

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

18th June 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>



Preparing for Adulthood during the coronavirus pandemic. The Preparing for Adulthood (PfA)

team want to provide young people and their families with an update on the activity of the team through the coronavirus (COVID-19) pandemic.

Read the full article here:

<https://www.devon.gov.uk/educationandfamilies/archives/9821>



Devon Information Advice and Support - Going back to school or college. DiAS have put together some useful information which aims

to answer some of the questions that parents have been asking about their children returning to education settings. You can also find further information around the current situation on their website including; Q&As about coronavirus, tips about how to manage at home, information about changes to the law around EHC plans and needs assessments and resources to support you and your child or young person with home learning, managing anxiety and understanding what's happening.

<https://www.devonias.org.uk/information/q-and-a-about-coronavirus-and-school/going-back-to-school-or-college/>



Devon SEND Local Offer – Champions for Change is a network of young people who want to

champion the voice of young people with special educational needs and disabilities. Like many others, they are busy changing the way they work which they hope to share over the coming weeks. Follow Devon SEND Local Offer on Facebook for the latest news. Find out more about Champions for Change here:

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



Lives is a national charity, providing help and advice to families going through a difficult time. Families can contact the Family Lives team about any aspect of family life, at all stages of a child's development i.e.; parenting/relationship support, bullying, teenage risky behaviour and mental health concerns of both parents and children. You can call the helpline on: 0808 800 2222, email: askus@familylives.org.uk or talk via their newly launched #LiveChat facility. Find out more at the website:

<https://www.familylives.org.uk/how-we-can-help/>



The Copper Academy Youth Programme Holsworthy

The Copper Academy have written and Accredited a pioneering Youth Programme designed for students aged 14-18 with Social, emotional, academic and mental health needs. These places are not just accessible with an EHCP but are for students who are in the private, mainstream and homeschool sector and may be finding the traditional education system a challenge. There will be 8 places available in each class and will be a full academic year programme, enrolling now for September 2020. Students study the practical and theory elements of hair and beauty, but also have differentiated one to one numeracy and literacy sessions each week that follow the functional skills format. To book a meeting or apply for this years academy intake email: emma@thecopperacademy.co.uk or call: 07779 768661. You can find out more about the Copper Academy Youth Programme on their website: <https://thecopperacademy.co.uk/youth-programme/>



Mencap - Learning Disability Week 2020. This week (15th – 21st June) is

Learning Disability Week. The theme this year is 'The Importance of Friendships During Lockdown'. Find out ways to get involved here: <https://www.mencap.org.uk/get-involved/learning-disability-week-2020#involved>



ADHD Foundation – About ADHD A Guide for Children. Free

downloadable booklet for primary school children & Key Stage 3 explaining what ADHD is and what it is not. <https://www.adhdfoundation.org.uk/wp->

[content/uploads/2019/01/Childrens-Guide_FINAL.pdf](#)



Petroc Free Distance Learning Courses.

There are lots of Level 2 courses available free of charge, including:

- Awareness of Mental Health Problems
- Children and Young People Mental Health
- Understanding Autism
- Understanding Behaviour that Challenges
- Understanding Nutrition and Health
- Understanding Specific Learning Difficulties

And many more.

Find out more and register for a course here:

<https://www.petroc.ac.uk/courses-search/looking-for-distance-learning/direct-learning-children-and-education>



BIS-net Webinars

Supporting social development in Autistic children
Monday 22nd June. 1pm - 3pm. £5.98 per ticket.

Looking into the future with Autism and a PDA profile – ft Harry Thompson
Friday 26th June 8pm. £11.37 per ticket.

Find out more about these courses and book a place at: <https://www.eventbrite.co.uk/o/ceda-6400231187>

Alongside the webinar events, Sam is hosting regular live Q&A sessions on Facebook. Follow the BIS-net Exeter Facebook Page to keep up to date with what's happening.



National Autistic Society Spectrum Live Father's Day Special Friday 19th June from 10am

In this Facebook live event the NAS will bring together fathers and father figures to discuss fatherhood and being a parent to an autistic child. Guests both autistic and non-autistic, will share their experiences, knowledge, what being an autistic parent is like for them and what they've learnt along the way. Guests include: Arif Patel, Ronnie Pinder, Tom Hopper, David Grant, Michael and Paul Atwal-Brice, Henry Normal and Cally Beaton. The event will be live on the NAS Facebook page at 10am on 19th. Find out more here: <https://www.autism.org.uk/about/spectrum-live.aspx>



The Sense Active Team is joining

@YouthSportTrust &
@SkySports to help young families & SEN Schools enjoy



people,
a week

of virtual sporting challenges during the National School Sport Week at home. You can register for a School, Organisation or Parent/Carer pack here: <https://bit.ly/2Yj1gTe>



Oak National Academy is a new collection of lessons and online resources. Backed by the Government, it has been created in response to the coronavirus lockdown.

The online classroom offers free access to teachers delivering video lessons, quizzes and worksheets. Available for both primary and secondary, it covers a range of subjects. The lessons are ordered so your child can learn along a clear plan. There will be new lessons and resources each week.

Oak National Academy will fit alongside other resources such as BBC Bitesize. Together, these can offer a structure to the day for children until schools fully reopen.

The Specialist classroom has lesson plans for Occupation Therapy, Speech and Language, Physical Therapy and lots more.

Find out more here:

<https://classroom.thenational.academy/specialist/>

Positive Futures with Autism

Positive Futures with Autism – Free 'Guide for a Successful Transition to a

Mainstream Secondary School'. Sign up for your free guide here:

<https://positivefutureswithautism.co.uk/free-guides-for-autism/>



Positive Approaches to Support

is a new website which has been set up for families who care for children, young people or adults with a learning disability or developmental difficulty (including those who are autistic). You will find information about positive approaches for supporting your own wellbeing and supporting choice, independence and communication for your relative. You will also find information about how to support your relative if they display behaviours that challenge. There is a mixture of reading material, videos and printable tools, with links to other resources and organisations. Everything on the website has been created by experienced family carers and professionals working together. Find out more here:

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



Keep Safe UK have lots of resources on their website including easy read posters with the latest coronavirus safety advice and

measures - free to print or share online, you can use them on their own or in combinations to get the message across.

<https://www.keepsafe.org.uk/posters>



Youngsibs - Siblings and going back to school

Read the spotlight mini blog with lots of information and advice, addressing worries about returning to school here: <https://www.youngsibs.org.uk/siblings-and-going-back-to-school/>



Sunflower Lanyard –

Not all disabilities are visible – some are not immediately obvious, such as autism, chronic pain, anxiety, visual or hearing impairment. Living with a hidden disability can make daily life more demanding for many people, but it can be difficult for others to recognise, acknowledge or understand the challenges faced. Wearing the Hidden Disabilities Sunflower discreetly indicates that the wearer has a hidden disability and may need additional support, help or more time. These are sometimes free at supermarkets, but you can purchase for a small charge from the Hidden Disabilities website, alongside other items such as the new Face Covering Exemption Card. Find out more here:

<https://hiddendisabilitiesstore.com/products-19.html>



BBC Bitesize Parent Toolkit.

Wanting tips on supporting your child's wellbeing? Looking for practical advice? Or scouting for activity ideas for some

lockdown entertainment? Take a look at the Parent Toolkit section of the BBC Bitesize pages:

<https://www.bbc.co.uk/bitesize/articles/znsmyxc>

More Free Online Activity/Learning Resource Ideas:



Talk for Writing. Lots of age-related work/activity units from Key Stage 1 through to Key

Stage 4. All include a model text which is also available as a streamed audio recording.

<https://www.talk4writing.com/home-school-units/>



Blue Peter – 6 Badges of Summer

Green, Sport, Music, Blue, Fan Club and Silver – 6 Blue Peter Badges you can earn right now! Find out more and download a 6 Badges of Summer wallchart here:

<https://www.bbc.co.uk/cbbc/joinin/six-badges-of-summer>



HP Print Play Learn. HP have gathered together a collection of free printables available from various sites, including Crayola colouring pages, Canva worksheets, Roots and Shoots activity sheets and lots

more. Explore here:

https://www8.hp.com/us/en/printers/printandplay.html#filters_printables_section=creator-creator_roots_shoots§ion=printables_section



Bookstart HomeTime.

Enjoy storytime with free online books and videos,

play games, win prizes, test your knowledge in book-themed quizzes, or even learn how to draw some of your favourite characters.

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/>



Tom Palmer – A Summer of (reading & writing) Football.

Great for football mad 7-13 year olds. 10 football themed literacy activities and lots more available on the website:

<https://tompalmer.co.uk/free-reads/>

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 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.

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