

Programmes, Activities and Groups for Parents and Carers In Liberton/Gilmerton

Including
Alnwickhill, Southhouse, Gracemount, Inch, and
Moredun

January – June 2019



getting
it right
for every child

team around
the
cluster

• EDINBURGH •
YOUR COUNCIL - YOUR FUTURE

CONTENTS

EARLY CHILDCARE	
Eligible Twos	3
PARENT PROGRAMMES AND COURSES	
Peep learning together	4-5
Incredible Years	5-6
Triple P	6-7
Teen Triple P	7-8
Raising Children with Confidence	8
Raising Teens with Confidence	9
Other courses	10-12
PARENT AND CHILD ACTIVITIES	
Bookbug and Storytime	13
Play and Learn Together	13-15
Additional Support Needs	15-16
Parent and Toddler Groups	16-19
PARENT AND CARER GROUPS	
Kinship Carers	20
Autism and Disability	21-22
Dads and Male Carers	22-24
Young Parents	24-25
International Parents	25-26
Other Groups	26-29
ANTE AND POST-NATAL SUPPORT SERVICES	29-30
INFORMATION AND SUPPORT SERVICES	31-32
CONTACTS	33

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
- Both maximum Child Tax Credits and Working Tax Credit and your income is below £6,420
- Support under the Immigration and Asylum Act 1999; Universal Credits

You may qualify if your child is:

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

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

DOB 1 Mar - 31 Aug 2016 starts August 2018

DOB 1 Sep - 31 Dec 2016 starts January 2019

Establishments that offer this service are listed on

www.edinburgh.gov.uk/eligible2s

[Scottish Family Information Service](http://www.scottishfamilies.gov.uk)

Information on Playgroups, childcare providers and childminders.

www.scottishfamilies.gov.uk

Early Childcare

Peep Learning Together Programme



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

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

Goodtrees Neighbourhood Centre

Tuesdays 1.30-2.30pm

For more information and to check for available spaces contact Fiona McLellan on 0131 664 9102

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

Prestonfield Nursery

Tuesdays 9.00 - 10.00am

For more information please contact 0131 667 1336

Peep BSL British Sign Language group for deaf children

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

Moffat Early Years Campus

Wednesday 1.30-2.30pm

Contact 469 2830 or 661 1401 to check if space is available

PARENT PROGRAMMES AND COURSES

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

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

Wednesdays 9.00-10.00am (term-time) starting October

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

The Psychology of Parenting Project (PoPP)



Does your child hit and shout a lot? Does your child argue with you all the time? Is it hard for your child to make friends?

3-6 year old behaviour

We have free courses for parents and carers

THE EDINBURGH PARTNERSHIP

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

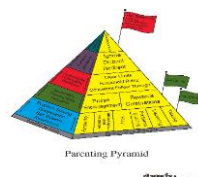


The courses offer help to adults to strengthen their relationship with their child and encourage positive behaviour. During the course you will look at effective techniques for dealing with common childhood behaviour problems. Participants explore strategies to manage behaviours such as aggressiveness,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

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

Incredible Years

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



PARENT PROGRAMMES AND COURSES

Gilmerton Community Centre, EH17 8QG

Starts Wednesday 20/02/2019 9.30am -11.30am

St. Joseph's Primary School, EH11 3RQ

Starts Tuesday 19/02/2019 9.30am -11.30am

Rosebery Hall South Queensferry, EH30 9LL

Starts Wednesday 20/02/2019 12.30pm -2.30pm

Brunstane Primary School, EH15 3BO

Starts Thursday 21/02/2019 9.15 - 11.15 am

Craigmount Community Wing, EH12 8NH

Starts Thursday 10/01/2019 9.30 - 11.30am

Triple P

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



Tollcross Community Centre EH3 9QG

Starts 24/04/2019 12.30pm - 2.30pm

Castleview Primary School, EH16 4DP

Starts Friday 25/01/2019 9.30-11.30am

Tynecastle Community Wing Tynecastle High School, EH11 2ND

Starts Tuesday 29/01/2019 9.30 - 11.30am

West Pilton Neighbourhood Centre, EH4 4BY

Starts Monday 04/02/2019 09.15-11.15am

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

PARENT PROGRAMMES AND COURSES

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

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

Triple P (primary aged children version)

for parents/carers of 6-10yrs

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

Royal Mile Primary School (Primary version), EH8 8BZ
Starts Wednesday 23/01/2019 9:30-11:30am

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

For more information contact Helen on 0131 458 4059
10.00am – 3.00pm Monday to Friday or email
supportingparentsandcarers@edinburgh.gov.uk

Teen Triple P for **parents/carers of 11-16 years**

This is a practical parenting programme which can help parents/carers cope positively with

some of the common issues associated with raising a teenager. The group and individual sessions give parents an opportunity to explore ways they can build a stronger relationship with their teenager, resolve conflict, manage problem behaviours and help their teen stay safe. Programmes run throughout Edinburgh, find details of local groups at www.joininedinburgh.org/parenting-programmes/teen-triple-p/



Southside Community Centre, EH8 9ER

Starts Thursday 24/01/2019 - 02/04/2019 , 1-3pm

PARENT PROGRAMMES AND COURSES

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

Starts Tuesday 29/01/2019 – 02/04/2019, 9.30-11.30am

Rannoch Community Centre, EH4 7ES FULL

Starts Tuesday 29/01/2019 – 02/04/2019, 6.30-8.30pm

Barnardos, EH14 1ED

Starts Friday 01/02/2019 – 05/04/2019, 9.30-11.30am

Autism Focus Teen Triple P, EH16 4DS FULL

Starts Monday 28/01/2019 – 01/04/2019, 1-3pm

For more information or to request a place go to

www.edinburgh.gov.uk//teentriplep

supportingparentsandcarers@edinburgh.gov.uk

Contact Jillian Hart 07860 736129

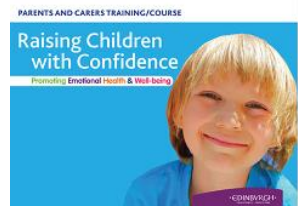
Raising Children with Confidence

This is a 7 week course which aims to give all parents/carers the chance to explore emotional health and wellbeing and consider how they can best promote it in themselves and their children. Drawing on the latest

research it helps explain why parents' actions make a difference to their children's emotional wellbeing and future positive mental health. This programme is suitable for **parents/carers of children**

aged 0-11yrs. www.growingconfidence.org Courses are held all year round throughout the city in primary schools and community venues. www.joininedinburgh.org/parenting-programmes/

Contact admin@growingconfidence.org



Gate 55, EH11 4PB

Starts Thursday 31/01/2019 – 01/04/2019, (8 sessions) 12.30-2.30pm

PARENT PROGRAMMES AND COURSES

Raising Children with Confidence for Arabic Speakers
Tynecastle Community Wing Tynecastle High School, EH11 2ND
Starts Monday 28/01/2019, (6 sessions), 10.00am - 12.00pm

For more information contact

Helena Reid

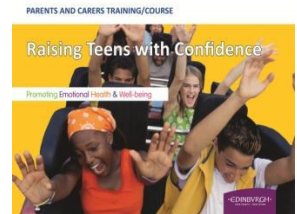
☎ 672 2629

✉ Helena.reid@ea.edin.sch.uk

Or visit www.growingconfidence.org

Raising Teens with Confidence

This 6 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)!



Wester Hailes Education Centre, Leith, EH14 2SU

Starts Tuesday 27/02/2019 (6 sessions), 6.30 - 8.30pm

Courses run in some Edinburgh Secondary schools and are listed on www.joininedinburgh.org

Contact admin@growingconfidence.org

PARENT PROGRAMMES AND COURSES

Other courses for parents

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



These informal evening information and support sessions are for parents and carers who wish more information or are concerned about their pre teen or teenager's emotional wellbeing or mental health. The sessions are planned and delivered with the support of 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, Parent and Carer Support Development Officer on 07860 736129 or email jillian.hart@edinburgh.gov.uk

CEDAR Children Experiencing Domestic Abuse Recovery

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

www.cedarnetwork.org.uk

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

PARENT PROGRAMMES AND COURSES

Stress Control

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

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

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

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

Parenting Apart

A Parenting Apart Information Session is an opportunity for you to learn how you and your children can move forward positively following a separation or divorce. You will gain insight into what you and your family are going through and how to handle the transition to living apart in a way that's best for everyone.

Sessions generally last for 3 hours and are for groups of mums and dads, and they may also be available on a one to one basis in some areas. You and your child's other parent would go to different sessions. www.familymediationlothian.co.uk

For more information Tel: 0131 226 4507 or Email info@familymediationlothain.org

PARENT PROGRAMMES AND COURSES

English skills groups

Valley Park Community Centre

Wednesday and Thursday mornings (free crèche available)

For more information contact 0131 664 2210

Goodtrees Neighbourhood Centre

Thursdays 9.30am -11.30am (free crèche available)

For more information contact 0131 672 2629

PARENT AND CHILD ACTIVITIES

Bookbug and Storytime Sessions

Bookbug Sessions

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

Gilmerton Library

Mondays 1.30pm-2.00pm and Every second Friday 10.30am-11.15am

Contact Gilmerton Library on 0131 529 5628

Moredun Library

Tuesdays at 10.30pm-11.00pm

Contact Moredun Library on 0131 529 5652 for more information

South Neighbourhood Library

Every second Thursday 10.30am -11.00am

Contact South Neighbourhood Office 0131 529 5151 on for more information

Play and Learn Together

Chinese Flower Group for Chinese parents and their children, **1-3 years old to play together**. An opportunity to join other families for play, circle-time and group support.

Leith Community Centre, 12a Newkirkgate, Leith.

Thursdays 1.00-2.30pm

By referral only. Contact Multi-Cultural Family Base 467 7052

PARENT AND CHILD ACTIVITIES

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.

Leith Community Centre, 12a Newkirkgate, Leith

Fridays 10.00-11.30am

By referral only. Contact Multi-Cultural Family Base 467 7052

Dads Rock

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

Granton Parish Church, 55 Boswall Parkway, EH5 2DA

Saturdays 10.00-11.30am –

WHALE Arts, 30 Westburn Grove EH14 2SA

Saturday 10.00-11.30am -

6VT Youth Café, 11-15 Vennel, EH1 2HU

Sunday 11.00am-12.30pm

Contact 442 4662 or 07807 498709 thomas@dadsrock.org.uk

Get Going

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

For more information go to www.nhslothian.scot.nhs.uk/getgoing/

Tel: 0131 537 9209 or Email: get.going@nhslothian.scot.nhs.uk

Dr Bells Family Centre

Thursday 4.30-6pm.

PARENT AND CHILD ACTIVITIES

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

Gorgie Suite, Tynecastle Park Stadium

Tuesday 4:30-6:30pm

Contact kinship@bighearts.org.uk

Additional Support Needs

The Drop In

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

Jack Kane Centre

Saturday 10.00am-12.00pm (cost 50p)

Contact 657 1595

Northfield and Willowbrae Community Centre

Saturday 2.00-4.00pm

Contact 661 5723

Royston Wardieburn Community Centre

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

Contact 552 5700

Early Years' Service at The Yard

Activity based play sessions for parents and carers of children 0-5 years with additional support needs. A themed programme of sessions for 0-2s and 3-5s around dynamic outdoor play, music and movement, sensory play, communication and language and arts and crafts.

Membership of the Yard is required at £5 per month.

www.theyardscotland.org.uk/earlyyears

PARENT AND CHILD ACTIVITIES

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

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

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

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

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

Parent/carer one-to-one chats with our Early Years Play Team Leader for advice/support. Tue from 22nd Jan 11am-12pm fortnightly.

Contact Danielle 476 4506 earlyyears@theyardscotland.org.uk

[Peep BSL British Sign Language group for deaf children](#)

[ASL Peep](#)

See PARENT PROGRAMMES AND COURSES Peep Learning Together for details

Parent and Toddler Groups

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

[Spinney Tots @ Goodtress Neighbourhood Centre](#)

Mondays and Tuesdays 9.00-11.30am (term time)

For more information contact Fiona McLellan on 0131 664 9102

[Spinney Tots @ Gilmerton Community Centre](#)

Mondays 12.45-3.00pm and Thursdays 9.00-11.45am and 12.30pm-3.15pm (term time)

For more information, contact Fiona McLellan on 0131 664 9102

PARENT AND CHILD ACTIVITIES

Terrace Tots

6VT, 11-15 Vennel, EH1 2HU

For parents under 24 years and their children.

Young people under 24 expecting a child also welcome.

Tuesday 10:30am-1:00pm

Contact 0131 229 1797

Liberton Kirk, 28 Kirkgate, Liberton

Tuesdays 2pm – 3:30pm

Wednesdays 10am – 12

For more information, contact Linda Wright on 0131 664 8264

Muslim Women's Association of Edinburgh

Mother and Toddler Groups

Thurs 11am-1pm, Edinburgh Central Mosque, EH8 9BT

All welcome to attend from any faith or background

Tel: 074805 69182 email mail@mwae.org.uk

New Life Tots (Liberton Northfield Church)

Fridays 9.30am-11.30am

For more information contact Liberton Northfield Church

Staff-run Parent and Toddler Groups

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

Stay and Play

Stay and Play is a free group for parents and carers and their children aged 0-5years. Come along and have fun in a relaxed atmosphere with toys, songs, stories and a new craft activity each week. The group runs every Wednesday from 11-12:30pm in the crèche at Goodtrees Centre. (The same time as the baby clinic's). Please contact Lyndsey for more information 0131 661

PARENT AND CHILD ACTIVITIES

0890 or Lyndsey.m@homelinkfamilysupport.org. No booking necessary, just come along!

[Feniks Polish Toddler Group](#) for parents and grandparents and children under 2 years. Talk and exchange parenting experience in a friendly atmosphere, have a chance to talk to professionals, exchange tasty and healthy recipes for babies and families, visit family friendly places in Edinburgh.

[McDonald Road Library, 2-4 McDonald Road, Leith, EH7 4LU](#)
Fridays 11.30am-2.00pm
Contact 07510 122425 info@fenicks.co.uk

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

[Edinburgh Central Mosque, EH8 9BT](#)

Wednesday 11.00am-1.00pm

All welcome to attend from any faith or background

Contact 074805 69182 mail@mwae.org.uk

[Piepmatze Edinburgh German Speaking Playgroup](#)

[German Community Church, 1 Chalmers Crescent, EH9 1TR](#)

Monthly Saturday 2-5pm, 9th Feb, 9th March, 13th April, 11th May, 8th June 2019

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

For more information see

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

[Gaelic parent and toddler groups](#) www.gaelicplaygroup.com

[Coileagan Leith](#)

[Leith Community Centre, 12a New Kirkgate, Leith EH6 6AD](#)

Monday 9.30-11.30am and 12.30-2.30pm

PARENT AND CHILD ACTIVITIES

Tollcross Community Centre

Wednesday 9.15-11.15am

Taobh Na Pairce, Bonnington Road

Tuesday or Friday 9.15-11.15am

Contact 529 2415 Norma.martin@edinburgh.gov.uk

Mothers and Infants Group Referral only.

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

Thursday mornings, Leith

Contact Multi-Cultural Family Base on 467 7052.

Toy Library

Each week, the toy library runs where you can come along for all or part of the session. Toys are laid out for your child to explore and choose what to borrow and a variety of toys are set out to play with on floor mats and at child size tables.

Inch Community Centre

Tuesdays 9.30am -1.00pm (term time)

For more information contact the Inch Community Centre on 0131 664 4710

PARENT AND CARER GROUPS

Kinship Carers

One to One Support Sessions Kinship Carers

Are you the grandparent, auntie, uncle, older sibling, close family friend caring fulltime for a child/children? If yes, you are a kinship carer. Mentor is working in Edinburgh to help support kinship Carers and the children they care for. One of the many services we provide is One to One Support. These appointments provide a more individual support; a chance to talk about what's going on for you and your family. We can also provide support at more suitable times for families. For more information on all of our services including our weekly children and young people's youth groups please call the Mentor office on 0131 334 8512

Greengables Nursery, 8A Niddrie House Gardens EH16 4UF
Wednesday 11.00am-12.30pm

Leith Community Education Centre 12A Newkirkgate EH6 6AD
Thursday 10.00am-12.00pm

First Saturday of the month Open Surgery 9.30-11.00am

Contact Mentor on 334 8512 Book on www.kinsfolkcarers.co.uk

Kinsfolk Carers Kinship Care Support Groups

Drop in (except during School Holidays)

Leith Community Education Centre, Persevere Room, EH6 6AD

Thursday 10.00am-12.00pm

Contact 334 8512 www.kinsfolkcarers.co.uk

Big Hearts Kinship Care After School Club

See PARENT AND CHILD ACTIVITIES Play and Learn Together for details

PARENT AND CARER GROUPS

Autism and Disability

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

For parents and carers of children in Edinburgh Local Authority mainstream schools. Parents can book to attend any of the sessions which are run by the ASL service, Speech and Language Therapists, Occupational Therapists and CAMHS. The sessions run in blocks for parents and carers of :
Pre School; P1-3; P4-7; P1-7 and Secondary.

Venues will be confirmed on booking.

Contact the Additional Support for Learning Service 469 2850, autisminfo@ea.edin.sch.uk

People First Parents Group

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

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

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

Contact 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, support and advice, such as literacy classes, lipreading classes, parenting, adult education and volunteering. Support is tailored to each individual's need, for example participating in a mainstream course or a specific

PARENT AND CARER GROUPS

learning environment. The service promotes a holistic approach to learning and works collaboratively with partner organisations to ensure a positive learning experience.

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

Parent and Carer Peer Support Group

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

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

www.lothiancil.org.uk Creche provided.

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

Please check the website for dates

10.30am- 1.30pm, lunch 12.30pm,

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

Dads and Male Carers

Becoming Dad Group

A group **for new and expectant dads, particularly young dads under 25 years** who are expecting the arrival of their first child.

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

Circle's Haven Project, Craigroyston Primary School, EH4 4PX

Thursdays 3.00-5.00pm

Contact Pete Cloke 332 9269 or 07703 714769

pete.cloke@circle.scot

or Anna Chrystal on 0131 551 1632 or 07932 088615

annachrystal@steppingstonesnorthedinburgh.co.uk

PARENT AND CARER GROUPS

Antenatal classes for dads

Free classes, **open to all dads2be**. Run in collaboration with NHS Lothian, a midwife will facilitate the classes along with Dads Rock. All you need to know about bringing up baby!

Dr.Bells Family Centre

Tuesday's 6.30-8.30pm in blocks of four sessions starting on 16/01/2019

For more information or to book a place contact Thomas on thomas@dadsrock.org.uk or 07807 498709

Families Need Fathers

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

10 Palmerston Place, Haymarket, Edinburgh, EH12 5AU

First Monday of each month 7.00-9.00pm

Contact Ian Maxwell 557 2440 info@fnfscotland.org

<http://fnfscotland.squarespace.com/>

Dads' Club **single/contact fathers and their young children up to age 8**

A weekly chance for to get out and have fun with other dads and kids. Some live apart from their kids, but have regular contact, while other dads have their children full time. We meet each Saturday morning to do a range of child oriented things such as swimming, crafts, Bookbug, forest walks, and learning about all the free and cheap things there are to do in the Edinburgh area with wee ones.

Edinburgh Lone Fathers Project, Gilmerton Early Years Centre

Contact 664 1202 / 07796 212498

PARENT AND CARER GROUPS

Edinburgh Lone Fathers

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

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

Dads Rock

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

Dads Rock **for dads and male carers and their children 0-5 years.** Free, weekly playgroups for all dads and male carers
WHALE EH14 2SA

Saturday 10.00-11.30am

Granton Parish Church EH5 2DA

Saturday 10.00-11.30am

6VT EH1 2HU

Sunday 11.00am-12.00pm

Contact Thomas 07807 498 709 www.dadsrock.org.uk

Young Parents

Terrace Tots

Run by Edinburgh Youth Café, **for parents under 24 years and their children.** Young people under 24 expecting a baby also welcome. Entry is free and you will get the chance to meet other young parent's and share experiences or try out some new activities for you and your children such as baby massage, cooking with kids, baby first aid, outings etc. Lunch provided.

PARENT AND CARER GROUPS

6VT, 11-15 Vennel, EH1 2HU,
Tuesdays 10.30am-1.00pm
Contact 229 1797

Expecting Something run by Starcatchers for young parents under 25 with their babies from across the city. Spend time with your babies and share a free lunch with other young parents whilst engaging in artist-led creative activities. Free including a healthy lunch.

WHALE Arts, Wester Hailes, Thursdays, 10.30am-12.30pm
Contact Natasha on 0131 290 2560

International Parents Groups

New Arrivals and International Parent Group

A welcoming **international parents group for pregnant women and families with young children (partners, infants, toddlers and older siblings welcome)**. Support, information and resources around pregnancy and parenting. Sessions are free, donation for refreshments welcome.

Granton Hub, Granton Park Avenue, Edinburgh, EH5 1HS

Fridays 10.00am-12.00pm

Contact Pavi passion.earth2012@gmail.com or 07809 365827

Chinese Flower Group

Mothers and Infants Group

The Strawberry Group

See PARENT AND CHILD ACTIVITIES Play and Learn Together for details

PARENT AND CARER GROUPS

[Feniks Polish Toddler Group](#)

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

[Piepmatze Edinburgh German Speaking Playgroup](#)

See PARENT AND CHILD ACTIVITIES Parent and Toddler Groups for details

PARENT AND CARER GROUPS

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 will be provided. Must be **booked in advance**.

Valley Park Community Centre

Tuesdays 12.00-1.00pm

For more information and to book a place contact Sally Marshall on 07814903239

Juno Pre and Postnatal Parents Support Groups

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

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

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

Morningside Group 6A Morningside Road EH10 4DD

Open to adults and babes in arms

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

South Group, Gilmerton Community Centre, 4 Drum Street, EH178QG. Temporarily closed

Open to both adults and children (termtime)

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

PARENT AND CARER GROUPS

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

Open to adults and babes in arms

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

[@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.

[Becoming Dad Group](#)

[Antenatal classes for dads](#)

See PARENT AND CARER GROUPS Dads and Male Carers for details

[Best Buddies](#)

A local support for breastfeeding parents contact Infant Feeding Advisers 0131 537 4262

[Breastfeeding Helplines](#)

Breastfeeding Network 0300 100 0210

National Breastfeeding 0300 330 0771

[Breastfeeding Friendly Community Cafes](#)

Add cafes from local area

[Well Baby Clinics](#) for registered patients only

[Valley Park Community Centre](#)

Tuesdays 10.30am-11.30am (last weight is 11.15am)

Contact Sally Marshall, Nursery Nurse 0131 672 9470

[Goodtrees Neighbourhood Centre](#)

Wednesdays 11.30am-12.30pm (last weight is 12.15pm)

Contact Sally Marshall, Nursery Nurse 0131 672 9470

ANTE AND POST NATAL SUPPORT SERVICES

For more information and advice visit the new [NHS Lothian](#) “Feeding Your Baby” website

<https://services.nhslothian.scot/feedingyourbaby>

[Edinburgh & Lothian Twins & Multiples Club](#)

www.edinburghtwins.co.uk

[Nappuccino Real Nappy coffee morning](#)

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

Last Friday of the month 10.00-11.30am

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

[Ready Steady Baby](#)

NHS guidance for pregnancy, labour and birth.

www.readysteadybaby.org.uk

[Ready Steady Toddler](#)

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

www.readysteadytoddler.org.uk

[Katakeet mother and baby group](#)

Run by Multicultural Family Base (MCFB) this **Arabic/ English group for mothers and babies aged 0-6months, pregnant mothers and older siblings welcome**. A safe supportive group to observe play and think about you and your baby while sharing experiences with other mothers.

[Fort Community Wing, 25 North Fort Street, EH6 4HF](#)

Tuesday 12.00-1.30pm

Contact 467 7052 for more information or to book a place.

[Best Start Grant](#)

Replacing the Sure Start Maternity Grant is the new Best Start Grant Pregnancy and Baby Payment in Scotland. Social Security Scotland will begin taking applications on Monday 10 December.

ANTE AND POST NATAL SUPPORT SERVICES

Best Start Grants will provide lower-income families with financial support during the key early years of a child's life. They replace and expand on the UK Government's Sure Start Maternity Grant by:

- providing eligible families with £600 on the birth of their first child and £300 on the birth of any subsequent children
- not putting a limit on the number of children that are supported
- extending the application window from 24 weeks pregnant to 6 months after the birth, giving clients longer to apply

Further details can be found on mygov.scot.

Before Summer 2019 we will introduce two additional payments of £250, per child, to help with the costs of early learning at the age of 2 or 3 and around the time they start school. We will confirm the start date as soon as we can.

INFORMATION AND SUPPORT SERVICES

Parentline Scotland- Children 1st

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

Mon-Friday 9.00am-9pm Sat and Sun 9am-12pm

Tel: 08000 28 22 33

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

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 contact Michele Milligan **0131 661 0890** or ask your health visitor for more information.

Lone Parent Helpline-One Parent Families Scotland

Information and advice for single parents.

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

Enquire Additional Support for Learning

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

Social Care Direct- Children and Families Social Work

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

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

Domestic Abuse Freephone 24hr Helpline

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

INFORMATION AND SUPPORT SERVICES

Young Minds Parents Helpline

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

www.youngminds.org.uk

0808 802 5544

Parentzone

For information on education in Scotland and how parents and carers can be involved in their child's learning

www.education.gov.scot/parentzone

Parenting Across Scotland

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

Parentclub

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

Joininedinburgh

Activities, groups and courses for children and adults.

www.joininedinburgh.org

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

Maximise @ Goodtrees Neighbourhood Centre

5 Moredunvale Place, Edinburgh EH17 7LB

Employability Service Every

Wednesday 10.30pm -12.30pm (drop in)

1.30-4pm (by appointment)

Please ask for Ceri at reception or call 0131 442 2100

INFORMATION AND SUPPORT SERVICES

CONTACTS

Contact details

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

Helena Reid – South East

☎ 0131 672 2629

✉ helena.reid@ea.edin.sch.uk

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

Jillian Hart – North East

☎ 07860 736 129

✉ jillian.hart@edinburgh.gov.uk

Sue Cameron – North West

☎ 0131 529 5082

✉ sue.cameron@edinburgh.gov.uk

Helen Purves – South West

☎ 0131 458 5095

✉ helen.purves@ea.edin.sch.uk

All updated Programme, Activities and Group booklets for for each area of Edinburgh can be downloaded from www.edinburgh.gov.uk/pacs

All Parenting Programmes are listed at www.joininedinburgh.org/parenting-programmes

You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact ITS on 0131 242 8181 and quote reference number **18-4518**. ITS can also give information on community language translations.



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