



# REN10

## Summer Support Package



Text  
'REN10'  
to  
85258

# Tips for summer



Dreading the summer holidays?

Feels too long?

You are not alone!

Here are some tips for things you can do over the summer holidays..

## Create a routine

Having a routine can help long days to feel more manageable. It can also help with remembering to do those important things that are so easy to forget, like **taking medication or cleaning your teeth.**

## Make Plans

Having plans can help make the summer not feel so long and gives us a reason to **get up, get showered, get dressed and get out the door.**

## Tick things off

Create a to-do list and tick things off over the summer.

**Read a new book?**

**Go a walk?**

**Draw a picture?**

**Spend time with family?**

**New hobby?**

## Let some light in

It can be easy to stay in bed over the summer if you feel the days are dragging in but even if you don't want to leave the house, **open up blinds or curtains.** Letting light in can help **boost our mood.**

We understand life is not simple sometimes, so here are some extra resources in case you need that bit of extra support...



**REN10**

# Aged 16-24? Struggling over summer?

## You are not alone!

*We understand things can easily get on top of you and sometimes you might need a bit of extra help. Here are some resources..*



SHOUT is a 24/7 text service where anyone, of any age, can text if they are struggling to cope or need mental health support.

This service is free and confidential.

Texting 'REN10' to 85258 is anonymous and will not show up on your phone bill

## Togetherall

Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing.

FREE to all aged 16-25 in Renfrewshire.

*You can speak to other people around the world, experiencing similar things to you.*



**Register for FREE with your Renfrewshire postcode today. Head to <https://account.v2.togetherall.com/register/area>**

*Anyone in Renfrewshire can use Togetherall but we can create pathways for those who do not know where to begin...*

# REN10

**FREE to all aged 16-25 in Renfrewshire.**

**Here are some available Togetherall Pathways.**



**FREE to all aged 16-25 in Renfrewshire.**

## General Self- Development

The following courses are available

- Problem Solving
- Balance Your Thinking
- Assertiveness Training
- Stop Procrastinating

The following resources are available

- Listen and learn
- Mind the gap
- How to be happy
- Goal setting
- Living in the moment

***Remember you can speak to other Togetherall members on the 'Community' who are going through similar life experiences as you.***

***Register for FREE with your Renfrewshire postcode today.  
Head to <https://account.v2.togetherall.com/register/area>***

# Financial worries

*We understand the summer holidays can be a difficult time financially for some families so we have listed a number of supports which are available.*

## Money worries?

Firstly, contact a local organisation who are skilled in helping with debt, benefits and arrears or can help if you are worried about paying rent/mortgage or for household food and bills.

Both **Advice Works** and **Renfrewshire Citizens Advice** can go through personal circumstances and work out if there is any help you can claim.



### Advice Works

*Call 0300 300 1230 OR;*

*Email- [adviceworks@renfrewshire.gov.uk](mailto:adviceworks@renfrewshire.gov.uk)  
to make an appointment for you, a  
friend or family member*



### Renfrewshire Citizens Advice

*Call 0141 889 2121 OR;*

*Visit their website at  
[www.renfrewshirecab.org.uk](http://www.renfrewshirecab.org.uk) to make an  
appointment online*

For fuel support **Renfrewshire Council Energy Management Unit** can offer energy advice and Advocacy relating to fuel debts and difficulty in heating your home well. providing independent and expert advice on a wide range of energy issues and can lease with National funders for support.

*Call - 0300 300 0300 OR;*

*Email- [emu@renfrewshire.gov.uk](mailto:emu@renfrewshire.gov.uk)*

If someone is looking for help and in a crisis situation they can contact the following;

1- [www.renfrewshire.gov.uk/crisisgrant](http://www.renfrewshire.gov.uk/crisisgrant)

2- [www.renfrewshire.gov.uk/communitycaregrants](http://www.renfrewshire.gov.uk/communitycaregrants)

*We would recomend support to do this from the otrganisaiotns above. Also, if someone does go ahead and are unsuccessful the organisations above can support them further.*

**More financial information on next page..**

# Financial worries

*For support with food/ sanitary insecurity the following are available throughout Renfrewshire.*

## **STAR Project | Community Fridge & Pantry**

This provides access to affordable, healthy food. All items are at least 40% cheaper than the cheapest supermarket. You can also take Tupperware containers to save more money.

**Call 0141 889 5850**

**Pop into STAR Project's Drop- In**

**Message on Facebook - <https://www.facebook.com/STARPantryPlus/>**

**Location - 12 - 14 Wallace Street, Paisley**

**The following  
can also help  
with food ,  
dependant on  
where you live.**



### **Ebi Unites**

Erskine, Bishopton & Inchinnan

Website: <https://ebi.scot/>

### **Darkwood Crew**

Ferguslie Park & Paisley

Website: <https://darkwoodcrew.co.uk/>

### **Lochwinnoch Community Larder**

Lochhead Gardens, Lochhead Ave, Lochwinnoch, PA12 4AW

<https://www.facebook.com/groups/lochwinnochcommunitylarder>

## **Renfrewshire Foodbank**

Vouchers can be issued by services for anyone who is in food crisis. In order to get a food parcel, **a voucher must be issued by a local agency**, these include Advice Works and Renfrewshire Citizens Advice Bureau.

Bring your voucher to a foodbank distribution centre where it can be exchanged for three days' supply of emergency food.

**Contact the following agencies for a voucher - <http://renfrewshire.foodbank.org.uk>**

**To order  
sanitary  
products, the  
following  
organisations  
can help.**



Order online for a 3 month supply delivered to your home here:

<https://www.surveymonkey.co.uk/r/PMGZ5HD>

Pick up from any **library** or other **OneRen venue**.

Or check other locations here -

[www.renfrewshire.gov.uk/article/9471/Find-free-period-products-in-Renfrewshire](http://www.renfrewshire.gov.uk/article/9471/Find-free-period-products-in-Renfrewshire)

# School Transitions

*Finishing Primary 7 and heading so S1? Feeling a bit nervous?  
YOU ARE NOT ALONE.*

*Here are some top tips for starting S1.*

## How will I cope with this big change in my life?

Tell people how you are feeling

Be organised

Think about how you will travel to school;  
what will you need in your pencil case?

Remember you will have the opportunity  
to make lots of new friends

Your teachers are there to help you and  
answer any questions that you have.



**TOP TIPS**

**Take a photo of your timeable on  
your phone or ipad**

**Make new friends by asking  
people their names and best  
subject so far. A smile goes a  
long way!**



**TOP TIPS**

***Not sure who to go to in secondary for help?  
Feeling overwhelmed with the big change?***

**Every high school has pastoral care staff and they are there to help you with any worries or concerns- any questions you have, they will know the answers**

**Speak to older pupils if you get lost or are stuck with anything, remember they have been in S1 before too.**

**Want to hear some S1's giving P7's advice on the move to secondary?**

**[CLICK HERE](#)**



# School Transitions

*Finishing High School? Feeling a bit nervous?  
YOU ARE NOT ALONE.*



*Head to Togetherall and speak to others  
on the community going through a  
similar stage in life as you.*

*Sign up for FREE with your Renfrewshire postcode today  
[CLICK HERE](#)*



*Feeling overwhelmed? Anxious? Not sure  
who to speak to?  
Text REN10 to 85258 and one of our  
trained volunteers will speak to you.*

**No plans after school? Not sure what to do?**

*We understand this can be an overwhelming time  
with lots of options after school.*

**Head to INVEST in Renfrewshire and someone will support  
you with your next steps- whatever that may be.**

*Address- The Russell Institute, 30 Causeyside St, Paisley*

*Email- [invest@renfrewshire.gov.uk](mailto:invest@renfrewshire.gov.uk)*

*Phone number - 0300 300 1180*

# Care Experienced

Care experienced and aged 12-24? Want to learn new skills?  
Socialise with other like-minded people?  
Renfrewshire Youth Services have something for everyone.

I am a Care Experienced young person or Young Carer  
aged 12-24 years old living in Renfrewshire

## What can i get involved in?

All activities are Free  
and include support  
with transport



### Renfrewshire Promise Champions

Share your thoughts and views on what is important to you. Create campaigns to make things better for care experienced young people in Renfrewshire.

Become a young producer by learning new skills through the arts to produce content, media and events to promote positive well being to other young people within Renfrewshire.

### ArtBOSS Creative Young Producers

### Art and Culture Programme

Learn new creative skills, go and see exhibitions and performances or do more of the arts activities that you love with artists in your local community.

A fun and interactive youth work programme that supports young people to build on their strengths, set and achieve goals, gain awards and receive young scot rewards.

### Evolve Programme

### Supported Duke of Edinburgh

Young people who face disadvantage and barriers to participation can access and gain this wider achievement award with expeditions skills and outdoor activities.

To get involved contact: [Youth@renfrewshire.gov.uk](mailto:Youth@renfrewshire.gov.uk)

*To find out more and when the next group or meetings take place please contact [youth@renfrewshire.gov.uk](mailto:youth@renfrewshire.gov.uk) with your name, contact details and the group/programme you wish to join and we will get back in touch with you!*



**Feeling overwhelmed? Anxious? Not sure who to speak to?**

**Text REN10 to 85258 and one of our trained volunteers will speak to you.**

# Care Experienced Youth Services Opportunities

## Renfrewshire Promise Champions

The Promise Champions will seek to reflect the wider views and concerns of care experienced young people, influencing positive change to support Renfrewshire to Keep the Promise. Group activities will include a programme of activities and experiences using a youth work approach.

*For more information contact [Siobhan.Gray@renfrewshire.gov.uk](mailto:Siobhan.Gray@renfrewshire.gov.uk)*

## Arts & Culture Engagement Project

This new project, funded through Future Paisley, will provide new opportunities to get involved in arts and cultural experiences for care experienced and young carers

*For more information contact [Duncan.Wilson@renfrewshire.gov.uk](mailto:Duncan.Wilson@renfrewshire.gov.uk)*

## Art Boss Young Producers

Young people can produce and programme arts and cultural work for other young people in Renfrewshire with a positive impact on young people's mental health and well-being, also funded by Future Paisley and in partnership with OneRen.

*For more information contact [Siobhan.Gray@renfrewshire.gov.uk](mailto:Siobhan.Gray@renfrewshire.gov.uk)*

## Supported Duke of Edinburgh's Award Programme

Young people who face disadvantage and barriers to participation can access and gain this wider achievement award with expeditions skills and outdoor activities.

*For more information contact [Josiah.Spong@renfrewshire.gov.uk](mailto:Josiah.Spong@renfrewshire.gov.uk)*

# Care Experienced Youth Services Opportunities

## Young Scots Young Carers Package

**Young Scot Young Carers Package: enhanced national rewards and discounts on offer from Young Scot and targeted at Young Carers. Space on local pages for Promise Champions share information. Work with trusted verifier organisations to support young carers to access the Young Scot National Entitlement Card and free bus travel.**

*For more information contact [John.Kyle@renfrewshire.gov.uk](mailto:John.Kyle@renfrewshire.gov.uk)*

## EVOLVE Programme

**A Personal & Social Development programme with an element of social action, where young people identify issues in their community that they wish to improve. Programme is underpinned by mental health and wellbeing. Learning is negotiated and tailored to suit the young people with lots of group activities - cooking, games, outdoor learning and gaining new skills. Young people are supported to gain wider achievement and youth work awards**

*For more information contact [Susan.Stewart@renfrewshire.gov.uk](mailto:Susan.Stewart@renfrewshire.gov.uk)*

## Care Experienced Accommodation Grant

**In college or university? Looking for some support with your rent over summer?**

**You may also be able to get help with your accommodation costs during the summer holidays**

**For more information on this [click here](#)**

**For the application form [click here](#).**

# Parental Supports

## RENIO Parent Drop Ins

We have **2 Parent Drop Ins** open over the summer - this is an opportunity for you to speak to a trained professional about concerns you have with your child.

***Please note- children should not attend this appointment***

1- Renfrew Drop In (Wednesdays 9am-12.30pm) - weekly

***Renfrew YMCA, 3 Canal Street, Renfrew, PA4 8QS***

2- Johnstone (Thursdays 9am-12.30pm)- fortnightly over the summer - July 14th, 28th, August 11th

***Station 7 Community Hub, 16 Quarry Street, Johnstone***

## Summer Groups

These groups are for parents/ carers to come along and spend time with their children enjoying crafts and games, meeting other parents and having a cuppa.

***Please note- this is not a childminding service***

### Group 1

***Parent/ carer & child at Riverbrae School, Linwood***

This group will run on a Thursday from 10.30-12.30pm on the following dates;

***July 7th, 14th, 21st, 28th, August 4th & 11th***

### Group 2

***Parent/ carers of child with ASN & siblings at Riverbrae School, Linwood***

This group will run on a Tuesday from 1pm-3pm on the following dates;

***July 19th, 26th, August 2nd & 9th***

# Parental Supports

## Empowering Parents Empowering Communities - Being A Parent Groups

**Do you have a child aged between 2-11 years old?**

**Need practical support for the day to day challenges  
of being a parent?**

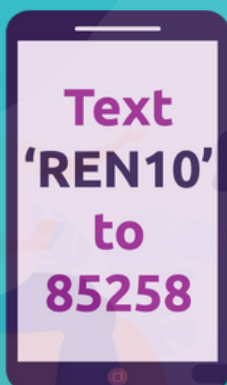
**Would you like new ideas on how to support your  
child?**

**Join one of our free groups run by fully trained local parents.  
Groups will be run across Renfrewshire from August 2022.**

**You'll be able to share ideas with other parents and learn different  
strategies to help you as a parent.**

**The groups will run for 2 hours per week over 8 weeks and some of  
the topics covered include:**

- Play
- Feelings
- Understanding your child's behaviour

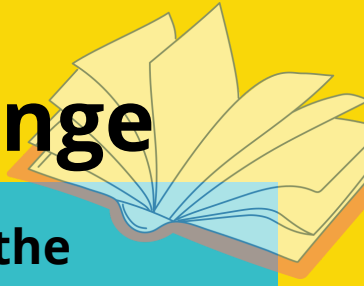


***Feeling overwhelmed? Anxious? Not sure  
who to speak to?***

***Text REN10 to 85258 and one of our  
trained volunteers will speak to you.***

# Get Involved

## Summer Reading Challenge



Go on an adventure into science ... Join the Gadgeteers for the Summer Reading Challenge to discover the amazing science and innovation behind the world around you!

This challenge helps you keep track of your reading all summer round. Find new book recommendations, take part in mini challenges, play games and more!

You can get your chosen books from any of our Renfrewshire libraries.

**[CLICK HERE](#)** and sign up for the **Summer Reading Challenge!**

**You can access the following libraries across Renfrewshire**

Bishopton Library

Foxbar Library

Lochwinnoch Library

Bridge of Weir Library

Glenburn Library

Paisley Central Library

Erskine Library

Johnstone Library

Ralston Library

Ferguslie Library

Linwood Library

Renfrew Library

# Get Involved

**Have a child aged 5-14? Struggling with what to do over summer?**

Renfrewshire's CLD partnership (Youth Services, Adult & Family Learning, Street Stuff and One Ren) are delivering a summer programme, in conjunction with partners.

There will be FREE activities for 5-14 year olds over the summer from 4 July – 11 August. Children living local to the schools below can come along to our sessions to join in lots of fun activities such as:

Dancing

Drama

Music

Sports

Arts and Crafts

Environmental Clean Ups

Outdoor Activities

Trips to Outdoor Centres

Climbing Walls

Youth buses

Gaming

Archery

Biking

Laserquest

Bushcraft

Days	Times	Venues	Age
Monday & Wednesday	9.30-2.30	St Catherines, St Paul's, St James (Renfrew)	5-14
Tuesday & Thursdays	9.30-2.30	West Johnstone Campus, Woodlands, Glencoats	8-14
Fridays	10.30-1.30	KGV One Ren Renfrew	8-14
	1.00-2.30	KGV One Ren Renfrew	

If you have any enquiries please contact [summer@renfrewshire.gov.uk](mailto:summer@renfrewshire.gov.uk)



# **Child Concerns**

**Concerns about a child or young person over summer? Not sure where to turn to?**

**If you have concerns about a child's mental or physical wellbeing over the summer, please contact social work on 0300 300 1199.**

**If a child is in immediate harm or danger, please contact Police Scotland on 999.**

