





Service Feedback

100%

Feel their confidence has improved

100%

Have a better understanding of child development

100%

Feel less isolated

100%

Have built relationships

100%

Feel their wellbeing has improved

This quarter at Mindful Moments & Play Together

Sessions this quarter

- Introduction to mindfulness, what protects/impacts your mental health, introducing breathing and body scan
- Yoga Nidra
- I am enough meditation
- Breathwork session with Lacy
- Mindfulness Walk

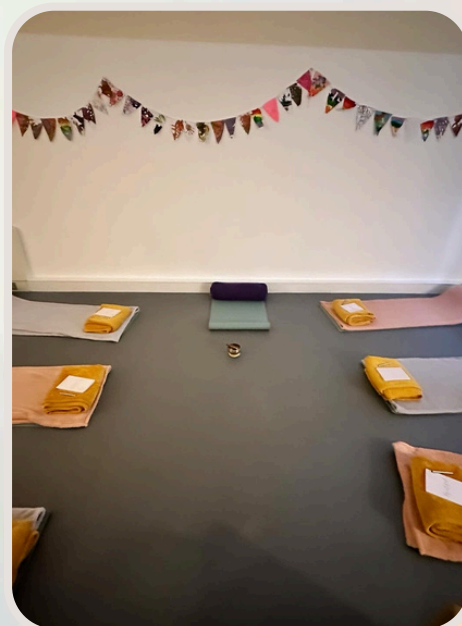


Quote from one of our parents

"It helped me to keep my head above the water and improved my mental health, grateful of Dr Bell's support."

Quote from one of our parents

"This group has been such a lifesaver for me, seeing her socialize with others while getting to chat to other mums has been so good. I would be so lost without you"



Sessions this quarter

- **Introduction session** – Getting to know everyone and the parents chose the following session plans for the next 4 weeks.
- **Becoming me** – we spoke about how babies can develop awareness of their individuality and build their personal identity.
- **Babies on the move** – The soft play was set out to support the baby's physical development, the parents were able to observe the babies interact and socialise whilst we spoke about their movement, next steps and milestones.
- **Mark making** – We used soya yoghurt and food colouring to mark make as well as sensory bags. Discussed how mark making can support physical development such as fine and gross motor skills
- **Finding a voice** – Exploring different ways babies will try to communicate and express to you what they need, the different noises they make and what they mean.

Quote from one of our parents

"I have been too three different groups like this and I have to say Dr Bells was the only one I left not feeling judged for my parenting. I finished the group feeling like I built a stronger bond with my little boy and we had fun together while learning"



Participants

6

Sessions

5

Hours

10

Families

5

Sessions

5

Hours

5

Highlights

From the first session the group bonded – in all the Mindfulness groups I have delivered this is the first time I have seen this happen. The group was extremely supportive of each other and they created some lovely connections.

Next quarter @Dr Bells

- Summer programme
- Preparing for baby 4 week block
- Womens circle 2x per month
- Little explorers weekend session
- Dads group sessions
- Messy play weekend session
- Staff team day out

Highlights

A memorable moment was when one child fully embraced the mark making activity, sitting in the paint (yoghurt & food colouring) and happily making marks all over them self using their hands and paintbrushes. This was a perfect example of how sensory mark making supports fine motor skill development and offered a valuable learning opportunity for all parents in the group to observe the benefits of mark making.



Dr Bell's Family Centre



Family support feedback

100%

Improved
wellbeing

66%

Improved
parenting

33%

Improved
housing
situation

33%

Improved
financial
situation

66%

Improved
relationships

Types of support

- Health & wellbeing
- Housing
- Relationships
- Parenting
- Financial/ benefits
- Legal advice
- Access to groups
- Nursery/ school support
- Advocacy
- Child development information
- Disability

Family circumstances

- Lone parent
- Long term health condition
- Refugee or no recourse to public funds
- Facing economic disadvantage
- Experiencing severe multiple disadvantages
- Diagnosed mental health illness
- Effected by phycological trauma
- Have experienced bereavement
- Family with a disabled family member
- Have 3+ children
- Mother ages 25 or under
- Women

Quote from parent

Dr Bells has been an amazing support for my family

Quote from parent

You're the only professional that I've continued working with. Others haven't been able to meet our needs.

Quote from parent

I am so grateful for the opportunity. It's a life saver for me and my family. Thank you so much!

Total number of families supported

17

Short term support

11

Long term support

6

Professional referrals

9

Self referrals

8



Easter programme feedback

94.4%

Of families
enjoyed the
activities that
we offered

88.9%

Of families
felt there
were enough
activities
available

34%

Of families
accessed the
sharing
shelves

Sessions offered

- In Bloom– Spring themed baby massage taster session £10 per ticket
- Wee Feeders
- Little Explorers
- Cake and a Cuppa
- Community Lunch x2
- Springtime Craft
- Easter themed Messy Play x2
- Edinburgh Community Food Fruit Market visit
- Easter themed Bookbug
- Music & Movement
- Little Lambs Easter Party £2 per ticket



Other supports offered

- Sharing Shelves
- Frozen meals
- Vouchers (on request)



Participants

104



Sessions

13



Number of hours

14.5



Budget

£0

Quote from a parent

Just a super service and thankful to all staff here and how thoughtful and kind they are when struggling with kids and they give a helping hand.'

Quote from a parent

'Everything was very well thought of and organized nicely. It was great to be there. Only recently started coming to activities at dr bells and the staff are so welcoming and the activities are always good fun!'

Quote from a parent

'Staff as always have been amazing and we couldn't ask for better people to be around at the centre'

Quote from a parent

"We had an amazing time! Thank you so much organising this yearly Easter party"



Dr Bell's Family Centre Creche

April to June 2025



This quarter at creche



All About Me!



We have loved exploring this topic with the children and their families. Within our all about me topic we have discovered:

- Families (who is in your family?)
- Interests and dislikes
- My body (body parts)
- What makes me, me! (I am unique)

We have created an All About Me wall display that will become a permanent fixture in creche. This allows children to not only learn about themselves but helps them to feel safe, welcome, heard and valued.



Farewell to Narinder

At the end of this summer, our beloved Narinder (Early Years Play Assistant), will be moving on from Dr Bell's to begin a new chapter in her journey. Narinder has been a cherished part of our community – for 20 years!

Her warmth, dedication, and care have made a lasting impact on the children, families, and staff alike. While we are sad to see her go, we are also deeply grateful for the time we've had together and all the ways she has helped nurture growth and joy in our centre.

Other Activities

- Fathers Day
- Colours
- Hand Hygiene
- Sun Safety
- Loose Parts Play



Staff Development

- Members of the Early Years team have completed training in children's rights, baby massage and infection, prevention and control, safeguarding vulnerable adults, and mental health matters.
- The team have also undergone a refresher in SignAlong to strengthen their skills.

Parent Feedback

I want to express my heartfelt thanks to all of you for the incredible care and support you've given [child] and our family over the past few years. From the very first time I walked into Dr Bell's with a tiny 5-week-old baby, to now watching [child] as a bright, happy, nearly 3-year-old, your kindness and dedication have made such a meaningful difference in our lives. [Child] has achieved so much—learning to speak, walk, and potty train—all with your encouragement and care.

Children

27

Sessions

25

group spaces

50

TLC spaces

25

Next Quarter in Creche



Highlights

- It has been wonderful having parent engagement – sharing family pictures and children's home achievements. We have loved getting to know our children and families better.
- With the lovely sun shining so much we have been able to spend a lot of time outdoors, incorporating children's interests and development with outdoor learning.

- The early years team are looking forward to supporting the summer programme and meeting new families.
- In the next term the team will be undergoing training sessions to further develop their understanding of additional support needs.
- Song signifiers and SignAlong will be embedded within practice to support transitions and communication for all children.
- Throughout the summer the early years team will be carrying out evaluations of the playroom, planning, policies and procedures.



Improvement Plans

Each year the team pick areas they would like to further develop. Our 25/26 improvement plan focuses on enhancing outdoor learning and staff professional development. After our first review, our plan is on track and the team are heading towards completing all their goals.