

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

4th 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/>



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/>



Neurodive

Tuesday 16th November 2021 from 17:00-19:00
The Neurodive
De-escalation model
£8 · Online event
Book via eventbrite: [Here](#)



The Parenting with Anxiety project wants to help families flourish.

They are looking for people to help test their online course. So, if you experience anxiety and have a child aged 2-11 you could help them. More info here:

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



Devon Carers

The winter 21 magazine is now available online. Read about Devon Carer's latest news, information, carers stories and training sessions. To find out more visit: <https://devoncarers.org.uk/information-and-advice/magazine/>

Fledglings



Tired of trying to make mainstream products work for your disabled child's needs? Check out the non-profit shop [Fledglings](https://fledglings.org.uk) where everything is made with disability and inclusion in mind. Save 10% off your order for a limited time Shop offer now fledglings.org.uk



Cerebra

The Sleep Team have put together their top 20 top sleep tips to help you and your family get a good night's sleep. For more information and support visit: <https://buff.ly/35le1xK>

- **Education Health and Care Plan (EHCP) Reviews – Myth busting parent sessions.** Breaking through some of the misconceptions around the Education, Health and Care Plan review processes. 23rd November Online 10.30am - 12.30pm.
<https://devonias.org.uk/news/education-health-and-care-plan-ehcp-reviews-myth-busting-parent-session/>
- **Demystifying SEND.** For parents and carers of children with SEND about how to find clear information and support. 30th November 2021. Online 10.30am - 12.30pm.
<https://devonias.org.uk/news/more-demystifying-send-information-sessions-for-the-autumn-term/>
- **Parent Workshop – Listening to Your Child's Views.** Helping your child to express themselves and tell you how they feel about life at school. 16th November 2021. Online 10.30am - 12.30pm.
<https://www.eventbrite.com/e/listening-to-your-childs-views-tickets-154265433063>



Action for Children are working with Learn Devon to recruit families in Exeter to their FREE training course.

Free Play and Language Course for Under 2's and their parent or carer

Help your child learn how to:

- play using rhymes and songs
- communicate with other children
- create resources for learning
- make learning fun

Come join us at St Sidwell's Centre every Thursday 10am - 12pm for 5 weeks starting on 4th November!

Find out more and enrol by contacting our team or email daisy.elliott@actionforchildren.org.uk

☎ 01392 388305 ✉ exmouth@learndevon.co.uk

Devon County Council | learndevon adult learning and skills

SAFEGUARDING YOUNG VOLUNTEERS
Nov 24th 2021
6.30-8pm

Volunteering can be a great way for young people to learn and develop new skills, gain experience for their future employment, 'give back' to an organisation and help their local community. This course ensures they can do so safely.

Training online
FREE to YOVC members
www.voycdevon.org.uk
Registered charity no. 1054443

Safeguarding Young Volunteers Training takes place online on November 24th. Delivered by Tom Coulthard, YOYC CEO, it will follow charity commission guidance and be essential training for any trainees working in the children's and youth sector in Devon. It's free for YOYC members and £25 for non-members. Find out more and book here:
<http://ow.ly/2ILM50GAq6R>



Sunshine Support

How can Sunshine Support, support teenagers who present with Selective Mutism? Libby Hill has all the answers to your questions next week, whether you're a parent or teacher. Watch Libby's webinar live or book a ticket to receive the recording here:
<https://www.eventbrite.com/e/176330197367>

"IT'S NOT THAT I DON'T WANT TO TALK. IT'S THAT I CAN'T TALK IN CERTAIN SITUATIONS."

MAKING ME FEEL SHAME AND GUILT DOESN'T HELP BUT MAKING ME FEEL SAFE AND SECURE WILL.

SELECTIVE MUTISM IN TEENAGE YEARS
9th NOVEMBER | 8PM | ONLINE VIA ZOOM
BOOK NOW: sunshine-support.org/events



NHS Devon Clinical Commissioning Group, (Devon CCG), is working jointly with Children and Family Health Devon and

Livewell South West to undertake a review of the current community health contracts for children, delivered by Children and Family Health Devon, and Livewell South West, across Devon, Plymouth and Torbay.

This would include the following services: -

- Public Health nursing
- Speech and Language Therapy
- Occupational Therapy
- Physiotherapy
- Children's community nursing
- CAMHS

This is to help Devon CCG understand how service provision is being delivered as well as the likely impact of COVID on demand for children's services.

Devon CCG are looking to seek feedback from partners who are also working to support children, young people and families, as well as users of the services, to inform this review and help to provide a baseline assessment to support the establishment of the Devon Strategic Children's Board.

They are asking that practitioners working with children, young people and families, including those in adults services who might work with people transitioning from children's services complete this [short survey](#).

The survey will close at midnight on the 5th November 2021 and a summary of the feedback received will be shared in January 2022 on the CCG website, as will information on service development based on learning from the review, later in 2022.



SWAN UK (Syndromes Without A Name)

Do you have an appointment to see a genetic specialist?

SWAN UK understand that being referred to a specialist can be scary and you may have lots of questions. They have created some information that can hopefully make things a little easier for you. You can find information about why you might have been referred to see the specialist, and what you can expect to happen during your appointment. Click on the link for more information: <http://ow.ly/leCu50GxiqC>.



SEN Magazine

Topics in the latest issue which is out now: Bullying; Play; Epilepsy; Spina Bifida & Hydrocephalus; SEND & safeguarding; siblings; autism; music therapy

plus much more.

To receive your copy, subscribe here:

subscribe@senmagazine.co.uk

Tourettes 
action

Tourettes Action

Did you know Tourettes Action provide identity cards that can alert others to your condition?

These cards can aid other people's understanding of Tourette Syndrome by acknowledging your diagnosis and providing a short explanation of the condition.

Sometimes the symptoms of TS can be difficult to explain, and in situations like busy pubs, restaurants, or public transport, you may not want to discuss your TS.

People who have used the cards say that it gives them extra confidence to go to places they previously avoided.

To get your own ID card please follow the link on the TA website <https://buff.ly/2uoUCMj> or search TA ID card



Devon SEND Improvement Board Newsletter – Click on the link to

read the latest edition:

<https://content.govdelivery.com/accounts/UKDEV/ONCC/bulletins/2f8772d>

THE SIR FRANCIS CHICHESTER TRUST

FULLY FUNDED Outward-Bound courses for young people aged 16 to 22 yrs.

Deadline Tuesday 1st February 2022

Please note – any late applications will not be considered.

The Sir Francis Chichester Trust is once again offering **FREE** places on Outward Bound Courses to young people aged 16-22 who live in Devon. If you know of an individual who might benefit from this course please encourage and help them to apply (deadline for applications - 1 February 2022). For more details visit the Sir Francis Chichester Trust website where you can download an application form, or email Juliet White: info@chichestertrust.org.uk

Review from a young person from 2021 course:
"My advice to anyone thinking if doing this is just "DO IT" you won't regret it. Keep going, pull together as a team and always do your best. And you will be amazed at what you can achieve."

Here's a short video to give you a taster of what an Outward Bound course is all about:

<http://ow.ly/UIkC50GANLB>



Voice of children and families influencing practice have gained the voice of children and they have told them how they want workers to work with

them. The children set them as 10 top tips which when you read them they make sense and is something that we would all want.

To support the messages from the children being heard across the partnership there will be a Poster Competition. This is for all children and split between children and young people aged 5-10 and 11-17. The competition is to design a poster about the top tips, it can be one or many of them, the poster will then be produced and promoted across Devon.

To find out more about the competition and the top tips see the attached poster



SaFest – Devon's Virtual Safeguarding

Festival will be back for a second year, taking place during the week of 22nd- 26th November 2021.

Every day throughout the week, Devon Children and Families Partnership (DCFP) will be virtually hosting SaFest 2021.

The SaFest multi-agency working-group have worked really hard to bring together an exciting range of key note speakers and workshop facilitators from a range of organisations and services who either work with young people and adolescents, or work in organisations that inform and influence best practice.

Thanks to the generosity of the presenters and facilitators, all the events taking place during SaFest week are free to attend and can be accessed and enjoyed at the click of a mouse! A full timetable of all of the events and workshops running throughout the week including biographies of all the presenters is attached. To book your place(s), [click here](#) or scan the QR code below.



Sibs are running 2 free festive art sessions for young siblings of disabled children via Zoom. All materials will be sent ahead of the sessions on 27th November. Booking essential, places are limited. https://www.sibs.org.uk/.../free-art-sessions-for-young...



NATURE'S CHALLENGE

Nature's Challenge CIC

would like to invite children with additional needs and a parent/carer or friend for an adventure in Kitley Woods, Yealmpton, PL8 2NW. You will have the opportunity to take

part in various activities that assist with personal and social development as well as having fun connecting with nature. Creating art, building dens and fire lighting are some of the activities that you will have the opportunity to take part in. This will give the opportunity for your young person to build relationships outside their normal school groups in a fun and safe environment. We have split the sessions into age groups below and the focus will predominantly be on engaging children in the activities as well as with other participants and staff.

Age Groups

(Group size is 12 max with 6 young people + a parent/carer/friend)

7 – 10 year olds 11- 14 year olds

Dates available in November

Saturday 13th, Saturday 20th, Saturday 27th

Cost

Donations are kindly appreciated; this option will be on the paperwork provided

Contact

To register your interest please contact:

info@natureschallenge.co.uk

(Please consider the following before contacting us about spaces. The sessions last for 3 hours and there is a 25min walk in and out to the location across uneven ground. There is only access to a camping toilet, and this is only open to children from within Devon County Council).



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

<https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>



Contact

Free Speech & Language workshop on 1st December 2021.

This online course was made for parent carers of children aged 0-

5 yrs who have communication needs or issues, even if they don't have a diagnosis.

Book your place today via this link:

bit.ly/Speech-Dec1

You'll learn about the communication chain, ideas and strategies to support your child, and how to share this knowledge with their school.



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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