

SIGNPOSTplus Information Snippets

30th March 2023





SIGNPOSTplus Information Snippets.

Anyone can sign up to receive Snippets. 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

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/>

SIGNPOSTplus has a Facebook page: <https://www.facebook.com/SIGNPOSTPlus/>
Remember to turn on notifications under 'Follow Settings' to ensure you see posts.

Children & Family Health Devon Speech & Language Therapy Service Drop in Sessions for under 3s:



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 3 and under 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 up to the age of 3 should ensure that the child and family remain anonymous when sharing their concerns via the drop in service

When?

Tuesdays 1-2.30 p.m.	Thursdays 9.30- 11.30 a.m.
10 th January 2023	26 th January 2023
14 th February 2023	2 nd March 2023
14 th March 2023	30 th March 2023
11 th April 2023	27 th April 2023

How?

1. Log onto <https://nhs.vc/tsdft-cfhd-pre-school-drop-in>
2. Sign in
3. The Therapist will see that you are in the waiting area and will join the video room when they are ready

Log in here: <http://nhs.vc/tsdft-cfhd-pre-school-drop-in>



Devon Holiday Activities and Food Programme– Easter Holidays

The Holiday Activities and Food (HAF) 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 on the HAF webpage. All clubs will be operating for a minimum of four hours, including a hot meal. Booking details differ depending on each provider. The schemes are fully inclusive and accessible, so please discuss your child's needs with your chosen provider. Please note that you will need a code, which is provided by your child's school and you can only book one scheme per holiday.

Find the list of participating providers here: <https://www.devon.gov.uk/educationandfamilies/document/haf-providers-easter-2023/>



Devon SEND Improvement Family Engagement Sessions.

Parent carers of children and young people with SEND are invited to join sessions to discuss how SEND provision across the local area can be improved, both now and in the future. There is one session remaining of the current scheduled set:

Bishops Nympton Parish Hall: Monday 24th April, 11am to 1pm. [Book a place here](#)

The sessions are the first set in a series being held throughout the year, so if you cannot make this one, please keep an eye out for future dates.

There will also be a virtual version taking place at a later date for people who are unable to attend in person.

The sessions will include service leads from NHS Devon, Devon County Council and Children and Family Health Devon. The actions in the Devon SEND Improvement Plan will be outlined, before breaking into groups to discuss how everyone can work together with parents to deliver it. You can [read a summary of the draft improvement plan on the SEND Local Offer website](#)

The sessions are to hear and learn from your experiences. Book a place on the Eventbrite link above.

Unfortunately, there will not be the opportunity to supply updates on individual casework on the day. However, they will signpost and share contact details of people that can help.



Devon Information Advice and Support – Spring Term Parent Training Sessions:

DiAS parent training session dates are now live for this term. All sessions are online and free of charge.

EHCP Review Mythbusting

Have you got an annual review of your child's EHC plan coming up? This Myth busting parent session will help you find out what you need to know and do.

Wednesday 3rd May, 10.30am - 12.30pm.

Book a place on this link:

<https://www.eventbrite.com/e/education-health-and-care-plan-ehcp-review-mythbusting-tickets-156716259551>

Demystifying SEND

Demystifying SEND information sessions for parents and carers of children with SEND, about how to find clear information and support.

Tuesday 25th April, 10.30am - 12.30pm.

Book a place on this link:

<https://www.eventbrite.com/e/demystifying-send-special-educational-needs-and-disabilities-tickets-127732273669>

Listening to your Child's Views

An online session about helping a child with SEND express how they feel about school.

Tuesday 9th May, 10.30am - 12.30pm.

Book a place on this link:

<https://www.eventbrite.com/e/listening-to-your-childs-views-tickets-154265433063>

**Devon Autism Strategy for Children/Young People
Upcoming Parent Carer Engagement Events**

Exeter

100 Club, Wear Barton Road, EX27EH
Friday 31st March 10am-1pm

Current proposed draft strategy



Eventbrite link



To Book

For more information: Penny
07776424116
Exeterdistrict.branch@nas.org.uk

Refreshments Available - Tea/ Coffee /Biscuits

Lunch NOT Provided



ERIC UK Free Webinar for Parents and Carers:

ERIC's Family Services team are hosting a webinar to help you understand common bowel and bladder issues and give you tips and information to help manage them.

The webinar will cover:

- Finding out more about how children's bowels and bladders work
- Learn how to tackle common bowel and bladder problems such as constipation, soiling and wetting accidents and bedwetting
- Signposting to helpful resources
- Tips and advice on how to help your child drink better
- Help on introducing a daily toileting routine
- Signposting on where and how to get help for your child at nursery, school or in your local health services.

Join ERIC on Tuesday 25th April at 7pm via Zoom - it's free for parents and carers to attend.

Find out more and book a place here:

<https://eric.org.uk/talking-about-wee-and-poo/>



Youth Arts & Health Trust.

A few spaces left and beginning soon!
Fully funded opportunity open to all Devon parents.

Is your child struggling with their mental health?

Alongside You...

SUPPORT GROUP FOR PARENTS

8 weekly online sessions on Mondays 5:30pm - 6:45pm

A safe and supportive group facilitated by two Arts Therapists

Together we will explore the commonalities of being a parent and each session will have a theme named in advance. This will likely include:

- how we might best help a child/young person
- how we look after ourselves
- communication and relationships
- identity
- trauma and the body
- self-harm
- suicidal thoughts
- planning for safety
- accessing services

Please email: info@youthartsandhealth.org and we will send you more information and a booking form.

Places are limited.



YOUTH ARTS & HEALTH TRUST

Our mission is to provide high quality arts therapies and creative arts activities to children, young people and their families that develops their skills, confidence and resilience.

Fully funded thanks to the National Lottery Fund

COMMUNITY FUND

GENERAL CONTACT: info@youthartsandhealth.org www.youthartsandhealth.org

Email info@youthartsandhealth.org for further information and an application form.



I CAN - Free webinars for parents!

Is your child aged 18 months-2.5 years?

Are you concerned about their language development?

Join one of the free TALK parent webinars for approaches you can put into practice with your child at home.

4th April - Using songs and rhymes to develop language.

18th April - Symbolic noises and first words.

7th May – Supporting language development during everyday routines.

All webinars last for 40 minutes and are free to attend. Book your place today:

<https://speechandlanguage.org.uk/talk-parent-webinars/>



Neurodive Upcoming Events:

Webinar: Supportive

Environmental Adjustments at Home for Neurodivergent Children.

For parents or professionals supporting families focused on adjusting the home environment to be more supportive for neurodivergent children

Tuesday 4th April, 10am – 12.30pm.

Tickets £11.55. Book a place here:

<https://www.eventbrite.co.uk/e/supportive-environmental-adjustments-at-home-for-neurodivergent-children-tickets-599298035557?aff=ebdsoporgprofile>

Fire, Food and Support for Dads of Autistic Young people ft Marcus Bawdon. Cullompton.

A unique training event for Dads of Autistic young people to learn about supporting Autistic people whilst BBQ'ing with a UK BBQ pitmaster.

Thursday 20th April, 5pm-8.30pm.

Fordmore Farm Shop, Cullompton.

Tickets £49.46. Book a place here:

<https://www.eventbrite.co.uk/e/fire-food-and-support-for-dads-of-autistic-young-people-ft-marcus-bawdon-tickets-586008115047?aff=ebdsoporgprofile>



TALKWORKS. There are lots of self-help resources available to help you look after your mental

health. If you, or someone you love is struggling, help is available: <https://orlo.uk/Y10qi>

You can also find out about TALKWORKS free Wellbeing Workshops for people aged 18+ here:

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



Cerebra Online Sleep Seminars

The online Sleep Seminar aims to give you the knowledge, skills and confidence to deal with sleep issues so the whole family can get a good night's sleep.

Understanding and supporting children's sleep for parents and carers of children with brain conditions aims:

- To build on your knowledge and understanding of sleep and what impacts/improves it
- To increase your skills when addressing issues of settling, night waking, early rising and sleeping alone
- To improve your confidence to apply information gained to your own situation

Upcoming Seminar Dates:

- Thursday 27th April, 10am – 12:30pm
- Tuesday 27th June, 10am – 12.30pm
- Thursday 30th June, 10am – 12.30pm

Find out more and book a place here:

<https://cerebra.org.uk/get-advice-support/sleep-advice-service/sleep-seminars/>



Parent+ Support Hub Sidmouth:



Find out more about Parent+ Support Hubs here:

<https://www.parentalminds.org.uk/parent-support-hub-meetings/>



Wizzybug Free Loan Scheme.



Wizzybug is an innovative powered wheelchair provided free of charge to young children in the UK. It is intended for pre-school children of minimum age of 14 months and a maximum weight of 20 kg. Wizzybug is an electrically powered wheelchair for indoor and outdoor use, for physically disabled children, with adult supervision.

Find out more and apply here:

<https://designability.org.uk/meet-wizzybug/>



Adventure Therapy aims to improve the emotional and physical wellbeing of children, young people and adults with mental health conditions, physical disabilities, learning disability and life limiting or life changing conditions through outdoor and adventure-led activities. Working with qualified and experienced instructors, Adventure Therapy offer 19 activities, including climbing, mountain biking, archery, kayaking and coastering. The activities are either free and fully funded or subsidised and provided at the lowest cost possible.

‘Our funding comes from charitable donations and the kindness and generosity of the communities we serve. The power of spending time outdoors should never be underestimated. It can improve vitality, aid rehabilitation, provide a sense of purpose and accomplishment; and help reduce feeling of isolation and loneliness. We believe the outdoors should be accessible for all. If you share this vision, please get in touch for further information and discover the ways you can get involved and be a part of Adventure Therapy.’

Find out more about Adventure Therapy here: www.adventuretherapy.org.uk



bibic Online Training Sessions:

bibic are running online training sessions for parents and carers of children and young adults with neurological or developmental difficulties, and professionals. The next scheduled sessions are:

Social and Emotional Development

12th April 2023 10am-11.30pm

The session will look at how to promote social and emotional development. What anxiety is, what it can look like and how to support anxiety in children and young adults.

Dyslexia, Dyspraxia and Dysgraphia

25th May 2023 3pm-4.30pm

The session will cover;
What Dyslexia, Dyspraxia and Dysgraphia are.
The symptoms of these conditions.
How to assess and practical strategies to support at home and in the classroom.

Sessions Cost £15 each and are CPD accredited. Find out more and book a place here: <https://bibic.org.uk/services/training-seminars/>

Sign up to the bibic newsletter for tips, strategies & advice from the bibic Therapists straight to your inbox here: <https://bibic.org.uk/bibic-family-stories/bibic-news/sign-up-to-our-newsletter/>



YoungMinds – Panic Attacks: A Guide for Young People.

When you are having a panic attack, it can feel scary and overwhelming. But you are not alone and you can get through it. Find YoungMinds information and advice that can help here: <https://www.youngminds.org.uk/young-person/my-feelings/panic-attacks/>



YoungMinds Parent Helpline, Webchat and Email Services:

Parents Helpline - for advice, emotional support and signposting about a child or young person up to the age of 25, call free on: 0808 802 5544 from 9:30am - 4pm, Monday - Friday.

Webchat Service - provides information and signposting to help parents and carers find the information they are looking for with regards to their child’s mental health. Access the webchat via the icon on the bottom right hand side of the screen on the website link below. Parents webchat is open 9.30am - 4pm, Monday - Friday.

Email Service - You can email the YoungMinds Team outside of webchat hours (between 4pm - 9.30am) Monday - Friday, or over the weekend. Click the webchat icon on the bottom right of the YoungMinds webpage screen.

Find out more about the YoungMinds Helpline services here: <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>



Witherslack Group Free Webinar Neurodiversity: Exploring Challenging Behaviour - Demanding and Disruptive Behaviour

During this webinar, Anne-Marie from Ideas Afresh Education will look at some of the reasons why we experience some responses and reactions that are described as demanding and disruptive. By using a useful metaphor, she can help to analyse the whys whilst also exploring some top tips to best support changes.

20th April, 10am - 11am (Including Q&A).

Even if you can't make it on the day of the webinar, you can still register and a recording of the session will be emailed to you after the webinar has taken place.

Register here:

<https://www.witherslackgroup.co.uk/resources/neurodiversity-exploring-challenging-behaviour-part-1-demanding-and-disruptive-behaviour/>



Family Fund Free Digital Workshops

Family Fund run a range of creative and support iPad workshops. The creative workshops are fun for your child and family, the support workshops are aimed at parents/carers to help get your device set up safely.

Upcoming workshops include:

- Creating a comic strip, 5th April.
- Design your own app, 11th April.
- Make an Easter e-card, 12th April.
- Make a Social Story, 13th April.
- Getting started with your iPad, 18th April.
- Make it work for you, 19th April.
- Staying Safe, 25th April.

Find out more and book a place on any of the above workshops here:

<https://www.familyfund.org.uk/support/technology/discover-digital-workshops/>

Information Session in Totnes: Monday 24th April, 7.15pm.

DO YOU HAVE A CHILD AGED 8-11 WHO IS STRUGGLING EMOTIONALLY?

Anxiety, depression, sleep and behavioural problems and other mental health struggles are on the rise in children. They often emerge in years 5 and 6 of primary school, and if unaddressed can worsen in secondary school.

You can support your child's emotional health at this crucial age.

THIS GROUP AIMS TO SUPPORT YOU TO:

- ✓ Learn strategies to help you support your child, with no judgement!
- ✓ Meet other parents who understand your situation for mutual support.
- ✓ Help you to prioritise your own well-being as a parent.

WHEN? Find out more at our **Information Session** for parents at 7:15pm on Monday 24th April 2023.

WHERE? Lovelace Room | The Mansion | 36 Fore Street | Totnes | TQ9 5RP

To attend register at www.calendly.com/yymhf/information-session-stjohns

To get more information contact:
Joel Sutton (YMHF) on 07588 792 474
or email joel@youthmentalhealthfoundation.org

For further information contact Joel Sutton (YMHF) on 07588 792474
Or email: joel@Youthmentalhealthfoundation.org

Space Stepping Stones Project, Newton Abbot:

***Inspire**
***Create**
***Grow**
***Connect**

thestationyc@spacepsm.org
01626 369 283
The Station, Wain Lane,
Newton Abbot, Devon
TQ12 2SH

[thestationsspace](https://www.instagram.com/thestationsspace)
 The Station YC
www.spaceyouthservices.org

CONTACT US

A little bit about us
Stepping Stones is a 12 week support programme, that is designed to build on confidence, social skills, health and well-being and connect young people.
The programme is supported and run by professional youth workers in a youth centre that is jam packed with opportunities to get involved with something fun within a small group setting.

Who it is for
Do you know a young person aged between 11-19 who would benefit from a fun and lively youth session but that is just not quite ready yet?
We understand that for some young people they may need a little support to do so, we have tailored this session to do exactly that.

How to Join in
Simply request a referral form via our Email
thestationyc@spacepsm.org
Spend a few moments filling it in, wait for us to be in touch and its as easy as that.

What will it look like?
Lots of fun things to get involved in such as, arts and crafts, music, pool, fun challenges, learn something new such as cooking, making your own record in our music studio or just kick back and chill. Supported by youth workers to access the tools and opportunities.

Where: The Station Youth Centre Newton Abbot TQ12 2SH
When: Every Wednesday Term time
Time: 3.10pm-4.40pm
Starts: April 19th 2023

The Station Youth Centre is now taking referrals for their next Stepping Stones 12-week youth work programme. It starts on 19th April 2023. This programme has been run four times since launching last year and is aimed at supporting, and empowering young people to boost their confidence, social skills, connections to support networks, and their overall wellbeing. It is a small group work setting at the youth centre. It has been really successful since its launch and young people have gone on to gain the confidence and skills to attend the busy evening youth club sessions, start volunteering, or been supported by the programme to join other amazing opportunities or out of school activities.

Email: adam.winsor@spacepsm.org to find out more and to be sent a referral form.

The deadline for referrals is Monday 3rd April 2023.



Changing Places Facilities Map

Find Changing Places facilities across the Country on the Changing Places interactive map. You can also 'Plan a Journey' by entering your starting point and destination, the Changing Places website will then list all of the available Changing Places facilities along your journey: <https://www.changing-places.org/find>



Tourettes Action Webinar: Sensory Workshop.



14th June, 8pm.

Tickets £5. Find out more and book a place here: <https://www.tourettes-action.org.uk/news-669-.html>

Frame Running Club Barnstaple:



New SEND After School Group in Barnstaple

Tuesdays 4-5pm during term time.



SEND After School Group

We invite you to join this new group for SEND children and their carers at the

DEVON ANTENATAL FAMILY CENTRE,
*
Cross Street, Barnstaple, EX311BA .

The group is open to all ages and activities will be child lead.
Please call Sue on 07837988120 if you would like any further information.

There is limited parking outside the Centre for Disability Blue Badge holders.

This special group invites SEND children and their caregivers to enjoy the Family Centre play cafe and bespoke sensory room. The cafe will be closed and the lights are all dimmable to ensure a calming environment.

The sessions will be led by experienced practitioners and activities will be available for those who wish to take part.

For further information call Sue on: 07837 988120.



Place2Be Parenting Smart.

Parenting advice from Place2Be Child Mental Health experts. Find practical tips on a wide range of subjects to support children's wellbeing and behavior here: <https://parentingsmart.place2be.org.uk/>



Play Café Torquay – SEN Sundays.

Exclusively for children with additional needs, 9-11am on Sundays at The Play Café, 161

Higher Union Street, Torquay. Children can enjoy the soft play without the hustle and bustle of regular play sessions.

For further information and ticket prices call: 01803 431363 or head to their website:

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



Contact For Families with Disabled Children –

Free Virtual Workshops: Primary speech, language and communication

Contact are running workshops for parents of children of primary age with communication difficulties associated with hearing impairment, language impairment and autism (with or without diagnosis).

Friday 31st March 9.30am - 11.30am.

Monday 3rd April 12.30pm - 2.30pm.

Find out more and book a place here:

<https://contact.org.uk/help-for-families/workshops-and-events/workshops/all-ages-workshops/>



ASRUS is a weekly club providing activities and social learning experiences for young people in Torbay who have Autism Spectrum Conditions (which may or may not be diagnosed).

ASRUS is a place to be with friends, a place to play outdoors, a place to make music with support from music leaders and a place to chill and chat. Each week there are different opportunities including creating crafts to take home and making delicious food to eat! It costs £3.00 per child and accompanying adults are free.

Children and young people who attend are accompanied by their parents/carers and often go along with their brothers and sisters too. There are a variety of activities which usually include; bushcraft skills, outdoor cooking, music and karaoke, cooking, arts, crafts, demonstrations and trips.

Find out more and complete the Registration here: <https://www.playtorbay.org.uk/asrus>



Young Epilepsy – The Channel
An online space for young people with epilepsy.

Find trusted advice and honest answers. Read real stories about life with epilepsy. Get the information and life hacks that can help you. No jargon. No judgement, just real information about the things you need to know: <https://thechannel.org.uk/>



ADHD Foundation – Ten Tips to Support Your Teenager with ADHD
Useful tips to support your teenager's

ADHD. Adolescence can be a challenging time to navigate for all teenagers but can be especially difficult when they have ADHD. These suggestions from the ADHD Foundation may help: <https://www.adhdfoundation.org.uk/2022/03/10/ten-tips-to-support-your-teenager-with-adhd/>

Make Waves Bideford Neurodivergent Easter Egg Hunt.



Friday 7th April, 3 - 5 pm.
Win a chocolate egg!
There may even be a special guest onsite... 🐰
Book online here:

<https://makewavesswimschool.com/.../neurodivergent-egg-hunt/>

Bales Buddies Therapy Dogs Community Outreach Easter Egg Scavenger Hunt, Newton Abbot, Wednesday 5th April:



SPACE

**SPACE Youth Services
Free Easter Events in Bideford
& Barnstaple:**



modern, retro & arcade

GAMING ARENA

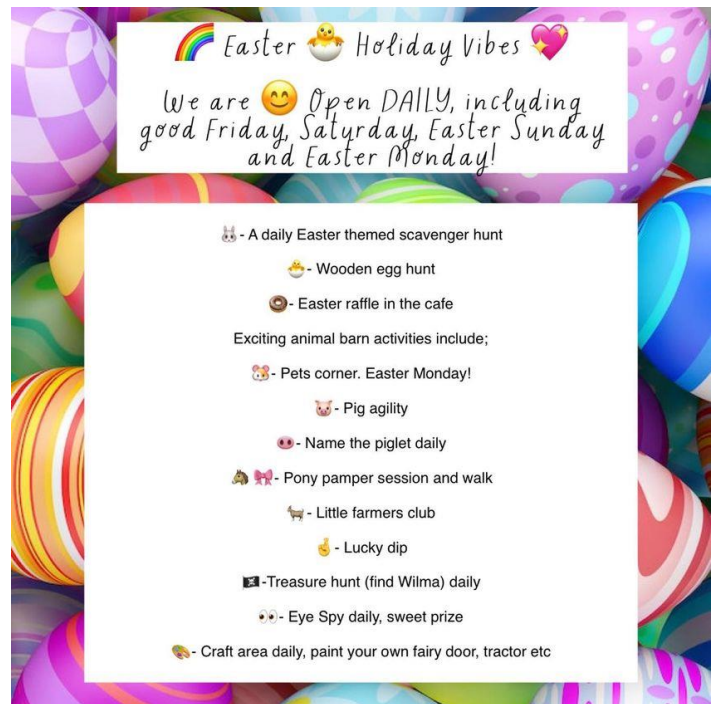
@ Bideford Youth Club
Wednesday 5th April
12-4pm | FREE ENTRY

Limited spaces available
Sign up @ bit.ly/bidefordgamingarena
Join our Discord @ spaceyouthservices.org


 Kingsley Road, EX39 2PF
@online_youth_centre
discordteam@spacepsm.org




SPACE

Made-Well Hatherleigh: Easter Events:












Easter Holiday Vibes

We are  Open DAILY, including good Friday, Saturday, Easter Sunday and Easter Monday!

-  - A daily Easter themed scavenger hunt
-  - Wooden egg hunt
-  - Easter raffle in the cafe

Exciting animal barn activities include;

-  - Pets corner. Easter Monday!
-  - Pig agility
-  - Name the piglet daily
-  - Pony pamper session and walk
-  - Little farmers club
-  - Lucky dip
-  - Treasure hunt (find Wilma) daily
-  - Eye Spy daily, sweet prize
-  - Craft area daily, paint your own fairy door, tractor etc

Find out more on the Made-Well CIC Facebook page.



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 and further information and resources can be found on the [SIGNPOSTplus page](#) of the Children and Family Health Devon website.

If you no longer wish to receive these bulletins please contact: cfhd.signpostplus@nhs.net and your email will be removed 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.



Join Us At Our Easter Community Garden Event

Join us for our Easter community garden event. At georgies we are planning our garden makeover for the young people from the community who attend our centre. We would be delighted if you could join us during any afternoon to help in some way to recreate our garden space. We will provide equipment but please bring your own if you wish, such as gloves, small forks and spades - Wear old clothes and boots, waterproofs.



All are welcome - Young People, Friends, family members, community neighbours. We will also be providing free refreshments for all those who attend. We'd love to see you there!

Dates & Times:

Tuesday 4 April, 12:30pm to 3:30pm
Wednesday 5 April, 12:30pm to 3:30pm
Thursday 6 April, 12:30pm to 3:30pm

Address:

21 St George's Road,
Barnstaple, Devon EX32 7AU

Contact us:

 georgiesyc@spacepsm.org

 01271 343 762