

# SIGNPOSTplus Information Snippets

## Northern Devon and Surrounding Areas

### 15<sup>th</sup> October 2020



**Updated SIGNPOSTplus Resource Sheets:** The Resources sheets on the SIGNPOSTplus webpage have had some updates, please see links below:

Autism Resources and Useful Contacts:

<https://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2019/06/ASC-Useful-Information.pdf>

Mental Health Useful Information:

<https://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2019/06/mental-health-useful-information.pdf>

General Useful Resources and Contacts:

<https://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2019/06/useful-information-general-use.pdf>

There is a range of information resources on the SIGNPOSTplus section of the Children and Family Health Devon website which can be accessed here:

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



**Bis-net Upcoming Autism Specific Webinars.....**

**Self-Injury and Suicidal Thoughts.** Thursday 15<sup>th</sup> October, 4.30pm-5.30pm. Tickets £5.98.

**Autism and a PDA Profile.** Monday 19<sup>th</sup> October, 1pm-3pm. Tickets £9.21.

**Autism and a PDA Profile – Advanced Webinar.** Tuesday 20<sup>th</sup> October, 1pm-4pm. Tickets £11.37.

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

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

Do you have any stories of success? Are you the parent of a Young Person with Neuro-diversity? A professional working with Neuro-diverse people? Or a Neuro-diverse person? BIS-net needs you! They will be moving their podcast onto CEDA's new partnership radio station AAA - Access all Ariel's. As part of their regular weekly programme they want to include some positive stories of success. If you would be happy to go on the show via an online link or phone call for your story to be featured on the show, get in touch via the BIS-net Exeter Facebook page:

<https://www.facebook.com/pg/Bisnetpage/posts/>



**Babcock Cygnet Parent Autism Awareness Courses.**

Babcock have negotiated and agreed access to the Cygnet courses for families of Children and Young People who are currently on the Autism Assessment Pathway, in addition to families of Children and Young People who have received and autism diagnosis.

The programme is for parents/carers of children aged between 7 and 18. Babcock LDP as licensed trainers will be offering access to this programme online during this Autumn Term period, as hosting their usual parent autism awareness programme is not physically possible at this time due to CV19 restrictions. There will be 6 weekly sessions (approx. 2hrs each) related to the following topic/themes:

No.	Topic	Release date
1	Introduction	Mon 2 <sup>nd</sup> Nov
2	Autism overview	Mon 9 <sup>th</sup> Nov
3	Sensory	Mon 16 <sup>th</sup> Nov
4	Communication	Mon 23 <sup>rd</sup> Nov
5	Understanding behaviour	Mon 30 <sup>th</sup> Nov
6	Supporting behaviour	Mon 7 <sup>th</sup> Dec

To access the programme email:

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

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



**Family Fund - Impact of**

**Coronavirus.** Family Fund

continue to be open to new

applications and providing essential grant support. They are closely monitoring the advice from the Government and Public Health England on a daily basis and working to provide the best service to families. To relieve some of the pressure the Family Fund are temporarily making changes to their criteria for support. Families who have not received a grant since 1 April 2020 will be able to re-apply again now, rather than waiting 12 months. Read the full article here:

<https://www.familyfund.org.uk/news/coronavirus-and-family-fund>



**Unique - Supporting Siblings of Children with a Rare Chromosome or Gene Disorders.** Download a free copy of the Unique Guide here: [here](#)



**Ambitious About Autism – Communication.**

Autism affects the way a person communicates and how they experience the world around them. Watch the Ambitious About Autism Youth Patrons explain their communication preferences and challenges in this short YouTube video: [https://www.youtube.com/watch?v=o\\_NbDdBq0pU](https://www.youtube.com/watch?v=o_NbDdBq0pU)



**Ambitious About Autism - 'What is PPE?' A Visual Story**

Seeing lots of other people wearing facemasks might seem unusual and intimidating for some autistic young people. Ambitious About Autism's 'What is PPE?' visual story can help relieve some of that anxiety by explaining why people are wearing them during the Coronavirus pandemic. Download a copy here: <https://www.ambitiousaboutautism.org.uk/sites/default/files/resources-and-downloads/what-is-personal-protective-equipment.pdf>



**YoungSibs – Good Sibling Stuff**

There are lots of positive and enjoyable things about having a disabled brother or sister. Many siblings like you learn new skills, have fun with their brothers and sisters, and feel proud of their family. Read about the good stuff that siblings talk about: <https://www.youngsibs.org.uk/info-and-advice/good-sibling-stuff/>

YoungSibs have a wide range of information and resources on their website. You can also 'Ask a Sibling Advisor' on their helpline: <https://www.youngsibs.org.uk/info-and-advice/>



**Cerebra – A Guide to Improving the Wellbeing of Young Children with Learning Disabilities**

This easy to read booklet is full of great advice on what parents can do to help support their young child's well-being. The guide is aimed at parents of children 0-5 but parents of older children may still find it useful. It includes tips on helping your own well-being, organising family life and activities you can do with your child. Download a copy here: <https://cerebra.org.uk/download/well-being-of-young-children-with-learning-disabilities/>



**Guide Dogs – Learning Through Play.** Vision has a very important role in your baby's early years development. Children

learn by copying what they see others do, they observe how people interact and watch to see how something responds to their actions. Vision also encourages mobility by providing the motivation to move towards an interesting object, and is helpful for learning new skills like finger feeding. If your child has a vision impairment, they may need to learn and explore the world in a slightly different way. Sensory activities and learning through play can help your child gain confidence, achieve their milestones and understand the world. Guide Dogs have developed free online resources containing information, guidance and activities, to help support your child's early years development through play which you can access [here](#)



**Contact - FREE online workshops**

Book your place today!

- Money Matters - for parents of young children with additional needs
- Money Matters - for parents of children aged up to 16 with additional needs
- Encouraging Positive Behaviour in Young Children
- Encouraging Positive Behaviour in children aged up to 16
- Wellbeing for parents of children with additional needs
- Helping your young child sleep (dates coming soon)
- Helping your child (aged up to 16) sleep
- Support for speech and language issues in young children (dates coming soon)
- Understanding Sensory Processing webinar

Find out more about any of the courses and book a place here: <https://contact.org.uk/about-us/family-workshops/>



**RADLD** was created to Raise Awareness of

Developmental Language Disorder or 'DL'D' (previously RALLI campaign). On their website you can learn more about DLD, access resources and find out how RADLD are celebrating International Developmental Language Disorder Awareness Day on Friday 16th October 2020. [www.radld.org](http://www.radld.org)



There's still time to submit your entry to the Virtual Time Capsule Competition and be in with a chance of winning an Amazon Voucher....

**Now Extended!**

# Virtual Time Capsule Competition

Tell us what you'd put in a time capsule to remember 2020:  
 -What have you enjoyed?  
 -What hasn't been so great?  
 -What have you learned?

The best entry will win a **£25 Amazon voucher!**

**Send us your artwork, poems, stories... anything! Get creative - we want to hear YOUR voice!**

Entries to: [sendlocaloffer@devon.gov.uk](mailto:sendlocaloffer@devon.gov.uk)  
**CLOSING DATE EXTENDED:  
 OCTOBER 23rd**

Open to anyone aged 0-25 with SEND  
 All entries may be used online and in Devon County Council publicity  
 Personal details will be kept private if requested

Open to anyone 0-25 with SEND  
 Submit entries to: [sendlocaloffer@devon.gov.uk](mailto:sendlocaloffer@devon.gov.uk)



**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**  
 Devon County Council

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](http://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

**Do it for your FamilySchoolDevon**

## 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**



**Check the Covid Restrictions in your Area** by typing in your postcode at this link: <https://www.gov.uk/find-coronavirus-local-restrictions>

## 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](mailto: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.*

*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.*

