

## 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](mailto:familyfirst@eastrenfrewshire.gov.uk)



## Contact Family First

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

### All areas

Roslyn Graham  
Mobile – 07800712388  
Roslyn.Graham@eastrenfrewshire.gov.uk

### Barrhead

Shona Stevenson  
Mobile – 07800712706  
Shona.Stevenson@eastrenfrewshire.gov.uk

### Eastwood Area

Sharon Pollock  
Mobile -  
Sharon.Pollock@eastrenfrewshire.gov.uk

### Eastwood Area

Seona Lawless  
Mobile – 07867150911  
Seona.Lawless@eastrenfrewshire.gov.uk

### Barrhead

Julie Douglas  
Mobile – 07393752547  
Julie.Douglas@eastrenfrewshire.gov.uk

### Barrhead & Neilston

Sam Cunningham  
Mobile - 07393752548  
Sam.Cunningham@eastrenfrewshire.gov.uk

*Kerry McCann—Current maternity leave  
2024-25*



# 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
- Confidence building in parenting
- Sleep Routines

## 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)