

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

26th November 2020



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 these Northern Snippets directly to your mailbox and would like to be added to the mailing list email: amandasmithson@nhs.net If you would like to receive the Southern edition you can email: kris.taylor@nhs.net

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 under 'Follow Settings' to ensure you see posts.



Champions for Change – learn more about their latest meeting!

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.

"Last month, we held our first ever Champions for Change virtual meeting, which was a great success! And we've now added a PowerPoint presentation to our page so that you can [learn more about we got up to in the meeting](#). We'll add notes from all our sessions to the bottom of [the Champions for Change page](#), so you can stay up-to-date with the group's latest activities.

The next target for the group is to expand. So if you or anyone you know is interested in joining a group run for young people with SEND by young people with SEND, [please get in touch!](#)"

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>

You can also see the winning entry from the recent Champions for Change Time Capsule competition here:

<https://www.devon.gov.uk/educationandfamilies/archives/10473>



Summary of DiAS Support for Children and Young People

DiAS is a free service that provides impartial information, advice and support around special educational needs and disabilities (SEND). As well as working with parents / carers, DiAS work directly with children and young people up to the age of 25 who have SEND. DiAS can:

- Work with children and young people individually to gather their views. Help children and young people share their opinions around decisions that affect them.
- Help children and young people understand what meetings are happening and how they can be involved. This could be for an EHCP review meeting or a team around the family (TAF) meeting.
- Provide accessible information and advice. DiAS do this in a range of ways, including through their website, in person, by phone or email.
- Signpost to other services that offer different help and support (especially if DiAS aren't the best people to help).

You can find more information, advice and support for children and young people on the DiAS website; <https://www.devonias.org.uk/children-young-people/>. If you have any further queries, please do not hesitate to get in touch.

- Telephone; 01392 383080
- Email; devonias@devon.gov.uk
- Contact form; <https://www.devonias.org.uk/contact-form/>

See attached DiAS 'Information, Advice and Support for Children and Young People' Factsheet. DiAS are working to put the factsheet into more accessible formats for children and young people. If there is a particular format that you would find beneficial, please do not hesitate to get in touch.



Challenging Behaviour Foundation

have lots of useful free resources on their website including the Factsheet and leaflet below, both of which may be particularly useful at the moment:

[Supporting Children and Adults with Severe Learning Disabilities at Home During the Coronavirus Pandemic](#)

[Supporting your Loved One at Home](#)



Bis-net – Webinars

**** the box - the importance of

Neurodiversity in our society. Ft Harry Thompson, Chloe Farahar and Mollie Sherwin. Friday 4th December, 8pm-11pm. Tickets £22.15.

Positively PDA - A 2 hour webinar with Sam Harris and Harry Thompson focused on the positive aspects of Autism and a PDA profile. Thursday 10th December, 8pm-10pm. Tickets £11.37.

Webinar Recordings: Throughout 2020 BIS-net began running online webinars to replace face to face training courses. They are now offering people the chance to access their previous events as recordings at a much lower price. Each topic has been covered at least twice, often three times this year. With a ticket you will receive access to recordings of all these events, as well as a pdf of the slides used. These are the recordings available:

- Supporting yourself to support others
- Managing aggression and violent behaviour in young people
- Supporting social development in Autistic Children
- Autism & Anxiety

Find out more and buy a ticket for any of the above webinars here:

<https://www.eventbrite.co.uk/o/ceda-6400231187>



Council for Disabled Children - New Learning E-Modules

CDC is pleased to announce two new e-learning modules as part of the Expert Parent Programme: Planning for an Uncertain Future and Support Decision-making and the Mental Capacity Act (2005). This programme is aimed at parent carers of children and young people with complex health needs and a learning disability which means they do not have the capacity to make significant decisions for themselves. These e-learning modules are freely available to all, including any professionals supporting these families:

<https://learning.councilfordisabledchildren.org.uk/>



Contact – How to Handle Meetings.

Free online course for parents/carers of young children with additional needs. Develop your skills for online and face2face meetings to help make the right decisions for your child.

Wednesday 9th December 2020, 10am – 12pm.

Find out more and register here:

<https://www.eventbrite.co.uk/e/how-to-handle-meetings-for-parentscarers-of-children-with-additional-needs-tickets-127167899611>



Space* new online session: No Blocks.

These sessions are accessible to young people with special educational needs and/or disabilities aged 11-19 Devon wide. Sessions are supported by youth workers and run every Monday 4.30-5.30pm and every Friday 5pm-6pm on Zoom. These sessions offer a safe place to go online, connects young people and gives them something to do in a fun supporting environment. There is a wide range of activities, fun and games, so something for everyone. If you would like further information on how to join or have any questions please contact info@spacepsm.org Find out more about Space Youth Services here: <https://spacepsm.org/>



Phoenix Asends – Sensory Processing Awareness Session.

This online session is an in-depth look at Sensory Processing, what it is and activities to support it. The course is suitable for Parents, Carers and Professionals. No diagnosis needed. The session is taking place on Friday 4th December, 10.15am – 1.45pm. Tickets are £10 for Parent Carers and £15 for Professionals. Find out more and book a place here:

<https://www.eventbrite.co.uk/e/sensory-processing-awareness-session-tickets-128846213493?ref=eios>

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, founded by autistic author Alis Rowe.

During December & January, the Curly Hair Project will be running the following webinars:

- Autism & Anxiety
- Autism & Gender Dysphoria
- Meltdowns & Shutdowns
- Understanding Masking
- Females & Autism
- Sensory Processing & Autism
- Socialising & Autism
- Communication & Autism

See dates, costs and book a place here:

<https://thegirlwiththecurlyhair.co.uk/services/events/>



Hikmat Devon CIC, is a user-led co-operative that works with members of the black and minority ethnic (bme) communities across Devon, working to reduce isolation and improve health and well-being outcomes. This is done through activity and interest groups, 1 to 1 mentoring, training, signposting, counselling, and person centred goal planning. Find out more about Hikmat Devon here: <https://www.hikmatdevon.co.uk/>



Royal Mail Free Letter from Santa.....



Find out more here:

<https://www.royalmail.com/christmas/letters-to-santa>



Contact - Latest Edition of HemiHelp Magazine live now!

The online flipbook is aimed largely at parent carers who support a child with hemiplegia, but lots of the articles are relevant to all families with a disabled child.

<https://contact.org.uk/advice-and-support/health-medical-information/hemiplegia-support/hemihelp-magazine/>



Disability Grants – Kindness Postcards.

Keeping in touch with friends and family has been difficult through the current global crisis.

Many of us have learned to communicate online through social media and apps like Zoom.

But nothing beats receiving a personal card or letter that has been made with love.

With this in mind Disability Grants are offering Kindness Postcards that are free to download. All you need to do is print onto card and colour.

Download the Kindness Postcards here:

<https://www.disability-grants.org/kindness-postcards.html>



RNIB - Santa Letters for Blind and Partially Sighted Children.

For more than 20 years, the elves and fairies at RNIB have helped Santa with hundreds of letters – they love opening the mail and reading about what children have been up to and the things they would like for Christmas. They then help Santa send out his replies in each child's preferred reading format.

The closing date for letters is **Tuesday 1st December 2020**.

Alternatively, you can send your letter by email and receive an email reply. Email Santa at: santa@rnib.org.uk. The closing date for emails is **Monday 21st December 2020**.

Letters are free of charge but the RNIB do appreciate donations.

Find out more about how to request a letter and the different formats available here:

<https://www.rnib.org.uk/information-everyday-living/family-friends-and-carers/resources-parents-blind-or-partially-sighted/letter-santa>



Fledglings Christmas Collection.

Fledglings is a non-profit shop offering products for special needs children, such as sensory toys, learning resources, swimming, incontinence, bibs and clothing. The Fledglings online Christmas Shop is now open with products for Christmas mealtime, cosy clothing, gift ideas, sensory stocking fillers and much more:

<https://www.fledglings.org.uk/>

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**

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

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



Covid 19 Symptom Checker

Unsure about when and when not to send your child to school if they're feeling unwell and if you need to book a test? Devon County Council have created a symptom checker chart which may help you decide. For further school advice and to download a copy visit: <http://soc.devon.cc/UWYzZ>

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.



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 your FamilySchoolDevon



Support for people and businesses

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, please 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 by clicking [here](#)

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.