

Northern Devon and Surrounding Areas

7th February 2019

- **Half term activities at Appletree Farm, High Bickington...**
Young Farmers Experience, Tuesday 19th Feb, 10am – 12.30pm. Young people can take part in farming activities, learning about animals at the farm. A hands-on farming experience.
Young Growers & Makers, Thursday 21st, 10am-12.30pm. Woodwork projects, learning to use tools and create using things around us. Learn about the polytunnel and plant your own herb planter to take home. Sessions are £12.00 per person per day with a healthy snack included. Places are limited – booking essential. To find out more go to: <https://en-gb.facebook.com/pippinalpacas> or contact them via email: contact@appletriefarmservices.co.uk
- **Half Term Activities at the Calvert Trust.** Local Adventure days are open to anyone and include a minimum of two instructor-led activities, all equipment, lunch and refreshments. Activities include horse riding, abseiling, zip lining, bush craft, archery or crate stacking. 19th, 20th, 21st, 23rd & 24th February, 10am – 4pm. £25 per child, £35 per adult. To book call: 01598 763221 or email: exmoor@calvert-trust.org.uk
- **Participants needed for a research study** at St.Lukes Campus, part of Exeter University. At the moment they are recruiting autistic people ages 16+ to take part in a research project looking into sensorimotor difficulties experienced by many autistic people. This is part of a wider project hoping to change the way movement based skills are taught and coached. Participants will be asked to repeat the simple task of reaching out and picking up different objects to measure hand eye co-ordination. It involves one 30 minute visit to the lab at St.Lukes Campus in Exeter and participants will be given a £5 reward for their help. Family or friends are welcome to go along to the visit, research could also be taken in pairs if preferred. To find out more and to register interest contact Tom Arthur at: tga202@exeter.ac.uk
- **Parent Autism Awareness Workshops** The Communication & Interaction Team (C&I), in partnership with Autism Education Trust (AET) and subsidised by the North Devon Forum for ASC & ADHD, are delivering a series of workshops designed for parents in North Devon **whose child is on the Autism Assessment Pathway**. The workshops will improve understanding, provide knowledge & teach skills to help support children who display possible autistic traits. The interactive workshops will run for 4 days over 4 weeks covering the following topics; Autism Awareness, Communication, Behaviour & Sensory Processing. The course will be taking place in Bideford, starting on Friday 15th March, and will cost £5 for the entire course. To find out more contact Clare on: 07971 575181 or email: clare.norman@ndfautism.co.uk. To book a place email: events@ndfautism.co.uk
- **An Autism & Additional Needs group** has been set up to run once a fortnight at Honiton Playdome soft play, the soft play will only be open for those with autism/additional needs. It is a chance for children to play in a safe environment and for parents to be able to meet others and ask each other questions. The first session is on Saturday 16th February, 9am – 10am and will then be once a fortnight for a trial basis. To find out more go to: <https://www.facebook.com/events/488993678296869/?ti=icl>
- **Development Awards The Princes Trust** "Youth Can Do IT" programme provides development awards to help young people achieve their plans for education, training or employment. Young people must be aged 16 to 30 years and either be: •no longer in compulsory education if aged 16 to 17 years •Aged 18 to 30 years unemployed, working less than 16 hours a week or in education for less than 14 hours a week The Award will cover costs up to £500 for course fees, tools or equipment, interview clothes, license fees, childcare costs for single parents and transport to your new job. To find out more either complete the online form or telephone: 0800 842 842 Alternatively, you can text "Call Me": 07983 385418 or go to: www.princes-trust.org.uk
- **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, young people, professionals and practitioners to help with this review. These [surveys](#) are open until **15th February**.
- **Children's Mental Health Week 2019 (4-10 February)**. Place2Be kicked off the Week with brand new research exploring the relationship between sleep and wellbeing. They found that children and young people who usually get less than the recommended nine hours sleep on a school night are more likely to feel that worries get in the way of school work and are also less able to cope with worries overall. [Read more about the research](#).

- **EH4MH Parent Support Session** How can parents support their children to be mentally healthy, focusing on modelling and offering information to make informed choices, and to build a toolkit that supports being resilient and staying balanced. Bluecoat C of E Primary School, Great Torrington (Oak Room), Tuesday 26th February, 1.15pm – 2.15pm. To reserve a place call: 01805 622333.
- **Devon Carers** have a range of upcoming courses for carers across the County, including; Caring for Carers, Mindfulness, Sleep & Relaxation, Stress Management and many more. To find out more click [here](#)
- **Parents United through ASC/ADHD** A group of parents/carers with young people on the Autistic Spectrum and/or ADHD. Diagnosed or going through the process. They meet every other Tuesday during term time, at the Great Western Hotel in Tiverton, 10am to 11.30am. Next meeting date: Tuesday 12th February. For further information contact Hayley on: h.hardy211@outlook.com
- **Tubers** is a video creators academy & creative space for young people with bases in Exeter and Torquay. A place to produce great video and meet like minded people with interests in gaming, animation and technology. Their Special Provisions Curriculum has been crafted by social media & video production professionals to help young people who are outside of traditional education build confidence and invaluable career skills. All young people enrolled onto the Special Provisions programme will learn camera skills, video editing, audio production, live streaming and more through their first steps programme modules. As they complete modules students are awarded a certificate to celebrate their achievement and take away finished videos to share with parents and friends. They are able to take special provisions students during daytimes, Monday to Friday 9am-3pm. Understanding that students learn in different ways; they are able to accommodate both 1-2-1 teaching as well as small groups- customising to the needs of the student. To find out more click [here](#)



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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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