

COVID 19 Latest News

The Scottish Government has announced changes to the rules for people living in Scotland.

All pubs and restaurants in Edinburgh will be closed from **6pm** on **Friday 9th October** till Sunday **25th October**.

Some cafes will be open until 6pm.

People from different households are not allowed to meet indoors. However people who live alone or who live alone with their children are allowed to meet indoors with one other household. People in relationships are allowed to meet each other indoors. Childcare indoors is allowed. Tradespeople like plumbers and electricians can work in people's homes.

Up to six people can meet outdoors (in public parks and private gardens) from two different households. Children under 12 do not count towards the six.

There is no limit to the number of children under 12 who can play together outdoors. Those aged 12-18 can meet up to six people outdoors but this can be from more than two households.

Do not share a car with someone from another household unless you have to.

The Scottish Government has a Coronavirus telephone helpline to support those most at risk. Call **0800 111 4000** to access the helpline. This is the national COVID-19 helpline and it is free. It is open Monday to Friday, 9am – 5pm.

Call FAIR on **0131 662 1962** and leave your name and number if you would like us to call you back to help explain how the rules affect you.



Flu Vaccine – Help Protect Yourself, Others and the NHS

Every year in Scotland, thousands of people have to go to the hospital with flu. Getting the vaccine is the best way to protect yourself.

Flu vaccination begins in autumn. This year, with coronavirus (COVID-19), the flu vaccine is being offered to more people than ever before.



The following people can get a free flu vaccine this year:

- Unpaid and young carers
- All primary school children
- Children aged 2 to 5
- Anyone aged 65 and over
- People with some health conditions
- Pregnant women
- Healthcare workers
- Social care workers who provide direct personal care
- Those living in the same home as people previously shielding from coronavirus



A second phase is planned to begin in December and will include those aged 55 to 64 who would not usually get a free flu vaccine.

If you are 16 years old or over, and not in one of these groups for the free flu vaccine, you can still pay to get the vaccine in many pharmacies.

To find out how to get the flu vaccine in your area, call **0800 22 44 88** (open 8.00am to 10.00pm, 7 days a week) or go to the NHS inform website:

<https://www.nhsinform.scot/healthy-living/immunisation/vaccines/flu-vaccine#overview>

ENABLE Employability Fund

ENABLE Works, together with the Scottish Government and voluntary organisations, have started a Skills Development Scotland programme to support young people with learning disabilities to get involved in community projects, get accredited qualifications and find jobs or apprenticeships.

If you join the Employability Fund, you will:

- Work with the ENABLE Works employment team
- Get an SQA Qualification
- Get a £55 training allowance (if you are eligible)

To find out more, call **01698 737 000 (9am-5pm)**
or email **enabledirect@enable.org.uk**

Edinburgh Poverty Commission Report

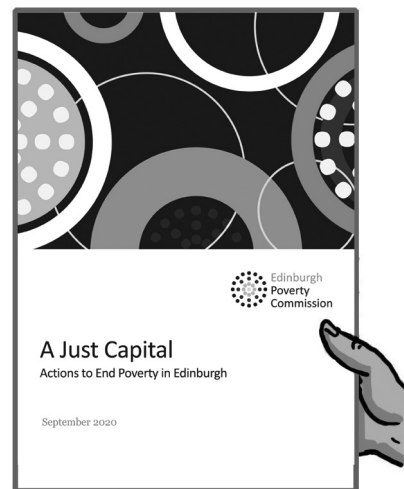
The Edinburgh Poverty Commission is an independent group who have been working together since 2018 to find a way to end poverty in Edinburgh.

Their research was supported by the Edinburgh Partnership and The City of Edinburgh Council, with funding from the Scottish Government and the Joseph Rowntree Foundation.

They have published their final report. It says that poverty in Edinburgh is real and damaging, but it can be solved. By implementing the calls to action the Commission makes in this report, they think the city can set a course to end poverty in Edinburgh by 2030.

The full report is worth reading and is available on the Edinburgh Poverty Commission's website:

https://edinburghpovertycommission.org.uk/wp-content/uploads/2020/09/20200930_EPC_FinalReport_AJustCapital.pdf



New Benefit to Help Families of Disabled Children with Heating Costs

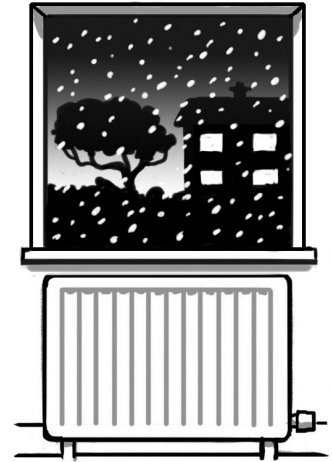
The Scottish Government has set out a new scheme to help families of disabled children with heating costs during the winter.

Households with children in receipt of the highest rate care of Disability Living Allowance (DLA) will get an extra £200 towards their heating costs.

The payments will be made automatically to eligible families through Social Security Scotland starting this winter.

Called the Child Winter Heating Assistance scheme, it is the first disability benefit to be introduced using new social security powers.

If you want more information about this, or any other benefits you might be entitled to, call FAIR on **0131 662 1962**.



Edible Estates

Edible Estates is a partnership of several organisations which work together to promote community food growing projects. They work across a variety of communities, but mainly housing estates. They use food growing to help people and communities to be healthier and happier.

They also work with youths to build sheds in gardens and greenspaces also work with younger children with outdoor natural play and via the School Farm project.

To find out more about their work and ways to get involved, call Greig on **0781 729 2464** or email **greig@edibleestates.co.uk**

You can also visit their website: www.edibleestates.co.uk



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