

LOCAL TENANT MATTERS

North Edinburgh



THE PENNYWELL PANTRY

The Pennywell Pantry was set up in 2020 by North Edinburgh Arts to offer local residents a place to relax, explore, learn, meet, share, volunteer and have fun in. In December 2021, the pantry moved to Community Renewal just a few doors up from the original pantry!

For a weekly membership of £4.50 (or £6.00 for family membership), members of Pennywell Pantry will be able to choose a selection of food with a value of £15 - £20 each week. The pantry is here to help you top up your weekly shop, and the variety of food available includes fresh fruit and veg, store cupboard favourites, bread and dairy products.

To become a member call 0131 332 8773 or visit one of their sign-up days listed below. For more information you can also email Cara at pennywellpantry@communityrenewal.org.uk

The Pantry's address is: 31-33 Pennywell Road, Edinburgh EH4 4PJ
Opening Hours:

Wednesday: 10am - 2pm
Thursday: 10am - 2pm
Friday: 10am - 2pm
Saturday: 10am - 1pm



Welcome to this special local edition of Tenant Matters that includes information directly relevant to your area.

Local Surgery - Wednesday 30th November 11am to 1pm

Come and meet Housing Officers, Lesanne Drummond and Joanne Picken. Our Technical Inspectors Stewart Elliot will also be in attendance to answer any repairs queries. We will be at Community Renewal, 31 Pennywell Road, Edinburgh, EH34 4JP from 11am to 1pm.



Pennywell is their neighbourhood team in Muirhouse and West Pilton established for over 15 years.



Their aim is
Whatever you want to talk about, we will listen, we will connect you to the help you need, build on your strengths and stick with you for as long as it takes.

They are based at 31 Pennywell Road Edinburgh EH4 4PJ

You can either drop in Monday – Friday between 10am and 4pm or phone on 0300 365 0025. If you would prefer to email admin@communityrenewal.org.uk

Some of the specific services they can offer are include covering employment support, family support, housing/benefits, health/wellbeing and empowering residents improving the neighbourhood together. They are also part of a number of thriving networks of local partners and can help connect you to their support too, just ask. They are open almost every day – please just drop in whether you want to talk about your needs, your family or your neighbourhood.





L.I.F.T. - Low Income Families Together

LIFT is committed to working in a holistic way with individuals, families and the community. They use a whole family approach using the Key working model.

LIFT'S aims & objectives are to assist families to learn new skills to improve their lives and encourage their children to grow up feeling loved, safe and respected so that they can realise their full potential. Through support and advocacy LIFT aims to tackle child poverty, increase wellbeing for individuals and families, to allow them to move forward from poverty and crises.

This will be done in a variation of one – one support and group work sessions. Group work will consist of upskilling, cooking on a budget, budgeting, confidence building and employability skills.

LIFT will follow Every Child, Every Chance model, working towards reducing child poverty, learn new skills to increase employment and training opportunities, assisting families to move forward from poverty and crises.

WHAT IS ON AT LIFT

MONDAY

Family Tea Time – 3.45pm – 5pm
Danielle@lift-edinburgh.com

TUESDAY

Muirhouse Mini's - £1 – 9.30am – 11am
darcy@lift-edinburgh.com

LIFT'S Mindfulness Art Group – 10am-12pm
susan@lift-edinburgh.com

WEDNESDAY

LIFT'S Bumps & Babies – 10am – 11.30am
darcy@lift-edinburgh.com

LIFT'S Wellbeing Bingo Sessions – 12pm -1.30pm
Rachael@lift-edinburgh.com

LIFT'S Kids Drop In – 3pm – 4.30pm
jayme@lift-edinburgh.com

LIFT'S Autism Sessions – Last Wednesday of every month
tyler@lift-edinburgh.com

THURSDAY

LIFT'S SASS Group – 9.30am – 11am
darcy@lift-edinburgh.com

LIFT'S £1 Fill a Bag Sale – 9.30am – 1pm
susan@lift-edinburgh.com

LIFT'S Kids Cooking Class – 3pm – 4.45pm
danielle@lift-edinburgh.com

FRIDAY

LIFT'S Weekly Weigh In – 10am – 11am
susan@lift-edinburgh.com

Membership Cards Available - £1 for the year
Members are welcome to use our sharing shelf 5 items for £1
Contact the Centre – 0131 467 3578
danielle@lift-edinburgh.com
eilidh@lift-edinburgh.com



LIFT @ MUIRHOUSE MILLENIUM CENTRE

Housing Officers Joanne Picken and Lesanne Drummond attended an event this year that was organised by LIFT.

Manor Estates Housing Association. Community Renewal, Pilton Community Health Project, Granton Information Centre, and Project Esperanza were all in attendance with the opportunity for residents to call in and have a chat. Everyone was friendly and helpful, get in touch if you would like to attend the next event.

During the pandemic LifeCare launched a Meals on Wheels service to deliver hot, nutritious meals to older people across North Edinburgh. Since launch they have delivered over 18000 hot meals.

Clients receive two freshly cooked 2 course meals a week, delivered to their door hot and ready to eat. The service normally costs £6.50 per 2 course meal but they know with the rising cost of living it is putting people in a position where they choose between heating and eating. Lifecare have secured funding to provide free places with the service for those that need them.

Free places are available to people aged over 50 and over, with health and/or support needs, living in North Edinburgh who are eligible for Pension Credit or Universal Credit. Places are easy to access as no referral is necessary.

You can contact Lifecare direct to arrange the service. Find out more at www.lifecare-edinburgh.org.uk/services/meals-on-wheels

You can get in touch direct on 0131 343 0940 or email enquiries@lifecare-edinburgh.org.uk

LOCAL COMMUNITY GROUPS

Community Café at Muirhouse Millenium Centre

Mondays – Fridays 10am to 2pm
7 Muirhouse Medway Edinburgh EH4 4RW
0131 467 3578

Community Meal with the SCRAN Van

Last Wednesday of each month 5-6.30pm
At Granton Community Garden, 10 Wardieburn Road EH5 1LY

Fresh Start Cooking Classes

Tuesdays 10am to 12.30pm and 2 to 4.30pm
Thursdays 2 to 4.30pm
At Fresh Start 22-24 Ferry Road Drive EH4 4BR
Phone on 0131 476 7741 or email admin@freshstartweb.org.uk

Women Supporting Women @ PCHP (Community lunch)

Wednesdays at 1.30pm

Women Supporting Women @ PCHP (Outdoor Cook club)

Wednesdays at 12pm

At Granton Community Garden 10 Wardieburn Road EH5 1 LY
Sally Findlay on 07518756330 or email sallyfindlay@pchp.org.uk
Carla Sayer on 07595589343 or email carlasayer@pchp.org.uk

North Edinburgh Arts Centre

Art for Grown Ups Sessions
Wednesdays 10.30am to 2pm
West Pilton Neighbourhood Centre
Email alice.betts@northedinburgharts.co.uk
or call 07949 778 485



We can provide food vouchers to be used at your local foodbank. Please contact us on 0131 510 8540 for the voucher.

**Pilton Foodbank
St Margaret Mary's Church
Boswall Parkway EH5 2JQ**

**Opening hours:
Mon and Wed - 1 - 3pm
Friday -10am - 12pm**

We know that it is very difficult for everyone with the cost of living crisis, so we wanted to remind you of the services we can provide. For more information visit - www.edinburgh.gov.uk/costofliving

If you would like us to include anything in our next newsletter please get in touch with your Housing Officer on 0131 510 5840