

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 spring brings some much needed brightness after a cold, dark winter.

This newsletter is packed with more information to support you and your children or families you work with to understand emotional regulation, support their mental health and wellbeing. We will be sharing some different activity ideas that can be done with all ages as well as a tasty family recipe to try out at home. We will also be highlighting some of the emotional health and wellbeing services available for children and young people within Wales.

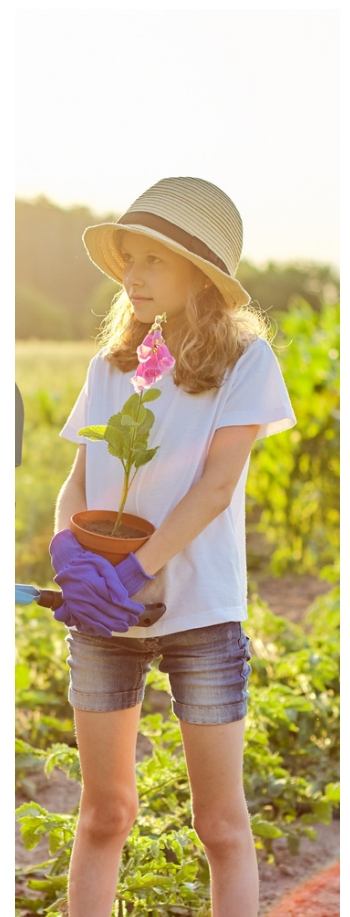
AREA43

Area 43 provides an Independent School and Community Based Counselling Service in Powys, the service is available to all children and young people, whether they are in school or electively home-educated. Face-to-face services are delivered between Monday and Saturday 9am to 6pm, all year round, excluding Bank Holidays. Sessions will be 1:1 or in groups (where appropriate) for 10 – 19 year-olds, in either school settings or in the community as required.

Alternatively, They can provide a blended service with online sessions via secure online meeting platforms, expanding the age range to 11 – 25 year-olds depending on the needs of children and young people. All counselling relationships will usually comprise up to eight weekly sessions and in the language of choice.

If you'd like to find out more about the counselling service provided by Area 43, or refer yourself or a young person to the service call 0800 0385778

or visit the website www.area43.co.uk/powys/



Silvercloud Online CBT

In October 2022, the Online Cognitive Behavioural Therapy (CBT) Service opened its virtual doors to help children, young people and parents across Wales manage their mental wellbeing.

A study by Cardiff University's School Health Research Network (SHRN), reveals nearly a quarter of secondary school learners in Wales reported having very high levels of mental health symptoms in the years following COVID-19. Early intervention and support can help young people build the emotional skills vital for learning, life and good mental health in future. This early intervention is something the Online CBT team can offer as we don't currently have waiting lists for our support.

We recognise that digital help isn't for everyone, however the service has a human touch as every participant is allocated a trained mental health supporter. They regularly check in through the online platform to offer support, guidance and feedback and can offer support with accessing other mental health services too.

Parents and carers can sign up for a free 12-week supported online therapy programme for help in supporting children and young people aged 4-18 with mild-to-moderate anxiety. Teens aged 16-18 throughout Wales can sign up to our self-referral service directly - without needing adult consent - for support with mild-to-moderate anxiety or low mood. Young people aged 11+ in Powys can be referred into the service - powered by digital healthcare provider SilverCloud - by PTHB Child and Adolescent Mental Health Service (CAMHS), Powys County Council Education, Youth Service, Youth Intervention Service, Youth Justice and Early Help.

Want to know more about NHS Wales Online CBT Service? please email Silver.Cloud@Wales.nhs.uk

To sign up, visit: <https://nhs.wales.silvercloudhealth.com/signup/>

Follow them on Twitter: <https://twitter.com/SilvercloudW>

Find them on Facebook: <https://www.facebook.com/SilverCloudWales>



GIG
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Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board



Thank you to all the organisations and staff members for helping us put on a wonderful day of family fun in Brecon Leisure Centre on 17.02.2024. We met 244 lovely people, half of which were children 18 years old and under. We had families pop in from Brecon, Clyro, Llandrindod wells, Newbridge on wye, Builth Wells, Hay on wye, Hereford, Tredegar and Abergavenny. We hope you all had as much fun as we did!



Both children/ young people and adults need help to regulate themselves. Whether this is de-escalation when feeling stressed, worried, overstimulated and it feels like the pot is boiling over or whether its the need for up-regulation because the individual is feeling like they have nothing left, deflated and disconnected from the world. Sometimes situations where a parent or child needs help to emotionally regulate themselves can portray itself as them feeling emotional, angry, sad, numb, tearful, feeling tired, lack of patience, inability to listen or control themselves. It's worth looking at these outward clues and trying to work out if they need to be upregulated or they need to be helped to de-escalate their feelings. On the next page are a range of ideas you can use yourself or with your children.



Up regulation

Dance it out- stick on some of your favourite/ upbeat songs and dance around like nobody is watching

Move your body, whether its a brisk walk or doing some star jumps, it will get your endorphins flowing and give you a little boost

Use your brain! Take 5 minutes to solve a puzzle.

Play a game together that involves movement such as catch.

Get Creative- get out some art supplies and make something

De-escalation

Use some of the breathing exercises or affirmation cards from the next page

Listen to some relaxing sounds from nature or read a book

Move your body, slowly by doing an activity such as Yoga.

Practice some self-care, do an activity that brings you happiness.

Process feelings of anger or frustration by punching a pillow or ripping paper.

Slow things down, do a senses check in, name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.



Self-regulation Breathing Exercises



Hand Breathing

Take your finger and slowly move it from your wrist on the opposite arm up you thumb as you breath in slowly, when you breath out slide your finger down the other side of the thumb, then repeat on index finger and repeat until you have done the whole hand. Experiment applying different amounts of pressure



Rainbow Breathing

In this exercise we are going to make three rainbows, a small, medium and large. Hold your palms up in front of you pointing them to the sky, lift them up to about head height as you breath in . Turn your palms to point away from your body and bring each of them down to your side in a rainbow arch as you breath out. The second time bring your hands up a little higher, to just above your head, the 3rd time reach as high as you can.



Rocket Breathing

Put your hands together as if your praying and crouch down, as if your a rocket ready to take off. Take a big deep breath in, as you breath out start to stretch your body and arms upward to the sky. As you breath in shrink back down into crouching position and bring your arms down too.



Candle Breathing

Imagine you fingers are candles on a birthday cake. Take a deep breath, imagine you can smell the wax melting and the smoke from the flame. Slowly begin to blow out the candles, imagine yourself blowing out all the candles on a cake at the same time, releasing a long outbreath.

Printable Affirmation Cards



Emotional Health and Wellbeing support services

For a full list of emotional health and wellbeing support services covering the following topics:

Addition and Substances

Advocacy

Bereavement

Crisis

Depression

Eating Disorders

Families

Health

LGBTQ

Mental health

Mindfulness

Relationships

Sexual abuse/assault

Sleep

Self-harm/injury

Anxiety

Bullying

Communication

Domestic Abuse

Exclusion/ school refusal

Gambling

Hearing voices

Loneliness

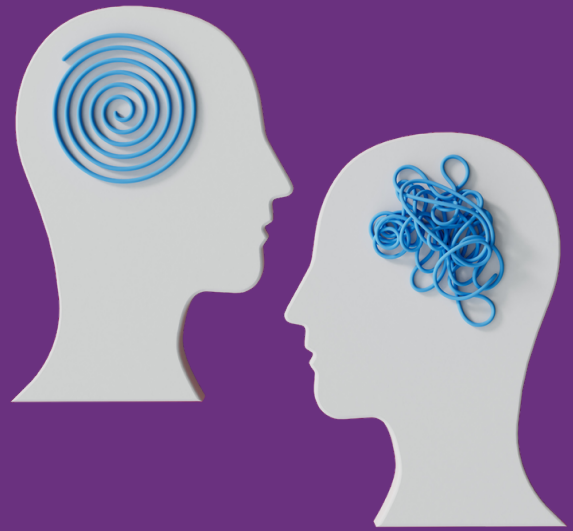
Wellbeing

Panic attacks

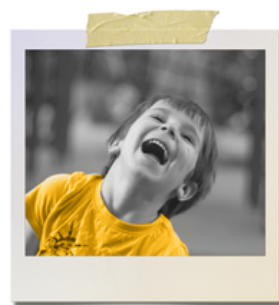
Self esteem

Sexual health

Stalking



visit www.area43.co.uk/wp-content/uploads/2023/09/Support-Resources-with-logo.pdf or scan the QR code



The Incredible Years Free Courses

Powys County Council offer free parenting courses which will arm you with all the tools you may need to cope with a certain age/ stage in your child's life.

These courses are Your Incredible Baby, Your Incredible Toddler and Your Incredible Child. In all of these courses you would learn about at managing children's behaviour, development, appropriate play, positive parenting techniques, de-escalation strategies and much more. Get in touch to find out when the next courses are email parentinggroups@powys.gov.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

Parenting. Give it time.



Parenting. Give it time. offer free practical tips and expert advice for all your parenting challenges. The challenges discussed on the website are around but not limited to behaviour, grief, childcare/school, disabilities and autism. There are also activity ideas for children and guides on how to support yourself. Have a look on the website via this link www.gov.wales/parenting-give-it-time

Green Eyed Monster Pasta

Ingredients

1/2 bag spinach, 4 spring onions chopped, 2 garlic cloves (peeled and minced), 1 pack of fresh basil leaves, 2 tablespoons olive oil, peas, pasta

Method

Put the spinach, spring onions, garlic cloves and basil leaves into a food processor and blitz until finely chopped. add in 2 tablespoons of olive oil and blitz again, Cook your pasta and peas and mix with the sauce. Serve with cheese

