



# INFORMATION DIGEST



## SUPPORT FROM THE START GROUP NEWS AND INFO

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**Prestonpans** - Sheila & Kevin spoke at a Holyrood conference about the work of the group particularly with dads & boys. Planning for the sleep project is well underway but will now kick off in the autumn term.

**Tranent** The Tranent group has agreed to support more PEEP groups being delivered in the area as well as supporting Messy Church sessions in the summer holidays, subsidised place at Pencaitland playgroup and to buy resources for TaSK group in Macmerry (Talented & Special Kids)

**Musselburgh** - The Musselburgh group welcomed its first babies at its meeting as well as some new parents coming to the group for the first time. The group is using the information from the successful early years market place to finalise its parent pathway information resource.

**Dunbar** The group is supporting a local parent to start a self help group for parents of children with additional needs. Starting 25th April and running every Friday morning for 1 hour 55mins from 9.30am in the community room of Dunbar primary. Many thanks to the school for providing the space and to East Lothian Special needs play scheme for support it getting started. The group will also be launching a parent pathway for Dunbar on the 13th May at an early years marketplace in the Bleachingfield centre 12—2pm

**North Berwick** Project Wildthing-Law Primary in partnership with The Scottish Seabird Centre hope to screen the film soon. Cooking for the Family-We hope to run a 6 week course on Monday mornings after Easter. Healthy Minds, Happy Babies -going well with 6 mums attending regularly. Bursary Scheme- There has been a steady uptake of bursaries mainly through Health Visitor referrals. Confident Parents, Confident Children-The parents have just completed a First Aid Course. Play workers have been distributing household items, double buggy, car seats etc to parents who attend the group. This recycling of goods has been made possible through positive relationships between the crèche workers and parents.

**Haddington**—The baby PEEP group has proved very popular on a Thursday morning so a new group will start after the Easter break. The group has almost finished its parent pathway information resource—and is starting to plan for another international mud day event to be held in Neilson park on the last day of term

**SEE NEXT PAGE FOR DATES OF MEETINGS**

**East Lothian Play Association** or ELPA is our local play association. It is a voluntary association with open membership to any group with an interest in play. A play association can provide training, a base for shared resources (we have a range of play equipment for hire) and information and advice and possibly so much more!

ELPA is keen to increase membership and representation on the group. Meetings are informal and held every 8 weeks. If you have a passion for play contact us for meeting dates.



**We are holding a play workshop which is free on 24<sup>th</sup> May 2014 at Elphinstone Community Centre from 10.30-2.30pm** Workshops include Messy play, Traditional play, Free play, Den building and much much more!!!

For more information contact Paul Thewlis, on 01875 818182 or email [pthewlis@eastlothian.gov.uk](mailto:pthewlis@eastlothian.gov.uk) or Lena Hutton, on 01875 824138 or email [lhutton@eastlothian.gov.uk](mailto:lhutton@eastlothian.gov.uk)



**Good Luck**

**Sarah Cowie, Museums Education Officer, East Lothian Council is moving on to a new job at National Museums at the beginning of April. We thank her very much for her contribution to the project and wish her all the best in her new venture.**



# Healthy Happy Bairns

## Training

**Raising Children with Confidence**-Classes starting in Athelstaneford Primary School on 7/5 running to 18/6 from 18:30 - 21:00. Anybody interested in registering for a place on this course please contact Alistar McDonald email to:[amcdonald4@eastlothian.gov.uk](mailto:amcdonald4@eastlothian.gov.uk)

A course will be offered at Law Primary on Wednesday afternoons after Easter.

**'New Baby Massage Group for Dad's** - come along and learn the techniques to help calm and relax your baby. (Mum's we will have a space in which you can relax and socialise with other Mum's while Dad gets this 1:1 time) Please contact Katy on 07887524615 (evenings) to book a space. Course starts on Saturday 26/4 at 11am in Bleaching Field Centre, Dunbar'

**Baby Massage** is also being offered in the Snoezelen Room at North Berwick Community Centre, providing a lovely calming atmosphere.

**Equalities in Early Years Training**-The Autism Awareness training courses organised in conjunction with Barnardo's have proved exceptionally popular with all courses filling up within a few hours of being intimated. Plans are in place to organise more courses.

A new programme for **First Step** from April – June will be available shortly and will include Baby Massage, Infant Health and First Aid, Babies and Buggies and much more.

### **First Step Easter Holiday Programme**

**'Boxtastic' Arts and Crafts Family Fun session Tuesday 8<sup>th</sup> April 1.30am-3.00pm**

At the Musselburgh East Community Centre. Limited spaces.

There is a fee of £2.00 per person for this activity

**Next Steps – (Licence to Learn college course) This group will now take place on Tuesdays 22<sup>nd</sup> April – 20<sup>th</sup> May (5 weeks) 10.00am-12.00**

These sessions will include exploring your experience of learning and learning styles, self-confidence, presentations etc... Spaces are limited so please let me know as soon as possible if you wish to come along. A creche will be offered, but again spaces are limited.

**NISCC Understanding Child Development 0-6 Mobile learning app.** If you haven't seen the App yet, it is free to download from [iTunes](#) and [Google Play](#) to use on Apple & Android tablet and mobile devices. Check it out The links to the app are below

IOS/Apple: <https://itunes.apple.com/us/app/understanding-child-development/id721681546?mt=8> Android: <https://play.google.com/store/apps/details?id=com.paperbag.child>

These applications are free to download but you must be aware that the [legislation will be different in Ireland and you should always check Scottish legislation and how it will impact on the resources.](#)

**Social Services Knowledge Scotland** is a gateway to a wealth of information and learning materials to support practitioners in day to day work and in learning. <http://www.sks.org.uk/> There are new resources being added to this site on a regular basis and it is well worth checking what has been available and what has recently been added

**LicketyLeap** Presentation and Exhibition at Imagine Festival 2014 on Thursday 8/5 in North Edinburgh Arts, Edinburgh. The Adventures of LicketyLeap: Transforming lives – the possibilities of theatre. *Small people are only small on the outside... Inside they are big!*

**Museums**-on 6 April: Pirate Mayhem! At the John Gray Centre from 1:30pm - 3:30pm in Museum 1st floor Free, suggested donation £1 per child. Suitable for all ages and abilities. Drop in to take part. Discover some of our oldest documents, then make a historic looking treasure map. Pirate treasure will be hidden throughout the museum too! We'll be looking for some best dressed pirates so come along in your more fearsome outfits!

### Future Meeting Dates

#### Musselburgh

17/6/14  
10:00 - 11:30  
First Step

#### Prestonpans

21/5/14  
09:30-11:15  
Pennypit

#### Dunbar

24/4/14  
18:30—20:00  
Easter Broomhouse

#### Tranent

7/5/14  
12:30—14:30  
Early Years Centre

#### North Berwick

5/5/14  
18:30—19:30  
Law Primary

#### Haddington

12/5/14  
13:30 - 15:00  
Townhouse

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