

# SIGNPOSTplus Information Snippets

## Northern Devon and Surrounding Areas

### 24<sup>th</sup> September 2020



**Children & Family Health Devon Speech & Language Team** have launched two new Facebook pages – one for pre-school aged children and one for school aged children. Like the pages for hints & tips, fun & practical ideas on how to develop child's speech and language skills.

<https://www.facebook.com/cfhdpreschoolst/>

<https://www.facebook.com/Devon-School-Age-Speech-Language-Therapy-107022904440340/>

Not sure what to do when your child is unwell?

Download the free HANDi Paediatric app and get expert advice for common childhood illnesses.

Available on the App Store and Google Play.

Developed by NHS organisations in Devon, the **HANDi Paediatric app** is available to download for free onto any Apple or Android smartphone or tablet. Find out more here:

<https://devonccg.nhs.uk/health-services/children-and-young-people/handi-app>

**Now Extended!**

## Virtual Time Capsule Competition

Tell us what you'd put in a time capsule to remember 2020:

- What have you enjoyed?
- What hasn't been so great?
- What have you learned?

The best entry will win a **£25 Amazon voucher!**

**Send us your artwork, poems, stories... anything! Get creative - we want to hear YOUR voice!**

Entries to: [sendlocaloffer@devon.gov.uk](mailto:sendlocaloffer@devon.gov.uk)

**CLOSING DATE EXTENDED:**  
**OCTOBER 23rd**

Open to anyone aged 0-25 with SEND  
All entries may be used online and in Devon County Council publicity  
Personal details will be kept private if requested

Open to anyone 0-25 with SEND  
Submit entries to: [sendlocaloffer@devon.gov.uk](mailto:sendlocaloffer@devon.gov.uk)



### Babcock Cygnet Parent Autism Awareness Courses.

Babcock have negotiated and agreed access to the Cygnet courses for families of Children and Young People who are currently on the Autism Assessment Pathway, in addition to families of Children and Young People who have received and autism diagnosis.

The programme is for parents/carers of children aged between 7 and 18. Babcock LDP as licensed trainers will be offering access to this programme online during this Autumn Term period, as hosting their usual parent autism awareness programme is not physically possible at this time due to CV19 restrictions. There will be 6 weekly sessions (approx. 2hrs each) related to the following topic/themes:

No.	Topic	Release date
1	Introduction	Mon 2 <sup>nd</sup> Nov
2	Autism overview	Mon 9 <sup>th</sup> Nov
3	Sensory	Mon 16 <sup>th</sup> Nov
4	Communication	Mon 23 <sup>rd</sup> Nov
5	Understanding behaviour	Mon 30 <sup>th</sup> Nov
6	Supporting behaviour	Mon 7 <sup>th</sup> Dec

To access the programme email: [LDP-LearnerSupport@babcockinternational.com](mailto:LDP-LearnerSupport@babcockinternational.com)  
You will be asked to complete a Reply Slip to confirm details.



### Bis-net Upcoming Autism Specific Webinars.....

**Autism - The Basics.** Designed for parents and professionals as a starting point for understanding Autism. Friday 25<sup>th</sup> September, 11am-12pm. Tickets £5.98.

**Bedtime & Sleep.** Monday 28<sup>th</sup> September, 4.30pm-5.30pm. Tickets £5.98.

**Technology and screens.** Thursday 1<sup>st</sup> October, 4.30pm-5.30pm. Tickets £5.98.

**Siblings.** Monday 12<sup>th</sup> October, 11am-12pm. Tickets £5.98.

**Self Injury and Suicidal Thoughts.** Thursday 15<sup>th</sup> October, 4.30pm-5.30pm. Tickets £5.98.

Find out more about any of the courses above and book tickets here:

<https://www.eventbrite.co.uk/o/ceda-6400231187>



## Disabled Children's Partnership – Back to School Poll.

What's the return to school or college been like? The DCP are asking you to take 5 minutes to complete their poll. The Disabled Children's Partnership is a major coalition of more than 70 charities, campaigning to improve health and social care for children with disabilities and additional needs. The results of the survey will be used anonymously to challenge the inequalities and discrimination families face and to support a media campaign. They will only use your individual answers if we have your explicit permission to do so. The deadline is 9am on Monday 5<sup>th</sup> October 2020. Read the full article and complete the survey here:

<https://www.surveymonkey.co.uk/r/DCPBacktoSchool>



Carers UK has launched a survey to capture how the

coronavirus pandemic continues to have an impact on carers' lives.

Your responses to this survey will enable Carers UK to provide comprehensive evidence of what carers are experiencing as part of their ongoing work to influence Government decision making, highlight carers' experiences in the media and ensure that their advice and information resources are appropriate for carers' needs.

Please note that this survey is only for unpaid carers (or former carers) who are looking after a disabled, older, or seriously ill relative or friend. The survey closes on Sunday 27<sup>th</sup> September.

Please click on the link below to read the full article and complete the survey: <http://surveymonkey.co.uk/r/CX8KPYS>



## YoungMinds -Supporting your Child with Gaming.

Information and advice to help you and your family create a healthy culture around gaming, and to help you support your child if they're struggling.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gaming/>



## Ambitious About Autism

Autistic meltdowns and shutdowns are two very

different things but often get confused. Ambitious About Autism Youth Patrons have put together a short video explaining what a shutdown is, how it affects them and what you can do to help. Watch the video here: <http://bit.ly/3mf6Ror>



Learn Devon is running 100s of free tutor-led online courses for Devon residents.

Subjects range from art and craft, wellbeing, creative writing to family learning, digital skills, employability and much more.

Whether you're looking to increase your wellbeing, combat social isolation, improve your job prospects and skills or just looking for something to do with your family and friends there is something for everyone. Browse the courses and enrol here:

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



## Child Brain Injury Trust - Understanding and Managing Behaviour Webinar.

A short webinar reviewing the common areas of difficulty following childhood ABI focusing on Behaviour – Helping children with challenging behaviour, and their families, after brain injury. CBIT have an extensive library of past webinars available on demand. They have recorded all of their previous Live E-learning webinars for you to view whenever is convenient like their live sessions, these are offered without charge. Simply book a session and CBIT will send you the link to view. See the full range available here:

<https://childbraininjurytrust.org.uk/how-we-help/e-learning-library/>



**YoungSibs – Siblings and Sleep.** This month's spotlight is on sleep when a child has a sibling with a disability. YoungSibs are working with [The Children's Sleep Charity](#) this [Sleeptember](#) as they know that being able to sleep well makes children feel more able to cope with things at home and at school. However, siblings tell YoungSibs that sometimes they don't sleep well because they share a room with their brother or sister who keeps them awake at night. Read some top tips on getting a good night's sleep on the YoungSibs website here:

<https://www.youngsibs.org.uk/siblings-and-sleep-2/>



**ERIC - Brand new animation all about poo!** ERIC gets hundreds of calls to their helpline every year about constipation – so they decided to make an animated film which

answers the most commonly asked questions - how spot constipation and how it should be treated. Click on the link to watch 'Pooper Highway'

[here](#)

## Save the Date..... Upcoming National Events:



### Bullying UK - Anti-bullying Week 2020

is being held between the 16th and 20th November and is organised by [Anti-Bullying Alliance](#). This year the theme is 'United Against Bullying'. Follow the events on social media using #antibullyingweek and #abw20. You can use any of the free [anti-bullying week resources](#), which include downloadable posters, flash cards, debate activity, comic strips and problem pages to use in the classroom. There are also presentations, interactive anti-bullying videos, posters and more. For the younger crowd they have superhero masks that can be decorated. All of the resources are free of charge to download. <https://www.bullying.co.uk/anti-bullying-week/anti-bullying-week-2020/>



### No Pens Wednesday – Putting Spoken Language in the Spotlight 25<sup>th</sup> November 2020

No Pens Day Wednesday is an annual day of speaking and listening activities that takes place in schools and education settings across the Country. Visit the ICAN website for further information and free resources for planning your own No Pens Day Wednesday this November: <https://ican.org.uk/no-pens-day-wednesday/>

## 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**

## We always welcome feedback.....

Let the SIGNPOSTplus team know if you have any opinions on what works and what doesn't work with our information sharing. If you have any ideas for improvements or if you have anything else you would like to share email [amandasmithson@nhs.net](mailto:amandasmithson@nhs.net)



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 [SIGNPOSTplus 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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