

Peep supports parents and carers with children aged 0 - 5 years in encouraging your child's learning and development. You can make a real difference just by talking, singing, sharing books and playing together. The groups also offer advice about your child's learning. [please click image for info](#)



## Venues

### North Berwick Community Centre

#### TIDDLY PEEP—1-2 Year olds

Starting Thurs 26th October 2017 then weekly  
1.30—2.30pm

Contact Katie Nevans

[knevans@eastlothian.gov.uk](mailto:knevans@eastlothian.gov.uk) Tel: 01620 893056

### North Berwick Community Centre

Fridays Weekly at 10.30—12.30pm

Contact Katie Nevans

[knevans@eastlothian.gov.uk](mailto:knevans@eastlothian.gov.uk) Tel: 01620 893056

### First Step (Musselburgh)

Starts 1st week of Oct—Mondays (weekly)  
PM

Contact: Tina Pollock—01316650848

### Newport Clinic Haddington

Every Friday at 10am

Contact: [ruth.king@nhslothian.scot.nhs.uk](mailto:ruth.king@nhslothian.scot.nhs.uk)



[please click image for info](#)

### Walk-ins

**Venue:** First Step Community Project

Dates: Wednesdays (weekly)

Time: 10am—11.30am

**Venue:** Prestonpans Infant School

Dates: Tuesdays (weekly)

Time: 10am—11.30am

### Under 5's Playgroup

**Venue:** Prestonpans Infant School

Dates: Wednesdays (weekly)

Time: 1pm—2.30pm

## Weekly Support Groups

Dads Work offers dads and male caregivers a safe space for them to come and have fun with their children and meet other dads to share their experiences, whilst playing in an appropriate environment.

## East Lothian Breastfeeding Groups

These groups are run by the health visitors and midwives. They are very friendly and informal, providing assistance and advice to all mums interested in breastfeeding. You don't have to be having problems to go along. Support is available from a health visitor or midwife.

- Musselburgh Primary Care Centre—Mondays (Weekly) 10.30am—12pm
- Breastfeeding Support Group - First Step Galt Avenue Musselburgh Thursday (weekly) 10am-12pm
- Tranent NCT Early Days Drop In Group - George Johnstone Centre (Library) Wednesdays 10:30-12:30 (breastfeeding counsellor available 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of month)
- Early Years Centre Breastfeeding Group - Early Years Centre Sandersons Wynd Tranent 1<sup>st</sup> and 3<sup>rd</sup> Fridays of month 10am-12pm.
- Haddington – Newtonport Clinic 1<sup>st</sup> and 3<sup>rd</sup> Wednesday 12:30-1:30
- Dunbar –Dunbar Health Centre Health Promotion Room Thursdays 10am—11am
- Gullane – Gullane Medical Centre Tuesdays 11am—12pm
- Prestonpans – Lighthouse Cafe, Lighthouse Central Church Wednesdays 12.30pm—1.30pm

# Parenting and Family Support Classes

*East Lothian*  
*October 2017*



Please contact Support from the Start mailbox for further information: [supportfromthestart@eastlothian.gov.uk](mailto:supportfromthestart@eastlothian.gov.uk)



## Bookbug [click here for website](#)

It's never too early or too late to start reading with your child. Free, fun and friendly events for babies, toddlers, pre-schoolers and their families to enjoy together.

### Venue: First Step Community Project

Dates: 1st Thursday of the month  
Times: 9.30—11am  
Contact: [info@firststepmusselburgh.co.uk](mailto:info@firststepmusselburgh.co.uk)  
Tel: 01316650848

### Musselburgh Bookbug in the home —contact Lisa Brownlee— 07874748318

Your local library also hold ongoing Bookbug sessions [click here](#) for more information.

## Stay and Play

Stories, rhymes, messy play and lots, lots more to do, for pre-schoolers, and parents / carers. Come along and have some fun together!

### Venue: North Berwick Community Centre

Dates: Every Wednesday 13.30-15.30  
Contact: [knevans@eastlothian.gov.uk](mailto:knevans@eastlothian.gov.uk)  
Tel: Katie on 01620893056

### Venue: Gifford Town Hall

Dates: Wednesday Mornings  
Contact: Loreen  
[Loreen.supportfromthestart.hadd@btinternet](mailto:Loreen.supportfromthestart.hadd@btinternet)

## Raising Children with Confidence



A universal training programme for groups of parents and carers which focuses on promotion of positive mental health and emotional well-being. [please click image for info](#)

### Venue: Wallyford Taster Session

Dates: Wednesdays 4th October  
Times: 9.30—11.30am  
Ages: 0—3 years  
Contact: Support From The Start  
Tel: 01620827481

### Venue: Haddington Poldrate Mill, Bridge Centre

Dates: Wednesdays  
Times: Weekly  
Ages: 0—3 years  
Contact: 6

## Good Food Good Health in the Kitchen

Venue: North Berwick Sports Centre  
Dates: Saturday 23rd October (6 WEEKS)  
Contact: [knevans@eastlothian.gov.uk](mailto:knevans@eastlothian.gov.uk) or 01620893056

## Fitness for Parents

Venue: First Step Musselburgh  
Dates: Monday Afternoons  
Contact: First Step—Tina Pollock—01316650848

## Raising Teens with Confidence

Venue: Knox Academy Haddington  
Dates: Starting October 2017  
Contact: Loreen — [Loreen.supportfromthestart.hadd@btinternet.com](mailto:Loreen.supportfromthestart.hadd@btinternet.com)

## Dads2b East Lothian

If you are an expectant father, you are invited to attend a dads-to-be course, covering topics such as:  
Supporting labour and Birth, baby care skills—everything from nappies, bathing, to coping with your baby crying, early days, Post Natal Depression, baby-brain development, being a Dad... and much more!

### Venue: First Step Community Project

Dates: Wednesdays  
Time: 6.30pm - 8.30pm

### Venue: First Step Community Project

Dates: Wednesdays  
Time: 10am—11.30am

Contact details: [dadswork@hotmail.co.uk](mailto:dadswork@hotmail.co.uk) or [andrea.hewitt@nhslothian.scot.nhs.uk](mailto:andrea.hewitt@nhslothian.scot.nhs.uk)  
Tel: 01316650848 (Kevin Young) or 01506 524020 (Andrea Hewitt)



Lothian



## Baby Massage

Baby massage can help babies with sleep, wind, colic and relaxation. Massaging your baby can help the attachment bond between parent and child too. Suitable for babies from 8 weeks onwards.

## Venues

### George Johnstone Centre, Tranent

Day(s): Mondays  
Time: 9.45 - 11.00 am  
Contact: [hutton@eastlothian.gov.uk](mailto:hutton@eastlothian.gov.uk)  
Tel: 01875824138

### Bleachingfield Centre, Dunbar

Day(s): Saturdays  
Time: 11—12 pm  
Contact: Katie Pollock  
[katy@homestarteastlothian.co.uk](mailto:katy@homestarteastlothian.co.uk)

### The Fisherrow Centre

Day(s): Mondays  
Time: 10am—11.15am and 12pm—13.15  
Contact: Lorraine Rettie (07980553672)

### First Step Community Project Musselburgh

Day(s): Mondays  
Time: 1.30pm—2.30pm  
Contact: Michelle (0131 6650848)



[please click image for info](#)

As the UK's largest charity for parents, we can help you meet a network of local parent. We also provide a range of useful antenatal and Postnatal course including Baby First Aid and Early Days Free Drop-in for mum and babes aged from new born to around six months.

## Drop in sessions

### Babies and Beyond

Venue: Fisherrow Community Centre  
Dates: Mondays (weekly)  
Times: 10—11.30am

### Early Days

Venue: Fisherrow Community Centre  
Dates: Mondays (weekly)  
Times: 14.00—16.00

### Early Days

Venue: Tranent  
Dates: Wednesdays (weekly)  
Times: 10.30—12.30pm  
Contact: Lorraine (07980 553672)

### Incredible Years

Venue: Windygoul Primary School, Tranent  
Dates: 6th June 2017 (for 3 weeks)  
Times: 9.15—11.15am  
Contact: Trish—[pronaldson@eastlothian.gov.uk](mailto:pronaldson@eastlothian.gov.uk)