

# SIGNPOSTplus Information Snippets

## Northern Devon and Surrounding Areas

### 14<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/>



#### 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/>



#### 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.



#### 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 in England and have **not received a grant so far in 2021**, you can apply today. Find out more here: <https://bit.ly/3sdZp00>



#### Space Youth Services Online

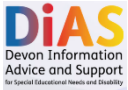
Call Back Offer – Chat with a Youth Worker by phone or text.

Zoom Sessions – Group video sessions for Youth Club members.

Virtual Youth Club (Discord) – Online Youth Club for ages 13+.

No Blocks – Online Sessions for young people with SEND aged 11-19

Find out more about any of Space\* services here: <https://spacepsm.org/>



## 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.

There are currently two sessions open in January:  
Tuesday 19th January 1-3pm  
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>



## Bis-net Upcoming Webinars:

**Keeping Everybody Safe when your Child is Distressed.** For parents of Neuro-divergent children with differences such as Autism and ADHD, who need to find ways to keep everyone in the home safe. This course is designed to help parents who are supporting children whose distress and emotional dysregulation is leading them towards very unsafe or physical behaviour in the home.  
Thursday 21<sup>st</sup> January, 10am – 12pm, Tickets £9.21.

**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 28<sup>th</sup> January, 7pm – 9pm. Tickets £11.37.

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

# 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](mailto:dpt.talkworks@nhs.net)

For more info visit: [www.TALKWORKS.dpt.nhs.net](http://www.TALKWORKS.dpt.nhs.net)

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

Monday 25<sup>th</sup> January, 5:30pm-7:30pm

Wednesday 10<sup>th</sup> February, 5:30pm-7:30pm

Thursday 25<sup>th</sup> 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>



**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](mailto:mark@wingscharity.com)



**Side by Side Barnstaple & 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)

## 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/>



### 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/>



### 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/>

## New Speech Language and Communication Needs

(SLCN) awareness training event for staff working with children and young people in education settings.

More than 1.4 million children and young people in the UK have speech, language and communication needs (SLCN). Language disorder alone is one of the most common disorders of childhood, affecting nearly 10% of children and young people everywhere throughout their lives. In areas of social disadvantage this number can rise to 50% of all children and young people, including those with delayed language as well as children with identified SLCN.

Delivered by Babcock LDP, the session will:

- Provide an overview of SLCN and development
- Support planning and inclusive teaching for pupils with SLCN
- Raise awareness of screening tools for SLCN and help staff to measure progress in language and communication
- Increase understanding of the links between language and literacy

Date: 3<sup>rd</sup> February. To find out more and to book, please visit the Babcock website:

<https://shop.babcockldp.co.uk/events/540f959b-bb4f-4e2b-9fce-fa8d6f7bef2d/SLCN-Module-1-Understanding-and-Identifying-SLCN-virtual-event>

If you have any further queries, please

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

## Free Activities and Resources:



### Special Needs Jungle

Special Educational Needs + Disability + Health Conditions + Paediatric

Special Needs Jungle have pulled together a huge list of Distance Learning Resources for Children and Young People with SEND:

<https://www.specialneedsjungle.com/distance-education-resources-for-children-and-young-people-with-send/>



### Inclusive Teach 150 Ideas for Sensory Home Learning:

<https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/>



### Look - Supporting visually impaired young people to thrive.

Look have compiled a list of FAQs, top tips and recommended resources to help with home schooling your visually impaired child:

<https://www.look-uk.org/home-schooling-resources/>





## Paignton Zoo Wild at Home Education Activities Free

downloadable Wild at Home

educational resources to inspire and educate your children at home:

<https://www.paigntonzoo.org.uk/education-clubs/wild-at-home-education-activities>

Join Paignton Zoo tomorrow (15<sup>th</sup> Jan) at 11am for a live lesson exploring different zoo animals habitats followed by Q&As. Aimed at KS2 students. Find out more at the Paignton Zoo Facebook page.



## ADHD Foundation Coronavirus Anxiety Workbook from the Wellness Society – A

tool to help build resilience during difficult times:

<https://www.adhdfoundation.org.uk/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf>



## Twinkl Home Learning Hub - Here

you'll find a set of free activities for you and your child, updated daily. Expect

home learning activities, crafts, weekend fun, games, parenting blogs and much more. Twinkl also host great content from their partners, including Joe Wicks, Peppa Pig and many others!

<https://www.twinkl.co.uk/home-learning-hub>

## Covid19 Symptom Checker:

**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 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**

## 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 [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.*



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

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