

# SIGNPOSTplus Information Snippets

## Northern Devon and Surrounding Areas

### 28<sup>th</sup> April 2022



## 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](mailto: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.



## Devon Information Advice and Support Survey



A message from DiAS: "Demand for our service is increasing. So, we're looking at new ways to manage the volume we have coming in, including streamlining our admin systems, using IT more effectively and looking at how we deal with enquiries. To help us do that, we want to know what you think. We're keen to know what you think is important about what we offer, so there's a survey for parents and carers who have used the service. Please take part if you can – it's important that we meet your needs in the best way possible with the resources we have. There are five questions and it will take a couple of minutes to complete."

Give your views in the DiAS survey [here](#)



## YoungMinds – Exams

Pressure to do well in exams can be overwhelming and affect young people's mental health. YoungMinds have some advice and tips on their website around coping with exam time:

[Exam Stress - A Guide for Young People](#)

[Exam Time - A Guide for Parents](#)



## Devon Information Advice and Support New Dates for Summer Term Information Sessions:

### Education Health and Care Plan (EHCP) Reviews – Myth Busting Parent Session

Free information session around breaking through some of the misconceptions around the Education, Health and Care Plan review processes.

Tuesday 17<sup>th</sup> May 2022- 10.30-12.30

Thursday 30<sup>th</sup> June 2022- 10.30-12.30

Thursday 14<sup>th</sup> July 2022- 10.30-12.30

Find out more and book onto one of the online sessions here:

<https://www.eventbrite.com/e/education-health-and-care-plan-ehcp-review-mythbusting-tickets-156716259551>

### Demystifying SEND (Special Educational Needs and Disabilities)

Free information session for parents and carers of children with SEND about how to find clear information and support.

Tuesday 24<sup>th</sup> May 2022- 10.30-12.30

Wednesday 8<sup>th</sup> June 2022- 10.30-12.30

Monday 4<sup>th</sup> July 2022 10.30-12.30

Find out more and book onto one of the online sessions here:

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

### Listening to your Child's Views

Free information session around helping your child to express themselves and tell you how they feel about life at school (and life in general). It helps to make sure they get support that's going to work for them. This is a two-hour online session with the opportunity for questions at the end.

Wednesday 4<sup>th</sup> May 2022 10.30-12.30

Thursday 23<sup>rd</sup> June 2022 10.30-12.30

Tuesday 12<sup>th</sup> July 2022 10.30-12.30

Find out more and book onto one of the online sessions here:

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



## The Communication & Interaction Team (Babcock LDP)

are offering their new Parent Autism Awareness programme, following their recent offer of the Cygnet programme online during the pandemic period.

The programme is for parents/carers of Devon primary and secondary school children who are currently on the autism assessment pathway, in addition to families of children and young people who have received an autism diagnosis.

Attending the Autism awareness parent programme gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to managing and supporting presenting needs.

The programme consists of four weekly 'live online' sessions (approx. 2hrs each) related to the following topic/themes:

- Week 1: Autism Overview
- Week 2: Communication
- Week 3: Understanding and Supporting Behaviour
- Week 4: Sensory

The four-week programmes will be starting on:

- Friday 6<sup>th</sup> May, 10am-12pm (with further dates 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> May).
- Wednesday 22<sup>nd</sup> June, 9.30am-11.30am (with further dates 29<sup>th</sup> June, 6<sup>th</sup> & 13<sup>th</sup> July).

Apply direct by email to: [LDP-LearnerSupport@babcockinternational.com](mailto:LDP-LearnerSupport@babcockinternational.com) to secure a place on any of the above programmes, or express your interest for forthcoming programmes.



## ERIC Webinar

The ERIC Helpline team will help you to understand how the bowel works, what can go wrong and what to do about it. An essential first step towards potty training your toddler or toilet training an older child. The session will include recognising constipation, and the importance of treatment, as well as working towards getting the poo in the loo!

ERIC Helpline Advisors will then explain how the bladder works, reminding you why it is essential to sort the bowels first, and why it is so important to have plenty to drink. It will include how to recognise when the bladder is misbehaving, and what to do about it, plus ways to encourage your child towards the potty or toilet.

8<sup>th</sup> June 2022, 6:45pm – 9pm. £10 per person. Find out more and book a place here: <https://www.eric.org.uk/Event/talking-about-wee-and-poo-8622>



## The Communication & Interaction Team (Babcock LDP)

are running various topic-based workshops, available for parents/carers to choose from based on the priority needs for their child/young person and desired knowledge and further understanding in these topic areas:

Date	Time	Topic	Trainer
Mon 16 May	12.30pm-2.30pm	Autism – Communication (verbal – support strategies)	Laura O’Shea
Tues 24 May	9.30am-11.30am	Autism – Managing stress + anxiety	Alison Cann
Wed 15 Jun	9.30am-11.30am	Autism – Demand avoidance + PDA	Robert Good
Fri 8 Jul	9.30am-11.30am	Autism – Vulnerability + online safety	Paul Lamanna
Thurs 28 Jul	9.30am-11.30am	Autism – Sensory processing + integration	Kevin Jones

Apply direct by email to: [LDP-LearnerSupport@babcockinternational.com](mailto:LDP-LearnerSupport@babcockinternational.com) to secure a place on any of the workshops. Babcock will confirm your booking request and provide you with a direct link to the event. They will be delivered online 'live' via the ClickMeet platform.



## Tourettes Awareness Month

During Tourettes Awareness month, 15<sup>th</sup> May to 15<sup>th</sup> June, Tourettes Action are running a campaign that aims to destigmatise Tourette Syndrome, showing the general public what the reality of TS looks like and dispelling some of the myths that surround it.

The campaign is called: *#ThisIsTourettes #ItsNotWhatYouThink*



To support the campaign, Tourettes Action have put together three posters which are free to download here:

<https://www.tourettes-action.org.uk/news-614-tourettes-awareness-month-posters.html>



## Neurodiverse Webinar: Understanding, Supporting and Utilising Impulsivity ft Harry Thompson

A webinar exploring impulsivity in both ADHD and PDA children, with ideas on how best to support them. Wednesday 4<sup>th</sup> May 2022, 7pm-9pm. Tickets: £11.37.

Find out more and book a place here: <https://www.eventbrite.co.uk/e/understanding-supporting-and-utilising-impulsivity-ft-harry-thompson-tickets-319286403227?aff=ebdsoporgprofile>



**bibic Seminars:** Expand your knowledge around neurological and developmental difficulties with bibic seminars.

### Managing Extreme Behaviour

In this seminar learn; What ADHD, ODD, CD and PDA are. The associated behaviours linked to each of these conditions. How these conditions develop. How we support these behaviours. Strategies to prevent behaviours from getting worse. And how to boost self-esteem. You'll also be able to ask bibic developmental Therapist any questions you have.  
13th May 2022, 4pm-5:30pm.

**Investigating sensory processing.** This seminar will look in depth at the 8 senses expanding on what each actually does and what happens when they don't work effectively. It will teach you what hyper and hypo sensitive looks like in each sense. Then learn about sensory regulation, how to keep the senses regulated and how to gradually help to integrate the senses.  
13th June, 4pm-5:30pm.

### Visual Processing.

Would you like to learn more about visual processing and Irlen Syndrome? In this webinar you'll learn: What visual stress is and What Irlen Syndrome is and how it is mistaken for Dyslexia. The seminar will look at signs and symptoms and how to support children and young adults. Difficulties with visual processing impacts, coordination, literacy and maths.  
28th June 2022, 10am-11:30am.

Each Seminar Costs: £15, and is CPD accredited.

Spaces are limited – Book a place here:  
<https://bibic.org.uk/services/training-seminars/>

## FRAME RUNNING CLUB

**When:** Thursdays, 5-6.30PM

**Where:** North Devon Athletics Club, Wrafton Road, Braunton, N. Devon, EX33 2BT

**RSVP & more info:** Gemma: 07846856998; info@gripphysio.com



With thanks to...

North Devon Athletic Club    Rotary club  
Devon County Council    Asda Foundation



Fullabrook CIC  
Funding Local Community Projects



### Side by Side Law & Torridge:

First Bideford meeting taking place next week....

**Welcomes Parents & Carers of Children and Adults with Additional Needs.**

Come and join our friendly informal support group for an opportunity to connect with other parent carers

We meet monthly for a coffee and a chat offering advice, sign posting, friendship and peer support

<p><b>Barnstaple</b></p> <p>We meet on the 2nd Friday of every month from 11am at:</p> <p>St Johns Garden Centre Café St Johns Lane Barnstaple EX32 9DD</p>	<p><b>Bideford</b></p> <p>We meet on the 1st Tuesday of every month from 10:30am at:</p> <p>Morrisons Superstore Café Kingsley Road Bideford EX39 2LG</p>
---	---

If you are interested in attending or would like further information  
**Please contact: Tracey**

**Tel: 07921220840**

**Email: [sidebysidebarnstaple@outlook.com](mailto:sidebysidebarnstaple@outlook.com)**

After a short period of closure, Side by Side are pleased to share that the support groups are back up and running. Monthly meet ups, during term times, will be taking place on the following dates.....

*Barnstaple:* May 13<sup>th</sup>, June 10<sup>th</sup>, July 8<sup>th</sup>, September 9<sup>th</sup>, October 14<sup>th</sup>, November 11<sup>th</sup>, & December 9<sup>th</sup>.

*Bideford:* May 3<sup>rd</sup>, June 7<sup>th</sup>, July 5<sup>th</sup>, September 6<sup>th</sup>, October 4<sup>th</sup>, November 1<sup>st</sup>, December 6<sup>th</sup>.



### Witherslack Group – Free Live Webinar: Supporting Your Child's Sensory Needs:

**Supporting your child's sensory needs**

**Live Webinar**

Presented by Dr Sally Payne, Trustee for the Dyspraxia Foundation and Occupational Therapist

Friday 29th April 2022

11am - 12pm (including Q & A)

Book your place here [www.witherslackgroup.co.uk/sensory-support](http://www.witherslackgroup.co.uk/sensory-support)

Book a place here:

[www.witherslackgroup.co.uk/sensory-support](http://www.witherslackgroup.co.uk/sensory-support)

The webinar will be recorded so even if you can't make it on the day you can still register for the session and a copy of the recording will be sent to you in the days following the event.





**The Hope Programme**  
**Free online courses**



**Bath University – Autism Summer School – Year 11s.**

A free of charge, one-night residential Summer School that aims to give students with ASD the chance to experience higher education and university life and also equip them with the skills to ease their transition to the next stage of their development. The event is for a student and an accompanying parent/guardian.

The Autism Summer School is available to Year 11 students who are due to take their GCSE examinations in Summer 2022 and are aiming for mostly grade 6 or above in their GCSEs, with a minimum of 4 in Maths and English. It is not a requirement that the student must want to go to university, as the programme aims to aid transition and development in a wide range of areas, though an interest would be ideal. The 2022 Summer School will take place from Friday 5<sup>th</sup> to Saturday 6<sup>th</sup> August. Find out more here:

<https://www.bath.ac.uk/campaigns/autism-summer-school/>



**COURSE DATES 2022**

HOPE PROGRAMME	DATE
Hope Programme for Parents of autistic children	07.06.2022
Hope Programme for Carers	26.07.2022
Hope Programme for Parents of autistic children	13.09.2022
Hope Programme for Carers	01.11.2022

  

GRIEF, LOSS AND CHANGE	DATE
Grief, loss and change	07.06.2022
Grief, loss and change	06.09.2022

Find out more (scroll down to the SouthWest section) here:

<https://www.h4c.org.uk/courses#southwest>



**Ambassador Volunteers**

An Ambassador Volunteer comes in many shapes or forms.

Fundamentally, the Ambassador Volunteer Project is looking for parent/ carers at the right place in their life and SEND journey who have capacity to give a little back within their own community, doing what they are probably already doing. They are also looking for people who work closely with parent carers of children with SEND.

[The Ambassador Volunteer Programme - Devon Information Advice and Support \(devonias.org.uk\)](https://www.devonias.org.uk)

The Ambassador Volunteer Project is looking for people who are already actively involved in some way in the community perhaps attending a group, support parents in a school or active online, having positive experiences with schools / services.

The basic aim for a volunteer is to be a link into their community cascading information from DiAS and the Parent Carer Forum Devon, feeding back through the AV Project Co-ordinator to these organisations to ensure policy makers are listening to parent voices.

New Induction training for people interested in becoming an Ambassador Volunteer is now available. The training will be in three-hour virtual sessions from 10am-1pm with a short break. The session will be the first step in training to become an Ambassador Volunteer.

Next Induction date: 19th May 2022, taking place online on Teams.

Please complete the form following this [link](#) to register your interest!



**Drop in Fri 9.15 - 11.15 fortnightly @ Cranbrook Community Bus**

Have a SEND child 0-25?

Pop in and find out what SEND support is in your area.

Stay (or not) for cuppa & cake.

All family members & children welcome.

No diagnosis needed.

CRANBROOK COMMUNITY SUPPORT PROJECT FOR FAMILIES WITH ADDITIONAL NEEDS CHILDREN AIM TO PROVIDE A SUPPORT GROUP IN A SAFE PLACE WHERE PARENTS CAN MEET OTHER PARENTS, SHARE THEIR EXPERIENCES, AND TALK WITH OTHERS IN A SIMILAR SITUATION. TOGETHER WE CAN SUPPORT EACH OTHER, OFFER EMOTIONAL SUPPORT, AND LEARN STRATEGIES TO HELP WITH THE CHALLENGES FACED IN EVERYDAY LIFE. WE WANT YOU TO FEEL VALUED AND INCLUDED IN THE LOVELY COMMUNITY OF CRANBROOK.

For details  
Contact  
Sam or  
Nurse Naomi

- \*FRIENDSHIP
- \*OPPORTUNITIES TO SOCIALISE
- \*INFORMATION AND ADVICE
- \*EMOTIONAL AND MORAL SUPPORT
- \*A LISTENING EAR
- \*ACTIVITIES
- \*REGULAR MEETING PLACE

[cranbrooksendproject@btinternet.com](mailto:cranbrooksendproject@btinternet.com)

WHATSAPP 07359067788





### Contact - Feeding and Eating.

If a child refuses food or has difficulty with eating, it can leave parents feeling very anxious, helpless and frustrated. In this Contact article you can learn about the reasons your child might be having difficulty eating and find out what you can do to address common issues:

<https://contact.org.uk/help-for-families/information-advice-services/health-medical-information/common-concerns/feeding-and-eating/>



### Contact - Listening Ear Service:

Contact's Listening Ear service offers a free confidential telephone appointment with one of their family support advisers. Get reassurance, practical and emotional support:

<https://contact.org.uk/help-for-families/listening-ear/>

**“Neurodiverse Parenting Support Group** is a friendly group based in Okehampton offering a combination of professional and peer support to parents/carers of school age children who identify as neurodivergent including;

Autistic/ADHD/Sensory Processing Differences etc

in West Devon.

We provide education, training and information to help parents/carers deepen their understanding of neurodiversity and the Special Educational

**Neurodiverse Parenting Support Group**  
for parents of neurodivergent children including autistic, adhd, pda, spd in West Devon

10-11:30am  
2nd Thursday of the month - term time  
Okehampton College Community Centre

Tel: 07808 523111 (Allyson) or 07546 258403 (Heather)  
Email: [heather@communitylinks-sw.co.uk](mailto:heather@communitylinks-sw.co.uk)  
Website: [www.communitylinks-sw.co.uk](http://www.communitylinks-sw.co.uk)

join our facebook closed group

Needs & Disability system. We know that parenting neurodivergent children can be isolating so the opportunity to meet other parents navigating similar challenges can be of huge value in helping reduce feelings of isolation.

Your child does not have to have a formal diagnosis in place to benefit from the support on offer; in fact, since there are still considerable delays in getting a diagnosis in the area, we urge parents and carers to seek support as soon as they can.

We usually meet on the second Thursday of the month unless this falls in the school holiday. We ask for a suggested donation of £2 per session to help cover cost of room hire and refreshments. For further information, you can contact Heather Parks on 07546 258403 or [heather@communitylinks-sw.co.uk](mailto:heather@communitylinks-sw.co.uk). Parents/carers are welcome to sign up to our closed [Facebook group](#) and they can complete a referral form in advance.”



### 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 dates and book a place here:

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

**WHO LET THE DADS OUT?**  
Presents  
**THRIVE**  
**Parenting Workshop**  
Saturday 30<sup>th</sup> April @10am  
at the All Saints Hall in Okehampton

We will explore:

- The importance of play
- Managing tantrums and meltdowns
- Sleep solutions
- Nurture and its links to brain development
- Supporting your child's emotional development

Come along and learn some simple techniques to use at home and receive a **free** gentle parenting book and resources!  
Please contact [witdookehampton@gmail.com](mailto:witdookehampton@gmail.com) to book a place



**The Buzz** is an online platform, aimed at deaf youngsters aged 8-18 across

the UK. Young deaf people can get information and support, read inspiring stories and connect with others in the online space. The Buzz will also give young people a safe space to ask questions, discuss problems and find deaf-friendly events in their area.

More than 1,500 deaf young people were involved in designing and testing the platform. Take a look here: <https://buzz.org.uk/>



**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 and further information and resources can be found on the [SIGNPOSTplus page](#) of the Children and Family Health Devon website**

***If you no longer wish to receive these bulletins please email: [cfhd.signpostplus@nhs.net](mailto:cfhd.signpostplus@nhs.net) and we will remove your details from the mailing list.***

*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.*

