

GROUPS AND SERVICES FOR PARENTS AND BABIES IN THE EYEMOUTH AREA

The most up-to-date version of this information can be found on the Eyemouth Early Years Centre (EYC) Facebook page. As the activities may change from time to time, and may not be free of charge, use the contact details to check before attending. Please notify details of any changes to this information to the EYC or to Nikki Lindores 07790 935173.

EYEMOUTH

Health Visitor Information

Eyemouth Health Centre - Monday to Friday. Telephone 01890 752600

Child Health Clinic Mondays 1.30 - 3.30pm. Telephone for an appointment.

MONDAY

10- 11.30am Baby and toddler group, term time only. £1.50 per session, includes snack.

Eyemouth EU Church , Albert Road

Marion Kerr/Ruairidh MacRae (minister) 01890 751506

11- 1pm Drop-in session for pregnant women, parents, carers and babies, from pre-birth until 5 years old. Light lunch provided. Information and support from various agencies. Check Facebook page for details. Breastfeeding support available .

Early Years Centre (EYC), Eyemouth Primary School, Coldingham Road.

Nikki Lindores 07790 935173

1 - 2.30pm Buggy Walk (term time only)

Starts from the Early Years Centre (EYC), Eyemouth Primary School, Coldingham Road.

Sarah Maltman 07955 488927

6.30 - 7.30pm Pre-natal Yoga

Prepare your body for labour and birthing. £5 per session.

TEDDA Hut

Ann Casey anne@oisean-sith.co.uk

TUESDAY

9 - 11am (Term time only) Drop-in session for pre-school children and parents.

Family Centre, Eyemouth, off Coldingham Road

Jackie Henry 01890 751932

2 - 2.30pm Bookbug (term time only)

Eyemouth library

01890 752767

WEDNESDAY

10 - 11.30am Little Tykes Playgroup, bump to 3 years, (term time only). £1.50 per session, snack included.

Eyemouth Community Centre

Julie McFarlane 01890 750458

1.30 - 3pm Busy Bees Baby and Toddler Group
Eyemouth Parish Church Hall (on corner of Victoria Road)
07830 442222 carrie_haddow@hotmail.co.uk Carrie Haddow. Entry by donation.

Other EYEMOUTH activity information

- **Breastfeeding Support** - to access the Peer Support service, contact your Midwife or Health Visitor. Can also contact Kirstin Worsley or Barbara Jessop (Joint Health Improvement Team) directly on 01835 825970.
- **Pre- and postnatal fitness** sessions run by Kathryn Robertson. Aqua Natal and Mum & baby fitness classes.
Contact details Kathryn Robertson on Facebook or email kathrynmaltman-pt@hotmail.com, 079224 17387
- **Eyemouth Leisure Centre** – for swimming activities 01890 750557
- **Learning Together** (formerly PEEP, learning through play). Please contact Sandra Millar at Eyemouth Community Centre about future classes 01890 750458
- **Weaning Group** - advice on weaning. Early Years Centre. Please contact Health Visitor for next session. Details also on the EYC Facebook page.
- **NCT bra-fitter** Frankie Taylor 01890 751123
- **Adult Literacy** – Free classes held in Eyemouth Community Centre to improve reading, writing, number or ICT (computer) skills. Also for adults with English as a second language, to help to support your child’s learning, and for confidence building etc. Contact Sandra Millar 018907 50458
- **Citizen’s Advice** – Mondays 12-3pm, Wednesdays 10-1pm, Fridays 9.30-12.30pm at Eyemouth Community Centre. Telephone 018907 50500 during these session times only.
Berwickshire Young Citizen Advice Project – 16-25 year olds – free confidential advice on benefits, work, money and debt, form filling, housing and more. Telephone number as above or phone or text 07508 331513.
- **Dental Services** –Coldstream 01890 885200. Childsmile – “Improving the oral health of children in Scotland”. See website www.child-smile.org.uk.
- **Seashells Nursery** 018907 52082
- **Highway Day Nursery** 018907 51768
- **Sexual Health Drop in Clinic** - Eyemouth Day Hospital 01896 663700, no appointment necessary. Refer to www.borderssexualhealth.org.uk for up to date information of clinic times.

AYTON

MONDAY

9.45 – 11.15am Toddler Group (term time only – from August 2016)
Ayton Primary School 01890 781350
Kate Rutherford [07736 734566](tel:07736734566)

TUESDAY

1.30 – 3.30pm Toddler Group (term time only – from August 2016)
Ayton Primary School 01890 781350
Kate Rutherford [07736 734566](tel:07736734566)

BERWICK

Many of the listed activities in the Berwick area take place at Surestart Berwick Childrens Centre
Ladywell Place, Tweedmouth 01289 309734
Link to what's on at Berwick Surestart centre:
<http://childrencentresnorth.northumberland.gov.uk/website>

MONDAY

10.00 – 11.30am Salvation Army Parent and Toddler Group.
Community Church, Church Street.
Berwick (near parade car park) £1 per family
Jason Wearmouth 01289 306828.

TUESDAY

1 - 2.30pm Mess about Berwick. East Ord Village Hall. Messy/Sensory Play sessions for babies & toddlers, 6 months to 4 years. Book in advance . See <https://www.facebook.com/Mess-About-Berwick-upon-Tweed-468964363297084/>

6 - 6.45pm Aqua Natal
Swan Centre Berwick 01289 330603

WEDNESDAY

11- 12.30pm Brilliant baby club (6 week course, check website for dates)
Surestart Berwick – see details above.

1.30 - 3.00pm Health visitor drop in & clinic
Surestart Berwick.

THURSDAY

9.45 - 10.45am Buggy push, £1 per session
Meet outside B and M Bargains
Graham Keefe, Sports Development Officer 01670 629330 or 07973 939684

10.30 - 12noon Tiny Tots baby group
Surestart Berwick – see details above.

2 - 3.30pm Breastfeeding support group and sling library
Surestart Berwick – see details above
[016682 83372](tel:01668283372) / [07876 501439](tel:07876501439) Carolynn Reavely.

FRIDAY

11.11.30am Rhyme Time Berwick Library
01670 626099

1.30 - 3pm Family Drop in
Surestart Berwick – see details above.

CHIRNSIDE

Health Visitor Information - 01361 883373

Well Baby Clinic Second Tuesday of the month. Phone 01890 818253 for an appointment .

MONDAY

9 - 11am (Term time only) Drop-in session for pre-school children and parents
Chirnside Community Centre <http://www.chirnsidedevelopment.org.uk/>
Jackie Henry 01890 751932.

WEDNESDAY

9.30am Playgroup
Chirnside Primary School 01890 818274 (term time only, finishes June 2016)
This group was relocated from the Community Centre while it was undergoing refurbishment.
Please check Community Centre 'What's on page' at <http://www.chirnsidedevelopment.org.uk/> or
email info@chirnsidedevelopment.org.uk

COCKBURNSPATH

Health Visitor Information

This will be updated by the Health Visiting team – details to follow.

COLDINGHAM

TUESDAY

10am Tots Tuesdays drop in session. Five play parks and woodland walk open to all. Refreshments available to purchase.

1 - 3pm Discotots. Term time only.
Crosslaw Caravan Park, Coldingham
01890 771316 gill@crosslaw.co.uk

THURSDAY

1.30-3pm Baby and toddler group, 50p per session (term time only)
Coldingham Primary School 01890 771241

FRIDAY

10.30 - 12noon Busy bees baby and toddler group
Coldingham Priory
078304 42222 carrie_haddow@hotmail.co.uk Carrie Haddow. Entry by donation.

COLDSTREAM

Health Visitor Information - 01890 885288

Child Health Clinic - first Wednesday of each month, 2 - 4pm, drop in session at
Coldstream Health Centre.

MONDAY

10 - 11.30am Breastfeeding Support Group
Kelso Health Centre
01573 223001

MONDAYS AND WEDNESDAYS

9 - 11am Parent and Child Group
Coldstream Primary School Community Annexe
www.coldstreamplaygroup.org

FRIDAY

11.15 - 11.45am Bookbug (term time only). Meets on alternate Fridays, Coldstream Library Contact Centre. Not currently meeting, but happy to re-start if sufficient interest. Please contact Joan Sanderson on 01361 886104.

DUNBAR

Core

49 High Street, Dunbar EH42 1EW

Jennifer Ainslie 078906 18755

Runs pregnancy pilates, and all sorts of pre and postnatal classes / sessions. Baby relax and sing sessions. See info@coredunbar.co.uk for information on times of classes and costs.

MONDAY

10-15-12.15pm and **12.30-2.30pm** Muddy Buddies

Lochend Woods, Kellie Road EH42 1SS. <http://chrisyule.net/muddy-buddies.html>

DUNS

Health Visitor Information - 01361 883373

Well Baby Clinic Last Wednesday in the month 10-12noon. No appointment necessary.

Sexual Health Drop in Clinic Knoll Health Centre, no appointment necessary.
www.borderssexualhealth.org.uk 01896 663700 for current clinic times.

MONDAY

11.15-11.45am Bookbug (term time only). Meets on alternate Mondays

Duns Library Contact Centre. Please contact Joan Sanderson on 01361 886104 for details of when this group re-starts.

TUESDAY

10.30 - 12noon Health Visitor Tiny Tots Group

Knoll Health Centre

01361 883373 Viv Oliver

9.15- 11.15am Parent and Toddler Group. Tea/coffee and biscuits for parents, and snacks for children. Charge per session £2.

Southfield Community Centre 01361 882184

Linda Longstaff 01361 882873

WEDNESDAY

10-11.30am Kirk Kids, Duns Parish Church.

Full information on website www.dunsanddistrict.org.uk - click on activities. Term time only but some activities in school holidays.

THURSDAY

9.15 – 11.15am Parents and Toddler Group. Tea/coffee and biscuits for parents, and snacks for children. Charge per session £2.

Southfield Community Centre 01361 882184

Linda Longstaff 01361 882873

Sunrise ELCC Nursery – every weekday morning, term time only, from 9 – 12.10pm.

Southfield Community Centre 01361 882184
Telephone Alison Hutchison 07800 857188 for information on charges.

Duns Swimming Pool – for swimming activities 01361 883397

GREENLAW

Health Visitor Information - 01890 885288

Child Health Clinic - 2.30 - 3.30pm first Tuesday of each month. Drop in at Greenlaw Health Centre.

RESTON

MONDAY (alternate)

2 - 3pm Drop in session for babies and toddlers (term time only)

Reston Primary School 01890 761205

Laura Simm 077893 96069

Outside the Box www.otbds.org.uk

Mums encouraged to develop small scale activities, toddler groups, buggy walks, story telling and other practical activities. Aim to reduce isolation and support parents and children. Walkerburn, Selkirk, Eyemouth, Hawick (Burnfoot) and Langlee, plus the outlying areas.

Contact Muriel Young or Nina Anker-Peterson on admin@otbds.org or

Nichola Sewell 01835 825970

Baby Friendly Initiative – local places to breastfeed your baby eg cafes and restaurants to be added here.

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