

# SIGNPOSTplus Information Snippets

## Northern Devon and Surrounding Areas

### 9<sup>th</sup> July 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](mailto:mashsecure@devon.gov.uk) and give as much information as you can.

<https://www.devon.gov.uk/educationandfamilies/child-protection>



**Ambassador Volunteer Training Online.** The Ambassador Volunteer Project is supporting the Parent Carer Forum Devon (PCFD) to grow across Devon.

Parent Carer Forum Devon  
Connect, Empower, Influence

Update from the Ambassador Project:

“We hope that many of you will have already heard about Ambassador Volunteers. For those who are just hearing about us or want more information you will be able to find that on the DIAS [website](#).

Our number of Ambassador Volunteers is increasing. They are trained and connecting families in their community network to signpost information, and support. The Ambassador Volunteers also feedback themes and trends from their own network through the project to the Parent Carer Forum Devon, to help shape services and to DiAS, so they can provide the information and support you need.

There are Ambassador Volunteers actively connected and supporting parent/carers of children with SEND in North Devon, Honiton, East Devon, Okehampton and Holsworthy. If you would like to get connected to their networks please get in touch with: Ambassador Volunteer Coordinator- [megankenneallystone@devon.gov.uk](mailto:megankenneallystone@devon.gov.uk) and we can put you in touch with an Ambassador Volunteer network near you!”

New Induction training for people interested in becoming an Ambassador Volunteer is now available. The training will be in three hour virtual sessions:

Tuesday 14th July 7pm-10pm

Thursday 16th July 9.30-12.30

Monday 10th August 1.30-4.30pm

You can book on an Induction training course by following the link to the Eventbrite site:

<https://www.eventbrite.com/e/ambassador-volunteer-induction-training-tickets-111859157752>



Have your say

### Devon County Council Special Schools Consultation

DCC welcome your views on shaping future proposals and investment.

Proposals to increase capacity at Pathfield and Bidwell Brook Schools and plans for a new Special Free School, with locations currently being explored. A full specification will be available as the project progresses. If you have any views on this provision, the potential site, or are a proposer who would be interested in such provision, please email: [schoolconsultations@devon.gov.uk](mailto:schoolconsultations@devon.gov.uk) or use the contact form by 18<sup>th</sup> September 2020. Read the full article here:

<https://www.devon.gov.uk/haveyoursay/consultations/special-school-proposals-under-consultation-pathfield-school-bidwell-brook-school-and-plans-for-a-new-special-free-school/>



### Small grants scheme for disabled children

If you're a provider of a service for children and young people with special education needs and disabilities (SEND), DCC are inviting applications to the small grants scheme for financial support so that activities can run over the summer holiday.

The scheme provides funding to organisations who support children and young people (0-18) with SEND to access their local community and take part in activities alongside their friends. The scheme, provided by Devon County Council in partnership with Parent Carer Forum Devon, also covers funding for young carers to undertake activities with disabled siblings, and it can provide up to £5,000 to:

- Voluntary or community organisations (predominately parent led)
- Registered or unregistered charities
- Co-operatives
- Community interest companies
- Not for profit organisations

The deadline for applications is midnight on Monday 13th July. Applications will be considered subject to funds available and the grant awarded must be spent before 6th September 2020.

Find out more and apply here:

<https://www.devon.gov.uk/educationandfamilies/archives/9952>



## Babcock Cygnet Parent Autism Awareness Courses.

Babcock have negotiated and agreed access to the Cygnet courses for families of Children and Young People who are currently on the Autism Assessment Pathway, in addition to families of Children and Young People who have received and 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 summer holiday period, as hosting their usual parent autism awareness programme is not physically possible at this time due to CV19 restrictions. Find out more about the course and how to apply [here](#)

On the Babcock Communication & Interaction webpage you can find lots of home-learning information, activities and resources from the Babcock Communication & Interaction Team, including the Week 11 focus on 'Supporting Engagement in the Community', which includes downloadable pdfs on the following subjects:

- Going Back to School
- Haircuts during COVID
- Masks and Face Shields
- School Holiday Transition Support
- Seeing Other People Wear Masks
- Things I Can Do on a Beach

<https://www.babcockldp.co.uk/campaigns/coronavirus-support-for-schools-parents-and-pupils/links-for-home-schooling-resources-and-activities/communication-and-interaction>



**Healthy Start Vouchers**  
With Healthy Start, you get free vouchers every week

to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins. Pregnant or have children under the age of four? You could qualify if you're on benefits, or if you're pregnant and under 18.

Check if you qualify and find a map of retailers accepting the Healthy Start Vouchers here:

<https://www.healthystart.nhs.uk/>



**Devon Carers Online Sleep Workshop.** Trouble sleeping? Devon Carers new Online Sleep Workshop will enable carers to improve the

quality of sleep patterns, chat through related issues with others and find solutions together, to be held online on Zoom, Tuesday 28th July, 11am-1pm. Book your place by emailing: [sally.radcliffe@devoncarers.org.uk](mailto:sally.radcliffe@devoncarers.org.uk)



**Contact** have been adapting

their support offer for families. They've adapted their workshops to online options so that families can continue to connect with each other and gain useful information and advice at the same time. They've also set up the new "Listening Ear" 1-1 confidential phone appointments with family support advisers for parents who would like to talk to someone for reassurance and practical and emotional support at this time.

These are all FREE for families. Contact are listing the Workshop dates and "Listening Ear" appointments on the website so if you know a family who may benefit from either of these options please do tell them where to book on.

Workshops: <https://www.contact.org.uk/about-us/family-workshops/>

Listening Ear: [https://www.contact.org.uk/news-and-blogs/introducing-our-new-1-1-listening-ear-service-\(1\)/](https://www.contact.org.uk/news-and-blogs/introducing-our-new-1-1-listening-ear-service-(1)/)

COVID -19 Information Pages:

<https://www.contact.org.uk/advice-and-support/covid-19/>



## Young Sibs – Tough Stuff at Home

Many siblings feel that things at home are focused on their brother or sister. Some siblings have to do a lot of things to help with caring, others miss out on activities that their friends are able to do. Read YoungSibs tips for dealing with some of the difficult things that happen at home here:

<https://www.youngsibs.org.uk/info-and-advice/tough-stuff-at-home/>



## BIS-net July Webinars .....

*Autism Specific Webinar- Technology and Screens*

Friday 10<sup>th</sup> July, 10am-11am. £5.98 per ticket.

*Autism specific Webinar ticket price includes:-*

- Live access to the event and 15 minute Q&A afterwards.

-A link to the recording of the event to watch whenever you choose.

-A pdf hand-out to guide you through implementing the ideas.

-A pdf of the slides used and references.

*Reducing Challenging Behaviour in Neuro-diverse Children and Teens Webinar.*

Tuesday 21<sup>st</sup> July, 10am. £13.52 per ticket.

*Autism and PDA profile for Professionals Webinar*

Friday 24<sup>th</sup> July, 10am – 12pm. £11.37 per ticket.

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



**ADHD Foundation.** Get advice and guidance on helping your child manage problems and difficulties with

Top Tips from an internationally recognised expert, Dr Susan Young.

<https://www.adhdfoundation.org.uk/information/parents/>

### Hakeford Woods - Wellbeing in Nature.

These Free sessions are aimed to provide activities and opportunities with therapeutic benefits for adults struggling with mental health challenges. Find out more at the website: <https://www.hakefordwoods.co.uk/wellbeinginnature>

### More Free Online Activity/Learning Resource Ideas:



**Action for Children** have some great ideas from their children's services across the UK for you to do with your little ones. They are lots of fun to do and they'll also help with your

children's development.

<https://www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child/>



**CBBC Newsround – Five creative self-care ideas for children**

Kathryn Holden is a clinical psychologist from Sheffield Children's Hospital. Here are her five creative self-care ideas.

<https://www.bbc.co.uk/newsround/52998978>



**World Vision.** Free downloadable children's activity sheets:

<https://www.worldvision.org.uk/get-involved/kids-activities/>



**Landy and Friends** Free Teaching Resources for Schools and Home Schooling:

<https://veronicalamond.com/landybooks-teaching-resources-for-home-schooling/>



**Libraries across Devon and Torbay** are calling for children to sign up

to the Silly Squad Summer Challenge and read six books this summer as part of the 2020 Summer Reading Challenge. The Summer Reading Challenge is running now until Saturday 5th September. Find out more here:

<https://www.librariesunlimited.org.uk/news/silly-squad-summer-reading-challenge/>



**Forestry England Tree Trumps Game.** Download a copy and

learn some amazing tree facts:

<https://www.forestryengland.uk/resource/tree-trumps>

**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 200 247** (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](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.***

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