

**Programmes,
Activities and Groups
for parents and carers
in**

**North West Edinburgh:
Almond and Western**

January – June 2018



**getting
it right**
for every child

**team around
the
cluster**

•EDINBURGH•
YOUR COUNCIL - YOUR FUTURE

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Early learning and childcare **for eligible two year olds**

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

The following establishments offer this service in this area

Fox Covert	339 3749
Queensferry	331 3594
Broomhouse & St Josephs	443 3783 / 443 4591
Clermiston	334 0421
Gylemuir	336 3361
Hillwood	333 1210

www.edinburgh.gov.uk/eligible2s

Parenting Programmes



Peep Learning Together Programme is a universal parenting programme for **parents and carers of children 0-5yrs**. Sessions support parents and carers to value and build on the home learning environment and relationships with their children, by making the most of everyday learning opportunities - listening, talking, playing, singing and sharing books and stories together.

Baby Peep parents/carers and 0 -12mths

Kirkliston Community Centre

Wednesday 10am - 11am

Booking is essential, please email Home- Start Edinburgh West and SW help@hsew.org.uk

Baby Peep **parents/carers and 0 -12mths**

Rannoch Community Centre

Wednesday 10am -11am

Booking is essential, please email Home- Start Edinburgh West and SW help@hsew.org.uk

Peep Baby/ toddlers **parents/carers and children 0–18mths**

Hillwood Hub at Hillwood Primary, Ratho Station

Monday 10am -11am 6 week block

For more information or to check if spaces are available contact Yvonne Higgins/Alicia Roberts 333 1210

Peep Toddlers **parents/carers and children 10–128mths**

Davidsons Mains Primary School

Thursday 9.00am -10am Feb/ March and April/June

For more information or to check if spaces are available contact Melissa O'Neill 336 1184

Peep Toddlers **parents/carers and children 18mths -3 years**

Hillwood Hub at Hillwood Primary School

Thursday 11am – 12noon

6 week block

For more information or to check if spaces are available contact Yvonne Higgins/Alicia Roberts 333 1210

Peep Twos **parents/carers and 2 year olds**

Queensferry Primary Nursery class (wraparound room)

Friday 9.30am - 10.30am

For more information or to check if spaces are available contact Karen Scott 331 1349

Peep Threes **parents/carers and 3 year olds**

Clermiston Primary School Nursery

Tuesdays 12.30pm -1.45pm *To be confirmed*

Starting April (for new starts at nursery in August 2018)

For more information please contact the Nursery 336 3361

Peep Threes **parents/carers and children 3-4yrs**

Carrick Knowe Primary Nursery class

Day and time to be confirmed

Peep Fours **parents/carers and children 4yrs**

Gylemuir Primary School

Tuesday 1.30pm -2.30pm month of May

Contact Kirsty Geddes 334 7138

Peep Threes **parents/carers and children 3yrs**

Gylemuir Primary School

Tuesday 1.30pm -2.30pm Month of June

For new starts in August 2018

Contact Kirsty Geddes 334 7138

ASL Peep **parents/carers and children whose children are children are undergoing or have a diagnosis of Autism, or other additional support needs.**

It aims to provide group support by incorporating play with a visual environment and is available to families from anywhere in the city.

Granton Early Years Centre

Wednesday 9:00-10:00am

For more information or to check if spaces are available contact Kerry Gilmour 552 4808.

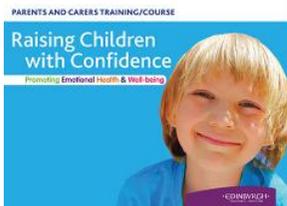
Peep BSL British sign Language group for deaf children

Sing and sign group for parents/carers and children 0 5 years)

Moffat Early Years Campus, Craigmillar

Wednesday 1.30pm -2.30pm

For more information or to check if spaces are available contact 469 2850 or Moffat Early Years Campus on 661 1401.

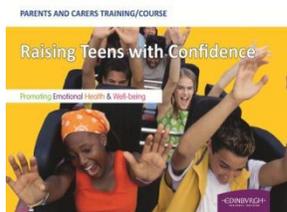


Raising Children with Confidence

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 latest research it helps explain why parents' actions make a difference to children's emotional wellbeing and future positive mental health. This programme is suitable for **parents/carers of children aged 0-11yrs.**

See listings www.joininedinburgh.org/parenting-programmes/raising-children-confidence/

Contact admin@growingconfidence.org



Raising Teens with Confidence

This is a 6 week course **for parents and carers of teens** aims to help adults understand how they can best support their teenagers to navigate increasing independence; develop confidence, security and resilience; promote and benefit from emotional wellbeing. The latest research around what helps support emotional wellbeing throughout life is used. This includes adolescent brain development, risk taking behaviour, importance of communication and the effects of stress. Courses run in some Edinburgh Secondary schools.

See listings www.joininedinburgh.org/parenting-programmes/raising-teens--confidence/

Contact admin@growingconfidence.org



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

The courses look at effective techniques for dealing with common childhood behaviour problems. Strategies to manage behaviours such as aggressiveness, tantrums, shouting, answering back and refusing to follow rules are also explored. Specially trained group leaders work with parents/carers on goals for themselves and their family. There is also 1:1 phone support.

There are crèche places and help with transport costs can be arranged.

Apply online at www.edinburgh.gov.uk/parenting3to6

Contact Parent and Carer Support on

supportingparentsandcarers@edinburgh.gov.uk

Phone 07795 127954 between 10am and 3pm Monday – Friday



The Incredible Years

14 week programme is available in venues across the city.

www.joininedinburgh.org/parenting-programmes/incredible-years



Triple P

9 week programme is available in venues across the city.

www.joininedinburgh.org/parenting-programmes/triple-p/



Teen Triple P (Positive Parenting Programme)

This is a practical parenting programme which can help parents/carers cope positively with some of the common issues associated with raising a teenager. The group and individual sessions give parents an opportunity to explore ways they can build a stronger relationship with their teenager, resolve conflict, manage problem behaviours and help their teen stay safe.

Programmes run throughout Edinburgh for **parents, step parents and carers of teenagers 11-16yrs**, find details of local groups at www.joininedinburgh.org/parenting-programmes/teen-triple-p/

For more information or to request a place and apply online go to www.edinburgh.gov.uk/teentriplep

For more information contact Jillian Hart, 07860 736129
10am-3pm, Monday – Friday or

email: supportingparentsandcarers@edinburgh.gov.uk

Information sessions/courses for parents

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.

For information please contact the Additional Support for Learning Service Tel: 0131 469 2850, email autisminfo@ea.edin.sch.uk

Conflict Resolution- Recognise, Reflect and Resolve

These 2 session courses run by Cyrenians Scottish Centre for Conflict Resolution (SCCR) provide an opportunity for parents and carers of pre teen and teenagers to reflect on what it's like for teenagers growing up and the potential triggers of conflict in families. Discussions will help parents and carers to reflect on different ways to resolve conflict and improve family relationships in different situations. www.scottishconflictresolution.org.uk

Places must be booked in advance. For details on future courses please contact jillian.hart@edinburgh.gov.uk or call 07860 736129.

Parenting Apart Information Session

Splitting up? Living Apart? Divorcing? Separating? Do you want to know how to help your children through it all? A session is an opportunity to learn how you and your children can move forward positively. You'll gain insight into what 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 3 hours. They are for groups of mums and dads, and may also be available on a

1:1 basis in some areas. You and your child's other parent go to different sessions. The facilitators are experienced family support professionals who will explain what your children need from you and their other parent. For more information contact 0131 226 4507 info@familymediationlothian.org, www.familymediationlothian.co.uk

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.

Currie Community High School EH14 5RT

Tuesday 17th April – Tuesday 22nd May 2018, 6.30-8pm

Wester Hailes Library, EH14 2ST,

Tuesday 17th April- Tuesday 22nd May 2018, 11am-12.30pm

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

Parent and Carer Groups

Deaf Learning Service – Edinburgh Council

Providing services throughout Edinburgh to Deaf Sign Language speakers and those with a hearing loss, including professionals working with young people, families, and individuals addressing issues around deafness.

Services cover a range of courses, support and advice, such as literacy classes, lipreading classes, parenting, adult education and volunteering. Support is tailored to each individual's need for example participating in a mainstream course or a specific learning environment. The service promotes a holistic approach to learning and works collaboratively with partner organisations to ensure a positive learning experience.

For more information: email fiona.stewart@ea.edin.sch.uk or contact 558 3545 (main office)

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 5-17 years who may be overweight and their parents and carers

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

Juno Perinatal Mental Health Support

A peer support group run by mums who are suffering or have suffered PND. A relaxed place to chat, gain advice and support. There is no pressure to talk. Parents can just 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 chat over the phone to help people feel more comfortable about attending.

For more information see the website www.juno.uk.com

Groups run during term time only

Sighthill Group, Gate 55, 55 Sighthill Road, EH11 4PB
Tuesday 9.30am -11.00am. Open to both adults and children.
Email: juno.longstone@gmail.com

Craiglockhart Group, SANDS Lothian
177 Colinton Rd EH14 1BZ
Thursday 7:30pm - 9.00pm.
Contact: juno.craiglockhart@gmail.com

South Group, Gilmerton Community Centre
4 Drum Street, EH17 8QG.
Friday 10.00am-11.30am.
Contact: juno.southedinburgh@gmail.com

Kinship Care Support Groups

Kinsfolk Carers Edinburgh,
Leith Community Education Centre, Persevere Room, EH6 6AD
Every Thursday 10am - 2 noon Drop in
(except during School Holidays)
For more information please call Mentor on 0131 334 8512 or see
www.kinsfolkcarers.co.uk

New Arrivals & International Parents 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 Ave, EH5 1HS
Fridays 10am-12pm

For more information please contact Pavi:
passion.earth2012@gmail.com Tel: 07809 365827

One to one Support Session Kinship Carers

Are you a grandparent, auntie, uncle, older sibling, close family friend, caring fulltime for a child/ children? If yes, you are in 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 is 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 weekly children and young people's youth groups. Please call the Mentor office on 334 8512 or book through www.kinsfolkcarers.co.uk

Greengables Nursery, EH16 4UF Wednesday 11am - 2.30pm
Leith Community Education Centre, Thursday 1.30am - 1.00pm
Leith Community Education Centre, EH6 6AD
First Saturday of every month 9.30am - 11am *Open surgery*

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

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 or call 07807 498709.
www.dadsrock.org.uk

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!

4 weekly classes run in Wester Hailes Healthy Living Centre, Tuesdays at 6.30pm, the next blocks –

10th April- 1st May, 22nd May-12th June, 3rd July-24th July, 14th August- 4th September 2018.

For more information or to book a place contact Thomas by email on thomas@dadsrock.org.uk or call 07807498709

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 to attend.

Circle's Haven Project, Craigroyston Primary School, EH4 4PX, Thursdays 3-5pm

For more information contact Pete Cloke on 0131 332 9269/ 07703 714 769 or e mail pete.cloke@circle.scot

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.

Families Need Fathers 10 Palmerston Place EH12 5AU.

1st Monday of each month 7.00pm -9.00pm

For more information contact Ian Maxwell on 557 2440 or email info@fnfscotland.org <http://fnfscotland.squarespace.com/>

One Parent Families Scotland - Us Together Project for single fathers and children 0-16 years

13 Gayfield Square, EH1 3NX

Monday to Saturday

Contact Tom Carroll 07814 078139

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) in Edinburgh. 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 see www.facebook.com/lonefathers2016

Contact 258 9507 or email

kevinedinburghlone.fathers@yahoo.com

Parent and Baby Activities

Baby Massage

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

Rannoch Centre Monday 1.30pm – 2.30pm

Craigmount Community Wing Wednesday 10.00am – 11.00am

Contact Heather at Home Start for more information or email Home- Start Edinburgh West and SW help@hsew.org.uk

NCT Bumps and Babies

Blackhall Library

Wednesday 10.30am

Contact 529 5595

Bookbug Sessions

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

Blackhall Library – 529 5595

Friday 10:30am-11:00am

Thursday (monthly) 10.30-11.00am Seinn (Gaelic group)

Corstorphine Library – 529 5506

Tuesday and Saturday 10:30am-11:00am

Drumbrae Library Hub – 529 5244

Tuesday 2.00-2.30pm

Wednesday and Saturday 10:30am-11:00am

The Gyle Shopping Centre (upstairs at back of Food Court)

1st Tuesday of the month

10.00am-10.40am and 11.00am-11.40am

Kirkliston Library (facebook.com/kirklistonlibrary)

Friday 10.30-11.00am

Contact 0131 529 5510

South Queensferry Library

(facebook.com/southqueensferrylibrary)

Tuesday 10.30-11.00am

Contact 0131 529 5576

Library sessions for children and young people

Blackhall Library

Stories and Crafts

Friday fortnightly 3.00-4.00pm

Corstorphine Library

Chatterbooks book Friday fortnightly 2.30pm
Lego Club Every Friday 2.30pm

Drumbrae Library Hub

Chatterbooks Monday, fortnightly 4-5pm
Funky Fridays Friday 2- 4pm
Coderdojo Saturdays fortnightly 2-4pm

Kirkliston Library

Teenage girl's writing group Wed first of the month 6.30pm -
7.30pm, must be booked.

Crafts drop in/ Lego club Friday 2 -3pm

South Queensferry Library – Places must be booked

Chatterbooks book Monday 2nd of the month, 7-8pm

Crafts drop Fridays 2- 3pm

Tiger Tales First Friday of the month 2- 2.45pm

Children's creative writing group

Wednesday fortnightly, 3.45-4.45pm

Parent and Child activities

Early years staff-led Baby and Toddler Groups

SQUFs (SQ Under Fours)

South Queensferry Community Centre

Monday and Wednesday 9.15-11.15am

Early Years' Service at The Yard

Activity based play sessions for parents and carers of children 0-5years with additional support needs. A themed programme of sessions is planned 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.

Tuesday 9th January- Thursday 29th March 2018.

Mondays- Music and Movement

0-5s 10-11am, Activity based play 3-5s at 12.30-2pm
Tuesdays- Activity based play 0-2s 10-11.30am, 3-5s 2.30-4pm
Thursdays - Activity based play 0-2s, 12.45-2.15pm
Tuesday Drop in Club 12-2pm, 0-5 years and siblings
For more information contact Danielle on 476 4506
or email earlyyears@theyardscotland.org.uk
www.theyardscotland.org.uk/earlyyears

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. There is no entry cost 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. For more information contact 0131 229 1797

Expecting Something run by Starcatchers

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

WHALE Arts, Wester Hailes,

Thursdays 10.30am-12.30pm

Contact Natasha on 290 2560

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

Gorgie Suite at Tynecastle Stadium

Tuesday 4:30-6:30pm

Contact kinship@bighearts.org.uk

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 small charge. Some group run in term time only.

Feniks Polish Toddler Group

McDonald Road Library, Leith, EH7 4LU

Fridays 11.30am-2pm

Free for parents and grandparents and children under 2 years.

Talk and exchange parenting experience in a friendly atmosphere, chance to talk to professionals, exchange tasty and healthy recipes for babies and families, visit family friendly places in Edinburgh. Call 07510 122425 info@fenicks.co.uk

Muslim Women's Association of Edinburgh

Mother and Toddler Groups

Tue 11am-1pm, Ingra Academy, 10 E Suffolk Rd, EH16 5PH

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

All welcome to attend from any faith or background

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

Parent and Baby/Toddler Group

Rannoch Centre

Monday 9.30-11.30am

Queensferry Baby and Toddler Group

Parish Church, The Loan, South Queensferry

Wednesday and Thursday 9.15-11.30am

Kirkliston 0-4s Parent and Toddler group

Kirkliston Community Centre

Monday 9.30-11.30am

Kirkliston 0-3s parent and toddler group

Kirkliston Community Church

Thursday 9.30-11.30am

Little Coffee Shop
Kirkliston Parish Hall, Kirkliston
Friday 9.30am – 11.45am

Playgroups

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

Blackhall Playgroup 07999 514809
www.blackhallplaygroup.org

Corstorphine Village 07707 659426
corstorphinevp@gmail.com

Cramond Playgroup 07913 819085
cramond.playgroup@gmail.com

Gaelic playgroups

Leith Community Centre
Monday 9.30-11.30am and 12.30-2.30pm

Tollcross Community Centre
Wednesday 9.15-11.15am

Taobh Na Pairce, Bonnington Road
Tuesday and Friday 9.15-11.15
Norma.martin@edinburgh.gov.uk www.gaelicplaygroup.com

Gylemuir Playgroup 07704 140071
elaineovens@blueyonder.co.uk

Reindeer, Davidson's Mains 07906 518747
ReindeerPlaygroup@yahoo.co.uk

Rosebery Hall Playgroup 07747 078391
roseberyplaygroup@googlemail.com

Support and Information

Health Visitor Teams

Contact the Health Visiting Team for details of the Well being/ Drop in clinics for weighing/feeding your baby/general advice,ask at your medical practices.

For more information and advice visit the NHS Lothian Feeding your Baby website

www.nhslothian.scot.nhs.uk/services/

For information on children's Speech and Language development go to www.lets-talk.scot.nhs.uk

Edinburgh & Lothian Twins & Multiple Club

www.edinburghtwins.co.uk

For family information go to www.parentingacrossscotland.org
www.netmums.co.uk

Ante-natal Support Service

Are you expecting a baby? Do you live in Edinburgh?

Would you like some support to help give your baby the best possible start in life?

We will offer up to 3 hours support a week, in your home, from around 22 weeks into pregnancy until your baby is 12 months old. Support can include:

Preparing for baby's arrival, support to attend appointments and groups, delivery of baby Peep sessions

For more information contact 661 0890

Helen Gault, Ante-natal Co-ordinator

helen.g@homelinkfamilysupport.org

www.homelinkfamilysupport.org.uk

[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 315 8116 or email cedar@edinwomensaid.co.uk (Women's Aid Children and Young People Service)

CrossReach Postnatal Depression Services

We offer counselling & support (with crèche) to families experiencing postnatal depression
Palmerston Place PND Centre, EH12 5AA
Monday - Thursday 9.20am-3.40pm Contact 220 3547

Children 1st Family Support

Support and advice to families in Edinburgh **with children aged 0 -5 years or aged 0 -11years if experiencing issues around housing**. Offering a range of approaches to help families such as strengthening family relationships, improving parenting skills, housing support, work with dads and debt and money advice- working with families to ensure that support is tailored to their individual needs. Contact 466 3966 or ask your Health Visitor for more information.

[Kinship carers helpline](#) **08000 28 22 33** There's also a dedicated helpline for kinship carers with help, advice and support available for anyone raising a child who can no longer stay with their parents.

Home- Start Edinburgh West and South West

Services include home visiting support provided by trained volunteers and staff, access to parenting groups including Peep and baby massage, including sessions on child safety, healthy eating and the importance of books and storytelling. We work with partners including Lifelong Learning and Early Years to provide parenting groups. Our families need assistance for many reasons including post-natal illness, disability, bereavement, the illness of a parent or child, or social isolation. Our core work involves supporting parents in their own home in order to help build a family's confidence and ability to cope. A further aim is to support the family to access relevant services in the local community. We accept referrals from Health services, Social Care services, Education and others including self-referrals. Contact help@hsew.org.uk

First Hand Family Support Service

Flexible home-based visiting support to families with a child/children with a disability from birth to 16 years; families and lone parents where there are no other supports in place; and families who are isolated within their community. We match family's individual needs with an experienced worker or volunteer and work with the child/children within the family home enabling the parent/carer sometime each week to do something for themselves on a regular basis. Contact 523 1322 info@firsthand-lothian.org.uk

One Parent Families Scotland Lone Parent Helpline for **single parents across Scotland** Monday to Friday
0808 801 0323

Speech and Language Communication Company

Free confidential advice and support around their child's or teenager's communication, speech and understanding. Contact Judith Woodward, Family Support Worker, families@s-l-co.uk or 07507 535857. Helpline 01382 250060

Spark Relationship Helpline 0808 802 2088
FREE Home Fire Safety checks 0800 0731 999
Parentline Scotland Helpline 0800 028 22 33

For more childcare information, including a list of childminders,
go to www.scottishfamilies.gov.uk 08000320323

Children and Families Social Work
Social Carer Direct 0131 200 2327
Out of hours 0800 731 6969

Domestic Abuse
Edinburgh Women's Aid 0131 315 8100
Domestic Abuse Freephone 24 helpline 0800 027 1234
Shakti Womens's Aid 0131 475 2399
Safer Families 0131 469 5325

Contact details

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

Sue Cameron – North West Locality

☎ 529 5082

✉ Sue.cameron@edinburgh.gov.uk

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

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All updated Programme, Activities and Group booklets 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 ITS **18-3122**

ITS can also give information on community