

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

24th June 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/>



Devon Information Advice and Support - Demystifying SEND

Free information session for parents and carers of children with SEND about how to find

clear information and support, 12th July 2021, Online 10.30am-12.30pm.

Whether you're new to SEND or already on your journey, this session is aimed at parent/carers supporting their child with special educational needs and disabilities (SEND) who would like to find out more about SEND support. Previous sessions have sold out, so book early!

The session aims to help parents understand how they can access information and which services may be available for them. There is discussion about the graduated response and the terminology around SEND used in schools. e.g. universal, targeted, specialist services. You can also find out more about working with school in an assess, plan, do and review type approach.

The sessions also aims to signpost to information and service websites that are already out there and linked to the Devon Local offer webpage. They are delivered in a varied virtual format – a mix of presentation and discussion with questions at the end. To book on a session here:

<https://www.eventbrite.com/e/demystifying-send-special-educational-needs-and-disabilities-tickets-127732273669>

If you would like to know more about the sessions email: megan.kenneallystone@devon.gov.uk



For brothers and sisters of disabled children and adults

Sibs is turning 20 this year and to celebrate their very special birthday they have teamed up with Over the

Wall to provide a Camp in the Cloud for young siblings who have a brother or sister with a health condition, and their families. This will be taking place on Sunday 12th September. This will be a fun packed event with opportunities for siblings to have fun with their brothers and sisters, as well as adult carers.

Camp in the Cloud is a brilliant virtual programme, where sibling campers and their families can experience the magic of an Over the Wall camp from the comfort of their home. Campers are given exclusive access to the Camp in the Cloud platform, where they can get involved with a mixture of online and real-life activities. Find out more here:

<https://www.sibs.org.uk/sibs-workshops-and-training/camp-in-the-cloud-for-siblings-and-their-families/>



Babcock LDP

When children and young people move onto the next phase of their education or come to the end of their time in school these transitions are particularly significant for all involved. Add on the impact of Covid 19 over the past 18 months and we all know that this year's transition has the potential to be even more challenging. With careful planning and support we can all work together to achieve a positive experience for everyone.

[This article puts some key information into one place](#) with links to specific guidance and information for each of the key transition points.

[Click here to view the Twitter post.](#)



Devon Information Advice and Support for Special Educational Needs and Disability

Checking a draft EHC plan and EHC plan reviews

Based on the questions that parent carers ask DiAS have some new webpages which provide information about how to check a draft EHC plan using the Hub. It also gives practical advice on EHC plan reviews and tips to help both these processes go smoothly. [This Q&A type information](#) walks parent carers step by step through the processes, explaining what they need to do, what to expect and when.



SIGNPOSTplus Survey

We would really appreciate your views on the SIGNPOSTplus Information Snippets by

completing a short survey. It is just a few questions and will only take a couple of minutes to complete.

We are hoping to find out how far the snippets are shared and how useful people find them. The outcome of the survey will help us plan how information is shared in the future.

Complete the survey here:

<https://www.torbayandsouthdevon.nhs.uk/surveys/3/index.php?r=survey/index&sid=773444&lang=en>



Babcock LDP are delighted to continue their offer of the Cygnet programme online.

The programme is for

parents/carers of Devon school children aged between 7 and 18 pre or post diagnosis. Babcock are excited to announce that they have negotiated and agreed access for families of CYP who are currently on the autism assessment pathway, in addition to families of CYP who have received an autism diagnosis.

Is this course for me?

During and after a diagnosis parents and carers can have many questions about autism and may feel isolated in managing their child's needs.

Children's needs also change over time, and information and advice received when a child is younger may need to be updated to be relevant for the child/young person today.

Attending the Cygnet 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:

No.	Topic	Release date
1	Introduction	Mon 19 July
2	Autism overview	Mon 26 July
3	Sensory	Mon 2 August
4	Communication	Mon 9 August
5	Understanding behaviour	Mon 16 August
6	Supporting behaviour	Mon 23 August

Please see the attached information sheet for full details on how to apply to be part of this course.



Working with professionals - When things go wrong

Sometimes, despite best intentions, things go wrong and the relationships between professionals and parent carers can deteriorate or break down. There are all sorts of reasons why this might happen, but the result is almost always lots of extra stress and difficulties for everyone involved. The final part of the topic about working with professionals is [now available on the website](#) this has lots of helpful advice about raising concerns, making a complaint and using disagreement resolution or mediation. Parents can also find lots of tips and strategies on the DiAS website for building positive day to day relationships and managing virtual and face to face meetings. Click below for more details:

<https://devonias.org.uk/information/working-with-professionals/when-things-go-wrong/>



Challenge Ahead

Each half term and school holidays the

group run a sessions of Challenge Ahead – an outdoor activity group for children & young people with Acquired Brain Injury (ABI). The sessions are held at a variety of outdoor pursuits venues across Devon and are for children and young people between 7-25 years.

The group has been running for 8 years now and is designed to assist young people to develop cognitive, physical, behavioural & social skills post ABI.

For more details, please do get in touch with Penny Weeks: penny@pennyweekes.com

In addition to the above there will be an opportunity to help raise funds for the charity by attending an Open Garden and Market at Bishopsteignton on the 11th July. **See the attached flyer for full details.**



Fledglings Equipment

The Self-Tying Coiler Elastic Shoe Laces are effectively self-tying. They turn lace-up shoes into slip-ons. Children with hemiplegia, dyspraxia, strokes, or other conditions that affect dexterity or co-ordination may find them helpful. For more details click: [Here](#)





Space

Rushbrook Youth Club is back open and looking

forward to welcoming everyone. You can enjoy Darts, Pool, Badminton, Lazer tag, Outdoor games and Arts and Crafts.

Tuesdays are for year 7's from 6pm-8pm

Wednesdays are for year 10+ from 6.30pm-9pm

Thursdays are for years 8 & 9 from 5.30pm-8pm

A mask is required for all indoor activities and you will need to book at place by emailing

rushbrookyc@spacepsm.org

In addition to the above there will be a year 6 Class of 21 After Party running on Tuesdays from 1.30pm-3pm The dates will be 27th July, 3rd 10th and 17th August 2021.

You will be able to go along and meet other young people who are moving onto secondary school, play games, have fun and relax.

Email to book your place here

rushbrookyc@spacepsm.org

For full details see the attached flyers



My Family Our Needs

This charity offers lots of information on a wide variety of topics from

holidays, self-support, employment, home life, buggies, car seats and much more.

Visit the website here:

<https://www.myfamilyourneeds.co.uk/directory/>



lifeworks
Learning disability champions

Lifeworks - Devon & Torbay Holiday Programme

11 – 18-year olds Holiday Programme:

On offer this summer: canoeing in the sea, cooking on an open fire, yoga in the countryside, gleaning on local farms and horse riding. Places are FREE for young learning-disabled people living in the Devon and Torbay County Council area in receipt of Free School Meals aged 11 – 16 years. You can book for 1, 2, 3 or 4 weeks - Monday to Thursday 10 a.m. to 4 p.m.

Lifeworks 19+ Young Adults Holiday Programme

For young adults aged 19+, Summer Holiday Programme running for 2 days per week on Mondays and Fridays 10 a.m. to 4 p.m. On offer this summer: sailing, gardening, swimming and dancing.

Breaking the Barrier is back! As part of the new GET ACTIVE programme there will be two paddle board events on Broadsands beach, 3rd and 10th July for young people with LD age 11 – 17yrs and 18+ years and their families hosted by Lifeworks Youth Group and Young Adults Group. Why not join Lifeworks and Phab at Broadsands for paddle boarding, drumming, hula-hooping, keep fit and the now infamous Lockdown Disco Live from Broadsands Beach plus BBQ hotdogs. There are 10 FREE spaces on offer each day.

To book your place for any of the above activities email: traceyhubbard@lifeworks-uk.org or telephone: 01803 861 069.

Sponsored Walk: This summer term Lifeworks Youth Groups have been in training for a sponsored walk on Dartmoor led by Community Programmes Volunteer, Ken. This summer Ken has been working with Lifeworks' young adults' group who want to raise money for Young Minds. The young adults' group has decided the routes for their sponsored walk and there are going to be several options:

A 3K walk on a proper path and pretty flat ground, a picnic and a minibus ride back

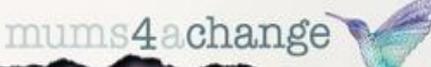
A 6K walk - walking there and back with a picnic in the middle

A 12k walk – walking there and back with an extra leg over rough terrain taking in exceptional views and areas of historic significance.

Families with LD children can register for the event, walk with Lifeworks' young people and their families and help raise money for Young Minds and Lifeworks GET ACTIVE programme - to book on contact traceyhubbard@lifeworks-uk.org T: 01803 861 069

Time for You

Two new Zoom groups starting in September.
For more details email jo@mums4achange.org or
have a look at the www.mumsforachange.org



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 10th Sept
Booking essential. Priority if on benefits. Please contact jo@mums4achange.org or visit Facebook @mums4achange

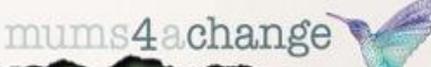
Run by: Jo Ball, a life and career coach, trainer, mum of two, with an Arts Therapy background. Supported by Clare Gale, a trained counsellor who has a son with complex medical needs.



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.



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"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 7 week Zoom group, Weds at 9.30 - 11.30am, from 8th Sept
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.



funded through  

www.Mums4aChange.org

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



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.

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



Disclaimer: The information in 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.
