

Devon's family information
service for children with
additional needs



Advice

Information

Grants

Contacts

Welcome to your Winter edition of the DISCplus newsletter...

In this issue we shine the spotlight on Lampard School in North Devon, where the children tell us about their new sensory and therapy rooms. We also have a feature about a recent Royal visit to the Exeter Riding for the Disabled Association. Inside this issue you can find out about the new Single Point of Access cards and changes to the Integrated Children's Services website which includes lots of new features and tools to explore.

Seasons Greetings from the DISCplus team.

Issue 44 Winter 2017

2	Single Point of Access	14	The role of the Children's Community Learning Disability Nurse
3	Cooking Your Way to Independence – Getting Started & Top Tips	15	PenCRU (Peninsula Cerebra Research Unit)
4	DIAS Keeping you Posted	16-17	Eastern news
5	Devon Parent Carers Voice	18-19	Southern news
6	Have you visited the Devon Integrated Children's Services website?	20-21	Northern news
7-10	Useful information round-up	22	Books
11	Children's pages	23	Hints and Tips
12-13	Lampard Community School	24	Sports round-up



News from Devon Single Point of Access...



New SPA Contact Cards

The Single Point of Access has recently introduced updated contact cards. The cards have a list of self-help tools and information available on the website on one side, with details of Early Help for Mental Health on the reverse..... **look out for copies at your local School and GP Surgery.**



If you would like a summary of this in a different format such as large print, Braille or tape, or in a different language, contact your Local Information Co-ordinator.

Get in touch with your local DISCplus information co-ordinator if you:

- need general information on services for children with special needs
- need support to access services
- need us to print out web information for you

If you live in **Exeter, Mid or East Devon** contact

t: 0345 1551 013 **e:** discplus@virginicare.co.uk

If you live in **Teignbridge, South Hams or West Devon** contact Kristine Taylor

t: 01803 763505 **e:** kristine.taylor@virginicare.co.uk

If you live in **Torridge or North Devon** contact Amanda Smithson

t: 01271 384074 **e:** amanda.smithson@virginicare.co.uk

If you're not sure which co-ordinator you should speak to call MyDevon on **0345 1551 013**



The information in this newsletter is for general information purposes only and is provided by various organisations. Whilst we endeavour to keep the information up to date and correct, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services or otherwise included in this publication for any purpose. Any reliance you place on such information is therefore strictly at your own risk.

Cooking Your Way to Independence – Getting Started & Top Tips

By Holly Bell (Yr7 pupil) & Lauren Sillence (ROVIC)



Whether it is food technology, everyday cooking, or you are an aspiring young chef who has a visual impairment, 'Getting Started' is key to the recipe. Working alongside, demonstrating hand under hand and providing individual strategies to prevent danger is part of our role as a ROVIC (Re/habilitation Officer for visually impaired children). Hopefully, this will inspire young cooks, giving some tasty food for thought!

Firstly thinking about what preparation is needed and any adaptive extras that would be visually assistive.

- List all the ingredients, identify your utensils and use protective gloves.
- Familiarise yourself with the kitchen layout, organise equipment for easy relocation. Knives should be flush to the back of the work surface, laid flat horizontally with the blade facing away.
- Simplify your work space by enhancing contrast definition. Chopping boards or pots can be different colours i.e red pots will stand out on a white surface.
- Hi-mark or bump-ons can be added to mark cooker dials if there are no tactile indicators or clicking knobs.
- Practice doing 'cold runs' i.e. opening the oven door, aligning trays, centralising pans on the hob. Repetition will aid accuracy and confidence for when appliances are hot.

The following 'Top Tips' are from Holly who very recently had fun making pepperoni & mozzarella pizza ciabattas for a family mealtime.

- When weighing ingredients, talking kitchen scales are handy.
- I use a Nicer Dicer to help with grating and cutting.

I have cerebral visual impairment which means that I can see, but my brain cannot always make sense or process the visual information received through my eyes. My cooking advice to you is; Use gadgets when possible to help you, I like bright and colourful equipment. I use a liquid level indicator to avoid spills and I also put bright tape on the side of the measuring jug too. Even if you have a visual impairment, it is always worth giving things a try as you can see what I achieved.

If you are a visually impaired child or young person and would like to access our service please get in touch at the single point of Access Integrated Children's Services Devon on tel: 0330 024 5321 Email: VCL.DevonSpa@nhs.net Or through the website: www.Devon.IntegratedChildrensServices.co.uk





Providing impartial information, advice and support to children and young people with special educational needs and disabilities (SEND) and to their parents and carers

t: 01392 383080

e: devonias@devon.gov.uk

w: www.devonias.org.uk



DIAS Keeping you Posted

Two new factsheets and the first of our new 'How to' Guides

Recent changes to top-up funding in Devon have prompted lots of enquiries from parents. To answer some of your questions, we've published two factsheets to help you understand the funding schools and colleges get for children and young people with SEND, and how that money is allocated. The factsheets contain information about Element 3 top-up funds too. SEND Funding: Your Questions Answered is available as a page of key points and a longer more detailed factsheet.

One of the main findings from some of our recent conversations with parents was that you'd like to have more practical information from us. So, we've kicked off by publishing 'How to check a draft EHC plan'. Those of you who have been faced with this task will know that it can feel daunting. So, our new guide takes you step by step through the process. It tells you what to do and by when, and shows you the important things to check for. It also explains what a good EHC plan should look like.

Both the factsheets and the guide are available on the DIAS website, or you can request a copy by calling or emailing us. Details are above.

New DIAS Parent Information Events

DIAS has been running a series of parent information events, hosted by local schools, throughout the 2017 autumn term. We plan to run more in 2018, so please do check out our website or Facebook page for more details.

The events are information sessions for parents and carers, where you can find out more about how Special Educational Needs and Disabilities (SEND) support works in Devon. We've been covering:

- What support is there for children with SEND
- What the 'assess, plan, do, and review' cycle is
- What all the recent changes mean
- What the SEND Local Offer is

The events have been organised with the SEND Local Offer and Participation Officer in collaboration with leads for Early Help. If your child's school would like to host an event, or would like more information, contact : <http://devon.cc/sendevents2017>

New staff at DIAS!

We're delighted to welcome two new DIAS Officers to the team. Nicky Nicolls is covering East Devon and Sarah Skinner is covering West Devon. Both started work in September and will be supported by our experienced team while they learn all there is to know about SEND!

News from the DPCV team

For families of children
and young people with
additional needs

DEVON 
Parent Carers' Voice

Did you join us at Buckfast on July 5th?

We had 100 parents at our Summer Conversation Event and AGM at Buckfast. This year we had a waiting list. If you did attend you would have been informed and entertained by our keynote speaker Rob Long.



We want parents to get involved

At Buckfast Dawn Stabb and Julia Foster aided by Colleagues from DCC made a presentation on the Myths around EHCPs followed by Q&A sessions in small groups. We want EHCPs to be our theme for the next 18 months.

Behind the Scenes

Jan Gasper announced with great regret that due to family care problems she would have to leave DPCV, Alan Hughes agreed to take on the role of Chair. We should not underestimate the great progress that DPCV made under her leadership and the lasting effects. The working relationship particularly with DCC has led to the Trustees being involved in key committees working to improve the SEND journey for all.

What of the future?

We have decided that we need to hold local, smaller events in addition to the Annual Event, reaching out to established groups to see how we can help them and vice versa, but there are many parents who are not in formal groups. If you would like to suggest where we could meet, suggested topics, how many might be interested please contact office@dpcv.org.uk

We need to grow DPCV

At Buckfast we asked you to become a Parent Point of Contact or Parent Representative, tell other parents about us, let groups in your area know about us so we can connect up and find out what everyone feels is needed. We are few in number and need help to act as your Voice.

We want our parents to meet up with other parents, share and form new and valuable friendships

IN THE MEANTIME.....

Do get in touch via our website, Facebook, Twitter. Share your thoughts, suggestions, ideas, help shape the future for all our children with special educational needs and disabilities.

If you would like to respond to anything in this article there are several ways you can do this.

Contact us on **07794 233249** Monday-Wednesday between 10am and 12pm or email: [**office@dpcv.org.uk**](mailto:office@dpcv.org.uk)

You can also message us directly via our social media pages:



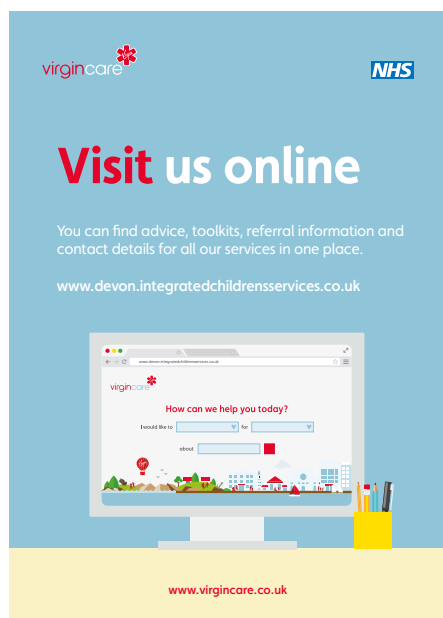
[@devonparentcarersvoice](https://www.facebook.com/devonparentcarersvoice)



[@DPCVoice](https://twitter.com/DPCVoice)

and like/follow our pages for up-to-date news, information and events in your area.

Have you visited the Devon Integrated Children's Services website?



www.devon.integratedchildrensservices.co.uk is the front door to Integrated Children's Services in Devon.

The website is for children and young people experiencing difficulties, parents/carers, any professionals connected to young people such as teachers and professionals such as GPs looking for advice and information on how to refer into the services.

1. You can access advice, support and activities and toolkits to use with your child at home
2. You can find information on the services and who to contact locally
3. You can get information and the tools to refer your child into a service yourself, see the good referral guide and view the pathways for services so you know the process
4. Families can view case studies on other people's experiences of the services, and detailed descriptions of how services can support your child

5. Professionals can also find strategies, referral criteria and forms



Virgin Care are constantly working on improving the website and the information held. They can't do this without your help and would love to know what you like and don't like. You can let them know your thoughts here: <http://surveys.virginicare.co.uk/s/ICSweb/>



The SEND Local Offer Reference Group, or LORG, is a collecting point for the views of parent carers, families and young people. We meet so we can contribute to the review and development of the local offer for SEND.

Since the group started, it has raised concerns about things like direct payments, continence underwear, and the graduated response to SEND in schools. We need more parents to get involved, to work constructively with Devon County Council and its partners.

If you want to find out more about the Local Offer Reference Group, contact **01392 383080**, email sendlocaloffer@devon.gov.uk or visit the Local Offer website: <https://new.devon.gov.uk/send>

USEFUL INFORMATION ROUND-UP



Disability Grants

Template or sample letters can provide a starting point to communicating with statutory authorities about issues affecting either you, or, as a parent of a disabled child. To have a look at the selection available go to Disability Grants: <http://www.disability-grants.org/template-letters.html> Disability Grants Computer and Assistive Technology Grant information available at: <http://www.disability-grants.org/assistive-technology-grants.html>



Sensory Spectacle

Have a look at Sensory Spectacle's new YouTube series 'Out & About' In this series they highlight and explain some of the reasons why people with sensory processing disorder may find being in the community difficult. Search: 'Sensory Spectacle, Out & About' on YouTube.



Scope

Scope have produced a range of free books for children with disabilities.

Jacobs Traffic Jam is a story that helps to explain cerebral palsy to young children and how messages in a child's brain can sometimes get "stuck in traffic". Celine's New Splints is a story that helps parents explain to children about wearing leg splints. Fun in the sun is a story about Peg Ted and Mikki Dolly to show how tube-feeding doesn't stop children having fun. To see the full range and find the order form go to: <https://www.scope.org.uk/support/families/books/children>



Facebook pages you may want to "LIKE"

Family Fund Facebook page

<https://www.facebook.com/familyfund/>

The Children's Sleep Charity

<https://www.facebook.com/TheChildrensSleepCharity>

Council for Disabled Children

<https://www.facebook.com/councilfordisabledchildren>

Cerebra

<https://www.facebook.com/CerebraCharity>

National Deaf Children's Society

<https://www.facebook.com/NDCS.UK>

The Accessible Planet

<https://www.facebook.com/TheAccessiblePlanet>

The SEND Parents hand book

<https://www.facebook.com/thespecialparentshandbook>



Disability Rights UK's

[Into Apprenticeships](https://www.disabilityrightsuk.org/about-us) is a guide for disabled people, parents and key advisers about applying for apprenticeships in England. Click on the blue link to open the PDF document.

<https://www.disabilityrightsuk.org/about-us>



The Disability Access Fund (DAF)

The DAF was introduced in April 2017. It is funding which is given to an early year provider (preschool, nursery or childminder) where a three or four year old child attends for their early years funded time. The funding

should be used by providers to make reasonable adjustments to their setting that will enhance inclusive practice. To qualify for the funding, the three or four year old child must be receipt of Disability Living Allowance (DLA). More information for providers is available here: <https://new.devon.gov.uk/eycs/for-providers/business-finance-and-funding/disability-access-fund-daf/>



Contact

Contact is the new name for Contact a Family, a charitable organisation for families with disabled children. They are available to reach families as soon as they need them and to highlight the wide variety of work they do.

To find out more go to:

<https://www.contact.org.uk/>

Contact - Advice for parent carers about school absence. The parents of children with long term medical conditions can find school attendance and maintaining continuity in their education a major issue. Contact parent adviser Lesley Black spoke to www.TheSchoolRun.com recently about what the law says about absence from school because of health reasons and how schools support you and your child. Go to: <https://contact.org.uk/news-and-media/our-education-experts-advice-on-school-absence/> to read more.



Afasic

This organisation support parents and represent children and young people with speech, language

and communication needs (SLCN). They have downloads, support and advice online and a dedicated Helpline: **0845 3555577**. Have a look at their website for more information: <http://www.afasic.org.uk/>



Council for Disabled Children

Two new short animations aimed

at parents to help explain the EHCP process and the Person Centred Connection.

Click on the link to find out more:

<https://councilfordisabledchildren.org.uk/help-resources/resources/two-new-short-animations-aimed-parents-help-explain-ehcp-process-and-person-centred-connection>

Appcissible



This not for profit organisation wants to help users get the most out of their devices. They have carefully scoured the internet for the best and most useful applications for your Apple iPad & iPhone and your Android phones & tablets. Whether it's an app to help you find the nearest disability friendly toilet on your smartphone or an app to offer support around challenging behaviour, their goal is to provide the best and latest apps on one easy to use website. There's no charge for using Appcissible and they include free and chargeable apps.

To find out more go to:

www.appcissible.org or email: hello@appcissible.org you can also "Like" them on Facebook and follow them on Twitter.



MenCap

Do you have a burning question about disability benefits? The brilliant legal caseworkers at MenCap have been answering your questions for the last few months on FamilyHub. They are available to make sure you have the knowledge and confidence to get the support you need from the welfare system. No question is silly, too small or too complex. For more information go to: <https://www.mencap.org.uk/familyhub>



BILD Factsheets

The British Institute of Learning Disabilities have a number of useful Factsheets on their website including; Self injurious behaviour, Loss, bereavement and death, Human Rights and many more.

Go to: <http://www.bild.org.uk/resources/factsheets/>



Moorvision

Moorvision is the Devon wide support group for families of blind and partially sighted children aged from 0 – 25 years. They can offer advice and information, put you in touch with other families and have regular family days out, residential trips and parent/carer evenings, a newsletter, website and Facebook page. This year is their 10th anniversary and they are looking forward to leading up to Christmas with lots of exciting events.

Friday 15th December – parents Christmas meal – time for parents to let their hair down and have some fun.

Thursday 21st December – Annual Touch Tour and Audio Described Panto at the Princess Theatre, Torquay.

For further information please contact:

Laura Hughes: Tel 01752 891934 / 07581 566690 Email: info@moorvision.org or www.moorvision.org

ERIC – Guide to Toilet Training for Children with Additional needs



ERIC has launched a new leaflet for parents and carers to help toilet train children with a physical or learning disability. The leaflet titled 'ERIC's Guide for Children with Additional Needs' is for when toilet training is not so straight forward or may not be possible. It provides information on whether a child is ready for toilet training, guidance on keeping bladders and bowels healthy and practical tips for establishing a toileting program. To download this informative guide, go to:

<https://www.eric.org.uk/Blog/toilet-training-children-with-additional-needs>



Newlife

Newlife offers the free loan of specialist toys to families who have disabled and terminally ill children. The Therapy Play Pods are tailored to different age groups, are self-contained and are delivered direct to the family's door. To find out more go to:

<http://newlifecharity.co.uk/docs/care-services/Play-Therapy-Pods.shtml>



SWAN UK

Approximately 6,000 children

are born in the UK each year with a syndrome without a name – a genetic condition so rare that it is often impossible to diagnose. Without a diagnosis it can be difficult to access basic information and support. SWAN exists to help families, providing 24/7 information and support through their online forums for registered members.

If you would like to become a SWAN UK member please **email: joinus@undiagnosed.org.uk** or to find out more go to:

<https://www.undiagnosed.org.uk/info@keldawood.co.uk>



ASD Bright Ideas

This web page was started by parents of a daughter who is on the Autistic spectrum. They offer a wide variety of visual aids which are widely used in special needs schools to support learning and social skills. The aids are available for sale at reasonable prices, to find out more go to: **http://asdbrightideas.co.uk/asd/index.php?main_page=page&id=5&chapter=500**



HOW MANY TIMES MUST I REPEAT MYSELF?

Family Advice, Courses and Training (FACT) can offer support through a process called the Devon Assessment Framework.

DAFs are offered to families when they are facing challenging situations. DAFs can be useful when children display difficult behaviours, learning difficulties or experiencing emotional problems. DAFs require a person trained in the process to be Lead, but overall the parent has the final say in the process; they identify their goals and the professionals seek to help achieve these.

The Lead Professional will:

- Chair meetings and send invites to the relevant people.
- Seek to find answers and information.
- Help guide and steer the meetings to reach the family's goals.

It is important the Lead has a good relationship with the family, to keep an open mind, to listen and give advice. FACT continue to offer professional services as well as parents, their expertise with the DAF process. They can put together the initial paperwork, which is time consuming and then step back for others to Lead. FACT have

been employed by parents to start the DAF process off. They have been asked to see the process from start to finish. A DAF can be incredibly helpful and FACT would suggest any family facing issues and needs to ask their school or supportive workers to think about using a DAF to help them have clear, identified and manageable goals. FACT is an independent service with years of experience in the Education sector. They work closely with schools, colleges, disabilities teams, School Nurse Teams and others. If you would like some free advice on DAFs or to find out how to request starting the process with your child's school or other services please do not hesitate to contact them: **www.fact-ifs.co.uk**



Turn 2 Us

Turn2us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services. For more information go to:

<https://www.turn2us.org.uk/>



Signstation

Signstation is a free website

dedicated to people wanting to learn more about British Sign language and Deaf people.

The site is packed with hints tips and useful resources. To find out more go to: **www.signstation.org**



Listening Books

Listening Books is a UK charity providing a large selection of high-quality audiobooks to around 50,000 people across the UK who find it difficult or impossible to read due to an illness, disability, learning or mental health difficulty. They help a wide range of organisations and individuals and provide audiobooks on 3 easily accessible formats: through the post on MP3 CD, or downloaded and streamed online. Members can choose from a range of options to find the service that best suits their needs. To find out more go to: **www.listening-books.org.uk**



Discplus

Pages for Children and Young People

A Christmas Wordsearch, see how many Christmas words you can find...



U	U	M	F	X	R	L	R	D	N	Y	H
L	T	U	R	K	E	Y	H	E	J	K	N
A	L	H	R	E	B	M	E	C	E	D	A
N	P	A	C	U	C	S	H	O	Y	M	M
G	P	O	B	A	Q	R	E	R	O	A	W
E	X	U	R	W	I	E	H	A	T	B	O
L	K	O	H	S	O	P	P	T	A	G	N
H	L	V	T	F	L	N	X	I	W	Q	S
H	O	M	O	O	K	S	S	O	B	M	F
T	A	L	D	U	X	L	U	N	S	B	E
S	D	U	L	E	E	R	T	S	H	V	R
O	R	L	L	Y	X	V	F	T	F	H	U

ANGEL

CAROL

CHRISTMAS

DECEMBER

DECORATIONS

HOLLY

RUDOLPH

SNOWBALL

SNOWMAN

TREE

TURKEY



What goes
oh oh oh!.....?

Santa walking
backward!

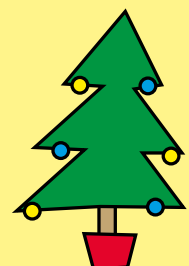
What do you sing
at a snowmans birthday party?

Freeze a jolly good fellow!

What's white
and goes up?

A confused snowflake!

How many pictures of Christmas trees
can you find in this newsletter?



The DISCplus team would like to wish you all a very Merry Christmas

Lampard Community School



Our school is for students aged 5-16 with complex needs relating to communication and interaction, including Autistic Spectrum Condition and Speech, Language and Communication needs.

We have 121 students across three phases of school at our site in Barnstaple. We work collaboratively with parents, carers and professionals to provide a personalised curriculum for our students.

Sensory work around our school



Therapy Room:

We have a dedicated therapy space and equipment such as a mobile swing with different platforms, scooter boards, soft play and gym equipment in which students can meet their sensory needs. We also have access to equipment for use in the classroom and around school. This space is also used for Physiotherapy and Occupational Therapy sessions.

*It's awesome and cool. We build a fort and throw balls. It's fun.
(Connor 12)*

It helps me to stay calm and it's also fun in there. (Lewis 11)

You can jump and slide into the ball pit and throw the balls and this helps me to calm down if I get angry. (Will 12)



I like spinning and the slide. (Ronnie 10)

*The therapy room is cool because it has a ball pool and a slide.
(Jamie 8)*

Sensory Room:

Last year we were very lucky to receive funding from Lord's Taverners and BT for a specialist multi-sensory room. This is a very exciting addition to our school and has already benefitted many students.

Our students can use the room on two levels – as a sensory experiential room and also as a more interactive space. This means students can use it for a wide variety of reasons such as relaxation, calming, sensory experience, creativity, fine and gross motor skill improvements.

The room has soft seating and wall coverings, bubble tube and mirrors, interactive system with projector, Jetstream, aroma cabinet, soundboard, interactive music board, LED lighting, fibre optic cascade, bean bag with fibre optics, additional switches for use with equipment and a PC with software preloaded for scenarios.

Students are very excited to use the room and look forward to their time with it. We have used it for a calming sensory experience for some students which has been very successful. We have also used it as a more interactive tool for some of our students for their learning.

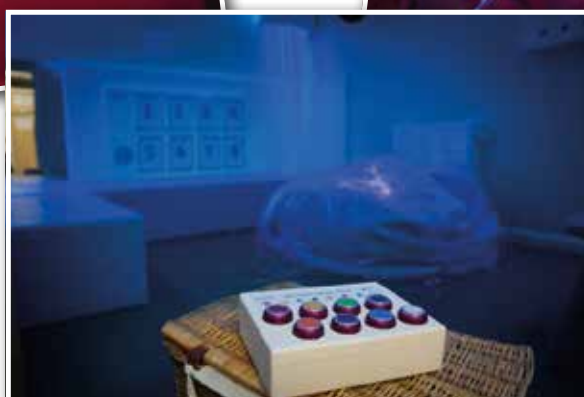
I like the lights changing colours when you press the colour cube. (Lewis 11)



I feel calm in the Sensory Room as it's nice and colourful. I really like watching the bubble tube. (Tasmin 13)



It has lots of lights and is very colourful. I think its relaxing in there and its helps me feel calm as I get sad sometimes. (Alyssa-Mae 13)



The role of the Children's Community Learning Disability Nurse

Learning disability nursing is a wide and varied role; we help young people and families with a range of needs. We work with children who have profound and severe levels of learning disability including children with Autistic Spectrum Disorder. We develop community and school based programmes of support.

The highlight of our job is always working directly with the young people we support, this could be at home or at school, using iPads, easy read assessments, signing and pictures / photos to support, ensures the child's voice is at the centre of our work.

We really enjoy the variety of our role. One day we may work with a young person who is displaying severe behaviours of concern, using tools such as a holistic nursing assessment and functional analysis to help us to identify the cause of behaviours. This enables us to write a programme of support which may include supporting coping skills and resilience around the impact the learning disability may have on the young person. As part of this we may develop a Positive Behaviour Support (PBS) plan for the young person with contribution from key people in the child's life. Unlike traditional methods used, PBS is based on the principle that if you can teach someone a more effective and more acceptable behaviour than the challenging one, the challenging behaviour will reduce.

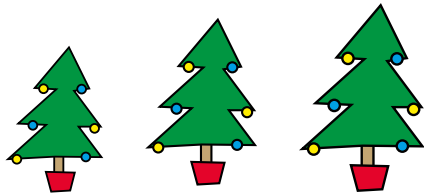
The next day we may be doing a sleep assessment in clinic with the family. From this we provide personalised specific tried and tested cognitive and behavioural techniques to adapt their child's night time behaviour. As part of this a home visit to spend time with the child and see their bedroom is essential to discuss sleep hygiene and environmental factors impacting sleep. Research estimates that between 44% - 83% of children with additional needs suffer from sleep problems.

The Learning disability team also includes highly skilled, clinical Psychologists and Psychology assistants who provide direct work with young people and families including Disability psychotherapy assessments, support around bereavement and emotional health and support for families' adjustment of their child's diagnosis.

Other aspects of our role include:

- Supporting with healthcare appointments, desensitisation work around blood tests, dental care, inoculations, personalised health passports to support children with hospital stays, advice around Annual health checks.
- Offering support and advice independence to help develop new skills, personal hygiene, continence, puberty and sexual health.





Peninsula Cerebra Research Unit
PenCRU Childhood Disability Research

PenCRU (Peninsula Cerebra Research Unit)

The Peninsula Cerebra Research Unit for Childhood Disability Research (PenCRU) is a research team based at the University of Exeter Medical School. With core funding provided by the Cerebra charity, we carry out a broad programme of applied health research that aims to improve the health and wellbeing of disabled children and their families.

In all our research activities we work in partnership with parents and carers who advise us on our research to ensure it is relevant and meaningful. For example, our 'Family Faculty' help develop ideas for research and write plain language summaries. There is no need to have any research experience and you can dip in and out of being involved. You can read more about how you can get involved here: <http://www.pencru.org/getinvolved/>

We would like to update you on two ongoing research projects:

Healthy Parent Carers

Researchers and parent carers have co-developed a programme called Healthy Parent Carers. The aim of the Healthy Parent Carers programme is to improve parent carers' health and wellbeing by promoting empowerment, confidence, and resilience. To date, we have run the programme as a 6 week course, but now we want to

see if it can be replicated more widely. An application to fund the next stage of research has been submitted.

Hospital Communications

This study involved parents, clinicians and researchers co-developing and piloting a training package for health professionals to improve communication with children in hospital. The training has been delivered on four occasions at the Royal Devon & Exeter Hospital, and refined each time based on feedback and reflections. The next steps will be to test the training package in other children's hospital wards, and then investigate whether the training makes a difference to staff and to children and their families.

We are always keen to hear from new people who may wish to join the Family Faculty, or if you have questions about treatments and therapies that we can explore on your behalf.

If you would like to join our mailing list, please call us on **01392 722968** or drop us an email pencru@exeter.ac.uk

For more information, please check out our website: www.pencru.org or find us on Facebook or Twitter.

Eastern

Honiton

Okehampton

Exeter

Tiverton



South West Autism continues to provide a range of services for children on the autistic spectrum and their families.

They now have a new group in Cloyton. This ASC group will meet monthly, free of charge to support parents and carers of children on the Autistic Spectrum. For more details contact Debbie Trott on **07714 451428**

They can also provide 1-1 enabling, life skills, travel training and support for children and young people on a part time timetable or those excluded from school or college.

They run several groups such as Chill Club which is a monthly group for children to unwind after a stressful week at school, a fortnightly Discovery Group for children aged 11+ and the very popular Girls Group.

In addition they offer holiday activities for children who already access their services and family activity days. Parent support is available to help unpick behaviours and difficulties that can often arise and suggest strategies to support the young people and their families.

In addition to the above, South West Autism provides training for parents and professionals including whole school training.

"Need to Know" is a new forthcoming project for young males aged 11-15 and 16-18. These sessions aim to provide social sexual understanding, advice and guidance to males in small group settings. Focus will be on puberty and sexual understanding including vulnerability.

It is SW Autism's experience that young people often have a understanding of the biology of becoming an adult but with little experience and knowledge of the social "requirements" that comes with it.

Sessions will be held in Exeter and each programme will be for 6 sessions.

For more information including costs please email southwestautism@gmail.com or for further details go to: <http://www.southwestautismsupport.com/>



Exeter RDA Royal Visit was a once in a lifetime moment for young disabled riders



Young disabled riders from the Exeter Group of Riding for the Disabled (RDA) were delighted when a Royal visitor dropped in to meet them in July. Princess Anne, President of the RDA, paid the group a visit to

commemorate their 50th birthday. The Princess Royal arrived by helicopter, landing in a field at Oaklands Riding School, Exeter. After a tour of the stables, she watched a display by nine riders helped by about 20 RDA volunteers. Afterwards she presented them all with commemorative rosettes to mark the occasion.

After meeting the group's supporters HRH cut an anniversary cake and unveiled a commemorative plaque saying: "It is a rare treat for me to be able to celebrate 50 years as an RDA group because this is one of the oldest groups in the country." The Princess Royal was presented with a posy and a book about Devon. Bob Gaiger, RDA Exeter Group chairman said

after the visit: "It was a great honour for us to have Princess Anne come and visit us. It was a really special day for everyone and a great way of thanking all our volunteers and supporters."

To find out more go to:

www.exeterridingforthedisabled.co.uk

BIS-net - BIS Parent Training Workshops



BIS-net have been receiving fantastic feedback from the hundreds of parents that have accessed their workshops, such as:

'It was the only time that a professional I'd encountered had offered real ideas that really work.' R. Evans.

To find out about future courses visit the website: www.bis-net.org.uk/parentworkshops/ or contact directly at sam.harris@cedaonline.org.uk

Bis-net offer a variety of services to parents supporting a young person with behaviour support needs. They currently run the following programmes:

Behaviour support consultation: a 6 session programme designed to help parents put together a support plan of pro-active strategies to reduce challenging behaviour, as well as preparing to de-escalate when things become difficult.

Relationship Development Intervention: a specific programme designed for families of young people with Autism. Supporting parents to take a lead role in their child's development and make long term impacts into areas such as friendships, impedance and emotional intelligence.

Family Therapy: a bespoke programme to meet the families particular needs that can include; space for families to discuss challenges and to find solutions together, a safe space for any member of the family including the young person to discuss their own feelings and be guided towards their own solutions, support

for members of the family to understand their own diagnosis or individual strengths and weaknesses.

For more information please contact:

sam.harris@cedaonline.org.uk or call us at **01392 360645**

Wellbeing for Parents Group - A new six-week programme starting in January 2018

As the parent of a child with additional needs, do you ever feel stressed, isolated, unsupported or abandoned? Do you wish you had better tools to manage everyday challenges, and the opportunity to share experiences with others in a similar position? If so, a brand new group programme starting this January may help provide the support and advice you're looking for.

The 'Wellbeing for Parents' programme, organised and run by Exeter-based **Celia Chambers Therapy** (www.celiachambers.com), is specially tailored to help attendees work through the needs, challenges and often unspoken realities that come with parenting a child with additional needs. Founded on the principles of Transactional Analysis psychotherapy, the group sessions will equip you with tools to better understand yourself and others, help you improve your relationships – with family members, professionals and of course, your child – and provide a safe, non-judgmental space to explore the course material and your own questions and concerns.

The programme comprises six 2-hour sessions at Southernhay Clinic in Exeter, and is open to a maximum of six attendees. The total cost is £96.00 (i.e. £16.00 per session), payable in advance. To register your interest in attending the programme, or to find out more, please email Celia at celia@celiachambers.com or call **07957 589490**. For full details of the services offered by Celia Chambers Therapy, including behaviour support and group / couple / individual counselling, please visit www.celiachambers.com

Southern

Tavistock

Teignbridge

Totnes

Kingsbridge

Step By Step



Every Thursday 10-11:30am, Buckland & Milber Community Centre, Gilbert Road, Buckland, Newton Abbot TQ12 4HS

Step by Step group is run for parents and their children under five who have a medical condition or additional needs that means extra help is required for them to make progress. The group provides ideas to support the children's development in a welcoming fun environment. Please call the Children's Centre on **01626 354657** for more

Details Or Sian-**07834678884** / Michelle-**07736565470**



Sirona Therapeutic Horsemanship

Sirona is finally on the move to a fantastic new home on the Dartington Hall estate near Totnes. Dartington Hall is a fantastic fit for Sirona with it's ethos of community and social values and their new home is in a beautiful peaceful field surrounded by trees and nature. To find out more about the move and fund raising activities go to: <https://sironaequine.org.uk/>



Movement Therapy & Play Sessions

1:1 sessions for babies, young children, their parents and carers.

These sessions support the child's development and give insight into ways to help them build their foundations.

Working with those with developmental delay, sensory integration and social, emotional and behavioural issues. Contact Paul Beaumont, Registered Somatic Movement Therapist. Free initial session, further sessions £35/hour. For more information please call 07967 558 254 Or visit www.PaulBeaumont.net



iBounce – Newton Abbot

iBounce

Dedicated sessions available for keen bouncers with additional needs. Tuesdays and Wednesdays 4pm-5pm Discounted from £9 per bouncer to £5 per bouncer (plus £1.50 for mandatory grip socks each).

Carers have free admission as long as they use the trampolines for support



and guidance. There is a maximum capacity of 30 bouncers per hour. To find out more or book places, phone: **01626 332241** or Email: info@i-bounce.co.uk or www.i-bounce.co.uk Venue: Unit 1 Milber Trading Estate, Newton Abbot, TQ12 4SG

iBounce also have a venue at Exeter, 33 Marsh Green Rd W, Exeter, EX2 8PN



Proud2Be Youth Group

A friendly youth group for LGBTQIA+ (lesbian, gay, bisexual, trans, questioning, intersex and/or asexual+) young people (aged 13-19). A safe space to make new friends, take part in activities and have fun.

The group meet every second and fourth Monday of the month in Totnes, South Devon. 17.15 – 19.15 Free to attend.

At the group you will find a pool table, computer games, art & crafts, snacks & soft drinks, a chill out space, information & resources and table tennis.

If you are interested in joining the group please contact a Proud2Be youth worker to arrange an initial 1:1 meeting before coming to the group for the first time.

Contact us at: **07926 290896**
info@proud2be.co.uk

After attending the group for just over a year I've built up an amazing network of friends that I otherwise wouldn't have had and it's been really amazing watching everyone grow into themselves. Charlie

Proud2Be also offer counselling, mentoring and a sexual health drop-in, to find what's on offer from Proud2Be go to:
<http://www.proud2be.co.uk/>



Activities Interests Music Support, Known as AIMS.

This organisation operate a free Saturday "drop in" group at Oaklands Park School, Dawlish from 11.00am to 2.00pm. Paid play-leaders and volunteers offer craft, cooking, music and games. They also have use of a great outdoor space for the children to let off steam! There is a range of musical

instrument's including a digital drum kit. Assorted bikes and scooters are available to suit all ages and abilities and the use of the school swimming pool. For more details email Claire Coombes at
coomb@btopenworld.com



Hannah's Celebrates New Sensory Room

Hannah's approached Experia to create a tailored sensory room for their residents as it wanted something original which would be suitable for young adults. The room was installed in Hannahwood, Hannah's young adult provision, which helps students transition from adolescence to adulthood by providing care, therapy and learning opportunities for adults aged 19 and over.

The room was created using Experia's Multisensory Interactive Learning Environment (MILE) technology, which can be tailored to simulate environments such as sky-diving or underwater, to enhance sensory learning.

Experia's wireless technology allows people to control the room themselves through the use of iPads and switches, which promotes independence. Being able to control their environments promotes self-awareness among users and allows individuals to increase their skills in a calm environment.

Bex Marshall, Activities and Events Manager at Hannah's, said: "The sensory room has had a huge impact on a range of users here in Hannahwood and helps encourage independence amongst users, allowing them to stay in their peer groups to learn. We use the room for our weekly college groups as it provides a chilled-out atmosphere which increases engagement with tasks.

Northern

Bideford

Holsworthy

Barnstaple

Ilfracombe

The Joshua Tree Project



Joshua Tree Project CIC is a local business which focuses on developing its

workforce via making ethical furniture from upcycled/recycled wood, as well as running a café on Ilfracombe High Street and in partnership with The Tree House Hotel, also in Ilfracombe.

The Joshua Tree project offers employment opportunities to people aged 16+ with a learning difficulty, physical disability or a mental health issue. The company aims to help people gain confidence working as a team and build on skills to provide long term work opportunities.

The Joshua Tree is based at Mullacott Cross in Ilfracombe. To find out more go to: www.joshuatreeproject.co.uk or contact Kevin, Tel: **07763 442183** or email: kevin.hazell@joshuatreeproject.co.uk

Read Easy Barnstaple



Most of us take our ability to read for granted and are unaware that there are people around us who struggle with this most basic requirement for everyday life.

A Skills for Life survey of 16-65 year olds in 2011 found that 5% of adults in England could only recognise a few common words, and a further 2.1% were barely able to read simple health and safety

notices at work. It has been shown that adults who struggle to read:

- develop coping strategies, but often struggle with even the most ordinary tasks such as food shopping or using public transport
- are five times more likely to be unemployed and four times more likely to experience long-term unemployment
- struggle to help their children with learning
- have difficulties reading and understanding basic health information, which is associated with higher mortality
- are less likely to vote or take part in public and community life

There are many reasons why people may not have learnt to read as children. Read Easy reading coaches minimise the possible stress and embarrassment involved in learning to read as an adult by providing confidential, one-to-one tuition at flexible times and in discreet and convenient places.

Working through community-based volunteer groups, Read Easy offers a free, one-to-one, friendly, flexible approach to learning to read for any adult who either can't read at all, or who lacks confidence with reading.

To find out more go to: www.readeasy.org.uk Or contact Nicola Cockell, the Read Easy Co-ordinator on Tel: **07471 332096** email: nicola@readeasy.org.uk

Supportive Screening Dates for your Diary.....



Scott Cinema
in Barnstaple
hold Supportive

Environment Screenings on the second Sunday of each month. The lights are kept on at a low level, the sound is turned down and you are free to move around the auditorium as you like. Upcoming screenings dates:

Ferdinand – 14th January 2018

Coco – 11th February 2018

To find out more call: **01271 370022** or go to **www.scottcinemas.co.uk**



North Devon Forum for Autistic Spectrum Conditions and ADHD

The Forum is a parent/carer led support group. In March 1992 a group of parents and professionals, concerned with children on the autistic spectrum, formed the North Devon Forum for Autism and Related Behaviours. The scope soon widened to include adults. In 2015 the name of the forum was updated to reflect the whole spectrum of conditions and also ADHD (incorporating ADD). Membership is FREE and is for people, their families, carers and professionals who live and/or work with ASC/ADHD. Members receive a regular newsletter, access to all events and our specialist library. They support 500+ members who live in North Devon, Torridge and the surrounding areas. Their aims are to:

- To offer informal support to parents, carers and people with ASC/ADHD.
- To share information.
- To organise social events.
- To maintain and develop contact with professionals.

- To invite guest speakers.

To find out more go to their website: **www.ndfautism.co.uk**. Or call Tel: **07923 481332**, email: **info@ndfautism.co.uk**



The Rose Hill Activity Centre Bideford

Rose Hill currently provides activities, day and respite care to adults and young people aged from 16yrs who have a learning disability, physical disabilities and/or high complex needs. Their 16+ youngsters access the service during their school term breaks throughout the year.

Rose Hill offers an extensive range of activities for people to include Film making, Drama & Music, Cooking, Arts & Craft projects, daily trips out in the community, assisted holidays at home & even abroad, they also run a weekly disco every Wednesday evening. Each person is assessed according to their needs. People may choose to take their own enablers with them; therefore you will simply purchase your chosen activities.

The staff teams are trained to meet all aspects of care and disabilities; they have undergone extensive training which continues throughout the year. They work alongside all the professional bodies you would expect such as Physiotherapists, Speech & Language, Social work teams, Teachers etc. and also the Professional Music and Drama therapists who visit for weekly sessions.

The activities currently run from Monday to Friday 8.30am to 5pm. They will be happy to show you around and have a coffee/tea and a chat, or call in for one of their leaflets and activity planners.

To find out more contact: Sue Morley, Activity Centre Manager Tel: **01237 477238**

BOOKS



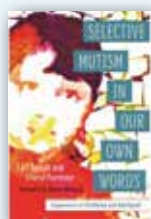
Snizzly Snouts: A Unique Print/Braille Book

This book is equally fascinating and enjoyable to children with and without reading impairments. All of them get a multi-sensorial training, broadening their artistic experience and playfully introducing them to various worlds of experience. Three senses get equal attention: seeing, hearing and feeling. To find out more go to: <https://www.blindenzorglichtenliefde.be/nl/MeerWeten/Index/6118/snizzly-snouts> (you will need to scroll to midway down the page to find the link).



Yoga for Speech-Language Development

This is the first book to present yogic practices and resources for enhancing speech-language development in young children from birth through to age 12. With easy-to-carry out exercises and demonstrative illustrations throughout, this innovative approach can be used to improve a range of speech-language issues. Paperback 2017 176pp, **£16.99** ISBN: 9781848192584



Selective Mutism in Our Own Words.

Experiences in Childhood and Adulthood. For the first time people with Selective Mutism (SM) share their personal experiences of the condition, shedding light on how it affects everyday life and activities at home, school and in relationships. Young people and adults describe how they cope with SM and its associated difficulties, providing insights into this misunderstood condition. Paperback 2015 272pp, **£14.99** ISBN: 9781849056366

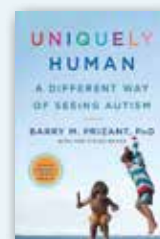
The Parent's Guide to Occupational Therapy for Autism and Other Special Needs.

Practical strategies for motor skills, sensory integration, toilet training, and more. Expanding upon the award winning first edition, this essential guide for parents of children with autism and other special needs covers sensory processing, toileting, feeding, and much more. It provides clear explanations of common behaviours and offers simple exercises to support development at home. Paperback 2016 192pp ISBN: 9781785927058

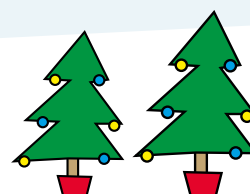


Uniquely Human

The most successful approaches to autism don't aim at fixing a person by eliminating symptoms, but rather seeking to understand the individual's experience and what underlies the behaviour. Uniquely Human offers inspiration and practical advice drawn from Dr. Prizant's four-decade career. It conveys a deep respect for people with autism and their own unique qualities. Paperback 2016 272 pp ISBN: 9781476776248



Remember, all the above books will be available from libraries, if they don't have them in stock ask if they are able to order them in.



HINTS AND TIPS



The National Autistic Society have some handy Hints and Tips on their website giving advice and guidance to help with the festive season: <http://www.autism.org.uk/about/family-life/holidays-trips/christmas.aspx>



Challenging Behaviour Booklet

Enable Scotland have put together a booklet entitled "Tricky moments - hints and tips for managing your child's challenging behaviour". This booklet was written with parents of children with learning disabilities and/or autism in mind but could be helpful for any child. <https://www.enable.org.uk/?s=Tricky+moments>



Monitoring Time on Task

Using a timer or an hourglass will make the passage of time more concrete. A child can see the amount of time that is passing and how much time he/she has left on task. This can be used for any type of activity from homework to brushing teeth.



The Sleep Council
Helping you get a better night's sleep

Free Downloadable Sleep Advice Sheet

The Sleep Council have produced a sheet of Sleep tips for children with additional needs.

The information includes advice on supporting children with additional need if they struggle to drop off or stay asleep. <http://www.sleepcouncil.org.uk/professionals/advice-sheets/>



Cerebra – Guide to completing the Disability Living Allowance (DLA) form

The guide takes you through each question on the DLA form, giving you explanations of what they mean and tips on how to answer them. It also gives you advice about how to appeal if you're unhappy with the decision. To download the guide go to: <http://w3.cerebra.org.uk/help-and-information/guides-for-parents/dla-guide/> To see what other guides Cerebra produce go to: <http://w3.cerebra.org.uk/help-and-information/guides-for-parents/>



Social Skills Board Games by Smart Kids

Set of 6 board games models good social skills and behaviour. The six games include morals, manners, empathy, friendship, showing emotions and managing emotions. Each game supports the development of social and emotional skills and the consolidation of those already learnt. A comprehensive approach to promoting the social and emotional skills that underpins effective learning, positive behaviour, regular attendance, staff effectiveness and the emotional health and well-being of all who learn and work in schools. Contains 6 games made from durable cardboard (297 x 420mm), 20 counters and a die. Ideal for use in Emotional Literacy <https://www.smartkids.co.uk/products/6-social-skills-board-games>

Don't forget to send in your Hints and Tips to share with others, see page 2 for contact details.

SPORTS ROUND-UP

Ocean City PFC. Plymouth's Powerchair Football Club

Ocean City PFC's Christmas fate will be held at Plympton Academy on the 16th December from 1pm. There will be a fun match between the staff of Plympton academy and the Players, this should be very entertaining to watch! Like all teams, the club are looking to recruit players at any opportunity, and all enquiries can be passed through to the Ocean city team by emailing sam.bennetto@live.co.uk or oceancitypfc@outlook.com Alternatively you can attend one of the training sessions or regional matches. The dates of the training sessions are available on www.oceancitypfc.co.uk



Tavispecials



The Tavispecials squad is growing rapidly, especially youth under 12 -16 years. Training is from 6-7pm

on Fridays at Tavistock College all weather pitches. For more info please contact Allen Lewis **01822614335** or email redrum347@hotmail.com or go to Facebook TAVISTOCK SPECIALS FC or Website www.tavispecials.co.uk

DSActive Saturday football sessions



2018 DSActive football sessions. Saturdays from 11am - 12 noon. Please note new venue: Wonford Sports Centre, Rifford

Road, Exeter EX2 6NF. 13th January, 3rd February, 3rd March, 7th April, 12th May and 2nd June 2018. Individuals with Down's Syndrome, 5 - 16 years and their siblings are very welcome. These sessions are active and great fun for girls and boys so why not go along and join in? All coaches are qualified.