

Northern Devon and Surrounding Areas

31st January 2019

- **Circus Starr** have released their tour dates for this coming year, the dates for the South West are as follows; 26th May (Torquay), 28th May (Plymouth), 30th May (Exeter). Circus Starr is a touring circus boasting world-class, professional artists from across the globe. It was first founded in 1987 and provides free seats for thousands of disadvantaged, disabled or vulnerable children, whilst helping to raise much needed funds for local charities. To apply for free tickets go to: <http://www.circus-starr.org.uk/apply-for-tickets/>
- **South West Autism Services One Big Autism Meet Up** March 30th Free event for parent/carers. Being held @ The Beacon Centre, Exeter EX4 8LZ from 10am -3pm hosted by South West Autism CIC. An opportunity to meet up with other parents and service providers, refreshments available, pop along to this free event for information and advice or just to meet with others.
- **Atlantic Racquet Centre (ARC) in Bideford** hold monthly Inclusive Tennis Festivals, Saturdays 2pm - 4pm, dates as follows; 16th February, 16th March, 20th April & 18th May. £5 per session, first session free. The festivals are 2 hours of fun tennis activities for players aged 4+ with learning or physical difficulties. To find out more visit their [website](#)
- **DisAbility Sportshall Athletics** free session 24th February, 10.40am – 11.30am at Riverside Leisure Centre, Exeter. Have a go at a range of sportshall athletics events. Open to all ages with either a physical or learning disability. To find out more click [here](#) or call 07745 616852.
- **Parenting Plus Adolescents** is a course for parents of children aged 11-16yrs. The course is run over 9 weeks which includes an induction week (the course does not run in school holidays), is free to attend and refreshments will be provided. The program is evidence-based and considers how parents can connect and build good relationships with their teenage children, while also being firm and influential in their lives. The topics that will be covered include Understanding teenagers, Connecting with your teenager, Communicating positively and effectively, Building your teenager's self-esteem and confidence, Negotiating rules and boundaries, Teaching teenagers responsibility, Positive discipline for teenagers, Managing conflict, Solving problems together. If you would like to refer a family to this course, or would like further information, please contact jon.baker-churchill@devon.gov.uk – a waiting list is being drawn up to inform the demand for future courses.
- **The Outdoors School Tiverton** opening Spring 2019. The Outdoors School will be registered as an independent special school with 150 places across Devon. They operate from 5 different sites across Devon and cater for learners who present with ASD and SEMH. The main school site is at West Town Farm near Exeter, with other sites in Exeter, Okehampton, Tiverton and Exmouth. Each site is designed to provide something different for learners depending on behavioural and emotional need. Register interest now. To find out more go to: www.outdoorsgroup.co.uk/outdoorsschool
- **Bladder and Bowel UK** have a team of dedicated Specialist Nurses and knowledgeable product information staff, who can provide information, advice and support to help manage any kind of incontinence, bladder or bowel related issue. Their helpline is accessible to patients, health care professionals and anyone who requires further information or support. For more information go to: <https://www.bbuk.org.uk/>
- **Kids Matter** Friday 1st February from 10.30am – 12.30 noon at Rougemont Hotel, Exeter. Over coffee and cake, go along to experience what a Kids Matter parenting programme is like by taking part in their Taster Session. Meet the Exeter team and find out how your organisation can work with them to effectively support disadvantaged families in the community. To RSVP or for more information about the event contact Mary: ms@kidsmatter.org.uk
- **Introduction to British Sign Language, Baby Signing and Makaton** an introduction to the world of signing and the differences between types. Saturday 30th March 12-2pm, Roundswell Community Centre. £12.00. To find out more or to book a place contact Sandy on: 07912 791813 or email: osswash@hotmail.co.uk
- **Carers Trust** Today is young carers awareness day, to find out more about the resources they have available including their new #CareForMeToo campaign that aims to raise awareness about mental health and improve support for young carers, go to: <https://carers.org/young-carers-awareness-day-2019>
- **361** are a local energy charity based in North Devon that work with families who are struggling to pay energy and water bills. They can provide free advice, energy saving products and support to families that are in debt

to energy providers. They run drop-in Energy Clinics in Barnstaple (Every Tuesday 10am-1pm at the Library), Ilfracombe (every Tuesday 10am-1pm at Transform 4 work, Unit 1 The Candar), South Molton (First Tuesday of the month 2pm-5pm at the Amory Centre), Bideford (First Thursday of the month 10am-1pm at the Library) and Holsworthy (First Wednesday of the month 10.30am-1.30pm). To find out more go to: <http://www.361energy.org/> or call: 01271 599361.



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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