

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

15th 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 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.



Last Chance to have your say in the SIGNPOSTplus Survey!

We would really appreciate your views on the SIGNPOSTplus Information Snippets by answering a few quick questions. It only takes 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 outcomes 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&sid=773444&lang=en>

Thank you



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 th July
2	Autism overview	Mon 26 th July
3	Sensory	Mon 2 nd August
4	Communication	Mon 9 th August
5	Understanding behaviour	Mon 16 th August
6	Supporting behaviour	Mon 23 rd August

To access the programme email:

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>



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>



HAF Holiday Fund – Free Summer Holiday Activities and Meals

The HAF programme is primarily for children aged 5-16 years (and can include 4-year-olds already in Reception year) who are eligible for and receiving benefits-related free school meals (FSM), and their families.

The Holiday Activities and Food programme is being delivered by a number of different individuals and organisations across Devon. To access the programme, simply book a place through one of the providers listed. Please note that booking details differ depending on each provider.

The providers on offer include those experienced in working with children and young people with special educational needs and disabilities (SEND) and are therefore appropriately trained to support children with a disability or additional needs. If your child requires assistance for the activity, the parent or carer may be welcome to attend or the activity provider may offer extra support for your child. Please contact the given provider to discuss further.

Places are now open. Find the full eligibility criteria and the list of providers taking part here:

<https://www.devon.gov.uk/educationandfamilies/family-support/haf-programme>



Devon County Council's new website for children and young people with Special Educational Needs and Disabilities (SEND).

The brand new website is designed for children and young people with SEND and their families to help them find the right information about education, health and care support in the local area to help them achieve their goals in life. It has been developed alongside parents and carers, those working with children and young people and young people themselves to make sure families can easily find the information that matters most.

Take a look at the new website here:

<https://www.devon.gov.uk/education-and-families/send-local-offer/>



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:



Dates:

- Wednesday 21st July 10.30-12.0
- Thursday 23rd 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>



Devon Information Advice and Support – Updated EHC Guide

DiAS' booklet about EHC needs assessment has been revised and updated. New information has been added about using Devon's EHC Hub, the online system where you can follow what's happening and take part in a needs assessment. DiAS have also reviewed all the information to make sure it's up to date.

Available as a PDF, the booklet takes parents and carers step by step through the needs assessment process – from thinking about an assessment through to getting a draft plan.

Read more about the booklet and download a copy here:

<https://devonias.org.uk/news/updated-dias-booklet-about-ehc-needs-assessment/>



Bis-net Webinar - 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>



Contact - Behaviour that challenges

Many young children have emotional outbursts, but behaviour can become challenging when it happens frequently or repetitively or it is harmful to the child, the parent or other people.

Contact have put together some information, tips and resources on the subject:

<https://contact.org.uk/help-for-families/information-advice-services/health-medical-information/common-concerns/behaviour-that-challenges/>



TALKWORKS Free Workshops

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

- TALKWORKS for Sleep (2 hours)
- Stress Less with TALKWORKS (2 hours)
- Wellbeing for Parenthood Workshops (2 hours. For parents during pregnancy or who have a child under the age of 2 years old).
- TALKWORKS Introduction to Mindfulness: (1 hour 15 mins)

Find out more and book a place here:

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



North Devon Forum for Autistic Spectrum Conditions and ADHD

Feel like a chat? Why not join the Forum's Zoom virtual coffee mornings on Thursday 22nd July and Thursday 26th August – email

info@ndfautism.co.uk to be included in receiving the link.



Children and Family Health Devon's Speech and Language Therapy Service Virtual drop in sessions for parents and professionals

What?

A virtual drop in for parents of children under 2 and professionals who are concerned about their speech, language and communication development.

This will be delivered via the 'attend anywhere' platform.

The Speech and Language Therapist will spend up to 10 minutes listening to the parents'/professional's concerns, asking questions and observing how the child and parent/s communicate and interact.

All families will be given advice and/or ideas to try at home.

For some children, it will be recommended that they are referred to the Speech and Language Therapy service for a more detailed assessment. Professionals with concerns about the SLC development of children under 2 should ensure that the child and family remain anonymous when sharing their concerns via the drop in service

When?

Tuesdays -
18th May, 15th June, 6th July, 10th August
9:30am-11:30am

Thursdays -
3rd June, 24th June, 22nd July, 26th August
1pm-2:30pm

How?

1. Log onto <https://nhs.uk/tsdft-child-speech-lang>
2. Sign in using the code "Drop In"
3. The Therapist will see that you are in the waiting area and will join the video room when they are ready



Rough Guide to Accessible Britain.

Packed with over 200 accessible and inspiring days out, with reviews, tips and access information. Read and download the latest guide free of charge here:

<https://www.motability.co.uk/news/rough-guide-to-accessible-britain/>



The National Trust – Access for Everyone.

Find out how carers can visit National Trust sites free of charge with a 'Companion Card' and download the free 'Access Guide' here:

<https://www.nationaltrust.org.uk/features/access-for-everyone>



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, including live forums and discussion boards for young people to get involved in.

Kooth have produced a 30 second video outlining some services professionals can request or book in with, watch the video [here](#)

Find out more about Kooth here:

<https://www.kooth.com/>



YoungMinds – Supporting your Child with Depression and Low Mood.

If you're worried that your child is feeling low or struggling with depression, read YoungMinds advice on what you can do and where you can find support:

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-depression-and-low-mood/>

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/>



Family Lives – Dealing with Anxiety in Young Children.

It may not always be easy to spot the signs of anxiety in children and it may present itself in behavioural issues or emotional outbursts. Family Lives guidance will help you understand your children's needs and how to help them manage their feelings:

<https://www.familylives.org.uk/advice/your-family/wellbeing/dealing-with-anxiety-in-young-children/>



Family Fund – iPad Resources.

Family Fund have put together a range of short instructional videos to help you get your device set up and to help you adapt your device for your child's needs. Watch the videos here:

<https://www.familyfund.org.uk/digital-resources>



Learn Devon Autumn Programme is now Live - with over 200 free tutor-led

online courses for Devon adults. Subjects range from art and craft, wellbeing, creative writing to family learning, digital skills, employability and much more. Whether you're looking to increase your wellbeing, combat social isolation, improve your job prospects and skills or just looking for something to do with your family and friends there is something for everyone. Browse the courses and enrol here: <http://soc.devon.cc/bGFwG>



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

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

EVERY MONDAY 4.30–5.30PM & EVERY FRIDAY 5.00PM–6.00PM

A SAFE PLACE TO BE

A PLACE TO HAVE FUN

MEET NEW PEOPLE

'NO BLOCKS'
ONLINE SESSIONS FOR YOUNG PEOPLE WITH SEND
AGED 11–19 YEARS
INTERESTED? CONTACT US: INFO@SPACEPSM.ORG

Zoom Sessions
Group video for Youth Club members
Message us for more details

SUPPORTED BY YOUTH WORKERS

space*

in, ig, f, t



Space Youth Services

Find details of all of Space Youth Centres, Online services and Forums here: <https://www.spaceyouthservices.org/>



Tourettes Action Webinar for Teachers – Understanding Tourettes Syndrome, Wednesday

15th 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>



Action for Children – Helping your Child Cope with Change.

Change affects everyone differently. As adults, we learn how to manage our feelings over time. But children don't always find it easy to understand or express their emotions. Action for Children have put together some hints, tips and advice on the subject here: <https://parents.actionforchildren.org.uk/mental-health-wellbeing/stress/help-child-cope-with-change/>

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/>



Devon Information Advice and Support – Top Tips to help with the move to secondary school

DiAS new top tips sheet, Moving up to secondary school, has some ideas and strategies you can use to help things go as well as possible. <https://devonias.org.uk/documents/2021/06/moving-up-to-secondary-school-tips.pdf>



Living Paintings - Discovery Zone.

Living Paintings give thousands of blind and partially sighted people the opportunity to borrow their Touch to See books from a free postal library.

The Living Paintings Discovery Zone is full of exciting multi-media content. Listen to bonus audio tracks and interviews with a host of stars. Explore educational resources, fact files and fun activities. Be inspired by themed book recommendations. You can click on a subject that sparks your interest or search by keyword: <https://livingpaintings.org/discovery-zone>



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

Author of the week: Read The Bolds by Julian Clary and illustrated by David Roberts, watch a video on how to draw the characters and discover the author's top recommended reads.



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>



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/>

Stay Up-to-Date with the latest Coronavirus news and figures plus the local support available to you at: <http://soc.devon.cc/GNmi2>

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 and we will remove your details from the mailing list.

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.

