

# SIGNPOSTplus Information Snippets

## Northern Devon and Surrounding Areas

### 7<sup>th</sup> 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](mailto: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 <sup>nd</sup> Feb
2	Autism overview	Mon 1 <sup>st</sup> Mar
3	Sensory	Mon 8 <sup>th</sup> Mar
4	Communication	Mon 15 <sup>th</sup> Mar
5	Understanding behaviour	Mon 22 <sup>nd</sup> Mar
6	Supporting behaviour	Mon 29 <sup>th</sup> Mar

To access the programme email: [LDP-LearnerSupport@babcockinternational.com](mailto:LDP-LearnerSupport@babcockinternational.com)  
You will be asked to complete a Reply Slip to confirm details.



### Bis-net Webinar - Supporting Autistic People with Distressed or Unsafe Behaviour

A webinar for parents and professionals supporting Autistic people who experience meltdowns or distress leading them to unsafe behaviours.

Thursday 14<sup>th</sup> January, 5pm – 7pm.  
Tickets £9.21. Purchasing a ticket will give you access to the slides and hand-outs used on the course, as well as a link to the live event and a recording that can be watched at any time after the event. Find out more and book a place here: <https://www.eventbrite.co.uk/e/supporting-autistic-people-with-distressed-or-unsafe-behaviour-tickets-135323539349?aff=erelexpmlt>

### Time for YOU

in these challenging times

A small supportive zoom group for mums of children with additional needs



Now, more than ever, Time for You is essential

Share with others who get what it means to be a mum of a child with additional needs during these times

Re-fuel, play with coaching tools + images and say what needs to be said

Listen to what YOU need and how this fits into your life now



Are you in DEVON or CORNWALL

Could this be for you?  
[jo@mums4achange.org](mailto:jo@mums4achange.org)  
[fb @mums4achange](https://www.facebook.com/mums4achange)  
[www.mums4achange.org](http://www.mums4achange.org)



"The group has been a life-line "

- A small, safe and supportive zoom group for mothers
- Take some time for you with others who get it
- Your child doesn't need an official diagnosis

WHEN: Fridays 9.30-11.30 from 8th January 21

WEEKLY: 12 weekly zoom meetings (term time only)

HOW: By zoom - For you if your children can safely be distracted while you speak+ listen 'privately'

COST: Free **BOOKING ASAP ESSENTIAL** - priority booking if on means tested benefits

INTERESTED: Text 07855529582 or Facebook message on [@mums4achange](https://www.facebook.com/mums4achange) or e: [jo@mums4achange.org](mailto:jo@mums4achange.org)

RUN BY: Jo Ball - life and career coach, mum of 2, with a background as an Arts Therapist. SUPPORTED BY: Clare Gale has a child with complex medical needs. Clare did the group, loved it and wanted to share it. Clare's in the final stages of her counselling qualifications.

Funded by the People's Health Trust





## PDA Society Online Courses for Parents and Carers.

Tickets are now available for the 2021 PDA for Parents & Carers online courses. Find out more and book a place [here](#)



### PDA for Parents & Carers (Online) for parents & carers of PDA children & young people

- Develop your understanding of the PDA profile of autism
- Consider what demands are
- Learn helpful approaches
- Look at diagnosis, education & siblings
- Two sessions via Zoom

Tickets  
£22.15

#### Upcoming 2021 dates

28th January & 4th February, 10am - 12.30pm  
 11th & 18th March, 10am - 12.30pm  
 20th & 27th April, 12.30pm - 3pm  
 12th & 19th May, 10am - 12.30pm  
 11th & 18th June, 12.30pm - 3pm  
 28th June & 5th July, 7pm - 9.30pm



[www.pdasociety.org.uk](http://www.pdasociety.org.uk) Events & Training



## Action for Children – Home Schooling Tips.

Home schooling can be a challenge, for parents as well as children, Action for Children have put

together some tips to help:

<https://parents.actionforchildren.org.uk/covid-19/home-schooling-tips/>

Action for Children also have their 1:1 Parent chatline for free and confidential live chat with a qualified parenting coach. You can talk about anything that supports family life, caring for children or managing your own wellbeing.

Find out more here:

<https://parents.actionforchildren.org.uk/>



## Internet Matters - Free Online Advice

on dealing with issues that could be affecting your children;

Download a Free Expert e-Safety Guide for advice on your child's online safety, Free Tips and Advice including setting up devices safely, Listen to Expert Advice, Explore Privacy Settings, Watch Online Resources. Find out more here:

<https://www.internetmatters.org/>



## Contact - Free online workshops for

**Families with Disabled Children.** Multiple dates available for each one-off webinar:

- Money Matters - for parents of young children with additional needs
- Money Matters - for parents of children aged up to 16 with additional needs
- Encouraging Positive Behaviour in Young Children
- Encouraging Positive Behaviour in children aged up to 16
- Wellbeing for parents of children with additional needs
- Helping your young child sleep
- Helping your child (aged up to 16) sleep
- Support for speech and language issues in young children

New for 2021.....

- Siblings workshop for parent carers
- Educational support for young children with additional needs
- Educational support for school age children with additional needs
- Handling Meetings Effectively - for parents/carers of young children with additional needs
- Growing Up workshop for parent carers

Find out more about any of the courses and book a place here: <https://contact.org.uk/about-us/family-workshops/>

**NHS Northern Devon Healthcare NHS Trust**  
**Paediatric Bladder and Bowel Care Service Training and Education**  
**Spring Term 2021**  
**Free Information and Training Sessions for Early Years Settings/schools**  
 'Nappy to Potty'  
 'The Journey from Nappy through to Toileting in Settings and Schools'  
 Due to on-going COVID-19 restrictions there are two ways you can access our above services

<b>FACE TO FACE</b> (subject to COVID-19 safety measures and availability) Training or Information displays in your setting/school Between hours of 9.30am – 6pm Weds/Thurs	<b>VIRTUAL TRAINING</b> from October 2020 (Microsoft Teams, subject to availability) • 7 – 8pm - 1 <sup>st</sup> Thurs • 8 – 9pm - 2 <sup>nd</sup> /4 <sup>th</sup> Weds • 4 – 5pm - 3 <sup>rd</sup> Mon of every month (to be reviewed for Summer Term 2021)
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For further information or to book:  
 Email: Debbie Richards Early Years Healthy Bladder and Bowel Educator at [drichards2@nhs.net](mailto:drichards2@nhs.net) or call 01392 208044



## Learn Devon Online Courses

Improve your wellbeing, learn new skills, gain new qualifications or pick up a new hobby with Learn Devon online courses. Browse courses and enrol here:

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



### Autism – Leading Good Practice training for school leaders (4 modules) 18<sup>th</sup> & 25<sup>th</sup>

January and 8<sup>th</sup> & 29<sup>th</sup> March.

Essential for those in roles of leadership (SENCO/INCO), who support and train others and who are able to influence whole school development in responding effectively to the needs of autistic pupils.

Framed in the AET school autism standards, the training provides practical support and resources in support of whole school improvement.

The training will support participants in:

- developing a full understanding of good autism practice
- evaluating and developing autism practice within their setting
- auditing staff knowledge and skills and identifying professional development needs
- understanding how the pursuit of good autism practice can support wider regulatory and good practice compliance

Available to book on the Babcock LDP shop:

<https://shop.babcockldp.co.uk/themes/inclusion-and-safeguarding/communication-and-interaction/>

Booking enquiries if required via: Tina Turner

[Tina.Turner@babcockinternational.com](mailto:Tina.Turner@babcockinternational.com)

Module content enquiries via:

[Paul.Lamanna@babcockinternational.com](mailto:Paul.Lamanna@babcockinternational.com)



### YMCA Exeter – Children and Young People’s Wellbeing Service.

A free psychological wellbeing service for 5-18 year olds

offering support and intervention for low mood, anxiety and behavioural difficulties. The team of Wellbeing Practitioners use CBT (Cognitive Behavioural Therapy) techniques and goal-setting to build up emotional wellbeing and resilience in young people and their families. To speak to someone on the team Tel: 01392 410530 or email:

[wellbeing@ymcaexeter.org.uk](mailto:wellbeing@ymcaexeter.org.uk)

Find out more at the website:

<https://www.ymcaexeter.org.uk/cwpwellbeing/>



### YoungMinds Crisis Messenger

If your child needs to talk to someone,

they can text the YoungMinds Crisis Messenger for free 24/7 support across the UK. Text YM to 85258. Find out more here:

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>



### Cerebra – Mental Health Support for you and your family.

Whether it’s being able to spot the signs of

anxiety and pain in a child with complex needs or looking after yourself as a parent or carer, Cerebra have free downloadable resources that may be of help for both you and your child’s emotional and mental health. Find the resources here:

<https://cerebra.org.uk/latest-news/mental-health-support-for-you-and-your-family/>



### Side by Side Taw & Torridge Parent Support Group

are continuing to support members through weekly zoom sessions during this latest lockdown. If you are a

parent carer in need of support and wanting to connect with other parent carers, you can contact Tracey on: 07921220840 or email:

[sidebysidebarnstaple@outlook.com](mailto:sidebysidebarnstaple@outlook.com)

## Free Activities and Resources:



### Orchard Toys – Free Printable Worksheets and Activities

Orchard Toys have resumed their Free Daily Activity Sheets for pre-school and

school aged children. The sheets are posted on the Orchard Toys Facebook page every morning but you can sign up to receive them directly to your inbox the evening before they are shared on social media. Find out more here:

[https://www.orchardtoys.com/dept/things-to-do\\_d0127.htm](https://www.orchardtoys.com/dept/things-to-do_d0127.htm)



### The National Literacy Trust – Words for Life

Packed with free, fun

activities to improve reading and writing skills, for ages 0-12 years. [www.wordsforlife.org.uk](http://www.wordsforlife.org.uk)

From Monday...

CBBC will have a three-hour block of primary school programming (every week day starting at 9am)

While BBC Two will air programming for secondary students to support the GCSE curriculum.



### NASA Kids Club

Lots of free Space themed activities and downloads:

<https://www.nasa.gov/kidsclub/index.html>

**Free Activity Pack Downloads** Is your

child a fan of Julia Donaldson and Axel Scheffler's picture books? Now you can download a range of home learning activity packs to complete as you read the books!



<https://resource-bank.scholastic.co.uk/content/FREE-Julia-Donaldson-and-Axel-Scheffler-Home-Learning-Packs-40114>



**Joe Wicks** will be bringing back his online PE lessons from Monday 11<sup>th</sup> January. The live stream will be available through his YouTube channel at 9am every Monday, Wednesday and Friday. Each session will be 20 minutes long.



**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/>

**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**

**Covid 19 Symptom Checker:**

**Devon**  
County Council

## 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](https://111.nhs.uk/covid-19) if you're not sure.

Symptoms	COVID-19 <small>Mild to severe</small>	Cold <small>Gradual onset</small>	Flu <small>Rapid onset</small>
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

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

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

**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](mailto: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.*

