

# Welcome

# A warm welcome to all parents of young children in Leith.

This booklet contains information on what resources are available for parents/carers in the area. Originally put together by parents of young children in Leith, it has been updated by the North East Edinburgh Early Years Neighbourhood Forum.

We hope the information will be helpful to you.

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Most venues listed are wheelchair accessible but please phone to confirm.

# Contents

Pre-school and childcare provision	Page 4
Activities for children	Page 8
Adult Education, Training and Employment	Page 14
Support, information and resources	Page 20
Parent & Toddler Groups and Playgroups	Page 28
Community Centres, Health and Social Work	Page 32
Acknowledgements	Page 36
Мар	Page 38

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# Council Nurseries and Early Years Centres

#### City of Edinburgh Council Early Years Service

529 2103

For a full list of council and private nurseries, Surestart organisations, After School Clubs and PEEP groups, visit www.edinburgh.gov.uk/earlyyears

#### Childcare Information Service

#### 0800 032 0323

Free, impartial service providing information on registered childcare throughout the city www.scottishchildcare.gov.uk

Abbeyhill Primary Nursery	661 3054
Abbey Street	
www.abbeyhill.edin.sch.uk	
Broughton Primary Nursery	556 7028
Broughton Road	

www.broughton-pri.edin.sch.uk

Craigentinny Primary Nursery	661 2749
Loganlea Drive	
www.craigentinny.edin.sch.uk	

## Fort Early Years Centre

North Fort Street Access to group care, pre-school, day care and outreach support for children under 8 and their families

554 4103

Hermitage Park Primary Nursery Hermitage Park www.hermitagepark.edin.sch.uk	554 2952
Holy Cross RC Primary Nursery Craighall Road www.holycross.edin.sch.uk	552 1972
Leith Primary Nursery St Andrews Place www.leith-pri.edin.sch.uk	554 4844
Leith Walk Primary Nursery Brunswick Road www.leithwalk.edin.sch.uk	556 3873
Lorne Primary Nursery Lorne Street www.lorne.edin.sch.uk	554 2308
Pilrig Child and Family Centre	554 3040

#### 102 Pilrig Street

Child and Family Centres provide access to group care, day care and outreach support for children under 8 and their families.

Stanwell Nursery School Junction Place www.stanwell-nur.edin.sch.uk	554 1309
St Mary's RC Primary Nursery Links Gardens www.stmarysleith.org	554 7291
St Ninian's RC Primary Nursery Restalrig Road South www.st-ninians.edin.sch.uk	661 3431
Community Nursery & Creche Facilitie	es
Leith Academy Community Nursery For children under 5 years. Full or part time ch parents who live, work or train in the Leith are	
Dr Bell's Family Centre	553 0100
Quality, affordable creche. Call Dr Bell's Family register/book.	Centre to



#### Libraries

Libraries welcome families with young children and membership is free. Bookbug sessions are available for families with babies and young children. For more information about Bookbug, contact your local library.

www.edinburgh.gov.uk/info/469/libraries\_for\_ children\_and\_babies

Libraries in Leith and surrounding areas:

Granton Library	529 5630
Leith Library	529 5517
McDonald Road Library	529 5636
Piershill Library	529 5685
Stockbridge Library	529 5665

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Activities

for Children

# Activities for children are available at:

Leith Community Centre	554 4750
Dance Base (Thomas Morton Hall)	225 5525
Duncan Place Resource Centre	554 1509
Pilmeny Youth Centre	554 0953
Citadel	554 0510
Fort Community Wing	553 1074

#### Museums

# FREE

For information on the museums, galleries and monuments owned and managed by the City of Edinburgh Council, visit: www.edinburgh.gov.uk/info/477/museums\_and\_galleries

#### Soft Play Areas

Ceramic Experience www.theceramicexperience.co.uk	554 4455
Clown Around www.clownaround.me.uk	553 7676
Leith Waterworld www.edinburghleisure.co.uk/list-86	555 6000
Meadowbank Sports Centre www.edinburghleisure.co.uk/list-59	661 5351
Molly's Play Centre www.mollysplaycentre.net	554 0102

#### wimming

www.edinburghleisure.co.uk (most have women only sessions, please phone for details)

Ainslie Park Leisure Centre	551 2400
Commonwealth Pool	667 7211
Glenogle Swim Centre	458 2169
Leith Victoria Swim Centre	555 4728
Leith Waterworld	555 6000
Portobello Swim Centre	669 6888

# Cycling and Walking

## FREE

For a list of cycle-paths and walkways in and around Edinburgh, visit: www.edinburgh.gov.uk/info/1504/walking\_and\_cycling

# Playgrounds, parks & gardens

For a list of playgrounds in Edinburgh, visit: www.edinburgh.gov.uk/info/495/parks\_gardens\_and\_ open\_spaces/764/play\_areas

#### **Royal Botanic Garden**

One of the world's finest Botanic Gardens. Great for walks with young children. Family events throughout the year. www.rbge.org.uk

#### The Yard

#### 476 4506

Adventure playground for children with special needs. 70 Eyre Place www.theyardscotland.org.uk

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**Activities for Children** 

# Adult Education, Training and Employment

#### **Adult Education classes**

469 3250

City-wide and community-based adult education classes www.edinburgh.gov.uk/info/284 /adult\_and\_community\_education

# **Apex Scotland**

#### 467 8300

Works to address re-offending by working with offenders & young people at risk of offending to help them address their employability needs www.apexscotland.org.uk

# Bethany Christian Trust

#### 467 3030

Learning opportunities for homeless & vulnerable people. www.bethanychristian trust.com

#### CLAN hel (City Literacy & Numeracy)

helpline - 0800 085 7672

local - 554 9951

Free courses for adults Local contact: Duncan Place Resource Centre, 4 Duncan Place

# Community Employability 333

# 332 5016

Offers help with CV preparation, interview coaching, action planning and goal setting.

## Community Learning & Development Centre Programmes

Community Centres offer varied Adult Education programmes. Some daytime classes are supported with free creche.

Duncan Place Resource Centre	554 1509
Leith Community Centre	554 4750
Fort Community Wing	553 1074
see also page 24	

15

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32

#### Connected

557 7913

Pathways into Education, Training and Employment for vulnerable people of all ages. www.foursquare.org.uk

#### **Dance Base**

#### 225 5525

A variety of courses available from ballet, contemporary jazz and street etc. Classes suitable from 18 months to 60+. www.dancebase.co.uk

## Drummond Community High School 556 2651

Offers a range of adult education classes. www.drummond.edin.sch.uk

#### **English for Speakers of Other Languages**

Stevenson College Community-Based ES	DL,
Duncan Place Resource Centre	535 4630
City of Edinburgh Council - various locations	0800 085 7672
Telford College main campus	559 4420
Jewel & Esk college at Milton Road	344 7237

www.edinburgh.gov.uk/esol has a calendar of ESOL classes and courses cross the city.

## Family Learning opportunities

#### 555 6035

The Community Learning & Development service offers a range of Family Learning workshops, courses and events for parents and/or parents and children together. Contact CL&D on the above number, or your child's school/Early Years setting.

www.edinburgh.gov.uk/info/284/adult\_and\_community\_ information

# Get On

0800 917 4244

Information on adult learning, training, employment, volunteering and other city-wide support services in Edinburgh. www.geton-edinburgh.org.uk

# **Hibernian Learning Centre**

656 7062

Learning centre within Easter Road Stadium for people of all ages seeking to enhance their IT, literacy and numeracy skills.

www.hibernianfc.co.uk/page/foundation

#### Intowork

# 475 2600

Supported employment services to people with disabilities. www.intowork.org.uk

## Jewel and Esk college

#### 344 7100

A range of full time, part time, evening, flexible learning and community based courses from campuses in Edinburgh and Midlothian and in the community. www.jec.ac.uk

**Jobcentre Plus Leith** 

# 0845 604 3719

199 Commercial Street EH6 6QP

(call charges apply)

# Learn Direct Scotland

## 0800 100 9000

Independent, free advice on adult further education courses, training and funding in Scotland. www.learndirectscotland.co.uk

# Learning Link (Scotland)

#### 553 7992

National organisation providing information about local adult education organisations and resources. www.learninglinkscotland.org.uk

# Leith Academy Community School

553 2810

Offers a range of adult education classes. www.leith.edin.sch.uk

## Leith School of Art

554 5761

A range of day & evening art classes, courses and workshops. www.leithschoolofart.co.uk

#### North Edinburgh Childcare

332 8001

Provides a range of childcare training in Early Years and Playwork.

www.northedinburghchildcare.co.uk

#### **Play-Base**

554 8873

Provides introductory courses aimed specifically at parents/carers and potential childcare workers. www.playbase.org.uk

## **Skillnet Edinburgh**

475 2451

Provides training and adult guidance to empower black and minority ethnic people, helping them access sustainable employment, education and training. www.skillnetedinburgh.org.uk

## **Skills Development Scotland**

#### 08458 502 502

Careers advice and guidance for all ages including redundancy help and learning advice. www.skilsdevelopmentscotland.co.uk

# **Telford College**

559 4000

Offers a variety of subjects from introductory to degree level. This includes full or part-time, evening and Saturday classes and Open Learning. www.ed-coll.ac.uk

#### Volunteer Centre Edinburgh

225 0630

ult\_Education

Iraining, and Employment

Connects people to volunteering opportunities and provides advice and information. Volunteering advisers are available in the city centre and in 'hubs' around Edinburgh. www.volunteeredinburgh.org.uk

#### Women Onto Work

662 4514

Provides pre-vocational training to women who have been out of work for over a year. www.womenontowork.org

## **Working for Families**

#### 0800 432 0044

Supports eligible parents/carers who are working, wanting to work or who want to access training, work placements, volunteering or other relevant opportunities. Also provides help and support with childcare options. www.edinburghworkingfamilies.org.uk

For more information on adult learning, training, employment, volunteering and other city-wide support services in Edinburgh go to: www.geton-edinburgh.org.uk or call into the local Get On information point at Leith Community Centre, Mondays and Wednesdays from 1pm-5pm 0800 917 4244





# **BumpStart**

536 6340

# Pregnancy & Family Support Project

Pregnancy and antenatal education, support and community linking.

# Changeworks - Energy Saving 0800 512 012 Scotland Advice Centre

Advice and support to help lower fuel bills and to make your home warmer. www.changeworks.org.uk

#### Child Support Agency Advice Line www.csa.gov.uk

Citizens' Advice Bureau (Leith)

554 8144

08457 133 133

www.citizensadviceedinburgh.org.uk

# Dr Bells Family Centre

553 0100

Provides a range of facilities and support for local families and children including a crèche, café area, advice surgeries, Asian Women's Group, parenting groupwork and counselling/wellbeing services. www.drbellsleith.org.uk

# **Edinburgh Advice Shop**

225 1255

85-87 South Bridge, EH1 1HN www.edinburgh.gov.uk/info/335/community\_advice

# Edinburgh Housing Advice Partnership

#### 0845 302 4607

Provides free housing advice, information and representation to Edinburgh residents. www.ehap.org.uk

#### Edinburgh Women's Aid

315 8110

Confidential information, support and/or refuge for women experiencing domestic abuse.

# **Family Mediation Lothian**

226 4507

Aims to help parents and children going through separation and divorce. www.familymediationlothian.co.uk

#### **Firsthand**

557 3121

Provides a sitting service and support to families, especially lone parents and carers of disabled children. www.firsthand-edinburgh.org.uk

## FourSquare

557 7930

Services for homeless and vulnerable people of all ages. www.foursquare.org.uk

#### Gingerbread

220 1585

Provides information and advice for lone parents on a range of financial, legal and childcare issues. www.gingerbread.org.uk

# Harbour Project

552 0305

Supports families affected by drugs & alcohol, through individual and groupwork support. www.circlescotland.org

# Home-Start

#### 553 7819

# Leith & North East Edinburgh

Supports families with children aged 5 and under providing volunteer support to individual families and groupwork support. www.homestartleith.co.uk

#### Leith Acorn Centre

#### 553 7877

Offers a variety services and facilities for families in Leith.

#### **Lifeline Pregnancy**

#### 557 2060

Offers pregnancy counselling and care. www.lifelinecounselling.org

## Link Up Women's Support Centre 661 9292

A support service for women in NE Edinburgh which includes crèche, groupwork and counselling service.

#### Multi-Cultural Family Base Early Years Service

467 7052

Provides support to families in need through individual and group work. www.mcfb.org.uk

22

Information

Resources

# North East Edinburgh Counselling Service

557 4478

Offers individual counselling to local people on both short term and longer term basis. www.neecscounselling.org.uk

#### One Parent Families Scotland 0800 018 5026

Provides a range of information and advice on a variety of topics such as benefits, housing, holidays and parenting issues. www.opfs.org.uk

#### **Parentline Scotland**

#### 0808 800 2222

Free & confidential advice on parenting issues. www.children1st.org.uk

# PEEP

32

Support, Information and Resources

529 2103

PEEP groups are available for parents and children in various places in Leith. This programme aims to support parents and carers from birth to age 5 to encourage their child's development and learning through everyday fun activities in a group or at home. To find out out about these groups contact the City of Edinburgh Council Early Years Service on the above number.

www.edinburgh.gov.uk/earlyyears

#### **Post Natal Depression Project**

538 7288

Offers a variety of individual and groupwork support. www.crossreach.org.uk/node/317

# **Raising Children with Confidence**

This course aims to give parents/carers the chance to explore emotional well-being and how we can best promote it in ourselves and our children. For more information on courses in the area contact your child's school or early years setting or look on the website. www.growingconfidence.org

#### Saheliya

#### 556 9302

A safe, confidential service that supports the mental health and well-being of black and minority ethnic women, including counselling, one-to-one and group support, befriending and therapies.

www.saheliya.org.uk

## Shakti Women's Aid

475 2399

Provides support, advocacy and information to all black and minority ethnic women, children and young people experiencing and/or fleeing domestic abuse. www.shaktiedinburgh.co.uk

# Sikh Sanjog

#### 553 4737

514 9981

0845 122 8655

Supports Sikh women and other BME women and their families through a variety of activities, including training and volunteering opportunities at the Punjab 'N De Rasoi café'. www.sikhsanjog.com

# **Stepfamily Scotland**

Support and information for all members of stepfamilies. www.stepfamilyscotland.org.uk

Information and

Resources

# **Sunflower Garden Project**

#### 220 2488

Infant massage, story-telling, music & play therapy for children affected by drugs misuse. www.crossreach.org.uk/node/189

## **Swietlica**

#### 553 1047

Polish Social Club and support for families in need. Various activities for all ages. Monday evenings (1st Mon of each month) at Fort Community Wina. For more information e-mail info@swietlica.ora.uk

## The Citadel Youth Centre

#### 554 0510

Offers local children & young people aged 6-21yrs opportunities for fun, meeting friends, trying new things with experienced youth workers there for help and support. Includes support for young parents. www.citadelyouthcentre.org.uk

## The Junction

#### 553 0570

Safe, friendly, confidential centre which offers lots of health related services, education and support for young people in Leith and North East Edinburah aged 12-21. www.the-junction.org

## **Turning Point Leith**

#### 554 7516

Free and confidential service for people in NE Edinburgh who have drug or alcohol related problems. www.turningpointscotland.com

# **Underground Project**

Offers support to young parents. www.rocktrust.org/rocktrust/youth-development/ underground

# Victim Support Helpline

#### 0845 603 9213

Support & information for victims, witnesses and others affected by crime. www.victimsupportsco.org.uk

For more information on adult learning, training, employment, volunteering and other city-wide support services in Edinburgh ao to: www.geton-edinburgh.org.uk or call into the local Get On information point at Leith Community Centre, Mondays and Wednesdays from 1pm-5pm 0800 917 4244

For more information about local projects for families, contact www.drbellsleith.org.uk

'With Home-Start's help I got through a terrible time and now my house is full of hope and laughter'

'I felt isolated and alone till Firsthand came in to help. Sometimes just having a friendly face to talk to made all the difference'

Support, Information and Resources



# Parent & Toddler Groups and Playgroups



#### Parent & Toddler Groups

Please phone for availability and times

Abbeyhill Baptist Church 22 Elgin Terrace	557 4110
Christadelphian Church 4 Gayfield Place	556 7958
Clown Around Toddler Group 109 Restalrig Road	553 7676
Duncan Place Resource Centre Duncan Place	554 1509
Holyrood Abbey Church 83 London Road	661 6002
Inverleith Toddlers Inverleith Church, Ferry Road	552 3874
Leith Community Centre Kirkgate	554 4750
Leith St Andrews 410 Easter Road	553 8839
Little Leithers Destiny Church, Casselbank Street	555 2707

North Leith Parish Church Madeira Street	553 7378
Pilmenny Playgroup 44 Buchannan Street	554 0953
Ripple Project 48 Restalrig Road South	554 0422
South Leith Church Toddler 6 Henderson Street	Group 554 2578 07538 325288
<b>St Andy's Teeny Tots</b> St Andrew's Church, Easter Road	553 8839/554 7695
St Paul's & St George's 46 York Place	556 1335
Toddle-In Pilrig Child & Family Centre 102 Pilrig Street	554 3040
Toddlers At The Hub 198 Restalrig Road	554 0422
Trinity Toddlers Holy Cross Primary School, Craigh	<b>07712 576469</b> all Road
Wee Stars St Mary's Star of the Sea Church, 1	554 2482 06 Constitution Street

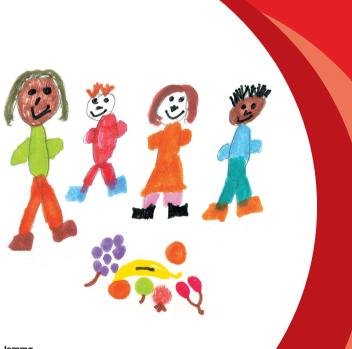
# Playgroups (ages 2<sup>1</sup>/<sub>2</sub> – to pre-school) Please phone for availability and times Acorn Club 552 3874 Inverleith Church 552 3874 www.craigtinnycastleplaygroup.btik.com 661 8188 Craigentinny Community Centre 661 8188

Leith St Andrews Playgroup Foot of Easter Road www.leithstandrews.org/4.html	07792 493359
St Mary's Playgroup	556 1634

63 East London Street

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# **Community Centres, Health and Social Work**



# Food Co-ops

Food co-ops sell fresh fruit, vegetables and other items at affordable prices. Please phone for opening times.

Abbeyhill Abbeycourt, 10/14 Abbey Street EH7 (open Mon 10am-12noon)	<b>652 1589</b> 5XN
Craighall Co-op Craighall Day Centre, 210 Ferry Road (open Tues 10am-2pm)	<b>551 2194/551 6428</b> d EH6 4RB
Lochend Food Co-op The Hub, 198 Lochend Road South (open Fri 10am-12.30pm)	554 3400
Edinburgh Community Food467 7326To get people into healthy food, and healthy foodinto people.For information about healthy eating, cooking classes,food hygiene, food & health courses and food co-ops.www.edinburghcommunityfood.org.uk	

'I have learned so much, something that I always thought was so complicated and scary (cooking) is actually quite simple and enjoyable'

#### Community Centres

Edinburgh's community centres provide educational, social and leisure, formal and informal opportunities in partnership with local people.

#### Duncan Place Resource Centre

554 1509

Large centre which runs adult education classes, community groups (including Parent & Toddler group) and a youth work programme. Has group rooms, drama studio, crèche and computer suite.

4 Duncan Place

www.duncan-place.pwp.blueyonder.co.uk

#### Fort Community Wing

553 1074

Community centre with a variety of activities for all people of all ages. Gym hall, multi purpose rooms and free internet access available. North Fort Street

# Leith Community Centre

554 4750

Large centre with halls, multi-purpose rooms, crèche and cafeteria. Portable computer suite, computer classes and free internet access available as well as youth provision. GET ON information point. New Kirkgate

For more information on Community Centre programmes, go to **www.edinburgh.gov.uk/community** 

# Health Centres and Health Visitors' Phone Numbers

Bellevue Medical Centre	556 2642
Eyre Medical Practice	556 8842
Leith Walk Surgery	554 6471
Leith Mount Surgery	561 1900
Links Medical Centre	554 1036
Restalrig Park Medical Centre	454 2110
Rose Garden Medical Centre	554 1274
Summerside Medical Centre	554 3533

# Social Work

Social work emergency

0800 731 6969

# Acknowledgements

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