



**SUPPORT
FROM THE START**

**Responses from Survey Monkey
“SftS Haddington”
From
7 September 2014
To
16 December 2014**

**Healthy
Happy Bairns**

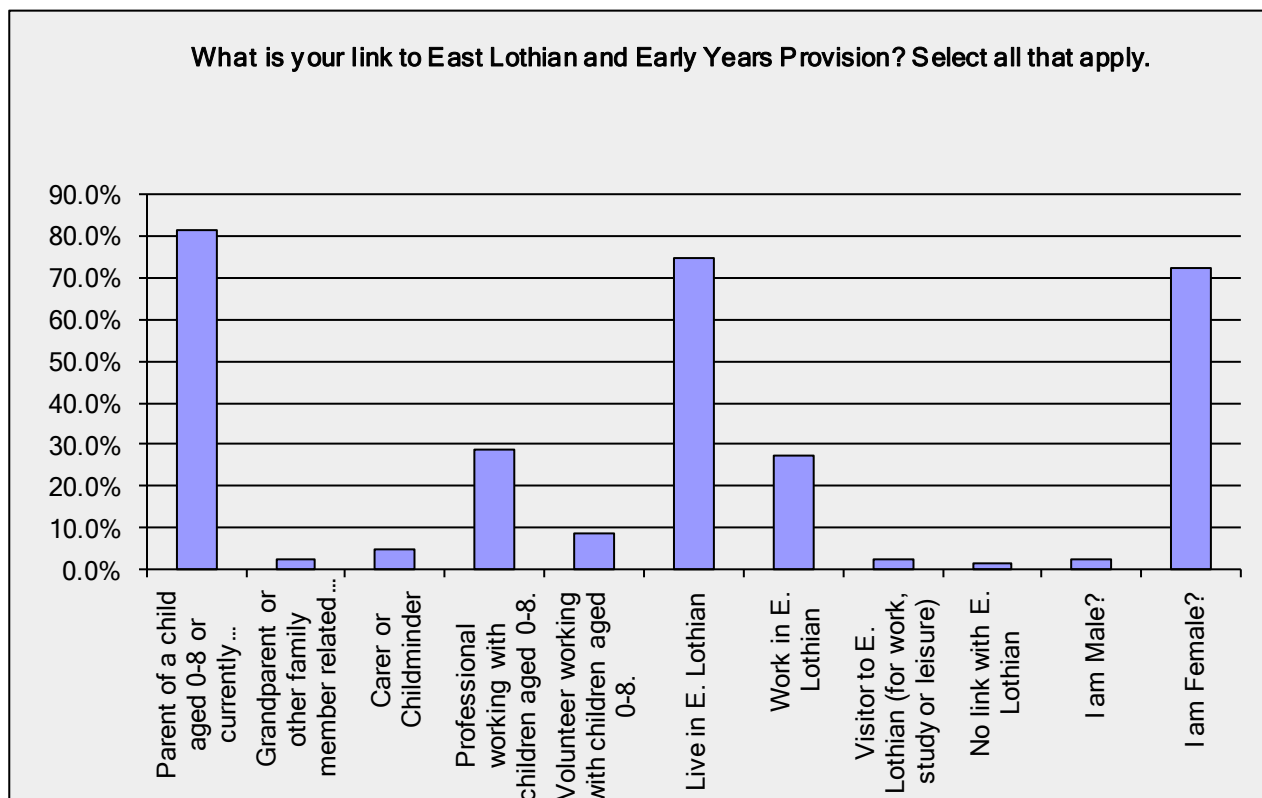
Compiled by Susan Sammels

Question 1



What is your link to East Lothian and Early Years Provision? Select all that apply.

Answer Options	Response Percent	Response Count
Parent of a child aged 0-8 or currently expecting a baby.	81.3%	65
Grandparent or other family member related to children aged 0-8 (Child must reside in E. Lothian)	2.5%	2
Carer or Childminder	5.0%	4
Professional working with children aged 0-8.	28.8%	23
Volunteer working with children aged 0-8.	8.8%	7
Live in E. Lothian	75.0%	60
Work in E. Lothian	27.5%	22
Visitor to E. Lothian (for work, study or leisure)	2.5%	2
No link with E. Lothian	1.3%	1
I am Male?	2.5%	2
I am Female?	72.5%	58
<i>answered question</i>		80
<i>skipped question</i>		1

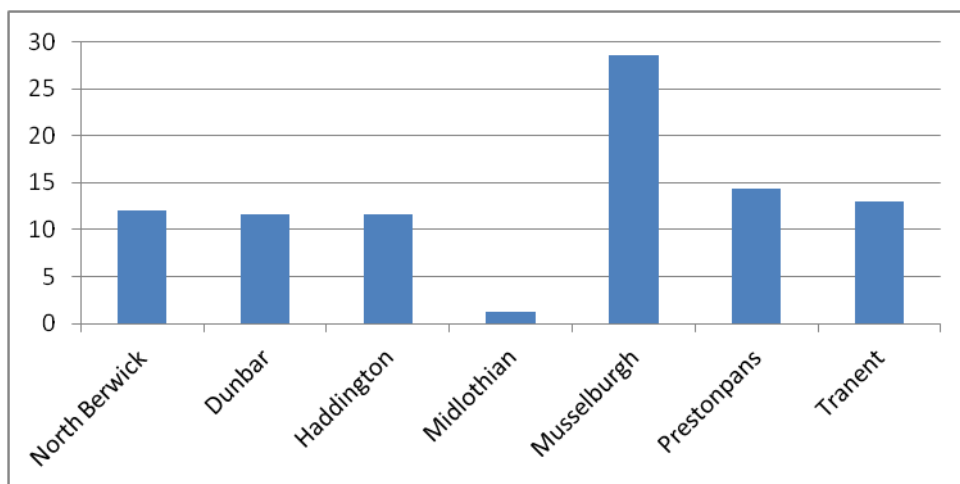


Question 2



Please write the first 4 characters of your postcode to help us link responses to a Support from the Start cluster group.

North Berwick	12.99%	10
Dunbar	11.69%	9
Haddington	11.69%	9
Midlothian	1.30%	1
Musselburgh	28.57%	22
Ormiston	1.30%	1
Pencaitland	5.19%	4
Prestonpans	14.29%	11
Tranent	12.99%	10



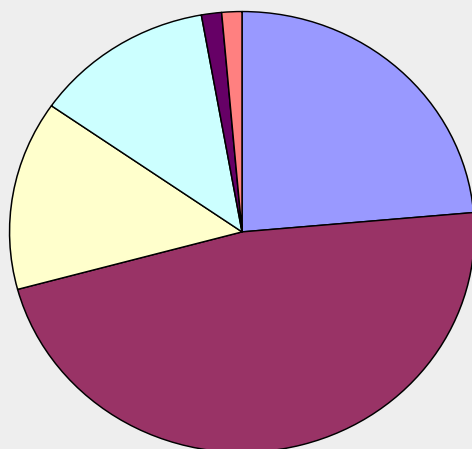
Question 3

Have you heard about Support from the Start ("Healthy Happy Bairns") and know anything about what work it does within East Lothian? Various options are in dropdown box below.



Answer Options	Response Percent	Response Count
Yes, I have heard of SftS and know a lot about its aims and work in E. Lothian.	23.6%	17
Yes, I have heard about it and understand a little about what it does.	47.2%	34
Yes, I have heard about it, but I don't really know anything about it.	13.9%	10
No, but I would like to find out more.	12.5%	9
I have seen / heard the phrase Healthy Happy Bairns locally, but did not know this was tag line for Support from the Start.	1.4%	1
No, I haven't heard about SftS and I am not interested in finding out more.	1.4%	1
answered question		72
skipped question		9

Have you heard about Support from the Start ("Healthy Happy Bairns") and know anything about what work it does within East Lothian?



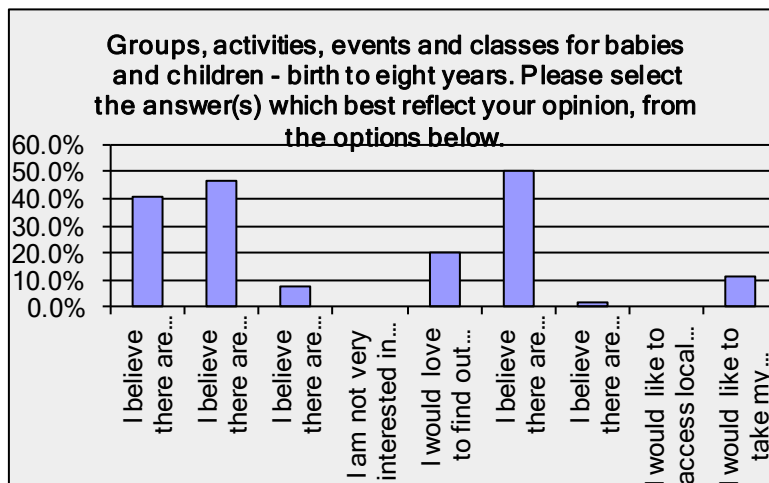
- Yes, I have heard of SftS and know a lot about its aims and work in E. Lothian.
- Yes, I have heard about it and understand a little about what it does.
- Yes, I have heard about it, but I don't really know anything about it.
- No, but I would like to find out more.
- I have seen / heard the phrase Healthy Happy Bairns locally, but did not know this was tag line for Support from the Start.
- No, I haven't heard about SftS and I am not interested in finding out more.

Question 4



Groups, activities, events and classes for babies and children - birth to eight years. Please select the answer(s) which best reflect your opinion, from the options below.

Answer Options	Response Percent	Response Count
I believe there are many opportunities available currently.	40.6%	26
I believe there are some opportunities, but more are needed.	46.9%	30
I believe there are too few opportunities.	7.8%	5
I am not very interested in groups or classes and not aware of provision of these in E. Lothian	0.0%	0
I would love to find out about what is going on, but haven't found out much information.	20.3%	13
I believe there are more opportunities for mums and women to access suitable experiences, than for dads and males.	50.0%	32
I believe there are equal opportunities for men and women to comfortably access suitable experiences with their children.	1.6%	1
I would like to access local classes / groups but feel excluded or uncomfortable as a man taking my child along.	0.0%	0
I would like to take my child(ren), but I find it difficult to mix in these settings, especially when I don't know anyone else.	10.9%	7
answered question		64
skipped question		17



Question 4 contd

Please comment below to say if you take part in (or have done recently) any groups or similar for young children. Please help us work out what appeals most; 1. Activity Name. 2. Where the group takes place. 3. The age of your child(ren). 4. Please add a comment to say if this location is a good / difficult one for you to access.



- Trinity tots- playgroup Haddington. Book bug- Haddington library, my family moved to Haddington earlier this year, I have 2 children 16 months apart. The eldest is now 3 and the younger nearly 2. I have found it difficult finding activities that I can take both children to, and haven't had any other childcare until my eldest reached nursery age.
- Patchwork Health - Pennypit centre - Prestonpans, 9 months Good location, however as we have to leave buggies/prams outside this originally made me nervous jo jingles church hall - Prestonpans 9months (she started at 9 weeks) Great, easy Access and plenty of space.
- Baby massage, peep, parents and toddlers Fisherrow, first step, fisher row, Loretto 9 months Great!
- Baby PEEP, Fisherrow centre, Musselburgh with my 5 month old Baby massage, Fisherrow centre, Musselburgh with my 5 month old Fisherrow is easy and convenient to get to Baby cinema, the Fraser Centre, Tranent - easy to get to Bookbugs, Leith library. More difficult to get to (although I go with my sister who lives in Leith) but they have the words on a large board which I like Swimming class, Turtletots, the Quay, Musselburgh - easy to get to.
- Baby massage, first steps, 6 months Bumps and beyond, first steps Wallyford living room group. Both good locations and easy to access.
- It was quite a while ago that I accessed these groups my children are now 6 & 9. I found the health visitor invaluable. They suggested baby massage which helped me meet other parents and children. There were other groups but I remember feeling quite shy and vulnerable at that time. Then I also tried music makers which at that time was in the church.
- I work Tues wed and Thurs. I find it hard to find groups to accommodate this, peep in Musselburgh has become very busy and I did not get a place. I have a 2 year old.
- Peep with my 4 month old at Fisherrow and the location is great.
- Inveresk mums and tots. Dalrymple loan. Age 2. Good location.
- PEEP Fisherrow centre 13 months good location.
- Baby massage, Fisherrow community centre, Musselburgh - baby was 8 weeks old at start of course, excellent location for us. PEEP, Burgh Primary then Fisherrow community centre - attended baby group when daughter was under 1 then movers and groovers group until age 2. Excellent location.
- Baby cinema, Fraser centre Bookbug, Ormiston library
- Trampolining with enjoy leisure Totstart at Wallyford primary school Mums & tots at Wallyford living room church.

Question 4 contd

Please comment below to say if you take part in (or have done recently) any groups or similar for young children. Please help us work out what appeals most; 1. Activity Name. 2. Where the group takes place. 3. The age of your child(ren). 4. Please add a comment to say if this location is a good / difficult one for you to access.



- baby massage, fisher row community centre, 8 months, good location, teacher was awesome. baby peep, Fisher-row community centre, 8 months, again great location.
- Gym Monkeys - Musselburgh Sports Centre - Age 1 - Relatively Easy Access (Driving) Jo Jingles - Prestonpans Church Hall - Age 1 - Relatively Easy Access (Driving) Tots Trampolining - Meadowmill Sports Centre - Age 1 - Relatively Easy Access (Driving).
- PEEP in Elphinstone children aged 2.5yrs and 10mths location easy to access by car or foot.
- 1. New Winton Toddlers 2. New Winton Hall 3. My son is four, I went to this toddler group from when he was three months old until the summer (no longer go unfortunately due to school nursery) 4. I relied on a lift to get there. 1. The childminder toddler group on Thursdays 2. Salvation Army Hall, Tranent 3. Four (again stopped attending after summer) 4. Great location
- Physiball, Bleachingfield centre, aged 22 months, has been difficult to access due to my own poor health. I take my partner or mum with me. Bambino beats, as above Enjoy a ball, aged 4.5, Dunbar, easier to access as adults don't stay in group and my son is older.
- Baby PEEP - Elphinstone - good location - child was 7 months old East Lothian Baby Massage - Prestonpans - ok location - child was 10 weeks old.
- My daughter age 8 attends - Friday club, karate, brownies and swim lessons My son age 5 attends - football, Friday club and karate All take place in Prestonpans.
- Peep Baby group Haddington. It was great but wish there was a toddler one as my 13 month old too old for baby one now
- Two girls, 4 and 2. In the past we have attended Patchwork both health and play, Jo jingles, bookbug, breastfeeding group, gym monkeys, local playgroups and baby massage. Men have been welcome at all, however groups are predominantly women. Great choice of activities available locally, for a range of budgets too. Better than a lot of other areas but always room for improvement!
- Bumps & beyond First step 10weeks.
- PEEP, Elphinstone, 7 months, good location.
- Bookbugs, Dunbar library, 3 and baby, great location - can no longer go as time/day unsuitable after returning to work which is a real shame.
- We are currently taking our daughter to ballet and swimming classes in Dunbar. A local mum has started an Irish dancing class in Innerwick which our child has just started. A hip hop dance class was available at the local school but it is on the same night as the swimming class. My daughter is 5 years old, we do find it difficult to access classes locally but understand the reason why. We have in the past attended book start at Dunbar library.
- Raising children with confidence, Elphinstone

Question 4 contd

Please comment below to say if you take part in (or have done recently) any groups or similar for young children. Please help us work out what appeals most; 1. Activity Name. 2. Where the group takes place. 3. The age of your child(ren). 4. Please add a comment to say if this location is a good / difficult one for you to access.



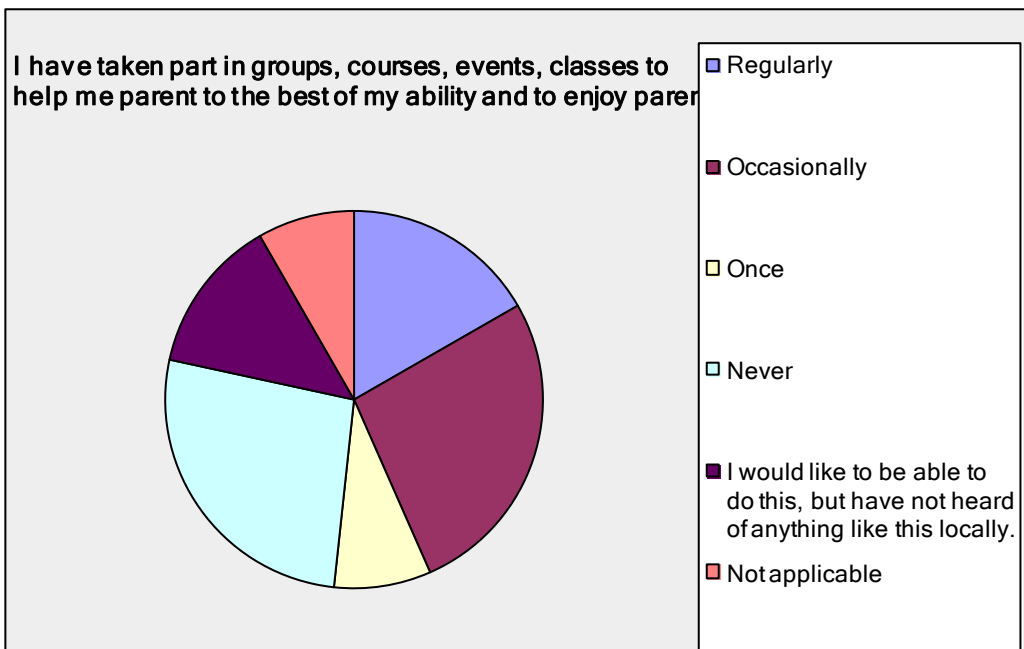
- Support from the start North Berwick area
- Cockenzie star development Port Seton 4years. Easily accessible at grounds around Port Seton community centre.
- PEEP - baby group - Elphinstone - good location Baby massage - Tranent library - good location Early Daze - Tranent - good location.
- Wallyford mums and tots with 2 year old and ten week old. Bookbug in Tranent or Port Seton Fri morning with both kids. I have a car so not a problem.
- Patchwork EH32 - play Prestonpans Community Centre Wednesday 10-12 3 1/2 and 5 Easy to access.
- Brownies Wildlife club Drama Messy church 8year old daughter. All take place in North Berwick

Question 5

I have taken part in groups, courses, events, classes to help me parent to the best of my ability and to enjoy parenting.



Answer Options	Response Percent	Response Count
Regularly	16.7%	10
Occasionally	26.7%	16
Once	8.3%	5
Never	26.7%	16
I would like to be able to do this, but have not heard of anything like this locally.	13.3%	8
Not applicable	8.3%	5
		18
<i>answered question</i>		60
<i>skipped question</i>		21



Question 5 contd

Please share with us; 1. Any classes / groups (etc) that you have attended recently or are currently taking part in and 2. Where it is held. 3. Please add a comment to say if this location is a good one for you to access.



- NCT antenatal classes Private weaning class at friends home.
- Haven't really attended any groups since going back to work about 18months ago after maternity leave.
- It was quite a while ago that I accessed these groups my children are now 6 & 9. I found the health visitor invaluable. They suggested baby massage which helped me meet other parents and children. There were other groups but I remember feeling quite shy and vulnerable at that time. Then I also tried music makers which at that time was in the church
- Stoneyhill toddler group Friday mornings this is the only group that I know of close to me. When my child was younger I went to a 6week baby calm course. Regularly attended baby peep in the Burgh and then Peep in Fisherrow. I also went to the Musselburgh breastfeeding group. I am currently expecting again. I hope to go back to peep, but am not sure I would want to access the same breastfeeding group again.
- Mothers and others at the Bridge centre
- I have only recently moved to Musselburgh but have found it difficult to find classes for my 1 year old. I have taken her to quite a few classes in Leith or Dancebase in Edinburgh.
- both baby massage and baby peep, Fisherrow community centre, great location, teacher approachable and very helpful.
- 1. Raising Children with Confidence 2. Went to the recent class held at St Martin's 3. Great location for me.
- Peep
- Baby massage First step
- PEEP, Elphinstone, good
- Could have done with going to something from the start. Hoping to get on a course in the new year.
- I attended baby massage when my child was younger - this was run by the health visitor at Dunbar surgery.
- North Berwick community centre confident parentable primary raising children with confidence.
- Previously stated.
- Was a while ago in Edinburgh not here.
- Raising children with confidence at Sandersons Wynd Primary School/early years. This was a fantastic location for me with it being so close to home!
- Raising children with confidence, Elphinstone

Question 6

Select any and all the activities you have joined with your child/ren, in East Lothian.



SftS Haddington

Select any and all the activities you have joined with your child/ren, in East Lothian.

Answer Options	Response Per- cent	Response Count
Baby Massage	56.7%	34
Baby signing (Tiny Talk)	10.0%	6
PEEP	28.3%	17
Bookbug	55.0%	33
Play@Home	1.7%	1
NCT Classes or Drop in Groups (Please specify below)	16.7%	10
Baby Yoga	3.3%	2
Physical types of classes; eg Tumble Tots, Enjoy-A-Ball, Gym Monkees, Dance / movement to music classes, parent and child swimming class.... (Please specify below).	53.3%	32
Tots, Tunes & Tales	1.7%	1
Children's music and song group. Please specify.	23.3%	14
"Mothers and Others" or another adult and child 'stay and play' group. (Please specify below).	38.3%	23
An adult and child group or Playscheme for children with Additional Support Needs. (Please specify below)	0.0%	0
None of the above	15.0%	9
Please list 1. Actual groups here if a multi option selected above and asked to 'please specify'. Please also let us know 2. Where you attended.3. If you have a child aged between 5-8 please comment "Older child attended" and name the group(s).		38
	<i>answered question</i>	60
	<i>skipped question</i>	21

Question 6 contd

Please list 1. Actual groups here if a multi option selected above and asked to 'please specify'. Please also let us know 2. Where you attended. 3. If you have a child aged between 5-8 please comment "Older child attended" and name the group(s).



- Trinity tots, Haddington. Hullabaloo, Haddington
- Hullabaloo
- NCT antenatal class Turtletots swimming at Quay complex Mother and toddler - location between Aldi and Lidl
- Jo Jingles, Tranent
- My children are both older than 5. They both went to enjoyaball in North Berwick. (One still does) only the older one was offered baby massage, I don't think it was available when I had my younger one. I attended NCT in East Linton before having my first child. I found their pregnancy yoga excellent.
- Baby peep burgh 1s and over peep Fisherrow Adult and child swimming Portobello from 4 months to current Stoneyhill toddlers Friday am Inveresk toddlers Monday am - sporadically.
- Fisherrow community play group, Fisherrow community centre Loretto parent and toddler group, Loretto church hall, Gym Monkees.
- 1. Jo Jingles 2. Recharge in Tranent .No longer go, find there is not much to do with a four year old that now goes to morning nursery.
- Also attended groups in Edinburgh at parents and pregnancy centre.
- Older child attended: book bug, baby massage, Jo jingles and local mother and toddler group. At Dunbar and mother and toddler group at Innerwick.
- Gym monkeys Tranent.
- Raising children with confidence Law Primary and North Berwick cc.
- I only came to East Lothian when my youngest was 4.
- New Winton parent and toddlers with my oldest child who is now 7.
- Jo Jingles, Prestonpans.
- Trinity tots, Haddington. Hullabaloo, Haddington.
- Jo jingles Tranent church hall1. Jo Jingles 2. Recharge in Tranent .No longer go, find there is not much to do with a four year old that now goes to morning nursery
- Jo jingles Tranent church hall

Question 6 contd

Please list 1. Actual groups here if a multi option selected above and asked to 'please specify'. Please also let us know 2. Where you attended. 3. If you have a child aged between 5-8 please comment "Older child attended" and name the group(s).



- Physical Activities- Gym Monkeys- Parent & Child Swimming Lessons- Tots Trampolining Song Group- Jo Jingles.
- Trampolining with enjoy leisure Totstart at Wallyford primary school Mums & tots at Wallyford living room church.
- Swimming class at Aubigny centre Haddington NCT antenatal class in Leith Edinburgh.
- Bookbug at Musselburgh library Inveresk mums and tots.
- Book bug, ormiston Gym monkees, Musselburgh.
- Peep and massage at Fisherrow.
- Jo jingles in Port Seton, no longer go Bambino beats in Dunbar ,Stay and play in Port Seton, no longer go. Physiball and enjoy a ball in Dunbar.
- Jo jingles, North Berwick. Musicmakers, NB. Enjoyaball, NB. Gym monkeys, NB. Little Angels toddler group, NB. Nct East Lothian with first child but not second. Gymnastics/ballet, NB (older child).
- These were groups I went to years ago as my kids r now 11 and 8
- Jo Jingles, Tranent
- Turtle tots, swimming, the quay, Musselburgh Bumps and beyond, first steps.
- Peep first step Bookbugs Musselburgh Parent and toddler, Fisherrow and Loretto.
- Jo Jingles, Prestongrange church hall - Prestonpans Bambino beats - Pennypit centre - Prestonpans.
- Baby cinema.
- Gym monkeys Tranent Loch Centre. Attended patchwork health and patchwork play in Prestonpans. Attended toddlers at Port Seton community centre. Attended Jo Jingles Port Seton community centre Hullabaloo, Nightingales, active schools activities.
- Older children.
- Baby Massage - Prestonpans (East Lothian Baby Massage) PEEP - Elphinstone Baby Yoga - this was a postnatal yoga group for Mums but included a little bit of baby yoga - Bubbayoga in Pencaitland Swimming class - Splashstart at Mercat Gait
- Mums & Tots Livingroom Wallyford

Question 6 contd

Please list 1. Actual groups here if a multi option selected above and asked to 'please specify'. Please also let us know 2. Where you attended. 3. If you have a child aged between 5-8 please comment "Older child attended" and name the group(s).



- Older child attended: book bug, baby massage, Jo jingles and local mother and toddler group. At Dunbar and mother and toddler group at Innerwick.
- Belhaven toddler group.
- Also attended groups in Edinburgh at parents and pregnancy centre.
- All in Prestonpans, mainly through patchwork except baby swimming which we done in Loanhead-nothing affordable in east Lothian. Gym monkeys is our physical class and Jo jingles our musical one.
- Older child attended all in Haddington -Baby massage - health visitor Bookbug - Library Enjoyaball Mothers and others Saltoun playgroup - East saltoun
- Prestonpans

Question 7

If you have a child under 5, please answer below.



SftS Haddington

Please select all that apply.

Answer Options	Response Percent	Response Count
I would have liked to attend groups, or classes, but couldn't due to cost.	27.6%	16
I would have liked to attend groups, or classes, but couldn't find any locally.	12.1%	7
I would have liked to attend groups, or classes, but I struggle to join groups, lack confidence.	8.6%	5
I would have liked to attend groups, or classes, but I couldn't due to my working hours.	29.3%	17
I would have liked to attend drop-in groups or classes, to fit around work / obligations, but could not find these.	15.5%	9
I would have liked to attend groups, or classes, but I couldn't due to the mixed ages of my children.	10.3%	6
I would have liked to attend groups, or classes, but feel uncomfortable as I am a man and the groups are generally comprised of women.	0.0%	0
I would have liked to attend groups, or classes, but feel uncomfortable as English is not my first language and I do not share a culture with most other people around me locally.	0.0%	0
I would have liked to attend groups, or classes, but feel uncomfortable as a young parent or older parent.	5.2%	3
I would have liked to attend groups, or classes, but feel uncomfortable as I don't know other people in this community.	10.3%	6
I have not attended any classes, or groups listed in previous question, but I have taken my child(ren) to other classes, groups, experiences or events. Please specify	1.7%	1
I have not attended any classes, or groups, but I have taken my child(ren) to Play events for under 5's, parks, ranger walks, Parent and toddlers type of groups, or playgroup. Please specify below.	8.6%	5
I do not want to attend any classes or groups with my child(ren) and prefer to keep them at home or with me. I do not like larger groups or classes and prefer to mini-mise interaction with other children until he/she is older / starting school.	1.7%	1
Not applicable.	32.8%	19
		11
	answered question	58
	skipped question	23

Question 7 contd

Other (please specify) any other reason for not attending a group in East Lothian.



- My son attended playtime playgroup when he was of age and my daughter finished at Ephinstone playgroup just before summer this year.
- Before having my second child I did more with my first but now we're more likely to visit Parks or softplay or have play dates on days we used to do our old classes.
- Profession answering questions no way of skipping this question!!
- Support from the start
- I returned to work after a year of maternity leave. My child and I did not attend many groups during this time. However, my husband then became the main carer of our daughter and he has found it difficult to join in groups being the only male there.
- As previous, used to go to toddler groups, Jo Jingles etc but nothing to go to now my son is in morning nursery. Feel there is a real need for afternoon groups or activities for this age group (and their mums). I had plans for classes in Portobello on a Friday but now that morning nursery children attend alternate Fridays its no longer possible.
- I would like to come to more groups locally but don't have access to a car through the week and find public transport difficult with a baby and toddler. I stay in Pencaitland.
- .Would probably have been to more things but didn't move to east Lothian until child was 20 months. Am currently expecting again so will be looking for things to do with the baby while older child is at nursery.
- Went to music group in Edinburgh as East Lothian times/days didn't suit. Also cannot find any groups of clubs that run on a Monday which is my only day off during the week.
- My kids r too old now.
- Often don't hear of a group until it's already started and full.
- Although would have joined more if more were made available locally.

Question 8

Information about events, and provision for young children and their parents in East Lothian.



Please select all that apply and note any other method not described, in the comments box.

Answer Options	Response Percent	Response Count
Posters displayed locally?	75.9%	41
Email - eg subscribing to a website or mailing list.	66.7%	36
Through Health Visitors or other Professionals.	57.4%	31
Fliers distributed or available to pick up from local places where parents of young families are often found.	51.9%	28
Social Media	87.0%	47
Word of Mouth / Friends	50.0%	27
Internet - websites like Support from the Start / Days Out / What's On	55.6%	30
"Families" - free magazine	33.3%	18
Newspaper advert.	11.1%	6
Support from the Start Digest	14.8%	8
Parenting Pathway	7.4%	4
Local Directory listing services.	7.4%	4
Other: please specify below	0.0%	0
	answered question	54
	skipped question	27

Question 8 contd

Please note where you usually see posters or fliers and whether you find information in another way from those listed above.



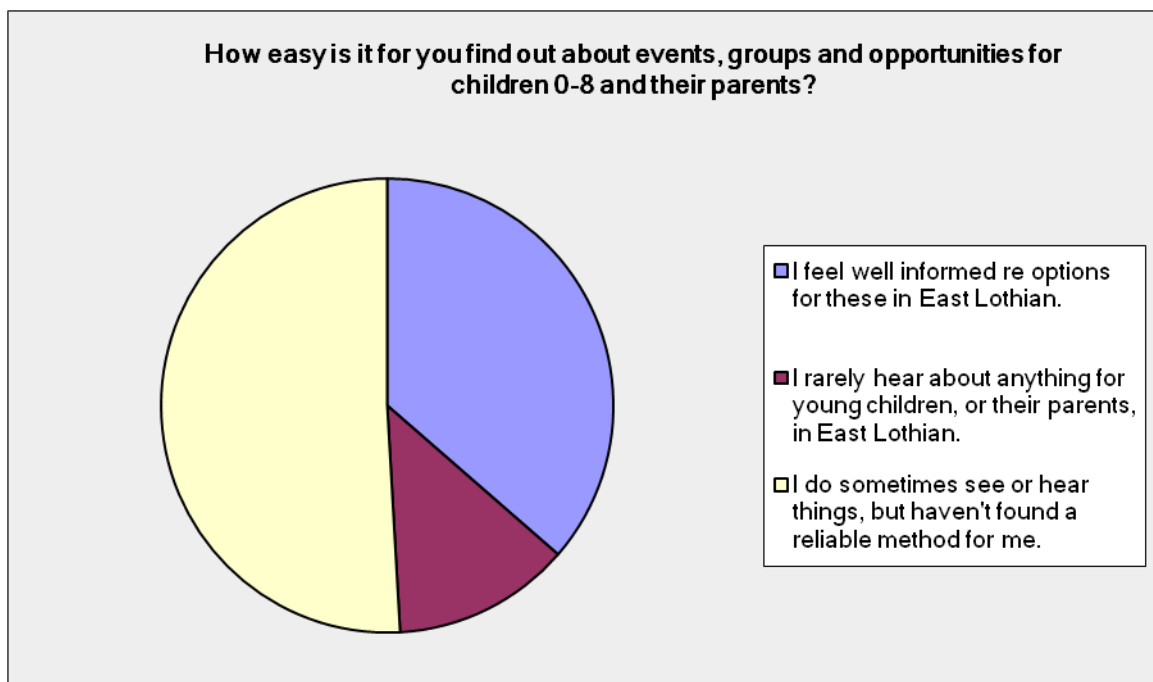
- Softplay, sports centres, library,
- Library, school/nursery, local shops
- Patchwork, Pennypit Centre Prestonpans
- Library
- Community centres Brunton Tesco
- Library
- Posters in community centre
- Fliers at playgroup
- At local weigh in centre. Was disappointed that health visitor told me about massage class, but had no current information about it. The information I did receive was well out of date, which I found out after going to attend a group which had finish 2 years ago.
- I work in a school and sometimes see fliers intended for parents. Most others come from Facebook. I see posts from Musselburgh family play on face book. I also follow nct East ILothian, although a lot of their posts are more for other areas of East Lothian not specifically Musselburgh. Friends some times share posts. Inveresk Tots and Stoneyhill toddlers also post links to other events from time to time. Library
- The health visitors and posters were my main source of information when I had my children but now I think Social media and email would be more prevalent. Although I think if I was back to being a sleep deprived mum I probably would have most info from word of mouth than anything. Actually on contemplating the thought. Most of the after school activities my children do now were either from posters or leaflets in their reading packets none were from social media. .NB community centre
- Library, Dr surgery
- Facebook
- I used google when I moved to the area. I found a few, but have found other groups/ activities via posters and other mums.
- NB community centre
- Library

Question 9

How easy is it for you find out about events, groups and opportunities for children 0-8 and their parents?



Answer Options	Response Per- cent	Response Count
I feel well informed re options for these in East Lothian.	36.4%	20
I rarely hear about anything for young children, or their parents, in East Lothian.	12.7%	7
I do sometimes see or hear things, but haven't found a reliable method for me.	50.9%	28
<i>answered question</i>		55
<i>skipped question</i>		26

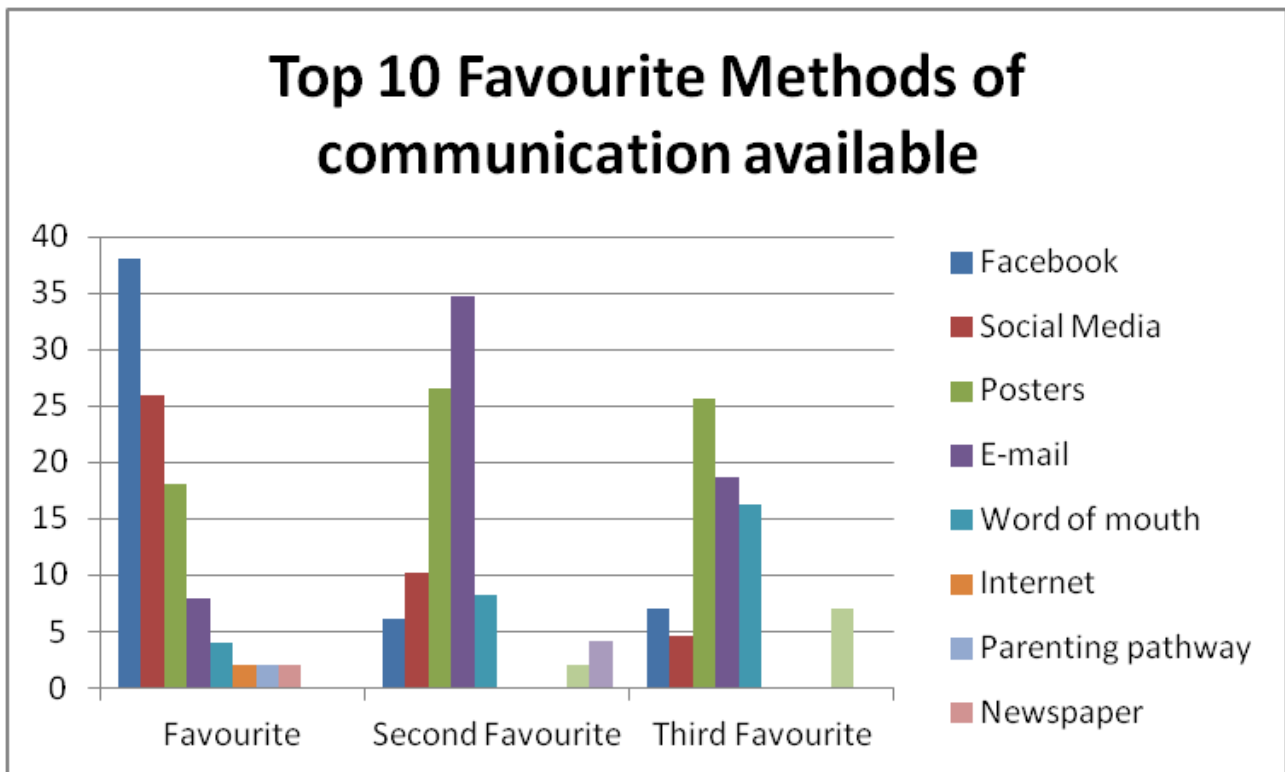


Question 10

Which methods available do you prefer (see Q7), to keep informed of events, classes and groups for children 0-8 yrs and their parents? e.g. local posters, email subscription, adverts, Support from the Start digests, Facebook.



Answer Options	Response Per-cent	Response Count
Favourite	100.0%	47
Second favourite	97.9%	46
Third favourite	87.2%	41
<i>answered question</i>		47
<i>skipped question</i>		34



Question 11



I think the best activity / group for my child(ren) and myself is:

