

# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Areas

16th April 2020



### Information relating to under 5's



ICAN's Talking Point gives parents/carers and practitioners the information they need to help children develop their speech, language and communication skills. For more details go to:

<http://www.ican.org.uk>

Talking Point is here to help parents who are concerned about their child's development. They also provide information to help the children's workforce support children with speech, language and communication needs. Go to:

<http://www.talkingpoint.org.uk>



The Communication Trust is a coalition of over 50 not-for-profit organisations. Working together they support everyone who

works with children and young people in England to support their speech, language and communication. For more details go to:

<http://www.thecommunicationtrust.org.uk>

### Falkirk Council

Free downloadable factsheets available covering topics on: Asperger's Syndrome, Autistic Spectrum Disorder, Life Skills for Little Ones, Making Sense of Sensory Behaviour.

<http://www.falkirk.gov.uk/cwd>



National Autistic Society has lots of information on their website including topics such as; Behaviour,

Communication and Strategies & Approaches:

<http://www.autism.org.uk>



### ASD Bright Ideas.

All of Bright Ideas resources are widely used in special needs/main stream schools to support their learning, social skills of all autistic, global delay, SPD, Asperger's, speech delay and disorders, ADHD and many more special needs requirements. For more information go to:

<http://www.asdbrightideas.co.uk/asd/>

**SMALL POTATOES** This website has plenty of activities and ideas for you and your children, to find out more go to:

<https://www.mysmallpotatoes.com>



Carol Gray, Social Stories. Examples of

Social Stories for different scenarios:

<https://carolgraysocialstories.com/social-stories/>



Tiny Happy People is here to help you develop your child's communication skills. Explore some simple activities and play

ideas and find out about their amazing early development. To find out more go to:

<https://www.bbc.co.uk/tiny-happy-people>



Hungry Little Minds

Simple, fun activities for kids, from newborn to five

Many little things light up hungry little minds. Kids take everything in, and even the smallest things you do with them can make a big difference.

They love it when you chat, play and read with them, even when they're too young to understand everything. Whatever the time and wherever you are, you can turn almost anything into a game.

For more details go to:

<https://hungrylittleminds.campaign.gov.uk/>



### Devon Carers

have worked collaboratively with other professionals to produce

the #carers 'What if...' Emergency Plan.

The plan is a record that needs to contain basic, useful information to help others when looking after the person (or persons) you care for. Once you have downloaded and printed off the pages you need to fill in, ensure it is kept in a safe place and let others know where to find it.

For more information

visit: <https://devoncarers.org.uk/planning-for-an-emergency-what-.../>

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### Contact - For families with disabled children

Contact wanted to highlight two pages on their website providing useful advice and information.

Their Covid-19 pages are being updated regularly with all the latest news and information for families with disabled children. You can take a look here: <https://contact.org.uk/.../coronavirus-information-for-famil.../>

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### Sense Charity

has put together YouTube videos of

ideas for families for activities to do at home. This video gives some examples of making use of household items during play time:

<https://www.youtube.com/watch?v=Lbp9K1BXLn4&list=PL3cz6p9Us2bP6NlaZ47OzO48fQnMBFXnw&index=9&t=0s>

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### Tourettes Action

their online support groups are proving to be so popular that they will now be holding regular meetings:

Tuesday 10-11am - parents coffee morning

Wednesday 8-9pm - Parent support group

Thursday 7-8pm - Adult support group

They have their first teenager support group (14-17 year olds) this Thursday and hope that this will be a regular group too.

Please contact [emma@tourettes-action.org.uk](mailto:emma@tourettes-action.org.uk)

for more information. (Please note that if you have joined a group before, the ID and password will remain the same)

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### Torbay PCF

Find out the latest advice and information about Coronavirus in

Torbay.

[https://www.torbay.gov.uk/health-and-wellbeing/public-health/coronavirus/?fbclid=IwAR1-FxasWgbpYcvUUQ4dU2PRqoN4quV3xqHG6liqfGkYM6wh5II6r8GF\\_jM](https://www.torbay.gov.uk/health-and-wellbeing/public-health/coronavirus/?fbclid=IwAR1-FxasWgbpYcvUUQ4dU2PRqoN4quV3xqHG6liqfGkYM6wh5II6r8GF_jM)

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### Early Help - South and West

Guidance – young people who go missing. The attached document seeks to provide concise guidance to parents & staff in residential homes, care and education settings, for occasions where young people in our care absent themselves from their homes/schools.

**Please see attached**

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### Devon County Council

have posted answers to some frequently asked questions that they have received from parents and carers of disabled children. It's a worrying time for all parents, but there is a place on their webpages where [we will continue to answer questions put to our Disabled Children's Service](#) about support available to their families.

They have also made some [changes to the way we administer our Direct Payments](#) during the coronavirus (COVID-19) outbreak. Click on the blue links to access the information.

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### How untreated ADHD causes and traps you in Depression

**Panel 1:** I do my best to keep up with chores, but habits don't really stick and stay a conscious effort. So no matter how hard I try, I always end up in a mess. Nothing ever changes.

**Panel 2:** This time I'll do it right! I start planning my days, sometimes even excessively. But I can't prioritize, everything becomes too overwhelming. It feels like too much to handle.

**Panel 3:** I get interested in a topic and become sort of proud of my knowledge. But I can't depend on that knowledge to show up, so people don't acknowledge my skills.

**Panel 4:** I try to be myself and get carried away with excitement or wanting to help someone. And I always end up being too much for people, discouraging me from being myself.

ADHD-Alien.com

Posted in r/coolguides

## CALM DOWN WITH TAKE 5 BREATHING

How do you feel now?  
Are you calm or would you like to take another 5 breaths?

1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.

**S= Scope**  
Navigate support parents at the start of your child's diagnosis and it's just a phone call away. Sign up for the six-week programme and Scope will put you in touch with a personal advisor, helping you to talk about your feelings and concerns. Apply for free parent mentoring service here: <https://www.scope.org.uk/family-services/navigate>

**Sibs - for brothers and sisters**  
Some great ideas for young siblings to check out wildlife if they have access to garden space or when out on daily exercise. [https://sussexwildlifetrust.org.uk/discover/fun-stuff/activity-sheets?fbclid=IwAR06j1TOIo0g8hiaMQEVvYOj-ofZPT24Jk9uP\\_AxBSyxQI\\_JVWELL1GGICE](https://sussexwildlifetrust.org.uk/discover/fun-stuff/activity-sheets?fbclid=IwAR06j1TOIo0g8hiaMQEVvYOj-ofZPT24Jk9uP_AxBSyxQI_JVWELL1GGICE)

**University College London**  
A helpful guide to focusing on the wellbeing of the whole family during school closures. <https://www.ucl.ac.uk/.../social-emotional-and-mental-health-...>

**BIS-net Exeter**  
Friday 24th April from 9pm till 12pm. Interactive Autism Webinar, only 10 spaces available, cost £16.76  
In this online webinar event, Trainer Sam Harris will host a Zoom meeting on the subject of Autism. This platform will allow you access via camera or audio and really contribute to the event, as well as ask specific questions. During the webinar you will:

- \* Discuss the challenging behaviour your young person/people display and connect this challenges for an Autistic person.
- \* Look at long term planning for success and quality of life for your young person/people.
- \* Have your specific questions considered by Sam, as well as all other attendee's.

This will be a unique event, different from previous BISnet webinars. BISnet are limiting the spaces to 10 places to allow for a more personal experience for those attending.

You will need to have access to a computer, tablet or phone that has a microphone or camera or both to be able to contribute and interact.

A Zoom link will be sent out on purchasing your ticket and emailed out nearer the time.

<https://www.eventbrite.co.uk/e/102766960746>

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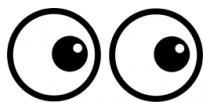


### Children and Family Health Devon Autistic Spectrum Assessment Service

One minute guides and various other information are available to view on the ASD webpage, click on the link below for more information:

<https://childrenandfamilyhealthdevon.nhs.uk/autistic-spectrum-disorder/>

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### LOOK online

Struggling to keep the kids occupied? Worried what they're thinking and feeling about the current crisis? Wishing your child had a place for discussion and distraction?

Aimed at school years 3-6 this online youth forums will entertain, support and empower your child to stay connected with their peers during these tricky times.

A space for kids, led by kids; they want to hear your ideas and they'll make it happen.

Join the LOOK online juniors' forum every Friday at 2pm.

[https://www.eventbrite.co.uk/e/juniors-youth-forum-years-3-6-tickets-101822975260?fbclid=IwAR18Sfg5ZVUzh8obE9fJ43DTnviSKAam6ULhGkEX\\_gphPjb3XA3GT1M\\_Mwzc](https://www.eventbrite.co.uk/e/juniors-youth-forum-years-3-6-tickets-101822975260?fbclid=IwAR18Sfg5ZVUzh8obE9fJ43DTnviSKAam6ULhGkEX_gphPjb3XA3GT1M_Mwzc)

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**DiAS** New DiAS information about managing at home.

The current situation is hard for everyone and particularly difficult for some families with a child or young person with special educational needs. The change in routine, worries about family and friends, living closely together and the sudden end of outside support can all have a major effect on your family life at home. The information DiAS's webpage aims to answer some of the questions that parents have been asking them over the last few weeks. It includes information about home schooling, supporting your child with education and what to do if home life becomes more challenging. There is more information to come in the next few days.

For more details go to:

[https://www.devonias.org.uk/information/q-and-a-about-coronavirus-and-school/helping-you-to-manage-life-at-home/?utm\\_source=Facebook&utm\\_medium=social&utm\\_campaign=SocialSignIn](https://www.devonias.org.uk/information/q-and-a-about-coronavirus-and-school/helping-you-to-manage-life-at-home/?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn)

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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](mailto:mashsecure@devon.gov.uk) and give as much information as you can.

<https://www.devon.gov.uk/educationandfamilies/child-protection>

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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**
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**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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