

**VOLUNTEERS REQUIRED THIS WEEKEND**

**ONE OFF TASK until Sunday 7 June.**

**This will get you fit and help the residents of North West Edinburgh access services.**

This is a one off opportunity managed by NW Edinburgh Team who will take responsibility for managing all the volunteers to deliver a informative newsletter to Drylaw, Salvesan, Pilton, Royston Wardieburn, Boswall and Granton. We envisage you distributing for about 1 hour in total.

There is a route map that you will follow and will be handed out at the distribution point along with hand sanitiser and gloves and a contact number of the person offering the instructions at the beginning so you can contact them if there are any incidents or you are not sure.

**Saturday 6th June and Sunday 7th June :11am** 1 hour delivering

**Fresh Start:** West Pilton/West Granton:

**Address:** 22-24 Ferry Rd Drive, Edinburgh EH4 4BR

**Phone:** Willie Black : 07515686421

**Saturday 6th June and Sunday 7th June: 2pm:** 1 hour delivering

**Spartans,** Granton/Boswell:

**Address:** Ainslie Park, 94 Pilton Drive, Edinburgh EH5 2HF

**Phone:** Willie Black: 07515686421

If you wish to **deliver in your own time. Please make contact with Lesley or Willie to determine where to deliver to.**

**Phone:** Lesley Hinds: 07778413792 or Willie Black: 07515686421

This will require a minimum of 6 volunteers for each session working in pairs on each side of the street to put newsletters through people's letter boxes in stairs that are accessible.

At the end please report back to the contact detailed for your distribution point.

Please wear comfortable shoes and appropriate clothing and bring a bag that is suitable for holding 100-150 leaflets.

Thank you for your interest in this and your contribution is invaluable.

Please contact Lesley or Willie if you have any further questions.

## LATEST COVID UPDATES ON CITY OF EDINBURGH COUNCIL WEBSITE

[Please check here to view regular updates from City of Edinburgh Council.](#)

### Latest updates

- [Phased reopening of Edinburgh Leisure outdoor facilities](#)
- [Starting nursery or P1 in August](#)
- [Leaving school in Summer 2020](#)
- [Household waste and recycling centres reopen](#)
- [Funding for safe, accessible walking, cycling and wheeling routes](#)
- [Support for shielded and vulnerable people](#)

## MUIRHOUSE MEDICAL CENTRE

Welcome to our new Facebook page! We have set this up to help keep patients and the community updated with practice information and current health issues.

We are open and continue to offer appointments. Please call us on 0131 202 4444. A doctor or nurse will call you back, and if necessary will arrange a time to see you. Please don't come to the surgery without an appointment as we will not be able to see you! If we do ask you to come to the surgery all our clinicians will be in PPE (personal protective equipment) to keep everyone safe.

We know many of you are worried about your physical and mental health at this difficult time and in the coming days we will be posting more information designed to help you access services.

[www.facebook.com/Muirhouse-Medical-Group-108499904223932](http://www.facebook.com/Muirhouse-Medical-Group-108499904223932)

## NORTH EDINBURGH ARTS



North Edinburgh Arts aims to be at the centre of a caring community, as a creative place where we can all make connections, share ideas, build trust, learn together and support each other. We believe that the arts can help promote a sense of worth, place and purpose.

We're truly inspired by seeing our community coming together and lifting each other up, online, through volunteering and by being neighbourly. We will keep making our contribution to this community that we all are proud of and inspired by!

**It's Volunteer Week**, and we applaud all the volunteers, here at NEA and beyond making a difference. Thank you to all the volunteers who have joined our team to support our services and activities; [Volunteer Edinburgh](#) has been brilliant in linking us all up. We wouldn't be able to achieve what we have done without you!

[Read our latest bulletin here](#)

## SPACES FOR PEOPLE

As part of the Council's plans to deliver short and long-term measures to make it easier and safer for people to get around our streets for essential trips and exercise, we have launched an online mapping tool called ['Commonplace'](#).

Provided by Sustrans, Commonplace is specifically designed to capture feedback on suggestions for temporary road measures in neighbourhoods across the city in response to Covid-19. The site will be open until Monday 29 June and anyone can use it to highlight specific areas on an interactive map and provide feedback on barriers they've experienced, as well as identify improvements. This, along with ideas already shared with us, will help shape our efforts over the coming weeks and months.

We have received lots of great ideas and comments in response to the report [Creating Safe Spaces for Walking and Cycling](#). I have attached some FAQs to assist with any queries you may have about the Spaces for People Programme. Further information and news about how the Council is implementing temporary road measures to support safe walking, wheeling, running and cycling is available on the Council website at [www.edinburgh.gov.uk/spacesforpeople](http://www.edinburgh.gov.uk/spacesforpeople)

*Spaces for People Team*

## HOME INSTEAD

**Please help to spread the word about our Vintage Song Singalongs with 'Sarah Laing Sings' by sharing this message** with others who may be interested themselves; or know other older people, family carers, etc. Particularly anyone who is missing their usual day centres and visits to other groups for entertainment, thanks!

If you have managed to watch at least part of one of the singalongs you'll know they have been great fun! They are streamed live from the Home Instead Facebook page

<https://www.facebook.com/HomeInsteadEdinburgh/> on Thursdays at 2pm. And for anyone who isn't on Facebook, if they let me know they'd like to watch, I can email them a link to watch in a different way.

Here are the recordings from the past two weeks. Just click on the links below to listen to Sarah sing

- <https://www.facebook.com/HomeInsteadEdinburgh/videos/730186587754613/>
- <https://www.facebook.com/HomeInsteadEdinburgh/videos/1235045063515322/>

Thanks for helping as many as possible to get involved in the Singalongs. Now more than ever a little bit of kindness is going to go a long way,

## THRIVE EDINBURGH

"The words we choose, the actions we take"

Please find our latest news bulletin here, issue 8:

[www.edinburghhsc.scot/coronavirus-information/thrive-newsletter/](http://www.edinburghhsc.scot/coronavirus-information/thrive-newsletter/)





# Herbal Community Healthcare

## Grass Roots Remedies

### Who We Are

Grass Roots Remedies is an Edinburgh based co-operative working to rekindle our rich tradition of herbal community healthcare and to promote ecologically responsible medicine. We believe that herbal medicine is the people's medicine and should be accessible to everyone.

### What We Do

We run the North Edinburgh Community Clinic, as part of the Fireweed Community Health Collective offering affordable massage and herbal medicine consultations in the Granton:hub. The space is currently closed but will reopen when possible and Fireweed would love to hear from folk in the meantime at: [hello@fireweedcollective.co.uk](mailto:hello@fireweedcollective.co.uk)

You can also check out the facebook page: [Fireweed Community Health Collective](https://www.facebook.com/FireweedCommunityHealthCollective). If you are interested in local herbal workshops running from the Granton:hub email [hello@grassrootsremedies.co.uk](mailto:hello@grassrootsremedies.co.uk) to be kept up to date.

### Our Response To Covid-19

Due to the current situation we are unable to run our clinic or workshops as normal. However, we want to ensure that we can make herbs available to as many people as possible at this time. We are able to offer a limited range, which include teas and syrups, for free to residents of Wester Hailes, Pitlochy, and Granton.

### How To Order Your Products

To order, please e-mail us with the names of the products that you would like, with your name and address to [hello@grassrootsremedies.co.uk](mailto:hello@grassrootsremedies.co.uk). We will then arrange for them to be delivered to you, with instructions of how to use them. If you do not have e-mail please phone 9-4pm Tues and Weds only, or text, **07561 612 834**. Large print information leaflets are available on request.

We hope that you enjoy your herbal brew, and that we can meet you in person in the future, at a workshop or one of the community clinics. If you want to find out more about what we do please go to our website [www.grassrootsremedies.co.uk](http://www.grassrootsremedies.co.uk) or visit our facebook page [@grassrootsremedies](https://www.facebook.com/grassrootsremedies).

## Grass Roots Remedies Product Range

### Herbal Teas

#### Night Time Tea

This relaxing brew makes a delicious drink before bed.  
Contains Lime Flowers, Oatstraw Flowering Tops, Lemon Balm, and Chamomile.  
Sweet Dreams!

#### Calm Tea

This blend of Hawthorn Flowers, Rose Petals, and Oatstraw Flowering Tops is super relaxing, and can be drunk anytime of the day for a calming cuppa.

#### Nourish Tea

Vitamin and mineral rich Nettles and Sticky Willie combine with tasty Peppermint for a classic cup of tea that can be enjoyed anytime.

#### Breathe Tea

This mix of classic lung herbs can be used at anytime, or to support you if you have a cough or chest infection.  
Contains Elderflower, Marshmallow Leaf, Lemon Balm, Plantain, and Mullein Flowers.

These organic teas are all supplied **Loose Leaf**. If you would like a **Tea Strainer** please let us know and we will supply one with your order. If you don't have a tea pot we suggest making the tea in a jug or mug, and then straining into your cup.  
You can add sweetener to any of the teas, such as honey or sugar if you prefer a sweeter flavour.

Enjoy!

## Syrups

### Thyme Honey

Honey has been used for thousands of years for its medicinal benefits and is recommended by the NHS for soothing coughs. We have added Thyme, a herb found in lots of kitchen cupboards, for its medicinal benefits.

### Elderberry Syrup

This simple tasty syrup is made with Elderberries and sugar – that's it! A delicious, traditional addition to the daily diet to support the immune system.

## Ointments

### Chest Rub

This is a herbal version of the chest rubs we are familiar with using when we have coughs and colds. It contains a variety of kitchen herbs and spices, and can be rubbed on the chest, back, and soles of the feet.  
Contains Thyme, Lavender, Aniseed, Garlic, Cloves, and Chamomile – all infused in Organic Sunflower Oil, with Beeswax.

### Disclaimer

Please visit the NHS website, or contact your GP or Herbalist if you are concerned about possible symptoms of the coronavirus.

We share these products with you on the understanding that we are all responsible for our own healthcare. We are all different, unique beings and respond differently to food, alcohol, and herbs, for example. Listen to your body. If you don't think something agrees with you, stop taking it until you can get further advice or information.

Grass Roots Remedies make no claims that these products are cures or remedies for Covid-19. If you are pregnant, breastfeeding, have an underlying health condition, or are taking regular medication, please seek advice from a GP or herbalist before using these products.



**Corstorphine Community Centre**

191 St John's Road, Corstorphine

## **Community Food Project**

**Corstorphine Community centre, in collaboration with Corstorphine Old Parish Church, is running several projects to support the local community during the COVID 19 Pandemic.**

### **Corstorphine Community Centre Emergency Food Bank**

**The support from the local Community has allowed us in partnership with local organisations, schools and Corstorphine Basics Bank to offer support for 50 + families with numbers increasing each week.**

**We would like to give a special thanks to those who have donated items to the project and helped in many other ways so far:**

**Clermiston and Gylemuir Primary School Parents  
Morrison's Supermarket , Tesco's, Iceland, Fareshare  
Corstorphine Bowling Club  
Corstorphine Scottish Women's Institute  
Corstorphine Emergency Response Group  
Corstorphine Community Council  
Vigo Cafe**

**If you are interested in donating to this project donations can be left inside the Corstorphine Hub on Wednesday mornings between 10am and 12 noon. Please do not leave donations at the door at any other times**

### **Delivered Free Meals**

**We are working on several different projects with local restaurants and cafes to provide meals to local people needing support at this time.**

**Currently meals are being provided by:**

**Torfin Bar and Restaurant  
Jill's Deli  
Abida Indian Restaurant**

**An excess of 500 meals are being provided by these restaurants each week with the number steadily rising.**

**If you, or someone you know requires support from any of these projects contact [support@ccchub.online](mailto:support@ccchub.online) or 07580659676**

**These projects are being funded by the individual establishments, donations from the community and successful grant application from Edinburgh City Council and SCVO well-being fund.**



## Chalmers Sexual Health Centre - Service Information for Young People

Due to current covid restrictions the Healthy Respect + drop-in service at Chalmers is not currently running. This means young people cannot walk in to Chalmers to be seen without phoning first or booking an appointment online (see below). We are still running a service for people who urgently need to be seen and we will prioritise young people. We are not here to judge about how or when you have had sex – we only want to make sure you get the help, advice and information you need. You still have a right to a confidential service. We will only ever share information with other agencies if we feel you are at risk and this will be explained directly to you if that is the case.

### Phone line

You can either book an appointment online (<https://nashonlinebooking.com/onlinebookingsystem/en/?hbref=7303073>) or phone. If you phone you will speak to a receptionist who will give you a time for a nurse or doctor to phone you back. You don't need to give much detail when you speak to the receptionist, just your name and date of birth. When someone phones you back it may say No Caller ID in your phone or have a 0131 536.... number just so you know it is us phoning you back. We can give you some information and advice over the phone and if we feel you need to come in to be seen we can make an appointment for the next suitable time.

### Near Me

We are starting a NearMe drop-in from Monday 1<sup>st</sup> June. NearMe is a system that allows confidential 0131 536 1070 video consultations so you can speak to a nurse face to face and not wait for a call back. This service will run on a **Monday from 2 – 4pm** and a **Thursday from 2 – 4pm**. If you call outwith these times your call will not be answered. To speak to a nurse click on the link: <https://nhsattend.vc/CHR> Once you click on the link you will need to enter your details and you will go to a waiting room where you call will be answered as soon as possible.

### Emergency Contraception

Oral emergency contraception is still available from all pharmacies free of charge. If you have had sex without a condom and there is a risk of pregnancy (you are not using any other form of contraception) then you can go to any pharmacy and ask for emergency contraception. It is most effective the quicker you take it so head to a pharmacy as soon as you think you have been at risk. If you are uncomfortable going to a pharmacy for emergency contraception, you can also call the phone line and ask for a call back to get emergency contraception.

### Free Condoms

You are still able to order free condoms on-line from <https://www.ccard.org.uk/>. It is taking a little bit longer than normal for the post to arrive at the moment but this service is for anyone 13 and over. The supplies are delivered in a plain brown envelope.

### Youth Work Groups

Please remember a lot of youth workers in areas across Edinburgh and the Lothians are still working in a digital way. Our Healthy Respect youth workers are also still available for a remote/online chat and for general support. You can also ask about this when you have a call back from the service.

# Stay safe coming out of lockdown

## Current guidance on accessing local greenspaces

At the time of publishing [4 June] Scotland has moved into **phase one** of the transition out of lockdown towards an exit from the crisis. The current guidance is that parks and greenspaces are open for unrestricted exercise with physical distancing. People are permitted to use public outdoor spaces for recreational purposes, for example to sit in a public space or sunbathe in a park. One household can meet up with another household outdoors, in small numbers, including in parks and gardens, but with physical distancing. Non-contact outdoor activities in the local area - such as golf,



hiking, canoeing, outdoor swimming, angling are also permitted in phase one.

The government and local authorities are still encouraging the use of local parks and greenspaces but you are permitted to travel short distances (guidance is about 5 miles) for outdoor leisure and

exercise and to travel by walk, wheel and cycle where possible. Stand-alone facilities or communal spaces within parks such as playgrounds and sports pitches remain closed and will not be accessible until phase two.

## Nurturing the 'new normal' through outdoor learning and play

As we move out of lockdown, embracing our outside spaces can help society recover and build resilience for the future. The blog from Thrive Outdoors Programme Manager Rachel Cowper talks about how using the outdoors at schools can provide space for social distancing and opportunities for learning.

## Edinburgh launches Paths for Everyone code of conduct

This code helps the public to be considerate of one another when using Edinburgh's many off-road paths, parks and greenspaces.

## Countryside for All good practice guide – your views needed

Paths for All have commissioned the Sensory Trust to carry out an initial review of the 'Countryside for All good practice guide' which was originally produced by Fieldfare Trust. The guide continues to be the key reference document for improving access to the countryside and greenspace and Paths for All now holds the copyright for it. This short survey is a chance for you to influence the content of the new guide

## FUNDING AND SUPPORT

Each month we feature a small selection of funding opportunities open to parks, greenspace, green infrastructure and community projects. Please check with individual funders to make sure there are no changes to deadlines and eligibility due to covid-19. Visit the [funding section](#) of our website to find out about lots more funding opportunities.

## [MORE INFO FROM GREENSPACE SCOTLAND HERE](#)

### **FUNDING**

Did you know that CEC Libraires have an online funding search website? Just register for free and you can search for funding for specific projects: <https://www.idoxopen4community.co.uk/edinburgh>



# Has Covid-19 turned life upside down?

## How do we cope with "the new normal"?

**Come and practise things that can help  
us feel less stressed and overwhelmed**

**For people living in North West Edinburgh.**

16 June: Breathing

23 June: Self-care and Habits

30 June: Resilience

7 July: Control and Boundaries

14 July: Thinking styles

21 July: Take notice

Sessions will be on Zoom from 1-2.30pm

For more information and to  
register: email Anna Chmiel at  
[Anna.Chmiel@health-in-mind.org.uk](mailto:Anna.Chmiel@health-in-mind.org.uk)

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)



Health in Mind is a charity registered in Scotland, number SC004128, and a company limited by guarantee, registered in Scotland, number SC124090. The registered office is at 40 Shandwick Place, Edinburgh, EH2 4RT



# Wellbeing Line

A phone line for young people aged 16 to 25 who want to chat about the impact covid-19 has had on their lives.



Young people can call the Wellbeing Line and speak to someone about how they are feeling or chat about practical issues that are causing worry, anxiety or loneliness during this time.

The person you speak to will listen and offer practical support and suggestions that will help you better cope with social distancing and the current changes to our everyday lives.

### Who is it for?

Young people aged 16 to 25 who live in:

- Edinburgh
- Midlothian
- East Lothian
- West Lothian
- Scottish Borders

### How can I access the Wellbeing Line?

Call 0808 801 0614 for free

It's open 2pm to 6pm, Mondays, Thursdays, Fridays  
11am to 3pm Saturdays and Sundays

Find out more on our website and social media.

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)   

Please note that this service runs until 31 July 2020

Health in Mind is a charity registered in Scotland SC004128 and a company limited by guarantee, registered in Scotland SC124090. The registered office is at 40 Shandwick Place, Edinburgh EH2 4RT

Please email me at [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.