

- **CHICKS** - The Autumn/Winter edition of [CHICKS magazine](#) is now available to read online. The theme is 'All grown up' and focuses on the stories of adults who went on CHICKS breaks as children.
- **Contact** have just updated one of their most popular parent guides: [Claiming Disability Living Allowance for children](#). Disability Living Allowance (DLA) is the main benefit for disabled children and can transform a family's income by helping to meet the extra costs of raising a disabled child such as transport, heating, special food and clothing. They've also refreshed their [Developmental Delay guide](#) aimed at parents worried that their child is not developing as they ought to be, or who have been told that their child has developmental delay or global developmental delay. Contact publish a wide range of free guides for parents, visit www.contact.org.uk for the full list.
- **Dental Toolkit** - Visits to the dentist and oral care at home can be difficult for people with autism. Autism Speaks partnered with Colgate and Philips-Sonicare to create a video and a free downloadable dental guide for families of children with autism and dental professionals. To find out more visit the Autism Speaks [website](#)
- **Sky Badger** have recently updated their list of [Make a Wish Charities](#)
- **Unique Tales for Siblings** is a fun cartoon style booklet aimed at children to help explain chromosomes and chromosome disorders. It is free to download, click [here](#) and scroll to the bottom of the page.
- **Cerebra** have put information together in relation to children who need a parent with them in order to sleep. The information is an excerpt from their Sleep Guide, just one of their sleep information booklets which are available to download free from their [website](#)
- **SNAP (Special Needs in the Park)** is a fun, social club in Okehampton for children and young people with special needs to make friends and learn new skills. Children and young people meet every Thursday, 6.45-8.15pm, to enjoy music, dance, gymnastics, trampolining, and develop throwing, catching and other fundamental movement skills through games and other sports. The club also organises other activities outside of the Thursday evening sessions. New members are always welcome. For more details or to join, please contact snap.okey@gmail.com, 07851257733, or Vicki Pritchard at vicki@ocrasport.org.uk
- **Bis-NET Training** *Supporting a Young Person with Challenging or Aggressive Behaviour* £40 Thursday 8th & Friday 9th November. *Understanding and Supporting an Autistic Young Person* £40 Thursday 15th & Friday 16th November. *Understanding and supporting a young person with ADHD/ADD and developing executive functioning* £40 Thursday 22nd & Friday 23rd November. *You 1st: Supporting yourself to support your child* £40 Friday 30th November. *Behaviour Support & De-escalation training for professionals* £75 Thursday 6th & Friday 7th December *Parent Safety & Breakaway Training* £75 Thursday 13th & Friday 14th December. To find out more and to book a place [click here](#).
- **Mindfulness Research** - Are you a carer of a child or adult who lives with you and has a learning disability? If so, you might be interested in taking part in some new research about an online mindfulness course for parents of people with LD. All family carers who take part in the study will get free access to Be Mindful and some family carers will be randomly selected to also receive additional telephone support from parents who have been trained to deliver telephone coaching for Be Mindful. All families will be asked to complete questionnaires on three different occasions. Recruitment for this study is underway. To register your interest in this project, please contact:- Samantha Flynn, Research Assistant, by email: S.Flynn.1@warwick.ac.uk or by phone: 07823 362152. To find out more go to: <http://ow.ly/9ZMt30mgtOI>

Due to annual leave there will be no Northern Information Snippets next week, the next edition will be distributed on 1st November.



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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