



INFORMATION DIGEST



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SUPPORT FROM THE START GROUP NEWS AND INFO

Prestonpans - Parent Pathway information has been finalised and copies will be available shortly from the Health Visiting team and your local library

Tranent - For more information about baby massage, PEEP and Raising Children with Confidence in the Tranent area like Tranent SFTS Facebook page or contact Lena on 01875 814139

Musselburgh - The Musselburgh parent pathway is in its final draft and should be available by the next group meeting. A sub group is meeting to plan an event for national play day in August

Dunbar Dunbar and Area SFTS group have quite a lot going on! We launched our area version of a Pathway for parents and had a good turnout. Thanks to all those who took a stall and gave out useful information to parents. Thanks too to Bambino Beats for an interactive session which sounded, and looked, great fun. Parents' feedback about the event has led us to plan for another in September, and next May.

We are also very happy that our Friday group for parents, and their children who have additional needs, is going well! Michelle, a member of our group, is leading the Friday group and we appreciate the work and enthusiasm she has already demonstrated. Thank you to Dunbar Primary for the use of space there which allows us to hold this group, and to Kirsty Wood for appropriate guidance and activities. Our meetings are always enjoyable!....thanks to Katy from Home-Start for gorgeous cake at our last one, and Paula Baillie for teaching us some useful sign language, although we can't believe it's suitable for babies??

North Berwick - The Confident Parents, Confident Children organised a 'Wild Day Out' in the Lodge grounds, North Berwick on Saturday. The event attracted over 60 people. Children had fun in the wild, making mud pies in the muddy kitchen, grass men in the woods, wild music in the bushes, face painting and a wild nature hunt. All good fun

Haddington— The June meeting will be the last led by Ginnie Moreton who has decided that its time for her to move on—we all thank her for the work she has put in getting a Haddington area SFTS up and running. Hopefully a new lead will step forward shortly to continue the good work — Lots of volunteers means that International Mud Day will be celebrated again this year on the last day of term in Neilson Park.

Future Meeting Dates

PLEASE NOTE CHANGE OF VENUE FOR NORTH BERWICK MEETING

<u>Musselburgh</u> 17/6/14 10:00 - 11:30 First Step	<u>Prestonpans</u> 10/9/14 09:30-11:15 Prestonpans Infants	<u>Dunbar</u> 9/6/14 18:30—20:00 Easter Broomhouse
<u>Tranent</u> 11/6/14 12:30—14:30 Early Years Centre	<u>North Berwick</u> 16/6/14 18:30—19:30 NB Community Centre	<u>Haddington</u> 19/6/14 13:30 - 15:00 Townhouse

Early Years Collaborative

Please follow link for issue 6 of the Early Years Matters publication.

http://www.educationscotland.gov.uk/Images/EarlyYearsMattersIssue6_tcm4-829452.pdf

Breastfeeding Awareness Month June 2014

We would like to celebrate with you, the staff, mothers and peer supporters during the month of June to thank you for your continued support.

Musselburgh BFGS	Monday 2nd June	1-2:30
Haddington Clinic	Wednesday 4th June	9-11
Haddington BFGS	Wednesday 4th June	12:30-1:30
Prestonpans BFGS	Thursday 5th June	2-3
Gullane BFGS	Tuesday 10th June	11-12
Dunbar BFGS	Tuesday 10th June	1:30-2:30
East Lothian/Pennypit Peer supporters	Thursday 12th June	1-3

We propose to launch the new Infant Feeding Policy. We shall supply cakes and hold a small raffle.

Please ask all your staff, mums and babies to come along to help celebrate Breastfeeding Awareness month!

Other News

Is this the perfect playground, full of junk?

<http://www.theguardian.com/lifeandstyle/2014/may/10/perfect-childrens-playground-the-land-plas-madoc-wales>



New Contact Details

For further information on any items included here or generally in relation to Support from the Start please email:

supportfromthestart@eastlothian.gov.uk



Healthy Happy Bairns

Training & Courses

Courses for parents currently happening within East Lothian

Musselburgh PEEP age 6M+ Fisherrow, Mondays at 1pm
Musselburgh Baby PEEP Fisherrow, Mondays at 2:15pm
Baby PEEP Wallyford Community Centre Wednesdays at 10am
PEEP Whitecraig Community Centre Thursdays at 1:30pm
Raising Children with Confidence, Sanderson's Wynd Tuesdays at 12:30
Raising Children with Confidence, Sanderson's Wynd Thursdays at 6:15pm
Raising Children with Confidence, Wallyford Community Centre Thursdays at 6:30pm
Raising Children with Confidence, Law Primary Wednesdays at 13:00
Autism Awareness 5/6 at 2:30pm in the Brunton
Autism Awareness 5/6 at 6pm in the Brunton
Autism Awareness 10/6 at 9am in the John Muir House

Training Opportunity for staff - Starcatchers Creative Skills: East Lothian

Starcatchers is delivering a new pilot programme of Creative Skills Training for Early Years practitioners in Scotland. Funded by the Scottish Government and Creative Scotland, this programme offers a range of practical, accessible and inspirational training sessions from Early Years artists which explore expressive arts using an open-ended, child centred approach. The programme is for everyone working on a regular basis with children across the Early Years sector in East Lothian. This includes staff in local authority nurseries and partner providers, family centre settings, health workers, childminders, and out-of-school and play workers. For more detailed information about the programme including aims and outcomes please download the Programme Overview 2014-15 from www.starcatchers.org.uk/creativeskills. For further information/application contact supportfromthestart@eastlothian.gov.uk please note deadline for application of 9am on Monday, 23rd June

New Tops Tips sleep resource from Parenting Across Scotland www.parentingacrossscotland.org/publications/top-ten-tips/sleep-babies-and-toddlers.aspx

NHS

NHS Lothian Health Inequalities Strategy – we want to hear your views. As you may be aware, NHS Lothian is now consulting on its vision for the future of healthcare in Lothian, "Our Health, Our Care, Our Future". As part of this we have developed a draft Health Inequalities Strategy that seeks to identify the ways in which NHS Lothian as an organisation can best work to mitigate, prevent and undo health inequalities. We want to hear your views on the draft strategy, in particular: The strategy recognises that health and social care should be targeted to people with the highest needs in order to mitigate the impact of social disadvantage on health.

1. What do you think are the main reasons that some groups of people find it difficult to access healthcare to meet their needs? How could we overcome these issues? Tackling the underlying social and economic causes of health inequalities will require many organisations to work together.
2. How can NHS Lothian procurement and employment policies help support this?
The draft strategy identifies some actions NHS Lothian can take over the next 3 years.
3. What are your views on the priority actions for 2014-2017 on page 2?
4. Are there ways that you/your organisation could support these actions?
5. What actions should NHS Lothian prioritise in the longer term?

The draft Health Inequalities Strategy is available at: <http://www.nhslothian.scot.nhs.uk/OurOrganisation/OurHealthOurCareOurFuture/SupportingDocuments/OurHealthOurCareOurFuture/Appendix%20-%20Health%20Inequalities%20Strategy%20draft%20190314.pdf>
Information about Our Health, Our Care, Our Future is available at: <http://intranet.lothian.scot.nhs.uk/nhslothian/corporate/a-z/ourhealthourcareourfuture/Pages/default.aspx>

Please send written comments on the draft Health Inequalities Strategy by the end of August to:

Martin Higgins, Senior Health Policy Officer, Public Health/Health Policy, NHS Lothian, Waverley Gate, 2-4 Waterloo Place, Edinburgh EH1

Other News

East Lothian Play Association held a very successful first event at Musselburgh East Community Learning Center on Saturday 24th May. Over 40 practitioners attended the event which included workshops such as kite making, traditional play, outdoor activities, messy play and storytelling. A workshop on Inclusive Play was provided in partnership with Special needs play scheme worker Kirsty Woods. Cllr Shamin Ahktar gave a short input and the awards for grant funding for national play day on 6th August were announced. The whole event was very upbeat with lots of enthusiastic ideas for future development of the play association. We now have an email address playeastlothian@gmail.com and face book page East Lothian Play Association. Our next meeting is 10th June at 6.30pm in Port Seton Community Centre to which everyone is invited as we try to expand our membership and committee.

Summer Outdoor event in East Lothian for children - <http://www.instinctivelywild.co.uk/children-family-events/>

Useful Resource Nature Play <https://janwhitenaturalplay.wordpress.com/tag/siren-films/>

Starcatchers invite babies and their adults to Blue Block Studio, a unique shared experience for babies aged under 2 years, and Happy Valley, for ages 2 to 4 years, at venues across East Lothian this June as part of the Glasgow 2014 Cultural Programme. Blue Block Studio offers babies and their adults the opportunity to interact in a friendly, inspiring and beautiful environment. A carefully created play space provides a safe environment for babies and their adults to interact, engage and explore and a range of objects, stimuli and sounds will encourage play, discovery and wonder allowing the very young the freedom to follow and engage with what interests them. Blue Block Studio is at Fisherrow Community Centre, Musselburgh from Tuesday 17 to Friday 20 June at 10.30am and 1pm. Yellow Valley is a loveable, contemporary, musical-storytelling performance, created especially for children aged two to four years old, inspired by Kenyan children's book Who's Calling by Charity Waciama. Yellow Valley will be at Haddington Corn Exchange on Wednesday 18 and Thursday 19 June at 10.30am and 1.30pm.

All tickets are free but advance booking is required as numbers are limited. Tickets can be booked via The Brunton box office on 0131 665 2240. For more info see <http://bit.ly/1oeuVUA>

John Gray Centre events - Write On! Writers' festival at the library:

Kid's Stuff | Friday 6 June | 1:30-3:30pm

Bring the kids along to this creative session with Sally Collins and Anne Marie Allan. Illustrate or write your favourite story and display your creations on the walls of the library and Star Room. <http://www.johngraycentre.org/events/kids-stuff/>

Keep up to date with Support from the Start by visiting

<http://edubuzz.org/supportfromthestart>

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