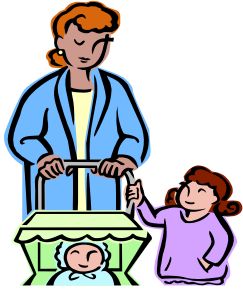


# Mother and Toddler Groups



## **CURRIE**

MON 10—11AM BAPTIST CHURCH  
WED. 9.30—11AM BAPTIST CHURCH  
FRI 10—11.30AM GIBSON CRAIG HALL

## **JUNIPER GREEN**

TUES 10—11.30 CHURCH OF SCOTLAND HALL

## **BALERNO**

TUES 10—11.30 ST MUNGO'S CHURCH HALL  
WED 10—11.30 " " " "

THURS 10—11.30 CHURCH OF SCOTLAND HALL

City of Edinburgh website for Mum and Toddler Groups

Information on Playgroups,  
Nurseries and School is  
Available from the Team

## Post Natal Depression

Research has shown that following the birth of their child at least 1 in 10 women suffer from post natal depression. If you are experiencing any of the following:

Sadness, low mood, tearful, sleep disturbance eating problems, irritability, suicidal thoughts panic attacks, lack of joy and pleasure, isolated, self blame and guilt

## **HELP IS AVAILIBLE!**

Discuss how you are feeling with your Health Visitor

Wester Hailes  
Medical centre

**Health  
Visiting Team**

**449 8619**



Welcome to the Health  
Visiting Team at  
Wester Hailes  
Medical Centre

The Team Are

Allison Cifelli Health Visitor  
Karen Wight Health Visitor  
Jane Dowie Staff Nurse  
Violet Greenan Staff Nurse  
Fiona Sinclair Health Assistant

Tele: 449 8619

Please contact us 9-5 Weekdays  
if you wish to discuss your families  
health.

Your Health Visitor will visit you at  
home when your baby is approxi-  
mately 11 to 14 days old

**Social Work Department**  
**Emergency & Out Of Hours**  
0800 731 6969

We Provide The Following Routine  
Health Care Services

Antenatal Visit

**When your baby is:-**

**6-8 Weeks**

Your baby's developmental review.  
1st book, bag and dental pack

**8 Weeks**

One stop family health appointment

**Baby:** Medical check

1st primary immunisations

**Mum:** Post Natal check.

**3 months + 4 Months**

2nd & 3rd Primary Immunisations.

Health promotion information

12 months Hib/MenC Immunisations

**13 Months**

MMR Immunisations & PCV

2nd Book Bag

**2 Years**

You will receive a letter asking you  
to contact your Health Visitor if you  
have any concerns about your  
families health.

**3years 3months**

Pre-school immunisations and oppor-  
tunity to discuss any issues or con-  
cerns about your families health

Drop In clinics Are

Available On:

Tuesday 1.30—3.30pm

The Pentlands Medical Centre

Thursday 10—12.00

Deanpark Clinic Balerno

We have a range of groups & support

available at :-

Deanpark clinic

**Breast Feeding Cafe**

Thursday 11—12.30pm

**Baby Massage**

Thursday 1.30—2.30pm

-The Pentlands Medical Centre

Baby Massage: Ask for Dates

Monday 2.15—3.15pm