

# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 15<sup>th</sup> April 2021



#### 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](mailto:kris.taylor@nhs.net) and for northern snippets send your email to [amandasmithson@nhs.net](mailto: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/>



#### ASDA Easy on Easy school wear

Discover ASDA's easy on easy wear [kids' school](#)

[uniform](#) for comfortable essentials for boys and girls. Helping with independent dressing and made from sensory-kind fabric for extra comfort, our [boys' school uniform](#) and [girls' school uniform](#) will have them covered day-in, day-out. From pull-on [polo shirts](#) and [school jumpers](#) to easy fastenings, ASDA's range has been specially designed to help kids with independent dressing. Their easy on easy wear school uniform range also includes soft threads, non-bulky seams and label-free separates for maximum comfort. For more details go to:

<https://direct.asda.com/george/school/easy-on-easy-wear/D10M5G1C15.default.sc.html>



#### DiAS - Demystifying SEND sessions

There are four new dates for the popular free online information session about how to find clear SEND information and support –

27th April (currently full), 24th May, 24th June and 12<sup>th</sup> July 2021, 10.30am-12.30pm.

Whether you're new to SEND or already on your journey, the session is aimed at parent/carers supporting a child with SEND, who would like to find out more about SEND support. Previous sessions have been full, with a waiting list, so click here to [book early!](#)



Guidance by the sector, for the sector

**Birth to 5 Matters:** non-statutory guidance for the Early Years Foundation Stage

[Birth to 5 Matters: non-statutory guidance for the Early Years Foundation Stage](#)

Birth to 5 Matters provides comprehensive guidance, drawing on previous guidance for the Early Years Foundation Stage (EYFS) which has been updated in order to reflect recent research, to meet the needs of practitioners, to respond to current issues in society, to meet the needs of children today and to lay a strong foundation for their futures.



#### Bookstart treasure pack

The Bookstart treasure pack order form has been sent to providers in **South Devon** this week. Please

look out for this email in your inbox and follow the link to order packs for all three-year-olds.

For more information and to see the ordering schedule see: [Bookstart treasure packs for 3 year olds.](#)



#### Coronavirus

Information about coronavirus is available in

different formats and languages, including easy read, BSL and for people who are not online. To find resources about COVID-19 in different formats click here:

<https://www.devon.gov.uk/coronavirus-advice-in-devon/document/translated-resources/>

As many as 1 in 5 secondary school students could be a young carer.

Do you know your young carers?

Do you know how they have experienced the Pandemic?

Are you concerned for their well-being?

Would you like to feel more equipped and provide more effective support and intervention so that they can attain and fulfil their potential?

Join Childrens Society on **Thursday 29<sup>th</sup> April** between **10:00am-5:00pm** to find out how your school could make the best difference to these students.

Sessions to include:

- Lockdown through the Young Carers lens: hear from young carers
- What easy steps can schools and colleges take to improve life chances for young carers
- Q & A with Young Adult Carers: What they wished staff knew. What would you like to understand from young carers
- Mental Health programmes for young carers
- Open Forum: Recovery from Covid / F & HE / future developments.

Register your interest by email

[YCiS@childrenssociety.org.uk](mailto:YCiS@childrenssociety.org.uk)

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### Challenging Behaviour Foundation (CBF)

You might be concerned about the use of psychotropic medication for a loved one with a [#LearningDisability](#) and/or autism. CBF resource <https://lght.ly/i1ma6ip> provides a medication pathway with information about psychotropic medication and making sure your relative only takes medication they need.

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### Unique

We are all Uniquely different in our own way, let's celebrate our children for who they are.

Unique have put together a guide to help parents get

additional support in relation to birth uniqueness and conditions that develop or progress as a child gets older. It is also to help parents who are struggling with other people's reactions to their child's look/personality/behaviours etc.

Read & download for free at

<https://rarechromo.org/practical-guides-for-families/>

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**Babcock LDP** are running Moving and Handling training sessions for early years and childcare practitioners.

They are running an **Initial** session (£30 for early years practitioners) and a **Refresher** session (£20 for early years practitioners). Both sessions comprise of a two-hour theory session (delivered virtually) plus practical in-school training session to be arranged.

The training is suitable for any staff working with a child or young person who has physical/movement difficulties (not suitable for those working with children who have emotional or behavioural difficulties requiring physical interventions).

Dates for Initial and Refresher training sessions:

- 18 May (9.30 – 11.30)
- 8 July (9.30 – 11.30)

Book your place:

Visit the [DEL training website](#) to book your place (type 'moving and handling' into the course search box). You will need to make your payment first before you can enter the course page to book your place.

You will need a DEL training account in order to book. Please [contact us](#) if you need an account created.

Babcock LDP also offer a Moving and Handling – Introduction/Theory training session costing £30.

[Booking through the Babcock LDP training website.](#)

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### Text a School Nurse

If a child is aged between 11-19 years old and feel they would like to share their concerns relating to bullying, drugs, smoking, relationships, self-harm, mental health or any concerns they may have they can text a school nurse who can

offer help on 07520 631 722

For other age groups text 07520 631 721

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**HOPE Programme**  
Fancy doing a HOPE Programme in your own time, at your own pace and in the comfort of your home!?

There are still some spaces remaining on both of digital HOPE courses running in April 2021 - sign up now here: <https://bit.ly/HOPESW>  
This course is available to anyone living in the South West of England, if you aren't able to attend a course in April, don't worry! There will be 6 more courses available, running until September 2021.



**Free online courses to help people living in the South West to cope with life in 'lockdown'**

Managing long-term physical or mental illness can be stressful, tiring and incredibly lonely at the best of times, but now more than ever. On this free, 6 week online course you can meet others in the same situation, learn how to cope better, feel more in control and be more resilient.

**We have two courses running in April**

**Tuesday 27th April (last few spaces)**  
**Thursday 29th April**

**NHS**

You can complete the course at your own pace, with support from trained facilitators.

**Places are limited! Book now!**  
Find out more or sign up today at <http://bit.ly/HOPESW>

Contact Us: [hope.devon@nhs.net](mailto:hope.devon@nhs.net) or 01803 210493



**Independent travel training** is a free scheme which has been set up by

Devon County Council working with the Transport Co-ordination Service.

The purpose of the scheme is to help young people throughout Devon learn how to develop the skills required for safe, independent travel. This could include road safety, telling the time, how to use a bus pass, appropriate social behaviour and strategies for solving problems. If a child currently travels to school or college on assisted transport and would like to travel on their own, then their own Independent Travel Trainer <https://www.devon.gov.uk/educationandfamilies/school-information/school-and-college-transport/independent-travel-training>

Working together for Devon's children and young people with special educational needs and disabilities (SEND) Our strategy for 2021-2024




**Practitioner Virtual Roadshow.**  
Devon's SEND Strategy and new SEND Delivery Proposals. Seeking

**practitioners'** views on delivering SEND services in Devon. The focus of the roadshow is to launch the SEND Strategy 2021 - 2024, transform how Devon deliver services in the future and join in on group work to discuss the proposals shared during the event. Following the roadshow, a questionnaire will be shared.

**Practitioner Virtual Roadshow**

**Devon's SEND Strategy and New SEND Delivery Proposals.**

Seeking practitioners views on delivering SEND services in Devon.

The focus of the roadshow:

- Launch of the SEND Strategy 2021-2024
- Transforming how we deliver SEND services in the future
- Group work to discuss the proposals shared


**SEND Strategy 2021 - 2024**

Working together for Devon's children and young people with special educational needs and disabilities (SEND) Our strategy for 2021-2024

**Wednesday 28th April**  
1pm - 3:15pm

**Thursday 29th April**  
10am - 12:15pm

Microsoft Teams  
**Click here to sign up**



Click on the link below to book your place:  
[https://forms.office.com/Pages/ResponsePage.aspx?id=gzehjWjLP0S7S5l\\_d\\_1b-yTBOQPPDnRNvt4fw4-UqzZUNlc5S0q2UTICskxMTVFYQ0iYVDEwTU41MC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=gzehjWjLP0S7S5l_d_1b-yTBOQPPDnRNvt4fw4-UqzZUNlc5S0q2UTICskxMTVFYQ0iYVDEwTU41MC4u)



**Early Help**

Parent Support Group for Children with ASC diagnosis (or on ASC Pathway) in South Devon – Survey Link. Early Help are planning to start a Parent Support Group for those families that live in South Devon and have a child with ASC diagnosis (or on ASC Pathway) They would like to gather your views on if you would like to join a group (starting online at first), and what would be useful to cover at the group. Please complete this short survey click the link [Parent Support Group for Children with ASC diagnosis \(or on ASC Pathway\) in South Devon \(office.com\)](https://forms.office.com/Pages/ResponsePage.aspx?id=gzehjWjLP0S7S5l_d_1b-yTBOQPPDnRNvt4fw4-UqzZUNlc5S0q2UTICskxMTVFYQ0iYVDEwTU41MC4u) Please reply by 30<sup>th</sup> April 2021 If you have any questions please email us at [earlyhelpsouthsecure-mailbox@devon.gov.uk](mailto:earlyhelpsouthsecure-mailbox@devon.gov.uk)



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

The Communication and

Interaction and Social, Emotional and Mental Health teams from Babcock are running 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 the session will give you some insight into these complex links. It will also give you 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 on 01392 287 355 or at [sue.vanstone@babcockinternational.com](mailto:sue.vanstone@babcockinternational.com)

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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**

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**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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