# WARM SPACES WITH FRIENDLY FACES





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;

# PRESTONPANS

### Pennypit Trust

Tuesday - Walking Football 10.30 - 11.30am with optional lunch at legion

Fridays – Debbie's deliveries for anyone over 60 Saturday Kitchen – 11am - 1pm Free breakfast rolls

Drop In - Emergency Fuel Payments

Tuesday- Thursday Pantry 11am - 1pm

### **Pres**tonpans Legion

Monday – Time for Tea 11.30am - 1.30pm light meal includes transport if required

Thursday - Lunch and Blether group 12 - 1.30pm run by

Pennypit Community Development Trust includes transport if required

### **Pres**tonpans Labour Club

Tuesdays Light Lunch12.30 - 3.30pm Wednesdays Light Lunch 12.30 - 3.30pm

### **Pres**tonpans Library

Monday, Tuesday, Thursday and Friday 9am - 1pm and 2pm - 5pm
Wednesday 10am - 1pm and 2pm - 5pm
Saturday 10am - 1pm

### Lighthouse Hub

- Wednesday and Thursday Café Open 10am 3pm
- Tuesday Baby and Toddler Group 9.30 11am
- Monday Foodbank need a referral

### **Prestonpans Community Centre**

- Monday-Thursday Café open 10am 4pm
- Tuesday Tea Dance 1.15 3.15pm
- Thursday Over 60s Exercise 10 11am
- (starting Feb) Friday Over 60s Exercise 10 11am

### **Pennypit Centre**

- Tuesday Friday Café open 10.30 1.30pm
- Wednesday Brew and Blether 11am 2pm (tea and biscuit for 50p)

### **Dads Work**

 Pantry facebook.com/DadsWorkEastLothian or contact Kevin 07833741768





Preston Seton Gosford Area Partnership

## Organisations Providing Advice and Support

Citizens Advice Scotland 0800 028 1456 or www.cas.org.uk

East Lothian Council Financial Inclusion 01620 827 827 or financialinclusion@eastlothian.gov.uk

East Lothian Energy Advice 0131 555 4010 or www.changeworks.org.uk

Energy Saving Trust 0808 808 2282

Home Energy Scotland 0808 808 22382 www.homeenergyscotland.org

Turn2us 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

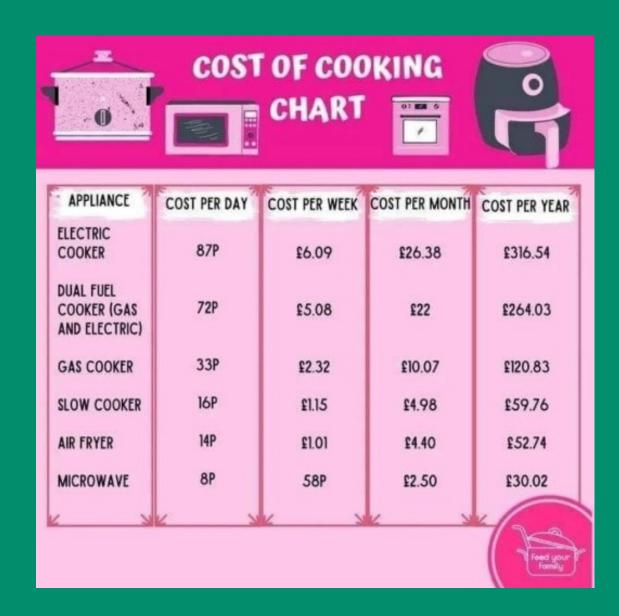
### **Winter Warmers**

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 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.