



Working together to support children and young people to reach their full potential - Issue 3 - September 2010

## Local Resource Solution Panels (LRSPs) up and running across the County

As part of the Powys Children and Young People's Partnership Plan, LRSPs were developed to provide a framework for the delivery of locally based multi-agency services with a strong early intervention focus, aimed at achieving good outcomes for children and young people with additional support needs.

The LRSPs, held monthly are a mechanism to provide creative solutions which maximise the coordination of family support resources for children, young people and their families.

**Establishment of the LRSPs:**

**Phase 1 - Machynlleth/Llanidloes and Ystradgynlais areas established in January 2009 as part of an initial six month pilot**

**Phase 2 - Llandrindod and Newtown panels established in April 2010**

**Phase 3 - Brecon and Welshpool set up in May and July respectively**

The panel is a forum where:

- Children and families can obtain services locally
- Professionals can come for advice and work together to provide solutions
- Professionals working with families, especially those in the universal health, education and community services, can access expertise and targeted support for children, young people and their families

LRSPs can:

- Source more support in each local community
- Help children and families who maybe experiencing difficulties
- Co-ordinate services and avoid duplication
- Identify local gaps in services

## Supporting Families - LRSP Case study

Following a referral to the Machynlleth LRSP from Ysgol Bro Dyfi, 12 year old Hayden has made a great deal of progress, becoming more confident, less isolated and better able to cope.

Hayden's mother, Sharon Dupree explains: "Before the support from the Panel Hayden wasn't interested in anything outside of the home. I had recently been diagnosed with epilepsy and had suffered several seizures and so he was very anxious about me and leaving me alone.

"It has been a really positive experience for us to know that the organisations rallied together and discussed our situation at the Machynlleth LRSP. Although they have been fairly simple solutions, such as providing Hayden with a bike, informing us about local youth clubs and supporting Hayden to join Powys Young Carers, it's really changed our situation for the better.

"Since Hayden has had the bike he has been outside a lot, and much more socially active. Hayden is a lot more confident than he used to be. When his older brother moved away to live with his father Hayden felt isolated, these steps have really helped him to cope better."

As a member of Powys Young Carers, Hayden undertook first aid training, gaining confidence to support his mother's condition.

Hayden said: "I'm doing loads more stuff, with more friends around me now. I'm feeling better about myself and I like knowing that mum's safer now that I know what to do."

Donna Jenkins, LRSP support worker says: "No single agency has taken the lead on this; it's really been a case of all agencies working together. For very little cost and by directing resources that are already available we have started to make a real difference to Hayden and his family."

Although many agencies have been involved, the following are an example of strategies employed and support given. Bettws Lifehouse donated the bike through Barnardo's, Leisure Services provided Rookie Lifeguard sessions funded by the LRSP and careers support for Sharon has been initiated. Bro Dyfi High School has ensured Hayden now has a learning coach and SENCO, Carwen Williams also acts as a buddy in school for when things are troubling Hayden.



Hayden enjoying his new bike

## Accessing Local Support Workers online

Kooth.com, the FREE online counselling service for young people aged 11-25 in Powys is now offering additional support. Local staff are using web chat and web messaging within the kooth.com site to help provide information, support and signposting services.

Young people logging in to Kooth using their normal sign-on will be able to access either a Counsellor or a local Support Worker. The Support Workers profile explains their area of expertise and when they will be available; young people can choose to message the Worker or to have a web chat to find out the information they need.

Agencies signed up so far are Youth Information Powys (Powys Youth Service), Powys Carers and the Leaving Care Team (Children's Services). Domestic Abuse teams are to go online in the near future.



## Llanfyllin High School joins forces with Barnardo's

Jane Armstrong works two days a week for Llanfyllin High School as a counsellor. To support her in that role she has recently become part of the Barnardo's 'Face 2 Face' counselling service team. Jane receives clinical and management supervision and will be involved in Barnardo's team meetings and training.

This is an innovative arrangement with termly liaison meetings between Jane, Barnardo's and the High School to ensure that all parties and pupils are benefitting. Jane joins a team of Barnardo's counsellors, Louise Greenwood, Jonah Young and Sue Hitch, who work across Powys to deliver counselling services to young people.

Delyth Raynsford, Barnardo's Cymru Manager said: "Jane is a valued and experienced counsellor and brings enthusiasm commitment and expertise to the service. She also ensures that another school receives a school counselling service in the far north of the county."

The Barnardo's Face 2 Face Counselling Service was extended last year to include 11 – 19 Year olds (the service was previously only available for young people from 13 years old) and is available for any young person living or attending school in Powys.

## Play Days

Play Days entertained 967 children across the county again this summer. Activities including circus skills, african drumming and street dancing kept children playing throughout the day.

The events took place as part of the national celebration of children's right to play. This year's theme was 'Our place' which puts children at the heart of our communities, and asks everyone, young and old, to help create better places for all of us to live and play.



Councillor Leslie 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 / LHB 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



## A Day in the Life of ..... A Health Visitor

We catch up with Heather Lewis, Health Visitor in the Llandrindod area, offering advice, support and health promotion to parents at a Bumps and Babies group.

The group meets once a week and is bustling with mothers and young babies. Heather chats to parents, first as a group about developmental milestones and then offers individual support and information.

Heather qualified as a nurse and went on to become a school nurse before training as a health visitor. She now enjoys the combination of community health work with groups such as Bumps and Babies, coupled with home visits to individual families.

Heather comments: "Home visits can be very rewarding; it is a real privilege to go into someone's home at such a special time. We come in to contact with new mothers before their baby is born and then continue with visits throughout the baby's development up until four years old.

"Some families think we are there to check-up on them, but it is much more about support and encouraging parents with good practice. Some parents just need a bit of extra confidence.

"We are often the first point of contact for the family, we assess and then signpost to other professionals or resources such as Paediatricians, Speech and Language Therapists, Dieticians, Occupational Therapists and GPs. We also liaise with early years settings and pre-school assessment units, Action for Children and Children's Services.

"If there are genuine concerns about the well being of the baby we refer to Social Services but we must inform the families about this course of action. The role requires diplomacy and sensitivity, and we must ask about domestic violence issues at least twice to all families.

"There has been an increase in the Community Health aspect of the Health Visitors role, such as supporting the Bumps and Babies groups, and I think this is set to continue. I think there is a strong case for working in partnership - sharing resources and expertise definitely makes sense."

Heather is a Community Practice Teacher and also trains volunteers to offer peer support for breast feeding groups.

There are 41 Health Visitors in Powys. They advise on:

- Normal child development and can offer support if there are problems identified.
- Parents' emotional health, including post natal depression
- Feeding and weaning
- Sleeping problems
- Behaviour problems and management
- Resources available in the community for parents and child
- Family difficulties, including relationship issues and domestic violence
- Information on the child immunisation programme

Blue MacAskill, mother of two month old Rufus says: "As a new mum it's great to have the one-to-one support with home visits, but also to have the chance to chat with other mums and to meet as a group. It's important for the babies to socialise together and yet to also have expert advice on hand."

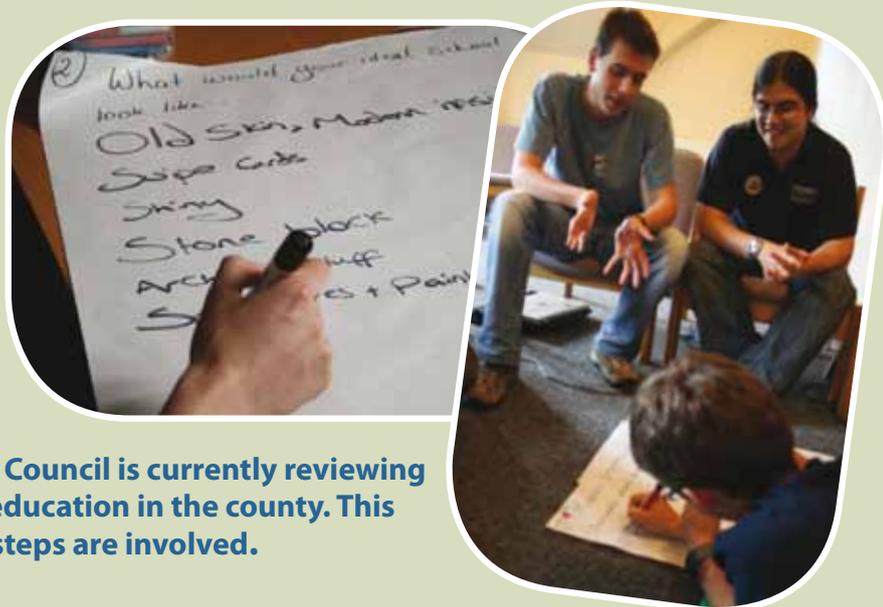
Shelley Davies, Strategic Manager CYPP says: "Health Visitors are the first service to see all children at a young age. This is critical to identifying early issues, which, if not addressed could escalate to bigger problems for the child in later life."

**The Bumps and Babies groups are coordinated by Action for Children bringing together expertise and opportunities to socialise and learn. To find out about Bumps and Babies groups across the county see page 9.**



*Pictured top of page: Heather discussing the Birth to Five book information with Blue and Rufus.*

# Secondary School and Post 16 Modernisation Programme



**Most readers are aware that Powys County Council is currently reviewing the way it delivers secondary and post 16 education in the county. This article outlines the reasons why and what steps are involved.**

## Why?

- There is a need to expand the curriculum choices for 14-19 year olds in the county;
- There is a need to improve learning outcomes for all learners - not just for the 'high achievers';
- A need to ensure that learners have an equal range of opportunities in their choice of language;
- Significant investment (approximately £100m) is required to bring our secondary school buildings up to a 'fit for purpose' standard;
- The authority is facing severe cuts in funding;
- Powys will have 25% surplus places in secondary schools by 2015;
- There is a need to make our schools financially and educationally viable.
- To ensure equal opportunities for a child who wishes to learn through the medium of Welsh as one who chooses English.

## How will this happen?

- Firstly informal discussions with the public, looking at the issues raised in the Council's SOP;
- Officers and councillors will then consider feedback, carry out a detailed evaluation of each option and put forward a document showing a short list of options, specific to the county as a whole or to individual areas of the county;
- Following a report to the council's board, consultation will take place later in the year with the school communities and public on this second document;
- The council's board will then make their decisions early in 2011.

## What's proposed?

A range of different options have been drawn up in the Strategic Outline Programme (SOP). The aim is;

- To make schools more of a focus for the community, providing other services from the same site;
- To offer all children and young people in Powys the same curriculum choice - including vocational options - as if they lived elsewhere in the country;

More information (including the council's SOP) - as well as an opportunity to air your views on the programme - can be found under the School Modernisation section of [www.powys.gov.uk](http://www.powys.gov.uk).

## Powys' Incredible Years and Parent Works projects shortlisted

The innovative Parent Works programme has been selected as a finalist for Excellence Wales status:



**Finalist for Excellence Wales Status 2010**

Our Services

SHARING • LEARNING • EXCELLING  
RHANNU • DYSGU • RHAGORI

The shortlisted programmes are a set of complementary courses for parents, children and teachers which reduce aggression and behaviour problems in young children and increase social competence at home and at school. The project is based on the Webster Stratton Incredible Years Programme.

Cllr Leslie Davies, joint chair of Powys Children and Young People's Partnership (CYPP) comments: "We are delighted to be shortlisted for this public services' award scheme which recognises leading practice and rewards innovation.

"The success of the project is due to effective multi-agency working. The expertise of psychologists, Barnardo's staff and others are offered at as early a stage as possible in order to prevent the escalation of difficulties and the need for more costly intensive interventions in the future."

A third of Powys schools have undertaken the teacher classroom training and a quarter of schools have staff trained to deliver the small group Dina programme.

Awards will be presented at an Efficiency and Innovation Conference in the Autumn.

For further information contact:

Parent Works programme - Barnardo's 01686 617444

[parent.works@barnardos.org.uk](mailto:parent.works@barnardos.org.uk)

Classroom and Child programme - Dr Sue Evans

[sue.evans@powyslhb.wales.nhs.uk](mailto:sue.evans@powyslhb.wales.nhs.uk)



## Rhwydwaith Powys 14 - 19 Powys Network

# Extending options for young people in Powys

High Schools, Coleg Powys and other training providers across the county are sharing provision so that pupils in Years 10 and 11 can study at a location other than their home school.

The 14-19 Futures programme enables a Year 9 pupil to select a vocational pathway in their options programme. Throughout Year 10 and 11 they may attend Coleg Powys one day a week to study a level two vocational qualification, equivalent to GCSEs.

Over 200 pupils took part in the Futures programme in 2009/10, courses included Hair and beauty, Construction and Motor Vehicle.

Additional options for this academic year include Equine Studies, Agriculture, Engineering, Catering and Business Studies.

This will enable young people to try out a wider range of subjects at Key Stage 4 and can lead to them pursuing the subject at a higher level, or at least having an understanding of a particular vocational area and acquire the skills to succeed in employment. Not all options are available across the whole county but gradually more and more providers are working together to widen choices for young people.

**For further details on the 14-19 Futures programme contact the Learning Mentor or Careers Adviser in school.**

## Post 16

The programme is being expanded this September to incorporate post-16 education. Students in years 12 and 13 can now study across different institutions, so they can choose from a greater range of A levels and BTEC vocational qualifications. Providing more opportunities for young people in this way opens up a wider choice of career path and enables students the opportunity to gain the skills required to enter employment or continue on to higher education.



## Work based learning

### An interview with Aprille Saunders General Manager, Powys Training

Aprille is passionate about what work based learning can offer and would like more people who are involved with young learners and their futures – parents, teachers, governors, employers, careers officers, learning coaches, youth workers - to understand the opportunities available.

#### Modern Apprenticeships

Modern Apprenticeships ensure that learners have the relevant qualification and industry standards. Competence in social and communication skills, as well as understanding in basic numeracy and literacy, all shift vividly into focus once a young person is faced with the reality and accountability of the workplace.

Work-based learning Network Officers have been appointed across Wales to work within the 14-19 learning pathway and the Welsh Assembly Government's transformation vision in Wales to ensure that work based learning gets the recognition it deserves.

After gaining excellent GCSEs Virginia had begun a Sixth Form course but not settled in. Switching to the Youth Skill Build she began to thrive, and decided to progress through the Foundation Modern Apprenticeship, Modern Apprenticeship and Modern Skills Diploma learning programmes that paid attention to her love of Maths, finally progressing through to achieving a Level 4 qualification (degree level) in accountancy, all by the age of 20.

#### Employers

Powys Training works with around 200 employers across Mid Wales. Equally, there are other Training Providers in Powys that cover a range of work based qualifications depending on the different business needs and sectors.

#### Skill Build programme

If a young person is unsure of the type of work that they may want to pursue then there is an opportunity for them to have some work tasters, and possibly improve their Basic Skills. For this, they would be paid £50 per week if they attend for 30 hours per week.

**To find out more contact Aprille on [aprille@powys-training.co.uk](mailto:aprille@powys-training.co.uk)**

## Bibliotherapy Book Review

### So young, so sad, so listen (Book list number 22)

Issue: **depression**  
Keywords: **sadness and information sharing**

A slim book packed full of precise information that is easily digestible although the subject is depression. The foreword has been written in a heartfelt manner by Philip Pullman, an icon of contemporary teenage literature and his comments will give encouragement to read on and share this book with young people.

The text is humorous and avoids jargon to help increase knowledge and understanding of what is often seen as a difficult and tricky subject to tackle. Chapter two will assist if there is a requirement to complete a Common Assessment Framework (CAF) form as it describes the signs of depression.

**Authors - Philip Graham/ Carol Hughes**

Recommended by Sian Lee, Bibliotherapy Scheme Coordinator

More details about this book can be found in the explanation booklet in the Bibliotherapy Resource Pack or contact Sian on 01686 617450 or [sian.lee@wales.nhs.uk](mailto:sian.lee@wales.nhs.uk)

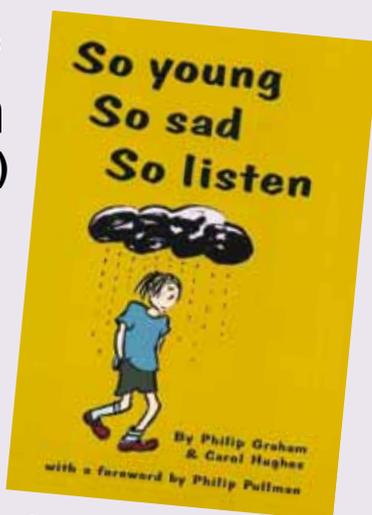
## Phoenix Project

Six Powys youngsters got the chance to experience what it's like to spend a week in the boots of a fireman as part of the Mid and West Wales Fire and Rescue Service Youth Inclusion Programme. The scheme is aimed at tackling the increasing problem of arson, fire related crime and Road Safety.

During a week-long initial course at Hay-on-Wye Fire Station, the group took part in activities aimed at improving self-esteem, self discipline and responsibility through the fundamental fire service principles of communication, teamwork and discipline.

Amy Lacey, a young participant said "I really enjoyed the project, especially being able to meet different people, and it was good to get a certificate."

The Youth Offending Service, in conjunction with the new Local Resource Solution Panel (LRSP) now identifies appropriate referrals into the scheme.



## Young People's Village

Powys Youth Information Service and Powys Drugs and Alcohol Centres (PDAC) once again teamed up with the Local Teaching Health Board's school nurses and midwives to deliver a sexual health advice and condom service at the Royal Welsh Show's Young People's Village in July.

Workers were on site every evening from 4pm – 11pm in the Youth Information and PDAC vans, as well as going out into the crowds so young people could find them easily. Contacts grew from 414 young people in 2009 to 641 in 2010.

Angie Heins, Senior Youth Information Worker said: "It is a successful partnership and, on the whole, the young people were appreciative and respectful. This is an annual service that all partners provide as part of a wider programme to reduce unplanned pregnancies and sexual health infections in Wales. This event is an excellent opportunity for the professionals to work together as part of a multi-disciplinary team, allowing their skills and knowledge to combine for the benefit of young people."



## Community Focused Services (CFS) Development Officers

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

**Brecon Area** - Jacquie Brown  
07766 991348 [jacquie.brown@powys.gov.uk](mailto:jacquie.brown@powys.gov.uk)

**Bro Dyfi/ Llanfair Caereinion** - Sioned Jones Pritchard  
07817 683366 [sioned.pritchard@powys.gov.uk](mailto:sioned.pritchard@powys.gov.uk)

**Radnor** - Trace Bissell  
07776 472720 [trace.bissell@powys.gov.uk](mailto:trace.bissell@powys.gov.uk)

**Newtown/Llanidloes** - Karen Finucane  
07775 792873 [karen.finucane@powys.gov.uk](mailto:karen.finucane@powys.gov.uk)

**Welshpool** - Sheela Hughes  
07969 204198 [sheela.hughes@powys.gov.uk](mailto:sheela.hughes@powys.gov.uk)

**Ystradgynlais** - Allison Jones  
01639 843288 [allison.jones@powys.gov.uk](mailto:allison.jones@powys.gov.uk)

# Youth Forum News

## Participation Standards



Powys Youth Forum members are the first in Wales to inspect organisations on the National Children and Young People's Participation Standards. 12 members of the youth forum were trained over two regional training residentials for the pilot Youth Inspectors programme.

The young people conducted two pilot inspections, with Powys Advocacy, Tros Gynnal and Powys Young Carers. Both organisations had already completed the self assessment form.

Powys were the only county to pilot the training. The standards and the youth inspectors programme give young people a framework to measure the quality of participatory practice within organisations that provide a service for children and young people.

Those who undertook the youth inspectors training programme were involved in running workshops at the launch of the National Participation Standards kitemark event which was held in Newtown in May. (Pictured above).

The standards are to be rolled out across Wales. More information on how your organisation can work towards the participation standards will follow in the next issue.



## Pupil Participation Training

Pupil Participation training was held for school governors, for primary, secondary and special schools across the county in Ystradgynlais, Llandrindod, Brecon and Welshpool. The evaluations of the training have been extremely positive.

Further pupil participation training is scheduled for school staff:

### PRIMARY SCHOOLS

**Pupil Participation - are you meeting the standards?**

**22 September 2010**

### SECONDARY SCHOOLS

**Pupil Participation - are you meeting the standards?**

**1 March 2011**

To book contact the Training Unit on **01595 827330**, or by email, **bsftraining@powys.gov.uk**

Powys Youth Forum's residential took place in July in the Elan Valley. Work included School Modernisation consultation and Powys County Council's Budget consultation.



# TRAINING

## Safeguarding Children: Child Exploitation On-Line Protection (Internet Safety for Children)

Aimed at: School Nurses, Residential Homes, Foster Carers, Social Workers, Community Support Officers, YOS

### WELSHPOOL

8 November 2010 1.30 - 4.30pm

17 January 2011 1.30 - 4.30pm

28 March 2011 1.30 - 4.30pm

EMAIL: [learning@powyslhb.wales.nhs.uk](mailto:learning@powyslhb.wales.nhs.uk)

## Training for artists to work with young people

The Arts Centre in Aberystwyth is offering free seminars with specialists on child protection, the needs of young people at risk and how to progress your career as a community artist. Practical workshops with artform specialists like Protein Dance and Cardboard Citizens in areas such as forum theatre, dance with young people, gallery education; printing and photography and digital creativity.

Contact Sarah Morton [sgm@aber.ac.uk](mailto:sgm@aber.ac.uk)

### Forthcoming courses delivered by the Social Care Training Unit include:

Aspergers Syndrome  
Challenging Behaviours and Autistic Spectrum Disorder  
Domestic Abuse  
Family Group Meetings  
Epilepsy  
Compromised Parenting  
Attachment and Child Development  
Cyber Bullying  
Substance Misuse - Level 1  
Suicide Awareness - Applied Suicide Intervention Skills Training (ASIST)

For further information please contact the Training Unit email: [pwbotu@powys.gov.uk](mailto:pwbotu@powys.gov.uk) or call: 01597 827330/1

### CYPP regularly run the following training throughout Powys

- Paediatric First Aid
- Food Safety in Catering
- Health and Safety including Manual Handling
- Fire Safety



## Inclusive Play Workshop

- Develop understanding of the medical and social models of disability
- Identify and remove barriers within current play provision
- Examine the difference between integrated and inclusive play
- Explore the use of disabling language
- Be introduced to the Playwork Principles
- Learn to arrange new games and activities and to adapt games

**Saturday 25th September  
NEWTOWN**

**9.30 - 3.30pm**

**Saturday 23rd October  
BUILTH WELLS**

**9.30 - 3.30pm**

## Autism Awareness Training (AutismCymru/Mudiad Ysgolion Meithrin)

Bilingual training program to equip staff with the necessary knowledge and skills to ensure that children with Autistic Spectrum Disorders are fully included in pre-school provision.

**Wednesday 6 October  
Welshpool 9.30-3.30pm**

For further information on any of the training opportunities email: [cypptraining@powys.gov.uk](mailto:cypptraining@powys.gov.uk) or call 01597 826058.

# WHAT'S ON

## Saturday 25th September

Dyfodol Powys Futures AGM and mini conference with a showcase of projects.

Contact Della Bufton 01597 825236 or [della.bufton@dyfoldol-powys-futures.org.uk](mailto:della.bufton@dyfoldol-powys-futures.org.uk)

## MEND (Mind Exercise Nutrition Do It) programme to branch out to the Newtown Area

MEND helps overweight children aged 7-13 stay trim and healthy the natural way. Places are free and parents or guardians are expected to get as involved as their children in the classes.

MEND Instructors for Newtown have been trained and the first programme for that area is scheduled to start 21 September at Maldwyn Leisure Centre. For further details contact Craig Jones 01639 844854

The MEND graduate scheme, 'Junior fitness', continues on from the success of all three MEND programmes run in Ystradgynlais. This hour long fitness class is for all children in the Ystradgynlais area aged 7-14. Although in its early stages it has proved very popular, with children continuing to reap the benefits of a healthier lifestyle.



## Powys LSCB Conference

This year's multi-agency conference aimed at professionals working with children, young people and their families will take place on 24 November at the Pavillion, Llandrindod wells.

The theme will be working in partnership to safeguard children and young people.

Key note speaker Marion Brandon, author of serious case reviews in Wales, will present her findings from her research on learning from serious case reviews. The Junior LSCB, 'Eat Carrots, be Safe from Elephants', will also present.

Workshops in the afternoon will focus on compromised parenting and will include the effects on children of domestic abuse, substance misuse, parental mental health issues and young carers.

The conference will conclude with a panel discussion, in which Partnership Chairs will discuss ways in which the Partnerships are addressing the issues of safeguarding.

To book a place at the Conference call 01597 827331 or email [pwbotu@powys.gov.uk](mailto:pwbotu@powys.gov.uk)

## Cynnal Plant Powys - Bumps & Babies Groups

Run in partnership with local Health Visitors these groups offer a programme of activities for parents to be and parents with new babies, plus individual support & information.

### Ystradgynlais - Healthy Living Centre

Monday 10.30-12.30pm  
Contact: Catherine 07590417752

### Brecon - Brecon Youth Centre

Thursday 1-2pm  
Contact: Catherine 07590417752

### Glasbury - Glasbury Village Hall

Wednesday 1-3pm  
Contact: Catherine 07590417752

### Builth Wells - Wesley Methodist Church

Monday 10-11.30am  
Contact: Tracy 07720461955

### Llandrindod Wells - St John's HQ

Monday 1.30-3pm  
Contact: Tracy 07720461955

### Newtown - Newtown Methodist Church

Friday 1-2.30pm  
Contact: Tracy 07720461955

### Machynlleth - Ty Melfed

Monday 10.30 -11.30am  
Contact: Angeline 07850972414 **TERM TIME ONLY**

### Llanidloes - Youth Centre

Monday 1.30-3pm  
Contact: Angeline 07850972414 **TERM TIME ONLY**

## Young Parents

For parents who are under 25 and are expecting or have just had a baby. Run in partnership with the Youth Service these groups provide a relaxed environment where support and guidance is available.

### Brecon - Brecon Youth Centre

Tuesday 1-3pm  
Contact: Mark 07799 513208

### Newtown - Skylark Centre

Thursday 1-3pm  
Contact: Nia 07734 739935

### Llandrindod Wells - Youth Centre

Thursday 1-3pm  
Contact: Wendy 07876 440909

### Llanfyllin - Youth and Community Centre

Friday 1-3pm  
Contact: Barbara 07730 672339

## Parent Link

For parents with children under 11yrs old, these groups offer a variety of courses with free crèche and Stay & Play.

### Ystradgynlais - Healthy Living Centre

Monday 1-3pm  
Contact: Catherine 07590 417752

### Presteigne Primary School

Tuesday 9.15-11.15am  
Contact: Tracy 07720 461955 **TERM TIME ONLY**

### Welshpool - Methodist Church

Thursday 10am-12pm  
Contact: Julie 07841 254969

### Ystradgynlais - Healthy Living Centre (Parent Link with Ti a Fi, MYM)

Thursday 10.30am-12pm  
Contact: Catherine 07590 417752 **TERM TIME ONLY**

### Newtown - Newtown Methodist Church

Friday 10am-12pm  
Contact: Julie 07841 254959

# Safeguarding News

## News from the 'Eat Carrots, be Safe from Elephants' group

The Junior Safeguarding Children's group held their summer meeting in at The Living Willow Theatre in Llanwrthwl. Four new members joined the group, with 18 members taking part in the day.

Liaison between the junior group and the LSCB is working well with issues being taken forward to the LSCB and actions being developed.

Suggestions, actions and forthcoming work:

- The group suggested an increase in publicity for Kooth, the online counselling service – this is being taken forward with an increased campaign in September
- 13 members are interested to become young inspectors for the Children and Young People's Standards Self Assessment Team
- The issue of Public transport and in particular buses is to be taken forward for consideration by the LSCB, with a suggestion for subsidised fares for young people up to the age of 25 years
- The new School Nurse scheme is to be considered by the group

Eat Carrots, be Safe from Elephants will next meet in October half term and they will present at the LSCB conference in November.



*The day was not solely devoted to work, the group enjoyed an enamelling workshop and a Samba drumming workshop*

**If you need this magazine in large print or in an alternative version, email:**

**[children.youngpeople@powys.gov.uk](mailto:children.youngpeople@powys.gov.uk)  
or call 01597 826085**

## Contact the CYPP

**CYPP, County Hall, Llandrindod Wells, LD1 5LG  
Tel: 01597 826085  
[children.youngpeople@powys.gov.uk](mailto:children.youngpeople@powys.gov.uk)  
This magazine can be downloaded from  
[www.cypp.powys.gov.uk](http://www.cypp.powys.gov.uk)**

Powys Domestic Abuse Forum Strategy aims to lessen the impact of Domestic Abuse on the people of Powys.

## Facts

- As many as 150,000 children and young people at any one time are affected by domestic abuse in Wales
- One in five child abuse cases dealt with by the NSPCC involves domestic abuse
- Welsh Women's Aid estimate that 25% of attacks occur while a woman is pregnant
- In 1992 Hughes discovered that in 90% of cases children were in the same or next room during attacks on their mother. If not directly witnessing abuse, children often see the effects of abuse
- 138 Children were directly involved in the 93 High Risk cases discussed at the Powys MARAC last year
- April 2009 – March 2010 there were 389 Domestic Abuse incidents reported to Police. 60% of incidents go unreported

## Signs to look out for:

### Physical complaints

Bedwetting, headaches, tummy aches, asthma, eczema, speech problems, nightmares, insomnia

### Behavioural

Aggressiveness, temper tantrums, bullying, approval seeking, withdrawn or passive, attention seeking, suspicious, clingy, overly eager to please, noisy

### Emotional

Guilty (thinking they are responsible/at fault or failed to protect non-abusive parent), anxiety, fear, anger, sadness, frustration, powerlessness, depression, lack of confidence and self esteem, non-trusting of adults

The Domestic Abuse provider organisations have specifically trained Child Workers and will be happy to give advice if you have concerns about a child or young person with whom you come into contact.

Brecknock Women's Aid	01874 625146
Radnorshire Women's Aid	01597 824655
Montgomeryshire Family Crisis Centre	01686 629114
Childline	08001111
NSPCC	0808 800500

**Websites for Children and Young People**  
[www.itsnotyourfault.org](http://www.itsnotyourfault.org)  
[www.thehideout.org.uk](http://www.thehideout.org.uk)

## FEEDBACK

**Let us know what you think of this newsletter and help shape future editions.**

**Email [michelle.wozencraft@powys.gov.uk](mailto:michelle.wozencraft@powys.gov.uk) with ideas, contributions and feedback for Issue 4.**