



Snippets 4th October 2018

- **EEDDS**

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 Exeter and East Devon Down's Syndrome Group (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

- **Daybreak Learning Community**

Daybreak offer free activities and courses in South Devon for people who have mental health issues, their family, friends and the professionals that support them. Click [here](#) for full calendar of events which offer opportunities to learn how to manage mental health and wellbeing.

Weekly drop-in sessions: Let's Create, Pop-up Cafe, Friendship Group and Greenfingers Club.

Courses vary depending on the time of year and may cover issues such as: Depression, anxiety, self-esteem and assertiveness, social isolation, anger, food and mood, self-harm.

To book a place on a course please contact Devon Recovery Learning Community 01392 677067 (Mon-Thurs 10am-2pm).

- **Love Parenting Conference**

Sunday October 14th 2018 at Dartington Hall, Devon.

A day of 4 TED-style talks, 4 workshops (you choose 2) and entertainment offering you the potential to make a paradigm shift in your parenting. A creative space to dive deep into understanding state-of-mind and how you can create an environment where you child's emotional resilience and innate physical intelligence can shine through. Click [here](#) to book your tickets.

- **Tissues and Issues**

Coffee mornings run from 10am till 12noon at Central Church Torquay, TQ2 5RF Entrance via Morgan Avenue.

October 30th coffee and chat

November 13th Paul Williams educational psychologist

November 27th coffee and chat

December 11th -Christmas pamper

To find out more go to their Facebook page:

<https://www.facebook.com/groups/1998466853749511/>

- **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! Click [here](#) for details on the full range.

- **Devon Carers**

Autumn 2018 newsletters are now available to download [here](#)

- **Signpost Plus**

For a range of Half-term activities visit our [webpage](#)

- **The National Autistic Society**

Free Women and Girls e-learning module. The new module aims to support diagnosticians to better understand autistic female characteristics and therefore enhance confidence to diagnose those individuals successfully, but would also be relevant for individuals, families and other professionals. The course is funded by the Pears Foundation and takes approx. 120 minutes to complete. To find out more click [here](#)

- **The Depression and Anxiety Service**

This is a free, confidential, NHS talking therapy service, aimed at 18 years plus offering effective treatments and therapies, including Cognitive Behavioural Therapy (CBT). They have five teams across Devon and Torbay with staff working in various community buildings, hospitals, GP surgeries and libraries. All staff are trained in effective psychological interventions. To find out more click [here](#)

- **Next Steps Development**

This 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.

They 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 or call 01271 859384 or email nextstepsdevelopment@gmail.com They also have a [website](#)

- **Tastelife**

An eight-session weekly group for sufferers of all types of eating disorder and those who care for them. The course is non-threatening, educational, and encourages a self-help approach that really works.

It is run by trained volunteers who care about those who struggle with eating disorders. Some have been sufferers themselves or have cared for them.

The FREE course started on Tuesday 2nd October from 7-9pm and carries on for eight weeks in [Totnes](#). For more information contact Denise on 07813253861 or have a look at their [website](#)

- **Beat The Street – Torbay**

Beat the Street is fun, free and will see towns across Torbay transformed into a giant game. See how far you can walk, cycle and run in just 6 weeks.

Play the game from 19th September - 31st October, register to win prizes for yourself or join a team to win team leader board prizes.

Every journey you make adds to your points total as well as your team and the whole of Torbay. See how far can you go! For more details click [here](#)



Devon FA - CP Kickstart Football Session
New Football session in Devon for people with physical disabilities that use a frame.
Sunday 11th November 12.30pm – 2.30pm
Venue: Coombeshead Academy Sports Hall,
Coombeshead Road, Newton Abbot, TQ12
1PT Contact: Ashley Harris by email
ashley.harris@devonfa.com or phone
07912089838

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.

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/>

If you would like to be removed from this mailing list please let me know.

Disclaimer

The information in these snippets is for general information purposes only and is provided by various organisations. Whilst we endeavour to keep the information up to date and correct, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services or otherwise included in this publication for any purpose. Any reliance you place on such information is therefore strictly at your own risk.

