



MERRY CHRISTMAS

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, get in touch.



We here at The Family Information Service hope that the holidays bring some much needed joy and fun 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.



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.



Give the gift of time

With the cost in living rising, Christmas gifting has gotten much more expensive, this year why not give the gift of time and presence. Here are some of our inexpensive ideas, perhaps they can even become a family tradition.

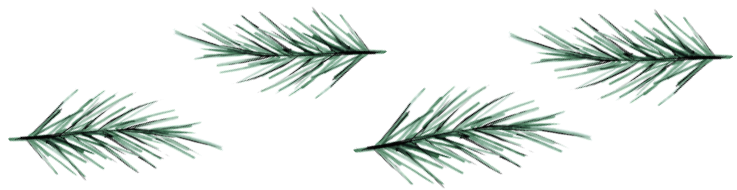
- Winter Cup Games (get together with friends and family, form teams and play games. (stacking cups the quickest, flip the cup, swing the bauble into the cup)
- Make ice cream together, gift it to someone or have a ice-cream competition each start the ice cream with the basic recipe below and flavour it however you want and have someone choose the winner of 'ultimate ice cream maker of the year'
- Make clay handprint keepsakes for the Christmas tree

The holidays arent about what you buy, its about how you spend your time



Christmas Craft

Why not try making some Christmas tree or snowflake potato printed wrapping paper with your children? They will enjoy getting creative and seeing their lovely creations wrapping presents for loved ones.



Ebony's Easy Icecream

Ingredients

1x Tin sweetened condensed milk (you can use the caramel flavoured one if you want)

600ml Double cream

1x teaspoon Vanilla Essence

Method

Put all the ingredients in a bowl and whip using a hand blender until thickened. put in a freezer container and freeze until solid (or if you cant wait eat it as a moussel)

Leave Plain or add extras of your choice such as chocolate chips, fudge pieces or smarties. You can also add melted chocolate or flavours to your ice cream before whipping!

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

126 113



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



Parenting - Give it time

Tips and advice on parenting
challenges

www.gov.wales/parenting-give-it-time



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



Lets start 2024 off a bit differently, by thinking about how we want to **feel** in 2024, whether its striving for more balance, wanting more adventure or so simply have more fun. Focus on 3 words for the year and do the things that make you feel that way. We at the Family information service hope to have a helpful, meaningful and happy 2024!

