

WHAT YOU CAN DO

Tell us how alcohol and drugs are affecting your life.

Tell us if this is affecting your ability to care for your child.

Help us to identify what help you need to make things better for you and your child.

Remember we are here to help.

USEFUL LOCAL CONTACT NUMBERS

East Renfrewshire Substance Misuse Team
0141 577 3368/4027

RCA Trust (Renfrewshire Council on Alcohol)
0141 842 4321

Glasgow Council on Alcohol
0141 226 3883

Social Work Children and Families Team
• Barrhead **0141 577 8300**
• Clarkston **0141 577 4000**

CHILDREN 1st East Renfrewshire Family Support Project **0141 880 7727**

Standby Social Work Out of Hours Service
0800 811 505



East Renfrewshire
Child Protection
Committee



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Getting Our Priorities Right

**Working with children
and families affected by
alcohol or drug use**

Information for families

WORKING WITH YOU AND YOUR FAMILY

“ I used to get really embarrassed at school when mum turned up drunk to collect me. I knew that I would have to make the tea when I got in.”

Billy aged 9 years

“You need even more support when you come off the drugs”

Helen – former heroin user and single parent



HOW WE CAN HELP

We all agree that our children need to be loved and well cared for, and to grow up in a home where they feel safe and protected

It is often rewarding and enjoyable to be a parent, but as you'll know at times it can also be stressful, demanding and a real challenge.

That's why, sometimes as a parent, you'll need extra help in caring for your child - particularly when you're stressed or worried.

Stress or worry can be caused by problems such as unemployment, money worries, death or illness, or not getting on with your husband, wife, partner or other members of your family.

Sometimes, drug or alcohol use - especially if the use is excessive or is causing problems in your life – can also make it harder for you to care for your child.

HOW WE CAN HELP YOU AND YOUR CHILD

If alcohol or drugs are affecting your life, we'll be happy to meet with you to see how we can help.

At this meeting we'll ask you to tell us how alcohol and drugs are affecting your life, including your health, your family and home situation.

We will also talk about what help or support you might need in caring for your child. This will let us know what we can do to help you.

If your child needs extra support from education, social work or health to keep them safe and well we can arrange this.

We want to work with you, to make sure you get the support you need.