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## Breastfeeding Support



For lots of information and advice please visit the NHS Lothian "Feeding Your Baby" website:

<https://services.nhslothian.scot/feedingyourbaby>

Telephone support is available from:

### THE BREASTFEEDING NETWORK

0300 100 0210

### THE NATIONAL BREASTFEEDING HELPLINE

0300 330 0771

The health visiting team are also available for any feeding questions or concerns that you may have.

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## Pentland Health Visiting Team

Telephone: 0131 449 8601

### Who are we?

Karen Cowan - Health Visitor

Hayley Moir - Health Visitor

Tammy Kerr - Health Visitor

Jill Heeps - Community Nursery Nurse

Fiona Spacey - Healthcare Assistant

Jacquie Wilson - Clerical Assistant

We provide Well Baby Drop-In Clinics for the registered patients of:

### Pentland Medical Centre / Riccarton Medical Practice

*Where?* Pentland Medical Centre

*When?* Every Tuesday 1.30-2.30pm

AND

### Ratho Medical Practice

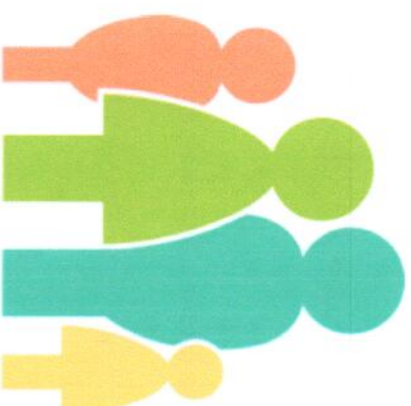
*Where?* Ratho Community Centre

*When?* The first Tuesday of every month  
10-10.45am

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## Programmes, Activities and Groups for parents and carers

*Juniper Green, Currie, Balerno and Ratho*



This leaflet has been compiled by the Pentland Health Visiting Team.

Access to the full booklet for South West Edinburgh can be found at:

[http://www.edinburgh.gov.uk/info/20100/support\\_for\\_families/1455/local\\_resources\\_for\\_parents\\_and\\_carers](http://www.edinburgh.gov.uk/info/20100/support_for_families/1455/local_resources_for_parents_and_carers)

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## Parent and Child Activities



**Bookbugs (song, story and rhyme session 0-4yrs):**

Currie Library - 0131 529 5609

Thursdays and Fridays  
10.30-11am

Ratho Library - 0131 529 5549

Thursdays  
10.30-11am

**Tigertales (Stories and craft session 4-8yrs):**

Balerno Library - 0131 529 5500

Tuesdays  
10.30-11am

Ratho Library - 0131 529 5549

Thursdays  
3.30-4pm

**Storytime (Picture book reading 3+):**

Balerno Library - 0131 529 5500

Mondays  
2-2.30pm



**Keep Fit with  
Edinburgh Buggy Walks:**  
[www.buggywalks.co.uk](http://www.buggywalks.co.uk)

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## Parent and Child Activities

**Parent and Toddler Groups**

A chance to meet other parents and carers and to have fun with your child.

\*Some groups may have a small charge. Some groups run only during term time\*

**Currie Baptist Church - 077776348727**

Mondays and Wednesdays  
10-11am

**Juniper Green Parish Church -**

[jqcp@supanet.com](mailto:jqcp@supanet.com)  
Tuesdays  
10-11am

**Ratho Community Centre - 0131 333 1055**

Under 5's - Tuesdays  
10am - 12pm

**Balerno Parish Church - 0131 449 7245**

Thursdays - 9-11.30am



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## Early Childcare

**Playgroups for 2.5 - 5 year olds**

A safe and fun environment where you can leave your child to have fun and make friends.

Please contact the providers directly for information relating to cost.

**More information can be found at:**

[www.scottishfamilies.gov.uk](http://www.scottishfamilies.gov.uk)

**Compass Playgroup - Dean Park Primary School**

[info@compassplaygroup.com](mailto:info@compassplaygroup.com)

**Currie Playgroup - Kirkgate**

[info@currieplaygroup.co.uk](mailto:info@currieplaygroup.co.uk)

**Juniper Green Playgroup - Juniper Green  
Community Centre**

[junipergreenplaygroup@hotmail.co.uk](mailto:junipergreenplaygroup@hotmail.co.uk)

**Riccarton Playgroup - Curriehill Road**

[riccartonplaygroup59@gmail.com](mailto:riccartonplaygroup59@gmail.com)