

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

11th March 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/>

NHS Annual Health Checks for Adults and Young People aged 14 or over with a Learning Disability

Did you know your young person / young person you care for needs to be listed on their GPs learning disability register to ensure they are invited for their annual health check? You can do this simply by asking your GP practice to add their name to the register.

Once your young person / young person you care for is added to the list you will be contacted by your GP practice once a year inviting you to their appointment.

Annual health checks are for adults and young people aged 14 or over with a learning disability. An annual health check helps you stay well by talking about your health and finding any problems early, so you get the right care.

You do not have to be ill to have a health check – in fact, most people have their annual health check when they're feeling well.

If you're worried about seeing a doctor, or there's anything they can do to make your visit better, let the doctor or nurse know. They'll help make sure it goes well for your young person or young person you care for.

If your young person or young person you care for has not yet been invited to their annual health check, please do contact your GP practice to book this appointment.

More information on annual health checks can be found here:

<https://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/>

Autism Support Helpline

A free, confidential service providing advice, support and information for neurodiverse adults, young people and their families.

0800 031 5445

Autism | ADHD | Sensory Processing Differences

No matter what stage of your journey, we can offer:

- Strategies
- Resources
- Signposting to other services
- Advice
- Supportive listening


A haven for families affected by autism

Lines open:
Mon-Thurs 9am-8pm
Friday 9am-5pm

Nationwide support


HM Government

In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND

Daisy Chain | Calf Fallow Lane | Norton | Stockton-on-Tees | TS20 1PF
Registered Charity No. 1109792 | Company Limited by Guarantee 4763989

YOUNGMINDS YoungMinds – Parent Helpline.

Are you worried about a child or young person? Contact the Parents Helpline for free, confidential advice via the phone, email or webchat. Find out more here:

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

TALKWORKS Talkworks Sleep Workshops:

For anyone who currently struggles with sleep - A free two-hour session to help people manage a range of sleep problems from waking in the night to struggling to fall asleep. Workshops are for age 18+. Upcoming workshop dates; Wednesday 17th March, Wednesday 31st March, Tuesday 13th April, Thursday 29th April & Wednesday 12th May.

Find out more and book a place here:

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



Bis-net Webinars:

The BIS-net Harry Thompson Package! (2019 Recordings) Recordings of three webinars on different subjects under the topic of Autism and a PDA profile. Cost: £5.98

Essential Skills for Supporting Neurodiversity

A webinar for any professionals or parent looking to develop skills in supporting Neuro-diverse young people. Thursday 1st April, 5pm-7pm. Cost £11.37.

Find out more about the webinars above and book a ticket here: <https://www.eventbrite.co.uk/o/ceda-6400231187>

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. During March & April, the Curly Hair Project will be running the following webinars:

- Autism & Sensory Processing
- Autism & Emotions
- How do I know how I am Feeling – for Autistic children
- Autism & Socialising
- Meltdowns & Shutdowns
- Autism & Gender Dysphoria
- Understanding Masking
- Autism & Executive Function
- Managing Anxiety as an Autistic Child (for children)
- Autism & Anxiety
- Communication & Autism

See dates, costings and book a place here: <https://thegirlwiththecurlyhair.co.uk/services/events/>

contact For families with disabled children **Contact – Free Workshops for Parents of Children with Additional Needs.**

Covering subjects such as; Sleep, Siblings, Educational Support, Speech & Language, Wellbeing and many more, with new dates being added regularly. See the full range of workshops and book a place here: <https://contact.org.uk/help-for-families/family-workshops-events/>

Kidscape Parent Advice Line

offering friendly, impartial, non-judgemental information, advice and support to parents, carers and family members who are concerned about their child or young person being bullied.

Helpline open Mondays & Tuesdays, 9.30am – 2.30pm (excluding bank holidays).

Tel: 020 7823 5430

or email: parentsupport@kidscape.org.uk

Find out more about Kidscape here:

<https://www.kidscape.org.uk/advice/parent-advice-line/>



Think behaviour, think language. I wonder if....

Communication and Interaction Team
Social, Emotional and Mental Health Team

A free, informal workshop for parents and carers to consider the links between behaviour and speech, language and communication needs. This event will be held virtually on Monday 22nd March 2021, 1-2.30pm

Does your child have difficulty with:

- Listening?
- Attention?
- Communication?
- Friendships?
- Literacy?

The session will aim to raise awareness of speech, language and communication needs (SLCN) and consider the impact on a child's social, emotional and mental health (SEMH). SLCN can become apparent through a child's behaviour in a variety of ways and we shall provide further insight into these complex links.

The session provides an opportunity to share ideas about what works for you and a chance to discuss and learn from other parents/carers.

There will also be an opportunity for questions to the Advisory Teachers and Family Worker from the Communication and Interaction Team and the Social, Emotional and Mental Health team.

To book your free place, please contact: Sue Vanstone
(01392)287355 sue.vanstone@babcockinternational.com

<https://www.babcockldp.co.uk/disadvantaged-vulnerable-learners/send/communication-and-interaction/parents-and-carers/slc-parent-training-language-and-behaviour>



Stamma – Free Workshops for Parents and Young People.

During March Stamma are offering free online workshops for parents of children and young people aged 12-18 who stammer. Find out more here: <https://stamma.org/news-features/free-workshops-parents-young-people>



Devon Information Advice & Support (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. The sessions are aimed at parents starting their journey or part way through. Helping parents to understand how they can access information and which services may be available for them, highlighting the graduated response and the terminology around SEND in schools. e.g. Universal, targeted, specialist services terminology, working with school in a plan do review type approach.

The sessions aim to signpost to information and service websites that are already out there and linked to the Devon Local offer webpage.

Tuesday 27th April 2021 10.30-12.30 (online)

<https://www.eventbrite.com/e/demystifying-send-special-educational-needs-and-disabilities-tickets-143956227953>

Let's Get Chatting!

Do you have a child aged 0-5 years?
Or
Are you expecting a baby?

If you answered 'yes' to one of the above and you also live in Devon, we would love you to answer 4 questions about how children learn to communicate and talk.

You can find the questions at <http://bit.ly/2ZP3wme> or use the QR code



Your answers to these questions will form part of an ongoing project within Devon. The aim is to support parents in their knowledge and confidence to nurture their child's communication in the first five years of life.

For more information contact Verity Hyde verity.hyde@torbay.gov.uk



Understanding my Child's ADHD Brain - A Webinar for Parents & Carers of children with ADHD. This

is an opportunity for parents and carers to explore the workings of ADHD brains and how comorbidity and complexity can add in to the difficulties our children and young people experience. Presented by Lisa Rudge, Therapy Team, ADHD Foundation. Monday 22nd March, 7pm – 8pm. Tickets £10. Book a place here:

<https://register.gotowebinar.com/register/579027425692288783>



Young Epilepsy – The Hub

Whether you are a young person who has questions about living with epilepsy and how it is affecting you, you want to ask others how they

deal with different situations, or you want to share your story - the Hub is the place to do that.

This is also a space for parents of children with epilepsy to come and support each other as well. Whether you want to ask a question, tell others about your experience, or want to support other parents, The Hub is for you too. Find out more here: <https://hub.thechannel.org.uk/t/welcome-to-the-hub-read-me-first/7>

RNIB Talking Books

RNIB Talking Books service is a free service giving access to over 32,000 fiction and non-fiction books for adults and children. For more information or to sign up to the RNIB Library get in touch: call the Helpline on 0303 123 9999, email helpline@rnib.org.uk Read more about the service and the formats available here: <https://www.rnib.org.uk/talking-books-service>



Learning Resources - World Autism Awareness Week 29th March - 4th April

This World Autism Awareness Week the National Autistic Society have a suite of free resources for all age groups to help students learn about autism and better understand their classmates.

The resources have been developed for different key stages in line with the National Curriculum, and are a great way to teach about being kind, learning about how we're the same, how we're different and to understand autism better.

Find the resources here:

<https://www.autism.org.uk/get-involved/raise-money/world-autism-awareness-week/waaw-schools>

UNIVERSITY OF EXETER PARTICIPANTS NEEDED:

We are recruiting:

- parents to a child/young person aged between 5-17 year-old who has an acquired brain injury
- 11-17 year-olds with an acquired brain injury

By simply completing our **short 15 minute survey**, you can be entered into our prize draw to win £20!

Our aims:

1. To find out about the effects of COVID-19 on children and young people with brain injuries.
2. To find out about any effects of COVID-19 on access to health care services, and young peoples' education, behaviour and well-being.
3. To look at how the impacts of COVID-19 for young people and their families are different or similar across different countries

Project Supervisor: A/Prof Anna Adlam
Email: a.r.adlam@exeter.ac.uk

If you are interested in taking part, please contact Flo Bishop & Beth Sell at COVIDExeterStudy@outlook.com



Action for Children Mental Health and Wellbeing Resources.

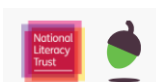
Advice and activities to support children and parents with their mental and emotional wellbeing. Filter by topic and age, with resources and information available for parents of babies to teens:

<https://parents.actionforchildren.org.uk/mental-health-wellbeing/>



PenCRU Annual Report 2020

Catch up on what PenCRU have been working on and who's who in the team: http://www.pencru.org/media/universityofexeter/medicalschool/subsites/pencru/pdfs/PenCRU_Annual_Report_2020.pdf



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 Will Mabbitt.

Please note that there will be no Northern Snippets next week due to annual leave, the next edition will be sent out on 25th March.

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 cfhd.signpostplus@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.



Symptoms checker

Only people with COVID-19 symptoms need to get tested –
A high temperature (37.8°C or above)
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 <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 ▶ 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>

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/>