

News, Information and contacts for families

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”

-John Lubbock



Tasty treats

Looking for a tasty treat to cool off during the summer but is also healthy for your little ones? Look no further than this fruity treat! Simply chop the watermelon into wedges, cut a small line with a sharp knife into the skin of the melon and then insert a lolly stick. You can either add these to the fridge or freezer at this stage, or slather on some yogurt, decorate with sprinkles, or chocolate drops then freeze overnight.

Summer of Fun

The Summer of Fun is back again this year and we have truly been spoilt for choice by the range of activities. All the activities are funded by Welsh Government, so are completely FREE for To find out what is available for your children, be sure to follow The 'Family Information Service- Powys' on Facebook and join our 'Play in Powys- Chwarae ym Mhowys' on searching on Facebook or scanning the QR code below, we will be keeping these regularly updated with activities as they are confirmed and throughout the Holidays. We will also be posting free/ low-cost ideas for family fun this summer holidays on our social media



FREE Incredible Years Courses

“I’ve learnt so much from attending The Incredible Child course, our home is so much calmer and my daughter is happier as a result. I feel like I have the tools to handle more difficult behaviours and emotions. I can’t thank the course leaders enough”

The Early Help team offer free courses to promote positive parenting and to help you build your toolkit of strategies to support you in parenting. There are multiple courses depending on the age of your child. Below is an overview of them all;

Your Incredible Baby ®- Suitable for parents of children aged 0-6 months. You will learn about your baby’s cues, signals and cries, providing you baby with appropriate play and learning opportunities, your baby's brain and development, how to take care of yourself in the early days, weeks and months of parenthood, ways to communicate with your baby, be given advice on baby safety and have the opportunity to create connections with other parents of the similar age babies. 8 week course

Your Incredible Toddler ®- Suitable for parents of children ages 1-3 years. You will learn about promoting social skills to help sharing, taking turns and good manners, making mealtimes a positive experience, as well as managing fussy eating, tantrums and toileting, how to help your child learn how to express their emotions in a positive way through self -regulation and calming techniques, how to promote language skills and play through appropriate play opportunities and child safety. 12 week course with 2 optional weeks.

Your Incredible Child ®- suitable for parents of children aged 3-6 years. You will learn about child-directed play, how to appropriately use praise, incentives and rewards to

promote co-operative behaviour, how to establish a routine, household rules and setting boundaries, how to manage inappropriate behaviours and how to keep yourself calm, how to help your child to regulate their emotions and learn some calming techniques, appropriate consequences and problem-solving skills and how to support your child's social and emotional skills. 12 week course with 2 optional weeks.

We also offer a 'Your Incredible Child'® course for parents of children aged 6-10 years, along with learning the principles from the younger group incredible child course you will also learn about building stronger relationships with your children, how to help with homework and manage screentime, helping your child improve their independence, promote a healthy lifestyle and positive well-being. 12 week course with 2 optional weeks.

*Courses run for every week at the same time virtually via TEAMS, sessions are 2 hours long.

If any of these courses appeal to you then you can put your name down to attend by filling out an online form which can be found here : en.powys.gov.uk/article/9499/Request-Parenting-Group-Support



Childcare Offer for Wales

From September 2022 Parents who are in Education and training will be able to access The Childcare Offer for Wales – funding for 3 and 4 year olds. A parent in education or training can be a parent who is either: - enrolled on a Higher Education undergraduate or postgraduate course that is at least 10 weeks in length. This includes courses delivered via distance learning. - enrolled on a course that is at least 10 weeks in length and which is delivered at a Further Education Institution. This includes courses delivered via distance learning. If you would like further information about when to apply please get in touch with Powys Family Information Service by emailing fis@powys.gov.uk or calling 01874612419 or via their Facebook page 'Family Information Service Powys'

Rise in the cost of living

The Family Information Service and Early Help have been listening to families and have realised that the rise in the cost of living is a huge concern for families across the county. In response to this, they have put together a booklet to support these families. The booklet covers being unable to pay your rent/mortgage/council tax, fuel prices, grants and benefits, reducing household expenses and budgeting, Government support, feeding your family on a budget and food banks. The booklet is in its final stages and will be launched very soon, keep an eye on the Family Information Service Powys Facebook page for its release.



Breastfeeding Support

We have also launched a new support guide for breastfeeding mums in Powys in time for World Breastfeeding week (1st-7th August 2022), we hope this booklet supports breastfeeding mums wherever they are on their journey with breast-feeding. It contains lots of common issues, FAQ's, articles, support services and breast-feeding groups across Powys. To read the full booklet please follow the below links

English- https://issuu.com/fispowys/docs/breastfeeding_support_guide_4

Welsh- https://issuu.com/fispowys/docs/cym_breastfeeding_support_guide_4

Royal Welsh Agricultural Show

We were at the Royal Welsh Agricultural Show this year and we had a lovely time meeting everyone, it was wonderful to see the show so busy for it's return after the COVID 19 Pandemic. We gave out information, guidance and support to over 300 people during the 4 days event, we hope to see you again next year at the Show.



Useful Contacts

Powys Family Information Service- fis@powys.gov.uk - 01875 612 419

Early Help- early.help@powys.gov.uk - 01597 826 246

Powys Childrens Social Services /Front Door For concerns about the welfare of a child - 01597 827 666- (Out of hours) 0845 0544 847

Housing in Powys- Emergency repairs, Homelessness and general housing enquiries- 01597 827464

Citizens advice offers free confidential advice online, on the phone or in person on a whole host of topics from benefits to housing - [0345 6018421](tel:03456018421) Mon-Thurs 9am -3pm - www.citizensadvice.org.uk/wales

Childline help for children and young people under 19 years with emotional support and advice - 0800 11111- www.childline.org.uk

If you need help to get into work get in touch with **Communities for work+** Powys, who can provide 1:1 mentoring to help develop the skills you need. Visit their website- en.powys.gov.uk/CFW

Foodbanks:

Welshpool: 01938 536 379

Llanidloes: 08458 457 555

Machynlleth : 07983 715 162

Newtown: 01686 610 340

Rhayader: 01597 810 921

Llandrindod Wells: 07519 839 189

Brecon: 01874 611 723

Knighton and East Radnor: 07731 524 058

Ystradgynlais/ Ystalyfera : 07923 986 379

Ystradgynlais: 01639 845 475

Newtown, Brecon and Builth Wells : 07955 518 669



Credu- Support for carers and their families- 01597 823 800

Contact Cymru- for Families with disabled children- 08008 083 555

Live Fear Free- 24/7 Domestic Violence Support Helpline- 08088 010 800 - gov.wales/live-fear-free

Montgomeryshire Family Crisis Centre- Supporting men, women & children experiencing or affected by domestic abuse in North Powys- 01686 629114- www.familycrisis.co.uk

Stepchange- helping people with debt problems take back control of their finances and their lives - [0800 138 1111](tel:08001381111)