

SIGNPOSTplus Information Snippets

13th April 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/>



Autism Information Resources:

Find a range of information resources, including Bitesize Videos and One Minute Guides, on the Autism Spectrum Assessment Service section of the Children & Family Health Devon website:

Bitesize Videos:

[Recognising ASD – A Guide for Professionals](#)
[Supporting your Child through COVID-19](#)
[Anxiety in Autism](#)
[Behaviour in Autism](#)
[Sensory Processing](#)
[Communication Differences in Autism](#)
[The PDA profile of Autism](#)
[My Child has Received a Diagnosis](#)
[My Child is on the Waiting List](#)

One Minute Guides:

[Anxiety](#)
[Behaviour](#)
[Communication](#)
[Sensory differences](#)
[PDA](#)
[Masking](#)
[Social Stories](#)
[Neurodiversity](#)
[Siblings](#)

<https://childrenandfamilyhealthdevon.nhs.uk/autistic-spectrum-disorder/resources/>

Click on the links above or find the full range of resources here:

<https://childrenandfamilyhealthdevon.nhs.uk/autistic-spectrum-disorder/resources/>



The ROVIC Service

supports children with visual and sensory

impairment. ROVIC stands for Re/Habilitation Officer for Visually Impaired Children. The service is part of Devon County Council's Children's Services. They are a county-wide team supporting children and young people from birth to 18 years who have; visual, dual sensory (vision and hearing impairment) deafblind and multisensory impairments.

The ROVIC service provide:

- advice
- information
- assessment
- skills training
- awareness training

The ROVIC service understand the importance of teaching young people skills for life. Therefore, their child-centred practice also includes skills training for families, parents, carers and professionals.

Find out more about the service and how to make a referral here: <https://devon.cc/rovic>

Or you can email the team at: ROVIC@devon.gov.uk



Opportunity for Devon, Plymouth and Torbay Parent Carers:

One Devon We Are Looking For

PARENT CARER NEURODIVERSITY EXPERTS

- who live in Devon, Plymouth or Torbay, and have
- personal experience of neurodivergence, as a parent carer or as an individual
- broad knowledge of the SEND system
- specific local knowledge and experience of services

Apply by 30th April here:
<https://forms.office.com/e/p5YzFrup8B>

Apply by 30th April here:

<https://forms.office.com/e/p5YzFrup8B>

Read more about the role here:

<https://www.parentcarerforumdevon.org/looking-for.../>



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>



I CAN - Free TALK 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.

18th April - Symbolic noises and first words.

7th May - Supporting language development during everyday routines.

16th May - Sharing books to develop language.

All webinars last for 40 minutes and are free to attend.

Book your place today:

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



‘Autism and Us’ Parent Programme - Summer Term 2023

Support for parents/carers of Devon primary and secondary children who are either on the autism assessment waiting list or who have received a diagnosis of autism.

The ‘Autism & Us’ programme will once again be offered during the forthcoming Summer and Autumn terms for parents/carers of Devon primary and secondary school children, pre or post diagnosis.

Devon Education Services are offering access for families of CYP (Children & Young People) who are currently on the autism assessment pathway, in addition to families of CYP who have received an autism diagnosis.

Attending the ‘Autism & Us’ parent programme gives you an opportunity to develop your understanding of autism and look at practical solutions to managing and supporting your child’s presenting needs.

Full programme details and application process below:

The programmes consist of 4 weekly ‘live online’ sessions (approx. 2hrs each) related to the following topic/themes:

No.	Topic	Programme 1	Programme 2
1	Autism overview	Thurs 4 th May 10am - 12pm	Wed 14 th June 4.30 - 6.30pm
2	Communication	Thurs 11 th May 10am – 12pm	Wed 21 st June 4.30 - 6.30pm
3	Understanding and supporting behaviour	Thurs 18 th May 10am – 12pm	Wed 5 th July 4.30 - 6.30pm
4	Sensory	Thurs 25 th May 10am - 12pm	Wed 12 th July 4.30 - 6.30pm

Apply direct by email to:

educationlearnersupport@devon.gov.uk

To secure a place on either of the above programmes, or express your interest for forthcoming programmes. DES will confirm your booking request, and provide you with a direct link to the event. They will be delivered on line ‘live’ via the Microsoft TEAMS platform.



Youth Voice Opportunities in April:



Devon Youth Council exists to get the voice of young people heard and to make a positive change. The Youth Council is

continuing to grow and develop and there are lots of opportunities coming up that you can get involved in:

- Take part in imagining a future net-zero Devon!**
- Help shape Life Chance Trust and become a Young Advisor.**
- Become a Youth Voice Ambassador with Ingeus. One Young World Summit 2023.**
- Share your experience of staying on a paediatric ward.**
- Get involved and have your say in the next Youth Voice Saturday event.**
- Help develop new opportunities for those young people with special educational needs and/or disabilities.**
- Speak up for young people with SEND in your school.**
- Get your voice heard and be a Champion for Change.**
- Give your feedback on The Promise.**
- Take part in interviewing.**

Find out more about all of the opportunities available here:

<https://www.dcfp.org.uk/youth-voice-opportunities-in-april-2023/>



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/>



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.



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/>



Support for Parent Carers in England (SPaCE) Study:

The study is a national survey being undertaken at the University of Exeter, funded by the National Institute for Health and Care Research (NIHR).

The aim of the survey is to find out how parent carers of children with Special Educational Needs and Disabilities (SEND), who are experiencing mental health problems, access support or treatment across England. By taking part, you will help gather valuable information, to improve access to mental health support and services for parent carers experiencing mental health difficulties in the future.

Your child does not need to have a formal diagnosis for you to take part.

Find out more about the SPaCE Project here: <https://sites.exeter.ac.uk/space/>

Complete the survey here: https://exe.qualtrics.com/jfe/form/SV_55wXn424lw0H5IA



Parent+ Support Hub - Exploring Communication Zoom Workshop:

EXPLORING COMMUNICATION
Zoom Workshop with Parental Minds

An online support hub focused on how we can effectively communicate with others. Join to learn more about handling meetings and about our resource, Face Facts.

Parental Minds material is informed by families lived experience, with professional input and supporting evidence is cited, where it exists, by Dr Abby Russell's research students from the University of Exeter.

Sharing knowledge and insights. Answering your questions. Helping to make informed choices about your loved one.

Sign up here: <https://bit.ly/ExploringCommunication>

Monday, 24th April 2023
19.15 – 21.00
Online, Zoom

PARENT+ SUPPORT HUB
Mental health club. Supporting you.

PARENTAL MINDS C.I.C.
Mental Healthcare; Exploring Pathways

Sign up here: <https://bit.ly/ExploringCommunication>



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/Y10qj>

You can also find out about TALKWORKS free Wellbeing Workshops for people aged 18+ here: <https://www.talkworks.dpt.nhs.uk/workshops>



Tourettes Action Sensory Workshop Webinar:

SENSORY WORKSHOP
WITH IONE GEORGAKIS

WEBINAR
Wed 14th June 2023 8:00 PM BST
Online via Zoom

14th June, 8pm.

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



Neurodive:

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>

Mind. Muscle. Connection Workout Group:

Mind. Muscle. Connection.
A workout group for Autistic teens
Based in Exeter, UK

6 WEEKS

Spaces for the spring programme available

Starting April 16th

Small groups of 2-4

Do you have an Autistic teen in the Devon area that wants to build strength, fitness and confidence amongst like-minded, accepting peers? Or to learn ways to make health and fitness a

part of their life and a way of regulating stress, anxiety and providing fun and focus?

Sessions start on 16th April and run for three weeks, with a break and then a further three weeks. Each group will be no more than 4 young people between Sam Harris from Neurodive and Pete Howard a PT, with care taken to build up to group interaction gradually and at the participants' pace. The cost is £210 for the 6 programmes.

If you have any questions about the programme email: mindmuscleconnectionproject@gmail.com or book your place by clicking the link below: <https://app.squarespacescheduling.com/schedule.php...>



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 session is:

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/>

bibic Free Live Q&A: Sensory Processing.



Have you got questions around Sensory Processing? Join bibic's free monthly Live Q&A where their Therapy Manager Chesley Oxley and Developmental Therapist, Emma will be happy to answer your questions.

20th April at 6pm (hosted on Facebook).

Register for free here:
<https://www.eventbrite.co.uk/e/601416080687>



SWAN UK (Syndromes Without A Name) – Undiagnosed Children's Awareness Day 2023:



This year, Undiagnosed Children's Day will be on Friday 28th April. Find out how SWAN are marking the occasion and how to get involved here:
<https://www.undiagnosed.org.uk/swanuk-news/undiagnosed-childrens-day-2023/>



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/>

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/ymhf/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



YoungMinds: Stress Awareness Month

As part of Stress Awareness Month this April, YoungMinds have pulled together some tips and advice to help you manage stress and look after your wellbeing. Whether you're a young person or a parent or carer, YoungMinds know that stress can have a big impact on your mental health, but the tips and advice can really help:

For Young People:

<https://www.youngminds.org.uk/young-person/>

For Parents and Carers:

<https://www.youngminds.org.uk/parent/>



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/>



Next session taking place:
Thursday 4th May, 6-8pm. Tickets £5.98.
Link to Eventbrite booking [here](#)



Council for Disabled Children Free e-learning Courses.

The CDC has developed a suite of online training for CDC members and affiliated organisations and services. The courses have been developed to improve knowledge, understanding and practical skills and support in range of key areas that impact children and young people, particularly those with special educational needs and disability.

The training is free to complete online from any computer/tablet. You can complete it at your own pace.

eLearning courses available include:

- Introduction to Mental Health
- Introduction to Children's Social Care
- Information, Advice and Support
- Holistic Outcomes in Education, Health and Care Plans
- Delivering Quality Annual Reviews *New
- Focus on Health Advice *New
- CETRs and DSRs
- Supporting Children and Young People with SEND and their families: SEND Basic Awareness Training Levels 1 and 2

Find out more and register here:

<https://councilfordisabledchildren.org.uk/what-we-do-0/e-learning>



Made-Well CIC Hatherleigh -

Changing Places Official Opening.

On 11th April Patrick Kimber, a West Devon Borough Councillor and local resident of Hatherleigh, officially opened Made-Well's brand-new Changing Places facilities.



During his speech at the official opening, Councillor Kimber commended Made-Well on their fund-raising efforts to secure the facility, which will offer people with disabilities and their carers more freedom to enjoy Made-Well and the local area.

Find out more about Made-Well CIC here:

<https://www.made-well.co.uk/>

Find Made-Well on the Changing Places map, with details of all the facilities available here:

<https://www.changing-places.org/find>



Turn2Us Grants Search

The Turn2Us Grant Search is easy to use. Simply answer a few questions on the grants search form, you will then be able to view a list of grants available from registered charitable organisations across the UK, tailored to your circumstances.

Find out more here: <https://grants-search.turn2us.org.uk/>

the curly hair project The Curly Hair Project Webinars

The Curly Hair Project is an organisation that helps people on the autistic spectrum and the people around them, founded by autistic author Alis Rowe. The webinars are suitable for parents, professionals and young people. Upcoming topics include;

- Meltdowns and Shutdowns. Thursday 20th April.
- What is it like to be Autistic? Tuesday 25th April.

The above webinars run from 8pm – 9pm and tickets cost from £9.95.

Find out more and book a place here:

<https://thegirlwiththecurlyhair.co.uk/training/webinars/>



Unique provides support, information and networking to families affected by rare chromosome and gene disorders.

Ways in which Unique can help families.....

UNIQUE FACTS

How Unique helps families

- Listening ear telephone and email helpline
- Provide emotional support
- Provide information
- Connect families
- Private Facebook group with over 8000 Unique members
- Over 300 medically verified disorder specific information guides

Find out more about Unique here:

<https://rarechromo.org/>

Support Group: FASD South West

[FASD South West is a parent-led support group](#) for adopted, birth, foster and kinship carers of children, young people, and adults with or without a diagnosis of Fetal Alcohol



FASD South West

Spectrum Disorder (FASD) across the South West of England.

If you would like more information on 'What is FASD?' the FASD South West group, through their National FASD Alliance membership, has [updated their website with the latest FASD research.](#)

If you, a family member, friend or school have questions or would like access to:

- FASD-focused resources for home and school
- Information of forthcoming events and guest speakers
- Access to Facebook groups
- Friendship
- Discrete 1:1 support

Please email FASD South

West: fasd.southwest@gmail.com, follow

the [Facebook page](#) or take a look at the resources at fasdsouthwest.org

Visit the website here:

<https://www.fasdsouthwest.org/>



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>



Additional Needs Sports Group Sessions: Honiton, Ottery St Mary and Axminster.....

ADDITIONAL NEEDS SPORTS GROUP

SESSIONS

WEDNESDAY
 MUAY THAI @ TWIN TIGERS, HONITON 4-5PM
 DANCE FOR ALL @ OTTERY ST MARY AFC 4:30-5:30PM

THURSDAY
 Multi-Skills @ Ottery St Mary AFC 4:15 - 5:15pm

SATURDAY
 Gymnastics @ Axminster Gymnastics 2-3pm

SUNDAY
 Football 4 All @ Ottery St Mary AFC 9-10am

For more information or to book: Additional Needs Sports Group

Frame Running Club Barnstaple:

FRAME RUNNING CLUB
 THURSDAY 5-6.30PM
 NORTH DEVON ATHLETICS CLUB

FREE SESSIONS & FRAMES PROVIDED.
 FRAME RUNNING IS AN ADAPTED SPORT FOR INDIVIDUALS WHO CANNOT FUNCTIONALLY RUN AND RELY ON SPORTS AIDS FOR MOBILITY AND BALANCE.

The Penguin Sports Foundation <https://thepenguinsportsfoundation.co.uk/>
 @thepenguinsportsfoundation

Please note that there will be no snippets next week, the next edition will be circulated on 27th April.

For more information or to book search 'Additional Needs Sport Group' on Facebook.

Find us on Facebook.....
 like the SIGNPOSTplus page for regular updates on all things related to children with additional needs.

Walk and Talk SEN Families – May Meet-up:

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.

Next walk: Sunday 7th May Powderham Castle

Walk and Talk SEN families In and around Exeter

Meeting at 3pm on the first Sunday of each month
 For more information and meet locations, please contact Sarah on 07875 841301
 or Search Facebook for: Walk & Talk - SEN families

A place to meet other families on a similar journey

Meet location:
 The Strand car park EX6 8PJ
 Outside Teign Bean coffee van

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.

