

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

18th November 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 and for northern snippets send your email to 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/>



Challenge Ahead (outdoor activities for children & young people with

Acquired Brain Injury ABI) - The next family event will take place at Harcombe House Chudleigh. Saturday 11th December 2.00 - 5.00pm.

Challenge Ahead welcome children and young people with ABI and their families to join them for a pre Christmas activity and social afternoon in the beautiful setting of Harcombe House. The group are looking forward to being back to a face to face setting, to catch up with old contacts and make new friends. Do go along and see what they can offer.

Please contact Penny Weekes 07929 265 225 or penny@pennyweekes.com for further details and to book a place.



Child Mind Institute

Atypical Anorexia often goes unnoticed because the patient doesn't look very thin. The patient is not underweight — but has all

the other symptoms of anorexia and is medically unstable.

To find out more information on Atypical Anorexia, click on the link: <https://childmind.org/article/what-is-atypical-anorexia-nervosa/>



Young Sibs

In support of AntiBullyingWeek this month's spotlight blog post for young siblings who have a disabled brother or sister, gives

tips and advice for siblings who might be experiencing bullying. For more information go to: <https://www.youngsibs.org.uk/siblings-and-bullying/>



Action for Children

Do you think you might have parental burnout?

If you're feeling overwhelmed on a day to day basis, you may have parental burnout. Burnout can appear in a number of ways, so it's important to recognise when things are getting difficult, and know what you can do about it. Read Action for Children's Tips and find out about their 1:1 Parent Talk live chat service: [Here](#)



Cerebra - Accessing Public Services Toolkit

A problem-solving approach

If you are facing difficulties with

official bodies in accessing the health, social care and education support services you and your child are entitled to, Cerebra's Accessing Public Services Toolkit can help. It identifies common issues and offers strategies to help resolve them without resorting to legal action.

– Download Your Free Guide: [Here](#)



Sunshine Support

Is your child moving up a level of education next September?

If they have an EHCP this is called a 'phase transfer'.

Make sure your Local Authority sticks to the deadlines, the annual review should be happening now (if it hasn't already).

Read more click: <https://www.sunshine-support.org/resources-2021>

Babcock LDP

Sensory Processing and Autism – training opportunity.

Aimed at professionals, the training takes place on Tuesday 30th November at Petroc College, Tiverton from 2 – 4p.m with trainer Kevin Jones

Training Objectives

- An understanding of Sensory Integration theory, including: the 7 key senses, sensory sensitivities and sensation seeking
- How sensory processing issues may present in the school environment
- Strategies to identify and support sensory regulation in the children/ young people you support

Delegates will gain knowledge to better understand and identify sensory needs in CYP, and importantly apply a range of supporting strategies to enhance attendance, engagement and progress.

Booking link: [Sensory Processing and Autism \(in person\) | Babcock LDP](#)

Booking support:

Tina.Turner@babcockinternational.com

Module content enquiries:

Kevin.Jones@babcockinternational.com

This event will be repeated again on Tues 15 Feb 2022



Turn2Us

Struggling with Energy and Water Bills, financial support may be available to you. Have a look at

the link below from Turn2Us to find out more:

- <https://www.turn2us.org.uk/Your-Situation/Energy-and-Water-Bills>



LOCAL ENERGY ADVICE
PARTNERSHIP

The energy and money saving service.

LEAP is a free service that is helping people keep warm and reduce their energy bills without costing them any money. See how you can save and Leap can offer by clicking on the link:

<https://applyforleap.org.uk/>

29th November - 6pm LET'S TALK

ANNOUNCING OUR UPCOMING... **Preparing for Christmas & Sensory Overloads**

LIVE Q&A **LIVE**

This FREE live stream will include:

- Support and advice from bibic Developmental Therapists, Jess Peterson & Natalie German
- An opportunity to ask YOUR questions about preparing for Christmas and managing the change of routine
- How to manage sensory needs and overloads

Hosted on Facebook

Free live stream - Preparing for Christmas and Sensory overloads 29th November from 6pm. To book your place click: [Here](#)



Children Family Health Devon Young Leaders

Young Devon are pleased



to be working with Children and Family Health Devon (CFHD), to put young people's voice at the heart of what they do.

The Children and Family Health Devon 'Young Health Leaders' group work in partnership with CFHD health services; giving feedback, ideas and

guidance so that the best possible care can be delivered to young people and families in Devon. Do you know a young person, who is keen to make a difference?

Then they can join this and get their voice heard!

👍 Aged 13+?

👍 Has experience of healthcare services in Devon?

👍 Wants to help create positive change?

Get involved today by emailing:

participation@youngdevon.org

For more details see attached flyer

3 new online learning courses from the SEND Sensory Team

[Language and Listening and Communication in EYFS](#) - Deafness is an invisible disability and even a 'mild' hearing loss can have a major impact on a child's education. Deafness is not a learning disability but many deaf children under-achieve if the appropriate strategies are not put in place from a very early age. The early years are a critical age for deaf children to develop their play and thinking skills and to do this they need access to language.

[An Introduction to British Sign Language](#) - This course will provide an online introduction to British Sign Language for families, carers & professionals, working with Deaf young children. The course will include 60 BSL signs to get you started, Social and emotional language and Behaviour management all delivered through our interactive platform allowing you to develop your knowledge of BSL.

[Childhood Visual Impairment: Impact on Mental Health and Wellbeing](#) - This training brings together research and information from a range of current thinking to offer a holistic approach to exploring the mental health needs of our visually impaired young people. As a learner on this course you will have increased understanding about the impact that vision loss has on mental health. Key areas covered will be the importance of physical activity and avoidance of sedentary lifestyle; anxieties and phobias; mental health in the school environment and how our vision impacts this; preparation for adulthood and how to support families.

To find out more and book a place, click on the title of each course above.



Time for YOU Zoom Group

Supportive groups for Mums in Devon who have a child with additional needs. No diagnosis is necessary.

Priority booking if you are on means tested benefits.

Are you a mother who needs time and space to think about YOU in these challenging times with a small, supportive group of other mothers? Are you interested in thinking about what you need, how you could best support yourself and how this could work in your life now?

Bookings are open for Mums4aChange next 11-week Friday Group

Fridays 9.30- 11.30am, Starting: Friday 14th Jan 2022 for 11 weeks (term time only)

Find out more click here: [Here](#)

Programme Exeter

This free course helps parents/carers can connect with and build good relationships with their teenage children (aged 11-16), while also being firm and influential in their lives.

Topics include:

- Getting to know and connecting with your teenager.
- Communicating positively and effectively.
- Building your teenager's self-esteem and confidence.
- Negotiating rules and boundaries.
- Teaching teenager's responsibility.
- Positive discipline for teenagers.
- Managing conflict.
- Solving problems together.

Find out more on Pinpoint:

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

Crealy at Christmas



Join the festive celebrations on selected dates between 27th November - 24th December. See the Theme Park lit up with decorations and enjoy the festive attractions including a Christmas on Ice Show, a FREE gift for every child from Santa's Toy Shop (including the opportunity to get a picture with Santa himself) and cosy live entertainment on the Piazza Stage. Plus, don't miss Santa at the end of the day in his Farewell Parade across the Theme Park.

Tickets must be purchased online and in advance before your visit and include entry to Theme Park rides & attractions. Please note, this includes all Annual Pass Holders who get discounted tickets to Christmas at Crealy. Black Friday special: USE CODE XMAS20 at checkout to get 20% off Christmas at Crealy tickets on Saturday 27th & Sunday 28th November. Offer ends 26th November. Click below to find out about Crealy's accessible policy and to book your tickets:

<https://www.crealy.co.uk/events/christmas-at-crealy>

<https://www.crealy.co.uk/accessibility>



IPSEA

An EHC needs assessment is an assessment of a child or young person's

education, health and care needs. It is the first step to getting an EHC plan, which can result in additional support and funding for a child or young person with special educational needs. Read guidance on how and when you should make a request for assessment here - including model letter which you can use as a template for a request: <https://www.ipsea.org.uk/asking-for-an-ehc-needs-assessment>



Young Epilepsy

The Helpline Team are here for you, with any advice or support you

may need. You can email us at helpline@youngepilepsy.org.uk or call on 01342 831342.

There are also specialist services available 24/7 which provide advice and support about bullying, find out more by clicking: [Here](#)

R N I B

See differently

Santa, alongside lots of fun elf activities to do in the build-up to Christmas.

[Sign up now](#)



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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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