

# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 22nd July 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/>



We just wanted to say a **huge thank you** to everyone who

took time out of their day to complete our SIGNPOSTplus survey. We have been completely overwhelmed with the positive comments and feedback received. We will publish some of the themes emerging from the feedback in future editions. Watch this space..... You can still contact us at any point if you have any comments or feedback on: [cfhd.signpostplus@nhs.net](mailto:cfhd.signpostplus@nhs.net)



#### Contact - For families with disabled children

Are you a new parent of a disabled child?

Overwhelmed with reams of paperwork and pamphlets? Order your FREE copy of Contact's 'Helpful guide for families with disabled children' Everything's in one place for you. Contact have even split the guide into easy-read sections so you can find advice when you're ready to! To access the information click here: <https://action.contact.org.uk/page/13234/subscribe/1>



#### Young Devon

Young people across the UK; check out the new, FREE YouthCard app:

- Work experience placements
- Mentoring programmes
- Career guidance
- Financial education
- Youth groups
- Volunteering opportunities
- Inspirational talks
- Discounts with top retailers

Packed with thousands of career preparing opportunities and community perks for ALL 11-25-year olds

The #YouthCard app has been created by UK Youth, Speakers for Schools, Young Enterprise, Young Scot and European Youth Card Association

To find out more click: [Here](#)



If your child transitioning into further education you can sign up to UCAS. They will send you regular information on applying to university, personal statements, student finance, apprenticeships and more. To receive UCAS' regular newsletters click: [Here](#)



National Trust

**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>



**The Government** have updated their guidance for SEND and specialist settings.

Additional operational guidance: coronavirus (COVID-19) (applies until Step 4)

Updated 14 July 2021  
for full details click [Here](#)

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### Parents United

Are a group of parents/carers with young people or persons on the Autistic Spectrum and/or ADHD.

Diagnosed or going through the process. Parents United are a friendly casual group of parents meeting every 2 weeks on Friday's during term time.

Why not go along to the Great Western Hotel in Tiverton from 10am to 11.30am and see what's on offer.

Parents united are looking forward to welcoming everyone back after the summer holidays. please see below dates.

Forthcoming dates are:

- Friday 17th September 2021
- Friday 1st October 2021
- Friday 15th October 2021
- Friday 5th November 2021
- Friday 19th November 2021
- Friday 3rd December 2021
- Last one till after Xmas Friday 17th

December 2021

- Then start in new year Friday 7th January 2022. If you require any more information, please contact Hayley on: [h.hardy211@outlook.com](mailto:h.hardy211@outlook.com)
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### Sibs for brothers and sisters

There is still time to book a place at Sibs, Camp in the Cloud for siblings of children with a health

challenge (and their families) The camp takes place on 12th September - more information here: <https://bit.ly/3xBrFfU> One child in the family must be aged 6-17 to sign up.

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**Look**, the sight loss charity, have a peer mentoring service for young people with a visual impairment. They are building a culture of structured and safe community support, and empowering peer mentors to draw on their own experience to help guide others.

If you're aged 11-29 and at school, university/college or looking for work, Look have a mentor ready to help you achieve your potential. The mentoring scheme empowers young people to ask for help and say what they need. Mentors have all been through the journey of sight loss at school and can also offer support to young people starting out in a job or at university.

To find out more go to: [https://www.look-uk.org/mentoring/?utm\\_source=Facebook&utm\\_medium=social&utm\\_campaign=Orlo](https://www.look-uk.org/mentoring/?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo)

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**Our Place** has created a range of online courses from the antenatal period

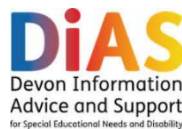
through to 19+ years of age.

The courses are relevant to parents of all children, including those with additional needs. The course for parents with a child with additional needs lays the foundation for understanding your child. It also looks at some particular aspects of parenting: sleeping and anger management, together with more about how we interact with each other.

The courses are designed by professionals within the NHS, working with practitioners and parents to develop resources to support everyone to have a happier life.

To find out more click: [Here](#)

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**DiAS** 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, new information resources about the EHC plan process and many other subjects and updates about DiAS volunteers. There's also news from across the county about special school places, the updated Local Offer website and the latest news about the SEND transformation project.

<http://soc.devon.cc/iqSw8>

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## Accessible summer days out



### Paignton Zoo – Changing Places toilets

Paignton Zoo are able to offer a “Changing Places” toilet. This includes an adjustable sink, an adult-sized changing bench, ceiling track hoist and privacy screen alongside the conventional equipment found in a wheelchair-accessible WC. The facility can be accessed with personal RADAR key, and there is also a key available to borrow from the Island Restaurant at the Zoo.

#### Free carer for guests with a disability

With each guest with a disability ticket, the Zoo offer free entry for the accompanying carer or helper if required. Please inform front of house staff on arrival and they will ask you to provide one form of ID either:

- Disability living allowance letter
- Blue badge
- P.I.P award documentation

For more details go to:

<https://www.paigntonzoo.org.uk/plan-your-visit/accessibility/>



**Decoy Country Park** in Newton Abbot is not only a great free day out, it’s also has wheelchair accessible walks, a playground and

toilet facilities. Find out more about Decoy Country Park here:

<https://devonwithkids.co.uk/decoy-country-park-newton-abbot-south-devon/>



### The PlayPark, Exeter

Accessible adventure playground – the sixth most accessible in the World no less – including swings, trampoline, roundabouts, slides and a sand pit.

The park was designed with Mencap and has recently been refurbished with help from Exeter City Council.

Find the PlayPark on King George V Playing Fields at Topsham (EX2 6HE).



### Pennywell Farm

Based at Buckfastleigh this is one of Devon’s top family days out and prides itself on being accessible to all. It’s the South West’s largest farm park where you can meet animals, enjoy talks and play.

Find out more about accessible days out at Pennywell Farm here:

<https://www.pennywellfarm.co.uk/disabled-access>



**Dartmouth Steam Railway** runs vintage locomotives along the scenic line between Paignton and Kingswear in South Devon

There’s level access to stations at Paignton, Churston and Kingswear and a ramp allowing wheelchair access to the guard’s van. Find out more about access to trains and other services run by Dartmouth Steam Railway here: <https://www.dartmouthrailriver.co.uk/visitor-info/access>



### Crealy Adventure Park & Resort

The site is mostly flat and they say ‘the vast majority of the rides and attractions’ are designed to be fully accessible to disabled guests. Take a look at the full guide to days out at Crealy Adventure Park:

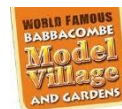
<https://www.crealy.co.uk/accessibility>



### Dingles Fairground Heritage Centre

This unique Devon attraction has more than 45,000 square foot of vintage rides and fairground fun.

Dingles is also a museum telling the story of travelling fairs, the people who worked at them and the evolution of the rides. The whole site has level access and there are accessible facilities. Find out more about visiting Dingles Fairground here: <https://www.dinglesfhc.co.uk/visit/disabled-access/>



### Babbacombe Model Village

This small attraction near Torquay is a fun place to visit for all ages with models to appeal to children and adults alike. Be aware that it is set in a valley so people with mobility scooters and motorised wheelchairs will find it easier to navigate by themselves. Carers and helpers will need to feel strong on the day you visit!

Find out more about visiting Babbacombe Model Village and its accessibility statement here:

<https://www.model-village.co.uk/visit/access>

**HAF  
PROGRAMME**



**FREE Activities & Food Programme  
In Exmouth**



**FREE SUMMER HOLIDAY PROVISION  
FOR ALL FREE SCHOOL MEAL  
ELIGIBLE CHILDREN  
AGED 4-11 YEARS OLD!**

The Department of Education announced that the holiday, activity and food (HAF) programme will run across the South West during the Summer. Funds have been made available to every local authority in England to arrange FREE holiday provision, including healthy food and enriching activities for free school meal eligible children and children with EHCP.

Our HAF programme will include:

- A healthy hot lunch
- Lots of fun
- A wide range of enriching activities
- Exciting and healthy lifestyle sessions

**Full details to follow...**

To book your place please private message the Facebook page  
<https://www.facebook.com/mrssnugglesworkshop/>  
or email [info@mrssnuggles.co.uk](mailto:info@mrssnuggles.co.uk) or call 07762 428067



**Electric Umbrella**

When you're part of Electric Umbrella, the stage is always set, the lights are always bright and the show is always on.

They make music, make each other laugh, make memories, make friends; they are a community.

It's a place where learning disabled people can be themselves, no judgement, just good vibes. It's time your voice was heard, so take the mic and watch the sparks fly.

Electric Umbrella's free and supercharged online sessions bring friends, joy, beautiful sound and electric energy into your living room.

Plug In, switch on and get ready for the moment of your life

To find out more go to:

<https://www.electricumbrella.co.uk/>

have any additional needs)?

Do you want to see change in your community or about a specific issue?

Do you want to speak up on behalf of other young people?

Are you already part of a youth council or voice group?

Then the Devon Youth Council Network could help you!

By joining the Devon Youth Council Network, you will receive

- a welcome pack, full of all the information you need
- a monthly newsletter of opportunities & project updates to get your voice heard
- exclusive invites to events & meetings where you can work alongside decision makers
- access to training & support to help get your voice heard & make a difference.

To sign up, you'll need to fill in a form and then you can start getting updates and news!

To sign up click: [Here](#)

The aim of the Holiday Activity and Food (HAF) programme is to support children to eat more healthily, be more active over the school holidays and have a greater knowledge of health and nutrition.

The programme is mostly 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. It's being delivered by a number of different people 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.

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/information-for-parents>

### **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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*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.*

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