

SIGNPOSTplus Information Snippets

Northern Devon and Surrounding Areas

2nd July 2020



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>

Updates from Children and Family Health Devon:

Children & Family Health Devon is working to restore those services which were paused due to COVID-19 (Coronavirus). As part of this process we will need to make some changes to the way that we offer services, in line with government guidelines and the way that many other health services are being provided across the country. First and foremost, most services will be provided either online or by phone. We understand that this may not be appropriate for everybody and requests for 'face to face' appointments will be considered on a case by case basis.

We understand that this may be very different for you and may take some adjustment, but these changes have been made in order to continue to keep you and our staff safe and to continue to follow the [nationally published guidance for community services](#).

Please look at the resources we have added to our website to help and support you during this time. You will also find a weekly round-up of information for families of children with additional needs on [Signpost Plus](#).

If you need to contact us please email us at CFHD.DevonSPA@nhs.net or telephone 03300 245 321.

Child and Adolescent Mental Health Services (CAMHS)

We are continuing to deliver our services to young people and their families during coronavirus – including additional crisis support. We have had to make some temporary changes to the way that we do things, for example in minimising face-to-face contact, but our teams are here to support you. Click [here](#) for more information.

The Toy Library run by Honeylands Charity is no longer sited at the Honeylands Children's Assessment Centre.

We will keep you informed as and when we receive updates regarding this service.

YOUNGMINDS YoungMinds have launched a new web chat facility for parents and carers on their website. If you have any concerns about your child's mental health you can get in touch with a YoungMinds Helpline Advisor: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>



Nip in the Bud – Advice on dealing with anxiety when returning to school

https://nipinthebud.org/tips-for-parents-and-teachers/?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn



BIS-net July Webinars

Autism Specific Webinar - Bedtime and Sleep
Friday 3rd July, 10am-11am. £5.98 per ticket.

Autism Specific Webinar - Siblings
Monday 6th July, 5pm-6pm. £5.98 per ticket.

Autism Specific Webinar-Technology and Screens
Friday 10th July, 10am-11am. £5.98 per ticket.

Autism specific Webinars (above) ticket price includes:-
- Live access to the event and 15 minute Q&A afterwards.
-A link to the recording of the event to watch whenever you choose.
-A pdf hand-out to guide you through implementing the ideas.
-A pdf of the slides used and references.

Reducing Challenging Behaviour in Neuro-diverse Children and Teens Webinar.
Tuesday 21st July, 10am. £13.52 per ticket.

Autism and PDA profile for Professionals Webinar
Friday 24th July, 10am – 12pm. £11.37 per ticket.

Find out more about all of these courses and book a place at: <https://www.eventbrite.co.uk/o/ceda-6400231187>



Kidscape
Help With Bullying

Parent Advice Line

9am - 10am every weekday morning.
8pm - 9pm every weekday evening.
9am - 12pm on Saturdays.

✉ Parentsupport@kidscape.org.uk

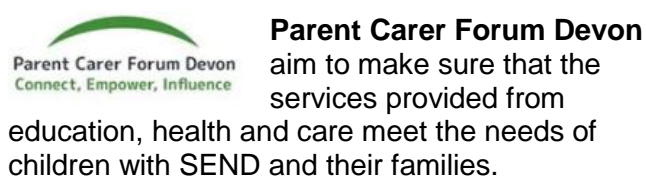
Kidscape Parent Advice Line is available for help and advice including:

- Emotional support for parents and carers
- Advice around how parents can look after themselves and support their children's emotional health and wellbeing at this time - with signposting to more specialist services as needed
- Practical tips for managing as a family
- Signposting to home-education resources

<https://www.kidscape.org.uk/advice/parent-advice-line/>

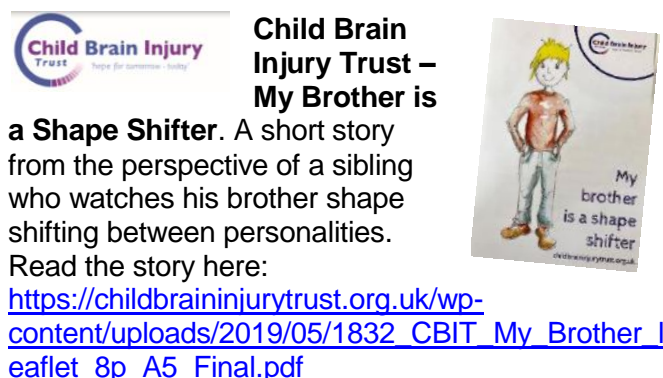


Stagecoach **Stagecoach Journey Assistance Cards** are available for you to use if you need a bit more help when using the bus. They'll make it easier for you to let Stagecoach bus drivers know what extra help you need. Find out about these and the new Face Covering Journey Assistance Cards here: <https://www.stagecoachbus.com/promos-and-offers/national/journey-assistance-cards>

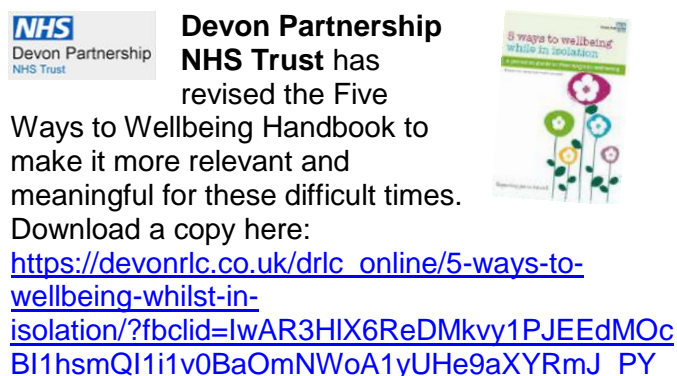


Parent Carer Forum Devon aim to make sure that the services provided from education, health and care meet the needs of children with SEND and their families.

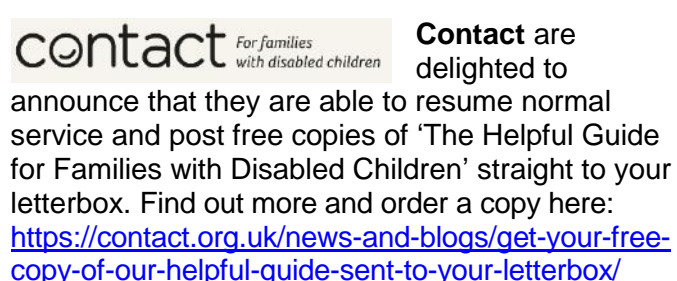
For more information about the work of the PCFD and how you can get involved, take a look at the PCFD newsletter : <http://soc.devon.cc/eqC4V>



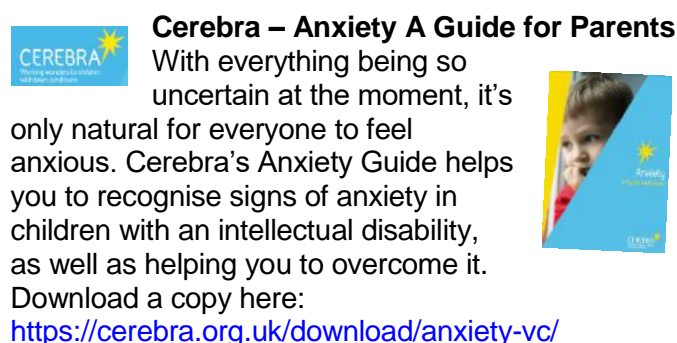
Child Brain Injury Trust **Child Brain Injury Trust – My Brother is a Shape Shifter.** A short story from the perspective of a sibling who watches his brother shape shifting between personalities. Read the story here: https://childbraininjurytrust.org.uk/wp-content/uploads/2019/05/1832_CBIT_My_Brother_1_eaflet_8p_A5_Final.pdf



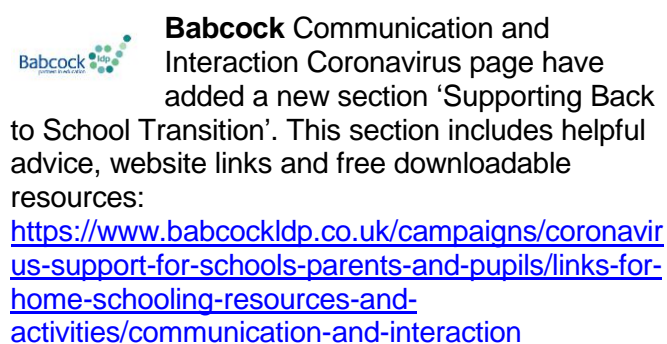
NHS **Devon Partnership NHS Trust** has revised the Five Ways to Wellbeing Handbook to make it more relevant and meaningful for these difficult times. Download a copy here: https://devonrlc.co.uk/drlc_online/5-ways-to-wellbeing-while-in-isolation/?fbclid=IwAR3HIX6ReDMkvy1PJEEedMOcBI1hsmQl1i1v0BaOmNWoaA1yUHe9aXYRmJ_PY



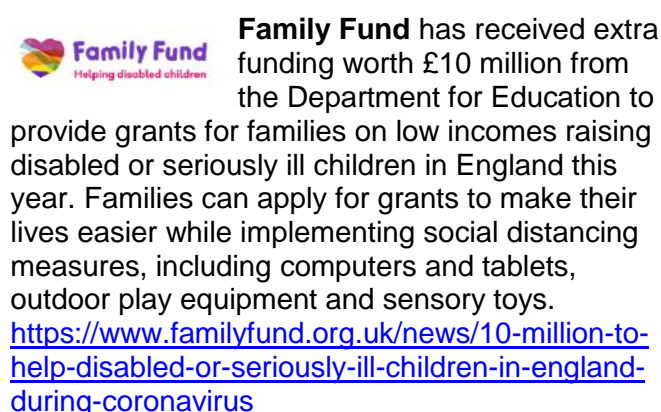
contact For families with disabled children **Contact** are delighted to announce that they are able to resume normal service and post free copies of 'The Helpful Guide for Families with Disabled Children' straight to your letterbox. Find out more and order a copy here: <https://contact.org.uk/news-and-blogs/get-your-free-copy-of-our-helpful-guide-sent-to-your-letterbox/>



Cerebra **Cerebra – Anxiety A Guide for Parents** With everything being so uncertain at the moment, it's only natural for everyone to feel anxious. Cerebra's Anxiety Guide helps you to recognise signs of anxiety in children with an intellectual disability, as well as helping you to overcome it. Download a copy here: <https://cerebra.org.uk/download/anxiety-vc/>



Babcock Communication and Interaction Coronavirus page have added a new section 'Supporting Back to School Transition'. This section includes helpful advice, website links and free downloadable resources: <https://www.babcockldp.co.uk/campaigns/coronavirus-support-for-schools-parents-and-pupils/links-for-home-schooling-resources-and-activities/communication-and-interaction>



Family Fund **Family Fund** has received extra funding worth £10 million from the Department for Education to provide grants for families on low incomes raising disabled or seriously ill children in England this year. Families can apply for grants to make their lives easier while implementing social distancing measures, including computers and tablets, outdoor play equipment and sensory toys. <https://www.familyfund.org.uk/news/10-million-to-help-disabled-or-seriously-ill-children-in-england-during-coronavirus>

More Free Online Activity/Learning Resource Ideas:



WaterAid UK lots of fun activities, games and videos to help children learn about the

importance of clean water and good hygiene.

<https://www.wateraid.org/uk/get-involved/all/families>



National Geographic for Kids.

Learn all about geography and fascinating animals.

<https://kids.nationalgeographic.com/>



Ageas. From Lego challenges to DIY playdough, there are plenty of creative games and activities that you and your family can play at home.

<https://www.ageas.co.uk/solved/your-home/best-creative-activities-for-families-to-do-at-home/>



Switch Zoo. Watch, listen and play games to learn all

about amazing animals: <https://switchzoo.com/>



Barefoot Computing

Fun and creative activities, built by teachers to help you guide your

child through fundamental parts of the computing curriculum without the need for screen time. They include everything you need to get started with activity sheets and accompanying materials:

<https://www.barefootcomputing.org/homelearning>



Royal Academy of Arts. Be inspired by the work of Phyllida Barlow RA and create a sustainable sculpture from reusable

household rubbish. Build it, play around with decoration and then recycle the parts.

<https://www.royalacademy.org.uk/article/family-how-to-make-recycled-sculpture-art-kids-phyllida-barlow-sustainable>



Pawprint Family – A website packed with activities, resources and adventures!

<https://pawprintfamily.com/>

Please also refer to the snippets archive for resource ideas from the last few editions here:

<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**

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.

