

SIGNPOSTplus Information Snippets

9th February 2023



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.



The ROVIC Service supports children with visual and sensory



impairment. ROVIC stands for Re/Habilitation Officer for Visually Impaired Children. The service is

part of Devon County Council's Children's Services. They are a county-wide team supporting children and young people from birth to 18 years who have; visual, dual sensory (vision and hearing impairment) deafblind and multisensory impairments.

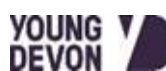
The ROVIC service provide:

- advice
- information
- assessment
- skills training
- awareness training

The ROVIC service understand the importance of teaching young people skills for life. Therefore, their child-centred practice also includes skills training for families, parents, carers and professionals.

Find out more about the service and how to make a referral here: <https://devon.cc/rovic>

Or you can email the team at: ROVIC@devon.gov.uk



Children & Family Health Devon Young Leaders: Manifesto for Change in Healthcare.



CFHD Young Leaders are looking for young people's input on their manifesto for change in healthcare services – they want to know if you agree with the things currently in it and what else should be in it. Take a look and get involved....

Head to the survey here: <https://forms.office.com/r/j5Q55VZa5V>

The CFHD (Children & Family Health Devon) Young Leaders are a group of young people working with CFHD (of which CAMHS is a part) to support them to hear, include and involve young people in the healthcare services that they run and how those services improve. They meet regularly online and in person and both lead and get involved in lots of different projects.

Group/Youth Club leaders..... a small workshop has been developed that can be delivered to groups around the survey and the leader's group – if you would like them to deliver it at your setting get in touch.

For further information or to register an interest please contact: Steve Arthur-Wallis Participation Co-ordinator, Tel: 07912 570916 or email: steven.arthur-wallis@youngdevon.org





Help to handle difficult conversations

Devon Information Advice and Support have published their top tips to help parents and carers manage difficult conversations. These come up in any area of our lives but when you have a child with special educational needs, they're likely to come up regularly. That's because stress levels can be high, getting the right support can be difficult and resources are often stretched. And at the centre of it all is often a vulnerable child or young person.

This kind of conversation is about sharing views, getting a better understanding of the situation and finding a way forward that works. But they're often accompanied by strong feelings of worry, unease and discomfort. Planning ahead and being aware of what might go wrong can help things to go as smoothly as possible. Find the top tips here: <https://devonias.org.uk/documents/2022/11/managing-difficult-conversations-top-tips.pdf>

CFHD Speech & Language Therapy Service Drop in Sessions:



**Children and Family Health Devon's
Speech and Language Therapy Service
Virtual drop in sessions
for parents and professionals**

What?
A virtual drop in for parents of children 2 and a half and under and professionals who are concerned about their speech, language and communication development.
This will be delivered via the 'attend anywhere' platform.
The Speech and Language Therapist will spend up to 10 minutes listening to the parents'/professional's concerns, asking questions and observing how the child and parent/s communicate and interact

All families will be given advice and/or ideas to try at home.
For some children, it will be recommended that they are referred to the Speech and Language Therapy service for a more detailed assessment.

Professionals with concerns about the SLC development of children up to the age of 2 and a half should ensure that the child and family remain anonymous when sharing their concerns via the [drop-in](#) service

When?

Tuesdays 1-2.30 p.m.	Thursdays 9.30- 11.30 a.m.
10 th January 2023	26 th January 2023
14 th February 2023	2nd March 2023
14 th March 2023	30 th March 2023
11 th April 2023	27 th April 2023





How?

1. Log onto <https://nhs.vc/tsdft-cfhd-pre-school-drop-in>
2. Sign in
3. The Therapist will see that you are in the waiting area and will join the video room when they are ready

Log in here: <http://nhs.vc/tsdft-cfhd-pre-school-drop-in>



Happy Families Happy Futures Devon: Free Support.





We can help if YOU are:

- Constantly arguing about the same things with your partner or ex-partner
- Struggling to communicate with your partner or ex-partner
- Disagreeing with your partner or ex-partner on ways to raise your children

We can offer you **FREE** support to help build a positive parenting relationship. The programmes are aimed at supporting parents, both together and separated, to reduce parental conflict, develop positive communication and problem-solving skills, to manage emotions and create more positive environments for their children.

Please scan the QR code to complete the referral form, or visit www.dcfp.org.uk and search for 'Parental Relationships'



Visit www.dcfp.org.uk and search 'Parental Relationships'.



Devon Information Advice and Support Ambassador Volunteer Opportunity:

Would you like to be one of DiAS' next Ambassador Volunteers (AV)? New Induction training for people interested in becoming an Ambassador Volunteer is now available.

10am - 1pm, Tuesday 21st February 2023.

Ambassador Volunteers are links to their local SEND communities, sharing information from DiAS and the Parent Carer Forum Devon with parents and carers. AVs also feedback to these organisations to ensure policy makers are listening to parent voices.

The AV programme is looking for people who are already actively involved in some way in their community - perhaps attending a group, supporting parents in a school or active online, having positive experiences with schools / services. DiAS are looking for parent/ carers at the right place in their life and SEND journey, who have capacity to give a little back within their own community, doing what they are probably already doing.

Please complete the form following this link to register your interest! <http://soc.devon.cc/Nakya>

bibic bibic Training Session:

bibic are running training sessions for parents and carers of children and young adults with neurological or developmental difficulties, and professionals. The next session is tomorrow:

Promoting Childhood Independence
10th February 2022 10am – 11:30am.

Cost: £15 and is CPD accredited.

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

bibic also run free monthly Facebook live Q&A sessions. Catch up on recordings of previous bibic live Q&As here: <https://bibic.org.uk/services/live/>



Beat Resource Packs for Parents and Carers

Beat is a UK Eating Disorder Charity.

The Beat 'Parent and Carer Resource Pack' covers topics including common myths around eating disorders, stages of change and parents' and carers' role in helping their loved one's treatment. Request a pack [here](#).

Find out more about Beat and all of the resources and services available at:


<https://www.beateatingdisorders.org.uk/>

Challenging Behaviour Foundation Video: An Introduction to Challenging Behaviour.

This 40-minute video aims to answer questions such as; What is challenging behaviour? Why exactly does it happen? And What can be done about it? The video is freely available to watch on the CBF website, so families with loved ones with severe learning disabilities have easy access to practical information and guidance.

Find this and all of the CBF video resources here: <https://www.challengingbehaviour.org.uk/understanding-challenging-behaviour/what-is-challenging-behaviour/video-resource-an-introduction-to-challenging-behaviour/>

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

Visit the website here: <https://www.fasdsouthwest.org/>



Cerebra Online Sleep Seminars

The online Sleep 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.

Understanding and supporting children's sleep for parents and carers of children with brain conditions aims:

- To build on your knowledge and understanding of sleep and what impacts/improves it
- To increase your skills when addressing issues of settling, night waking, early rising and sleeping alone
- To improve your confidence to apply information gained to your own situation

Upcoming Seminar Dates:

- Tuesday 28th February, 10am – 12:30pm
- Thursday 27th April, 10am – 12:30pm
- Tuesday 27th June, 10am – 12:30pm
- Thursday 30th June, 10am – 12:30pm

Find out more and book a place here:

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



Cerebra's Free Sleep Guide for Parents gives detailed information on how you can tackle issues to improve your family's sleep alongside sleep cards offering advice on dealing with specific sleep problems.

Find out more and download a copy here:



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

ZOOM PEER SUPPORT HUB

Parent+ Peer Support
Every Thursday
1.30pm - 2.30pm

Zoom
bit.ly/ZoomPeerSupportHub

Join Parental Minds for advice and support. Sharing knowledge and insights. Answering your questions. Helping to make informed choices about your loved one.



Parent Autism Programme Opportunities – Spring Term 2023

The 'Autism & Us' programme and themed workshops delivered this academic year will once again be offered during the forthcoming Spring term for parents/carers of Devon primary and secondary school children, pre or post diagnosis. The programme is open to families 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.

Attending the 'Autism & Us' parent programme gives parents and carers an opportunity to develop your understanding of autism and look at practical solutions to managing and supporting your child's presenting needs.

The course is free of charge, fully funded by Devon County Council. The full programme comprises of 4 weekly live online sessions (approx. 2 hours each):

Topics:

Week 1: Autism Overview – Trainer: Paul Lamana.

Week 2: Communication – Trainer: Laura O'Shea.

Week 3: Understanding and Supporting Behaviour: Trainer: Laura Matthews.

Week 4: Sensory – Trainer: Kevin Jones

Dates:

Mondays; 6th, 13th, 20th & 27th March, 10am-12pm.

Apply direct by email to:

educationlearnersupport@devon.gov.uk

To secure a place on the above programme, or express your interest for forthcoming programmes. Devon Education Services will confirm your booking request and provide you with a direct link to the event. The sessions will be delivered on line 'live' via the Microsoft TEAMS platform.



ICAN - 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.

Dates and Topics:

21st February - Symbolic Noises and First Words.

7th March - Supporting language development during everyday routines.

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

<https://speechandlanguage.org.uk/talk-parent-webinars/>



Parent Autism Workshop Opportunities

The following topic-based workshops, are 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.

These are available to choose from based on the priority needs for your child/young person and desired knowledge to further your own understanding in these topic areas.

These online workshops are free of charge, fully funded by Devon County Council.

Topics:

Autism – Demand avoidance & PDA:

Tuesday 23rd February 10am – 12pm.

Autism – Communication (verbal – support strategies):

Tuesday 2nd March 10am – 12pm.

Autism – Managing stress & anxiety:

Tuesday 14th March 10am – 12pm.

Autism – Vulnerability & online safety:

Thursday 23rd March 10am – 12pm.

Autism – Communication (pre/non verbal – support strategies):

Tuesday 28th March 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.



Project SEARCH Supported

Internships. The application process is now open for 2023 to take Project Search students at Barnstaple and Exeter Hospitals.

Project SEARCH is a supported internship for people with a Learning Disability or Autistic Spectrum Condition who want a job. In order to join the course, you must have an EHCP and be motivated to work and learn on the job. The programme will be based at Royal Devon and Exeter Hospital or North Devon District Hospital. The program is five days a week from 8:30am–3:30pm and is supported by two full-time onsite Project SEARCH staff as well as onsite mentors.

Please visit the website for more information:

Eastern: <https://www.petroc.ac.uk/.../detail/project-search-exeter/>

Northern: <https://www.petroc.ac.uk/.../project-search-barnstaple/>



Autism - Practical Strategies Multi Session Workshop for Primary School Learning Support Staff.

Workshop sessions:

1. Using visuals
2. Using scaling to support self-regulation
3. Supporting independence and organisation skills
4. Supporting friendships and social interactions
5. Supporting sensory needs
6. Top tips to supporting behaviour and engagement

Training Objectives

- Develop and enhance the skills, knowledge and understanding of Primary school learning support staff who are supporting autistic children and young people
- Build confidence to support the access, engagement and progress for autistic learners
- Provide access to and facilitate a practical application of a range of evidence based supporting strategies
- Allow learning support staff to reflect on their own practice in supporting autistic learners
- Provide opportunities to network with other learning support staff

1 session each half term starting on 28th February.

Find out more and register here:

<https://devoneducationservices.co.uk/events/d25f35cd-54be-41e1-b119-b20c2eb07570/Autism-practical-strategies-workshops-6-sessions>



Neurodive:

Supporting and de-escalating Neurodivergent young people and keeping safe

A webinar for parents and professionals supporting Neurodivergent young people who become distressed and show unsafe behaviours.

Wednesday 22nd February, 7-10pm.

Tickets £10.46

<https://www.eventbrite.co.uk/e/supporting-and-de-escalating-neurodivergent-young-people-and-keeping-safe-tickets-534376292877?aff=erelpanelorg>

A Low demand approach to supporting Neurodivergent kids ft Tigger Pritchard

For parents & professionals supporting Neurodivergent children who want to understand and adopt a low demand approach.

A live in person event with an option to purchase a recording if you can't make it on the day.

Wednesday 1st March, 9.30am – 3pm.

Pinhoe Jubilee Club, 4 Main Road Pinhoe, EX4 8HS.

Tickets from £16.96.

<https://www.eventbrite.co.uk/e/a-low-demand-approach-to-supporting-neurodivergent-kids-ft-tigger-pritchard-tickets-490877787677?aff=ebdsoporgprofile>



WayMakers AFAB Group Barnstaple:

**Are you:
a young person aged 14-19?
assigned a female gender at birth?**

**Would you like more social
connections, peer support and
a bit of fun in a safe space?**



**we chat and
discuss things
that matter to us...**



we get creative...



**we play
games and
have fun.**



WHAT:

A small social group in a low-sensory space, with both peer and specialist staff support.

WHO FOR:

14-19 yr old young people assigned a female gender at birth, identifying as autistic, or with anxiety or sensory needs, and eager for friendship, fun, solidarity or a greater sense of belonging.

WHEN:

Weekly on Wednesdays 1pm - 2.30pm
(term-time only)

WHERE:

Early Nourishment CIC, Ground Floor, Church House,
Church Ln, Barnstaple EX31 1DE

alex@waymakers.co.uk

Tel: 07309 563 563





TALKWORKS. There are lots of self-help resources available to help you look after your mental

health. If you, or someone you love is struggling, help is available: <https://orlo.uk/Y10qj>

You can also find out about TALKWORKS free Wellbeing Workshops for people aged 18+ here: <https://www.talkworks.dpt.nhs.uk/workshops>



Lumi Nova - a therapeutic mobile game to help 7-12 year olds learn to self-manage their fears and worries.

Lumi Nova: Tales of Courage provides a fun, safe and engaging way for children and young people to tackle their worries head on so they can build resilience, gain confidence and thrive.

- Suitable for 7-12 year olds
- Facilitates exposure therapy – proven to be the most effective treatment for anxiety
- Compatible on iPhones, iPads and most Android devices

Children and Family Health Devon have partnered with BFB Labs to offer free access to Lumi Nova for children aged 7-12 facing difficulties with fears, worries or anxiety. We would like to interview people about how they play Lumi Nova, to help with our evaluation of the game. The interview is online and should take no more than one hour. If you have played Lumi Nova and you would like to volunteer to be interviewed, email the admin team on: cfhd.mhstadmin@nhs.net

Find out more and get access to Lumi Nova here: <https://childrenandfamilyhealthdevon.nhs.uk/lumi-nova/>



South West Autism Support Services Courses:

March 4th AM - Understanding Lego Therapy and how it supports young people on the Autistic Spectrum. 10am-12.30pm - £20.00 per person (number limited to 5 people)

March 4th PM - Sensory Processing Differences 2pm-4.30pm - £25 per person

Courses will be held in Exeter. It is expected that demand will be high, therefore payment will be required once a booking is confirmed. South West Autism Support Services will offer a 20% discount to anyone booking more than 2 courses.

All places are on a first come first served basis. Contact either via Facebook or email: southwestautism@gmail.com



Tourettes Action Webinar for Parents: Getting the Right Support for Your Child at School.

This webinar aims to give you the knowledge and the confidence to know how your child can feel supported, understood and accepted in their own school community.

Monday 27th February, 8pm. Online via Zoom.

Tickets £5.

Find out more and book a place here:

<https://www.tourettes-action.org.uk/news-655-webinar-for-parents-getting-the-right-support-for-your-child-at-school.html>



YoungMinds – How to Talk to your Child about Mental Health – A Guide for Parents.

Talking to your child about how they're feeling can be hard. You might feel like you don't know where to start or when a 'good time' to talk is. Take a look at YoungMinds' tips and activity ideas for talking to your child about mental health here:

<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>



YoungMinds Parent Helpline, Webchat and Email Services:

Parents Helpline - for advice, emotional support and signposting about a child or young person up to the age of 25, call free on: 0808 802 5544 from 9:30am - 4pm, Monday - Friday.

Webchat Service - provides information and signposting to help parents and carers find the information they are looking for with regards to their child's mental health. Access the webchat via the icon on the bottom right hand side of the screen on the website link below. Parents webchat is open 9.30am - 4pm, Monday - Friday.

Email Service - You can email the YoungMinds Team outside of webchat hours (between 4pm - 9.30am) Monday - Friday, or over the weekend. Click the webchat icon on the bottom right of the YoungMinds webpage screen.

Find out more about the YoungMinds Helpline services here:

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>



Sibs supports people who are growing up with, or have grown up with a disabled brother or sister. Their latest spotlight blog for young siblings is out now. The theme this month is 'Siblings and Staying Well'.

Read the article here:

<https://www.sibs.org.uk/youngsibs/spotlight/spotlight-on-siblings-and-staying-well/>

YMCA YMCA Exeter - Children and Young People's Wellbeing Service



Do you know a young person experiencing low mood or behavioural difficulties?

YMCA Exeter offer free wellbeing support for young people aged 5-18 in Devon. They offer up to 12 sessions of Cognitive Behavioural Therapy and goal setting techniques, these sessions can be in-person (in Exeter) or online via Zoom.

The service is now open to professional, parent and self-referrals. Find out more here:

<https://www.ymcaexeter.org.uk/cwpwellbeing/>



Family Fund Free Finances Online e-Learning Courses.

Finances Online e-learning can help you to:

- Understand the changes to your energy bills
- Check your benefits and know your entitlements
- Find grants and funding online
- Save money when online shopping
- Understand the government services available to you

Find out more here:

<https://www.familyfund.org.uk/finances-online>

NSPCC Listen up, Speak up 10-minute digital training.

NSPCC are encouraging every adult in the UK to take their 10-minute digital training 'Connect the DOTS'. The training will show you where to go if you need support, and how to speak up for children who need it. Because that little bit of knowledge can help keep a lot of children safe.

Find out more about 'Listen Up, Speak up' and register for the 10-minute digital training here:

<https://www.nspcc.org.uk/support-us/listen-up-speak-up>



Newlife - Free Loan of Specialist Toys

Newlife offers the free loan of specialist toys to families who have disabled and terminally ill children.



The Play Therapy Pods are self-contained and are delivered direct to the family's door. There are a choice of Pods available.

Find out more and complete the application form here: <https://newlifecharity.co.uk/play-therapy-pods/>

YOUNG DEVON Young Devon Free Online Family Sessions.

Discover what your young person needs to better understand you, and to feel understood.

These friendly and interactive 2-hour online workshop sessions explore how to support 11-25 year olds with their communication needs.

The Way We Talk

Online Family Sessions

New Sessions in February and March

Our friendly and interactive 2 hour online workshop sessions explore how to support 11-25 year olds with their communication needs



To attend our FREE sessions, contact: 08082 810155 / info@youngdevon.org

How do I look after myself, to better look after my young person?

Thursday 2nd February	10am-12pm / 1-3pm
Monday 6th February	10am-12pm / 1-3pm / 5-7pm
Thursday 9th February	10am-12pm / 1-3pm
Saturday 11th February	10am-12pm
Monday 13th February	10am-12pm / 1-3pm / 5-7pm
Thursday 16th February	10am-12pm / 1-3pm
Monday 20th February	10am-12pm / 1-3pm / 5-7pm

To attend our FREE sessions, contact: 08082 810155 / info@youngdevon.org

How can I communicate effectively with my young person?

Thursday 23rd February	10am-12pm / 1-3pm
Saturday 25th February	10am-12pm
Monday 27th February	10am-12pm / 1-3pm / 5-7pm
Thursday 2nd March	10am-12pm / 1-3pm
Monday 6th March	10am-12pm / 1-3pm / 5-7pm
Thursday 9th March	10am-12pm / 1-3pm
Saturday 11th March	10am-12pm
Monday 13th March	10am-12pm / 1-3pm / 5-7pm

To attend our FREE sessions, contact: 08082 810155 / info@youngdevon.org

What's going on when my young person disengages or behaves in a way that I find challenging?

Thursday 16th March	10am-12pm / 1-3pm
Monday 20th March	10am-12pm / 1-3pm / 5-7pm
Thursday 23rd March	10am-12pm / 1-3pm
Saturday 25th March	10am-12pm
Monday 27th March	10am-12pm / 1-3pm / 5-7pm
Thursday 30th March	10am-12pm / 1-3pm

To attend our FREE sessions, contact: 08082 810155 / info@youngdevon.org

To book a session contact:

Tel: 08082 810155.

Email: info@youngdevon.org

Please note: These sessions are not available for those living in Plymouth or Torbay areas.



Witherslack Group Free Mental Health Resources Pack.

To Celebrate Children's Mental Health Week 2023, Witherslack Group have put together a series of webinars, podcasts and downloadable resources covering issues relating to child and adolescent mental health. Register to receive your free pack!

By signing up, you will be given access to a resources pack covering topics such as:

- Anxiety
 - Self-esteem
 - Mental Health and Teens
 - Friendships
 - Confidence and Happiness
 - Sleep Support
 - Rejection Sensitivity
 - Positive Mindset
 - Healthy Eating
 - Learning & Mental Health.
- Plus much more!

Find further details and register here:

<https://www.witherslackgroup.co.uk/resources/childrens-mental-health-support-pack/>



Youth Arts & Health Trust – Alongside You: Online Support Sessions for Parents.

A fully funded opportunity open to

all Devon parents, starting soon:

Is your child struggling with their mental health?

Alongside You...

SUPPORT GROUP FOR PARENTS

8 weekly online sessions on Mondays 5:30pm - 6:45pm

A safe and supportive group facilitated by two Arts Therapists

Together we will explore the commonalities of being a parent and each session will have a theme named in advance. This will likely include:

- how we might best help a child/young person
- how we look after ourselves
- communication and relationships
- identity
- trauma and the body
- self-harm
- suicidal thoughts
- planning for safety
- accessing services

Please email: info@youthartsandhealth.org and we will send you more information and a booking form.

Places are limited.



Our mission is to provide high quality arts therapies and creative arts activities to children, young people and their families that develops their skills, confidence and resilience.

Fully funded thanks to the National Lottery Fund



YOUTH ARTS & HEALTH TRUST

GENERAL CONTACT: info@youthartsandhealth.org www.youthartsandhealth.org

To request more information and a booking form email: info@youthartsandhealth.org



Adventure Therapy aims to improve the emotional and physical wellbeing of children,

young people and adults with mental health conditions, physical disabilities, learning disability and life limiting or life changing conditions through outdoor and adventure-led activities. Working with qualified and experienced instructors, Adventure Therapy offer 19 activities, including climbing, mountain biking, archery, kayaking and coasteering. The activities are either free and fully funded or subsidised and provided at the lowest cost possible.

‘Our funding comes from charitable donations and the kindness and generosity of the communities we serve. The power of spending time outdoors should never be underestimated. It can improve vitality, aid rehabilitation, provide a sense of purpose and accomplishment; and help reduce feeling of isolation and loneliness. We believe the outdoors should be accessible for all. If you share this vision, please get in touch for further information and discover the ways you can get involved and be a part of Adventure Therapy.’

Find out more about Adventure Therapy here:

www.adventuretherapy.org.uk



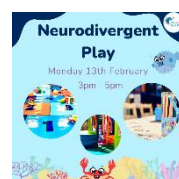
Fun, sensory friendly holiday accommodation for families all across the spectrum

Are you looking to book a break? Whether you're looking for accommodation on a fun filled, family friendly holiday park or a relaxed country setting is more your style, Spectrum Holidays can help you find it! All accommodation has been specifically chosen to suit families that have dependants on the autism spectrum. All holiday homes listed on the website will have a Spectrum Holidays Pack of sensory toys and resources available for your exclusive use!

Find out more about Spectrum Holidays here:

<https://spectrum-holidays.com/>

Waves: Neurodivergent Play Session - Bideford



Monday 13th February 3 - 5pm.

0-14 years welcome.

£6.95 - 3 years +

£3.50 - 6 months - 2 years

Adults/Carers are free.

Book online for this soft play session at:

<https://makewavesswimschool.com/event/neurodivergent-play/>

For more information please email:

admin@wavesplay.co.uk or call: 01237 730531.

New SEND After School Group in Barnstaple, starting on 21st February.....



SEND After School Group

We invite you to join this new group for SEND children and their carers at the

DEVON ANTENATAL FAMILY CENTRE,

Cross Street, Barnstaple, EX311BA .

Starting Tuesday February 21st 2023 and then every week during term time from 4.00pm to 5.00pm.

The first week will be an Open Event where you can come in and see the premises, including a lovely sensory room, say hi to us and see what we would like to offer.

The group is open to all ages and activities will be child lead.

Please call Sue on 07837988120 if you would like any further information.

There is limited parking outside the Centre for Disability Blue Badge holders.

This special group invites SEND children and their caregivers to enjoy the Family Centre play cafe and bespoke sensory room. The cafe will be closed and the lights are all dimmable to ensure a calming environment.

The sessions will be led by experienced practitioners and activities will be available for those who wish to take part.

A suggested donation of £2 per child is welcomed.

Torbay Portage Service offers parents and their children with special educational needs an opportunity to attend a small toddler group.

A Portage Service registered with the National Portage Association.

Small Steps Portage Group

The Beehive Paignton: Friday 1pm - 2:30pm
Zigzags Torquay: Friday 10am - 11:30am
This group run alternate weeks - please call 01803 210200 to book your space.

The aims of the group are

- ✓ To give parents opportunities to meet one another and the Portage Home Visitors and for staff to get to know families and children
- ✓ For parents to be able to ask questions and share support ideas
- ✓ For children to be able to experience accessible play and learning experiences within a small group
- ✓ For staff members to share play and learning ideas to meet young children's needs

Small Steps runs alternate weeks in Paignton and Torquay, booking is essential.

Call: 01803 210200 to secure your space.



Calvert Trust – 'Own a Pony for the Day'

NEW DATES

11th March
22nd April

£80 per child aged 7+
(or £40 half day)

OWN A PONY FOR THE DAY

Ride, groom, tack up and more

Call the Stables Team on 01598 763059 to book



New dates for 'Own a Pony for the Day'

Children attending these sessions will be guided by Calvert's Stables Team to:

- Meet the lovely ponies and horses
- Enjoy a riding lesson before a hack around the beautiful Wistlandpound Reservoir
- Groom, tack up and feed the animals
- Pretend to be a member of the stables team for the day

Spaces are limited, find further details here:

<https://calvertexmoor.org.uk/events/ownapony/>



Sensory Hub at Seale Hayne Newton Abbot.

The Sensory Hub is a therapy space that features specialist equipment which allows professionals or parents to facilitate the sensory development of adults & children. The sensory room is open 7 days a week, caters to all ages and provides full disabled access.

The room has a capacity of:

Maximum of 6 Adults (with children under 1 years)

Maximum of 4 Adults and 4 Children over 1 years

Exclusive Hire for 45 Minutes costs £15.

Find out more here:

<https://bookwhen.com/sensory-hub#focus=ev-sqcr-20230207143000>



Exeter Library – Home Education Hub:

Exeter Library's 'Home Education Hub' is a free drop-in event for families with home educated children to come together and build a sense of community. This event takes place on alternate dates in the Children's Library, Mondays 12pm-2pm and Wednesdays 10am- 12pm. Upcoming dates:

Wednesday 22nd February

Monday 27th February

Wednesday 8th March

Wednesday 13th March

Wednesday 22nd March

Monday 27th March

Find out more here:

https://www.devonlibraries.org.uk/web/arena/exeterlibrary/-/asset_publisher/PPI8mp6IEYIS/content/home-education-hub

Weekly Frame Running Club North Devon Athletics Club:



The Penguin Sports Foundation

frame running club

Thursdays
5-6.30pm
North Devon Athletics Club

Contact info@thepenguinsportsfoundation.co.uk
for more info or visit our website
<https://thepenguinsportsfoundation.co.uk/>



SPORT ENGLAND

FREE FRAME RUNNING SESSION

Sport England are coming to North Devon and would like to see our frame running club!

TUESDAY 14TH FEBRUARY
5 - 6.30pm
North Devon Athletics Club
NO SESSION ON THURSDAY 16TH

The Penguin Sports Foundation

Find further information here:
<http://thepenguinsportsfoundation.co.uk/>

SCOTT CINEMAS **Scott Cinemas Supportive Screening: Puss in Boots the Last Wish.**

Showing at both Barnstaple (10.30am) and Exmouth (10.15am) Scott Cinemas on Saturday 11th February.

These shows are held in a supportive environment:

- House lights are left on low setting;
- The sound is turned down to a lower volume;
- There will be no trailers or ads before the film;
- People are allowed to move around during the screening and make a bit of noise;
- The film will start promptly at the time advertised



<https://barnstaple.scottcinemas.co.uk/offers/supportive-screenings>

Please note that there will be no snippets next week, the next edition will be circulated on 23rd February.



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 contact: cfhd.signpostplus@nhs.net and your email will be removed 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.

