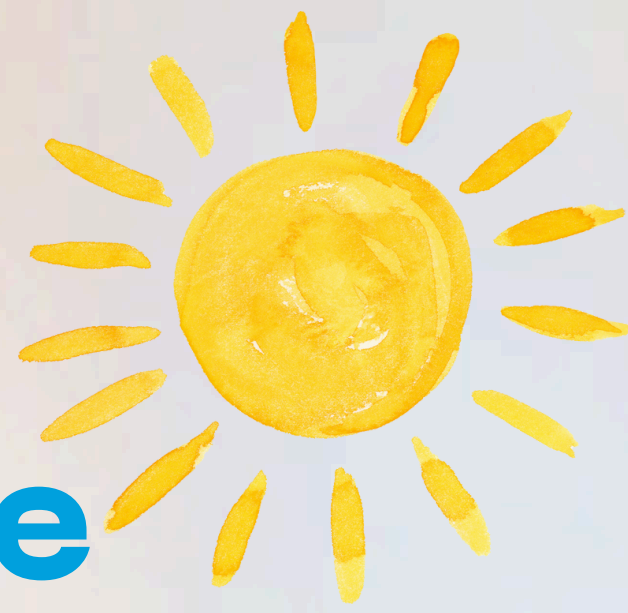








Dr Bell's  
Family Centre



# Summer programme

## Feedback

54%

Attended sessions to support their mental health & wellbeing

54%

Wanted continued support through summer

92%

Attended so that they could Socialise

23%

Were interested in learning new skills

31%

Wanted to meet other families



### Summer 2025



#### What Dr Bell's did this summer!



Bloom Yoga  
Remode - Embroidery Workshop  
Creative Writing with Beth  
Community Lunches  
Family Messy Play Day  
Stay & Play  
Creative Writing with Amy  
Circuits with Edinburgh Leisure  
Teddy Bear Picnic  
Cake & Cuppa  
Fussy Eating Workshop with ECF  
Little Explorers - Into the Woods  
First Aid for Families with First Stop Safety  
Mindfulness with Danielle  
Cooking with Narinder  
Bookbug  
Music & Movement  
Weaning Workshop with ECF  
Little Explorers - Beach Exploration  
Cool Creatures  
Wee Feeders  
Solas Strength with Alyssa  
Picnic in the Park with Kin Collective  
Ceilidh Kids  
Baby Massage  
Potty Training Workshop  
Summer Party



Families attended

95

Parent Workshops

9

Family Sessions

18

Hours

40

Vouchers

38

#### Parent Quote

The summer programme is absolutely fantastic and essential. Most, if not all, activities outside of Dr.Bells pause for the summer term. Having the continued support and bonding time with my daughter through the summer programme was important to my mental health since I wasn't stressing every day to create a plan for us and for my daughter to socialise.

#### Parent Quote

After just having a baby at the end of June. Having this space to come to with both my kids when I was feeling really overwhelmed and knowing when I walk through the doors that there was going to be constant support from the staff at Dr Bells is what got me through the very tough first few weeks of adjusting to mum of 2. I was able to play with my older son while I knew my younger son was looked after. You don't understand how much this meant to me and I will be forever grateful.

#### Parent Quote

Thanks for everything that Dr bells have done for my family over summer and a really tough time for me ! You have helped me massively





# Summer programme

## Feedback

### Additional Supports

We know that summer can be a challenging time. When lots of supports stop running and costs seem to increase. We offered a variety of additional supports to ease additional financial pressures that families often face.

### What else did we do?

Sharing Shelves  
Frozen Meals  
Vouchers for Days Out  
Food Hampers  
Big House Referrals  
1-1 supports  
Supermarket Vouchers

### Trip Vouchers Family Feedback

"This voucher was a great financial help to organising a family day out and to try something different which we might not have been able to do otherwise"

"It was very helpful, I don't think we could afford to go without it"

"It was a great experience for the little one that we wouldn't have given to him without the voucher"

### Meet Jojo!



Dr Bell's new teddy bear mascot was a big hit at our summer party! Jojo (named by our families) will make appearances throughout the year.

### A few staff highlights

- Messy Play day! I loved seeing all the families getting involved in everything.
- Summer Party – it was such a fun atmosphere and just really enjoyable to be a part of.
- Getting to know our families better.

### A few family highlights

- We loved stay and play. Me and [child] was able to be silly after his mega tantrum and run about the centre laughing and having fun.
- Messy play was fab!
- Seeing my daughter run from one activity to the next, smiling, laughing, meant the world to me.



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





# Dr Bell's Family Centre



## Preparing for baby

100%

At the end  
of the 4 week  
block our  
parents-to-be  
shared:

Feel  
prepared for  
my baby

86%

Understand  
my babies  
development

86%

Have a  
good support  
network /  
know where  
to get  
support

100%

I know the  
basic skills I  
will need

### About Preparing for Baby

Preparing for Baby is a 4 week antenatal course. The sessions focus on helping parents-to-be to feel prepared for the arrival of their little ones. We support honest conversations to explore the changes that they may face and empower parents with realistic expectations and normalise difficulties that they may encounter. The course was developed with the help of new parents that shared things they had wish they had known, while also offering lots of hands on opportunities to learn important skills.

Parents-to-be

8

4 couples



#### Week 1

- **Getting to know you and your baby** – pregnancy journey and how your baby is developing
- **Nappy Changing, bathing, dressing your baby**

#### Week 2

- **Becoming a parent** – what might change/how to prepare
- **Support Networks** – who can support you
- **Learn about babies sleep!** – joined by a sleep consultant

#### Week 3

- **Babies brain development** – what does your baby need to thrive
- **Feeding support** – joined by a member of NHS infant feeding team.

#### Week 4

- **The 4<sup>th</sup> trimester** – the first 3 months
- **Recovery & identity** – looking after yourself
- **Playing with your newborn** – play tips and ideas

#### Feedback

I didn't know what to expect but it was really helpful. The practical skills were good and definitely makes me feel a bit more ready.

#### Feedback

It was all super interesting. The brain stuff was cool to learn about. All really helpful.

#### Development of group

Parent feedback helped us identify improvements that will be implemented:

- extend to 5 weeks to cover more topics
- extend to a 2 hour session (currently 1.5 hours)
- support the creation of WhatsApp group to keep expectant parents connected





# Dr Bell's Family Centre Creche

July – September 2025



## This quarter at creche



### Summer Creche!



For the last few years Creche has only run through the summer to support our holiday programme. After requests from parents to continue running respite creche's, the team delivered additional sessions and filled remaining workshop spaces to accommodate families wishes.

### The start of a new term



We were so pleased to see so many familiar faces return after the summer. We have also welcomed 6 new children into creche! We have been updating our All About Me display and have loved hearing about what everyone got up to over summer as well as all the amazing achievements the children have accomplished at home.

### Creche Case Studies

We recently asked families to complete case studies, to share their experience with us. Here is what some of our parents had to say:

### Parent Feedback

The Creche gives children a safe and fun environment, while also giving parents the chance to breathe, connect and grow.

### Parent Feedback

Staff, they genuinely care about the children's wellbeing and future, and that means so much to me.

### Parent Feedback

Without Dr Bell's and the creche I would truly be lost. It allows me to have time for myself while my daughter is well looked after and having fun.

Summer  
stats

Sessions  
Delivered

19

Children  
Supported

38

Workshops  
Supported

13

### Highlights

We were thankful for the lovely weather that we got all summer, we spent so much time outdoors playing in the sunshine, enjoying nature and exploring local spaces.



## Next Quarter in Creche

- The team are looking forward to exploring new topics such as Autumn (seasonal changes), Halloween, Diwali and Christmas.
- The Early Years team will be strengthening their approaches to inclusion and equality and are excited to work with families to find out more about the amazingly diverse cultures in Leith.
- There will be more individual work with families to support parenting capacity.

### Developments



The Care Inspectorate have recently released their new quality improvement framework for self-evaluation, replacing How Good is our Early Learning and Care. The team will be spending time familiarising themselves with the new guidance and carrying out new evaluations of the creche service.