



# FAMILY NEWSLETTER

7th October 2022



## MESSAGE FROM NIKKI BURROUGHS, EXECUTIVE HEAD



It has been great to see our children and young people settle back into the routine of school and with the Autumnal equinox on September 23rd having marked the end of summer, it is great to see them all enjoying the multi-sensory aspects of the Autumn Term when playing outside or out and about in the local area.

As is typical for this time of year, we are starting to see an increase in children and staff off with cold and flu illnesses. We are aware that cases of coronavirus are already beginning to rise across Devon. Natural immunity against flu is also relatively low, because despite it being present last winter, coronavirus restrictions helped protect people from catching it.

Whilst we encourage good attendance at school, please do not send your child in if they are unwell. It is really important that you inform us of any illness or absence before 8.30 am each day. You can leave a message on our Absence Mailbox on our phone system. Any unexplained absence will be followed up as part of our attendance and safeguarding procedures.

We are so grateful for feedback from the Parent / Carer questionnaire circulated in the Summer Term. There were so many supportive and constructive comments. In response to feedback received, we are looking at ways we can ensure that we are keeping you all as informed and involved in your child's learning as possible, strengthening our partnership.

We are looking forward to inviting parents and carers into school to join in with learning later this term. Dates will be circulated after half term.

We are pleased to announce that we will also be holding termly parent workshops. It was great to see some of you at the E-safety training and hope to see more of you at the online session taking place on Tuesday 11<sup>th</sup> October at 5.30 pm.

Thank you all for your continued support.

Enjoy the weekend.

## SHORT OF TIME?

**E-Safety Training for Families Online** - We are running an online session on Tuesday 11th October from 5.30 pm. See page 2 to register a place.

**Bus Pass** - If you could apply for your child/young person to have a bus pass, this would be great. See page 2.

**Useful Therapy Contacts** - Listed on page 3.

**Cost of Living in Devon** - There are lots of links and help centres available via the DCC website to help with the cost of living this Winter. See page 3.

**Makaton Signs** - See the link to YouTube on page 3.

**NHS Food Scanner App** - Did you know there's an app you can download which gives you all the info about a product including its sugar and salt content? Plus healthy alternatives? Download the NHS Food Scanner app now on your phone's App Store.

**Chicken Pox and Scarlet Fever** - Apparently, cases are rising in the South West. Please seek medical advice if needed.

**Parent / Carer Survey** - Results are in from the questions asked. Please see page 5.

**A few photos of learning in school this week** - See page 6.

**Posters and Info** - Attached.

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

## DATES 2022

**Tuesday 11th October**  
Online E-Safety Training for Families at 5.30 pm

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

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



**BAG2SCHOOL**  
collection  
happening after  
October half term!

If you're having an  
Autumn tidy up soon,  
we'd love to receive your  
donations. Bags coming  
home shortly.

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

Book your place now for the **online** E-Safety Training taking place on

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

Click on the link below or follow the QR code to book your seat. Get hints and tips to support your child or young person when they're online. We can help you find out what they're viewing and how to block certain sites which may not be age appropriate.

We are running this session so our working families can join us. We hope to see you there!

Link:

<https://forms.office.com/r/Lzegh7JgJU>



## NATIONAL BUS PASS, COMPANION PASS AND DEVON ACCESS WALLET SCHEME

We occasionally take our learners on educational visits using public transport. This allows learners to experience different forms of transport and gain independent life skills and functional skills that are key to a learner's development. Learners may visit local libraries, shops and supermarkets. We would appreciate your help by applying (if you meet the criteria) for the following passes:

### National Bus Pass

The National Bus Pass from allows individuals to travel for free on local buses. Please can you check the eligibility requirements ([www.traveldevon.info/bus/national-bus-pass/applying-for-a-bus-pass-based-on-disability](http://www.traveldevon.info/bus/national-bus-pass/applying-for-a-bus-pass-based-on-disability)) and if your young person meets these, please can you apply for a pass as soon as possible.

**Companion Pass** - The Devon Companion Bus Pass will provide free travel for one person travelling with a disabled person who is using their National Bus Pass in the Devon County Council area. You can apply for a Companion Pass if you: already have a Devon County Council-issued National Bus Pass, are aged 11 years or over, and have a severe disability and would find it extremely difficult to access local bus services without the assistance of a travelling companion. Apply here: [www.traveldevon.info/bus/national-bus-pass/the-devon-companion-bus-pass](http://www.traveldevon.info/bus/national-bus-pass/the-devon-companion-bus-pass).

**Devon Access Wallet** - In addition, you may also like to apply for the Devon Access Wallet ([www.traveldevon.info/accessibility/devon-access-wallet](http://www.traveldevon.info/accessibility/devon-access-wallet)). The Devon Access Wallet scheme is an initiative to help make journeys by bus or train easier for anyone with communication difficulties, people with disabilities, deaf people and those whose first language is not English.

Parent and carers need to apply on behalf of their young person; unfortunately, we cannot do this on your behalf. If you require any assistance in completing the forms, please do not hesitate to contact your Class Teacher or Ellie in our Family Support department.

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## USEFUL THERAPY CONTACTS

Please see the list below of contact details for the teams that visit school or assess our children.

**Castle Circus Torbay Orthotics Clinic:** 01803 217761

**Plymouth CDC:** 01752 439400

For students living in Plymouth or with a TQ7 or TQ8 postcode please contact Plymouth CDC.

**Plymouth Orthotics Department:** 01752 434229

If a child needs to be referred to Plymouth Orthotics, a GP needs to make this referral.

**Referrals to the Physio team:** For children living in the Torbay area please complete a referral form. Contact the BB Physio Team on 01803 864120.

**Exeter Mobility Centre:** 01392 547400

**Plymouth Mobility Centre:** 01752 546222

**Invacare repairs and maintenance service:** 0800 069 6216

**Devon Single point of access team (SPA):** 0330 024 5321

[Childrenandfamilyhealthdevon.nhs.uk](https://www.childrenandfamilyhealthdevon.nhs.uk)

This is for referrals to OT, Learning Disability Nurses, CAMHS, ROVIC and SIGNPOST plus.

## HELP WITH THE COST OF LIVING IN DEVON

[Help with the cost of living in Devon - Devon County Council](#)

There is plenty of information and links available on the Devon County Council website to help families with the cost of living this Winter.

## MAKATON

When you are out and about in the park or woods, there's a good chance you might see one of these!

This week's Makaton sign is Squirrel.

[Makaton for Squirrel ? - YouTube](#)



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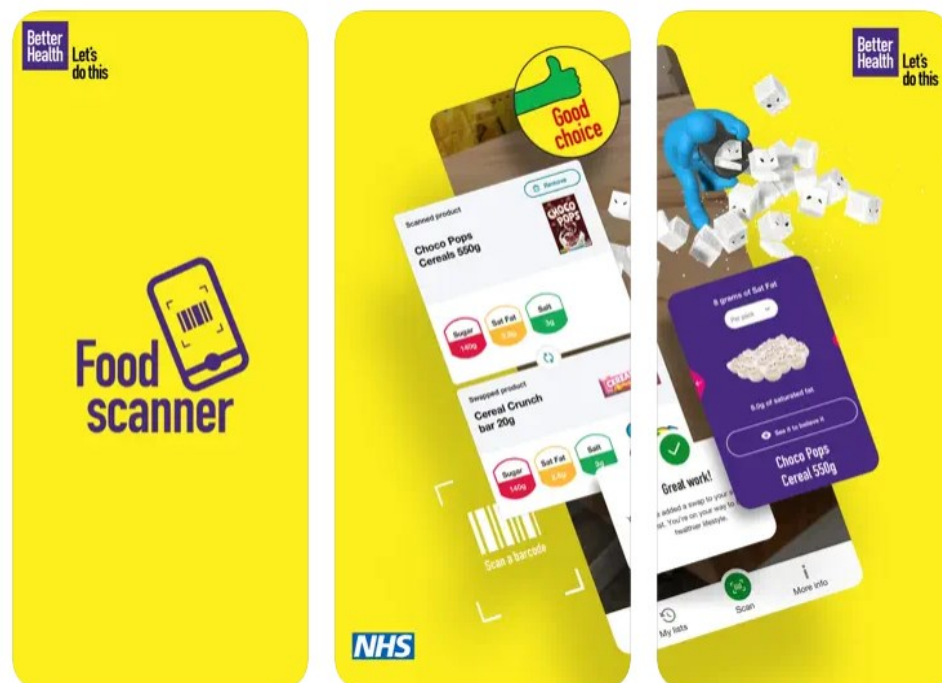


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## NHS FOOD SCANNER APP



Did you know there is a Food Scanner app that will tell you how much sugar is in your favourite cola or how much salt is in your sauce?

The NHS Food Scanner is available from your phone's App Store and will help you and your family make healthier food and drink choices.

It's time to get scanning! Just find a food or drink barcode to quickly see what's inside. You might be surprised by what you find.

The app is being continuously updated and more products are being added all the time. It will even provide suggestions of healthier alternative products.

## CHICKENPOX & SCARLET FEVER

Dr Chaam Klinger from the UK Health Security Agency South West, has written to all schools advising that chickenpox and scarlet fever, two routine childhood infections, are currently seeing some resurgence. Both are considered to be common, mild and generally of low public health risk.

**Chickenpox** usually begins with the onset of a slight fever and generally feeling unwell for a couple of days before the spots appear. The spots can appear everywhere and be very itchy. We recommend you seek advice from your Pharmacy or GP to help keep your child/young person as comfortable as possible.

Symptoms of **scarlet fever** generally take 2-5 days to appear after infection. Red blotches are the first sign of the rash. These turn into a fine pink-red rash that feels like sandpaper to touch and looks like sunburn. It commonly affects the ears, neck, chest, elbows, and inner thighs and groin, and may be itchy. Again, please seek medical advice from your Pharmacy or GP if you feel your child/young person has scarlet fever.

Attached is a handy guide advising when your child/young person needs to stay at home following an illness and for how long.

## SHORT BREAKS COFFEE MORNING

You are invited to a Short Breaks coffee morning. The sessions will enable the Short Breaks team to share updates about their offer and hear from families first-hand about your experiences.

As space in the venues is limited, you need to [complete the form to book](#). Events are taking place:

**Monday 10 October – Ivybridge, 10:00-12:00**

Ivybridge Town Hall – Committee Room, Erme Ct, Ivybridge, PL21 0SZ

**Tuesday 18 October – Online Virtual Mtg, 19:30-21:00**

**Tuesday 8 November – Okehampton, 10:00-12:00**

The Ockment Centre – Haytor Room, North Street, Okehampton, EX20 1AR

**Monday 14 November – Exeter, 10:00-12:00**

Exeter Library – Rougemont Room, Castle Street, Exeter, EX4 3PQ

**Tuesday 22 November – Newton Abbot, 10:00-12:00**

The Courtenay Centre – Room 3, Kingsteignton Road, Newton Abbot, TQ12 2QA



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## PARENT / CARER SURVEY

In the Summer Term, we circulated a Parent / Carer survey and really valued the contributions, input and feedback received from you.

What came across loud and clear was that our greatest strength is our staff who educate and care for your children whilst at school. Thank you for these comments which we're sharing with the wider team.

Your comments have also provided us with good discussions when reviewing our Federation Development & Innovation Plan, as well as our working practice for the year ahead.

Here's the summary of responses to the questions we asked of you:



## Summary from the responses

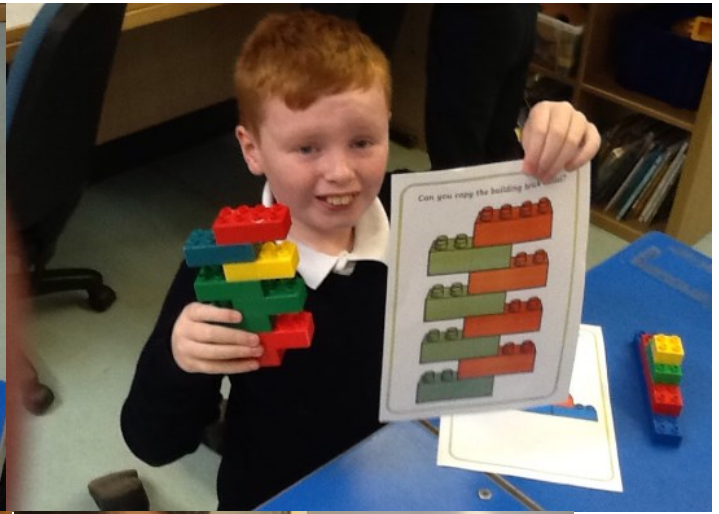
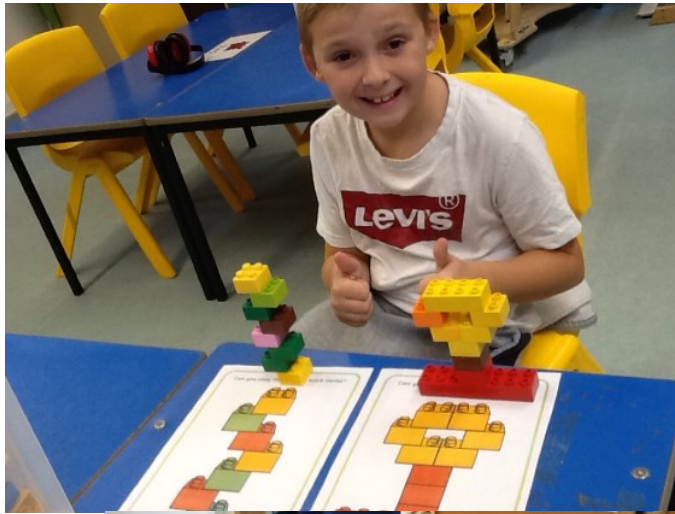
- ☐ 98.3% said their child was happy at school
- ☐ 92.3% said their child feels safe at school
- ☐ 85.5% said that should there be an incident involving safeguarding, they felt confident school would deal with the matter seriously, quickly and effectively
- ☐ 94% felt behaviour is consistently well-managed by staff
- ☐ 80.3% agreed when concerns had been raised, they had been dealt with properly
- ☐ 84.6% confirmed school makes them aware of what their child will be learning in a term
- ☐ 89.8% said the school gives their child the support they need to succeed
- ☐ 80.4% agreed that the school has high expectations for their child
- ☐ 94% said their child does well at the school
- ☐ 87.2% agreed the school supports their child's wider personal development
- ☐ 85.5% confirmed there is a good range of subjects available to their child
- ☐ 67.4% said the school develops their child's understanding of British Values
- ☐ 93.2% agreed communication between the family and teaching staff is good
- ☐ 87.1% stated communication received from school is regular, clear, concise, meaningful and timely
- ☐ 95% agreed they would recommend the school to another parent

thank you!



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## 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**

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# Should I keep my child off school?

## Yes

### Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

## No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.



# ASRUS

ASRUS is a friendly place where children and young people with Autism Spectrum Condition (ASC) can socialise with each other, play with friends; be active outdoors; make music, cook and have a go at different arts and crafts

ASRUS runs on Wednesdays  
6.30 – 8.00pm in term time  
at the

Mayfield/Chestnut Centre and the  
Indigos Playground, Packhall Lane, off  
Chestnut Drive, Brixham TQ5 0EQ

There is support for families affected by ASC even if a diagnosis has not been confirmed. This includes opportunities to find out where to get help such as group support, medical/ educational information, and advice from SENDIASS.

## 14 September

Music with Moor to Sea  
Cooking apple crunch  
Making salt dough to  
take home  
Marbling and  
colouring

## 21 September

Music with Moor to Sea  
Cooking pineapple  
upside down cake  
Making sensory bottles  
with oil, water, glitter  
and gems,  
Drawing and colouring

## 28 September

Music with Moor to Sea  
Cooking cheese scones  
Design your own squeeze  
stars and make Magic  
Foam  
Drawing and colouring

## 5 October

Music with Moor to Sea  
Cooking Apple Galette  
Making sculptures  
with Styrofoam  
Drawing and colouring

## 12 October

Music with Moor to Sea  
Cooking  
Making spooky candles  
in jars to take home  
Drawing and colouring

## 19 October

Music with Moor to Sea  
Cooking  
Carving pumpkins  
Playing trick or treat  
in the woodland  
Drawing and colouring

**£3.00 per child and accompanying adults free**  
**BOOKING is ESSENTIAL [www.playtorbay.org.uk/events](http://www.playtorbay.org.uk/events)**

This project is coordinated by Play Torbay, Moor to Sea Collective and Junior Placement students from local schools; it is supported by the National Lottery. and 'Imagine this...'



# PROUD2BE

**FREE GROUPS AND SUPPORT  
FOR LGBTQ+ YOUNG PEOPLE  
AGED 11-18**

**YOUTH**

## TOTNES GROUP

**A WEEKLY IN-PERSON GROUP  
FOR LGBTQ+ YOUNG PEOPLE  
EVERY MONDAY**

## NEWTON ABBOT GROUP

**A WEEKLY IN-PERSON GROUP  
FOR LGBTQ+ YOUNG PEOPLE  
EVERY TUESDAY**

## TORQUAY GROUP

**A WEEKLY IN-PERSON GROUP  
FOR LGBTQ+ YOUNG PEOPLE  
EVERY WEDNESDAY**

## ONLINE GROUP (ZOOM)

**A WEEKLY ONLINE GROUP FOR  
LGBTQ+ YOUNG PEOPLE  
EVERY FRIDAY**

## TO SIGN UP

 [HELLO@PROUD2BE.ORG.UK](mailto:HELLO@PROUD2BE.ORG.UK)

 **0333 772 1187**

 [@PROUD2BE\\_](https://www.instagram.com/PROUD2BE_)

 [PROUD2BEYOUTH.CO.UK](https://PROUD2BEYOUTH.CO.UK)



## 121 SUPPORT

**PRACTICAL AND EMOTIONAL  
SUPPORT SESSIONS WITH A  
YOUTH WORKER, FOR LGBTQ+  
YOUNG PEOPLE**

**ONLINE OR IN PERSON**



# What Parents & Carers Need to Know about

# REDDIT

Reddit describes itself as a social news website where users connect and share stories, opinions and support; debate issues; ask questions; and chat to people with similar interests. Discussion topics are organised into communities (known as subreddits) that are created, run and populated by users, who remain anonymous throughout. Free speech is encouraged, and users – or ‘redditors’ – can vote posts ‘up’ or ‘down’ so they get more (or less) attention. Reddit is free to join, although signing up to Reddit Premium unlocks an advert-free version of the platform.

← R/FUNNY

R/TRENDING →

AGE RATING

13+

← R/MEMES

## WHAT ARE THE RISKS?

### MINIMAL MODERATION

As sharing opinions on Reddit is easy (and anonymous), offensive or age-inappropriate content is frequently posted. Moderation by admins and bots does occur, but can't cover every community – so Reddit relies on users voluntarily moderating these spaces. Subreddits marked NSFW ('not safe for work') can contain anything from profanity to pornography, so are not suitable for under 18s.

### HARASSMENT AND TROLLING

If someone on Reddit doesn't agree with your child's opinion, they may feel compelled to say so – in no uncertain terms. This could lead to a public bombardment of hurtful messages. Likewise, Reddit users are highly likely to encounter trolling (where someone posts a deliberately inflammatory comment to provoke a reaction) on the platform, which can be distressing.

### FAKE NEWS

Absolutely anyone can post a story on Reddit, so sub-reddits are occasionally prone to bias, misinformation and opinions being repeated as if they are facts. Fake news articles often grab users' attention with catchy or controversial headlines, and Reddit is no exception. It's important that young people are able to identify fake news – and disregard it rather than sharing it.

### GIFTING AND SPENDING

Users can gift awards to the authors of posts that they like (thereby encouraging their favourite redditors to keep contributing) by spending Reddit Coins. This virtual currency can be bought on demand (with real money) or received as part of the paid-for premium package. Users sending a gift can also leave an anonymous private message, a feature which has been abused by groomers.

### 'SUPPORTIVE' STRANGERS

By definition, Reddit users interact with strangers in public through their community – but also have the option to do so privately. Groomers could repeatedly up-vote a child's comments or respond encouragingly to their posts to win their trust. Once they've built a rapport, the predator then begins messaging the child in private to obtain personal details or try to lure them into meeting in person.

### NEVER-ENDING NOTIFICATIONS

Reddit's default is for all notifications to be on. There are a total of 26 types of notification on the platform, ranging from chat messages and comments to updates and mentions of username. This would lead to a child's device being pinged almost constantly with alerts, frequently causing them to be distracted by incoming notifications rather than being present in the moment.

## Advice for Parents & Carers

### SORT THE SETTINGS

Reddit's user settings can help ensure that minors don't view adult material. Under the 'Feed Settings' tab, switch the Adult Content toggle to 'off', and enable Safe Browsing Mode (this blurs out any explicit images). Also in settings, you can turn off all unnecessary notifications, to prevent your child being distracted by every post or comment on Reddit, allowing them some tech-free time.

### ENCOURAGE CRITICAL THINKING

It can often be difficult to tell if something online is real or fake – particularly for young people. It's important to encourage your child to double-check with reputable sources if what they've read is genuine. Remind them to consider what motives might be in the message – and to watch out for scams. Chatting about this regularly helps to develop critical thinking skills and good online habits.

### RISE ABOVE IT

If a person says something critical or offensive to your child on Reddit, it's natural that they'll want to respond. Explain to them, however, that is exactly the reaction that trolls look for. Don't give them the satisfaction: instead, report the comment to Reddit Support for investigation. Blocking a user stops them from messaging or following your child on the platform.

### AVOID PRIVATE MESSAGING

Through their Reddit profile, young people can control who's able to message them privately – with options including 'no-one' and 'accounts older than 30 days'. These controls help ensure potential groomers can't talk to your child in private, and that Reddit's admins and other users will be able to moderate and report anything they spot which causes them concern.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



Sources: <https://www.redditinc.com/policies/user-agreement-september-12-2021#EEA> | <https://www.redditinc.com/policies/content-policy>



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



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

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Online  
Safety®

#WakeUpWednesday



# 10 tips for parents and carers

## HOW TO BE GREEN WITH YOUR TECH

Right now, humans aren't living sustainably: we're taking too many resources and not leaving the world in a fit state for future generations. Old tech products are a clear example: if we throw them away, the poisonous lead and mercury inside can get into the food chain through the soil. Recycling tech, though, has its own issues: it's often exported to countries where the law doesn't protect people from hazards. Whole villages (including children) sort through discarded devices to remove useful parts and substances like gold, silver and copper – often putting their health at risk. Finding ways to re-use tech is the greenest option.

So what can we do with those cupboards and drawers full of old phones and unwanted computers?  
**Reuse, recycle, donate or sell them!**

### 1 DONATE THEM TO CHARITY

There are lots of charities that redistribute unwanted tech to worthy causes, either in the UK or in developing nations. If your old products are still working, this is a great option – as it means that new products don't have to be made. Search online for your nearest place that does this.

### 2 REMEMBER THE BATTERIES

Almost all batteries can be recycled – even the little 'button' ones from smaller gadgets. You could choose a box at home or school to keep used batteries in, and then take them to a designated place that collects them. Be very careful, though – button cells can be deadly if eaten by small children or pets.

### 3 USE YOUR ONLINE SAFETY KNOWLEDGE

If you're recycling, selling or repurposing any of your devices, make sure that all your personal data, private photos and so on have been deleted before the tech leaves your hands or is connected online.

### 4 REUSE THEM

Old smartphones can be used as webcams, security cameras, baby monitors or pet cams: there are apps that will configure them to do this. You can also turn an outdated phone into a TV remote control, an alarm clock that wakes you up with your favourite track, or a media centre you can take to places where you wouldn't risk your new phone.

### 5 TURN IT INTO SOMETHING NEW

Smartphones are more powerful than most older computers. If you have an unwanted android phone, it's quite easy to create a new computer – you could use an old TV as a monitor, meaning you just need a mouse and keyboard. There are also small devices you can buy which let you do the same with iPhones.

### 6 RETURN THEM

Return devices to the manufacturer or retailer you bought them from. Some manufacturers take responsibility for their products and accept them back, to refurbish and redistribute. If they *don't*, you could contact them and ask why: the more consumer pressure there is on shops and manufacturers, the more likely they are to act in a greener way.

### 7 SUPPORT SCIENCE

Let your old devices help modern research. Scientists currently investigating topics like far-off star systems, cancer treatment and earthquakes need enormous computing power. If your unwanted device is WiFi enabled, for example, you can connect it to a network so that it can boost scientists' research.

### 8 SELL THEM

This is also a green option as it means that fewer devices have to be produced. On top of that, you could also donate some of the money you make to an environmental charity.

### 9 RESEARCH DISPOSAL METHODS

If your device is beyond repair and no one wants it, get rid of it safely through a specialist tech disposal company. Check that your device won't be shipped off to another country for processing.

### 10 KEEP THINKING

There's no such thing as 'too many' ways to help our planet! If you come up with a better idea than ours, contact National Online Safety and tell us.

## Meet Our Expert

Neil Atkin teaches scientific literacy through his non-profit organisation, Rubbish Science, which engages people in working together to live more sustainably and creatively uses waste to help address real-life problems. There are a range of environmental activities you may like to try on their website: [www.rubbishscience.com](http://www.rubbishscience.com).



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USEFUL LINKS: Places to donate old electrical items: [www.recycleyourelectricals.org.uk/donate-electrical-goods](http://www.recycleyourelectricals.org.uk/donate-electrical-goods) | How to turn an old smartphone into a computer: [www.makeuseof.com/tag/ways-turn-smartphone-into-pc](http://www.makeuseof.com/tag/ways-turn-smartphone-into-pc)  
The rules about shops' responsibilities on tech: [www.gov.uk/electrical-waste-producer-supplier-responsibilities](http://www.gov.uk/electrical-waste-producer-supplier-responsibilities) | Two scientific research schemes which old devices can support: [www.zooniverse.org/get-involved-and](http://www.zooniverse.org/get-involved-and)  
[www.vodafone.co.uk/mobile/dreamlab](http://www.vodafone.co.uk/mobile/dreamlab) | Find your local tech recycling centre [www.recyclenow.com](http://www.recyclenow.com)



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



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# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 29<sup>th</sup> 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/>



#### Adventure Therapy - Half-term heroes!

Tuesday 25th October 2022 from 10am-3pm Ivybridge.

Join Adventure Therapy for an adventure-led activity day including Archery and Bushcraft!

'Who's your hero?'

Fancy dress will be Superhero themed but is completely optional.

This is a free event but spaces are limited, to find out more and book your place contact Amy on 07786607684 or email:

[amy.weekes@adventuretherapy.org.uk](mailto:amy.weekes@adventuretherapy.org.uk)



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ASRUS runs on Wednesdays

From 6.30 – 8.00pm during term time

at the Mayfield/Chestnut Centre and the Indigos Playground, Packhall Lane, off Chestnut Drive, Brixham TQ5 0EQ

For full details have a look at the attached poster.



#### Talkworks

Have you heard of mindfulness but don't know much about it? Are you interested to learn more? Why not come to Talkworks next

Introduction to Mindfulness session, taking place this **Friday 30<sup>th</sup> September** at 1:45pm.

The workshop is free to attend and will include the chance to take part in guided meditation practise. Sign up today by calling 0300 555 3344, or find out more go to: <https://orlo.uk/LJ4BI>



**HENRY** is an innovative charity that works in partnership with families to give babies and children aged 0-11 the best possible start in life.

**HENRY'S** work

supports improved nutrition, as well as the emotional and physical wellbeing of the whole family and wider child development. They deliver national and local healthy start services and also work in partnership with over 40 Local Authorities to train their staff to deliver evidence-based, group programmes for parents.

**HENRY** are also able to offer - **HENRY Buddy** service. A **HENRY Buddy** will keep in touch regularly by telephone to help the families through the ups and downs of family life. The service is Parent led – responsive to need and flexible – delivered at a time that works for the family. The Buddy listens and provides support, as well as offering practical ideas.

All the details and sign up information can be found by following this link: <https://www.henry.org.uk/freesupport>



**LOCAL ENERGY ADVICE  
PARTNERSHIP**

The energy and money saving service

**LEAP** is a free service that is helping people keep warm and reduce their energy bills without costing them any money. Click on the link to find out more. <https://applyforleap.org.uk/>

To book your place click here: [Here](#)



## Healthy Start Scheme

Healthy Start is a [national programme](#) that provides

financial support to eligible young families and pregnant women for fruit, veg, and milk, as well as providing free vitamins.

The scheme has recently gone digital, which means you will receive a pre-paid chip and PIN Mastercard with money pre-loaded every 4 weeks instead of paper vouchers.

You will qualify for the Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child that's under 4.

In addition, you must be receiving any of the following:

- Child Tax Credit (if your family's annual income is £16,190 or less).
- Income Support.
- Income-based Jobseeker's Allowance.
- Pension Credit (which includes the child addition).
- Universal Credit (if your family's take-home pay is £408 or less per month from employment).

To apply go to: <https://www.healthystart.nhs.uk/>

## QUIDS FOR KIDS

Through the **Quids for Kids** project, the organisation is able to provide specialist advice to:

- Families of children (or young people up to the age of 21) with additional needs, a long-term illness or disability
- Care leavers
- Young homeless people
- Foster parents
- People looking after a child with a special guardianship order

They can help by assessing whether you are able to claim benefits, and can help you challenge benefit decisions if you think you have not been treated fairly. Quids 4 Kids know the benefits system can be complicated and confusing and this can put busy families off claiming.

The service is available in the Devon County Council areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge, Torridge and West Devon.

For more information go to:

<https://www.cabdevon.org.uk/quids-for-kids/>



## Cerebra Online Sleep Seminars - Understanding and supporting children's sleep for parents and carers of children with brain conditions.

The online Sleep Seminars aim to give you the knowledge, skills and confidence to deal with sleep issues so the whole family can get a good night's sleep.

- Monday 31st October, 10am – 12:30pm
- Monday 28th November, 10am – 12:30pm

Places are free for parents of children with brain conditions. Find out more and book a place here:

<https://cerebra.org.uk/get-advice-support/sleep-advice-service/sleep-seminars/>



## Torbay Lego Masters

Weekly Hangouts, every Wednesday from 4:30pm- 6:30pm (adjusted times)

At the Riviera Life ROC

Centre, 6 Old Mill Road, Torquay, TQ2 6AU

£2 Per Session

Follow on Facebook for updates:

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



## Hypermobility and handwriting in children

The reason why hypermobility has an impact at school is that this child has to hold an object tighter than another to be able to control their hand movements. If you imagine asking a child with hypermobility to write their name and address. This child may tire quicker because the muscles in their hand are working harder to hold the pencil. They may even say their hand is hurting. This child's muscles may also be working harder to keep them in an upright sitting position. Sometimes children with hypermobility need to fidget to prevent their joints from feeling stiff or painful.

You can learn more about hypermobility on the

[On the NHS website](#)



## Cerebra

This week's #bookoftheweek is 'Dr. Suess's Sleep Book'. It's a classic illustrated bedtime story book aimed at children aged 10 and under. Find out more about Cerebra's library here: <https://buff.ly/3iFZkN>

# ARE YOU DUE A COST OF LIVING SUPPORT PAYMENT?

contact

### Low-income (£650)

- ✓ PAID: First instalment (£326)
- ✗ NOT PAID: Second instalment (£324)
  - Due in autumn (for most benefits)
  - Due in winter (for tax credits)

### Disability (£150)

- ⌚ ONGOING: Single payment of £150
  - Some payments have been made, but most payment will be sent to eligible people by early October

### Energy bills discount (£400)

- ⌚ ONGOING: Six instalments of £66
  - Discounts will be applied automatically or via vouchers between October and March

Many parent carers are feeling a bit lost over when each cost-of-living payment will be made, especially regarding the latest £150 disability payment.

Here's a breakdown of the payments that have either been made or are ongoing.

- If you haven't received £150 for each child on DLA/PIP or another disability benefit, don't worry. A few parents already have, but most will be getting it in early October.
- Some families have also received £150 for one child but not the other. This is also normal, as payments are being made on an individual basis.

For more information on the government's cost-of-living support package, visit Contact's website

[contact.org.uk/cost-of-living-support](https://contact.org.uk/cost-of-living-support)

Once all payments have gone through, you can report a missing payment here:

[secure.dwp.gov.uk/report-a-missing-cost-of-living-payment](https://secure.dwp.gov.uk/report-a-missing-cost-of-living-payment)



## Preparing for Adulthood

Moving into adulthood can be

more challenging for young people with special educational needs and disabilities (SEND). The Preparing for Adulthood Team want to ensure the best experience of transition to adulthood and are there to offer support.

If you are a young person between the ages of 12 and 18, a carer, parent, or professional seeking support from the Preparing for Adulthood Team, you should first complete the referral form.

The form can be completed by a young person themselves or by anyone that has gained consent from the young person or their family.

Click on the link to [Complete the preparing for adulthood referral form](#)



With children starting back at school, it can create different emotions and feelings and some maybe new to them. Here's some ways you can nurture and help your child's mental health.

## How to nurture a child's mental health



© 2019 Mental Fills Counseling Store



### Take part in the Health Outcomes for young People throughout Education (HOPE) Survey

The aim of this England-wide survey is to find out how Special Educational Needs and Disability (SEND)

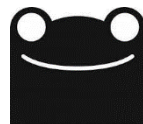
identification and support varies by Local Authority.

The survey includes questions about you, the youngest child with SEND that you care for, and your opinions and experiences of seeking extra support for SEND.

This survey needs to be completed in one sitting, and takes around 15 minutes. Before you start the survey, you get three choices; filling it out as a

- young person
- Parent Carer
- SEND provider

Click [Here](#) to take part



Eat That Frog

### Eat That Frog

If you or a loved one need support connecting your device to the internet and accessing services such as doctors or Universal Credit accounts.

Eat That Frog's patient mentors will sit with you every step of the way to make sure you are confident in accessing the services you need. Talk to Eat That Frog today to find out more. Call 01803 551551 or email: [info@eatthatfrog.ac.uk](mailto:info@eatthatfrog.ac.uk) or go to the internet:

<https://eatthatfrog.ac.uk/course-enquiry-form/>



PDA turns 'parenting norms' upside down – PDA's information sheet for parents and carers can be used to help build a 'toolkit' of helpful approaches. Free to download here:

<https://www.pdasociety.org.uk/.../helpful-approaches-for.../>

For more detailed information please see:

<https://www.pdasociety.org.uk/.../helpful-approaches.../>



For brothers and sisters of disabled children and adults

### Sibs

A few places have become available for Sibs online Discovery Course starting 4th October for

**adult siblings** who have an autistic brother or sister. They have an amazing line-up of sessions, including life-coaching, yoga, art sessions and creative writing. Check out the details here. <https://www.sibs.org.uk/.../adult-sibling-respite-project/>



### 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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