

# Programmes, Activities and Groups for parents and carers

in

## South West Neighbourhood September – December 2015



getting  
it right  
*for every child*

team around  
the  
cluster

•EDINBURGH•  
YOUR COUNCIL - YOUR FUTURE

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# Parenting Programmes



## Parents Early Education Partnership

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.

### Peep Twos parents/carers and children 2 -3 years

Ratho Community Centre

Wednesday 11.30am - 12.30pm

For more information or to check if spaces are available contact the Nursery on 333 1293

### Peep Threes parents/carers and children 3 – 5years

Clovenstone Primary School

Tuesdays 9.00am -10.00am

For you more details contact Rachel Cowe 453 4242 or Soozin Rogers on 453 4561

### Peep pre schoolers parents/carers and children 4 – 5years

Juniper Green Primary School

Days and times to be confirmed, starting late October

For more information please contact the Nursery on 442 2121

### PEEP Mixed parents/carers and children 0-3years

Pentland Community Centre

Friday 9.15am -10.30am

For more information or to check if spaces are available contact Carol Tuzun on 445 2871

PEEP Mixed parents/carers with children 0-4 years

Gate 55

Monday 1.00pm - 2.30pm

For more information or to check if spaces are available contact  
Melinda Peto on 458 5095

For details on Peep groups across the city contact Sue Cameron  
[sue.cameron@edinburgh.gov.uk](mailto:sue.cameron@edinburgh.gov.uk) 07717 288371



The Psychology of Parenting Project provides two positive parenting programmes for **parents/carers of 3-4 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. Crèche places and help with transport costs can be arranged.

The Incredible Years and Triple P programmes are included in Psychology of Parenting programmes. Applications can be made on line [www.edinburgh.gov.uk/parenting3to4](http://www.edinburgh.gov.uk/parenting3to4)

For more information contact [Helena.reid@ea.edin.sch.uk](mailto:Helena.reid@ea.edin.sch.uk)  
07795 127954

You can find details of local groups on [www.joininedinburgh.org](http://www.joininedinburgh.org)

## The Incredible Years – 14 week programme

Courses take place in venues across the city and in South West at **Gate 55**

Thursday 12.30pm-2.45pm

Start date 22<sup>nd</sup> October

Crèche places are available to book

Applications can be made on line go to

[www.edinburgh.gov.uk/parenting3to4](http://www.edinburgh.gov.uk/parenting3to4)

For more information contact [Helena.reid@ea.edin.sch.uk](mailto:Helena.reid@ea.edin.sch.uk)

Call 07795 127954



## Triple P – 8 week programme

Courses take place in venues across the city and in South West at **WHEC**

Tuesday 9.15am -11.15am

Start date 8<sup>th</sup> September

This group has started, please go to [www.joininedinburgh.org](http://www.joininedinburgh.org) for details of city wide Triple P groups.

Applications can be made on line go to

[www.edinburgh.gov.uk/parenting3to4](http://www.edinburgh.gov.uk/parenting3to4)

For more information contact [Helena.reid@ea.edin.sch.uk](mailto:Helena.reid@ea.edin.sch.uk)

Call 07795 127954



## 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.**

You can find details of local groups on [www.joininedinburgh.org](http://www.joininedinburgh.org).

## **DADS**

### Tollcross Community Centre

6.30pm -8.30pm

Starting Wednesday 30th September

Teen Triple P group for Dads, Stepdads, Grandfathers and other male carers

## **Teen Triple P Group**

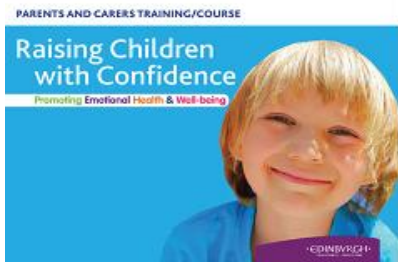
### Gate 55

Start date Friday 9th October. This group is full, the next South West group will be early 2016.

Please visit [www.joininedinburgh.org](http://www.joininedinburgh.org) to find details of other Teen Triple P groups.

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

# Parenting 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**. You can find details of local groups on [www.joininedinburgh.org](http://www.joininedinburgh.org)

Raising Children with confidence takes place in schools and community settings. You can ask your child's Head Teacher if there is course running in their school, or contact [admin@growingconfidence.org](mailto:admin@growingconfidence.org) or visit [www.growingconfidence.org](http://www.growingconfidence.org)

Course venue and dates in South West this term

### Gate 55

Starting Wednesday 16<sup>th</sup> September 12.30pm - 2.30pm

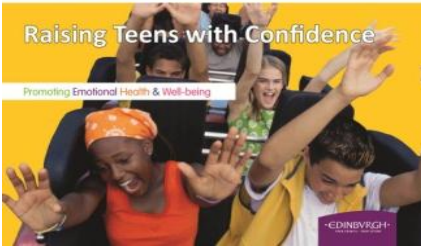
For more information or to check if spaces are available contact Melinda Peto or Andrena Graham on 458 5095

### Bonaly Primary School

Starting Wednesday 10<sup>th</sup> September 7.00pm -9.00pm

This course is full





## 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)

[www.growingconfidence.org](http://www.growingconfidence.org)

You can find details of local groups on [www.joininedinburgh.org](http://www.joininedinburgh.org).

## Family Learning

Activities for parents and carers and their children from pre-school to Primary 2. Supporting parents and carers engagement with their child's learning and encouraging positive relationships with the primary school, and supporting home learning.

Family Learning activities are provided in some schools within the SW area. Contact Lorna Hoy, Family Learning worker

[lorna.hoy@ea.edin.sch.uk](mailto:lorna.hoy@ea.edin.sch.uk)

## **Parent and Carers Groups**

### BuggyWalk and Talk Group

Health Agency, WesterHailes Healthy Living Centre

Short local walk followed by tea/coffee and chat.

To register contact Fiona on 453 9400

### Dad's Rock

WHALE Arts Centre

Saturday 10.00am -11.30am

For dads/male carers and children [www.dadsrock.org.uk](http://www.dadsrock.org.uk)

Contact David 07542 084356 [david@dadsrock.org.uk](mailto:david@dadsrock.org.uk)

Free counselling for parents contact Thomas 07542 074 1565

### Kinship Carers Group

Withkids, 1 Hailesland Place

Wednesday 9.30am -10.30am

Meet other Kinship Carers, workshops from the Kinship Care

Team. Contact Emile Vanloo on 07539 957715 or 453 6937

### Women's Group Wester Hailes Health Agency

Wester Hailes Healthy Living Centre

Thursday 10.30am -12.30pm

Meet other women and take part in exercise, activities, health talks, healthy cooking. Lunch is provided.

Contact Claire McGeary 458 5095

## Young Mums Group (parents 16 yrs – 25yrs)

Gate 55

Tuesday 10.30am - 1.00pm and

Wednesday 12.30pm - 2.30pm

Meet with other parents and join in activities including cooking, exercise classes, speakers and outings.

Free lunch and crèche booked in advance.

To check if spaces are available contact Claire McGeary on 458 5095

## Juno

Longstone Community Centre

Wednesday 10.00am – 12.00pm

Peer support group for families affected by pre and post natal illnesses. Runs as a parent and toddler group.

Craiglockhart Group at SANDS Lothian

Thursday 7.30pm -9.00pm

This group is for parents who have been affected by pre or post natal illnesses. For information on both groups email

[juno.enquiries@gmail.com](mailto:juno.enquiries@gmail.com)

[www.juno.co.uk](http://www.juno.co.uk)

## Families Need Fathers

10 Palmerston Place, Haymarket.

1<sup>st</sup> Monday of the month

7.00pm - 9.00pm.

For fathers, grandfathers, partners to find out information and explore options about contact issues following separation.

Contact Ian Maxwell 557 2440

## People First Parents Group

Norton Park, 57 Albion Road, EH7 5Q7

One Thursday a month 10.30am -12.30pm

Self advocacy group for parents with learning disability

Contact Jane Lewis on 478 7707/ 078011 38265

## Parent and Child Activities

### 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. Classes must be booked in advance.

### Hailesland Early Years Centre

Wednesday 1.00pm – 2pm

For more information contact Nicky MacNamara 442 2163

### Sighthill Early Years Centre

Tuesday 1.15pm -2.15pm

For more information contact Fiona Webster on 442 2018

### 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. Ask your Health Visitor or Nursery staff about the books

Play@home Group

### Calderglenn Nursery

Starting late September

Contact Calderglenn Nursery 453 5754 for details

## Parent and Child Activities

### Babblin' Bairns

Sharing songs, stories and rhymes with wee ones

Gate 55

9.30am -11am

Starting Wednesday 23<sup>rd</sup> September

Contact [lorna.hoy@ea.edin.sch.uk](mailto:lorna.hoy@ea.edin.sch.uk) 1458 5095

### Family Club

Clovenstone Community Centre

Wednesday 6.00pm -8.00pm

Focus is on healthy eating, planning menus, preparing and cooking food together and other activities. Contact 453 4561

### Friday Time Together

Gate 55

Monthly Friday 1.00pm -3.00pm

Creative arts and learning activities for parents and children.

Contact [lorna.hoy@ea.edin.sch.uk](mailto:lorna.hoy@ea.edin.sch.uk) 459 5095

### Tiger Tales

Stories and craft for 4 – 8 years and families

Sighthill Library Friday 3.35pm - 4.30pm

Wester Hailes Library Friday 1.30pm - 2.00pm

Ratho Library Thursday 3.20pm -4.20 pm

Please ask at the Library as times may change

### The Drop-in

Carrickvale Community Centre

Saturday 1.30pm-3.30pm

Weekly drop in offering a range of activities for families with a child/young person aged 0-18 yrs who has a disability.

Siblings welcome, parents and carers do have to stay.

Contact Carrickvale Community Centre on 443 6971

## Parent and Child Activities

### 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.

#### Balerno Library

Wednesday 2.00pm -2.30pm

#### Colinton Library

Tuesday 2.15pm - 2.45pm

Fridays 10.30am - 11.00am

2<sup>nd</sup> Saturday 10.30am – 11.00am

#### Currie Library

Thursday and Fridays 10.30am -11.00am

#### Oxgangs Library

Alternate Wednesday and every Friday and Saturday

10.30am -11.00am

1<sup>st</sup> Saturday of the month 10.30am -11.00am

#### Ratho Library

Thursday 10.15am -10.45am

#### Wester Hailes Library

Tuesday 10.30am – 11.00am

Polish Rhymnetime

1<sup>st</sup> Friday of the month 10.30am -11.00am

#### Sighthill Library

Friday 10.45am -11.15am

Polish Rhymetime

3<sup>rd</sup> Wednesday of the month 1.30pm-2.15pm

## Parent and Toddler Groups

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

### Calder Family Drop In

The Calders Community Flat @ the foot of Dunsyre House

Tuesday 9.00am -11.00am

Parents and children where English is not a first language are welcome. Contact Mae on 07842043125

### Dad Zone Dads and children under 4 years

St Mungo's Church, Balerno

Some Saturdays 9.00am -10.30am

Email balernodadzone@gmail.com

### Happy Faces

Colinton Village Church

Tuesday 9.30am -11.30am

### MOPS Mother of Pre- schoolers

The Bridge Community Cafe

Holy Trinity Church

Monday 9.15am-11.15am (fortnightly)

Contact Colleen 07951 079270

### Munchkins

Westerhailes Baptist Church

Monday 9.30am -11.00am fortnightly [www.munchkinswhbc.co.uk](http://www.munchkinswhbc.co.uk)

### Parent and Toddler

Baptist Church, Currie

Monday and Wednesday 10.00am -11.30am

## Parent and Toddler Groups

### Parent and Carer Toddler Group

Clovenstone Community Centre  
Wednesday and Thursday 9.00am -11.00am  
Contact 453 4561

### Parent and Toddler

Juniper Green Parish Church  
Tuesday 10am -11.30am  
Email [jgpc@supnet.com](mailto:jgpc@supnet.com)

### Parent and Toddler

Ratho Community Centre  
Tuesday and Thursday 10.00am -12.00pm  
Contact 333 1055

### St Nicholas Toddler group

St Nicholas Church, Sighthill Loan  
Tuesday and Friday 9.30am -11.30am  
Contact Shelly 07954 407309

### St Mungo's Minis

St Mungo's Church, Balerno  
Tuesday and Wednesday 10.00am -11.30am  
Contact [kate.yates@stmungos.org](mailto:kate.yates@stmungos.org)

### Toddler Group

Gibson Craig Church Hall, Currie  
Friday 9.30am -11.00am  
Contact 449 7747

### Toddlerific

Oxgangs Neighbourhood Centre  
Monday 10.00am -12.00pm



Contact 466 0678

### Twins Group

Oxgangs Neighbourhood Centre

Thursday 10.00am -12.00pm

Contact 466 0678

## **Playgroups**

### 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 Pre School Group

Dreghorn Gardens

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

### Juniper Green Playgroup

Juniper Green Community Centre

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

### Riccarton Playgroup

Curie Hill Road

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

### Stableroom Playgroup

Colinton Parish Church

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

## **Support and Advice**

### Well Baby Clinic

#### Wester Hailes Healthy Living Centre

Thursday 10.30am-11.30am

Contact Wester Hailes Health Visiting Team 453 9357

#### Sighthill Health Centre

Thursday 10am -12pm

Contact Sighthill Health Visiting Team 537 7164

### Drop-in Clinics

Patchwork Clinic

#### Colinton Mains Parish Church

Thursday 1.30pm -2.30pm

Contact the Health Visiting Team at Oxgangs Path 445 3093 and  
Firrhill Medical Centre 441 9361

#### Pentlands Medical Centre

Tuesday 1.30pm-3.30pm

Contact Pentlands Health Visiting Team 453 9361

### Breastfeeding Cafe

The Mill Cafe

St Joseph's Centre, Balerno

Thursday 11.00am -12.00pm

Contact Pentlands Health Visiting Team 453 9361

#### Oxgangs Library

Wednesday 1.30pm- 2.30pm

Contact Oxgangs Path Health Visiting Team 445 3093

## Family Support and Advice



[Aberlour Family Outreach](#) provides support for families affected by problematic drug and alcohol use.

We can support you to address problems with drug and alcohol to make positive changes. Including advising on parenting issues, giving practical support or supporting you to reduce or stabilise your drug and alcohol use and direct work with children. Our Children's Worker can meet with children on a one to one basis or be involved in family work. You can refer yourself or by a worker. Contact our team on 453 9100.



*Community Help and Advice Initiative*

[Early Intervention Family Support Project](#) provides support and a range of services to families living in the Clovenstone and Oxfords and surrounding areas. We can offer practical and emotional support, advice on parenting issues, budgeting or money advice and housing related support. Referrals can be made by families or by a worker/agency. Contact 442 2100 or [chai@mail.wh.1.org.uk](mailto:chai@mail.wh.1.org.uk)



[CrossReach Postnatal Depression Services](#)

Palmerston Place PND Centre, 8A Palmerston Place

We offer counselling and support to families experiencing postnatal depression, we provide a crèche.

Monday -Thursday 9.20am-3.40pm.

Contact 220 3547



Family Support Service We provide flexible home based visiting support to families with a child/children from birth to 16 years. Our service is for families who have a child /children with a disability; families and lone parents where there are no other supports in place; families who are isolated within their community. We match family's individual needs with an experienced worker or volunteer and work with the child/children within the family home enabling the parent /carer a sometime each week to do something for them on a regular basis. Contact 523 1322 or email [info@firsthand-lothian.org.uk](mailto:info@firsthand-lothian.org.uk)



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 in South Edinburgh. To access befriending contact Sheena Smith 661 0890 or ask your Health Visitor for more information. Our trained volunteers support families with play@home and Peep parenting programmes. [www.homelinkfamilysupport.org](http://www.homelinkfamilysupport.org)



[Home Start Southwest Edinburgh](#)

Support, friendship and peer support (Peep groups) to help parents/carers with at least one child under 5 years of age deal with social isolation, emotional struggles, to help keep medical appointments or help with a disability or relationship problem. If you're tired, unhappy, exhausted, alone, please get in touch.

108a-110a Gorgie Road. Contact 347 2881 or email [help@hsew.org.uk](mailto:help@hsew.org.uk)



[Making It Work](#) is a service for lone parents with a **child under five**.

We support parents on a one-to-one basis to help lone parents to plan for the future and 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. Contact Denise Smith to book an appointment 07889 541449 based at Gate 55.



Safe Families *for* Children  
SCOTLAND

#

[Safe Families for Children](#) is all about caring for parents going through a hard time. Volunteers from local churches can help with befriending, mentoring and supporting parents through times of crisis, helping families get back on their feet. They also can offer short breaks by caring for children to give parents some space to deal with pressing issues. Other volunteers can help out with practical tasks. We can help out families with children aged 0-12 years. Contact 603 8430



[withKids](#) work with children and families to provide individual, social and practical support. Our service is designed to help children and families experiencing difficulties develop resilience. Working within schools and nurseries and from our local base, we offer family support offering practical and emotional help and parent and family groups and outings. Contact 453 6937



The Health Agency is a community led organisation delivering health and well being services for people living in SW Edinburgh. We take a holistic approach, offering mental health support, complimentary therapies, physical activities, substance misuse services and a range of groups

If you want a healthier lifestyle, are feeling low in spirit or would enjoy meeting local people. Please call us for more information on 453 9400 or email [info@whhealthagency.co.uk](mailto:info@whhealthagency.co.uk) [www.whhealthagency.co.uk](http://www.whhealthagency.co.uk)

#### Community Learning and Development

Clovenstone Community Centre	453 4561
Pentland Community Centre	455 2871
Ratho Community Centre	333 1055
Gate 55	458 5095

You can find details of local groups on [www.joininedinburgh.org](http://www.joininedinburgh.org) or contact your local Community Centre



## Contact details

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

Sue Cameron – South West

☎ 453 9172 / 07717 288 371

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



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

Jillian Hart - North

☎ 07860 736129

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

Helena Reid – South

☎ 672 2629 / 07717317665

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

Helen Purves – West

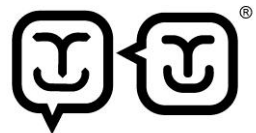
☎ 334 9301 / 07717 317 665

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

East Edinburgh

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

You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact ITS 0131 242 8181 and quote reference 15-0787 ITS can also give information on community language translations.



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