

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

6th August 2020



Signpost Plus

The weekly snippets we provide are available to everyone and anyone who would find the information we produce of use to them or someone they care for. If you would like to sign up for southern snippets send your email address to kris.taylor@nhs.net and for northern snippets send your email to amandasmithson@nhs.net To view archive Snippets, go to the Children and Family Health Devon Signpost Plus webpage. On offer are a variety of additional information sheets, hints and tips. For more details go to: <https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>



Bis-net

are running a series of hour-long webinars on specific areas of challenge or difficulty for Autistic people and their families. Their aim is to give information and understanding for parents and professionals working with families, along with practical tools and approaches that have been used and shown to be effective.

Webinars include:

- The basics of autism
- Autism and sleep
- Technology and screens
- Siblings
- Self injury

Charges apply, to book and find more out go to: https://www.eventbrite.co.uk/o/ceda-6400231187?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn



Contact

With so much out there about Covid-19 (coronavirus) and confusion about the virus and its impact on families with disabled children, Contact wanted to make sure they offered you somewhere to go where all the most important information you need is in the one place.

Visit their Covid-19 pages for information and updates on :

- Children with health & social care needs
- Coronavirus and your child's education
- Coronavirus, welfare benefits and money
- The Coronavirus Act 2020
- Coping at home

For more details go to

<https://contact.org.uk/coronavirus>



Newlife Charity

provides equipment such as beds, buggies seating systems & much more, if you'd like to find out more about our Equipment Grants and our Emergency Equipment Service, take a look here: www.newlifecharity.co.uk



The Blinks' is a series of story books written specially for children and young people to help understand emotional and behavioural issues.

Created by Andrea Chatten, the BBC's go to Psychologist on Children's Social, Emotional and Behavioural issues.

Each story in the series tackles a different emotion - anger, self-esteem, worry, sadness, shyness, love - and has an accompanying reference manual for parents, carers and teachers so they can be one step ahead in nudging well-being in the right direction.

To find out more about 'The Blinks' go to:

<https://theblinks.us16.list-manage.com/subscribe?u=4e4b33da911244cd235ea4498&id=61b22a9095>



Anti-Bullying Pro

The online pressure for perfection can sometimes be overwhelming which is why Anti-Bullying Pro have developed a free lesson plan to help young people think critically about online influence and behaviour.

Download the Pressure for Perfection module here:

<https://www.antibullyingpro.com/resources>



Contact - For families with disabled children

Benefits for parents of disabled 16-19 year olds: three free events coming up.

FACEBOOK Q&A: Thursday 13th August, 10am-12pm. A chance to ask specific questions about your situation if you have a disabled teenager aged 16-19 or a disabled child approaching 16. Contact's advisers will get back to you on the day.

WEBINAR: Families in England, Wales or Northern Ireland – Thursday 20th, 10.30am. Get a complete overview of the benefits rules for this age group from the head of Contact's Family Finance Team. Find out more about these events and how to join: <http://ow.ly/cM9y50APOU1>

Socops Socops

Thanks to Devon county councils' small grants for disabled children summer holidays scheme Socops are able to offer 5 weeks of activities and support. Sessions are for those aged 7-15 with autism (or possible autism) and their siblings.

Various activities including, printing (with potatoes, cotton reels, leaves or anything you can find!) or bring something else suitable along. If you're not on the email list and you'd like to join in, send an email to: socopsclub@hotmail.co.uk or call 07594-187578

You may also want to look at their webpage for more information: <https://socops.org.uk/>



National Trust

This summer, the National Trust are teaming up with LEGO to find the first #LEGOYoungExplorer- a young person with a passion for nature and the creativity to match. Create your adventure in an outdoor space you love and help care for, perhaps a garden, a local park or even a window box. Nowhere is too small for a LEGO adventure. You won't need much to get started just some LEGO bricks or Minifigures, a camera and your own imagination to build the play-cation of your dreams. Once your creation is complete, don't forget to take every piece home with you. To be in with a chance of winning the title and a prize bundle, head on over to LEGO's Facebook page here: <http://ow.ly/4RAz50AOZTR>



Ambitious about Autism

The government is now offering two types of tests for the

Coronavirus, and one can be an at home test. This means that more and more people are now having the Coronavirus home test, but administering the tests can be distressing to children.

Ambitious about Autism have created a visual story that helps explain the home test to children and young people.

Download the visual story here:

<https://bit.ly/2LLszjc>



Lifeworks

Safe-Space Summer holiday

Bubbles 2020, 16 days during 28th

July to 28th August – 10 a.m. – 4 p.m. at Lupton House Grounds, near Brixham.

For more details see attached poster



The Anti-Bullying Alliance

Disabled children and those with special educational needs (SEN) are more likely to experience

cyberbullying, less likely to be able to

use the internet and less likely to have support to use the internet.

The Anti-Bullying Alliance and other organisations have developed resources to help parent carers with this issue, for more details go to: <http://ow.ly/KaHF50APsZR>



"Please Give Me Space"

The Government have made new "Please Give Me Space" cards and badges.

They are designed for people who may have difficulties social distancing, the badges show others around them that they should pay attention, and give that person space.

The cards and badges are available to download or print off from:

<https://www.gov.uk/government/publications/please-give-me-space-social-distancing-cards-or-badges?fbclid=IwAR1XFxWOHZ8gadEdx277M3mw0IN1PaAD9d5pYyDa0gUM7fhghpBpa8xOALk>

Babcock Elective Home Education Team have created some new webpages on the Babcock

website to announce new events & resources. They have added some resources to the Wellbeing Resources page which include mental health services & online parenting support.

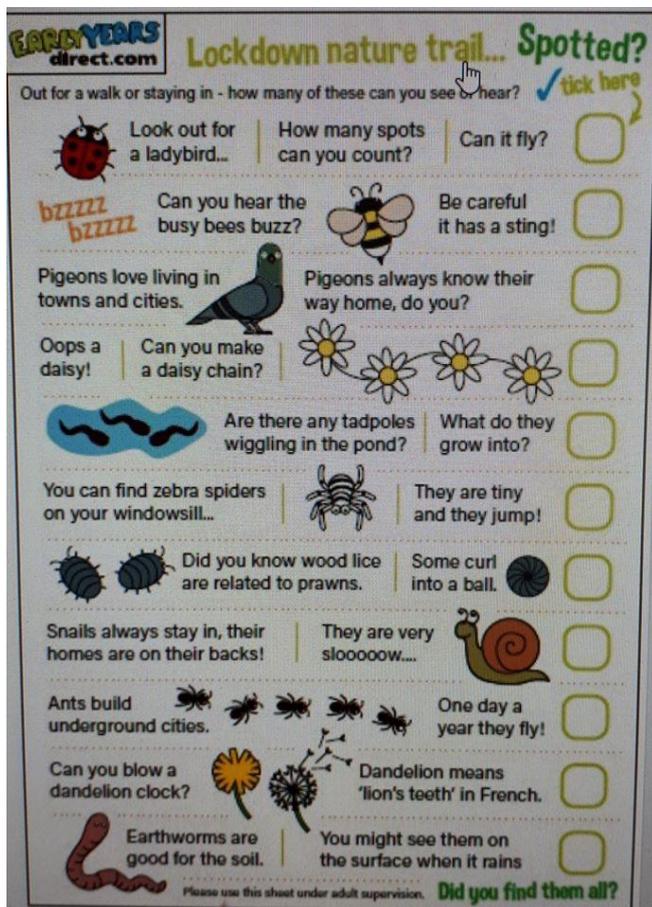
For more information go to:

<https://www.babcockldp.co.uk/safeguarding-and-compliance/elective-home-education/>



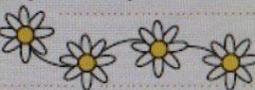
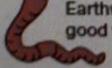
Lockdown nature trail

Why not have a go at the activity sheet below and see how many you can spot.



EARLY YEARS direct.com Lockdown nature trail... Spotted?

Out for a walk or staying in - how many of these can you see or hear? *tick here*

 Look out for a ladybird...	How many spots can you count?	Can it fly?	<input type="checkbox"/>
<i>bzzzz bzzzz</i> Can you hear the busy bees buzz?	 Be careful it has a sting!		<input type="checkbox"/>
Pigeons love living in towns and cities. 	Pigeons always know their way home, do you?		<input type="checkbox"/>
Oops a daisy! Can you make a daisy chain?			<input type="checkbox"/>
 Are there any tadpoles wiggling in the pond?	What do they grow into?		<input type="checkbox"/>
You can find zebra spiders on your windowsill...	 They are tiny and they jump!		<input type="checkbox"/>
 Did you know wood lice are related to prawns.	Some curl into a ball. 		<input type="checkbox"/>
Snails always stay in, their homes are on their backs!	They are very sloooooow... 		<input type="checkbox"/>
Ants build underground cities. 	One day a year they fly!		<input type="checkbox"/>
Can you blow a dandelion clock? 	Dandelion means 'lion's teeth' in French.		<input type="checkbox"/>
 Earthworms are good for the soil.	You might see them on the surface when it rains		<input type="checkbox"/>

Please use this sheet under adult supervision. **Did you find them all?**

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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**



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 [SIGNPOST plus 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.

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