

Giffnock Family Support



Thank you so much to all our friends for sharing some family support ideas which we have gathered here below, so if you have any other great places to use please let us know so we can pass this on, every little helps.....



- Family First https://twitter.com/FamilyFirst_ERC
<https://www.eastrenfrewshire.gov.uk/family-first-information-resource>
- Parent Club <https://www.parentclub.scot/> and
<https://www.parentclub.scot/family-support-directory> with information on lots of areas like support for One Parent Families, Parents and Carers of Disabled children, Shelter Scotland, Maternity Action and many more.
- East Renfrewshire Food Bank operates from Lowndes Street in Barrhead. Further information can be found at <https://www.trusselltrust.org/get-help/find-a-foodbank/east-renfrewshire-foodbank/>
- East Renfrewshire Larder, is a new food bank operating from Whitecraigs Rugby Club: <https://twitter.com/ERLarderWRC?s=09>
- During the Easter holidays at **Asda** children who are 16 and under can access a hot or cold meal for free to take away when an adult spends £1: <https://corporate.asda.com/newsroom/2021/02/14/asda-donates-150-000-meals-and-extends-kids-eat-free-offer-at-its-cafes-to-help-tackle-holiday-hunger>
- Young people are encouraged to stock up on **period products freely available in schools** ahead of the holidays. Pupils are also welcome to take supplies for family members who might need these over the holidays.
- Help with money for parents can be found at <https://www.mygov.scot/covid-spring-100-child-payment/>

- A directory of local and national support is available from We Care East Ren: <https://eastrencommunityhub.org.uk/>
- Young Carers information for 16-25 year olds living with a disability who could be eligible for up to £1500 in funding for new activities and experiences. All the information needed to apply is on the website: <https://ilf.scot/transition-fund/>



Pre loved Uniform helping us with our eco targets and re-cycling too!
Apparel xChange:
<https://www.apparelxchange.co.uk/>

ApparelXchange offer a wide range of quality pre-loved children's uniform and clothing for ages 4 to 15 years. All clothes are rigorously checked. They have strict quality procedures; checking for any damage, missing buttons, broken zips, bobbling, fading or tears. They wash all clothes and check them again before sale. Clothes which don't meet their high standards go for recycling. Clothes sold by ApparelXchange are collected from donation drives in schools or donations that are made directly to ApparelXchange. Reselling these donated items provides parents and children with an environmentally friendly solution to throwing clothing away or buying new. Prices are kept to a minimum to cover the basic costs of collection, washing, preparing for resale, storing and retail costs. They also sell blazers and jackets at a slightly higher value, but still a fraction of the new purchase price. Prices start from £2 with free click & collect or £3.95* for standard delivery (*up to 2kg).

Hoping for a sunny and restful Spring break for everyone,

From the Giffnock Family Support Team