

Referral Process

Referrals are welcome from all organisations e.g health visitors, social services, alcohol/drug support agencies, voluntary projects and you can make a referral.

Surgery Sessions

Family Workers are available to provide support and information on various issues, including help with form filling. These sessions are held within the Centre and childcare may be provided.

Confidentiality

The Cottage Family Centre undertakes to respect the confidentiality of children and families.

This will apply in all circumstances except where the information received relates to a situation where the safety and well-being of a child, or other vulnerable person, may be at risk.

In such circumstances, the matter will be discussed with the Project Manager to identify the appropriate course of action.

All staff have been subject to an Enhanced Disclosure Check.

A warm, friendly atmosphere where you can meet new people and make friends.

For more **Information**, drop in, phone or email.

Family Workers:

Sharon Colville

Sharon.colville@thecottagefamilycentre.org.uk

or

Catherine Sneddon

Catherine.sneddon@thecottagefamilycentre.org.uk

The Cottage Family Centre

29-31 Cawdor Crescent, Kirkcaldy

Tel/Fax: 01592 269489

Opening Hours: 9am—5pm, Lunch 12-1pm.

Website:

<http://www.thecottagefamilycentre.org.uk>

email:

administration@thecottagefamilycentre.org.uk



Family Support



What is Family Support?

The family support service is available to families with pre-school children living in the Central Kirkcaldy area.

This confidential support can be either in the family home or within the centre.

A Family Worker can do a one off visit to tell you all about what happens in the Cottage.

If you decide after speaking with us that you would like this support, for whatever reason, a visit can be arranged at a time suitable to you.

Why might I want it?

- Someone to talk to
- A listening ear
- Help to organise things
- Make contact with other agencies

Issues we can help with

Low Self Esteem	Children's Behaviour
Lack of Confidence	
Isolation	Training/Employment Opportunities
Cooking/Budgeting Skills	Relationship Difficulties
Housing/Homeless Issues	Domestic Violence
Drug/Alcohol Issues	Health Safety Issues

Our aims

- To empower families in order to enhance their lifestyle.
- To provide confidential advice, information and guidance.
- To build positive relationships
- Support to help others help themselves.



Other Services

- Adult Basic Educational classes
- Parent & Toddler groups
- Confidence/self esteem building groups
- Pre-vocational/vocational courses
- Volunteering
- Next Best Thrift Shop