



# EDAN NEWS

## June 2026

Welcome to our EDAN Hub Newsletter! We continue to have a busy 2026 with lots of services happening across the city. We have supported over 800 families since October 2024 - thanks to everyone for supporting our services and giving us feedback to help us improve!

At EDAN Hub, families can access support from a team of over 40 professionals across seven services. Together, we aim to provide an understanding community, play spaces, and helpful information and guidance to support strong, connected communities where children, young people, and families feel a sense of belonging.

We continue to receive lovely feedback from you all about what is working well. We really welcome your feedback so please do let us know if something went well or if there is anything we can improve! If you'd prefer to chat to someone to give any feedback please let us know and this can be arranged. Details of how to do this are at the bottom of this newsletter.



## We want to hear from you!

Every three months, we'll update our offer based on your feedback, ensuring that our services continue to meet the needs of families. You'll find these updates on our website and through quarterly newsletters just like this one!

## Update to our Tuesday Hub sessions

As we enter Year 3 our EDAN Hub Family session on a Tuesday morning will no longer run. This is due to a change in our funding. Our afternoon sessions will continue on a Tuesday and we encourage those who used the morning session to come along to a later session! Alternatively please chat to us about coming along on a Monday morning to our Early Years session.

## Barnardos Parenting Outside the Box - ADHD Parent Group Update

Barnardos are considering running an additional Parenting Outside the Box ADHD parent group during the summer holidays. This would run for six weeks on Teams Tuesdays 6:30-8:30pm starting 30<sup>th</sup> June.

They will only run this group if there is enough interest and they will confirm details/if the training will go ahead once they have an idea of the potential group size.

The session dates would be:

Tuesday 30<sup>th</sup> June Session 1 - Introductions, a brief introduction to neurodivergence and ADHD & an opportunity to share

Tuesday 7<sup>th</sup> July Session 2 – What is ADHD?

Tuesday 14<sup>th</sup> July Session 3 – Behaviour, emotional regulation & celebrating wins

Tuesday 21<sup>st</sup> July Session 4 - Sensory Processing, executive functioning & strategies

Tuesday 28<sup>th</sup> July Session 5 – Sleep and sleep hygiene, unhealthy strategies & burnout

Tuesday 4<sup>th</sup> August Session 6 – Relationships, the teenage brain & being a parent advocate

If you are interested in attending the training, please let us know by 22<sup>nd</sup> June: **Contact email: [EDANhub@barnardos.org.uk](mailto:EDANhub@barnardos.org.uk) (add Subject line ADHD)**

# Let's hear from Anna Hazel-Dunn, DHT, Blackhall Primary School who is showcasing her learning from the EDAN Workforce Development sessions! Thank you Anna! Great work!

Having recently taken part in the EDAN Capable Environments training I was inspired to reflect on the current practice in our school and identify areas where I could make simple changes which would have a positive impact for our school community.

I focussed on three key groups, being the children, parents and carers and the staff. With **the children** I realised that there were quite a few issues around the school lunch choices as it wasn't clear to the children and parents and carers what they were choosing. Quite often the meals weren't what the children were expecting or had ingredients they didn't like. This led to disappointment, upset and children not having a good meal as well as lots of food waste.


Following on from the excellent practical advice during the training, I am now working in partnership with the Council Catering team to create a visual menu showing photos of the options so the children and their parents and carers can make informed choices.

I expanded this project to include the team at the Lagganlia Outdoor Centre who are currently developing a visual menu for all the schools who have residential with them

With the **parents and carers**, I have been running 'Coffee, Chat and Collaborate' sessions, which are informal monthly events that give the opportunity to expand their knowledge and understanding of different elements of school life.

This session we have had events on transition, Zones of Regulation, Young Carers, effective communication, our Nurture provision, sensory circuits, Coping with Change, sharing experiences as parents and carers and partnership with the Royal High School.

One of the key changes I have made following advice gleaned from the training is in the communication about these sessions.



The feedback has been really positive from those who have attended, saying they feel more informed and clearer on the supports available in school and through partnership services.

I've used this transparent model for communication extensively for a number of reasons, both with families and with staff. I've found people are much more relaxed about coming to events and meetings due to the fact they are much more aware of what to expect. A simple change with a big impact!

With regards to the **wider staff and community**, we are fortunate to have a learning community who work really closely on identified shared aims. Next session we have decided to focus on delivering the 'Raising Children with Confidence' course for parents and carers. This will enable our DHTs to work together to provide a consistent model of support for our parents and carers.

Finally at Blackhall we have identified a key focus in our School Improvement plan HGIOS QI 3.1 Ensuring wellbeing, equality and inclusion, of developing capable environments.

We will be looking at this through our play pedagogy, development of a nurture zone, and a revamp of our outdoor space. All of this work will be supported by the incredible training I took part in, which I will be sharing with colleagues, families and children.

It is incredible how some training can have such a wide ranging impact on practice and I am so glad I attended!

## Something to Celebrate



We want to use this space to highlight and celebrate great examples of inclusion! When a service really gets it right, we think it's important to share those successes and show others what true inclusion looks like. Thank you so much to Anna for sharing your experiences above! It is wonderful to hear about the great work happening across the city!

If you've experienced something that made a difference for you or your family, we'd love to hear about it! Let us know what you thought was great, and we'll feature it here to inspire and celebrate together.

**“Thank you so much for your help - it made a real difference”**

Family

**“I felt really listened to - thank you”**

— Family

**“Being able to access support whilst we wait for a diagnosis has been so helpful for our family”**

— Family

## Share your story



[enquiries@edanhub.scot](mailto:enquiries@edanhub.scot)



07526 565 672

[Fill in our feedback form](#)





## Looking ahead

As we announced last quarter the Whole Family Wellbeing Fund at the City of Edinburgh Council is funding the EDAN Hub for another year. Our services will continue to run into Year 3 2026 - 2027. We are looking forward to continuing to update and adapt our services to meet our families needs across the city!

Each quarter, we'll update our services, and you can find a printable version of all upcoming sessions on the next page. You can also view these on our website.

We'd love to hear your stories and experiences with the EDAN Hub — your feedback is important to us! Please keep us updated so we can continue to improve and grow together.

*Best wishes*

**EDAN Hub Team**

## The Yard, Edinburgh

### Mondays

**Next Step Appointments**  
(Play floor meeting room)

Mindroom: 12:30 - 2pm

[Book online](#)

(Play floor meeting room)

OT: 9:15am,  
10am  
and 11am

[Book online](#)

**EDAN Family Sessions**

EYS Session: 10:00 - 11:30am

### Mondays and Tuesdays

**EDAN Family Sessions**

Session two: 12:30 - 2:00pm

Session three: 2:30 - 4:00pm

[Book online](#)

### Tuesdays



**Social Work Advice (fortnightly)**  
(Play floor meeting room)

2:30pm and 3:30pm

[Book online](#)

**Next Step Appointments**

Kindred: 12:30 - 2:00pm

Tailor Ed: 2:30 - 4:00pm

[Book online](#)



## Barnardos, Oxgangs

### Mondays

**Next Step Appointments (SLT)**  
(Green room)

10am 10:45am and 11:30am

[Book online](#)



**Social Work Advice (fortnightly)**  
(Green room)

10am and 11am

[Book online](#)



**Next Step Appointments**  
(Green room)

Kindred: 1:00 - 2:30pm

[Book online](#)



**Cygnnet Parenting Course**

Barnardo's 10am - 1pm

[Contact to book](#)

### Fridays

**Next Step Appointments**  
(Green room)

Tailor Ed: 10:30 - 12:00pm

Mindroom: 12:30 - 2:00pm

[Book online](#)



## Community spaces

### Monday - Friday

**Family Advice & Outreach / Children & Young People Support and Advocacy**

Mindroom: [Contact to book](#)

**Advocacy for parents and carers**

Kindred: [Contact to book](#)

**Cygnnet Parenting Course**

Barnardo's

Oxgangs

[Contact to book](#)

### Friday

**Captain Chaos and the Zones of Regulation**

TailorEd

10am - 11:30am @No6

[Book online - see website for details.](#)

## Parent Info Sessions

CAMHS ID

[Book online](#)

**OT Parent Info Session**

[Book online](#)

Please visit our website for more workshops from NHS Lothian

## Online

**Gestalt Language Processing workshop**

[Book online](#)

Please visit our website for more workshops from TailorEd

**ADHD Parenting Outside the Box**

Barnardo's  
[Contact to book](#)

**Captain Chaos and Zones of Regulation**

TailorEd  
[Book online](#)

## Contact us

For more information about each service, visit our website at:

[www.theyardscotland.org/edan-hub](http://www.theyardscotland.org/edan-hub)

or get in touch with us directly at:

[enquiries@edanhub.scot](mailto:enquiries@edanhub.scot)

or by phone at:

07526 565 672

## Making our services accessible

Site access information is provided for all services

All next stop appointments can be accessed in-person, online or on the phone.



Symbol indicates that childcare can be requested during your in-person appointment.