

SENDAIASS NORTH YORKSHIRE

YOUNG PEOPLE'S NEWSLETTER

January 2026

Happy New Year from SENDAIASS 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.

WINTER WELLBEING

Feel good this winter! Here are some top tips for looking after your wellbeing in the winter months:

Take little breaks

If things get too noisy or busy, stop for a moment and breathe.

Go outside for a minute

Fresh air can help you feel calmer and happier.

Talk to someone you trust

A friend, teacher, or family member can help if you're worried.

Use the tools that help you

Headphones, fidget toys, timers, or quiet spaces are all okay to use.



FINDING SCHOOL OR COLLEGE HARD?

It's okay if school feels tricky right now — lots of young people feel the same.

Some people are finding:

- ❗ It's hard to go into school or college
- 🔊 Classrooms are too loud
- 📚 Work feels too much
- 👤 Social times feel stressful
- 🚌 Mornings feel overwhelming

You're not alone — and SENDIASS can help you.

We can help you:

- 🗣 Say what you need
- 📝 Get ready for meetings
- 💡 Learn about your rights
- ❤️ Feel more confident
- 🎒 Make school work better for you



NEURODIVERSE COMMUNITY CATTERICK

Neurodiverse Community Catterick hold regular weekly sessions in Catterick to support Neurodivergent children and young people. Here's some info:



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

FLYING HIGH

SEND YOUTH VOICE GROUP (NORTH YORKSHIRE)

- **What it is**

A youth voice group specifically for young people with SEND aged 11-25.

Focuses on helping members share their views, shape local services, and build confidence. Open, inclusive, and supportive of a wide range of additional needs.

Run through North Yorkshire Council's Youth Voice team.

- **What they do**

Regular group meetings (in person and sometimes virtual)

Opportunities to influence SEND services across North Yorkshire.

Social opportunities and confidence-building activities. Work alongside other youth voice projects in the county.

- **Who can join**

Young people aged 11-25 with any Special Educational Needs or Disabilities. New members are actively encouraged and fully supported.

- **How to get involved**

You can contact the Youth Voice team directly:

Email: nyvoice@northyorks.gov.uk

Instagram: [@nyccyouthvoice](https://www.instagram.com/nyccyouthvoice)

Facebook: [@northyorkshireyouthvoice](https://www.facebook.com/northyorkshireyouthvoice)

Twitter/X: [@YouthYorkshire](https://twitter.com/YouthYorkshire)



YOUTHABILITY HAMBLETON AND RICHMONDSHIRE

A friendly, inclusive youth club for ages 11-25 with SEND. Activities include:

- Arts & crafts
- Cooking
- Sports
- Games
- Trips and social events



Sessions run in Northallerton, Bedale, Thirsk, and Richmond.

[More information here](#)

HARROGATE & DISTRICT INCLUSIVE YOUTH SESSIONS

Fun, relaxed sessions for young people who want a safe space to hang out, chat, and try new activities. Great for building confidence and meeting new people.

[More info on their sessions here](#)

SCARBOROUGH INCLUSIVE YOUTH GROUP

A welcoming group offering games, creative activities, and social time for young people with additional needs. Perfect if you want a chilled space to be yourself.

[More info on their sessions here](#)



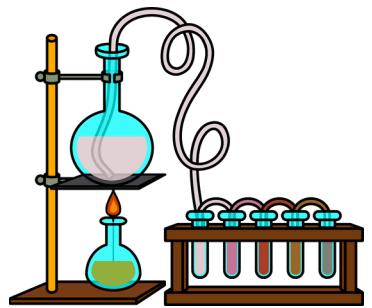
FEBRUARY HALF TERM EVENTS

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.

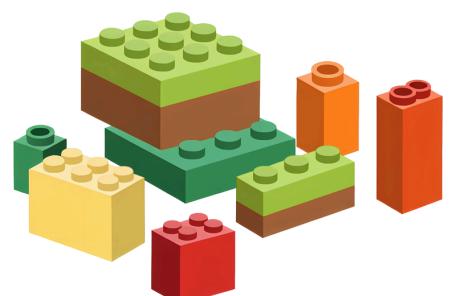
Visit the website [here](#)

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:

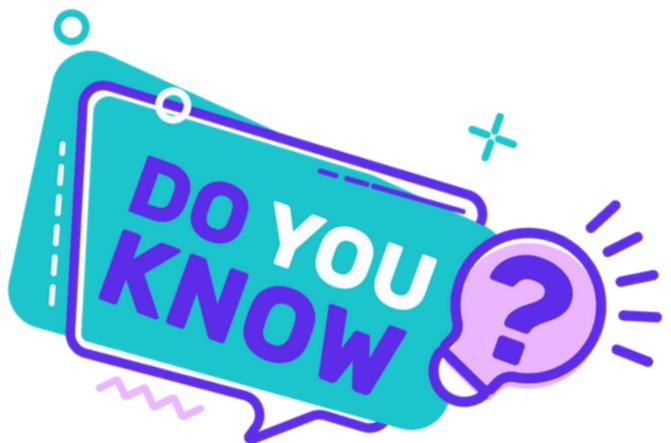
- Tuesdays: 3:35-4:45pm (term-time only)
- Thursdays: 3:45-4:45pm (term-time only)

Harrogate Library

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

You have the right to:

- ★ Be listened to
- ★ Have support in school
- ★ Ask for extra help
- ★ Have your thoughts included in decisions
- ★ Get information you can understand



If something doesn't feel right,
SENDAIASS can help.



OUR WEBSITE

If you need information and advice about Special Educational Needs, your rights as a young person or information to help you make decisions about your future, we have a whole section on our website dedicated to young people.

Here you can find advice on help schools and colleges can give you, what the law says about your rights and how to prepare for adulthood.

Take a look at our website [here](#)

If you need more support from SENDIASS you can contact us using the young people's contact form [here](#) and a member of our team will contact you.

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
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THINGS YOU
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CARE OF THIS
WEEK.

LOVE
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