



SENDIASS NORTH YORKSHIRE AUTUMN NEWSLETTER FOR YOUNG PEOPLE WITH SEND (AGES 12-25)

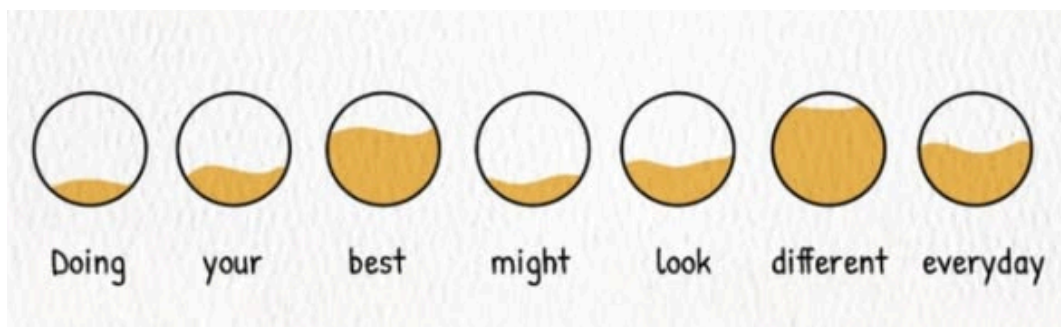
WELCOME TO AUTUMN!

A new term, a new season and new opportunities!

Whether you're starting a new school year, moving to college, beginning training, thinking about work, or simply settling back into your routine, autumn can bring lots of changes.

Sometimes change feels exciting and sometimes it can feel overwhelming. Both are completely normal.

Remember: you don't have to figure everything out on your own. SENDIASS is here to help you understand your rights, build confidence and make sure your voice is heard.





DID YOU KNOW?

As a young person with SEND, you have the right to:

- ✓ Have your views listened to
- ✓ Be involved in decisions about your education and support
- ✓ Attend meetings about your EHC Plan if you want to
- ✓ Ask questions if you don't understand something
- ✓ Get information in a way that works best for you

Your opinions matter because decisions about your future should include you.

LOOKING AFTER YOUR WELLBEING

Starting or returning to school, college or training can feel stressful.
Some things that might help:

-  Keep a routine where possible.
-  Make time for things you enjoy.
-  Take breaks from social media when needed.
-  Speak to someone you trust if you're worried.
-  Celebrate your successes, even the small ones.

Remember, looking after your mental wellbeing is just as important as achieving your goals.

"Mental health problems don't define who you are. They are something you experience. You walk in the rain and you feel the rain, but, importantly, you are not the rain."
— Matt Haig.





THIS TERM'S CHALLENGE

Try Something New!

Autumn is a great time to develop a new skill or interest.

You might:

- Join a club or group
- Try a new hobby
- Volunteer in your community
- Learn a new life skill
- Take on a responsibility at school, college or home

Small steps build confidence!

YOUR VOICE MATTERS

Have you ever thought:

"Nobody asks what I think."

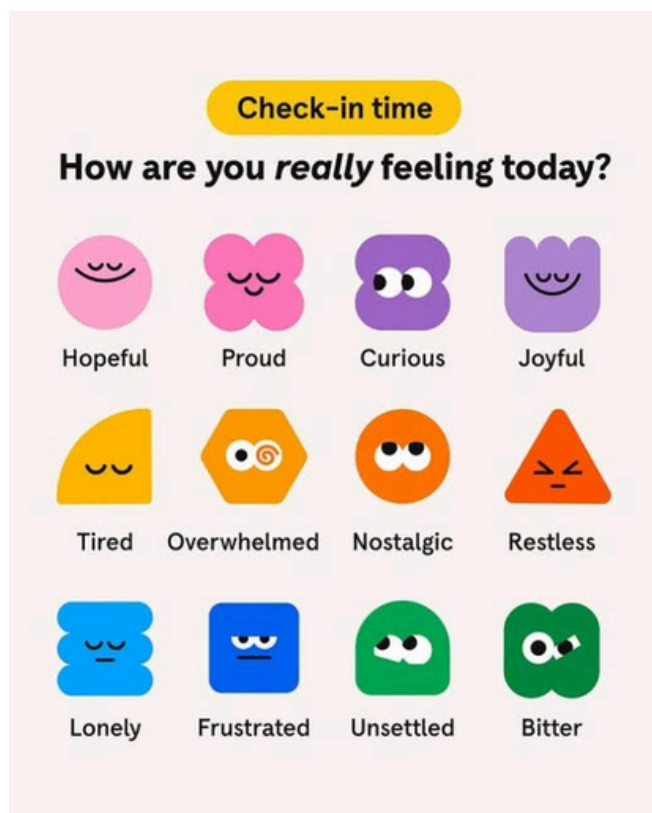
"I don't understand what's happening in meetings."

"I want more say about my future."

You have a right to be involved.
Before meetings, try writing down:

- What is going well?
- What is difficult?
- What support helps?
- What would you like to change?

Your ideas help adults understand what matters most to you.





THINKING ABOUT THE FUTURE?

If you're aged 14+, people may start talking about:

Education

- GCSEs
- College
- Sixth Form
- Apprenticeships
- Training programmes

Employment

- Work experience
- Volunteering
- Jobs
- Supported internships

Independence

- Travel training
- Managing money
- Living independently
- Building life skills



There isn't one "right" path. Everyone's journey is different.
Focus on what is important to you and what will help you achieve your goals.



CELEBRATING SUCCESS

Success looks different for everyone.
Success might be:

- ★ Attending a lesson that felt difficult
- ★ Speaking up in a meeting
- ★ Making a new friend
- ★ Travelling independently
- ★ Trying something new
- ★ Completing a course or qualification

Take time this autumn to recognise how far you've come.



HAVE YOU VISITED OUR WEBSITE?

Our website contains:

- Factsheets and guides
 - SEND process information
 - Recorded webinars and resources
 - Contact details and referral information
 - Information for young people
- 

We encourage families to explore the resources available and stay up to date with new information and events.



TAKE A LOOK AT THE WEBSITE HERE



ASK SENDIASS

You can contact SENDIASS directly if you would like:

- Information about SEND
 - Help understanding your EHC Plan
 - Advice about meetings
 - Information about your rights
 - Someone to explain processes in a way that makes sense to you
- 

Our service is free, confidential and impartial.

HOW TO CONTACT US:

 **SENDIASS North Yorkshire** (Special Educational Needs & Disabilities Information Advice and Support Service)

We are here to offer free, confidential and impartial advice, support with EHCPs, school issues, and rights

Contact form: [Young Peoples Contact Form](#)

 Email: info@sendiassnorthyorks.org

 Phone: 01609 536923





AUTUMN WELLBEING BINGO

CAN YOU COMPLETE ONE ROW?



☐	☐	☐
Go for a walk outdoors	Try a new hobby	Spend time with a friend
Learn a new skill	Do something creative	Ask for help when needed
Celebrate an achievement	Listen to music you enjoy	Do something kind for yourself



STAY CONNECTED

Keep an eye on:

- SENDIASS social media
- Local youth groups
- Community activities
- School and college opportunities
- Workshops and events

There are lots of opportunities to learn, connect and have your say.

A FINAL MESSAGE

You are the expert in your own life.

Your views, experiences and goals matter. Don't be afraid to ask questions, seek support or speak up about what is important to you.

Whatever this autumn brings, remember:

**Be proud of who you are.
Believe in your strengths.
Your voice matters.**



HAPPY AUTUMN FROM THE SENDIASS NORTH YORKSHIRE TEAM