

Programmes, activities and groups for parents and carers

North West Locality: Forth,
Inverleith, Western and Almond

September - December 2019



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Early childcare

Early learning and childcare for eligible twos

Some two-year olds can get up to 600 hours of early learning and childcare in council-run nurseries during the school year.

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

- Income Support
- Income-based
- Jobseeker's Allowance or Employment Support Allowance
- Incapacity Benefit or Severe Disablement Allowance
- State Pension
- Child Tax Credits, but not Working Tax Credit, and your income is below £16,105
- Child Tax Credits and Working Tax Credit with an annual household income of £7,320 or less
- Support under part VI of the Immigration and Asylum Act 1999
- Universal Credit where take home pay is £610 per month or less

You may qualify if your child is:

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

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

Bright Start Playgroups (The City of Edinburgh Council)

Safe and stimulating environment suited to the individual needs of children aged 0-3 years with complex additional support needs. The children will have access to multi-sensory experiences. The Bright Start playgroups run in addition to existing ASL Service support. Pre-school siblings are welcome to come along. Parents and carers and their children can access all three venues:

- Braidburn Bright Start Playgroup EH14 1ED. Monday 9.35am - 11.30am. Contact 312 2320
- Oaklands Bright Start Playgroup EH4 4PQ. Monday 9.35am - 11.30am. Contact 315 8100
- Calareidh Bright Start Playgroup EH15 3LA Tuesday 9.30am - 11.25am. Contact 0131 469 2830

Playgroups for 2 years plus to 5 years

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

Blackhall Playgroup

St Columba's Church, Columba Rd, EH4 3QU, Monday - Friday 9.00am-11.30am. Contact 07999 514809 www.blackhallplaygroup.org

Corstorphine Village Playgroup

Corstorphine Old Parish Church, High St, EH12 7ST. Monday - Friday 9.15am-11.45am. Contact 0131 334 7864
www.facebook.com/CorstorphineVillagePlaygoup

Cramond Playgroup

Crammond Kirk Halls, Cramond Glebe, EH4 6NS. Monday – Friday 9am -12 noon. Contact 07707 207486. Email: cramond.playgroup@gmail.com
www.facebook.com/CramondPlaygroup

Cròileagain Dhùn Eideann

- Leith Community Centre, Newkirkgate, EH6 6AD. Monday 9.30am - 11.30am and 12.30pm -14.30pm, Wednesdays 9.15am – 11.15am
- Taobh Na Pairce, Bonnington Road, EH6 5NQ. Tuesday and Friday 9.15am-11.15am
- Tolcross Community Centre, Fountainbridge EH3 9QG. Tuesday and Friday 9.15am -11.15am

www.gaelicplaygroup.com www.facebook.com/pages/Cròileagan-Dhùn-Eideann. Contact norma.martin@edinburgh.gov.uk

East Craigs Playgroup

East Craigs Church Centre, 3 Bughtlin Market, EH12 8XP. Monday– Friday 9.15am -11.15 am Term time only. Contact 07377 388327 Email: playgroupeastcraigs@gmail.com

Little Flyers Playgroup

Kirkliston Sports Centre, Kirklands Park St, EH29 9EY. Wednesday and Thursday 9.15am -11.45am. Contact 07749 234098

www.littleflyersnursery.com

Gylemuir Community Playgroup

Gylemuir Community Centre, 10 Wester Broom Pl, EH12 7RT. Monday – Friday 9am -11.45am Contact Susan or Elaine on 07704 140071

The Prentice Centre Playgroup (all year provision)

1 Granton Mains Avenue, EH4 4GA. Monday- Friday 9.15am -11.30am and 12pm – 2.15pm. Contact 0131 552 0485 Email: prenticecentre@hotmail.com

www.prenticecentre.org

Tom Thumb Nursery Playgroup

Vennel Hall, Smithsland, South Queensferry. Monday – Friday. Afternoon places for playgroup. Contact 0131 331 4273 Email:

debbie.urquhart@talktalk.net

Reindeer Playgroup

Holy Cross Church Hall, Davidsons Mains, EH4 4BS, Tuesday– Friday 9.15am -11.45am. Tel: 07906 518747

Email: reindeerplaygroup@yahoo.co.uk

Rosebery Hall Playgroup

Rosebery hall, South Queensferry, EH30 9LL. Monday – Wednesday 9.30am – 12pm. All enquiries online www.roseberyplaygroup.co.uk

www.facebook.com/roseberyplaygroup

Scottish Family Information Service

Information on Playgroups, childcare providers and childminders

www.scottishfamilies.gov.uk

Parent programmes and courses

Peep Learning Together Programme

Universal parenting programme for parents and carers of 0-5 year olds. Peep Learning Together programme supports parents and carers in encouraging their child's learning and development, by making the most of everyday learning opportunities - listening, talking, playing, singing, sharing books and stories



together. Sessions are delivered in development stages for babies, toddlers and preschoolers and covers five learning strands e.g. communication and language, early literacy, early numeracy, health and physical development, and personal and social emotional development. Peep sessions are delivered in some early years centres, school nurseries and community settings during term time. For details of Peep Learning Together sessions across Edinburgh contact Sue Cameron, Parent and Carer Support on 07845 015979 email: sue.cameron@edinburgh.gov.uk

The Incredible Years and Triple P

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

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

common childhood behaviour problems. Participants explore strategies to manage behaviours such as aggressiveness, tantrums, shouting, answering back and refusing to follow rules. Specially trained group leaders work with parents and carers on their goals for themselves and their family.



Incredible Years for parents and carers of 3- 6 years olds

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

Incredible Years courses:

- **Circle-Haven, Craigroyston Primary School** Muirhouse Place West, EH4 4PX. Starts Thursday 29 August 2019. 9.00am -11.15am. Contact Julie Calder 0131 332 9269. email: julie.calder@circle.scot or katy.pudey@ea.edin.sch.uk
- **Queensferry Primary School** Burgess Road, South Queensferry EH30 9NX. Starts Tuesday 3 September 2019. 9.15am - 11.15am.
- **Goodtrees Community Centre** Moredunvale Place, EH17 7LB. Starts Thursday 5 September 2019 6pm – 8pm
- **Barnardos Oxgangs** Oxgangs Rd North, EH14 1ED. Starts Friday 6 September 2019. 9.30am – 11.30am.



Apply online www.edinburgh.gov.uk/parenting3to6 or email: supportingparentsandcarers@edinburgh.gov.uk. For more information, contact 07795 127954 between 10.00am and 3.00pm Monday to Friday.

Triple P for parents and carers of 3-6 year olds

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

- **Kirkliston Primary School** Carmel Road, EH29 9DD Starts 19 September 2019 12.30pm -2.30pm.
- **Leith Community Centre Newkirkgate**, EH6 6AD. Starts Wednesday 25 September 2019. 6.00pm -8.00pm.



Apply online www.edinburgh.gov.uk/parenting3to6. email: supportingparentsandcarers@edinburgh.gov.uk

Triple P for parents and carers of 6-10yrs

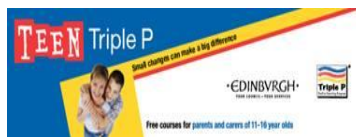
This 9-week course follows the same format as our 3-6 year-old behaviour is for parents and carers of 6-10 year olds across the city.

- **Royal Mile Primary School** Royal Mile, EH8 8BZ. Starts Thursday 12 September 2019. 9.30am - 11.30am

Apply online www.edinburgh.gov.uk/parenting3to6. email: supportingparentsandcarers@edinburgh.gov.uk

Teen Triple P for parents and 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/

Courses running this term:

- **Drummond Community High School** 41 Bellevue Place, EH7 4BS. Wednesday 28 August- 30 October. 6.30pm - 8.30pm
- **People Know How Offices** Edinburgh Palette, 525 Ferry Rd, EH5 2FF. Tuesday 1 October- 10 December. 9.30am -11.30am
- **Gate 55** 55 Sighthill Road, EH11 4PB. Friday 4 October- 13 December. 9.30am -11.30am

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

Raising Children with Confidence

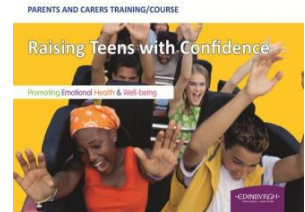
This is a six -week course which aims to give all parents and carers the chance to explore emotional health and wellbeing and consider how they can best promote it in themselves and their children. Drawing on the latest research it helps explain why parents' actions make a difference to their children's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



Raising Teens with Confidence

This six-week course is for parents and carers of teens. It explores how adults can support their teenage children to navigate increasing independence; develop confidence, security and resilience; and promote and benefit from emotional wellbeing. The latest research around what helps support emotional wellbeing throughout life is used. This includes adolescent brain development, risk taking behaviour, importance of communication and the effects of stress. This provides an opportunity to explore with other parents how the teenage years can be a time for the whole family to 'thrive rather than just survive' (Siegel 2014)! Courses run in some Edinburgh Secondary schools and are listed on www.joininedinburgh.org Email: admin@growingconfidence.org



Other courses

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

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



Confidence Building: For Women

Pilton Community Health Project 73 Boswall Parkway, EH5 2PW. Dates and times to be confirmed. Free eight-week course for women with children aged 0-5, to build confidence. Free crèche available. We welcome all women living locally (Pilton Muirhouse, Drylaw, Granton and Royston-Wardieburn). Contact Hazel on 0131 551 1671 or 07541 906513 email: hazelloeb@pchip.org.uk

Child Development SQA Level 4 (Int 1)

Royston Wardieburn Community Centre Pilton Drive North, EH5 1NF Starts Thursday 25 September 2019. 9.30am -11.30am. Free 20-week course. This course will help you increase your understanding of how children learn and develop. Build on your knowledge of child development of children aged 0 -12 years. Learn about the difference aspects of child development. Gain greater understanding of children's developmental progress and key milestones. Crèche available. For more information or to book a place phone Melinda Peto on 0131 552 5700 or 07845 015970.

Let's Talk for Little Ones – information session

Pennywell All Care Pennywell Gardens, EH4 4UA. Wednesday 18 September 10am-11am. NHS Lothian Speech and Language Therapy Service are running this session to share strategies on how to support children talking and listening skills. For parent and carers of children 0 – 3 years. Book your place on Eventbrite <https://allevents.in/edinburgh/lets-talk-for-little-ones/>

Get Going

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

CEDAR Children Experiencing Domestic Abuse Recovery

CEDAR is a 12-week therapeutic group work 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 n 0131 315 8116 or email: cedar@edinwomensaid.co.uk (Women's Aid Children and Young People Service)

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. Group sessions last for three hours and 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. For more information www.familymediationlothian.co.uk Contact 0131 226 4507 or email: info@familymediationlothian.org.

Anxiety Course

Do you experience mild anxiety? Are you keen to learn tools that can help? Venue in centre of South Queensferry. Monday starts 26 August 12.00pm - 2.00pm. For further information and to book your place contact Zoe Reid zoe.reid@health-in-mind.org.uk. Contact Health in Mind on 0131 225 8508

Stress Control

Stress Control is a free six-week, cognitive behavioural therapy (CBT) based self-help course offered by NHS Lothian. Aimed at adults experiencing difficulties in managing their stress. The course aims to provide practical skills to help manage stress. It is okay to bring a friend or anyone else you would like to support you to attend. Lecture format lasting 1.5 hour per session.

- **Game Changer Wellbeing Centre** North Stand, Easter Road Stadium, EH7 5QG. Tuesday 10.00am – 12.00pm. 27 August - 1 October 2019 To book contact: Health in Mind on 0131 225 8508 between 10am-4pm or email: contactus@health-in-mind.org.uk
- **Edinburgh University** Lecture Theatre B, David Hume Tower, George Square, EH8 9JX. Tuesday 6.30pm - 8.00pm. 7 September - 22 October. To book contact: Health in Mind on 0131 225 8508 between 10am-4pm or email: contactus@health-in-mind.org.uk

Kindred's Therapeutic Support Group

A free 8week course for parents of children with additional support needs. An opportunity to explore experiences and feelings in a small group with parents who are in a similar situation. Helping people feel to less isolated, supported by two counsellors. **Kindred** 7 Rutland Court Lane, Edinburgh EH3 8ES. Starts 23rd October- 11th December at 10am-12pm.

For more information or to book a place contact enquiries@kindred-scotland.org Or Tel: 0800 031 5793 (Option 1, Option 1)

Everyday Reading, Writing courses for adults

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

Royston Wardieburn Community Centre Pilton Drive North, EH5 1NF. Starts Monday 23 September. 10.00am -12.00pm. Have a chat with Lorraine on 0131 552 5700 or email: [lorrane.borwick@ea.edin.sch.uk](mailto:lorraine.borwick@ea.edin.sch.uk)

West Pilton Neighbourhood Centre West Pilton Grove, EH4 4BE. Starts Tuesday 24 September 1.00pm -3.00pm.. Have a chat with Melinda on 0131 552 5700 or email: melinda.peto@ea.edin.sch.uk

English Speakers of Other languages (ESOL classes)

West Pilton Neighbourhood Centre West Pilton Grove EH4 4BE

- Intermediate Level. Starts Tuesday 24/09/ - 03/12/2019.
09.30am -11.30am
- Elementary Level. Starts Friday 27/09/2019 - 07/12/2019
09.30am - 11.30am

Royston Wardieburn Community Centre Pilton Drive Nth, EH5 1NF

- Beginners Level. Starts Wednesday 25/0/2019 - 04/12/2019.
09.30am - 11.30am. Crèche available.
- Elementary Level. Starts Saturday 28/09/2019 - 07/12/2019.
10.00am - 12.00pm
- Beginners Level. Starts Saturday 28/09/2019 - 07/12/2019.
12.00pm - 2.00pm. If you would like more information about the classes or help choosing the correct class, please call 0131 552 5700 and ask to speak to Melinda Peto.

Basic cooking at PCHP

Pilton Community Health Centre 73 Boswall Parkway EH5 2PW. From Free 6-week course starting Thursday 22 August. 1.00pm -3.00pm. A flexible course adapted to your needs. Learn basic cooking skills or develop the skills you already have. Find out more about healthier eating, learn more about how what you eat can affect your body and mind. Eat well on a budget, using easy to make recipes. Meet other local people and share cooking tips. For more information or to register call 0131 551 1671 or email: joejones@pchp.org.uk or memesmolina@pchp.org.uk

Parent and child activities

Bookbug and Storytime sessions

Bookbug sessions

Free song, story and rhyme sessions for children 0-4 years with their parents and carers. There are regular Bookbug sessions in most city libraries and some community venues. Some libraries also run Polish and Gaelic sessions. For more Library information about what's on and special events, please follow us on facebook.com

Blackhall Library

Friday 10:30am-11:00am. Contact 529 5595 facebook.com/blackhalllibrary

Corstorphine Library

Thursday and Saturday 10:30am-11:00am. Contact 529 5506 facebook.com/corstorphinelibrary

Drumbrae Library Hub

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

Granton Library

Tuesday 11.00am 12noon. Polish bookbug session, every second Saturday 11.00am. Contact 529 5630 facebook.com/grantonlibrary

Muirhouse Library

Tuesday and Friday 10.30am -11.00am
Contact 529 5528 facebook.com/muirhouselibrary

Stockbridge Library

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

Kirkliston Library

Friday 10.30am - 11.00am. Contact 529 5510 facebook.com/kirklistonlibrary

South Queensferry Library

Tuesday 10.30am -11.00am. Contact 529 5576 facebook.com/southqueensferrylibrary

Library sessions for children

Blackhall Library

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

Corstorphine Library

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

Drumrae Library

Funky Fridays 2.00pm - 4.00pm

Granton Library

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

Granton Library

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

Muirhouse Library

Colouring in competition for all ages. Fridays 3.00pm

Stockbridge Library

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

Kirkliston Library

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

South Queensferry Library

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

For more library information about what's on and special events, please follow your local library on facebook.com.

Play and learn together

Stay and Play with Home Link Family Support

West Pilton Neighbourhood Centre West Pilton Grove, EH4 4BY. Monday 11.00am - 12.30pm. Starts 19 August. For parents and carers and children 0-3 years. Come along and have fun in a relaxed atmosphere with toys, crafts, songs, and stories. Contact Lyndsey for more information on 0131 661 0890.

Baby Bite size

Muirhouse Millennium Centre 7 Muirhouse Medway, EH4 4RW. Monday 12.00pm - 2.00pm. Starts 26 August. For parents and under two years play and stay. Lunch and fun with your babies Contact Darcy.lift@outlook.com for more information or phone 0131 467 3578

Baby Brunch for families with babies aged 6- 12 months

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

Muirhouse Minis – Play and Stay Sessions

Muirhouse Millennium Centre 7 Muirhouse Medway, EH4 4RW. Tuesday 10am - 11.30am. Parent and carers and children aged 0 – 5years. Contact Danielle Leadbetter on Danielle.lift@outlook.com or phone 0131 467 3578.

Haven Tots for families with children aged 1 – 3 years

Circle-Haven Craigroyston, Primary School, Muirhouse West Place EH4 4PX. Wednesdays 10.00am - 1.30am during term time. We share stories, songs, and rhymes. A fun way to help develop your child's language skills and to bond with your child. Contact Julie Calder on 0131 332 9269 or 07703 714766

Create Drop in

North Edinburgh Arts 15a Pennywell Court, EH4 4TZ. Thursday and Saturday 10.30am - 12.30pm. Drop-in, artist-led creative messy play/art sessions for under 5s and their parents and carers combined with colourful Montessori elements. Contact 0131 315 2151 or email: admin@northedinburgh.arts.co.uk www.northedinburgharts.co.uk facebook.com/CreateNorthEdinburghArts

Bookbug story, song and rhyme sessions

Gyle Shopping Centre Gyle Avenue, South Gyle Broadway, EH12 9JY. First Tuesday of the month 10am - 10.30am and 11am - 11.30am Upstairs in the Food Court. No need to book, just come along for babies, toddlers, pre-school children and their families

Peep group for babies and toddlers

Pilton Community Health Project 73 Boswall Parkway EH5 2PW. Tuesdays 1.30pm - 2.30pm (eight week blocks throughout the year). Welcoming and friendly group for local women and babies and children, suitable from 6 weeks to toddlers aged 2.5 years. All women welcome living locally (Pilton, Muirhouse, Drylaw, Granton and Royston-Wardieburn). For more info and to book a place contact Hazel on 0131 551 1671 or email: hazel@pchp.or.uk

Baby Peep (4 months to 12 months of age)

South Queensferry Community Centre Kirkliston Road, EH30 9NZ. Starting Monday 2 September. 10:30-11:30am. Running weekly during term time. For local families. Prior registration essential. Contact Nancy Little on 0131 564 1540 email; groupwork@hsew.org.uk

Baby Peep (4 months to 12 months of age)

Kirkliston Community Centre Queensferry Road, EH29 9AQ Starting Wednesday 4 September. 10.00am - 11:00am Running weekly during term time. For local families. Prior registration essential. Contact Nancy Little on 0131 564 1540 email; groupwork@hsew.org.uk

Baby Peep (4 months to 12 months of age)

Rannoch Community Centre Rannoch Terrace EH4 7ES. Starting Wednesday 4 September. 1.30-2.30pm. Running weekly during term time. For local families. Prior registration essential. Contact Nancy Little on 0131 564 1540 email; groupwork@hsew.org.uk

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

Circle-Haven Craigroyston Primary School, Muirhouse Place West EH4 4PX. Fridays 10-11.30am during term time. This group provides a relaxed and welcoming space for parents and their babies. Support and advice are offered alongside activities including sensory materials, treasure baskets and singing. Contact Julie Calder on 332 9269 or 07703 714766

Families Connect

Craigroyston Primary School Muirhouse Place West, EH4 4PX. Starts Thursday 19 September 12.30-2.30pm. For P1 parents and children (school families). Each week there is a parent workshop followed by joint activities with children. Themes include: focus on feelings, the importance of praise, enjoying stories together, the importance of counting and number talk. For more details ask at school or contact Katy Pudney katy.pudney@edin.ea.sch.uk or call 07845 015980

Puddle Bear Group: Woodland Group

Pilton Community Health Project 73 Boswall Parkway, EH5 2PW. New group planned for Autumn 2019 (dates and times tbc). Free six-week group for women and children 0-5 years, which builds confidence through outdoor play and takes place in various outdoor locations. For more information and to book a place contact Hazel on 0131 551 1671 or 07541 906513 or email: hazelloeb@pchp.org.uk. We welcome all women and children aged 0-5 years, living locally (Pilton, Muirhouse, Drylaw, Granton and Royston-Wardieburn)

Coco and Mango: storytelling group

Pilton Community Health Project 73 Boswall Parkway, EH5 2PW. New Group planned for Autumn 2019 (dates and times tbc). Free six-week group for women and children 0-5 years with stories, imaginative play, music and movement and a story sack library. For more information and to book a place contact Hazel on 0131 551 1671 or 07541 906513 or email: hazelloeb@pchp.org.uk. We welcome all women and children aged 0-5 years, living locally (Pilton, Muirhouse, Drylaw, Granton and Royston-Wardieburn).

Chinese Flower Group

Leith Community Centre 12a Newkirkgate, EH6 6AD. Thursdays 1.00pm - 2.30pm. By referral only. For Chinese parents and their children 1-3 years to play together. An opportunity to join other families for play, circle-time and group support. Contact Multi-Cultural Family Base 467 7052

The Strawberry Group

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

Additional support needs

Early Years' Service at The Yard

The Yard 22 Eyre Place Lane, Edinburgh EH3 5EH. Activity based play sessions for parents and carers of children 0-5 years with additional support needs. A themed programme of sessions around dynamic outdoor play, music and movement, sensory play, communication and language and arts and crafts. Membership of the Yard is required at £5 per month and you must register for the service before accessing it.

www.theyardscotland.org.uk/earlyyears

The Yard early years programme:

From 26 August- 10 October (excluding 16 September).

- 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.
- Parent/carer one-to-one chats with our early years Play Team Leader for advice/support (fortnightly).

Contact Danielle 0131 476 4506, 07934 839 936 or email:

earlyyears@theyardscotland.org.uk

Disability in Action Drop – in

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

Parent and toddler groups

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

Listed alphabetically.

Carricknowe Church Toddlers

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

Craigsbank Parish Toddler Group

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

East Craigs Toddlers

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

Feniks Polish Toddler Group

McDonald Road Library, McDonald Road, EH7 4LU. Fridays 11.30am - 2.00pm. Suitable for children under two years and parents or grandparents. Contact 07510 122425 or email: info@fenicks.co.uk

Holy Cross Toddlers

Holy Cross Church Hall, Davidsons Mains, EH4 6AR
www.facebook.com/holycross.toddlers

Inverleith St Serfs Church Toddler Group

St Serfs Church Hall, Clark Road, EH3 5BD. Wednesday 10.00am - 12pm. Contact 0131 552 7615. Recommend calling first.
www.inverleithsaintserfs.org.uk

Muslim Women's Association of Edinburgh Mother and Toddlers

Edinburgh Central Mosque, 50 Potterrow, EH8 9BT. Wednesday 11.00am - 1.00pm. All welcome to attend from any faith or background. Contact 074805 69182 or email: mail@mwae.org.uk

Newhaven Church Toddler Group

Newhaven Church, Church Hall, Craighall Road, EH6 4ND. Tuesday 10.00am - 1pm. Due to the high numbers attending, please email: us at: toddlers@n-c.org.uk or contact Christine Hodge.

NCT North Edinburgh Toddlers Group

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

Parent and Toddler Group

Kirkliston Community Centre, Queensferry Road, EH29 9AP. Monday 9.30am - 11.30am. Contact 0131 333 4214 www.kirklistoncommunitycentre.org.uk

Parents and Toddlers

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

Parent and Toddlers

Kirkliston Community Church, 70 Main St, EH29 9AB. Thursday 9.30am - 11.15am. Contact 0131 333 3482

Piepmatze Edinburgh German Speaking Playgroup

German Community Church, 1 Chalmers Crescent, EH9 1TR. Tuesday 10.00am – 12pm (throughout the year). Contact Piepmatze Edinburgh on Facebook.

Purzelbaum Edinburgh German Speaking Playgroup

German Community Church, 1 Chalmers Crescent, EH9 1TR
Monthly Saturday 2-5pm, 14th Sept, 12th Oct, Sunday 3rd Nov, 15th Dec 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. www.purzelbaum.wixsite.com/spielgruppeedinburgh
Email: purzelbaum.edinburgh@gmail.com

Royston Wardieburn Parent and Toddler Group

Royston Wardieburn Community Centre, Pilton Drive North, EH5 1NF. Friday 10.00am – 11.130am. Contact Jacqui Bain on 0131 552 5700 or email: jacqui.bain@ea.edin.sch.uk

The Jack & Jill Club

St Anne's Church Hall, Kaimes Road, EH12 6JT. Wednesday 9.30am - 11.30am. Enquiries for places on the waiting list, are welcome. Contact Frances Tennant 0131 316 4740

www.stannescorstorphine.org.uk/jack-and-jill-club

Toddler Area Playgroup (Tap)

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

Rannoch Toddler Group

Rannoch Community Centre, Rannoch Terrae, EH4 7ES. Monday and Thursday 9.30am – 11.30am. Contact 0131 339 5351 www.joininedinburgh.org

Toddlers on Thursdays

Murrayfield Parish Church Centre, Ormidale Terrace, EH12 6EQ

Thursday 10am -11.30am. Contact Fay Forsythe on 07708 400589 or email:

fay@murrayfieldparishchurch.org.uk

Toddler Time

Drylaw Neighbourhood Centre, 67b Groathill Road, EH4 2SA. Thursday 9.00am – 11.00am. Contact 0131 315 4989 www.drylawnc.org.uk

Trinity Toddlers

Leith Sea Scout Hall, Victoria Park, access via Craighall Avenue, EH6 5PY Monday, Tuesday and Wednesday 9.15am – 11.30am email:

pgrant1981@gmail.com

Wooden Toys Stockbridge Playgroup

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

For more information or to book a place contact enquiries@kindred-scotland.org Or Tel: 0800 031 5793 (Option 1, Option 1)

Parents and carer groups

Autism support

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

For parents and carers of children in Edinburgh local authority mainstream schools. Parents can book to attend any of the sessions which are run by the ASL service, speech and language therapists, occupational therapists and CAMHS. The sessions run in blocks for parents and carers of pre-school, primary 1-3, primary 4-7, primary 1-7 and secondary. Venues will be confirmed on booking. Contact the Additional Support for Learning Service contact 0131 469 2850 or email: autisminfo@ea.edin.sch.uk

Living with Autism (Referral only)

For parents of children with autism in primary 5-7. Eight-week parent programme delivered by speech and language therapists, CAMHS and ASL which helps parents and carers to support their child's communication. For a referral or more information, discuss at your child's planning meeting or email: autisminfo@ea.edin.sch.uk

Hanen More Than Words (referral only)

For parents of children with autism or social communication difficulties aged 0-4 years). Eight-week parent programme delivered by speech and language therapists, which helps parents and carers to understand and adapt communication and play with their child. Parents attend group sessions; home visits may be carried out where video feedback of interactions can be used. For a referral or more information, contact your speech and language therapist. www.lets-talk.scot.nhs.uk

Hanen Talkability (referral only)

For parents of children with Autism aged 4-8 years). Eight-week parent programme delivered by speech and language therapists, which helps parents and carers to support their child's communication. Parents attend group sessions; home visits may be carried out where video feedback of interactions can be used. For a referral or more information, contact your speech and language therapist www.lets-talk.scot.nhs.uk

Scottish Autism Right Click Online Support Programme

For parents and carers of children and young people on the autism spectrum. Parents and carers can register to participate in a free online support programme, specific to the age of their child. Sessions include videos and support materials. Parents are also assigned their own advisor who can answer questions and give advice. Programmes run for five weeks on a rolling programme. For more information or to register visit www.scottishautism.org/services-support/support-families/online-support-right-click

Mum's Group (for mums/female carers of children with ASD)

Tailor Ed run an informal gathering just for mums, providing a chance for mums meet up with other mums who have a child with Autism. Hosted by one of our female project workers this offers mums a chance to relax and provides an opportunity to build an informal support network.

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

Tailor Ed run an informal gathering just for Dads, providing a chance for dads meet up with other dads who have a child with Autism. Hosted by one of our male project workers this offers dads a chance to relax and provides an opportunity to build an informal support network. Contact pete@tailoredfoundation.co.uk or call 0131 624 8970

Disability

Parent and Carer Peer Support Group

Norton Park Centre 57 Albion Road, Edinburgh, EH7 5QY. Alternating Mondays and Thursdays once per month. 10.30am - 1.30pm (lunch 12.30pm). The Lothian Centre for Inclusive Living (LCiL) facilitates a peer support group for parents and carers of children and young people who are disabled or have additional support needs. The group allows parents and carers to share experiences, support each other and participate in discussion topics. www.lothiancil.org.uk. Crèche provided. Contact 0131 475 2350 or email: lisa.milburn@lothiancil.org.uk

People First Parents Group

Norton Park Centre 57 Albion Road, Edinburgh, EH7 5QY. One Thursday per month, 10.30am - 12.30pm, a crèche is provided. This self-advocacy group for parents with learning difficulties allows parents to come together to support each other, talk about being a parent, have a say in the support you receive and help to improve the support available for parents with learning difficulties. Contact Jane Lewis 0131 478 7707 or 07801 138265

Deaf Learning Service – The City of Edinburgh Council

Providing services throughout Edinburgh to Deaf Sign Language speakers and those with a hearing loss, including professionals working with young people, families, and individuals addressing issues around deafness. Services cover a range of courses and advice such as literacy support, lipreading classes, parenting, adult education and volunteering. Support is tailored to each individual's need, for example participating in a mainstream course or a specific learning environment. The service promotes a holistic approach to learning and works collaboratively with partner organisations to ensure a positive learning experience. Contact 0131 558 3545 or email:

fiona.stewart@ea.edin.sch.uk

Dads and male carers

Dad's Antenatal Workshops

Dr Bells Family Centre Junction Place, EH6 5JA. Wednesday 7.00pm - 9.00pm monthly. Free workshop, open to all dads to be. Everything you need to know about babies, from nappy changing, bathing, feeding, sleeping etc.

Facilitated by Dads Rock. To book a place

www.dadsrock.org.uk/antenatalworkshops.

Dads Rock

Granton Youth Centre EH5 1HG. Saturday 10.00-11.30am

6VT EH1 2HU. Sunday 11.00am-12.00pm.

Free weekly playgroups for all dads and male carers and children 0-5 years.

Contact Thomas 07807 49870 email: hello@dadsrock.org.uk

www.dadsrock.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. www.dadsrock.org.uk.

Contact thomas@dadsrock.org.uk or call 07807 498709

DADtastic Club

Pilton Youth and Children's Project 33 West Pilton Brae, EH4 4BU.

Thursdays 10.00am – 12 pm. Peer-led group focusing on supporting dads in the local area. Children are welcome. Contact Graeme Richards, Circle-Haven 07775 409301 or call 0131 332 9269.

Ask Dad

Circle-Haven Craigoyston Primary School, Muirhouse West Place, EH4 4PX. Practical Advice Workshops for dads on how to handle those difficult questions, challenging childhood issues and teenage traumas. This is a 6-week programme occurring twice yearly. Contact Graeme Richards, Circle-Haven 07775 409301 or call 0131 332 9269.

Dads' Clubs/ Edinburgh Lone Fathers Project

Saturdays mornings - Leith Group. Weekly get out and have fun with other dads and kids. For primary school aged children and their fathers. Meet on Saturday morning for a range of child-oriented things such as swimming, crafts, Bookbug, forest walks, and learning about all the free and cheap things to do in the Edinburgh area. Our project also provides 1:1 help to single/contact fathers who are better supported individually. Contact 0131 556 3800 / 07796 673 381 www.opfs.org.uk

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

See Parent and Carer Group – [Autism support](#)

Edinburgh Lone Fathers

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 0131 258 9507 or email: kevinedinburghlone.fathers@yahoo.com

Families Need Fathers

10 Palmerston Place Edinburgh, EH12 5AU. First Monday of each month 7.00pm -9.00pm. A chance for fathers, grandfathers or new partners to get together, obtain information and explore options about contact issues following separation. Contact Ian Maxwell 0131 557 2440 or email: info@fnfscotland.org
<http://fnfscotland.squarespace.com>

Young parents

Stepping Stones Introductory group

- **Stepping Stones** Pilton Drive North, EH5 1NF. Wednesday 10.00am-12.00pm
- **Circle- Haven** Craigroyston Primary School, Muirhouse West Place, EH4 2HU. Tuesday 10.00am -12.00pm.

Group for parents under 25 years old. Come along for a cuppa and to meet other parents in the area. Sessions vary each week and can include arts and crafts, relaxation, first aid for children. Creche provided. For information on both groups please call Stepping Stones on 0131 551 1632 or email:

info@steppingstonesnorthedinburgh.co.uk
www.steppingstonesnorthedinburgh.co.uk

Stepping Stones Core group

- **Stepping Stones** Pilton Drive North, EH5 1NF. Tuesday, Wednesday, and Thursday 1.00pm -3.00pm
- **Circle- Haven** Craigroyston Primary School, Muirhouse West Place, EH4 2HU. Tuesday, Wednesday, and Thursday 1.00pm -3.00pm..

Group for parents under 25 years old. This group follows on from our Introductory group. A chance to meet other parents in your area, while your child/children attend our early years playroom. Relax and have fun whilst taking part in group work activities. This could include educational courses, arts and crafts and health and fitness. Content of programme is planned with participants. For information on both groups please call Stepping Stones on 0131 551 1632 or email: info@steppingstonesnorthedinburgh.co.uk
www.steppingstonesnorthedinburgh.co.uk

Sleep Clinic and Workshops

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

Terrace Tots

6VT 11-15 Vennel, EH1 2HU. Tuesdays 10.30am-1.00pm. Run by Edinburgh Youth Café, for parents under 24 years and their children. Young people under 24 expecting a baby also welcome. Entry is free, meet other young parent's and share experiences or try out some new activities for you and your children

such as baby massage, cooking with kids, baby first aid, outings etc. Lunch provided. Contact 0131 229 1797

Go Lone

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

Other groups

Kinsfolk Carers Drop In and Support Group

Leith Community Centre, Persevere Room, EH6 6AD. Thursday 10.00am-12.00pm. Contact Leith Community Centre 0131 554 4750

The Chat Café

Royston Wardieburn Community Centre Pilton Drive Nth, EH5 1NF. Monday starts 19 August 12.00pm – 2.00pm. The Chat Café and a supporting crèche provides a welcoming and relaxing space for local people to meet, socialise, exchange information about cultures and local facilities, practice English and plan activities. Please book ahead to book crèche spaces. For more information, contact the Living in Harmony Development Worker at PCHP on 0131 551 1671 or email: admin@pchip.org.uk. www.pchip.org.uk

LIFT (Low Income Families Together)

Muirhouse Millennium Centre 7 Muirhouse Medway, EH4 4RW. Thursday 22nd August 9.30am -11.30am (eight weeks). Group work sessions, confidence building, domestic abuse awareness, Poverty Alliance, CV writing. Contact Danielle Leadbetter on 467 3578 or email: danielle.lift@outlook.com

First Friday Drop In

Pilton Community Health Project 73 Boswall Parkway, EH5 2PW. First Friday of every month, 10am - 12 noon. Welcoming and friendly monthly Drop in group for women living locally. Meet other women and take part in activity such as arts and crafts, or workshops with relaxation techniques, yoga or stress relief. Free crèche. For more info and to book a place contact Hazel on 551 1671 / 07541 906513 or email: hazelloeb@pchip.org.uk

Antenatal and postnatal support

Pregnancy Cafe

West Pilton Neighbourhood Centre West Pilton Grove, EH4 4BY
Tuesday 11.00am-1.00pm. A welcoming and friendly group for expectant parents. The programme runs throughout the year and includes infant feeding support, nutritional advice, and information on baby development. We have other agencies visit to offer advice on fuel bills, food waste and massage. There's lots of chat and peer support. For more information or to make a referral contact Jacqui Bain on 0131 552 5700 or email: jacqui.1.bain@ea.edin.sch.uk

Baby Massage

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

Circle-Haven Craigroyston Primary Sch, Muirhouse West PI, EH4 4PX.
Mondays and Thursdays 10.00am – 11.00am. For parents and carers and babies from six weeks to six months old. Baby massage strokes are taught over five weeks and can alleviate colic and constipation and promote bonding. Contact Julie Calder on 0131 332 9269 or 07703 714766

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

Buggy Walks

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

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 three hours support a week, in your home, from around 22 weeks into pregnancy until your baby is 12 months old. This can include preparing for baby's arrival, support to attend appointments/groups and delivery of baby. Call Helen Gault, Ante-natal Co-coordinator on 0131 661 0890 or email: helen.g@homelinkfamilysupport.org www.homelinkfamilysupport.org.uk

Juno Pre and Postnatal Parents Support Groups

North Group, Life Care Centre 2 Cheyne St, EH4 1JB. Monday 7.30pm - 9.00pm. Open to adults and babies. A peer support group run by mums who are suffering or have suffered PND. Groups provide a relaxed place for people to chat and gain advice and support. There is no pressure to talk at the group parents can just come along and listen to others if that's how they feel. Parents are welcome to drop in or there is an opportunity to meet up with a member beforehand or have a chat over the phone to help people feel more comfortable about attending. Email: juno.enquiries@gmail.com or for more info see www.juno.uk.com

Birth and Perinatal Trauma Support Group

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

Breastfeeding Support

- **Rannoch Centre** Rannoch Terrace, Edinburgh EH4 7ES. Tuesdays 10.30am – 11.30am. Midwives and health visitors provide breastfeeding support. Call 0131 286 5023
- **Conifox Bistro** Kirkliston EH29 9ER. Wednesdays 10.30am – 11.30am. Breastfeeding support is provided by the health visiting team. For more information, call 537 4445
- **Cafe Life, Life Care** 2 Cheyne Street, EH4 1JB. Wednesdays 10.30am – 11.30am. Breastfeeding support is provided by the health visiting team. For more information contact 0131 260 9204
- **La Leche League** Edinburgh Pregnancy and Parents Centre, Lower Gilmore Place, EH3 9NY. 2nd Friday each month, 10.30am – 12.30pm.

Breastfeeding Support is provided by a partner organisation. More information on www.laleche.org.uk

- **La Leche League** Edinburgh Buccleuch Free Church of Scotland 10 West Crosscauseway, EH8 9JP. 4th Saturday each month, 11.00am – 12.30pm. Breastfeeding Support is provided by a partner organisation. More information on www.laleche.org.uk

@mums2mums meetings

Informal Breastfeeding Peer Support Groups held in community cafes. Mums supporting other mums, pop in to meet up for coffee and a chat.

www.edinburghcommunitycafes.org.uk/breastfeeding-friendly-cafes.html

Best Buddies

Volunteer peer supporters can be arranged through your health visitor.

Breastfeeding Helplines

Breastfeeding Network telephone 0300 100 0210

National Breastfeeding telephone 0300 330 0771

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

Well Baby Clinics (for registered patients only)

Your local health visiting team staff the Well Baby Clinics, ask for details at your GP Practice.

Edinburgh and Lothian Twins and Multiples Club

www.edinburghtwins.co.uk

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

We can help

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

About our service

At the Family and Household Support Service, we work in your community to help anyone who may need our support. We are a Council service which helps you get all the support you might need. We want to make it much easier for you, so you talk to one person and get access to a whole range of services in the Council and across the community. Contact us on 0131 529 5014 or email: northwest.familyandhouseholdsupport@edinburgh.gov.uk

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

North West Locality Office West Pilton Gardens EH4 4BE. Tuesday 10.00am - 4.00pm and Thursday 11.00am- 4.00pm.

Pennywell All Care Pennywell Gardens EH4 4UA. Monday 1.00pm - 3.00pm. Foodbank.

Drumbrae Library Hub Drum Brae Drive, EH4 7FE. Tuesday and Thursday 1.30pm - 2.30pm. Foodbank. Thursday 2.30pm -4.00pm.

Roseberry Hall High St, South Queensferry EH30 9LL. Wednesday 1.00pm -3.00pm.

Kirkliston Library Station Road, EH29 9BE Tuesday 1.00pm -4.00pm

Priory Church Hopetoun Road, South Queensferry, EH30 9RA Thursday 11.00am-1.00pm Foodbank

Home-Start Edinburgh West and South West

We support families with at least one child under age five living in the west and south west of Edinburgh. We work with individuals and groups, providing non-judgmental, practical, and emotional support to help build a family's confidence and ability to cope. To find out more phone: 0131 5641540 or email: help@hsew.org.uk www.home-start.org.uk

Home Link Family Support Service

Home Link Family Support is a befriending and support service for families who have at least one child under five or are expecting a baby and are experiencing some form of difficulty. We can support families who live in Edinburgh. To access home visiting support email:

info@homelinkfamilysupport.org or call Michele Milligan on 0131 661 0890 or ask your health visitor. www.homelinkfamilysupport.org

Parenting Across Scotland

Information on resources, support networks and helplines for families.

www.parentingacrossscotland.org

Parentline Scotland - Children 1st

Free helpline, email, and web-chat service offering advice and support for parents and carers. Provides advice and support on a range of the issues that impact children's education such as: accessing professional help, additional support needs, emotional wellbeing and mental health and family relationships. Mon-Friday 9.00am- 9pm Sat and Sun 9am - 12pm.

Telephone: 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 Call 0808 801 0323

Parentclub

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

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

Enquire Additional Support for Learning

Advice service on additional support for children's learning. Open Tue-Thu 9am-4.30pm. www.enquire.org.uk or call 0345 123 2303

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

Social Care Direct - Children and Families Social Work

Request help or advice about a child requiring support due to illness, disability or at risk of harm. Call 0131 200 2324. Out of Hours tel: 0800 731 6969

Domestic Abuse Freephone 24hr Helpline

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

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 or call 0808 802 5544

Joininedinburgh

Activities, groups and courses for children and adults.
www.joininedinburgh.org

Contact details

If you are running a programme, activity or group for parents and carers in the North West Locality which you would like to see included in this leaflet, or if any information, needs to be amended please contact:

Sue Cameron, North West Lifelong Learning Development Officer, Parent and Carer Support on 0131 529 5082 or 07845 015979 or email: sue.cameron@edinburgh.gov.uk

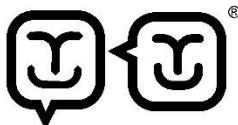
Other areas of Edinburgh

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

- Jillian Hart – North East, call 07860 736 129 or email: jillian.hart@edinburgh.gov.uk
- Helena Reid – South East, call 0131 672 2629 or email: helena.reid@ea.edin.sch.uk
- Helen Purves – South West, call 0131 458 5095 or email: helen.purves@ea.edin.sch.uk

All updated programme, activities and group booklets for each locality of Edinburgh can be downloaded from www.edinburgh.gov.uk/pacs

All parenting programmes are listed on www.joininedinburgh.org/parenting-programmes



HAPPY TO TRANSLATE

Telephone 0131 242 8181

Reference 19-5289