

## About Family First

**Family First** is a free, confidential advice and information resource in East Renfrewshire.

Our aim is to provide support by working in partnership with families.

We can assist and enable you to access local services professional and voluntary, ensuring the children get the best possible start in life.

We understand that families can run into difficulties, emotionally, financially, or even physically that may prevent us doing the simplest of things.

Whatever you would like to speak about, our team can offer support & advice on issues surrounding school, health, home, money, parenting, and confidence building.

[familyfirst@eastrenfrewshire.gov.uk](mailto:familyfirst@eastrenfrewshire.gov.uk)

## Contact Family First

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Call, text or email to arrange and informal chat in school, at home or somewhere convenient to you.

### **Barrhead**

Roslyn Graham

Based: Auchenback Community

Mobile – 07800 712388

[Roslyn.Graham@eastrenfrewshire.gov.uk](mailto:Roslyn.Graham@eastrenfrewshire.gov.uk)

### **Barrhead & Neilston**

Shona Stevenson

Based: Dunterlie Community

Mobile – 07800712706

[Shona.Stevenson@eastrenfrewshire.gov.uk](mailto:Shona.Stevenson@eastrenfrewshire.gov.uk)

### **Busby/Clarkston & Eaglesham**

May Blair

Mobile - 07800831721

[May.Blair@eastrenfrewshire.gov.uk](mailto:May.Blair@eastrenfrewshire.gov.uk)

### **Thornliebank/Giffnock**

Julie Douglas

Mobile – 07393752547

[Julie.Douglas@eastrenfrewshire.gov.uk](mailto:Julie.Douglas@eastrenfrewshire.gov.uk)

### **Newton Mearns**

Sam Cunningham

Mobile - 07393752548

[Sam.Cunningham@eastrenfrewshire.gov.uk](mailto:Sam.Cunningham@eastrenfrewshire.gov.uk)



# Family First



Are you needing a little bit of help?

Do you have a child aged 0-11?

Then maybe we can support you!



We have an informal friendly approach and can support you with issues around:

- **School**
- **Health**
- **Home**
- **Money**
- **Parenting**
- **Confidence**
- **ASN**

## Money

- Guidance on benefits
- Debt advice
- Applying for grants
- Budgeting and money

## Parenting

- Guidance on behaviour/General Advice
- Signposting to community groups/parent groups
- Routines for children sleep
- Confidence building in parenting

## Confidence

- Assistance with filling in forms
- Assistance with paperwork
- Help/advice on joining groups within the local Community
- Isolation
- Coaching/Mentoring
- Role modelling
- Motivational interview techniques

## School

- Help with homework
- Applying for and receiving free school meals
- Planning for the school day
- Information on nursery places/childcare

## Health

- Navigate you to the right service
- Eating well/Keeping fit
- Making/attending appointments

## Home

- Preparing healthy meals/snacks
- Establishing good family routines
- Building positive relationships
- Guidance on home life/relationships

## ASN

- Supporting transitions
- Link in to required services
- Supporting family
- Supporting the process of diagnosis
- Work with services to ensure child is supported (with or without diagnosis)