



Children & Family Health Devon



Children and Family Health Devon News

April 2026

Welcome to CFHD News, CFHD's monthly newsletter.

Whether you're a parent, caregiver, or healthcare professional, we aim to provide you with the latest information from Children and Family Health Devon (CFHD), with each issue including expert advice, career opportunities and our latest news.

To find out more about CFHD, visit our website or [CLICK HERE](#)



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New workshop programme launches to support families and professionals

The Parent Carer Forum Devon and Family Voice Torbay, in collaboration with Children and Family Health Devon (CFHD), are pleased to announce the launch of *Leap Workshops*, a new programme of free SEND workshops designed to support families and professionals across Devon and Torbay.

Leap Workshops aim to build understanding, confidence and practical skills for those supporting children and young people with Special Educational Needs and Disabilities (SEND). The programme offers accessible, expert-led sessions covering a range of key topics including autism, sensory processing, dyslexia, masking, and supporting independence.

The workshops are free to attend and are open to parents, carers, and professionals working with children and young people.

A new visual identity has been created for the Leap programme, alongside a streamlined booking system via Eventbrite, making it easier to reserve a place.

Oria Breheny Smith, Parent Carer Forum Devon said, “Leap Workshops are about empowering families and professionals with the knowledge and tools they need to better understand and support neurodivergent children and young people. We’re proud to be working collaboratively to deliver something that is both practical and meaningful for our communities.”

Holly Billington , Deputy Director (interim) for Children and Family Health Devon (CFHD) said, “We are really pleased to be able to offer these workshops to families and professionals. They have been developed with the aim of supporting, guiding and sharing helpful information, ensuring people feel more confident and informed. This work has been brought together collaboratively with providers, Children and Family Health Devon (CFHD), and the Parent Carer Forum (PCF), reflecting a shared commitment to meeting the needs of our communities.”

For more information and to book onto any of the Leap Workshops, simply visit the Leap Workshops website: [Neurodiversity workshops in Devon for Families & Professionals](#)



CHILDREN AND FAMILY HEALTH DEVON

CFHD new-look referral pages and updated referral forms are now live

We're pleased to confirm that our updated [referral pages](#) and forms are now live. These changes are part of a wider improvement to make the referral process clearer, quicker, and more accessible for young people, families, and professionals. As part of this, we have introduced a self-referral option for individuals aged 16 and over, enabling more direct access to support where appropriate.

What has changed:

- A more user-friendly layout across our referral pages
- Simplified referral forms to make them easier to complete
- A new self-referral option for those aged 16+
- Clearer guidance on referral criteria and pathways
- Additional demographic questions to help us better understand and address health inequalities
- Improved wording to make forms more accessible, including for neurodivergent individuals and those with a reading age of around 11
- Removal of duplicated questions to streamline the process

How your information will be used:

Information from the new demographic questions will be recorded within our clinical system (SystemOne) to help improve how we understand needs, plan services, and address health inequalities. This information may be updated if further details become available.

We have also introduced a new Health Inequalities dashboard to help us better monitor and improve access and outcomes across our services.

What this means for you:

- Please start using the updated referral pages and forms
- If supporting someone to access our services, you can now also direct those aged 16+ to the self-referral option where appropriate

We hope these improvements make the referral process simpler and more accessible for everyone. If you have any questions or need support, please contact CFHD.DevonSPA@nhs.net. Thank you for your continued partnership.

For more information, visit our website: [CLICK HERE](#)





What are the missions/what's involved

After having registered for a game key (by visiting luminova.app/devon) and downloading Lumi Nova, parents and guardians start by shortlisting 3 worries that are relevant, practical to do and easy for their child or young person.

Parents and guardians are encouraged to discuss which worries their child or young person would like to work on. Each Mission is then broken down into 3 goals.

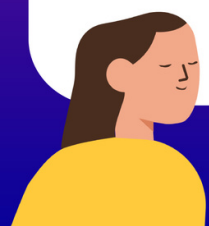
The game will break their chosen worry down into smaller challenges to help them face their worries and learn that they can cope. The first few challenges happen in the game (imagine, draw, photos, and videos) and then progress to real life challenges that will need support from a trusted adult.

What are the Missions?

- A Mission is a realistic and achievable long term goal or behaviour that supports a child or young person to feel less worried about. e.g. To feel comfortable sleeping on their own.
- The Missions available are based on social anxiety, phobias and separation anxiety.
- Each Mission is broken down into a short term goal, medium term goal and a long term goal.

Breaking down their worries helps young people learn that they can face their fears while building their confidence.

More information: Choosing Missions — Lumi Nova: Tales of Courage



“I didn’t think I would be able to overcome my fear, but I think I have! It’s helped me feel like if I do have another fear then I can easily overcome it by setting myself challenges. It’s a really good game. I don’t think I would have been able to have done it without it”

Ruby aged 10





The Experts by experience blog: Human: How mental health impacts transgender people

When discussing mental health my head immediately goes to my experience as a transgender person. Although I have battled many different aspects of struggle with my mental health, I think it's extremely important to highlight the additional hardships that can impact transgender individuals (especially the youth).

There's a certain sense of hopelessness in being transgender when you are 18 or younger. You're scrolling on social media and you see other transgender people who are not just living, but thriving. They're reaching their goals in their transition, they have a much different level of choice available to them (although still of course difficult).

The type of choice that you can only dream of. When will my life begin? That's how it feels. It feels as if you aren't living. Not yet, not until you can get the care you need to feel like you.

Even then, with this far away dream, the threat of gender affirming care being banned due to "political" discussion becomes even more daunting and can greatly impact this hopelessness. I spent a lot of the time that was supposed to be some of the best years of my life thinking about how I'll be able to finally live it, dreaming about the future and finally being able to be me.

This dream easily progressed in to much more of a nightmare. Adolescence offers some extreme challenges regardless of gender, socially it is such a prominent part of life and interacting with other people your age is hard.

Hard enough without feeling like an outsider, feeling uncomfortable in your body, feeling wrong and never knowing what the world around you might challenge next. I'd like to go on to explore what this experience can look like to encourage understanding.

[CLICK HERE](#) to continue reading.



CFHD Careers

We offer a huge range of exciting and challenging opportunities for people who are passionate about making a difference.

You can view a list of our current vacancies below or visit NHS Jobs where CFHD vacancies and latest opportunities are advertised.

CFHD encourages creativity, is forward thinking and leaders are compassionate in the way they lead and support teams. CFHD understands the value of trust, partnership and collaboration at all levels of the organisation. Clinicians are proud of being part of such an innovative organisation.

CFHD staff are experienced, committed and dedicated, always placing children and family at the centre of what they do. Clinicians strive to improve their practice and welcome new ideas whilst always keeping NICE guidance at the centre of what we do.

For more information and a list of our current vacancies, please [**CLICK HERE**](#)



Need urgent help?

We know it can seem really difficult to seek help when you are worried, stressed or lonely but getting the help you need and deserve can make a big difference.

Visit the urgent help page on our website to find out what help and support is available to you.

Visit our website for information and support: [**CLICK HERE**](#)

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| <p>GOT A CARE PLAN OR DISCHARGE PLAN?</p> <p>That will tell you who to contact</p> | <p>KOOTH Digital support</p> <p>Online mental wellbeing community. Safe, anonymous support free to people under 18.</p> <p>kooth www.kooth.com</p> | <p>ARE YOU IN A MENTAL HEALTH CRISIS?</p> <p>Call 111 select mental health option</p> |
| <p>Deaf? Need urgent help? Contact us using InterpretersLive! (8am to 8pm) or NHS 111 (SignVideo) 24/7</p> | | |