

Programmes, Activities and Groups for parents and carers

in

South Central Edinburgh

Including

Meadows/Morningside, Southside/Newington, Dumbiedykes,
Braids, Cameron Toll and Tollcross

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

Craigentenny	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

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

Peep babies parents/carers and children over 2 years

Viewforth Early Years Centre

Tuesday 2.00pm -3.00pm

For more information or to find out on available spaces contact Gail Stewart or Louise Walsh on 0131 229 6667

Peep Three's parents/carers and children 2 years

Royal Mile Nursery

Wednesdays 1.30pm -2.30pm

For more information and to check for available spaces contact the nursery on 556 7046

Peep pre schoolers parents/carers and children 2 years

James Gillespie's Primary School

Starts Wednesday 23rd February (time tbc)

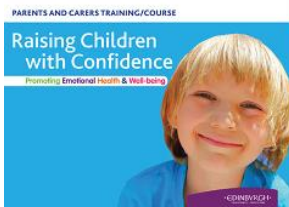
For more information and to check for available spaces contact the nursery on 447 1014

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

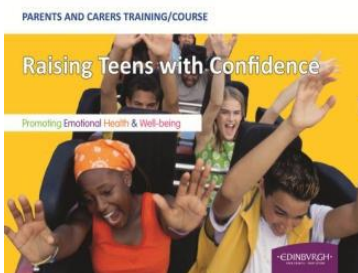
This is a 7 week course which aims to give all parents/carers the chance to explore emotional health and wellbeing and consider how they can best promote it in themselves and their children. Drawing on the latest research it helps explain why parents' actions make a difference to their children's emotional 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 or to find out about the next course in South neighbourhood contact:

Helena Reid – South

☎ **672 2629**

✉ 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 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.

The Incredible Years

Gilmerton Community Centre

4 Drum Street, Edinburgh EH178QG

Starts Wednesday 25th of October 9.30-11.30pm

Dalry Primary School

4 Cathcart Place, Edinburgh EH11 2JB

Starts Wednesday 25th of October 9.15-11.15am

Brunstane Primary School

106 Magdalene drive, Edinburgh EH15 3BO

Starts Monday 30th October 9.15-11.15am

Fox Covert RC Primary School

12 Clerwood Terrace, Edinburgh EH12 8PG

Starts Wednesday 25th of October 9.30-11.30am

Rosebury Hall

17 West Terrace, South Queensferry EH30 9LL

Starts Wednesday 25th of October 12.30-2.20pm

Pentland Community Centre

343 Oxfords Road North, Edinburgh EH13 9LS

Starts Friday 27th of October 9.15-11.15am

Triple P

Dr.Bells Family Centre

15 Junction Place, Edinburgh EH6 5JA

Starts Tuesday 24th October – 9.15am -11.15am

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

86 Canongate Edinburgh, EH8 8BZ

Starts Thursday 26th of October 9.15-11.15am

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, or

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, 5th Sept- 10th Oct 2017, venue to be confirmed

Session 1 Introduction to ASD at the early primary Stage, 5th September,

Session 2 Supporting Communication, 12th September,

Session 3 Supporting sensory differences and skills of independence, 19th September,

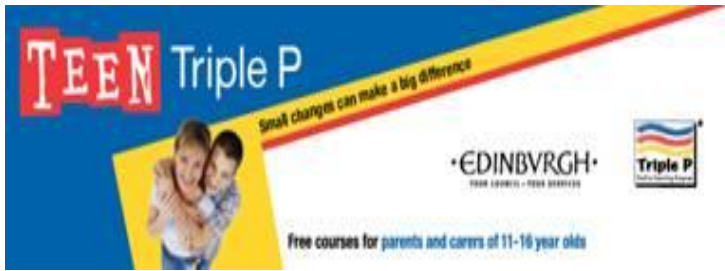
Session 4 Understanding anxiety and positive behaviour support, 26th Sept,

Session 5 Play and Leisure, 3rd Oct,

Session 6 Where next? Other sources of support, 10th Oct,

Parents and Carers of children P4-7, Tuesday evenings 6-8pm, 29th October- 4th 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



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.

Southside Community Centre

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

Gate 55

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

Forrester High School

212 Broomhouse Road, Edinburgh, EH12 9AE
Starts Wednesday the 13th 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 24th October – Tuesday 28th 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

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

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

Tuesday 20th and 27th 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 or call 07860 736129. For more information on Conflict Resolution visit 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
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)

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

Parent and Child Activities

Parent and Toddler Groups

Salvation Army Playgroup

Mondays 10.00am-12.00pm cost £1 includes snacks and drinks

For more information call **0131 667 4313**

Cameron House

Mondays and Fridays 10.30-12.30am (starts Monday 25th of September)

For more information, contact 0131 667 3762

Morningside Parish Church

Mondays and Wednesdays 10.00am-11.30am

For more information, contact Jennifer Stark on **0131 447 6745**

St. Columba's Parent and Toddler

Wednesdays (term time) 9.30am-11.30am

For more information contact **07818 204260**

Bruntsfield Toddlers

Tuesdays 10.00am-12.00pm

For more information contact <http://www.barclayviewforth.org.uk/activities.php>

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

6VT Terrace Tots (Young parents group under 24 and young people expecting a baby)

Tuesdays 10.30am-1.00pm

For more information contact **0131 227 1787**

Bruntsfield Evangelical Church Baby and Toddlers

Wednesdays (term time) 10.00am-12.00pm

For more information contact **0131 564 1399**

City Tots

Wednesdays 10.00am-11.30am (term time)
For information contact citytots@carrubbers.org

Reid Memorial Church Hall

Wednesdays 9.30am-11.30am
For more information, contact **0131 662 1203**

Sunshine Club Southside Community Centre

Wednesdays 9.30-11.30am EH8 9ER (starts Wednesday 13th September)
For more information, contact 0131 6641202

Greenbank Toddler Group

Thursdays 9.45-11.15am and Fridays 9.45-11.30am (term time)
For more information, contact **0131 447 9969**

Marchmont St. Giles

Thursdays 10.00am-12.00pm
For information contact Inga Fairweather on **0131 667 8075**

Morningside Minis

Thursdays 9.00am-11.15am (term time)
For more information contact morningsideminis.cornerstone@gmail.com

Muslim Womens Mothers and Toddler Group

Wednesdays 11.00am-1.00pm
For more information, contact Tasneem on **07429660723**

St. Peter Episcopal Church

Mondays and Thursdays 9.30am-11.30am (term time)
For more information contact **0131 667 4573**

St Fillans Playgroup

Monday to Thursday 9.15-11.45am For more information contact 07790 067927

Tollcross Community Centre

Thursdays 9.00am -11.00am
For more information, contact **0131 221 5800**

International Postgraduate Group

For **wives and children of overseas students** at Edinburgh University
Tuesdays from 10am (starts Tuesday the 12th of September 2017)
For more information contact **0131 447 4974**

Gaelic playgroups

Leith Community Centre

Monday 9.30-11.30am and 12.30-2.30pm

Tollcross community centre

Wednesday 9.15-11.15am

Taobh Na Pairce, Bonnington Road

Tuesday and Friday 9.15-11.15

Norma.martin@edinburgh.gov.uk www.gaelicplaygroup.com

For more information, contact **0131 229 7743**

Bookbug

Bookbug Sessions are free, fun-filled sessions of stories, songs and rhymes **for parents and children aged birth to 4 years** running at:

Morningside Library

Tuesdays 10.30am-11.00am and 11.30-12.00am (term time for the later session)

Contact **0131 447 4520** for more information

Newington Library

Every Wednesday from 11.00am - 11.30am and 2.00 - 2.30pm.

Saturday 11.00-11.30am

Baby bookbug (12 months and under)

Monday 11.00-11.30am (term time only)

Contact Newington Library on **0131 529 5536** for more information

Fountainbridge Library

Thursdays and Saturdays 10.30am–11.00am

Contact Fountainbridge Library on **0131 529 5616** for more information

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.

Newington Community Toy Library Term time only (0-5's)

The King's Hall 41A South Clerk Street, Edinburgh EH8 9NZ

Wednesdays 9.30am-11.30am

For more information contact newingtoncommunitytoylibrary@gmail.com

or phone 0131 664 6872

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.

[Viewforth Early Years Centre \(please call for more details\)](#)

(£2.50 for 4/5 sessions to cover costs)

Monday 2.30pm-3.30pm

To book contact Viewforth Early Years Centre on **0131 229 6667** or e-mail

babymassage@ea.edin.sch.uk

[Cameron House Community Centre](#)

Wednesdays 10.00-11.00am

Book through Alison Murphy on **0131 666 5190**

Parents' Group

[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)

Norton Park Centre, 57 Albion Road, EH7 5QY

Contact: Jane Lewis **0131 4787707** 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 1031 290 2560

Support and Advice

Baby Well Clinic

Advice from health visitors and weighing for **babies 0 - 6 months**.

[Southside baby clinic](#)

Wednesday 2.00pm-3.30pm (starts Wednesday 13th September 2017)

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.



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 www.homelinkfamilysupport.org.uk

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

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.

The first and third Thursday evening of each month, 7:30- 9pm. Open to adults.

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

2 Cheyne Street Stockbridge EH 4 1JB

Every Monday during term time from 7.30- 9.00pm. Open to both adults and children

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



One Parent Families Scotland

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
Phone – **0131 664 1202**
Mobile – **07796 212498**

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
10 Palmerston Place, Haymarket, Edinburgh, EH12 5AU.
3rd Thursday of each month, 7.00-9.00pm
Contact Ian Maxwell 557 2440 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 1st 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

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

Sue Cameron – North West

✉ Sue.cameron@edinburgh.gov.uk

Helen Purves – South West

☎ 458 5095/ 07717 317 665

✉ Helen.purves@ea.edin.sch.uk

Business Support Team

✉ 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 17-2341
ITS can also give information on community language translations.

