

Parent / Carer Support For Young Children

- **Cottage Family Centre**

Works to promote and support families with pre-school children aged 5 and under living in the West Kirkcaldy area. Offer support such as home visits and surgeries for advice/information/counselling good quality low cost childcare adult education. Self referrals GPs or other professionals

Contact Cathy Kirk (Project Manager) or Sharon Pennycook (Administrator)

29-31 Cawdor Crescent, Kirkcaldy, KY2 6LH

Tel: 01592 269489

E-mail administration@thecottagefamilycentre.org.uk

Web: www.thecottagefamilycentre.org.uk

Office Hours Mon-Fri, 9am-5pm

- **Home-Start**

Provides home visiting by volunteers who offer friendship and practical help to families with children under 5.

For further information contact an office nearest to you:

Lochgelly

Home-start Lochgelly

Units 16-18 Crosshill Business Centre

Lochgelly

KY5 8BJ

Tel: 01592 861103

Glenrothes

Home-Start Glenrothes

Community House

47-48 Greenlaw Crescent

Glenrothes

KY6 1JG

Tel: 01592 783 041

East Fife

Home Start East Fife

158 South Street

St Andrews

KY16 9EQ

Tel: 01334 477 548

Kirkcaldy

Home- Start Kirkcaldy

5 South Fergus Place

Kirkcaldy

KY1 1YA

Tel: 01592 565 285

Web: www.homestartkirkcaldy.org.uk

Levenmouth

Home-Start Levenmouth

Methihaven Road

Dunfermline

Home-Start Dunfermline

41 Bruce Street

Buckhaven
KY8 3HS
Tel: 01592 414 511

Dunfermline
Fife
KY12 7AG
Tel: 01383 621349

- **Early Education group for Children with Motor Impairment (Early years under 5s)**

The curriculum is based on age appropriate activities and targets all areas of child development – gross and fine motor skills language and communication, social and life skills and fosters early learning and an awareness of the world around them.

Child Development Centre
Carleton Nursery
Bighty Road
Glenrothes
KY7 5AS

Tel: 01592 610697

Email: earlyeducationgroup@yahoo.co.uk

- **Early Years Resource Centre**

Promotes the interests of the under 8's, those who care for them and work with them. A toy library and art shop, information and resources are available.

Contact Joyce Stark

Address Castlehill
Cupar, KY15 4HA

Telephone: 01334 655566

E-mail toylibraryeyrc@tiscali.co.uk

- **Community Mums (Scotland)**

Home visiting programme that recruits and trains experienced mothers as volunteers to visit first time mothers in their own homes or in Levenmouth. Offer regular confidential visits, sharing ideas and information.

202 Wellesley Road

Methil, KY8 3JR

Telephone: 01333 309206

E-mail communitymums@cms202.co.uk

- **Fife Childcare Information Service**

www.fifechildcare.org

Fife childcare and early years strategy website – part of a national agenda to improve childcare provision to allow parents to access employment, training and education. Free service to parents/ carers providing information on local childcare services, nurseries, playgroups and out of school care provision.

e-mail: childcare.training@fife.gov.uk

- **NHS Fife- Health Visiting Service**

Provides one to one support for carers with children under school age, and facilitate children's health clinics. Developmental screening also provided.

Contact local GP to find out about the health visitors in your area.

- **Parent Plus**

Parent Plus is a project which supports families with children in the West Fife Villages. The Project is staffed by Fife Council Social Work Service (a Social Worker and 2 Family support workers) and Home Start Dunfermline (co-ordinator and volunteers). For further information please contact:

Eleanor Hubbard
High Valleyfield

Tel: 01383 882 536

Joyce Munro
Home-Start Dunfermline

Tel: 01383 621 349

Textphone: 0800 056 0566

- **Young Mothers Initiative**

Aims to encourage and support young girls in continuing their school education during pregnancy and early motherhood. A large range of resources are available and a useful information pack

Contact Mariann Raymond

Auchterran Centre

Woodend Road

Cardenden, KY5 ONE

Telephone 08451 55 55 55 (fife council) then extension number: 442002

Office Hours Mon-Thurs 9am-4pm (by appointment only)

- **Talk Matters Counselling Services**

Offers weekly confidential counselling to anyone on a wide range of issues such as stress, anxiety, depression, bereavement, abuse, relational difficulties, family and spiritual problems.

Talk Matters

Ground Floor

New Dickson House

Dickson Street

Dunfermline

KY12 7SL

Tel: 01383 626064

Web: www.talkmatters.org

- **The Acorn Project**

- Nursery Nurse Support in the Community:
The project helps to improve relationships and bonding between parents and children through play.
- Development of play skills which can promote communication, family relationships and ease behavioural issues

- Nursery Nurses provide guidance and positive feedback to families, working with families who have one or more children between the ages of 0-5 years, in the family home.
- They also deliver baby massage.
- Referrals come from health professionals, social work and voluntary agencies.

The project is funded by 'Sure Start'

For contact details please see the following page.

For Further Information contact:

Kelty & Cardendean

Diane Wright
Tel: 01592 720 321

West Fife & Inverkeithing

Sian Jones
Tel: 01383 881155

Glenrothes

Evelyn Miles
Tel: 01592 756631

Dunfermline

Louisa Turner
Tel: 01383 748733

Kirkcaldy

Kelly Johnston
Tel: 01592 891642

North East Fife

Jackie Lorimer
01334 870788

Leven

Lynn Court
01592 717840