



East Ayrshire Council
Comhairle Siorrachd Àir an Ear



My name is Michelle Colquhoun,
I am the Community Practitioner for

Galston ECC

These are my contact details:

Mobile - 07469406217

Email - michelle.colquhoun@east-ayrshire.gov.uk

I can be contacted
Monday - Friday 10am-3pm

If am not available please contact my
Lead Community Practitioner Liz Baird

What I can help with?



- *Bedtime routines
- *Creating and maintaining boundaries
- *Challenging behaviours
- *Behavioural expectations
- *Toilet training



- *Weaning
- *Fussy eating
- *Cooking
- *Budgeting
- *Communication & Language – SPARK/4 Is to Socialise
- *Parent Groups – Bookbug/Families Connect/PEEP
- *One-to-one support
- *Emotional support
- *Telephone Support



This is Liz my Lead Community Practitioner

To contact Liz

Telephone - 0720845405

Email - elizabeth.baird@east-ayrshire.gov.uk



Community Practitioners - North Team



**Alison
McLeod**



**Amanda
Latif**



**Elaine
Rutherford**



**Michelle
Colquhoun**



**Hazel
Wills**



**Karen
Connor**



**Karen
Love**



**Lorraine
Skeoch**



**Lynnette
Milligan**



**Gillian
Salmon**



**Liz
Baird
Lead Practitioner**

How we support the ECC

We offer confidential support and guidance to parents, carers and families for a variety of reasons. It can be for parenting support, practical support or emotional support. We can also signpost you to various other services.

Our help can enhance your understanding of your child's behaviour, their communication style and why they sometimes do the opposite of what you ask them to do. The Community Practitioner can meet with you in the ECC, meet at place more convenient to you or speak with you over the telephone.

We aim to run parent/carer groups on various subjects including social wellbeing, understanding children's behaviour, communication and language as well as baby massage and fun, art/craft groups. These are for parents/carers to enjoy with their children both indoors and outdoors.

For support please contact us direct via telephone/email or speak to a staff member of the ECC.

All of our individual support is in confidence.