

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, GROWTH & NEW BEGINNINGS

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.

Plant the seed, feed it,
nurture it, and it will
grow

Art and crafts is a popular way to keep kids busy, but it's not for every child...To mix things up, put the pencils and crayons to one side and look for natural art materials instead. Get outside this Spring and collect fallen leaves, petals and sticks and use them to make a picture or sculpture. Please make sure you don't pick wildflowers, however, as they are important for wildlife and some are protected by law.



Have a picnic in the garden/park

Kids will soon tire of sitting around the same table for every meal, so pack up your lunch and take it outdoors. It's a lovely way to keep mealtimes varied, and for everyone to get some fresh air.

If you don't have a garden, local park or it's raining outside, have an indoor picnic on the living room floor instead. Kids will love the change from the norm and it will feel like an adventure.

MENTAL HEALTH & WELL BEING FOR TEENS

- Connect - meet a friend outdoors now you can
- Be Active - get some Spring in your step
- Keep learning - learn about yourself, go online and check out TED for thousands of short, powerful talks delivered by world's leading thinkers and doers. Watch one talk on a topic that interests you.
- Help others - random acts of kindness feel good, do the washing up without being asked.
- Taking notice - take notice of how you are feeling at this very moment, watch your thoughts and feel the sensations in the body



If you feel that social media is affecting you negatively then take a little break from it every now and then.

If you're feeling that you're self-esteem is low then check out this advice from **Young Minds** on how to believe in yourself and raise your self-esteem.

SPRING FORWARD, FALL BACK

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 of lockdown restrictions.

This year they will go forward at 1am on March 28th.

Don't Forget !!!



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

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

SPRING HAS SPRUNG



Incredible Years Parenting Courses continue virtually at present and a new round of groups for Parents will begin after Easter, including ASD Incredible Years.

Take 3 is a group specifically for parents of Teenagers which gives Information and support in learning how to support your young person with the challenges that come with adolescence. It can help with how to respond to challenging behaviour using positive communication strategies.

All enquiries for Parenting Support Groups via an online form on the website.

[Request Parenting Group Support - Powys County Council](#)

MOVE MORE IN MARCH

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.

Have you ever heard of locking, popping and waacking? They are all types of street dance where you twist, swing and sway to funky music.

Street Dance is fun, energetic, exciting, and teaches you to remember routines. Check out Impelo for FREE and inclusive online dance classes this Spring!



Thank you to families of Powys for continuing to follow current guidelines and restrictions around COVID-19. This last year has certainly seen some changes and challenges! We look forward to joining and supporting you for another year, and we hope that we can meet face to face again soon. Stay safe.



@FISPOWYS

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

Telephone: 01597 826246

www.powys.gov.uk/fis.



EASTER FUN CRAFT CREFFT HWYL Y PASG



Open your camera on your Mobile phone or hand held device and hover over the bar code opposite for an easy to make Easter craft with FREE printable resource.

Agorwch eich camera ar eich ffôn symudol neu ddyfais â llaw a hofranwch dros y cod bar gyferbyn am grefft hawdd ei wneud dros y Pasg gydag adnodd y gellir ei argraffu AM DDIM.

PARENTING: GIVE IT TIME MAGU PLANT RHOWCH AMSER IDDO

After so long away from the classroom, and being in large groups, some young children may be finding it hard to share and take turns again.

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

Ar ôl cyhyd i ffwrdd o'r ystafell ddosbarth, a bod mewn grwpiau mawr, efallai y bydd rhai plant yn ei chael hi'n anodd rhannu a chymryd eu tro eto.

Mae hon yn wefan ddefnyddiol iawn gyda chynngor gan arbenigwyr.

