



# FAMILY NEWSLETTER

16th September 2022



## MESSAGE FROM NIKKI BURROUGHS, EXECUTIVE HEAD



Welcome back everyone to the new academic year, 2022-2023. Also, a very warm welcome to all our new families who have joined us this year. We hope you and your child/young person will be very happy at Bidwell Brook. If you have any questions regarding our education offer or about school life, please do get in touch with your Teacher.

The pupils arrived back in school with a spring in their step and it's been great having them back. Quite a few of our classes moved rooms this year which meant not only the adjustment of coming back into school from the holiday, but to a school looking a little different than last year.

The Autumn Term is long and always busy! There are lots of learning opportunities this term both inside and out of the classroom, including a focus on communication and of course our core subjects including English, Maths and PSHE. We do have Parents & Carers' Evening coming up, and your Class Teacher will be able to share with you plans for this term and coming academic year.

Thank you to everyone who completed the Parent/Carer survey at the end of last term. Your feedback and comments were really insightful and we will be sharing some of our findings from this with you in due course. It is very apparent now that Covid restrictions have lifted, you would like further opportunities to come into the school and also visit the classroom and see for yourselves the learning taking place. We will be giving families dates when this will happen later in the term, and also providing other opportunities for you to come in - training and information sessions; fetes and bazaars; coffee mornings and PTFA meetings. I hope to literally see much more of you this term and in the future!

This term, I am delighted to welcome Robyn Emmerson onto the Senior Leadership Team. Robyn will be supporting staff across the Federation in her role as Assistant Head with responsibility for Continued Professional Development, ensuring that staff have the knowledge and skills needed to deliver the best education possible to your children and young people.

On a more sombre note, we acknowledged the sad passing of Her Majesty Queen Elizabeth II last week. In the summer, we held events at all our sites celebrating her Platinum Jubilee and have lovely memories of our children and young people really enjoying themselves and telling us how they also celebrated this occasion at home. Assemblies have taken place and Advocacy support has been put in place to support students who have needed help to process her death. As a mark of respect, along with all other schools, we will be closing on Monday 19th September to observe the Bank Holiday for her funeral.

I hope you have a good weekend.

## SHORT OF TIME?

**E-Safety Training for Families** - In person at Bidwell Brook on Thursday 6th October 2022 between 10.30 am and 12 noon. Just come along - we look forward to seeing you!

**E-Safety Training for Families Online** - Can't make the 6th during the day? We are running an online session on Tuesday 11th October from 5.30 pm. See page 2 to register a place.

**Makaton Signs** - See the link to YouTube on page 2.

**DfE Laptops** - If you received a DfE laptop for your child or young person to use during the national lockdown, this is no longer supported with anti-virus software, internet filtering etc. Please return the laptop to the school. Thank you.

**Parents' & Carers' Evening Letter** - Don't forget to book your appointment for next week!

**Hollow Lane Club** - Letters are attached with an email address for you to register a place this year for the After School Club at Bidwell Brook.

**Nursing Team** - All you need to know about Bidwell Brook's Nursing Team is on page 3.

**Two Information Posters** - Attached are two posters relating to the passing of Queen Elizabeth II and Supporting with Grief.

**Flu Vaccinations** - Please return the paperwork/your consent asap. Thank you.

## DATES 2022

Tues 20th/Wed 21st September ..... Parents' & Carers' Evenings  
 Thursday 22nd September ..... Immunisation Team visiting ref flu vaccinations  
 Tuesday 27th September ..... Wheelchair Clinic at the school  
 Thursday 6th October ..... E-Safety Training for Families  
 Tuesday 11th October ..... Online E-Safety Training for Families at 5.30 pm  
 w/c 24th October ..... Half term holiday



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



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## E-SAFETY TRAINING FOR FAMILIES



Remember completing a Technology Questionnaire, telling us how often your child or young person accesses their electronic device and what they view and engage with when online? We've reviewed your feedback and would like to invite you, to what we hope, will be the first of a number of e-safety training sessions in this academic year.

The first training session at Bidwell Brook will take place **in the School Hall on:**

**Thursday 6th October 2022 between 10.30 am and 12 noon.**

Just come along - we look forward to seeing you!

For our working families, we will also be running an online Teams session on:

**Tuesday 11th October starting at 5.30 pm until 7 pm.**

If you would like to attend this online session, please email Christine Walker

[christine.walker@learntolivefederation.co.uk](mailto:christine.walker@learntolivefederation.co.uk) with your preferred email address, so we can send out a Microsoft Teams invite nearer the date.

## MAKATON SIGN

This week, we will focus on 'why, what, who, where'.



Makaton Together  
sign of the week  
why, what, who and  
where

Our Makaton sign of the week, this week featuring George signing: 'Why, what, who and where'.

## DfE LAPTOPS

During the national Covid-19 lockdown, a few of our students received a laptop from the Department for Education as part of the home learning offer.

The laptops were set up with the latest security checks and filters already applied, but these features are now expiring. If you have one of the DfE laptops, you will receive a warning message shortly regarding the laptop's anti-virus software and internet filtering. Please send the laptop back into school so we can check this and discuss next steps with you. Thank you.

**DON'T FORGET**

**Send your Parents' & Carers' Evening letter back to your Teacher asap to book your appointment!**

## HOLLOW LANE CLUB - LETTERS AND INFO

Letters regarding the Hollow Lane Club at Bidwell Brook and the associated Siblings Group are attached, along with some information about the Hollow Lane Club in general.

If you would like your child/young person to stay for After School Club this term, please email Deb Ward, the Administrator at [admin@hollowlane.org.uk](mailto:admin@hollowlane.org.uk) by 9 am Tuesday 20th September 2022.

Thank you.



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## INTRODUCING THE SCHOOL NURSING TEAM



**Hello, we are Zoë Young and Claire Warland.** We are Registered Children's Nurses, employed by Children and Family Health Devon to provide nursing care to children with complex health needs in school. The main purpose of our role is to enable pupils to attend school and get the most out of their education, by keeping them safe at school and promoting their health needs. We aim to provide specialist nursing support, advice and interventions working alongside school staff and many other professionals in the integrated children's service. We liaise with community staff in Torbay and Plymouth and Exeter. We will discuss your child's medical needs and work in partnership with you/the school and other professionals to provide a comprehensive plan of care.

With the help of our nursing assistant Ania Walker (school employee) we will, teach the school staff about any medications required, daily nursing care and advice on any emergency medications and procedures that may be required. We provide training for school staff on areas such as: Medication administration; Epilepsy / emergency medication; Asthma/ inhaler administration; Gastrostomy feeding; Oxygen and suction; Education on specific medical conditions, and any other areas of medical need. We work with other outside agencies to ensure that your child will receive the best care possible.

With your permission, we will contact specialist Nurses if required for support in the care of your child with your permission. We will ask for your consent before discussing your child's needs.

We are members of the Children and Family Health Devon Special School Nurses group and as such we have on-going education and sharing of experience and networking for the benefit of our pupils.

Several health clinics are held in school on a regular basis. We host these, but they are organised by the relevant Professionals/Hospital departments.

Torbay Paediatrician - **Dr Graham**

Torbay Dietician - **Kirstie Ludford**

Torbay Orthoptist - **Jane Wood**

North Devon Continence Service - **Hayley Short**

We work closely with these staff and aim to improve the communication between families and professionals for the benefit of the pupils. Plymouth Paediatricians do not provide a service to school. We also unfortunately do not have a Dental service. We can refer your child to either Torbay or Plymouth Special needs dental service if requested.

School staff have the responsibility for day to day first aid in school just like in mainstream schools. We can also be contacted by phone on the school number: 01803 864120 or directly on our office number on 01803 415011. We are not in school every day as we have to attend meetings out of school. We also have to write statutory health reports on certain children which may take us out of school. We attend Child Protection meetings, regular training/education, and monthly Nursing meetings in Exeter.

### Contact details:

- Zoë Young, School Nurse, email [zoe.young10@nhs.net](mailto:zoe.young10@nhs.net), working days Mon, Tues, Thurs, Fri
- Claire Warland, School Nurse, email [claire.warland@nhs.net](mailto:claire.warland@nhs.net), working days Tues, Wed
- Ania Walker, School Nursing Assistant, email [awalker@bidwellbrook.devon.sch.uk](mailto:awalker@bidwellbrook.devon.sch.uk), working days Mon, Tues, Thurs, Fri
- General Nursing email address: [cfhd.bidwellschoolnurses@nhs.net](mailto:cfhd.bidwellschoolnurses@nhs.net)



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## FLU VACCINATIONS

All families across Bidwell Brook have been sent paperwork requesting consent for their child/young person to visit the Immunisation Team next Thursday, the 22nd of September for their flu vaccination. Please respond asap. Thank you.

# Together We Can Beat the Flu

*6 Tips to Stay Healthy this Flu Season*

Avoid touching eyes, nose mouth



Cover your sneeze/cough



Wash your hands



Stay home if you're sick



Get the Flu Vaccine

The flu vaccine is the first step in protecting yourself



Avoid contact with sick people



## WHEELCHAIR CLINIC

We have the Exeter Mobility Wheelchair Clinic taking place on Tuesday 27th September in school.

If you have any issues that need addressing and would like your child or young person to be seen at the Clinic, please contact Raegan Hunt in the Therapy Dept.







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

September 2022

Dear Parents/Carers,

### **SIBLINGS GROUP – 2022/23**

The focus of The Hollow Lane Club is for the children and young people who attend to have fun, be creative, and learn new things. We hope that they will connect with friends, have new experiences that broaden their horizons and give them memories.

The Siblings Group recognises that the children and young people have a real need for time to themselves, where they can spend time creating, having fun and making friends with other children from similar situations.

The group also aims to provide a safe environment where they can express some of the feelings and thoughts they keep hidden and the impact having a disabled brother or sister can have on their lives.

The dates available for this year are detailed below and we ask that you please tick your preferred dates and email to [admin@hollowlane.org.uk](mailto:admin@hollowlane.org.uk) by **9 am Tuesday 20th September**. Places will be allocated on a first come, first served basis.

Please note that these confirmed dates will be invoiced and must be paid for. It is with regret that we are unable to refund any sessions that have been requested but are unable to be attended.

Each session will run from 10am until 4pm and your child should be dropped off and collected at the main school entrance at Bidwell Brook Special School, Dartington. A packed lunch should be provided for your child.

The fee for Siblings Group is £30 per session and an invoice will be sent when your dates are confirmed. Fees will be reviewed in January 2023.

Thank you.

### **DEB WARD (ADMINISTRATOR)**

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**Please request dates via email [admin@hollowlane.org.uk](mailto:admin@hollowlane.org.uk) by Tuesday 20th September**

I would like my child to attend the Siblings Group. Please tick your preferred dates.

Siblings Name: .....

Name of brother/sister attending Bidwell Brook: .....

☐ 15<sup>th</sup> October      ☐ 12<sup>th</sup> November      ☐ 10<sup>th</sup> December



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

September 2022

Dear Parent/Carer,

### **AFTER SCHOOL CLUB – AUTUMN TERM 2022**

I am pleased to let you know that the After School Club will be running again next term and places are now being offered. Once again, a big thank you for the funding that allows this to run.

The After School Club will run on a Monday immediately after school until 5.50pm. The cost is £22.50 per session to include a drink and light tea. The sessions will start w/c 26<sup>th</sup> September.

If you would like your son/daughter to attend, then please let me know **by 9 am Tuesday, 20<sup>th</sup> September** via email [admin@hollowlane.org.uk](mailto:admin@hollowlane.org.uk) **If your son/daughter already attends the After School Club and you would like to keep your place, then you must let us know. We will not automatically assume that you would still like a place.**

**Please do not send any money now.** Your place will be confirmed and invoiced after the closing date.

If you would like any further information, please feel free to contact me at Ellen Tinkham School on 01392 463823.

Please note: We will offer as many sessions as possible and places are subject to availability. Applications received after the closing date will only be considered if there are unallocated places.

**DEB WARD - ADMINISTRATOR**

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**To reserve a place at the After School Club, please email [admin@hollowlane.org.uk](mailto:admin@hollowlane.org.uk) by Tuesday 20th September**

Name of young person: .....

☐ I would like my son/daughter to attend the After School Club on a Monday



**Exeter & Dartington**

**The Hollow Lane Club is a Registered Charity dedicated to enhancing the lives of children and young people with special needs and their families.**

**We provide fun activities for children and their siblings, after school, at weekends and in the school holidays.**

## **Contact details:**

**The Hollow Lane Club  
c/o Ellen Tinkham School  
Hollow Lane  
Exeter  
EX1 3RW**

**Tel: (01392) 463823**

**Email: [admin@hollowlane.org.uk](mailto:admin@hollowlane.org.uk)**

**Administrator: Deb Ward  
General Manager: Mary Roche**

This Newsletter is to introduce you to The Hollow Lane Club and to let you know about the wide range of activities that the Club has to offer.

We run a series of inclusive out of school hours clubs for children and young people with special needs and their siblings at Ellen Tinkham School, Ellen Tinkham FE College and Bidwell Brook School.

The focus of The Hollow Lane Club is for the children and young people who attend to have fun, be creative and learn new things. We hope that they will connect with friends, have new experiences that broaden their horizons and give them memories.

All the Clubs are Ofsted registered and all relevant policies are in place and available to read, should anyone wish to do so. We keep our own Accident, Incident and Child Protection Books.

***If you are interested in any of the Club's or would like any further information, then please feel free to contact Deb Ward on 01392 463823 during school hours or via email [admin@hollowlane.org.uk](mailto:admin@hollowlane.org.uk)***

***To register your interest for a space in September, please email [admin@hollowlane.org.uk](mailto:admin@hollowlane.org.uk) with your son/daughter's name and the Club you are interested in.***

**We are currently offering places at the After School Club and Siblings Group in Darlington**



The **Saturday Club** is held once a month from 10am until 4pm. We enjoy a variety of activities including outings, sports activities and workshops to include drama, music, art and craft. The Club is extremely popular and we provide places for up to 30 young people at our Exeter site.

**The Saturday Club is based at:** Ellen Tinkham School & Bidwell Brook School

**Cost:** £48.00 per session

**Please note: Places are not yet being offered at Dartington for the Saturday Club**

The **After School Club** sessions start straight after school at 3.30pm until 6pm (3.20pm until 5.50pm at Bidwell Brook Special School). The cost of the session includes a light tea and we enjoy having a picnic outside when the weather allows. We go to the park, play games, paint and chill out after a day at school.

**The After School Club is based at:**

Ellen Tinkham School (on Monday & Tuesday)

Ellen Tinkham FE College (on Wednesday & Thursday)

Bidwell Brook School (on Monday)

**Cost:** £22.50 per session

The **Siblings Group** recognises that the children and young people have a real need for time to themselves, where they can spend time creating, having fun and making friends with other children from similar situations.

The group, which meets monthly on a Saturday, also aims to provide a safe environment where they can express some of the feelings and thoughts they keep hidden and the impact having a disabled brother or sister can have on their lives.

**The Siblings Group is based at:**

Ellen Tinkham School

Bidwell Brook School

**Cost:** £30.00 per session

The main event in our diary is the **Summer Club**. The Summer Club runs for 12 days over the summer holidays in July/August and offers a full timetable of activities (swimming, splash zone, animal encounters, art and craft) and outings to Lindfield Farm, the Donkey Sanctuary, bell boating and canoeing at Haven Banks, Quad World, Paignton Zoo, to name but a few.

**The Summer Club is based at:** Ellen Tinkham School & Bidwell Brook School

**Cost:** £48.00 per session



# The extraordinary life of QUEEN ELIZABETH II



1926

Princess Elizabeth is born in London.



1945

Towards the end of World War II, 18-year-old Elizabeth joins the Auxiliary Territorial Service and trains as a driver and a mechanic.



1947

Princess Elizabeth marries Prince Philip, an officer in the Royal Navy.



1948

The princess gives birth to her first child, a boy named Charles who will grow up to be King.



1966

Her Majesty is at Wembley to see England beat West Germany (as it was called before the Berlin Wall came down) 4-2 in the World Cup final, presenting the trophy to victorious captain Bobby Moore.



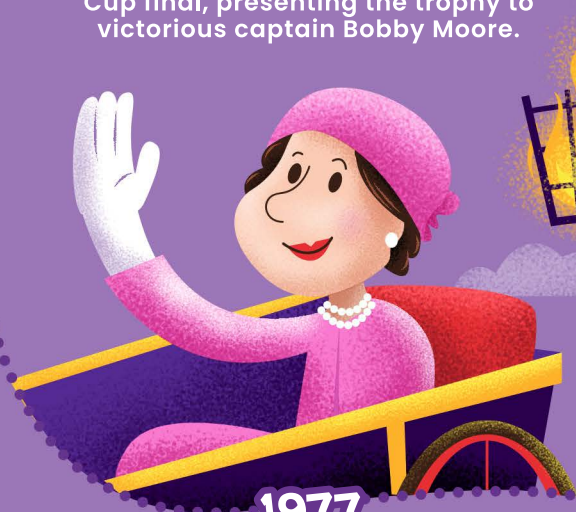
1957

Her Majesty gives the first televised Christmas broadcast to the nation. 'The Queen's Speech' goes on to become a permanent and powerful tradition of the festive season.



1953

The new Queen is crowned at Westminster Abbey – the first coronation to be televised. Sales of TVs soar as many families buy one for the first time to watch the ceremony. The eventual worldwide audience is around 277 million.



1977

Britain and the Commonwealth celebrate the Queen's silver jubilee (marking 25 years on the throne). A chain of beacons is lit around the country, and thousands of street parties are held.



2015

Having ruled for 63 years, Queen Elizabeth becomes the longest-reigning monarch in British history – overtaking her great great grandmother, Queen Victoria.



2022

The nation celebrates the Queen's Platinum Jubilee with more events and street parties. Sadly, however, Her Majesty's health declines and she passes away months later, aged 96. After 70 years of rule, Queen Elizabeth II leaves a legacy of lasting affection and respect from people not only in the UK, but around the whole world.

## Did you know?...

Rest well, Your Majesty – and thank you.

The Queen received her first Corgi, Susan, as an 18th birthday present. She loved that breed of dog throughout her life, going on to own another 30 of them.



In 1982, a mentally ill man broke into the palace and reached the Queen's bedroom! Reports suggest Her Majesty calmly kept him talking for 10 minutes until the security team arrived.



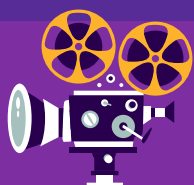
As Britain was still recovering from the effects of the war, the young Princess Elizabeth had to save ration coupons to buy the material for her wedding dress!



It was Queen Elizabeth who, in 1993, decided to open up Buckingham Palace to visitors from the public for the first time.



The Queen took the unusual step of inviting a TV documentary crew into Buckingham Palace in 1969. This let people see the Royal Family in a way they'd never been able to before.



To help launch the 2012 Olympics in London, Her Majesty featured in a short film where she meets super-spy James Bond, as played by Daniel Craig.



EIR

NOS National Online Safety®  
#WakeUpWednesday

Written By Adrian Gray



# Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

## 1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

## 2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by *their* experiences and *their* understanding of death – and in the context of their religious or community beliefs.

## 3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

## 4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

## 5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

## 6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

## 7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

**SAMARITANS:**  
116 123

**WWW.THEMIX.ORG.UK/GET-SUPPORT**  
0808 808 4994

**WINSTON'S WISH:**  
08088 020 021

## Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



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# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 8th September 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/>

## Creative Curiosities SW SparkSeekers

FOR NEURODIVERGENT CHILDREN AND YOUNG PEOPLE  
WEEKLY DURING HOLIDAY PERIOD  
MONTHLY ON SATURDAYS TERM TIME



**ST JOHNS HALL,  
IVYBRIDGE,  
PL21 0AD  
10-1 Family  
1-4 11-15 yrs**



Pay what you can  
MUST BE PRE BOOKED - SCAN CODE  
<https://bit.ly/CreativeCuriositiesSW>

New Saturday group for neurodivergent children and young people in Ivybridge. For more details click on the link:

<http://soc.devon.cc/Fb05T> or email [hello@creativecuriosities.org.uk](mailto:hello@creativecuriosities.org.uk) or call 07764 737620

Creative Arts Therapy Devon CIC presents

## THE EMPOWERING PARENTS PROGRAM: SCHOOL-BASED ANXIETY

Creative Webinar for Parents

Empowering Parents with a clear, evidence-based approach to school-based anxiety focused on safety & relationship



"Wow!!! Thank you for running this inspirational and powerful workshop... In a world where there is not a lot of help for families like mine, I really appreciate the positively impactful help you gave" (previous attendee)

24TH SEPT 2022

6 PM - 9 PM

More info & tickets on Eventbrite  
£11.37 - £27.54



<https://www.eventbrite.co.uk/e/introduction-to-supporting-young-people-with-school-based-anxiety-tickets-356239210067>



MAAIKE GESCHWINDT  
PLAY & CREATIVE ARTS THERAPIST

[www.catdevon.org.uk](http://www.catdevon.org.uk)

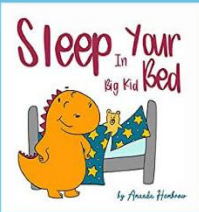
This webinar aims to equip parents with an evidence-based approach to supporting young people who have school-based anxiety. The response to this webinar has been overwhelmingly positive. It will be taking place on 24th September 6pm. For more information please see their events page <https://www.eventbrite.co.uk/e/the-empowering-parents-program-school-based-anxiety-tickets-381791557827>



**Devon Education Services (DES)**  
Join the early years consultants and four incredible keynote speakers:

- \* Dr Sue Allingham [Early Years Out of the Box Consultancy](#)
  - \* Jamel Carly-Campbell [jamel.carly](#)
  - \* Ben Kingston-Hughes [Inspired Children](#) and
  - \* Dave McPartlin [Flakefleet Primary](#)
- on 6<sup>th</sup> October 2022 at this year's EYFS conference: empowering all our children to live happy, healthy and active lives. To find out more and book a place click on the link:  
<http://ow.ly/n2aS50Kwm96>

#CerebraBookOfTheWeek



Borrow this and thousands of other books from our free postal library

Cerebra's library here: <https://buff.ly/3iFZkNq>



**Parent Carer Forum**  
Devon

**Parent Carer Forum**  
**Devon Coffee Morning,**  
Tuesday 13th September,  
from 8.45am at  
Meadowbrook Community

Centre, Dartington. Book your place here:  
[https://PCFD\\_Coffee\\_Morning.eventbrite.co.uk](https://PCFD_Coffee_Morning.eventbrite.co.uk)

**Coffee Morning**

Tuesday 13th September  
from 8:45am - Meadowbrook  
Community Centre, Dartington



**Parent Carer Forum**  
Devon

CONNECT - EMPOWER - INFLUENCE

**mums4achange**

# Time for You

Supportive Zoom groups for  
Mums of children with additional needs

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

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

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

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

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

**To book a space...**  
For mums of children with additional needs in Devon + Cornwall  
Free 11 week Zoom group. Fri 9.30am - 11.30am from 23rd Sept  
**Booking essential.** 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 Clare Gale, a trained counsellor who has a son with complex medical needs.

**COMMUNITY FUND**

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

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

For more information email:  
[jo@mums4achange.org](mailto:jo@mums4achange.org)

**FREE WORKSHOP:**  
**SPEECH & LANGUAGE SUPPORT**  
for parent carers of disabled children in secondary school with communication difficulties



Contact are offering a FREE Speech and Language Support workshop on 12th September (at 7pm) for parent carers of disabled children in secondary school.

Book your place using this link [bit.ly/SpeechSept](https://bit.ly/SpeechSept)  
If your child (aged 11–16) has any communication difficulties related to a disability — this one's for you. The workshop is led by a Speech and Language Therapist from [I CAN](#) who will explain the communication chain and suggest useful support strategies, and how best to work with practitioners.



The summer holidays are all but over and the new academic year is

upon us. Devon County Council have sent out a special edition of their 'Children, Families and Education' Connect Me newsletter with lots of useful information and advice about the start of term. If you missed it? [You can catch up online.](#)

- Starting a new school year will be exciting for many pupils, but some might feel anxious. That's perfectly normal. Lots of children will feel the same way. Young Minds has [helpful information on supporting your child with school anxiety.](#)
- School uniform costs can add up [Recycle Devon has tips and advice to help families plan and get the most wear out of their school uniform](#), such as choosing materials that are durable and longer lasting and removing ink or biro stains.
- If you receive certain benefits, your child could be eligible for free school meals and additional funding to support their learning. [Apply via our website, and you'll get an instant decision.](#) Or call DCC on 0345 155 1019.



### Okehampton Mental Health wellbeing drop in sessions.

Do you experience low mood and need someone to talk to at the weekend? On Saturdays between 10am and 12pm, Okehampton Medical Centre will be hosting mental wellbeing drop-in sessions. The Drop-Ins will be provided by Okehampton Medical Centre, Community Links, and West Devon CVS for the North Dartmoor Primary Care Network. For further information please contact Vicky at Community Links by calling 07933 663796 or contact the Okehampton Medical Centre on 01837 52233



Down's Syndrome football sessions from Saturday September 10th, to run fortnightly.

To be held at Wonford Leisure Centre, Rifford Road, Exeter, EX2 6NF. From 11:30-12:30. Ample free parking at the Centre. The sessions are for all under-18s with Down's Syndrome. Cost is to be confirmed.

FA-qualified coaches take the players through skills training, exercises and matches, with plenty of fun as well. Apart from the football, it's a great opportunity for the players, and their parents/carers, to meet and chat.

If you have any questions contact Dan Hewitt: [dan.hewitt@ecfc.co.uk](mailto:dan.hewitt@ecfc.co.uk) or call 07925 394781



### Asperations

A voluntary group providing help and support for children/young adults aged 5-18 years with additional/special needs and their

families.

Held at Kingsteignton Youth Centre Broadway Road, Kingsteignton TQ12 3EH Every Tuesday from 4:30 – 6:45 PM for Ages 5 to 18.

(Generally during term time but please refer to their Facebook page for more up-to-date information,

<https://www.facebook.com/asperationsgroup>)

Weekly Contribution £5.00 Per Family (Includes liquid refreshments)

For full details have a look at their website:

<https://asperations.co.uk/>



### SPACE - Youth Mental Health First Aid Course.

Youth Mental Health First Aid (MHFA) courses are for

everyone who works with, lives with or supports young people aged 8-18.

Delivered by two highly experienced Youth Work Practitioners, this interactive course will give you the opportunity to develop the skills and confidence to spot the signs of mental health issues and illnesses in a young person, offer first aid and guide them towards the support they need.

You will learn how Mental Health can sit within the medical and social model, hear first-hand, lived experiences, and try out skills in a safe environment. Alongside this you will develop skills to challenge stigma, understand local support and network with others working with young people. Dates are: 10th and 11th October from 9.30 - 5.30pm. Venue: Tiverton Youth Centre - Bolham Rd, Tiverton EX16 6SG

Click on the link to book your place:

<https://www.spaceyouthservices.org/youth-work-training/core-training>



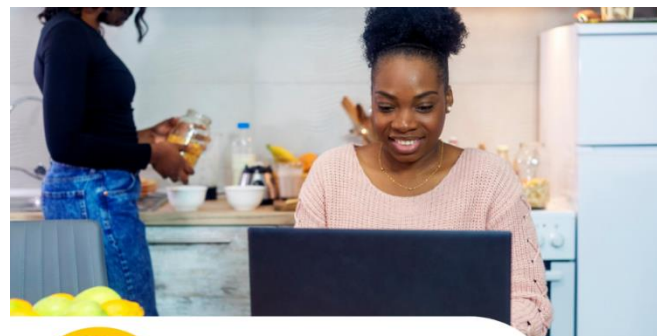
**Let's Talk Teenagers** is a series of online support sessions and an opportunity for parents and carers of teenagers to hear about the challenges young people are facing today and discover ways to help them navigate their way through them.

The latest sessions, starting on Tuesday 13th September and running weekly until 4th October, with an added session on Wednesday 5th October, cover topics such as exploring teenage relationships, mental health and emotional wellbeing, anger and challenging behaviour, bullying and online challenges including preventing radicalisation.

There will be an updated toolkit available after the courses for everyone who signs up to this free event, which also covers topics from earlier sessions such as drugs and alcohol, body image, self-care and social and emotional changes.

[Find out more or book your free place via the Eventbrite website.](#)

Courses aimed at parents and carers, or pre-teens are being planned for November, so watch this space!



## The Big Kinship Meet Up

A virtual space for kinship carers to come together

### You're invited!

Join one of three online sessions designed for you and other kinship carers across England to come together

To: Any kinship carer in England

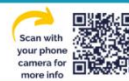
Where: Online via Zoom

When: • Tuesday 20 Sept 10-11am  
• Wednesday 21 Sept 12.30-1.30pm  
• Thursday 22 Sept 8-9pm

**Free to attend**

To register or find out more, please visit:

[kinshippeersupport.org.uk/meet-up](https://kinshippeersupport.org.uk/meet-up)



Kinship is the working name for Grandparents Plus, which is a company limited by guarantee registered in England and Wales under number 4454103 and registered as a charity under number 1093375.



**PARENTAL MINDS C.I.C. Parental Minds**

Exploring Pathways ; Mental Healthcare

# MONTHLY PEER SUPPORT HUB

Join Parental Minds for advice and support.  
Sharing knowledge and insights.  
Answering your questions.  
Helping to make informed choices about your loved one.

8th September 2022

13th October 2022

10th November 2022

8th December 2022

**19.00-21.00**

**Zest Cafe, Honiton**



**PARENT+  
SUPPORT HUB**



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



**UNDERSTANDING YOUR CHILD**  **NHS**

**'Understanding your child with additional needs'**  
A new online course for parents.

This online course is for parents, relatives and friends of children who have a physical or learning disability, or may have autistic traits. In the UK, you may be within the SEND (Special Educational Needs and Disability) system. Some parents describe their child as differently abled, or neuroatypical.

It is equivalent to a:

**10 SESSION GROUP**

A BIG course, with lots of relevant content.

This course is in two sections:

**Level 1** Lays the foundation for understanding your child.

**Level 2** Looks at some particular aspects of parenting: sleeping and anger management.

Once you've finished level 1 you can progress onto level 2 if you'd like.

A total of:

**14 MODULES**

15-20 mins each.

Some of what this course covers:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Different styles of parenting
- Why is sleep important

Further details:  
[www.inourplace.co.uk](http://www.inourplace.co.uk) | [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com) | [solihullapproach@heartofengland.nhs.uk](mailto:solihullapproach@heartofengland.nhs.uk)

## New online course for parents of a child with additional needs

'Understanding your child with additional needs' is a new NHS online course for parents. It is equivalent to a 10-session group for parents so it is a BIG course with lots of relevant content. It is for parents, relatives and friends of children who may have a physical or learning disability or who may have autistic traits.

The course is in 2 sections. Level 1 lays the foundation for understanding your child. Level 2 looks at some particular aspects of parenting: sleeping and anger management, together with more about how we interact with each other. Understanding this can make it easier to work with your child's behaviour as well as supporting their development. Once you finish Level 1 you can progress to Level 2 if you'd like to.

There are 14 Modules which take about 15 to 20 minutes each. They don't recommend doing this course in one go!

Find out more and start the course here: [Here](#)

**GO KIDS GO**  
**WHEELCHAIR SKILLS TRAINING**

Free, fun and inclusive sessions for 2-18 year olds. Extra wheelchairs provided so the whole family can join in!





Manual or powered wheelchairs  
Propulsion & manoeuvring  
Slopes and rough ground,  
Back wheel balancing,  
Road safety  
Emergency evacuation techniques  
Wheelchair sports & Dance

**Sunday 11<sup>th</sup> September**  
**10am – 2pm**  
**Isca Academy**  
**Earl Richards Rd South**  
**Exeter, EX2 6AP**  
Free Parking  
Please bring a packed lunch  
To book a free place email:  
[roy@gokidsgo.org.uk](mailto:roy@gokidsgo.org.uk)



## 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**



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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