS

**Mon 13:00 - 14:30**

**Fri 15:00 - 17:00**

6 Henderson Street  
Leith  
Edinburgh  
EH6 6BS  
0131 554 2578

Holy Trinity Church  
(Wester Hailes  
Food Bank)

**Every Tues  
2pm**

1-2 Hailesland Pl  
EH14 2SL

Pilrig St Pauls Parish Church

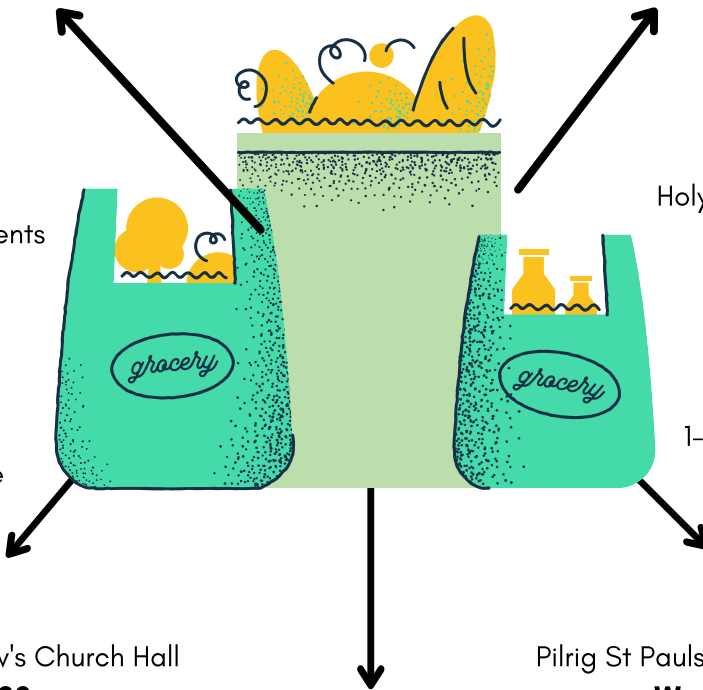
**Wed 16:30 - 18:00**

St Margaret's Parish Church halls

**Wed 11:00 - 12:30**

48 Restalrig Road South  
Edinburgh  
EH7 6LE  
0131 554 7400

1a Pilrig Street  
Leith  
Edinburgh  
EH6 5AH





# FOOD GLORIOUS FOOD! GLORIOUS FOOD BANKS

Grassmarket

**Tues 2pm-4pm**

**Fri 2pm-4pm**

St Columba's by the Castle

(Enter via Victoria Terrace,  
the church with the blue  
door down the hill)

Broughton St Mary's Parish Church

Bellevue Crescent

EH3 6NE

Tollcross

**Mon 2pm-4pm**

**Thurs 2pm-4pm**

Central Hall

2 West Tollcross

EH3 9BP

Pilton

**Mon 1pm-3pm**

**Wed 1pm-3pm**

**Fri 10am-12pm**

St Margaret Mary

Boswall Pkwy

EH5 2JQ

Craigmillar

**Tues 11.30am-1.30pm**

**Thurs 11.30am-1.30pm**

Prestonfield

**Wed 13.30-15.30**

Bristo Memorial Church

196 Peffermill Road

EH16 4AJ

Clermiston

**Tues 1pm-3pm**

**Thurs 1pm-3pm**

Priestfield Parish Church

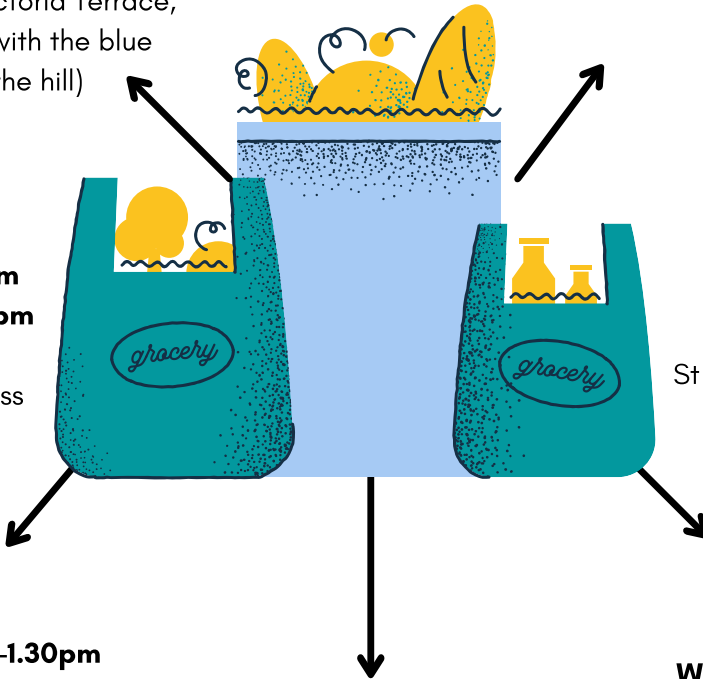
2 Marchhall Place

EH16 5HW

St Andrew's Church (Buttercup Hall)

17-19 Clermiston View

EH4 7BS



# HOW TO BE REFERRED!

## Reach out to a frontline worker

Foodbanks work  
with frontline  
professionals



- doctors
- health visitors
- social workers
- Citizens Advice.

## Receive voucher

These workers  
can provide  
vouchers for  
emergency  
food

## Receive support

The food bank + referral  
agency collect basic  
information to help  
understand how to offer  
the right support

## WHAT TO EXPECT

Many foodbanks  
(not all) take  
vouchers in  
exchange for  
food.

Anyone can  
find themselves  
in a crisis for  
many different  
reasons.

Local  
organisations  
can also offer  
support in  
response to  
your crisis.

**Vouchers = 3 days emergency food**



# ALL FOOD PANTRIES HAVE AN AFFORDABLE FEE AND VARY IN PRICE DEPENDENT ON WHAT THEY OFFER

Fresh Start Pantry  
(Pilton)

**Mon, Tues, Fri**

**9.30am-12.30pm**

22-24 Ferry Rd Dr,  
EH4 4BR

Greenhouse Pantry  
(Craigmillar)

**Thurs 10am-2pm**

64 Niddrie Mains Road,  
EH16 4BG

PCHP Pantry  
(Pilton Community  
Health Project)

**Thurs 10am-2pm**

73 Boswall Pkwy,  
EH5 2PW

Pennywell Pantry  
(Muirhouse)

**Wed-Sat 10am-  
2pm**

43 Pennywell Road  
EH4 4DR

**Memberships are  
available at one pantry  
in Edinburgh per  
person, one per  
household, allowing  
one visit a week to help  
stretch money a little  
further**

Broomhouse Pantry  
(Broomhouse)

**Tues and Thurs**

**10am-2pm**

**Fri**

**9.30am-11.30am**

3 Broomhouse Market,  
EH11 3UU

Hays Pantry  
(Niddrie)

**Wed 11am-2pm**

1 Hay Ave  
EH16 4RW

SCORE Scotland  
(WHALE Arts in  
Wester Hailes)

**every second Tuesday**

Score Scotland,  
Westerhailes  
EH14 2SA



# FREE MEALS AROUND EDINBURGH

## ALMOST DAILY FOOD & HOT DRINKS

Missionaries of Charity



**Mon, Tues, Wed 4pm**

**Sunday 3.30pm**

Missionaries of Charity

18 Hopetoun Crescent

EH7 4AY

Salvation Army

Soup, rolls, hot drinks



**Mon-Fri 9.45-1pm**

25 Niddry Street

EH1 1LG

The Breakfast Bothy,

warm breakfast

hot drinks

**Mon- Fri 9am-11am**

St Catharines

Convent of Mercy



**Monday to Friday,**

**9:30am - 11:00am**

**5:00pm - 6:30pm**

4 Lauriston Gardens

EH3 9HH

Empty Kitchens, Full Hearts



**Daily**

**Lunch (12PM-1PM)**

**Dinner (4:30PM-5:30PM)**

28-30 Ferry Rd

Edinburgh

EH6 4AE

Social Bite Cafe

**Mon-Fri**

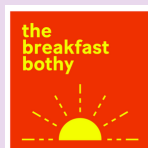
**8-9.30am** breakfast rolls,

**4.30-5.30pm** foodpack



131 Rose St

EH2 3DT



100 Melville Drive

Edinburgh

EH9 9EX

# Lunchtimes

Mon  
Wed  
Thurs  
Sat

**12.30pm**

Market Street

**1pm-2pm**

King's Stables  
Road  
Grassmarket  
North Bridge

**2pm**

Leith Walk  
north of McDonald Rd



every  
evening

provides soup, food, hot drinks,  
encouragement and advice

Care  
Van

**9pm**

Waverley Bridge

**9.50-10.30pm**

King's Stables Road  
Grassmarket  
North Bridge



# FREE MEALS AROUND EDINBURGH



City of Edinburgh Methodist Church

**Mon 5.30-6.30pm**

25 Nicholson Square

EH8 9BX



## MONDAY

St Cuthbert's Church

**Mon 6pm-8pm**

5 Lothian Road

EH1 2EP



**VAN**

**Tues 5pm**

63 Jeffrey Street



## TUESDAY

Grassmarket Community Project

**Tues 5-6.30pm**

Coffee Saints

Little King St, EH1 3SP



grassmarket  
community project

## WEDNESDAY

Check out some  
of the **almost**  
**daily options!**

## THURSDAY

Mustard Seed

**Thurs 5.30pm-7pm**

St Margaret's  
Episcopal Church

170 Easter Road

EH7 5QE







St Margaret's  
Episcopal Church

**Fri 10-11am**

170 Easter Road  
EH7 5QE



**VAN**

**Fri 5pm**

63 Jeffrey Street  
EH1 3RH

**FRIDAY**



Central Hall  
**Fri 5.30-7pm**

2 West Tollcross  
EH3 9BP

CENTRAL



Steps to Hope  
**Sat 10am-1pm**

63 Jeffrey Street  
EH1 3RH

**SATURDAY**

St Margaret's Church

Family Meal

**Sat 4.30-6.30**

170 Easter Road  
Edinburgh  
EH7 5QE



Ps&Gs

**Sat 5pm-6pm**

46 York Place  
EH1 3HU



Oxgangs Community Church

**Sun 5pm**

223 Oxgangs Road  
ED13 9ED

**SUNDAY**



**Sun 5-7.30pm**

St Cuthbert's Church  
5 Lothian Road  
EH1 2EP

Life Church Edinburgh

Life Church

**Sun 5.30pm**

W. Richmond Street  
EH8 9EB

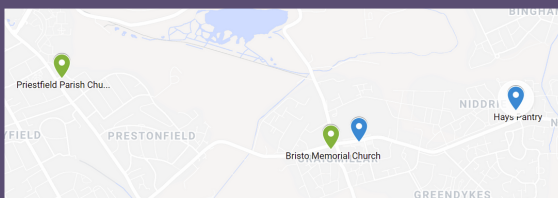
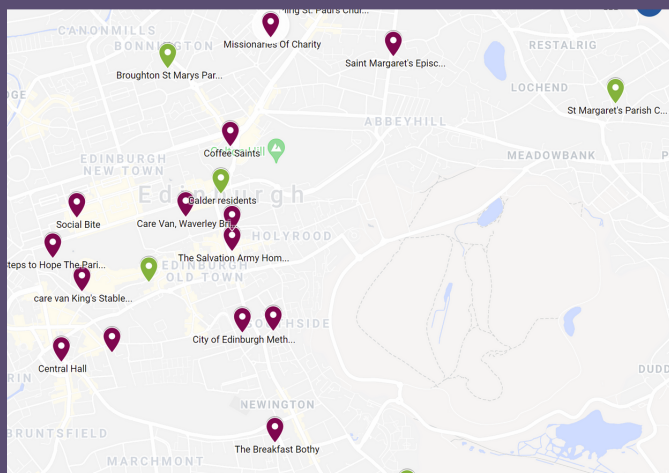
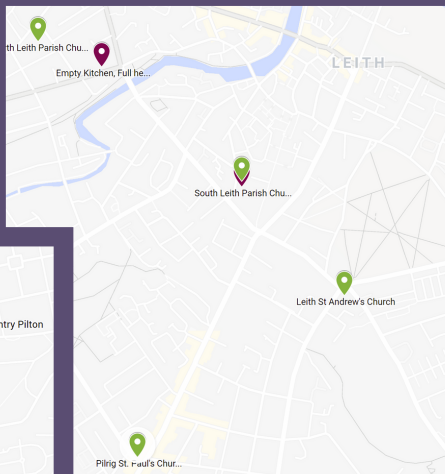
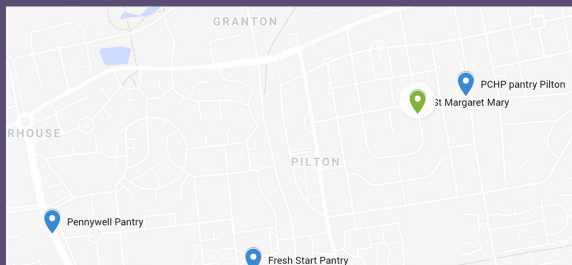


**FREE MEALS AROUND EDINBURGH**

# maps



## FREE MEALS FOODBANKS PANTRYS



**Find contact details  
on the next page**





## organisation contacts

### Foodbank Contacts

North Leith Parish Church Halls

0131 553 7378

Calders Residents Association

(The Calders)

Tel: 0131 443 6223

South Leith Parish Church Halls

0131 554 2578

Holy Trinity Church

01314423304

Pilrig St Pauls Parish Church

0131 554 2578

St Margaret's Parish Church halls

0131 554 7400

Leith St Andrew's Church Hall

0131 553 8839

Edinburgh Food Project

Grassmarket

07805 203 852

Edinburgh Food Project

Tollcross

07805 203 744

Edinburgh Food Project

Broughton

07805 204 009

Edinburgh Food Project

Clermiston

07794 849 945

Edinburgh Food Project

Pilton

07794 850 009

Edinburgh Food Project

Craigmillar

07946 628 766

Edinburgh Food Project

Prestonfield

07933 707 819

### Pantry contacts

Greenhouse pantry craigmillar

07754 713920

catherine@communityalliancetrust.org.uk

Fresh Start Pantry Pilton

0131 476 7741

pantry@freshstartweb.org.uk

PCHP Pantry Pilton Health Project

0131 551 1671

pantry@pchp.org.uk

Pennywell Pantry

0131 315 2151

pennywellpantry@gmail.com

Broomhouse Pantry

0131 443 6223

broomhousepantry@gmail.com

Hays Pantry

0131 657 0600

SCORE Scotland Whale Arts

0131 554 3900

### Meal Contacts

Care Van

0131 454 3120

carevan@bethanychristiantrust.com

0131 225 9445

carevan@edinburghcitymission.org.uk

Empty Kitchens, Full Hearts

hello@emptykitchens.co.uk

07895347157

Soul Food

**miles@edinburghcitymission.org.uk**

01875814520

hello@soulfoodedinburgh.org

**0131 447 9787**

jacob@lifechurchedinburgh.org

**hello@oxgangs.church**

Salvation Army

0131 523 1060

The Breakfast Bothy

**0131 353 184**

**info@carlowriecastle.co.uk**

**St Catharines Convent of Mercy**

0131 229 2659

Missionaries of Charity

**0131 556 5444**

Social Bite

0131 535 0250

info@social-bite.co.uk

Steps to Hope

**07943 838 666**

**info@stepstohope.co.uk**

Grassmarket Community Project

info@grassmarket.org

01312253625

South Leith Parish Church

**0131 556 2578**

**Ps and Gs**

0131 556 1335

office@psandgs.org.uk



**Street Support  
Network**

Street Support Network and app have information  
online of useful organisations around Edinburgh

## BUS PASS

The National Entitlement Card (NEC)

Free or cheaper travel to

- young people
- older people (60+)
- people with a disability



The NEC card =

- free bus travel across Scotland, and trams (issued by the City of Edinburgh Council)
- Cards with **C+** allow a companion to travel free
- People with visual impairments can get free train and cheaper ferry travel.

# travel



## Railcard

eligible for Disabled Persons Railcard if you:

- receive Personal Independence Payments (PIP)
- receive Disability Living Allowance (DLA) at either:
  - the higher or lower rate for the mobility component, or
  - the higher or middle rate for the care component
- have a visual impairment
- have a hearing impairment
- have epilepsy
- receive Attendance Allowance or Severe Disablement Allowance
- receive War Pensioner's Mobility Supplement
- receive War or Service Disablement Pension for 80% or more disability
- buy or lease a vehicle through the Motability scheme

## Taxicard



A taxicard could be an option if your disability makes getting buses difficult.

Lasts for three years for 104 trips per year

Eligibility- live in Edinburgh and have a permanent disability

Central Taxis are the only taxi operator who accepts taxicards.

City Cabs offer a Cab Assist Card.

If you're a Taxi Card user or are over the age of 65 then you're eligible for the City Cabs

- UP TO £2.30 DISCOUNT PER JOURNEY.

**Visit the Transport Scotland website to find out more.**



Clothesbank+ Edinburgh City Mission in partnership with Central Church Edinburgh offer a Clothesbank+ for those who are in crisis and need of clothes, shoes, underwear or linen (accessed by referral – no self-referrals).

The Coracle, 41 Bryson Road, Edinburgh, EH11 1DS



Edinburgh Clothing Store has to have referrals by social care or health agency

156 Lower Granton Road  
Edinburgh  
EH5 1EY



## FreshStart

Get settled in a new home

Starter Packs  
Hit Squads  
Training Initiative  
Cooking Classes  
Cookers  
Food Station

22-24 Ferry Road Drive,  
Edinburgh, EH4 4BR

**Tollcross Community  
Action Network**

Support, clothes bank, and library of books, CDs and DVDs  
In partnership with the Tollcross Foodbank.

16 Nile Grove, Edinburgh,  
EH10 4RF – Map

Telephone: 0131 229 7778



SMART  
WORKS

Smart Works dress and coach women for job success, they can receive a complete outfit and advice on presentation and interview skills

Smart Works Edinburgh  
32 Annandale Street  
Lane  
Edinburgh  
EH7 4LS

**Cyrenians**

Cyrenians offer a large selection of support including access to free period products  
Fareshare  
Depot in Leith  
84-86 Jane St  
Edinburgh EH6 5HG

**This booklet has a large number of organisations that are there to help around Edinburgh, it does not have all of them!  
Please, if you are in need of support- REACH OUT!**

# CALL 999 IF YOU ARE IN IMMEDIATE DANGER

## Homelessness support

If you are homeless or at risk of becoming homeless, call City of Edinburgh council to book a housing options interview:

0131 529 7036

0131 529 7125

Mon to Thurs 8.30am-5pm

Fri 8.30am to 3.40pm.

## Streetwork Holyrood hub

outreach team provide support and assistance

22 Holyrood Road, Edinburgh, EH8 8AF, - Mon -Fri 7am-8pm, Sat and Sun - 9-5.

## Shelter Scotland Community Hub - 0808 800 4444

## Citizens advice Scotland helpline

0131 510 5510

Mon-Fri 9-6

## Civil legal assistance office Edinburgh and Lothian

0131 240 1960

# DON'T BE AFRAID TO ASK FOR HELP

## Gambling, drugs and alcohol support

### Lothian Harm Prevention

The Exchange, Lady Lawson Street, Edinburgh, EH3 9DU

Mon and Tues 12.30-16.30, Weds 9-12, Thurs 10.30-16.30, Fri 12.30-16.30

### Turning Point Scotland,

### Change Grow Live,

### Edinburgh Access Practice

Spittal Street CURRENT OPENING HOURS

PANDEMIC AT SPITTAL STREET ONLY - 22-24 Spittal St, Edinburgh EH3 9DU 9:30AM - 12:45PM & 1:45PM - 4:30PM ----Holyrood Hub Street team drop in here at Thursday 11-2pm.

## Edinburgh and Lothians Council of Alcohol ELCA

(Edinburgh and Lothians Council on Alcohol) |

Midlothian Council

**Gamblers anonymous** 0370 050 8881

**Narcotics anon helpline** - 10am til midnight 0300

9991212 Alcohololics anony - 0800 9177 650

## Mental Health

**Samaritans** - (24/7), from any phone for FREE at 116 123 OR email [jo@samaritans.org](mailto:jo@samaritans.org)

## Breathing Space (FREE)

0800 83 85 87

Open Mon-Thurs 6pm-2am

Friday 6pm-Mon 6am.

**Stafford Centre** - Support in Mind Scotland, The Stafford Centre 103 Broughton Street Edinburgh EH1 3RZ  
0131 557 0718

## Penumbra Crisis Centre 24 hour

Helpline, 0808 801 0414

(freephone), text 0797 442 9075 or email

[crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)

**Shakti Womens Aid Help** for black minority ethnic (BAME) women, children and young people who are experiencing, or who have experienced domestic abuse. If you are in immediate danger, phone 999. Phone 0131 475 2399



grassmarket  
community project