

Programmes, Activities and Groups for Parents and Carers In South Central Edinburgh

Including
Meadows/Morningside, Southside/Newington,
Dumbiedykes,
Braids, Cameron Toll and Tollcross

January – June 2019



getting
it right
for every child

team around
the
cluster

• EDINBURGH •
YOUR COUNCIL - YOUR FUTURE

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EARLY CHILDCARE

Early learning and childcare for eligible twos

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

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

- Income Support
- Income-based
- Jobseeker's Allowance or Employment Support Allowance
- Incapacity Benefit or Severe Disablement Allowance
- State Pension
- Child Tax Credits, but not Working Tax Credit, and your income is below £16,105
- Both maximum Child Tax Credits and Working Tax Credit and your income is below £6,420
- Support under the Immigration and Asylum Act 1999; Universal Credits

You may qualify if your child is:

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

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

DOB 1 Mar - 31 Aug 2016 starts August 2018

DOB 1 Sep - 31 Dec 2016 starts January 2019

Establishments that offer this service are listed on

www.edinburgh.gov.uk/eligible2s

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

Information on Playgroups, childcare providers and childminders.

www.scottishfamilies.gov.uk

PARENT PROGRAMMES AND COURSES

Peep Learning Together Programme



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

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

Viewforth Early Years Centre Tuesday 2.00pm -3.00pm
For more information or to find out on available spaces contact Gail Stewart or Michelle Agnello on 0131 229 6667

Southside Community Centre Wednesday 12.45pm -1.45pm
To check if spaces are available contact Southside Community Centre 667 0484

Peep Three's for parents and carers of 3 years olds

Royal Mile Nursery Wednesdays 1.30pm -2.30pm
For more information and to check for available spaces contact the nursery on 556 7046

Peep pre schoolers

James Gillespie's Primary School Wednesday 9.00am -10.15am
To check for available spaces contact Tracey Liddle on 447 1014

PARENT PROGRAMMES AND COURSES

Peep BSL British Sign Language group for deaf children

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

Moffat Early Years Campus

Wednesday 1.30-2.30pm

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

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

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

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

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

The Psychology of Parenting Project (PoPP)



Does your child hit and shout a lot?

Does your child argue with you all the time?

Is it hard for your child to make friends?

3-6 year old behaviour

We have **free courses** for parents and carers



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



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

PARENT PROGRAMMES AND COURSES

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

Incredible Years

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



Gilmerton Community Centre, EH17 8QG

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

St. Joseph's Primary School, EH11 3RQ

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

Rosebery Hall South Queensferry, EH30 9LL

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

Brunstane Primary School, EH15 3BO

Starts Thursday 21/02/2019 9.15 - 11.15 am

Craigmount Community Wing, EH12 8NH

Starts Thursday 10/01/2019 9.30 - 11.30am

Triple P

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



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

Tollcross Community Centre EH3 9QG

Starts 24/04/2019 12.30pm -2.30pm

PARENT PROGRAMMES AND COURSES

Castleview Primary School, EH16 4DP

Starts Friday 25/01/2019 9.30-11.30am

Tynecastle Community Wing Tynecastle High School, EH11 2ND

Starts Tuesday 29/01/2019 9.30 - 11.30am

West Pilton Neighbourhood Centre, EH4 4BY

Starts Monday 04/02/2019 09.15-11.15am

For future courses across the city or to apply online go to:

www.edinburgh.gov.uk/parenting3to6

For more information contact

07795 127954 10.00am – 3.00pm Monday to Friday or email

supportingparentsandcarers@edinburgh.gov.uk

Triple P (primary aged children version)

for parents/carers of 6-10yrs

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

Royal Mile Primary School (Primary version), EH8 8BZ

Starts Wednesday 23/01/2019 9:30-11:30am

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

For more information contact Helen on 0131 458 4059

10.00am – 3.00pm Monday to Friday or email

supportingparentsandcarers@edinburgh.gov.uk

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

This is a practical parenting



PARENT PROGRAMMES AND COURSES

programme which can help parents/carers cope positively with some of the common issues associated with raising a teenager. The group and individual sessions give parents an opportunity to explore ways they can build a stronger relationship with their

teenager, resolve conflict, manage problem behaviours and help their teen stay safe. Programmes run throughout Edinburgh, find details of local groups at www.joininedinburgh.org/parenting-programmes/teen-triple-p/

Southside Community Centre, EH8 9ER

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

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

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

Rannoch Community Centre, EH4 7ES

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

Barnardos, EH14 1ED

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

Autism Focus Teen Triple P, EH16 4DS

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

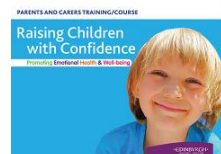
For more information or to request a place go to

www.edinburgh.gov.uk/teentriplep
supportingparentsandcarers@edinburgh.gov.uk

Contact Jillian Hart 07860 736129

Raising Children with Confidence

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



PARENT PROGRAMMES AND COURSES

emotional wellbeing and future positive mental health. This programme is suitable for **parents/carers of children aged 0-11yrs.** www.growingconfidence.org Courses are held all year

round throughout the city in primary schools and community venues. www.joininedinburgh.org/parenting-programmes/
Contact admin@growingconfidence.org

Gate 55, EH11 4PB

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

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

For more information contact or

Helena Reid

☎ 672 2629

✉ Helena.reid@ea.edin.sch.uk

Or visit www.growingconfidence.org

Raising Teens with Confidence

This 6 week course is **for parents and carers of teens.** It explores how adults can support their teenage children to navigate increasing independence; develop confidence, security and resilience; and promote and benefit from emotional wellbeing. The latest research around what helps support emotional wellbeing throughout life is used. This includes adolescent brain development, risk taking behaviour, importance of communication and the effects of stress. This provides an opportunity to explore with other parents how the teenage years can be a time for the whole family to *'thrive rather than just survive'* (Siegel 2014)!
Wester Hailes Education Centre, Leith, EH14 2SU



PARENT PROGRAMMES AND COURSES

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

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

Contact admin@growingconfidence.org

Other courses for parents

[Parent and Carer Support and Information Session on Young People's Emotional Wellbeing and Mental Health Issues](#)



These informal evening information and support sessions are for parents and carers who wish more information or are concerned about their pre teen or teenager's emotional wellbeing or mental health. The sessions are planned and delivered with the support of CAMHS and other relevant organisations, and each monthly session has a different topic focus such as anxiety, managing stress, depression and low mood, self-harm, etc. The sessions also give parents and carers an opportunity to meet other parents and supportive professionals in a safe, relaxed environment. Parents and carers of 11-18 year olds from in and around Edinburgh are welcome to attend any of the sessions.

For more information on future sessions please contact Jillian Hart, Parent and Carer Support Development Officer on 07860 736129 or email jillian.hart@edinburgh.gov.uk

[CEDAR Children Experiencing Domestic Abuse Recovery](#)

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

www.cedarnetwork.org.uk

PARENT PROGRAMMES AND COURSES

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

Stress Control

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

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

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

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

Parenting Apart

A Parenting Apart Information Session is an opportunity for you to learn how you and your children can move forward positively following a separation or divorce. You will gain insight into what you and your family are going through and how to handle the transition to living apart in a way that's best for everyone. Sessions generally last for 3 hours and are for groups of mums and dads, and they may also be available on a one to one basis

PARENT PROGRAMMES AND COURSES

in some areas. You and your child's other parent would go to different sessions. www.familymediationlothian.co.uk

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

ESOL

South Bridge Resource Centre

Infirmery Street EH11LT

Various dates, times and levels

For further information contact 0131 556 2944

Bookbug and Storytime Sessions

Bookbug Sessions

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

Morningside Library

Tuesdays 10.30am-11.00am and 11.30-12.00am (term time for the later session)

Contact **0131 447 4520** for more information

Newington Library

Every Wednesday from 11.00am - 11.30am .

Saturday 11.00-11.30am

Baby bookbug (12 months and under)

Monday 11.00-11.30am (term time only)

Chinese/ Mandarin Bookbug every 2nd and 4th Saturday from 3.00 - 3.30pm

Contact Newington Library on **0131 529 5536** for more information

PARENT AND CHILD ACTIVITIES

Fountainbridge Library

Thursdays and Saturdays 10.30am–11.00am

Contact Fountainbridge Library on **0131 529 5616** for more information

Play and Learn Together

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

Leith Community Centre, 12a Newkirkgate, Leith.

Thursdays 1.00-2.30pm

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

The Strawberry Group This multi-cultural weekly group is for multi-cultural parents and their children (0-3 years) to play together. An opportunity to join other families for play, circle time and group support.

Leith Community Centre, 12a Newkirkgate, Leith

Fridays 10.00-11.30am

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

Mothers and Infants Group This is a small therapeutic group for Black, Asian and Minority Ethnic mothers with infants (aged 0-3 years) who have been affected by domestic abuse.

Thursday mornings. Referral only.

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

Dads Rock

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

Granton Parish Church, 55 Boswall Parkway, EH5 2DA

Saturdays 10.00-11.30am –

WHALE Arts, 30 Westburn Grove EH14 2SA

Saturday 10.00-11.30am -

PARENT AND CHILD ACTIVITIES

6VT Youth Café, 11-15 Vennel, EH1 2HU

Sunday 11.00am-12.30pm

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

Get Going

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

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

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

Dr Bells Family Centre

Thursday 4.30-6pm.

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

Gorgie Suite, Tynecastle Park Stadium

Tuesday 4:30-6:30pm

Contact kinship@bighearts.org.uk

Additional Support Needs

The Drop In

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

Jack Kane Centre

Saturday 10.00am-12.00pm (cost 50p)

Contact 657 1595

PARENT AND CHILD ACTIVITIES

Northfield and Willowbrae Community Centre

Saturday 2.00-4.00pm

Contact 661 5723

Royston Wardieburn Community Centre

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

Contact 552 5700

Early Years' Service at The Yard

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

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

www.theyardscotland.org.uk/earlyyears

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

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

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

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

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

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

Contact Danielle 476 4506 earlyyears@theyardscotland.org.uk

Peep BSL British Sign Language group for deaf children ASL Peep

See PARENT PROGRAMMES AND COURSES Peep Learning Together for details

PARENT AND CHILD ACTIVITIES

Parent and Toddler Groups

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

Salvation Army Playgroup

1 East Adam St

Mondays 10.00am-12.00pm cost £1 includes snacks and drinks

For more information phone Karen Barber 0770300589

Cameron House

Mondays and Fridays 10.30-12.30am (starts Monday 25th of September)

For more information, contact 0131 667 3762

Morningside Parish Church £1.50/ session

Mondays and Wednesdays 10.00am-11.30am

For more information, contact

Office@MorningsideParishChurch.org.uk

or phone **0131 447 6745**

Barclay Bruntsfield Church Hall Babies and Toddlers

Tuesdays 10.00am-12.00pm

For more information contact

<http://www.barclayviewforth.org.uk/activities.php>

or phone Katherine Ellis on 0131 228 4136

Muslim Women's Association of Edinburgh

Mother and Toddler Groups

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

6VT Terrace Tots (Young parents group under 24 and young people expecting a baby)

PARENT AND CHILD ACTIVITIES

Tuesdays 10.30am-1.00pm

For more information contact **0131 227 1787**

[Chalmers Church](#) Baby + Toddler Group (from Aug 19th)

St Columba's Halls, Upper Grey Street

Tuesdays 10am -11,30am Fiona@chalmerschurch.org

[Bruntsfield Evangelical Church Baby and Toddlers](#)

Wednesdays (term time) 10.00am-12.00pm

For more information contact **0131 564 1399**

[City Tots](#)

Wednesdays 10.00am-11.30am (term time)

For information contact citytots@carrubbers.org

[Kingstots Baby + Toddler Group](#). Kings Church, Gilmore Place

Wednesdays 10.00am -11.30am

1 Viewforth Edinburgh Contact

info@kingschurchedinburgh.org.uk

For more information or phone 0131 629 6119

[Reid Memorial Church Hall](#) £1.50/family

182 West Savile Terrace

Wednesdays 9.30am-11.30am

For more information, contact **0131 662 1203**

[Sunshine Club Southside Community Centre](#)

Wednesdays 9.30-11.30am EH8 9ER For more information,
contact 0131 664 1202

[Greenbank Toddler Group](#) Baby and toddler group 0- 3 years £2/
week £10/term

Thursdays 9.45-11.15am and Fridays 9.45-11.30am (term time)

For more information, contact **0131 447 9969**

[Nari Kallyan Shango \(NKS\)](#) Multicultural group. All welcome.

Darroch Annexe, 7 Gillespie Street

PARENT AND CHILD ACTIVITIES

Thursdays 10am -12pm

For further information phone 0131 221 1915

[Marchmont St. Giles](#) 0-3 years £1 per family

Thursdays 9.30am-12.30pm

For information marchmontstgilespg@gmail.com

[Morningside Parish Baby and Toddler Group](#) (£2 per session)

Monday and Wednesday 10.00am-11.30am (term time)

For more information contact Jennifer Stark on 0131 447 6745

[Muslim Womens Mothers and Toddler Group](#)

Wednesdays 11.00am-1.00pm

For more information, contact Tasneem on **07429660723**

[St. Peter Episcopal Church](#) Toddler group 0 – 3 years

Mondays and Thursdays 9.30am-11.30am (term time)

For more information contact Marian McKean **0131 667 4573**

[St Fillans Playgroup](#)

Monday to Thursday 9.15-11.45am For more information contact
07790 067927

[Tollcross Community Centre](#)

Thursdays 9.00am -11.00am

For more information, contact **0131 221 5800**

[International Postgraduate Group](#)

For **wives and children of overseas students** at Edinburgh
University

Tuesdays from 10am

For more information contact **0131 447 4974**

[Feniks Polish Toddler Group](#) **for parents and grandparents**

and children under 2 years. Talk and exchange parenting
experience in a friendly atmosphere, have a chance to talk to
professionals, exchange tasty and healthy recipes for babies and

PARENT AND CHILD ACTIVITIES

families, visit family friendly places in Edinburgh.

McDonald Road Library, 2-4 McDonald Road, Leith, EH7 4LU

Fridays 11.30am-2.00pm

Contact 07510 122425 info@fenicks.co.uk

Muslim Women's Association of Edinburgh Mother and Toddlers

Edinburgh Central Mosque, EH8 9BT

Wednesday 11.00am-1.00pm

All welcome to attend from any faith or background

Contact 074805 69182 mail@mwae.org.uk

Piepmatze Edinburgh German Speaking Playgroup

German Community Church, 1 Chalmers Crescent, EH9 1TR

Tuesday 10.00am-12pm throughout the year.

Contact Piepmatze Edinburgh on Facebook

Gaelic parent and toddler groups www.gaelicplaygroup.com

Coileagan Leith

Leith Community Centre, 12a New Kirkgate, Leith EH6 6AD

Monday 9.30-11.30am and 12.30-2.30pm

Tollcross Community Centre

Wednesday 9.15-11.15am

Taobh Na Pairce, Bonnington Road

Tuesday or Friday 9.15-11.15am

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

PARENT AND CHILD ACTIVITIES

Toy Libraries

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

[Newington Community Toy Library](#) Term time only (0-5's)
The King's Hall 41A South Clerk Street, Edinburgh EH8 9NZ
Wednesdays 9.30am-11.30am
For more information contact
newingtoncommunitytoylibrary@gmail.com
or phone 0131 664 6872

PARENT AND CARER GROUPS

Kinship Carers

One to One Support Sessions Kinship Carers

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

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

Leith Community Education Centre 12A Newkirkgate EH6 6AD
Thursday 11.30am-1.00pm

First Saturday of the month Open Surgery 9.30-11.00am

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

Kinsfolk Carers Kinship Care Support Groups

Drop in (except during School Holidays)

Leith Community Education Centre, Persevere Room, EH6 6AD

Thursday 10.00am-12.00pm

Contact 334 8512 www.kinsfolkcarers.co.uk

Big Hearts Kinship Care After School Club

See PARENT AND CHILD ACTIVITIES Play and Learn Together for details

PARENT AND CARER GROUPS

Autism and Disability

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

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

Venues will be confirmed on booking.

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

People First Parents Group

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

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

One Thursday per month, 10.30am- 12.30pm, creche provided
Contact 0131 478 7707 or 07801 138265

Deaf Learning Service – The City of Edinburgh Council

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

Services cover a range of courses, 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

PARENT AND CARER GROUPS

to learning and works collaboratively with partner organisations to ensure a positive learning experience.

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

Parent and Carer Peer Support Group

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

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

www.lothiancil.org.uk Creche provided.

[Norton Park Centre, 57 Albion Road, Edinburgh, EH7 5QY](#)

Please check the website for dates

10.30am- 1.30pm, lunch 12.30pm,

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

Dads and Male Carers

Becoming Dad Group

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

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

[Circle's Haven Project, Craigroyston Primary School, EH4 4PX](#)

Thursdays 3.00-5.00pm

Contact Pete Cloke 332 9269 or 07703 714769

pete.cloke@circle.scot

or Anna Chrystal on 0131 551 1632 or 07932 088615

annachrystal@steppingstonesnorthedinburgh.co.uk

Antenatal classes for dads

Free classes, **open to all dads2be.** Run in collaboration with

NHS Lothian, a midwife will facilitate the classes along with [Dads Rock](#). All you need to know about bringing up baby!

PARENT AND CARER GROUPS

Dr.Bells Family Centre

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

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

Families Need Fathers

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

10 Palmerston Place, Haymarket, Edinburgh, EH12 5AU

First Monday of each month 7.00-9.00pm

Contact Ian Maxwell 557 2440 info@fnfscotland.org

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

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

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

Edinburgh Lone Fathers Project, Gilmerton Early Years Centre

Contact 664 1202 / 07796 212498

Edinburgh Lone Fathers

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

PARENT AND CARER GROUPS

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

Dads Rock

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

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

Saturday 10.00-11.30am

Granton Parish Church EH5 2DA

Saturday 10.00-11.30am

6VT EH1 2HU

Sunday 11.00am-12.00pm

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

Young Parents

Terrace Tots

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

6VT, 11-15 Vennel, EH1 2HU,

Tuesdays 10.30am-1.00pm

Contact 229 1797

PARENT AND CARER GROUPS

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

WHALE Arts, Wester Hailes, Thursdays, 10.30am-12.30pm

Contact Natasha on 0131 290 2560

International Parents Groups

[New Arrivals and International Parent Group](#)

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

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

Fridays 10.00am-12.00pm

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

[Chinese Flower Group](#)

[Mothers and Infants Group](#)

[The Strawberry Group](#)

See PARENT AND CHILD ACTIVITIES Play and Learn Together for details

[Feniks Polish Toddler Group](#)

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

[Piepmatze Edinburgh German Speaking Playgroup](#)

See PARENT AND CHILD ACTIVITIES Parent and Toddler Groups for details

ANTE AND POST-NATAL SUPPORT SERVICES

Baby Massage

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

Viewforth Early Years Centre (please call for more details)

(£2.50 for 4/5 sessions to cover costs)

Monday 2.30pm-3.30pm

To book contact Viewforth Early Years Centre on **0131 229 6667** or e-mail babymassage@ea.edin.sch.uk

Cameron House Community Centre

Wednesdays 10.00-11.00am

Book through Alison Murphy on **0131 666 5190**

Juno Pre and Postnatal Parents Support Groups

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

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

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

Morningside Group 6A Morningside Road EH10 4DD

Open to adults and babes in arms

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

ANTE AND POST NATAL SUPPORT SERVICES

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

Open to both adults and children (termtime)

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

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

Open to adults and babes in arms

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

@mums2mums meetings

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

Becoming Dad Group

Antenatal classes for dads

See **PARENT AND CARER GROUPS Dads and Male Carers for details**

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. This can include: preparing for baby's arrival; support to attend appointments/groups; delivery of baby Peep

Contact 0131 661 0890

Helen Gault, Ante-natal Co-ordinator

helen.g@homelinkfamilysupport.org

www.homelinkfamilysupport.org.uk

ANTE AND POST NATAL SUPPORT SERVICES

Breastfeeding Support

Best Buddies

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

Breastfeeding Helplines

Breastfeeding Network	0300 100 0210
National Breastfeeding	0300 330 0771

Breastfeeding Friendly Community Cafes

Add cafes from local area

Edinburgh & Lothian Twins & Multiples Club

www.edinburghtwins.co.uk

Nappuccino Real Nappy coffee morning

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

Last Friday of the month 10.00-11.30am

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

Ready Steady Baby

NHS guidance for pregnancy, labour and birth.

www.readysteadybaby.org.uk

Ready Steady Toddler

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

www.readysteadytoddler.org.uk

Katakeet mother and baby group

Run by Multicultural Family Base (MCFB) this **Arabic/ English group for mothers and babies aged 0-6months, pregnant mothers and older siblings welcome**. A safe supportive group

ANTE AND POST NATAL SUPPORT SERVICES

to observe play and think about you and your baby while sharing experiences with other mothers.

Fort Community Wing, 25 North Fort Street, EH6 4HF

Tuesday 12.00-1.30pm

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

Best Start Grant

Replacing the Sure Start Maternity Grant is the new Best Start Grant Pregnancy and Baby Payment in Scotland. Social Security Scotland will begin taking applications on Monday 10 December. Best Start Grants will provide lower-income families with financial support during the key early years of a child's life. They replace and expand on the UK Government's Sure Start Maternity Grant by:

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

Further details can be found on mygov.scot.

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

INFORMATION AND SUPPORT SERVICES

Parentline Scotland- Children 1st

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

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

Tel: 08000 28 22 33

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

Home Link Family Support Service

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

To access home visiting support email

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

Lone Parent Helpline-One Parent Families Scotland

Information and advice for single parents.

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

Enquire Additional Support for Learning

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

Social Care Direct- Children and Families Social Work

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

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

Domestic Abuse Freephone 24hr Helpline

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

Young Minds Parents Helpline

INFORMATION AND SUPPORT SERVICES

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

www.youngminds.org.uk

0808 802 5544

Parentzone

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

www.education.gov.scot/parentzone

Parenting Across Scotland

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

Parentclub

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

Joininedinburgh

Activities, groups and courses for children and adults.

www.joininedinburgh.org

Let's Talk- Speech and Language Therapy Early Years

Information and activity ideas about children's talking and communication www.lets-talk.scot.nhs.uk

CONTACTS

Contact details

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

Helena Reid – South East

☎ 0131 672 2629

✉ helena.reid@ea.edin.sch.uk

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

Jillian Hart – North East

☎ 07860 736 129

✉ jillian.hart@edinburgh.gov.uk

Sue Cameron – North West

☎ 0131 529 5082

✉ sue.cameron@edinburgh.gov.uk

Helen Purves – South West

☎ 0131 458 5095

✉ helen.purves@ea.edin.sch.uk

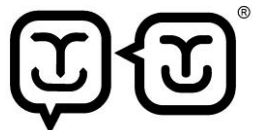
All updated Programme, Activities and Group booklets for for each area of Edinburgh can be downloaded from

www.edinburgh.gov.uk/pacs

All Parenting Programmes are listed at

www.joininedinburgh.org/parenting-programmes

You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact ITS on 0131 242 8181 and quote reference number **18-4517**



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