

- **Exeter Hawks** have decided to join forces with Exeter Athletic Rugby Club, who themselves only formed in June with the merger of local clubs Wessex and Exeter Youth RFCs. Together, the clubs are looking to raise awareness of wheelchair rugby within the region, as well as recruit players – of all ages – to go along and be part of the Hawks family. New players keen to get involved with the Hawks can get more details by emailing: [vsmedley@me.com](mailto:vsmedley@me.com) or [adam.simmons@gbwr.org.uk](mailto:adam.simmons@gbwr.org.uk)
- **Small Grants** The DCC Small Grants fund is open for applications for the final round of this financial year. [Small Grants Scheme application form](#) [Small Grants Scheme applications – guidance notes](#)  
Please note that the closing date for receipt of applications is **19th November**, and late applications will not be considered. Applications will be assessed in week commencing 3rd December. Please send your completed application form and supporting documentation to: [maureen.muckersie@devon.gov.uk](mailto:maureen.muckersie@devon.gov.uk)
- **CHICKS** run a special Christmas Break for those children who need to get away over Christmas in particular. The break will include loads of fun activities such as Christmas walks on the beach, Christmas dinner, games and potentially a trip to the pantomime and visiting Santa!  
*Dates: 23rd - 27th December, Location: Coastal Retreat, Cornwall, Age: 8 - 15 year olds.*  
They will allocate spaces on a needs basis once all referrals have come in. Please make it clear on the [referral form](#) why it is the Christmas Break specifically that you are referring for.
- **Upcoming Events at Apple Tree Farm (Pippins Alpaca Therapy)** Wooden Christmas Decoration Workshop 8<sup>th</sup> December, suitable for children aged 8+. The workshop lasts for 2 hours and involves an hour of time in the farm feeding and meeting the animals and then an hour in the barn creating the decorations. £10 per child, booking essential. <https://www.facebook.com/events/738002869875747/> On the 15th December, from 10am to 2pm, there will be a Christmas Open Day where everyone is welcome, meet the animals, enjoy the play yard and create some amazing crafts in your barn. There will be a small Christmas Market for those last minute gifts and the usual hot drinks, cakes and snacks available. This is a free event although activities will incur small fees. To find out more go to: <https://www.facebook.com/events/317450745719113/?ti=ia>
- **Better Outcomes from SEND Meetings Training (DIAS)**, Tuesday 4<sup>th</sup> December 2018, 10:00am - 12:00pm at the Castle Centre in Barnstaple. This training is being supported by North Devon Forum for Autistic Spectrum Conditions but is open to any parent carers of children with additional needs. Meetings around educational provision play an essential part in our lives bringing up children who have Special Educational Needs and Disabilities (SEND). However, meetings can at times be challenging, stressful, time consuming and not very productive. This free interactive training sessions for SEND school meetings aims to; Enable greater awareness of the meeting process, Promote a better understanding of factors affecting the way we participate, Provide an opportunity for reflection on how we engage in meetings, Give tips and strategies that will improve our meeting experience, Create better outcomes for our children and young people. To find out more or to book a space go to [eventbrite](#)
- **The Curly Hair Project Autism Learning Day** Exeter Saturday 17<sup>th</sup> November 2018, 09:15-15:30. The day covers the following topics; Understanding and managing anxiety, Social Energy Theory, What is sensory processing and how does it affect autistic people?, Understanding and managing strong and atypical emotions, Video: A Day At Primary School For The Girl With The Curly Hair. To find out more about the day and ticket prices go to: <https://thegirlwiththecurlyhair.co.uk/events/>
- **New Youth Group – Creating Calm.** For older teens and young adults who find social environments challenging and struggle to mix with peers. First Monday of every month, first session 3<sup>rd</sup> December, 6.30pm – 8.30pm, 6 Market Street, Barnstaple. Calm, quiet, sensory, mindful crafts and activities loosely based around a Christmas theme. £3 per session. Please get in touch with Rachel via email: [rdalton@piltoncollege.org.uk](mailto:rdalton@piltoncollege.org.uk) or Tel: 07856 017702 before 23<sup>rd</sup> November to book a place.
- **Cerebra Anxiety Guide: A Guide for Parents** This three part guide has been developed to give up to date information on how to spot the signs of anxiety and anxiety disorders and what can be done. Part one describes the common signs of anxiety and specific anxiety disorders. Part two describes the ways professionals assess anxiety in children with intellectual disability, and Part three gives guidance on helping

your child reduce feelings of anxiety and gives some examples of specific disorders associated with anxiety. To download the guide click [here](#)

- **The British Gas Energy Trust**, which incorporates the Scottish Gas Energy Trust, is an independent Charitable Trust established in 2004. The Trust aims to contribute to the relief of poverty, with a particular focus on fuel poverty, helping those who are struggling to pay for their use of gas and electricity to get back on their feet and remain debt free going forward. The Trust provides a significant difference to the lives of those in need by awarding grants to clear energy debts. To find out more click [here](#)



**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 no longer wish to receive these bulletins please let me know and I will remove your details from the mailing list.***

*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.*

