

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Areas

9th April 2020



The Children's Society

The Children's Society

Staying connected but staying safe. As the Covid-19 outbreak

continues to develop, people are naturally spending more time online - to get news updates, keep in touch with friends or family or to continue receiving education and support.

Whilst staying connected is crucial in these testing times, it's essential to work hard to ensure internet use is safe and children and young people remain safeguarded in these virtual spaces, to find out more about Invite-only parties and staying safe online during Covid-19 lockdown go to:

<https://www.childrensociety.org.uk/news-and-blogs/our-blog/invite-only-parties-and-staying-safe-online-during-covid-19-lockdown>

And it's linked to the Coronavirus hub:

<https://www.childrensociety.org.uk/coronavirus-information-and-support>

Talking to teens about Coronavirus Covid-19

Teenagers may already know a lot about Coronavirus Covid-19 through what they read and watch. News, social media and friends become the main sources of information as parents become less defining in how they think and behave.

With more outside information, they may have worries relating to the impact of the virus on society and people around them. Here are some ways you can offer support to a young person [worried about Coronavirus Covid-19](#):

Reframing

Think about their worries and how you might be able to reframe them. How can they think differently and what are the positives of the situation?

Helping

Being proactive is often a good way to cope with concern. If the young person is worried about an elderly relative or older people in the neighbourhood, work out a safe and appropriate way you could support them.

Freeing

Not being able to go out as much can be difficult for many young people. Allow them to be independent within the home and encourage them to choose appropriate activities

Socialising

Encourage them to continue to chat to friends and peers about the situation. They'll know best how each other are feeling and can offer [peer support](#)

Informing

Sharing information you've found from trusted sources could be useful. Don't force it on them but invite them to have a look if they're interested. Or simply ask them open questions about things you've seen on the news.

Supporting

Most importantly, continue to be open to discussion and show a willingness to support them through whatever they're going through

This is taken from the Children Society Website <https://www.childrensociety.org.uk/news-and-blogs/our-blog/talking-to-teenagers-about-coronavirus-covid-19>

This site also has good information about supporting the mental health of children and young people. Related to different issues including anxiety and OCD.

Please also be aware that the Child in Care Nurse are available to offer support and guidance with emotional and mental health issues.

DEVON cfhd.devonchildrencare@nhs.net

Or call 0330 024 5321 and ask for the children in care nurses.

TORBAY Cfhd.lookafterchildren@nhs.net

Or call 01803 654873



Would you like to take part in this new research study about stammering?

Researchers at University College London (UCL) are inviting children who stammer and their parents to take part in a research study looking at the social, emotional and mental health profiles of children and young people who stammer in the UK.

Is this your child?

My child is aged between 8 and 13 years old

My child has a stammer

My child lives in the UK (England, Scotland, Wales or Northern Ireland)

For more information go to:

https://actionforstammeringchildren.org/calling-children-who-stammer-and-their-parents-to-be-part-of-an-online-ucl-research-study/?fbclid=IwAR3gO4r49_xx0nsrQa1tOn2guRz5oJsEj9t8x1CEdEYInzppyK1Axt_DFIk



BBC Bitesize

From 20th April, you'll be able to access regular daily lessons in English and Maths, as well as other core subjects, in an expanded

version of the BBC's website and also on special programmes broadcast on BBC iPlayer and BBC Red Button.

The BBC have worked with their colleagues in other parts of the BBC and education experts from around the UK to make sure everyone who needs it can access learning resources during this uncertain time. You can also expect some of it to be delivered by well-known faces.

To find out more go to:

<https://www.bbc.co.uk/bitesize/articles/zn9447h?fbclid=IwAR3OI7IVU5Er7G9aFeh806NJUFVHCiMhpGpYjgupSRhOrWi8Vo3u8XUNpBg>



Devon County Council

offer information about coronavirus which is available

in different languages and formats, click on the blue links to find out more:

- Easy Read from [Learning Disability Devon](#)
- British Sign Language (BSL) from [Sign Health](#). BSL users can contact Devon County Council using the [InterpretersLive service](#)
- If you need information in another language or format please let Devon

County Council know by email (customer@devon.gov.uk), phone (0345 155 1015) or SMS text (text 'Devon' then your message to 80011)



SEND and education, health and care (EHC) plans

Devon County Council

understand this is a difficult and worrying time and they want to be as clear as possible about what you can expect while they all try to manage their usual practices and services.

The EHC Hub will stay open for parents and schools. There may be less communication and information from professionals because of the impact of COVID-19.

For full details and the impact the current crisis is having on SEND and education, health and care (EHC) plans go to:

<https://www.devon.gov.uk/coronavirus-advice-in-devon/document/send/>



Cafcass has pulled together information from different sources to create a resource pack with ideas and tips for parents trying to balance working remotely with their busy home life. Everything included in it is taken directly from parents, carers and schools.

Resources include:

- Practical tips for structuring your day
- Home learning resources
- Keeping everyone entertained - lots of activity ideas
- Resources for children with SEN
- Home school and siblings

To find out more go to:

https://www.cafcass.gov.uk/grown-ups/parents-and-carers/covid-19-guidance-for-children-and-families/?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn



ELSA - Emotional Literacy

Support for Young Children

this website provides advice and downloads to support young children to understand the world around them including during Corona Virus restrictions. See the link below:

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

For other spirit-lifting ideas for young children see the following link:

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Rainbow-art.pdf>



Financial Advice and Support

During the current situation Signpost Plus understand that many people will be worried about how COVID-

19 could affect their finances. Here are some web pages which provide further advice and support:

- <https://www.stepchange.org/> - provides free advice and practical solutions on debt and how it affects you
- <https://www.moneysavingexpert.com/> - has dedicated financial information for COVID-19
- <http://www.debtadvicefoundation.org/> - A National Debt advice and education charity
- <https://www.turn2us.org.uk/> - A National charity help people when times get tough
- The Money Advice Service
<https://www.moneyadviceservice.org.uk/en/articles/coronavirus-and-your-money>
- Gov.UK
<https://www.gov.uk/coronavirus>

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>



Council for Disabled Children

COVID-19 Support and Guidance.

The situation with COVID-19

(Coronavirus) is rapidly changing. Council for Disabled Children are following government advice on how to stay healthy and safe during this time. They have gathered a list of resources and guidance about coronavirus to share with parent carers, children & young people and education, health and social care practitioners. This page will be kept under review and new resources added to the categories as they become available. For full details and information go to: https://councilfordisabledchildren.org.uk/news-opinion/news/covid-19-support-and-guidance?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn

YOUNGMINDS Young Minds

social distancing and self-isolation can be really hard on our mental health. We all need to take care of ourselves.

Take a look at some practical tips via the Facebook page [YoungMinds](#) on how to look after your mental health during these uncertain times or have a look at their webpage: For more tips read the full blog: <http://ow.ly/7QfH50yPaQg>



West Devon
Borough Council

West Devon Borough Council

Website updates around the community links available locally around West Devon. For full details go to:

<https://www.westdevon.gov.uk/article/6652/Coronavirus-information-and-advice>

For South Hams click below for similar updates



South Hams
District Council

South Hams District Council

<https://www.southhams.gov.uk/article/6529/Coronavirus-information-and-advice>



Social Script Stories

The links below will give you access to a range of

Social Stories connected to the situation we currently find ourselves in.

Connected for 5 plus

<https://www.hacw.nhs.uk/download.cfm?doc=docm93ijim4n1810.pdf&ver=3472>

'Some people get sick (6 years upwards)'

https://www.autismspeaks.org/sites/default/files/fiu_teaching_story_final%20%281%29.pdf

<https://www.flipsnack.com/KeshetChicago/corona-virus-social-story.html>

- **hand washing**
https://www.scottishautism.org/sites/default/files/hand_washing.pdf
- **learning at home**
https://www.scottishautism.org/sites/default/files/learning_at_home_today.pdf
- **Changes in going outside**
https://www.scottishautism.org/sites/default/files/groups_and_activities_outside_of_the_home_1.pdf
- **social distancing**
https://www.scottishautism.org/sites/default/files/what_is_social_distancing_.pdf
- **sneeze in elbow**
https://www.scottishautism.org/sites/default/files/sneeze_or_cough_into_elbow.pdf

10 years and up /Teenagers

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Learning-About-the-Corona-Virus-by-Dr.-Siobhan-Timmins-1.pdf>

https://www.scottishautism.org/sites/default/files/coronavirus_story_-_easy_read_1.pdf



Changes to Primary Care Dental Services

All routine, non-urgent dental care including orthodontics have been

stopped and deferred until further notice due to Covid-19 restrictions.

Dental practices are providing a telephone triage for patients with urgent care needs during usual working hours. This provides advice, analgesia and antibiotics where appropriate. Dental practices are working together to meet local need and to protect their staff.

Referrals will be made as necessary for urgent dental care.

In case of emergency ring your dental practice in the first instance during normal working hours, for advice and sign-posting. For dental emergencies out of hours phone 111



Happy Families Happy Futures

are taking referrals and able to support families during Covid 19.

For full details see the attached information.



If you have anything you would like to share via snippets or our Facebook page over the coming weeks please feel free to let myself or Amanda Smithson know.

Keep safe and look after yourselves.



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.

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.



