

For further information, please contact:

MARGARET ANN MACLEOD

Service Co-ordinator

MargaretAnn.Macleod@actionforchildren.org.uk

MORAG MACLEOD

Family Support Practitioner

morag.macleod@actionforchildren.org.uk

Action for Children Scotland
Bayhead Resource Centre
30 Bayhead Street
Stornoway
Isle of Lewis HS1 2DU

Tel: 01851 705080

Website: www.actionforchildren.org.uk

Facebook: Action for Children – Outer Hebrides

Action for Children helps the most vulnerable children and young people in Scotland break through injustice, deprivation and inequality, so they can achieve their full potential.

Action for Children, whose registered address is at 3 The Boulevard, Ascot Road, Watford WD18 8AG and registered as a charitable company limited by guarantee in England & Wales under number 4764232. Registered charity numbers 1097940/SCO38092.

Confidentiality

Service User's information is treated as confidential within the project and will only be shared with the knowledge and permission of the service user except when a child or vulnerable person is at risk.

Equality & Diversity

We respect differences in ethnic origin, gender, religion, sexuality, culture and language both as an employer and service provider.

We will endeavour to communicate in people's first language and will ensure participation of those with disabilities.

Participation

Young people and their families will be included in meetings and reviews about the progress they are making and their views will be sought before any decisions are made.

They will be asked for their views about the service they are receiving.

They will be encouraged to assist in the shaping and developing of the service.

Comments / Complaints

If you have any problems or concerns regarding the service, please speak to a member of staff. Any problems or concerns will be dealt with promptly.



Maternal & Infant Nutrition Group



Our Purpose...

- To work holistically with families to encourage the general health and wellbeing of both children and their families.
- To provide activity based parenting sessions to help parents to engage more positively with their children.
- To work in partnership with local agencies to improve outcomes for children and their families.
- To enhance the lives of very young children.
- To give parents confidence and raise self-esteem.
- To enhance parenting skills and develop positive attachments.
- To equip parents with parenting strategies which they can adapt and use as the child grows up.
- To encourage age appropriate play to enhance the child's overall physical, emotional and cognitive development.
- We work with children from the ages of 0-8 years and have a family centred approach.



Our 12 Week Programme...

We provide a 12 Week term time only Programme for parents and their young children.



This course covers:

- Weekly speakers offering information and tips on topics such as health, teething, speech etc
- We help parents to improve their basic cooking skills and offer them education in food and nutrition for both themselves and their families
- Cooking and preparing healthy and nutritious food
- Playtime and a chance for children and parents to interact with others
- Advice on Health and Wellbeing for both parents and babies
- Trips out to places such as the library and swimming pool
- Arts & Crafts
- Storytelling Sessions
- Help with budgeting and money skills

All this helps to empower parents and raise self-esteem. In turn this self-confidence improves outcomes for their children and families and promotes positive attitudes.



Referrals...

Referrals to our service can be made via Social Work, Health Visitors, Midwives and Community Education as well as Self-Referral.

After the initial referral a Children's Services Practitioner will contact you to arrange a visit to discuss the programme.

Transport can be provided to and from sessions.