

# Programmes, activities and groups for parents and carers

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North East Locality: Leith,  
Craigentinny and Duddingston,  
Portobello and Craigmillar

January- July 2020



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# Early Childcare

## Early learning and childcare for eligible twos

Some two-year-old children are eligible for 600 hours of early learning and childcare in council-run nurseries during the school year.

You may qualify if you get one or more of these benefits:

Income Support

### Income-based

- Jobseeker's Allowance or Employment Support Allowance
- Incapacity Benefit or Severe Disablement Allowance
- State Pension
- Child Tax Credits, but not Working Tax Credit, and your income is below £16,105
- Both maximum Child Tax Credits and Working Tax Credit and your income is below £6,420
- Support under the Immigration and Asylum Act 1999; Universal Credits

You may qualify if your child is:

- looked after by a local authority
- under a kinship care order
- living with a parent-appointed guardian.
- start dates depend on your child's date of birth.

You can find places which offer this service on [www.edinburgh.gov.uk/eligible2s](http://www.edinburgh.gov.uk/eligible2s)

## Playgroups

A safe fun environment where you can leave your child to have fun and make friends, age approx. 2-5 years. There is a cost for this service.

### Leith St Andrew's Playgroup (operates a waiting list)

Mon– Fri 9am-3pm, 410-412 Easter Road, Tel: 07578772771 or email: [leithplaygroup@gmail.com](mailto:leithplaygroup@gmail.com)

### Craightinny Castle Playgroup

Mon– Fri 9am-12pm, Craightinny Community Centre, 9 Loaning Road, Tel: 07748553162/07821917226 or 0131 661 9404

### Portobello Toddler Hut Playgroup

Mon to Fri 8.30-3pm, full or part time places available. 28 Beach Lane, EH15 1HU  
Tel: 0131 669 6849, [www.portobellotoddlershut.org.uk](http://www.portobellotoddlershut.org.uk) Email: [toddlerhut@gmail.com](mailto:toddlerhut@gmail.com)

## **Northfield/ Willowbrae Playgroup**

Mon to Fri 9.05am-12.15pm. Northfield/Willowbrae Community Centre, Northfield Road, EH8 7PP Tel: 0131 661 5723, Email: [northfieldwillowbrae@sky.com](mailto:northfieldwillowbrae@sky.com)

## **Bright Start Playgroups (The City of Edinburgh Council)**

Safe and stimulating environment suited to the individual needs of children aged 0-3 years with complex additional support needs. The children will have access to multi-sensory experiences. The Bright Start playgroups run in addition to existing ASL Service support. Pre-school siblings are welcome to come along. Parents and carers and their children can access all three venues:

**Braidburn Bright Start Playgroup** EH14 1ED. Monday 9.35am - 11.30am.  
Contact 0131 312 2320

**Oaklands Bright Start Playgroup** EH4 4PQ. Monday 9.35am - 11.30am.  
Contact 0131 315 8100

**Calareidh Bright Start Playgroup** EH15 3LA Tuesday 9.30am - 11.25am.  
Contact 0131 469 2830

## **Community Creches and Nurseries**

**Dr Bells Family Centre Crèche**, 15 Junction Pl, Leith, EH6 5JA. Sessions available for local families attending programmes in the Centre. Tel: 0131 553 0100

**Saheliya Around the World Childcare** 125 McDonald Rd. Nursery and crèche facility. Mon-Fri for children six weeks to eight years Tel: Naghmana on 556 9302 <http://aroundtheworldnursery.co.uk/>

## **Childcare Information: Scottish Family Information Service**

Information on Playgroups, childcare providers and childminders.  
[www.scottishfamilies.gov.uk](http://www.scottishfamilies.gov.uk)

# Parenting programmes and courses

## Peep Learning Together Programme



Universal parenting programme for parents and carers of 0-5 year olds.

Peep Learning Together programme supports parents and carers in encouraging their child's learning and development by making the most of everyday learning opportunities i.e. listening, talking, playing, singing, sharing books and stories together. Sessions are delivered in development stages for babies, toddlers and preschoolers. Topics relate to five learning strands – communication and language, early literacy and numeracy, health and physical development, and personal and social emotional development. Each session lasts one hour and offers parents and carers a chance to share ideas and activities and meet other parents. Peep sessions are delivered in some early years centres, school nurseries and community settings during term time. Please ask at your local early years centre or school nursery.

For details of Peep Learning Together sessions across Edinburgh contact Sue Cameron, Lifelong Learning Development Officer on 07845 015979 email [sue.cameron@edinburgh.gov.uk](mailto:sue.cameron@edinburgh.gov.uk) [www.joinedinburgh.org](http://www.joinedinburgh.org)

## **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 (Birth to crawling)**

Greendykes Early Years Centre, starting March 2020, Thursdays 10.30am. (term time) For more information or to check if spaces are available contact Wendy Craig, Greendykes Early Years Centre on 0131 661 3109

## **Baby Peep (Birth to crawling)**

Greengable Family Centre, Thursdays 1.30-2.30pm starting 16<sup>th</sup> January for 6 weeks excluding school holidays. For more info or to book call 0131 669 9083.

## **Baby Peep (birth to crawling)**

Dr Bell's Family Centre, Leith. Tuesdays 1-2pm (waiting list). To check if space available and for more information contact 0131 553 0100

## **Peep for toddlers' parents/carers and children 16months-3 years**

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

## The Psychology of Parenting Project (PoPP)

[The Incredible Years](#) and [Triple P](#) are two positive parenting programmes offered by The Psychology of Parenting Project to parents and carers of 3-6 year olds.

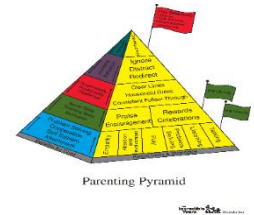


The courses offer help to adults to strengthen their relationship with their child and encourage positive behaviour. During the course you will look at effective techniques for dealing with common childhood behaviour problems. Participants explore strategies to manage behaviours such as aggressiveness, tantrums, shouting, answering back and refusing to follow rules.

Specially trained group leaders work with parents and carers on their goals for themselves and their family.

### Incredible Years

Groups of up to 12 parents and carers meet weekly for 14 sessions, each lasting two hours.



**Goodtrees Neighbourhood Centre**, EH17 7LB. Starts Fri 21<sup>st</sup> Feb 9.30-11.30am

**Niddrie Mill Primary School**, EH16 4PY. Starts Fri 10<sup>th</sup> Jan 9.15am -11.15am

**St Joseph's Primary School**, EH11 3RQ. Starts Tue 18<sup>th</sup> Feb 9.15am - 11.15am

### Triple P

The course lasts for nine weeks. There are five two-hour sessions working as a group and three weeks where participants work individually at home with telephone support from the group leaders.



**Dr Bells Family Centre** EH6 5JA. Starts Tue 14<sup>th</sup> Jan 2020 9.30am – 11.30am

**Dr Bells Family Centre** EH6 5JA. Starts Tue 28<sup>th</sup> April 2020 9.30am – 11.30am

Free crèche places are only provided for some groups. Help with transport costs is sometimes available. See future courses across the city or apply online

[www.edinburgh.gov.uk/parenting3to6](http://www.edinburgh.gov.uk/parenting3to6) For more information contact 07795 127954

10.00am – 3.00pm Monday to Friday or email

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

### Triple P (primary aged children) for parents/carers of 6-10 years

This nine-week course follows the same format as our 3-6 year old behaviour is for parents and carers of 6-10 year olds. Apply online

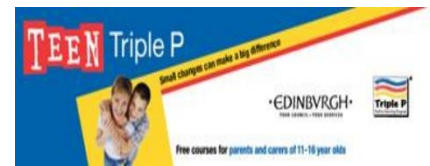
[www.edinburgh.gov.uk/parenting3to6](http://www.edinburgh.gov.uk/parenting3to6). For more information contact Helen on 0131

458 4059 between 10.00am – 3.00pm Wednesday to Friday or email

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

## Teen Triple P for parents/carers of 11-16 years

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, find details of local groups at



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

- **Goodtrees Neighbourhood Centre**, EH17 7LB. FULL. Tuesday 14th January – 17th March 2020. 1-3pm
- **Barnardos**, 111 Oxfords Road North, EH14 1ED. Friday 31st January- 3rd April 2020. 9.30am -11.30am
- **Southside Community Centre**, 117 Nicholson Street, EH8 9ER. Thursday 30th April- 25th June 2020. 6-8pm.

For more info 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 07860 736129

## Raising Children with Confidence

This is a 6week 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 0-11 years. Courses are held throughout the city in primary schools and community venues. [www.growingconfidence.org](http://www.growingconfidence.org) [www.joininedinburgh.org/parenting-programmes](http://www.joininedinburgh.org/parenting-programmes) Email [admin@growingconfidence.org](mailto:admin@growingconfidence.org)



- **Dads Rock, Granton Parish Church**, Starts Thu 20th February 7-9pm, open to all dads/ male carers with children 0-11years Email: [hello@dadsrock.org](mailto:hello@dadsrock.org)

## Raising Teens with Confidence

This six week course is **for parents and carers of teens**. It explores how adults can 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 and are listed on [www.joininedinburgh.org](http://www.joininedinburgh.org) Contact [admin@growingconfidence.org](mailto:admin@growingconfidence.org)

## Other courses for parents

### **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 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. New sessions are listed at [www.joininedinburgh.org/parenting-programmes/support-and-information-sessions](http://www.joininedinburgh.org/parenting-programmes/support-and-information-sessions) To book a place or for more information on future sessions please contact Jillian, Parent and Carer Support Development Officer on 07860 736129 or email [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.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 0131 315 8116 or email [cedar@edinwomensaid.co.uk](mailto:cedar@edinwomensaid.co.uk) (Women's Aid Children and Young People Service)

### **Under the Wing- Art Class**

Art Class for women affected by domestic abuse, unlocking the nurturing and healing power of art. Starts Thursday 23rd April 10.30 to 12pm for 6 weeks. Studio 48, 25 Beaverhall Road, EH7 4JE. Cost £5 includes materials. Free places available for those with financial difficulties. [www.underthewing.org.uk](http://www.underthewing.org.uk)

Under the Wing provide art and craft workshops by local artists, fees from classes help fund places for mothers and children affected by domestic abuse to attend art free workshops Email: [sally@underthewing.org.uk](mailto:sally@underthewing.org.uk) Tel: 07956059483

### **Healthy Active Families - Health and wellbeing sessions**

Active parents and children including yoga classes or trips to the gym or pool. Dr Bell's Family Centre. Fridays 1-2pm, six week block. For more information and to book contact 0131 553 0100



## **Active Mums (referral only)**

Fun fitness programme delivered by Edinburgh Leisure. Mums who complete the programme receive an Edinburgh Leisure access card providing access to EL facilities for £1 per person, per activity for six months. Limited creche spaces available.

Dr Bell's Family Centre/ Leith Victoria Swim Centre, Leith, Mondays 12.45-1.45pm, next block starts 17<sup>th</sup> February. For more information contact 0131 553 0100

## **Family Smiles**

A six-week programme delivered in partnership with Edinburgh Community Food, supporting parents in understanding a healthy diet and oral health

Dr Bell's Family Centre. Thursdays 12-2pm. For more information and to book contact 0131 553 0100

## **Art and Crafts Class**

Get creative by joining our small art and crafts group with our tutor Laura – painting, drawing, clay modelling, card making, glass painting etc. (Crèche places available). Wednesday 1pm – 3pm, Greengables Family Centre. For more information or to book a space call 0131 669 9083.

## **Parenting Apart**

A Parenting Apart Information Session is an opportunity for you to learn how you and your children can move forward positively following a separation or divorce. You will gain insight into what you and your family are going through and how to handle the transition to living apart in a way that's best for everyone. Sessions generally last for three hours and 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. [www.familymediationlothian.co.uk](http://www.familymediationlothian.co.uk). For more information Tel: 0131 226 4507 or email [info@familymediationlothian.org](mailto:info@familymediationlothian.org)

## **Greengables Family Centre Courses for local parents and carers**

- Aerobics Mondays 9.30am – 10.30am All Welcome, creche
- Massage Monday 11am, 12noon and 1pm  
(Crèche places only available for 11am and 1pm session)
- Jewellery Making Monday 1pm – 3pm
- Pilates Monday 1pm – 2pm
- Circuit Class Tuesday 9.30am – 10.30am
- HEALTH@NUTRITION Tuesday 10.30am – 11.15am
- Fitness Class Thursday 9.30-10.30am
- Sewing Class Thursday 1-3pm

Crèche places available. For more information or to book a space on any course call Rosemary on 0131 669 9083 or drop into the centre.

## Vocal Stress Management Courses

A workshop designed to help carers understand stress and its impact. Share and develop techniques to plan for and manage stress that comes with caring.

- Sat 8 Feb 10:30am - 1pm or Fri 20 Mar 10:30am-1pm, Edinburgh Carers' Hub
- Fri 7 Feb 10:30am - 1pm, Westerhailes Healthy Living Centre
- Wed 4 Mar 10:30am - 1pm, St Columbas Church, City Centre

For more information visit [www.carerstraining.co.uk](http://www.carerstraining.co.uk) or call 0131 622 6666

## 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.

- Royston and Wardieburn Community Centre. 11 Pilton Drive North EH5 1NF  
Thursday 20<sup>th</sup> Feb -26<sup>th</sup> March 2020 9.30-11am
- Edinburgh College. (Old Stevenson College) Bankhead Avenue, EH11 4DE  
Tuesday 25<sup>th</sup> Feb- 31<sup>st</sup> March 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)

## Anxiety Management Group- Stockbridge

Run by Health in Mind. This course is for people who are experience mild to moderate anxiety and are interested in exploring coping strategies in a supportive group environment. The focus of the 6-week course will be to learn what self-care strategies can prevent anxiety, how to manage symptoms when they appear and what might be helpful after an episode of anxiety. Alternate Tuesday 4<sup>th</sup> February-7<sup>th</sup> April, 6-8pm, Number 7, 7 Raeburn Pl, Edinburgh EH4 1HU Contact [anna.chmiel@health-in-mind.org.uk](mailto:anna.chmiel@health-in-mind.org.uk) Tel: 0131 225 8508

## Cooking on a Budget for Lone Parents

Are you a lone parent? Do you struggle with ideas on how to feed you and your children? If so, then come along to a group that will give you ideas.

We pay for the ingredients (for the cooking sessions). We all cook together and what you cook you can take home.

The YMCA, Great Junction Street, Leith, Wed 12-2pm, 15<sup>th</sup> Jan- 1<sup>st</sup> April. For more information call Tom Carroll on 07814078139 or email [tom.carroll@opfs.org.uk](mailto:tom.carroll@opfs.org.uk)

## **Adults Cooking Class**

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

Greengables Family Centre Wed 1-2.30pm- creche available. For more information or to book a space call 0131 669 9083.

## **Let's Talk for Little Ones**

Tips and information sessions for parents and carers to support children talking. Run by NHS Lothian Speech and Language Therapists. **For parents only, please do not bring your little ones.**

Friday 31<sup>st</sup> January 10.30-11.30am, Goodtrees Neighbourhood Centre, 5 Moredunvale Place, EH17 7LB

Wed 25<sup>th</sup> March 7-8pm, Fort Community Centre, 25 North Fort Street, EH6 4HF

To book a place please contact 0131 536 9713

## **Know Your Rights for Parent Carers- The Lothian Centre for Inclusive Living (LCiL)**

Improve your knowledge of your rights, increase your ability to self-advocate, learn how to make a complaint if your rights aren't met, meet new people and increase your confidence. The workshop covers where, when and how to get support, where to go for support/ advocacy and accessing benefits and services. For parents with a disabled child (any age) or a child with additional support needs,

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

Norton Park Centre, 57 Albion Road, Edinburgh, EH7 5QY, Thursday 6th February 2020, 10.45am-2.30pm. Lunch and refreshments provided

Contact 0131 475 2350 [lisa.milburn@lothiancil.org.uk](mailto:lisa.milburn@lothiancil.org.uk)

## **Open Book Sessions**

McDonald Road Library. Every Thursday 2-3pm. Relaxed informal sessions to listen to or read short stories and poems and participate in discussions. Develop confidence with reading and language. For more information Tel 0131 529 5636.

## **Reconnect- 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 and tablets). Drop-in once or come back every week to gain some friendly support at your pace to develop your skills. [www.peopleknowhow.org](http://www.peopleknowhow.org).

People Know How, 525 Ferry Road, Edinburgh, EH5 2FF. Drop-in at any time Monday to Thursday 10am to 4pm.

Craigmillar Library, 101 Niddrie Mains Road, Wednesday 10am-12pm

For more information contact Nigel Gallear, Reconnect Coordinator, on 0131 569 0525 or email [nigel.gallear@peopleknowhow.org](mailto:nigel.gallear@peopleknowhow.org)

## Reconnect- Digital Literacies

Weekly class to help people to improve their computer and digital skills, become more confident completing online forms, learn how to find information online, brush up on spelling or maths. Use our devices or bring your own.

Port of Leith Housing Association, launch date Friday 24<sup>th</sup> January 10am-12pm. For more information, contact Alan Stewart, 07840 649317 or Lorna Hoy 07840 649258.

## Literacy and Numeracy Classes

Want to brush up on your reading, writing and number skills. The following Free classes run-in North-East Edinburgh.

- Everyday English. Wellbeing Centre, Duddingston Yard. Mondays 10am-12pm,
- Everyday Numbers. McDonald Road Library. Mondays 5.30-7.30pm
- Open Book - shared reading sessions for adults who like books, Craigmillar Library. Tuesdays 10-11am
- Everyday Numbers, McDonald Road Library. Tuesdays 5.30-7.30pm
- Everyday English. The White House, Craigmillar. Wednesdays 1-3pm

For more information contact Alan on 07840 649317,  
[Alan.1.Stewart@ea.edin.sch.uk](mailto:Alan.1.Stewart@ea.edin.sch.uk) or Lorna on 07840 649258,  
[lorna.hoy@ea.edin.sch.uk](mailto:lorna.hoy@ea.edin.sch.uk)

## English Speaker of Other Language Classes (ESOL Classes)

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

### New Beginners ESOL Class

Magdalene Community Centre, Magdalene Drive, EH15 3BE. Wednesdays, 9.30-11.30am from 19<sup>th</sup> February 2020.

Leith Community Centre, 12A Kirkgate, EH6 6AD. Fridays 9.30-11.30am, from 21<sup>st</sup> February 2020. Please advise if you need a creche.

### Elementary ESOL Level 2

Northfield Community Centre, Northfield Road, EH8 7PP. Advise if creche needed. Wednesdays, 9.30-11.30am from 19<sup>th</sup> February 2020.

### Upper-Intermediate ESOL Level 5

Leith Community Centre, 12A Newkirkgate, EH6 6AD. Thursdays 6-8pm, starts 16<sup>th</sup> January 2020.

For information or to book a place contact Heather Muchamore on 0131 554 4750 or 07840 649286 email [heather.muchamore@ea.edin.sch.uk](mailto:heather.muchamore@ea.edin.sch.uk)

## Stories and Creativity

Friendly group exploring stories and creative opportunities. Good for English learners, open to all. Creche spaces may be available for under 5s.

Leith Community Centre, 12A Kirkgate, EH6 6AD. Thursdays, time tbc, starts 30<sup>th</sup> April 2020.

For information or to book a place contact Heather Muchamore on 0131 554 4750 or 07840 649286 email [heather.muchamore@ea.edin.sch.uk](mailto:heather.muchamore@ea.edin.sch.uk)

## Conversation Connect ESOL Level 3

Leith Community Centre, 12A Newkirkgate, Edinburgh EH6 6AD. Come and join in activities and have conversations in English! Meet new people, feel more confident! This course is good for people who are learning English. People who are not learning English can also come and join, all welcome! Creche available for under 5s. Tuesdays 12.30-2.15pm starting Tuesday 15<sup>th</sup> February 2020. Contact Heather Muchamore on 0131 554 4750 or 07840 649286 or email

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

## Get Together and Blether

Sandy's Community Centre, Craigmillar. A group of local people and new Scots from all over the world. We meet once a month and bring food to share for lunch (nothing too expensive!!). Enjoy foods from all over the world. The group is run in partnership with Karin Chipulina, CarrGomm and Donna Huth. Fortnightly every Tuesday. For information contact Birgit Harris, Lifelong Learning on 0131 469 5489 or email [birgit.harris@ea.edin.sch.uk](mailto:birgit.harris@ea.edin.sch.uk)

# Parent and child activities

## Bookbug and Storytime Sessions

### Bookbug Sessions

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

### Stockbridge Library Bookbug

Tuesdays 10.30-11am. Sessions are free though require a ticket, available from the library from 10am

### Leith Library Bookbug

Alternate Tuesday and Wednesday of every month, 10.30-11.15am. Contact Leith Library 0131 529 5517

## **McDonald Road Library Bookbug**

Fridays, 10.30-11am throughout the year. Polish Bookbug, fortnightly on Saturdays 10.30-11am, 14 Sept then fortnightly. Spanish Bookbug, fortnightly on Fridays at 11.30am, contact McDonald Road Library 0131 529 5636

## **Portobello Library Bookbug**

Wednesday 10.15am-10.45am and 11.15am – 11.45am. Saturday at 11.30am – 12pm. Contact Portobello Library 0131 529 5558

## **Piershill Library Bookbug**

Wednesday 2.00pm -2.30pm, Contact Piershill Library 0131 529 5685

## **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 am – 11.00am
- Spanish Rhymetime. Fri 10.30-11am, contact Craigmillar Library 0131 529 5597

## **Storytime**

**Portobello Library** Fun stories for children from 3-6 years, Tuesdays at 4pm

**Piershill Library** Storytime with Kenny and the Magic Story Time rug Fri 10.30am

**Stockbridge Library** Share a Story for under fives. Saturdays 11.00am - 11.30am

**Craigmillar Library** Run by books for babies. Saturday Storytimes. 0-4 years older siblings welcome. Last Saturday of every month at 11am-12 noon. Snack provided.

## **Play and Learn Together**

### **Play and Connect!**

For parents/carers and under fives. Come and play and explore lots of activities to promote children's learning. Starts Thursdays 10am-12pm, 16<sup>th</sup> January 2020. Leith Community Centre 12A Kirkgate, Edinburgh EH6 6AD. For more info contact Heather Muchamore on 07840 649286 or email

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

## **Family Learning- All about Maths and Science**

Explore lots of informal activities to promote children's learning in Maths and Science, priority given to parents of children attending Leith primary and nursery. Starts 15<sup>th</sup> January and 19<sup>th</sup> February 2020 12.30-2.15pm. Leith Primary Nursery, St Andrew Place, EH6 7EG. For more info contact Heather Muchamore on 07840 649286 or email [heather.muchamore@ea.edin.sch.uk](mailto:heather.muchamore@ea.edin.sch.uk)

## **Chinese Flower Group**

For Chinese parents and their children, 0-3 years. Referral only. This weekly group is for Chinese parents with children aged 0-3 years. An opportunity to join other families for play, sing bilingual nursery rhymes, read storybooks and group support. Leith Community Centre, 12a Newkirkgate, Leith. Thursdays 12.30-2pm. Contact Multi-Cultural Family Base 467 7052

## **The Strawberry Group**

Leith Community Centre, 12a Newkirkgate, Leith. For black minority ethnic parents and their children, at least one aged 0-3 years. Referral only. An opportunity to join other families for play, circle time and group support. Fridays 10.00-11.30am. Contact Multi-Cultural Family Base 467 7052

## **Dads Rock**

Free for dads, granddads, male carers and kids 0-5 years. Contact 07807 498709 [hello@dadsrock.org.uk](mailto:hello@dadsrock.org.uk)

- Granton Parish Church, 55 Boswall Parkway, EH5 2DA Saturdays 10.00am-11.30am
- 6VT Youth Café, 11-15 Vennel, EH1 2HU. Sunday 11.00am-12.30pm

## **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 eight 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.nhslothian.scot.nhs.uk/getgoing](http://www.nhslothian.scot.nhs.uk/getgoing) or tel: 0131 537 9209 or email: [get.going@nhslothian.scot.nhs.uk](mailto:get.going@nhslothian.scot.nhs.uk)

## **Big Hearts Kinship Care After School Club**

For the whole family to attend. Will feature a host of activities for both kids and carers. We shall also be providing a family meal. Gorgie Suite, Tynecastle Park Stadium, Tuesdays, 4:30-6:30pm. Contact [kinship@bighearts.org.uk](mailto:kinship@bighearts.org.uk)

## **Time Together Cooking (parents/carers and three years +)**

A block of four weekly cooking sessions for parent/carer and child to enjoy within a small group. A chance to learn new skills, try and taste new recipes and ingredients. Greengables Family Centre. Thursdays 1.30-2.30pm- no crèche. For more information or to book a space call 0131 669 9083.

## **Figgy Kids**

For parents and children to enjoy outdoor games and activities exploring the park and its wildlife. Figgate Park, meet by the willow sculptures by the Hamilton Terrace entrance. The first Monday of every month 10am-12pm. See Figgate Friends Facebook page for updates

## **Bounce**

Lots of energy (bouncy castle), creativity (craft zone), fun (magic and children's shows) and more for 3-7 year old children and their parents and carers.

First Saturday of the month (Feb, March, Sept, Oct and Nov 2020) 10.30am–2.30pm.

Suggested donation £3 per child. Snack bags provided for the children.

St Paul's & St George's Church, 46 York Place, EH1 3JW Email:

[rachel@psandgs.org.uk](mailto:rachel@psandgs.org.uk)

## **Drop in Hub Day**

Activities for parents/carers and their children to take part in and meet staff and other parents. Light snack at 10.45am. Greengables Family Centre, Wednesdays 9.30am-11.30am. For more info contact 0131 669 9083

## **Play @ Home**

This NHS programme provides all families in Scotland with three books covering three stages from birth to five years: 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 email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)

## **play@home for parents/carers and children 1-2 years**

Greengables Family Centre, Thursday 2pm – 3pm, starting March 2020 for a five-week block. For more information or to book a space call 0131 669 9083.

## **Family Fun Day**

Brunstane Primary School grounds, Friday 21<sup>st</sup> Feb 2020, 12-3pm

John the Smart Play Rangers for a family fun day full of free activities.



## Art and Crafts Sessions

### Library Craft Sessions

Drop in craft sessions for aged 4-11 years 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 ten years. For more information contact Leith Library on 0131 529 5517

**Crafternoon, 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, 5-12 years. 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

### Lego Building and Creativity Sessions (6-12 years)

**Portobello Library**, every second Friday at 2pm. For more information contact Portobello Library on 529 5558

**McDonald Road Library**, every second Saturday at 3-4pm, starting 12 October then fortnightly. Children under 8 will need to be accompanied by an adult. For more info contact McDonald Road Library on 529 5636

### Free Kids Movie Club

Free children and family film screenings. McDonald Road Library. Every second Saturday at 2pm. Starts 25<sup>th</sup> January. Children under eight years must be accompanied by an adult. Contact 0131 529 5636

### Bridge Kidz Messy Church

Crafts, Songs, Bible stories and more! First Saturday of every month, 10am-12pm. Free. LifeCare Centre, 2 Cheyne Street, EH4 1JB Tel: 0131 261 6484

### Play Together on Pedals

Free drop in or bookable cycling sessions for children and families, bikes and helmets provided with experienced instructors on hand to help your child to gain the skills and confidence to ride a bike. More information on [www.playonpedals.scot](http://www.playonpedals.scot) or email [angie.kinghorn@cyclinguuk.org](mailto:angie.kinghorn@cyclinguuk.org)

Pre-schoolers (3-5 years) Drop in. Castlebrae High School (indoors) 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup> Feb, 10am-12pm

## Free Activities at the Scottish National Gallery of Modern Art

75 Belford Road, EH4 3DR [www.nationalgalleries.org/whats-on](http://www.nationalgalleries.org/whats-on)

- Winter Sensory Storytelling (All ages), Fully inclusive multisensory storytelling event. Modern One. Booking essential. 22<sup>nd</sup> Feb 2pm and 3pm. To book please contact 0131 624 6428 or email [amurray@nationalgalleries.org](mailto:amurray@nationalgalleries.org)
- Family Art Tour. Ages 6+, Younger siblings welcome too. 11am-11.45am, 29<sup>th</sup> Feb. Short, interactive, creative tours. The perfect introduction to art for your whole family. BSL interpreted

## Free Activities at The Scottish National Portrait Gallery

Queen Street, EH21JD [www.nationalgalleries.org/whats-on](http://www.nationalgalleries.org/whats-on)

- Open Studio - Make an Impression: ages 1-3 years, younger siblings welcome too. Tue 4<sup>th</sup> Feb 10.30am and 11.30am. FREE Messy, open, art-making mornings in the Farmer Studio. Drop in anytime and bring a change of clothes!
- Wee Treasures: ages 2-5. 1<sup>st</sup> Feb, 10.30 & 11.30am. Free Multisensory storytelling in the gallery, inspired by a different painting each month.
- Walk, Talk, Make. Ages 2-5 years. Sat 15<sup>th</sup> Feb 11am-12pm. Indoor Sculpture hunting, story sharing, art and music making for under 5s.
- Postcard Portraits. Ages 6+, younger siblings welcome too. Sun 9<sup>th</sup> Feb 2-4pm. Pick your postcards, find the portraits and create your own personal masterpieces.
- BYOB: Bring Your Own Baby/Bump. Ages 0-1. Mon 3<sup>rd</sup> Feb: 10.15, 10.45, 11.15am, Monthly informal chats in the gallery for grown-ups and wee ones
- Autism friendly early opening All Ages. Sun 23<sup>rd</sup> February, Sat 29<sup>th</sup> Feb- Sights and Sounds, 9-10am. Free, supported, early opening sessions for children up to 12 years who have autism and their families. Families can enjoy a quiet space to settle in and return to, an opportunity to handle materials, explore sensory creative activities and visit exhibitions with experienced, welcoming guides. Pre-visit information, including sensory stories, photos and what to expect are available. Numbers very limited, booking essential. To book please contact 0131 624 6428 or email [learning@nationalgalleries.org](mailto:learning@nationalgalleries.org)

## Free Activities at the Scottish National Gallery of Modern Art

75 Belford Road, EH4 3DR [www.nationalgalleries.org/whats-on](http://www.nationalgalleries.org/whats-on)

- Winter Sensory Storytelling (All ages), Fully inclusive multisensory storytelling event. Modern One. Booking essential. 22<sup>nd</sup> Feb 2pm and 3pm. To book please contact 0131 624 6428 or email [amurray@nationalgalleries.org](mailto:amurray@nationalgalleries.org)
- Family Art Tour. Ages 6+, Younger siblings welcome too. 11am-11.45am, 29<sup>th</sup> Feb. Short, interactive, creative tours. The perfect introduction to art for your whole family. BSL interpreted

## Additional Support Needs

### The Drop In

A fun packed drop in activity session for children with a disability aged 0-18 years their parents and siblings. Parents can meet other parents and hear from guest speakers, while their children take part in activities run by experienced youth and children's workers.

**Northfield and Willowbrae Community Centre**, 10 Northfield Road. Saturday, 2.00-4.00pm. Free. Contact Liz on 0131 661 5723

**Royston Wardieburn Community Centre** Saturdays (term time). 10.00am-12.00pm. Cost 50p. Contact 0131 552 5700

### Multi-Sensory Room Greengables Family Centre

The Multi-Sensory Room can be booked for hourly sessions for you to enjoy with your child for free. Contact Greengables Family Centre on 0131 669 9083

### Inspiring Disability Group (previously The Drop In)

A fun packed drop in activity session for children with additional support needs aged 0-14 years and their parents/carers and siblings. Parents/carers have the opportunity to meet others whilst their children/young people take part in a range of activities supported by qualified and experienced workers. Jack Kane Community Centre, 208 Niddrie Mains Road. Saturday, 10.00am-12.00pm, FREE. Tel: 0131 657 1595 for more info or if attending the first time.

### Early Years' Service at The Yard

Activity based play sessions for parents and carers of children 0-5 years with additional support needs. A themed programme of sessions 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 and you must register for the service before accessing it. [www.theyardscotland.org.uk/earlyyears](http://www.theyardscotland.org.uk/earlyyears).

The Yard, 22 Eyre Place Lane, Edinburgh EH3 5EH. From 13<sup>th</sup> January – 2<sup>nd</sup> April 2020 (excluding week of 17<sup>th</sup> February)

- Mondays - Music and Movement 0-5s at 10-11.30am, Activity based play 0-5s at 12.30-2pm
- Tuesdays - Activity based play 0-5s 10-11.30am
- Thursdays - Activity based play 0-5s, 12.45-2.15pm (30<sup>th</sup> Jan and 5<sup>th</sup> March at Craigentiny Early Years centre)

Contact Danielle 0131 476 4506, 07934 839 936

[earlyyears@theyardscotland.org.uk](mailto:earlyyears@theyardscotland.org.uk)

## **Play, Sense, Create**

An exciting free arts programme for children 5- 12years with additional support needs and disabilities and their families. Bring the whole family, chat, create and meet the team. Healthy Snack provided.

Whale Arts, Sat 25th January 10.30am-12.30pm, Fri 7<sup>th</sup> February 2.30-4.30pm, Saturday 22<sup>nd</sup> February 10.30am-12.30pm.

Email to book [play-sense-create@whalearts.co.uk](mailto:play-sense-create@whalearts.co.uk)

## **ASN Sensory Stay and Play Group**

An opportunity for parents and carers and children 0-11years who have additional support needs to enjoy sensory play activities together.

Magdalene Community Centre, Magdalene drive, EH15 3BE, Mondays 3-5pm starting February 2020. For more information contact the Community Centre on 0131669 8760 or Leanne on 07751 249654

## **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**

Fri 10-11.30am. 22 Elgin Terrace, EH7 5PB Christian Songs. Tel: 0131 557 4110

### **The Kirkgate Kiddos**

Tuesdays 9.30-11.30am Leith Community Centre, 12a Kirkgate, Leith, EH6 6AD. Tel: 0131 554 4750

### **South Leith Parent and Toddler Group**

Tue 9.30-11.30am South Leith Church Halls, 6 Henderson St. Tel: 07538 325288

### **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](mailto:stmegspandtgroup@gmail.com) in advance.

### **Trinity Toddlers**

Mon, Tue 9-11.30am Leith Sea Scout Hall, Victoria Park, access via Craighall Avenue, EH6 5PY Email: [pgrant1981@gmail.com](mailto:pgrant1981@gmail.com)

### **'Wee Hope' Baby and Toddler Group**

Fridays 9.30-11am. Hope café, 135 Mountcastle Drive South. Bible story, songs and snack. Term time, 50p. Tel: Emily: 075987 24739

## **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, £2 suggested donation.  
Email: rachel@psandgs.org.uk

## **Toddler Activity Playgroup**

Fridays 9am -10:30am and 11.00am -12:30pm. LifeCare Centre, 2 Cheyne Street, EH4 1JB Tel: 0131 261 6484

## **Richmond Tots Parent and Toddler Group**

Wed 9.30-11am. Richmond Craigmillar Church, EH16 4PA Tel: 0131 661 6561

## **Northfield & Willowbrae Community Centre**

Mon and Wed 9.30-11.30am, 10 Northfield Road, EH8 7PP. £2. Tel: 0131 661 5723

## **Niddrie Community Church Baby and Toddler Group**

Mon 9.45-11.15am, 12 Hay Drive , EH16 4RY. Tel: 0131 669 9400

## **The Venchie Parent and Toddler Group**

Wed, Thu, Fri 9.15-11.15am, 61 Niddrie Mains Terrace, EH16 4NX Tel: 629 9546

## **Bristo Tots**

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

## **Sandy's Baby & Toddler Group**

Fri 9-11am Sandy's Community Centre, EH16 4DW Tel 0131 661 4064

## **Magdalene Baby & Toddler Group**

Thu 9-11am Magdalene Community Centre, EH15 3BE Tel Rab: 669 8760

## **Parent and Toddler Groups (staff run)**

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**

See Parent and Child Activities: [Play and Learn Together](#)

### **Ripple Project Parent/ Carer and Toddlers (0-5 years)**

McLaren Hall, 48 Restalrig Road South, EH7 6LE. Tuesdays 9.30-11.30am (term time). Tel: 0131 554 0422

### **Greengables Toddler Group**

Greengables Family Centre, Tuesdays 1-3pm. Tel: 0131 669 9083

### **Feniks Polish Toddler Group**

For parents and grandparents and children under two 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. McDonald Road Library, 2-4 McDonald Road, Leith, EH7 4LU Fridays 11.30am-2.00pm. Contact 07510 122425 or email [info@fenicks.co.uk](mailto:info@fenicks.co.uk)

### **Muslim Women's Association of Edinburgh Mother and Toddlers**

Edinburgh Central Mosque, EH8 9BT (exhibition hall, participants required to remove their shoes). Thursdays 10.00am-12.00pm. All welcome to attend from any faith or background. Contact 074805 69192 or email [mail@mwae.org.uk](mailto:mail@mwae.org.uk)

### **Piepmatze Edinburgh German Speaking Playgroup**

German Community Church, 1 Chalmers Crescent, EH9 1TR Tuesdays. 10.00am-12pm throughout the year. Contact Piepmatze Edinburgh on Facebook

### **Purzelbaum Edinburgh German Speaking Playgroup**

German Community Church, 1 Chalmers Crescent, EH9 1TR. Monthly. Saturday 2-5pm, 8<sup>th</sup> Feb, 14<sup>th</sup> March, 14<sup>th</sup> April, 9<sup>th</sup> May, 14<sup>th</sup> June 2020. Suitable for all ages. A chance for your children to actively speak German with others and participate in themed activities around German traditions and holidays. More information on [www.purzelbaum.wixsite.com/spielgruppeedinburgh](http://www.purzelbaum.wixsite.com/spielgruppeedinburgh) or email [purzelbaum.edinburgh@gmail.com](mailto:purzelbaum.edinburgh@gmail.com)

### **International Postgraduate Group**

For wives and children of overseas students at Edinburgh University. Tuesdays from 10.00am starts 11 September 2019. For more information contact 0131 447 4974

## **Croileagan Gaelic Playgroups for parents and under 5s**

Leith Community Centre, 12a New Kirkgate, Leith EH6 6AD. Mondays. 9.30-11.30am and 12.30-2.30pm

## **Tollcross Community Centre**

Wednesdays. 9.15-11.15am

## **Taobh Na Pairce, Bonnington Road**

Tuesday or Friday. 9.15-11.15am. Contact 529 2415.

[croileagan.duneideann@gmail.com](mailto:croileagan.duneideann@gmail.com). [www.gaelicplaygroup.com](http://www.gaelicplaygroup.com)

## **Childminder Group**

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

## **Toy Libraries**

Play Plus Toy Library-Tuesdays 9.30am-1pm term time. Inch House Community Centre, 225 Gilmerton Road, EH16 5UF. An annual membership of £4 allows families to borrow a wide range of toys, as well as stay and play at the sessions. [playplus@smartplaynetwork.org](mailto:playplus@smartplaynetwork.org) Tel 0131 664 4710

# **Parent and carer groups**

## **Kinship Carers**

### **Kinship Carer Advice Line and Involvement Group**

The City of Edinburgh Council offer support and information for Kinship Carers. They can provide Information on events and courses, financial support and social, emotional and practical support. A Kinship Care group meets monthly at Westfield House. For more information call the helpline. The Helpline is available Monday to Thursday from 9am to 5pm and Friday 9am to 3:30pm. Leave a message, someone will call back. Tel: 0131 529 2588 or email: [kinshippupport@edinburgh.gov.uk](mailto:kinshippupport@edinburgh.gov.uk)

### **Kinsfolk Carers Kinship Care Support Group**

Drop in (except during school holidays). Leith Community Education Centre, Persevere Room, EH6 6AD Thursday. 10.00am-12.00pm. Contact Leith Community Centre 0131 554 4750

### **Big Hearts Kinship Care After School Club**

See Parent and Child Activities: [Play and Learn Together](#) for details

## Autism and Disability

### **Barnardos Cygnet Programme for Parents of children with Autism**

A 6week programme for parents and carers of children aged 7-18years who are on the autistic spectrum. The course covers autism and diagnosis, communication, sensory Issues, understanding and managing behaviour and gives parents an opportunity to meet other parents with similar issues.

**Canongate Youth**, Wednesdays, 1pm-3pm, starting 19<sup>th</sup> February 2020

**Barnardos, Oxfangs Office**, Wednesdays 6.30pm-8.30pm, starting 19<sup>th</sup> February

For more information or to apply to attend contact Simon 0778 993 5554, Joan 0771 036 5645 or Heather 0771 269 9328 email: [heather.mcmahon@barnardos.org.uk](mailto:heather.mcmahon@barnardos.org.uk)

### **Kindred's Therapeutic Support Group**

A free eight-week course for parents of children with additional support needs. An opportunity to explore experiences and feelings in a small group with parents who are in a similar situation. Helping people feel to less isolated. The group is supported by two counsellors. Kindred, 7 Rutland Court Lane, Edinburgh EH3 8ES. Starting 22<sup>nd</sup> January- 1<sup>st</sup> March 2020 at 10am-12pm. For more information or to book a place contact [enquiries@kindred-scotland.org](mailto:enquiries@kindred-scotland.org) or Tel: 0800 031 5793 (selection option 1, then option 1)

### **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 therapist, occupational therapists and CAMHS. The sessions run in blocks for parents and carers of children in pre-school, P1-3, P4-7, P1-7 and secondary. Venues will be confirmed on booking. For more information contact the Additional Support for Learning Service on 0131 469 2850 or email [autisminfo@ea.edin.sch.uk](mailto:autisminfo@ea.edin.sch.uk)

### **Hanen More Than Words**

Referral only. For parents of children with autism or social communication difficulties aged 0-4. An eight-week parent programme delivered by speech and language therapists, which helps parents and carers to understand and adapt communication and play with their child. Parents attend group sessions; home visits may be carried out where video feedback of interactions can be used. For a referral or more information contact your speech and language therapist see [www.lets-talk.scot.nhs.uk/ContactUs/Pages/default.aspx](http://www.lets-talk.scot.nhs.uk/ContactUs/Pages/default.aspx)



## **Hanen Talkability**

Referral Only. For parents of children with Autism aged 4-8. An eight-week parent programme delivered by Speech and Language Therapists, which helps parents and carers to support their child's communication. Parents attend group sessions; home visits may be carried out where video feedback of interactions can be used. For a referral or more information contact your speech and language therapist see [www.lets-talk.scot.nhs.uk/ContactUs/Pages/default.aspx](http://www.lets-talk.scot.nhs.uk/ContactUs/Pages/default.aspx)

## **Living with Autism**

Referral only. For parents of children with autism in primary 5-7. An eight-week parent programme delivered by speech and language therapists, CAMHS and ASL which helps parents and carers to support their child's communication. For a referral discuss at your Child's Planning Meeting.

## **Coffee Mornings**

For parents/carers of children with ASD. Run by Tailor Ed. Regular coffee mornings every couple of months. The coffee mornings are facilitated by one of our project workers and as well as offering an opportunity to meet other parents and build an informal support network we set topics for discussion and/or invite speakers from other organisations or services that may be of interest. For more information please contact us on [contact@tailoredfoundation.co.uk](mailto:contact@tailoredfoundation.co.uk) or call 0131 624 8970

## **Dads' Group**

For dads/male carers of children with ASD. Run by Tailor Ed. An informal gathering just for Dads, usually in a pub, providing a chance for dads meet up with other dads who have a child with Autism. Hosted by one of our male project workers this offers dads a chance to relax and provides an opportunity to build an informal support network. For more information please email Pete [pete@tailoredfoundation.co.uk](mailto:pete@tailoredfoundation.co.uk) or call 0131 624 8970

## **Mums' Group**

For mums/female carers of children with ASD. Run by Tailor Ed. An informal gathering just for Mums, usually in a pub, providing a chance for mums to meet up with other mums who have a child with autism. Hosted by one of our female project workers this offers mums a chance to relax and provides an opportunity to build an informal support network. For more information please contact us on [contact@tailoredfoundation.co.uk](mailto:contact@tailoredfoundation.co.uk) or call 0131 624 8970

## **The Wren Group (referral only)**

A weekly wellbeing support group for black and minority ethnic mothers in Leith who have children with additional support needs under five years. Dr Bells Family Centre, Leith. Wednesdays, 12.30-2pm, Limited creche spaces available for children under five years. Contact Multi-Cultural Family Base on 0131 467 7052

## **Scottish Autism Right Click Online Support Programme**

For parents and carers of children and young people on the Autism spectrum. Parents and carers can register to participate in a free online support programme specific to the age of their child at a time and pace which suits them. There is also a new Women and girls specific programme. Sessions include videos and support materials. Parents are also assigned their own advisor who can be contacted to answer questions and give specific advice. Programmes run for five weeks on a rolling programme. For more information or to register visit [www.scottishautism.org/services-support/support-families/online-support-right-click](http://www.scottishautism.org/services-support/support-families/online-support-right-click)

## **Parent and Carer Peer Support Group**

The Lothian Centre for Inclusive Living (LCiL) facilitates a peer support group for parents and carers of children and young people who are disabled or have additional support needs. The group allows parents and carers to share experiences, support each other and participate in discussion topics. [www.lothiancil.org.uk](http://www.lothiancil.org.uk) Creche provided. Norton Park Centre, 57 Albion Road, Edinburgh, EH7 5QY. Alternating Mondays and Thursdays once per month. 10.30am- 1.30pm, lunch 12.30pm. Contact 0131 475 2350 [lisa.milburn@lothiancil.org.uk](mailto:lisa.milburn@lothiancil.org.uk)

## **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. Contact Robert Kelly Tel: 0131 478 7707 or email [robert.kelly@peoplefirstscotland.org](mailto:robert.kelly@peoplefirstscotland.org)

## **Deaf Learning Service**

Run by the City of Edinburgh Council. Providing services throughout Edinburgh to Deaf Sign Language speakers and those with a hearing loss, including professionals working with young people, families, and individuals addressing issues around deafness. Services cover a range of courses, support and advice, such as literacy classes, lipreading classes, parenting, adult education and volunteering. Support is tailored to each individual's need, for example participating in a mainstream course or a specific learning environment. The service promotes a holistic approach to learning and works collaboratively with partner organisations to ensure a positive learning experience. Contact [fiona.stewart@ea.edin.sch.uk](mailto:fiona.stewart@ea.edin.sch.uk) or 0131 558 3545.

## Dads and Male Carers

### Dads' Shed

Working to support families affected by parental drug and/or alcohol use. Join in with other dads on a variety of fun practical projects. Peer Support for Fathers affected by drugs or alcohol. Children Welcome.

Tuesdays 11.30am, The Ripple Project Café, 198 Restalrig Road South, EH7 6DZ. For more information contact Pete Cloke, 07703 714769 [pete.cloke@circle.scot](mailto:pete.cloke@circle.scot)

### Dads Antenatal Workshops

Free workshop, open to all dads to be. Facilitated by Dads Rock. Everything you need to know about babies, from nappy changing, bathing feeding, sleeping, etc. Dr Bells Family Centre, 15 Junction Place, EH6 5JA. Wednesdays 7-9pm each month. 25 September, 30 October, 27 November 2019. For more information or to book a place contact visit [www.dadsrock.org.uk/antenatalworkshops](http://www.dadsrock.org.uk/antenatalworkshops)

### Dads' Clubs/ Edinburgh Lone Fathers Project

For single/contact fathers and their young children 0-16 years. A weekly chance to get out and have fun with other dads and kids. There are two Saturday groups, one for pre-school aged children and their fathers (based in Gilmerton) and one for primary school aged children and their fathers (based in Leith). 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. Our project also provides 1:1 help to single/contact fathers who are better supported individually. Contact 556 3800 / 07796 673 381.

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

### Dads Rock

- Free support for young dads aged 25 or under. 1:1 support work and mentoring. Help with parenting skills and confidence. Email [thomas@dadsrock.org.uk](mailto:thomas@dadsrock.org.uk) or call 07807 498709. [www.dadsrock.org.uk](http://www.dadsrock.org.uk) Free for dads, granddads, male carers and kids 0-5 years. Tel 442 4662 or 07807 498709 or email [thomas@dadsrock.org.uk](mailto:thomas@dadsrock.org.uk)

**Granton Parish Church**, 55 Boswall Parkway, EH5 2DA Sat 10-11.30am.

**6VT Youth Café**, 11-15 Vennel, EH1 2HU. Sundays. 11.00am-12.30pm.

### Shared Parenting Scotland (formerly Families Need Fathers)

A chance for fathers, grandfathers or new partners to get together to obtain information and explore options about contact issues following separation. 10 Palmerston Place, EH12 5AU. First Mon of each month. 7.00-9.00pm. Contact Ian Maxwell 557 2440 or email [info@sharedparenting.scot](mailto:info@sharedparenting.scot) [www.sharedparenting.scot](http://www.sharedparenting.scot)

## **Men's Lifestyle Management Course**

10week course exploring wellbeing related topics including stress management, assertive communication and sleep management.

Starts Thursday 6th February, 10am-12.30pm, Thistle Centre for Wellbeing, 13 Queens Walk, EH16 4EA For more information contact Claire Tel: 07471030957  
Email: [claire.cumming@thistle.org.uk](mailto:claire.cumming@thistle.org.uk)

## **North Edinburgh Men's Group**

The Mankind Project (MKP) Edinburgh Community of Men and YMCA would like to all men to a free evening of gathering and connection in a safe environment. Open to all men who want to explore their place in the world. A safe, supportive, structured space for men to share their experience and explore their place in the world, share the gift of their emotionality, vulnerability and support each other.

Thursday 30th January, 27th February, 26th March, 6.45pm for 7pm- 9.30pm  
YMCA Edinburgh, Leith Acorn Centre, 1 Junction Place, EH6 5JA  
For more information or to attend contact Douglas Guest  
[douglas\\_guest@yahoo.co.uk](mailto:douglas_guest@yahoo.co.uk) Tel: 07713 032576

## **Young Parents**

### **Community Renewal Young Mum's Group**

Informal support available on training, benefits and housing for young mums aged 16-25 years. Thursdays 1-3pm. Usually meet at Craigmillar Library but also go on play and leisure activities. Contact Eve on 07739626205 or email [eve@communityrenewal.org.uk](mailto:eve@communityrenewal.org.uk) for more information or to attend.

### **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 21 years and under.

Mondays 12.30-2pm (creche and lunch provided), Wednesdays 1-2.30pm. Both term time only. Citadel Youth Centre, 175 Commercial Street, EH6 6JE.

For more information please contact Emma on 0131 554 0510 or email [emma@citadelyouthcentre.org.uk](mailto:emma@citadelyouthcentre.org.uk)

### **Terrace Tots**

Run by Edinburgh Youth Café, for parents under 24 years and their children. Young people under 24 expecting a baby also welcome. Entry is free, 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. 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 Kerry on 0131 290 2560 or e-mail [expectingsomething@starcatchers.co.uk](mailto:expectingsomething@starcatchers.co.uk)

## Dads Rock Support for Young dads

See Parents and Carers Groups: [Dads and male carers](#) for details

## International Parents Groups

See Parent and Child Activities: [Play and Learn Together](#) for details of:

- [Chinese Flower Group](#)
- [The Strawberry Group](#)

See Parent and Child Activities: [Parent and Toddler Groups](#) for details of:

- [Feniks Polish Toddler Group](#)
- [Muslim Women's Association of Edinburgh Mother and Toddlers](#)
- [Piepmatze Edinburgh German Speaking Playgroup](#)
- [Purzelbaum Edinburgh German Speaking Playgroup](#)
- [International Postgraduate Group](#)

## Other Parent and Carer Groups

### 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](mailto:admin@ymcaedinburgh.com)

### Depression and Anxiety Support Groups- Stockbridge

This Health in Mind's Depression and Anxiety Support Group is a supportive environment where people experiencing anxiety, depression and low mood can share their thoughts and feelings. Led by a volunteer with lived experience, it creates a space for people to connect with others in a similar situation and to learn positive coping strategies from one another. There is no referral or registration needed, drop in. Alternate Mondays (starting 2 March) 5.30 pm to 7.30 pm, Stockbridge Library, EH3 5BA Contact [anna.chmiel@health-in-mind.org.uk](mailto:anna.chmiel@health-in-mind.org.uk) Tel: 0131 225 8508

## **Creative Nurture Group for Women (Referral)**

Group art therapy group for women who have experienced trauma in any form. No experience of art necessary. Crèche spaces available. Leith Community Centre, 12a Newkirkgate, Leith, EH6 6AD. Wednesdays, 11am-12.30pm, starting 11th September. If you or someone you know would like to join the group, please contact Lara on 07549 591735

# Ante and post-natal support services

## Best Start Grants

### Best Start Grant

The new Best Start Grant Pregnancy and Baby Payment in Scotland has replaced the Sure Start Maternity. Best Start Grants provide lower-income families with financial support during the key early years of a child's life. They provide eligible families with £600 on the birth of their first child and £300 on the birth of any subsequent children. The application window has been extended from 24 weeks pregnant to 6 months after the birth, giving parents longer to apply.

### Best Start Grant Early Years

The Scottish Government has launched its Best Start Grant Early Learning Payment.

Delivered by Social Security Scotland, the £250 Early Learning Payment is for children aged between two to three and a half years old.

### Best Start Grant School Age

The Scottish Government launched its Best Start Grant School Age Payment. Delivered by Social Security Scotland, the £250 School Age Payment is made to low income families around the time a child normally starts Primary 1 to help with the costs of a child starting school.

Applications are now open for parents who would normally have a child starting school this August. Families can apply after the child has started school right up to 29 February 2020. You do not need to take up a school place to get this payment.

Eligible parents should apply if their child was born between 1 March 2014 and 28 Feb 2015. This also applies to parents who have deferred entry to next year – they should still apply in the 3 June 2019 to 29 February 2020 window. If they wait until next year it will be too late, and they will miss out on your payment.

To be eligible for Best Start Payments, the family must live in Scotland and be in receipt of a qualifying benefit from the list below:

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Pension Credit, Universal Credit, Housing Benefit, Child Tax or Working Tax Credit

If you are under 18 you are automatically eligible and don't have to be on a qualifying benefit. If you are 18 or 19, in full time education or training and dependent on someone else like a parent or carer who is claiming child benefit, child tax credit, pension credit or universal credit for you.

For more information visit [www.mygov.scot/beststartgranteearlylearningpayment](http://www.mygov.scot/beststartgranteearlylearningpayment) or call Social Security Scotland on 0800 182 2222.

## Best Start Food Payment

**New** applications are now open for Best Start Food payment, which replaces the UK Government's Healthy Start Vouchers in Scotland. Best Start Foods provides low income families on certain benefits with £17.00 every four weeks during pregnancy and for every child under three to spend on a range of healthy foods. This payment increases to £34.00 for children under one.

This is a more convenient and flexible way of buying healthy foods replacing the previous paper vouchers with a new payment card. The new card can be used in most shops selling food that take card payments. New applications can be made via the freephone helpline on 0800 182 2222, by post and online at

<https://www.mygov.scot/benefits/best-start/>

People already receiving Healthy Start Vouchers will continue to do so until they are invited to apply for the new Best Start Food payment. This will happen on a phased basis until March 2020.

## Pregnancy Counselling and Care (Scotland) PCC(S)

24a Haddington Place, Leith Walk, EH7 4AF

PCC (S) can offer free baby clothes and equipment (age up to 4years) to anyone in financial difficulty. Speak to your midwife or Health Visitor for a referral.

Contact [info@counsellingandcare.co.uk](mailto:info@counsellingandcare.co.uk) Tel: 0131 557 2060

## Baby Massage

Classes usually run in 4-5week 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 will be provided. Must be **booked in advance**.

**Greendykes Early Years Centre**, starting March 2020, Thu 10am (term time)

For more information or to check if spaces are available contact Wendy Craig at Greendykes Early Years Centre on 0131 661 3109

**Dr Bells Family Centre, Leith**, Thursdays 10-11am (Referral required).

For more information contact your Health Visitor or call 553 0100

## Groups for New Parents

### 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, Tue 3-4pm. Contact Louise Penman on 0131 454 2302



## **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

**Katakeet Mother and Baby group** (Multicultural group for mothers, including expectant mothers, and babies aged 0 to mobile stage). By referral only

A safe supportive group to play, observe and think about you and your baby while sharing experiences with other mothers.

Fort Community Wing, 25 North Fort Street, EH6 4HF Tuesday. 12-1.30pm

Contact Multi-Cultural Family Base on 467 7052 for more information or to book.

## **Figgy Kids Friday Buggy Walks**

Fridays 11am, Figgate Park, meet at the container by Fruity Corner.

A weekly walk around the park for parents and toddlers to get out in the fresh air.

See Figgate Friend Facebook page for updates.

## **Walk this Way**

Walking group for parents with or without their children.

Wednesdays 10.30-11.30am, Dr Bells Family Centre, Leith.

For more information and to book contact 0131 553 0100

## **Route 10 Rollers Buggy Walks**

Fridays 10am, outside H&M at Ocean Terminal. Free.

For more information email: [elspethalexandra@hotmail.com](mailto:elspethalexandra@hotmail.com) or join Route 10 rollers on Facebook [www.edinburghwomensfitness.co.uk/classes/buggywalks/](http://www.edinburghwomensfitness.co.uk/classes/buggywalks/)

## **Weaning Cafe**

Alternate Mondays from 20<sup>th</sup> January 2-3pm, Dr Bells Family Centre.

Run in partnership with Edinburgh Community Food to give weaning advice to parents of babies from 3-8 months. For more information contact 0131 553 0100

## **Nappuccino Real Nappy Coffee Morning**

Pregnancy & Parents Centre, 10 Lower Gilmour Pl, EH3 9NY First Friday of the month 10-11.30am. For more info <https://en-gb.facebook.com/edinburghrealnappy/>

## **Edinburgh & Lothian Twins & Multiples Club**

[www.edinburghtwins.co.uk](http://www.edinburghtwins.co.uk)

## **Juno Pre and Postnatal Parents Support Groups**

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 beforehand or have a chat over the phone to help people feel more comfortable about attending. For more info and school holiday sessions see the website [www.juno.uk.com](http://www.juno.uk.com)

### **Morningside Group, Christ Church, 6A Morningside Rd, EH10 4DD**

Open to adults and babes in arms Thursday 7:30- 9.00pm  
[juno.craiglockhart@gmail.com](mailto:juno.craiglockhart@gmail.com)

### **North Group, Lifecare Centre Stockbridge, 2 Cheyne St, EH4 1JB**

Open to adults and babes in arms Monday 7.30-9.00pm [juno.enquiries@gmail.com](mailto:juno.enquiries@gmail.com)

### **Birth and Perinatal Trauma Group, Lifecare Centre Stockbridge, 2**

**Cheyne St, EH4 1JB** Once a month, Monday 10-11.30am  
[juno.enquiries@gmail.com](mailto:juno.enquiries@gmail.com)

## **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.

This can include: preparing for baby's arrival; support to attend appointments/groups; delivery of baby Peep

Contact 0131 661 0890 Helen Gault, Ante-natal Coordinator

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

## **Antenatal classes for dads**

See Parents and carers groups: [Dads and male carers](#) for details

## **Well Baby Clinics for registered patients only**

<b>Mountcastle Health Centre</b>	Mon 10.00am -11am
<b>Craigmillar Medical Group</b>	Wed 9.30am -11am
<b>Portobello Surgery</b>	Temporarily cancelled
<b>Leith Community Treatment Centre</b>	Mon 1.30-3.30pm

(For all parents and babies registered with any Leith GP surgery)

## Ready Steady Baby

NHS guidance for pregnancy, labour and birth. [www.readysteadybaby.org.uk](http://www.readysteadybaby.org.uk)

## Ready Steady Toddler

NHS hands on guide on the toddler years. [www.readysteadytoddler.org.uk](http://www.readysteadytoddler.org.uk)

## Breastfeeding Support

### **Café Bambino, The Skylark Café, 243 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

### **Waterstones, Fort Kinnaird, 31B Newcraighall Road, EH15 3RD.**

Thursdays 11am-12pm. Health professionals available for advice and support.  
For more info contact the Health Visiting Team on 0131 549 7370

### **@MUMS2MUMS, Breastfeeding Support Café, Dr Bells Family Centre, Leith, Mondays 1-2.30pm**

For more information contact 0131 553 0100 or email [hello@lledinburgh.co.uk](mailto:hello@lledinburgh.co.uk)

### **La Leche League Breastfeeding Support and Sling Meet, Dr Bells Family Centre, Leith, 3<sup>rd</sup> Monday of every month 1-2.30pm**

For more information contact 0131 553 0100 or email [administrator@dbfc.org.uk](mailto:administrator@dbfc.org.uk)

## Best Buddies

Volunteer peer supporters can be arranged through your Health Visitor

## Breastfeeding Helplines

Breastfeeding Network, 9.30am-9.30pm	0300 100 0210
National Breastfeeding, 9.30am-9.30pm	0300 100 0212
La Leche League, 7am-11pm	0345 120 2918

## Breastfeeding Advice

For more information and advice on Breastfeeding visit the new [NHS Lothian 'Feeding Your Baby' website](#) or [www.feedgood.scot](http://www.feedgood.scot)

## Breastfeeding Friendly Community Cafes

**Yo yo Café at Leith Victoria Swim Centre**, Junction Place EH6 5JA 07955 150500

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

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

**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 Community Cafe**, 70 Niddrie Mains Road EH16 4BG 0131 468 1934

## Information and support services

### Family and Household Support Drop ins

Support and advice from Housing and Family Support staff on benefits, budgeting and debt. Help with tenancies or housing bids. Signposting to other services.

**North East Neighbourhood Office**, 101 Niddrie Mains Road, Tuesdays and Thursdays 2-4pm

**Leith Library**, 28-30 Ferry Road, Fridays 10am-12pm

Contact 0131 529 7168 or email

[northeast.familyandhouseholdsupport@edinburgh.gov.uk](mailto:northeast.familyandhouseholdsupport@edinburgh.gov.uk)

### Cyrenians Community Food Hub and Pantry- The Venchie

61 Niddrie Mains Crescent, EH164NX

**Community Food Hub** Every Tuesdays 11am-1pm. Open to all, no need to book in advance. Come along and enjoy a free friendly fresh meal, help with the preparation of the meal or just enjoy the company. Free training and advice for anyone with a particular interest in learning more about cooking or volunteering.

**Pantry Pop up Food Shop**, every second Tuesday 11am-1pm, next session from 4<sup>th</sup> February Join for just £1 this then allows people to choose 10 affordable, high quality food items for just £1. Email: [rachelguatelli@cyrenians.scot](mailto:rachelguatelli@cyrenians.scot) Tel: 554 3900

## **Maximise!**

A service offering families of primary and secondary school pupils in the Leith Academy cluster with support around- housing, money and finances including benefits, employment, training, volunteering or family support. Contact your child's school to make an appointment or contact CHAI 0131 442 2100 or Children 1<sup>st</sup> 0131 446 2300

## **Leith Children's Clothing Swap Shop**

A swap shop event of children's clothing. Donate good quality 0-5years children's clothing you no longer need and take away clothes you do. Bring donations by the Wednesday beforehand. Saturday 22<sup>nd</sup> February 2020, Dr Bells Family Centre, Leith, 10am-12pm. £2 per entry per adult which includes tea or coffee

Contact 0131 553 0100 or email [administrator@dbfc.org.uk](mailto:administrator@dbfc.org.uk)

## **Let's Talk Speech and Language Therapy Drop in (for parents of children 0-4yrs)**

For parents who have initial concerns about their child's listening and talking and would appreciate talking to a Speech & Language Therapist in an informal setting to learn about some ways to help their child. Families should attend with their child.

Leith Community Centre, Trinity Room, 12a Newkirkgate, EH6 6AD, the last Monday of each month until 27<sup>th</sup> July 2020. Drop in between 9.30-11am

For more information contact the Speech and Language Team on 0131 536 6467

## **Now you are 2!**

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

Find out more about putting your child's name down for nursery in Craigmillar. Receive a free book bag with books and information.

For more information contact [info@craigmillarbooksforbabies.org.uk](mailto:info@craigmillarbooksforbabies.org.uk) Tel: 0131 621 2621

## **Let's Talk- Speech and Language Therapy Early Years**

Information and activity ideas about children's talking and communication [www.lets-talk.scot.nhs.uk](http://www.lets-talk.scot.nhs.uk)

## **Salvesen Mindroom Centre**

Direct help and support for families of children and young people with learning difficulties. Information and advice regarding difficulties with learning, specific conditions, mental health and wellbeing issues. [www.mindroom.org](http://www.mindroom.org)

Tel: 0131 370 6730 email [directhelp@mindroom.org](mailto:directhelp@mindroom.org)

## **Kids 2 Benefit**

Help for families who have a child with a disability to access benefits and financial support. Contact Elvira 0131 475 2315 email [advice@actiongroup.org.uk](mailto:advice@actiongroup.org.uk)

## **Enquire Additional Support for Learning**

Advice service on additional support for children's learning. Open Tue-Thu 9am-4.30pm. [www.enquire.org.uk](http://www.enquire.org.uk) Tel: 0345 123 2303

## **Sleep Scotland Parent Support Line**

Guidance and support for parents and carers on their child or teenagers sleep problems. Mon-Thu 10am-4pm [www.sleepscotland.org](http://www.sleepscotland.org) Tel: 0800 138 6565

## **Boardmaker in Libraries Drop In Sessions**

Boardmaker is a computer programme which is used to make visual symbol supports. Parents/ Carers can use the resource independently at certain libraries during opening hours or can come to the drop-in sessions where experienced staff will be on hand to help them learn to use Boardmaker and answer any support questions. For more information email [autisminfo@ea.edin.sch.uk](mailto:autisminfo@ea.edin.sch.uk)

## **FREE Parent Helpline (previously Parentline Scotland)**

Free helpline, email and web-chat service offering advice and support for parents and carers run by Edinburgh Together.

Provides advice and support on a range of the issues that impact children's education such as: accessing professional help, additional support needs, emotional wellbeing and mental health and family relationships.

Mon-Fri 9am-9pm Sat and Sun 9am-12pm Tel: 08000 28 22 33

[www.children1st.org.uk/help-for-families/parentline-scotland/](http://www.children1st.org.uk/help-for-families/parentline-scotland/)

## **Lone Parent Helpline-One Parent Families Scotland**

Information and advice for single parents.

Open Mon-Fri 9.30am-4.00pm [www.opfs.org.uk](http://www.opfs.org.uk) 0808 801 0323

## **Single Parent Counselling Service**

One Parent Families Scotland free, person centred counselling service for single mums and dads in Edinburgh on Fridays at 2 York Place, EH1 3EP. Contact 0131 556 3800/ 07796 673 381

## **Social Care Direct- Children and Families Social Work**

Request help or advice about a child requiring support due to illness, disability or at risk of harm. Tel: 0131 200 2324. Out of Hours Tel: 0800 731 6969

## **Domestic Abuse Freephone 24hr Helpline**

Support for women experiencing domestic abuse and their friends and family. Translation facilities available for callers whose first language is not English.

Tel: 0808 200 247

## **Young Minds Parents Helpline**

Information and support for parents and carers worried about a child or young person's mental health. Mon-Fri 9.30am-4pm. 0808 802 5544

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

## **Parentzone**

For information on education in Scotland and how parents and carers can be involved in their child's learning. [www.education.gov.scot/parentzone](http://www.education.gov.scot/parentzone)

## **Parenting Across Scotland**

Information on resources, support networks and helplines for families.

[www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)

## **Parentclub**

Hints and tips about eating, sleeping and playing from real parents and professionals. [www.parentclub.scot](http://www.parentclub.scot)

## **Joininedinburgh**

Activities, groups and courses for children and adults. [www.joininedinburgh.org](http://www.joininedinburgh.org)

## Contact details

If you are running a programme, activity or group for parents/carers in North West Locality which you would like to see included in this leaflet, or if information needs to be amended please contact:

- Jillian Hart – North East Lifelong Learning Development Officer - Parent and Carer Support, call 07860 736 129 or email [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk)

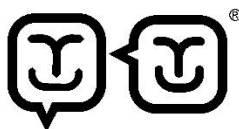
### Other areas of Edinburgh

For information in other areas of Edinburgh, contact the local parent and carer support development officer:

- Helena Reid – South East, call 0131 672 2629 or email [helena.reid@ea.edin.sch.uk](mailto:helena.reid@ea.edin.sch.uk)
- Sue Cameron – North West, call 0131 529 5082 or email [sue.cameron@edinburgh.gov.uk](mailto:sue.cameron@edinburgh.gov.uk)
- Helen Purves – South West, call 0131 458 5095 or email [helen.purves@ea.edin.sch.uk](mailto:helen.purves@ea.edin.sch.uk)

All updated programme, activities and group booklets for each area of Edinburgh can be downloaded from [www.edinburgh.gov.uk/pacs](http://www.edinburgh.gov.uk/pacs)

All parenting programmes are listed on the Joined up for Jobs website [www.joininedinburgh.org/parenting-programmes](http://www.joininedinburgh.org/parenting-programmes)



HAPPY TO **TRANSLATE**

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