

FAMILY

Support Leaflet



**It's never easy bringing up kids.
Especially if you're on a low income
and living in London.**

ScotsCare 
The charity for Scots in London

WE SUPPORT WITH:

Emotional support:

We offer therapeutic support for children and adults in the form of talking therapies.

ScotsCare are committed to the emotional wellbeing and mental health of children and young people, which is why we now offer therapeutic support for children of all ages up to 21.



Children's clothing grants:

Children's clothing grants, to help with the expense of school uniforms and other children's clothing.

Children's activity grants:

Children's activity grants to support children to have varied experiences, whether this is taking up a favourite hobby or developing a new skill, such as piano lessons.

In some circumstances, such grants can go towards the expense of a school trip. They can also be used for all kinds of extra tuition and training courses, for children that need a boost with their studies.

Practical support:

Adult advocacy support in respect of issues relating to benefits and housing for example. We have highly committed advocates who experience significant success for those they speak up for.

Financial grants for white goods and other essential household items, such as cookers and fridges.

PGL holidays:

PGL Holidays for parents (or carers) and their children to enjoy an outbound holiday experience together. The holidays offer children a choice of exciting action-packed activities within a safe and supportive environment where they can build confidence and self-esteem.

Day excursions:

Social events throughout the year, such as summer seaside outings and Winter Wonderland, providing parents with the opportunity to spend valuable quality time with their children.

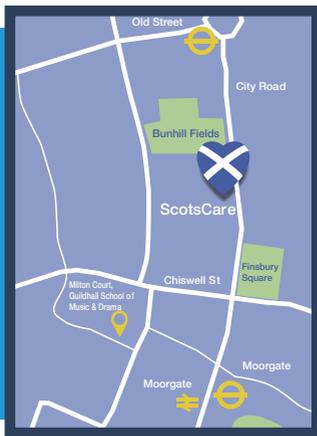


Needs led, comprehensive support and advice

At ScotsCare, we recognise that most families who come to us for help often have more than one struggle at any one time, and it can be difficult to cope with multiple challenges. Our Family Outreach support can help you and your family address overarching issues which impact parenting. Our support team can help you to work with the professional networks involved in your family's life to get the best for you and your children.

ScotsCare

is here to help



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