

- **Join the Contact online community**.....a safe place where you can chat to other families online about anything and everything that affects you and your child - from benefits and medical conditions to healthcare, holidays and higher education. To find out more click [here](#)
- **Marks & Spencer - Kids Easy Dressing** M&S have created a special range of clothes adapted for children who need extra help – whether they have feeding tubes or simply need clothes that are easy to put on and super-gentle on sensitive skin – to help make dressing easier, quicker, more comfortable – and more fun! To see the range click [here](#)
- **HFT** have a range of resources and guidance to find answers to common questions that people ask about learning disabilities, social care support, and legislation. <http://ow.ly/Y1Zc30m3XB4>
- **Kidscape** have a range of downloadable resources for young people on their website including; 'Don't Bully Me' for primary aged children, 'Cyber Bullying', 'Moving up to Senior School' and 'You can Beat Bullying'. To find out more go to: <http://ow.ly/pAVI30m4V6H>
- **Fire safety for people with specific difficulties.** If you or a family member has hearing, sight or mobility difficulties you can call 0800 05 02 999 to speak to a member of the Fire Safety team who will provide you with information about keeping safe at home. They can also arrange for one of their technicians to visit. They will offer practical advice and sometimes specialist equipment, where necessary, to suit your needs. There is also a free downloadable [Information Booklet](#)
- **Y Smart Foundation Training:** Substance Misuse and Young People. The learning outcomes for the two-day Foundation course are as follows: To understand the context of substance misuse and young people -To explore reasons why some young people are more at risk of substance misuse - To identify protective/vulnerability factors for YP's substance misuse - To explore drugs, their effects and legal classifications - To raise awareness of the impact of parental substance misuse on young people - To explore the cycle of change and basic strategies to support/encourage change - To look at the 'Tier' system/confidentiality and competency to consent to treatment - Information about local/national services to support Young People around substance misuse - Using a screening tool to identify substance misuse - Using case studies to consolidate learning. Thursdays 6th & 13th December, 9:30am to 4:30pm. Venue: Ivybank, 45 St David's Hill, Exeter EX4 4DN. Course fee - £65 per attendee (for both days). To find out more about the foundation course and how to book a place click [here](#)
- **Odd Shoe Scheme.** If your child has different sized feet Clarks can supply most of their shoes in odd sized pairs. Instead of having to buy two pairs, you can have one pair to fit both feet. There is a surcharge for this service of 25% on top of the usual shoe price. For further information contact your local store or call customer care on: 01458 899901.
- **Next Steps Development** charity aims to help young adults who are struggling to find or maintain employment or enjoy a healthy social life. They offer support to those with disabilities or mental health issues and have a fantastic new café; The Wooden Bowl, pop in and find out more at St George's House, St. George Road, Barnstaple, EX32 7AS, call 01271 859384 or email nextstepsdevelopment@gmail.com Find out about the charity on their [website](#)
- **Exeter and East Devon Down's Syndrome Group.** Join EEDDS for coffee, cake and a chat on Saturday 6th October from 9:30am – 12:30pm at St Stephen's Church, High St, Exeter. All proceeds will go to EEDDS and will be used to provide events, activities and opportunities for their members and families. If you would like to know more about them and what they do, please contact the Secretary, Harriet Hall: 07480 301 244 harriet_hall@hl123.plus.com



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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