



Sure Start

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Winter

01506 775836

www.wlcsurestart.org.uk

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UPDATE ON CONFERENCE

We had a very successful conference on Wed Nov 12th 2008 with excellent speeches and a very good attendance. Feedback was very encouraging and the audience especially valued hearing from our parent contribution – 4 Peer Educators and 2 Getting Through The Day Graduates.

SURE START SERVICES FOR DADS

dads2b

a 4 week antenatal course for men covering:

- Labour & Birth
- Post Natal Depression
- Coping with a Crying baby
- Baby care

We also have two dads who come along to share their experiences of labour, birth and parenting

The course is run as partnership between NHS Lothian & West Lothian Council – Sure Start and is facilitated by Michelle Davidson, Parent Education Co-ordinator, NHS Lothian &

Peter Johnstone, Early Years Development Worker, West Lothian Council – Sure Start

Dads2b courses take place within the parent education room at st john's hospital, Livingston on Mondays, 11.30 – 1.30pm and 8.00 – 10.00pm

The **Dads Club** is an activity based parenting support group for dads who have children from birth to age 3

Activities within the Dads Club range from arts, crafts & messy play to music, movement and yoga!!!

The Dads Club takes place within Deans Primary School, Livingston Tuesdays, 9.30 – 11.30am and at Bathgate Early Years Centre, Thursdays 9.30 - 11.30 am

NEW FOR 2009

Website

Currently in development by the dads themselves is the dads club website which will compliment the dads club group on Tuesdays. The website will be online by April 2009

Mellow Dads

A 12 week intensive parenting course for dads who have at least 1 child under 5. It lasts all day and includes work on the dads themselves, on building a relationship with your child through play and input on parenting. We hope the dads will be helping each other!

For further information on our services for dads contact

Peter Johnstone, Early Years Development Worker

Tel 01506 775836 Email peterjames.johnstone@westlothian.gov.uk

MANAGER'S REPORT

The Team here were delighted when Julie Taylor was awarded Volunteer Manager of the Year by the Volunteer Centre in Bathgate.



This award was for her work with Peer Educators over the past 18 months. She led one group who went into schools to talk to 4th year students about the reality of being a young parent. These Peer educators then trained other young parents who will be our next batch going into two schools, this time to talk to 2nd and 3rd year students. Each Peer Educator has done this as volunteering, which they can then put on their CV for work or further education. There are some great success stories, all started by Julie's vision and hard work.

Carolanne McGinty our admin assistant was also highly commended as Young Volunteer of the Year for her Victim Support work.



Sure Start Information Sessions

- ☺ Friday 23rd January 09
- ☺ Wednesday 11th February 09
- ☺ Friday 6th March 09

These sessions are for any new staff in West Lothian and will provide information about our services. The sessions are held in the Sure Start Office, Unit G, Kirkton Business Centre, Livingston Village. Sessions start at 9am and last 1 hour approx.

Group	Venue	Time
Monday Jumping Jacks	Bathgate Community Centre, Marjoribanks St, Bathgate restarts 12.1.09	1000-1130
Young Mums + (under 21's)	Early Years Centre, Bathgate, restarts 12.1.09	100-230
Tuesday Messy Monkeys	Community Centre, Ash Grove, Blackburn restarts 13.1.09	930-1130
Kreative Kids	Health Centre, Polbeth Road, Polbeth restarts 13.1.09	1030-1200
YM2B (under 20 years)	Whitdale Family Centre or Chill Out Zone restarts 6.1.09 please check venue before attending	1130-130
Topp Mumz	Craigsfarm, Craigshill, Livingston 10/2/09 – 25/3/09	100-230
Wednesday Sticky Tots	Craigsfarm, Craigshill (Craigshill Residents) from 7.1.09	1000-1130
Baby Massage Places must be booked	Daisy Drop In, Craigshill, Livingston Starts 14/1.09 - 11.2.09	1030-1115
Baby Massage Places must be booked	Community Hall, Bridgend Starts 14/1.09	1030-1200
Wednesday contd Young Mums + (under 21's)	Child Development Centre, Craigshill From 7.1.09	100-230
Young Mums + (under 21's)	Community Hall, Bridgend from 14.1.09	100-230
Baby & Toddlers (small charge)	Community Hall, Bridgend from 7.1.09	115-300
Thursday Messy Monkeys	Community Centre, Ash Grove, Blackburn from 8.1.09	930-1130
GTTD 2 Places must be booked	Community Centre, West Calder from 8.1.09	930-1130
Friday Jumping Jacks	Community Centre, North Street, Armadale from 9.1.09	930-1115
YM2B (Under 20 years)	Daisy Drop In, The Mall, Craigshill, Livingston from 9.1.09	1130-1330

Baby Massage and Weaning groups may be run throughout this period please check for date of next group

- Groups list also available in Polish -

Come along to any of the above groups or Contact Sure Start for more information on **01506 775836**