

# Programmes, Activities and Groups for Parents and Carers in

## West Pilton and North West Edinburgh September – December 2015



getting  
it right  
*for every child*

team around  
the  
cluster

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## New Service

### Early learning and childcare for eligible two year olds

Certain children are entitled to receive up to 600 hours of free early learning and childcare during school terms.

For a list of establishments offering this service, to find out if your two year old qualifies for a place, and to apply please go to:

[www.edinburgh.gov.uk/info/20071/nurseries\\_and\\_childcare/1118/early\\_learning\\_and\\_childcare\\_for\\_two\\_year\\_olds](http://www.edinburgh.gov.uk/info/20071/nurseries_and_childcare/1118/early_learning_and_childcare_for_two_year_olds)

Or contact Helen Purves, Parent and Carer Development Officer, on 0131 334 9301 or email [helen.purves@ea.edin.sch.uk](mailto:helen.purves@ea.edin.sch.uk)

## Parenting Programmes



### Parents Early Education Partnership

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.

### Baby PEEP parents/carers and babies 0-1yr

The Edinburgh Academy, Fridays, 9-10am, term time

For more information or to book a place contact Lesley Paterson on 0131 624 4980 or email [lap@edinburghacademy.org.uk](mailto:lap@edinburghacademy.org.uk)

## Water PEEP Twos parents/carers and children 2-3yrs

This group takes place partly in the swimming pool then moves to the playroom.

Craigroyston Community High School Swimming Pool and Craigroyston Early Years Centre, Thursdays at 9.30am from 3<sup>rd</sup> Sept for 6 weeks, limited spaces available must be booked in advance.

For more information or to check if spaces available contact Craigroyston Early Years Centre on 0131 332 3855

## Mixed age PEEP parents/carers and children 0-3/0-5yrs

Pilton Community Health Project, 73 Boswall Parkway, EH5 2PW, Mondays 10.30-11.30am. Parents and Carers and children 0-4years. Starting October 2015.

For more information or to check if spaces are available contact Alison Hughes on 0131 551 1671

## PEEP group for Parents and children on the Autistic spectrum

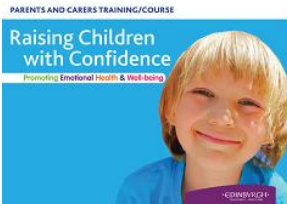
This group is specifically for parents whose children are undergoing or have a diagnosis of Autism. It aims to provide group support by incorporating play with a visual environment.

Granton Early Years Centre, 10 Wardieburn Road, EH5 1LY, Tuesdays, 12.15-1.30pm, term time

For more information or to check if spaces are available contact Granton Early Years Centre on 0131 552 4808

## Mellow Bumps

This is a six week course for women who are about 20-30 weeks pregnant. Sessions last two hours and groups are small: 4-8. The aim is to help expecting parents reduce stress, care for themselves physically and mentally, in turn nurturing their unborn child. Participants will learn about very early brain development and what their babies can do. This improves attachment even before birth, helping parents connect with their new-born. Parents will grow in confidence by being part of an intimate group and learn where to access help now and for the future. For more information email [karry.richardson@edinburgh.gov.uk](mailto:karry.richardson@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.**

[www.growingconfidence.org](http://www.growingconfidence.org). Courses are held all year round throughout the city in primary schools and community venues. Courses are listed on [www.joininedinburgh.org](http://www.joininedinburgh.org) To find out about the next course in North West Edinburgh, contact Helen Purves, on 0131 334 9301 or email [helen.purves@ea.edin.sch.uk](mailto:helen.purves@ea.edin.sch.uk)



## Raising Teens with Confidence

This 6 week course is for parents and carers of teens.

It aims to help adults understand how they can best support their teenage children to navigate increasing independence; develop confidence, security and resilience; and promote and benefit from emotional wellbeing. The latest research around what helps support emotional wellbeing throughout life is used. This includes adolescent brain development, risk taking behaviour, importance of communication and the effects of stress.

This provides an opportunity to explore with other parents how the teenage years can be a time for the whole family to *'thrive rather than just survive'* (Siegel 2014)!

For more information visit [www.growingconfidence.org](http://www.growingconfidence.org). Courses are listed on [www.joininedinburgh.org](http://www.joininedinburgh.org) To find out about the next course in North West Edinburgh, contact Helen Purves on 0131 334 9301 or email [helen.purves@ea.edin.sch.uk](mailto:helen.purves@ea.edin.sch.uk)



The Psychology of Parenting Project (Popp) provides two positive parenting programmes for **parents/carers of 3-5 year olds**. The courses offer help to adults to strengthen their relationship with their child and encourage positive behaviour. The courses look at effective techniques for dealing with common childhood behaviour problems. Strategies to manage behaviours such as aggressiveness, tantrums, shouting, answering back and refusing to follow rules are also explored. Specially trained group leaders work with parents/carers on goals for themselves and their family. There is also 1:1 phone support. There are crèche places and help with transport costs can be arranged. Apply online at [www.edinburgh.gov.uk/parenting/parenting3to4](http://www.edinburgh.gov.uk/parenting/parenting3to4) , contact the Parent and Carer Support Team on [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or phone 07795 127954, between 10am and 3pm, Monday to Friday.



### Popp -The Incredible Years (for parents/carers of 3-5 year olds)

This 14 week Incredible Years programme is available in venues across the city and in North Edinburgh at the following venues-

Craigentiny Early Years Centre, 4 Loganlea Drive, EH7 6LR,  
Starts Thursday 22<sup>nd</sup> October 2015, 9.30-11.30am

Royston Wardieburn Community Centre, 11 Pilton Drive North,  
EH5 1NF, Starts Thursday 17<sup>th</sup> Sept, 12.30-2.30pm



Apply online at [www.edinburgh.gov.uk/parenting/parenting3to4](http://www.edinburgh.gov.uk/parenting/parenting3to4) , contact the Parent and Carer Support Team on [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or phone 07795 127954, between 10am and 3pm, Monday to Friday.



### Popp- Triple P (for parents/carers of 3-5 year olds)

This 9 week Triple P programme is available in venues across the city and in North Edinburgh at the following venues

Dr Bells Family Centre, 15 Junction Place. EH6 5JA  
Starts Tuesday 6<sup>th</sup> Oct 2015, 9.15-11.15am

Greendykes Early Years Centre, 205 Craigmillar Castle Avenue, EH16 4DZ, Starts Wednesday 7<sup>th</sup> Oct 2015, 9.15-11.15am

Craigroyston High School, 67 Pennywell Road, EH4 4LN  
Starts Monday 5<sup>th</sup> Oct, 9-11am

Royston Wardieburn Community Centre, 11 Pilton Drive North, EH5 1NF, Starts Thursday 8<sup>th</sup> Oct 2015, 9.15-11.15am

Apply online at [www.edinburgh.gov.uk/parenting/parenting3to4](http://www.edinburgh.gov.uk/parenting/parenting3to4) , contact the Parent and Carer Support Team on [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or phone 07795 127954, between 10am and 3pm, Monday to Friday.

## The Incredible Years (for parents/carers of 5-11 year olds)

Incredible Years programme is available in North Edinburgh. This programme aims to help parents/carers strengthen their relationship with their child and encourage positive behaviour. It gives parents effective techniques for dealing with common childhood behaviour problems. This 12-14 week programmes will run for **parents/carers of children 5-11yrs in North Edinburgh.**

Leith Community Centre, Wednesdays, 9.30-11.30am from the 9<sup>th</sup> September - 2<sup>nd</sup> December 2015, only limited crèche spaces available.

To request a place or for more information contact Helena Reid on 07795127954 or email [helena.reid@ea.edin.sch.uk](mailto:helena.reid@ea.edin.sch.uk)



## Teen Triple P (Positive Parenting Programme)

This is a practical parenting programme which can help parents/carers cope positively with some of the common issues associated with raising a teenager. The group and individual sessions give parents an opportunity to explore ways they can build a stronger relationship with their teenager, resolve conflict, manage problem behaviours and help their teen stay safe. Programmes run throughout Edinburgh for **parents, step parents and carers of teenagers 11-16yrs**, find details of local groups on [www.joininedinburgh.org](http://www.joininedinburgh.org). For more information or to request a place go to [www.edinburgh.gov.uk/teentriplep](http://www.edinburgh.gov.uk/teentriplep), email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or contact Jillian Hart on 07860 736129.

PYCP (Pilton Youth and Community Project), starting Tuesday 1<sup>st</sup> September, 10am-12pm.

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

## **DADS**

Tollcross Community Centre, starting Wednesday 30<sup>th</sup> September, 6.30-8.30pm. A Teen Triple P group for Dads, Stepdads, Grandfathers and other male carers.

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

## Courses for Parents

### Play-Base

#### **Playbase 1 & 2 Fast Track**

A great opportunity to complete Playbase 1 and 2 in just eight weeks. This course looks at how important play is in helping young children develop. It will focus on different types of play and play settings, including how to provide the right experiences for a child's age and stage of development. Course costs £60/£10. Creche places are available for a small fee and must be arranged in advance. Language support available.

Wednesday 21st October - Wednesday 9th December, 12.30 - 2.30 at Dr Bells Family Centre, 15 Junction Place, EH6 5JA

Contact Sam Gardner on 0131 554 8873 or

email [sam@playbase.org.uk](mailto:sam@playbase.org.uk) for more information.

#### **Online Courses in Child Development**

**If you prefer to study online or are unable to come to a classroom course, these courses are for you!**

**Playbase 1** is an introductory course which looks at how important play is in helping young children develop. Open to anyone with an interest in the development of the early years child. Cost £60/£10. You can register for an online course at [www.playbase.org.uk](http://www.playbase.org.uk) Next start date 21st September. Closing date to register 14th September. Other start dates available.

Contact Sam Gardner on 0131 554 8873 or

email [sam@playbase.org.uk](mailto:sam@playbase.org.uk) for more information.

### Stress Control

#### **LEITH & NORTH EAST**

Don't feel you just have to go on struggling with stress yourself! Learn proven techniques to manage stress and improve sleep. This series of 6 free classes is for people who recognise the signs of stress such as worry, tiredness, poor sleep, feeling

worthless, panic attacks, feeling on edge, being tearful, feeling irritable, in themselves or someone close to them. All classes are delivered by NHS staff and are open to adults of all ages. The classes are delivered in a lecture format so participants will not be asked to speak in front of a group.

Drummond Community High School, 41 Bellevue Place,  
Edinburgh EH7 4BS, Tuesday 20th October- Tuesday  
24th November, 6.30pm until 8.00pm

For more information or to book your place contact: Health in  
Mind on 0131 225 8508 between 10am-4pm or e mail  
[contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

## 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.

### Blackhall Library

Fridays, 10.30-11am, throughout the year.

For information on Gaelic 'Seinn' sessions please contact Blackhall Library on 0131 529 5595

### Granton Library

Thursdays, 11am-12pm, throughout the year

### Muirhouse Library

Tuesdays and Fridays, 10.30-11.30am, throughout the year

### Stockbridge Library

1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, 10.30-11.15am, throughout the year

## Parent and Child Activities cont.

### 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. For more information contact Katy Pudney by email

[Katy.pudney@ea.edin.sch.uk](mailto:Katy.pudney@ea.edin.sch.uk)

### Baby Massage

Classes usually run in 4-5 week blocks. The sessions are suitable for **parents/carers and babies from birth until they are crawling**. Baby Massage can strengthen the bond between parent and child. Massage may help relieve the pain and discomfort babies feel during teething, colic and digestive problems and releases tension in their muscles to improve sleep patterns. Notes and massage oil are usually provided.

The Haven Project, Craigroyston Primary School, Muirhouse Place West. 6 week block will start In September 2015, dates and times to be confirmed .

For more information or to book a block of sessions contact Julie on 0131 332 9269 or 0770 371 4766

The Prentice Centre run by Craigroyston Early Years Centre, Wednesdays 9.30-10.30am in 6 week blocks

For more information or to book a space contact Craigroyston Early Years Centre on 0131 332 3855

## 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. For more information email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)

## Stay and Play

Craigroyston Early Years Centre, Wednesdays 9-11am, priority given to parents on the waiting list for Craigroyston EYC. For more information or to book a space contact Craigroyston Early Years Centre on 0131 332 3855

## Cupcake Group

A group for young parents and babies and toddlers. An opportunity to socialise and explore issues such as healthy eating and parenting. Support offered with housing, employability and accessing other services.

Pilton Youth & Children's Project, The Greenhouse, 1a West Pilton Place, EH4 4DG, Tuesdays, 11.30-1pm, from 8<sup>th</sup> September. Term time

For more information contact PYCP on 0131 332 9815 or email [info@pycp.co.uk](mailto:info@pycp.co.uk).

## Parent and Child Activities cont.

### Chinese Flower Group

#### LEITH & NORTH EAST

This weekly group is for Chinese parents and their children to play together. Suitable for parents with at least one child aged between 0-3years. An opportunity to join other families for play, circle time and group support. **By referral only.** Referrals accepted throughout the term.

Leith Community Centre, 12a Newkirkgate, Leith. Run by Multi-Cultural Family Base, Thursdays 1-2.30pm, September 2015 to June 2016.

For more information contact Multi-Cultural Family Base on 0131 467 7052

### Multi-Cultural Family Base Friday Group

This multi-cultural weekly group is for parents and their children to play together. Suitable for parents with at least one child aged between 0-3years. An opportunity to join other families for play, circle time and group support. **By referral only.** Referrals accepted throughout the term.

Leith Community Centre, 12a Newkirkgate, Leith. Run by Multi-Cultural Family Base, Fridays 10-11.30am, September 2015 to June 2016.

For more information contact Multi-Cultural Family Base on 0131 467 7052



## The Drop In

A fun packed drop in activity session for children with a disability aged 0-18yrs their parents and siblings. Parents are offered the opportunity to meet other parents while their children take part in activities run by experienced youth and children's workers. Cost 50p

Royston Wardieburn Community Centre, 10am -12pm, term time  
For more information contact Royston Wardieburn Community Centre on 0131 552 5700

## Messy Church

Families having fun, playing and sharing a meal together. A donation of £1 per family member up to max £3 is welcome. Suitable for Parents/ Carers and their children 0-11years.

Muirhouse St. Andrew's Parish Church, the last Monday of every month (except July and December), 4-6pm

For more info email: [st.andrews.muirhouse@googlemail.com](mailto:st.andrews.muirhouse@googlemail.com)

## Let's Create!

Let's Create is North Edinburgh Arts' Early Years creativity and play project. The sessions offer local families in Muirhouse quality, artist led craft/messy play, singing, storytelling and gardening activities. **Suitable children 0-5years and their parents and carers.** Cost: 50p for local families with EH4/ EH5 postcode, £3 per child from other areas (£1 per sibling) includes a healthy snack.

North Edinburgh Arts, 15a Pennywell Court, Thursdays 10am-12pm and Saturdays 10.30am-12.30pm from Saturday 3<sup>rd</sup> Sept 2015.

For more information contact Caroline Muirhead on 0131 315 2151 or email [manger@northedinburgharts.co.uk](mailto:manger@northedinburgharts.co.uk)

## Parent and Child Activities cont.

### Creative Kids

Fun sessions with a focus on play and child development for parent and toddlers over 1 year old.

West Pilton Neighbourhood Centre, Thursdays 9.30-11.30am, starts 10<sup>th</sup> Sept- 24<sup>th</sup> Nov 2015.

For more information contact Fiona on 0131-537-4230 or 07875545757, or call the centre on 0131 551 3195.

### Crafts Sessions

Drop in craft sessions for children aged 4-11years and their parents.

Crafty club, Stockbridge Library, Fridays 2.30-3.30pm

For more information contact Stockbridge Library on 0131 529 5665

### Porridge and Play

A fun drama-led play and group games session for children aged 3-8 years together with their parents/carers. Join Licketyspit in the cafe for a bowl of porridge and fresh fruit followed by a fantastic outdoor or indoor play session including drama-led play, games, rhymes, songs, dressing up and imaginary play. Sessions finish with some drawing and families will get a free Play Card to take home each week! Sessions are free, drop-in and open to **children aged 3-8 years with their parents/carers** living in Muirhouse, Pilton, Granton and Drylaw.

North Edinburgh Arts, 15a Pennywell Court, Edinburgh, EH4 4TZ  
Saturdays 9.30am -11.10am from 12th Sept to 21st Nov (term time)

For more information contact Virginia or Beth at Licketyspit Theatre Company on: 0131 332 0410 / 2096 / Mobile: 07970 749 138 / Email: [info@licketyspit.com](mailto:info@licketyspit.com)

### Soft Play Session

West Pilton Neighbourhood Centre Every Thursday  
9.30-11.30am

### Royston's Sensory Room

Newly furnished Sensory room available to hire for families with children and local groups, Monday to Friday bookings 9am - 3pm cost £1.00

For more information contact Royston Wardieburn Community Centre on 0131 552 5700

### Family Swim Sessions

Tuesdays 5.20-6.20pm, £1 per adult 50p per child

Craigroyston Community High School Tel: 0131 538 7285

### Mother and Toddler Swim

Fridays 9-10am, £1 per adult 50p per child

Craigroyston Community High School Tel: 0131 538 7285

## **Parent Groups**

### Pregnancy Cafe

A safe, welcoming environment for expecting parents, a programme of activities run including relaxation, healthy cooking and arts and crafts. Health professionals attend to discuss various topics relating to pregnancy.

The Haven Project, Craigroyston Primary School, Muirhouse Place West, Tuesdays 10am-11.30am, 25<sup>th</sup> Aug until 8<sup>th</sup> Dec 2015, term time only.

For more info contact Julie on 0131 332 9269/ 07703 714766

## Bump to Buggy Group

Following on from the Pregnancy Café parents are invited to attend with their newborn babies. Partners are welcome. A variety of support is provided, looking at the developmental needs of babies and activities such as cooking and arts and crafts.

The Haven Project, Craigroyston Primary School, Muirhouse Place West, Tuesdays 12.30-2pm, 25<sup>th</sup> August until 8<sup>th</sup> December 2015, term time only.

To find out if space available or for more information contact Fiona on 0131 537 4230 or Julie on 332 9269/ 07703 714766

## All About Me Young Parents Group

Run by **Making It Work** All About Me sessions focus on healthy living (eating & exercise) budgeting, CVs, interview skills and various training opportunities. Group sessions are free. Crèche.

Royston Wardieburn Community Centre, Mondays, 9.30-12noon, September – December 2015.

Contact Pauline Nicol-Bowie 0131 552 5700 for more information.

## Becoming Dad Group

A group for new and expectant dads, particularly young dads under 25 years who are expecting the arrival of their first child. This drop in group gives dads and dads to be a chance to have a game of football and a coffee and build on their knowledge and skills as a father to be. Transport can be provided to attend.

Circle's Haven Project, Craigroyston Primary School, EH4 4PX, from August 27<sup>th</sup> for 8 weeks, Thursdays 4-5.30pm.

For more information contact Pete Cloke on 0131 332 9269/ 07703 714 769 or e mail [pete.cloke@circle.scot](mailto:pete.cloke@circle.scot) or Anna Chrystal on 0131 551 1632/ 07932 088 615 or e mail [annachrystal@steppingstonesnorthedinburgh.co.uk](mailto:annachrystal@steppingstonesnorthedinburgh.co.uk)

## Dad's Community Group

A peer led group which focuses on supporting dads in the local area. Children welcome, dads are responsible for their care.

PYCP, West Pilton Place (term time), Thursdays 10.30am-12.30pm. Call for meeting details outside term time

For more information contact Pete Cloke on 0131 332 9296 or 0770 371 4769 or email [pete.cloke@circle.scot](mailto:pete.cloke@circle.scot)

## Families Need Fathers

A chance for fathers, grandfathers or new partners to get together to obtain information and explore options about contact issues following separation. [www.fnfscotland.org.uk/parenting](http://www.fnfscotland.org.uk/parenting)

1<sup>st</sup> Monday of each month, 7-9pm, 10 Palmerston Place, Haymarket, Edinburgh, EH12 5AU.

For more information contact Ian Maxwell, Families Need Fathers on 0131 557 2440 or email [ian.maxwell@fnf.org.uk](mailto:ian.maxwell@fnf.org.uk)

## People First Parents Group

This self-advocacy group for parents with learning difficulties allows parents to come together to support each other, talk about being a parent, have a say in the support you receive and help to improve the support available for parents with learning difficulties.

Norton Park Centre, 57 Albion Road, Edinburgh, EH7 5QY, One Thursday per month, 10.30am- 12.30pm

For more information contact Jane Lewis on 0131 478 7707/ 07801 138 265

## ADHD/ Autism Parent Group

This informal group is for parents and carers of child(ren) who have or may have ADHD or be on the Autistic Spectrum. Tea, coffee and biscuits provided.

Muirhouse Library, First Wednesday of every month, drop in between 10.15am-12pm, term time only

For more information contact Link Up on 07794 467 053 / 0131 315 6405 or email [karmalennon@hotmail.com](mailto:karmalennon@hotmail.com)

## Juno Pre and Postnatal Parents Support Group

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

Dr Bell's Family Centre, Junction Place, Leith, EH6 5JA, Tuesday evenings 8.00pm-9.00pm

For more information see the website [www.juno.uk.com](http://www.juno.uk.com)

## Stepping Stones Groups

Stepping Stones North Edinburgh offers group work sessions for parents who are **under 25 years of age** and live in the North West of Edinburgh. The groups allow young parents an opportunity to socialise and make new friends in a supportive environment. For more information see [www.steppingstonesnorthedinburgh.co.uk](http://www.steppingstonesnorthedinburgh.co.uk)

Introductory groups are available for new parents and run at Haven Project (Based within Craigmoynton Primary School), Mondays, 10am-12pm and at Stepping Stones, 10 Wardieburn Road on Wednesdays 10am-12pm. Crèche spaces are available and the group covers topics such as relaxation, arts and crafts, beauty therapy, home safety and child development.

More focused group work also runs at Stepping Stones, 10 Wardieburn Road on Tue, Wed and Thu 1-3pm and Haven Project (Based within Craigmoynton Primary School), Mondays and Wednesdays 1-3pm. These groupwork courses aim to provide young parents with new skills and cover topics such as First Aid, Confidence Building, Literacy and Health and Wellbeing.

For more information or to make a referral contact Stepping Stones on 0131 551 1632 or email [info@steppingstonesnorthedinburgh.co.uk](mailto:info@steppingstonesnorthedinburgh.co.uk)

## Parent Information and Support Sessions

For parents and carers who may have concerns about their pre teen or teenager's emotional wellbeing or mental health. Information will be available around issues such as stress, anxiety, low mood, self harm and suicide. Parents will have an opportunity to meet other parents and supportive professionals in a safe relaxed atmosphere.

**Wednesday 9<sup>th</sup> September 2015**

***Self Harm***

Leith Academy, 6.30-8.30pm

**Thursday 1<sup>st</sup> October 2015**

***Anxiety and Depression***

Drumbrae Library, 6.30-8.30pm

**Thursday 29<sup>th</sup> October 2015**

***Stress and the Teenage Brain***

Tollcross Community Centre,  
6.30-8.30pm

**Thursday 3<sup>rd</sup> December 2015**

***Self Harm***

Gate 55, 6.30-8.30pm

For more information or to book a place please contact Jillian Hart, Parent and Carer Development Officer on 07860 736129 or email [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk)



## Playgroups (2.5yrs—5 yrs)

A safe fun environment where you can leave your child to have fun and make friends. A cost is attached.

### **The Prentice Centre Playgroup** Mon- Fri 9.15-11.30/12.15-2.30

1 Granton Mains Ave. EH4 4GA

Tel: 0131 552 0485 Email [theprenticecentre@hotmail.com](mailto:theprenticecentre@hotmail.com)

### **Reindeer Playgroup**

Tue-Fri 9.15-11.45am

Holycross Church Hall, Quality Street, EH4 5BP

Tel: 07906 518747

### **Granton Toddlers Playgroup**

Mon-Fri 9.30-11.30am

Granton Parish Church, 55 Boswall Parkway, EH5 2BR

Tel: 07878423649

Email: [grantontoddlersplaygroup@hotmail.co.uk](mailto:grantontoddlersplaygroup@hotmail.co.uk)

## Parent and Toddler Groups

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

### **Muirhouse St Andrew's Parish Church**

Mon 10am-12pm

Corner of Pennywell Gardens and Pennywell Medway, EH4 4PE

Tel: 07415 940114

### **Davidson's Mains P&T Group**

Monday 9-11.45am

Davidson's Mains Church of Scotland, 1 Quality Street, EH4 5BB

Tel: 0131 336 5120 or Email: [Samantha.thom@hotmail.com](mailto:Samantha.thom@hotmail.com)

### **Blackhall Toddlers**

Mondays and Tuesdays 9.30-11.00am

Blackhall St Columba's Church, Columba Road, EH4 3QU

Email for info and availability [blackhalltoddlers@yahoo.co.uk](mailto:blackhalltoddlers@yahoo.co.uk)

### **Little Happy Feet**

Wednesdays 9.00-11.15am

**Drylaw Neighbourhood Centre**, 67 Groathill Loan, EH4 2SA  
Tel: 0131 315 4989

**Buggy Brigade** Mondays 12-2.30pm  
West Pilton Neighbourhood Centre,  
To check availability contact the centre on 0131 551 3194

### Staff-run Parent and Toddler Groups

A chance to meet other parents and carers and to have fun with your child. Early years staff are on hand to support activities, chat and give support. Some groups run only during term time.

**Coileagan Leith** Mondays 9.30-am-12/ 12.30-3pm  
Gaelic parent and toddler group  
Leith Community Centre, 12a New Kirkgate, Leith EH6 6AD  
Tel: 0131 529 2415

**Little Tigers** Fridays 10-11.30am  
Royston Wardieburn Community Centre Tel: 0131 552 5700

**Dads Rock** Saturdays 10-11.30am all year round  
Free for dads, granddads, male carers and kids aged 0-5 years.  
The Prentice Centre, 1 Granton Mains Avenue  
Thursdays 10-11am all year round  
Royston/Wardieburn Community Centre, 11 Pilton Drive North  
Call office on 0131 442 4662, David on 07542 084 356

**Making it Work P&T** Tuesdays 10-11.30am/ 12.30-2pm  
The Millennium Centre, 7 Muirhouse Medway 0131 552 5700

### **Nappuccino Real Nappy coffee morning**

Last Thu of the month ,10-11.30am  
Pilgr St Paul's Church Tel: 0131 555 4010.

**Baby Cafe** 2nd and 4th Tue 10.30-11.30am  
Stockbridge Library Tel: 0131 529 5665

## Support and Information

### Toy Library

**Casselbank Kids Toy Library**    **Thursdays 9.30am-12pm**

South Leith Baptist Church, 5 Casselbank Street, EH6 5HA

Email: [toylibrary@southleithbaptistchurch.com](mailto:toylibrary@southleithbaptistchurch.com)

### Well Baby Clinics

**Pennywell Resource Centre**

Thursdays 11am-12pm

31-33 Pennywell Road    Tel: Doreen Piercy 0131 537 4235

**Crewe Medical Centre**

Thursdays 11-12.30

135 Bothwell Parkway, EH5 2LY    Tel: 0131 552 1320

**Edinburgh & Lothian Twins & Multiples Club**

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

### Mum's Club

Antenatal drop in for women attending midwife clinic-pregnancy information, advice and support

**Crewe Medical Centre, 1st Thursday of the month 1.00-3.30pm**

For more information contact Fiona Manson Tel 0131 537-2430 |

Mobile 07875545757 | [fiona.manson@ea.edin.sch.uk](mailto:fiona.manson@ea.edin.sch.uk)

### Breastfeeding Support

Health professionals available for advice and support - No appointment necessary.

**Leith Community Treatment Centre** Tel: 0131 536 6225

Tuesdays 12.30-2.30pm

**Best Buddies**, local support for breastfeeding parents contact

Infant Feeding Advisers 0131 537 4262

**North Edinburgh Arts** have a Breastfeeding welcome/ friendly cafe

### Breastfeeding Helplines

**National Breastfeeding**

0300 330 0771

**BreastfeedingNetwork**

0300 100 0210

## Sleep Clinic

Are you having difficulty with your child's sleep?

Make an appointment at the Sleep Clinic

Every 2 weeks on a Wednesday 9am-12pm

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

Contact June on 0131 552 4808 or Anna on 07932088615

## Family Support

**Multi Cultural Family Base-** range of services to support families 0131 467 7052

**Bumpstart-** pregnancy and antenatal support and education 0131 551 1632

**Post Natal Depression-** support for families around Post natal Depression 0131 538 7288

**Stepping Stones-** support for young parent families and pregnant young women in local area 0131 551 1632

**Circle Haven Project-** support to children and families in the local area 0131 332 9269

**Pilton Community Health Project** – activities and groups for local people 0131 551 1671

**Health and Literacy Project-** accessible health info and access to learning for parents 0131 537 4230

**Making it Work** – support with return to training or employment for lone parents with preschool children 0131 270 6080

**Dads Rock Counselling-** free counselling for mums, dads and caregivers Thomas 07542 074 165

**Us Together- One Families Scotland-** Free and Fun activities for single and contact fathers & children  
0131 557 7894/ 07814 078139

## 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

**Parentline-** Free and confidential advice and support  
08000 28 22 33

**Spark Relationship Helpline-** Accessible telephone relationship  
counselling 0808 802 2088

**FREE Home Fire Safety checks** 0800 0731 999

For more childcare information, including a list of childminders, go  
to [www.scottishfamilies.gov.uk](http://www.scottishfamilies.gov.uk) or Tel: 0800 032 0323

For family information go to [www.parentingacrossscotland.org](http://www.parentingacrossscotland.org) or  
[www.netmums.co.uk](http://www.netmums.co.uk)

For activities and groups for children go to  
[www.joininedinburgh.org](http://www.joininedinburgh.org) or [www.youredinburgh.info](http://www.youredinburgh.info)

For information on children's Speech and Language development  
go to [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/carers in the West Pilton or North West Edinburgh which you would like to see included in this leaflet, or if information needs to be amended contact:

Helen Purves – North West

☎ 0131 334 9301/ 07717 317 665

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

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

Helena Reid – South

☎ 0131 672 2629

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

Sue Cameron – South West

☎ 07717 288 371

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

Jillian Hart – North East

☎ 07860 736 129

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

You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact ITS on 0131 242 8181 and quote reference number 15-0793. ITS can also give information on community language translations.