

# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 10<sup>th</sup> June 2021



#### Signpost Plus

The weekly snippets we provide are available to everyone and anyone who would find the information we produce of use to them or someone they care for. If you would like to sign up for southern snippets send your email address to [kris.taylor@nhs.net](mailto:kris.taylor@nhs.net) and for northern snippets send your email to [amandasmithson@nhs.net](mailto:amandasmithson@nhs.net) 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/>



**Wren Music** are excited to be launching **Instrument Picnic**, a new music group for children under 5 and their parents or carers.

Together with their professional music leaders, children and their families will play musical instruments, dance and learn songs from around the world.

Sessions will run once a week in Okehampton starting on 14th June, and in Honiton from 27th July.

For more details click here: [information from our website](#), Families will need to book directly by text or email. **Booking instructions are shown on the attached flyer.**



As part of the EYSEND Partnership, I CAN is offering FREE training to early years SENCos, managers and practitioners throughout June, July and August to encourage support

for speech, language and communication needs within early years settings. The training is provided at two levels – core and in-depth.

<https://ican.org.uk/eysend-partnership/>  
**See attached info for dates etc.**



The paddling pools in Heavitree Pleasure Grounds and the Splash Pad at St Thomas



Pleasure Ground re-opened on Wednesday 9th June.

Both sites are restricted to 15 individuals at a

time, with only one parent from each family. No food or drink should be consumed on site and there is a time limit of one hour at a time, in keeping with play areas. This will allow as many individuals to enjoy the facilities as possible. The sites will be regularly monitored for water chemistry purposes to ensure chlorine and PH levels are appropriate.



#### 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/surveys/3/index.php?r=survey/index&sid=773444&lang=en>



#### Talkworks

If you've noticed that your mood is low, that you're feeling stressed, lost or hopeless, TALKWORKS are here to help you.

They are an inclusive service and welcome you, no matter your race, gender, sexuality or religion. Contact them today and put your wellbeing first:

<http://orlo.uk/JUy3y>



How to help our children:  
10 top tips from parents  
for SEND Case Officers

For more information and to read the article click:  
[Here](#)



### The Wave Project

Fully-funded social prescribing project for children 8-13yrs who are experiencing anxiety, low mood or loneliness.

Ask your GP or Link worker about "Prescription Surf"

**Prescription Surf!**  
Surf therapy on prescription

"I am happier, a lot happier. Because they are all really nice. I am happier at school, happier at home."  
- Child

A fully-funded social prescribing project for children aged 8-13, experiencing anxiety, low mood or loneliness

Backed by the NHS, Prescription Surf is a 6-week evidence based surf therapy course to improve confidence, resilience, self-esteem and reduce anxiety.

Ask your GP or link worker about 'Prescription Surf!'

Funded by:  
NHS Children in Need

To find out more about The Wave Project go to:  
<https://www.waveproject.co.uk/about-us/>



### Devon County Council

ARE YOU A YOUNG PERSON IN DEVON, AGED 11-25, WHO IS NEURODIVERSE, OR HAS A SPECIAL EDUCATIONAL NEED OR DISABILITY?

Would you like to become part of a network of young people making change in SEND services and other issues that affect your lives?

**WE NEED YOU!**

For a no commitment chat or more details contact Amy in the participation team at DCC  
[amy.bickford@devon.gov.uk](mailto:amy.bickford@devon.gov.uk)

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? If so email Amy Bickford [amy.bickford@devon.gov.uk](mailto:amy.bickford@devon.gov.uk) for more details



### Babcock LDP

#### Making Sense of Autism

Monday 14<sup>th</sup> June from 3.30pm

– 5.00pm Booking via: [AET Making Sense of Autism – Schools | Babcock LDP](#)

Or Thursday 1<sup>st</sup> July from 3.30pm – 5.00pm  
Booking via: [AET Raising Awareness - Autism - Multi-Agency \(virtual event\) | Babcock LDP](#)

Basic awareness training for all those engaging with children and young people.

This includes teaching and support staff, office and ancillary staff, caterers, caretakers, transport staff and governors.

Plus supporting staff across all Multi-agency organisations (Health and Social Care) all roles. The training will support participants in:

- understanding the four key areas of developmental difference experienced by autistic children and young people
- building and promoting positive relationships
- the importance of understanding the individual and to build upon his/her strengths
- supporting children and young people in accessing learning and development activities.



### Bis-net. Parenting an Autistic Child

6-week Online work group Tuesdays at 5pm and Thursdays a 10am

Starting June 22nd 2021.

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.

- Week 1 - The 'Not so' basics  
Tues 22nd June 5pm - 8pm & Thurs 24th 10am - 1pm
  - Week 2 - Advocacy, well-being & nurture.  
Tues 29th June 5pm - 6pm & Thurs 1st July 10am - 11am
  - Week 3 - Distressed and unsafe behaviour  
Tues 6th July 5pm - 6pm & Thurs 8th 10am - 11am
  - Week 4 - Fostering a positive identity  
Tues 13th July 5pm - 6pm & Thurs 15th 10am - 11am
  - Week 5 - Sensory considerations in the home  
Tues 20th 5pm - 6pm & Thurs 22nd 10am - 11am
  - Week 6 - pathways to success and happiness  
Tues 27th 5pm - 6pm & Thurs 29th 10am - 11am
- To book a place go to:

[https://www.eventbrite.co.uk/e/parenting-an-autistic-child-online-work-group-tickets-153781708229?utm\\_source=Facebook&utm\\_medium=social&utm\\_campaign=Orlo#skip-heading](https://www.eventbrite.co.uk/e/parenting-an-autistic-child-online-work-group-tickets-153781708229?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo#skip-heading)



## Devon Partnerships NHS Trust

A delightful animation on Devon Partnerships NHS

Trust's Youtube page with Thrive. Watch this colourful scene unfold while learning about Devon aligning its services and integrating clinical and academic worlds.

Click on the link below to access the video on Youtube:

<https://www.youtube.com/watch?v=kumi125pkwk>

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## Contact

This CarersWeek, you come first. Look after your wellbeing and make time for yourself by booking a free 1-hour chat with the Listening Ear team.

This is your chance to talk to someone who understands what you're going through as a parent with a disabled child.

You can vent, ask for advice, get practical or emotional support, and be signposted to services that can meet your family's needs.

To book a place go to:

[contact.org.uk/listening-ear](https://contact.org.uk/listening-ear)

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## Sibs - for brothers and sisters

Siblings can become young carers for their disabled brother or sister at any stage in their childhood. Check out the information written for siblings aged 7-17years by clicking on the link below.

<https://www.youngsibs.org.uk/siblings-as-young-carers/>

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The new Buzz website is now live!

It's the only website for [#deaf](#) young people aged 8 to 18 in the UK, co-created by young people themselves and National

Deaf Children's Society.

Check it out here:

[bit.ly/3nnXaoZ](https://bit.ly/3nnXaoZ)

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## Reducing Parental Conflict e-learning

There is strong evidence that conflict between parents

– whether together or separated – can have a significant negative impact on children's mental health and long-term life chances. Not all conflict is damaging, but where this is frequent, intense and poorly resolved it can harm children's outcomes.

With this in mind there are **250 FREE e-learning modules** on offer to community & voluntary groups. **Details are attached.**

You must apply for the e-learning module before 1<sup>st</sup> September 2021 – you then have up to 31<sup>st</sup> March 2022 to complete it.

Aims of e-learning module: -

- Recognising and responding to parental conflict, including stressors and potential triggers (gained from evidence-based research)
  - Insight into the impact of parental conflict on children's outcomes
  - Understanding of the role of fathers/male carers in a child's life
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## Devon Early Years & Childcare Service

A free workshop for parents and carers looking at turning tantrums into calm connections.

A free, informal workshop for parents and carers. This event will be held virtually on Wednesday 30th June 2021 from 10am - 11.30am.

In this workshop you will explore why your child behaves in the way that they do; how you can respond to help keep them calm and how to reconnect to strengthen your relationship with them. There will be some specific de-stressing techniques that both you and your child can start using straight away.

To find out how you can help build a healthier relationship with your child and develop a sense of inner calm, book your free place by contacting Sue Vanstone 01392 287355 or

[sue.vanstone@babcockinternational.com](mailto:sue.vanstone@babcockinternational.com)

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## Devon SEND Local Offer

Devon SEND have created a one question survey for you to share your ideas on a name for the new SEND Support Hub approach that would be meaningful to you. Please feel free to share as many suggestions you have.

You can find the survey by clicking here:

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

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## Nursery World

Early years providers in England, Wales and Scotland who employ at least five members of staff and

have a physical building – either stand alone or part of a school – are eligible to apply for £500 worth of equipment for outdoor learning and a two-hour outdoor training session. To make an application go to:

<https://www.nurseryworld.co.uk/.../applications-open-for...>

## Devon SEND Local Offer

**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

If your child has been prescribed and received equipment to support them, then Devon County Council want to hear about your experiences. They are hosting an engagement session on Zoom to get your feedback on Tuesday 22nd June from 10.30am-11.30am.

For more info and to book go to:

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



To view this week's edition and 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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