

# SIGNPOSTplus Information Snippets

## Northern Devon and Surrounding Areas

1<sup>st</sup> July 2021



### SIGNPOSTplus Information Snippets.

Anyone can sign up to receive snippets. There are two editions sent out every Thursday, one for the Northern half of Devon and one covering the Southern half of Devon. Both editions include Exeter information. If you haven't already signed up to receive Snippets directly to your mailbox and would like to be added to the mailing list email:

[cfhd.signpostplus@nhs.net](mailto:cfhd.signpostplus@nhs.net) and state which edition you would like to receive (you can opt to receive both). There is an archive of recent Snippets on the Signpost Plus webpage, where you can also find a range of information sheets and resources: <https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>

We also have our Facebook page: <https://www.facebook.com/SIGNPOSTPlus/> Remember to turn on notifications under 'Follow Settings' to ensure you see posts.



### SIGNPOSTplus Survey

We would really appreciate your views on the SIGNPOSTplus Information Snippets by completing a very 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/surveys3/index.php?r=survey/index&id=773444&lang=en>



### Babcock Cygnet Parent Autism Awareness Courses.

Babcock LDP have negotiated and agreed access to the Cygnet courses for families of Children and Young People in Devon who are currently on the Autism Assessment Pathway, in addition to families of Children and Young People who have received an autism diagnosis.

The programme is for parents/carers of children aged between 7 and 18. Babcock LDP as licensed trainers will be offering access to this programme online during this Summer Term period, as hosting their usual parent autism awareness programme is not physically possible at this time due to CV19 restrictions. There will be 6 weekly sessions (approx. 2hrs each) related to the following topic/themes:

No.	Topic	Release date
1	Introduction	Mon 19 <sup>th</sup> July
2	Autism overview	Mon 26 <sup>th</sup> July
3	Sensory	Mon 2 <sup>nd</sup> August
4	Communication	Mon 9 <sup>th</sup> August
5	Understanding behaviour	Mon 16 <sup>th</sup> August
6	Supporting behaviour	Mon 23 <sup>rd</sup> August

To access the programme email: [LDP-LearnerSupport@babcockinternational.com](mailto:LDP-LearnerSupport@babcockinternational.com) You will be asked to complete a Reply Slip to confirm details. Find out more here: <https://www.babcockldp.co.uk/disadvantaged-vulnerable-learners/send/communication-and-interaction/parents-and-carers/cygnet-parent-autism-awareness-programme-july-august-2021>

**Babcock Communication & Interaction Team** have a range of Communication & Interaction resources and links available on their website: [Babcock LDP - COVID-19 resources from the communication and interaction team](#)

Babcock also have 'One Minute Guides' on a wide range of subjects which can be found here: <https://www.babcockldp.co.uk/disadvantaged-vulnerable-learners/send/communication-and-interaction/one-minute-guides>

*Thank you*

**YOUNGMINDS** YoungMinds – Parent Helpline:  
Are you worried about a child or young person?  
Contact the Parents Helpline for free, confidential  
advice via the phone, email or webchat. Find out  
more here: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>



**SEND Virtual Roadshows – Feedback.** Two virtual roadshows were recently held to share the new SEND strategy and suggested SEND Delivery proposals with practitioners, schools and parents and carers. All were given the chance to share their views and attendees were sent a follow up survey to help gather feedback. The feedback has now been collated from both the sessions and the survey, and it has been used to inform the preferred SEND Delivery model. The insights will also be used as part of the next stage of development where the new organisational structures, systems, processes and measures will be developed, which are needed to bring the new SEND Delivery model to life. Read the full report here: <https://www.devon.gov.uk/educationandfamilies/archives/11792>



**SEND Strategic Review – Capital Funding 2021/22**

Devon County Council is funding improvements to SEND provision in schools. The capital funding plans have been published and can be read here: <https://www.devon.gov.uk/educationandfamilies/archives/11836>

**Free Online Parenting Courses** for all parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years in Devon. You don't need to be struggling. The courses are relevant to parents of all children, including those with special needs, autism, ADHD etc. Find out more here: <https://inourplace.co.uk/>



**Devon Information Advice and Support EHCP Mythbusting -** breaking through some of the misconceptions around the Education, Health and Care Plan review processes.

Reviewing an EHC plan - As time goes on, things will change for your child. They will make progress and get older and their situation and goals will change. So, their EHC plan will need to change too. For this to happen the plan will need to be reviewed regularly – usually once every 12 months.

This is free a 2-hour on-line session for parent carers in preparation for the ECHP Review process in Devon. This session is aimed at parent carers of a child with an active EHCP is delivered by Devon Information Advice and Support service (DiAS).

Key aims:

- Myth busting
- EHCP charter
- Getting ready
- The Review meeting
- Getting stuck
- Moving forward

Dates:

- Wednesday 14<sup>th</sup> July 10.30-12.30
- Wednesday 21<sup>st</sup> July 10.30-12.0
- Thursday 23<sup>rd</sup> September 10.30- 12.30

Find out more and book a session here:

<https://www.eventbrite.com/e/education-health-and-care-plan-ehcp-review-mythbusting-tickets-156716259551>



**ICan - Talking Point**

Provides information to help you understand and support children and young people's speech, language and communication. Find out more here:

<https://ican.org.uk/i-cans-talking-point/>



**Babcock Transition Guidance.**

Babcock have a range of Transition resources on their website, which have been produced in collaboration with Devon County Council, including the Transition Booklets for each education stage:

<https://www.babcockldp.co.uk/disadvantaged-vulnerable-learners/educational-psychology/resources/transition-guidance>



**HANDi app.** Developed by NHS organisations in Devon, the HANDi Paediatric app is available to download for free onto any Apple or Android smartphone or tablet. As well

as providing up-to-date NHS advice on common childhood conditions and how to treat them, it has a quick and easy to use child symptom checker. Find out more and download the app here:

<https://devonccg.nhs.uk/health-services/children-and-young-people/handi-app>



**Kooth** is a free, anonymous and safe online mental wellbeing

community for young people aged 11-25 years within the local area. Kooth provide a range of services to support young people's wellbeing. Find out more here: <https://www.kooth.com/>



### North Devon Forum for Autistic Spectrum Conditions and ADHD – First Aid Training

North Devon Forum are a parent/carer led support group, established in 1992 by a group of parents and professionals concerned with children on the spectrum.

The Forum have recently received a grant for first aid training, dates available: 16<sup>th</sup> July (Filleigh) and 17<sup>th</sup> July (Bideford). Members of the North Devon Forum can attend free of charge, cost for non-members is £60 per person.

For further information or to book a place email: [info@ndfautism.co.uk](mailto:info@ndfautism.co.uk)

The Forum are currently updating the website and will soon be in a position to open up applications for membership – but please wait until you are invited to apply to ensure a smooth transition.

Feel like a chat? Why not join the Forum's Zoom virtual coffee mornings on Thursday 22<sup>nd</sup> July and Thursday 26<sup>th</sup> August – email [info@ndfautism.co.uk](mailto:info@ndfautism.co.uk) to be included in receiving the link.



Are you a young person in Devon, aged 11-25, who is neurodiverse, or who has a special educational need or disability?

Would you like to be part of a network making

change in SEND services and other issues that affect your life? Email [amy.bickford@devon.gov.uk](mailto:amy.bickford@devon.gov.uk) for more details.



### Newlife Play Therapy Pods.

Newlife offers the free loan of specialist toys to families who have disabled or terminally ill children. There are different categories of play pods to choose from, depending on the child's age, physical and learning abilities, and medical needs.

The Play Therapy Pods are self-contained and are delivered direct to the family's door.

Find out more here:

<https://newlifecharity.co.uk/docs/care-services/Play-Therapy-Pods.shtm>



### National Parents & Carers Virtual Conference 2021: Celebrating Neurodiversity through positive support.

The ADHD Foundation and Witherslack Group are once again partnering up for a virtual conference covering a broad range of SEN support and advice.

Date: Thursday 8<sup>th</sup> July. Time: 10.30am onwards This event is FREE to attend.

Find out more and book a place here:

<https://www.witherslackgroup.co.uk/resources/national-parents-and-carers-virtual-conference-2021-celebrating-neurodiversity-through-positive-support/>



### Sign . . . Hear - An Introduction to Sign Language.

A FREE informal friendly group for parents/carers with children of any age to learn basic sign language. Learning a new phrase(s) through songs and stories. Fridays 3.30pm - 4.30pm, South Molton Methodist Church. Booking essential. Find out more here:

<https://www.southmoltonmethodistchurch.org.uk/sign-hear>



### AET Making Sense of Autism – Early Years.

Basic awareness training for all those engaging with children in early years settings. This includes teaching and support staff, office and ancillary staff, caterers, caretakers, transport staff and governors.

The training will support participants in:

- understanding the key areas of developmental difference experienced by autistic children
- building and promoting positive relationships
- the importance of understanding the individual and to build upon his/her strengths
- supporting children in accessing teaching and learning.

Monday 8<sup>th</sup> July, 9.30am – 11am. Cost: £35.

Find out more and book a place here:

<https://shop.babcockkdp.co.uk/events/7bcbed1a-cf82-467c-a586-607311592a5a/AET-Making-Sense-of-Autism-Early-Years-virtual-event>



## Family Fund – Carer Support

Family Fund have launched a new webpage dedicated to

helping carers find useful resources, including emotional and financial support:

<https://www.familyfund.org.uk/support-for-carers-2>



## Bis-net – Two New Courses for July:

### Supporting an Autistic child during a melt-down

Tuesday 13th July. 5:30pm - 7:30pm  
£9.21 per ticket

In this webinar you will cover:

- \* Identifying potential triggers and pro-active melt-down support and reduction
- \* The behaviours and actions a melt-down could lead to - from shut down to aggression.
- \* The Autistic experience - what this can tell us about Melt-downs and support
- \* Specific processes to guide yourself through a melt-down.
- \* Last resort and safety planning.

Find out more and book a place here:

<https://www.eventbrite.co.uk/e/supporting-an-autistic-child-during-a-meltdown-tickets-156691302905>

### Crisis options and support for parents of

**Neuro-divergent families** Tuesday 20th July.  
6pm - 9pm. £11.37 per ticket

The areas covered will include:

- \* Child to parent aggression
- \* Melt-downs and high anxiety around school
- \* Self-injurious behaviour and self-harm
- \* Burnout and withdrawal - child and parent

The 3 hours is to allow for more questions and content should only last 2 hours. You will receive a recording you can watch again at any time.

Find out more and book a place here:

<https://www.eventbrite.co.uk/e/crisis-options-and-support-for-parents-of-neuro-divergent-families-tickets-161749387773>

**Bis-net Mailing List.** Keep up to date with all upcoming BIS-net activities and receive free information and resources. Sign up to the mailing list here: <https://us8.list-manage.com/subscribe?u=359d686cae1fd9f98a3df3b84&id=f272aa777f>



## Space Youth Services

Find details of all of Space Youth Centres, Online services and Forums

here: <https://www.spaceyouthservices.org/>



## Devon Information Advice and Support - Demystifying SEND information sessions

Free information session for parents and carers of children with SEND about how to find clear information and support, 12<sup>th</sup> 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. Book a place 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](mailto:megan.kenneallystone@devon.gov.uk)



## Tourettes Action

**Support for Young People**, Tourettes Action have put together some information specifically for young people, based on their research about what young people want to know:

<https://www.tourettes-action.org.uk/78-young-people.html>

### Webinar for Teachers – Understanding Tourettes Syndrome

Wednesday 15<sup>th</sup> September, 4pm via Zoom, followed by a Q&A. Tickets £5. Find out more and book a place here:

<https://www.tourettes-action.org.uk/news-568-webinar-for-teachers---understanding-tourette-syndrome.html>



## National Autistic Society - Transitions:

The NAS have a section of their website containing advice about strategies and support that can help during key life transitions – starting or changing school, leaving school, and starting or leaving college or university:

<https://www.autism.org.uk/advice-and-guidance/topics/transitions/england>



## TALKWORKS Free Workshops

TALKWORKS have a range of free workshops for anyone aged 18+.

**TALKWORKS for Sleep:** A two-hour session to help people manage a range of sleep problems from waking in the night to struggling to fall asleep.

**Stress Less with TALKWORKS:** A two-hour session introducing people to a range of Cognitive Behavioural Therapy (CBT) techniques to help them manage their day to day wellbeing in the current times.

**Wellbeing for Parenthood Workshops:** A two-hour workshop for parents during pregnancy or who have a child under the age of 2 years old.

**TALKWORKS Introduction to Mindfulness:** A one hour 15-minute online session on the potential for mindfulness to help manage stress, anxiety, low mood and pain.

Find out more and book a place here:

<https://www.talkworks.dpt.nhs.uk/workshops>



## Parent Info – Online Friendships – A Parent’s Guide.

The NCA-CEOP (National Crime Agency) have put together some advice for parents to help children stay safe with their online friendships: <https://parentinfo.org/article/online-friendships-a-parents-guide>



face to face meetings

### Neurodiverse Parenting Support Group

for parents of neurodivergent children including autistic, adhd, pda, spd in West Devon

10-11:30am

2nd Thursday of the month - term time  
Okehampton College Community Centre

Tel: 07808 523111 (Allyson) or 07546 258403 (Heather)  
Email: [heather@communitylinks-sw.co.uk](mailto:heather@communitylinks-sw.co.uk)  
Website: [www.communitylinks-sw.co.uk](http://www.communitylinks-sw.co.uk)

join our facebook closed group

Community Links



## Action for Children – Behaviour

Find an information page dedicated to the subject of behaviour here:

<https://parents.actionforchildren.org.uk/behaviour/>

Find more information on a range of subjects on the Action for Children **Parent Talk** pages, including the 1:1 chat service where you can talk with a qualified parenting coach about anything that is worrying you. It's all free and no topic is too big, small or embarrassing.

Find out more here:

<https://parents.actionforchildren.org.uk/>



**PDA Resources** – the PDA Society has a dedicated Resources section on their website with a wide range of useful information for individuals, parents, carers & professionals:

<https://www.pdasociety.org.uk/resources-menu/>



## Contact 1:1 Listening Ear Service

is a telephone service for parents with disabled children or additional needs. You can talk to one of the family support advisers about anything and everything:

- Ideas and tips for coping with stress and improving wellbeing
- Practical ideas to help establish your child's routine, improve their sleep or manage challenging behaviour
- Relationships with partners and siblings
- Just to have a chat about the frustrating day, week, month or year you've just had!

The service is completely FREE of charge. Each appointment lasts 1 hour and there are slots available in the mornings, afternoons and evenings. After the call there is an email follow up with advice and information discussed in the call. Book your appointment here:

[contact.org.uk/listening-ear](https://contact.org.uk/listening-ear)



## Tubers Exeter & Torquay Holiday Club

Tubers is a Video Academy and Creative Space for 7-17 year olds.

Alongside their regular activities, Tubers run a holiday club where young people aged 9-17 can learn to make great videos, play the latest games and use VR set ups. The club runs Wednesday-Friday during school holidays and is £80 for members, £95 for non-members for the 3 days.

Find out more and book a place here:

<https://tubers.uk/product/holiday-club/>



## Virtual School Library.

Oak National Academy and the National Literacy Trust have come together to launch a Virtual School Library. Every week, a popular children's author will become 'Author of the Week' and provide a free book or audiobook and exclusive videos and activities aimed at primary school children, all available at [library.thenational.academy](http://library.thenational.academy)

Author of the week: Discover The Legend of Kevin with Philip Reeve and Sarah McIntyre Watch an exclusive video from Philip Reeve and Sarah McIntyre and read an exclusive Q&A!

**Stay Up-to-Date with the latest Coronavirus news and figures plus the local support available to you at:** <http://soc.devon.cc/GNm2>

## Support for People and Families

The impact of the coronavirus pandemic is continuing to put a huge financial strain on some families but help is available. If you know someone who is worrying about money and how to pay for basic household essentials, you can encourage them to apply for extra assistance through funding made available via District Council's hardship funds. You can find out more about what support is available in Devon, including how to apply for financial help, where to find foodbanks and community larders, free meals during the school holidays and what to do if you're on a low income and need to self-isolate:

<https://www.devon.gov.uk/coronavirus-advice-in-devon/document/support-for-people-and-families/>

*Disclaimer: The information contained within 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.*



---

## 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 [SIGNPOSTplus page](#) on the Children and Family Health Devon website

*If you no longer wish to receive these bulletins please email: [cfhd.signpostplus@nhs.net](mailto:cfhd.signpostplus@nhs.net) and we will remove your details from the mailing list.*