

# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 8<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/>

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#### Speech and Language Therapy Support and Advice (SALT)

The SALT team offer support to children who experience speech, language, communication or swallowing difficulties through working on communication, understanding, talking, speech sounds and stammering. Take a look at the SALT website for helpful information and support for your child's speech, language and communication needs. [https://childrenandfamilyhealthdevon.nhs.uk/speech-language-therapy\\_trashed/support/speech-difficulties/](https://childrenandfamilyhealthdevon.nhs.uk/speech-language-therapy_trashed/support/speech-difficulties/) To speak to a therapist about advice on speech and language development call our advice line on: 0333 321 9448, Open Monday – Friday :2pm – 4:30pm For general information on waiting times or referrals, contact the Single Point of Access team on: 0330 024 5321

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#### Homestart

What Home-Start offers - a volunteer with parenting experience to visit parents with young children at home. The volunteer offers tailor-made one-to-one support, regularly – usually on a weekly basis. Homestart help families with young children through a combination of home-visiting support, outreach, group support, parenting information and social activities.

#### Coronavirus Update to service

\* Homestart are still continuing to offer flexible remote support to families. During this time, you can contact them at [Homestart.shpt@gmail.com](mailto:Homestart.shpt@gmail.com) or call the office mobile on 07307873163. \* You can also visit the website: <http://homestart-southandwestdevon.org.uk/>

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**Devon Young Carers** provide advice, information and support for all young carers who are eligible across Devon. To find out more details have a look at

their website:

<https://www.westbank.org.uk/Pages/Category/young-carers>

Or if you would like to contact them for more information, you can email:

[youngcarers@devoncarers.org.uk](mailto:youngcarers@devoncarers.org.uk)

There is also information available on the Devon Children and Families website regarding young carers which families and professionals can also link to for more information

<https://www.dcfp.org.uk/health-and-wellbeing/young-carers/> Call: 03456 434 435 [www.devoncarers.org.uk](http://www.devoncarers.org.uk)

For support as carer if you are aged 18 years and above, find out more details on the Devon Carers website [www.devoncarers.org.uk](http://www.devoncarers.org.uk)

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## Let's Get Chatting Virtual Launch

Wednesday 21<sup>st</sup> April 9:30am till 11:30am.

Go to Event Brite to book a place:

<https://www.eventbrite.co.uk/e/lets-get-chatting-virtual-launch-tickets-146768246777>



**Let's Get Chatting Virtual Launch**

Building on the Best Start in Life, Devon, Torbay and Plymouth are working together to prioritise and promote the importance of the antenatal period and the first 1000 days of a child's life. Local data shows that children living in Devon, Torbay and Plymouth, would benefit from additional support to enable them to reach their full potential in their communication development before they start school, which is similar to the national picture. It's clear that additional action is needed.

Through coming together with parents to focus on their child's developing relationship and interactions, we can support children's communication development right from their earliest days.

You are invited to join us for the virtual launch of 'Let's Get Chatting' a Devon wide campaign to promote early messages about children's communication development.

Wednesday 21<sup>st</sup> April  
9:30am - 11:30am  
<https://www.eventbrite.co.uk/e/lets-get-chatting-virtual-launch-tickets-146768246777>



## Newlife

Newlife Nurses support families, their researchers work to improve children's health, and their dedicated team

campaign for a fairer deal. Childhood cancers, birth defects, accidents, diseases and infections can all cause our precious babies, children, and young people to face lifelong challenges. It happens to dozens of children and their families every day. To find out how Newlife may be able to help you go to: <https://newlifecharity.co.uk/docs/general/About-Newlife-Charity.shtml>



Comfort after suicide loss

## Pete's Dragon

This charity is a team of people that have experienced the aftermath first-hand of suicide loss. Working together towards making sure that all those bereaved by suicide in Devon and Cornwall have access to timely and appropriate support. For more information go to: [http://www.petesdragons.org.uk/Have\\_you\\_been\\_affected\\_by\\_a\\_suicide\\_345.aspx](http://www.petesdragons.org.uk/Have_you_been_affected_by_a_suicide_345.aspx)



## Did you know.....

The Autism Spectrum Assessment Service have a range of useful resources on the Children and Family

Health Devon website, including 'One Minute Guides' and 'Bitesize Videos', these include:

### One Minute Guides

Go to the website and click on the link to view the relevant guide:

[Anxiety](#)

[Behaviour](#)

[Communication](#)

[Sensory differences](#)

[Masking](#)

[PDA](#)

[Siblings](#)

[Social Stories](#)

[Neurodiversity](#)

### Bitesize Videos

Via the website click the relevant link to watch the video:

[Recognising ASD – A Guide for Professionals](#)

[Supporting your Child through COVID-19](#)

[Anxiety in Autism](#)

[Behaviour in Autism](#)

[Sensory Processing](#)

[Communication Differences in Autism](#)

[The PDA Profile of Autism](#)

[My Child has Received a Diagnosis](#)

To access all CFHD service information go to:

<https://childrenandfamilyhealthdevon.nhs.uk/autistic-spectrum-disorder/resources/>



## The National Autistic Society (NAS)

– The NAS have lots of useful resources on their website including; 'After your child's diagnosis'

<http://www.autism.org.uk/about/diagnosis/children/recently-diagnosed.aspx> There is an autism helpline: 0808 800 4104 open Monday-Thursday 10am-4pm, Friday 9am-3pm. They also have a **Parent to Parent service**, which is a confidential telephone support service provided by trained volunteers from their own homes: 0808 800 4106.



## UK Reads Story Box Project

UK Reads is delighted to announce the launch of its Story Box Project in conjunction with

well-known children's author Tom McLaughlin. The sessions will explore Tom's wonderful books - The Cloudspotter and Along Came A Different. With the children exploring themes of friendship, nature, kindness and celebrating difference. To accompany the workshops the children will receive two Story Boxes, each box will contain a copy of the story for the child to keep, and a range of resources and props to bring the book to life.

**For more details see the attached information sheet**



## Council for Disabled Children Preparing for Adulthood from the Earliest Years Review Guide - a new

resource from CDC and

### Whole School SEND

SENCOs, leaders, class teachers and practitioners 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.

View the guide here: <https://bit.ly/3rRwRbm>

## Mums4achange

Free 8 week Zoom group. Wednesdays from 12.30-2.30 from 21st April 2021 see poster below.

**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 8 week Zoom group, Weds at 12.30 - 2.30pm, from 21<sup>st</sup> April  
**Booking essential.** Priority if on benefits. Please contact [jo@mums4achange.org](mailto: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.

funded through

[www.Mums4aChange.org](http://www.Mums4aChange.org)

The courses are free and are funded by The Peoples Health Trust.

sessions take place on 28th April, 11th May and 14th June. If you're interested in the induction training, please complete [this form](#) and the training team will be in touch with you soon.



## Cygnets Parent Autism Awareness Programme May-June 2021

The programme is for parents/carers of Devon school children aged between 7 and 18 pre or post diagnosis.

### Is this course for me?

During and after a diagnosis parents and carers can have a lot of questions about autism and may feel isolated in managing their child's needs. Attending the Cygnets programme gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing social communication and behaviour difficulties.

6 weekly sessions (approx. 2hrs each) related to the following topic/themes:

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

Babcock LDP will send a web link to your email each week (Monday a.m.) to access the relevant weekly topic. You will need an email address and the internet to access this programme.

The programme is purely in an online format (not a webinar or live presentation).

### How do I accept and access the programme?

Simply email [LDP-LearnerSupport@babcockinternational.com](mailto:LDP-LearnerSupport@babcockinternational.com) to indicate you would like to accept the programme access offer (using the same email you wish weekly web link sending to). You will be asked to complete a Reply Slip to confirm details.

On Mon 10 May you will receive the 1st weeks' web link from us.

This online access may be limited to the CV19 period only, so Babcock would highly recommend access and completion if the programme is right for you?

Apply direct by email to: [LDP-LearnerSupport@babcockinternational.com](mailto:LDP-LearnerSupport@babcockinternational.com)

**Please DO NOT contact Barnardos for access to this programme.**

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



## Ambassador Volunteer training

The [Ambassador Volunteer project](#) has been running for about a year and the number of volunteers is steadily increasing. They're connecting families in their communities to

information, and support. They also collect and feedback themes and trends from their network to Parent Carer Forum Devon, to help shape services.

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. Training





## Changes to Disabled Children's Services direct payments

The Disabled

Children's Service in Devon provided a more flexible approach to Direct Payments during the pandemic. Those changes are now coming to an end.

As most community short break support is now running, the Disabled Children's Service has reviewed the flexibilities which have been in place. As of the 18<sup>th</sup> April families will no longer be able to use the £250 flexible spend per month and the direct payments policy will return to how it was before the pandemic. Find out more on the [Devon Children and Families Partnership website](https://www.devonchildrenandfamiliespartnership.org.uk/).



## Youth Inclusive Football Clubs

With grassroots sports now beginning to restart after lockdown we thought it would be a good time for a reminder of the Youth Inclusive Football happening

in Devon - [see attachment](#) for details of clubs. If you have any queries or would like to find out more, contact Ashley Harris, Devon FA Football Development Officer (Inclusion):  
email: [ashley.harris@devonfa.com](mailto:ashley.harris@devonfa.com)  
or Tel: 07912 089838.



## Lifeworks

Safe-Space is a free moderated online activity program for

young people with learning disabilities and their families. It is a closed access provision that only permits registered users to use it. This Easter holiday Lifeworks are running 6 days a week. At the beginning of the week a fresh ingredient box will be delivered to each registered family with everything they need to cook along with their chefs to create lunch for 4 every week day. As well as that they have programmed in a range of activities to encourage informal learning, participation and physical activity – [please see attached](#). ALL their online workshop providers have been working with them in Safe-Space since the beginning of Lockdown 2020 and are brilliant at making what they do accessible to all. To register for access to activities and your free delivery and ingredient box please contact: [traceyhubbard@lifeworks-uk.org](mailto:traceyhubbard@lifeworks-uk.org) or telephone: 01803 861 069 before 10 April.



## SWAN UK (Syndromes Without A Name)

Does your child have global development delay (GDD) or learning/physical difficulties that are unexplained?

Go along to SWAN UK's information event to find out more about undiagnosed genetic conditions and the support SWAN UK offers.

Find out more and sign up here:

<https://www.undiagnosed.org.uk/>



## Challenging Behaviour Foundation (CBF)

Lockdown brings about changes in routine, which can mean challenging behaviour increases.

CBF's Quick Read Guide offers strategies and tips on how to reduce challenging behaviour:

<https://lght.ly/o849104>



## COVID-19 Coronavirus

## 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 Devon Vaccinations 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, they would like to invite you to register with their 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-ccq.devonvaccinationsupport@nhs.net](mailto:d-ccq.devonvaccinationsupport@nhs.net) to provide your details and a member of the team will be in touch to arrange an appointment.

to develop and co-ordinate a **Holiday Activities and Food (HAF) Programme** during school holidays. This programme will provide enriching activities and healthy food, free of charge, to eligible children and families. It offers valuable support to families on lower incomes, giving them the opportunity to access rewarding activities alongside health meals.

During the Easter holiday, your children can attend if they are aged 0-18 years and: -

- are in receipt of benefit related Free School Meals

OR

- have a Special Educational Need/Disability (SEND)
- have an Early Help Plan
- have a Child Protection Plan/Child in Need
- are Looked after children/Children in Care
- are adopted
- are military children
- are experiencing Social, Emotional, Mental Health difficulties or referred to CAMHs
- have Speech, Communication and Language needs
- are excluded from school or at risk of exclusion
- are being supported by the Youth Offending Service or Youth Intervention Team
- are being supported by Children Centres or similar (HomeStart for example)
- are experiencing or living with domestic abuse or violence
- at risk of being criminally or sexually exploited

Also includes: -

- Children from families experiencing mental health issues
- Children from single parent families, where the parent/carer needs some respite or a break
- Friends of children attending who may not fit any of the above
- Any other vulnerabilities that you may know about (for example, family not claiming benefits but experiencing financial difficulties, perhaps due to Covid-19)

Dates for next week are: 13th, 14th, 15th April from 10am-3.30pm. To find out more email:

Email: [comms@narfc.co.uk](mailto:comms@narfc.co.uk)

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The latest DiAS newsletter has a roundup of all the latest news from

DiAS, what's happening in SEND in Devon and the national picture. This terms edition has information about forthcoming parent training and information sessions and changes the DiAS website. There's also news from across the county about changes to services, project updates and the role of support organisations. Click below to find out more:

<http://soc.devon.cc/0m6OD>

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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/>

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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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