

SIGNPOSTplus Information Snippets

Southern Devon and Surrounding Areas

21st May 2020



Devon Young Carers is now able to provide a card for young carers to carry who either need to go out to shops on their own during lockdown or who are not leaving the house for exercise due to feelings of anxiety about being challenged whilst out.

Young carers need to be registered with the service and have had an assessment. If Early Help colleagues are working with families with a young carer where this would be helpful please get in contact either with the allocated young carers worker or email

youngcarers@devoncarers.org.uk



Mental Health crisis support for children and young people.

Child and Adolescent Mental Health Services (CAMHS) are

offering additional crisis support during the coronavirus (COVID-19) outbreak.

If a child or young person (under 18) is experiencing a mental health crisis, you can now access CAMHS 24/7. Please contact 03300 245 321 during normal hours (8am-5pm, Mon to Fri) or 0300 555 5000 outside these hours. Callers will speak to a call handler, their call will be forwarded to a voicemail service and their message will be returned within one hour.

There are three CAMHS crisis teams: Torbay and South Devon; Exeter, East and Mid Devon; and North Devon. Your call will be directed to the appropriate team.

In the event of an emergency, please call 999.

Find more helpful mental health resources here:

https://www.dcfp.org.uk/crisis-support-camhs/?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn



Prader-Willi Syndrome Association UK

Did you know that those with Prader-Willi Syndrome usually have a lower core temperature than average? It is really important to know your son or daughter's normal core temperature so you can identify if it rises. And did you know that a change in temperature (coming in from the cold to a warmer room) may be enough to bring about a mood swing? If you need advice or guidance on this or any other aspect of PWS then the support team can be contacted on 01332 365676.



Devon County Council

Information on what parents and carers need to know about schools and other education settings during the coronavirus outbreak. Information for parents and carers about the wider opening of nurseries, schools and colleges, transport, attendance, free school meals and remote education can be found in the following document: [What parents and carers need to know about schools and other education settings during the coronavirus outbreak](#)



Young Devon

Mental Health Awareness Week, consider reaching out to someone in your life who might need some support and encouragement.

No one should have to face a mental health problem alone.

If you know a young person who would benefit from some support, please get in touch

<https://www.youngdevon.org/coronavirus-resource-hub>



Devon County Council

Head of Schools, Dawn Stabb has published an open letter to parents and carers about returning to school. To find out more go to: <http://soc.devon.cc/r/vw6E>



IPSEA (Independent Provider of Special Educational Advice) have been working hard to get the tech in place to start delivering face to face training courses virtually. They now have a full range of training sessions are available as live virtual training days:

- Introduction to SEND Law

Designed for parents and carers new to SEND Law, this training will cover key areas of law and empower you to secure the best education for your child.

- Further SEND Law

For those that have completed our Introduction to SEND law training or those coming to IPSEA with some knowledge of the SEND Law framework.

- EHCP Masterclass

An in depth look at Education, Health and Care plans. Designed for those looking to obtain a plan or those with one already in place.

To find out more here:

https://www.ipsea.org.uk/Pages/Category/ipsea-virtual-webinar-sessions?utm_source=Facebook&utm_medium=social&utm_campaign=SocialSignIn



Family Fund

Are very pleased to confirm that the Department for Education has committed an additional £10 million in emergency funding for

Family Fund, in response to the Coronavirus outbreak. This will make an incredible difference, and help them support thousands more families in England during this crisis.

Find out more, including how to apply here:

https://www.familyfund.org.uk/news/10-million-to-help-disabled-or-seriously-ill-children-in-england-during-coronavirus?fbclid=IwAR1nWkRERniWFPn_ztDiKR9btIBQL2_i-yX6dp3EEIC5JNa3qbi-cZ494A



Young Sibs

The government has confirmed that providing emotional support counts towards the Carer's Allowance

threshold of 35 hours of care. This can include sibling carers whose only contact with their disabled brother or sister to provide such emotional support, is through phone calls and social media. Read benefits advice from Carers UK for more info: <https://www.carersuk.org/help-and-advice/coronavirus-covid-19/benefits-guidance-fags?fbclid=IwAR1xCrPHr5qHS-IJqs14Y7vKhyI-UkI5YC38eYGx8-qlfAlI3ldAHWbVvKNo>



Lifeworks

Takings bookings now - Stamina Challenge

Sessions - Every Mon/Weds 10am or Tues/Fri 4pm. Join them and try Hula-Hooping, Zumba, circuits and jogging. Everyone can join in and have a go, FREE for service users. For more info email: communityprojects@lifeworks-uk.org or have a look at the website:

<https://safespace.lifeworks-uk.org/>

Please also see attached information from Lifeworks regarding Breaking the Barrier Challenge. This has been postponed until 2021. For full details please read the attachments from Lifeworks.



BIS-net Exeter

Working with Autistic individuals with demand avoidance (PDA) means a shift in traditional

expectations. Often, honesty is the best policy. BIS-net are offering Autism & demand avoidance (PDA) webinar on Monday 25th May from 10am - 12pm, cost £5.98.

To book a space go to:

<https://www.eventbrite.co.uk/e/105063216910>



BBC Newsround share information on Mental Health Awareness Week 2020.

This is a chance for the UK to focus on mental health, this year's theme is kindness, during the week running from 18 - 24 May.

The focus on kindness is a response to the coronavirus outbreak, which is having a big impact on people's mental health.

To find out more go to:

<https://www.bbc.co.uk/newsround/52557800>

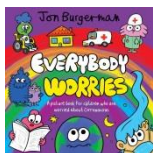


Ambitious about Autism

Coronavirus is having a huge effect on everyone, with concerns around mental health and anxiety being at an all-time high.

Read Ambitious about Autism's top tips for supporting family members dealing with increased anxiety during this challenging time:

<https://bit.ly/2WH6YyH>



Free eBook: Everybody Worries by Jon Burgerman

Even the bravest of the brave and the coolest of the cool worry.

Worrying is normal when so much

has changed.

Inspired by conversations with his parent friends who weren't sure how to explain what is happening right now to their small children, artist and writer Jon Burgerman decided to do something to help. Click here to read more:

<https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/>



Don't forget that the EHC Hub remains open for parents and schools. Although the coronavirus outbreak means

that there may be less communication and information that usual, parents can still access the Hub to see progress on assessments. Log in details are required.

Access the EHC Hub here:

<http://soc.devon.cc/T1o5s>



Colouring Heroes

This website offers a wide range of colouring sheets. The multi-page PDFs are themed, or

designed to spell out messages of thanks.

<https://www.colouringheroes.com/>



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/>

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**

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>



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.

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