



# FAMILY NEWSLETTER

21st October 2022



## MESSAGE FROM NIKKI BURROUGHS, EXECUTIVE HEAD



I can't believe how quickly the first half term of the new school year has flown by!

As I reflect on this first half term of this academic year, I am reminded of the following Quote:



Across the sites this term, there have been a wide range of exciting, challenging learning opportunities being delivered, including fundraising activities as part of Duke of Edinburgh, junk modelling, sensory season sessions, green screen moon landings and rocket launches, lessons on teeth and some wonderful work on the Stone Age to name but a few! I hope you have had chance to see some of them on Evidence for Learning.

The financial and political uncertainty is pervading every aspect of our lives currently and it is no different for us in schools. Yet as always, our staff continue to smile and deliver the best education they can. As I write this, I am sat in my office listening to some of the students at Bidwell Brook enjoying a visiting musician. Laughter and clapping abound.

A perfect way to end this half term.

## SHORT OF TIME?

**Communication Workshop in School** - Happening on Friday 4 November at 2 pm. Call 01392 463820 to book your place.

**Lego Build & Talk** - Great clip to watch on page 2 to help open up conversations with your child/young person.

**Medical Consent Form** - If you need it, a copy can be found on our website. Link on page 2.

**Autism Training and Workshops for Parents & Carers** - Enrol via the email mentioned on page 3.

**Child Trust Fund** - Have you got a teenager and can you claim the Child Trust Fund? Find out on page 4.

**Makaton Signs and Videos** - Latest signs on page 4.

**What's been happening at BB** - Includes Sensory Season sessions, getting out and about, making dream catchers and apple crumble!

**Asda Green Token** - We need you! Click on the link on page 6 to make sure BB receives the highest number of Green Tokens so we can claim £500 for our playground! Make a vote every 7 days. Thank you.

**Password Protection** - Handy hints on how to safely remember your multiple online passwords.

**HAPPY HOLIDAY!**

**See you on Monday 31st October 2022**

## DATES 2022

**w/c 24th October**  
Half term holiday

**Friday 4th November**  
Communications Workshop  
@ 2 pm

**Thursday 17th November**  
Next BB PTFA meeting



## BAG2SCHOOL

collection  
happening in the  
next half term!

If you're having an  
Autumn tidy up soon,  
we'd love to receive your  
donations. Bags coming  
home w/c 7th November

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



# FAMILY NEWSLETTER

21st October 2022



## COMMUNICATION WORKSHOP

### COMMUNICATION WORKSHOP FOR ALL OUR FAMILIES



In this one hour family session, Kate will talk about Makaton signs and basic communication strategies to help you support your child at home.

Kate will also be showing you the communication systems we use in school.



**KATE PREECE**

Federation Deputy Head



**FRIDAY 4 NOVEMBER 2022**

**10 am @Ellen Tinkham School**  
Hollow Lane, EX1 3RW

**2 pm @Bidwell Brook School**  
Shinners Bridge, TQ9 6JU



**TO BOOK YOUR PLACE**  
**CALL 01392 463820**



### LEGO & CONVERSATIONS

Did you know that only 1 in 6 pupils tell a parent or carer when something bad happens to them online?

The NSPCC is raising awareness of their "Build & Talk" activities to help you start a relaxed conversation with your child or young person about online safety topics including cyberbullying, screen time, privacy and safe sharing.

Here's a [link](#) to explain more about this.



### MEDICAL CONSENT FORMS

Just a reminder from our Nursing Team that should your child or young person need to be given any medication in school, you can [download a copy of our consent form from our website](#).

This is probably most helpful to parents and carers who have a child or young person returning to school with antibiotics etc, after being absent.



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



# FAMILY NEWSLETTER

21st October 2022



## AUTISM TRAINING FOR PARENTS & CARERS

**Devon's Communication & Interaction Team is running Parent Autism programmes and offering workshop opportunities over the next couple of months**

The 'Autism & Us' programme and themed workshops delivered during the last academic year will once again be offered to parents and carers of Devon primary and secondary school children, pre or post diagnosis. Access is available to families of CYP (Children & Young People) who are currently on the autism assessment pathway, in addition to families of CYP who have received an autism diagnosis. Attending the 'Autism & Us' parent programme gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing and supporting presenting needs, whilst also making valued contact with other families alongside links to wider supporting agencies and organisations. The full programme details and application process is below. Four weekly 'live online' sessions (approx 2hrs each) related to the following topic/themes:

No.	Topic	Programme
1	Autism overview	Tues 15 Nov - 10 - 12
2	Communication	Tues 22 Nov - 10 - 12
3	Understanding and supporting behaviour	Tues 29 Nov - 10 - 12
4	Sensory	Tues 6 Dec - 10 - 12

Please email [educationlearnersupport@devon.gov.uk](mailto:educationlearnersupport@devon.gov.uk) to secure your place on any of the above programmes, or express your interest for forthcoming programmes. The team will confirm your booking, and provide you with a direct link to the event. Each session will be delivered online via Microsoft Teams.

The topic based workshops shown to the right are also available for parents and carers of CYP (Children & Young People) who are currently on the autism assessment pathway, in addition to families of CYP who have received an autism diagnosis.

Full details of the programme and workshops are on the Education and Families SEND Local Offer website: [Support from the Communication and Interaction Team - Education and Families \(devon.gov.uk\)](#)

If you have further queries, please contact Paul Lamanna, the Professional Lead for the Communication & Interaction Team on 01392 287239.

Date	Time	Topic	Trainer
Tues 1 Nov	10 - 12	Autism – Communication (verbal – support strategies)	Laura O'Shea
Fri 4 Nov	10 - 12	Autism - Girls	Robert Good
Fri 18 Nov	10 - 12	Autism – Demand avoidance + PDA	Robert Good
Fri 25 Nov	10 - 12	Autism – Sensory processing + integration	Kevin Jones
Wed 7 Dec	10 - 12	Autism – Managing stress + anxiety	Alison Cann
Thurs 8 Dec	10 - 12	Autism – Vulnerability + online safety	Paul Lamanna
Tues 13 Dec	10 - 12	Autism – Communication (pre/non verbal – support strategies)	Laura Matthews

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



# FAMILY NEWSLETTER

21st October 2022



## CHILD TRUST FUNDS

### Teenagers could be missing out on a stash of cash

Tens of thousands of teenagers in the UK, who have not yet claimed their matured Child Trust Funds savings, could have thousands of pounds waiting for them, [according to HM Revenue and Customs \(HMRC\)](#).

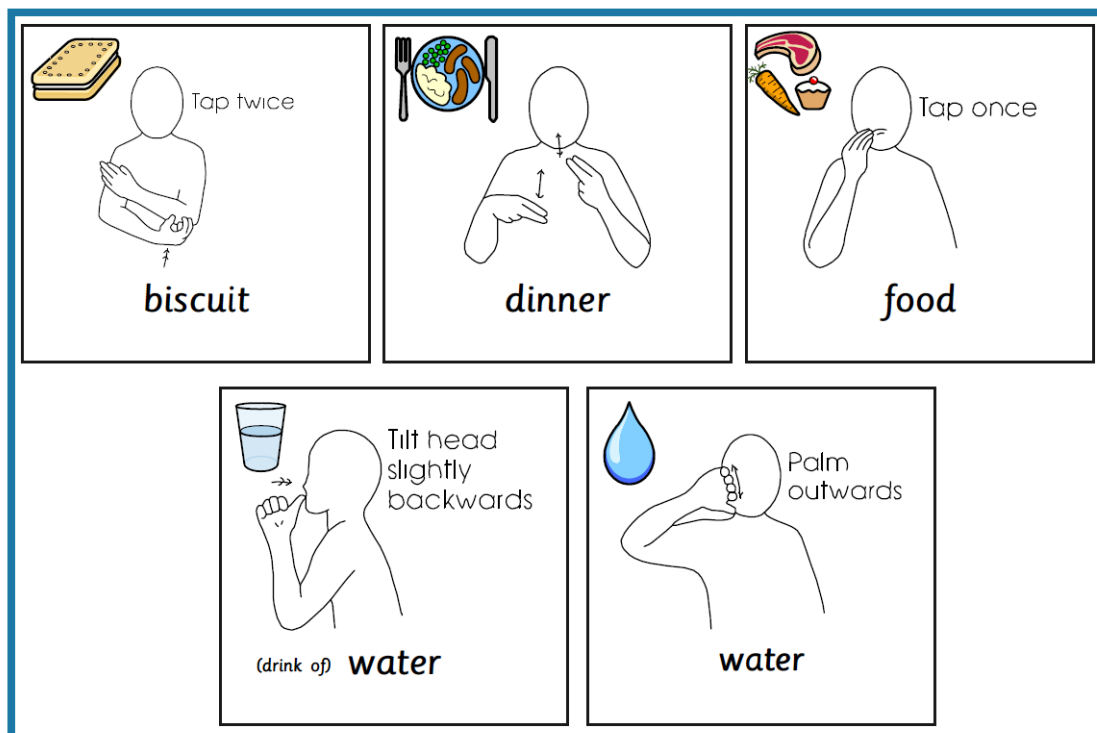
Child Trust Funds are long-term savings accounts set up for every child born between 1 September 2002 and 2 January 2011. To encourage future saving and start the account, the government provided an initial deposit of at least £250.

The savings accounts mature when the child turns 18 years old. Eligible teenagers, who are aged 18 years old or over and have yet to access their Child Trust Fund account, could have savings waiting for them worth an average of £2,100. Many eligible teenagers who have yet to claim their savings might be starting university, apprenticeships or their first job. The lump-sum amount could offer a financial boost at a time when they need it most.



If teenagers or their parents and guardians already know who their Child Trust Fund provider is, they can contact them directly. This might be a bank, building society or other savings provider. Alternatively, they can visit GOV.UK and complete an online form to [find out where their Child Trust Fund is held](#).

## LATEST MAKATON SIGNS & LINKS TO YOUTUBE VIDEOS



[Makaton for 'Biscuit' ? - YouTube](#)   [Makaton for 'Dinner' - YouTube](#)   [Makaton for 'food' - YouTube](#)

[Makaton Sign of the Week - A Drink of Water - YouTube](#)   [Makaton for 'Water' ? - YouTube](#)

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





# FAMILY NEWSLETTER

21st October 2022



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



# FAMILY NEWSLETTER

21st October 2022





## ASDA GREEN TOKEN SCHEME

### PLEASE HELP US!!!

Bidwell Brook has been chosen as one of three organisations that could receive **£500** which we'll put towards our playground!

We just need to have accumulated the highest number of Green Tokens votes online than the other two organisations we are up against. Anyone can make a Green Token vote **EVERY 7 DAYS**, so please click the link below to register your first Green Token and keep voting once a week until the end of December.

**Our store is Newton Abbot.** Click here to make a difference today  [asda.com/green-tokens](https://asda.com/green-tokens) 

**WE CAN DO THIS! THANK YOU.**

## GREEN TOKEN GIVING

## HOW TO VOTE ONLINE

1.



### SELECT A STORE

Search for your local store.

2.



### MAKE A VOTE

From the stores page, click to vote on your selected good cause.

**ASDA.COM/GREEN-TOKENS**

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





# FAMILY NEWSLETTER

21st October 2022



## E-SAFETY = PASSWORDS



## CYBERSECURITY AWARENESS MONTH

One thing that people dislike is being told to use a different password for each site they have an account on. “How are we meant to remember so many passwords?” they ask. And they have a point: it is strongly recommended we have a different and complicated password for each site: how do we keep track?

The answer? You get your web browser, or a password manager, to keep track of them for you.

Now this *doesn't* mean a notebook in a drawer or a sticky note on the screen that anyone can see. All modern web browsers (Microsoft Edge, Google Chrome, Opera, Firefox, Safari etc.) all contain features that prompt you when you create/update a password to save that password to your browser.

It's ok to say “yes” to this, especially if it's your own personal device or your own login on a computer. There are a whole host of other security benefits in modern browsers as well!

For more information, check out: [Password managers: using browsers and apps to safely store... - NCSC.GOV.UK](https://www.ncsc.gov.uk/password-managers)

**Note:** The only time that you *shouldn't* save passwords to a browser or manager is if you are on a device that you share with other people that only has one account or no account at all – for instance, a family iPad, a computer in a library (where the same account is used regardless of how many different people access the system) or your mobile phone that you let your kids access for games, YouTube etc. If accounts are saved on devices like this, then any user will be able to access them even if they are not you.





# What Parents & Carers Need to Know about

# FIFA 23

FIFA 23, like its many predecessors, is a massively popular football simulator featuring lifelike recreations of thousands of real-world players, drawn from teams around the globe. While the gameplay is subtly improved year on year, the publisher EA Sports' tweaks tend to focus on FIFA Ultimate Team mode, which can tempt gamers of all ages to spend real money recruiting better players for their side. With each new release of FIFA comes a host of new players to unlock – meaning that youngsters can feel pressured to keep buying to compete with their friends.



## WHAT ARE THE RISKS?

### RELEASE RAZZAMATAZZ

FIFA 23 will be the last in the blockbuster series, before EA goes solo with its own football title next season. This 'end of an era' vibe – coupled with a huge advertising budget making the new release almost impossible to miss – will elevate FIFA 23 into even more of a 'must have' for football-mad young gamers, no matter how minor the updates are on last year's version.

### AGE-INAPPROPRIATE CHAT

Based on a popular sport which appeals to people of all ages, the FIFA franchise draws a huge audience of both children and adults. Communication is a key element, with many players enjoying in-game audio chat via headsets. With the mixed age range of players and a lack of regulation, however, chats can often turn offensive or toxic – especially in the heat of competitive matches.

### IN-GAME PROMOTIONS

Unless precautions are taken, dedicated FIFA fans can spend significant sums when attempting to improve their Ultimate Team. Most top-level players can be unlocked by simply participating in matches, but some sought-after stars can be obtained more quickly in limited-time promotions which cost a large amount of FIFA points (the in-game currency, often paid for with real money).

### CIRCLING SCAMMERS

The popularity of FIFA Ultimate Team (FUT) mode has led to online scammers convincing many impressionable gamers to pay real money for non-existent FUT coins and player cards, or directing unwary FIFA fans to phishing sites. If your child gives these individuals their login details, the scammers can access not only their carefully built team but potentially your payment information.

### ADDICTIVE NATURE

One match on FIFA (usually around 15 minutes, but often lengthened by extra time and penalties) almost invariably leads to another. It can be a powerful temptation for young players, regardless of unfinished homework or an approaching bedtime. If the "just one more game" mindset starts to impact a child's daily routine, it could be a sign of gaming disorder: a recognised mental health issue.

### GAMBLING-ADJACENT BEHAVIOUR

Ultimate Team has become a major feature in FIFA due to the revenues it generates. It can also be addictive, with children striving to earn coins and level up while swapping, selling and buying players. Spending FUT coins to open a player pack (which many experts have likened to gambling) is designed to be an exciting act – with bright lights, fanfare and attention-grabbing prizes.

## Advice for Parents & Carers

### BE SELECTIVE WITH CHATS

It's enormous fun for FIFA players to chat online with friends, even as their teams do battle in the game. It's probably the safest idea, though, to restrict contact with strangers. By turning off voice chat in FIFA and allowing cross-party chat in their device's settings, your child can speak to people who are already on their friends list but won't be able to talk to (or hear) strangers online.

### STAY ALERT FOR SCAMS

There are some key things to remember about potential FIFA scams. Firstly, EA never contacts users via any method other than emails to the account holder (which may well be you). Neither will they ever ask for a player's username or password outside the game itself. EA's terms and conditions outlaw the buying of FUT coins, so anyone selling them should be treated as suspicious.

### CONTROL SPENDING

If your child plays Ultimate Team mode on FIFA, ensure their account isn't linked to your payment methods – so they'll need your permission to make in-game purchases. Alternatively, you could use parental controls to limit spending – or set up a pre-paid 'allowance'. When excitedly clicking options on screen, it's easy for a young person to forget the real-world repercussions of online purchases.

### AVOID 'EXTRA TIME'

If your child's spending a lot of time on FIFA 23 and seems less enthusiastic about other activities in their life, you could consider restricting how long they can play for each day with the parental controls in their device's settings. Even if they're not playing on their console or computer, there's a FIFA companion app for smartphones – but that can be limited through parental controls, too.

## Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dexerto and has been working in the gaming media for three years. A long-time fan of the FIFA franchise, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.



# 10



## National Online Safety

### #WakeUpWednesday

Sources: <https://www.windowcentral.com/youngster-spends-over-8000-fifa-xbox-highlighting-predatory-game-design-qa> <https://www.who.int/news-room/questions-and-answers/item/addictive-behaviours-gaming-disorder> <https://www.eurogamer.net/18-european-countries-call-for-better-regulation-of-loot-boxes-following-new-report>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.10.2022





# Swim School

## NEW

# SEND swimming lessons

**BOOK  
A SPACE  
TODAY!**

**Learn to swim in a safe, friendly & fun environment**

## Launching at Quayside Leisure Centre

**We are excited to launch specialist SEND swimming lessons for children in small groups with their parents or carers.**

We will develop their swimming ability and water confidence through fun and sensory activities. Lessons will be for 30 mins and meet the needs of each individual child with teachers who have had specialist training.

The first week is free and is none water based where you and your child will meet the teacher, have a tour of the leisure centre and discuss individual learning needs. This can be done on a 1-2-1 basis if needed.

**Ask at reception or visit us online for more details**  
**[fusion-lifestyle.com/swimschool](https://fusion-lifestyle.com/swimschool)**

**Quayside Leisure Centre**  
Ropewalk, Kingsbridge TQ7 1HH  
**01548 857100**  
**[quaysideleisurecentre.com](https://quaysideleisurecentre.com)**





South and West Association of Leaders in Special Schools (SWALSS)

Wednesday 19<sup>th</sup> October 2022

Dear Parent/ Carer,

My name is Eve Devlin, and I am a teacher at Heronsbridge School. I am currently undertaking research into how schools can support PMLD learners with mental health needs. This research is supported and funded by The South West Association of Leaders in Special Schools (SWALSS).

I would appreciate you taking the time to fill out this questionnaire which will take less than five minutes to complete. This is to gather parent and carer views on how schools can support learners with profound and multiple learning needs with a probable or recognised mental health need. I am also looking for parents and carers willing to participate in an interview. This could take place either over Microsoft Teams or a phone call would remain anonymous within the research. Please email [eve.devlin@heronsbridge.bridgend.cymru](mailto:eve.devlin@heronsbridge.bridgend.cymru) if you are willing to participate in an interview.

Please scan the QR code below or click the link below to take you straight to the questionnaire.

[https://forms.office.com/Pages/ResponsePage.aspx?id=Ug4\\_TzS3ZEGUCRtgHRR5k0cU7VThdVVKgS\\_Rbo7ZpLFUMlpZQ1ZXVTdHQ1hHRTU4VEFOQkwyTk5NQI4u](https://forms.office.com/Pages/ResponsePage.aspx?id=Ug4_TzS3ZEGUCRtgHRR5k0cU7VThdVVKgS_Rbo7ZpLFUMlpZQ1ZXVTdHQ1hHRTU4VEFOQkwyTk5NQI4u)

Yours Sincerely,

Eve Devlin

Middle Manager Secondary Department

Heronsbridge Special School





# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 20<sup>th</sup> October 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/>



#### Short Breaks Referrals



Short Breaks referrals

##### Short Breaks referrals

Thinking about making a referral for Short Breaks? Please contact Pre-referral and Assessment Consultation (PAC) Line on [01392 385276](tel:01392385276) and select **option 1**.

We support parents, carers and any professional involved with the family as well as the disabled young person themselves (providing are over 16 years of age). You can ask for a pre-referral and assessment conversation, discuss the outcome of an assessment, talk with us about options and what is accessible in your community.

## FRIENDS & FAMILIES

#### Friends and Families

Would you like to learn how to support your child to communicate using signs and symbols? Join Friends and Families workshop - Makaton at Level One.

Delivered by Makaton Tutors on Friday 4th November from 09:30 – 14:30.

At Virginia House, PL4 0DQ

cost: £25.00

booking page: <https://bit.ly/3yyw59b>

It is strongly recommended that you also book onto the level 2 course as this will enhance your learning and experience and help you get the most out of these sessions. You can book here:

<https://bit.ly/3Ez7uok>

#### Dyno Climbing Centre

**October Half Term Fun sessions**  
Tuesday - Friday  
1.30-3pm  
For ages 5+  
Limited spaces available  
Booking is a must!  
£12 per child.

**Half term Kids offer**  
**This half term Kids general climbing, Smoothie and Snack just £11**  
General climbing is parent supervised, the cost is for entry to the climbing centre, with no time limits.  
No need to book, just come along during our opening hours to take us up on this offer.  
For dates between Saturday the 22nd and Monday the 30th of October, Snack offer will be a Nak'd bar or bag of crisps.

Call: 01364 644975  
Email: [info@dynoclimbingcentre.co.uk](mailto:info@dynoclimbingcentre.co.uk)

From Tuesday to Friday, you can book your little climbers in to one of the instructors led fun sessions, 1.5 hours of climbing fun, including bouldering room and top ropes for only £12 per climber.

Or bring them along when suits you throughout the week and take up the half term offer, General climbing, Smoothie and a snack or £11

General climbing is parent supervised and has no time limit, no need to book, just turn up and climb. Dyno Climbing Centre, Dart Mills, Old Totnes Road, Buckfastleigh, United Kingdom

Phone: 01364 644975 or email:

[info@dynoclimbingcentre.co.uk](mailto:info@dynoclimbingcentre.co.uk)

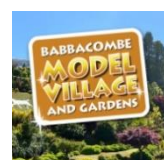


Entertainingly Different are delighted to announce the Word Play event which takes place on Monday 24th October between 10.00am and 3.00pm.

book your free tickets for this Spooktacular event today by clicking [Here](#)

**This event is tonight from 7pm – 9pm**

The Buckland Centre, Gilbert Road, Newton Abbot TQ12 4HS for more details email: [info@bucklandcentre.org](mailto:info@bucklandcentre.org)



**Model Village Torbay** are offering a special 30% discount off admission tickets for all Westcountry residents this winter (which includes Christmas).

Also, with your admission tickets, receive a 10% discount voucher for all purchases made in their coffee and gift shop. For more details go to:

<https://www.model-village.co.uk/winteroffer>



**Disabled Children's Service**  
Contact details for the Consultation line.

If you have Safeguarding concerns and are not supported by the team – please contact MASH directly on 0345 155 1071

If your query is urgent and out of hours - Please contact our Children Service Emergency Out of hours Duty: 0345 6000 388







## CRANBROOK COMMUNITY SEND SUPPORT PROJECT

1st Fri of month -  
St Martins Primary

3rd Fri of month -  
Community Hub, Cranbrook  
Education Campus

Pop in and find out what  
SEND support is in Cranbrook  
and stay (or not) for a cuppa.

All family members  
and children welcome.  
No diagnosis necessary.

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 and surrounding villages.

- Regular Cafe Style Meetings
- Meet Like Minded People
- Friendship, Emotional & Peer Support
- Information, Resources and Advice
- Activities and Social Events
- Guest Speakers to Educate and Inform
- Receive Signposting to Local, National Services, Organisations and Groups
- Participate in Shaping Local Services

Sam Wells Ambassador Volunteer / Nurse Naomi Cranbrook Medical Practice

@ cranbrooksendproject@btinternet.com

f Cranbrook Community Support Project

WhatsApp Cranbrook Community SEND 07359 067788

Arrange a call back by leaving a message with 01392 462013

### Half term – Kids eat free or for £1



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE OCTOBER HALF TERM 2022

COURTESY OF MONEY SAVING CENTRAL

**ASDA CAFE**  
Kids eat for £1 all day, every day with no adult spend until the end of 2022

**TESCO CAFES**  
Kids Eat Free with any purchase of fresh fruit by an adult throughout all the UK Half Terms

**TOBY CARVERY**  
The Kids Eat For £1 offer will be available from October 24th to 28th with the App

**MORRISONS**  
Spend £4.99 after 3pm daily & get one free kids meal (usually all day during half term)

**FRANKIE & BENNY'S**  
Adults Eat Free with every under 11 child throughout all the UK Half terms

**HUNGRY HORSE**  
Kids eat breakfast free with every adult breakfast, daily from 9am - 12pm.

**PAUSA CAFE @ DUNELM**  
Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

**PRETO**  
Kids up to age 10 eat free all day, every day with paying adults at Preto during Half Terms

**WHITBREAD INNS**  
Two kids under 16 eat for FREE with every adult breakfast purchased

**FARMHOUSE INNS**  
Kids eat for £1 when you sign up to their email list before October 26th 2022

**FUTURE INNS**  
Under 12's eat for free with any adult meal. During the school holidays

**YO! SUSHI**  
Kid's eat free all day, Monday to Thursday until 29th October 2022

**TABLE TABLE**  
Two children under 16 can get a free breakfast every day with one paying adult!

**SA BRAINS PUBS**  
Children can eat for £1 with any adult main. Only valid Wednesdays but on all day

**THE REAL GREEK**  
Kids eat FREE every Sunday for every £10 spent by an adult

**IKEA**  
From October 11th kids get a meal for 95p or £1.50 from 11am - All day, every day.

**SIZZLING PUBS**  
Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

**ANGUS STEAKHOUSE**  
One free children's meal per paid adult meal 12-5pm daily throughout the holidays

**BEEFEATER & BREWERS FAYRE**  
Two children under 16 can get a free breakfast every day with one paying adult!

**BELLA ITALIA**  
Children eat for £1 with any adult main. The offer is valid 4-6pm Monday to Thursday



## Asperations

# CHARITY BINGO NIGHT

## Friday 11th November

### 6.30 pm at Forde Hall Social Club

**Books £10**  
**Pens 50p**

All funds raised will go to support Asperations Group.  
Registered charity number: 1132344.

**Lots of amazing prizes to be won!**

Eyes down looking for the full house at 7pm.

All ages welcome although children must be accompanied by an adult.

Fully licensed bar available!

Friday 11<sup>th</sup> November 2022. From 6.30pm at Forde Hall Social Club, Newton Abbot. Help to raise funds for Asperations and allow them to continue to offer their fantastic club to families who have children with or without a diagnosis of Autism.

The group runs every Tuesday from 4.30pm - 6.45pm at Kingsteignton Youth Centre Broadway Road, Kingsteignton TQ12 3EH For more details about the club go to:

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



## Contact - For families with disabled children

## Halloween SEND hack:

### indoor trick-or-treating

For a calmer and more familiar trick-or-treat experience, family members can get dressed up and hide in different rooms. This way, your child will still have plenty of doors to knock on for candy!



Here's a genius tip for parent carers of disabled children who find trick-or-treating too overwhelming: bring your Halloween indoors! Your family members can get dressed up and hide in different rooms — this way, your child will have plenty of doors to knock on for treats. And for a fun sensory-friendly costume that they can still use after Halloween, you could turn a body sock into a spooky devil or dragon.

[bit.ly/Body-Socks](http://bit.ly/Body-Socks)

Top tips for a happy Halloween  
Like it or loathe it, you just can't ignore it.  
What are we talking about? Halloween of course.  
With aisles of orange and witches in windows the  
UK is fast catching up with our American  
counterparts who love to trick or treat on October  
31st.

But for those of us who are autistic, Halloween  
can be a sensory feast for some or a night of  
terror for others.

To find out the five top tips for a [Happy Halloween](#)  
Click on the blue link



### Devon Education Services

Parent Autism Workshop  
Opportunities - Autumn Term 2022

The following topic-based workshops  
are available for parents/carers of children and  
young people who are currently on the autism  
assessment pathway, in addition to families of  
children and young people who have received an  
autism diagnosis.

#### Topic based workshops:

• Tuesday 1st November from 10am -12pm  
**Communication (verbal – support strategies)**

• Friday 4th November from 10am -12pm  
**Autism and Girls**

• Friday 18th November from 10am - 12pm  
**Demand avoidance + PDA**

• Friday 25th November from 10am -12pm  
**Sensory processing + integration**

• Wednesday 7th December from 10am -12pm  
**Managing stress + anxiety**

• Friday 9th December from 10am -12pm  
**Vulnerability + online safety**

• Tuesday 13th December from 10am - 12pm  
**Communication - pre/non-verbal – support  
strategies**

Apply direct by email to:

[educationlearnersupport@devon.gov.uk](mailto:educationlearnersupport@devon.gov.uk)

Devon Education Services will confirm your  
booking request and provide you with a direct link  
to the event. They will be delivered on line 'live'  
via the Microsoft TEAMS platform.

**Children and Family Health Devon's  
Speech and Language Therapy Service  
Virtual drop in sessions  
for parents and professionals**

**What?**  
A virtual drop in for parents of children 2 and a half and under  
and professionals who are concerned about their speech,  
language and communication development.  
This will be delivered via the 'attend anywhere' platform.  
The Speech and Language Therapist will spend up to 10 minutes listening to  
the parents'/professional's concerns, asking questions and observing how the  
child and parent/s communicate and interact

**All families will be given advice and/or ideas to try  
at home.**  
For some children, it will be recommended that they are referred to the Speech  
and Language Therapy service for a more detailed assessment.  
Professionals with concerns about the SLC development of children up to the  
age of 2 and a half should ensure that the child and family remain anonymous  
when sharing their concerns via the drop in service

**When?**  
Tuesdays 1-2.30 p.m.  
6th Sept 2022, 4th October, 1st November, 29th November, 20th December  
Thursdays 9.30- 11.30 a.m.  
22nd Sept, 20th October, 17th November, 8th December

**How?**  
1. Log onto <https://nhs.uk/tsdft-cfhd-pre-school-drop-in>  
2. Sign in  
3. The Therapist will see that you are in the waiting area and will join the video  
room when they are ready

The forth coming dates are:

Tuesday 1st November from 1pm – 2.30pm  
Tuesday 29th November from 1pm - 2.30pm  
Tuesday 20th December from 1pm – 2.30pm  
Thursday 17th November from 9.30am – 11.30am  
Thursday 8th December from 9.30am – 11.30am

To join the virtual drop in log into  
<https://nhs.uk/tsdft-cfhd-pre-school-drop-in>



**I CAN** - Free webinars for parents.  
Is your child aged 18 months - 2.5  
years?

Are you concerned about their language  
development?

Join one of the free TALK parent webinars for  
approaches you can put into practice with your  
child at home.

- 1st November - Supporting language  
development during everyday routines.
- 15th November - Sharing Books to  
Develop Language.
- 29th November - Using songs and rhymes  
to develop language.

All webinars last for 40 minutes and are free to  
attend. Book your place today:

<https://bit.ly/3nLPI8c>





## Neurodive Events & Webinars:

### Autistic, ADHD or both? ft Dr Silvia Panella

A webinar exploring the similarities and differences both diagnostically and experience based.

Wednesday 26<sup>th</sup> October, 7pm – 9.30pm.

Tickets £11.37. Click [Here](#) to book your place

### Supporting technology use for Neurodivergent children Webinar

A webinar focused on supporting Neurodivergent children and young people with both the challenges and opportunities of using technology.

Wednesday 9<sup>th</sup> November, 7pm – 9.30pm.

Tickets £10.30. Click [Here](#) to book a place

### Supporting Autistic people and their families for professionals LIVE

A live event for any support staff, practitioners, sencos or any professional supporting an Autistic person and their family.

Being held at the Pinhoe Jubilee Club.

Wednesday 23<sup>rd</sup> November 2022, 9am – 4.30pm.

Tickets £54.49. Click [Here](#) to book a place.



### Space Youth Services

Stepping Stones - a 12-week support programme, designed to build on confidence, social skills,

health and well-being and connect young people. Set in a small group setting, the programme is jam packed with lots of opportunities to help gain the tools to build on those challenges young people may be facing.

To find out more go to:

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

or for a referral form email: Sophie Stevens:

[sophie.stevens@spacepsm.org](mailto:sophie.stevens@spacepsm.org)



### Challenging Behaviour Foundation - Listening Ear

As a family carer, facing constant challenges can leave you feeling tired, frustrated, and helpless.

The Challenging Behaviour

Foundation have a Listening Ear service, where you can arrange a friendly chat with one of their trained family carers, to speak with someone who truly understands.

Click the link to go to Eventbrite and book a time and date to suit you: <https://lght.ly/nlchng6>

Alternatively, you can book a call by contacting CBF on: 0300 666 0126 or

email: [support@theCBF.org.uk](mailto:support@theCBF.org.uk)



### Calvert Trust –

#### Own a Pony for the Day:

'Own a Pony for the Day' is coming back by popular demand.

Here are 2 dates for your diary:

**22nd October**

**26th November**



Sessions are now either full day (£80 per child) or half day (£40 per child).

Find further details and booking information here:

<https://calvertexmoor.org.uk/events/ownapony/>



### 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.***

---

***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.*

---