

Who can refer to our service?

We take referrals from a range of agencies including Social Work, Education and Health. Families can also self-refer. There is no cost to our service.

We have a referral form that can be submitted by email, post or fax. Referral forms are available on request from our staff or from our Bathgate office.

All completed referrals should be submitted to our Bathgate office.

There can be a waiting list for some of our groups and services.

For further information on parenting visit www.parentingwestlothian.org.uk



Comments & complaints Procedure

If you wish to make a comment or complaint about the service then please contact the manager at the address on front of leaflet.

If you have used the council's complaints procedure and you are still unhappy, you can pass your complaint, within a year, to:

The Scottish Public Services Ombudsman,
4 Melville Street, Edinburgh EH3 7NS
Tel: 0800 377 7330
Email: ask@spsp.org.uk

هذه المعلومات متوفرة بلغة برايل وعلى شريط وخط كبير وبلغات الجالية.
الرجاء الإتصال بخدمة الترجمة على الهاتف 01506 280000

এই তথ্য আপনি ব্রইল, টেক্স, বড় অক্ষর এবং কমিউনিটি ভিত্তিক অর্থোডক্স গার্সা অসুইচ করে ই-মেলের মাধ্যমে আমাদের সার্ভিসের সাথে যোগাযোগ করতে পারেন। টেলিফোন: 01506 280000

這份資料是以凸字、錄音帶、大字印刷及社區語言的文本提供。請聯絡傳譯及翻譯服務部，電話：01506 280000

ਇਹ ਜਾਣਕਾਰੀ (ਬ੍ਰੇਲ) ਸੇਵਾਵਾਂ ਦੇ ਪ੍ਰਦਾਨ ਕਾਰੀ ਸਿਟੀ, ਟੈਕ, ਵੱਡੇ ਚਿੱਠੇ ਅਤੇ ਸਮੂਹਕ ਧਿਆਨ ਦੇ ਆਧਾਰ 'ਤੇ ਉਪਲਬਧ ਹੈ। ਸਿੱਖਣ ਵਾਲੇ ਸਿੱਟੇ/ਟੈਕਸਟ ਅਤੇ ਵਰਗੇ ਸੇਵਾਵਾਂ ਸਹਾਇਤਾ ਸੇਵਾ ਇਸ ਨੰਬਰ 'ਤੇ ਮਿਲਦੇ ਹਨ: 01506 280000

بر معلومات، (تعمیر کے ساتھ)، ٹیپ، بڑے حرفوں پر خط اور بریل کے ذریعے دستیاب کیا جاسکتا ہے۔ براہ کرم براہ کرم ہمارے سروس سے رابطہ کرنے کے لیے 01506 280000 پر کال کریں۔

Informácie sa môžu byť preložené na jazyk Braillo a dostupné na taseno, magnetofonovú alebo vydané druhým druhom a tiež prečítateľné na jazyk materských národných.
Prosíme o kontakt z Usługami Tłumaczeniowymi pod numerem 01506 280000

Information is available in braille, tape, large print and community languages. Contact the interpretation and translation service on 01506 280000.

Text phones offer the opportunity for people with a hearing impairment to access the council. The text phone number is 01506 591652. A loop system is also available in all offices.

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Parenting and Group Work Team



Information for Parents / Carers

Tel: 01506 282948
cypt@westlothian.gsx.gov.uk

Contact us:
Children and Young People Team
Bathgate Partnership Centre
Lindsay House
South Bridge Street
Bathgate EH48 1TS
www.westlothianchcp.org.uk

Office opening times
Monday - Thursday 9am-5pm
Friday 9am- 4pm



The Parenting & Group Work Team, within Children & Young People Team, work alongside parents, offering advice, support and group work interventions. Our overall aim is to support parents to manage the demands of parenting.

Parents who have completed some of our groups say that parenting is the most rewarding job in the world but at times very challenging, and the majority of parents undertake this job without any formal training. All parents at some point seek advice and guidance to help with parenting and our team is there to offer that support or signpost parents onto other support agencies.

We work in partnership with other agencies, such as Education, Health, Police and Social Work, to provide support and early intervention to improve positive outcomes for children and their families.

We support pre-school and school aged children and their families across West Lothian.

What supports do we offer?

Family support - focuses on building parenting abilities. This can involve, building on household routines and improving children's behaviour. We can offer support to parents to help overcome difficulties that impact on parenting, such as mental ill health, bereavement, social isolation etc.

We can, on occasion, support children individually or in a group setting, while offering family support. This can include – developing confidence, self-esteem, peer relationships etc.

We strongly feel that parents are in the best position to offer their children additional supports when needed and evidence suggests that if we offer supports to parents, this in turn will help them support their children and improve their future outcomes.

Range of Group Work Supports

Mellow Parenting

Mellow Parenting is a relationship based intervention which promotes positive parent - child interaction. Attending the group allows parents to take the lead in exploring their relationships and provides a structured environment where parents can learn how to improve their relationship with their child. This group is offered to Mums and Dads (Mellow Mums & Mellow Dads) who have children aged 0-8. The group is delivered over 14 weeks and each session runs from 9:30am to 2:30pm. Both parent and child attend the group. For more information visit www.mellowparenting.org

Incredible Years

14 week group for parents of children aged 4-8 (sometimes older if appropriate). Promotes positive strategies and to assist parents in managing children's behavioural problems, build on relationships, enhance child development; through play, boundaries, routines etc. For more information visit www.incredibleyears.com

Positive Parenting Programme – Triple P

8 week group that gives parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships. For more information visit www.triplep.net/glo-en/home/

Parenting Teenager Programme

Parenting Teenagers Programme was developed by CYPT and is designed to allow parents to talk about their personal and parenting challenges, as well as reflecting on their strengths. The group is designed so that parents can reflect on their own experience of being a teenager, look at how teenagers grow and develop, as well as focusing on positive behavioural management strategies.

All our parenting groups try to encourage peer support and relations. Parents who have completed some of our programmes reported that it was nice to know they were not alone.

We also offer monthly dads and mums support groups. These groups offer parents the opportunity to check out group programmes or to catch up with other parents after completing parenting groups.

