

Programmes, Activities and Groups for Parents and Carers In

North East Edinburgh:
Leith
Craigentinny & Duddingston
Portobello & Craigmillar

January- June 2019



getting
it right
for every child

team around
the
cluster

• EDINBURGH •
YOUR COUNCIL - YOUR FUTURE

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PARENTING PROGRAMMES AND COURSES

Early learning and childcare for eligible twos

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

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

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

You may qualify if your child is:

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

Start dates depend on your child's date of birth.

DOB 1 Sep - 31 Dec 2016 starts January 2019

DOB 1 Jan - 28 Feb 2017 starts April 2019

DOB 1 Mar - 31 Aug 2017 starts August 2019

Establishments that offer this service are listed on

www.edinburgh.gov.uk/eligible2s

PARENTING PROGRAMMES AND COURSES

Playgroups

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

[Leith St Andrew's Playgroup](#) (operates a waiting list)
Mon– Fri 9.05-11.35am/ Mon-Thu 12.15-2.45pm, 410-412 Easter Road, Tel: 07578772771 Email: leithplaygroup@gmail.com

[Craigentenny Castle Playgroup](#)
Mon– Fri 9am-12pm, Craigentenny Community Centre, 9 Loaning Road, Tel: 07748553162/ 07821917226 or 0131 661 9404

[Portobello Toddler Hut Playgroup](#)
Mon to Fri 9-11.30am, Tues to Thurs 1-3.30pm
28 Beach Lane, EH15 1HU Tel: 0131 669 6849,
www.portobellotoddlershut.org.uk Email: toddlerhut@ymail.com

[Northfield/ Willowbrae Playgroup](#)
Northfield/Willowbrae Community Centre, Northfield Road, EH8 7PP Tel: 0131 661 5723, Email: nwplaygroup@sky.com

Community Creches and Nurseries

[Dr Bells Family Centre Crèche](#)
15 Junction PI, Leith, EH6 5JA
2hour sessions available for local families. Tel: 0131 553 0100

[Saheliya Around the World Childcare](#) 125 McDonald Rd,
Nursery and crèche facility. Mon-Fri Tel: Naghmana on 556 9302

Childcare Information

[Scottish Family Information Service](#)
Information on Playgroups, childcare providers and childminders.
www.scottishfamilies.gov.uk

PARENTING PROGRAMMES AND COURSES

Peep Learning Together Programme



This is a universal parenting programme for **parents/carers of 0-5 year olds**. The programme supports parents and carers to value and build on the home learning environment by making the most of everyday learning opportunities - listening, talking, playing, singing, sharing books and stories together. Groups are facilitated by trained staff and are delivered in nurseries, primary schools and community settings. For details of all Peep Learning Together groups please email sue.cameron@edinburgh.gov.uk

Baby Peep parents/carers and babies approx 0-1yr

Christadelphian Church, 4 Gayfield Place, EH7 4AB,
Wednesdays, 10-11am, **suitable for babies 0-16months**.

For more information or to check if spaces are available contact Jan McHaffie on 07989 361033

Baby Peep (Birth to crawling)

Greendykes Early Years Centre, Thursdays 10-11am (term time starting January 2019)

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

Dr Bell's Family Centre, Leith. Tuesdays 12-1pm 19th Feb-2nd April 2019

To check if space available and for more information contact 0131 553 0100

PARENTING PROGRAMMES AND COURSES

Peep for toddlers parents/carers and children approx
15months -3yrs

Christadelphian Church, 4 Gayfield Place, EH7 4AB,
Wednesdays, 11am-12pm.

For more information or to check if spaces are available contact
Jan McHaffie on 07989 361033

Peep threes/fours parents/carers and children **3-4yrs**

Castleview Primary School, Tuesdays 1.45-2.45pm, runs in
blocks. Priority given to Castleview Nursery/ Primary parents.

For more information or to check if spaces are available contact
Miss Barrie on 0131 661 6429

Peep BSL British Sign Language group for deaf children

Sing and Sign group for parents and children 0-5yrs

Castlebrae Community High School Family Centre

Wednesday, 1.30-2.30pm

Contact Robin 0131 469 2830 to check if space is available

ASL Peep specifically **for parents/carers whose children are
undergoing or have a diagnosis of Autism or other additional
support needs**. The session aims to provide group support by
incorporating play within a visual environment.

Granton Early Years Centre, 9a Pilton Drive North, EH12 5JB

Wednesdays 9.00-10.00am (term-time)

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

PARENTING PROGRAMMES AND COURSES

The Psychology of Parenting Project (PoPP)

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



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

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

Incredible Years

Groups of up to 12 parents and carers meet weekly for 14 sessions, each lasting 2 hours.



Gilmerton Community Centre, 4 Drum Street

Starts Wed 20/02/2019 9.30 - 11.30am

St Joseph's RC Primary School, Saughton Road

Starts Tuesday 19/02/2019 9.30 - 11.30am

Brunstane Primary, 106 Magdalene Drive

Starts Thursday 21/02/2019 9.15 - 11.15am

Rosebery Hall, High Street, South Queensferry

Starts Wednesday 20/02/2019 12.30-2.30pm

PARENTING PROGRAMMES AND COURSES

Triple P

The course lasts for 9 weeks. There are 5 x two-hour sessions working as a group and 3 weeks where participants work individually at home with telephone support from the group leaders.



Tynecastle High School Community Wing, McLeod Street
Starts Tuesday 22/01/2019 9.30-11.30am

Castleview Primary School, 2D Greendykes Road
Starts Friday 25/01/2019 09:30-11:30am

Tollcross Community Centre, 117 Fountainbridge
Starts Wednesday 30/01/2019 12.30-2.30pm

West Pilton Neighbourhood Centre, 19 West Pilton Grove
Starts Monday 04/02/2019 09:15-11:15am

There are free crèche places provided. Help with transport costs is sometimes available.

For future courses across the city or to apply online go to:
www.edinburgh.gov.uk/parenting3to6

For more information contact
07795 127954 10.00am – 3.00pm Monday to Friday or email
supportingparentsandcarers@edinburgh.gov.uk



Does your child hit and shout a lot?

Does your child argue with you all the time?

Is it hard for your child to make friends?

3-6 year old behaviour

We have free courses for parents and carers



PARENTING PROGRAMMES AND COURSES

Triple P (primary aged children version)

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

Royal Mile Primary School (Primary version), EH8 8BZ

Starts Wednesday 23/01/2019 09:30-11:30am

To apply online go to www.edinburgh.gov.uk/parenting3to6

For more information contact Helen on 0131 458 4059

10.00am – 3.00pm Wednesday to Friday or email

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/



Southside Community Centre, 117 Nicolson Street, EH8 9ER

Thursday 1.00-3.00pm

Start 24 January 2019

Tailor Ed, 11 Maritime Street, Leith, EH6 6SB **FULL**

Tuesday 9.30-11.30am

Start 29 January 2019

Rannoch Community Centre, 6 Rannoch Ter, EH4 7ES **FULL**

Tuesday 6.30-8.30pm

Start 29 January 2019

Barnardos, Oxfgangs, EH14 1ED

Friday 9.30-11.30am

Start 1 February 2019

PARENTING PROGRAMMES AND COURSES

Teen Triple P cont.

Autism Focus Teen Triple P **FULL**

East Neighbourhood Centre, 101 Niddrie Mains Road, EH16 4DS

Monday 1.00-3.00pm Start 28 January 2019

For more information or to request a place go to

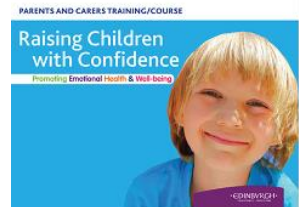
www.edinburgh.gov.uk/teentriplep

supportingparentsandcarers@edinburgh.gov.uk

Contact Jillian Hart 07860 736129

Raising Children with Confidence

This is a 7week 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 Courses are held all year round throughout the city in primary schools and community venues. www.joininedinburgh.org/parenting-programmes/
Contact admin@growingconfidence.org

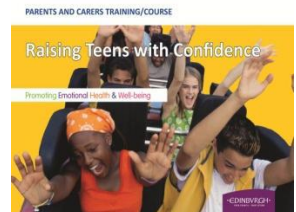


Dr Bells Family Centre, 15 Junction Place, Leith, EH6 5JA,
Starting Wednesday the 20th February 9.30-11.30am, creche
spaces available

For more information or to book a place contact 0131 553 0100

Raising Teens with Confidence

This 6week 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



PARENTING PROGRAMMES AND COURSES

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
Contact admin@growingconfidence.org

Other courses for parents

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

These informal evening information and support sessions are for parents and carers who wish more information or are concerned about their pre-teen or teenager's emotional wellbeing or mental health. The sessions are planned and delivered with the support of relevant organisations, and each monthly session has a different topic focus such as anxiety, managing stress, depression and low mood, self-harm, etc. The sessions also give parents and carers an opportunity to meet other parents and supportive professionals in a safe, relaxed environment. Parents and carers of 11-18 year olds from in and around Edinburgh are welcome to attend any of the sessions. New sessions are listed at www.joininedinburgh.org/parenting-programmes/support-and-information-sessions/



Stress

[Gate 55, 55 Sighthill Road, EH17 7LB,](#)
Wednesday 6th February 2019, 6.30-8.30pm

To book a place or for more information on future sessions please contact Jillian, Parent and Carer Support Development Officer on 07860 736129 or email jillian.hart@edinburgh.gov.uk

PARENTING PROGRAMMES AND COURSES

CEDAR Children Experiencing Domestic Abuse Recovery

CEDAR is a 12-week therapeutic groupwork programme for mothers and children in recovery from domestic abuse. Groups create a safe place to help mothers support their children in their recovery, find the best strategies to deal with their experiences and rebuild their lives. The groups provide an opportunity to share experiences, promote safety and help understand feelings with an emphasis on providing fun and creative activities.

www.cedarnetwork.org.uk

For more information or to make a referral contact Amanda Vickery or Cat Robertson on 0131 315 8116 or email cedar@edinwomensaid.co.uk (Women's Aid Children and Young People Service)

The Little Leithers Project

The Little Leithers project is for families with children under 5, who live in the EH5, EH6 and EH7 postcode areas in receipt of Healthy Start Vouchers. It offers £10 of vouchers each week which can be exchanged for fresh fruit and vegetables, and other healthy items from Edinburgh Community Food. As part of the course, parents will attend group sessions on a weekly basis where they can try new recipes, meet new people and learn more about a healthy lifestyle for themselves and their children.

Participants attend the course for 6 weeks.

The 86 Space, The Junction, Great Junction Street

Wednesdays 9.30-11.30am, childcare available.

Contact Jo Howie on 0131 467 7326, or e-mail

jo.howie@edinburghcommunityfood.org.uk

Active Mums (referral only)

Dr Bells Family Centre, Leith, Mondays 12-2pm, next block starts 18th February

For more information contact 0131 553 0100

PARENTING PROGRAMMES AND COURSES

Wellness Wednesdays

Meet with other parents in a small group to share support and develop positive ways to help with daily living during a 6week course. Work together to share skills and experience - find out about: building good relationships, managing finances, improving health and wellbeing, reduce isolation and loneliness / manage time and gain help to access other services.

Wednesdays, 1-2.30pm, YMCA Edinburgh, 1 Junction Pl, Leith
For more information or to join the group contact Catriona, Families Development Worker, Tel: 07799 743 996

Families Hate Waste

This will help families further their understanding between food and health, help them reduce waste and form a healthier lifestyle.

Dr Bells Family Centre running at Stanwell Nursery, Leith,
Tuesdays 1-1.30pm, starting 15th January

For more information contact 0131 553 0100

Healthy Art Mum's Group

Dr Bells Family Centre, Leith, Fridays 9.30-11.30am, next block starts 22nd February (referral only)

For more information contact 0131 553 0100

Art Group on the Move

An opportunity for adults to come together for good blether. We usually meet at Richmond Hope Church on a Thursday morning at 10.30 am for a coffee. We also explore places of interest in Edinburgh such as galleries, theatres and gardens and attend events such as plays, performances and book readings. Enjoy art at no or at as little a cost as possible.

For information contact Birgit Harris, Lifelong Learning on 0131 469-5489 or email birgit.harris@ea.edin.sch.uk

PARENTING PROGRAMMES AND COURSES

Art Group

Get creative by joining our small art group with our tutor Laura – painting, drawing, clay modelling, card making, glass painting etc. (Crèche places available)

Wednesday 1pm – 3pm, Greengables Family Centre

For more information or to book a space call 0131 669 9083.

Greengables Family Centre Courses for local Parents and Carers (Crèche places available)

Zumba Mondays 9.30 – 10.30 All Welcome

Massage Monday 11am, 12noon & 1pm (Crèche places only available for 11am session and 1pm session)

Jewellery Making Monday 1pm – 3pm

Pilates Monday 1pm – 2pm

Keep Fit Class Tuesday 9.30am – 10.30am

HEALTH@NUTRITION Tuesday 10.30am – 11.15am

Aerobics Thursday 9.30-10.30am

Sewing Thursday 1-3pm

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

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 3 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

For more information Tel: 0131 226 4507 or Email

info@familymediationlothian.org

PARENTING PROGRAMMES AND COURSES

Stress Control

Don't feel you just have to go on struggling with stress yourself! Learn proven techniques to manage stress and improve sleep. This series of 6 free classes is for people who recognise the signs of stress such as worry, tiredness, poor sleep, feeling worthless, panic attacks, feeling on edge, being tearful, feeling irritable, in themselves or someone close to them. All classes are delivered by NHS staff and are open to adults of all ages. The classes are delivered in a lecture format so participants will not be asked to speak in front of a group.

Edinburgh College, Bankhead Avenue, Sighthill, EH11 4DE
Tuesday 6.30-8.00pm 19th Feb – 26th March 2019

East Neighbourhood Centre, 101 Niddrie Mains Road, EH16 4DS
Tuesday 9.30-11am 21st May-25th June 2019

For more information or to book your place contact: Health in Mind on 0131 225 8508 between 10am-4pm or email contactus@health-in-mind.org.uk

Adults Cooking Class

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

Greengables Family Centre, Wed 1-2.30pm- creche spaces available.

For more information or to book a space call 0131 669 9083.

Food Matters

Small informal 6week group.

Greengables Family Centre, Thursdays 9.30-11am- creche spaces available.

For more information or to book a space call 0131 669 9083.

PARENTING PROGRAMMES AND COURSES

Re:Connect Digital Drop In

People Know How want everyone to have the opportunity to get the best from the internet, computers and digital devices (like phones & tablets). Drop in once or come back every week to gain some friendly support at your pace to develop your skills

www.peopleknowhow.org

The Ripple Project, 198 Restalrig Road, EH7 6AE

Wednesdays, 11.30am -2pm

Norton Park, 57 Albion Road, off Easter Road, EH7 5QY

Fridays, 10am to 12noon

Craightinny Community Centre, Digital Skills Academy

Tuesdays, 9.30am-2.30pm

People Know How, 525 Ferry Road, Edinburgh, EH5 2AW

Drop-in at anytime Monday to Thursday 10am to 4pm

For more information contact Glenn Liddall on 07714 586971

Open Book Sessions

Relaxed informal sessions to listen to or read short stories and poems and participate in discussions. Develop confidence with reading and language.

McDonald Road Library every Thursday 2-3pm

For more information contact Lynne at McDonald Road library on 0131 529 5636

Pre-Intermediate English

Friendly class with conversation and vocabulary, listening and grammar practice, £10 per term. Creche available for Under 5s

Sandy's Community Centre, Craigmillar Castle Ave, EH16 4DN

Mondays, 9.30-11.30am

For information or to book a place contact Heather Muchamore on 0131 554 4750 or email heather.muchamore@ea.edin.sch.uk

PARENTING PROGRAMMES AND COURSES

Elementary English

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

Craightinny Community Centre, 9 Loaning Rd, EH7 6JE

Wednesdays, 9.30-11.30am

For information or to book a place contact Heather Muchamore on 0131 554 4750 or email heather.muchamore@ea.edin.sch.uk

Upper-Intermediate English

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

Leith Community Centre, 12A Newkirkgate, EH6 6AD 6-8.30pm

For information or to book a place contact Heather Muchamore on 0131 554 4750 or email heather.muchamore@ea.edin.sch.uk

Get Together and Blether

A group of local people and new Scots from all over the world. We meet once a month and bring food to share for lunch (nothing too expensive!!). Enjoy foods from all over the world.

The group is run in partnership with Karin Chipulina, CarrGomm and Donna Huth, Sandy's Community Centre.

Tuesdays, monthly, Sandy's Community Centre, Craigmillar

For information contact Birgit Harris, Lifelong Learning on 0131 469-5489 or email birgit.harris@ea.edin.sch.uk

English Conversation Group

A chance to meet and practice speaking English with a friendly group of people from Egypt, Romania, Sudan and Syria. Improve everyday conversation and find out useful information on events and activities in the local area. Participants should be able to speak basic English.

Mondays, 10am-12pm, Craigmillar Library

For information contact Birgit Harris, Lifelong Learning on 0131 469-5489 or email birgit.harris@ea.edin.sch.uk

PARENTING PROGRAMMES AND COURSES

Conversation Connect!

Come and join in activities and have conversations in English!
Meet new people, feel more confident!

This course is good for people who are learning English. People who are not learning English can also come and join, all welcome!

Tuesdays 12.15-2.15pm starting Tuesday 22nd January 2019
Leith Community Centre, 12A Newkirkgate, Edinburgh EH6 6AD
Contact Heather Muchamore on 0131 5544750 or 07840 649286
or email heather.muchamore@ea.edin.sch.uk

Yamama Stories Course

Come and hear and discuss different stories about women and girls, meet new people and feel more confident.

This course is good for people who are learning English. People who are not learning English can also join or help, all welcome!
Creche available for under 5's.

Thursdays 12.15-2.15pm starting Thu 24th January 2019
Leith Community Centre, 12A Newkirkgate, Edinburgh EH6 6AD
For more info contact Heather Muchamore on 0131 5544750 or 07840 649286 or email heather.muchamore@ea.edin.sch.uk

ESOL Syrian Group

Greengables Nursery School and Family Centre

Tuesdays, 9.30-11.30am

Creche places available for Under 5s. For information or to book a place call 0131 669 9083

PARENT AND CARER GROUPS

Bookbug and Storytime Sessions

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.

Stockbridge Library Bookbug

Tuesdays 10.30-11am, all year

Leith Library Bookbug

1st and 3rd Tuesday of every month, 10.30-11.15am, 2nd and 4th Wednesday of every month, 10.30-11.15am throughout the year.
Bulgarian Bookbug, 1st Monday of every month, 10.30-11am

McDonald Road Library Bookbug

Fridays, 10.30-11am throughout the year.

Polish Bookbug, fortnightly on Saturdays 10.30-11am

Sessions are free though require a ticket, available from the library from 10am

Br Bells Family Centre, Leith

Every second Monday, 10.45-11.15am.

Contact 0131 553 0100

Portobello Library Bookbug

Wednesday 10.15am-10.45am and 11.15am – 11.45am

School Holidays Wednesday one session at 10.30am

Saturday at 11.30am – 12pm

Piershill Library

Wednesday 2.00pm -2.30pm

Polish Rhymetime every 2nd Saturday 11-11.30am

*Polskie rymowanki spotkania odbywają się co drugą sobotę,
11:00-11.30*

PARENT AND CHILD ACTIVITIES

Blackhall Library Bookbug

Seinn: Gaelic songs and rhymes 10.30am fortnightly on Thursdays. For information on Gaelic 'Seinn' sessions contact 0131 529 5595

Craigmillar Library Baby and Toddler Rhymetime

Run by Craigmillar books for Babies
Tuesday 11am -12pm. Contact Michelle on 0131 621 2621

Craigmillar Library Polish Rhymetime

Run by Craigmillar books for Babies
Last Wednesday of the month 10.00am -11.00am
Polskie rymowanki. Craigmillar Library ostatnia środa miesiąca
10:00 – 11:00

Craigmillar Library Spanish Rhymetime Friday 10.30-11am

Storytime

Portobello Library

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

Piershill Library

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

Craigmillar Library run by books for babies

Saturday Storytimes (0-4yrs older siblings welcome)
The last Saturday of every month at 11am-12pm, snack provided.

Play and Learn Together

Play and Connect! For parents/carers and under 5's

Come and play and explore lots of activities to promote children's learning

Thursdays 9.30-11.30am starting Thu 24th January 2019

Leith Community Centre 12A Newkirkgate, Edinburgh EH6 6AD

For more info contact Heather Muchamore on 0131 5544750 or 07840 649286 or email heather.muchamore@ea.edin.sch.uk

PARENT AND CHILD ACTIVITIES

Chinese Flower Group (for Chinese parents and their children, 0-3 years.) Referral only

This weekly group is for Chinese parents with children aged 0-3 years. An opportunity to join other families for play, sing bilingual nursery rhymes, read storybooks and group support.

Leith Community Centre, 12a Newkirkgate, Leith.

Thursdays 12.30-2pm

Contact Multi-Cultural Family Base 467 7052

The Strawberry Group (for black minority ethnic parents and their children, at least one aged 0-3 years) Referral only

An opportunity to join other families for play, circle time and group support.

Leith Community Centre, 12a Newkirkgate, Leith

Fridays 10.00-11.30am

Contact Multi-Cultural Family Base 467 7052

Mothers and Infants Group Referral only.

This is a small therapeutic group for **Black, Asian and Minority Ethnic mothers with children aged 0-2 years** who have been affected by domestic abuse.

Thursday mornings, Leith

Contact Multi-Cultural Family Base on 467 7052.

Dads Rock Free for dads, granddads, male carers and kids 0-5 years

Granton Parish Church, 55 Boswall Parkway, EH5 2DA

Saturdays 10.00-11.30am –

WHALE Arts, 30 Westburn Grove EH14 2SA

Saturday 10.00-11.30am -

6VT Youth Café, 11-15 Vennel, EH1 2HU

Sunday 11.00am-12.30pm

Contact 07807 498709 hello@dadsrock.org.uk

PARENT AND CHILD ACTIVITIES

Get Going

Get Going is a family healthy lifestyle programme run by NHS Lothian to help support parents and carers to encourage their child to be active, eat well and work towards a healthy weight. The 8 week programme is delivered in community venues and leisure facilities by Healthy Lifestyle coaches with the emphasis on fun and feeling good. **Suitable for children aged 5-17years who may be overweight and their parents and carers**

For more information go to www.nhslothian.scot.nhs.uk/getgoing/
Tel: 0131 537 9209 or Email: get.going@nhslothian.scot.nhs.uk

Big Hearts Kinship Care After School Club **for the whole family** to attend. Will feature a host of activities for both kids and carers. We shall also be providing a family meal.

Gorgie Suite, Tynecastle Park Stadium, Tuesdays, 4:30-6:30pm
Contact kinship@bighearts.org.uk

Time Together Cooking (parents/carers and 3years +)

A block of 4 weekly cooking sessions for parent/carer and child to enjoy within a small group. A chance to learn new skills, try and taste new recipes and ingredients.

Greengables Family Centre, Thursdays 1.30-2.30pm- no crèche
For more information or to book a space call 0131 669 9083.

Play Together

For the whole family. Have fun making a meal, take part in activities and eat together. Must have at least one child under 5.

Dr Bell's Family Centre, Leith. Fridays, 1-2.45pm
For more information contact 0131 553 0100

Funky Feet

Short dance sessions for young children, to help grow and develop their understanding of movement, creativity, and imagination.

Dr Bell's Family Centre, Every 2nd Mon (drop in), 10.45-11.15am
For more information contact 0131 553 0100

PARENT AND CHILD ACTIVITIES

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

Drop in Hub Day

Activities for parents/carers and their children to take part in and staff and other people to meet. Light snack at 10.45am.

[Greengables Family Centre, Wednesdays 9.30am-11.30am](#)

For more information contact Greengables Family Centre on 0131 669 9083

Art & Crafts Sessions

Library Craft Sessions

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

[McDonald Road Library, 2 McDonald Road, Leith, Fridays 3-4pm](#)
For more information contact McDonald Road Library on 0131 529 5636

[Leith Library, Fridays 2.30-3.30pm, children up to 10 years](#)
For more information contact Leith Library on 0131 529 5517

[Crafternoon, Stockbridge Library, Fridays 2.30-3.30pm](#)
For more information contact Stockbridge Library on 529 5665

[Piershill Library, Last Friday of every month 3-4pm, 5-12yrs](#)
For more information contact Piershill Library on 0131 529 5685

[Portobello Library, every second Friday at 2pm, 6-12 years](#)
For more information contact Portobello Library on 529 5558

PARENT AND CHILD ACTIVITIES

Lego Building and Creativity Sessions

Portobello Library, every second Friday at 2pm, 6-12 years
For more information contact Portobello Library on 529 5558

Bridge Kidz Messy Church

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

Free Activities at The National Portrait Gallery

1 Queen Street, EH21JD

-Wee Treasures Ages 2-5,

Sat 2nd Feb, 2nd March, 10.30 & 11.30am

Multisensory storytelling in the gallery, inspired by a different painting each month.

-BYOB: Bring Your Own Baby/ Bump Ages 0-1

Mon 4th Feb, 4th March Tours: 10.15, 11am & 11.30am

Monthly informal chats in the gallery for grown-ups and wee ones

-Open Studio- Make an Impression

Ages 1-3yrs, younger siblings welcome too.

Tue 5th Feb, 5th March 10.30am-12.30pm

Messy, open, art-making mornings in the Farmer Studio. Drop in anytime between and bring a change of clothes!

-Postcard Portraits

Ages 6+, younger siblings welcome too.

Sun 10th Feb, 10th March, 2-4pm

Pick your postcards, find the portraits and create your own personal masterpieces.

-Play with Portraits All ages

Mon 11th-Fri 15th Feb, 2-4pm

Hands-on (and sometimes messy!) art making inspired by some of the techniques in the BP Portrait Award 2018 exhibition.

PARENT AND CHILD ACTIVITIES

Free Activities at the Scottish National Gallery of Modern Art 75 Belford Road, EH4 3DR

-Walk, Talk, Make 2-5years

Sat 16th Feb, 16th March, 11am-12.30pm

Outdoor explorations in the grassy grounds of Modern One and Two. Drop in and dress for the weather!

-Family Art Tour Ages 6+, Younger siblings welcome too.

11-11.45am, Sat 23rd Feb, 30th March

Short, interactive, creative tours. The perfect introduction to art for your whole family. BSL interpreted.

Additional Support Needs

The Drop In

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

On Sat 23rd Feb An Educational Psychologist will be available to chat about school transitions and learning

Northfield and Willowbrae Community Centre, 10 Northfield Road

Saturday, 2.00-4.00pm, Free

Contact Liz on 0131 661 5723

Royston Wardieburn Community Centre

Saturdays, (term time) 10.00am-12.00pm (cost 50p)

Contact 0131 552 5700

Multi-Sensory Room Greengables Family Centre

The Multi-Sensory Room can be booked for hourly sessions for you to enjoy with your child for free.

For more information contact Greengables Family Centre on 0131 669 9083

PARENT AND CHILD ACTIVITIES

Disability in Action (D.I.A previously The Drop In)

A fun packed drop in activity session for children with additional support needs aged 0-14yrs and their parents/carers and siblings. Parents/carers have the opportunity to meet others whilst their children/young people take part in a range of activities supported by qualified and experienced workers.

Jack Kane Community Centre, 208 Niddrie Mains Road

Saturday, 10.00am-12.00pm, FREE

Tel: 0131 657 1595 for more info or if attending the first time.

Early Years' Service at The Yard

Activity based play sessions **for parents and carers of children 0-5 years with additional support needs**. A themed programme of sessions for 0-2s and 3-5s 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.

www.theyardscotland.org.uk/earlyyears

The Yard, 22 Eyre Place Lane, Edinburgh EH3 5EH

From 28th August- 11th October (excluding 17th Sept)

Mondays- Music and Movement 0-5s at 10-11am, Activity based play 0-5s at 12.30-2pm

Tuesdays- Activity based play 0-5s 10-11.30am,

Thursdays - Activity based play 0-5s, 12.45-2.15pm

Closed Tue 5th Feb, Mon 18th Feb and Tue 19th Feb

On Thu 21st March the activity-based play session will be based at Craigentiny Primary School.

Parent/carer one-to-one chats for advice/support. Tue from 22nd Jan 11am-12pm fortnightly.

Contact Danielle 476 4506 earlyyears@theyardscotland.org.uk

Peep BSL British Sign Language group for deaf children ASL Peep

See PARENT PROGRAMMES AND COURSES Peep Learning Together for details

PARENT AND CHILD ACTIVITIES

Lothian Autistic Society February Holiday Activity Days

Fully funded and available to children and young people with autism, siblings and family members.

Wed 13th Feb Potterround 2-4pm, Kirknewton

Fri 15th Feb Football Skills Coaching 1-3pm, Dalkeith

Mon 18th Feb Xtreme Karting 11.30am-2pm, over 8s, Newbridge

Tue 19th Feb Jumpstation 4-5pm, Livingstone

For further information or to book a space call 0131 661 3834 or email office@lothianautistic.org

Parent and Toddler Groups

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

Abbeyhill Baptist Church

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

Leith Community Centre Tuesdays 9.30-11.30am

12a New Kirkgate, Leith, EH6 6AD Tel: 0131 554 4750

South Leith Parent and Toddler Group Tue 9.30-11.30am

South Leith Church Halls, 6 Henderson St, Tel: 07538 325288

St Margaret's Parent and Toddler Group Monday 9.45-

11.15am (Baby group/ toddler group) Wed 9.45-11.15

St Margaret Episcopal Church, 170 Easter Road, Leith, EH7 5QE

Email: stmegspandtgroup@gmail.com in advance.

Trinity Toddlers

Mon, Tue, Wed 9.15-11.30am

Leith Sea Scout Hall, Victoria Park, access via Craighall Avenue,
EH6 5PY

Email: pgrant1981@gmail.com

'Wee Hope' Baby and Toddler Group Fridays 9.30-11am

Hope café, 135 Mountcastle Drive South. Bible story, songs and snack. Term time, 50p.

Tel Emily: 075987 24739

PARENT AND CHILD ACTIVITIES

Parent and Toddler Groups cont.

Wee Stars Wednesdays 9.15-11.15am
St Mary's Star of the Sea Church, 106 Constitution Street, Leith,
EH6 6AW Tel: 0131 554 2482

Inverleith Toddler Group Wednesdays 10am-12pm
Inverleith St Serf's Church Hall, 1a Clark Road, EH5 3BD
Tel: Anne Tracy 0131 552 7615

St Paul's & St George's Church Thu 10-11.30am/ 2-3.30
46 York Place, EH1 3JW, Email: gemma@pandgchurch.org.uk

Toddler Activity Playgroup Fridays 9-10:30/ 11-12:30
LifeCare Centre, 2 Cheyne Street, EH4 1JB Tel: 0131 261 6484

Lochend Toddlers Mondays 9.30-11.30am
Restalrig Lochend Community Hub, 198 Restlrig Road South,
EH7 6DZ, Tel: 0131 554 0422

Richmond Tots Parent and Toddler Group Wed 9.30-11am
Richmond Craigmillar Church, EH16 4PA Tel: 0131 661 6561

Northfield & Willowbrae Community Centre Mon & Wed 9.30-
11.30am, 10 Northfield Road, EH8 7PP Tel: 0131 661 5723

Niddrie Community Church Baby & Toddler Group Mon 9.45-
11.15am, 12 Hay Drive, EH16 4RY Tel: 0131 669 9400

The Venchie Parent & Toddler Group Wed, Thu, Fri 9.15-
11.15am, 61 Niddrie Mains Terrace, EH16 4NX Tel: 629 9546

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

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

PARENT AND CHILD ACTIVITIES

Parent and Toddler Groups (Staff run)

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

Dads Rock

See Play and Learn Together PARENT AND CHILD ACTIVITIES

Ripple Project Parent/ Carer and Toddlers (0-5yrs)

McLaren Hall, 48 Restalrig Road South, EH7 6LE

Tuesdays 9.30-11.30am Tel: 0131 554 0422

Greengables Toddler Group

Greengables Family Centre, Tuesdays 1-3pm

Tel: 0131 669 9083

Feniks Polish Toddler Group for parents and grandparents and children under 2 years.

Talk and exchange parenting experience in a friendly atmosphere, have a chance to talk to professionals, exchange tasty and healthy recipes for babies and families, visit family friendly places in Edinburgh.

McDonald Road Library, 2-4 McDonald Road, Leith, EH7 4LU

Fridays 11.30am-2.00pm

Contact 07510 122425 info@fenicks.co.uk

Muslim Women's Association of Edinburgh Mother and Toddlers

Edinburgh Central Mosque, EH8 9BT

Thursdays 11.00am-1.00pm

All welcome to attend from any faith or background

Contact 074805 69182 mail@mwae.org.uk

Piepmatze Edinburgh German Speaking Playgroup

German Community Church, 1 Chalmers Crescent, EH9 1TR

Tuesdays 10.00am-12pm throughout the year.

Contact Piepmatze Edinburgh on Facebook

PARENT AND CHILD ACTIVITIES

Purzelbaum Edinburgh German Speaking Playgroup

German Community Church, 1 Chalmers Crescent, EH9 1TR
Monthly Saturday 2-5pm, 9th Feb, 9th March, 13th April, 11th
May, 8th June 2019

Suitable for all ages. A chance for your children to actively speak German with others and participate in themed activities around German traditions and holidays.

For more information see

www.purzelbaum.wixsite.com/spielgruppeedinburgh or Email
purzelbaum.edinburgh@gmail.com

Gaelic parent and toddler groups www.gaelicplaygroup.com

Coileagan Leith

Leith Community Centre, 12a New Kirkgate, Leith EH6 6AD

Monday 9.30-11.30am and 12.30-2.30pm

Tollcross Community Centre

Wednesday 9.15-11.15am

Taobh Na Pairce, Bonnington Road

Tuesday or Friday 9.15-11.15am

Contact 529 2415 lorna.sweeney@edinburgh.gov.uk

Childminder Group

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

Toy Libraries

Casselbank Kids Toy Library Thursdays 9.30am-12pm

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

Email: toylibrary@southleithbaptistchurch.com Tel: 553 2344

Inch Community Centre Tue 9.30am -1.00pm (term time)

225 Gilmerton Road, EH165UF

Tel: 0131 664 4710

PARENT AND CARER GROUPS

Kinship Carers

[Kinsfolk Carers Kinship Care Support Group](#)

Drop in (except during School Holidays)

Leith Community Education Centre, Persevere Room, EH6 6AD

Thursday 10.00am-12.00pm

Contact 334 8512 www.kinsfolkcarers.co.uk

[Big Hearts Kinship Care After School Club](#)

See PARENT AND CHILD ACTIVITIES Play and Learn Together for details

Autism and Disability

[Wren Group \(referral only\)](#)

A weekly wellbeing support group for black and minority ethnic parents in Leith who have children aged 0-5years with additional support needs.

Dr Bells Family Centre, Leith. 23rd January- 3rd March 2019

Wednesdays, 12.30-2pm, Creche spaces available.

Contact Multi Cultural Family Base on 0131 467 7052

[Parent and Carer Information Sessions on Autism Spectrum Disorders \(ASD\)](#)

For parents and carers of children in Edinburgh Local Authority mainstream schools. Parents can book to attend any of the sessions which are run by the ASL service, Speech and Language Therapists, Occupational Therapists and CAMHS.

The sessions run in blocks for parents and carers of:

Pre School; P1-3; P4-7; P1-7 and Secondary.

Venues will be confirmed on booking. For more information contact the Additional Support for Learning Service on 0131 469 2850, email autisminfo@ea.edin.sch.uk

PARENT AND CARER GROUPS

Hanen More Than Words (Referral Only-For parents of children with Autism or Social Communication Difficulties aged 0-4years)

An 8week parent programme delivered by Speech and Language Therapists, which helps parents and carers to understand and adapt communication and play with their child. Parents attend group sessions; home visits may be carried out where video feedback of interactions can be used.

For a referral or more information contact your Speech and Language Therapist see <http://www.lets-talk.scot.nhs.uk/ContactUs/Pages/default.aspx>

Hanen Talkability (Referral Only-For parents of children with Autism aged 4-8years)

An 8week parent programme delivered by Speech and Language Therapists, which helps parents and carers to support their child's communication. Parents attend group sessions; home visits may be carried out where video feedback of interactions can be used.

For a referral or more information contact your Speech and Language Therapist see <http://www.lets-talk.scot.nhs.uk/ContactUs/Pages/default.aspx>

Living with Autism (Referral only- For parents of children with Autism in primary 5-7)

An 8week 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

Scottish Autism Right Click Online Support Programme For parents and carers of children and young people on the Autism spectrum

Parents and carers can register to participate in a free online support programme specific to the age of their child at a time and pace which suits them. There is also a new Women and girls

PARENT AND CARER GROUPS

specific programme. Sessions include videos and support materials. Parents are also assigned their own advisor who can be contacted to answer questions and give specific advice. Programmes run for 5 weeks on a rolling programme.

For more information or to register visit

<https://www.scottishautism.org/services-support/support-families/online-support-right-click>

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.

For more information please contact Pete

at pete@tailoredfoundation.co.uk or call 0131 624 8970

Parent and Carer Peer Support Group

The Lothian Centre for Inclusive Living (LCiL) facilitates a peer support group **for parents and carers of children and young people who are disabled or have additional support needs.**

The group allows parents and carers to share experiences, support each other and participate in discussion topics.

www.lothiancil.org.uk Creche provided.

Norton Park Centre, 57 Albion Road, Edinburgh, EH7 5QY

Alternating Mondays and Thursdays once per month

10.30am- 1.30pm, lunch 12.30pm,

Contact 0131 475 2350 lisa.milburn@lothiancil.org.uk

PARENT AND CARER GROUPS

People First Parents Group

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

Norton Park Centre, 57 Albion Road, Edinburgh, EH7 5QY

One Thursday per month, 10.30am- 12.30pm, creche provided

Contact Robert Kelly Tel: 0131 478 7707 or email

robert.kelly@peoplefirstscotland.org

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 fiona.stewart@ea.edin.sch.uk or 558 3545

Dads and Male Carers

Dads2be Antenatal classes for dads

Free classes run in collaboration with NHS Lothian, Dads Rock and Circle. Everything dads need to know about babies!

Dr Bells Family Centre, 15 Junction Place, EH6 5JA

Wednesdays 6.30-8.30pm 10th April-1st May 2019

Wednesdays 6.30-8.30pm 3rd July- 24th July 2019

Wednesdays 6.30-8.30pm 21st August- 11th Sept 2019

For more information or to book a place contact

hello@dadsrock.org.uk or 07807 498709

PARENT AND CARER GROUPS

Dads' Clubs/ Edinburgh Lone Fathers Project

(single/contact fathers and their young children 0-16years)

A weekly chance to get out and have fun with other dads and kids. There are 2 Saturday groups, one for pre-school aged children and their fathers (based in Gilmerton) and one for primary school aged children and their fathers (based in Leith). We meet each Saturday morning do a range of child oriented things such as swimming, crafts, Bookbug, forest walks, and learning about all the free and cheap things there are to do in the Edinburgh area. Our project also provides 1:1 help to single/contact fathers who are better supported individually. Contact 556 3800 / 07796 673 381 www.opfs.org.uk

Dads Rock

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

Edinburgh Lone Fathers

A new charity run by dads offering free or low cost and fun activities **for single and contact fathers and their children 0-16yrs.** Outings to parks, soft play centres, swimming, the beach and lots more places in and around Edinburgh, strengthening bonds and developing relationships between dads and their children.

For more information www.facebook.com/lonefathers2016
Contact 258 9507 kevinedinburghlone.fathers@yahoo.com

Families Need Fathers

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

10 Palmerston Place, Haymarket, Edinburgh, EH12 5AU

First Monday of each month 7.00-9.00pm

Contact Ian Maxwell 557 2440 info@fnfscotland.org
<http://fnfscotland.squarespace.com/>

PARENT AND CARER GROUPS

Dadtastic Group

Sports, social club and information for dads, dads to be and male carers in North Edinburgh.

PYCP- Pilton Youth and Children's Project, The Greenhouse, 33 West Pilton Brae, EH4 4BH, Thursdays 10am-12pm

For more information contact Graeme Richards, Family Outreach Worker on 07775 409301 or e mail Graeme.richards@circle.scot

Dads Rock Free for dads, granddads, male carers and kids 0-5 years

Granton Parish Church, 55 Boswall Parkway, EH5 2DA

Saturdays 10.00-11.30am –

WHALE Arts, 30 Westburn Grove EH14 2SA

Saturday 10.00-11.30am -

6VT Youth Café, 11-15 Vennel, EH1 2HU

Sunday 11.00am-12.30pm

Contact 07807 498709 hello@dadsrock.org.uk

Young Parents

Citadel Youth Centre Young Mum's Club

An opportunity for expectant mums and young mums to come together in a social setting to take part in informative, fun and creative activities for both mums and children. Suitable for young mums or mums to be aged **21years and under**. Free Crèche and lunch provided.

Citadel Youth Centre, 175 Commercial Street, EH6 6JE,

Mondays 12.30-2pm, term time.

For more information please contact Emma on 0131 554 0510 or email emma@citadelyouthcentre.org.uk

Terrace Tots

Run by Edinburgh Youth Café, **for parents under 24 years and their children**. Young people under 24 expecting a baby also welcome. Entry is free and you will get the chance to meet other young parent's and share experiences or try out some new

PARENT AND CARER GROUPS

activities for you and your children such as baby massage, cooking with kids, baby first aid, outings etc. Lunch provided.
6VT, 11-15 Vennel, EH1 2HU, Tuesdays 10.30am-1.00pm
Contact 0131 229 1797

Expecting Something run by Starcatchers for young parents under 25 with their babies from across the city. Spend time with your babies and share a free lunch with other young parents whilst engaging in artist-led creative activities. Free including a healthy lunch.
WHALE Arts, Wester Hailes, Thursdays, 10.30am-12.30pm
Contact Natasha on 0131 290 2560

Dads Rock Support for Young dads

See PARENT AND CARER GROUPS Dads and male carers for details

International Parents Groups

Multicultural Women's Group

A welcoming **inclusive and free drop-in group to support pregnant women and women with young children from different cultures.** Support, information and resources around pregnancy and parenting. Sessions are free, donation for refreshments welcome.

Granton Hub, Granton Park Avenue, Edinburgh, EH5 1HS
Fridays 10.00am-12.00pm
Contact Pavi mwgedinburgh@gmail.com or 07809 365827
www.facebook.com/MWGinedinburgh/

Chinese Flower Group

Mothers and Infants Group

The Strawberry Group

See PARENT AND CHILD ACTIVITIES Play and Learn Together for details

PARENT AND CARER GROUPS

[Feniks Polish Toddler Group](#)

[Muslim Women's Association of Edinburgh Mother and Toddlers](#)

[Piepmatze Edinburgh German Speaking Playgroup](#)

[Purzelbaum Edinburgh German Speaking Playgroup](#)

See PARENT AND CHILD ACTIVITIES Parent and Toddler Groups for details

Other Parent and Carer Groups

[Early Years Parents' Group \(Referral Only\)](#)

For parents who have children 0-5 years in East Edinburgh.

[Greendykes Early Years Centre, every Tuesday from January 2019, 9.30-11.30am, term time only. Crèche available.](#)

To make a referral or for more information contact or Louise on 0131 446 3966

[YMCA Women's Group](#)

Suitable for women of any age. Activities include crafts, workshops, healthy eating and exercise, family trips as well as personal development, confidence building and one to one support. The group costs £1, includes a light lunch and crèche.

[YMCA, The Acorn Centre, 1 Junction Place, Leith, EH6 5JA](#)
[Tuesdays, 12.15-2.15pm](#)

For more information contact 0131 553 7877 or email admin@ymcaedinburgh.com

ANTE AND POST-NATAL SUPPORT SERVICES

Best Start Grant

The new Best Start Grant Pregnancy and Baby Payment in Scotland has replaced the Sure Start Maternity. Best Start Grants provide lower-income families with financial support during the key early years of a child's life. They provide eligible families with £600 on the birth of their first child and £300 on the birth of any subsequent children. The application window has been extended from 24 weeks pregnant to 6 months after the birth, giving parents longer to apply. Before Summer 2019 two additional payments of £250, per child will be introduced, to help with the costs of early learning at the age of 2 or 3 and when they start school. Further details can be found at www.mygov.scot.

Baby Massage

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

Greengables Family Centre, Wednesdays 1.30-2.30pm, 6 week blocks, starting Jan 30th, Feb 6th, 20th, 27th & March 6th2019

For more information contact Greengables Family Centre on 0131 669 9083

Greendykes Early Years Centre, Thursday 1-2.30pm (term time)

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

Dr Bells Family Centre, Leith, Thursdays 10-11.30am (Referral only), next block starts March 2019.

For more information contact your Health Visitor or call 553 0100

Dr Bells Family Centre, Leith, Thursdays 1-2pm, next block starts March 2019. (Open to all) Contact 0131 553 0100

ANTE AND POST NATAL SUPPORT SERVICES

Bumpstart Pregnancy Café (Referral only)

A welcoming and friendly group for expecting parents. The programme runs throughout the year and helps prepare women for pregnancy and parenthood, helping to build their confidence and self-esteem. Supports families with antenatal support and links them with other agencies and peer support.

Fort Community Centre, 25 North Fort Street, Leith, EH6 4HF, Wednesdays, 11am-1pm. Open to all ages. Lunch provided.

To make a referral contact Jacqui Bain on 07772876421 or email jacqui.1.Bain@ea.edin.sch.uk

Bump to Buggy Women's Group (Referral only)

A supportive and nurturing baby and toddler group for families to help build confidence and self-esteem. Activities include art and crafts, cooking, singing and messy play. Weaning and feeding advice available. Please speak to your key worker or health visitor for more information.

Fort Community Centre, 25 North Fort Street, Leith, EH6 4HF, Wednesdays 1-2.45pm. Lunch provided.

To make a referral contact Jacqui Bain on 07772876421 or email jacqui.1.Bain@ea.edin.sch.uk

Support Group for New Parents

Health professional often available for advice and support. Drop in for parents and babies from birth- 8months

Debenhams Cafe, Ocean Terminal, Tuesdays 3-4pm.

Contact Louise Penman on 0131 286 5053

Juno Pre and Postnatal Parents Support Groups

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

ANTE AND POST NATAL SUPPORT SERVICES

attending. For more info and school holiday sessions see the website www.juno.uk.com

Sighthill Group, Gate 55, 55 Sighthill Road, EH11 4PB **Open to both adults and children**

Tuesday (term time) 9.30-11.00am juno.longstone@gmail.com

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

Open to adults and babes in arms

Thursday 7:30- 9.00pm juno.craiglockhart@gmail.com

TEMPORARILY CLOSED South Group, Gilmerton Community Centre, 4 Drum Street, EH17 8QG. **Open to both adults and children (term time)**

Friday 10.00-11.30am juno.southedinburgh@gmail.com

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

Open to adults and babes in arms

Monday 7.30-9.00pm juno.enquiries@gmail.com

Birth and Perinatal Trauma Group, Lifecare Centre Stockbridge, 2 Cheyne St, EH4 1JB

Once a month, Monday 10-11.30am juno.enquiries@gmail.com

[Becoming Dad Group](#)

[Antenatal classes for dads](#)

[Multicultural Women's Group](#)

See PARENT AND CARER GROUPS Dads and Male Carers for details

ANTE AND POST NATAL SUPPORT SERVICES

Ante-natal Support Service

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

We will offer up to 3 hours support a week, in your home, from around 22 weeks into pregnancy until your baby is 12 months old. This can include: preparing for baby's arrival; support to attend appointments/groups; delivery of baby Peep

Contact 0131 661 0890

Helen Gault, Ante-natal Co-ordinator

helen.g@homelinkfamilysupport.org

www.homelinkfamilysupport.org.uk

Porty Tiny Tots parents/carers and babies 0-1yr

Songs and play activities

Portobello Library, Mondays 1.30 -2.15pm

For more information or to check if spaces are available contact Portobello Health Visiting Team on 0131 657 8924

Breastfeeding Support

Café Bambino, The Skylark Café, 243 High Street, Portobello, EH15 2AW. Mondays 2.30-3.30pm. Health professionals available for advice and support.

For more info contact the Health Visiting Team on 0131 657 8924

@MUMS2MUMS, Breastfeeding Support Café, Dr Bells Family Centre, Leith, Mondays 12-3pm

For more information contact 0131 553 0100

Best Buddies

A local support for breastfeeding parents contact Infant Feeding Advisers 0131 286 5053

ANTE AND POST NATAL SUPPORT SERVICES

Breastfeeding Helplines

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

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

Breastfeeding Friendly Community Cafes

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

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

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

Richmond Café Project, Richmond Craigmillar Church 227/229 Niddrie Mains Road, EH16 4PA

Hub Grub Café, Restalrig Lochend Community Hub 198 Restalrig Road South EH7 6DZ 0131 554 0422

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

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

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

Fort Community Wing, 25 North Fort Street, EH6 4HF

Tuesday 12.00-1.30pm

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

Well Baby Clinics for registered patients only

Mountcastle Health Centre	Mon 10.00am -11am
Craigmillar Medical Group	Wed 9.30am -11am
Portobello Surgery	Temporarily cancelled
Leith Community Treatment Centre	Mon 1-3pm

ANTE AND POST NATAL SUPPORT SERVICES

Buggy Walks

Wednesdays 12.30-1.30pm, Dr Bell's Family Centre, Leith.
For more information contact 0131 553 0100

Route 10 Rollers Buggy Walks

Tuesdays 10am, Lochend Restalrig Hub, 198 Restalrig Road South, EH7 6DZ. Free.

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

For more information email: elspethalexandra@hotmail.com or join Route 10 rollers on Facebook

www.edinburghwomensfitness.co.uk/classes/buggywalks/

Edinburgh & Lothian Twins & Multiples Club

www.edinburghtwins.co.uk

Nappuccino Real Nappy coffee morning

Pregnancy & Parents Centre, 10 Lower Gilmour PI, EH3 9NY

Last Friday of the month 10.00-11.30am

For more info <https://en-gb.facebook.com/edinburghrealnappy/>

Ready Steady Baby

NHS guidance for pregnancy, labour and birth.

www.readysteadybaby.org.uk

Ready Steady Toddler

NHS hands on guide to help you through the toddler years.

www.readysteadytoddler.org.uk

INFORMATION AND SUPPORT SERVICES

Family and Household Support Drop ins

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

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

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

Contact 0131 529 7168 or email

northeast.familyandhouseholdsupport@edinburgh.gov.uk

Foodbanks

Foodbanks are able to provide emergency food for three days to anyone who finds themselves in crisis. Anyone needing help will need a valid foodbank voucher. To find out which agencies can issue vouchers contact The Foodbank on 0131 444 0030 or Social Care Direct on 0131 200 2324/Out of Hours 0800 731 6969. Vouchers can be taken to the nearest Foodbank Centre where volunteers give a warm welcome, can offer support and put together a nutritious food parcel.

www.edinburghne.foodbank.org.uk/

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

For parents who have initial concerns about their child's listening and talking. An opportunity to chat about fun ways to help children with their speech and language development.

Leith Community Centre, Trinity Room, 12a Newkirkgate, EH6 6AD, the last Monday of each month. Drop in between 9.30-11am

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

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

INFORMATION AND SUPPORT SERVICES

Now you are 2!

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

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

Craigmillar Library, 10-11am, 6th Feb, 1st May and 4th September

For more information contact

info@craigmillarbooksforbabies.org.uk Tel: 0131 621 2621

Enquire Additional Support for Learning

Advice service on additional support for children's learning. Open

Tue-Thu 9am-4.30pm. www.enquire.org.uk Tel: 0345 123 2303

Sleep Scotland Parent Support Line

Guidance and support for parents and carers on their child or teenagers sleep problems.

Mon-Thu 10am-4pm www.sleepscotland.org Tel: 0800 138 6565

Boardmaker in Libraries Drop In Sessions

Boardmaker is a computer programme which is used to make visual symbol supports. Parents/ Carers can use the resource independently at certain libraries during opening hours or can come to the drop-in sessions where experienced staff will be on hand to help them learn to use Boardmaker and answer any support questions.

For more information email autisminfo@ea.edin.sch.uk

Parentline Scotland- Children 1st

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

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

www.children1st.org.uk/help-for-families/parentline-scotland/

Lone Parent Helpline-One Parent Families Scotland

Information and advice for single parents.

Open Mon-Fri 9.30am-4.00pm www.opfs.org.uk 0808 801 0323

INFORMATION AND SUPPORT SERVICES

Single Parent Counselling Service

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

Social Care Direct- Children and Families Social Work

Request help or advice about a child requiring support due to illness, disability or at risk of harm.

Tel: 0131 200 2324. Out of Hours Tel: 0800 731 6969

Domestic Abuse Freephone 24hr Helpline

Support for women experiencing domestic abuse and their friends and family. Translation facilities available for callers whose first language is not English. Tel: 0808 200 247

Young Minds Parents Helpline

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

www.youngminds.org.uk 0808 802 5544

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

Parenting Across Scotland

Information on resources, support networks and helplines for families. www.parentingacrossscotland.org

Parentclub

Hints and tips about eating, sleeping and playing from real parents and professionals. www.parentclub.scot

Joininedinburgh

Activities, groups and courses for children and adults.

www.joininedinburgh.org

CONTACTS

Contact details

If you are running a Programme, Activity, or Group for parents/carers in North East Edinburgh which you would like to see included in this leaflet, or if information needs to be amended please contact:

Jillian Hart – North East

☎ 0131 469 3081

✉ jillian.hart@edinburgh.gov.uk

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

Helena Reid – South East

☎ 0131 672 2629

✉ helena.reid@ea.edin.sch.uk

Sue Cameron – North West

☎ 0131 529 5082

✉ sue.cameron@edinburgh.gov.uk

Helen Purves – South West

☎ 0131 458 5095

✉ helen.purves@ea.edin.sch.uk

All updated Programme, Activities and Group booklets for for each area of Edinburgh can be downloaded from

www.edinburgh.gov.uk/pacs

All Parenting Programmes are listed at

www.joininedinburgh.org/parenting-programmes

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 18-4461. ITS can also give information on community language translations.



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