

# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 2<sup>nd</sup> July 2020



Teen Talk is a National Lottery funded project which seeks to provide a friendly ear to young people in the South West during this unsettling time. As a project run by young people, we believe that it is important for all teens to have someone they can go to, no matter how small the issue!

Our confidential chatline Teen Talk is designed for teens to call for a quick chat, simply someone to talk to, or even some revision advice, particularly as online schooling can be extremely challenging.

If you are a teen living in the South West and would like to get in contact, please call us on the number listed below. Our opening times are Monday-Friday 4pm-8pm.

# 01752 270024

Please note that not all calls to this number are free, if you are concerned that your telephone provider will charge you basic rate for calling 01 numbers, do not worry as you can still contact us by sending an email ([teentalksouthwest@gmail.com](mailto:teentalksouthwest@gmail.com)) or messaging our Facebook page with your details and we will call you back!



### Turning Heads

have been given a grant by the Torbay Development Community Trust to develop a short and

interactive cooking skills programme

for young people in Torbay as we move out of lockdown.

The grant is to produce a 10-week programme, called Imagine This, consisting of cooking videos, recipes and easy-read guides to help provide a resource for young people of all abilities to access in the time between now and returning to school or college in September.

Find out more here:

<https://www.turningheads.org.uk/imagine-this/>



### Text a School Nurse

If a child is aged between 11-19 years old and feel they would like to share their concerns relating to bullying, drugs, smoking, relationships, self-harm, mental health or any

concerns they may have they can text a school nurse who can offer help on 07520 631 722  
For other age groups text 07520 631 721

### childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

Childline have created a web page that provides calming techniques,

exercises, games and videos for young people to help them feel better when they feel anxious, scared or sad. Have a look here:

[https://www.childline.org.uk/toolbox/calm-zone?utm\\_source=Facebook&utm\\_medium=social&utm\\_campaign=SocialSignIn](https://www.childline.org.uk/toolbox/calm-zone?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn)



### Information from

Babcock LPD, please see below:

### Communication &

### Interaction Team Remodelling Consultation

As you may all appreciate the ongoing COVID-19 crisis is impacting on all aspects of school life for students, parents, staff and wider professionals. Babcock will continue development planning during the remainder of this term and into the new academic year:

- Processing and responding to the consultation survey
- Planning for an Autumn term (October half term proposal) roll out of C&I advisory locality clinics (pending schools CV19 status, regulations and guidance)
- Outlining the process and format of advisory locality clinics:
  - Venues/dates
  - Booking system
  - Expectation on staff attending (case evidence and preparation)
  - Reporting

- Exploring audio/video options for remote guidance/advice access to advisory clinics as physical attendance and facilitation is likely to remain a potential concern into the new academic? *Virtual engagement may be the preferred option for many in the new 'normal'?*
- All C&I referrals received this term continue to be processed fortnightly:
  - Where specialist support identified, a team member has/will be in contact to arrange a visit (pending school RA's and students attendance)
  - Where targeted support identified, they are held for booking into our new proposed advisory clinics (letter sent to setting) Babcock will provide these development updates:
- Direct to SENCo email inboxes
- Babcock LDP website

Thank you for your understanding during this phase, and a massive well done for continuing to provide a safe, engaging and enjoyable experience to your students during these very different and difficult times. The enormous efforts and achievements by education during this period has been acknowledged widely across all agencies.

Babcock's team of C&I advisory staff remain fully available for contact during this period, so please don't hesitate to contact them should you need guidance/advice to best support your students and families.

Babcock's CV19 C&I webpage also contains many weekly themes that may be of benefit to your setting staff and parents/carers during these very different times, whilst many CYP remain at home:

<https://www.babcockldp.co.uk/campaigns/coronavirus-support-for-schools-parents-and-pupils/links-for-home-schooling-resources-and-activities/communication-and-interaction>

Babcock are also hosting a summer (July-Aug) Cygnet autism awareness programme for parents/carers, and for the very first time this is now available to those families with a child on the autism assessment pathway. Full details available at:

<https://www.babcockldp.co.uk/disadvantaged-vulnerable-learners/send/communication-and-interaction/parents-and-carers/cygnet-parent-autism-awareness-programme-july-august-2020> For any further information please contact: [paul.lamanna@babcockinternational.com](mailto:paul.lamanna@babcockinternational.com)



**Babcock LDP** and Children and Family Health Devon have made number of resources for

parents/carers and professionals to support children and young people with speech, language and communication needs. These are constantly being updated. For the latest publication from Babcock LDP please visit

<https://www.babcockldp.co.uk/campaigns/coronavirus-support-for-schools-parents-and-pupils/links-for-home-schooling-resources-and-activities/communication-and-interaction>



Week 10 theme 'Supporting back to school transition'

<https://www.babcockldp.co.uk/campaigns/coronavirus-support-for-schools-parents-and-pupils/links-for-home-schooling-resources-and-activities/communication-and-interaction>



### Devon SEND

Please see below a resource that has been shared via the DCC

SEND newsletter.

### [Advice on dealing with anxiety when returning to school](#)

Resources are available to help parents deal with any potential feelings of apprehension and anxiety that children may experience on returning to school.

### Devon Family Advice Line



- Are you arguing more often with your partner?
  - Are you struggling to agree about arrangements for your children with your ex?
  - Are your children driving you mad?
  - Is discipline becoming a problem in your house?
- 01392 949059**
- Do you need someone to talk to?
  - Someone to offer impartial advice and support?
  - Do you need to find an agency who might be able to help you?
  - Help and advice is just a phone call away

An experienced Family Support Worker will be available to talk to you Monday to Friday from 10 – 2pm. Or you can leave a message and your contact details outside these hours and we will

get back to you. Exeter Community Initiatives Registered address: 148-149 Fore Street Exeter EX4 3AN 01392 205800 [www.eci.org.uk](http://www.eci.org.uk) Registered Charity: 1026229 Registered Company: 284487





## Child Mind Institute

“Will my child bounce back from the Coronavirus Crisis?”

With several months of the coronavirus crisis behind us and more uncertainty and stress ahead, life is tough right now for kids of all ages. Many parents seeing their children experiencing anxiety, sadness and behaviour challenges are wondering how all of this will affect kids in the long term.

To find out more go to:

<https://childmind.org/article/will-my-child-bounce-back-from-the-coronavirus-crisis/>

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## The Toy Library

run by Honeylands Charity is no longer sited at the Honeylands

Children's Assessment Centre.

We will keep you informed as and when we receive updates regarding this service.

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## New face covering journey assistance cards

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.

Once you've filled in the application form, Stagecoach will email you a card that you can save to your phone and show to the driver when you get on the bus – or you can download and print your card. If you don't have a smartphone or printer, [please contact your local team](#) and they'll arrange for a printed card to be sent to you.

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## Lifeworks

Lifeworks Safe Space – a new web-based platform for Lifeworks Service Users to connect with their friends, learn new skills and try something new. If you are interested and would like to find out more please email: [communityprojects@lifeworks-uk.org](mailto:communityprojects@lifeworks-uk.org)

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## Time for You – Zoom Groups

There's still the chance to join this free supportive zoom group for Mums of children with additional needs. First session now 8th July. If you think this could be for you or someone you know do get in touch by: Email [jo@mums4achange.org](mailto:jo@mums4achange.org) or have a look at the [attached poster](#).

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## Children and Family Health Devon

For an update on COVID and the service CFHD offer please go to the website for information:

<https://childrenandfamilyhealthdevon.nhs.uk/#toggle-id-1-closed>

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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/>

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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>

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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**

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**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.*

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