

Exciting News from The Hollow Lane Club

The Lighter Inn at Topsham are offering one very lucky family an amazing special treat of Christmas Day lunch (including drinks) in their dining room.

Families who use the The Hollow Lane Club at Exeter and Dartington will be put into a draw and the draw will take place at The Lighter Inn on the 1st December to pick the lucky winner.

The prize is for a family of four.

This really is a very special prize and our thanks to the team again for supporting the Club and our families.

If you **DO NOT** want to be included in the draw, please email admin@hollowlane.org.uk to let us know.

Good luck everyone.



And there's more

We are pleased and delighted to let you know that The Lighter Inn at Topsham are holding a raffle to win the contents of this fabulous hamper. The contents of the hamper are worth about £500 and include some amazing prizes:

1 x 60 minute Golf lesson with PGA Professional - Exeter Golf and Country Club

£15 Spa Voucher – Pure Therapy, Ottery St Mary

Full Car Valeting Service with Accessories – Murray Volkswagen

Passenger ride in a Ferrari Demonstrator and tour of new Ferrari showroom

2 x Cup Match Tickets for March 2022 – Exeter Chiefs Rugby

£25 voucher – The Globe, Topsham

£40 voucher – Hall and Woodhouse

Cut and Blow Dry – Karen Leverton Hair Design, Topsham

£25 voucher – Siena Boutique, Topsham

£28 voucher – Cut and Blow Dry – The Fringe, Exeter

£25 voucher – Dog Grooming Service – Ruff N Ready, Rockbeare

Mince Pies

Cheese and Chutney

Bottle of Red Wine / Bottle of Champagne / Bottle of Badger Beer

Selection Box

To enter the draw, you can buy tickets over the phone from The Lighter Inn (01392 875439) or visit the pub and buy tickets over the bar. Tickets are £5 per strip and all proceeds will come to The Hollow Lane Club.

If you would like to buy a ticket via school/college, then please send £5 in an envelope with your name and a telephone number to Deb Ward, The Hollow Lane Club, c/o Ellen Tinkham School.

The lucky winner of this amazing hamper will be drawn on Christmas Eve.

Good luck everyone and thank you for supporting us.



Juniors

YOUTH SESSION - YEAR 7

Looking for a **SAFE SPACE*** to chill
with friends? Or somewhere to
make new ones?

EVERY TUESDAY AT 6:30-9PM / £1 ENTRY

With exciting opportunities, activities & competitions,
there's **ALWAYS** something on...



Please bring face masks!



There's no need to book anymore! For more
info contact us at...

f @TotnesSPACE

@TotnesSPACE



**RUSHBROOK YOUTH CENTRE
STATION ROAD, TOTNES
TQ9 5HW · 01803 849200**

SPACE

Juniors Sessions 2021

16th November

Capture the Flag

Gartic Phone

23rd November

Lazer Tag

Baking

Health and Beauty Salon

30th November

Hockey

Jewellery Making

7th December

XMAS Dance

Hat Game

XMAS movie night

Cards/Decorations

14th December

XMAS Disco

XMAS Jumper Night

XMAS Prop Game

Inters

YOUTH SESSION - YRS 8, 9 + 10

Looking for a **SAFE SPACE** to chill with friends? or somewhere to make new ones?

EVERY THURSDAY FROM 6:30-9PM / £1 ENTRY

With exciting opportunities, activities & competitions, there's **ALWAYS** something on...



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SPACE

ADULT VOLUNTEERS

What can volunteers expect?

- To make a difference to the lives of those young people they engage with, within their youth work setting
- To see their gift of time, skills and experience being well utilised
- To be provided with all the information and guidance required to carry out his/her volunteering effectively
- To receive the support, training and developmental opportunities needed to aid ongoing development
- Regular supervision and support
- To have their views taken into account
- To be part of an organisation that strives to be non-discriminatory and diverse
- To operate in a safe environment

SPACE seeks to involve volunteers to:

- Ensure our services meet the needs of young people
- provide new skills and perspectives
- Increase our contact with the local communities we serve

Contact Us

Phone: 01392 662112
Email: info@spacepsm.org
Web: www.spacepsm.org
Twitter: [@spacepsm](https://twitter.com/spacepsm)
Facebook: [@spacepsm](https://facebook.com/spacepsm)
Instagram: [@spacepsm](https://instagram.com/spacepsm)



Would you like to understand more about County Lines in Devon & Cornwall?

Join our panel of experts for a live webinar



Lindsay Dalton
CEO, Pace



Sarah Pritchard
Barnardos



Karen Gold
Exeter East & Mid
Devon Police

Free webinar for parents & carers

7 December, 7.00 - 8.00pm

Do you know how to keep your child safe?



Learn what county lines is

Do you know about child criminal exploitation in Devon and Cornwall?



Understand the signs that your child might be at risk or involved

Are you worried someone is taking advantage of your child, making them do something illegal?



Learn how offenders groom and exploit children



Understand what is happening in your local area

Register devoncornwallwebinar.eventbrite.com

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

2nd December 2021



Signpost Plus

The weekly snippets we provide are available to everyone and anyone who would find the information we produce of use to them or someone they care for. If you would like to sign up for southern snippets send your email address to kris.taylor@nhs.net and for northern snippets send your email to amandasmithson@nhs.net. To view archive Snippets, go to the Children and Family Health Devon Signpost Plus webpage. On offer are a variety of additional information sheets, hints and tips. For more details go to: <https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>



Devon SEND Local Offer

Devon County Council recently asked you to

choose the new name for their new SEND support model that aims to ensure that every child or young person with SEND gets the support they and their families need.

The results are in, and they can announce that the winning name chosen by you was... 'SEND Connect'!

Once the new model starts to come to life from Autumn 2022, DCC hope that those with SEND will feel more connected, informed and supported, and feel able to achieve their best in life.

Find out more about SEND Connect by visiting the SEND Local Offer website: [Here](#)



Family Fund - iPad and Tablet workshops

There are many online workshops available including how to make an e-card, make a Christmas movie, how to stay safe online and much more.

The workshops run from December through into the New Year.

To find out more click: [Here](#)



FRIENDS & FAMILIES

Friends and Families

have teamed up with PIAS (Plymouth Information Advice and Support for SEND) to provide a virtual Q&A on the 6th December from 10am - 11am

Topics for questions can include:

- EHCP assessments
- special schools
- specialist provisions
- support for you and your child
- and much more

To book a place click here:

<https://www.friendsandfamilies.org.uk/events/parent-carer-qa-session-with-pias/>

Or email Holly at holly@friendsandfamilies.org.uk

For more details.



Totnes Space

- Junior's youth sessions – year 7 The sessions happen every **Tuesday** from 6.30pm – 9.00pm, £1 entry fee.
- Inters youth sessions for years 8, 9 and 10 Every **Thursday** from 6.30pm – 9pm £1 entry fee.

If you are looking for a safe space to chill out with friends? or somewhere to make new friends ?

On offer are exciting opportunities, activities and competitions.

No need to book for either session, just turn up, have some fun and relax.

To view the full details of the activities for both groups during December, **please see the attached flyers**

Please bring face masks.

Rushbrook Youth Centre, Station Road, Totnes. TQ9 5HW Tel: 01803 849200

In addition to the above Space are looking for adult volunteers. **If you would be interested please see the attached information and contact details.**

Demystifying SEND

Tuesday 11th January 2022 10.30-12.30

Monday 7th February 2022 10.30-12.30

Tuesday 8th March 2022 10.30-12.30

To find out more and book a session go to:

<https://devonias.org.uk/news/more-demystifying-send-information-sessions-for-the-spring-term/>

EHCP Review Mythbusting

· Tuesday 18th January 2022 10.30- 12.30

· Monday 14th February 2022 10.30-12.30

· Tuesday 15th March 2022 10.30-12.30

To find out more and book a session go to:

<https://devonias.org.uk/news/education-health-and-care-plan-ehcp-reviews-myth-busting-parent-sessions-in-the-new-year/>

Listening to your Child's Views

· Tuesday 25th January 2022 10.30-12.30

· Wednesday 16th February 2022 10.30-12.30

· Monday 21st March 2022 10.30-12.30

To find out more and book a place go to:

<https://devonias.org.uk/news/dias-parent-workshop-listening-to-your-childs-views-2/>



Positive Parenting Connection: Toddlers to Twins

When a child Keeps interrupting

it can be so frustrating.

Although interrupting can be perfectly normal behaviour for young children it is possible to help children develop patience and polite ways to join a conversation.

To find out more click: [Here](#)



Contact - Tips on completing the Disability Living Allowance form.

The Contact webpage offers some general top tips on completing the DLA1A Child form, along with brief explanations of some of the more difficult parts of the form and the kind of information to include.

For more details and information click:

[Here](#)

County Lines in Devon & Cornwall Webinar

Would you like to understand more about
County Lines in Devon & Cornwall?

This webinar will seek to do the following:

- Learn what county lines is
- Understand the signs that your child might be at risk or involved
- Learn how offenders groom and exploit children
- Understand what is happening in your local area

Free webinar for parents & carers on 7th
December from 7.00 - 8.00pm

To Register go to:

<https://www.eventbrite.com/e/county-lines-in-devon-cornwall-free-parent-webinar-tickets-207202747997>

Please see attached flyer for full details



Exeter Phoenix

Young & Animated+ is a brand-new project starting at Exeter Phoenix next year, with animation courses aimed at children and young people with

autism. The courses will consist of 6, 2-hour sessions in smaller group sizes of up to 4 people. The groups will be for ages 12 - 15 & 16 - 18-year olds. To give people a flavour of what to expect, Exeter Phoenix group will be holding two taster sessions on Saturday December 11th.

To register for a place, contact Robyn on

robyn.lawrence@exeterphoenix.org.uk



Christmas Support

Families in Devon on low-incomes, whose children

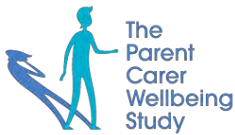
receive free school meals, will get extra support this Christmas to help them buy food during the holidays.

Over the past year Devon County Council have provided supermarket vouchers worth £15 per child per week of the school holidays to families who qualify for free school meals, so their children don't go hungry.

This year DCC are doubling that for Christmas, with an extra one-off £30 supermarket voucher, so families will receive a £60 voucher per child for the two-weeks to help with the additional financial pressure the festive period can bring.

Find out more here:

<https://www.devon.gov.uk/news/free-school-meals-holiday-vouchers-doubled-for-christmas/>



Parent Carer Wellbeing Study

Please take part in the study if you care for a child with a disability or long-term illness.

Parents, step-parents, de facto parents, foster parents, kinship carers, and legal guardians are all invited to take part – as long as you live in England and your child (or at least one of the children you care for) is under 18.

To find out more and complete either online or on paper, click: [Here](#)

YOUNG DEVON



Young Devon - Participation New Year's Resolution

Is it your team's New Year's Resolution to increase the opportunity for children, young people, parents and carers to have a voice as part of CFHD Vision of participation?

Children, young people, their families and carers will have a genuine voice in co-producing services, influencing strategic direction and holding us to account

The Young Devon Participation team are available to support you. One of their team will work with individual CFHD teams for 3 months to support development of voice opportunities. All you have to do is request an Engagement Form where you can draft your ideas/aspirations and a member of the Young Devon team will get back to you.

To find out more, or request an Engagement Form please email:

participation@youngdevon.org



Parent Carer Forum Devon - Early Years SEND in Devon Q&A

Lots of families have questions about Special Educational Needs and Disabilities (SEND) in Early Years in Devon. To help find answers, on 11th November 2021, Parent Carer Forum Devon (PCFD) brought together a range of professionals including Devon Information, Advice and Support (DIAS), Special Educational Needs 0-25 Team, Early Years Complex Needs Service and Babcock LDP Early Years Team.

Watch a recording of the session here:

<https://www.parentcarerforumdevon.org/early-years-send-in-devon-questions-and-answers>



Christmas Holiday Activity Fund Programme (HAF)

The aim of the Holiday Activity and Food (HAF) programme is to support children to eat more healthily, be more active over the school holidays and have a greater knowledge of health and nutrition as well as be more engaged with school and other local services. The HAF programme is primarily for children aged 5-16 years (and can include 4-year-olds already in Reception year) who are eligible for and receiving benefits-related free school meals (FSM), and their families.

To access the programme, simply book a place through one of the listed providers. Please note that booking details differ depending on each provider.

Find the Holiday Activity Fund webpages here:

<https://www.devon.gov.uk/educationandfamilies/family-support/haf-programme/information-for-parents>

Time for You

Free 11 week Zoom group, Fridays from 9.30am
Booking essential, contact

Jo@mums4achange.org or visit Facebook [@mums4achange](https://www.facebook.com/mums4achange)



Time for You

Supportive Zoom groups for Mums of children with additional needs

In these small, friendly groups we use words, images and coaching tools to find new ways to look at ourselves and our situations. It's a place to be with others who 'get it' and a **chance to build a toolkit to help you to navigate life's ups and downs.**

Supportive
"It's not like other zooms, we feel close to each other"

Positive
"I can be myself and that leaves me feeling better"
"Sharing stuff with people who get it makes me feel I'm not alone"

Burnout Avoidance
"I can't usually get 5 minutes to myself. Having this time has been so healing."
"It's a chance to stop your mind racing, use self-compassion and avoid burnout"

Creative Solutions
"Because my mindset is different, I feel I can cope with things better now".

To book a space...
For mums of children with additional needs, in Devon
FREE 11 week Zoom group. Fri 9.30am - 11.30am from 14th Jan
Booking essential. Priority if on benefits. Please contact jo@mums4achange.org or visit Facebook [@mums4achange](https://www.facebook.com/mums4achange)

Run by: Jo Ball, a life and career coach, trainer, mum of two, with an Arts Therapy background. Supported by Clare Gale, a trained counsellor who has a son with complex medical needs.





COMMUNITY FUND

www.Mums4aChange.org

The courses are free and funded by the National Lottery Community Fund



Don't miss the next mental health support session for parents and carers, delivered by Kooth on December 8th, 4-5pm: <http://ow.ly/lz3u50H0N7u> Kooth provides anonymous and personalised mental health support for Children and Young People. It is the UK's leading online mental health platform, on a mission to provide accessible and safe spaces for everyone to achieve better mental health. This online session on December 8th will give some pointers on:

- How to open up conversations with children about mental health
- How Kooth supports young people in your area

Book your place: [Here](#)

There will be a live view of the website and an opportunity for questions at the end.

If you have any questions about this event please email lfinn@kooth.com



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

[SIGNPOST plus 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.



To view archive Snippets, go to the Children and Family Health Devon Signpost Plus webpage.

On offer are a variety of additional information sheets, hints and tips. For more details go to:

<https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>

Useful Emergency Contact Numbers:

NHS Helpline: **111** Use **999** if a medical emergency.

Multi Agency Safeguarding Hub, if you are concerned about your own safety or that of a child or young person: **0345 155 1071**

National Domestic Abuse Helpline (Devon): **0808 2000 247** (24 hours) Use **999** if you are in immediate danger.

YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are a young person experiencing a mental health crisis. If you need urgent help **text YM to 85258**

Samaritans (24 hours): **116 123**

Citizens Advice Bureau National Helpline: **03444 111 444**

