

# Programmes, Activities and Groups for parents and carers

in

## Liberton/Gilmerton

Including  
Alnwickhill, Southhouse, Gracemount, Inch, and Moredun

**January – June 2017**



**getting  
it right**  
*for every child*

**team around  
the  
cluster**

•EDINBURGH•  
YOUR COUNCIL - YOUR FUTURE

## Contents

Early learning and childcare for eligible two year olds .....	4
<b>Parenting Programmes .....</b>	<b>5</b>
Peep Learning Together Programme .....	5
<u>Baby Peep</u> (babies 3-6 months).....	5
Peep Twos/Threes for parents/carers and children aged 2 years .....	5
<u>Water Peep Twos</u> parents/carers and children 2-3yrs.....	5
Raising Children with Confidence .....	6
Raising Teens with Confidence.....	6
The Psychology of Parenting Project .....	7
Incredible Years.....	7
Triple P .....	8
Parent and Carer Information Sessions- P1-3 Autism Spectrum Disorders (ASD) .....	8
<u>Teen Triple P</u> (Positive Parenting Programme).....	8
Stress Control.....	9
Parent and Carer Support and Information Session on Young People's Emotional Wellbeing and Mental Health Issues .....	9
Conflict Resolution- Recognise, Reflect and Resolve .....	9
Get Going .....	10
<b>Parent and Child Activities.....</b>	<b>10</b>
<u>Parent and Baby</u> (new born babies up to 1 year old) .....	10
Parent and Toddler Groups .....	10
Parent and Toddler Groups .....	11
Gaelic playgroups .....	11
Messy Play .....	11
Bookbug Sessions .....	12
Tiger Tales.....	12
Stay and Play.....	12
Baby Massage .....	13
Early Years Dance Session .....	13
Mums on the Run .....	13
Toy Library.....	13
Feel Good Fridays .....	14
<b>Parents/Carers' Groups.....</b>	<b>14</b>
Mums' group.....	14
<u>The Young Parents' Group</u> (25 & under).....	14
People First Parents' Group.....	14
Expecting Something .....	14
<u>Support Group for Carers</u> (who are responsible for 'Looked after Children') ....	15
<b>Learning Opportunities .....</b>	<b>15</b>
English skills groups .....	15
<b>Support and Advice .....</b>	<b>15</b>
Baby Well Clinics .....	15

Play@Home .....	15
Home Link Family Support Services .....	16
Speech Language Communication Company .....	16
Ante-natal Support Service .....	16
Parenting Apart.....	17
Juno Pre and Postnatal Parents Support Group .....	17
Dads' Club .....	18
Families Need Fathers.....	18
CHILDREN 1ST Family Support Team.....	18
Making It Work.....	19
Home Fire Safety Visit .....	19
<b>Contact details.....</b>	<b>20</b>

## Early learning and childcare for eligible two year olds

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

The following Early Years Centres offer this service

Craigentinny .....	661 8593
Craigmillar .....	661 3126
Craigroyston .....	332 3855
Fort .....	554 4077
Fox Covert .....	339 3749
Gilmerton .....	664 1202
Granton .....	552 4802
Greendykes .....	661 3109
Hailesland .....	442 2163
Sighthill .....	442 2018
Stenhouse .....	443 1207
Viewforth .....	229 6667
Queensferry / .....	331 3594 /
Hillwood Hub	07847 116782

The nurseries in the following primary schools offer this service

Broomhouse/St Josephs ..	443 3783 / 443 4591
Clermiston .....	334 0421 / 07711 391187
Gylemuir .....	336 3361 / 07711 390819
Leith Walk .....	556 3873
Oxgangs .....	441 3649
Royal Mile .....	556 3347

And at

Cameron House .....	667 5117
Nursery School	

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

## Parenting Programmes



### Peep Learning Together Programme

Sessions use stories, nursery rhymes, activity games and songs to create a fun learning environment for **parents/carers and their children 0-5yrs**. Groups are facilitated by trained staff and are available in a range of settings throughout Edinburgh.

#### Baby Peep (*babies 3-6 months*)

No.64 Gilmerton Dykes Street

Mondays 10.00-11.00am

For more information and to book a space contact Lorraine or Eileen on 0131 664 1202

Goodtrees Neighbourhood Centre

Tuesdays 1.30-2.30pm

For more information and to check for available spaces contact Fiona McLellan on 0131 664 9102

#### Peep Twos/Threes for parents/carers and children aged 2 years

Cameron House Nursery

Wednesdays 12.35-1.35pm

Cameron House Community Centre

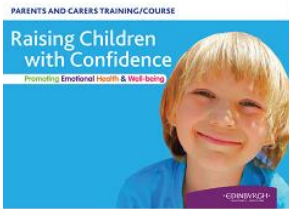
For more information and to check for available spaces contact the nursery on 667 5117

#### Water Peep Twos *parents/carers and children 2-3yrs*

This group takes place partly in the swimming pool then moves to the playroom.

Craigroyston Community High School Swimming Pool and Early Years Centre

Friday 9.30am - Booking essential, contact Amy 332 3855



## Raising Children with Confidence

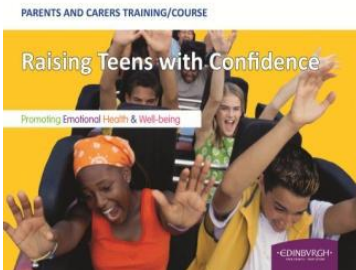
This is a 7 week course which aims to give all parents/carers the chance to explore emotional health and wellbeing and consider how they can best promote it in themselves and their children. Drawing on the latest research it helps explain why parents' actions make a difference to their children's emotional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

For more information visit [www.growingconfidence.org](http://www.growingconfidence.org) or to find out about the next course in South neighbourhood contact:

Helena Reid – South

☎ 672 2629

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



## Raising Teens with Confidence

This 6 week course is for parents and carers of teens.

It aims to help adults understand how they can best 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)

See [www.joininedinburgh.org](http://www.joininedinburgh.org) for details of High Schools which offer this course.



## The Psychology of Parenting Project

The project provides two positive parenting programmes for parent/carers of 3-6 year olds.

The courses offer help to adults to strengthen their relationship with their child and encourage positive behaviour.

The courses look at effective techniques for dealing with common childhood behaviour problems. Strategies to manage behaviours such as aggressiveness, tantrums, shouting, answering back and refusing to follow rules are also explored.

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

There is also 1:1 phone support.

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

## Incredible Years

### Gilmerton Community Centre

4 Drum Street, Edinburgh EH178QG

Starts Wednesday 22<sup>nd</sup> of February 9.30-11.30pm

### Dalry Primary School

4 Cathcart Place, Edinburgh EH11 2JB

Starts Wednesday 22<sup>nd</sup> February 9.15-11.15am

### Gylemuir Primary School

10 Wester Broom Place EH12 7RT

Starts Tuesday 7<sup>th</sup> March 9.15-11.15am

### Circle Haven Project - Craigroyston Primary School

Muirhouse Place West, Edinburgh EH4 4PX

Starts Thursday Tuesday 23<sup>rd</sup> February 9.30-11.30am

### Rosebury Hall

17 West Terrace, South Queensferry EH30 9LL

Starts Wednesday 8<sup>th</sup> March 12.30-2.20pm

### Royston Wardieburn Community Centre

11 Pilton Drive North EH5 1NF

Starts Thursday 2<sup>nd</sup> March 12.30-2.30pm

## Triple P

Dr.Bells Family Centre  
15 Junction Place, Edinburgh EH6 5JA  
Starts Tuesday 21<sup>st</sup> February – 9.15am -11.15am

### There are many more courses are available at different venues, days and times across the city

For other courses across the city go to  
<https://www.joininedinburgh.org/parenting-programmes/incredible-years/> or  
<https://www.joininedinburgh.org/parenting-programmes/triple-p/>

For more information contact Parent and Carer Development Officer, Helena Reid on  
☎ 672 2629  
✉ [Helena.reid@ea.edin.sch.uk](mailto:Helena.reid@ea.edin.sch.uk), or  
[supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)

### Parent and Carer Information Sessions- P1-3 Autism Spectrum Disorders (ASD)

Parents and carers of children in P1-3 in Edinburgh Local Authority mainstream schools can book to attend any of the below sessions. Sessions are run by the ASL service, Speech and Language Therapists, Occupational Therapists and CAMHS.

Venues will be confirmed on booking, to book a place contact the Additional Support for Learning Service Tel: 0131 469 2850, email [autisminfo@ea.edin.sch.uk](mailto:autisminfo@ea.edin.sch.uk)



### Teen Triple P (Positive Parenting Programme)

This is a practical parenting programme which can help parents/carers cope positively with some of the common issues associated with raising a teenager. The group and individual sessions give parents an opportunity to explore ways they can build a stronger relationship with their teenager, resolve conflict, manage problem behaviours and help their teen stay safe. Programmes run throughout Edinburgh for **parents, step parents and carers of teenagers 11-16yrs**, find details of local groups at [www.joininedinburgh.org/parenting-programmes/teen-triple-p/](http://www.joininedinburgh.org/parenting-programmes/teen-triple-p/) For more information or to request a place go to [www.edinburgh.gov.uk/teentriplep](http://www.edinburgh.gov.uk/teentriplep), email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or contact Jillian Hart on 07860 736129.



## 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.

### Drumbrae Library Hub,

81 Drum Brae Drive, EH4 7FE.

Tuesday 21<sup>st</sup> February – Tuesday 28<sup>th</sup> March 2017, 1.30-3pm

### Edinburgh College (Old Stevenson College),

Bankhead Avenue, Sighthill, EH11 4DE.

Tuesday 21<sup>st</sup> February – Tuesday 28<sup>th</sup> March 2017, 6.30-8pm

### Currie Community High School,

31 Dolphin Avenue, Currie, EH14 5RT,

Tuesday 18<sup>th</sup> April - Thursday 23<sup>rd</sup> May 2017, 6.30 - 8.00 pm

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](mailto:contactus@health-in-mind.org.uk)

## 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)

## Conflict Resolution- Recognise, Reflect and Resolve

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

To book a space please email [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk) or call 07860 736129. For more information on Conflict Resolution visit [www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.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 <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)

## Parent and Child Activities

### Parent and Baby (*new born babies up to 1 year old*)

No.64 Gilmerton Dykes Street

Tuesdays 1.30-3.00pm

For more information and to book a space contact Lorraine or Eileen on 0131 664 1202

### Parent and Toddler Groups

Goodtrees Neighbourhood Centre

Mondays 1.00pm – 2.30pm

For more information and to book a space contact Lorraine or Eileen on 0131 664 1202

Spinney Tots @ Goodtrees Neighbourhood Centre

Mondays and Tuesdays 9.00-11.30am (term time)

For more information contact Fiona McLellan on 0131 664 9102

Spinney Tots @ Gilmerton Community Centre

Mondays 12.45-3.00pm and Thursdays.30pm-3.15pm (term time)

For more information contact Fiona McLellan on 0131 664 9102

Terrace Tots

6VT, 11-15 Vennel, EH1 2HU

**For parents under 24 years and their children.**

**Young people under 24 expecting a child also welcome.**

Tuesday 10:30am-13:00pm

Contact 229 1797

Valley Park Community Centre

Tuesdays and Thursdays 9.30am-11.30am

For more information contact 0131 664 1202

Gilmerton Community Centre

Tuesdays 9.00am – 11.30am

For More information call 0131 664 2335

## Parent and Toddler Groups

Liberton Kirk, 28 Kirkgate, Liberton

Tuesdays 2pm – 3:30pm

Wednesdays 10am – 12

For more information contact Jackie Tait on 0131 664 8264

Tron Kirk, 6 Ravenscroft Street, Liberton

Wednesday 9.30am-11.30am

Gilmerton Community Centre

'Playbox beginners is a free Play group and will be starting up again on Wednesday 20<sup>th</sup> January 1.30-2.30pm @ Gilmerton Community Centre.

Play box Beginners is aimed at kids from 0-3 and their carers and we are all about play and crafts ideas that are fun, affordable and can easily be replicated at home'. Contact Kerri Flockhart 0131 664 2308

No.64 Gilmerton Dykes Street

Fridays 9.30am-11.30am

For more information and to book a space contact

Lorraine or Eileen on 0131 664 1202

New Life Tots (Liberton Northfield Church)

Fridays 9.30am-11.30am

For more information contact Liberton Northfield Church

## Gaelic playgroups

Leith Community Centre

Monday 9.30-12.00 and 12.30-3.00

Tollcross community centre

Wednesday 9.15-11.15

Taobh Na Pairce, Bonnington Road

Tuesday or Thursday 9.15-11.15

Contact: [Norma.martin@edinburgh.gov.uk](mailto:Norma.martin@edinburgh.gov.uk) [www.gaelicplaygroup.com](http://www.gaelicplaygroup.com) for more information

## Messy Play

Valley Park Community Centre

Wednesdays 9.45am-11.15am

To book contact 0131 664 2210

Inch Community Centre

Thursdays 10.00am-11.30am

For more information contact the Inch Community Centre on 0131 664 4710

No.64 Gilmerton Dykes Street

Fridays 9.30am-10.30am

For more information contact 0131 664 1202

## Bookbug Sessions

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

### Gilmerton Library

Mondays 1.30pm-2.00pm and Every **second** Friday, 10.30am-11.15am

Contact Gilmerton Library on 0131 529 5628 for more information

### Moredun Library

Tuesdays at 12.00pm-12.45pm

Contact Moredun Library on 0131 529 5652 for more information

### South Neighbourhood Library

Every second Thursday 10.30am -11.00am

Contact South Neighbourhood Office 0131 529 5151 on for more information

## Tiger Tales

Exploring a different theme every session, Tiger Tales begins with a story and then a craft session for parents and children. The first time you come along you will be given a membership card and sticker book, collect stickers every time you attend, to fill up your book.

### South Neighbourhood Office and Library

Last Monday of the month 3.30pm-4.15pm

Contact 0131 529 5151 for more information

### Moredun Library

Tuesdays 1.00pm-1.30pm

Contact Moredun Library on 0131 529 5652 for more information

### Gilmerton Library

Fridays 2.00pm -2.30pm

Contact Gilmerton Library on 0131 529 5628 for more information

## Stay and Play

Stay and Play is a free group for parents and carers and their children aged 0-5years. Come along and have fun in a relaxed atmosphere with toys, songs, stories and a new craft activity each week. The group runs every Wednesday from 11-12:30pm in the crèche at Goodtrees Centre. (The same time as the baby clinic's). Please contact Lyndsey for more information 0131 661 0890 or [Lyndsey.m@homelinkfamilysupport.org](mailto:Lyndsey.m@homelinkfamilysupport.org). No booking necessary, just come along!

## Baby Massage

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

### Goodtrees Neighbourhood Centre

Mondays 10.30am-11.30am

For more information contact Lorraine Hay on 0131 664 1202

### Valley Park Community Centre

Tuesdays 1.00pm-2.00pm (by appointment)

To book contact Diane Newlands, Nursery Nurse on 0131 672 9470

## Early Years Dance Session

A fantastic creative dance and movement class for your wee one. Bring your little ones along for a fun filled class, great for development and learning.

### Valley Park Community Centre

Thursdays 12.00pm-12.45pm

No booking required, for more information contact 0131 672 2629

## Mums on the Run

Outdoor exercise fun for mums (and dads) with babies in buggies. [Gracemount Leisure Centre](#), [Fridays 9.30am](#)

For more information contact 0131 658 1940

## Toy Library

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

### Inch Community Centre

Tuesdays 9.30-12.30pm and Thursdays 1-3pm (term time)

For more information contact the Inch Community Centre on 0131 664 4710

## Feel Good Fridays

A chance for **women and their children (1-5years)** to develop new skills to enjoy together at home and to start off the weekend feeling positive. Fun activities such as yoga, meditation, Peep and Bookbug.

Link Up Women's Support Centre,  
St Margaret's House, 151 London Road,  
Fridays 10am-12pm, 20<sup>th</sup> Jan- 17<sup>th</sup> March (excluding holidays)

If you'd like to attend or make a referral:  
contact 0131 661 9292 or email [info@link-upsupport.co.uk](mailto:info@link-upsupport.co.uk)

## Parents/Carers' Groups

### Mums' group

Free crèche for mums to chill out relax, meet new people and enjoy fun activities

Valley Park Community Centre  
Mondays 10.00am-11.30am  
For more information contact 0131 664 2210

### The Young Parents' Group (25 & under)

#### Gilmerton Early Years Centre & Children 1st

A chance for parents/carers to come along and meet other young parents, share advice and tips, build relationships and enjoy parent and child sessions. **Crèche Available.**

Thursdays 12.30pm-2.30pm  
For more info call 0131 664 1202 or 0131 446 3966

### People First Parents' Group for parents with learning disabilities.

This is a self-advocacy group run by parents for parents, independently of services. Parents support each other and campaign for better support for parents with learning disabilities.

Thursday 10.30 – 12.30 once a month at Norton Park Centre, 57 Albion Road, EH7 5QY  
Contact: Jane Lewis 0131 4787707 [jane.lewisp1st@btconnect.com](mailto:jane.lewisp1st@btconnect.com)

### Expecting Something run by Starcatchers for young parents under 25 with their babies.

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

WHALE Arts, Wester Hailes  
Tuesday 10.30am-12.30pm *Free including a healthy lunch.*  
Contact Claire Gillespie 07743 479800

## Support Group for Carers *(who are responsible for 'Looked after Children')*

Gilmerton Community Centre  
Thursdays 11.00am - 1.30pm  
For more information contact 0131 664 2335

## Learning Opportunities

### English skills groups

Valley Park Community Centre  
Wednesday and Thursday mornings (free crèche available)  
For more information contact 0131 664 2210

Goodtrees Neighbourhood Centre  
Thursdays 9.30am -11.30am (free crèche available)  
For more information contact 0131 672 2629

## Support and Advice

### Baby Well Clinics

Valley Park Community Centre  
Tuesdays 10.00am-11.30am (last weight is 11.15am)  
Contact Diane Newlands, Nursery Nurse 0131 672 9470

Goodtrees Neighbourhood Centre  
Wednesdays 11.00am-12.30pm (last weight is 12.15pm)  
Contact Chery Brown, Staff Nurse 0131 672 9511

Postnatal Depression Services  
Goodtrees Neighbourhood Centre  
Wednesdays 1pm – 5pm  
For more information contact 0131 538 7288

### 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.

Spinney Lane Nursery run 6 week blocks for more information contact 0131 664 9102



Home Link Family Support

## Home Link Family Support Services

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

To access befriending contact Sheena Smith 0131 661 0890 or ask your Health Visitor for more information.

In addition to regular befriending we train our volunteers to support families with Play@Home and PEEP@Home (parents as early education partners) parenting programmes.

Play@Home is an NHS programme that recognises that the first 5 years of a child's life are the most influential for their development. The programme covers babies, toddlers and pre-school children. It helps you think about good routines, healthy exercise, the value of play and talking to your child all leading to strengthening your relationship with your child(ren).

PEEP@Home is delivered by one of our PEEP volunteers for 1 hour a week in your home at a time that suits you best. PEEP sessions can involve song, story time, crafting and talk time on a subject that relates to your child's needs, age and stage. It is directed by you and is flexible to meet what is happening for you and your child at the time. The PEEP programme covers babies, ones, twos, threes, fours and fives.

You can access these services by contacting **Paula Swanston 0131 661 0890**

## Speech Language Communication Company

Free confidential advice and support for parents and carers around their child or teenagers' communication, speech and understanding.

Contact **Judith Woodward**, Family Support Worker, email: [families@s-l-co.uk](mailto:families@s-l-co.uk) or call **07507535857/Helpline 01382 250060**.

## Ante-natal Support Service

Are you expecting a baby? Do you live in the south of Edinburgh?

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

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

Support can include:

- Preparing for baby's arrival
- Support to attend appointments/groups
- Delivery of baby PEEP

For more information 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)



## Parenting Apart

Splitting up? Living Apart? Divorcing? Separating? Do you want to know how to help your children through it all? A Parenting Apart Information Session is an opportunity for you to learn how you and your children can move forward positively. 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. Parenting Apart Sessions generally last for 3 hours. They 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. The facilitators are experienced family support professionals who will explain what your children need from you and their other parent.

[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)

## Juno Pre and Postnatal Parents Support Group

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 information see the website [www.juno.uk.com](http://www.juno.uk.com)

Sighthill Group, Gate 55,  
55 Sighthill Road, EH11 4PB.  
Every Tuesday during term time 9.30-11am. Open to both adults and children.  
Email: [juno.longstone@gmail.com](mailto:juno.longstone@gmail.com)

Craiglockhart Group, SANDS Lothian,  
177 Colinton Road, EH14 1BZ.  
The first and third Thursday evening of each month, 7:30- 9pm. Open to adults.  
Email: [juno.craiglockhart@gmail.com](mailto:juno.craiglockhart@gmail.com)

South Group, Gilmerton Community Centre,  
4 Drum Street, Edinburgh, EH17 8QG.  
Every Friday during term time from 10am-11.30am. Open to both adults and children.  
Email: [juno.southedinburgh@gmail.com](mailto:juno.southedinburgh@gmail.com)



## One Parent Families Scotland

**Dads' Club** is a weekly chance for **single/contact fathers and their young children (up to age 8)** 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 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.

For more information get in touch with:  
Edinburgh Lone Fathers Project  
Gilmerton Early Years Centre  
Phone – 0131 664 1202

### **Families Need Fathers**

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

[www.fnfscotland.org.uk/parenting](http://www.fnfscotland.org.uk/parenting)

10 Palmerston Place, Haymarket, Edinburgh, EH12 5AU.

1st Monday of each month, 7.00-9.00pm

Contact **Ian Maxwell 557 2440** [ian.maxwell@fnf.org.uk](mailto:ian.maxwell@fnf.org.uk)



### **CHILDREN 1ST Family Support Team**

Provide support and advice to families in Edinburgh **with children aged 0-5 years or aged 0-11 when families are experiencing issues around housing.**

We work together with parents/carers at home and in the community to promote strengths, support the development of positive parenting strategies and family relationships.

Our **Family Support volunteers** can also provide offer a range of befriending/mentoring supports **for children, young people and their family members.**

We offer a range of approaches to help families such as **positive behaviour management, parenting skills, Video Interaction Guidance (ViG) and therapeutic child work** – this is always do this in partnership with families to ensure that support is tailored to each family's individual needs.

If you would like to access any of these Children 1<sup>st</sup> services then contact the team on **0131 466 3966** or ask your Health Visitor for more information



**Making It Work** is a service **for lone parents with a child under five**. We support parents all over Edinburgh on a one-to-one basis. The team understand how difficult it is to become job ready when there are often barriers in the way. Our aim is to help lone parents to plan for the future, consider options for skilling, training or employment. We can help with new skills as well as problems with literacy and numeracy, career advice, debt and housing issues, improving confidence, benefits calculations and concerns with childcare.

For more information or to book an appointment with one of our Development Workers then please contact **Catherine Sim** on **0131 270 6080**

### **Home Fire Safety Visit**

Get your FREE home fire safety visit and FREE smoke alarm now

As part of our commitment to building a safer Scotland we offer everyone in Scotland a free home fire safety visit. We can also fit smoke alarms free of charge if your home requires them.

It's so easy to arrange. You can get in touch in the following ways:

- complete our **online form**
- call **0800 0731 999**
- call your **local fire station**
- text "FIRE" to 80800 from your mobile phone

## Contact details

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

Helena Reid – South East

☎ 672 2629

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

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

Jillian Hart – North East

☎ 07860 736129

✉ [Jillian.hart@edinburgh.gov.uk](mailto:Jillian.hart@edinburgh.gov.uk)

Sue Cameron – South West

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

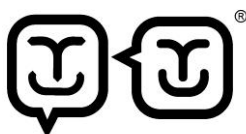
Helen Purves – North West

☎ 334 9301/ 07717 317 665

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

You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact ITS on 0131 242 8181 and quote reference ITS 17-1048

ITS can also give information on community



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