

# Programmes, Activities and Groups for parents and carers

## South West Edinburgh

Gorgie, Dalry, Oxfords, Sighthill, Wester Hailes,  
Currie, Balerno, Ratho

## September – December 2018



getting  
it right  
*for every child*

team around  
the  
cluster

• EDINBURGH •  
YOUR COUNCIL - YOUR FUTURE



# CONTENTS

<b>EARLY CHILDCARE</b>	
<b>Eligible Twos</b>	4
<b>Playgroups</b>	5
<b>PARENT PROGRAMMES AND COURSES</b>	
<b>Peep learning together</b>	6-7
<b>Incredible Years</b>	8
<b>Triple P</b>	9
<b>Triple P (Primary version) &amp; Teen Triple P</b>	10
<b>Raising Children with Confidence</b>	11
<b>Raising Teens with Confidence</b>	11
<b>Other courses</b>	12-13
<b>PARENT AND CHILD ACTIVITIES</b>	
<b>Bookbug and Storytime</b>	14-15
<b>Play and Learn Together</b>	15-17
<b>Arts and Crafts</b>	18
<b>Additional Support Needs</b>	18-19
<b>Parent and Toddler Groups</b>	20-23
<b>Toy Libraries</b>	23
<b>PARENT AND CARER GROUPS</b>	
<b>Kinship Carers</b>	24
<b>Autism and Disability</b>	25-28
<b>Dads and Male Carers</b>	28-30
<b>Young Parents</b>	30-31
<b>International Parents</b>	31
<b>ANTE AND POST NATAL SUPPORT</b>	32-35
<b>INFORMATION AND SUPPORT SERVICES</b>	36-37
<b>NOTES</b>	38-39
<b>CONTACTS</b>	40

# 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](http://www.edinburgh.gov.uk/eligible2s)

# EARLY CHILDCARE

## Playgroups for 2 ½ - 5 yrs

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

### Scottish Family Information Service

Information on Playgroups, childcare providers and childminders.  
[www.scottishfamilies.gov.uk](http://www.scottishfamilies.gov.uk)

#### Balgreen Playgroup

313 5097

[balgreenplaygroupedinburgh@gmail.com](mailto:balgreenplaygroupedinburgh@gmail.com)

#### Compass Playgroup

Dean Park Primary School

[info@compassplaygroup.com](mailto:info@compassplaygroup.com)

#### Currie Playgroup

Kirkgate

[info@currieplaygroup.co.uk](mailto:info@currieplaygroup.co.uk)

#### Dreghorn Preschool Group

Dreghorn Gardens

[preschooleredin@hotmail.co.uk](mailto:preschooleredin@hotmail.co.uk)

#### Gaelic playgroups

Leith Community Centre, Tolcross Community Centre,  
Taobh Na Pairce, Bonnington Road

[Norma.martin@edinburgh.gov.uk](mailto:Norma.martin@edinburgh.gov.uk)

[www.gaelicplaygroup.com](http://www.gaelicplaygroup.com)

#### Juniper Green Playgroup

Juniper Green Community Centre

[junipergreenplaygroup@hotmail.co.uk](mailto:junipergreenplaygroup@hotmail.co.uk)

#### Riccarton Playgroup

Currie Hill Road

[riccartonplaygroup59@gmail.com](mailto:riccartonplaygroup59@gmail.com)

#### Stableroom Playgroup

Colinton Parish Church

[stableroom@hotmail.com](mailto:stableroom@hotmail.com)

# PARENTING 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](mailto:sue.cameron@edinburgh.gov.uk)

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

Gorgie Memorial Hall

Monday 10.00-11.00am Start 17 September

Tynecastle Community Wing

Thursday 10.00-11.00am Start 13 September

Thursday 11.15-11.15am Start 13 September

Contact 337 3275

### Peep ones-Fun to be One parents/carers and babies

approx 1-2yr

Gorgie Memorial Hall

Monday 11.15am-12.15pm Start 17 September

Tynecastle Community Wing

Tuesday 10.00am-12.00pm Start 18 September

Tuesday 11.15am-12.15pm Start 18 September

Contact 337 3275

### Peep Twos parents/carers and children 2 years

Gorgie Memorial Hall

Friday 10.00-11.30am Start 14 September

Contact 337 3275

# PARENTING PROGRAMMES AND COURSES

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

Peep 2-5years for centre family users only

Hailesland Early Years Centre

Wednesday

9.00-10.00am

Start 10 October

Peep 0-3years parents/carers and children under 3

Pentland Community Centre

Friday

9.15-10.30am

Start 21 September

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

Contact Kerry Gilmour 552 4808

# PARENT 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.



**Valley Park Community Centre, EH17 8EX**

Starts Friday 07/09/2018 9.30 - 11.30am

**Dalry Primary School, EH11 2JB**

Starts Wednesday 12/09/2018 9.15 - 11.15am

**Northfield Willowbrae Community Centre, EH8 7PP**

Starts Wednesday 19/09/2018 12.30 - 14.30

**Circle Haven at Craigroyston Primary School, EH4 4PX**

Starts Wednesday 24/10/2018 9.30 - 11.30am

**Craigmount Community Wing, EH12 8NH**

Starts Thursday 25/10/2018 9.30 - 11.30am

**Niddrie Mill Primary School, EH16 4PY**

Starts Friday 26/10/2018 9.30 - 11.30 am



# PARENT 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.



## Stepping Stones (for Young Parents), EH5 1NF

Starts Tuesday 04/09/2018 13:00-15:00pm

## Greendykes Early Years Centre, EH16 4DZ

Starts Friday 28/09/2018 09:15-11:30am

## Dr Bells Family Centre, EH6 5JA

Starts Tuesday 23/10/2018 09:15-11:15am

## Gate 55, EH11 4PB

Starts Wednesday 24/10/2018 09:30-11:30am

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](http://www.edinburgh.gov.uk/parenting3to6)

For more information contact

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

[supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)



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



# PARENT PROGRAMMES AND COURSES

## 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 26/09/2018 09:30-11:30am

To apply online go to [www.edinburgh.gov.uk/parenting3to6](http://www.edinburgh.gov.uk/parenting3to6)

For more information contact Helen on 0131 458 4059

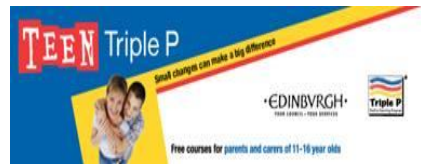
10.00am – 3.00pm Monday to Friday or email

[Helen.purves@ea.edin.sch.uk](mailto:Helen.purves@ea.edin.sch.uk)

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

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

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



Gate 55, 55 Sighthill Road, EH11 4PB

Friday 9.30-11.30am

Start 5 October

Pennywell All Care Centre, Pennywell Gardens, EH4 4UA,

Tuesday 12.30-2.30pm

Start 9 October

For more information or to request a place go to

[www.edinburgh.gov.uk/teentriplep](http://www.edinburgh.gov.uk/teentriplep)

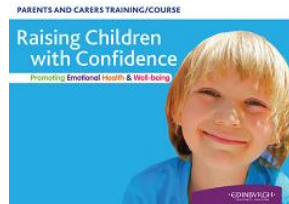
[supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)

Contact Jillian Hart 07860 736129

# PARENT PROGRAMMES AND COURSES

## Raising Children with Confidence

This is a 7 week course which aims to give all parents/carers the chance to explore emotional health and wellbeing and consider how they can best promote it in themselves and their children. Drawing on the latest research it helps explain why parents' actions make a difference to their children's emotional wellbeing and future positive mental health. This programme is suitable for **parents/carers of children aged 0-11yrs.** [www.growingconfidence.org](http://www.growingconfidence.org) Courses are held all year round throughout the city in primary schools and community venues. [www.joininedinburgh.org/parenting-programmes/](http://www.joininedinburgh.org/parenting-programmes/) Contact [admin@growingconfidence.org](mailto:admin@growingconfidence.org)



### Clovenstone Primary School

Tuesday 9.15-11.15am  
Contact 453 4242

Start 25 September

### Stenhouse Primary School

Friday 9.00-11.00am  
Contact 443 1255

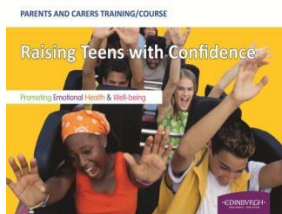
Start 7 September

## 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.

### Wester Hailes Education Centre

Tuesday 4.30-6.30pm  
Contact – 442 2201 or 458 5095



Start 23 October

Courses run in some Edinburgh secondary schools and are listed on [www.joininedinburgh.org](http://www.joininedinburgh.org) [admin@growingconfidence.org](mailto:admin@growingconfidence.org)

# PARENT PROGRAMMES AND COURSES

## Other courses for parents

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

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

For more information on future sessions please contact Jillian Hart, Parent and Carer Support Development Officer on 07860 736129 or email [jillian.hart@edinburgh.gov.uk](mailto: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](http://www.cedarnetwork.org.uk)

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



# PARENT PROGRAMMES AND COURSES

## Stress Control

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

### Drylaw Neighbourhood Centre, EH4 2SA

Tuesday 10.00-11.30am 21 August-25 September 2018

### Edinburgh College, 24 Milton Road East, EH15 2PP

Tuesday 6.30-8.00pm 21 August - 25 September 2018

### David Hume Tower Lecture Theatre B, George Square, EH8 9JX

Tuesday 6.30-8.00pm 23 October – 27 November

Contact Health in Mind 0131 225 8508 between 10.00am-4.00pm  
[contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

## Parenting Apart

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

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

For more information Tel: 0131 226 4507 or Email  
[info@familymediationlothian.org](mailto:info@familymediationlothian.org)

# PARENT AND CHILD ACTIVITIES

## Bookbug Sessions

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

### Balerno Library 529 5500

Wednesday 1.30-2.00pm

### Balgreen Library 529 5585

Saturday 11.00-11.30am

### Colinton Library 529 5603

Tuesday 2.30-3.00pm

Friday 10.30-11.00am

### Currie Library 529 5609

Thursday & Fridays 10.30-11.00am

### Fountainbridge Library 529 5616

Thursday & Saturday 10.30-11.00am

### Oxgangs Library 529 5549

Tuesday, Friday & Saturday 10.30-11.00am

### Ratho Library 529 5549

Thursday 10.30-11.00am

### Sighthill Library 529 5566

Friday 10.45-11.15am

### Wester Hailes Library 529 5667

Tuesday 10.30-11.00am

### Bookbug Hailesland Early Years Centre **for centre users only**

Monday 1.00-1.30pm Start 24 September

Monday 1.00-1.30pm Start 29 September

## PARENT AND CHILD ACTIVITIES

Tiger Tales Stories and craft for 4-8 years and families.

Balerno Library 529 5500

Tuesday 10.30-11.00am

Balgreen Library 529 5585

Friday 2.00-2.30pm

Oxgangs Library 529 5549

Wednesday 3.30-4.15pm

Saturday 2.30-3.15pm

Sighthill Library in Gate 55 529 5566

Fortnightly – Friday 2.30-3.00pm

Ratho Library 333 5297

Thursday 3.30-4.00pm

Story Time Picture book reading for children 3+ and families.

Balerno Library 529 5500

Monday 2.00-2.30pm

## Play and Learn Together

Buggygym Run by Broomhouse Health Strategy

Gate 55, 55 Sighthill Road

**for parents and carers with babies in a buggy.** Active health and wellbeing post-natal physical activity. Come along any week to join in. Pre-school children can accompany their parent or carer if they also bring their toy buddy.

Tuesday and Thursday 9.30-10.30am

Duo run by Broomhouse Health Strategy

Exercise for 30 minutes with a friend. Your baby/toddler nearby  
E4L Westside Plaza

Monday 4.00-4.30pm

Contact 467 7678 [info@healthstrategygroup.org.uk](mailto:info@healthstrategygroup.org.uk)

## PARENT AND CHILD ACTIVITIES

### Baby Song for parent/carer and child from birth to 18

**months** Music is something magical that you can share with your child and a way of communicating even before they can talk.

Salvation Army, 431 Gorgie Road, EH11 2RT

Tuesday 10.30-11.30am

Contact 346 2875 [edinburgh.gorgie@salvationarmy.org.uk](mailto:edinburgh.gorgie@salvationarmy.org.uk)

### Edinburgh Buggy Walks

<http://buggywalks.co.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.

Thursday 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

Friday 10.00-11.30am

Contact Multi-Cultural Family Base 467 7052

### Mothers and Infants Group Referral only

This is a small therapeutic group for **Black, Asian and Minority Ethnic mothers with children aged 0-3 years** who have been affected by domestic abuse.

Thursday mornings, Leith

Contact Multi-Cultural Family Base on 467 7052.



# PARENT AND CHILD ACTIVITIES

## Dads Rock

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

Granton Youth Centre, 3-11 West Granton Road, EH5 1HG

Saturdays 10.00-11.30am –

WHALE Arts, 30 Westburn Grove EH14 2SA

Saturday 10.00-11.30am -

6VT Youth Café, 11-15 Vennel, EH1 2HU

Sunday 11.00am-12.30pm

Contact 442 4662 or 07807 498709 [thomas@dadsrock.org.uk](mailto: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/](http://www.nhslothian.scot.nhs.uk/getgoing/)

Tel: 0131 537 9209 or Email: [get.going@nhslothian.scot.nhs.uk](mailto: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](mailto:kinship@bighearts.org.uk)

# PARENT AND CHILD ACTIVITIES

## Art & Crafts Sessions

[Library Craft Sessions](#) Simple arts and crafts **for all the family all abilities welcome.**

[Fountainbridge Library 529 5616](#)

Saturday 3.00-4.00pm

## Additional Support Needs

### [Boardmaker in Libraries](#)

Boardmaker is a computer programme which is used to make visual symbols supports. Parents and carers of children and family member of adults with additional support needs can use the resource independently during library opening hours.

[Wester Hailes Library 529 5667](#)

Monday 24 September 10.15-11.45am

Monday 29 October 6.15- 7.45pm

Monday 26 November 10.15-11.45am

Monday 12 December 6.15- 7.45pm

### [The Drop In](#)

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

[Jack Kane Centre](#)

Saturday 10.00am-12.00pm (cost 50p)

Contact 657 1595

[Northfield and Willowbrae Community Centre](#)

Saturday 2.00-4.00pm

Contact 661 5723

[Royston Wardieburn Community Centre](#)

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

Contact 552 5700

## PARENT AND CHILD ACTIVITIES

### 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](http://www.theyardscotland.org.uk/earlyyears)

Contact Danielle 476 4506 [earlyyears@theyardscotland.org.uk](mailto:earlyyears@theyardscotland.org.uk)

### Let's Talk Speech and Language Therapy Drop-In

Gate 55, 55 Sighthill Road

Do you have concerns or questions about your child's listening and talking? Is your child under 4 years old? Come and chat about fun ways to help your child.

1st Thursday of the month 9.30-11.00am

Contact 286 5036

### 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

### Parent-run parent and baby/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.

#### Carrikvale Community Centre parent and toddler group

Monday, Tuesday, Thursday and Friday 9.30-11.30am

Contact 443 6971

#### Currie Baptist Church parent and toddler group

Monday and Wednesday 10.00-11.30am

Contact 0777 634 8727

#### Gorgie Memorial Hall parent toddler group **for parents and carers with under 5s**

Tuesday 10.00-1.30pm

Wednesday 10.00-12.30pm and 12.30-2.30pm

Thursday 10.00-12.30pm and 12.30-2.30pm

Contact 0787 352 2828

#### MOPS (Mothers of pre-schoolers)

##### The Bridge Community Café Holy Trinity Church, Wester Hailes

Monday (fortnightly) 9.15-11.15am

Contact 07951 079270

#### Munchkins Wester Hailes Baptist Church

Monday (fortnightly) 9.15-11.00am

Contact 453 2107

#### St Martins Episcopal Church, Dalry Road

Monday 10.00-11.30am

#### Colinton Village Church

Tuesday 9.30-11.30am

Contact 441 2232

## PARENT AND CHILD ACTIVITIES

### Polwarth Church Parent and Toddler Group

Tuesday 9.00-11.30am  
Thursday 2.30-4.30pm  
Contact 346 2711

### Juniper Green Parish Church Parent and Toddler Group

Tuesday 10.00-11.30am  
Contact [jgcp@supanet.com](mailto:jgcp@supanet.com)

### Ratho Community Centre under-fives group

Tuesday 10.00-12.00pm  
Contact 333 1055

### Salvation Army Gorgie Road Parent and Toddler Group

Tuesday 10.00-11.30am

### St Brides Centre Parent and Toddler Group

Tuesday & Friday 9.30-11.30am  
Contact – 364 1405

### St Mungo's Church Balerno parent and toddle group

Tuesday & Wednesday 10.00-11.30am  
Contact 449 9903

### Sighthill Cheeky Monkeys toddlers group

Tuesday 9.30-11.30am  
Contact 07954 407309

### Terrace Tots 6VT, 11-15 Vennel, EH1 2HU for parents under 24 years and their children

Young People under 24 and expecting a child are also welcome  
Tuesday 10.30-1.00pm  
Contact 229 1797

## PARENT AND CHILD ACTIVITIES

### Balerno Parish Church parent and toddler group

Thursday 9.00-11.30am  
Contact 449 7245

### Oxgangs Neighbourhood Centre

**Toddleriffic (for parents and carers 0-3years snack provided)**

Monday & Tuesday 10.00-12.00pm

**Brilliant Bairns (for parents and carers 4yrs-school age)**

Tuesday 12.30-2.30pm

Contact 466 0678

### Staff-run parent and toddler groups

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

### 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](mailto:info@fenicks.co.uk)

### Muslim Women's Association of Edinburgh Mother and Toddlers

Ingra Academy, 10 E Suffolk Rd, EH16 5PH

Tuesday 11.00am-1.00pm

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](mailto:mail@mwae.org.uk)

## PARENT AND CHILD ACTIVITIES

### 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](http://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](mailto:Norma.martin@edinburgh.gov.uk)

## Toy Libraries

Gorgie Dalry Toy Library Space and equipment **for children to play while parents and carers choose toys to borrow** and enjoy a chat over a cup of tea or coffee.

St Martin's Community Resource Centre, corner of Dalry Road and Murieston Crescent

Monday 10.00-11.30am Term time only

# PARENT AND CARER GROUPS

## **Kinship Carers**

### [Kinship Carers Group](#)

Meet others in the same situation, chat and share, workshops from the Kinship Care Team

[WithKids, 1 Hailesland Road](#)

Contact Emile Vanloo 07539 957715 or 453 6937

### [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](http://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](http://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](mailto:autisminfo@ea.edin.sch.uk)

### Hanen More Than Words referral **Only-for parents of children with Autism or Social Communication Difficulties aged 0-4years**

An 8 week 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 4-8years**

An 8 week 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>

## PARENT AND CARER GROUPS

[Living with Autism](#) **Referral only-for parents of children with Autism in primary 5-7** An 8 week 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 email [autisminfo@ea.edin.sch.uk](mailto: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 Jane Lewis 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. A holistic approach to learning and works collaboratively with partner organisations to ensure a positive learning experience. Contact [fiona.stewart@ea.edin.sch.uk](mailto:fiona.stewart@ea.edin.sch.uk) or 558 3545

### [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.

Contact [pete@tailoredfoundation.co.uk](mailto:pete@tailoredfoundation.co.uk) or 260 3000

## 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. 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 475 2350 [lisa.milburn@lothiancil.org.uk](mailto:lisa.milburn@lothiancil.org.uk)

[www.lothiancil.org.uk](http://www.lothiancil.org.uk)

### Getting it Right for your Child workshops

Free workshops **for parents and carers of children and young people who are disabled or have additional support needs.**

The group allows parents and carers to explore opportunities around support, improve their knowledge of their rights and increase confidence to ask for the support they need. Find out about practical information, resources and who to ask for more help. Lunch and refreshments provided. Participants can attend either or both sessions.

The Lothian Centre for Inclusive Living (LCiL) Norton Park Centre, 57 Albion Road, Edinburgh, EH7 5QY,

**You and your child's rights, and where to go for information, support or advocacy**

Tuesday 10.30am-2.15pm 23 October

**Explore what support you need for your child, and how to prepare for an assessment or important meeting**

Wednesday 10.30am-2.15pm 31 October

Contact 475 2350 [lisa.milburn@lothiancil.org.uk](mailto:lisa.milburn@lothiancil.org.uk)

[www.lothiancil.org.uk](http://www.lothiancil.org.uk)

### 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

## PARENT AND CARER GROUPS

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 throughout the year. More information or to register <https://www.scottishautism.org/services-support/support-families/online-support-right-click>

### 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](http://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 475 2350 [lisa.milburn@lothiancil.org.uk](mailto:lisa.milburn@lothiancil.org.uk)

### **Dads and Male Carers**

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

Dr Bells Family Centre, Leith

For more information or to book a place contact Thomas on [thomas@dadsrock.org.uk](mailto: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

## PARENT AND CARER GROUPS

First Monday of each month 7.00-9.00pm  
Contact Ian Maxwell 557 2440 [info@fnfscotland.org](mailto: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.

For more information [www.facebook.com/lonefathers2016](http://www.facebook.com/lonefathers2016)  
Contact 258 9507 [kevinedinburghlone.fathers@yahoo.com](mailto:kevinedinburghlone.fathers@yahoo.com)

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

[Granton Parish Church](#), 55 Boswall Parkway, EH5 2DA

Saturday 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](mailto:hello@dadsrock.org.uk)

## PARENT AND CARER GROUPS

### Dads and men First Aid Sessions

Dr Bells Family Centre Leith EH6 5JA

Wednesday 6.30-8.30pm

24 October

Wednesday 6.30-8.30pm

5 December

Contact 07807 498709

### **Young Parents**

#### Young Mums Group

Meet with other parents and join in activities including cooking, exercise classes, speaker and outings. Free lunch and crèche.

#### Gate 55, 55 Sighthill Road

Tuesday 12.00-2.00pm

Please check if spaces are available

Contact Claire McGeary 458 5095

### 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

### 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

## 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](mailto:thomas@dadsrock.org.uk) 07807 498709. [www.dadsrock.org.uk](http://www.dadsrock.org.uk)

### **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](mailto: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

## 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.

**Hailesland Early years Centre for centre family users only**

Monday 24 September, Wednesday 3 and Monday 18 October  
10.00-11.00am

Monday 29 October for 5 weeks following 10.00-11.00am

## @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.

## 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](mailto:helen.g@homelinkfamilysupport.org)

[www.homelinkfamilysupport.org.uk](http://www.homelinkfamilysupport.org.uk)



# ANTE AND POST NATAL SUPPORT

## 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](http://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](mailto:juno.longstone@gmail.com)

**Craiglockhart Group SANDS Lothian, 177 Colinton Rd EH14 1BZ**

**Open to adults and babes in arms**

Thursday 7:30- 9.00pm [juno.craiglockhart@gmail.com](mailto:juno.craiglockhart@gmail.com)

**South Group, Gilmerton Community Centre, 4 Drum Street, EH17 8QG. Open to both adults and children (termtime)**

Friday 10.00-11.30am [juno.southedinburgh@gmail.com](mailto: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](mailto:juno.enquiries@gmail.com)

## **Breastfeeding Support**

### Breastfeeding Cafés

**Allemuir Health Centre Health Education Room EH13 9AF**

Wednesday 1.30-2.30pm

Contact Craiglockhart Health Visiting Team 312 2164

**Tynecastle Community Wing, EH11 2NJ**

Wednesday 2.00-3.30pm

Contact Springwell Health Visiting Team 537 7451

# ANTE AND POST NATAL SUPPORT

## Breastfeeding Support Group

St Josephs Parish Hall, EH14 7EH

Thursday

10.00-11.00am

Contact – 07868 061 518

## 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

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

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

## Well Baby Clinics **for registered patients only**

Allermuir Health Clinic

Thursday

1.00-2.00pm

Contact Craiglockhart Health Visiting Team 312 2164

Firrhill Medical Centre Health Visiting Team 441 9361

[Pentlands Medical Centre, Currievew](#)

Tuesday

1.30-2.30pm

Contact Pentland Health Visiting Team 453 9361

[Slateford Medical Practice](#)

Tuesday

9.30-10.30am

Start 6 November

Springwell HV team 537 7451 or Slateford HV team 455 9842

[Sighthill Health Centre](#)

Thursday

10.30-11.30am

Contact Sighthill Health Visiting Team 537 7164

## ANTE AND POST NATAL SUPPORT

Whinpark Health Centre

Monday 9.30-11.00am

Contact Whinpark Health Visiting Team 445 5299

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

[www.edinburghtwins.co.uk](http://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](http://www.readysteadybaby.org.uk)

[Ready Steady Toddler](#)

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

[www.readysteadytoddler.org.uk](http://www.readysteadytoddler.org.uk)

[Katakeet Mother and Baby group](#) (Arabic/ English group for mothers and babies aged 0-6months, pregnant mothers and older siblings welcome). Referral Only

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

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

Tuesday 12.00-1.30pm

Contact Multi Cultural Family Base on 467 7052

# INFORMATION AND SUPPORT SERVICES

## 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](http://www.sleepscotland.org) 0800 138 6565

Parentline Scotland Children 1<sup>st</sup> 08000 28 22 33

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

Mon-Fri 9.00am-9.00pm Sat and Sun 9.00am-12.00pm

[www.children1st.org.uk/help-for-families/parentline-scotland/](http://www.children1st.org.uk/help-for-families/parentline-scotland/)

## Lone Parent Helpline-One Parent Families Scotland

Information and advice for single parents.

Mon-Fri 9.30am-4.00pm [www.opfs.org.uk](http://www.opfs.org.uk) 0808 801 0323

## Enquire Additional Support for Learning

Advice service on additional support for children's learning.

Tues-Thu 9am-4.30pm [www.enquire.org.uk](http://www.enquire.org.uk) 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.

0131 200 2324

Out of Hours 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.

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](http://www.youngminds.org.uk)

0808 802 5544

## INFORMATION AND SUPPORT SERVICES

### 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](http://www.education.gov.scot/parentzone)

### Parenting Across Scotland

Information on resources, support networks and helplines for families. [www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)

### Parentclub

Hints and tips about eating, sleeping and playing from real parents and professionals. [www.parentclub.scot](http://www.parentclub.scot)

### Joininedinburgh

Activities, groups and courses for children and adults.

[www.joininedinburgh.org](http://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](http://www.lets-talk.scot.nhs.uk)

# NOTES

# NOTES

# CONTACTS

## Contact details

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

Helen Purves – South West

☎ 0131 458 5095

✉ [helen.purves@ea.edin.sch.uk](mailto:helen.purves@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](mailto:jillian.hart@edinburgh.gov.uk)

Helena Reid – South East

☎ 0131 672 2629

✉ [helena.reid@ea.edin.sch.uk](mailto:helena.reid@ea.edin.sch.uk)

Sue Cameron – North West

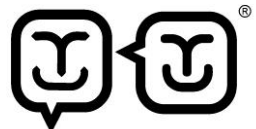
☎ 0131 529 5082

✉ [sue.cameron@edinburgh.gov.uk](mailto:sue.cameron@edinburgh.gov.uk)

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

All Parenting Programmes are listed at [www.joininedinburgh.org/parenting-programmes](http://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 18-3908. ITS can also give information on community language translations.



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