

Programmes, Activities and Groups for parents and carers

in

East Neighbourhood Autumn 2014



**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.

Baby PEEP parents/carers and babies 0-1yr

East Neighbourhood Centre/Craigmillar Library

Tuesday 1.30pm -2.30pm

For more information or to check if spaces are available contact Morag Demarco on 669 4213 or Katriona Owens on 669 9083

Portobello Community Centre

Monday 12.30pm-1.30pm

For more information or to check if spaces are available contact Elaine Findlay on 657 8924

PEEP Ones parents/carers and babies 0-2yrs

Craigentinny Early Years Centre

Monday 9.30am-11.30am

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

Restalrig Church

Tuesday 9.30am-11.30am

For more information or to check if spaces are available contact Sandra Brown on 661 8593

PEEP Ones parents/carers and babies 0-2yrs

Moffat Early Years Centre

Wednesday 1.00pm - 2.00pm

For more information or to check if spaces are available contact
Fiona Fortune or Christine McKechnie on 669 4213

PEEP Twos parents/carers and children 2-3yrs

Greengables Family Centre

Wednesday 9.30-10.30am

For more information or to check if spaces are available contact
Rosemary Marr on 669 9083

PEEP Autism Spectrum specific group for parents/carers and children 0-5yrs

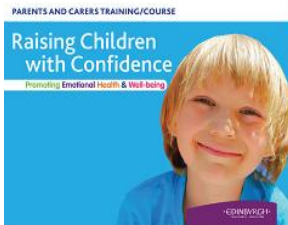
Moffat Early Years Centre

Wednesday 10.00am -11.30am

and

Thursday 1.00pm -2.30pm

For more information or to check if spaces are available contact
Christine McKechnie on 669 4213



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.

This course is currently running at
Venue **Greengables Family Centre**
Day Tuesday 9.00am -11.00am

For more information on future courses visit
www.growingconfidence or email
supportingparentsandcarers@edinburgh.gov.uk

Mellow Parenting

This programme can be helpful for parents who would benefit from taking part in a more in-depth, therapeutic support programme. It is for **parents/carers of children aged 18 months-5yrs** who 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. For more information please email supportingparentsandcarers@edinburgh.gov.uk



The Incredible Years

This programme aims to help parents/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 are run for **parents/carers of children 3-5 yrs.**

For more information contact Helena Reid, Parent and Carer Development Office on 672 2629 or email supportingparentandcarers@edinburgh.gov.uk

The next Incredible Years Programme is running at

Venue **Greengables Family Centre**

Day **Thursday 9.15am – 11.30am**

Starting on 23rd October for 14 weeks

For more information and to book a place contact Lesley Wilson on 661 3109



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 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/carers of teenagers 12-16yrs.**

For more information contact Jillian Hart, Parent and Carer Development Officer on 07860736129
or email

supportingparentsandcarers@edinburgh.gov.uk

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.

Craigmillar Library

Polish Rhymetime

Last Monday of the month 10.00am -11.00am

Craigmillar Library

Greek Rhymetime

3rd Monday of the month 1.00pm -2.00pm

Portobello Library

Bookbug sessions

Wednesday 10.15am-10.45am and 11-15am – 11.45am

Saturday at 11.30am – 12noon

Portobello Library

Spanish Language Rhymetime

Last Tuesday of the month 10.30am-11.15am

Piershill Library

Bookbug Rhymetime

Wednesday 2.00pm -2.30pm

Polish Rhymetime every 2nd Saturday 11.00am-11.30am

Craigmillar books for Babies at Craigmillar Library

Baby and Toddler Rhymetime

Tuesday 11.00am

Polish Rhymetime

Last Saturday of the month 11.00am

For more information including Family Support at Home programme contact Michelle Jones on 621 2621 or email info@craigmillarbooksforbabies.org.uk

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.

Your Health Visitor can give you more information details.
Classes must be **booked in advance**

Portobello Surgery

Tuesday 11.00am – 12noon

To find out availability and to book call the Health Visitor Team on 657 8924

Milton Surgery

Wednesday 3.30pm -4.30pm

To find out availability and to book a place call the Health visitor Team on 549 7370

Craigmillar Medical Centre

Thursday 10.00am -11.00am

Classes run in 5 week blocks.

To find out availability or to book call Angela Sives on 536 9620

Niddrie Medical Practice

Monday 1.00am -2.00pm

To find out availability and to book a place contact Joyce Thomson on 536 9650 / 07881 517 311

Parent and Child Activities

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.

Greengables Family Centre

For parents/carers and babies 0 -1 year

Wednesday 1.30pm -2.30pm

Starting 26 November for 6 weeks

For more information or to check if spaces are available contact Rosemary Marr or Lauren Irvine on 669 9083

Moffat Early Years Centre

Friday 10.00am -11.30am

For more information or to check if spaces are available contact Fiona Fortune or Christine McKechnie on 669 4213

Family Learning

Activities for **parents/carers and their children from pre-school to Primary 2.**

Focus is on supporting parents/carers' engagement with the child's literacy and numeracy learning, and encourages positive relationships with school.

Please contact EAST Community Learning and Development Team for information on 6616834

Time Together Parent and child sessions

Greengables Family Centre

Making Together

Monday 11.30am -1.30pm

Cooking Together sessions

Friday 10.30am – 11.30am

Block of 4 weeks starting 22 August until 12 December

At Time Together sessions parents/carers and their children can have fun together while taking part in an organised activity within a small supportive group. For more information contact 669 9083

Hub days

Greengables Family Centre

Wednesday Drop in activities for parents/carers and children

9.30am -1.00pm

Special themed events throughout the year, light snack is served at 11.00am. For more information contact Rosemary or Lauren on 669 9083

Toddler Group

Parsons Green Primary School

Friday 9.30am – 11.15am

For more information contact Jacqui Evans on 661 3109 or

Heather Corrigan on 661 8593

Sunshine Toddler Group

Moffat Early Years Campus

Thursday 9.15am – 11.15am

For more information contact Christine McKechnie or Margaret Grieve on 669 4213

The Drop-in

Activity service for families with a child/young person aged 0-18 years old with a disability. Meet other parent and carers while their children take part in activities run by experienced youth workers from FABB Scotland and the City of Edinburgh Council. Siblings are welcome too. Parents/carers do have to stay!

Jack Kane Community Education Centre

Saturday 10.00am – 12.00pm

For more information contact the centre on 657 1595

Northfield & Willowbrae Community Centre

Saturday 2.00pm -4.00pm

For more information contact the Centre on 661 5723 or 661 7834

Support and Advice

Well Baby Clinics

Milton/Durham Road Surgery
Wednesday 11.00am -12.15pm

Craigmillar Medical Centre
Wednesday 10.30am -12.15pm

Portobello Surgery
Friday 10.00am -11.00am

Niddrie Medical Practice
Thursday 10.00am -11.00am

Postnatal Support Group

The Tide Art Gallery and Coffee Shop
56 Kings Road, Portobello
Monday 2.00pm -3.30pm
For more information contact Pat Forrest on 657 8924
Portobello Surgery Health Visitor Team

Stress Control Classes

East Neighbourhood Office/ Craigmillar Library
Tuesday 6.15pm -7.45pm
Starting Tuesday 21st October for 6 weeks
To book a place contact Health in Mind 225 8508

Family Support and Advice

Family Solutions provides direct support to families, working in partnership with parents and carers, with **children aged mainly up to 13 years**. We can offer support to prevent difficulties from escalating including improving school attendance, reducing exclusions, routines and behaviours, family relationships and linking you with community groups.

For more information contact Susan Strachan, East Family Solutions Senior 07795 302305 or email

susan.strachan@edinburgh.gov.uk



Aberlour Family Outreach provides support for families affected by problematic drug and alcohol use. Are you a family with children aged 0 -16 years? We can support you to address problems with drug and alcohol use to make positive changes. 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 be referred by a worker or agency. For more information contact our team on 453 9100.

Volunteer Mentoring for families affected by drug and alcohol use. We can support you and your family for a minimum of six months by matching you with a trained volunteer who best meets your family's needs. We can offer support with nursery routines, family routines, family days out and attending local groups and clubs. You can refer yourself or be referred by a worker or agency.

For more information contact our team on 453 9100.

CHILDREN1ST Family Support Team We work together, in partnership with parents/carers and nurseries to promote and support the development of positive parenting strategies and family relationships.

We provide support to families with children aged 3-5 years who are experiencing social, emotional or behavioural difficulties. We work together, in partnership with parents/carers at home to promote strengths, support the development of positive parenting strategies and family relationships.

To access Family Support contact us for an informal chat 468 2580 or ask your Health Visitor for more information



Making It Work is a service for lone parents with a child under five. Our aim is 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.

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

People First Parents Group

Self advocacy group for parents with learning disability
For parents to come together and support each other, Talk about being a parent and push for better support for parents with learning difficulties.

One Thursday a month 10.30am -12.30pm at Norton Park, 57 Albion Road, EH7 5Q7 For more information contact Jane Lewis on 478 7707 or 078011 38265

Contact details

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

Pat Southall

✉ pat.southall@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

Helena Reid – South

☎ 672 2629

✉ Helena.reid@ea.edin.sch.uk

Sue Cameron – South West

☎ 07717 288 371

✉ Sue.cameron@edinburgh.gov.uk

Helen Purves – West

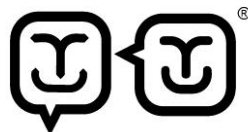
☎ 334 9301/ 07717 317 665

✉ Helen.purves@ea.edin.sch.uk

East Edinburgh

✉ supportingparentsandcarers@edinburgh.gov.uk

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