

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, and confidence building.

Contact Family First

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

Barrhead

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Barrhead

Julie Douglas

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Newton Mearns

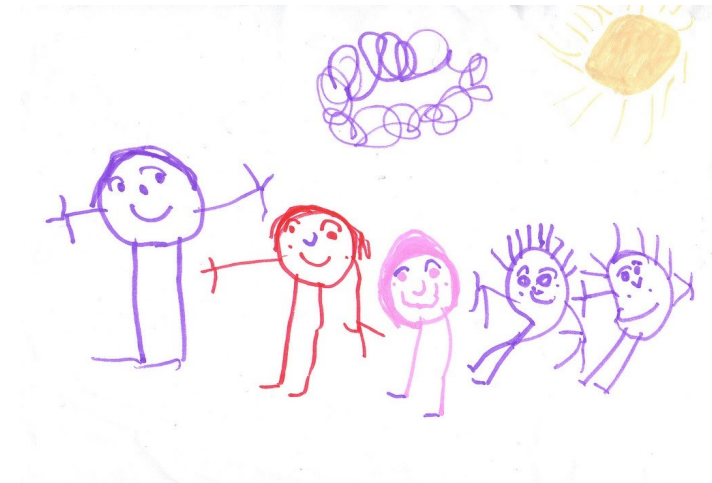
May Blair

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Family First



Are you needing a little bit of help?

Do you have a child aged 0-8?

Then maybe we can support you!

familyfirst@eastrenfrewshire.gov.uk



We have an informal friendly approach and can support you with issues around:

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

Money

- Benefits advice
- Debt advice
- Dealing with bank statements and letters
- Advice on saving
- Budgeting and money advice

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.

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

- Preparing healthy meals and snacks
- Establishing good family routines
- Building positive relationships