

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

12th November 2020



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 these Northern Snippets directly to your mailbox and would like to be added to the mailing list email: amandasmithson@nhs.net If you would like to receive the Southern edition you can email: kris.taylor@nhs.net 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.



Support for people and businesses

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, please 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 by clicking [here](#)



The Participation Team are Asking Young People what advice they need right now:

"We've heard from children and young people that during the country's first coronavirus lockdown earlier this year they sometimes felt confused, ignored or forgotten, and that not enough communication was made available about issues that directly affected them. We have heard this, and we want to make sure that things are done better. So, if you are a child or young person in Devon (or are currently living elsewhere), what information or advice do you need right now? Let us know by emailing: participation@devon.gov.uk."



FREE information sessions for Parent Carers - 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.

Demystifying SEND - How to find clear information and support for children with special educational needs and disabilities. Some people will know from birth that their child has a disability and will have information given by health professionals. For many parents the special educational needs of their child emerge over time. Wherever you are on your journey you need access to clear information and this session has been designed to get you started and help you find information relevant to your child. This session is aimed at parent/carers new to the journey of supporting their child with special educational needs and disabilities (SEND). Often parents do not know where to find the information they need to support their child or what to expect in terms of support. This 2 hour session aims to signpost and highlight pathways for supporting SEND children and their families.

The sessions will be delivered in a varied virtual format, a combination of presentation and participation with a questions segment at the end.

Dates & Times:

Wednesday 18th November 12.30pm

Thursday 26th November 10am

Thursday 3rd December 12.30pm

If you would like to know more about the sessions please email:

megan.kenneallystone@devon.gov.uk

To book on a session please follow the link below: <https://www.eventbrite.com/e/demystifying-send-special-educational-needs-and-disabilities-tickets-127732273669>



Be Safe and Smart Online A set of resources that has been created in

partnership with The National Deaf Children's Society. They are designed to help and support deaf young people and their parents, carers and teachers to help and remind them how to stay safe online. <https://www.childnet.com/resources/be-safe-and-smart-online>



Champions for Change – Update:

“The latest meeting of Champions for Change was held on 23rd October,

and it was a very positive experience!

This meeting was our first fully virtual session, and attendance almost tripled since the last meeting – with a total of five schools being represented. We discussed the reasons why Champions for Change exists and the group’s importance in representing the voice of pupils with special educational needs and disabilities across Devon, making sure that the views and aspirations of children and young people are listened to, and that they help Devon in developing SEND provision in the future.

The next target for the group is to expand. We talked about creating an advert, a new website and information flyers to help spread the word and gain new members. So, if you or anyone you know is interested in joining a group for young people with SEND by young people with SEND, please get in touch!” Find out more about Champions for Change here:

<https://www.devon.gov.uk/educationandfamilies/special-educational-needs-and-disability-send-local-offer/we-are-listening/champions-for-change>



Challenging Behaviour Foundation Quick Read Guide.

This quick read challenging behaviour guide

gives tips and strategies to help you and your family member during a period of new or increased challenging behaviour.

It will give you a quick start to using Positive Behaviour Support principles to reduce challenging behaviour. In reality there will be times when your best efforts cannot prevent a crisis, so there are also tips to plan how to respond.

<https://www.challengingbehaviour.org.uk/learning-disability-assets/quickreadchallengingbehaviourguidev6.pdf>



Bis-net – Upcoming Webinars.....

Understanding and Supporting Children and Young People with ADHD and ADD. Thursday 19th November, 10am - 12pm. Tickets £11.37.

**** **the box - the importance of Neurodiversity in our society.** Ft Harry Thompson, Chloe Farahar and Mollie Sherwin. Friday 4th December, 8pm-11pm. Tickets £22.15.

You can also purchase recordings of various 2020 webinars e.g. Anxiety & Autism.

Find out more about any of the webinars listed above and book tickets here:

<https://www.eventbrite.co.uk/o/ceda-6400231187>



Talkworks – Free Wellbeing Courses:



These small, free, online workshops are to teach people aged 18+ some basic wellbeing techniques to help manage stress and mood especially given the current challenging times. Each two hour workshop will cover: managing worry and physical anxiety, setting goals/routines, and improving poor sleep habits. The next workshop will be taking place on Wednesday 25th November 2020 at 12pm, it will be held online and has a limited capacity so please call 0300 555 33 44 to register and book. Further dates will be released over the next few weeks and months and can be found on the Talkworks website:

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



Curly Hair Project Webinars

The Curly Hair Project is a social enterprise which supports people on the autistic spectrum and the people around them, founded by autistic author Alis Rowe.

During November, December & January, the Curly Hair Project will be running the following webinars:

- Autism & Anxiety
- Emotions & Autism
- Autism & Executive Function
- Autism & Gender Dysphoria
- Meltdowns & Shutdowns
- Understanding Masking
- Females & Autism
- Sensory Processing & Autism
- Socialising & Autism
- Communication & Autism

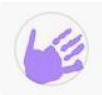
See dates, costs and book a place here:

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



YoungMinds – Grounding Techniques.

When we are feeling very anxious, it can help us to have tools or techniques we can use to calm ourselves down. Kerry, 16, shares the grounding technique that helps her when she's having a panic attack: <https://youngminds.org.uk/blog/the-grounding-technique-that-helps-me-when-im-anxious/>



Update from Affinity Support Group Tiverton.

Affinity is a support group for families, friends & carers who provide care for children with Autism or on their pathway, providing non-judgmental advice and support.

“Unfortunately our office in Tiverton will still have to stay closed during this second lockdown. However, we are still here for support and advice! We are also unable to loan out any of our sensory library in compliance with the government guidelines. We are very sorry for any upset and inconvenience this may cause. A little silver lining to this cloud is that we will be starting a virtual support service! This will take the form of weekly support and advice sessions via Facebook Rooms and is open to anyone who is a parent or carer to a child or children on the autism spectrum, or on the pathway to diagnosis. So, starting this Wednesday 11th from 10am through to 12 noon we will be on hand to help! We can also offer 1:1 telephone or video calls with one of our knowledgeable volunteers, this can be a single session or on a regular basis. So finally, we are back and we can't wait to hear from you!”

Get in touch via the Affinity Support Group Facebook page:
<https://m.facebook.com/affinitysupportgroup/>



Learn Devon 5 Day Mindfulness Challenge

The impact of the coronavirus pandemic on people's mental health in Devon may currently be difficult to determine, but to help you look after your own wellbeing during the national lockdown, you're invited to sign up to Learn Devon's "Mindfulness Challenge".

The five-day challenge, which launches on Monday 16th November, features a series of short videos that provide you with useful techniques and tips to help your mind and wellbeing. Each day will focus on different ways to help with focus, concentration, relaxation, coping with anxiety, as well as stretches for desk workers.

If you sign up for the challenge, you'll receive an email each morning with a link to the day's video that you can watch on-demand, in your own time. Find out more and sign up here:

<https://www.learndevon.co.uk/mindfulness-challenge/>



Anti-Bullying Week 2020: The theme for Anti-Bullying Week 2020 is: United Against Bullying.

Anti-Bullying Week will happen from Monday 16th - Friday 20th November and will start with Odd Socks Day to mark the first day of Anti-Bullying Week. Read more and find tools, information and resources at the Anti Bullying Alliance website:

<https://www.anti-bullyingalliance.org.uk/>



Living Paintings

Living Paintings currently give over 14,000 blind and partially sighted people the opportunity to borrow

Touch to See books from a free postal library. Tune in to Blue Peter, CBBC, at 5.30pm on Friday 13th November where you'll hear Imogen talk about what Living Paintings means to her as a visually impaired young person. Plus, share in her excitement of being the first library member to receive the accessible version of 'Zog and the Flying Doctors' – hand delivered by Richie Driss, Blue Peter presenter.

Find out more about Living Paintings and the resources they have available here:

<https://livingpaintings.org/>



For families with disabled children

Contact 1:1 Listening Ear Service.

Parent carers: Does talking through your problems or worries often help you feel better? If so you can book an appointment with one of Contact's Parent Advisers. The advice and emotional support service is confidential and completely free of charge.

Find out more about what Contact do and how they can help here: <https://contact.org.uk/about-us/>

Book a 1:1 Listening Ear appointment here: <https://www.eventbrite.co.uk/o/contact-for-families-with-disabled-children-30452924652>

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**

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

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



Covid 19 Symptom Checker

Unsure about when and when not to send your child to school if they're feeling unwell and if you need to book a test? Devon County Council have created a symptom checker chart which may help you decide. For further school advice and to download a copy visit: <http://soc.devon.cc/UWYzZ>

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 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

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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



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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