

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, additional support needs (with or without diagnosis) and confidence building.

familyfirst@eastrenfrewshire.gov.uk

All Family First workers work across any community.



**EAST RENFREWSHIRE
HEALTH AND SOCIAL CARE
PARTNERSHIP**

Contact Family First

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

Roslyn Graham

Based: Auchenback Community

Mobile - **07800 712388**

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Shona Stevenson

Based: Dunterlie Community

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Sam Cunningham

Based: Neilston Community

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May Blair

Based: Busby Community

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Julie Douglas

Based: Thornliebank

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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)