



# St Ninian's Cluster

**GUIDE, PROVIDE, SUPPORT**



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# Health and Wellbeing

## HEALTHIER MINDS

A Guide for Parents and Carers – helpful when supporting your child to manage life's challenges. Includes information on:

- how low mood, anxiety and stress can affect us
- how to develop resilience
- ways of developing strategies with your child to help them
- local services in East Renfrewshire, and the different roles that professionals can have in supporting children, young people and families who are experiencing more chronic and severe mental health needs



SAMH provide support, information and resources for people living with a mental health problem or supporting someone who is.



Play Scotland has a positive impact on family wellbeing.

Play Scotland provide information, ideas and inspiration to promote the importance of play to allow all children to participate in quality play experiences that meet their individual needs.



Young Minds is the UK's leading charity supporting children and young people's mental health. They give mental health and wellbeing advice, guidance and resources to support children and young people and their families.



Parenting advice from child mental health experts. Practical tips to support children's wellbeing and behaviour



Self-help resources available to help with mental health and wellbeing. Resources aimed at children and young people, and resources for parents and carers.



Wellbeing resources for families which can help start conversations with your child and encourage you to enjoy quality time together. All of which are important for your wellbeing.



Scottish Autism is dedicated to enabling autistic people to lead healthy, happy and fulfilling lives. The organisation shares knowledge and expertise with parents and carers to support the development of skills and strategies to support autistic people.



Dyslexia Scotland support people affected by dyslexia and enable them, regardless of their age and abilities to reach their potential.



RAMH supports people in their recovery from mental ill health with a range of services including Adult Counselling, one-to-one support, information, physical activity and employability support.

# Money



The Citizens Advice Bureau provides free independent, confidential, impartial advice on issues including debt, consumer concerns, housing and work-related problems.



MART provide free, expert, confidential advice on a range of financial matters including debt, benefits, appeals, Universal Credit and income maximisation.



East Renfrewshire's Work EastRen Employability Services can help individuals identify a wide range of employment, education and training opportunities.



The Best Start Grant from Social Security Scotland is a series of 3 payments, which parents on qualifying benefits can apply for:

1. Pregnancy and baby payment
2. Early years payment
3. School age payment

The Best Start Food Card can be used by families with a child under the age of 3, to help with the costs of providing a healthy diet.



Benefits Online offers you access to our most popular Benefit services. Once you sign up you'll be able to:

- sign up to online letters to view your Housing Benefit or Council Tax Reduction claim letters online
- view your Housing Benefit or Council Tax Reduction claim online
- apply for clothing grant and free school meals
- submit evidence for clothing grant and free school meals
- tell us about a change of bank details for clothing grant and free school meals



Find out what grants are available through the Scottish Welfare Fund and who can apply.



Educational Grants, including:

- Clothing grants
- Free School Meals
- Education Maintenance Allowance

# Families



Family First is a free, confidential advice and information resource in East Renfrewshire, with the aim of providing support by working in partnership with families.

## Parent Club

Parent Club Scotland provides a wide range of information for parents and carers on topics including:

- food and eating
- health and development
- community and support
- money and rights



## Psychology of Parenting Programme

If you're worried about the behaviour of a young child you care for you may be interested in the Psychology of Parenting Programme aimed at families with children aged 2 to 8 years. The programme guides participants to develop strong relationships with their children and help support their development and resilience



Parentline Scotland is a free, confidential helpline providing advice and support for anyone caring for a child in Scotland.



Adult Learning Services offers a range of learning opportunities for everyone whether they want to gain new skills or qualifications, get a new job, go to college or build their confidence and self esteem.



Scottish Women's Aid is the lead organisation in Scotland working towards the prevention of domestic abuse. They provide support, advice and information online, via their 24/7 Helpline and through their network of local Women's Aid groups.

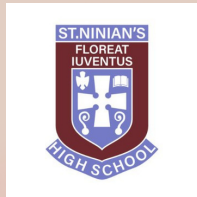


One Parent Families Scotland work with and for single parent families, providing support services that enable them to achieve their potential and help create lasting solutions to barriers facing many single parents and their children.



Website providing support for Young Carers in East Renfrewshire

# Further Information



**St Ninian's High School**



**St Cadoc's Primary School  
and Nursery Class**



**St Clare's Primary School**



**St Joseph's Primary School**



**Our Lady of the Missions  
Primary School**



**Glenwood Family Centre**

**Glenwood Family Centre**

# Feedback



**WE HOPE YOU FIND THIS RESOURCE USEFUL. IF YOU HAVE ANY FEEDBACK OR KNOW OF A RESOURCE THAT COULD BE ADDED, PLEASE PROVIDE FEEDBACK USING THE QR CODE ABOVE.**

