

# Programmes, Activities and Groups for parents and carers in

## North West Edinburgh Western Edinburgh *including*

Blackhall, Carrick Knowe, Cramond, Clermiston,  
Corstorphine, Davidson's Mains, Drumbrae, East  
Craigs, Gyle, Murrayfield, Roseburn

## February 2017



getting  
it right  
*for every child*

team around  
the  
cluster

•EDINBURGH•  
YOUR COUNCIL - YOUR FUTURE

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## **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](http://www.edinburgh.gov.uk/info/20071/nurseries_and_childcare/1118/early_learning_and_childcare_for_two_year_olds)

### **Fox Covert Early Years Centre and Nursery Class**

In the grounds of the Fox Covert Primary schools  
Clerwood Terrace, EH12 8PG

Contact Janie Jones 339 3749

[janie.jones@foxcovert.edin.sch.uk](mailto:janie.jones@foxcovert.edin.sch.uk)

New

### **Gylemuir Early Years Hub**

In the grounds of Gylemuir Primary School, Wester Broom Place

Contact Alison Thomson 334 7138

### **Hillwood Early Years Hub**

In the grounds of Hillwood Primary School, Ratho Station

Contact Jackie Macnab 331 3594

## Parenting Programmes



### Peep Learning Together Programme

Sessions support **parents and carers of children 0-5yrs** to value and build on the home learning environment and relationships with their children, by making the most of everyday learning opportunities - listening, talking, playing, singing and sharing books and stories together. Groups are led by trained staff and available in a range of settings throughout Edinburgh

### Baby Peep

#### Rannoch Community Centre

Monday 1.00-2.30pm

Wednesday 1.00-2.30pm

Contact 339 5351

### Peep Twos home to nursery transition

#### Davidson's Mains Primary School

Friday 9.00-10:00am

Start 24 April

Contact Melissa O'Neill 336 1184

### Peep Threes parents/carers and children 3-4yrs

#### Carrick Knowe Primary Nursery class

Thursday 1.30-2.30pm

Start May/June

Contact Fiona Lindsay 334 4505

### Gylemuir Primary School for waiting list families about to start

Wednesday 1.30-2.30pm

Contact Alison Thomson 334 7138

### Corstorphine Primary School

Day and time to be confirmed

Start after Easter holidays

Contact Ruth Gaffney/Jenny Quin for details 07464 001066

### **Roseburn Primary School for autumn new starts**

Day and time to be confirmed

Start May/June

Contact Gail McDonald 346 1307 for details

### **Peep Threes and Fours for parents/carers with ante-preschool and preschool children**

**Clermiston Primary Nursery Class**

Wednesday 12.30-13.45pm

Contact Anne Thynne 336 3361

### **Peep – Autistic Spectrum**

This group is for parents/carers whose children are undergoing or have a diagnosis of Autism. It aims to provide group support by incorporating play with a visual element.

**Moffat Early Years Campus, 20 Moffat Way, EH16 4NU**

Contact 469 2850 to check availability of spaces.

### **Peep and ASL (Additional Support for Learning)**

This group is for parents/carers whose children are undergoing or have a diagnosis of Autism or other additional support needs. It aims to provide group support by incorporating play with a visual element.

**Granton Early Years Centre, 10 Wardieburn Road, EH5 1LY**

Contact Kerry Gilmour 552 4808 to check availability of spaces.

### **Water Peep 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 9.30-11.00am

Contact Amy Young 332 3855. Booking essential.



Does your child hit  
and shout a lot?

Does your child argue  
with you all the time?

Is it hard for your child  
to make friends?

## 3-6 year old behaviour

We have **free courses** for parents and carers



THE EDINBURGH PARTNERSHIP

### The Psychology of Parenting Project

provides two positive parenting programmes for **parents/carers of 3-4 year olds**, The Incredible Years and Triple P. 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.

Participants will

- meet once a week as a group for two hour sessions
- watch DVD clips
- discuss children's behaviour
- work out new ways to manage situations at home
- talk to other adults in the same situation
- learn ways to stay calm

There is also 1:1 phone support. Refreshments are provided. There are some crèche places and help with transport costs can be arranged.

Courses take place all over Edinburgh.

## The Psychology of Parenting Project (continued)



### The Incredible Years – 14 week programme

Royston Wardieburn Community Centre

Thursday

12.30-2.30pm

Start 2 March

Gylemuir Primary School

Tuesday

9.15-11.15am

Start 7 March

Rosebery Hall, South Queensferry

Wednesday

12.30-14.30pm

Start 8 March



### Triple P – 8 week programme

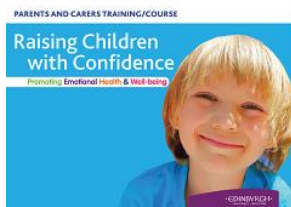
See below for courses that will start after the Easter holidays.

[www.joininedinburgh.org](http://www.joininedinburgh.org) for full venue listings, dates and times.

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

To request an application form, contact Helena Reid 07795 127954 or email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)

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). Contact your child's nursery or school to find out if they will soon be running this course

### Blackhall Primary School

Evenings

Start 22 February

Booking essential. Contact Gail Middlemiss 336 1023

### Rannoch Community Centre

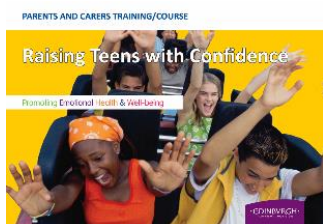
Thursday 6.30-8.30pm

Start 26 January

Booking essential. Contact 339 5351

[www.joininedinburgh.org/parenting-programmes/raising-children-confidence/](http://www.joininedinburgh.org/parenting-programmes/raising-children-confidence/)

## Raising Teens with Confidence



A six-session course for **parents/carers of young teenagers**, looking at teenage brain development and behaviour, communication, risk taking and the impact of stress, on families.

### Royal High School

Wednesday 6.30-8.30pm

Start 22 February

Contact Isla Anderson 339 8278 or Paul Chambers 336 2261

Contact your young person's high school to find out if they will soon be running this course, or get in touch with Molly Page

[molly.page@edinburgh.gov.uk](mailto:molly.page@edinburgh.gov.uk)



Teen Triple P (Positive Parenting Programme) for  
parents, step parents and carers of teenagers 11-16yrs



This is a practical parenting programme which can help participants cope positively with some of the common issues associated with raising a teenager. The group and individual sessions give parents/carers an opportunity to explore ways to build a stronger relationship with their teenagers, resolve conflict, manage problem behaviours and help their teen stay safe.

Barnardos, 111 Oxfangs Road, EH14 1ED

Friday

9.30-11.30am

Start 28 April

Autism Teen Triple P for parents/carers who have a child  
aged 11-16 years who has Autism Spectrum Disorder or  
Social/ Communication difficulties and is enrolled in  
mainstream education in Edinburgh.

Southside Community Centre, 117 Nicholson Street, EH8 9ER

Thursday

1.00-3.00pm

Start 30 March

Apply online [www.edinburgh.gov.uk/teentriplep](http://www.edinburgh.gov.uk/teentriplep)

Contact [Jillian.hart@edinburgh.gov.uk](mailto:Jillian.hart@edinburgh.gov.uk) 07860 736129

## **Nursery/Early Years Hub groups for parents/carers**

### Nursery Natter

**Hillwood Primary School Nursery Class for parents and carers as and when a natter is what is needed.**

Interests and topics vary!

Wednesday from drop-off time 8.45-10.00am

Contact Yvonne Higgins 333 1210

### Singalong for parents

**Corstorphine Primary School Nursery Class**

Tuesday 11.20-11.35am and 3.00-3.15pm

Contact Ruth Gaffney/Jenny Quin for details 07464 001066

### Time to play for parents/carers and 2 year olds

**Gylemuir Early Years Hub**

Monday 1.30-2.00

Contact Alison Thomson 334 7138

## General Parents/Carers' Groups

### Childminder Group

Rannoch Centre

Tuesday 9.30-11.30am

Contact 339 5351

### Dads' Club for male carers and their children

**0-4 yrs + older siblings**

Gilmerton Early Years Centre

66 Gilmerton Dykes Street, EH17 8PL

Saturday 10:00am-2:00pm



### Juno Perinatal Mental Health Support

A **peer support group run by mums** who are suffering or have suffered PND and provide a relaxed group setting for people to chat and gain advice and support. We are **all mums who are suffering or have suffered PND**. Groups provide a relaxed place for people to chat and again advice and support. There is no pressure to talk. You can just come along and listen to others if that's how you feel. You can just drop in, or meet with a member beforehand or have a chat by phone to help you feel more comfortable about attending.

See website [www.juno.uk.com](http://www.juno.uk.com) for more information.

Sighthill Group, Gate 55, 55 Sighthill Road, EH11 4PB

Tuesday, 9.30-11.00am (term-time) [juno.longstone@gmail.com](mailto:juno.longstone@gmail.com)

Craiglockart Group-SANDS Lothian 177 Colinton Rd EH14 1BZ

Wednesday, 10.00am-12.00pm, [juno.craiglockart@gmail.com](mailto:juno.craiglockart@gmail.com)

Gilmerton Community Centre, 4 Drub Street, EH17 8QG

Thursday, 7.30-9.00pm, [juno.southedinburgh@juno.org](mailto:juno.southedinburgh@juno.org)

### Parent and Baby/Toddler Group

£1.00 per session includes snack for children

Tea/coffee available for 50p

### Rannoch Centre

Monday and Thursday 9.30-11.30am

\*\*\*\* A new Wednesday group might start soon, please contact the centre for details 339 5351

### People First Parents' Group

**Self advocacy group for parents with learning disability**

Norton Park, 57 Albion Road, EH7 5Q7

One Thursday a month 10:30am-12:30pm

Contact Jane Lewis 478 7707 07801 138 265

## Information and Support Sessions for Parent and Carer

### Autism Spectrum Disorders (ASD) Information Sessions for parents/carers of children P1-3 in City Edinburgh Council mainstream schools.

Sessions are run by the Additional Support for Learning (ASL) service, Speech and Language Therapists, Occupational Therapists, and Child and Adolescent Mental Health (CAHMS). Please contact ASL service to attend. 469 2850.

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

### Stress Control

Don't feel you have to just go on struggling with 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.

Contact Health in Mind to book your place: 225 8505 between 10.00am-4.00pm. [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

#### Drumbrae Library Hub

Tuesday	1.30-3.00pm	21 February – 28 March
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#### Edinburgh College

Tuesday	6.30-8.00pm	21 February – 28 March
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#### Currie Community High School

Tuesday	6.30-8.00pm	18 April – 23 May
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## Parenting Apart Information Sessions

An opportunity for parents/carers who are splitting up, living apart, divorcing or separating to learn how you and your children can move forward positively. You will gain insight into what you and your family are doing through and how to handle the transition to living apart in a way that is best for everyone. Sessions generally last for 3 hours. They are for groups of mums and dads, and they may also be available on a 1:1 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 parents. Contact 226 4507  
[info@familymediation.lothian.org](mailto:info@familymediation.lothian.org)

## Young People's Emotional Wellbeing and Mental Health Issues for parents and carers of pre-teens and or teenagers.

These informal sessions provide more information for those who are concerned about their children's emotional wellbeing or mental health. Planned and delivered with the support of CAHMS and other relevant organisations, each month has a different focus such as anxiety, managing stress, depression, low mood, self-harm, etc. Provides opportunity to meet other families along with supportive professionals in a safe, relaxed environment. Contact Jillian Hart 07860 736129

## Parent and Child Activities

### Adult and Child Swim Sessions

Drumbrae Leisure Centre

Wednesday and Friday 9:30-9:55am

Contact 312 7957 [www@edinburghleisure.co.uk](mailto:www@edinburghleisure.co.uk)

### Baby Massage

Craigmount Community Wing

Tuesday 10.00am-12.00pm

Start 7 March

Contact Sam at Home Start 347 2881

Big Hearts Kinship Care After School Club **for the whole family** to attend and will feature a host of activities for both kids and carers. We shall also be providing a family meal.

Gorgie Suite at Tynecastle Stadium

Tuesday 4:30-6:30pm

Contact [kinship@bighearts.org.uk](mailto:kinship@bighearts.org.uk)

### Bookworm Stories and Crafts

Blackhall Library

Friday (every fortnight) 3.00-4.00pm

### Camp Natter Bears

Stories, rhymes and craft **for children 4-7yrs and their carers**

Drumbrae Library Hub

Thursday (monthly) 3.30-4.15pm

For dates contact 529 5244 or Facebook calendar

## 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.

### Blackhall Library – 529 5595

Friday 10:30am-11:00am

Thursday (monthly) 10.30-11.00am

Seinn (Gaelic group)

### Corstorphine Library – 529 5506

Tuesday and Saturday 10:30am-11:00am

### Drumrae Library Hub – 529 5244

Tuesday 2.00-2.30pm

Wednesday and Saturday 10:30am-11:00am

### The Gyle Shopping Centre (upstairs at back of Food Court)

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

10.00am-10.40am and 11.00am-11.40am

Community Cafe for families attending Hillwood primary, nursery and early years hub. New to the school, nursery or hub? Would you like to meet up with other parents/carers for coffee and cake? Children from different year groups will serve you each month. Feel free to pop in before nursery/school collection. There's a play area for younger children too.

### Hillwood Primary School Hall

Last Friday of the month 10.00-11.00am

Contact 333 1210

## Diggers and Dreamers

A community group so **all ages welcome**

Come and learn about organic gardening at our local allotments

Meet at Rannoch Centre and walk to allotment

Friday 9:15-11:15am



## Family Forest Schools (TBC)

Variety of outdoor activities **suitable for families with under 12s**  
Corstorphine Hill

Friday 2:30-4:30pm Start after Easter holidays  
Contact Katy Pudney for confirmation 339 5351

## 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. Family Learning also runs a number of groups just for parents/carers including nursery to P1 transition. Clermiston, East Craigs, Fox Covert, Hillwood, Kirkliston primary schools and nursery classes  
Contact Katy Pudney 339 5351

## Family Swim Sessions

Drumrae Leisure Centre

Sunday 9:00am-12:00pm

Contact 312 7957 [www@edinburghleisure.co.uk](http://www@edinburghleisure.co.uk)

## Funky Fridays

Drop in for arts, crafts and games for school aged children.

Drumrae Library Hub

Friday 2:00-3:00pm Contact 529 5244

## Get Going for **parents with children/young people who are outwith a healthy weight range**.

Free, 9-week programme focussing on healthy eating, physical activity and screen time. Families attend weekly group sessions where specially trained coaches cover topics including food labelling, portion size and guidance on how to increase physical activity. Children/young people participate in fun, interactive physical activities. **Evenings and week ends**

Edinburgh Leisure venues and community settings

Contact Jodie Montgomery 458 2147 or 07950 837410

### Homework Club

Help is at hand for primary aged children P5- P7

Drumbrae Library Hub

Wednesday (term time) 3:45–4:45pm Booking required 529 5244

### Nature Play Sessions **suitable for families with 3-4yrs**

Rannoch Centre

Tuesday 12.45-14.45pm

Start 7 March

Booking essential. Call Katy to join waiting list 339 5351.

### The Drop In A fun packed drop-in activity session **for children with a disability aged 0-18yrs, their parents and siblings.**

Parents are offered the opportunity to meet other parents while their children take part in activities run by experience youth and children's workers. Cost 50p.

Carrickvale Community Centre

Saturday 10:00am-12:00pm

Contact Julie 443 1207

### Us Together-Activity group **lone parents and children 0-16**

Run by One Parent Families Scotland

13 Gayfield Square, EH1 3NX

Saturday 10:00am-2:00pm

Contact Tom Carroll 07814 078139

## **Support and Advice Groups and Activities**

Ante natal classes run by Stewart midwife team and available by appointment. Please phone 0131 537 5268

Craigmount Community Wing  
Friday afternoon

Salvation Army, Gorgie Road  
Friday 1.30pm-3.30pm

South Queensferry Medical Centre  
Tuesday afternoon

Parentcraft classes  
Ladywell Medical Centre West  
Monday evenings, by appointment 459 7257

New Parents Group  
Ladywell Medical Centre East  
For patients with babies 0-6 months  
Monday 11.30am-1.00pm

Davidson's Mains Parish Church  
Wednesday 1.45pm-3.15pm

New Baby Groups  
Blackhall Library - NCT Bumps and Babies 529 5595  
Wednesday 10.30am

Drumrae Library Hub - New Baby Group 0-6 months  
Health and nutrition information from health visitors; weighing facilities; stay and play.  
Wednesday 1.30pm-2.30pm, contact 339 6020

### Murrayfield Church Hall - Parent and new baby group

Drop-in for **Murrayfield Medical Centre, Murrayfield Medical Practice and West End Medical Practice** registered patients.

Parent and baby group, information, baby scales and peer support.

Please enter via side door, leave buggies outside, room upstairs.

Tuesday 10.30-11.45am

Contact 313 5102 or 346 4686

### Whinpark Medical Centre - Well baby drop-in clinic

Weighing/general information

Monday 9.30am-11.00am Contact medical centre 455 7999

### Breastfeeding Support

**Supported by midwives from Stewart team 537 5268**

Craigmount Community Wing

Tuesday 10.30am-12.00pm

Rannoch Community Centre

Tuesday 10.45am-12.00pm Just turn up!

### Breastfeeding and Weaning Advice

Stenhouse Early Years Centre 443 1207

Blackhall Medical Centre 332 4091

Cramond Medical Centre 336 2204

Davidsons Mains Medical Centre 537 4264

East Craigs Medical Centre 339 5107

Ladywell Medical Centre East 334 5086

Ladywell Medical Centre West 334 4955

Murrayfield Medical Centre 313 5102

Murrayfield Medical Practice 346 4686

### Parent Information Points

Leaflets and posters about what's on locally. Directories of services for parents and carers.

Corstorphine Library – 529 5506

Drumbrae Library Hub – 529 5244

## Support and Advice - Organisations

### **CROSSREACH** CrossReach Postnatal Depression Services providing a caring future

We offer counselling & support (with crèche) to families experiencing postnatal depression

Palmerston Place PND Centre, 8A Palmerston Place, EH12 5AA

Monday - Thursday 9.20am-3.40pm

Contact 220 3547



### Children 1st Family Support Team

Provides support and advice **to families with children 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 provide 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 and therapeutic child work – this is always done alongside families to ensure that support is tailored to each family's individual needs.

Contact 466 3966 or ask your Health Visitor for more information.

### Dads Rock **free counselling for parents**

Contact Thomas 07542 074165

[www.dadsrock.org.uk](http://www.dadsrock.org.uk)

Families Need Fathers **for fathers, grandfathers, partners** to find out information and explore options about contact issues following separation

10 Palmerston Place, Haymarket.

1st Monday of the month 7:00-9:00pm

Contact Ian Maxwell 557 2440



## First Hand Family Support Service

Flexible home-based visiting support to families with a **child/children with a disability from birth to 16 years**; families and lone parents where there are no

other supports in place; and 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/carers sometime each week to do something for themselves on a regular basis.

Contact 523 1322

[info@firsthand-lothian.org.uk](mailto:info@firsthand-lothian.org.uk)

## Home Start West Edinburgh

Support, friendship and peer support, including Peep groups, to help parents/carers with at least one child under 5 years of age deal with social isolation, emotional struggles, help to keep medical appointments or help with a disability or relationship problem.

If you're tired, unhappy, exhausted, alone, please get in touch.

**Location - 108a-110a Gorgie Road**

Contact 347 2881



[help@hsew.org.uk](mailto:help@hsew.org.uk)

## Making it Work

Service for **lone parents with a child under 5**.

Supports parents **all over Edinburgh** on a one-

to-one basis. The team understands 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. Provides

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 Catherine Sim 270 6080





**One Parent  
Families Scotland**

**One Parent Families Scotland Lone Parent Helpline for  
single parents across Scotland**

Our specialist rights workers can help with benefits, tax credits, housing options, child contact problems, child maintenance, further/higher education funding, going back to work, separation/divorce.

Monday to Friday

9:30am-4:30pm

0808 801 0323

**One Parent Families Scotland - Us Together Project for  
single fathers and children 0-16 years**

13 Gayfield Square, EH1 3NX

Monday – Saturday

Contact Tom Carroll 07814 078139

**The Edinburgh Lone Fathers Project for single fathers  
and children 0-4 years**

Gilmerton Early Years Centre

66 Gilmerton Dykes Street, EH17 8PL

Tuesday – Saturday

Contact 664 1202

**The Speech and Language Communication Company  
(SLCo)**

Free, confidential advice and support for parents/carers around their child's or young person's communication, speech and language.

Contact Judith Woodward, Family Support Worker

[families@s-l-co.uk](mailto:families@s-l-co.uk) or 07507 535857. Helpline 01382 250060

## Playgroups

Blackhall 07999 514809 [blackhallplaygroup@hotmail.co.uk](mailto:blackhallplaygroup@hotmail.co.uk)  
[www.blackhallplaygroup.org](http://www.blackhallplaygroup.org)

Corstorphine Village 07707 659426 [corstorphinevp@gmail.com](mailto:corstorphinevp@gmail.com)

Cramond 07913 819085 [cramond.playgroup@gmail.com](mailto:cramond.playgroup@gmail.com)

Forrestines 07914 076782  
[forrestine-playgroup@virginmedia.com](mailto:forrestine-playgroup@virginmedia.com)

Gylemuir 07704 140071 [elaineovens@blueyonder.co.uk](mailto:elaineovens@blueyonder.co.uk)

Reindeer, Davidson's Mains 07906 518747  
[ReindeerPlaygroup@yahoo.co.uk](mailto:ReindeerPlaygroup@yahoo.co.uk)

Dads Rock playgroups **dads/male carers + children 0-5yrs**

WHALE Arts Centre

Monday 10:00-11:00am

Saturday 10:00am -11.30am



## Community Centres

### Activities for all ages

Craigmount Community Wing 339 8278

The Rannoch Centre 339 5351

Full listings can be found on [www.joininedinburgh.org](http://www.joininedinburgh.org)

## Early Years Centres and Hubs

### Early learning and childcare for children 0-3 years

**Fox Covert Early Years Centre by Fox Covert primaries**

Contact Janie Jones 339 3749

**Gylemuir Early Years Hub by Gylemuir Primary**

Contact Aileen Smart 334 7138

**Hillwood Early Years Hub by Hillwood Primary, Ratho Station**

Contact Jackie MacNab 331 3594

## Medical Centres

**East Craigs Medical Centre, 10 Bughtlin Market, EH12 8XP**

Contact 339 6670

**Ladywell Medical Centre East, 26 Featherhall Av, EH12 7UN**

Contact 334 5000

**Ladywell Medical Centre West, 10 Ladywell Rd, EH12 7TB**

Contact 334 3602

**Notes**

## Notes

## Contact details

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

Helen Purves

☎ 334 9301/ 07717 317 665

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

Helena Reid – South East

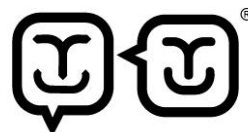
☎ 672 2629

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

Sue Cameron – South West

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