



FAMILY NEWSLETTER

30th March 2022



MESSAGE FROM NIKKI BURROUGHS, EXECUTIVE HEAD



Thank you to everyone for supporting our recent Comic Relief fundraising efforts. We have certainly been enjoying the sun over the last week or so - let's hope the warmer weather returns again soon. Things always seem a little better when the sun shines!

Unfortunately, as you may be aware, we do currently have a growing number of Covid-19 cases across our Federation. The current guidance for all schools is that school staff and children must isolate if they test positive and can return to school only if they have two negative tests, 24 hours apart at any time starting from Day 5 and 6. If they do not test negative, they can return to school after 10 days of isolation.

I am aware that many schools in the local area are in the same situation as us, with large numbers absent. This has meant there is a lack of supply teachers and teaching assistants available. Unfortunately, as a result we have needed to close a few classes at Ellen Tinkham recently but we are managing to keep other classes open across our schools with a mixture of teaching assistants and cover. It has meant that some sessions have had to be cancelled in order to free up non-class based staff to cover in class and this may continue into next week. We appreciate the change in routine can cause upset for some of our children and young people but hope that you understand this course of action is taken in the best interests of all at this time.

Covid-19 absence has also affected our office staff so we apologise if you have rung any of our settings and the phone was not immediately answered or an email not responded to - please do bear with us. We continue to do the very best we can under very challenging circumstances and we aim to give you as much notice as possible if classes do need to close.

Despite the challenges over the past couple of weeks, we have continued to have fun with our learning. Since our last Family newsletter, we welcomed 'Live music' into both schools. Seeing the faces of the children, seeing them dancing and happy was amazing - it was even great to see some of them communicating VERY clearly that they didn't want the music to end and that as far as they were concerned, it was **NOT** time to go back to class!

Earlier on in the month, I was contacted by Ofsted and asked if we could donate/provide some artwork for their office walls. As a result, I have seen the most incredible art work completed by our students. Art work that actually took my breathe away. Art work that I didn't want to take it to Bristol but wanted to keep to put on **my** office walls.

I made sure that when I handed it over, I gave them a return address!

Enjoy the rest of your week.

SHORT OF TIME?

Tempest Photography Visit - Date below.

BB Playground - Thanks to Carrie, ex employee who approached her new employer and secured £1,500 towards our playground project.

Exemption from Road Tax Duty (Car Tax) - Anyone receiving the higher rate mobility component of Child Disability Payment can apply. See page 2 for the link.

Ability Not Disability - New project in Devon supporting businesses to employ people with disabilities. Could your business or workplace benefit from this?

Exeter Mobility Clinic - If you have a wheelchair query, please contact Raegan Hunt or call EMC direct on 01392 547400.

Connect - If you are struggling emotionally or need someone to talk to, Connect can help. See page 2 for their link to book a 1-1 confidential appointment.

BB PTFA - Easter Draw - Last chance to buy raffle tickets! Call Daisy Binnie if you're struggling to get online to make your purchase.

BB PTFA - Plant Sale - A reminder to donate any plants/seedlings to our sale after Easter and if you can spare an hour to help, this would be amazing!

Life Skills - We are still looking for a few last items - see page 3.

BB Football Team - Competed in a tournament in Exeter and came second! **AWESOME!** Team photo on page 4.

DATES 2022

Friday 8th April 2022 Last day of term

Monday 25th April 2022 Learners return to Bidwell Brook

Wednesday 15th June 2022 Tempest Photography visiting for Upper School



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



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TEMPEST PHOTOGRAPHY

SAYCHEESE



Tempest will be re-visiting Bidwell Brook School on Wednesday 15th June to photograph our **UPPER SCHOOL LEARNERS**.

PLAYGROUND FUNDRAISING

You may remember Carrie Winnall who worked at BB in the front office? She approached her new employer for a funding request to support our playground project, and secured £1,500!

Thanks Carrie!

Playground
Fundraising

EXEMPTION FROM ROAD FUND DUTY

Did you know that some families may be able to gain exemption from road fund duty? (Car tax to you and me).

Anyone receiving the higher rate mobility component of Child Disability Payment can apply.

[Financial help if you're disabled: Vehicles and transport - GOV.UK \(www.gov.uk\)](https://www.gov.uk/financial-help-if-youre-disabled-vehicles-and-transport)



ABILITY NOT DISABILITY - NEW PROJECT

From Shane Baker, Deputy Head = A new project is supporting businesses in Devon to employ people with disabilities. "Ability Not Disability" has been co-designed by [Learn Devon](#), Adult Social Care, and Employment, Economy and Skills teams, working together with people with disabilities to improve employment opportunities within the county.

The innovative programme is one of 13 projects in the county to receive a share of [UK Community Renewal Funding](#). This could benefit our students nearing completion who want to transition into the world of work. The "Ability Not Disability" project focuses on the individual and offers a choice of two ways into work for people with disabilities who would like to find employment. Individuals can choose to join Community Works Groups, helping to promote local businesses by working on a series of marketing flyers at no cost to the companies. They will work in teams to build relationships with local businesses, develop their communication and customer service skills, while also gaining practical digital and work skills. The second pathway into work is through the Job Guarantee Scheme. Individuals can access the scheme independently from the Community Works Groups, or for those taking part in the Groups, the project team can also support them to enter the scheme. To find out more, click here: [Ability not disability provides support for businesses - News \(devon.gov.uk\)](#)

EXETER MOBILITY CLINIC



Royal Devon and Exeter
NHS Foundation Trust



We regularly run wheelchair clinics at the school but if you need assistance with a wheelchair in the meantime, you can drop a line to Raegan Hunt at Bidwell Brook or call EMC direct on 01392 547400.

A LISTENING EAR



Everyone needs a bit of help and support at some point. You might be struggling emotionally and looking for strategies to help you cope. Or maybe you just need to talk to someone who understands the extra challenges you face

and who can point you in the right direction to get the support you need for your family.

To help, 'Contact' offer 1-1 telephone appointments with a family support adviser for parent and carers who are looking for a listening ear, reassurance and practical and emotional support. Making an appointment is simple: Choose the day (morning, afternoon or evening), and when you register choose the time slot you want. Appointments are regularly updated and are subject to availability. Click [here](#) for the link to their website.

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BB PTFA - EASTER DRAW

Our Easter Hamper Draw is nearly upon us! Thank you for all the wonderful donations of non-perishable/unopened goodies we have very gratefully received at the school. We've created some wonderful hampers which you could be lucky enough to win!



Draw tickets costing £1 each are available online.

Click [here](#) to purchase tickets.

The draw takes place on Friday 1st April 2022.

Hampers will be sent home from Monday 4th of April 2022.

LIFE SKILLS - LAST FEW ITEMS NEEDED

Thank you SO much if you've been able to donate items to support our students in their Life and Work Skills. It is our aim that all our students live as independent a life as possible once they leave us at age 19. We have just a few items left to collect, if you know of someone who could help?! If so, please can you call us on 01803 864120 and ask for Daisy Binnie to arrange delivery or collection.

- 2 seater sofa with washable covers
- Old large canvas' to paint on
- Large dining table and wipeable table cloth
- Cutlery set
- An old telephone
- A smart TV
- A digital radio
- Kallax storage boxes and unit
- Large rug
- A vacuum
- A mop and bucket
- Various kitchen utensils and equipment
- Shoe polishing kit
- Sewing Kit

THANK YOU!



NEXT PTFA MEETING:

Wednesday 6th April, 11.30 am
on Teams

BB PTFA - PLANT SALE

Our very popular Plant Sale is taking place on Friday 29th April at Totnes United Free Church from 10 am - 12 noon. If you have any seedlings or plants which you are happy to donate to the school, we would be grateful. Thank you. These can be dropped off to us when we return after the Easter Holiday.

Also, if you could spare an hour just to help us transport the plants or "man" the tables at the Church on Friday 29th April, this would be fantastic. It's also a good opportunity for you to meet other parents at Bidwell Brook and have a natter. Perhaps you might like to go for a coffee afterwards?!



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BB FOOTBALL - MESSAGE FROM CALLUM REYNOLDS

Last week, a group of Bidwell Brook learners attended a Football Tournament and did fantastically well! Here's the team:



The Football Tournament was played in Exeter against other local schools. I am delighted to say Bidwell Brook came second! We won three games and only lost one.

As you can see, everyone had a great time and it was good to be able to get out and about in the sunshine.

WAY TO GO BIDWELL BROOK!

ATTACHMENTS: SNIPPETS / ICT: SUPPORTING CHILDREN WITH UPSETTING CONTENT / TERM DATES

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

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.

2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.

4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared, overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

6 CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

7 SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.

8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.co.uk/newsround/60417806> | <https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>



TERM DATES

SEPTEMBER 2021 TO JULY 2022

AUTUMN TERM 2021

Monday 6 th September 2021	Occasional Day
Tuesday 7 th September 2021	Staff Training Day
Wednesday 8 th September 2021	Staff Training Day
Thursday 9 th September 2021	Staff Training Day
Friday 10 th September 2021	Staff Training Day
Monday 13 th September 2021	Pupils Return to School
w/c Monday 25 th October 2021	Half-Term Week
Monday 29 th November 2021	Occasional Day
Friday 17 th December 2021	Last Day of Term

SPRING TERM 2022

Tuesday 4 th January 2022	Staff Training Day
Wednesday 5 th January 2022	Pupils Return to School
w/c Monday 21 st February 2022	Half-Term Week
Friday 8 th April 2022	Last Day of Term

SUMMER TERM 2022

Monday 25 th April 2022	Pupils Return to School
w/c Monday 30 th May 2022	Half-Term Week
Wednesday 27 th July 2022	Last Day of Term for Pupils
Thursday 28 th July 2022	Additional Day's Holiday in lieu of Her Majesty The Queen's Platinum Jubilee

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

24th March 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/>



COUNCIL FOR DISABLED CHILDREN

Council for Disabled Children

Have you seen the [National Deaf](#)

[Children's Society](#) new e-learning modules? Learn about the technology available to help deaf children and young people in their education, work and life in general. It will give a good understanding of how technology can support inclusion and independence. Each module takes around 30 minutes to complete. <https://buff.ly/3u1WZ6i>



Disability Grants – Energy Saving Grants

Find Disability Grants' round up of Government Schemes, Company Schemes and Energy Information

here:

<https://www.disability-grants.org/energy-saving-grants.html>



The Communication & Interaction Team (Babcock LDP) are running various topic-based workshops,

available for parents/carers to choose from based on the priority needs for their child/young person and desired knowledge and further understanding in these topic areas:

Tuesday 26th April from 9.30am-11.30am

Autism – Communication (pre/non-verbal – support strategies, trainer - Laura Matthews

Monday 16th May from 12.30pm-2.30pm

Autism – Communication (verbal – support strategies) trainer - Laura O'Shea

Tuesday 24th May from 9.30am-11.30am

Autism – Managing stress + anxiety

Trainer - Alison Cann

Wednesday 15th June from 9.30am-11.30am

Autism – Demand avoidance + PDA

Trainer - Robert Good

Friday 8th July from 9.30am-11.30am

Autism – Vulnerability + online safety

Trainer - Paul Lamanna

Thursday 28th July from 9.30am-11.30am

Autism – Sensory processing + integration

Trainer - Kevin Jones

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

LearnerSupport@babcockinternational.com

to secure a place on any of the above topic-based workshops. Babcock will confirm your booking request and provide you with a direct link to the event. They will be delivered online 'live' via the ClickMeet platform.



cheaper broadband and phone packages for eligible households

The Department for Education (DfE) is working with Ofcom to raise awareness of social tariffs for eligible households who might be struggling to afford their broadband or phone services, to help support learning at home.

For full details click: [Here](#)



Autism Acceptance Week

Did you know it's Autism Acceptance Week 28th March – 3rd April 2022?

This year, the Autism Education Trust have been working with their Autistic Young Expert's Panel who have been involved in creating, selecting and reviewing resources that all education professionals can share in their own setting and confidently talk about autism and understanding difference.

You can register for your Let's Talk About Autism Pack here: <http://soc.devon.cc/zBxJQ>

SPECIAL NEEDS PARENTING HACK #2!



Struggling to clean your child's teeth? Give them a **wedge-shaped sponge** (such as a disposable mouth rest) to bite down on one side of their mouth while you brush the teeth on the other side.

Simple and effective trick for children who are **orally defensive** or have **sensory difficulties**!

contact for families with disabled children
submitted by parent Lizzie Marcer



Lifeworks

has lots to do this Easter and in the Summer Term.

For young people and young adults with learning disabilities, including the FREE FAMILY FUNDAY on Saturday 9th April.

12 days of activities in the school holidays FREE for families whose children receive Free School Meals. To find out more contact Laraine T: 01803 861 069 Email: communityprojects@lifeworks-uk.org

See attached poster



Contact

Claiming Universal Credit for a disabled 16-20-year-old can be a complicated process, and this is particularly true if they are still in education.

To help, Contact's specialist family finances team have produced new resources. These include a set of templates that parents can use to challenge the Department for Work and Pensions (DWP) delays in processing claims and in organising medical assessments.

You'll also find pre-recorded benefit webinars and a link to a free download of their guide: Universal Credit – Claiming for a Young Disabled Person. <https://buff.ly/3KxVV0K>



Contact has worked in partnership with parent carers and charities SeeAbility and the National Deaf Children's Society, to produce three guides highlighting the importance of hearing, eye and dental

checks for children's health:

- A Parents' Guide to Hearing Care:

<https://buff.ly/3KFP2dJ>

- A Parents' Guide to Eye Care:

<https://buff.ly/3i6cPat>

- A Parents Guide to Dental Care:

<https://buff.ly/35VECrM>

They explain how hearing, eye and dental checks are done, how families can access them and how to prepare and support their child.



Ambitious about Autism

Are you aged between

16 and 25? Do you have an autism diagnosis?

Join the exciting new Ambitious Youth Network, a UK-wide online platform for autistic young people.

The network is a safe and moderated online space designed to help you understand your autistic identity and connect with others.

On the platform you will be able to:

- apply for upcoming paid opportunities
- sign up and access peer support sessions
- receive updates from groups and panels
- instant message other Youth Network members
- access a live feed of information.

Join now. <https://bit.ly/3MzZN3a>



Step by Step Groups are led by Action for Children in partnership with the Devon EYCN service.

Action for Children

These support groups are run for parents and their children under five who have a medical condition or present having a disability. The group provides ideas and information to support the children's development using a small step approach and allows parents to network meeting other families and sharing experiences. The groups the EYCN Service are currently supporting are

Buckland Community Centre, Newton Abbot – Wednesdays 10-11:30am

Teignmouth Children Centre – Mondays 10-11:30am

South Hams Children Centre, Daisy Play Centre, Totnes Mondays 10-11:30am

Tavistock Children Centre - Tuesdays 10-11:30am

Hatherleigh Children Centre – Thursdays 10-11:30am

Crediton Methodist Church Hall – Wednesdays 10 – 11.30 am

If you would like some further information please get in touch via this link:

<https://www.actionforchildren.org.uk/search/?query=Devon+centres>

Torbay Youth Trust

Chloe is 8 and keeps an eye on her 6 year-old autistic brother when mum is cooking tea.



Do you know someone like Chloe?

Contact us now to help us to identify young carers.



For more information go to:

<https://torbayyouthtrust.org.uk/young-carers-service/> Or email admin@torbayyouthtrust.org.uk



Neurodive

Supporting Emotional Regulation in Neurodivergent Children.

Wednesday 30th March

from 7pm - 9pm. £9.21 per ticket. A webinar for any parent or professional looking to support better emotional regulation in a Neurodivergent child or young person.

To book your place via Eventbrite click:

[Here](#)

Mrs Snuggles®
The Ultimate Childrens Experience Exmouth

HAF PROGRAMME



FREE Activities & Food Programme in Exmouth



FREE SUMMER HOLIDAY PROVISION FOR ALL FREE SCHOOL MEAL ELIGIBLE CHILDREN AGED 4-11 YEARS OLD!

The Department of Education announced that the holiday, activity and food (HAF) programme will run across the South West during the Summer. Funds have been made available to every local authority in England to arrange FREE holiday provision, including healthy food and enriching activities for free school meal eligible children.

Our HAF programme will include:

- A healthy hot lunch
- Lots of fun
- A wide range of enriching activities
- Exciting and healthy lifestyle sessions

Full details to follow...

Mrs Snuggles is currently taking bookings for her Easter HAF programme starting:

Monday 11th 2pm

Wednesday 13th 2pm

Thursday 14th 10am

Wednesday 20th 10am

Thursday 21st 2pm

One-hour Workshops where you can learn how to make your own chocolate Easter & Spring themed lollipops using chocolate lollipop moulds and sprinkles.

Get creative and have fun personalising your own Easter bag, plus lots of other activities.

For full details go to the Facebook page:

<https://www.facebook.com/mrssnugglesworkshop/>



Council for Disabled Children

Have you signed up to

complete the free e-learning courses?

Council for Disabled Children have a variety of different online courses and modules in their training catalogue including:

- The role of CAMHS in the EHCP process
- Outcomes in Education, Health and Care Plans
- Expert Parent Programme
- Social Care and SEND

For more information please visit:

<https://bit.ly/3fxGHwp>



Sunshine Support

Sunshine Support will be learning how to identify Autism in Women & girls on 5th April. Click below for more info:

<https://www.eventbrite.co.uk/e/253113829277>



Unique - Rare Chromosome Disorder Support Group

Many chromosome disorders are Unique, there may not be enough people identified with the same or

similar deletion or duplication, and therefore little information is available to produce a full information guide.

Unique have general guides to deletions and duplications to help explain what they are. They're available to read & download for free at www.rarechromo.org/disorder-guides



Sidmouth Donkey Sanctuary- Easter nature trail

Spot the wildlife along the trail at The Donkey Sanctuary in Sidmouth and claim a tasty Easter treat on completion.

The Easter nature trail, starts on 2nd April 2022 until 24th April 2022. Open from 9am – 5pm. No booking required.

Click on the link for more details:

<https://www.thedonkeysanctuary.org.uk/events/02-04-2022/easter-nature-trail>



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

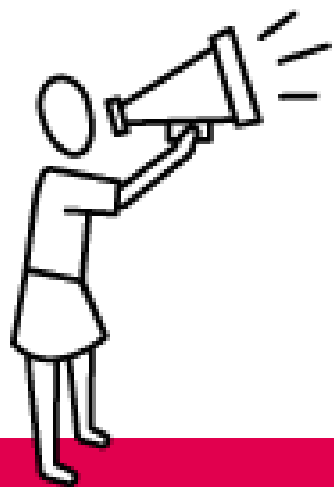
If you no longer wish to receive these bulletins please let me know and I will remove your details from the mailing list.

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.

Lifeworks - SUMMER - 2022

Family Events - Music - Holiday Project - Youth Group - YASS - Safe-Space





lifeworks
Learning disability champions

LIFEWORKS FREE FAMILY FUN DAY

Torbay Leisure Centre & Velopark

Saturday 09 April, 2022, 11am-4pm

Dust off your trainers, it's time to get on your bike, play football, boccia, basketball and multisport, Hula-hoop, go on a treasure hunt, build dens, enter a talent show and eat some healthy scrumptious food, its all going on and its ALL free and open to children with disabilities & their families.

To book contact communityprojects@lifeworks-uk.org Tues-Thurs 8.30am-2.30pm.



JAM BUDDIES

The Barrel House, Totnes

Every Monday night, 5-7pm from Monday 25 April, 2022

Inclusive music sessions with Rachel Thame and [The Turning Tides Project](#).

Come and play music in a much loved community space 🎵

To find out more contact: rachel.ttp@outlook.com



IMAGINE THIS FREE FAMILY FESTIVAL

Lupton House, Brixham TQ5 0LD

28 & 29 May 2022

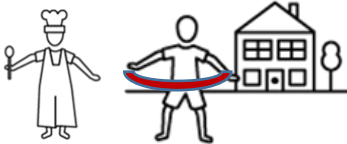

MUSIC - DRAMA- WORLD FOOD - WORKSHOPS - INCLUSIVE ACTIVITIES AND LOTS MORE
- to register for the event [CLICK HERE](#)

At the Festival DJ Louis D from YASS will be launching a new INCLUSIVE CLUB OFFER for disabled and non-disabled young people living in Torbay.



Lifeworks Easter Holiday Project WEEK 1 for young people 11-18

Programme subject to change


Monday 11 April At Rushbrook	Tuesday 12 April Meeting at Rushbrook	Wednesday 13 April Meeting at Rushbrook	Thursday 14 April At Rushbrook
AM: Cooking with Sima at The Kitchen Table PM: Hula-Hoop with Sophie	A day out in The Orchard at Lupton A real life survival day: Bushcraft – Den Building, Wood Work + Pizza Making	A Day out at The High Nature Centre Welcome to the world of permaculture. Plant seeds, forage for lunch and connect with nature.	Tennis session at Totnes Community Tennis Club Picnic lunch PM: Karaoke Tea Dance with Food in Community Whole family welcome including Gran and Pops
			



YOUNG CONSTRUCTOR Easter Residency Dartington

for young people & young adults 11+

Programme subject to change

Monday 11 April	Tuesday 12 April	Wednesday 13 April	Thursday 14 April
<p>CO-CREATE: Meet more musicians and ask them to 'play it your way' Explore playing instruments in different ways, blend sounds and work together to create moods with music. Make NEW MUSIC led by you. Use MOVEMENTS, DANCE, ART, GRAPHIC SCORES & COMPUTERS to communicate music to musicians. Explore the site at Dartington and look at some of the places where music is performed, inside and outside plus we're off to The Tate ST IVES to see a SOUND SCULPTURE in action.</p>			
			




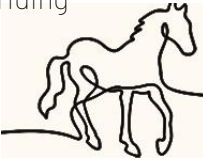


Both projects are FREE for young people age 11-16 in receipt of free school meals.



Lifeworks Easter Holiday Project WEEK 2 for young people 11-18

Programme subject to change.

Tuesday 19 April Meeting at Rushbrook	Wednesday 20 April At Rushbrook	Thursday 21 April At Rushbrook	Friday 22 April Meeting at Rushbrook
<p>A day out at the Apricot Centre Foraging & cooking lunch over and open fire in the Woods</p> 	<p>Football Training with Lift-the-Lid</p>  <p>Karaoke sounds with Paula T Singing workshop</p>	<p>Free running with Parkour Experiences</p> 	<p>AM: Horse riding</p>  <p>PM: A Family Forage with Wild & Curios Whole family invited</p>

This project is FREE for young people age 11-16 in receipt of free school meals.

YOUNG CONSTRUCTOR 2-DAY RESIDENCY - DARTINGTON

for young people & young adults 11+

Subject to funding

MAY HALF TERM

Monday 30 May

Tuesday 31 May

CO-CREATE: Time to get busy and 'construct composition' - decide the instruments you want in your ensemble/orchestra and work with real musicians you've met during the CONSTRUCTOR project to CREATE NEW MUSIC ready for performance in July at Dartington



Lifeworks Safe-Space Online for all ages

Every Saturday from Saturday 23 April 2022

1-2pm:
Keep Fit with Sophie C



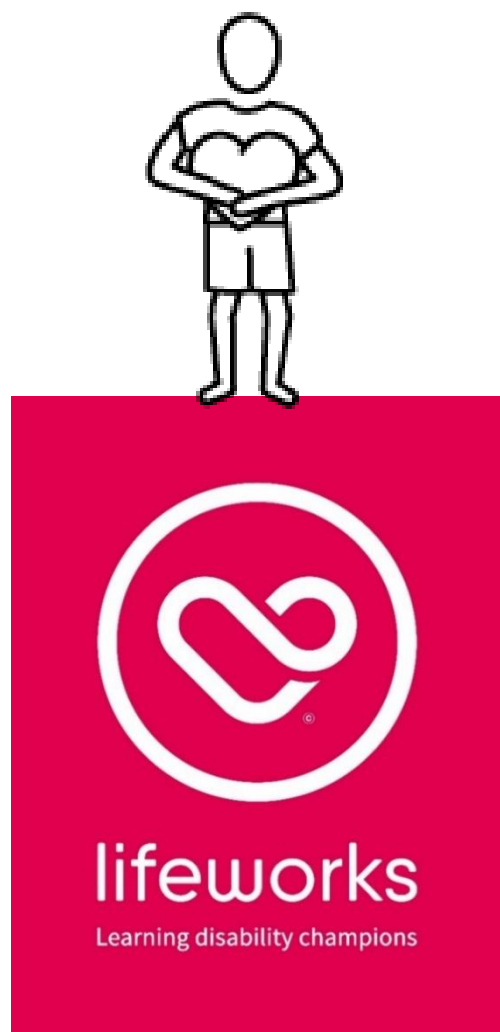
2-3pm:
LOCKDOWN DISCO
with DJ's Mark T or Charlie C






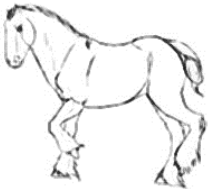




Safe-Space is a free easy to use web-based platform for young people with learning disabilities. There you will find resources you can use every day including cooking, music and keep fit videos. Each week we provide a free LIVE programme. Safe-Space is a moderated space - Lifeworks staff are there with you 😊



lifeworks
Learning disability champions



Totnes Youth Group Summer Term 2022 for young people 11-18			
Programme subject to change			
Saturday 23 April	Saturday 07 May	Sunday 22 May	Saturday 04 June
<p>Hula-Hoop with Sophie Carr DJ Workshop with Louis D</p> 	<p>Ferry Trip & Crazy Golf</p> 	<p><u>YOUNG CONSTRUCTORS</u> go to Poole... to see <u>RESOUND - NATIONAL OPEN ORCHESTRA</u></p> 	<p>A day out at <u>Crealy Theme Park</u></p> 
Saturday 18 June	Saturday 02 July	Saturday 16 July	<p>Wet Weather Options: Quasar Cinema</p> 
<p>Time to see how they used to toil the land and meet a working horse at Common Flora</p> 	<p>Time to harvest the woad seed and make our own dye at Common Flora</p> 	<p>Canoeing with <u>Totnes Canoe Club</u></p> 	

Torbay Young Adults Saturday Social (YASS)








Summer Term 2022 18+

Programme subject to change.

Saturday 30 April	Saturday 14 May	Saturday 28 May	Saturday 11 June
<p>Football training with Lift-the-Lid</p> 	<p>A day out at Crealy Theme Park</p> 	<p>IMAGINE THIS FESTIVAL TORBAY</p> <p>Young people led Children & Young Peoples Festival with World Food-LIVE: Music-Dance-Drama-Quests-Interactive Workshops & the first ever YASS INCLUSIVE with DJ Louis D</p>	<p>YASS BEACH PARTY AT BROADSANDS</p> <p>BBQ with Jerk Chicken & Ketchup Water fight DJ's Louis D & Steve Rogers Paddleboard Volley Ball Dodge Foam</p> 
Saturday 25 June	Saturday 09 July	23 July	
<p>YASS INCLUSIVE at ONE WORLD CAFÉ Music - Dance - Scrummy Food</p> 	<p>YOUNG CONSTRUCTORS</p> <p>Prepare for Performance!</p> 	 <p>Help Newton Abbot Council turn scary pedestrian subways into beautiful spaces to walk</p>	<p>Wet Weather Options: Quasar Cinema</p> 



Youth, Holiday & Safe-Space Workshop Team:

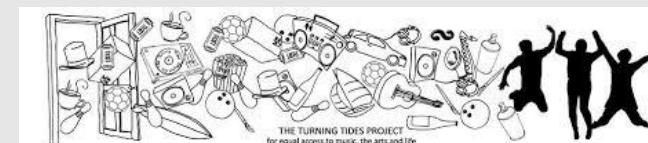
	<p>Sima, founder of The Kitchen Table has been catering for the Totnes Community for 10 years. Sima wants to help young people with learning disabilities learn how to cook good and wholesome food for themselves.</p>	
	<p>Meet Rachel and Debs from Moor to Sea Music Collective "Music is for everyone" That's what Rachel and Debs believes and that's what they dedicate their time to making so. This Summer we are partnering with Moor to Sea to bring you CONSTRUCTOR. Come and explore music-making with experts. Rachel also works with the Turning Tides Project and is Band Lead for Jam Buddies</p> <p>Jonathan Mason: "I've been a Drama and English teacher for the last 30 years and I've loved working with and being inspired by the incredible young people I've encountered. I'm also an occasional actor, a performance poet and an experimental vegetarian."</p> <p>DJ's Mark & Charlie with us every weekend: Mark is the original Lock Down DJ - with us from the start - he is a superstar - dedicating his whole working life to young people with LD. Charlie C, Guest DJ works with local broadcasters Ocean Youth Radio and we are delighted to have him with us for the Lockdown Disco every other week 😊</p>	
	<p>Lift the Lid CIC helps to lift the lid on the potential of young people, especially anyone deemed to have special educational needs. Director, Matt Jefferies will be running sessions in all our spaces this summer term; you'll get a warm up and cool down & the chance to choose from a carousel of physical activity: Circuit training, Hula hoop, Zumba & Jogging.</p> <p>Totnes Community Tennis Club: Believe tennis is for "all ages and abilities". Currently working in partnership with Lifeworks & Bidwell Brook School to make tennis accessible for all!!</p> <p>Totnes Canoe Club: The Club offers the opportunity for people of all abilities, from the age of 8 years upwards, to enjoy learning to kayak and canoe in safety with qualified coaches.</p> <p>Fitness Instructor Sophie Carr is going to take us through our moves every week - classes will run in rotation: Yoga: Balances, strength poses and flow sequences - Zumba: A fun and energetic dance session great for staying fit and strong - Hula-hoop: Helps you get strong and improve coordination. Sophie is also making guest appearances at all our events this summer 😊</p> <p>Parkour Experiences was founded February of 2011. Since then it has been through significant growth and has taught a great number of people about the art of Parkour (AKA Free-running) and all of its great benefits. They have a number of experienced coaches who also have great backgrounds in rock climbing, martial arts and breakdancing.</p>	
	<p>With all of these wonderful organisations we will celebrate our natural environment & fresh seasonal food from harvest to plate:</p> <p>Food in Community Every week of the year, in all weathers, volunteers collect and sort surplus fresh fruit, vegetables and other nutritious, sustainably produced food, then deliver food boxes to individual households and to charities and community groups across South Devon. They also glean surplus food directly from farmers' fields.</p> <p>Orchard Forest School Leaders provide stimulating outdoor activities for local families and organisations serving the community.</p> <p>Common Flora Everywhere and under our noses, some plants seem common to us and yet are extraordinary, humble, powerful and resilient. Our focus here is herbs and spices.</p> <p>Wild & Curious: facilitates playful & immersive wild food walks & courses in South Devon & beyond. Makes wild snacks & treats. Plant talking, walking & vegetative stalking.</p> <p>The High Nature Centre enhancing peoples mental and physical health increasing access to the countryside and wellbeing within the community.</p> <p>The Apricot Centre grow a wide range of Biodynamic and Organic produce including vegetables, fruit, jams, chutneys, juices and flours on their farm and provide a Wellbeing Service.</p>	

To find out more about our services contact:
Sarah-Jane Lowson, Lifeworks Community
Programmes Development Manager:
Email: sarah-janelowson@lifeworks-uk.org
Mobile: 0750 086 0288



To book a place or register please contact:
communityprojects@lifeworks-uk.org
Telephone: 01803 861 069
Tuesday - Thursday 8.30am-2.30pm

This program is brought to you in partnership with these wonderful local organisations, their expertise and investment enriches our delivery:



With thanks to our Supporters - without you this programme would not be possible:

