

# Programmes, Activities and Groups for parents and carers

in

## Liberton/Gilmerton

Including

Alnwickhill, Southhouse, Gracemount, Inch, and Moredun

### September – December 2017



getting  
it right  
*for every child*

team around  
the  
cluster

• EDINBURGH •  
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
Stenhouse .....	443 1207
Viewforth .....	229 6667
Queensferry / .....	331 3594 /
Hillwood Hub	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 .....	667 5117
Nursery School	

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

## 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](mailto:sue.cameron@edinburgh.gov.uk)

### **Baby Peep (babies 3-6 months)**

Goodtrees Neighbourhood Centre

Tuesdays 1.30-2.30pm

For more information and to check for available spaces contact Fiona McLellan on 0131 664 9102

### **Peep Twos/Threes for parents/carers and children aged 2 years**

Cameron House Nursery

Wednesdays 12.35-1.35pm

Cameron House Community Centre

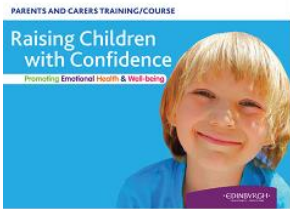
For more information and to check for available spaces contact the nursery on 667 5117

### **Peep Deaf Group ( BSL - Sing and Sign group), age range 0 - 5**

Venue Moffat Early Years Campus

Start date Wednesday 30 August 17 (end date 18 June 18) 1.30pm – 2.30pm

For more information and to check for available spaces contact 0131 661 1401.



## Raising Children with Confidence

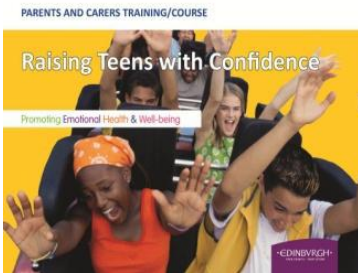
This is a 7 week course which aims to give all parents/carers the chance to explore emotional health and wellbeing and consider how they can best promote it in themselves and their children. Drawing on the latest research it helps explain why parents' actions make a difference to their children's emotional wellbeing and future positive mental health. This programme is suitable for **parents/carers of children aged 0-11yrs**. Courses are held all year round throughout the city in primary schools and community venues.

For more information visit [www.growingconfidence.org](http://www.growingconfidence.org) or to find out about the next course in South neighbourhood contact:

Helena Reid – South East

☎ 672 2629

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



## 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)

See [www.joininedinburgh.org](http://www.joininedinburgh.org) for details of High Schools which offer this course.



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 Psychology of Parenting Project

The project provides two positive parenting programmes for parent/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.

### Incredible Years

#### Gilmerton Community Centre

4 Drum Street, Edinburgh EH178QG

Starts Wednesday 25<sup>th</sup> of October 9.30-11.30pm

#### Dalry Primary School

4 Cathcart Place, Edinburgh EH11 2JB

Starts Wednesday 25<sup>th</sup> of October 9.15-11.15am

#### Brunstane Primary School

106 Magdalene drive, Edinburgh EH15 3BO

Starts Monday 30<sup>th</sup> October 9.15-11.15am

#### Fox Covert RC Primary School

12 Clerwood Terrace, Edinburgh EH12 8PG

Starts Wednesday 30<sup>th</sup> of October 9.30-11.30am

### Rosebury Hall

17 West Terrace, South Queensferry EH30 9LL  
Starts Wednesday 25<sup>th</sup> of October 12.30-2.20pm

### Pentland Primary School

Oxgangs Green, Edinburgh EH13 9JS  
Starts Friday 27<sup>th</sup> of October 9.15-11.15am

## Triple P

### Dr.Bells Family Centre

15 Junction Place, Edinburgh EH6 5JA  
Starts Tuesday 24<sup>th</sup> October – 9.15am -11.15am

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

86 Canongate Edinburgh, EH8 8BZ  
Starts Thursday 26<sup>th</sup> of October 9.15-11.15am

## There are many more courses are available at different venues, days and times across the city

For other courses across the city go to

<https://www.joininedinburgh.org/parenting-programmes/incredible-years/> or  
<https://www.joininedinburgh.org/parenting-programmes/triple-p/>

For more information contact Parent and Carer Development Officer, Helena Reid on

☎ 672 2629

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

[supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@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 evening, P4-7 evening, P1-7 daytime and Secondary.

Parents and Carers of children P1-3, Tuesday evenings 6-8pm, 5<sup>th</sup> Sept- 10<sup>th</sup> Oct 2017, venue to be confirmed

Session 1 Introduction to ASD at the early primary Stage, 5<sup>th</sup> September,

Session 2 Supporting Communication, 12<sup>th</sup> September,

Session 3 Supporting sensory differences and skills of independence, 19<sup>th</sup> September,

Session 4 Understanding anxiety and positive behaviour support, 26<sup>th</sup> Sept,

Session 5 Play and Leisure, 3<sup>rd</sup> Oct,

Session 6 Where next? Other sources of support, 10<sup>th</sup> Oct,



Parents and Carers of children P4-7, Tuesday evenings 6-8pm, 29<sup>th</sup> October- 4<sup>th</sup> December 2017, 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](mailto:autisminfo@ea.edin.sch.uk)



### 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/](http://www.joininedinburgh.org/parenting-programmes/teen-triple-p/) For more information or to request a place go to [www.edinburgh.gov.uk/teentriplep](http://www.edinburgh.gov.uk/teentriplep), email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or contact Jillian Hart on 07860 736129.

#### Southside Community Centre

117 Nicholson Street Edinburgh EH8 9ER  
Starts Wednesday the 13<sup>th</sup> of September 10am -12pm

#### Gate 55

55 Sighthill Road Edinburgh, EH11 4BB  
Starts Friday the 13<sup>th</sup> of October 9.30-11.30am

#### Forrester High School

212 Broomhouse Road, Edinburgh, EH12 9AE  
Starts Wednesday the 13<sup>th</sup> of September 6.30-8.30pm

### 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.

Edinburgh University Lecture Theatre B, David Hume Tower, George Square, EH8 9JX.  
Tuesday 24<sup>th</sup> October – Tuesday 28<sup>th</sup> November 2017, 6.30-8pm

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 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](mailto:jillian.hart@edinburgh.gov.uk)

## **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.

Tuesday 31<sup>st</sup> October and 7<sup>th</sup> November 2017, 6.30-8.30pm, North East Edinburgh, venue to be confirmed.

Tuesday 20<sup>th</sup> and 27<sup>th</sup> February 2018, 6.30-8.30pm, North West Edinburgh, venue to be confirmed.

To book a space on the next course please email [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk) or call 07860 736129. For more information on Conflict Resolution visit [www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.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](http://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](mailto:cedar@edinwomensaid.co.uk) (Women's Aid Children and Young People Service)

## 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 <http://www.nhslotian.scot.nhs.uk/getgoing/> Tel: 0131 537 9209 or Email: [get.going@nhslotian.scot.nhs.uk](mailto:get.going@nhslotian.scot.nhs.uk)

## Parent and Child Activities

### Parent and Baby (*new born babies up to 1 year old*)

No.64 Gilmerton Dykes Street

Tuesdays 1.30-3.00pm

For more information and to book a space contact  
Lorraine or Eileen on 0131 664 1202

## Parent and Toddler Groups

Goodtrees Neighbourhood Centre

Mondays 1.00pm – 2.30pm

For more information and to book a space contact  
Lorraine on 0131 664 1202

Spinney Tots @ Goodtress Neighbourhood Centre

Mondays and Tuesdays 9.00-11.30am (term time)

For more information contact Fiona McLellan on 0131 664 9102

Spinney Tots @ Gilmerton Community Centre

Mondays 12.45-3.00pm and Thursdays.30pm-3.15pm (term time)

For more information contact Fiona McLellan on 0131 664 9102

Terrace Tots

6VT, 11-15 Vennel, EH1 2HU

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

**Young people under 24 expecting a child also welcome.**

Tuesday 10:30am-1:00pm

Contact 0131 229 1797

Valley Park Community Centre

Tuesdays and Thursdays 9.30am-11.30am

For more information contact Lorraine or Eileen 0131 664 1202

Liberton Kirk, 28 Kirkgate, Liberton

Tuesdays 2pm – 3:30pm

Wednesdays 10am – 12

For more information, contact Jackie Tait on 0131 664 8264

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](mailto:mail@mwae.org.uk)

No.64 Gilmerton Dykes Street

Fridays 9.30am-11.30am

For more information and to book a space contact

Lorraine or Eileen on 0131 664 1202

New Life Tots (Liberton Northfield Church)

Fridays 9.30am-11.30am

For more information contact Liberton Northfield Church

## Gaelic playgroups

Leith Community Centre

Monday 9.30-11.30am and 12.30-2.30pm

Tollcross community centre

Wednesday 9.15-11.00am

Taobh Na Pairce, Bonnington Road

Tuesday and Friday 9.15-11.15

Contact: [Norma.martin@edinburgh.gov.uk](mailto:Norma.martin@edinburgh.gov.uk) [www.gaelicplaygroup.com](http://www.gaelicplaygroup.com) for more information

## Messy Play

Valley Park Community Centre

Wednesdays 9.45am-11.15am

To book contact 0131 664 2210

No.64 Gilmerton Dykes Street

Fridays 9.30am-10.30am

For more information contact 0131 664 1202

## 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.

Gilmerton Library

Mondays 1.30pm-2.00pm and Every **second** Friday, 10.30am-11.15am

Contact Gilmerton Library on 0131 529 5628 for more information

### Moredun Library

Tuesdays at 12.00pm-12.30pm

Contact Moredun Library on 0131 529 5652 for more information

### South Neighbourhood Library

Every second Thursday 10.30am -11.00am

Contact South Neighbourhood Office 0131 529 5151 on for more information

## Tiger Tales

Exploring a different theme every session, Tiger Tales begins with a story and then a craft session for parents and children. The first time you come along you will be given a membership card and sticker book, collect stickers every time you attend, to fill up your book.

### South Neighbourhood Office and Library

Last Monday of the month 3.30pm-4.30pm

Contact 0131 529 5151 for more information

### Moredun Library

Tuesdays 2.30pm-3.15pm

Contact Moredun Library on 0131 529 5652 for more information

### Gilmerton Library

Fridays 2.00pm -2.30pm

Contact Gilmerton Library on 0131 529 5628 for more information

## Stay and Play

Stay and Play is a free group for parents and carers and their children aged 0-5years. Come along and have fun in a relaxed atmosphere with toys, songs, stories and a new craft activity each week. The group runs every Wednesday from 11-12:30pm in the crèche at Goodtrees Centre. (The same time as the baby clinic's). Please contact Lyndsey for more information 0131 661 0890 or [Lyndsey.m@homelinkfamilysupport.org](mailto:Lyndsey.m@homelinkfamilysupport.org). No booking necessary, just come along!

## 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 usually provided.

### Goodtrees Neighbourhood Centre

Mondays 10.30am-11.30am

For more information, contact Lorraine Hay on 0131 664 1202

### Valley Park Community Centre

Tuesdays 1.00pm-2.00pm (by appointment)

To book contact Diane Newlands, Nursery Nurse on 0131 672 9470

## Early Years Dance Session

A fantastic creative dance and movement class for your wee one. Bring your little ones along for a fun filled class, great for development and learning.

Valley Park Community Centre

Thursdays 12.00pm-12.45pm

No booking required, for more information contact 0131 672 2629

## Toy Library

Each week, the toy library runs where you can come along for all or part of the session. Toys are laid out for your child to explore and choose what to borrow and a variety of toys are set out to play with on floor mats and at child size tables.

Inch Community Centre

Tuesdays 9.30am -1.00pm (term time)

For more information contact the Inch Community Centre on 0131 664 4710

## Parents/Carers' Groups

### Mums' group

Free crèche for mums to chill out relax, meet new people and enjoy fun activities

Valley Park Community Centre

Mondays 10.00am-11.30am

For more information contact 0131 664 2210

### The Young Parents' Group (25 & under)

#### Gilmerton Early Years Centre & Children 1st

A chance for parents/carers to come along and meet other young parents, share advice and tips, build relationships and enjoy parent and child sessions. **Crèche Available.**

Thursdays 12.30pm-2.30pm

For more info call 0131 664 1202 or 0131 446 3966

### People First Parents' Group for parents with learning disabilities.

This is a self-advocacy group run by parents for parents, independently of services. Parents support each other and campaign for better support for parents with learning disabilities.

Thursday 10.30 – 12.30 once a month at Norton Park Centre, 57 Albion Road, EH7 5QY

Contact: Jane Lewis 0131 4787707 [jane.lewisp1st@btconnect.com](mailto:jane.lewisp1st@btconnect.com)

**Expecting Something run by Starcatchers for young parents under 25 with their babies.**

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

WHALE Arts, Wester Hailes

Thursdays 10.30am-12.30pm *Free including a healthy lunch.*

Contact Natasha on 0131 290 2560

**Learning Opportunities**

**English skills groups**

Valley Park Community Centre

Wednesday and Thursday mornings (free crèche available)

For more information contact 0131 664 2210

Goodtrees Neighbourhood Centre

Thursdays 9.30am -11.30am (free crèche available)

For more information contact 0131 672 2629

**Support and Advice**

**Baby Well Clinics**

Valley Park Community Centre

Tuesdays 10.00am-11.30am (last weight is 11.15am)

Contact Diane Newlands, Nursery Nurse 0131 672 9470

Goodtrees Neighbourhood Centre

Wednesdays 11.00am-12.30pm (last weight is 12.15pm)

Contact Chery Brown, Staff Nurse 0131 672 9511

Postnatal Depression Services

Goodtrees Neighbourhood Centre

Wednesdays 1pm – 5pm

For more information, contact 0131 538 7288

## CrossReach Postnatal Depression Services

### **Palmerston Place PND Centre**

8A Palmerston Place  
Edinburgh EH12 5AA  
Tel: **0131 220 3547**

We offer counselling & support (with crèche) to families experiencing postnatal depression.  
Open: Mon - Thurs: 9.20am-3.40pm.

## 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.

[Spinney Lane Nursery](#) run 6 week blocks for more information contact 0131 664 9102



### **Home Link Family Support**

## Home Link Family Support Services

Home Link Family Support is a befriending and 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.

To access home visiting support contact Michele Milligan **0131 661 0890** or ask your health visitor for more information.

In addition to regular befriending we train our volunteers to support families with Play @ Home and Peep @ Home (parents as early education partners) parenting programmes.

Play @ home is an NHS programme that recognises that the first 5 years of a child's life are the most influential for their development. The programme covers babies, toddlers and pre-school children. It helps you think about good routines, healthy exercise, the value of play and talking to your child all leading to strengthening your relationship with your child(ren).

Peep is delivered at home by one of our Peep volunteers for one hour a week in your home at a time that suits you best. Peep sessions can involve song, story time, crafting and talk time on a subject that relates to your child's needs, age and stage. It is directed by you and is flexible to



meet what is happening for you and your child at the time. The Peep programme covers babies, ones, twos, threes, fours and fives.

You can access these services by contacting Paula Swanston **0131 661 0890**

### 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](mailto:helen.g@homelinkfamilysupport.org) [www.homelinkfamilysupport.org.uk](http://www.homelinkfamilysupport.org.uk)

### 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, email: [families@s-l-co.uk](mailto:families@s-l-co.uk) or call **07507535857**/Helpline **01382 250060**.

### 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](http://www.familymediationlothian.co.uk) For more information Tel: 0131 226 4507 or Email [info@familymediationlothain.org](mailto:info@familymediationlothain.org)

### 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 information see the website [www.juno.uk.com](http://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](mailto:juno.longstone@gmail.com)

Craiglockhart Group, SANDS Lothian,  
177 Colinton Road, EH14 1BZ.  
The first and third Thursday evening of each month, 7:30- 9pm. Open to adults.  
Email: [juno.craiglockhart@gmail.com](mailto: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](mailto:juno.southedinburgh@gmail.com)

North Group Lifecare Centre  
2 Cheyne Street Stockbridge EH 4 1JB  
Every Monday during term time from 7.30- 9.00pm. Open to both adults and children



**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  
Phone – 0131 664 1202

### **Families Need Fathers**

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

[www.fnfscotland.org.uk/parenting](http://www.fnfscotland.org.uk/parenting)  
10 Palmerston Place, Haymarket, Edinburgh, EH12 5AU.  
3<sup>rd</sup> Thursday of each month, 7.00-9.00pm  
Contact **Ian Maxwell 557 2440** [ian.maxwell@fnf.org.uk](mailto:ian.maxwell@fnf.org.uk)



## CHILDREN 1ST Family Support Team

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 **strengthening family relationships, improving parenting skills, housing support, work with Dads and Debt and Money Advice** – this is always do this in partnership with families to ensure that support is tailored to each family's individual needs.

If you would like to access any of these Children 1<sup>st</sup> services then contact the team on **0131 466 3966** or ask your Health Visitor for more information

## Home Fire Safety Visit

Get your FREE home fire safety visit and FREE smoke alarm now

As part of our commitment to building a safer Scotland we offer everyone in Scotland a free home fire safety visit. We can also fit smoke alarms free of charge if your home requires them.

It's so easy to arrange. You can get in touch in the following ways:

- complete our **online form**
- call **0800 0731 999**
- call your **local fire station**
- text "FIRE" to 80800 from your mobile phone

## **Contact details**

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

Helena Reid – South East

☎ 672 2629

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

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

Jillian Hart – North East

☎ 07860 736129

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

Sue Cameron – North West

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

Helen Purves – South West

☎ 458 5095/ 07717 317 665

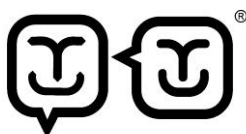
✉ [Helen.purves@ea.edin.sch.uk](mailto:Helen.purves@ea.edin.sch.uk)

Business Support Team

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

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 ITS 17-2342

ITS can also give information on community



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