

Children and Family Health Devon News

March 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](#)

Highlights

Children and Family Health Devon now led by Devon Partnership NHS Trust

Easier access to speech and language support for families

Mental wellbeing workshops launched to support school pupils across Devon

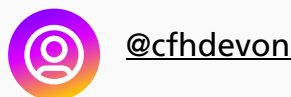
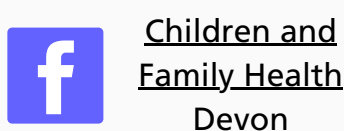
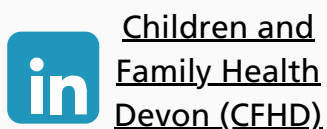
Lumi Nova

Pronoun badges within CFHD

The Experts by experience blog series

Need urgent help?

Follow CFHD on social media!





Children and Family Health Devon now led by Devon Partnership NHS Trust

Children and Family Health Devon (CFHD) has now moved to a single-provider arrangement to help strengthen and simplify the way services are delivered across Devon and Torbay. Devon Partnership NHS Trust is now the lead provider for CFHD, following agreement with Torbay and South Devon NHS Foundation Trust and NHS Devon.

Remaining as an alliance, CFHD will continue to bring together a wide range of community-based health services and continuing to work in partnership with other NHS organisations, local authorities, education settings, voluntary sector partners and families themselves.

This change is designed to make services more joined-up and easier to navigate, ensuring families continue to receive high-quality, timely support.

Emma O’Connell, Interim Director, Children and Family Health Devon, said; “This change creates a more streamlined structure to support our teams and help services continue to improve for the children, young people and families we serve. Importantly, there has been no change to how families access support, and teams continue to work with the same colleagues and partners to deliver care.”

Since CFHD was created in 2019, services have worked together to improve access and build more integrated support. Moving to a single-provider model is the next step in enhancing these services and helping ensure children and young people get the right help at the right time.

CFHD remain committed to providing compassionate, accessible and effective care for families across Devon and Torbay.



CHILDREN AND FAMILY HEALTH DEVON



Easier access to speech and language support for families

From 6 April in Devon and from the 6 May in Torbay and South West Devon, families will be able to access Speech and Language Therapy (SLT) support for young children more easily, thanks to a new Easy Access drop-in model, The Balanced System ® Transformation.

Children aged 0 to school entry (Year R) will no longer need a referral. Instead, families and professionals can attend local drop-in sessions in community venues such as children's centres, family hubs and clinics—making it quicker and simpler to get advice and support.

This change is designed to reduce waiting times, remove unnecessary paperwork, and provide earlier help to support children's communication development.

Specialist pathways will remain in place for children with more complex needs, including those requiring support for dysphagia, cleft lip and/or palate, significant hearing loss, or speech, language and communication needs, as well as children already in primary school. Families with existing referrals will also be invited to attend a drop-in session.

This new approach reflects Children and Family Health Devon's (CFHD) commitment to providing flexible, timely support and improving outcomes for children and families across Devon and Torbay.

For more information, please visit our Balanced System page on our website.

[CLICK HERE](#) for more information.

Mental wellbeing workshops launched to support school pupils across Devon

A new series of video-based mental wellbeing workshops has been launched to support children and young people across Devon, helping them better understand and manage their emotional health.

Developed by Children and Family Health Devon's (CFHD) Mental Health Support Team (MHST) and supported by South Hams District Council and West Devon Borough Council, the workshops provide accessible, age-appropriate guidance on mental wellbeing for school pupils.

The sessions help young people understand their emotions, recognise signs of stress, and know when and how to seek help. They also encourage pupils to look after themselves and support one another, promoting a positive and open approach to mental health.

The flexible video format allows schools to easily integrate the workshops into the school day. Sessions can be paused and resumed at any point, making them suitable for classroom learning, tutor time, or assemblies.

[CLICK HERE](#) for more information

Lumi Nova

LUMI NOVA
TALES OF COURAGE

Digital therapy enabling children to build confidence and manage their worries.

Get instant access:
luminova.app/devon

Recommended by
NICE
National Institute for Health and Care Excellence

Powered by
BfB
LABS

In partnership with
cfhd
Children & Family Health Devon

Lumi Nova: Tales of Courage is an engaging child-led, parent/guardian supported digital therapeutic that helps manage difficulties with fears, worries or anxiety for children aged 7-12 years with mild to moderate needs.

Lumi Nova supports children and young people to learn skills to self-manage their mental health in an engaging intergalactic adventure game (app) that can be used on most smartphones or tablets. The Science Behind Lumi Nova and How it Works: Lumi Nova is child-led and Mission driven. Parents/guardians will shortlist three Missions relevant to their child/young person to help build confidence. Through different feared scenarios shown as Missions in the app, it facilitates graded exposures (the active ingredient of Cognitive Behavioural Therapy) with psychoeducation (helping children understand how thoughts, feelings and behaviours are linked).

Lumi Nova utilises Cognitive Behavioural Therapy (CBT) to break the cycle where thoughts, feelings, and behaviour reinforce each other. Each Mission has goals with small challenges mirroring real-life fears and worries. These challenges progress from in-app activities (like drawing, viewing photos, or 360-degree videos) to short, real-life "exposure challenges" that apply what they practiced. Children and young people are then rewarded with gameplay based around an intergalactic adventure.

Each challenge within the Mission is aimed to empower children and young people to learn to self-manage fears, worries and anxiety such as:

- Phobias e.g. Spiders and insects, heights, dogs, the dark
- Social anxiety e.g. Making new friends, going to social events
- Separation anxiety e.g. Sleeping alone, being away from parents, going to school

Pronoun badges within CFHD

Today people all around the world join together to celebrate transgender and gender-diverse people, and recognise the importance of creating spaces where everyone feels safe, respected and seen.

Here at CFHD, we're supporting this by encouraging staff to share their pronouns in meetings, add them to email signatures, and wear pronoun badges such as the ones below.

These may seem like small actions, but they send a powerful message to our staff and the young people and families we work with: that their identity is valid and they don't have to explain or justify who they are.

It's important to remember that using or sharing differing pronouns doesn't mean someone is transgender, it's simply a way of challenging those rigid gender norms and being comfortable with who they are.

We encourage pronoun sharing as 1 of our initiatives to show that our service is a place where everyone is welcome and validated.

Visibility matters, and together, these small changes help us build a safer, more inclusive community.



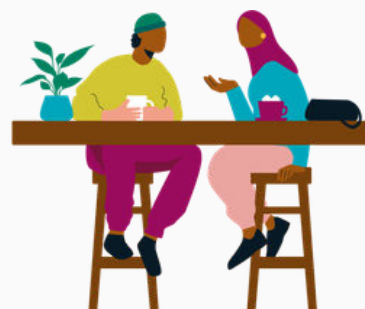
The Experts by experience blog series

The Experts by experience blog series has been created by our participation community. Here, our young advisors and parent carer advisors share their thoughts, experiences, and ideas in their own words.

We know that real experiences can help others. This blog is a place to learn from each other, feel supported, and stay connected. You'll find stories, advice, and reflections on both the challenges and the positives.

We encourage everyone in our participation groups to get involved and share their voice. Every contribution matters and can make a difference to someone else.

[CLICK HERE](#) for more information



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**](#)

<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>Deaf? Need urgent help? Contact us using InterpretersLive! (8am to 8pm) or NHS 111 (SignVideo) 24/7</p>		