

## Useful links

Bereavement support - <https://www.cycj.org.uk/news/comic-supports-young-people-in-dealing-with-bereavement/>

CYCJ - <https://www.cycj.org.uk/wp-content/uploads/2020/05/COVID-Act-response-CYCJ-response-V8.pdf> - sign up for updates via link at bottom of home page

SPS, contact with people in prison - <https://www.sps.gov.uk/Corporate/Information/covid19/covid-19-information-hub.aspx>

PPE - <https://vimeo.com/399733860>

Who Cares Scotland <https://www.whocarescotland.org/coronavirus-support/>

Aberdeen City Council <https://www.aberdeencity.gov.uk/services/people-and-communities/coronavirus-covid-19>

<https://news.aberdeencity.gov.uk/grampian-coronavirus-covid-19-assistance-hub-launched/>

Domestic abuse services live tracker - <https://acvo.org.uk/aberdeen-abuse-services-tracker/>

Care Inspectorate: [Information and guidance for care services](#) about Covid 19/staffing

SCRA: [Coronavirus and your Hearing](#)

Children's Rights Service: <https://aberdeencareexperienced.org.uk/>

CYCJ: <https://www.cycj.org.uk/news/covid-19-guidance-on-supporting-young-people-in-conflict-with-the-law/>

Courts- <https://www.scotcourts.gov.uk/>

COPFS - <https://www.copfs.gov.uk/media-site-news-from-copfs/1875-coronavirus-covid-19-information-for-those-due-to-attend-court>

CFINE – Cfine are providing and delivering food parcels to vulnerable people.

You can email [nmckay@cfine.org.uk](mailto:nmckay@cfine.org.uk) and give the name, address and contact number of recipients along with any known dietary requirements. They are aiming for next day deliveries.

Cyrenians - Also you can refer to Cyrenians [www.ac2.org](http://www.ac2.org) if you click on Get Help it will take you to a page with referral form. They are providing food parcels but also hot meals, toiletries and baby items.

Spark counselling - <https://www.thespark.org.uk/coronavirus-service-update/>

Volunteer Aberdeen <https://www.volunteeraberdeen.org.uk/community-response/>

Information and resources which may be useful in helping young people and their carers understand a little more about the Covid-19 situation and some tips on how to manage this. The Anna Freud centre - Question and answers style here about Covid -19 <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/> and some self-care examples for young people. <https://www.annafreud.org/on-my-mind/self-care/>

## FOOD BANKS

### **CFINE**

4 Poynerook Road, Aberdeen AB11 5RW Tel: 01224 596156

**Food Bank:** Monday 9:00am-1:00pm; Tues to Friday 9:00am–4:00pm

**Pantry:** Tuesdays: 1:00pm-3:30pm. Call 01224 596156 for details

**Best Start Smile** (for Torry families with children). Thurs 9.30-12.30pm

**Fersands and Fountain Community Project**, Woodside

Tuesday 10:00-1:00pm, Thursday 3:00-6:00pm. Call 01224 524936 or 596156 for details

### Food Outlets

Fruit, Vegetables, pulses and dried goods are sold loose at near cost price to ensure affordability for customers.

Cornhill Hospital	AB25 2ZH	Wednesday 9.30-1pm
Cummings Park flat	AB16 7BB	Thurs, Fri 10am-12
RACH, Foresterhill	AB25 2ZG	Wednesday 10am-2pm
Fraser Court, George Street	AB25 3UZ	Tuesday 10am-1pm
Hilton Community Centre	AB24 4HS	Tuesday-Friday
Kincorth Community Centre	AB12 5NA	Thursday 10am-12
Langstane Housing, King Street	AB24 1SL	Every 2nd Thursday
Mastrick Community Centre	AB16 6TR	Wednesday 10am-1pm
Peterculter Village Hall	AB14 0UD	Tuesday 9am-1pm
Coronation Court, Peterculter	AB14 0SH	Monday 1-3pm
Rosemount Community Centre, Belgrave Terrace	AB25 2NS	Mon-Thurs 9am-5pm Friday 9am-1pm
Star Flat, Seaton	AB24 1TZ	Friday 9.30-11.30am
Stewart Park Court, Middlefield	AB24 4GB	Thursday 10.30am-12
Balnagask Community Centre, Torry	AB11 8HX	Tuesday 9.30am-1pm
St Fittick's Parish Church, Torry	AB11 8DL	Tuesday 11am-2pm
Catholic Church, Upper Mastrick Way	AB16 6LZ	Wednesday evening
Northfield Community Centre	AB16 7LL	Monday 7- 9pm Thursday 10am -12

### TRUSSELL TRUST

**Deeside Family Centre**, Girdleness Road, Torry, AB11 8TT

Thursday 1:00-4:00pm

**Inchgarth Community Centre**, Aboyne Place AB10 7DR T: 01224 325191

Wednesday 1:00-4:00pm

**South St Nicholas Church**, Kincorth Circle, AB12 5NX

Tuesday 1:00-4:00pm

**Kings Community Church**, 10 Urquhart Road, AB24 5LL

Monday 12:00-1:00pm; Friday 12:00-1:00pm

**St Mary's Parish Church**, King Street, AB24 5SS

Tuesday 10:00-12:00

**Bon Accord Free Church**, Rosemount Viaduct AB25 1NS

Wednesday 1:00-3:00pm

**The Mission**, St Machar Drive, AB24 3RX

Thursday 2:00-3:30pm

## **OTHERS**

**Instant Neighbour**, 5 St Machar Drive, AB24 3YJ

Monday-Friday 10:00-12:00 and 2:00-4:00pm

**Non-Perishable Food Parcels Available**

**Somebody Cares**, Greenwell Road, East Tullos, AB12 3AX

T: 01224 200197

Mon, Wed, Thurs and Fridays 10:00-2:00pm

**Non-Perishable Food Parcels Available**

**Salvation Army**, 28 Castle Street T: 01224 579370

Monday-Friday 11:00-3:00pm

**Contact prior to family going and letter required for confirmation**

**Cyrenians**, 62 Summer Street T: 01224 625732

Monday, Tuesday, Thursday 10:00-3.45pm; Wednesday 10:00-12:00; Friday 10:00-2:00pm.

**Lighthouse Support Centre**, Tillydrone Community Campus, Hayton Road T: 01224 489546

Monday 1.00–2.30 pm

**St Vincent de Paul Society**, St Mary's Cathedral, 20 Huntly St. T: 01224 640160

Tuesday 7.30-8.30pm

**Food Parcels & Clothing**

**Teachers, Parents, and Children and Young People**

- [Afasic](#)- National charity for Developmental Language Disorders offering advice , information and support.
  - [Autism Toolbox – new Covid 19 information page](#)
  - [British Academy of Childhood Disability](#) – Resources
  - [CALL Scotland](#) – symbol resources explaining Covid 19
  - [CHAS](#) – Support for those with life shortening conditions
  - [ENABLE](#) supporting disabled individuals
  - [ENQUIRE](#): General advice - ASL
  - [Mencap](#) – how to involve children in decision making
  - [PAMIS](#) –Support and services for those with profound and multiple learning difficulties
  - [The Sensory Projects](#) - COVID 19 educational resources for home-schooling
- [Wellchild](#) – National Charity for sick children

<https://www.popsugar.co.uk/parenting/free-online-educational-resources-for-kids-47312329>

### **Parents and Children and Young People**

- [BSL video with Coronavirus \(COVID-19\) guidance](#)
- [BSL glossary of subject terms](#)
- [BSL - Coronavirus \(COVID-19\) Social Distancing You Tube](#)
- BSL users access to the online [British Sign Language video relay interpreting service](#) (VRS) 24 / 7

British Deaf Association Mentoring Officer Email: [mentorscot.drp@bda.org.uk](mailto:mentorscot.drp@bda.org.uk)

- [Young minds](#)
- [Mind for better mental health](#)
- [Childline – Your Feelings](#)

Advice for:

### **Unpaid carers**

- [Scottish Government advice about Covid-19](#)

### **Teachers/Parents/Young Carer's:**

- [Supporting Young Carers in Education](#)

- [Carer's Trust](#)

**Young Carer's:**

[Young Scot](#) (NB. Young Carer's Grants available)

[SQA website for guidance about exams/coursework](#)

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<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/>

<https://young.scot/campaigns/national/coronavirus>

<https://www.independent.co.uk/life-style/health-and-families/coronavirus-how-to-talk-to-children-anxiety-uk-china-a9339776.html>

