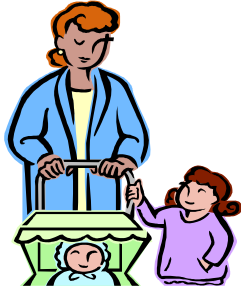


Mother and Toddler Groups



CURRIE

MON 10—11AM BAPTIST CHURCH
WED. 9.30—11AM BAPTIST CHURCH
THURS 9.30—11AM YOUTH CLUB
FRI 10—11.30AM GIBSON CRAIG HALL

Mother and Baby Group

FRID 9.50—11.15 HIGH SCHOOL
(COMMUNITY LOUNGE)_

JUNIPER GREEN

TUES 10—11.30 CHURCH OF SCOTLAND HALL

BALERNO

MON 9.45—11.30 CHURCH OF SCOTLAND HALL

TUES 10—11.30 ST MUNGO'S CHURCH HALL

(50p per family)

WED 14—16.00 DEANPARK CLINIC

THURS 10—11.30 CHURCH OF SCOTLAND HALL

Information on Playgroups,
Nurseries and School is
Available from the Team

Post Natal Depression

Research has shown that following the birth of their child at least 1 in 10 women suffer from post natal depression. If you are experiencing any of the following:

Sadness, low mood, tearful, sleep disturbance eating problems, irritability, suicidal thoughts panic attacks, lack of joy and pleasure, isolated, self blame and guilt

HELP IS AVAILABLE!

Discuss how you are feeling with your Health Visitor

**The Pentlands
Medical
Centre**

**Health
Visiting Team**

449 8619



Welcome to the Health
Visiting Team at
The Pentlands Medical
Centre

The Team Are

Allison Cifelli Health Visitor
Fiona Bruce Health Visitor
Karen Wight Health Visitor
Jane Dowie Staff Nurse
Fiona Sinclair Health Assistant

Tele: 449 8619

Please contact us 9-4.30 Week-
days if you wish to discuss your
families health.

Your Health Visitor will visit you at
home when your baby is approxi-
mately 11 days old

We Provide The Following Routine
Health Care Services

When your baby is:-

6-8 Weeks

Health Visitor will arrange with you
to have your baby's developmental
review.

8 Weeks

One stop family health appointment

Baby: Medical check

1st primary immunisations

Mum: Post Natal check.

First Book Bag

3 months + 4 Months

2nd & 3rd Primary Immunisations.

Health promotion information

13 Months

MMR Immunisations

2nd Book Bag

2 Years

Your Health Visitor will contact you
to discuss any issues you may have
about your family's health.

4-5 Years

Pre-school immunisations and oppor-
tunity to discuss any issues or con-
cerns about your families health

Drop In clinics Are

Available On:

Tuesday 1pm—3pm

The Pentlands Medical Centre

Thursday 10—12.00

Deanpark Clinic Balerno

We have a range of groups &

support available at :-

Deanpark clinic

Spring Forward. A post natal
depression group

Wednesday 10—12pm

—————
Mother and baby Group

Wednesday 2—4pm

—————
Breast Feeding Cafe

Thursday 11—12.30pm

—————
Baby Massage

Thursday 1.30—2.30pm

The Pentlands Medical Centre

Stress Management—Contact:

Allison Cifelli 449 8619

Baby Massage

Monday 11-12.00