

in focus

A Journal for Carers and Professionals Working with Children and Young People in Powys

Integrated Family Support Service launched

Support is now available to vulnerable families in Powys to enable them to make positive lifestyle changes in the interests of their children and the whole family.

The Integrated Family Support Service (IFSS), officially launched in April, is being delivered in partnership by Powys, Carmarthenshire, Ceredigion and Pembrokeshire county councils with Hywel Dda and Powys Teaching Local Health Boards.

Initially concentrating on families where parental substance misuse is coupled with concerns about the welfare of the child, the multiagency Integrated Family Support Teams will work to provide targeted support and better connect children and adult services with a focus on the family as a unit.

The Powys team are based in the Children's Services' offices in Llandrindod Wells but will have links to the regional multi-agency teams. The Powys team consists of five multi disciplinary professionals who are Consultant Social Worker Julie Hughes, Community Psychiatric Nurse Neil Bovingdon, Health Visitor Tessa Morgan and two Senior Practitioners, Tracey Carboni and Adam Lightowler with backgrounds in Children's Services and Youth Offending respectively.

Julie Hughes, Consultant Social Worker and team leader for Powys, said: "Our aim is to support families to stay together by empowering them to take positive steps to improve their lives. The service is very much family



Members of the Integrated Family Support Service (IFSS) at the launch, along with Gwenda Thomas AM, Ruth Marks-Twelvevrees, Head of Public Health & Pediatric Community Nursing in Powys and Pauline Higham, Area Manager North for Powys County Council's Children's Services.

focused and will help us improve services by working together across agencies to better support the family as a whole.

"We will provide intensive support to those affected by parental substance misuse by focusing on the strengths within families and deliver the service around their availability and needs. To do this we can also be available at evenings and weekends, it is important for us to work flexibly to succeed."

All members of the IFSS Team are trained in the principles of Motivational Interviewing and in Solution Focused Brief Therapy. Both interventions are proven approaches to working with families when substance misuse

Continued on page 2...

In this edition

- _ CRB Umbrella status
- _ Child Protection Fora
- _ Incredible Years
- _ Youth Forum News
- _ Training
- _ Public Information Points
- _ Youth in Action

Powys Youth Site Launched



See page 4 for full story

Bwrdd Lleol Diogelu
Plant Powys
Powys Local Safeguarding
Children Board



POWYS

Children & Young People's Partnership
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Continued from front page...

impacts upon their lives. The team will be supporting continued professional development by offering this training to the wider workforce next year.

Amanda Lewis, Powys County Council's Head of Children's Services welcomes the development of local partnerships to provide intensive targeted support to families faced with parental substance misuse. Amanda explains: "I am delighted that families in Powys will benefit from the IFSS. The new service offers additional support and complements the range of services which are available across the county. By providing intensive support to families who are in crisis we aim to prevent family breakdowns, ensure that fewer children come in to the care of the local authority and that families are better able to manage."

Carol Shillabeer, Director of Nursing for Powys Teaching Health Board explains: "This is a great opportunity for us to deliver the IFSS across Powys whilst working in partnership as a regional consortium across a large rural area. With a skilled multi-agency team providing increased support to those most at risk of family breakdown we are confident the service will improve outcomes for those families."

Unique to Wales, IFSS teams are already helping families with complex needs in Merthyr Tydfil, Rhondda Cynon Taf, Newport, and Wrexham. Speaking at the launch, Gwenda Thomas AM, Deputy Minister for Children and Social Services, said: "IFSS is starting to make a difference in the areas in which it is already operating. Families are feeling confident about engaging with the service, and find the help of skilled professionals hugely beneficial to their motivation to change."

For further information on Integrated Family Support Services, please visit <http://wales.gov.uk/topics/childrenyoungpeople/parenting/help/ifst>



Members of the Powys IFSS team
L – R: Julie Hughes, Neil Bovingdon, Tracey Carboni, Adam Lightowler and Tessa Morgan

New lead Member for children and young people

Councillor Melanie Davies is the new Local Authority Lead Member for Children and Young People. Cllr Davies becomes Joint Chair of Powys CYPP along with Gloria Jones-Powell, Powys Teaching Health Board's designated Lead for Children and Young People.

The intention of the leadership roles are to promote change and enable joint working to:

- improve the well-being of children and young people in the area; and
- safeguard and promote the welfare of children and young people

In order to achieve this they are expected to:

- Ensure that partnership planning is given a high profile within the local authority / Local Health Board and promotes strategic change for children and young people in the area
- Promote and share the necessary planning information and help to create a constructive and collaborative atmosphere for decision making
- Ensure that the CYPP has clear governance arrangements with a focus on outcome measures in their planning, and regular assessment of their performance
- Ensure that the National Service Framework (NSF) for Children, Young People and Maternity Services' Self Assessment Audit Tool (SAAT) is completed on an annual basis
- Ensure that attention is given to implementation on the UN Convention on the Rights of the Child

The role of Chair will be key in light of the 'Shared Purpose - Shared Delivery' project which is currently looking at the way that partnerships work across Powys.



Cllr Melanie Davies



Gloria Jones-Powell

County Council has CRB Umbrella Body Status

A CRB Umbrella Body is a registered body that provides other non-registered organisations with access to the Criminal Records Bureau's (CRB's) services. If an organisation has a requirement for less than 100 checks per year they are required to use the services of an Umbrella Body.

Powys County Council has re-instated their Umbrella Body Service from April this year. The council will implement an administration fee of £15 per CRB application with no registration fee. The cost of a disclosure is £26 for a Standard check and £44 for an Enhanced check. There is no administration fee for CRB checks undertaken on volunteers.

The benefits of providing an Umbrella Body Service

1. Improved service which will provide Powys volunteer agencies and external organisations with a local CRB service.
2. Powys County Council is able to undertake CRB checks from neighbouring local authorities/organisations, increasing opportunities for collaborative working.
3. Improved data recording. The CRB Unit will hold details of the CRBs processed by contractors, grant funded volunteers, Powys Accredited Coaches or other volunteers working within Powys.

If you require further details on the Umbrella Body Service please contact the Powys County Council CRB Unit on 01597 826814 or email crb@powys.gov.uk.

A Day in the Life of

a Specialist Nurse for Looked After Children

We meet Mary Morton to tell us about her role as a Specialist Nurse for Looked After Children.

Mary explains: “My job title sounds quite complicated but it just means that I have specialist qualifications and skills as a Nurse and I work with children who are ‘looked after’ by local authorities (LAC). There are two of us employed by Powys Teaching Health Board and we cover all children accommodated by Powys County Council, as well as those living here from other counties from across the UK. Youngsters may be in foster placements, living with family members or in special schools or residential care settings. This means we travel a lot and sometimes wish for a helicopter.



“Each morning I will check emails to find out if there have been any new placements or if someone has been moved. I have a responsibility to visit any child who has become looked after and complete a health assessment. Often we discover unmet health needs and have to make referrals to other specialists. After the initial health assessment we maintain contact and complete a health plan on a regular basis. Today I have to visit a 13

year old who I have seen many times before. She is very upset about her weight and I reassure her that she is healthy and needs to provide her body with enough fuel to grow and develop normally. When I return to the office I type up the assessment, formulate a plan and copy it to her GP, School Nurse and Social Worker.

“I then attend a LAC review with other professionals to share information. In this case there is a plan for the child to move to another area and I need to ensure arrangements are in place so the child does not need to join a waiting list when they move, as they need speech therapy and physiotherapy.

“In the afternoon I see a boy who’s family live hundreds of miles away. He is missing them but cannot return home as his behavioural problems mean that this would be too risky. He’s very angry when I arrive and initially I think he won’t see me but after we chat for a while he calms down and sits with me. Although it has been explained to him previously, I spend some time getting him to think about why he is not able to live with his mum and he accepts he has caused her to worry by running off and getting into trouble. We think about how he can let off steam to avoid confrontation and he confides he has been smoking in his room. I arrange to see him again in a month and with his permission tell his key worker about his smoking.

“After checking my emails again I leave the office and on my way home I drop off a good luck card for a care leaver who has just got her own flat. She is learning to live by herself and I make sure she has registered with the doctor and dentist, and that she knows how to make an appointment if she needs one. I also check she has fresh food in her fridge and advise her not to eat too many takeaways!



Mary Morton

“We adhere to the Welsh Government guidance “Towards a Stable Life and Brighter Future” to ensure children’s needs are met by their placing authority and we liaise closely with colleagues all over the UK so that children are not forgotten or lost in the system. Since the role of Specialist Nurse: LAC was created there has been an improvement in health outcomes including rates of immunization and reductions in teenage pregnancy; but some of these outcomes can be hard to measure and it can take a while to build a relationship with a young person before you can help tackle issues like alcohol misuse or problems with body image.”

Mary’s role covers South Powys and her colleague, Jayne Garfield, covers the North of the county.



Powys Youth Site Launched



Powys Youth website has been launched with a new look, new name and new features. Now called TOWIP it is a new interactive site for young people, and organisations working with young people, to share news, videos, events and information for 11 – 25 year olds in Powys.

The website name, TOWIP, stands for the 'The Only Website in Powys' and was chosen by 239 young people in an online poll. TOWIP has a youth editorial group called the Website Wafflers who write articles and oversee the design and content of the site and any young person can log in and add content or comment on articles. Website Waffer Rosie Morris (16) says: "I really like TOWIP because it's made by young people for young people, so it's exactly what we needed." Fellow Waffer Sarah Harmon (18) comments: "I really like the site because I can voice my opinions and experiences and they actually get heard and appreciated."

BBC weather presenter Sue Charles spoke at the launch and explained to the Website Wafflers that since she joined the BBC as a journalist in 1998 the multi media world has changed dramatically. Sue explains: "As a news journalist for BBC Wales, and a music reporter for Radio 1 and 2 I've seen the importance of learning new skills and keeping up with technology. Journalists now have to film, edit and write their own material, and realise the importance of having a social media presence. The TOWIP website incorporates all these skills, and will be a great asset for the young people of Powys."

TOWIP is part of the national Clic environment, an online channel offering information, news and advice for all young people in Wales on a wide range of subjects and issues, including where to get support in the local area. It is operated locally by Powys Youth Service and supported by the Children and Young People's Partnership.



BBC Weather presenter, Sue Charles with some of the Website Wafflers at the launch of TOWIP in Llandrindod Youth centre

Check out the site at www.powys.gov.uk/fyi

Regional Child Protection Fora

The third round of the Local Safeguarding Children Board supported Child Protection fora took place in March. As with previous fora, the sessions were held either before or after Local Resource Solution Panel meetings to make best use of officer time. The fora were held over a lunchtime to support the sharing of experiences and to allow those attending to get to know one another better.

There was good representation from agencies and the topics covered included the following (not all matters were discussed in all areas):

- Domestic Abuse
- Multi Agency Public Protection (MAPPA) overview
- Prevent (Radicalism)/Sarah's Law
- Procedural Response to Unexpected Deaths in Childhood (Prudic) update
- Family Law (only delivered at the Llandrindod session)
- Sharing of Information / Consent/ Referrals (only delivered at the Ystradgynlais session)
- Items from the floor for discussion

Feedback was very positive in general. Questionnaire responses revealed a couple of issues regarding the venue and the need to provide information for practitioners to take away. The need for more time for supported discussion, including time for discussion about local matters was also suggested and will be taken on board.

Safeguarding Manager, Alison Davies comments: "Lessons learnt and feedback from previous fora, will be considered by a working group to improve arrangements for future events. Details will be circulated to agencies shortly. It is hoped that fora sessions support our ability to safeguard children and young people by improving local networks and through learning and challenge - it's encouraging to see as many practitioners involved in this as possible."

Incredible results with Incredible Years

Ysgol Trefonnen has seen dramatic improvements in pupil behaviour resulting in a significant reduction in exclusions in the past 12 months. The school have taken on board the Webster Stratton Incredible Years techniques and worked with parents and pupils to strengthen a behaviour policy which promotes positive praise and reward.

Ten teaching staff completed the four day 'Incredible Years Teacher Classroom Management' programme last year. The training focussed on:

- building positive relationships with children
- giving encouragement and praise
- awarding classroom and school incentives, and
- developing a hierarchical system for managing inappropriate behaviour.

All of these staff then went on to complete the Incredible Years Classroom Dina training.

The school has a diverse range of pupils, with an above average percentage receiving support from outside agencies. The timing of the training worked well for the school so that lessons learnt on the training have been integral to the work on the whole school behaviour policy. The school has also run the Incredible Years Parenting Programmes to ensure key messages are reinforced at home.

Deputy Head Teacher Jessica Stuart-Lyon explains: "Since the training, and working together in this way, there is definitely an improving picture for pupils and their families. We have put into place the techniques to improve the social skills of pupils and have seen a reduction in negative behaviours. The joined up approach between home, agencies and school, based on the Incredible Years techniques, is really working.

"Each class up to year four have a half hour Classroom Dina session each week. We use the puppets Wally and Dina, the children really like them and they become problem solvers for the situations the puppets find themselves in. Small group Dina is for children who need more support in developing emotional and social competence and is delivered as part of nurture group provision across the school."

Many strategies have been put in place or extended following the training such as Neges Neis (Nice Notes), proximal praise and coaching to develop pupils' cooperative skills. To find out more on the techniques used at Ysgol Trefonnen contact jessica@trefonnen.powys.sch.uk or book on to the training below.



Incredible Years across Powys

There is a successful history of delivering the Incredible Years programmes for parents, teachers and children across the county. There is a rolling programme of parent groups, coordinated, by Barnardo's across Powys. Around 40% of schools have had one or more staff trained in the Incredible Years Teacher Classroom Management programme and many schools are delivering the Incredible Years Classroom Dina curriculum in the foundation phase.

A supportive structure has been developed to ensure the delivery of the programmes with fidelity. Dr.Sue Evans, Consultant Child Psychologist, with Powys Teaching Health Board, has the clinical lead for the Incredible Years programmes and is an accredited mentor in all of the programmes. This means that training and supervision of group leaders can take place locally and at low cost.

Key staff from the foundation phase, Community Advisory Teacher and Educational Psychology Teams have been trained as group leaders for these programmes as well as some senior teachers in larger schools. Expertise in this programme is spread throughout the county.

The following Incredible Years training opportunities are scheduled for 2012 - 13

- Teacher Classroom Management Programme
- Teacher Classroom Management Programme - Training for Trainers.
- Classroom Dinosaur programme
- School Readiness programme - for teachers, teaching assistants and early years setting leaders who would like to train to deliver the four session school readiness programme to parents of children who are about to start school/ early years settings.

For further details contact
Dr Sue Evans on
sue.evans5@wales.nhs.uk
or CYPP training on
01597 829569



Bibliotherapy Book Review

The Parent Puzzle

by Candida Hunt
(Book list number 6)

Issue Anxieties around parenting

Keywords Promoting good parent/child relationships

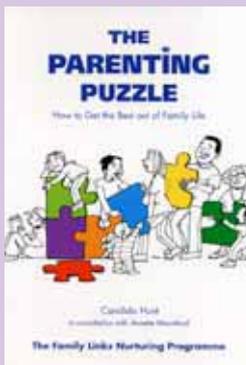
Age range 3 - 12+

Inspired by the Nurturing Programme's creator Dr Stephen Bovelek; this book focuses on self-esteem for both child and parent. It is a sharing workbook full of illustrations and bullet points to inform parents and is based on a ten

week course. The format is easy to read, enabling the individual parent to work alone or with their partner and friends. As a result of parents reading this book, practitioners should notice warmer family relationships and a reduction in the child's behaviour difficulties.

This book is recommended by Bibliotherapy Coordinator, Sian Lee to all parents who wish to think more about the various aspects of parenting and the emotional development of their child.

Further details can be found in the explanation booklet in the Bibliotherapy Resource Pack. For more information on the scheme: www.cypp.powys.gov.uk/bibliotherapy or contact Sian on 01686 617450 or email sian.lee@wales.nhs.uk



Support at the Young People's Village

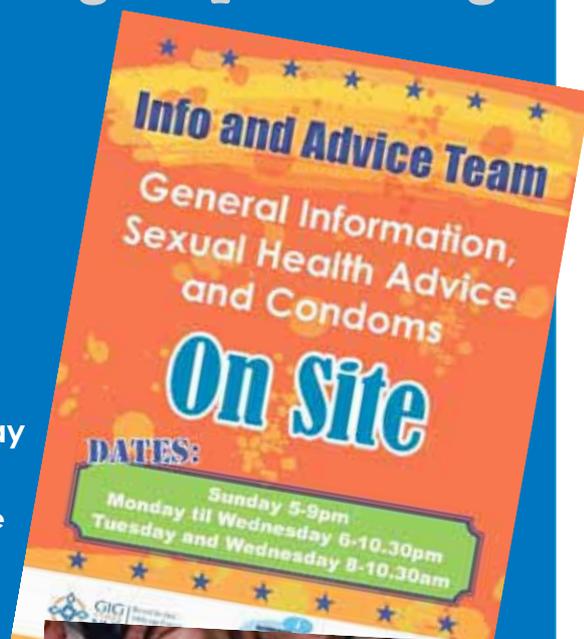
Once again the Youth and Family Information services are coordinating the multi-agency Youth Info and Advice team at the Royal Welsh Show's Young People's Village. The team will ensure that young people are keeping themselves safe and will support with issues they may have during the week.

Workers will be at the stall by the breakfast bar and around the campsite at the following times:

Sunday: 5 pm - 9pm
Monday: 6pm - 10.30pm
Tuesday: 8 am - 10.30am and 6 pm - 10.30pm and Wednesday: 8-10.30am and 6-10.30pm.

The multi agency team are made up of school nurses, CAIS drug and alcohol workers, Terrance Higgins Trust and PAVO staff, as well as local youth workers. If you are interested in helping out at the village then email angie.heins@powys.gov.uk for details.

New for this year, Wales YFC have launched their own young people's village website www.youngpeoplesvillage.org.uk which includes information about the village and organisations on site including the Youth Info and Advice team.



Youth Service Review

Powys Youth Service is currently undertaking a strategy review to ensure it continues to deliver high quality services that meet the needs of young people across the county. The review will clarify the role and scope of the service in terms of universal youth work, accessible to all, and targeted support.

Discussions will take place with groups of young people across Powys to capture their personal experiences of their involvement with the Youth Service as well as with Youth Service staff and other key stakeholders. The review will also take into account key policies and strategies including the Powys One Plan and the recently published Welsh Government document 'Youth Work in Wales': Principles and Purposes.

Mike Griffiths, Strategic Project Manager from the CYPP will be facilitating the review and can be contacted on 07768940673 for further information.

Community Focused Services Development Officers

For information on children and young people's services in your area contact:

Brecon Area and Ystradgynlais

Jacque Brown

07766 991348 - jacque.brown@powys.gov.uk

Bro Dyfi / West Radnor

Sioned Jones Pritchard

07817 683366 - sioned.pritchard@powys.gov.uk

Newtown / Llanidloes / East Radnor

Karen Finucane

07775 792873 - karen.finucane@powys.gov.uk

Welshpool / Llanfyllin / Llanfair Caereinion

Sheela Hughes

07969 204198 - sheela.hughes@powys.gov.uk

Powys Youth Forum update

Powys Youth Forum (PYF) meets four times a year for a three day residential. Members of the forum work hard on local and national issues, policies and legislation but it always includes an element of fun.

Volunteers clock over 1,700 hours

Powys Youth Forum members have been recognised for their work to support services across the county. 20 youth forum members, aged 14 – 21, have registered 1,715 hours of combined volunteering between April 2011 and February 2012.

Members work on consultations to ensure that developments on issues such as rural housing, school modernisation and substance misuse include the views and ideas of young service users from across Powys.

Lucia Jones, aged 16 from Talgarth explains: "We've achieved the awards for our work with Powys Youth Forum. I've been involved with the Spotlight Debate on School Councils, met with County Councillors to discuss young people and the vote and also helped to write the 'Powys Children and Young People's Participation Strategy'.

Lucia continues, "Gaining Bronze, Silver and Gold Powys Awards for Volunteering will really help when I am applying to university and for future jobs as it shows that I can give up my time to help other people."

Dominique Jones, Senior Partnership Manager, Powys Children and Young People's Partnership explains: "It is fantastic that the youth forum members have been recognised for all of the hard work they put in to various projects and schemes. Although the forum is fun it also requires commitment by this diverse group of young people."

Powys Youth Forum, coordinated by Powys Children and Young People's Partnership (CYPP), represents 11-25 year olds from across the county. Members represent young people from schools, colleges, voluntary organisations such as Young Carers and also youth clubs. Find out more about the Youth forum and how they support work across the county at www.cypp.powys.gov.uk/youthforum



Young Volunteers clock over 1,700 hour



Youth Forum sell-out at Hay Festival

Members of Powys Youth Forum delivered a sell out workshop at Hay Festival.

The workshop, for teens by teens, gave tips and tools on how to get young people's voices heard on decisions that affect them. The workshop was organised and run by the Youth Forum members in partnership with UK Youth.

The forum took over the Scribblers tent and ran two consecutive workshops for young people from across the UK, from Manchester to London and to a more local Carmarthenshire. The workshops looked at issues that were important to the young people attending, how to research, plan and make change happen, and also how to evaluate the event or project.

Issues that came up in the workshops included school conditions, substance misuse and school policies against discrimination. Feedback following the event was very positive.

Youth Forum member Ellie, aged 15 from Welshpool said: "It's great to have the chance to share our work here at Hay Festival. Working with other young people reassures us that our views and opinions within Powys are shared across the UK. It helps improve our, and their, enthusiasm to have an active role in society."

In the evening the Youth Forum were invited to attend the debate 'Rethinking the ways we support young people in society.' This lively panel debate, chaired by newsreader Martyn Lewis, included Simon Milner (Policy Director, Facebook), Emma MulQueeney (Rewired State & Young Rewired State), Shaun Bailey (Youth worker and Conservative politician) and Josh Cope (Youth Participation Worker, UK Youth).

The panel of experts and audience members, including Powys Youth Forum, discussed radical ways in which we can support young people to address the social challenges that they and future generations face. Opening up to digital technology was key, with a call for more work to bridge the gap between the old and the young - both had a responsibility to learn about each others' views and experiences.

Find out more about the Youth forum and how they support work across the county at

www.cypp.powys.gov.uk/youthforum

Training for adults working with children and young people in Powys

Information Sharing to support Integrated Working – half day

This course will promote a working knowledge of the regulations and practice on Information Sharing between agencies. This training will support effective multi-agency working as part of the Local Resource Solution Panel and Common Assessment Framework initiatives.

Date	Time	Venue
9 July	10am-12pm	Llandrindod Wells
18 Sept	10am-12pm	Newtown
19 Sept	2-4pm	Brecon
3 Oct	2-4pm	Llandrindod Wells
24 Oct	10am-12pm	Newtown

Common Assessment Framework (CAF) and Local Resource Solution Panel (LRSP) Training

To promote effective use of the CAF and associated tools to deliver early interventions to children and their families.

Date	Venue
12 July	Newtown
11 September	Newtown
12 September	Newtown
9 October	Brecon
17 October	Newtown

Other training opportunities coming up soon:

Children's Rights - Find out about children and young people's rights and how these affect the way you work. A half day workshop running on 2 October, 4.30pm – 7.30pm and 22 November, 9.30 am – 12.30pm in Llandrindod.

Children and Young People's Participation Standards – Advice on how to better involve young people in your setting and how to achieve the national participation standards kitemark. A half day workshop running on 22 November in the afternoon in Llandrindod and two evening sessions on 13 March 2013 in Newtown and 20 March in Brecon.

Pre-pubescent children with inappropriate sexual behaviour – an all day workshop delivered by the Lucy Faithfull Foundation on 11 September in Welshpool

Honour Based Violence / Arranged Marriages – an all day workshop delivered by the NSPCC on 10 October in Brecon

Lead Practitioner: The Team around the Family and the Local Resource Solution Panel - Full Day

This course will promote effective use of planning and service delivery interventions to children and their families and also promote effective multi-agency working.

Date	Venue
4 July	Brecon
19 September	Newtown
17 October	Llandrindod Wells
23 October	Brecon
23 October	Newtown

Please note it is recommended to attend the CAF Training before attending the TAF Lead Practitioner training.

Motivational Interviewing

Engaging people in a process of change - working with Intrinsic Motivation

A motivational approach can help workers in a range of settings to support individuals to explore and hopefully resolve their ambivalence about behaviour change. This course will provide participants with a clear understanding of the principles and goals of Motivational Interviewing. The course looks at the following: What motivates people to change? What leads to sustainable change? The communication skills that enhance motivation in others. Strategic questions designed to elicit a change in behaviour.

Venue	Dates (2012/13)
Llandrindod Wells	27 July
The Park, Newtown	10 September
Brecon	12 October
Llandrindod Wells	12 November
The Park Newtown	11 January 2013
Brecon	4 February 2013

For further information or to book any of the above courses contact the Powys Training Unit via cyptraining@powys.gov.uk or call 01597 82 9569

The Integrated Training Programme is available online at www.powys.gov.uk/socialcareworkforce





Rhwydwaith Powys
14 - 19
Powys Network

Work based learning

Traineeship and Apprenticeship programmes are designed to give individuals the skills to progress in their chosen careers. Work based learning gives young people an opportunity to really understand the demands of today's workplace, while also improving their skills and qualifications. Having hands-on experience makes a young person attractive to an employer and enhances their job opportunities.



The Traineeship programme offers purposeful training and work experience opportunities to prepare young people for employment or further learning. Traineeship Engagement is for learners at any level who are not sure what they want to do as a career and/or who have certain barriers that prevent them from immediately taking part in employment or other learning. Traineeship Level 1 is for learners who already know what career they would like to follow and are ready to train at this level or who have naturally progressed from the Engagement option.

Apprenticeships are a great way to gain recognised qualifications and essential skills while earning a wage. The workplace experience will give the marketable skills required. The learning will be shared between college or a training provider and working in your employer's business, to ensure that both qualifications and experience are achieved.

An example of someone doing just that is Claire Jones, whose staff and learners at Puffins Nursery in Brecon are pictured. Claire firstly gained the understanding of what it means to look after children and then gained both Level 2 and Level 3 Apprenticeships. When the nursery then came up for sale she was able to take ownership and now encourages her staff to improve their skills and gain qualifications.

For more information on work based learning, traineeships or apprenticeships please contact Powys Training on Freephone: 0800 328 0881.

New Integrated Children's Disability Service Manager

Welcome to Helena Griffith, the new Integrated Children's Disability Services (ICDS) Manager. Helena has a strong background in integrated working in Children's Services and has been involved in early intervention and prevention in Shropshire and in Youth Offending in Hertfordshire.

Helena took up the post in June and will initially focus on the change management programme, support understanding between professionals and establish joint systems and processes.

The ICDS forms part of the Families First Plan and also Powys County Council's Change Plan. Further details on the service and its developments will feature in the next issue.



Public Information Points upgraded

Public Information Point kiosks provide free internet access and now free calls to selected services. The six touchscreen kiosks, located across the county, provide information on local and national services, activities and support.

The touchscreen allows the public to browse over 800 websites on topics such as childcare, local training and counselling. Users can look for the phone symbol on the screen to make free phone calls to selected organisations and they can also email information to themselves or friends to refer to later.

Gloria Jones-Powell, Joint Chair of Powys Children and Young People's Partnership says: "The Public Information Points are located in venues across the county to help residents to find the information and support they need. The new features, including the free phone facility, will help put people in touch with key organisations so that they feel better informed."

Public Information Points are located at:

- Brecon Leisure Centre
- Llandrindod, Ysgol Trefonnen Primary School
- Machynlleth, Bro Dyfi Leisure Centre
- Newtown, Maldwyn Leisure Centre
- Welshpool, Flash Leisure Centre
- Ystradgynlais library

The Public Information Points (PIPs) are run by the Powys Family Information Service and the PIP's information can be viewed online via the Useful Links tab at www.powys.gov.uk/fis.



Ben Millington with his grandmother Jean Hudson using the upgraded Powys Information Point

Youth in Action

Exchanging ideas on Democracy

Powys County Council's Youth Service and Powys Young Carers joined forces to host an eight -day exchange visit with a youth group from Bengtsfors, Sweden, as part of the European Union's Youth in Action Programme.

The Wales-leg of the exchange took place in April at the Staylittie Outdoor Centre where 15 Swedish young people joined with 15 young people from Powys to discuss the themes of Democracy, Citizenship and Migration.

Throughout the week the young people took part in a number of workshops using different approaches to develop ideas. Subjects discussed included the UN convention on human rights, the position of youth in the EU, and the influence of immigration on culture, music and young people in today's society. The group also visited the Senedd in Cardiff, as well as a visit to the Liverpool Slave Museum.

The second part of the "Rural and Proud" exchange is expected to take place in August when it is hoped that young people from Powys will have the opportunity to visit Sweden.

Funding for the exchange was awarded through the Youth in Action programme managed in the UK by the British Council and funded by the European Union. The programme helps young people to become active citizens and better equipped for the world of work, and promotes solidarity, social cohesion and co-operation within Europe and its neighbouring countries.

For information on Youth in Action visit: www.britishcouncil.org/youthinaction

MEND is shaping up for success

MEND (Mind, Exercise, Nutrition... Do it!) has helped over 20,000 families worldwide become fitter, healthier and happier and is aimed at children aged 7-13 who are above a healthy weight. Families who attend MEND learn how to eat more healthily, read food labels and make their weekly shop healthier and easier. MEND's ten-week, healthy living course started a new programme in Ystradgynlais, Brecon, Newtown and Welshpool last month.



The course consists of a two hour session after school, twice a week for ten weeks. Each session includes a one hour interactive workshop for children and parents, and a one hour fun physical activity session for the youngsters while the parents have a discussion around health.

Craig Jones, MEND's Programme Manager says: "Attending MEND is a great way to kick start being fitter, healthier and happier for the whole family. MEND makes a real difference to children's lives. Through encouraging them to be more active and choose healthier options – children lose weight and their confidence increases as well as their sporting ability and determination."

The programme is run by Powys County Council's Leisure Services in collaboration with the CYPP and Powys Public Health. 177 families in Powys have taken part in the programme in the last two and a half years.

If a parent is concerned that a child is above a healthy weight and would like to register for a place on MEND's free and fun healthy lifestyle course, contact Craig Jones 01639 844854 or craig.jones2@powys.gov.uk or visit www.mendcentral.org

Sexual Health Sorted with Powys C card

The Powys Sexual Health Forum has launched the new Powys Condom Card (C-Card) called Powys Sorted!

In March a range of professionals completed the Agored Cymru level 2 course in 'Sexual Health and Young People' ran by the Youth & Family Information team. Youth workers from across the county, along with substance misuse workers from CAIS, Youth Offending, leaving care, Terrance Higgins Trust and a specialist nurse for looked after children are now qualified assessors for young people wanting sexual health advice and condoms.

The C-Card process means that a young person can see an assessor and, if under 16, have a twenty minute assessment to ensure that they understand the 'Frazer guidelines', the basics about safer sex and sexually transmitted Infections (STI's), the benefits of delaying sexual activity and how they should not feel pressurised into having sex. Then they can join the scheme and receive a registration card with a unique reference number, which they can produce to receive condoms on eight occasions without further assessment.

The sexual health forum is in the process of completing the All Wales quality standard mark for C-Card schemes and, once we have been awarded it, young people will be able to go to any other accredited c- card scheme in Wales and vice versa.

A grant, awarded by Powys Teaching Health Board, allowed the scheme to get off the ground. For further information on the scheme visit www.facebook.com/PowysSorted

Powys

www.powys.gov.uk/fyi
0300 111 0234



Working together to ensure high standards for children in care

Powys County Council's Children's Services have joined forces with others across Wales to improve the lives of vulnerable children and young people. The Children's Commissioning Consortium Cymru, a partnership of authorities have launched the pioneering Looked After Children Placement Framework for fostering and residential placement services.

The scheme followed ongoing consultation with young people in care. It aims to provide placements for children and young people that meet clear standards of care as specified in the Framework in order to develop more quality local placements across Wales within the independent sector.

Across Wales approximately 5,000 children and young people are looked after. Most are raised in nurturing and supportive homes thanks to foster carers who work for the 22 Welsh local authorities. Significant work continues to recruit people from all walks of life to become foster carers.

However, a continuing increase in the number of children and young people who are becoming looked-after means there simply are not enough foster carers available and, as a result, placements are secured within the independent or private sector. The new Framework will help to ensure the best quality of service for children and young people placed with independent sector providers.



Keith Towler, the Children's Commissioner in Wales, officially launched the Looked After Children Placement Framework. He is pictured along with young people and staff at the launch.

To find out more contact the Powys Fostering team on 01874 614030 or email fostering@powys.gov.uk

Brecon launches Wales' first Community Alcohol Partnership

Wales' first Community Alcohol Partnership was launched in April in Brecon.

A scheme to tackle underage drinking, the Brecon Community Alcohol Partnership (BCAP) was launched following successful initiatives in a number of areas around Britain.

Brecon CAP is a partnership between several groups including Powys County Council, Brecon Town Council, Dyfed Powys Police, Powys Teaching Health Board, retailers, local schools and youth support groups. It is backed by Community Alcohol Partnerships Ltd.

The aim of the initiative is to reduce young people's access to alcohol by building on the existing work undertaken by the council's Trading Standards and Licensing Services, alongside local police teams. Together, the partners plan to inform and advise young people and the community on sensible drinking limits as well as help tackle alcohol-related problems

A key aspect of the partnership will be to break down the barriers between retailers and the enforcement agencies, and to recognise that by working together with the wider community, everyone can make a difference.

Supt Pam Kelly for Dyfed Powys Police, said: "The Community Alcohol Partnership is an excellent example of how all agencies can work together to tackle key problems in their community, Dyfed-Powys Police are delighted to be involved in the partnership: alcohol misuse is intrinsically linked with anti-social behaviour, domestic abuse and public disorder, therefore tackling inappropriate misuse is priority for community policing."

More information can be found at www.communityalcoholpartnerships.co.uk

Eat Carrots be Safe from Elephants News



Eat Carrots be Safe from Elephants have been hard at work. They met in February at Carad in Rhayader and invited Bernette Venables, Lead School Nurse and Ruth Marks – Twelvetrees, Head of Paediatric Community Nursing to their meeting. They had a discussion about mental health issues and the role of school Nurses and they had a lot of views on this topic.

Group members also took part in the Child and Adolescent Mental Health Service (CAMHS) consultation, facilitated by Powys Advocacy on behalf of CYPP.

The group also discussed issues from the LSCB Business Plan, including their ideas around Alcohol Abuse and Domestic Violence. This discussion followed on from the workshops at the residential and will form the basis of the presentation the group will give at the LSCB Conference in July.

The group is being recognised for their valuable contribution through two volunteering schemes, Powys Awards Scheme and Millennium volunteering opportunities. It was a tiring day but there was also time for some fun. The group is looking forward to taking part in the LSCB conference in July.



For details about Eat Carrots be Safe from Elephants view

www.lscb.powys.gov.uk

or contact Powys Advocacy (Tros Gynnal Plant) by email

powys@trosgynnal.org.uk

or phone 01982 552450

We foster for Powys



... could you?

Powys County Council's Fostering Team needs individuals, couples and families who can offer anything from one weekend a month to a longer-term home to local children and young people in Powys.

Previous experience is not essential, just enthusiasm, a commitment to children and a willingness to work with the team. Training and on-going support is provided and allowances paid.

Want to find out more?

Contact the Fostering Team on 01874 614030.

To view this magazine online visit www.cypp.powys.gov.uk/news

If you receive In focus and no longer require a paper copy please let us know.



School-based counselling

Welsh Government have published a report to review the Welsh school-based counselling strategy which has been rolled out across Wales in the past three years. The evaluation found that implementation of the strategy and its counselling services was generally perceived as successful by all stakeholders, including counselling clients. Across six terms, 11,043 episodes of counselling were attended with participation in counselling associated with large reductions in psychological distress.

Key recommendations are that permanent funding streams should be established to embed counselling in the Welsh secondary school sector, with consideration given to its roll out in primary schools. Service managers and schools should also look to ensuring equal opportunities of participation in school-based counselling from all sectors of the community, that adequate accommodation is available in schools for the delivery of counselling, and that a system of regular outcome monitoring is established.

For a copy of Evaluation of the Welsh School-based Counselling strategy: Final report Number 23/2011 visit www.wales.gov.uk/educationandskills

To contact Barnardo's, the face-to-face counselling service in Powys TEXT or CALL **07887 633 658**



Survey Results

Jenny Shepherd, Data Analyst for the Community Safety Partnership was the winner of the prize draw for those that completed the survey about In Focus. Jenny wins a box of chocolates and thanks go to all those that took the time to offer feedback on the magazine.

Jenny particularly liked the reports written by young people and the book reviews. Respondents came from a range of areas including the voluntary sector, childcare, Public Protection and Youth work. We will analyse the results and publish suggestions and improvements in the next issue.



View the LSCB website at: www.lscb.powys.gov.uk

Contact the CYPP

CYPP, County Hall, Llandrindod Wells, LD1 5LG Tel: **01597 826058**
 Email: children.youngpeople@powys.gov.uk
 Download this magazine from www.cypp.powys.gov.uk

FEEDBACK >

Let us know what you think of this newsletter and help shape future editions. Email michelle.wozencraft@powys.gov.uk with ideas, contributions and feedback for Edition 5.