



Altogether Better Spring Programme 2012



Supporting parents, carers and their families to
develop skills and confidence

What	Where	When
Fun for Under 5's	Goodtrees Community Centre	Monday's 10-11.30am 16 th Jan – 27 th Feb.
Messy Play	Valley Park Community Centre	Mondays 9.45-11.00am 16 th Jan – 27 th Feb
Messy Play	Gilmerton Community Centre	Friday's 9.45-11.00am 20 th Jan - 2 nd March
Buggy Walks	Inch Community Centre (crèche available for bad weather)	Tuesdays 2.00-3.15 pm.
Mums Together	Valley Park Community Centre	Wednesdays 10-12noon 18 th Jan -29 th Feb
Mini's Tuesday Night Football Ages 4-6	Gilmerton Society Hall	Tuesdays 5.30-6.20 pm 17 th Jan – 28 th Feb
Baby Massage	Goodtrees Community Centre	Jan 17 th for 5 weeks 11am-12.30pm
Baby Massage	Goodtrees Community Centre	Feb 7 th for 5 weeks 1.45-3pm
WAM Group (Well Being and Me)	Venue to be confirmed	28 th Feb for 4 weeks 11am-12noon
Mums Chat	The Hub (Gilmerton Old Church) crèche available	Mondays 9.30-11.30am From 16 th January (8 weeks)
Baby PEEP	Gilmerton Community Centre	Tuesdays 1.45-2.45pm From 31 st January
Weaning Group	To be confirmed	To be confirmed



Cooking Group	The Hub (Old Gilmerton Church)	Thursdays 10 am -12 From 19 th January (5 weeks)
Cooking Group	The Hub (Old Gilmerton Church)	Thursdays 10 am – 12 From 1 st March (5 weeks)
Cooking Up a Story	Gracemount Primary School (P2)	Mondays 3.00-4.30 pm From 27 th March (5 weeks)
Dance Parents and Toddlers	Valley Park Community Centre	Thursdays 10-10.30am From 12 th Jan – 9 th Feb
Dance Parents and Toddlers	Valley Park Community Centre	Thursdays 10-10.30am From 23 rd Feb–29 th Mar
Cycling at Nurseries	Gracemount Nursery	Fridays 9.00-10.00 am From 2 nd March (4 weeks)

Rediscover you!

Get matched up with someone to discover new interests and hobbies and get out and about again. This service is ongoing and you can decide when and where you want to meet.

The Altogether Better project supports parents and carers to make new relationships and strengthen connections with family, friends, neighbours and the local community.

Altogether Better is managed by South Edinburgh Healthy Living Initiative – a community health project working with local people and groups to develop programmes that enhance health and wellbeing.

The project runs in the communities of Burdiehouse, Southhouse, Gracemount, Liberton, Gilmerton, Moredun and Inch.

For further information or to book a place contact
Amanda or Hollie on 0131 664 0555

Or visit our website at

www.health-in-mind.org.uk/altogetherbetter

We have now moved to

Gracemount Youth and Community Centre
47 Gracemount House Drive Edinburgh EH16 6FD

