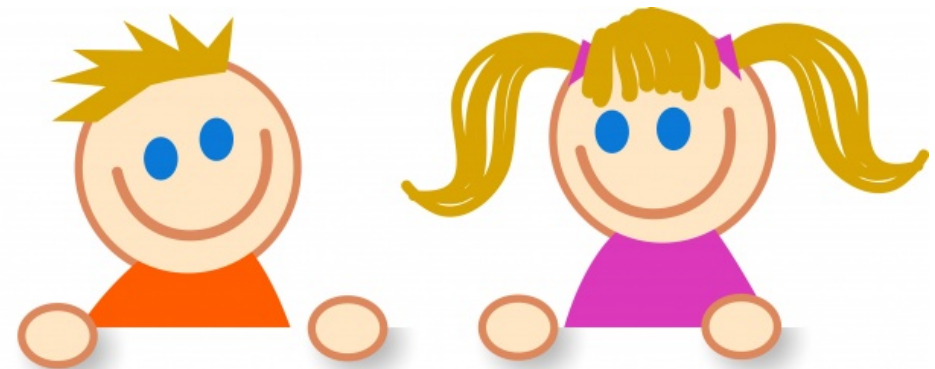


Useful telephone numbers

Citizens Advice Bureau GLASGOW	0141 775 0220
CRY- SIS - National	08451 228 669
Domestic Abuse –24hr	0808 2000 <u>247</u> Free helpline
East Dunbartonshire Council - Helpline	0300 123 4510
East Dunbartonshire Police	0141 532 4400
Glasgow Royal for Sick Children	0141 201 0000
National Breastfeeding Helpline	0300 100 0212
NHS 24 Helpline	111
Parent Line –Scotland	0800 028 2233

Revised/ printed: 05/03/2019

birth-to-five's
activities



0 'to' 5

Revised/ printed: 05/03/2019

Bookbug and Story Star Sessions for Babies & Toddlers

Come along to a Bookbug or Story Star session with your baby and enjoy rhymes, songs, tickles, bounces and books.



Go along to the free fun filled Bookbug Sessions and enjoy rhymes, songs, cuddles and tickles with your child.

Baby session (Parent and child activity , 0-18 months)
Baby/toddler Sessions (Parent and child activity,0-36 months)

Sessions run in local libraries , for further information please log into

www.booking.edlc.co.uk/horizons/cultures

or by telephoning - **0141 777 3143**

Monday-Friday 9.00am – 12.00 noon & 2.00pm – 4.00pm

LOCAL GP SURGERIES in East Dunbartonshire

Kirkintilloch

- Turret Surgery – 0141 211 8260
- Regent Garden – 0141 766 1238
- Peelview Medical – 0141 776 3442
- Southbank Surgery 0141 776 2183
- Woodhead Surgery- 0141 776 2468

Lennoxton

- Lennoxton Surgery – 01360 327 300

Milngavie

- Terrace Surgery – 0141 942 6644
- Denbrige Surgery – 0141 942 9494
- Kersland Surgery – 0141 956 1005
- Ashfield Medical Centre – 0141 956 3778
- Kessington Surgery – 0141 211 5621

Bishopbriggs

- Auchinairn Medical Practice – 0141 772 1808
- Kenmure Medical Practice – 0141 772 6309
- Brackenbrae Medical Practice – 0141 772 2241
- Springfield Medical Practice – 0141 772 **4744**

NHS 24 Helpline

111

babycafé

The baby café will offer a place where mums and mums -to be - can drop in, without an appointment, to share experiences with other mums and get one -to-one support in a friendly and informal environment.

Drop by - Monday 10.00am - 12.00pm

Hillhead Community Centre
169 Meiklehill Road, G66 2JJ
Tel: 0141 578 6011



Extended time-
Multipurpose
room -Hillhead
10-12

Local Toddler and Parent Classes

A small fee may be applicable with each group

Twechar Toddler Group

Monday, Tuesday, Thursday.

9.00am-11.am in the Health Living Centre – St John's Way,
01236 827154

Springfield Cambridge Toddlers

Springfield Cambridge Church, The Leys,
Bishopbriggs.

Tuesday Wednesday and Thursday 9.30am – 11.15am

Fee £1.50 per session.

Email: sctoddlers@gmail.com.

Pitter Patter Toddler Group

Castlehill Primary School, Rosslyn Road, Bearsden, G61 4DL

Tuesday – Thursday -10.00am -11.30am (Term Time)

Children 0-3 years welcome.

Cairns Church Toddler Group

Cairns Church, Buchanan Street, Milngavie, G62 8AW

Web: www.cairnschurch.org.uk

Tuesday 10.00am – 11.30am

Boclair under 5's

Kessington Hall, Kessington Road, Bearsden, G61 2HL

Tuesday, Wednesday & Thursday 9.30am -11.30am

Jack & Jill Mother & Toddler Group

Cadder Church (North Hall)
Cadder Road, Bishopbriggs, G64 3JJ
Wednesday – Friday
9.00am – 12.00 mid-day
Children 0-5 years welcome.

Torrance Pre-Fives

Parent & Toddler at Cadler Halls
Runs between 9.15am -11.15am on Friday's during term time.
Playgroup (from 2 ½ years plus, staffed by play leaders).
Mon, Tues, Thurs also term time – 9.30am -11.30am
www.torrancepre-fives.moonfruit.com
facebook: Torrance Pre-Five.

Lenzie Parent & Toddler Group

Lenzie Rugby Club
Kirkintilloch Road
Lenzie
Tues, Wed, Thurs & Fridays
(9.30am – 11.30am (Term Time)
Children 0-3 years welcome.
Web: www.lenzietoddlers.co.uk

Harestanes Parent & Toddlers Group

The Huts at Harestanes School
Mon and Tue 9.30am-11.30am
All 0-5's welcome
Mauchline Court, Kirkintilloch , G66 2SA
Tel: 07742 992863
www.facebook.com/harestanesparentandtoddlers.community.huts

Gaelic Toddlers Group – Rionnagan Beaga

Tuesday 12.15pm – 2.15pm (term time only)
Bishopbriggs Community Church
21 Park Avenue, G64 2SN
Cont act No 07932 059228 or Facebook: Rionnagan Beaga Gaelic
Toddlers-Bishopbriggs
£2.00 per session per family.
No previous Gaelic required. All Welcome!!



**Kirkintilloch
Hillhead Community Centre**

169 Meiklehill Road, Hillhead
Kirkintilloch, G66 2JJ

Drop in Monday mornings 10.00-12.00om

Extended time- Multipurpose room

– see over page:

**Other of Hours information and support with
breastfeeding can be accessed via;**

The National breast Feeding Helpline 0300 100 0212

The National Childbirth Trust 0300 330 0771

La Leche League help line 0845 120 2918

The Breastfeeding Network 0844 412 4664

**Association of Breastfeeding Mothers
0300 330 5453**

Day Nurseries in East Dunbarton

Early year's child care and education for children from 6 weeks to 5 years of age. For information on local Nursery provision and fees please visit:

www.eastdunbarton.gov.uk

www.scottishchildcare.gov.uk/eastdunbartonshire



or call: 0845454510 or

East Dunbartonshire Childcare Information Service
Southbank House
Strathkelvin Place
Kirkintilloch
G66 1XQ Tel: 0141 578 8060 Fax: 0141 578 8945

<https://eastdunbarton.gov.uk/health-and-social-care/services-children-families/health-visitor-services>

Milngavie Parent & Toddler Group

Based in Library & Community Hall
Milngavie
Tel: 07923606168
Fridays - 9.30am – 11.00am
Snacks included.

Milton of Campsie Thursday Toddler Time

Craighead Community Centre
Milton of Campsie
01360 311884
Thursday 9.45am – 11.15am – no need to book, details on FB.
0-3 years welcome

Westerton Fun Tots Play

Westerton Main Hall, Bearsden, G61 1NZ
Tuesday & Thursday 9.00am -11.30am – Wednesday
9.30am -11.30am
Children 0-3 years welcome

New Kirkpatrick Baby & Toddler Group

Bearsden
Church Office
Tuesday, Wednesday and Thursday
9.30am – 11.30am
Tel : 0141 942 884
newkirkpatricktoddlers@yahoo.co.uk

Noah's Ark

Noah's Ark is now open again and meets on Thursday mornings from 9.30 a.m. to 11.15 a.m. Everyone with children up to the age of 3 is welcome. Come along and make new friendships over a cup of tea or coffee while your child has the opportunity to play and develop. £1 per child and £1.50 for two children. Registration on the day. For further information please contact Jackie at noahsarkmilngavie@gmail.com

Little fishes – St Columbia **NEW******

Fridays – 10.00am – 11.30am £1.00 per week, per family.
Colubia church, Old Aisle road, Kirkintilloch, G66 3HQ

Twins Group- Babes in the Wood,

30 Wellington Road, Bishopbriggs, G64 2SA
Monday, 10.00am – 11.30am - 0141 258 7500



Little Rainbows/Stepping Stone

Woodhill Evangelical Church -0141 772 4283

30 Wester Cleddens Road, Bishopbriggs
Monday -Thursday between 10.00am – 11.30am
(Term Time)

Townhead Toddler Group – Tel 0141 578 6006

Kirkintilloch Baptist Church
52 Townhead, G66 1NL.
Web: www.kirkiebaptist.com/children.htm
Tuesdays and Fridays 9:45am- 11:15am
Children 0-3 years welcome.

Hillhead Nursery –Pre-5's -

Newdyke Road, Kirkintilloch.
Tuesday to Friday
9.30am - 11.30am or 1.00pm – 3.00pm

Killermont Kiddies Parent/Carer and Toddler Group

Killermont Parish Church, Rannoch Drive, Bearsden Tuesdays & Thursdays (including school holidays)
9.45am -11.30am

Hilton Road Toddler Group

West Scotland, James the Less Church, Hilton Road, Bishopbriggs,
Glasgow G64 3E Friday: 10am - 11.30am, term time only

Lenzie Old Parish Church

Parent & Toddler Group
Mon. Thurs & Friday
Term Time – 0-3 years
9.45am – 11.30am

Birth-to-Five's Drop-in Sessions & Starting Solids Advice .

Drop-in service run by the Children & Families Team where you can meet other parents, seek advice and support on health issues, speak to a member of the team for infant feeding advice, and weigh your baby.

Drop- in Sessions are as follows:

See new calendars attached :

Monday One day a month	2.30pm 3.30pm	Lennoxton Hub 46 Main Street 01360 327 317 or 318	Lennoxton
Tuesday One day a month	1.30- 3.00pm	Auchinarn Hub Early Learning Centre and Community Hub Beech Road Auchinairn G64 1NE	Bishopbriggs
Wednesday One day a month	1.15- 2.15pm	Cairn Church 11 Buchanan Street, Milngavie G62 8AJ Phone: tel:0141 232 4800	Milngavie
Thursday One day a month	09.30am 11.00am	Hillhead Community Centre 169 Meiklehill Road, G66 2JJ Tel 0141 578 6011	Kirkintilloch
Friday One day a month	11.00- 12.00pm	Healthy Living Centre, St John's Way 01236 827154	Twechar

<https://eastdunbarton.gov.uk/health-and-social-care/services-children-families/health-visitor-services>

2019 Birth to Five Drop In Sessions

- L** Lennoxtown Hub, 46 Main St, Lennoxtown, G66 7JJ (2.30pm - 3.30pm)
- A** Auchinairn Hub, 169-172 Auchinairn Rd, Bishopbriggs, G64 1NG (1.30pm - 3pm)
- C** Cairn Church, 11 Buchanan St, Milngavie, G62 8AJ (1.15pm - 2.15pm)
- H** Hillhead Community Centre, 169 Meiklehill Rd, Kirkintilloch, G66 2JJ (9.30am - 11am)
- T** Healthy Living Centre, St John's Way, Twechar, G65 9TA (11am - 12pm)

January

M	T	W	T	F	S	S
	1	2	3	4	5	6
7/L	8	9	10	11	12	13
14	15/A	16	17	18	19	20
21	22	23	24/H	25/T	26	27
28	29	30/C	31			

February

M	T	W	T	F	S	S
				1	2	3
4/L	5	6	7	8	9	10
11	12/A	13	14	15	16	17
18	19	20	21/H	22/T	23	24
25	26	27/C	28			

March

M	T	W	T	F	S	S
				1	2	3
4/L	5	6	7	8	9	10
11	12/A	13	14	15	16	17
18	19	20	21/H	22	23	24
25	26	27/C	28	29	30	31

April

M	T	W	T	F	S	S
1/L	2	3	4	5	6	7
8	9/A	10	11	12	13	14
15	16	17	18/H	19	20	21
22	23	24/C	25	26/T	27	28
29/L	30					

May

M	T	W	T	F	S	S
		1	2	3	4	5
6	7/A	8	9	10	11	12
13	14	15	16/H	17/T	18	19
20	21	22/C	23	24	25	26
27/L	28	29	30	31		

June

M	T	W	T	F	S	S
					1	2
3	4/A	5	6	7	8	9
10	11	12	13/H	14/T	15	16
17	18	19/C	20	21	22	23
24/L	25	26	27	28	29	30

July

M	T	W	T	F	S	S
1	2/A	3	4	5	6	7
8	9	10	11/H	12/T	13	14
15	16	17/C	18	19	20	21
22/L	23	24	25	26	27	28
29	30/A	31				

August

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8/H	9/T	10	11
12	13	14/C	15	16	17	18
19/L	20	21	22	23	24	25
26	27/A	28	29	30	31	

September

M	T	W	T	F	S	S
						1
2	3	4	5/H	6/T	7	8
9	10	11/C	12	13	14	15
16/L	17	18	19	20	21	22
23	24/A	25	26	27	28	29
30						

October

M	T	W	T	F	S	S
	1	2	3/H	4/T	5	6
7	8	9/C	10	11	12	13
14/L	15	16	17	18	19	20
21	22/A	23	24	25	26	27
28	29	30	31/H			

November

M	T	W	T	F	S	S
				1/T	2	3
4	5	6/C	7	8	9	10
11/L	12	13	14	15	16	17
18	19/A	20	21	22	23	24
25	26	27	28/H	29/T	30	

December

M	T	W	T	F	S	S
						1
2	3	4/C	5	6	7	8
9/L	10	11	12	13	14	15
16	17/A	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Starting Solids Events:



<p>Bearsden Hub 69 Drymen Road, Glasgow G61 3QT</p>	<p>Tuesday 5 February 2019 Morning Group. <i>Invitation will be sent out via post to clients for each area.</i></p> <p><i>Times will given on invite</i></p>
<p>Auchinairn Hub Early Learning Centre and Community Hub Beech Road Auchinairn G64 1NE</p>	<p>Thursday 21 March 2019 Morning Groups <i>Invitation will be sent out via post to clients for each area.</i></p> <p><i>Times will given on invite</i></p>

There will be further dates in the year, parents will be updated

What is Triple P?



Triple P. Positive Parenting is the parenting programme provided within East Dunbartonshire. The evidence-based parenting and family support system is designed to prevent behavioural, emotional and developmental problems in children.

The aim of the programme is to teach parents either in a group or on a one to one basis effective principles and strategies that may be applied in most parenting situations to achieve the best possible positive outcome

Contact the Parenting Team at email address parenting@eastdunbarton.gov.uk or speak to your Health Visitor who will be happy to help
0141 304 7417