

| Group Name | Address | Contact Name | Tel Number | Gaelic/English | Opening Days/Hours | Cost per Session |
|---|---|-------------------------|---------------|----------------|---|--|
| Lewis & Harris | | | | | | |
| Parent & Toddler, Barvas | Barvas Free Church Hall | | | English | Term time, Thursdays, 10.00am - 12.00pm | £1 per child |
| Bosom Buddies (Breast feeding support group) | Grianan Centre | Health visitor/midwife | | - | Wednesdays, 10.00am - 12.00pm | ? |
| Little Lambs Toddler Group | Free Church Hall, Back | | | English | Term time, Wednesdays, 1.00pm - 2.45pm | £1 per adult |
| Little Stars | The Shed, Martin's Memorial, Stornoway | | | English | Fridays, 10.00am - 12.00pm | No cost listed |
| Multi-tastic Twins Group (twins support group) | Games Hall, Lewis Sports Centre | | | - | Every second Wednesday (contact sports centre for dates), 1.00pm - 3.00pm | ? |
| Parant is Paiste - Sgoil Araich Bhreascleite | Sgoil Araich Bhreascleit, Breascleite Hall | Norma Mackay | 01851 621745 | Gaelic | Term time, Wednesdays, 2.00pm - 3.30pm | no cost |
| Parant is Paiste - Sgoil Araich Shiaboist | Sgoil Araich Shiaboist, Shawbost | Katie Macdonald | 01851 710212 | Gaelic | Term time, Tuesdays, 1.30pm - 3.00pm | no cost |
| Parant is Paiste - Sgoil Araich Thunga | Sgoil Araich Thunga, C/O Tong School | Donna Murray | | Gaelic | Term time, Thursdays, 1.00pm - 2.30pm | no cost |
| Parant is Paiste - Sgoil Araich Uig | Sgoil Araich Uig, Uig | Dolisa Mackenzie | 01851 822872 | Gaelic | Term time, | no cost |
| Parent & Toddler Group | Stornoway Free Church | Marion | 01851 703860 | Both | Term Time, Tuesdays, 1.30pm - 3.30pm, & Thursdays 9.45am - 11.45am | £1 per week per adult |
| Parent & Toddler, Carlaway | Free Church Manse, Carlaway | Chris Ann Macdonald | 01851 621281 | Both | Term Time, Wednesdays, 2.00pm - 3.30pm | No cost listed |
| Parent & Toddler, Lochs | Leurbost Hall, Lochs | Joanna MacRae | 01851 860745 | - | Thursdays, 2.00pm - 3.30pm | |
| Parent & Toddler, Ness | Free Church Hall, Ness | | | English | | |
| Caraidean Beag | Comunn Eachdraidh Nis | | | Gaelic | Wednesdays | |
| Tong Toddlers | Tong Community Hall, Tong | Emma Murray | 07791 974227 | English | Term Time, Mondays, 1.30pm - 3.30pm | £1.50 for 1 year and over; under 1 year free |
| Young Mums Parent & Toddler | Pointers, Stornoway | | | English | Tuesdays, 11.00am - 12.30pm | |
| Uist & Barra | Uist & Barra | | | | | |
| Mum & Tots, Lochboisdale, South Uist | Mum and Tots, Church Hall, Lochboisdale | David Macleod | 01871 810 890 | English | First Monday of every month 10:30am - 12:00pm | |
| Mum & Tots, Griminish, Benbecula | Church of Scotland Hall, Griminish, Benbecula | Margi Kuzma | 01870 602 180 | English | Tuesdays, 10.30am - 12.00pm | |
| Parant is Paiste, Eriskay | Eriskay Hall, Eriskay | Sgoil Araich Dhalabroig | 01870 604 889 | - | Friday 11.00am - 1:00pm | |
| Parant is Paiste, Griminish Benbecula | St Mary's, Griminish, Benbecula | Mairi MacAulay | 01870 602 408 | Gaelic | Thursdays, 10.30am - 12.00pm | |
| Parent & Toddler, North Uist | Saoghal Beag, Claddach Kirkibost | | | English | Fridays, 2.30pm - 4.30pm | |
| Parent & Toddler, Castlebay Children's Centre | Castlebay Children's Centre, Castlebay | Theresa Irving | 01871 810 890 | Gaelic | Monday, Wednesday and Friday 10:00am - 11:30am | £1 per session: sibling rate 50p/£1, under 6 months free |
| Parent & Toddler, Clachan Church, Sgoil Uibhist A'Tuath | Clachan Church, Ronachan House, Clachan | Margi Kuzma | 01870 602 180 | | Friday 10:00am - 12:00pm | |