



## Esteem Team Newsletter – Summer 24

### Our Esteem Team Base has moved!

We are excited to announce that Esteem Team has moved premises over the Easter break. It's been a busy and tiring few months of renovating and preparation, but we are now in our new, incredible space. We want to thank everyone who has helped in any way. Every person who donated time, items, or money to Esteem Team helped make a big difference!

We are so proud of what has been achieved and have been enjoying showing our young people around over the last few weeks!

**The new Esteem Team Base is The Bastin Hall in Exmouth.**



### Community and Family Support Offer

For more information about the Esteem Team Community and Family Support offer, please see <https://www.esteemteam.co.uk/communityoffer>.

The Community and Family Support Offer is staffed by Cara (full time) and Sarah (5 hours/week).

Cara and Sarah offer 1:1 sessions for those in our priority area.

In addition, Jenna works with Cara at our CATCH group and Healthy Parent Carers course.

We are a not-for-profit organisation and we do not charge parents / carers for our Family Support service. Recently we have been supporting between 60-80 families a month with a very small team! We work hard to see people as soon as possible but please be aware there is currently a waiting list for our 1:1 sessions.





## Parent Carer CATCH (Coffee and Tea, Chat and Help)...

**Our sessions are held on a Wednesday morning from 9.30 till 11.30am at Scott Drive Church.** Please come as you are...it does not matter if your child has a diagnosis or not. There is no need to book, and you can drop in for 10 minutes or stay for the whole 2 hours. You will be very welcome.

# Parent Carer CATCH

(Coffee and Tea, Chat and Help)

**You are invited to our parent carer social and peer support sessions...**



**Wednesday mornings (term time)  
9.30 - 11.30 am**

**at Scott Drive Church,  
39 Scott Drive, Exmouth, EX8 3LF**  
(Car park available at rear of church)

(In warm weather we will be outside in the Wellbeing Gardens)

**Please check our Facebook page for updates:  
'Esteem Team Parent Carer Support'**





## FREE upcoming training sessions / workshops for parent/carers

(Offered by other services...please book directly using links shared)

### Communication and Interaction Team Autism Workshops

The 'Autism & Us' 4-week live online programme is for parents/carers of Devon children, pre or post assessment.

No.	Topic	Programme
1	Autism overview	Thurs 13 Jun 4.30pm – 6.30pm
2	Sensory	Thurs 20 Jun 4.30pm – 6.30pm
3	Communication	Thurs 27 Jun 4.30pm – 6.30pm
4	Understanding and supporting behaviour	Thurs 4 Jul 4.30pm – 6.30pm

Additionally, they are also offering the following very popular themed/topic-based workshops, which lead on from the above programmes:

Topic	Date/Time
DIAS (Devon Information & Advice Service) + PCFD (Parent Carer Forum Devon)	Wed 22 May 10am – 12pm
Autism – Sensory processing + integration	Thurs 16 May 9.30am – 12:30pm
Autism and Girls	Wed 5 Jun 9.30am – 12pm
Autism – Demand avoidance + PDA	Thurs 13 Jun 10am – 12pm
Autism – Communication (Speaking children – support strategies)	Mon 1 Jul 10am – 12pm
Autism – Managing stress + anxiety	Wed 10 Jul 1pm – 3pm
Autism – Vulnerability + online safety	Wed 19 Jun 10am – 12pm
Autism – Communication (Non/Limited Speaking children – support strategies)	Thurs 27 Jun 10am – 12pm

Apply direct by email to: [educationlearnersupport@devon.gov.uk](mailto:educationlearnersupport@devon.gov.uk).





## **ARFID – Avoidant Restrictive Food Intake Disorder (10<sup>th</sup> May 10-12pm)**

This session, run by Autism Central is an online information session, using Zoom, looking at ARFID (Avoidant Restrictive Food Intake Disorder) with a focus on supporting autistic individuals with sensory differences who struggle with limited or restrictive diet.

**To book:** <https://www.eventbrite.co.uk/e/avoidant-restrictive-food-intake-disorder-arfid-tickets-871729064097?aff=oddtcreator>

## **Help me - I'm a Parent! - S.E.N.D. - Cognition & Learning (16<sup>th</sup> May 10-11am)**

This event will be hosted by Devon Family Hubs, Action for Children and will look a little more closely at **Cognition and Learning** needs in children with **Special Educational Needs and Disabilities (SEND)**.

The webinar will cover what Cognition and Learning needs are, what can cause cognitive delays and activities and strategies to support children as well as where to go for support.

**To book:** <https://www.eventbrite.co.uk/e/help-me-im-a-parent-send-cognition-learning-tickets-877201552457?aff=erelexpmlt>

## **Speech and Language Therapy Service: Drop-in sessions.**

Children and Family Health Devon's Speech and Language Therapy Service offer a virtual drop-in session for parents of *children 3 and under* and professionals who are concerned about their speech, language, and communication development.

This will be delivered via the 'Attend Anywhere' platform.

The Speech and Language Therapist will spend up to 10 minutes listening to the parents' / professional's concerns, asking questions and observing how the child and parent(s) communicate and interact.

All families will be given advice and / or ideas to try at home.

<b>Tuesdays 1pm-2.30pm</b>	<b>Thursdays 9.30am-11.30am</b>
7 May 2024	30 May 2024

**To attend log into the 'Attend Anywhere' platform:** <https://nhs.vc/tsdft-cfhd-pre-school-drop-in>





## **Autism Essentials by Reframing Autism**

This is a free self-study course written by Autistic people and informed by research and aims to provide a solid understanding of Autism in a way that is neuro-affirming.

**To book:** <https://reframing-autism-s-school.teachable.com/p/autism-essentials>

## **PDA Society free webinars and videos**

There are several free webinars and videos about PDA (Pathological Demand Avoidance/Pervasive Drive for Autonomy) from The PDA Society on their website.

**To view:** <https://www.pdasociety.org.uk/resources/resource-category/webinars-and-videos/pda-society-webinars/>

## **Witherslack SEN webinars**

Witherslack offer a number of free SEN events and webinars for parents and carers of children and young people supporting children with special educational needs.

**To Book:** <https://www.witherslackgroup.co.uk/advice-and-support/events-and-webinars/>

## **Supporting Autistic Sleep**

A 30-minute recording of a live webinar offering sleep advice for parents of neurodivergent children.

**To Book:** <https://jodie-smitten-2a44.thinkific.com/courses/your-first-course>

## **FASD webinars**

Free monthly online webinars, offering an FASD information sharing platform provided by the FASD Community and professionals.

**To view:** <https://www.fasdawareness.org.uk/webinars>





## Time Out and Activities for carers and families

### **Adventure Therapy**

Adventure Therapy is a charity aiming to improve the emotional and physical wellbeing of children (aged 8+), young people and adults with unique health conditions or limitations through outdoor and adventure-led activities. They help people with mental health conditions, learning disability, physical disability, life-threatening or life-shortening illnesses and life-changing conditions. Families can self-refer.

<https://adventuretherapy.org.uk/refer/>

### **CEA Cinema Card**

The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

<https://www.ceacard.co.uk>

### **Carefree Carers Breaks**

Carefree work with hotels to provide funded breaks for unpaid full-time carers with only a £25 admin fee and your transport to pay yourself. Self-referrals are accepted. <https://carefreespace.org/take-a-break/>

### **Devon Young Carers**

Devon Young Carers can work to ensure young carers aged 4-18 years are supported through specialist advice, access to respite and 1:1 support as identified through an assessment. To contact Devon Young Carers email [youngcarers@devoncarers.org.uk](mailto:youngcarers@devoncarers.org.uk)

### **Dream-A-Way**

Dream-A-Way has been making a difference to Devon's children and adults with disabilities since 1993. They provide grants towards holidays so families can enjoy a much-needed break and also have caravan holiday breaks at Sandy Bay available at low cost for families.

<https://dream-a-way.org>

### **Exmouth Beach Wheelchair Service**

Exmouth Beach Wheelchair Service have an online booking system and provide beach wheelchairs free of charge. It allows disabled residents and visitors of Exmouth access to the two-mile long sandy beach. To book click here: <https://exmouth.gov.uk/book-a-beach-wheelchair/>





### **Family Fund:**

Grants are available for families on a low income who are raising a child or young person with a long-term disability, disabling condition or life-limiting illness. Grants can be provided for a while range of needs including family breaks, clothes, kitchen appliances, games, books, outdoor play equipment, sensory toys, specialist bikes, furniture, and games consoles. For more information and to check if you might be eligible: <https://www.familyfund.org.uk/>

### **Merlin's Magic Wand**

Magical Days Out are not just for terminally ill children, but for lots of children who are facing challenging circumstances. They can be applied for by parents, guardians or organisations and allow families to visit their chosen Merlin attraction for free. Magical Days Out can be gifted to children who need them most, and their eligibility criteria includes children facing many types of adversity as well as those facing an illness or a disability. To self-refer: <https://www.merlinsmagicwand.org/>

### **Open Door Toast sessions**

These youth cafe sessions run on a Tuesday and Thursday from 3.30pm to 5.30pm at Open Door community centre in Church Street, Exmouth and are for secondary school and college age students. For more information: <https://www.opendoorexmouth.org.uk/>

## **Other helpful resources...**

### **ARFID cards**

If your child has ARFID you can order a set of 3 wallet-sized plastic cards designed to explain ARFID to restaurants, event venues and supermarkets from <https://www.arfidawarenessuk.org/product-page/arfid-awareness-cards>

### **Caudwell Children Sensory Packs**

Apply now and your child can have their very own sensory pack! Find out more and apply for your pack by clicking on the link: <https://www.caudwellchildren.com/changing-lives/how-we-can-help/equipment/get-sensory-packs-3/>

### **Devon Autism Card**

The card allows the holder to inform others (emergency services, medical professionals, members of the public) that they are autistic and has information and space to detail an emergency contact. The card is free. There is no charge, even for postage and packing. To request a card, go to <https://www.dimensionsforautism.life/autism-card>





### **Exmouth Food Bank**

Times are hard for many people right now. Exmouth Food Bank are there to help and can provide emergency food supplies if you live in Exmouth or the surrounding areas including Lypstone, Woodbury and Budleigh Salterton. You can self-refer to <https://exmouthfoodbank.org.uk/> or email [carateem@gmail.com](mailto:carateem@gmail.com) and we can submit a referral for support on your behalf.

### **Just Can't Wait cards.**

You can register for a universally recognised digital 'Just Can't Wait' Toilet Card at <https://www.bladderandbowel.org/help-information/just-cant-wait-card/> enabling access to toilets not normally available to the public. A digital card on your phone is discreet and no need for a physical card!

### **Radar Keys**

A RADAR key is a key that opens more than 10,000 disabled toilets across the UK. RADAR keys are used by some 400 local authorities to allow disabled people access to locked, accessible toilets. They are available to buy in many websites including <https://shop.disabilityrightsuk.org/products/radar-key> and <https://www.radarkey.org/>

## **Are you Registered with GP as a Carer?**

If you are regularly supporting someone who has a long-term health condition, illness, disability, or mental health issue, it is a good idea to register with your GP as a carer. When you register as a carer with your GP, it will enable them to better support you in your caring role. What is offered varies between practices, but it often includes free annual health checks, the annual flu jab and Covid-19 boosters as advised as well as support with your physical and mental health to enable you to carry out your caring responsibilities.

## **Booklists and Resource Information Sheets**

**If you would like a copy of any of the above sheets, please email [carateem@gmail.com](mailto:carateem@gmail.com)**

<b>Resource Information Sheets</b>	<b>Book lists</b>
ADHD	ADHD – Parents / Carers
Anxiety	Autism – Parent / Carers
Autism	Neurodiversity – Children
Clothing Sensitivities	Neurodiversity – Tweens and Teens
FASD	
Sensory Differences	

