

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

21st January 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/>



Babcock Cygnet Parent Autism Awareness Courses.

Babcock LDP have negotiated and agreed access to the Cygnet courses for families of Children and Young People in Devon who are currently on the Autism Assessment Pathway, in addition to families of Children and Young People who have received an autism diagnosis.

The programme is for parents/carers of children aged between 7 and 18. Babcock LDP as licensed trainers will be offering access to this programme online during this Spring Term period, as hosting their usual parent autism awareness programme is not physically possible at this time due to CV19 restrictions. There will be 6 weekly sessions (approx. 2hrs each) related to the following topic/themes:

No.	Topic	Release date
1	Introduction	Mon 22 nd Feb
2	Autism overview	Mon 1 st Mar
3	Sensory	Mon 8 th Mar
4	Communication	Mon 15 th Mar
5	Understanding behaviour	Mon 22 nd Mar
6	Supporting behaviour	Mon 29 th Mar

To access the programme email:

LDP-LearnerSupport@babcockinternational.com

You will be asked to complete a Reply Slip to confirm details.

TALKWORKS FOR CHALLENGING TIMES

Looking after yourself during challenging times is important. TALKWORKS can help. Learn basic day to day stress-management techniques today.

Learn how to manage worry, set routines and reduce stress.

FREE TALKWORKS FOR CHALLENGING TIMES WORKSHOP

- Various dates available
- 2 hours
- Held on Microsoft Teams

To book a place please call or email us and provide a few details to register with TALKWORKS.

t: 0300 555 3344

e: dpt.talkworks@nhs.net

For more info visit: www.TALKWORKS.dpt.nhs.net

@DPT_TALKWORKS

Talkworks Sessions are for aged 18+ and are free of charge. Upcoming dates for the above online workshops are:

Monday 25th January, 5:30pm-7:30pm

Wednesday 10th February, 5:30pm-7:30pm

Thursday 25th February 2.30pm-4.30pm

There are also dates available for NHS staff.

Find out more here:

<https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support/sleep-and-wellbeing-workshops>



Bis-net Webinar - Why wait. Support the trait - ft Fintan O Regan.

In this webinar, you will learn how to identify and support specific traits in advance of waiting for diagnosis. Considering how to best support these needs in a way that is person centred and adjusting to help them to stay regulated and engaged.

Thursday 28th January, 7pm – 9pm. Tickets

£11.37. Find out more and book a ticket here:

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



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.

Monday 25th January 10.30am-12.30pm.

Find out more and book a place here:

<https://www.eventbrite.com/e/demystifying-send-special-educational-needs-and-disabilities-tickets-127732273669>



Devon Information Advice and Support To support families and children and young people with SEND in Devon,

DiAS have revised and updated some of their information for parents about school and education during this lockdown.

There is also information aimed specifically at children and young people:

<https://www.devonias.org.uk/children-young-people/coronavirus-information-advice-support/>

DiAS will be adding to this over the coming days and weeks as information changes, and in response to the issues that parents, children and young people are raising.

Questions and Answers:

<https://www.devonias.org.uk/QandA-lockdown>

Useful resources:

<https://www.devonias.org.uk/information/coronavirus-and-lockdown-support-and-resources/>

Anna and Maria (DiAS Children and Young People Workers) are still available for help and support during lockdown, working directly with children and young people up to the age of 25 who have SEND. As a brief reminder, they 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.
- Provide accessible information and advice. This is done 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 they aren't the best people to help).

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/>



Family Fund. If you have received a grant from Family Fund in the past, they may be able to help again. If you are raising a disabled child and have **not received a grant so far in 2021**, you can apply today. Find out more here: <https://bit.ly/3sdZp00>

PARENT+ SUPPORT HUB
Support Hub for Mental Health Caregivers
Now Offering Parental Minds Counselling

BESPOKE SUPPORT PLANS

- Emotional support for parents/carers
- Information on mental health issues
- Educational Needs
- Financial Needs
- Resources
- Sharing insights on relevant services

REGULAR SUPPORT

- Support Calls
- Whatsapp
- Emails
- Text
- Facebook

POST COVID-19
Cafe-Style meetings

Text/whatsapp Support: 07907 614 516
E-mail: parentplus@parentalminds.org.uk
Facebook: /PPSHUB

Supporting Families ; Mental Healthcare



Wings Southwest will be running online zoom meetings for adults (16+) with additional needs

throughout the lockdown period for anyone who would like to join. The meetings will be a way for people who are currently unable to socialise in person to meet other people in a similar situation to themselves. During these free sessions participants will be playing games, making new friends and having fun. If you are interested then please speak to Mark via e-mail on mark@wingscharity.com



Contact - For Families with Disabled Children.

Sign up to receive Contact's 'What's New' weekly email newsletter here:

<https://e-activist.com/page/10881/subscribe/1>



ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.

As a direct response to the COVID-19 crisis ThinkNinja has been updated with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people who may be experiencing increased anxiety and stress during the crisis.

<https://www.nhs.uk/apps-library/thinkninja/>

Are you a family carer of someone with a severe learning disability? ✓

Are you involved in carer networks in your area or would you like to be? ✓

Are you looking for a new way to support the CBF? ✓

The CBF are recruiting new volunteer Local Champions.

We are particularly interested to hear from anyone interested in moderating a supportive new Facebook group for Family Carers for a few hours per week

For more information please email volunteer@theCBF.org.uk for a role description and application form

No experience necessary, online training will be given

Training dates 27th-28th January and 3rd - 4th February via Zoom




Raising Awareness – Autism – Multi-Agency (Virtual Event)

The making sense of autism training will give you a better understanding and awareness of autism and the way it affects young people in your agency, organisation or setting. Basic autism awareness training for everyone involved in an agency, organisation or setting across education, health, social care and public services who would benefit from an understanding of autism.

Training Objectives:

- understand the four key areas of difference that need to be taken into account when working with young people on the autism spectrum.
- know the importance of understanding the young person on the autism spectrum and their profile of strengths and areas for development.
- identify the key areas to help young people on the autism spectrum build positive relationships with staff, peers and people in their community.
- develop an awareness of the sensory and communication differences that young people on the autism spectrum may experience.

Monday 1st Feb 2021 (9.30-11.00) - £35

<https://shop.babcockldp.co.uk/events/80a9d698-0065-4be7-9631-c57c3a0fb842/Raising-Awareness-Autism-Multi-Agency-virtual-event>

Repeating again on Tuesday 16th Mar 2021 (3.30-5.00).

Booking enquiries: Turner, Tina

Tina.Turner@babcockinternational.com

Module content enquiries: Lamanna, Paul

Paul.Lamanna@babcockinternational.com

More C&I CPD opportunities: [Communication and Interaction | Babcock LDP](#)

Free Activities and Resources:



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 Jacqueline Wilson.



BBC Bitesize Support Hub. As well as online lessons, BBC

Bitesize also has a support hub with advice, tips and resources for children and young people around issues such as school and mental health, staying motivated, friendships and relationships and bullying: <https://www.bbc.co.uk/bitesize>



Wave Project Free Downloadable Activity Books

The Wave Project have created a number of Activity Books to keep you and your children busy through lockdown, full of recipes, crafts, games, books and movies. With a new activity book being shared with you every week. Find the latest activity book and all the archive books here: <https://www.waveproject.co.uk/activity-books/>



VICTA UK Braille Picture Competition 2021

In celebration of World Braille Day 2021, VICTA has launched its annual Braille Art Competition. There are two age categories in which you can enter, with prizes up for grabs for the winners. Closing date 31st January. Find out more here: <https://www.victa.org.uk/victa-calendar/braille-art-competition-2021/>



Chester Zoo - Virtual Day at the Zoo.

Friday 22nd, live on their Facebook and YouTube pages, 'gates' open at 10am! Find out more at: <https://www.chesterzoo.org/virtual-zoo-2/>



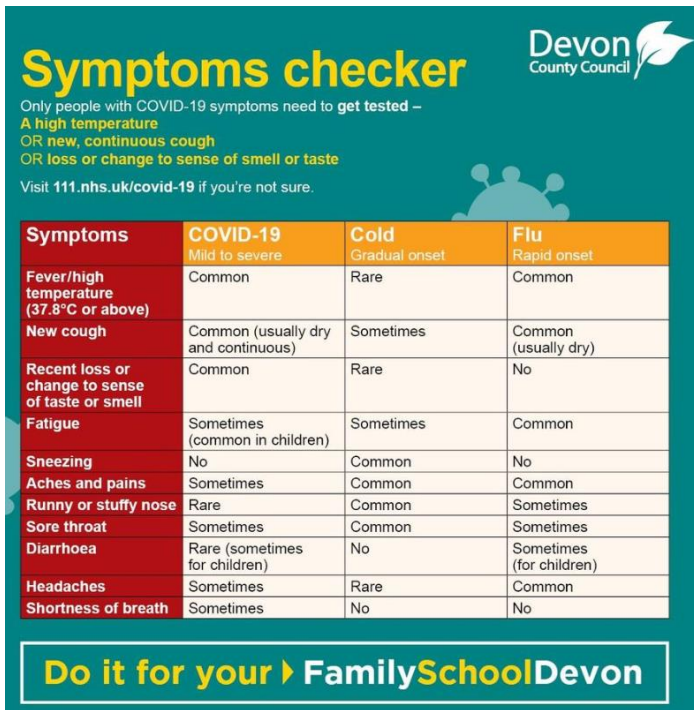
TailfeatherTV is a new and exciting

YouTube channel for pre-school children which follows the Early Years Foundation Stage framework

for Learning and Development, so children can explore and engage with fun topics through dance, singing, signing, learning, and playing. All episodes are co-written and presented by brilliantly talented young adults with learning disabilities, including dancer Andrew Self.

<https://www.youtube.com/channel/UCUTqmS4mjo2rMx2TqnXluxg/videos>

Covid19 Symptom Checker:



Symptoms checker
Devon County Council

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

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.

