

# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 13<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/>



#### Half-term heroes!

Tuesday 25<sup>th</sup> October 2022  
10am-3pm,  
Ivybridge.  
Go along for an

adventure-led activity day including archery and bush craft. 'Who's your hero?' Fancy dress will be superhero themed but is completely optional. This is a free event but as spaces are limited you will need to book your space by contacting Amy on 07786607684 / [amy.weekes@adventuretherapy.org.uk](mailto:amy.weekes@adventuretherapy.org.uk)



#### Short Breaks Coffee Mornings:

The Short Breaks Project is working to improve the short breaks offer for

disabled children and their families. And as part of this work, they are working alongside Parent Carer Forum Devon to host a series of coffee mornings for parents and carers so that you can talk directly to them about your experiences of the service.

The up coming dates are:

**Tuesday 18 October – Online**

**Time:** 19:30-21:00

**Venue:** Online virtual meeting

**Tuesday 8 November – Okehampton**

**Time:** 10:00-12:00

**Area:** West Devon

**Monday 14 November – Exeter**

**Time:** 10:00-12:00

**Area:** Exeter

**Tuesday 22 November – Newton Abbot**

**Time:** 10:00-12:00

**Area:** South Devon

To find out more click: [Here](#)



#### Space Youth Service - Stepping Stones

This 12-week support programme is designed to build on confidence, social skills, health, well-being and to connect young people. In a small group setting, the programme is jam packed with lots of opportunities to gain the tools to build on any challenges young people may be facing.

Please see attached the Support programme leaflet and referral form.

Please send any referrals directly to Sophie Stevens: [sophie.stevens@spacepsm.org](mailto:sophie.stevens@spacepsm.org)



#### Speech & Language Advice Line for parents

If you would like to speak to a Speech and Language Therapist about your child's speech, language or communication, the Children and Family Health Devon Speech and Language advice line is open Monday to Friday 2 - 4.30pm on: 0333 321 9448. Alternatively, further advice and information can be found on our website:

<https://childrenandfamilyhealthdevon.nhs.uk/slt/>



**X-PLORE**  
GROUPS FOR LGBT/Q YOUNG PEOPLE IN DEVON

## X-Plore Online Session

**What we do on the discord:**

- Topic discussions
- Games
- LGBTQ+ history month discussions
- Fun activities

We host an online discord sessions for young LGBTQ+ people to come along to. These sessions offer is a mix of fun games and topical discussions.

X-Plore Online Sessions:  
Every Monday  
5 - 6pm

Get in touch to sign up!

@xplore youth  
@xplore youth devon  
@Xplore Youth

Visit our website:  
www.lgbtqyouthdevon.org.uk  
Email us at:  
XPLOREYOUTHDEVON@GMAIL.COM

**X-Plore - Face-to-Face Youth Groups** based in North Devon, Exeter and Okehampton for young people aged 13-19 years (Age 11-19 years in Exeter), providing a confidential safe space supported by youth workers and a place to meet other young people who are also LGBTQ+ on a regular basis.

**X-Plore** groups are there to support young people who are (or think they may be) Lesbian, Gay, Bi, Trans or Questioning their sexual orientation/gender identity.

**X-Plore** also have a group which meets online weekly for all young people in Devon age 13+.

**The X-Plore** Youth groups will:

- Empower you to understand and develop a healthy self-image
- Provide a safe space where you can explore and express your feelings and Identity with others
- Help you make new friends
- Support you to be confident in who you are
- Support you to work together to challenge prejudice and discrimination

**X-Plore don't publish the locations of the groups online to maintain privacy for those attending. Simply get in touch to find out exactly where they meet.**

**Find out more about the groups, resources available and how to get in touch here:**

<https://www.lgbtqyouthdevon.org.uk/>



**X-PLORE**  
GROUPS FOR LGBT/Q YOUNG PEOPLE IN DEVON

<b>Exeter Juniors</b> WEEKLY 6.30-9PM	<b>Exeter Seniors</b> WEEKLY 6.30PM-9P M	<b>Barnstaple Seniors</b> WEEKLY 6.30PM-9P M
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**OKEHAMPTON SENIORS**  
WEEKLY  
6-8.30PM

Youth Groups  
For ages Year group 7-19 Years

@xplore youth devon GET IN TOUCH TO FIND OUT MORE  
@xplore youth  
<https://www.lgbtqyouthdevon.org.uk/>



### Devon Young Carers

The latest edition of the Devon Young Carers newsletter is available now. The newsletter contains all of the latest news, links, resources, information and upcoming events that young carers can get involved in.

[The latest edition of the Devon Young Carer Steering Group newsletter](#)



National **Portage** Association  
Partners with Parents and Children

**Portage workshop** – a small steps approach to learning for children with special educational needs and disabilities

Attending a Portage Workshop gives participants the opportunity to increase their confidence in working with children with SEND.

- Gain practical strategies, ideas and resources that can be used straight away within the home and in settings, to differentiate and provide for children with additional needs
- Work with and learn from parents and other professionals
- Develop links and gain access to support from Portage professionals working in the field of early years/SEND
- Improve their everyday practice to the benefit of all children, not just those with additional needs
- Develop an understanding of how to achieve real, meaningful inclusion in settings.

This is a certificated training course delivered by National Portage Association Accredited Trainers. You will need to attend all the sessions to meet the standards.

#### Dates:

Tues 8th November 2022 – 9-3.30pm (Mezz room 4) – Tor Hill House, Torquay, TQ2 5QW

Tues 15th November 2022 – 9-3.30pm (4th floor south) – Tor Hill House, Torquay, TQ2 5QW

Tues 22nd November 2022 – 9-12.30pm (4th floor south) – Tor Hill House, Torquay, TQ2 5QW  
Cost: £50.00 per candidate

For further information regarding booking and payment please email: [earlyyears@torbay.gov.uk](mailto:earlyyears@torbay.gov.uk)



24-26th  
OCTOBER  
10AM - 3PM

VENUE: CUSTOM HOUSE  
EXETER QUAYSIDE

## FREE HALF TERM CREATIVE WRITING COURSE

EXETER CITY COUNCIL'S HOUSING DEPARTMENT IS WORKING WITH MAGIC CARPET (A LOCAL ARTS CHARITY) AND QUAY WORDS TO DELIVER A FREE CREATIVE WRITING COURSE FOR YOUNG PEOPLE AGED 13 - 16 YEARS.

Whether your young person is a loud poet who loves performing, or a more quiet kind of writer, this is an ideal opportunity for them to develop their writing, learn new skills and share work in a small, supportive group.

Participants will be flexing their creative muscles with some fun and interesting writing exercises, looking at stories, spoken-word and poetry. They'll play games, draw on their own lives and their surroundings, write about rivers, create new myths and discover some brilliant writers.

### MEET THE FACILITATORS

**Clare Viner** is an Exeter-based storyteller who has performed at festivals around the UK and is passionate about telling stories about places. Recently she's been working with the West Country River's Trust and leading a story walk along the River Culm.

**Chris White** is a poet and performer based in Exeter. He's a multiple slam winner, a former Bard of Exeter, and Exeter Cathedral's first Riddler in Residence. He has brought his work to nights and festivals from Lattitude to Tongue Fu.

TO BOOK: EMAIL [HANNAH@MAGICCARPET-ARTS.CO.UK](mailto:hannah@magiccarpet-arts.co.uk) BY 17TH OCTOBER, OR CALL 01392 422938.

IN PARTNERSHIP WITH:

**Exeter City Council and Quay Words** are all set to deliver a FREE creative writing camp this Autumn half term for young people aged 13 - 16yrs old.

Starting on 24th until 26th October from 10am - 3pm. To book your place email: [hannah@magiccarpet-arts.co.uk](mailto:hannah@magiccarpet-arts.co.uk) or call 01392 422938



**Running Deer Intervention Service** are really excited to announce a new service for young people, based at their family centre in Moretonhampstead.

Running Deer virtual intervention (or gaming and talking) offers therapeutic and social benefits to children and young people in a bespoke way. Utilising online and offline video games such as Minecraft, they aim to...

Provide a therapeutic space for neurodiverse children and young people, building trust and relationships,  
Reflect upon emotions thought and feelings,  
Support social and emotional development whilst developing communication skills.

For more details click: [Here](#)

## DD DANGEROUS DADS

# Pumpkin Carving at Cricketfield

Saturday 22nd 1 - 4pm

Any Dads, Male Carers or Grandads want to join carve some pumpkins, explore the garden.

Free Refreshments and limited number of free pumpkins, which need to be booked in advance.  
To reserve a pumpkin call Dan on 07905 765 263

Cricketfield Community Garden, Cricketfield RD, Torquay (Look out for the flag)

## PLYMOUTH DADS PROJECT

(under 5s group)  
Sat 15th Oct 9.30-11am  
at just Imagine Parties and Play, Plymouth

Halloween Crafts  
to book your FREE place,  
email: [bookings@dangerousdads.org.uk](mailto:bookings@dangerousdads.org.uk)

Sponsored by

## FRIENDS & FAMILIES

**Friends and Families**  
There are still have some spaces available for the October half term – Young Carers, Fun and Freedom activity at Woodlands.

Saturday 29th October from 09:30 - 17:00  
Pick up point in Plymouth (TBC)  
£7 – book here: <https://bit.ly/3MoLnTE>  
Fun and Freedom Club runs regular activities that allow young carers time to make friends and have some fun away from their caring role at home.

**Devon County Council** has launched three websites dedicated to providing help and advice for young people and their parents and carers, from pre-natal right through to teenage years.

• **Health for under 5s** – offers pre-natal advice and for children up to aged five years old:

<http://soc.devon.cc/G51TS>

• **Health for Kids** – aimed at parents and carers of children primary school aged – includes games, videos, and quizzes. It's split into four 'worlds': healthy bodies, healthy minds, health issues and getting help:

<http://soc.devon.cc/7cnR1>

• **Health for Teens** – for young people of secondary school age and their parents and carers. It tackles the issues many teens go through, as their bodies change, and they become more self-aware, while also still working out who they are. For more details click: [Here](#)

**Talk Works**

Looking after your mental health, both inside and

outside work, is so important for maintaining a healthy work-life balance.

The 'Wellbeing in the Workplace' winter workshops are designed to help improve your mental and physical wellbeing in the workplace, and in day-to-day life.

They focus around improving sleep, managing stress and boosting overall wellbeing, and are all available free of charge for businesses and organisations across Devon

Call 0300 555 3344 or visit website to find out more: <https://orlo.uk/I54M3>



**Free Online Family Workshops**

**More dates added**

A range of free, interactive and supportive workshops to give your child the best possible start in life

Eating well for less

Starting solids

Understanding children's behaviour

Healthy teeth

Fussy eating

Looking after ourselves

[www.henry.org.uk/freesupport](http://www.henry.org.uk/freesupport)

**henry**  
Healthy Start, Brighter Future

Following the huge demand for Henry's online workshops, they have added new dates for all of their workshops.

Visit [www.henry.org.uk/freesupport](http://www.henry.org.uk/freesupport) to find out more and to book your place.

What would encourage you to play your part in making Devon the best place to grow up? Devon County Council would like parents, carers and guardians to help shape a new visual identity for people and communities to unite and rally around.

Please fill in their short survey before Friday 21 October <http://soc.devon.cc/lrCWQ>



**Help make Devon the best place to grow up. . .**

Share your thoughts and be part of our ambition for children, young people and families.

[devon.cc/wish-for-devon](http://devon.cc/wish-for-devon)

**Devon**  
County Council



## Useful Emergency Contact Numbers:

NHS Helpline: **111** Use **999** if a medical emergency.

Multi Agency Safeguarding Hub, if you are concerned about your own safety or that of a child or young person: **0345 155 1071**

National Domestic Abuse Helpline (Devon): **0808 2000 247** (24 hours) Use **999** if you are in immediate danger.

YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are a young person experiencing a mental health crisis. If you need urgent help **text YM to 85258**

Samaritans (24 hours): **116 123**

Citizens Advice Bureau National Helpline: **03444 111 444**

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**Find us on Facebook.....like the SIGNPOSTplus page for regular updates on all things related to children with additional needs. An archive of recent snippets can be found at the**

**[SIGNPOST plus page](#) on the Children and Family Health Devon website**

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

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