

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

26th March 2020



If you are worried about a child or young person in Devon and want to speak to someone, or if you are a child or young person worried about your own safety please contact the Multi Agency Safeguarding Hub (MASH) on **0345 155 1071** or email: mashsecure@devon.gov.uk and give as much information as you can. <https://www.devon.gov.uk/educationandfamilies/child-protection>



Every Mind Matters. Expert advice and practical tips to help you look after your mental health and wellbeing. You can also find links at the top of the page to health information and advice, read the NHS pages on coronavirus and learn about the government response to coronavirus on GOV.UK. <https://www.nhs.uk/oneyou/every-mind-matters/>

YOUNGMINDS **The Youngminds Parent Helpline** is open Monday – Friday from 9.30am – 4pm and intends to operate through the current coronavirus situation. If you are worried about your child's mental health during this difficult time call them on: 0808 8025544. There is also an advice blog for Young People who are worried about Coronavirus: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

There is also a feature on the Youngminds website with tips for coping with OCD during the coronavirus pandemic: <https://youngminds.org.uk/blog/tips-for-coping-with-ocd-during-the-coronavirus-pandemic/>



Samaritans have an information page if you're worried about your mental health during the coronavirus outbreak. The Samaritans also have an online chat facility alongside their telephone helpline. <https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>



Mind. Helpful advice, information and ideas to support your mental health during the current coronavirus situation. The page is updated regularly. <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



The Moorings @ Devon offers out-of-hours mental health support to anyone aged 16+ in the Devon area, from three locations in Barnstaple, Exeter, and Torquay: Currently all Moorings are running telephone and helpline only services. Check the website for updates. <https://www.mhm.org.uk/the-moorings-devon>



Women's Aid. If you are worried that your partner, or that of a friend or family member, is controlling and abusive, you can go to www.womensaid.org.uk for support and information, including Live Chat, the Survivors' Forum, The Survivor's Handbook and the Domestic Abuse Directory.



New DiAS information about the impact of coronavirus for families with a child with SEND.

DiAS have had quite a few questions from parents and carers about the changes taking place at school and in wider SEND services during coronavirus. They have published two new pages on their website to help and support you:

- Questions and Answers about coronavirus, school, education and SEND <http://soc.devon.cc/9ADuf>

- Useful resources, including information for children and young people, resources to help with anxiety, home learning resources and support for parents. <http://soc.devon.cc/KEdYC>

Please follow the DiAS Facebook page for updates. And sign up on the DiAS website for the newsletter. <https://www.devonias.org.uk/>

Devon's Local Offer also has information about Devon services and support which is updated regularly. You can subscribe for updates on the website. <https://www.devon.gov.uk/educationandfamilies/special-educational-needs-and-disability-send-local-offer>



Bis-net Webinar this Friday 27th March - Supporting social development in Autistic children.

10am - 12pm. Cost: £5.98.

In this webinar you will cover:

- * The pillars of social interaction - these are the areas that are often impacted by Autism that we need to re-visit and support.
- * An in depth look at 'theory of mind.' The ability to consider the perspectives of others and their intentions.
- * Communication adjustments that we can make, that can support connection and development.
- * Activities and games to work on specific areas.
- * Designing and creating your own activities to suit your child.

Find out more and register here:

<https://www.eventbrite.co.uk/e/supporting-social-development-in-autistic-children-webinar-tickets-100892020750>

With the country in lockdown, BISnet know that many parents will be working hard to support their young people with additional needs. BISnet plans to provide a number of online services during this time. One of which will be short webinars that can be accessed online. Find BISnet on Facebook for latest updates.



Abilitynet 10 ways tech can help you keep connected.

Technology can help to reduce loneliness and social isolation. Abilitynet have put together some tips for older and disabled people, or those in a period of forced isolation: https://abilitynet.org.uk/news-blogs/loneliness-ten-ways-tech-helps-you-stay-connected?utm_source=newsletter&utm_medium=email&utm_campaign=AbilityNet-Newsletter-March-2020&dm_i=3SCI,13N4P,530RO6,3UV7K,1



UniqUe general advice regarding coronavirus for patients with rare genetic disorders. Includes patients with developmental disorders and undiagnosed developmental delay, rare single-gene disorders and chromosomal disorders.

<https://www.rarechromo.org/covid19update>



Contact have produced coronavirus information for

families with disabled children

<https://contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/>

Contact have also put together a blog entitled 'Entertaining Children at home':

<https://contact.org.uk/news-and-blogs/entertaining-children-at-home/>

More Free Online Activity/Learning Resource Ideas:

Phonics Play free access

<https://www.phonicsplay.co.uk/>

P.E. Lesson with Joe. Free daily workout aimed at kids (but fun for adults too!) 9am each morning - 30 minute fun workout. Joe Wicks Youtube channel.

20 Hour BSL Course free for under 18s

<https://www.british-sign.co.uk/>

Scouts 100+ stay-at-home activities to help your

kids learn new skills over the next few weeks:

<https://www.scouts.org.uk/the-great-indoors/>

Devon Libraries Digital Library

Download and stream free eBooks, eAudioBooks and eMagazines.

- 3,500 added titles to [Overdrive](#) (eBooks and eAudiobooks)
- 1,000 unlimited use eAudiobooks through [RB Digital Devon](#) or [RB Digital Torbay](#)
- A selection of eMagazines are available on [RB Digital Devon](#) or [RB Digital Torbay](#)
- Access eAudiobooks via [BorrowBox](#)
- Access the 'Reading Well' collections on their digital platform
- Visit the reference online resources at [Devon](#) and [Torbay](#) Libraries

Cerebra e-books <https://cerebra.org.uk/get-advice-support/library/borrow-ebooks/>

Amazon has cancelled the subscription costs of books and audio stories for children and students of all ages as long as schools are closed. All stories are free to stream on your desktop, laptop, phone or tablet using the following link:

<https://stories.audible.com/start-listen>

The Maths Factor with Carol Vorderman

currently waiving the subscription fee

www.themathsfactor.com

World of David Walliams Daily free audio story

<https://www.worldofdavidwalliams.com/elevenses/>

Minecraft Marketplace Free educational content.

<https://www.minecraft.net/en-us/article/free-educational-content-minecraft-marketplace->

Duolingo Learn a language for free.

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

Mystery Science Free Science lessons

<https://mysteryscience.com/>

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.



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 in 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.

