

Parent Support

Being a parent is one of the most important jobs there is - it is also one of the hardest. The hours are long and there is no pay! All parents want the best for their children, but sometimes life doesn't always go the way we want it to go. Sometime even the most simplest of tasks are overwhelming when families are in crisis.

Burying your head in the sand seems the best option, but communication is the key to finding a solution to problems and dealing with it head on. Poverty, unsuitable housing, mental health and domestic abuse are some of the difficulties families encounter. As a result, families under stress and pressure need a little extra support. Reach out and give us a call.

Our parenting support is flexible; family focused and designed to the needs of your family. Whether it consists with working individually with a family or signposting you to the appropriate service, the team are here to help.

Income Advice

Universal Credit is a single monthly payment that will replace other benefits. All new claims and change of circumstances will now be applied through Universal Credit. If you think you may be affected by the new changes to the benefit system, contact Karen Ewing, Income Advisor, on 0141 889 2697 to arrange an appointment.

During the last 5 years, Karen has supported a large number of families in Ferguslie with financial advice and has maximised over **£2million** of income generated!

Baby & Child First Aid

The first aid for baby and child course is perfect for parents/carers. This course is designed to teach you a range of first aid skills to cope with emergency situations for babies and children.

Sometimes bumps and falls are unavoidable and thankfully most are not serious, but it is important that you know what to do if you find yourself in a first aid emergency.

We have arranged Red Cross First Aid training for parents in **The Tannahill Centre** on **Monday 12th November** from **9:30am – 2:30pm**. This course will teach you simple life-saving techniques and give you the opportunity to practice the skills as you learn, so you will feel more confident should you need to use them in real life. A crèche will be provided for young children. If you are interested in attended then please let us know as soon as possible as places will be limited.

Future Groups

Our vision is to have groups running in all educational establishments in Ferguslie on a rotational basis. Cooking on a Budget has always been very popular and our plan is to roll out more sessions over the coming months. Following on from a successful after school group in Glencoats Primary School we are now planning another group for St Fergus parents and children. The group will start on **Thursday 1st November**.

In this issue

[Parent Support](#)

[Income Advice](#)

[Baby & Child First Aid](#)

[Future Groups](#)

[ESOL Class](#)

[Baby Massage](#)

[Energy Advice](#)

[Employment](#)

[Monday Drop In](#)

[Ready Rascals](#)

[Suggestions](#)

Meet the team

[Team Coordinator](#)
Frances Robertson

[Family Key Worker](#)
Paul Clenaghan
Julie Lindsay
Vicki Speirs

[Wellbeing Worker](#)
Gillian Chisholm

[Income Advisor](#)
Karen Ewing

[Energy Advisor](#)
Nan Lynas

[Employability](#)
Sarah McEwan

[Clerical Officer](#)
Caroline Robertson

ESOL

If English is not your first language, this may be a barrier to communication and interaction with others. Families First are working in partnership with Adult Learning & Literacies Service to bring English classes to you.

The class is in Glencoats Primary School on Thursday mornings from 9:30am – 11:30am. A crèche will be provided for young children, making the course more accessible to families. If you would like to improve your language skills, then come along to the class.



Energy Advice

Are you struggling with fuel debt or thinking about changing fuel supplier? Do you have issues with your gas or electricity supplier, or just need general energy advice?

Please contact **Nan Lynas** our **Energy Advisor** on **0141 889 2697** who will be happy to meet you.

Monday Drop In

Monday Drop In every Monday during term time from 1:30pm – 3:00pm. The group like to do craft activities and chat while the children are at school/nursery. If you feel you're stuck in the house all day, come along to a warm welcome from all the team.

'Ready Rascals'

We put a poll on Facebook to change the name of our parent & toddler group on Wednesday mornings. The response was fantastic and the majority voted for 'Ready Rascals'. We want to revamp the group with more sensory play for the children to enjoy. We have lots of new mums and babies coming along, so why not join them. Sometime you can feel quite isolated being a new parent, but there is lots of support out there. You are reducing your social isolation when you come along to our groups. It will make you feel better in yourself and spending time with your child at the group will give plenty of opportunity for positive interaction, which is so important in building your child's confidence, as well as your own self esteem. The group is on Wednesday mornings from 9:30am – 11:00am.

Both groups take place in the Tannahill Centre.

Any Suggestions?

Suggestions

We are always interested in your ideas and suggestions for future groups. Let us know what groups you would like to see in Ferguslie.

Baby Massage

Our recent Baby Massage classes were well attended in the Tannahill Centre on Tuesday afternoons. Baby Massage has lots of benefits for you and your baby. The soothing strokes will help relax your baby and also improve sleep. Skin to skin contact is very important in helping to bond with your baby and it calms and relaxes both mother and baby.

The next group will start in January.

Employment Support

- ❖ Have you been job searching for a while and getting nowhere?
- ❖ Need help with your CV, application forms or interview skills?
- ❖ Interested in finding out about free training courses that are available?
- ❖ Getting advice on changing career, getting back to work or starting out?

Call Families First Office on: 0141 889 2697
to arrange an appointment.

Facebook

Keep up to date with what's happening on our Facebook page. '**Families First Ferguslie**'

Working with families 0 – 8years

familiesfirst
FERGUSLIE



Renfrewshire
Council