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## **ACTIVITIES**

### **Baby Massage Classes**

Baby massage can help babies with sleep, wind and colic. It also aids relaxation and bonding.

Classes are available at:



Bargarran Community

Centre, Bargarran Square, Erskine PA8 6BS

Friday 11.00am-1.00pm 0141 812 2000

Beechwood Centre (drop in) Shortroods Road, Paisley PA3 2NT

Tuesday 1.00pm-2.00pm Call Jan Clark 01505 821603

Castle Semple Cafe, Lochlip Road, Lochwinnoch PA12 4EA

Monday 10.30am-11.30am

Foxbar Clinic (drop-in) Morar Drive, Paisley PA1 1NB

Monday 1.30pm-2.30pm 01505 813119

Lagoon Leisure Centre, Christie Street, Paisley PA1 1NB

Thursday 11.00am-12noon 0300 300 0250

(includes swim £2 [50p if on benefits]). Booking required.

Linden Medical Centre, Floors Street, Johnstone PA5 8PZ

6 weeks upward Friday 11.00am-12noon 01505 826098

Northcroft Medical Centre, Northcroft Street, Paisley PA3 4AD

Monday 1.30pm-2.30pm 0141 843 4393

(5 week block by appointment)

Renfrew Health Social Work Centre, Ferry Road, Renfrew PA4 8QH

Thursday 1.30pm-2.30pm 0141 207 7455

Magic Music

Friday 10.00am-11.00am 01505 826098

Linden Medical Centre, Floors Street Johnstone PA5 8PZ

(This class can be followed by baby massage from 11.00am-12noon – also drop in).

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*Information correct as of January 2013. Document review date: February 2015.*

*All of the groups and organisations listed in this manual are not necessarily affiliated with NHSGGC*

## **Bookbug Sessions**

Bookbug Sessions are free, fun and friendly events for babies, toddlers, pre-schoolers and their families to enjoy together, lasting around 30 minutes. They include songs, stories and



rhymes and are a chance to spend some quality time with your little one and meet with other parents in your local area. Sessions help to build up your child's confidence and social skills, giving their speech and language development a real boost. There is no need to book.

Sessions are available in eleven Renfrewshire libraries during term-time:

**Bishopton Library**, 11 Greenock Road, Bishopton PA7 5JW  
alternate Thursday 10.30am-11.00am

**Bridge of Weir Library**, Lintwhite Crescent, Bridge of Weir PA11 3LJ  
alternate Thursday 10.00am-10.30am

**Erskine Library**, Bridgewater Place, Erskine PA8 7AA  
Tuesday 9.45am-10.15am (0-15 months)  
10.45am-11.15am (15months - 4 years)

**Ferguslie Library**, Tannahill Centre, Blackstoun Road, Paisley PA3 1NT  
Monday 10.30am-11.30am

**Foxbar Library**, Ivanhoe Road, Paisley, PA2 0JZ  
Wednesday 11.00am-11.30am

**Glenburn Library**, Fairway Avenue, Paisley PA2 8DX  
Friday 10.30am-11.00am

**Johnstone Library**, 17 Collier Street, Johnstone PA5 8AR  
Wednesday 10.00am-10.30am (12-36 months)  
11.00am-11.30am (0-12 months)

**Linwood Library**, Ardlamont Square, Linwood PA3 3DE

Thursday 1.30pm-2.00pm

**Lochwinnoch Library**, High Street, Lochwinnoch PA12 4AB

Tuesday 9.30am-10.00am

**Paisley Central Library**, 68 High Street, Paisley PA1 2BB

Monday 10.15am-10.45am (0-18months)  
11.15am-11.45am (18months-4 years)

**Renfrew Library**, Paisley Road, Renfrew PA4 8LJ

Tuesday 9.30am-10am and 10.15am-10.45am

Bookbug offer baby and toddler packs from your Health Visitor, and pirate packs available for 3 year olds are gifted by nurseries. Packs contain books for your child, information on the benefits of sharing stories together and other gifts.

For up-to-date information about Bookbug sessions please visit our website for children and families ([www.renfrewshirelibraries.info](http://www.renfrewshirelibraries.info)) or contact Library Services on Telephone 0300 300 1188.

**Renfrewshire Libraries** provide a welcoming and family friendly experience across our network of twelve libraries and two mobile libraries. We have a great selection of books for children of all ages,



homework help, free computers, and fun activities. We also provide information and signpost to useful services for parents.

Visit our website for children and families

[www.renfrewshirelibraries.info](http://www.renfrewshirelibraries.info) or Telephone 0300 300 1188 to find out more.

**Playdays @ the museum** High Street, Paisley  
PA1 2BA

Suitable for ages 6 months + and their parents/  
carers.

£2 per adult children go free bookable through  
box office (Price includes FREE snacks!)

Telephone 0300 300 1210

Come along to these specially created, highly interactive and  
multi sensory sessions. Aimed at pre-school children, each  
session is different and includes singing, movement, sensory  
activities and creative play.

Please visit Renfrewshire Council website

[www.renfrewshire.gov.uk](http://www.renfrewshire.gov.uk) for dates and further information.



**Baby Disco** Suitable for ages 6 months + and their parents/  
carers. £2 per adult, children go free bookable through box office  
(Price includes FREE snacks!)

Join in the fun with dancing and games as well as art activities,  
video animation and a soft play area. Music will be provided by  
our resident DJ with a mixture of contemporary rock and pop  
music. Please visit Renfrewshire Council website

[www.renfrewshire.gov.uk](http://www.renfrewshire.gov.uk) for dates and further information.

## **FINANCIAL ADVICE & SUPPORT**

**The Directory of Financial Inclusion Services** in Renfrewshire  
contains a comprehensive list of services that give free and  
confidential advice which includes debt/money, housing,  
employment, benefits/taxes, family and homelessness. The  
directory can be accessed online at [www.renfrewshire.gov.uk](http://www.renfrewshire.gov.uk)

**Advice Works** is a free confidential independent service to assist  
with welfare rights or issues with benefits or debts. The service  
can be accessed by appointment, drop-in, e-mail, and website or  
by telephoning the Helpline. You can also contact the Advice

Works office for an appointment at any of their locations or for their home visiting service.

**Healthier Wealthier Children** is a targeted joint support initiative (Health and Advice Works) for pregnant women, families with children under 5 years and up to 19 years who have additional support needs. You can contact the specialist adviser on 0300 300 1238 or 07960 942781.

### **Advice Works**

Telephone: 0300 300 1238

Email: [adviceworks@renfrewshire.gov.uk](mailto:adviceworks@renfrewshire.gov.uk)

Monday to Thursday, 8.45am - 4.45pm, and Friday, 8.45am - 3.55pm

Helpline is Monday - Friday 1.00pm - 4pm.

### **Choices: One Parent Families**

For further information on specialist lone parent services, contact Lone Parent Freephone Helpline 0808 801 0323

### **Department for Work and Pensions**

For information on benefits, financial support, jobs or pensions

Email: [www.dwp.gov.uk](http://www.dwp.gov.uk)

### **Johnstone Credit Union Ltd**

Telephone 01505 327148

[www.johstonecu.co.uk](http://www.johstonecu.co.uk)

E-mail: [enquiries@johnstonecu.co.uk](mailto:enquiries@johnstonecu.co.uk)

### **Money Advice Service**

[www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)

Offers lots of information, resources and calculators to help you plan, budget and save.

### **National Debt Line**

Telephone: 0808 808 4000

For free, confidential and independent advice on how to deal with debt problems.

## **Renfrewshire Citizens Advice Bureau**

45 George Street, Paisley, PA1 2JY

[www.cas.org.uk](http://www.cas.org.uk)

Email: [bureau@paisleycab.casonline.org.uk](mailto:bureau@paisleycab.casonline.org.uk)

Services:

- Specialist money advice
- Housing advisory service
- Full holistic advice service

## **Renfrewshire-Wide Credit Union**

39 High Street, Paisley PA1 2AF

[www.rwcu.co.uk](http://www.rwcu.co.uk)

Telephone 0141 889 7442

E-mail: [info@rwcu.co.uk](mailto:info@rwcu.co.uk)

## **Saving and Affordable Credit (Credit Unions) Services**

- Low cost loans
- Adult and junior savings accounts
- Death benefits
- Revolving credit

## **Working Families**

[www.workingfamilies.org.uk](http://www.workingfamilies.org.uk)

Free Helpline Telephone: 0800 012 0312

Working families charity helps working parents/carers and their employers find a better balance between responsibilities at home and work. The free Legal Helpline gives parents/carers confidential advice on employment rights (e.g. maternity/paternity leave), rights to time off in emergencies, parental leave and helps to negotiate flexible hours wanted. Basic advice is also offered on benefits and tax credits which working parents can claim, maternity discrimination and pregnancy discrimination.

## **HEALTH AND FITNESS**

### **Renfrewshire Leisure**

Parent and Toddler classes:

**Dance** (Jamdance, Dancing school),  
Linwood



**Football** (Wee Sockastars), Erskine, Linwood, Ralston, Renfrew

**Gymnastics** (Gym Joeys), Linwood

**Play** (have a ball, tots time out), Paisley Lagoon

Softplay, Erskine

**Swimming**, Erskine, Johnstone, Paisley Lagoon, Linwood, Renfrew

**Tae Kwon Do**, Linwood

See website for dates and times - [www.renfrewshireleisure.com](http://www.renfrewshireleisure.com)

### **Walking Group**

Buggy Buddies

Wednesday

10am Car park, Rowantree Café, Barshaw Park £3

Friday

10.30am Costa Coffee, Braehead Shopping Centre £3

## **HEALTH VISITOR SERVICES**

You are invited to bring baby down to your local Health Visitor for weaning advice, weighing service or any queries (other than for ill babies, where you are advised to contact your doctor). Ask about one-off information sessions on safety, resuscitation, parenting, etc with your Health Visitor or drop-in to check what's available.



**(Registered patients only):** Only mums and babies registered at that particular practice can attend).

**Abbey Medical Centre (registered patients only)**

Well Baby Clinic, by appointment on Thursday's, 2.00pm-3.30pm

**Anchor Mill Surgery (registered patients only)**

Well Baby Clinic, Drop-in on Thursday's, 1.30pm-3.00pm

(possibly changing to appointment only)

Well Baby Clinic, by appointment on Friday's, 10.00am-12noon

**Bishopton Health Centre (registered patients only)**

Well Baby Clinic, by appointment on Wednesday's, 10.00am-12.30pm

**Charleston Surgery (registered patients only)**

Well Baby Clinic, drop-in, 1st and 3rd Wednesday of the month, 1.30pm-2.50pm

**Consulting Rooms (registered patients only)**

Well Baby Clinic, drop-in on Thursday's, 1.30pm-3.30pm

**Erskine Health Centre**

Well Baby Clinic, drop-in on Tuesday's, 10.00am-11.30am

Bargarran Community Centre

**Ferguslie**

Community Clinic, drop-in on Wednesday's, 1.30pm-3.30pm

Babies of King Street GPs, Thursday, 1.00pm-3.00pm

**Foxbar Clinic**

Well Baby Clinic, drop-in on 1st Monday of month, 9.30am-11.00am

**Glenburn Surgery**

Well Baby Clinic, drop-in on Wednesday's, 10.00am-12noon

**Johnstone Health Centre**

Well Baby Clinic, drop-in on Monday's, 10.00am-11.00am

**King Street Surgery (registered patients only)**

Well Baby Clinic, drop-in on 1st Thursday of month, 1.30pm-3.30pm

**Linwood Health Centre**

Well Baby Clinic, drop-in on 1st Tuesday of month, 10.00am-11.30am

**Mirin Medical Practice (registered patients only)**

Well Baby Clinic, by appointment 1st and 3rd Thursday of the month, 9.30am-11.00am

**Mistylaw Medical Practice, Lochwinnoch (registered patients only)**

Well Baby Clinic, last Wednesday of month, 1.30pm-2.30pm

**Northcroft Practices**

Well Baby Clinics: **(registered patients only)**

**Barony**, drop-in on 1st and 3rd Thursday of the month, 12.30pm-2.00pm

**Greenlaw**, drop-in on Thursday's, 2.00pm-3.15pm

**Kelburn**, drop-in on Wednesday's, 2.00pm-3.00pm

**Renfrew Health and Social Work Centre**

Well Baby Clinic, drop-in on Wednesday's, 1.30pm-3.00pm

## **INFANT FEEDING SUPPORT**

### **Breastfeeding Support Drop-In**

All mums are welcome to attend the breastfeeding support groups held across Renfrewshire and meet other mums who are breastfeeding. There will be a qualified nurse, health visitor or midwife and a breastfeeding support volunteer at the group each week to answer any questions. Baby changing facilities are also available.



NHS Greater Glasgow and Clyde run breastfeeding groups locally:

### **Monday**

**Northcroft Medical Centre**

Northcroft Street, Paisley

Telephone: 0141 843 4388/4354

11:30am - 1:00pm

## **Tuesday**

### **Paisley Maternity Unit**

Royal Alexandra Hospital, Corsebar Road, Paisley

Telephone: 0141 314 7371

2.30pm - 4.00pm

**The Breastfeeding Network (BfN)** is a charity providing breastfeeding information and run the following support groups locally:

## **Monday**

### **East Church Tots Group**

Steeple Square, Kilbarchan PA10 2JD

9.30am – 11.30am (term time only)



## **Tuesday**

### **Johnstone “Breast Buddies”**

West Johnstone Family Centre, Beith Road, Johnstone

12.30pm – 2.00pm

## **Friday**

### **Ferguslie “Breast Buddies”**

Ferguslie Community Nursery, Paisley

12.30pm - 2.00pm

For more information on breastfeeding please contact your Health Visitor, Midwife or the Breastfeeding Network on 0300 100 0210. All groups aim to be welcoming, friendly and informal. No appointment is necessary and we welcome toddlers.

Some groups are closed during school holidays and bank holidays.

### **Support for Breastfeeding “Out of Hours”**

If your community Midwife or Health Visitor is not available or you would prefer to talk to a breastfeeding counsellor please contact:-

- **National Breastfeeding Helpline**

Telephone: 0300 100 0212 - 9.30am – 9.30pm

- **Association of Breastfeeding Mothers** [www.abm.me.uk](http://www.abm.me.uk)  
Telephone: Counselling Helpline: 08444 122 949, 9.30am–10.30pm every day.

- **Baby Friendly Initiative** [www.babyfriendly.org.uk](http://www.babyfriendly.org.uk)

Provides information for parents on feeding your baby. Offers video clips to help with breastfeeding and information for parents on breastfeeding, bottle feeding and weaning. Evidence based information regarding benefits of breastfeeding.

- **Breastfeeding Network** [www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

Offers video clips to help breastfeeding, advice on medication in breastmilk, safety of beauty treatments during breastfeeding, advice on returning to work, breastfeeding multiples, etc. Helpline: 0300 100 0210

- **Feedgood factor** [www.feedgoodfactor.org.uk](http://www.feedgoodfactor.org.uk)  
NHS Scotland website which provides information and support on breastfeeding.

- **La Leche League**  
[www.laleche.org.uk](http://www.laleche.org.uk)  
Breastfeeding, parenting, weaning advice, with training courses and support group. Helpline: 0845 120 2918



- **National Childbirth Trust** [www.nct.org.uk](http://www.nct.org.uk)  
Breastfeeding Line: 0300 330 0771. 8.00am – 10.00pm every day  
Postnatal Line: 0300 330 0773. 9.00am – 1.00pm, Monday to Friday
- **Ready Steady Baby** [www.readysteadybaby.org.uk](http://www.readysteadybaby.org.uk) is an NHS resource which offers a complete guide to pregnancy, birth and parenthood throughout the first year of a baby's life.
- **Supporter Line** for Bengali/ Sylheti speaking mothers 0300 456 2421

- **Your Pregnancy and Baby Guide** [www.breastfeeding.nhs.uk](http://www.breastfeeding.nhs.uk) gives advice on breastfeeding support and weaning.

## **Formula Feeding**

If you are considering moving from breastfeeding to formula feeding, consult your Health Visitor, as this decision is difficult to reverse. Formula milk is processed, powdered cows milk which has been treated to make it suitable for babies. First-stage formula is whey based and should be used until baby is one year old. Ordinary cow's milk should not be given until baby is at least 1 year old (in place of breast or formula milk). For information on how to safely make up infant formula, ask your Health Visitor for the 'Formula Feeding: How to feed your baby safely' booklet which provides the newest guidance on how to safely make up infant formula or view online at [www.healthscotland.com/documents/5523.aspx](http://www.healthscotland.com/documents/5523.aspx)

## **Nutrition and Starting Solids (Weaning)**

**Healthy Start Vitamins** [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Although most of the vitamins you need should come from healthy foods you eat, young children, pregnant and breastfeeding mums need vitamin supplements. You can get free vitamin supplements (if on certain benefits) with Healthy Start, as well as vouchers to buy (infant or cows) milk, fresh and frozen fruit and vegetables from participating pharmacies and shops. Application forms are available at [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) or through your Health Visitor or Midwife.



The vitamin supplements are free for pregnant women and for children from 6 months until their 4th birthday (if in receipt of Healthy Start benefit). The vitamins can also be bought from participating pharmacies for those not entitled to free vitamins.

## **Starting Solid Foods (Weaning)**

### **When is the best time to start your baby on solid foods?**

Introducing your baby to solid foods (weaning) should start when your baby is around 6 months old. This gives your baby the best chance for good health throughout their life according to recent research supported by the World Health Organisation and Scottish Government. Until 6 months of age, your baby's digestive system and kidneys are still developing and breastmilk (or infant formula) will provide all your baby's needs. After 6 months your baby will need more nutrients than milk alone can provide, for example, iron.

### **Why it pays to wait until your baby is ready**

If you are breastfeeding, feeding only breastmilk up to around 6 months will give them extra protection against infection, and will continue to protect them for as long as you carry on. Weaning too soon may increase the risk of asthma, eczema, digestive problems, allergies and obesity in later life. Whether your baby has breast milk or infant formula, waiting until your baby is ready for food will save a lot of time too, as:

- Your baby will quickly be able to feed themselves with less mess
- Your baby will be able to swallow properly
- there is no need to sterilise bowls or spoons
- there may no need to puree, finger foods or mashed food can be given.

### **How to start your baby on solid foods (weaning)**

You should continue with breast or formula milk while gradually introducing solid foods. Solid food should be offered to your baby after his/her usual milk feeds. Babies don't need three meals a day to start with, so you can start by offering foods at a time that suits you both. Gradually you'll be able to increase the amount

and variety of food your baby eats until they can eventually eat the same as the rest of the family, in smaller portions. The booklet 'Fun First Foods: An easy guide to introducing solid foods' has the most up-to-date, helpful advice, tips and recipes on the different stages of weaning for your baby.

### How do I get a copy of 'Fun First Foods'?

- Come to a Starting Solids Health Event (see below) where you can pick up a copy (Ask your Health Visitor for more details about these events).
- Available online in English and other in English and other languages at: [www.healthscotland.com/documents/303.aspx](http://www.healthscotland.com/documents/303.aspx)



A short film on weaning your baby onto solids and cooking first foods can be viewed at:

[http://www.chps.org.uk/content/default.asp?page=s448\\_13\\_14](http://www.chps.org.uk/content/default.asp?page=s448_13_14)

### Starting Solids (Weaning) Health Events

All parents want the best start for their baby. What their baby eats and drinks is important for their health now and in the future. Health experts recommend that babies should start eating solid foods from the age of six months, with all their nourishment coming from breast or infant formula until then. Free Starting Solids Health Events can make weaning fun for you and your baby! Get tips and advice of everything for your baby, including:

- The best time to start offering your baby first foods
- How to prepare healthy food your baby will love
- Looking after your baby's teeth
- How you can encourage your baby's language development



Mums, dads, grandparents and of course babies all welcome!  
Ask your Health Visitor for more details.

### **Active Children Eating Smart (ACES)**

Are you concerned about children and young people in your care being overweight? ACES is an exciting healthy eating activity club for children and young people 5-15 years old that's fun, informative and free. For more information phone 0800 027 0291. If you are concerned about a younger child's weight, please talk with your Health Visitor.

### **Food Standards Agency**

[www.eatwell.gov.uk](http://www.eatwell.gov.uk) contains independent and up-to-date information on a variety of food and diet related topics. These include healthy diet for all ages, keeping food safe, recipes, advice for vegetarians and vegans and links on approved E numbers.

## **MINOR AILMENT SERVICE (MAS)**

### **What is the Minor Ailment Service?**

Eligible patients (registered with a GP in Scotland) who have a minor ailment, can make use of the Minor Ailment Service (MAS) offered free of charge in pharmacies (with the exception of people who are resident in a care home, temporary residents). The service provides your local community pharmacy as the first port of call for minor ailments where patients can obtain advice and treatment for a wide range of common conditions including pain relief, cough and cold treatments along with baby's teething, hayfever and head lice treatment.





## **How does it work?**

You register for the service with the community pharmacy of your choice.

You don't have to make an appointment. You can go along at a time that suits. You will have a consultation in the pharmacy with a trained member of staff.

If your pharmacist thinks that you need a medicine or product to treat your symptoms, it will be provided. You may receive advice only or referral to your GP if this is more appropriate.

## **How do I register?**

You can register for MAS at any community pharmacy at any time. Your pharmacist will ask you some details - name, date of birth, gender, GP and postcode. You can check whether you are entitled to MAS with your pharmacist who completes a form which you must sign to register for the service. Your pharmacist will ask you for proof of your exemption, for example your maternity or medical exemption certificate or HC2 certificate. It is important to bring this information with you. Your pharmacist will print a separate form for every eligible member of your family who is registering for the service.

You will still need to go to your GP if you need a medicine that you can only get on prescription from your GP or if your symptoms are more serious than a simple condition. If unsure, check with your pharmacist.

## **What does the service offer?**

You will be able to get advice and free treatment from your community pharmacist for minor illnesses and ailments such as:

Acne, athlete's foot, back ache, cold sores, constipation, cough, diarrhoea, earache, eczema and allergies, haemorrhoids (piles), hay fever, headache, head lice, indigestion, mouth ulcers, nasal

congestion, pain, period pain, thrush, sore throat, threadworms, warts and verrucae.

If your pharmacist feels that it is better for you to see your GP then they may refer you directly or ask you to make an appointment with your GP.

### **Can I still go to my GP?**

Yes you can still make an appointment with your GP if you feel this is more suitable.

### **Can I still use other pharmacies?**

Yes you can still use other pharmacies to buy medicines or to pick up your prescriptions. However, you can only register for the MAS with one pharmacy so please register with the pharmacy which is most convenient for you.

You can change your registration to another pharmacy if it is more suitable.

## **NHS24 SCOTLAND**

For 24 hour access to self-help guide in advice for basic health problems, and help in deciding whether to contact NHS24 or see an Out of Hours Doctor.

Telephone: 08454 242424. [www.nhs24.com](http://www.nhs24.com)

## **ONLINE RESOURCES**

**Contraception** For information on all sexual health services  
[www.sandyford.org](http://www.sandyford.org)

### **Domestic Abuse Helpline**

This helpline, run in partnership with Scottish Women's Aid, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf. Call for confidential support and information.

Freephone 24 hour Helpline 0800 027 1234

### **Domestic Abuse Helpline for Men**

Telephone 0808 801 0327

**Renfrewshire Women's Aid** provides information, support and accommodation to women and children experiencing domestic abuse. The service has been developed in response to the needs of women and children experiencing domestic abuse in Renfrewshire. They now have 19 spaces and can accommodate a range of family compliments.

Telephone 0141 561 7030

### **Women and Children First**

This project provides a range of support services to women and children who have experienced rape, sexual assault, physical abuse, harassment and/or child sexual abuse, whether in the home or in the wider community.

Telephone 0300 300 0345

**Netmums** [www.netmums.com](http://www.netmums.com) offers:

- online help and forums for nationwide and local family and budget-friendly activities
- local support groups (including mother and toddler groups, breastfeeding support, etc)
- budgeting advice
- guidance on returning to work
- childcare, specialist support (dyslexia, ADHD, divorce or separation)

- budget-friendly recipes for weaning, toddlers, families, parties
- online, drop-in clinic where any question about babies, children and parenting can be asked
- trained Parent Supporters or Health Visitors are available 9.00am and 3.00pm Monday to Friday and from 7.30pm to 9.30pm every evening.
- Parent Supporters include experts from Relate, Women's Aid, Contact a Family, Parentline Plus, the Advisory Centre for Education, and the Citizen's Advice Bureau

### **Renfrewshire Service Directory**

This directory offers details of the wide range of services available in Renfrewshire.

Website: <http://www.chps.org.uk/content/default.asp?page=s448>

**A to Z of social care and health** also offers details of the wide range of services available in Renfrewshire

<http://www.renfrewshire.gov.uk/webcontent/home/services/social+care+and+health/sw-atozsocialcarehealth>

### **Other websites of interest:**

**[www.immunisationscotland.org.uk](http://www.immunisationscotland.org.uk)**

Information on why immunisations are important, vaccines available, when to immunise, including latest recommendations on whooping cough immunisation.

**[www.playtalkread.org](http://www.playtalkread.org)**

Scottish Government resource with fun, interactive activities, ideas and advice for your baby and support contact details for parents or carers.

**[www.readysteadytoddler.org.uk](http://www.readysteadytoddler.org.uk)**

NHS hands-on guide to help you through the challenges and rewards of the toddler years.

## **ORAL HEALTH**

### **Childsmile: Improving the oral health of children in Scotland**

Good oral health in childhood means healthy teeth and gums throughout life.



Your Health Visitor/Public Health Nurse or Childsmile Dental Health Support Worker will introduce you to Childsmile. They will give you oral health advice and provide you with a free toothbrush and 1000 parts per million fluoride toothpaste. They can also help you find a dental practice in your area. Aim to register your baby with a dentist soon after birth or at least as soon as the first tooth appears.

Taking your baby to the dental practice as early as possible helps your child get used to the sights, sounds and smells of a dental practice. At the dental practice, you will be given advice and support from the dental team, who will show you how you can stop your child from suffering from tooth decay in the future. From the age of two, the dental practice team can provide additional preventive care, such as fluoride varnish.

For more information, ask your Health Visitor or visit [www.child-smile.org.uk](http://www.child-smile.org.uk)

Renfrewshire's Oral Health Action Team (OHAT) can be contacted on 01505 821808 for further information about oral health.

### **Remember**

- Brush teeth twice a day using a fluoride toothpaste (1000ppm)
- Register with a dentist and visit regularly
- Keep sugary foods and drinks to mealtimes only
- Always use sugar free medicines if possible.

## **PARENTING SUPPORT**

Kids don't come with an instruction manual so when it comes to parenting, how do you know what's best and what works?

Renfrewshire Children's Services Partnership is taking the guesswork out of parenting, by supporting parents and carers in the Renfrewshire area with Triple P (Positive Parenting Program®).



### **Triple P - Positive Parenting Program®**

Information and support is available in your area, at the level you need it. Every parent can benefit from the right kind of information or support at the right time. Parents can choose from a variety of options, whether you just want some handy hints and tips from a seminar in your local school or nursery, or you feel you need the focus of meeting one to one with a trained Triple P Specialist for a particular behaviour, or maybe the support of meeting with other parents like you in a group, Triple P has something to offer you. For further details contact telephone: 0141 618 6858.

Website: [www.renfrewshire.gov.uk/parents](http://www.renfrewshire.gov.uk/parents)

### **Barnardo's** [www.barnardos.org.uk/apna](http://www.barnardos.org.uk/apna)

Provides a wide range of support services for families with special needs infants/children, including Home Care (respite), Befriending and Carer's Support Groups.

For further information contact Jackie Given on Telephone 0141 884 6252

Email: [Jackie.given@barnardos.org.uk](mailto:Jackie.given@barnardos.org.uk)

## Barnardo's Threads

Barnardos Threads offers support for young parents under 21 years of age across Renfrewshire. As well as individual support, there are a range of groups to help young parents feel more confident, get the most up-to-date information regarding their baby and share their experiences with other young parents.

Threads have pre-natal groups and mums and babies programmes as well as groups for young dads. We help with practical support around housing, benefits and money advice.

For more information please call 0141 884 6696,

Text 07717807454 or email: [paisley.threads@barnardos.org.uk](mailto:paisley.threads@barnardos.org.uk)

## Childcare in Renfrewshire Information Service (CRIS)

The Childcare in Renfrewshire Information Service (CRIS) is a free, impartial and confidential service giving information and advice on childcare. CRIS also provide a wealth of information for families and professionals regarding registered childcare, recreation and leisure activities and information on services for children, young people and families such as:

- **Registered Childcare:** e.g. childminders, Nurseries, Out of School Care, Playgroups, Parent & Toddler Groups, Pre-school Education
- **Family Information:** Additional Support Needs, Advice Agencies, Child Protection, Parenting Support, Holiday & Leisure Activities
- **General Information:** e.g. A Career in Childcare, Choosing quality provision, Funding for Childcare, Pre-school Information, Types of Childcare, National Childcare Contacts



### Contact Details:

Renfrewshire House, Cotton Street, Paisley PA1 1UJ

Telephone: 0300 300 0170 option 3

Website: [www.scottishfamilies.gov.uk](http://www.scottishfamilies.gov.uk)

Email: [childcare.els@renfrewshire.gov.uk](mailto:childcare.els@renfrewshire.gov.uk)

## Home-Start

Home-Start Renfrewshire is one of 340 Home-Start schemes in the UK. Home-Start Renfrewshire helps parents to build better lives for their children. Our trained volunteers support parents as they learn to cope, improve their confidence and build better lives for their children. The benefits of our support include improved health and well being and better family relationships. Our volunteers visit a family in their own home for 2/3 hours one day a week. Support is tailored to the needs of the parents and children. Volunteers are very committed and will visit until the youngest child turns five or starts school, or until the parents feel they can stand on their own two feet. Parents and volunteers often develop a deeply trusting relationship which can lead to powerful change within the family. We also provide a family group service and social events for families. For further details, please call 0141 889 5272 or email: [hs.renfrewshire@btconnect.com](mailto:hs.renfrewshire@btconnect.com)

## Incredible Years Parenting Programme

Available in all Renfrewshire Council Pre-5 Centres, the Incredible Years Parenting Programme for parents of children aged 2-6 years seeks to help parents to develop positive, effective ways to improve the behaviour of their children and, in turn, family life. The 18 week group provides great opportunities for parents who are concerned about their child(ren)'s behaviour and/or their own interaction with their child(ren) to work together with other parents and trained practitioners using this world leading material to develop skills and approaches which are proven to improve both these areas. For further details Telephone: 0141 618 6858, or if your child already attends a council Pre-5 Centre, ask a member of staff.





## **Parentline Scotland**

This is a free helpline and email service for anyone with a concern (no matter how big or small) about a child.

Telephone: 0800 0282233

Email: [parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)

## **Star Project (Paisley North)**

Supporting families in the North end of Paisley with Parent & Toddler Group, One to One Support, Workshops, Drop-In, Outreach and Adult Support Workers. For more information please call Lynda Green on 0141 889 5850 or email: [Lynda\\_star@hotmail.co.uk](mailto:Lynda_star@hotmail.co.uk) or ask your health visitor.

## **HELP TO STOP SMOKING**

Babies (including unborn babies) and children exposed to second-hand smoke are at particular risk of developing serious illness. Exposure to second-hand smoke is strongly linked to infections of the lungs, increased risk of asthma attacks, coughs and colds, increased absence from school, disease of the middle ear (e.g. glue ear, which can lead to partial deafness) and increases the risk of cot death.

To save money and feel healthier, use one of the resources below:-



## **Local Stop Smoking Service 01505 821316**

Call to find out about the services available in your area.

Renfrewshire Smokefree Services offer relaxed, friendly and informal weekly Stop Smoking sessions held in various locations, either on weekdays or evenings. Nicotine Replacement Therapy (NRT) or medications are available free of charge to support you

in your quit attempt. You are four times more likely to succeed in quitting with this support.

Here's what others have said:

- **“Being in a group gave me more motivation, more incentive to stay stopped”**
- **“Quitting smoking has really put the spring back into my step!”**

Drop-in Groups are also available and are held:

### **Monday**

10.00am -12noon     Charleston Centre, 49 Neilston Rd, PA2 6LY

### **Tuesday**

12noon- 1.00pm     Tannahill Centre, 76 Blackstoun Rd PA3 1NT

### **Wednesday**

10.00am-12noon     Linwood Health Centre Community Wing,  
Ardlamont Square, Linwood, PA3 3DE

## **Smokefree Pharmacy Services**

Nicotine Replacement Therapy (NRT) and support are available free from your community pharmacy. Trained staff at your local pharmacy offer a free stop smoking service that anyone who really wants to stop smoking can join.

Nicotine replacement products (patches, gum, lozenges or mini lozenges) can be prescribed in the pharmacy and provided at no cost to support the quit attempt for 10 or 12 weeks. You must be motivated to stop smoking and able to attend the pharmacy each week for support. All pharmacies in Renfrewshire participate in the Smokefree Service Programme. Please register at the pharmacy of your choice.



## **Smokeline 0800 84 84 84**

Smokeline is Scotland's national free stop smoking helpline and is available from 8.00am – 10.00pm (all year round). For help via your mobile phone, text 'QUIT' to 83434. You can also check out the following websites:

- Healthier Scotland [www.canstopsmoking.com](http://www.canstopsmoking.com)
- NHS GGC Smokefree Service [www.nhsggcsmokefree.org.uk](http://www.nhsggcsmokefree.org.uk)

## **STRESS/ANXIETY/POST-NATAL SUPPORT**

**“Talk It Over”** is a support group held every Tuesday from 10.30am-12 noon in Paisley Abbey, Abbey Close Paisley PA1 1JG (crèche available).

Telephone 0141 881 7495 or 07825 491 258

Or contact Grace Rankin, Health Visitor, Telephone 01505 821604

### **Bluebell Perinatal (ante and post natal) Depression Services**

Counselling, baby massage and crèche are available for mums, dads and couples. Counselling is offered regardless of ability to pay. For further details contact: Tom Allan Counselling Centre, 23 Elmbank Street, Glasgow, G2 4PB.

Telephone: 0141 221 3003 Email: [bluebell@crossreach.org.uk](mailto:bluebell@crossreach.org.uk)

### **Breathing Space**

Confidential phone line to call if you're feeling down.

Telephone 0800 83 85 87

Lines are open Monday –

Thursday 6pm-2am

Friday 6pm - Monday 6am

(24hrs).

### **Samaritans**

Available 24 hours a day to provide confidential



emotional support for those experiencing feelings of distress, despair or suicidal thoughts.

Telephone: 08457 90 90 90

## **TODDLER GROUPS**

Details are correct at time of printing January 2013. Please note that many groups only meet during term-time (best to check using contact details).

Legislation is in place that should ensure all groups that have any adult caring for children unsupervised have had an Enhanced Disclosure check or have Protecting Vulnerable Groups Scheme membership. As it was not possible for NHS Greater Glasgow and Clyde to verify each check to date, we would advise you check with each group yourself.

### **Deaf Connections**

100 Norfolk Street, Glasgow G5 9EJ

Telephone: 0141 420 1759. Email:

deafconnections.co.uk.

Free for families with deafness; this includes BSL users, hard of hearing or deafened.

10.00am -1.00pm on Wednesday.

### **Bishopton**

#### **Bishopton Toddlers Group**

Scout Hall, Greenock Road, Bishopton  
PA7 5JW

10am-11.30am Tuesday and Thursday.



## **Bridge of Weir**

### **Bridge of Weir Parent & Toddler Group**

Cargil Hall, Lintwhite  
Crescent, Bridge of Weir  
PA11 3LJ  
Telephone 01505 613907  
9.30am-11.30am on  
Tuesday.



## **Brookfield**

### **Brookfield Toddler Group**

Village Hall, Woodside Road, Brookfield, Johnstone PA5 8UB  
Telephone 01505 326113  
9.30am - 11:30am on Wednesday

## **Erskine**

### **Bridge Fellowship Toddlers**

Bargarran Community Centre, 2 Bargarran Square, Erskine, PA8 6BS  
Telephone 0141 812 2000  
9.30am - 11.30am on Wednesday

### **Church of Nazarene Toddlers (Erskine Toddlers)**

Rashielea Avenue, Erskine PA8 6BS  
Telephone 0141 571 4412  
10 am on Tuesday and Friday  
10am and 12.30pm on Thursday

### **Erskine Parish Church Toddler Group**

Telephone 0141 812  
4620  
1 Rashielea Avenue,  
Erskine PA8 6HA  
9.30am-11.15am on  
Wednesday



## **Ferguslie**

### **Ferguslie Library Group – Bring your Baby**

Tannahill Centre, 76 Blackstoun Road, Paisley PA3 1NT

Telephone 0141 887 6404

10.00am-12noon on Monday

## **Foxbar**

### **Gleniffer Parent & Toddler Group**

Foxbar Community Centre, Amochrie Road, Paisley PA2 0LB

Telephone 01505 814111

9.30am -11.30am on Monday

### **St Columba Parent & Toddler Group**

St. Pauls Church Hall, 118 Brediland Road, Paisley PA2 0HE

9.30am-11.30am on Friday

## **Gallowhill**

### **Mucky Faces**

Gallowhill Community Centre, Netherhill Road, Paisley PA3 4SF

Telephone 0141 889 6395

9.30am-11.30am on Tuesday and Wednesday

## **Glenburn**

### **Braeview Bairns Toddler Group**

Glenburn Parish Church, Nethercraigs Road, Paisley PA2 8UE

Telephone 0141 884 2602

9.30am-11.30am on Wednesday

## **Houston**

### **Houston & Killellan Kirk Toddlers**

Church Hall, Main Street, Houston PA6 7EL

Telephone 01505 329561

10.00am-11.45am on Thursday

## **Howwood**

### **Howwood Toddler Group**

Howwood Parish Church, Beith Road, Howwood PA9 1AS

Telephone 01505 703678

10.00am-12noon on Monday & Friday

## **Johnstone**

### **Johnstone Castle Toddlers**

Johnstone Castle Learning Centre, Pine Crescent, Johnstone  
PA5 0BX

Telephone 01505 331015

9.30am-11.30am on Tuesday, Wednesday and Thursday

### **Johnstone Toddler Group**

C/o Weans World, 43 Brewery Street, Johnstone PA5 8BQ

9.30am-11.30am on Tuesday

### **Dimity Tots**

Dimity Street Church, Dimity Street, Johnstone PA5 8EW

Telephone 01505 352226

10.00am-11.30am & 1.00pm-2.30pm on Monday

## **Kilbarchan**

### **Kilbarchan East Church Tot's Club**

East Church Hall, Steeple Square, Kilbarchan PA10 2JD

Telephone 01505 702621

9.00am-11.30am on Monday

### **Kilbarchan Toddler Group**

West Church Hall, Church Street, Kilbarchan PA10 2JQ

9.45am-11.30am on Tuesday

## **Lochwinnoch**

### **Lochwinnoch Parent & Toddler Group**

McKillop Institute, Main Street, Lochwinnoch PA12 4AJ

Telephone 01505 842261

9.30am-11.30am on Monday and Wednesday

## **Paisley Central**

### **Barshaw Toddler Group**

Sherwood Church,  
Greenlaw Drive, Paisley  
PA1 3RZ

Telephone 0141 889  
7060

9.35am-11.00am

Tuesday and Thursday



### **Central Baptist Church Toddlers Group**

Central Baptist Church 14 Lady Lane Paisley PA1 2LJ

Telephone 0141 887 2640

9.30am-11.30am on Thursday

### **Explore Toddlers**

Elim Christian Fellowship, 18 Gordon Street, Paisley PA1 1XD

Telephone 0141 889 8454

9.30am-11.30am on Tuesday

### **Incy Wincy's Bethany Parent & Toddler Group**

Bethany Hall, 21 Queen Street, Paisley PA1 2TT

Telephone 0141 884 4341

9.45am-11.45am on Thursday

### **Lylesland Parent & Toddlers Group**

Lylesland Parish Church, Rowan Street, Lochfield Paisley PA2  
6RZ

Telephone 0141 561 7139

10.00am-11.30am on Tuesday and Thursday

### **Martyrs Church Mother & Toddler Group**

Martyrs Church, King Street, Paisley PA1 2LS

Telephone 0141 889 6603

9.30am-1.30am on Tuesday and Wednesday



**Mossvale Parent & Toddler Group**

Mossvale Community  
Church, Greenock Road,  
Paisley PA3 2LE  
Telephone 0141 848  
6216  
9.45am-11.30am on  
Thursday



**St. Charles Parent & Toddler Group**

St Charles Church Hall, 5 Union Street, Paisley PA2 6DU  
Telephone 0141 889 2614  
9.30am-11.30am on Monday and Wednesday

**Stow Brae Kirk Parent & Toddler Group**

Church Hall, Stow Street, Paisley PA1 2JJ (Please ring bell for entry)  
Telephone 0141 889 7700  
10.00am-11.45am on Wednesday

**Tiddlywinks**

Life Church, 56 Stock Street, Paisley PA2 6NL  
Telephone 0141 887 1861  
10.00am-11.30am on Monday  
Not open Bank Holidays

**Wee Stars Parent & Toddler Group**

12-14 Wallace Street, Paisley PA3 2BU  
Telephone 0141 889 5850  
10.00am-12 noon on Friday

**Ralston**

**Ralston Parent and Toddler Group**

Ralston Community Centre, Allanton Avenue, Paisley PA1 3BL  
Telephone 0141 882 2772  
9.30am-11.30am on Monday and Thursday

## **Renfrew**

### **J.A.M. Tots**

Albert Hall, Albert Road, Renfrew PA4 8ET

Telephone 0141 589 3353

9.45am-11.45am and 12.30pm-2.00pm on Friday

### **Renfrew Christian Fellowship Parents and Tots**

High Street (between Co-op & Wallace Bar), Renfrew

Telephone 0141 886 1755

9.30am-11.00am on Thursday

### **Renfrew Toddler Group**

Renfrew Baptist Church, 77 Paisley Road, Renfrew PA4 8LH

Telephone 0141 885 2851

9.45am-11.30am on Tuesday and Wednesday

### **Tiny Tots**

Trinity Church, 13 Paisley Road, Renfrew PA4 8JH

Telephone 0141 885 2129

10.00am-11.30am on Monday

### **Tiny Tots Baby & Toddler Group**

Powerhouse for Life, 60 Fulbar Street, Renfrew PA4 8PB

10.00am-11.45am on Monday and Thursday

**CHILD HOME SAFETY CHECKLIST****YES NO**

Do you always keep hot drinks out of reach of children?  
Remember even a small amount of liquid can scald a child.

☐ ☐

Do you keep all pot handles turned away from the edge of the cooker and use the back rings whenever possible?

☐ ☐

Have you installed approved smoke alarms on every level of your home and do you test them regularly?

☐ ☐

Contact your local Fire and Rescue for information or advice Freephone 0800 0731999

Does your family practice a home safety fire plan at least twice a year?

☐ ☐

Are dangerous household items such as medicines, bleaches, washing machine/dishwasher products stored safely out of reach of children? LIQUITABS are particularly dangerous.

☐ ☐

Are hazardous materials such as paint solvents, weed killers, pesticides and fertilisers stored safely out of reach of children?

☐ ☐

Do you keep all plastic wrapping materials including shopping bags, rubbish bags and nappy sacks away from children?

☐ ☐

Have you fitted stair gates at the top and bottom of stairs?

☐ ☐

Do you keep small items including jewellery, buttons, safety pins, coins and small batteries away from children?

☐ ☐

Do you keep hot electrical items such as irons or hair straighteners out of reach of children?

☐ ☐

These items remain hot for some time after being switched off and can cause serious burns in children.

	YES	NO
Do you change your baby on the floor? This will reduce the risk of falling from high surfaces e.g. beds, sofas and changing tables.	<input type="checkbox"/>	<input type="checkbox"/>
Do you always use a five point safety harness when putting your child in a buggy or high chair?	<input type="checkbox"/>	<input type="checkbox"/>
Have you checked that blind cords are not dangling low off windows and do not hang in a loop? Remember anything children can put round their neck can cause strangulation.	<input type="checkbox"/>	<input type="checkbox"/>
Have you placed furniture, including cots and playpens, away from windows to prevent falls?	<input type="checkbox"/>	<input type="checkbox"/>
Are window locks and/or window restrictors fitted and in use?	<input type="checkbox"/>	<input type="checkbox"/>
Do you encourage children to tidy up toys after play to avoid slips, trips or falls?	<input type="checkbox"/>	<input type="checkbox"/>
Have you carefully examined toys and removed those with small or broken parts that could be lodged in a child's throat, ears or nose?	<input type="checkbox"/>	<input type="checkbox"/>
Is your boiler and other gas appliances serviced regularly? This can reduce the risk of Carbon Monoxide (CO) poisoning	<input type="checkbox"/>	<input type="checkbox"/>

For further information on Child Safety:-

Child Accident Prevention Trust (CAPT)  
Tel 020 7608 3828 Website: [www.capt.org.uk](http://www.capt.org.uk)

Royal Society for the Prevention of Accidents (RoSPA) Tel 0121 248 2000  
Website:  
[www.rospace.com/childsafety/inthehome](http://www.rospace.com/childsafety/inthehome)

