

# SIGNPOSTplus Information Snippets

## Northern Devon and Surrounding Areas

### 3<sup>rd</sup> February 2022



## 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 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.

## YOUNG DEVON Children Family Health Devon Young Leaders



Young Devon are pleased to be working with Children and Family Health Devon (CFHD), to put young people's voice at the heart of what they do.

The Children and Family Health Devon 'Young Health Leaders' group work in partnership with CFHD health services; giving feedback, ideas and guidance so that the best possible care can be delivered to young people and families in Devon.

Do you know a young person, who is keen to make a difference?

Then they can join this and get their voice heard! Aged 13+? Has experience of healthcare services in Devon? Wants to help create positive change?

Get involved today! 🙌

Email: [participation@youngdevon.org](mailto:participation@youngdevon.org)



## TTVS Young Carers Connected Shout Out to all Young Carers across North Devon.



The new Young Carers Connected (YCC) Project connects Bright Futures Upbeat and Carewise, working together to support all young carers across North Devon, Mid Devon and Torridge.

Check out the website: [www.torridgecvvs.org.uk](http://www.torridgecvvs.org.uk) under "Projects", take a look at the YCC Facebook page, or email [tracy@ttvs.org.uk](mailto:tracy@ttvs.org.uk) to find out more.



## Parent Autism Awareness Programme

The programme is for parents/carers of Devon primary and secondary school children, pre or post diagnosis. It's for parents who have a child currently on the autism assessment pathway, as well as families who have received an autism diagnosis.

Attending the Autism awareness parent programme gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing and supporting presenting needs.

There are 4 weekly sessions (approx. 2hrs each) related to the following topic/themes:

1. Autism overview, Friday 11<sup>th</sup> Feb 10am-12pm
2. Communication, Friday 18<sup>th</sup> Feb 10am – 12pm
3. Understanding and Supporting Behaviour, Friday 4<sup>th</sup> March 10am-12pm
4. Sensory Issues, Friday 11<sup>th</sup> March 10am-12pm

You will get a Clickmeet platform event invite to your email each week to access the relevant weekly topic for attendance. You will need an email address and the internet to access this programme. The programme is purely in an online format.

To take part, send an email to:

[LDP-LearnerSupport@babcockinternational.com](mailto:LDP-LearnerSupport@babcockinternational.com)

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



## Devon Information Advice and Support New Dates for Spring Term Information Sessions:

### Demystifying SEND

Free information session for parents and carers of children with SEND about how to find clear information and support.

7<sup>th</sup> February or 8<sup>th</sup> March 2022. Online 10.30am - 12.30pm. <https://devonias.org.uk/news/more-demystifying-send-information-sessions-for-the-spring-term/>

### Education Health and Care Plan (EHCP) Reviews – Myth Busting Parent Session

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

14<sup>th</sup> February or 15<sup>th</sup> March 2022 Online, 10.30am - 12.30pm.

<https://devonias.org.uk/news/education-health-and-care-plan-ehcp-reviews-myth-busting-parent-sessions-in-the-new-year/>

### Listening to Your Child's Views

Free information session around helping your child to express themselves and tell you how they feel about life at school (and life in general) is important. It helps to make sure they get support that's going to work for them. This is a two-hour online session with the opportunity for questions at the end.

16<sup>th</sup> February or 21<sup>st</sup> March 2022.

Online 10.30am - 12.30pm.

<https://devonias.org.uk/news/dias-parent-workshop-listening-to-your-childs-views-2/>



## Ambassador Volunteer Project

'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.

[The Ambassador Volunteer project - Devon Information Advice & Support \(devonias.org.uk\)](https://devonias.org.uk)

The AV project is looking for people who are already actively involved in some way in the community perhaps attending a group, support parents in a school or active online, having positive experiences with schools / services.

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.

**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 10am-1pm with a short break. The session will be the first step in training to become an Ambassador Volunteer.

Thursday 3<sup>rd</sup> March 10am-1pm online.

Please complete the form following this [link](#) to register your interest!



## I CAN – Free Parent Webinars:



9<sup>th</sup> February, 9.30am

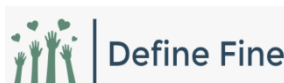
*Sharing books to develop language*

23<sup>rd</sup> February, 9.30am

*Using songs and rhythms to develop language*

The webinars are aimed at parents of children aged 18 months to 2½ years who are concerned about their child's language development.

Find further information about these webinars and further upcoming topics, Zoom links and slides for each webinar that you can download before the sessions here: <https://ican.org.uk/talk-parent-webinars/>



## Define Fine: Parent Peer Support for School Attendance Difficulties

Define Fine is a parent/carer-led organisation set up in response to the growing number of children and young people who experience school attendance difficulties. This is sometimes referred to as 'school refusal', or emotionally based school avoidance however these phrases may not explain the full picture of the barriers to attendance which may be due to any number of complex reasons such as unmet Special Educational Needs & Disabilities including physical or mental illness, either suspected or diagnosed, bullying or issues relating to academic pressure, or even the school environment.

Find a range of information and resources on the Define Fine website: <http://definefine.org.uk/>



**Neurodiverse Parenting Support Group**  
for parents of neurodivergent children including autistic, adhd, pda, spd in West Devon

10-11:30am  
2nd Thursday of the month - term time  
Okehampton College Community Centre

Tel: 07808 523111 (Allyson) or 07546 258403 (Heather)  
Email: [heather@communitylinks-sw.co.uk](mailto:heather@communitylinks-sw.co.uk)  
Website: [www.communitylinks-sw.co.uk](http://www.communitylinks-sw.co.uk)

join our facebook closed group



“**Neurodiverse Parenting Support Group** is a friendly group based in Okehampton offering a combination of professional and peer support to parents/carers of school age children who identify as neurodivergent including; Autistic/ADHD/Sensory Processing Differences etc in West Devon. We provide education, training and information to help parents/carers deepen their understanding of neurodiversity and the Special Educational Needs & Disability system. We know that parenting neurodivergent children can be isolating so the opportunity to meet other parents navigating similar challenges can be of huge value in helping reduce feelings of isolation.

Your child does not have to have a formal diagnosis in place to benefit from the support on offer; in fact, since there are still considerable delays in getting a diagnosis in the area, we urge parents and carers to seek support as soon as they can.

We usually meet on the second Thursday of the month unless this falls in the school holiday. We ask for a suggested donation of £2 per session to help cover cost of room hire and refreshments. For further information, you can contact Heather Parks on 07546 258403 or [heather@communitylinks-sw.co.uk](mailto:heather@communitylinks-sw.co.uk). Parents/carers are welcome to sign up to our closed [Facebook group](#) and they can complete a referral form in advance.”



### bibic Free Facebook Live Event



**LET'S TALK**  
18th February - 6pm  
**Dyslexia, Dyspraxia & Dyscalculia**  
**LIVE**

**LIVE Q&A**  
• Support and advice from bibic Developmental Therapist, Jessica House  
• An opportunity to ask us YOUR questions  
• Explore what these conditions mean, how they impact an individual and ways to help and support

Hosted on Facebook

This month's Facebook Live focus from bibic is Dyslexia, Dyspraxia & Dyscalculia.  
Friday 18<sup>th</sup> February at 6pm.  
Find out more and register on the bibic Facebook page.



### Neurodive Webinars:

#### Supporting PDA students in Education settings

A webinar aimed at both parents and professionals, exploring ways in which Autistic children and young people with a PDA profile can be better supported in education.  
Wednesday 9<sup>th</sup> February, 7pm-9pm.  
Tickets £11.37.

Find out more and book a place here:  
<https://www.eventbrite.co.uk/e/supporting-pda-students-in-education-settings-tickets-238399227507?aff=ebdsoporgprofile>

#### Supporting Social Interaction for Autistic Children without 'Normalising'

A short webinar giving ideas for supporting social interaction for Autistic children without encouraging masking and normalising.  
Monday 14<sup>th</sup> February, 7pm-9pm.  
Tickets £9.21.

Find out more and book a place here:  
<https://www.eventbrite.co.uk/e/supporting-social-interaction-for-autistic-children-without-normalising-tickets-256158917217?aff=ebdsoporgprofile>

#### Supporting Sleep in Neurodivergent Children & Young People ft Daniel White

A webinar to help parents and professionals understand how to support Neurodivergent children and young people's sleep better ft Dan White.  
Wednesday 23<sup>rd</sup> February, 7pm-9pm.  
Tickets £11.37.

Find out more and book a place here:  
<https://www.eventbrite.co.uk/e/supporting-sleep-in-neurodivergent-children-young-people-ft-daniel-white-tickets-256734970207?aff=ebdsoporgprofile>

#### PDA & Employment ft Harry Thompson

A webinar focused on PDA and employment for PDA'ers and the parents and professionals supporting them.  
Monday 28<sup>th</sup> February, 7pm-9pm.  
Tickets £11.37

Find out more and book a place here:  
<https://www.eventbrite.co.uk/e/pda-employment-ft-harry-thompson-tickets-260181689437?aff=ebdsoporgprofile>



#### Devon Recovery Learning Community – Being a Good Enough Parent (and Staying Sane) For parents of children aged 4-10.

This Free 3-week online course will start on Thursday 22<sup>nd</sup> April, with further dates of 29<sup>th</sup> April and 6<sup>th</sup> May. Find out more here:  
<https://devonrlc.co.uk/courses/being-a-good-enough-parent-and-staying-sane-for-parents-of-children-aged-4-10/>





**Beat** are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, their mission is to end the pain and suffering caused by eating disorders.

Beat's [online groups](#) and [Helpline](#) are available to any carers who may need support, as well as anyone affected by eating disorders.

POD (peer-support & online development) is Beat's online learning platform, designed to provide people supporting someone with an eating disorder with a space to learn, share experiences and find community. On the platform you'll find a range of workshops, e-learning modules and forums that will help to equip you with the skills you need to support your loved one.

<https://www.beateatingdisorders.org.uk/training-events/find-training/training-for-parents-and-carers/>



### National Autistic Society Parent Support Programmes - virtual delivery

The National Autistic Society are offering support to parents/carers with diagnosed autistic children who haven't undertaken any EarlyBird, EarlyBird Plus or Teen Life courses.

Parents must be able to commit to 6, 2-hour sessions on the days and times assigned to your selected course.

Find out more and register here:

<https://learn.autism.org.uk/ereg/newreg.php?eventid=200236265&>



**ERIC, The Children's Bowel & Bladder Charity** aims to improve the lives of all children and teenagers in the UK facing continence challenges.

Services provided by ERIC include:

- A free telephone and email [helpline](#)
- Clinically correct information and digital resources on [potty training](#), [bowel problems](#), [daytime bladder problems](#) and [bedwetting](#)
- Training courses for [health](#) and [education](#) professionals
- Support and information events for parents and carers
- An [online shop](#) supplying a range of continence products for children
- [Campaigns](#) to raise awareness and to improve support available to children in education settings and the NHS.

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

### Tourettes Action Webinar – Anxiety and Tourettes Syndrome.



Wednesday 9<sup>th</sup> February, 8pm on Zoom.

Tickets £5, book a place here: <https://www.tourettes-action.org.uk/news-601-.html>



### Cerebra Online Sleep Seminars

The online Sleep Seminars aim to give you the knowledge, skills and confidence to deal with sleep issues so the whole family can get a good night's sleep.

Understanding and supporting children's sleep for parents and carers of children with brain conditions aims to:

- Build on your knowledge and understanding of sleep and what impacts/improves it
- Increase your skills when addressing issues of settling, night waking, early rising and sleeping alone
- Improve your confidence to apply information gained to your own situation

Upcoming Dates:

Friday 25<sup>th</sup> February 2022, 10am – 12:30pm  
Monday 28<sup>th</sup> March 2022, 10am – 12:30pm

Places are free for parents of children with brain conditions. Find out more and book a place here: <https://cerebra.org.uk/get-advice-support/sleep-advice-service/sleep-seminars/>



### YoungMinds – Gaming, A Guide for Parents

YoungMinds have information and advice to help you and your family create a healthy culture around gaming, and to help you support your child if they are struggling:

<https://www.youngminds.org.uk/parent/a-z-guide/gaming/>



### Winston's Wish – Free Online Training for Education Staff.

Knowing how to support a grieving pupil in the right way can be daunting. Winston's Wish is providing free online childhood bereavement training which can help give you the tools you need. The training courses will help you understand how grief affects a child or young person and how you can help them cope with their grief. The courses are designed for schools but would be useful for anyone who works with bereaved children.

Find out more and register here:

<https://www.winstonswish.org/bereavement-training-courses-schools/>

# RESTORE RELATIONSHIPS

a very different programme of support, for individuals and families in Devon



A 12-session programme aimed at connecting men across our community

- Explores and helps low mood
- Supports you to discover more about yourself
- Improves communication
- Reveals how thinking and behaviour are linked

All within a safe space, with other men, who may be experiencing similar doubts, confusion, or difficulties, with themselves and/or in wider relationships (You even have a right laugh!)

If you're interested in knowing more, please call/text 07436 357593 or email [tania.bell@splitz.org](mailto:tania.bell@splitz.org)



**TALKWORKS** is a free NHS service offering psychological therapies for common mental health difficulties, such as depression and anxiety disorders.

They work with adults over the age of 18, and offer online workshops to support individuals who are struggling:

If you are feeling stressed, down or not quite yourself, TALKWORKS is there for you.

They currently have:

- Short waiting times
- Flexible appointments across the day Monday to Friday
- Telephone, video call and face to face appointment options
- Free online wellbeing workshops

If you are anxious, low or are struggling to sleep, please do not feel you have to wait until you hit 'rock bottom' before getting help.

You can self-refer to TALKWORKS without seeing a GP. TALKWORKS are part of the NHS and all services are available free of charge:

<https://www.talkworks.dpt.nhs.uk/>

## contact

For families with disabled children

### Contact - Free Workshops

Contact have four free virtual workshops in March for parent carers of disabled children aged 0-5!

Book them below, but be quick tickets can sell out fast...

- Early years entitlements ([bit.ly/EYE1March](https://bit.ly/EYE1March))
- Managing behaviour ([bit.ly/Behaviour2March](https://bit.ly/Behaviour2March))
- Speech & communication ([bit.ly/Speech16March](https://bit.ly/Speech16March))
- Toilet training ([bit.ly/Toilet23March](https://bit.ly/Toilet23March))

For a list of all upcoming workshops and events, visit the website: [contact.org.uk/workshops](https://contact.org.uk/workshops)

## designability Designability - Free Wizzybug Loan

Wizzybug is an innovative powered wheelchair designed specifically for young children. It's now even easier to apply for a free Wizzybug.



Find out more and apply here:

<https://designability.org.uk/meet-wizzybug/>

## SCOTT CINEMAS Scott Cinema Barnstaple - Autism Friendly Screening.



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.



The next Autism Friendly Screening will be Sing 2 on Sunday 13<sup>th</sup> February, doors open at 10am for a 10.30am start. Booking now open:

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



## 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 and further information and resources can be found on the [SIGNPOSTplus page](#) of the Children and Family Health Devon website**

***If you no longer wish to receive these bulletins please email: [cfhd.signpostplus@nhs.net](mailto:cfhd.signpostplus@nhs.net) and we will remove your details from the mailing list.***

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