

# Programmes, activities and groups for parents and carers

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North West Locality: Forth,  
Inverleith, Western and Almond  
January -June 2020



◆ EDINBURGH ◆  
THE CITY OF EDINBURGH COUNCIL

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# Early Childcare

## Early learning and childcare for eligible twos

Some two-year olds can get up to 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
- Child Tax Credits and Working Tax Credit with an annual household income of £7,320 or less
- Support under part VI of the Immigration and Asylum Act 1999
- Universal Credit where take-home pay is £610 per month or less

You may qualify if your child is:

- Looked after by a local authority
- Under a kinship care order
- Living with a parent-appointed guardian.

When your child starts their funded nursery place depends on their date of birth. Establishments offering this service are listed on the Council's website [www.edinburgh.gov.uk/eligible2s](http://www.edinburgh.gov.uk/eligible2s)

## 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.** Monday 9.35am - 11.30am.  
Contact 312 2320
- **Oaklands Bright Start Playgroup.** Monday 9.35am - 11.30am.  
Contact 315 8100
- **Calareidh Bright Start Playgroup (ASL).** Tuesday 9.30am - 11.25am.  
Contact 0131 469 2830

## Playgroups for 2 years plus to 5 years

Playgroups provide a safe and stimulating play environment for children to develop their social, learning and physical skills through a range of activities. Playgroups are registered with the Care Inspectorate and provide quality early learning and childcare. Sessions run during term time and a cost is attached, some playgroups run waiting lists or invite parents to register early. Listed alphabetically:

**Blackhall Playgroup** St Columba's Church, Columba Rd, EH4 3QU

Monday - Friday 9.00am - 11.30am. Contact 07999514809

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

**Corstorphine Village Playgroup** Corstorphine Old Parish Church, High St, EH12 7ST

Monday - Friday 9.15am -11.45am. Contact 0131 334 7864

[www.facebook.com/CorstorphineVillagePlaygoup](http://www.facebook.com/CorstorphineVillagePlaygoup)

**Cramond Playgroup** Cramond Kirk Halls, Cramond Glebe, EH4 6NS.

Monday- Friday 9am -12 noon. Contact 07707 207486. Email:

[cramond.playgroup@gmail.com](mailto:cramond.playgroup@gmail.com) [www.facebook.com/CramondPlaygroup](http://www.facebook.com/CramondPlaygroup)

**Cròileagain Dhùn Eideann** Leith Community Centre, New Kirkgate, EH6 6AD.

Monday 9.30am -11.30am, 12.30pm -14.30pm. Wednesday 9.15am - 11.15am

**Cròileagain Dhùn Eideann** Taobh Na Pairce, Bonnington Road, EH6 5NQ

Tuesday and Friday 9.15am -11.15am

**Cròileagain Dhùn Eideann** Tollcross Community Centre, Fountainbridge, EH3 9QG.

Tuesday and Friday 9.15am - 11.15am

[www.gaelicplaygroup.com](http://www.gaelicplaygroup.com) [www.facebook.com/pages/Cròileagan-Dhùn-Eideann](http://www.facebook.com/pages/Cròileagan-Dhùn-Eideann). Contact [norma.martin@edinburgh.gov.uk](mailto:norma.martin@edinburgh.gov.uk)

**East Craigs Playgroup** East Craigs Church Centre, 3 Bughtlin Market, EH12 8XP

Monday - Friday 9.15am -11.15 am Term time only. Contact 07377 388327  
Email: [playgroupeastcraigs@gmail.com](mailto:playgroupeastcraigs@gmail.com)

**Little Flyers Playgroup** Kirkliston Sports Centre, Kirklands Park St, EH29 9EY

Wednesday and Thursday 9.15am -11.45am. Contact 07749 234098  
[www.littleflyersnursery.com](http://www.littleflyersnursery.com)

**Gylemuir Community Playgroup** Gylemuir Community Centre, 10 Wester Broom Pl, EH12 7RT

Contact Monday – Friday 9.00am – 11.45am Contact Susan or Elaine on 07704 140071

**The Prentice Centre Playgroup** 1 Granton Mains Avenue, EH4 4GA.

Monday- Friday 9.15am -11.30am and 12pm - 2.15pm. Contact 552 0485  
Email [prenticecentre@hotmail.com](mailto:prenticecentre@hotmail.com) [www.prenticecentre.org](http://www.prenticecentre.org)

**Tom Thumb Nursery Playgroup** Vennel Hall, Smithsland, South Queensferry EH30 9HU

Monday – Friday afternoon places. Contact Debbie Urquhart on 0131 331 4273 or 0771 3154144. Email: [debbieurquhart@talktalk.net](mailto:debbieurquhart@talktalk.net)

**Reindeer Playgroup** Holy Cross Church Hall, Davidsons Mains, EH4 4BS Tuesday - Friday 9.15am -11.45am. Contact 07906 518747

Email: [reindeerplaygroup@yahoo.co.uk](mailto:reindeerplaygroup@yahoo.co.uk)

**Rosebery Hall Playgroup**, South Queensferry, EH30 9LL

Monday - Wednesday 9.30am – 12pm. All enquiries online  
[www.roseberyplaygroup.co.uk](http://www.roseberyplaygroup.co.uk) [www.facebook.com/roseberryplaygroup](http://www.facebook.com/roseberryplaygroup)

**Scottish Family Information Service**

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

# Parent programmes and courses

## Peep Learning Together Programme



supporting parents and  
children to learn together

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 ie 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)

## The Incredible Years and Triple P

These are two positive parenting programmes offered by the Psychology of Parenting Project to parents and carers of 3-6 year olds.

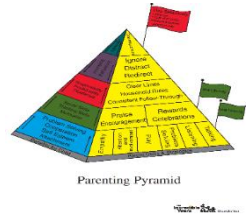
The courses offer help to adults to strengthen their relationship with their child and encourage positive behaviour. During the course you will look at effective techniques for dealing with common childhood behaviour problems.

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 2 hours.



**Niddrie Mill Primary School** EH16 4PY

Starts Tuesday 10/01/2020 9.30am - 11.30am

**St Joseph's RC Primary School** EH11 3RQ

Starts Tuesday 18/02/2020. 9.15am - 11.15am

**Goodtrees Neighbourhood Centre** EH17 7LB

Starts Friday 20/02/2020 9.30am - 11.30am

Apply online [www.edinburgh.gov.uk/parenting3to6](http://www.edinburgh.gov.uk/parenting3to6) or Email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk). For more information, contact 07795 127954 between 10.00am and 3.00pm Monday to Friday.

## Triple P for parents/carers of 3-6 year olds

The course lasts for 9 weeks. There are five x 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 Tuesday 14/01/2020. 9.30am - 11.30am

Venue to be confirmed, Forth area Starts Spring 2020

## Triple P for parents/carers of 6-10yrs

This 9-week course follows the same format as our 3-6 year old behaviour is for parents and carers of 6-10 year olds across the city.

**Royal Mile Primary School** EH8 8BZ Starts Spring 2020 tbc

Apply online [www.edinburgh.gov.uk/parenting3to6](http://www.edinburgh.gov.uk/parenting3to6). For more information, contact Helen Purves on 0131 458 5095 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 Community Centre** Mordenuvale Place, EH17 7LB.

Starts Tuesday 20/01/2020 1.00pm -3.00pm

**Barnardos** Oxgangs Road North, EH14 1ED

Starts Friday 31/01/2020 9.30am -11.30am

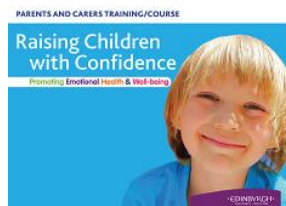
**Southside Community Centre**, 117 Nicholson Street, EH8 9ER.

Starts Thursday 30th April 6.00pm – 8.00pm

For more information or to request a place email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or contact Jillian Hart 07860 736129. [www.edinburgh.gov.uk/teentriplep](http://www.edinburgh.gov.uk/teentriplep)

## Raising Children with Confidence

This is a seven-week course which aims to give all parents/carers the chance to explore emotional health and wellbeing and consider how they can best promote it in themselves and their children. Drawing on the latest research it helps explain why parents' actions make a difference to their children's emotional wellbeing and future positive mental health. This programme is suitable for parents/carers of children aged 0-11yrs. [www.growingconfidence.org](http://www.growingconfidence.org) .



Courses are held all year round throughout the city in primary schools and community venues.



**Royston Wardieburn Community Centre** Pilton Drive Nth, EH5 1NF

Starts Wednesday 19<sup>th</sup> February 9.15am- 11.15am. Contact Melinda Peto  
0131 552 5700

**Circle Haven** \_Craigroyston Primary School, EH4 4PX

Starts Thursday 20<sup>th</sup> February 9.15am – 11.15am. Contact Julie Calder  
0131 332 9269

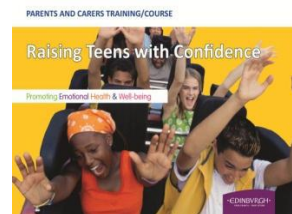
**Craigroyston Primary School**, Muirhouse Place, EH4 4PX

Starts Thursday 20<sup>th</sup> Feb 12.30pm – 2.30pm Contact Katy Pudney 07845  
015980

[www.joininedinburgh.org/parenting-programmes](http://www.joininedinburgh.org/parenting-programmes) Contact  
[admin@growingconfidence.org](mailto:admin@growingconfidence.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) Email [admin@growingconfidence.org](mailto:admin@growingconfidence.org)



## **Other courses** alphabetically

### **Anxiety Management Course**

Do you experience mild anxiety? Are you keen to learn tools that can help?

**Number 7 Raeburn Place, EH4 1HU**

Starting Tuesday 4<sup>th</sup> February 6.00pm -8.00pm 7 sessions for adults living in Stockbridge. If you are interested contact Anna Chmiel  
[anna.chmiel@health-in-mind.org.uk](mailto:anna.chmiel@health-in-mind.org.uk)

**South Queensferry** venue and dates to be confirmed 7 sessions for adults living in South Queensferry

For further information and to book your place contact Zoe Reid [zoe.reid@health-in-mind.org.uk](mailto:zoe.reid@health-in-mind.org.uk). Contact Health in Mind on 0131 225 85087 sessions for adults living in Stockbridge

**Edinburgh& Lothians Regional Equality Council**, Forth St EH1 3LH

Starting Tuesday 18<sup>th</sup> February 12.30pm -2.30pm 6 sessions. If you are interested contact Rahila Khalid on 0131 -225-8508 Email: [rahila.khalid@health-in-mind.org.uk](mailto:rahila.khalid@health-in-mind.org.uk) or Mita Rostami 0131 556 0441 Email: [Mrostami@elrec.org.uk](mailto:Mrostami@elrec.org.uk)

## **Basic Cooking at PCHP**

**Pilton Community Health Centre** 73 Boswall Parkway, EH5 2PW

Wednesday 11.30am -2.30pm 6-week flexible course, adapted to your needs. Learn basic cooking skills or develop the skills you already have. Find out more about healthier eating, learn more about how what you eat can affect your body and mind. Eat well on a budget, using easy to make recipes. Meet other local people and share cooking tips. For more information or to register call 0131 551 1671 or email [joejones@pchp.org.uk](mailto:joejones@pchp.org.uk) or [memesmolina@pchp.org.uk](mailto:memesmolina@pchp.org.uk)

## **Confidence Building: For Women**

**Pilton Community Health Project**, 73 Boswall Parkway EH5 2PW. Next block planned May 2020 – please get in touch for dates and times. Free 8 week course for women with children aged 0-5, to build confidence. Free crèche available. For more information contact Hazel on 551 1671/ 07541906513 or email [hazelloeb@pchp.org.uk](mailto:hazelloeb@pchp.org.uk)

We welcome women living locally (in Pilton, Muirhouse, Drylaw, Granton and Royston Wardieburn).

## **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)

## **Everyday Reading, Writing and IT for Adults**

Build your confidence and skill in a small friendly group and get a communication qualification. Tips on spelling and writing, understanding mail, form filling, IT skills and Dyslexia support.

**Royston Wardieburn Community Centre** Pilton Drive North, EH5 1NF.  
Mondays 13<sup>th</sup> January - 23<sup>rd</sup> March 10.00am -12.00pm.

Have a chat with Lorraine on 0131 552 5700 or Email:  
[lorrane.borwick@ea.edin.sch.uk](mailto:lorraine.borwick@ea.edin.sch.uk)

**West Pilton Neighbourhood Centre** West Pilton Grove, EH4 4BE.

Tuesdays 14<sup>th</sup> January - 24<sup>th</sup> March 1.00pm - 3.00pm.

Have a chat with Melinda on 0131 552 5700 or Email:  
[melinda.peto@ea.edin.sch.uk](mailto:melinda.peto@ea.edin.sch.uk)

## **English Speakers of Other languages (ESOL classes)**

**West Pilton Neighbourhood Centre** W Pilton Grove EH4 4BE

- Intermediate level Tuesday 9.30am -11.30am
- Elementary level Friday 09.30am - 11.30am

**Royston Wardieburn Community Ctr**, Pilton Drive Nth, EH5 1NF

- Beginners level Wednesday 9.00am 11.30am
- Elementary level Saturday 10.00am - 12.00pm.
- Beginners level Saturday 12.00pm - 2.00pm.

For more information about any of the classes or help choosing the correct class, contact 0131 552 5700 and ask to speak to Melinda Peto.

## **St David's RC Primary School**

- Beginners/ Elementary Thursday 1pm -3pm creche available and
- Intermediate level Thursday 1.00pm -3.00pm

For more information about the St David's PS classes or help choosing the correct class, contact 0131 552 5700 and ask to speak to Katy Pudney

## 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. For children aged 5-17 years 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) Tel 0131 537 9209 or email: [get\\_going@nhslothian.scot.nhs.uk](mailto:get_going@nhslothian.scot.nhs.uk)

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

These informal evening information and support sessions are for parents and carers who wish more information or are concerned about their pre-teen or teenager's emotional wellbeing or mental health. The sessions are planned and delivered with the support of CAMHS and other relevant organisations, and each monthly session has a different topic focus such as anxiety, managing stress, depression and low mood, self-harm, etc. The sessions also give parents and carers an opportunity to meet other parents and supportive professionals in a safe, relaxed environment. Parents and carers of 11-18 year olds from in and around Edinburgh are welcome to attend any of the sessions. For more information on future sessions please contact Jillian Hart, Lifelong Learning Development Officer, Parent and Carer Support on 07860 736129 or email [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk)



## 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, contact 0131 226 4507 or email [info@familymediationlothian.org](mailto:info@familymediationlothian.org)

## **Stress Control Course**

Stress Control is a free six-week, cognitive behavioural therapy (CBT) based self-help course offered by NHS Lothian. It is primarily aimed at adults experiencing difficulties in managing their stress (also referred to as anxiety or mixed anxiety and depressions). The sessions are in a lecture format lasting 1.5 hour per session.

Session 1 – What is stress and how does it affect us?

Session 2 – Recognise and control the effects of stress on our body

Session 3 – Challenging stressful thoughts

Session 4 – Managing stress by controlling our actions

Session 5 – Controlling panic

Session 6 – Controlling sleep

**Royston Wardieburn Community Centre** Pilton Drive Nth, EH5 1NF

Thursday 9.30am -11.00am Starts 20<sup>th</sup> February – 26<sup>th</sup> March

**Edinburgh College Bankhead Avenue, EH11 4DE**

Tuesday 6.30pm - 8.00pm Starts 25<sup>th</sup> February – 31<sup>st</sup> March

It's okay to bring a friend or anyone else you would like to support you to attend. Stress Control is a lecture format and you will never be asked to talk in front of the class or singled out. To self-refer, contact Health in Mind on 0131 225 8508. Email: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

## **The Childcare Academy – Want a job in Childcare?**

**North Edinburgh Childcare** 18B Ferry Road EH4 4BL

The Childcare Academy next course starts on Monday 2<sup>nd</sup> March.

Undertake free training requiring attendance of up to 30 hours weekly within a safe, friendly environment. Undertake a quality supported work experience placement within an early years or an out of school care setting

Gain 2 Accredited SQA Units from the Social Services (Children and Young People) SVQ Level 2 Award. Gain employment in the childcare sector.

Access a Young Persons Allowance of £55 per week for eligible 16 – 18 years Progression onto our Modern Apprenticeship programme to gain the SVQ Level 3 Social Services Children and Young People Award.

If interested, please contact Audrey O'Neill on 0131 311 6931 or email [audrey.oneill@northedinburghchildcare.co.uk](mailto:audrey.oneill@northedinburghchildcare.co.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 Polish and Gaelic sessions. For more Library information about what's on and special events, please follow us on facebook.com

### Blackhall Library

Friday 10:30am-11:00am. Contact 529 5595 [facebook.com/blackhalllibrary](https://facebook.com/blackhalllibrary)

### Corstorphine Library

Thursday and Saturday 10:30am-11:00am. Contact 529 5506 [facebook.com/corstorphinelibrary](https://facebook.com/corstorphinelibrary)

### Drumbrae Library Hub

Tuesday 2.00-2.30pm. Wednesday and Saturday 10:30am-11:00am  
Contact 529 5244 [facebook.com/drumbrae](https://facebook.com/drumbrae)

### Granton Library

Tuesday 11.00am 12noon. Polish bookbug session, every second Saturday 11.00am. Contact 529 5630 [facebook.com/grantonlibrary](https://facebook.com/grantonlibrary)

### Muirhouse Library

Tuesday and Friday 10.30am -11.00am  
Contact 529 5528 [facebook.com/muirhouselibrary](https://facebook.com/muirhouselibrary)

### Stockbridge Library

Tuesday 10.30am – 11.00am. Ticketed session, on first come first serve basis, please be early Contact 529 5665 [facebook.com/stockbridgelibrary](https://facebook.com/stockbridgelibrary)

### Kirkliston Library

Friday 10.30am - 11.00am. Contact 529 5510 [facebook.com/kirklistonlibrary](https://facebook.com/kirklistonlibrary)

### South Queensferry Library

Tuesday 10.30am -11.00am. Contact 529 5576 [facebook.com/southqueensferrylibrary](https://facebook.com/southqueensferrylibrary)

## Library sessions for children

### Blackhall Library

Friday Crafts/ Storytime. 3.00pm fortnightly. Contact us to book a place

### Corstorphine Library

Chatterbooks. 2nd Friday of the month 3.00pm - 4.00pm

### Drumbrae Library

Funky Fridays 2.00pm - 4.00pm

### Granton Library

Chatterbooks reading group for children ages 4 -12 years Monday fortnightly 3.30pm -4.30pm

### Granton Library

- Homework Club. Monday - Thursday 3.30pm - 4.30pm
- Crafty Fridays for kids please check with Library

### Muirhouse Library

Colouring in competition for all ages. Fridays 3.00pm

### Stockbridge Library

- Chatterbooks reading group for children ages 8-11. First Monday of the month 3.45pm - 4.30pm
- Crafternoon, arts and crafts drop-in session for children. Friday 2.30pm - 3.30pm.
- Share a Story for under fives. Saturdays 11.00am - 11.30am

### Kirkliston Library

Family crafts (all ages welcome). Every Friday 2.00pm - 3.00pm

### South Queensferry Library

Family crafts Family crafts (all ages welcome). Every Friday 2.00pm - 3.30pm

## Play and learn together

### **Baby Bite size**

**Muirhouse Millennium Centre**, 7 Muirhouse Medway, EH4 4RW. Monday 12.00pm - 2.00pm. For parents and under two years play and stay. Lunch and fun with your babies Contact [Darcy.lift@outlook.com](mailto:Darcy.lift@outlook.com) for more information or phone 0131 467 3578

### **Muirhouse Minis – Play and Stay Sessions**

**Muirhouse Millennium Centre**, 7 Muirhouse Medway, EH4 4RW. Tuesday 10.00am - 11.30am. Parent and carers and children aged 0- 5 years. Contact Danielle Leadbetter Email [danielle.lift@outlook.com](mailto:danielle.lift@outlook.com)  
Contact 0131467 3578

### **Baby Brunch for families with babies aged 6 months**

**Circle-Haven**, Craigroyston Primary School, EH4 4PX. Tuesdays 12.30pm - 2.15pm during term time. We promote baby-led weaning and offer a nurturing and supportive space for parents. Contact Julie Calder on 0131 332 9269 or 07703 714766

### **Haven Babes for parents and new-borns to 6 months old**

**Circle-Haven**, Craigroyston Primary School, EH4 4PX. Thursday 1.00pm – 2.00pm .This group provides a relaxed and welcoming space for parents and their babies. Support and advice are offered alongside activities including sensory materials, treasure baskets and singing. Contact Julie Calder on 0131 332 9269 or 07703 714766

### **Stay and Play with Home Link Family Support**

**West Pilton Neighbourhood Centre**, West Pilton Grove, EH4 4BY. Monday 11.00am - 12.30pm. For parents and carers and children 0-3 years. Come along and have fun in a relaxed atmosphere with toys, crafts, songs and stories. Contact Lyndsey for more information on 0131 661 0890.

### **Bookbug story, song and rhyme sessions**

**Gyle Shopping Centre**, Gyle Ave, Sth G Broadway, EH12 9JY. First Tuesday of the month 10.00am - 10.30am and 11am - 11.30am Upstairs in



the Food Court. No need to book, just come along for babies, toddlers, pre-school children and their families

### **Baby Peep 4 – 12 months**

**South Queensferry**, Community Centre, School Lane, EH30 9NU. Monday 10.30am – 11.30am running weekly during term time. Attendees should live locally. Prior registration essential. To register, contact Nancy Little at: [groupwork@hsew.org.uk](mailto:groupwork@hsew.org.uk) or call 0131 564 1540

### **Baby Peep 4 – 12 months**

**Kirkliston Community Centre**, Queensferry Road, EH29 9AQ. Wednesday 10.00am – 11.00am running weekly during term time. Attendees should live locally. Prior registration essential. To register, contact Nancy Little at: [groupwork@hsew.org.uk](mailto:groupwork@hsew.org.uk) or call 0131 564 1540

### **Baby Peep 4 – 12 months**

**Rannoch Community Education Centre**, Rannoch Terrace, EH4 7ES. Wednesday 1.30pm – 2.30pm running weekly during term time. Attendees should live locally. Prior registration essential. To register, contact Nancy Little at: [groupwork@hsew.org.uk](mailto:groupwork@hsew.org.uk) or call 0131 564 1540

### **Create Drop In**

**North Edinburgh Arts** Pennywell Court, EH4 4TZ. Thursday and Saturday 10.30am -12.30pm. Drop in, artist led messy play/art session for under 5s and their parents and carers. Contact 0131 315 2151 Email: [admin@northedinburgh.arts.co.uk](mailto:admin@northedinburgh.arts.co.uk) [www.northedinburgharts.co.uk](http://www.northedinburgharts.co.uk)  
Facebook.com/CreateNorthEdinburghArts

### **Peep group for babies and toddlers 2.5 years**

**Pilton Community Health Project**, 73 Boswall Parkway EH5 2PW. Starts Thursday 6<sup>th</sup> February 12.30pm -2.30pm and runs in 8 week blocks. Free, welcoming and friendly group for local women and babies and children, suitable from 6 weeks to toddlers aged 2.5 years. Songs, stories, rhymes, play and themed activities - coffee and chat too. For more info and to book a place contact Aliki 0131 551 1671 or Email [alikhichiotaki@pchip.org.uk](mailto:alikhichiotaki@pchip.org.uk)  
We welcome women living locally (in Pilton, Muirhouse, Drylaw, Granton and Royston Wardieburn).

## **Puddle Bear Group: Woodland Group for women and children 0-5 years**

**Pilton Community Health Project**, 73 Boswall Parkway EH5 2PW.

Starts Tuesday 18<sup>th</sup> February – 31<sup>st</sup> March 1.30pm - 2.30pm. Free 6 week group which builds confidence through outdoor play and takes place in outdoor locations. For women and children 0 – 5 years living in Pilton, Muirhouse, Drylaw, Granton and Royston Wardieburn. For more information and to book a place contact Rosa on 0131 551 1671/ 07541906513 or email [rosagarman@pchip.org.uk](mailto:rosagarman@pchip.org.uk)

## **Coco and Mango fun Storytelling for women & children 0-5 yrs**

**Pilton Community Health Project**, 73 Boswall Parkway EH5 2PW.

Starts Spring 2020 – please get in touch for dates and times. Free, 6-week group, with stories through imaginative play, drama, song, movement, music and story sack lending library. For more info and to book a place contact Hazel 0131 551 1671/ 07541906513 or email [hazelloedb@pchip.org.uk](mailto:hazelloedb@pchip.org.uk)

## **Chinese Flower Group**

**Leith Community Centre**, 12a Newkirkgate, Leith. Thursdays 1.00pm - 2.30pm. By referral only. For Chinese parents and their children 1-3 years to play together. An opportunity to join other families for play, circle-time and group support. Contact Multi-Cultural Family Base 0131 467 7052

## **Mothers and Infants Group**

Small therapeutic group for Black, Asian and Minority Ethnic mothers with infants (aged 0-3 years) who have been affected by domestic abuse. Thursday mornings. Referral/ or families can self-refer. Contact Multi-Cultural Family Base for details on 0131 467 7052

## **The Strawberry Group**

**Leith Community Centre**, 12a Newkirkgate, Leith. Fridays 10.00am - 11.30am This multi-cultural weekly group is for multi-cultural parents and their children (0-3 years) to play together. An opportunity to join other families for play, circle time and group support. Referral only. Contact Multi-Cultural Family Base 0131 467 7052

## Additional support needs

### Autism Friendly Early Opening Activities

**The National Portrait Gallery**, 1 Queen Street, EH21JD Autism friendly early opening on Saturday 29<sup>th</sup> February 9.00am – 10.00am. Sight and Sounds – listen carefully to the sounds of the gallery as you climb the stair and collect object along the way to make your own gentle music. Free, supported, early opening sessions for children up to 12 years who have autism and their families to explore the Gallery before the doors open and take part in creative and sensory activities. Pre-visit information, including sensory stories, photos and what to expect are available. Numbers very limited, booking essential – email: [learning@nationalgalleries.org](mailto:learning@nationalgalleries.org) or contact 0131 624 6428

### Disability in Action (previously The Drop In)

**Royston Wardieburn Community Centre**, Pilton Drive North, EH5 1NF Saturdays 10.00am-12.00pm Term time. A fun packed drop in activity session for children with a disability aged 0-18yrs their parents and siblings. Parents can meet other parents while their children take part in activities run by experienced youth and children's workers. Contact 0131 552 5700

### Early Years' Service at The Yard

**The Yard**, 22 Eyre Place Lane, Edinburgh EH3 5EH. 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 Early Years programme:

From Monday 13<sup>th</sup> January – Thursday 2<sup>nd</sup> April

- Mondays - Music and Movement 0-5s at 10.00am – 11.00am. Activity based play 0-5s at 12.30pm – 2.00pm
- Tuesdays - Activity based play 0-5s 10.00am - 11.30am
- Thursdays - Activity based play 0-5s, 12.45pm - 2.15pm on Thursday 30<sup>th</sup> January and 5<sup>th</sup> Mmarch our activity based play will be based at Craigentiny Early years Centre .

- Parent/carer one-to-one chats with our early years Play Team Leader for advice/support (fortnightly). Contact Danielle 0131 476 4506, 07934 839 936 or email [earlyyears@theyardscotland.org.uk](mailto:earlyyears@theyardscotland.org.uk)

## **Play, Sense, Create**

**Whale Arts**, Westburn Grove, EH14 2SA

Saturday 25<sup>th</sup> January and 22<sup>nd</sup> February 10.30am - 12.30pm, Friday 17<sup>th</sup> Feb 2.30pm -4.30pm. Free arts programme for children 5 – 12 years with additional support needs and disabilities and their families. Bring the whole family, chat, create and meet the team. To book email [play-sense-create@whalearts.co.uk](mailto:play-sense-create@whalearts.co.uk)

## **Parent and toddler groups**

A chance to meet other parents and carers and to have fun with your child. Groups are either staffed or run by parent committees and all offer time to play and chat. Groups run mainly during term time and charge a weekly and sometimes term fee. Listed alphabetically.

### **Carricknowe Church Toddlers**

Carrick Knowe Church Hall, 132 Saughton Road North, EH12 7DR. Thursdays and Fridays 10.00am - 11.30am. Contact Christine Stewart 0131 334 1505 or email [ckchurch@talktalk.net](mailto:ckchurch@talktalk.net)

### **Craigsbank Parish Toddler Group**

Craigsbank Church, 9 Craigsbank, EH12 8HD. Monday 9.30am -11.00am. Contact Lesley Lawrie 078468 75519 or email [lesleylawrie@craigsbankchurch.org.uk](mailto:lesleylawrie@craigsbankchurch.org.uk)

### **East Craigs Toddlers**

East Craigs Church Centre, 3 Bughtlin Market, EH12 8XP. Tuesday and Thursday 9.30am - 11.00am. Contact 07866 776412 or email [suanhawke@hotmail.co.uk](mailto:suanhawke@hotmail.co.uk)

### **Feniks Polish Toddler Group**

McDonald Road Library, EH7 4LU. Fridays 11.30am - 1.00pm. Suitable for children under two years and parents or grandparents. Contact 07510 122425 or email [info@fenicks.co.uk](mailto:info@fenicks.co.uk)

### **Holy Cross Toddlers**

Holy Cross Church Hall, Davidsons Mains, EH4 6AR  
[www.facebook.com/holycross.toddlers](http://www.facebook.com/holycross.toddlers)

### **Inverleith St Serfs Church Toddler Group**

St Serfs Church Hall, Clark Rd Church Hall, EH3 5BD. Wednesday 10.00am - 12pm. Contact 0131 552 7615 recommend calling first  
[www.inverleithsaintserfs.org.uk](http://www.inverleithsaintserfs.org.uk)

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

Edinburgh Central Mosque, EH8 9BT. Wednesday 10.00am – 12.00pm  
All welcome to attend from any faith or background. Contact Huda 07547 879700 or email [mail@mwae.org.uk](mailto:mail@mwae.org.uk)

### **Newhaven Church Toddler Group**

Newhaven Church, Church Hall, Craighall Road, EH5. Tuesday 10.00am - 1pm. Due to the high numbers, please email us at [toddlers@n-c.org.uk](mailto:toddlers@n-c.org.uk)

### **NCT North Edinburgh Toddlers Group**

Blackhall Library, Edinburgh, EH4 5EG. Wednesday 10.15am. Chat and some support, for you and your baby/toddler.

### **Parent and Toddler Group**

Kirkliston Community Centre, Queensferry Road, EH29 9AP. Monday 9.30am -11.30am. Contact 0131 333 4214  
[www.kirklistoncommunitycentre.org.uk](http://www.kirklistoncommunitycentre.org.uk)

### **Parents and Toddlers**

St Thomas Church, Glasgow Road, EH12 8LJA. Tuesday 9.45am - 11.45am. Contact Hilary Robinson on 0131 333 1162 or email [churchoffice@saintthomas.org.uk](mailto:churchoffice@saintthomas.org.uk)

### **Parent and Toddlers**

Kirkliston Community Church, 70 Main St, EH29 9AB. Thursday 9.30am - 11.15am. Contact 333 3482

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

German Community Church, 1 Chalmers Crescent, EH9 1TR. Tuesday 10.00am – 12.00pm Contact Piepmatze Edinburgh on Facebook.

### **Puzelbaum Edinburgh German Speaking Playgroup**

German Community Church, 1 Chalmers Crescent, EH9 1TR. Monthly Saturday 2.00pm – 5.00pm. Email [purzelbaum.edinburgh@gmail.com](mailto:purzelbaum.edinburgh@gmail.com)  
[www.purzelbaum.wixsite.com/spielgruppeedinburgh](http://www.purzelbaum.wixsite.com/spielgruppeedinburgh)

### **Royston Wardieburn Parent and Toddler Group**

Royston Wardieburn Community Centre, Pilton Drive North, EH5 1NF. Friday 10.00am – 11.130am. Contact 0131 552 5700

### **The Jack & Jill Club**

St Anne's Church Hall, Kaimes Road, EH12 6JT. Wednesday 9.30am - 11.30am. Enquiries for places on the waiting list. Contact Frances Tennant 0131 316 4740 [www.stannescorstorphine.org.uk/jack-and-jill-club](http://www.stannescorstorphine.org.uk/jack-and-jill-club)

### **Toddler Area Playgroup (Tap)**

Lifecare, 2 Cheyne Street, EH4 1JB. Fridays sessions 9.00am -10.30am and 11.00am - 12.30pm [www.bridgefamychurch.com/toddler-group](http://www.bridgefamychurch.com/toddler-group)

### **Rannoch Toddler Group**

Rannoch Community Centre, Rannoch Terrae, EH4 7ES. Monday and Thursday 9.30am – 11.30am. Contact 0131 339 5351  
[www.joininedinburgh.org](http://www.joininedinburgh.org)

### **Toddlers on Thursdays**

Murrayfield Parish Church Centre, Ormidale Terrace, EH12 6EQ  
Thursday 10am -11.30am. Contact Fay Forsythe on 07708400589 or email [fay@murrayfieldparishchurch.org.uk](mailto:fay@murrayfieldparishchurch.org.uk)

### **Toddler Time**

Drylaw Neighbourhood Centre, 67b Groathill Road, EH4 2SA. Thursday 9.00am – 11.00am. Contact 0131 315 4989 [www.drylawnc.org.uk](http://www.drylawnc.org.uk)

## **Wooden Toys Stockbridge Playgroup**

Saint Stephen's Comely Bank Church, EH4 1DW. Thursday sessions  
9:30am - 11:15am and 1:30pm - 3:15pm  
[www.facebook.com/woodemtoysplaygroup](http://www.facebook.com/woodemtoysplaygroup)

# **Parents and carer groups**

## **Autism support**

### **Parent and Carer Information Sessions on Autism Spectrum Disorders (ASD)**

For parents and carers of children in Edinburgh local authority mainstream schools. Parents can book to attend any of the sessions which are run by the ASL service, speech and language therapists, occupational therapists and CAMHS. The sessions run in blocks for parents and carers of pre-school, primary 1-3, primary 4-7, primary 1-7 and secondary. Venues will be confirmed on booking. Contact the Additional Support for Learning Service contact 469 2850 or [autisminfo@ea.edin.sch.uk](mailto:autisminfo@ea.edin.sch.uk)

### **Living with Autism (Referral only)**

For parents of children with autism in primary 5-7. 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 or more information, discuss at your child's planning meeting 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 years). 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. [www.lets-talk.scot.nhs.uk](http://www.lets-talk.scot.nhs.uk)

## **Hanen Talkability (referral only)**

For parents of children with Autism aged 4-8 years). 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 [www.lets-talk.scot.nhs.uk](http://www.lets-talk.scot.nhs.uk)

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

**Kindred**, 7 Rutland Court Lane, EH3 8ES. Starting Wednesday 22<sup>nd</sup> January 10.00am – 12pm. Free 8 week group 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. Starting 23rd October- 11th December at 10am-12pm. If you are interested in joining please contact us to book or register your interest Email; [enquiries@kindred-scotland.org](mailto:enquiries@kindred-scotland.org) Contact 0800 031 5793 (Option 1 then 1 again) Kindred also offer free Parent Information and Support sessions.

**Cinemas Autism friendly cinema sessions** are run by Odeon, Vue, Cineworld and Showcase, these often run monthly on a Sunday morning offering a sensory friendly and inclusive environment. Carers go free with a CEA card [www.ceacard.co.uk](http://www.ceacard.co.uk) Please confirm details at [www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinemascreenings](http://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinemascreenings)

## **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. Sessions include videos and support materials. Parents are also assigned their own advisor who can 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)

**Dads' Group (for dads/male carers of children with ASD) See Parent and Carer Group – [Dads and male carers](#)**



## Disability

### Parent and Carer Peer Support Group

**Norton Park Centre**, 57 Albion Road, Edinburgh, EH7 5QY. Alternating Mondays and Thursdays once per month. 10.30am- 1.30pm, lunch 12.30pm. 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. Contact 0131 475 2350 or email [lisa.milburn@lothiancil.org.uk](mailto:lisa.milburn@lothiancil.org.uk)

### People First Parents Group

**Norton Park Centre**, 57 Albion Road, Edinburgh, EH7 5QY. One Thursday per month, 10.30am- 12.30pm, creche provided. 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. Contact Jane Lewis 478 7707 or 07801 138265

### Deaf Learning Service – 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 0131 558 3545 or email [fiona.stewart@ea.edin.sch.uk](mailto:fiona.stewart@ea.edin.sch.uk)

## Dads and male carers

### Ask Dad

**Circle-Haven Project**, Craigmoynton Primary School, EH4 4PX. Practical Advice Workshops for dads on how to handle those difficult questions, challenging childhood issues and teenage traumas. Six-week programme occurring twice yearly. Contact Graeme Richards, Circle-Haven 07775 409301 or call 0131 332 9269

## Dad's Antenatal Workshops

**Dr Bells Family Centre**, Junction Place, EH6 5JA. Wednesday 7.00pm - 9.00pm monthly. Free workshop, open to all dads to be. Everything you need to know about babies, from nappy changing, bathing, feeding, sleeping etc. Facilitated by Dads Rock. To book a place [www.dadsrock.org.uk/antenatalworkshops](http://www.dadsrock.org.uk/antenatalworkshops).

## Dads Rock

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

## Dads Rock

For dads and male carers and their children 0-5 years. Free, weekly playgroups for all dads and male carers. [www.dadsrock.org.uk](http://www.dadsrock.org.uk)

- **Granton Parish Church**, EH5 2HU. Saturday 10.00-11.30am
- **6VT**, EH1 2HU. Sunday 11.00am-12.00pm. Contact Thomas 07807 498 709

## DADtastic Club:

**Pilton Youth and Children's Project**, 33 West Pilton Brae, EH4 4BU. Thursdays 10.00am – 12 pm. Peer-led group focusing on supporting dads in the local area. Children are welcome. Contact Graeme Richards, Circle-Haven 07775 409301 or call 0131 332 9269

## Dads' Group (for dads/male carers of children with ASD)

**Tailor Ed** run 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. Contact [pete@tailoredfoundation.co.uk](mailto:pete@tailoredfoundation.co.uk) or call 0131 624 8970

## Dads' Clubs/ Edinburgh Lone Fathers Project

Saturdays mornings - Leith Group. Weekly get out and have fun with other dads and kids. For primary school aged children and their fathers. Meet on Saturday morning for a range of child-oriented things such as swimming, crafts, Bookbug, forest walks, and learning about all the free and cheap things 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)

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

10 Palmerston Place, Haymarket, Edinburgh, EH12 5AU.

First Monday of each month 7.00pm - 9.00pm. A chance for fathers, mothers, grandparents, new partners or anyone in a parenting role to get together, obtain information and explore options about contact issues following separation. Contact Ian Maxwell 0131 557 2440 or Email:

[info@sharedparenting.scot](mailto:info@sharedparenting.scot) [www.sharedparenting.scot](http://www.sharedparenting.scot)

## **Young parents**

### **Expecting Something run by Starcatchers**

**WHALE Arts**, 30 Westburn Grove, EH14 2SA. Thursdays, 10.30am-12.30pm. For parents under 25 with their babies from across the city. Spend time with your babies and share a free lunch with other young parents and engage in artist-led creative activities. Free including a healthy lunch. Contact Natasha on 0131 290 2560

### **Go Lone**

**Granton Youth Centre**, Royston/Wardieburn Community Centre, Pilton Drive North, EH5 1NF. This is a project aimed at supporting young parents aged 15+. Get an opportunity to work on practical, social and emotional skills within a variety of sessions. Pop in on a Tuesday 11.30 am - 2.30 pm (please bring a packed lunch) and Wednesday 9.00am - 12.00 pm. Refreshments will be provided at both sessions. For more information contact Julie 0131 552 6741 or email [julie@grantonyouth.com](mailto:julie@grantonyouth.com)

### **Stepping Stones Introductory group**

**Circle-Haven**, Craigroyston Primary School, EH4 4PX. Tuesday 10.00am - 12pm and at Stepping Stones, Pilton Drive North, EH5 1NF. Wednesday 10.00am - 12pm. Group for parents under 25 years old. Come along for a cuppa and to meet other parents in the area. Sessions vary each week and can include arts and crafts, relaxation, first aid for children. Creche provided. For more information contact Stepping Stones on 0131 551 1632 or email [info@steppingstonesnorthedinburgh.co.uk](mailto:info@steppingstonesnorthedinburgh.co.uk) [www.steppingstonesnorthedinburgh.co.uk](http://www.steppingstonesnorthedinburgh.co.uk)

## Stepping Stones Core group

**Circle-Haven**, Craigroyston Primary School, EH4 4PX and at Stepping Stones, Piton Drive North, EH5 1NF. Tuesday, Wednesday and Thursday 1.00pm -3.00pm. Group for parents under 25 years old. This group follows on from our Introductory group. A chance to meet other parents in your area, while your child/children attend our early years playroom. Relax and have fun whilst taking part in group work activities. This could include educational courses, arts and crafts and health and fitness. Content of programme is planned with participants. For more information contact Stepping Stones on 0131 551 1632 or email [info@steppingstonesnorthedinburgh.co.uk](mailto:info@steppingstonesnorthedinburgh.co.uk)

## Sleep Clinic and Workshops

**Stepping Stones**, Piton Drive North, EH5 1NF. Fortnightly sleep clinic run by our staff who are trained as sleep counsellors by Sleep Scotland to support families who are struggling with sleep. We can also deliver regular Sleep Workshops where families and professionals can access information on healthy sleep. For information contact the office on 0131 551 1632.

## Terrace Tots

**6VT**, 11-15 Vennel, EH1 2HU. Tuesdays 10.30am-1.00pm. 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, 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. Contact 0131 229 1797

## Other groups

### First Friday Drop In

**Pilton Community Health Project**, 73 Boswall Parkway, EH5 2PW. First Friday of every month, 10am - 12 noon. Free, welcoming and friendly monthly Drop in group for women living locally in Pilton, Drylaw, Granton, Muirhouse and Royston/Wardieburn. Meet other women, chat over a cup of tea or coffee and take part in an activity such as arts and crafts, or workshops with relaxation techniques, yoga or stress relief. Free crèche.

For more info and to book a place contact Hazel on 0131 551 1671 / 07541 906513 or email [hazelloeb@pchp.org.uk](mailto:hazelloeb@pchp.org.uk)

## **LIFT (Low Income Families Together)**

**Muirhouse Millennium Centre**, 7 Muirhouse Medway, EH4 4RW.

Thursday 9.30am -11.30am. Group work sessions, confidence building, domestic abuse awareness, Poverty Alliance, CV writing. Contact Danielle Leadbetter on 0131 467 3578 or email [Danielle.lift@outlook.com](mailto:Danielle.lift@outlook.com)

Worker at PCHP on 0131 551 1671 or email [admin@pchip.org.uk](mailto:admin@pchip.org.uk).  
[www.pchip.org.uk](http://www.pchip.org.uk)

## **Kinship carers**

**Gorgie Suite**, Tynecastle Park Stadium. Tuesday 4:30pm - 6:30pm. Contact [kinship@bighearts.org.uk](mailto:kinship@bighearts.org.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.

**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 and someone will call back. Contact 0131 529 2588 Email: [kinshippupport@edinburgh.gov.uk](mailto:kinshippupport@edinburgh.gov.uk)

## **The Chat Café**

**Royston Wardieburn Community Centre**, Pilton Drive Nth, EH5 1NF. Monday starts 19 August 12.00pm – 2.00pm. The Chat Café and a supporting crèche provides a welcoming and relaxing space for local people to meet, socialise, exchange information about cultures and local facilities, practice English and plan activities. Please book ahead to book crèche spaces. For more information, contact the Living in Harmony Development

# Antenatal and postnatal support

## Pregnancy Cafe

**West Pilton Neighbourhood Centre**, West Pilton Grove, EH4 4BY  
Tuesday 11am-1pm. A welcoming and friendly group for expecting parents. The programme runs throughout the year and includes infant feeding support, nutritional advice and information on baby development. We have other agencies visit to offer advice on fuel bills, food waste and massage. There's lots of chat and peer support. For more information or to make a referral contact Jacqui Bain on 0131 552 5700 or email [jacqui.1.Bain@ea.edin.sch.uk](mailto:jacqui.1.Bain@ea.edin.sch.uk)

**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 0131 557 2060 Email: [info@counsellingandcare.co.uk](mailto:info@counsellingandcare.co.uk)

## Buggy Walks

Provide friendly and attractive walk routes for new parents home alone with their baby to come out and enjoy in Edinburgh. We are always seeking to open new routes, for full details of all our walks. [www.meetup.com/Buggy-Walks-Meetup-Edinburgh](http://www.meetup.com/Buggy-Walks-Meetup-Edinburgh) [www.facebook.com/Edinburgh-Buggy-walks](http://www.facebook.com/Edinburgh-Buggy-walks)

## Baby Massage

Classes usually run in four-five week blocks. The sessions are suitable for parents/carers and babies from birth until they are crawling. Baby Massage can strengthen the bond between parent and child. Massage may help relieve the pain and discomfort babies feel during teething, colic and digestive problems and releases tension in their muscles to improve sleep patterns. Notes and massage oil will be provided. Some early years centres offer baby massage and must be **booked in advance**.

## Baby Massage

**Circle-Haven**, Craigroyston Primary School, EH4 4PX.

Monday 10.00am - 11.00am. For parents and carers and babies from six weeks to six months old. Baby massage strokes are taught over five weeks and can alleviate colic and constipation and promote bonding. Contact Julie Calder 0131 332 9269 or 07703 714766

## Baby Massage

**Rannoch Community Centre**, Rannoch Terrace, EH4 7ES. Mondays, 1.30pm – 2.30pm. For local parents with babies aged 6 weeks - 12 months. Runs in five-week blocks and prior registration essential. To register, contact Nancy Little at: [groupwork@hsew.org.uk](mailto:groupwork@hsew.org.uk) or call 0131 564 1540.

## Juno Pre and Postnatal Parents Support Groups

**North Group, Lifecare Centre Stockbridge**, 2 Cheyne St, EH4 1JB. Monday 7.30pm -9.00pm. Open to adults and babies. 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. Email [juno.enquiries@gmail.com](mailto:juno.enquiries@gmail.com) or for more info see [www.juno.uk.com](http://www.juno.uk.com)

## Birth and Perinatal Trauma Support Group

**Life Care Centre**, 2 Cheyne Street, Stockbridge, EH4 1JB. Mondays monthly 10am -1130am. No booking required. Did you experience any trauma or distress before, during or after your birth? Welcome to a safe space and time set aside for you to listen or share as little or as much as you wish to. There will also be the opportunity to discover some simple tools you can use for yourself to support yourself as you recover. If you'd like more information, email [juno.enquiries@gmail.com](mailto:juno.enquiries@gmail.com)

## Ante-natal Support Service

**Homelink Family Support** 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 three 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 and delivery of baby. Call 0131 661 0890 or email Helen Gault, Ante-natal Co-ordinator, [helen.g@homelinkfamilysupport.org](mailto:helen.g@homelinkfamilysupport.org) [www.homelinkfamilysupport.org.uk](http://www.homelinkfamilysupport.org.uk)

## Breastfeeding Support

- **Rannoch Centre**, Rannoch Terrace, Edinburgh EH4 7ES. Tuesdays 10.30am – 11.30am. Midwives and Health Visitors provide breastfeeding support. Call 0131 286 5023

- **Conifox Bistro**, Kirkliston EH29 9ER. Wednesdays 10.30am – 11.30am. Breastfeeding support is provided by the Health Visiting team, for more information, call 0131 537 4445
- **Cafe Life, Life Care**, 2 Cheyne Street, EH4 1JB. Wednesdays 10.30am – 11.30am. Breastfeeding support is provided by the Health Visiting team, for more information contact 0131 260 9204
- **La Leche League** - Edinburgh Pregnancy and Parents Centre, Lower Gilmore Place, EH3 9NY. 2nd Friday each month, 10.30am – 12.30pm.
- **La Leche League** - Edinburgh Buccleuch Free Church of Scotland 10 West Crosscauseway, EH8 9JP. 4th Saturday each month, 11.00am – 12.30pm. Breastfeeding Support is provided by a partner organisation. More information on [www.laleche.org.uk](http://www.laleche.org.uk)

### **@mums2mums meetings**

Informal Breastfeeding Peer Support Groups held in community cafes.  
[www.edinburghcommunitycafes.org.uk/breastfeeding-friendly-cafes.html](http://www.edinburghcommunitycafes.org.uk/breastfeeding-friendly-cafes.html)

### **Best Buddies**

Volunteer peer supporters can be arranged through your health visitor.

### **Breastfeeding Helplines**

Breastfeeding Network tel 0300 100 0210

National Breastfeeding tel 0300 330 0771

For more information and advice visit the NHS Lothian “Feeding Your Baby” website <https://services.nhsllothian.scot/feedingyourbaby>

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

#### **Edinburgh and Lothian Twins and Multiples Club**

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

**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 to help you through the toddler years. [www.readysteadytoddler.org.uk](http://www.readysteadytoddler.org.uk)



# Information and support services

## Family and Household Support

**We can help** We are here to help if you have a problem and need some support. From health and wellbeing to parenting, neighbour disputes, welfare benefits and housing, we will help you get in touch with the right people.

**About our service** We work in your community to help anyone who may need our support. We are a Council service which helps you get all the support you might need. We want to make it much easier for you, so you talk to one person and get access to a whole range of services in the Council and across the community. Contact us on 0131 529 5014 or Email: [northwest.familyandhouseholdsupport@edinburgh.gov.uk](mailto:northwest.familyandhouseholdsupport@edinburgh.gov.uk)

North West Family and Household Support drop-in sessions are held at:

**North West Locality Office** West Pilton Gardens EH4 4BE

Tuesday 10.00am - 4.00pm and Thursday 11.00am- 4.00pm

**Drumrae Hub** Drum Brae Drive, EH4 7FE

Thursday 2.30pm -4.00pm.

**Roseberry Hall** High Street, South Queensferry EH30 9LL

Wednesday 1.00pm -3.00pm

**Kirkliston Library** Station Road, EH29 9BE

Tuesday 1.00pm -4.00pm

## First Hand Lothian

First Hand Lothian provides support to parents with children disabilities, lone parents and families in need in their own home. We work with families to provide support, respite care, guidance and information. Our services are short term and include 1:1 support for children with disabilities and young people, support for parents, early years service to families with at least one child under 5 years or a family with a child with a disability under 5 years old. Contact 0131 523 1322 Email: [info@firsthand-lothian.org.uk](mailto:info@firsthand-lothian.org.uk)

## **Home Link Family Support Service**

Home Link Family Support is a befriending and support service for families who have at least one child under five or are expecting a baby and are experiencing some form of difficulty. We can support families who live in Edinburgh. To access home visiting support email [info@homelinkfamilysupport.org](mailto:info@homelinkfamilysupport.org) or call Michele Milligan on 0131 661 0890 or ask your Health Visitor for more information.

## **Home-Start Edinburgh West and South West**

We support families with at least one child under age five living in the west and south west of Edinburgh. We work with individuals and groups, providing non-judgmental, practical and emotional support to help build a family's confidence and ability to cope. To find out more phone: 0131-564-1540 or e-mail [help@hsew.org.uk](mailto:help@hsew.org.uk) [www.home-start.org.uk](http://www.home-start.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) or call 0345 123 2303

## **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. Call 0808 200 247

## **Joininedinburgh.org**

Lifelong Learning and partners offer a wide range of learning and fun activities, groups and courses for adults, children, young people and families. [www.joininedinburgh.org](http://www.joininedinburgh.org)

## **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)

## **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) Call 0808 801 0323

## **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)

## **Parent Helpline - Children 1<sup>st</sup>**

Free helpline, email and web-chat service offering advice and support for parents and carers. Mon-Friday 9.00am- 9pm Sat and Sun 9am - 12pm.  
Tel: 08000 28 22 [33 www.children1st.org.uk/help-for-families/parentline-scotland](http://33.www.children1st.org.uk/help-for-families/parentline-scotland)

## **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)

**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) Contact 0800 138 6565

## **Single Parent Counselling Service One Parent Families**

**Scotland** free, person centered 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. Call 0131 200 2324. Out of Hours tel: 0800 731 6969

## **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.  
[www.youngminds.org.uk](http://www.youngminds.org.uk) or call 0808 802 5544

## 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: Sue Cameron – North West Parent and Carer Support, call 0131 529 5082 / 07845 015979 or email [sue.cameron@edinburgh.gov.uk](mailto:sue.cameron@edinburgh.gov.uk)

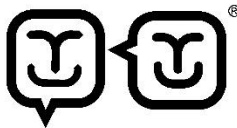
### Other areas of Edinburgh

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

- Jillian Hart – North East, call 07860 736 129 or email [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk)
- Helena Reid – South East, call 0131 672 2629 or email [helena.reid@ea.edin.sch.uk](mailto:helena.reid@ea.edin.sch.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**

Telephone 0131 242 8181

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