

WARM SPACES WITH FRIENDLY FACES LONGNIDDRY



WITH THE COST
OF LIVING
INCREASING THIS
WINTER HERE ARE
SOME PLACES YOU
CAN GO FOR HELP
OR ENJOY THE
COMPANY OF
OTHERS AT LOW
TO NO COST;

Longniddry Parish Church

- Monday - Film Club (Nov to Feb) 1.45pm for 2pm showing followed by tea and coffee - free
- Wednesday Club (weekly) 2.30 - 4pm - activities, tea, coffee, chat for senior citizens, all welcome - Contact Janet Anderson - janetflanderson@btinternet or 07766574123 or just come along.
- Sporting Memories Group every Thursday morning, 10.30am to 12pm, Tea/Coffee and biscuits are provided free of charge & anyone is welcome.

Longniddry Library

Opening Hours:

- Monday 10am - 1pm and 2pm - 6pm
- Tuesday, Wednesday, and Friday 10am - 1pm and 2pm - 5pm
- Saturday 10am - 1pm
- Monday 2 - 4pm Craft Group
- Tuesday 11 - 1pm Knit & Natter 2-4pm Craft Group
- Wednesday 11 - 1pm Knit & Natter
- Drop in anytime for Jigsaw, Sudoku & adult colour-in

Longniddry Community Centre

Cafe opening hours

- Mon - 9am - 3pm and 5.30 - 7pm
- Tues - 9am - 4.30pm
- Wed - 9am - 8.30pm
- Thursday - 9am - 3pm
- Friday - 9 - 11.30am
- Tuesday – Walkers and Talkers (long walk) 1pm suggested donation 50p
- Tuesday – Social Drop in – 1.30-3.00pm suggested donation 50p
- Thursday- Walkers and Talkers (short walk) 1.30pm suggested donation 50p
- Drop In emergency Fuel Payments for Longniddry residents only
- Drop In Pantry
- Soup and a Roll on Tuesdays 12pm – 1.30pm

Longniddry Bowling Club

- 'Time for a Cuppa' (all welcome, free tea/coffee/biscuits) For more information contact the Club



Preston Seton Gosford
Area Partnership

Organisations Providing Advice and Support

Citizens Advice Scotland 0800 028 1456 or www.cas.org.uk
East Lothian Council Financial Inclusion 01620 827 827 or financialinclusion@eastlothian.gov.uk
East Lothian Energy Advice 0131 555 4010 or www.changeworks.org.uk
Energy Saving Trust 0808 808 2282
Home Energy Scotland 0808 808 22382 www.homeenergyscotland.org
Turn2us www.turn2us.org.uk

Fire Safety Advice

Always be careful when using alternative appliances to heat your homes, or save on your electricity bills;

- Washing Machines and Tumble Dryers should not be left on overnight
- Don't leave candles unattended; why not use LED lights or torches?
- Using gas camping stoves or gas heaters inside is not advised, as it can be a risk for fire, explosion or carbon monoxide poisoning

The Fire Service can carry out Home Visits to provide advice on 0800 0731 999 or text FIRE to 80800

Winter Warmers

Would a hot water bottle, blanket or Hats, Gloves or Scarf help you? Why not pick one up from the following places;

- Longniddry Community Centre
- Port Seton Community Centre
- Prestonpans Community Centre
- Pennypit Centre

Cost Saving Cooking

Why not batch cook and reheat your food using a cheaper appliance, the table below shows difference when using for 43 minutes every day;



APPLIANCE	COST PER DAY	COST PER WEEK	COST PER MONTH	COST PER YEAR
ELECTRIC COOKER	87P	£6.09	£26.38	£316.54
DUAL FUEL COOKER (GAS AND ELECTRIC)	72P	£5.08	£22	£264.03
GAS COOKER	33P	£2.32	£10.07	£120.83
SLOW COOKER	16P	£1.15	£4.98	£59.76
AIR FRYER	14P	£1.01	£4.40	£52.74
MICROWAVE	8P	58P	£2.50	£30.02

The East Lothian Food Friendly Network is pulling together a cooking book on low energy cost meals.

Pennypit Development Trust

Pennypit Trust and Connected Communities PSG are providing Festive Provision 2022 which covers food bags, presents and winter essentials. Contact Pennypit Development Trust for a Family Referral Form.