

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

21st May 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>

Updates from Children and Family Health Devon:

The Autism Spectrum Assessment Service have a range of useful resources on the Children and Family Health Devon website, including the newly updated 'One Minute Guides' and 'Bitesize Videos'.

One Minute Guides

Click on the link to view the relevant guide:

- [Anxiety](#)
- [Behaviour](#)
- [Communication](#)
- [Sensory differences](#)
- [Masking](#)
- [PDA](#)
- [Siblings](#)
- [Talking about the diagnosis](#)
- [Neurodiversity](#)

Bitesize Videos

- Click the relevant link to watch the video:
- [Recognising ASD – A Guide for Professionals](#)
 - [Supporting your Child through COVID-19](#)
 - [Anxiety in Autism](#)
 - [Behaviour in Autism](#)
 - [Sensory Processing](#)
 - [Communication Differences in Autism](#)
 - [My Child has Received a Diagnosis](#)

The Occupational Therapy Service have a range of resources and activity ideas for use at home: <https://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2020/04/helpful-links-for-ot-resources-and-activities-ideas-for-home-ii.pdf>

The Speech and Language Advice Line has been temporarily extended, during the current situation, and is now available Monday – Friday from 9am until 4pm. The number remains the same (0333 321 9448). The Advice Line is there to provide advice about typical speech and language development and how to support a child's speech, language and communication. General enquiries regarding waiting times and referrals should continue to be made through the Single Point of Access Team on 0330 024 5321. Find lots of useful resources on the Speech and Language Therapy webpages: <https://childrenandfamilyhealthdevon.nhs.uk/speech-and-language-therapy/speech-and-language-therapy-covid-19/>



This Week is Mental Health Awareness Week

Hosted by the Mental Health Foundation, Mental Health

Awareness Week takes place from 18-24 May 2020. The theme this year is kindness. Find out more about the Mental Health Foundation and the work they do here:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>



ClearVision Project Braille Leaflets 'Crack the Code' and 'A Braille Reader in the Family'.

These two booklets have been produced by ClearVision to help sighted adults support children who are learning braille. The booklets are free to download. Find out more here: <http://www.clearvisionproject.org/resources/index.html>



#SenseSignSchool Join today's taster sign language class, and then sign up for

more free lessons straight to your inbox.

<https://www.sense.org.uk/sense-sign-school/>



WellChild have put together some useful information, resources, advice and activity

ideas during the coronavirus outbreak:

<https://www.wellchild.org.uk/coronavirus/>



Cygnets course – Parent autism awareness programme invite

Barnardos are now offering their Cygnets programme online through Babcock LDP in Devon. The course is for parents and carers of children with autism aged between 7 and 18.

After a diagnosis, parents and carers can have a lot of questions about autism and can feel isolated in managing their child's needs. Children's needs also change over time, and information and advice received when a child is younger may need to be updated to be relevant for the child/young person today.

Doing the Cygnets course gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing social communication and behaviour difficulties.

The course runs online as 6 weekly sessions (approx. 2hrs each), starting on June 1st with the following topic/themes:

- Introduction Mon 1st June
- Autism overview Mon 8th June
- Sensory Mon 15th June
- Communication Mon 22nd June
- Understanding behaviour Mon 29th June
- Supporting behaviour Mon 6th July

You will need an email address and the internet to access this programme.

If you want to do the course, email LDP-LearnerSupport@babcockinternational.com Each week you'll be sent a link to the course, so make sure you email them from the address you'll want to use.

OxfordOWL Help your child learn

Free eBook: *Everybody Worries* by



Jon Burgerman. Inspired by conversations with his parent friends who weren't sure how to explain what is happening right now to their small children, artist and writer Jon Burgerman decided to do something to help. Read the book here:

<https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/>



Think U Know have created some online safety Helpsheets and activity packs to support parents during COVID-19 and the closure of schools. Each fortnight, they will be releasing new home activity packs with simple 15 minute activities you can do with your child to support their online safety at a time when they will be spending more time online at home. Find out more here:

<https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets>

youngSibs Young Sibs. The focus this week is on 'Siblings and keeping in touch'. YoungSibs know that you will have spent a lot of time with your brothers, sisters and family over the last few weeks, but know that siblings are missing school and seeing their friends too. Siblings are saying that they are also finding it hard not to spend time with other family members like aunts, uncles, cousins and grandparents. It's really important that you find safe ways to stay in touch with people outside your home and there are lots of different ways you can do this. YoungSibs have put together some helpful information and tips here: <https://www.youngsibs.org.uk/siblings-and-keeping-in-touch/>



Widgit Free Resources. Some of the Widgit resources packs are available to download free of charge from the website. Find out more here: <https://www.widgit.com/resources/index.htm>



Devon Young Carers Card. Devon Young Carers are now able to provide a card for young carers to carry who either need to go out to shops on their own during lockdown, or who are not leaving the house for exercise due to feelings of anxiety about being challenged whilst out. Young carers need to be registered with the service and have had an assessment. Email: youngcarers@devoncarers.org.uk for further information.



CBBC Newsround Report - Coronavirus: How is it affecting your sleep? Sleep expert Stephanie Romiszewski from Sleepyhead looks at how lockdown may be

affecting children's sleep patterns: <https://www.bbc.co.uk/newsround/52506961>

More Free Online Activity/Learning Resource Ideas:



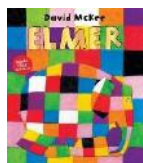
The Shed School Is the brainchild of a Teacher who broadcasts live daily lessons for KS1 learners from his shed! Focusing on a range of topics, the lessons are free and can be accessed via Facebook or Instagram.



Friends of the Earth have some free activities aimed at getting your child acquainted with the wonderful natural world. Download the activities here: <https://friendsoftheearth.uk/fundraising/free-planetfriendly-activities-kids>



The Francis Crick Institute Discovery Week 25th – 30th May. Become a scientist for a week this half term - with live online events and lots of activities to keep you having fun. They will be running live events every day at 11am on the Discovery page: <https://www.crick.ac.uk/whats-on/discovery-week-2020>



Elmer Day Saturday 23rd May. Elmer Day is a celebration of reading, of elephants and of accepting yourself and others, just like Elmer the Patchwork Elephant, star of the Elmer books by David McKee. Find out how you can celebrate Elmer Day at home and download a free activity pack here: <https://www.elmer.co.uk/>



StuffToDoAtHome.com was launched by 'Stuff To Do' at the end of March 2020 in response to the Coronavirus pandemic. The website is regularly updated and packed with information, activities, arts and crafts, games and lots more. <https://stufftodoathome.com/>



Play at Home Fest – Saturday 23rd and Sunday 24th May. A FREE 2-day action-packed, fun-filled, VIRTUAL play festival which you can enjoy from the comfort of your own home! <https://playathomefest.com/>

Please also refer to the snippets archive for resource ideas from the last few editions here:

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

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**

Please note that there will be no Northern Snippets next week due to annual leave.

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.

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