

# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 15th July 2020



For children with access to the

internet, lockdown saw a sky-rocketing of the number of hours they were spending online.

That's not going to change for the next couple of months as we head into summer, with many more of us forced into staycations or simply staying at home.

For many children with disabilities, diving into online use is no different. But what is of concern is the danger of lower levels of awareness of danger when navigating the big bad World Wide Web. To help, a new online safety hub from Internet Matters, has just been launched aimed at children with special educational needs and disabilities (SEND). Find out more at:

<https://www.specialneedsjungle.com/keeping-children-with-send-from-getting-lost-in-digital-space/?fbclid=IwAR208NtBq7ruXz634ArsYCFUSW7NUADGsrthKRAtx2MCWIAVdUg338J9Z4>



### Summer holiday provision and other childcare

The Prime Minister has

confirmed that providers who run community activities, holiday clubs, after-school clubs, tuition and other out-of-school provision for children will be able to operate over the summer holiday with safety measures in place.

As such, the Early Years and Childcare Service have put a list together of those holiday schemes that are intending to open over the summer holidays. The list is available on Pinpoint:

[https://services.pinpointdevon.co.uk/kb5/devon/services/results.action?coronavirusstatus=0&communitychannel=11\\_10](https://services.pinpointdevon.co.uk/kb5/devon/services/results.action?coronavirusstatus=0&communitychannel=11_10)

contact for families with disabled children **Contact helpline** advisers are ready to help with any concerns or worries you might have about your family during the current pandemic and beyond

3 ways to get in touch:

1. Call their freephone helpline on 0808 808 3555

(open 9.30am-5pm, Monday-Friday)

2. Email at [helpline@contact.org.uk](mailto:helpline@contact.org.uk)
3. Use the online Live Chat service: <http://ow.ly/973B50AsWCN>

**Healthy Start Programme** – free food vouchers and vitamins for registered families. The Government's national Healthy Start programme is being promoted across Devon at the moment.



The programme helps families with young children get free food vouchers for milk, plain fresh and frozen fruit and vegetables and infant formula milk – along with free coupons for vitamins for children and pregnant women

Families can find out if they are eligible on the [Healthy Start website](#) (if they have children under 4 or are pregnant and receive qualifying benefits). Families fill in an application form which can be printed off the website and posted to Healthy Start. Once they are registered the vouchers are sent directly to them. [Families can use the vouchers in registered shops](#) and vitamins are currently being posted to families (once they are registered) by Children's Centres. Click on the blue links above for more details.



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](mailto:mashsecure@devon.gov.uk) and give as much information as you can.

<https://www.devon.gov.uk/educationandfamilies/child-protection>



## Assistance cards for people unable to wear face coverings on the bus.

Stagecoach is encouraging passengers who are unable to wear a face covering on the bus due to a health condition or a disability to apply for new 'face covering journey assistance cards'

Passengers can show the assistance cards to drivers when boarding to confirm they are exempt from the legislation. There is also a special card available if you need the driver to lower their face covering because you are hearing impaired and need to lip read.

Find out more here:

[https://www.devon.gov.uk/educationandfamilies/archives/9945?utm\\_source=Facebook&utm\\_medium=social&utm\\_campaign=SocialSignIn](https://www.devon.gov.uk/educationandfamilies/archives/9945?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn)

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## Return to school in September

It is vital that children and young people return to school and college – for their educational

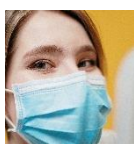
progress, for their wellbeing, and for their wider development. The Government have said that school and college attendance will, therefore, again be mandatory from the beginning of the new academic year.

For parents and carers of children of compulsory school age, this means that the legal duty on you as a parent to send your child to school regularly will apply. Where children are not able to attend school as parents are following medical and/or public health advice, the absence will not be penalised.

Guidance for parents and carers about what you need to know about early years providers, schools and colleges in the autumn term is available on the Government website. Parents of children with special educational needs and disabilities (SEND) should also refer to the separate guidance for full opening of special schools and other specialist settings.

<https://www.gov.uk/government/publications/guidance-for-full-opening-special-schools-and-other-specialist-settings>

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## Face covering

From 24th July, all shoppers in England must wear a face covering or face a fine of up to £100. Advice from the World Health Organisation

remains unchanged in that those aged 60+ or with a health condition should wear a medical mask where social distancing is not possible.

To find out more go to:

<https://www.gov.uk/government/speeches/face-coverings-to-be-mandatory-in-shops-and-supermarkets-from-24-july>

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**contact** For families with disabled children

## Contact - For families with disabled

### children

A child that doesn't sleep well affects the whole family.

Some standard approaches that help children get a good night's rest include establishing a bedtime routine – for example, a bath, pyjamas, story then bed, or avoiding TV and computers or hand-held devices an hour before bed time.

But if you're struggling to get your child to sleep, Contact's family support advisers are on hand to answer your questions at their upcoming Q&A session. Join Contact on Facebook this Thursday 16 July, 2-4pm.

Find out more about the Q&A plus download your free 'helping your child sleep' parent guide here <http://ow.ly/Syz550Av1di>

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## Family Fund

The charity will look at any grant request that relates to the needs of your disabled or seriously ill child,

young person and your family, take a look at their list of grant items to find out more.

When applying, think about what would make a difference to you and your child. Family Fund consider grant requests in order of priority. If you would like to ask for more than one item, make sure you tell them what is the most important item first.

Family Fund have limited funding and may not be able to help with everything you have asked for, especially where items are of a high value.

Their grants are provided through contract provision through a range of suppliers. Using suppliers allows Family Fund to arrange discounts to ensure their funding goes further and helps more families. For some grants they may make a BACS payment direct to a nominated bank account.

Find out more about how they help here -

<https://www.familyfund.org.uk/FAQs/what-can-we-apply-for>

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**The NHS** would like to know what you think about the new ways of working that have been

introduced during coronavirus. If you've got a spare 15 minutes, please take the survey to help them understand how they can best meet people's needs in future, go to:

<http://soc.devon.cc/IFuYn>

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**KOOTH** is available in Devon for young people aged between 11 – 25 years to access over the

summer. For young people transitioning from primary to secondary school the service is available to ensure young people are supported through this challenging time and informed of the Kooth service and their accessibility to the support for their emotional health and wellbeing.

Kooth is a web based confidential support service available to young people that provides a safe and secure means of accessing mental health and wellbeing support either by speaking to one of the online counsellors and/or engaging in the Kooth community online with the range of therapeutic support tools they have online.

The transition video can be accessed [here](#) where you will need to choose the video named 'Transition Vid' (Carina). This is a video (8mins 30sec) to be shown to students transitioning into secondary school.

Please find attached an introduction and assurance letter for schools as well as a letter for parents and carers. You can also view their webpage by clicking here: <https://www.kooth.com/>



**Sibs** are running online workshops for parents on "Supporting siblings of disabled children" Dates and times are

as follows:

15th September 2020, 1pm-2pm

16th September 2020, 10.30am-11.30am

17th September 2020, 7.30pm-8.30pm

Click below to book your place:

<https://www.sibs.org.uk/sibs-w.../online-workshop-for-parents/>



To view archive Snippets, go to the Children and Family Health Devon Signpost Plus webpage. On offer

are a variety of additional information sheets, hints and tips. For more details go to: <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**



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 **SIGNPOST plus** 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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