

- **The Sir Francis Chichester Trust** Once again the Trust are offering FREE places on the 19 day Outward Bound 'Skills for Life Award' course. Available to young people who live in Devon aged 16-19yrs at the time of the course which will be July/August 2019. The Trust looks for candidates that wouldn't normally have a chance to undertake anything of this nature and will be able to enjoy and benefit from the experience. The closing date for applications is Monday 4th February 2019 with interviews for those shortlisted being held 7th and 8th March 2019 in Exeter and young people applying must be available on one or other of these dates. An application form can be downloaded from the Trust website <http://chichestertrust.org/>
- **SEND Strategic Review 2018-19** Every year, Devon County Council reviews its SEND provision to ensure it is in the right location; of good quality; and that there is a good match between demand and supply. They need the views of parent carers, children and young people, and professionals and practitioners to help with this review. These [surveys](#) are open until 15th February.
- **Central Cinema Barnstaple Supportive Screening** How To Train Your Dragon 3, Sunday 10th February, doors open at 10am for a 10.30 start. Lights and volume will be lower, there will be no trailers or ads and people are allowed to move around and make a bit of noise during the screening. For further details call: [01271 370022](tel:01271370022) <https://barnstaple.scottcinemas.co.uk/offers/supportive-screenings>
- **Dream-a-Way** is an Exeter based charity helping to make dreams come true for Devon's children and adults with disabilities or life affecting health conditions. They can provide luxury caravan breaks at Devon Cliffs Holiday Park, they can also help with funding for holidays or day trips. Applications will be reviewed on a first come, first served basis from the start of each season (March). To find out more go to: <https://dream-a-way.org/>
- **Healthy Parent Carers** has received a funding boost of nearly £40,000 to help it expand. Healthy Parent Carers (HPC) is a peer-led programme for parent carers of disabled children (aged up to 25 years) aimed at improving their emotional and physical health and wellbeing. It has been trialled with a small group of parent carers who felt the programme was valuable in building resilience and identifying specific strategies to deal with the challenges that parent carers commonly face. Now, thanks to the funding from the Big Lottery and the National Institute for Health Research (the research part of the NHS), the programme can reach out to communities and deliver the programme to parent carers across the South West while collecting feedback from parent carers who take part, with the ultimate aim of rolling it out nationwide in the future. To find out more click [here](#)
- **Bis-net Parent Workshops in North Devon 2019.** The training will take place at **The Castle Centre, 25 Castle Street, Barnstaple. Devon. EX31 1DR.** Although there are not parking facilities on site, there is local parking within walking distance. The ticket price includes the days training, teas & coffees, soft drinks and a selection of fruit and biscuits. Lunch is not included. All courses will run from **9:30am until 2:30pm** to allow for school drop offs and collections.
 - [Supporting a Young Person with Challenging or Aggressive Behaviour](#)
Wednesday 13th & Thursday 14th February 2019, £40 per ticket
 - [Understanding & supporting an Autistic Child](#)
Thursday 28th February & Friday 1st March 2019, £40 per ticket
 - [Understanding & supporting Autistic individuals with demand avoidance](#)
Wednesday 6th March 2019, £20 per ticket
 - [Understanding & supporting individuals with attention difficulties \[ADHD/ADD\]](#)
Friday 8th March 2019, £20 per ticketTo find out more about the courses, to book over the phone, or to find out more about what the BIS-net project is about head to www.cedaonline.org.uk/bis-net Tel: 01392 360645 email: info@cedaonline.org.uk
- **Socops Exeter - Social Opportunities Supporting young people with Autism**
Socops is a charity based in Exeter which provides social, recreational and educational activities for children and young people with Asperger syndrome/high functioning Autism between the ages of 8-23 years. Socops club runs from 10.30am-12.30noon on Saturdays during term time, Countess Wear. Children aged between 8-15yrs can attend with their parents and siblings. Socops Plus is aimed at young people aged between 15-23yrs, they meet at various venues around Exeter at varying time during term time. For more information on either group please contact: socopsclub@hotmail.co.uk or call 07594187578 or have a look at their website: www.socops.org.uk

- **Supporting young siblings** The new YoungSibs website was launched in the autumn of last year and provides a wealth of information for young siblings aged 7-17. Youngsibs are developing a range of information on disability and medical conditions in response to requests. This month, Batten disease was added to the library www.youngsibs.org.uk
- **Connected Child** Connection Smart Parenting with Challenging Behaviours in mind. Saturday 2nd February from 10am-12noon, Newcourt Community Centre, Exeter £15.00 per person. This workshop is for you if you are a parent or carer of a child with ASD, ADHD or challenging behaviours. These behaviours may include aggression, anxiety, alarm, obsessions, and self-harming. To find out more go to their Facebook page: <http://ow.ly/YzEf30nmrJA>
- **Lifeworks Holiday Project Spring Half Term Programme 18th–21st February 2019** For learning disabled young people 12 and over. The 4 day activity programme will provide participants the opportunity to: CONNECT, BE ACTIVE, TAKE NOTICE, KEEP LEARNING & GIVE. Activities are taking place in and around Dartington and Totnes. For more information or to reserve a place please contact: Traceyhubbard@lifeworks-uk.org – 01803 861069 (Mon – Fri 10am – 2pm). <https://lifeworks-uk.org/2019/01/february-half-term-holiday-project-programme/>



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/>

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