

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

24th 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/>

(Remember to turn on notifications under 'Follow Settings' to ensure you see posts)

We welcome your feedback.....

We would be really interested to know your thoughts on the SIGNPOSTplus snippets. Do you enjoy reading them each week? Is there anything else we could include that you would find useful? Have you found out about any new services, courses, events etc through the weekly mailouts? Do you share the snippets with anyone else? If so, let us know by emailing the SIGNPOSTplus team at: cfhd.signpostplus@nhs.net Thank you



Children & Family Health Devon

Did you know that on the home page of the CFHD website there is a tab that offers help and information when making a referral? The Good Referral Guide is on the bottom right hand side of the homepage. Click on the icon to find out more:

<https://childrenandfamilyhealthdevon.nhs.uk/>



Parent Carer Forum Devon are parents and carers of children with Special Educational Needs and

Disabilities (SEND) within Devon Local Authority. All members are volunteers who want to make things better for the families, children and young people of Devon. Parent Carer Forum Devon have recently launched their new logo and website. Take a look at the new website here:

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



Update from The Ambassador Volunteer Project:

“We are currently recruiting new Ambassador Volunteers....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](#).

An Ambassador Volunteer comes in many shapes or forms. Fundamentally, we are looking for parent/carers at the right place in their life and SEND journey who have capacity to give a little back within their own community, doing what they are probably already doing. We are also looking for people who work closely with parent carers of children with SEND who feel they may be able to benefit from a closer connection with DiAS and the Parent Carer Forum Devon.

The AV project is looking for people who are already actively involved in some way in the community perhaps you attend a support group, or you lead or help run a support group for parents in a school or in your community, perhaps you are very active online, have you had positive experiences with schools or other services? This volunteering role could be perfect for you!

The basic aim for a volunteer is to be a link into their community cascading information from DiAS and the Parent Carer Forum Devon, feeding back through me to these organisations to ensure policy makers are listening to parent voices. You can find more information about the project [here](#).

New Induction training for people interested in becoming an Ambassador Volunteer is now available. The training will be in three hour virtual sessions the sessions will run 10-1 with a short break. The session will be the first step in training to become an Ambassador Volunteer.

Wednesday 28th April 2021

Tuesday 11th May 2021

Monday 14th June 2021

If you are interested in the Induction training please complete the form through this [link](#) and we will be in touch with you shortly.

There are Ambassador Volunteers actively connected and supporting parent/carers of children with SEND across Devon. If you would like to get connected to their networks please get in touch with: Ambassador Volunteer Coordinator- megankenneallystone@devon.gov.uk and we can put you in touch with an Ambassador Volunteer network near you!”

New TALKWORKS for Parenthood Workshops:

A 2 hour free workshop for parents during pregnancy or who have a child under the age of 2 years old, to help build resilience and increase wellbeing in pregnancy and parenthood.

- Tuesday 20th April 10-12
- Wednesday 5th May 6-8pm



Find out more about these and other TALKWORKS workshops 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 and May the Curly Hair Project will be running the following webinars:

- Autism & Socialising
- Meltdowns & Shutdowns
- Autism & Gender Dysphoria
- Understanding Masking
- Autism & Executive Function
- Managing Anxiety as an Autistic Child (for children)
- What is it like to be Autistic
- Autism & Anxiety
- Communication & Autism
- Autism and Eating

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



The Copper Academy Youth Programme Holsworthy

The Copper Academy have written and Accredited a pioneering Youth Programme designed for students aged 14-18 with Social, emotional, academic and mental health needs. These places are not just accessible with an EHCP but are for students who are in the private, mainstream and homeschool sector and may be finding the traditional education system a challenge. The Copper Academy is Ofsted registered and there are currently 7 places remaining. It will be a full academic year programme, enrolling now for September 2021. Students study the practical and theory elements of hair and beauty, but also have differentiated one to one numeracy and literacy sessions each week that follow the functional skills format. To book a meeting or apply for this year's academy intake email: emma@thecopperacademy.co.uk or call: 07779 768661. You can find out more about the Copper Academy Youth Programme on their website: <https://thecopperacademy.co.uk/youth-programme/>



ADHD Foundation has a range of resource sheets for parents on their website including; 10 FAQs about

ADHD, 10 Tips to Support you Teenager with ADHD, 5 Steps for supporting Children with sleep, Addicted to Games, 7 Amazing Foods for ADHD Brains and many more. See the full range here: <https://www.adhdfoundation.org.uk/parents/>



National Autistic Society 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>



Ambitious About Autism - World Autism Awareness Week 2021

Watch the Youth Patron videos on Autism, Stimming, Meltdowns and Shutdowns and download resources for World Autism Awareness Week here:

<https://www.ambitiousaboutautism.org.uk/what-we-do/awareness/world-autism-awareness-week-2021>

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 Tuesday 15th June 2021, 10am – 12pm

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) 287239 sue.vanstone@babcockinternational.com

youngSibs For brothers and sisters of disabled children and adults

YoungSibs have a range of resources on their website for brothers and sisters of disabled children and adults. The website has sections on Understanding Disability, Mental Health and Wellbeing, Difficult Behaviour and lots more. Siblings can also talk to a Sibling Advisor for advice and information. Find out more here: <https://www.youngsibs.org.uk/info-and-advice/>



COMMUNITY FUND



World Autism Week 29th March 4th April

DANCE & CELEBRATE

A dance workshop raising awareness for World Autism Week.

7 simple fun dance routines for all abilities

inspired by the 7 challenge campaign



With community dancer Rebecca Jeffery

Wednesday 31st March
1.30-2.30 pm

To book your space e-mail gina.sherman@pluss.org.uk

Join us Zoom
Tech support available

For more information please call 07341 003 021

Positive People is funded by the European Social Fund and the National Lottery Community Fund

YOUNGMINDS **YoungMinds – Supporting a Friend with their Mental Health.**

YoungMinds have a new resource for young people to help with advice on what to say when supporting a friend, while looking after their own mental health too. Read the article here:

<https://youngminds.org.uk/find-help/looking-after-yourself/supporting-a-friend-with-their-mental-health/>

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/>



Virtual World Down Syndrome Day conference: catch up with all the presentations.

This year's World Down Syndrome Day virtual conference was broadcast over three days last week, You can find summaries of the sessions and links to the broadcasts at the Down's Syndrome Association website here: <https://www.down-syndrome.org.uk/news/virtual-world-down-syndrome-day-conference-catch-up-with-all-the-presentations/>



Sensory Spectacle YouTube Channel

Lots of free bitesize videos from Becky Lyddon of Sensory Spectacle with the aim to spread more knowledge and understanding of Sensory Processing Difficulties. You can subscribe for free to be notified when new videos are posted: <https://www.youtube.com/channel/UCIQ6vrkCOeZhK1J8sR0JbeA>

contact For families with disabled children

Contact – Dealing with Bullying.

Contact have a page of advice and information on what parents and schools can do to stop a child being bullied at school.

Contact also have a 'Dealing with Bullying' Guide on the website which is available to read and download:

<https://contact.org.uk/advice-and-support/education-learning/bullying/>

EVERY MONDAY 4.30-5.30PM
&
EVERY FRIDAY 5.00PM-6.00PM

A SAFE PLACE TO BE

A PLACE TO HAVE FUN

MEET NEW PEOPLE

'NO BLOCKS'
ONLINE SESSIONS FOR YOUNG PEOPLE WITH SEND
AGED 11-19 YEARS
INTERESTED? CONTACT US: INFO@SPACEPM.ORG

zoom

Zoom Sessions
Group video for Zoom Club members
Message us for more details.

SUPPORTED BY YOUTH WORKERS

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mums4achange 

Time for You

Supportive Zoom groups for Mums of children with additional needs

In these small, friendly groups we use words, images and coaching tools to find new ways to look at ourselves and our situations. It's a place to be with others who 'get it' and a **chance to build a toolkit to help you to navigate life's ups and downs.**

Supportive
"It's not like other zooms, we feel close to each other"

Positive
"I can be myself and that leaves me feeling better"
"Sharing stuff with people who get it makes me feel I'm not alone"

Burnout Avoidance
"I can't usually get 5 minutes to myself. Having this time has been so healing".
"It's a chance to stop your mind racing, use self-compassion and avoid burnout"

Creative Solutions
"Because my mindset is different, I feel I can cope with things better now".

To book a space...
 For mums of children with additional needs, in Devon/Cornwall
 FREE 8 week Zoom group, Weds at 12.30 - 2.30pm, from 21st April
Booking essential. Priority if on benefits. Please contact
 jo@mums4achange.org or visit Facebook @mums4achange

Run by: Jo Ball, a life and career coach, trainer, mum of two, with an Arts Therapy background. Supported by Clare Gale, a trained counsellor who has a son with complex medical needs.

www.Mums4aChange.org

The courses are free and are funded by The Peoples Health Trust.





funded through  


<https://www.mums4achange.org/creative-writing-meets-life-coaching-for-mothers/>

 **Living Paintings - A New STEM picture book for blind children 'Rosie Revere Engineer'.** Living Painting have added VI friendly extras to the mainstream book as follows:

- Braille on clear plastic sheets, interleaved throughout the book.
- Four colourful raised, tactile pictures of the characters and scenes.
- Audio soundtrack read by Angela Griffin with music and sounds.

Find out more here:

<https://livingpaintings.org/news/angela-griffin-helps-make-rosie-revere-engineer-accessible-to-blind-children>

 **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 Venessa Taylor. Read *Baller Boys* by Venessa Taylor for free, watch an exclusive video with the Author and read Q&As.



The SWAN team at University College London (UCL) are

developing a new tablet-based game that aims to help build number skills in children with Developmental Language Disorders. The project is looking for children with DLD to play this highly motivating game. They are keen to recruit parents and children who are between 5 and 7 years old, especially those who are struggling with numbers. Please go to their website for further information about the project and how to volunteer to take part: www.ucl.ac.uk/pals/swan or email: swanproject@ucl.ac.uk



ERIC – New Factsheet Sensory Needs and Toileting

Packed full of information and suggestions for anyone caring for children with sensory processing issues. Download the factsheet here: <https://www.eric.org.uk/news/sensory-needs-and-toileting-resource>



Made-Well CIC Easter Treasure Hunt.

Friday 2nd – Sunday 18th April. Walk the trail to discover the hidden objects. Café (currently takeaway) and play area will be open. Find out more on the Made-Well CIC Facebook page.



Learn Devon New Summer Programme is now live with

over 200 free courses for Devon adults. Whether you are looking to pick up a new hobby, increase your wellbeing and combat social isolation, or trying to improve your English, maths or job prospects. View the full range of courses here: <https://www.learndevon.co.uk/>



Family Fund Live Q&A

Join the free live event to find out more about Family Fund Grants, services and their application process. Tuesday 30th March, 11am. <https://www.facebook.com/events/291871099232951/>



SEN Extra Magazine. Read the latest edition, March/April 2021, for free here:

<https://senmagazine.co.uk/featured-articles/12693/sen111-mar-apr-2021/>

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 let me know and I will remove your details from the mailing list.

Disclaimer: The information contained within 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.

