

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Area

17th 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 and for northern snippets send your email to 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/>



Babcock

Cygnets – Parent autism awareness programme (Autumn

2020)

Babcock are delighted to continue their offer of the Cygnets programme online.

The programme is for parents/carers of Devon school children aged between 7 and 18 pre or post diagnosis. Babcock are excited to announce that they have negotiated and agreed access for families of CYP who are currently on the autism assessment pathway, in addition to families of CYP who have received an autism diagnosis.

For full details please **see the attached information sheet.**



The Disabled Children's Service (DCS)

have launched a new e-bulletin to help you stay up to date with the latest news, information and news opportunities available through the service. Sign up to receive the e-bulletin here:

<http://soc.devon.cc/cVE9P>



The Curly Hair Project

Online Courses for Parents, fun, vibrant, visual, e-courses help parents understand their autistic children. To find out more regarding the training for parents visit:

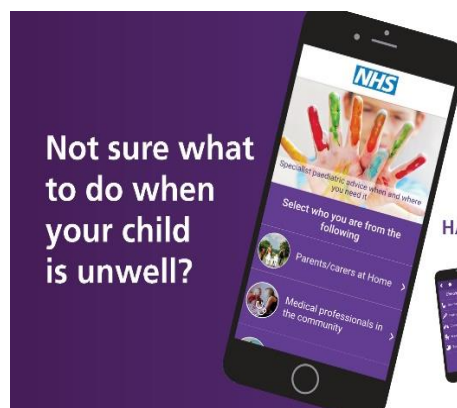
<https://thegirlwiththecurlyhair.co.uk/product/starter-set-for-parents/>



NYAS - National Youth Advocacy Service, but they are known simply as NYAS.

Their advocates can support and listen to you if you feel your wishes and feelings are not being heard by your social worker, carers or anyone else involved in decisions about your care and welfare.

For more details have a look at their webpage: <https://youngpeople.nyas.net/index.php/about-us>



Get expert advice for common childhood illnesses

Download the free **HANDi Paediatric app**

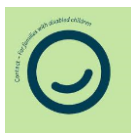


FREE WELLBEING BOARD GAME

Keep healthy, emotionally fit and have a good few giggles with this **FREE** family board game from the Happy Confident Company.

Print out the board game and playing cards at home and get set on a journey of exercises that promote physical and mental wellbeing. Simply sign up to the Happy Confident company and receive your free game

<https://www.happyconfident.com/member.../bee-happy-board-game/>



Contact - For families with disabled children

Check out the Common Questions tool on Contact's website – a quick

way to help you find answers to some of the most frequently asked questions on their helpline:

<http://ow.ly/fHwZ50BiZO4>

Questions are grouped in the following subject areas:

- 1 Your child's education
- 2 Benefits, grants & money
- 3 Support for your family
- 4 Diagnosis & health services



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/9ohml>



Changes to direct payments

Devon County Council has updated their Direct Payment Policy as we come out of lockdown. Changes include the following:

- From 1st September 2020, any excess money will be reclaimed.
- As from 14th September 2020, payment of family members will no longer be allowed. Any family employing family members will need to make other arrangements.
- From 25th August 2020 there will be a limit of £250 per month spend from direct payments on items to support education, exercise and entertainment. Any item purchased must be in line with the child's care plan.

To find out more, visit the DCC webpage and scroll down to 'Policy Amendment (August 2020) following review':

https://www.devon.gov.uk/coronavirus-advice-in-devon/document/childrens-social-care/?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn



Youth Arts & Health Trust

Help with anxiety for children, young people and young adults. Professionally registered arts therapists are offering online sessions, together with a

workbook and arts materials sent to you.

They currently have some fully funded spaces available, open to those in Devon.

For more details go to:

www.youthartsandhealth.org

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

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



Time for you

There is still time to enrol on the Time for YOU supportive 12-week zoom group for Mums of children with additional needs now due to start

next week. **Please see attached flyers for full details.**



SEND Transformation letter

Open Letter from Dawn Stabb to parents and carers regarding the

Transformation Programme for SEND. **Please attached letter for full information**



Information, Advice and Support Services (IASS')

provide free, impartial and confidential information, advice and support to disabled children and young people, and those with SEN from birth to 25, and their parents. IASS' can support children, young people and their parents on a range of issues including: EHC Needs Assessments, Exclusions, SEND tribunals and more.

To find out all of the ways your local IASS can help, watch the animation here:

<http://bit.ly/2nwSZwo>

You can find your local IASS here:

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



Tourettes Action - Festival of Gaming

Tourettes Action is excited to invite you to

join their first Festival of Gaming! They are looking for pro-gamers and amateurs alike to set themselves a gaming challenge and level up their gaming skills for a good cause.

Your challenge could be 100 kills in Call of Duty, 100 Goals in FIFA or 10 Strikes in Wii Bowling, it's up to you. The key is, don't stop until you've finished the challenge.

For more information (and an exciting announcement about someone doing a special livestream for this festival) join the Facebook event here:

<https://www.facebook.com/events/299357214681769/>



Lifeworks

Autumn 2020 Holiday Programme.

There are two holiday bubbles to choose from, **see the attached flyer for full details.**



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IPSEA - EHCP Masterclass: Obtaining a plan

From requesting an EHC needs assessment, through to the information a plan should contain and what to do if you're not happy with the final plan, this training session will help you navigate the system, supporting you to make informed and positive decisions regarding your child's education and getting the right plan in place.

Delivered by a member of the IPSEA Legal Team, the training covers the following topics:

- How to obtain an education, health and care plan
- What should an education, health and care plan look like?
- What information should a plan contain?
- What should I do if I am not happy with the plan?
- How to appeal to the Special Educational Needs and Disability Tribunal.

To find out more go to:

https://www.ipsea.org.uk/Event/ehcp-masterclass-obtaining-a-plan-8-october?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn

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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