

Programmes, Activities and Groups for Parents and Carers

in

North Edinburgh January – June 2015



getting
it right
for every child

team around
the
cluster

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YOUR COUNCIL - YOUR FUTURE

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New Service

Early learning and childcare for eligible two year olds

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

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

www.edinburgh.gov.uk/info/20071/nurseries_and_childcare/1118/early_learning_and_childcare_for_two_year_olds

Or contact Jillian Hart, Parent and Carer Development Officer, on 07860 736129 or email jillian.hart@edinburgh.gov.uk

Parenting Programmes



Parents Early Education Partnership

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

Baby PEEP parents/carers and babies 0-1yr

LEITH & NORTH EAST

Acorn Centre, Junction Place, Leith, Mondays 1.30-3pm, 8 week block, 26th January – 30th March (excluding school holidays), limited spaces available, booking essential

For more information or to book a space contact Naomi Stewart on 0131 554 4750 or email peep@ymcaedinburgh.com

Baby PEEP parents/carers and babies 0-1yr cont.

Christadelphian Church, 4 Gayfield Place, EH1 3NW,
Wednesdays, 10-11am

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

Fort Early Years Centre, Wednesdays 9.30-11am, starts 14th
January- 25th March 2015, limited spaces, booking essential
For more information or to book a space contact Fort Early Years
Centre on 0131 554 4077

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

For more information or to book a place contact Lesley Paterson
on 0131 624 4980 or email lap@edinburghacademy.org.uk

NORTH WEST

The Haven Project, Craigroyston Primary, EH4 4PX, Thursdays,
10.30am-12pm, term time

For more information or to book a place contact Julie on 0131
332 9269/ 07703714766

PEEP Ones parents/carers and babies 1-2yrs

LEITH & NORTH EAST

Christadelphian Church, 4 Gayfield Place, EH1 3NW,
Wednesdays, 11.10am-12.10am

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

Fort Early Years Centre, Wednesdays 1.45-3pm, starts 14th
January- 25th March 2015, limited spaces, booking essential
For more information or to book a space contact Fort Early Years
Centre on 0131 554 4077

PEEP Twos parents/carers and children 2-3yrs

LEITH & NORTH EAST

Stanwell Nursery, Fridays 9.15-10.15am, start date to be confirmed, term time only. Run by facilitators from Stanwell Nursery and Craigentiny Early Years Centre.

For more information or to check if spaces are available contact Louise Currie on 0131 661 8593

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

LEITH & NORTH EAST

Saheliya, 125 McDonald Road, EH7 4NW, Fridays 10.30-11.30am. Mothers and female carers in minority ethnic families and their children 0-3 years

For more information or to check if spaces are available contact Pamela or Sweety on 0131 556 9302

NORTH WEST

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

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

Family PEEP parents/ carers and children 0-4 years

NORTH WEST

Open to all parents with children under 4 years, priority given to parents who have previously attended the pregnancy cafe. Parents may be able to participate in an SQA in Making the Most of Children's Learning and Development by arrangement.

West Pilton Neighbourhood Centre, Mondays 10.00-11.30am, (excluding school holidays)

For more information or to check if spaces are available contact Jo Aitkenhead on 0131 537 4230 or 07736 401394 or email jo.aitkenhead@ea.edin.sch.uk

PEEP learning together

LEITH & NORTH EAST

Parents have an opportunity to complete an SQA in Making the Most of Children's Learning and Development as their children participate in a fun learning session.

Acorn Centre, Junction place, Leith, Mondays 9th February- 18th May 2015.

For more information or to make a referral contact Jacqui Bain on 0131 552 5700 or 07772876421 or email jacqui.1.Bain@ea.edin.sch.uk

PEEP group for Parents and children on the Autistic spectrum

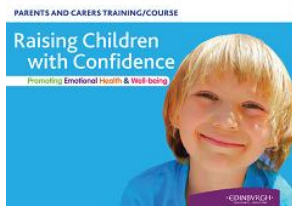
This group is specifically for parents whose children are undergoing or have a diagnosis of Autism. It aims to provide group support by incorporating play with a visual environment.

NORTH WEST

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

For more information or to check if spaces are available contact Sarah Walker at Granton Early Years Centre on 0131 552 4808 or Spectrum on 0131 469 2850

Parenting Programmes continued



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. www.growingconfidence.org To find out about the next course in North Edinburgh, contact Jillian Hart on 07860 736129 or email jillian.hart@edinburgh.gov.uk

NORTH WEST

Granton Early Years Centre, Thursdays 9.15- 11.15, 5th February to 26th March 2015. Parents/Carers from Granton Early Years Centre, Granton Nursery and Women Supporting Women will be given priority to attend. Crèche spaces are not available.

To book a place or for more information contact Viv Carmichael on 0131 332 3855

Raising Children with Confidence cont.

Craigroyston Early Years Centre, Thursdays 12.45- 2.15pm, introductory session- 2nd April 2015, 6 week course starts 23 April. Parents/Carers from Craigroyston Early Years Centre will be given priority to attend. Crèche spaces are not available.

To book a place or for more information contact Viv Carmichael on 0131 332 3855

LEITH & NORTH EAST

Fort Community Centre, introduction session Fri 23rd Jan. Course starts on Fri 30th January 9.30 – 11.30. Limited crèche spaces available.

To book a place or for more information contact Alastair Dempster on 0131 553 0107

Leith Walk Primary School, Friday mornings, 23rd January- 6th March 2015.

To book a place or for more information contact Naomi Stewart on 0131 554 4750 or Leith Walk Primary on 0131 556 3873

Leith Primary School, Tuesday afternoons, Introduction 10th February, 1.30-2.30pm. Course starts 24th February. Priority given to parents and carers of children attending Leith Primary and Nursery.

To book a place or for more information contact Karen Buist on 0131 661 9404

Parenting Programmes continued



Raising Teens with Confidence

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

It aims to help adults understand how they can best support their teenage children to navigate increasing independence; develop confidence, security and resilience; and promote and benefit from emotional wellbeing.

The latest research around what helps support emotional wellbeing throughout life is used. This includes adolescent brain development, risk taking behaviour, importance of communication and the effects of stress.

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

For more information visit www.growingconfidence.org or to find out about the next course in North Edinburgh, contact Jillian Hart on 07860 736129 or email jillian.hart@edinburgh.gov.uk

Mellow Bumps

This is a six week course for women who are about 20-30 weeks pregnant. Sessions last two hours and groups are small: 4-8. The aim is to help expecting parents reduce stress, care for themselves physically and mentally, in turn nurturing their unborn child.

Participants will learn about very early brain development and what their babies can do. This improves attachment even before birth, helping parents connect with their new-born. Parents will grow in confidence by being part of an intimate group and learn where to access help now and for the future.

Viewforth Early Years Centre

Starting Thursday 5th February 10.00am -12.00pm

To make a referral contact

Leanne.Hunter@ea.edin.sch.uk

Gail.stewart@ea.edin.sch.uk or call 229 6667

Craigmillar Early Years Centre

Starting Wednesday 18th February 1.00pm - 3.00pm

To make a referral contact

Donna.mckenzie@ea.edin.sch.uk

Ronald.robertson@ea.edin.sch.uk or call 661 3126

Sighthill Early Years Centre

Starts Friday 20th February 9.30am - 11.30am to make a referral contact Margaret.mcveigh@ea.edin.sch.uk or call 442 2018

Homelink Family Support

Goodtrees Neighbourhood Community Centre

Starts Monday 23rd February 1.00pm - 3.00pm

To make a referral contact Helen.g@homelinkfamilysupport.org or call 661 0890



The Psychology of Parenting Project (Popp) provides two positive parenting programmes for **parents/carers of 3-5 year olds**. The courses offer help to adults to strengthen their relationship with their child and encourage positive behaviour. The courses look at effective techniques for dealing with common childhood behaviour problems. Strategies to manage behaviours such as aggressiveness, tantrums, shouting, answering back and refusing to follow rules are also explored. Specially trained group leaders work with parents/carers on goals for themselves and their family. There is also 1:1 phone support. There are crèche places and help with transport costs can be arranged.



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

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

LEITH & NORTH EAST

Craightinny Early Years Centre, Craightinny Primary, 4 Loganlea Drive, EH7 6LR, Thursdays 9.15-11.15am from the 5th March 2015, Crèche available

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

NORTH WEST

Circle Haven's Project, Craigroyston Primary School, 7
Muirhouse Place West, EH4 4PX
Wednesdays, 9-11.30am from the 25th of February 2015
Crèche available

Royston Wardieburn Community Centre
Thursdays 12.30-2.30pm from the 26th of February 2015
Crèche available

For more information or to apply for a place on contact Helena Reid, Parent and Carer Support Development Officer, email helena.reid@ea.edin.sch.uk
call 07795 127954



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

This 8 week programme will become available later this year in venues in North Edinburgh and across the city. Information will circulate and listed on www.joininedinburgh.org as it becomes available. For further information email supportingparentsandcarers@edinburgh.gov.uk or for more contact Jillian Hart on 07860 736129 or email jillian.hart@edinburgh.gov.uk



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

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

NORTH WEST

Craigroyston Primary School, 7 Muirhouse Place West, EH4 4PX
Wednesdays, 9.30-11.30am from the 4th of March 2015
Only limited crèche spaces available

To request a place or for more information contact Jillian Hart on 07860 736129 or email jillian.hart@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 telephone sessions give parents an opportunity to explore ways they can build a stronger relationship with their teenager, reduce conflict, manage problem behaviours and help their teen stay safe. Programmes run throughout Edinburgh for **parents, step parents/carers of teenagers 11-16yrs**. For more information or to request a place please email

supportingparentsandcarers@edinburgh.gov.uk or contact Jillian Hart on 07860 736129 or email jillian.hart@edinburgh.gov.uk

NORTH WEST

West Pilton/ Granton, starting April/ May 2015, day, time and venue to be confirmed

For more information or to request a place please email supportingparentsandcarers@edinburgh.gov.uk or contact Jillian Hart on 07860 736129 or email jillian.hart@edinburgh.gov.uk

LEITH & NORTH EAST

Leith Academy, 20 Academy Park, Leith, EH6 8JQ
Wednesdays 6.30-8.30pm, 29th April-24th June 2015

For more information or to apply for a place please email supportingparentsandcarers@edinburgh.gov.uk or contact Jillian Hart on 07860 736129 or email jillian.hart@edinburgh.gov.uk

Teen Triple P (Positive Parenting Programme) cont.

KINSHIP CARERS

February/ March 2015, Venue, day and times to be confirmed,
For more information or to apply for a place please email supportingparentsandcarers@edinburgh.gov.uk or contact the Kinship Carer Support Team on 0131 529 2588 or email kinshippupportteam@edinburgh.gov.uk

Courses for Parents

Dads2b

This four week group offers support information for expectant and new dads. Information on health, pregnancy and baby development will be discussed in a relaxed informal way.

LEITH & NORTH EAST

Royston Wardieburn Community Centre, Tuesdays 6.30-8.30pm, 3rd- 24th March 2015. Suitable for all first time dads-to-be or dads with babies up to 6 months.

For more information contact Jacqui Bain on 0131 552 5700 07772876421 or email jacqui.1.Bain@ea.edin.sch.uk

Courses for Parents cont.

Seasons for Growth Understanding Change, Loss and Grief Seminar

The Seasons for Growth Understanding Change, Loss and Grief Seminar is designed for people with an interest in learning about grief, what can cause it, how it can affect people and looking at how to manage it and move forward.

This 2 hour seminar does not go into our own personal experiences of grief but what it does do is give you a chance to:

- Examine the meaning of grief
- Review the range of changes and losses people can experience in life
- Think about how change and loss affects us and our behaviour
- Understand the different reactions we can have to grief and what can affect this
- Identify different styles of grieving
- Explore how we can move on in time, including the role of choice and the importance of networks of support.

Leith Walk Primary, Wednesday 11th February 2015, 9.30-11.30.

For more information or to book a place contact Naomi Stewart on 0131 554 4750 or email Naomi.stewart@ea.edin.sch.uk

Courses for Parents cont.

The Little Leithers Project

LEITH & NORTH EAST

The Little Leithers project is for families with children under 5, who live in EH6 and EH7 postcode areas. It offers £40 of vouchers each month which can be exchanged for fresh fruit and vegetables, fresh fish and fresh meat (Halal if requested).

As part of the course, you will attend group sessions on a monthly basis where you can try new recipes, meet new people and learn more about a healthy lifestyle for you and your child(ren). In order to take part, you must have a child under 5 years of age, live within the postcode areas of EH6 or EH7 and be in receipt of Healthy Start Vouchers. Participants are entitled to stay on the course for 12 months. For more information contact Gail Hutchison – Food and Health Development Worker on 0131 467 7326, or e-mail ghutchison@edinburghcommunityfood.org.uk

Decoding Dyslexia (For Parents)

NORTH WEST

This group is for parents who think (or know) they or their child may have dyslexia. The group will allow parents to find out more about Dyslexia, share ideas and difficulties, gain information on how parents can offer additional support to their child and consider how technology can help. Suitable for parents or carers with children **0-7 years**. Crèche available.

West Pilton Neighbourhood Centre, Wednesdays 9.30-11.30am,
January- March 2015

For more information or to check if space is available contact Fiona Manson on 0131 537 4020 or text 0787 554 5757

Courses for Parents cont.

Storytelling Course for Parents

LEITH & NORTH EAST

This course for parents offers tips on telling stories to young children. The course aims to give parents the confidence to tell stories and gives ideas on how to bring stories to life, includes the use of home language for those who are bilingual.

Leith Walk Primary, Tuesday mornings, starts 24th February for 6 weeks.

Priority given to those whose children attend Leith Walk Primary School or Nursery, Leith. For more information contact Karen Buist on 0131 553 1074 or email karen.buist@ea.edin.sch.uk

Play-Base 1 – Understanding Under Threes

This three week course focuses on the development and needs of the very young child in the first three years of life. This course is suitable for mums, dads, grandparents and carers of young children who wish to understand more about the development of their child and the importance of how they relate to their child. Language and literacy support available. Course costs £40/ £10 concession. Crèche places available for a small fee.

Wednesday 4th, 11th and 18th March 2015 - 12.30 to 2.30, Dr Bells Family Centre 15 Junction Place Leith EH6 5JA

For more information contact Sam Gardner on 0131 554 8873 or e mail play-base@btconnect.com

Courses for Parents cont.

Stress Control

NORTH WEST

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.

Royston Wardieburn Community Centre, 11 Pilton Drive North, EH5 1NF, Tuesdays 9-10.30am, 21st April- 26th May.

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

Learning Advice and 1 to 1 Literacy or Numeracy Support

NORTH WEST

Free individual sessions to support parents and carers who have children under five years and who have health issues. One to one support provided to support a personal learning journey. Literacy and English as a Second language (ESOL) sessions available.

Any suitable local venue, days and times flexible

Referrals considered from health professionals. Please contact Fiona Manson or Jo Aitkenhead on 0131 537 4230.

Parent and Child Activities

Bookbug Sessions

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

Leith Library

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. For information on Gaelic 'Seinn' sessions please contact Leith Library on 0131 529 5517

McDonald Road Library

Fridays, 10.30-11am throughout the year.
Polish Bookbug, Mondays 10.30-11am throughout the year

Blackhall Library

Fridays, 10.30-11am, throughout the year.
For information on Gaelic 'Seinn' sessions please contact Blackhall Library on 0131 529 5595

Granton Library

Thursdays, 11am-12pm, throughout the year

Muirhouse Library

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

Stockbridge Library

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

Baby Massage

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

LEITH & NORTH EAST

[Craigentinny Early Years Centre, Wednesdays 10.45-11.45am](#)

For more information or to book a block of sessions contact Craigentinny Early Years Centre on 0131 661 8593

[Fort Early Years Centre, Wednesday 22nd April- 20th May 2015, 9.30-11am](#)

For more information or to book the block of sessions contact Fort Early Years Centre on 0131 554 4077

[Dr Bells Family Centre, 15 Junction Place, Leith, EH6 5JA](#)

For more information contact Dr Bells Family Centre on 0131 553 0100

NORTH WEST

[The Haven Project, Craigroyston Primary School, Muirhouse Place West. Next block starts Monday 2nd February 12.30pm till 2pm for 6 weeks \(excluding Feb Break\)](#)

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

Parent and Child Activities cont.

Family Learning

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

LEITH & NORTH EAST

For more information contact Karen Buist on 0131 661 9404 or email karen.buist@ea.edin.sch.uk

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

Under 1s Group

LEITH & NORTH EAST

Run by the Health visiting team a group for parents and babies under 1 year old.

Northfield Community Centre, Thursdays 10.30am-12pm

For more information contact Alice on 0131 669 3368/ 0131 467 7077

Parent and Child Activities cont.

Parent and Child Drop in Group (1-2 year olds)

LEITH & NORTH EAST

Run by Fort Early Years staff, group includes songs, music and play activities.

Fort Early Years Centre, Wednesdays 12.30-1.30pm, starts 14th January- 25th March 2015 August, limited places available, booking essential

For more information or to book a space contact Fiona Douglas or Colin Hutchison on 0131 554 4077

Chinese Flower Group

LEITH & NORTH EAST

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

Leith Community Centre, 12a Newkirkgate, Leith. Run by Multi-Cultural Family Base, Thursdays 1-2.30pm, September 2014 to June 2015.

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

Parent and Child Activities cont.

Multi-Cultural Family Base Friday Group

LEITH & NORTH EAST

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

Leith Community Centre, 12a Newkirkgate, Leith. Run by Multi-Cultural Family Base, Fridays 10-11.30am, September 2014 to June 2015.

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

The Drop In

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

Royston Wardieburn Community Centre, Saturdays, 10th January - 28th March 2015, 9am -12pm

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

Parent and Child Activities cont.

Royston's NEW Sensory Room

Newly refurbished Sensory room available to hire for families with children and local groups

Monday to Friday bookings 9am - 3pm cost £1.00

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

Create! Inside and Out

NORTH WEST

Create is a drop in creative play programme using fun and accessible arts and play activities including drama and gardening. Sessions encourage positive parent/child interaction and parenting techniques, enhance adult/ child confidence and self-esteem, enable children to achieve developmental milestones and enhance emotional health and wellbeing. Costs 50p. Suitable for children 0-5years and their parents and carers.

North Edinburgh Art, 15a Pennywell Court, Thursdays 10am-12pm and Saturdays 10.30am-12.30pm

For more information contact Caroline Muirhead on 0131 315 2151 or email manger@northedinburgharts.co.uk

Parent and Child Activities cont.

Porridge and Play

NORTH WEST

Porridge & Play starts with a bowl of porridge and fruit followed by outdoor and indoor play session led by Licketyspit - traditional games, rhymes, songs and imaginary play. The sessions finish with reflective drawing and chat over a cup of tea/juice in NEA cafe. These fun sessions are for children and adults to play actively together. Each week families will receive a Lickety-Play Card, a take-home resource for continuing play. Sessions are free and drop-in for families living in Muirhouse, Pilton, Granton and Drylaw. **Suitable for families with children 3-8 years.**

North Edinburgh Art, 15a Pennywell Court, Saturdays 9.30am-11am from the 24th January 2015.

For more information contact Virginia or Beth on 0131 332 0410/2096, Mobile: 07970 749138 or email info@licketyspit.com

Crafts Sessions

LEITH & NORTH EAST

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

McDonald Road Library, 2 McDonald Road, Leith, Fridays 3pm

For more information contact McDonald Road Library on 0131 529 5636

Leith Library, Fridays 2.30-3.30pm

For more information contact Leith Library on 0131 529 5517

Crafts Sessions cont.

Crafty club, Stockbridge Library, Fridays 2.30-3.30pm

For more information contact Stockbridge Library on 0131 529 5665

Parent Groups

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.

LEITH & NORTH EAST

Citadel Youth Centre, 175 Commercial Street, EH6 6JE,
Mondays 10am-12pm, term time.

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

Citadel Families Project Drop In

A weekly parent drop in on for parents who have at least one child attending The Citadel. Individual family support is also available for families with children aged 5-9 who attend The Citadel.

Citadel Youth Centre, 175 Commercial Street, EH6 6JE,
Thursdays, 10am-12pm

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

Pregnancy Cafe

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

LEITH & NORTH EAST

Fort Community Centre, 25 North Fort Street, Leith, EH6 4HF,
Thursdays, 12.30-2.30pm.

For more information or to make a referral contact Jacqui Bain on
0131 552 5700 or 07772876421 or email

jacqui.1.Bain@ea.edin.sch.uk

NORTH WEST

The Haven Project, Craigroyston Primary School, Muirhouse
Place West, Tuesdays 10am-11.30am, 20th January – 31st March
2015, term time only. Crèche spaces may be available.

For more information contact Jo on 0131 537 4230 or Julie on
0131 332 9269/ 07703 714766

Bump to Buggy Women's Group

LEITH & NORTH EAST

A follow on group for parents who have attended the Pregnancy
cafe or require support. Referral required. Please speak to your
key worker or health visitor for more information.

Fort Community Centre, 25 North Fort Street, Leith, EH6 4HF,
Wednesdays 12.30-2.30pm.

For more information or to make a referral contact Jacqui Bain on
0131 552 5700 or 07772876421 or email

jacqui.1.Bain@ea.edin.sch.uk

Bump to Buggys

NORTH WEST

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

The Haven Project, Craigroyston Primary School, Muirhouse Place West, Tuesdays 12.30-2pm, 20th January – 31st March 2015, term time only. Crèche spaces available.

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

All About MeYoung Parents Group

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

Royston Wardieburn Community Centre, Mondays 19th January – 23rd Feb 2015, 9.30-12noon

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

Becoming Dad Group

NORTH WEST

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

Circle's Haven Project, Craigroyston Primary School, EH4 4PX, Thursdays 4-5.30pm.

For more information contact Pete Cloke on 0131 332 9269/ 07703 714 769 or e mail pete.cloke@circlescotland.org or Anna Chrystal on 0131 551 1632/ 07932 088 615 or e mail annachrystal@steppingstonesnorthedinburgh.co.uk

Dad's Community Group

NORTH WEST

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

PYCP, West Pilton Place (term time), Thursdays 10.30am-12.30pm (EXCEPT THURSDAYS IN FEBRUARY, when we'll trial the new time of 0900-1100). Call for meeting details outside term time

For more information contact Pete Cloke on 0131 332 9296 or 0770 371 4769 or email pete.cloke@circlescotland.org

Parent Groups Cont.

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.

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

For more information contact Ian Maxwell, Families Need Fathers on 0131 557 2440 or email

ian.maxwell@fnf.org.uk more info can be found at

www.fnfscotland.org.uk/parenting

Chinese Parents Group

NORTH EAST

This group is aimed at Chinese parents and enables the parents who attend to build on their confidence and skills as parents and individuals. Topics such as health, child development, expressive arts, parent and child activities, ESOL, education and employment are covered. Suitable for parents who speak Mandarin and have at least one child aged **0-5 years. By referral only.** Please contact Multi Cultural Family Base for more information. Crèche spaces available.

Pilmey Youth Centre, 44 Buchanan Street, Leith, Tuesdays
12.30-2.30pm, September until March 2015

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

Parent Groups cont.

People First Parents Group

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

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

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

Parents and Community Group

NORTH WEST

An opportunity for parents and community members to socialise, have new opportunities and develop skills. Activities such as arts and crafts, cooking, information sessions on a range of topics, advice sessions such as money advice and trips out. Babies and children **under 5** also welcome to come along, parents share the responsibility of childcare within our play area.

Pilton Youth & Children's Project, The Greenhouse, 1a West Pilton Place, EH4 4DG, Fridays, 10am-12pm, term time

For more information contact Adele on 0131 332 9815 or email info@pycp.co.uk. See www.pycp.co.uk

Stepping Stones Groups

NORTH WEST

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

Introductory groups are available for new parents and run at Muirhouse Millennium Centre, Tuesdays, 10am-12pm and at Stepping Stones, 10 Wardieburn Road on Wednesdays 10am-12pm. Crèche spaces are available and the group covers topics such as relaxation, arts and crafts, beauty therapy, home safety and child development.

More focused group work also runs at Stepping Stones, 10 Wardieburn Road on Tue, Wed and Thu 1-3pm and Muirhouse Millennium Centre, Mon and Wed, 1-3pm and Thu 10am-12pm. These groupwork courses aim to provide young parents with new skills and cover topics such as First Aid, Confidence Building, Literacy and Health and Wellbeing.

For more information or to make a referral contact Stepping Stones on 0131 551 1632 or email info@steppingstonesnorthedinburgh.co.uk

Kinship Carers Coffee Mornings

Mutual support, information and signposting for Kinship Carers. Playroom available for carers of very young children. Crèche spaces may be available if required.

Run by Circle Kinship Care staff at the Haven Project, Craigroyston Primary School, First Monday of every month, 10am-12pm

For more information contact Jemma Carrol on 0777 540 9302

ADHD/ Autism Parent Group

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

Muirhouse Library, First Wednesday of every month, 4th February, 4th March, 1st April, drop in between 10.30am-12.30am
For more information contact Joanne on 07794 467 053

Parent Information and Support Session

For parents and carers who may have concerns about their pre-teen or teenager's emotional wellbeing or mental health. Information will be available around issues such as stress, anxiety, low mood, self-harm and suicide. Parents will have an opportunity to meet other parents and supportive professionals in a safe relaxed atmosphere. At this session parent's views will also be sought to plan future support and information sessions.

The Junction, 82-86 Junction Street, Leith, EH6 5LL, Thursday 21st May, 6.30-8.30pm

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

Contact details

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

Jillian Hart - North

☎ 07860 736 129

✉ jillian.hart@edinburgh.gov.uk

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

Helena Reid – South

☎ 0131 672 2629

✉ Helena.reid@ea.edin.sch.uk

Sue Cameron – South West

☎ 07717 288 371

✉ Sue.cameron@edinburgh.gov.uk

Helen Purves – West

☎ 0131 334 9301/ 07717 317 665

✉ Helen.purves@ea.edin.sch.uk

East Edinburgh

✉ supportingparentsandcarers@edinburgh.gov.uk

You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact ITS on 0131 242 8181 and quote reference number 14-1513. ITS can also give information on community language translations.

