

Your Early Help Team

A 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!

YOU ARE NOT ALONE THIS CHRISTMAS..

Christmas can be such an exciting time and we can often have great expectations for the period to bring us joy and happiness, but with that it can also be a stressful time for families. There may be money worries, big emotions to deal with, tiredness too can all put a strain on relationships.

To acknowledge that, we want to bring to you some information to help support you in having a positive festive period with your family.

*Make this Christmas about
presence instead of presents*

SPENDING TIME AND PLAYING GAMES

Family games are great for bringing families together, from board games, to card games, dominoes and draughts but games using items from the home can be just as affective. Don't forget to model empathic losses and humble victories and be sensitive to the emotions that come with losing. It's all good practice.



The Marshmallow Race... Everyone sit around a table. Place a cup in front of each player. Scatter mini marshmallows all over the table. Give each person a paper straw. Set a timer for 1 min.

Use the straw to suck up marshmallows and drop them into your cup. When time runs out, count the marshmallows. The player with the most marshmallows wins. When the game is over, fill the mugs with hot chocolate over their marshmallows and then everyone wins by enjoying the warming winter drink!

Festive family activities

- Make a festive playlist and listen together at breakfast
- Create and advent calendar of festive jokes
- Write a family gratitude list, search for the positives from this last year
- Make Christmas Compli-mats, a paper table mat of all the things you love about that person.
- Watch a Christmas movie
- Make paper chains
- Video call a relative and sing Christmas Carols



Seasons selfcare

- Drink a large glass of water
- Eat some fresh fruit
- Add extra vegetables to your meal
- Have a warm drink
- Listen to your favourite song
- Have an early night
- Have a screen free evening
- Go on a winter walk
- Have a warm bath
- Light a scented candle
- Put on your favourite outfit.

Visit the Facebook pages of Mid and North Powys Mind and Brecon and District Mind to take part in their events to support your wellbeing.

Managing big emotions can be tricky and with lots of stimulation in the build up to Christmas it can be overwhelming for children. Children will be tired after a long demanding term and this might show in some unwanted behaviour. At these points it's important to remember that we must be the calm our children need and resist the temptation to join in their storm of emotions.

See the '**Santas Bedtime Checklist**' on the Parenting Give it Time website for a handy child friendly tool to help bring some focus and calm to excited children on Christmas eve. <https://gov.wales/parenting-give-it-time>



LIVE FEAR FREE

If you, a family member a friend, or someone you are concerned about has experienced domestic abuse or sexual violence, you can contact the Live Fear Free Helpline 24 hours a day 7 days a week, for free advice and support or to talk through your options. Get in touch with Live Fear Free advisors free of charge by phone, online chat, text or email <https://gov.wales/live-fear-free>

SUPPORT.

C.A.L.L

24/7/365 Community Advice and Listening Line

0800 132 737

SAMARITANS

24 hour support for those experiencing emotional distress

116 123

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

NATIONAL DEBT HELPLINE

Information and advice to manage debt

0808 808 4000

HOUSING

Emergency repairs and homelessness

01597 827 464

FOODBANKS

Many Foodbanks operate off referrals or vouchers. You can contact a number of services to get connected with a foodbank. GP, Health Visitor or your Family Support Worker. More information can be found on the Powys Website search Foodbanks.



CITIZENS ADVICE POWYS (CAB)

Advice and information around a number of issues, including debt management, benefits, tenancy disputes and more.

0345 6018421

CRUSE BEREAVEMENT

Support, advice and information for those who have lost a loved one

0808 808 1677

DAN

Drug and Alcohol Information and Advice Helpline

0808 808 2234

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

EMERGENCIES

999

NON URGENT

101

A NEW YEAR



A new round of groups for Parents will begin in the New Year, including the Take 3 Group. A group specifically for parents of Teenagers, information and support in learning how to support your young person with the challenging that come with adolescence. How to respond to challenging behaviour with positive communication strategies.

Make sure you follow the **Family Information Service - Powys** on Social media where we will be continuing to share information about groups, activities and useful contacts and websites.
#infosharingiscaring #fispowys

RED JANUARY

January is characteristically one of the hardest months of the year. It is well researched that exercise can be a great help when supporting good mental health. Take charge of your wellbeing in January 2021 and kickstart the year by challenging yourself to do something active everyday in January. A walk, a run, a fitness class or homework workout video, yoga or swim, you decide. More info can be found at www.mind.org.uk.



Thank you to families of Powys for being with us for another year. This year has certainly seen some changes and challenges! We look forward to joining and supporting you for another year, no matter what that year brings!

From all of us here at the Early Help Team we wish you a very Merry Christmas and a Happy New year!



@FISPOWYS

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Telephone: 01597 826246

www.powys.gov.uk/fis



Gwasanaethau Gwybodaeth | Deuluoedd
Powys
Family Information Services

