



# FAMILY NEWSLETTER

8th May 2022



## MESSAGE FROM NIKKI BURROUGHS, EXECUTIVE HEAD



I hope you all had a wonderful Easter break and enjoyed the Bank Holiday Monday. It has been great to see all our children and young people back rested and ready for the term ahead. I have particularly enjoyed catching up with all the classes and hearing about the topics for this term.

As always, the Summer term is a busy one and there are lots of exciting things happening across the Federation. This weekend, we had several groups entering the Jubilee Challenge as part of 'Ten Tors' on Dartmoor. On Friday, we waved goodbye to students from across the Federation who camped out overnight before embarking on their different walks on Saturday. We'll let you know how they got on but safe to say, the weather was very kind to them.

Later this half term, we are also looking forward to celebrating the Queen's Platinum Jubilee. As the national celebration is taking place during the half term holiday, we will be celebrating this the week before we break up. The children will take part in a range of learning activities over the week, focusing on history, royalty and British values, and we will be having a special Jubilee day on Friday 27th May – more details to follow!

Also this term, we will be planning an Arts Week and a Respect & Diversity Week. I am really looking forward to sharing some of our learners' work with you.

Thank you all for your continued support.

## SHORT OF TIME?

**Lunch Costs** - Rising by 20p per meal from September 2022 due to increased energy/food costs.

**BB Plant Sale** - Raised £192.54! Next meeting is Thursday 19th May at 11 am. Please attend!

**BB Playground** - Phase One is open! Looks amazing.

**Attendance** - Polite reminder that learners need to be in school as much as possible.

**Changes to Torbay NHS Physio Team** - Details on page 3.

**Surveys** - Couple of surveys you might want to complete (£50 as a thank you for one of them).

**Hollow Lane Club** - Please send paperwork back asap.

**Online Links on page 4** - For incontinence swimwear and Makaton signs.

**E-Safety** - Link to an excellent review site for the latest films/books etc.

## DATES 2022 (please check future newsletters, just in case we need to move a date or two!)

Happening Soon ..... Arts Week Festival

Tuesday 10th / Wednesday 11th May ..... Parents' Evenings (except Ladybirds class)

w/c 23rd May ..... British History/Kings & Queens/British Values week

Friday 27th May ..... Tea Party to celebrate the Queen's Platinum Jubilee

w/c 30th May ..... Half term holiday

Monday 6th June ..... Learners return to school

6th - 10th June ..... Residential trip for selected pupils in KS2

Wednesday 15th June 2022 ..... Tempest Photography visiting Upper School

Monday 20th / Tuesday 21st June ..... Ladybirds Parents' Evenings (invite will be sent nearer the time)

20th - 24th June ..... School's Respect and Diversity Week

6th - 12th July ..... Jessie's Fund visiting BB to work with students and staff

Friday 8th July ..... BB Summer Fete, 10 am - 12 noon

w/c 18th July ..... BB Prom

Thursday 19th July ..... BB PTFA meeting at 11 am

w/c 26th July ..... Leavers' Assembly

Wednesday 27th July ..... Last day of term for pupils and staff



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## COST OF LUNCHES

With rising energy and food costs, the Federation needs to increase the cost of a school lunch **from September 2022**.

The cost of a Junior School meal will increase to £2.60 per day, and a Senior School meal will rise to £2.70 per day (an increase of 20p per meal).

Payment needs to remain upfront but you can choose whether to pay daily, weekly or half termly. The cost of cookery contributions will not change.

Thank you.



## BB PTFA - PLANT SALE

Members of the BB PTFA hit Totnes High Street recently to sell the wonderful plants, seedlings and cakes that were kindly donated to us by families, staff and friends of Bidwell Brook. We even managed to put together a raffle with some of the gifts received. The PTFA raised a total of £192.54!

Thank you everyone for your efforts!



Our next fundraiser is the Summer Fete which will be taking place on Friday 8th July 2022. Don't forget, if you'd like to get involved with the PTFA and meet fellow parents and carers, or just want to help with the Summer Fete as a one-off project, we'd love to hear from you. Next meeting = Thursday 19th May at 11 am [Click here to join the meeting](#).

## PLAYGROUND - PHASE ONE COMPLETE!

Learners returned to Bidwell Brook School at the start of the Summer Term to find Phase One of the playground project complete!



Thanks again to **The Screwfix Foundation**, **Boshier-Hinton Foundation** and **The Farringdon House School Trust** for financially supporting Phase One works. Seeing Phase One complete makes you realise how tired the rest of the playground is looking - Phase Two fundraising is underway.

We have a GoFundMe page where individuals and businesses can leave a donation. If you know of any local businesses or companies who would like to support us, please direct them to our website: [New Playground – Bidwell Brook School](#) We'd love to hear from them!

Playground  
**Fundraising**

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## ATTENDANCE

Our Designated Safeguarding Leads at each site are responsible for reviewing pupil attendance daily, weekly, termly and annually. This information is then shared with the Executive Head and other senior leaders.

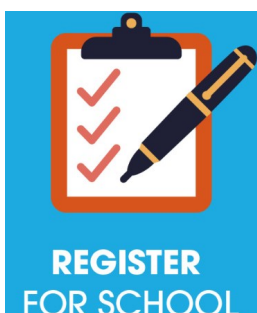
We appreciate with Covid-19, some pupils have recorded a lower overall attendance percentage for this academic year and we know who these pupils are. However, with Covid-19 cases vastly reduced across our school, everyone should be encouraging all our learners to attend as much of their education in school as possible.

If your child is unable to attend school, please notify the School Office asap and provide the reason for their absence. Thank you.

Should your child become ill during the school day, we will contact you and request collection. Please be assured these phone calls are never made without careful consideration of both the wellbeing of your child and also others in the classroom.

If we do need to contact you to request collection of your child, your earliest arrival at school is very much appreciated. It is important to have trusted "emergency contacts" to be able to call upon in instances where you cannot easily collect your child from school during the day, if needed. In the unfortunate event of the non-collection of a child, the school will need to make contact with the duty Social Worker, though thankfully, this rarely needs to happen.

Thank you for your continued support.



## CHANGES TO TORBAY'S NHS PHYSIO TEAM

The Torbay NHS physio team that accesses school has changed:

The Therapy team would like to welcome Georgina Kent (Gee) and Kim Stolworthy. Gee is a qualified physio and will be working with Bees, Green, S1, S3, S5, S6, FE1 and FE2. Gee is in school on Tuesdays.

Kim is a Physio assistant and works across the school supporting the Orthotic clinic and hydro sessions, in addition to working with students with physio needs for bursts of treatment. Kim is at Bidwell Brook on Mondays and Thursdays.

Louise (Physio) continues to be on site on Wednesdays and Thursdays, and works with Ladybirds, Dragonflies, Orange, Purple, Blue, S2 and S4. Selina (Physio Assistant) is at Bidwell Brook on Tuesdays, Wednesdays and Friday mornings.

## EXTERNAL SURVEY REGARDING COVID-19

Researchers at Newcastle University would like to talk to families about their experience of accessing services during the pandemic. The study would involve taking part in a 45-60 minute interview via MS Teams or Zoom at a time convenient for families. **You will receive a £50 voucher as a thank you for your time.**

The study aims to find out what impact the changes in services to disabled children and young people during Covid-19 has had on their health and wellbeing. The researchers want to find out which changes worked well, which changes were not supportive for families and disabled children, and why. They are working with families and professionals from health, social care and education to show how services could be delivered better to provide high quality care to disabled children as the NHS is remodelled.

To find out more visit the study website: <https://research.ncl.ac.uk/resettingservicestodisabledchildren/>

If you are interested in taking part in this project please contact the researchers via email at [resetting.services@ncl.ac.uk](mailto:resetting.services@ncl.ac.uk)

## PARENTS CHILDCARE SURVEY



Whether you currently use childcare or not, your voice counts. The answers you give in this short survey will help the early years and childcare team at Devon County Council to plan and make sure that there is enough childcare available in Devon.

The survey is open until Tuesday 24 May. If you'd like to give your opinions, you can [access the survey here](#).

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## INCONTINENCE SWIMWEAR

Useful link if you need to replace any swimming costumes this summer:

[Incy Wincy SwimStore Incontinence Swimwear and Accessories– Incy Wincy Swimstore](#)

## HOLLOW LANE CLUB

**Summer Club** - Thank you to everyone that has returned their Summer Club paperwork. If you have not yet returned yours, can you please do so by the end of next week as it is important that we have the correct information on file.

**Deb Ward - Administrator**



**The Hollow Lane Club**

## MAKATON

Here's a couple of Makaton signs which you might find useful.



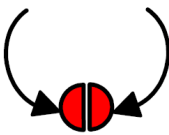

We have 'to do' and 'to make', which are very similar. The only difference is that you tap once for 'to do' and twice for 'to make'. Please see below for the videos and symbols.

[Makaton for 'to do' - YouTube](#)



[Makaton for 'to make' - YouTube](#)



 to do	 to do
 to make	 to make

## E-SAFETY

Common Sense Media is a useful online guide for parents, carers and children. The site contains reviews of the latest film releases, books etc, and provides detailed feedback on the overall content which might or might not be appropriate for some age ranges. It's a really good site to help keep everyone safe and happy when online.

[Common Sense Media: Age-Based Media Reviews for Families | Common Sense Media](#)

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# LONELINESS ONLINE:

## What Causes It and Ways to Feel Better

Have you ever been online and felt a little bit lonely?  
In a recent study, 14% of 10–12-year-olds said they often felt lonely, so you're not the only one who sometimes feels that way. We spoke to a group of children and teenagers, who told us some of the things that make them feel isolated when they're online.

### CAUSES OF LONELINESS ONLINE

-  Seeing photos or videos of friends having fun without me
-  Being excluded from group chats or games with friends
-  Friends or family not replying to texts or answering my calls
-  People being unkind to me online
-  When friends leave my group chat

### WHAT CAN YOU DO?

So if these things happen to you and you start to feel down, what can you do? The same young people also told us how they make themselves feel less lonely when they're online – and we've collected some of their advice to share with you.

- ☒ Tell a friend or a trusted adult that you feel lonely
- ☒ Watch funny videos of cats and pandas
- ☒ Watch yoga videos and do some exercises
- ☒ Play single-player games you enjoy
- ☒ Listen to happy music
- ☒ Listen to your favourite audiobooks
- ☒ Send nice messages to your friends and family
- ☒ Play games with friends who you trust, if they're online too

### FURTHER SUPPORT

Remember, it's normal to feel a bit lonely sometimes – but if it's really upsetting you, and you have no-one to talk to, you can call Childline for free on

 **0800 1111**

### TAKE A BREAK

Sometimes the best thing you can do is to take a break from technology and do something offline that makes you feel happy.

Here's what our group suggested!

- ☒ Paint or draw pictures
- ☒ Play with a pet
- ☒ Write about your feelings
- ☒ Hang out with your family
- ☒ Get outdoors & enjoy nature



# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 5<sup>th</sup> May 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](mailto:kris.dent@nhs.net) and for northern snippets send your email to [amandasmithson@nhs.net](mailto: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/>



#### 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:

- 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-LearnerSupport@babcockinternational.com](mailto:LDP-LearnerSupport@babcockinternational.com) to secure a place on any of the 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.

**mums4achange**

## Time for You

Supportive Zoom groups for mums of children with additional needs in Plymouth

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 Plymouth.  
Free 10-week group Mondays 11am - 1pm from Mon 9th May  
Booking essential. Priority if on benefits. Please contact [jo@mums4achange.org](mailto:jo@mums4achange.org) or visit Facebook @mums4achange

**Run by:** Jo Ball, a life and career coach, trainer, mum of two, with an Arts Therapy background. Supported by Cass Povey-Naylor a trained counsellor, OT, mum of children with additional needs.

funded through

[www.Mums4aChange.org](http://www.Mums4aChange.org)

The courses are free and are funded by The Peoples Health Trust.

These sessions are aimed at mums who have children with additional needs in the Plymouth area. This is a free, 10-week group who will meet on Mondays from 11am – 1pm from Monday 9<sup>th</sup> May 2022.

To book a place email [jo@mums4achange.org](mailto:jo@mums4achange.org)

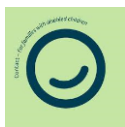


#### Ocean City Wheelchair Football, Plymouth

Wheelchair football is a growing sport in Devon, played with adapted rules, goal posts and a large size nine football.

Male and female players of all ages can play together, as it is a friendly, non-contact sport. Open to all participants with physical disabilities, cerebral palsy, muscular dystrophy and spinal muscular atrophy.

For more details contact: Ashley Harris, Disability Football Development Officer Telephone 07912 089838 or E-mail [ashley.harris@devonfa.com](mailto:ashley.harris@devonfa.com)





## Contact

Parent carers of disabled children in the UK have a right to ask for their family's needs to be assessed by

social services through a Needs Assessment and a Carer's Assessment.

Here are some of the key differences between the two — but you'll find a lot more information in the links below, including template letters that you can use to ask for either assessment.

Needs Assessment	VS	Carer's Assessment
 <p>A process used by social services to decide if your disabled child and family need extra help to meet your needs</p> <p>Eligible children should get a plan from the local authority setting out services, timescales, outcomes and review dates</p> <p>Possible services include home help, short breaks, recreational activities, travel assistance, and more</p> <p>Disabled children's services come under the Chronically Sick and Disabled Persons Act 1970 and the Children Act 1989</p>		 <p>A chance to tell social services about your own needs – the things that could make it easier to look after your child</p> <p>It should also consider your wellbeing as a carer, including any health or safety issues, and your work and relationships</p> <p>Eligible carers will get services or direct payments to meet their needs, such as help with housework or transport</p> <p>Parent carers and young carers have the right to ask for an assessment of their needs under the Children and Families Act 2014</p>

contact

**Needs assessments:** [contact.org.uk/needs-assessments](https://contact.org.uk/needs-assessments)

**Carer's Assessments:** [contact.org.uk/carers-assessments](https://contact.org.uk/carers-assessments)

**Parent guide (England):** [contact.org.uk/la-services-guide](https://contact.org.uk/la-services-guide)

**Challenging a refusal to assess:** [contact.org.uk/making-a-complaint-about-services](https://contact.org.uk/making-a-complaint-about-services)



**Drop in Fri 9.15 - 11.15 fortnightly @ Cranbrook Community Bus**

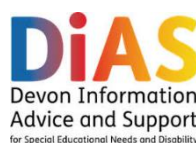
**Have a SEND child 0-25?**  
**Pop in and find out what SEND support is in your area.**  
**Stay (or not) for cuppa & cake.**  
**All family members & children welcome.**  
**No diagnosis needed.**

CRANBROOK COMMUNITY SUPPORT PROJECT FOR FAMILIES WITH ADDITIONAL NEEDS CHILDREN AIM TO PROVIDE A SUPPORT GROUP IN A SAFE PLACE WHERE PARENTS CAN MEET OTHER PARENTS, SHARE THEIR EXPERIENCES, AND TALK WITH OTHERS IN A SIMILAR SITUATION. TOGETHER WE CAN SUPPORT EACH OTHER, OFFER EMOTIONAL SUPPORT, AND LEARN STRATEGIES TO HELP WITH THE CHALLENGES FACED IN EVERYDAY LIFE. WE WANT YOU TO FEEL VALUED AND INCLUDED IN THE LOVELY COMMUNITY OF CRANBROOK.

For details  
Contact  
Sam or  
Nurse Naomi

\*FRIENDSHIP  
 \*OPPORTUNITIES TO SOCIALISE  
 \*INFORMATION AND ADVICE  
 \*EMOTIONAL AND MORAL SUPPORT  
 \*A LISTENING EAR  
 \*ACTIVITIES  
 A \*REGULAR MEETING PLACE

**[cranbrooksendproject@btinternet.com](mailto:cranbrooksendproject@btinternet.com)**  
**WHATSAPP 07359067788**



Devon Information Advice and Support for Special Educational Needs and Disability

## Devon Information Advice & Support

DiAS parent training session dates are now live for this term. Book your place now! All sessions are online and free of charge.

### EHCP Review Mythbusting

- Tuesday 17th May 2022- 10.30-12.30
- Thursday 30th June 2022- 10.30-12.30
- Thursday 14th July 2022- 10.30-12.30

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

<http://soc.devon.cc/LFMSZ>

### Demystifying SEND

- Monday 25th April 2022- 10.30-12.30
- Tuesday 24th May 2022- 10.30-12.30
- Wednesday 8th June 2022- 10.30-12.30
- Monday 4th July 2022 10.30-12.30

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

<http://soc.devon.cc/kzLn1>

### Listening to your Child's Views

- Wednesday 4th May 2022 10.30-12.30
- Thursday 23rd June 2022 10.30-12.30
- Tuesday 12th July 2022 10.30-12.30

Book a place on these events on Eventbrite:

<http://soc.devon.cc/SVmoJ>

Or click on the link to book via the DiAS website:

<https://devonias.org.uk/support-page/training-information-events/>

**CAMHS RISE**  
**Zoom with Parental Minds**

In partnership with the Devon Partnership NHS Trust Research and Development teams and Devon CAMHS, we are conducting a project gathering ideas from service users and professionals involved in CAMHS to be turned into potential research projects. These questions will help us to develop new research that is relevant and important to the people who know the service best.

Our external project partners are:  
 Devon Partnership NHS Trust  
 Devon CAMHS – Children & Family Health Devon

Please book here:  
<https://bit.ly/CAMHSRISE>

**Tuesday, 17th May 2022**  
**19.15 – 21.00**  
**Zoom**

 **PARENT+ SUPPORT HUB**  
 Supporting families, making a difference

 **PARENTAL MINDS C.I.C**  
 Mental Healthcare : Exploring Pathways





## Kingsbridge Drop-in Opens

This latest addition to the drop-in services shares the same relaxed and friendly vibe as the other drop-ins in

Exeter, Tiverton and Honiton, and welcomes anyone aged 18 and over. It is an informal weekly session, with no need to book a place, so those interested can simply turn up on the day, sit quietly, join in activities, or chat with other attendees and staff over a free cuppa and a biscuit. The low-pressure sessions don't require any commitment to join in or to attend more often than suits, and those who come along can expect a range of resources including information and signposting, creative activities, puzzles, games, and a welcoming atmosphere. The aim is to help those facing mental health challenges to keep well, have hope, and to know they're not alone.

The new service is available every Tuesday, 1:00pm – 4:30pm at the Tumbly Hill Day Centre, Kingsbridge TQ7 1HN.

For more details click on the link: [Recovery Library and Drop-in in Kingsbridge](#),

**Planet Play – Honiton**, SEN indoor soft play, Friday 6<sup>th</sup> May from 4pm – 6pm. To book a session email [info@planet-play.co.uk](mailto:info@planet-play.co.uk) or call 01404 45522



**SEN Session**  
Friday 6<sup>th</sup> May  
4 - 6pm

Come and join us at our  
SEN indoor soft play evening at Planet  
Play Honiton.

We welcome young children with  
disabilities and special educational needs  
including autism to join us.

To book into this session please email  
us at [info@planet-play.co.uk](mailto:info@planet-play.co.uk) or  
call us on 01404 45522

[www.planet-play.co.uk](http://www.planet-play.co.uk)

## Totnes Dads Project - under 5s

All dads, father figures & grandads welcome with  
children aged under 5

## Woodland Fun explore the woods

**Saturday 7th May**

**1pm - 3pm**

**At Totnes Children's Centre,  
Next to St John's School, Pathfields,  
Bridgetown, Totnes. TQ9 5TZ**

**FREE event (donations welcome).**

PLEASE BOOK: [bookings@dangerousdads.org.uk](mailto:bookings@dangerousdads.org.uk)

For more info contact Ian 077317 95160  
[www.dangerousdads.org.uk](http://www.dangerousdads.org.uk)



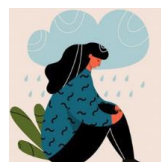
**Caudwell Children** offer sensory toys for disabled children. Each item in their 'Get Sensory Packs' has been specially picked out by Caudwell Children's in-house clinical team to support children with a wide range of disabilities.

The packs:

- 👉 Develop physical skills
- 😊 Help manage emotions
- ✨ Better engage their five senses

**Get the pack worth £120 for just £20**

Apply here: <https://bit.ly/Apply-Get-Sensory-Pack>



## Emotional and Wellbeing Support

Listed below are some links that will take you to a variety of websites that can offer Emotional and Wellbeing support, information and advice.

- <https://parents.actionforchildren.org.uk/>
- <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>
- <https://www.familylives.org.uk/>
- <https://youngminds.org.uk/find-help/for-parents/parents-lounge/>





## Child Mind Institute

With better weather coming our way, here are some interesting tips for planning outings

"One of the challenges of raising kids with sensory processing issues is that outings, even ones that promise a lot of fun, can easily turn into nightmares if kids find themselves in surprising or overwhelming situations." To find out more go to: <http://ow.ly/SsWz50EzvGi>

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**Tiny Happy People** is here to help you develop your child's communication skills. Explore some simple activities and play ideas and find out about their amazing early development.

Simple, fun, free activities to try at home. For more details go to: <https://www.bbc.co.uk/tiny-happy-people>

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**The Short Breaks Project** is working to improve the short breaks offer for disabled children and

their families. And as part of this work, Devon County Council (DCC) will be hosting a series of coffee mornings for parents and carers so that you can talk directly to them.

Listening to feedback from families is fundamental to achieving successful outcomes for all. DCC want to build on the work that families have been involved in so far by holding regular face-to-face sessions around Devon with Short Breaks Project team members. These sessions will enable DCC to share updates about the short breaks offer and to hear from families first-hand about your experiences.

There are four sessions taking place across May and June, the first of which is taking place in Barnstaple on Wednesday 18 May. Please see below for full details about the sessions. As space in the venues is limited, DCC are asking you to [complete the form to book](#) in if you would like to come.

Further sessions are being planned for autumn; these dates will be announced once they have been finalised.

[More information on Short Breaks is available here](#)

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## 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**

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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.**

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*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.*

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