

Where can I get help?

A guide to homelessness
services in Edinburgh



Bethany
Christian
Trust

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This is a directory of homelessness support services available in Edinburgh. If you are seeking help, please check under the sections below:

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*For more information, visit the Bethany Christian Trust website FAQs at www.bethanychristiantrust.com/faqs or contact us on **0131 561 8930**.*

Concerned for an individual?

For concerns about vulnerable adults or children, call **Social Care Direct** on 0131 200 2324 (adults) or 0131 200 2327 (children) during work hours. Out of hours or weekends, call 0800 731 6969.

Medical and Other Helplines

NHS 24 · 111

For out of hours urgent treatment and advice.

Streetsmart Physio Clinic · Salvation Army Hostel, 1 The Pleasance

Wednesday 6-7:30pm, book an appointment at reception.

Mental Health Assessment Service · 0131 286 8137

Self-refer for an emergency psychiatric assessment.

Edinburgh Crisis Centre · 24-hour · 0808 801 0414 or text 07974 429 075

Mental health helpline.

Chalmers Dental Centre · 0131 536 4800

3 Chalmers Street, EH3 9EW. Walk in emergency dental clinic. For same day care please attend before 3pm. Call the above number for emergency dental pain relief.

Spittal Street Dental Clinic · 0131 537 8323

'The Exchange' entrance on Lady Lawson Street, 22-24 Spittal Street, EH3 9DU.

Monday-Wednesday 12:30-4pm. Advice, emergency treatment and routine care provided in a relaxed and friendly environment.

Leith CTC Dental Clinic · 0131 536 6286

Thursday 9:45-3pm, Leith Community Treatment Centre, 12 Junction Place, EH6 5JQ. Drop in clinic.

Samaritans · 24-hour · 116 123

Confidential, emotional support for anyone in crisis.

Breathing Space · 0800 83 85 87

Monday-Thursday 6pm-2am, Friday 6pm-Monday 6am

Men's Advice Line · 0808 801 0327

Monday-Friday 10am-5pm

Missing People · 24-hour · 116 000 call or text

If you are missing or have lost touch with someone.

National Association for People Abused in Childhood · 0808 801 0331

Monday-Thursday 10am-9pm, Friday 10am-6pm

Lone Parent Helpline · 0808 801 0323

Monday-Friday 9:30am-4:30pm. Advice and support for single parents.

Asylum Help · 0808 801 0503

Monday-Friday 8am-8pm (24-hour for emergencies). Advice and guidance for asylum seekers.

Cruse Bereavement Centre · 0808 808 1677

Monday-Friday (except Tuesday) 9:40am-5pm, Tuesday 1pm-8pm. Support after the death of losing someone close.

Food

Care Van · City centre · 0131 561 8930

See next page for details

Salvation Army · 25 Niddry Street · 0131 523 1060

Monday-Friday 10-11:15am

The Breakfast Bothy · Melville Drive Police Box, Meadows

Monday-Friday 9-1pm, free roll and coffee

Grassmarket Community Project · 86 Candlemaker Row · 0131 225 3626

Wednesday 5-6:30pm, 2-course meal

Mustard Seed · St Margaret's Church, 170 Easter Road

Friday 10-11am, breakfast (sit in or takeaway)

Community Meal · St Nicholas Parish Church · 07890 557 398

Wednesday 12-2pm, lunch

Old St Paul's Church · Jeffrey Street

Saturday 8:20am-1pm, porridge, sandwiches, soup

Saturday Dinner @ Ps&Gs · 46 York Place · 0131 556 1335

Saturday from 5:30pm, takeaway dinner

Carubbers Christian Centre · 5 High Street · 0131 556 2626

Sunday 8-9:30am, takeaway breakfast

South Leith Parish Church · 6 Henderson Street · 0131 554 2578

Sunday 9:30-10:30am, breakfast

Kirk O' Field Church · 140 Pleasance

Sunday 9:30-12:30pm. Sandwiches & hot drinks

Social Bite · 131 Rose St & 89 Shandwick PI · 0131 353 0250

See next page for details

Lunchtime Plug-In · Stenhouse Baptist Church · 07436 379 806

Thursday 11-1pm, community lunch with access to computers

Missionaries of Charity · 18 Hopetoun Crescent · 0131 556 5444

Monday-Wednesday 4-4:45pm, Sunday 3:30-4:30pm, full meal

Saturday Meal · Ps and Gs, 10 Broughton Street · 0131 556 1335

Saturday 5-6pm, sit-down hot meal with dessert

Soul Food · Various locations and times · www.soulfoodedinburgh.org

Central Hall, 2 West Tollcross · Sunday 2pm, takeaway dinner

Oxgangs Community Church, 71 Firhill Drive · Thursday 12-1pm and Sunday 5-6:30pm

CofE Methodist Church, 25 Nicolson Square · Monday 4:30-5:45pm

Grace Church, Leith, 3 Shurbhull Walk · Thursday 5:30pm

Life Church, 2 Davie Street · Sunday 5:30pm

Steps to Hope · St Cuthbert's Church, 5 Lothian Road · 0131 229 1142

Monday Munchies: Every Monday at 6pm

Sunday Suppers: Every Sunday at 5pm

These services are subject to change. Enquire with a support worker or directly through the contact details above to ensure you are not disappointed.

Social Bite

131 Rose St & 89 Shandwick Pl

Suspended coffee/food

Members of the public pay for an extra coffee/meal which is then available for someone who needs one.

Social Scrان - Takeaway

Breakfast rolls and tea/coffee

Mon-Fri 8am-9:30am & 4:30-5:30pm

Hot meals, sandwiches and tea/coffee.

Rose St - 3:30pm, Mon/Thu/Fri

Shandwick Pl - 3:30pm, Wed

Social Suppers - Sit In

Shandwick Place, Tuesday, 3-5pm

You can also pick up items at the end of the day at 3:30pm every Mon, Wed, Thu & Fri.

Care Van

A partnership between Bethany Christian Trust and Edinburgh City Mission, the Care Van operates every evening and at lunchtimes Mon, Wed, Thu, Sat & Sun.

Lunchtimes

12:30pm Market Street

1-2pm King's Stables Road and Grassmarket

2pm Tesco Car Park, Easter Road

Evenings

9pm Waverley Bridge

9:50-10:30pm King's Stables Road,

Grassmarket and High Street

Homeless Services and Support

The following services are for anyone who may be facing the crisis of homelessness:

The Access Place · 6 South Gray's Close · 0131 529 5015

Register as homeless here, get advice about entitlements, eligibility for temporary accommodation, benefits and GP Surgery. Or go to one of the locality housing offices: 40 Captain's Road EH17 8QF (SE); 10 Westside Plaza EH14 2ST (SW); 8 West Pilton Gardens EH4 4DP (NW); or 101 Niddrie Mains Road EH16 4DS (NE).

Out of Hours Service · Edinburgh Council · 0800 032 5968

Call if you are homeless and need somewhere to stay and it is outwith normal office hours.

Streetwork Holyrood Hub · 22 Holyrood Road · 0131 557 6055

Laundry, showers and lockers available as well as advice and support. 24-hour freephone crisis line: 0808 178 2323

Salvation Army Wellbeing Centre · 25 Niddry Street · 0131 523 1060

A drop-in that provides food for a small charge, a clothing store, shower, and advice service. The Salvation Army also run various events.

Rapid Re-accommodation Welcome Centre

Haymarket Hub Hotel · 07919 557 673

Open from October – April for anyone who would otherwise be sleeping rough. Three meals a day are provided. Can be accessed 24 hours a day. Call for more information.

A Place to Talk · West Richmond Street

Wednesday-Friday 10am - 12 noon. A place to meet and chat.

Housing Advice and Support

Shelter · 0808 800 4444

Monday-Friday 9am-5pm. Housing advice helpline.

Visiting Housing Support · 0131 603 0400

Our services include helping clients set up their accommodation, providing ongoing support for maintenance and stability and delivering preventative support to avoid eviction):

Turning Point Scotland, North East, South East Edinburgh

Right There, North West Edinburgh

Four Square, South West Edinburgh

Streetwork at Simon Community Scotland, Complex Needs, Citywide

LinkLiving (for young people, aged 16-25), Citywide

Addiction Support

Services offering advice and support:

Drinkline Scotland · 0800 731 4314

Alcoholics Anonymous · 0800 917 7650

Frank (drugs helpline) · 24-hour · 0800 123 6600

Gamblers Anonymous · 24-hour · 0370 050 8881

Crew 2000 (helpline) · 0131 220 3404

Monday-Friday 10am-5pm. Call for support or information.

Crew 2000 (drop in) · 32 Cockburn Street

Mon-Wed 10am-5pm, Thurs 3-7pm, Fri-Sat 1-5pm. Drop-in at 32 Cockburn Street for information about drugs and how to stay safe. Crew neither condemns nor condones drug use.

Bridge to Freedom · Various locations · 07458 016 976

A community recovery programme which includes both group and one-to-one sessions.

Edinburgh Recovery Activities · Various locations · 0131 555 9124

Trips, groups, activities, meet-ups, one-off events and training for those in recovery.
www.facebook.com/EdinburghRecoveryActivities

For medical help and prescriptions:

Harm Reduction Team · 22-24 Spittal Street · 0131 537 8300

Medication programme for injecting drug users, women's services for those involved in the sex industry, injection equipment provision, wound care clinic, harm reduction training, dental care for people using drugs.

Residential Programmes

Bethany Christian Centre (men-only) · 0131 454 3125

Anne Hope House (women-only) · 0131 552 3907

Teen Challenge · 01664 822 221

LEAP · 0131 446 4400

Recovery Hubs

Offering a wide range of alcohol and drug services and support.

North East · Turning Point Scotland · 0131 554 7516

North West · Change Grow Live · 0131 469 5044

South East · Change Grow Live · 0131 661 5294

South West · Change Grow Live · 0131 453 9406

Support for Women

Edinburgh Women's Aid · 0131 315 8110

Help for women in abusive relationships or in danger from ex-partners.

Shakti Women's Aid · 0131 475 2399

Advice for black/ethnic minority women, children and young people experiencing and/or fleeing domestic abuse.

Women's Aid Domestic Abuse Line · 24-hour · 0800 027 1234

National Domestic Abuse Violence Helpline · 24-hour · 0800 2000 247

Rape Crisis Scotland National Helpline · 08088 01 03 02

Help for women in abusive relationships or in danger from ex-partners.

Sacro Another Way Service · 0131 624 7270

Non-judgemental, one to one support to women involved in the sex industry.

Turning Point Scotland · Links Place, Leith Links

Wednesday 9-11pm. For women involved in the sex industry, to provide a break in a safe space.

Anne Hope House · 0131 552 3907

Supported accommodation for women who are looking to make positive changes in a community setting.

The WiSH Project · wish@cyrenians.scot

Accommodation for Women and their families who are experiencing domestic violence.

Women's Group (Bethany Christian Trust) · 07990 078 377

A social group and safe space for women across Edinburgh looking to connect with others.

Women's Project (Salvation Army) · 07341 636 276

Offering informal, social and advocacy support.

Family Support

Safe Families · 0131 603 8430

Provides support for parents through friendship, coaching and, if needed, providing a short stay for their children with a trustworthy family.

www.safefamilies.uk

City of Edinburgh Council

Information hub for family support in the city. Email supportingparentsandcarers@edinburgh.gov.uk for help in finding specific support for your family.

www.edinburgh.gov.uk/support-families

Support for Young People

The Rock Trust · 55 Albany Street · 0131 557 4059

Monday-Friday 9am-12pm. For 16-25 year olds who are homeless or at risk of becoming homeless. Showers, laundry, advice and support.

Papyrus · 0800 068 4141 or text 88247

Monday-Friday 10am-5pm & 7pm-10pm/weekends 2pm-5pm.
A helpline for anyone 35 or younger considering suicide.

Childline · 0800 11 11

Talk to a counsellor about anything that is troubling you.

Missing People's Runaway Helpline · 116 000 (free call or text)

For under-18s who have run away or are thinking of running away.

The Junction · 0131 553 0570

Young people health and wellbeing services.

Money, Work and Benefits

Citizens Advice Direct

0800 028 1456

Monday-Friday 9am-6pm. Benefits, employment, debt and housing advice.

Citizens Advice Bureau

0131 510 5510

Monday-Friday 8:30am-7pm. Advice specialising in welfare rights, debt, budgeting, employment, housing, energy, immigration, consumer rights and health.

Job Centre Plus · 0800 169 0190

Mon-Fri 8am-6pm

The Advice Shop · 0131 200 2360

249 High Street. Information advice and representation to access benefits and deal with debt.

Social Security Scotland

0800 182 2222

National Debt Line · 0808 808 4000

Mon-Fri 9am-9pm, Sat 9:30am-1pm

Christians Against Poverty (CAP)

01274 760 720

Free debt help and money courses.

CHAI · 0131 442 1009

Welfare rights and money advice.

Granton Information Centre

0131 551 2459

Welfare rights and money advice.

Grassmarket Community Project

0131 225 3626

86 Candlemaker Row. Monday 4-6pm.

Information and advice on benefits and debt.

Money Mentor · 0131 629 6119

King's Church, 104 Gilmore Place

Jobs First Programme

(Social Bite) · 0131 353 0250

Providing job opportunities to people who have experienced homelessness.

Homelessness Prevention

Crisis Skylight · Cranston House, 271 Canongate · 0131 209 7700

Monday-Friday 9am-5pm. Education training and support with accommodation. Help for women in abusive relationships or in danger from ex-partners.

Street Soccer · Leith Community Centre · www.streetsoccerscotland.org

Portobello Powerleague, Spartans Academy. Free football for anyone over 16 with opportunities to go on work experience. Visit the website for more information.

Connect J42 · Stenhouse Baptist Church, 30 Stenhouse Grove

Wednesday 7pm. Partnership between Stenhouse Baptist Church and Junction42 working with people in prison, ex-offenders and their communities.

Early Intervention Team · City of Edinburgh Council

Support to help you stay in your current home. Contact: early.intervention@edinburgh.gov.uk

Other Bethany Services

www.bethanychristiantrust.com/get-help

Access Through Advocacy · access@bethanychristiantrust.com

Supporting people to promote and protect their rights, empowering them to have confidence moving forward.

Community Support · www.bethanychristiantrust.com/get-help

Community projects such as befriending, employability and digital support, family work and drop-in sessions. Find a group near you.

Connect to Community · 0141 766 0167

Supporting men and women coming out of prison. For information please contact David on the number above.

The Bugle · Wed 1:30-3:30pm · 07818 893 093

The Learning Centre, 65 Bonnington Road. A welcoming group for writers and artists with opportunities to see your work published in print or online. See www.edinburghbugle.com for more details.