

Haddington & Lammermuir  
Area Partnership

**A BRIEF GUIDE  
TO SUPPORT  
AVAILABLE  
IN THE  
HADDINGTON  
AND  
LAMMERMUIR  
AREA**

# WELFARE BENEFITS ADVICE

**East Lothian Council's Financial Inclusion Team** can be contacted by email at [financialinclusion@eastlothian.gov.uk](mailto:financialinclusion@eastlothian.gov.uk) and 01620 827 827. Everyone can check that they're getting the financial support they're entitled to. The team particularly want to make sure that under-claimed benefits are claimed. These include:

- Pension Credit (part of Universal Credit)
- Council Tax Reduction
- Child benefits (including Best Start Grants, Free School Meals, etc)

The team knows that more people are entitled to these benefits than are currently claiming them. They want to change this, so if you think you might be eligible – don't delay in getting in touch with the team.

**Haddington Citizens Advice Bureau** is a local, independent charity which provides free, impartial and confidential advice and information to give people the tools you need to sort out any issues or problems. CAB are at the heart of the community and offer several services, including: benefits, debt and money, housing, work, family, law and courts, consumer and immigration.

Get advice from Haddington Citizens Advice Bureau by calling directly on 01620824471, [benefits@haddingtoncab.org.uk](mailto:benefits@haddingtoncab.org.uk) or you can make an appointment to come in for a face-to-face appointment.

They aim to respond to messages within 2 working days. They offer home visits.

## **Social Security Scotland**

Apply for a Social Security Scotland benefit or find out what to do if you've already applied and need some more help. You can contact Social Security Scotland by post, web chat, or on their freephone number from any phone. Freephone: 0800 182 2222 (8am to 6pm, Monday to Friday).

If you cannot call 0800 numbers from your mobile phone, you can call them for free from any payphone or landline.

# LOCAL ORGANISATIONS

## Details of local initiatives including some warm spaces with friendly faces

***The Lammermuir Larder*** started in February 2021. The food initiative is based in Haddington and is run by local community volunteers. It is available to anyone who finds themselves in need of emergency food and support. The Larder operates on a Monday, Wednesday and Friday morning. A week's supply of groceries, fresh fruit and vegetables and a voucher for meat for the local butchers is delivered to the person in need's door. Funding is still available from Haddington Community Council for clothing grants to support local families experiencing financial difficulties. Referrals can be made by professionals working with families or people can self-refer. For a referral form and more information call 07955 148041 or email [team@lammermuirlarder.co.uk](mailto:team@lammermuirlarder.co.uk)

***Our Community Kitchen*** brings people together in the Haddington and Lammermuir area who are socially isolated, to share good hearty home cooked food in a relaxed and friendly environment, allowing for friendships to form. There are no barriers to age or ability all are welcome. As well as bringing people together for a meal at Haddington Bowling Club, the project also delivers hot meals to local people. They welcome referrals from health care professionals, self-referrals and from people locally who see or know someone who would benefit from being involved. If you would like to make a referral or would like any further information please contact [elaine@ourcommunitykitchen.org.uk](mailto:elaine@ourcommunitykitchen.org.uk) or visit Our Community Kitchen East Lothian on [Facebook](#) (please ask to join the group to see their activity)

***Haddington Peer Project*** Drop In Soup Group, Haddington for people living with mental health issues. Meets every Thursday between 12 and 2pm at the Trinity Centre. This is a Peer Led Mental Health and Wellbeing Project <https://www.facebook.com/HaddPeerProject>

***Haddington Bridge Centre*** has a range of activities for all ages. For adults there are classes and groups running at the Centre by U3A (University of the third age), Ageing Well and Keep Fit classes. [Homepage \(bridgecentrehaddington.co.uk\)](http://bridgecentrehaddington.co.uk)

***Nungate and Haddington Community Centre*** runs a recovery café lunch on Tuesday and Fridays 10am – 3pm for Friday Friends. The Jericho café has restarted on the first Saturday of the month. A Bingo evening every Thursday. Monthly Elim Messy Church runs activities for families in community, including lunch.

***Haddington & District Day Centre*** provides a variety and appropriate activities as well as refreshments and home cooked lunch for their clients. They have an outreach service.

## **John Gray Centre Library Museum Archive Archaeology**

The Library and Museum spaces are all free to access. Pop in and browse, read a book or a newspaper. The Library has an [online catalogue](#) which is available to browse to give you inspiration.

They have increased their selection of [eBooks and eAudiobooks](#) so you don't even have to leave the comfort of your home to use their service. You can also find a wide selection of [magazines and newspapers](#) online. All you need is your library card number and PIN.

There are a reduced number of public computers available for use to allow for social distancing. To guarantee a PC it is best to book your one hour slot.

Regular events for adults **please contact the library to book a place on any of the events listed below: 01620 820680**

- Handmade Haddington: stitching, crafts and friendly chat: every Friday at 10am–12pm
- Tyne and Esk Poetry Group in the Star Room: monthly on the first Tuesday of the month (2–4pm)
- Lunchtime book group: monthly on the first Tuesday of the month (12.15–1pm)
- Evening book group: Monthly on the third Tuesday of the month (6.30–7.30pm)
- Weekly from 9th January: Adult Colouring Group – 4pm
- Fortnightly from 10th January: Haddington Active Memories Group – 10.30am
- 1st Monday of every month: Walk and Talk Book Group (10am)
- 3rd Monday of every month: Cancer Tapestry (6pm)

For more information on the [Opening Hours - John Gray Centre](#)

For more information on the John Gray services [Home - John Gray Centre East Lothian History](#)

**Local Churches** contact your local church to see what's on and what warm space initiatives are developing over the winter months.

**Lower Impact Living LIL** [Lower Impact Living-Lil makes low impact living easy, providing everything you need and nothing you don't. \(doliithings.org\)](#)

Offers a range of services which includes

- Pre-loved Uniform and Fancy Dress
- Pre-owned Wetsuits
- Climate action advice and shop based at 10 High Street, Haddington 07765126700
- Tool lending library
- Partyware hire

**Carefree Kids East Lothian** Offers a range of services:-

- Toy Library
- Safety items (children / home) library

- School Uniform Bank + further support
- Winter Jackets
- Support from the Start SftS Children's Bursary scheme supporting children participate in local classes and groups 0-8 years.

[HOME | carefreekids \(carefreekidseastlothian.org\)](http://carefreekids.org)

### ***Support from the Start SftS***

Hazel Kilday is the Family Support Worker for Haddington & Lammermuir / Haddington Cluster offering parenting support, signposting to other services and local insights to early years 0-5 years.

The Haddington SftS network has a Kindness Cycle.

Children's Bursary are available for 0-8 years and this is extended to older years with the Active Schools partnership. East Lothian Sports Hubs offer free places as part of the Bursary Scheme.

For more information about any of the above please email [loreen.supportfromthestart.hadd@btinternet.com](mailto:loreen.supportfromthestart.hadd@btinternet.com)

### ***Active East Lothian | News Listings***

### ***Autism Families Support Scotland***

A new local pre-school peer stay & play is starting at the Nungate Community Centre and a weekly ASN session at Jabberwocky.

***Royal Voluntary Service*** can support people in a variety of ways.

### ***Transport to medical appointments:***

If a patient registered with an East Lothian GP surgery, aged 50 years or older and has mobility or other issues affecting their ability to travel to GP or nurse appointments, they can ask their GP Surgery or CTAC Team to refer them to Royal Voluntary Service. Once registered, their surgery/CTAC Team will let us know of any future appointments and our volunteer drivers (subject to availability) can take them to appointments. There is no charge for this service.

If a patient registered with an East Lothian GP surgery, aged 50 years or older has mobility or other issues affecting their ability to travel to their Flu or Covid Vaccination Appointment they can call the Royal Voluntary Service direct on 01875 811011 to register for this service. Then, subject to availability, our volunteer drivers can take them to their vaccination appointments. There is no charge for this service.

If any East Lothian resident 65 years old or over has difficulty travelling to other medical appointments (such as at a hospital, dentist, optician, physio etc) then once registered our volunteer drivers (subject to availability) can take them to their appointments. There is a charge for this service. You register for this service by calling 01875 811011.

**Community befriending service:** If people feel isolated or lonely, then they can register for our community befriending service. And one of our volunteers will call them on a regular basis for a good chat. A great way to find companionship, friendship, and enjoyment.

This is a free service.

You can register for the service either by calling 0800 0113407 or by emailing [nationaltelephonesupport@royalvoluntaryservice.org.uk](mailto:nationaltelephonesupport@royalvoluntaryservice.org.uk)

**The Virtual Village Hall** is an online activity hub and community designed to help people stay physically and mentally active, connected, and having fun. Sessions are led by expert tutors and some well-known faces, and require very little space or equipment. You'll find over 700 sessions available to take part in, like creative arts and crafts, music and singing, cooking and baking, dance and exercise, and technology skills. Join in with live sessions or catch up on-demand later at a time that suits you. The Virtual Village Hall is brought to you by the Royal Voluntary Service. This is a free service. You can access this service via the following link: [www.facebook.com/virtualvillagehall](https://www.facebook.com/virtualvillagehall)

For more information about the RVS visit their website [www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)

## IN THE VILLAGES

**Athelstaneford** a group of committed community volunteers have been busy developing community activities in the village such as hosting a monthly coffee mornings, knit and knatter group and a walking group.

**Humbie soupersnacks** will be restarting fortnightly lunches from October 2022 in the village hall run by a dedicated team of volunteers known as the Soupersnack volunteers. The benefits for the Humbie residents include having a safe place to eat and socialise, make new friendships, improve health and wellbeing and provides continuity of contact. The volunteers are considering developing 'Toasty Tuesdays', if successful with funding, to deliver this during January and February with the main purpose of providing a warm comfortable space for residents to use free of charge.

**Gifford Soup and a Smile** - Gifford Community Council has re-started it's 'Soup and a Smile' delivery, once a week. Volunteers will deliver hot soup, a buttered roll and a scone to households where there is an older resident living alone. If you know someone in the village who might benefit please contact [chairgiffordcc@gmail.com](mailto:chairgiffordcc@gmail.com) with details and contact can be made with them directly.

# MENTAL HEALTH AND WELLBEING

**Eastspace** - [Eastspace | Home](#)

Your online space for mental health and wellbeing information in East Lothian.

**CHANGES** is a community health project promoting the positive mental health and wellbeing of people living in **East Lothian**. Providing free, non-judgemental, confidential support to help people achieve and maintain positive mental health through groups and courses, counselling, resources and training and wellbeing activities. Call 0131 653 3977 or email [info@changeschp.org.uk](mailto:info@changeschp.org.uk)

**Keep The Heid Mental Health Cafe** is an informal but structured discussion group for people living with mental health problems in and around Haddington.

Keep The Heid provides a safe space to talk about mental health and the impact of conditions such as anxiety or depression. The group is run by a volunteers and a professional facilitator. The aim of the service is to give peer support to those struggling with their mental health. Friday evenings from 7.30 to 9.00 pm but people are welcome any time after 7.00 pm for a tea or coffee and a bit of cake at the Trinity Centre. In addition to Friday nights in Haddington, Keep The Heid is going to be running cafe sessions at The Fraser Centre in Tranent on Tuesday evenings from 7-9pm; the first date is Tuesday 19 January...anyone with mental health issues welcome.

Keep an eye on the Facebook page for updates

[https://m.facebook.com/profile.php?id=100075905712479&\\_rdr](https://m.facebook.com/profile.php?id=100075905712479&_rdr)

## USEFUL LINKS

**Changeworks** are Scotland's leading environmental charity delivering solutions for low carbon living. A trusted expert with over 30 years' experience.

[What we do | Changeworks](#)

[Fuel poverty services | Changeworks](#)

<https://www.eastlothian.gov.uk/news/article/13907/east-lothian-council-launches-campaign-in-response-to-cost-of-living-increase>

[Document downloads - Council Tax and benefits | East Lothian Council](#)

[ELC Managing Energy bills and Heating Your Home 2022 A5 Guide v8 \(1\).pdf](#)

[Cost of living crisis - Cost of Living Support Scotland \(campaign.gov.scot\)](#)

[Free period products 2022 update | East Lothian Council](#)