



INFORMATION DIGEST



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SUPPORT FROM THE START GROUP NEWS AND INFO

Dunbar - The Dunbar and Area group began the New Year with a good turnout and some creative discussions! We have two events planned: a play day in East Linton making sock puppets. (date still to be confirmed) and a Learning Session which we intend holding on Saturday 16th May. We had interesting feedback from Home-Start and their Rapid Response plans and from Paula Baillie who is handing over to Cathy-welcome Cathy!..... who told us of her communication methods with babies and toddlers. Baby massage continues successfully in Dunbar with Katy and Fiona having good numbers in their groups. We also welcomed Chris to the group and were delighted that she is interested in volunteering in two arenas-watch this space!!

Haddington— The PEEP group in the Nungate centre is going well and the group has started planning a series of play sessions in the town for 2015. A new development is to trial a bursary scheme which was originally developed by North Berwick SFTS.

Musselburgh— A big welcome to Janice Macleod (retired school nurse team leader) who has agreed to support Jane and Pamela in leading the Musselburgh SFTS group and will chair future meetings. The group has recently agreed support for a Go Mad with Dad event in Wallyford and a new group for parents at Wallyford Primary.

North Berwick—Find out about Scrap store and Planet Play. Homestart's new befriending group, beach wheelchairs and new storage for Freecycle as well as a Coffee Morning later in the year. The Healthy Minds Happy Babies group have started the Raising Children with Confidence course on Monday afternoons.

Prestonpans— Around 250 people attended the EH32 Parent Pathway Launch and lots of great connections were made. We are very grateful to all the local community groups that gave up their Saturday afternoon to give children so much fun and families so much information and support. Well done to Lynn Paton for her excellent organisation. The learn to Sleep, Sleep to Learn programme is gathering pace across the county and has been reported in the local papers. Two groups are currently undertaking Confident Staff, Confident Children training led by Prestonpans CLD/Education staff. We are also considering adopting North Berwick's innovative Bursary approach to enabling more children to access after school activities.

Tranent—The Tranent group have been discussing how they support parents on low incomes to get places in local play groups and how best to use the available support from Scottish Government for 2 year olds who are eligible for the 600 hours of childcare and early learning. The group is also planning two 'civic conversations' 12-2 with a world cafe style approach and based in the McNeill Room, George Johnstone Centre, Tranent. Lunch will be provided.

- **Early and pre diagnosis children and parental support for additional or special needs.** 16th February
- **Infant and family nutrition,** 6th March

[Tranent Early Days Drop in programme](#) is being held in Tranent Library each Wednesday

MEETINGS OF 2015

<u>Musselburgh</u> 17/03/15 14:00 - 15.30 Burgh Primary School	<u>Prestonpans</u> 18/03/15 09:30-11:30 Prestonpans Infant School	<u>Dunbar</u> 25/02/15 18:30—20:00 Easter Broomhouse
<u>Tranent</u> 18/03/15 12:30—14:00 Sandersons Wynd	<u>North Berwick</u> 23/02/15 16:30—18:30 Community Centre	<u>Haddington</u> 10/02/15 19.30 - 20.30 Townhouse

GOOD NEWS

On January 13 Support from the start Facebook page reached 1,000 likes. Many thanks to Loreen who has used her social media skills to great effect in increasing the reach of the page. The number of twitter followers is also slowly increasing.

The CLD team in Musselburgh were successful in a funding bid that will support PEEP in Whitecraig and Wallyford.

Empty Classroom Day on the 19th of June. [Sign up](#) and join in - could you empty a whole school for the day?

CONTACT

For further information on any items included here or generally in relation to Support from the Start please email: Susan supportfromthestart@eastlothian.gov.uk



Healthy Happy Bairns

TRAINING & COURSES

Click here for Training/ learning courses in [Musselburgh](#)

Click here for Training/learning courses in [Prestonpans](#)

Nature Play & Nurture training—this very successful course developed by SFTS in partnership with Big World training has taken place over the last few months. The next course is planned for Autumn 2015—if you would be interested in this training please email supportfromthestart@eastlothian.gov.uk for more information.

Early Years Collaborative (EYC).

Steven Wray has completed a two day improvement course for EYC—if you have a project being developed with SFTS and would like advice and support about how to use the improvement methodology approach in your work email Steven at steven.wray@nhslothian.scot.nhs.uk

FUNDING

Weavers Company: Weavers Company Benevolent Fund The Weavers Company provide up to £15,000 for organisations working with children and young people and also offenders and ex-offenders. Deadline 30/3/15. More <http://www.weavers.org.uk/charitable-grants/grant-application-guidelines>

Postcode Community Trust has launched a Community Grants programme, through which charities can apply for anything between £500 – £20,000 to deliver projects that positively impact on their local community <http://www.postcodecommunitytrust.org.uk/postcode-community-trust/community-grants-scheme-to-launch.htm>

The Prince's Foundation for Children and the Arts' Start Programme is accepting applications from not-for-profit organisations in the UK for the academic year 2015-2016. <http://www.childrenandarts.org.uk/our-projects/start/get-involved/>

The Women's Fund for Scotland is looking for all charities and community groups helping women to apply for grants worth up to £2,000. Organisations eligible to apply for funding from the Women's Fund for Scotland will be working to improve the health, well-being, employability and self-esteem of women across the country. The Fund focuses on four themes, building skills and confidence; improving health and well-being; building social networks and moving on from violence. <https://www.foundationscotland.org.uk/programmes/womens-fund-for-scotland>

[Funding Scotland](#) is a website that brings together over 800 different sources of funding, enabling you to track down funding that is needed to make a difference in your community. It lists funders with a track record of supporting projects in Scotland and includes grants, loans, prizes and other support

EAST LOTHIAN COUNCIL

[The online consultation for 600 hours of early and childcare is now open. I would be grateful if you would encourage as many people as possible to complete what is a very short online questionnaire. The questionnaire will be available on line until 20th February.](#)

SCOTTISH GOVERNMENT

The Eat Better Feel Better campaign was launched on 8 January 2015 to help Scotland's families make simple changes to the way they shop, cook and eat.

The new [Eat Better Feel Better website](#) provides recipes, tips from parents and healthier offers available from Scotland's food retailers. The site hosts a series of cook-along videos to provide practical and easy to follow guides to cooking healthier family favourites.

Walking to school month is May - how many pupils can you get into the habit of walking, cycling, scootering or pogo-ing to school?

More information from [Living Streets](#)

OTHER NEWS

Some items you may find interesting on [edubuzz](#).

[600 hours focus group](#)

[Children in our towns and cities are being robbed of safe spaces to play](#)

[First Step FamilyGroup Programme](#)

[Setting the Table – Giving children the best nutritional start in life](#)

[2015 Training Programme for Professionals](#)

[Instinctively Wild](#)

[NCT free drop-in](#)

[Tranent Early Days Drop-in Rolling programme](#)

[Lothian Autistic Society](#)

[Quality Event March 21 Queen Margaret University](#) focuses on Nurturing Attachment and Resilience Skills. If not you, then who? If not now, then when?

Changes Healthy Living Project Classes/group programme [Jan—June 2015](#)

This [conference](#) from IPA Scotland may be of interest. I'm sure you do all deserve to 'Take it easy'! Please feel free to circulate further.

Keep up to date with Support from the Start by visiting

<http://edubuzz.org/supportfromthestart>

<https://www.facebook.com/SupportfromtheStart>