

Peep supports parents and carers with children aged 0 - 5 years in encouraging your child's learning and development. You can make a real difference just by talking, singing, sharing books and playing together. The groups also offer advice about your child's learning. [please click image for info](#)



Venues

Newport Clinic Haddington

Every Friday at 10am

Contact: Ruth King for more information ruth.king@nhsllothian.scot.nhs.uk

Elphinstone Community Centre

Every Monday 1.15pm—2.15pm

Age Range: babies

Contact: Lena Hutton (01875824138) or

lhutton@eastlothian.gov.uk

North Berwick Community Centre

Started Friday 17th February

Contact Katie Nevans

knevans@eastlothian.gov.uk Tel: 01620 893056

Dunbar Methodist Church Hall

Every Tuesday 25th April—13th June 2017

Times: 10 - 10.45 am

Age Range: 6 - 18 months

Contact: Julie LaRoche (01875616066)

Gifford Village Hall

Wednesdays AM until 31st May

Contact Tracy Duncan :

tracy@oneredelephant.co.uk



Weekly Support Groups

Dads Work offers dads and male caregivers a safe space for them to come and have fun with their children and meet other dads to share their experiences, whilst playing in an appropriate environment.

[please click image for info](#)

Walk-ins

Venue: First Step Community Project

Dates: Weds 12th May 2017

Time: 10am—11.30am

Venue: Prestonpans Infant School

Dates: Tuesdays (weekly)

Time: 10am—11.30am

Under 5's Playgroup

Venue: Prestonpans Infant School

Dates: Wednesdays (weekly)

Time: 1pm—2.30pm

East Lothian Breastfeeding Groups

These groups are run by the health visitors and midwives. They are very friendly and informal, providing assistance and advice to all mums interested in breastfeeding. You don't have to be having problems to go along. Support is available from a health visitor or midwife.

- Musselburgh NCT Early Days Drop In Group - Fisherrow Centre Annexe Tuesdays 12-2pm
- First Step Breastfeeding Support Group - First Step Galt Avenue Musselburgh 2nd and 4th Thursday 10am-12pm
- Tranent NCT Early Days Drop In Group - George Johnstone Centre (Library) Wednesdays 10:30-12:30 (breastfeeding counsellor available 2nd and 4th Wednesday of month)
- Early Years Centre Breastfeeding Group - Early Years Centre Sandersons Wynd Tranent 1st and 3rd Fridays of month 10am-12pm.
- Haddington – Newtonport Clinic 1st and 3rd Wednesday 12:30-1:30
- Dunbar –Dunbar Health Centre Health Promotion Room Thursdays 10am—11am
- Gullane – Gullane Medical Centre Tuesdays 11am—12pm
- Prestonpans – Lighthouse Cafe, Lighthouse Central Church Wednesdays 12.30pm—1.30pm

Parenting and Family Support Classes

East Lothian

May 2017



Please contact Support from the Start mailbox for further information: supportfromthestart@eastlothian.gov.uk



Bookbug [click here for website](#)

It's never too early or too late to start reading with your child. Free, fun and friendly events for babies, toddlers, pre-schoolers and their families to enjoy together.

Venue: First Step Community Project

Dates: 1st Thursday of the month
Times: 9.30—11am
Ages: 0—3 years
Contact: info@firststepmusselburgh.co.uk
Tel: 01316650848

Your local library also hold ongoing Bookbug sessions [click here](#) for more information.

Stay and Play

Stories, rhymes, messy play and lots, lots more to do, for pre-schoolers, and parents / carers. Come along and have some fun together!

Venue: Tranent Town Hall

Dates: Fridays
Times: 9.30—11.15am (Term time only)
Ages: 0—3 years
Contact: luhutton@eastlothian.gov.uk
Tel: 01875824738

Raising Children with Confidence



A universal training programme for groups of parents and carers which focuses on promotion of positive mental health and emotional well-being. [please click image for info](#)

Venue: Prestonpans Infant School

Dates: Wednesdays 3rd May—7th June 2017
Times: 6.30—8.30pm
Ages: 0—3 years
Contact: Sheila Laing / Joanna Holmes
Tel: 01875810028 (School no. leave contact details)

Venue: First Step Community Project

Dates: 18th April 2017 (for 6 weeks)
Times: 9.30—11.30am
Ages: 0—3 years
Contact: outreach@firststepmusselburgh.co.uk

Tiny Tuesdays is a bookbug / craft session for children under 5 and their parents.

Venue: Prestongrange Museum, Prestonpans

Dates: Every Tuesday (April—September) - Times: 10.30—11.30am
Note: Bookbug sessions are free, craft sessions £1
Contact: dchalmers1@eastlothian.gov.uk

Polish Run Parent and Toddler Group

Venue: Wallyford Community Centre

Date: Every Monday - Time: 10—11.30 AM
Contact: lily261886@yahoo.com or Facebook Polish Run Parent and Toddler Group Page

Weaning a programme introducing your baby to solid foods.

Venue: Pennypit Centre, Prestonpans

Date: Tuesdays, 2 May, 6 June 2017 - Time: 10.30am—11.30am
Contact: ruthdavie73@gmail.com

Messy Church

Venue: Elphinstone

Date: Sundays (term time)
Time: 6pm—7.30pm
Contact: dmiddlemass@churchofscotland.org.uk

Venue: Tranent Church Hall

Date: Sundays (term time)
Time: 4.30pm—6pm
Tel: 07549996552

Dads2b East Lothian

If you are an expectant father, you are invited to attend a dads-to-be course, covering topics such as:
Supporting labour and Birth, baby care skills—everything from nappies, bathing, to coping with your baby crying, early days, Post Natal Depression, baby-brain development, being a Dad... and much more!

Venue: First Step Community Project

Dates: Weds May 3rd – 24th 2017 (4 weeks)
Time: 6.30pm - 8.30pm

Venue: First Step Community Project

Dates: Weds 12th May 2017
Time: 10am—11.30am

Contact details: dadswork@hotmail.co.uk or andrea.hewitt@nhslothian.scot.nhs.uk
Tel: 01316650848 (Kevin Young) or 01506 524020 (Andrea Hewitt)



Lothian



Baby Massage

Baby massage can help babies with sleep, wind, colic and relaxation. Massaging your baby can help the attachment bond between parent and child too. Suitable for babies from 8 weeks onwards.

Venues

George Johnstone Centre, Tranent

Day(s): Mondays
Time: 9.45 - 11.00 am
Contact: lhutton@eastlothian.gov.uk
Tel: 01875824138

Bleachingfield Centre, Dunbar

Day(s): Saturdays
Time: 11—12 pm
Contact: Katie Pollock
katy@homestarteastlothian.co.uk

The Fisherrow Centre

Day(s): Monday
Time: 10am—11am
Contact: Lorraine Rettie (07980553672)

First Step Community Project Musselburgh

Day(s): Friday
Time: 10am—11am
Contact: info@firststepmusselburgh.co.uk



[please click image for info](#)

As the UK's largest charity for parents, we can help you meet a network of local parent. We also provide a range of useful antenatal and Postnatal course including Baby First Aid and Early Days Free Drop-in for mum and babes aged from new born to around six months.

Drop in sessions

Babies and Beyond

Venue: Fisherrow Community Centre
Dates: Mondays (weekly)
Times: 10—11.30am

Early Days

Venue: Fisherrow Community Centre
Dates: Tuesdays (weekly)
Times: 12pm—14.00pm

Early Days

Venue: Tranent
Dates: Wednesdays (weekly)
Times: 10.30—12.30pm
Contact: Lorraine—07980 553672

Incredible Years

Venue: Windygoul Primary School, Tranent
Dates: 6th June 2017 (for 3 weeks)
Times: 9.15—11.15am
Contact: Trish—pronaldson@eastlothian.gov.uk