

SUMMER ACTIVITIES IDEAS



SIGNPOST
Support for families of young people with additional needs in
West Lothian



Introduction

Inside this guide you will find a list of some of the events and activities available to families during the school summer holidays this year. We can't cover everything that is happening, but we hope we have given some ideas for you to enjoy. If we've missed out anything that you would recommend to other parents, please let us know.

Please contact each venue for costing.

As far as possible, we have indicated whether activities are accessible & suitable for all, but please let us know if you find any inaccuracies.

We would also appreciate your feedback if you find that your child really enjoys a particular activity, or the staff are helpful towards your child's additional needs, so that we can include this information in future editions of the guide.

The West Lothian 'Bulletin', which is delivered free to all households, has money-off vouchers for some of the attractions mentioned in this booklet – Armadale Speedway, Linlithgow Canal Centre, Potter Around and Funtastic Fantasy Golf.

Wishing you all a happy and sunny summer holiday from everyone at Signpost!

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A-Z of events and activities

Aberdour Silver Sands beach

A pretty beach with sand, rockpools at low tide and a gentle slope into the water, and a grassy area with playpark, crazy golf and usually bouncy castle/ice-cream van in the summer. Blue badge holders can drive down to sea front car park, others park 200yds from beach (fee applies). Facilities include cafe, toilets, First Aid, lifeguards, dog restricted area, dog exercise area. Beach is clean (Blue Flag award 2012)

Location: Aberdour, Fife, KY3 0RQ

Or why not try **Portobello beach**, less than half an hour from Edinburgh City centre and reachable on public transport. A mile of golden sand (Blue Flag award for cleanliness), beach-side cafes, amusement arcade & small funfair. Lothian bus no 26, every 15 minutes from the east end of George St.

Archery – see ‘Country Parks’

Arthur's Seat

An extinct volcano 822 ft. high, Arthur's seat and Salisbury Crags are the wild heart of Edinburgh. The easiest path up is to start on the eastern side at Dunsapie Loch. Don't miss the swans and the ducks paddling around the loch. Walk along the Salisbury Crags to the summit. From the top, you can see for miles around, including the Firth of Forth. It's more fun for the kids to hike up, but there's a road that takes you close to the summit. There is parking in Holyrood park near the Scottish parliament building. Café at nearby Dynamic Earth (no ticket required to access café), or take a picnic.

Almond Valley Heritage Trust ('Mill Farm')

Suitable for: all ages, best for tinies to age 10 approx
Opening hours: daily 10am to 5pm
Location: Millfield, Livingston, West Lothian, EH54 7AR.
Phone no: Tel 01506 414957. Fax 01506 414957
Email: info@almondvalley.co.uk
Website: www.almondvalley.co.uk

Accessibility: All buildings, other than one small area of the Mill, are accessible to those with impaired mobility. All main paths around the site are surfaced and suitable for wheelchairs and buggies.

Signpost has a membership card which we can lend out to families, giving free admission to covering two adults and up to 4 children. This must be booked in advance, and you must leave a £20 deposit, which will be returned when you bring back the card. Phone Signpost on 01506 431 123 for details.

Wild Adventures - Daily from Saturday 30th June until Sunday 19th August. Go wild in the great outdoors in a summer-long programme of activities recreating the lives of our prehistoric ancestors. Every day, children and their families can all lend a hand in constructing a prehistoric encampment and learn skills essential for prehistoric living.

Farm, mill machinery, museum, soft play area, pedal cart, sandpit, trampolines, picnic area, tearoom and more. Free parking.

Armadale Speedway

Suitable for: all
Opening hours: Friday evenings
Location: Scotwaste Arena, Bathgate Rd, Armadale, EH48 2PD
Contact: 01501 734404
Email: info@edinburghmonarchs.co
Website: www.edinburghmonarchs.co
Accessibility: access for wheelchairs is poor, no accessible toilet and viewing from behind barriers is restricted

Motorcycle Speedway Racing on a premier track for all the family. Edinburgh Monarchs race from March to October. Seven man teams race over fifteen races to decide the winning team. Two riders from each team contest each race on their 500cc motorcycles. These machines accelerate at a frightening rate and the bikes have no brakes so it is the skill of the rider that allows them to stop.

Several outside terraced viewing areas and a fully licensed bar which is open during the evening and after the racing action. There are also refreshment stalls offering hot and cold food, snacks and drinks, and a track shop selling a range of official club merchandise.

Autism friendly cinema screenings

Vue Livingston hold autism-friendly screenings on the last Sunday every month at 10am. They have a social story posted on their website for each film. <http://www.myvue.com/latest-movies>

The Odeon cinema in Wester Hailes, Edinburgh, hosts autism-friendly screenings of popular films once a month. At these events the auditorium lights are kept on low, the sound is quieter than usual, and people are free to move about or take a break from the film.

To find out about the next screenings, contact the Odeon via their online enquiry form (www.odeon.co.uk/fanatic/contact_us) or try the ticketline 0871 22 44 007 (keep choosing 'more options' until it offers 'speak to an operator').

Bankhead Mountainball

Suitable for: age 10+ or over 4'10, weight less than 14 stone
Opening hours: booking required
Location: Bankhead Farm, Dechmont, Broxburn, EH52 6NB
Contact: 01506 811209 or 01506 811815
Email: via website enquiry form
Website: www.bankheadmountainball.co.uk
Accessibility: phone to check

Roll downhill strapped inside a transparent, bouncy plastic ball (also known as a 'zorb'). Longest run in Scotland, over 200 metres. Must be booked in advance via website or phone, restrictions apply e.g. age 10+ or over 4.ft 10 inches height, medical exclusions such as pregnancy, back problems. Decision on the day is final re who is allowed, and depends on weather as well – phone for more details or check website.

Blackness Castle

Suitable for: all ages
Opening hours: 9.30 am - 5.30 pm every day
Location: Blackness, EH49 7NH
Contact : 01506 834 807
Email: n/a
Website www.historic-scotland.gov.uk
Accessibility: Uneven ground and cobbles make it difficult for visitors using wheelchairs. Parking is available at the site.

Visitors with disabilities can be set down closer. Toilets are not adapted.

A 550 year old castle, built as a fortress in the 1440s by Sir George Crichton on the banks of the Forth. A favourite with children, who can let their imaginations run wild - look out for the ghost of the knight in armour who has been seen in the tower! Take a picnic, and stroll along Blackness beach after your visit

There are display boards around the lawn. There are gravel paths around the lawn and there is some fine shrubbery in the grounds. The castle has spectacular views across to the Fife coast and Forth bridges.

Blair Drummond Safari Park

Suitable for: all ages
Opening hours: 10am to 5.30pm daily till 28th October
Location: Blair Drummond, Stirling, FK9 4 UR (junction 10 of M9)
Phone no: 01786 841 456
Email: enquiries@blairdrummond.com
Website: www.blairdrummond.com
Accessibility: wheelchair hire, accessible toilets, most areas accessible

A visit to the Park combines a mixture of driving through animal reserves then parking and walking through Pets Farm, playing in one of the many adventure areas, taking in the Sea Lion shows and Falconry displays, taking the boat around Chimp Island, visiting Lemur Land and seeing all the other animals in the Park.

There is a designated BBQ area and various picnic sites around the Park. There is also a Restaurant with bar facilities, 2 snack bars selling sandwiches, tea/coffee, soft drinks, ice-cream etc.

Show times:
12:00, 1:30, 3:00, 4:30 (Sea Lions)
12:45, 2:15, 3:45 (Bird of Prey)

Bo'ness & Kinneil Railway

Suitable for: all ages
Opening hours: 11.30-4.30 (museum), trains run from 10.45am
Location: Bo'ness Station, Union St, Bo'ness, EH51 9AQ
Phone no: 01506 822298
Email: enquiries.railway@srps.org.uk
Website: <http://www.bkrailway.co.uk/>
Accessibility: Blue badge parking and good access for wheelchairs and pushchairs to Bo'ness Station platform and

facilities, Kinneil Halt, Birkhill platform, station & meadow walk. Specially adapted carriage for wheelchair users on most trains.

Start your journey at Bo'ness station. Here you will find the authentic Ticket Office, the Station buffet, Gift Shop, toilets and free parking. There are also picnic areas, footbridge viewing area & Model Railway (open weekends and bank holidays). Next door is the Museum of Scottish Railways, two large halls of historic locomotives, carriages and wagons as well as a railway themed activity area for children.

Trains run daily except Mondays during the summer holidays – check the website, as times vary. Trains every hour. Booking essential – wheelchair users contact the ticket office to confirm space on the train.

Butterfly & Insect World, Dobbies, Gilmerton

Suitable for: all ages
Opening hours: 9.30-5.30
Location: Dobbies Garden World, Melville Nursery, Lasswade, Midlothian, EH18 1AZ
Phone no: 0131 663 4932
Email: info@edinburgh-butterfly-world.co.uk
Website: www.edinburgh-butterfly-world.co.uk
Accessibility: level access, accessible toilet in garden centre nearby

See hundreds of colourful butterflies and birds fluttering around the main area, and marvel at the ants, scorpions, millipedes, tarantulas etc in the back area (hands-on feeding at 12 noon and 3pm). There's also a play area right outside, and the exhibit is next to Dobbie's Garden Centre, which has an excellent café & accessible toilets.

Climbing Centre, Ratho

Suitable for: age 4 upwards
Opening hours: variable depending on activity, contact to check
Cost: £6-£21, depending on activity
Location: Ratho, South Platt Hill, Newbridge, EH28 8AA
Phone no: 0131 333 6333.
Email: enquiry form on website
Website: www.eica-ratho.com
Accessibility: centre is accessible (lift to all floors), accessible toilet, aerial assault and climbing activities accessible but

please notify beforehand to enable support to be put in place

Activities on offer during the summer holidays include taster sessions, mobile climbing tower, family climbs, aerial assault course, multi activity days and scrambles soft play, rock tots playroom and café, Honeypot Ceramics (see separate listing), plus regular climbing courses and clubs for kids and adults. See website or call for more detailed information.

Country Parks in West Lothian

Almondell & Calderwood Ranger base

Tel: 01506 882254 • email: almondell&calderwood@westlothian.gov.uk

Beebraigs Ranger base

Tel: 01506 844516 • email: mail@beebraigs.com

Polkemmet Ranger base

Tel: 01501 743905 • email: polkemmet@westlothian.gov.uk

More details about the parks can be found online at http://www.beebraigs.com/Country_Parks/

West Lothian's Country parks offer miles of walks and wildlife, play areas, and a chance to get 'back to nature' with ranger-guided activities.

LOOK GROUP

Come and join the LOOK group and enjoy some fantastic fun and outdoor activity at Almondell & Calderwood Country Park. We meet on a Saturday morning from 10.30am - 12pm. Please phone 01506 882254 to join us.

Deep Sea World

Suitable for: all ages
Opening hours: 10-5pm
Location: Battery Quarry, North Queensferry, Fife - KY11 1JR
Phone no: 01383 411 880
Email: info@deepseaworld.com
Website: <http://www.deepseaworld.com/>
Accessibility: wheelchair access, disabled toilet, disabled parking

See the wonders of the deep on an underwater safari past sharks, colourful fish and more. Touch sea creatures in the rock pool, or hear a talk about the many weird and wonderful creatures on display.

Deer Park Ten Pin Bowling

Suitable for: age 3+
Opening hours: School/Bank holidays 12 noon to 10pm, otherwise 4pm to 10pm
Location: Golf Course Road Livingston, West Lothian, EH54 8AB
Contact : 01506 446699
Email: via website enquiry form
Website: www.deer-park.co.uk/
Accessibility: Bowling hall has level access, lane bumpers and bowling frames are available on request. Accessible toilet.

Ten pin bowling for all the family. Children must vacate the building by 9.30 pm. Under 15's must be accompanied by a responsible adult at all time. Free tuition on Saturdays & Sundays if you join the Junior League. Bowl and dine packages are also available - phone or see website.

Drumpelie Park, Coatbridge

Suitable for: all ages
Opening hours: 9am to sunset
Cost: free
Location: Drumpellier Park, Townhead, Coatbridge ML5 1RX
Contact: 01236 422257
Email: via website form
Website: www.northlanarkshire.gov.uk/index.aspx?articleid=6515
Accessibility: accessible visitor centre, toilet, accessible playpark

The main entrance to the park is from Townhead Road, Coatbridge and the fully accessible Visitor Centre is located here. Facilities include two lochs linked by woodland and parkland and a network of paths makes for easy access to all areas of the park (many of these are suitable for wheelchairs and prams)

The play area has been specially designed to be accessible and has an accessible roundabout to which wheelchairs can be attached, and cradle swings. The whole area is secure, with a gate.

Other facilities include a café, peace garden, picnic site, nature trails, pedalo and water-water hire and ranger walks and activities.

Dynamic Earth

Suitable for: all ages, but better for age 5+
Opening hours: 10am-5.30pm
Cost: ask Signpost about borrowing our 'Golden Ticket' for a free visit,
Location: Holyrood Rd, Edinburgh EH8 8AS
Contact : 0131 550 7800
Email: via website enquiry form
Website: www.dynamicearth.co.uk
Accessibility: accessible for most, see web page for very detailed account of facilities -
www.dynamicearth.co.uk/visitors/visitoraccessibility

Our Dynamic Earth takes you on a journey through our planet's past, present and future, with interactive exhibits and impressive technology, including a 4D and 3D experience. Dynamic Earth presents all aspects of the planet we live in. Population growth, concepts of time and the realities of climate change are just the tip of the iceberg – and they've got one of them too!

East Links, Dunbar

Suitable for: all ages
Opening hours: 10am -6pm
Location: Dunbar, East Lothian, EH42 1XF
Contact : 01368 863607
Email: via website form
Website <http://www.eastlinks.co.uk/>
Accessibility: Ramps to all buildings, accessible toilet in café, accessible toilets in Park (male and female), gravel path round animal paddocks, ramp access in Fortress, carers' room, wheelchair ramp for train, FREE use of electric scooters or wheelchair (can be booked)

Farm with over 60 activities - Indoor Play includes Haybarn, Climbing Walls, Soft Play, Ball Blast Arena, Small Animal Barn, Education Barn, Bouncy Castle and Small Trampoline.

Outdoor Play includes Go Karts, Trampolines, The Fortress, Jelly Belly, Toy Tractors, Crazy Bikes, Sledging, Rope Swinger, Milk Churn Skittles,

Horse shoe Pitching and many more. New attraction for 2012 – JCB Young Drivers Zone.

Entry charge allows unlimited use of all facilities, no extra charges

Edinburgh Zoo

Suitable for: all ages
Opening hours: 9am- 6pm
Location: Edinburgh EH12 6TS
Phone no: Tel: 0131 334 9171, Fax: 0131 314 0384
Email: info@rzss.org.uk
Website: www.edinburghzoo.org.uk
Accessibility: paying visitors who need assistance – carer goes free, recommended access route (avoiding steepest hills), hilltop safari vehicle is wheelchair accessible, induction loops in several locations (ask for details), assistance dogs permitted in most areas, blue badge parking in car park, free manual wheelchair loan

It is advisable to book online, in the busy summer months, especially if you want to see the pandas. Panda viewing tickets are free but must be booked when buying admission tickets, and must be printed out before visiting the zoo. Leave plenty of travel/parking time before your slot, as missed slots can't be rescheduled.

Scotrail kids go free offer (see 'Scotrail' listing) - no panda tickets included, first come first served on the day only

Edinburgh Festivals and Fringe

Free street theatre, and shows every day from 3-27 August. Other events include Edinburgh's Mardi Gras, 21 July, in the Grassmarket (free). Search for children's shows - www.edfringe.com and www.edinburghfestivals.co.uk

Falkirk Wheel

Suitable for: all ages
Opening hours: 7 days a week from 10am until 5.30pm
Location: Lime Road, Tamfourhill, Falkirk, FK1 4RS
Phone no: Tel: 08700 500 208
Email: info@thefalkirkwheel.co.uk
Website: www.thefalkirkwheel.co.uk

Accessibility: Wheelchair/motor scooter accessible (including boats, please advise in advance for boat trips), wheelchair can be borrowed free of charge (ask at Reception), accessible toilet, blue badge parking directly outside the visitor centre

Attractions include a café, canal & woodland walks, children's outdoor play, water activity zone including waterwalkerz (£5 per child). Boat trips run daily at the following times, and last approx. 50 minutes: 10.30, 11.10, 11.50, 12.30, 13.30, 14.10, 14.50, 15.30, 16.10

Firefly Drama, Film and Music - Summer Activities

Suitable for: 8+
Opening hours: 10am – 4pm usually
Cost: various – see activities
Location: Firefly Arts Ltd, Howden Park Centre, Livingston, EH54 6AE
Phone no: 08447 744496
Email: admin@firefly-arts.co.uk
Website: firefly-arts.co.uk/
Accessibility: phone to discuss specific needs/venue facilities

Phone to discuss any support needs – booking essential for all activities.

Five Sisters Zoo

Suitable for: all ages
Opening hours: 10am – 6pm daily
Cost: See Signpost for free pass
Location: Gavieside, West Calder, West Lothian, EH55 8PT (just outside Polbeth)
Contact : Tel: 01506 871111 / 01506 870000, Fax: 01506 871961
Email: enquiries@fivesisterszoo.co.uk
Website: www.fivesisterszoo.co.uk
Accessibility: The zoo is most easily reached by car (free parking). There are two disabled toilets at the zoo, both of which have a baby changing area. Access to most areas is level.

Zoo has a wide variety of animals, tearoom, picnic area, children's rides (£1 per child per ride), themed gift shop, and additional activities such as donkey rides and tractor rides during holidays.

Funtastic Fantasy Golf

Suitable for: all ages
Opening hours: 10am-10pm during holidays, 11am -10pm other days.
Location: 3 St Andrew's Way, Deans, Livingston, West Lothian, EH54 8QH
Contact : 01506 413729 or 07517 395106
Email: nicolabarr@funtasticfantasygolf ltd.co.uk
Website: www.funtasticfantasygolf ltd.co.uk
Accessibility: Fully wheelchair accessible

Funtastic Fantasy Golf is a unique crazy golf experience with Scotland's 1st and only UV blacklight mini golf (glow in the dark). The artistry and dramatic colours will leave you mesmerised and is something you won't experience with any other mini golf.

Funtastic Fantasy Golf is fully wheelchair accessible and suitable for every ability, both young and old alike can all join in the fun. The venue is fully indoors so weather won't restrict the fun either.

You can enjoy 2 short golf courses with 2 themes - 'Underwater and Atlantis' featuring whales, sea turtles and sea serpents, and 'Dinosaur and Jungle' which features Triceratops, Ankylosaurus, tiger and crocodile!

The attraction prides itself on friendly & helpful staff; Dino Bites Cafe is a relaxing and enjoyable addition where you can enjoy a cuppa or a full meal. As affordability is key, they have kept their prices competitive and reasonable.

Honey pot ceramics (based at Ratho Climbing Centre)

Suitable for: all ages
Opening hours: 10am to 5pm
Cost: various
Location: Climbing Centre, Ratho, Edinburgh, EH28 8AA
Phone no: 0131 333 6348
Email: info@honeypotceramics.com
Website: www.honeypotceramics.com
Accessibility: accessible via lift from entrance

A variety of craft activities for children and adults - ceramics, jewellery making, cosmetics making, clay hand and footprints. Craft kits are also available to take away.

Jousting at Linlithgow Palace

Suitable for: all ages
Opening hours: 12.30pm - 4.30pm
Location: Linlithgow, EH49 7AL
Contact : n/a
Email: n/a
Accessibility: mainly grass and gravel or concrete paths, hilly in places. In palace, parking is available at the cobbled entrance. Surfaces inside the Palace are mainly stone slabs and small cobbles in the courtyard. Accessible toilet. The ticket office, shop and courtyard are accessible to visitors with disabilities. More mobile visitors should be able to access the first floor which forms the main part of the property.

Jupiter Artland

Suitable for: all ages, but mainly 5+
Opening hours: Thurs-Sun 10-5pm
Location: Wilkieston, Edinburgh, EH27 8BB
Phone no: 01506 889900
Email: enquiries@jupiterartland.org
Website: www.jupiterartland.org
Accessibility: Woodland and grass with some paths (some areas inaccessible to wheelchairs/pushchairs - phone for more details), accessible toilet

An outdoor sculpture park with many weird and wonderful artworks which children and adults alike will find intriguing. Follow the 'yellow brick road' among the artworks, view the donkeys and alpacas, and buy lunch or a snack from the vintage caravan café.

Linlithgow Canal Centre

Suitable for: all ages
Opening hours: weekends from Easter until the end of September, 1.30 pm - 5 pm, every day during summer school holidays
Cost: free museum and tea-room. Boat trips – see details below
Location: Manse Road Basin, Linlithgow, EH49 6AJ
Contact : 01506 671215
Email: info@lucs.org.uk
Website: www.lucs.org.uk

Accessibility: The Tea Room and toilets are adapted for the use of wheelchairs. Boats are unsuitable for wheelchair users. Phone for details

Avon Aqueduct cruises run on Saturday and Sunday afternoons, departing at 2:30pm sharp and returning by 5pm. Booking is not necessary. Tea or coffee and biscuits included.

Linlithgow Town trips, lasting 20 minutes, depart every half hour from 2pm – 4:30pm every day during July and the first two weeks of August. No booking.

Admission to The Canal Museum is free and there is a short audio-visual presentation. The Canal Tearoom is open from 1:30pm to 5pm There is also a small picnic area and ample outdoor seating is provided for visitors to use.

Car parking space at the Canal Basin is restricted but roadside parking is permitted on nearby Manse Road.

Local Libraries

Membership of local libraries is free, and booking and returning books couldn't be easier. Children and teenagers can have their own library card. Many libraries have after school clubs, kids clubs and reading groups available, ask at your local library for details. There is usually a summer reading challenge with prizes to collect.

Check out what's on at libraries A-K, and L-Z, at the following links:

A-K: www.westlothian.gov.uk/tourism/libservices/ices/whatson/what%27sona-k

L-Z: www.westlothian.gov.uk/tourism/libservices/ices/whatson/whatsonl-z

Low Port Centre

Suitable for: age 8+

Opening hours: vary

Cost: from £12 per person, family session

Location: 1 Blackness Road, Linlithgow, EH49 7HZ

Contact : Tel:01506 775390, Fax: 01506 775399

Email: lowport.centre@westlothian.gov.uk
Website: www.lowportcentre.co.uk
Accessibility: phone or email to check

Runs a number of 3,4 and 5 day courses, mainly for children age 8+ in outdoor activities such as kayaking, windsurfing and sailing, climbing, cycling and multi-activity. There is a limited pick-up and drop-off service from locations around Livingston and Bathgate. For full details see their website. There are also one or two family kayak and canoeing sessions at weekends, at a cost of £12 per person.

M&D's Theme Park, Strathclyde Park

Suitable for: all ages, but rides are mainly for approx 7+ (1.35m height restrictions are strictly enforced)
Opening hours: 11am- 8pm during school holidays
Location: Strathclyde Country Park, Motherwell, ML1 3RT
Phone no: Tel: 01698 333 777, Fax: 01698 303034
Email: online form
Website: <http://www.scotlandsthemepark.com> (check for discount vouchers before visit)
Accessibility: contact for details of ride accessibility

Attractions include 40 rides, outdoor crazy golf, indoor bowling alley, soft play area for small children and Amazonia which enables you to see animals from the rainforest indoors.

There are also two arcade areas with a carousel along with a food court which has a Wimpy, a jacket potato stall and a pancake stall. There's also the Bizarre Bar which sells food and both soft and alcoholic drinks, sports bar and a coffee shop where you can chill out and escape any bad weather. There are also shops such as 'My Pawfect Bear' ('build-a-bear')

Entry is free, with each attraction priced individually (including rides, for which tokens can be purchased if you only want to go on a few). If you have children of mixed ages note that height regulations are enforced, and there may not be a great variety for any one specific age group (see 'height checker' on website). Amazonia, Devil's Island crazy golf and bowling cost extra, consider package tickets, as costs soon mount up. However, various areas have discounts for disabled/carers (see www.scotlandsthemepark.com/disability_policy for details). Food is

expensive, but Strathclyde Loch is close by (5 mins walk) and a lovely spot for a picnic on a nice day.

There is a regular bus service (X7) from Stance 27, Buchanan bus station from July1- Aug 14.

Monster Mania soft play, Falkirk

Suitable for: younger children
Opening hours: Open 7 Days 10.00am to 6.00pm
Location: Castle Laurie, Bankside Industrial Estate, Falkirk, FK2 7XF
Phone no: 01324 617111
Email: info@monstersoftplay.co.uk
Website: www.monstersoftplay.co.uk/
Accessibility: fully accessible, with 2 sensory rooms

Two large playframes, with a coin-operated go-kart track weaving between. Go-karts £1 per go, 2 children max per go-kart. Two sensory rooms (phone for details). Themed party rooms, toddler zone, café.

Museum of Childhood, Edinburgh

Suitable for: all ages
Opening hours: Mon - Sat 10-5, Sunday 12- 5pm
Cost: free, but donations welcome
Location: 42 High Street, Royal Mile, High Street, Edinburgh EH1 1TG
Phone no: 0131 529 4142
Email: MuseumsAndGalleries@edinburgh.gov.uk
Website: <http://www.edinburghmuseums.org.uk/Venues/Museum-of-Childhood>
Accessibility: Galleries 1-3 are fully accessible. Stairs to galleries 4 & 5. Disabled toilet.

The Museum of Childhood is a fun day out for the whole family. Young people can learn about the children of the past and see a range of old toys and games, while adults enjoy a trip down memory lane. Everyone will enjoy finding out about growing up through the ages, from toys and games to health and school days. Hands-on activities, including a

puppet theatre and dressing up area, help to make your visit a memorable one.

Museum of Flight & Airshow Sat 28 July

Suitable for: all ages
Opening hours: Open 7 days a week 10:00-17:00
Location: East Fortune Airfield, East Lothian EH39 5LF
Phone no: 0300 123 6789
Email: n/a
Website: www.nms.ac.uk
Accessibility: level access to all hangars (but not every aeroplane), access to Concorde exhibition, disabled toilet, free parking, disabled parking, wheelchair loan, assistance dogs welcome

View a wide selection of aircraft, visit the parachute store, enjoy the three hands-on galleries exploring the science of flight, and have a snack in the café.

National Museum of Scotland

Suitable for: all ages
Opening hours: 10am-5pm
Cost: free
Location: Chambers Street Edinburgh EH1 1JF
Phone no: 0300 123 6789, Tynetalk: 18001 0131 247 4422
Email: info@nms.ac.uk
Website: www.nms.ac.uk
Accessibility: level access entrance, wheelchair loan, adapted toilets (some with changing bench), induction loop at info desk, assistance dogs welcome, touch tours and BSL tours can be arranged (2 weeks' notice required, email tours@nms.ac.uk or call 0131 247 4041)

Overboard soft play and go-karting

Suitable for: younger children
Opening hours: Open 7 days a week during School Holidays, closed Mon/Tues otherwise
Location: The Daks Building, Polbeth, West Lothian, EH55 8TJ

Contact: 01506 873888
Email: info@overboardsoftplay.com
Website: www.overboardsoftplay.com/
Accessibility: Adults are permitted on the frame to assist their children who may be in difficulty or distress. They are not allowed in the astro turf area, to use any slides or the upper levels.

A two level soft play located on the ground floor. A separate baby/toddler area, café with hot and cold snacks. At the rear of the centre is a karting track, with several coin operated karts.

Play Bugs soft play

Suitable for: age 0-7
Opening hours: 10am - 6pm
Location: Unit 24, Mill Rd Industrial Estate, Linlithgow, EH47 7SF
Contact: 01506 670113
Email: info@playbugs.co.uk
Website: www.playbugs.co.uk
Accessibility: ramped access to centre, level access inside, accessible toilet

Three floors of fun (parents are allowed on the frames), separate toddler area & baby area, café.

Potter Around

Suitable for: all ages
Opening hours: 10-5pm Mon-Sat, 1-5pm Sun
Cost: various, ask for details
Location: Overton Farm, Kirknewton, West Lothian, EH27 8DD
Phone no: 01506 238961
Email: Chat@potteraround.co.uk
Website: www.potteraround.co.uk
Accessibility: ramped access to room, accessible toilet

Arts and crafts sessions for children, or children and parents together. Make pottery, hand or footprints, or paint Warhammer miniatures (Warhammer gaming club for kids and teens operates Friday afternoons and at other times during the school holidays, cost £4.50 per session).

Riverside Transport Museum, Glasgow

Suitable for: all ages
Opening hours: M/Tu/Wed/Th and Saturday 10-5, Fri and Sunday 11-5
Cost: free
Location: 100 Pointhouse Place, Glasgow, G3 8RS
Phone no: 0141 287 2720
Email: museums@glasgowlife.org.uk
Website: www.glasgowlife.org.uk/museums/our-museums/riverside-museum
Accessibility: disabled drop-off point at entrance, level access, accessible displays, 12 disabled parking spaces, adult changing table in toilets, some staff trained in basic BSL, subtitles on films

A museum dedicated to all forms of transport, past and present, including, trains, cars, boats and more. Climb aboard some of the trams, trains and buses, or visit the recreated street from 1895 – 1930. Look around the shops from the 1930s, right through to the 1980s, or follow the Riverside Museum trail outside. Or climb aboard the Tall Ship nearby

Royal Botanic Gardens, Edinburgh

Suitable for: all ages
Opening hours: 10am to 6pm
Cost: free (but charge for glasshouses)
Location: Inverleith Row/Arboretum Place, Edinburgh EH3 5LR
Phone no: 0131 248 2909
Email: website enquiry form
Website: <http://www.rbge.org.uk/>
Accessibility: blue badge parking (at West Gate) and free metered parking nearby, accessible toilet, all main areas accessible, lift to restaurant.

Lots of room to run around and explore (but note, no ball games allowed) Ducks and squirrels, lovely but expensive cafés and restaurant. Greenhouses with exotic plants from far-away places (Blue badge parking at the West Gate. All main areas and the glasshouses are accessible, and wheelchair loans are available

Royal Yacht Britannia & Ocean terminal

Suitable for: all ages
Opening hours: 9.30am - 4.30pm
Location: Ocean Terminal, Leith, Edinburgh EH6 6JJ
Phone no: 0131 555 5566
Email: enquiries@tryb.co.uk
Website: <http://www.royalyachtbritannia.co.uk>
Accessibility: all 5 decks fully accessible for wheelchairs under 670mm wide, dogs welcome, adapted audio tours for visually impaired and learning difficulties, printed version of audio tour also available. Free parking including dedicated wheelchair users parking in Ocean Terminal.

Starting at the Bridge, the self-guided tour covers five of Britannia's magnificent decks, taking you through the fabulous State Apartments and crew's quarters, and ending in the gleaming Engine Room. The majority of items on board are the original pieces, which have been kindly loaned by the Royal Collection. Highlights of the tour include the State Dining Room, the Sun Lounge and the Officers' Wardroom.

Next door, Ocean Terminal boasts over 75 stores, bars and restaurants as well as a 12 screen cinema. Visit their indoor beach, or enjoy free face-painting and storytelling on the last Sunday of every month.

Scotrail - Kids go free

This offer allows two children to travel free with one adult, off-peak, and also allows one free child admission to some of Scotland's top attractions. In Edinburgh these are Edinburgh Zoo, the Camera Obscura, the Scottish Whisky Centre and Edinburgh Dungeon, further afield they include the Glasgow Science Centre, Highland Wildlife Park and Scottish Seabird centre, north Berwick.

Tickets do not have to be booked in advance, but can be bought from any staffed railway station on the day of travel. For full details see website:

www.scotrail.co.uk/kidsgofree

Scottish Owl Centre

Suitable for: all ages
Opening hours: Open 7 days a week, Mar - Oct: 10.30 - 17.00
Location: Polkemmet Country Park, Whitburn, EH47 0AD
Contact phone no: 01501 228184
Email: mail@scottishowlcentre.com
Website: www.scottishowlcentre.com
Accessibility: disabled parking, and Polkemmit park visitor centre has accessible toilet

The Scottish Owl Centre, - meet the birds, have your photo taken with an owl, attend Prof Hoot's Owl School, browse in the gift shop, or play in the adventure playground and bring a picnic to the picnic area. Daily flying displays at 11.30, 13.30, 15.30.

Seabird Centre, North Berwick

Suitable for: all ages
Opening hours: 10am – 6pm
Location: The Harbour, North Berwick EH39 4SS
Phone no: 01620 890 202
Email: info@seabird.org
Website: www.seabird.org
Accessibility: fully wheelchair accessible, blue badge parking nearby, accessible toilet, wheelchair loan, induction loop, assistance dogs welcome

Summerlee Industrial Museum, Coatbridge

Suitable for: all ages
Opening hours: 10am – 5pm
Cost: free ad, tram rides cost extra
Location: Heritage Way, Coatbridge, ML5 1QD
Phone no: 01236 638460
Email: museums@northlan.gov.uk
Website: www.visitlanarkshire.com/summerlee
Accessibility: disabled parking, disabled toilet, one tram is accessible

Attractions at Summerlee include a superb all-weather exhibition hall with working machinery, an electric tramway with heritage trams, an underground mine (Guided tours) and recreations of miners' cottages from 1840 to 1960. Great playpark for tots to teens, café and shop. Free parking, or take the train from Bathgate towards Glasgow.

Time Capsule, Monklands

Suitable for: all ages, mainly 5+
Opening hours: 10.00am - 9.00pm
Location: 100 Buchanan Street, Coatbridge, Lanarkshire, ML5 1DL
Phone no: 01236 449572 / 606500
Email: TimeCapsule@nlleisure.co.uk
Website: <http://www.thetimecapsule.info/>
Accessibility: Disabled access and changing facilities throughout the centre and several lifts. The Waterpark has a disabled hoist allowing access to Riptide River and the main leisure pool. A disabled hoist can also be found in the Swim Zone 25m swimming pool. Disabled car parking spaces are also available.

The Time Capsule has an exciting water park with several rides such as the Tornado Tantrum and the Riptide River (some restrictions apply). It also has a play area for under 5s, and an ice rink (closed for refurbishment over summer 2012), and a café.

Vue Cinema Kids AM screenings

Vue Cinema, Livingston
Special screenings for kids, every morning during the school holidays
£1.50 (£2.75 for 3D films) per ticket (child or adult)

See website for full details <http://www.myvue.com/cinemas/about-vue-cinemas/cinema/livingston> or

Phone 08712 240 240, select Livingston then press '0' to speak to an operator.

West Lothian Council sports and summer activities

Sport and outdoor activity programme:

www.westlothian.gov.uk/media/downloadaddoc/1799577/Summerprogramme10.pdf

Youth Zone page on Council website – provides links to upcoming events, and contact numbers for local community centres, who may be running summer programmes:

www.westlothian.gov.uk/Community-life-and-leisure/youthzone/whats_on/

Xcite leisure

West Lothian leisure centres run an extensive selection of classes and events for children, including free swimming sessions, during school holidays - contact your local centre for details or download the brochure at:

www.westlothianleisure.com/xcite/kidz/holiday-programmes.html

Other useful websites to check –

Online guides to attractions:

www.daysoutwiththekids.co.uk

www.kidsedinburgh.com/

Trip-advisor has a useful summary of things to do in Edinburgh with kids

www.tripadvisor.co.uk/Travel-g186525-c3985/Edinburgh:United-Kingdom:Edinburgh.With.Kids.html

Disabled Go website gives detailed accessibility information for some places:

www.disabledgo.com

Historic Scotland access guide to over 80 properties:

www.historic-scotland.gov.uk/access-guide.pdf

Money saving expert – check for cheap deals on tickets etc:

www.moneysavingexpert.com

Scotrail kids go free ticket deal:

<http://www.scotrail.co.uk/kidsgofree>

Nature detectives summer activities downloadable booklet:

http://www.naturedetectives.org.uk/summer/activity_booklet.htm

Free summer activities for kids:

<http://www.simpleorganizedliving.com/2011/06/01/22-free-summer-activities-for-kids/>

Arts and crafts, puzzles and more for free

<http://www.activityvillage.co.uk/>

**Signpost
Beatlie School Campus
Craigshill
Livingston
EH54 5EJ**



**Drop – in office hours:
9.00am – 4.00pm (Mon – Thu)
9.00am – 1.00pm (Fri)**

**Write to:
Signpost
Freepost NAT 9123
Livingston
EH54 0BR**

**Telephone:
01506 431123**

**Fax:
01506 777 594**

**By email:
enquiries@signpost-online.co.uk**

**Website:
www.signpost-online.co.uk**

We offer:

- **Parent to parent support**
- **Information on local services**
- **Referrals to other local agencies**
- **Help to source funding for equipment etc.**