

# WARM SPACES WITH FRIENDLY FACES PRESTONPANS



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;

## 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

## Prestonpans 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

## Prestonpans Labour Club

Tuesdays Light Lunch 12.30 - 3.30pm  
Wednesdays Light Lunch 12.30 - 3.30pm

## Prestonpans 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](https://www.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](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;



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

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.