



EARLY YEARS EXPRESS



Helensburgh and Lomond -Early Years Activities and Initiatives.



Local Toddler Groups and Community Initiatives

Rhu Hall Babies and Toddlers	Rhu Hall	Friday 10-11.30. Contact Jess: Jessmclean@outlook.com
Wee Wrigglers	Helensburgh Parish Church	Wednesday 10-11.30. Contact Emily: familyministry@helensburghcos.org
Café n' Play	Garelochhead Centre 81	Friday 11-1pm. Contact Katie: katie@centre81.org.uk
Arrochar Children's Library and coffee Morning	Three Villages Community Hall	Saturday 10-12 admin@threevillageshall.scot
Cardross Playgroup	Cardross Parish Church	Wednesday 10-11.30. Contact Jasmine: Cardrossmotherandtoddlers@gmail.com
Drumfork Soft Play for (0-5 year olds)	Drumfork Community Centre	Booking details available via Drumfork Community Centre on Facebook or call: 01436 673964 https://www.facebook.com/profile.php?id=100064543762126 *Thursday mornings Albatross Arts offer a craft pop up for parents. Get creative while your child has fun in the soft play.
Soft Play For (0-5 year olds) £2 charge.	New Helensburgh Leisure Centre	Saturday and Sunday 14.30-16.30 Tel: 01436 672224 helensburghpool@liveargyll.co.uk
BookBug Sessions	Helensburgh Library	Tel: 01436 658833 (Call for available times). helensburghlibrary@liveargyll.co.uk

Fun First

Sessions throughout Helensburgh and the Peninsula.

<https://www.facebook.com/funfirst>
contactfunfirst@gmail.com

For more details.

Useful Websites

www.netmums.com
www.smartplaynetwork.org/playtalkread
www.child-smile.org
www.lullabytrust.org.uk/
www.healthystart.nhs.uk

Live Argyll Services

Helensburgh Library

Fiona Sharkey, Library Supervisor

Email:

helensburghlibrary@liveargyll.co.uk

Tel: 01436 658833

Address: 59 West King Street,
Helensburgh
G84 8EB

Helensburgh Leisure Centre

Email:

helensburghpool@liveargyll.co.uk

Tel: 01436 672224

Address: West Clyde Street
Helensburgh
G84 8SQ

Helensburgh and Lomond Health Visitors

Victoria Infirmary
Helensburgh

Tel: 01436 655145

Homestart Helensburgh

‘Home-Start volunteers support families with individual 1:2:1 home-visiting and a wide range of targeted activities for parents and their children. We offer non-judgemental, compassionate and confidential support and companionship to help families be the best they can be’

<https://www.facebook.com/profile.php?id=100085588295828>

Contact Details

Laura Eales

laura@homestartlomond.org.uk

Tel: 07793 459522

Naval Families Federation Drumfork Community Centre

Provides support to families within the local area as well as the units from HMNB Clyde.

For more information contact:

Contact: Roberta Docherty
01436 672798

Helensburgh Food Bank
Helensburgh Community Hub
(Formerly British Red Cross Hall).

116 East Princess St.
Helensburgh
G84 7DQ

Welfare Rights and Energy Advice Provision

Call: 01700 502 784

To check eligibility to apply for a range of financial support – Advice and support is free and confidential.

Best Beginnings

Best Beginnings is a small service currently made up of a Parent-Infant Therapist covering Argyll & Bute. We support the special relationship between main caregiver and their baby if there are difficulties in connecting with their baby which is causing concerns. Mental health starts in infancy and is developed by the relationships and life experiences of the infant which will affect how babies learn to manage their emotions and cope in the world around them. We work with families and infants from birth until third birthday and will accept referrals from other services supporting the family.

Contact: Lorna.Curran@nhs.scot

Argyll & Bute Citizens Advice Bureau

Website:
www.argyllandbutecab.org.uk

Argyll and Bute's Citizens Advice Bureau regularly help people with their money, their family, their daily life and their rights.

Room 5c Helensburgh Community Hub, 116 East Princes Street
Helensburgh G84 7DO
10-4 on Tuesday's and
Wednesdays (Appointment only)



Argyll and Bute Family Information Services.

[Early Years \(argyll-bute.gov.uk\)](http://argyll-bute.gov.uk)

Information on Childcare and
Early Learning Provision within
your area.

BOOK NOOK at the Hub Helensburgh Community Hub

Extensive range of children and adult books - £1 each.

Monday 2-4pm

Tuesday 10am – 2pm

Wednesday 10am – 4pm

2nd and 4th Saturday of every month 11am – 2pm

Also home of Dolly Parton's Imagination Library!

Contact: 01436 678088 or manager@helensburghcommunityhub.org.uk for
more information.

Early Learning and Childcare

For all Early Learning & Childcare enquiries contact:

Early Years Team

Argyll House,

Dunoon

Early Years Helpline

Tel: 01369 708503



Early Years