



JANUARY 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



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



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

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 the service



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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



SKILLS DEVELOPMENT SCOTLAND

Careers guidance appointments, restarting in Penicuik Library on Thursdays from 2 December. 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



MIDLOTHIAN SCOUTS:

Are you passionate about working with young people? Keen to give back in your community? Then join @sesscouts & @midlothscouts virtual volunteering session on Thursday 27th January at 7.30pm.

Sign-up here <https://eventbrite.co.uk/e/midlothian-scouts-virtual-volunteering-information-event-tickets-228340371197>

#SkillsForLife #GoodForYou



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 from January 2022, 10.00 – 11.00 a.m.



Charity No. SC014421



Charity No. SC001360



Charity No SC038282





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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

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 2nd Thursday, £1 to join and then £1 to take up to 10 items

CHILDREN 1ST – 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 / Mob: 07544 537214 (Tue/Thu)

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





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NEW YEAR RESOLUTIONS FOR FAMILIES

1. Read a chapter or a set number of pages before bed

Tip: Encourage your child with books you enjoyed as a kid or with other types of reading material.

2. Take care of a houseplant or something in the garden

Tip: Get your child a watering can or set of gloves. Or, you can get an easy-to-care-for plant, such as a succulent.

3. Make their bed each morning

Tip: Make sure it's easy for your child to replace pillows and bedding in a way that looks presentable. Set a good example for them by doing so, too.

4. Try new fruits and vegetables at mealtime or for snacks

Tip: Help your child broaden his or her horizons if they're a picky eater. They may find a healthy replacement for another snack.

5. Play outside after homework is finished (if weather permits)

Tip: Join your child outside or help them designate a good area to play in. Make up new games or activities periodically to keep him or her entertained.

6. Learn how to make a meal or snack

Tip: Help your child understand directions on a pre-packaged meal or help them make something from scratch. Use caution, of course, with heat and sharp knives.

7. Help take care of a pet or sibling

Tip: Have your child start taking the dog out or emptying the litter box if they're old enough. They can also help a younger sibling get ready in the morning by picking out an outfit or doing their hair.

8. Pack their own lunch

Tip: Make it easy for your child to pack a healthy lunch by keeping the fridge stocked with their favourites. You can help him or her out by putting serving sizes in small containers that are ready to go.

9. Take out the rubbish or recyclables

Tip: You can accompany your child if your street is dark or he is she is young. However, many kids like having a sense of responsibility.

10. Replace one non-water drink with a glass of water each day

Tip: If your child loves having a glass of sweet tea or soda with dinner, ask them to swap it out for water. If they're resistant, try to do the swap a few times per week at first.