

- **Stop, Speak, Support** aims to help young people spot cyberbullying, know what steps they can take to stop it happening and provide support to the person being bullied. The Stop, Speak, Support steps were created in partnership with a panel of young people through a series of focus groups and workshops. There is also a range of resources on their website aimed at helping parents with what steps to take when they suspect that their child is a victim of cyberbullying: <https://www.stopspeaksupport.com/about/>
- **Bis-net Courses:**
'Behaviour Support & De-escalation Training for Professionals' Thursday 6th & Friday 7th December, Marsh Barton, Exeter. 2 Day Ticket - £75 Aims of the course; To gain skills in assessing the function and possible driving factors behind a behaviour, Learn about a range of pro-active support strategies and how to put them into practice effectively, To consider their own attitudes and internal reactions to Challenging behaviour, and ways to shape these to promote a more positive outcome for the individuals they support, To learn and practice de-escalation skills. To book go to: [here](#)
'Supporting yourself to support your child', Friday 30th November. This course will cover the following outcomes; To understand the effect of your situation on your thinking and feeling, To understand and build and awareness of how to change your thinking and feeling, To practice certain strategies that can be used in crisis moments, To explore long term changes to belief to enhance overall life resilience. Cost: £40. To find out more click [here](#)
- **Seeing AI.** A free app that narrates the world around you. Designed for the low vision community, this research project harnesses the power of AI to describe people, text and objects. See the link at Abilitynet to find out more and to download the app: <https://www.abilitynet.org.uk/news-blogs/apps-students-sight-loss>
- **Cerebra innovation Centre.** The Innovation Centre brings together a team of designers to produce unique equipment for disabled children, they can help parents find suitable products, modify existing equipment or build completely new products which may not already be available. This is free service, they can help with an everyday problem however big or small. To find out more click [here](#)
- **The Changing Places map** shows locations of Changing Places facilities according to your search. See link to map of Devon with some new facility locations....including Ikea Exeter: <http://ow.ly/reN630mGsFs>
- **Devon's children and young people's participation group, Champions for Change,** have launched a new film called Listen Hear and Understand. Aimed at children and young people, as well as professionals and services, the film helps children and young people with special needs understand their rights to have a voice and to be heard. Made by young people from across Devon, the film urges everyone to make sure the voices of children and young people make it into strategic plans and services, as well as their own school and EHC plans. To find out more and to watch their video click [here](#)
- **Message from Devon Parent Carer Voice** – Unfortunately the 'Removing the Roadblocks' event due to take place on 27th November in Cullompton has been cancelled.
- **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 3rd 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 or Tel: 07856 017702 before 23rd November to book a place.
- **Wiser£money** A partnership between Encompass Southwest and Wessex Resolutions, which provides free, confidential and impartial advice - across Torridge. Financial hardship can affect anyone at any time in their lives. Getting money and debt advice can be difficult, especially for families living in rural areas or for people that have a health condition that makes travelling to the nearest town difficult. This is where Wiser£money can help, by offering local drop-ins, advice surgeries, appointments and home visits. Money£wise advisers can help with: Welfare benefits advice and take up, Budgeting and income, Maximisation, Money and debt advice, Fuel and energy advice, Accessing other support agencies. For further information about this service, you can contact a Wiser£money adviser on 01823 461099 or email enquiries@wisermoney.org.uk. Alternatively, call into the Volunteer Centre in Bideford and speak to Paul Huxtable (Mon, Tues and Weds).

- **The Northam Care Trust** will be hosting its annual Christmas Fair & Grotto on Saturday 8th December 2018 from 10.30am - 2.00pm at the Rose Hill Activity Centre on Heywood Road, Bideford, EX39 3PG. There will be many festive games to enjoy, Santa will be in his grotto, plus stalls to browse and Christmas crafts & gifts to purchase. Enter and park for free.



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.

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