

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

1st October 2020



Children & Family Health Devon have a range of Facebook pages for you to Like and Follow for up-to-date information, advice, hints & tips and much more.....

SIGNPOSTplus – Information about the local and national services and support available to you and your child:

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

Speech & Language Team - Two Facebook pages – one for pre-school aged children and one for school aged children with hints & tips, fun & practical ideas on how to develop child's speech and language skills:

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

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

Autism Assessment Team - For parents who have a child diagnosed with autism or who are on the autism pathway:

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

Children's Learning Disability Team – For people who are supporting a child or young person who has a learning disability:

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



Devon's EHC (Education, Health and Care) Hub

Following feedback from

parents, carers, professionals, children and young people the way Devon reviews EHC (Education, Health and Care) plans has been improved. Most reviews will now take place through Devon's online EHC Hub.

Read the full article and find out how to access the EHC Hub here:

<https://www.devon.gov.uk/educationandfamilies/archives/10320>



Parent Event: What is Developmental Language Disorder?

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 us for this free, annual training event taking place in recognition of National DLD Awareness Day. This year our 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.

Wednesday, 14th October 2020 Online (virtual session) 1.30pm-3pm.

To book your free place, please contact Sue Vanstone:

sue.vanstone@babcockinternational.com



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

Technology and screens. Thursday 1st October, 4.30pm-5.30pm. Tickets £5.98.

Siblings. Monday 12th October, 11am-12pm. Tickets £5.98.

Self-Injury and Suicidal Thoughts. Thursday 15th October, 4.30pm-5.30pm. Tickets £5.98.

Autism and a PDA Profile. Monday 19th October, 1pm-3pm. Tickets £9.21.

Autism and a PDA Profile – Advanced Webinar. Tuesday 20th October, 1pm-4pm. Tickets £11.37.

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

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



DiAS - The Ambassador Volunteer project update.....



"Here we are post lockdown - what has been happening?"

The Ambassador Volunteer project connects parents and carers of children with SEND within their own communities and more widely into a network across Devon. We have 33 trained Ambassador Volunteers; 23 Ambassador Volunteers have been active during lockdown!

We welcomed 8 new Ambassador Volunteers during the summer holidays.

Many Ambassador Volunteers have been working hard within their networks during lockdown with virtual groups running in Honiton, Okehampton and Barnstaple."

If you would like to know more please visit:

<http://soc.devon.cc/24i9d> or email:

megan.kenneallystone@devon.gov.uk



YoungMinds library offers information on a variety of mental

health issues from school problems to mental illness in families. Publications are free to download with printed versions

available at a small cost:

<https://youngminds.org.uk/shop/publications/c-23/c-70/>



Ambitious about Autism

Ambitious About Autism – Meltdowns. Watch

Ambitious about Autism's

Youth Patrons explain what a meltdown is and how to support someone when it happens:

<https://www.youtube.com/watch?v=zseDI1V-BqU>



Pathological Demand Avoidance
Part of the Autism Spectrum

PDA Society - Sign Up for Monthly Newsletter

The PDA Society is launching a new monthly email newsletter service. If you'd like to get details of the latest

- news
- resources
- and events

relating to PDA each month in your in-box, please subscribe using the form on the website here:

<https://www.pdasociety.org.uk/pda-society-newsletter/>



Fragile X Society Online Q&A Event Saturday 10th

October, 10am. Find out more and register here:

<https://www.fragilex.org.uk/fragile-x-online-ga-event-2020>



Contact – Free Online Workshops for Parents with Disabled Children and SEN.

Courses include; Money Matters, Encouraging Positive Behaviour, Wellbeing for Parents, Sleep, Sensory Processing and many more - with new dates added frequently:

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



Challenging Behaviour Foundation Newsletter.

The latest CBF newsletter is now available to read and download here:

<https://www.challengingbehaviour.org.uk/learning-disability-assets/summernewsletter2020.pdf>

To sign up to receive future newsletters direct to your mailbox you can contact the CBF and they will add you to their mailing list:

<https://www.challengingbehaviour.org.uk/information/cbf-newsletters.html>



YoungSibs 'School Life'

A dedicated section on the YoungSibs website for when things get hard at school because of what is happening at home. With hints and tips around; getting homework done, tiredness, bullying and much more: <https://www.yongsibs.org.uk/info-and-advice/school-life/>



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>



Free Parking for Carers at North Devon District Hospital.

The Patient Experience Matron, Deputy Chief Nurse and Facilities Manager are delighted to announce that from today, Thursday 1st October, they are able to provide free parking for carers who are on Devon's Carers Register when the person that they care for is staying in or visiting North Devon District Hospital. Read the full article here: <https://www.northdevonhealth.nhs.uk/2020/10/free-parking-for-carers-from-today-at-north-devon-district-hospital/>

For more information about the alert card please visit Devon Carers:

<https://devoncarers.org.uk/information-and-advice/support-for-me/emergency-planning/alert-card/>

SPACE DISCORD

HOW TO JOIN US ONLINE
MON-FRI FOR AGES 13-19

Download the Discord App and
sign up for an account

On Google Play or the App Store for
free on mobile, or download from
discord.com on your computer - all you
need is an email address.

Fill in this form

Let us know your
username and who
you are.



<https://bit.ly/3kECy98>



Get a virtual tour!

A youth worker will get in touch
with you on Discord to show you
around - and that's it!



SPACE DISCORD



MUSIC MONDAYS
LIVESTREAMS
MUSIC WORKSHOPS
DISCORD BAND



**PERFORMING ARTS
ART WORKSHOPS
CREATIVE WORKSHOPS
ARTS & MEDIA
TUESDAY**



GAMING WEDNESDAYS
MULTI-PLATFORM GAMES
CASUAL GAMES
LEAGUES

MONDAY - FRIDAY
FOR AGES 13 - 19 ONLINE
6PM-9PM



FREE ON PHONE,
TABLET OR PC



**ANIMATION
GAME DESIGN
CODING WORKSHOPS
THURSDAY
NERD NIGHT**



**WORKSHOPS
FUN & GAMES
TRY SOMETHING NEW
MAKE FRIENDS**



**HANG OUT
REPEAT ACTIVITIES
INTERNET CITIZENSHIP
FREE FOR ALL
FRIDAYS**

somewhere to go | something to do | someone to talk to



visit www.spacepsm.org for more information



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



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.

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.



Sign up here:

https://docs.google.com/forms/d/e/1FAIpQLSe41u2s7PCTSF2GQh9rcb_zm7WSQMMCN1uq_WCMY3j1Z7wHzw/viewform