

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

15th April 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 variety of information sheets and resources:

<https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/> We also have our Facebook page: <https://www.facebook.com/SIGNPOSTPlus/>

We welcome your feedback.....

We would be really interested to know your thoughts on the SIGNPOSTplus snippets. Do you enjoy reading them each week? Is there anything else we could include that you would find useful? Have you found out about any new services, courses, events etc through the weekly mailouts? Do you share the snippets with anyone else? If so, let us know by emailing the SIGNPOSTplus team at: cfhd.signpostplus@nhs.net



Children & Family Health Devon Autism Assessment Team Resources.

The Autism Assessment Team have a range of resources on their webpage, including 'Bitesize Videos' and 'One Minute Guides' on a range of topics. To the right-hand side of the page you can find links to useful websites, as well as a range of documents which may be helpful:

<https://childrenandfamilyhealthdevon.nhs.uk/autistic-spectrum-disorder/resources/>

The Autism Assessment Team also have a Facebook page:

<https://www.facebook.com/CFHDAutism/>



DiAS New Guide to Checking a Draft EHC Plan. A step by step guide to

checking the plan using Devon's EHC Hub. It looks at each major part of the checking process. It explains what you need to look at and think about and how to make your comments. Find out more here:

<https://devonias.org.uk/news/new-dias-guide-to-checking-a-draft-ehc-plan/>



Coronavirus Vaccinations for Parent Carers of Clinically Extremely Vulnerable Children in Devon.



If you are a parent carer of a clinically extremely vulnerable child or young person in Devon, you may be eligible for a COVID-19 vaccination. If you have already been offered and received a COVID vaccination you do not need to take any further action.

However, if you have not been offered or received a vaccination yet we want to ensure that all eligible unpaid carers in Devon have access to a vaccination appointment.

Carers who are eligible for COVID vaccination include:-

- Those registered with their GP as a Carer.
- Parents or Carers of clinically extremely vulnerable children.

If you meet the above criteria but have not yet been invited for vaccination, we would like to invite you to register with our local booking service who will arrange a COVID-19 vaccination appointment for you.

To do so please complete this simple form: [Parent Carer](#), phone: 01752 398836 or e-mail: d-ccg.devonvaccinationsupport@nhs.net to provide your details and a member of the team will be in touch to arrange an appointment.



Devon Information Advice & Support (DIAS) Demystifying SEND Session

Whether you are 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 how SEND support should work. The sessions are aimed at parents starting their journey or part way through. Helping parents to understand how they can access information and which services may be available for them, highlighting the graduated response and the terminology around SEND in schools. e.g. Universal, targeted, specialist services terminology, working with school in a plan do review type approach.

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

Tuesday 27th April 2021 10.30-12.30 (online)

<https://www.eventbrite.com/e/demystifying-send-special-educational-needs-and-disabilities-tickets-143956227953>



Cygnets Parent Autism Awareness Programme May-June 2021

Babcock have negotiated and agreed access to the Cygnets 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 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:

- Introduction - Mon 10th May
- Autism overview - Mon 17th May
- Sensory - Mon 24th May
- Communication - Mon 14th June
- Understanding behaviour - Mon 21st June
- Supporting behaviour - Mon 28th June

The programme is purely in an online format (not a webinar or live presentation). Babcock LDP will send a link each Monday morning to access the week's topic.

To register for the course email: LDP-LearnerSupport@babcockinternational.com you will then be asked to complete a Reply Slip to confirm details.

Find out more about the Cygnets course here: <https://www.babcockldp.co.uk/disadvantaged-vulnerable-learners/send/communication-and-interaction/parents-and-carers/cygnets-parent-autism-awareness-programme-may-june-2021>

Additional Communication & Interaction weekly themed supporting resources are available for viewing at: [Babcock LDP - COVID-19 resources from the communication and interaction team](#)



Challenging Behaviour Foundation Quick Read Guide

This quick read challenging behaviour guide gives tips and strategies to help you and your family member during a period of new or increased challenging behaviour. It will give you a quick start to using Positive Behaviour Support principles to reduce challenging behaviour. In reality there will be times when your best efforts cannot prevent a crisis, so there are also tips to plan how to respond. Read the guide here:

<https://www.challengingbehaviour.org.uk/learning-disability-assets/quickreadchallengingbehaviourguide.pdf>



TALKWORKS Free Workshops Upcoming Dates:

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; Thurs 29th April, Wed 12th May, Tuesday 8th June.

TALKWORKS for Challenging Times: 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; Tues 20th April.

Wellbeing for Parenthood Workshops: A two-hour workshop for parents during pregnancy or who have a child under the age of 2 years old, to help build resilience and increase wellbeing in pregnancy and parenthood; Tues 20th April, Wed 5th May.

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; Mon 26th April, Wed 7th July.

All workshops are for aged 18+.

Find out more about any of the TALKWORKS workshops and how to book a place here:

<https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support/sleep-and-wellbeing-workshops>



Ambassador Volunteer Project is

supporting the Parent Carer Forum Devon (PCFD) to grow across Devon!

"We hope that many of you will have already heard about [Ambassador Volunteers](#).

The number of Ambassador Volunteers is increasing. They are connecting families in their communities to information, and support. The Ambassador Volunteers also feedback themes and trends from their network to

- Parent Carer Forum Devon, to help shape services
- DiAS, so they can provide the information and support you need

There are Ambassador Volunteers supporting parent/carers of children with SEND in; North Devon, Honiton, East Devon, Okehampton & Holsworthy. If you would like to get connected to their networks, please get in touch with Megan at megankenneallystone@devon.gov.uk. She can put you in touch with an Ambassador Volunteer network near you!

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

- Wednesday 28th April 2021
- Tuesday 11th May 2021
- Monday 14th June 2021

If you are interested in the Induction training please complete the form through [this link](#) and we will be in touch with you soon."

Calibre Audio is a National charity lending free audio books to anyone who is print disabled.

A print disability is a difficulty or inability to read printed material where someone is unable to see, read, manipulate or comprehend the text. This can include:

- A learning disability, such as dyslexia;
- A brain injury or cognitive impairment
- A vision impairment or blindness;
- A physical dexterity problem

There are 3000 books for children and young people in the Calibre Audio library. Find out more here:

<https://www.calibreaudio.org.uk/>



Cerebra – Sleep Study. How do you help your infants fall asleep? Researchers at University of East Anglia would like parents

of 4 to 7 month-old infants with an older sibling with ASD to take part in an online study. Find out more and fill in the first survey here:

<https://tinyurl.com/ueapsych>

Is your baby aged 4-7 months and do you have another child with an Autism Spectrum Disorder?

Take part in our study asking how the **settling strategies** you use may influence **infants sleep**.

We are recruiting parents/guardians of infants with an older sibling with autism spectrum disorder.

You will complete a series of short questionnaires (app. 20 minutes) now and in 3 months' time. An Amazon voucher will be awarded to thank participants who complete the questionnaires at both time points.

Please contact
 Hope Fincham – H.Fincham@uea.ac.uk (Researcher)
 Teodora Gliga - T.Gliga@uea.ac.uk (Research supervisor)

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 April, May & June, the Curly Hair Project will be running the following webinars:

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

See dates, costings and book a place here:

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

Think behaviour, think language. I wonder if....

**Communication and Interaction Team
 Social, Emotional and Mental Health Team**

A free, informal workshop for parents and carers to consider the links between behaviour and speech, language and communication needs. This event will be held virtually on Tuesday 15th June 2021, 10am – 12pm

Does your child have difficulty with:

- Listening?
- Attention?
- Communication?
- Friendships?
- Literacy?

The session will aim to raise awareness of speech, language and communication needs (SLCN) and consider the impact on a child's social, emotional and mental health (SEMH). SLCN can become apparent through a child's behaviour in a variety of ways and we shall provide further insight into these complex links.

The session provides an opportunity to share ideas about what works for you and a chance to discuss and learn from other parents/carers.

There will also be an opportunity for questions to the Advisory Teachers and Family Worker from the Communication and Interaction Team and the Social, Emotional and Mental Health team.

To book your free place, please contact: Sue Vanstone
 (01392) 287239 sue.vanstone@babcockinternational.com



Thomas Pocklington Trust supports blind and partially sighted people of all ages to live the life they want to lead.

You can download their free 'Starting Point' Guide from the Children and Young People page, which helps parents and carers get the information they need to access post-diagnosis support. There is also a range of documents in the Advice and Resources section, which includes the recently published ipad accessibility document.

<https://www.pocklington-trust.org.uk/children-young-people-families/>



Beat – Talking to Your Child About an Eating Disorder. Beat is a national eating disorders charity, supporting anyone

affected by eating disorders, difficulties with food, weight or shape. They aim to improve treatment, change public attitudes and provide support to people struggling with eating disorders.

Their Helplines are open 365 days a year from 9am–8pm during the week, and 4pm–8pm on weekends and bank holidays.

Beat have put together some tips for talking to your child about this difficult subject, which are available on the Parent info website:

<https://parentinfo.org/article/talking-to-your-child-about-an-eating-disorder>



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/>



SWAN UK Virtual Information Event - 21st April

For parents and professionals who want to find out more about SWAN UK and the work they do.

Talks Include; 'So, what is a genome?', History of genetic testing, Why does genetic testing take so long?, Will any conditions still be undiagnosed in ten years time?

Find out more and register for the event here:

<https://www.undiagnosed.org.uk/swanuk-news/swan-uk-virtual-information-event/>

(Click on the 'English' Tab)



Cerebra – After Diagnosis Factsheet

This document has been prepared as a starting point for parents of children that have just been diagnosed with a brain condition. It aims to provide an overview of the resources and information they need to get advice, help and support for their family. Download the factsheet here: <https://cerebra.org.uk/download/after-diagnosis-what-now/>



Contact 1:1 Listening Ear Service

Listening Ear is a 1:1 telephone service for parents with disabled children or additional needs. You can talk to one of the family support advisers about anything and everything:

- Ideas and tips for coping with stress and improving wellbeing
- Practical ideas to help establish your child's routine, improve their sleep or manage challenging behaviour
- Relationships with partners and siblings
- Just to have a chat about the frustrating day, week, month or year you've just had!

The service is completely FREE of charge. Each appointment lasts 1 hour and there are slots available in the mornings, afternoons and evenings. After the call there is an email follow up with advice and information discussed in the call. Book your appointment here:

contact.org.uk/listening-ear



Parent Zone – 6 Apps Every Parent Should Know About

provides information, help, advice, support and resources to parents, teachers, health professionals, police officers, internet safety officers and HR professionals - anyone who engages with parents. Parent Zone have put together a feature for the Parent Info website on 'The 6 apps and services that every parent should know about', with a brief overview of the main platforms. Read the feature here:

<https://parentinfo.org/article/the-6-apps-and-services-that-every-parent-should-know-about>



New Bis-net Webinar: Practical Sensory Support Ideas for Autistic Children and Young People

A webinar looking at practical sensory support ideas for Autistic children and Young People. Tuesday 27th April, 4pm – 6pm. Cost: £11.37.

Find out more and book a ticket here:

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



The National Autistic Society is

working in partnership with Mattel to

develop a range of Thomas & Friends character clothing, designed for autistic children. The survey is being conducted among parent/carers of autistic children under the age of 16 and should only take around 5-10 minutes to complete. The findings of this survey will be used to inform development of this range of clothing. In return for participating in this survey you will be entered into a prize draw with a chance to win one of three Thomas & Friends Walking Bridge track sets. Find out more and complete the survey here:

<https://www.autism.org.uk/what-we-do/news/thomas-and-friends-character-clothing-survey>



Pete's Dragons Help people living through the suicide of a loved one.

In the early days they might be initially able to help in a number of small yet meaningful ways, such as; practical advice, listening services, comforting hampers, financial assistance, holistic therapies, wellbeing workshops and family fun days. They also know that psychological and therapeutic support must be timely, appropriate and carried out by professionals and they work hard to ensure they have a range of quality therapists and specialists within their team. Find out more here:

<http://www.petesdragons.org.uk/>



Let's Get Chatting Campaign

Virtual Launch. Across the

County, parents and carers are

working together with professionals to improve communication services and support for children and young people aged 0 to 25 years, with a focus specifically on children from pre-birth to 5 years old. On Wednesday 21st April, the Improving Access to Communication Services and Support Programme (IACSS), of which Devon County Council is part, is hosting a free online event for parents and professionals, to promote the importance of positive speech, language and communication messages for children aged 0-5 years to support their development.

Find out more and register here:

<https://www.eventbrite.co.uk/e/lets-get-chatting-virtual-launch-tickets-146768246777>

George. **George Asda Schoolwear for specific needs.** Asda has launched the new 'Easy On Easy Wear' collection which has been designed with children who have sensory or additional needs, including autism in mind. The range has soft seams and no labels:
<https://direct.asda.com/george/school/easy-on-easy-wear/D10M5G1C15,default,sc.html>



Council for Disabled Children has published an online training course on Delivering Quality Annual Reviews.

This package of online training has been developed as part of the Delivering Better Outcomes Together programme, funded by the Department for Education and delivered in partnership by the Council for Disabled Children, NDTi and Mott Macdonald.

This is a freely available, self-guided course.

It is aimed at adults with a role to play in the Annual Review process such as senior leaders, parent carers, practitioners, SEN Teams, and education teams.

The course will help you understand the importance of a person-centred Annual Review process and meeting, the legal requirements, roles and responsibilities of different stakeholders and will provide the perspective of children, young people and parent carers.

[To complete the e-learning course please click here.](#)



- Develop your understanding of the PDA profile of autism
- Consider what demands are
- Learn helpful approaches
- Look at diagnosis, education & siblings
- Two sessions via Zoom

Tickets
£22.15

Upcoming Dates:

- 12th & 19th May, 10am-12.30pm
- 11th & 18th June, 12.30pm-3pm
- 28th June & 5th July, 7pm-9.30pm

Find out more and book a ticket here:

<https://www.pdasociety.org.uk/pda-society-2021-online-training/> Note: April Courses listed are fully booked.

A round up of PDA Society Resources can be found at: <https://www.pdasociety.org.uk/resources-menu/>



Go Beyond (previously CHICKS) Breaks Update. From 12th April Go Beyond will be supporting small groups of children and young people from the same school bubble with Day Breaks and inspiring activities from Monday to Friday at their Coastal Centre in Cornwall. They are unable to offer any overnight breaks at the moment due to Government restrictions. Find the full eligibility criteria and application form here:

<https://www.gobeyond.org.uk/breaks/breaks-during-covid-19/>



Virtual School Library

Oak National Academy and the National Literacy Trust have come

together to launch a Virtual School Library to help keep children reading during lockdown. 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

This week's Author is Jenny Pearson. Read The Super Miraculous Journey of Freddie Yates by Jenny Pearson for FREE, watch a video with the author, read a Q&A and download fun activities.



ADHD Foundation – Free Download Stories That Never Stand Still

A strength-based book about ADHD written by young people for young people with ADHD. Download here:



<https://www.adhdfoundation.org.uk/wp-content/uploads/2019/10/Stories-That-Never-Stand-Still.pdf>



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/>

Stay Up-to-Date with the latest Coronavirus news and figures plus the local support available to you at:
<http://soc.devon.cc/GNmi2>

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



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 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.

