

Megan Wright, a Young Person's Psychological Wellbeing Practitioner, is going to be giving a talk for Parents and Carers on strategies and approaches to support children in achieving good mental health.

The talk will include topics such as 'Communication styles', 'Understanding anxiety and low mood', and 'motivational interviewing'. There will also be an opportunity for a Q& A session with Megan.



The talk will take place on

30th January at Sidmouth Youth Centre

1pm-2.30pm.

Refreshments will be available.

No need to book

Please contact Tracey Tipton on 07540668525 if you need any further information

Harry Potter Book Night: Triwizard Tournament

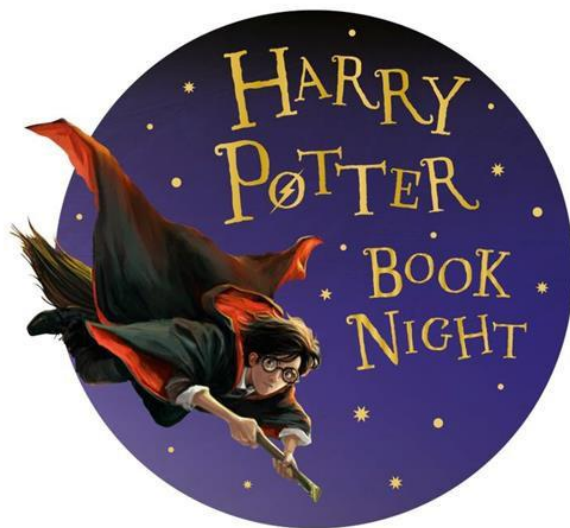
Sidmouth Library: Thurs 6th Feb 4-6pm

Throw your name into the Goblet of Fire, design a dragon egg and follow the clues to find your friends. Then solve the riddle and complete the library obstacle course to make it to the final challenge of the tournament- the Harry Potter quiz!

There are prizes to be won throughout the night, including prize for best costume so please come in your finest wizarding outfit.

Aimed at ages 8-12 but Hogwarts fans of any age are welcome to take part. This event is free but booking is essential due to popularity.

Book your ticket at the library desk or call 01395 512192.




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FOR YOUNG
PEOPLE IN YEAR
6 ONWARDS

CHILL OUT

LOTS OF FUN FOR EVERYONE INCLUDING
GAMES, QUIZZES, CHALLENGES, CRAFT,
DISCUSSIONS AND FOOD!!

EVERY SECOND SUNDAY OF THE MONTH
6.00 PM - 8.00 PM



St Luke's Church
Newton Poppleford
Telephone 01404 871443 for more details



Speech, Language and Communication Needs Parent Workshops 2020

A free workshop for parents of children and young people with speech, language and communication needs.

We will be focusing on strategies to support your child with vocabulary learning. We will be looking at how to support word learning through book sharing, as well as exploring visual ways in which you can support your child to learn new words throughout their school career.

This workshop is suitable for parents of children at Primary and Secondary school.

Please choose from the following venues:

	Venue	Date	Time
Exeter	St Michael's Primary Academy	4 th March 2020	13:30 - 15:00
West Devon	Stowford Primary	4 th March 2020	13:30 – 15:00
South Devon	Haytor View Primary School, Newton Abbot	12 th March 2020	09:30 – 11:00
East Devon	Marpool Primary, Exmouth	3 rd March 2020	09:30 – 11:00
Mid Devon	St Andrews Primary, Cullompton	4 th March 2020	13:00 – 14:30
North Devon	Sticklepath Primary, Barnstaple	5 th March 2020	10:00 – 11:30

To book your free place, please email sue.vanstone@babcockinternational.com

INFORMATION SESSIONS

(Teachers, teaching assistants, professionals, parents, relatives, childminders and other interested parties all very welcome)

1:30 – 3pm repeated 3:30 - 5pm in the community room at

WITHYCOMBE RALEIGH CHURCH OF ENGLAND PRIMARY SCHOOL

Topic	Date	Notes
Challenging behaviour (including reciprocity, attachment, shame, and bids for attention)	Friday 17 th January	Children who overreact /are not maximising their potential. Understanding, sensing and changing disruptive behaviour . We are fortunate to have a very experienced retired educational psychologist co-presenting at this and several more sessions.
Sensory needs and Autism - can you have one without the other?	Friday 24 th January	WHAT ARE THE DIFFERENT TYPES OF SENSORY ISSUE, e.g. sight, hearing, touch, taste, smell, interoception, proprioception, balance, etc? Is my child over- or under-sensitive and how can you be both?
Is there an effective alternative to punishment? Which praise is effective in eliciting better behaviour?	Friday 31 st January	How can I control the children if I don't punish/ reward them? Strategies to gain compliance by connection rather than coercion/ bribery.
Resilience/self-esteem/anxiety	Friday 7 th February	As anxiety is at the root of so many behaviours, anyone wanting a greater understanding of these would benefit from attending.
How can I increase a child's thinking/remembering power?	Friday 14 th February	Discussions will include auditory processing / working memory / executive functioning . If your child is frustrating you, this could be the cause – come along and find out more!

NO CHARGE – REFRESHMENTS INCLUDED! 😊 PLEASE LET US KNOW IF YOU WOULD LIKE OTHER TOPICS 😊

To book a place or ask for further information, please call 01395-263397 ext2 and leave a message if no answer. Thank you.