



SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Areas

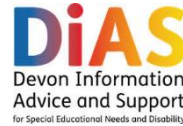
23rd December 2020



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/>



DiAS volunteers

DiAS have an amazing team of volunteers supporting them in all kinds of ways – from helping with their administration to research for their information resources to supporting parents and carers directly. Many of them have given support in on-line meetings during lockdown. DiAS are always on the lookout for more volunteers and have online training sessions being planned for the new year. If you're interested in becoming a volunteer for DiAS you can find out more on their [volunteer web page](#) or contact us: Tel: 01392 383080 or Email: devonias@devon.gov.uk



Christmas Crafts

Finding activities your child can work on throughout the month of December is sometimes tricky. This webpage highlights activities you can test. It includes goals, skills, and adaptations. To find out more go to: <https://sensoryprocessingdisorderparentsupport.com/40-christmas-crafts-for-kids.php>



The Pelican Project

The Pelican Project offers young people of all abilities and backgrounds have the potential to make a vital contribution to their communities. At the Pelican Project, they don't just provide, they take; take skills, passions and experience and help share these where it can make a difference. They are currently working with young adults with learning disabilities and from mainstream settings, care providers, supported-living homes, enablers, families, artists and cultural venues in and around Exeter to create a thriving and diverse network, or flock as they like to say. To find out more go to their website: <http://pelicanproject.org.uk/>



Festive fun

If you are stuck for a few jokes and puns this Christmas, have a look at the Kidadl website: <https://www.kidadl.com/articles/hilarious-christmas-cracker-jokes-for-kids>

Parent Carer Forum Devon



To find out the latest news from Parent Carer Forum Devon **please see the**

attached newsletter.



Gov.UK - Guidance for Tier 2: High alert. What you can and cannot do in an area in Tier 2 of local restrictions. For full, current information go to: <https://www.gov.uk/guidance/tier-2-high-alert>



Lifeworks
Spring Program for
Lifeworks Youth Bubble
in person Saturday clubs

in Totnes and Torquay. February Half Term
Holiday Bubble and Safe-Space online activities.
For further information or to book a place please
email: communityprojects@lifeworks-uk.org
[Attach info sheet](#)



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
old's from across England.
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 by
going to:

[https://councilfordisabledchildren.org.uk/our-
work/participation/practice/flare](https://councilfordisabledchildren.org.uk/our-work/participation/practice/flare)



Short Breaks Assessment

In January 2021 the
Disabled Children's

Service will be launching their new Short Breaks
Assessment. The Short Breaks Assessment has
been written in collaboration with the Parent Care
Forum and this assessment will be completed
prior to the Resource Allocation System for
children who are accepted into the Support and
Advice team. More information will be published
in the New Year about this assessment.
Sign up to receive the Disabled Children's
Service e-bulletin direct to your inbox via this link:
[https://public.govdelivery.com/accounts/UKDEVO
NCC/subscriber/new?gps=UKDEVONCC_DCSup
date](https://public.govdelivery.com/accounts/UKDEVO/NCC/subscriber/new?gps=UKDEVONCC_DCSupdate)



PDA Society - Frequently Asked Questions

This is a quick link guide to the most
frequently asked questions on PDA's enquiry line.
To find out more go to:
[https://www.pdasociety.org.uk/what-is-pda-
menu/fags/](https://www.pdasociety.org.uk/what-is-pda-menu/fags/)



National Autistic Society (NAS)

NAS have put together a
variety of hints, tips,
resources and stories to help cope with the
challenges Christmas can bring to people with
Autism and their families.

To find out more go to:
[https://www.autism.org.uk/advice-and-
guidance/christmas](https://www.autism.org.uk/advice-and-guidance/christmas)



Action for Children

Celebrating Christmas this year
With lots of Coronavirus restrictions, this
Christmas feels very different to 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 some tips and activities you can do to have a
happy Christmas with your family.
To find out more click: [Here](#)



The Guide Dogs for the Blind Association (UK)

Family Support team
offers practical and
emotional support,
advice and information

to the families of children with a visual
impairment, as well as working with other
professionals and organisations.

For full details go to:
[https://www.guidedogs.org.uk/getting-
support/information-and-advice/family-support](https://www.guidedogs.org.uk/getting-support/information-and-advice/family-support)



Planning the move to a new school for children with SEND

IPSEA (Independent Provider of Special
Education Advice) has produced updated
information telling parents and carers about what
should happen when a child moves school. It
includes details about SEN support, the
admissions process and what should happen for
children and young people with an EHC plan.

To find out more go to:
[https://www.ipsea.org.uk/news/planning-the-
move-to-a-new-school-for-child-with-
send?utm_source=Facebook&utm_medium=soci
al&utm_campaign=SocialSignIn](https://www.ipsea.org.uk/news/planning-the-move-to-a-new-school-for-child-with-send?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn)



Sibs - for brothers and sisters

Sibs know that the new Covid Christmas restrictions will be devastating for so many siblings of disabled people. Check out Sibs advice on having a virtual Christmas with your disabled brother or sister. Click here:

<https://www.sibs.org.uk/support-for.../virtual-christmas/>



Support for People and Families

The impact of the coronavirus pandemic is continuing to put a huge financial strain on some families but help is available. If you know someone who is worrying about money and how to pay for basic household essentials, please encourage them to apply for extra assistance through funding made available via District Council's hardship funds.

You can find out more about what support is available in Devon, including how to apply for financial help, 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:

<https://www.devon.gov.uk/coronavirus-advice-in-devon/document/support-for-people-and-families/>



Ambitious about Autism

Working in collaboration with two special

education teachers, Ambitious about Autism have produced two #TheWorldHasTurnedUpsideDown worksheets for children and young people to help them work through their own perceptions of lockdown.

Download the editable worksheets here:

<https://bit.ly/3hU7ocr>



The next edition of Snippets will be 7th January 2021. I would like to wish you all a Happy Christmas and a much more positive 2021



Christmas Cracker jokes



What music do Santa's elves like the best?
Wrap music!



Why is one of Santa's reindeer's in trouble?
Because he was RUDE-olph!"



Why was the snowman shopping for carrots?
He wanted a new nose!



What is the most competitive season?
Win-ter!



What's the best Christmas present in the world?
A broken drum, you just can't beat it!

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 200 247** (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**



**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**

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place on such information is therefore strictly at
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