

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

4th June 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>



New Children and Family Health Devon Autism Facebook page.

The purpose of the page is to share information and resources related to Autism, for families on the pathway and for those who already have a diagnosis. The team have started making videos on specific topics and will be adding more over the next few weeks. Please note that the page is not monitored by clinicians. If you have a specific question about your child, please contact the SPA on 0330 024 5321 or

tsdft.devonspa@nhs.uk

The Facebook page can be found here:

www.facebook.com/CFHDAutism



Open Letter to Parents and Carers of Children with SEND from Vicky Ford MP Parliamentary Under-Secretary of State for Children and Families.

To all children and young people with special educational needs and disabilities (SEND), their parents/carers and families, and others who support them.

<https://www.devon.gov.uk/educationandfamilies/archives/9831>



Family Fund has received an extra £10 million to help families on low incomes with disabled or

seriously ill children in England during the Coronavirus pandemic. Families can apply for grants to make their lives easier while implementing social distancing measures, including computers and tablets, outdoor play equipment and sensory toys. Find out more and apply online here:

<https://www.familyfund.org.uk/news/10-million-to-help-disabled-or-seriously-ill-children-in-england-during-coronavirus>

Free Online Solihull Approach Training Courses.....

The Solihull Approach was Developed by Psychologists, Psychotherapists, Health Visitors & NHS and Education Professionals

UNDERSTANDING YOUR CHILD SOLIHULL APPROACH

Do you live in Cornwall, the Isles of Scilly, Devon, Plymouth or Torbay?
FREE online courses for all residents

Understanding Pregnancy, Labour, Birth and Your Baby
Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

Understanding Your Baby
Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

Understanding Your Child (0-19 yrs)
Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

Understanding Your Teenagers' Brain (short course)
Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

solihullapproach@heartofengland.nhs.uk
(+44) 0121 296 4448

www.solihullapproachparenting.com www.inourplace.co.uk

UNDERSTANDING YOUR CHILD SOLIHULL APPROACH

Welcome to Our Place

The place to unearth all your potential as a parent or carer

A, learn, understand, parenting online courses for everyone who wants to be an even better A, dad, grandparent or carer

From birth to 18 years, online access, one off payment, prices start from £19

and a range of other services

Access Code: **TAMAR**

Go to www.inourplace.co.uk

Apply the 'access code' for FREE access!
Fill in some details to create an account
To return to the course(s) go to www.inourplace.co.uk and sign in!

For technical support contact solihull_approach@heartofengland.nhs.uk or 0121 296 4448 Mon-Fri 9am-5pm

Find out more and register for a free course here:

<https://inourplace.co.uk/>



Devon County Council - Returning to School Arrangements

Find the latest information on children returning to school, which is regularly updated, here:

<https://www.devon.gov.uk/coronavirus-advice-in-devon/document/schools-and-families/>



Devon Information Advice and Support. Q and A about coronavirus and school, education and SEND:

<https://www.devonias.org.uk/information/q-and-a-about-coronavirus-and-school/>



National Autistic Society –
Read the latest guidance on coronavirus, handy top tips for dealing with its

impact and how the National Autistic Society can help here:

<https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx>



The Ambassador Volunteer Project is growing! Ambassador Volunteers are connecting families in their community network with information and support and feeding back themes

and trends from their own network to the Parent Carer Forum and Devon Information Advice and Support. There are Ambassador Volunteers actively connected and supporting parent/carers of children with SEND in North Devon, Honiton, East Devon, Okehampton and Holsworthy. If you would like to get connected to their networks please get in touch with Ambassador Volunteer Coordinator Megan - megankenneallystone@devon.gov.uk – she can put you in touch with an Ambassador Volunteer network near you!

Find out more about the Ambassador Volunteer Project here: <https://www.devonias.org.uk/about-us/the-ambassador-volunteer-project/>



Babcock COVID-19 Support for Schools, Settings, Parents and Pupils. Babcock have created a

webpage to help support schools, settings, parents/carers and pupils during the coming weeks. Many of their teams are contributing information, guidance, useful links and teaching resources to use with all pupils, pupils with a SEND and pupils for whom English is an additional language.

<https://www.babcockldp.co.uk/campaigns/coronavirus-support-for-schools-parents-and-pupils>

Follow Babcock on social media to stay informed as new content is uploaded:

Twitter: [@babcock_edu](https://twitter.com/babcock_edu)

Facebook: [@babcockeducation](https://www.facebook.com/babcockeducation)



Omnibus Theatre – Perfect. The touching story of a boy meeting his disabled sister for the first time, with

stunning puppetry, original live music, animation and physical theatre. Recommended viewing age 4+.

Watch free here: <https://www.omnibus-clapham.org/oto-perfect/>



BIS-net Webinar – Supporting Yourself to Support Others.

Friday 12th June. 10am - 12pm. £5.98 per ticket. A webinar for

any parent or professional support an individual with an additional need, challenging behaviours or neuro-diverse condition.

In this webinar, BISnet trainer Sam Harris will use his experience working with families and staff to cover the following areas:

- * Recognising and acknowledging the effect certain behaviours have on us.
- * The importance of looking after yourself to provide the best support possible.
- * Practical ideas and exercises to manage anxiety, worries and our own responses in moments of extreme stress.
- * Long term planning to make looking after yourself a priority in your life, with the knowledge this in turn supports those you are caring for better.

Whilst the trainer's knowledge and background is working with parents and staff supporting those with Neuro-diverse conditions such as Autism and ADHD, or with challenging behaviour; this course will be helpful for anyone supporting someone else or who takes on the role of carer.

Find out more and book a place here:

<https://www.eventbrite.co.uk/e/107803597462>



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>



One Space. Young Minds have teamed up with The Mix and Shout to bring you One Space – a website to help young people

aged 13-25 find the right support during the coronavirus pandemic. One Space can help you find:

- How to get NHS support.
- Helpline and text line services.
- Information on looking after your mental health.

Find out more here: <https://onespaceto.org/>

Carers Week - Devon Carers Online Activities



Monday 8th	10.30am	Sports Quiz
	7pm	Yoga To You
Tuesday 9th	10am	Cuppa with a Copper – PCSO session about keeping safe
	10:30am	Pins and Needles – opportunity to share your hobbies and projects
Wednesday 10th	10.30am	Wellbeing and relaxation - from your own home
	1.30pm	Craft Workshop
Thursday 11th	3pm	Cuppa with a Copper – PCSO session about keeping safe
	3pm	Yoga To You
	5pm	Sports Quiz
Friday 12th	3pm	Pins and Needles – opportunity to share your hobbies and projects
	4pm	Mindfulness - virtual forest therapy walk
Saturday 13th	4pm	Wellbeing and relaxation - from your own home
	10:30am	Craft Workshop
Sunday 14th	7pm	Cuppa with a Copper – PCSO session about keeping safe
	4pm	Mindfulness - virtual forest therapy walk
More information about activities throughout the week is available on our website.		Virtual garden tours Carer's cook book On your bike Carers art gallery Poems from carers

To book a place on any of the activities email: online@devoncarers.org.uk

Find out more about how Devon Carers are celebrating Carers Week at:

<https://devoncarers.org.uk/carers-week-2020/>



Child Accident Prevention Trust - This week is Child Safety Week

In response to COVID-19, CAPT are changing what they do this year, to meet the changing needs of families and the frontline staff who support

them. They've adapted the Child Safety Week Parents' Pack, so it helps parents take on child safety and win, even when they're feeling under pressure. They've created new content that practitioners can use right now in their digital communications, however they're reaching out to families. This includes top tips for child safety during lockdown and beyond, plus advice on preventing burns and poisoning. They're also reworking the Child Safety Week Action Pack as a year-round resource, so practitioners can use it in face-to-face work with families as lockdown eases. Find out more at:

<https://www.capt.org.uk/Pages/Category/child-safety-week>



Cerebra Innovation Centre - 3d Printed Rulers with handles

The Cerebra Innovation Centre can make easy grip rulers bespoke for your child, so could include their name or favourite character. The rulers can be supplied free of charge if your child meets the criteria for needing one. Find out more here:

<https://cerebra.org.uk/cic/ruling-the-world/>



National Deaf Children's Society

Online Event supporting parents new to hearing loss, 10th June 2pm-3pm.

Due to the COVID-19 outbreak and the difficulties of accessing many services right now, the National Deaf Children's Society are hosting a free virtual event to support parents and families of newly diagnosed deaf children. This online event is open to all parents and carers of children, aged 0-12, who have been diagnosed in the past 18 months as having hearing loss.

<https://www.ndcs.org.uk/our-services/our-events/events-for-parents-carers-and-families/online-events/supporting-parents-new-to-hearing-loss-online-event/>



Widgit have free downloadable resources on their website including the Back to School

Toolkit: <https://www.widgit.com/covid19.htm>



Family Lives website has lots of useful information and advice on coping practically and emotionally during the Covid-19 outbreak:

<https://www.familylives.org.uk/advice/your-family/family-life/coping-practically-and-emotionally-during-the-covid-19-outbreak/>



ADHD Foundation – Sleep

Difficulties. Tracy Dickens Director of Therapeutic Services has put

together a blog around Supporting Children with Sleep Difficulties. Read the blog here:

<https://www.adhdfoundation.org.uk/wp-content/uploads/2020/05/xArticle-for-web-page-amended.pdf>



ERIC's services during the

Coronavirus crisis. The continence charity is still operating during the

current situation but with reduced staffing and some adjustments to helpline opening hours. Find out more here:

<https://www.eric.org.uk/news/erics-services-during-the-coronavirus-crisis>

More Free Online Activity/Learning Resource Ideas:



Department for Education have brought together lists of online educational resources to support children's education at home while they may not be attending their normal education setting.
<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources>



The Royal Mint Free Maths, Science and Literacy Packs, plus fun games and activities thrown in for good measure! <https://www.royalmint.com/kids/>



Elsa Support is providing free resources for teaching staff and parents to help children cope with the current viral outbreak.
<https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>



ActionAid UK Discovery Days Adventures– six free adventure activity packs to expand their world at home:
<https://www.actionaid.org.uk/get-involved/school-resources/discovery-days?o=i>



Cats Protection – Moggy Modules, interactive free, activity packs with quizzes, craft and more. Aimed at children aged 5-11:
<https://education.cats.org.uk/moggy-modules/>



The Primary Shakespeare Company – more than 150 free, curriculum-based activities:
<https://www.primaryshakespearecompany.org/>



Countryside Classroom – Home Education Hub. Lots of free downloadable resources based around food, farming and the natural environment:
<https://www.countrysideclassroom.org.uk/partners/leaf-education/resources>

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**

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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