

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

17th December 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/>



Autism practice - education newsletter

If you have an autistic student in your class, you may not know about the many small ways in which you can help them to have a better time at school. Sometimes it's a little bit of the right kind of extra support which can make all the difference to someone on the autism spectrum who is struggling. If you are a teacher or education professional, sign up to the National Autistic Society newsletter now to get free information and resources straight to your inbox every month. The campaign is designed to help teachers and other education professionals support pupils on the autism spectrum in schools, by providing access to the best free resources and information.

[Subscribe to the newsletter](#)



Guides to Christmas Bubble Rules:

Includes; Large Print, Easy Read and the Guide translated into other languages: <https://www.gov.uk/government/publications/making-a-christmas-bubble-with-friends-and-family>



Devon County Council are currently undertaking a review of the direct payments system within the Disabled Children's Service. As part of this review some audit activity will be undertaken and they have written some reminders about appropriate use of the Devon Cards. [Please see our website for further details.](#)



Champions for Change

November meeting update - Champions for Change is the voice of all children and young people in Devon who need extra help with their learning. The group is run by young people with SEND for young people with SEND. On 27 November, they held their second ever Champions for Change virtual meeting. And they have now added a PowerPoint presentation to their page so that you can [learn more about we got up to in the meeting](#). They will add notes from all their sessions to the bottom of [the Champions for Change page](#), so you can stay up-to-date with the group's latest activities.



Action for Children

With lots of Coronavirus restrictions, this Christmas season feels very different to the usual. You might be struggling to enjoy this time of year or know how to make it special for your children. Whatever your budget, Action for Children have got tips and activities you can do to have a happy Christmas with your family. To find out more go to: <https://bit.ly/3mpYju9>

Time for YOU
in these challenging times

A small supportive zoom group for mums
of children with additional needs

Now, more than ever, Time for You is essential

Share with others who get what it means to be a mum of a child
with additional needs during these times

Re-fuel, play with coaching tools + images and
say what needs to be said

Listen to what YOU need and how this fits into your life now

"The group has been a life-line"

- A small, safe and supportive zoom group for mothers
- Take some time for you with others who get it
- Your child doesn't need an official diagnosis

WHEN: Fridays 9.30-11.30 from 8th January 21

WEEKLY: 12 weekly zoom meetings (term time only)

HOW: By zoom - For you if your children can safely be distracted while you speak+ listen 'privately'

COST: Free **BOOKING ASAP ESSENTIAL** - priority booking if on means tested benefits

INTERESTED: Text 07855529582 or Facebook message on @mums4achange or e: jo@mums4achange.org


RUN BY: Jo Ball - life and career coach, mum of 2, with a background as an Arts Therapist. **SUPPORTED BY:** Clare Gale has a child with complex medical needs. Clare did the group, loved it and wanted to share it. Clare is in the final stages of her counselling qualifications.

Funded by the People's Health Trust

Are you in **DEVON or CORNWALL**
Could this be for you?
jo@mums4achange.org
fb @mums4achange
www.mums4achange.org





Devon County Council  **Uplift holiday voucher scheme**
Devon County Council want to make sure that no child in Devon goes hungry this Christmas.

The free school meals holiday voucher scheme is a way of providing funds to ensure families of children who are eligible for free school meals during term time are able to purchase food over the holidays to replace the meals a child would have received during a school day.

Eligible pre-school aged children in Devon County Council maintained nurseries (including academies) will receive the vouchers if they usually attend sessions before and after lunch. Private, governor run and charity run settings are not funded for free school meals.

If you know a child currently receives free school meals please inform the parents to look out for a letter or email about how to access supermarket vouchers for the holidays.

Please ask parents to get in touch with the free school meals team if they were expecting to receive details but didn't. They can email freeschoolmeals@devon.gov.uk or call the education helpline on 0345 155 1019.

Information about the free school meals [holiday voucher scheme](#) visit can viewed on the DCC website.

For many families who may be experiencing severe financial hardship, free school meals alone will not be addressing wider issues.

Therefore funding has been provided to district councils, children's centres and early help teams over the winter who may be able offer additional support to families during this time.

To find out more about what support is available in Devon, including how to access local financial support, where to find foodbanks and community larders, free meals during the school holidays and what to do if you're on a low income and need to self-isolate, please [see our page about the support that is available for families](#).

 **Ambitious about Autism** **Ambitious about Autism**

Right from the Start **New toolkit for navigating the early years autism journey**

 [Download now](#)

Parent toolkit.

Do you think your child has autism or have they been recently diagnosed? If the answer is yes, you will have many questions about what to do next. Ambitious about Autism's [Right from the Start parent toolkit](#) is here to help.

This practical toolkit contains a wealth of straightforward information in one place to guide parents and carers through their child's journey in the early years. From the autism assessment process to the first day of school, this toolkit is packed with practical tips and checklists to support parents during the earliest years of their child's life. It also provides signposts to sources of support or additional information.

If you have a pre-school child, [download the free toolkit](#) now.



Contact

If you'd like a FREE copy of Contact's guide – 'Helpful Guide for Families with Disabled Children', simply complete the online application form and they will pop one in the post for you. For more details go to: <http://ow.ly/HbCF50CCL9o>



Lifeworks

Please join Lifeworks online this Saturday at 2pm for

Lifeworks Hula Panto LIVE FROM TOTNES and the now infamous Christmas LOCKDOWN. The Lifeworks young Hula-Hooper's are raising money for two charities in Torbay supporting homeless young people [click here](#) to donate

If you would like the Zoom link to join in or further details please do not hesitate to contact Tracey on 01803 861069 or email:

traceyhubbard@lifeworks-uk.org



Communication Access Symbol

Millions of people across the UK experience Speech, Language and

Communication Needs. A

partnership of organisations and charities have developed the Communication Access Symbol, a new disability access symbol underpinned by a **completely free training package and standards**. The Communication Access Symbol and training will support inclusive communication for all.

FREE training is available and accessible to businesses, organisations and individuals. Once completed individuals will receive certificates whilst organisations will receive accreditation as Communication Accessible once they have committed to deliver the training and adhere to the standards. Organisations will then be placed on a national directory and can then display the Communication Access Symbol.

For more information please visit

<https://communication-access.co.uk/>

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**



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 or Kris.taylor@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.



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