

July 2021

Powys Early Help Team

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.

Summer Loving

The evenings are lighter and its feeling that bit warmer and hopeful, with normal activities for our families slowly returning, we're feeling a lot more positive about the remainder of 2021.

Summer of Fun Powys Holiday Activities



All the plans are currently being finalised for the summer holiday activities throughout Powys. To find out what is available for your children, be sure to follow The 'Family Information Service- Powys' on Facebook and join our 'Powys Holiday Activities and Information for Families Group' on searching on Facebook or scanning the QR code opposite, we will be keeping these regularly updated with activities as they are confirmed and throughout the Holiday. We will also be posting weekly Activity ideas which can be done at home or in your neighbourhood.



Cool off with some rainbow fruit lollies

Ingredients

100g mango , peeled, stoned and chopped
2 bananas
400g yogurt
2 kiwi fruit , peeled and roughly chopped
100g frozen raspberries
100g frozen blackberries

Method

STEP 1

Blitz the mango with ½ banana and 100g yogurt in a blender until smooth. Divide between six ice lolly moulds and insert a stick into each. Hold each stick upright in the mould, and secure on both sides with tape. Freeze for 1 hr until set.

STEP 2

Repeat with another ½ banana, 100g more yogurt and the kiwi fruit, and pour that over the banana layer. Freeze for another 1 hr until set. Repeat with the raspberries, then the blackberries, freezing each layer before topping with the next. Cover and freeze the lollies overnight. Run under warm water to remove from the moulds. Will keep in the freezer for up to two months.

www.bbcgoodfood.com/recipes/rainbow-fruit-lollies



The Early Help Team

Early Help may be needed at any point in a child or young person's life and we seek to offer support quickly to reduce the impact of problems that may have already emerged. Families are best supported by those who already work with them, organising additional support with local partners as needed. In order to provide the right support at the right time we will link in with our partner agencies. Please reach out if you need support by emailing fis@powys.gov.uk

Family Information Outreach Workers

Helping to keep families informed of what they can access; from child care, to baby groups, to holiday activities, support for their family and more. Email, call, find us on Facebook, head to our website or see us out in your community.

Support for Families Practitioners

A holistic approach to supporting the whole family, providing support not only to the parents but also to the child. From supporting families with multi agency meetings to providing support and guidance when necessary.

Stronger Families Practitioners

Provide support for parents and families. They run parent groups and workshops on useful topics for parents. Home coaching on a one to one for parents can also be offered on an individual basis.

Support for Families Co-ordinators

Coordinate the support around our young people and families, helping to keep them informed about all their support. Also being a point of contact for the other agencies and most importantly the family.

Supporting parent and toddler groups

The Family Information Service, PAVO and a Flying Start Community manager have joined forces to support parent and toddler groups in reopening their doors this summer! We are hosting discussion meetings to support them with the behind the scenes stuff, and we hope to get out and show our presence at these groups very soon!

If you run a Parent and Toddler group and want to get involved in our discussion meetings and be a part of our Facebook community email us at fis@powys.gov.uk



EXAM RESULTS
Don't panic



How grades are being awarded



Results day this year will be a little different to years gone by, as a result of the pandemic. This year Teachers are deciding the grades for GCSE, AS Levels and A Levels. They will award these grades based on pieces of work that you have completed over the course of study, in line with the guidance provided to them.

For regular updates about the examinations, learners guides and the appeals process please visit
qualificationswales.org/english/awarding-2021/correspondence/learners/

The Olympics

The Olympic Games will now take place between 23 July and 8 August 2021 and the Paralympic Games between 24 August and 5 September 2021. Make some Olympic Flag biscuits or using old loo rolls/ kitchen roll holders, make an Olympic Flag!

See the link for this and more ideas...

Cardboard Tube Olympic Ring Printing ([activityvillage.co.uk](https://www.activityvillage.co.uk))



INFORMATION AND 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

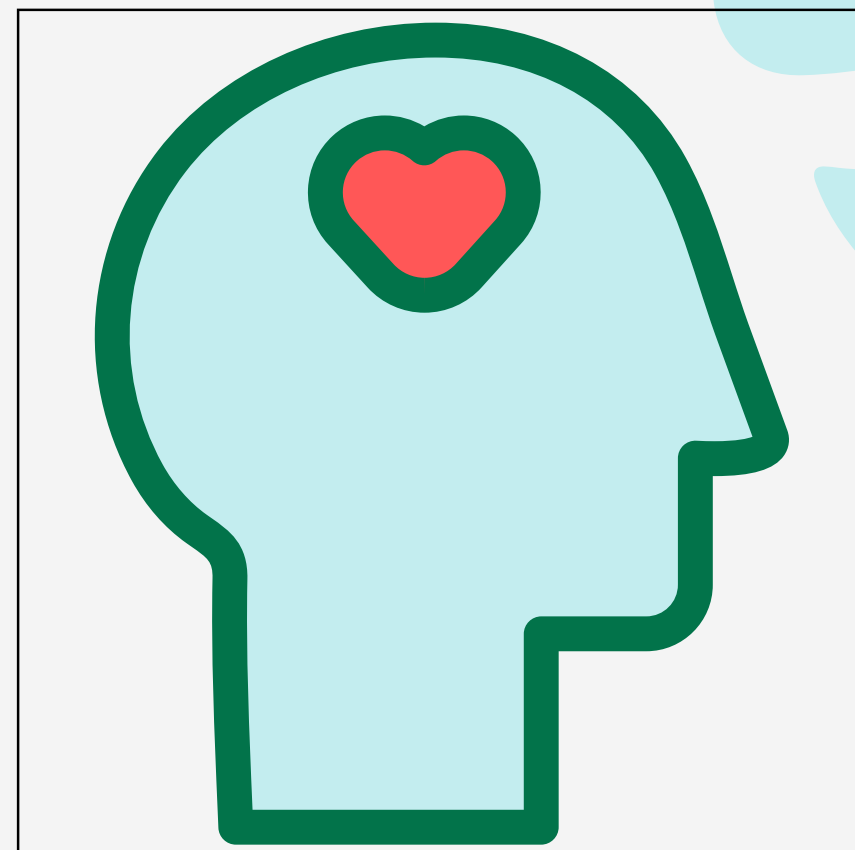
This is the access point for Children's Services in Powys and is where families can come for Information, Advice and Assistance.

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

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