

# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 16th December 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/>



#### The HANDi Paediatric app

The app gives up-to-date advice about common childhood illnesses and how to treat them.

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

[Download the app for Apple devices](#)

[Download the app for Android devices](#)



#### Devon SEND

Want to know more about Special Educational Needs and

Disabilities services across Devon? Sign up today to receive a regular newsletter, which includes a roundup of important news and updates about SEND services across Devon.

Sign up here: <http://soc.devon.cc/L4Lsj>



#### The Hollie Gazzard App

Stay safe with the Hollie Guard app.

Travelling alone? Turn your smartphone into a free personal

safety device with this fantastic app

To find out more click here: <https://orlo.uk/lwZsV>



#### Information, Advice and Support Services (IASS)

This service provide free, impartial and confidential

information, advice and support to disabled children and young people, and those with SEN from birth to 25, and their parents.

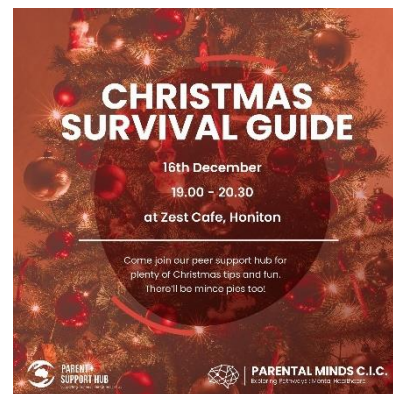
IASS can support children, young people and their parents on a range of issues including: EHC Needs Assessments, Exclusions, SEND tribunals and more.

To find out all of the ways your local IASS can help, watch the animation here:

<http://bit.ly/2nwSZwo>

You can find your local IASS here:

<https://bit.ly/3INGs1E>



#### Parent+ Support Hub

Thursday, 16th December from 19.00-20.30 at Zest Café, Honiton.

During the evening they will be discussing the stresses and joys of Christmas over

mince pies. Please do a lateral flow test before joining us



#### Ambitious about Autism

#### Ambitious about Autism

This new toolkit from Ambitious about Autism supports autistic young people into the job market. The toolkit has sections for autistic young people, careers professionals & employers. It's free to download & includes lots of editable forms and templates. To find out more click: [Here](#)



**'Mind Your Words'**  
FREE online training. The Royal College of Speech and Language Therapists (RCSLT) have launched a free online course, 'Mind Your Words' to

support all professionals working with children and young people.

This online training highlights the links between mental health and communication and outlines how professionals can work together to remove communication barriers and help these children and young people achieve their potential.

It is recommended that all professionals working with children and young people complete this FREE training.

Access this training by clicking on this link:

[http://soc.devon.cc/Mind\\_Your\\_Words\\_training\\_mGQcO](http://soc.devon.cc/Mind_Your_Words_training_mGQcO)

**Special Needs Jungle** 10 top tips to boost Working Memory in children.

<https://www.specialneedsjungle.com/10-top-tips-to-boost-working-memory-in-children/>



**Free Courses in England**

Help make the world a little more autism friendly. Gain an Understanding Autism level 2 qualification from the comfort of your home, for FREE!

- Open doors to rewarding careers
- Understand the spectrum of autistic disorders
- Flexible learning from home

Limited funded seats left - Register interest to get started today.

To find out more about this and many other courses go to:

<https://freecoursesinengland.co.uk/autism-course/>

The Department for Works and Pensions (DWP) has created two playlists of video clips in relation to DLA.

[Disability Living Allowance \(DLA\) for children - YouTube](#)

And [Disability Living Allowance for children - YouTube](#) in BSL

**Climbing the rainbow** - free Christmas visuals. Key days created as well as cards if you have a visitor over, or you are doing the visiting. Because it's always good to prepare our children for who may be coming over or who they may be visiting. To find out more on Facebook go to:

<https://www.facebook.com/climbing.rainbow>

Christmas cards

Christmas Eve	Christmas day	Boxing day
Christmas dinner	New Year's Eve	New Year's Day
Visitors	Bedtime	Quiet time
Presents	Morning	Visiting

Created by climbing the rainbow

Created in WidgeOnline.com for Climbing the rainbow Widge Symbols © Widge Software 2002 - 2021

## Ups and Downs Southwest

Downs Syndrome support for Children, Parents and Professionals

Ups and Downs southwest can help you with:

- Family - Face to Face Support, help with DLA, PIP and EHCP, Advocacy Service.
- Professionals - Resources, Advice, Support, Training Events and Conferences.
- Social - Family Days, Children and Young People Activities.

For more information have a look at the **attached flyer** or contact:

01278 691100 and [www.upsanddowns.net](http://www.upsanddowns.net)

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### Christmas Crafts

Finding activities your child can work on throughout the month of December is sometimes tricky. This webpage highlights activities you

can test. It includes goals, skills, and adaptations.

To find out more go to:

<https://sensoryprocessingdisorderparentsupport.com/40-christmas-crafts-for-kids.php>

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### Devon SEND Local Offer

Any children currently receiving benefits-related to

free school meals and their families, can also take part in the Holiday Activity and Food scheme for free over the Christmas break.

To access the programme, simply book a place through one of the listed providers

<http://soc.devon.cc/SNKV0>

More information about the HAF programme is available here <http://soc.devon.cc/JJTes>

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### Covid up date

For the current updates and information relating to Covid and Omicron variant, have a look at the Governments website:

<https://www.gov.uk/coronavirus>

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### ICAN

How can you support language development in the early years?  
Claire Smith (I

CAN Lead Speech and Language Advisor) suggests 7 ways to do exactly that in her new article for Teach Early

Years: <https://bit.ly/3IYLSYC>

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### Top Tips

for professionals who support children and young people to participate in their Education, Health and Care plan



### Council for Disabled Children

This Top Tips guide is for professionals involved in supporting children & young people to fully participate in their Education, Health and Care plan.

Read here: <https://bit.ly/3Bht8I1>

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### Turn2Us

If you are sick with Covid-19, there may be benefits, grants or other financial

support available to you. Visit the Turn2Us Covid-19 information page for more information:

[www.turn2us.org.uk/Your-Situation/Sick-with-Covid-19](http://www.turn2us.org.uk/Your-Situation/Sick-with-Covid-19)

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### Devon pre-school Speech & Language Therapy

A little gift for all our parents/carers - take a look at the link below, if your child has difficulties with sensory processing.

This is a free course aimed at helping parents and carers to understand this and learn about some helpful strategies to help your child. Hope you find it helpful!

<https://www.sensoryintegrationeducation.com/.../understan...>

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Back to basics - birth to 12 months are such important months to support your baby's early language and social communication skills. So, have a look at these 5 top tips, from BBC Tiny Happy People - give them a go over the festive period, have fun!

<https://www.bbc.co.uk/.../easy-ways-to-boost-baby.../zdcxgwx>

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## Children and Family Health Devon – Good Referral Guide

If you are about to complete a self-referral form to access services from Children and Family Health Devon, you may want some hints and tips on how to fill the form to your best advantage.

The information is on the bottom right hand corner of the home page on the website.

The CFHD webpage also has information on Thresholds for the Most Popular Services.

To find out more click on the link:

<https://childrenandfamilyhealthdevon.nhs.uk/>

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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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