



ELC Newsletter, Issue 45, December 2025

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What's on

Christmas Bike Build

Futures for Families: Supporting Parents Across Perth and Kinross

Futures for Families is a joint initiative funded by **Perth and Kinross Council** and the **Scottish Government**, dedicated to tackling child poverty and helping parents build brighter futures.

The programme provides a **tailored package of support** for eligible parents—whether in work or seeking employment—with the ultimate goal of securing **well-paid, highly skilled jobs**.

Who Can Access Support?

Parents who fall into one or more of these categories:

- Lone parents
- Parent or child with a disability
- Families with 3 or more children
- Minority ethnic background
- Youngest child under 1 year old
- Parents aged under 25

What's Included?

Registered parents can benefit from:

- **Elev8 Training Grant** – up to **£3,500** for skills and training to progress in work
- **Travel subsidies**
- **Clothing grants** for interviews or starting a new job
- **Digital Support Grant** – £400 towards device, connectivity, or data
- **Self-Employment Grant** – £3,000 to help start your own business
- **Childcare costs** – up to £3,000 for the first 3 months when moving into work
- **Community drop-in clinics** for advice and guidance

Drop-In Clinics

We host monthly clinics across Perth and Kinross in:

- Coupar Angus
- Blairgowrie
- Kinross

- Crieff
- Auchterarder

[More information](#)

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Consultations

Have Your Say on Early Learning & Childcare in Perth & Kinross

Perth & Kinross Council is seeking the views of parents and carers with babies, under-5s, and school-age children about local care and early education provision.

We also want to hear from you if you are planning or expecting to have children. Your feedback will help shape services that support families across our communities.

Why take part?

- Influence childcare and early learning provision
- Share your experiences and ideas

[Take part in the survey now](#)

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Leadership, Learning & Development

Training Offer 2025-26

Keep an eye out over the next couple of weeks—our **Training Calendar** is getting a refresh! We'll be unveiling the **2026 Programme**,

packed with new opportunities to learn and grow.

Whether you're looking to sharpen your skills or explore something new, this updated calendar will have something for everyone.

[Visit the E&L Hub](#)

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Emergency First Aid at Work (& Emergency Paediatric First Aid)

Book Now & Get Ahead!

Emergency First Aid at Work and Emergency Paediatric First Aid dates for **February** are now live. Secure your spot today and stay prepared!

- [Emergency First Aid at Work \(& Emergency Paediatric First Aid\) Saturday](#)
- [Emergency First Aid at Work \(& Emergency Paediatric First Aid\) Evenings](#)

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Solihull Approach Foundation Training

The Solihull Approach is a framework which helps provide a practical way of working with and supporting families. It aims to increase the emotional health and wellbeing of children and their families, ensuring children have a good emotional start in life whilst supporting parents in a creative and consistent approach. The Solihull Approach helps parents process their own emotions and anxieties allowing them to cope and focus more clearly on how to assist their children's emotions, anxieties and behaviours.

Upcoming Trainings:

2 day training (all trainings require completion of 3 hours pre-learning)

14th January – 9.30 – 16.30 – Alyth Primary School

28th January - 15.00-18.00 – Microsoft Teams

2 day training (all trainings require completion of 3 hours pre-learning)

11th February – 9.30 – 16.30 – Loch Leven Community Campus

Aims:

1. to introduce practitioners to the Solihull Approach model as applied to working with babies, young children, young people and their families.
2. to introduce practitioners to the developmental effects of childhood trauma in relation to working with children and their families.
3. to introduce a model for understanding the impact of relationships on health and wellbeing and the impact of adverse childhood experiences on health and wellbeing.

Outcomes:

1. Practitioners will be more confident to support children, young people and their families.
2. Practitioners will be more aware of the impact of trauma.
3. Practitioners will have an effective and consistent approach across agencies as a shared framework.

Bookings will open soon on the [E&L Hub](#).

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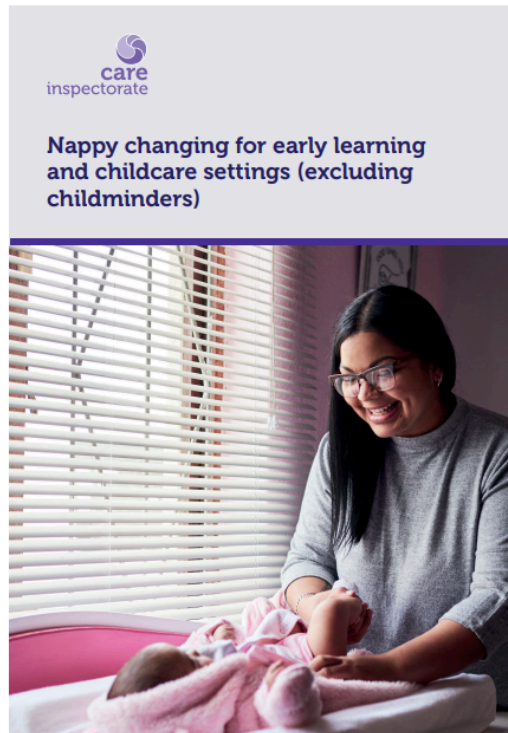
New childminding feedback system

The Care Inspectorate are testing a new method for collecting feedback on childminding services, in real time. It is aimed at people who use childminding services and childminding assistants, who wish to share information about their child's experience out with an inspection.

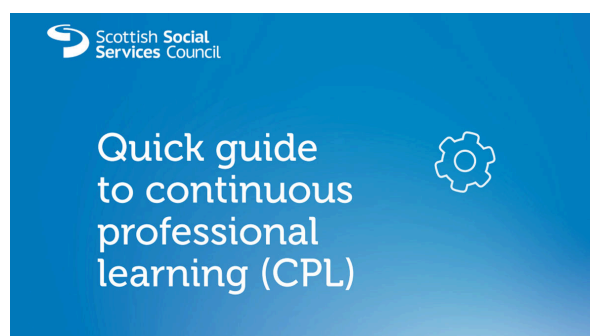
However, anyone can share feedback at any time on the quality of care and children's experiences provided by a specific registered childminder.

[Find out more](#)

Nappy changing for early learning and childcare settings (excluding childminders)



[Read document](#)



New CPL quick guide: supporting your learning journey

have published a new quick guide to continuous professional learning (CPL).

Whether you're a registrant aiming to keep your learning up to date or a manager supporting your team's development, this guide makes CPL easier than ever to understand and apply.

What's in the quick guide?

This concise, easy-to-follow resource breaks down what you need to know about CPL.

You'll find:

- clear definitions of CPL and why it matters
- simple steps to plan, record and reflect on your learning
- examples of what counts as CPL — from formal training to everyday learning
- guidance for employers on how to support staff with their CPL responsibilities.

It's a great resource for managers and employers to share in team meetings, supervision or development sessions.

[CPL website](#)

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New resource for everyone working with children, young people and their families



The Scottish Social Services Council (SSSC), in partnership with the Scottish Government and key stakeholders, has today launched a new resource: Supporting Scotland's Children: Core Knowledge and Values. It's free, available online through the SSSC Learning Zone and replaces the previous Common Core of skills, knowledge and

understanding and values which was published in 2012. It outlines the essential skills, knowledge, understanding and values that everyone, whether paid or unpaid, should demonstrate when working with children, young people and their families.

Why this matters

Supporting Scotland's Children: Core Knowledge and Values describes what is fundamentally important to children, young people and their families, regardless of the service they use or their circumstances. For those working with children and young people, it sets out foundational principles needed to build positive relationships and uphold children's rights.

The refreshed resource responds to significant developments since 2012, including The Promise's call for a national values-based recruitment and workforce development framework. It reflects Scotland's commitment to ensuring that all children grow up loved, safe and respected.

[Read more](#)

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Funding opportunities

Bank of Scotland Foundation – Empower



Empower

- **3-5 year grant of up to £250k** (£50k per annum)
- **Unrestricted funding**
- Charity **income must be between £150k - £500k** per year
- Charities must have a **minimum of three years accounts** lodged at OSCR
- **Opens 1st December 2025**

Empower offers real security and certainty for charities with funding over 3-5 years. Collaborating with Lloyds Banking Group, we aim to identify opportunities to add strategic value for funded charities and help them grow stronger and thrive beyond the lifetime of their grant.

The Empower funding programme offers 3-5 year grants of up to £250k unrestricted funding.

In light of the cost of living crisis, focus is on aiding charities that support vulnerable groups/people.

Applications open on 1st December. For more information on how to apply click [here](#).

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Children in Need



Children in Need offers grants between £1000 to £40,000 for various core and project costs.

Applications are open after a successful 2025 campaign earlier this month.

Details of the application process can be found [here](#).

To search through the biggest funding directories click below!

[Funding Scotland](#)

[Grants 4 Schools](#)

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Teen Triple P & Fear-Less Groups

From February to June 2026, we're offering Teen Triple P and Fear-Less Triple P parenting groups across Perth and Kinross.

Teen Triple P helps parents of teenagers (11 years old – 16 years old) navigate the ups and downs of adolescence with practical strategies to build positive relationships, manage challenging behaviour, and support teens' emotional wellbeing.

Fear-Less Triple P is designed for parents of children 6 –14 years old experiencing anxiety. It offers evidence-based techniques to help reduce anxiety and build resilience in your child, while strengthening your confidence as a parent.

Teen Triple P

Perth Grammar School

Every Wednesday, 4th February – 1st April, 5.30pm – 8pm

Glenearn Community Campus

Every Wednesday, 29th April – 24th June, 5.30pm – 8pm

For more information on the programme please see our [website](#) or contact the team directly parenting@pkc.gov.uk. Any applications can be made by a professional or directly from the family.

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Group Fear-Less Triple P

Help your child (aged 6-14 years) break free from anxiety, groups last 7 weeks at the venue, date and times below:

Perth Grammar School

Every Monday, 2nd February – 16th March, 5.30pm – 7.30pm

Virtual Group (Microsoft Teams)

Every Thursday, 19th February – 2nd April, 5.30pm – 7.30pm

North Inch Community Campus

18th March – 13th May (break for April School Holidays), 10am – 12pm

PKAVS Perth

Every Wednesday, 6th May – 17th June, 12pm – 2pm

Crieff

Every Monday, 11th May – 22nd June, 10am – 2pm

To book a place on the Fear-Less group, please call 01738 477 697 or e-mail Parenting@pkc.gov.uk.

PFLT on PKC Website

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What's on

The Christmas Bike Build



Bring along your unbuilt bike to have it professionally built and safety checked for free, ready for Christmas. Free Dr Bike safety checks also available.

Wednesday 17th December 12pm to 2pm

Bell's Sport Centre Top Car Park
(at green containers)



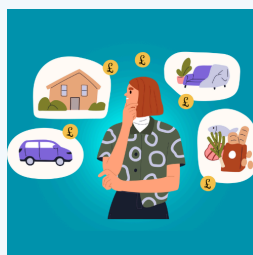
Perth and Kinross Council
Comhairle Pheairt is Cheann Rois



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Early Learning and Childcare

ELC@pkc.gov.uk www.pkc.gov.uk

Struggling with the cost of living?

You received this email because you have subscribed to email updates from Perth and Kinross Council.

[Update your preferences or unsubscribe here](#)



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is Cheann Rois



Perth and Kinross Council

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