

MESSAGE FROM NIKKI BURROUGHS, EXECUTIVE HEAD



It has been lovely to see everybody return after half term looking refreshed and excited for the term ahead. I hope you enjoyed your family time.

Across the Federation, there really is a sense of Spring in the air.



Over the half term break, one of the courtyards at Ellen Tinkham College had an overhaul with the addition of some new equipment which the students are really enjoying.



At Bidwell Brook School, the playground work has commenced and fundraising continues to be underway for Phase 2. The new rural skills workshop is also developing well, as is the outdoor sensory trail.

World Book Day last Thursday was a tremendous success. Thank you for all your contributions. It was wonderful to see children and young people participating in a range of activities that have spanned the week. I have to admit to producing a very last-minute costume myself! There have been a range of activities across the week and it has been wonderful to see so many of our children and young people enjoying books and reading activities. I had the privilege of deciding the winners of the World Book Day classroom door decorations at Bidwell Brook. It was an incredibly hard decision, everyone worked so hard and the doors all looked amazing. Eventually I decided to go for Lower and Upper school winners so well done to the students in Orange Class and S3.

I am really looking forward to judging the classroom displays at Ellen Tinkham this week!

I am sure, like myself, you are all concerned about the current situation in Ukraine. We are aware that some of our students will be listening to, hearing and even possibly following the news closely, and may not be talking things through with an adult to help make sense of what they're hearing. They may also be coming across unreliable information eg from social media or via friends who may not be relaying the news accurately. Even those who aren't following the news may have picked up on tension or stress from those around them. If you would like to talk to your child about the situation, please find attached some information that you may find useful. Please do talk to your Class Teacher if you have any worries or concerns.

To finish, I'd like to share with you that last week, one of our students attended an interview at a train station. This successful interview has resulted in the student being accepted for a work experience placement. Fantastic news!

Have a great week everyone.

SHORT OF TIME?

Tempest Photography Visit - Dates below.

Enabling - Is a private arrangement between the family and enabler.

Enablers must have a separate personal DBS (not school related) and there should be public liability insurance in place. Any training undertaken by staff in school relates to school work only.

National "Awareness" Days - Our Enrichment Team have planned these for this year, but any suggestions you have can be shared with the Team to consider for next year.

Creative Hair & Odd Socks Day - The Student Council has re-arranged this fundraising day for Friday 8th April 2022.

ET PTFA - Please could you help out for only an hour or so at a Charity Car Park in Exeter on Saturday 23rd April? Any time between 9 am and 3 pm? Details on page 2.

Healthy Start - See page 3 to see if you are eligible to claim 3 x free fruit & veg boxes.

Thank You's - Special thanks go to Pyramids in Exeter and Moose International City of Exeter Lodge for supporting ET recently.

Ear Defenders - Useful info attached.

Live Folk Music - Happening at BB and ETS this week.

New Parent Governor - Meet Laura Boyce on page 4.

Attendance - Learners should be accessing their education in school during term time. Please notify school asap if your child will be absent. Thank you.

DATES 2022

Wednesday 9th March 2022Tempest at ETS
 Thursday 10th March 2022Live Folk Music at ETS/Tempest at ETC/Teddy Bear Hospital at ETS
 Friday 8th April 2022Creative Hair & Odd Socks Day
 Friday 8th April 2022Last day of term



TEMPEST PHOTOGRAPHY

Tempest Photography will be visiting:

Hollow Lane - Wednesday 9th March

Wayside Crescent - Thursday 10th March

SAYCHEESE



ENABLING

As a school, we hold a list of staff who are willing to offer enabling services to families. We can provide you with this list, but the school's involvement ceases at this point.

Any training staff have received in school to support the pupils eg mobility training, medication etc, applies to the role they undertake during their contracted school hours only.

We strongly recommend families ensure the enabler has their own separate DBS to allow them to work outside of school hours and that there is public liability insurance in place for enabling. Any specific training or medical needs to support your child outside of school should be addressed as a private matter.

School staff are aware of the above and hopefully your private arrangement will be rewarding for both yourselves and the enabler.



CELEBRATING NATIONAL "AWARENESS DAYS" AT SCHOOL

Across the academic year, there are various national and "Awareness" Days we could celebrate. There are so many, that very easily, we could be celebrating an "Awareness" Day every week! Instead, we have a team of staff working across the Federation called an Enrichment Team, who plan and decide which "Awareness" Days to focus on for our schools.

We link these special days to the curriculum and learning, to ensure they have meaning for our pupils as well as being fun.

We appreciate some of our families will be passionate about certain "Awareness" Days and we do try to cover a mixture of fundraising and learning Days across a year, eg:

Children In Need, Comic Relief, E-Safety Week, Science Week

We are also conscious of the amount of times we ask our families to kindly "send in 50p/£1 donation" to support these worthwhile fundraising causes.

The Enrichment Team have already mapped out the "Awareness" Days and focus weeks for our learners until July.

Any requests we have heard about from our families have been passed to the Team to consider and add into the Timeline for next year.

As you know, the school's main fundraising efforts this year still continues to the Playground which will benefit all our learners. If you work or own a business that would be pleased to support this project, please let us know.

Thank you!

CREATIVE HAIR & ODD SOCKS DAY

Unfortunately, we had to cancel the Student Council's Creative Hair & Odd Socks day due to school being closed because of Storm Eunice.

Never fear though - we've arranged another date!

Friday 8th April 2022

We hope everyone will be able to bring in £1 which will be given to the Student Council. The Students will be using the donations to purchase items they would like to use during their breaks.

ELLEN TINKHAM - PTFA

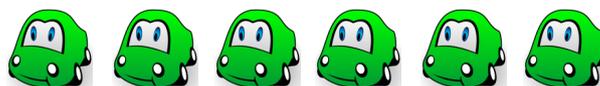
Charity Car Parking = Saturday 23rd April 2022

We will be running the charity car park in Barnfield Crescent, Exeter from 7 am to 4 pm on Saturday 23rd of April and really need your help!

Are you able to spare an hour between 9 am and 3 pm? You will be needed to take the money and direct the cars to the available spaces. Children are very welcome to control the barrier 😊

Please contact our PTFA member, Helen, on adamsh@hotmail.co.uk if you can spare some time.

Two thirds of money collected comes back to our school. NB There are no toilets except the ones in the city centre, hence why we need your help!!!!





FAMILY NEWSLETTER

8th March 2022



HEALTHY START - CLAIM 3 FREE FRUIT AND VEG BOXES

Get a Healthy Start! Could your family claim 3 FREE fruit and veg boxes?

If you receive Healthy Start you could claim 3 FREE seasonal, local fruit and veg boxes in March and April. A number of local suppliers in Exeter, Teignbridge, Torridge, South Hams, West Devon, and East Devon are working with Devon County Council to bring this offer of boxes worth £10 each to families who are signed up to the government's Healthy Start scheme. With the boxes you will also receive a free booklet, with useful information on the scheme as well as tasty and nutritious recipes!

To sign up:

- Visit the [Devon Food Partnership](#) website to find out the local supplier in your area and how to order;
- You will need to show proof of eligibility to the supplier on ordering or collection – this could be your new Healthy Start card, a Healthy Start paper voucher, or proof your application for Healthy Start has been accepted if you have just signed up.

You must be eligible and signed up for the Government's [Healthy Start](#) scheme and live within the Devon County Council area – you will need to provide your postcode when you pick up the box. You will qualify for the Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child that's under 4.

In addition, you must be receiving any of the following:

- Child Tax Credit (if your family's annual income is £16,190 or less);
- Income Support;
- Income-based Jobseeker's Allowance;
- Pension Credit (which includes the child addition);
- Universal Credit (if your family's take-home pay is £408 or less per month from employment).

You will also be eligible for Healthy Start if:

- you're under 18 and pregnant, even if you are not claiming any benefits;
- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant;
- you, your partner or your carer get Working Tax Credit run-on, if you are working 16 hours or less per week.

If you are still receiving Healthy Start paper vouchers and have not yet signed up for the new card, apply now! Everyone must re-apply for the new card, even if you are already receiving Healthy Start, and you will not be able to use your vouchers after the end of March.

We hope this offer may be of interest to you!

A COUPLE OF THANK YOU'S

On behalf of everyone at Ellen Tinkham, we'd like to give our thanks to:



Pyramids Leisure Centre

The centre has closed but the management have offered its gym equipment to Ellen Tinkham College! Grant, our PE lead, will be collecting the kit very soon.

Thanks very much!



Moose International City of Exeter Lodge

Members of the Moose International City of Exeter Lodge have been very busy collecting cash from a charity car park which is held in the centre of Exeter each month.

Ellen Tinkham School are the latest proud recipients of their fundraising efforts and a cheque for £500 was presented to the school last week. This will go towards our playground at Hollow Lane.

Thanks very much!



FAMILY NEWSLETTER

8th March 2022



INFO FROM RAEGAN HUNT, BB's THERAPY ASSISTANT

Attached is a document from the Devon Children's Occupational Therapy Department which is useful to read if you have a child or young person that wears ear defenders. It is a reminder that therapy tools like ear defenders, weighted items etc should be used for short periods to be effective for your child/young person. If they wear ear defenders all day, they get used to the noise at that level and have no benefit from them.



Ideally the ear defenders should be used at times when the environment is noisy then removed when the environment is quiet.

LIVE FOLK MUSIC

Learners across Bidwell Brook and Ellen Tinkham School will be enjoying some Live Folk Music this week!

A group of musicians from Live Music, who used to visit our schools pre-Covid, will be playing folk music on guitars and violins as part of a day's session at each school.

We are negotiating a date when they can also visit Ellen Tinkham College later in this academic year.



NEW PARENT GOVERNOR



Hi, my name is Laura Boyce and I have been appointed Parent Governor on the Federation's Governing Body, replacing Lindsay Hill who has stepped down. My daughter attends Bidwell Brook School. I volunteered for the vacancy when it was advertised in the newsletter last summer, as I felt I would really like to give something back to the Federation and help in any small way I can. I have a little background knowledge in education so hope that will help me to understand the possibilities and challenges of school life.

The Governing Body remains very busy, supporting Nikki Burroughs and the Senior Leadership Team in these challenging times with strategic matters, as well as dealing with the usual annual 'cycles of business' (tasks; other statutory paperwork) including approval of Budgets, changes to Federation policies, and general monitoring. Governors also had input into the new 'FDIP' (Federation Development & Innovation Plan). Governors are hoping to start up Learning Walks again (visits to the schools) but we remain mindful of Covid-19 so for now, we are keeping this to essential visits only.

Recently, Governors Rick Gaehl and Steve Finnemore were delighted to visit Bidwell Brook School and look around the premises and see the progress with areas of new development, and to discuss the challenges of the spaces there as well.

As your Parent Governor representative, if you would like to share your views, my email address is laura.boyce@learntolivefederation.co.uk I do not monitor my inbox daily, but if you send a message, I will get back to you as soon as I can. Thank you.

ATTENDANCE

Our Designated Safeguarding Leads at each site are responsible for reviewing pupil attendance daily, weekly, termly and annually.

We appreciate with Covid-19, some pupils are recording a lower overall attendance percentage for this academic year and we know who these pupils are. However, everyone should be encouraging all our learners to attend as much of their education in school as possible.

If your child is unable to attend school, please ensure you notify the School Office asap and provide the reason for their absence.

Thank you for your continued support.

EVERYONE WILL BE THE BEST THAT THEY CAN BE; EVERYONE HAS A VOICE; NO-ONE IS EXCLUDED

Devon Educational Psychology Service

Discussing the news with children

The current conflict in Ukraine could be causing some children to feel anxious and unsettled. So it is essential that children are being effectively supported during these times. The resources below have been selected as offering key advice for parents, carers and school staff supporting children in understanding the current situation in Ukraine.

Advice for Parents/Guardians, Teachers and Other Caregivers

Useful Websites

- [Supporting children to manage anxiety over war, conflict and crises](#) – BPS
- [Talking to your children about scary world news](#) – Mental Health Foundation
- [War, Crisis, Tragedy: How to talk with kids when the news is scary](#) - KQED
- [Talking with Children About War and Violence in the World](#) – Family Education

Advice for children and young adults

These resources are aimed at children and young adults and discuss what they can do if they are feeling sad/ worried about what they've seen, heard or read.

Useful Websites

- [Advice if you're upset by the news](#) - Newsround
- [Worries About The World](#) – Childline

How to talk about Ukraine with children

Save the Children

25 February 2022 – As hostilities in Ukraine escalate, children may see and hear things about the crisis in the news, leading to feelings of uncertainty, anxiety and fear, which parents and caregivers need to address, Save the Children’s psychologists warn.

Ane Lemche, a psychologist and child counsellor with Save the Children, said children around the world might not fully understand what is happening in Ukraine and may have questions about the images, stories, and conversations they are exposed to.

Previous Save the Children [research](#) in conflicts such as Iraq and Syria has revealed heartbreaking accounts of children terrified by the shelling and airstrikes, anxious about the future, and distraught at not being able to go to school. The majority of children showed signs of severe emotional distress.

“What is happening in Ukraine can be frightening for both children and adults. Ignoring or avoiding the topic can lead to children feeling lost, alone and more scared, which can affect their health and wellbeing. It is essential to have open and honest conversations with children to help them process what is happening,” said Ms. Lemche.

Experts at Save the Children share five tools and tips that caregivers can use to approach the conversation with children:

1. Make time and listen when your child wants to talk

Give children the space to tell you what they know, how they feel and to ask you questions. They may have formed a completely different picture of the situation than you have. Take the time to listen to what they think, and what they have seen or heard.

2. Tailor the conversation to the child

Be mindful of the child’s age as you approach the conversation with them. Young children may not understand what conflict or war means and require an age-appropriate explanation. Be careful not to over-explain the situation or go into too much detail as this can make children unnecessarily anxious. Younger children may be satisfied just by understanding that sometimes countries fight. Older children are more likely to understand what war means but may still benefit from talking with you about the situation. In fact, older children will often be more concerned by talk of war because they tend to understand the dangers better than younger children do.

3. Validate their feelings

It is important that children feel supported in the conversation. They should not feel judged or have their concerns dismissed. When children have the chance to have an open and honest conversation about things upsetting them, it can create a sense of relief and safety.

Classification: UNCLASSIFIED

4. Reassure them that adults all over the world are working hard to resolve this

Remind children that this is not their problem to solve. They should not feel guilty about playing, seeing their friends, and doing the things that make them happy. Stay calm when you approach the conversation. Children often copy the sentiments of their caregivers – if you are uneasy about the situation, chances are your child will be uneasy as well.

5. Give them a practical way to help

Support children who want to help. Children who have the opportunity to help those affected by the conflict can feel like they are part of the solution. Children can create fundraisers, send letters to local decision-makers or create drawings calling for peace.

Save the Children has been operating in Ukraine since 2014, delivering essential humanitarian aid to children and their families. This includes supporting access to education, distributing winter kits and hygiene kits, and providing cash grants to families. Our specialists support children to overcome the mental and psychological impacts of their experiences of conflict and violence and increase their ability to cope with stress in their daily lives.

How to talk to children about Russia invading Ukraine in an honest but reassuring way

Hearing about the news can be confusing and scary for children. I asked experts how to tackle their questions about the conflict

By **Kasia Delgado**

The 'i' Newspaper

February 25, 2022 3:41 pm

War is difficult enough for most adults to fathom but for children reading about Ukraine online or hearing about it in the playground, it can be confusing and scary. And for parents and grandparents, it can be difficult to know how to deal with their questions and worries.

I asked Charlie Lewis, a professor of family and developmental psychology at the University of Lancaster, and Megan Wright, a family support worker with the charity Action for Children, how to talk to children about what is going on in eastern Europe.

Be honest

“Children have to know above all else they can trust their parents,” says Wright. “It can be stressful for a child if you have told them one thing and they later find out that it’s not true.”

Teenagers are likely to know a lot already, so discussing it is important. “Spend time talking to them about Ukraine,” says Lewis, “Because with so much social media and online presence, it is also good to talk about different perspectives and narratives, too, and checking for misinformation. Use facts to your advantage.”

‘Children have to know above all else they can trust their parents’ (Photo: Ippei & Janine Naoi/Getty)

Wright says: “With younger children who want to know more, look at a map with them and show them where the countries are. If they have been on holiday to Europe you could say ‘remember how long it took us to get to France? This place is even further’ to make them feel a little safer.

“Reassure them that you are going to keep them safe, and that there are countries trying to step in and help. It is possible to be hopeful without diminishing events.”

Try to seem calm even if you don’t feel it

Children often look to their parents for pointers as to how they should feel. “Model calmness,” suggests Wright, “but it’s also fine to say, ‘I’m a bit worried too, shall we go on a walk together?’.” It’s also OK not to know everything.

Classification: UNCLASSIFIED

Lewis agrees, saying: “None of us have all the answers, so you don’t need to pretend that you do.” Be aware of overhearing – anyone who spends time with children knows that they are master eavesdroppers, and their young ears pick things up from the next room without even trying.

“Think about how you are talking about the situation to other adults or on the phone,” says Wright, “so that you are not saying one thing to them, and saying something very different in the next room. That is more worrying for children.”

Listen to children

Lewis believes it is imperative to listen to what children think about what’s going on, and how they feel about it. He adds: “If they seem upset, don’t try to distract them or fob them off.”

For younger children who seem disconcerted, you should give them a chance to express how they feel. “Set a few minutes aside around an hour before bed for ‘worry time’,” advises Wright. “Ask them how they are feeling, and if they are worried about anything. Then they can get things off their chest before they go to sleep.”

Don’t bring it up if children seem uninterested.

Some children will be fascinated by the Ukraine conflict and want to know more, some will be worried, but others may show no interest at all – and that’s fine. It depends entirely on the child.

“My three-year-old grandson was chatting over the news today about something completely different, so I’m not going to be talking to him about it,” says Lewis. “But a child of five or six may well have a sense that something is wrong.”

“It’s about judging your child’s interest and responding to that,” agrees Wright. “Children will normally give you a hint if something is bothering them.”

Maintaining normality helps children feel secure

They think, “well, if I’m going to school, and doing my swimming lesson at the same time each week, things can’t be that bad”. Children respond to order at home, even if the outside world feels chaotic.

How to Talk to Kids about What is Happening in Ukraine

By [Alexia Dellner](#)
Feb. 25, 2022

If the past two years of the pandemic have taught us anything, it's that kids *know* when something bad is happening. They may not fully understand what's going on, but they can certainly sense when there's tension. "Kids of all ages are aware when something traumatic is felt and experienced," Dr. Zachary Kahn, clinical psychologist at a school and in private practice tells us. As such, you may want to talk to your children about Russia's escalating invasion of Ukraine. But how should you go about doing that, exactly?

Start by finding out what they know

When it comes to bringing up difficult topics, [the Child Mind Institute](#) suggests using open ended questions in order to allow your child to lead the conversation rather than vice versa. Dr. Kahn recommends starting the conversation by asking them, "what do you know about what's happening? How do you feel about that?"

Licensed therapist [Cynthia Catchings](#) from Talkspace adds: "Knowing how they heard about it can make a difference. Sometimes there are misconceptions, or they get information from friends that is not correct." If that is the case, you'll want to give them accurate information in an age-appropriate manner, while encouraging them to come to you should they learn more.

[The National Association of School Psychologists](#) also advises grown-ups to be patient and make room for kids to talk about how they're feeling: "Some children prefer writing, playing music or doing an art project as an outlet. Young children may need concrete activities (such as drawing, looking at picture books or imaginative play) to help them identify and express their feelings." In other words, don't assume you need to sit down and have a heart-to-heart with your kid about what's happening—find a way to connect with your child that makes sense for them.

Validate their feelings

Your child may be feeling very confused about what is going on or even scared. “Let them know that it is valid to be concerned or feel afraid, and that you know it is complicated to truly understand why people or governments do what they do,” advises Catchings.

Per Michael Roeske, licensed clinical psychologist and Executive Director of [Newport Healthcare Connecticut](#), the most important thing parents can do is to let kids and teens know they are not alone in how they’re feeling. “You can say it’s OK to feel scared and, depending on the needs of your child in that moment, even that you’re scared too.” On that note, Roeske says that parents should also pay attention to their own feelings, noting that children are often much more perceptive than we give them credit for. “They may not have the language or thoughts of an adult, or feel comfortable expressing them, but they know when something is concerning to you or is not right. In this sense, don’t tell them something much different than how you are doing.”

Let them know that they are safe

Kids feel better when they know how a situation is being handled, so explain to them what adults are doing to keep things safe, the experts at Child Mind Institute tell us. Reassure your child that the grown-ups are in control of the situation. “Let them know that they are safe, and they can come talk to you anytime with any questions they might have,” adds Catchings.

You could say something like, “I know you may have seen some scary images on TV, but know that we are safe in our house.”

Keep things age-appropriate

“Part of the job of being a parent is to acknowledge the truth,” says Dr. Kahn. That doesn’t necessarily mean having to explain what the events of this week mean or going into details about war, but parents should be prepared to clearly explain what is happening based on how old your child is and what they already know.

[The National Association of School Psychologists](#) has helpful advice for how to talk to kids about violence according to their age group. For example, elementary school children need simple information balanced with reassurances that their school and homes are safe and that adults are there to

protect them. High schoolers will have opinions about the causes of violence and may offer ideas for how prevent it.

Stay informed

Depending on the age of your child, you could offer to read or watch the news together and talk about what you just saw, says Catchings. But don't leave the TV on constantly as the invasion plays out. "Try to model behaviors where your kids learn that staying informed is important, but consuming information by the hour is not healthy, and can lead us to feeling some anxiety," advises Catchings.

"This is also an opportunity to teach kids about the countries in conflict and talk about their customs and culture as a way to keep them informed about important things without concentrating solely on the conflict," she adds.

If your child wants to do something to help, you can look into ways to do that could work for your family. [There are many charities and humanitarian organizations](#) that are helping the people of Ukraine that you can read more about.

Keep the conversation going

Don't assume that this is going to be a one-and-done conversation. The end goal should be making sure that your child feels comfortable coming back to you to talk or ask more questions. "Sometimes we get too busy and think that one conversation covered the need to communicate and answer their questions. Give them the time they need to assimilate and reflect on what you talk about together," says Catchings.

Additional resources for parents

- "Scared Kids, How to Deal with Fear," from [The Child Mind Institute](#)
- "Talking to Children About Violence: Tips for Parents and Teachers," from [The National Association of School Psychologists](#)
- "How to Talk to Kids About Violence," from [The Child Development Institute](#)

Safety Guidance and Activities for use of Ear Defenders at Home

IMPORTANT: Can parents please ensure they have read the safety guidance stated below before using the equipment. In addition, parents should follow the manufacturers safety guidance provided with the equipment.

Auditory System

Receptors for our auditory system are in our ears. Sounds waves are converted to electrical impulses which are carried through nerves to the brain.

The brain then decides whether it needs to pay attention or respond to the sound, or just ignore it.

We develop ways to habituate to a lot of sounds that we don't need to pay attention to. Some people however can be over-sensitive. This means they might react more strongly to sounds or are more sensitive to louder sounds. Either way, this can make them feel uncomfortable, especially in busy environments.

Sound is closely linked to the 'flight and fight' response and loud or unexpected sound can trigger this response. If this continues over a long time the person can become; stressed, fractious, exhausted etc.

Equipment	Safety Guidance
	<ol style="list-style-type: none"> 1. If the child/young person appears sensitive to loud noise consider: having their hearing checked by an audiologist and/or a referral to occupational therapy to assess their sensitivity to noise. 2. When trialling ear defenders, ensure they are a comfortable fit, not too tight or too loose. 3. Ear defenders can be effective to wear during loud events such as fire-work displays, concerts etc. 4. Ear defenders can be used for a defined time in the classroom to support an individual's focus. 5. Avoid wearing the ear defenders for longer than 20 minutes. 6. Children/young people with tactile sensitivities may find wearing ear defenders challenging. If they don't tolerate them parents/carers could try white noise or background music to help them process the less pleasant sounds in their environment.

What Parents & Carers Need to Know about WHATSAPP



WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.



WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers



CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.



EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.



REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.



LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.



THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.



DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.



CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.



Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



National Online Safety

#WakeUpWednesday

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

3rd March 2022



Signpost Plus

The weekly snippets we provide are available to everyone and anyone who would find the information we produce of use to them or someone they care for. If you would like to sign up for southern snippets send your email address to kris.dent@nhs.net and for northern snippets send your email to amandasmithson@nhs.net To view archive Snippets, go to the Children and Family Health Devon Signpost Plus webpage. On offer are a variety of additional information sheets, hints and tips. For more details go to: <https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>



New free baby self-weight service in libraries

Free self-weigh facilities are now available in private areas of 16 libraries during the popular free baby and toddler Bounce & Rhyme sessions.

Each of the self-weigh stations is equipped with guidance on how to use the scales safely, together with when and how to access further support.

[For more information, and to find out where and when the sessions are, please visit our website.](#)



Council for Disabled Children

Book your place on Disabled Children's free

national event in Birmingham to celebrate the recent work on #SEN & #disability in the early years, along with interactive workshops. Aimed at early years practitioners, LA reps & parent/carers. 10th March from 10am-3:30pm. Register here <https://bit.ly/3LDsImb>

Neurodiverse Parenting Support Group
for parents of neurodivergent children including autistic, adhd, pda, spd in West Devon

10-11:30am
2nd Thursday of the month - term time
Okehampton College Community Centre

Tel: 07808 523111 (Allyson) or 07546 258403 (Heather)
Email: heather@communitylinks-sw.co.uk
Website: www.communitylinks-sw.co.uk

join our facebook closed group

Neurodiverse Parenting Support Group for parents/carers of school age children who identify as neurodivergent: Autistic, ADHD, Sensory Processing Differences etc.

They group know parenting neurodivergent children can be isolating.

Your child doesn't need a formal diagnosis – the group encourage parents to get support as soon as possible. Contact Heather on 07546 258403

healthwatch Devon #BecauseWeAllCare

campaign with the CQC to help improve care services by encouraging everyone to share their experiences of health and social care services.

Your ongoing feedback has been vital in helping Healthwatch Devon tell services how care can be improved.

Share your feedback on the services you use with us by:

- Calling 0800 520 0640
- Leaving feedback on website - <https://healthwatchdevon.co.uk/services/>
- Emailing: info@healthwatchdevon.co.uk

Your story has the power to make a difference, share your experiences today!



Young Epilepsy

Are developing a Mental Health Wellbeing Space on The

Channel, with the second issue focusing on isolation.

A dedicated space to help young people share their experiences, plus real-life tips and recommendations. To find out more go to:

<https://thechannel.org.uk/wellbeing/what-isolation>



Space Youth Services

Have you got teenagers? Learn about some of the challenges young people are facing today,

and find out what tools you can use to support them. Visit: devon.cc/teenagers to find out more.

[#LetsTalkTeenagers](https://devon.cc/teenagers)



The Sensory Processing Disorder Parents

Support have created a list of over **80 Books for anxious children**

Click on the blue link to discover what's available.



Council for Disabled Children

Sign up to complete

the new free CDC e-learning course 'The role of CAMHS in the EHCP process'.

Topics include:

- The importance of children & young people's voices
- Support on CAMHS advice
- Roles & responsibilities in the SEND system regarding CAMHS.

Register here: <https://bit.ly/3fxGHwp>



Contact for Families

Contact's free Helpful Guide, a 92-page booklet that puts all essential

information in one place for carers —

no matter where they are in their child's journey.

Order yours here to get a copy in the post:

contact.org.uk/helpful-guide



Information, Advice and Support Services (IASS)

provide free, impartial and

confidential information, advice and support to disabled children and young people, and those with SEN from birth to 25, and their parents.

IASS can support children, young people and their parents on a range of issues including: EHC Needs Assessments, Exclusions, SEND tribunals and more.

To find out all of the ways your local IASS can help, watch the animation here:

<http://bit.ly/2nwSZwo>

You can find your local IASS here:

<https://bit.ly/3INGs1E>

Mums 4 a Change

Free 10-week group, Mondays from 11am – 1pm from Monday 9th May.

To book a space email jo@mums4achange.org

mums4achange

Time for You

Supportive Zoom groups for mums of children with additional needs in Plymouth

In these small, friendly groups we use words, images and coaching tools to find new ways to look at ourselves and our situations. It's a place to be with others who 'get it' and a **chance to build a toolkit to help you to navigate life's ups and downs.**

Supportive
"It's not like other zooms, we feel close to each other"

Positive
"I can be myself and that leaves me feeling better"
"Sharing stuff with people who get it makes me feel I'm not alone"

Burnout Avoidance
"I can't usually get 5 minutes to myself. Having this time has been so healing"
"It's a chance to stop your mind racing, use self-compassion and avoid burnout"

Creative Solutions
"Because my mindset is different, I feel I can cope with things better now".

To book a space...
For mums of children with additional needs in Plymouth.
Free 10-week group Mondays 11am - 1pm from Mon 9th May
Booking essential. Priority if on benefits. Please contact jo@mums4achange.org or visit Facebook @mums4achange

Run by: Jo Ball, a life and career coach, trainer, mum of two, with an Arts Therapy background. Supported by Cass Povey-Naylor a trained counsellor, OT, mum of children with additional needs.

funded through

www.Mums4aChange.org

The courses are free and are funded by The Peoples Health Trust.



Education other than at school (EOTAS) can be a fantastic option for anyone who cannot access suitable education. Sometimes

it's also the only option left.

There can be many positive outcomes to EOTAS but sometimes it just does not work out and leaves parents stuck and without support. So, after speaking to experts on the matter, here are 5 things you need to know if you are considering EOTAS... For full details click: [Here](#)



Let's Talk Teenagers

This March, a series of online support sessions called 'Let's Talk Teenagers' are being

launched. These sessions are an opportunity for parents and guardians of teenagers and pre-teens to hear about the challenges young people are facing today. Funded by the Office of the Police and Crime Commissioner, Safer Devon Partnership, South Devon and Dartmoor Community Safety Partnership and Teignbridge Council for Voluntary Service, these evening sessions will be running on consecutive Tuesday's at 7.00pm on the 8th, 15th and 22nd March. The sessions are designed to empower parents and guardians to support their teenagers through the challenges they are faced with every day, covering topics such as:

- substance misuse
- exploitation
- healthy relationships
- safety online
- social risks

To book your place, visit the [Eventbrite](#) page. These events are free to attend.

See the attached poster for more details.



Hall & Woodhouse are offering Voluntary and community organisations across large parts of the

South/South West England to apply for the **Hall and Woodhouse Community Chest**. The grants could be used to support youth work, sports, elderly, people with disabilities, health and social care, local arts and the environment. It is expected to open on 1st April 2022.



Hi 5 Talk Time
From 1st March Hi-5talktimecafe will be 'popping up' in their temporary location at The Venue, Stucley Rd, Bude EX23 8AR.

TUESDAYS 10.30 – 12.30PM.

Email: hi-5talktimecafe@hotmail.com

Refreshments from The Venue will be available.



The Tourettes Action

TS Champion programme brings together young people to advocate for and

talk about Tourette Syndrome and Tic Disorders in their community and before their peers at school, sports leagues, clubs, and after-school programmes.

TS Champion 12-month Objectives:

- Write a blog for the TA website
- Distribute 10 packs of awareness leaflets in your local area
- Deliver at least one presentation to a local school/college/workplace
- Organise one fundraising activity

If successful, the applicant will become a Tourettes Action TS Champion for a 12-month period, starting from the initial training day. This will be held in person if restrictions allow, or online if not. Reasonable travel expenses will be paid for both the TS Champion and responsible adult.

For further details or to apply please visit:

<https://buff.ly/3LZZs9B>



Babcock - Making Sense of Autism & Leading Good Autism Practice - Training

for Governors.

Are you looking for Effective Training for Governors with SEND responsibility?

If so, you need to book your spaces on:

Making Sense of Autism & Leading Good Autism Practice - Training for Governors.

Monday 7th and 14th March from 6.00 p.m. – 7.30 p.m. Trainer: Paul Lamanna, booking via: [AET](#)

[Making Sense of Autism and Leading Good Autism Practice for Governors \(online\) | Babcock LDP](#)



Babcock Autism awareness training

Thursday 10th March from

9.30am – 11.00am Trainer: Paul Lamanna

Booking via: [AET Raising Awareness - \(Multi-Agency\) - \(online\) | Babcock LDP](#)

Autism awareness training for all those engaging with children and young people.

This includes managers and practitioner staff, office and ancillary staff, caterers, transport staff and volunteers.

Supporting staff across all Multi-agency organisations (Health and Social Care) all roles.

The training will support participants in:

- understanding the three key areas of developmental difference experienced by autistic children and young people
- building and promoting positive relationships
- the importance of understanding the individual and to build upon his/her strengths
- supporting children and young people in accessing learning and development activities
- build a positive culture across communities towards autism understanding and acceptance

Join other forthcoming events:

[Communication and Interaction | Babcock LDP](#)

Mums 4 a Change

Free 11 week Zoom group. Friday's from 9.30am

– 11.30am from 29th April

To book a space email jo@mums4achange.org

mums4achange

Time for You

Supportive Zoom groups for Mums of children with additional needs

In these small, friendly groups we use words, images and coaching tools to find new ways to look at ourselves and our situations. It's a place to be with others who 'get it' and a **chance to build a toolkit to help you to navigate life's ups and downs.**

Supportive
"It's not like other zooms, we feel close to each other"

Positive
"I can be myself and that leaves me feeling better"
"Sharing stuff with people who get it makes me feel I'm not alone"

Burnout Avoidance
"I can't usually get 5 minutes to myself. Having this time has been so healing."
"It's a chance to stop your mind racing, use self-compassion and avoid burnout"

Creative Solutions
"Because my mindset is different, I feel I can cope with things better now."

To book a space...
For mums of children with additional needs, in Devon/ Cornwall
FREE 11 week Zoom group, Fri at 9.30 - 11.30am, from 29th April.
Booking essential. Priority if on benefits. Please contact jo@mums4achange.org or visit Facebook @mums4achange

Run by: Jo Ball, a life and career coach, trainer, mum of two, with an Arts Therapy background. Supported by Clare Gale, a trained counsellor who has a son with complex medical needs.

COMMUNITY FUND

www.Mums4aChange.org

The courses are free and are funded by The Peoples Health Trust.



OVER THE WALL
a seriousfun camp

Over the Wall offers free therapeutic

recreational activity camps for children and young people with a wide range of life limited illnesses and conditions.

The camps aim to build self-confidence, self-esteem and resilience through popular activities such as abseiling, canoeing, archery, swimming, drama, music and arts and crafts.

Over the Wall also offer camps for siblings and family weekends. All are free of charge.

For 2022 Over the Wall is offering both residential and virtual camps.

- Camps in the Cloud - a virtual camps for children and young people aged 6-17 years who are experiencing or have recently experienced health challenges.
- Health Challenge Camps- for children and young people aged 8 to 17 years who have recently or are currently receiving treatment, or experiencing health challenges.
- Sibling Camps - for children and young people aged 8 to 17 years who have a sibling (of any age) who have recently or are currently receiving treat or experiencing health challenges.
- Family Camps - for families who have a children or young person aged 0-17 years who have recently or are currently receiving treatment or experiencing health challenges. One child in the family must be aged between 8-17 years.
- Partner Camps - Over the Wall partners with various health charities to provide health related camps.

Applications can be made on line. A medical form will be required for completion by a medical professional for the residential camps.

www.otw.org.uk



Bale's Farm - Outdoor Learning Open day - Thursday 17th March 2022

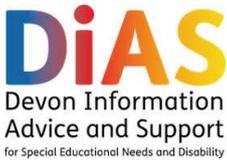
Why not go along and visit Bale's Farm outdoor learning provision to discover what experiences they offer young people with additional needs.

Bale's Farm is a therapeutic outdoor learning provision for children and young people between the ages of 5 and 19 with the aim to re-engage and re-inspire them with learning.

They particularly identify those children who are currently not attending school, have no school placement, are home schooled or whose current placement is not working for them.

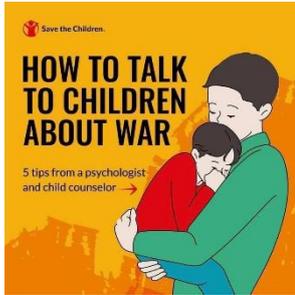
For more information go to:

<https://www.facebook.com/Bales.Farm.Outdoor.Learning>



DiAS is a busy service and to make sure they can help as many parents as possible in the most effective and efficient way, they're making a few changes. DiAS will be closing between 12 and 1 each day, but there will be more staff answering the phones and dealing with your queries across the week.

For information go to: <https://devonias.org.uk/>



Save The Children

With daily mentions of war, both in the news and in conversation, children and young people will inevitably have questions. [Save the Children UK](#) have put together handy tips on

how to talk to children about war. Click on the blue link to access.



Do you receive Healthy Start?

If you receive Healthy Start you could claim up to 3 FREE local fruit and veg boxes in March from a local fruit and veg supplier, worth £10 per

box.

Devon County Council are teaming up with a number of local suppliers to provide the boxes, and in addition you will receive a useful information booklet on the scheme and tasty and nutritious seasonal recipes.

You must be receiving Healthy Start and reside in the Devon County Council area (excluding Torbay and Plymouth). You can check your local authority area here: Find your local council - GOV.UK (www.gov.uk).

Visit the [Devon Food partnership website](#) to find if there is a local supplier near you and information on how to order, and order deadlines – participating suppliers are located in East Devon, West Devon, South Hams, Exeter, Torridge (Winkleigh) & Teignbridge.

See attached poster for full details.



Parent to Parent Support Group

The next Parent to Parent Support Group, which is for parents of 8 to 12-year-olds, takes place via Zoom on 10th March, from 7.30pm to

8.30pm. If you'd like to join the session then please email Patsy Lecont at plecont@pwsa.co.uk for further details and a link.



Emergency Contact Numbers:

NHS Helpline: **111** Use **999** if a medical emergency.

Multi Agency Safeguarding Hub, if you are concerned about your own safety or that of a child or young person: **0345 155 1071**
National Domestic Abuse Helpline (Devon): **0808 2000 247** (24 hours) Use **999** if you are in immediate danger.

YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are a young person experiencing a mental health crisis. If you need urgent help **text YM to 85258**

Samaritans (24 hours): **116 123**

Citizens Advice Bureau National Helpline: **03444 111 444**



Find us on Facebook.....like the SIGNPOSTplus page for regular updates on all things related to children with additional needs. An archive of recent snippets can be found at the

[SIGNPOST plus page](#) on the Children and Family Health Devon website

If you no longer wish to receive these bulletins please let me know and I will remove your details from the mailing list.

Disclaimer: The information in these snippets 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.



Do you receive Healthy Start? You could claim FREE local fruit and veg boxes now!

If you receive **Healthy Start** you could claim up to **3 FREE** local fruit and veg boxes in March from a local fruit and veg supplier, worth £10 per box!

Devon County Council are teaming up with a number of local suppliers to provide the boxes, and in addition you will receive a useful information booklet on the scheme and tasty and nutritious seasonal recipes.

How to claim your free boxes

- You must be receiving Healthy Start and reside in the Devon County Council area (excluding Torbay and Plymouth). You can check your local authority area here: [Find your local council - GOV.UK \(www.gov.uk\)](http://www.gov.uk).
- Visit the [Devon Food Partnership website](#) to find if there is a local supplier near you and information on how to order, and order deadlines – participating suppliers are located in East Devon, West Devon, South Hams, Exeter, Torridge (Winkleigh) & Teignbridge
- Contact your local supplier to find out what is in the box and place your order
- Provide proof of eligibility to your local supplier – this could be proof of your Healthy Start card or voucher
- Collect your box and enjoy!

If you enjoyed your 3 free boxes, you can continue to order the boxes through your local supplier using your new Healthy Start card to pay on collection – you can find out more about the Healthy Start card below. In addition to the delicious fresh produce, you will also continue to receive recipes from the supplier to make the most of the season's offerings.

If there is no supplier available in your local area at this time, the new Healthy Start card can be used at a broader variety of retailers than the vouchers – they just have to be able to accept in person card payments and sell the permitted Healthy Start items.

Healthy Start is changing

You may already know, but Healthy Start has become digital. This means that as of the end of March, the paper vouchers will no longer be valid and will be replaced by a prepaid Mastercard with PIN instead. This change means that it can be used in a larger number of retailers, to find out more, visit the [Healthy Start website](#). Everyone will need to reapply for the new scheme though, even if you already receive the vouchers - you can check your eligibility and apply [online](#).

Local Suppliers participating in the trial

Project Food

www.project-food.org.uk

To order a box please call 01297 631782 or email info@project-food.org.uk.

Areas covered: Axminster and surrounding areas

Collection point: Project Food, EX13 5DU

Shillingford Organics

www.ooooby.org/shillingfordorganics

To order a box please contact 01392 832729.

Areas covered: St. Thomas, Cranbrook

Collection point: St. Thomas Library – Exeter

Knights Farm Shop

www.knightsfarmshop.co.uk

To order a box please contact info@knightsfarmshop.co.uk.

Areas covered: Ottery St. Mary and surrounding areas

Collection point: Knights Farm Shop, EX11 1RJ

In My Back Yard CIC

<https://openfoodnetwork.org.uk/inmybackyard/shop>

To order a box please call 01297 680680 or email feedme@inmybackyard.co

Areas covered: East Devon

Collection point: Friday afternoons

Natural Worx, Seaton

IMBY Hub, Branscombe, EX12 3BL

Filfull, Sidmouth

Ottery St Mary, EX11 1BZ

Honiton, EX14 1AB

Dartmoor Community Kitchen Hub

www.communitykitchenhub.org.uk

To order a box please email healthystartfeedingdevon@gmail.com or go to <https://www.facebook.com/feedingdevon> for more information.

Areas covered: Bovey Tracey, Yelverton, Horrabridge, Princetown, Tavistock, Buckfastleigh, Ashburton

Collection point: From mobile grocery shops in public car parks, community centres, and local primary schools

The Apricot Centre CIC

www.apricotcentre.co.uk

To order a box please email apricotcentrefarm@gmail.com

Areas covered: Dartington and surrounding areas

Collection point: The Apricot Centre, Dartington, TQ9 6AA

Down Farm Market Garden Ltd.

www.down-farm.com

To order a box please email hello@down-farm.com or contact Liv on 07739892488.

Areas covered: Winkleigh and surrounding areas

Collection points: Down Farm, Winkleigh EX19 8DN; Sandford Community Stores; Westward Barbell Gym, Crediton

The Globe Inn, Beaford

Devon and Cornwall Food Action

www.devonandcornwallfoodaction.org

To order a box please text 'Healthy Start Box' to 07546 917537.

Areas covered: Ivybridge, South Brent, Bere Alston, Buckland Monachorum

Collection points: From mobile grocery shops in public car parks, community centres, and local primary schools.

Harvest Workers Co-op

www.harvestworkerscoop.org.uk

To order a box please contact hello@harvestworkerscoop.org.uk.

Areas covered: Okehampton and surrounding areas

Collection points: The Harvest Farm Shop – Okehampton

LET'S TALK TEENAGERS

Dates:

- Tuesday 8 March
- Tuesday 15 March
- Tuesday 22 March

Free support sessions for parents and carers

 Have you got teenagers? Join us online for a chat about some of the challenges young people are facing today, and find out what tools you can use to support them.

We'll be running twilight sessions throughout March, covering topics such as:

- drugs and alcohol
- body image
- safety online
- mental health
- social risks
- peer pressure

 Weekly 90 minute sessions starting at 7.00pm

 Visit devon.cc/teenagers to find out more about each session and book your free place.