

# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 27<sup>th</sup> January 2022



#### 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.dent@nhs.net](mailto:kris.dent@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/>

#### My Mood



This fantastic visual aid lets the users family, friends and school know what level the users anxiety is at. Even if your child forgets to adjust the badge, they can be prompted to 'show' how they are feeling. It's a handy tool to assess whether a child may need more support: just compare their moods from before & after an activity, for example.

This specific badge can be purchased from: [angelachick.com/collections/pins-and-patches](https://angelachick.com/collections/pins-and-patches) Or for a customised and budget-friendly alternative, try making your own laminated version, click here to learn more: [bit.ly/DIYSlidingScale](https://bit.ly/DIYSlidingScale)



#### EarlyBird, EarlyBird Plus and Teen Life parent sessions

National Autistic Society (NAS) are running free EarlyBird, EarlyBird Plus and Teen Life sessions for parents with autistic children. With extra information on coronavirus and post-pandemic recovery support.

#### Book now

#### About the training - Have you missed out on support during coronavirus?

Thanks to Barclays, NAS are able to provide free training for parents with autistic children. NAS have multiple dates available but spaces are limited so please sign up early to avoid missing out!

Book now to find out more about dates and times.

#### What is included?

- Each course includes a 2 hour session at the same time each week, for 6 weeks in total
- All of the training is online

#### Course requirements

- You haven't undertaken any EarlyBird, EarlyBird Plus or Teen Life courses
- You must be able to commit to all sessions on the days and times allocated
- Your child/children have an autism diagnosis
- You will need to be able to access the training online

[EarlyBird, EarlyBird Plus and Teen Life parent sessions \(autism.org.uk\)](https://autism.org.uk)



#### Lifeworks

For full details of the Spring Half term activities Lifeworks have to offer, click on the website: <https://lifeworks-uk.org/spring-term-2022-community-programmes/>



## Not Fine In School

is a parent/carer-led organisation set up in response to the growing number of children and young people who struggle with school

attendance, for more information go to:

<https://notfineinschool.co.uk>



## Turn2Us

The cost of living is rising, but there are places where you can get help and support if

you are struggling.

Have a look at the Turn2Us' Benefits Calculator; a free and easy-to-use tool that can tell you all the benefits you maybe eligible for. Click on the link below: <https://www.turn2us.org.uk/Get-support/Turn2us-Funds>



## Speak Out

Most families need some support from time to time. [SpeakOut](#) wants to hear from young people and parents from Black, Asian and minority ethnic families on how easy it is to find the help you

need, if the help is right for you, and how things could be made better.

Speak Out believe that every family should be able to get the support they need, when they need it, no matter their background.

[SpeakOut](#) is a [survey](#) for parents and young people. They want to hear your ideas about what would make the support available to you better. You can share your story anonymously through the [survey](#) as video, audio or text responses, in any language.

You can find out more on the [SpeakOut website](#) or by contacting [speakout@eif.org.uk](mailto:speakout@eif.org.uk)



## BBC Tiny Happy People

If you could ask a Speech and Language Therapist anything about your child's development,

what would you ask?

When this question was asked last month, viewers sent in over 350 questions!

Tiny Happy People have summarised all of the answers, you can have a look at them by clicking on the link to the webpage: [Here](#)

# ARFID is not picky eating

### What is ARFID?

- Avoidant/Restrictive Food Intake Disorder is a newly recognised psychiatric disorder characterised by a pattern of eating that avoids certain foods or food groups entirely and/or eating small amounts due to feelings of fear and anxiety around food.
- It differs from other eating disorders in that people with ARFID don't restrict their food intake for the specific purpose of losing weight.
- The exact causes of ARFID are unknown. It is thought that people who develop ARFID do so because of sensory sensitivity, fear of negative consequences or a lack of interest in eating.
- They might be very sensitive to the taste, texture or appearance of certain types of food; or have had a distressing experience with food such as choking, vomiting, infant acid reflux or other gastrointestinal conditions.
- ARFID doesn't discriminate and can affect anyone of any age, including babies, and can be diagnosed in children as young as 2 years-old.
- For more information on ARFID, speak to your GP and visit [www.arfidawarenessuk.org](http://www.arfidawarenessuk.org)

Registered Charity in England and Wales 118548

To find out more about Arfid visit the website: <https://www.arfidawarenessuk.org/>



## I CAN

As an education professional, how much do you know about DLD (Developmental Language Disorder)? Take a look at I CAN's DLD resource hub for free guides, presentations and videos: <https://bit.ly/3mLhqjK>



**Contact** have four FREE virtual workshops in March for parent carers of disabled children aged 0-5. Book them below, but be quick — tickets can sell out fast.

- Early years entitlements ([bit.ly/EYE1March](https://bit.ly/EYE1March))
- Managing behaviour ([bit.ly/Behaviour2March](https://bit.ly/Behaviour2March))
- Speech & communication ([bit.ly/Speech16March](https://bit.ly/Speech16March))
- Toilet training ([bit.ly/Toilet23March](https://bit.ly/Toilet23March))

For a list of all Contact's upcoming workshops and events, visit the website [contact.org.uk/workshops](https://contact.org.uk/workshops)



## Making Sense of Autism – Raising Awareness for Multi-agency teams

Monday 31<sup>st</sup> January from 3.30p.m – 5.00 p.m

Booking via: [AET Raising Awareness - \(Multi-Agency\) - \(online\) | Babcock LDP](#)

Trainer: Paul Lamanna

Further dates available: 10th March or 13th June 2022.

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

This includes managers and practitioner staff, office and ancillary staff, caterers, transport staff and volunteers.

Supporting staff across all Multi-agency organisations (Health and Social Care) all roles.

The training will support participants in:

- understanding the three 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
- build a positive culture across communities towards autism understanding and acceptance

For details on how to join other forthcoming events, click on this link:

[Communication and Interaction | Babcock LDP](#)



### Challenge Ahead

Join Challenge Ahead for a fun and

informative **Workshop of computer gaming and coding** at Simply Great Media, Devon Square, Newton Abbot on **Monday 21 Feb 10.00 - 12.00am**. Please contact **Penny Weekes** to book a place or for details of this and other events.. [penny@pennyweekes.com](mailto:penny@pennyweekes.com) 07929 265 225

## Newton Abbot Museum: Relaxed Visit

Saturday 29th January

1:00pm – 3:00pm



Newton Abbot Museum are welcoming anyone who might benefit from visiting the museum at a quieter time. Explore the museum in a calm and relaxed environment where we aim to minimise sensory stimulation in the museum by ensuring audio and visuals are turned off, reduced or have a sign to inform of any noises.



Sensory Bags and ear defenders are available to borrow from the Welcome Desk



## Drop-in Session

The first Relaxed Visit of 2022 is on Saturday 29th January.

If you, or someone you know, would like to visit the Museum at a quieter time please come along between 1pm-3pm (no booking required).

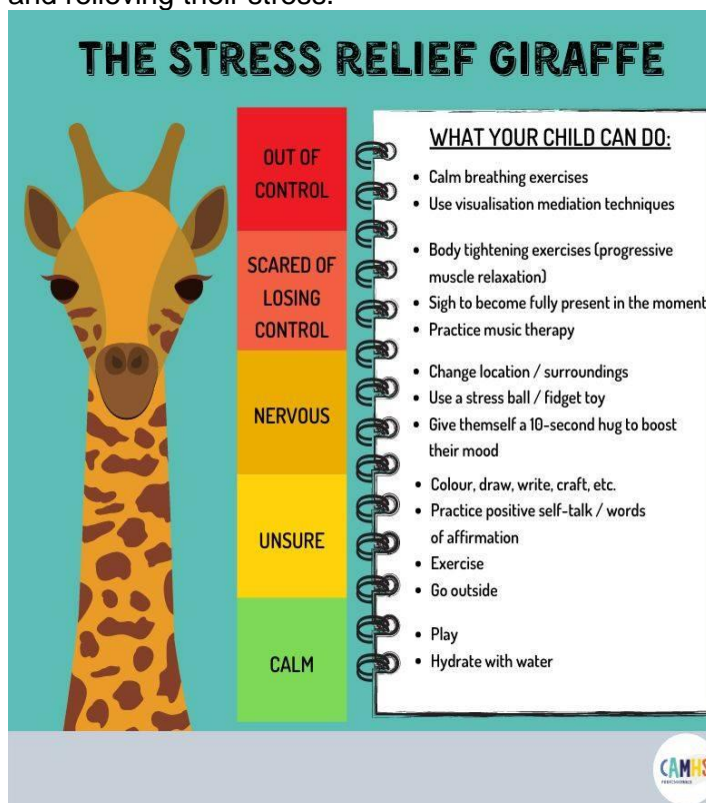
If you can't make this date keep an eye on the What's On page that can be accessed here:

<https://museum-newtonabbot.org.uk/visiting/whats-on/> for upcoming Relaxed Visits.

Alternatively contact the museum and they can let you know the times when the museum is usually quiet.

The Museum is open: Tuesday-Friday 9:30am-4:30pm Saturday 9:30am-1:30pm

This is great infographic by [CAMHS Professionals](#) shows effective stress relief methods for different levels of emotional discomfort. At different levels of discomfort, different methods will be more effective in calming a child or young person down and relieving their stress.



### 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.*

*Disclaimer: The information in 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.*



**The ROVIC Service** supports children with visual and sensory impairment. ROVIC stands for Re/Habilitation Officer for Visually Impaired Children. The service is part of Devon County Council's Children's Services. They are a county-wide team supporting children and young people from birth to 18 years who have; visual, dual sensory (vision and hearing impairment) deafblind and multisensory impairments.

The ROVIC service provide:

- advice
- information
- assessment
- skills training
- awareness training

The ROVIC service understand the importance of teaching young people skills for life. Therefore, their child-centred practice also includes skills training for families, parents, carers and professionals.

Find out more about the service and how to make a referral here: <https://devon.cc/rovic>

Or you can email the team at:

[ROVIC@devon.gov.uk](mailto:ROVIC@devon.gov.uk)

