

- **The National Trust** have introduced a £10 junior membership to inspire the next generation of nature and heritage lovers. They also offer an Admit One card to allow free entry for the companions of disabled visitors. The card is free of charge and issued in the name of the disabled person so the companion is not restricted to a chosen individual. The card is available to any disabled visitor, whether member or paying on entry. To find out more visit their [website](#)
- **Funderzone Barnstaple** are pleased to announce that they are launching 2 autism friendly sessions a week, Mondays 9am – 10am and Saturdays 9am – 10am, starting Saturday 1st December. The sessions will be quieter than normal opening hours with no loud music, hand driers or excess ride noise. For further information you can find contact details [here](#)
- **South West Autism Support Services** Sensory processing training day in Exeter on January 7th. SWAS are delighted to deliver training with Anna from MYOT. Also, new Drama Group for secondary aged children starting 2019.....monthly 2 hour group in Exeter on Saturday mornings. For further details of either of the above please email: southwestautism@gmail.com
- **PenCRU Health Parent Carers Research Project** - Do you care for a child or young person aged up to 25 with special educational needs or disability? Do you want to do something to improve your health and wellbeing? Parent carer health and wellbeing is often overlooked. The *Healthy Parent Carers* programme provides information about simple steps that parent carers can take every day to improve their health and wellbeing. It has been designed with parent carers. Parent carers are invited to take part in NHS-funded research to compare different ways of accessing the programme. If you sign up to participate, you will be allocated to either online information or weekly group sessions. To find out more visit their [website](#)
- **Caring For Your Future – Celebrating Carers Rights Throughout Devon.** Carers Rights Day is an annual national campaign co-ordinated by Carers UK to help carers in their local community know their rights and find out how to get the help and support they are entitled to. This year Carers Rights Day is on Friday 30 November. Devon Carers staff and Carer Ambassadors will be setting up information stands across the county during the week to provide useful support and resources to carers and help raise awareness of the caring role. The Barnstaple event will be taking place on Saturday 1st December, 10:00am-12:00pm. Info and Advice morning (tea/coffee provided) at The Barnstaple Hotel, Braunton Road, Barnstaple. EX31 1LE. To find out more go to: <https://devoncarers.org.uk/the-pod/>
- **Newlife offers the free loan of specialist toys** to families who have disabled and terminally ill children. The Play Therapy Pods are self-contained and are delivered direct to the family's door. There are different categories of play pods to choose from, depending on the child's age, physical and learning abilities, and medical needs. To find out more click [here](#)
- **Family Dog Service workshops** are specially designed to provide parents of children with autism with the advice and long-term support needed for choosing and training a dog to benefit the whole family. Family Dog Workshops are ideal if you:
 - Have a child aged 3-16 with an autism diagnosis
 - Are at the early stages of considering getting a dog to help your child
 - Know that you want to get a dog and are looking for help choosing and handling a dog
 - Already have a pet dog but would like training ideas and supportA series of three one day workshops are planned for the 19th, 20th and 21st of February at Woodbury Village Hall, EX5 1LX. The course will use a combination of practical demonstrations, discussions, hands on learning and course handouts. Find more go to: <https://www.dogsforgood.org/how-we-help/family-dog/>



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

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.

