

Spring 2023

Your Early Help Team

A newsletter for professionals and families

NEWS, INFORMATION, CONTACTS

Sharing useful information for families and those who are supporting families. If you have a question, get in touch!



SPRING TIME, GET OUTSIDE & BENEFIT FROM NATURE

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

Spring; a lovely reminder of how beautiful change can be

FIS FACEBOOK

Family Information Service Gwasanaeth Gwybodaeth i Deuluoedd Phone number/ Rhif Ffon - 01874612419 Email/ Ebost - fis@powys.gov.uk	Scan the QR codes Sganio'r codau QR	Early Help Cymorth Cynnar Phone number/ Rhif Ffon - 01597826246 Email/ Ebost - earlyhelp@powys.gov.uk
 Childcare Offer For Wales Cynning Gofal Plant Cymru	 Applying for a School Place Gwneud Cais am Le Mewn Ysgol	 Play in powys Chwarae ym Mhowys
 Powys Foodbanks Banciau Bwyd Powys	 Parenting, Give it time Magu plant.	

If you haven't done so already give "Family Information Service - Powys" a like. Also add Cece FamilyInfo (North Powys) and Nikki FamilyInfo (South Powys) for details of events in their areas.



Family Information Service - Powys

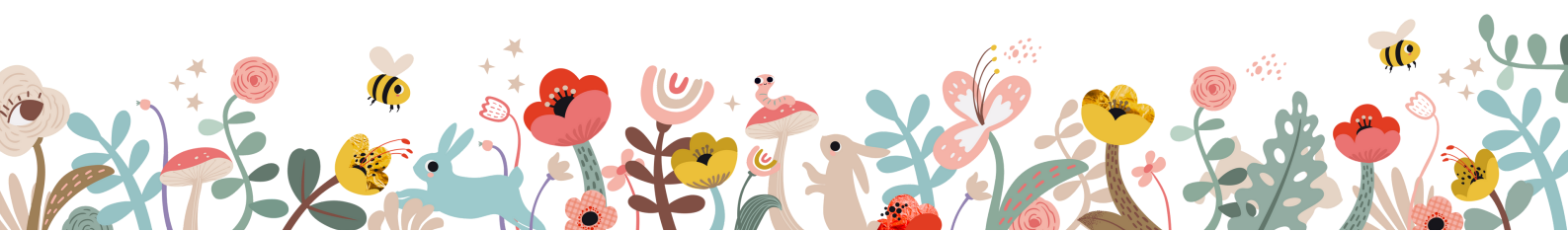
3.7K likes · 4.1K followers



Send Email

Liked

Message



FAMILY INFO FUNDAYS

During February half term, we hosted a Family Info Funday in Knighton, thanks to Knighton Family Centre. It was a huge success, with nearly 20 organisations joining us and around 130 people attending. We are also planning an event in Machynllyth later in the year, and we will be present at many other events such as The Spring Fayre by Open Newtown and an Easter Sunday Event in Llandrindod, as always keep an eye on our FB page for more.



If you would like a Family Info Funday in your local area and you have a venue please get in touch.



There will also be Two Pathfinder Community Engagement events this Easter,

Wednesday 5th April
Knucklas Community Centre
10am – 1pm

Activities will be suitable for 0- 7 year olds

Thursday 6th April
Llangedwyn Memorial Hall
10am – 1pm

Activities will be suitable for 0- 7 year olds



SPRING SELF CARE

1. Go for a walk
2. Buy yourself some flowers
3. Have your morning cuppa in the garden and listen to the birds.
4. Go for a picnic
5. Listen to a new podcast
6. Declutter 10 items.
7. Have a social media free day
8. Prepare a healthy meal



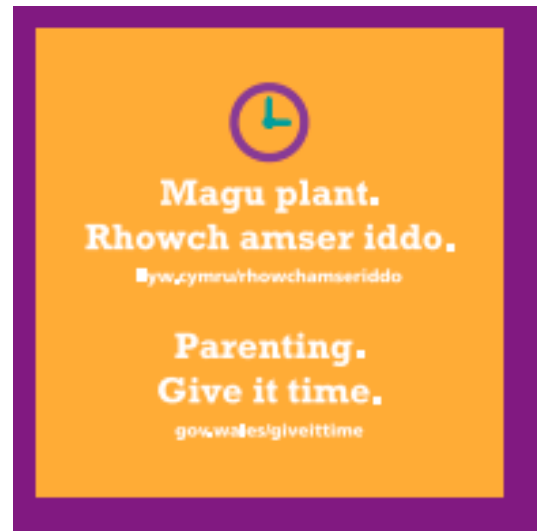
SPRING CRAFT

Activity Village has lots of lovely simple Easter Craft ideas for all ages, scan the QR code to access the website.



PARENTING: GIVE IT TIME

This is a really useful website with advice from experts...just hover your phone over the code below....



GET MOVING!

Doing something active is great for your physical health, but did you know it also gives a positive boost to your mental health and well-being. Mid & North Powys Mind are going to be offering some taster sessions for fitness classes, give their Facebook page a like for up updates,

And Dont' forget that you can always join in one of the many buggy walks that take place across Powys for Parents/carers to enjoy the time outdoors. Just search Bumps to buggies walking group on Facebook for more info, or get in touch with FIS



From time to time we all need some help and support.

With the rising costs of living, many people in Wales need that help now.

The Welsh Government is doing everything it can to put money back into people's pockets.

There is support available to you that could help you with some of your living costs.



HERE TO HELP
WITH THE COST OF LIVING

The Welsh Government and Advicelink Cymru can help you **claim what's yours.**

gov.wales/heretohelp

Call Advicelink Cymru's free helpline:
0808 250 5700



YMA I HELPŲ
GYDA CHOSTAU BYW

Gall Llywodraeth Cymru ac Advicelink Cymru eich helpu i **hawlio eich arian.**

llyw.cymru/ymaihelpu

Ffoniwch llinell gymorth
Advicelink Cymru am ddim:
0808 250 5700



Mae pawb angen help a chefnogaeth o bryd i'w gilydd.

Gyda chostau byw yn cynyddu, mae llawer o bobl yng Nghymru angen yr help hwnnw nawr.

Mae Llywodraeth Cymru yn gwneud popeth o fewn ei gallu i roi arian yn ôl ym mhocedi pobl.

Mae cymorth ar gael i chi a allai eich helpu gyda rhywfaint o'ch costau byw.



@FISPOWYS

Email caf.admin@powys.gov.uk or fis@powys.gov.uk

Telephone: 01597 826246

www.powys.gov.uk/fis.



INFORMATION & SUPPORT.

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

CALAN DVS

Support for individuals experiencing abusive relationships

01874 625 146

CITIZENS ADVICE POWYS (CAB)

Advice and information around a number of issues, including debt management, benefits, tenancy disputes and more.

0345 6018421

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



MENTAL HEALTH.

SAMARITANS

24 hour support When life is tough, Samaritans are here to listen at any time of the day or night. You can talk to them about anything that's troubling you, no matter how difficult. Call free on **116 123**

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

MNP MIND

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

01597 824916

EMERGENCIES

999

NON URGENT

101