



Snippets November 1st 2018

- **Devon Information Advice & Support (DIAS)**

Free interactive training session for parents on Tuesday 6th November, 10.00am to 12.00pm at Exeter Parent Carer Café, Phoenix Community Café, Burnthouse Lane, Exeter, EX2 6NF

If you have a child or young person with special educational needs or a disability, and you want to get more out of your meetings with their school or college, then this free interactive session will help you:

- get ready for meetings and prepare well
- manage when something unexpected happens or there's disagreement
- understand other people's views and why they behave the way they do
- end a meeting with agreement and a clear plan

To book your place go to: <http://soc.devon.cc/1ssGW> or email jane.ring@devon.gov.uk

- **Barbican Theatre – Workshops**

Do you want a career in Performing Arts or to become more confident and improve your well-being?

Barbican Theatre Performance Training classes offer training in dance and theatre for ages 11-25 year olds. The fun and lively classes help young people develop technical skills in dance or theatre whilst making new friends, building confidence and improving health and well-being.

For more details go to: <https://www.barbicantheatre.co.uk/workshops/>

- **CHICKS Respite Breaks**

CHICKS is a national children's charity providing free respite breaks to disadvantaged children between 8-15 years old from all over the UK. Children may attend one break per calendar year, anyone who works with children in a professional capacity can refer to CHICKS.

For more information contact: 01822 811020 or email: info@chicks.org.uk or www.chicks.org.uk

- **A Parent's Guide: Improving the well-being of young children with learning disabilities**

Researchers at the University of Warwick have worked with a group of parents of children with learning disabilities, Mencap, the CBF and Cerebra to write a guide for parents to support the well-being of young children with learning disabilities. Download it at: <http://ow.ly/aHbt30mjXw7>

- **Contact**

Need help understanding Universal Credit? Visit the Universal Credit webpage for more information about [Universal Credit](#) and who is expected to claim it. You can

also download the [Universal Credit - the essentials factsheet \[PDF\]](#)

- **Warm Home Discount**

You could get £140 off your fuel bills this winter. You may be eligible for up to £140 as a one-off discount on your electricity or gas bill this winter through the Government and energy suppliers' [Warm Home Discount Scheme](#). Find out more about [eligibility to the scheme](#) - but hurry because it operates on a first-come-first-served basis.

- **Contact parent guides about money**

Contact have recently updated three of their most asked for parent guides:

[Personal Independence Payment \(PIP\)](#) which is available to download.

[Money Matters](#) which is available in print and online.

[Claiming Disability Living Allowance for children](#).

Parent carers can order these for free by emailing: publications@contact.org.uk

and remember, if you care for a disabled child and need advice, support or information about benefits or any other aspect of raising a disabled child you can call [Contact's free helpline on 0808 808 3555](#) to talk to one of their parent advisers.

- **Down's Syndrome Association**

Down's syndrome, ageing and dementia, FREE one day course Thursday 13th December 2018 from 9.30am – 4pm. Hannah's Seale Hayne, Howton Lane, Newton Abbot TQ12 6NQ

A free one-day course for health and social care staff involved in assessing and providing for the care-needs of adults with Down's syndrome who have a diagnosis of dementia or work in services where they may attend.

To book a free place email: training@downs-syndrome.org.uk or for more details call 0333 12 12 300

- **Devon Parent Carers' Voice Save the date Winter Events:**

Be a responsible driver on your SEND journey. This is a parent/carer event only, there will be no Marketplace this year. Hear news and updates, what is happening behind the scenes.....join discussions and workshops. Book now at:

<http://ow.ly/QniJ30mgzzD> for 20th November event at Buckfastleigh or

<http://ow.ly/juPd30mgzCO> for 27th November event at Cullompton.

- **Devon Carers Hour online at the Pod.**

The pod is a new place where carers and others who want to support carers can chat with each other, speak to the Advice Team, health professionals and other carers.

They have various speakers online each week, Tuesdays from 2pm-3pm. To find out more and to sign up click [here](#)

An archive of the previous four weeks of snippets can be found at the SIGNPOSTplus 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

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