

Services Who may be able to help Address Identified Family Support Gaps

This list of services and resources was collated in discussions during the Family Support mapping exercise to help practitioners consider some suggestions on who may be able to address any gaps identify in a family's support, the lists are not exhaustive.

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ASN Support

Support following diagnosis and before and during school transitions

- ASL Service offers follow up meetings post diagnosis with families, signposting
- ASL Inclusion Support Team – supports families of children with complex learning needs/ educational and well being
- ASL Service resuming ASD Parent Information Sessions online - in blocks for Pre-school, Primary and Secondary. Multi-disciplinary presentations.
- Barnardo's Edinburgh Together, ADHD group work programme for parents and carers who have a child newly diagnosis with ADHD
- Scottish Autism Advice Line – info on how to go forward for a diagnostic assessment/ advice and signposting
- Scottish Autism – Right Click programme support to families of recently diagnoses young children
- Enquire – advice and info on additional support for learning legalisation and guidance
- Lothians Autistic Society - practical support and information on Autism
- Tailor Ed -tailored approach to understanding diagnosis and child behavioural needs.
- Salvesen Mindroom Centre - issue-based support, advice and information for families relating to learning difficulties/ASN
- National Autistic Society
- Down Syndrome Scotland

Intensive support for families experiencing high levels of violence and mental health issues from children/ YP with ASN

- ASL
- SW Disability Team- SDS
- Barnardo's Edinburgh Together
- Tailor Ed EYs service; 12 months of targeted intervention work for children with autism at service capacity.
- Tailor Ed Targeted Target Specific support to families with a child up to 16 years, no current capacity to accept new referrals
- CAMHS

Support for parents and carers and group work

- Barnardo's Edinburgh Together - Cygnet- programme for parents who have children with a diagnosis of autism.
- Kindred Therapeutic Support
- Lothian Centre for Inclusive Living (LciL) parent and carer peer support, workshops
- Dad's Group – Tailor Ed for carers of children with autism
- Scottish Autism Right Click Online Support Programme for parents and carers of C & YP on autism spectrum
- Firsthand Time for Mum matched with volunteer befriender to attend groups or video delivery on portals/zoom.
- Firsthand Parent and Carer Group –monthly on Zoom peer support for families currently of previously supported
- The Action Group
- VOCAL
- The VIP Club – Based at Bridgend Farm House (under 5s & family support)
- The VIP Club, in partnerships with Trees and seas outdoor adventure (under 5s & family support)
- Down Syndrome Scotland – family support and meet ups
- Tailor Ed about to open up their fortnightly quiz online for all parents with children with Autism

- Firsthand Family Support for parents, practical support routines and access other groups and supports now offering phone support
- Sleep Scotland - Supporting families of children and young people with additional support needs and sleep problems

Advocacy for parents and carers

- Kindred
- Disability Team
- Vocal – support to access services
- Lothian Centre for Inclusive Living (LciL) rights around SDS
- Salveseen Mindroom Centre

Advocacy for children and young people with learning disabilities/ transitions

- The Action Group
- NAS Council for disabled children
- Salveseen Mindroom Centre

1:1 provision - befriending/ social and recreational.

- Firsthand Family Support, matched volunteers/Family Support worker for 1:1 short term support, social skills through child led play activities
- Firsthand Family Support – 1:1 support for C & YP to access local activity opportunities
- Gravity Trampolining (Fountainpark) help and support sensory, developmental and physical disabilities. Reduced Sound & Light sessions, the whole park and its facilities are made exclusively available to members of recognised disabled groups
- Whale Arts – creative opportunities for all ages and abilities. Their building is currently closed during pandemic but are offering free art packs, friendship calls from staff and online classes and activities.
- Edinburgh Leisure – not specific to children or young people with disabilities - activities are not easily accessible depending on physical needs
- The Yard – open restricted to SW referrals and max of five children or young people accessing two-hour morning and afternoon sessions.
- The Yard – Digital sessions EYs music and movement, play ideas, stories, songs and relaxations session with therapists -booked
- Tailor Ed - Virtual Support Services have opened up their online activities during school hols for families, places are still referred
- Positive Paths weekday and evening social groups - after school support
- Nordoff Robbins Music Therapy, Edinburgh – currently closed, taking applications to join waiting list for online music services
- NE Inspiring Disability -positive Play sessions, advice and support for whole family for child/YP with ASN
- Saturday Disability in Action -drop in -play activities, peer support, information for families, child with a disability and siblings across 4 localities closed
- The Action Group -Children and Adults in Transition Services (CAATS) – services for C&YP and families includes leisure scheme

Weekend provision

- The Yard Sunday Funday currently closed
- The Yard – small no of bookable sessions available for Saturday's for members (no siblings permitted presently due to restrictions)
- Firsthand Family Support staff and volunteers specifically recruited for weekend support
- Positive Paths - short term respite for parents, weekend.
- The Drop ins usually run during the weekend but not running as community centres closed
- Inspiring Disabilities have been running online and outdoor sessions on Saturdays during COVID
- Fabb offer families and carers short breaks at The Treehouse, in Callander

ASL and SALT social communication

- CAMHS/ASL SALT -Living with Autism Referral only, for parents of children with autism in primary 5-7 8-week parent programme
- Hanan SALT - referred 8-week course for parents of 0 – 4 years – social communication difficulties
- Hanan Talk ability SALT -referred 8-week course for parents of 4 – 8 years
- ASL PEERS- parent assisted programme supporting young people with social communication difficulties
- Speech and Language Communication Company SLCo – family support for speech and communication difficulties. Helpline/ 1:1 support

Services for P7 + and higher functioning teenagers

- Edinburgh Leisure – Varied programme of sports for children with disabilities including: Active8 (multi activity program); Boccia (type of bowls); Diving; Swimming; Tennis; Trampolining Youth Clubs
- Team United - Charity that works to support young people with disabilities overcome social barriers they often face when taking part in sport and physical activity, particularly team sports. - <https://www.facebook.com/teamunitedscot/>
- I Am ME - I Am Me Charity - aiming to educate individual's about disability hate crime, through the medium of drama and films, in partnership with Police Scotland, downloadable resources. – not a specific group but good tool for teens when going out and about.
- Number 6 - A One-Stop Shop service for young people and adults with autism who do not have a learning disability. Provides free social opportunities and 1-1 advice and support on a range of issues

Training in relation to supporting children with learning disability

- VOCAL tailored training
- The Yard
- ASL ASD Parent Information Sessions online - see above under ASL
- ASL service deliver training to school and nursery staff and partner provider nurseries
- Tailor Ed deliver training
- Sleep Scotland - Sleep support line for families across Scotland
- Sleep counselling and workshops for parents
- Salvesen Mindroom

Access to info on holiday playschemes

- Holiday Trust Funds: The Adamson Trust, The Douglas Hay Trust, Family Holiday association, Happy Days Children's Charities, Better Breaks
- VOCAL

BAME, Translation and ESOL Support

BAME

- Aditi
- EAL service Bilingual Support Assistants in schools (includes Arabic, Polish, Cantonese, Mandarin, Kurdish (Kurmanji), Urdu)
- ELREC (campaigning and advisory)
- Health in Mind/The Health Agency SW (Polish link worker service)
- Lifelong Learning Adult/Family Learning (Syrian resettlement work)
- SCORE (including children & young people's groups; family support worker; community fridge; isolation in BAME communities report)
- Living in Harmony/CHAT café (NW) (mental health support)
- Link Net Mentoring
- MCFB (including early years service; groups for Chinese families)
- North East Early Years Forum
- Saheyliya
- Shakti
- SPACE Broomhouse Hub Asian women's groups

Translation (& Interpretation)

- Translation and interpretation service from CEC

ESOL

- Amina
- Edinburgh Central Mosque
- Edinburgh College
- Crisis
- Lifelong Learning Adult Learning classes (Level 4 & 5 currently running online; Levels 1 & 2 to start in new year)
- Saheyliya
- SCORE
- The Welcoming
- WEA

Befriending/ Mentoring

- Fostering and Adoption Services offer befriending to children
- Big Hearts befrienders specifically for 7-14yrs in kinship care
- People Know How Positive Transitions citywide befriending service targeting P6/7 & S1/2 for school transition
- Schools' own transition programmes, including health & wellbeing return to school resilience resources + power points for any staff to use

- SPACE & Broomhouse Hub – min 12month befriending for 5-16yr olds affected by parental drug/alcohol use
- Safe Families – find volunteers to befriend children up to 12 yrs
- First Hand Lothian - Befriending and mentoring for children and young people (up to 18yrs) who have a disability
- YMCA/ Move On inTandem - mentoring for LAC 8-14 yrs for (risk of homelessness <https://www.intandem.scot/charities/move-on/>)
- YMCA Plus One – mentoring for 8-14yrs at risk of offending
- YMCA some mentoring places for young people around emotional wellbeing
- Move on also offering wider mentoring programme to vulnerable 14-25years to help them reach their potential <https://www.moveon.org.uk/mentoring-service>
- MCR pathways in Craigroyston HS to encourage positive destinations <https://mcrpathways.org/edinburgh/>
- NW LLL mentoring programme for children from P7 through High School in West Pilton area
- Haven - Inter School Social Education 'Mentoring Project'. George Heriots HS pupils meet with primary aged pupils in a group setting with 1:1 support weekly for the academic year. The project aims to It provide the primary aged pupils with positive role models, help build communication skills and develop confidence.
- Children 1st use volunteer befrienders for children of the families who are referred to the service
- Barnardos use volunteer befrienders for children who they are already working with, the allocated worker can refer internally for a befriender where this is felt relevant, usually when work is established or nearing an end. A direct referral for a befriender cannot be made in isolation. Their befrienders are not operating during COVID.
- Family and Household support are able to use volunteers in befriending type roles with the support offered linked to an assessment/ plan which is reviewed regularly by a senior support worker and team leader. The volunteers will be matched based on experience and need and can support adults, children and families where risks are screened as low. Referrals can be made through the FHS referral email system, stating request for volunteer support. They are keen to accept referrals for volunteers for early intervention support. Availability in each area varies slightly but ongoing recruitment and induction training planned and can increase based on demand.

Childcare

Service based childcare and creche provision (to allow parents to attend groups, learning, training)

- NW Stepping Stones North Edinburgh
 - YMCA (specialised care for children with ASN, holidays clubs for families at risk of experiencing food poverty)
 - Firsthand (respite and for appointments)
 - NW Circle- Haven
 - NE Dr Bells EH6/7 (Covid, reduced service)
 - NE - Citadel Youth Centre Young Mums Project
 - SW- Sure-start Oxfgangs EH13 (0 -3 years)
 - Lifelong Learning (can provide community based creches from the tertiary budget -depending on demand)
- Affordable and subsidised childcare 0 -12 years (targeted SIMD areas)**
- NW North Edinburgh Childcare
 - SE Childcare Connections

- SW Smile Childcare

- NE Kidzcare

Early Years- Early Learning and Childcare (ELC) - Statutory provision/partner providers

- CEC ELC 600 hours for 2 - year olds established **Term Time**
- CEC ELC - 1140 hours for 2 - 4-year olds (partial roll out)
- CEC 26 ELC settings offer Eligible 2's provision
- 12 Partner providers and 35 Partner Childminders provide ELC
- CEC Breakfast Clubs funded in 88 mainstream and 8 special schools

- **Non Partner providers** - Third Sector, Charities and Parent Led orgs
- 18 Voluntary Sector Playgroups
- NE Sahelyia Around the World Childcare 0- 5 years, after school and wrap around childcare up until 8 years - currently closed
- NE - Venchie Children and Young People's Project Provides afterschool childcare, breakfast club
- SE - Impact Arts – Creative Play (Inch Park) P2 – P4 After school project
- Breakfast Clubs (commercial providers, social enterprises, charitable orgs)
- Variety of After School Provision

Conflict and Mediation for Parents who have Separated

- Shared Parenting Scotland
- Cyrenians: Scottish Centre for Conflict Resolution,
- Cyrenians Mediation and Support
- One Parent Scotland
- Parent Plan agreement advice <https://www.gov.scot/publications/parenting-plan/>
- Family and Household Support Mediation

- Family Mediation Lothian- offer telephone information, child contact centre and mediation, children's group, no set charge, donation for those who can afford
- Previously used to offer Parenting Apart course but no longer funded, resources still available
- <https://www.relationships-scotland.org.uk/family-support/parenting-apart-groups/resources>

Dads

- Dad's Rock: Parenting workshops & Young Dads Project
- Fast Forward: Ask Dad More- provides 1-1 support to fathers in NE Edinburgh.
- OPFS: Fathers Support – 1:1 help for single fathers of children under 4 yrs, needing help with parenting, advocacy and information.

- Shared Parenting Scotland (Previously Families Need Fathers Edinburgh)
- Lifelong Learning: Read, Write, Count Dads' & P3s group research project (Equity & Equality) contact Karen.Buist@edinburgh.gov.uk

- Children 1st: Father-Child Wellbeing support is delivered within the team. This aims to attend to barriers which may prevent fathers accessing the parenting supports, engagement or connection needed. Does not require referral through ASAP, direct referral to Children 1st
- Expecting something is for all young parents
- 6VT Twilight Tots (online group) for all young parents
- Changing rooms – Big Hearts in partnership with SAMH – Men’s mental health group support
- Haven Fathers Support Worker - 1 FT worker dedicated to fathers support in North Edinburgh. Utilises a 'step up-step down support model where there is intensive family support available for more challenging issues and universal peer group programme for fathers designed to build peer and community supports. Run in partnership with Mark Hunter, Fast Forward

Digital Access

- Discover have received funding to purchase devices for families to participate in the project. They are also recruiting Digital Champions to support families to increase their digital skills for 6 months. Training will be provided for the volunteers. During the summer and October programmes in NE 20 devices were secured for families.
- Connecting Scotland
- Call Scotland offer support and advice in relation to digital access for people with ASN
- Streetwork- Pilot project looking at digital inclusion (ended but potential for larger scale project)
- One Parent Families Scotland have funding to support single parent families to access a device and computer skills
- Action for Children
- Red Cross Hardship fund for individuals and families, can offer support with food and toiletries, somewhere to sleep, access to a phone or the internet, fuel to cook, keep lights on or stay warm. Coronavirus Support line for free on 0808 196 3651
- Many families have been able to receive a device from People Know How service. This was supportive for families to be able to access parenting support and family learning activities
- FirstHand Lothian successfully use Portals with the families they support to offer family support, joint activities and prevent social isolation
- One Parent Scotland have some funding to support single parents to access devices and support computer skills
- Leith Gives and the Remakery have supported some Citadel and YMCA families with a device and dongle so they can also access WIFI
- The LOG Digital Needs Group (Connecting Scotland, People Know How, ACE IT, Family Fund, Score Scotland, Prospect Housing, Home Link Family Support) This group has been set up to address the digital poverty issues raised across localities.
- A directory of digital supports is being collated by the Digital Needs Group and will be available on the CEC webpage in January

- The Action Group had a wellbeing fund during lockdown for families with a child with ASN. Requests were able to be made for devices for families. They were inundated with applications.

Domestic Abuse

- Edinburgh Women’s Aid: now working in localities;
- Domestic Abuse Services (DAS),
- Women’s focussed projects such as PCHP in NW,
- UEvolve,
- MCFB: Early Years’ Service
- MCFB: Safe Haven,
- Fostering & Adoption services
- Cedar Project Continuing online during COVID groups working with children of different ages and mothers
- Shared Parenting; OPFS (offer advice for separated parents
- Clan Childlaw
- Shakti Women’s Aid
- Rail to refuge
- [scottishwomensrightscentre.org.uk /training](http://scottishwomensrightscentre.org.uk/training)
- womensaid.scot/training-events
- rapecrisisScotland.org.uk
- Safe and Together Training (CEC)

- Women are risk can present at Council Resilience Centres Five Council Resilience Centres (CRC’s) have been established across the city. These are not open to the general public but are there to provide a point for advice and assistance for vulnerable people in need of critical services and to serve as base for the coordination and support of essential services. Customers are asked to attend in person only if it is critical and they are: experiencing homelessness, experiencing serious or significant harassment, collecting an agreed cash payment, have a pre-arranged appointment

Location of Centres:

Wester Hailes - South West Locality Office, 10 Westside Plaza, EH14 2SP
 West Pilton Gardens – North West Locality Office, 8 West Pilton Gdns, EH4 4DP
 Captain's Road - South East Locality Office, 40 Captain’s Rd, EH17 8QF
 Craigmillar - North East Locality Office, 101 Niddrie Mains Road, EH16 4DS
 Leith - Criminal Justice / Social Work Centre, Newkirkgate Shopping Centre Units C&D, Newkirkgate Shopping Centre, Edinburgh EH6 6AD
 All the centres operate 10am to 4pm, with the exception of Craigmillar which operates 8.30am to 5pm Mon-Thurs and 8.30am to 4pm Friday

Drug and Alcohol Support

- Sunflower Garden support for children and young people affected by parental substance use
- Circle- Adults and Young People support in NW
- Vocal Family Support Addictions – supports family members affected by someone else’s alcohol or drug use

- Substance Use Support for Young People
<https://www.edinburghadp.co.uk/information-advice-support/help-and-support-for-young-people/> HOT in Gilmerton- SE, SW and East, Crew SE, Circle NW The Junction NE, Citywide ASUS for Young People

Financial/ Employment

Specialist practical / financial assistance and support for families living in poverty and who suffer poverty related stress.

- Maximise! (Children 1st & CHAI Partnership) – partnership project integrating practice approaches across advice, employability and family support in 22 schools and 5 Early Years Centre in areas of social and economic disadvantage. Whole family support providing help around poverty, inequality, attainment, learning and family attachments). Practice model expanded to 5 Early Years Centres (one in NW, four in NE). Close links with Capital City Partnerships - with a targeted focus on youth advocacy in employment for young people.
- CHAI is currently offering a telephone consultation service which includes families (wider than Maximise), including close links with Edinburgh Hospital for Sick Children.
- Pregnancy Counselling & Care (Scotland) - PCC(S) Baby Boutique - material aid for families under 5 who are experiencing financial hardship
- Family and Household Support – offer support with welfare benefits. Financial advice and support, access to education/further education/employment
- PEF is being utilised in schools in different ways including dedicated Family Support Teachers, Family Learning programmes. Partnership working to offer additional support to children and their families. Support is offered on issues such as Welfare Rights, parenting/family support, community food provision, and literacy and numeracy support.
- OPFS offer support, advice & resources regarding benefits and money & debt advice
- Discover programmes - run within school holidays for low income families – increase in recommendations for the Discover Oct school break
- Deaf Action Advice - welfare/benefits / debt and budgeting support/
- Homelink Family Support can help access specialist services within your community i.e. financial issues.
- Advice Shop – financial support welfare benefits
- NW – Granton Information Centre
- SW and NW - Home-Start Edinburgh West and South West support on financial awareness and management skills
- NW - LIFT Low Income Families Together Support with benefits. employability support
- NW – Circle Haven provides some direct financial supports through Covid Wellbeing Funding.
- NW - Stepping Stones offer support on financial issues
- NE - Circle at Craightinny & St Ninians PS appointed PEF funded Circle Family Worker

Support/ advice for adults wanting to get back into education and employment

- Lifelong Learning Adult Learning and Literacy provision including IT skills, CV Writing and Skills for Employment short courses. ESOL provision.
- Linknet – BAME 1: 1 mentoring support on educational and training and employment support
- Homestart W and SW supports parents with literacy support to complete Peep Progression Pathway SQA credit units
- Deaf Action Advice – employability, educational and training advice
- NW - Community Renewal Next Steps – Employability support and advice is available through the Next Step project, offering online and phone support
- NW -Go Lone (GYC) offers support to engage in informal and formal learning
- NW - Circle Haven Project, pilot ‘Full Circle’ with SHE Scotland and Edinburgh College. For parents to build skills around confidence building and returning to education and employment.
- SW – Community One Stop Shop
- OPFS

Addressing poverty /attainment gap

- Maximise! (Children 1st & CHAI Partnership) – 22 schools (city wide) 5 Early Years Centres (1 NW, 4 NE)
- Health & Wellbeing 1:5 Poverty Awareness campaign and training
- PEF is being utilised in schools in different ways including elements of Family Support e.g. Family Support Teachers, Family Learning
- NE - Circle at Craigentiny & St Ninians PS
- NE- Citadel in NE schools)

We need to work together on addressing poverty and inequality.

- Partnership working – LOG

Awareness of the link between family poverty/ unemployment and attainment for children

- Health & Wellbeing Team 1:5 Poverty Awareness campaign and training

Family Learning Activities

- Active Schools ran virtual session online
- B Healthy Together have been running virtual Buggy Gym and Fitness sessions – allowing people to keep fit in their own homes
- Bookbug bags are being distributed through schools. As are read write count bags.
- Bridgend farmhouse offered art packs for families and run family activities
- Buggy walks still running in NE
- Homestart W and SW have offered Baby Peep face to face groups online and may now offer digital peep and record sessions.
- First Hand Lothian Portals encouraging Family Activities
- Goodtrees Neighbourhood Centre offer Family Learning opportunities
- Homestart have been supporting parents with family learning / play resources through Action for Children Grant

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| <ul style="list-style-type: none"> • Craigmillar Books for Babies meeting families outside to distribute bags of books during covid in Craigmillar, they also provide outreach family activities supporting communication and language. • Craigmillar Grows/ Carr Gorm been running Family walks throughout lockdown • Dads Rock are offering sessions via Zoom and now have an outdoor group – Dads in the Wood • Discover offer Family Learning mainly during the school holiday periods • Dr Bells running parent walking group and range of family learning activities online • Edinburgh Leisure ran fitness sessions online • Digital Peep Learning Together session currently piloted by CEC practitioners within early years and childcare – these are recorded Peep sessions shared on You tube. • Stepping Stones are offering Peep outside in different outdoor locations and accessible to parents of any age not just young parents, reducing social isolation –families require to be referred to manage numbers. Will be weather dependant in winter months. | <ul style="list-style-type: none"> • Impact Arts ran Creative Outdoor Play Sessions For children from Castleview, Liberton, Prestonfield, St John Vianney RC Primaries, P2-P4 at Inch Park. • Inspiring Disabilities supported family learning at home for families with children with ASN in NE by providing activity packs and ideas. They have been meeting outdoors for family activities since restrictions lifted. • Joe Wicks ran a series of daily child/family focussed fitness sessions during Covid-19 nationally – these are all still available on You Tube • P and Gs offered family activity ideas on their website • Play Rangers offer sessions in E at two schools/parks • Safe families • Some youth organisations provided family activity resources during lockdown and did some online demonstrations • Starcatchers offered great family learning cards for parents of babies and younger children |
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| <p><u>Following a Child being Accommodated</u></p> | |
| <ul style="list-style-type: none"> • Stepping Stones support women whose babies/ children move to being permanently out with their care. They support families in NE and with Bumpstart NE/ NW • Systemic Family Support Sessions are able to support the whole family to safely communicate about the difficulties experienced and work on goals with the family around relationships to move forward | <ul style="list-style-type: none"> • Cyrenians have a Keeping Families Together service to support young people in secure units and their families. • Parents would be able to request support from their GP and access adult mental Health Services, GP link workers are effective at supporting adults to access resources in their local area. |
| <p>Support for Parents where children are LAAC</p> | |
| <ul style="list-style-type: none"> • FGDM works with families to empower them to widen their networks, and for this network to have an opportunity with professional services | <ul style="list-style-type: none"> • The STEPS assessment (Support Through Encouraging Parenting Skills) is an assessment programme that provides social workers |

to make plans for support. Where support at home will not be sufficient the network will help to identify kinship carers and any supports they might need. FGDM provides support for children at risk of accommodation or where there are child protection/welfare concerns.

- FGDM Lifelong Links is a service for children in care to find lifelong connections for them, from either their wider family network or significant people in their lives. This is done in a variety of ways including researching full family trees at Register House.
- FGDM School Matters is a joint service with the Multi-systemic Therapy service to support children who are looked after at home to increase attendance at school by using a strengths based approach of family meetings combined with behavioural therapy techniques.

with an evidenced based assessment of parenting and attachments of parents and babies under 12 months. Babies must be under 12 months at the date the placement is offered. Referrals must be made by a SW and should be part of a care plan arising from a Child Protection Case Conference or a Looked After Review. The assessment includes support in parenting skills such as feeding, sleep, bathing, etc This is usually offered at Viewforth and Craigmillar EYC. Unfortunately, due to Covid-19, this service has been suspended but will recommence when possible.

Girls and Young Women

- SHE Scotland provide support to girls and young women, based in NW they work with settings and schools across the city including Gate 55, Murrayburn PS, Balerno HS in SW
- 6VT ran Power Up 11week course for young women aged 13-16 who are or could be involved in risk taking behaviour, have unhealthy view of relationships or could be at risk of sexual exploitation, violence or emotional abuse. (last ran Nov 2019)

Housing and Homelessness

- Cyrenians Early Intervention Project- Homelessness and Mediation and Support Services
- Streetwork Edinburgh based in Holyrood. Helpline, Hub and outreach services.
- Shelter Scotland Edinburgh Hub
- Crisis Edinburgh services- Help to Rent and Crisis Skylight Edinburgh (offer help to support people in their journey out of homelessness and towards independence).
- Ypeople- Leith Based (support to people aged 16+ who are transitioning out of homelessness to longer term accommodation or those who are at risk of becoming homeless.)
- LLL H&W team are carrying our research into the families currently living in temporary accommodation in Edinburgh they are about to launch a pilot initiative to bridge the gap between the housing and education departments so that schools are aware of which pupils are affected and information given as to how best support these children.
- Family and Housing Support teams in each area can offer families support around housing issues they were previously able to offer regular drop in sessions however families need to email for support at present
- Maximise are able to support families in the school catchment areas they work in across the city

- Link Living - run a number of services in Edinburgh and Fife for people who currently are, or are at risk, of becoming homeless.
 - Four Square Edinburgh- Four Square runs a range of services for people who are homeless or who might become homeless. They run four different types of service: Accommodation, Advice, Support, Learning and Employability
 - Rock Trust- Scotland's youth-specific homelessness charity. Their aim is to end youth homelessness in Scotland by ensuring that every young person has access to expert youth specific services to assist them to avoid, survive and move on from homelessness.
 - Edinburgh Crisis Centre- open 24 hours a day 365 days of the year and provides community based, emotional and practical support at times of crisis
 - Fresh Start- Edinburgh based charity helping people who have been homeless get established in their new home.
 - Thistle Foundation - Thistle is an Edinburgh-based charity supporting people with long term health conditions and disabilities to live life on their terms.
 - Street Legal - partnership between Clan Childlaw and Shelter Scotland. Provides free legal advice and representation to young people aged 16 - 25 or families with children up to the age of 18 who are either experiencing, or at risk of homelessness in Edinburgh.
 - When preschool children are in temporary accommodation Health Visitors and the CEC Early Years Team is notified, families are called to check if they need support to access early years and childcare placements.
 - CHAI can offer advice citywide
 - Citizens Advice
 - The Advice Shop
 - The Red Cross Hardship fund can support people with support for somewhere to sleep, etc
 - Lifting Neighbourhoods Together - Community Renewal have received lottery funding to target Bingham and Magdalene and The Hays in NE to tackle poverty. Reorganising services and providing wrap around long term support for families.
 - **Council Resilience Centres** Five Council Resilience Centres (CRC's) have been established across the city. These are not open to the general public but are there to provide a point for advice and assistance for vulnerable people in need of critical services and to serve as base for the coordination and support of essential services. Customers are asked to attend in person only if it is critical and they are: experiencing homelessness, experiencing serious or significant harassment, collecting an agreed cash payment, have a pre-arranged appointment
- Location of Centres:
- Wester Hailes - South West Locality Office, 10 Westside Plaza, EH14 2SP
 West Pilton Gardens – North West Locality Office, 8 West Pilton Gdns, EH4 4DP
 Captain's Road - South East Locality Office, 40 Captain's Rd, EH17 8QF
 Craigmillar - North East Locality Office, 101 Niddrie Mains Road, EH16 4DS
 Leith - Criminal Justice / Social Work Centre, Newkirkgate Shopping Centre Units C&D, Newkirkgate Shopping Centre, Edinburgh EH6 6AD
 All the centres operate 10am to 4pm, with the exception of Craigmillar which operates 8.30am to 5pm Mon-Thurs and 8.30am to 4pm Friday.

Mental Health/Trauma/ Counselling Support

Available free or low-cost MH support or Counselling for Children and Young People

- SPACE & Broomhouse Hub - Young People's counselling service
- CrossReach Counselling: Lothians- child and YP counselling and Art Therapy
- HOT- Health Opportunity Team Nae Worries Group- currently running 1-1, other 1-1 support online
- The Junction
- Systemic Family Sessions Thursday and Fri am sessions online sessions offered during COVID
- Penumbra Self Harm from 16yrs
- 6VT Edinburgh City Youth Café -6VT Hospital Youth Team
- The Spark
- Bright Light (may be costs on sliding scale)
- Granton Youth Centre offering counselling for young people in the NW area
- Joshua Nolan Foundation (Suicide counselling- subsidised)
- P'S & G's church offer counselling for children and young people on a suggested contribution according to income basis
- LIAM support in schools
- 15 LAYC youth workers who offer 1-1 support have trained in LIAM and participate in coaching with CAMHS post course. LAYC are due to secure another batch of places in early 2021 for youth workers alongside education and NHS staff.
- School Counsellors are now being funded in Secondary Schools- Recruitment has been ongoing since March with some posts filled already.
- Paediatric Psychology and Liaison Service (PPALS) a specialist team including clinical psychologists, neuropsychologists, creative arts therapists and psychiatrists who work with children and young people who: Are under the care of a consultant at the Royal Hospital for Sick Children, And have a physical health condition, And are experiencing psychological or behavioural issues related to their physical health condition, And the difficulties impact significantly on their day-to-day functioning. As well as one to one support with the child or young person the therapists can also work with the parents and carers. (Leaflet available)

Available free or low-cost MH support or Counselling for Parents and Carers

- P'S & G's church offer counselling for adults and couples on a suggested contribution according to income basis.
- Central church offer counselling for adults on a suggested contribution according to income basis.
- Hope counselling service connected to Community Church Edinburgh, is £40/ session although they say some places are available at a reduced rate.
- Families already working with Safe Families can access online counselling through Vital Connections if deemed appropriate.
- CrossReach Counselling: Lothians
- Dr Bell's Family Centre
- One Parent Scotland Counselling and Wellbeing support
- Penumbra Self Harm Project
- Penumbra Mental Health projects
- The Spark Relationship Helpline is a free, confidential service supported by the Scottish Government to help people struggling with relationship problems. The helpline provides immediate emotional support to adults over the age of 16 and a pathway into free counselling for both couples and individuals. In response to the impact of Covid-19 (Coronavirus) on relationships and mental health, the Scottish Government will fund 200 hours of free counselling per week for couples and

- Systemic Family Sessions
- Bright Light
- Joshua Nolan Foundation (Suicide counselling- subsidised)
- Healthy Living Centre
- Health in Mind

Trauma Support for Children

- Rivers Centre
- Sunflower Garden- children affected by substance or alcohol use. Children can be referred directly or via the Circle staff allocated to each locality. Have continued to take referrals, offering a mixture of distance counselling, phone support and face to face appointments. The work in schools is limited but we are able to see some children from base in Simpson House. Waiting list is around 4 - 6 months.
- Edinburgh Women’s Aid- Children and Young People Service- also CEDAR
- HOT- Health Opportunity Team
- The Junction
- Systemic Family Sessions
- CEDAR domestic abuse programme for child/ mother
- U-Evolve (NE and NW) 1:1 therapeutic coaching with young people with Partner Schools- Craigoyston CHS, Broughton HS and Spartans alternative school, Group work for young people for organisations. Support to parents and professionals. Launching a TALK hub-online space for information, short workshops/tools and 1:1 sessions via Zoom.

Trauma Support for Parents and Carers

- Rivers Centre
- Penumbra
- Systemic Family Sessions
- PKH Art Therapy students

individuals. If eligible they would be offered 6 weekly sessions. As only 200 hours funded each week, not everyone will be able to access the service.

- MCFB Safe Haven group for refugee young people who have experienced trauma
- MCFB 4-2-7 group therapeutic group work
- 6VT Hospital Youth Team
- With Kids (SW)
- Bright Light Systemic Family therapy support service for young people who have experienced alcohol addiction in the home
- Trauma in response to witnessing/ experiencing crime or assault
- 6VT offer the Cairn Service for 10-21year olds who are victims of or witness a crime, available socially distanced face to face or online, bespoke to the young person’s needs. Emotional and practical support.
- Victim Support Scotland also offer support to over 12year olds

- Survive and Thrive- previously ran within Community Mental Health Teams (Inchkeith-Ballenden, referred to this by your GP. It is believed this type of courses will be accessed via Thrive Centres now <https://www.edinburghthrive.com/>

- Safer Families (DAS) domestic abuse support for women affected by DA
 - PCHP Women Supporting Women Project
- Perinatal Support (during pregnancy or the baby's first year)**
- Midwife and Health Visiting Teams
 - Perinatal Mental Health team at St John's are happy to discuss individual cases with professionals and have been more flexible in their referral criteria due to Covid 19
 - Crossreach run a Perinatal Counselling and Therapy Service
 - Pregnancy Counselling and Care offering fast track counselling for clients experiencing difficulties in a current pregnancy, in their third trimester or making a decision about continuing a pregnancy- 3 online sessions offered. (They also provide baby resources.)
 - Destiny Church Hope Centre - provides a safe space to talk for anyone who finds themselves unintentionally pregnant and considering abortion. If they have had an abortion in the past and are struggling, they offer post-abortion support. Support is also available for those who have gone through miscarriage, stillbirth or child loss. They can also help families practically and have a range of clothing, toiletries, milk, baby food, cribs, cots and buggies available.
 - Dr Bells Family Centre
 - Stepping Stones Bumpstart NW and Leith
 - Homestart Parenting at Home project- 1-1 Peep Learning together and Baby massage. Supporting transition from home-based support to community activities.
- Mental Health Support for specific categories- ASN, BAME, LGBT, etc**
- Kindred offer Counselling and a Therapeutic Group work programme for parents of children with complex needs
 - Family Based Care- Chrysalis Self-Regulation and Behaviour Management for Foster Carers and trial Empathetic Behaviour Management training programme
 - Homelink Antenatal service
 - Craigmillar Books for Babies 1-1 family support, currently offering online and outdoor sessions
 - Dads Rock, offering online sessions to both new mums and dads
 - Early Years Centres
 - Peep Learning Together
 - Family Nurse Partnership
 - MCFB EY service – Chinese Flower Group, Strawberry group, Wren Group
 - MCFB Katakeet Multicultural group for mothers, including expectant mothers, and babies. A safe supportive group to play, observe and think about you and your baby. Promotes attachment and wellbeing
 - Starcatchers expecting something
 - Surestart EH13
 - Digital Peep Learning Together session currently piloted by CEC practitioners within early years and childcare – these are recorded Peep sessions shared on You tube.
 - Stepping Stones are offering Peep outside in different outdoor locations and accessible to parents of any age not just young parents, reducing social isolation –families require to be referred to manage numbers. Will be weather dependant in winter months.
 - Homestart W and SW have offered Baby Peep face to face groups online and may now offer digital peep and record sessions
 - LGBT Youth Scotland Edinburgh groups and support

- MOSAIC: MCFB/Junction Group for BAME young people who identify as experiencing anxiety or stress
- Edinburgh Young Carers offer therapeutic 1-1 support for young carers
- Vocal offer counselling for parents who are carers

Anxiety support for children, young people who struggle to attend school and their parents

- LinkLiving Steps to resilience course (ran Steps through Lockdown online with NE young people over last couple months now planning a face to face pilot with S3/S4 with North East Secondary Schools which will target young people with anxiety/ MH difficulties who are struggling to engage with education in school, support also to be offered to the parents/carers)
- HOT- Health Opportunity Team Nae Worries Group- ran 1-1 during lockdown, other 1-1 wellbeing support offered during online drop ins

Bereavement

- Richmond Hope <https://www.facebook.com/RichmondsHope1/>
- Cruse Bereavement Care support bereavement and bereavement related trauma through counselling options <http://www.crusecotland.org.uk/>
- Petal (previously offered trauma and loss counselling to those affected by suicide, murder or culpable homicide) have funding to support bereavement to families who have lost a loved one through COVID-19. Support offered online.

Other

- iThrive website -previously Edspace
- The Mental Health Wellbeing Station is now offering face to face drop in again and online- offers information and links to MH supports for adults
- FirstHand Lothian - Time for mum service
- FirstHand Lothian respite service for parents with children with ASN - short term support

- FirstHand Lothian able to support child/YP with ASN 1-1 to meet their wellbeing goals
- ASN parent ASD workshops include a session on mental health
- Feniks – Mental Health support for Polish families

- Parent and Carer Support Team were previously able to run Support and Information Sessions for Parents and Carers of adolescence with Mental Health concerns with CAMHS, Penumbra, etc- it is hoped these can run online in the New Year
- A Pilot Anxiety course for Parents of teenagers in NE commenced before Lockdown it is hoped this can be completed and evaluated in the New Year

- MIND <https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/>
- Winstons's Wish resources and advice following the death of a parent or sibling

- Wellbeing webinar/ training ran for school staff to support children and young people and their own wellbeing before the return to school following lockdown
- Raising Children and Raising Children with Confidence courses developing online courses
- YMCA Women's Group for those experiencing isolation (Leith)
- Support for young people affected substance use across the city <https://www.edinburghadp.co.uk/information-advice-support/help-and-support-for-young-people/>

- Solihull online course available free online support relationships parent- child, emotional wellbeing
- GP link workers support people to link to local supports
- Health in Mind run the Listening Space and Oasis in SE
- Women Supporting Women Group PCHP
- Back to School wellbeing webinar videos for parents to support their child and themselves <https://www.edinburgh.gov.uk/schools-learning/building-resilience---back-school-tips>

Staff Development

- NHS Training in trauma is being rolled out
- Solihull training offered to NHS staff, it is hoped this can be extended to multiagency
- Connecting with Parents Motivation CwPM courses

- Circle have a worker who can work with young person affected by parental substance use

- Developed by the Health and Wellbeing Team and Psychological Services- Moving On Coming Together Part 1 is a narrated powerpoint on Staff Wellbeing during COVID available for CEC staff on Cecil, other staff can email growingconfidence@edinburgh.gov.uk for more information

Overcoming Barriers to attending Mental Health support

- Float Trust will fund travel vouchers -Lothian Bus day tickets-for essential journeys such as medical appointments, job interviews and school. Organisations can easily apply to become a partner to then be able to distribute travel vouchers to their clients
- FirstHand Lothian- Time 4 Mum service can support parents to attend appointment, Homestart volunteers would also accompany parents to appointments

- Organisations can explore what grant funding/ trust funds may be available for families through Turn2us though there often needs to be an agency who can apply and administer any funds. Often by the time funding awarded it can be too late.

Outreach Family Support

- Children & Families Social Work
- Circle- Harbour- Substance Use
- Circle- Haven
- Citadel Family Project NE
- Citadel Young Mums Project
- Craigmillar Books for Babies Outreach work – area specific and focus on speech, language play and communication and early literacy
- Cyrenians Mediation and Support Service

- Fostering and Adoption services CEC
- Granton Youth Go Lone
- Health Visiting Service
- Homelink Family Support
- Homestart NE and Leith
- Homestart SE Parenting at home project
- Kindred
- Maximise Family Workers

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| <ul style="list-style-type: none"> • Dads Rock Young Dads Project • Dr Bells Family Centre- Leith only • Early Years Centre • Edinburgh Together- Children 1st, Barnardos • Edinburgh Women's Aid – Domestic Abuse • EYC centres STEPS this is on hold just now • Families Outside • Family and Household Support • Family Group Decision Making Team and <i>School Matters</i> • Family Nurse Partnership • Firsthand Lothian | <ul style="list-style-type: none"> • MCFB • One Parent Family Scotland • PEF Family workers- sometimes employed in school or commissioned e.g. Circle, Citadel NE • People Know • Plus one mentoring for 8 yr olds onwards • Prepare • Safe Families • Salvesen Mindroom • School Nursing Service • Stepping Stones Family Wellbeing and Bumpstart projects • Surestart EH13 postcode • Taylor Ed for parent with child ASD pre-school age then follow on service • Young People Service |
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Parenting Groups/ Programmes

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| <ul style="list-style-type: none"> • Bookbug sessions operating online in many libraries, Craigmillar Books for Babies, Dr Bells • Circle can deliver the Parents Under Pressure parenting programme to families affected by parental substance use. This can be offered citywide and has resources to use online. This is targeted at parents who have complex issues and is delivered on a 1-2-1 basis. Circle Haven staff are also trained to deliver this • Home Link Family Support – Anti Natal Service – Stay and Play – only in one centre • Home Start South West – baby massage – group work has some capacity to deliver in SE. • Incredible Years (January 2021) • Raising Children with Confidence • Raising Teenagers with Confidence • RCWC online offered by Dads Rock | <ul style="list-style-type: none"> • Scottish Autism -Right Click online courses for parents of all ages with ASD • Teen Triple P 1-1 online course with facilitator support- parents of 11-16years • Triple P 1-1 online with facilitator support – parents of 3-6years and primary • Digital Peep Learning Together session currently piloted by CEC practitioners within early years and childcare – these are recorded Peep sessions shared on You tube. • Stepping Stones are offering Peep outside in different outdoor locations and accessible to parents of any age not just young parents, reducing social isolation –families require to be referred to manage numbers. Will be weather dependant in winter months. |
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| <ul style="list-style-type: none"> Discover, Hermitage Park PS and other facilitators developing online RCWC groups | <ul style="list-style-type: none"> Homestart W and SW have offered Baby Peep face to face groups online and may now offer digital peep and record sessions. |
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Parents with Learning Difficulties

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| <ul style="list-style-type: none"> People First run a self-advocacy group for parent with learning difficulties which allows parents to come together to support each other, talk about being a parent, have a say in the support they receive and help to improve the support available for parents with learning difficulties. The group normally meets at Norton Park Centre, 57 Albion Road, Edinburgh, EH7 5QY and provides a creche. They are currently meeting online One Thursday per month, 10.30am- 12.30pm. Contact Robert Kelly Tel: 0131 478 7707 or email robert.kelly@peoplefirstscotland.org People First are also able to offer training and can give advice on easy read materials. Some resources on the Salvesen Mindroom website would increase knowledge of professionals on Learning Difficulties https://www.mindroom.org/resources/ Their Virtual workshops raise awareness of, and improve support for, people with learning difficulties and their families. The training uses examples to support children and young people however the information and strategies provided are relevant to supporting people of any age with learning difficulties. Learn how their short films about Autism, ADHD, Dyslexia, DCD, and Tourette Syndrome can be used to expand your own knowledge and understanding of neurodiversity in a way that you can share. Reflect on your own practice and consider adaptations that you can make to enhance the support you can offer. Explore methods for disseminating the learning to staff or volunteers in your own setting. | <ul style="list-style-type: none"> https://www.eventbrite.co.uk/e/train-the-trainer-supporting-children-with-learning-difficulties-tickets-126035502581?aff=Website Connecting with Parents Motivation (CwPM) training supports professionals to have conversations with parents about accessing support which would be relevant for discussing the parent's needs. An online course is due to be rolled out early in 2021. The Community Learning Disability service aims to provide specialist health care, advice and treatment to adults with a learning disability through locally based multidisciplinary teams. This also includes advice and support for families / carers. It supports other health and social care agencies to provide mainstream services to people with learning disabilities that will enable health improvement and reduce barriers when accessing services.
Multidisciplinary Teams are made up of Art Therapy, Community Learning Disability Nursing, Dietetics, Occupational Therapy, Psychiatry, Psychologists
Physiotherapy, Speech & language Therapy
How to refer- Recommended through the GP however referrals are accepted from all sources and should be made directly to the local community team. <p>Contact details
North East: Leith Community Treatment Centre Tel: 0131 536 6257
North West: North Edinburgh Locality Office Tel: 0131 537 4261
South East: Gracemount Medical Centre Tel: 0131 672 9500
South West: Westerhailes Healthy Living Centre Tel: 0131 453 9339</p> |
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Parents of Children with High Medical Needs

- Kindred- Practical, advocacy, emotional support and guidance for families with children with complex needs
- CEC Disability Team
- Edinburgh Children's Hospital Charity- Provides 1-1 support, play, music and art activities, Family drop in centre, sibling group, resources
- Talk Time- Free Professionals counselling for young people 12-25years who are either physically disabled or have a long-term physical health condition
- VOCAL- offers a range of advice, support and courses for carers
- Carer organisations

Respite for families with a child with ASN or Mental Health issues

Respite for children with disabilities and additional support needs

- CEC and Barnardo's - Caern House, provide an overnight Short Break Service for children and young people. Outreach, playschemes, a sitting service and clubs. Respite service for children with learning disabilities, physical disabilities or autism based at Gogarbank in Edinburgh
- CEC Residential respite care at Seaview Centre and third sector partners Action for Children
- Respite available on spot purchase, Self- Directed support, Section 23 based on need -Social Work Disability Team, duty of care (criteria based)
- Lothian Autistic Society, currently only service running within Edinburgh. Saturday Club for 5-18 years, 10am-4pm at a cost of £30 per session – unfortunately there is a long waiting list with not much movement. They are looking to re-start the Base Camp (possibly after the year) which will be for 11-18 years, evening session & goal focussed.
- Safe Families are able to offer weekly short sessions of respite, over nights and weekends for primary age children
- Capability Scotland provide respite and childcare funded through Self Directed Support
- FABB run respite clubs and groups for children with ASN- unsure if these are commissioned, SDS or if there are charges
- Whizz Kids run a number of groups and residential for children who use wheelchairs
- Vocal's Better Breaks funding is available for families to apply for respite, they allowed creativity during COVID
- Positive Paths offer 1:1 short term respite services for families - <https://positivepathscic.com/> - Provide support for children with a range of additional support needs, mainly focused on providing short term respite for parents, in the form of weekend and after school support.
- Also offer in house support, including evening and bedtime routines and provide overnight support and weekends away.

Emotional support for lone parents or families without a network of support

- Firsthand Lothian- Family Support Service – Short- term Befriending support for children and young people with disabilities attending mainstream schools. Free service.
- Lothian Centre for Inclusive Living (LCIL) Peer Support Groups for parents of children with additional support needs are meeting online by Zoom.

<p>Matching process self or org referrals capacity – blended support online and face to face during Covid 19</p> <ul style="list-style-type: none"> • Kindred support families of children with complex disabilities, life limiting conditions and inpatients at RHSC Edinburgh. Also support children and young people who meet the criteria for Tier IV CAMHS. Advocacy at meetings with hospital staff and access to counselling. • Kindred offer support with funding, travel costs, parent and info events during Covid, peer and therapeutic support- • Tailor Ed, offers two core services to those with a referral: Early Years Gateway service for children with autism in their pre-school year. Targeted Specific Service – follow on service for children with autism aged 5 – 16 yrs. Social supports open to all our families as well as families with a disabled child. Service currently operating. • VOCAL - VOCAL Edinburgh Carers’ Hub – emotional support offered via telephone, parent peer mentoring support (online) as well as surgeries for advice on benefits, legal etc and online training for parents (e.g. managing behaviour) • Firsthand Lothian Family Support Service can support siblings of children with complex needs with Befriending support – blended online/face-to-face support within family’s local community. 	<ul style="list-style-type: none"> • Social Work Disability Team/ CEC website for help & advice, access to services, needs assessed and signposting for families. • Salvesen Mindroom Support for parents, carers, professionals and children and young people affected by learning difficulties. Contact available via telephone, emails and video calls. • The Action Group- BEMAS Service Holistic advice and support for parents from BME communities with a disabled child. Tel: 0131 475 2315 Monday to Friday 9am-5pm. Leave a message for Advice or BEMAS and an adviser will call back or email advice@actiongroup.org.uk • Acton for Children –parenting support online hubs. • The Yard, currently operating reduced service for members – limited access • Safe Families are able to offer weekly short sessions of respite, over nights and weekends for primary age children • Edinburgh Young Carers are able to provide respite for children who have a parent or sibling with a disability, mental illness, etc
<p>Short term breaks respite</p>	
<ul style="list-style-type: none"> • Actions for Children – short breaks, Gilmerton Rd Short Breaks 	
<p>Emergency respite</p>	
<ul style="list-style-type: none"> • SW Disability Team 	<ul style="list-style-type: none"> • Barnardo’s Caern Emergency Short Breaks

<p><u>Speech and Language Support for Families</u></p>	
<ul style="list-style-type: none"> • Craigmillar Books for Babies work with Speech and Language Therapists in Craigmillar providing an outreach service • Let’s Talk drop in sessions – phone advice operating during COVID 	<ul style="list-style-type: none"> • Teen Communication programme PEERS offered by ASL/ SALT • Hanen Programmes- not running during restrictions • Tailor Ed

Transitions

- The Health and Wellbeing Team, Psychological Services and Parent and Carer Support Team developed a Building Resilience- Back to School resources and a campaign as schools planned to reopen following lockdown these included top tips and wellbeing webinars. It is hoped this information can be adapted to suit all Back to School transitions. <https://www.edinburgh.gov.uk/schools-learning/building-resilience---back-school-tips>
- Many Youth Work Services such as 6VT, PYCP and Canongate Youth support universal transition work for P7 – Secondary School. Sessions this year were offered online.
- Many schools previously offered enhanced transition from primary to secondary, this was challenging this year but many schools managed to arrange visits for children.
- People Know How-Offer a targeted support to young people in P6/P7/S1 to support a positive school transition. They have expanded the service to accept referrals from across the city and have received a high level of referrals. They are currently focusing resources on P7s and offer 1-1 and group work.
- Salvesen Mindroom Centre- Transitions Service & Young People Advocacy Support - Helps young people with ASN by completing a series of activities around what they would like to do when they leave High School, helping them to reflect on their hopes and dreams for the future, skills and qualities, and some aspects of what living as an adult could mean. A summary is completed to help the young person share their views with the people involved in planning their transition from High School.
- The ASL service participate in CPM/ YPPM to plan for transitions for children with ASN

Young People -LGBT+

- LGBT Scotland run a number of groups <https://www.lgbthealth.org.uk/lgbt-community-groups-scotland/social-groups/>
- Mentors in Violence Prevention (MVP) training for staff and young people is changing attitudes to violence and bullying and empowering
- classmates and friends to be supportive to those being victimised
- Some High Schools have signed up to LGBT Charter - LGBTQ+ can tell us which HS's and map across the localities
- TransParenTsees Group run by and for parents, carers and guardians of transgender young people. Meets on the 1st Monday of the Month. For more information email TransparenTsees@gmail.com