

SIGNPOST

Communication News & Resources



FEBRUARY 2021

*Welcome to the first edition of Signpost!
Bringing you communication news and
resources for the month ahead.*

*February promises freebies, stories,
courses and kindness!*



KEY-WORD SIGNS

*Speak and Sign about how you feel
using Signalong's free mental health
poster. With clear pictures and sign
descriptions for some important words
about health and wellbeing.*

*Prefer to learn from a tutor?
Registered Speech and Language
Therapists will be teaching an evening
class in Yeovil from Monday 1st March.
Or suggest your own dates for an online
course or workshop.*

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FREE FOR ALL

22 free yoga, dance and meditation courses online, for children, teenagers, adults and seniors. Courses aim to be accessible for everyone, with classes catering specifically for people with Autism Spectrum Conditions, Cerebral Palsy, Learning Disabilities, visual impairments, and for those who prefer seated exercise.

THE DAYS OF...

National Storytelling Week falls on the first week in February, and the Society for Storytelling has some great resources. 'A Beginner's Guide to Telling Stories' is a favourite: full of straightforward and practical tips.

And there's National Tell a Fairytale Day on the 26th Here are some you might not have heard before...



STORIES



& KINDNESS

Send a Card to a Friend Day is coming up on the 7th February, and everyone loves to receive something in the post! Getting a card from you could really make your friend's day. And don't panic if you need more time to get the words just right: just make sure it gets to them for Random Act of Kindness Day on Wednesday 17th!



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