



Services in Fife for Children Aged up to 3 Years

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Services in Fife

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Professional Resources

NHS Fife

Child Clinical Psychology and CAMHS

The Clinical Psychology department of NHS Fife is based at Lynebank Hospital and Stratheden Hospital. The department is run by the Dunfermline and West Fife Community Health Partnership and covers all areas of Fife. Clinical Psychology deals with the assessment and treatment of emotional, behavioural and developmental problems in children and young people. Psychologists also support Health Visitors and other professionals with the Solihull Approach. The Child Psychology Service works closely with the Child and Adolescent Mental Health Service (CAMHS) and will have a joint referral pathway from 1st of April 2011. CAMHS is made up of a teams of professionals including Child Psychiatrists, Nurses, Psychotherapists, Play therapist, Art Therapists, Counsellors, Psychologists and Occupational Therapists who provide assessment, treatment, information and training to children, young people, families and other children's services in Fife to promote good mental health.

For further information-

Marie Renaud, Head of Child and Family Psychology-

Call: 01383 565400

Ruth Metcalfe, Head of Child Developmental Service-

Call: 01383 565400

Services in Fife

Clinical Psychology department-

Visit: www.dwfchp.scot.nhs.uk/psychology

Lynebank Hospital, Dunfermline-

Call: 01383 565400

Stratheden Hospital, Cupar-

Call: 01334 652611

CAMHS Clinics-

Playfield House: 01334 696250

Fair Isle Clinic: 01592 208460

Carnegie Clinic: 01383 741031

CAMHS Training, Research and Information-

Playfield Institute:

Call: 01334 696257

Visit: www.playfieldinstitute.co.uk

Visit: www.handsonscotland.co.uk

Services in Fife

Playfield Institute

The Playfield Institute is an organisation run by NHS Fife. The Institute aims to increase awareness of the factors surrounding children's mental health and wellbeing in health and social care professionals. This is done through the provision of information in the Playfield Institute's library and website, regular training courses and research into children's mental health.

For further information-

Call: 01334 696257
Email: playfieldinstitute@nhs.net
Visit: www.playfieldinstitute.co.uk
Address: Playfield Institute,
Stratheden Hospital,
Cupar,
Fife,
KY15 5RR.

Infant Mental Health Advisory Group

The IMH advisory group is a collection of professionals across different disciplines with an interest in the early years and infant mental health. Regular meetings are held to discuss strategies for improving infant mental health in Fife through sharing resources and increasing the knowledge and skill base of practitioners with regard to early years development.

For further information contact Marie Renaud-

Email: marie.renaud@nhs.net

Women and Children's Health Research Group

The Women and Children's Health Research Group comprises of clinical and academic staff, facilitated by the NHS Fife Research and Development Department, focussing on undertaking and sharing research within the areas of women and children's health.

For further information contact:

Tahir Mahmood (Chair): tahirmahmood1@nhs.net

Annette Lobo : annette.lobo@nhs.net

Services in Fife

NHS Health Scotland

Health Scotland

NHS Health Scotland is a Special Health Board which aims to increase the health of Scotland's population as a whole and also decrease health inequalities. Health Scotland aims to help NHS professionals in meeting HEAT targets (Health improvement, Efficiency and governance improvements, Access to services and Treatment appropriate to individuals).

For further information-

Visit: www.healthscotland.com

Maternal and Early Years- for early years workers

Maternal and Early Years provides information and resources relating to the antenatal period and children up to the age of eight years.

For further information-

Visit: www.maternal-and-early-years.org.uk

Key Policies

Public Health Institute of Scotland. (2003) *Needs Assessment Report on Child and Adolescent Mental Health*. Retrieved from <http://www.headsupscotland.co.uk/snap.html>

Scottish Government

Children and Young People's Health Support Group

The Support Group is an advisory group aimed at improving health services and health related outcomes for children and young people living in Scotland. It is led by the Scottish Government and is comprised of professionals from a variety of disciplines.

For further information-

Visit: www.sehd.scot.nhs.uk/cyphsg

Key Policies

HeadsUpScotland (2007) *Infant Mental Health: A Guide for Practitioners*. Retrieved from www.headsupscotland.co.uk/workf.html

Scottish Government/COSLA (2009) *The Early Years Framework*. Retrieved from www.scotland.gov.uk/Topics/People/Young-People/Early-years-framework

For a variety of publications on Getting it Right for Every Child visit: www.scotland.gov.uk/gettingitright

HEAT target

Health improvement, Efficiency and governance improvements, Access to services and Treatment appropriate to individuals

Target 7: Breastfeeding

“Increase the proportion of new-born children exclusively breastfed at 6-8 weeks from 26.6% in 2006/07 to 33.3% in 2010/11.”

Services in Fife

Council Services

Fife Child Protection

The Fife Child Protection Committee is aimed at putting child protection policies into place at a local level in line with national guidelines. This is achieved through providing information regarding child protection to practitioners and to the general public; through maintaining good practice, effective management and up-to-date interagency policies and through integrating the input of children and young people. Local Child Protection Groups are groups which hold regular meetings to network, share information and to support child protection. Within Fife there are 6 Local Child Protection Groups, these are located in Dunfermline, East Fife, Glenrothes, Kirkcaldy, Levenmouth and West Fife.

For further information-

Visit: www.fifechildprotection.org.uk

Social Work Services

Child and Family Services

Child and Family Services provide support to children and their families across Fife. The Child and Family teams are there to protect children and help families dealing with disabilities, substance abuse, physical or sexual abuse, and looked after children. The teams also work closely with Fife Child Protection.

For further information contact-

Michelle Miller (Head of Service): 01592 413845

Social Work General Switchboard: 01592 414141

Visit: www.fifedirect.org.uk

Antenatal Care

NHS Fife Maternity Provision

NHS Fife offer maternity services to mums across Fife.

For further information contact the Maternity Division-

Call: 01592 643355

Visit: www.livinginfife.scot.nhs.uk/docs/maternity_provision.html

Address: NHS Fife,
Acute Hospitals Division,
Forth Park Maternity Hospital,
Bennochty Road,
Kirkcaldy,
Fife,
KY2 5RA.

Community Midwifery

Community midwives provide support and care during the antenatal phase up until the infant is a month old.

For further information-

Forth Park Hospital, Kirkcaldy: 01592 643355 x 2833

Queen Margaret Hospital, Dunfermline: 01383 623623 x 5133

Services in Fife

Antenatal Classes

NCT Antenatal Classes at The Cottage Family Centre

For further information contact Caroline Brown

Call: 0844 243 6995

Email: booking1b@nct.org.uk

National Childbirth Trust- West and Central Fife

Refresher Course-

Location: Dunfermline

Cost: £6.50 for one person or £7.60 for two people (per hour)

Duration: Two 3 hour sessions

Other Info: Aimed at women who have previously had a child and are now expecting a further child. Considers a variety of topics including the preparing for current pregnancy, coping with the arrival of a new child into current family life and dealing with sibling rivalry.

Antenatal Course-

Location: Dunfermline and Kirkcaldy

Cost: Varies

Other Info: There is a standard antenatal course which looks at preparing for giving birth, feeding and parenting in the early years. The courses take place over seven weekday evenings (6 sessions for the Kirkcaldy course) and the Dunfermline courses also have a women only session on a morning. There is also an intensive antenatal course (Dunfermline only) which takes place over two weekend days and one weekday evening. With the exception of the women only sessions a partner or friend/relative can come along to learn and give support.

Services in Fife

National Childbirth Trust- Dundee and North East Fife

NCT also runs antenatal classes in North East Fife .

For further information-

Call: 08442 436109

Email: dundee@national-childbirth-trust.co.uk

Visit: www.nctpregnancyandbabycare.com/in-your-area/dundee

Key Policies

National Institute for Health and Clinical Excellence. (2007) *Antenatal and Postnatal Mental Health: Clinical Management and Service Guidance*.

Breastfeeding

Health Scotland Publications (should be given to every woman antenatally)

Ready Steady Baby

Gives information and advice for women from pregnancy up until their infant is 1 year of age.

For further information:

Visit: www.readysteadybaby.org.uk

Off to a Good Start

Information on breastfeeding for pregnant women. Available in English, Chinese, Arabic and Polish.

For further information:

Visit: www.healthscotland.com/documents/120.aspx

Best Beginnings DVD- From Bump to Breastfeeding

Gives information and advice about breastfeeding whilst following the experiences of nine mothers.

For further information:

Visit: www.bestbeginnings.org.uk/from-bump-to-breastfeeding

Breastfeeding Support

Breastfeeding Support Coordinator

The Breastfeeding Support Coordinator runs and organises the breastfeeding support services and also offers home visits or telephone calls for specialist breastfeeding support.

For further information contact Gina Graham:

Call: 01383 565331

Mobile: 07748704901

Email: g.graham@nhs.net

Breastfeeding Support Workers

Breastfeeding Support Workers provide home visits to offer help and encouragement about breastfeeding. They are also available to give advice to new mothers over the phone.

Referrals- referrals can be made through midwives, Health Visitors or through Gina Graham, the Breastfeeding Support Coordinator.

Breastfeeding Buddies

Breastfeeding Buddies are volunteers who offer home visits and home support to help mothers who are breastfeeding. All of the Breastfeeding Buddy volunteers have been trained in breastfeeding management and also have had recent experience of breastfeeding.

Referrals- referrals can be made through midwives, Health Visitors or through Gina Graham, the Breastfeeding Support Coordinator.

Services in Fife

Glenrothes Breastfeeding Group

The Glenrothes Breastfeeding group provides group support and promotes social contact for breastfeeding mothers and pregnant women.

Key Policies

NHS Fife. (2009). *NHS Fife Breastfeeding Policy (Hospital & Community)* (Policy no. B-01). Fife: Gina Graham.

Child Development

Children with Additional Needs including other Pervasive Developmental Disorders

Pre-School Community Teams

Pre-School Community Teams provide early intervention service coordination for children with significant Additional Support Needs. This service is provided to children from birth to the end of nursery. The Pre-School Community Team workers provide parents with a Family Held Record which keeps information relevant to the child's development in one place and a Family Support Plan to evaluate the support needs of the child.

For referral forms see www.fifedirect.org -> Fife Council -> Publications -> search for PSCT referral form.

For further information-

Call: 01334 659407
Email: jean.johnstone@nhs.net
Address: Pre-school Community Teams,
Auchterderran Centre,
Woodend Road,
Cardenden,
Fife,
KY5 0NE.

Services in Fife

Pre-School Educational Home-Visiting Service

The Pre-School Educational Home-Visiting Service is for children aged 0 to 5 years who have additional needs. The service takes the form of advice and support offered by educational home visitors through the Education Service. Families can choose to self refer or can be referred by a health or social care professional.

For further information contact Janis Walker-

Call: 01334 659407
Email: Janis.Walker@fife.gsx.gov.uk
Address: Fife Council,
Auchterderran Centre,
14 Woodend Road,
Auchterderran,
Lochgelly,
Fife,
KY5 0NE.

Educational Psychology

Educational Psychologists in Fife are split across three main areas- Cupar, Dunfermline and Central.

Headquarters-

Shona Munro (Principal Psychologist)
Call: 01592 583349
Address: Auchterderran Centre,
Woodend Road,
Cardenden,
KY5 0NE.

Services in Fife

Cupar Base (covers North East Fife and Levenmouth)-
Emily Jarosz- Cromie (Administrative Support Officer)

Call: 01334 659327

Address: Psychological Service Centre,
County Buildings,
St Catherine Street,
Cupar,
KY15 4TA.

Dunfermline Base (covers Dunfermline)-
Lynsey Guthrie (Administrative Support Officer)

Call: 01383 602379

Address: Psychological Service Centre,
13 Abbey Park Place,
Dunfermline,
KY12 7PT.

Central Base (covers Kirkcaldy, Inverkeithing, Glenrothes and Lochgelly)-
Karan Sharp (Administrative Support Officer)

Call: 01592 583348

Address: Psychological Service Centre,
Tower Block,
Auchterderran Centre,
Cardenden,
KY5 0NE.

Services in Fife

Child Development Centres (CDC)

There are four Child Development Centres within Fife based at Kelty, High Valleyfield and Leven. The Child Development Centres offer assessment and therapy for children with additional needs under the age of 5 years. Referral is through Pre-School Community Teams.

For further information contact-

Forth CDC (Lyn Hill)-

Call: 01592 610697
Address: Carlton Nursery,
Bighty Road,
Woodside,
Glenrothes,
Fife,
KY7 5AS.

Kelty CDC (Dawn Farrell)-

Call: 01383 830441
Address: Gordon Cottage,
118 Cocklaw Street,
Kelty,
Fife,
KY4 0DJ

High Valleyfield CDC-

Call: 01383 882410
Address: Valleyfield Health Centre,
Chapel Street,
High Valleyfield,
Fife,
KY12 8SJ.

Services in Fife

Leven CDC (Moira Smith)

Call: 01333 429792

Email: moira.smith@nhs.net

Address: Leven Health Centre,
Victoria Road,
Leven,
Fife ,
KY8 4ET.

CSNIPS (Children with Special Needs in Pre-school)

CSNIPS offers funding for one to one support for children under 5 who have Additional Support Needs.

For further information contact Val Adamson-

Call: 01383 853314

Baby Sensory

Baby Sensory offers classes for infants up to 13 months and aims to promote development through stimulation of the infant's senses. Classes are located in Cowdenbeath, Dalgety Bay and Dunfermline (East Port and Duloch Area). Classes cost £5 for a 45min class and £5.75 for a one hour class.

For further information contact Claire Wilson-

Email: westfife@babysensory.co.uk

Services in Fife

Autism

Fife Action on Autism

Fife Action on Autism is a charity which aims to increase awareness of Autistic Spectrum Disorders and provide support to families affected by ASD.

For further information contact Ann James (Family Support)-

Call: 01592 620997

PHAD (People with high-functioning autistic disorder)

PHAD is an organisation which provides support, advice and information for parents of children with high-functioning autistic disorder. Support is offered through groups based in Kirkcaldy, Dunfermline and Cupar as well as on a one to one basis. Training is also provided for both parents and professionals. Parents can choose to refer themselves or can be referred by a health or social care professional.

For further information contact Stella MacDonald-

Call: 01383 733653

Early Bird Programme/Early Bird Plus

The Early Bird Programme is an early intervention programme for parents of pre-school children with Autistic Spectrum Disorders. Early Bird Plus is aimed at parents of children with ASD who are aged between four and eight years who were diagnosed too late to join the Early Bird Programme.

For further information contact Dr Jill Jones-

Call: 01383 565210

Autistic Spectrum Support Group (ASSG)

The ASSG is a support group based in Leven for families who have a child with Autistic Spectrum Disorders. The group meets once a month and offers childcare with two play workers.

For further information contact Betsy McKendrick-

Call: 01592 262436

Attention Deficit Hyperactivity Disorder (ADHD) Specific

Attention Fife

Attention Fife is an organisation which raises awareness about ADHD, ADD and other problems relating to attention, hyperactivity and impulsivity. Support and information is offered to families affected by the emotional, behavioural and learning difficulties associated with ADHD. No diagnosis is required to receive this support. Attention Fife also has a library with a wide selection of information.

For further information-

Call: 01592 267858

Email: info@attentionfife.info

Visit: www.attentionfife.info

Support Services for Vulnerable Families

Barnardo's Child and Family Support Service

Barnardo's Child and Family Support Service is a project based in Kirkcaldy and Levenmouth in association with Fife Council Social Work department. The Child and Family Support Service works with families with children aged 0 to 12 years and provides a range of support services including family work, individual support and group work such as Mellow Parenting. Trained volunteers and befrienders are also available to provide support to families in the community. Barnardo's also offers advocacy to children and young people through the Children's Rights service which is a Fife wide service providing advocacy support to children and young people looked after in purchased placements i.e., residential / foster care.

For further information-

Call: 01592 265294
Address: West Bridge Mill Bridge Street,
Kirkcaldy,
KY1 1TE.

Triple P

Triple P (Positive Parenting Program) is a parenting programme which is aimed at supporting parents to resolve the emotional and behavioural problems of their children, their own issues such as depression or stress and relationship problems. There are a number of levels which provide different types and intensities of interventions.

For further information-

Visit: www.triplep.net

The Cottage Family Centre

The Cottage is a family centre for families with children aged 6 weeks to five years in the Kirkcaldy area. They offer support through the provision of a drop in centre, structured activities and home visits. Structured activities include adult basic education classes, parent and toddlers groups, baby massage groups and respite sessions. Families can choose to refer themselves or can be referred through a health or social care professional. The Cottage also runs a Baby Café which focuses on positive relationships and bonding as well as providing information sessions on breast feeding, weaning, child development and other topics.

For further information contact Cathy Kirk or Liz Dewar-

Call: 01592 269489

Email: administration@thecottagefamilycentre.org.uk

Address: 29-31 Cawdor Crescent,
Kirkcaldy,
Fife,
KY2 6LH.

Play@Home

Play@Home is a scheme which offers parents a series of books to help encourage the infant's development through play and interaction. The books are offered to parents when the infant is born, when they are one year old and when they start nursery.

For further information contact Audrey Manuel-

Email: a.manuel@nhs.net

Services in Fife

Gingerbread

Fife Gingerbread is an organisation which supports single parents. It is based in Leven but offers support to lone parents across all of Fife. Fife Gingerbread offer a home visiting service and one to one support as well as offering support and advice through any of the contact details below. Support groups with crèche facilities are run weekly in Cowdenbeath, Cupar, Glenrothes, Kirkcaldy and Leven. Support is also offered through the Buddy Project where trained and experienced volunteers help lone parents by offering both practical and emotional support.

For further information-

Call: 01333 303124

Email: info@fifegingerbread.org.uk

Visit: www.fifegingerbread.org.uk

Address: Arden House Annexe,
Commercial Road,
Leven,
Fife,
KY8 4QX

Opening Hours: 9am – 5pm (Monday to Thursday), 9am – 3.30pm (Friday)

Virtual Family Centre

Provides parenting support. Families can refer themselves or be referred through other agencies.

For further information contact Cammy Hutchison-

Call: 01592 769090

Home-Start

Home-Start is a UK wide organisation which provides support for families with children under the ages of five. Home-Start offers home visits with volunteers who are trained to offer both practical help and emotional support. Families can either choose to refer themselves or can be referred through a health or social care professional.

For further information-

Visit: www.home-start.org.uk

Dunfermline: 01383 621349

East Fife: 01334 477548

Glenrothes: 01592 757333

Kirkcaldy: 01592 565285

Levenmouth: 01592 719012

Lochgelly: 01592 861103

Young Mother's Initiative

A service run by Fife Education Service to provide additional support to pregnant girls and young mothers attending school - advice and support with school planning, childcare in term time, career/transition planning, group support/information sessions on parenting issues.

Referrals through schools, social work/health professionals and directly from young mothers/families.

For further information contact Marriann Raymond-

Call: 8451 555555 ext 442002

07980 256 276

Services in Fife

Integrated Community School Teams- Family Support

Family Support is an early intervention service run by Integrated Community School Teams. The Family Support Team facilitates children's development and education through helping their parents and carers provide the support needed for the family to work through their difficulties.

For further information contact one of the Family Work Coordinators-

Dunfermline and West Fife Integrated Community School Team (Sandra Drummond)

Call: 08451 555555 x493938

East Fife Integrated Community School Team (Candice Wilson)

Call: 08451 555555 x450580

Glenrothes Integrated Community School Team (Julie McCallum)

Call: 08451 555555 x445314

Levenmouth Integrated Community School Team (Alice Graham)

Call: 08451 555555 x466748

Kirkcaldy Integrated Community School Team (Anne McKain)

Call: 08451 555555 x406797

Early-Entry Nurseries

Beanstalk Nursery and Family Support Centre

Provides early entry nursery from 15 months of age along with crèche for children from 8 weeks of age.

For further information-

Call: 01383 602458
Email: beanstalknur.enquiries@fife.gov.uk
Address: Fergus Place,
Dunfermline,
Fife,
KY11 9PZ.

Woodlands Nursery Centre and Family Unit

Woodlands Family Unit is a community resource offering a range of family support services to families with young children. Support is offered either by home visiting, informal/formal group work and a 1-1 basis. Services include Bumps and Babes, Baby Massage, Play Away, Mellow Babies, Parent and Toddler, Early Entry sessions and parenting groups/workshops. Families are referred by one of the many agencies/projects we work in partnership with or parents can self refer.

For further information:

Elaine Cassells Family Work Co-ordinator
Kerrie McIntosh Family Worker (Community) - job share – first half of week
Charlene Lawson Family Worker (Community) - job share –second half of week
Lynsey Gray Family Worker (Early Years)
Donna Smith – Family Worker (Early Years) – job share – Mon / Tue / ½ day Weds
Emma Cook – Family Worker (Early Years) – job share – ½ day Weds / Thur / Fri

Services in Fife

Email Address: elaine.cassell@fife.gov.uk
Telephone: 01334-659482
Address: Methilhaven Road
Methil
Fife
KY8 3LE

Ladybird Nursery

Call: 01592 583477
Address: Erskine Place,
Glenrothes,
Fife,
KY7 4JB.

Fair Isle Nursery

Call: 01592 583484
Address: Fair Isle Road,
Kirkcaldy,
Fife,
KY2 6EG.

Time 4 U

Time 4 U is an organisation which offers support to children under 12 years of age whose lives have been affected by their parent's substance use. The service is offered to children living in Kirkcaldy or Glenrothes and is comprised of assessment, group work, individual support, practical support and Video Interaction Guidance.

For further information-

Call: 01592 591501
Email: victoria@aberlour.org.uk

Parent Groups

National Childbirth Trust- West and Central Fife

Baby and Toddler Group

NCT 3b's- Bumps, Babies and Bashers

Location: Gillespie Church Hall, Chapel Street, Dunfermline, Fife, KY12 7AW

Day/Time: Tuesdays from 10am to 11.30am.

Cost: First week free, £1.50 each week after.

Other info: No waiting list; hot drink, biscuit and child healthy snack provided; day trips in summer.

Other Events

Nearly New Sale

Location: Dunfermline

Day/Time: Biyearly

Other info: Sells toys, books, pushchairs, baby equipment and clothes (baby, child and maternity).

For further information-

Call: 0844 243 6110

Email: West&CentralFife@nct.org.uk

Visit: www.nctpregnancyandbabycare.com/in-your-area/westcentralfife

Services in Fife

National Childbirth Trust- Dundee and North East Fife

The Dundee and North East Fife branch of the NCT runs Bumps and Babies meetings and Nearly New sales.

For further information-

Call: 08442 436109

Email: dundee@national-childbirth-trust.co.uk

Visit: www.nctpregnancyandbabycare.com/in-your-area/dundee

Families First

Support Service based in St Andrews providing parenting skills training courses, drop in centre, parent toddler groups, childcare and support from the Family Care Team.

For further information-

Call: 01334 473259

Email: info@families-first.fsnet.co.uk

Visit: www.familiesfirst.org.uk

Fife Child Care and Early Years Strategy

The Fife Child Care and Early Years Strategy aims to provide childcare for parents in Fife. The service is offered to parents of children up to 14 years of age (18 for in the case of Additional Support Needs). The strategy also provides courses in childcare for professionals.

For further information-

Email: childcare.training@fife.gov.uk

Visit: www.fifechildcare.org

Early Years Resource Centre

Provides information and resources for parents and professionals caring for and working with children up to the age of eight years. The Centre also has a toy library at the cost of £10 per year and an art shop.

For further information contact Joyce Stark-

Call: 01334 655566

Email: toylibrary@tiscali.co.uk

Twinkle Toes

Dance classes for 2 to 5 year olds with interactive storytelling aimed at improving physical activity and self-esteem. Classes available in Oakley, Valleyfield, Lochgelly and Ballingry.

Parent and Toddler Groups (Rosyth Area)

Jelly Tots Mother and Toddlers

Location: Parkgate Community Centre

Day/time: Tuesday 9.30 am – 11.30am

Little Cherubs

Location: Forth Club

Day/time: Monday and Wednesday 9.30am – 11.30am

Rosyth Parent and Toddler Group

Location: Methodist Church, Queensferry Road

Day/time: Friday 10am – 11am

St Columba's Toddler Group

Location: St Columba's Church

Day/time: Monday 1pm – 3pm, Wednesday 9.30am – 11.30am

Services in Fife

The Mushroom Group Parents and Toddlers

Location: Ballastbank Community Centre, Inverkeithing

Day/time: Wednesday 10am - 11.30am

Rosyth Parent and Baby Group

Location: Park Road Community Centre, Rosyth

Day/time: Tuesday 11.45am – 1.15pm

Other Info: Term time only, free lunch.

Parent and Toddler Groups (Dunfermline District)

Parent and Baby Group

Location: Crooked Glen, Fife Leisure Park, Halbeath

Day/time: Monday 11am – 12 noon

Cost: £2.00

Other Info: Facilitated by Health Visitors

Baby Massage

Location: St Andrews Erskine Church, Robertson Road

Day/time: Tuesday

Cost: £1.00

Other info: Age range- 6 weeks to 6 months, no booking required, towel and change mat needed.

Baby Yoga

Location: Kingdom of Fun, close to Crossgates.

Day/time: Tuesday 10am – 11 am

Cost: £5.00

Other Info: Age range- 6 weeks to 8 months, contact- 01383 414537

Buggy Walks

Location: Pittencrieff Park “The Glen”
Day/time: Wednesday 9.30am -10.30am
Cost: Free
Other Info: Meet at 9.15am in main car park off Piffencreiff Street, facilitated by Health Visitors

Child Health Clinic

Location: Abbeyview Clinic
Day/time: Wednesday 10.30am – 12 noon
Cost: Free
Other Info: Health Visitor drop in.

Child Health Clinic

Location: Bellyeoman Clinic
Day/time: Wednesday 1.30pm- 3.30pm
Cost: Free
Other Info: Drop in service for weight and general advice

Breastfeeding Support Group

Location: Viewfield Centre, Viewfield Terrace
Day/time: Thursday 11am – 12 noon
Cost: Free
Other Info: Support from Health Visitor and other mums

Child Health Clinic

Location: Carnegie Clinic
Day/time: 1st and 3rd Thursday of each month 11am – 12
Cost: Free
Other Info: Health Visitor drop in

Services in Fife

Parent and Toddler Groups (Levenmouth)

Methil/Buckhaven

Location	Day	Time
East Wemyss Village Hall		
Buckhaven Community Cen-	Tuesday and Thursday	9.30-11.00am
Woodlands Family Unit	Monday	9.15-11.00am
Methil Parish Church	Tuesday and Thursday	9.30-11.00am
Paxton Nursery	Monday and Thursday	9.00-11.00am
Salvation Army Hall. Mi-	Tuesday and Thursday	9.30-11.00am

Leven

Location	Day	Time
Leven Community Centre	Tuesday, Wednesday, Thursday	9.30-11.00am
Leven Baptist Church	Monday, Tuesday, Wednesday	9.30-11.30am
Leven Parish Church- Car- low Hall	Tuesday and Friday	9.45-11.15am
Mountfleurie Primary	Thursday	1.30- 2.30pm

Windygates/Kennoway

Location	Day	Time
Windygates Institute	Tuesdays and Thursdays	10.15-11.30am
St Kenneths Parish Church	Mondays and Thursdays	10.00-11.30am

Key Policies

Fife Childcare and Early Years Strategy. (2006) *Review of Early Years Services in Fife*. Retrieved from www.fifechildcare.org/early_years/documents/EarlyYearsReview-Finaloutcomereport.pdf

Literacy

Fife Book Prescription Scheme

The Book Prescription Scheme allows GPs and other Healthcare professionals to prescribe recommended self help books which are available across Fife. These include books focussing on postnatal depression as well as general depression and anxiety. The Fife Book Prescription Scheme is available at all Council libraries across Fife.

For further information:

Call: 01383 565402
Address: Fife Book Prescription Scheme,
Clinical Psychology Department,
Lynebank Hospital,
Halbeath Road,
Dunfermline,
Fife,
KY11 4UW.

Bookbug

Bookbug is an initiative by the Scottish Book Trust which sends out packs of books to children in Fife. These books are sent out at three developmental stages; from birth to 18 months of age (Bookbug Baby), from 18 to 36 months of age (Bookbug Toddler) and from 36 months onwards (Bookbug Toddler). Most libraries in Fife also run Bookbug's Library Challenge which aims to get children from birth to 4 years of age familiar with and enjoying the library and Bookbug sessions which are events for parents and children up to preschool age.

For further information contact Ella Dickson (Community Librarian- Young People's services)-

Call: 08451 555555 x472774
Email: Ella.Dickson@fife.gov.uk
Address: Fife Council,
16 East Fergus Place,
Kirkcaldy,
Fife,
KY1 1XT.

Online Resources/ Helplines

Children 1st

Children 1st support parents and children by running a variety of services across Scotland- befriending services, family group meetings, advocacy, mediation, training and consultancy. Children 1st also run the helpline Parentline Scotland for support in parenting and the Bluebell helpline at Parentline Scotland for support with postnatal depression.

Call: 08088 002222 (Parentline)

08003 457457 (Bluebell)

Visit: www.children1st.org.uk

Children in Scotland

Children in Scotland is an organisation aimed at maintaining good practice in professionals working in the early years through influencing policy, researching early years policy and running training events and conferences. Over 400 organisations and individuals from the voluntary, statutory and professional sectors across Scotland are members of Children in Scotland.

Visit: www.childreninscotland.org.uk

Cry-sis

Offers information on coping with infants where there are problems with crying, sleeping or demanding behaviour. Cry-sis also has a helpline which is open from 9am to 10pm and runs seven days a week.

Call: 08451 228669

Visit: www.cry-sis.org.uk

Services in Fife

Early Years

Website from Learning and Teaching Scotland for practitioners working in the early years particularly with regard to education. Includes guides for professionals working in the early years and for parents with children under the age of three and links to Early Years Matters newsletters.

Visit: www.ltscotland.org.uk/earlyyears

healthvisitors.com

Healthvisitors.com has a variety of advice for parents for babies, infants and young children. The content of the site is written by qualified Health Visitors and includes answers to 180 frequently asked questions as well as information on physical and emotional development, behaviour and parenting.

Visit: www.healthvisitors.com

La Leche League GB

La Leche (pronounced la lay-che) League promotes breastfeeding through providing information, running local breastfeeding groups across the UK, running an online forum and running a helpline.

Call: 08451 202918

Visit: www.laleche.org.uk

Lone Parent Helpline

Offers advice and information on local services as well as information on childcare, legal rights, benefits, work or education. Provides free publications on various subjects such as Dealing with Debt, Housing Issues, Childcare, Maternity, Legal Issues, Back to Work, Maintenance.

Call: 0808 801 0323 (Monday to Friday 9.30 to 4.30, free from landlines)

Visit: www.loneparenthelpline.info

Midwives Online

Midwives Online is a sister site of heathvisitors.com and is written by qualified midwives. The site contains information for parents from when they first consider conceiving and all the way through pregnancy to after the birth.

Visit: www.midwivesonline.com

National Child Protection Line

A national helpline where individuals can report any suspicions of child neglect or maltreatment.

Call: 08000 223222

Visit: www.infoscotland.com/childprotection/index.jsp

Netmums

Provides access to websites tailored to individual areas across the UK. The sites have information on education, childcare, lifestyle and activities. There are forums (the Coffee House) on a variety of topics where mothers can share advice and information. Netmums also run a Parent Support service run by trained Parent Supporters and Health Visitors who participate in the Advice and Support forum and also run an online drop-in clinic.

Visit: www.netmums.com

One Parent Families Scotland

One Parent Families Scotland is an organisation which aims to support single parent families through providing information, training for parents and professionals, childcare and help getting back into work. One Parent Families Scotland also runs the Lone Parent Helpline.

Visit: www.opfs.org.uk

Services in Fife

Parenting across Scotland

Provides information for parents from pregnancy to the teenage years. Parenting Across Scotland also provides a portal to a variety of helplines.

Visit: www.parentingacrossscotland.org

Parentline Plus

Parentline Plus is a resource for parents of children of any age. The Parentline Plus website has a variety of informational articles, forums, blogs by other parents and a live chat facility which connects parents to a trained member of staff. Parentline Plus operate a helpline for parents which is open 24/7 and is free from landlines and some mobiles. They also provide support by running telephone groups with other parents and a trained facilitator. Access to a telephone group is through an online form on the Parentline Plus website.

Call: 08088 002222

Visit: www.parentlineplus.org.uk

Play Talk Read

Play Talk Read is an initiative from the Smarter Scotland division of the Scottish Government. It is aimed at promoting positive interactions between infants and parents which are beneficial to the child's development. The website contains advice and tips for parents on different ways they can make the most out of their interactions with their child through playing with them, reading to them and communicating with them.

Visit: www.infoscotland.com/playtalkread

Play Scotland

Play Scotland is an organisation which aims to support children's development by promoting their right to play outside through raising awareness, campaigning and researching.

Visit: www.playscotland.org

Ready Steady Baby

Ready Steady Baby is a publication from NHS Health Scotland which aims to provide parents with information regarding pregnancy and the first year of the infant's life. It is available as a book which is provided free to mothers to be at their first midwife appointment and information can also be accessed online.

Visit: www.readsteadybaby.org.uk

Ready Steady Toddler

Ready Steady Toddler continues on from Ready Steady Baby and provides information from 13 months to 3 years of age. The Ready Steady Toddler book is available free at immunisation appointments and information is also available through the website.

Visit: www.readysteadytoddler.org.uk

Scottish Pre-School Play Association

The SPPA provides services to childcare organisations in the voluntary sector. This includes resources, advice and insurance.

Visit: www.sppa.org.uk

Stepfamily Scotland

Stepfamily Scotland is an online resource which contains a variety of downloadable leaflets on coping with issues which may arise with being part of a stepfamily. Stepfamily Scotland also runs a helpline for stepfamilies which is open from 12pm to 4pm on Monday to Thursday.

Call: 08451 228655

Visit: www.stepfamilyscotland.org.uk

Talk to Your Baby

Talk to Your Baby is an initiative run by the National Literacy Trust which aims to increase communication between parents and infants to facilitate their language development. The website contains information and downloadable publications to help parents talk to their infants as well as information on the campaigning and research done by the National Literacy Trust.

Visit: www.literacytrust.org.uk/talktoyourbaby

Key Policies

Scottish Executive (2005). *Birth to Three: Supporting Our Youngest Children*. Retrieved from www.ltscotland.org.uk/earlyyears/about/birthtothree/guidance.asp