



# APRIL/MAY NEWSLETTER

## SUPPORT FOR YOUNG PERSONS/CHILDREN



### PLAY MIDLOTHIAN NATURE GROUPS:

After school sessions, available to 7-9 year olds.

Improving child mental health through the power of play in nature.

Referral process through Play Therapy Base or self-referral by contacting [louise@playmidlothian.org.uk](mailto:louise@playmidlothian.org.uk)



### SLEEP SCOTLAND:

Good sleep is vital for children, teenagers, and families to flourish.

Providing sleep support to every child who needs it.

Sleep counsellors work with parents, carers and other professionals to examine current sleep patterns and problems and implement behavioural and cognitive techniques.

- Assess routines/diet/ exercise and provides a sleep plan.
- Supporting children aged from 18mths to 18 years old with Additional Support Needs

**Helplines and referral process:**

**Contact:** [sleepsupport@sleepscotland.org](mailto:sleepsupport@sleepscotland.org)



### A GOOD TIME TO BE 2

Free childcare for qualifying families.

If you are on certain benefits or tax credits such as Universal Tax Credit, Child Tax Credit, Income Support etc., you could be eligible.

**Contact:** [www.midlothian.gov.uk/good-time-2](http://www.midlothian.gov.uk/good-time-2)

**Or call 0131 271 3400 for an application form or to find out more.**



### UNDERSTANDING ANXIETY: CAMHS

LIAM (Let's Introduce Anxiety Management) in schools.

- 7/8 Week programme
- CBT approach

**Referrals: Ask your school if they offer this service**



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## SUPPORT FOR ADULTS



### NEWBATTLE ABBEY COLLEGE

Recruiting for a range of SWAP courses. The Scottish Wider Access Programme (SWAP), this course offers a unique learning experience to adults with an interest in teaching, but with few or no qualifications.

Links: [Primary Education - Newbattle Abbey College](#); [Access to HE - Newbattle Abbey College](#); [Celtic Studies - Newbattle Abbey College](#)



### GYM MEMBERSHIPS: CONCESSION RATES

Find out if you are eligible for concession rates with a Midlothian Leisure Card, for details:

[https://www.midlothian.gov.uk/info/521/sport\\_and\\_leisure/116/get\\_a\\_leisure\\_pass](https://www.midlothian.gov.uk/info/521/sport_and_leisure/116/get_a_leisure_pass)



### SKILLS DEVELOPMENT SCOTLAND

Careers guidance appointments, restarting in Penicuik Library on Thursdays. These had been put on hold at the start of the pandemic. Free appointments with a Careers Adviser are available to people of all ages. Issues you might want to discuss could include: Choosing a new career; Interview Techniques; Writing a CV; Education and training options; Financial help for re-training.

**To book please contact Skills Development Scotland's Dalkeith Centre on 0131 663 7287 or email [john.gilligan@sds.co.uk](mailto:john.gilligan@sds.co.uk)**



Charity No. SC015144

### FINANCIAL SUPPORT

Community Drop-in to help with money questions, form-filling, energy costs and family support.

**Where: Ladywood Leisure Centre**

**When: 3rd Thursday of each month, 10.00 – 11.00 a.m.**



Charity No. SC014421



Charity No. SC001360



Charity No SC038282





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## SUPPORT FOR ADULTS



### HEALTH IN MIND – GROUP SUPPORT (MIDLOTHIAN)

We offer a range of groups, workshops and courses that are based on the five ways to wellbeing. Groups are currently meeting online and in community venues. These include walking, art and crafts, writing, wellbeing and men matters groups and many more.

Groups are delivered by experienced Support and Development Workers as well as Peer Support Workers who have lived experience of mental health issue.

They are open to those who wish to improve their mental health and wellbeing. They provide a safe space to learn more about mental health and to develop new strategies for wellbeing.

#### How to access one-to-one support and groups?

Call: 0131 225 8508

Email: [jill.robinson@health-in-mind.org.uk](mailto:jill.robinson@health-in-mind.org.uk)

### FOOD FACTS FRIENDS COMMUNITY HUB, ST JOHN STREET, PENICUIK

The following services are available at 42 St John Street, Penicuik (next to the Post Office).

FOODBANK available Monday and Friday 10.30am – 1pm

COMMUNITY FRIDGE available Monday to Saturday – where you can select up to 5 items for free

COMMUNITY PANTRY - every 2<sup>nd</sup> Thursday, £1 to join and then £1 to take up to 10 items

CHILDREN 1<sup>ST</sup> – offering money advice and support for families every Tuesday and Thursday.

LEARN DIGITAL SKILLS – every Tuesday from 10.30am – 12 noon, drop-in sessions to get help with digital skills. Contact: [graeme@volunteermidlothian.org.uk](mailto:graeme@volunteermidlothian.org.uk) / Mob: 07544 537214 (Tue/Thu)

COMMUNITY NURSE – visits once a month (10.30 to 12.30pm).

