

GRANTON
NEWHAVEN
LEITH

SERVICES GUIDE

FOR PARENTS AND CHILDREN

Leith



HELLO!

Although we are from different backgrounds and different cultures, genders and races we got together and had one purpose. We have the same goal of discovering what issues there are in the community.

Our motivation was to help people in the community to make sure they are aware of what is around them so that they can reach out if needs arise. The course is called Health Issues In the Community (or HIIC) and we wanted to do something for the community and give back to Leith.

We thought families and indeed anyone needed information about services. Often people are not aware of the services out there that could help them. The idea of the map came about as way to help people who felt overwhelmed. We wanted to create something to show what was available to help them. Our map can be a guide for this.

This map does not have an end point. It will be online and organisations or community members can add to it.

The message of our project is, **You are not alone.**

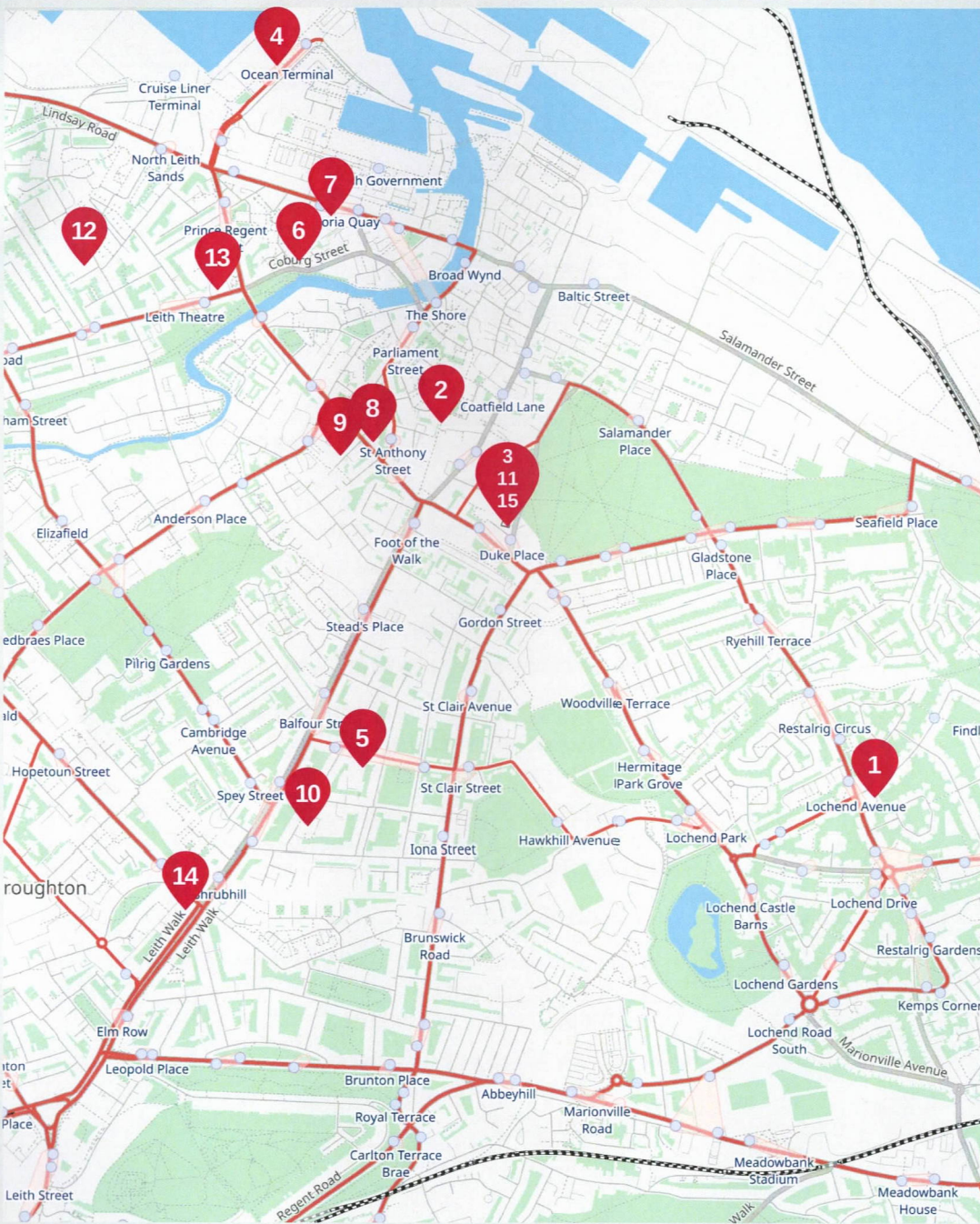
An online version of the map can be found at: www.ymcaedinburgh.com

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LEITH

FAMILY SUPPORT, COMMUNITY CENTRES AND LIBRARIES



1 Ripple Project

Aims to reduce social isolation and help people make positive choices around their mental health.

198 Restalrig Road South EH7 6DZ

www.rippleproject.co.uk

admin@theripple.org.uk

0131 554 0422

2 Leith Community Centre

Variety of classes, youth club and family crafts.

12A New Kirkgate EH6 6AD

leithcommunitycentre.org.uk

info@leithcommunitycentre.org.uk

0131 554 4750

3 Duncan Place Resource Centre

Various community groups; space for hire.

4 Duncan Place EH6 8HW

duncanplace.org

info@duncanplace.org

0131 364 4350

4 Edinburgh Remakery

Workshops, IT repair with focus on sustainability.

98/28-30, Ocean Drive; Ocean Terminal EH6 6JJ

edinburghremakery.org.uk

hello@edinburghremakery.org.uk

7708477136

FAMILY SUPPORT, COMMUNITY CENTRES AND LIBRARIES

5 Out of the Blue Drill Hall

Events, exhibitions, classes, room hire.

36 Dalmeny Street EH6 8RG

outoftheblue.org.uk

0131 555 7100

6 Multi Cultural Family Base

Promoting the well-being and life opportunities of vulnerable and disadvantaged children, young people and families.

50 Coburg St EH6 6HE

mcfb.org.uk

hello@mcfb.org.uk 0131 467 7052

7 Citadel Youth Centre

Mentoring, group activities, family support.

For children and young people aged 6-18.

175 Commercial Street EH6 6JJ

citadelyouthcentre.org.uk

info@citdelyouthcentre.org.uk 0131 554 0510

8 YMCA Edinburgh

Mentoring, play, group activities, woman's group and family support.

86 Great Junction Street EH6 5LL

ymcaedinburgh.com

admin@ymcaedinburgh.com 0131 553 7877

9 Dr Bell's Family Centre

Family-focused mental health and wellbeing support.

For families and children.

15 Junction Place EH6 5JA

drbells.co.uk

info@dbfc.org.uk 0131 553 0100

10 Pilmeny Youth Centre

Groups and activities for children and young people.

44 Buchanan Street EH6 8RF

pilmeny.co.uk

contact@pilmeny.co.uk 0131 554 0953

11 Home Start Edinburgh

Family-focused mental health and wellbeing support for families and children.

4 Duncan Place EH6 8HW

homestartedinburgh.org.uk

admin@homestartleith.co.uk

07532 373115 / 07815 313296 or 0131 553 7819

12 Fort Early Years Centre

Childcare, parent/carer support.

For children (0-5 years) and their families.

25 North Fort St EH6 4HF

forteyc.wordpress.com

Fort.Admin@ea.edin.sch.uk 0131 554 4077

13 Leith Library

Library, activities for children and adults.

28-30 Ferry Rd EH6 4AE

facebook.com/LeithLibrary

leith.library@edinburgh.gov.uk 0131 529 5517

14 McDonald Road Library

Library, activities for children and adults.

Family household support drop-in.

2 McDonald Road EH7 4LU

facebook.com/McDonaldRoadLibrary

mcdonaldroad.library@edinburgh.gov.uk

0131 529 5636

15 Kin Collective

Parental wellbeing support for new for new and expectant parents.

4 Duncan Place EH6 8HW

www.facebook.com/kincollectivecic

kincollectivecic@gmail.com

07968 200760

LEITH

MENTAL HEALTH AND WELLBEING



1 Firsthand Lothian

Support for disadvantaged families and children with disabilities.
8b McDonald Road, EH7 4LZ
firsthand-lothian.org.uk
info@firsthand-lothian.org.uk
0131 523 1322

2 The Junction

Focused on young people; sexual health, addiction help, counselling; creative workshops.
82-86 Great Junction Street, EH6 5LL
the-junction.org
0131 553 0570

3 Penumbra

Advice and counselling.
57 Albion Road EH7 5QY
www.penumbra.org.uk
0131 475 2380

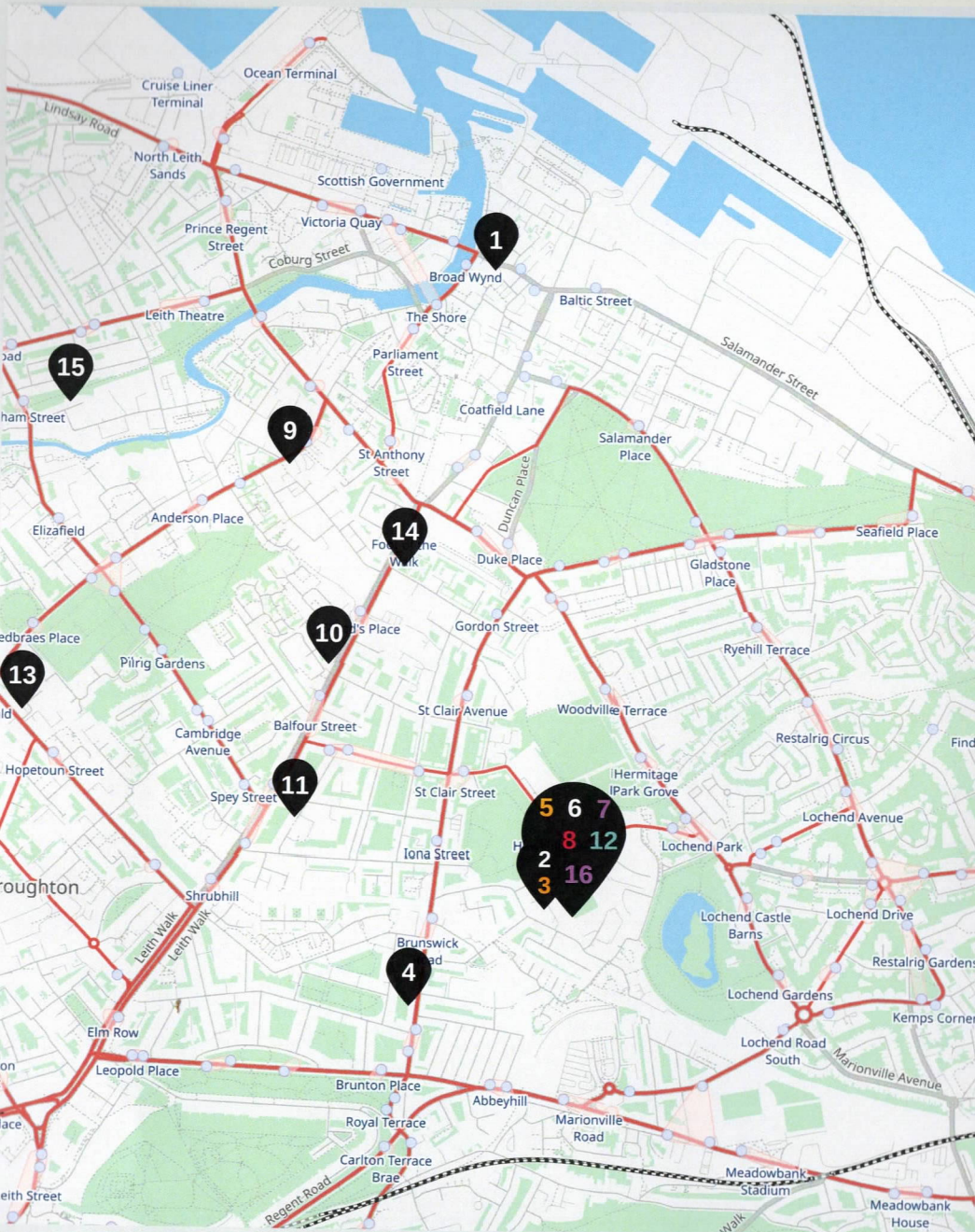
4 Feniks

Counselling, groups and activities for Eastern Europeans.
151 London Rd, EH7 6AE
feniks.org.uk
info@feniks.org.uk
07510 122 425 or 0131 629 1881

5 Pilmeny Development Project and Leith Time Bank

Older men's mental health group, women's group and an intergenerational group for young and older to mix together.
19-21 Buchanan Street, EH6 8SQ
www.pilmenydevelopmentproject.co.uk
pilmenyproject@btconnect.com
07375918524

ADVICE, EMPLOYMENT AND COMMUNITY SUPPORT



1 Working Rite

Youth employment support.
Catchpell House, 4 Carpet Lane
EH6 6SP

workingrite.co.uk

info@workingrite.co.uk

0131 553 9395

2 All in Edinburgh

Employment support for people
with disabilities and long term
conditions.

Norton Park Conference Centre
EH7 5QY

allinedinburgh.org.uk

info@allinedinburgh.org.uk

0300 0200 101

3 Into Work

Employment support for people
with disabilities aged 16+.

Norton Park Conference Centre
EH7 5QY

intowork.org.uk

enquires@intowork.org.uk

4 People First Scotland

Local groups to offer advice, share
news and speak up.

77-79 Easter Road EH7 5PW

peoplefirstscotland.org

admin@peoplefirstscotland.org

0131 478 7707

5 The Action Group

Support and advice for families
with barriers.

57 Albion Road EH7 5QY

www.actiongroup.org.uk

info@actiongroup.org.uk

0131 475 2315

ADVICE, EMPLOYMENT AND COMMUNITY SUPPORT

6 Young Speakers Scotland

Educational charity that uses debating and public speaking to help young people realise their potential.

Norton Park 57 Albion Road EH7 5QY
youngspeakersscotland.org.uk
info@youngspeakersscotland.org.uk 0131 475 2332

7 Lothian Centre For Inclusive Living

Advice, support and information; peer support and learning.

Norton Park 57 Albion Road EH7 5QY
www.lothiancil.org.uk
admin@lothiancil.org.uk 0131 475 2350

8 Disability Information Scotland

Advice, information, guidance.

Norton Park 57 Albion Road EH7 5QY
www.disabilityscot.org.uk
info@disabilityscot.org.uk 0800 323 9961

9 Inspiring Leith

Community group activities.

65 Bonnington Road, EH6 5JQ
inspiringleith@bethanychristiantrust.com
07919 557691

10 Volunteer Edinburgh

Various local volunteering opportunities.

222 Leith Walk EH6 5EQ
volunteeredinburgh.org.uk
0131 225 0630

11 Pilmeny Development Project and Leith Time Bank

Older men's mental health group, women's group and an intergenerational group for young and older to mix together.

19-21 Buchanan Street, EH6 8SQ
www.pilmenydevelopmentproject.co.uk
pilmenyproject@btconnect.com 07375918524

12 Minority Ethnic Carers of People Project

Advice and information; mental health and wellbeing support; groups and individual activities.

57 Albion Road Edinburgh EH7 5QY
mecopp.org.uk
info@mecopp.org.uk 0131 467 2994

13 Saheliya

Mental health and wellbeing support for BAME, asylum seeker, refugee and migrant women and girls (12+).

125 McDonald Road, EH7 4NW
saheliya.co.uk
info@saheliya.co.uk 0131 556 9302

14 All Together Edinburgh

Employability training in charity shop setting for people with disabilities.

87 Leith Walk EH6 8LX
alltogetheredinburgh.org.uk
0131 553 7016

15 Sikh Sanjog

Life coaching, training and employability; advice and counselling for Sikh women, children and young people.

17a Graham Street, EH6 5QN
sikhsanjog.com
0131 553 4737

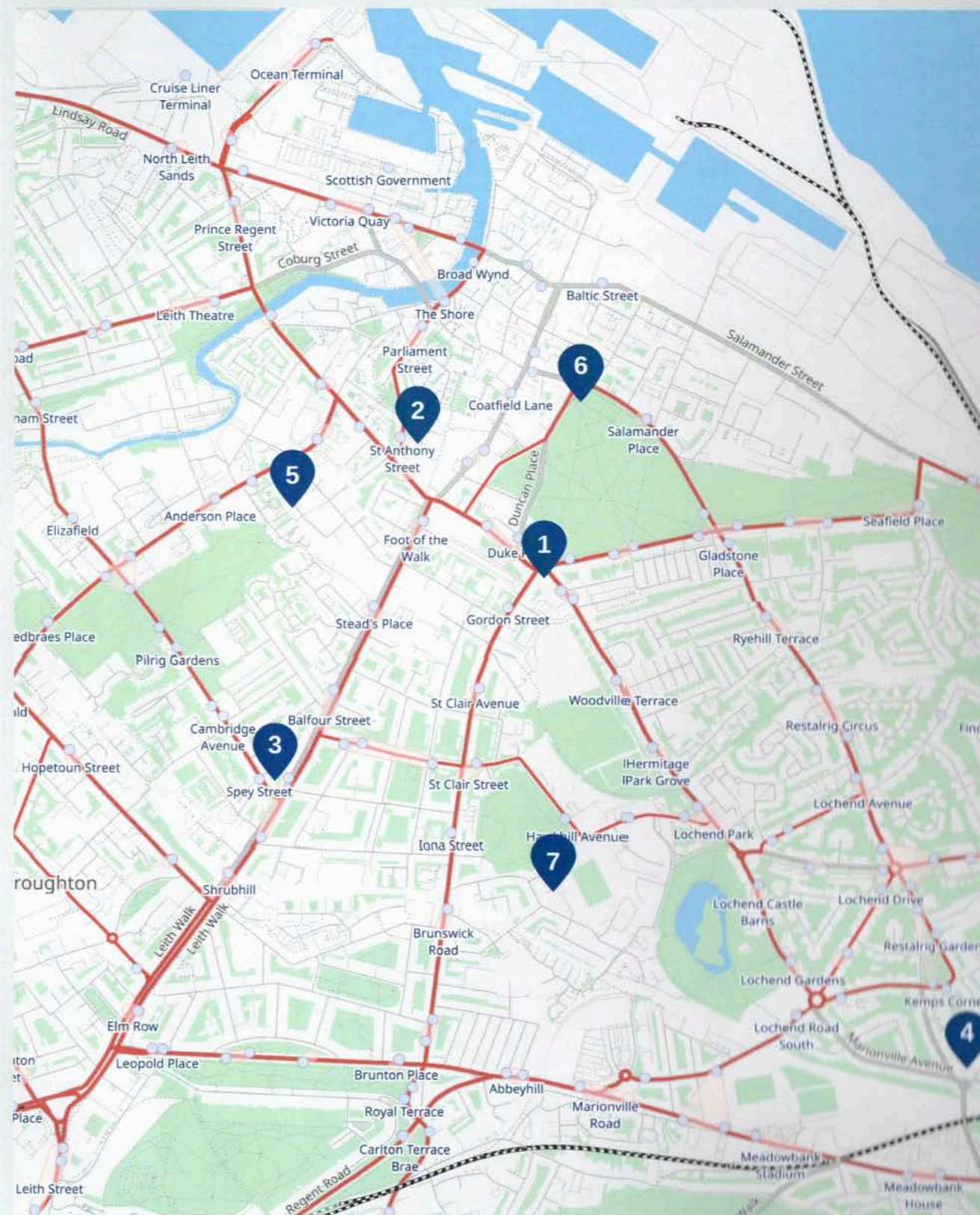
16 Edinburgh Tenants Federation

Housing Information.

Norton Park Centre, 57 Albion Rd EH7 5QY
edinburghtenants.org.uk
info@edinburghtenants.org.uk 0131 475 2509

LEITH

FOOD AND CLOTHES



1 Leith St Andrews Church

Foodbank
410-112 Easter Road EH6 8HT
edinburghne.foodbank.org.uk
info@edinburghne.foodbank.org.uk
0131 554 2578

2 South Leith Parish Church Halls

Foodbank
6 Henderson Street EH6 6BS
edinburghne.foodbank.org.uk
info@edinburghne.foodbank.org.uk
0131 554 2578

3 Pilrig St Pauls Parish Church

Foodbank
1a Pilrig Street EH6 5AH
edinburghne.foodbank.org.uk
info@edinburghne.foodbank.org.uk
0131 554 2578

4 St Margarets Parish Church Halls

Foodbank
48 Restalrig Road South EH7 6LE
edinburghne.foodbank.org.uk
info@edinburghne.foodbank.org.uk
0131 554 2580

5 Edinburgh Community Food

Food social enterprise.
22 Tennant Street, EH6 5ND
edinburghcommunityfood.org.uk
admin@edinburghcommunityfood.org.uk
0131 467 7326

6 Earth in Common

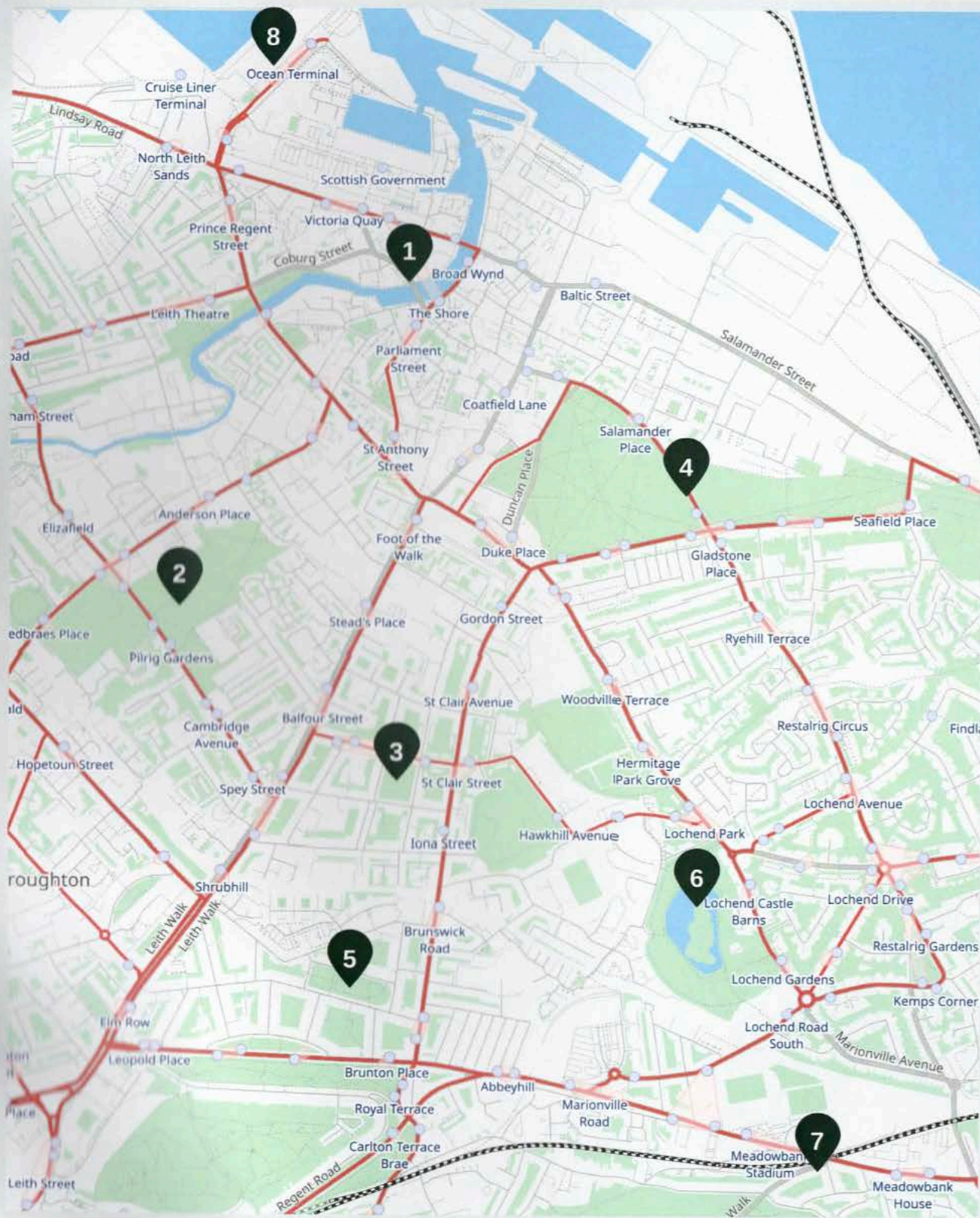
Gardening and food.
4a John's Place EH6 7EL
earth-in-common.org
hello@earth-in-common.org

7 Hibernian Community Foundation

Clothes bank.
12 Albion Place, EH7 5QG
hiberniancommunityfoundation.org.uk
info@hiberniancommunityfoundation.org.uk

LEITH

GREEN SPACES, PLAYGROUNDS AND SPORTS FACILITIES



1 Entrance to Water of Leith Walkway

Scenic walking path.
Sandport Place EH6 6HE

2 Pilrig Park

Park with a playground.
Pilrig St EH6 5BA

3 Dalmeny Street Park

Park with a playground.
Dalmeny Street, EH6 8RR

4 Leith Links

Park with a playground, sport facilities.

Links Gardens, EH6 7QR

5 Montgomery Street Park

Park with a playground, basketball court.

119 Montgomery Street EH7 5NH

6 Lochend Park

Park with a playground.

Dalmeny Street, EH6 8RR

7 Meadowbank Sports Centre

Variety of classes and activities.

London Road EH7 6AE

www.edinburghleisure.co.uk/venues/meadowbank-sports-centre

askus@edinburghleisure.co.uk

8 Street Soccer

Football sessions for youth as well as adults experiencing homelessness, mental health difficulties and unemployment.

Ocean Terminal Shopping Centre
EH6 6JJ

streetsoccerscotland.org

info@streetsoccerscotland.org

ONLINE RESOURCES

Wee Seeds Mindfulness for children and young people.

www.weeseeds.co.uk

Better Help Online counselling support suitable for young people and parents.

www.betterhelp.com

NHS Better Help Useful information page with lots of links to access support.

www.nhs.uk/every-mind-matters/

NSPCC A great resource for mental health development in children.
learning.nspcc.org.uk/child-health-development/child-mental-health

Place 2 Be Resources for parents, teachers and carers to support children.

www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health

Young Minds Information page with lots of links to mental health support.

<https://www.youngminds.org.uk/>

Mental Health Foundation

www.mentalhealth.org.uk/explore-mental-health/a-z-topics/children-and-young-people

Children 1st

www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/helping-your-child-with-mental-health-issues/

Twinkl

www.twinkl.co.uk/blog/10-of-the-best-strategies-to-support-childrens-mental-health

Mind

www.mind.org.uk

Maps Source: www.OpenStreetMap.org