

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

3rd September 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/>



The Early Help System Survey

Early Help is the extra support a family can get if it's needed.

It maybe they want help to prevent a problem or change things for the family before the problem becomes more serious.

The Early Help System Survey will help to look at the Devon Early Help offer, systems and processes from the point of view of children, young people and families, communities, practitioners from across their diverse workforce, and leaders.

The responses they receive will help them to understand how their early help partnership is supporting children, young people and families. It will provide them with the information they need to make improvements.

- If you are a practitioner, manager or service/organisation lead they would ask you to please complete the **Locality Partnership/Organisation/practitioner survey** by [clicking here](#).
- If you are a front line practitioners, could you support the children, young people and families you are working with to complete the **Children and Young People's survey** by [clicking here](#). Could you also support families to complete the **Families Survey** by [clicking here](#). This will help them to understand their views on the partnership early help support they are receiving/or have received.

The surveys are now live and will stay open for responses until the end of Sunday 13th September. Early Help would like to thank you and to all children, young people and families for taking the time to response to this survey and supporting the continued improvement of our Devon Early help offer.



Parent Suportal

Join the parent community, sign up for Free here:

https://parentsuportal.com/?fbclid=IwAR2Zh91JV R9_zq3PVGmn1M2DOJyYkGR53t2EGrrwUT0Ty HUp64uvQRXoKpQ



LEGO® Braille Bricks is a playful tool to teach Braille to blind and visually impaired

children. Each brick in the LEGO® Braille Bricks toolkit retains its iconic form, but unlike a regular LEGO® brick, the studs are arranged to correspond to numbers and letters in the Braille alphabet. Each brick also shows the printed version of the symbol or letter. There are two requirements to ordering a toolkit: the LEGO Braille Bricks are a learning resource so remain property of the service/school, and at least one team member must undertake a free online LEGO Braille Bricks training session, hosted by RNIB, and share the information with colleagues. Read more about Lego Braille Bricks on the RNIB website: <https://www.rnib.org.uk/legobrainlebricks>



Marks & Spencer Adaptive Clothing.

M&S specially made Easy Dressing range includes hip dysplasia clothes,

feeding tube clothing and zip-up bodysuits. Sizes starting from new-born, going up to 16 years.

Within this collection is a range of easy dressing school uniform which include features such as; hidden labels in shirts, rip tape features, stain resistant fabric and seamless socks:

<https://www.marksandspencer.com//kids/easy-dressing>



Small Grants Scheme for disabled children

If you're a provider of services for children and young people with special education needs and disabilities (SEND), Devon County Council are inviting applications to their Small Grants Scheme for financial support. The aim of the scheme is to increase the number of activities and services for children and young people (0-18) with SEND across Devon.



The scheme provides funding to organisations who support children and young people with SEND to access their local

community and take part in activities alongside their friends. The scheme, provided by Devon County Council in partnership with Parent Carer Forum Devon can grant up to £5,000 to:

- Voluntary or community organisations (predominately parent led)
- Registered or unregistered charities
- Co-operatives
- Community interest companies
- Not for profit organisations

The deadline for applications is midnight on Sunday 20th September. Applications will be considered subject to funds available and the grant awarded must be spent before.

To apply, please complete the [application form](#) and email it to childrenscommissioningsecure-mailbox@devon.gov.uk. **Before you apply, we encourage you to contact Claire Tatton on 01392 380192** or the above email for further information about the scheme and a discussion to support your application. [Guidelines for applying are available here.](#)



My Happy Mind

This FREE, Live Online class will reveal:

The Science Backed Secrets that lead to happy and resilient children.

Without overwhelm, fluff or confusion!

9th September 2020n 8:00 pm (UK time)

10th September 2020 12:00 pm (UK time)

10th September 2020 8:00 pm (UK time)

To find out more go to:

https://myhappymind.kartra.com/page/mHmFamiliesSep20/?fbclid=IwAR1wH5-9KedhV6NKfBYjBDGJz-EgV_kIRJe20uvlXQzrICsm0fneM3hJ-BM



Mental Health UK

Clic is a free online community here to support everyone with their mental health. Join them today and connect with others for mutual support, share your thoughts and find helpful information.

https://clic-uk.org/?fbclid=IwAR3b99ERMSzuiHGj9Btz2zZxxTU6OybdZW_Nf4hzwGOJF0uMGphvo82AKBk



Anxiety & Me: Fully funded online arts therapy sessions focusing on understanding and improving anxiety :)

Open to those 9-25 in Devon.

For more details go to:

info@youthartsandhealth.org

ANXIETY AND ME: ARTS THERAPY ONLINE
for children and young people aged 9-25

We are offering video sessions focusing on understanding and coping better with anxiety.

We'll send you a free pack of arts materials and a workbook, and design weekly sessions which cover topics which interest you.

Sessions will provide a safe space to explore thoughts and feelings creatively, as well as equip you with resources to better understand anxiety.

For more information or to request a referral form, please email us info@youthartsandhealth.org

"I loved being creative and really felt I could express myself."
"I worry less now." "I now understand so much more about anxiety and what happens in my body."



The Youth Arts & Health Trust is a registered charity no. 1170692. www.youthartsandhealth.org



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

September 15th 2020, Emotional regulation in Autistic Children.

A 6-week programme for learning how to support Autistic Children & Young People to develop emotional regulation skills.

to book and find out more go to:

<https://www.eventbrite.co.uk/e/emotional-regulation-in-autistic-children-young-people-online-work-group-tickets-119051447083?aff=efbeventtix&fbclid=IwAR1pDfiJw6JHMURlwLto-wTjgJeUET InC eZCoPq9dfD8NdAHXcxPLqKNQ>

Little Monstarz Pre-school

Opening soon on Babbage Road, Totnes.

Fully inclusive, flexible pre-school.

Planned opening 1st October 2020

Find them on Facebook or contact via

little.monstarz.totnes@gmail.com

Little Monstarz Pre-school

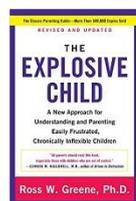


Providing childcare for children aged 2-5.

All funding and tax free childcare accepted

Fully flexible with no set sessions. Funding offered with flexibility and no additional charges. We supply healthy snack options daily to all children for free.

Fully inclusive setting where staff have a wealth of knowledge about additional needs and how to support all children individually. We offer a relaxed and comfortable setting for children to play, learn and grow at their own pace.



Reading suggestion -The Explosive

Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children. Available from Amazon and other outlets. You could also order a

copy from your local library.



If you are looking for resources to help children transition back into school life, have a look at the

links below:

- DiAS have produced some FAQs about the return to school:

<http://soc.devon.cc/gLftB>

- General guidance is available here:

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

- Mental health support here:

<http://soc.devon.cc/BtXHo>



Challenging Behaviour Foundation

Have updated their Schools Re-opening Resource to reflect the latest updates to government guidance, including

changes to face covering requirements here:

<https://lght.ly/b7on10c>

Children in year 7 and above might be required to wear face coverings in communal areas at school. However, this requirement does not apply to those who are exempt "due to physical or mental illness or disability".



Changes to direct payments

Devon County Council has

updated their Direct Payment Policy as we come out of lockdown. Changes include the following:

- From 1st September 2020, any excess money will be reclaimed.
- As from 14th September 2020, payment of family members will no longer be allowed. Any family employing family members will need to make other arrangements.
- From 25th August 2020 there will be a limit of £250 per month spend from direct payments on items to support education, exercise and entertainment. Any item purchased must be in line with the child's care plan.

To find out more, visit the DCC webpage and scroll down to 'Policy Amendment (August 2020) following review':

https://www.devon.gov.uk/coronavirus-advice-in-devon/document/childrens-social-care/?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn



Time for You A small supportive group aimed at Mums who have children with additional needs. Two weekly groups starting on Wednesday 16th September from 9.30am - 11.30am and Friday 18th September 9.30am – 11.30am. **For full details please see the attached information posters.**

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.



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.

Now Extended!

Virtual Time Capsule Competition

Tell us what you'd put in a time capsule to remember 2020:

- What have you enjoyed?
- What hasn't been so great?
- What have you learned?

The best entry will win a **£25 Amazon voucher!**

Send us your artwork, poems, stories... anything! Get creative - we want to hear YOUR voice!

Entries to: sendlocaloffer@devon.gov.uk

**CLOSING DATE EXTENDED:
OCTOBER 23rd**

Open to anyone aged 0-25 with SEND
 All entries may be used online and in Devon County Council publicity
 Personal details will be kept private if requested

