

The Edinburgh Children's Partnership

# Maternal and Early Years Complex Needs Working Group

2024 Service Overview

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## Executive Summary

- The City of Edinburgh prioritises poverty reduction, and a comprehensive support guide published in Summer 2024 should be shared with all staff working with families. Any ongoing gaps in support should be reported.
- Limited survey responses from minority ethnic family support organisations make it difficult to assess service gaps. Monitoring and documenting these gaps is recommended.
- No specialist domestic abuse services responded to the survey, though many holistic family services address domestic abuse. An early 2025 meeting with the Health Visiting team will evaluate whether awareness of available supports has improved access to support.
- Several father-specific services exist but lack full funding for the next three years, suggesting an unmet need.
- Access to Early Years placements remains challenging. The Family Hub Collaborative, which is part of the Whole Family Wellbeing project and includes Edinburgh Council Early Years as a partner, aims to show how holistic family support can ease these concerns.
- For parents dealing with addiction who have children in their early years there is a risk in gaps in services emerging across the city as current commissioned services funding is secure to end of March 2025.
- Services for pregnant families facing homelessness are limited. Since this issue is not tracked in official statistics, local data collection could help inform future planning. The Whole Family Wellbeing funded Parent Infant Partnership will work with pregnant families experiencing homelessness. Data gathered will provide a more rounded view of this vulnerability.
- Improving access to support while awaiting neurodivergence assessments is a Children's Partnership priority. The Whole Family Wellbeing funded Edinburgh Disability and Neurodiversity (EDAN) project aims to pioneer a new approach to support families, including those without formal diagnoses.
- The Whole Family Wellbeing team will meet with Health Visitors in early 2025 to review whether current supports have reduced service pressures.
- A system for reporting persistent gaps in support, managed by either the working group or the Whole Family Wellbeing team, is recommended to improve service mapping for the next Children's Partnership Services Plan.



# Introduction

The Edinburgh Children's Partnership Plan 2023-2026 comprises seven working groups, each with multi-agency representation, dedicated to achieving the plan's objectives. The Maternal and Early Years Complex Social Needs working group has undertaken a mapping exercise of the existing services that support families facing complex social challenges in the antenatal period and early years. The Scottish Government has recognised the critical importance of the early years in transforming family support from reactive crisis intervention to proactive early support. Fully funding early years services such as Health Visiting and family support programmes is vital because early intervention reduces long-term social and economic costs associated with poor health, education, and social outcomes. Adequate funding ensures that vulnerable families receive timely, comprehensive support, building resilience and breaking the cycle of disadvantage.

## Priority Family Types

Nearly a quarter (24%) of children in Scotland live in relative poverty ([Scottish Government Statistics](#), 2024), though this figure is lower in Edinburgh, at 20.4% (End Child Poverty Statistics, 2024). However, inequality within the city is significant, with child poverty rates across electoral wards ranging from 0% to 40% ([Child Poverty Map data](#), 2021/22). Research by The Scottish Government has highlighted six key factors that increase the likelihood of a family experiencing poverty. Regardless of how poverty is defined, these factors are, 1) lone parent families, 2) minority ethnic families, 3) families with a disabled adult or child, 4) families with a mother aged 25 or under, 5) families with a child under one, 6) larger families with 3 or more children. Households from one of the six priority groups are at higher risk of poverty even if someone in the household is in paid work however, some priority groups are also less likely to be in paid work, for example one parent households and young mothers. The Scottish Government [child poverty analysis and strategy focuses on these six Priority Family Types, and specific statistics on under-fives are scarce](#). Research from the UK Department for Work and Pensions found that 36% of all children in poverty were in families with a youngest child aged under five ([Child Poverty Action Group](#), 2024). However, average child poverty rates are lower in Scotland (24%) than England (31%), partly due to the Scottish Child Payment ([Joseph Rowntree Foundation](#), 2024).

## Additional risk indicators

In addition to the six priority family groups, the Maternal and Early Years working group has compiled a non-exhaustive list of indicators that practitioners can consider when assessing complex needs within families. These indicators are listed below:

domestic abuse • trafficking • refugee status • asylum seeking • being a migrant • being from a traveller community • imprisonment • history of offending behaviour • homelessness • poor literacy • learning difficulties • neurodiversity • communication impairment • care leaver • transitioning from children's to adult care services • sensory impairment • substance use • living in rural and isolated areas • long-term conditions • English not being a first language • socio-economic status • addictions

## Report Aims

The objective of this report was to provide an overview of the current services available to pregnant women and families with preschool children facing complex social challenges in Edinburgh. The support landscape for the wide range of challenges faced by families is ever-changing, and mapping all services was beyond the scope of this report. Instead, we have tried to identify where professional staff have reported areas of particular concern and assessed the support available. The report aims to:

1. Provide an overview of the service landscape, with particular emphasis on reported areas of concern.
2. Pinpoint any gaps in provision, highlighting:
  - a. When provision will end with respect to funding.
  - b. Where end of provision will leave gaps in services

Providing this overview will allow the working group to make clear recommendations to commissioning to prioritise service gaps, as well as help partners pull together to meet identified gaps, where there is similarity in provision.

To answer these questions, information was gathered from three sources:

1. A survey of services providing support in these areas
2. Talks with representatives from Health Visiting to determine perceived gaps in provision
3. Information from the Whole Family Wellbeing Team on collaborative services aimed at transforming services across Edinburgh

Respondents to the survey were asked to indicate the extent of their funding, allowing the working group to identify imminent gaps in funding and make recommendations for addressing them.

## Maternal and Early Years Survey

Representatives from twenty-four organisations or services completed the survey. Nineteen of the services were Third / Voluntary Sector organisations, three were from NHS organisations (Family Nurse Partnership, Health Visiting Team, Juniper Team), and two were Edinburgh Council (Early Years and PrePare). Table 1 in the Appendix provides a list of all services that responded, alongside a brief summary of the services they offer.

All but four of the services that responded provide services to the whole family. One Parent Families, FASD (Foetal Alcohol Spectrum Disorder) Hub and Pregnancy in Mind, provide support to parents only, while Early Years services provide services to children only.

## Reported Gaps in Provision

Health Visitors play a vital role in supporting families with complex social needs during early childhood. They provide guidance on health, development, and parenting, addressing issues like mental health, domestic violence, and poverty. Their ongoing contact with families allows them to identify risks early and promote well-being. Health Visitors also offer frontline insights into service effectiveness, gaps in support, and the needs of vulnerable families.

However, despite the availability of various maternal and early years services, Health Visitors report significant challenges in accessing support. Discussions with the Health Visiting service highlighted key barriers, including navigating fluctuating waiting lists, staying updated on discontinued services, and adapting to changes in eligibility criteria. These obstacles strain the Health Visit service, and other support services, making it difficult to keep up with the constantly changing landscape of available support.

The following sections will detail specific issues raised by Health Visitors and other professionals, with summaries of data on relevant services where available.

## Aftercare for parents affected by adoption

Losing a child to adoption can be a devastating experience, often leaving birth parents isolated while grieving the loss of their child. Historically, parents undergo extensive service involvement



and scrutiny during the adoption process but frequently find themselves with limited assistance after the final decision, resulting in unaddressed trauma and emotional hardship.

Parents in this situation often have complex personal histories marked by experiences of domestic abuse, poverty, mental health challenges, substance use, past trauma, and learning disabilities. These factors, coupled with a lack of effective support throughout their lives, contribute to the risk of recurrent family breakdown. There is some evidence to suggest that when provided with the right support, birth parents can better process this loss and reduce the risk of future children being removed from their care ([Coram](#), 2017).

The Sparrow Pilot is a current Edinburgh partnership between Circle, Stepping Stones North Edinburgh and the City of Edinburgh Council to address the significant gap in aftercare for parents who have lost children to Permanent Foster Care or Adoption in Edinburgh. Prior to Sparrow, there was no consistent, impartial support service in the city to help parents navigate their loss or address their individual needs as parents without children in their care. Research in Edinburgh demonstrates that parents who have a child permanently removed from their care, are likely to have further children that require statutory intervention and accommodation, often after only 18 months (18 months on average) ([Broadhurst and Mason](#), 2020). Just over 50% of babies accommodated at birth in Edinburgh between 2017 and 2021 had one or more older sibling in long term or permanent care. This negative repeat cycle consequently causes ongoing and complex trauma to both the parents and children impacted.

Parents with this experience who were interviewed during the pilot, highlighted the need for a specific service for them that was separate from statutory services. This was supported by Social Workers interviewed. Often parents disengage with the Children and Families workers soon after permanency decisions have been reached and workers struggle to reengage them. This prevents vital work being achieved around the parent's own needs, maintaining links with the child (directly or indirectly) and providing crucial information about the child's family/history for the child and those going on to care for them.

Sparrow referrals are typically adults with histories of complex trauma and grief, and a history of abusive relationships since childhood. This project is currently funded by Corra until 2026, however the need for Sparrow support is estimated to be much greater than the 24 parents worked with during the pilot. In 2023 alone, 50 children were registered for Permanence (PO, POAA, direct petition, S.11 or deferred legal route) in Edinburgh, 32% of these children were under the age of 2.

## Domestic Abuse

Universal services play a crucial role in early intervention efforts to protect individuals at risk of domestic abuse. Domestic abuse can impact children at any stage of development, including unborn children, making a coordinated approach essential. Services such as maternity care, health visiting, early years programmes, and education are uniquely positioned to recognise signs of abuse and facilitate timely support for victims and their families. Health Visitors in Edinburgh have reported difficulties finding support for victims of domestic abuse, with the most well-known supports, Edinburgh Women's Aid (third sector) and Family and Household Support (Edinburgh Council), facing fluctuating waiting lists.

Everyone in any role or service has a part to play in supporting those affected by domestic abuse (Edinburgh's Multi-agency Domestic Abuse [Policy](#), 2024). Domestic abuse can be disclosed by anyone, to any service provider at any time, and any professional can offer general safety planning advice and support the wellbeing of survivors and their child(ren). This can be done through the guidance of the [Safety Planning Booklet](#) available on the Council website (**note:** an updated version of the Safety Planning booklet will be made available soon).

Edinburgh's Domestic Abuse [policy](#) outlines the expectations from all services operating in Edinburgh when faced with a disclosure of domestic abuse. Inter-agency domestic abuse training is delivered via public protection training (see [calendar](#) for dates and links). For council employees there are training modules available on MyLearningHub, which public facing staff are strongly recommended to attend (for example [Public Protection Level 1, Domestic Abuse and Child Protection](#), [DAART](#) and [Understanding Domestic Abuse](#)).

There are several Public Protection structures and pathways designed to protect people at risk of harm, including harm from domestic abuse. A brief explanation of each is provided below:

### Public Protections for those at very high risk of harm

Name	Acronym	Important Points
Inter-Agency Referral Discussions	IRD	Multi-agency assessment of <b>risk of significant harm to a child</b> (under 18). Includes Police, Social Work and Health, with input from other relevant agencies (see <a href="#">here</a> for full details).
Multi-Agency Risk Assessment Conference	MARAC	Multi-agency assessment to <b>protect</b> those at <b>high risk of serious harm or murder</b> by an abusive partner or ex-partner (see <a href="#">here</a> for a fuller summary of the process).
Multi-Agency Tasking and Co-ordination	MATAC	Police-led response aiming to <b>monitor and disrupt the behaviour</b> of <b>serial offenders</b> who present a high risk of ongoing harm.

## Public Protections for those considered lower risk

Name	Acronym	Important Points
Domestic Abuse Local Action Group	DALAG	A police-led <b>early intervention</b> , single pathway from incident to service provision. Aimed engaging with all family members, including perpetrators and coordinating services to support families. Referrals made and decided via Police when a callout is entered into the interim Vulnerable Persons Database (iVPD).
Disclosure Scheme Domestic Abuse Scotland	DSDAS	A Scottish Government scheme to check someone's history of abuse. Anyone can apply, including concerned professionals (see <a href="#">here</a> for full details).
Safety planning booklet	NA	A planning document designed for citizens experiencing or at risk of domestic abuse, and those who support them. Includes a risk assessment, checklist for leaving a relationship, guidance on how to keep children safe, and options for support (download <a href="#">here</a> ).

Specialist training is required to provide interventions such as assessing high levels of risk and referring to a MARAC (Multi-Agency Risk Assessment Conference). There are a range of specialist services and organisations in Edinburgh, which are members of the Equally Safe Edinburgh Committee (ESEC) and carry the expertise to address domestic abuse, 'honour'-based abuse, sexual abuse, child abuse and other forms of gendered violence. These are listed [here](#). As support for families from minority ethnic backgrounds have been highlighted as a particular concern, it is worth highlighting the following third sector services that are funded by Edinburgh Council: (1) [Shakti Women's Aid](#), which supports black minority ethnic women, children and young people; (2) [Aditi](#), a wellbeing support service for minority ethnic women, including counselling and additional support; (3) Amina's 'Ending Violence against Women and Girls' (VAWG) is a prevention programme that raises awareness of VAWG and organisations that support women; (4) [Feniks](#) provides counselling, support for Polish people (and people from other Eastern European countries), including Polish women, who are [disproportionately affected](#) by domestic abuse.

The [Caledonian System](#) is a court-mandated Scottish Government programme specifically aimed at addressing and changing abusive behaviour in men who have been convicted of domestic abuse against a female partner, and providing separate support for women and children. The Scottish Government Violence Against Women and Girls fund, enabled Edinburgh's Justice Social Work services to recruit Polish speaking workers to facilitate access to the Caledonian System for men who perpetrate abuse and women and children affected ([Edinburgh Council](#) Report, 2024). In Edinburgh there is a Justice Domestic Abuse Services

voluntary perpetrators programme in both English and Polish, aimed at helping men understand their behaviour and behave positively (see [Support for people who are abusive](#)). This specific funding will currently end March 2025 (see [Edinburgh Council Report](#), 2024).

[Equally Safe](#) is the Scottish Government's strategy for preventing and eradicating violence against women and girls. Recipients of Equally Safe [funding](#) in Edinburgh (2021 to 2025) include Edinburgh Rape Crisis Centre and Edinburgh Women's Aid. Women's Aid funding included specific provision for Polish women affected by domestic abuse. The Equally Safe delivery plan covered 2024 to 2026, and is funding projects through 2025, with priority number six focused on creating sustainable service responses.

While many agencies support families with children (including those with babies and young children), as far as we are aware, there are no specialised services designed to specifically cater to those with children under the age of five. For families with young children specifically, there is a commitment by stakeholders signed up to Edinburgh's Domestic Abuse Policy to adhere to the principles of [Safe and Together](#)™ practice model. These principles emphasise the importance of recognising the behaviour of the abusive partner as a parenting choice, keeping children safe and together with the non-abusive parent and recognising the non-abusing parent's efforts to keep themselves and their children safe.

In the survey, we did not specially ask participants about domestic abuse supports offered by their service. A participant from Pregnancy Counselling and Care mentioned providing counselling support to people who have experienced domestic. This service operates city-wide, though it lacks full funding for the duration of the Children's Partnership Plan. Several other counselling services are likely able to offer domestic abuse support (e.g. Rape Crisis, Beira's Place, Feniks, PF Counselling, and SANDS), therefore the survey does not provide a complete snapshot of services currently on offer.

Many holistic family support services such as Stepping Stones have non-specialist experience of supporting people experiencing domestic abuse. These supports might include providing a safe space and emotional containment, help connecting families to specialist domestic abuse services, and advice with housing and welfare appointments. As we did not survey organisations on their domestic abuse supports, it is not possible to provide a comprehensive list in this report. It would be beneficial in future reviews of available services to survey family supports on specialist domestic support training, such as Safe and Together.

## Early Years Placements

Local authorities are legally required to offer funded places to all children aged three until school entry and to some two-year-olds who meet eligibility outlined in the *Statutory Guidance for Early Learning and Childcare* ([Scottish Government](#), 2021). This guidance also allows authorities discretion to provide places to younger children. In Edinburgh, this discretion is applied to children under two who are on the child protection register or have complex additional needs. Recent data collected by the Early Years team indicates quicker access to early years settings for eligible children, with families needing whole family support signposted to relevant services.

Some families have shared that they require parenting or wellbeing support and health visitors report and increase in families requesting support possibly due to the cost of living or the pandemic.

The Early Years team is part of the Whole Family Wellbeing funded collaborative The Family Hub, which aims to support families in the early years through to age five. The project is a partnership between Circle, Home-Start Edinburgh, Stepping Stones North Edinburgh, Home Link Family Support, Citizens Advice Edinburgh (CAE), Edinburgh Council Early Learning & Childcare, and the NHS Parent & Infant Mental Health Service (PAIRS). The project will focus on early intervention, improving caregiving and infant mental health. By developing a cohesive support pathway, it seeks to enhance secure attachment, reduce poverty's impact, and promote overall family well-being, not just early years placements. Services will be delivered through city-wide hubs, mobile pop-ups, and home outreach, with a multi-agency approach to meet families' needs. With the close collaboration of Edinburgh Council Early Years, the hubs aim to address the abovementioned perceived gap in Early Years provision, with priority support given to those who do not have a place or where placement is breaking down. As with all Whole Family Wellbeing funded collaboratives, the emphasis of these collaborative efforts is on assessing and providing whole family support, not just early years education.

## Families with complex immigration situations

Issues faced when supporting Black, Asian and Minority Ethnic families, especially those with a complex immigration status have been reported. The Multi-Cultural Family Base ([MCFB](#)) service was acknowledged as excellent but is currently burdened by long waiting lists. This is especially

problematic in the North East locality, particularly Craigmillar, where many families with complex immigration statuses have few available supports.

In the survey we asked which of the priority family groups each service supported. While 19 of the services indicated that they support minority ethnic families, only three mentioned it specifically when describing their service: (1) Multi-Cultural Family Base, which is a city-wide service delivering a wide range of services aimed at supporting Black and Minority Ethnic communities, including new migrants; (2) [Pregnancy Counselling & Care](#), which is a specialist mental health service for the ante-natal and post-natal period; (3) [Project Esperanza](#), which supports migrant families with issues such as asylum seeking, financial struggles, chronic health problems. As of May, when the survey was completed, Multi-Cultural Family Base indicated that one strand of their funding (Perinatal and Infant Mental Health) would cease September 2024, while Edinburgh Council's Connected Communities funding (£100K) would continue until 2027. This means their work is not fully funded for the lifespan of the Children's Partnership Plan. As far as we are aware this status has not changed, highlighting a gap in provision. Pregnancy Counselling and Care is partially funded for the next three years. Project Esperanza only covers Almond, Forth and Inverleith areas of the city. Project Esperanza did not indicate when their funding would end in the survey, however online research did not indicate that they have received funding that would assist with their maternal and early years work. The EU Settlement Scheme Support Service, partly funded by Justice Together Initiative, and delivered by [Settled](#) and [Citizens Rights Project](#), provides information, advice and support to EU citizens, including people who are late applying to the [EU Settlement Scheme](#) (EUSS), or who have had their application refused. This service includes babies, who must apply for settlement status within 3 months of birth, unless they were born British. The EU settlement scheme is partially funded until 2027.

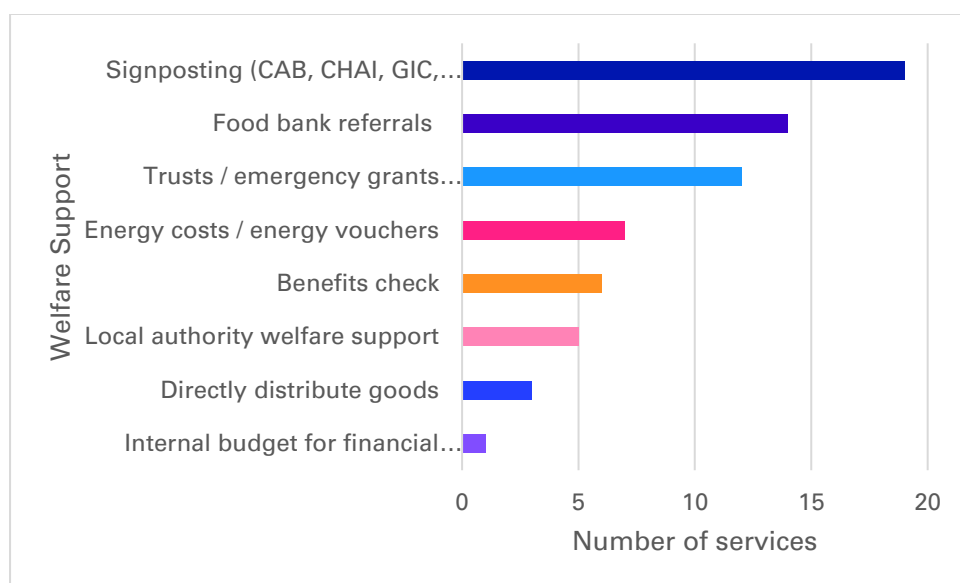
There are a number of supports for families from Black, Asian, and Minority Ethnic backgrounds, including those with complex immigration statuses, that were not captured in the survey and are not part of a Whole Family Wellbeing funded service. These include: (1) the [Whole Family Equality Project](#) service, provided through 'Joined up for Families' and delivered by Children 1<sup>st</sup> and CHAI. This project aims to offer holistic family support; (2) [Passion4Fusion](#), which helps multi-ethnic families in Edinburgh and the Lothians to settle in Scotland; (3) [Salaam](#), which is an Edinburgh City Mission's project supporting refugees and asylum seekers to settle in Edinburgh; (4) [Aditi](#), a wellbeing support service for Black, Asian and Minority Ethnic Women who are victims of domestic abuse (see also Domestic Abuse section, above); (5) and The

[Minority Ethnic Health Inclusion Service](#) by NHS Lothian. Details of these and other services can be found on the Support for Families web pages, created and maintained by the Edinburgh Council's Parent and Carer Support Team. The Parent and Carer Support Team can also be [directly contacted](#), if support is proving difficult to identify.

## Financial Support

It is well evidenced that poverty affects almost every wellbeing outcome for children and families, and reducing the number of families and children living in relative poverty is a priority of the latest Edinburgh Children's Partnership Plan. There is also a specific [Edinburgh Poverty Commission](#) dedicated to eliminating poverty in Edinburgh. The North East, in particular Craigmillar (which straddles the boundary between North East and South East), was again noted as underserved in terms of the financial support available.

We asked survey participants what welfare support (if any) their service offered. Nineteen of the services listed at least one form of welfare support, with the most common response being signposting to CAB, CHAI, GIC or the Advice Shop (Figure 1). Additionally, Healthy Little Foodies, ran by Edinburgh Community Food provides food and cooking equipment directly to families, Pregnancy Counselling and Care provides clothes, toys and equipment from a baby bank, while Family Supporters Edinburgh provide a school uniform bank. Financial support is often offered as part of a holistic family wellbeing service, and it is not always obvious from an organisation's website if they provide this.



*Figure 1: Welfare support offered by the services that completed the maternal and early years complex social needs survey.*

A prominent third sector organisation, Community Help and Advice Initiative ([CHAI](#)), provides free confidential advice on issues such as welfare rights, housing, debt, and employability. CHAI provides bookable advice appointments from their office, as well as a diverse range of [outreach locations](#) across the city. The Maximise service will come to an end in December 2025.

The [Edinburgh Health and Social Care Partnership](#) published a [guide](#) to Welfare Support Services in Edinburgh in July 2024. This guide contains the most up to date information on support available across the city, and includes advice on debt counselling, income maximisation services, energy advice, food banks and cooking classes, credit unions, children's clothing grants, and more.

The development, of ongoing support and monitoring and evaluation sits as an action with the NHS Lothian Public Health Edinburgh Partnership and Place team under the current children's services plan under the child poverty sub-group. This also includes the support for the dissemination of the Money Counts Training to build capacity for welfare rights support within the workforce across all sectors.

Health Visiting and Family Nurse Partnership have dedicated welfare rights support via CHAI and welfare rights advice referral pathways for midwifery are under development. There is also welfare rights advice support available across the acute hospital sites including RHCYP. Recent IJB grant announcements pose a risk to 3<sup>rd</sup> sector welfare rights provision across the city and settings.

Finally, the Whole Family Wellbeing funded Family Hub Collaborative (see also Early Years Placements section, above) will be offering Income Maximisation and debt resolution services through their partner Citizen's Advice (CAB), although they will only have one worker allocated to this, which may not address this gap.

## Homeless Families

In November 2023 Edinburgh Council announced a [housing emergency](#), with around 5,000 households reported to be living in temporary accommodation.



Facing homelessness while pregnant presents significant risks and challenges. Pregnant women experiencing homelessness often lack stable, safe housing, which can lead to exposure to unsafe living conditions, stress, and inadequate nutrition. These factors contribute to higher risks of preterm birth, low birth weight, and other health complications. Additionally, frequent moves can disrupt access to consistent prenatal care, exacerbating health risks for both the mother and baby. The situation often involves navigating complex social, financial, and healthcare barriers, making the need for tailored support services crucial.

There are many reasons why pregnant and new mothers may face homelessness. Specific statistics on homelessness during pregnancy in Edinburgh are limited, however it is known from [national statistics](#) that of the applications made by single parent households, 75% of these were single mothers. In 2020/21, 14% of applicants cited a violent or abusive dispute within a household as the main reason for having to leave their current accommodation.

A third sector Whole Family Wellbeing partner has reported an increase in support requests for families who live temporary accommodation such as hotels, hostels and bed and breakfasts. A 2024 press release by [Shelter](#) stated that 3,127 children were living in temporary accommodation in Edinburgh. A 2023 [report](#) by Shelter highlighted that families with children were likely to stay in temporary accommodation for longer, lasting over a year on average (604 days), with 11% of families having lived in temporary accommodation for over 3 years. Temporary accommodation is often overcrowded and unstable, with families required to frequently relocate. While third sector organisations support these families where they can, efforts are hampered by the fact that these families often have no access to food preparation, heating, storage, or basic amenities such as laundry cleaning. This highlights a gap in support.

From our survey, there were two services that mention homelessness as part of their service: Juniper and Pregnancy Counselling and Care. Support offered by Pregnancy Counselling and Care is detailed in the 'Mental Health Supports' section, below. Juniper is a service that supports women and families who are currently homeless during the antenatal and postnatal period. The service supports with housing, registering with GP, or accessing other support services. The service is fully funded by the NHS for the life of the Children's Partnership Plan, but only operates in the city centre. Pregnancy Counselling and Care provides a Baby Bank service which offers bespoke packages of second-hand baby equipment, toys and clothes that

have been donated by the public. The Stepping Stones service, Bump Start, offers [homelessness support](#) by assisting families with appointment attendance, providing advocacy, helping them understand housing rights, and connecting them to specialised services, as needed.

As well as Juniper, Pregnancy Counselling and Care, other supports that can support pregnant women facing homelessness are The City of Edinburgh Council [Homelessness Service](#), The [Rock Trust](#) (a youth homelessness support service), [Edinburgh Women's Aid](#), and [The Access Place](#), a co-ordinated health and social care and support for people with complex social needs who are experiencing homelessness which includes access to midwifery and health visiting services.

Without knowing the extent of the problem, it is difficult to say whether the current supports are adequate. National statistics on homelessness do not specify pregnancy or childbirth as a specific support need, although this might be included under 'medical condition'. If statistics on homelessness while pregnant are not collected locally, this might highlight a need to collect this data. The Whole Family Wellbeing funded Parent Infant Partnership will collaborate with pregnant families experiencing homelessness, aiming to increase resources and support. This partnership will also gather data during the referrals process to provide a more comprehensive understanding of their needs

## The Incredible Years

The Incredible Years Programme is an evidence-based early intervention initiative aimed at improving the emotional and social well-being of young children, particularly those at risk of behavioural problems. This valuable early intervention service was noted to be inconsistent in its availability, as it moves locations around the city. It should be noted that this programme is run according to need, therefore Health Visitors and other relevant professionals should be encouraged to make referral requests so that the programme coordinators can assess where it is needed most.

## Maternal Mental Health Supports

Average levels of adult mental wellbeing decreased in Scotland in recent years ([Scottish Government](#), 2023). The children of parents with poor mental health can experience anxiety, social isolation, financial hardship, possible separation from their parent/carer, disruptions

from education, stigma or bullying or risk of harm ([Celcis](#)). Additionally, pre-natal and post-natal depression can affect parent-infant attachment and the care provided ([Celcis](#)). Maternal mental health was highlighted as a potential gap in support by the Health Visiting team. The NHS Parent and Infant Relationship Service (PAIRS) provides advice and support for families with babies and infants up to 36 months. For more targeted support there is a Health Visitor / GP referral pathway. While the PAIRS program is well-regarded, there is uncertainty about other resources available to support affected families. Juno is a voluntary sector perinatal mental health support service and the team at Juno has compiled a [list](#) of useful services for peer support group members, which may also be useful for frontline staff.

There were six services from the survey that provide maternal mental health support specifically, which are discussed below:

### **City-wide support**

1. **Pregnancy Counselling and Care** provides counselling for people (men and women) aged 16 and over, whose mental health has been impacted by a pregnancy or early parenthood related concern. The service is funded to support up to 120 clients this year, throughout the city. The service specified that they support economically disadvantaged families and those with a complex immigration status. The service is a self-referral pathway, which consists of 10 counselling sessions, with a current (October 2024) waitlist of 10 weeks. The running costs are £150k per annum, and the service is partially funded for the next three years via a combination of local authority (Connected Communities: £13k p/a), Scottish government and third sector funding (Robertson Trust: 24k p/a).
2. **Pregnancy in Mind** is an evidence-based NSPCC-designed preventative mental-health service designed to support parents-to-be who are at risk of, or currently experiencing, mild to moderate anxiety and depression during their pregnancy. It is anticipated that all six priority family types will be supported by this service. Details are hard to find regarding the referral pathway for this service. The service was not up and running at the time of the survey but was aiming to be in action by the end of 2024. In the survey it was indicated that funding was coming from the third sector, however the service had not secured funding for the whole life of the current children's services plan.

3. **One Parent Family Scotland** provide support, advice, and practical help for single parents, city-wide. While it was not mentioned in the survey response, the Support for Families [web pages](#) indicate that One Parent Family Scotland offers counselling for single parents, via face to face or video call. However, One Parent Family indicated that they are not currently funded for the next three years and anticipate that funding will last until December 2024.
4. **Dean and Cauvin's Young People's Trust** provide a range of supports for care experienced and vulnerable young people, including counselling support for vulnerable young mums. Dean and Cauvin's service offer support city-wide and is fully funded for the life of the next Edinburgh Children's Partnership Plan, however this is a targeted service that is limited to very vulnerable mums.

### Locality-based support

5. **Bump Start**, delivered by Stepping Stones North Edinburgh is a perinatal support service offering a range of services provided focused on offering emotional and social support throughout pregnancy and into the early postnatal months, including 1:1 and group support. Bump Start delivers support exclusively in the North of Edinburgh via midwifery teams based in Leith Community Treatment Centre and Pennywell All Care Centre. Currently, approximately 25% of Bump Start's funding is not secured past March 2025.
6. **Time 4 Mum**, delivered by Firsthand Lothian matches isolated mums with a trained volunteer to enable them to have some time away from their caring responsibilities. Time 4 Mum was delivered in all localities except Almond and Pentland Hills and funding was set to finish in September 2024.

Some services which did not respond to the survey should be mentioned here. [Birth and Beyond](#) provides psychotherapy and counselling to support new and prospective parents (including dads) to cope with a range of issues of challenges. This is a self-funded service, however counselling costs are relatively low, starting at £40 per hour. [CrossReach](#), provides confidential, faith-based perinatal counselling and therapy to new and expectant parents. CrossReach accepts self-referrals, via a self-funded or donation pathway. The donation pathway currently has a 4 to 6 month waiting list, which may limit its usefulness for Health Visiting referrals for

post-natal mental health issues, and the faith-based focus of the support may not be suited to everyone.

While not a specific maternal mental health service, [Kindred Scotland](#) is an advocacy service for parents of children with complex needs. Part of their community team service is to assist families to access counselling, and family counselling will be part of the Whole Family Wellbeing funded Edinburgh Disability and Neurodiversity Hub.

This highlights an important gap in provision, given the precarious funding status of these services, and the scarcity of specific mental health support for parents of young babies.

## Neurodevelopmental concerns

Accessing child supports for disability and neurodiversity before a formal diagnosis can be challenging due to eligibility criteria that often require documented evidence of a condition. Families may struggle to obtain resources or services without a diagnosis, as many support systems rely on medical or educational assessments to confirm a child's needs. This can delay early intervention, limit access to supports, and create additional stress for families navigating complex referral processes while awaiting assessments or evaluations.

There were two survey respondents from organisations that aligned with the aim to ensure Edinburgh's Children and Young People receive the appropriate needs-based support whilst they are assessed for neurodevelopmental concerns: (1) The Sleep Support Line and (2) Health Visiting. This is perhaps unsurprising given that the survey was targeted towards services that support families with babies and very young children, while neurodevelopmental concerns often don't become apparent until children are school aged. For example, in the Lothians [CAMHS](#) work with children from age 5 to 18.

The Whole Family Wellbeing funded Edinburgh Disability and Neurodiversity (EDAN) hub is a collaboration between the Third Sector, Edinburgh Council and the NHS (CAMHS-ID). The project aims to deliver collaborative support that flexibly meets the needs of whole families impacted by disability and neurodiversity. Through the partners, specific services including play sessions, targeted support, advocacy and counselling, and social work will be provided for children with additional support needs aged 0 to 5. Universal supports will be available for children and young people, regardless of a diagnosis.

## Substance use in Pregnancy and the Early Years

Substance use during pregnancy and the early years can lead to health complications for both the mother and child, such as developmental delays, low birth weight, and withdrawal symptoms in newborns. Families facing these challenges often need support to access healthcare, parenting resources, and addiction services. Early intervention is crucial to improve outcomes, promote healthy development, and reduce the risk of ongoing substance use. There were several organisations that responded to the survey that specifically support families experiencing these issues, including: (1) [Circle's](#) Harbour project partnered with the Sunflower Garden Service, which supports families affected by parental substance use; (2) [FASD Hub Scotland](#), which provides information and support for families affected by Foetal Alcohol Spectrum Disorders in Scotland; (3) [PrePare](#), which is a collaboration between Edinburgh Council and NHS, delivering integrated, multi-disciplinary team working with pregnant women and their partners who have significant and chaotic substance use. Part of the Edinburgh Council service includes the Family Group Decision Making (FGDM) team, which offers family meetings to families requiring support due to substance use. All three services deliver support city-wide, and PrePare and the FASD Hub are funded for the lifetime of the Children's Partnership Plan. At the time of the survey Circle Harbour was only funded until 30<sup>th</sup> June 2024, highlighting a potential gap in provision.

The Children Affected by Parental Substance Use (CAPSU) contract is a funding strand of the Edinburgh Alcohol and Drug Partnership (EADP), which aims to support families where children are impacted by parental substance use. A new specification and contract for CAPSU will be in place by December 2024. In the past CAPSU funding has supported work such as PrePare, FGDM, VOCAL, and Circle's Sunflower Garden. The new specification will enhance the existing contract by advancing a whole-family approach and integrating valuable insights gained from previous efforts. Key developments include targeted support for fathers, peer support initiatives, and group activities for children. (EADP 23/24 [report](#)). This funding should be monitored for future developments (see also Support for Dads section, below).

In addition to those highlighted by the survey, the Whole Family Wellbeing Funded Parent Infant Partnership aims to create a multi-agency screening forum to coordinate unborn baby referrals in Edinburgh to engage vulnerable parents as early as possible. Social Workers with experience and interest in pre-birth assessments will be aligned to the Partnership as lead professionals in unborn baby cases, with additional support from Family Practitioners, residential Mother and

Baby placements, and Residential Outreach Workers to provide intensive, whole-family support flexibly. Families will be supported from conception until the child's 2nd birthday. PrePare will work closely alongside the Partnership and will continue to work with those pregnancies where chaotic substance use has been identified as a primary risk.

## Support for Dads

Support for dads in family services is crucial because fathers play a significant role in their children's emotional, social, and cognitive development, but historically their specific needs have often been overlooked by support services. Fathers face challenges such as social isolation or lack of confidence in parenting. Inclusive support empowers dads to be more actively involved, leading to better outcomes for children, especially in families facing difficulties like mental health issues or financial stress.

Fathers are often on the periphery of family support, and do not receive the support they need. Fathers are now more present in their children's lives than ever before. Fathers report that they feel ignored and less important in their child's life, however research shows us the opposite, fathers are vitally important.

13% of men have no close friends ([YouGov](#), 2024). 75% of all suicides in the UK are from men ([UK Government](#), 2024). A 2024 survey of dads found that 48% reported their mental health as 'not great' or 'poor', up from 23% the previous year ([Father's Network](#), 2024).

In a recent survey, 95% of fathers who had found a community or had made friends through groups like Dads Rock, felt less isolated. Ninety percent of fathers who found groups such as Dads Rock said the groups increased their confidence, motivation or resilience as a parent.

A question around services which specifically support Dads was added to the survey at a later date, once most services had already completed their responses. Family Supporters Edinburgh stated that they receive very few referrals for Dads, while Project Esperanza stated that they mainly support Dads with securing employment. Children 1st, Circle, Dads Rock, Dean and Cauvin, and One Parent Families provide support specifically tailored for Dads, as per their websites. Funding from CAPSU (an EADP funding strand) supports a PrePare family practitioner post that has an emphasis on improved engagement with fathers. Although this is not a bespoke service, fathers and male partners are offered support by Family Practitioners or Community

Psychiatric Nurses, when appropriate. For context, at the time of this report these services were collectively working with around ten fathers, with some fathers working with both services. Other than Dean and Cauvin, none of these services are fully funded for the next three years, highlighting a gap in provision, although as mentioned above, a new specification and contract for CAPSU is currently being drawn up, and key developments are expected to include targeted support for fathers .

## Summary

A short summary of key findings

1. **Aftercare for parents affected by adoption:** This continues to be underfunded, despite the commissioning of the Sparrow service.
2. **Domestic abuse:** Edinburgh has a multi-agency domestic abuse policy that outlines how services are best placed to support families affected. It is difficult to say whether current provision is adequate. The Whole Family Wellbeing team will stay in touch with Health Visitors to monitor the situation.
3. **Early Years Placements:** Early Years placements are offered to children under three who are on the child protection register or have complex additional needs. Families requiring holistic support are signposted to other services. The Whole Family Wellbeing funded 'The Family Hub' aims to offer this holistic support to families with children under 3 who are not eligible for a placement in an Early Years centre however given the level of need there is more to be done at a community level.
4. **Families with complex immigration status:** Several services available to support these families are discussed in the report, however it is difficult to say whether these meet demand. The Whole Family Wellbeing team will stay in touch with Health Visitors to monitor the situation.
5. **Financial Support:** Financial support is difficult to navigate, despite a recent guide. Some welfare rights initiatives, such as Maximise! are coming to an end and it is unclear what provision there is. The Family Hub has partnered with Citizen's Advice however this will not serve the whole city.
6. **Housing:** Edinburgh remains in a housing crisis. The lack of amenities in temporary accommodation makes it difficult for families to provide babies and children with basic necessities like hot food and clean clothing, which are difficult to overcome even with public and third sector support.



7. **Maternal Mental Health Supports:** There is a clear gap in provision for parental mental health support. There are some specific supports for pregnant women and support with parent-infant attachment, but support beyond this is difficult to access. Bump Start and Time 4 Mum are not fully funded and their future is uncertain.
8. **Neurodevelopmental concerns:** This remains a prominent and underfunded area of need in the city. The Whole Family Wellbeing funded Edinburgh Disability and Neurodiversity Hub will partially fill this gap however it is unlikely they will meet the needs of the whole city. Data collection should shed more light on the level of demand for these services.
9. **Substance use in Pregnancy and the Early Years:** A new contract for Children Affected by Parental Substance Use (CAPSU) is due December 2024, which should shed more light on the provision available for these families.
10. **Support for fathers:** Specialist support for fathers remains underfunded.

The current data reveals challenges in fully assessing the existing support landscape, with some areas of need being clearer than others. Persistent gaps in provision remain difficult to gauge, particularly in services for minority ethnic families and specialist domestic abuse support, due to limited survey responses. It is recommended to establish a system for reporting these gaps, which could be managed by the Whole Family Wellbeing team or The Maternal and Early Years Complex Needs working group. This would aid in future service mapping for the Children's Partnership Services Plan.

Plans are in place to meet with the Health Visiting team in early 2025 to reassess the effectiveness of existing supports and identify areas still under strain. Upcoming initiatives, such as the Whole Family Wellbeing funded projects, aim to model innovative approaches to service delivery, with the goal of improving coordination and access to support. The Family Hub Collaborative, for instance, will demonstrate how holistic family support can alleviate issues in Early Years placements.

Efforts have been made to improve access to resources, for example the 2024 publication of an extensive guide to financial supports by the [Edinburgh Health and Social Care Partnership](#), and the Edinburgh Council Support for Families web pages. Despite these resources, some gaps in provision remain evident, such as services for fathers, families facing homelessness during pregnancy, and maternal mental health support. These gaps highlight the need for continued monitoring and adaptive approaches to service delivery.

## Coordination of Future Support

Discussions with Health Visiting revealed that an ideal solution would be the establishment of a centralised referral point where up-to-date information on service availability and capacity is maintained, thus reducing the administrative burden on Health Visitors and improving accessibility for families. While this does not currently exist, there are services that might help coordinate help for families with complex needs:

### Single Point of Access

The COVID-19 pandemic prompted the creation of Locality Operational Groups (LOGs) to address emerging needs in Edinburgh's families. These groups, co-chaired by Social Work and Edinburgh Voluntary Organisations' Council (EVOC) representatives, met on a weekly basis and provide a quick response to referrals for additional support. A Single Point of Access (SPA) service, was trialled in the North West of Edinburgh, and was rolled out to all four localities in October 2024. Like the LOGs, the SPA team triages and provides immediate or complex support as needed. Health Visitors and other professionals that support families with complex situations are strongly encouraged to refer to the SPA when it is difficult to identify or coordinate the appropriate support. It is hoped that the city-wide rollout of the SPA will alleviate some of the issues highlighted.

### Parent and Carer Support Team

The Support for Families [webpage](#), run by Edinburgh Council's Parent and Carer Support Team provides information on free or low-cost programmes, activities or groups for parents, carers or families in Edinburgh. The pages cover a diverse range of topics including childcare, parenting programmes, support for literacy and numeracy, and autism spectrum disorder (ASD) support. The Parent and Carer Support Team, in collaboration with the Whole Family Wellbeing Team has recently put huge efforts into updating the information available for parents, as well as making the website easier to navigate. While this resource does not address uncertainty over waiting lists, it is hoped that it will make it easier to identify potential alternative supports. There are plans to promote this widely, but in the meantime, staff should be directed to consult these pages when investigating supports available. The Parent and Carer Support Team also has an [email address](#) that Health Visitors and other professionals can contact when struggling to identify supports. The Parent and Carer support team, in collaboration with the Whole Family Wellbeing Fund team plan to monitor the use of the pages to assess how people are using them and inform future improvements. As highlighted by the Health Visting team, keeping abreast of new and discontinued services is a huge task. It would be useful to gather feedback on how

useful the staff find the pages over the coming months, as this resource will require continued funding to keep up to date. Additional Edinburgh Council [webpages](#) offer specialised support for anyone a professional identifies as at risk of harm, including those facing domestic abuse.

## Whole Family Wellbeing

The Whole Family Wellbeing Funding is an investment by the Scottish Government, intended to support services that help to keep families together. The overall aim of the funding is to reduce the need for crisis intervention, and shift investment towards prevention and early intervention.

In Edinburgh, Whole Family Wellbeing Funding has been allocated to six collaborative projects, and these projects are being supported by the Whole Family Wellbeing Team, based in Edinburgh Council. Each project is expected to deliver support city-wide (or have a clear plan for eventually delivering city-wide within the life of the project), follow the principles of [holistic whole family support](#), with a particular emphasis on families within the six Priority Family Types. As such, much of the support offered will be relevant to families with complex social needs in the maternal and early years.

An overview of all six projects can be found in the Whole Family Wellbeing [Newsletter](#), and specific supports are mentioned throughout this report, where relevant. One project not mentioned elsewhere in this report is The Edinburgh Family Support Partnership, which consists of City of Edinburgh Council Social Work Service (Social Care Direct and Family Group Decision Making) Children 1st, Barnardo's, Safe Families, Citadel Youth Centre (NE Locality), and Edinburgh Community Food. The aim of this project is to develop multi-disciplinary teams situated in each of the four localities across the city. The primary purpose of the teams will be to receive contacts which have been directed to the Children's Services Social Care Direct team. This will include a wide range of needs from early help, family support and intervention through to children where concern may have been raised by another professional agency or member of the public. It is hoped that this project will be up and running by the end of 2024.

### Practical recommendations

1. Clear pathways for coordinating complex support need to be promoted and taken advantage of. These include:
  - a. Single Point of Access: Referrals via the named person in health or education
  - b. Parent and Carer support team: Available for email support where needed
  - c. Whole Family Wellbeing projects: See main report for more details

2. Whole Family Wellbeing projects have been designed to holistically assess and support families. However, these projects will not be able to support the needs of the whole city. Data collection will provide a clearer picture of the level of need.
3. Set up a simple system for reporting gaps in provision. This will make it easier to quickly respond to emerging needs

### **Funding recommendations**

**Should any funding become available to the partnership there are 4 main areas of concern**

1. Homeless children pre-birth to 5 need to have their basic needs met
2. Children in early years affected by substance use- more services needed
3. Postcode lottery of services in still in operation- successful models only partially funded or geographically placed
4. Parental mental health- family support services that specialise in parental mental health would have far reaching benefits for children in their early years

## Appendix

Table 1 The names of the services that completed the maternal and early years complex social needs survey, alongside a short description of each service.

Name of Service	Short description of support offered
Children 1st	Our holistic whole family approach aims to deliver transformational change, by providing wraparound support that addresses multiple aspects of family life.
Circle (Haven & Harbour)	<p><b>Haven:</b> Early Years groupwork (baby massage, bay sensory, baby-led weaning, parenting programmes)</p> <p><b>Father's Service:</b> Family support to dads and their children (partnered with Dadtastic (North Edinburgh))</p> <p><b>Harbour:</b> Family Outreach service, partnered with Sunflower Garden service (supporting affected by parental substance use). Offering practical and emotional whole family support with a range of issues. Mix of 1:1 support and group support for the whole family.</p>
Dads Rock	<p>Peer support for Dads across Scotland either before their baby is born or after. Ensuring new dads feel they can support their partner, and that they look after their mental health.</p> <p>Young Dads: 1:1 support for young dads and their families, advocating for them, and helping them with relationship issues, housing, benefits, confidence and engaging with professionals.</p> <p>Dads Groups: weekly playgroups and baby groups, as well as online Whatsapp community, to bring Dads together</p>
Dean and Cauvin's Young People Trust	<p>Providing a range of support for care-experienced and vulnerable young people in Edinburgh via two residential houses, fostering service and community team helping young people transition toward adulthood, parenthood and interdependent life in the community.</p> <p><b>Cauvin House:</b> Provides 24/7 care for the most vulnerable young mums in Edinburgh who are supported to develop safe and secure parenting skills. Outreach service helps support the transition to independent living.</p>

Early Years (Edinburgh Council)	Offer high quality early learning and childcare experiences for children up to school age.
EU Settlement Scheme Support Service	Support EU nationals in applying to the EU Settlement Scheme to remain in or move to Scotland.
Family Supporters Scotland	Provides early intervention to families who are struggling, not coping, and on the brink of crisis, easing the burden on overcapacity statutory services through a holistic, family-led approach.
FASD Hub Scotland <sup>1</sup>	Provide information and support for families affected by Foetal Alcohol Spectrum Disorders in Scotland.
Family Nurse Partnership	Intensive home visiting service. Research evidence-based programme delivered by trained family nurses over a period of 30 months which commences in early pregnancy until the child reaches age 2 years.
Firsthand Lothian <sup>2</sup>	Provide support and respite services for families with children and young adults with disabilities. Provide 1:1 support, guidance, information and opportunities for parents/carers to connect. Support parents and carers specifically through <i>Time 4 Mum</i> , the online Parent and Carer Group meetings and Health and Wellbeing Sessions delivered, helping them to improve their health and well-being, confidence and resilience.
Healthy Little Foodies (Edinburgh Community Food)	Help families gain the knowledge and skills needed to feed their children a healthy balanced diet through workshops, demonstrations, training, supply of food. Support infant, toddler and children.
Health Visiting (NHS)	Deliver and manage the universal health visiting pathway from antenatal stages to P1, providing proactive, early intervention to assess and address health needs in individuals, families, and communities.
Home Link Family Support	Provide holistic support to families with young children to alleviate the impact of poverty and disadvantage. Families are offered practical support and family learning opportunities. Support is provided through home visiting, play groups, parenting groups, links with health services, parenting programmes, income maximisation, budgeting advice.

Home-Start Edinburgh	We provide whole family support to families with a child under 5, living in Edinburgh. Services include home visiting by a staff member or volunteer, group work, a perinatal service, trips/outings/events for families and some financial assistance if required.
Juniper (NHS)	Working with pregnant women/families who are currently homeless within Edinburgh City Centre. The service provides all AN/PN antenatal and postnatal care where it is most suitable for the patient and support with housing, registering with GP, and accessing other services that may be of some support.
Kinship Care Advice Service	Offers support to kinship care families through their website and national helpline, online workshops, and local support groups. Support includes advice on legal and financial issues as well as situations resulting from complex caring arrangements and parenting children with early life trauma.
Multi-Cultural Family Base	The Multi-Cultural Early Years Service supports vulnerable families, exclusively from Black, Asian, Minority Ethnic backgrounds, from the antenatal period to 3 years. The service aims to foster early relationships between infants and their caregivers, and promotes positive perinatal and infant mental health through the provision of a range of interventions, including home-based support, groupwork and a range of practical support, including welfare support.
One Parent Families Scot <sup>1</sup>	Provide support, advice, and practical help for single parents.
Pregnancy Counselling & Care	Counselling Service for people aged 16 and over, whose mental health has been impacted by a pregnancy or an early parenthood related concern. A baby bank that provides bespoke packages of baby equipment.
Pregnancy In Mind <sup>1</sup>	Pregnancy in Mind is a preventative mental-health service designed to support parents-to-be who are at risk of, or currently experiencing, mild to moderate anxiety and depression during their pregnancy.
PrePare	Early intervention, integrated, multi-disciplinary team working with pregnant women and their partners who have significant and chaotic substance use. Aim to reduce substance use and related to harm to mother and child by

	providing health care, social care and parenting support throughout pregnancy and where necessary up to 2 years post birth.
Project Esperanza	This service supports migrant families with issues e.g. asylum seeking, financial struggles, chronic health problems. They offer parenting courses, a youth group for children aged 13 and under; well-being support for mums - befriending, activities, workshops; casework e.g. help with schools, housing, food; employability – English for Speakers of other Languages (ESOL) classes, help writing CVs.
Sleep Support Line	Offers telephone support for parents and caregivers struggling with their child's sleep issues. Provide support for any child and young person, including those with a suspected or diagnosed additional support need or health condition. A diagnosis is not required to access this service, and often families approach this service while they are on waiting lists to be assessed for other services.
Stepping Stones North Edinburgh <sup>3</sup>	<p><b>Stepping Stones:</b> A range of services for families with children under 5 living in North Edinburgh. Support includes; group work opportunities for parent and child together, as well as parent only groups where parents can engage with wellbeing activities, skill-based learning and employability opportunities; holistic whole family support offered on a one-to-one basis to support family wellbeing; parenting programmes such as Raising Children with Confidence, Peep and Incredible Years.</p> <p><b>Bump Start:</b> Intensive one-to-one and group support for pregnant women and families in the perinatal period, who have been identified by their midwife as requiring further support. 1:1 intensive support as well as group support. Offers such activities as baby massage and antenatal peep through the Pregnancy and Baby Cafe.</p>

<sup>1</sup> Support focuses on parents only; <sup>2</sup> Service not delivered in Almond or Pentland; <sup>3</sup> Service limited to North of Edinburgh; <sup>4</sup> Service limited to Edinburgh City Centre