

Programmes, Activities and Groups for parents and carers

in

East Neighbourhood February – June 2015



getting
it right
for every child

team around
the
cluster

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YOUR COUNCIL – YOUR FUTURE

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New service

Early learning and childcare for eligible two year olds

Certain children are entitled to receive up to 600 hours of free early learning and childcare during school terms.

For a list of establishments offering this service, to find out if your two year old qualifies for a place, and to apply please go to:
www.edinburgh.gov.uk/info/20071/nurseries_and_childcare/1118/early_learning_and_childcare_for_two_year_olds

Or contact Sue Cameron, Parent and Carer Development Officer
sue.cameron@edinburgh.gov.uk call 453 9172

Parenting Programmes



Mellow Bumps

This is a six week course for women who are about 20-30 weeks pregnant. Sessions last two hours and groups are small: 4-8. The aim is to help expecting parents reduce stress, care for themselves physically and mentally, in turn nurturing their unborn child. Participants will learn about very early brain development and what their babies can do. This improves attachment even before birth, helping parents connect with their new-born. Parents will grow in confidence by being part of an intimate group and learn where to access help now and for the future.

Viewforth Early Years Centre

Starting Thursday 5th February 10.00am -12.00pm

To make a referral contact

Leanne.Hunter@ea.edin.sch.uk

Gail.stewart@ea.edin.sch.uk or call 229 6667

Craigmillar Early Years Centre

Starting Wednesday 18th February 1.00pm - 3.00pm

To make a referral contact

Donna.mckenzie@ea.edin.sch.uk

Ronald.robertson@ea.edin.sch.uk or call 661 3126

Sighthill Early Years Centre

Starting Friday 20th February 9.30am - 11.30am

To make a referral contact Margaret.mcveigh@ea.edin.sch.uk

or call 442 2018

Goodtrees Neighbourhood Community Centre

Starting Monday 23rd February 1.00pm - 3.00pm To make a

referral contact Helen.g@homelinkfamilysupport.org or call 661

0890



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**

Portobello Community Centre

Monday 12.30pm -1.30pm

For more information or to check if spaces are available contact Health Visiting Team on 657 8924 or Greendkykes EYC on 661 3109

East Neighbourhood Centre/ Craigmillar Library

Tuesday 1.00pm -2.00pm

For more information or to check if spaces are available contact Morag Demarco on 669 4213 1or Katriona Owens on 669 9083

PEEP Toddlers **parents/carers and toddlers 1-2years**

Portobello Community Centre

Tuesday 12.30pm -1.30pm

For more information or to check if spaces are available contact Health Visiting Team on 657 8924 or Greendykes EYC on 661 3109

PEEP Ones **parents/carers and children 1-2years**

Moffat Early Year Campus

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 Autistic Spectrum group for parents/carers and children 3yrs

Moffat Early years Centre

Wednesday 9.45am -11.30am

Thursday 1.00pm -3.00pm

For more information or to check if spaces are available contact Karen Birrell on 469 2850



The Psychology of Parenting Project provides two positive parenting programmes the Incredible Years and Triple P for **parents/carers of 3-5 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.



The Incredible Years – 14 week programme

Courses are now running in some areas of the city (North, South and South West areas) beginning late February 2015 – these courses are now full.

For more information on future programmes please contact Helena Reid, Parent and Carer Support Development Officer

Helena.reid@ea.edin.sch.uk

Call 07795 127954



Triple P – 8 week programme

Courses will take place in venues across the city

Information will be listed on www.joininedinburgh.org with venue listings, dates and times at a later date from the time of printing this booklet.

For further information or to request an application form please email our generic email address at supportingparentsandcarers@edinburgh.gov.uk

Raising Children with Confidence

Promoting Emotional Health & Well-being



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 0-11 yrs.** www.growingconfidence.org

Course venue and dates

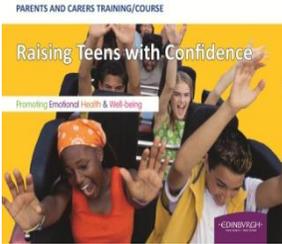
Greengables Family Centre

Starting Tuesday 10th February – 31st March

Contact Greengables Family Centre on 669 9083

Visit www.joininedinburgh.org for full course details, venue listings, dates and times

For future course and enquiries please contact admin@growingconfidence.org



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)

Course venues and dates

Currently running at [Portobello High School](#)

[Drummond High School](#)

(open to parents and carers from anywhere in the city)

Starting Monday 9th March

6.30pm-8.30pm

To enrol contact admin@growingconfidence.org

Visit www.joininedinburgh.org for full course details, venue listings, dates and times or contact

admin@growingconfidence.org



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.**

Course venues and dates

Currently running at [Castleview Community Centre](#)

Kinship Carers

[South Bridge Resource centre](#)

Wednesday 4th March – 22nd April

Time tbc

For more information or to apply for a place please email

supportingparentsandcarers@edinburgh.gov.uk

or contact the Kinship Carer Support Team on 0131 529 2588 or

email kinshippupportteam@edinburgh.gov.uk

For more information on future courses please contact Jillian Hart, Parent and Carer Support Development Officer

Jillian.hart@edinburgh.gov.uk or email your enquiry to

supportingparentsandcarers@edinburgh.gov.uk

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**.

Portobello Surgery

Tuesday 3.15pm -4.15pm

For more information contact Health Visiting Team on 657 8924

Milton Surgery

Thursday 2.00pm -3.00pm

For more information contact Health Visiting Team on 549 7370

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.

Moffat Early Years Campus

Friday 10.0am -11.15am

For more information contact Fiona Fortune or Christine McKechnie on 669 4213

Parent and child activities

At Time Together sessions parents and carers and children can have fun together while taking part in an activity.

Time Together Cooking

Greengables Family Centre

Tuesday 9.15am -10.15am and

Friday 10.30am -11.30am

Blocks of 4 weeks various dates from January – June

Making Together

Greengables Family Centre

Friday 11.30am -1.30pm

For more information please contact 669 9083

Sunshine Toddler group

Moffat Early Years Centre

Thursday 9.15am -11.15am

For more information contact Christine McKechnie or Margaret

Grieve on 669 421`3

Parent and Toddler Group

Brunstane Primary School Nursery

Thursday 1.00pm -3.00pm

For more information contact Jacqui Evans on 661 3109

Parsons Green Primary School

Friday 9.30am -11.15am

For more information contact Jacqui Evans/ Heather Corrigan on

661 3109

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

Support and Advice

Well Baby Clinic

Portobello Surgery

Wednesday 2.00pm -3.00pm

Craigmillar Medical Centre

Wednesday 10.30am -12.15pm

Miton Road Surgery

Wednesday 11.00am -12.15pm

Niddrie Medical Practice

Thursday 10.00am -11.00am

Post Natal Support Group

The Tide Art Gallery and Coffee Shop

Kings Road, Portobello

Monday 2.00pm 3.30pm

For more information contact Health Visiting Team on 657 8924

Family Learning

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

The focus is on supporting parents and carers engagement with their child's literacy and numeracy learning, and encourages positive relationships with the primary school. Family Learning activities are provided in some schools within the SW Neighbourhood. For more information contact Barbara Middleton, Family Learning Worker on 661 6834.

If you are running a Programme, Activity or Group for parents and carers in the East of Edinburgh which you would like to see included in this leaflet, or if information needs to be amended please contact our generic email listed below.

East Edinburgh

✉ Supportingparentsandcarers@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 / 07717317665

✉ Helena.reid@ea.edin.sch.uk

Helen Purves – West

☎ 334 9301 / 07717 317 665

✉ Helen.purves@ea.edin.sch.uk

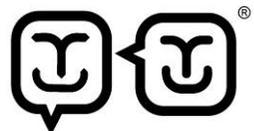
Sue Cameron – South West

☎ 453 9172 / 07717 288 371

✉ Sue.cameron@edinburgh.gov.uk



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