

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

29th April 2021



SIGNPOSTplus Information Snippets.

Anyone can sign up to receive snippets. There are two editions sent out every Thursday, one for the Northern half of Devon and one covering the Southern half of Devon. Both editions include Exeter information. If you haven't already signed up to receive Snippets directly to your mailbox and would like to be added to the mailing list email: cfhd.signpostplus@nhs.net and state which edition you would like to receive (you can opt to receive both). There is an archive of recent Snippets on the Signpost Plus webpage, where you can also find a variety of information sheets and resources:

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

We also have our Facebook page:

<https://www.facebook.com/SIGNPOSTPlus/>

Remember to turn on notifications under 'Follow Settings' to ensure you see posts.



Coronavirus Vaccinations for Parent Carers of Clinically Extremely Vulnerable Children in Devon.

If you are a parent carer of a clinically extremely vulnerable child or young person in Devon, you may be eligible for a COVID-19 vaccination. If you have already been offered and received a COVID vaccination you do not need to take any further action.

However, if you have not been offered or received a vaccination yet we want to ensure that all eligible unpaid carers in Devon have access to a vaccination appointment.

Carers who are eligible for COVID vaccination include:-

- Those registered with their GP as a Carer.
- Parents or Carers of clinically extremely vulnerable children.

If you meet the above criteria but have not yet been invited for vaccination, we would like to invite you to register with our local booking service who will arrange a COVID-19 vaccination appointment for you.

To do so please complete this simple form: [Parent Carer](#), phone: 01752 398836 or e-mail: d-ccg.devonvaccinationsupport@nhs.net to provide your details and a member of the team will be in touch to arrange an appointment.



Learning Disability Health Check Survey.

Are you a parent/carer of a child/young person aged between 14-20 with a learning disability?

The NHS in Devon, together with the Parent Carer Forums in Devon, Torbay and Plymouth are committed to increase the uptake of Annual Health Checks (AHC) for people with a learning disability, particularly in children and young people over the age of 14. AHCs are available for adults and young people aged 14 or over who are on their GP practice learning disability register.

We want to understand more about how young people and families are offered the opportunity to attend an AHC with their GP and what their experience of this is. The feedback we receive will inform how we can see greater uptake of these important AHCs and improve the overall quality of the experience. All surveys are anonymous.

We ask for your support by inviting you to complete this short survey before 30th April 2021.

Please access the survey [here](#)

If you have any questions, please do contact us via d-ccg.ahc@nhs.net



The ROVIC Service supports children with visual and sensory impairment. ROVIC



stands for Re/Habilitation Officer for Visually Impaired Children. The

service is part of Devon County Council's Children's Services. They are a county-wide team supporting children and young people from birth to 18 years who have; visual, dual sensory (vision and hearing impairment) deafblind and multisensory impairments.

The ROVIC service provide:

- advice
- information
- assessment
- skills training
- awareness training

The ROVIC service understand the importance of teaching young people skills for life. Therefore, their child-centred practice also includes skills training for families, parents, carers and professionals.

Find out more about the service and how to make a referral here: <https://devon.cc/rovic>

Or you can email the team at:

ROVIC@devon.gov.uk

TALKWORKS for Sleep: A two-hour session to help people manage a range of sleep problems from waking in the night to struggling to fall asleep; Wed 12th May, Tuesday 8th June, Thurs 24th June.

TALKWORKS for Challenging Times: A two-hour session introducing people to a range of Cognitive Behavioural Therapy (CBT) techniques to help them manage their day to day wellbeing in the current times; Tues 25th May.

Wellbeing for Parenthood Workshops: A two-hour workshop for parents during pregnancy or who have a child under the age of 2 years old, to help build resilience and increase wellbeing in pregnancy and parenthood; Wed 5th May, Tues 18th May.

TALKWORKS Introduction to Mindfulness: A one hour 15-minute online session on the potential for mindfulness to help manage stress, anxiety, low mood and pain; Wed 7th July.

All workshops are for aged 18+.

Find out more about any of the TALKWORKS workshops and how to book a place here:

<https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support/sleep-and-wellbeing-workshops>



Ambassador Volunteer Project is supporting the Parent Carer Forum Devon (PCFD) to grow across Devon!

“We hope that many of you will have already heard about [Ambassador Volunteers](#). The number of Ambassador Volunteers is increasing. They are connecting families in their communities to information, and support. The Ambassador Volunteers also feedback themes and trends from their network to

- Parent Carer Forum Devon, to help shape services
- DiAS, so they can provide the information and support you need

There are Ambassador Volunteers supporting parent/carers of children with SEND in; North Devon, Honiton, East Devon, Okehampton & Holsworthy. If you would like to get connected to their networks, please get in touch with Megan at megankenneallystone@devon.gov.uk. She can put you in touch with an Ambassador Volunteer network near you!

New induction training for people interested in becoming an Ambassador Volunteer is now available. The training is a three hour virtual session from 10am-1pm with a short break. The session will be the first step in training to become an Ambassador Volunteer: • Tuesday 11th May 2021 • Monday 14th June 2021.

If you are interested in the Induction training please complete the form through [this link](#) and we will be in touch with you soon.”

Babcock have negotiated and agreed access to the Cygnets courses for families of Children and Young People who are currently on the Autism Assessment Pathway, in addition to families of Children and Young People who have received an autism diagnosis. The programme is for parents/carers of children aged between 7 and 18.

Babcock LDP as licensed trainers will be offering access to this programme online during this Summer Term period, as hosting their usual parent autism awareness programme is not physically possible at this time due to CV19 restrictions. There will be 6 weekly sessions (approx. 2hrs each) related to the following topic/themes:

- Introduction - Mon 10th May
- Autism overview - Mon 17th May
- Sensory - Mon 24th May
- Communication - Mon 14th June
- Understanding behaviour - Mon 21st June
- Supporting behaviour - Mon 28th June

The programme is purely in an online format (not a webinar or live presentation). Babcock LDP will send a link each Monday morning to access the week's topic.

To register for the course email: LDP-LearnerSupport@babcockinternational.com you will then be asked to complete a Reply Slip to confirm details.

Find out more about the Cygnets course here: <https://www.babcockldp.co.uk/disadvantaged-vulnerable-learners/send/communication-and-interaction/parents-and-carers/cygnets-parent-autism-awareness-programme-may-june-2021>

Additional Communication & Interaction weekly themed supporting resources are available for viewing at: [Babcock LDP - COVID-19 resources from the communication and interaction team](#)

**Challenging Behaviour Foundation
Quick Read Guide** This quick read challenging behaviour guide gives

tips and strategies to help you and your family member during a period of new or increased challenging behaviour. It will give you a quick start to using Positive Behaviour Support principles to reduce challenging behaviour. In reality there will be times when your best efforts cannot prevent a crisis, so there are also tips to plan how to respond. Read the guide here:

<https://www.challengingbehaviour.org.uk/learning-disability-assets/quickreadchallengingbehaviourguide.pdf>



'The Big Ask' Consultation

The Children's Commissioner for England, Dame Rachel De Souza, has just launched 'The

Big Ask' – the largest ever consultation with children and young people undertaken in England.

The survey will be live from 19th April until 19th May and asks young people across England to set out their priorities for improving childhood post-COVID. The results from this survey will help the Children's Commissioner identify the barriers preventing children from reaching their potential, put forward solutions and set ambitious goals for the country to achieve.

If you are a teacher, or work with children and young people, there are lots of resources to support you implementing the survey with them.

You can watch Rachel De Souza and footballer Marcus Rashford introduce and explain the survey. And if you have any further questions, a set of answers to common questions about The Big Ask is available on the Children's Commissioner's website.

Additionally, if you want to talk to the team behind the survey, you can contact them by emailing: big.ask@childrenscommissioner.gov.uk.

Find out more about the consultation, links to resources and how children can complete the survey here:

<https://www.dcfp.org.uk/the-big-ask-survey/>



Cerebra – Sleep Checklist. Cerebra's useful checklist gives tips for what you can do if your child is finding it difficult to

sleep alone or is waking up in the night:

<https://cerebra.org.uk/latest-news/difficulty-sleeping-alone-or-night-waking/>

Cerebra's sleep practitioners can advise on a range of sleep issues in children, such as settling difficulty, night waking, early rising, sleeping alone, bedwetting, night terrors and anxiety. Find out more about this service and the full range of resources available on the Cerebra Sleep Advice Service page: <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>



ADHD Foundation - Free Download - Stories That Never Stand Still

A strength-based book about ADHD written by young people for young people with ADHD. Download here:

<https://www.adhdfoundation.org.uk/wp-content/uploads/2019/10/Stories-That->

[Never-Stand-Still.pdf](#)



Stamma – New Podcast 'Around The Block'

Listen, download and subscribe to Stamma's brand new podcast Around The Block. It features hosts Gemma & Matty chatting about all things stammering — growing up, careers, lockdown, relationships and more. The first series features 6 episodes. Find out more here:

<https://stamma.org/news-features/our-new-podcast-around-block>



Let's Get Chatting campaign launches across Devon

A new campaign focusing on the importance of speech, language and communication (SLC) in children from antenatal to five years old has launched this week.

'Let's Get Chatting' is aimed at parents, carers and professionals across Devon, Plymouth and Torbay to help them better understand the ways in which children communicate, how we communicate with them and why it's SLC is so important.

Over the past few months, members of the Improving Access to Communication Services and Support Programme from across Devon, Torbay and Plymouth have been working with Maxine Burns from The Communication Trust and ICAN. Part of this work has been focusing on strengthening the messages to both prospective parents and parents of children up to five years of age about the importance of speech, language and communication.

To get involved and stay up-to-date with all the latest from the campaign, be sure to check out: [Devon pre-school Speech & Language Therapy on Facebook](#).



Kids Matter is run through some local churches to equip parents and carers facing disadvantages with confidence, competence and community, enabling their children to thrive.

The Kids Matters programme is for parents and carers of children aged 0-10. Each programme lasts for 6 weeks, meeting in small groups of 4-8 parents, working together with Kids Matter user-friendly and evidence-informed booklets. Sessions are very relaxed and informal, sitting together with a cuppa. Sessions are free of charge.

The next programme is due to start at the Methodist Hall in South Molton in June. To find out more and book a place call Linda on: 07895 904778.

<https://www.southmoltonmethodistchurch.org.uk/kids-matter>



Bis-net Webinar: PDA & Relationships

A webinar covering the subject of relationships for Autistic people with a PDA profile, for parents, professionals and PDAers. Featuring Harry Thompson – PDA Extraordinaire and Linara Tyler.

Thursday 6th May, 7pm-9pm. Tickets: £19.46. Find out more and book a place here:

<https://www.eventbrite.co.uk/e/pda-relationships-tickets-148198931995?aff=ebdsoporgprofile>



Victa Online Workshop – Understanding and Managing Your Child's Anxiety.

- **When:** Tuesday 11th May 2021, 7pm - 9pm
- **Who:** Parents of a child or young person with a vision impairment
- **Location:** Online virtual workshop
- **Cost:** £5
- **Closing date:** Friday 7th May 2021

As part of Mental Health Week, VICTA would like to invite you to the next mental health themed workshop delivered by Children's Mental Health Workshops. This session will explore the physiological and psychological impacts of anxiety. The workshop will combine presentations with parent-led Q&As and discussion.

Find out more and book a place here:

<https://www.victaparents.org.uk/anxiety-workshop/>

the curly hair project **Curly Hair Project Webinars**

The Curly Hair Project is a social enterprise which supports people on the autistic spectrum and the people around them. During April, May & June, the Curly Hair Project will be running the following webinars:

Autism & Gender Dysphoria • Understanding Masking • Autism & Executive Function • Managing Anxiety as an Autistic Child (for children) • What is it like to be Autistic • Autism & Social Anxiety • Communication & Autism • Autism and Eating • A Day in the Reception Class (animation and discussion) • Sensory Processing and Autism • How do I Make and Keep Friends (for Autistic Children) • Females & Autism • Emotions & Autism • Recognising Emotions as an Autistic Child • Meltdowns & Shutdowns • A Day at Secondary School (animation and discussion) • Understanding Challenging Behaviour.

See dates, costings and book a place here:

<https://thegirlwiththecurlyhair.co.uk/services/events/>

YOUNGMINDS **YoungMinds – Parent Helpline:** Are you worried about a child or young person? Contact the Parents Helpline for free, confidential advice via the phone, email or webchat. Find out more here: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>



Think behaviour, think language. I wonder if....

Communication and Interaction Team
Social, Emotional and Mental Health Team

A free, informal workshop for parents and carers to consider the links between behaviour and speech, language and communication needs. This event will be held virtually on Tuesday 15th June 2021, 10am – 12pm

Does your child have difficulty with:

- Listening?
- Attention?
- Communication?
- Friendships?
- Literacy?

The session will aim to raise awareness of speech, language and communication needs (SLCN) and consider the impact on a child's social, emotional and mental health (SEMH). SLCN can become apparent through a child's behaviour in a variety of ways and we shall provide further insight into these complex links.

The session provides an opportunity to share ideas about what works for you and a chance to discuss and learn from other parents/carers.

There will also be an opportunity for questions to the Advisory Teachers and Family Worker from the Communication and Interaction Team and the Social, Emotional and Mental Health team.

To book your free place, please contact: Sue Vanstone
(01392) 287239 sue.vanstone@babcockinternational.com



Beat is a national eating disorders charity, supporting anyone affected by eating disorders, difficulties with food, weight or shape. They aim to improve treatment, change public attitudes and provide support to people struggling with eating disorders. Their Helplines are open 365 days a year from 9am–8pm during the week, and 4pm–8pm on weekends and bank holidays.

Helpline: 0808 801 0677 ☎

Studentline: 0808 801 0811 ☎

Youthline: 0808 801 0711 ☎

Find out more here:

<https://www.beateatingdisorders.org.uk/support-services/helplines>



Contact 1:1 Listening Ear Service

Listening Ear is a 1:1 telephone service for parents with disabled children or additional needs. You can talk to one of the family support advisers about anything and everything:

- Ideas and tips for coping with stress and improving wellbeing
- Practical ideas to help establish your child's routine, improve their sleep or manage challenging behaviour
- Relationships with partners and siblings
- Just to have a chat about the frustrating day, week, month or year you've just had!

The service is completely FREE of charge. Each appointment lasts 1 hour and there are slots available in the mornings, afternoons and evenings. After the call there is an email follow up with advice and information discussed in the call.

Book your appointment here:
contact.org.uk/listening-ear



Council for Disabled Children has published an online training course on Delivering Quality Annual Reviews.

This package of online training has been developed as part of the Delivering Better Outcomes Together programme, funded by the Department for Education and delivered in partnership by the Council for Disabled Children, NDTi and Mott Macdonald.

This is a freely available, self-guided course.

It is aimed at adults with a role to play in the Annual Review process such as senior leaders, parent carers, practitioners, SEN Teams, and education teams.

The course will help you understand the importance of a person-centred Annual Review process and meeting, the legal requirements, roles and responsibilities of different stakeholders and will provide the perspective of children, young people and parent carers.

[To complete the e-learning course please click here.](#)

Upcoming Dates:

- 12th & 19th May, 10am-12.30pm
- 11th & 18th June, 12.30pm-3pm
- 28th June & 5th July, 7pm-9.30pm

Find out more and book a ticket here:

<https://www.pdasociety.org.uk/pda-society-2021-online-training/> Note: April Courses listed are fully booked.

A round up of PDA Society Resources can be found at: <https://www.pdasociety.org.uk/resources-menu/>



Virtual School Library

Oak National Academy and the National Literacy Trust have come

together to launch a Virtual School Library to help keep children reading during lockdown. Every week, a popular children's author will become 'Author of the Week' and provide a free book or audiobook and exclusive videos and activities aimed at primary school children, all available at library.thenational.academy

Authors of the week feature: Listen to Dragon Legend by Katie and Kevin Tsang, watch a video with the authors and discover their favourite reads!



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, you can 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/>

Stay Up-to-Date with the latest Coronavirus news and figures plus the local support available to you at: <http://soc.devon.cc/GNmi2>

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**



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 contained within 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.

