

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

25th February 2021



SIGNPOSTplus Information Snippets.

Anyone can sign up to receive snippets.

There are two editions sent out every Thursday, one for the Northern half of

Devon and one covering the Southern half of Devon. Both editions include Exeter information. 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 and state which edition you would like to receive (you can opt to receive both). There is an archive of recent Snippets on the Signpost Plus webpage, where you can also find a variety of information sheets and resources: <https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>

We also have our Facebook page:

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

Remember to turn on Notifications to make sure you see all posts.



Devon Information Advice & Support (DIAS) Demystifying SEND Session

Whether you are new to SEND or already on your journey. This session is aimed at parent/carers supporting their child with special educational needs and disabilities (SEND) who would like to find out more about how SEND support should work. The sessions are aimed at parents starting their journey or part way through. Helping parents to understand how they can access information and which services may be available for them, highlighting the graduated response and the terminology around SEND in schools. e.g. Universal, targeted, specialist services terminology, working with school in a plan do review type approach.

The sessions aim to signpost to information and service websites that are already out there and linked to the Devon Local offer webpage.

Next session Tuesday 9th March 2021 10.30-12.30 (virtual online using Microsoft TEAMS)

<https://www.eventbrite.com/e/demystifying-send-special-educational-needs-and-disabilities-tickets-141121828187>



Speech and Language Therapy Support and Advice

About us

We offer support to children who experience speech, language, communication or swallowing difficulties through working on communication, understanding, talking, speech sounds and stammering.

Take a look at our website for helpful information and support for your child's speech, language and communication needs.

<https://childrenandfamilyhealthdevon.nhs.uk/speech-language-therapy/>

To speak to a therapist about advice on speech and language development call our advice line on: **0333 321 9448**

Open Monday - Friday :2pm - 4:30pm

For general information on waiting times or referrals, contact the Single Point of Access team

on: **0330 024 5321**



Champions for Change is the voice of all children and young people in Devon who need extra help with their learning.

The group is run by young people with SEND for young people with SEND.

On 29th January, the group held their first virtual meeting of 2021. There is a PowerPoint presentation on the Champions for Change website where you can learn more about what was discussed in the meeting:

<https://www.devon.gov.uk/educationandfamilies/special-educational-needs-and-disability-send-local-offer/we-are-listening/champions-for-change>

If you or anyone you know is interested in joining a group run for young people with SEND by young people with SEND, you can get in touch by emailing: sendlocaloffer@devon.gov.uk

YOUNGMINDS YoungMinds – Parent Helpline.

Are you worried about a child or young person? Contact the Parents Helpline for free, confidential advice via the phone, email or webchat. Find out more here:

<https://youngminds.org.uk/find-help-for-parents/parents-helpline/>



Bis-net Webinar

***TONIGHT* Explaining being Autistic to a Child or Young Person.** Can also be watched with the Child or Young Person present. Thursday 25th February, 7pm-10pm. Cost: £22.15.

Supporting Neuro-diverse Children and Young People back out of Lockdown

This webinar is for any parent or professional supporting a child or young person out of lockdown, particularly those with Neuro-divergent identities such as Autistic or ADHD/ADD. You can attend live or receive a recording for after the event. Friday 5th March, 10am-12pm. Cost: £11.37.

The BIS-net Harry Thompson Package! (2019 Recordings) Recordings of three webinars on different subjects under the topic of Autism and a PDA profile. Cost: £5.98

Find out more about any of the webinars above and book a ticket here: <https://www.eventbrite.co.uk/o/ceda-6400231187>

the curly hair project Curly Hair Project Webinars

The Curly Hair Project is a social enterprise which supports people on the autistic spectrum and the people around them. During March & April, the Curly Hair Project will be running the following webinars:

- Developing Resilience
- Autism & Social Anxiety
- Autism & Sensory Processing
- Understanding Challenging Behaviour
- Autism & Emotions
- How do I know how I am Feeling – for Autistic children
- Autism & Socialising
- Meltdowns & Shutdowns
- Autism & Gender Dysphoria
- Understanding Masking
- Autism & Executive Function
- Managing Anxiety as an Autistic Child (for children)
- What is it like to be Autistic
- Autism & Anxiety
- Communication & Autism

See dates, costings and book a place here: <https://thegirlwiththecurlyhair.co.uk/services/events/>

contact For families with disabled children **Contact – Free Workshops for Parents of Children with Additional Needs.**

Covering subjects such as; Sleep, Siblings, Educational Support, Speech & Language, Wellbeing and many more, with new dates being added regularly. See the full range of workshops and book a place here: <https://contact.org.uk/help-for-families/family-workshops-events/>



Talkworks Sleep Workshops:

For anyone who currently struggles with sleep - A two-hour free session to help people manage a range of sleep problems from waking in the night to struggling to fall asleep. Workshops are for age 18+. Dates; Wednesday 17th March, Wednesday 31st March, Tuesday 13th April, Thursday 29th April & Wednesday 12th May.

Find out more and book a place on a workshop here: <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support/sleep-and-wellbeing-workshops>



Ambitious About Autism have

worked with their teaching, wellbeing and legal experts to develop a Coronavirus information hub for young autistic people and their families. The information has been updated to reflect the current national situation. Find advice, guidance and resources here:

<https://www.ambitiousaboutautism.org.uk/information-about-autism/coronavirus-and-autism>



UniqDe have a wide range of free

downloadable practical guides for families including; After Diagnosis-What Next, Toilet Training & Continence, Supporting Siblings of a Child with a Rare Chromosome Disorder and many more, alongside their brand new Self-Isolation Resources Guide. See the full range and download a copy here: <https://www.rarechromo.org/practical-guides-for-families/>



Think behaviour, think language. I wonder if....

**Communication and Interaction Team
Social, Emotional and Mental Health Team**

A free, informal workshop for parents and carers to consider the links between behaviour and speech, language and communication needs. This event will be held virtually on Monday 22nd March 2021, 1-2.30pm

Does your child have difficulty with:

- Listening?
- Attention?
- Communication?
- Friendships?
- Literacy?

The session will aim to raise awareness of speech, language and communication needs (SLCN) and consider the impact on a child's social, emotional and mental health (SEMH). SLCN can become apparent through a child's behaviour in a variety of ways and we shall provide further insight into these complex links.

The session provides an opportunity to share ideas about what works for you and a chance to discuss and learn from other parents/carers.

There will also be an opportunity for questions to the Advisory Teachers and Family Worker from the Communication and Interaction Team and the Social, Emotional and Mental Health team.

To book your free place, please contact: Sue Vanstone
(01392)287355 sue.vanstone@babcockinternational.com

<https://www.babcockldp.co.uk/disadvantaged-vulnerable-learners/send/communication-and-interaction/parents-and-carers/slc-parent-training-language-and-behaviour>



South West Autism Update:

"In response to the ongoing Covid situation which is compounding the anxieties of many of the young people on the autistic spectrum, we are making some changes within South West Autism.

We envisage that the impact of the Covid situation on the mental wellbeing of many parents and children will need to be addressed in order for re-engagement within society to take place.

Therefore, we are expanding our services, in particular our mentoring services. The term "Mentoring" for us encapsulates supporting a child or parent in being able to re-engage in a range of settings this may be education or in the wider society.

We have expanded our Exeter venue and are currently in discussions with more specialist professionals to join our team.

We have new education, mentoring, and peer mentoring services planned from March 2021. We hope this dovetail with our existing services.

If you would like any further information or an information pack please do get in touch."

Find details of the new structure and how to get in contact on the South West Autism website:

<https://www.southwestautismsupport.com/>



Kidscape Parent Advice Line

offering friendly, impartial, non-judgemental information, advice and support to parents, carers and family members who are concerned about their child or young person being bullied. Bullying may be taking place inside or outside of school, in sports/youth clubs, over social platforms or phones.

Parent Advice Line

You can contact us
Monday to Tuesday
9.30am – 2.30pm
(excluding bank holidays)

Tel: 020 7823 5430

or email: parentsupport@kidscape.org.uk

Find out more here:

<https://www.kidscape.org.uk/advice/parent-advice-line/>



Stamma – Free Workshops for Parents and Young People.

This February and March Stamma are offering free online workshops for parents of children and young people who stammer. Find out more here:

<https://stamma.org/news-features/free-workshops-parents-young-people>



RNIB - World Book Day

See differently

To celebrate World Book Day next week, RNIB are offering blind and partially sighted children a free book in braille or audio. There are 13 exciting titles to choose from, available to pre-order for delivery on 1st March.

Call the Helpline on: 0303 123 9999 or email: helpline@rnib.org.uk to order your book. Find out more and see the range of titles available here: <https://rnib.in/WorldBookDay>



Bitesize Secondary Parents' Survival Guide Podcasts.

With episodes including;

How to Limit Screen Time

How to Tackle Lockdown Emotions

How to Deal with Teen Challenging Behaviour

And many more.....

See the full range of topics and listen to the podcasts here:

<https://www.bbc.co.uk/programmes/p089l7tc/episodes/downloads>



Virtual School Library

Oak National Academy and the National Literacy Trust have come

together to launch a Virtual School Library to help keep children reading during lockdown.

Every week, a popular children's author will become 'Author of the Week' and provide a free book or audiobook and exclusive videos and activities aimed at primary school children, all available at library.thenational.academy

This week's Author is Dominique Valente, who invites you to get lost in the world of Starfall! Listen to an audiobook of the first in the series, Willow Moss and the Lost Day and watch an exclusive video with the author to find out more about the books and her best writing advice.



Go Beyond at Home.

Go Beyond (previously known as CHICKS) Break Leaders are experts at helping children and young people lose themselves in games, challenges and mindful activities. Find a selection of activity ideas that Go Beyond Leaders have put together for children to try at home here:

<https://www.gobeyond.org.uk/breaks/go-beyond-at-home/>



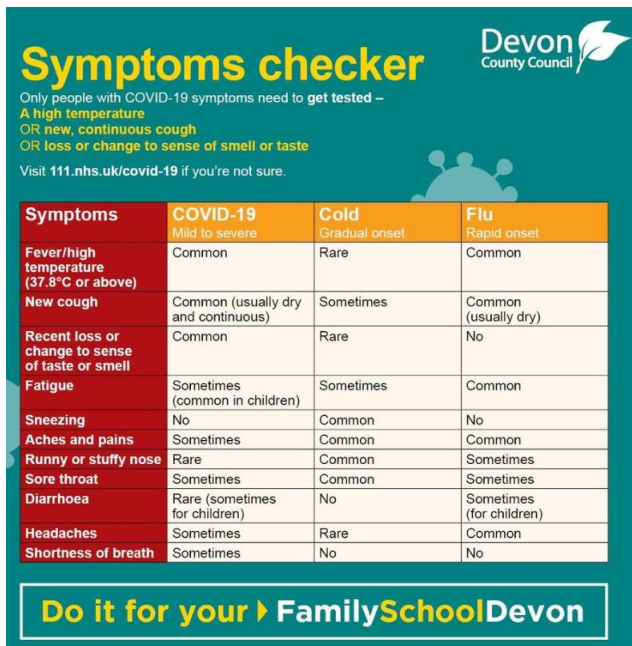
Change 4 Life Activities

Lots of activity ideas to help children stay active whilst at home.

<https://www.nhs.uk/change4life/activities>

Please note that there will be no Northern Snippets next week due to annual leave, the next edition will be sent out on 11th March.

Covid19 Symptom Checker:



Symptoms checker

Only people with COVID-19 symptoms need to get tested –
A high temperature
OR new, continuous cough
OR loss or change to sense of smell or taste

Visit 111.nhs.uk/covid-19 if you're not sure.

Symptoms	COVID-19 Mild to severe	Cold Gradual onset	Flu Rapid onset
Fever/high temperature (37.8°C or above)	Common	Rare	Common
New cough	Common (usually dry and continuous)	Sometimes	Common (usually dry)
Recent loss or change to sense of taste or smell	Common	Rare	No
Fatigue	Sometimes (common in children)	Sometimes	Common
Sneezing	No	Common	No
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Rare	Common	Sometimes
Sore throat	Sometimes	Common	Sometimes
Diarrhoea	Rare (sometimes for children)	No	Sometimes (for children)
Headaches	Sometimes	Rare	Common
Shortness of breath	Sometimes	No	No

Do it for you ▶ FamilySchoolDevon

Stay Up-to-Date with the latest Coronavirus news and figures plus the local support available to you at:

<http://soc.devon.cc/GNmi2>

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**



Support for People and Families

The impact of the coronavirus pandemic is continuing to put a huge financial strain on some families but help is available. If you know someone who is worrying about money and how to pay for basic household essentials, you can encourage them to apply for extra assistance through funding made available via District Council's hardship funds. You can find out more about what support is available in Devon, including how to apply for financial help, where to find foodbanks and community larders, free meals during the school holidays and what to do if you're on a low income and need to self-isolate:

<https://www.devon.gov.uk/coronavirus-advice-in-devon/document/support-for-people-and-families/>

If your family is being supported through the early help process you may be able to access a grant of up to £100 per family to support you to buy food and pay utility bills over the Winter. Please speak to one of the practitioners working with you to see if you are eligible.

Devon Covid19 Fund for Voluntary and Community Groups. Devon County Council is, for the third time, re-opening the COVID-19 Fund to provide flexible resources to organisations working with communities who are clinically extremely vulnerable or disproportionately impacted by coronavirus and the social and economic consequences of this current national lockdown. Find out more here:

<https://www.devon.gov.uk/coronavirus-advice-in-devon/document/covid-19-fund/>

We always welcome feedback....

Let the SIGNPOSTplus team know if you have any opinions on what works and what doesn't work with our information sharing. If you have any ideas for improvements or if you have anything else you would like to share email amandasmithson@nhs.net



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 [SIGNPOSTplus 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.

