

- **Contact** will be holding a live Q&A session on Facebook all about school or college transport on Wednesday 26 September between 1-3pm, where parent carers can ask expert advisers any questions they have. Just log into Contact's Facebook page on Wednesday 26 September between 1-3pm and join the conversation. <http://ow.ly/rGvf30INYGs>
- **Parents Plus –Adolescents course** running from 04/10/18 (every Thursday) for 9 weeks (excluding half term – Thursday 25/10/18) at 10:00 am, taking place at Taw View, Barnstaple, EX31 1EE (a Devon County Council building). There will be refreshments provided and also a free booklet for every parent who attends. The course is open to all families from any level of service (Universal, Early Help, Child in Need or Child Protection). For further information contact Jon Baker-Churchill on: 07580 834440.
- **South West Autism** are offering a monthly girls group from October. This will run once a month on Saturday mornings, they will cover subjects such as puberty, hygiene and staying safe which will include on-line safety. By going along to these groups there is always an opportunity to develop friendships and engage in various activities such as arts and crafts etc. For more information on dates, fees etc. contact: southwestautism@gmail.com have a look at www.southwestautismsupport.com or Tel: 07582 608641. Facebook: South West Autism Support Services or twitter: @SWAutism
- **Your views about Changing Places toilets.....**As part of the Changing Places campaign, Muscular Dystrophy UK has set up two surveys to gather up-to-date information from Changing Places users and campaigners, as well as venues. The user and campaigner survey focuses on the impact Changing Places toilets have on people's every day lives. The venue survey focuses on the decision making process venues go through when assessing whether they can provide a Changing Places toilet as well as barriers they may face. The information will be used to evaluate the impact of the campaign and to further inform campaign goals. It is also an opportunity to gather your stories about what Changing Places toilets mean to you and what life is like when these vital facilities are unavailable. Please share the surveys widely with anyone you think would be interested in participating. The data is collected by Muscular Dystrophy UK as Changing Places co-chair on behalf of the Changing Places Consortium. If you have any questions or concerns about the survey, please contact changingplaces@muscular dystrophyuk.org To find out more and to complete a survey go to: <http://ow.ly/jZby30IRLhM>
- **Rate it!** is a new, DRILL funded website that offers disabled people a space to share their views and reviews of products that can help to make life easier. They want to build a thriving community of product reviewers who can help each other to research, choose and buy the products that will work best for them. To find out more go to: <http://ow.ly/9ZBj30IRH2O>
- **Cerebra** are launching a new resource to help families who have a child with a brain condition to get a good night's sleep. 'Sleep – tips and techniques for families who have a child with a brain condition' explains techniques to help with the ten most common sleep problems including refusing to go to bed; not wanting to sleep alone, waking up during the night, waking up early. To find out more or to download a copy go to: <http://ow.ly/E4WH30ITF3F>
- **Help to Save** is a new Government savings scheme for people on low incomes who receive certain benefits. The initiative gives you a bonus payment of up to 50% on savings paid into the account. To find out more go to: <https://www.turn2us.org.uk/About-Us/News/Help-to-save>
- **Contact** have published *The Helpful Guide for Families with Disabled Children*, a comprehensive companion for all parents about the many ways they can support families. To order a copy of the helpful guide go to: <https://contact.org.uk/order-your-copy-of-the-helpful-guide-for-families-with-disabled-children/> complete the online application form and they will send you a copy within a couple of weeks.
- **PENCRU - FEEDS: Focus on Early Eating, Drinking and Swallowing review"**
Do you have a child with a developmental difficulty who has, or has previously had, eating and drinking difficulties? Would you be interested in taking part in a focus group to talk about strategies you were recommended to use at home to help with eating and drinking, and what you thought of them? The focus groups are running on 2nd/3rd October in Exeter and PENCRU will offer you a £50 voucher to thank you for your time and to cover any expenses. If you would like to take part please email Dr Helen Taylor, FEEDS researcher, at FEEDS@ncl.ac.uk You can find out more about the study here: <https://tinyurl.com/FEEDSstudy>

- **Sainsbury's Sunflower Lanyards.** Sainsbury's initiative helps consumers who have hidden disabilities to shop independently and easily by offering them a sunflower lanyard to wear while shopping. This prompts staff to discreetly offer extra support such as opening a new checkout lane, assisting with finding items, or more time at the checkout. To find out more go to: <http://ow.ly/Nz8e30IQzq7>



Find us on Facebook.....like the SIGNPOSTplus page for regular updates on all things related to children with additional needs.

An archive of the previous four weeks of snippets can be found at the SIGNPOSTplus page on the Devon Integrated Children's Services website: <http://devon.integratedchildrenservices.co.uk/signpostplus/>

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

Disclaimer

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