

## Services Who Offer Family Support -Family Support Mapping- Sept 2020

Name of agency	Brief Service Description
<p>Additional Support for Learning (ASL) Service - ASD supports (Family Follow Up Meetings, ASD Parent Information Sessions, PEERS programme) CEC</p> <p>Website: <a href="https://www.edinburgh.gov.uk/asl">https://www.edinburgh.gov.uk/asl</a>            Email: <a href="mailto:autisminfo@ea.edin.sch.uk">autisminfo@ea.edin.sch.uk</a>            Phone: 0131 469 2850</p>	<p>Support to parents and carers with children and young people with Autistic Spectrum Disorder (ASD). Including Family Follow Up Meetings- a post diagnosis meeting for parents, providing information on CPM and signposting to relevant supports. ASD Parent Information Sessions- Information for families on a range of these related to ASD and related presentations delivered by multidiscipline professionals. PEERS- parent assisted programme supporting young people with social communication difficulties who have a desire to make and keep friends</p>
<p>Additional Support for Learning Service Early Years Team CEC</p> <p>Website: <a href="https://www.edinburgh.gov.uk/asl">https://www.edinburgh.gov.uk/asl</a>            Email: <a href="mailto:autisminfo@ea.edin.sch.uk">autisminfo@ea.edin.sch.uk</a>            Phone: 0131 469 2850</p>	<p>Offers to supports to both establishments and families for children with additional support needs. Provides advice and support around learning and development, and suitable strategies and approaches such as us of routines and visuals.</p>
<p>Ask Dad More Project- Fast Forward</p> <p>Website: <a href="https://www.fastforward.org.uk/projects/ask-dad/">https://www.fastforward.org.uk/projects/ask-dad/</a>            Email: <a href="mailto:admin@fastforward.org.uk">admin@fastforward.org.uk</a>            Phone: 0131 554 4300</p>	<p>Supports and promotes the role of the father in the healthy development of children and young people. Engages dads in 1:1, group work, peer support and workshops such as parenting, health promotion, risk taking behaviour education, mental health and wellbeing and supports dads to have age appropriate conversations with their children around their wellbeing. Works in partnership with community-based organisations and works to improve its inclusion and level of engagement with dads.</p>
<p>B healthy together - Babies First Foods</p> <p>Website: <a href="https://bhealthytogether.org.uk/fed/">https://bhealthytogether.org.uk/fed/</a>            Email: <a href="mailto:info@bhealthytogether.org.uk">info@bhealthytogether.org.uk</a>            Phone: 0131 467 7678</p>	<p>Six early years nutrition classes for parents covering how to create a healthy diet and including cookery, what to avoid, understanding allergies and preparation.</p>
<p>B healthy together – Buggygym</p> <p>Website: <a href="https://bhealthytogether.org.uk/active/">https://bhealthytogether.org.uk/active/</a>            Email: <a href="mailto:info@bhealthytogether.org.uk">info@bhealthytogether.org.uk</a>            Phone: 0131 467 7678</p>	<p>Post-natal exercise group focusing on retraining maternal core strength whilst encompassing positive health outcome role-modelling to children and providing opportunity for peer support and connections.</p>
<p>B healthy together - Family Fit</p> <p>Website: <a href="https://bhealthytogether.org.uk/active/">https://bhealthytogether.org.uk/active/</a>            Email: <a href="mailto:info@bhealthytogether.org.uk">info@bhealthytogether.org.uk</a>            Phone: 0131 467 7678</p>	<p>30 minute high intensity fitness class which takes place in Fitness 4 Less in Westerhailes. The class is set up that parents can attend with their children/babies. Children are encouraged to take part in the class with their parent is age appropriate</p>

<p>Barnardos- Edinburgh Together</p> <p>Website: <a href="https://www.barnardos.org.uk/what-we-do/services/edinburgh-together-level-3">https://www.barnardos.org.uk/what-we-do/services/edinburgh-together-level-3</a>  Email: 0131 446 7000  Phone: <a href="mailto:EdinburghTogether@barnardos.org.uk">EdinburghTogether@barnardos.org.uk</a></p>	<p>Provides high quality tailored family support to enable families and children to reach their full potential by helping overcome disadvantages they experience either at home, in their community or in their school setting. Includes focussed family work, parent sessions, individual sessions, small groupwork, community support to access clubs etc, support to access other agencies. Also offer groups like nurture, art and crafts and holiday activities. Runs ADHD groupwork programme specifically designed for parents who have children newly diagnosed with ADHD and Cygnet- programme for parents who have children with a diagnosis of autism.</p>
<p>Big Hearts Community Trust</p> <p>Website: <a href="http://www.bighearts.org.uk/">http://www.bighearts.org.uk/</a>  Email: <a href="mailto:communications@bighearts.org.uk">communications@bighearts.org.uk</a>  Phone: 0131 603 4926</p>	<p>Support for kinship care families. Provides family support, 1-1 sessions, an after-school club, and holiday activities. Families offered support around wellbeing, rights and income maximisation.</p>
<p>Bumpstart Project NW Lifelong Learning CEC</p> <p>Website: <a href="https://www.steppingstonesnorthedinburgh.co.uk/our-services/bump-start/">https://www.steppingstonesnorthedinburgh.co.uk/our-services/bump-start/</a>  Email: <a href="mailto:info@steppingstonesnorthedinburgh.co.uk">info@steppingstonesnorthedinburgh.co.uk</a>  Phone: 0131 551 1632</p>	<p>Pregnancy support referred by midwives, working collaboratively with Lifelong Learning and Stepping Stones North Edinburgh. Person led group work including antenatal education, infant feeding advice, baby development from pregnancy.</p>
<p>Canongate Youth</p> <p>Website: <a href="https://canongateyouth.org.uk/">https://canongateyouth.org.uk/</a>  Email: <a href="mailto:admin@canongateyouth.org.uk">admin@canongateyouth.org.uk</a>  Phone: 07899676688</p>	<p>Mainly supporting parents of young people who are referred</p>
<p>CEDAR (Children Experiencing Domestic Abuse Recovery)- Edinburgh Women’s Aid</p> <p>Website: <a href="https://edinwomensaid.co.uk/children-and-young-peoples-support/young-people/">https://edinwomensaid.co.uk/children-and-young-peoples-support/young-people/</a>  Email: <a href="mailto:info@edinwomensaid.co.uk">info@edinwomensaid.co.uk</a>  Phone: Children Groups Annie: 07850515283  Mother Groups Amanda: 07425603936</p>	<p>CEDAR is an early intervention 12week therapeutic group work programme protecting children and young people against the adverse effects of domestic abuse and supports the emotional, behavioural and social difficulties they may experience. The model provides a separate but linked group work program for the mothers of the children which strengthens their relationships and supports them to help their children to come to terms with their experiences.</p>
<p>Children 1st - Armed Forces Families</p> <p>Website: <a href="https://www.children1st.org.uk/">https://www.children1st.org.uk/</a>  Email: <a href="mailto:cfs@children1st.org.uk">cfs@children1st.org.uk</a>  Phone: 0131 446 2300</p>	<p>High-quality whole family support that works with partners and families to improve the safety, health, wellbeing and equity of children and young people.</p>

<p>Children 1st- Edinburgh Together</p> <p>Website: <a href="https://www.children1st.org.uk/">https://www.children1st.org.uk/</a>          Email: <a href="mailto:cfs@children1st.org.uk">cfs@children1st.org.uk</a>          Phone: 0131 446 2300</p>	<p>High-quality whole family support that works with partners and families to improve the safety, health, wellbeing and equity of children and young people in the city.</p>
<p>Children 1st -Father-Child Wellbeing</p> <p>Website: <a href="https://www.children1st.org.uk/">https://www.children1st.org.uk/</a>          Email: <a href="mailto:cfs@children1st.org.uk">cfs@children1st.org.uk</a>          Phone: 0131 446 2300</p>	<p>1:1 practical, social and emotional support focused on strengthening the father-child relationship to ensure that fathers or other male caregivers are contributing to the health and wellbeing of their children aged 0-3.</p>
<p>Children 1st Maximise (Early Years)</p> <p>Website: <a href="https://www.children1st.org.uk/">https://www.children1st.org.uk/</a>          Email: <a href="mailto:cfs@children1st.org.uk">cfs@children1st.org.uk</a>          Phone: 0131 446 2300</p>	<p>Whole family support providing help around Poverty &amp; Inequality, Attainment, Attachment – Family Relationships and Health &amp; Wellbeing</p>
<p>Children 1st Maximise! (Schools with CHAI)</p> <p>Website: <a href="https://www.children1st.org.uk/">https://www.children1st.org.uk/</a>          Email: <a href="mailto:cfs@children1st.org.uk">cfs@children1st.org.uk</a>          Phone: 0131 446 2300</p>	<p>Financial support</p>
<p>Children 1st- With Families</p> <p>Website: <a href="https://www.children1st.org.uk/">https://www.children1st.org.uk/</a>          Email: <a href="mailto:cfs@children1st.org.uk">cfs@children1st.org.uk</a>          Phone: 0131 446 2300</p>	<p>A partnership between the SE Social Work Children and Families Practice Team and Children 1<sup>st</sup> which provides intensive whole family support to the most vulnerable families in the locality with children aged 0-16.</p>
<p>Children and Families Practice Teams and Hospital Team CEC</p> <p>Website: <a href="https://www.edinburgh.gov.uk/children-families">https://www.edinburgh.gov.uk/children-families</a></p> <p>Contact Social Care Direct          Email: <a href="mailto:socialcaredirect@edinburgh.gov.uk">socialcaredirect@edinburgh.gov.uk</a>          Phone: 0131 200 2324</p>	<p>Support at the higher level of concerns and need for care and protection. Investigate child protection concerns and support multiagency plans to address risk. Link families to appropriate supports when they are in crisis and signpost to other services. Work to try to ensure that children can remain in their family or family network, working directly with children and their parents to address issues and to strengthen relationships and parenting. Support looked after children in care placements and help to maintain meaningful relationships with parents and wider family.</p>
<p>Circle – The Harbour Project</p> <p>Website: <a href="https://circle.scot/">https://circle.scot/</a>          Email: <a href="mailto:info@circle.scot">info@circle.scot</a>          Phone: 0131 552 0305</p>	<p>Offers support to children and families affected by parental substance use (alcohol and/or drugs) including parenting, family relationships and practical support. Children can be referred for individual support through a partnership with the Sunflower Garden Project. There is also a dedicated Fathers' Worker.</p>
<p>Circle - Haven Project - Mentoring Project</p> <p>Website: <a href="https://circle.scot/">https://circle.scot/</a>          Email: <a href="mailto:info@circle.scot">info@circle.scot</a>          Phone: 0131 552 0305</p>	<p>Circle's Haven Project support marginalised families, with children aged 0-11 years, living in North Edinburgh, by providing a level and quality of support that improves children's learning and development outcomes.</p>

<p>Circle 'Craigentiny &amp; St Ninian's Primary School Project'</p> <p>Website: <a href="https://circle.scot/">https://circle.scot/</a>          Email: <a href="mailto:info@circle.scot">info@circle.scot</a>          Phone: 0131 552 0305</p>	<p>This PEF Funded project aims 'reduce the attainment gap by promoting the well-being and potential of children at home, at school and in the community' by providing an appropriate level and quality of support for the whole family that improves children's learning and development outcomes. Support it is currently being offered remotely.</p>
<p>Circle- Haven Project - Early Years</p> <p>Website: <a href="https://circle.scot/">https://circle.scot/</a>          Email: <a href="mailto:info@circle.scot">info@circle.scot</a>          Phone: 0131 552 0305</p>	<p>Circle's Haven Project support marginalised families, with children aged 0-11 years, living in North Edinburgh, by providing a level and quality of support that improves children's learning and development outcomes.</p>
<p>Circle- Haven Project - Universal Open Group Work</p> <p>Website: <a href="https://circle.scot/">https://circle.scot/</a>          Email: <a href="mailto:info@circle.scot">info@circle.scot</a>          Phone: 0131 552 0305</p>	<p>Circle's Haven Project support marginalised families, with children aged 0-11 years, living in North Edinburgh, by providing a level and quality of support that improves children's learning and development outcomes.</p>
<p>Circle- Haven Project - Whole Family Support</p> <p>Website: <a href="https://circle.scot/">https://circle.scot/</a>          Email: <a href="mailto:info@circle.scot">info@circle.scot</a>          Phone: 0131 552 0305</p>	<p>Circle's Haven Project support marginalised families, with children aged 0-11 years, living in North Edinburgh, by providing a level and quality of support that improves children's learning and development outcomes.</p>
<p>Citadel Youth Centre Families Project</p> <p>Website: <a href="https://citadelyouthcentre.org.uk/">https://citadelyouthcentre.org.uk/</a>          Email: <a href="mailto:info@citadelyouthcentre.org.uk">info@citadelyouthcentre.org.uk</a>          Phone: 0131 554 0510</p>	<p>Community based service attached to the youth centre, supporting parents/carers through 1:1 and group work. Offering practical, emotional, peer and advocacy support and parenting information. Supports children develop social and emotional skills through 1:1 and group support. Family days and holiday activities offered to the whole family. Referrals accepted from schools, professionals and self referrals.</p>
<p>Citadel Youth Centre Young Mums Project</p> <p>Website: <a href="https://citadelyouthcentre.org.uk/">https://citadelyouthcentre.org.uk/</a>          Email: <a href="mailto:info@citadelyouthcentre.org.uk">info@citadelyouthcentre.org.uk</a>          Phone: 0131 554 0510</p>	<p>Community based service (including creche) open to young mothers (under 24) offering peer, 1-1 and practical support with issues such as housing, domestic abuse, parenting advice and information. Play activities offered to support attachment. Referrals accepted from professionals or self-referral</p>
<p>Clan Childlaw</p> <p>Website: <a href="https://www.clanchildlaw.org/">https://www.clanchildlaw.org/</a>          Email: <a href="mailto:info@clanchildlaw.org">info@clanchildlaw.org</a>          Phone: 08081290522</p>	<p>Free, legal advice and representation to children and young people. Helps children up to the age of 18 with various areas of child law, up to the age of 21 if they have been looked after and potentially up to aged 25 if eligible.</p>
<p>Clan Childlaw- Street Legal</p> <p>Website: <a href="https://www.clanchildlaw.org/">https://www.clanchildlaw.org/</a>          Email: <a href="mailto:info@clanchildlaw.org">info@clanchildlaw.org</a>          Phone: 08081290522</p>	<p>Legal advice and representation for young people (16-25 years) and families with children under 18 who are homeless or at risk of homelessness. Works in partnership with Shelter Scotland Housing Law Service. Provides</p>

	lawyer-led training to professionals who support young people and families.
<p>Clovenstone community centre family groups South West Lifelong Learning CEC</p> <p>Website: <a href="http://clovenstonecc.weebly.com/">http://clovenstonecc.weebly.com/</a> Email: <a href="mailto:cld-clovenstone@ea.edin.sch.uk">cld-clovenstone@ea.edin.sch.uk</a> Phone: 0131 453 4561</p>	Interactive activities for Clovenstone families
<p>Courses and programmes for parents and carers South West Lifelong Learning CEC</p> <p>Website: <a href="https://www.joininedinburgh.org/organisation/256/">https://www.joininedinburgh.org/organisation/256/</a> Email: <a href="mailto:SupportingParentsandCarers@edinburgh.gov.uk">SupportingParentsandCarers@edinburgh.gov.uk</a></p>	Courses and programmes for parents/carers who wish to support their children's emotional health & wellbeing, understand children's behaviour and improve their parenting routines.
<p>Craigmillar Books for Babies</p> <p>Website: <a href="http://www.craigmillarbooksforbabies.org.uk/">http://www.craigmillarbooksforbabies.org.uk/</a> Email: <a href="mailto:info@craigmillarbooksforbabies.org.uk">info@craigmillarbooksforbabies.org.uk</a> Phone: 0131 621 2621</p>	1:1 Family Support, groups and classes, promoting early communication, child development and attachment. Giving families the tools and knowledge to ensure that their young children are given the best start in life. Programmes include Family support at home, book gifting, story and song rhymetime sessions. Information and resources for families with English as an additional language
<p>CrossReach Counselling: Lothians (CC:L)</p> <p>Website: <a href="https://www.crossreach.org.uk/">https://www.crossreach.org.uk/</a> Email: <a href="mailto:info@crossreach.org.uk">info@crossreach.org.uk</a> Phone: 0131 657 2000</p>	Provides counselling and art therapy to children and young people.
<p>CrossReach Perinatal Service</p> <p>Website: <a href="https://www.crossreach.org.uk/">https://www.crossreach.org.uk/</a> Email: <a href="mailto:info@crossreach.org.uk">info@crossreach.org.uk</a> Phone: 0131 657 2000</p>	Provides perinatal peer support group and perinatal breast feeding peer support.
<p>Cyrenians Mediation and Support, part of the Early Intervention Partnership Project with Rock Trust</p> <p>Website: <a href="https://cyrenians.scot/">https://cyrenians.scot/</a> Email: <a href="mailto:Mediationandsupport@cyrenians.scot">Mediationandsupport@cyrenians.scot</a> Phone: 0131 457 2354</p>	Whole family support to manage relationship difficulties. Support for young people who are homeless or at risk of homelessness. The provision of conflict resolution workshops for children and young people.
<p>Cyrenians Scottish Centre for Conflict Resolution (SCCR)</p> <p>Website: <a href="https://scottishconflictresolution.org.uk/">https://scottishconflictresolution.org.uk/</a> Email: <a href="mailto:sscr@cyrenians.scot">sscr@cyrenians.scot</a> Phone: 0131 457 2493</p>	Relationship support and conflict resolution for young people, families and professionals preventing relationship breakdown and homelessness. Provides free digital resources and events, improving the understanding conflict, emotional needs and transforming the

	negative impact of conflict on families across Scotland
<p>Dads Rock - Parenting Workshops and Young Dads project</p> <p>Website: <a href="https://www.dadsrock.org.uk/">https://www.dadsrock.org.uk/</a>  Email: <a href="mailto:Hello@dadsrock.org.uk">Hello@dadsrock.org.uk</a>  Phone: 07807 498 709</p>	<p>Provides Parenting Workshops for dads and male carers e.g. antenatal, feeding, first aid, sleep, Raising Children with Confidence. Offers dad/male carer and child play sessions. Supports young dads with 1-1 support. Helps develop the skills and confidence to enjoy the experience of being a dad.</p>
<p>Discover CEC</p> <p>Email: <a href="mailto:Discover@edinburgh.gov.uk">Discover@edinburgh.gov.uk</a></p>	<p>A programme of activities for families during school holidays targeting holiday hunger, social isolation and learning loss.</p>
<p>Domestic Abuse Services (DAS)- Caledonian Statutory, Safer Families, RESPEKT</p> <p>Email: <a href="mailto:saferfamilies@edinburgh.gov.uk">saferfamilies@edinburgh.gov.uk</a>  Phone: 0131 469 5325/ 0131 469 5368</p>	<p>Trauma enhanced service offering interventions around domestic abuse offering 1:1 support for men/woman and children, group work support for men, with child and adult Protection a key responsibility. Training and consultancy offered to other services in relation to domestic abuse. Service is made up of- The Caledonian System- men convicted of domestic abuse related offences to reduce their reoffending, combines services for children, woman and men. Safer Families (non-statutory) works with men who are concerned about their behaviour. RESPEKT- (statutory and non) Aimed at Polish speaking clients and is delivered by Polish speaking workers.</p>
<p>Dr Bell's Family Centre</p> <p>Website: <a href="https://drbells.co.uk/">https://drbells.co.uk/</a>  Email: <a href="mailto:info@dbfc.org.uk">info@dbfc.org.uk</a>  Phone: 0131 553 0100</p>	<p>Offers a range of 1 to 1 and group support to vulnerable families and their children in the Leith area. Parent and child activities such as Bookbug and Baby Massage, parent sessions such as fitness, cooking, parenting programmes and counselling. Respite creche available. Referrals accepted from professionals or self-referrals.</p>
<p>Early Years Team CEC</p>	<p>Provision of Early Years Education and Childcare. Providing parenting support for parents and carers through parenting programmes such as Peep, Raising Children with Confidence, Triple P. Provide opportunities for Family learning and enhance parental engagement in child's learning.</p>
<p>Edinburgh &amp; Lothians Greenspace Trust</p> <p>Website: <a href="http://www.elgt.org.uk/">http://www.elgt.org.uk/</a>  Email: <a href="mailto:info@elgt.org.uk">info@elgt.org.uk</a>  Phone: 0131 445 4025</p>	<p>Address health inequalities and reduce isolation, we provide a free programme of healthy lifestyles activities.</p>

<p>Edinburgh Children’s Hospital Charity</p> <p>Website: <a href="https://echcharity.org/">https://echcharity.org/</a>  Email: <a href="mailto:hello@echcharity.org">hello@echcharity.org</a>  Phone: 0131 668 4949</p>	<p>Providing youth work, children and family support through a range of activities including group and peer support in hospital who could benefit from support at a time of worry and distress. Provides 1-1 support, play music and art activities, Family drop in centre, sibling group, resource</p>
<p>Edinburgh Women’s Aid- Children and Young People Service</p> <p>Website: <a href="https://edinwomensaid.co.uk/">https://edinwomensaid.co.uk/</a>  Email: 0131 315 8111  Phone: <a href="mailto:info@edinwomensaid.co.uk">info@edinwomensaid.co.uk</a></p>	<p>Providing safe and confidential support for children and young people who have experienced or are at risk of Domestic Abuse. Offers one to one support on an outreach basis and through art therapy, developing a support plan, so that children can work through the emotional, behavioural and social impact of domestic abuse. Advocacy support provided for any of the children through the criminal justice system or family court. Work with families who are accommodated in refuges or resettlement and providing practical support to ensure they are integrated into their new environment or community.</p>
<p>English as an Additional Language (EAL) and Gypsy Roma Traveller (GRT)Support Team – Additional Support for Learning (ASL) Service CEC</p> <p>Website: <a href="https://www.edinburgh.gov.uk/asl">https://www.edinburgh.gov.uk/asl</a>  Phone: 0131 469 2850</p>	<p>We work to support schools and partners working with children and families whose first language is not English and/or are from minority ethnic backgrounds, including Travellers.</p>
<p>Families Outside</p> <p>Website: <a href="https://www.familiesoutside.org.uk/">https://www.familiesoutside.org.uk/</a>  Email: <a href="mailto:support@familiesoutside.org.uk">support@familiesoutside.org.uk</a>  Phone: 0131 557 9800</p>	<p>One to one sessions around the impact of familial imprisonment on children -time limited but may be extended post review</p>
<p>Family and Household Support CEC</p> <p>Website: <a href="https://www.edinburgh.gov.uk/private-housing/family-household-support-service/1">https://www.edinburgh.gov.uk/private-housing/family-household-support-service/1</a>  SW Email: <a href="mailto:southwestFHS@edinburgh.gov.uk">southwestFHS@edinburgh.gov.uk</a>  SW Phone: 0131 469 5150  SE Email: <a href="mailto:southeastFHS@edinburgh.gov.uk">southeastFHS@edinburgh.gov.uk</a>  SE Phone: 0131 529 5123  NW Email: <a href="mailto:northwestFHS@edinburgh.gov.uk">northwestFHS@edinburgh.gov.uk</a>  NW Phone: 0131 529 5014  NE Email: <a href="mailto:northeastFHS@edinburgh.gov.uk">northeastFHS@edinburgh.gov.uk</a>  NE Phone: 0131 529 7168</p>	<p>To ensure that children live in stable households and have their overall needs met, we work with the whole Household ensuring that they are living in appropriate housing, that the adults have support with welfare benefits. We support all members of the household to access appropriate health and wellbeing, education/further education/employment.</p>
<p>Family Group Decision Making, including Lifelong Links and School Matters CEC</p> <p>Website: <a href="https://www.edinburgh.gov.uk/support-families/family-meetings/1">https://www.edinburgh.gov.uk/support-families/family-meetings/1</a>  Phone: 0131 221 2210</p>	<p>The service works with families to empower them to widen their networks, and for this network to have an opportunity with professional services to make plans for support. Where support at home will not be sufficient the network will help to identify kinship carers and any supports they might</p>

<p>Email: cf.familygroupdecisionmaking@edinburgh.gov.uk</p>	<p>need. FGDM provides support for children at risk of accommodation or where there are child protection/welfare concerns. Lifelong Links is a service for children in care to find lifelong connections for them, from either their wider family network or significant people in their lives. We do this in a variety of ways including researching full family trees at Register House. School Matters is a joint service with the Multi-systemic Therapy service to support children who are looked after at home to increase attendance at school by using a strengths based approach of family meetings combined with behavioural therapy techniques.</p>
<p>Family Nurse Partnership</p>	<p>Family Nurse Partnership is an intensive home visiting programme working with first-time young mothers to develop their parenting capacity and support them to make positive choices for themselves and their children</p>
<p>Feniks. Counselling, Personal Development and Support Services Ltd Toddler Group</p> <p>Website: <a href="https://www.feniks.org.uk/">https://www.feniks.org.uk/</a> Email: <a href="mailto:info@feniks.org.uk">info@feniks.org.uk</a> Phone: 0131 629 1881</p>	<p>The group is dedicated to Polish families to prevent social isolation of parents of under 3s and facilitate building social support network.</p>
<p>Firsthand Lothian- Family Support Service</p> <p>Website: <a href="https://www.firsthand-lothian.org.uk/">https://www.firsthand-lothian.org.uk/</a> Email: <a href="mailto:info@firsthand-lothian.org.uk">info@firsthand-lothian.org.uk</a> Phone: 0131 523 1322</p>	<p>Support for disadvantaged and vulnerable families including families with children with additional support needs who are not eligible for statutory services. Support provided by volunteers and Family Support worker. 1 to 1 short term support for children with additional support needs to develop their confidence and social skills through child led play activities and 1 to 1 support for children and young people to access activity opportunities in their local community. Support for parents who have few support networks of their own, help and encourage them to establish routines, play activities with their children and access other agencies.</p>
<p>Firsthand Lothian- Parent and Carer group</p> <p>Website: <a href="https://www.firsthand-lothian.org.uk/">https://www.firsthand-lothian.org.uk/</a> Email: <a href="mailto:info@firsthand-lothian.org.uk">info@firsthand-lothian.org.uk</a> Phone: 0131 523 1322</p>	<p>Social support group that meets monthly for parents and carers with children (mainly with ASN/ ASD) who are currently or were previously supported by Firsthand Lothian. Parents are supported to share knowledge experience, ideas and strategies. Guest speakers, Visits/trips to relevant organisations. peer support, Facebook page, video group calls. Reducing sense of social isolation for single parents and parents not from Scotland.</p>



<p>Firsthand Lothian- Time for Mum Project</p> <p>Website: <a href="https://www.firsthand-lothian.org.uk/">https://www.firsthand-lothian.org.uk/</a>          Email: <a href="mailto:info@firsthand-lothian.org.uk">info@firsthand-lothian.org.uk</a>          Phone: 0131 523 1322</p>	<p>Support for Vulnerable &amp; Isolated Parents. Focus on mums that struggle to access group activities or start something new. Mums are matched with a Volunteer befriender who will explore and attend activities or groups of interest e.g arts &amp; craft, cooking, exercise and support parents to develop networks of their own within the community. Video delivery on portals/zoom allows mums with anxiety/depression to access social interaction and activities without leaving the house. Support improves self- confidence, resilience, and reduces isolation</p>
<p>Fostering and Adoption Services CEC</p> <p>Website: <a href="http://www.edinburghfostering.org.uk/">http://www.edinburghfostering.org.uk/</a>          Email: Fostering <a href="mailto:foster.children@edinburgh.gov.uk">foster.children@edinburgh.gov.uk</a>          Adoption <a href="mailto:adoptchildren@edinburgh.gov.uk">adoptchildren@edinburgh.gov.uk</a>          Phone: 0800 174 833</p>	<p>Support for Foster Carers and approved Adopters to care for the children in their care. Respite, Befriending and day care for the child in their existing family. Support such as Theraplay, Trauma informed parenting, Attachment, Conflict Resolution. Facilitation of information exchange between adoptive parents and birth family</p>
<p>Goodtrees Neighbourhood Centre</p> <p>Website: <a href="https://www.joininedinburgh.org/venue/21/">https://www.joininedinburgh.org/venue/21/</a>          Email: <a href="mailto:goodtreesnc1@outlook.com">goodtreesnc1@outlook.com</a>          Phone: 0131 672 2629</p>	<p>Supporting children, young people and their families</p>
<p>Granton Youth - GoLone</p> <p>Website: <a href="https://www.grantonyouth.com/">https://www.grantonyouth.com/</a>          Email: <a href="mailto:info@grantonyouth.com">info@grantonyouth.com</a>          Phone: 0131 467 5854</p>	<p>Granton Youth, GoLone project supports young lone and provides practical, social and emotional support to parents. Parents and their children can learn and play together in a structured but relaxed environment with fun and practical activities to develop confidence, social and practical skills.</p>
<p>Greengables Nursery School and Family Centre</p> <p>Website: <a href="https://greengablesnur.wordpress.com/our-nursery/">https://greengablesnur.wordpress.com/our-nursery/</a>          Email: <a href="mailto:admin@greengables-nur.edin.sch.uk">admin@greengables-nur.edin.sch.uk</a>          Phone: 0131 669 9083</p>	<p>The Family Centre offers has previously offered a wide range of free programmes with creche places with a focus on supporting all aspects of H&amp;WB, parenting and prevents isolation. Offered range of groups such as Babies and Toddlers, Play, Peep, Baby Massage, Cooking, Art and Crafts, Fitness and ESOL. Currently closed due to Coronavirus and limited staff has only allowed a small amount of remote support to be provided. The Family Centre is about to go under reconstruction to support early Years provision and once this is complete it is thought only a limited number of groups will be able to be offered.</p>
<p>Health and Wellbeing Team Raising Children with Confidence Course CEC</p>	<p>The RCWC course is a 6 week parenting programme of 6 x 2 hour sessions that aims to give parents and carers the knowledge and</p>

<p>Website:  <a href="https://www.joininedinburgh.org/parenting-programmes/raising-children-confidence/">https://www.joininedinburgh.org/parenting-programmes/raising-children-confidence/</a>          Email: <a href="mailto:GrowingConfidence@edinburgh.gov.uk">GrowingConfidence@edinburgh.gov.uk</a></p>	<p>information on how they can best support the development of their child’s mental and emotional health</p>
<p>Health and Wellbeing Team Raising Teens with Confidence Course CEC</p> <p>Website:  <a href="https://www.joininedinburgh.org/parenting-programmes/raising-teens-confidence/">https://www.joininedinburgh.org/parenting-programmes/raising-teens-confidence/</a>          Email: <a href="mailto:GrowingConfidence@edinburgh.gov.uk">GrowingConfidence@edinburgh.gov.uk</a></p>	<p>The RTWC course is a 6 week parenting programme of 6 x 2 hour sessions that aims to give parents and carers increased understanding about how they can best support their teenage children to navigate this time of change and help promote resilience</p>
<p>Health Visiting Service NHS Lothian</p> <p>Website:  <a href="https://services.nhslothian.scot/healthvisitors/Pages/default.aspx">https://services.nhslothian.scot/healthvisitors/Pages/default.aspx</a></p>	<p>Provides advice and support to families on a range of health and wellbeing topics, offering antenatal support, breastfeeding, weaning, child development, childhood immunisations, dental care, safety and minor ailments and parenting support. Universal service offering health promotion through delivery of a Universal Pathway to every family with a pre school child.</p>
<p>Home Link Family Support- Antenatal Support</p> <p>Website:  <a href="https://www.homelinkfamilysupport.org/">https://www.homelinkfamilysupport.org/</a>          Email: <a href="mailto:info@homelinkfamilysupport.org">info@homelinkfamilysupport.org</a>          Phone: 0131 661 0890</p>	<p>We can work with the whole family or just one parent, whatever the family identifies as a need. We will work with you to make a plan to build on strengths and identify areas where support would help to ensure your child gets the best start in life.</p>
<p>Home Link Family Support- Early Years Home Visiting</p> <p>Website:  <a href="https://www.homelinkfamilysupport.org/">https://www.homelinkfamilysupport.org/</a>          Email: <a href="mailto:info@homelinkfamilysupport.org">info@homelinkfamilysupport.org</a>          Phone: 0131 661 0890</p>	<p>We offer support to families who may need a bit more guidance with regards to family routines, early learning, family relationships, play and emotional well-being. We can also help you to access local groups or help access specialist services within your community ie financial issues.</p> <p>Provides stay and play drop in’s across the city targeting areas of social and economic disadvantage- focus on modelling parent and child interaction through play and story time.</p>
<p>Home Start West and South West- Parenting at Home</p> <p>Website: <a href="https://www.home-start.org.uk/home-start-edinburgh-west-and-south-west">https://www.home-start.org.uk/home-start-edinburgh-west-and-south-west</a>          Email: <a href="mailto:help@hsew.org.uk">help@hsew.org.uk</a>          Phone: 0131 564 1540</p>	<p>Provide 1:1 home based parenting sessions to include peep learning together sessions (LTP), peep progression pathway (PPP) and Baby Massage (BM) opportunities. Facilitate transition from home-based support to community activities. Can include opportunities to help families use technology safely to access materials.</p>
<p>Home-Start Edinburgh West and South West - Parenting Groups</p>	<p>Holistic support focused on improving parents’ knowledge, skills and confidence in child</p>

<p>Website: <a href="https://www.home-start.org.uk/home-start-edinburgh-west-and-south-west">https://www.home-start.org.uk/home-start-edinburgh-west-and-south-west</a>          Email: <a href="mailto:help@hsew.org.uk">help@hsew.org.uk</a>          Phone: 0131 564 1540</p>	<p>development, attachment, relationships, early play and language acquisition.</p>
<p>Home-Start Edinburgh West and South West (HSEW) - Home Visiting Support</p> <p>Website: <a href="https://www.home-start.org.uk/home-start-edinburgh-west-and-south-west">https://www.home-start.org.uk/home-start-edinburgh-west-and-south-west</a>          Email: <a href="mailto:help@hsew.org.uk">help@hsew.org.uk</a>          Phone: 0131 564 1540</p>	<p>Family support to build parent/carer capacity and agency based on their current strengths and goals, using GIRFEC outcomes and SHANARRI indicators. e.g. family relationships; managing children's behaviour; active involvement in children's learning; physical activity; improving mental health; financial awareness and management skills; safety awareness; skills and qualifications development</p>
<p>Home-Start Leith and North East Edinburgh</p> <p>Website: <a href="http://homestartleith.org.uk/">http://homestartleith.org.uk/</a>          Email: <a href="mailto:admin@homestartleith.co.uk">admin@homestartleith.co.uk</a>          Phone: 0131 553 7819</p>	<p>A local community organisation of trained volunteer and professional support, helping families with children under 5. Provides practical and emotional support to help build the family's confidence and ability to cope with a range of issues and reduce feelings of isolation. Offers 1-1 and group parent and child activities such as Play@Home, Bookbug and Baby Massage</p>
<p>The Hope Centre          Email: <a href="mailto:hopecentre@destinyedinburgh.com">hopecentre@destinyedinburgh.com</a></p>	<p>Practical support available for families offering a range of clothing, nappies, toiletries, milk, cribs, cots and buggies. Also provides a safe space to talk for those who have gone through miscarriage, stillbirth or child loss, or for those who find themselves unintentionally pregnant and considering abortion, or need support following an abortion.</p>
<p>Impact Arts – Cashback Nights</p> <p>Website: <a href="https://www.impactarts.co.uk/">https://www.impactarts.co.uk/</a>          Email: <a href="mailto:mail@impactarts.co.uk">mail@impactarts.co.uk</a>          Phone: 0131 661 4225</p>	<p>Creative youth group, with the focus on confidence building and communication</p>
<p>Impact Arts – Creative Pathways</p> <p>Website: <a href="https://www.impactarts.co.uk/">https://www.impactarts.co.uk/</a>          Email: <a href="mailto:mail@impactarts.co.uk">mail@impactarts.co.uk</a>          Phone: 0131 661 4225</p>	<p>Stage 2 Employability support, delivered in a creative and engaging way. Participants can earn up to £55 a week with full attendance and participation</p>
<p>Impact Arts – Creative Play</p> <p>Website: <a href="https://www.impactarts.co.uk/">https://www.impactarts.co.uk/</a>          Email: <a href="mailto:mail@impactarts.co.uk">mail@impactarts.co.uk</a>          Phone: 0131 661 4225</p>	<p>After school project aims to build children's confidence, their social skills, communication skills and places an emphasis on imaginative play.</p>
<p>Impact Arts – Make It Your Own</p> <p>Website: <a href="https://www.impactarts.co.uk/">https://www.impactarts.co.uk/</a>          Email: <a href="mailto:mail@impactarts.co.uk">mail@impactarts.co.uk</a>          Phone: 0131 661 4225</p>	<p>A programme for care leavers entering into or already in their first tenancy. Helping them feel confident in their own space</p>

<p>Jack Kane Community Centre: Inspiring Disability</p> <p>Website: <a href="https://www.jackkanecommunity.org/">https://www.jackkanecommunity.org/</a>          Email: <a href="mailto:mc@jackkanecommunity.org">mc@jackkanecommunity.org</a>          Phone: 0131 657 1595</p>	<p>Positive Play sessions and advice and support for whole family whom have a child/young person with additional support needs</p>
<p>Keycomm Resource Centre</p> <p>Website: <a href="http://keycomm.weebly.com/">http://keycomm.weebly.com/</a>          Phone: 0131 311 7130</p>	<p>Supporting communication through technology</p>
<p>Kindred</p> <p>Website: <a href="https://www.kindred-scotland.org/">https://www.kindred-scotland.org/</a>          Email: <a href="mailto:Enquiries@kindred-scotland.org">Enquiries@kindred-scotland.org</a>          Phone: 0800 031 5793</p>	<p>Support for families of children with complex disabilities, life limiting conditions and inpatients at RHSC Edinburgh. We also support children and young people who meet the criteria for Tier IV CAMHS.</p>
<p>Kinship Team CEC</p> <p>Website: <a href="https://www.edinburgh.gov.uk/children-families/kinship-carers/1">https://www.edinburgh.gov.uk/children-families/kinship-carers/1</a>          Email: <a href="mailto:kinshippupport@edinburgh.gov.uk">kinshippupport@edinburgh.gov.uk</a>          Phone: 0131 529 2588</p>	<p>Bespoke Support Plans to meet the needs of the whole kinship family as assessed in partnership with them. This can include, establishing routines, managing child's behaviour, managing relationships with child's parents, support to understand processes and working with professionals as part of the team around the child, help with health, housing, finances, anything the family or specific individual need</p>
<p>LGBT Youth Scotland</p> <p>Website: <a href="https://www.lgbtyouth.org.uk/">https://www.lgbtyouth.org.uk/</a>          Email: <a href="mailto:info@lgbtyouth.org.uk">info@lgbtyouth.org.uk</a>          Phone: 0131 555 3940</p>	<p>We support lesbian, gay, bisexual and transgender young people 13-25.</p>
<p>LinkLiving</p> <p>Website: <a href="https://www.linkliving.org.uk/">https://www.linkliving.org.uk/</a>          Email: <a href="mailto:enquiries@linkliving.org.uk">enquiries@linkliving.org.uk</a>          Phone: 0330 303 0302</p>	<p>Targeting young people to provide a practical approach to learn how to support their own wellbeing.</p>
<p>Lothian Centre for Inclusive Living Self-Directed Support (SDS) Team</p> <p>Website: <a href="https://www.lothiancil.org.uk/">https://www.lothiancil.org.uk/</a>          Email: <a href="mailto:admin@lothiancil.org.uk">admin@lothiancil.org.uk</a>          Phone: 0131 457 2350</p>	<p>Parent Carer Peer support group Workshops for Parent Carers Focus on connecting parent carers, building confidence, sharing information, rights in relation to support for their child, particularly around SDS</p>
<p>Lothian Child Healthy Weight Service and Get Going Programme NHS</p> <p>Website: <a href="https://www.nhslothian.scot/getgoing/">https://www.nhslothian.scot/getgoing/</a>          Email: <a href="mailto:Get.Going@nhslothian.scot.nhs.uk">Get.Going@nhslothian.scot.nhs.uk</a>          Phone: 0131 537 9209</p>	<p>Healthy lifestyle advice inc role modelling, boundary setting, screen time usage, physical activity, nutrition etc</p>
<p>MCFB Junior Groups</p> <p>Website: <a href="https://www.mcfb.org.uk/">https://www.mcfb.org.uk/</a></p>	<p>Therapeutic Group Work Project with family/individual casework element if required. BAME children referred by core agencies and</p>

<p>Email: <a href="mailto:hello@mcfb.org.uk">hello@mcfb.org.uk</a>          Phone: 0131 467 7052</p>	<p>self-referred. Mainly children experiencing social isolation, newly settling families, refugees and migrant families.</p>
<p>MOSAIC MCFB/Junction</p> <p>Website: <a href="https://www.mcfb.org.uk/">https://www.mcfb.org.uk/</a>          Email: <a href="mailto:hello@mcfb.org.uk">hello@mcfb.org.uk</a>          Phone: 0131 467 7052</p>	<p>Mosaic is a Group for BAME young people who identify as experiencing anxiety or stress. A joint initiative between MCFB and The Junction Health and Wellbeing Project. The group offers opportunities for young people to support each other, explore positive ways of combatting stress, bullying, racism, exclusion and develop good self-care strategies. Some advocacy and individual support can be offered. Guest speakers, Art therapy, technology and social media are used. Referrals can be accepted from professionals or self-referral</p>
<p>Multi-Cultural Family Base Safe Haven</p> <p>Website: <a href="https://www.mcfb.org.uk/">https://www.mcfb.org.uk/</a>          Email: <a href="mailto:hello@mcfb.org.uk">hello@mcfb.org.uk</a>          Phone: 0131 467 7052</p>	<p>The Safe Haven Project works with young people who are refugees and those who have been affected by trauma in their home country and in their journey to the UK.</p>
<p>Multi-Cultural Family Base – 4-2-7 Project</p> <p>Website: <a href="https://www.mcfb.org.uk/">https://www.mcfb.org.uk/</a>          Email: <a href="mailto:hello@mcfb.org.uk">hello@mcfb.org.uk</a>          Phone: 0131 467 7052</p>	<p>Individual child and family work (4 to 7 year olds) for BAME families          Therapeutic group work based in schools with children aged 4 to 7 years old,          Weekly Parent support group,          Peer mentoring,          Termly family social events.</p>
<p>Multi-Cultural Family Base Early Years’ Service</p> <p>Website: <a href="https://www.mcfb.org.uk/">https://www.mcfb.org.uk/</a>          Email: <a href="mailto:hello@mcfb.org.uk">hello@mcfb.org.uk</a>          Phone: 0131 467 7052</p>	<p>Skilled, early intervention to support parents from BAME communities who have young children and who are vulnerable due to social isolation, loss, displacement, trauma, language and cultural barriers or ill-health.</p>
<p>Multisystemic Therapy Team (MST) (LAAC) Children &amp; Families CEC</p> <p>Website: <a href="https://www.edinburgh.gov.uk/support-families/multisystemic-therapy-team-mst/1">https://www.edinburgh.gov.uk/support-families/multisystemic-therapy-team-mst/1</a>          Email: <a href="mailto:cf.mst@edinburgh.gov.uk">cf.mst@edinburgh.gov.uk</a></p>	<p>Evidence-based model to help keep young people who are engaged in anti-social and risk-taking behaviour, at home (where it is safe to do so).</p>
<p>Northfield Community Centre/ Lifelong Learning Saturday Drop-in</p> <p>Website: <a href="https://www.joininedinburgh.org/organisation/26/">https://www.joininedinburgh.org/organisation/26/</a>          Email: <a href="mailto:CLD-Northfieldwillowbrae@ea.edin.sch.uk">CLD-Northfieldwillowbrae@ea.edin.sch.uk</a>          Phone: 0131 661 5723</p>	<p>Play activities, peer support and information for families who have a child with a disability and their siblings. Offers a programme of suitable play activities for the whole family and information sessions for parents in response to the interests of the group. Provides guest speakers, Mindfulness, Music Th</p>

<p>One Parent Families Scotland Edinburgh – Family Support Service</p> <p>Website: <a href="https://opfs.org.uk/">https://opfs.org.uk/</a>          Email: <a href="mailto:info@opfs.org.uk">info@opfs.org.uk</a>          Phone: 0131 556 3899</p>	<p>OPFS helps single parents in a range of ways including through family support. We aim to minimise isolation and link families into other project services for parents. Individually, we support single parents with parenting issues, advice and information and sign posting to ensure they receive appropriate help when needed</p>
<p>One Parent Families Scotland Edinburgh – Lone Fathers Project</p> <p>Website: <a href="https://opfs.org.uk/">https://opfs.org.uk/</a>          Email: <a href="mailto:info@opfs.org.uk">info@opfs.org.uk</a>          Phone: 0131 556 3899</p>	<p>The ELFP supports single fathers with the full time care of their young children, 8 years and under. We combine 1:1 support with weekly group activities to ensure isolated families make connections with each other, as well as receiving professional support with issues they are finding challenging.</p>
<p>Parent and Carer Support Evidenced Based Parenting Programmes Lifelong Learning CEC</p> <p>Website: <a href="https://www.joininedinburgh.org/parenting-programmes/">https://www.joininedinburgh.org/parenting-programmes/</a>          Email: <a href="mailto:SupportingParentsandCarers@edinburgh.gov.uk">SupportingParentsandCarers@edinburgh.gov.uk</a></p>	<p>City wide co-ordination of evidenced based parenting programmes to parents and carers of children and young people aged 0- 17 years. The programmes offer parents and carers the opportunity to learn skills and build confidence to use effective strategies to prevent and support children's emotional and behavioural difficulties. Early intervention approach to support parental capacity, strengthen family relationships and improve outcomes for the children and young people.</p>
<p>Parent and Carer Support - Information and Enquiries Lifelong Learning CEC</p> <p>Website: <a href="http://www.edinburgh.gov.uk/pacs">www.edinburgh.gov.uk/pacs</a>          Email: <a href="mailto:SupportingParentsandCarers@edinburgh.gov.uk">SupportingParentsandCarers@edinburgh.gov.uk</a></p>	<p>Collating, providing support information and signposting information on support to parents and carers of children and young people 0 - 17 years. Raising awareness and normalising the need for family support through multi agency partnership working. Providing a range of staff training opportunities to build capacity to enable quality family support relationships, improve partnership working and resources and increase parental engagement.</p>
<p>PEF School Project (Example from NE) however exist across the city</p>	<p>Schools use their allocated Pupil Equity Funding (PEF) to target families requiring support with attainment or low income. Partnerships are established with the voluntary sector or partner providers to offer additional support to children and their families. Support is offered on issues such as Welfare rights, Parenting/family support, Food provision, and literacy and numeracy support.</p>
<p>Penumbra, Edinburgh Self Harm Project</p> <p>Website: <a href="http://www.penumbra.org.uk/">http://www.penumbra.org.uk/</a>          Email: 0131 221 9607          Phone: <a href="mailto:enquiries@penumbra.org.uk">enquiries@penumbra.org.uk</a></p>	<p>This service offers 1:1 support and workshops for people 16 plus who self harm using a person centred approach. We can provide support and advice to parents and carers and professionals who support some one who is using self harm as a coping strategy. We also</p>

	offer Training days and awareness raising for professionals who support some one who self harms.
<p>People Know How- Positive Transitions</p> <p>Website: <a href="https://peopleknowhow.org/">https://peopleknowhow.org/</a>  Email: <a href="mailto:contactus@peopleknowhow.org">contactus@peopleknowhow.org</a>  Phone: 0131 569 0525</p>	Support for children and families where it has been identified that a child will find the transition from primary to secondary especially challenging. This work involves us in working with children and families on a range of issues through befriending, family support delivered by staff and social work students and Art Therapy.
<p>Pilmeny Development Project</p> <p>Website: <a href="http://www.pilmenydevelopmentproject.co.uk/">http://www.pilmenydevelopmentproject.co.uk/</a>  Email: <a href="mailto:pilmenyproject@btconnect.com">pilmenyproject@btconnect.com</a>  Phone: 07375918524</p>	Practical help and support has been provided for 15-20 families during COVID. 1 to 1 support has been provided to parents and carers and children and weekly deliveries of food and ambient goods (e.g. mattress protectors, baby food, nappies etc) have been distributed. Referrals were received from schools and Social work.
<p>Pilton Community Health Project - Living in Harmony</p> <p>Website: <a href="https://pchp.org.uk/">https://pchp.org.uk/</a>  Email: <a href="mailto:admin@pchp.org.uk">admin@pchp.org.uk</a>  Phone: 0131 551 1671</p>	Living in Harmony offers a social group, called The Chat Cafe, which is a cultural sharing group for women and children. It is also safe space for BAME women and children, and an opportunity for 1:1 support and advice.
<p>Pilton Community Health Project - Women Supporting Women</p> <p>Website: <a href="https://pchp.org.uk/">https://pchp.org.uk/</a>  Email: <a href="mailto:admin@pchp.org.uk">admin@pchp.org.uk</a>  Phone: 0131 551 1671</p>	Women Supporting Women offer a range of services, including 1:1 service for women only and a range of group work for women/carers. Our 1:1 service is therapeutic trauma informed support for women.
<p>Pregnancy Counselling &amp; Care (Scotland) - PCC(S) Baby Boutique</p> <p>Website: <a href="https://www.counsellingandcare.co.uk/">https://www.counsellingandcare.co.uk/</a>  Email: <a href="mailto:info@counsellingandcare.co.uk">info@counsellingandcare.co.uk</a>  Phone: 0131 557 2060</p>	We provide both 1-to-1 counselling for any pregnancy or early parenting related concerns as well as material aid for families under 5 who are experiencing financial hardship
<p>Residential Services for Young People – Southhouse Close Support; Moredun YPC, Oxfangs, Drylaw YPC, Northfield YPC, Heathervale, Edinburgh Secure Services CEC</p> <p>Website: <a href="https://www.edinburgh.gov.uk/looked-children-young-people/residential-care-children-young-people/1">https://www.edinburgh.gov.uk/looked-children-young-people/residential-care-children-young-people/1</a></p>	Residential Care base for young people that recognises the strengths of young people. Focus on family support to sustain and develop relationships with young people in our care.
<p>Safe Families</p>	Safe Families provides early intervention for families with children 0-12, working with

<p>Website: <a href="https://safefamilies.uk/">https://safefamilies.uk/</a>          Email: <a href="mailto:scotland@safefamilies.uk">scotland@safefamilies.uk</a>          Phone: 0131 603 8430</p>	<p>children's services to link families with local volunteers who can offer help and support. We offer day or overnight hosting for children and befriending to both parents and children.</p>
<p>Salvesen Mindroom Centre</p> <p>Website: <a href="https://www.mindroom.org/">https://www.mindroom.org/</a>          Email: <a href="mailto:admin@mindroom.org">admin@mindroom.org</a>          Phone: 0131 370 6731</p>	<p>Freely accessible, issue-based support, advice and information for families relating to learning difficulties/ASN, including advocacy &amp; support for children/young people, building capacity to manage issues independently with confidence and use own voice. Including the Transitions Advocacy for secondary pupils with ASN at the point of planning to transition from school to adulthood.</p>
<p>School Nursing Service NHS Lothian</p> <p>Website: <a href="https://services.nhslothian.scot/SchoolNursing/Pages/default.aspx">https://services.nhslothian.scot/SchoolNursing/Pages/default.aspx</a></p>	<p>Advice and support for children/young people Attend CPM/YPPMs, CPCC, Core Group and LAC reviews</p>
<p>Shared Parenting Scotland</p> <p>Website: <a href="https://www.sharedparenting.scot/">https://www.sharedparenting.scot/</a>          Email: <a href="mailto:info@sharedparenting.scot">info@sharedparenting.scot</a>          Phone: 0131 557 2440</p>	<p>Support separated parents, new partners and other family members, to help to share parenting and issues relating to family separation and contact issues.</p>
<p>Sikh Sanjog</p> <p>Website: <a href="http://www.sikhsanjog.com/">http://www.sikhsanjog.com/</a>          Email: <a href="mailto:info@sikhsanjog.com">info@sikhsanjog.com</a>          Phone: 0131 553 4737</p>	<p>Sikh Sanjog provides a range of quality opportunities for women and their families in response to educational, recreational, cultural and social need</p>
<p>6VT Edinburgh City Youth Café -6VT Hospital Youth Team</p> <p>Website: <a href="http://www.6vt.info/">http://www.6vt.info/</a>          Email: <a href="mailto:contact@6vt.info">contact@6vt.info</a>          Phone: 0131 229 1797</p>	<p>Scotland's first and only Emergency Department based Youth Service supporting under 18's presenting at Royal Infirmary and Sick Kids with self injuries, over consumption of substances, harmed by others, presenting with challenging behaviour. Providing emotional and non - clinical support. Support also offered to friends and family presenting at hospital. Can provide follow up support in the community for those in need and not connected to existing supports.</p>
<p>6VT Edinburgh City Youth Café- Cairn Service</p> <p>Website: <a href="http://www.6vt.info/">http://www.6vt.info/</a>          Email: <a href="mailto:contact@6vt.info">contact@6vt.info</a>          Phone: 0131 229 1797</p>	<p>Universal youth work provision that offers confidential supports to young victims and witnesses of crime. Offers emotional support and advice on rights, supports the young person through the justice system from reporting to court. Young people can also access wider support through the Youth Café, holiday clubs and activities</p>
<p>SPACE &amp; Broomhouse Hub – Bookbug</p> <p>Website: <a href="http://www.spacescot.org/">http://www.spacescot.org/</a></p>	<p>Early learning interactive adult and child sessions using song, rhyme and stories to provide a safe space for families to make</p>



<p>Email: <a href="mailto:admin@spacescot.org">admin@spacescot.org</a>  Phone: 0131 455 7731</p>	<p>connections build long lasting relationships helping them in parenting role</p>
<p>SPACE &amp; Broomhouse hub - Sista Space</p> <p>Website: <a href="http://www.spacescot.org/">http://www.spacescot.org/</a>  Email: <a href="mailto:admin@spacescot.org">admin@spacescot.org</a>  Phone: 0131 455 7731</p>	<p>Dedicated support for women to build confidence and explore issue-based concerns</p>
<p>SPACE &amp; Broomhouse Hub - Young Carers</p> <p>Website: <a href="http://www.spacescot.org/">http://www.spacescot.org/</a>  Email: <a href="mailto:admin@spacescot.org">admin@spacescot.org</a>  Phone: 0131 455 7731</p>	<p>South West element of Edinburgh Young Carers' Partnership</p>
<p>SPACE &amp; Broomhouse Hub - Young People's counselling service</p> <p>Website: <a href="http://www.spacescot.org/">http://www.spacescot.org/</a>  Email: <a href="mailto:admin@spacescot.org">admin@spacescot.org</a>  Phone: 0131 455 7731</p>	<p>One to one art therapy (counselling) for children &amp; young people's emotional and mental health with whole family sessions where appropriate</p>
<p>SPACE &amp; Broomhouse Hub - Youth Befriending</p> <p>Website: <a href="http://www.spacescot.org/">http://www.spacescot.org/</a>  Email: <a href="mailto:admin@spacescot.org">admin@spacescot.org</a>  Phone: 0131 455 7731</p>	<p>12 month, 2-3 hour per week support for young person with a trained volunteer befriender</p>
<p>Startcatchers - Expecting Something</p> <p>Website: <a href="https://www.startcatchers.org.uk/engagement/expecting-something/">https://www.startcatchers.org.uk/engagement/expecting-something/</a>  Email: <a href="mailto:Kerry.cleland@startcatchers.org.uk">Kerry.cleland@startcatchers.org.uk</a>  Phone: 0131 290 2560</p>	<p>Addressing parenting and play year-round for young parents under 25 years, (including those expecting a child) and their under two year olds - these creative play sessions are led by professional artists and include free, healthy lunch.</p>
<p>Stepping Stones North Edinburgh - Bump Start</p> <p>Website: <a href="https://www.steppingstonesnorthedinburgh.co.uk/">https://www.steppingstonesnorthedinburgh.co.uk/</a>  Email: <a href="mailto:info@steppingstonesnorthedinburgh.co.uk">info@steppingstonesnorthedinburgh.co.uk</a>  Phone: 0131 551 1632</p>	<p>Stepping Stones works holistically to support families. Bump Start is a support service for pregnant women and their partners, the main focus is to prepare women for pregnancy and parenthood and feel confident to make positive choices for themselves and their families.</p>
<p>Stepping Stones North Edinburgh - Family Wellbeing Service</p> <p>Website: <a href="https://www.steppingstonesnorthedinburgh.co.uk/">https://www.steppingstonesnorthedinburgh.co.uk/</a>  Email: <a href="mailto:info@steppingstonesnorthedinburgh.co.uk">info@steppingstonesnorthedinburgh.co.uk</a>  Phone: 0131 551 1632</p>	<p>Stepping Stones works holistically to support families to make positive choices, supporting their health and wellbeing and enabling families engage with new opportunities. Support is provided to families living in North Edinburgh and is delivered from the antenatal period right through to the early years of primary school.</p>
<p>Strengthening Communities for Race Equality – SCOREscotland</p> <p>Website: <a href="https://www.scorescotland.org.uk/">https://www.scorescotland.org.uk/</a></p>	<p>Equalities support for black and minority ethnic families, children and young people living in South West Edinburgh.</p>

<p>Email: <a href="mailto:info@scorescotland.org.uk">info@scorescotland.org.uk</a> Phone: 0131 442 2341</p>	
<p>Sunflower Garden</p> <p>Website: <a href="https://www.crossreach.org.uk/our-locations/sunflower-garden">https://www.crossreach.org.uk/our-locations/sunflower-garden</a> Email: <a href="mailto:SunflowerGardenProject@crossreach.org.uk">SunflowerGardenProject@crossreach.org.uk</a> Phone: 0131 220 2488</p>	<p>Sunflower Garden works with children and young people who are affected by drug or alcohol use in their families. The service is child focused providing a range of one to one therapeutic support on an outreach basis.</p>
<p>Sure Start Edinburgh Centre Based provision + Family Playtime Outreach</p>	<p>We work with parents/carers with children aged 0-3years living within an EH13 postcode area and who are referred to us through Health Visitor/ Family Nurse Partnership providing respite childcare in a group setting as well as play and parenting support.</p>
<p>Systemic Family Sessions Communities &amp; Families CEC</p> <p>Website: <a href="https://www.edinburgh.gov.uk/support-families/counselling-families/1">https://www.edinburgh.gov.uk/support-families/counselling-families/1</a> Email: <a href="mailto:cf.systemicfamilytherapy@edinburgh.gov.uk">cf.systemicfamilytherapy@edinburgh.gov.uk</a> Phone: 07717 881 535</p>	<p>Therapeutic sessions for a whole family, with specialist support team to help them reach better future outcomes for themselves including enhanced family relationships/communication, focusing on what is important to the family, listening to each other's views and building on existing strengths.</p>
<p>Tailor Ed Foundation Early Years Service</p> <p>Website: <a href="http://tailoredfoundation.co.uk/">http://tailoredfoundation.co.uk/</a> Email: <a href="mailto:contact@tailoredfoundation.co.uk">contact@tailoredfoundation.co.uk</a> Phone: Kate Early Years Service Manager 07980 702 926</p>	<p>Child has a diagnosis of autism</p>
<p>Tailor Ed Foundation Support Services</p> <p>Website: <a href="http://tailoredfoundation.co.uk/">http://tailoredfoundation.co.uk/</a> Email: <a href="mailto:contact@tailoredfoundation.co.uk">contact@tailoredfoundation.co.uk</a> Phone: Roo Project Manager 07518 040 115</p>	<p>Child within the family has a diagnosis of autism</p>
<p>Tailor Ed Foundation Target Specific Service</p> <p>Website: <a href="http://tailoredfoundation.co.uk/">http://tailoredfoundation.co.uk/</a> Email: <a href="mailto:contact@tailoredfoundation.co.uk">contact@tailoredfoundation.co.uk</a> Phone: Roo Project Manager 07518 040 115</p>	<p>Supporting parents to teach their children with autism skills required for daily life including communication skills, practical daily living skills and skills for accessing the community</p>
<p>The Action Group- Advice services</p> <p>Website: <a href="https://actiongroup.org.uk/">https://actiongroup.org.uk/</a> Email: <a href="mailto:info@actiongroup.org.uk">info@actiongroup.org.uk</a> Phone: 0131 457 2315</p>	<p>Holistic advice – including welfare rights advice</p>
<p>The PrePare Team</p> <p>Email: <a href="mailto:cf.prepare@edinburgh.gov.uk">cf.prepare@edinburgh.gov.uk</a> Phone: 0131 453 9208</p>	<p>We are a multi-disciplinary team who work with pregnant women and their partners up until two years postpartum. The team work on an outreach basis supporting parents through their pregnancy and up to 2 years post birth. Working in a holistic way to support parents to</p>

	make significant changes in their lives promoting their own health and welfare.
<p>The Speech Language Communication Company (SLCo)</p> <p>Website: <a href="https://speech-language-communication-company.uk/">https://speech-language-communication-company.uk/</a>  Email: <a href="mailto:admin@s-l-co.uk">admin@s-l-co.uk</a>  Phone: 01382 250060</p>	<p>Family Support Programme for SLCN /ASN families offering support for speech, language and/or communication difficulties. National Helpline to offer 1:1 support to families who are struggling to find specialist/specific help for their children. Individual and tailored family support service for families who have children with specific and unique speech, language and/or communication difficulties. Providing resources and training, peer support networks, understanding of SLC conditions, enhance home learning environments, Lego/Brick club therapy</p>
<p>The Yard- Early Years Sessions</p> <p>Website: <a href="https://www.theyardscotland.org.uk/">https://www.theyardscotland.org.uk/</a>  Email: <a href="mailto:info@theyardscotland.org.uk">info@theyardscotland.org.uk</a>  Phone: 0131 476 4506</p>	<p>Early year’s sessions for disabled children, centred on adventure play, fun and friendship. Early years’ service for 0-5 year olds accompanied by a parent or carer. An opportunity to relax and play surrounded by understanding staff and other parents with shared experiences.</p>
<p>The Yard- Family Drop-in Sessions</p> <p>Website: <a href="https://www.theyardscotland.org.uk/">https://www.theyardscotland.org.uk/</a>  Email: <a href="mailto:info@theyardscotland.org.uk">info@theyardscotland.org.uk</a>  Phone: 0131 476 4506</p>	<p>Offering disabled children and young people (0-25) the opportunity to freely experience opportunities and risk. Whole family support including offering advice/information, complementary therapies and respite via clubs. Uses a group support approach and creates communities of peer support.</p>
<p>The Yard- Schools Sessions</p> <p>Website: <a href="https://www.theyardscotland.org.uk/">https://www.theyardscotland.org.uk/</a>  Email: <a href="mailto:info@theyardscotland.org.uk">info@theyardscotland.org.uk</a>  Phone: 0131 476 4506</p>	<p>Play sessions for special schools as part of the curriculum. Provides physical activity and social and emotional support for pupils with a range of often complex and profound disabilities.</p>
<p>The Yard- Youth Clubs</p> <p>Website: <a href="https://www.theyardscotland.org.uk/">https://www.theyardscotland.org.uk/</a>  Email: <a href="mailto:info@theyardscotland.org.uk">info@theyardscotland.org.uk</a>  Phone: 0131 476 4506</p>	<p>Clubs for ages: 8-12, 10-14, 14-18 and 18-25.</p>
<p>Through care and Aftercare Team  Through care and after care Drop In CEC</p> <p>Website:  <a href="https://www.edinburgh.gov.uk/looked-children-young-people/throughcare-aftercare-specialist-support/1">https://www.edinburgh.gov.uk/looked-children-young-people/throughcare-aftercare-specialist-support/1</a>  Email:  <a href="mailto:CFDuty.ThroughcareandAftercare@edinburgh.gov.uk">CFDuty.ThroughcareandAftercare@edinburgh.gov.uk</a>  Phone: 0131 529 6700</p>	<p>Aimed at more vulnerable Care leavers – 16+ - Weekly service</p>

<p>Through care and Aftercare Team Job Club CEC</p> <p>Website: <a href="https://www.edinburgh.gov.uk/looked-children-young-people/throughcare-aftercare-specialist-support/1">https://www.edinburgh.gov.uk/looked-children-young-people/throughcare-aftercare-specialist-support/1</a></p> <p>Email: <a href="mailto:CFDuty.ThroughcareandAftercare@edinburgh.gov.uk">CFDuty.ThroughcareandAftercare@edinburgh.gov.uk</a></p> <p>Phone: 0131 529 6700</p>	<p>Aftercare young people 18 – 26 – weekly service</p>
<p>Through care and Aftercare Team Study Group CEC</p> <p>Website: <a href="https://www.edinburgh.gov.uk/looked-children-young-people/throughcare-aftercare-specialist-support/1">https://www.edinburgh.gov.uk/looked-children-young-people/throughcare-aftercare-specialist-support/1</a></p> <p>Email: <a href="mailto:CFDuty.ThroughcareandAftercare@edinburgh.gov.uk">CFDuty.ThroughcareandAftercare@edinburgh.gov.uk</a></p> <p>Phone: 0131 529 6700</p>	<p>Care leavers engaging with further education – 16+ - Weekly service</p>
<p>Through care and Aftercare Team Leavers Group CEC</p> <p>Website: <a href="https://www.edinburgh.gov.uk/looked-children-young-people/throughcare-aftercare-specialist-support/1">https://www.edinburgh.gov.uk/looked-children-young-people/throughcare-aftercare-specialist-support/1</a></p> <p>Email: <a href="mailto:CFDuty.ThroughcareandAftercare@edinburgh.gov.uk">CFDuty.ThroughcareandAftercare@edinburgh.gov.uk</a></p> <p>Phone: 0131 529 6700</p>	<p>Care Leaver struggling with / not attending education 15+ Weekly service</p>
<p>Through care and Aftercare Team CEC</p> <p>Website: <a href="https://www.edinburgh.gov.uk/looked-children-young-people/throughcare-aftercare-specialist-support/1">https://www.edinburgh.gov.uk/looked-children-young-people/throughcare-aftercare-specialist-support/1</a></p> <p>Email: <a href="mailto:CFDuty.ThroughcareandAftercare@edinburgh.gov.uk">CFDuty.ThroughcareandAftercare@edinburgh.gov.uk</a></p> <p>Phone: 0131 529 6700</p>	<p>TcAc offer holistic, one stop approach support service to young people who are care leavers based on the Pathway Assessment and Planning Model – Housing, health, education and employment and relationships etc. This is delivered by a multi-disciplinary team via three strands – Allocated case work, Duty service and group work</p>
<p>U-Evolve</p> <p>Website: <a href="https://u-evolve.org/">https://u-evolve.org/</a></p> <p>Email: <a href="mailto:hello@u-evolve.org">hello@u-evolve.org</a></p> <p>Phone: 07983 256 929</p>	<p>We engage with young people aged 11 to 18 who have often experienced trauma or multiple adverse childhood experiences. We offer relational and therapeutic work in a holistic, person centred approach to supporting young people. We will work with the young person's parents and carers.</p>

<p>Venchie Children and Young People's Project                  Website: <a href="http://venchie.org.uk/">http://venchie.org.uk/</a>                  Email: <a href="mailto:info@venchie.org.uk">info@venchie.org.uk</a>                  Phone: 0131 629 9546</p>	<p>Provides afterschool childcare, breakfast club and parent and toddler group</p>
<p>VOCAL - VOCAL Edinburgh Carers' Hub                  Website: <a href="https://www.vocal.org.uk/">https://www.vocal.org.uk/</a>                  Email: <a href="mailto:midlothian@vocal.org.uk">midlothian@vocal.org.uk</a>                  Phone: 0131 663 6869</p>	<p>VOCAL Carer Hub supports carers through individual support, emotional support and counselling, information, and access to services. Group work including peer parents and carers support group and a range of training. VOCAL applies a solution focused and outcome based practice across all carer support services and interventions.</p>
<p>WHALE Arts - Children &amp; Young People's Project                  Website: <a href="http://www.whalearts.co.uk/">http://www.whalearts.co.uk/</a>                  Email: <a href="mailto:info@whalearts.co.uk">info@whalearts.co.uk</a>                  Phone: 0131 458 3267</p>	<p>Arts, play, creative activities and gardening for families with children with disabilities/ASN/not able to join groups due to shielding</p>
<p>WHALE Arts - Mums into business                  Website: <a href="http://www.whalearts.co.uk/">http://www.whalearts.co.uk/</a>                  Email: <a href="mailto:info@whalearts.co.uk">info@whalearts.co.uk</a>                  Phone: 0131 458 3267</p>	<p>Social enterprise support for mothers / female care givers</p>
<p>With Kids                  Website: <a href="http://www.withkids.org.uk/">http://www.withkids.org.uk/</a>                  Email: <a href="mailto:j.marr@withkids.org.uk">j.marr@withkids.org.uk</a>                  Phone: 0131 453 9400</p>	<p>Emotional, parenting and practical support, including increasing social activity, goal setting and achievement for whole family when there is a child with emotional or mental health difficulties. Designed to complement our child therapy work, but also available without therapy referral.</p>
<p>YMCA Edinburgh SCIO - intandem Mentoring                  Website: <a href="https://ymcaedinburgh.com/">https://ymcaedinburgh.com/</a>                  Email: <a href="mailto:admin@ymcaedinburgh.com">admin@ymcaedinburgh.com</a>                  Phone: 0131 553 7877</p>	<p>Open ended 1:1 mentoring support working towards personal goals for young people on a CSO with no terms of residence (Looked After at Home).</p>
<p>YMCA Edinburgh SCIO - Playscheme                  Website: <a href="https://ymcaedinburgh.com/">https://ymcaedinburgh.com/</a>                  Email: <a href="mailto:admin@ymcaedinburgh.com">admin@ymcaedinburgh.com</a>                  Phone: 0131 553 7877</p>	<p>Holiday Play activities and provision of snacks and hot meals to children and family members at-risk of experiencing food insecurity</p>
<p>YMCA Edinburgh SCIO - Plusone Mentoring                  Website: <a href="https://ymcaedinburgh.com/">https://ymcaedinburgh.com/</a>                  Email: <a href="mailto:admin@ymcaedinburgh.com">admin@ymcaedinburgh.com</a>                  Phone: 0131 553 7877</p>	<p>1:1 mentoring for young people identified by combination of referral factors proven to increase likelihood of offending or disengaging with school (1 year support)</p>
<p>YMCA Edinburgh SCIO - Women's Group                  Website: <a href="https://ymcaedinburgh.com/">https://ymcaedinburgh.com/</a>                  Email: <a href="mailto:admin@ymcaedinburgh.com">admin@ymcaedinburgh.com</a>                  Phone: 0131 553 7877</p>	<p>Open access group for Women (predominantly those experiencing Isolation)</p>
<p>Young Mums' Group South West Lifelong Learning CEC</p>	<p>Group for mums aged 16-25 and their children under 5, providing care provider-led creche which allows parents to participate in learning</p>

Email: <a href="mailto:claire.mcgeary@ea.edin.sch.uk">claire.mcgeary@ea.edin.sch.uk</a>	and educational activities (some accredited) around parenting, health & well-being and issue-based topics whilst children benefit from socialising with others
Young People's Service (YPS) CEC Email: <a href="mailto:yps@edinburgh.gov.uk">yps@edinburgh.gov.uk</a>	YPS works with children, young people and families where children and young people are involved in offending and/or engaging in serious harmful behaviour. Engagement can be voluntary or via a statutory order such as a compulsory supervision order or community payback order.