**A list of some of some useful websites**

**for you and your child.**

**4CHILDREN -**

<http://www.4children.org.uk/Resources/Detail/David-Lammy-essay-Young-Dads>

**EAT BETTER FEEL BETTER –**

<http://www.eatbetterfeelbetter.co.uk/>

**SET THE TABLE**

<http://www.healthscotland.com/documents/21130.aspx>

**MENTAL HEALTH FOUNDATION -**

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**MIND (FOR BETTER MENTAL HEALTH) -**

[www.mind.org.uk](http://www.mind.org.uk)

**NHS INFORM -**

<http://www.nhsinform.co.uk/mentalhealth>

**SAMH (SCOTLAND’S MENTAL HEALTH) -**

[www.samh.org.uk](http://www.samh.org.uk)

**SEE ME (END MENTAL HEALTH DISCRIMATION) -**

[www.seemescotland.org](http://www.seemescotland.org)

**SMHFA (SCOTLAND’S MENTAL HEALTH) -**

<http://www.smhfa.com/>

**30 THINGS TO DO BEFORE YOU’RE 3**

<http://playtalkread.org/30-things-to-do-before-you-are-3?types%5B0%5D=1>

**EVERY DAY IS A LEARNING DAY 3-6**

<http://www.educationscotland.gov.uk/Images/EveryDaysaLearningDay3to6_tcm4-689254.pdf>

**Mearns Primary**

**Nursery Class**



**The One Stop**

**Support Leaflet!**

***From suggestions for healthy eating,***

***to ideas for supported play!***

**A list of some of the useful links available on the East Renfrewshire Council website.**

<http://www.eastrenfrewshire.gov.uk/home>

**RESIDENTS –**

<http://www.eastrenfrewshire.gov.uk/residents>

(including Council Tax, Benefits and debt advice)

**LEARNING –**

<http://www.eastrenfrewshire.gov.uk/learning>

(including school holiday dates, school meal menus and adult learning)

**LEARNING/ ABOUT OR SCHOOLS -** <http://www.eastrenfrewshire.gov.uk/article/1740/About-our-schools>

(including support for going to school – free meals and transport and clothing grants)

**LEISURE –**

<http://www.eastrenfrewshire.gov.uk/leisure>

(including sport and fitness)

**DAYS OUT –**

<http://www.eastrenfrewshire.gov.uk/daysout>

(including What’s On Guide and parks)

**HEALTH AND CARE –**

<http://www.eastrenfrewshire.gov.uk/health>

(including GPs, Pharmacies, Dentists and Opticians)

**HEALTH AND CARE/ CHILDREN AND FAMILIES -** <http://www.eastrenfrewshire.gov.uk/article/1922/Children-and-families>

(including children in need)

**HEALTH AND CARE/ CHILDREN AND FAMILIES/CHILD PROTECTION –**

<http://www.eastrenfrewshire.gov.uk/ercpc>

(including Social Work phone numbers)

**HEALTH AND CARE/ CHILDREN AND FAMILIES/ EARLY YEARS -** <http://www.eastrenfrewshire.gov.uk/earlyyears>

(including Play@Home)

**YOUR COUNCIL –**

<http://www.eastrenfrewshire.gov.uk/yourcouncil>

(including Council Tax)

**YOUR COUNCIL/ PAY, BOOK, APPLY, REPORT -** <http://www.eastrenfrewshire.gov.uk/doitonline>

(including benefits and bills)

**YOUR COUNCIL/PAY, BOOK, APPLY, REPORT/SCHOOLS -** <http://www.eastrenfrewshire.gov.uk/article/5319/Schools>

(including clothing grants and free school meals)