



**Are you in need of a little bit of help?**

**Do you have a concern?**

**Then maybe we can support you!**

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

From time to time families can run into difficulties, emotionally, financially or even physically, stopping them from doing even the simplest of things.

Do you have a child aged **0-8** and require **a little bit of help**? T**he Family First team** would be happy to talk to you about how they can support you and your family.   
  
We have an informal friendly approach and can support you with issues around:

* School
* Health
* Home
* Money
* Parenting
* Confidence
* Other

**School**

* Applying for school clothing grants
* 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**

* Budgeting and money
* Preparing healthy meals and snacks
* Establishing good family routines
* Building positive relationships

**Money**

* Benefits advice
* Debt advice
* Dealing with bank statements and letters
* Advice on saving

**Parenting**

* Behaviour
* Breastfeeding groups
* Mother and baby/toddler groups
* Parenting classes

**Confidence**

* Advice on reading, writing and maths for all ages
* Assistance with filling in forms
* Advice on applying for, and filling in job applications
* Help and advice on joining groups within the local community

**Roslyn Graham – Call/Text 07800 712388**

**Email –** [**Roslyn.graham@eastrenfrewshire.gov.uk**](mailto:Roslyn.graham@eastrenfrewshire.gov.uk)

**Pop in to: St Marks Primary School or Arthurlie Family Centre.**

