

Children and Family Health Devon News

May 2026

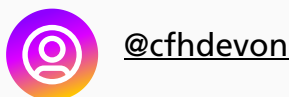
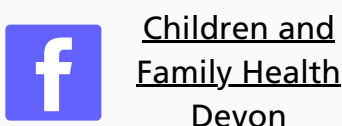
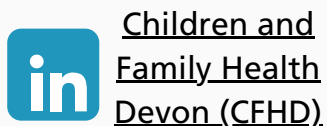
Welcome to CFHD News, CFHD's monthly newsletter.

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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Highlights

International Nurses Day:
Role of a learning disability Nurse

CFHD MHST Wins Regional Award for Digital Innovation in Children's Mental Health

Working in a mental and emotional health pathway as a nurse

The Experts by experience blog

CFHD Careers

Need urgent help?



CFHD MHST Wins Regional Award for Digital Innovation in Children's Mental Health

CFHD Mental Health Support Teams (MHST) have been awarded the Psychological Professions Network South West Award in the Analogue to Digital category, recognising the successful implementation of Lumi Nova for all children aged 7-12 across Devon and Torbay.

The award highlights MHST's commitment to advancing early intervention and embracing digital innovation, in line with the ambitions set out in Fit for the Future: 10 Year Health Plan. The rollout of Lumi Nova marks a significant step in improving access to mental health support for children, supported by strong collaboration across services in Devon and Torbay.

Emma Walker, Interim MHST Service Lead, said: "We are delighted to receive this award, which recognises the dedication and collaboration of our teams in bringing innovative digital support to children and families. Implementing Lumi Nova across Devon and Torbay reflects our commitment to early intervention and ensuring children can access the early help they need in new and engaging ways."

This achievement celebrates the collective effort behind the programme and its positive impact on children's mental health across the region.





International Nurses Day: Role of a learning disability Nurse

For International Nurses Day on 12 May, we caught up with Learning Disability Nurse, Clare who has created an Easy Read guide on the role of a learning disability Nurse.

Learning Disability Nurses can support children with learning disabilities to stay:
Healthy, safe and involved.

Learning Disability nurses can help with:

Health appointments, advocacy, communication, understanding of feelings and emotions, Making choices, accessing the right support and help families to understand what is happening.

Learning disability nurses make sure children are:

Listened to, included, respected and valued.

A Learning Disability Nurse helps the people they support to:

Access and receive the best care to live the life they want.

If you would like to take a look at the Easy Read guide, [CLICK HERE](#)

Working in a mental and emotional health pathway as a nurse

Written by Danielle, Senior Community RGN/Paediatric Nurse for children with Learning Disability and Mental Health, within the Specialist Learning Disability Team

There's something truly meaningful about working in the mental and emotional health pathway as a nurse. I have the privilege of meeting young people and hearing their stories, whether they're shared through words, creativity, or in silence. I feel that in our work we are creating a compassionate space where they can feel heard, safe, and understood, and where their emotions are explored in a way that's meaningful to them.

For those young people navigating emotional and mental health challenges, offering a sense of hope and being alongside them in their journey can make all the difference. Supporting parents with patience and understanding is just as important, because they're navigating these times too.

Witnessing their progress, no matter how small, is deeply fulfilling. To see a young person begin to shine, to feel connected to their world and know they belong, is one of the most powerful and inspiring parts of this work.

To continue reading, [CLICK HERE](#)

New webpage: Autism assessment process

We would like to provide you with information about the autism assessment process for your child. Your child is currently waiting for an autism assessment by Children and Family Health Devon, CFHD, Neurodiversity Pathway.

We are sorry that the wait is long. There are a large number of children and young people waiting for an assessment by our team. We understand that waiting for an assessment can be a challenging time. Parents and caregivers want their young person to understand themselves and access support so that they can thrive.

Our Team

Our team supports children and young people across Devon who have been referred for an autism assessment.

Our team is made up of the following clinicians:

- Occupational Therapists (OT)
- Speech and Language Therapists (SALT)
- Clinical Psychologists
- Mental Health Practitioners
- Assistant Psychologists
- Assistant Practitioners

We may work closely with Paediatricians and other professionals within CFHD or outside agencies. We may look at reports written by other professionals or talk to them to gather necessary information to aid our assessment.

If you would like to find out more, [CLICK HERE](#)



The Experts by experience blog: The fear of turning 18

Experts by experience: Young advisor, Sage

If anyone knew me at 17, they would know the absolute fear I had of turning 18.

For me, turning 18 symbolised change, something I have never been particularly good at. Not because I dislike the idea of change, but because uncertainty feels harder to manage than something familiar. Being born in June, my birthday always fell towards the end of the academic year. But this time, it was different. It was the final year of school, the same school I had been in since I was 11.

Although I felt like I had outgrown it and was desperate to leave, I wasn't ready to lose the structure I had grown up with. I wasn't ready to stop seeing my friends every day. I wasn't ready for what came next.

Leaving CAMHS was another part of that.

It's not that I wanted to stay there forever, but it had been a consistent part of my life for most of my teenage years. I understood how it worked. It felt familiar, secure, and approachable. Moving to adult services felt completely different. The idea of sitting in a waiting room with people much older than me felt uncomfortable and out of place, like being moved into a space I didn't quite belong in yet.

I had also built a strong relationship with my therapist by that point. It felt like I was finally making progress, which made the idea of leaving even harder.

If you would like to continue reading, [**CLICK HERE**](#)



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