

Programmes, Activities and Groups for Parents and Carers In

North West Edinburgh Forth and Inverleith *including*

Crewe, Drylaw, Granton, Muirhouse, Pilton,
Stockbridge, Trinity

February 2017



getting
it right
for every child

team around
the
cluster

• EDINBURGH •
YOUR COUNCIL - YOUR FUTURE

Introduction from your Health Visiting team

Welcome to the North West locality of Edinburgh.

As a parent or carer of children you can access the NHS universal pathway through your GP surgery, practice or medical centre. This provides support at each stage of your child's development, from pre-birth, through pregnancy, birth, breast/infant feeding and beyond.

We work closely with midwives and school nurses and interpreters.

Health information can be translated if English is not your first language.

Ask us about Healthy Start and Vitamin vouchers.

Cramond Medical Practice
2 Cramond Glebe Road EH4 6NS
336 5432

Crewe Medical Centre
135 Boswall Parkway EH5 2LY
552 5544

Muirhouse Medical Group
1 Muirhouse Ave EH4 4PL
537 4343

Please register your family if you have just arrived in the area.

Please use this booklet to find out what is going on in our neighbourhood.

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Early learning and childcare for eligible two year olds

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

The following Early Years Centres offer this service

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

The nurseries in the following primary schools offer this service

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

And at

Cameron House Nursery School 667 5117

www.edinburgh.gov.uk/eligible2s

Parenting Programmes



Peep Learning Together Programme

Sessions support **parents and carers of children 0-5yrs** to value and build on the home learning environment and relationships with their children, by making the most of everyday learning opportunities - listening, talking, playing, singing and sharing books and stories together. Groups are led by trained staff and available in a range of settings throughout Edinburgh

Baby Peep parents/carers and babies 0-1yr

The Edinburgh Academy

Fridays 9.00-10.00am Term time

For more information or to book a place contact Lesley Paterson on 624 4988 or email lap@edinburghacademy.org.uk

The Haven Project, Craigroyston Primary School

Wednesday 9.30-11.30am

Free with snack provided. Please phone in advance Julie Calder 332 9269 Julie.calder@circle.scot, or Sarah Neal 552 5700

Family Peep for parents/carers and children 0-4yrs. Free and snacks are provided.

West Pilton Neighbourhood Centre

Monday 9.15-11.00am

Just drop in or contact Sarah Neal 552 5700

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 Early Years Centre

Friday 9.30am

Booking essential, contact Amy 332 3855

Mixed age Peep **parents/carers and children 0-4yrs**
Pilton Community Health Project 73 Boswall Parkway EH5 2PW
Wednesday 10.00-11.00am
Contact Hazel Loeb 551 1671

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

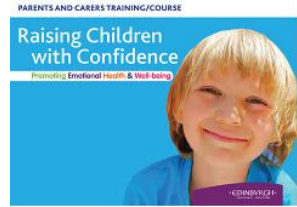
Granton Early Years Centre 10 Wardieburn Road EH5 1LY
Wednesday 9.00-10.00am (term-time)
Contact Kerry Gilmour 552 4808

Raising Children with Confidence

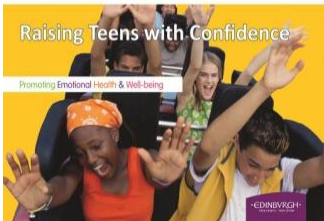
This is a 7 week course which aims to give all parents/carers the chance to explore emotional health and wellbeing and consider how they can best promote it in themselves and their children. Drawing on the latest research it helps explain why parents' actions make a difference to their children's emotional wellbeing and future positive mental health. This programme is suitable for **parents/carers of children aged 0-11yrs.**

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

Courses are listed www.joininedinburgh.org/parenting-programmes/raising-children-confidence/



PARENTS AND CARERS TRAINING/COURSE



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.

Courses are listed on www.joininedinburgh.org/parenting-programmes/raising-teens-confidence/

Contact Molly Page molly.page@edinburgh.gov.uk



The Psychology of Parenting Project (PoPPp)

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

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

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

Participants will

- Meet once a week
- Watch DVD clips
- Discuss children's behaviour
- Work out new ways to manage situations at home
- Talk to other adults in the same situation
- Learn ways to stay calm

There is also 1:1 phone support. Refreshments are provided. There are crèche places and help with transport costs can be arranged.



The Incredible Years (14 week programme)

Circle Haven Project at Craigoyston Primary School

Thursday 1.00-2.30pm

Start 23 February

Royston Wardieburn Community Centre

Thursday 12.30-2.30pm

Start 3 March



For all courses apply online at

www.edinburgh.gov.uk/parenting/parenting3to6

Contact 07795 127954 10am - 3pm, Monday to Friday, or email

supportingparentsandcarers@edinburgh.gov.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.

Apply online www.edinburgh.gov.uk/teentriplep

Contact Jillian Hart, 07860 736129 10am-3pm, Mon-Fri, or email: supportingparentsandcarers@edinburgh.gov.uk

Parent and Child Activities

Baby Massage

Classes usually run in 6 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. Communication is also helped in this relaxing atmosphere. Notes and massage oil are usually provided.

The Prentice Centre

(run by staff from Craigroyston Early Years Centre)

Wednesday 9.30-10.30am 6 week blocks

Contact Lauren Cowan 332 3855

The Haven Project - Craigroyston Primary School

Thursday 1.00–2.30pm 6 week blocks

To book a block of sessions contact Julie Calder 332 9269

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

Friday 10.30-11.00am

Thursday (monthly) Gaelic 'Seinn' sessions please call for information 529 5595

Granton Library

Thursday 11.00am-12.00pm

Muirhouse Library

Tuesday and Friday 10.30-11.30am

Stockbridge Library

1st and 3rd Tuesday of the month 10.30-11.15am

Chinese Flower Group (Run by Multi-Cultural Family Base)

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

Thursday 1.00-2.30pm

Contact 467 7052

Crafty Club drop-in sessions **for children aged 4-11years and their parents**

Stockbridge Library

529 5665

Friday 2.30-3.30pm

Expecting Something run by **Starcatchers for young parents under 25 with their babies.** Spend time with your babies and share a free lunch with other young parents whilst engaging in artist-led creative activities.

WHALE Arts, Wester Hailes

Tuesday 10.30am-12.30pm

Free including a healthy lunch.

Contact Claire Gillespie 07743 479800

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.

Contact Katy Pudney Katy.pudney@ea.edin.sch.uk

Family Swim Session

£1 per adult, 50p per child

Craigroyston Community High School

Tuesday 5.20-6.20pm

Contact 538 7285

Let's Create! for children 0-5years and their parents/carers

Drop-in, artist led creative and messy art sessions including songs, storytelling and outdoor play for under 5's and their parents/carers combined with inspiring storytelling and colourful Montessori sessions. Cost: 50p for local families with EH4 2, EH4 4, EH5 1, EH5 2 postcodes, £3 per child from other areas (£1 per sibling) includes a healthy snack.

North Edinburgh Arts, 15a Pennywell Court,

Thursday 10.00am-12.00pm

Saturday 10.30am-12.30pm

Contact Kate Craik on 315 2151

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. They 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. Contact your Health Visitor.

Royston's Sensory Room

Newly furnished sensory room available to hire for families with children and local groups (cost £1.00).

Monday to Friday 9.00am-3.00pm

Contact Royston Wardieburn Community Centre 552 5700

Soft Play Session

West Pilton Neighbourhood Centre

Thursday 9.30-11.30am

Stay and Play

Craigroyston Early Years Centre

Priority given to families on the Centre's waiting list

Wednesday 9.00-11.00am

Booking essential. Contact Amy Young 332 3855

Strawberry Group Run by Multi-Cultural Family Base

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

Friday 10.00-11.30am

Contact 467 7052

Storybooks and Learning Group

Learn and share the secrets of the storybooks your children know and love. Come and make a book for your own child.

West Pilton Neighbourhood Centre

Thursday 12.30-2.30pm

For more info contact Fiona on 552 5700 or to book contact Katy on 07599 036001 Free crèche (booking essential).

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,

Saturday 10.00am-12.00noon

Term time

Contact 552 5700

Parent Groups

All About Me Young Parents Group

Focus on healthy living (eating and exercise) budgeting, CVs, interview skills and various training opportunities.

Crèche available.

Royston Wardieburn Community Centre

Monday 9.30am-12noon Start 5 September

Contact Pauline Nicol-Bowie 552 5700

Becoming Dad Group

If you would be interested in joining a group for new and expectant dads, particularly young dads under 25 years who are expecting the arrival of their first child we'd like to hear from you.

This drop-in group gives dads and dads-to-be a chance to have a game of football and a coffee and build knowledge and skills as a father-to-be. Transport can be provided to attend.

Circle's Haven Project Craigroyston Primary School EH4 4PX

Thursday 3.00-5.00pm Start 16 February

For more information and a chat please contact:

Pete Cloke 332 9269 / 07703 714769 pete.cloke@circle.scot

Anna Chrystal 551 1632/ 07932 088615

annachrystal@steppingstonesnorthedinburgh.co.uk

Bump to Buggy Group for parents with their young babies.

Partners are welcome. A variety of support is provided. Fun opportunities to support babies' health, developmental needs and early learning.

The Haven Project, Craigroyston Primary School

Tuesday 12.30-2.30pm

Contact Julie Calder 332 9269 Julie.calder@circle.scot or

Sarah Neal 552 5700 sarah.neal@ea.edin.sch.uk

Bumpstart Pregnancy Café

A welcoming and friendly group **for expecting parents**.

The programme runs throughout the year and includes, infant feeding support, nutrition advice, and information on baby's development. We have other agencies visit to offer advice on fuel bills, food waste, and massage.

There's lots of chat and peer support.

West Pilton Neighbourhood Centre

Tuesday 11.00am-1.00pm

Term time

Contact Jacqui Bain 552 5700 jacqui.bain@ea.edin.sch.uk

Circle Pregnancy-Wellbeing Group **for parents-to-be**

We offer a warm welcoming space for parents to chat about their pregnancy and also offer health and well-being advice, relaxation and nice snacks!

The Haven Project, Craigroyston Primary School

Friday 9.30–11.30am

Contact Julie Calder 332 9269 or 07703 714766

Julie.calder@circle.scot

Cupcake Club **for young parents & parents-to-be** (under 25)

Pilton Youth and Community Project

Tuesday 10.30am-12.30pm

Contact Alison 332 9815

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

Thursday 10.30am-12.30pm

(term-time)

Call for meeting details outside term time, Pete Cloke 332 9296 or 07703 714769 pete.cloke@circle.scot

Families Need Fathers

A chance for **fathers, grandfathers or new male partners** to get together to obtain information and explore options about contact issues following separation. www.fnfscotland.org.uk/parenting

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

1st Monday of each month, 7.00-9.00pm

Contact Ian Maxwell 557 2440 ian.maxwell@fnf.org.uk

New Baby Group

For mums/dads and babies

Referral required. Please speak to your key worker or health visitor for more information.

[Royston Wardieburn Community Centre](#)

Friday 10.30am-12.00pm

Contact Jacqui Bain 552 5700

Parent and Community Group for all community members, including parents/carers and under 5s.

Why not come along have a bacon butty and a cuppa?

Parents/carers responsible for own child at all times.

[Pilton Youth and Community Project](#)

Friday 10.00am–12.00noon

Contact

Debbie debbie@pycp.co.uk or Laura laura@pycp.co.uk 332 9815

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 EH7 5QY

One Thursday per month 10.30am-12.30pm

Contact Jane Lewis on 478 7707 / 07801 138265

Stepping Stones North Edinburgh for young parents under 25 in North West Edinburgh. Young parents socialise and make new friends in a supportive environment.
www.steppingstonesnorthedinburgh.co.uk

Introductory groups for new, young parents

Crèche spaces are available. Topics include relaxation, arts and crafts, beauty therapy, home safety and child development.

Haven Project (Craigroyston Primary School)

Monday 10.00am-12.00pm

Stepping Stones 10 Wardieburn Road

Wednesday 10.00am-12.00pm

Focused group work for young parents (by referral)

Groupwork that aims to help participants gain new skills. Topics include First Aid, Confidence Building, Literacy and, Health and Wellbeing.

Stepping Stones 10 Wardieburn Road

Tuesday, Wednesday and Thursday 1.00-3.00pm

Haven Project (Craigroyston Primary School)

Monday and Wednesday 1.00-3.00pm.

Contact 551 1632 or info@steppingstonesnorthedinburgh.co.uk

Becoming Dad Group

in partnership with Circle Haven (see page 17)

Sleep Clinic (see page 25)

Playgroups

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

The Prentice Centre Playgroup

1 Granton Mains Ave EH4 4GA

Monday-Friday 9.15-11.30am and 12.15-2.30pm

Contact 552 0485 theprenticecentre@hotmail.com

Reindeer Playgroup

Holycross Church Quality Street EH4 5BP

Tuesday-Friday 9.15-11.45am

Contact 07906 518747 reindeerplaygroup@yahoo.co.uk

www.reindeerplaygroup.org

Granton Toddlers Playgroup

Granton Parish Church 55 Boswall Parkway EH5 2BR

Monday-Friday 9.40-11.30am

Contact 07878 423649

grantontoddlersplaygroup@hotmail.co.uk

Parent-led 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

(temporarily on hold)

Corner of Pennywell Gardens and Pennywell Medway EH4 4PE

Monday 10.00am-12.00pm

Contact Helen 07415 940114

Davidson's Mains Parent and Toddler Group

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

Monday 9.00-11.45am

hall@holycrossedinburgh.org

Blackhall Toddlers

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

Tuesdays 9.30-11.00am

Contact blackhalltoddlers@yahoo.co.uk

Little Happy Feet

Drylaw Neighbourhood Centre 67 Groathill Loan EH4 2SA

Wednesday 9.00-11.15am

Contact 315 4989 Donna

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.

Baby Cafe

Stockbridge Library

2nd and 4th Tuesday of the month 10.30-11.30am

Contact 529 5665

Staff-run Parent and Toddler Groups continued

Coileagan Leith

Gaelic parent and toddler group

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

Monday 9.30am-12.00pm and 12.30-3.00pm

Contact 529 2415 or 554 4750

Dads Rock **Free for dads, grand-dads, male carers and kids aged 0-5 years**

The Prentice Centre, 1 Granton Mains Avenue

Saturday 10.00-11.30am all year round

Contact office 442 4662 or David 07542 084356

Little Tigers

Royston Wardieburn Community Centre

Friday 10.00-11.30am

Contact Lydia Markham 552 5700

Muirhouse Minis **for mums dads carers and kids 0-5 yrs**

Muirhouse Millenium Centre

Play, chat and learn together, equipment and help on hand from

Making it Work.

Tuesday 10.00-12.00pm and 12.30-2.00pm

Contact Pauline Nicole-Bowie 07889 541450

Us Together - One Families Scotland

Free and fun activities **for single and contact fathers and children.**

13 Gayfield Square (or pre-arranged venues)

Saturday 10.00am start

Contact Tom Carroll 557 7894 / 07814 078139

Facebook: Edinburgh Lone Fathers

Support and Information

Autism Spectrum Disorders (ASD) Information Sessions for parents and carers of children in P1-3 in Edinburgh Local Authority mainstream schools.

Sessions are run by the Additional Support for Learning (ASL) service, Speech and Language Therapists, Occupational Therapists and Child and Adolescent Mental Health Service (CAHMS).

Please contact ASL service for more details 469 2850
autisminfo@ea.edin.sch.uk

Best Buddies local support for breastfeeding parents

Contact Infant Feeding Advisers 537 4262

Breastfeeding welcome/friendly cafe

North Edinburgh Arts

Breastfeeding Helplines

National Breastfeeding 0300 330 0771

Breastfeeding Network 0300 100 0210

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/
537 9209, get.going@nhslothian.scot.nhs.uk

Juno Perinatal Mental Health Support

A peer support group **run by mums** who are suffering or have suffered Post Natal Depression. Groups provide a relaxed place for people to chat and gain advice and support. There is no pressure to talk. Parents can just come along and listen to others if they's how they feel. Parents are welcome to drop in or there is an opportunity to meet up with amemeber befreo hand or have a chat ove the phone to help wpeople feel morecomforatable about attending. For more information see the website

www.juno.uk.com

Sighthill Group, Gate 55

Tuesday 9.30-11.00am (term time)

Open to both adults and children juno.longstone@gmail.com

Craiglockart Group, SANDS Lothian

1st and 3rd Thursday evening of each month

7.30-9.00pm Open to adults.

Juno.craiglockart@gmail.com

Gilmerton Community Centre

Friday 10.00-11.30pm (term time)

Open to both children and adults

juno.southedinburgh@gmail.com

Parenting Apart Information Sessions

An opportunity **for parents and carers who are splitting up, living apart, divorcing or separating** to learn how you and your children can move forward positively. You will gain insight into what you and your family are going through and how to handle the transition to living apart in a way that's best for everyone. Sessions generally last for 3 hours. They 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. The facilitators are experienced family support professionals who will explain what your children need from you and their other parent. Contact 226 4507, info@familymediationlothian.org

Sleep Clinic

Are you having difficulty with your child's sleep?

Make an appointment at the Sleep Clinic

Stepping Stones/Granton Early Years Centre, 10 Wardieburn Road, EH5 1LY

Every 2 weeks on a Wednesday 9.00am-12.00pm

Contact June 552 4808 or Anna 07932 088615

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.

Drumrae Library Hub

Tuesday 1.30-3.00pm 21 February – 28 March

Edinburgh College, Sighthill Campus

Tuesday 6.30-8.00pm 21 February – 28 March

Currie Community High School

Tuesday 6.30-8.00pm 18 April - 23 May

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

Support and Information Sessions on Young People's Emotional Wellbeing and Mental Health Issues

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

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

For information and session dates contact Jillian Hart
07860 736129 or email jillian.hart@edinburgh.gov.uk

Toy Library Casselbank Kids

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

Thursday 9.30am-12.00pm

Contact toylibrary@southleithbaptistchurch.com

Twins & Multiples Club (Edinburgh & Lothians)

www.edinburghtwins.co.uk

Well Baby Clinics

Crewe Medical Centre 135 Bothwell Parkway, EH5 2LY

Wednesday 10.30am-12.00pm

Contact 552 1320

Pennywell Resource Centre 31-33 Pennywell Road

Thursday 9.30-10.30am contact Sandra Archibald 537 4202

Thursday 11.00am-12.00pm contact Doreen Piercy 537 4235

Family Support

Bumpstart

pregnancy and antenatal support and education 551 1632

Circle Haven Project

support to children and families in the local area 332 9269

Dads Rock Counselling

free for mums, dads, and caregivers Thomas 07542 074 165

Health and Literacy Project

accessible health information and access to learning 552 5700

Making it Work support with return to training or employment

for lone parents with pre-school children 270 6080

Multi Cultural Family Base

range of services to support families 467 7052

Pilton Community Health Project

activities and groups for local people 551 1671

Post Natal Depression

support for families around post natal depression 538 7288

Stepping Stones support for young parent families and

pregnant young women in local area 551 1632

Us Together - One Families Scotland

Free and fun activities for single and contact fathers

and children 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

Helplines

Parentline Free, confidential advice & support 08000 28 22 33

Spark Relationship Helpline
Accessible telephone relationship counselling 08088 02 20 88

Home Fire Safety checks (free) 08000 73 19 99

Childcare information, including a list of childminders
www.scottishfamilies.gov.uk 0800 032 0323

Websites

Family information www.parentingacrossscotland.org or
www.netmums.co.uk

Activities and groups for all ages, including children
www.joininedinburgh.org or www.youredinburgh.info

Speech and Language development
www.earlycommunication.scot.nhs.uk

Translated information about health and health services in
Scotland www.healthinmylanguage.com

Notes

Notes

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

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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 **17-1044**. ITS can also give information on community language translations.

