

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

2nd April 2020



If you are worried about a child or young person in Devon and want to speak to someone, or if you are a child or young person worried about your own safety please contact the Multi Agency Safeguarding Hub (MASH) on **0345 155 1071** or email: mashsecure@devon.gov.uk and give as much information as you can. <https://www.devon.gov.uk/educationandfamilies/child-protection>

Updates from Children and Family Health Devon:

Thinking about coronavirus with anxious children and young people

The first thing to remember is **that anxiety is easily caught**. Children's anxiety will be increased if the adults around them are showing signs of anxiety which will be communicated to children (even very young children). **The best way to help young children be less anxious is to manage your own anxiety**. Follow the guidelines as they develop and take the precautions which are advised but try not to spend hours updating yourself every day or talk about it all the time with other adults. As we understand it at the moment, many people will only be mildly ill: as with a cold or 'flu. And remember: **most people will get completely better**.

If you, or a child, or young person are anxious and tending to wash hands more than is advised or for longer periods it is worth making clear the rules about when hands should be washed and they should be washed **ONLY** at these times and for **NOT LONGER** than 20 seconds. Washing more than is necessary will increase anxiety in some children.

Here are some links for further advice and information

Best health advice online: [NHS 111 Coronavirus](#)

CBBC information about corona virus for children <https://www.bbc.co.uk/newsround/51861089>

And this is a popular cartoon/workbook coronavirus for young children: <http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>

Advice for parents about talking about coronavirus with children comes from [Unicef](#) (<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>)

And there is a video in this link for parents <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

For young people there is a lot of information on the Young Minds site if you are anxious about coronavirus <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Here is a social story about coronavirus designed for children on the autistic spectrum. It assumes the child will not be going to school and some will be going to "school" which will be different from their normal school so it may need further adapting for your situation <https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-1-1.pdf> (may need to cut and stick into your search engine)

In uncertain and difficult times it can be important to focus on the aspects of life which will support your wellbeing. This next link is all about that in the face of COVID-19: https://drive.google.com/file/d/1_O8grFdwMDuGVI_E_RvdRfhHhf6xf3tY8/view?fbclid=IwAR0D0IbaBo_b8B7wnstwoTcMDW0qjOr7Ab3Y81heZR_ZlhHPw78xxqRTL3KQ

And finally if you need to stay at home for a long period there is some good advice from [MIND](#) here about maintaining wellbeing <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/> which is appropriate for all the family!



National Autistic Society. For many autistic people and their families it is difficult to cope with coronavirus and the impacts that it is having on our daily life. National Autistic Society have created some handy tips to help you during this time of uncertainty:

<http://soc.devon.cc/oKf9T>



Devon Carers have compiled a list of community organisations, groups and businesses offering practical support, grocery delivery, delivery or collection of prepared meals and other types of support in your area.

Be aware that the situation is changing on a daily basis, so please ensure you check with the organisation that it is still offering their services. They may have only just introduced their services such as home delivery and understandably they are inundated with orders, so please bear with them. This list has been compiled quickly in order to offer you support from your local community and Devon Carers are not able to guarantee their services nor are they recommending them. Please ensure you stay safe and take the necessary precautions when agreeing to purchase goods from them. <https://devoncarers.org.uk/help-during-coronavirus-communi.../>

Planning for an emergency – ‘What if...?’

Emergency Plan Devon Carers have worked collaboratively with other professionals to produce the ‘What if...’ Emergency Plan – each section of the plan will prompt you to record important details and wishes. An emergency plan is a record that needs to contain basic, useful information to help others when looking after the person (or persons) you care for. For some, particularly those who are caring for people with severe or complex needs, the plan may include pre-arranged support from statutory or private agencies.

<https://devoncarers.org.uk/planning-for-an-emergency-what-if/>



Babcock LDP – Coronavirus - Support for Schools, Parents and Pupils.

Babcock have created a new webpage to help support schools, parents/carers and pupils during the coming weeks. Many of their teams will be contributing information, guidance, useful links and teaching resources to use with all pupils, pupils with a SEND and pupils for whom English is an additional language.

<https://www.babcockldp.co.uk/campaigns/coronavirus-support-for-schools-parents-and-pupils> Follow Babcock on social media to stay informed as they upload new content: Twitter: [@babcock_edu](https://twitter.com/babcock_edu) Facebook: [@babcockeducation](https://www.facebook.com/babcockeducation)



Asthma UK website provides some useful ideas about managing asthma at this time. These include shielding for high risk groups, using regular

preventative inhalers to reduce risk of asthma attacks, tracking peak flows using downloadable charts which can help you to recognise the difference between asthma and Covid infection and charts for creating a personal asthma plan. If a child is in a High Risk group, they should have been identified and received a letter or text. Please make an early GP appointment if there are any concerns about deterioration in asthma symptoms (this likely to be phone consultation). In event of an asthma attack ring 999.

<https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/#Plan>

Learning Disability **Devon** Learning Disability

Devon website has a range of easy read guides and information on their website:

<http://www.learningdisabilitydevon.org.uk/resources-category/coronavirus-information-to-help-you-stay-safe/>



Sense has accessible information around coronavirus on their website, including BSL videos:

<https://www.sense.org.uk/get-support/information-and-advice/accessible-information-on-coronavirus/?fbclid=IwAR3d-TBZFS7TtYwSDcR5nUafhR4wBlc9iLtJ9KveOwL3J5fsPftJY75UvxE>



Bis-net Webinar this Friday 3rd April – Autism & Challenging Behaviour 1pm - 3pm. Cost: £5.98.

Find out more and register here:

<https://www.eventbrite.co.uk/e/challenging-behaviour-autism-tickets-101536161392?aff=erelexpmlt>

With the country in lockdown, BIS-net know that many parents will be working hard to support their young people with additional needs. BIS-net plans to provide a number of online services during this time. One of which will be short webinars that can be accessed online. Find BIS-net on Facebook for latest updates.



You can use Contact's Live Chat to talk directly to one

of their parent advisers about any question you have about raising your disabled child. Find out more and try it here: <http://ow.ly/zbpt50yI2CU>



Dyspraxia Foundation NEW Information Sheet launched - 'Physical Activities for Children and Young People': Keeping physically active is important to ensure healthy growth and development and to reduce anxiety, depression and improve self esteem.

<https://dyspraxiafoundation.org.uk/wp-content/uploads/2020/03/Physical-Activities-for-Children-and-Young-People-March-2020.pdf>

More Free Online Activity/Learning Resource Ideas:

Action for Children – lots of fun and creative ideas:

<https://www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child/>

Contact Charity – Entertaining children at home blog: <https://contact.org.uk/news-and-blogs/entertaining-children-at-home/>

Oxford Owl - eBook library, containing over 100 free eBooks. The eBooks have been developed for children aged 3–11, to teach them to read using phonics. As well as much-loved characters such as Biff, Chip and Kipper and Winnie the Witch, you'll also find some great non-fiction eBooks to help your child explore their world.

<https://home.oxfordowl.co.uk/books/free-ebooks/>

#Draw with Rob - Rob Biddulph will be posting a draw-along video every Tuesday and Thursday at 10am. <http://www.robbiddulph.com/draw-with-rob>

Disability Grants - A bumper collection of Home Education Resources both traditional and interactive: <https://www.disability-grants.org/home-education-resources...>

Disneyland have just released a virtual viewing of their 'Magic Happens' parade on YouTube.

Devon Libraries has expanded their range of eBooks, eAudiobooks, eMagazines and online resources in their Digital Library in order to ensure that they are widely available during school and library closures. There is also a wide range of children's eBooks and eAudiobooks available. For more information about how to sign-up, download and stream the digital resources, visit the website: <https://www.devonlibraries.org.uk/web/arena/catalogue>

Please also refer to the snippets archive for resource ideas from the last few editions here:

<https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>

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**

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.



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.

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