



Criteria

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Dr Bell's Family Centre | 15 Junction Place | Edinburgh | EH6 5JA
Telephone: 0131 553 0100 | Email: info@dbfc.org.uk

www.drbells.co.uk

Dr Bell's is registered in Scotland as a limited company, no. 289985
Scottish charity no. SC037216



Dr Bell's Family Centre

Aims

Dr Bells believes in **supporting families that live in Leith with young children (under the age of 5)** to access a variety of support services and social opportunities within the community. We aim to deliver a programme of family learning and family support; individual and group-based therapeutic services; food and nutrition resources; early education and childcare; and volunteer and student placements with the focus to improve health and wellbeing and change young children's life outcomes.

Objectives

- Provide free or low cost childcare (6 months- 5 years) which enables parents and carers facing difficulty to access groups and attend appointments (counselling);
- Provide access to educational play to help children facing disadvantages to reach their developmental milestones and feel emotionally safe and confident in their learning and play;
- Provide a programme of family learning groups and activities that give parents knowledge of child development and how to promote good health and wellbeing in their children and themselves;
- Support parents who face difficulty to come together and develop new ways of supporting each other through groups or activities;
- Offer topic based drop-in sessions and one off events on issues pertinent to local families;
- Develop opportunities for local people and local organisations to be more directly involved in community activities which support inclusion, community capacity building, community cohesion and growth towards long term local solutions to disadvantage and isolation.

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Support at Dr Bells

How do we offer support?

- We run short respite creche sessions, between 9.30am-11.30am and 12.30pm-2.30pm. Families can attend either a morning or afternoon session; number of sessions per week is dependent on availability at the time of enquiry.
- Families must participate in groups or attend our counselling service to receive a free childcare space.
- We understand that a family may be looking for respite. So, to accommodate this we can offer crèche spaces for a fee of £8 per two-hour session. Please recognise that we operate a waiting list for our respite spaces.

How long do we support families for?

- Support at Dr Bells is not limited to a time frame. Our creche runs in accordance with Edinburgh council school term times. Bookings will be made for a full term. At the end of each term if support is still required then a family may continue to engage with our services.
- Where possible families will be signposted and referred to partner services when there is a need we cannot meet.

How do we assess a family's needs?

- When interest is noted, staff will have an informal chat to see how best support can be offered and what groups will be most appropriate to meet the needs of the family.





How to make a referral

Whether you are making a referral on behalf of someone else or referring yourself/your family all referrals should be made via phone call: 0131 553 0100; or by emailing: info@dbfc.org.uk

We don't want to make things complicated with forms so our team will have a conversation to find out what support is required and what we have available to help; it's that simple 😊

Contact Information

If further information is required, please contact the appropriate person regarding your query.

For general information and room bookings contact:

Kirstyn, Receptionist
info@dbfc.org.uk
0131 553 0100
Monday, Wednesday, Thursday, Friday
9am – 2.30pm

For information about crèche contact:

Megan, Early Years Manager
creche@dbfc.org.uk
07716 897 175
Monday – Friday
9am – 4pm

For information regarding groups, additional supports for families and volunteers contact:

Darcey, Community Development Manager
darcey@dbfc.org.uk
07743 054 584
Monday – Friday
8am – 3pm

For information regarding counselling and student placements contact:

Danielle, Chief Executive Officer
danielle@dbfc.org.uk
07753 647 981
Monday – Thursday
8am-4pm

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