

# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 30th September 2020



#### 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](mailto:kris.taylor@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/>



#### Dangerous Dads

Calling all dads and male carers (step dads, uncles, grandads...) come meet other dads, make new friends, enjoy fun FREE activities with your children on Saturdays and

discuss the challenges and successes of being a dad at the Tuesday Conversation Cafes– a safe space to talk all things dad & eat pizza. The next event will involve Dads spending the afternoon using a large press to make apple juice (which can be turned into cider for the Dads) hands-on activity in the woods, wear old clothes- it will get messy, watch out for wasps and bring a load of empty bottles to take your juice home with you.

**Where?** Ham Woods, park/meet at Ham House PL2 2HP

**Who?** For children over 5 and their Dads/Father figures (we have other events for younger) Please book your FREE place through [info@dangerousdads.org.uk](mailto:info@dangerousdads.org.uk) or call/text 07934739098.

For more details see attached poster



We build better family lives together

#### 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/>



#### Devon Speech and Language Therapy Service

Although the September 2020 dates have passed future dates are available

### An exciting pilot project is being launched in September by Children and Family Health Devon's Speech and Language Therapy Service

#### What?

A virtual drop in for parents of children under 2 and professionals who are concerned about their speech, language and communication development. This will be delivered via the 'attend anywhere' platform. The Speech and Language Therapist will spend up to 10 minutes listening to the parents'/professional's concerns, asking questions and observing how the child and parent/s communicate and interact.

#### All families will be given advice and/or ideas to try at home.

For some children, it will be recommended that they are referred to the Speech and Language Therapy service for a more detailed assessment. Professionals with concerns about the SLC development of children under 2 should ensure that the child and family remain anonymous when sharing their concerns via the drop in service

#### When?

10am till 12pm on the following dates:  
15th and 29th September  
13th and 27th October  
10th and 24th November  
8th December

#### How?

1. Log onto <https://nhs.vc/tsdf-cfhd-child-speech-lang>
2. Sign in using the code "Drop In"
3. The Therapist will see that you are in the waiting area and will join the video room when they are ready



## Action for Children

There's a lot of uncertainty surrounding Coronavirus at the moment - are we heading for a second wave? Will there be another lockdown? What does everything mean for you and your family?

Action for Children's parenting experts have tips for helping you feel better prepared if there's a local or national lockdown.

For more information go to:

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



## EHC plan reviews and the EHC online Hub

Devon County Council SEN 0-

25 team will now be doing most EHC plan reviews through Devon's online EHC Hub. When you are invited to an ECHP Review you will also receive an invitation to register for the Hub. You will get this by e-mail. If you do not receive this, please check your junk and spam mailboxes. By registering on the EHC Hub you will be able to;

- Download and view a copy of the current plan for your child or young person
- Accept/decline invitations to review meetings
- Access any reports or advice submitted as part of a review
- Share your views ahead of the meeting

Find out more and download the full SEN 0-25 guidance here: <http://soc.devon.cc/n5CUo>



## Parent event: What is Developmental Language Disorder?

Wednesday, 14th October 2020, Online (virtual session) from 13:30 – 15:00

Does your child have language and literacy difficulties? Developmental Language Disorder (DLD) affects 7-10% of children, causing them to struggle in their learning of oral language as well as impacting on their literacy development.

If you would like to learn more about DLD, and language needs in general, including how to support your child at home and how to access further information, please join the team for this free, annual training event taking place in recognition of National DLD Awareness Day.

This year the session will be virtual.

An advisory teacher and a speech and language therapist from the Communication and Interaction Team will lead this informal session. There will also be an opportunity for questions.

To book your free place, contact: Sue Vanstone [sue.vanstone@babcockinternational.com](mailto:sue.vanstone@babcockinternational.com)



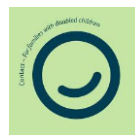
## Sunshine Support - The stress relief giraffe.

A great visual, and for those who don't like verbal instructions it's a great tool. A lovely activity to do together to explore all these feelings and emotions too!

**THE STRESS RELIEF GIRAFFE**

OUT OF CONTROL	WHAT YOUR CHILD CAN DO:
SCARED OF LOSING CONTROL	<ul style="list-style-type: none"> <li>• Calm breathing exercises</li> <li>• Use visualisation meditation techniques</li> </ul>
NERVOUS	<ul style="list-style-type: none"> <li>• Body tightening exercises (progressive muscle relaxation)</li> <li>• Sigh to become fully present in the moment</li> <li>• Practice music therapy</li> </ul>
UNSURE	<ul style="list-style-type: none"> <li>• Change location / surroundings</li> <li>• Use a stress ball / fidget toy</li> <li>• Give themselves a 10-second hug to boost their mood</li> <li>• Colour, draw, write, craft, etc.</li> <li>• Practice positive self-talk / words of affirmation</li> <li>• Exercise</li> <li>• Go outside</li> </ul>
CALM	<ul style="list-style-type: none"> <li>• Play</li> <li>• Hydrate with water</li> </ul>

CAMHS



## Contact - For families with disabled children

Contact helpline advisers are ready to help with any concerns or worries you might have about your family.

Call their freephone helpline on 0808 808 3555. Open Monday-Friday, 9.30am-5pm.



## Council for Disabled Children

FLARE, the young people's advisory group supported by the Council for Disabled Children, are a group of 13 - 25 year olds from across England. Each member is passionate about ensuring disabled children and young people, and those with special educational needs, have an equal say in issues and decisions that affect them and their families.

With virtual engagement increasing to reflect the needs and development of participation, FLARE have created their top tips for professionals who are communicating online with children and young people.

View their video and download their Top Tips document below to hear from them what you can do. <https://bit.ly/2Y3i4gC>



## Babcock-Speech and language Training

Thursday, 1st October 2020

ONLINE DELIVERY of 90-minute session (9.30-11a.m)

**Module 1:** Understanding and Identifying SLCN £40

This session will:

- provide an overview of SLCN and development
- support planning and inclusive teaching for pupils with SLCN
- raise awareness of screening tools for SLCN and help staff to measure progress in language and communication
- increase understanding of the links between language and literacy

Thursday, 12th November 2020 ONLINE DELIVERY of 90-minute session (9.30-11a.m)

**Module 2:** High quality, universal provision £40

This session will:

- Explore the research and best practice on how to design the learning environment, language learning opportunities and teacher talk to improve attainment and well-being
- Increase the use strategies for effective High-Quality Teaching
- Consider strategies for the teaching of Oracy skills in the classroom

For more details go to:

**Mod 1:**

<https://shop.babcockldp.co.uk/events/540f959b-bb4f-4e2b-9fce-fa8d6f7bef2d/SLCN-Module-1-Understanding-and-Identifying-SLCN-virtual-event>

**Mod 2:**

<https://shop.babcockldp.co.uk/events/7abec98c-ddb3-41d6-bb86-feef1928df8a/SLCN-Module-2-Universal-provision-for-SLCN-virtual-event>



### Devon County Council

Guide to getting an assessment and

accessing support from the Disabled Children's Service. Devon County Council's Disabled Children's Service (DCS) offers advice, support and practical help to families who have a disabled child or young person. They use eligibility criteria to decide whether you are likely to need support. The type of support you could get will depend on your individual needs, which they identify through an assessment.

This new guide explains the eligibility criteria, how it is applied and how the assessment process works. <http://soc.devon.cc/76gsk>



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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**



**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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