

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

6th 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/>



Developmental Coordination Disorder (Dyspraxia) & Dyslexia

Support

Most children find it easy to learn to move but children with Developmental Coordination Disorder (DCD) find it hard. It can be tricky for them to plan and control their movements. DCD affects 1 in every 20 children. It makes important tasks difficult, like getting dressed or playing games and sports. Scientists have found that children with DCD have different activity in some brain areas compared to other children. Mental training can increase activity in these areas of the brain. <https://kids.frontiersin.org/.../10.3389/frym.2021.642053...>



Kooth is a free, anonymous and safe online mental wellbeing community for young people aged 11-25 years within the local area. Kooth online counselling and mental health service is available every day. Young people can log on to access self-help materials, goal setting and one-to-one chat sessions with a qualified counsellor 365 days a year. Find out more here: <https://www.kooth.com/>



Happy New Year from the Signpost Plus team

We are here to provide information, help and guidance to parents and carers of children and young people with additional needs in Devon. Did you know Signpost Plus also have a webpage? Click here to find out more: <http://childrenandfamilyhealthdevon.nhs.uk/signpostplus/> On our page you can find archive Snippets and a wide variety of resources and information related to services available from Children and Family Health Devon.

As we go into 2022, you may have news, events or updates you would like to share and promote via snippets, please feel free to forward to: [Kris.dent@nhs.net](mailto:kris.dent@nhs.net) or amandasmithson@nhs.net



PARENTAL MINDS C.I.C. Parental Minds

Exploring Pathways ; Mental Healthcare
are currently working with CAMHS, enabling families to have a genuine chance to get involved and influence their new Crisis Pathway. Have you supported your child through a mental health crisis? Your experience can help influence a new CAMHS Crisis Pathway by feeding back to Parental Minds here: <https://forms.office.com/r/mNQY1qSgby>

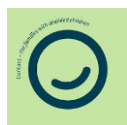
Together, we can make a difference. The Survey closes at the end of January, there is a real chance for parents/caregivers to be heard and influence this new service, which could hugely benefit our children & young people.

New DiAS training session dates for next term!

All for parent carers, free and online.

- **Demystifying SEND**
Information session for parents and carers of children with SEND about how to find clear information and support.
11th January, 7th February and 8th March 2022
- **EHC plan Review Mythbusting**
Breaking through some of the misconceptions around the Education, Health and Care Plan review processes.
18th January 2022, 14th February and 15th March 2022
- **Listening to your Child's Views**
Helping your child to express themselves and tell you how they feel about life at school.
25th January, 16th February and 21st March 2022.

Click on the blue links above to book a place.



Contact - For families with disabled children

Did you know you can use the free Grants Search on the Contact website

to find out what financial support may be available to you?

You may be eligible for grants to pay for specialist equipment, therapies, housing adaptations and even holidays with your little one.

Find out more here:

contact.org.uk/grants-search



New Year, New You?

Learn Devon have a wide range of courses,

from free Maths and English GCSE to arts and crafts or how to use Office 365.

Some courses are online and some in person.

Check out their website to find out more:

www.learndevon.co.uk



Family Fund – Free Online iPad Workshops

Want to find out how to get full use from your iPad? Have a look at the schedule of upcoming workshops and book a place here:

<https://www.familyfund.org.uk/Pages/Events/Catalogory/ipad-workshops>

Devon Information Advice & Support

To view the Autumn term DiAS newsletter click on the link below

<http://soc.devon.cc/7vZJ2>

WHAT TO DO IF YOU FEEL NERVOUS ABOUT RETURNING BACK TO SCHOOL @BELIEVEPHQ

- PLANNING**: Get ready to return to school by planning your week. Use an activity diary to schedule in lessons and homework.
- SLOW DOWN**: Take a moment to pause and slow down what you are doing.
- GET ORGANISED**: Pack your bag and get all your school books and equipment ready. This can help boost confidence and reduce stress.
- ASK FOR HELP**: If you feel you are struggling don't be afraid to ask for help from a friend or teacher.
- GOALS**: Review your goals for the school year and agree on some new achievable targets with your teachers.
- BREATHE**: Engage in some slow and steady breathing to help calm your mind and body.
- PROBLEM SOLVE**: Come up with a list of solutions to a worry and choose one that you can put into action.
- IMAGERY**: Take 5 minutes and imagine yourself in a calm and safe space.
- BE PATIENT**: Ease yourself back into school and homework. Don't put pressure on yourself to get everything done at once.

BELIEVE PERFORM
Mental Health & Wellbeing



Taste Life

Do you struggle with an eating disorder or control issues

around food? Or are you supporting someone who is suffering? Does recovery feel impossible? The Taste Life course starts on January 17th from 7.15pm -9.15pm at the Zest Café Honiton.

To find out more telephone 07743 340 650

For more details see the attached posters



I CAN

Calling all educators! Join I CAN's Liz Wood (Speech and Language Advisor) for this FREE online talk.
Monday 17th January, 4pm

Free online event

Book now: <https://bit.ly/3EIKsie>



Coming to Terms Art Therapy Group

In January 2022, we will be running an Art Therapy group for teenagers, facilitated by two HCPC registered Art Psychotherapists.

We will be focusing on processing the events of the pandemic, and moving forward, encouraging young people to return safely to public spaces.



We will offer a safe space for young people to explore anxiety or fears they might be holding around the return to school or other spaces. We will use themes within the group, such as 'resilience' and 'hope'.

The group will take place in Exeter.

This is a FULLY FUNDED opportunity. Spaces are limited. Please contact info@youthartsandhealth.org for more information.

hope





Exploring Anxiety

A six-week meet-up to connect, share, and learn together

Hosted by Recovery Devon and Kingscare

Share experiences, explore coping skills, and discover what works for you in a friendly group facilitated by people who also live with anxiety


10:30am - Noon, Thursdays from 20th Jan 2022
Courtenay Centre, Newton Abbot TQ12 2QA

BOOKING ESSENTIAL, PLACES LIMITED
CONTACT BRIONY AT [B.ENRIGHT@NHS.NET](mailto:b.enright@nhs.net)

Coming up in Newton Abbot later this month - a six-week group exploring anxiety, co-facilitated by Recovery Devon and Kingscare Newton Abbot.

Share experiences, explore coping skills, and discover what works for you in a friendly, easy group.

Thursday mornings from 20th January. Spaces are limited - contact Briony at b.enright@nhs.net to book a place



Friends and Family
Are very excited to announce that their activities programme for January is NOW LIVE.

There's a wide range of activities for the whole family to enjoy - including **climbing, basketball**, a trip to the **theatre** and lots more.
For full details go to: <https://www.friendsandfamilies.org.uk/services/events/>



BBC Tiny Happy People
This BBC website offers tips and advice on a whole range of parenting topics. Browse the alphabetical list of topics

and click through for articles and films to help on your parenting journey.

To find out more go to:

<https://www.bbc.co.uk/tiny-happy-people/tips-and-advice>



Sunshine Support - Dyslexia How to Identify and Support at School and Home

This Webinar is available via Eventbrite on Thursday January 6th from 8pm-10pm.

There is more to Dyslexia than people think... It affects communication and so much more.

If you would like to learn more and sign up go to:

<https://www.eventbrite.com/e/190224696187>

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.
