

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

6th May 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.



'The Big Ask' Consultation

The Children's Commissioner for England, Dame Rachel De Souza, has launched 'The Big Ask' – the largest ever consultation with children and young people undertaken in England.

The survey will be live from 19th April until 19th May and asks young people across England to set out their priorities for improving childhood post-COVID. The results from this survey will help the Children's Commissioner identify the barriers preventing children from reaching their potential, put forward solutions and set ambitious goals for the country to achieve.

If you are a teacher, or work with children and young people, there are lots of resources to support you implementing the survey with them.

You can watch Rachel De Souza and footballer Marcus Rashford introduce and explain the survey. And if you have any further questions, a set of answers to common questions about The Big Ask is available on the Children's Commissioner's website.

Additionally, if you want to talk to the team behind the survey, you can contact them by emailing: big.ask@childrenscommissioner.gov.uk.

Find out more about the consultation, links to resources and how children can complete the survey here:

<https://www.dcfp.org.uk/the-big-ask-survey/>



Parent Carer Forum
Devon

Parent Carer Forum Devon is for parents and carers of children and young people with Special Educational Needs and Disabilities (SEND) within Devon local authority. Their aim is to make sure that services provided by education, health and care meet the needs of children with SEND and their families.

On Tuesday 23rd March 2021, Parent Carer Forum Devon hosted an opportunity for Parent Carers to meet Devon County Council's new Chief Officer for Children's Services and her team.

Find out more about PCFD and watch a recording of the meeting on the website:

<https://www.parentcarerforumdevon.org/meet-devons-new-chief-officer-and-her-team-session/>

Children and Family Health Devon's Speech and Language Therapy Service Virtual drop in sessions for parents and professionals

What?

A virtual drop in for parents of children under 2 and professionals who are concerned about their speech, language and communication development. This will be delivered via the 'attend anywhere' platform. The Speech and Language Therapist will spend up to 10 minutes listening to the parents'/professional's concerns, asking questions and observing how the child and parent/s communicate and interact.

All families will be given advice and/or ideas to try at home.

For some children, it will be recommended that they are referred to the Speech and Language Therapy service for a more detailed assessment. Professionals with concerns about the SLC development of children under 2 should ensure that the child and family remain anonymous when sharing their concerns via the drop in service

When?

Tuesdays -
18th May, 15th June, 6th July, 10th August
9:30am-11:30am

Thursdays -
3rd June, 24th June, 22nd July, 26th August
1pm-2:30pm

How?

1. Log onto <https://nhs.uk/tsdft-cfhd-child-speech-lang>
2. Sign in using the code "Drop In"
3. The Therapist will see that you are in the waiting area and will join the video room when they are ready



Atlantic Racquet Centre (ARC) Bideford – Inclusive Tennis &

Badminton Festivals. The inclusive festivals at ARC have restarted and are now fortnightly, Saturdays 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!

In 2021 ARC are planning on launching specific sessions for players with Downs Syndrome and sessions for players with ASD conditions.

You can 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



National Deaf Children's Society - Deaf Awareness Week.

This week is Deaf Awareness week. The event focus is to raise awareness of deafness and hearing loss. It aims to celebrate exceptional individuals, and showcase what you can do to champion inclusivity and be more **deaf friendly**. Read more about how the National Deaf Children's Society are marking Deaf Awareness Week here:

<https://www.ndcs.org.uk/deaf-awareness-week/>



TALKWORKS Free Workshops Upcoming Dates:

TALKWORKS for Sleep: A two-hour session to help people manage a range of sleep problems from waking in the night to struggling to fall asleep; Wed 12th May, Tuesday 8th June, Thurs 24th June.

TALKWORKS for Challenging Times: A two-hour session introducing people to a range of Cognitive Behavioural Therapy (CBT) techniques to help them manage their day to day wellbeing in the current times; Tues 25th May.

Wellbeing for Parenthood Workshops: A two-hour 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; Tues 18th May.

TALKWORKS Introduction to Mindfulness: A one hour 15-minute online session on the potential for mindfulness to help manage stress, anxiety, low mood and pain; Wed 7th July.

All workshops are for aged 18+.

Find out more about any of the TALKWORKS workshops and how to book a place here:

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



Kids Matter – South Molton.

Kids Matter is run through some local churches to equip parents and carers facing disadvantages with confidence, competence and community, enabling their children to thrive.

The Kids Matters programme is for parents and carers of children aged 0-10. Each programme lasts for 6 weeks, meeting in small groups of 4-8 parents, working together with Kids Matter user-friendly and evidence-informed booklets. Sessions are very relaxed and informal, sitting together with a cuppa. Sessions are free of charge.

The next programme is due to start at the Methodist Hall in South Molton in June. To find out more and book a place call Linda on: 07895 904778.

<https://www.southmoltonmethodistchurch.org.uk/kids-matter>



Cygnets Parent Autism Awareness Programme May-June 2021

Babcock have negotiated and agreed access to the Cygnets 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 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:

- Introduction - Mon 10th May
- Autism overview - Mon 17th May
- Sensory - Mon 24th May
- Communication - Mon 14th June
- Understanding behaviour - Mon 21st June
- Supporting behaviour - Mon 28th June

The programme is purely in an online format (not a webinar or live presentation). Babcock LDP will send a link each Monday morning to access the week's topic.

To register for the course email: LDP-LearnerSupport@babcockinternational.com you will then be asked to complete a Reply Slip to confirm details.

Find out more about the Cygnets course here: [here](#)

Additional Communication & Interaction weekly themed supporting resources are available for viewing at: [Babcock LDP - COVID-19 resources from the communication and interaction team](#)



Cerebra – Sleep Advice Service

Cerebra’s sleep practitioners can advise on a range of sleep issues in children, such as settling difficulty, night waking, early rising, sleeping alone, bedwetting, night terrors and anxiety. Find out more about this service and the full range of resources available on the Cerebra Sleep Advice Service page:

<https://cerebra.org.uk/get-advice-support/sleep-advice-service/>



Bis-net Webinar: PDA & Relationships

A webinar covering the subject of relationships for Autistic people with a PDA profile, for parents, professionals and PDAers. Featuring Harry Thompson – PDA Extraordinaire and Linara Tyler. Thursday 13th May, 6.30pm-9pm. Tickets: £19.46. Find out more and book a place here:

<https://www.eventbrite.co.uk/e/pda-relationships-tickets-148198931995?aff=ebdsoporgprofile>



YMCA Exeter – Children and Young People’s Wellbeing Service.

A free psychological wellbeing service for 5-18 year olds offering support and intervention for low mood, anxiety and behavioural difficulties. The team of Wellbeing Practitioners use CBT (Cognitive Behavioural Therapy) techniques and goal-setting to build up emotional wellbeing and resilience in young people and their families. To speak to someone on the team Tel: 01392 410530 or email: wellbeing@ymcaexeter.org.uk Find out more at the website:

<https://www.ymcaexeter.org.uk/cwpwellbeing/>



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. Find out more here: <https://www.kooth.com/>



Cerebra New Factsheet: Weighted Blankets for Sleep Difficulties in Children with Neurodevelopmental Conditions.

The aim of this factsheet is to briefly summarise current scientific research about whether weighted blankets improve sleep in children with neurodevelopmental conditions. Find out more and download a copy of the free Factsheet here:

<https://cerebra.org.uk/download/weighted-blankets-for-sleep-difficulties-in-children-with-neurodevelopmental-conditions/>



Ambassador Volunteer Project is supporting the Parent Carer Forum Devon (PCFD) to grow across Devon!

“We hope that many of you will have already heard about [Ambassador Volunteers](#). The number of Ambassador Volunteers is increasing. They are connecting families in their communities to information, and support. The Ambassador Volunteers also feedback themes and trends from their network to

- Parent Carer Forum Devon, to help shape services
- DiAS, so they can provide the information and support you need

There are Ambassador Volunteers supporting parent/carers of children with SEND in; North Devon, Honiton, East Devon, Okehampton & Holsworthy. If you would like to get connected to their networks, please get in touch with Megan at megankenneallystone@devon.gov.uk. She 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 is a three-hour virtual session from 10am-1pm with a short break. The session will be the first step in training to become an Ambassador Volunteer: • 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 soon.”



SPACE Youth Groups at Georgie’s are now reopening!

Looking for a safe space to chill with friends? Or somewhere to make new ones? With exciting opportunities, activities and competitions, there’s always something on.....

Juniors (Yr6-Yr7), Mondays 6.30pm – 8.30pm
Inters (Yrs 8,9 &10), Tuesdays 6.30pm – 8.30pm
Seniors (Yr9–19 yrs) Thursdays 6.30pm – 8.30pm

Booking essential as numbers will be limited.



@BarnstapleSPACE



@Barnstaplespace

Tel: 01271 343762

Find out more about SPACE Youth Services here: <https://www.spaceyouthservices.org/>



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/>



Victa Online Workshop – Understanding and Managing Your Child's Anxiety.

- **When:** Tuesday 11th May 2021, 7pm - 9pm
- **Who:** Parents of a child or young person with a vision impairment
- **Location:** Online virtual workshop
- **Cost:** £5
- **Closing date:** Friday 7th May 2021

As part of Mental Health Week, VICTA would like to invite you to the next mental health themed workshop delivered by Children's Mental Health Workshops. This session will explore the physiological and psychological impacts of anxiety. The workshop will combine presentations with parent-led Q&As and discussion.

Find out more and book a place here:

<https://www.victaparents.org.uk/anxiety-workshop/>



**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



PDA for Parents & Carers (Online)
for parents & carers of PDA children & young people

- Develop your understanding of the PDA profile of autism
- Consider what demands are
- Learn helpful approaches
- Look at diagnosis, education & siblings
- Two sessions via Zoom

Tickets
£22.15

Upcoming Dates:

- 12th & 19th May, 10am-12.30pm
- 11th & 18th June, 12.30pm-3pm
- 28th June & 5th July, 7pm-9.30pm

Find out more and book a ticket here:

<https://www.pdasociety.org.uk/pda-society-2021-online-training/>

A round up of PDA Society Resources can be found at: <https://www.pdasociety.org.uk/resources-menu/>



Contact 1:1 Listening Ear Service

is a telephone service for parents with disabled children or additional needs. You can talk to one of the family support advisers about anything and everything:

- Ideas and tips for coping with stress and improving wellbeing
- Practical ideas to help establish your child's routine, improve their sleep or manage challenging behaviour
- Relationships with partners and siblings
- Just to have a chat about the frustrating day, week, month or year you've just had!

The service is completely FREE of charge. Each appointment lasts 1 hour and there are slots available in the mornings, afternoons and evenings. After the call there is an email follow up with advice and information discussed in the call.

Book your appointment here:

contact.org.uk/listening-ear

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 May & June, the Curly Hair Project will be running the following webinars:

Autism & Gender Dysphoria • Understanding Masking • Autism & Executive Function • What is it like to be Autistic • Autism & Social Anxiety • Communication & Autism • Autism and Eating • A Day in the Reception Class / A day at Secondary School (animation and discussion) • Sensory Processing and Autism • How do I Make and Keep Friends (for Autistic Children) • Females & Autism • Recognising Emotions as an Autistic Child • Meltdowns & Shutdowns • Understanding Challenging Behaviour • Autism & Anxiety • Socialising & Autism

See dates, costings and book a place here:

<https://thegirlwiththecurlyhair.co.uk/services/events/>



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

Author of the week: Read Boy Everywhere by A.M. Dassu for FREE, watch a video about why she wrote the book, discover her favourite books and read a Q&A about reading.



Unique – After Diagnosis: What Happens Next? Find this publication and Unique's full range of Practical Guides for Families, which are free to download, here:

<https://rarechromo.org/practical-guides-for-families/>



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/>

Stay Up-to-Date with the latest Coronavirus news and figures plus the local support available to you at: <http://soc.devon.cc/GNm2>

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.

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