

# Welcome



**This is a free service for families expecting a baby and/or have children under 5 years old, living in rural South Lanarkshire who are facing particular difficulties or challenges.**

The Grassroots Project can support families by providing:

- 1:1 support from a trained volunteer to attend health care appointments, community activities and signpost to specialist services
- Access and transport to attend the Grassroots Family Education Support Programme

## **Volunteers are crucial to the Grassroots Project**

Families will be supported for 6 months initially then this will be reviewed. Support is individual to each family and a specific action plan will be developed.

The Grassroots Project is funded by the Big Lottery from July 2015-2018.



**1:1 support includes:**

- Support to ante health care appointments (midwife, consultant and scans at Lanark Health Centre and Wishaw General Hospital)
- Support to certain post natal appointments such as immunisations, 6 week check-up, child's hearing/sight test and 27 month assessment with Health Visitor
- Support to attend courses and activities during and after pregnancy e.g. Bookbug, baby and toddler groups
- Support to attend agency meetings/groups e.g. Money Matters, CAB, Stop Smoking classes, Breastfeeding support groups etc

**Grassroots Family Education Support Programme includes:**

- Play@home sessions
- Feeding the Family Cooking Course
- Managing Stress session
- Home Safety, Fire Safety and Second Hand Smoke Awareness
- Budgeting
- Healthy Bump Cookery course (during pregnancy)
- Babysounds
- Baby Massage
- Baby and Child First Aid
- 1:1 Complementary therapies

Families may not require all the support offered, this will be discussed during the initial meeting and will be individual to families needs and circumstances.

Contact Details (9am—5pm Monday to Friday):

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