



GROW Together

Guidance • Resilience
Opportunity • Wellbeing



COUNCIL OF VOLUNTARY ORGANISATIONS
(East Ayrshire) Ltd

Scottish Charity No: SC049674
Registered Company No: SC247449

Support for your whole family

Grow Together is a free, local service for children, young people and families who need a little extra support.

You don't need to be in crisis-
if something feels hard, we're here to help.

Free • Local • Family-focused

For more information:



01563 574000



Find us on facebook



www.cvoea.co.uk

What to expect:

-  One friendly Family Wellbeing Area Manager
-  Someone who listens and understands
-  Support for your whole family
-  No judgement and no pressure

We can help with:

-  Money or housing worries
-  Stress, anxiety and emotional wellbeing
-  Parenting challenges
-  School or education concerns
-  Work, training or life skills
-  Feeling isolated or overwhelmed

How we help:

We offer practical support- helping with forms, appointments, referrals and finding the right local services.

*Grow Together
is here to support
your family.*



*There is no wrong
reason to come to us.*



*Because families
grow stronger when
they grow together.*



Information for Children & Young People

Grow Together is here for children and young people when things feel a bit tough at home, school, or just in general.

It's a safe friendly service where **your voice matters.**

You're not on your own 

What is Grow Together?

Grow Together is a service that supports **you and your family.**

We listen to **what's important to you** and help find ways to make things better- at your pace.

You don't need to be in trouble or have a big problem to get support.

What happens?

We listen

You don't need to be in trouble or have a big problem to get support.

We decide together

You have a say in what happens next and what support feels right.

We support you

That could be chatting, building new skills, helping you try new activities, or supporting your family too.



Will I get into trouble?

No. Grow Together is not about blame or getting anyone into trouble.

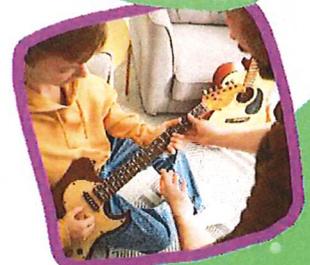
Do I have to take part?

Nope. Taking part is **your choice.** You can:

- Ask questions
- Take things slowly
- Change your mind

Remember...

- Your feelings matter
- Your voice is important
- It's okay to ask for help





GROW Together

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Family Drop-In

Thursday 16th April 2026

🕒 1pm – 4pm

📍 Grow Together Hub

— 11–15 Old Irvine Road,
Kilmarnock
KA1 2BD

Enjoy free taster sessions including:

🎵 Music classes

🧘 Wellbeing sessions

🎨 Creative art

💬 Information about our
ASN Parent Support Group

All families welcome



East Ayrshire
**Whole Family
Wellbeing Fund**



COUNCIL OF VOLUNTARY ORGANISATIONS
(East Ayrshire) Ltd



GROW
Together

Family Fun Day

Tuesday 7th April 2026

🕒 11am – 1pm

📍 WG13, West George Street,
Kilmarnock, KA1 1DH

- 🎨 Face painting
- 🌟 Glitter tattoos
- 🪴 Planting
- 🖍️ Colouring in
- 🧩 Puzzles
- 🎨 Arts & crafts
- 🎵 Mini disco
- 🐰 Easter bonnet making
- 🧼 Messy play
- 🥚 Easter egg hunt

Free for families working with
Grow Together

£2 per child for any other families

(limited tickets available • call 01563 574000)



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GROW Together

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Family Drop-In

Thursday 2nd April 2026

🕒 1pm – 4pm

📍 Our Wee Place

— 15 Shortlees Crescent,
Kilmarnock
KA1 4PR

Enjoy free taster sessions including:

- 🎵 Music classes
- 🧘 Wellbeing sessions
- 🎨 Creative art
- 💬 Information about our ASN Parent Support Group

All families welcome



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GROW Together

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Family Drop-In

Tuesday 24th March 2026

🕒 1pm – 4pm

📍 Community Routes

— 46 Townhead Street,
Cumnock
KA18 1LD

Enjoy free taster sessions including:

- 🎵 Music classes
- 🧘 Wellbeing sessions
- 🎨 Creative art
- 💬 Information about our
ASN Parent Support Group

All families welcome



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