

WINTER NEWSLETTER

from Powys Family Information Service

Newsletter for Professionals and Families

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



We here at The Family Information Service hope that the holidays bring some much needed joy and peaceful times, but we also appreciate the added stress and difficulties for lots of people.

This newsletter is packed with more information to support you over the festive season and beyond including ideas for activities and games, mental health support, and more.

Warm Spaces this Winter



To find out more information on Warm Spaces this Winter please keep an eye on our FIS Facebook page or search on the website warmwelcome.uk

Fun & Festive Christmas Craft

With Christmas fast approaching, why not get into the festive mood with some fun and easy crafts for the whole family? Follow this QR code for simple ideas to try at home with children.



Spotlight on....Adferiad

Adferiad's Young Person's Substance Use Service.

The team work across Powys supporting young people aged between 10 - 18 years regarding their own substance use including drugs, alcohol, smoking, vaping, steroids or energy drinks. We are also able to offer support to young people who are affected by a loved ones substance use. We offer a non-judgemental, confidential service and a space to get information, advice and help to make positive changes. We are also able to deliver education sessions to schools, youth clubs or any other youth group.

Anyone can refer into the service as long as the young people consent to the referral.



The Calm Christmas present

Have you ever considered giving your child a 'calm down' box as a Christmas present? This really is the present that keeps on giving as your child will be able to use it all year round to help regulate their feelings/ emotions. Here's some ideas for different age ranges.

Baby- Sensory scarves, toys which have different textures, a book about emotions, bubbles

Preschool-Bubbles, a book about feelings, pens and paper to scribble on or rip, popper toys, fidget spinners, how do I feel visual prompt cards

Primary Age - Affirmations, a journal, pens, paper, magic painting sheets, a box breathing exercise sheet, fidget toys, a book by their favourite author.

High School - Fluffy blanket or socks, lavender essential oil roller, diary, pens, a wellbeing book, a lava lamp, affirmation cards, headphones, a calming music playlist.



Information and Support

Sometimes the best gift to yourself or your child is asking for help or support



Live Fear Free

24/7 Domestic
Violence Support Line

08088 010 800



Calan DVS

Support for individuals
experiencing abusive
relationships

01874 625 146



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.



Samaratans

24 hour support for
those who are
experiencing
emotional distress

116 123



111 option 2

If you, a family
member or friend are
in crisis and need help,
dial 111 and select
option 2 You will be
connected to the
contact centre where
trained staff will
provide appropriate
support and advice 24
hours a day/365 days
of the year.



Step Change

Free online debt
advice service 24
hours 7 days a week
www.stepchange.org



National Debt Helpline

Advice and support on
managing Debt

1800 007 007



DAN 24/7

Drug and Alcohol
information and
advice helpline

0800 808 2234



Adferiad

Providing help and
support for people with
mental health, substance
use, addiction and other
complex needs.

adferiad.org



Foodbanks

Scan the QR code or
visit the website
en.powys.gov.uk/article/13335/Powys-foodbanks



Teulu Cymru

Tips and advice on parenting
challenges

www.gov.wales/teulu-cymru



Parent Talk

Online parenting advice
and 1to1 chat

parents.actionforchildren.org.uk



Family Information Service

If you need any advice or signposting or have any questions about support available for your children or family as a whole, reach out to us at

fis@powys.gov.uk

01874 612419

www.powys.gov.uk/fis

Find us on Social media @FISPOWYS

Early Help

Early help support families with a variety of issues effecting their children's lives, through providing advice, signposting, doing 1 to 1 work and linking up services to ensure they get the help needed at the earliest stage. To find out more visit en.powys.gov.uk/earlyhelp



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

