

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

9th July 2020



Small grants scheme for disabled children

If you're a provider of a service for children and young people with special education needs and disabilities (SEND), Devon County Council are inviting applications to their small grants scheme for financial support so that activities can run over the summer holiday.

To find out more go to:

<https://www.devon.gov.uk/educationandfamilies/archives/9952>



Young Carers

wish to promote their advisory service to young carers, offering them a space

to ask questions, feel they are being listened to and if required to offer support, enabling them to have the opportunity to consider their own personal questions, anxieties or worries.

If you would like more information the contact details are

email: youngcarers@devoncarers.org.uk

telephone: 03456 434 435

website: www.devoncarers.org.uk



Ambitious about Autism

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know that families living

with autism are continuing to struggle at this challenging time.

To support you, they have developed autism-specific information on their new Coronavirus and Autism support section, to find out more go to:

<https://bit.ly/2X6AqNx>



“Shielding guidance to ease for clinically vulnerable”

The government has announced a two-phased easing of the shielding restrictions as coronavirus (COVID-19) infection rates continue to fall.

Thousands of clinically vulnerable Devon residents have been told they can spend more time outside their homes and see more people from today, Monday 6 July.

And unless there's a significant rise in coronavirus (COVID-19) cases, the government has said they expect to pause the shielding

programme on 31 July, including the delivery of food parcels and medicine.

DCC understand that some vulnerable residents may be anxious about stepping outside again and adjusting to the changes.

Local support will continue with district councils helping arrange independent food deliveries and prescription collections through trusted charities, registered volunteers, community groups and supermarkets with priority delivery slots

Advice is also available about financial support, transport to medical appointments and combatting loneliness. For more details go to:

<https://www.devon.gov.uk/coronavirus-advice-in-devon/document/do-you-need-help/#section-2>



New guidance is available to help you understand the latest changes to the lockdown restrictions that came into effect on Saturday 4

July.

The government has set out its plan to return life to as near normal as possible, for as many people as possible and as quickly and fairly as possible in order to safeguard livelihoods, but in a way that continues to protect our communities and the NHS. For more details on what you can and can't do go to: https://www.dcfp.org.uk/covid-cannot-0407/?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn



Libraries will begin to reopen with a limited number of services from Monday 6 July.

Four libraries, Braunton, Chudleigh and Honiton in Devon and Brixham in Torbay, will reopen from Monday 6 July as pilot libraries with public access to choose books from the shelves and use the computer facilities.

Libraries Unlimited has information about what to expect at their pilot libraries on their website:

<https://www.librariesunlimited.org.uk/news/our-phased-return-to-libraries-starts-monday-6th-july/>

Most other libraries will offer a new free 'choose and collect' service by telephone or email so you can select your books or DVDs and collect them from the library entrance at a pre-arranged time.



Devon Information Advice & Support

(DiAS) Ambassador Volunteer training (online)
Tuesday, 14th July 2020 from 19:00-22:00 The aim of this training is to prepare volunteers who would like to be a link in their own community. The Ambassador Volunteer will help parents become informed, know how to access Devon Information Advice and Support services (DiAS) and have their voice heard.

By the end of the day you will have:

* An understanding of the Ambassador Volunteer project, how the Ambassador Volunteer role works as a link between parent/ carers- the Parent Carer Forum Devon and SEND local offer services to influence change for children with SEND.

* A greater awareness of DiAS services and how parent/ carers can access information advice and support for children with SEND.

* An understanding around the key principles of volunteering

Book your tickets at:

<https://www.eventbrite.com/e/ambassador-volunteer-induction-training-tickets-111859157752>

contact For families with disabled children

As many of you are aware, in light

of the CV-19 pandemic, Contact have been adapting their support offer for families. They've adapted their workshops to online options so that families can continue to connect with each other and gain useful information and advice at the same time. They have also set up new, "Listening Ear" 1-1 confidential phone appointments with their family support advisers for parents who would like to talk to someone for reassurance and practical and emotional support at this time.

These are all FREE for families and Contact are listing the Workshop dates and "Listening Ear" appointments on their website so if you know a family who may benefit from either of these options please do tell them where to book on.

Workshops

<https://www.contact.org.uk/about-us/family-workshops/>

Listening Ear

[https://www.contact.org.uk/news-and-blogs/introducing-our-new-1-1-listening-ear-service-\(1\)/](https://www.contact.org.uk/news-and-blogs/introducing-our-new-1-1-listening-ear-service-(1)/)

COVID -19 Information Pages

<https://www.contact.org.uk/advice-and-support/covid-19/>



Devon County Council -

DCC is consulting on establishing

a new **Special Free School**. A new Special Needs School is proposed to meet the growing demand for places with provision for 80-100 pupils with social, emotional and mental health/autistic spectrum needs being proposed. The proposed location has yet to be identified but we are exploring sites located along the M5 corridor from Tiverton/Cullompton down towards Totnes. At the present time there is also potential focus on a site in Okehampton where there is a high demand for special needs provision.

A full specification will be available as the project progresses but if you have any views on this provision, the potential site, or are a proposer who would be interested in such provision, please email: schoolconsultations@devon.gov.uk by 18 September 2020



Nip in the Bud

The charity Nip in the Bud has produced a short film and a fact sheet to help parents and teachers deal with any potential feelings of apprehension and anxiety that children may experience on returning to school.

In the film, Dr Jess Richardson, Principal Clinical Psychologist, National & Specialist CAMHS and Maudsley give important and straightforward advice about potential issues and coping strategies that can help to combat those worries.

<http://soc.devon.cc/IVra0>



The Reading Agency are planning a day of 'Family Reading' on July 16th when mums and dads are asked to read with their children. To find out more go to:

<https://readingagency.org.uk/news/>



Lifeworks – Safe Space

A new web-based platform for Lifeworks Service Users to connect with their friends, learn new skills and try something new.

The site is moderated by Lifeworks Community Projects team at designated times 6 days a week. Inside Safe-Space you'll find a range of activities and resources to help you:

- Connect with other people
- Be physically active
- Learn new skills
- Give to others
- Pay attention to the present moment (mindfulness)

To find out more see the attached poster



The Ambassador Volunteer Project now have an active webpage, follow to find up-to-date

information.

<https://www.devonias.org.uk/about-us/the-ambassador-volunteer-project/>



The Communication and Interaction Team have published a new set of

resources titled 'Supporting engagement in the community'. These resources, along with the previous 10 themes are aimed at supporting professionals, parents/carers as well as children and young people. Please do take a look:

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

In addition, the Cygnet Programme (Parent/carer autism awareness course) is now also open to parents/carers of children on the autism assessment pathway waiting list and will be running during July and August. Please click on the link below for more information.

<https://www.babcockldp.co.uk/disadvantaged-vulnerable-learners/send/communication-and-interaction/parents-and-carers/cygnet-parent-autism-awareness-programme-july-august-2020>



EHCP Reviews using the EHC Hub

Devon's EHC Hub is now being used by a wide range of settings to plan in Education, Health and Care Plans (EHCPs) for the autumn term.

Devon County Council have published guidance to support settings, parents, carers and professionals. To find out more go to:

https://www.devon.gov.uk/educationandfamilies/archives/9928?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn



HOPE online

Do you want to enhance your resilience through these difficult times, rediscover strengths and increase your ability to cope? Managing a long-term illness (whether it be your physical or mental health) can be stressful, tiring and incredibly lonely at the best of times. If you're currently self-isolating and trying to cope, let the team introduce you to the Digital HOPE Programme. The online version of the six-week course provides digital support for people with a long-term condition, helping them to cope better, feel more in control and be more resilient. They are looking to support people with a range of long-term conditions.

The course will last for six weeks and is FREE to enrol on to. They ask that you commit to a minimum of 2 hours per week, at a time that suits you, and you have access to the internet via Smartphone, Tablet or PC.

There are two online versions of The HOPE Programme available in Devon. To find out more go to:

https://www.torbayandsouthdevon.nhs.uk/services/hope-programme/book-onto-a-hope-course/?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn



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 and give as much information as you can.

<https://www.devon.gov.uk/educationandfamilies/child-protection>



Devon Carers

Do you have trouble sleeping? Devon Carers new Online Sleep Workshop on Zoom will enable carers who are looking to improve the quality of their sleep patterns, chat through related issues with other carers and find solutions together.

This workshop will be held online on Zoom on Tuesday 28th July 11 am-1 pm. Spaces are limited, please book your place by emailing sally.radcliffe@devoncarers.org.uk



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/>

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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