

- **The new Parent Progression Project** has been developed by Exeter Communities Initiative (ECI) and Action for Children, with a team of people working across the County. They aim to help parents identify where they are and the distance they may need to travel in reaching their full potential. The team are led by Adrienne Baker, Parent Progression Manager and a team of advisors. To find out more go to: <https://new.devon.gov.uk/eys/new-service-for-parents/>
- **Mencap** As a new school year approaches it's an exciting time of making friends and learning new things. But some people might be a little worried about bullying. If you're a parent, carer or pupil, there are ways you can help make the school a safe and friendly place and reduce the chances of bullying. To find out more go to: <http://ow.ly/5Y4i30IFL1c>
- **Bideford Bridge Rotary Club** are holding their annual evening at the Milky Way for children with special needs on Friday 19th October from 5.30pm. To find out more go to: <http://www.rotary-ribi.org/clubs/page.php?PgID=721426&ClubID=1589> to book a place contact John Wilson on: 07977 263914 or David James on: 07787 907175.
- **Turn 2 Us** Back to school financial help, there are many benefits out there to help parents with the costs of raising a child. Use the Turn2us Benefits Calculator to find out what you might be entitled to. <https://www.turn2us.org.uk/Benefits-Calculator-redirect> and have a look at what other information Turn 2 Us have to offer with regards to returning to school. <https://www.turn2us.org.uk/About-Us/News/Back-to-school-financial-help>
- **Down's Syndrome Football** Inclusive football and multisport activities for children and young people with Down's syndrome ages 18 and below. Monthly sessions on Saturdays 11am – 12noon at Wonford Sports Centre, Rifford Road, Exeter EX2 6NF. Contact: will.allen@ecfc.co.uk or call 01392 255611
- **Guide Dogs Family Weekend** For families of children with a recent diagnosis of a visual impairment, Friday 19th – Sunday 21st October, Teignmouth, Devon. A chance to meet other parents and exchange information. Accommodation, breakfast, lunch and dinner plus refreshments. Family fun and games. Family evening entertainment. Indoor swimming pool. Creche available while parents attend workshops. Guide dogs' children and young people services team on hand throughout the weekend to provide information and discuss any issues of concern to your family. Particularly suited to families whose children have recently been diagnosed with a visual impairment. To find out more on cost etc. contact Sally or Cat on 0118 983 8318 or email recreation@guidedogs.org.uk
- **Free Flu Vaccination**, Carers are entitled to a free flu jab, contact your GP surgery to book. For support contact Carers Trust on: 0844 8004361 or info@carers.org quoting reference: *flufighter*.
- **Theatre Alibi present Table Mates at Exeter Phoenix**, aimed at 5-11 year olds. BSL Interpreted performance Saturday 10th November at 2pm, Relaxed Performance 11th November at 11am. £7 child and concessions, £10 adult and £30 family. To find out more go to: <https://www.exeterphoenix.org.uk/events/table-mates/>



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/>

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