

Dr Bell's
Family Centre

IMPACT REPORT

Oct- Dec 2025





Perinatal services

Overview of perinatal services

- All our perinatal groups are funded by EVOC
- We offer perinatal support to families living in Leith, with the expectation of our preparing for baby ante natal course, which is open city wide.
- Our perinatal support is offered through four groups.

Families attended



Bumps & Bairns

Some of the activities provided:

- Making time for you
- Halloween keepsake/ photo opp
- Post natal fitness/ chat with Roz
- Create your own baby name clip
- Creative writing with Amy
- Sensory play for babies
- Christmas keepsake



Post natal fitness

Families reported-

- 100% improved wellbeing
- 80% improved confidence
- 80% less isolated
- 60% built positive relationships



Massive thanks to Roz our Post natal fitness instructor!



Wee Feeders

Run in partnership with Kin Collective

Families reported-

- 100% improved confidence
- 100% improved knowledge in feeding
- 100% less isolated
- 100% improved wellbeing

Massive thanks for Sarah our breastfeeding consultant!



Preparing for Baby

Delivered 2nd block this term

Families reported-

- 71% increase in feeling prepared for baby
- 100% understanding in babies development
- 100% now know the basic skills
- 100% know where to go for support

Bumps & Bairns – Parent Quote

"The community pantry & meals, although I'm fortunate enough to have never needed to use these are such an incredibly valuable resource. The staff present these in such a non judgemental way that if I ever did need to avail of this I would feel as though Dr Bells was a safe place to seek support"

Postnatal fitness – Parent Quote

"The staff have created such an incredibly warm & welcoming space. From connecting new parents with their community to supporting physical & mental wellbeing with the classes the variety really encompasses every support I feel helpful as a new parent. The centre is such an incredible asset to the community & the staff members are all fantastic & truly care about the families they work with"

Wee Feeders – Parent Quote

"We were at rock bottom when we first attended wee feeders, struggling with the emotional and physical burden of learning to feed our first baby who was also needing regular top ups. The advice and peer support was invaluable in getting us through those first few difficult months, thank you!"

Preparing for Baby – Parent Quotes

"Very professional help in all sessions, megan and darcey gave us a lot of tips and information. i feel reassured and more prepared to the phases i am going through when baby is born"

"I really enjoy the course overall. it gave us the opportunity of thinking and talking about how we want to handle things. I feel like I have gained essential skills i didn't have before"

COMMUNITY DEVELOPMENT HIGHLIGHT

Congratulations to our Community Development Officer Toni who recently completed her Masters in Community Education!

Looking forward:

- Continued partnership with Kin collective - this year we have done 2 joint sessions with Kin. Will be planning for more this year.
- Peer support training.
- Planning further developments in our antenatal supports
- Preparing for baby in February/March

Mindfulness Dip

100%



66.7%



83.3%



100%



Parents Supported

8

More than just a dip!

Apart from just dipping in the sea, parents are encouraged to take part in peer support, offering one another help and understanding with whatever may be happening in their lives. Staff further support parents by providing activities, guidance, and practical advice that help build resilience, boost confidence, and empower them.

Topics Explored

In and out of my control
Choice theory
Breathwork & somatic exercises
People pleasing
Letting go - set it on fire
Parenting challenges
Self-care: what does that mean



Parent Feedback

Dips with a group of lovely supportive ladies really makes a difference to my mental health. I enjoy the effect of the dip (though very cold), the chat during the sessions and the confidence I built by attending the dip sessions.

What's happening next year

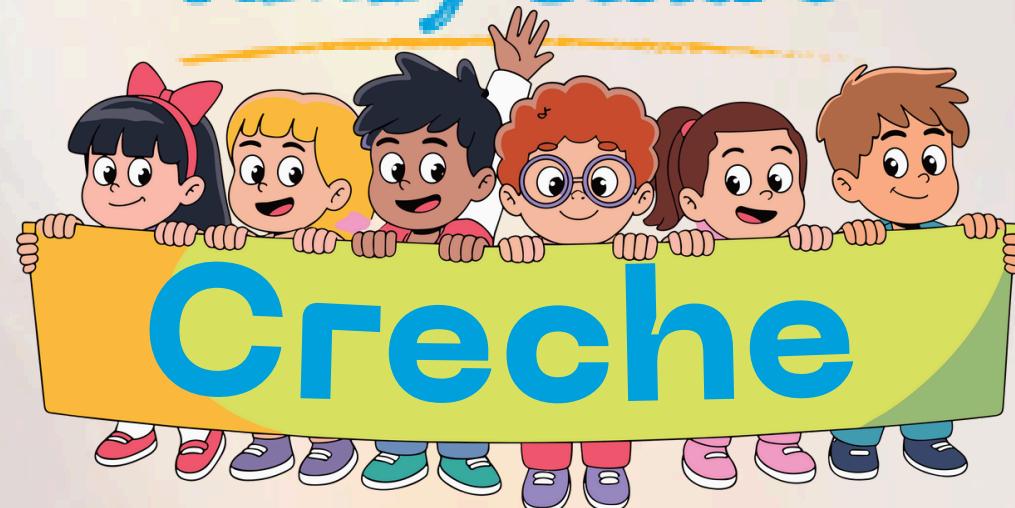
- The dip will take a break in the New Year to allow staff to deliver Raising Children with Confidence. It will return in March.
- After four and a half years, Megan will be taking a break from delivering the dip to focus on developing the Early Years service. The dip will be handed over to Kirstyn to lead, with Megan supporting behind the scenes.

Parent Feedback

Very much appreciative of having the space to be open vulnerable and actually the staff are a huge credit to making this work...It's just such a great group

"...has been a lifesaver and the warmth and kindness of the team is priceless"

Dr Bell's Family Centre



Sessions Delivered

39

Children Supported

31

Group/TLC/Volunteer Spaces (per week)

17



Topics

Our children have been very busy over the last three months!

Halloween

Children in Need

Diwali

Nursery Rhyme Week

Bonfire Night

St Andrews

Christmas



Independance & Choice

Throughout the term children have been keen to explore independence and choice. With support from practitioners, all children have been participating in selecting and preparing their own snacks, pouring their own water, dressing and undressing themselves (jackets and snowsuits), carving pumpkins and choosing their own activities within their sessions. We will continue to encourage all our children to explore their independence and freedom of choice throughout our activities and routines.



Cultural Celebrations

Over the past couple of months, the children have engaged in songs, stories, and art work that promotes an understanding of different cultures. By exploring different cultures, children learn to appreciate diversity and understand the world around them.

Highlights

Our outings have been fun! With the weather changing, each day has given us something new to explore – the changing leaves, the way our parachute moved in the wind and splashing in puddles!

Parent Feedback

"Afternoon session please"
"I wish there were more avialbilities"
"More spaces"

We hear you and we are working on a plan to try and accommodate more children.

Next Quarter in Creche

- We recently asked families to provide feedback for a service review. We will be analysing the responses and expect to make some small changes to the early years service in the next term.
- A lot of our children are turning two over the next couple of months, meaning we welcome new babies into creche in January.

Parent Feedback

"We have noticed vital differences in her play and interactions that are 100% down to the care and learning opportunities she gets whilst being in creche"