SIGNPOSTplus Information Snippets
Southern Devon and Surrounding Area
24th 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/

PDA for Parents & Carers (Online)
Also suitable for Education, Health and Social Care professionals

PDA Society new online PDA courses are suitable for parents, carers and professionals. Three dates have now sold out - tickets are still available for courses starting on 9th and 20th November (£20 Parent/Carer, £40 Professional). Further details and booking via: https://www.pdasociety.org.uk/events/category/training/pda-society-organised/

Children & Family Health Devon
Speech & Language Team have just 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 your child's speech and language skills.
https://www.facebook.com/cfhdpreschoolslt/
https://www.facebook.com/Devon-School-Age-Speech-Language-Therapy-107022904440340/

Cerebra – Toilet Training, A Guide for Parents. Children with brain conditions can sometimes find learning to use the toilet more difficult as the result of their physical, behavioural or sensory differences, as well as the learning difficulties which may also be a part of their condition. Toileting problems can have a number of different causes, this guide offers a range of approaches to help manage and resolve various issues. Download a copy here: https://cerebra.org.uk/download/toilet-training-a-guide-for-parents/

The launch of Down Syndrome Association's new emotional well-being resources could not be timelier. They have spent the last two years working on the innovative new set of resources aimed to support children and adults who have Down's syndrome, and their parents, family and carers.
All the resources are FREE for you to download individually or as a pack and have been produced in collaboration with around 90 people who have Down's syndrome.
Download the pack of resources here
http://bit.ly/EmotionalWellbeingResourcesSuite

Child Mind Institute
Boys can face their own set of gender-based challenges. Here are some ways to help click: Here

Living Paintings - With the help of David Walliams, Living Paintings have selected his best-selling kids' books accessible to blind and partially sighted children. Listen to David share a sneak preview on the website:
https://livingpaintings.org/discoveries/the-wonderful-world-of-walliams?fbclid=IwAR1YeBYwN6Oa_T2p1kw6iMXRVuDVnIt-bP4nOqgseO5zQ09xrqmL89L4sUk

Young Minds - How to make a worry box:
a guide for parents, if your child often feels worried or anxious, and it's upsetting them or making it difficult for them to do other things, creating a worry box together might help. For more details go to:
https://youngminds.org.uk/blog/how-to-make-a-worry-box-a-guide-for-parents/?fbclid=IwAR2nLYmnFLvTdgnqKXlrN5QkSWNWsmbYheI0aCE2-h4cr9ebEYqDAQRMUYc

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Navigate: emotional support for parents
Navigate is a national mentoring service, that provides online emotional support for parents and carers of disabled children who are finding out about their child's additional needs.
Eligibility
Navigate is open to any parent or carer who:
•lives in England or Wales
•has parental responsibility for a child under 18
•this child is on a pathway to diagnosis or has received one in the last year
About the service
Navigate is a programme of up to 6 sessions with a personal adviser, who will help you to talk about your feelings and concerns.
The service will help you with:
•organising your thoughts and feelings
• practical advice and suggestions
• coping strategies and insights
•taking positive actions and helping you with emotional wellbeing
Your personal adviser
You will have weekly catch ups with your adviser online and by phone. Your adviser will work with you on a one-to-one basis, helping you to:
•explore your needs and personal goals
•agree your action plan, and
•provide you with support, if you need it
For more information go to:
https://www.scope.org.uk/family-services/navigate/?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn

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Barnardo's
It's a challenge for children to ask for help when they need it. Barnardo's are there to support children feeling anxious about going back to school, their families and carers. To access a referral, go to: Barnardo's

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Contact - For families with disabled children
Need someone to talk things through with? Contact have some last-minute availability for their confidential listening ear 1-1 service this Friday, and plenty more the following week starting 28th September.
Book a 1-1 phone appointment with one of their family support advisers for the listening ear, reassurance and emotional support you're looking for. Booking is easy: click below to visit Eventbrite's booking page and choose the day and time slot you want. Find out more about what people are saying about the listening ear service:
https://contact.org.uk/news-and-blogs/1-2-1-feedback
And don't forget – you can speak to one of the parent advisers on the Freephone helpline if you are looking for information, support and advice about any aspect of raising a disabled child. Call 0808 808 3555, Monday – Friday between 9.30am and 5pm.

Webinar & Virtual Workshop supported by Devon Children & Families Partnership (DCFP) Social, Emotional, Mental Health (SEMH) & Speech, Language & Communication Needs (SCLN)
For all professionals across education, health and social care
working with children, young people and adults.
Fully funded - no charge for attending.
Friday 23rd October – 10am to 2.00pm
For full details see attached information

Bis-net Autism Specific Webinar Series
A series of hour-long webinars on specific areas of challenge or difficulty for Autistic people and their families. Providing information and understanding for parents and professionals working with families, along with practical tools and approaches that have been used and shown to be effective.
Autism - The Basics - Friday 25th September 11am. £5.98 per ticket
Bedtimes & Sleep - Monday 28th September 4.30pm. £5.98 per ticket
Technology & Screens - Thursday 1st October 4.30pm £5.98 per ticket
Siblings - Monday 12th October 11am. £5.98 per ticket
Self-Injury & Suicidal thoughts - Thursday 15th October 4.30pm. £5.98 per ticket
To book go to: Eventbrite

National Autistic Society - NAS
Buy your ticket to the virtual Autism Show today!
NAS are delighted to partner with The Autism Show, which will be online this year due to the ongoing coronavirus outbreak. Your ticket will give you access to many webinars providing the latest autism news and views, practical strategies and approaches, and direct insights from adults on the spectrum. For more details go to: Autism Show

Lifeworks
Free 8-week online mindfulness course for parents and carers of people with learning disabilities. Signup now: communityprojects@lifeworks-uk.org
Taster sessions Wednesday 30th September from 10.30-12 noon OR Thursday 1st October from 7.30pm-9.00pm. For more info visit https://lifeworks-uk.org/mindfulness-8-week-course/

Lifeworks
Lifeworks are delighted to offer from 3rd October - Youth Bubbles on Saturdays 10 a.m. – 4 p.m. and an October half term Holiday Bubble 27th – 30th October. For further information or to book a place please email: communityprojects@lifeworks-uk.org
See attached poster for full details.

No Pens Day Wednesday
Putting Spoken Language in the Spotlight, 25th 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

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.