

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Areas

12th March 2020



Speech, Language and Communication Needs News.

Please see attached this months newsletter.



Double Bounce Disability Tennis Open Day on Sunday 10th May 2020 from 2pm – 4pm at

South Devon Tennis Centre, Erme Playing Fields, Ermington Road, Ivybridge, PL21 9ES.

Open to people of all abilities, including PMLD.

To find out more and book your free space email:

Fiona Murphy at doublebounce2017@gmail.com

Also available from Double Bounce, their wheelchair tennis group at the South Devon Tennis Centre. Aimed at those who can push their own wheelchair and want to really look to play full court tennis and potentially compete. Contact Fiona Murphy on the above email for more information.



Circus Starr Aimed at children with disabilities,

families on low incomes, those facing challenges such as domestic violence, bereavement or who may be living with a life-limiting condition. Every child, whoever they are, is free to be themselves at a Circus Starr Show – shout with joy, move to the music or appear centre stage! Tour dates for Devon this year are:

26th May – Torquay, 28th May – Plymouth & 30th May – Exeter (BSL)

To find out more and apply for FREE tickets go to: <https://www.circus-starr.org.uk/>



Autism: Supporting Parents and Carers Workshop – 1st May 2020.

Autism is a neurodevelopmental condition which affects the brain's development. It is a lifelong

condition, with characteristics that appear in early childhood. This workshop is for families, carers, teachers and Early Years practitioners.

Friday 1st May 2020 (10am – 2.00pm) at Colyton Caterpillars, Reece Strawbridge Centre, Coly Road, Colyton, Devon EX24 6PU

Delegate price £20 Parents/Carers FREE, tea & coffee included – bring your own lunch



Sensory Processing Awareness Session

Hosted by PHOENIX Asends Monday 4th May 2020 from 10:00-14:00 at

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

Aimed at parents/carers and professionals wanting a better understanding of Sensory Processing.

To book a place and find out more go to:

<https://www.eventbrite.co.uk/e/sensory-processing-awareness-session-tickets-99165756447?af=efbeventix&fbclid=IwAR32LJKJuAsfT4EpyQrsS4aqY5HTtTsB7S2-NUoefYY7N4tF2DspAWItU4mA>



Young Sibs

There are lots of positive and enjoyable things about having a disabled brother or sister. Many siblings like you learn new skills, have fun with their brothers and sisters, and feel proud of their family. Read about the good stuff that siblings talk about by visiting Young Sibs webpage:

https://www.youngsibs.org.uk/info-and-advice/good-sibling-stuff/?fbclid=IwAR01wPVyoyCTmJ8TokZF8YnMHuEZfiwmYGH10NA6ghRP_GBK-Bqeb4Fu73w



Step-By-Step

Mondays from 9.30am to 11.00am, Term time only, Wilcombe Primary School, Lazenby Road, Tiverton, EX16 4AL.

Play sessions for families with young children (under 8) with additional needs. Siblings very welcome too.

Why not go along and meet other families and staff in a relaxed and friendly environment.

For more details call Phone: 01884 250449

Reading Well for children

is a list of books that can help children understand and manage their emotions and mental health difficulties. It contains 33 books covering topics relevant to the children of today, including grief, anxiety, bullying and staying safe online. You can find them at your local library.

In recognition of the potential impact of living with diagnosed conditions and physical disabilities, the booklist also explores living well with conditions including Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), dyslexia, Obsessive Compulsive Disorder (OCD) and physical disabilities.

The booklist is targeted at children in Key Stage 2 and includes titles suitable for a wide range of reading levels to support less confident readers, and to encourage children to read together with their siblings and carers. Find out more here:

https://readingagency.org.uk/news/media/the-reading-agency-launches-reading-well-for-children-booklist-to-support-childrens-mental-health-an.html?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn



ROVIC Roadshow – for families and carers of visually impaired children. Saturday 28th March from 11am – 3pm at Clyst St Mary Village Hall, Clyst St Mary, Exeter EX5 1AA

The day will include a variety of activities (see attached flyer for details)

To book a place for this free event contact:

Tel: 01392 383745 email emma.collyer@devon.gov.uk or speak to your individual ROVIC worker.



Devon personal assistant (PA) network

This network is provided free of charge by Devon County Council to assist people to find a personal assistant PA and for PAs to list their services.

Please be aware that PAs listed on this website are not employed by Devon County Council. A PA will either be employed by an individual who requires support or will be self-employed. The PA's on this site have not been checked by or endorsed by Devon County Council. For more information go to:

https://services.pinpointdevon.co.uk/kb5/devon/services/pa_home.page



National Deaf Children's Society (NDCS)

Practise fingerspelling with your family using NDCS' fun fridge magnets. Get their fingerspelling

alphabet magnets, so you can fingerspell words at home.

Spell your name or play a game and share the new signs you learn with family and friends. It's a great introduction to British Sign Language, which is used by thousands of deaf people across the UK. To find out more go to:

https://donate.ndcs.org.uk/page/55149/data/1?utm_source=facebook&utm_medium=social&utm_campaign=valex2020&utm_content=audience1&utm_term%3D=Slideshow+1&fbclid=IwAR1yyjc3bsLQIKQJ4EsJg9jxEdxCFKl6eASsilEyD5V52eF10YMRaKkslZw



Cerebra

Have you ever used Cerebra's template letters to write to your local council or health body?

Take a look at how they could help you get the services your child is entitled to. Go to:

<https://buff.ly/2ovMLqg>



In partnership with



Online Gaming safety tips

Top tips to help kids have a safer gaming experience. Help children use gaming as a way to build on their skills and have fun in a safer way. For further details go to:

https://www.internetmatters.org/resources/online-gaming-top-tips-for-parents/?utm_source=ss_facebook&utm_medium=social&utm_campaign=alwayson_mar_onlinegamingA&fbclid=IwAR3I0BiGMY6JVbDws1jEzT3BLyhzovY4hyM27msvFxn-KaDU8w-mfxEL8NM



Text A School Nurse

If a child is aged between 11-19 years old and feel they would like to share their concerns relating to bullying, drugs, smoking, relationships, self-harm, mental health or any concerns they may have they can text a school nurse who can offer help on 07520 631 722 For other age groups text 07520 631 721



Cerebra

Emotional wellbeing for

parents and carers of children with a learning disability

The factsheet highlights the importance of your own emotional wellbeing as a parent or carer. It provides information about factors that may affect you and help you access the information, support and resources that are available.

For more details go to:

https://cerebra.org.uk/download/factsheet-emotional-well-being/?fbclid=IwAR0j6lg5tFODw3TTjbP2YUauBimkmlcwCOF5GPEpROL2R_CKQOQWKSICM



Exeter Northcott Theatre and WESC Foundation

Free drama taster workshop on Wednesday 18th March from 5pm-7pm at the WESC Foundation Main Hall, Topsham Road, Exeter EX2 6HA

If you or your young person are interested in drama, acting or being creative why not go along. The event is supported by Theatre Royal Plymouth's Funky Llama and is guaranteed inclusive, stimulating and above all fun.

To find out more and register to take part contact Lisa on 01392 722417 or email l.hudson@exeter.ac.uk

Ullacombe Farm Easter Events

29th & 30th March Train Play Devon £5 per child to book. Facebook message Train Play Devon

31st March Lego Workshop Everyone is Awesome £5 per child, drop in anytime between 10.30am and 2.30pm

1st April Party Ponies Take Over Ullacombe £3 per child, drop in anytime between 10am and 4pm

2nd April The Wind In The Willows Theatre production Suitable for approx ages 3+ Tickets £10 Adult and £8 Child Booking via www.pocketwatchtheatrecompany.com

3rd April Naturemake Easter Workshop Costs from £6 to £12 Drop in anytime between 11am and 4pm

4th & 5th April Easter Hunt Stay & Play with Mane Events <https://www.tickettailor.com/events/maneevents/347686>

6th April Sweet Art Bakery Book your slot via www.sweetartbakery.co.uk

7th April Lego Workshop Everyone is Awesome Drop in anytime between 10.30am and 2.30pm

8th April What the Ladybird Heard Workshop & Easter Egg Hunt £10 per child, bookings: www.madeforthestage@outlook.com

9th April Sweet Art Bakery Book your slot via www.sweetartbakery.co.uk

10th April Hop Cinema Showing 1.30 & 3.30pm <https://buytickets.at/ullacombefarmshopandcafe/347192>

11th April Mad Hatters Tea Party 12pm & 3pm <https://buytickets.at/ullacombefarmshopandcafe/347200>

12th April Party Ponies Take Over Ullacombe £3 per child Drop in anytime between 10am to 4pm

Ullacombe Farm HAYTOR ROAD, BOVEY TRACEY NEWUN, EXETER, EX2 6HA Tel: 01364 661341 www.ullacombefarm.co.uk

Ullacombe Farm Proper Maorish



DiAS

Devon Information Advice and Support for Special Educational Needs and Disability

Are you a parent, carer and/or professional interested in championing change and influencing policy for children and young people with special educational needs or disability (SEND)?

The Ambassador Volunteer Project is about helping parents and carers become informed about SEND, to know how to access DiAS (Devon information advice and support) services and to have their voice heard. There are already 20 volunteers trained to be a link with their local communities, so why not come and join the project!

The next training session is: Tuesday 17th March 2020 from 10am – 2.30pm Petroc, Tiverton Campus-Business Hub, Bolham Road, Tiverton EX16 6SH

Find out more here, including details of how to book: https://www.devonias.org.uk/news/new-ambassador-volunteer-induction-training-in-tiverton/?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn



Hollow Lane Club

The next Siblings Group at Dartington is on Saturday 21st March. They are looking forward to meeting Chris Johnson from South West Animal Services and learning about the animals he talks about. If you would be interested in a place, they have availability.

The Siblings Group runs once a month on a Saturday from 10am until 4pm and the cost per session is £23.

For more details contact: 01392 463823 or have a look at their webpage:

<http://hollowlane.org.uk/activities-bidwell-brook/>

Easter Events at Ullacombe Farm

a wide range of events and fun on offer over the Easter period at Ullacombe Farm, Bovey Tracey TQ13 9LL

To find out more go to: www.ullacombefarm.co.uk or call 01364 661341



Afasic Recognising a problem and getting help

The information on Afasic's webpage can help you to recognise an early problem with your child's talking and understanding. The downloads include hints of what to look out for and examples of how an average child reaches different points in his/her talking and understanding development. If you need advice or support about your child's talking or understanding skills go to:
https://www.afasic.org.uk/resources/free-downloads/recognising-a-problem-and-getting-help/?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn



Tiny Happy People campaign

Throughout week beginning 16th March the BBC are launching their new Tiny Happy People campaign. If you haven't yet had a chance to explore them,

the resources are really great – with videos, activity suggestions (for ages 0-5), tips and advice all evidence based and supported by Speech & Language Therapists; Health Visitors; Midwives; EY specialists etc from all across the country). Their social media sites are super family-friendly too so another good resource to share with families.

In order to support this work even more it would be fantastic if as many of you as possible could check out the resources at

<https://www.bbc.co.uk/tiny-happy-people> and even go two steps further:

1. Choose your favourite resource / video / part of the site
2. Share it with someone (a family you're working with, a colleague, a professional you're working with, family, friends, postman, anyone) to spread the word and raise awareness

There are many different clips to choose from, here are a couple to have a look at:

- Is it weird talking to my bump
<https://www.bbc.co.uk/tiny-happy-people/weird-talking-to-my-bump/z6hht39>
 - Noise machine
<https://www.bbc.co.uk/tiny-happy-people/noise-machine/zbydnrd>
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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 [SIGNPOST plus 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.



