

- **Syndromes Without A Name (SWAN)** are holding a free information event for families in Exeter on 22<sup>nd</sup> November 10am-2pm at the MS Lecture Theatre in the Research Innovation Learning and Development (RILD) building, Royal Devon and Exeter Hospital. It's free to attend but booking is essential. Email or call to book a place and to let them know if you have any dietary requirements: [info@undiagnosed.org.uk](mailto:info@undiagnosed.org.uk) / 020 7831 0883.
- **My Family Our Needs** have recently published an insightful article by Liberty Warren-Green which is a first-hand account of Autistic Meltdowns, to read the article go to: <http://ow.ly/RwOf30m51lb>
- **The Down's Syndrome Association Helpline** offers information, support and advice to people with Down's syndrome, their families and the people that support them. The DSA Helpline can:
  - Answer your questions and enquiries about Down's syndrome.
  - Provide a listening ear and a source of advice and support for families.
  - Provide information and support on issues such as health, social care, benefits and education for people with Down's syndrome.
  - Explain how families can access support locally.
  - Direct you to other sources of information.Call: 0333 1212 300, 10.00am – 4.00pm, Monday – Friday (closed Bank Holidays). Or go to their [website](#)
- **Turntable** is a furniture re-use charity that collects donated furniture, carpets and domestic appliances to pass on in Exeter and surrounding areas. Turntable does not sell the furniture it is given and only passes it on for a standard charge to families and individuals that are referred by local social and support workers. If you have any unwanted household items that are in good, clean condition or you are in need of furniture, you can contact them on Tel: 01392 202032, **or** visit their website: [www.turntable.org.uk](http://www.turntable.org.uk)
- **PenCRU Health Parent Carers Research Project** - Do you care for a child or young person aged up to 25 with special educational needs or disability? Do you want to do something to improve your health and wellbeing? Parent carer health and wellbeing is often overlooked. The *Healthy Parent Carers* programme provides information about simple steps that parent carers can take every day to improve their health and wellbeing. It has been designed with parent carers. Parent carers are invited to take part in NHS-funded research to compare different ways of accessing the programme. If you sign up to participate, you will be allocated to either online information or weekly group sessions. To find out more visit their [website](#)
- **Roald Dahl Marvellous Family Grant Scheme.** Families facing financial hardship whilst caring for a child with a serious illness can apply for grants of up to £1,000 to fund a variety of essential items and services including (but not limited to) specialist equipment, creative therapies, hospital travel expenses, everyday items to improve the child's quality of life, attending medical/support group conference, social activities and memberships. Applications must be completed by health or social care professionals on behalf the family and are considered at monthly meetings. The next application deadline is 5pm on the 31st October 2018.
- **Young Epilepsy Free Seizure Diary.** Keeping track of your epilepsy can help doctors to see if there is a pattern to when seizures happen. This will help them understand and provide options on how seizures can be controlled. The seizure diaries are free, you just pay for postage and packaging. Designed for young people, 'All About Me' helps the user to monitor seizures and take control of their epilepsy. This diary means they can record thoughts and feelings, track seizures and any seizure triggers. It also provides support and advice on going out, socialising, sports, careers and much more. To find out more go to their [website](#)



**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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