



INFORMATION DIGEST



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SUPPORT FROM THE START GROUP NEWS AND INFO

Prestonpans - Following the huge success of the recent Dads 'n' Kids event, dads and male carers are invited to get together in the Gothenburg Pub in Prestonpans on 6/11 @ 7pm to plan future events for dads and kids in the cluster

Tranent - Tranent and Elphinstone Community Futures is a project to develop a five year action plan for the area. 1000 surveys have gone out to the wider community and focus groups with local organisations and businesses are also being carried out. It's not too late to have your say and get Early Years as an action point. Surveys are online <https://www.surveymonkey.com/s/TranentElphinstone> More info from Lorraine Congalton 01875 824 136

Musselburgh The group has agreed to support First Step Community project with their Nature play sessions and in developing a PEEP programme for the local community

Dunbar - are planning an event being held in the Bleachingfield Community Centre on 7/12 which will involve making sock puppets, singing and laughing! We are collecting socks, buttons and bits of fabric for Linda who is showing children parents, grandparents and ourselves, how to make great sock puppets! If anybody has any of the above items spare and would like to donate them, please contact the Lead in your area and we can collect!.....and all welcome

North Berwick The North Berwick group have produced bookmarks promoting the group and the readiness to learn concept, which have proved popular. They are now working on a 'What's on for the under 5's leaflet'.

Haddington - The group is finalising a report on its first year of work, and is planning for developing a pilot PEEP programme to be delivered in the Nungate area of Haddington

Future Meeting Dates

Musselburgh

7/11/13

14:00 - 15:30

Whitecraig Community Centre

Tranent

13/11/13

12:30—14:30

Early Years Centre

Prestonpans

13/11/13

09:15-11:15

Longniddry Parish Church

North Berwick

18/11/13

18:30—19:30

Dunbar

7/11/13

18:30—20:00

Easter Broomhouse

Haddington

3/12/13

13:30—15:00

Townhouse,

Good News

First Step—at their recent care inspectorate inspection First Step were inspected on all 4 quality statements and received excellent for all of them. This is the highest award that can be received. Report can be reviewed on the care inspectorate website

Congratulations to **Nicola Bruce** a local Youth and Family Development Worker who has given birth to a happy, healthy baby boy weighing a very robust 8lb 11oz. Name is still to be confirmed !

Pauline is getting better—see below - she has also reached the final for a 'Star Award' from ELC.

Initiatives

Elphinstone Primary School parent council have been raising money towards new play facilities in the grounds shared by the school and by the Community Centre. For the older children enough money has already been raised to build a Trim Trail that will be used not just by the school, but also all the groups that use the Community Centre. We received funding from Legacy 2014 and the Daisy Chain Trust as well as raising £3k ourselves. We are now fundraising to im

prove the Nursery and Early years play areas and have an application in with Awards for All. Tranent SFTS have kindly donated £600 towards this project and the Parent Council is continuing o fundraise. We hope to provide some challenging play equipment for the younger children, with a climbing frame, but also items to fire the children's imagination including playground art and nature areas. As part of our fundraising all the children of the school took part in a Mini Mudder event organised by the parents - the younger children had to complete an obstacle course in the school play ground while the older children had a 3 mile obstacle course along local footpaths with challenges including wading through a burn, jumping through tyres, climbing through spider webs and crawling under logs.

Thanks

Thank you all very much indeed for your concern and best wishes after my accident. Due to our wonderful NHS I have gone from totally reliant to almost self-sufficient in just over 3 weeks—absolutely amazing! Now I just have to build up the strength, flexibility and stamina in my hands/wrists over the coming weeks with a view to returning to work in December. Thanks must also go to Steven Wray and Hazel Moffat who have, with their help, allowed me still to be part of the project and keep up to date



Healthy Happy Bairns



TRAINING

Nature Play & Nurture—next session starting 8/11

Tots, Tunes & Tales. Next training session is on 15/11 at 13:30 in Haddington. To book a place contact:

pmclaren@eastlothian.gov.uk

Bookbug Session Leader training at Musselburgh East Community Learning Centre on 28/11 from 10am to 4pm. To sign up click on the following link or copy and paste it into your browser: <https://sessionleadereastlothian.eventbrite.co.uk> and enter the password: **bookbug**

Raising Children with Confidence. 28/10—2/12 from 1.00-3.00pm, at East Lothian Works, 9-11 Lodge Street, Haddington.

PEEP—Following a positive meeting with Elphinstone Primary School HT Heather Williams there will be a strong focus on Early Years in the community centre in Elphinstone next year beginning in mid January with two new PEEP groups, PEEP Baby and PEEP Movers and Shakers (for those babies just on the move!). We are really excited that these groups are starting, more details to follow or keep an eye out through our Tranent Support from the Start Facebook page

FUNDING OPPORTUNITIES



Nobody should go to bed hungry in East Lothian tonight. East Lothian Foodbank can provide a healthy supply of food which will last for 3 days. If you know someone who is in crisis and has no money to buy food for themselves or their family, the Foodbank can help. Please tell them that they need to be referred to the Foodbank by any professional person - their GP, Health Visitor, Teacher, Social Worker, Church Minister, Citizens' Advice Bureau worker or someone similar.

Being referred is quick, easy and anonymous because having enough to eat is just vital, for all of us. **East Lothian Foodbank, 3 Civic Square, Tranent, East Lothian, EH33 1LH.** East Lothian Foodbank works with local churches and community organisations to tackle food poverty

Children's Services Plan & EARLY YEARS COLLABORATIVE (EYC)

For info on the Integrated children's services plan and EYC follow this link

http://www.eastlothian.gov.uk/info/543/services_and_advice_for_young_people/1140/development_and_implementation_of_girfec_in_east_lothian

OTHER NEWS

National Play Strategy y Action plan launched see <http://www.scotland.gov.uk/Publications/2013/10/9424>

Roots and Fruits is a community-based project healthy eating t project jointly funded jointly by East Lothian Council and NHS Lothian. Roots and Fruits offer a range of services including the sale of fresh produce and snacks in GPs' surgeries, food coops that operate from the heart of communities that make it easy for local people to buy fresh affordable fruit and vegetables, as well as a mobile van service that delivers to individuals who have difficulty getting to the shops.

Roots and Fruits also supply schools with fruit and vegetables for tuck shops and nurseries with fruit snacks at very competitive prices as well as provide advice, information and support for gardening projects. The health promotion sessions they offer for schools and nurseries are always popular and feedback is very positive.

To find out more about Roots and Fruits and the services they offer, contact Pamela McKinlay on 01875 811003, mail: elroots-fruits@googlemail.com or visit their website www.eastlothianrootsandfruits.org.uk

Come and join us at Home-Start East Lothian at the Early Years Centre at Sanderson's Wynd, Tranent, EH33 1DA Open Day 6/11 9am – 5.30pm Pop up to our office for a cuppa and some cake and hear more information about our service as part of **BE-FRIENDERS WEEK** Home-Start provides support and friendship to families with young children. We recruit, train and support volunteers to visit our families. For further information please contact us on 01875 616066

The Futures Fair: 26/11, 1.30 – 5.45pm, The Brunton Hall, Musselburgh. The fair is a one-stop shop for young people with additional support needs, and their families, to plan for the future and life beyond school. Organisations taking part saw the fair as a useful way to reach young people and families, and a very useful way to network with other agencies. Outcomes from attending included raising awareness and the profile of their service, publicising, gaining new referrals and making new contacts and links into the community. Entry is free and open to anyone with an interest to attend. For more information contact Catherine Dempsey: catherine.dempsey@capability-scotland.org.uk

Family Activities on Sunday Afternoons John Gray Centre, Haddington 1:30pm - 3:30pm | Museum 1st floor

Free, suggested donation £1 per child. Suitable for all ages and abilities. Drop in to take part.

Halloween Crafts – 3/11 . Make a spooky Halloween mask & find out about witches & ghosts from East Lothian's past! Come dressed in your best Halloween costume to scare us!

Pop-up Opera Puppets – 10/11 The library hosts a performance of Don Giovanni at 1.30pm and 3pm. In between times, come upstairs to make your own puppet!

Fossils and Dinosaurs – 17/11 & 24/11 Have a close look at some local fossils and then create your own dinosaur to take home.

The British Museum of Travelling Inventions! – 30/11 at 9am-12.30pm - Haddington High Street, outside the John Gray Centre and 2pm-4pm – Outside Tesco, Musselburgh. Visit this travelling museum on a bus, packed with 100 inventions! From the jet engine to the NHS, gravity to radar, the museum features a roll call of British achievement. Admission is free and the bus is designed for people of all ages. The bus will visit other locations around East Lothian, please see www.travellingmuseum.co.uk for more information.

Children's Friday Workshops John Muir's Birthplace, 2.30pm-4pm, every second Friday, £3.50 per child

Discounts available when booking more than 2 spaces on 1 workshop. Please ask for details.

Be an Inventor – 15/11 John Muir loved working with his hands and creating things. As a teenager he would get out of bed at 1am and design and build some wonderful inventions. Have a look at some of John's inventions, then have a go at designing your own!

Keep up to date with Support from the Start by visiting

<http://edubuzz.org/blogs/equallywell/>

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