

# WARM SPACES WITH FRIENDLY FACES PORT SETON



WITH THE COST OF LIVING INCREASING THIS WINTER HERE ARE SOME PLACES YOU CAN GO FOR HELP OR ENJOY THE COMPANY OF OTHERS AT LOW TO NO COST;

## Port Seton Community Centre

Cafe opening hours

- Mon - Friday - 10am - 2pm
- Skill Sharing Sessions - Tuesdays 11am - 1pm with free tea & coffee.
- Monday - 12 - 2pm - Walking football including a lunch in Port Seton Centre Café - £3
- Wednesdays - 12pm Over 60's Lunch - £3 which includes Soup, Sandwich, Sweet Treat and Coffee/Tea. Transport is available for those who require.
- Drop In emergency Fuel Payments
- Drop In Pantry - Mon - Fri - 10am - 4pm and Sat 10am - 1 pm

## Port Seton Bowling Club

- 1st Tuesday of the month - 1.30pm - 4pm - Tea/coffee, sausage rolls and biscuits £3

## Port Seton Library

Opening times -

- Tues/Thurs/Fri - 10am - 1pm and 2pm - 5pm,
- Sat - 10am - 1pm and
- Closed Wed/Sun
- A Blether About Cockenzie and Port Seton - fortnightly on Tuesdays 2.15pm - 3.15pm

## Chalmers Parish Church

- Coffee Afternoon "Get Together" 1.30pm to 3pm on the 2nd Wednesday of each month (donations. No set price)
- Coffee Morning 10am till noon - Last Wednesday of each month (max cost £2)

## Old Parish Church

- The Drop in - 1st Friday of the month - tea, coffee home baking. Donations rather than a set charge.



Preston Seton Gosford Area Partnership

# Organisations Providing Advice and Support

Citizens Advice Scotland 0800 028 1456 or [www.cas.org.uk](http://www.cas.org.uk)

East Lothian Council Financial Inclusion 01620 827 827 or [financialinclusion@eastlothian.gov.uk](mailto:financialinclusion@eastlothian.gov.uk)

East Lothian Energy Advice 0131 555 4010 or [www.changeworks.org.uk](http://www.changeworks.org.uk)

Energy Saving Trust 0808 808 2282

Home Energy Scotland 0808 808 22382 [www.homeenergyscotland.org](http://www.homeenergyscotland.org)

Turn2us [www.turn2us.org.uk](http://www.turn2us.org.uk)

## Fire Safety Advice

Always be careful when using alternative appliances to heat your homes, or save on your electricity bills;

- Washing Machines and Tumble Dryers should not be left on overnight
- Don't leave candles unattended; why not use LED lights or torches?
- Using gas camping stoves or gas heaters inside is not advised, as it can be a risk for fire, explosion or carbon monoxide poisoning

The Fire Service can carry out Home Visits to provide advice on 0800 0731 999 or text FIRE to 80800

## Winter Warmers

Would a hot water bottle, blanket or Hats, Gloves or Scarf help you? Why not pick one up from the following places;

- Longniddry Community Centre
- Port Seton Community Centre
- Prestonpans Community Centre
- Pennypit Centre

## Cost Saving Cooking

Why not batch cook and reheat your food using a cheaper appliance, the table below shows difference when using for 43 minutes every day;



The chart is titled 'COST OF COOKING CHART' and features icons for a slow cooker, microwave, oven, and air fryer. It contains a table with the following data:

APPLIANCE	COST PER DAY	COST PER WEEK	COST PER MONTH	COST PER YEAR
ELECTRIC COOKER	87P	£6.09	£26.38	£316.54
DUAL FUEL COOKER (GAS AND ELECTRIC)	72P	£5.08	£22	£264.03
GAS COOKER	33P	£2.32	£10.07	£120.83
SLOW COOKER	16P	£1.15	£4.98	£59.76
AIR FRYER	14P	£1.01	£4.40	£52.74
MICROWAVE	8P	58P	£2.50	£30.02

A logo in the bottom right corner of the chart reads 'Feed your Family'.

The East Lothian Food Friendly Network is pulling together a cooking book on low energy cost meals.

## Pennypit Development Trust

Pennypit Trust and Connected Communities PSG are providing Festive Provision 2022 which covers food bags, presents and winter essentials. Contact Pennypit Development Trust for a Family Referral Form.