



29/05/2025

Cost of Living Supports in Midlothian

This leaflet is for employers and employees in Midlothian.

Financial Support

Dalkeith CAB

Free independent and confidential advice and assistance on benefits, debt, housing, utilities, employment issues and more.

Dalkeith CAB are currently offering limited face-to-face appointments in the CAB office. These appointments are prioritised for people who need help with form-filling or complex issues. You can contact them for advice by phone, email, or completing the online contact form on their website. They also offer weekly outreach sessions at locations across Midlothian.

St John's Church
Mondays, 10am - 12 noon

MAEDT Pavillion
Tuesdays 10am – 2pm

Woodburn Pantry
Fridays 1.30 – 3.30

Newtongrange Community Trust
First and Third Monday each month
1:30 pm - 3.30pm

Bonnyrigg Rose FC
Wednesday, 10am - 2pm

Gorebridge Library
Thursday, 10am - 1pm

Gorebridge Hive
Monday, 10am - 12 noon

Midlothian Foodbank
Thursdays 12 - 2pm

No appointment is required for any of these clinics.

Outreach sessions at VOCAL and Horizons Café are available for clients of those projects. Please contact the CAB for more details.



0131 660 1636



8 Buccleuch Street, Dalkeith, EH22 1HA



www.DalkeithCAB.org.uk



Bureau@DalkeithCAB.org.uk



Financial Support

Penicuik CAB

Free independent and confidential advice and assistance on benefits, debt, housing, utilities, employment issues and more.

You can contact Penicuik CAB by phone, email or by filling out the 'Contact Us' form on their website. If you have a complex problem, or would prefer a face-to-face appointment, then please phone [01968 675259](tel:01968675259) to arrange an appointment.

Drop-in Clinics:

Loanhead Library
Mondays, 10am - 1pm

The Steading Rosewell
Alternate Mondays, 2-4pm

The Penicuik Hub
(Food Facts Friends)
Mondays, 10:30 -12.30

Hawthorn Children and Families Centre
Monday, 9-4pm
Friday, 9-12

Newton Parish Church
Wednesday, 10-12pm

Lasswade Library
Tuesdays, 9:30- 12:30pm

Loanhead Miners
Wednesdays, 10am - 1pm

Midlothian Community Hospital
Thursdays, 10:30-1pm

No appointment is required for any of these clinics.



Freephone Number: 0800 0327 077



Palmer House, 14a John Street, Penicuik, EH26 8AB



www.penicuikcab.org.uk



Contact.us@penicuikcab.org.uk



Financial Support

Children First

Children First Financial Wellbeing Service can help you cope with the stress and anxiety money worries can cause and any wider challenges your family are facing. If you are a parent with children under 18, we can help with:

- Putting a budget together and understanding what bills are important
- Seeing if you can increase the amount of money you have coming in by doing a benefit check
- Help to apply for benefits
- Explore ways to reduce your spending
- Seeing if there are any grants available to help reduce your money worries
- Dealing with creditors
- Ways to deal with unmanageable debts based on your situation.

Contact us on 0131 654 9540 or email midlothian@childrenfirst.org.uk.

We can meet you in either of our bases in Dalkeith or Penicuik, give advice by phone or we can come to you.



0131 6549540



40/9 and 40/10 Hardengreen Business Park,
Dalhousie Road Esbank
Dalkeith, EH22 3NU



www.childrenfirst.org.uk



midlothian@childrenfirst.org.uk

Financial Support

Capital Credit Union

Find out more on how to save, borrow and manage your money with a community owned bank.



Social Security Scotland

You may be entitled to receive benefits that are delivered by Social Security Scotland.

A full list can be found here: [Social Security Scotland - Benefits](#).

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You can find out more information and your eligibility by emailing the Social Security Scotland Stakeholder Engagement Team at stakeholderengagement@socialsecurity.gov.scot

Staff are based in the Local Area and can provide advice/ support by appointment. This can be by phone, video or face to face in a local venue or at home. Please call **0800 182 2222** (freephone number) and ask for a Local Delivery appointment and someone will arrange this for you.



0800 182 2222



www.socialsecurityscotland.gov.scot



Social Security Scotland

Tèarainteachd Shòisealta Alba

Foodbanks, Food Pantries and Community Fridges

Midlothian Foodbank

Midlothian foodbank operates on a referral only basis. If you need to access the foodbank follow these steps:

- 1 Get in touch with CAB or your worker to request a referral. They will discuss your situation and put the referral in and provide us with all necessary details.
- 2 Come along to the foodbank on your arranged day between **10am and 2pm** to collect your food parcel

Midlothian Foodbank also has a community lunch **every Thursday starting at 12pm**. They ask for a 50p donation per course (3 of them).

In addition to this, they have a **CAB outreach between 12pm and 2pm on Thursdays**.



07789 173276



96 Hunterfield Road, Gorebridge, EH23 4TT



www.midlothian.foodbank.org.uk



janiceburns@midlothian.foodbank.org.uk



Foodbanks, Food Pantries and Community Fridges

The Steading Community Fridge

The community fridge is available to anybody in need.

Outwith these times, please ask a member of staff at reception who would be happy to help, as long as items are available.

**Opening hours: Tuesday and Thursday,
1pm - 5pm**



The Steading, Carnethie Street, Rosewell, Midlothian,
EH24 9AA



Rosewell Development
Trust RDT | Facebook



info@rdtrosewell.org.uk

Central Dalkeith and Woodburn Pantry

This pantry is for residents of Central Dalkeith and Woodburn. Membership is free, One membership card per household. You pay £3.50 for a shop and receive 10 points to spend in the Pantry. Members are also offered free fresh fruit and vegetables, and bread products if they are available.

**Opening hours: Every Friday,
1.30pm - 5.30pm**



07384 376156



The MARC Building, 10 Woodburn Road, Dalkeith, EH22 2AT



Central Dalkeith & Woodburn Pantry
Facebook Group



cdwpvolunteer@gmail.com



Foodbanks, Food Pantries and Community Fridges

Food Facts Friends

The Food Fact Friends Community Hub is open to anyone facing hunger because of crisis.
Food and support are available.

Community Cafe

Monday - Friday, 10am - 3pm

Saturday, 10.30am - 1pm

All food free

Community Meal

Tuesday 1-6pm

Food Fact Friends Community Hub

Community Fridge

Monday- Friday, 10am-3pm

Saturday, 11am-1pm

Cost £1.50

Paws Pantry

Monday- Friday, 10am - 3pm

Saturday, 11am - 1pm

Organised in collaborating with Edinburgh Dog
and Cat Home, you can pick up free wet and dry
food for cats and dogs.

£7 for 20 credits with kids under 16.

Midlothian Pantry

Monday - Thursday, 10:30am - 12 noon,

Monday & Thursday 1pm - 3pm

Saturday, 11am - 1pm

The Pantry is open to anyone in Midlothian..
The joining fee is £2. £4 to shop.

Connection Cafe

Tuesday, 11am - 1pm

Get confidential support for any
alcohol and substance issues from
Health in Mind and Children 1st.

Money Advice and Support for Families

Thursday, 10am - 3pm

Children 1st



Foodbanks, Food Pantries and Community Fridges

MAEDT Community Pantry

The MAEDT pantry is free to join. Membership is open to all residents of Mayfield and Easthouses, regardless of income.

Members can shop once per week for £3.50, and are also offered free fresh fruit and vegetables, free sanitary products and free bakery items (where available).

Opening hours: **Tuesday, 10.30am - 2.30pm**
Wednesday, 1pm - 5pm
Thursday, 10.30am - 2.30pm



0131 663 5317



14-15 Bogwood Court, Mayfield, Midlothian, EH22 5DG



www.maedt.org.uk



info@maedt.org.uk

MAEDT

MAYFIELD AND EASTHOUSES DEVELOPMENT TRUST

MAKING IT HAPPEN

Pet Food Bank

Hosted by Edinburgh Dog and Cat Home, this is for anyone struggling with pet food bills.

Tea and coffee, a warm space and free pet food to collect are available.

Opening hours: **First Tuesday of each month,**
10am-12pm
St Mary's Church, Dalkeith

Foodbanks, Food Pantries, Community Fridges

Gorebridge Beacon

Community Pantry

Tuesday 3pm- 5pm

Sign up to become a member and then shop there for £3.50 a week, getting around £15 worth of groceries

Warm Space

Monday - Saturday 8am - 5pm

The Warm Space at the Beacon offers you somewhere to be comfortable and warm, free WI-Fi, and tea and coffee.

Community Fridge

Monday - Saturday, 9am - 4pm

When items are available we post on our Facebook page @gorebridgebeacon

Community Cafe

Tuesday - Saturday, 9am - 2.30pm

Cafe open, all welcome. If you would like a bowl of soup (free) please say 'Robert Sent You' when you order.



01875 816320



The Beacon, Hunterfield Road, Gorebridge, EH23 4TT



www.gorebridge.org.uk



office@gorebridge.org.uk



GOREBRIDGE
COMMUNITY DEVELOPMENT TRUST

Foodbanks, Food Pantries, Community Fridges

Newtongrange Development Trust: The Pool Pantry

£3.50 gives credits for the pantry. Most items are 1 credit, with some items at 2 credits.

- ◆ Free membership
- ◆ Card and cash payments accepted
- ◆ Bring your own bags

Plus **free**:

- ◆ Fresh fruit and vegetables
- ◆ Pet food
- ◆ Sanitary Products
- ◆ Bakery Items

Opening hours
Sunday, 11am - 1pm

Foodbanks, Food Pantries, Community Fridges

Community Pantries

Danderhall Community Pantry

Newton Church Hall

Edmonstone Road

EH22 1QE

Every Tuesday 10am-11am

The Pitcairn Centre

High Street

Bonnyrigg

EH19 2ET

Every Friday 10am-11am

No referrals, open to anyone in the community. There is a £1 membership fee payable at your first visit, then £3 per shop for a wide variety of items.



epryde@churchofscotland.org.uk lpurden@churchofscotland.org.uk

Foodbanks, Food Pantries, Community Fridges

Dalkeith Storehouse

Dalkeith Storehouse
Full Gospel Church
140 High Street,
Dalkeith,
EH22 1AY

Dalkeith Storehouse operates in, and is run by, the Full Gospel Church in Dalkeith. They support families and individuals living in Dalkeith, Woodburn, Danderhall and Pathhead. They can provide emergency food parcels and essential household supplies.

If you would like to refer someone for support please make sure, before referring, that you have checked whether they are suitable for a Scottish Welfare Fund application and that they have been informed of income maximisation services.

The service is referral only. To make a referral you can email philipmeldrum@LIVE.CO.UK or telephone 07928 020 396. Referrals can be taken Monday – Friday during normal working hours.



07928 020 396



philipmeldrum@LIVE.CO.UK

Sweet Dignity Clothing Bank

Sweet Dignity Clothing Bank is a community recycling project aiming to provide clothing for all ages, as well as, home and baby goods.

Their aim is to provide a service to those in need, and preventing unnecessary items from finding their way to landfill.

They have everything from wedding dresses and special occasion wear, to baby clothes and nursery equipment.

(Please note some items may incur a minimum donate to cover overheads.}

Opening hours: St Luke & St Anne's, Mayfield: Friday, 9am-12pm

Crystal Factor Visitor Centre Penicuik: Tuesday and Wednesday, 11am-2pm



07707 207500



St Luke and St Anne's, 12 Stone Place, Mayfield, EH22 5NR

Old Crystal Factory Visitor Centre, Penicuik, EH26-8EZ

Ladywood Leisure Centre, 14A Yarrow Court, Penicuik, EH26 8HD



Sweet Dignity | Penicuik |
Facebook Group



sweetdignity@outlook.com



Midlothian Council CLLE Hygiene Bank

The CLLE Hygiene Bank operates from 3 Eskdaill Court, Dalkeith.

The hygiene bank holds items like nappies, period products, deodorant, aftershave etc.

The items are available for anyone living in Midlothian. If you're working with someone who would benefit from these products please email CLL@midlothian.gov.uk

Individuals need to be referred. The Bank can be accessed during office hours; staff will discuss with the referrer if they wanted to collect or if the individual wants to visit the Bank and choose what they need.



0131 271 3713



3 Eskdaill Court, Dalkeith, EH22 1AG



www.midlothian.gov.uk/CLLE



cll@midlothian.gov.uk



Period Poverty

On the basis of funding being made available by the Scottish Government: “We will strive to ensure that everyone in Midlothian who has a period will have convenient access to appropriate products free of charge, as and when they are required.”

If you run a community building you are able to order free period products for your users. These can be ordered from Midlothian Council via CLL@midlothian.gov.uk

Period Products will need to be collected by the organisation requesting them from a Council building, and two week's notice is required.



0131 271 3713



3 Eskdaill Court, Dalkeith, EH22 1AG



www.midlothian.gov.uk/CLLE



cll@midlothian.gov.uk



Early Ages

Midlothian Sure Start

Midlothian Sure Start is a service that supports infants, young children and their families to ensure that they are building best beginnings.

Early Learning and Childcare for 0-5 year olds

Want to find out more about your eligibility to 25 hours a week funded (free to you) childcare for 2-5 year olds?

We offer every family an initial home visit to get to know each other, and find out what you really want to get out of your time with Midlothian Sure Start. From there we can link you with the best services for you.

Mental Health

We provide counselling for parents/carers of children aged 0-5 years.

See website for more details and to fill in the online query form or contact referrals@midlothiansurestart.org.uk

Staying Connected

Feeling isolated and have a young child?

Attend one of the Midlothian Sure Start Open Kindergarten groups or family learning programmes.

More details available on

Eventbrite



0131 654 0489



admin@midlothiansurestart.org.uk



Mcsence Business Park
32 Sycamore Road, Dalkeith
EH22 5TA



www.midlothiansurestart.org.uk



Midlothian
Sure Start

Early Ages

Midlothian Sure Start

Employability and Financial Support

Midlothian Sure Start offer IT courses and fun capacity building courses to help you to take the first steps into and back to employability.

If you are interested contact us through our online enquiry form or contact referrals@midlothiansurestart.org.uk or see courses available on [Eventbrite](#)

We work in partnership with CAB Penicuik and CAB Dalkeith.



0131 654 0489



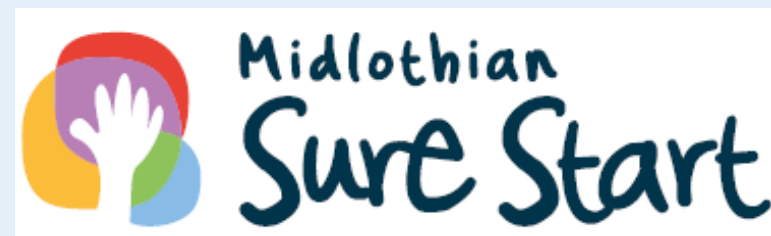
admin@midlothiansurestart.org.uk



Mcsence Business Park
32 Sycamore Road, Dalkeith
EH22 5TA



www.midlothiansurestart.org.uk



Early Ages

Home Link Family Support

Early Years Home Support

Our Family Opportunity Worker can support families with children under 5

- Providing a listening ear and parenting support.
- Access to mental health support
- Navigating benefits and access to financial advice.
- Help access a local food pantry and foodbanks
- Giving advice about supporting a child with additional needs

Therapeutic Support

These services are available to children in Midlothian, aged up to 12 years, and their families

Systemic Family Counselling

Working with a counsellor, help is provided to build family relationships and communication.

Art Therapy

Working with a therapist using creative techniques to help children to express themselves emotionally

Group Work

Home Link Family Support run a range of groups for parents, carers and families in rotation.

Peep Learning Together Programme , Bookbug, Stay and Play, and Peer support for parents who have a child under 5 with additional support needs

Call the office for more information

Families can get in touch with us directly or through a Health Visitor or other professionals.



0131 661 0890



info@homelinkfamilysupport.org



1 Dalkeith Road Mews, Dalkeith Road, Edinburgh, EH16 5GA



www.homelinkfamilysupport.org



Home Link Family Support

Job Support

JobCentre

JobCentre Plus is part of the Department for Work and Pensions, which is responsible for welfare, pensions and child maintenance policy. There are two JobCentres in Midlothian, they can help you with:

- ◆ Access to employability opportunities
- ◆ Access to job fairs and information events
- ◆ Securing work experience placements
- ◆ Named work coach and one-to-one support
- ◆ Information and support on skills gaps and training
- ◆ Upskilling with digital skills
- ◆ Support creating and updating CVs
- ◆ Support completing application forms and applying for online vacancies

Dalkeith Job Centre

Monday to Friday, 8am - 6pm



Phone: 0800 169 0190
Textphone: 0800 169 0314



5 Buccleuch Street, Dalkeith, EH22 1HB

Penicuik Job Centre

Monday to Friday, 8am - 6pm



Phone: 0800 169 0190
Textphone: 0845 608 8551



25 John Street, Penicuik, EH26 8HN



job
centre
plus

Job Support

Skills Development Scotland (SDS)

Skills Development Scotland is the national skills agency of Scotland who provide career, information, advice, and guidance services to people of all ages. No matter what stage you are at in your career, support is available from our team of advisers in Midlothian. Our Midlothian SDS centre is located in Dalkeith. Our services include:

- Individual career guidance appointments
- Exploring the routes and pathways into different careers
- One to one ongoing support to look at your options if you have recently left school.
- Support with CVs, application forms and interviews
- Access to PCs for job searching, CV's, applications etc
- Redundancy support
- Insight into the local labour market
- Support for parents and carers
- Access to My World of Work, Scotland's career website

SDS Dalkeith, Monday to Thursday
9am - 5pm



Phone: 0131 663 7287



29 Esbank Road Road, Dalkeith, EH22 1HJ



www.myworldofwork.co.uk



Job Support

Skills Development Scotland (SDS)

Skills Development Scotland also offer career services in school and have qualified advisors in every secondary school in Midlothian which young people and their parent's or carer's can book appointments with.

Young people and their parents or carers can make an appointment to speak to their SDS Careers Adviser at any time throughout secondary school. Contact your school office or Guidance Teacher for details of how to get in touch.

SDS Dalkeith, Monday to Thursday
9am - 5pm



Phone: 0131 663 7287



29 Esbank Road Road, Dalkeith, EH22 1HJ



www.myworldofwork.co.uk



Midlothian Council

Welfare Rights

The Welfare Rights Service offers:

- ◆ Welfare advice and benefits checks
- ◆ Help with applying for benefits
- ◆ Help in a crisis e.g. if you have no money
- ◆ Help with benefit appeals and tribunal representation
- ◆ Basic debt and housing advice
- ◆ Advice on maximising your income for social work clients and older people
- ◆ Specialist Macmillan benefits adviser for people with cancer and their carers

*Please note that average waiting time for an appointment is 1-3 weeks

Welfare Rights Officers



0131 270 8922



www.midlothian.gov.uk/benefits-advice



Fairfield House, 8 Lothian Road, Dalkeith, EH22 3AA



Midlothian Council

Scottish Welfare Fund

The Scottish Welfare Fund offers two types of grants:

- 1 Crisis grants - if you are in crisis because of a disaster, like a fire or flood, or an emergency such as losing all your money or having to visit a sick child in hospital.
- 2 Community Care - if you are about to leave care to live on your own in the community or to help if you are struggling to provide a safe and secure home for your family.

You must be at least 16 to apply.

Normally you will be entitled to: Income support, Job seeker's Allowance (and have no other income), Employment and Support allowance (and have no other household income) and Pension Credit

For online support or to apply by phone: call **0131 270 5600**

Lines are open **Monday-Thursday, 9am-5pm and Friday, 9am-3.30pm**

Or download and complete the Scottish Welfare Fund Application Form on the website.



0131 270 5600



www.midlothian.gov.uk/info/701/council_tax_and_benefits



Midlothian House, 40-46 Buccleuch Street, Dalkeith, EH22 1DN



revenues.enquiries@midlothian.gov.uk



Midlothian Council

Housing Options Service

Housing Options is a free service available to any person over the age of 16 who needs advice and assistance with finding a home. A trained advisor will help you to find solutions to your housing need by making you aware of all the options available to you.

- ◆ Renting from Midlothian Council or a Housing Association
- ◆ Private Renting
- ◆ Staying in your own home
- ◆ Homelessness
- ◆ Homeless prevention
- ◆ Supported Housing
- ◆ Low cost home ownership
- ◆ Mutual Exchange
- ◆ Mortgage to rent

You can arrange a Housing Options Appointment by using the contact details below.
An appointment with a specially trained advisor will be arranged at a time to suit you.



0131 271 3397



www.midlothian.gov.uk/info/917/housing



homeless.enquiries@midlothian.gov.uk



Melville Tenant Support

Melville Housing Association

Only available to Melville Housing Association tenants.

Melville Housing Association

Registered social landlord with approx. 2000 in Midlothian who provide the following services:

Welfare Benefits Advice

Energy Advice

Tenancy Advice and Support

If you are a Melville tenant and require support, please contact them on 0131 654 2733



0131 654 2733



www.melville.org.uk



Melville Housing Association Ltd, The Corn Exchange, 200
High Street Dalkeith, Midlothian, EH22 1AZ



info@melville.org.uk

Council Tax

You may be able to get help with paying your Council Tax:

Council Tax Discounts

You may be eligible for a discount if you meet the conditions of one of the following categories:

- Single person
- Disregarded people
- Empty property

Council Tax Exemptions

You may be eligible for exemption if you meet the conditions of one of the following categories:

- Students
- People under 18
- People who are severely mentally impaired
- Empty property

Council Tax Reduction

Council Tax Reduction is a Government scheme to help those on low incomes, If you think you may be entitled to Council Tax reduction, you should claim as soon as possible.

Please note that there is a backlog of 6-8 months in Revenues at the moment, so it will be a delay in response if e-mailing. Some queries can be resolved over the phone quicker, but not all.



0131 271 3201



Midlothian House, 40-46 Buccleuch Street,
Dalkeith, EH22 1DN



www.midlothian.gov.uk/info/701/council_tax_and_benefits



General enquiries: revenues.enquiries@midlothian.gov.uk
If you are struggling to pay: arrears@midlothian.gov.uk





Support in Scotland

This leaflet is for employers and employees in Midlothian.

Organisations

You can receive support from a range of energy efficiency organisations, energy suppliers and the UK Government to help you with energy costs.

Changeworks

Provide advice on energy bills and efficiency



0131 555 4010



ask@changeworks.org.uk

Home Energy Scotland

Provide advice on energy bills and efficiency, and check you eligibility for discounts



0808 808 2282



www.homeenergyscotland.org/reduce-home-energy-bills-tips-support-funding/

Warmer Homes Scotland

The Scottish Government's programme offers funding and support for energy bills. Please note that there is a hold on referrals until 2nd October 2023.

Energy Grants

Energy grants may be available from your energy supplier to help with gas and electricity debts. Most energy suppliers only offer grants specifically to their customers.

Energy suppliers might also provide other grants and support. Please note you will need to show that you have received debt advice to apply for an energy grant. You can get debt advice from your local Citizens Advice Bureau.

OFGEM

You can find a guide on OFGEM's website with a list of energy grants and schemes that can help reduce your bills if you are eligible.



www.ofgem.gov.uk/information-consumers/energy-advice-households

Housing Support

Shelter Scotland

Shelter Scotland help people struggling with housing or homelessness through advice, support and legal services. They can provide you with advice and support on a variety of topics:

- ◆ Homelessness
- ◆ Finding a home
- ◆ Renters' rights
- ◆ Housing costs and money help
- ◆ Eviction
- ◆ Home repairs
- ◆ Letter templates and more



0800 800 4444



www.shelterscotland.org.uk

Employee Advice

Acas

Acas offers employees and employers free, impartial advice on workplace rights, rules and best practice.

How Acas can help:

- ◆ Free advice on employment rights, rules and best practice
- ◆ Templates for letters, forms and policy documents that you can adapt
- ◆ Dispute resolution services
- ◆ Training and tailored support on a wide range of employment topics



Helpline: 0300 123 100
Text relay: 18001 0300 123 1100



www.acas.org.uk



Organisations

These helplines are available to you when you need someone to talk to.

The Breathing Space

A free and confidential phonenumber service for anyone in Scotland who is experiencing low mood or depression.



0800 838 587

Samaritans

A free helpline available all day, 365 days a year that provides a safe place for you to talk about whatever's getting to you.



116 123

Calm Zone

A helpline offering support to men of any age, who are down or in crisis.



0800 585 858

SupportLine

A helpline that offers confidential emotional support to children, young adults and adults.



01708 756 200

The Silver Line

A free confidential helpline that is there to provide information, advice or friendship to older people.



0800 470 8090