

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

12th March 2020



Youth Mental Health First Aid (YMHFA)

is a two-day intensive, interactive and practical training course which provides participants with information, tools and techniques to support young people between the age of 8-18 years old who might be experiencing mental or emotional distress. This course is for everyone who has contact with young people between the ages of 8-18 years. It is for teachers, parents, carers, community groups, police, voluntary, children services, health and social care services and education. The course is taking place on 2nd and 3rd April 2020, 9am – 5pm at Bideford College. Lunch break 45 minutes – please make your own lunch arrangements. Price: £60.00 per Delegate (in certain circumstances this may be fully funded). To book a place or any queries, email: kitty_dcosta@hotmail.com or text 07506810761. Find out more here: <https://www.dcfp.org.uk/events/youth-mental-health-first-aid-3/>



Cerebra Toilet Training – A Guide for Parents.

Children with brain conditions can sometimes find learning to use the toilet more difficult because of their physical, behavioural or sensory differences, as well as learning difficulties. Help is at hand with Cerebra's easy to use guides. All children are different and toileting problems can have a number of different issues. Their guide covers a range of potential causes and suggests a range of approaches that may help. There is also a downloadable visual guide to common toilet training problems and techniques to help. Find out more [here](#)

HAKEFORD WOODS FOREST SCHOOL

EASTER HOLIDAY CLUB

DEN BUILDING | FIRE & COOKING
WOODLAND CRAFTS

10am til 3pm

MON 30TH MARCH

TUES 31ST MARCH

WED 1ST APRIL



For info & bookings:

email georgie.bailey67@gmail.com

or

message on facebook:

dragonfly forest skool or

hakeford woods forest school

DO YOU WANT TO SLEEP BETTER?

Struggling to get off to sleep or waking up a lot? Lying awake worrying? Still feeling tired when you wake up?

WE CAN HELP

A good night's sleep can make all the difference and is important for health, wellbeing, work and family life.

We offer sleep workshops or, if you prefer, one-to-one appointments to discuss your sleep problems and how we can help.

To register with the service and book a place:

North Devon
t: 0300 555 3344
e: dpt.talkworks.northdevon@nhs.net

FREE NHS SLEEP WORKSHOP

1st of April,
5pm - 8pm,
Bideford

Learn all about sleep and proven techniques to make you sleep better.

TALKWORKS
IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

@DPT_TALKWORKS

We are a free NHS service. Call or email to register and book a place.

As an NHS service we will need to take a few details including your name, address and GP

www.TALKWORKS.dpt.nhs.uk

disability grants
Helping you find the right grant

Disability Grants. Discounts for the disabled are provided by the

Government, tourist attractions and organisations both locally and nationally.

Reductions can be for the disabled person or their carer and sometimes both. Disability Grants have a page dedicated to discounts [here](#)



Devon SEND Local Offer Reference Group (LORG) - The LORG is a task group which runs termly and is attended by parent carers and professionals, supported by a participation worker from Devon County Council. The purpose is to pull together views of parent carers, children, young people and families and report these to the SEND Board, to monitor the effectiveness of the SEND Local Offer and to advise the SEND Board.

At the next LORG meeting they will be working on ways to engage with more parents and they would like to hear from you about how best to do that, you can feedback your views in a short survey [here](#)



Unique Glossary of words. Unique know how confusing genetic/genomic terms can be, so they've created an online glossary. You can find this on the Unique

website <https://www.rarechromo.org/glossary>



361 Community Energy Event Sunday 15th March 12.30pm – 4.30pm, join 361 at the The Vivian Moon Centre in

Braunton. This event will be an opportunity to speak to the 361 Energy team about the energy saving services they offer, over a cream tea. They will be helping people reduce their energy bills and find ways to save carbon. There will be energy advisors available to help people switch their energy tariffs as well advise on other energy saving questions. Find out more about 361 Energy here: <https://361energy.org/>



Sibs - Sleep Survey. Are you a sibling aged 12-25 who has

a disabled brother/sister and your sleep is affected? Please help Sibs with this new survey launched by University College London. Sibs are keen to find out more about the impact of sleep issues and how it might affect siblings particularly around feelings of loneliness. Complete the survey [here](#)



Tiverton Step-by-Step. Play sessions for families with young children (under 8) with additional needs. Siblings very

welcome too. Monday 9.30am to 11.00am, (Weekly) Term time only, Wilcombe Primary School, Lazenby Road, Tiverton, EX16 4AL. Why not go along and meet other families and staff in a relaxed and friendly environment. For further details call Tel: 01884 250449.

OSCA Easter Art & Lego Camp.....



Wednesday 8th April, 9.30am-3.30pm for 4-12 year olds. Taking place at Umberleigh Academy. Check the link for all the info and how to book <http://oscaw.com>

contact For families with disabled children

Build your own Sensory Space.

Sensory playrooms are a great place for children with additional needs to feel calm and relaxed - especially helpful for when children can easily be over stimulated by crowded or noisy environments. Contact's Fledglings team understand how expensive and resource intensive it may be to build a sensory space for your child within your home. Contact have a feature with some ideas to give your child a fun safe space without breaking the bank! [https://contact.org.uk/news-and-blogs/build-your-own-sensory-room/!](https://contact.org.uk/news-and-blogs/build-your-own-sensory-room/)

HOLSWORTHY SEN CLUB EASTER FOOTBALL CLUB

Easter Holiday Football session with Football skills, matches and coaching from FA Qualified Coaches for children aged 6 – 16 years with supported needs or disabilities at Holsworthy Leisure Centre

Monday 30th March 2020

**11am – 12.30pm
Sports Hall**

**Holsworthy Leisure Centre, Western Road, Holsworthy, EX22 6DH
£2 per child**



All abilities and levels of coordination & mobility are welcome – players can work at their own pace. All sessions are led by FA Qualified Coaches.

For more information contact Ashley Harris by phone 07912089838 or email ashley.harris@devonfa.com





Young Epilepsy – Purple Day

International Epilepsy Day - returns on Thursday 26th

March 2020. Find out what Young Epilepsy have planned to mark the day and raise epilepsy awareness [here](#)

Exeter Northcott Theatre and WESC Foundation are asking.....

Do you want to get creative? Are you interested in drama and acting?

Free Drama Taster Workshop

Offered with the support of Theatre Royal Plymouth's Funky Llama, this workshop will be inclusive, stimulating and fun!

Where? WESC Foundation Main Hall
WESC Foundation, Topsham Rd,
Exeter EX2 6HA

When? Wednesday 18th March
5pm - 7pm

Cost? Free

Find out more and **register to take part**- contact Lisa on 01392 722417 or l.hudson@exeter.ac.uk

Please note that participants will need to arrange for their own enabler to be present if required.

EXETER NORTHCOTT THEATRE | WESC Foundation | TRP Theatre Royal Plymouth

We always welcome feedback.....

Let the SIGNPOSTplus team know if you have any opinions on what works and what doesn't work with our information sharing. If you have any ideas for improvements or if you have anything else you would like to share.



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 can be found at the [SIGNPOSTplus page](#) on the Children and Family Health Devon website

If you no longer wish to receive these bulletins please let me know and I will remove your details from the mailing list.

Disclaimer: The information in 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.



Bladder & Bowel UK has produced a range of

booklets and leaflets covering bladder and bowel problems in children. These are all available on the website to view and download. A number of the resources may also available in hard copy. Find out more here: <https://www.bbuk.org.uk/children-young-people/children-resources/>

Devon Libraries Space Lab's Planetarium presenting 'Earth and Beyond'

14th March 2020, 1.15pm-4.30pm. Celebrating British Science Week, Space Lab's Planetarium will be at Braunton Parish Hall presenting Earth and Beyond. There will be four 45 minute sessions throughout the afternoon: 1.15pm-2pm, 2.05pm-2.50pm, 2.55pm-3.40pm, the last session 3.45pm-4.30pm will be a quiet session suitable for people with autism and reduced mobility.

Tickets are £4 per person, per session in advance from Braunton Library.