

# Programmes, Activities and Groups for Parents and Carers

in

## North East Edinburgh

(Leith, Portobello, Northfield, Craigmillar  
and surrounding areas)

### January – June 2016



getting  
it right  
*for every child*

team around  
the  
cluster

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YOUR COUNCIL - YOUR FUTURE

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## Early learning and childcare for eligible two year olds

The City of Edinburgh has a number of establishments now offering funded Early Learning and Childcare to eligible children who are 2 years of age. To find out if your two year old qualifies for a place, and to apply please go to:

[www.edinburgh.gov.uk/eligible2s](http://www.edinburgh.gov.uk/eligible2s)

The following establishments in North East offer this service

Craigentinny Early Years Centre	661 8593
Craigmillar Early Years Centre	661 3126
Fort Early Years Centre	554 4077
Gilmerton Early Years Centre	664 1202
Greendykes Early Years Centre	661 3109
Leith Walk Primary Nursery	556 3873

## Parenting Programmes



### Parents Early Education Partnership- peep

Sessions use stories, nursery rhymes, activity games and songs to create a fun learning environment for **parents/carers and their children 0-5yrs**. Groups are facilitated by trained staff and are available in a range of settings throughout Edinburgh.

### Baby peep parents/carers and babies 0-1yr

Christadelphian Church, 4 Gayfield Place, EH7 4AB,  
Wednesdays, 10-11am

For more information or to check if spaces are available contact Jan McHaffie on 07989 361033

## Baby peep parents/carers and babies 0-1yr cont.

Fort Early Years Centre, Wednesdays 9.30-10.45am, term time, limited spaces, booking essential

For more information or to book a space contact Fort Early Years Centre on 0131 554 4077

Stanwell Nursery, 24<sup>th</sup> Feb- 16<sup>th</sup> March 2016, Wednesdays 10-11am, places only available for parent and carers who have children attending Stanwell Nursery.

For more information contact Stanwell Nursery on 0131 554 1309

Portobello Library (Birth to crawling), Mondays 12.30pm -1.30pm

For more information or to check if spaces are available contact Portobello Health Visiting Team on 0131 657 8924

Milton Surgery (Birth to crawling), Thursdays 11am-12pm

For more information or to check if spaces are available contact Portobello Health Visiting Team on 0131 657 8924

East Neighbourhood Centre/ Craigmillar Library, Tuesdays 1.00pm -2.00pm

For more information or to check if spaces are available contact Morag Demarco on 0131 661 1401 or email

[morag.demarco@moffateyc.edin.sch.uk](mailto:morag.demarco@moffateyc.edin.sch.uk)

Greendykes Early Years Centre, Thursdays 10.30-11.30am

For more information or to check if spaces are available contact Jacqui Evans at Greendykes Early Years Centre on 0131 661 3109

## peep Ones parents/carers and babies 1-2yrs

Christadelphian Church, 4 Gayfield Place, EH7 4AB,  
Wednesdays, 11am-12pm. PEEP group for toddlers.

For more information or to check if spaces are available contact  
Jan McHaffie on 07989 361033

Sandy's Community Centre run by Greendykes Early Years  
Centre, Start date, day and time to be confirmed

For more information contact Jacqui Evans at Greendykes Early  
Years Centre on 0131 661 3109

## peep group for Parents and children on the Autistic spectrum

This group is specifically for parents whose children are  
undergoing or have a diagnosis of Autism. It aims to provide  
group support by incorporating play with a visual environment.

Moffat Early years Centre, Wednesday 9.30am -11.30am  
Thursday 1.00pm -2.30pm

For more information or to check if spaces are available contact  
0131 469 2850

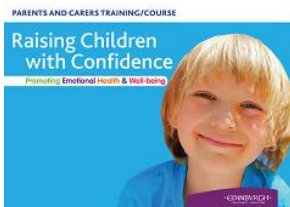
Granton Early Years Centre, 10 Wardieburn Road, EH5 1LY,  
Tuesdays, 12.15-1.30pm, term time

For more information or to check if spaces are available contact  
Sarah Walker at Granton Early Years Centre on 0131 552 4808  
or Spectrum on 0131 469 2850

## Transition peep for pre-school children

Stanwell Nursery, 4<sup>th</sup> May- 8<sup>th</sup> June, Wednesdays 10-11am,  
places only available for parent and carers who have children on  
the waiting list to attend Stanwell Nursery.

For more information contact Stanwell Nursery on 0131 554 1309



## Raising Children with Confidence

This is a 7 week course which aims to give all parents/carers the chance to explore emotional health and wellbeing and consider how they can best promote it in themselves and their children. Drawing on the latest research it helps explain why parents' actions make a difference to their children's emotional wellbeing and future positive mental health. This programme is suitable for **parents/carers of children aged 0-11yrs.**

[www.growingconfidence.org](http://www.growingconfidence.org) Courses are held all year round throughout the city in primary schools and community venues. To find out about the next course in North East Edinburgh visit [www.joininedinburgh.org](http://www.joininedinburgh.org) or contact [admin@growingconfidence.org](mailto:admin@growingconfidence.org)



## Raising Teens with Confidence

This 6 week course is for parents and carers of teens. It aims to help adults understand how they can best support their teenage children to navigate increasing independence; develop confidence, security and resilience; and promote and benefit from emotional wellbeing.

The latest research around what helps support emotional wellbeing throughout life is used. This includes adolescent brain development, risk taking behaviour, importance of communication and the effects of stress.

## Raising Teens with Confidence cont

This provides an opportunity to explore with other parents how the teenage years can be a time for the whole family to *'thrive rather than just survive'* (Siegel 2014)!

Courses run in some Edinburgh Secondary schools. For more information visit [www.growingconfidence.org](http://www.growingconfidence.org) or to find out about the next course in North East Edinburgh visit

[www.joininedinburgh.org](http://www.joininedinburgh.org) or contact

[admin@growingconfidence.org](mailto:admin@growingconfidence.org)



The Psychology of Parenting Project (Popp) provides two positive parenting programmes for **parents/carers of 3-6 year olds**. The courses offer help to adults to strengthen their relationship with their child and encourage positive behaviour. The courses look at effective techniques for dealing with common childhood behaviour problems. Strategies to manage behaviours such as aggressiveness, tantrums, shouting, answering back and refusing to follow rules are also explored. Specially trained group leaders work with parents/carers on goals for themselves and their family. There is also 1:1 phone support.

There are crèche places and help with transport costs can be arranged. Apply online at

[www.edinburgh.gov.uk/parenting/parenting3to4](http://www.edinburgh.gov.uk/parenting/parenting3to4) , contact the Parent and Carer Support Team on

[supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or phone 07795 127954, between 10am and 3pm, Monday to Friday.

**Popp -The Incredible Years (for parents/carers of 3-6 year olds)**

This 14 week Incredible Years programme is available in venues across the city and in North East Edinburgh at the following venues

**Greengables Nursery School**

8 Niddrie House Gardens Edinburgh EH16 4UF  
Starts **Friday 15/01/2016 9.30 – 11.30 am**

**Brunstane Primary School**

106 Magdalene Drive, Edinburgh EH15 3BO  
Starts **Thursday 25/02/2016 9.30-11.30 am**

**Leith Walk Primary School**

9 Brunswick Road Edinburgh EH7 5NG  
Starts **Thursday 14/01/2016 9.30-11.30 am**

**Royston Wardieburn Community Centre**

11 Pilton Drive North, Edinburgh EH5 1NF  
Starts **Thursday 25/02/2016 12.30-2.30pm**

**Circle Haven Project - Craigroyston Primary School**

Muirhouse Place West, Edinburgh EH4 4PX  
Starts **Thursday 25/02/2016 9.30-11.30am**

Apply online at [www.edinburgh.gov.uk/parenting/parenting3to4](http://www.edinburgh.gov.uk/parenting/parenting3to4) , contact [helena.reid@ea.edin.sch.uk](mailto:helena.reid@ea.edin.sch.uk) or phone 07795 127954, between 10am and 3pm, Monday to Friday.





## Popp- Triple P (for parents/carers of 3-6 year olds)

This 9 week Triple P programme is available in venues across the city and in North East Edinburgh at the following venues

### **Goodtrees Neighbourhood Centre**

5 Moredunvale Place, Edinburgh EH17 7LB

Starts **Tuesday 12/01/2016 9.30-11.30 am**

### **Dr Bells Family Centre**

15 Junction Place, Edinburgh EH6 5JA

Starts **Tuesday 23/02/2016 9.15-11.15 am**

### **Rannoch Community Centre**

6 Rannoch Terrace, Edinburgh EH4 7ES

Starts **Monday 22/02/2016 9.30-11.30 am**

Apply online at [www.edinburgh.gov.uk/parenting/parenting3to4](http://www.edinburgh.gov.uk/parenting/parenting3to4) , contact [helena.reid@ea.edin.sch.uk](mailto:helena.reid@ea.edin.sch.uk) or phone 07795 127954, between 10am and 3pm, Monday to Friday.



## Teen Triple P (Positive Parenting Programme)

This is a practical parenting programme which can help parents/carers cope positively with some of the common issues associated with raising a teenager. The group and individual sessions give parents an opportunity to explore ways they can build a stronger relationship with their teenager, resolve conflict, manage problem behaviours and help their teen stay safe. Programmes run throughout Edinburgh for **parents, step parents and carers of teenagers 11-16yrs**, find details of local groups on [www.joininedinburgh.org](http://www.joininedinburgh.org). For more information or to request a place go to [www.edinburgh.gov.uk/teentriplep](http://www.edinburgh.gov.uk/teentriplep), email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or contact Jillian Hart on 07860 736129.

### **NORTH**

Broughton High School, starting Tuesday 26<sup>th</sup> April, 6.30-8.30pm  
For more information or to request a place go to [www.edinburgh.gov.uk/teentriplep](http://www.edinburgh.gov.uk/teentriplep), email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or contact Jillian Hart on 07860 736129.

### **SOUTH EAST**

Southside Community Centre, starting Thursday 21st April, 1-3pm  
For more information or to request a place go to [www.edinburgh.gov.uk/teentriplep](http://www.edinburgh.gov.uk/teentriplep), email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or contact Jillian Hart on 07860 736129.

## Teen Triple P (Positive Parenting Programme) cont.

### **KINSHIP CARERS**

A Teen Triple P group for Kinship Carers- grandparents, siblings and family carers of 11-16years olds

Hearts' Tynecastle Stadium, starting Thursday 21<sup>st</sup> April 2016, 12.30-2.30pm.

For more information or to request a place go to [www.edinburgh.gov.uk/teentriplep](http://www.edinburgh.gov.uk/teentriplep), email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or contact Jillian Hart on 07860 736129.

### **AUTISM**

A Teen Triple P group for parents/carers who have a child aged 11-16 years who has an Autism Spectrum Disorder or Social/ Communication difficulties and is enrolled in mainstream school.

Tynecastle High School Community Wing, starting Tuesday 26<sup>th</sup> April 2016, 9.30-11.30am

For more information or to request a place go to [www.edinburgh.gov.uk/teentriplep](http://www.edinburgh.gov.uk/teentriplep), email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk) or contact Jillian Hart on 07860 736129.

## Courses for Parents

### The Little Leithers Project

The Little Leithers project is for families with children under 5, who live in EH6 and EH7 postcode areas. It offers £40 of vouchers each month which can be exchanged for fresh fruit and vegetables, fresh fish and fresh meat (Halal if requested). As part of the course, you will attend group sessions on a monthly basis where you can try new recipes, meet new people and learn more about a healthy lifestyle for you and your child(ren). In order to take part, you must have a child under 5 years of age, live within the postcode areas of EH6 or EH7 and be in receipt of Healthy Start Vouchers. Participants are entitled to stay on the course for 12 months. For more information contact Gail Hutchison – Food and Health Development Worker on 0131 467 7326, or e-mail [ghutchison@edinburghcommunityfood.org.uk](mailto:ghutchison@edinburghcommunityfood.org.uk)

### Stress Control

Don't feel you just have to go on struggling with stress yourself! Learn proven techniques to manage stress and improve sleep. This series of 6 free classes is for people who recognise the signs of stress such as worry, tiredness, poor sleep, feeling worthless, panic attacks, feeling on edge, being tearful, feeling irritable, in themselves or someone close to them. All classes are delivered by NHS staff and are open to adults of all ages. The classes are delivered in a lecture format so participants will not be asked to speak in front of a group.

Edinburgh University, Lecture hall B, David Hume Tower, George Square, Edinburgh. EH8 9JX, Friday 26th February - Friday 8th April 2016 (No class 25th March - Good Friday) 2.30 - 4.00 pm  
For more information or to book your place contact: Health in Mind on 0131 225 8508 between 10am-4pm or email [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

## Courses for Parents cont.

### Play-Base

#### Online Courses in Child Development

**If you prefer to study online or are unable to come to a classroom course, these courses are for you!**

**Playbase 1** is an introductory course which looks at how important play is in helping young children develop. Open to anyone with an interest in the development of the early years child. Cost £60/£10. You can register for an online course at [www.playbase.org.uk](http://www.playbase.org.uk) Contact Sam Gardner on 0131 554 8873 or email [sam@playbase.org.uk](mailto:sam@playbase.org.uk) for more information.

### Family ESOL for Parents

Discussion, practical ideas and activities to support bilingual parents to support their children's early learning. For parents of children in the early years who speak English as an additional language who live in the Leith area. Priority will be given to parents whose English is elementary or pre-intermediate level, and who are not currently attending ESOL classes. Not suitable for complete beginners. Not necessary to be able to write English as the sessions are discussion-based.

For more information contact CLD Family Learning workers -in Leith contact Karen Buist on 0131 661 9404/ email [karen.buist@ea.edin.sch.uk](mailto:karen.buist@ea.edin.sch.uk) or in East contact Barbara Middleton on 0131 661 6834 or email [Barbara.Middleton@ea.edin.sch.uk](mailto:Barbara.Middleton@ea.edin.sch.uk)

### ESOL classes

Moffat Early Years Campus, Tuesday - 9.15-11.15 (Pre Intermediate Level)

For more information or to check if a space available please contact Karen MacLean on 0131 661 6834.

## ESOL classes

Craigmillar Library, Mondays – 6-8pm (Intermediate 2 Level)

For more information or to check if a space available please contact Karen MacLean on 0131 661 6834.

## Literacy Classes

### Fort Reading and Writing Skills

For parents and carers of children at nursery or primary school in the Leith area. Helps parents brush up their reading and writing skills and become more confident in helping their children with their reading and homework.

Fort Community Centre, Wednesdays at 12.30pm, starts 20<sup>th</sup> January, limited spaces

For more information or to check if a space available please contact Fiona MacArthur on 0131 553 1074 or email [fiona.macarthur@ea.edin.sch.uk](mailto:fiona.macarthur@ea.edin.sch.uk)

### Leith Library Learning Group

For adults who would like to brush up their reading, writing and spelling and make use of the library.

Leith Library, Thursdays 1-3pm, limited spaces

For more information or to check if a space available please contact Fiona MacArthur on 0131 553 1074 or email [fiona.macarthur@ea.edin.sch.uk](mailto:fiona.macarthur@ea.edin.sch.uk)

### Literacy Drop in

For adults who would like to brush up their reading, writing and spelling.

Bingham Community Centre, Mondays 2pm

For more information or to check if a space available please contact Karen MacLean on 0131 661 6834

## Courses for Parents cont.

### Healthy Eating Course

Moffat Early Years Campus, Monday 12.30-2.30, starts 11<sup>th</sup> Jan (crèche available) limited spaces

For more information or to check if a space available please contact 0131 652 6234

## Parent and Child Activities

### Bookbug, Rhymetime and Storytime Sessions

Free song, story and rhyme sessions for children **0-4yrs** with their parents/carers. There are regular Bookbug sessions in most city libraries and some community venues. Some libraries also run Polish and Gaelic sessions.

#### Leith Library Bookbug

1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month, 10.30-11.15am, 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month, 10.30-11.15am throughout the year. For information on Gaelic 'Seinn' sessions contact 0131 529 5517

#### McDonald Road Library Bookbug

Fridays, 10.30-11am throughout the year.

Polish Bookbug, Mondays 10.30-11am throughout the year

Czech Bookbug, every fourth Saturday 10.30-11am, call 0131 529 5636 for dates.

#### Stockbridge Library Bookbug

1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, 10.30-11.15am, all year

#### Portobello Library Bookbug

Wednesday 10.15am-10.45am and 11.15am – 11.45am

Saturday at 11.30am – 12pm

## Bookbug, Rhymetime and Storytime Sessions cont.

### Portobello Library

Spanish Language Rhymetime

Last Tuesday of the month 10.30am-11.15am

### Piershill Library

Wednesday 2.00pm -2.30pm

Polish Rhymetime every 2<sup>nd</sup> Saturday 11-11.30am

*Polskie rymowanki spotkania odbywają się co drugą sobotę,  
11:00-11.30*

### Craigmillar Library Baby and Toddler Rhymetime

Run by Craigmillar books for Babies

Tuesday 11am -12pm

### Craigmillar Library Polish Rhymetime

Run by Craigmillar books for Babies

Last Wednesday of the month 10.00am -11.00am

*Polskie rymowanki*

*Craigmillar Library ostatnia środa miesiąca 10:00 – 11:00*

### Storytime

Fun stories for children from 3-6 years

Storytime at Portobello Library, Tuesdays at 4pm

Storytime with Jim and the Magic Story Time rug is every Friday at 10.30am Piershill Library

Saturday Storytimes (0-4yrs older siblings welcome)

Run by Craigmillar books for Babies at Craigmillar Library

The last Saturday of every month at 11am, juice and snack provided.



## Parent and Child Activities cont.

### Drop in Hub Day

Activities for parents/carers and their children to take part in and staff and other people to meet. Light snack at 11am.

Greengables Family Centre, Wednesdays 9.30am-12.30pm

For more information contact Greengables Family Centre on 0131 669 9083

### British Sign Language group for deaf children

Moffat Early Years Campus Wednesday - 1.30-2.30, facilitated by Spectrum.

For more information or to check if a space available please contact Robyn James on 0131 469 2850.

### Play @ Home

This NHS programme provides all families in Scotland with three books covering three stages from **birth to 5yrs**: baby, toddler, pre-school. The books are distributed free by health visitors and pre-school nurseries. The books offer ideas for simple and adaptable activities, using recycled or home-made materials. Some trained staff offer groups across the city where activities are shared and then can be tried at home. For more information email [supportingparentsandcarers@edinburgh.gov.uk](mailto:supportingparentsandcarers@edinburgh.gov.uk)

Moffat Early Years Campus, Fridays 10am -11.30am

For more information or to check if space available please contact Fiona Fortune on 0131 661 1401 or email

[Fiona.fortune@moffateyc.edin.sch.uk](mailto:Fiona.fortune@moffateyc.edin.sch.uk)

## Family Learning

Activities for **parents/carers and their children from pre-school to Primary 2**. Focus is on supporting parents/carers' engagement with the child's literacy and numeracy learning and encourages positive relationships with school. Family Learning activities are provided in some schools within North East Edinburgh.

For more information contact CLD Family Learning Workers Karen Buist on 0131 661 9404/ email [karen.buist@ea.edin.sch.uk](mailto:karen.buist@ea.edin.sch.uk) or Barbara Middleton on 661 6834.

## CLD Family Learning John Muir Award

The John Muir Award is set up for groups, individuals and families to get involved in the outdoors across the UK. Craigmillar Country Park is the perfect location to take in the John Muir Award. Help your children make connections with its wonderful wild places, put something back to help conserve this amazing area and achieve a prestigious award as a parent/carer at the same time to celebrate your experiences. It's lots of fun and it's really simple to take part!

Sandy's Community Centre, Greendykes Road and Craigmillar Country Park, Thursdays 9.15 -11.30am til 25<sup>th</sup> February 2016

For more information or to check if a space available please contact Barbara Middleton, CLD Family Learning on 0131 661 6834 or email [Barbara.Middleton@ea.edin.sch.uk](mailto:Barbara.Middleton@ea.edin.sch.uk) after 1<sup>st</sup> October.

## Bridge Kidz Messy Church

Crafts, Songs, Bible stories an more! Cost: £2.50 Per Family  
LifeCare Centre, 2 Cheyne Street, Edinburgh EH4 1JB  
Dates: 6 Feb, 5 March, 2 April, 14 May, 4 June 2016  
For more information Tel: 0131 261 6484

## Baby Massage

Classes usually run in 4-5 week blocks. The sessions are suitable for **parents/carers and babies from birth until they are crawling**. Baby Massage can strengthen the bond between parent and child. Massage may help relieve the pain and discomfort babies feel during teething, colic and digestive problems and releases tension in their muscles to improve sleep patterns. Notes and massage oil are usually provided. Classes must be **booked in advance**.

Dr Bells Family Centre, 15 Junction Place, Leith, EH6 5JA,  
Fridays 10-10.45am, please bring a towel.

For more info contact Dr Bells Family Centre on 0131 553 0100.

Portobello Surgery, Tuesday 3.15pm -4.15pm

For more information contact the Health Visiting Team on 0131 657 8924

Milton Surgery, Thursday 2.00pm -2.45pm

For more information contact the Health Visiting Team on 0131 549 7370

Greendykes Early Years Centre, Fridays 10.30-11.30am

For more information or to check if spaces are available contact Jacqui Evans at Greendykes Early Years Centre on 0131 661 3109

## Baby and Me

An informal time to chat, make friends, as well as talking about the book we've read. For parents and babies under 12months.

Craigmillar Library, Fortnightly on Wednesdays 11am-12pm, start restarts 2<sup>nd</sup> March 2016.

For more information pop into or phone Craigmillar Library on 0131 529 5597

## Baby Yoga

Classes usually run in 4-5 week blocks. The sessions are suitable for **parents/carers and babies from birth until they are crawling.**

Dr Bells Family Centre, 15 Junction Place, Leith, EH6 5JA,  
Fridays 10-10.45am, please bring a towel.

For more info contact Dr Bells Family Centre on 0131 553 0100

## Parent and Toddler Yoga

Classes usually run in 4-5 week blocks. The sessions are suitable for **parents/carers and children up to 4 years.**

Dr Bells Family Centre, 15 Junction Place, Leith, EH6 5JA,  
Fridays 10-10.45am, please bring a towel.

For more info contact Dr Bells Family Centre on 0131 553 0100

## Chinese Flower Group

This weekly group is for Chinese parents and their children to play together. Suitable for parents with at least one child aged between 0-3years. An opportunity to join other families for play, circle time and group support. **By referral only.** Referrals accepted throughout the term.

Leith Community Centre, 12a Newkirkgate, Leith. Run by Multi-Cultural Family Base, Thursdays 1-2.30pm, September 2015 to June 2016.

For more information contact Multi-Cultural Family Base on 0131 467 7052

## Parent and Child Activities cont.

### Multi-Cultural Family Base Friday Group

This multi-cultural weekly group is for parents and their children to play together. Suitable for parents with at least one child aged between 0-3years. An opportunity to join other families for play, circle time and group support. **By referral only.** Referrals accepted throughout the term.

Leith Community Centre, 12a Newkirkgate, Leith. Run by Multi-Cultural Family Base, Fridays 10-11.30am, September 2015 to June 2016.

For more information contact Multi-Cultural Family Base on 0131 467 7052

### The Drop In

A fun packed drop in activity session for children with a disability aged 0-18yrs their parents and siblings. Parents are offered the opportunity to meet other parents while their children take part in activities run by experienced youth and children's workers. Cost 50p

Jack Kane Centre, Saturday, 10-12pm

For more information contact the Jack Kane Centre on 657 1595  
Royston Wardieburn Community Centre, Saturdays, term time, 10am -12pm

For more information contact Royston Wardieburn Community Centre on 0131 552 5700

Big Hearts Kinship Care After School Club **for the whole family** to attend and will feature a host of activities for both kids and carers. We shall also be providing a family meal.

Gorgie Suite at Tynecastle Stadium, Tuesday 4:30-6:30pm

Contact [kinship@bighearts.org.uk](mailto:kinship@bighearts.org.uk)

## Crafts Sessions

Drop in craft sessions for children aged 4-11years and their parents.

McDonald Road Library, 2 McDonald Road, Leith, Fridays 3-4pm  
For more information contact McDonald Road Library on 0131 529 5636

Leith Library, Fridays 2.30-3.30pm  
For more information contact Leith Library on 0131 529 5517

Crafty club, Stockbridge Library, Fridays 2.30-3.30pm  
For more information contact Stockbridge Library on 0131 529 5665

Piershill Library, Last Friday of every month 3-4pm, 5-12yrs  
For more information contact Piershill Library on 0131 529 5685

Portobello Library, every Friday at 2pm, 6-12 years  
For more information contact Portobello Library on 0131 529 5558

## Family Bingo

Bingham Community Centre, Thursdays 7-8.30pm  
For more information contact Karen MacLean on 0131 661 6834

## Buggy Walks

Route 10 Rollers, Tuesdays 9.30am, 198 Restalrig Road South, Eh7 6DZ

For more information email: [elspethalexandra@hotmail.com](mailto:elspethalexandra@hotmail.com)

## Parent Groups

### Citadel Youth Centre Young Mum's Club

An opportunity for expectant mums and young mums to come together in a social setting to take part in informative, fun and creative activities for both mums and children. Suitable for young mums or mums to be aged **21 years and under**. Free Crèche and lunch provided.

Citadel Youth Centre, 175 Commercial Street, EH6 6JE,  
Mondays 10am-12pm, term time.

For more information please contact Karen on 0131 554 0510 or email [karen@citadelyouthcentre.org.uk](mailto:karen@citadelyouthcentre.org.uk)

### Pregnancy Cafe

A safe, welcoming environment for expecting parents, a programme of activities run including relaxation, healthy cooking and arts and crafts. Health professionals attend to discuss various topics relating to pregnancy.

Fort Community Centre, 25 North Fort Street, Leith, EH6 4HF,  
Thursdays, 12.30-2.30pm.

For more information or to make a referral contact Jacqui Bain on 0131 552 5700 or 07772876421 or email [jacqui.1.Bain@ea.edin.sch.uk](mailto:jacqui.1.Bain@ea.edin.sch.uk)

### Bump to Buggy Women's Group

A follow on group for parents who have attended the Pregnancy cafe or require support. Referral required. Please speak to your key worker or health visitor for more information.

Fort Community Centre, 25 North Fort Street, Leith, EH6 4HF,  
Wednesdays 12.30-2.30pm.

For more information or to make a referral contact Jacqui Bain on 0131 552 5700 or 07772876421 or email [jacqui.1.Bain@ea.edin.sch.uk](mailto:jacqui.1.Bain@ea.edin.sch.uk)

## Antenatal classes for dads

Free classes, open to all dads2be. Run in collaboration with NHS Lothian, a midwife will facilitate the classes along with Dads Rock. All you need to know about bringing up baby!

Weekly classes will run in Wester Hailes, 6.30pm- Mon 29<sup>th</sup> Feb- 21<sup>st</sup> March, 11<sup>th</sup> April- 2<sup>nd</sup> May, 20<sup>th</sup> June- 11<sup>th</sup> July, 15<sup>th</sup> Aug- 5<sup>th</sup> Sept, 10<sup>th</sup> Oct-31<sup>st</sup> Oct 2016.

For more information or to book a place contact Thomas by email on [thomas@dadsrock.org.uk](mailto:thomas@dadsrock.org.uk) or call 07542 074165

## Becoming Dad Group

A group for new and expectant dads, particularly young dads under 25 years who are expecting the arrival of their first child. This drop in group gives dads and dads to be a chance to have a game of football and a coffee and build on their knowledge and skills as a father to be. Transport can be provided to attend.

Circle's Haven Project, Craigroyston Primary School, EH4 4PX, Thursdays 4-5.30pm.

For more information contact Pete Cloke on 0131 332 9269/ 07703 714 769 or e mail [pete.cloke@circle.scot](mailto:pete.cloke@circle.scot) or Anna Chrystal on 0131 551 1632/ 07932 088 615 or e mail [annachrystal@steppingstonesnorthedinburgh.co.uk](mailto:annachrystal@steppingstonesnorthedinburgh.co.uk)

## People First Parents Group

This self-advocacy group for parents with learning difficulties allows parents to come together to support each other, talk about being a parent, have a say in the support you receive and help to improve the support available for parents with learning difficulties.

Norton Park Centre, 57 Albion Road, Edinburgh, EH7 5QY, One Thursday per month, 10.30am- 12.30pm

For more information contact Jane Lewis on 0131 478 7707/ 07801 138 265



## Parent Groups cont.

### Families Need Fathers

A chance for fathers, grandfathers or new partners to get together to obtain information and explore options about contact issues following separation.

1<sup>st</sup> Monday of each month, 7-9pm, 10 Palmerston Place, Haymarket, Edinburgh, EH12 5AU.

For more information contact Ian Maxwell, Families Need Fathers on 0131 557 2440 or email

[ian.maxwell@fnf.org.uk](mailto:ian.maxwell@fnf.org.uk) more info can be found at

[www.fnfscotland.org.uk/parenting](http://www.fnfscotland.org.uk/parenting)

Juno Pre and Postnatal Parents Support Group A peer support group run by mums who are suffering or have suffered PND. Groups provide a relaxed place for people to chat and gain advice and support. There is no pressure to talk at the group parents can just come along and listen to others if that's how they feel. Parents are welcome to drop in or there is an opportunity to meet up with a member before hand or have a chat over the phone to help people feel more comfortable about attending.

Dr Bell's Family Centre, Junction Place, Leith, EH6 5JA, Tuesday evenings 8.00pm-9.00pm

For more information see the website [www.juno.uk.com](http://www.juno.uk.com)

## One to One Support Sessions Kinship Carers

Are you the grandparent, auntie, uncle, older sibling, close family friend caring fulltime for a child/children? If yes, you are a kinship carer. Mentor is working in Edinburgh to help support kinship Carers and the children they care for. One of the many services we provide is One to One Support. These appointments provide a more individual support, a chance to talk about what's going on for you and your family. We can also provide support at more suitable times for families. For more information on all of our services including our weekly children and young people's youth groups. Please Call the Mentor office on 0131 334 8512

Wednesday Greengables Nursery, 8A Niddrie House Gardens EH16 4UF, 11 am to 12.30pm

Thursday Leith Community Education Centre, 12 A Newkirkgate Shopping Centre, Leith, EH6 6AD, 11.30 am to 1pm

Saturday Leith Community Education Centre, 12 A Newkirkgate Shopping Centre, Leith, EH6 6AD, The First Saturday of Every Month 9.30 am to 11.30am *Open surgery*

Please Call Mentor on 0131 334 8512 or book through [www.kinsfolkcarers.co.uk](http://www.kinsfolkcarers.co.uk)

## Kinship Care Support Groups

Greengables Nursery & Family Centre 8A Niddrie House Gardens EH16 4UF, Every Wednesday 9.30am to 11.30 am Drop in (except school Holidays)

Kinsfolk Carers Edinburgh, Leith Community Education Centre, Persevere Room, 12A New kirkgate shopping Centre. EH6 6AD Every Thursday 10am to 12 noon Drop in (except during School Holidays)

For more information please call Mentor on 0131 334 8512 or see [www.kinsfolkcarers.co.uk](http://www.kinsfolkcarers.co.uk)

## Parent and Carer Support and Information Session on Young People's Emotional Wellbeing and Mental Health Issues

For parents and carers who may have concerns about their pre teen or teenager's emotional wellbeing or mental health. Discussions and information will be provided around the different topic areas. Parents will have an opportunity to meet other parents and supportive professionals in a safe relaxed atmosphere.

### **Thursday 11<sup>th</sup> February 2016**

Drumbrae Library Hub, 81 Drum Brae Drive, EH4 7FE, 6.30-8.30pm

#### ***Communication with Teenagers***

*Exploring the challenges of keeping the lines of communication open with teenagers who have emotional wellbeing and mental health issues. Considering ways to listen so that teenagers talk and talk so that teenagers listen.*

### **Thursday 3rd March 2016**

Drumbrae Library Hub, 81 Drum Brae Drive, EH4 7FE, 6.30-8.30pm

#### ***Understanding and Managing Stress***

*Considering the impact of stress on teenagers and practical ideas to help support them to manage some of the challenges.*

For more information or to book a place please contact Jillian Hart, Parent and Carer Development Officer on 07860 736129 or email [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk)

## Playgroups (2.5yrs—5 yrs)

A safe fun environment where you can leave your child to have fun and make friends. A cost is attached.

### **Leith St Andrew's Playgroup**

Mon– Fri 9.05-11.35am/ Mon-Thu 12.15-2.45pm

410-412 Easter Road, EH6 8HTE, Email: [themillars9@yahoo.com](mailto:themillars9@yahoo.com)

### **Craigentinny Castle Playgroup**

Monday– Friday 9am-12pm

Craigentinny Community Centre, 9 Loaning Road, Edinburgh

Tel: 077254 84690 or 0131 661 8188

### **Portobello Toddler Hut Playgroup**

28 Beach Lane, Edinburgh EH15 1HU Tel: 0131 669 6849,

Email: [toddlerhut@ymail.com](mailto:toddlerhut@ymail.com)

### **Northfield/ Willowbrae Playgroup**

Northfield/Willowbrae Community Centre, Northfield Road, Edinburgh, EH8 7PP Tel: 0131 661 5723, Email:

[northfieldwillowbrae@sky.com](mailto:northfieldwillowbrae@sky.com)

## Parent and Toddler Groups

A chance to meet other parents and carers and to have fun with your child. Groups are usually run by parent committees and may have a small charge. Some groups run only during term time.

**Abbeyhill Baptist Church** Mondays 10-11.30am Play Session  
22 Elgin Terrace, EH7 5PB Fridays 10-11.30am, Christian Songs  
Tel: 0131 557 4110

**North Leith Parish Church** Mon and Thu 9.30-11.30am  
Madeira St, EH6 4AW Tel: Mrs Eileen Doig - 0131 554 4980

**Holyrood Abbey Church** Mon 10-11.30am/ 1.30-3  
83 London Road, EH7 5TT Tel: 0131 661 6002

## Parent and Toddler Groups cont.

### **Leith Community Centre**

12a New Kirkgate, Leith, EH6 6AD

Tuesdays 9.30-11.30am

Tel: 0131 554 4750

**St Margaret's Parent and Toddler Group** Monday 9.45-11.15am (Baby group/ toddler group) Wed 9.45-11.15

St Margaret Episcopal Church, 170 Easter Road, Leith, EH7 5QE

Email: [stmegspandtgroup@gmail.com](mailto:stmegspandtgroup@gmail.com) in advance.

### **Trinity Toddlers**

Mon, Tue, Wed 9.15-11.30am

Leith Sea Scout Hall, Victoria Park, access via Craighall Avenue, EH6 5PY

Email: [pgrant1981@gmail.com](mailto:pgrant1981@gmail.com)

### **Baby Cafe**

2nd and 4th Tue 10.30-11.30am

Stockbridge Library

Tel: 0131 529 5665

### **Pilmey Parent and Baby Group**

Thu 9.30-11am

44 Buchanan Street, EH6 8RF, Tel: 0131 554 0953

**South Leith Parent and Toddler Group** Tue 9.30-11.30am

South Leith Church Halls, 6 Henderson St, Tel: 07538 325288

### **Wee Stars**

Wednesdays 9.15-11.15am

St Mary's Star of the Sea Church, 106 Constitution Street, Leith, EH6 6AW

Tel: 0131 554 2482

### **Inverleith Toddler Group**

Wednesdays 10am-12pm

Inverleith St Serf's Church Hall, 1a Clark Road, EH5 3BD

Tel: Anne Tracy 0131 552 7615

### **St Paul's & St George's Church**

Thu 10-11.30am/ 2-3.30

46 York Place, EH1 3JW, Email: [gemma@pandgchurch.org.uk](mailto:gemma@pandgchurch.org.uk)

### **Toddler Activity Playgroup**

Fridays 9-10:30/ 11-12:30

LifeCare Centre, 2 Cheyne Street, EH4 1JB Tel: 0131 261 6484

**Lochend Toddlers** Mondays 9.30-11.30am  
Restalrig Lochend Community Hub, Fridays 9.30-11.30am  
198 Restlrig Road South, EH7 6DZ, Tel: 0131 554 0422

**Northfield & Willowbrae Community Centre** Mon & Wed 9.30-11.30am, 10 Northfield Road, EH8 7PP Tel: 0131 661 5723

### Staff-run Parent and Toddler Groups

A chance to meet other parents and carers and to have fun with your child. Early years staff are on hand to support activities, chat and give support. Some groups run only during term time.

**Dads Rock** Saturdays 10-11.30am all year round  
Free for dads, granddads, male carers and kids aged 0-5 years.  
The Prentice Centre, 1 Granton Mains Avenue

Thursdays 10-11am all year round  
Royston/Wardieburn Community Centre, 11 Pilton Drive North  
Call office on 0131 442 4662, David on 07542 084 356

**Coileagan Leith** Mondays 9.30-am-12/ 12.30-3pm  
Gaelic parent and toddler group, Leith Community Centre,  
12a New Kirkgate, Leith EH6 6AD Tel: 0131 529 2415

**Casselbank Toy Library** Thursdays 9.30-12pm, term time  
South Leith Baptist Church, 5 Casselbank Street. 07954 206 908

**Baby Cafe** 2nd and 4th Tue 10.30-11.30am  
Stockbridge Library Tel: 0131 529 5665

**Parent/ Carer and Toddlers (0-5yrs)** Tuesdays 9.30-11.30am  
McLaren Hall, 48 Restalrig Road South, EH7 6LE  
(Run by The Ripple Project) Tel: 0131 554 0422

**Sunshine Toddler group** Thursday 9.15am -11am  
Moffat Early Years Centre Tel: Fiona Fortune: 0131 661 1401

**Greengables Toddler group** (under 3s) Tuesdays 1-2.30pm  
Greengables Family Centre Tel: 0131 669 9083

## Community Nurseries and Crèches

**Dr Bells Family Centre Crèche**, 15 Junction Place, Leith, EH6 5JA

High quality low cost crèche. 2 hour sessions available for local families must be pre booked. Also offers a range of other services. Mon– Thu 10am-12pm/ 12.30-2.30pm, Fri 10am-12pm  
0131 553 0100

**Dr Bells also run outreach crèches at-**

**The Ripple Project** Tuesdays 10am-12/ 12.30-2.30pm  
Restalrig Lochend Community Hub, 198 Restalrig Road South,  
EH7 6DZ

and

**Leith Community Centre** Wednesdays 9.30-11.30/ 12.00-2pm  
12a New Kirkgate, Leith, EH6 6AD

**Leith Academy Community Nursery**

High quality flexible childcare for children 6weeks to 5 years  
Monday -Friday 8am-5pm term time 0131 554 0606

**Drummond Community High School Crèche**

Crèche sessions for parents/carers attending Com Ed or ESOL classes, Mon-Thu 9am-3.30/ Fri 9am-12.30pm 0131 556 2651

**Saheliya Around the World Childcare**, 125 McDonald Road,  
EH7 4NW

Nursery and crèche facility open to all while supporting service users. Mon-Fri Contact Mary Tel: 0131 556 9302

## Toy Library

**Casselbank Kids Toy Library** Thursdays 9.30am-12pm

South Leith Baptist Church, 5 Casselbank Street, EH6 5HA

Email: [toylibrary@southleithbaptistchurch.com](mailto:toylibrary@southleithbaptistchurch.com)

## Support and Information

### Breastfeeding Support

Health professionals available for advice and support - No appointment necessary.

**Leith Community Treatment Centre** Tel: 0131 536 6225  
Tuesdays 12.30-2.30pm

**Best Buddies**, local support for breastfeeding parents contact  
Infant Feeding Advisers 0131 537 4262

**Café Bambino, The Tide Art Gallery and Coffee Shop, 56 Kings Road, Portobello, Mondays 2-3.30pm.** Health professionals available for advice and support.

For more information contact the Health Visiting Team on 0131 657 8924

### Breastfeeding Helplines

#### **Breastfeeding Network**

0300 100 0210

#### **National Breastfeeding**

0300 330 0771

### Breastfeeding Friendly Community Cafes

**The Lounge Café at Leith Victoria Swim Centre**, Junction Place EH6 5JA 0131 659 5532

**Punjabi Junction**, 122/124 Leith Walk EH6 5DT 0786 589 5022

**CafeLife LifeCare**, 2 Cheyne Street EH4 1EB 0131 343 0940

**Rhona's Café**, Northfield Community Centre 10 Northfield Road EH8 7PP 0131 661 5723

**Richmond Café Project**, Richmond Craigmillar Church 227/229 Niddrie Mains Road, EH16 4PA

**Hub Grub Café**, Restalrig Lochend Community Hub 198 Restalrig Road South EH7 6DZ 0131 554 0422

**The Whitehouse Kitchen**, 70 Niddrie Mains Road EH16 4BG 0131 468 1934



## @mums2mums meetings

Informal Breastfeeding peer support groups held in community cafes. Mums supporting other mums, pop in to meet up for coffee and a chat.

Mondays 2-4pm, CafeLife LifeCare 2 Cheyne Street EH4 1EB  
0131 343 0940

Tuesdays 2-4pm, The Lounge Café at Leith Victoria Swim Centre  
Junction Place EH6 5JA 0131 659 5532

## Well Baby Clinic

Portobello Surgery  
Wed 2.00pm -3.00pm

Craigmillar Medical Centre  
Wed 10.30am -12.15pm

Miton Road Surgery  
Wed 11.00am -12.15pm

Niddrie Medical Practice  
Thu 10.00am -11.00am

## New Parent Support Group

Health professional often available for advice and support. Drop in for parents and babies from birth- 8months

Debenhams Cafe, Ocean Terminal, Tuesdays 3-4pm.

Contact Louise Penman on 0131 561 1925

## Nappuccino Real Nappy coffee morning

Last Thu of the month ,10-11.30am, Pilrig St Paul's Church

For more information Tel: 0131 555 4010.

## Edinburgh & Lothian Twins & Multiples Club

[www.edinburghtwins.co.uk](http://www.edinburghtwins.co.uk)

## Housing Surgery Drop in

Bingham Community Centre Thursdays 2 – 4pm

## Family Support

**Multi Cultural Family Base-** range of services to support families 0131 467 7052

**Bumpstart-** pregnancy and antenatal support and education (Leith) 0131 551 1632

**Post Natal Depression-** support for families around Post natal Depression 0131 538 7288

**Dr Bells Family Centre-** range of services for local families- counselling, family support and parenting groups 0131 553 0100

**Homestart Leith and North Edinburgh-** practical and emotional support for families with young children 0131 553 7819

**Health and Literacy Project-** accessible health info and access to learning for parents 0131 552 5700

**Making it Work** – support with return to training or employment for lone parents with preschool children 0131 553 0100

**The Ripple Project-** range of support and activities for families 0131 554 0422

**Polish Family Support Centre -** Counselling, Advocacy and Support for Polish Families 0131 281 0429

**Citadel Families Project-** range of youth services, parent drop in 0131 554 0510

**Saheliya-** supports the positive mental health and well-being of black, minority ethnic women and girls 0131 556 9302

**Dads Rock Counselling-** free counselling for mums, dads and caregivers Thomas 07542 074 165

**Us Together- One Families Scotland-** Free and Fun activities for single and contact fathers & children 0131 557 7894/ 07814 078139

**Health Opportunities Team-** support for young people around health and emotional wellbeing 0131468 4600

## Children and Families Social Work

**Social Care Direct** 0131 200 2327  
**Out of Hours** 0800 731 6969

## Domestic Abuse

**Edinburgh Women's Aid** 0131 315 8100  
**Domestic Abuse Freephone 24hr Helpline** 0800 027 1234  
**Shakti Women's Aid** 0131 475 2399  
**Safer Families** 0131 469 5325

**Parentline-** Free and confidential advice and support  
08000 28 22 33

**Spark Relationship Helpline-** Accessible telephone relationship counselling  
0808 802 2088

**FREE Home Fire Safety checks** 0800 0731 999

For more childcare information, including a list of childminders, go to [www.scottishfamilies.gov.uk](http://www.scottishfamilies.gov.uk) or Tel: 0800 032 0323

For family information go to [www.parentingacrossscotland.org](http://www.parentingacrossscotland.org) or [www.netmums.co.uk](http://www.netmums.co.uk)

For activities and groups for children go to [www.joininedinburgh.org](http://www.joininedinburgh.org) or [www.youredinburgh.info](http://www.youredinburgh.info)

For information on children's Speech and Language development go to [www.earlycommunication.scot.nhs.uk](http://www.earlycommunication.scot.nhs.uk)

Translated information about health and health services in Scotland. [www.healthinmylanguage.com](http://www.healthinmylanguage.com)

## Contact details

If you are running a Programme, Activity or Group for parents/carers in North East Edinburgh which you would like to see included in this leaflet, or if information needs to be amended contact:

Jillian Hart – North East

☎ 07860 736 129

✉ [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk)

For information in other areas of Edinburgh, contact the local Parent and Carer Support, Development Officer:

Helena Reid – South

☎ 0131 672 2629

✉ [Helena.reid@ea.edin.sch.uk](mailto:Helena.reid@ea.edin.sch.uk)

Sue Cameron – South West

☎ 07717 288 371

✉ [Sue.cameron@edinburgh.gov.uk](mailto:Sue.cameron@edinburgh.gov.uk)

Helen Purves – North West

☎ 0131 334 9301/ 07717 317 665

✉ [Helen.purves@ea.edin.sch.uk](mailto:Helen.purves@ea.edin.sch.uk)

You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact ITS on 0131 242 8181 and quote reference number 15-1394. ITS can also give information on community language translations.

