

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

3rd October 2019



Bideford Bridge Rotary Club

are holding their annual Milky Way event for children with special needs (and their families) on Friday 18th October from 5.30 pm. For further details or to book a place call either: John Wilson on 07977 263914 or David James on 07787 907175. Find out more about the event here: <https://www.rotary-ribi.org/clubs/page.php?PgID=721426&ClubID=1589>

Have your say

Community Insight Survey 2019

asks about your experiences of a range of services and the County Council's strategic aims. They will also ask you about Council Tax increases and community resources and capacity (such as your ability to look after yourself), which can impact on the Council's resources. The results will be shared across services and used to inform budget decisions and how services are provided in future. Consultation ends 22/12/2019. Find out more here: <https://www.devon.gov.uk/haveyoursay/consultations/community-insight-survey-2019/>



Exeter Ski Club

are now operating their Winter timetable. Their Adaptive Disabled Skiing sessions run on Friday evenings 5.15pm – 6.30pm. The price for the session is £3, you will need to be a member to be covered by insurance. For further information contact John Redwood on mobile: 07730 045444, or email: johncredwood@btinternet.com Find out more about Exeter Ski Club's Adaptive Disabled Skiing here: <https://www.exeterskiclub.org.uk/index.php?page=adaptive>



Scott Cinema Barnstaple Supportive Screening,

next showing, The Jungle Bunch, Sunday 8th October. Lights on half, sound low, move around as you please! Find out more here: <https://www.scottcinemas.co.uk/media/uploads/AFSBarnstaple.pdf>



Devon Carers Autumn Newsletter is available to view and download here:

<https://devoncarers.org.uk/wp-content/uploads/2019/08/Devon-Carers-Autumn-2019-Screen-Edition.pdf>



Parent Progression is a

County wide Project designed and coordinated by Exeter Community Initiatives working in partnership with Action for Children and Devon County Council to provide universal support to families wishing to learn new skills, try out volunteering, work experience or find paid employment. The support project is for parents with children 8 years and below. Find out more about the service and contact details for local representatives here:

<https://parentprogression.eci.org.uk/team/>
Or email: enquiriesppt@eci.org.uk



The PDA Society Enquiry Line

provides free information, advice and support specific to the PDA profile of autism. The Enquiry Line Team consists of designated trustees and trained volunteers who are all parents of children or young adults with PDA. Find out more here: <https://www.pdasociety.org.uk/about-pda-society/enquiry-line>



Carewise Oct-Nov newsletter is now available to download:

<http://www.carewise.org.uk/wp-content/uploads/2011/02/October-November-December-NEWSLETTER-2019.pdf>



Caring for Carers Course. This course will help you to manage your caring role and stay well. You will discover what type

of carer you are, help you to manage stress, look at the impacts of caring, create a contingency plan and find coping strategies to maintain a better life balance. You will also be able to look at your communication style and develop assertiveness techniques. Thur 7th November 10am to 3.30pm The Boardroom, The Matford Centre, Matford Park Road, Marsh Barton Trading Estate, Exeter, EX2 8FD Tue 12th November 10am to 3.30pm. The Amory Centre, 125 East Street, South Molton, EX36 3BU Tel: 03456 434 435 or email: info@devoncarers.org.uk

Find out more about all of the courses that Devon Carers run here:

<https://devoncarers.org.uk/information-and-advice/support-for-me/face-to-face-training/training-courses-dates-venues/>



Ordinary Extraordinary is back! A 2-day inclusive arts festival for disabled and non-disabled young people and their families at Dartington Hall on the 25th & 26th October, 2019. A weekend of new work and creative interventions curated, produced and created by young people with learning disabilities.

Get in touch if you have any particular access requirements. Carers can contact the box office on: 01803 847070 to book a free Carer ticket.

<https://www.dartington.org/event/ordinary-extraordinary-saturday-ticket/>

There will also be an **'Ordinary Extraordinary Seminar'** taking place in the Great Hall at Dartington on Saturday 26 October 10.30 am – 1.30 pm. The aim of the Seminar is to bring young people, young adults, parents and carers, mental wellbeing professionals, arts organisations and community organisations together in a safe creative space to discuss mental wellbeing and what that looks like for young people with learning disabilities. What are the issues? Where are the gaps? Is there more that can be done together in collaboration? The event is being organised by the Branchline Partnership, a collective of arts organisations and social care providers working together to enable young people with learning disabilities the opportunity to participate and lead in the arts. Rather than constructing a formal top table event they are working with encounters arts, expert in facilitation, to use arts intervention to encourage conversation and share ideas. To find out more or to book a place on the seminar email: traceyhubbard@lifeworks-uk.org



Total Communication Course.

This 2 day course is delivered in conjunction with the Speech and Language Teams and is aimed at anyone working with or caring for children under five with communication difficulties. The cost for this 2 day course is £40. It will be taking place on 9th & 16th October, 9.30am - 2.30pm in Barnstaple.

To book please visit the [DEL training website](#). If you need help to create a DEL account email: eywd@devon.gov.uk



Healthy Happy Devon 9th October 2019, 10am to 6pm, Newton Abbot

Racecourse. A flagship well-being event for Devon, bringing together speakers who are experts on integrated health and social prescribing, exhibitors who will present a range of health and care products and practitioners who will deliver taster sessions that encourage self-care and healthy living. For further information go to: <https://healthwatchdevon.co.uk/healthy-happy-devon/>



Invitation to Children and Family Health Devon engagement event for professionals.

- Wednesday, 9 October, 2pm-4pm, in Willand Village Hall, Gables Rd, Willand, Cullompton EX15 2PL [Book here](#)
- Thursday, 17 October, 10am-12noon, at the Courtenay Centre, Kingsteignton Rd, Newton Abbot TQ12 2QA [Book here](#)

To find out more about the Engagement Events and to book a place, use the links above. Bookings will be accepted on a first come first served basis. Anyone unable to attend either of these sessions will be able to join a virtual session 3pm-5pm on the afternoon of Monday, 28 October. More details will follow about this but you will be able to take part by hearing from presenters and live sending in your thoughts and questions which will be responded to live. There will also be the opportunity to watch on catch up and email questions and comments in.



Cerebra have just launched their new website – Working with You and Your Amazing Child. The interactive “I need advice on” box on the homepage help you find the information you need quicker. Take a look here: <https://cerebra.org.uk/>

We always welcome feedback.....

Let the SIGNPOSTplus team know if you have any opinions on what works and what doesn't work with our information sharing. If you have any ideas for improvements or if you have anything else you would like to share with us please let us know.



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 [SIGNPOSTplus 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.

