

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

19th March 2020



[ng-after-your-mental-health-during-](#)

[coronavirus-outbreak](#)

In the light of the current Coronavirus situation many courses, meetings, activities and events are being cancelled. The situation is changing quickly, so please call before you leave for any pre-arranged activities and keep an eye on social media, we will continue to share any information we receive on our SIGNPOSTplus Facebook page.

NHS If you are worried that you or someone you look after may be at risk, NHS 111 can offer direct guidance with their online coronavirus helpline. Call 111 if your symptoms become severe and let them know you are a carer: <https://111.nhs.uk/covid-19>

carersUK Carers UK have put together some Coronavirus advice for carers, including being prepared and creating a contingency plan. <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

YOUNGMINDS The Youngminds Parent Helpline is open Monday – Friday from 9.30am – 4pm and intends to operate through the current coronavirus situation. If you are worried about your child's mental health during this difficult time call them on: 0808 8025544. There is also an advice blog for Young People who are worried about Coronavirus: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Coronavirus Mental Health Information-Adults:

Mind <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Mental Health Foundation <https://www.mentalhealth.org.uk/publications/looki>

The Autism Educator has created a free downloadable Coronavirus Social Narrative to help alleviate fears and anxiety many children may be experiencing at this time: <https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-1-1.pdf>

bis-net **Bis-net Facebook Live Event TODAY 11am – 12pm** 'Supporting young people with additional needs through the current uncertainty.' BISnet trainer Sam Harris will be hosting a Facebook live to answer questions and give advice and support for families struggling to support their young person with additional needs in these challenging times. Sam has been thinking about some practical ideas and approaches to try and reduce young people's anxieties and fears, as well as to plan ahead for several outcomes". You can post any questions you have to the Bis-net thread on Facebook now and Sam will answer them during the live stream.

Circus Starr **Circus Starr message regarding Spring tour 2020.** "Due to the recent advice provided by the government in relation to Coronavirus (COVID-19), we have made the difficult decision to postpone all upcoming performances in April 2020. We are not willing to risk the health and safety of our audience and troupe therefore shows will resume when it is safe to do so. Please keep hold of the tickets you have received, as we are positive we will return with our fun and inclusive show for those in the community, who need it most. We will update you with new details as soon as they are confirmed".

The performances in Devon that are due to take place in May could also be affected – keep an eye on social media for further updates.

If you require further information please contact the Circus Starr office on 01260 288690.



Newlife Play Therapy Pods

Newlife offers the free loan of specialist toys to families who have disabled and terminally ill children.

The Play Therapy Pods are self-contained and are delivered direct to the family's door. Find out more here: <https://newlifecharity.co.uk/docs/care-services/Play-Therapy-Pods.shtml>



The National Trust is closing its houses, shops and cafes during the coronavirus social distancing period, but aims to keep its parks, gardens and open spaces in the countryside and coastal regions open free of charge to encourage the nation to enjoy open space, while observing social distancing.

<https://www.nationaltrust.org.uk/press-release/the-national-trusts-latest-statement-on-coronavirus-covid-19>



Abilitynet can help older people and people with disabilities of any age to use technology. They

have suspended their home visiting services for the moment but their free helpline remains open during office hours and they can also answer your queries by email or on Facebook or Twitter.

Freephone: 0800 269545

Email: enquiries@abilitynet.org.uk

Facebook @abilitynet

Twitter @abilitynet

Find out more about Abilitynet here:

<https://www.abilitynet.org.uk/>

Free Online Activity/Learning Resource Ideas:

RSPB Fun Activities: <https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/>

Virtual Museum Tours: Expand Your Horizons Without Leaving Your

House: <https://www.top10.com/virtual-museum-tours>

BBC Bitesize: Use BBC Bitesize to help with homework, revision and learning. Find free videos, step-by-step guides, activities and quizzes by level and subject. www.bbc.co.uk/bitesize

CBeebies: Get started with Makaton, Create a Mother's Day Card to print or send, and lots more activities: www.bbc.co.uk/cbeebies

Lego 30 day challenge free printable:

<https://viewsfromastepstool.com/lego-challenge-printable/>

Yoga poses for children:

<https://www.yogajournal.com/poses/yoga-for/kids>

Free Learning Resources at Twinkl

<https://www.twinkl.co.uk/resources/specialeducation/needs-sen>

Hungry little Minds Simple, fun activities for kids, from newborn to five

<https://hungrylittleminds.campaign.gov.uk/>

NASA Kids Club

<https://www.nasa.gov/kidsclub/index.html>

Love My Books

<http://www.lovemybooks.co.uk/age-groups>

And don't forget Pinterest!...lots of inspiration for play/craft/art activities.

We always welcome feedback.....

Let the SIGNPOSTplus team know if you have any opinions on what works and what doesn't work with our information sharing. If you have any ideas for improvements or if you have anything else you would like to share.



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 [SIGNPOSTplus 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.

