

Powys Family Information Service



Guiding Families, Empowering Young people and Supporting Professionals

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



Sending a warm hug your way from Powys Family Information Service, We hope that everything has settled back down again, following the summer holidays, your routines are back in place and your returning to calmer days in your household.

In this newsletter you will find a tasty pumpkin soup recipe, information about what different teams within Powys county council do, information on our improved Children, young people and families page on our website, the childcare funding roadmap, information on Teulu cymru and receive some useful contacts too!

Pumpkin soup

Ingredients

- 2 tbsp olive oil, 2 onions, finely chopped, 1kg pumpkin or squash, peeled, deseeded and chopped into chunks, 700ml vegetable stock or chicken stock, 150ml double cream

Method

STEP 1- Heat 2 tbsp olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured.

STEP 2- Add 1kg pumpkin or squash, cut into chunks, to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.

STEP 3- Pour vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until the squash is very soft.

STEP 4- Pour 150ml double cream into the pan, bring back to the boil, then purée with a hand blender.

Recipe from

www.bbcgoodfood.com/recipes/pumpkin-soup



Children, families and young people



We have been working hard behind the scenes to create a central point for information for children, families, young people and professionals to access information they may need to support themselves, their family or people they are working with. On this webpage on the Powys County Council website you can find information about, The Family information service, play in Powys, real nappy incentive, holiday activities for your children, Childcare and childcare funding, Emotional health and wellbeing services available for children and young people, Grants for childcare settings, Information about foster care (if you are in foster care or if your child is in foster care), Powys Youth Justice service, Information on Powys Family centres and Flying start, Help and support for children with disabilities and information from Early Help, including support for families and the free parenting courses which Powys County Council offer. Check it out by scanning the QR code or visiting :

en.powys.gov.uk/childrenandfamilies

If you aren't sure what service you need you can contact us at the Family Information Service by emailing fis@powys.gov.uk



Emotional Health and wellbeing

Knowing how to talk to your child about their emotional health and wellbeing, and recognising the signs that they might be worried, anxious or stressed can be really hard.

So, here are a few signs to look out for:

Low mood, sadness, frequent tearfulness

Voicing/showing feelings of hopelessness and helplessness

Irritability, intolerance of others

Lack of enjoyment in things that were once interesting to them

Increasing social isolation (including online socialising)

Disturbed sleep patterns

If you notice any of these signs and want to look for support then look to our website, it is a central point to find information on Emotional health and wellbeing services for Children, Young People, Parents, Carers and Professionals.

Visit the webpage by scanning the QR code opposite or visiting en.powys.gov.uk/article/8831/Emotional-Health-and-Wellbeing-Services.



Scan for Emotional Health and Wellbeing services



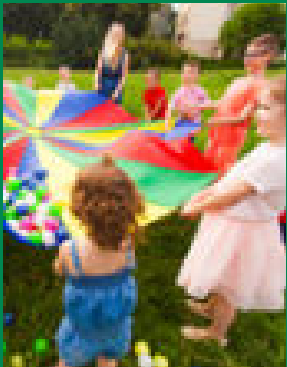
Childcare

Have you visited our childcare page on our website? Whether you are looking for Childcare, nurseries and playgroups, information on Flying start and The Childcare Offer for Wales or information on becoming a childminder, this landing page has you covered.

If you are a childcare provider you can also find out about what grants are available to you, as well as upcoming training opportunities on this page of the website. Either scan the QR code or visit - en.powys.gov.uk/article/16363/Childcare



Holiday activities



Looking for ways to keep your children busy over the holidays? We have many free and inexpensive activities going on in and around the county that will keep the kids occupied.

We have information on borrowing toys from a play resource library based in Powys, information about the leisure centres and even a space to find parks and play areas! But probably most exciting of all is our Playworks funded activities. Visit our holidays activities page to find out what is available in your locality.

Scan the QR code or visit

en.powys.gov.uk/holidayactivities

Parenting support



Did you know about the various different FREE parent support groups available throughout Powys? We cover everything from Antenatal Classes with the Powys Midwifery team, Let's talk with your baby/ toddler classes with Powys children's speech and language therapy team/ Powys Health visiting team, Incredible Years and Take 3 (teenage) courses to add some new strategies to your toolkit, School Readiness course with Powys' Parenting Lead and provide links to other places where you can access parenting support. To get the full breakdown of what is available visit :

en.powys.gov.uk/article/10882/Parenting-Support

Flying Start

High quality, funded, part-time childcare for 2-3 year olds

Flying Start provides quality childcare to parents of all eligible 2-3 year olds for 2 ½ hours a day, 5 days a week for 39 weeks a year plus at least 15 sessions for the family during the school holidays.

Access to Parenting Programmes

Every family with a Flying Start child will be offered formal parenting support at least once a year. This can be in groups or one to one in the home with a mix of formal and informal support depending on need.

Enhanced Health Visiting service

Help and support can be provided on a range of issues which may be affecting you and your family. These include caring for your new baby, feeding, weaning, sleep routines, potty training and behavioural issues. We can also signpost you or refer you to other agencies within and outside Flying Start if required.

Speech, Language and Communication

We aim for every family in a Flying Start area to have ongoing access to speech and language support.

Please check your postcode on our website to see what elements of the Flying Start Program you are eligible for.

en.powys.gov.uk/article/1481/Flying-Start



Childcare funding roadmap



If you aren't sure where to start in terms of childcare funding and what you may be eligible to receive, look no further than our childcare funding roadmap. We have given bite size explanations of each of the fundings, along with where and when to apply, there is also information about eligibility criteria for each. We have tried to put them in order of when you can begin applying the funding, to make it easier to navigate. You can find all the stops on your childcare funding journey by scanning the QR code above or visit www.facebook.com/share/p/nA1gPhPGPUeVUpBC/

Neurodivergence Wales/ Autism Wales

Have you heard of Autism Wales? it is currently in the process of rebranding to Neurodivergence Wales. Their website is full of useful information and advice for both professionals and parents.

There are Parents & Carers Virtual Advice Sessions on :

- Autism and family dynamics
- Advocating for your child
- Supporting Siblings
- Anxiety management
- Managing meltdowns
- Support for your ND child at school
- PDA - A guide for parent

and many more!!!



There are resources such as advice sheets, e-learning and videos to support parents/ carers in supporting ND children. If you need support, this website is a great place to start.

autismwales.org/en



Designed to smile

Designed to Smile is:

A national programme to improve the oral health of children in Wales: It is funded by the Welsh Government and was launched in 2009. All of the Designed to Smile services and all NHS dental treatments for children are FREE.

A preventative programme for children from birth: This involves a wide range of professionals, including health visitors and other early years services. The aims are to help start good habits by giving advice to families with young children, providing toothbrushes and toothpaste and encouraging going to a dental practice before a child's first birthday.

For more advice about looking after your child's teeth to protect them from dental decay visit the following website phw.nhs.wales/services-and-teams/designed-to-smile/ or Scan the QR code opposite



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



Teulu Cymru: support for families in Wales.

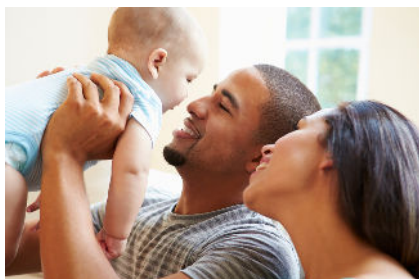
Being a parent is the most rewarding job in the world but it can sometimes be the hardest. Teulu Cymru are there to help and hopefully make things that little bit easier.

If you're looking for information on childcare or financial support, Teulu Cymru can help. There's advice from experts, as well as tips and other information to help you along the way.

Teulu Cymru provides information about:

- childcare and local family support
- parenting tips and advice
- family finances

Visit their website : www.gov.wales/teulu-cymru or find them on Facebook or Instagram @TeuluCymru



Mailing List



Would you like to sign up to our mailing list to receive future newsletters direct to your inbox? Follow the link below or scan the QR code and fill out the form.

<https://forms.office.com/e/Jz6r08nG8t>