



Snippets 26th July 2018

- **Common Sense**

An independent non-profit organisation dedicated to helping children thrive in a world of media and technology. They can help steer away from things that are developmentally inappropriate and help find the hidden gems that are right for families and children. There is some useful information about Fortnite and reviews of other games as well as some helpful insights into current social media trends. There is also a dedicated section for special needs and learning difficulties. To find out more go to: <https://www.commonsensemedia.org/>

- **Disability Football Opportunities**

Across Devon in the summer holidays, there are a number of Summer Holiday Football programmes for children with additional needs and disabilities taking place. Football activity days in Plymouth, Exeter & Torquay will include fun games, multi-skills activities, matches and prizes to be won. Details of these events and the weekly children's disability football clubs running across Devon can be found at: <http://www.devonfa.com/news/2018/jul/17/summer-disability-roadshows-in-devon>

- **Esteem Team – Exmouth**

Empowering, Enabling, Mentoring, Esteem Team believe that every child, young person and family are different. One size fits all doesn't work.

They work with people to offer a bespoke package that best fits what you need. Here are some things they could offer:

1:1 Mentoring & Coaching, Enabling, Information Workshops, Respite Extra, Advocacy, Home schooling sessions, Speech and Language support and Lego Therapy. To find out more go to: <http://www.esteemteam.co.uk/> or Tel: 07757698280 or email: jennaesteem@gmail.com or gemmaesteem@gmail.com

- **Haven at Open Door Exmouth**

This Christian based charity offers a range of support, Haven being one of them, Haven is a safe space for young people to meet, a peer support group to learn coping strategies, to be listened to, and to realise that they are not alone. It does not replace professional services, but hopefully adds to them and helps to support young people while they are waiting to access professional help.

Haven runs two support groups for young people, one for primary aged children and the other for secondary aged young people. Sessions alternate fortnightly. They also run a parent support group on the first Monday night of each month.

Haven session timings as follows: Monday, 4:30-6:30pm – Primary Group (fortnightly) and Monday, 6-8pm – Secondary Group (fortnightly)

To find out more go to: <http://www.opendoorexmouth.org.uk/our-projects/haven/>

- **Time for You**

This small, supportive group for Mums of children with additional needs are offering a creative Tools and Coaching course running from Friday 14th September. The course will run from 10.30am – 12.30pm for 12 weekly meetings at Watcome Children's Centre, Torquay. This is a FREE course but booking is essential, to find out more contact Jo on 07855529582 or email jo@co-creativecoaching.co.uk or visit the website: www.mums4achange.org

- **Make Lunch – Tiverton**

During the summer holiday 'Make Lunch Kitchens' are being opened at Two Moors Primary School, Cowleymoor Road, Tiverton, Devon, EX16 6HH

They will provide free, healthy, cooked food for children. In Tiverton they are extending this to include families who have at least one child under the age of 11. To book meals for your family, the day before you want to join, text or phone them and leave your name, how many meals you would like and include any specific dietary requirements (e.g. vegetarian, dairy free).

The kitchen will be open from 12.00pm – 1.45pm on: Monday 30 July to Thursday 2 August, Monday 6 August to Thursday 9 August, Mon 13 August to Thursday 16 Aug Mon 20 August and Thursday 23 Aug. Meet other families, enjoy a meal or just have time and space to enjoy playing with your children without the distraction of home. The Tiverton Kitchen are also providing a range of art, craft, games, stories and other activities all for free. Come to one session – or all 10, to find out more contact: 07423 553237 or have a look at: <https://www.tlg.org.uk/your-church/run-a-programme/make-lunch>

- **Summer Cookery Club 2018 - St Sidwell's, Exeter**

There will be Young Chefs Cooking and Craft Courses that will run for four weeks. These are taking place during the summer holidays and are free programmes open to children eligible for free school meals. Participants learn cooking skills, make healthy meals together, and use crafts and other activities to record recipes and learn about nutrition and where food comes from. There will also be a trip to West Town Farm.

To be held at St. Sidwells Centre, Sidwell Street, Exeter, Devon, EX4 6NN from 30th July-3rd August (Exeter), 6th-10th August (Exeter), 13th-17th August (Cranbrook), 20th-24th August (Exeter). To find out more Telephone 01392 666222 or email: events@stsidwells.org.uk

- **Phoenix Theatre Exeter Drama Workshop, FREE taster session**

Saturday September 8th 1pm-2.30pm Phoenix Theatre Exeter
Gandy Street EX 4 3LS

Drama Express is a West Country charity providing opportunities for young people with additional needs to aspire to their dreams of appearing on stage.

Booking: dramaexpress11@yahoo.com or call 07724 930 744

- **Lifeworks Holiday Project**

Last few places available for learning disabled young people aged 12 and over from 10am-4pm daily:

Keep Calm and Do It Anyway (6th-10th August): A new wellbeing activity programme "...unique in that it puts wellbeing and self-care at the core of the entire project. As well as participating in lots of fun and adventurous activities; paddleboard yoga,

forest school, hula hoop and hip hop plus a litter pick up in sea canoes in Brixham, the young people will learn to be in the present moment as a way of connecting to themselves, others and the world around them.” Youth Mindfulness Coach, Abi Yardimci

All Aboard (28th -31st August): Supported by the Heritage Lottery Fund, the Branchline Partnership (SPLASH, Play Torbay, Lifeworks, Daisi, Dance in Devon and Soundart Radio) are coming together with South Devon Railway, Ashburton Museum and Newton Abbot Town & GWR Museum to explore the Ashburton to Totnes Branchline. Come and ride the steam train, investigate and record people’s memories of the old line and create digital art (sight and sound), 2D prints and even a dance performance for the train to celebrate the old line – your work will be exhibited across South Devon Railway on the last weekend of the summer holidays and you can invite family and friends to enjoy what you have created. To find out more or to book on please contact SJ email: sarah-janelowson@lifeworks-uk.org M: 0750 086 0288

If you would like to be removed from this mailing list please let me know .
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.



If you would like to be removed from this mailing list please let me know

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.

