



Grassroots Project

Family Education Support Programme



The Family Education Support Programme aims to improve parenting skills, increase confidence and provide the opportunity for families to meet others with young children.

The programme includes the following activities:

Family Health and Wellbeing Course

This 8 week course includes sessions on Play@home, fire and home safety, dangers of second hand smoke, managing stress, a 4 week 'Feeding the Family Cookery Course' and budgeting. This course is supported by Scottish Fire and Rescue Service and Clydesdale Citizen Advice Bureau.

Baby and Child First Aid Course

This course is designed to teach parents/carers a range of first aid skills to cope with emergency situations for babies and children aged 0-5 such as choking, falls, burns and allergic reactions.

Baby Massage Sessions (group or 1:1 in the home)

Baby massage has many benefits such as relief from colic, wind and constipation, increased levels of relaxation and bonding between parent/carer and baby. Sessions are delivered by a trained and experienced volunteer.

Me Time- 1:1 Stress Management Complementary Therapies

Offering stress management skills, relaxation techniques and therapies to help reduce stress of family life and to improve health and wellbeing. This is delivered by a trained and experienced therapist.

Healthy Weaning Workshop

Find out how to best wean your baby onto solid food. Delivered by NHS Lanarkshire Health Improvement Team.

Baby Sounds

Families expecting a baby can enjoy a BabySounds session where they can learn skills in bonding and communicating with growing baby in the womb using music, rhythms and natural sounds. Delivered by Grassroots volunteer.

Healthy Bump Cookery Course

A 4 week practical course focusing on healthy eating and cooking during pregnancy.

Smoke Free Home

Measures the amount of second hand smoke in the home along with helpful hints and tips to have a smoke free home and car.

These activities are for those who are referred onto the Grassroots Project.

For more information please contact Christine on 07859 818 728.





What's on from Aug-Dec 2017

Me Time (1:1 Stress Management)*	Friday 18th August for 6 weeks. Friday 27th October for 6 weeks	Various	Various
Family Health and Wellbeing Course*	Thursday 24th August for 8 weeks Tuesday 31st October for 8 weeks	Kirkton Church, Carluke Venue TBC	1-3pm 10-12pm
Baby Massage Course	Wednesday 6th September for 4 weeks	Lockhart Community Hub, Whiteless Road, Lanark	10.30am-12pm
Healthy Weaning Workshop	Wednesday 4th and 11th October	Lockhart Community Hub, Whiteless Road, Lanark	10.30-12pm
Baby and Child First Aid Course	Thursday 26th October	Venue TBC	10am-2pm
Parent Christmas Crafts	Thursday 16th November for 4 weeks	Kirkton Church, Carluke	1-3pm
Family Christmas Party	Wednesday 20th December	Lockhart Community Hub, Whiteless Road, Lanark	10:30-12pm (1st session) 12-1pm (lunch) 1-2:30pm (2nd session)
Carluke Family Peer Support	Every 2nd Tuesday	Carluke Leisure Centre	11-1pm
Lanark Family Peer Support	Every Wednesday	Lockhart Community Hub, Whiteless Road, Lanark	2-3.30pm

*Childcare available

TBC– To be confirmed

Transport available for all activities

For more information, contact Christine on
01555 662496/ 07859818728



LOTTERY FUNDED