



INFORMATION DIGEST



SUPPORT FROM THE START GROUP NEWS AND INFO

D
E
C
E
M
B
E
R

2
0
1
4



Support from the Start would like to take this opportunity to wish you all a very Merry Christmas and a Happy and prosperous New year. As with everyone December gives us the opportunity to look back and reflect on all the events of the year. The Healthy Happy Bairns Learning festival sessions were a great success—with around 500 people taking part in the events. A lot of learning has been shared and contacts made.

Also this year we have been pleased to have continued to offer Baby Massage, PEEP, RCWC, and support a range of great projects and programmes including Go Mad with dad, Mud day, Prestonpans Sleep programme, Little Buds, Safe to say ,Puffin Playgroup ,Summer Transition Prestonpans Tiny Tots and more.

Thanks are required to all the Area Leads who at times juggle so many balls they should become honorary members of the circus. We would also like to thank the volunteers that work with the area groups— and we couldn't do it without the dedicated group members who give their time freely as well as the Practitioners who also give their time. You are all making a difference

It has been a very busy year with everyone involved working hard on their own projects and helping contribute to the success of SftS.

So what for 2015?? We shall of course be continuing to work together ensure that **all** East Lothian's children get the best possible start in life. There are number of projects and programmes we have started that need on-going support and developments. One new development is that we are hoping to build a network of SFTS volunteers - people who are happy to give a little bit of time for practical activities such as play events or learning sessions.

FIRST MEETINGS OF 2015

Musselburgh
9/12/14
10:00 - 12.00
Burgh Primary School

Prestonpans
28/01/15
09:30-11:30
Longniddry Parish Church

Dunbar
11/12/14
18:30—20:00
Easter Broomhouse

Tranent
21/01/15
12:30—14:00
Sandersons Wynd

North Berwick
19/01/15
16:30—18:30
North Berwick Comm Centre

Haddington
13/01/15
9.30 - 11.00
John Muir

FUTURE MEETING DATES



Musselburgh
9/12/14
10:00 - 12.00
Burgh Primary School

Prestonpans
28/01/15
09:30-11:30
Longniddry Parish Church

Dunbar
11/12/14
18:30—20:00
Easter Broomhouse



Tranent
21/01/15
12:30—14:00
Sand Aberlady Primary

North Berwick
1/12/14
18:30—19:30

Haddington
11/12/14
9.30 - 11.00
Townhouse 23

CONTACT

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 being offered next year include Baby Massage for details contact Beth Sibbald bethsibbald@hotmail.co.uk

Toddler PEEP Haddington, Nungate 15 January– 12 February 2015 Contact Tracy 07525337598

First Step Community Project

Baby Massage - We are now in the 2nd week of our three week Baby Massage course – Lar-raine Rettie is running this for us and hopefully she may consider running others.

Raising Children with Confidence We are now in the 4th week of RCWC. It is going well so far and we will offer more next year. For more on First Steps programme contact Sue Cairns 0131 665 0848



EAST LOTHIAN FOODBANK have donation stations at the flowing Libraries:

Musselburgh Prestonpans

Tranent Port Seton Dunbar North Berwick Haddington

Most of the Church of Scotland Churches have collection points or know how to donate to the Foodbank

Or you can drop of 3 Civic Square TranentEh333 1LH

Reading

A national campaign, 'Read on, Get on', to get children reading well by 11 years old has been launched by a group of organisations and businesses. <http://www.readongeton.org.uk/>

A report has also been published which sets out the four main action points of the campaign which include prioritising the development of communication skills in the early years of a child's life, and supporting families to help their children's reading.

http://www.savethechildren.org.uk/sites/default/files/docs/Read_On_Get_On_Scotland.pdf


Funding

BBC Children in Need Grants Programme - Winter Deadlines

BBC Children in Need is currently accepting applications from not-for-profit organisations working with disadvantaged children and young people who are 18 years old and younger.

Registered charities, voluntary organisations, schools, churches and community interest groups can apply for either a Small Grant of up to £10,000 (for projects of one year) or a Main Grant exceeding £10,000 (for projects of up to three years). Projects must benefit children and young people (aged 18 years and younger) who are experiencing disadvantage

PLEASE NOTE THAT SUPPORT FROM THE START WILL BE UNAVAILABLE FROM WEDNESDAY 24 DECEMBER UNTIL MONDAY 5 JANUARY 2015



Refresher / practice development sessions
2015

Tuesday 10th February 3-4.30pm
Wednesday 13th May 3-4.30pm
Tuesday 15th September 3-4.30pm
Wednesday 9th December 3-4.30pm

Venue:
Child and Adolescent Mental Health Service, The Esk Centre, Ladywell Way,
Musselburgh

The Solihull Approach training has now been delivered to a wide range of professionals across East Lothian including Health Visitors, School Nurses, Midwives, Children's Wellbeing staff and early years staff and we hope this has enhanced your practice.

For any practitioners who have attended Solihull Approach training (Antenatal, First Five Years, School Years) the CAMHS team Solihull trainers have organised dates for practice development sessions.

These sessions are not critical supervision but have the following aims in mind:

- Support practitioners as they try out a new way of working
- Strengthen relationships across agencies and create opportunities to share practice
- Enhance understanding of each others roles and remit
- Create a shared language for understanding families we work with
- Allow cooperative problem solving
- Information sharing, signposting, resource accessing

The format will be a combination of case discussion (brought by participants), review of the Solihull Approach and any issues that participants bring, in a very relaxed atmosphere.

Please let us know if you are coming, we look forward to seeing you!

Fiona Mathers, Community Mental Health Worker, CAMHS
Martina Murgat, Community Mental Health Worker, CAMHS

Fiona.Mathers@eastlothian.scot.nhs.uk
Martina.Murgat@eastlothian.scot.nhs.uk

IF YOU HAVE ANYTHING YOU WANT TO PROMOTE IN THE DIGEST THEN PLEASE FEEL FREE TO GET INTOUCH AND LET US KNOW.

Send us the information before the last week of the month for inclusion in the following months digest

Send any info to: supportfrom-thestart@eastlothian.gov.uk



The next edition of Information Digest will be February 2015.

Keep up to date with Support from the Start by visiting

<http://edubuzz.org/supportfromthestart>

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