

# Programmes, Activities and Groups for parents and carers

## South West Edinburgh

including

Gorgie, Dalry, Oxfangs, Sighthill, Wester Hailes, Currie,  
Balerno, Ratho

# January – June 2018



getting  
it right  
*for every child*

team around  
the  
cluster

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YOUR COUNCIL - YOUR FUTURE



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## Early learning and childcare for eligible two year olds

The City of Edinburgh has a number of establishments now offering funded Early Learning and Childcare to eligible children who are 2 years of age. Children are eligible in line with the criteria set down by the Scottish Government.

The following Early Years Centres offer this service

Craigentinny	661 8593
Craigmillar	661 3126
Craigroyston	332 3855
Fort	554 4077
Fox Covert	339 3749
Gilmerton	664 1202
Granton	552 4802
Greendykes	661 3109
Hailesland	442 2163
Sighthill	442 2018
Viewforth	229 6667
Queensferry/Hillwood Hub	331 3594 / 07847 116782

The nurseries in the following primary schools offer this service

Broomhouse & St Josephs	443 3783 / 443 4591
Clermiston	334 0421 / 07711 391187
Gylemuir	336 3361 / 07711 390819
Leith Walk	556 3873
Oxgangs	441 3649
Royal Mile	556 3347

And at

Cameron House Nursery School 667 5117

[www.edinburgh.gov.uk/eligible2s](http://www.edinburgh.gov.uk/eligible2s)

# Parenting Programmes



Peep learning together sessions use stories, nursery rhymes, activity games and songs to create a fun learning environment for **parents and carers and their children 0-5yrs.**

Groups are facilitated by trained staff and are available in a range of settings throughout the city.

## Peep Babies parents and carers with babies 0-12 months

**Stenhouse Early Years Centre** Starts Jan  
4 week block of sessions as part of 11 week programme with  
Baby Massage and Weaning.  
For more information contact 443 1207

**Sighthill Early Years Centre** Starts Jan  
4 week block of sessions as part of 11 week programme with  
Baby Massage and Weaning.  
For more information contact 442 2018

**Ratho Community Centre**  
Wednesday 10.30-11.30am 17 Jan-7 Feb  
28 Feb-28 Mar  
Contact Ratho Primary nursery class 333 1293

**Gorgie Memorial Hall**  
Monday 10.00-11.00am 8 Jan-26 Mar  
Friday 10.00-11.15am 12 Jan-23 Mar  
Contact 337 3275

**Tynescastle Community Wing**  
Thursday 10.00-11.00am 18 Jan-22 Mar  
Thursday 11.15am-12.15pm 18 Jan-22 Mar  
Contact 337 3275

## Parenting Programmes – Peep continued

### Peep Ones – Fun to be One

Tynescastle Community Wing

Tuesday 10.00-11.00am 16 Jan-20 Mar

Tuesday 11.15am-12.15pm 16 Jan-20 Mar

Contact 337 3275

### Peep Twos

Ratho Community Centre

Wednesday 9.15-10.15am 17 Jan-7 Feb

28 Feb-28 Mar

Contact Ratho Primary nursery class 333 1293

### Peep Twos and Threes parents and carers with 2 and 3 year olds

Hailesland Early Years Centre

Wednesday 9.00-10.00am Start 24 January

Contact

### Peep 0-3s

Pentland Community Centre

Friday 9.15-10.30am 9 January–23 March

Contact 445 2871

### Peep Threes parents and carers with 3 year olds

Hailesland Early Years Centre

Wednesday 9.00-10.00am Start 24 January

### Peep pre schoolers parents and carers with 3 year olds

Juniper Green Primary School Nursery Class

Wednesday 2.15pm – 3.15pm Start 21 Feb – 28 March

Contact 0131 442 2121

## Parenting Programmes – Peep continued

### Peep pre- school with Peep Progression Pathway

**parents and carers with 4 year olds** and opportunity for adults to gain certification via the progression pathway

Clovenstone Primary School

Tuesday 1.45-2.45pm Start 16 January  
Contact Soozin 453 4561 or Rachel Cowe 453 4242

### Peep Fours

Longstone Primary School Start after Easter Holidays 2018  
Contact nursery for days, dates and times 443 4743

Some Specialist Peep groups run in venues around the city.

### Water Peep Twos and Threes

Craigroyston Community High School

Thursday 9.15-11.00am  
Contact Amy at Craigroyston Early Years Centre 332 3855

### ASL Peep for parents/carers whose children are

**undergoing or have a diagnosis of Autism.** This group aims to provide group support by incorporating play with a visual environment.

Granton Early Years Centre

Wednesday 9.00-10.00am  
Booking essential contact Kerry Gilmour on 552 4808

### Peep British Sign Language (BSL) Sing and Sign group for parents and carers with deaf children 0-5 years

Moffat Early Years Centre, Craigmillar

Wednesday 1.30-2.30pm 17 January  
To check if spaces are available contact ASL Service 469 2830

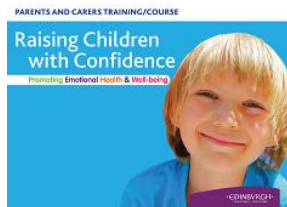
Further information about **Peep Learning Together** groups available from [Sue.cameron@edinburgh.gov.uk](mailto:Sue.cameron@edinburgh.gov.uk)

# Parenting Programmes

## Raising Children with Confidence

Suitable for **parents and carers of children aged 0-11yrs**

This 7 week course aims to give all parents and carers the chance to explore emotional health and wellbeing and consider how they can best promote it in themselves and their children. Drawing on the latest research, it helps explain why parents' actions make a difference to their children's emotional wellbeing and future positive mental health.



### **Dalry Primary School for dads and male carers**

Wednesday 1.00-3.00pm Introduction 7 February  
Course start 21 February

Contact Michaela Mason 337 6086

### **Gate 55**

Wednesday 12.30-2.30pm  
Contact Andrena 458 5095 or Maggie 453 4242

### **Juniper Green Primary School**

Tuesday 6.00-8.00pm Start January  
Contact Ingrid Donaldson 442 2121

### **Pentland Primary School**

Tuesday after school Start January  
Contact Derek Peach 445 1510



# Parenting Programmes

## Raising Teens with Confidence

This 6 week course is **for parents and carers of teens** aims to help adults understand how to support teenagers to navigate increasing independence; develop confidence, security and resilience; and promote and benefit from emotional wellbeing. Latest research around what helps support emotional wellbeing throughout life is used. Covers adolescent brain development, risk taking behaviour, importance of communication and the effects of stress.



## WHEC - Wester Hailes Education Centre

Tuesday 10.30am-12.30pm 23 April-28 May  
Contact Alan Stewart 442 2201 or Claire McCreary 458 5095

## Currie Community High School

Tuesday 6.00-8.00pm Start 20 Feb  
Contact Duncan McBride 449 2165

For other dates and venues see

[www.joininedinburgh.org/parenting-programmes/](http://www.joininedinburgh.org/parenting-programmes/)

# Parenting Programmes – Psychology of Parenting



Does your child hit and shout a lot?

Does your child argue with you all the time?

Is it hard for your child to make friends?

## 3-6 year old behaviour

We have **free courses** for parents and carers



THE EDINBURGH PARTNERSHIP

The Psychology of Parenting Project (PoPP) provides 2 positive parenting programmes for **parents and carers of 3-6 year olds**, [The Incredible Years](#) and [Triple P](#). The courses offer help to adults to strengthen their relationship with their child and encourage positive behaviour.

The courses look at effective techniques for dealing with common childhood behaviour problems. Strategies to manage behaviours such as aggressiveness, tantrums, shouting, answering back and refusing to follow rules are also explored.

Specially trained group leaders work with parents and carers on goals for themselves and their family. There is also 1:1 phone support.

Crèche is available and help with transport costs can be arranged.

### [The Incredible Years](#)

Groups of up to 10 parents and carers meet weekly for 14 sessions. Each session is 2 hours.

### [Triple P](#)

Lasts for 8 weeks. 5 weeks are in a group setting, for 2 hours, and 3 weeks are at home with telephone support from group leaders. Each group participant gets their own workbook.

# Parenting Programmes – Psychology of Parenting



## The Incredible Years

St Joseph's RC Primary School

Tuesday

9.15-11.15am

20 February

## Triple P

Gate 55

Wednesday

9.15-11.15am

24 January

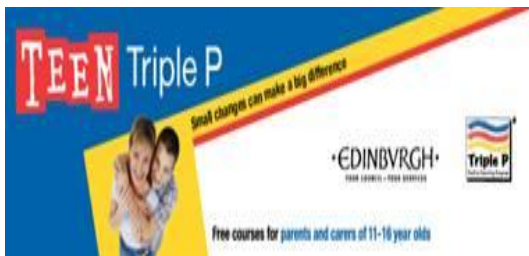
We are able to offer a limited number of places on Triple P for parents and carers of primary school aged children (6-11 years). Please contact us for details.

For more details please contact 07795 127954  
10.00am-3.00pm Monday to Friday or email  
[supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)

Online application form for both courses  
[www.edinburgh.gov.uk/parenting/parenting3to6](http://www.edinburgh.gov.uk/parenting/parenting3to6)

# Parenting Programmes

## Teen Triple P (Positive Parenting Programme)



This is a practical parenting programme which can help parents and carers cope positively with some of the common issues associated with raising a teenager. The group and individual sessions give the opportunity to explore ways to build a stronger relationship with your teenager, resolve conflict, manage problem behaviours and help your teen stay safe.

### Barnardos, Oxfangs

Friday

9.30-11.30am

Start 19 January

Start 13 October

Programmes run throughout Edinburgh for **parents, step parents and carers of teenagers 11-16yrs**, please find details of local groups on [www.joininedinburgh.org](http://www.joininedinburgh.org).

If you would like to apply for the next Teen Triple P group in South West Edinburgh or for a group in another city venue, please apply online [www.edinburgh.gov.uk/teentriplep](http://www.edinburgh.gov.uk/teentriplep)

For more information please contact Jillian Hart 07795 127954  
10.00am-3.00pm, Monday to Friday

Email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)

## Parenting information sessions and workshops

### Autism Spectrum Disorders (ASD)

**For parents and carers of children in Edinburgh Local Authority mainstream schools.** Parents can book to attend any of the sessions which are run by the ASL service, Speech and Language Therapists, Occupational Therapists and CAMHS. The sessions run in blocks for parents and carers of- Pre School, P1-3, P4-7, P1-7 and Secondary.

#### **Parents and Carers of Pre-school children, Tuesday evenings 6-8pm, 20 February- 27 March 2018, venue tbc**

Session 1: Introduction to ASD at the pre-school Stage 20 February

Session 2: Supporting sensory differences and skills of independence 27 February

Session 3: Supporting Communication 6 March

Session 4: Supporting positive behaviour 13 March

Session 5: Making the most of play 20 March

Session 6: Where next? Other sources of support 27 March

Please contact ASL service for more details 469 2850

[autisminfo@ea.edin.sch.uk](mailto:autisminfo@ea.edin.sch.uk)

### Conflict Resolution - Recognise, Reflect and Resolve

run by Cyrenians Scottish Centre for Conflict Resolution (SCCR).

These 2-session courses provide an opportunity **for parents and carers of pre-teens and teenagers** to reflect on what it's like for teenagers growing up and the potential triggers of conflict in families. Discussions will help look at different ways to resolve conflict and improve family relationships in different situations.

**West Pilton Neighbourhood Centre, 8 West Pilton Gardens, Edinburgh, EH4 4DP**

Tuesday 6.30-8.30pm 20 and 27 Feb

Contact [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk) or call 07860 736129.

[www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)

## Parenting information sessions and workshops continued

### Speech and language drop in

#### Gate 55

For parents and carers with children 0-5 years. Are you worried about your child's talking or listening? Meet someone from the Speech and language team to discuss your concerns.

3<sup>rd</sup> Thursday of the month 9:15-11:00am

[www.lets-talk.scot.nhs.uk](http://www.lets-talk.scot.nhs.uk)



### Support and Information Sessions on Young People's Emotional Wellbeing and Mental Health Issues

#### **For parents and carers of pre-teens or teenagers**

Informal sessions for those who are concerned about their children's emotional wellbeing or mental health. Planned and delivered with the support of CAMHS and other relevant organisations, each month has a different focus such as anxiety, managing stress, depression, low mood, self-harm, etc. Provides opportunity to meet other families along with supportive professionals in a safe relaxed environment.

For information and dates contact Jillian Hart

07860 736129 email [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk)

## Parenting information sessions and workshops continued

### Parenting Apart Information Sessions

Splitting up, living apart, divorcing or separating?

Do you want to know how to help your children through it all?

A session is an opportunity to learn how you and your children can move forward positively. You will gain insight into what you and your family are going through and how to handle the transition to living apart in a way that's best for everyone.

Sessions generally last 3 hours.

They are for groups of mums and dads, and may also be available on a 1:1 basis in some areas. You and your child's other parent would go to different sessions. The facilitators are experienced family support professionals who will explain what your children need from you and their other parent.

Contact 226 4507 email [info@familymediationlothian.org](mailto:info@familymediationlothian.org)

## Parent and Child Activities

### Baby Massage

Classes usually run in 4-5 week blocks. The sessions are suitable for **parents and carers with babies from birth until they are crawling**. Baby Massage can strengthen the bond between parent and child. Massage may help relieve the pain and discomfort babies feel during teething, colic and digestive problems and releases tension in their muscles to improve sleep patterns. Classes must be booked in advance.

### Tynecastle Community Wing

**run by Homestart IAIM practitioners, for parents with their 6 weeks to 6 months old babies**

Tuesday 3.00-4.30pm

Contact 0131 446 7028 [help@hsew.org.uk](mailto:help@hsew.org.uk)

### Hailesland Early Years Centre

**For families who attend our centre.** Classes to be confirmed.  
For more information contact on 442 2163.

### Sighthill Early Years Centre

**For families who attend our centre.** 4 week block of sessions as part of an 11 week programme with Peep Babies and Weaning.  
Contact 442 2018 to book

### Stenhouse Early Years Centre

**For families who attend our centre.** 4 week block of sessions as part of an 11 week programme with Baby Peep and Weaning.  
Contact 443 120

### Ratho Primary School Nursery Class

Contact 333 1293 for details



## Parent and Child Activities continued

### Big Hearts Kinship Care After School Club

**for the whole family to attend.** Activities for both kids and carers. A family meal is provided.

Gorgie Suite at Tynecastle Park, Macleod Street

Tuesday 4:30-6:30pm

Contact [kinship@bighearts.org.uk](mailto:kinship@bighearts.org.uk)

### Brilliant Bairns

**for parent and carers with nursery aged children**

Oxgangs Neighbourhood Centre

Tuesday 10.00am-12.00pm (morning group) lunch is provided.

Tuesday 12.30-2.30pm (afternoon group)

Booking essential. Contact 466 0678

### Buggy Gym

Gate 55, 55 Sighthill Road, EH11 4PB

**run by Broomhouse Health Strategy for parents and carers with babies in a buggy.**

Active health and wellbeing post-natal physical activity.

Come along any week to join in. Pre-school aged children can accompany their parent or carer if they also bring their toy buggy.

Tuesday 9.30-10.30am (we also welcome pregnant women)

Thursday 9.30-10.30am

For more information please contact 467 7678 or email

[info@healthstrategygroup.org.uk](mailto:info@healthstrategygroup.org.uk)

### Dads Rock

WHALE Arts Centre

Saturday 10.00am -11.30am

**For dads/male carers and children.** Main focus is play, healthy snack and finish with a song. We also have outings throughout the year check our social media pages for regular updates.

[www.dadsrock.org.uk](http://www.dadsrock.org.uk)

## Parent and Child Activities continued

[Expecting Something](#) run by Starcatchers for **new and young parents under 25 with their babies**. Spend time with your babies, share a free lunch and engage in fun and creative activities in a relaxed and friendly environment. Free including a healthy lunch.

WHALE Arts, Wester Hailes

Thursday 10.30am-12.30pm

Contact Natasha [natasha.mclaughlin@starcatchers.org.uk](mailto:natasha.mclaughlin@starcatchers.org.uk) or via Facebook "Expecting Something in Wester Hailes".

### Family Activity Club

Clovenstone Community Centre

Fun art activities and games **for all the family**, come along and join us, everyone welcome.

Wednesday 6.00-8.00pm

Contact 453 4561

### Hullabaloo

Ratho Community Centre

Music group **for parents and carers and pre nursery children**

Monday 11.00am-12.00pm

Contact 333 1055

## Parent and Child Activities continued

### Bookbug Sessions

Free song, story and rhyme sessions for children **0-4yrs** with their parents/carers. There are regular Bookbug sessions in most city libraries and some community venues. Some libraries also run Polish and Gaelic sessions.

#### Balerno Library

Wednesday 1.30-2.00pm

#### Balgreen Library

Saturday 10.30-11.00am

#### Colinton Library

Tuesday 2.15pm - 2.45pm

Friday and Saturday 10.30-11.00am

#### Currie Library

Thursday and Fridays 10.30-11.00am

#### Fountainbridge Library

Thursday and Saturday 10.30-11.00am

#### Oxgangs Library

Tuesday, Friday and Saturday 10.30-11.00am

#### Ratho Library

Thursday 10.30-11.00am

#### Sighthill Library

Friday 10.45-11.15am

#### Wester Hailes Library

Tuesday 10.30-11.00am

Polish Rhymnetime

1<sup>st</sup> Friday of the month 10.30-11.00am

## Parent and Child Activities continued

### Tiger Tales

Stories and craft for 4 – 8 years and families.  
Please ask at your local Library.

### Balerno Library

Tuesday 10.30-11.00am

### Balgreen Library

Friday 2.00–2.30pm

### Colinton Library

First Saturday Month 11.15-11.45am

### Currie Library

Saturday 11.00-11.30am

### Fountainbridge Lib

Wednesday 3.30-4.15pm

### Oxgangs Lbrary

Wednesday 3.30-4.15pm

Fortnightly - Saturday 2.30-3.15pm

### Sighthill Library

Fortnightly - Friday 2.30–3.00pm

### Ratho Library

Thursday 3.30-4.00pm

Find out what's on at your local Library [www.edinburgh.gov.uk](http://www.edinburgh.gov.uk)

## Dads, fathers and male carers

### Dads Rock

WHALE Arts Centre

Saturday 10.00-11.30am

**For dads/male carers and children**, main focus is play, healthy snack and finish with a song. We also have outings throughout the year check our social media pages for regular updates. [www.dadsrock.org.uk](http://www.dadsrock.org.uk)

Good point! Yes, parent and toddler group, run by 6VT (Edinburgh Youth Café) [http://www.6vt.info/Specialist groups](http://www.6vt.info/Specialist%20groups)



### Dads2be - antenatal classes for dads

**Free classes, open to all dads to be.** Run in collaboration with NHS Lothian, a midwife will facilitate the classes along with Dads Rock. All you need to know about bringing up baby!

Wester Hailes Healthy Living Centre

Tuesday 6.30pm 4-weekly blocks

16 Jan-6 Feb / 27 Feb-20 March / 10 April-1 May /

22 May-12 June / 3 July-24 July / 14 Aug- 4 Sept

For more information or to book a place contact Thomas

[thomas@dadsrock.org.uk](mailto:thomas@dadsrock.org.uk) or call 07807 498709

### Dads' Club

A weekly chance for **single/contact fathers and their young children (up to age 8)** to get out and have fun with other dads and kids. Some live apart from their kids, but have regular contact, while other dads have their children full time. We meet each Saturday morning; do a range of child oriented things such as swimming, crafts, Bookbug, forest walks, and learning about all the free and cheap things there are to do in the Edinburgh area with wee ones.

Contact 664 1202 07796 212498

## Dads, fathers and male carers continued

### Edinburgh Lone Fathers

A new charity run by dads offering free or low cost and fun activities for single and contact fathers and their children in Edinburgh. Outings to parks, soft play centres, swimming, the beach and lots more places in and around Edinburgh, strengthening bonds and developing relationships between dads and their children.

For more information see [www.facebook.com/lonefathers2016](http://www.facebook.com/lonefathers2016)  
call 0131 258 9507 or email  
[kevinedinburghlone.fathers@yahoo.com](mailto:kevinedinburghlone.fathers@yahoo.com)

### Families Need Fathers

A chance for fathers, grandfathers or new partners to get together to obtain information and explore options about contact issues following separation.

10 Palmerston Place, Haymarket, Edinburgh, EH12 5AU.  
Monday (1st of the month) 7.00-9.00pm  
Contact Ian Maxwell 557 2440 or [info@fnfscotland.org](mailto:info@fnfscotland.org)  
[www.fnfscotland.squarespace.com](http://www.fnfscotland.squarespace.com)

## Special Interest Parents and Carers Groups

### Juno Perinatal Mental Health Support

A peer support group run by mums who are suffering or have suffered PND. Groups provide a relaxed place for people to chat and gain advice and support. There is no pressure to talk at the group parents can just come along and listen to others if that's how they feel. Parents are welcome to drop in or there is an opportunity to meet up with a member before hand or have a chat over the phone to help people feel more comfortable about attending. For more information see the website

[www.juno.uk.com](http://www.juno.uk.com)

### Sighthill Group, Gate 55

Tuesday 9.30-11.00am (term time)

Open to both adults and children.

[juno.longstone@gmail.com](mailto:juno.longstone@gmail.com)

### Craiglockhart Group, SANDS Lothian

1<sup>st</sup> and 3<sup>rd</sup> Thursday each month 7:30-9.00pm.

Open to adults.

[juno.craiglockhart@gmail.com](mailto:juno.craiglockhart@gmail.com)

### Gilmerton Community Centre

Friday 10.00-11.30am (term time)

Open to both adults and children.

[juno.southedinburgh@gmail.com](mailto:juno.southedinburgh@gmail.com)

### North Group

Lifecare Centre Stockbridge 2 Cheyne Street EH4 1JB

Monday 7.30-9.00pm

Open to parents and babes in arms

## Special Interest Parents and Carers Groups

### People First Parents Group

This self-advocacy group for parents with learning difficulties allows parents to come together to support each other, talk about being a parent, have a say in the support you receive and help to improve the support available for parents with learning difficulties

Norton Park Centre, 57 Albion Road EH7 5QY

One Thursday per month, 10.30am- 12.30pm

Contact Jane Lewis on 478 7707 or 078011 38265

### Kinship Carers Group

Meet other Kinship Carers, chat and share, workshops from the Kinship Care Team

withKids, 1 Hailesland Road

Wednesday 9.30-10.30am

Contact Emile Vanloo on 07539 957715 or 453 6937

### Young Mums Group (parents 16yrs – 25yrs)

Gate 55

Meet with other parents and join in activities including cooking, exercise classes, speakers and outings. Free lunch and crèche  
Check if spaces are available first. Contact Claire 458 5095

### New Arrivals and International Parent Group

A welcoming international parents group for pregnant women and families with young children (partners, infants, toddlers and older siblings welcome). Support, information and resources around pregnancy and parenting. Sessions are free, donation for refreshments welcome.

Fridays 10am-12pm, Granton Hub, Granton Park Avenue, Edinburgh, EH5 1HS

For more information please contact Pavi:

[passion.earth2012@gmail.com](mailto:passion.earth2012@gmail.com) Tel: 07809 365827



# **Baby Support and Advice**

## Well Baby Drop-in Clinic

### Colinton Mains Parish Church

Thursday 1.00pm-2.30pm

Contact:

Oxgangs Path Health Visiting Team 445 3093

Firrhill Medical Centre Health Visiting Team 441 9361

### Pentlands Medical Centre

Tuesday 1.30-3.30pm

Contact Pentlands Health Visiting Team 453 9361

### Tynecastle Community Wing

Thursday 1.30-2.30pm

Contact Health Visiting Team 537 7451

### Sighthill Health Centre

Thursday 10.00am-12.00pm

Contact Sighthill Health Visiting Team 537 7164

### Springwell Medical Centre

Thursday 1.30-2.30pm

Contact Health Visiting Team 537 7451

### Slateford Medical Practice

Tuesday 10.00-11.30am

Contact Health Visiting Team 455 9842

### Wester Hailes Healthy Living Centre

Thursday 10.30-11.30am

Contact Wester Hailes Health Visiting Team 453 9357

### Whinpark Health Centre

Monday 9.30-11.00am

Contact Whinpark Health Visiting Team 445 5299

## **Baby Support and Advice continued**

### Feeding your Baby - breastfeeding support

Best Buddies local support for breastfeeding parents  
Contact Infant Feeding Advisers 537 4262

### Breastfeeding Helplines

National Breastfeeding 0300 330 0771  
Breastfeeding Network 0300 100 0210

### Breastfeeding Cafe

#### Tynescastle Community Wing

Wednesday 2.00-3.30pm  
Contact Springwell Health visiting Team 537 7451

#### Oxgangs Library

Wednesday 1.30-2.30pm  
Contact Oxgangs Path Health Visiting Team 445 3093

### Stress Control

Don't feel you have to just go on struggling with yourself! Learn proven techniques to manage stress and improve sleep. This series of 6 free classes is for people who recognise the signs of stress such as worry, tiredness, poor sleep, feeling worthless, panic attacks, feeling on edge, being tearful, feeling irritable, in themselves or someone close to them. All classes are delivered by NHS staff and are open to adults of all ages. The classes are delivered in a lecture format so participants will not be asked to speak in front of a group. For more information or to book your place contact: Health in Mind on 0131 225 8508 between 10am-4pm or email [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

## Parent and baby/toddler groups

A chance to meet other parents and carers and have fun with your child. Groups are usually run by parent committees and may have a small charge.

### Carrickvale Community Centre parent and toddler group

Monday, Tuesday, Thursday, Friday 9.30-11.30am

Contact 443 6971

### Currie Baptist Church parent and toddler group

Monday and Wednesday 10.00-11.30am

### Gorgie Memorial Hall parent and toddler group

#### **for parents and carers with under 5s**

Monday 10.00am-12.00pm

Tuesday, Wednesday 10.00am-2.30pm

Thursday 9.30am-12.00pm

### MOPS (Mothers of pre-schoolers)

#### The Bridge Community Cafe

Holy Trinity Church, Wester Hailes

Monday 9.15-11.15am (fortnightly)

Contact Colleen 07951 079270

[www.holytrinitywesterhailes.org.uk/mopsHappy Faces](http://www.holytrinitywesterhailes.org.uk/mopsHappyFaces)

### Munchkins

#### Wester Hailes Baptist Church

Monday 9.30-11.00am fortnightly

Contact Susan 453 2107

[www.munchkinsfamilycare.com](http://www.munchkinsfamilycare.com)

### St Martins Episcopal Church Dalry Road parent and toddler group

Monday 10.00-11.30am

## Parent and baby/toddler groups continued

### Colinton Village Church

Tuesday 9.30-11.30am  
Contact 441 2232

### Polwarth Church parent and toddler group

Tuesday 9.00-11.00am  
Thursday 2.30-4.30pm  
Contact 346 2711

### Parent and Toddler group Juniper Green Parish Church

Tuesday 10.00-11.30am  
Email [jgpc@supanet.com](mailto:jgpc@supanet.com)

### Ratho Community Centre under threes group

Tuesday 10.00am-12.00pm  
Contact 333 1055

### Salvation Army Gorgie Road parent and toddler group

Tuesday 10.00-11.30am

### St Bride's Centre Parent and Toddler group

Tuesday and Friday 9.30-11.30am  
Contact 346 1405

### St Mungo's Church Balerno parent and toddler group

Tuesday and Wednesday 10.00-11.30am  
Contact [kate.yates@stmungos.org](mailto:kate.yates@stmungos.org)

### St Nicholas Church, Sighthill Loan parent and toddler group

Tuesday and Friday 9.30am -11.30am

### Terrace Tots 6VT, 11-15 Vennel, EH1 2HU

**for parents under 24 years and their children.**

Young people under 24 and expecting a child are also welcome.  
Tuesday 10:30am-1:00pm Contact 229 1797

## Parent and baby/toddler groups continued

### Clovenstone Community Centre parent and toddler group

Wednesday and Thursday 12.00-2.00pm

Contact 453 4561

### Balerno Parish Church parent and toddler group

Thursday 9.00-11.30am

Contact Jennifer 449 7245 [balerno.toddlers@gmail.com](mailto:balerno.toddlers@gmail.com)

### Feniks Polish Toddler Group

McDonald Road Library, 2-4 McDonald Road, Leith, EH7 4LU

**Free for parents, grandparents and children under 2 years.**

Talk and exchange parenting experience in a friendly atmosphere, have a chance to talk to professionals, exchange tasty and healthy recipes for babies and families, visit family friendly places in Edinburgh.

Friday 11.30am-2.00pm

Email [info@fenicks.co.uk](mailto:info@fenicks.co.uk) Call 07510 122425

### Parent and Toddler group Gibson Craig Church Hall, Currie

Friday 9.30-11.00am

### Oxgangs Neighbourhood Centre

Toddleriffic for parents and carers with children 0-3 years

Mondays 10.00am-12.00pm (snack provided)

Brilliant Bairns for parents and carers with nursery aged children

Tuesday 10.00am-12.00pm (morning group) lunch is provided.

Tuesday 12.30pm -2.30pm (afternoon group)

Places for both groups must be booked. Contact 466 0678.

# Playgroups

## Balgreen Playgroup

313 5097

[balgreenplaygroupedinburgh@gmail.com](mailto:balgreenplaygroupedinburgh@gmail.com)

## Compass Playgroup

Dean Park Primary School

[info@compassplaygroup.com](mailto:info@compassplaygroup.com)

## Currie Playgroup

Kirkgate

[info@currieplaygroup.co.uk](mailto:info@currieplaygroup.co.uk)

## Dreghorn Preschool Group

Dreghorn Gardens

[preschooleredin@hotmail.co.uk](mailto:preschooleredin@hotmail.co.uk)

## Gaelic playgroups

Leith Community Centre

Tolcross Community Centre

Taobh Na Pairce, Bonnington Road

[Norma.martin@edinburgh.gov.uk](mailto:Norma.martin@edinburgh.gov.uk)

[www.gaelicplaygroup.com](http://www.gaelicplaygroup.com)

## Juniper Green Playgroup

Juniper Green Community Centre

[junipergreenplaygroup@hotmail.co.uk](mailto:junipergreenplaygroup@hotmail.co.uk)

## Riccarton Playgroup

Curie Hill Road

[riccartonplaygroup59@gmail.com](mailto:riccartonplaygroup59@gmail.com)

## Stableroom Playgroup

Colinton Parish Church

[stableroom@hotmail.com](mailto:stableroom@hotmail.com)

## Family Support Organisations

### Broomhouse Health Strategy Group Fruit & Veg Shop

1 Broomhouse Market, EH11 3UU



We have milk, fruit and veg, and great value soup and meal bags with recipes and lots more. Come in to see us and we can give you a leaflet about our activities and tell you more about our **volunteering** opportunities Monday to Friday 9.00am-12.30pm

### CEDAR

This is an established successful therapeutic 12-week group work programme for children, young people and their mothers in recovery from domestic abuse. The groups provide an opportunity to explore the experiences, understanding and feelings with an emphasis on providing fun and creative activities. Groups create a safe place for children and their mothers to help each other to find the best strategies to deal with their experiences and rebuild their lives. A key aim of the programme is to help mothers to support their children in their recovery. Contact Amanda Vickery 315 8116 (Women's Aid Children and Young People Service)



### Children 1st

Provide support and advice to families in Edinburgh **with children aged 0-5 years or aged 0-11 when families are experiencing issues around housing.**



We work together with parents/carers at home and in the community to promote strengths, support the development of positive parenting strategies and family relationships. Our Family Support volunteers can also provide offer a range of befriending/mentoring supports for children, young people and their family members. We offer a range of approaches to help families such as positive behaviour management, parenting skills, Video Interaction Guidance (ViG) and therapeutic child. Contact 466 3966

## Family Support Organisations continued

### CrossReach Postnatal Depression Services

**CROSSREACH**  
providing a caring future

Palmerston Place PND Centre, 8A Palmerston Place

We offer counselling and support to families experiencing postnatal depression. Free crèche.

Monday -Thursday 9.20am-3.40pm.

Contact 220 3547

Dads Rock Free counselling for parents.

For details contact Thomas 07542 074 1565 or email [thomas@dadsrock.org.uk](mailto:thomas@dadsrock.org.uk)



First Hand Family Support Service We provide flexible home based visiting support to families with a child/children from birth to 16 years. Our service is for families who have a child /children with a disability; families and lone parents where there are no other supports in place; families who are isolated within their community. We match family's individual needs with an experienced worker or volunteer and work with the child/children within the family home enabling the parent /carer a sometime each week to do something for them on a regular basis.

Contact 523 1322 or email [infor@firsthand-lothian.org.uk](mailto:infor@firsthand-lothian.org.uk)



## Family Support Organisations continued

### Get Going

Get Going is a family healthy lifestyle programme run by NHS Lothian **to help support parents and carers** to encourage their child to be active, eat well and work towards a healthy weight. The 8 week programme is delivered in community venues and leisure facilities by Healthy Lifestyle coaches with the emphasis on fun and feeling good. Suitable for children aged 5-17 years who may be overweight and their parents and carers

For more information go to

[www.nhslothian.scot.nhs.uk/getgoing/](http://www.nhslothian.scot.nhs.uk/getgoing/) 537 9209,  
[get.going@nhslothian.scot.nhs.uk](mailto:get.going@nhslothian.scot.nhs.uk)



### Health All Round

Supporting our local community to live healthier, happier lives. Services include: Counselling; CBT; Anxiety Management; Wellbeing Workshops; Healthy Eating & Weight Management; Walking/ Physical Activity Groups; Parenting Skills; Hypnotherapy; Thrive 1:1 Confidence Building; Art Group; Writing Group.

For more details visit [www.healthallround.org.uk](http://www.healthallround.org.uk)

Register with us on Monday 10.00am-12.00pm, Wednesday 10.00am-2.00pm, Thursday 12.00-2.00pm



The Health Agency is a community led organisation delivering health and well being services for people living in SW Edinburgh. We take a holistic approach, offering mental health support, complimentary therapies, physical activities, substance misuse services and a range of groups. If you want a healthier lifestyle, are feeling low in spirit or would enjoy meeting local people.

Please call us for more information on 453 9400 or email

[info@whhealthagency.co.uk](mailto:info@whhealthagency.co.uk) [www.whhealthagency.co.uk](http://www.whhealthagency.co.uk)



## Family Support Organisations continued

### Home- Start West and Southwest

We understand that being a parent isn't easy and many parents need some support in the early years. We offer families with a child under 5, a range of services including flexible home visiting support, Peep groups, baby massage, bookbug and a programme of themed events and workshops including child safety, healthy eating and early literacy. For more information contact Home-Start on 0131 347 2881 or email [help@hsew.org.uk](mailto:help@hsew.org.uk)  
[www.facebook.com/HomeStartEdinburghWestSouthWest](https://www.facebook.com/HomeStartEdinburghWestSouthWest)



### Home Link Family Support

is a home visiting support service for families who have at least one child under five or are expecting a baby and are experiencing some form of difficulty. We can support families who live in Edinburgh.

In addition to regular support, we train our family volunteers to support families with Play@Home. Also, Peep@Home. is delivered by our volunteers for one hour a week in your home at a time that suits you best.

You can access these services by contacting Paula Swanston 0131 661 0890 17 [www.homelinkfamilysupport.org.uk](http://www.homelinkfamilysupport.org.uk)



### Home Link Ante-natal Support Service

Are you expecting a baby? Would you like some support to help give your baby the best possible start in life?

We offer up to 3 hours support a week, in your home, from around 12 weeks into pregnancy until your baby is 12 months old. Support can include: preparing for baby's arrival, support to attend appointments/groups, delivery of baby /antenatal Peep. Contact Helen Gault, Ante-natal Co-ordinator 0131 661 0890 [helen.g@homelinkfamilysupport.org](mailto:helen.g@homelinkfamilysupport.org)

## Family Support Organisations continued

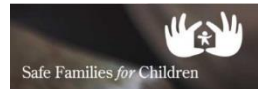
### Mentor Scotland - Supporting Kinship Care families



Provides individual support, information, advice and peer group opportunities **for kinship carers and the young people they care for.** [www.mentor.org.uk](http://www.mentor.org.uk)

Contact 334 8512 [admin-scotland@mentoruk.org](mailto:admin-scotland@mentoruk.org)

Safe Families for Children is all about caring for parents and carers going through a hard time. Volunteers from local churches can help with be-friending, mentoring and supporting parents and carers through times of crisis, thus helping families get back on their feet. We can also offer short breaks by caring for children to give parents some space to deal with pressing issues including overnight hosting. Other volunteers can help with practical tasks. **Our service is for families with children aged 0-12 years.** For more information contact 0131 603 8430.



### Speech Language Communication Company

Free confidential advice and support **for parents and carers around their child or teenagers' communication, speech and understanding.**



Contact Judith Woodward, Family Support Worker

[families@s-l-co.uk](mailto:families@s-l-co.uk) 07507 535857

Helpline 01382 250060

withKids work with children and families to provide individual, social and practical support. Our service is designed to help **children and families having trouble develop resilience.**



Working within schools and nurseries and throughout the community, we offer family support as well as practical and emotional help.

Contact 453 6937 [www.withkids.org.uk](http://www.withkids.org.uk)

## Family Support Organisations continued

### The Yard Early Years' Service

Activity based play sessions for parents and carers of children 0-5 years with additional support needs. A themed programme of sessions is planned for 0-2s and 3-5s around dynamic outdoor play, music and movement, sensory play, communication and language and arts and crafts. Membership of the Yard is required at £5 per month. [www.theyardscotland.org.uk/earlyyears](http://www.theyardscotland.org.uk/earlyyears)



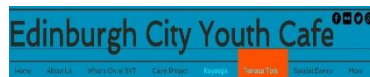
Mondays	Music and Movement	
	0-2yrs	10.00-10.45am
	3-5yrs	11.00-11.45am
	Activity based play	
	3-5yrs	12.30-2.00pm
Tuesdays	Activity based play	
	0-2yrs	10.00-11.30am
	3-5yrs	2.30-4.00pm
	Drop in Club	
	0-5 yrs and siblings	12.00-2.00pm,
Thursdays	Activity based play	
	0-2yr	1.00-2.30pm

Contact Danielle 476 4506 [earlyyears@theyardscotland.org.uk](mailto:earlyyears@theyardscotland.org.uk)

### 6VT's Terrace Tots 11-15 Vennel, EH1 2HU

Tuesday 10.30am – 1.00pm

**Babies, toddlers & parents under 24 years** are welcome as well as young parents expecting a baby. There is no entry cost and you will get the chance to meet other young parents and share experiences or try out some new activities for you and your children such as baby massage, cooking with kids, baby first aid, outings etc. Lunch is provided. Contact 0131 222 1797



## Family Support Organisations continued

### Children and Families Social Work

Social Care Direct	0131 200 2327
Out of Hours	0800 731 6969

### Domestic Abuse

Edinburgh Women's Aid	0131 315 8100
Domestic Abuse Freephone 24hr Helpline	0800 027 1234
Shakti Women's Aid	0131 475 2399
Safer Families	0131 469 5325

### Helplines

Parentline Free, confidential advice & support	08000 28 22 33
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Spark Relationship Helpline	
Accessible telephone relationship counselling	08088 02 20 88

Home Fire Safety checks (free)	08000 73 19 99
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Childcare information, including a list of childminders <a href="http://www.scottishfamilies.gov.uk">www.scottishfamilies.gov.uk</a>	0800 032 0323
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### Websites

Family information [www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)  
[www.netmums.co.uk](http://www.netmums.co.uk)

Activities and groups for all ages, including children  
[www.joininedinburgh.org](http://www.joininedinburgh.org) or [www.youedinburgh.info](http://www.youedinburgh.info)

Speech and Language development  
[www.earlycommunication.scot.nhs.uk](http://www.earlycommunication.scot.nhs.uk)

Translated information about health and health services in  
Scotland [www.healthinmylanguage.com](http://www.healthinmylanguage.com)

# Notes

# Notes

## Contact details

If you are running a Programme, Activity or Group for parents and carers in South West Edinburgh and would like to see included in this leaflet, or if information needs to be amended contact:

Helen Purves–South West

☎ 458 5095 / 07717 317665

✉ [Helen.purves@ea.edin.sch.uk](mailto:Helen.purves@ea.edin.sch.uk)

For information in other areas of Edinburgh, contact the local Parent and Carer Support, Development Officer:

South East - Helena Reid

☎ 672 2629 / 07795 127954

✉ [Helena.reid@ea.edin.sch.uk](mailto:Helena.reid@ea.edin.sch.uk)

North West - Sue Cameron

✉ [Sue.cameron@edinburgh.gov.uk](mailto:Sue.cameron@edinburgh.gov.uk)

North East - Jillian Hart

☎ 07860 736129

✉ [Jillian.hart@edinburgh.gov.uk](mailto:Jillian.hart@edinburgh.gov.uk)

All our booklets are downloadable from [www.edinburgh.gov.uk/pacs](http://www.edinburgh.gov.uk/pacs)



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