



Snippets 8th November 2018

- **Down's Syndrome Association**

DSActive football session Saturday 10th November from 11am-12 noon at Wonford Sports Centre, Rifford Rd Exeter EX2 6NF. Skills, matches and fun for boys and girls from 5-16 years (if your girl or boy is older/younger than this it's often possible for her/him to take part - please speak to the coaches: Amy or Chloe). £3 per session
Ample free parking, come along and join in!
For more information contact: Harriet on 07480 301 244

- **Devon Carers Hour**

Various speakers each week, Tuesday's from 2pm-3pm
To Sign up go to: <https://devoncarers.thepod.familycarersnet.co.uk/login.php>
They look forward to hearing from you

- **Healthy Parent Carers**

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 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 or weekly group sessions. This research is led by the PenCRU, for more information have a look at their Taking Part webpage:

<http://sites.exeter.ac.uk/healthyparentcarers/taking-part/> or email: healthyparentcaers@exeter.ac.uk or ring: 01392 722968

- **Small Grants**

The DCC Small Grants fund is now open for applications for the final round of this financial year. Here are the application form and guidance notes for this grant, [Small Grants Scheme application form](#) (MS word download)

[Small Grants Scheme applications – guidance notes](#) (PDF download)

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

- **Self Help Toolkits**

Did you know the Occupational Therapy 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/occupational-therapy/>

- Free Family Information Day curtesy of Contact.**
 The Donkey Sanctuary, Sidmouth, Devon, EX10 0NU from 10.30am - 3.30pm on Sunday 19th November.
 Contact are running a family day in order to share information (poster/leaflets) of a support group or activity that any member of your family attends within and around Exeter (eg young carers group, parent support group). They require a variety of information to showcase therefore families from a variety of organisations are invited. This is a free event with lunch provided so numbers are limited. Registration 10.30am: free drinks upon arrival, lunch: roast turkey dinner and pudding. To book a place email adele.meader@contact.org.uk or telephone 07920655125
- VOYC Devon - Child Protection Training - Group 2 (Safeguarding Awareness)**
 This Group 2 Awareness course is crucial to anyone working with children and young people in the voluntary sector – paid or unpaid.
ASHBURTON - Wednesday 28 November 2018 (4.15 pm- 7.15 pm)
BARNSTAPLE - Monday 3 December 2018 (4 pm – 7 pm)
Who is it for? Those who work regularly or have a period of intense but regular contact with children and young people or with staff who may be in a position to identify concerns and who may be expected to contribute to the assessment of the child's developmental needs or the adult's parenting capacity. Only £25 per candidate for VOYC member organisations and £30 per candidate for non-members. Learn about the FREE [VOYC Membership](#).
How to book your place: Just click on either: [ASHBURTON COURSE](#) or [BARNSTAPLE COURSE](#)
- SWAN UK Information event - Undiagnosed genetic conditions**
 Thursday 22 November 2018: 10.00am - 4.00pm
 SWAN UK are holding an information event for parents and carers who have children with undiagnosed genetic conditions.
 At the event you will be able to:
 Meet other parent carers of children with undiagnosed genetic conditions
 Explore why getting a diagnosis can be such a lengthy process and why some children remain undiagnosed
 Get an update about what's happening with the DDD study and find out more about the 100,000 Genomes Project
 Hear SWAN UK members share their experiences of raising a child with an undiagnosed genetic condition
 Find out more about the support that SWAN UK offers.
 Attendance is free, but places are limited so booking is essential.
 To book email: info@undiagnosed.org.uk or call 0191 213 6300.
- Kingsbridge Carers Group**
 Held on 2nd Wednesday of the month at Tumbly Hill Day Centre, Squares Quay, TQ7 1HN from 10am-11.30am future 2019 dates: 13th November and 11th December.
 Come along and meet other carers who look after family or friends for mutual support. For more details please ring Sarah Barker, your local Carers Support Officer on 03456 434 435 or have a look at their website <http://www.devoncarers.org.uk>

- **Free Suicide Intervention Briefings**

You are invited to attend a free Suicide Intervention Briefing being run by South Devon and Dartmoor Community Safety Partnership.

Suicide prevention is a priority for them and they want to brief you on the facts about suicide, empower you to have conversations with people and give you a free toolkit which includes leaflets on sources of help and support.

South Hams – Tuesday 27th November - Council Chamber South Hams District Council.

Arrival at 10.30 session to start at 11.00 – 12.00.

Arrival at 13.30 for session to start at 14.00 - 15.00

West Devon – Thursday 29th November – Council Chamber West Devon Borough Council.

Arrival at 10.30 session to start at 11.00 – 12.00

Arrival at 13.30 for session to start at 14.00 - 15.00

Teignbridge – Friday 7th December – TDC Council Chamber.

Arrival at 10.30 session to start at 11.00 – 12.00

Arrival at 13.30 for session to start at 14.00 - 15.00

Places are limited due to the free resources provided so please contact rebecca.hewitt@teignbridge.gov.uk to book your place.

- **Visions Inclusive Badminton club**

Visions Badminton club cater for a whole range people and disabilities including wheelchair users, cerebral palsy, learning disabilities, to name but a few. They run on Sundays from 9.30am -10.30am at Cranford Sports club, Exmouth and the cost is £2.50 per session. The sessions are run by two Badminton England qualified coaches who also specialise in disability badminton. To find out more contact: Sharon on 07792906757 or Sue on 07911141035



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.
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