FAMILY NEWSLETTER

16th September 2022

MESSAGE FROM NIKKI BURROUGHS, EXECUTIVE HEAD

Welcome back everyone to the new academic year, 2022-2023. Also, a very warm welcome to all our new families who have joined us this year. We hope you and your child/young person will be very happy at Ellen Tinkham. If you have any questions regarding our education offer or about school life, please do get in touch with your Teacher.

The pupils arrived back in school and college with a spring in their step and it's been great having them back. Quite a few of our classes moved rooms this year which meant not only the adjustment of coming back into school or college from the holiday, but to somewhere looking a little different than last year.

The Autumn Term is long and always busy! There are lots of learning opportunities this term both inside and out of the classroom, including a focus on communication and of course our core subjects including English, Maths and PSHE. We do have Parents & Carers' Evening coming up, and your Class Teacher will able to share with you plans for this term and coming academic year.

Thank you to everyone who completed the Parent/Carer survey at the end of last term. Your feedback and comments were really insightful and we will be sharing some of our findings from this with you in due course. It is very apparent now that Covid restrictions have lifted, you would like further opportunities to come into the school and college and also visit the classroom and see for yourselves the learning taking place. We will be giving families dates when this will happen later in the term, and also providing other opportunities for you to come in - training and information sessions; fetes and bazaars; coffee mornings and PTFA meetings. I hope to literally see much more of you this term and in the future!

This term, I am delighted to welcome Robyn Emmerson onto the Senior Leadership Team. Robyn will be supporting staff across the Federation in her role as Assistant Head with responsibility for Continued Professional Development, ensuring that staff have the knowledge and skills needed to deliver the best education possible to your children and young people.

On a more sombre note, we acknowledged the sad passing of Her Majesty Queen Elizabeth II last week. In the summer, we held events at all our sites celebrating her Platinum Jubilee and have lovely memories of our children and young people really enjoying themselves and telling us how they also celebrated this occasion at home. Assemblies have taken place and Advocacy support has been put in place to support students who have needed help to process her death. As a mark of respect, along with all other schools, we will be closing on Monday 19th September to observe the Bank Holiday for her funeral.

I hope you have a good weekend.

SHORT OF TIME?

E-Safety Training for Families - In person at Ellen Tinkham *Wayside Crescent* on Thursday 29th September, and Tuesday 4th October at *Hollow Lane*. Just come along - we look forward to seeing you!

E-Safety Training for Families Online - Can't make these dates? We are running an online session on Tuesday 11th October from 5.30 pm. See page 2 to register a place.

Makaton Signs - See the link to YouTube on page 2.

DfE Laptops - If you received a DfE laptop for your child or young person to use during the national lockdown, this is no longer supported with anti-virus software, internet filtering etc. Please return the laptop to the school or college. Thank you.

Parents' & Carers' Evening Letter - Don't forget to book your appointment for next week!

Hollow Lane Club - Letters are attached with an email address for you to register a place this year for the After School Club at Ellen Tinkham.

Two Information Posters - Attached are two posters relating to the passing of Queen Elizabeth II and Supporting with Grief.

Bug Club - Book bags are being sent home daily. Please read at home with your child/young person whenever possible.

Flu Vaccinations - Please return the paperwork/your consent asap. Thank you.

PTFA AGM - Tuesday 18th October at 10.30 am at the College.

DATES 2022

Tues 20th/Wed 21st September	Parents' Evenings
Friday 23rd September	Immunisation Team visiting ETS and ETC ref flu vaccinations
Thursday 29th September	E-Safety Training for Families at ETC Wayside Crescent
Tuesday 4th October	E-Safety Training for Families at ETS Hollow Lane
Tuesday 11th October	Online E-Safety Training for Families at 5.30 pm
Tuesday 18th October	PTFA AGM at the College at 10.30 am
w/c 24th October	Half term holiday

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

FAMILY NEWSLETTER

16th September 2022

E-SAFETY TRAINING FOR FAMILIES

Remember completing a Technology Questionnaire, telling us how often your child or young person accesses their electronic device and what they view and engage with when online? We've reviewed your feedback and would like to invite you, to what we hope, will be the first of a number of e-safety training sessions in this academic year.

The first training session at

@ Ellen Tinkham College, Wayside Crescent in the School Hall on:

Thursday 29th September 2022 between 10.30 am and 12 noon.

@ Ellen Tinkham School, Hollow Lane in the School Hall on:

Tuesday 4th October 2022 between 10.30 am and 12 noon.

Just come along - we look forward to seeing you!

For our working families, we will also be running an online Teams session on:

Tuesday 11th October starting at 5.30 pm until 7 pm.

If you would like to attend this online session, please email Christine Walker christine.walker@learntolivefederation.co.uk with your preferred email address, so we can send out a Microsoft Teams invite nearer the date.

MAKATON SIGN

This week, we will focus on 'why, what, who, where'.

Makaton Together sign of the week why, what, who and where

Our Makaton sign of the week, this week featuring George signing: Why, what, who and where'.

DfE LAPTOPS

During the national Covid-19 lockdown, a few of our students received a laptop from the Department for Education as part of the home learning offer.

The laptops were set up with the latest security checks and filters already applied, but these features are now expiring. If you have one of the DfE laptops, you will receive a warning message shortly regarding the laptop's anti-virus software and internet filtering. Please send the laptop back into school or college so we can check this and discuss next steps with you. Thank you.

DON'T FORGET

Send your Parents' & Carers' Evening letter back to your Teacher asap to book your appointment!

HOLLOW LANE CLUB - LETTERS AND INFO

Letters regarding the Hollow Lane Club at Ellen Tinkham and the associated Siblings Group are attached, along with some information about the Hollow Lane Club in general.

If you would like your child/young person to stay for After School Club this term, please email Deb Ward, the Administrator at admin@hollowlane.org.uk **by 9 am Tuesday 20th September 2022**.

Thank you.

FAMILY NEWSLETTER

16th September 2022

BUG CLUB

MESSAGE FROM LUCY HARDACRE, LITERACY HLTA:

Welcome to the start of the new academic year!

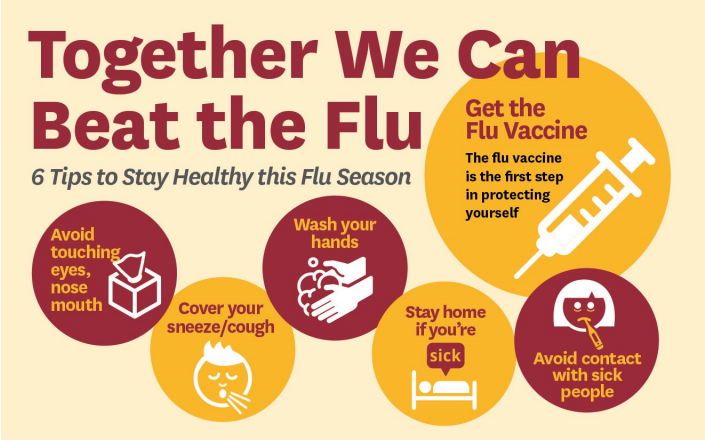
Your child will be bringing home their book bag every day. Please could you ensure they bring it back to school every morning. Inside the bag will be a "Bug Club" reading book that has been chosen for them to read according to their reading ability. If possible, please read this book with them when you can.

Also, in the bag will be a reading record. Inside, you will see when your child was read with and if there were words that they found difficult so that you can work with them at home as well as here at school. You can also read their book as an ebook, as well as many more books, to do this go to www.activelearnprimary.co.uk.

Log in details can be found on the inside of their reading records and Home:School diaries. If this cannot be found, please speak to your child's teacher. For information on how to use the system please go to www.ellentinkham.devon.sch.uk/families/bug-club-and-reading .

Finally, there will be a "library book" that your child will have chosen to bring home to share with you. This is a book purely to read with yourselves for pleasure and will not be chosen to be at a level that they can read.

FLU VACCINATIONS



All families across Ellen Tinkham have been sent letters (online and hard copies) requesting consent for their child/young person to visit the Immunisation Team next Friday, the 23rd of September for their flu vaccination. Please respond asap. Thank you.

PTFA ANNUAL GENERAL MEETING

We know from the recent Parent/Carer survey that many of you really enjoyed coming into school and college for the fetes this summer, and that you'd like an opportunity to visit more often. Being a member of the PTFA will give you that opportunity, as well as a chance to meet other like-minded families. The PTFA Annual General Meeting is taking place at 10.30 am on Tuesday 18th October at Wayside Crescent. We'd love to see you. If you can't make this meeting but would be interested in finding out more about the PTFA, please contact Christine Walker on 01392 467168. Thanks.

Exeter & Dartington
c/o Ellen Tinkham School
Hollow Lane, Exeter EX1 3RW
Tel: 01392 463823
Email: admin@hollowlane.org.uk

September 2022

Dear Parent/Carer,

AFTER SCHOOL CLUB – AUTUMN TERM 2022

I am pleased to let you know that the After School Club will be running again this term and places are now being offered at the Hollow Lane site. Once again, a big thank you for the funding that allows this to run.

The After School Club will run on a Monday and Tuesday immediately after school until 6.00pm. The cost of the sessions are £22.50 to include a drink and light tea. The sessions will start w/c 26th September.

If you would like your son/daughter to attend, then please let me know **by 9 am Tuesday 20th September** via email admin@hollowlane.org.uk If your son/daughter already attends the After School Club and you would like to keep your place, then you must let me know. We will not automatically assume that you would still like a place.

Please do not send any money now. Your place will be confirmed and invoiced after the closing date.

If you would like any further information, please feel free to contact me on 01392 463823.

Please note: We will offer as many sessions as possible and places are subject to availability. Applications received after the closing date will only be considered if there are unallocated places.

DEB WARD - ADMINISTRATOR

Please return to Deb Ward at The Hollow Lane Club by Tuesday, 20th September via email admin@hollowlane.org.uk

Name of young person: ……

☐ I would like my child to attend the After School Club on a Monday

☐ I would like my child to attend the After School Club on a Tuesday

☐ I would like my child to attend the After School Club on a Monday and Tuesday

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September 2022

Dear Parent/Carer,

AFTER SCHOOL CLUB – AUTUMN TERM 2022

I am pleased to let you know that the After School Club will be running again next term and places are now being offered at the Wayside Crescent site. Once again, a big thank you for the funding that allows this to run.

The After School Club will run on a Wednesday and Thursday immediately after school until 6.00pm. The cost of the sessions are £22.50 to include a drink and light tea. The sessions will start w/c 26th September.

If you would like your son/daughter to attend, then please let me know **by 9 am Tuesday 20th September** via email admin@hollowlane.org.uk If your son/daughter already attends the After School Club and you would like to keep your place, then you must let me know. We will not automatically assume that you would still like a place.

Please do not send any money now. Your place will be confirmed and invoiced after the closing date.

If you would like any further information, please feel free to contact me on 01392 463823.

Please note: We will offer as many sessions as possible and places are subject to availability. Applications received after the closing date will only be considered if there are unallocated places.

DEB WARD - ADMINISTRATOR

Please return to Deb Ward at The Hollow Lane Club by Tuesday 20th September via email admin@hollowlane.org.uk

Name of young person: ……

☐ I would like a place at the After School Club on a Wednesday

☐ I would like a place at the After School Club on a Thursday

☐ I would like a place at the After School Club on a Wednesday and Thursday

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September 2022

Dear Parents/Carers,

SATURDAY CLUB

I am pleased to let you know that dates have been agreed for the Saturday Club until the end of July next year. The Saturday Club is available for young people under the age of 16 years.

Each session will run from 10am until 4pm and parents will need to drop off and collect their child from Ellen Tinkham School or Ellen Tinkham College. We will let you know which site you are based at when confirming places. You will need to provide a packed lunch on the day.

The programme of events will be similar to before with outings, sports activities and workshops to include drama, music, art and craft. It is our aim to offer at least one Saturday but places are limited, so please indicate your preferences as soon as possible. The more days you tick, the easier it will be to allocate places. Applications received after the closing date will only be considered if there are unallocated places.

We endeavour to make our sessions as affordable as possible and fees will be reviewed in January 2023. Fees for the Saturday Club for the remainder of this year are £48 per individual. The cost of a session remains the same regardless of an individual's level of need.

Please email your preferred dates to admin@hollowlane.org.uk **by 9 AM TUESDAY 20TH SEPTEMBER.**

Thank you.

DEB WARD - ADMINISTRATOR

Please email your preferred dates to admin@hollowlane.org.uk

I would like my child to attend the Saturday Club. Please tick your preferred dates.

Child's Name: ……

☐ 1st October	☐ 19th November	☐ 3rd December
☐ 14th January	☐ 25th February	☐ 11th March
☐ 20th May	☐ 10th June	☐ 8th July

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Dear Parents/Carers, September 2022

SIBLINGS GROUP – 2022/23

The focus of The Hollow Lane Club is for the children and young people who attend to have fun, be creative, and learn new things. We hope that they will connect with friends, have new experiences that broaden their horizons and give them memories.

The Siblings Group recognises that the children and young people have a real need for time to themselves, where they can spend time creating, having fun and making friends with other children from similar situations.

The group also aims to provide a safe environment where they can express some of the feelings and thoughts they keep hidden and the impact having a disabled brother or sister can have on their lives.

The dates available for this year are detailed below and we ask that you please tick your preferred dates and email to admin@hollowlane.org.uk **by 9am Tuesday 20th September**. Places will be allocated on a first come, first served basis.

Please note that these confirmed dates will be invoiced and must be paid for. It is with regret that we are unable to refund any sessions that have been requested but are unable to be attended.

Each session will run from 10am until 4pm and your child should be dropped off and collected at the main school entrance at Ellen Tinkham School, Hollow Lane. A packed lunch should be provided for your child.

The fee for Siblings Group is £30 per session and an invoice will be sent when your dates are confirmed. Fees will be reviewed in January 2023.

Thank you.

DEB WARD (ADMINISTRATOR)

Please email admin@hollowlane.org.uk by Tuesday 20th September to request dates

I would like my child to attend the Siblings Group. Please tick your preferred dates.

Siblings Name: ……..

Name of brother/sister attending Ellen Tinkham: ……

☐ 8th October	☐ 5th November	☐ 3rd December
☐ 21st January	☐ 4th February	☐ 4th March
☐ 6th May	☐ 17th June	☐ 1st July

Registered charity no: 1186520

Exeter & Dartington
c/o Ellen Tinkham School
Hollow Lane, Exeter EX1 3RW
Tel: 01392 463823
Email: admin@hollowlane.org.uk

September 2022

Dear Parents/Carers,

The Hollow Lane Social Club

I am pleased to let you know that dates have been agreed for the Social Club for 2022/23. The Social Club is available for students over the age of 16 years.

Each session will run from 10am until 4pm and parents will need to drop off and collect their son/daughter from Ellen Tinkham FE College, Bodley House, Wayside Crescent, Exeter. You will need to provide a packed lunch on the day.

It is hoped that the young people attending will let us know what sort of activities they would like take part in but the programme of events will be varied and include outings, sports activities and workshops such as drama, music, art and craft.

It is our aim to offer all of the dates you request but places are limited, so please indicate below your preferences as soon as possible. The more days you tick, the easier it will be to allocate places. Applications received after the closing date will only be considered if there are unallocated places.

We endeavour to make our sessions as affordable as possible and fees will be reviewed in January 2023. Fees for the Social Club for the remainder of the year are £48 per session. The cost of a session remains the same regardless of an individual's level of need.

Please email your preferred dates to admin@hollowlane.org.uk by **TUESDAY 20TH SEPTEMBER.**

Thank you.

DEB WARD - ADMINISTRATOR

Please email your preferred dates to admin@hollowlane.org.uk

I would like my son/daughter to attend the Social Club. Please tick your preferred dates.

Young person's name and class: ……

☐ 15th October	☐ 12th November	☐ 10th December
☐ 21st January	☐ 4th February	☐ 18th March
☐ 13th May	☐ 10th June	☐ 22nd July

Registered charity no: 1186520

The extraordinary life of

QUEEN ELIZABETH II

1926

Princess Elizabeth is born in London.

1945

Towards the end of World War II, 18-year-old Elizabeth joins the Auxiliary Territorial Service and trains as a driver and a mechanic.

1947

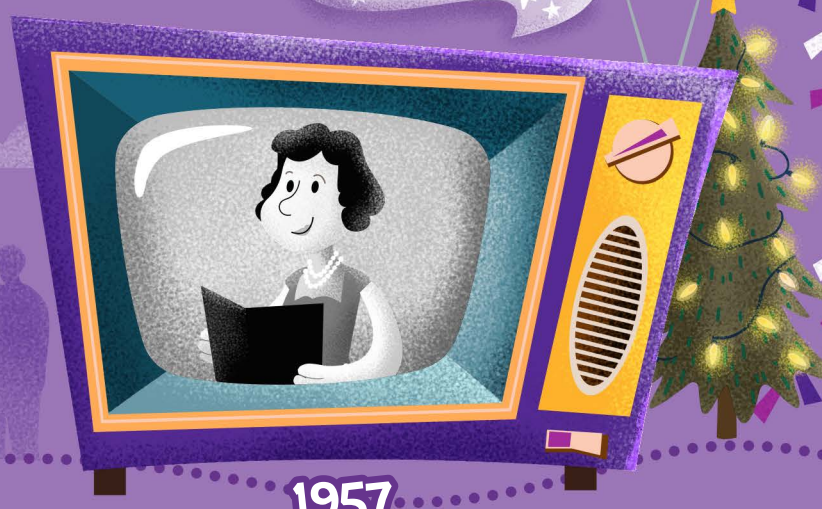
Princess Elizabeth marries Prince Philip, an officer in the Royal Navy.

1948

The princess gives birth to her first child, a boy named Charles who will grow up to be King.

1966

Her Majesty is at Wembley to see England beat West Germany (as it was called before the Berlin Wall came down) 4–2 in the World Cup final, presenting the trophy to victorious captain Bobby Moore.



1957

Her Majesty gives the first televised Christmas broadcast to the nation. 'The Queen's Speech' goes on to become a permanent and powerful tradition of the festive season.

1953

The new Queen is crowned at Westminster Abbey – the first coronation to be televised. Sales of TVs soar as many families buy one for the first time to watch the ceremony. The eventual worldwide audience is around 277 million.

1977

Britain and the Commonwealth celebrate the Queen's silver jubilee (marking 25 years on the throne). A chain of beacons is lit around the country, and thousands of street parties are held.

2015

Having ruled for 63 years, Queen Elizabeth becomes the longest-reigning monarch in British history – overtaking her great great grandmother, Queen Victoria.

2022

The nation celebrates the Queen's Platinum Jubilee with more events and street parties. Sadly, however, Her Majesty's health declines and she passes away months later, aged 96. After 70 years of rule, Queen Elizabeth II leaves a legacy of lasting affection and respect from people not only in the UK, but around the whole world.

Did you know?... Rest well, Your Majesty – and thank you.

The Queen received her first Corgi, Susan, as an 18th birthday present. She loved that breed of dog throughout her life, going on to own another 30 of them.

In 1982, a mentally ill man broke into the palace and reached the Queen's bedroom! Reports suggest Her Majesty calmly kept him talking for 10 minutes until the security team arrived.

As Britain was still recovering from the effects of the war, the young Princess Elizabeth had to save ration coupons to buy the material for her wedding dress!

It was Queen Elizabeth who, in 1993, decided to open up Buckingham Palace to visitors from the public for the first time.

The Queen took the unusual step of inviting a TV documentary crew into Buckingham Palace in 1969. This let people see the Royal Family in a way they'd never been able to before.

To help launch the 2012 Olympics in London, Her Majesty featured in a short film where she meets super-spy James Bond, as played by Daniel Craig.

EIIR

NOS National Online Safety®

#WakeUpWednesday

Written By Adrian Gray

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 14.09.2021

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform.
This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.thenationalcollege.co.uk for further information and resources.

Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief –particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by *their* experiences and *their* understanding of death – and in the context of their religious or community beliefs.

3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

SAMARITANS:
116 123

WWW.THEMIX.ORG.UK/GET-SUPPORT
0808 808 4994

WINSTON'S WISH:
08088 020 021

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

The National College®

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SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

8th September 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/

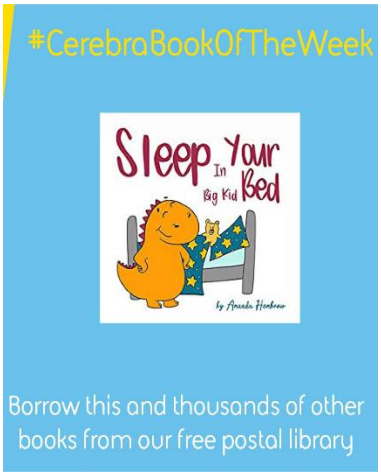
New Saturday group for neurodivergent children and young people in Ivybridge. For more details click on the link: http://soc.devon.cc/Fb05T or email hello@creativecuriosities.org.uk or call 07764 737620

This webinar aims to equip parents with an evidence-based approach to supporting young people who have school-based anxiety. The response to this webinar has been overwhelmingly positive. It will be taking place on 24th September 6pm. For more information please see their events page https://www.eventbrite.co.uk/e/the-empowering-parents-program-school-based-anxiety-tickets-381791557827

Devon Education Services (DES)
Join the early years consultants and four incredible keynote speakers:

* Dr Sue Allingham Early Years Out of the Box Consultancy
* Jamel Carly-Campbell jamel.carly
* Ben Kingston-Hughes Inspired Children and
* Dave McPartlin Flakefleet Primary

on 6th October 2022 at this year's EYFS conference: empowering all our children to live happy, healthy and active lives. To find out more and book a place click on the link: http://ow.ly/n2aS50Kwm96



Cerebra
This week's book of the week in honour of Sleeptember is 'Sleep in Your Big Kid Bed' by Amanda Hembrow. It's aimed at young children who are sleeping in their own room for the first time. Find out more about Cerebra's library here: https://buff.ly/3iFZkNq

Parent Carer Forum Devon Coffee Morning, Tuesday 13th September, from 8.45am at Meadowbrook Community Centre, Dartington. Book your place here: https://PCFD_Coffee_Morning.eventbrite.co.uk

For more information email: jo@mums4achange.org

Contact are offering a FREE Speech and Language Support workshop on 12th September (at 7pm) for parent carers of disabled children in secondary school. Book your place using this link bit.ly/SpeechSept If your child (aged 11–16) has any communication difficulties related to a disability — this one's for you. The workshop is led by a Speech and Language Therapist from I CAN who will explain the communication chain and suggest useful support strategies, and how best to work with practitioners.

The summer holidays are all but over and the new academic year is upon us. Devon County Council have sent out a special edition of their 'Children, Families and Education' Connect Me newsletter with lots of useful information and advice about the start of term. If you missed it? You can catch up online.

- Starting a new school year will be exciting for many pupils, but some might feel anxious. That's perfectly normal. Lots of children will feel the same way. Young Minds has helpful information on supporting your child with school anxiety.

- School uniform costs can add up Recycle Devon has tips and advice to help families plan and get the most wear out of their school uniform, such as choosing materials that are durable and longer lasting and removing ink or biro stains.

- If you receive certain benefits, your child could be eligible for free school meals and additional funding to support their learning. Apply via our website, and you'll get an instant decision. Or call DCC on 0345 155 1019.

SPACE - Youth Mental Health First Aid Course.
Youth Mental Health First Aid (MHFA) courses are for everyone who works with, lives with or supports young people aged 8-18.
Delivered by two highly experienced Youth Work Practitioners, this interactive course will give you the opportunity to develop the skills and confidence to spot the signs of mental health issues and illnesses in a young person, offer first aid and guide them towards the support they need.
You will learn how Mental Health can sit within the medical and social model, hear first-hand, lived experiences, and try out skills in a safe environment. Alongside this you will develop skills to challenge stigma, understand local support and network with others working with young people.
Dates are: 10th and 11th October from 9.30 - 5.30pm. Venue: Tiverton Youth Centre - Bolham Rd, Tiverton EX16 6SG
Click on the link to book your place:
https://www.spaceyouthservices.org/youth-work-training/core-training

Okehampton Mental Health wellbeing drop in sessions.

Do you experience low mood and need someone to talk to at the weekend?
On Saturdays between 10am and 12pm, Okehampton Medical Centre will be hosting mental wellbeing drop-in sessions.
The Drop-Ins will be provided by Okehampton Medical Centre, Community Links, and West Devon CVS for the North Dartmoor Primary Care Network.
For further information please contact Vicky at Community Links by calling 07933 663796 or contact the Okehampton Medical Centre on 01837 52233

Down's Syndrome football sessions from Saturday September 10th, to run fortnightly.
To be held at Wonford Leisure Centre, Rifford Road, Exeter, EX2 6NF. From 11:30-12:30.
Ample free parking at the Centre.
The sessions are for all under-18s with Down's Syndrome. Cost is to be confirmed.

FA-qualified coaches take the players through skills training, exercises and matches, with plenty of fun as well. Apart from the football, it's a great opportunity for the players, and their parents/carers, to meet and chat.
If you have any questions contact Dan Hewitt: dan.hewitt@ecfc.co.uk or call 07925 394781

Asperations
A voluntary group providing help and support for children/young adults aged 5-18 years with additional/special needs and their families.
Held at Kingsteignton Youth Centre Broadway Road, Kingsteignton TQ12 3EH
Every Tuesday from 4:30 – 6:45 PM for Ages 5 to 18.
(Generally during term time but please refer to their Facebook page for more up-to-date information, https://www.facebook.com/asperationsgroup)
Weekly Contribution £5.00 Per Family
(Includes liquid refreshments)
For full details have a look at their website:
https://asperations.co.uk/

Let's Talk Teenagers is a series of online support sessions and an opportunity for parents and carers of teenagers to hear about the challenges young people are facing today and discover ways to help them navigate their way through them.

The latest sessions, starting on Tuesday 13th September and running weekly until 4th October, with an added session on Wednesday 5th October, cover topics such as exploring teenage relationships, mental health and emotional wellbeing, anger and challenging behaviour, bullying and online challenges including preventing radicalisation.

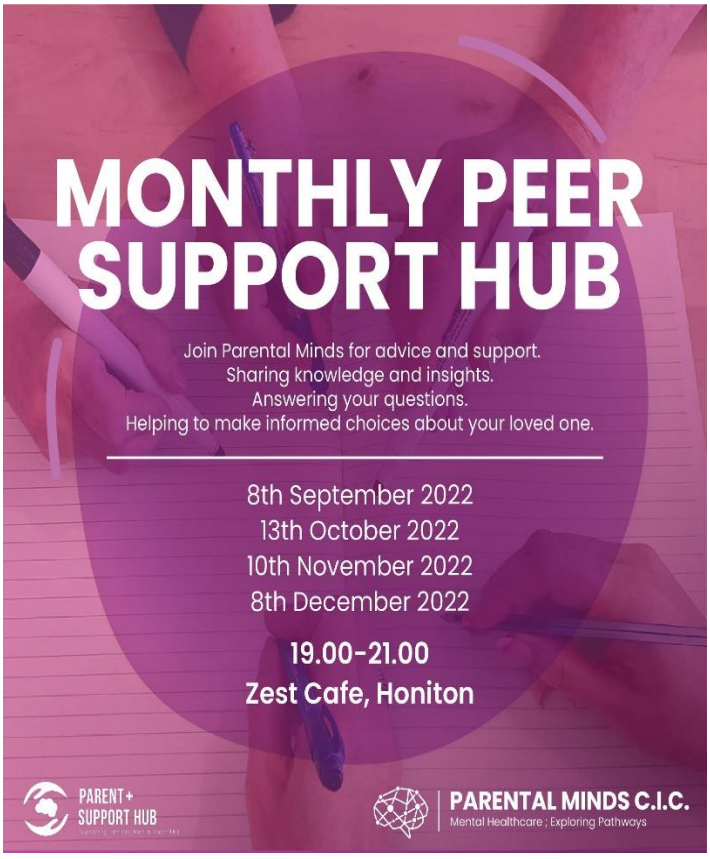
There will be an updated toolkit available after the courses for everyone who signs up to this free event, which also covers topics from earlier sessions such as drugs and alcohol, body image, self-care and social and emotional changes.

Find out more or book your free place via the Eventbrite website.

Courses aimed at parents and carers, or pre-teens are being planned for November, so watch this space!

PARENTAL MINDS C.I.C.
Exploring Pathways ; Mental Healthcare

Parental Minds



New online course for parents of a child with additional needs

'Understanding your child with additional needs' is a new NHS online course for parents. It is equivalent to a 10-session group for parents so it is a BIG course with lots of relevant content. It is for parents, relatives and friends of children who may have a physical or learning disability or who may have autistic traits.

The course is in 2 sections. Level 1 lays the foundation for understanding your child. Level 2 looks at some particular aspects of parenting: sleeping and anger management, together with more about how we interact with each other. Understanding this can make it easier to work with your child's behaviour as well as supporting their development. Once you finish Level 1 you can progress to Level 2 if you'd like to.

There are 14 Modules which take about 15 to 20 minutes each. They don't recommend doing this course in one go!

Find out more and start the course here: Here

Children & Family Health Devon

Useful 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.