

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

29th 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 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/>



LET'S GET CHATTING

The Improving Access to Communication Services and Support (ICASS) programme is very excited to announce a new fantastic resource aimed at parents/carers and professionals of children from antenatal-5 years. As part of the 'LET'S GET CHATTING' campaign a group of professionals and parents/carers have developed a central resource that contains national and local information about speech, language and communication development from bump to 5 years old as well as providing a number of top tips on how best to support. It is free and very accessible and can be found at: <https://padlet.com/togetherfordevonantenatalto5>



Exeter and District

Mencap

Sight Village Event
Tuesday 14th September
2021 10am-4pm at Sandy

Park Conference Centre, Sandy Park Way, Exeter. **ADMISSION FREE**

An opportunity to see leading providers of products and services under one roof. To register contact 0121 803 5484 or Email sv@qac.ac.uk



IPSEA Training -

Introduction to SEND Law
4th May 2021 Online

This one-day training is designed specifically for parents, carers and supporting family members as an introduction to the law on special educational needs and disabilities (SEND). The training will empower you to secure the right education for your child.

The day-long training explains:

- What your local authority and education setting should be doing to help
- The process of obtaining an Education, Health and Care (EHC) plan for your child
- Looks at what an EHC plan should contain
- Question and answer session.

To find out more and book go to:

https://www.ipsea.org.uk/Event/introduction-to-send-law-4-may?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo



Contact

Dental Care and Oral health, another useful resource from Contact - For families with disabled children - free to download below:



https://contact.org.uk/wp-content/uploads/2021/03/a_parents_guide_to_dental_care_web_single.pdf



Bis-net

Another fantastic webinar featuring Harry Thompson - PDA Extraordinaire and Linara Tyler.

Thursday 6th May. 7pm - 9pm. PDA & Relationships

<https://www.eventbrite.co.uk/e/148198931995>

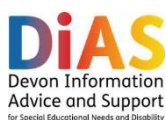


Tubers Academy
Welcome to Tubers Alternative Provision. 1:1 and small group

provision in Devon for children with additional needs.

Building Confidence, Communication & Career skills for young people with an interest in video production, podcasting and game development. To find out more go to:

<http://tubers.uk/> or call 01803 414391 or email team@tubers.uk



DiAS New, DiAS guide to checking a draft EHC plan. One of the things DiAS get asked about most is how to check a draft EHC plan. It's a big

and important thing and sometimes parents don't know how to start or what to focus on. It can even feel a bit overwhelming and too big to tackle.

To help parents and carers feel more in control and confident, DiAS have written a new step by step guide to checking the plan using Devon's EHC Hub. It takes you through each major part of the checking process, tells you what you need to look at and think about and how to make your comments.

Full of practical tips and advice, and written from a parent's perspective, it explains what you need to do and why you're doing it.

<http://soc.devon.cc/H2Zrt>



Children and Family Health Devon (CFHD)

The Autism team have a new look for the CFHD webpage. To find out

more go to:

<https://childrenandfamilyhealthdevon.nhs.uk/slt/autism/>



National Deaf Children's Society (NDCS)

NDCS are so excited to announce their new website for deaf young people.

The Buzz gives deaf children and young people a safe and positive online space of their own.

Please encourage your child to sign up and get involved by clicking here: <https://bit.ly/32WtlwU>

mums4achange

Time for You

Supportive Zoom groups for Mums of children with additional needs

In these small, friendly groups we use words, images and coaching tools to find new ways to look at ourselves and our situations. It's a place to be with others who 'get it' and a chance to build a toolkit to help you to navigate life's ups and downs.

Supportive
"It's not like other zooms, we feel close to each other"

Positive
"I can be myself and that leaves me feeling better"
"Sharing stuff with people who get it makes me feel I'm not alone"

Burnout Avoidance
"I can't usually get 5 minutes to myself. Having this time has been so healing"
"It's a chance to stop your mind racing, use self-compassion and avoid burnout"

Creative Solutions
"Because my mindset is different, I feel I can cope with things better now"

To book a space...
For mums of children with additional needs, in Devon/ Cornwall
FREE 10 week Zoom group, Fri at 9.30 - 11.30am, from 14th May
Booking essential. Priority if on benefits. Please contact jo@mums4achange.org or visit Facebook @mums4achange

Run by: Jo Ball, a life and career coach, trainer, mum of two, with an Arts Therapy background. Supported by Clare Gale, a trained counsellor who has a son with complex medical needs.

ROSA THE UK FUND FOR WOMEN AND GIRLS

www.Mums4aChange.org

The courses are free and funded by the Rosa Fund - the UK fund for Women and Girls.

Free 10 week zoom group starting Friday 14th May from 9.30am – 11.30am
Booking essential via email jo@mums4achange.org

Mrs Snuggles www.mrssnuggles.co.uk

The Diary is open and bookings are being taken for private hire of up to 6 people. Available for £25 for a one-hour exclusive experience. Every Wednesday and Friday, starting from Wednesday 19th May.

Mrs Snuggles Sensory Room is the first of its kind in Exmouth. This specially designed room combines a range of stimuli to help individuals develop and engage their senses. These can include lights, colours, sounds, sensory soft play objects, aromas all within a safe environment that allows the person using it to explore and interact without risk.

For more details contact: Tel: 07762 428067
Email: info@mrssnuggles.co.uk or have a look at the website: <http://www.mrssnuggles.co.uk/>



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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**



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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