



Snippets 18th October 2018

- **National Marine Aquarium - Friday Fright Night**
Friday 26th October 2018, 6pm-8pm. Join in for an afterhours evening of spooky fun! With pumpkin carving, cupcake decorating, face painting, trick or treat games and a frightening Fright Night Show. Adults £7 Child £13 under 3's and carers go free. For more details go to www.national-aquarium.co.uk or Tel: 0844 8937938
- **Devon Parent Carers' Voice**
Save the date, Winter Events: BE A RESPONSIBLE DRIVER ON YOUR SEND JOURNEY. **This is a parent/carer event only.** There will be no Marketplace this year and the event will be based around you and your journey. Hear news and updates, what is happening behind the scenes.....join discussions and workshops
Book now at: <http://ow.ly/QniJ30mgzzD> for 20th November
Or <http://ow.ly/juPd30mgzCO> for 27th November
- **Open Minds**
Would you like more tools to help children and young people calm down and self-regulate? Level 1 training day, TEN TOOLS for EMOTIONAL RESILIENCE and WELLBEING will do just that.
Thursday 8th November 2018 from 9.30am – 3pm at The Brickhouse Vinery, near Kenton. Great for TA's and anyone supporting the emotional wellbeing of children and young people. Cost is £125 per person, for more information and to book a place email Helen@openmindsdevon.co.uk Limited places so book early.
- **Daisy Pre-school – Baby and Me**
Thursdays from 10am – 11.30am at Daisy Pre-school, cost £2.50 per session. Drop in and enjoy a time to share, listen, laugh, relax and take some time for you while you enjoy a light breakfast. For more details contact Rainbow Nursery on 01803 863447
- **VirginCare Website**
Did you know the Speech and Language team have Early Years and School Years Self Help Toolkits on the VirginCare website?
To find out more go to: <http://devon.integratedchildrensservices.co.uk/speech-language-therapy>
- **Syndromes Without a Name (SWAN)**
Exeter Information Event, 22nd November 2018 from 10:00–14:00
SWAN is running free undiagnosed genetic conditions information events. These events are for families of children with undiagnosed genetic conditions, but if you're a professional and you'd like to come along, let us know.
The talks will cover:

- Why some genetic conditions so hard to diagnose?
- What are genetic tests? Why does genetic testing take so long?
- What is life like raising a child with an undiagnosed genetic condition?
- Update on Deciphering Developmental Disorders (DDD)/100,000 Genomes Project.

You will also be able to meet other local families with similar experiences.

To book your place email or call, giving the names of those who will be attending and if you have any dietary requirements. Email: info@undiagnosed.org.uk or call 020 7831 0883.

- **VirginCare website information**

Do you know there is lots of useful information on all the services VirginCare provide? Click [here](#) to find out more.

- **Turntable**

A furniture re-use charity that collects donated furniture, carpets and domestic appliances to pass on in Exeter and the 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 in need of furniture yourself, please give them a call on 01392 202032. Alternatively, visit their website: www.turntable.org.uk

- **Tiverton Carers Lunch**

Aimed at all Carers in the Tiverton area and held in various venues on the 2nd Tuesday of every month at 1pm. Facilitated by Susanna Venner from Devon Carers. To find out more contact: 01884 257511 or email: info@unitemd.org.uk or have a look at: www.unite-carersinmiddevon.org.uk

- **Mid-Devon Mobility**

Is the new name for the Tiverton & District Community Transport Association and now offers a large range of services as well as all its traditional transport schemes - including a Day Trip Club at weekends from Tiverton and Tuesdays and Thursdays from Crediton. Telephone Tiverton 01884 242099 or Crediton 01363 773303

- **South West Autism**

A new support group is planned in Axminster for parents and carers who have young people on the Autistic Spectrum.

It will be a monthly service which will run on Wednesday evenings from the Pippin Community Centre. Due to launch on December 12th and open to approximately 18 families, South West autism are asking those interested to go along for more information on the above date. The group will be available to families in the Axminster, Seaton, Sidmouth, Honiton and surrounding areas.

To find out more contact: southwestautism@gmail.com or have a look at www.southwestautismsupport.com or Tel: 07582 608641

- **Autism Speaks Dental Guide**

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](#)

- **Lifeworks**

Keep Calm Too - 4 days of adventure peppered with mindfulness practice from 22-25th October. From Goat Yoga to Hula-Hoop, Wild Foraging to a canoe upriver - there's something for everyone. Contact: Joe Venton JoeVenton@lifeworks-uk.org
For more information.

- **Little Seeds**

Friday's from 1pm - 3pm £2.00 per family at Devonport Activity Centre.
Be prepared to get messy! Stay and Play gardening activities and more for under 5's and their parents/carers. Little Seeds is a friendly and inclusive group offering learning and fun in the garden. For more details contact 01752 856719

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.integratedchildrensservices.co.uk/signpostplus/>



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

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