

SENDASS

NORTH YORKSHIRE

January Newsletter

Happy New Year from SENDASS North Yorkshire.

We hope the start of 2026 has been positive and that this update provides helpful information, upcoming opportunities, and practical support for you and your family.

PARENT CARER WELLBEING

Caring for a child with SEND can bring both joy and challenge. Here are a few reminders:

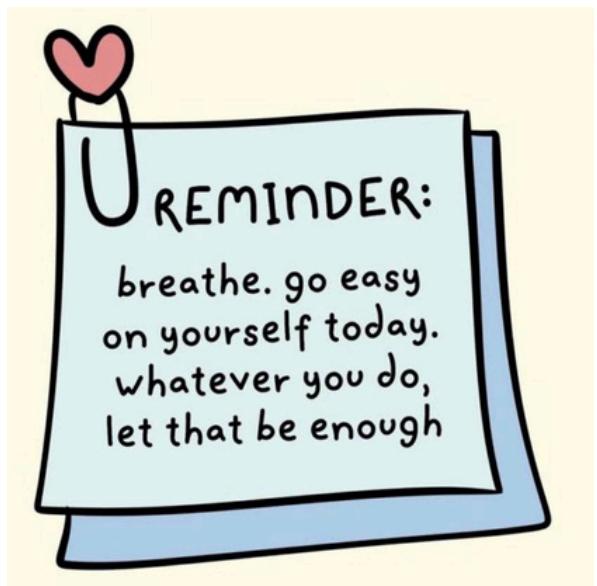
- You're not alone. Many families are walking a similar path.
- It's okay to ask for help. Support is a strength, not a weakness.
- Celebrate the small steps. Progress looks different for every child.
- Remember your wellbeing too. Even small moments of rest matter.

Take a look at the following websites for emotional support and wellbeing support:

[Carer's Resource](#)

[Carer's Plus](#)

[Ryedale Special Families](#)



PARENT CARER SUPPORT GROUPS

Carer's Plus have a range of different Events coming up to support Parents and Carers. These include support groups, catch ups with a cuppa and outdoor activities.



Take a look at their website for more info [here](#)

Neurodiverse Community Catterick
Regular Weekly Sessions in Catterick



Mondays

12:00-15:00 — Drop-in Support Session
Open to professionals, adults, and parent carers.

18:30-19:30 — Adult-Only Session

For neurodivergent adults and parent carers.

Fridays

16:00-17:00 — Quiet Sensory Session

For children & parent carers, sensory-friendly; £1 donation per child.

17:30-19:00 — Family Fun Session

For children & parent carers; £1 donation per child includes drink & meal.

Click [here](#) for more information

Over the next few months we have several Virtual Information Sessions available for Parents and Carers. You can book onto these sessions via our website here:

UPCOMING EVENTS

sendiass NORTH YORKSHIRE Upcoming Events

Virtual Information Sessions for Parents & Carers
Book onto one of the following sessions via our website

Requesting an Assessment for an Education, Health and Care Plan

SEND Support in Mainstream Schools

Draft Education, Health and Care Plans

Annual Reviews of Education, Health and Care Plans

www.sendiassnorthyorkshire.co.uk

UPDATES FROM PARENT CARER VOICE NORTH YORKSHIRE

Parent Carer Voice have the following FREE on-line information sessions coming up. To sign up for these sessions, go to:
<https://www.parentcarervoiceuk.org/pins>



parentcarervoice
NORTH YORKSHIRE
WORKING TOGETHER FOR POSITIVE CHANGE

Wednesday 4th February: 7.00- 9.00pm

Understanding Neurodiversity This workshop will look at how neurodivergent people often experience differences in how they process information, their sensory environment and how they interact with other people.

Monday 9th February: 9.15- 11.15am

One Page Profiles (a tool to highlight a child or young person's individuality to be used as a support both at school and any clubs or activities your child attends)

Wednesday 11th February 1.00 - 3.00pm

Understanding Overwhelm Meltdown and Shutdown (how it can present and how to support)

Friday 13th February: 9.15 - 11.15am

Using play as a support strategy (how to use play to support neurodivergence)

Tuesday 10th March: 10:30 - 12pm

Inclusive Mainstream Toolkit Let's Talk session (formerly Inclusive Practice Framework - a new toolkit to support SEND children in mainstream schools and how parents and carers can work with a school, using the toolkit to ensure the best support for their child)

BtSEA - Barriers to School Engagement and/or Attendance

On Thursday 5th March PCV are holding an in-person event in Northallerton discussing how to support a child/young person struggling with school attendance

sendiass
NORTH YORKSHIRE

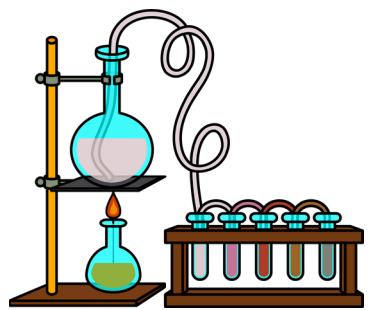
FEBRUARY HALF TERM EVENTS

Science & Soft Play - Thornton Hall Country Park

14-22 February 2026

Combines structured learning with safe, controlled movement in soft-play areas — ideal for sensory seekers and children needing body-based regulation

Find out more [here](#)



Yorkshire Games Festival - National Science & Media Museum (FREE, hands-on, structured play)

11-22 February 2026

The festival offers interactive but structured gaming zones and skill-based activities.

Visit the website [here](#)

Library Lego Clubs!

Northallerton Library

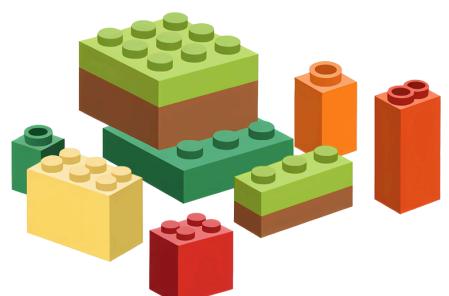
Weekly LEGO Club - Every Wednesday, 3:30-4:30pm

This club runs continuously and is free to attend, open to children aged 4-11, with supervision required for under-8s.

Thirsk Community Library

Thirsk runs regular LEGO Clubs during term time:

- Tuesdays: 3:35-4:45pm (term-time only)
- Thursdays: 3:45-4:45pm (term-time only)



Harrogate Library

Harrogate Library runs a free weekly Saturday LEGO Club at 10:00am



Autism Central have a variety of Online Sessions for Parents to access online including sessions on support in Schools and advice on coping with burn out.

Click on the website below to view their upcoming events:

<https://www.autismcentral.org.uk/events>



Do you need advice about requesting an assessment for an EHCP?

Our website has a whole section for parents and carers on requesting an assessment for an Education, Health and Care Plan in North Yorkshire, including what happens after you submit your request.

Find out more here:
www.sendiassnorthyorkshire.co.uk



sendiass
NORTH YORKSHIRE

DIGITAL EDUCATION, HEALTH AND CARE PLANS UPDATE

The Local Authority have chosen the supplier who they will work with to deliver their digital Education, Health and Care Plans (EHCPs) project.

The supplier is CACI, a leading provider of data systems who work with local authorities across the country. Over the next few months they will be building the system with a view to launch in the summer term for new EHC assessment requests.

To support this, the Local Authority have launched a new webpage as the central hub for all information about our digital EHCPs project. This page will keep you up to date as they move towards implementing the new digital system.



Visit the webpage [here](#).

You can also take part in a short benchmarking survey. Your feedback will help with understanding of parents' experiences with the current EHCP process and set a baseline for improvement when the new digital system goes live.

The [survey](#) will remain open until Friday 13 February. Your views are vital in shaping a system that works better for everyone.

The Go-To

For healthy minds in North Yorkshire



The Go-To website is the home of wellbeing and mental health for young people in North Yorkshire.

We're here to signpost young people, parents, carers and professionals to the right help and support.

Visit www.thegoto.org.uk



MENTAL HEALTH AND WELLBEING SUPPORT

The Go-To Website - A hub for emotional wellbeing and mental health resources tailored for SEND families. Includes support for school attendance, self-harm, autism, and parenting challenges. Explore resources.

CAMHS Crisis Contacts - Available 7 days a week across North Yorkshire. Harrogate & Ripon: 01423 544335 (10am-10pm)

NHS 111 (select mental health option) for emergencies Deaf access: NHS 111 SignVideo or 18001 111 Relay UK

HOW TO CONTACT US

Advice Line is open 9:30am–1pm Monday to Friday (excluding School Holidays)

Advice Line: 01609 536923

Advice Line Email: info@sendiassnorthyorks.org

Our Website: www.sendiassnorthyorkshire.co.uk

Facebook: @Sendiassnorthyorks

Instagram: @SendiassNY

YouTube: @SendiassNorthYorkshire

MAKE SURE TO
INCLUDE
YOURSELF IN
THE LIST OF
THINGS YOU
NEED TO TAKE
CARE OF THIS
WEEK.

LOVE
ENG