

# Programmes, Activities and Groups for parents and carers

in

## South West Edinburgh: South West & Pentlands

*including*

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

### January – June 2017



getting  
it right  
*for every child*

team around  
the  
cluster

•EDINBURGH•  
YOUR COUNCIL - YOUR FUTURE

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## Early learning and childcare for eligible two year olds

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

The following Early Years Centres offer this service

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

The nurseries in the following primary schools offer this service

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

And at

Cameron House Nursery School 667 5117

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

## Parenting Programmes



### Peep Learning Together Programme

Sessions use stories, nursery rhymes, activity games and songs to create a fun learning environment for **parents/carers and their children 0-5yrs**. Groups are facilitated by trained staff and are available in a range of settings throughout Edinburgh.

### Peep Babies **parents/carers and babies 0 -12 months**

Sighthill Early Years Centre

Thursday 1pm -2 pm

For more information contact 442 2018

### Peep Babies **parents/carers and babies 0-12 months**

Stenhouse Early Years Centre

Wednesday 10am -11am

For more information contact 443 1207

### Peep Babies **parents/carers and babies 4 – 12months**

Tynecastle Community Wing

Thursday 10am -11am

Thursday 11.15am-12.15pm

To check for available spaces contact 337 3275

### Peep Babies **parents and children 2-3 years**

Gorgie Memorial Hall

Monday 10am -11.30am

To check for available spaces contact 337 3275

### Peep Ones **parents/carers and children 1 – 2 years**

Tynecastle Community Wing

Fun to be one group delivered by Home-start West and SW

Tuesday 10am -11am

To check for available spaces please contact 337 3275

**Peep Twos parents/carers and children 2 -3 years**

Ratho Community Centre

Wednesday 9.15am -10.15am

For more information contact Ratho Nursery on 333 1293

**Peep Twos' parents/carers with children 2 years**

Calderglen Nursery at Gate 55

Friday 9.30am -10.30am

For children registered to start in August at at Calderglen Nursery

For more information or to check if spaces are available contact

453 5754

**Peep Twos parents and children 2-3 years**

Gorgie Memorial Hall

Friday 10am -11.30am

To check for available spaces contact 337 3275

**Peep Twos/ Threes parents and children 2-3 years**

Hailesland Early years Centre

Tuesday 9am -10am starting 21<sup>st</sup> February

Tuesday 12pm-1pm starting 23rd February

For families attending the centre please contact 442 2163

**Peep Fours parents/carers and children 3 – 5years**

Clovenstone Primary School

Tuesdays 8.50am -9.50am, starts 25<sup>th</sup> October.

For more information contact Rachel Cowe 453 4242 or Soozin

Rogers 453 4561

**Peep Mixed parents/carers and children 0-3years**

Pentland Community Centre

Friday 9.15-10.30am

For more information contact 445 2871

City wide Peep groups, please enquire for spaces

**Peep group for parents/carers and children on the Autistic spectrum**

Moffat Early years Centre

Thursday 1.00pm -2.30pm

This group is specifically for parents whose children are undergoing or have a diagnosis of Autism. It aims to provide group support by incorporating play with a visual environment. For more information or to check if spaces are available contact 469 2850

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

Granton Early Years Centre, 10 Wardieburn Road, EH5 1LY

Wednesdays, 9.00-10.00am (term-time), Start 31 August

For further information or to check if places are still available please contact Kerry Gilmour 552 4808

For details of all **Peep Learning Together** groups across the city of Edinburgh please email [sue.cameron@edinburgh.gov.uk](mailto:sue.cameron@edinburgh.gov.uk)

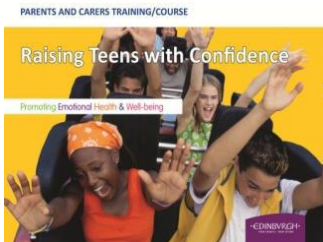
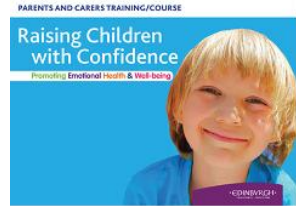


## Raising Children with Confidence

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.

To find out about the next course in South West Edinburgh visit [www.joininedinburgh.org/parenting-programmes/raising-children-confidence/](http://www.joininedinburgh.org/parenting-programmes/raising-children-confidence/) or contact [admin@growingconfidence.org](mailto:admin@growingconfidence.org)



## Raising Teens with Confidence

This 6 week course is **for parents and carers of teens.** It aims to help adults understand how they can best support their teenage children to navigate increasing independence; develop confidence, security and resilience; and

promote and benefit from emotional wellbeing. The latest research around what helps support emotional wellbeing throughout life is used. This includes adolescent brain development, risk taking behaviour, importance of communication and the effects of stress. This provides an opportunity to explore with other parents how the teenage years can be a time for the whole family to '*thrive rather than just survive*' ( Siegel 2014)

Courses are listed on [www.joininedinburgh.org/parenting-programmes/raising-teens-confidence/](http://www.joininedinburgh.org/parenting-programmes/raising-teens-confidence/)

To find out about courses in the South West and city wide please contact Molly Page [molly.page@edinburgh.gov.uk](mailto:molly.page@edinburgh.gov.uk)





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?

## 3-4 year old behaviour

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



THE EDINBURGH PARTNERSHIP

### The Psychology of Parenting Project (PoPP)

provides two positive parenting programmes for **parents/carers of 3-6 year olds**, **The Incredible Years** and **Triple P**. The courses offer help to adults to strengthen their relationship with their child and encourage positive behaviour.

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

Specially trained group leaders work with parents/carers on goals for themselves and their family. There is also 1:1 phone support. There are some crèche places and help with transport costs can be arranged.



### The Incredible Years 14 week programme

Courses take place in venues across the city and in South West Edinburgh and Pentlands

For more details please contact 07795 127954, 10am - 3pm  
Monday to Friday or email

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



## Triple P 8 week programme

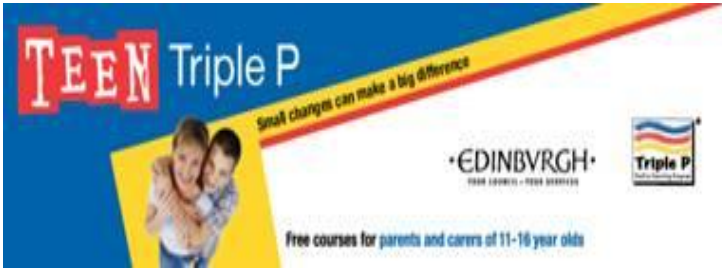
Courses take place in venues across the city and in South West Edinburgh and Pentlands

For more details please contact 07795 127954, 10am - 3pm  
Monday to Friday or email

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

For Incredible Years and Triple P courses apply online at  
[www.edinburgh.gov.uk/parenting/parenting3to6](http://www.edinburgh.gov.uk/parenting/parenting3to6)

You can find details of all groups on [www.joininedinburgh.org](http://www.joininedinburgh.org)



## 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**, please find details of local groups on [www.joininedinburgh.org](http://www.joininedinburgh.org).

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

For more information please contact Jillian Hart 07795 127954  
10am - 3pm, Monday to Friday  
Email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)

## Parenting sessions

[Autism Spectrum Disorders \(ASD\) Information Sessions](#)  
**for parents and carers of children in P1-3 in Edinburgh Local Authority mainstream schools.** Sessions are run by the ASL service, Speech and Language Therapists, Occupational Therapists and CAMHS.

Please contact ASL service for more details 469 2850  
[autisminfo@ea.edin.sch.uk](mailto:autisminfo@ea.edin.sch.uk)

[Conflict Resolution - Recognise, Reflect and Resolve](#)  
**run by Cyrenians Scottish Centre for Conflict Resolution (SCCR)**

These 2-session courses provide an opportunity for parents and carers of pre-teens and teenagers to reflect on what it's like for teenagers growing up and the potential triggers of conflict in families. Discussions will help parents and carers to reflect on different ways to resolve conflict and improve family relationships in different situations. For more details please email [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk) or call 07860 736129.  
[www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)

[Support and Information Sessions on Young People's Emotional Wellbeing and Mental Health Issues](#)

**For parents and carers of pre-teens or teenagers who live in and around Edinburgh.**

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

For information and session dates contact Jillian Hart  
07860 736129 email [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk)

## Stress Control

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

### Drumbrae Library Hub

Tuesday 21st February – 28th March 1.30pm-3pm

### Edinburgh College, Sighthill Campus

Tuesday 21st Feb – 28th March 6.30pm -8pm

### Currie Community High School

Tuesday 18th April -23rd May 6.30pm -8pm

## Parenting Apart Information Sessions

Splitting up, living apart, divorcing or separating? Do you want to know how to help your children through it all? A session is an opportunity to learn how you and your children can move forward positively. You will gain insight into what you and your family are going through and how to handle the transition to living apart in a way that's best for everyone. Sessions generally last 3 hours. They are for groups of mums and dads, and may also be available on a 1:1 basis in some areas. You and your child's other parent would go to different sessions. The facilitators are experienced family support professionals who will explain what your children need from you and their other parent. For more information contact 0131 226 4507 email [info@familymediationlothian.org](mailto:info@familymediationlothian.org)

## Parent and Child Activities

### Baby Massage

Classes usually run in 4-5 week blocks. The sessions are suitable for **parents/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. Classes must be booked in advance.

### Hailesland Early Years Centre

Classes to be confirmed.

For more information contact on 442 2163.

This activity is open to families who access the centre.

### Sighthill Early Years Centre

Thursday 1pm -2pm, 4 week block

For more information and to check if spaces are available please contact 442 2018

### Stenhouse Early Years Centre

Wednesday 1pm -2pm, 4 week block

For more information contact 443 120

### Play@ Home

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

Ask your Health Visitor or Nursery staff about the books and groups in your area.

## Parent and Child Activities

### Play, Talk, Read

#### Sighthill Early Years Centre

The sessions are open for all parents/carers and children attending the centre.

For more information contact 442 2018

### Play, Stay and Read

#### Stenhouse Early Years Centre

The sessions are open for all parents/carers and children attending the centre.

For more details please contact Hazel Watt 443 1207

**Family Learning Activities for parents/carers and their children from pre-school to Primary 2.** Focus is on supporting parents/carers' engagement with the child's literacy and numeracy learning and encourages positive relationships with school and supporting the home environment.

Family Learning activities are provided in some schools within the South West Edinburgh.

Contact CLD Family Learning Worker

[Mhairi.mcneil@ea.edin.sch.uk](mailto:Mhairi.mcneil@ea.edin.sch.uk) contact 443 6971

### Brilliant Bairns

#### Oxgangs Neighbourhood Centre

Tuesday 10am -12pm (morning group) lunch is provided.

Tuesday 12.30pm -2.30pm (afternoon group)

For nursery aged children and parent and carers.

Places must be booked, for more information and to check on spaces please contact 466 0678

## Parent and Child Activities

### Buggy Gym (run by Broomhouse Health Strategy)

Active health and wellbeing post-natal physical activity for parents/carers with babies in a buggy. You can come along any week to join in. Additional pre-school aged children can accompany their parent/carer if they also bring their toy buggy. For more information please contact 467 7678 or email [info@healthstrategygroup.org.uk](mailto:info@healthstrategygroup.org.uk)

Big Hearts Kinship Care After School Club for the **whole family to attend** and will feature a host of activities for both kids and carers.

Gorgie Suite at Tynecastle Stadium

Tuesday 4:30-6:30pm

We shall also be providing a family meal.

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

### Dads Rock

WHALE Arts Centre

Saturday 10.00am -11.30am

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

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

Contact David 07542 084356 email [david@dadsrock.org.uk](mailto:david@dadsrock.org.uk)

### Dads Rock Academy

Edinburgh College, Sighthill Campus, Music Box

Weekly rock band tuition to kids and their dads and male carers.

You can apply to be part at [info@dadsrockacademy.org.uk](mailto:info@dadsrockacademy.org.uk)

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



## Parent and Child Activities

[Expecting Something](#) run by Starcatchers for **young parents under 25 with their babies**. Spend time with your babies, share a free lunch and engage in an artist-led creative activities.

[WHALE Arts, Wester Hailes](#)

Tuesday 10.30am-12.30pm

Free including a healthy lunch.

For more information contact Claire Gillespie 07743 479800

### [Family Activity Club](#)

[Clovenstone Community Centre](#)

Wednesday 6.00pm -8.00pm

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

For more details please contact 453 4561

### [Hullabaloo](#)

[Ratho Community Centre](#)

Music group for parents and carers and pre nursery children

Monday 11am -12noon

For more details contact 333 1055

### [Pentland - Kindergym](#)

[Pentland Community Centre](#)

[Babies – Pre School](#)

Monday, Tuesday – 9.30-10.15am

Wednesday, Thursday - 9.30-10.15am, 10.30-11.15am

First class is free, £2.50 per session booked in 4 week blocks

### [The Drop-in](#)

[Carrickvale Community Centre](#)

Saturday 1.30pm-3.30pm

Weekly drop in offering a range of activities for families with a child/young person aged 0-18 yrs who has a disability.

Siblings welcome, parents and carers do have to stay.

Contact Carrickvale Community Centre on 443 6971

## Parent and Child Activities

### Bookbug Sessions

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

#### Balerno Library

Wednesday 1.30pm -2.00pm

#### Balgreen Library

Saturday 10.30am -11.00am

#### Colinton Library

Tuesday 2.15pm - 2.45pm

Friday and Saturday 10.30am - 11.00am

#### Currie Library

Thursday and Fridays 10.30am -11.00am

#### Fountainbridge Library

Thursday and Saturday 10.30am -11.00am

#### Oxgangs Library

Tuesday, Friday and Saturday 10.30am -11.00am

#### Ratho Library

Thursday 10.30am -11.00am

#### Sighthill Library

Friday 10.45am -11.15am

#### Wester Hailes Library

Tuesday 10.30am – 11.00am

Polish Rhymnetime

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

## Parent and Child Activities

### Tiger Tales

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

### Balerno Library

Tuesday 10.30am -11am

### Balgreen Library

Friday 2.00pm – 2.30pm

### Colinton Library

First Saturday Month 11.15am -11.45am

### Currie Library

Saturday 11am -11.30am

### Fountainbridge Lib

Wednesday 3.30pm -4.15pm

### Oxgangs Lbrary

Wednesday 3.30pm -4.15pm

Fortnightly - Saturday 2.30pm -3.15pm

### Sighthill Library

Fortnightly - Friday 2.30pm – 3.00pm

### Ratho Library

Thursday 3.30pm -4.00pm

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

## Parent and Toddler Groups

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

### Dad Zone

Dads and children under 4 years

St Mungo's Church, Balerno

Some Saturdays 9.00am -10.30am

Email [balernodadzone@gmail.com](mailto:balernodadzone@gmail.com)

### Happy Faces

Colinton Village Church

Tuesday 9.30am -11.30am

### MOPS Mother of Pre- schoolers

The Bridge Community Cafe

Holy Trinity Church

Monday 9.15am-11.15am (fortnightly)

Contact Colleen 07951 079270

### Munchkins

Westerhailes Baptist Church

Monday 9.30am -11.00am fortnightly

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

### Parent and Toddler group

Balerno Parish Church

Thursday 10.30am -11.30am

Contact Jennifer 449 7245

### Parent and Toddler group

Currie Baptist Church

Monday and Wednesday 10.00am -11.30am

### Parent and Toddler group

Carrickvale Community Centre

9.30am -11.30am

Monday, Tuesday, Thursday, Friday

Contact 443 6971

### Parent and Toddler Group

Clovenstone Community Centre

Wednesday and Thursday 12noon -2pm

Contact 453 4561

### Parent and Toddler group

Gorgie Memorial Hall

For under 5s

Monday 10 am -12noon

Tuesday, Wednesday 10am -2.30pm

Thursday 9.30 am -12noon

### Parent and Toddler group

Gibson Craig Church Hall, Currie

Friday 9.30am -11.00am

Contact 449 7747

### Parent and Toddler group

Juniper Green Parish Church

Tuesday 10am -11.30am

Email [jgpc@supnet.com](mailto:jgpc@supnet.com)

### Parent and Toddler group

Polwarth Church

Tuesday 9am -11am

Thursday 2.30pm -4.30pm

### Parent and Toddler group

Salvation Army, Gorgie Road

Tuesday 10am -11.30am

### Parent and Toddler group

Ratho Community Centre

Tuesday and Thursday 10.00am -12.00pm

Contact 333 1055

### Parent and Toddler group

St Brides Centre

Tuesday and Friday 9.30am -11.30am

Contact 346 1405

### Terrace Tots

6VT, 11-15 Vennel, EH1 2HU

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

Young people under 24 and expecting a child are also welcome.

Tuesday 10:30am-13:00pm

Contact 229 1797

### Toddleric Group

Oxgangs Neighbourhood Centre

Monday 10am -12pm

Contact 466 0678

### Parent and Toddler group

St Nicholas Church, Sighthill Loan

Tuesday and Friday 9.30am -11.30am

### Parent and Toddler group

St Martins Episcopal Church, Dalry Rd

Monday 10am -11.30am

### Parent and Toddler group

St Mungo's Church, Balerno

Tuesday and Wednesday 10.00am -11.30am

Contact [kate.yates@stmungos.org](mailto:kate.yates@stmungos.org)

## Playgroups

### Balgreen Playgroup

313 5097

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

### Compass Playgroup

Dean Park Primary School

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

### Currie Playgroup

Kirkgate

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

### Dreghorn Pre School Group

Dreghorn Gardens

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

### Gaelic playgroups

Leith Community Centre

Tolcross Community Centre

Taobh Na Pairce, Bonnington Road

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

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

### Juniper Green Playgroup

Juniper Green Community Centre

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

### Riccarton Playgroup

Curie Hill Road

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

### Stableroom Playgroup

Colinton Parish Church

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

## Parents and Carers Groups and advice

### Families Need Fathers

10 Palmerston Place, Haymarket.

1<sup>st</sup> Monday of the month

7pm - 9pm

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

Contact Ian Maxwell 557 2440 or email [ian.maxwell@fnf.org.uk](mailto:ian.maxwell@fnf.org.uk)  
[www.fnfscotland.org.uk/parenting](http://www.fnfscotland.org.uk/parenting)

### Juno Perinatal Mental Health Support

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

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

### Sighthill Group, Gate 55

Tuesday 9.30-11am (term time)

Open to both adults and children.

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

### Craiglockhart Group, SANDS Lothian

1<sup>st</sup> and 3<sup>rd</sup> Thursday evening of each month

7:30- 9pm. Open to adults.

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

### Gilmerton Community Centre

Friday 10am-11.30am (term time)

Open to both adults and children.

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



## People First Parents Group

Norton Park Centre, 57 Albion Road EH7 5QY

One Thursday per month, 10.30am- 12.30pm

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.

For more information contact Jane Lewis on 478 7707 or 078011 38265

## Kinship Carers Group

Withkids, 1 Hailesland Road

Wednesday 9.30am -10.30am

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

For more information contact Emile Vanloo on 07539 957715 or call 453 6937

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

Gate 55

Tuesday 12-00pm -2.00pm

Wednesday 12.00pm - 2.00pm

Meet with other parents and join in activities including cooking, exercise classes, speakers and outings. Free lunch and crèche

For more information and to check if spaces are available please contact 458 5095

## Twins & Multiples Club (Edinburgh & Lothians)

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

## Support and Advice

### Well Baby Drop-in Clinic

#### Colinton Mains Parish Church

Thursday 1.00pm -2.30pm

Contact the Oxfgangs Path Health Visiting Team 445 3093 and  
Firrhill Medical Centre Health Visiting Team 441 9361

#### Pentlands Medical Centre

Tuesday 1.30pm-3.30pm

Contact Pentlands Health Visiting Team 453 9361

#### Tynecastle Community Wing

Thursday 1.30pm -2.30pm

Contact Health Visiting Team 537 7451

#### Sighthill Health Centre

Thursday 10am -12pm

Contact Sighthill Health Visiting Team 537 7164

#### Springwell Medical Centre

Thursday 1.30pm -2.30pm

Tynecastle Community Wing

Contact Health Visiting Team 537 7451

#### Slateford Medical Practice

Tuesday 10am -11.30am

Contact Health Visiting Team 455 9842

#### Wester Hailes Healthy Living Centre

Thursday 10.30am-11.30am

Contact Wester Hailes Health Visiting Team 453 9357

#### Whinpark Health Centre

Monday 9.30am -11am

Contact Whinpark Health Visiting Team 445 5299

## Support and Advice

### Feeding your Baby - breastfeeding support

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

### Breastfeeding Helplines

National Breastfeeding 0300 330 0771  
Breastfeeding Network 0300 100 0210

### Breastfeeding Cafe

#### Tynescastle Community Wing

Wednesday 2pm -3.30pm

Contact Springwell Health visiting Team 537 7451

#### The Mill Cafe

St Joseph's Centre, Balerno

Thursday 11.00am -12.00pm

Contact Pentlands Health Visiting Team 453 9361

#### Oxgangs Library

Wednesday 1.30pm- 2.30pm

Contact Oxgangs Path Health Visiting Team 445 3093

## Family Support

### Antenatal classes for dads

Free classes, open to all dads2be and run in collaboration with NHS Lothian. A midwife will facilitate the classes along with Dads Rock. All you need to know about bringing up baby!

Weekly classes will run in Wester Hailes at 6.30pm – 8.30pm

For more information or to book a place contact Thomas by email on [thomas@dadsrock.org.uk](mailto:thomas@dadsrock.org.uk) or call 07542 074165

### CHILDREN 1ST Family Support Team

Provide support and advice to families 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 provide a range of befriending/mentoring supports for children, young people and their family members. We offer a range of approaches to help families such as positive behaviour management, parenting skills and therapeutic child work – this is always done with families to ensure that support is tailored to each family's individual needs. To access our services please contact the team on 0131 466 3966 or ask your Health Visitor for more information

### CrossReach Postnatal Depression Services

Palmerston Place PND Centre, 8A Palmerston Place

We offer counselling and support to families experiencing postnatal depression, we provide a crèche.

Monday -Thursday 9.20am-3.40pm.

For more information contact 220 3547

### Dads Rock Free counselling for parents.

For details contact Thomas 07542 074 1565 or email

[thomas@dadsrock.org.uk](mailto:thomas@dadsrock.org.uk)

[First Hand Family Support Service](#) We provide flexible home based visiting support to families with a child/children from birth to 16 years. Our service is for families who have a child /children with a disability; families and lone parents where there are no other supports in place; families who are isolated within their community. We match family's individual needs with an experienced worker or volunteer and work with the child/children within the family home enabling the parent /carer a sometime each week to do something for them on a regular basis. Contact 523 1322 or email [infor@firsthand-lothian.org.uk](mailto:infor@firsthand-lothian.org.uk)

### [Get Going](#)

Get Going is a family healthy lifestyle programme run by NHS Lothian **to help support parents and carers** to encourage their child to be active, eat well and work towards a healthy weight. The 8 week programme is delivered in community venues and leisure facilities by Healthy Lifestyle coaches with the emphasis on fun and feeling good. Suitable for children aged 5-17years who may be overweight and their parents and carers. For more information go to [www.nhslothian.scot.nhs.uk/getgoing/](http://www.nhslothian.scot.nhs.uk/getgoing/) 537 9209, [get.going@nhslothian.scot.nhs.uk](mailto:get.going@nhslothian.scot.nhs.uk)

[Home Link Family Support](#) is a home visiting support service for families who have at least one child under five or are expecting a baby and are experiencing some form of difficulty. We can support families who live in Edinburgh. To access support contact 0131 661 0890 or ask your Health Visitor for more information.

In addition to regular support we train our family volunteers to support families with Play@Home and Peep@Home. Peep is delivered by our volunteers for 1 hour a week in your home at a time that suits you best.

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

## Home Link Ante-natal Support Service

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

We will offer up to 3 hours support a week, in your home, from around 12 weeks into pregnancy until your baby is 12 months old.

Support can include: preparing for baby's arrival, support to attend appointments/groups, delivery of baby /antenatal Peep

For more information contact 0131 661 0890

Helen Gault, Ante-natal Co-ordinator

[helen.g@homelinkfamilysupport.org](mailto:helen.g@homelinkfamilysupport.org)

## Home- Start West and Southwest Edinburgh

We understand that being a parent isn't easy and many parents need some support in the early years. We offer families with a child under 5, a range of services including flexible home visiting support, Peep groups, baby massage, bookbug nad a programme of themed events and workshops including child safety, healthy eating and early literacy. For more information contact Home-Start on 0131 347 2881 or email

[help@hsew.org.uk](mailto:help@hsew.org.uk)

[www.facebook.com/HomeStartEdinburghWestSouthWest](https://www.facebook.com/HomeStartEdinburghWestSouthWest)

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

See our website for more details: [www.healthallround.org.uk](http://www.healthallround.org.uk)

Or come in to register at the following times: Monday 10am – 12pm, Wednesday 10am – 2pm, Thursday 12- 2pm

[The Health Agency](#) is a community led organisation delivering health and well being services for people living in SW Edinburgh. We take a holistic approach, offering mental health support, complimentary therapies, physical activities, substance misuse services and a range of groups. If you want a healthier lifestyle, are feeling low in spirit or would enjoy meeting local people. Please call us for more information on 453 9400 or email [info@whhealthagency.co.uk](mailto:info@whhealthagency.co.uk) [www.whhealthagency.co.uk](http://www.whhealthagency.co.uk)

[Making It Work](#) is a service for lone parents with a child under five. We support parents on a one-to-one basis to help lone parents to plan for the future and consider options for skilling, training or employment. We can help with new skills as well as problems with literacy and numeracy, career advice, debt and housing issues, improving confidence, benefits calculations and concerns with childcare. For more information contact 270 6080 [www.joinedupforjobs.org.uk](http://www.joinedupforjobs.org.uk)

[Mentor Scotland](#), Supporting Kinship Care families  
Provides individual support, information, advice and peer group opportunities for kinship carers and young people they care for  
Contact 0131 334 8512 email [admin-scotland@mentoruk.org](mailto:admin-scotland@mentoruk.org)  
[www.mentor.org.uk](http://www.mentor.org.uk)

[Safe Families for Children](#) is all about caring for parents going through a hard time. Volunteers from local churches can help with befriending, mentoring and supporting parents through times of crisis, helping families get back on their feet. They also can offer short breaks by caring for children to give parents some space to deal with pressing issues. Other volunteers can help out with practical tasks. We can help out families with children aged 0-12 years. For more information contact 603 8430

## Speech Language Communication Company

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

Contact Judith Woodward, Family Support Worker, email: [families@s-l-co.uk](mailto:families@s-l-co.uk) or call 07507535857/Helpline 01382 250060

withKids work with children and families to provide individual, social and practical support. Our service is designed to help children and families experiencing difficulties develop resilience. Working within schools and nurseries and throughout the community, we offer family support offering practical and emotional help. Based in South west Edinburgh. For more information please contact 453 6937 [www.withkids.org.uk](http://www.withkids.org.uk)



## **Children and Families Social Work**

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

## **Domestic Abuse**

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

## **Helplines**

Parentline Free, confidential advice & support 08000 28 22 33

Spark Relationship Helpline  
Accessible telephone relationship counselling 08088 02 20 88

Home Fire Safety checks (free) 08000 73 19 99

Childcare information, including a list of childminders  
[www.scottishfamilies.gov.uk](http://www.scottishfamilies.gov.uk) 0800 032 0323

## **Websites**

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

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

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

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

## Contact details

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

Sue Cameron – South West

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



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

Helena Reid – South East

☎ 672 2629 / 07717317665

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

Helen Purves – North West

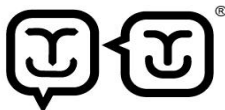
☎ 334 9301 / 07717 317 665

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

Jillian Hart - North East

☎ 07860 736129

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



HAPPY TO **TRANSLATE**

You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact ITS 0131 242 8181 and quote reference 17-1050 TS can also give information on community language translations.