



FAMILY NEWSLETTER

5th February 2022



MESSAGE FROM NIKKI BURROUGHS, EXECUTIVE HEAD

Following on from Steve Cleverly's letter to families regarding the Executive Head appointment, I just wanted to say that I am so grateful for your kind words of congratulations since the interview process. Both schools, Bidwell Brook and Ellen Tinkham, are very dear to me and the prospect of continuing to lead and share good practice which benefits all our learners, their families, our staff and the wider community fills me with genuine excitement.



As always, there have been some amazing achievements by our students over the past week or so. I was SO proud to hear that one of our students had been successful in his interview with Tesco's. He has been offered a work experience placement as part of his personalised transition plan. I spoke to him on the telephone to offer him my congratulations. He told me he had been waiting for this opportunity for 2 years! Hopefully this will lead to a job for him – he is going to keep me updated!

There have also been lots of outdoor activities happening – some even cross-Federation. One group of Key Stage 4 students participated in an adventure assault course and the feedback from a member of the Senior Leadership Team who went along to support the activity, was phenomenal:

“Firstly, students were anticipating what they were going to be doing. They were extremely supportive of each other, cheering each other on, celebrating successes and providing positive reinforcement. The staff were excellent; it was well planned, good pace and inclusive. There were some special moments and some excellent feedback from pupils such as ‘Can I come again?’, ‘I did it!’, ‘I loved everything’. It was a very positive enrichment opportunity.”

Building confidence and teaching independence are such important skills for all our children and young people. It was a wonderful email to receive to end the week.

Have a great weekend.

SHORT OF TIME? HERE'S A SUMMARY

Message from Nikki Burroughs - See across.

Safer Internet Week - With Safer Internet Day happening on Tuesday, we are focusing on our e-safety education across our Federation next week. Learners have been invited to participate in a poster competition (with prizes), and a parent questionnaire will be sent out which will help us tailor some upcoming training for families.

Devon's SEND Strategy - Across our Federation, it is everyone's responsibility to embed the vision of Devon's SEND Strategy into our own practice which will lead to building trust, co-production, good access to help and support and improving life chances for all our learners. Links to Devon's SEND Strategy and SEND Local Offer website can be found on page 3.

Tempest Photography - Will be visiting Bidwell Brook on 28th of March 2022.

Ambassador Volunteer Induction Training - Devon is seeking ambassador volunteers and running an initial training course for parents & carers. Call Megan Kenneally-Stone, Ambassador Volunteer Co-ordinator on 07815490088 for further info.

Hollow Lane Club - Don't forget to return your application form to express your interest in using the club this year. Please complete and return by 14th February 2022.

Bags2School - Please remember to drop your bags into school on Wednesday 16th February ready for collection on Thursday 17th February.

DATES 2022

w/c 7th February 2022Safer Internet Week
w/c 21st February 2022Half term holiday
Monday 28th February 2022Pupils return to school
Monday 28th March 2022Tempest Photography visiting
Friday 8th April 2022.....Last day of term



EVERYONE WILL BE THE BEST THAT THEY CAN BE; EVERYONE HAS A VOICE; NO-ONE IS EXCLUDED



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SAFER INTERNET DAY - 8TH FEBRUARY 2022

Next Tuesday, 8th of February 2022, is Safer Internet Day. [Safer Internet Day 2022 - UK Safer Internet Centre](#)

Across our Federation, we take online safety very seriously and have decided that rather than just focusing on e-safety for one day, we will be holding our own "Safer Internet Week". E-Safety is already a key part of our PSHE curriculum and so we shall continue to:

- raise awareness of the dangers of online bullying;
- help students THINK about what they post (is it True, Harmful, Illegal, Necessary, Kind?);
- help students understand how to safely access social media platforms and the web;
- help families know how to support their child.

As part of our Safer Internet Week initiative, we will be sending home a questionnaire next week and encourage all our parents & carers to complete it. This will help us gain of understanding of how your child/young person accesses online materials at home and what those web pages/games are. This is the first step towards the Federation providing tailored, online e-safety training for all our families to help you keep your child/young person safe whilst they are online at home. We look forward to sharing the results of the questionnaire with you.

At school, we have also launched two competitions - one for Lower School and one for Upper School. There are prizes to be won for the best entries we receive! See the posters below:

Poster Competition

Can you design a poster to show people how to stay happy and safe online?



- Fantastic prizes for the winning entries
- Your design can be sent on paper or by email to Nat Lowson or Rebecca Hughes
- Competition closing date: 11th February 2022

We look forward to seeing your designs!

Poster Competition – Upper School

Can you design a poster to show people what it means to THINK when you're online?



- Fantastic prizes for the winning entries
- Your design can be sent on paper or by email to Nat Lowson or Rebecca Hughes
- Competition closing date: 11th February 2022

We look forward to seeing your designs!



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BAGS2SCHOOL

Don't forget! The PTFA has arranged a fundraising Bags2School collection on Thursday 17th February, so please consider having a early Spring clear-out over the next week or so and help us raise money for your school.

We are paid by the weight of all the items we collect, so please send in your good quality, clean donations securely tied in bags on **Wednesday 16th February**. You can send them in with your child, or deliver them yourself to the school. Please do not send them earlier than the Wednesday as we do not have a safe space to store them.

What do Bags2School want? **Good quality items for RE-USE including mens, ladies and children's clothing; paired shoes (tied together or elastic band around); handbags; hats; bags; scarves and ties; jewellery; lingerie; socks; belts; soft toys; household linen; household curtains; household towels; household bedding (bed sheets, pillow cases and duvet covers).**

They **do not accept** duvets and blankets; pillows and cushions; carpets, rugs and mats (including bath, shower and toilet mats); soiled, painted, ripped or wet clothing; school uniforms with and without logo; corporate clothing and workwear; textile off cuts, yarns or threaded material.

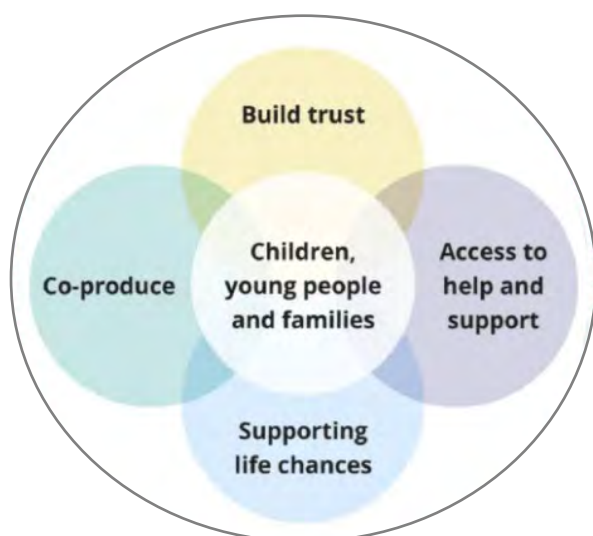
Let's hope we can claim lots of money for our learners! Thanks very much.

DEVON'S SEND STRATEGY PRIORITIES

In February last year, Devon County Council published their [2021-2024 SEND Strategy](#). The Strategy was produced in collaboration with families and sets out how Devon will improve outcomes for children and young people with SEND and their families.

As a Federation of special schools, our children, young people and their families remain our key priority. It is everyone's responsibility to embed the vision of Devon's SEND Strategy into our own practice which will lead to building trust, co-production, good access to help and support and improving life chances for all our learners.

There is plenty of useful information and links on Devon's SEND Local Offer website. Here's the [link](#).



TEMPEST PHOTOGRAPHY

Tempest Photography will be visiting Bidwell Brook School on 28th of March 2022.



AMBASSADOR VOLUNTEERS

**From Megan Kenneally-Stone,
Ambassador Volunteer Coordinator**

Mobile: 07815490088

Email: megan.kenneallystone@devon.gov.uk

Megan is looking for parent/carers at the right place in their life and SEND journey who have capacity to give a little back within their own community, doing what they are probably already doing. [The Ambassador Volunteer project - Devon Information Advice & Support \(devonias.org.uk\)](#)

The basic aim for a volunteer is to be a link into their community cascading information from DiAS and the Parent Carer Forum Devon, feeding back through me to these organisations to ensure policy makers are listening to parent voices.

New Induction training for people interested in becoming an Ambassador Volunteer is now available on Thursday 3rd March 2022, 10-1 online. Please contact Megan if you are interested.

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USEFUL INFO FROM OUR ICT TEAM

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 Top Tips for Respect Online: A DIGITAL WORLD FOR EVERYONE

Even before lockdowns inflamed the situation, one in every five 10- to 15-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we're used to being able to communicate from anywhere, at any time – but digital devices became commonplace so quickly that it caused a problem: as a society, we haven't properly adjusted to how different they've made life. Our tips can help you to build positive relationships online and avoid some of the potential issues.

WHAT IS NETIQUETTE?

Etiquette is a set of rules to help us interact with others: like a code of respect. People follow this code every day (mostly without even thinking about it) and it can help us decide how to act in certain situations. 'Netiquette' (etiquette on the net – we see what they did there!) is the same, except it's designed to help us interact with others online, which is sometimes a whole different ball game.

1 SEE THE OTHER SIDE

Usually when we're online, we can't see the other person's body language or tone of voice to give us clues about what we can say to them, or how to say it. Try to think what the situation might be like for them, how they're feeling and whether we'd say the same thing if they were actually there with us.

2 HIT THE PAUSE BUTTON

Without a person physically there in front of us, it's easy to send something quickly – before we've really thought about whether it's helpful or kind. Just because we can do things quickly doesn't mean we should; it's better to pause for a second and think it through, instead of simply reacting.

3 MIND YOUR LANGUAGE

People have invented loads of different ways to communicate online (emojis, abbreviations like LOL, TBH and so on). Some of these can be triggering to other people (such as USING CAPS SO IT LOOKS LIKE YOU'RE SHOUTING!), so it's important to stay aware of the style of language you're using.

4 BE SURE BEFORE YOU POST

On social networks like Instagram or Facebook, vast numbers of people might see what you've posted. So if that's something negative about a person, it can feel hugely painful for them. If you're ever tempted to post something like that, ask yourself "do I really need to go public with this?"

5 PROTECT YOURSELF

Always think very carefully before sharing any personal information with someone else or in a group. Once something's been put online, the sender loses any control over where it goes and who might see it. If you've got any uncertainty at all, it's a good idea to talk to a trusted adult about this first.

6 KINDNESS IS CATCHING

Negative communication can spread rapidly online, but so can being kind and helpful (this happened quite a lot during lockdowns, for instance). A friendly, positive message can make a big difference to someone as well as helping us feel good about ourselves – so share the love!

7 WAITING CAN BE HARD

When we've sent a message or posted something online, waiting for a reply or for someone to respond can make us anxious. It could be helpful to think whether you really have to message or post right now – or if you could wait until a better time when it will cause you less anxiety.

8 THE NET LOVES ATTENTION

Most apps, games and sites use sophisticated technology that's designed to keep us coming back for more. It's important to keep this in mind when you feel the need to reach for your phone, tablet or console – once we understand this fact, it becomes easier to control how we use our digital devices.

9 REPLY WISELY

Sometimes it's tempting to fire back an instant response to a post or message we don't like. How we respond is important, however – whether we reply privately to the person or on a platform where lots of people will see it, for example, makes a big difference to how whoever is receiving the message will deal with it.

10 FORGIVE AND FORGET

Even though we try to avoid them, mistakes can – and do – happen online. They can sometimes feel like a bigger deal than they actually are. It's important to remember that we're all only human, and sometimes we mess up. Learn to forgive others and – just as importantly – to forgive yourself.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the medium.



Source: <https://www.gov.uk/bidwellbrook-actionandcommunityguidance/onlinebullyinginenglandandwales/youngpeopleand2020>
<https://www.ontopublishing.com/psychology/blackboard/> | https://www.warwick.ac.uk/newsandfeatures/pressreleases/2020/02/02/online_safety_effect



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USEFUL INFO FROM OUR ICT TEAM

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps that we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

▶ YOUTUBE ▶

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from changing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.



TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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#WakeUpWednesday



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Exeter & Dartington
c/o Ellen Tinkham School
Hollow Lane, Exeter EX1 3RW
Tel: 01392 463823
Email: admin@hollowlane.org.uk

Parent / Carers Contact Details:

Name:

Address:

.....

Tel No:

Email:

Child 1 **Name:** **Date of Birth:**

Child 2 **Name:** **Date of Birth:**

Child 3 **Name:** **Date of Birth:**

Do any of the children have any extra needs that we should know about?

Please circle the dates that you would like.
(Use different colours if you want separate dates for different children)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1 st August	2 nd August	3 rd August	4 th August	5 th August
Week 2	8 th August	9 th August	10 th August	11 th August	12 th August
Week 3	15 th August	16 th August			

PLEASE COMPLETE AND RETURN THIS FORM TO DEB WARD VIA EMAIL
admin@hollowlane.org.uk OR TO MARIE QUINN AT BIDWELL BROOK SCHOOL
BY MONDAY, 14TH FEBRUARY. THANK YOU.

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

3rd February 2022



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.dent@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/>



Babcock LDP

The quick brown fox jumps over the lazy dog

The quick brown fox jumps over the lazy dog

THE QUICK BROWN FOX JUMPS
OVER THE LAZY DOG

This online learning course - Preparing & Modifying Text for CYP in year 5 to Post 19 - provides information on how to prepare & modify resources for CYP who have visual impairment (VI), enabling them to access the curriculum alongside their fully sighted peers. Throughout the course, they will explain the importance of ensuring resources are visually accessible both in lessons and during assessments. They will provide practical advice on the considerations required for preparing any text based resource and offer subject specific considerations, as well as suggestions for low- and high-tech enhancements to resources.

To find out more and book a place go to: <https://shop.babcockldp.co.uk/products/1988/>



Cerebra

Professor Chris Oliver introduces Cerebra's new 'BeWell Checklist'. The Be-Well

Checklist can be used by parents, carers and professionals when they are trying to work out why someone is showing a behaviour or might be distressed, angry, upset or appear to have very low mood. It can also be used at regular review meetings or any other time to make sure someone's quality of life is as good as it can be. Download the Be Well Checklist here:

<https://cerebra.org.uk/download/be-well-checklist/>



B-eat – Beating eating disorders

Information on anorexia, bulimia, binge-eating disorders, EDNOS and other kinds of eating disorders. To find out more go to:

<https://www.beateatingdisorders.org.uk/>

FREEPHONE helpline 0808 801 0677

General enquiries & head office Tel: 0300 123 3355



Contact - For families with disabled children

Contact's helpline advisers are ready to help with any questions or concerns you might have about support for your disabled child. Get in touch today:

- Call the helpline on 0808 808 3555
- Ask a question at contact.org.uk/submit-a-helpline-query
- Use Contact's Live Chat at contact.org.uk/helpline
- Send a Facebook message



Babcock LDP

The Communication & Interaction Team (Babcock

LDP) are pleased to launch and offer their new **Parent Autism Awareness programme**, following their recent offer of the Cygnet programme online during the pandemic period. The programme is for parents/carers of Devon primary and secondary school children, pre or post diagnosis.

Babcock are delighted to announce that they are offering access for families of CYP (Children & Young People) who are currently on the autism assessment pathway, in addition to families of CYP who have received an autism diagnosis. Attending the Autism awareness parent programme gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing and supporting presenting needs.

Full programme details and application process attached.

4 weekly 'live online' sessions (approx. 2hrs each) related to the following topic/themes:

No.	Topic	Date and Time
1	Autism overview	Friday 11 th February 10a.m – 12 noon
2	Communication	Friday 18 th February 10a.m – 12 noon
3	Understanding and supporting behaviour	Fri day 4 th March 10a.m – 12 noon
4	Sensory	Friday 11 th March 10am - 12 noon

More programme details will be published in the near future giving wider options for your access on different days/times.

Apply direct by email to: [LDP-](mailto:LDP-LearnerSupport@babcockinternational.com)

LearnerSupport@babcockinternational.com

To secure a place on the above programme dates, or express your interest for forthcoming programmes.

For more details please see the attached flyer



NueroDive events

- Supporting Social Interaction for Autistic Children without 'normalising'.

Monday 14th February 2022
from 19:00-21:00

£9.21 To book this Online event, Click [Here](#)

- Supporting Sleep in Neurodivergent Children & Young People.

Wednesday 23rd February 2022 from 19:00-21:00 cost- £10

To book via Eventbrite click [Here](#)



Contact - For families with disabled children

Does your child have communication difficulties associated with hearing impairment, language impairment and autism?

Contact still have places on their upcoming "Speech, Language and Communications" workshops for parents of primary and secondary school-aged kids.

Come (digitally) along, discover communications techniques you can try with your child, and share tips and advice with other parent carers.

11th February 10.00am - Primary age. To book click [Here](#)

16th February 9.30am - Secondary age.
To book click [Here](#)

16th February 7.00pm - Primary age
To book click [Here](#)



Headlight is a peer support group network that has been set up to support young people age 13-25 living with

mental health issues. In addition, 1-2-1 mentoring and support is provided to young people in need. Headlight facilitate two groups currently in East Devon, based in Axminster and Ottery St Mary, with both running senior and junior groups fortnightly. The service is free and open to young people who feel they could benefit from engagement with Headlight. For more information and referring into Headlight please contact Aaron Clark, the Project Manager on aaron.clark@actioneastdevon.org.uk

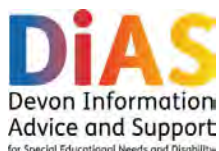


Sense Abilities provides accessible pop-up Sensory Play, Advocacy, Information, Advice and Guidance for Families & Organisations.

It's an organisation that wants to make sensory accessible to all.

For more information and to sign up for their news letter go to:

<https://www.senseabilities.org.uk/about/>



DiAS - Ambassador Volunteer (AV) Project

The Ambassador Volunteer Project are looking for parent/ carers at the right place in their



life and SEND journey who have capacity to give a little back within their own community, doing what they are probably already doing.

AV, are also looking for people who work closely with parent carers of children with SEND.

[The Ambassador Volunteer project - Devon Information Advice & Support \(devonias.org.uk\)](https://www.devonias.org.uk)

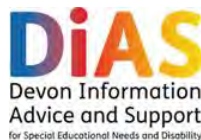
The AV project is looking for people who are already actively involved in some way in the community perhaps attending a group, support parents in a school or active online, having positive experiences with schools / services.

The basic aim for a volunteer is to be a link into their community cascading information from DiAS and the Parent Carer Forum Devon, feeding back through Megan Kenneally-Stone to these organisations to ensure policy makers are listening to parent voices.

New Induction training for people interested in becoming an Ambassador Volunteer is now available. The training will be in three hour virtual sessions the sessions will run from 10am -1pm with a short break. The session will be the first step in training to become an Ambassador Volunteer.

This will be held on Thursday 3rd March from 10am -1pm online.

Please complete the form following this [link](#) to register your interest



DiAS training events

- **Demystifying SEND**

Monday 7th February 2022 from 10.30-12.30 and Tuesday 8th March 2022 from 10.30-12.30. To book a session please follow the link below to Eventbrite:

<https://www.eventbrite.com/e/demystifying-send-special-educational-needs-and-disabilities-tickets-127732273669>

- **EHCP Review Mythbusting**

Monday 14th February 2022 from 10.30-12.30

Tuesday 15th March 2022 from 10.30-12.30

To book a session please follow the link below to Eventbrite:

<https://www.eventbrite.com/e/education-health-and-care-plan-ehcp-review-mythbusting-tickets-156716259551>

- **Listening to your Child's Views**

Wednesday 16th February 2022 from 10.30-12.30

Monday 21st March 2022 from 10.30-12.30

To book a place on these events go to Eventbrite:

<https://www.eventbrite.com/e/listening-to-your-childs-views-tickets-154265433063>

For full details please see the attached posters



Designability

MYTH:

The Wizzybug application process is difficult

TRUTH:

Applying for a Wizzybug is easy! Just visit our website and download the application form. Our friendly team are on hand should you need assistance

It's now even easier to apply for a FREE

[#Wizzybug](#)

Terms and conditions apply, to find out more go to: <https://designability.org.uk/meet.../apply-free-wizzybug/>



Young Minds

If you're being bullied, whether it's online or at school or university, it can be really difficult and leave you feeling hurt - but you are not alone. Young Minds have advice on how you can tell someone and get help. For more advice go to: [Bullying | How To Deal With Bullying and Getting Help | YoungMinds](#)



Cerebra

Is your child an avid gamer but is restricted by standard controllers?

YouTuber Akaki Kuumeri has designed a 3D-printable modification that can be clipped onto a PlayStation DualShock controller and allows gamers to use the controller with just one hand!

Cerebra's Innovation Centre are able to produce something similar so if this is something you would be interested in for your child, please contact the team using Cerebra's online contact form: <https://buff.ly/371DOfy>

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.



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**



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.



Parent Autism Awareness programme invite **(Spring term 2022)**

We are delighted to launch and offer our new Parent Autism Awareness programme, following our recent offer of the Cygnet programme online during the pandemic period.

The programme is for parents/carers of Devon primary and secondary school children, pre or post diagnosis. We are delighted to announce that we are offering access for families of CYP (Children & Young People) who are currently on the autism assessment pathway, in addition to families of CYP who have received an autism diagnosis.

Is this course for me?

During and after a diagnosis parents and carers can have many questions about autism and may feel isolated in managing their child's needs.

Children's needs also change over time, and information and advice received when a child is younger may need to be updated to be relevant for the child/young person today.

Attending the Autism awareness parent programme gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing and supporting presenting needs.

4 weekly sessions (approx. 2hrs each) related to the following topic/themes:

No.	Topic	Date and Time
1	Autism overview	Fri 11 Feb 10a.m - 12
2	Communication	Fri 18 Feb 10a.m - 12
3	Understanding and supporting behaviour	Fri 4 Mar 10a.m - 12
4	Sensory	Fri 11 Mar 10a.m - 12

If this programme dates/times are not suitable. More programme details will be published soon giving wider options for your access on different days/times.

We (Babcock LDP) will send a Clickmeet platform event invite to your email each week (Monday a.m) to access the relevant weekly topic for attendance. You will need an email address and the internet to access this programme.

The programme is purely in an online format (live presentation).

We will also send details related to downloading and accessing the Clickmeet online platform.

We will invite and respond to questions related to training topics/themes following each week's topic. Posting on our Website, responses to the most commonly asked questions and additionally signposting to our already established and developing resources and themes.



How do I accept and access the programme?

- Simply email LDP-LearnerSupport@babcockinternational.com to indicate you would like to accept the programme access offer **(using the same email you wish weekly Clickmeet online event links sending to). You will be asked to complete a Reply Slip to confirm details.**
- On Mon 7th Feb you will receive the 1st weeks' event link from us
- Feel free to share this programme messaging with other families you know who would also welcome access.

They will then also receive full access to the programme through us.

Once engaged in the programme we will maintain contact on a weekly basis to invite any questions you may have related to programme topics and signpost you to additional resources and themes to support your learning.

We appreciate online access does not suit everybody, but this format ensures we reach as many families as possible in a timely manner. We apologise if you have been waiting since our Cygnet online offer ceased in August 2021.

Apply direct by email to: LDP-LearnerSupport@babcockinternational.com

Additional Communication & Interaction weekly themed supporting resources are available for viewing at: [Babcock LDP - COVID-19 resources from the communication and interaction team](#)



Helping your child to express themselves and tell you how they feel about life at school (and life in general) is important. It helps to make sure they get support that's going to work for them.

There are lots of ways to help your child to talk about what school is like for them and what they would like to achieve and change.

Aspirations are hopes or ambitions for the future. They should be the starting point for SEN support and for all the plans made for a child or young person. Keeping aspirations at the centre of discussions between parents, children and professionals helps to create strong and effective support which makes a real difference.

The most effective support for children and young people with SEND (Special Educational Needs and Disabilities) happens when their aspirations are linked to their needs, and then to outcomes and support (provision).

This short session aims to signpost and highlight pathways for supporting SEND children and their families to ensure the aspirations, needs and hoped for outcomes of their child and young person are being heard and used effectively.

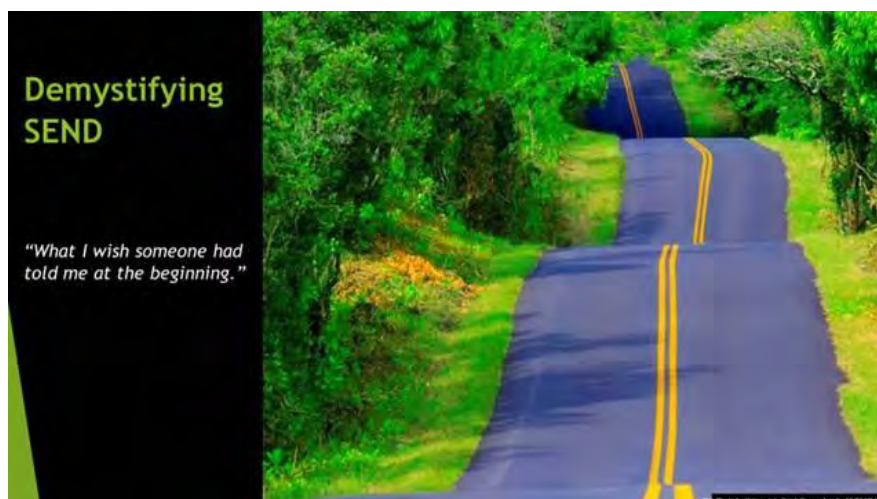
This is a two-hour free online session with the opportunity for questions at the end.

Listening to your Child's Views

- Wednesday 16th February 2022 10.30-12.30
- Monday 21st March 2022 10.30-12.30

Book a place on these events on eventbrite:

<https://www.eventbrite.com/e/listening-to-your-childs-views-tickets-154265433063>



Whether you are new to SEND or already on your journey. This session is aimed at parent/carers supporting their child with special educational needs and disabilities (SEND) who would like to find out more about how SEND support should work.

The sessions are aimed at parents starting their journey or part way through. Helping parents to understand how they can access information and which services may be available for them, highlighting the graduated response and the terminology around send in schools. e.g. Universal, targeted, specialist services terminology, working with school in a plan do review type approach.

The sessions aim to signpost to information and service websites that are already out there and linked to the Devon Local offer webpage.

To book sessions:

Demystifying SEND

Monday 7th February 2022 10.30-12.30

Tuesday 8th March 2022 10.30-12.30

To book a session please follow the link below to Eventbrite:

<https://www.eventbrite.com/e/demystifying-send-special-educational-needs-and-disabilities-tickets-127732273669>

EHCP Reviews

MYTH BUSTING- *breaking through some of the misconceptions around the Education, Health and Care Plan review processes.*



Reviewing an EHC plan

As time goes on, things will change for your child. They will make progress and get older and their situation and goals will change. So, their EHC plan will need to change too. For this to happen the plan will need to be reviewed regularly – usually once every 12 months.

This is free a 2-hour on-line session for parent carers in preparation for the ECHP Review process in Devon. This session is aimed at parent carers of a child with an active EHCP is delivered by Devon Information Advice and Support service (DiAS).

To book a session please follow the link below to Eventbrite:

EHCP Review Mythbusting

- Monday 14th February 2022 10.30-12.30
- Tuesday 15th March 2022 10.30-12.30

To book a session please follow the link below to Eventbrite:

<https://www.eventbrite.com/e/education-health-and-care-plan-ehcp-review-mythbusting-tickets-156716259551>



YOUTH INCLUSIVE FOOTBALL CLUBS



Devon County FA

Football For All

Barnstaple Youth Disability FC

Coaching sessions and teams for boys and girls age 8-16 with sensory, learning or physical disabilities.

Thursday 5.45 – 6.45pm @ Park School, EX32 9AX

Contact: Maggie Birchmore

T: 07894454232 E: birchmorem@aol.com

Bideford AFC Youth Inclusive Football Sessions

Club running Coaching Sessions in Bideford for boys & girls age 6-16 with learning or physical disabilities.

Mondays (6pm – 7pm)

@Bideford College, EX39 3AR

Contact: Ashley Harris

T: 07912089838 E: ashley.harris@devonfa.com

Exeter City Youth Inclusive Football Club

Club running Coaching Sessions in Exeter for boys & girls age 5–16 with learning or physical disabilities.

Sundays 4pm–5pm @ Exeter City Training Ground

Contact: Will Allan

T: 01392 255611 E: will.allan@ecfc.co.uk

Crediton AFC Youth Inclusive Football Sessions

Club running Coaching Sessions in Crediton for boys & girls age 8-16 with learning or physical disabilities.

Monday 6pm – 7pm @QE Academy, Crediton, EX17 3LU

Contact: Ashley Harris

T: 07912089838 E: ashley.harris@devonfa.com

Keyham Kolts Active Autism FC (Plymouth)

Coaching Sessions run by highly qualified coaches, for players age 5 - 16 with autism and learning disabilities

Tuesday 6.00 – 7.00pm @ Devonport High School for Boys, Plymouth, PL1 5QP

Contact: Brian Ireland

T: 07400009905 E: brianireland1@gmail.com

Pinhoe Spartans Youth FC (Exeter)

Coaching sessions for boys and girls age 8-16 with physical, sensory or learning disabilities.

Fridays 6.30pm – 7.30pm @ St. James School, Exeter, EX4 8NN

Contact: Andy Barefoot

T: 07866107579 E: andy.barefoot@virgin.net



RESPECT



For more information,
email ashley.harris@devonfa.com

Or phone 07912089838

YOUTH INCLUSIVE FOOTBALL CLUBS



Devon County FA

Football For All

Exmouth Youth Inclusive Football sessions

Club running Coaching Sessions in Exmouth for boys & girls age 5-16 with learning or physical disabilities.

Mondays 5.30pm – 6.30pm @ Exmouth Community College, Exmouth, EX8 3AF

Contact: Ashley Harris

T: 07912089838 E: ashley.harris@devonfa.com

Plymouth Argyle Ability Counts FC

Coaching sessions and teams for boys and girls age 8-16 with learning, sensory or physical disabilities.

Tuesdays 5.30pm-6.30pm @ Goals Soccer Centre (Plymouth), PL2 3DE

Contact: Alice Young

T: 07519773640 E: Alice.Young@pafc.co.uk

Tiverton Town Ability Counts

Coaching sessions and teams for boys and girls age 8-16 with learning, sensory or physical disabilities.

Sundays in Tiverton

Contact: Marc Hodson

T: 07752562161 E: marchodsdon@hotmail.co.uk

Plymouth Warriors

Coaching sessions and teams for boys and girls age 5-16 years with learning, sensory or physical disabilities.

Thursdays (6pm—7pm) & Sundays (11am—1pm)

@All Saints School, Plymouth PL5 3NE

Contact: Luke Childs

T: 07772336694

E: plymouthwarriors@yahoo.com

Torquay United Junior Inspirations

Coaching sessions and teams for boys and girls age 8-16 with learning, sensory or physical disabilities.

Tuesdays 5.00 – 6.00pm

@ The Acorn Centre, Torquay

Saturdays 10.00 – 11.00am

@Paignton Community Sports Academy, TQ3 3WA

Contact: Jake Topping

T: 01803 322551

E: admin@torquayunited.com



RESPECT



For more information,
email ashley.harris@devonfa.com

Or phone 07912089838



Cerebral Palsy Sport



Lace up your boots...

CP Football Frame Football

Details as follows:

Date:

Saturday's

Venue:

Coombeshead Academy Sports Hall, Coombeshead Road, Newton Abbot, TQ12 1PT

Time: 11.30am – 12.45pm

Age: 5+ years

Contact:

Email:

mattbairdwbbyfc@outlook.com

Mobile: 07950477744



Visit www.cpsport.org | follow @cp_sport

