

Children and Family Health Devon News

June 2026

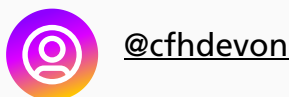
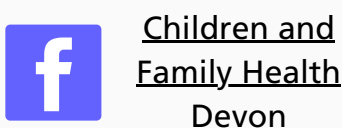
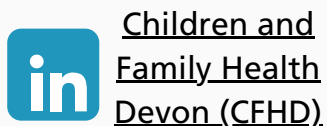
Welcome to CFHD News, CFHD's monthly newsletter.

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

Children and Family Health Devon launch enhanced triage process for mental health referrals

Support for families of children with complex medical needs

Supporting Your Child's Lumi Nova Journey

New specialist parent and infant relationship team supporting families across Devon

CFHD Careers

Need urgent help?



Children and Family Health Devon launch enhanced triage process for mental health referrals

Children and Family Health Devon (CFHD) is introducing a new Enhanced Triage process for referrals to its Mood, Emotions and Relationships (MERs) pathway from July 2026, helping children and young people access the most appropriate support sooner.

The MERs pathway supports children and young people experiencing moderate to severe mental health difficulties, including challenges with mood, emotions and relationships that are causing significant distress and impacting daily life.

As part of the new process, families referred to MERs will be invited to book a dedicated triage call shortly after their referral has been screened. The call, which typically lasts 20-30 minutes, will help clinicians gain a clearer understanding of a young person's current needs, experiences and strengths.

The enhanced approach aims to:

- Ensure children and young people are directed to the most appropriate service as early as possible
- Reduce delays in accessing the right support
- Provide families with advice, signposting and wellbeing resources sooner
- Improve understanding of a young person's needs before an initial assessment appointment
- Enable more personalised planning and allocation to practitioners where appropriate

Angharad Howell, Clinical Lead for the Mood, Emotions and Relationships (MERs) pathway at Children and Family Health Devon, said: **“We know that when children, young people and families reach out for mental health support, they want reassurance that they are accessing the right help as quickly as possible. Our new Enhanced Triage process will allow us to have meaningful conversations earlier in the referral journey, giving us a better understanding of a young person's needs, strengths and circumstances. By gathering this information sooner, we can make more informed decisions about the most appropriate pathway for support, provide helpful advice and wellbeing resources at an earlier stage, and ensure that those who need specialist MERs support receive as early as possible”**

Where a referral meets the criteria for the MERs pathway, information gathered during the call will support the planning of the young person's initial assessment. Families will also receive a wellbeing plan containing practical advice, self-help resources and information about additional support available while waiting for an appointment.

Where another service may be better placed to meet a young person's needs, families will receive guidance and signposting to alternative sources of support, ensuring they can access help as quickly as possible.

For more information about Children and Family Health Devon services and waiting times, visit:
www.childrenandfamilyhealthdevon.nhs.uk





Support for families of children with complex medical needs

If your child has complex or life-limiting medical needs, finding the right support can sometimes feel overwhelming. This can be especially difficult if your child does not qualify for an NHS Continuing Care package.

The **WellChild Family Welfare Advisor Service** offers free practical support to help families access financial help, essential equipment and services, so children and young people can continue to be cared for safely at home.

Who can access the service?

You may be able to receive support if:

- You live in the UK
- You are caring for a child or young person aged 0–19 with complex or life-limiting medical needs
- Your child does not currently receive an NHS Continuing Care package

Both parents and carers can refer themselves, and professionals can also make referrals on behalf of families

How WellChild can help

WellChild's Family Welfare Advisors can provide free support with:

- **Disability benefits:** helping you understand and complete applications for Disability Living Allowance (DLA) and Personal Independence Payment (PIP).
- **Charitable grants:** helping you find and apply for funding for essential items that may not be provided by the NHS, such as specialist seating, car seats, sensory equipment or emergency household appliances.
- **Crisis support:** providing access to Foodbank and Fuel Bank vouchers for families facing immediate financial hardship.
- **Local support:** signposting you to trusted local services, community organisations and peer support networks.

Find out more or make a referral

For more information about the service, eligibility criteria or to complete a referral, visit the WellChild Family Welfare Advisor Service webpage:

[Family Welfare Service | WellChild](#)



Supporting Your Child's Lumi Nova Journey

What is Lumi Nova?

Lumi Nova is a NICE-recommended digital therapy delivered through a fun mobile game, designed for children aged 7-12 to help manage mild to moderate worries. Based on Cognitive Behavioural Therapy (CBT) and Exposure Therapy, it provides a safe and effective way for children to build resilience and overcome fears one step at a time.

Lumi Nova is available to families in Devon in partnership with Children and Family Health Devon. Access is instantly available via luminova.app/devon

The Parent's Role: Your Journey as a Co-Pilot

As a parent, you play a vital "Co-pilot" role in your child's progress. To help build their confidence, you will start by shortlisting three relevant, practical missions for your child to choose from. The journey begins with fun in-game challenges and gradually progresses to real-life challenges. These real-life steps are where your support is most important, as you will need to approve and facilitate these challenges using your unique game key.

To learn more about each Mission visit: luminova.app/missions

For more information, [CLICK HERE](#)

New specialist parent and infant relationship team supporting families across Devon

A specialist service dedicated to strengthening the bond between babies and their primary caregivers has launched to support families across Devon build secure, loving relationships during the crucial first two years of a child's life.

The Parent and Infant Relationship (PAIR) Team, part of Children and Family Health Devon (CFHD), provides specialist support for families from conception until a child reaches two years of age. Made up of Clinical Psychologists and Child & Adolescent Psychotherapists, the team works with babies, parents and caregivers to promote secure early relationships that support lifelong health, wellbeing and emotional development.

Angharad Howell, Principal Child & Adolescent Psychoanalytical Psychotherapist and Clinical lead for the Parent and Infant Relationship Team, said, *"A baby's earliest relationships play a vital role in shaping their social, emotional and developmental outcomes. PAIR offers support when there are concerns about the attachment relationship between a baby and their caregiver, particularly where these difficulties may already be affecting, or could affect, the child's development in the future."*

For more information, [CLICK HERE](#)



Children and Family Health Devon launch season two of the ‘This Is Your Journey’ podcast

In June we celebrated Learning Disability Week, by launching a new season of our podcast, focused on the Specialist Learning Disability pathway.

Hosted by Jenna, Specialist Learning Disability Nurse in Mental Health, the podcast creates a safe and supportive space to explore topics that can often feel difficult, sensitive, or challenging to discuss. Through open and honest conversations, the series aims to raise awareness, share experiences, and provide valuable information for children, young people, families, carers, and professionals.

Jenna said: *“We know that some conversations can be difficult to start, particularly when they involve mental health, learning disabilities, and personal experiences. Through this podcast, we hope to create a space where people feel heard, understood, and supported. By sharing stories and discussing important topics openly, we can help reduce stigma, increase understanding, and connect people with the information and resources available to them.”*

Listeners can access each episode through the CFHD website, where they will also find a range of resources and additional information relating to the topics covered in the series.

We invite you to tune in and join us on this journey as we continue to explore important conversations within our [Specialist Learning Disability pathway](#).

Found poetry to celebrate Learning Disability Week

The Specialist Learning Disability Team created a piece of found poetry to celebrate Learning Disability Week 2026. A found poem brings together words from a piece of text to create something new like a collage, using words. We used “Valuing People” as our inspiration, reflecting the importance of rights, inclusion, independence and choice. The words in this poem come from colleagues across the team, forming a shared voice that connects to this year’s theme ‘Do You See Me?’

Do You See Me?

A found poem for Learning Disability Week 2026

By the Children’s Learning Disability Team

We are the Learning Disability Team,
a family, as a whole—
a jigsaw of services
working closely together,
forming relationships that grow
with care,
with purpose.

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**](#)

<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>		