

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

13th January 2022



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.dent@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/>



A.I.M.S.

Special Needs Group
Dawlish Devon.
A.I.M.S. exists to provide support to those families

who have children with different needs. They meet every Saturday from 11am to 2pm to provide a safe and fun place for children to play and for their parents to meet, chat and share experiences. If children come once a week, once a month, or just to the outings, A.I.M.S are always happy to see you.

For more details go to:

<https://www.aimsforfamilies.org/about/>



Sibs for brothers and sisters

Sometimes young siblings have to deal with unkind comments or behaviour from others because of their brother or sister's disability. Share Sibs advice with siblings you care for by clicking on the links:

<https://www.youngsibs.org.uk/.../people-are-mean-because.../>



What is the Max Card?

The Max Card is free to families with children aged 0-25 who have SEND and it allows eligible children and young people free or discounted admission to more than 800 attractions nationwide, over 60 of which are in Devon and Cornwall.

For more information visit [the Max Card website](#). How do I get a Max Card?

When you are registered as part of [the Disability Network](#) Devon County Council will send you a Max Card. You have to be 25 or under to be eligible.



Torbay Olympic

Gymnastics Club. Special Needs Gymnastics and

Movement for People with a Disability. Saturday morning from 9:00-10:00am. This one hour class is open to children aged 3-8 years old who have a disability requiring a high level of support.

The children are to be accompanied by an adult (e.g. parent, carer) for the duration of the session. For more details go to:

<http://www.torbaygymnastics.co.uk/specialneeds.html>



Charlotte Lynch

Qualified and experienced teacher of the Deaf. Charlotte can offer:

- Individual play based sessions with deaf child and parents lasting approximately an hour using Auditory Verbal strategies*
- Target setting and joint planning of long and short term goals
- Assessment of children who are deaf or hard of hearing
- Remote 'teletherapy' sessions
- Liaison with audiology teams
- Deaf awareness training
- Independent reports

For more information contact Charlotte by email:

charlottelynchsound@gmail.com Mobile

07772545495 or visit the website:

www.charlottelynchsound.co.uk



FRIENDS & FAMILIES

Family and Friends

Why not join Family and Friends for their 6-week Virtual Support Group via Zoom.

Grab a cup of tea and biscuit and join them from the comfort of your own home. You will have the chance to talk to other parents/carers, get some advice, and have a chat about your week.

The group will meet every Thursday between 8pm-9pm.

First session: Thursday 3rd February, 8pm – 9pm

Click the link to book a

space: <https://bit.ly/3r6iLnW>. You will be sent a Zoom link the day before - on Wednesdays.

The sessions will be facilitated by Holly, the Family Support Worker, and Hazel from their Wellbeing Team.

If you have any questions please contact [Holly](#).



Kinship

Kinship care is when a child lives full-time or most of the time with a relative or friend who isn't their parent, usually because their

parents aren't able to care for them. It is estimated that around half of kinship carers are grandparents, but many other relatives including older siblings, aunts, uncles, as well as family friends and neighbours can also be kinship carers.

For more details about what Kinship can help with go to: <https://kinship.org.uk/for-kinship-carers/what-is-kinship-care/>



Devon County Council

The name for a new integrated, wraparound support system for children and young people with Special Educational Needs and Disabilities (SEND) has been announced.

The winning name chosen by you was... **'SEND Connect'**

Devon County Council and partners continue to work up the final design and implementation ready for an anticipated launch date of Autumn 2022.

For more details and information go to:

<https://www.devon.gov.uk/eys/devons-childrens-service-announces-name-of-new-send-model-chosen-by-you/>

Mealtime Routines

Some ideas for creating a positive and enjoyable mealtime routine are:

- Introduce the idea of eating together, start with once or twice a week and build up from there.
- Ask the children to be involved in preparing the meal or laying the table, this helps them learn new skills and helps keep them entertained.
- Keep the meals healthy but simple, so that it's not too time consuming or stressful.
- Model good table manners, they will pick up on your actions quicker than your words.
- Turn the TV off during mealtimes to create an opportunity to talk and have enjoyable conversations.



Mealtime routines can help children develop manners, social skills and healthy eating habits



Helping children & teens overcome anxiety




Online Workshops

www.thestillmethod.com

Parents and teacher workshops created to help people support children to overcome anxiety. By following a fun, step-by-step process, where you and your child work together, your child can become anxiety free.

The number of children and teenagers suffering from anxiety is increasing, but there is a lack of support for parents and teachers. There is often conflicting advice, with words like mindfulness, counselling and CBT used and these are often hard to apply.

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



Kooth

The Kooth website offers a wide variety of information and support materials. This includes a Parents and Carers information pack. You can find out about this and the many other services Kooth have to offer: [HERE](#).

Attached to this weeks snippets is an information sheet on Kooth's 'Top Tips on how to speak to young people about their mental health' **Please see attached.**

support charity for children/young people aged 0-25 and their families. They have offices based in both Somerset and Bristol but also offer support in North Somerset, **Devon**, Dorset and Wiltshire. They offer:

- A family support service, delivered by their team of family support workers.
- Volunteer befrienders, who all have a child with Down Syndrome, and can provide face to face, weekly support.
- A school support service for pupils, parents and schools.
- Regular family events.
- An annual training programme for families and schools.
- Youth clubs for 10-25 year olds (one based in Weston-Super-Mare and the other based in Sherborne).

To get in touch either call on 01278691100 or email info@upsanddowns.net
www.upsanddowns.net



IPSEA
Independent Provider of Special Education Advice

IPSEA Introduction to SEND law, virtual training day.

Friday 4th February from 10.00am - 15.15pm, including breaks and Q&A. Format: virtual, via Zoom webinar.

This one day training is designed specifically for parents, carers and supporting family members of children with special educational needs and disabilities, providing an introduction to SEND law, and empowering attendees to secure the right education for their child. To find out more and to book a place click: [Here](#)



Babcock LDP

Training, Professional Development and Conferences Spring/Summer 2022

[Browse our website](#) or [download the CPD booklet](#) (with clickable links)



The Disabled Children's Partnership

The Disabled Children's Partnership are recruiting!



The DCP are recruiting young people aged 12-25 for an advisory group working to improve health and social care for disabled children, young people and their families.

This is an amazing opportunity for 10 disabled youngsters who want to help fight for better health and social care!

The [Disabled Children's Partnership](#) are looking for people aged 12-25 to influence major

national campaigns as part of their Advisory Group.

The Advisory Group will be directly involved in the DCP's important work by contributing their thoughts, experiences and feedback.

Find out more and apply by 24 January bit.ly/3yw7Siu

Autism Life World have produced this poster, for more information have a look at their Facebook page:

<https://www.facebook.com/lifeinautismworld>

autistic masking can look like ...

lizzy @autieselfcare

Pretending to be interested in a topic	Reading off a pre prepared social script	Not using fidget toys when out in public	Hiding my stims
Using a different voice tone	Bottling up my thoughts & feelings	Copying others' body language & facial expressions	Trying to go unnoticed
Copying the ways other people dress	Socialising when I don't want to	Talking more or less than I'd like to	Hiding special interests
Forcing myself to pay attention & focus on a conversation but zoning out	Practicing conversations & facial expressions	Taking on the persona of another person. Eg. YouTubers/ a fictional character	Trying to be "normal"
Constantly monitoring myself	Cancelling plans last minute	Putting on an act - feeling overwhelmed & anxious but hiding it to appear calm & at ease	Forcing myself to make more/less eye contact
Hiding my distress towards certain sensory stimuli, eg. loud noises	Leaving early or going to the bathroom to avoid a meltdown	Hiding behaviour that is "socially unacceptable"	Overthinking about how I appeared in past conversations



BBC Bitesize

How to talk to your child about climate change.

Understanding what climate change is and comprehending its effects and what can be done about it is tough for even adults to understand - and answering questions a child might have can feel daunting as a parent.

Bitesize has spoken to two psychologists who have advised on answering some of the questions your child might ask.

Click on the link for more information click: [Here](#)

ADHD

Free booklet for teachers on identifying & supporting students

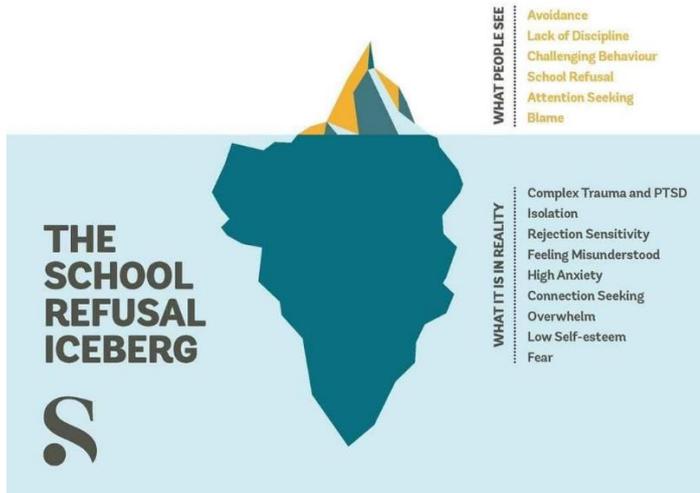
with ADHD -with practical strategies for outstanding teaching & learning to improve education outcomes & attainment.

<https://adhd.foundation.org.uk/.../REFOCUSING-ON-ADHD-IN>



Sunshine Support

Sunshine Support



“If you’re having trouble getting your child to school, don’t force them. It won’t help them.

Remember, long after the school has gone you’ll still have a child who you need to parent. That child’s mental health needs to be protected for life.”

For more information click: [Here](#)

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

[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.



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.

