

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

17th June 2021



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 Snippets directly to your mailbox and would like to be added to the mailing list email:

cfhd.signpostplus@nhs.net and state which edition you would like to receive (you can opt to receive both). There is an archive of recent Snippets on the Signpost Plus webpage, where you can also find a range 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.

Free Online Parenting Courses for all parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years in Devon. You don't need to be struggling. The courses are relevant to parents of all children, including those with special needs, autism, ADHD etc.

Find out more here: <https://inourplace.co.uk/>



SIGNPOSTplus Survey

We would really appreciate your views on the SIGNPOSTplus Information Snippets by completing a short survey. It is just a few questions and will only take a couple of minutes to complete.

We are hoping to find out how far the snippets are shared and how useful people find them. The outcome of the survey will help us plan how information is shared in the future.

Complete the survey here:

<https://www.torbayandsouthdevon.nhs.uk/surveys3/index.php?r=survey/index&id=773444&lang=en>

Are you a young person in Devon, aged 11-25, who is neurodiverse, or who has a special educational need or disability?

Would you like to be part of a network making change in SEND services and other issues that affect your life? Email amy.bickford@devon.gov.uk for more details.

Thank you

Babcock LDP have negotiated and agreed access to the Cygnet courses for families of Children and Young People in Devon who are currently on the Autism Assessment Pathway, in addition to families of Children and Young People who have received an 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 Summer 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 19 th July
2	Autism overview	Mon 26 th July
3	Sensory	Mon 2 nd August
4	Communication	Mon 9 th August
5	Understanding behaviour	Mon 16 th August
6	Supporting behaviour	Mon 23 rd August

To access the programme email:

LDP-LearnerSupport@babcockinternational.com

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

Find out more here:

<https://www.babcockldp.co.uk/disadvantaged-vulnerable-learners/send/communication-and-interaction/parents-and-carers/cygnet-parent-autism-awareness-programme-july-august-2021>

Babcock Communication & Interaction Team

have a range of Communication & Interaction resources and links available on their website:

[Babcock LDP - COVID-19 resources from the communication and interaction team](#)

Feedback your experiences of receiving equipment for children and young people with SEND:



We want to hear your experiences of receiving equipment for children and young people with SEND

We're holding a focus group on Zoom
TUESDAY, 22 JUNE 2021
10.30AM - 11.30AM

Supporting you to have your say

We are listening

Parent Carer Forum
Devon

Devon County Council
NHS
Devon Clinical Commissioning Group

Click the link for more details and to book
Can't make it? You can still have your say by clicking the link

Find out more and book a place here:

<https://www.devon.gov.uk/educationandfamilies/archives/11666>

The 'Get Sensory Packs' provide affordable sensory equipment to support disabled children. These packs are available to children who have a confirmed disability or chronic illness. Each pack will include; Liquid Cell Timer, Scented Bubbles, BoBo Massager, Sissle Brush, 4 Ball Massager, Weighted Cushion, Spikey Domes, Space Blanket, Fibre Optic Lamp*

*Reasonable exchanges may be made dependent upon availability of items. To support families further Caudwell Children provide inspirational guides and demonstration videos for families to use with their children and the Get Sensory Pack. This will enable families to use their packs to the full potential. Telephone support, email and Live Online Chat will be available to enable families to access all of the range of services.

The pack value is £100, which is a heavily subsidised by Caudwell Children who ask recipients to contribute £20 of the costs.

See full details, eligibility criteria and apply for a pack here: <https://getsensorypacks.com/>

TURN2US

TURN2US is a National Charity that provides financial help and information. Use the free and easy-to-use Benefits Calculator and Grants Search tools to check what benefits you might be able to claim and what grants you might be able to apply for.

Find out more here: <https://www.turn2us.org.uk/>



Bis-net Webinars:

Online Workgroup – Parenting an Autistic Child:

This online workgroup is for any parent of an Autistic child and is designed to be useful and accessible for new parents, those with recently diagnosed children and those with years of experience. There are 6 weeks of 2 live sessions a week. On-going feedback and contact with trainer Sam. Starting 22nd June. Tickets £54.49. Find out more here:

<https://www.eventbrite.co.uk/e/parenting-an-autistic-child-online-work-group-tickets-153781708229>

Webinar - Supporting a distressed Autistic child with a PDA Profile ft Harry Thompson.

Tuesday 22nd June, 7pm – 9pm. £11.37.

Find out more and book a ticket here:

<https://www.eventbrite.co.uk/e/supporting-a-distressed-autistic-child-with-a-pda-profile-ft-harry-thompson-tickets-158085627367?aff=erelpanelorg>

Helping your child to express themselves and tell you how they feel about life at school (and life in general) is important. It helps to make sure they get support that's going to work for them.

There are lots of ways to help your child to talk about what school is like for them and what they would like to achieve and change.

Aspirations are hopes or ambitions for the future. They should be the starting point for SEN support and for all the plans made for a child or young person. Keeping aspirations at the centre of discussions between parents, children and professionals helps to create strong and effective support which makes a real difference.

The most effective support for children and young people with SEND (Special Educational Needs and Disabilities) happens when their aspirations are linked to their needs, and then to outcomes and support (provision).

This short session aims to signpost and highlight pathways for supporting SEND children and their families to ensure the aspirations, needs and hoped for outcomes of their child and young person are being heard and used effectively.

This is a two-hour free online session with the opportunity for questions at the end.

Thursday 24th June 7-9 pm

Book a place here:

<https://www.eventbrite.com/e/listening-to-your-childs-views-tickets-154265433063>

The Wave Project – Prescription Surf

The Wave Project is a charity that offers free 6-week surf therapy courses aimed at improving the mental and emotional wellbeing through mentor support and physical activity. The

Wave Project has new funding from BBC Children In Need providing fully funded places for children aged 8-13 referred via primary care.

In order to refer, practices and PCNs will have to partner with The Wave Project by signing their Service Level Agreement (SLA). More information can be found here:

<https://www.waveproject.co.uk/make-a-referral-2/>

The Wave Project now have 17 partnered PCNs and 77 GP surgeries that are now eligible for these fully funded places across the South West.

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



Free information session for parents and carers of children with SEND about how to find clear information and support, 24th June and 12th July 2021, Online 10.30am-12.30pm.

Whether you're 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 SEND support. Previous sessions have sold out, so book early!

The session aims to help parents understand how they can access information and which services may be available for them. There is discussion about the graduated response and the terminology around SEND used in schools. e.g. universal, targeted, specialist services. You can also find out more about working with school in an assess, plan, do and review type approach.

The sessions also aims to signpost to information and service websites that are already out there and linked to the Devon Local offer webpage.

They are delivered in a varied virtual format – a mix of presentation and discussion with questions at the end.

To book on a session here:

<https://www.eventbrite.com/e/demystifying-send-special-educational-needs-and-disabilities-tickets-127732273669>

If you would like to know more about the sessions

email: megan.kenneallystone@devon.gov.uk



Mencap Learning Disability Week

2021 This week is Learning Disability

Week and the chosen theme is Art & Creativity. For many people with a learning disability and their families, getting creative has been

a way to stay connected and positive through the challenges of last year. For Learning Disability Week 2021 Mencap are celebrating that art and creativity!

Find some great activities and resources on the Mencap website: <https://www.mencap.org.uk/get-involved/learning-disability-week-2021>



YoungMinds – Parent Helpline:

Are you worried about a child or young person? Contact the Parents Helpline for free, confidential advice via the phone, email or webchat. Find out more here:

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>



Atlantic Racquet Centre (ARC) Bideford – Inclusive Tennis & Badminton Festivals.

The inclusive festivals at ARC take place every other Saturday 2pm – 4pm. The sessions are open to anyone of any age and any ability. It is a chance for people with physical or learning disabilities to take part in a series of fun games and activities with their friends and families. The sessions are run by expert coaches and are tailored to fit the specific needs of the participants. Sessions cost £5 per participant but your first session is free!

Find out more at the website:

<https://www.atlanticracquetcentre.co.uk/disability-sport> Or email Lottie, ARC Disability Sports Co-ordinator, on: lottie@atlanticracquetcentre.co.uk



Tourettes Action - Sudden Onset of Tics:

Tourettes Action have put together a number of resources which can help with the understanding and management of the sudden onset of tics. Read the article here:

<https://www.tourettes-action.org.uk/news-552-.html>



ICan Free Training Online Short Course for professionals: An introduction to speech, language and communication.

The online short course is free and a great place to start learning about children and young people's speech, language and communication development. It looks at how you can support the development of these skills on a day-to-day basis in your setting, and how to spot children and young people who might be struggling to develop these important skills. Find out more and register here: <https://ican.org.uk/i-cans-talking-point/cpd-short-course/>



National Autistic Society – Mental Health Resources.

Find a range of information and guidance around mental health difficulties such as anxiety, obsessive compulsive disorder (OCD) and depression here:

<https://www.autism.org.uk/advice-and-guidance/topics/mental-health>



Family Fund iPad Workshop – Staying Safe Online

Do you have an Apple iPad and want to learn more about helping your child stay safe online? Join the Family Funds free workshop via Zoom on Tuesday 22nd June. Find out more and book a place here:

<https://www.familyfund.org.uk/Event/free-ipad-workshop-staying-safe-online-22june>



AET Raising Awareness of Autism – Multi-Agency (Virtual Event)

The Raising Awareness of Autism training will give you a better understanding and awareness of autism and the way it affects young people in your agency, organisation or setting. Basic autism awareness training for everyone involved in an agency, organisation or setting across education, health, social care and public services who would benefit from a better understanding of autism.

Thursday 1st July, 3.30pm – 5.00pm.

£35 per delegate.

Find out more and book a place here:

<https://shop.babcockldp.co.uk/events/80a9d698-0065-4be7-9631-c57c3a0fb842/AET-Raising-Awareness-Autism-Multi-Agency-virtual-event>



Free Informal Workshop - How to Respond and not React:

How to Respond and not React

**Do you ever feel you are about to explode?
That your child might too?**

We can help turn tantrums into calm connections

Presented by an Advisory Teacher, Linda Willmott and Family Worker, Jeff Cornish from the Social, Emotional and Mental Health Team

A free, informal workshop for parents and carers.

This event will be held virtually on Wednesday 30 June 2021 at 10am - 11.30am

There are times when we all feel overwhelmed with our emotions. Children feel like this too. In this workshop, we will explore why your child behaves in the way that they do; how you can respond to help them calm and how to re-connect to strengthen your relationship with them. We will also offer some specific de-stressing techniques that both you and your child can start using straight away.

We are joined by a parent who will share his own experiences of family life and the transformational impact it had on his family when he changed his approach as a parent.

Come and join us to find out how you can help build a healthier relationship with your child and develop a sense of inner calm.

To book your free place, please contact Sue Vanstone 01392 287355
sue.vanstone@babcockinternational.com



TALKWORKS Free Workshops TALKWORKS have a range of

free workshops for anyone aged 18+.

TALKWORKS for Sleep: A two-hour session to help people manage a range of sleep problems from waking in the night to struggling to fall asleep.

Stress Less with TALKWORKS: A two-hour session introducing people to a range of Cognitive Behavioural Therapy (CBT) techniques to help them manage their day to day wellbeing in the current times.

Wellbeing for Parenthood Workshops: A two-hour workshop for parents during pregnancy or who have a child under the age of 2 years old.

TALKWORKS Introduction to Mindfulness: A one hour 15-minute online session on the potential for mindfulness to help manage stress, anxiety, low mood and pain.

Find out more and book a place here:

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

Parent Info – Help and advice for Families in a Digital World.

Parent Info is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents from leading experts and organisations. Topics covered on the website include;

- Sex and relationships
- Digital
- Health and Wellbeing
- Family life
- Education and the future
- Special educational needs

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



Space Youth Services

Find details of all of Space Youth Centres, Online services and

Forums here: <https://www.spaceyouthservices.org/>



Action for Children – Parent Talk

Browse articles on the most common parenting questions, or talk one-to-one with a qualified parenting coach about

anything that is worrying you. It's all free and no topic is too big, small or embarrassing.

Find out more here:

<https://parents.actionforchildren.org.uk/>



Kooth is a free, anonymous and safe online mental wellbeing

community for young people aged 11-25 years within the local area. Kooth provide a range of services to support young people's wellbeing. Find out more here: <https://www.kooth.com/>



PDA for Parents and Carers of children and young people. Run over two online Zoom sessions the workshops will:

- Develop your understanding of the PDA profile
- Consider what demands are
- Learn helpful approaches
- Look at diagnosis, education and siblings

28th June & 5th July, 7pm-9.30pm. Tickets £22.15.

Find out more and book a ticket here:

<https://www.pdasociety.org.uk/pda-society-2021-online-training/>

PDA Resources – the PDA Society has a dedicated section on their website with a wide range of useful resources for individuals, parents, carers & professionals:

<https://www.pdasociety.org.uk/resources-menu/>

Contact Facebook Q&A session – What is Disability

Living Allowance and How do I Claim?

Disability Living Allowance (DLA) is the main benefit for disabled children and is there to help meet the extra costs of being disabled. However, there is a lot of confusion about who is entitled to DLA, and as a result many families miss out on this vital benefit. Contact are holding a Q&A session on Facebook on Thursday 24th June between 10 am - 12 noon when Contacts team of parent advisers will be on hand to answer any questions you have about this important benefit.

Find out more here:

<https://contact.org.uk/about-contact/news-and-views/what-is-disability-living-allowance-and-how-do-i-claim-2/>



Unique – Rare Chromosome Day 2021

Thursday June 24th is Rare Chromosome Disorder Awareness Day. Find out how

Unique are marking the occasion and how you can get involved here:

<https://rarechromo.org/rarechromoday/>

the curly hair project Curly Hair Project Webinars

The Curly Hair Project is a social enterprise which supports people on the autistic spectrum and the people around them. During May & June, the Curly Hair Project will be running the following webinars:

Autism & Gender Dysphoria • Understanding Masking • Autism & Executive Function • What is it like to be Autistic • Autism & Social Anxiety • Communication & Autism • Autism and Eating • A Day in the Reception Class / A day at Secondary School (animation and discussion) • Sensory Processing and Autism • How do I Make and Keep Friends (for Autistic Children) • Females & Autism • Recognising Emotions as an Autistic Child • Meltdowns & Shutdowns • Understanding Challenging Behaviour • Autism & Anxiety • Socialising & Autism

See dates, costings and book a place here:

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



Virtual School Library. Oak National Academy and the National Literacy Trust

have come together to launch a Virtual School Library. Every week, a popular children's author will become 'Author of the Week' and provide a free book or audiobook and exclusive videos and activities aimed at primary school children, all available at library.thenational.academy

Author of the week: Read 'Booked' by Kwame Alexander for free, watch a video with the author and find out Kwame's favourite books.

Support for People and Families

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, you can 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:

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

Disclaimer: The information contained within 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.



Stay Up-to-Date with the latest Coronavirus news and figures plus the local support available to you at: <http://soc.devon.cc/GNm2>

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): **0800 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**



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 email: cfhd.signpostplus@nhs.net and we will remove your details from the mailing list.