**Wednesdays**

9.15 – 10.15am Buggy Walks
Leaving from the nursery and picking up along the way to the Ballast Bank then onto the coastal path a chance to have a walk and talk as well as getting fresh air and exercise.
Great fun!

**Thursdays**

9.15 – 11.30am Elementary Cooking Skills Four week course
Ballast Bank Community Centre
Inverkeithing

This certificated course can help with getting into employment and also lead to completing a food hygiene course. If you are interested then please see Cathy Reilly

Inverkeithing Medical Centre
5 Friary Court
Inverkeithing KY11 1NU
Tel: 01383 413234
Website: www.inverkeithingmedicalgroup.scot.nhs.uk

09/16

**Thursdays**

1-3pm Sewing Group
Ballast Bank Community Centre
Come along and learn how to sew and use a sewing machine. A fun way to learn a new skill, or if you have sewing skills help to pass them onto others.

**Fridays**

9.15 – 11.30am Book Bugs followed by a play session in the Community Lounge
Inverkeithing Primary
The book bug is a 30 minute session of songs and rhymes, Lycra games and a story. This is followed by a play session for you to share different experiences with your child. We also provide a healthy snack of fruit and milk or water.

**Child Health Clinic**
Civic Centre, Inverkeithing,
Tuesday 1.30 – 2.30pm
Dalgety Bay Clinic,
Thursday 1.30 – 3.30pm

**Health Visitor**
For advice, treatment and recommendations Tel: 01383 821099

**Facilities for Parents, Babies and Toddlers**

**Inverkeithing**
Baby and Toddler Groups
Haven Group (Baptist Church) Thursday 10 – 11.30
Breastfeeding Support Group (Baptist Church), Thursday 10 -11

**North Queensferry**
Baby and Toddler Groups
Breastfeeding Friendly Toddler Group, Community Centre, Thursday 10.15 – 11.15

**Rosyth**
Baby and Toddler Groups
Lunch Club Toddler Group for under 1’s.
Parkgate Centre, Wednesday 12.30 – 2pm
Rosyth Baptist Church Toddlers,
Tuesday 9.30 – 11
Jelly Tots Toddlers, Parkgate Centre, Tuesday 9.30 – 11.30
Kings Road Toddlers, Kings Road Nursery, Tuesday 9.30 – 11 and 1 – 3pm
Inverkeithing Nursery
Family Learning Times

Mondays
1-3pm Incredible Years

A parenting programme which helps parents enhance their skills and strengthen bonds with their children –
BY REFERRAL ONLY see Cathy Reilly

Tuesdays
9.30 – 11.30am Tiny Tots
Community Lounge
Inverkeithing Primary School.
For parents, carers and babies birth – one year

Every week we have a little rhyme time, songs, messy play,
information on feeding & weaning etc. A great opportunity to meet other mums and have a blether and a cup of tea

Aberdour
Baby and Toddler Groups
Church Hall, Wednesday 9.30 – 11.30
Mucky Pups
(arts and crafts for 2 years to pre-school),
Church Hall, Monday 9.45 – 11.
Aberdour also run a playgroup for children aged 2 years 6 months – 5 years (preschool).
The Institute, Shore Road, Monday, Wednesday, Thursday and Friday

Dalgety Bay
Baby and Toddler Groups
Community Centre, Tuesday and Thursday 9.30 – 12

Parents Self Help Group,
Church Hall, Monday 9.30 – 11

New Mums Group
for babies under 6 months.
Dalgety Bay Clinic,
Tuesday 1.30 – 3.00.
(No healthcare professional present)

Joe Jingles and Baby Sensor class
details available online and
on Facebook

Other facilities in Dalgety Bay

Dalgety Bay Playgroup,
Monday – Friday
9 – 12, Church Hall

Dalgety Bay Leisure Centre
host a range of classes for children including
gymnastics, dancing, football and sports coaching. Contact centre for details
01383 602306

Dalgety Bay Library
offer Rhyme Thyme and Book
Bug Sessions.
Contact the Library for details
01383 602364

Nurseries
Inverkeithing – 01383 602416
Kings Road – 01383 602419
Camdean – 01383 602446
Park Road – 01383 602426
Dalgety Bay – 01383 602454
Donibristle – 01383 602412
Aberdour – 01383 602442
North Queensferry – 01383 602425

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