



Early Help Cymorth Cynnar

Spring 2022

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We have been so looking forward to lighter, longer daylight hours and better weather for being outside in Natures playground. Spring can often feel like a chance to start afresh and make plans with some positivity moving forwards.

Spring time, Growth & New Beginnings

The date the clocks change is different every year as they go forward on the last Sunday of March and go back on the last Sunday in October.

Despite missing out on that precious hour of sleep, hopefully the changing of clocks will not mean only more daylight but the hope that there's light at the end of the tunnel for easing all of lockdown restrictions in Wales.

This year they will go forward at 1am on 27th March.



Ending Physical Punishment



21st March 2022 is a historic moment for children and their rights in Wales. From this day on, physically punishing children will be illegal in Wales. We want to protect children and their rights, to help give them the best start in life.

What does the change in Law mean?

- 'All physical punishment will be illegal in Wales.
- It will give children the same protection from assault as adults.
- It will make the law clearer - easier for children, parents, professionals and the public to understand.'

Where can I go for advice and support?

'gov.wales/parenting-give-it-time offers positive parenting practical hints, tips and expert advice to encourage good behaviour from children and alternatives to physical punishment. Their parenting support page (gov.wales/parenting-give-it-time/support) offers links to further support and helplines.

Universal parenting support and advice is provided by midwives, health visitors, GPs and Family Information Services.

Early help programmes such as Flying Start (gov.wales/get-help-flying-start) (if you live in a Flying Start area) and Families First (gov.wales/families-first)

More information on visit gov.wales/EndPhysicalPunishment

Early Help and the Incredible Years

If you would like to add some positive parenting strategies to your toolbox of tricks to help your child cope with different emotions, changes and also want to learn how you can look after yourself in the process, then perhaps one of our FREE Incredible Years virtual groups are for you. They run for between 10-12 weeks and are 2 hour sessions, which are run by our Trained Incredible Years Facilitators within the Early Help Team at Powys County Council/ Powys Teaching Health Board. For more information on our courses, you can scan the below QR codes.

Early Help

(en.powys.gov.uk/earlyhelp)



Incredible Years

(en.powys.gov.uk/article/1457/Incredible-Years)




Easter Holiday Activities

Are you looking for some super fun activities to do with your Children over the Easter break? Don't Panic! We at the Family Information Service have you covered! Have a little go at our activity BINGO!



Easter Bingo



 <p>Make an Easter egg collage</p>	 <p>Have a egg and spoon race</p>	<p>Read your favourite book in the garden</p>	<p>Do some Easter themed baking</p> 
<p>Have a picnic</p>	<p>Go on a bug hunt</p>	<p>Build a den</p> 	<p>Write a Easter Poem</p>
<p>Draw a picture of the Easter bunny</p>	<p>Sing Karaoke</p>	<p>Plant some seeds</p>	<p>Ring someone you love and wish them a happy Easter</p> 
 <p>Painting on egg shells</p>	<p>Have a Easter egg hunt in the house or garden</p>	<p>Go on a family walk</p>	<p>Have a Easter disco in your living room</p> 

And don't forget to check out our Facebook Page @FISPOWYS for lots more ideas and activities for your little ones. Or follow our Easter Pinterest board by scanning the QR code below or visiting www.pinterest.co.uk/fispowys/easter/



Reminders, Announcements and Useful Information

Pre-school Admissions OPEN

Pre-School admissions are currently open for all children born between 01.09.2019 and 31.08.2020. The admission round will close on 31st March 2022, so be quick and get your child's name down for their free 10 hours funded Education. These 10 hours are split into sessions of 2-2.5 hours per day over the course of the week and are the perfect way to get your little one prepared for School.

Childcare Offer for Wales Extended!

Exciting news! From September 2022 the Childcare Offer for Wales (30 hours funding for 3 and 4 year olds) is being extended to include those who are on Adoption Leave and also Parents who are in Education or Training will be eligible to receive the offer. For more information, please contact Powys Family Information Service. fis@powys.gov.uk

Free School meals for Primary School Children

Even more amazing news, from September 2022, the Welsh Assembly Government 'our aim is to begin implementation in September 2022 with our youngest learners in primary receiving free school meals. We would then look to continue the roll-out in September 2023 so that all learners in primary schools can benefit from a free school meal.' To Read more about the new offer visit gov.wales/written-statement-extending-free-school-meal-entitlement-all-primary-school-children



The Current criteria for being eligible for Free School Meals can be found here :
en.powys.gov.uk/article/11906/Free-school-meals

Information and Support

If you are worried about a child, call us

Powys Front Door - This is the access point for Children's Services in Powys and is where families can come for Information, Advice and Assistance. - **01597 827 666**

Social Services Out of Hours- To raise concerns about the welfare of a child or vulnerable adult out of usual opening hours.- **0845 0544 847**

Emergencies – 999 Non-urgent – 101

If you have any questions on services and support for your family

Powys Family Information Service - a one stop shop where parents, carers, young people and professionals can obtain a range of information for children and young people aged 0-25 years and their families. - **01874 612 419** or email fis@powys.gov.uk

Powys Early Help Team - Early Help may be needed at any point in a child or young person's life and we seek to offer support quickly to reduce the impact of problems that may have already emerged. If your family needs additional support get in touch with one of our coordinators on **01597 826246** or email earlyhelp@powys.gov.uk

Don't go hungry

Worried about putting food on the table? Don't go hungry, contact a foodbank near you for support

Welshpool: 01938 536 397

Machynlleth: 07983 715 162

Newtown: 01686 610 340

Llanidloes: 08458 457 555

Llandrindod wells: 07519 839 189

Rhayader: 01597 810 921

Knighton and East Radnor: 07731 524 058

Brecon: 01874 611 723 (option 2)

Ystradgynlais: 01639 845 475

Ystradgynlais and Ystalyfera: 07923 986 379

Throughout Powys

Helping Our Homeless Wales – 07955 518 669



Mental Health Support

Samaritans- 24 hour support for those who are experiencing emotional distress- **126 113**

Young minds- Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help, **text YM to 85258**.

Meic -Information, advice and advocacy helpline for children and young people **Text 84001**

Mind provide information, support, activities and training to anyone aged 16+ in Powys with an interest in mental health and well being.

Mid and north Powys Mind- call 01597 824411 or email admin@mnpmind.org.uk

Brecon Mind- call 01874 611529 or email info@breconmind.org.uk

Ystradgynlais Mind- call 07946 664227 or email info@minditv.org.uk

Other sources of advice and support

Calan DVS-Support for individuals experiencing abusive relationships- **01874 625 146**

Live Fear Free - 24/7 Domestic Violence Support Line- **08088 010 800**

Montgomery Family Crisis Centre- Supporting men, women and children experiencing or affected by domestic abuse in North Powys - **01686 629 114**

Dan 24/7 - Drug and Alcohol information and advice helpline- **0800 808 2234**

National Debt Helpline - Advice and support on managing Debt- **1800 007 007**

Citizens Advice Powys - Advice and information around a number of issues, including debt management, benefits, tenancy disputes and more.- **0345 6018421**

Not quite the support you need?

If you are unsure where to go for support, what services are available etc. then contact the Family Information Service, They will be able to signpost you to relevant support for you and your family.

