

Peep in Moray

peep supporting parents and children to learn together

We Need You!

- Any interesting websites you have seen?
 - Unusual activity ideas?
 - New songs?
 - New stories?
 - New resources?
- If you have anything you would like to see included in your newsletter, then please forward to:
Elizabeth.duncan@nhs.net

Current Peep Groups;

Monday: Williamson Hall, Elgin (babies & ones)
Seafield Medical Centre (babies)

Tuesday: Pilmuir Primary School, Forres (babies)

Wednesday: The Hub, Lossiemouth High (babies)
Linkwood Medical Centre (babies)

Welcome

Hello and welcome to the first edition of our Peep in Moray newsletter.

The aim of this newsletter will be to keep Moray based Practitioners up to date with what's going on in other groups around Moray; ideas for group activities; useful links to websites and anything else you would like to see included.

We might even get technical and add photographs!

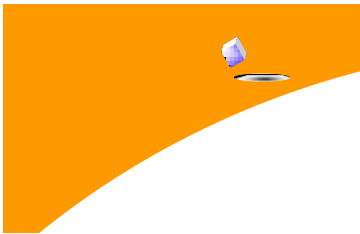
There will also be 'interviews' with Practitioners to find out about their groups and what they like about being a Peep Practitioner. We will be looking for the highs and the lows of running Peep groups.

New Moray Peep Practitioners

On the 20th & 21st of November 11 people from across Moray attended the Peep training.

We now have a variety of organizations involved in Peep across Moray. This includes: Arrows, Earthtime, Action for Children, PSP, The Cabin, Dufftown, a childminder and 2 volunteers.

So well done and welcome to: Lydia, William, Avril, Helen, Natalie, Laura, Sam, Megan, Barbara, Fiona and Tessa. Looking forward to working with you all and seeing your groups blossom in your communities.



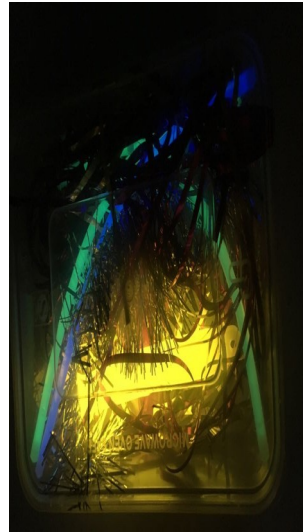
Activity ideas

There are lots of great ideas of things to do with parents at Peep groups.

One popular activity is 'Daddy's Homework', this has been introduced by Lisa and Elspeth at Linkwood. It has been really popular with the families, creating healthy competition



In Lossiemouth, the current Peep group made 'light boxes'



Instructions:

- 1 small, clear plastic box (take away style)
- Glow sticks
- Tinsel
- Clear cellophane sweet Bags

(all available from Poundland)

These boxes can be done much bigger using clear storage boxes and adding battery operated fairy lights

Watch out for an email about Play@home training and how it ties in with Peep

Useful websites

There are lots of useful websites available to use to get ideas for Peep group activities. These are just a few of those. If you have any others, then please let me know and they can be included in future newsletters.

- Happy Hooligans
- Pintrest
- The imagination Tree

- Play, Talk, Read
 - The Scottish Book Trust
- Resources can be ordered from Play, Talk, Read. These include card puppets, leaflets, posters, playmats and soft cubes. The contact for these resources is: Nicola.clarktonberg@scotland.gsi.gov.uk

New Groups

There is lots of discussion at the moment around where the new groups will be and who they will be aimed at. There is a hope there will be a substance misuse group; a moving on group (for Mums who have left abusive relationships); a physical play group and also a group on RAF Lossiemouth for new to area families.

There are posters and flyers available to be used for groups, it is also possible to create your own group

specific flyers through the new Peep website.

Forres Peep

Sharon Souter (Community Nursery Nurse) has been running Peep in Forres since September 2014. The group runs on a Tuesday morning, during term time, at Pilmuir Nursery School from 10-11 (ish!). Currently there is one group running, however a second group can be included, should numbers dictate.

Sharon enjoys running her Peep groups and feels it compliments her role as a Community Nursery Nurse, allowing her to build positive relationships with those families that attend.

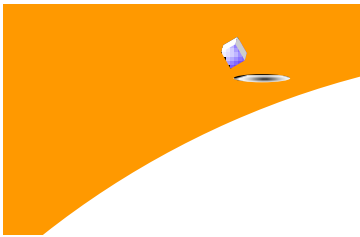
Sharon's favourite bits of

the Peep group are the singing, story sharing and the messy play. Sharon's ideas for the messy play come from a variety of sources including Peep, the internet and parents, who have tried things either at other groups or at home.

Over the course of the 8 week blocks a variety of topics will be covered during the talk time. These can include: child development, weaning and routines. On occasion, relevant issues raised by parents can also be used to generate the talk time.

Families are invited to Peep,

by their Family Health Visitor during the 3 month check. The group is also advertised in the Health Centre.



NHSG

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