

Programmes, Activities and Groups for Parents and Carers

In

North Edinburgh Autumn 2013



getting
it right
for every child

team around
the
cluster

• EDINBURGH •
YOUR COUNCIL - YOUR FUTURE

CONTENTS

	Page
PROGRAMMES, COURSES AND GROUPS FOR PARENTS	4
Raising Children with Confidence	4
Mellow Parenting	6
Mellow Bumps	7
Dad Matters	8
The Incredible Years	9
Teen Triple P	10
The Solihull Approach Parents Group	11
Behaviour Matters Parents Group 11	
Talk about Teens	12
Young Mum's Group	12
Stepping Stones Group	13
Sleep Clinic	13
Parents and Community Group	14
Dad's Community Group	14
Men's Cooking Group	15
Right from the Start Cooking for Babies	15
Baby Weaning/ Family Cooking Group	16
Use your Loaf!	16
'My Child'	17
IT for Parents	17
Family Learning for Parents Learning English	18
Scrapbook Workshop for Parents	19
Learning Advice and 1 to 1 Literacy or Numeracy Support	19
Storytelling Course for Parents	20

	Page
PARENT AND CHILD ACTIVITIES	21
Baby Massage	21
Baby PEEP	23
PEEP Ones	25
PEEP Twos	26
Mixed age PEEP	27
Water PEEP	27
Family PEEP with SQA	28
PEEP for parents and children on the Autistic spectrum	28
Parent/Carer Group	29
Weigh and Play	29
Stay and Play	30
Play Together	31
Buggy Brigade	32
Dads Rock	32
Family Fun Session	33
Soft Play Session	33
Family Crafts	34
Create	34
Messy Church	35
Family Swim	35
Women and preschool age children Swim Session	36
Time for a Story	36
Dance 'n' Play	36
Bookbug Sessions	37
PARENT DROP IN	38
Pregnancy Cafe	38
Mum's Club	39

PROGRAMMES, COURSES & GROUPS FOR PARENTS

Raising Children with Confidence

Raising Children with Confidence is a 7 week course which aims to give all parents and carers the chance to explore emotional health and well-being 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 and carers of children aged **0-11 years**. Courses are held throughout the year in Edinburgh and often run in primary schools and community venues. For more information visit www.growingconfidence.org or to find out about the next Raising Children with Confidence course in the North contact Jillian Hart on 07860 736129 or email jillian.hart@edinburgh.gov.uk

LEITH & NORTH EAST

- **Run by Stanwell Nursery at Dr Bells Family Centre, Mondays 12.30-2.30pm, starting 28th October 2013. Limited crèche spaces available**

Priority given to parents and carers of children attending Stanwell Nursery, Leith. To book at place contact Alison Smith on 0131 554 1309

- **Craightinny Community Centre, Wednesdays at 6pm, starting 23rd October 2013**

To book a place or for more information contact Alli Abernethy on 07858 438173

Raising Children with Confidence cont.

NORTH WEST

- **Run by Craigroyston Early Years Centre/ Health and Literacy Project at Circle's Haven Project, Craigroyston Primary School, Tuesdays 12.30-2.30pm, starting 17th September- 5th November 2013. Open to all parents and carers. Limited Crèche spaces available**

To book a place or for more information contact Jo Aitkenhead on 0131 537 4230, email jo.aitkenhead@edinburgh.gov.uk or Viv Carmichael on 0131 332 3855, email viv.carmichael@edinburgh.gov.uk

- **Run by Circle's Haven Project, Craigroyston Primary School, starting January 2014, day and times to be confirmed. Crèche spaces will be available**

To book a place or for more information contact Alex Collop or Natasha McInninie on 0131 332 9269

Mellow Parenting

This programme can be helpful for parents who would benefit from taking part in a more in-depth support programme.

Mellow Parenting is a programme for parents and carers of children aged **18 months - 4 year olds**. It aims to help parents and carers who, for one reason or another are struggling with the challenges of parenting and may be experiencing difficulties in their relationship with their child. The group meets one day a week over 14 weeks, a group for children runs alongside the parent/carer group. This group usually runs at least once per year in the North. For more information email supportingparentsandcarers@edinburgh.gov.uk

NORTH WEST

- **Mellow Parenting for Mums Group: Granton Early Years Centre, Wednesdays 9.30am-2.30pm, starting 9th October 2013- 12th February 2014**

Referral only (can be self referral) to be received by 6th September. For more information contact Viv Carmichael on 0131 332 3855 or 07917614552, Sarah Walker on 0131 552 4808 (Tue and Wed only) or Alastair Dempster 0131 553 0107

Mellow Bumps

Mellow Bumps is a six week antenatal Mellow Parenting programme for pregnant women who have been identified as having extra support needs through pregnancy. This course is designed to promote relaxation, identify support networks, help you to look after yourself and understand baby brain development.

LEITH & NORTH EAST

- **Dr Bells Family Centre, Thursdays 12.30-2.30pm, 24th October- 28th November 2013**

Referrals accepted from health professionals. For more information talk to your midwife or call Jacqui Bain on 0131 554 9951

NORTH WEST

- **Granton Early Years Centre, Mondays 1-3pm, starting 21st October 2013**

Referrals accepted from any professional working with a family. For more information talk to your midwife, health visitor or key worker or call Viv at Granton Early Years Centre on 0131 332 3855, viv.carmichael@edinburgh.gov.uk or Nicola from Stepping Stones on 07538 816850, nicolamilne@steppingstonesnorthedinburgh.co.uk

Dad Matters

As well as preparing for your new arrival, one of the best things you can do before your baby is born is to look after yourself.

This six week antenatal Mellow Parenting group will help dads-to-be to chill out and relax. Time is spent thinking about what babies can already do and what can be done to make him or her welcome.

NORTH WEST

- **The Haven Project, Craigroyston Primary, Fridays 1-3pm, 4th October- 8th November 2013. Suitable for all dads-to-be who are under 25 years, transport may be available**

Dad's should be referred into the group but can speak directly to Pete or Anna if they are interested in getting involved. For more information contact Pete on 07703714769 or 0131 332 9296 or email pete.cloke@circlescotland.org or Anna on 07932088615 or 0131 551 1632 or email annachrystal@steppingstonesnorthedinburgh.co.uk

LEITH & NORTH EAST

NEW Dad Matters groups coming soon, for more information contact Jacqui Bain on 0131 554 9951

The Incredible Years

The Incredible Years is a programme which aims to help parents and carers strengthen their relationship with their child and encourage positive behaviour. It runs over 12-18 weeks and gives parents 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. Programmes run throughout Edinburgh for Parents and Carers of children **aged 3-6/ 6-12years**. For more information email supportingparentsandcarers@edinburgh.gov.uk or to find out about The Incredible Years programmes in the North contact Jillian Hart on 07860 736129 or email jillian.hart@edinburgh.gov.uk

LEITH & NORTH EAST

- **Spring 2014,venue and dates to be confirmed**

For more information contact Jillian Hart on 07860 736129 or email jillian.hart@edinburgh.gov.uk

NORTH WEST

- **Spring 2014, venue and dates to be confirmed**

For more information contact Viv Carmichael on 0131 332 3855

Teen Triple P (Positive Parenting Programme)

Teen Triple P is a practical parenting programme which can help parents cope positively with some of the common issues associated with raising a teenager. The group and individual telephone sessions give parents an opportunity to explore ways they can build a stronger relationship with their teenager, reduce conflict, manage problem behaviours and help their teen stay safe. Programmes run throughout Edinburgh for parents, step parents and carers of teenagers **aged 12-16 years**. For more information or to request a place please email

supportingparentsandcarers@edinburgh.gov.uk or to find out about Teen Triple P programmes in the North contact Jillian Hart on 07860 736129 or email jillian.hart@edinburgh.gov.uk

LEITH & NORTH EAST

- **Leith Academy, Leith, starts Thu 24th October-19th December, 12.30-2.30pm**
- **Holy Rood RC High School, Thu 24th October, 12.30-2.30pm, closing date for applications 11th October.**
- **Leith, early Spring 2014, evening course, venue and dates to be confirmed**

NORTH WEST

- **Craigroyston, January 2014, afternoon course, venue and dates to be confirmed**

The Solihull Approach Parents Group

The Solihull Approach Parents Group helps parents develop ways of relating to their child that promotes child development: and fosters positive relationships. Sessions also encourage parents to think, within the group about positive approaches to behaviour management. Suitable for parents who have children **aged 0-8years**. This group often runs at least once per year in the North of Edinburgh.

LEITH & NORTH EAST

- **Dr Bell's Family Centre, Junction Place, Leith, Tuesdays, 10am-12pm, starting 1st October 2013. Limited Crèche spaces available**

To book a place or for more information contact Alasdair Dempster on 0131 553 0107

Behaviour Matters Discussion Group

Behaviour Matters is a 6 week discussion group aimed at Parents and Carers with children aged **0-8 years**. The relaxed, fun sessions give participants an opportunity to explore topics around common childhood behaviour. This group often runs at least once per year in the North of Edinburgh.

LEITH & NORTH EAST

- **Fort Community Wing, North Fort Street, Leith, Thursdays 9.30-11.30am, starting 31st October**

To book a place or for more information contact Alastair Dempster on 0131 553 0107

Talk about Teens

A chance to meet other parents and share what it's like to be the parent of a 'pre-teen' or teenager over a cup of tea and a cupcake! Discuss common issues faced by teenagers and their parents, find out a bit more about why teenagers behave the way they do, get up to date information on current issues for young people such as alcohol and drugs- 'legal highs', cyber bullying, etc. Free VIP (Very Important Parent) prize draw each session!

NORTH WEST

- **Muirhouse Library, Tuesday 12th Nov, Tuesday 26th Nov and Tuesday 10th Dec, 6.30-8pm**

For more information or to book a place contact Jillian Hart on 07860736129 or Mark at Muirhouse Library 0131 529 5528

Young Mum's Group

This fun Young Mum's Group encourages participants to take part in a variety of activities such as child first aid, baby massage and outings. Suitable for young mums or mums to be aged **14-21years**. Free Crèche and Lunch provided.

LEITH & NORTH EAST

- **Citadel Youth Centre, 175 Commercial Street, EH6 6JE, Thursdays 1-3pm**

For more information please contact Karen on 0131 554 0510

Stepping Stones Groups

NORTH WEST

Stepping Stones North Edinburgh offers group work sessions for parents who are **under 25 years of age** and live in the North West of Edinburgh. The groups allow young parents an opportunity to socialise and make new friends in a supportive environment. Each group covers subjects such as Building Confidence, Drugs Awareness, Child Safety, Keep Fit and Beauty Therapy. Groups are also available which focus on Training, Peer support, Life skills and Pre employment skills. For more information see www.steppingstonesnorthedinburgh.co.uk

- **Stepping Stones, 10 Wardieburn Rd, EH5 2HP, Tue, Wed, Thu 1-3pm. Crèche spaces available**
- **Muirhouse Millennium Centre, Mon 10.30-12.15, 1-3pm, Wed 1-3pm. Crèche spaces available.**
- **Drylaw Neighbourhood Centre, Wed 9.30-11.30am. Crèche spaces available**

For more information or to make a referral contact Stepping Stones on 0131 551 1632 or email info@steppingstonesnorthedinburgh.co.uk

Sleep Clinic

NORTH WEST

Coming Soon. Contact Anna Chrystal on 07932088615 or email annachrystal@steppingstonesnorthedinburgh.co.uk

Parents and Community Group

NORTH WEST

An opportunity for parents and community members to socialise, have new opportunities and develop skills. Activities such as arts and crafts, cooking, information sessions on a range of topics, advice sessions such as money advice and trips out. This term we are introducing some sessions aimed at parents of babies and children aged 0-5 around child development and play. Babies and children **under 5** also welcome to come along, parents share the responsibility of childcare within our play area.

- **Pilton Youth & Children's Project, The greenhouse, 1a West Pilton Place, EH4 4DG, Fri 10am-12pm, 6th Sept-11th Oct, 1st Nov-20th Dec**

For more information contact Laura on 0131 332 9815 or email laura@pycp.co.uk or see www.pycp.co.uk

Dad's Community Group

NORTH WEST

A peer led group which focuses on supporting Dads in the local area. Children welcome, dads are responsible for their care.

- **PYCP, West Pilton Place (term time), Thursdays 10.30am-12.30pm. Call for meeting details outside term time**

For more information contact Pete Cloke on 0131 332 9296 or 0770 371 4769 or email pete.cloke@circlescotland.org

Men's Cooking Group

NORTH WEST

Tasty family meals on a budget using locally grown produce!

- **Pilton Community Health Project, 73 Boswell Parkway, Thursdays 12-2pm, starts 29th August 2013**

For more information or to book a space contact Memes on 0131 551 1671

Right from the Start Cooking for Babies

LEITH & NORTH EAST

Sessions cover weaning babies from 6 months: introducing family meals from the start; considering alternatives to baby food products; understanding packaging and advertising and how this can be misleading. Suitable for parents with babies **under 1 year old**.

- **Acorn Centre, Junction Place, Leith, Wednesdays 10.30am- 12.30pm, 4th September- 30th October 2013. Limited crèche spaces available**

To book a place or for more information contact Jacqui Bain on 0131 554 9951 or 07772 876421

Baby Weaning/ Family Cooking Group

NORTH WEST

This group focuses on preparing meals that the whole family can eat. Encouraging parents to improve their skills and become more confident in cooking from scratch. We look at the elements of healthy eating and how advertising can affect our choices. Suitable for parents or carers with a **preschool child**.

- **Pilton Community Health Project, Wednesdays
10.30am-12.30pm, 11th September-13th November
2013. Crèche spaces available**

To book a place or for more information contact Fiona Manson on 0131 537 4230

Use Your Loaf!

NORTH WEST

Do you want to learn to make your own bread?
Share the wonders of bread making, meet new people and support the development of the Yummy Food Festival.

- **Royston Wardieburn Community Centre,
Tuesdays 2-5pm, 1st October- 10th December
2013**

For more information or to take part contact Lisa Arnott, Pilton Community Health Project on 0131 551 1671 or email lisaarnott@pchp.org.uk

'My Child'

NORTH WEST

A programme of information sessions on topics chosen by parents/ carers of young children. Each session begins with a free big breakfast and subjects such as Fussy Wee Eaters, Money Matters, Internet Safety, etc are covered each week. All parents and carers of young children in the West Pilton area are welcome to come along.

- **West Pilton Neighbourhood Centre, Thursdays 9.30-11.30am, 19th Sept- 21st November 2013. Crèche spaces available**

For more information contact Gina Ahmed on 0131 551 3194 or email gina.ahmed@ea.edin.sch.uk

IT for Parents

NORTH WEST

This free 5 week course looks at ways of keeping yourself and your kids safe online, and how to make the most of social media. It also looks at games the kids want to play and the homework sites that can help at school. It looks at a variety of topics to keep you one step ahead.

- **Craigroyston Community High School (Adult and Community Programme) Wednesdays 9.15-11.30am, starting 23rd Oct. Info session 2nd Oct from 9.15am. . No experience required/ needed!**

For more information contact 0131 538 7285 or email admin@craigroyston.edin.sch.uk

Family Learning for Parents Learning English

LEITH & NORTH EAST

This 8 week course supports bilingual parents to support their children's learning when their child is in **nursery and/or primary 1**. Sessions include exploring environmental print, other home learning ideas; stories and rhymes; letter sounds; playground games; preparation and information about school and nursery. This course values home language and culture, and offers ideas for progression to other adult learning and community-based opportunities.

Suitable for parents who speak English as an additional language with limited level of English (best for post beginner/ elementary level though others can also attend).

- **Duncan Place Resource Centre, Fridays 9.15-11.15am, 4th October- 29th November, 2013.**
Limited crèche spaces available

Priority given to those who live in Leith and whose children attend school/ nursery in the area. For more information contact Karen Buist on 0131 555 6035 or email karen.buist@ea.edin.sch.uk

Scrapbook Workshops for Parents

LEITH & NORTH EAST

Workshop for parents who have young children to create personal scrapbooks and photo albums for themselves and/or their families.

- **Fort Community Wing, Wednesdays, 12.45-2.15pm, 2nd October- 27th November, 2013.**
Limited crèche spaces available

Priority given to those who live in the area near Fort Community Wing, Leith or attend Fort Early Years Centre. For more information contact Karen Buist on 0131 555 6035 or email karen.buist@ea.edin.sch.uk

Learning Advice and 1 to 1 Literacy or Numeracy Support

NORTH WEST

Free individual sessions to support parents and carers who have children under five years and who have health issues. One to one support provided to support a personal learning journey. Literacy and English as a Second language (ESOL) sessions available.

- **Any suitable local venue, days and times flexible**
Referrals considered from health professionals. Please contact Fiona Manson or Jo Aitkenhead on 0131 537 4230.

Storytelling Course for Parents

LEITH & NORTH EAST

This course for parents offers tips on telling stories to young children. The course aims to give parents the confidence to tell stories and gives ideas on how to bring stories to life, includes the use of home language for those who are bilingual. Also an opportunity to plan and take part in a family storytelling event for National Storytelling day.

- **Homestart Leith and North Edinburgh, Leith Walk, Thursdays, 9.15-11.15am, 10th September-5th November, 2013. Limited crèche spaces available**

Priority given to those whose children attend Lorne Primary School or Nursery, Leith. For more information contact Karen Buist on 0131 555 6035 or email karen.buist@ea.edin.sch.uk

PARENT & CHILD ACTIVITIES

Baby Massage

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.

LEITH & NORTH EAST

- **Dr Bell's Family Centre, 15 Junction Place, Leith, EH6 5JA. Limited crèche spaces available**

For families living in the EH6/7 postal area. For more information or to book a block of sessions call Morag Lang on 0131 553 0106, email morag@drbellsleith.org.uk.

- **Craigentenny Early Years Centre, Wednesdays 10-11am, next block starts 9th October 2013**

For more information or to book a block of sessions contact Lesley Lyall on 0131 661 8593.

- **Homestart Leith and North East, Wednesdays 1.30-2.30pm, next block starts 9th October 2013**

For more information or to book a block of sessions contact Lesley Watt at Craigentenny Early Years Centre on 0131 661 8593

Baby Massage cont.

NORTH WEST

- **The Prentice Centre, Thursdays 1.30-2.30pm**

Referrals from professionals and self referrals accepted. Places must be booked in advance. For more information or to book a block of sessions call Christine Povey at Craigroyston Early Years Centre on 0131 332 3855

- **The Haven Project, Craigroyston Primary School, Muirhouse Place West. Groups run throughout the year during term time, dates and times can be flexible**

For more information or to book a block of sessions contact Julie on 0131 332 9269 or 0770 371 4766

PEEP (Parents Early Education Partnership)

PEEP sessions use stories, nursery rhymes, activity games and songs to create a fun learning environment for parents, carers and their children. Groups are facilitated by trained staff and are available in a range of settings throughout Edinburgh.

Baby PEEP (Parents/ carers & babies 0-1 year)

LEITH & NORTH EAST

- **Acorn Centre, Junction Place, Leith, Mondays
1.30-3pm, 19th August- 16th December 2013**

For more information or to check if space available contact Jacqui Bain on 0131 554 9951 or 07772 876421

- **Craigentiny Early Years Centre, Tuesday 10.30-11.30am**

For more information or to check if spaces are available contact Lesley Lyall on 0131 661 8593

- **Christadelphian Church, 4 Gayfield Place, EH1 3NW, Wednesdays, 10-11am**

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

- **Fort Early Years Centre, Wednesdays
1-2pm, August to December 2013**

For more information or to check if spaces available contact Fiona Douglas or Susan Buchan on 0131 554 4077

Baby PEEP (Parents/ carers & babies 0-1 years) cont.

LEITH & NORTH EAST

- **Friday mornings run by Craigentiny Early Years Centre, venue, times and start date to be confirmed**

For more information or to check if spaces are available contact Lesley Watt on 0131 661 8593

- **The Edinburgh Academy, Fridays, 9-10am, term time**

For more information or to book a place contact Lesley Paterson on 0131 624 4980 or email lap@edinburghacademy.org.uk

NORTH WEST

- **Craigroyston Early Years Centre, Craigroyston Community High School, 67 Pennywell Road, EH4 4NL, Wednesdays 10.00-11.00am, term time only. October- December 2013**

For more information or to check if spaces are available contact Christine Povey or Irene Day on 0131 332 3855

- **The Haven Project, Craigroyston Primary School, Muirhouse Place West, Thursdays 10-11am, starting January 2014**

For more information contact Julie on 0131 332 9269 or 0770 371 4766

PEEP Ones (Parents/ carers & babies 1-2 years)

LEITH & NORTH EAST

- **Craigentiny Early Years Centre, Tuesday mornings, 9-10am, starts 22nd October 2013**

For more information or to check if spaces are available contact Lesley Lyall on 0131 661 8593

- **Leith Walk Primary, Tuesdays 1.15-2.15pm, 24th September- 29th October**

For more information or to check if spaces are available contact Anne Houlston on 0131 5563873

- **Christadelphian Church, 4 Gayfield Place, EH1 3NW, Wednesdays, 11.10am-12.10am**

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

- **Friday mornings run by Craigentiny Early Years Centre, venue, times and start date to be confirmed**

For more information or to check if spaces are available contact Lesley Watt on 0131 661 8593

NORTH WEST

- **Craigroyston Early Years Centre, Craigroyston Community High School, 67 Pennywell Road, EH4 4NL, Fridays 11am-12pm term time only. 30th August- 13th December 2013**

For more information or to check if spaces are available contact Nicky Leadbetter or Sarah Higgins on 0131 332 3855

PEEP Twos (Parents/ carers & children 2-3 years)

LEITH & NORTH EAST

- **Fort Community Wing, Tuesdays 1-2pm, August to December 2013**

For more information or to check if spaces available contact Colin Hutchison or Anne Page on 0131 554 4077

- **Craigentiny Early years Centre, Tuesday afternoons, times and start date to be confirmed**

For more information or to check if spaces are available contact Heather Corrigan on 0131 661 8593

- **Leith Walk Primary, Brunswick Road, Thursdays 9.30-10.30am, 19th of September- 31st October 2013 (not on during October school holidays)**

For more information or to reserve your place contact Mrs Newlands on 0131 556 3873

- **Stanwell Nursery, Thursdays 9.15-10.15am, 5th September- 24th October 2013. Limited Crèche spaces available at Dr Bell's Family Centre**

For more information or to check if spaces available contact Lynda Winton at Stanwell Nursery on 0131 554 1309

Mixed age PEEP (Parents/ carers & children 0-3years or 0-5years)

LEITH & NORTH EAST

- **Christadelphian Church, 4 Gayfield Place, EH1 3NW, 1st Saturday of each month, 10.30am-12pm. Parents/carers and children 0-3 years**

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

- **Saheliya, 25 McDonald Road, EH7 4NW, Fridays 10-11am. Parents/ Carers and children 0-5 years**

For more information or to check if spaces available contact Pamela Couper or Naghmana Sajjad on 0131 556 9302

Water PEEP

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

NORTH WEST

- **Craigroyston Community High School Swimming Pool and Craigroyston Early Years Centre, Tuesdays 1-2.30pm, starts 22nd Oct for 6 weeks, limited spaces available must be booked in advance**

For more information or to check if spaces available contact Amy Young on 0131 332 3855

Family PEEP with SQA in Making the Most of Children's Learning and Development (Parents/carers & children 0-5years)

NORTH WEST

- **West Pilton Neighbourhood Centre, Mondays
10.00-11.30am, 28th August- 16th December 2013**

Open to all parents, priority given to parents who have previously attended the pregnancy cafe. For more information or to check if spaces available contact Jo Aitkenhead on 0131 537 4230

PEEP group for Parents and children on the Autistic spectrum

NORTH WEST

- **Granton Early Years Centre, Tuesdays, time and start date to be confirmed**

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

Parent/ Carer and Baby Group

NORTH WEST

A chance for babies to play and for adults to get together with others and share stories about the highs and lows of having a little one. Suitable for Mums, dads, grandparents with a **baby who is not yet walking**.

- **Granton Early Years Centre, 10 Wardieburn Road, EH5 1L, Thursdays 9.30-10.30am, 12th September- 12th December 2013**

For more information contact Karin Shaw or Tina Renton on 0131 552 4808

Weigh and Play

NORTH EAST

- **Fort Early Years Centre, Leith, Wednesdays 9-11.15am, August to December 2013**

For more information contact Anne Page on 0131 554 4077

Play@Home

Play @ Home books introduce simple and low-cost play activities and ideas, appropriate to children's stages of development which encourage interaction and physical activity. Play@home books are distributed to parents through their health visitor or preschool nursery. Some groups throughout Edinburgh allow parents/ carers and children to experience and enjoy play@home activities which they can try at home. Groups are facilitated by trained staff.

Stay and Play Days

Stay and Play days provide opportunities for parents and carers to engage positively with their child in a nurturing environment. Your child can play and learn to settle into routines. Come along, meet other parents and carers in your area and get support and advice from staff if you need it. **For Parents/ carers and 2 year olds.**

LEITH & NORTH EAST

- **Leith Walk Primary School, 9 Brunswick Road, Wednesdays, 9.30-10.30am, September – November 2013 (No class on 16th October due to school holiday)**

For more information and to book a place for you and your child contact Gillian Walker on 0131 556 3873

- **Lorne Primary School, Fridays 1-2pm, dates to be confirmed**

For more information contact Pam Colcutt on 0131 554 2308

Play Together

NORTH WEST

This fun drop in group offers a variety of play activities for parents and children to enjoy together. The group is run by qualified Early Years Officers and practitioner who can offer advice on parenting issues and child development.

- **Craigroyston Early Years Centre, Craigroyston Community High School, 67 Pennywell Road, EH4 4NL, Tuesdays 9.30-11.30am and Thursdays 12.30-2.30pm, runs term time only. Starts 27th August- 12th December 2013. Suitable for parents/ carers and children 0-3years**

For more information contact Melody or Emma at Craigroyston Early Years Centre on 0131 332 3855

- **St. Andrew's Parish Church, 42 Pennywell Gardens, EH4 4PE, Wednesdays 9-11am, runs term time only. Starts 4th Sept-11th December 2013. Suitable for parents/ carers and children 0-5years**

For more information contact Amy or Jeanette at Craigroyston Early Years Centre on 0131 332 3855

- **Granton United Church, 125 Boswall Parkway, EH5 2PP, Wednesdays 9.30-11.30am, runs term time only. Starts 28th August-11th December 2013. Suitable for parents/ carers and children 0-5years**

For more information contact Frances or Jackie at Granton Early Years Centre on 0131 552 4808

Buggy Brigade

NORTH WEST

Fun, informal session for parents and carers and their preschool children living in North West Edinburgh. Toys, Songs and Stories.

- **West Pilton Neighbourhood Centre, Mondays, drop in between 12-2.30pm, 19th August- 16th December 2013**

For more information contact Sarah Low, Community Learning and Development on 0131 552 5700 or email sarah.low@ea.edin.sch.uk

Dads Rock

Free playgroup for dads and kids- fun, positive and rocking place to be. We play, have healthy snack, story time and finish with songs, we have a special rock classic as our finale. **All dads and children 0-5 years**

NORTH WEST

- **The Prentice Centre, 1 Granton Mains Ave, Saturdays 10-11.30am all year round**

For more information contact David on 07511 533 432 or Thomas on 07807 498 709

Family Fun Session

NORTH WEST

All families welcome, Soft Play equipment, Arts and Crafts, Computers, Internet Access, Sports and Games. Children must be accompanied by an adult at all times. Costs 50p.

- **Royston Wardieburn Community Centre, Saturdays 10am-2pm, 30th September- 7th December**
- **Royston Wardieburn Community Centre, Sundays, 15th September for 10 weeks**

For more information contact 0131 552 5700 or email Lydia.markham@ea.edin.sch.uk

Soft Play Session

NORTH WEST

Soft Play session for parents/ carers of pre school children. Costs 50p.

- **West Pilton Neighbourhood Centre, Thursdays, 9.30-11.30am, all year round**

For more information contact 0131 551 3194 or email linda.chandler@ea.edin.sch.uk

Family Crafts

LEITH & NORTH EAST

After school crafts activity group for parents and children together. Parents and children are encouraged to enjoy working together in a relaxed, supportive environment, and to encourage and learn from each other. A choice of 2 simple craft activities are offered each week. Suitable for Parents/ carers and children aged **3-7 years**.

- **Duncan Place Resource Centre, Mondays 3.15-4.15pm, 23rd September- 25th November 2013, 27th January- 10th March 2014 tbc. Limited Crèche spaces available for children under 4 years**

Priority given to those who live in the Leith area. For more information contact Karen Buist on 0131 555 6035 or email karen.buist@ea.edin.sch.uk

Create

NORTH WEST

Drop in creative and messy art, storytelling and dance sessions for the under 5s and their parents and carers. Costs 50p. www.northedinburgharts.co.uk

- **North Edinburgh Art, 15a Pennywell Court, Thursdays and Saturdays 10am-12pm**

For more information contact 0131 315 2151

Messy Church

NORTH WEST

Messy Church is all about families having fun together- playing games, doing craft work, hearing bible stories, singing and sharing a meal together. Suitable for Parents/ Carers and their **children 0-11years**.

- **Muirhouse St. Andrew's Parish Church, corner of Pennywell Gardens and Pennywell Medway, the last Monday of every month (except July), 4-6pm**

For more information email rilzaatmuirhouse@hotmail.co.uk

Family Swim

NORTH WEST

These open family swim sessions provide a great opportunity for parents and children to enjoy the 25 metre pool. All children must be accompanied by an adult and all adults must be accompanied by a child! Adult £1, child 50p

- **Craigroyston Community High School, Tuesdays 5.30-6.30pm**

For more information call 0131 538 7285

Women and Preschool Children Swim Sessions

Open swim session for women and children (children should be **5 years of age or younger**) Limited places. Adult £1, child 50p

- **Craigroyston Community High School, Mondays, 10.15-11.15am starts 23rd September 2013**

For more information call 0131 538 7285

Time for a Story

LEITH & NORTH EAST

Primary 1 children and their family enjoy an after school time with their teacher and family learning staff at the local library. With stories, snack and a chance to choose books to borrow, a great opportunity for families to spend time together.

- **McDonald Road Library, Fortnightly, Thursdays 3-4.15pm, 3rd October 2013- 29th May 2014**

For parents and children in Primary 1 at Lorne Primary. For more information contact Karen Buist on 0131 555 6035 or email karen.buist@ea.edin.sch.uk

Dance 'n' Play

A fantastic FREE creative dance and movement class for you and your wee one. No need to book, just drop in!

- **North Edinburgh Arts, Fridays 11-11.45am from 4th October**

Contact Katie on 0131 332 3356 for more information

Bookbug Sessions

Bookbug sessions are free song, story and rhyme sessions for children **0-4years** and their parents/carers. There are regular bookbug sessions in every library.

- **Leith Library, 1st and 3rd Tuesday of every month, 10.30-11.15am, 2nd and 4th Wednesday of every month, 10.30-11.15am throughout the year**
- **McDonald Road Library, 2nd Friday of every month, 1-1.30pm and the last Friday of every month, 10.30-11am throughout the year**
- **Blackhall Library, Fridays, 10.30-11am, throughout the year**
- **Granton Library, Thursdays, 11am-12pm, throughout the year**
- **Muirhouse Library, Tuesdays and Fridays, 10.30-11.30am, throughout the year**
- **Stockbridge Library, 1st and 3rd Tuesday of the month, 10.30-11.15am, throughout the year**

DROP IN

Pregnancy Cafe

A safe, welcoming environment for expectant parents. Informal antenatal and health information. Activities such as relaxation and healthy cooking. Support to participate in activities in the local community. Suitable for mums and dads-to-be during pregnancy or who have a new born baby.

LEITH & NORTH EAST

- **Dr Bell's Family Centre, Thursdays 12.30-2.30pm, runs throughout the year**

For more information contact Jacqui Bain on 0131 554 9951 or 07772 876421

NORTH WEST

- **The Haven Project, on the right hand side of Craigroyston Primary School, Tuesdays 9.30-11.30am, term time only. Crèche spaces available if required**

For more information contact Jo Aitkenhead on 0131 537 4230 or Julie Calder on 0131 332 9269

Mum's Club

NORTH WEST

Antenatal drop in for women attending midwife clinic. Pregnancy information, antenatal learning, friendly discussion, computer search, signposting, particularly to Pregnancy Cafe and Parent Education.

- **Crewe Medical Practice, Thursdays 1.00-3.30pm**

For more information contact Jo Aitkenhead on 0131 537 4230

If you are running a Programme, Group or Activity for Parents and Carers in the North of Edinburgh and you would like to see it included in this leaflet or if information contained in this leaflet needs to be amended contact:

Jillian Hart
North Development Officer-Parent & Carer Support
City of Edinburgh Council
Tel: 07860 736129
Email: jillian.hart@edinburgh.gov.uk

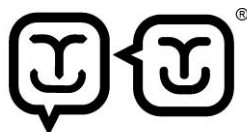
For information of Programmes, Groups or Activities for Parents and Carers in other areas of Edinburgh contact:

East: Steff Kaye
Tel: 07795 665 332
Email: steff.kaye@greengables-nur.edin.sch.uk

South: Helena Reid
Tel: 0131 672 2629
Email: helena.reid@ea.edin.sch.uk

South West: Sue Cameron
Tel: 07717 288 371
Email: sue.cameron@ea.edin.sch.uk

West: Helen Purvis
Tel: 0131 334 9301/ 07717 317 665
Email: helen.purves@ea.edin.sch.uk



HAPPY TO TRANSLATE

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 13-0597B. ITS can also give information on community language translations.