

Programmes, Activities and Groups for Parents and Carers In

North East Edinburgh:
Leith
Craigentinny & Duddingston
Portobello & Craigmillar

August- December 2019



getting
it right
for every child

team around
the
cluster

• EDINBURGH •
YOUR COUNCIL - YOUR FUTURE

EARLY CHILDCARE

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EARLY CHILDCARE

Early learning and childcare for eligible twos

Some two-year-old children are eligible for 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.

Establishments that offer this service are listed on www.edinburgh.gov.uk/eligible2s

Playgroups

A safe fun environment where you can leave your child to have fun and make friends, age approx. 2-5years. A cost is attached.

[Leith St Andrew's Playgroup](#) (operates a waiting list)

Mon– Fri 9am-3pm, 410-412 Easter Road, Tel: 07578772771

Email: leithplaygroup@gmail.com

EARLY CHILDCARE

Craigentiny Castle Playgroup

Mon– Fri 9am-12pm, Craigentiny Community Centre, 9 Loaning Road, Tel: 07748553162/ 07821917226 or 0131 661 9404

Portobello Toddler Hut Playgroup

Mon to Fri 8.30-3pm, full or part time places available

28 Beach Lane, EH15 1HU Tel: 0131 669 6849,

www.portobellotoddlershut.org.uk Email: toddlerhut@gmail.com

Northfield/ Willowbrae Playgroup

Mon to Fri 9.05am-12.15pm.

Northfield/Willowbrae Community Centre, Northfield Road, EH8

7PP Tel: 0131 661 5723, Email: northfieldwillowbrae@sky.com

Bright Start Playgroups (The City of Edinburgh Council)

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

Braidburn Bright Start Playgroup EH14 1ED. Monday 9.35am - 11.30am. Contact 0131 312 2320

Oaklands Bright Start Playgroup EH4 4PQ. Monday 9.35am - 11.30am. Contact 0131 315 8100

Calareidh Bright Start Playgroup EH15 3LA Tuesday 9.30am - 11.25am. Contact 0131 469 2830

Community Creches and Nurseries

Dr Bells Family Centre Crèche

15 Junction Pl, Leith, EH6 5JA

Sessions available for local families attending programmes in the Centre. Tel: 0131 553 0100

EARLY CHILDCARE

[Saheliya Around the World Childcare](#) 125 McDonald Rd,
Nursery and crèche facility. Mon-Fri for children 6weeks to 8years
Tel: Naghmana on 556 9302
<http://aroundtheworldnursery.co.uk/>

Childcare Information

[Scottish Family Information Service](#)

Information on Playgroups, childcare providers and childminders.
www.scottishfamilies.gov.uk

PARENTING PROGRAMMES AND COURSES

[Peep Learning Together Programme](#)



Universal parenting programme for parents and carers of 0-5 year olds. Peep Learning Together programme supports parents and carers in encouraging their child's learning and development, by making the most of everyday learning opportunities - listening, talking, playing, singing, sharing books and stories together. Sessions are delivered in development stages for babies, toddlers and pre-schoolers and covers five learning strands e.g. communication and language, early literacy and numeracy, health and physical development, and personal and social emotional development. Each session lasts one hour and offers parents and carers a chance to share ideas and activities and meet other parents. Peep sessions are delivered in some Early Years Centres, school nurseries and community settings during term time. If you are interested in coming along to a Peep session, please ask at your local early years centre or school nursery.

For details of Peep Learning Together sessions across Edinburgh contact Sue Cameron, Lifelong Learning Development Officer, Parent and Carer Support on 07845 015979 email sue.cameron@edinburgh.gov.uk www.joinedinburgh.org

PARENTING PROGRAMMES AND COURSES

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

Christadelphian Church, 4 Gayfield Place, EH7 4AB,
Wednesdays, 10-11am, **suitable for babies 0-16months.**

For more information or to check if spaces are available contact
Jan McHaffie on 07989 361033

Baby Peep (Birth to crawling)

Greendykes Early Years Centre, starting October day and times
to be confirmed. (term time)

For more information or to check if spaces are available contact
Wendy Craig, Greendykes Early Years Centre on 0131 661 3109

Baby Peep (Birth to crawling)

Dr Bell's Family Centre, Leith. Mondays 1-2pm (waiting list)
Thursdays 10-11am 14th Nov- 19th Dec 2019

To check if space available and for more information contact
0131 553 0100

Peep for toddlers parents/carers and children approx 2- 3yrs

Christadelphian Church, 4 Gayfield Place, EH7 4AB,
Wednesdays, 11am-12pm.

For more information or to check if spaces are available contact
Jan McHaffie on 07989 361033

Peep 2s parents/carers and children approx 15months -3yrs

Greengables Family Centre, Thursday 2pm – 3pm, starting 12th
Sept for a 5 week block.

For more information or to book a space call 0131 669 9083.

PARENTING PROGRAMMES AND COURSES

The Psychology of Parenting Project (PoPP)

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



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

Incredible Years

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



- Goodtrees Neighbourhood Centre, EH17 7LB Evening Group
Starts Thursday 24th October 2019 6.00pm - 8.00pm
- Barnardos Centre, EH13 1ED
Starts Friday 6th September 2019 9.30am -11.30am
- Rosebery Hall South Queensferry, EH30 9NX
Starts Tuesday 3rd September 2019 9.30am - 11.30am
- Circle Haven Project (Craigroyston Primary School), EH4 4PX
Starts Thursday 29th August 9.00am - 11.15am

PARENTING PROGRAMMES AND COURSES

Triple P

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



- **Tollcross Community Centre EH3 9QG**
Starts Wednesday 11th September 2019 12.30pm – 2.30pm
- **Leith Community Centre EH6 6AD Evening Group**
Starts Wednesday 26th September 2019 6.00pm - 8.00pm
- **Kirkliston Primary School, EH29 9DD**
Starts Thursday 19th September 2019 12.30pm -2.30pm
- **Castleview Primary School**
Starts Fri 25th Oct, 9.15-11.15am

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

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

- **Royal Mile Primary School Royal Mile, EH8 8BZ.**
Starts Thursday 12 September 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 Wednesday to Friday or email

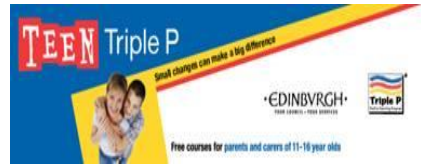
supportingparentsandcarers@edinburgh.gov.uk

PARENTING PROGRAMMES AND COURSES

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

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

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



- **Drummond Community High School, EH7 4BS. FULL**
Wednesday 28th August- 30th October. 6.30pm - 8.30pm
- **People Know How Offices, 525 Ferry Rd, EH5 2FF.**
Tuesday 1st October- 10th December. 9.30am -11.30am
- **Gate 55, 55 Sighthill Road, EH11 4PB.**
Friday 4th October- 13th December. 9.30am -11.30am
- **Barnardos, Oxfangs**
Tuesday 1st Oct (intro) then starts 22nd Oct 10am-12pm

For more information or to request a place go to

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

Contact Jillian Hart 07860 736129

PARENTING PROGRAMMES AND COURSES

Raising Children with Confidence

This is a 6week course which aims to give all parents/carers the chance to explore emotional health and wellbeing and consider how they can best promote it in themselves and their children.

Drawing on the latest research it helps explain why parents' actions make a difference to their children's emotional wellbeing and future positive mental health. This programme is suitable for **parents/carers of children aged 0-11yrs**. www.growingconfidence.org Courses are held all year round throughout the city in primary schools and community venues. www.joininedinburgh.org/parenting-programmes/ Contact admin@growingconfidence.org

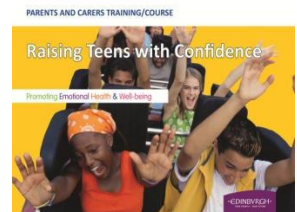


Dr Bells Family Centre, 15 Junction Place, Leith, EH6 5JA,
Starting Friday the 1st Nov-13th Dec 9.30-11.30am, creche
spaces available

For more information or to book a place contact 0131 553 0100

Raising Teens with Confidence

This 6week course is **for parents and carers of teens**. It explores how adults can support their teenage children to navigate increasing independence; develop confidence, security and resilience; and promote and benefit from emotional wellbeing. The latest research around what helps support emotional wellbeing throughout life is used. This includes adolescent brain development, risk taking behaviour, importance of communication and the effects of stress. This provides an opportunity to explore with other parents how the teenage years can be a time for the whole family to *'thrive rather than just survive'* (Siegel 2014)! Courses run in some Edinburgh Secondary schools and are listed on www.joininedinburgh.org Contact admin@growingconfidence.org



PARENTING PROGRAMMES AND COURSES

Other courses for parents

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

These informal evening information and support sessions are for parents and carers who wish more information or are concerned about their pre-teen or teenager's emotional wellbeing or mental health. The sessions are planned and delivered with the support of 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. New sessions are listed at www.joininedinburgh.org/parenting-programmes/support-and-information-sessions/



To book a place or for more information on future sessions please contact Jillian, Parent and Carer Support Development Officer on 07860 736129 or email jillian.hart@edinburgh.gov.uk

[CEDAR Children Experiencing Domestic Abuse Recovery](#)

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

www.cedarnetwork.org.uk

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

PARENTING PROGRAMMES AND COURSES

Under the Wing

An art project dedicated to unlocking the nurturing and healing power of art, helping women and children who are survivors of domestic abuse. Fun and creative 90minute classes for up to 8 women are subsidised by paid workshops.

www.underthewing.org.uk

Active Mums (referral only)

Physical activity programme delivered by Edinburgh Leisure Dr Bells Family Centre, Leith, Mondays 12.45-1.45pm, next block starts 23rd September, limited creche spaces available.

For more information contact 0131 553 0100

Healthy Families- Health and wellbeing session.

Dr Bells Family Centre, Fridays 12-2pm, 6 week block.

For more information and to book contact 0131 553 0100

Art and Crafts Class

Get creative by joining our small art and crafts group with our tutor Laura – painting, drawing, clay modelling, card making, glass painting etc. (Crèche places available)

Wednesday 1pm – 3pm, Greengables Family Centre

For more information or to book a space call 0131 669 9083.

Parenting Apart

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

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

For more information Tel: 0131 226 4507 or Email

info@familymediationlothian.org

PARENTING PROGRAMMES AND COURSES

Greengables Family Centre Courses for local Parents and Carers (Crèche places available)

Aerobics	Mondays 9.30 – 10.30 All Welcome
Massage	Monday 11am, 12noon & 1pm (Crèche places only available for 11am and 1pm session)
Jewellery Making	Monday 1pm – 3pm
Pilates	Monday 1pm – 2pm
Circuit Class	Tuesday 9.30am – 10.30am
HEALTH@NUTRITION	Tuesday 10.30am – 11.15am
Fitness Class	Thursday 9.30-10.30am
Sewing Class	Thursday 1-3pm

For more information or to book a space on any course call Rosemary on 0131 669 9083 or drop into the centre.

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.

Game Changer Wellbeing Centre, North Stand, Easter Road, Stadium (Hibs Football Stadium) EH7 5QG

Tuesday 10.30am-12pm 27th Aug – 1st Oct 2019

Edinburgh University, Lecture theatre B David Hume Tower, George Square, EH8 9JX

Tuesday 6.30-8pm 17th Sept -22nd Oct 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 PROGRAMMES AND COURSES

Adults Cooking Class

4 weekly cooking sessions within a small group. A chance to learn new skills and try out new recipes and ingredients.

Greengables Family Centre Wed 1-2.30pm- creche available.

For more information or to book a space call 0131 669 9083.

Playbase Introduction to Childcare Training

A first step course for parents, and those interested in working with young children.

Dr Bells Family Centre, 15 Junction Place, Leith, EH6 5JA,

Starting Thursday the 24th Oct- 12th Dec 10-11am.

For more information contact 0131 553 0100

Re:Connect Digital Drop In

People Know How want everyone to have the opportunity to get the best from the internet, computers and digital devices (like phones & tablets). Drop-in once or come back every week to gain some friendly support at your pace to develop your skills

www.peopleknowhow.org

People Know How, 525 Ferry Road, Edinburgh, EH5 2FF

Drop-in at any time Monday to Thursday 10am to 4pm

For more information contact Nigel Gallear, Re:Connect Coordinator, on 0131 569 0525 /

nigel.gallear@peopleknowhow.org

Open Book Sessions

Relaxed informal sessions to listen to or read short stories and poems and participate in discussions. Develop confidence with reading and language.

McDonald Road Library every Thursday 2-3pm

For more information contact McDonald Road library on 0131 529 5636

PARENTING PROGRAMMES AND COURSES

Literacy and Numeracy Classes

Want to brush up on your reading, writing and number skills. The following Free classes run-in North-East Edinburgh.

Wellbeing Centre, Duddingston Yard- Everyday English

Mondays 10am-12pm,

McDonald Road Library- Everyday Numbers, Mon 5.30-7.30pm

Craigmillar Library-Open Book-Shared reading sessions for adults who like books, Tue 10-11am

McDonald Road Library- Everyday Numbers, Tue 5.30-7.30pm

The White House, Craigmillar -Everyday English, Wed 10-11am

For more information contact Alan on 07840 649317,

Alan.1.Stewart@ea.edin.sch.uk or Lorna on 07840 649258,

lorna.hoy@ea.edin.sch.uk

English Speaker of Other Language Classes (ESOL Classes)

Pre-Intermediate ESOL Level 5

Friendly class with conversation and vocabulary, listening and grammar practice, £10 per term. Creche available for Under 5s

Sandy's Community Centre, Craigmillar Castle Ave, EH16 4DN
Mondays, 9.30-11.30am from 23rd September 2019

For information or to book a place contact Heather Muchamore on 0131 554 4750 or email heather.muchamore@ea.edin.sch.uk

Elementary ESOL

Friendly class with conversation and vocabulary, listening and grammar practice. £10 per term. Creche spaces may be available for under

Craigentinny Community Centre, 9 Loaning Rd, EH7 6JE
Wednesdays, 9.30-11.30am from 25th September 2019

For information or to book a place contact Heather Muchamore on 0131 554 4750 or email heather.muchamore@ea.edin.sch.uk

PARENTING PROGRAMMES AND COURSES

Upper-Intermediate ESOL Level 5

Friendly class with conversation and vocabulary, listening and grammar practice, £10 per term.

Leith Community Centre, 12A Newkirkgate, EH6 6AD

Wednesdays 6-8pm, starts 25th September 2019

For information or to book a place contact Heather Muchamore on 0131 554 4750 or email heather.muchamore@ea.edin.sch.uk

Get Together and Blether

A group of local people and new Scots from all over the world. We meet once a month and bring food to share for lunch (nothing too expensive!!). Enjoy foods from all over the world.

The group is run in partnership with Karin Chipulina, CarrGomm and Donna Huth, Sandy's Community Centre.

Tuesdays, monthly, Sandy's Community Centre, Craigmillar

For information contact Birgit Harris, Lifelong Learning on 0131 469-5489 or email birgit.harris@ea.edin.sch.uk

Conversation Connect ESOL Level 3

Come and join in activities and have conversations in English! Meet new people, feel more confident!

This course is good for people who are learning English. People who are not learning English can also come and join, all welcome! Creche available for under 5s.

Tuesdays 12.15-2.15pm starting Tuesday 24th September 2019

Leith Community Centre, 12A Newkirkgate, Edinburgh EH6 6AD

Contact Heather Muchamore on 0131 5544750 or 07840 649286 or email heather.muchamore@ea.edin.sch.uk

ESOL Syrian Group

Greengables Nursery School and Family Centre

Tuesdays, 9.30-11.30am

Creche places available for Under 5s. For information or to book a place call 0131 554 4750

PARENTING PROGRAMMES AND COURSES

Stories Course

Come and hear and discuss different stories about women and girls, meet new people and feel more confident.

This course is good for people who are learning English. People who are not learning English can also join or help, all welcome!

Creche available for under 5's.

Start date to be confirmed.

Leith Community Centre, 12A Newkirkgate, Edinburgh EH6 6AD

For more info contact Heather Muchamore on 0131 554 4750 or 07840 649286 or email heather.muchamore@ea.edin.sch.uk

PARENT AND CHILD ACTIVITIES

Bookbug and Storytime Sessions

Bookbug Sessions

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

Stockbridge Library Bookbug

Tuesdays 10.30-11am. Sessions are free though require a ticket, available from the library from 10am

Leith Library Bookbug

Alternate Tuesday and Wednesday of every month, 10.30-11.15am. Tue 3rd Sept, Tue 10th Sept, Wed 18th Sept, etc.

McDonald Road Library Bookbug

Fridays, 10.30-11am throughout the year.

Polish Bookbug, fortnightly on Saturdays 10.30-11am, 14th Sept then fortnightly

Spanish Bookbug, fortnightly on Fridays at 11.30am, next session 6th September then fortnightly.

Sessions are free though require a ticket, available from the library from 10am

PARENT AND CARER GROUPS

Br Bells Family Centre, Leith

Mondays 10.45-11.15am.

Contact 0131 553 0100

Portobello Library Bookbug

Wednesday 10.15am-10.45am and 11.15am – 11.45am

School Holidays Wednesday one session at 10.30am

Saturday at 11.30am – 12pm

Piershill Library

Wednesday 2.00pm -2.30pm

Blackhall Library Bookbug

Seinn: Gaelic songs and rhymes 10.30am fortnightly on

Thursdays. For information on Gaelic 'Seinn' sessions contact

0131 529 5595

Craigmillar Library Baby and Toddler Rhymetime

Run by Craigmillar books for Babies

Tuesday 11am -12pm. Contact Michelle on 0131 621 2621

Craigmillar Library Polish Rhymetime

Run by Craigmillar books for Babies

Last Wednesday of the month 10.00am -11.00am

Polskie rymowanki. Craigmillar Library ostatnia środa miesiąca

10:00 – 11:00

Craigmillar Library Spanish Rhymetime Friday 10.30-11am, next session 23rd August then fortnightly.

Storytime

Portobello Library

Fun stories for children from 3-6 years, Tuesdays at 4pm

Piershill Library

Storytime with Kenny and the Magic Story Time rug Fri 10.30am

PARENT AND CARER GROUPS

Stockbridge Library

Share a Story for under fives. Saturdays 11.00am - 11.30am

Craigmillar Library run by books for babies

Saturday Storytimes (0-4yrs older siblings welcome)

The last Saturday of every month at 11am-12pm, snack provided.

Play and Learn Together

Play and Connect! **For parents/carers and under 5's**

Come and play and explore lots of activities to promote children's learning.

Date and time to be confirmed.

Leith Community Centre 12A Newkirkgate, Edinburgh EH6 6AD

For more info contact Heather Muchamore on 0131 5544750 or 07840 649286 or email heather.muchamore@ea.edin.sch.uk

Chinese Flower Group **(for Chinese parents and their children, 0-3 years.) Referral only**

This weekly group is for Chinese parents with children aged 0-3 years. An opportunity to join other families for play, sing bilingual nursery rhymes, read storybooks and group support.

Leith Community Centre, 12a Newkirkgate, Leith.

Thursdays 12.30-2pm

Contact Multi-Cultural Family Base 467 7052

The Strawberry Group **(for black minority ethnic parents and their children, at least one aged 0-3 years) Referral only**

An opportunity to join other families for play, circle time and group support.

Leith Community Centre, 12a Newkirkgate, Leith

Fridays 10.00-11.30am

Contact Multi-Cultural Family Base 467 7052

PARENT AND CARER GROUPS

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

Granton Parish Church, 55 Boswall Parkway, EH5 2DA

Saturdays 10.00-11.30am –

WHALE Arts, 30 Westburn Grove EH14 2SA

Saturday 10.00-11.30am -

6VT Youth Café, 11-15 Vennel, EH1 2HU

Sunday 11.00am-12.30pm

Contact 07807 498709 hello@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 8week 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

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, Tuesdays, 4:30-6:30pm

Contact kinship@bighearts.org.uk

Time Together Cooking (parents/carers and 3years +)

A block of 4 weekly cooking sessions for parent/carer and child to enjoy within a small group. A chance to learn new skills, try and taste new recipes and ingredients.

Greengables Family Centre, Thursdays 1.30-2.30pm- no crèche

For more information or to book a space call 0131 669 9083.

PARENT AND CARER GROUPS

Figgy Kids

For parents and children to enjoy outdoor games and activities exploring the park and its wildlife.

Figgate Park, meet by the willow sculptures by the Hamilton Terrace entrance. The first Monday of every month 10am-12pm.

See Figgate Friends Facebook page for updates

Funky Feet

Short dance sessions for young children, to help develop their understanding of movement, creativity, and imagination.

Dr Bell's Family Centre, Mondays (drop in) 10.15-10.45am

For more information contact 0131 553 0100

Drop in Hub Day

Activities for parents/carers and their children to take part in and meet staff and other parents. Light snack at 10.45am.

Greengables Family Centre, Wednesdays 9.30am-11.30am

For more information contact Greengables Family Centre on 0131 669 9083

Play @ Home

This NHS programme provides all families in Scotland with three books covering three stages from **birth to 5yrs**: baby, toddler, pre-school. The books are distributed free by health visitors and pre-school nurseries. The books offer ideas for simple and adaptable activities, using recycled or home-made materials. Some trained staff offer groups across the city where activities are shared and then can be tried at home. For more information email supportingparentsandcarers@edinburgh.gov.uk

play@home for parents/carers and children 1-2years

Greengables Family Centre, Thursday 2pm – 3pm, starting 31st Oct for a 5 week block.

For more information or to book a space call 0131 669 9083.

PARENT AND CARER GROUPS

Art & Crafts Sessions

Library Craft Sessions

Drop in craft sessions **for aged 4-11years and their parents**

McDonald Road Library, 2 McDonald Road, Leith, Fridays 3-4pm
For more information contact McDonald Road Library on 0131 529 5636

Leith Library, Fridays 2.30-3.30pm, children up to 10 years
For more information contact Leith Library on 0131 529 5517

Crafternoon, Stockbridge Library, Fridays 2.30-3.30pm
For more information contact Stockbridge Library on 529 5665

Piershill Library, Last Friday of every month 3-4pm, 5-12yrs
For more information contact Piershill Library on 0131 529 5685

Portobello Library, every second Friday at 2pm, 6-12 years
For more information contact Portobello Library on 529 5558

Lego Building and Creativity Sessions

Portobello Library, every second Friday at 2pm, 6-12 years
For more information contact Portobello Library on 529 5558

Lego Building and Creativity Sessions (6-12 years)

McDonald Road Library, every second Saturday at 3-4pm, starting 12th October then fortnightly. Children under 8 will need to be accompanied by an adult. For more info contact McDonald Road Library on 529 5636

Craigmillar Community Cinema

Free children and family film screenings., Craigmillar Library.
Sat 21st Sept 12-2pm Wreck it Ralph, Sat 19th Oct 12-2pm Moana
Children under 8years must be accompanied by an adult.
To book contact Craigmillar Library on 0131 529 5597

PARENT AND CARER GROUPS

Bridge Kidz Messy Church

Crafts, Songs, Bible stories and more! First Saturday of every month, 10am-12pm. Free.

LifeCare Centre, 2 Cheyne Street, EH4 1JB Tel: 0131 261 6484

Play Together on Pedals

Bangholm Outdoor Centre, 23 Craighall Gardens, EH64RJ

Fortnightly free drop in or bookable cycling sessions for children and families, bikes and helmets provided with experienced instructors on hand to help your child to gain the skills and confidence to ride a bike.

Family Bike Workshop on the 8th September, 10am-12pm. Try out a range of family bikes with child seats, trailers, tag-alongs etc.

6 years plus session, Sunday 15th September - **Book online.**

Pre-schoolers Drop in Sunday 29th September.

www.playonpedals.scot email angie.kinghorn@cyclinguuk.org

Free Activities at The Scottish National Portrait Gallery

Queen Street, EH21JD

Open Studio-Make an Impression Ages 1-3years, younger siblings welcome too.

Tue 3rd Sept, 1st October 10.30am-12.30pm

FREE Messy, open, art-making mornings in the Farmer Studio.

Drop in anytime and bring a change of clothes!

-Wee Treasures Ages 2-5,

Sat 7th Sept, 5th Oct, 10.30 & 11.30am

Free Multisensory storytelling in the gallery, inspired by a different painting each month.

-Postcard Portraits

Ages 6+, younger siblings welcome too.

Sun 8th Sept, 13th Oct, 2-4pm

Pick your postcards, find the portraits and create your own personal masterpieces.

PARENT AND CARER GROUPS

Halloween at the Portrait Gallery Ages 6 plus

31st Oct, 6.15pm and 7.15pm

Spooky stories under the stars, inspired by some of the more eerie portraits on the gallery walls. Booking essential.

Autism friendly early opening All Ages FREE

Free, supported, early opening sessions for children up to 12 years who have autism and their families. Families can enjoy a quiet space to settle in and return to, an opportunity to handle materials, explore sensory creative activities and visit exhibitions with experienced, welcoming guides. Pre-visit information, including sensory stories, photos and what to expect are available.

Numbers very limited, booking essential.

27th October, 9-10am

To book please contact 0131 624 6428 or email

AMurray@nationalgalleries.org

Free Activities at the Scottish National Gallery of Modern Art 75 Belford Road, EH4 3DR

Pop up Play Area

Open daily until 20th October

A fun-filled free, drop-in play area in front of Modern One, for children and families to enjoy. Featuring slides, tunnels, play-boats, and more.

As the play area is outdoors we sometimes need to close if it's wet under foot.

-BYOB: Bring Your Own Baby/ Bump Ages 0-1

Mon 7th Oct: 10.15, 11am & 11.30am, Modern One, Room 20

Monthly informal chats in the gallery for grown-ups and wee ones

-Walk, Talk, Make 2-5years

Sat 21st Sept, 19th Oct, 11am-12.30pm

Outdoor explorations in the grassy grounds of Modern One and Two. Drop in and dress for the weather!

PARENT AND CARER GROUPS

Free Activities at the Scottish National Gallery of Modern Art cont.

Sculpture Studio Ages 4-12years

Monday 14th -Friday 18th Oct, 2-4pm, Modern One

FREE Carve, cast, form and fashion your own sculptures during the October holidays!

-Family Art Tour Ages 6+, Younger siblings welcome too.

11am-11.40am, Sat 28th Sept, 26th Oct check website for venue

Short, interactive, creative tours. The perfect introduction to art for your whole family. BSL interpreted.

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 and hear from guest speakers, while their children take part in activities run by experienced youth and children's workers.

Northfield and Willowbrae Community Centre, 10 Northfield Road

Saturday, 2.00-4.00pm, Free

Contact Liz on 0131 661 5723

Royston Wardieburn Community Centre

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

Contact 0131 552 5700

Multi-Sensory Room Greengables Family Centre

The Multi-Sensory Room can be booked for hourly sessions for you to enjoy with your child for free.

For more information contact Greengables Family Centre on 0131 669 9083

PARENT AND CARER GROUPS

Inspiring Disability Group (previously The Drop In)

A fun packed drop in activity session for children with additional support needs aged 0-14yrs and their parents/carers and siblings. Parents/carers have the opportunity to meet others whilst their children/young people take part in a range of activities supported by qualified and experienced workers.

Jack Kane Community Centre, 208 Niddrie Mains Road

Saturday, 10.00am-12.00pm, FREE

Tel: 0131 657 1595 for more info or if attending the first time.

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 around dynamic outdoor play, music and movement, sensory play, communication and language and arts and crafts. Membership of the Yard is required at £5 per month and you must register for the service before accessing it.

www.theyardscotland.org.uk/earlyyears

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

From 26th August- 10th October (excluding 16th 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 (fortnightly).

Contact Danielle 0131 476 4506, 07934 839 936

earlyyears@theyardscotland.org.uk

PARENT AND CARER GROUPS

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.

Abbeyhill Baptist Church

22 Elgin Terrace, EH7 5PB Fridays 10-11.30am, Christian Songs
Tel: 0131 557 4110

The Kirkgate Kiddos

Tuesdays 9.30-11.30am

Leith Community Centre, 12a New Kirkgate, Leith, EH6 6AD
Tel: 0131 554 4750

South Leith Parent and Toddler Group

Tue 9.30-11.30am

South Leith Church Halls, 6 Henderson St, Tel: 07538 325288

St Margaret's Parent and Toddler Group

Monday 9.45-

11.15am (Baby group/ toddler group) Wed 9.45-11.15

St Margaret Episcopal Church, 170 Easter Road, Leith, EH7 5QE

Email: stmegspandtgroup@gmail.com in advance.

Trinity Toddlers

Mon, Tue 9-11.30am

Leith Sea Scout Hall, Victoria Park, access via Craighall Avenue,
EH6 5PY

Email: pgrant1981@gmail.com

'Wee Hope' Baby and Toddler Group

Fridays 9.30-11am

Hope café, 135 Mountcastle Drive South. Bible story, songs and
snack. Term time, 50p.

Tel Emily: 075987 24739

Wee Stars

Wednesdays 9.15-11.15am

St Mary's Star of the Sea Church, 106 Constitution Street, Leith,
EH6 6AW

Tel: 0131 554 2482

Inverleith Toddler Group

Wednesdays 10am-12pm

Inverleith St Serf's Church Hall, 1a Clark Road, EH5 3BD

Tel: Anne Tracy 0131 552 7615

Parent and Toddler Groups cont.

PARENT AND CARER GROUPS

St Paul's & St George's Church Thu 10-11.30am/ 2-3.30
46 York Place, EH1 3JW, Email: rachel@psandgs.org.uk

Toddler Activity Playgroup Fridays 9-10:30/ 11-12:30
LifeCare Centre, 2 Cheyne Street, EH4 1JB Tel: 0131 261 6484

Lochend Toddlers Mondays 9.30-11.30am (term time)
Restalrig Lochend Community Hub, 198 Restalrig Road South,
EH7 6DZ, Tel: 0131 554 0422

Richmond Tots Parent and Toddler Group Wed 9.30-11am
Richmond Craigmillar Church, EH16 4PA Tel: 0131 661 6561

Northfield & Willowbrae Community Centre Mon & Wed 9.30-
11.30am, 10 Northfield Road, EH8 7PP £2 Tel: 0131 661 5723

Niddrie Community Church Baby & Toddler Group Mon 9.45-
11.15am, 12 Hay Drive, EH16 4RY Tel: 0131 669 9400

The Venchie Parent & Toddler Group Wed, Thu, Fri 9.15-
11.15am, 61 Niddrie Mains Terrace, EH16 4NX Tel: 629 9546

Bristo Tots, Bristo Memorial Parish Church Fri 10-11.30am,
EH16 4AJ Tel: 0131 661 9681

Sandy's Baby & Toddler Group Thu 9-11am
Sandy's Community Centre, EH16 4DW Tel 0131 661 4064

Magdalene Baby & Toddler Group Thu 9-11am
Magdalene Community Centre, EH15 3BE Tel Rab: 669 8760

PARENT AND CARER GROUPS

Parent and Toddler Groups (Staff run)

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

Dads Rock

See Play and Learn Together PARENT AND CHILD ACTIVITIES

Ripple Project Parent/ Carer and Toddlers (0-5yrs)

McLaren Hall, 48 Restalrig Road South, EH7 6LE

Tuesdays 9.30-11.30am (term time) Tel: 0131 554 0422

Greengables Toddler Group

Greengables Family Centre, Tuesdays 1-3pm

Tel: 0131 669 9083

Feniks Polish Toddler Group **for parents and grandparents and children under 2 years.**

Talk and exchange parenting experience in a friendly atmosphere, have a chance to talk to professionals, exchange tasty and healthy recipes for babies and families, visit family friendly places in Edinburgh.

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

Fridays 11.30am-2.00pm

Contact 07510 122425 info@fenicks.co.uk

Muslim Women's Association of Edinburgh Mother and Toddlers

Edinburgh Central Mosque, EH8 9BT (multifunction hall opposite library)

Thursdays 10.00am-12.00pm

All welcome to attend from any faith or background

Contact 074805 69192 mail@mwae.org.uk

PARENT AND CARER GROUPS

Piepmatze Edinburgh German Speaking Playgroup

German Community Church, 1 Chalmers Crescent, EH9 1TR

Tuesdays 10.00am-12pm throughout the year.

Contact Piepmatze Edinburgh on Facebook

Purzelbaum Edinburgh German Speaking Playgroup

German Community Church, 1 Chalmers Crescent, EH9 1TR

Monthly Saturday 2-5pm, 10th Aug, 14th Sept, 12th Oct, then Sunday 3rd Nov, 15th Dec 2019

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

For more information see

www.purzelbaum.wixsite.com/spielgruppeedinburgh or

Email purzelbaum.edinburgh@gmail.com

International Postgraduate Group

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

Tuesdays from 10.00am starts 11th September 2019

For more information contact 0131 447 4974

Croileagan Gaelic Playgroups for parents and under 5s

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 croileagan.duneideann@gmail.com

www.gaelicplaygroup.com

Childminder Group

Northfield & Willowbrae Community Centre Tuesdays 9.30-11.30am, 10 Northfield Road, EH8 7PP, Group for registered Childminders. £2 Tel: 0131 661 5723

PARENT AND CARER GROUPS

Toy Libraries

Play Plus Toy Library-Tuesdays 9.30am-1pm term time.

Inch House Community Centre, 225 Gilmerton Road, EH16 5UF

An annual membership of £4 allows families to borrow a wide range of toys, as well as stay and play at the sessions.

playplus@smartplaynetwork.org Tel 0131 664 4710

PARENT AND CARER GROUPS

Kinship Carers

[Kinship Carer Advice Line and Involvement Group](#)

The City of Edinburgh Council offer support and information for Kinship Carers. They can provide Information on events and courses, financial support and social, emotional and practical support.

A Kinship Care group meets monthly at Westfield House. For more information call the helpline.

The Helpline is available Monday to Thursday from 9am to 5pm and Friday 9am to 3:30pm. Leave a message and someone will call back.

Tel: 0131 529 2588 Email: kinshipsupport@edinburgh.gov.uk

[Kinsfolk Carers Kinship Care Support Group](#)

Drop in (except during School Holidays)

[Leith Community Education Centre, Persevere Room, EH6 6AD](#)

Thursday 10.00am-12.00pm

Contact Leith Community Centre 0131 554 4750

[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

The Wren Group (referral only)

A weekly wellbeing support group for black and minority ethnic parents in Leith who have children with additional support needs under 8years.

Dr Bells Family Centre, Leith.

Wednesdays, 12-2pm, Creche spaces available for children under 5years.

Contact Multi Cultural Family Base on 0131 467 7052

Kindred's Therapeutic Support Group

A free 8week course for parents of children with additional support needs. An opportunity to explore experiences and feelings in a small group with parents who are in a similar situation. Helping people feel to less isolated. The group is supported by two counsellors.

Kindred, 7 Rutland Court Lane, Edinburgh EH3 8ES

Starting 23rd October- 11th December at 10am-12pm.

For more information or to book a place contact

enquiries@kindred-scotland.org Or Tel: 0800 031 5793 (Option 1, Option 1)

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

PARENT AND CARER GROUPS

Hanen More Than Words (Referral-For parents of children with Autism or Social Communication Difficulties aged 0-4)

An 8week parent programme delivered by Speech and Language Therapists, which helps parents and carers to understand and adapt communication and play with their child. Parents attend group sessions; home visits may be carried out where video feedback of interactions can be used.

For a referral or more information contact your Speech and Language Therapist see <http://www.lets-talk.scot.nhs.uk/ContactUs/Pages/default.aspx>

Hanen Talkability (Referral Only-For parents of children with Autism aged 4-8)

An 8week parent programme delivered by Speech and Language Therapists, which helps parents and carers to support their child's communication. Parents attend group sessions; home visits may be carried out where video feedback of interactions can be used.

For a referral or more information contact your Speech and Language Therapist see <http://www.lets-talk.scot.nhs.uk/ContactUs/Pages/default.aspx>

Living with Autism (Referral only- For parents of children with Autism in primary 5-7)

An 8week parent programme delivered by Speech and Language Therapists, CAMHS and ASL which helps parents and carers to support their child's communication.

For a referral discuss at your Child's Planning Meeting.

Coffee Mornings (For parents/carers of children with ASD)

Tailor Ed run regular coffee mornings every couple of months. The coffee mornings are facilitated by one of our Project Workers and as well as offering an opportunity to meet other parents and build an informal support network we set topics for discussion and/or invite speakers from other organisations or services that may be of interest. For more information please contact us on contact@tailoredfoundation.co.uk or call 0131 624 8970

PARENT AND CARER GROUPS

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

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

For more information please contact Pete at pete@tailoredfoundation.co.uk or call 0131 624 8970
Planning meeting or email autisminfo@ea.edin.sch.uk

Mums' Group (For mums/female carers of children with ASD)

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

For more information please contact us on contact@tailoredfoundation.co.uk or call 0131 624 8970

Scottish Autism Right Click Online Support Programme **For parents and carers of children and young people on the Autism spectrum**

Parents and carers can register to participate in a free online support programme specific to the age of their child at a time and pace which suits them. There is also a new Women and girls specific programme. Sessions include videos and support materials. Parents are also assigned their own advisor who can be contacted to answer questions and give specific advice. Programmes run for 5 weeks on a rolling programme.

For more information or to register visit <https://www.scottishautism.org/services-support/support-families/online-support-right-click>

PARENT AND CARER GROUPS

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

Alternating Mondays and Thursdays once per month

10.30am- 1.30pm, lunch 12.30pm,

Contact 0131 475 2350 lisa.milburn@lothiancil.org.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 Robert Kelly Tel: 0131 478 7707 or email

robert.kelly@peoplefirstscotland.org

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 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 GROUPS

Dads and Male Carers

Dads Antenatal Workshops

Free workshop, open to all dads to be. Facilitated by Dads Rock. Everything you need to know about babies, from nappy changing, bathing feeding, sleeping, etc

Dr Bells Family Centre, 15 Junction Place, EH6 5JA

Wednesdays 7-9pm each month.

25th September 30th October, 27th November 2019

For more information or to book a place contact visit

www.dadsrock.org.uk/antenatalworkshops

Dads' Clubs/ Edinburgh Lone Fathers Project

(single/contact fathers and their young children 0-16years)

A weekly chance to get out and have fun with other dads and kids. There are 2 Saturday groups, one for pre-school aged children and their fathers (based in Gilmerton) and one for primary school aged children and their fathers (based in Leith). We meet each Saturday morning 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. Our project also provides 1:1 help to single/contact fathers who are better supported individually.

Contact 556 3800 / 07796 673 381 www.opfs.org.uk

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/>

PARENT AND CARER GROUPS

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

Granton Parish Church, 55 Boswall Parkway, EH5 2DA

Saturdays 10.00-11.30am –

6VT Youth Café, 11-15 Vennel, EH1 2HU

Sunday 11.00am-12.30pm

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

Young Parents

Community Renewal Young Mum's Group

Informal support available on training, benefits and housing for young mums aged 16-25years.

Thursdays 1-3pm. Usually meet at Craigmillar Library but also go on play and leisure activities.

Contact Eve on 07739626205 or eve@communityrenewal.org.uk for more information or to attend.

Citadel Youth Centre Young Mum's Club

An opportunity for expectant mums and young mums to come together in a social setting to take part in informative, fun and creative activities for both mums and children. Suitable for young mums or mums to be aged **21years and under**. Free Crèche and lunch provided.

Citadel Youth Centre, 175 Commercial Street, EH6 6JE,
Mondays 12.30-2pm, term time.

For more information please contact Emma on 0131 554 0510 or email emma@citadelyouthcentre.org.uk

PARENT AND CARER GROUPS

Citadel Youth Centre Young Mum and Baby/Toddler Play and Interaction Sessions

An opportunity for young mums and babies and toddlers to participate in play led activities. Fun and creative activities for both mums and children to build on attachment and support the physical, social and emotional development of **babies aged 2 and under**.

Suitable for young mums aged **21 years and under**. Free Crèche and lunch provided.

Citadel Youth Centre, 175 Commercial Street, EH6 6JE, Day and time to be confirmed.

For more information please contact Emma on 0131 554 0510 or email emma@citadelyouthcentre.org.uk

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 0131 229 1797

Expecting Something run by Starcatchers for young parents under 25 with their babies from across the city.

Spend time with your babies and share a free lunch with other young parents whilst engaging in artist-led creative activities. Free including a healthy lunch.

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

Contact Natasha on 0131 290 2560

Dads Rock Support for Young dads

See PARENT AND CARER GROUPS Dads and male carers for details

PARENT AND CARER GROUPS

International Parents Groups

[Chinese Flower 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](#)

[Purzelbaum Edinburgh German Speaking Playgroup](#)

[International Postgraduate Group](#)

See PARENT AND CHILD ACTIVITIES Parent and Toddler Groups for details

Other Parent and Carer Groups

[YMCA Women's Group](#)

Suitable for women of any age. Activities include crafts, workshops, healthy eating and exercise, family trips as well as personal development, confidence building and one to one support. The group costs £1, includes a light lunch and crèche.

[YMCA, The Acorn Centre, 1 Junction Place, Leith, EH6 5JA](#)
Tuesdays, 12.15-2.15pm

For more information contact 0131 553 7877 or email admin@ymcaedinburgh.com

[Creative Nurture Group for Women \(Referral\)](#)

Group art therapy group for women who have experienced trauma in any form. No experience of art necessary. Crèche spaces available.

[Leith Community Centre, 12a Newkirkgate, Leith, EH6 6AD](#)
Wednesdays, 11am-12.30pm, starting 11th September.

If you or someone you know would like to join the group, please contact Lara on 07549 591735 or email

omolara.pang@mcfb.org.uk

ANTE AND POST-NATAL SUPPORT SERVICES

Best Start Grant

The new Best Start Grant Pregnancy and Baby Payment in Scotland has replaced the Sure Start Maternity. Best Start Grants provide lower-income families with financial support during the key early years of a child's life. They provide eligible families with £600 on the birth of their first child and £300 on the birth of any subsequent children. The application window has been extended from 24 weeks pregnant to 6 months after the birth, giving parents longer to apply.

Best Start Grant Early Years

The Scottish Government has launched its Best Start Grant Early Learning Payment.

Delivered by Social Security Scotland, the £250 Early Learning Payment is for children aged between two to three and a half years old.

Best Start Grant School Age

The Scottish Government launched its Best Start Grant School Age Payment. Delivered by Social Security Scotland, the £250 School Age Payment is made to low income families around the time a child normally starts Primary 1 to help with the costs of a child starting school.

Applications are now open for parents who would normally have a child starting school this August. Families can apply after the child has started school right up to 29 February 2020. You do not need to take up a school place to get this payment.

Eligible parents should apply if their child was born between 1 March 2014 and 28 Feb 2015. This also applies to parents who have deferred entry to next year – they should still apply in the 3 June 2019 to 29 February 2020 window. If they wait until next year it will be too late and they will miss out on your payment.

To be eligible for Best Start Payments, the family must live in Scotland and be in receipt of a qualifying benefit from the list below:

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance

ANTE AND POST NATAL SUPPORT SERVICES

Best Start Grant School Age cont.

- Pension Credit, Universal Credit, Housing Benefit, Child Tax Credit, Working Tax Credit

If you are under 18 you are automatically eligible and don't have to be on a qualifying benefit. If you are 18 or 19, in full time education or training and dependent on someone else like a parent or carer who is claiming child benefit, child tax credit, pension credit or universal credit for you.

For more information visit

www.mygov.scot/beststartgrantearlylearningpayment or call Social Security Scotland on 0800 182 2222.

Best Start Food Payment

New applications are now open for Best Start Food payment, which replaces the UK Government's Healthy Start Vouchers in Scotland. Best Start Foods provides low income families on certain benefits with £17.00 every four weeks during pregnancy and for every child under three to spend on a range of healthy foods. This payment increases to £34.00 for children under one. This is a more convenient and flexible way of buying healthy foods replacing the previous paper vouchers with a new payment card. The new card can be used in most shops selling food that take card payments. New applications can be made via the freephone helpline on 0800 182 2222, by post and online at <https://www.mygov.scot/benefits/best-start/>

People already receiving Healthy Start Vouchers will continue to do so until they are invited to apply for the new Best Start Food payment. This will happen on a phased basis until March 2020.

Pregnancy Counselling and Care (Scotland) PCC(S)

24a Haddington Place, Leith Walk, EH7 4AF

PCC (S) can offer free baby clothes and equipment (age up to 4years) to anyone in financial difficulty. Speak to your midwife or Health Visitor for a referral.

Contact info@counsellingandcare.co.uk Tel: 0131 557 2060

ANTE AND POST NATAL SUPPORT SERVICES

Baby Massage

Classes usually run in 4-5week 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**.

Greengables Family Centre, Wednesdays 1-2.30pm, 4 week blocks, starting 4th Sept, 2019.

For more information contact Greengables Family Centre on 0131 669 9083

Greendykes Early Years Centre, starting October, day and time to be confirmed (term time)

For more information or to check if spaces are available contact Wendy Craig at Greendykes Early Years Centre on 0131 661 3109

Dr Bells Family Centre, Leith, Thursdays 10-11.30am (Referral required).

For more information contact your Health Visitor or call 553 0100

Support Group for New Parents

Health professional often available for advice and support. Drop in for parents and babies from birth- 8months

Debenhams Cafe, Ocean Terminal, Tuesdays 3-4pm.

Contact Louise Penman on 0131 454 2302

Porty Tiny Tots parents/carers and babies 0-1yr

Songs and play activities

Portobello Library, Mondays 1.30 -2.15pm

For more information or to check if spaces are available contact Portobello Health Visiting Team on 0131 657 8924

ANTE AND POST NATAL SUPPORT SERVICES

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 and school holiday sessions see the website www.juno.uk.com

Morningside Group, Christ Church, 6A Morningside Rd, EH10 4DD

Open to adults and babes in arms

Thursday 7:30- 9.00pm juno.craiglockhart@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

Birth and Perinatal Trauma Group, Lifecare Centre Stockbridge, 2 Cheyne St, EH4 1JB

Once a month, Monday 10-11.30am juno.enquiries@gmail.co.uk

Ante-natal Support Service

Are you expecting a baby? Do you live in Edinburgh?
Would you like some support to help give your baby the best possible start in life?

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

Antenatal classes for dads

See PARENT AND CARER GROUPS Dads and Male Carers for details

Breastfeeding Support

Café Bambino, The Skylark Café, 243 High Street, Portobello, EH15 2AW. Mondays 2.30-3.30pm. Health professionals available for advice and support.

For more info contact the Health Visiting Team on 0131 657 8924

Waterstones, Fort Kinnaird, 31B Newcraighall Road, EH15 3RD. Thursdays 11am-12pm. Health professionals available for advice and support.

For more info contact the Health Visiting Team on 0131 549 7370

@MUMS2MUMS, Breastfeeding Support Café, Dr Bells Family Centre, Leith, Mondays 1.15-2.15pm

For more information contact 0131 553 0100 or email

hello@lledinburgh.co.uk

Best Buddies

Volunteer peer supporters can be arranged through your Health Visitor

Breastfeeding Helplines

Breastfeeding Network, 9.30am-9.30pm 0300 100 0210

National Breastfeeding, 9.30am-9.30pm 0300 100 0212

La Leche League, 7am-11pm 0345 120 2918

Breastfeeding Advice

For more information and advice on Breastfeeding visit the new [NHS Lothian 'Feeding Your Baby' website](#) or www.feedgood.scot

ANTE AND POST NATAL SUPPORT SERVICES

Breastfeeding Friendly Community Cafes

Yo yo Café at Leith Victoria Swim Centre, Junction Place EH6 5JA 07955 150500

Punjabi Junction Cafe, 122/124 Leith Walk EH6 5DT 0786 589 5022

CafeLife LifeCare, 2 Cheyne Street EH4 1EB 0131 343 0940

Richmond Café Project, Richmond Craigmillar Church 227/229 Niddrie Mains Road, EH16 4PA

Hub Grub Café, Restalrig Lochend Community Hub 198 Restalrig Road South EH7 6DZ 0131 554 0422

The Whitehouse Community Cafe, 70 Niddrie Mains Road EH16 4BG 0131 468 1934

Katakeet Mother and Baby group (**Multicultural group for mothers, including expectant mothers, and babies aged 0 to mobile stage**). **Referral Only**

A safe supportive group to play, observe 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 Multi Cultural Family Base on 467 7052 for more information or to book a place.

Well Baby Clinics **for registered patients only**

Mountcastle Health Centre Mon 10.00am -11am

Craigmillar Medical Group Wed 9.30am -11am

Portobello Surgery Temporarily cancelled

Leith Community Treatment Centre Mon 1.30-3.30pm

(For all parents and babies registered with any Leith GP surgery)

Figgy Kids Friday Buggy Walks

Fridays 11am, Figgate Park, meet at the container by Fruity Corner.

A weekly walk around the park for parents and toddlers to get out in the fresh air.

See Figgate Friend Facebook page for updates.

ANTE AND POST NATAL SUPPORT SERVICES

Walk this Way

Walking group for parents with or without their children.

Wednesdays 10.30-11.30am, Dr Bells Family Centre, Leith. 25th Sept- 18th Dec.

For more information and to book contact 0131 553 0100

Route 10 Rollers Buggy Walks

Tuesdays 10am, Lochend Restalrig Hub, 198 Restalrig Road South, Eh7 6DZ. Free.

Fridays 10am, outside H&M at Ocean Terminal. Free.

For more information email: elspethalexandra@hotmail.com or join Route 10 rollers on Facebook

www.edinburghwomensfitness.co.uk/classes/buggywalks/

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

INFORMATION AND SUPPORT SERVICES

Family and Household Support Drop ins

Support and advice from Housing and Family Support staff on benefits, budgeting and debt. Help with tenancies or housing bids. Signposting to other services.

North East Neighbourhood Office, 101 Niddrie Mains Road,
Tuesdays and Thursdays 2-4pm

Leith Library, 28-30 Ferry Road, Fridays 10am-12pm

Contact 0131 529 7168 or email

northeast.familyandhouseholdsupport@edinburgh.gov.uk

Leith Children's Clothing Swap Shop

A swap shop event of children's clothing. Donate good quality 0-5years children's clothing you no longer need and take away clothes you do. Bring donations by the Wednesday beforehand. Last Saturday of every month, Dr Bells Family Centre, Leith, 10am-12pm. £2 per entry per adult which includes tea or coffee
Contact 0131 553 0100 or email administrator@dbfc.org.uk

Let's Talk Speech and Language Therapy Drop in (for parents of children 0-4yrs)

For parents who have initial concerns about their child's listening and talking. An opportunity to chat about fun ways to help children with their speech and language development.

Leith Community Centre, Trinity Room, 12a Newkirkgate, EH6 6AD, the last Monday of each month (excluding December). Drop in between 9.30-11am

For more information contact the Speech and Language Team on 0131 536 6467

Now you are 2!

Craigmillar Books for Babies are running events for families who have children turning two years old.

Find out more about putting your child's name down for nursery in Craigmillar. Receive a free book bag with books and information.

Craigmillar Library, 10-11am, 4th September, 6 November

For more information contact

info@craigmillarbooksforbabies.org.uk Tel: 0131 621 2621

INFORMATION AND SUPPORT

Let's Talk- Speech and Language Therapy Early Years

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

Enquire Additional Support for Learning

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

Sleep Scotland Parent Support Line

Guidance and support for parents and carers on their child or teenagers sleep problems.

Mon-Thu 10am-4pm www.sleepscotland.org Tel: 0800 138 6565

Boardmaker in Libraries Drop In Sessions

Boardmaker is a computer programme which is used to make visual symbol supports. Parents/ Carers can use the resource independently at certain libraries during opening hours or can come to the drop-in sessions where experienced staff will be on hand to help them learn to use Boardmaker and answer any support questions.

For more information email autisminfo@ea.edin.sch.uk

FREE Parent Helpline (previously Parentline Scotland)

Free helpline, email and web-chat service offering advice and support for parents and carers run by Edinburgh Together. Provides advice and support on a range of the issues that impact children's education such as: accessing professional help, additional support needs, emotional wellbeing and mental health and family relationships.

Mon-Fri 9am-9pm Sat and Sun 9am-12pm Tel: 08000 28 22 33
www.children1st.org.uk/help-for-families/parentline-scotland/

Lone Parent Helpline-One Parent Families Scotland

Information and advice for single parents.

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

INFORMATION AND SUPPORT

Single Parent Counselling Service

One Parent Families Scotland free, person centred counselling service for single mums and dads in Edinburgh on Fridays at 2 York Place, EH1 3EP. Contact 0131 556 3800/ 07796 673 381

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 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

CONTACTS

Contact details

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

Jillian Hart – North East Lifelong Learning Development Officer-
Parent and Carer Support

☎ 0131 469 3081

✉ jillian.hart@edinburgh.gov.uk

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

Helena Reid – South East

☎ 0131 672 2629

✉ helena.reid@ea.edin.sch.uk

Sue Cameron – North West

☎ 0131 529 5082

✉ sue.cameron@edinburgh.gov.uk

Helen Purves – South West

☎ 0131 458 5095

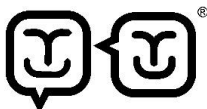
✉ helen.purves@ea.edin.sch.uk

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



HAPPY TO **TRANSLATE**

Telephone 0131 242 8181

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