

Struggling to cope with money worries at home?

Help for you and your family.

ParentClub

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Parent Club



Scottish Government
Riaghaltas na h-Alba
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Parent Club can help guide you to tailored advice about benefits, gaining new skills, or finding work that fits around your family - take that first step at parentclub.scot/money-work

- **ParentClub**
Here to help

Help tailored to your family

If you're finding it hard with costs mounting up and the thought of applying for benefits you're entitled to, taking that first step into work or looking for ways to increase your earnings is overwhelming, Parent Club can help. The good news is there is lots of help available and we can guide you to someone you can talk to about it.

Benefits and grants you could be entitled to

Knowing where to begin with benefits and one-off payments you're entitled to can be stressful. You might also think you're not eligible for any additional financial support, but it's always worth checking as you may be surprised. We can guide you to a trusted adviser who can help you find and apply for all the benefits and payments available to you and your family. All advice is confidential, so you don't need to worry about losing any existing benefits.

Finding a job that works for your family

The thought of finding a job can feel overwhelming, especially if you're looking for something that fits around childcare and other commitments. If you've been out of the workplace for a while, you might be a bit concerned about returning, or worried that your skills are out of date. This might be your first time looking for a job, and you don't know where to start. Or perhaps you already have a job, but are looking to increase your earnings. Whatever your situation, you don't have to do it on your own, as there are lots of support services to help you.

Employment services

If you're thinking about looking for work but aren't sure where to turn, the employment services your local authority offers are a great place to start. You'll receive tailored support that can help with everything from CV writing and preparing for interviews, to applying for jobs. They can also help you apply for college, get training, or access any other services to help you into work. Using these services is entirely voluntary, so you won't be pushed into a job that doesn't suit you. It also means you won't lose any benefits if you decide it's not for you. Support is also available for parents who are currently employed and looking to increase their income.

To find your local employment service and learn how they can help you, go to **parentclub.scot/job**

Looking after your mental health

Worrying about money can take its toll on your mental health, and if you feel like everything is getting too much, it's important to remember that you're not alone and there is support out there. Everyone feels stressed, anxious, or overwhelmed at times, and if you're finding it difficult, Parent Club has tips to help you look after your mental health and places you can go to find support. Many others are in the same boat, so don't be afraid or embarrassed to get help during these difficult times. For tips to look after your mental health, go to **parentclub.scot/mental-health**.

Take the first step to find work, childcare and benefits at parentclub.scot