**Activities in West Dunbartonshire**

**Library** for Rhyme time, baby massage and baby yoga sessions - Free

<https://www.west-dunbarton.gov.uk/libraries/resources-for-children-and-babies/family-activities-and-courses/>

**Stay play and Learn** - Free

<https://www.facebook.com/earlyyearsscotlandanddumbarton>

Toddler groups see list for local area

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Parent and baby/toddler groups & classes. Gartocharn/Balloch - Dumbarton** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Little Rascals**  09.30am-11.30am  The Cutty Sark Centre, 58 Howatshaws Road, Bellsmyre  01389 730111 | **Breastfeeding Support Group**  1pm-3pm  Dumbarton Library  Strathleven Place  Dumbarton.  01389 828324 | **Little Rascals**  9.30am-11.30am  The Cutty Sark Centre, 58 Howatshaws Road, Bellsmyre  01389 730111 | **Messy play sessions**  Once monthly. Please call for details and to book. £5 a session  The Cutty Sark Centre, 58 Howatshaws Road, Bellsmyre  01389 730111 | **Riverside toddler and playgroup**  9.45am-11.30am  Riverside Parish Church High Street Dumbarton G82 1NB |
| **Balloch Baby & Toddlers**  (new born onwards)  9.30am-11.30am  Bonhill Church,  Main St Alexandria | **Balloch Playgroup**  (2yrs 6mnths onwards)  9.30am-11.30am  Bonhill Church,  Main St Alexandria. | **Riverside toddler and playgroup**  9.45am-11.30am  Riverside Parish Church High Street Dumbarton G82 1NB | **St Andrews Toddlers**  9.30am  St Andrews Church Hall, Aitkenbar Circle, Bellsmyre  Dumbarton  01389 732796 | **St Patrick’s baby & toddlers**  9.30am-11.30am  St Patricks church hall, Strathleven place. Dumbarton  07906240829 |
| **Baby and toddler swimming classes**  The Vale of Leven swimming pool.  Various classes/times from 10am-11.30am  Call to book 01389 756931 | **Bibs to School**  Playgroup  9.30am-11.30pm  Alexandria Parish Church  1 Lomond Road Balloch. | **Lennox Church Toddlers**.  9.30am  Lennox Evangelical Church, 2 Risk St, Dumbarton | **Balloch Baby & Toddlers**  **(new born onwards)**  9.30am-11.30am  Bonhill Church,  Main St Alexandria.  07977796829 |  |
|  | **St Andrews Toddlers**  9.30am  St Andrews Church Hall, Aitkenbar Circle, Bellsmyre  Dumbarton  01389 732796 | **Toddlers group**  (from birth to 4 yrs)  9.30am-11.30am  The West Kirk (in church hall) 101 W Bridgend, Dumbarton G82 4BP | **Toddlers group**  10am-12pm  VOLAAF centre (Old Renton nursery at train station) Station Road, Renton , Dumbarton G82 4NB | **Balloch playgroup**  **(2yrs 6mnths onwards)**  9.30am-11.30am  Bonhill Church,  Main St Alexandria. |
|  |  |  |  | Reviewed  March 2018 |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Bookbug**  Available at all WD libraries, various days/times. Book online.  WD council website)  01389 772151 | **Rock and strollers**  Exercise class for mums with babies/toddlers from 12 weeks old. **11.30am -12.30pm.** The Meadow Centre.Meadow Road, Dumbarton, G82 2AA. | **Toddlers**  10am-11.30 am  Millennium hall, Church Road, Gartocharn G83 8NF | **Bookbug**  10am (drop in no need to book)  The West Kirk (in church hall) 101 W Bridgend, Dumbarton G82 4BP | **Ready, Steady, Kick** (Football skills)  10.00am - 10.45am  Alexandria Community Centre  1.5 - 3 years  01389 756384 |
|  | **Toddlers group**  10am-12pm  VOLAAF centre (Old Renton nursery at train station) Station Road, Renton , Dumbarton G82 4NB | **Riverside toddler and playgroup**  Pre-school lunch club 12pm-2pm  Riverside Parish Church High Street Dumbarton G82 1NB |  |  |

**Activities in West Dunbartonshire**

**Toddler groups see list for local area for Clydebank**

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| --- | --- | --- | --- | --- |
| **Parent and baby/toddler groups & classes. Clydebank area** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **St Stephens Church**  12 Park road,  Parkhall  9.30- 11.30am  0141-952-1461 | **Faifley Baby and Toddler group.**  **Skypoint**  Lennox Drive  10 – 12noon.  01389 879797 | **Clydebank Family Church**  Belmont Street, Clydebank, G81 6LS 10 – 12noon.  0141 562 0025 | **Faifley Baby and Toddler group.**  **Skypoint**  Lennox Drive  10 – 12noon.  01389 879797 |  |
|  | **Old Kilpatrick Parent and Toddler group & Playgroup**  Napier Hall, Dumbarton road**.**  **9.30 -11.30am** | **Clydebank Methodist Church parent and toddler.**  **Second Ave, Clydebank**  **11 -11.45am**  **07873720677** | **Clydebank Methodist Church parent and toddler.**  **Second Ave, Clydebank**  **11 -11.45am**  **07873720677** |  |
|  | **Edinbarnet Parent and Toddlers**  Auchacraig Early Education Centre, Faifley rd  1.30pm-3pm  01389 879615 |  | **Old Kilpatrick Parent and Toddler group & Playgroup**  Napier Hall, Dumbarton road**.**  **9.30 -11.30am** |  |

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| **Parent and baby/toddler groups & classes. Clydebank area** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  | **Glenhead Parent and Toddlers**  Glenhead CE Centre Duntiglenan rd, Duntocher  9.15 -11.30am  01389 874130 | **Glenhead Parent and Toddlers**  Glenhead CE Centre Duntiglenan rd, Duntocher  9.15 -11.30am  01389 874130 | **Edenbarnet Parent and Toddlers**  Auchnaccraig Early Leaning centre, Faifley rd,  1.30pm-3pm  **01389 879615** | **Glenhead Parent and Toddlers**  Glenhead CE Centre Duntiglenan rd, Duntocher  9.15 -11.30am  01389 874130 |
|  | **Peterson Park Hall**  22 Yokermill road  10- 12noon  0141-952-0229 |  | **Peterson Park Hall**  22 Yokermill road  10- 12noon  0141-952-0229 |  |
|  | **Step One Parent and toddler group**  Morrisons Memorial Church,  Dumbarton rd  9.45 – 11.30am |  | **Y sort it Hub**  Mums and Munchkins, The Hub  Kilbowie rd  1.30-3pm  0141-941-3308 |  |

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| **Parent and baby/toddler groups & classes. Clydebank area** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  | **Toddler Group**  Dalmuir Barclay church,  Durban Ave,  9.15- 11am  0141-941-3988 |  | **Tiny Tots Parent & Toddlers**  **Clydebank East Community,**  Fleming Ave,  Whitecrook  9.30 – 11.30am  0141-952-6515 |  |
|  | **Tiny Tots Parent & Toddlers**  **Clydebank East Community,**  Flemming Ave,  Whitecrook  9.30 – 11.30am  0141-952-6515 |  | **Kilpatrick Church Hall,**  **1.30pm – 2.30pm**  **Free** |  |
|  |  |  |  |  |

**Community centres**

**Centre 81** - Provides a range of activities for all ages, It classes, sewing classes, Money advice workshop, exercise classes, welfare rights, ESOL classes and a Ethnic Minority Women’s group details can be found on Facebook.

<https://www.facebook.com/Centre81Clydebank>

**The hub** - Has a range of groups from Y-sort-it Young mum’s parent and toddler group, Stay, play learn, Foodbank, The recycle room.

West Dunbartonshire leisure – Clydebank, Dumbarton, Alexandria, list of fitness classes, Swimming, and Gym times for Children and Adults.

<https://www.west-dunbarton.gov.uk/leisure-parks-events/west-dunbartonshire-leisure/>

**Nurseries** in the Clydebank Area – Council and Private nurseries, child minders, out of school care, parent & Toddler groups,

<https://www.families.scot/SearchResults.aspx?chisid=8&sopt=C&cata=2&catb=&catc=&catd=&&townid=108&gaelic=-1&keyword>

**Phoenix Community Centre**, 17a Quarry Knowe, Castlehill, Dumbarton G82 5AF. The contact number is 07507765946

**Finances**

<http://www.west-dunbarton.gov.uk/search/?keyword=the+hub>

The recycle room - for everyone can go look or donate, clothes for babies, children and adults, shoes, household goods, prams, buggies, contact the recycle room by going along and see what items they have or contact through Facebook, Items are free or you can give a donation.

<https://www.facebook.com/therecycleroom1/>

Benefits for expectant mothers, children and families (December 2019)

<http://www.west-dunbarton.gov.uk/jobs-and-training/working4u/money-advice/benefits-for-expectant-mothers-children-and-families/>

**Baby bank**

New baby bank at  West Dunbartonshire Community foodshare – call 01389 764135  to donate or phone  or email [babybank@wdcf.co.uk](mailto:babybank@wdcf.co.uk)  if someone needs something

<https://westdunbartonshirecommunityfoodshare.co.uk/>

**Citizens Advice Centre** - Help with Universal Credit, Housing Benefit, Tax Credits, Disability Benefits, Universal credit, Carers Allowance, Energy advice, Debts, money advice. Opening times.

<https://www.cas.org.uk/bureaux/west-dunbartonshire-cab-clydebank-extension>

<https://www.cas.org.uk/bureaux/west-dunbartonshire-citizens-advice-bureau>

<https://www.cas.org.uk/bureaux/west-dunbartonshire-cab-alexandria-extension>

**Foodbanks** – List of Days and times of Local foodbanks

<https://westdunbartonshirecommunityfoodshare.co.uk/>

**British gas white goods – self application**

<https://britishgasenergytrust.org.uk/Home/HowToApply#who>

**professional application – HV or SW**

<https://search3.openobjects.com/mediamanager/sefton/fsd/files/application_form_for_assistance_british_gas.pdf>

**Best Start Grant**

**Maternity payment** - Apply for all new babies from December 2018

### Early Learning Payment - will be a payment of £250 per child. You'll be able to apply between your child's second birthday and six months after their third birthday. Available from summer 2019

### The School Age Payment - will also be a payment of £250 per child, paid in the year your child normally starts school. The School Age Payment launches on 3rd June 2019.

<https://www.mygov.scot/benefits>

<https://drive.google.com/file/d/1vHQ4Lv0OE6WOvIv3P0UfE22wj8Y3kF3Y/view?usp=sharing>

**Best start grant and foods**

<https://www.mygov.scot/get-help-applying-best-start-grant-foods/>

The parent club

<https://www.parentclub.scot/>

* [Expectant Parent](https://www.parentclub.scot/expectant-parent)
* [Baby](https://www.parentclub.scot/baby)
* [Toddler](https://www.parentclub.scot/toddler)
* [Child](https://www.parentclub.scot/child)
* [Pre-teen](https://www.parentclub.scot/pre-teen)
* [Parents & Carers](https://www.parentclub.scot/parents-carers)

Independent Resource Centre - Help advice on budgeting, debt, Benefits, universal credit, Welfare rights, tax credits, appeals.

<http://irc-clydebank.co.uk/>

**Scottish crisis welfare fund**

01389 737 640

If your family has a financial crisis you can apply for a cash payment.

**Welfare Fund** – Crisis and Social fund, can apply online or over the phone.

<http://www.west-dunbarton.gov.uk/welfarefund>

**Working4u** – Referral form – Welfare rights, CV, Learning, Money advice, Benefits, Universal credit, appeals, rent arrears, supporting people with cancer, mental health, disabilities, etc.

[http://www.west-dunbarton.gov.uk/jobs-and-training/wo/get-in-touch/](http://www.west-dunbarton.gov.uk/jobs-and-training/working4u/get-in-touch/)

**Universal credit** – Information on Universal credit, what information you need when you apply, link to application form as you can only apply online.

<http://www.west-dunbarton.gov.uk/benefits-and-grants/welfare-reform/universal-credit/>

Where to apply online –

<https://www.gov.uk/apply-universal-credit>

Carers of West Dunbartonshire - Help with Advocacy, Alcohol Support, complimentary therapies, emergency planning, Money advice, self-directed support, social events.

<http://www.carerswd.org/>

**Social Security Scotland** is continuing to expand the  number of benefits it provides and from 2020 will focus on a number of disability benefits  so  in 2020/21

[Disability Assistance for Working Age People (DAWAP) will replace Personal Independence Payment (PIP)](https://www.gov.scot/policies/social-security/benefits-disabled-people-ill-health/#DAWAP)

[Disability Assistance for Older People (DAOP) will replace Attendance Allowance (AA)](https://www.gov.scot/policies/social-security/benefits-disabled-people-ill-health/#DAOP)

<https://www.gov.scot/policies/social-security/>

**Working Families** – Advice for parents/carers and employers – employment rights, maternity/Paternity leave, right to time off in emergencies, discrimination, benefits and tax credits, parental leave and flexible hours.

<https://www.workingfamilies.org.uk/>

**Council Housing**

<https://www.west-dunbarton.gov.uk/housing/>

Homeless section – contact details for Clydebank, Dumbarton and Alexandria.

<https://www.west-dunbarton.gov.uk/housing/homelessness/homelessness-local-homelessness-casework-team/>

**Learning –**

SQA level 3, 4 or 5 courses

West Dunbartonshire council & West College Scotland are running a number of free courses and will be available in community venues in Dumbarton, Clydebank and Alexandria, will run in the daytime for 2.5 hours per week. To find out more contact Adult Learning & Literacies.

Telephone 01389 738775 or email [Communitylearning&development@west-dunbarton.gov.uk](mailto:Communitylearning&development@west-dunbarton.gov.uk)

Working 4U – Adult literacies team

Tuesday afternoons and Wednesday early evenings – Clydebank Library

Friday mornings – high st Dumbarton

Tuesday early evenings and Thursday mornings at Alexandria Library.

To Book a Place Contact Adult Literacy team on 01389 738775 or email [ALCLteam@west-dunbarton.gov.uk](mailto:ALCLteam@west-dunbarton.gov.uk)

**Health**

<http://www.wdhscorg.uk/children/parenting-mentoring-and-befriending/parenting/>

**Domestic Abuse**

<http://www.west-dunbarton.gov.uk/emergencies-safety-crime/domestic-abuse/support-groups-and-refuges/>

Women’s support Directory – Links to support for Sexual, emotional, physical abuse, rape, trafficking, Prostitution, Parents whose children have been sexually abused.

[**http://www.womenssupportproject.co.uk/directory/179,1,258/CARA-Project-Challenging-and-Responding-to-Abuse.html**](http://www.womenssupportproject.co.uk/directory/179,1,258/CARA-Project-Challenging-and-Responding-to-Abuse.html)

**Cedar Project**

<https://www.cedarnetwork.org.uk/cedar-projects/west-dunbartonshire/>

**Alternatives** – Drugs drop in and appointment times and contact numbers – Help given and programs they run for people with Addiction issues.

<http://www.alternativeswd.org/>

**Breastfeeding Network** – Video clips to help with breastfeeding, advice on medication in breast milk safety of beauty treatments, advice on returning to work, breast feeding twins etc.

<https://www.breastfeedingnetwork.org.uk/>

National Breastfeeding Helpline – 0300-100-0212

**Feedgood Factor –** Find local breast feeding groups, how to guides, support for family and friends,

<http://www.feedgood.scot/>

**Baby Friendly Initiative** – supporting infant feeding and relationships

<https://www.unicef.org.uk/babyfriendly/about/>

**Breastfeeding group Dumbarton** – Dumbarton Library, Strathleven Place. Tuesday , 1pm-3pm

**Breastfeeding group Clydebank**- I-play, Clydebank business park, Clydebank. Thursday , 1.30pm-3pm

**NHS information** – Answers to Common health questions, local services, and self-help, Muscle, bone and joints exercises.

<https://www.nhsinform.scot/care-support-and-rights>

**Oral Health** – Child Smile – Information on Oral Health Birth to 12years old, Tooth brushing, Fluoride Varnishing, Fissure sealants.

http://www.child-smile.org.uk/

**Healthy Start** – Links to Healthy eating in pregnancy, vitamins, safe bottle feeding, introducing solid food, staying active, Alcohol and smoking. Where to find shops that take the healthy start vouchers.

<https://www.healthystart.nhs.uk/food-and-health-tips/>

Cloth Nappies – Free cloth Nappies worth £100 – apply online

<https://www.west-dunbarton.gov.uk/rubbish-and-recycling/recycling/real-nappies/>

**Eatbetterfeelbetter** – Recipes, cook- a- long video recipes, fussy eaters, healthy snacks, meal planner.

<https://www.eatbetterfeelbetter.co.uk/>

**FirstStepsNutrition** – Information on infant formula, Healthy Start, food quality and recipes and portion sized for age and stage of development.

<https://www.firststepsnutrition.org/>

**Change4life** – Recipes, food facts, Activities.

<https://www.nhs.uk/change4life/recipes#Apkz882XYCvQL2F1.97>

<http://www.tullochan.org/our-impact/>

<https://ysortit.wordpress.com/> (various supports, young carers, LGBT

<https://www.facebook.com/Haldane-Youth-Services-The-Hop-Skip-Jump-Project-208044792592365/>

<https://lifelink.org.uk/>

Provides counselling in the schools

<https://www.cedarnetwork.org.uk/cedar-projects/west-dunbartonshire/>

(Domestic abuse support for children)

<https://al-anon.org/newcomers/teen-corner-alateen>

(Children that are affected with family members with alcoholism- link below shows meetings in west Dunbartonshire)

<https://al-anonuk.org.uk/meetings?field_geofield_distance%5Bdistance%5D=50&field_geofield_distance%5Bunit%5D=3959&field_geofield_distance%5Borigin%5D=clydebank&field_public_value%5B%5D=Closed&field_public_value%5B%5D=Open&field_public_value%5B%5D=Always&=Apply>

(Link from west dun highlighting services west dun includes, some already mentioned also The pulse, active schools, which provide activities to young people)

<https://www.gcvs.org.uk/our-projects/everyones-children/>

Suzie Scott and her team have created directories for Glasgow already, this might be useful, and some might be relevant to west dun also

**Youth mentoring**

<https://www.west-dunbarton.gov.uk/health-social-care/children/youth-mentoring-and-befriending/>

<https://www.gcvs.org.uk/about/third-sector-interface/>

Interface supports various voluntary services in Glasgow. Worth contacting to check which ones also could cover west dun

<https://www.familiesoutside.org.uk/> (support for children where parents are in prison, national organisation)

LINKS

<http://www.careinspectorate.com/images/documents/3704/West%20Dunbartonshire%20services%20for%20children%20and%20young%20people%20joint%20inspection%20report%20Feb%202017.pdf>

**Children’s Parliament**

<https://togetherscotland.org.uk/resources-and-networks/resources-library/2019/02/children-s-parliament-wee-book-of-promises/>

**Family Short break**

BLOCKEDapply[.]familyholidayassociation[.]org[.]uk/BLOCKED

Healthy Minds: your monthly reminder that our Healthy Minds resource can be downloaded free. Please note we are still working on the site but the full resource is currently available as a zip folder.

<https://www.nhsggc.org.uk/about-us/professional-support-sites/child-youth-mental-health/healthy-minds-resource/>

NHS Health Scotland and NES: links to key resources from this week’s national launch of a suite of new mental health and suicide prevention resources

<https://vimeo.com/338176495> - Ask, Tell - Look After Your Mental Health

<https://vimeo.com/338176444> - Ask, Tell - Have a Healthy Conversation

<https://vimeo.com/338176393> - Ask, Tell - Save A Life: Every Life Matters

Joyful June Calendar: daily actions to help you look for what’s good and find more joy. Download <https://www.actionforhappiness.org/calendars>

Right Here: a [guide](https://www.mentalhealth.org.uk/sites/default/files/right-here-guide-one.pdf) on how to promote mental wellbeing in youth work practice <https://www.mentalhealth.org.uk/sites/default/files/right-here-guide-one.pdf>

Beat Eating Disorders: new [online chat rooms](https://www.e-activist.com/ea-action/enclick?ea.url.id=2971134&ea.campaigner.email=desMs8gZilQ2jhLIPrVBDUnNBcx0MKydl5fpHD3Zg9OZkArzVWMSmA==&ea.campaigner.id=dIHY0UJU9MW15xl1A%2FXc2A==&ea_broadcast_target_id=0) have gone live. If you would like to join the groups, you can register to receive your access password [here](https://campaigning.beateatingdisorders.org.uk/page/41888/subscribe/1?utm_medium=email&utm_source=engagingnetworks&utm_campaign=may_19&utm_content=MHAW&ea.url.id=2971136&forwarded=true). You'll then be redirected to the system to create an account.<https://campaigning.beateatingdisorders.org.uk/page/41888/subscribe/1?utm_medium=email&utm_source=engagingnetworks&utm_campaign=may_19&utm_content=MHAW&ea.url.id=2971136&forwarded=true>

Samaritans: Step by Step is a free service that provides practical support to help schools and organisations working with young people prepare and recover from a suspected or attempted suicide. Find out more [here](https://www.samaritans.org/scotland/how-we-can-help/schools/step-step/) <https://www.samaritans.org/scotland/how-we-can-help/schools/step-step/>

ALISS: A Local Information System for Scotland is a service to help you find help and support close to you when you need it most. Access [here](https://www.aliss.org/) <https://www.aliss.org/>

Parents @ Sandyford: making it easier to talk to your kids about growing up. Visit [here](https://www.sandyford.org/parents-sandyford/). Parents and carers can also join a Facebook page

<https://www.sandyford.org/parents-sandyford/>

Anna Freud: On My Mind is a new website co-produced with young people. Visit [here](https://www.annafreud.org/on-my-mind/) <https://www.annafreud.org/on-my-mind/>

SAMH: Youth commission on mental health services report. Download [here](https://www.youngscot.net/wp-content/uploads/2019/05/YS_Youth_Commission_Mental_Health_FINAL.pdf) <https://www.youngscot.net/wp-content/uploads/2019/05/YS_Youth_Commission_Mental_Health_FINAL.pdf>

The Fast Forward Gambling Education Toolkit: a **free** website with resource and information about youth gambling and problem gambling, designed for practitioners who work with young people. Also provide workshops and free training. Visit <https://www.fastforward.org.uk/who-we-are/>

Sue Ryder: A Better Grief: a report which intends to trigger debate about bereavement, read it <https://www.sueryder.org/sites/default/files/2019-03/a-better-grief-report-sue-ryder.pdf>

Office for National Statistics: Why are our children lonely? Read the article <https://blog.ons.gov.uk/2019/05/17/why-are-our-children-lonely/>

Coping with Self Harm: a guide for parents and carers. Download <https://drive.google.com/file/d/1_C8eRCd4AVDbNaD32rgTHPNXqnuOu9YG/view?fbclid=IwAR05--VWrlVExpYs6DiWrthkzOzqPYayRuZ8aAGrl326m_XTpkbolYMwDA4>

Scottish Compassionate Toolkit**: A collection of resources provides ideas and information that will be of practical use to people wishing to make their local community more supportive of people going through difficult times that can come with death, dying, loss and care. Download** <https://www.goodlifedeathgrief.org.uk/content/toolkit_homepage/>

The Truacanta Project:a new initiative being run by the Scottish Partnership for Palliative Care, and funded by Macmillan Cancer Support. The project will support local communities across Scotland who are interested in taking community action to improve people’s experiences of death, dying, loss and care. Expression of interest must be submitted by June 15th.Find out more <https://www.goodlifedeathgrief.org.uk/content/thetruacantaproject/>

Joseph Rowntree Foundation: Framing Toolkit: talking about poverty. Download <https://www.jrf.org.uk/report/framing-toolkit-talking-about-poverty>

Mental Health Foundation: Mental Health in Schools: Make it Count Campaign. Get involved <https://www.mentalhealth.org.uk/campaigns/mental-health-schools-make-it-count>

See Me: Feels FM is the world's first emoji powered jukebox for mental health. Get involved <https://www.seemescotland.org/young-people/resources/campaigns/>

ACES: a study by the Massachusetts General Hospital (MGH) on Adverse events during first years of life may have greatest effect on future mental health. Read more <https://m.medicalxpress.com/news/2019-05-adverse-events-years-life-greatest.html?fbclid=IwAR0CpD8udPfRCMUuZJCVd1Oi3Bi8kcr8UE5pTHbWlDicLrJ8-6HcQKyMJmk>