

SIGNPOSTplus Information Snippets

24th November 2022



SIGNPOSTplus Information Snippets.

Anyone can sign up to receive Snippets. If you haven't already signed up to receive Snippets directly to your mailbox and would like to be added to the mailing list email: cfhd.signpostplus@nhs.net

There is an archive of recent Snippets on the Signpost Plus webpage, where you can also find a range of information sheets and resources: <https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>

SIGNPOSTplus has a Facebook page: <https://www.facebook.com/SIGNPOSTPlus/>
Remember to turn on notifications under 'Follow Settings' to ensure you see posts.



Holiday Activities and Food (HAF) Christmas '22 Programme

The aim of the Holiday Activity and Food (HAF) programme is to support children to eat more healthily, be more active over the school holidays and have a greater knowledge of health and nutrition as well as be more engaged with school and other local services. The HAF programme is primarily for children aged 5-16 years (and can include 4-year-olds already in Reception year) who are eligible for and receiving benefits-related free school meals (FSM), and their families.

Devon County Council have arranged a programme of funded holiday-time activities, with hot meals, to run for up to four days over the Christmas school holiday.

To access the programme, simply book a place through one of the listed providers. Please note that booking details differ depending on each provider. The schemes are fully inclusive and accessible, so please discuss your child's needs with your chosen provider.

New Providers are being added so check on the website regularly for updates:

<https://www.devon.gov.uk/educationandfamilies/document/haf-providers-christmas-2022/>



Free Information Session for Parent Carers of Children with Special Educational Needs and Disabilities taking place in Dartington:

FREE SEND WORKSHOP
2 hour session for parent carers
Find out more about SEND Support in schools, services that can help, partnership working and how to have difficult conversations

12:30-2:30pm Meadowbrook Community Centre
Monday 5th December Dartington TQ9 6JD

Book your place now via Eventbrite
<https://bit.ly/3DLbqAE>

DiAS Devon Information Advice and Support
Parent Carer Forum Devon

Find out more and book a place here: <https://bit.ly/3DLbqAE>



Devon Information Advice and Support New Resources: Helping you Find and Choose a School.

DiAS have developed a set of new resources on their website and for you to download. In them you can find lots of practical advice and ideas.

There are four brand new resources:

- [Finding and choosing a school](#) – webpage and factsheet. This gives you information about the different types of school, how to work out what might be best for your child, the difference between mainstream and special schools and how to apply for a place.
- [Top tips for finding, visiting and choosing a school](#) – webpage and top tips guide. Lots of ideas about narrowing down your search, doing your research, visiting schools and making your final decision.
- [Choosing a school: Questions to ask](#) – lots of suggestions for questions you can ask any school, including about their support for children with SEND, the day to day life of the school and what's important to staff and students.
- A [schools comparison chart](#) – an editable word document which helps you compare different schools with each other.

<https://devonias.org.uk/helping-you-find-and-choose-a-school/>



New Courses available to parents, carers and staff who work with children and young people:

to help children catch up and reach their potential since the COVID-19 pandemic.



The COVID-19 pandemic and social isolation has resulted in increased trauma on children/young people and their families with negative psychological effects including confusion, anger and symptoms of post-traumatic stress.

This has led to the language gap widening in the most vulnerable children and young people, increasing the risk of social, emotional and mental health needs within both adults and children/young people. This has also raised concerns regarding educational transition points and the level of support that would be required to meet this additional pressure and need.

The Way We Talk training programme is breaking the link between speech, language and communication needs and disadvantage, exacerbated by COVID-19, to improve relationships, resilience, social, emotional, mental health and life chances.

It is giving parents, carers and professionals the opportunity to upskill in this area and close the gap left by the pandemic.

Training is being delivered by various partner organisations in Devon and is an important part of Devon County Council's ambitions to become a **Child Friendly Devon** so that children and young people can look forward to their future with excitement, optimism and ambition. Find out how Devon County Council is **looking to achieve the best outcomes for children in Devon**.

The courses are running across the County, but please check details with each individual provider for the most up to date details.

The speech bubble next to each of the courses and resources indicates who that entry is aimed at:



Aimed at **professionals**



Available for **parent/carers, young people or families**

Find the full list of courses and how to book here: <https://www.dcfp.org.uk/life-chances/the-way-we-talk/>



Parent Autism Workshop Opportunities - Autumn Term 2022

The following topic-based workshops, are also available for parents/carers of children and young people who are currently on the autism assessment pathway, in addition to families of children and young people who have received an autism diagnosis. To choose from based on the priority needs for their child/young person and desired knowledge to further their own understanding in these topic areas.

Topic based workshops:

Autism - Sensory Processing & Integration:
Friday 25th November 10am – 12pm.

Autism - Managing Stress & Anxiety:
Wednesday 7th December 10am – 12pm.

Autism - Vulnerability & Online Safety:
Friday 9th December 10am – 12pm.

Autism - Communication (pre/non verbal – support strategies):
Tuesday 13th December 10am - 12pm.

Apply direct by email to:

educationlearnersupport@devon.gov.uk

to secure a place on any of the above topic-based workshops. Devon Education Services will confirm your booking request and provide you with a direct link to the event. The workshops will be delivered online 'live' via the Microsoft TEAMS platform.



I CAN - Free webinars for parents!

Is your child aged 18 months - 2.5 years?

Are you concerned about their language development?



Join one of the free TALK parent webinars for approaches you can put into practice with your child at home.

29th November - Using songs and rhymes to develop language.

13th December - Symbolic Noises and First Words.

10th January - Supporting Language Development During Everyday Routines.

24th January – Sharing Books to Develop Language

All webinars last for 40 minutes and are free to attend. Book your place today:

<https://bit.ly/3nLPI8c>



Cerebra Online Sleep Seminar - Understanding and supporting children's sleep for parents and carers of children with brain conditions.


The online seminar aims to give you the knowledge, skills and confidence to deal with sleep issues so the whole family can get a good night's sleep.

Taking place on Monday 28th November, 10am - 12:30pm, the seminar is free for parents of children with brain conditions.

Find out more and book a place here:

<https://cerebra.org.uk/get-advice-support/sleep-advice-service/sleep-seminars/>

Support Group: FASD South West



[FASD South West is a parent-led support group](#) for adopted, birth, foster and kinship carers of children, young people, and adults with or without a diagnosis of Fetal Alcohol Spectrum Disorder (FASD) across the South West of England.

If you would like more information on 'What is FASD?' the FASD South West group, through their National FASD Alliance membership, has [updated their website with the latest FASD research.](#)

If you, a family member, friend or school have questions or would like access to:

- FASD-focused resources for home and school
- Information of forthcoming events and guest speakers
- Access to Facebook groups
- Friendship
- Discrete 1:1 support

Please email FASD South West: fasd.southwest@gmail.com, follow the [Facebook page](#) or take a look at the resources at fasdsouthwest.org

bibic bibic Training Sessions:

bibic are running training sessions for parents and carers of children and young adults with neurological or developmental difficulties, and professionals:

Managing Extreme Behaviour

19th January 2022 1:30pm – 3pm.

Promoting Childhood Independence

10th February 2022 10am – 11:30am.

Each session costs £15 and is CPD accredited.

<https://bibic.org.uk/services/training-seminars/>



bibic Free Live Q&A 30th November at 6pm

This month's live free Q&A topic will be 'Accessing Learning'.

Chat with bibic Developmental Therapists and ask your questions about accessing learning for children and young adults, the barriers children face with learning, different settings and strategies to support learning. This Livestream will be held on the bibic Facebook page and will be recorded.

Reserve a place here:

<https://www.eventbrite.co.uk/e/live-qa-on-accessing-learning-tickets-452954738817>



Witherslack Group – Free Webinars:

Autism & Boys. A live webinar giving practical advice and support for parents and carers, exploring some of the common beliefs about boys and autism, dispelling myths, discovering facts and looking at ideas and strategies that can support autistic boys better understanding the world. Tuesday 6th December, 10-11am (including Q&A).

ADHD & Autism: Managing Sibling Relationships. A live webinar discussing managing sibling relationships with ADHD and Autism, giving practical advice and support for parents of a neurodiverse child or young person. Wednesday 14th December, 10-11am (including Q&A).

All webinars will be recorded so even if you can't make it on the day you can still register for the session and a copy of the recording will be sent to you in the days following the event.

Find out more about all of the webinars and register here:

<https://www.witherslackgroup.co.uk/support-and-events/webinars/>



Neurodive Events & Webinars:

A Neurodivergent approach to Exercise ft Harry Thompson

A webinar featuring two Neurodivergent perspectives on how exercise has helped them and how to support Neurodivergent people to access it.

Wednesday 14th December 2022, 7pm – 9.30pm.

Tickets £12.45. Book a place [here](#)

ADHD - an ancestral approach

A webinar on using an understanding of human evolution and the hosts lived experience to find creative ways to support people with ADHD.

Wednesday 11th January 2023, 7pm – 9.30pm.

Tickets £10.30. Book a place [here](#)

Free Learning Session in Exmouth *Tonight*:



Opportunities to ask about...
**Supporting your
Neurodivergent Child**



You are invited to our free learning session with Esteem Team Family Support on:

Thursday 24th November 7-9 pm

at **Brixington Primary School**,
Brixington Lane, Exmouth, EX8 4JQ

To book your place, and to submit questions in advance, please contact Cara caraeesteem@gmail.com



www.esteemteam.co.uk



Council for Disabled Children Newsletter

Interested in the latest news about SEND? Sign up to the CDC newsletter, it contains news, resources and events relating to Special Educational Needs and Disabilities. Subscribe here, selecting the option 'CDC Digest' : <https://buff.ly/3SDcn3S>



Space Youth Services – SEND

If a young person has additional needs, a learning difficulty or a visible or hidden disability Space understand that they may thrive in a setting that provides more support. Space Youth Services have specialist sessions in different parts of the County:

Block Club (Exmouth) Tuesdays 7pm - 9pm.

A session for young people with special educational needs and disabilities, Ages 13+. There's always loads to do, with art and music being particular favourites! With termly themes including independent living skills, personal safety, building confidence and more, this is a great space for young people who may struggle to engage in one of the busier clubs.

No Limits (Newton Abbot) Tuesdays 6pm – 8.30pm. This is a session for ages 11-19 with special educational needs and disabilities. There are a wide range of activities taking place including; cooking, air hockey, arts, parachute games, music and other workshops. The group learn about various topics such as life skills and how to get on with each other.

The Hangout (Tiverton) Tuesdays 7pm - 9pm

Looking for somewhere to socialise and meet new people, make friends, relax, and try new things? Then go to THE Hangout!

The sessions are for ages 11-19 and they have Xbox, Pool, Table Tennis, Playstation, Cooking, Craft, Challenges, Sports and more!

The Chill Zone - Online Zoom Sessions.

These sessions are accessible to young people with special educational needs and/or disabilities aged 11-19 Devon wide. Sessions are supported by youth workers and run on Fridays 4pm-5pm on Zoom. These sessions offer a safe place to go online, connect young people and give them something to do in a fun supporting environment. There are a wide range of activities, fun and games, so there is something for everyone.

Find out more here:

<https://www.spaceyouthservices.org/what-we-do/send>



Coming soon....Young Epilepsy will

be releasing the first in a series of podcasts challenging common misunderstandings about what young people with epilepsy can and can't do. The first episode will focus on football, and will feature a panel of football professionals and sports journalists, alongside one of the Young Epilepsy Reps, Renell. Keep an eye on Young Epilepsy social media platforms and Young Epilepsy 'The Channel' for updates: <https://thechannel.org.uk/>





ERIC The Bowel & Bladder Charity – Free Webinar for Parents and Carers.

This evening webinar will be led by ERIC Helpline Advisors Sarah and Kate, looking at common bowel and bladder problems that children experience and how you can help overcome and manage them.

The Helpline team will help you to understand how the bowel works, what can go wrong and what to do about it. The session will include recognising constipation, and the importance of treatment, as well as working towards getting the poo in the loo! The team will explain how the bladder works, look at why it is essential to sort the bowels first, and why it is so important to have plenty to drink. They will also talk about how to recognise when the bladder is misbehaving, and what to do about it, plus ways to encourage your child towards the potty or toilet.

This free event is taking place on **Thursday 29th November from 7pm until 9pm** using Zoom.

Find out more and book a place here:

<https://eric.org.uk/news/free-webinar-for-parents-and-carers/>

You can also find a wide range of resources, advice and information on the ERIC website:

<https://eric.org.uk/information/>



The Transition Event Online 2022 – A virtual event for young people with additional needs and those who support them.

Register Now

You can now register for
**The Transition Event
Online 2022**

thetransitionevent.co.uk #TransitionEvent

the transition event hub
November 2022

FREE
EVENT

The transition event hub includes tips and guidance for parents and carers and lots of resources for young people too!

Visit the online transition event here:

<https://www.myfamilyourneeds.co.uk/the-transition-event/>



YoungMinds e-Newsletter.

Sign up to the YoungMinds mailing list to receive their

monthly e-newsletter, campaign updates, information about events and fundraising and other opportunities to get involved in their work:

<https://www.youngminds.org.uk/keep-in-touch/>



Funded training for early years and childcare providers - dates start January 2023.

Understanding the relationship between Personal Social Emotional Development (PSED) and Language (3-day course).

This training will give you the opportunity to develop an understanding of the specific relationship between Language and effective PSE development. It will support you to consider the importance of the adult role and the environment in supporting these vital areas of development. This training has been developed by the Early Years Consultancy team, Speech and Language Therapists and Social and Emotional Mental Health team.

The course will be run over 3 days:

* Session One (online session of 3 hours)- Looking at different areas of language development that link specifically to PSED.

* Session Two (face to face session 9.30am-3.30pm) - Exploring the importance of the role the of the adult in supporting this development .

* Session Three (face to face session 9.30am-3.30pm) – Recognising signs that children have PSED and Communication needs, raising awareness of contributing factors and responding though targeted and specialist approaches.

All early year's providers who receive the early years entitlement funding will be offered ONE funded place per setting.

Audience: Providers working with pre-reception children aged 0-4.

This training is only open to Devon LA Funded settings, childminders and schools and Devon LA Academies – limited to one person per setting.

View dates and book a place here:

<http://soc.devon.cc/fOVD2>



Caudwell Children – Get Sensory Packs Sensory Toys for Disabled Children.

Each item in the 'Get Sensory Packs' has been specially picked out by the Caudwell Children clinical team to support children with a wide range of disabilities.

The packs:

- 👉 Develop physical skills
- 😊 Help manage emotions
- 🌟 Better engage their five senses

Get the pack worth £100 for just £20.

Find out more and apply here:

<https://bit.ly/Apply-Get-Sensory-Pack>

1ST SATURDAY EVERY MONTH 8PM

SCHOOL-BASED ANXIETY PARENT SUPPORT GROUP

Creative Arts Therapy Devon CIC provides a safe space online each month for parents and carers to form connections & share experiences




ONLINE EVENT
TICKETS ON EVENTBRITE

FOR MORE INFO EMAIL MAAIKE@CATDEVON.ORG.UK

<https://www.facebook.com/Creative-Arts-Therapy-Devon-Support-for-School-Based-Anxiety-105241715541891>

www.catdevon.org.uk

Tickets £5.98. Link to Eventbrite booking [here](#)



CRANBROOK COMMUNITY SEND SUPPORT PROJECT

1st Fri of month - St Martins Primary
3rd Fri of month - Community Hub, Cranbrook Education Campus

Pop in and find out what SEND support is in Cranbrook and stay (or not) for a cuppa.

All family members and children welcome. No diagnosis necessary.

- Regular Cafe Style Meetings
- Meet Like Minded People
- Friendship, Emotional & Peer Support
- Information, Resources and Advice
- Activities and Social Events
- Guest Speakers to Educate and Inform
- Receive Signposting to Local, National Services, Organisations and Groups
- Participate in Shaping Local Services

Cranbrook Community Support Project for families with additional needs children aim to provide a support group in a safe place where parents can meet other parents, share their experiences, and talk with others in a similar situation.

Together we can support each other, offer emotional support, and learn strategies to help with the challenges faced in everyday life.

We want you to feel valued and included in the lovely Community of Cranbrook and surrounding villages.

Sam Wells Ambassador Volunteer / Nurse Naomi Cranbrook Medical Practice

@ cranbrooksendproject@btinternet.com
f Cranbrook Community Support Project
WhatsApp Cranbrook Community SEND 07359 067788
Arrange a call back by leaving a message with 01392 462013

Libraries Unlimited Exeter Library Free Drop-in Sensory Play. Exeter Library are introducing a new children's sensory play time at Exeter Library. Enjoy touchy board books, extra-large picture books, toys and sensory props in the quiet ambience of the Rougemont Room. Sunday 11th December & Sunday 18th December 1pm – 3pm. Drop-in and free to attend. <https://www.devonlibraries.org.uk/web/arena/exeterlibrary>

Frame Running Club Barnstaple:



FRAME RUNNING CLUB
THURSDAYS 5-6.30PM
CONTACT info@thepenguinsportsfoundation.co.uk for more information.

The Penguin Sports Foundation

The Frame Running Club takes place on Thursdays, 5-6.30pm at North Devon Athletics Club.

Email for further details:

info@thepenguinsportsfoundation.co.uk



Tubers.

The new Midpoint sessions in Exeter have been a great success and so Tubers very pleased to announce that they're also opening up Midpoint sessions in Torquay on Thursday evenings:

Midpoint Mini-Tubers (Age 7-10) 4pm - 5pm.

Midpoint Academy (Age 11-17) 5:30pm - 7:30pm.

The Midpoint sessions are smaller groups designed for children who attend school during the day but who would benefit from quieter sessions.

To be added to the waiting list please email: provision@tubers.uk

Find out more about Tubers here: <https://tubers.uk/>

Quince Honey Farm South Molton – Festive Feast with Santa. SEND Session being held on Saturday 10th December at 10am:



FESTIVE FEAST WITH SANTA

Join Santa and his Head Elf for a feast full of naughty and nice delights! There will be festive fun and games and children will receive a special gift from Santa himself, followed by time to enjoy the Play Hive soft play area.

SEND session: Sat 10th Dec, 10am

Sat 3rd, 10th & 17th December
4 sessions each day:
10:00am - 12:00pm
11:30am - 1:30pm
1:00pm - 3:00pm
2:30pm - 4:30pm

(Advance booking is advised due to limited capacity)

Child (age 2+): £15, Adult: £7.50
Child Member (age 2+): £13.50
Adult Member: £6.75

Max 2 adults per booking. Under 2s are free and do not require a ticket. Please note they will not receive a gift or have their own seat at the table, but they are welcome to sit on their adult's lap.

For full details and to book: www.quincehoneyfarm.co.uk
(booking fee applies online) 01769 572401

Did you know? Bees store their food in wax cells and they only eat honey and pollen.



GIRLS ONLY
WONFORD SPORTS CENTRE
Wildcats PAN
Disability Sessions

For children aged 8 to 16 years old with a mixture of disabilities.
 Make new friends and learn football skills.

FREE TO ATTEND
Wednesday 4pm-5pm



VISIT WWW.EXETERCCT.ORG

Pan Disability Session Wednesdays 5pm – 6pm
 (these sessions are football games rather than training sessions):



Premier League Kicks

**AGES:
8 TO 17
YEARS***

Mondays - Merrivale Park
4pm to 6pm

Tuesdays - Cranbrook Education Campus
5pm to 6pm

Wednesdays - Summerway Park
4:30pm to 5:30pm

Wednesdays - PAN Disability - Wonford Sports Centre
5pm to 6pm

Fridays - Wonford Sports Centre
4pm to 6:30pm

*Sessions are split into age groups please see website for exact timings for your child's age group



Call: 01392 255 611
 Book online today: www.exetercct.org



[f EXETERCCT](https://www.facebook.com/EXETERCCT) [@EXETERCCT](https://www.instagram.com/EXETERCCT)

YOUTH PARA FOOTBALL



INCLUSIVE MIXED FOOTBALL FOR CHILDREN AND YOUNG PEOPLE WITH PHYSICAL, SENSORY OR LEARNING DISABILITIES AGE GROUPS 6-10 (YEARS 4-7) & 11-15 (YEARS 8-11)

SUNDAYS
11AM -12PM & NEW SESSION OF 12PM -1PM
WONFORD SPORTS CENTRE - RIFFORD ROAD, WONFORD EX2 6NF

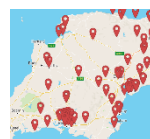


EXETER CITY COMMUNITY TRUST WWW.EXETERCCT.ORG
 01392 255 611
TO BOOK YOUR PLACE CONTACT:
DAN.HEWITT@ECFC.CO.UK



Warm Welcome Spaces

There are over 3000 registered organisations that have opened or are opening up free, warm, welcoming spaces for the public over this Winter across the UK.



Zoom in on the map and click the tab of your chosen Warm Welcome Space to find further accessibility information and facilities available:

<https://www.warmwelcome.uk/#find-a-space>

More Warm Welcome Space venues are being added regularly so check back for updates.



Find us on Facebook.....

like the SIGNPOSTplus page for regular updates on all things related to children with additional needs.

An archive of recent snippets and further information and resources can be found on the [SIGNPOSTplus page](#) of the Children and Family Health Devon website.

If you no longer wish to receive these bulletins please email: cfhd.signpostplus@nhs.net and we will remove your details from the mailing list.

Disclaimer: The information contained within these snippets is for general information purposes only and is provided by various organisations. Whilst we endeavour to keep the information up to date and correct, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services or otherwise included in this publication for any purpose. Any reliance you place on such information is therefore strictly at your own risk.

