

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

8th July 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 range of information sheets and resources: <https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>

We also have our Facebook page: <https://www.facebook.com/SIGNPOSTPlus/> Remember to turn on notifications under 'Follow Settings' to ensure you see posts.



SIGNPOSTplus Survey

We would really appreciate your views on the SIGNPOSTplus Information Snippets by completing a very short survey. It is just a few questions and will only take a couple of minutes to complete.

We are hoping to find out how far the snippets are shared and how useful people find them. The outcome of the survey will help us plan how information is shared in the future.

Complete the survey here: <https://www.torbayandsouthdevon.nhs.uk/surveys3/index.php?r=survey/index&sid=773444&lang=en>

Thank you



HAF Holiday Fund – Free Summer Holiday Activities and Meals

The aim of the Holiday Activity and Food (HAF) programme is to support children to eat more healthily, be more active over the school holidays and have a greater knowledge of health and nutrition as well as be more engaged with school and other local services.

The HAF programme is primarily for children aged 5-16 years (and can include 4-year-olds already in Reception year) who are eligible for and receiving benefits-related free school meals (FSM), and their families.

The Holiday Activities and Food programme is being delivered by a number of different individuals and organisations across Devon. To access the programme, simply book a place through one of the providers listed. Please note that booking details differ depending on each provider.

The providers on offer include those experienced in working with children and young people with special educational needs and disabilities (SEND) and are therefore appropriately trained to support children with a disability or additional needs.

If your child requires assistance for the activity, the parent or carer may be welcome to attend or the activity provider may offer extra support for your child. Please contact the given provider to discuss further.

Places are now open. Find the full eligibility criteria and the list of providers taking part here: <https://www.devon.gov.uk/educationandfamilies/family-support/haf-programme>



Devon County Council's new website for children and young people with Special Educational Needs and Disabilities (SEND).

The brand new website is designed for children and young people with SEND and their families to help them find the right information about education, health and care support in the local area to help them achieve their goals in life. It has been developed alongside parents and carers, those working with children and young people and young people themselves to make sure families can easily find the information that matters most. Take a look at the new website here: <https://www.devon.gov.uk/education-and-families/send-local-offer/>



ICAN - Talking Point

Talking Point is there to help parents who are concerned about their child's development. ICAN also provide information to help the children's workforce support children with speech, language and communication needs. Find out more here:

<https://ican.org.uk/i-cans-talking-point/>

Sign up to ICAN's quarterly email newsletter here:

<https://ican.org.uk/i-can-newsletter-sign-up/>



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 Summer 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 19 th July
2	Autism overview	Mon 26 th July
3	Sensory	Mon 2 nd August
4	Communication	Mon 9 th August
5	Understanding behaviour	Mon 16 th August
6	Supporting behaviour	Mon 23 rd August

To access the programme email:

LDP-LearnerSupport@babcockinternational.com

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

Find out more here:

<https://www.babcockldp.co.uk/disadvantaged-vulnerable-learners/send/communication-and-interaction/parents-and-carers/cygnet-parent-autism-awareness-programme-july-august-2021>

Babcock Communication & Interaction Team

have a range of Communication & Interaction resources and links available on their website:

[Babcock LDP - COVID-19 resources from the communication and interaction team](#)

Babcock also have 'One Minute Guides' on a wide range of subjects which can be found here:

<https://www.babcockldp.co.uk/disadvantaged-vulnerable-learners/send/communication-and-interaction/one-minute-guides>



Contact New Health Guides: Hearing, Dental & Eye Care.

Contact have worked in partnership with parent carers and charities SeeAbility and the National Deaf Children's Society to produce three new guides highlighting the importance of hearing, eye and dental checks for children's health. Read and download the guides here:

<https://contact.org.uk/about-contact/news-and-views/three-new-guides-to-make-sure-your-child-gets-vital-eye-hearing-and-dental-health-checks/>



Unique – Guide to a Clinical Genetics Appointment.

This leaflet has been written to explain what you might expect if your family has been referred for a clinical genetics appointment. Read and download the guide here:

<https://www.rarechromo.org/media/familyguides/English/A%20Clinical%20Genetics%20appointment%20FTNW.pdf>



Devon Information Advice and Support EHCP Mythbusting -

breaking through some of the misconceptions around the Education, Health and Care Plan review processes.

Reviewing an EHC plan - As time goes on, things will change for your child. They will make progress and get older and their situation and goals will change. So, their EHC plan will need to change too. For this to happen the plan will need to be reviewed regularly – usually once every 12 months.

This is free a 2-hour on-line session for parent carers in preparation for the EHP Review process in Devon. This session is aimed at parent carers of a child with an active EHCP is delivered by Devon Information Advice and Support service (DiAS).

Key aims:

- Myth busting
- EHCP charter
- Getting ready
- The Review meeting
- Getting stuck
- Moving forward

Dates:

- Wednesday 14th July 10.30-12.30
- Wednesday 21st July 10.30-12.0
- Thursday 23rd September 10.30- 12.30

Find out more and book a session here:

<https://www.eventbrite.com/e/education-health-and-care-plan-ehcp-review-mythbusting-tickets-156716259551>

Free Online Parenting Courses for all parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years in



Devon. You don't need to be struggling. The courses are relevant to parents of all children, including those with special

needs, autism, ADHD etc.

Find out more here: <https://inourplace.co.uk/>

Babcock Transition Guidance.

Babcock have a range of Transition resources on their website, which have been produced in collaboration with Devon County Council, including the Transition Booklets for each education stage: <https://www.babcockldp.co.uk/disadvantaged-vulnerable-learners/educational-psychology/resources/transition-guidance>

DiAS Devon Information Advice and Support - Demystifying SEND information sessions

Free information session for parents and carers of children with SEND about how to find clear information and support, 12th July 2021, Online 10.30am-12.30pm.

Whether you're 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 SEND support. Previous sessions have sold out, so book early!

The session aims to help parents understand how they can access information and which services may be available for them. There is discussion about the graduated response and the terminology around SEND used in schools. e.g. universal, targeted, specialist services. You can also find out more about working with school in an assess, plan, do and review type approach.

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

They are delivered in a varied virtual format – a mix of presentation and discussion with questions at the end. Book a place here:

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

If you would like to know more about the sessions

email: megan.kenneallystone@devon.gov.uk



Family Fund – iPad Summer School!

Family Fund have created six free virtual sessions for you to choose from. You can mix and match the events to suit your child's creativity, completing any number of sessions. This year Family Fund have teamed up with RNIB to help more families get creative with their iPad. Places are limited and will be allocated on a first come first served basis.

Find out more and sign up to the Summer School here: <https://www.familyfund.org.uk/ipad-summer-school-2021>



North Devon Forum for Autistic Spectrum Conditions and ADHD

The Forum are currently updating their website and will soon be in a position to open up applications for membership – but please wait until you are invited to apply to ensure a smooth transition.

Feel like a chat? Why not join the Forum's Zoom virtual coffee mornings on Thursday 22nd July and Thursday 26th August – email info@ndfautism.co.uk to be included in receiving the link.



Are you a young person in Devon, aged 11-25, who is neurodiverse, or who has a special educational need or disability?

Would you like to be part of a network making

change in SEND services and other issues that affect your life? Email amy.bickford@devon.gov.uk for more details.



SWAN – Syndromes Without A Name.

Approximately 6,000 children are born in the UK each year with a syndrome without a name – a genetic condition so rare that it is often impossible to diagnose. Without a diagnosis it can be difficult to access basic information and support. SWAN have information leaflets which are available to download and offer 24/7 information and support through their online forums for registered members.

<https://www.undiagnosed.org.uk/>



National Autistic Society - Transitions:

The NAS have a section of their website containing advice about strategies and support that can help during key life transitions; starting or changing school, leaving school, and starting or leaving college or university:

<https://www.autism.org.uk/advice-and-guidance/topics/transitions/england>



Beat – Eating Disorders

Beat has a wide range of information on their website. They also have a Helpline and their new video-based Peer Support Service - Solace. Find out more here: <https://www.beateatingdisorders.org.uk/>



PDA Resources – the PDA Society has a dedicated section on their website with a wide range of useful information and resources for individuals, parents, carers & professionals: <https://www.pdasociety.org.uk/resources-menu/>



Space Youth Services

Find details of all of Space Youth Centres, Online services and Forums here: <https://www.spaceyouthservices.org/>



Tourettes Action

TA Passport - Funded by The Big Lottery, Tourettes Action commissioned the University of Nottingham to undertake research on Improving the Psychosocial Experiences of Adolescents with Tourette Syndrome. In response to this study Tourettes Action developed the TA Passport. This is a four-sided document where young people with TS can add information about their tics, social situations that heighten/lessen their tics and a space for any medication, accompanied with their photograph. This is a perfect document for teachers, especially supply teachers as they can quickly and easily understand about the child's TS. Find out more and order a free passport here: <https://www.tourettes-action.org.uk/105-ta-passport.html>



Bis-net – Two New Courses for July:

Supporting an Autistic child during a melt-down Tuesday 13th July. 5:30pm - 7:30pm
£9.21 per ticket

In this webinar you will cover:

- * Identifying potential triggers and pro-active melt-down support and reduction
- * The behaviours and actions a melt-down could lead to - from shut down to aggression.
- * The Autistic experience - what this can tell us about Melt-downs and support
- * Specific processes to guide yourself through a melt-down.
- * Last resort and safety planning.

Find out more and book a place here: <https://www.eventbrite.co.uk/e/supporting-an-autistic-child-during-a-meltdown-tickets-156691302905>

Crisis options and support for parents of Neuro-divergent families Tuesday 20th July. 6pm - 9pm. £11.37 per ticket

The areas covered will include:

- * Child to parent aggression
- * Melt-downs and high anxiety around school
- * Self-injurious behaviour and self-harm
- * Burnout and withdrawal - child and parent

The 3 hours is to allow for more questions and content should only last 2 hours. You will receive a recording you can watch again at any time.

Find out more and book a place here: <https://www.eventbrite.co.uk/e/crisis-options-and-support-for-parents-of-neuro-divergent-families-tickets-161749387773>

Bis-net Mailing List. Keep up to date with all upcoming BIS-net activities and receive free information and resources. Sign up to the mailing list here: <https://us8.list-manage.com/subscribe?u=359d686cae1fd9f98a3df3b84&id=f272aa777f>



TALKWORKS Free Workshops

TALKWORKS have a range of free online workshops for anyone aged 18+.

- TALKWORKS for Sleep (2 hours)
- Stress Less with TALKWORKS (2 hours)
- Wellbeing for Parenthood Workshops (2 hours. For parents during pregnancy or who have a child under the age of 2 years old).
- TALKWORKS Introduction to Mindfulness: (1 hour 15 mins)

Find out more and book a place here: <https://www.talkworks.dpt.nhs.uk/workshops>



PenCRU Summer Newsletter Out Now....

Read the latest PenCRU newsletter here: https://www.pencru.org/aboutus/news/title_866253_en.php



YoungMinds Blog Article – ‘The best tips for managing anxiety I

learnt in therapy’ Bea explains the two methods she has found helpful for managing anxiety:

<https://youngminds.org.uk/blog/the-best-tips-for-managing-anxiety-i-learnt-in-therapy/>

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/>



Action for Children – Additional Needs and Disabilities

Find a section of the Action for Children Parent Pages dedicated to the subject of Additional Needs and Disabilities here:

<https://parents.actionforchildren.org.uk/additional-needs-disabilities/>

Find more information on a range of subjects on the Action for Children **Parent Talk** pages, including the 1:1 chat service where you can talk with a qualified parenting coach about anything that is worrying you. It’s all free and no topic is too big, small or embarrassing.

Find out more here:

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



Open University Free Course - Understanding Attention Deficit Hyperactivity Disorder (ADHD)

This free course explores the experience of ADHD from the perspective of those who are diagnosed with the condition, and those who care for them.

On completion of the course you will get a certificate of participation. Find out more here:

<https://www.open.edu/openlearn/health-sports-psychology/understanding-adhd/content-section-0?active-tab=description-tab>



SpecialEffect – The Gamers Charity

SpecialEffect is a charity specialising in helping physically disabled people, specifically children, play video games.

The organisation works with developers to create specialised game control devices as well as making their games more accessible.

The services and loans are all provided free of charge.

Find out more here:

<https://www.specialeffect.org.uk/>



Kooth is a free, anonymous and safe online mental wellbeing

community for young people aged 11-25 years within the local area. Kooth provide a range of services to support young people’s wellbeing, including live forums and discussion boards for young people to get involved in.

July events:-

14th, 7.30-9.30pm Live Forum – Breaking Gender Stereotypes.

19th, 7.30-9pm Live Forum – Self Care: Tricks and Tips.

19th, Discussion Board – Black Leaders Awareness Day

28th, Discussion Board – Mindfulness Matters

30th, Podcast – Celebrating Friendships.

Find out more and get involved here:

<https://www.kooth.com/>



WellChild Helping Hands Information Hub

Find a range of inspiration, advice and information about how to improve your outdoor space for the whole family. Wellchild will be adding new content about a range of different garden topics every month or so.

Find the latest feature, Sensory Gardens, here:

<https://www.wellchild.org.uk/supporting-you/garden-bedroom-makeovers/helpinghands-informationhub/>



Scott Cinema Autism Friendly Screening.



Dogtanian & The Three Muskerhounds. Sunday 11th July, doors open at 10am for a 10.30am start.

To book visit: www.barnstaple.scottcinemas.co.uk

Autism Friendly Screenings are shows that are held in a supportive environment – lighting is left at half level, sound is turned down low, and people are free to move around the auditorium and talk to others. Scott Cinema’s supportive screenings are held on the second Sunday of the month, find out more here:

<https://barnstaple.scottcinemas.co.uk/offers/supportive-screenings>



Tubers Exeter & Torquay Holiday Club

Tubers is a Video Academy and Creative Space for 7-17 year olds.

Alongside their regular activities, Tubers run a holiday club where young people aged 9-17 can learn to make great videos, play the latest games and use VR set ups. The club runs Wednesday-Friday during school holidays and is £80 for members, £95 for non-members for the 3 days.

Find out more and book a place here:

<https://tubers.uk/product/holiday-club/>



The VICTA Parent Portal – Virtual Wellbeing Retreat

Visit the virtual Holistic Tent to learn some yoga moves, or the Early Years tent for some sensory story telling.....

Find a multitude of presentations, demonstrations and workshops, all with a focus on mental health for both parents and children here:

<https://www.victa.org.uk/parent-wellbeing/>



Chatter Pack - Sensory processing activities and top tips for families and schools

Chatter Pack have put together some top tips and cost-free, or very cheap sensory-based activity ideas to try here:

<https://chatterpack.net/blogs/blog/activity-ideas-for-sensory-summer-fun-by-claire-ryan>



Disability Grants have put together a webpage with information about Animal and Aquarium webcams from all

over the world: <https://www.disability-grants.org/animal-and-aquarium-web-cams.html>



The Wheelyboat Trust

Wheelyboats remove the barriers to water-based

activities, enabling disabled people to participate alongside and on equal terms with their able-bodied counterparts. See Devon locations below:

Devon	Haven Banks OEC Exeter	Mk III	P	01392 434668 www.haven-banks.co.uk
Devon	Kennick Reservoir Bovey Tracey	Mk I	T	01647 277587 www.swlakestrust.org.uk
Devon	Roadford Lake Okehampton	Mk III	T, P, N	01409 211507 www.swlakestrust.org.uk
Devon	Wistlandpond Reservoir Kentsisbury	Mk II	T, P, N	01598 763221 www.calvert-trust.org.uk

A full list of Wheelyboat locations can be found on the website: <https://www.wheelyboats.org/>



Family Lives – Parent Channel.

Parentchannel.tv is a free video service designed to support and encourage parents and carers of children from ages 0-19, with a collection of over 200 videos addressing day-to-day questions and concerns spanning wellbeing, behaviour and learning:

<https://www.familylives.org.uk/how-we-can-help/parentchannel-tv/>

SUMMER HOLIDAY SESSIONS

PROFESSIONAL PRESSURE FREE FOOTBALL FOR AGES 4-11

BARNSTAPLE	BIDEFORD
MONDAY 29TH JULY, 5TH, 12TH AUGUST WEDNESDAY 31ST JULY, 7TH, 14TH AUGUST MARLAND DAY SCHOOL, ROUNDSWELL, EX31 3TD 9:30am-2:30pm	TUESDAY 30TH JULY, 6TH, 13TH AUGUST THURSDAY 1ST, 8TH AUGUST POLLYFIELD, EAST-THE-WATER 9:30am-2:30pm
Prices: £10 per day (£13 per day after 22nd July) £10 per child, per day for members of Just Play Sports, Barnstaple Youth, Shamwicksire Youth, Fremington Youth)	Prices: £10 per day (£13 per day after 22nd July) £10 per child, per day for members of Just Play Sports, Barnstaple Youth, Shamwicksire Youth, Fremington Youth
£55 Barnstaple Summer Season Ticket (£67 after 22nd July)	£45 Bideford Summer Season Ticket (£55 after 22nd July)

TO BOOK

FACEBOOK—JUST PLAY SPORTS TEXT—07853008133 EMAIL—KW.JUSTPLAYSPORTS@OUTLOOK.COM



Atlantic Racquet Centre (ARC) Bideford – Inclusive Tennis & Badminton Festivals.

The inclusive festivals at ARC take place every other Saturday 2pm – 4pm. The sessions are open to anyone of any age and any ability. It is a chance for people with physical or learning disabilities to take part in a series of fun games and activities with their friends and families. The sessions are run by expert coaches and are tailored to fit the specific needs of the participants. Sessions cost £5 per participant but your first session is free!

Find out more at the website:

<https://www.atlanticracquetcentre.co.uk/disability-sport> Or email Lottie, ARC Disability Sports Co-ordinator, on: lottie@atlanticracquetcentre.co.uk



Virtual School Library. Oak National Academy and the National Literacy Trust have come together to

launch a Virtual School Library. 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

Author of the week: Kate Wakeling shares poetry book, Moon Juice, an exclusive video about writing, her top three children's books and tips about reading.



HANDi app. Developed by NHS organisations in Devon, the HANDi Paediatric app is available to download for free onto any Apple or Android smartphone or tablet. As well as providing up-to-date NHS advice on common childhood conditions and how to treat them, it has a quick and easy to use child symptom checker.

Find out more and download the app here:

<https://devonccg.nhs.uk/health-services/children-and-young-people/handi-app>

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/>

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**



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 email: cfhd.signpostplus@nhs.net and we will remove your details from the mailing list.

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