

# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Areas

### 22<sup>nd</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/>



#### ROVIC

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.

ROVIC provide:

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

The ROVIC team are qualified practitioners who undertake assessments and teach habilitation (learning new skills) and rehabilitation (re-establishing skills) to young people and their support networks to promote confidence and independence. For more information on ROVIC go to: <https://devon.cc/rovic>

You can also contact the team by email:

[ROVIC@devon.gov.uk](mailto:ROVIC@devon.gov.uk)



#### Council for Disabled Children (CDC)

New opportunity for young people's groups/classes!

CDC would like to partner with 3 existing young people's groups or classes to work alongside FLARE to feed in directly to the Department for Education. Click here for more information: <https://bit.ly/2Qb01VL>

### New partnership opportunity for existing young people's groups!

Do you know a group of young people who would like to feed into the Department for Education?

CDC and FLARE are looking to partner with 3 existing groups. For more details, follow link in Tweet.



#### Devon SEND Local Offer

Check out this great article exploring how Arts Therapies can help children with a range of complex needs find their voice. Click here to find out more:

<http://soc.devon.cc/C5wkR>

Neurologic Music Therapist Lucy Collings Pettit has been working with Pathfield School in North Devon to successfully bring these ideas to life.



**AIMS** is a fantastic group that provides activity sessions every Saturday in Dawlish for children with

Special Needs and their families. It gives the parents, whose everyday existence can be stressful and lonely, a chance to mix with other parents and families facing similar challenges while their children, including siblings, are having a great time. To find out more go to:

<https://www.aimsfamilies.org/>





## Contact

Claiming Universal Credit for a disabled 16-20-year-old can be a complicated process, and this is particularly true if they are still in

education.

To help, Contact's specialist family finances team have produced new resources. These include a set of templates that parents can use to challenge the Department for Work and Pensions (DWP) delays in processing claims and in organising medical assessments.

You'll also find pre-recorded benefit webinars and a link to a free download of their guide: Universal Credit – Claiming for a Young Disabled Person.

<https://bit.ly/3sm5mrk>

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**Contact's 'Listening Ear' service** provides free 1-1 support for parents via telephone appointment.

Contact's family support advisers can help with emotional support,

strategies for reducing your child's anxiety and challenging behaviour or help you with structuring the day – especially at this difficult time.

Whatever you need, you can book an appointment on Contact's webpage:

[Help](#)

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## Annual health check survey (AHCs)

Are you a parent / carer of a child/young person with a learning disability aged between 14-20? If so, The AHC team want to hear from you.

AHCs are available for adults and young people aged 14 or over who are on their GP practice learning disability register.

The team 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 they receive will inform how they can see greater uptake of these important AHCs and improve the overall quality of the experience.

All surveys are anonymous.

AHC team are asking 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, email via:

[d-ccq.ahc@nhs.net](mailto:d-ccq.ahc@nhs.net)

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## Sensory Touch



I Stim Card, a card reading "I stim. Please don't make a fuss about it" with a brief explanation of what 'stimming' is and how it can help an individual cope with situations or express emotion.

This laminated, wipe clean, water resistant and durable, 110x80mm ADHD card, has a hole punched in the top left-hand corner to allow attachment to a keyring. For more details go to:

[https://thesensorytouch.co.uk/products/i-stim-card?\\_pos=9...](https://thesensorytouch.co.uk/products/i-stim-card?_pos=9...)

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## Sendgateway

Preparing for Adulthood from the Earliest Years Review Guide.

SENCOs, leaders and class teachers can use this guide to support their work in preparing children and young people with SEN and disabilities for the next stage of their learning and development and into adulthood.

This is an updated version, published on 25<sup>th</sup> March 2021. Click on the link [Here](#) to find out more.

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**Home Start** offer a range of training and support programmes including: New for 2021, Catch-up, support text for new parents, Reducing Parental

Conflict Programmes, Mellow Mums – Digital Coffee Mornings (Talk @ home), and Own My Life, which aims to support women who have experienced domestic abuse.

For all the updates and information on the above programmes please see [the attached newsletter](#).

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### Action for Children

Did you know.....Action for Children's Devon Children's centres provide Early Help, to the whole family from pregnancy through to age eight. They're here when families most need support using the "team around the family" approach.

See below for contact information for the children's centre in your area:

**Southern Devon Hub** (Teignbridge, South Hams & West Devon)

01626 354657

[Referrals-southdevon@actionforchildren.org.uk](mailto:Referrals-southdevon@actionforchildren.org.uk)

[teignbridgecc@actionforchildren.org.uk](mailto:teignbridgecc@actionforchildren.org.uk)

[SouthHamsChildrensCentre@actionforchildren.org.uk](mailto:SouthHamsChildrensCentre@actionforchildren.org.uk)

[westdevonchildrenscentre@actionforchildren.org.uk](mailto:westdevonchildrenscentre@actionforchildren.org.uk)

**North Devon Hub** (Barnstaple, Braunton, Ilfracombe, South Molton)

03300 415493

[Referrals\\_northern@actionforchildren.org.uk](mailto:Referrals_northern@actionforchildren.org.uk)

[northdevon.cc@actionforchildren.org.uk](mailto:northdevon.cc@actionforchildren.org.uk)

(Bideford Bay, Torrington, Holsworthy)

[TorrigeCC@actionforchildren.org.uk](mailto:TorrigeCC@actionforchildren.org.uk)

03300 415494

**Exeter Hub** (Whipton, Chestnut, Flying Start, West Exe)

01392 277205

[exetercc@actionforchildren.org.uk](mailto:exetercc@actionforchildren.org.uk)

**East Devon Hub** (Exmouth, Sidmouth, Honiton, Axe Valley)

01392 226789

[Refmideastdevon@actionforchildren.org.uk](mailto:Refmideastdevon@actionforchildren.org.uk)

[Eastdevoncc@actionforchildren.org.uk](mailto:Eastdevoncc@actionforchildren.org.uk)

**Mid Devon Hub** (Tiverton, Crediton, Culm Valley)

01884 250449

[MiddevonCC@actionforchildren.org.uk](mailto:MiddevonCC@actionforchildren.org.uk)



### Child Mind institute

Planning outings and activities to maximize fun and minimize meltdowns can be difficult.

For tips when out and about with Sensory-Challenged children go

to: <https://childmind.org/article/tips-for-going-places-with-sensory-challenged-kids/?fbclid=IwAR38ofs9wPF60znyd6fMc3wteykeYxYtjuTwwK9rzJELDVkxPS5Gu2SiktEw>



**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 19 April until May 19 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.

**Children and young people can take part in the survey at [thebigask.uk](http://thebigask.uk).**

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](mailto:big.ask@childrenscommissioner.gov.uk).



### National Trust offer for families

For those on a lower income the National Trust can offer membership payment spread over 12 months

instead of paying in full for the year. The monthly direct debit is interest free and comes with the full benefits of every membership covering free entry and free parking at most National trust places.

For a family membership which covers 2 adults and up to 10 children between the ages of 5 and 17 it is £126 for the year charged at £10.50 on the 8th of each month. Contact: Supporter Services Centre 0344 800 1895



### Babcock training

Autism - Extending and Enhancing Good Autism Practice, Wednesday

28th April and Wednesday 19th May from 3p.m – 5p.m

Booking via: [AET Extending and Enhancing Good Autism Practice – Schools \(2 x modules\) | Babcock LDP](#)

Building on *good autism practice* to support a deeper understanding of autism and to extend skills in promoting positive pupil experience, progress and outcomes.

The training will support participants in:

- exploring the principal cognitive theories of autism and their implications for teaching and learning
- extending knowledge, skills and strategies in supporting effective teaching and learning
- reflecting on their practice and sharing good practice across their setting

This training is suitable for anyone in a school working with young people on the autism spectrum.

The training offers strategies and support to promote inclusion planning for young people on the autism spectrum, using person-centred approaches and tools, and how to work in partnership with young people, their families and other service providers to achieve positive outcomes.

Join other forthcoming events:

<b>Good Autism Practice (4 modules)</b>	<b>Tues 27th Apr, Thurs 20th May, Tues 15th Jun, Mon 5th Jul</b>	<b>3.30 – 5p.m</b>
<b>Making Sense of Autism x 1 events</b>	<b>Mon 26 Apr</b>	<b>3.30 – 5p.m</b>
<b>Making Sense of Autism X 1 event</b>	<b>Mon 14 Jun</b>	<b>3.30 – 5p.m</b>
<b>Progression Framework (2 modules)</b>	<b>Thurs 10 Jun + 1 Jul</b>	<b>3.30- 5p.m</b>
<b>Leading Good Autism Practice (4 modules)</b>	<b>Mon 3 May, 24 May, 21 Jun + 12 Jul</b>	<b>3.30 – 5p.m</b>

[AET Schools Events | Babcock LDP](#)

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**Let's Get Chatting**  
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 5yrs of age about the importance of Speech, Language and Communication.

The 21<sup>st</sup> April sees the launch of 'Let's Get Chatting' across Devon, Plymouth and Torbay. This is aimed at parents/carers/professionals from antenatal-5yrs.

Key messages will be shared via social media.

Here are the links to the first 2 key messages. Please get involved by clicking on the links and sharing the messages.

<https://www.facebook.com/cfhdpreschoolslt/posts/266216791862813>

<https://www.facebook.com/cfhdpreschoolslt/posts/266781101806382>

[DevonspeaksupforSLCN](#)

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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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