

Baby Massage – a five-week course showing Baby Massage techniques. (Mums and Dads welcome) Please contact Sure Start to book a place.

East Calder New Mums – a six-week information/socialisation group for parents with babies under 5 months. Contact East Calder Health Visitors to register.

Play @ Home (0 –1 years & 1-3 years) - six /eight week rolling programme, booking required. A group designed to show home activity techniques, using items within the home. Please contact Sure Start to book a place.

Dads2b - A 6-week antenatal course for men, the course covers: labour and birth, post natal depression, coping with a baby crying and baby care - handling, dressing, nappy changing, bathing and baby massage. Please contact Sure Start to book a place.

Kreative Kidz – Parent/child activity group. Open to all local parents.

YM+ - 14 week programme looking at child development, parenting issues, women's health, relationship and relaxation.

Jumping Jacks/ Messy Monkeys - Activity based group opened to parents and carers with children under the age of three. Cost: Donation

Fauldhouse Baby Playgroup - For Mums with babies under 1 year old in Fauldhouse. Drop-in Session, providing play opportunity with babies, chat with other Mums and also the opportunity to access information as appropriate i.e. health/parenting issues.

Contact Sure Start on

Tel 01506 774700
Email surestart@westlothian.gov.uk
Website www.wlcsurestart.org.uk



WEST LOTHIAN COMMUNITY
HEALTH AND CARE PARTNERSHIP

Sure Start
Universal and Booking Required
9th January to 30th March 2012



WEST LOTHIAN COMMUNITY
HEALTH AND CARE PARTNERSHIP

Group	Venue	Time
Monday		
New Mums East Calder (Kate)	East Calder Community Centre Book at East Calder HC	11.00 - 12.30
Jumping Jacks (Karen J)	Bathgate Partnership Centre	10.00 - 11.30
YM+ (Toni)	Newyearfield Farm Community Centre	12.30 - 14.30
YM+ (Ros)	Bathgate Early Years Centre	13.00 - 14.30
Tuesday		
Kreative Kids (Kate)	Polbeth Village Hall From 17th January	10.30 - 12.00
YM+ (Denise)	Letham School Community Wing start 17th January	10.00 - 12.00
Play @ Home (TBC) (Mhairi/Karen J)	Winchburgh Community Centre Contact Sure Start to book	9:30 - 10.30
Dads2b (Andy)	St Johns Hospital Contact Sure Start to book	19.30 - 21.30
Play @ Home (Karen)	Blackburn Community Centre Contact Sure Start to book	TBC

Group	Venue	Time
Tuesday Cont.		
Fauldhouse Baby Playgroup (Kate)	Fauldhouse Partnership Centre For babies under 1	13.30 - 15.00
Wednesday		
Baby Massage (Maureen)	Bridgend Community Hall Contact Sure Start to book	10.00 - 11.00
Jumping Jacks (Karen J)	Armadale Community Centre	9.30 - 11.30
Baby Massage (Toni)	Newyearfield Farm Community Centre - contact Sure Start to book	13.00 - 14.00
Thursday		
Messy Monkeys (Karen J)	Blackburn Community Centre	9.30 - 11.30
Baby Massage (Denise)	Letham School Community Wing Contact Sure Start to book	13.00 - 14.00
YM+ (Mhairi)	Bridgend Community Hall	13.00 - 15.00
Friday		
Jumping Jacks (Karen J)	Armadale Community Centre	09.30 - 11.30