

# SIGNPOSTplus Information Snippets

## Northern Devon and Surrounding Areas

### 21<sup>st</sup> July 2022



## SIGNPOSTplus Information Snippets.

Anyone can sign up to receive snippets. There are two editions sent out every Thursday, one for the Northern half of Devon and one covering the Southern half of Devon. Both editions include Exeter information. If you haven't already signed up to receive Snippets directly to your mailbox and would like to be added to the mailing list email:

[cfhd.signpostplus@nhs.net](mailto:cfhd.signpostplus@nhs.net) and state which edition you would like to receive (you can opt to receive both). There is an archive of recent Snippets on the Signpost Plus webpage, where you can also find a range of information sheets and resources: <https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>

We also have our Facebook page:

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

Remember to turn on notifications under 'Follow Settings' to ensure you see posts.



## Children & Family Health Devon Autism Assessment Team Resources.

The Autism Assessment Team have a range of resources on their webpage, including: 'Bitesize Videos':

[Recognising ASD – A Guide for Professionals](#)

[Supporting your Child through COVID-19](#)

[Anxiety in Autism](#)

[Behaviour in Autism](#)

[Sensory Processing](#)

[Communication Differences in Autism](#)

[The PDA profile of Autism](#)

[My Child has Received a Diagnosis](#)

[My Child is on the Waiting List](#)

'One Minute Guides':

[Anxiety](#)

[Behaviour](#)

[Communication](#)

[Sensory differences](#)

[PDA](#)

[Masking](#)

[Social Stories](#)

[Neurodiversity](#)

[Siblings](#)

Click the links to watch the videos or read the guides. Find these and other useful resources on the Autism Assessment Team page:

<https://childrenandfamilyhealthdevon.nhs.uk/autistic-spectrum-disorder/resources/>



## Holiday Activities and Food (HAF) Summer '22 Programme



The aim of the Holiday Activity and Food (HAF) programme is to support children to eat more healthily, be more active over the school holidays and have a greater knowledge of health and nutrition as well as be more engaged with

school and other local services. The HAF programme is primarily for children aged 5-16 years (and can include 4-year-olds already in Reception year) who are eligible for and receiving benefits-related free school meals (FSM), and their families.

To access the programme, simply book a place through one of the listed providers. Please note that booking details differ depending on each provider.

<https://www.devon.gov.uk/educationandfamilies/document/haf-providers-summer-2022>

Find out more about the Holiday Activities and Food Programme here:

[Holiday Activities and Food \(HAF\) programme – Education and Families \(devon.gov.uk\)](https://www.devon.gov.uk/educationandfamilies/document/haf-providers-summer-2022)



**Pinpoint Devon** is a searchable online directory of community services in your area. You can find Pinpoint by visiting: <https://www.pinpointdevon.co.uk/>



Look for the Flag which indicates SEND specialist services and activities.



## Family Fund: Free E-learning Finding Grants Online.

If you'd like to find information about grants that you or your family may be eligible for, you can use the Family Fund online course now.

Family Fund's e-learning course can help you find out about other charitable grants you can apply for, as well as information and tips on how to write an application. Start the e-learning course here:

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



## Family Fund: Budget Planner

Family Fund know that the rise in energy bills and the increase in living costs is making life even more expensive for families raising disabled children.

Keeping a budget is a great way to see where your money goes. Use the Money Helper budget planner tool on the Family Fund website to see where you can look to start saving today:

<https://bit.ly/1aSMoneyHelper>



## Contact – For Families with Disabled Children Finance Checklist

Contact have put together a checklist of 6 things every parent carer can do to during the Cost of Living crisis:

✓ Use the Benefits Calculator to check if you're claiming everything you're eligible for. It takes just 10 minutes: [contact.org.uk/benefits-calculator](https://contact.org.uk/benefits-calculator)

✓ Use the Grants Search to see if you're eligible for charitable financial support: [contact.org.uk/grants-search](https://contact.org.uk/grants-search)

✓ Get help with your fuel, water and other utility bills: [contact.org.uk/utility-bills](https://contact.org.uk/utility-bills)

✓ Look at Contact's tips to save on energy bills: [contact.org.uk/energy-saving-tips](https://contact.org.uk/energy-saving-tips)

✓ Check what help you could get for education, health, transport, housing and leisure costs: [contact.org.uk/money-debt](https://contact.org.uk/money-debt)

✓ Bookmark Contact's Money Matters guide: [contact.org.uk/money-matters-guide](https://contact.org.uk/money-matters-guide)



## Contact - Free Workshops

Contact run a range of free one-off online workshops around a variety of subjects including;

- Speech, Language and Communication
- Money Matters
- Encouraging Positive Behaviour
- Educational Support
- Sleep
- Growing Up
- Handling Meetings

Find dates and book a place here:

<https://contact.org.uk/help-for-families/family-workshops-and-events/brighter-beginnings-workshops/>

*Please note that new dates are being added regularly so keep checking the website for updates.*



## I CAN - Free webinars for parents!

Is your child aged 18 months-2.5 years?  
Are you concerned about their language development?



Join one of the free TALK parent webinars for approaches you can put into practice with your child at home.

27<sup>th</sup> July – Sharing Books to Develop Language

10<sup>th</sup> August – Using Songs and Rhymes to Develop Language

24<sup>th</sup> August – Symbolic Noises and First Words

7<sup>th</sup> September – Supporting Language Development During Everyday Routines.

All webinars last for 40 minutes and are free to attend. Book your place today:

<https://bit.ly/3nLPI8c>



## Vision Habilitation and Rehabilitation Specialist Consultation 2022 - (Vision Impairment Specialist Apprenticeship Standard).

'We are delighted to share with you the link for consultation about the apprenticeship standard that has been developed for Vision Habilitation and Rehabilitation. This is a very exciting development for the sector giving an amazing opportunity to develop this workforce for the future.'

Please follow the link to find all the information you need – there is a full explanation of the background and purpose for this work, including general information on apprenticeships and how they work. You access the standard document via another link within the consultation survey, the survey takes between 5 and 15 minutes to complete.'

<https://survey.alchemer.eu/s3/90466416/vision-habilitation-and-rehabilitation-specialist-consultation2022>

The deadline for the consultation is 9am on 12<sup>th</sup> September 2022.



## Tourettes Action Helpdesk:

Provides confidential and impartial support to those living with Tourette Syndrome (TS), their friends and family plus anyone else needing information such as teachers and employers. You can get in touch in a number of different ways:

- *Live chat:* Instant support via the website available Monday to Thursday 10am - 3pm.
- *Contact the Helpdesk:* [Send contact form](#) and TA will get back to you.
- *Request a callback:* email: [help@tourettes-action.org.uk](mailto:help@tourettes-action.org.uk) and TA will get back to you.

## DiAS Ambassador Volunteer Training

An Ambassador Volunteer comes in many shapes or forms.

Fundamentally, the AV project are looking for parent/ carers at the right place in their life and SEND journey who have capacity to give a little back within their own community, doing what they are probably already doing. They are also looking for people who work closely with parent carers of children with SEND.

[The Ambassador Volunteer Programme - Devon Information Advice and Support \(devonias.org.uk\)](https://devonias.org.uk)

The AV project is looking for people who are already actively involved in some way in the community perhaps attending a group, support parents in a school or active online, having positive experiences with schools / services.

The basic aim for a volunteer is to be a link into their community cascading information from DiAS and the Parent Carer Forum Devon, feeding back through the AV Co-ordinator to these organisations to ensure policy makers are listening to parent voices.

**New Induction** training for people interested in becoming an Ambassador Volunteer is now available, it will be a virtual session at 10am-1pm on Wednesday 14<sup>th</sup> September 2022. The session will be the first step in training to become an Ambassador Volunteer.

Please complete the form following this [link](#) to register your interest!



**WayMakers** is offering a unique and tailored workplace readiness programme for

individuals across North Devon and Torridge postcodes.

This is a supportive and inclusive programme to support 16-25 year old neurodivergent people hoping to work, train or study and will include tailored support and group coaching, including a neurodiversity profiling via the Do-IT Solutions Profiler.

Waymakers are accepting requests for places on the HI to Thrive project until 31<sup>st</sup> July.

Find out more about this Fully Funded Programme here: <https://waymakers.co.uk/wp-content/uploads/2022/06/Hi-to-Thrive-Employability-Project.png>

Go to <https://waymakers.co.uk/> to download a referral form.

## Exeter Parent+ Support Hub



**PARENT+  
SUPPORT HUB**  
Supporting Families ; Mental Health Hub

Do you have a question about Family Mental Health?

Not sure where/ who to turn to for Mental Health Support?

We offer a place for Parents/Carers to be 'heard'. A place to exchange ideas, hints & tips with other Parents/ Carers. We share information on Local and National mental health services.



## EXETER PARENT+ SUPPORT HUB

**Tuesdays 10.00 - 12.00**

John Lewis community room

Visit customer services by the John Lewis cafe to sign in and we'll meet you there.

1 to 1 Booking also available in Honiton for a Wednesday or Friday morning. Message for more details.

Parental Minds low-cost counselling and listening service, including movement therapy for children and young people.

Working in partnership with HOSMS PCN Mental Health Team.

These are  
informal  
Cafe style  
sessions

WhatsApp 07907 614 516  
facebook.com/PPSHUB  
parentplus@parentalminds.org.uk



Parental Minds Ltd. Registered, Social Enterprise of companies and family members with professional input. Supporting networks, mental healthcare.

PARENTAL MINDS C.I.C.



## Reviews of Education, Health and Care plans: proposed timescales

The Department for Education (DfE) are asking for parent views about the deadline for a local authority issuing proposals to amend an Education, Health and Care plan following a review.

Local authorities have various duties over when and how they must review an individual's Education, Health and Care plan. The DfE are consulting on whether they should:

- have an extra four weeks after review meetings to finalise any changes they propose to a plan; and
- have to circulate material for a review meeting a week earlier than currently.

You can find the consultation survey here:

<http://soc.devon.cc/0dDdA>

Consultation ends 12<sup>th</sup> August



## Fragile X Society 4 minute read: Eating and Mealtimes

Caroline Pringle, Families and Professionals Advisor for Child Enquiries, shares some strategies for eating and mealtimes with your child in her 'Snippets of Advice' blog series.

Read the article here:

<https://www.fragilex.org.uk/single-post/eating-and-mealtimes>



## Your voice matters...

What would a great future for children and young people in Devon look like to you?

Get creative and share your ideas:  
[devon.cc/wish-for-devon](https://www.devon.cc/wish-for-devon)

to grow up in – a Child Friendly Devon. To support this ambition, Devon is creating a new visual identity and vision to bring Child Friendly Devon to life.

Devon County Council want a Child Friendly Devon to be shaped by everyone and are asking children and young people to show them how they would make where they live even better!

Children can respond in any creative way they choose – a picture, a story or poem, a video, whatever inspires them! There are two activity sheets to choose from depending on age.

If you know any children or young people that want to shape this important and exciting piece of work and make Devon an even better place to grow up in, go to: [www.devon.cc/wish-for-devon](https://www.devon.cc/wish-for-devon)

Closing date Friday 29<sup>th</sup> July.

**Devon County Council's** ambition is to create an even better place for children, young people and families



**Fledglings** are a non-profit shop that helps children and adults with additional needs by supplying products and equipment that help with everyday challenges. Fledglings are part of the Charity Contact and provide an easy and trusted environment to find the right solutions and allow people to connect and share their experiences.

Fledglings currently have a 20% off sale on selected items:

<https://www.fledglings.org.uk/collections/sale>



## The Communication & Interaction Team (Babcock LDP)

are running an Autism – Sensory processing and integration workshop, for parents/carers on Thursday 28<sup>th</sup> July, 9.30 – 11.30am.

Apply direct by email to: [LDP-LearnerSupport@babcockinternational.com](mailto:LDP-LearnerSupport@babcockinternational.com) to secure a place. Babcock will confirm your booking request and provide you with a direct link to the event which will be delivered online 'live' via the ClickMeet platform.

## Go Kids Go Free Wheelchair Skills Training – Exeter:

**GO KIDS GO**  
WHEELCHAIR SKILLS TRAINING

Free, fun and inclusive sessions for 2 -18 year olds. Extra wheelchairs provided so the whole family can join in!

Manual or powered wheelchairs  
Propulsion & manoeuvring  
Slopes and rough ground,  
Back wheel balancing,  
Road safety  
Emergency evacuation techniques  
Wheelchair sports & Dance

Sunday 11<sup>th</sup> September  
10am – 2pm  
Isca Academy  
Earl Richards Rd South  
Exeter, EX2 6AP  
Free Parking  
Please bring a packed lunch  
To book a free place email:  
[roy@gokidsgo.org.uk](mailto:roy@gokidsgo.org.uk)

To book a free place email: [roy@gokidsgo.org.uk](mailto:roy@gokidsgo.org.uk)



## Contact - The SEND Review, Have your say.

The Government's review of the special educational needs and disabilities (SEND) system in England has resulted in proposals for improvements. Now is the chance to have your say. Find information about the SEND Review and how to feedback your views here:

<https://contact.org.uk/help-for-families/information-advice-services/education-learning/the-send-review/> Closing date for feedback 22<sup>nd</sup> July 2022.



## Rough Guide to Accessible Britain

With over 200 reviews of days out across the UK, the Rough Guide to Accessible Britain is full of all the access information you'll need to inspire your adventures this Summer.

Read the guide online here: [here](https://www.roughguides.com/accessible-britain/)



## STAMMA Education Resources

STAMMA (British Stammering Association) is a UK national charity for people who stammer (or stutter). The STAMMA website has dedicated sections for young people in school and college & university, with information and tips to help you through, alongside resources for educational professionals. STAMMA also have Helpline and Webchat facilities. Find out more here:

<https://stamma.org/get-support/education>

## YMCA YMCA Exeter - Children and Young People's Wellbeing Service



Do you know a young person experiencing low mood or behavioural difficulties?

YMCA Exeter offer free wellbeing support for young people aged 5-18 in Devon. They offer up to 12 sessions of Cognitive Behavioural Therapy and goal setting techniques, these sessions can be in-person (in Exeter) or online via Zoom.

Find out more about the service and how to make a referral here:

<https://www.ymcaexeter.org.uk/cwpwellbeing/>



### The Hope Programme - Free Course for Parents of Autistic Children

Are you a parent of an autistic child?

Would you like to cope better, feel more in control of your emotions and be more resilient?

The Hope Programme for Parents of Autistic Children is a 6-week course, starting on Tuesday 6<sup>th</sup> September. It takes up to 2 hours to complete each weekly session, which you can complete at any time convenient to you.

You can do the course on your PC, laptop, tablet or smartphone with an internet connection. The course is not delivered in a way for people to be on "at the same time". Like a website you go through the materials each week, but you can do this at your own pace and time that suits. Some people do chunks of 20 minutes some people do more or less whenever they can find the time.

Find out more and book a place here:

<https://www.h4c.org.uk/courses-all/hope-programme-for-parents-autism-2bgf7-2zan8>



There's a new NHS online parenting course for parents of children with additional needs: 'Understanding your child'.

This online course is for parents, relatives and friends of children who have a physical or learning disability, or may have autistic traits.

Find out more here:

<https://inourplace.co.uk/children-with-additional-needs/>

## Hakeford woods Summer Holiday Club – Spaces still available:



### Summer Holiday Club 2022

10am to 2.30 pm

(Find us on Facebook)

July:

Monday 25<sup>th</sup>

Tuesday 26<sup>th</sup>

Wednesday 27<sup>th</sup>

Thursday 28<sup>th</sup>

August:

Tuesday 9<sup>th</sup>

Friday 12<sup>th</sup>

Tuesday 16<sup>th</sup>

Friday 19<sup>th</sup>



Explore, discover, play and make friends at our fantastic Woodland Camp at Hakeford Woods near Barnstaple.

- Children welcome aged from 5 to 11 years old.
- £25 per child per day. Families in receipt of **Universal Credit** will be offered a reduced price (places limited – please ask)
- Lunch not provided but campfire cooking will be part of the fun!
- All our leaders are trained and experienced in Forest School.

More information and booking:

Iona Dowling: 07805264011

email: [dowlingiona@gmail.com](mailto:dowlingiona@gmail.com)



Sessions will only go ahead with sufficient numbers



### Cerebra Free Toy Lending Library

Cerebra's specialist postal library contains a wide range of books for both adults and children and a selection of toys specially chosen for children with brain conditions. It's a great way to try out what sensory toys your child enjoys the most without buying what can be very expensive items.

The toy library has a variety of sensory toys for all sorts of different needs. Whether your child is sensory seeking or sensory sensitive there is a kit that's suitable. If they're learning about cause and effect or have limited mobility, one of the switch toys could be just the thing for them. Cerebra also have soft play toys and communication aids. Your child could discover a new favourite sound, sight, smell or way to play with one of the toys.

You can borrow one item at a time for 28 days. They are delivered and collected by courier, which Cerebra arrange for you. The service is free for anyone in the UK caring for a child with a brain condition and is easy to use. Find out more here: <https://cerebra.org.uk/latest-news/try-before-you-buy-with-our-sensory-toy-library/?fbclid=IwAR2qt7xdLcl8nAQ6H3T7hYv5l3jQvuSWTPHP8qlicSnUBBU-qkIJko12VQ>



## YOUNGMINDS YoungMinds – Supporting a Friend with their Mental Health

YoungMinds have put together some advice for young people on what they can say and how they can support a friend, while looking after their own mental health too:

<https://youngminds.org.uk/find-help/looking-after-yourself/supporting-a-friend-with-their-mental-health/>

**YoungMinds – Parent Helpline:** Are you worried about a child or young person? Contact the Parents Helpline for free, confidential advice via the phone, email or webchat. Find out more here: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>



**HANDi app.** Developed by NHS organisations in Devon, the HANDi Paediatric app is available to download for free onto any Apple or Android smartphone or tablet. As well as providing up-to-date NHS advice on common childhood conditions and how to treat them, it has a quick and easy to use child symptom checker. Find out more and download the app here: <https://devonccg.nhs.uk/health-services/children-and-young-people/handi-app>



## Cerebra Online Sleep Seminars - Understanding and supporting children's sleep for parents and carers of children with brain conditions.

The online Sleep Seminars aim to give you the knowledge, skills and confidence to deal with sleep issues so the whole family can get a good night's sleep.

- Friday 29th July, 10am – 12:30pm
- Monday 26th September, 10am – 12:30pm
- Monday 31st October, 10am – 12:30pm
- Monday 28th November, 10am – 12:30pm

Places are free for parents of children with brain conditions. Find out more and book a place here: <https://cerebra.org.uk/get-advice-support/sleep-advice-service/sleep-seminars/>



## bibic – Open Day This Saturday

bibic are hosting a day of activities on 23<sup>rd</sup> July 10am - 4pm at their centre in Langport.

Meet the therapist - £30 (45 min consultation)  
Music Therapy - £5 (1 hour)  
Messy play - £5 (30 mins)  
Sensory room - £2.50 (15 mins)

Everyone is welcome! To book your activities email: [events@bibic.org.uk](mailto:events@bibic.org.uk) spaces are limited.

THURSDAYS 5-6.30PM @ NORTH DEVON ATHLETICS CLUB

## FRAME RUNNING



FRAME RUNNING OFFERS CHILDREN WITH DISABILITIES TO EXPERIENCE THE SENSATION OF RUNNING! SESSIONS ARE FREE. FOR MORE INFO ON WHAT WE DO AND HOW TO JOIN US CONTACT [INFO@GRIPPHYSIO.COM](mailto:INFO@GRIPPHYSIO.COM)



'GRIPPhysio'



The Penguin Sports Foundation



In addition to our weekly club we are pleased to invite you to our

## FRAME RUNNING TRIAL DAY

SATURDAY 13TH AUGUST 12-3PM



We want to invite you and your families to come along and try out frame running! All equipment provided, no experience needed, open to all. Come and have a go at running & moving Independently in your way.

**NORTH DEVON ATHLETICS CLUB,  
WRAFTON ROAD, BRAUNTON,  
N. DEVON, EX33 2BT**

RSVP & more info:

Amy - [info@gripphysio.com](mailto:info@gripphysio.com)

Gemma: 07846856998



'The Penguin Sports Foundation'

'GRIPPhysio'



The Penguin Sports Foundation

A massive thank you to all these amazing organisations that support us -

The Davie Trust, Barnstaple

NORTH DEVON ATHLETIC CLUB

CP SPORT  
cerebral palsy sport

Quest

Asda Foundation

Barry

Rotary  
Club of Barnstaple

## Affinity Devon Summer of Fun

**Free FAMILY ACTIVITIES**  
26<sup>th</sup> July - 1<sup>st</sup> September 2022

- Pirate School
- Live Shows
- Climbing Wall
- Circus Workshop

A whole host of Fun & Free Activities over the Summer holidays, being held in the Amphitheatre at Affinity Shopping Outlet Bideford. Find the timetable of events here:

<https://affinityoutlets.com/devon/event/join-us-at-affinity-devon-for-a-summer-of-fun/>

## Neurodive Workshop and Webinar:

### Teaching Children Self-advocacy

A webinar focused on teaching neurodivergent and neurotypical children self-advocacy.

For both parents and professionals.

Wednesday 27<sup>th</sup> July, 7.30-9.30pm.

Tickets £11.37.

Find out more and book a place here:

<https://www.eventbrite.co.uk/e/teaching-children-self-advocacy-tickets-372572413117?aff=ebdsoporgprofile>

### Devon Education Services.



New name, new home... From 1<sup>st</sup> August 2022 Babcock LDP traded services will transition into Devon County Council and will become Devon

Education Services.

The Babcock LDP shop has moved to:

<https://devoneducationservices.co.uk/>



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 and further information and resources can be found on the [SIGNPOSTplus page](#) of the Children and Family Health Devon website.

If you no longer wish to receive these bulletins please email: [cfhd.signpostplus@nhs.net](mailto:cfhd.signpostplus@nhs.net) and we will remove your details from the mailing list.

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## THE QUAY SUMMER at the QUAYSIDE

EXETER CANAL & QUAY TRUST LTD

### Free Family Activities

Tue 26 July, 10am - 4pm  
**QUAYSIDE COLOUR**  
Sophie Blinstrub and Steve McCracken will be creating a large painting of Exeter and the beautiful Quay and we need your help to do it!

Tue 26 July, 11am & 1pm, The Piazza  
**BUNKER CABARET**  
Doorstep Arts presents The Bunker Cabaret, a multidisciplinary ensemble of Torbay movers, wordmongers and music makers.

Wed 27 July, Tue 9 & 23 August  
Sessions 11am - 12.30pm, 1-3.30pm  
**QUAY TO YOUR ART**  
Explore the history of Exeter's Quay in these Exe-tra Fun-Quay Art workshops. Join us for an exciting mix of family friendly art activities and storytelling to stir the imagination.

Tue 2 & Wed 10 August  
Sessions: 10.30am-12pm, 1-4pm  
**WEIRD STICKS CIC**  
Work with sustainable materials to make an eco fish with the help of local artists Vibi and Hannah. Weave a unique and imaginative fish from willow and wool to celebrate the rich heritage of Exeter's wool trade.

Wed 3 August, 11am - 3pm  
**PRINT WORKSHOP**  
Come and play with us printing pictures and patterns on our portable press! Experiment with your own ideas to produce something you can be proud of.

Activities are in the Transit Shed unless otherwise stated. Free and no booking required. Just turn up and enjoy!

Wed 3 & 24 August, 11am - 4pm  
**FOOTSTEPS QUAYSIDE ANIMATION**  
Along the quay of Exeter there are rich and juicy stories of kings and builders, writers & witches and this summer these historical tales will be brought to life as you travel through time.

Fri 5, 12, 5, & 26 August, 11am-4.30pm  
**PROM PROM**  
Seaside Follies and the return of "Free-Quay" Fridays!

Tue 16 August, 11am-1pm, 1.30pm-4pm  
**NAUTICAL FLAG MAKING**  
Join textile designer Patricia to make a nautical flag using heat transfer papers.

Wed 17 August, 11am-12.30pm, 1-3pm  
**DRUM DEVON**  
Come and get your toes tapping, your hands busy and your soul buzzing with Drum Devon, led by James Carr! Open to all abilities from age 8.

Tue 30 August, Wed 31 August, 11am, 1pm & 3pm  
**TIME WHARF**  
Family theatre ideal for ages 12 and under. Running time approx. 45 minutes. Bring a blanket, cushion or chair!

[www.exeterquay.org](http://www.exeterquay.org)