



Scottish Government
Riaghaltas na h-Alba
gov.scot

Parent Club

How we help parents and families in Scotland who are worried about money



Easy read booklet



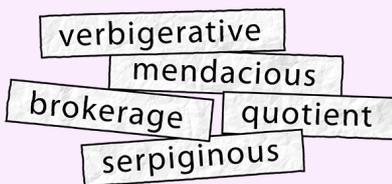
This is an Easy Read version of some information. It has words and pictures.



You might want help to read this booklet. You can ask someone to help you.

words

Some words are **black and bold**. This means we think they are difficult words.



Black and bold words are thicker and darker. We explain what they mean in a box like this.



Some words are **bright blue**. These are links to websites or email addresses. You can click on these links on a computer.

Who we are



We are **Parent Club**.

We give parents and families in Scotland the help they need.



We can help you

- learn new skills
- with money problems
- get a job
- with **childcare**
- improve your **mental health**.



Childcare is when you or someone else looks after your children when you are busy or at work.



Mental health means how you think and feel most of the time.

Help with money



We know it can feel confusing to apply for **benefits** or **grants**.



Benefits are regular payments of money from the government to people who need it.



Grants are one off payments of money from the government.



You might not think you can get any benefits or grants, but it is a good idea to check.



You can talk to our expert advisers about what benefits or grants you might be able to get.



They can help you to apply.



They will keep your information safe.



If you talk to our advisers it will not stop any benefits you already get.



For more information about help with money, go to this website

www.parentclub.scot/topics/money-work

Help to find a job



It can feel difficult to get a job

- if you have not had one before
- if you have not had one for a while
- that will fit around childcare or other things you need to do.



Local services called employment services can help you.

They can help you

- get ready for an interview
- apply for jobs or college
- learn new skills
- learn about other useful services
- write your **CV**.



A **CV** is a document that tells people about you and what jobs you have done before.



Employment services can still help if you already have a job, but you want a new job that will pay more.



You do not have to use employment services if you do not want to.



You will not have to get a job that you do not want.



If you use an employment service and then stop, it will not affect any benefits you already get.



To find your local employment service, go to this website

[www.parentclub.scot/
articles/thinking-about-getting-
back-work-or-changing-job](http://www.parentclub.scot/articles/thinking-about-getting-back-work-or-changing-job)

Help with your mental health



When you worry lots about money it can affect your mental health.



Everyone can feel stressed and worried sometimes, but we are here to help.



We can help you find support and give you tips to improve your mental health.



For more information about help with your mental health, go to our website

[www.parentclub.scot/
topics/mental-health-wellbeing](http://www.parentclub.scot/topics/mental-health-wellbeing)

Other ways to get help



Go to this website
www.parentclub.scot



Scan this QR code with your mobile phone or tablet camera.



Click the link that pops up to go to our website, or go to
www.parentclub.scot/topics/money-work