

The Bridge Contact Numbers:-

Food Bank -<https://www.facebook.com/Peeblesshire-Foodbank-348515071925871/> - 07413 484174 - This service requires a referral from CAB, Social work, Health visitors etc. It is a 3 day supply of food, not for those who have access to food but cant get out.

The Food Foundation - <https://www.facebook.com/kingsmeadowscatering/> or 01721 722421

Social Work Dept for crisis grants - 03001001800 ( out of hours - 01896 752111)

Borders carers centre - information, advice & support to family carers - 01896 752431

Silverline - confidential helpline for older people, provides information, friendship & advice  
08004708090

Breathing space - confidential phone &. Web service for those experiencing low mood, depression or anxiety - 0800838587

[www.mind.org.uk](http://www.mind.org.uk) - information &support for children&young people

Scottish Borders Council for Crisis grants -

[https://www.scotborders.gov.uk/info/20000/benefits\\_and\\_grants/471/community\\_care\\_grant\\_and\\_crisis\\_grant/2](https://www.scotborders.gov.uk/info/20000/benefits_and_grants/471/community_care_grant_and_crisis_grant/2) or 0300 100 1800

Universal Credit - <https://www.gov.uk/universal-credit>

Employment Support Allowance - <https://www.gov.uk/employment-support-allowance> - 0800 328 5644  
(choose option 2)

Scottish welfare Fund (Can apply directly and no referral needed) - 0800 0304713

Info on how to claim the 80% of wages and various government grants -

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-support-for-businesses>