

Minor Ailments Talk

In partnership with the local Health Visitors, we have organised a half day talk about how to deal with minor ailments at home.

The talk will cover minor ailments like: rash, teething, earache, head lice, etc. The information and knowledge will help you decide if a visit to the pharmacy will help resolve the issue rather than a visit to your GP.

When: Monday 25th February
Where: The Tannahill Centre
Time: Lunch 12:30pm Talk 1:30pm – 3:00pm

Call the office on **0141 889 2697** if you are interested in coming along.

Parenting Advice

We all know raising a family is one of the hardest jobs you will ever do, but having the knowledge and skills on how to deal with certain situations makes the job that little bit easier.

Listen to your child; let them express their feelings and thoughts. Point out their strengths and encourage their achievements. Praise their efforts in school work and at home. Teach your child to value others feelings. Have boundaries and routines in place and stick to them. If possible, eat together as a family, share stories of your day and give each child time to talk. Making small changes can make a huge difference in the family home.

A happy child is a happy home.

Baby Massage

Our new session has started in the Tannahill Centre on Tuesday afternoons from 1:30pm. The group welcomes all new mums and dads and carers to join them.

Skin to skin contact is very important in helping to bond with your baby and it calms and relaxes both mother and baby.

Cooking on a Budget

If you are keen to learn basic cooking skills or find new recipes to try, let us know and we will add your name to our next cooking group.

Our cooking groups have been very popular will parents and over 100 people took part in cooking sessions during 2018. The cooking groups take place in various establishments in Ferguslie.

Sometimes it's easy to buy ready meals, but you will be surprised how simple it is to cook homemade meals that the whole family can enjoy, at a fraction of the cost.

There might be some budding 'Nigellas' or 'Gordon Ramsay's' waiting to be discovered!

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Meet the team

Team Coordinator
Frances Robertson

Family Key Worker
Paul Clenaghan
Vicki Speirs

Wellbeing Worker
Gillian Chisholm

Income Advisor
Karen Ewing

Energy Advisor
Nan Lynas

Employability
Sarah McEwan

Clerical Officer
Caroline Robertson

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 and other parents.

'Ready Rascals'

Our successful parent & toddler group is always looking for new parents/carers to join the group. We have lots of new mums and babies at the moment and would love to see you joining them. Sometime you can feel quite isolated being a new parent, coming to group can help reduce your social isolation and help build new friendships. 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 your child's development. The group is on Wednesday mornings from 9:30am – 11:00am.

Both groups take place in the Tannahill Centre.

Employment Support

Is your youngest child starting Primary 1 in August? Are you thinking about volunteering, training or employment?

Sarah McEwan from Employability can meet you to discuss your options. Sarah can help to create your CV, look at training opportunities and give you the skills to find the job you've always dreamed of.

If you think this is the right time for you to get into training or employment, give the office a call on 0141 889 2697 to arrange an appointment with Sarah.

Energy Advice

Don't forget Nan is here to help you with energy advice. Nan can give you general advice and information on all energy matters, including heating systems, bill payments and ways to save energy.

Nan has supported hundreds of families in the area who have had great outcomes with her advice and support. If you're thinking about changing energy supplier or have a query call the office to arrange an appointment and Nan will be happy to visit you at home.

Financial Advice

Some families have already been starting to claim Universal Credit which was introduced in Renfrewshire in September. This new benefit replaces Income Support, Income Based Jobseekers Allowance, Income Based Employment and Support Allowance, Working Tax Credit, Child Tax Credit and Housing Benefit. Please contact Karen Ewing on 0141 889 2697 for more information.

Facebook

Keep up to date with what's happening on our Facebook page. '**Families First Ferguslie**' We add all our group information and planned activities, making sure you have up to date information.

Goodbye

We would all like to wish Julie good luck in her new job. Julie has worked with the team for over four years and has supported lots of families during her time in Ferguslie. With her vast knowledge and experience, Julie will be a great asset to her new team! Although we will be sorry to see Julie leave, we wish her all the best in her new role.

Good Luck!

Any Suggestions?

Suggestions

Is there an activity you are keen to do? We are always interested in your ideas and suggestions for future groups. Let us know what groups you would like to see in Ferguslie.

Working with families 0 – 8years

familiesfirst
FERGUSLIE



Renfrewshire
Council