

Programmes, Activities and Groups for Parents and Carers In

North East Edinburgh:
Leith
Craigentinny & Duddingston
Portobello & Craigmillar

January – July 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. To find out if your two year old qualifies for a place, and to apply please go to:

www.edinburgh.gov.uk/eligible2s

The following establishments in North East offer this service

Craigtinny Early Years Centre	661 8593
Craigmillar Early Years Centre	661 3126
Fort Early Years Centre	554 4077
Greendykes Early Years Centre	661 3109
Leith Walk Primary Nursery	556 3873

Parenting Programmes



Peep Learning Together Programme is a universal parenting programme for **parents/carers of 0-5 year olds**. The programme supports parents and carers to value and build on the home learning environment by making the most of everyday learning opportunities - listening, talking, playing, singing, sharing books and stories together. Groups are facilitated by trained staff and are delivered in nurseries, primary schools and community settings. For details of all **Peep Learning Together** groups please email sue.cameron@edinburgh.gov.uk

Baby Peep parents/carers and babies approx 0-1yr

Christadelphian Church, 4 Gayfield Place, EH7 4AB,
Wednesdays, 10-11am, **suitable for babies 0-16months**.

For more information or to check if spaces are available contact Jan McHaffie on 07989 361033

Baby Peep parents/carers and babies 0-1yr cont.

Baby Peep and Baby Massage (Birth to crawling)

Greendykes Early Years Centre, Thursdays 10-11am (term time starting 18th January 2018)

For more information or to check if spaces are available contact Jacqui Evans at Greendykes Early Years Centre on 661 3109

Baby Ones parents/carers and babies 1-2yrs

Greendykes Early Years Centre, Thursdays 1-2pm (term time starting 18th January 2018)

For more information or to check if spaces are available contact Jacqui Evans at Greendykes Early Years Centre on 661 3109

Peep for toddlers parents/carers and children approx 15months -3yrs

Christadelphian Church, 4 Gayfield Place, EH7 4AB, Wednesdays, 11am-12pm.

For more information or to check if spaces are available contact Jan McHaffie on 07989 361033

Peep BSL British Sign Language group for deaf children (Sing and Sign group for parents and children 0-5yrs)

Moffat Early Years Campus Wednesday, 1.30-2.30pm, starts 17th January 2018

For more information or to check if a space available please contact 0131 469 2830 or Moffat Early Years Campus on 0131 661 1401

ASL Peep specifically for parents/carers whose children are undergoing or have a diagnosis of Autism or other additional support needs. It aims to provide group support by incorporating play within a visual environment.

Granton Early Years Centre, 9a Pilton Drive North, EH12 5JB

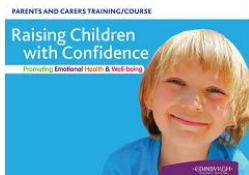
Wednesdays, 9.00-10.00am (term-time), restarting October

For more information or to check if spaces are available contact Kerry Gilmour at Granton Early Years Centre on 0131 552 4808

Peep threes/fours parents/carers and children 3-4yrs

Castleview Primary School, Tuesdays 1.45-2.45pm, 16th January-27th February 2018. Priority given to Castleview Nursery/ Primary parents.

For more information or to check if spaces are available contact Miss Barrie on 0131 661 6429



Raising Children with Confidence

This is a 7 week course which aims to give all parents/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. This programme is suitable for **parents/carers of children aged 0-11yrs.**

www.growingconfidence.org Courses are held all year round throughout the city in primary schools and community venues. To find out about the next course in North East Edinburgh visit www.joininedinburgh.org or contact admin@growingconfidence.org

Dr Bells Family Centre, 15 Junction Place, Leith, EH6 5JA,
Starting Thursday the 18th of January 9.30-11.30am, creche spaces available

For more information or to book a place contact 0131 669 9083 or 0131 621 2621



Raising Teens with Confidence

This 6 week course is for parents and carers of teens.

It aims to help adults understand how they can best support their teenage children to navigate increasing independence; develop confidence, security and resilience; and promote and benefit from emotional wellbeing.

The latest research around what helps support emotional wellbeing throughout life is used. This includes adolescent brain development, risk taking behaviour, importance of communication and the effects of stress.

This provides an opportunity to explore with other parents how the teenage years can be a time for the whole family to *'thrive rather than just survive'* (Siegel 2014)!

Courses run in some Edinburgh Secondary schools. For more information visit www.growingconfidence.org or to find out about the next course in North East Edinburgh visit

www.joininedinburgh.org or contact admin@growingconfidence.org

Raising Teens with Confidence (for parents/carers who care for a young person with emotional wellbeing or Mental Health difficulties)

Goodtrees Neighbourhood Centre, 9.15-11.15am, Friday 9th February- 23rd March 2018 (excluding school holidays)

Contact jillian.hart@edinburgh.gov.uk Tel: 07860 736129

Raising Teens with Confidence (for parents/carers from a black or ethnic minority community)

Fort Community Centre, 6.30-8.30pm, Wednesday 21st

February- 28th March 2018 Contact anne.spiers@mcfb.org.uk

Tel: 0131 467 7052



[The Psychology of Parenting Project \(Popp\)](#) provides two positive parenting programmes for **parents/carers of 3-6 year olds**. 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/carers on goals for themselves and their family. There is also 1:1 phone support. There are crèche places and help with transport costs can be arranged. Apply online at www.edinburgh.gov.uk/parenting3to6, contact the Parent and Carer Support Team on supportingparentsandcarers@edinburgh.gov.uk or phone 07795 127954, between 10am and 3pm, Monday to Friday



[Popp -The Incredible Years \(for parents/carers of 3-6 year olds\)](#)

This 14 week Incredible Years programme is available in venues across the city at the following venues

[Goodtrees Neighbourhood Centre](#)

5 Moredunvale Place, Edinburgh EH17 7LB

Starts Thursday the 25th of January 12.30 -2.30pm

[St. Joseph's Primary School](#)

2 Broomhouse Crescent Edinburgh EH11 3TD

Starts Tuesday the 20th of February 9.15-11.15am

Apply online at www.edinburgh.gov.uk/parenting3to6, contact helena.reid@ea.edin.sch.uk or phone 07795 127954, between 10am and 3pm, Monday to Friday. For other Incredible Years courses across the city go to www.joininedinburgh.org/parenting-programmes/incredible-years/



Popp-Triple P (for parents/carers of 3-6 year olds)

This 9 week Triple P programme is available in venues across the city.

Dr.Bells Family Centre

15 Junction Place, Edinburgh EH6 5JA
Starts Wednesday 31st January – 9.15am -11.15am

Gate55

55 Sighthill Road Edinburgh EH11 4PB
Starts Wednesday 24th of January – 9.15-11.15am

Apply online at www.edinburgh.gov.uk/parenting/parenting3to4 , contact helena.reid@ea.edin.sch.uk or phone 07795 127954, between 10am and 3pm, Monday to Friday. For other Triple P courses across the city go to www.joininedinburgh.org/parenting-programmes/triple-p/

Triple P Primary Group (for parents/carers of 6-10yrs)

This 9 week Triple P programme is for parents and carers of 6-10year olds across the city. Transport and crèche available.

Royal Mile Primary School (Primary School Group 6-10 years)

86 Canongate Edinburgh, EH8 8BZ, Starts Thursday 25th of January 9.15-11.15am. Contact helena.reid@ea.edin.sch.uk or phone 07795 127954, 10am- 3pm, Monday to Friday.



Teen Triple P (Positive Parenting Programme)

This is a practical parenting programme which can help parents/carers cope positively with some of the common issues associated with raising a teenager. The group and individual sessions give parents an opportunity to explore ways they can build a stronger relationship with their teenager, resolve conflict, manage problem behaviours and help their teen stay safe. Programmes run throughout Edinburgh for **parents, step parents and carers of teenagers 11-16yrs**, find details of local groups at www.joininedinburgh.org/parenting-programmes/teen-triple-p/ For more information or to request a place go to www.edinburgh.gov.uk/teentriplep, email supportingparentsandcarers@edinburgh.gov.uk or contact Jillian Hart on 07860 736129.

Gate 55, 111 Oxbgangs Road North, Edinburgh EH14 1ED
Starts Friday the 19th January 9.30-11.30am

Northfield and Willowbrae Community Centre, 10 Northfield Road, Edinburgh, EH8 7PP
Starts Monday the 22nd January, 12.30-2.30pm.

Courses for Parents

One Parent Families- Preparing for the Future

An 8 week course employability course offers a range of ways to help single parents interested in developing confidence and skills to find paid employment.

Starts on 16th January, Dr Bells Family Centre

See www.opfs.org.uk/service/edinburgh-employability-service/

Conflict Resolution- Recognise, Reflect and Resolve

These 2 session courses run by Cyrenians Scottish Centre for Conflict Resolution (SCCR) provide an opportunity for parents and carers of pre teen and teenagers to reflect on what it's like for teenagers growing up and the potential triggers of conflict in families. Discussions will help parents and carers to reflect on different ways to resolve conflict and improve family relationships in different situations. www.scottishconflictresolution.org.uk

East Neighbourhood Office, 101 Niddrie Mains Road, EH16 4DS
Friday 12th and 19th January 2018, 6.30-8.30pm

West Pilton Neighbourhood Centre, 19 West Pilton Grove, EH4 4BY, Tuesday 20th and 27th February 2018, 6.30-8.30pm

To book a space on the next course please email jillian.hart@edinburgh.gov.uk or call 07860 736129.

New ways to live for a brighter future- Free top tips for people on low income

A new 8 week friendly positive course giving people confidence and skills to live well, look after themselves and feel positive even on a low income.

starting on 23rd February, 1.15pm, Mustard Seed Edinburgh, St Margaret's Episcopal Church, 170 Easter Road, EH7 5QE

Tel: 07519 26880 or email markharris@caplifekills.org

Adults Cooking Class

4 weekly cooking sessions within a small group. A chance to learn new skills and try out new recipes and ingredients.

Greengables Family Centre, Wednesday 1-2.30pm-no crèche available, Thursdays 9.30-11am- creche spaces available.

For more information or to book a space call 0131 669 9083.

The Little Leithers Project

The Little Leithers project is for families with children under 5, who live in EH6 and EH7 postcode areas in receipt of Healthy Start Vouchers. It offers £10 of vouchers each week which can be exchanged for fresh fruit and vegetables, fresh fish and fresh meat (Halal if requested). As part of the course, parents will attend group sessions on a weekly basis where you can try new recipes, meet new people and learn more about a healthy lifestyle for themselves and their child(ren). Participants are entitled to stay on the course for 12 weeks.

Wednesdays 9.30-11.30am, The 86 Space, The Junction, Great Junction Street, childcare available. For more information contact Sally Findlay on 0131 467 7326, or e-mail sfindlay@edinburghcommunityfood.org.uk

Art Group on the Move

An opportunity for adults to explore places of interest in Edinburgh such as galleries, theatres and gardens and attend events such as book readings. Enjoy art at as little a cost as possible.

For information contact Birgit Harris, Lifelong Learning on 0131 661 6834 or email birgit.harris@ea.edin.sch.uk

Stories, Crafts and English

A group for adults. Learn stories, make some crafts and improve your English. Creche spaces available for under 5s. Volunteers or friends whose first language is English as welcome to attend and participate and help.

Tuesday 25th January for 9 weeks, 12.15-2.15pm, Fort Community Wing, 25 North Fort Street, EH6 4HF

For information or to book a place contact Heather Muchamore on 0131 661 6834 or email heather.muchamore@ea.edin.sch.uk

Beginners English Creche available for Under 5s

Mondays and Tuesdays, 9.30-11.30am, Sandy's Community Centre, Craigmillar Castle Avenue, EH16 4DN

For information or to book a place contact Heather Muchamore on 0131 661 6834 or email heather.muchamore@ea.edin.sch.uk

Elementary English

Friendly class with conversation and vocabulary, listening and grammar practice. £10 per term.

Tuesdays, 9.30-11.30am, Moffat Early Years Campus, 30 Rackstraw Place, EH16 4NU Craigmillar Castle Avenue, EH16 4DN

For information or to book a place contact Heather Muchamore on 0131 661 6834 or email heather.muchamore@ea.edin.sch.uk

CEDAR (Children Experiencing Domestic Abuse Recovery)

CEDAR is a 12-week therapeutic groupwork programme for mothers and children in recovery from domestic abuse. Groups create a safe place to help mothers support their children in their recovery, find the best strategies to deal with their experiences and rebuild their lives. The groups provide an opportunity to share experiences, promote safety and help understand feelings with an emphasis on providing fun and creative activities.

www.cedarnetwork.org.uk

For more information or to make a referral contact Amanda Vickery or Cat Robertson on 0131 315 8116 or email cedar@edinwomensaid.co.uk (Women's Aid Children and Young People Service)

Stress Control

Don't feel you just have to go on struggling with stress 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.

Napier University, Room A55, Merchiston Campus, 10 Colinton Road, EH10 5DT, Tuesday 27th February- Tuesday 3rd of April 2018, 6.30-8pm

Currie Community High School, 31 Dolphin Avenue, Currie, EH14 5RT, Tuesday 17th April – Tuesday 22nd May 2018, 6.30-8pm

Wester Hailes Library, 1 Westside Plaza, EH14 2ST, Tuesday 17th April- Tuesday 22nd May 2018, 11am-12.30pm

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

Parenting Apart

Splitting up? Living Apart? Divorcing? Separating? Do you want to know how to help your children through it all? A Parenting Apart Information Session is an opportunity for you 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. Parenting Apart Sessions generally last for 3 hours. They are for groups of mums and dads, and they may also be available on a one to one 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.

www.familymediationlothian.co.uk For more information Tel: 0131 226 4507 or Email info@familymediationlothian.org

Parent and Child Activities

Bookbug, Rhymetime and Storytime 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.

Stockbridge Library Bookbug

Tuesdays 10.30-11am, all year

Leith Library Bookbug

1st and 3rd Tuesday of every month, 10.30-11.15am, 2nd and 4th Wednesday of every month, 10.30-11.15am throughout the year.

McDonald Road Library Bookbug

Fridays, 10.30-11am throughout the year.

Portobello Library Bookbug

Wednesday 10.15am-10.45am and 11.15am – 11.45am

Saturday at 11.30am – 12pm

Piershill Library

Wednesday 2.00pm -2.30pm

Polish Rhymetime every 2nd Saturday 11-11.30am

Polskie rymowanki spotkania odbywają się co drugą sobotę, 11:00-11.30

Blackhall Library Bookbug

Seinn : Gaelic songs and rhymes 10.30am fortnightly on

Thursdays. For information on Gaelic ‘Seinn’ sessions contact

0131 529 5595

Bookbug, Rhymetime and Storytime Sessions cont.

Craigmillar Library Baby and Toddler Rhymetime

Run by Craigmillar books for Babies

Tuesday 11am -12pm Contact Michelle on 0131 621 2621

Craigmillar Library Polish Rhymetime

Run by Craigmillar books for Babies

Last Wednesday of the month 10.00am -11.00am

Polskie rymowanki. Craigmillar Library ostatnia środa miesiąca
10:00 – 11:00

Now you are 2!

Craigmillar Books for Babies are running events for families who have children turning two years old.

Come along to find out more about putting your child's name down for nursery and where the nurseries are in Craigmillar.

Receive a free book bag with books and information.

Craigmillar Library, 10-11am, Wednesday the 7th February, 9th of May, 5th of September and 7th of November 2017.

For more information contact info@craigmillarbooksforbabies.org.uk

Tel: 0131 621 2621

Storytime

Portobello Library

Fun stories for children from 3-6 years

Storytime, Tuesdays at 4pm

Piershill Library

Storytime with Kenny and the Magic Story Time rug is every Friday at 10.30am

Craigmillar Library run by books for babies

Saturday Storytimes (0-4yrs older siblings welcome)

The last Saturday of every month at 11am-12pm, juice and snack provided. (Burn's Supper Fun Sat 27th January)

Time Together Cooking (Suitable for parents/carers and children 3years and over)

4 weekly cooking sessions for parent/carer and child to enjoy within a small group. A chance to learn new skills and try out new recipes and ingredients.

Greengables Family Centre, Mondays 9.30-10.30am- crèche places available and Thursdays 1.30-2.30pm- no crèche available.

For more information or to book a space call 0131 669 9083.

Drop in Hub Day

Activities for parents/carers and their children to take part in and staff and other people to meet. Light snack at 10.45am.

Greengables Family Centre, Wednesdays 9.30am-11.30am

For more information contact Greengables Family Centre on 0131 669 9083

Play @ Home

This NHS programme provides all families in Scotland with three books covering three stages from **birth to 5yrs**: baby, toddler, pre-school. The books are distributed free by health visitors and pre-school nurseries. The books offer ideas for simple and adaptable activities, using recycled or home-made materials. Some trained staff offer groups across the city where activities are shared and then can be tried at home. For more information e mail supportingparentsandcarers@edinburgh.gov.uk

Moffat Early Years Campus, Fridays 9.30am -11am

For more information or to check if space available please contact Sarah Higgins on 0131 661 1401

Porty Tiny Tots parents/carers and babies 0-1yr

Songs and play activities

Portobello Library, Mondays 1.30 -2.15pm

For more information or to check if spaces are available contact Portobello Health Visiting Team on 0131 657 8924

Baby Massage

Classes usually run in 4-5 week blocks. The sessions are suitable for **parents/carers and 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. Notes and massage oil are provided. Must be **booked in advance**.

Greengables Family Centre, Mondays 1.30-2.30pm, creche places available for older children, starts 22nd January 2018

For more information contact Greengables Family Centre on 0131 669 9083

Baby peep and Baby Massage

Greendykes Early Years Centre, Thu 10-11am (term time starting 18th January 2018)

For more information or to check if spaces are available contact Jacqui Evans at Greendykes Early Years Centre on 661 3109

Dr Bells Family Centre, Leith, Mondays 10-11.15am, first block starts 15th January 2018

For more information contact administrator@dbfc.org.uk or call 0131 553 0100

Terrace Tots

Run by Edinburgh Youth Café, for parents under 24 years and their children. Young people under 24 expecting a baby also welcome. There is no entry cost and you will get the chance to meet other young parent's 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 provided.

6VT, 11-15 Vennel, EH1 2HU, Tuesdays, 10.30am-1.00pm

For more information contact 0131 229 1797

Expecting Something run by Starcatchers for young parents under 25 with their babies from across the city.

Spend time with your babies and share a free lunch with other young parents whilst engaging in artist-led creative activities. Free including a healthy lunch.

WHALE Arts, Wester Hailes, Thursdays, 10.30am-12.30pm

Contact Natasha on 0131 290 2560

Chinese Flower Group

This weekly group is for Chinese parents and their children to play together. Suitable for parents with at least one child aged between 0-3years. An opportunity to join other families for play, circle time and group support. **By referral only.** Referrals accepted throughout the term.

Leith Community Centre, 12a Newkirkgate, Leith. Run by Multi-Cultural Family Base, Thursdays 1-2.30pm

For more information contact Multi-Cultural Family Base on 0131 467 7052

The Strawberry Group This multi-cultural weekly group is for parents and their children to play together. Suitable for parents with at least one child aged between 0-3years. An opportunity to join other families for play, circle time and group support. **By referral only.** Referrals accepted throughout the term.

Leith Community Centre, 12a Newkirkgate, Leith. Run by Multi-Cultural Family Base, Fridays 10-11.30am

For more info contact Multi-Cultural Family Base on 467 7052

Mothers and Infants Group

This is a small therapeutic group for Black, Asian and Minority Ethnic mothers with infants (aged 0-3 years) who have been affected by domestic abuse.

Thursday mornings. REFERRAL ONLY.

For more information please contact Multi-Cultural Family Base on 0131 467 7052.

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 Tel: 07809 365827

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 5-17years who may be overweight and their parents and carers

For more information go to www.nhslotthian.scot.nhs.uk/getgoing/

Tel: 0131 537 9209 or Email: get.going@nhslotthian.scot.nhs.uk

Sessions run at Dr Bells Family Centre on Thursdays 4.30-6pm.

Big Hearts Kinship Care After School Club **for the whole**

family to attend and will feature a host of activities for both kids and carers. We shall also be providing a family meal.

Gorgie Suite at Tynecastle Stadium, Tuesday 4:30-6:30pm

Contact kinship@bighearts.org.uk

Route 10 Rollers Buggy Walks

Tuesdays 10am, Lochend Restalrig Hub, 198 Restalrig Road South, Eh7 6DZ

Fridays 10am, outside H&M at Ocean Terminal

For more information email: elspethalexandra@hotmail.com or join Route 10 rollers on Facebook

www.edinburghwomensfitness.co.uk/classes/buggywalks/

Parent and Child Activities cont.

The Drop In

A fun packed drop in activity session for children with a disability aged 0-18yrs their parents and siblings. Parents are offered the opportunity to meet other parents while their children take part in activities run by experienced youth and children's workers.

Jack Kane Centre, Saturday, 10-12pm, cost 50p

For more information contact the Jack Kane Centre on 657 1595

Northfield and Willowbrae Community Centre, Saturday 2-4pm

For more information contact the Community Centre on 661 5723

Royston Wardieburn Community Centre, Saturdays, term time,

10am -12pm, 50p For more info contact the Centre on 552 5700

Early Years' Service at The Yard

Activity based play sessions for parents and carers of children 0-5years 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

Tuesday 9th January- Thursday 29th March 2018. Most sessions run at The Yard. (8th, 12th, 13th and 14th Feb and 22nd March will run at Craigentenny Primary School). No sessions 19th and 20th February.

Mondays- Music and Movement 0-5s at 10-11am, Activity based play 3-5s at 12.30-2pm

Tuesdays- Activity based play 0-2s 10-11.30am, 3-5s, 2.30-4pm

Thursdays - Activity based play 0-2s, 12.45-2.15pm

Tuesday Drop in Club 12-2pm, 0-5 years and siblings

For more information contact Danielle on 0131 476 4506 or email earlyyears@theyardscotland.org.uk

Crafts Sessions

Drop in craft sessions for children aged 4-11years and their parents.

McDonald Road Library, 2 McDonald Road, Leith, Fridays 3-4pm
For more information contact McDonald Road Library on 0131 529 5636

Leith Library, Fridays 2.30-3.30pm, children up to 10 years
For more information contact Leith Library on 0131 529 5517

Crafty club, Stockbridge Library, Fridays 2.30-3.30pm
For more information contact Stockbridge Library on 529 5665

Piershill Library, Last Friday of every month 3-4pm, 5-12yrs
For more information contact Piershill Library on 0131 529 5685

Portobello Library, every second Friday at 2pm, 6-12 years
For more information contact Portobello Library on 529 5558

Bridge Kidz Messy Church

Crafts, Songs, Bible stories an more! First Saturday of every month, 10am-12pm. Cost: £2.50 per Family
LifeCare Centre, 2 Cheyne Street, EH4 1JB Tel: 0131 261 6484

Parent Groups

Early Years Parents' Group

For parents who have children 0-5 years and live in the East of the city. (Referral)

Greendykes Early Years Centre, every Tuesday, 9.30-11.30am, Crèche available.

To make a referral or for more information contact or Louise on 0131 446 3966

Pregnancy Cafe

A welcoming and friendly group for expecting parents. The programme runs throughout the year and includes infant feeding support, nutritional advice and information on baby development. We have other agencies visit to offer advice on fuel bills, food waste and massage. There's lots of chat and peer support.

Fort Community Centre, 25 North Fort Street, Leith, EH6 4HF,
Wednesdays, 11am-1pm.

For more information or to make a referral contact Jacqui Bain on 0131 552 5700 or 07772876421 or email

jacqui.1.Bain@ea.edin.sch.uk

Bump to Buggy Women's Group

A follow on group for parents who have attended the Pregnancy cafe or require support. Various activities available such as baby PEEP. Referral required. Please speak to your key worker or health visitor for more information.

Fort Community Centre, 25 North Fort Street, Leith, EH6 4HF,
Wednesdays 1-2.45pm.

For more information or to make a referral contact Jacqui Bain on 0131 552 5700 or 07772876421 or email

jacqui.1.Bain@ea.edin.sch.uk

Citadel Youth Centre Young Mum's Club

An opportunity for expectant mums and young mums to come together in a social setting to take part in informative, fun and creative activities for both mums and children. Suitable for young mums or mums to be aged **21years and under**. Free Crèche and lunch provided.

Citadel Youth Centre, 175 Commercial Street, EH6 6JE,
Mondays 12.30-2.30pm, term time.

For more information please contact Emma on 0131 554 0510 or email emma@citadelyouthcentre.org.uk

YMCA women's Group

Suitable for women of any age. Activities include crafts, workshops, healthy eating and exercise, family trips as well as personal development, confidence building and one to one support. The group costs £1, includes a light lunch and crèche.

YMCA, The Acorn Centre, 1 Junction Place, Leith, EH6 5JA

Tuesdays, 12.15-2.15pm

For more information contact 0131 553 7877 or email

admin@ymcaedinburgh.com

Juno Pre and Postnatal Parents Support Group

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 info see the website www.juno.uk.com

Sighthill Group, Gate 55, 55 Sighthill Road, EH11 4PB. Every Tuesday during term time 9.30-11am. Open to both adults and children. Email: juno.longstone@gmail.com

Craiglockhart Group, SANDS Lothian, 177 Colinton Road, EH14 1BZ. Every Thursday evening of each month, 7:30- 9pm. Open to adults and babes in arms. Email: juno.craiglockhart@gmail.com

South Group, Gilmerton Community Centre, 4 Drum Street, Edinburgh, EH17 8QG. Every Friday during term time from 10am-11.30am. Open to both adults and children. Email: juno.southedinburgh@gmail.com

North Group, Lifecare Centre, Stockbridge, 2 Cheyne Street, EH4 1JB. Every Monday night 7.30-9pm. Open to adults and babes in arms. Email: juno.enquiries@gmail.com

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, Edinburgh, EH7 5QY, One Thursday per month, 10.30am- 12.30pm, creche provided

For more information contact Jane Lewis on 0131 478 7707/
07801 138 265

One to One Support Sessions Kinship Carers

Are you the grandparent, auntie, uncle, older sibling, close family friend caring fulltime for a child/children? If yes, you are a kinship carer. Mentor is working in Edinburgh to help support kinship Carers and the children they care for. One of the many services we provide is One to One Support. These appointments provide a more individual support, a chance to talk about what's going on for you and your family. We can also provide support at more suitable times for families. For more information on all of our services including our weekly children and young people's youth groups. Please Call the Mentor office on 0131 334 8512

Wednesday Greengables Nursery, 8A Niddrie House Gardens
EH16 4UF, 11 am to 12.30pm

Thursday Leith Community Education Centre, 12 A
Newkirkgate Shopping Centre, Leith, EH6 6AD, 11.30 am to 1pm

Saturday Leith Community Education Centre, 12 A Newkirkgate
Shopping Centre, Leith, EH6 6AD, The First Saturday of Every
Month 9.30 am to 11am *Open surgery*

Please Call Mentor on 0131 334 8512 or book through
www.kinsfolkcarers.co.uk

Kinship Care Support Groups

Kinsfolk Carers Edinburgh, Leith Community Education Centre, Persevere Room, 12A Newkirkgate shopping Centre. EH6 6AD
Every Thursday 10am to 12 noon Drop in (except during School Holidays)

For more information please call Mentor on 0131 334 8512 or see www.kinsfolkcarers.co.uk

Re:Connect Digital Drop In

People Know How want everyone to have the opportunity to get the best from the internet, computers and digital devices (like phones & tablets). Drop in once or come back every week to gain some friendly support at your pace to develop your skills over a tea/coffee and biscuits. www.peopleknowhow.org

For more information contact Glenn Liddall on 07714 586971

Dr Bells Family Centre, 15 Junction Place, Leith, EH6 5JA
Tuesdays, 11am -2pm

9th January Keep My Children Safe Online

16th January Get my Mind and Body Fit

23rd January Give my Children the Best Start in Life

30th January Save Money on my Energy Bills

The Ripple Project, 198 Restalrig Road, EH7 6AE
Wednesdays, 11am -2pm

People Know How, Room 5.03, St Margaret House, 151 London Road, EH7 6AE

Thursdays, 11am -2pm, 1st, 3rd and 5th Saturday in the month
11am-1pm, 2nd and 4th Saturday in the month, 4-6pm

Starbucks, 3 Shrub Place, Leith Walk, EH7 4PA
Fridays, 11am -2pm

Parent and Carer Support and Information Session on Young People's Emotional Wellbeing and Mental Health Issues

These informal evening information and support sessions are for parents and carers who wish more information or are concerned about their pre teen or teenager's emotional wellbeing or mental health. The sessions are planned and delivered with the support of CAMHS and other relevant organisations and each monthly session has a different topic focus such as anxiety, managing stress, depression and low mood, self harm, etc. The sessions also give parents and carers an opportunity to meet other parents and supportive professionals in a safe relaxed environment. Parents and carers of 11-18 year olds from in and around Edinburgh are welcome to attend any of the sessions.

For more information on future sessions please contact Jillian Hart, Parent and Carer Support Development Officer on 07860 736129 or email jillian.hart@edinburgh.gov.uk

Parent and Carer Information Sessions on 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, 20th February- 27th March 2018, venue tbc

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

Session 2 Supporting sensory differences and skills of independence, 27th February

Session 3 Supporting Communication, 6th March

Session 4 Supporting positive behaviour, 13th March

Session 5 Making the most of play, 20th March

Session 6 Where next? Other sources of support, 27th March

Parent and Carer Information Sessions on Autism Spectrum Disorders (ASD) cont.

Parents and Carers of young people in secondary school, February 2018, dates and venue to be confirmed.

Venues will be confirmed on booking, to book a place contact the Additional Support for Learning Service Tel: 0131 469 2850, email autisminfo@ea.edin.sch.uk

Groups for Dads

Becoming Dad Group

A group for new and expectant dads, particularly young dads under 25 years who are expecting the arrival of their first child. This drop in group gives dads and dads to be a chance to have a game of football and a coffee and build on their knowledge and skills as a father to be. Transport can be provided to attend.

Circle's Haven Project, Craigmoynton Primary School, EH4 4PX, Thursdays 3-5pm

For more information contact Pete Cloke on 0131 332 9269/ 07703 714 769 or e mail pete.cloke@circle.scot or Anna Chrystal on 0131 551 1632/ 07932 088 615 or e mail annachrystal@steppingstonesnorthedinburgh.co.uk

Antenatal classes for dads

Free classes, open to all dads2be. 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!

4 weekly classes run in Wester Hailes Healthy Living Centre, Tuesdays at 6.30pm, the next blocks -16th Jan-6th Feb, 27th Feb-20th March, 10th April- 1st May, 22nd May-12th June, 3rd July-24th July, 14th August- 4th September 2018.

For more information or to book a place contact Thomas by email on thomas@dadsrock.org.uk or call 07807498709

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.

1st Monday of each month, 7-9pm, 10 Palmerston Place, Haymarket, Edinburgh, EH12 5AU.

For more information contact Ian Maxwell, Families Need Fathers on 0131 557 2440 or email

info@fnfscotland.org

<http://fnfscotland.squarespace.com/>

Dads' Club

Dads' Club is 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.

For more information get in touch with: Edinburgh Lone Fathers Project, Gilmerton Early Years Centre, Tel 0131 664 1202/ 07796 212498

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 (0-16yrs) 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 call 0131 258 9507 or email

kevinedinburghlone.fathers@yahoo.com

Playgroups (2.5yrs—5 yrs)

A safe fun environment where you can leave your child to have fun and make friends. A cost is attached.

Leith St Andrew's Playgroup

Mon– Fri 9.05-11.35am/ Mon-Thu 12.15-2.45pm

410-412 Easter Road, EH6 8HTE, Email: themillars9@yahoo.com

Craigentinny Castle Playgroup

Monday– Friday 9am-12pm

Craigentinny Community Centre, 9 Loaning Road, Edinburgh

Tel: 077254 84690 or 0131 661 8188

Portobello Toddler Hut Playgroup

28 Beach Lane, Edinburgh EH15 1HU Tel: 0131 669 6849,

Email: toddlerhut@ymail.com

Northfield/ Willowbrae Playgroup

Northfield/Willowbrae Community Centre, Northfield Road,

Edinburgh, EH8 7PP Tel: 0131 661 5723, Email:

nwplaygroup@btinternet.com

Parent and Toddler Groups

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

Abbeyhill Baptist Church Mondays 10-11.30am Play Session

22 Elgin Terrace, EH7 5PB Fridays 10-11.30am, Christian Songs

Tel: 0131 557 4110

North Leith Parish Church

Mon and Thu 9.30-11.30am

Madeira St, EH6 4AW

Tel: Mrs Eileen Doig - 0131 554 4980

Holyrood Abbey Church

Mon 10-11.30am/ 1.30-3

83 London Road, EH7 5TT

Tel: 0131 661 6002

Leith Community Centre Tuesdays 9.30-11.30am

12a New Kirkgate, Leith, EH6 6AD

Tel: 0131 554 4750

Parent and Toddler Groups cont.

St Margaret's Parent and Toddler Group Monday 9.45-11.15am (Baby group/ toddler group) Wed 9.45-11.15
St Margaret Episcopal Church, 170 Easter Road, Leith, EH7 5QE
Email: stmegspandtgroup@gmail.com in advance.

Trinity Toddlers Mon, Tue, Wed 9.15-11.30am
Leith Sea Scout Hall, Victoria Park, access via Craighall Avenue, EH6 5PY
Email: pgrant1981@gmail.com

Pilmey Parent and Baby Group Thu 9.30-11am
44 Buchanan Street, EH6 8RF, Tel: 0131 554 0953

South Leith Parent and Toddler Group Tue 9.30-11.30am
South Leith Church Halls, 6 Henderson St, Tel: 07538 325288

Wee Stars Wednesdays 9.15-11.15am
St Mary's Star of the Sea Church, 106 Constitution Street, Leith, EH6 6AW
Tel: 0131 554 2482

Inverleith Toddler Group Wednesdays 10am-12pm
Inverleith St Serf's Church Hall, 1a Clark Road, EH5 3BD
Tel: Anne Tracy 0131 552 7615

St Paul's & St George's Church Thu 10-11.30am/ 2-3.30
46 York Place, EH1 3JW, Email: gemma@pandgchurch.org.uk

Baby and Toddler Cafe 2nd and last Tue each month 10am-12pm, Stockbridge Library, EH5 3BD Tel: 0131 529 5665

Toddler Activity Playgroup Fridays 9-10:30/ 11-12:30
LifeCare Centre, 2 Cheyne Street, EH4 1JB Tel: 0131 261 6484

Lochend Toddlers Mondays 9.30-11.30am
Restalrig Lochend Community Hub, Fridays 9.30-11.30am
198 Restalrig Road South, EH7 6DZ, Tel: 0131 554 0422

Parent and Toddler Groups cont.

Richmond Tots Parent and Toddler Group Wed 9.30-11am
Richmond Craigmillar Church, EH16 4PA Tel: 0131 661 6561

Northfield & Willowbrae Community Centre Mon & Wed 9.30-11.30am, 10 Northfield Road, EH8 7PP Tel: 0131 661 5723

Niddrie Community Church Baby & Toddler Group Mon 9.45-11.15am, 12 Hay Drive, EH16 4RY Tel: 0131 669 9400

Bristo Tots, Bristo Memorial Parish Church Fri 10-11.30am, EH16 4AJ Tel: 0131 661 9681

Magdalene Baby & Toddler Group Wed 9-11am
Magdalene Community Centre, EH15 3BE Tel: 07854 135640

Staff-run Parent and Toddler Groups

A chance to meet other parents and carers and to have fun with your child. Early years staff are on hand to support activities, chat and give support. Some groups run only during term time.

Dads Rock

Free for dads, granddads, male carers and kids aged 0-5 years.
Saturdays 10-11.30am – Granton Youth Centre, 3-11 West Granton Road, EH5 1HG

Sat 10-11.30am - WHALE Arts, 30 Westburn Grove EH14 2SA

Sun 11am-12.30pm 6VT Youth Café, 11-15 Vennel, EH1 2HU

Email thomas@dadsrock.org.uk Call 442 4662 or 07807 498709

Feniks Polish Toddler Group

Free for parents and 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.

Fridays 11.30am-2pm – McDonald Road Library, 2-4 McDonald Road, Leith, EH7 4LU

Email info@fenicks.co.uk Call 07510 122425

Staff-run Parent and Toddler Groups cont.

Sunshine Toddler group Thursday 9.15am -11am
Moffat Early Years Centre Tel: Morag DeMarco: 0131 661 1401

Greengables Toddler Group Tuesdays 1-3pm
Greengables Family Centre Tel: 0131 669 9083

Parent/ Carer and Toddlers (0-5yrs) Tuesdays 9.30-11.30am
McLaren Hall, 48 Restalrig Road South, EH7 6LE
(Run by The Ripple Project) Tel: 0131 554 0422

Muslim Women's Association of Edinburgh Mother and Toddler Groups

Tue 11am-1pm, Ingra Academy, 10 E Suffolk Rd, EH16 5PH
Wed 11am-1pm, Edinburgh Central Mosque, EH8 9BT
All welcome to attend from any faith or background
Tel: 074805 69182 email mail@mwae.org.uk

Coileagan Leith

Gaelic parent and toddler groups www.gaelicplaygroup.com
Email: Norma.martin@edinburgh.gov.uk

Leith Community Centre, 12a New Kirkgate, Leith EH6 6AD
Tel: 0131 529 2415 Mondays 9.30-am-11.30/ 12.30-2.30pm
Tollcross Community Centre Wednesday 9.15-11.15am
Taobh Na Pairce, Bonnington Road, Tue or Friday 9.15-11.15

Community Nurseries and Crèches

Dr Bells Family Centre Crèche, 15 Junction Pl, Leith, EH6 5JA
High quality low cost crèche. 2 hour sessions available for local families must be pre booked. Also offers a range of other services. Tel: 0131 553 0100

Leith Academy Community Nursery

High quality flexible childcare for children 6weeks to 5 years
Monday -Friday 8am-5pm term time 0131 554 0606

Drummond Community High School Crèche

Crèche sessions for parents/carers attending Com Ed or ESOL classes, Mon-Thu 9am-3.30/ Fri 9am-12.30pm 0131 556 2651

Saheliya Around the World Childcare, 125 McDonald Road, EH7 4NW

Nursery and crèche facility open to all while supporting service users. Mon-Fri Contact Mary Tel: 0131 556 9302

Childminder Group

Northfield & Willowbrae Community Centre Tuesdays 9.30-11.30am, 10 Northfield Road, EH8 7PP, Group for registered Childminders. £2 Tel: 0131 661 5723

Toy Libraries

Casselbank Kids Toy Library Thursdays 9.30am-12pm

South Leith Baptist Church, 5 Casselbank Street, EH6 5HA

Email: toylibrary@southleithbaptistchurch.com

Play Plus Toy Library Tuesdays term time 9.30am-1pm

Inch House Community Centre, 225 Gilmerton Road, EH16 5UF

Tel: 0131 554 2620

Portobello Library Mondays fortnightly 10-11am

14 Rosefield Avenue, EH15 1AT

Tel: 0131 529 5558

Inch Community Centre Tue 9.30am -1.00pm (term time)

225 Gilmerton Road, EH165UF

Tel: 0131 664 4710

Support and Information

Support Group for New Parents

Health professional often available for advice and support. Drop in for parents and babies from birth- 8months

Debenhams Cafe, Ocean Terminal, Tuesdays 3-4pm.

Contact Louise Penman on 0131 561 1925

@mums2mums meetings

Informal Breastfeeding peer support groups held in community cafes. Mums supporting other mums, pop in to meet up for coffee and a chat.

Mondays 2-4pm, CafeLife LifeCare 2 Cheyne Street EH4 1EB
0131 343 0940

Tuesdays 2-4pm, The Lounge Café at Leith Victoria Swim Centre
Junction Place EH6 5JA 0131 659 5532

Ante-natal Support Service

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

We will offer up to 3 hours support a week, in your home, from around 22 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 Peep

For more information contact **0131 661 0890**

Helen Gault, Ante-natal Co-ordinator

helen.g@homelinkfamilysupport.org

www.homelinkfamilysupport.org.uk

Breastfeeding Support

Café Bambino, Skylark Café, Portobello High Street, Portobello, EH15 2AW. Mondays 2.30-3.30pm. Health professionals available for advice and support.

For more info contact the Health Visiting Team on 0131 657 8924

Best Buddies, local support for breastfeeding parents contact Infant Feeding Advisers 0131 537 4262

Breastfeeding Helplines

Breastfeeding Network 0300 100 0210

National Breastfeeding 0300 330 0771

Breastfeeding Friendly Community Cafes

The Lounge Café at Leith Victoria Swim Centre, Junction Place EH6 5JA 0131 659 5532

Punjabi Junction, 122/124 Leith Walk EH6 5DT 0786 589 5022

CafeLife LifeCare, 2 Cheyne Street EH4 1EB 0131 343 0940

Rhona's Café, Northfield Community Centre 10 Northfield Road EH8 7PP 0131 661 5723

Richmond Café Project, Richmond Craigmillar Church 227/229 Niddrie Mains Road, EH16 4PA

Hub Grub Café, Restalrig Lochend Community Hub 198 Restalrig Road South EH7 6DZ 0131 554 0422

The Whitehouse Kitchen, 70 Niddrie Mains Road EH16 4BG 0131 468 1934

Well Baby Clinics (For registered patients only)

Mountcastle Health Centre Mon 10.00am -11am

Craigmillar & Niddrie Medical Centres Wed 10.30am -12.15pm

Portobello Surgery Fri 10.30-11.30am

For more information and advice visit the new [NHS Lothian](#)

['Feeding Your Baby' website](#)

Edinburgh & Lothian Twins & Multiples Club

www.edinburghtwins.co.uk

Nappuccino Real Nappy coffee morning

Last Friday of the month ,10-11.30am, Pregnancy and Parents Centre, 10 Lower Gilmour Place, EH3 9NY

For more information visit Facebook <https://en-gb.facebook.com/edinburghrealnappy/>

Family Support

DADS Rock

Free support for young dads (aged 25 or under). 1:1 support work and mentoring. Help with parenting skills and confidence. Contact thomas@dadsrock.org.uk or call 07807 498709.
www.dadsrock.org.uk

Speech Language Communication Company (SLCo)

Free confidential advice and support for parents and carers around their child or young person's communication, speech and language. Contact Judith Woodward, email: families@s-l-co.uk or call 07507535857/ Helpline 01382 250060.

CHILDREN 1ST Family Support Team

Support and advice to families in Edinburgh **with children aged 0-5 years or aged 0-11 if experiencing issues around housing.**

Offering a range of approaches to help families such as strengthening family relationships, improving parenting skills, housing support, work with dads and debt and money advice – working in partnership with families to ensure that support is tailored to their individual needs.

Contact **0131 466 3966** or ask your Health Visitor for more information.

Listening Time Service at Dr Bells Family Centre, Leith

Listen Well Scotland are offering FREE Listening appointments around issues at work, change, relationships, bereavement and loss and stress and anxiety for parents in Leith. Creche spaces may be available.

For more information see www.drbells.co.uk/listening-time/
Contact administrator@dbfc.org.uk or call: 0131 553 0100 to make an appointment.

Multi Cultural Family Base (MCFB)- range of services to support families 0131 467 7052

Abhaya Project (MCFB)– support for mothers and children under 3, from black and minority ethnic communities who have experienced or at risk of domestic abuse. 0131 467 7052

Bumpstart- pregnancy and antenatal support and education (Leith) 0131 551 1632

Post Natal Depression- support for families around Post natal Depression 0131 538 7288

Dr Bells Family Centre- range of services for local families- counselling, family support and parenting groups 0131 553 0100

Homestart Leith and North East Edinburgh- practical and emotional support for families with young children 0131 553 7819

The Ripple Project- range of support and activities for families 0131 554 0422

Polish Family Support Centre - Counselling, Advocacy and Support for Polish Families 0131 281 0429

Citadel Families Project- range of youth services, parent drop in 0131 554 0510

Saheliya- supports the positive mental health and well-being of black, minority ethnic women and girls 0131 556 9302

Dads Rock Counselling- free counselling for mums, dads and caregivers Thomas 07542 074 165

Father's Support Service and Dads Club- One Parent Families Scotland- Free and Fun activities for single and contact fathers & children 0131 557 7894/ 07814 078139

Health Opportunities Team- support for young people around health and emotional wellbeing 0131468 4600

Speech Language Communication Company- support and advice around speech and language development 01382 250060/ 07507 535857

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

Parentline- Free advice and support 08000 28 22 33
Spark Relationship Helpline- 0808 802 2088
FREE Home Fire Safety checks 0800 0731 999

For more childcare information, including a list of childminders, go to www.scottishfamilies.gov.uk or Tel: 0800 032 0323

For family information go to www.parentingacrossscotland.org or www.netmums.co.uk

For activities and groups for children go to www.joininedinburgh.org or www.youredinburgh.info

For information on children's Speech and Language development go to www.earlycommunication.scot.nhs.uk

Contact details

If you are running a Programme, Activity or Group for parents/carers in North East Edinburgh which you would like to see included in this leaflet, or if information needs to be amended please contact:

Jillian Hart – North East

☎ 07860 736 129

✉ jillian.hart@edinburgh.gov.uk

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

Helena Reid – South East

☎ 0131 672 2629

✉ helena.reid@ea.edin.sch.uk

Sue Cameron – North West

☎ 0131 529 5082

✉ sue.cameron@edinburgh.gov.uk

Helen Purves – South West

☎ 0131 458 5095/ 07717 317 665

✉ helen.purves@ea.edin.sch.uk

**All updated Programme, Activities and Group booklets for
for each area of Edinburgh can be downloaded from**

www.edinburgh.gov.uk/pacs

All Parenting Programmes are listed at

www.joininedinburgh.org/parenting-programmes

You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact ITS on 0131 242 8181 and quote reference number 18-2993. ITS can also give information on community language translations.



HAPPY TO TRANSLATE