

# SIGNPOSTplus Information Snippets

## Northern Devon and Surrounding Areas

### 13<sup>th</sup> August 2020



If you are worried about a child or young person in Devon and want to speak to someone, or if you are a child or young person worried about your own safety please contact the Multi Agency Safeguarding Hub (MASH) on **0345 155 1071** or email:

[mashsecure@devon.gov.uk](mailto:mashsecure@devon.gov.uk) and give as much information as you can.

<https://www.devon.gov.uk/educationandfamilies/child-protection>



### Government 'Please Give Me Space' Cards and Badges.

Optional badges that can be used to show the carrier may have difficulties or concerns in maintaining social distancing. Find out more and download the free printable documents here:

<https://www.gov.uk/government/publications/please-give-me-space-social-distancing-cards-or-badges>



### Children and Family Health Devon Autism Assessment Team – New Guide

**Supporting Siblings.** Having a sibling with Autism or suspected Autism can be a challenge. Here is the latest guide on how you can support your child's siblings:

<https://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2020/08/1-minute-guide-siblings-final.pdf>

See the full range of Guides and Bitesize Videos from the Autism Assessment Team here:

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



Young people aged 11-19 can get free confidential advice and support about a variety of topics – including mental health and relationships – via the ChatHealth textline: 07520 631 722.



Have your say

### Devon County Council Special Schools Consultation. Reminder - there's still time to have your say....

DCC welcome your views on shaping future proposals and investment.

Proposals to increase capacity at Pathfield and Bidwell Brook Schools and plans for a new Special Free School, with locations currently being explored. A full specification will be available as the project progresses. If you have any views on this provision, the potential site, or are a proposer who would be interested in such provision, please email: [schoolconsultations@devon.gov.uk](mailto:schoolconsultations@devon.gov.uk) or use the contact form by **18<sup>th</sup> September 2020**. Read the full article here:

<https://www.devon.gov.uk/haveyoursay/consultations/special-school-proposals-under-consultation-pathfield-school-bidwell-brook-school-and-plans-for-a-new-special-free-school/>



### Upcoming Bis-net Webinars....

*Autism Specific Webinar – Self Injury and Suicidal Thoughts*, Monday 17<sup>th</sup> August, 4pm-5pm, tickets £5.98.

*Autism and Anxiety*, Tuesday 18<sup>th</sup> August, 10am–12pm, tickets £9.21.

*Supporting Social Development in Autistic Children*, Friday 21<sup>st</sup> August, 10am–12pm, tickets £9.21.

*Supporting Yourself to Support Others*, Monday 24<sup>th</sup> August, 1pm-3pm, tickets £9.21.

*Autism and PDA – A Deeper Understanding – Featuring Harry Thompson*, Thursday 27<sup>th</sup> August, 8pm-10pm, tickets £13.52.

*Managing Aggression and violent behaviour in young people*, Tuesday 1<sup>st</sup> September, 1pm–4pm, tickets £11.37.

Find out more about any of the Webinars above and book tickets here:

<https://www.eventbrite.co.uk/o/ceda-6400231187>



## Virtual HOPE for Parents



Life as a parent of a child/children with challenging behaviour (e.g. ADHD, Autism, Learning Disabilities etc.) can be stressful, tiring and incredibly lonely at the best of times, but now more than ever.

If you're currently self-isolating/shielding and trying to cope, let us introduce you to the Virtual HOPE Programme.

The online version of the HOPE Programme provides virtual support for people helping them to cope better, feel more in control, and be more resilient in these difficult times.

To attend this course you will need:



- Access to the internet
- Access to Microsoft Teams
- A Webcam and Microphone
- A PC, Laptop, Tablet or Smartphone

### Register your interest today!

To register or for more info, please call 01803 210493 or email [hope.devon@nhs.uk](mailto:hope.devon@nhs.uk)

<https://www.torbayandsouthdevon.nhs.uk/services/hope-programme>



Find out more about this and other HOPE courses and register your interest here:

<https://www.torbayandsouthdevon.nhs.uk/services/hope-programme/book-onto-a-hope-course/>

**youngSibs** YoungSibs are reviewing how they keep in touch with siblings and help them to feel that they are not alone. As part of this review they have decided to remove their chat forum and find different ways of communicating with siblings. YoungSibs would love siblings to help with this by responding to the short survey here:

<https://www.surveymonkey.co.uk/r/Z6X2DQD>

Find out more about YoungSibs here:

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



### Motability Rough Guide to Accessible

Britain. Packed with over 200 reviews of accessible and inspiring days out, there's something for everyone in The Rough Guide to Accessible Britain!

Latest edition is available to view online now:

<https://www.motability.co.uk/news/rough-guide-to-accessible-britain/>



### FLARE's Top Tips For Professionals.

FLARE, the young people's advisory group supported by the Council for Disabled Children, are a group of 13-25 year olds from across England. Each member is passionate about ensuring disabled children and young people, and those with special educational needs, have an equal say in issues and decisions that affect them and their families.

With virtual engagement increasing to reflect the needs and development of participation, FLARE have created their top tips for professionals who are communicating online with children and young people. View their video and download their Top Tips document here:

<https://councilfordisabledchildren.org.uk/help-resources/resources/flares-top-tips-professionals>



### Child Brain Injury Trust.

With schools looking to reopen soon, the CBI Trust are highlighting 'Education & Transitions' this week. Some children will be starting new schools or transitioning to secondary, so it's important that schools understand the impact ABI might have on a child's learning. Strategies for support in school e-learning session available to view here:

<https://childbraininjurytrust.org.uk/events/strategies-for-support-in-school-2/>



### Hidden Disabilities Sunflower

**Scheme.** Alongside their lanyard range The Hidden Disabilities Sunflower Scheme have launched a range of PPE products, including masks and visors:

<https://hiddendisabilitiesstore.com/shop/ppe.html>

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- Herbs and plants
- Milk station - plastic free
- Children's birthday parties
- Support services for people with a learning disability, physical disability or mental health condition

[made-well.co.uk](http://made-well.co.uk)

West Fishleigh Farm, Hatherleigh, Devon EX20 3QA  
01837 810584 [enquiries@made-well.co.uk](mailto:enquiries@made-well.co.uk)

## Free Online Activity/Learning Resource Ideas:



**Hungry Little Minds.** Short videos and simple, fun activities that you and your children can do together. Aimed at children aged 0-5 years.  
<https://hungrylittleminds.campaign.gov.uk/>



**Schools Out Comedy Club with Phillip Simon** – Suitable for any children who like silly jokes! The next episode will be an Edinburgh Festival live stream show on Thursday 27<sup>th</sup> August at 11am. Watch the previous shows here:  
[https://www.youtube.com/channel/UCPT-61pwF1BaIXkjs0dcPA?view\\_as=subscriber](https://www.youtube.com/channel/UCPT-61pwF1BaIXkjs0dcPA?view_as=subscriber)



**Highlights Kids** – lots of fun activities, jokes, and games to explore on the website:

<https://www.highlightskids.com/>



**Bounty Club Family fun and activities.**

Have fun with your little ones and teach them at the same time!  
<https://www.bounty.com/family/family-fun-and-activities>



**Lovemybooks** brings together brilliant books with creative reading activities specially designed to engage and excite young children's interest.  
<http://www.lovemybooks.co.uk/>



**Roald Dahl – Things to Do Indoors.** Lots of activities, quizzes

and book readings including sections of Charlie and the Chocolate Factory and The Twits in BSL.  
<https://www.roalddahl.com/things-to-do-indoors>



**National Geographic Kids.**

Games, Videos and fun activities to help children explore the animal kingdom: <https://kids.nationalgeographic.com/>

**Please also refer to the snippets archive for resource ideas from the last few editions here:**

<https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>

## Useful Emergency Contact Numbers:

NHS Helpline: **111** Use **999** if a medical emergency.

Multi Agency Safeguarding Hub, if you are concerned about your own safety or that of a child or young person: **0345 155 1071**

National Domestic Abuse Helpline (Devon): **0808 2000 247** (24 hours) Use **999** if you are in immediate danger.

YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are a young person experiencing a mental health crisis. If you need urgent help **text YM to 85258**

Samaritans (24 hours): **116 123**

Citizens Advice Bureau National Helpline: **03444 111 444**

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**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 email [amandasmithson@nhs.net](mailto:amandasmithson@nhs.net)*



**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.*

