SUMMER 2023

What's on For Families in North East Edinburgh

Free or Low-Cost Activities and Support for Families during the Holidays

Pilmeny Summer Playscheme
Suitable for children aged 5- 12years Play sessions including, park visits, trips, art, outdoor games, water fights, science and baking. Sessions will run on 4th, 5th, 11th, 12th July, 1st and 2nd August 10am-2pm at Pilmeny Development Project. 18th, 19th and 20th July 10am-1pm at Leith Community Centre. Trips will run on 25th July, 26th July, 28th July, 9th August. Recommended donation is £2.50 per day, £5 per day for trips. Reduced prices can be offered to families where cost is a barrier. Places are limited and will be offered on a first come first served basis. Contact Nicola Hutchison youthclubs@btconnect.com to check details/ availability and book.

Pilmeny Youth Café Sessions
All 5-12year olds welcome to join fun sessions at Pilmeny Development Project. Wednesday 16th, 23rd, 30th August, 6th and 13th September 4.30-6pm. Sessions are free but should be booked in advance, contact Nicola Hutchison youthclubs@btconnect.com to check availability and book.

Starpic Sports Social Club
Free for all ages from 8years, Wednesdays at Jack Kane Sports Centre 4-6pm. Basketball, Table Tennis, Badminton. For under 17years register www.starpicproject.co.uk/youth-project/ For 18years and over register at www.connectingcraigmillar.org Tel: 07909257415/ 07909257414

City of Edinburgh Basketball Club- Summer Camp
17th- 21st July Portobello High School. Session 1 ages 6-9years mixed 11am-12pm, Session 2 10-13yr boys 12-1.30pm, Session 3 10-13yr girls 1.30-3pm. Sessions cost £3 per day but subsidised sessions are available for families on a low income. Book required sessions at https://city-of-edinburgh-basketball-club.sumupstore.com/products or email Katie McPherson coachkmcp@gmail.com

Hays Community Hub Drop in
A safe space for local young people to drop in, grab a snack and a chat. Drop in breakfast club Mondays to Saturdays 8.30-11am from the 3rd to the 31st July (excluding the 10th, 11th and 15th July) Hub drop in Tuesdays 4-6.30pm 4th, 18th and 25th July and every Friday in July 4-6.30pm. Email paulsanderson@pfpleisure.org for more information.

Healthy Little Foodies – Free Online Weaning Workshop
Thursday 6th July 10-11am. Introducing food to your baby, Q &A with an Early Years Nutritionist. To book contact Jess email jessica.pearson@edinburghcommunityfood.org.uk Tel 0131 467 7326

Healthy Little Foodies
Free Online Weaning Workshop Thursday 6th July 10-11am. Introducing food to your baby, Q &A with an Early Years Nutritionist.
Free Online Fussy Eating Workshops Thursday 29th June 10-11am and Thursday 29th July 1-2pm. Practical techniques to manage picky eating behaviours, Q &A with an Early Years Nutrition Specialist. To book contact Jess email jessica.pearson@edinburghcommunityfood.org.uk Tel 0131 467 7326

Edinburgh Community Food Stay and Play Celebration Day
Tuesday 27th June, 9am-11am, Craigentinny Castle Playgroup, Craigentinny Community Centre, 9 Loaning Road, EH7 6JE. All local families with young children are welcome to attend a Summer drop in family fun celebration event. Fun activities for parents and children, free food and exciting freebies, fuel payment support, weaning and fussy eating support. To make sure you receive a free goody bag on the day please contact Laura.thomson@edinburghcommunityfood.org.uk Tel 0131 467 7326

Play and Chat Group
Drop in sessions on 21st and 28th June 12.30-2pm, Craigentinny Community Centre. Outings will run during the Summer, returning to the centre on 23rd August. Run by MCFB and Homestart with support from the Health Visiting team, this group is a fun way for Black Minority Ethnic mothers with young children, who may be new to the area or feeling isolated, to get to know other local families in a relaxed supportive environment. Mums can attend with their little ones or if their children are at nursery are also welcome to attend on their own. For more information on the group or the Summer sessions contact Vanja 07789 731888 or Dammy on 07562 792653

Trees and Seas Stay and Play at The Bothy
Wednesdays 9.30am-12.30pm 12th and 26th July, 16th and 23rd August. Bridgend Farmhouse. Outdoor adventures for under 5s and their parents/carers (older siblings welcome in the holidays). Free to families living in EH16 and EH17 postcodes. £6 per session for other families.
Book in advance at https://treesandseasoutdooradventures.com/sessions-2-2/

Trees and Seas Saturday Play Space at The Bothy
Saturdays 10am 1st July, 5th August. Bridgend Farmhouse. Outdoor adventures for 4-12year olds while parents/carers enjoy an activity or cuppa in Bridgend Farmhouse. Free to families living in EH16 and EH17 postcodes. £6 per session for other families.
Book in advance at https://treesandseasoutdooradventures.com/sessions-2-2/

Trees and Seas Nature Play Café at Valley Park
Tuesdays at 9am- 11am from the 4th July- 29th August. Storytelling, messy play, mud kitchen, arts and crafts, imaginative play and bug hunting. For children under 5 and their parents and carers (older siblings welcome in the holidays) at Valley Park Community Centre. Hot drink and small snack provided. Free to families living in EH16 and EH17 postcodes. £6 per session for other families. Book in advance at https://treesandseasoutdooradventures.com/sessions-2-2/

Art Bubs Bingham
Free outdoor classes for play, art and discovery in nature for local children aged 18months to 3years and their parents/ carers. Every Wednesday 10-11am at Bingham Park (no sessions on 26th July, 2nd and 9th August) sessions will then run until October. Waterproof clothing for little ones provided to keep, art materials and snacks provided. For more information contact artbudsedinburgh@gmail.com

The Great Edinburgh Bear Hunt- Support for Children starting Primary 1
Edinburgh nurseries have been using the book *We're Going on a Bear Hunt* by Michael Rosen to support children starting school after the summer. Look out for Edinburgh Bear when you are out and about in Edinburgh this Summer and find lots of activity ideas for families to do over the at www.edinburgh.gov.uk/startingP1

Edinburgh International Book Festival 12th-28th August
Edinburgh College of Art 74 Lauriston Place, EH3 9DF
Entry to the Book Festival Village is free and everyone is welcome. Some family events will be livestreamed onto the large outdoor screen for everyone to enjoy. For full details visit https://www.edbookfest.co.uk/families

Library Summer Reading Challenge 30th June to 31st August
The 2023 Summer Reading Challenge is called "Ready, Set, Read". Children will need a library card to take part, register online or at your local library for free all you need is ID. Children are challenged to read up to 6 books over the summer, they will collect stickers for each book they finish, and when completed they will get a medal and certificate. For more information visit https://summerreadingchallenge.org.uk/ or ask at your local library.

Craigmillar Library
Baby and Toddler Rhymetime run by Craigmillar books for babies Mondays 11am
Kids Arts and Craft Session each Monday at 3.45pm for primary age children
Lego Club Tuesdays 3.45pm for primary aged children
Wild Wednesday's Teen Club each Wednesday at 3.45pm
Contact craigmillar.library@edinburgh.gov.uk or 0131 529 5597
www.facebook.com/CraigmillarLibrary

Craigmillar Books for Babies Storytelling at Craigmillar Library
Teddy Bear's Picnic Sat 29 July**, Row, row Your Boat** 26th August, 11am. Join Storyteller-in-Residence Eric Brennan for stories, songs and rhymes. For families living in Greater Craigmillar with babies and children under 4. Older siblings welcome! Contact Kara at karawhelan@craigmillarliteracytrust.org.uk or 0131 621 2621

Book Gifting in the Community
Craigmillar Books for Babies will be gifting a free book to children aged 0-4years who live in the Craigmillar, Niddrie, Bingham and Magdalene areas. Stacey will be a Craigmillar Medical Centre every Friday in July.

Piershill Library
Kids Craft session each Tuesday and Friday at 3pm from 4th July to 11th August
Bookbug Wednesdays 2pm Storytime Fridays 10.30am
Lego Club and Craft Clubs- alternate weeks on Saturdays at 11am

Portobello Library
Summer Holiday crafts to tie in with the Summer Reading Challenge every Monday and Tuesday 2-3pm of the school summer holidays
Craft or Lego sessions on alternate Fridays at 2pm. (Friday July 1st 2023 will be a Craft session)
Bookbug Sessions Wednesday mornings 10.30am to 11am and Saturdays 11am-11.30am .
www.facebook.com/PortobelloLibrary

McDonald Road Library
Summer Holiday activities to tie in with the Summer Reading Challenge every Tuesday and Fridays of the school summer holidays at 3pm.
Family Film Sat 15th July and 12th August at 2.30pm
English, Spanish and Polish Bookbug Sessions Mondays and Saturdays from 11am
For more information visit Facebook.com/McDonaldRoadLibrary Tel 0131 529 5636

Craigmillar and Niddrie Community Festival 1st July to 28th August
Opening Parade 1st July from Bridgend Farmhouse to Craigmilar Library Facepainting and costume making at Bridgend Farmhouse from 10.15am, parade 11am-11.50am
Enjoy Exhibitions, Walks, Music and Arts. For information on events and activities visit the Festival Hub at The Whitehouse on Saturdays 10am-2pm or email craigmillerfest@gmail.com
Local activities and Rhymetime at Craigmillar Library 11-11.30am

Craigmillar Community Grows- Foraging Workshop
14th August, 11am-1pm, a one off foraging workshop around Craigmillar Park. For more information call Karin on 07824 838364

Craigmillar Castle Craigmillar Castle Road, Edinburgh, EH16 4SY
Families living in the EH16 area will be able to gain free access to Craigmillar Castle on Saturday the 1st and Sunday the 2nd July as part of the Craigmillar festival. View living history performers, a costumed event and music. Visitors will be asked to show a utility bill with an EH16 postcode address. www.historicenvironment.scot 0131 661 4445

Free Family Arts Weekend 1st and 2nd July
Lyra are running a free weekend of activities, shows and fun for local children and young people to celebrate the start of the Craigmillar and Niddrie Community Festival.
Saturday 1 July- *The Last Forecast*- A new dance theatre show for ages 6+ and their families 11am and 4pm (60 mins) at Lyra (Artspace), *The Good, The Bad and The Poultry*- Outdoor performance for all ages by Glasgow theatre company Adrenalism 12pm (30 mins) outside Craigmillar Library. No need to book.
12pm Scamps Taster workshop (P1-3)-please book, 1pm Youth Dance Taster Workshop (P5+) - please book, 2pm Family Garden Party at the Artspace Garden- games, a musical instrument petting zoo, juice, cake and creative activities for all ages- please book
Sunday 2 July- 12pm Drama Taster workshop (P4-7)- please book, 1pm Youth Music Taster Workshop (P5+)- please book, 2pm Family Garden Party at the Artspace Garden includes a performance of Matt Von-Trapp's Magic Quest. A show full of silliness, audience participation and magic- please book. For more information or to book your free tickets in advance visit https://www.lyra.co.uk/cn-festival or call 0131 659 4759

Craigmillar Literacy Trust activities for Craigmillar and Niddrie Festival
Puppet Making for Families and Craigmillar Stories Craigmillar Library Sat 1st July 11am for children age 4-12years and their families. All materials provided. Free but booking essential.
Lego Robotics Workshop, Craigmillar Library, Thu 20th July, 2pm. Using the latest Lego robotics technology to build and program amazing creatures which can move using motors, gears and wheels! For ages 8-12 years. Free but booking essential.
Retro Game Design, Craigmillar Library, Thur 3 August, 2pm. Become the artist, writer, designer and director of your own platformer video game! Build pixel art, animations and backgrounds to design your game's world the way YOU want. For ages 8-12. Free but booking essential.
Growing Together, Craigmillar Library, Thu 25th July, 2pm. Join Katie and Karin from Craigmillar Community Grows and artist Susie Wilson for this relaxed outdoor family session to learn more about planting, growing and harvesting seeds through stories and crafts. Families with children aged 4+, drop in.
Storytime for 4-6 year olds, Craigmillar Library, Tues 25th July and 8th August, 11am Join Katie for a relaxed and fun story session. Perfect for ages 4-6year olds and their families, but younger and older siblings always welcome. There will be plenty of opportunities to join in! No need to book, just turn up.
Storytelling with Janis Mackay, Craigmillar Library, Tues 1st August, 11am. A relaxed and fun session perfect for ages 4-6 years and their families, but younger and older siblings always welcome. No need to book, just turn up.
Surfing the Moon with Emily Dodd, Craigmillar Library. Sat 5th August, 2pm. Join CBeebies screenwriter and children's author for a science show, rocket making workshop
and a reading from her story book about a boy with autism who learns to surf and has a love for the moon. For children aged 7-10 and their grown-ups. Drop in.
Emma's Puppet Show, Craigmillar Library, Sat 12th August, 11am
A local puppeteer and storyteller Emma Milton. Perfect for children aged 4-12 and their families, no need to book, just come along on the day, bring your own puppets and get ready to enjoy a fabulous interactive experience!
Contact Katie email katieswann@craigmillarliteracytrust.org.uk or Tel 07434 661098 Visit Craigmillar Stories for Sharing | Edinburgh | Facebook

Sandy Community Centre- Mini Festival Saturday 29th July 11am-3pm. No entry fee, some minimum charges. Fire engine, face painting, table top sales, live music, ice cream, bouncy castle 50p, BBQ 50p, tombola £1 and more. All local families welcome.

Trade Unions Family Fun Day Communities Hub
Sat 29th July, 12pm, A fun day for all the family with music, face painting and a giveaway of clothes, toys and sweets. Email Derek at tradeunionsincommunities@gmail.com or 07817 228 840

Niddrie Community Church Family Fun Day, Niddrie Community Church, Niddrie Community Church 12 Hay Drive, EH16 4RY
Sat 26th August 11am, Family fun day with various events on for kids including a bouncy castle and delicious food served from the NCC's café. £1 Entry. Contact: Sws040890@gmail.com or 07447037148

Bridgend Farmhouse 41 Old Dalkieth Road, EH16 4TE
Bridgend Family Fun Summer Party and Hill race, Bridgend Farmhouse, Sat 5 August, 11am
Celebrate the summer with Bridgend's family party! Music, kids activities, food, the annual hill race, and more at beautiful Bridgend. This year there will be a prize for the best fancy dress – come as a historical figure, myth or legend! Tickets: £4
Cardboard City Bridgend Farmhouse, Sat 19 August, 11am
Come and make a city out of cardboard at Bridgend! Cardboard houses, cars wherever your imagination takes you! Open to families.Tickets £3
Talk Time Wellbeing Group, Open to all adults who may be feeling anxious, overwhelmed or not themselves. Tuesdays 2-3.30pm.
admin@bridgendfarmhouse.org.uk or Tel: 0131 564 0068.
www.bridgendfarmhouse.org.uk/ or visit Facebook for up to date information

Family Friendly Activities
Every Thursday from 13th July to the 10th August. 11am-1pm at the Fresh Start Welcome Space 28-30 Ferry Road, EH4 4BR For ages P1-P7 children and their parents. Limited spaces to book email abigail@freshstartweb.org.uk

Holyrood Family Adventure
Wednesday 12th and 26th July 1-3pm, free. A fun filled session in Holyrood Park. Discover more about Holyrood's wildlife, history and volcanic landscape with these fun filled sessions featuring many hands on activities. Aimed at families with children aged 5 and over but younger children welcome, route may be unsuitable for wheelchairs and buggies. Meet at Holyrood Park Information Centre, 2 Horse Wynd, EH8 8AZ. Please bring warm, waterproof clothing and sturdy footwear, a snack and drink. In hot weather bring a hat and sun cream.
Booking required Contact the Ranger Service Tel: 0131 652 8150 Email: rangers@hes.scot

The Plague Doctor, Armadillo and the Human Skin- Royal College of Physicians of Edinburgh
Free family fun day 12th August, Drop in 11.30am – 2.30pm. 9 Queen Street, EH2 1JQ Aimed at 5-14 year olds, all welcome. Activities, talks and the opportunity to meet a real live armadillo! Explore the amazing skin. What is a freckle? Why do we blush? Why do you get pimples? Dress up as a plague doctor, get a temporary tattoo, examine your own skin through a microscope. Eczema Outreach Support (EOS), a charity supporting families with children with eczema will also offer some fun activities, teach the importance of creams and how it might feel to have eczema.

Scottish National Gallery of Modern Art (Modern One), 75 Belford Rd, EH4 3DR
FAB Family Art Baskets Mon 3rd July- Sun 13th August 2-4pm Free. Explore the ground of the Modern. Family Art Baskets are FREE to borrow every afternoon during the school holidays. In each basket you'll find lots of creative, fun ideas and materials to help your family have fun making and exploring art together. Items include sculpture and drawing materials, a viewfinder to help you focus and see nature in a new way, activity ideas to spark your imagination. It's free to borrow the baskets but booking is recommended at https://www.nationalgalleries.org/event/fab-family-art-baskets-0

Additional Support Needs

Activities and events suitable for children with Additional Support Needs
Tailor Ed have put together a helpful guide of activities in and around Edinburgh over the Summer at Summer Activity Guide 2023 - Tailor Ed Foundation

Monthly ASN Soft Play sessions
North Merchiston Club, 48 Watson Cresecent EH11 1EP. 21st July, 18th August, 15th Sept 12.30-2.30pm £2 per child. Drop in no need to book. For more information email info@northmetchiston.co.uk Tel 0131 662 1757

The Yard
Drop in Family Play sessions for children with additional support needs 0-18years will be available from the 3rd July and until 10th August Mon-Sat 1-4pm (no session on Fri 14th July). Quiet sessions will run on Friday and Saturdays from 10am-12pm (no session Fri 14th July). Early years session will be available on Mondays from 10am-12pm- booking required. New families welcome, free taster sessions are available. Monthly family membership costs £8 per month and then all sessions are free or visiting memberships costs £20 for 5 visits or £30 for 10 visits over 12month. For more information or to book a taster session or Early Years session email info@theyardscotland.org.uk or call 0131 476 4506. Existing families do not need to book family or quiet sessions.

Sensory Friendly Sundays at the Portrait Gallery
Sunday the 9th of July and Sunday 6th August 10.30-11.30am A regular, relaxed, sensory-friendly mornings for children with additional support needs, including autistic children and those with learning disabilities. See artworks in the gallery spaces and take part in creative activities. There will be a quiet, comfortable space available at all times for use. Places are free, but limited so please book online. Only one ticket is needed per family. Book at What's on | National Galleries of Scotland For more information or assistance contact learning@nationalgalleries.org

BOP (Birds of Paradise) Youth Arts Online
A digital space for young disabled people aged 13-18years across Scotland to come together as a community and connect through creative activities. Sessions are available for young people who are D/deaf, disabled, chronically ill or whose access needs are not met by the creative/social spaces in their area. Sessions will run on Zoom each Tuesday night on Zoom from 4th July to 8th August, 7-8.30pm (with breaks). Young people can try different arty, crafty things each week. BOP is able to provide BSL, captioning, and a range of other access support if requested in advance. For more information visit https://www.boptheatre.co.uk/bop-youth-arts-online/ To book Email: morna@boptheatre.co.uk Text / WhatsApp /Tell: 07758007646

Edinburgh Carer Assistance Fund
VOCAL is offering grants to carers in the greatest need, for fuel, food or carer assistance. For more information visit https://www.vocal.org.uk/carer-support/info-for-carers/practical-support/carer-recovery-fund/edinburgh-carer-assistance-fund/?fs=e&s=cl&cn-reloaded=1 or call VOCAL on 0808 196 6666 and someone can assist you to complete the form over the phone or in person.

Young People

RUTS
Free courses for 14-19year olds starting 3rd July in Midlothian- Motorbike Maintenance- 6 day course, Bicycle mechanics- 6 day course, Introduction to non-contact boxing- 3 day course. Ride bike academy- learn to ride a motorbike on and off road safely- 4 day course (age 15-19years starts 7th August. For more information and to book contact Iain Bell email iainb@ruts.org.uk or Tel 0131 663 5736

BFI Film Academy Craft Skills Summer Course 29th July to the 5th August
Screen Education are running a filmmaking course over the Summer via virtual learning for interested young people aged 16-19year. Applications must be submitted by 26th June. Subsidised places/ travel costs available where cost is a barrier. For more information or to apply visit BFI Film Academy Craft Skills | Screen Education Edinburgh (screen-ed.org) or email admin@screen-ed.org

Impact Arts Cashback Summer Programme
Cashback to the Future free 5 week summer programme starts on 4th July- 3rd August, Tuesday to Thursday 10am-4pm at 5-7 Montgomery Street Lane, Edinburgh, EH7 5JT. For young people aged 14-19years who are interested in exploring creativity. Experienced tutors can help build confidence through art! This is a fun opportunity to make friends; learn new skills; improve physical and mental health; and have your voice heard. This programme is ideal for young people who find school tricky; struggle with mental health; are care experienced; or are new to Scotland.
If you have a young person that you feel would benefit from the programme complete the referral at https://www.impactarts.co.uk/content/make-a-referral/ email angela.wilson@impactarts.co.uk or Tel 07384 465 573

The Junction Friday Afternoon Drop in 82-86 Great Junction Street
The Junction provides a range of health and wellbeing services for young people aged 12-21years in North East Edinburgh www.the-junction.org
The Friday Chiller runs on Fridays 12.30-3.30pm offering an opportunity to have a confidential 1-1 chat with a Junction worker, discussions and information on health topics and free soup and toasties! For more information visit https://the-junction.org/drop-in/

Let's Talk 1-2 Craigmillar Castle Road (at the Craigmillar cross roads)
Emotional, sexual and mental health support for young people in the Craigmillar and Portobello areas. Summer Feel Good Group (ages 7-11yrs) Thursdays 2-4pm, Summer Drop in (ages 12-26) Thursdays 4-6pm. For more information email info@lets-talk.scot Tel: 0131 563 9000

Support and Information

Bridgend Farmhouse Community Meal
Wednesdays 5-6pm email admin@bridgendfarmhouse.org,uk

Richmond Church
Fair Share Food for local people, Thursdays10- 11am every week in the church hall. Please enter by the back door of the church (the blue door in the carpark off Dunkirk Road). Access a variety of food, from donations. Nearly New Stalls, lots of good quality clothing, bedding, toys, and baby items for sale at very low cost!

Hays Community Pantry 3 Hay Avenue, EH16 4RW
Wednesdays 11am- 2pm. Membership for £1. Choose food at super low prices. For more information email thepantry@communityrenewal.org.uk Tel 07738 760 601

Family and Household Support Drop ins
Support and advice from Housing and Family Support staff on benefits, budgeting and debt. Help with tenancies or housing bids. Drop in sessions at Leith Library, 28-30 Ferry Road, 1st and 3rd Mon of the month 2pm- 4.30pm. North East Locality Office, Niddrie Mains Road, every Wed 10am-1pm and Portobello Library, 14 Rosefield Ave, 1st and 3rd Thu of the month 2-4.30pm. Email northeast.familyandhouseholdsupport@edinburgh.gov.uk Tel: 0131 529 7168

Fresh Start 28-30 Ferry Road, EH4 4BR
Souper Summer Come along for some warm soup and a roll, Tuesdays 11th July to 1st August, 11am-1pm, Fresh Start Welcome Space. All welcome.
Fresh Start Meet and Eat Community Meal, Every Fri 1pam-1.30pm, Fresh Start Kitchen. All welcome.
Fresh Start Pantry Mon, Tue, Fri 9.30-12.30pm, Wed 3.30-6pm. Open to all
Fresh Start Shop Mon, Tue, Fri 9.30-12.30pm, Wed 3.30-6pm Sign up online.
People Know Digital Skills Drop in at Fresh Start Fridays 10.30am-12.30pm
Email admin@freshstartweb.org.uk or Tel 0131 476 7741 for more information.

Empty Kitchens, Full Hearts
Families struggling with accessing food can apply for a meal pack which contains lunch, dinner and a snack for two days for each family member. The meals are delivered cold and can easily be heated in the microwave or on the hob. They are delivered between 1pm and 2pm every Friday. People can also visit Empty Kitchens, Full Hearts at 3-11 West Granton Road, EH5 1HG for some hot soup and a roll, and a chat with volunteers. Apply online at https://www.emptykitchens.co.uk/ or call 07895347157

Foodbanks
Foodbanks are able to provide emergency food for three days to anyone who finds themselves in crisis. Anyone needing help, will need a valid foodbank voucher, this can be accessed through any support worker involved with the family, the local Family and Household Support service, citizens advice, GP surgery, etc. Anyone struggling to access a Foodbank voucher can contact The Scottish Welfare Fund, who will check if they eligible for a crisis grants within 24hours or issue a foodbank voucher. Tel: 0131 529 5299 Email: welfarefundteam@edinburgh.gov.uk Vouchers can be taken to the nearest Foodbank Centre where volunteers give a warm welcome, can offer support and put together a nutritious food parcel. www.edinburghne.foodbank.org.uk/

Family Friendly Recovery Café
Free for people in active recovery from alcohol and illicit substance use, run by ERA, Circle and Sunflower Garden. Each Wednesday of the Summer holidays, Walpole Hall, St Mary's Cathedral, Palmerston Place, EH3 7EN, 11.45am-12.45pm/ 1.15-2.15pm, all ages welcome, children must be accompanied by a parent/ carer. Arts and Crafts, den building, Lego, Sensory Play, garden games and lots of fun activities. For more information contact Ian Shield 07564 054512 or Sara McClean 07780 553432

Children 1st Dads Service
Support for dads in Edinburgh who have a child under 5. Parenting advice and support to build confidence, practical support including budgeting, money advice and employability, emotional support to improve wellbeing. Email FST@children1st.org.uk Tel 0131 446 3966

The Listening Space Drop-in peer support space for positive mental health and wellbeing where participants can speak one-to-one with a peer volunteer and/or participate in a peer support group.
1st Wednesday of month – Gilmerton Community Centre
3rd Wednesday of month – Leith Community and Education Centre
1-2pm: 1-to-1 drop-in sessions with peer volunteers, 2-3pm: Drop-in peer support group (no sign up required) For more information email beth.maclean@health-in-mind.org.uk Tel 0131 225 8505/ 07760 753046

Health in Mind Wellbeing Toolkits (sign-up required)The Wellbeing Toolkit is a 6-week wellbeing course suitable for anyone over the age of 18 people who would like some help and peer support to manage their mental health and wellbeing. Free refreshments are provided.
Leith, July 2023, Tuesday afternoons from 1-2:30pm (starting 25th July),Leith Community Education Centre, 12A Newkirkgate, EH6 6AD iThrive: https://ithriveedinburgh.org.uk/services/the-wellbeing-toolkit-leith-july-2023-health-in-mind/

FREE Parentline Scotland Helpline– Children 1st
Advice and support for parents/carers. Mon-Fri 9am- 9pm Sat, Sun 9am-12 pm. 08000 28 22 33
www.children1st.org.uk/help-for-famillies/parentline-scotland/

Lone Parent Helpline-One Parent Families Scotland www.opfs.org.uk
Information and advice for single parents. Open Mon-Fri 9.30am-4.00pm Tel: 08088010323

Social Care Direct- Children and Families Social Work
Request help or advice about a child or vulnerable adult requiring support due to illness, disability or at risk or harm. Tel: 0131 200 2324 Out of Hours 08007316969

Domestic Abuse Freephone 24 hr Helpline
Support for Women experiencing domestic abuse and their friends and family. Translation facilities available for callers whose first language is not English. Tel: 0808200247

Support for Parent and Carers
For information on the support available for Parents and Carers in Edinburgh visit www.edinburgh.gov.uk/supportforfamilies or if you need help to access support contact the Parent and Carer Support Team at SupportingParentsandCarers@edinburgh.gov.uk

If you would like to add activities to the *What's On for Families in NE Edinburgh* list or if any information in this list is incorrect please email supportingparentsandcarers@edinburgh.gov.uk