

Vimal, Dr Bell's Family Centre

Dr. Bell's Family Centre in Leith provides a comprehensive range of support services and facilities for local families. These include a childcare service, community café, counselling, therapy sessions and parent support groups. Dr Bell's currently has 11 volunteers mostly giving half a day per week.

The family-focused centre has proved to be a home from home for Vimal and her energetic three year old son Kavanveer.

Vimal and her husband, who works in IT, moved from India to Edinburgh in 2014.

She said: "When Kavan was around eighteen months old, I thought it was the right time to go back to work and I spent a month training with Royal Bank of Scotland. However my son wouldn't settle in nursery, so I had to leave. I would not leave Kavan somewhere he was unhappy."



A Solution

Vimal wanted opportunities for Kavan to mix with other children and a conversation at a Bumpstart session provided a solution.

She said: "A friend who attends Dr. Bell's with her child told me about it. It's funny - she lives across town - and I live just round the corner from Dr Bell's but hadn't been to the centre before!

"The crèche staff are excellent - they helped Kavan settle in. He cried at first, but they were so good with him. Now, Kavan loves the crèche, he asks to come here every day. During the summer there have been arts and crafts, cup cake decorating

and a trip to the zoo. It's good to see Kavan laughing and having fun playing with the other children.

"When we first came to Edinburgh from India I didn't know anyone and we had no relatives here. It's good to be able to share concerns and talk about our children with other local mums.

"We support each other and organise things together. We are so lucky to have a facility like this in Leith.

"With Kavan at the crèche I have opportunities to do other things. I use the time to study and I can also carry out volunteering work. My plan is to work in IT and Dr Bell's has helped me to prepare for going back to work."