



Young People's NEWSLETTER

Welcome to the first SENDIASS North Yorkshire Young People's
Newsletter of 2022.

SENDIASS North Yorkshire Youth Forum

Special Educational Needs and Disabilities Information Advice Support Service (SENDIASS) North Yorkshire provides impartial information, advice and support relating to Special Educational Needs and Disabilities law, for children and young people aged 0-25, their families and professionals.

We would like to hear more from young people with special educational needs and disabilities who live in North Yorkshire.

Your voice is very important to us in shaping our service and Special Educational Needs and Disabilities provision in North Yorkshire and nationally.

This year we will be launching our own SENDIASS North Yorkshire Youth Forum for young people aged 11–25 years old. The group will run virtually and be a opportunity for us to engage with you and hear your views about our service as well as Special Educational Needs and Disabilities Provision and services in North Yorkshire.

We hope it will also be a chance for young people to meet others with Special Educational Needs and Disabilities living in the local area who have shared experiences and make new friends.

If you would like more information or to be involved, please email
alice.atkinson@sendiassnorthyorks.org

Keep up to date with our Facebook Page for updates on when the group is launching.



EHC Plans and your views

SENDIASS North Yorkshire are using social media to focus on a special theme every month for the whole of 2022. In February, we spoke about what an Education, Health and Care plan (or EHCP) means, how to request an assessment for a plan and why they are important.

It is important that as a young person, **YOU** say what **YOU** want when requesting an EHC plan. There should be no pressure and you should not feel forced, but if you are able to tell us some things, such as what you like and dislike, then this will help other people plan with you and think about what you need. It is even better if you can give **YOUR** views about what you want to do in the future, what you are aiming for and your aspirations.



You can give your views in lots of different ways and be as creative or as practical as you want to be. We have met young people that will draw pictures, make PowerPoints, make short video clips or ask a family member to write things down for them.

People that are supporting you are delighted when young people give their own views and it's useful to think about questions such as:

What am I good at?

What do people like about me?

What do I like about myself?

What is important to me now?

Would I like anything to change?

What's going well at the moment and what am I struggling with?

What can other people do to help me do my best?

What is important to me for my future?

How would I like people to support me to make choices?

If you would like further information about Education Health and Care Plans and how you can request an assessment, you can visit our Facebook and Instagram pages and send us a message.

Transition time is coming soon

It's getting close to transition time - when children or young people move from one year group to another or from one school, college or setting to another.

Many children and young people find these changes difficult, and if you have additional needs or disabilities it can make it more challenging. So, we have a short list of tips for transitions...

TOP TIPS FOR TRANSITIONING TO SECONDARY SCHOOL

8 tips to guide parents through the primary to secondary transition process:

PLAN BEFORE YOUR VISIT

1

PLAN AHEAD - Thinking about which secondary school you want to send your child to in year 5 or prior to this can help you prepare your child for the transition.

2

DO YOUR RESEARCH - Research the schools you might want to send your child to. You can access resources that will help you assess whether the school meets the needs of your child such as:

- The School's Prospectus
- Special Educational Needs Information Report and the SEN Local Offer
- A copy of the most recent Ofsted Report
- A copy of the School's Policies and Procedures on SEN and Bullying.

3

PLANNING YOUR VISIT - Planning a visit can help you know what to expect and who you will be talking to.

- Contact the school to find out about their visiting process as every school is different.
- Check to see if they have any open days or evenings coming up.
- Think about how you will get to the school.
- Consider if you will go alone or take a friend for support.

DURING YOUR VISIT

4

DON'T BE AFRAID TO ASK QUESTIONS - Keep an open mind when visiting the schools and make sure to ask any questions you think may be crucial in your decision. Write down some questions before you visit.

5

MAKE NOTES - Whilst on the visit make physical or mental notes such as; do the staff and pupils look happy? Is the school accessible? Was it hard to get to the school? What does the school do to support children with SEN? How are the teachers communicating? Do any other children in the school have the same needs as your child?

AFTER YOUR VISIT

6

REVIEW - Once you have visited all the secondary schools you have chosen to; you now need to decide which school would be best for your child. Consider which school provided the best support and environment for your child's needs.

7

CONTACT - After you've visited all the schools you might realise that you have forgotten to ask a question that could be crucial in deciding what school is best for your child. Contact the school office and ask your query.

8

SECOND VISIT - After you have decided what school you want your child to attend or at least narrowed it down, you may want to go for a second visit. This could help you make a final decision. During this second visit you might want to take your child to get their view. You may also want to meet with the school SENCO if you did not have the opportunity to the first time.

Celebrating young people's SUCCESS

James' beautiful artwork raises money for UK children's charity

The Team at SENDIASS North Yorkshire are thrilled to hear this recent news from James Owen Thomas, also known as J.O.T, who was commissioned to produce an ambitious new artwork that depicts the 20-year history of the UK children's charity, Caudwell Children.

The artwork comprises of twenty separate canvases featuring sustainable materials that form into a cherry tree to represent hope and a positive future for disabled children.

Each canvas was intricately created using recycled charity leaflets, tickets, brochures and other re-used materials. The concept of a tree was implemented to portray the roots as origins of the charity and disability, and the top of the tree shows how the charity has grown.

The impressive artwork formed part of a recent fundraising auction in London, led by Bargain Hunt's Charlie Ross, which also included lots from fellow artists, including highly sought after works from Nat Bowen, David Yarrow and Genesis The Grey Kid.

Artist, J.O.T, commented: *"Caudwell Children supported me over 15 years ago and from that experience as a child I have learnt how art can be used in so many positive ways. I use my art as therapy and also to highlight important environmental issues."*

"My art gives me a voice and I hope it inspires other people to look after the environment and to be more accepting of people with different abilities."

"I am so pleased that my art raised so much money for Caudwell Children and I can't wait to see it hanging on the wall in the incredible Caudwell International Children's Centre for everyone to see."

"I am looking forward to further co-operation with the Charity and being introduced to their network of art buyers and gallery owners. I would like to think that my industry profile could in this way be raised to a more national level".

The artwork was unveiled on March 26th.

Find out more about J.O.T: <https://www.jamesowenthomas.com/>

Find out more about Caudwell Children: www.caudwellchildren.com





Do you have something to celebrate?

We love hearing about your good news stories and celebrating young people's success. Are you a young person from North Yorkshire with Special Educational Needs and Disabilities who has a job or are helping or running a business?

If so, we would love to feature you and your story in our next newsletter and on our online pages. Send us an email with your contact details and one of the SENDIASS team will follow up and share your story on our media.

Artists, bank assistants, cooks, dog walkers right through to Z for zoologists, please let us hear about your hard work and talent so we can celebrate YOU.

The SENDIASS North Yorkshire Team welcomed Marnie in February.

Marnie has moved into the role of SENDIASS Coordinator for Selby and has been a valuable addition to our team. Marnie has a background in the Adoption Service and brings lots of experience with her to the post.

Marnie enjoys spending time with her two children and two dogs, as well as being by the sea.

Welcome Marnie!



What's on for Young People in North Yorkshire?

North Yorkshire Youth - Youth Clubs in Harrogate and Knaresborough

Now Reopen!

Support, Chill Out, Music, Games, Arts
and Crafts for young people in school
years 7+, 50p per session.

- **Fairfax Youth Club**, Tuesdays 7-9pm
at Fairfax Community Hub, HG2 7RU
- **Jennyfields Youth Club**, Thursdays 7-
9pm at Harold Styan Community
Centre, HG3 2XU.
- **Knaresborough Youth Club**, Fridays
6-8pm at Knaresborough Community
Centre, HG5 0LG

Contact Rachel@nyy.org.uk or text/
WhatsApp to 07500787621.

Flying High and SEND Voice

Flying High is a voice group especially for
young people with Special Educational Needs
and Disabilities (SEND) for ages 11 up to 25.
The group meet regularly to have a voice and
make decisions on the services that affect
them.

Flying High is a diverse group of young people
with SEND, catering for a range of
additional needs. Everyone is accepted,
supported and highly valued. They are always
looking for new members.

If you are interested in joining Flying High or
getting involved in other SEND related youth
voice work please email
nyvoice@northyorks.gov.uk



Early Help sessions for Children, Young People and Families

The sessions below are facilitated by the Early Help - Children and Family Support Workers (CFSW's) and have been designed to be versatile and delivered face to face in a group based situation.

To Find out more call or email using the contact details below.

Youth Sessions			
Create Confidence	6 week programme	A course designed to offer emotional support for secondary school aged children who have been in family situations with historic domestic abuse. The sessions provide activities for the children to explore emotions and feelings about past trauma and provides them with coping strategies.	Call for further details
LGBTQ+	Weekly drop-in sessions	The relaxed sessions are designed to be flexible so young people can drop in and out as needed. The group looks for opportunities for the young people to gain insight into the support available. The sessions offer information on well-being, identity, sexual health and support from the wider community.	Call for further details to find out what is going on in your area. Please ring the numbers above or email your local team.

EAST	C&FHubScarborough@northyorks.gov.uk	01609 53(4101)
	C&FHubWhitbyRyedale@northyorks.gov.uk	01609 53(4129)
WEST	C&FHubCraven@northyorks.gov.uk	01609 53(3118)
	C&FHubRipon@northyorks.gov.uk	01609 53(3122)
	C&FHubHarrogate@northyorks.gov.uk	01609 53(3127)
	C&FHubKnaresborough&HarrogateTown@northyorks.gov.uk	01609 53(3176)
CENTRAL	C&FHubHambleton@northyorks.gov.uk	01609 53(2320)
	C&FHubRichmond@northyorks.gov.uk	01609 53(2338)
	C&FHubSelby@northyorks.gov.uk	01609 53(2343)

Young People's Wellbeing



Are you a young person aged 11 - 18 who needs some help with your mental health?



Do you need some more information?

Talk to family, friends or an adult you trust.

Young Minds:
www.youngminds.org.uk

Teen Mental Health:
teenmentalhealth.org

Rethink Mental Health:
www.rethink.org/diagnosis-treatment

NHS Mental Health Support Hub:
www.nhs.uk/conditions/stress-anxiety-depression/

NHS Mood Self-Assessment Quiz:
www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment

Would you like to talk to someone?

5-19 Healthy Child Service – call 01609 780780
Press 2 and ask to speak to a Healthy Child Nurse

Compass BUZZ US:
text 07520 631168
Text message support is available 9am–5pm
Mon –Thurs, 9am–4.30pm Fridays

Mind Discussion Group:
www.mind.org.uk

Book an appointment
with your local GP

The Mix: Call 0808 808 4994 for advice
and support between 11am and 11pm

Childline: Call 0800 1111 to talk to anyone at any time for free
<https://childline.org.uk/get-support/1-2-1-counsellor-chat/>
for confidential counselling
<https://www.childline.org.uk/get-support/message-boards/>
talk to young people who may be feeling the same as you

Do you need urgent support or help?

If there is immediate danger of serious harm or risk to life call 999

If you need someone to talk to and the problem isn't immediately life threatening call 111

HopeLine UK:
0800 068 41 41

Childline:
0808 808 4994

If you're over 18 you can call the Samaritans: 116 123

GoTo: Visit <https://www.thegoto.org.uk>
The Go-To are there to help you find the right help and support for you, to help you stay well, whatever is going on in your life.
Shout 85258: Text for mental health support

CAMHS Crisis Number (Child and Adolescent Mental Health Services):

Hambleton and Richmondshire 0300 0132000 (Option 6), open every day 7 days a week, 24 hours.
Whitby and Scarborough & Ryedale 01723 346502, open every day 7 days a week, 10am–10pm.

Harrogate and Ripon 01423 544335, open every day 7 days a week, 10am–10pm.

Craven 01274 221181, open every day 7 days a week, 24 hours.

Selby 01904 615348, open every day 7 days a week, 10am–10pm

Children's Mental Health week with Place2Be

Since our last newsletter, Children's Mental Health week took place and in February Place2Be shared lots of important information and advice on how to support your own mental health and others.

If you missed it, their website is packed full of the resources and news articles of the week. You can take a look via the link below.

[Look back at Children's Mental Health Week 2022 - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)

Not sure what to feel about what you're feeling?

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

What is The Go-To?

The Go-To is a portal or 'single point of information', promoting mental health support services for children and young people within the North Yorkshire County Council boundary. With the amount of different services available in North Yorkshire, it can often be confusing to know what is what. The Go-To is designed to make things simple for you, having all the information you need in one place, so children and young people can get access to the right care they need.

Who can use The Go-To?

The website has been designed primarily for young people, by young people. However, there is also information for parents, carers, GPs and other professionals.

Who developed The Go-To?

The Go-To has been developed by NHS North Yorkshire Clinical Commissioning Group (CCG) together with partners from North Yorkshire County Council and neighbouring CCGs (NHS Bradford District and Craven CCG, NHS Vale of York CCG). Young people from North Yorkshire Young Minds Combined – a group made up of members of North Yorkshire's Youth Parliament and other youth voice groups – also helped to design the new website.



Resources to support Young People with Anxiety

[Not fine in school - Not Fine in School - School Refusal, School Attendance](#)

[Childline - Get Support | Childline](#)

[Kooth - Home - Kooth](#)

[Stem4 - stem4 - supporting teenage mental health](#)

[Young Minds - Find Help With How I'm Feeling | Advice For Young People | YoungMinds](#)

[On My Mind - On My Mind | Resources for Young People | Anna Freud Centre](#)

[The Mix \(13-25\) - The Mix - Essential support for under 25s](#)

[Compass Pheonix -](#)

[North Yorkshire \(Compass Phoenix\) \(formerly BUZZ and REACH\) - Compass \(compass-uk.org\)](#)

Mencap's Myth Busters!



You may have recently seen Mencap's new 'Myth Busters' campaign. Meet the Mencap ambassadors who are challenging misconceptions about what living with a learning disability looks like.

From athletes to activists, models to TV stars, the 'Myth Busters' are working hard to show what young people with learning disabilities can achieve.

There's lots more info on the Mencap website and their social media pages.



What do you see in this image?

Researchers think that you see first tells a lot about your personality.

What do you see?

- **A lion.** It's most likely that you're always getting to the root of things, and you are not afraid of facing your strongest fears. You are a very brave person!
- **An exotic bird.** Perhaps sometimes you are fun and spontaneous. At the same time, you have a creative personality and a desire to change the world for the better.



**Ambitious
about Autism**

Youth
Network

Ambitious about Autism is the national charity for autistic children and young people.

They are launching their new Ambitious Youth Network in April, a UK-wide online platform for autistic young people!

The Ambitious Youth Network, which has been funded by the Esmée Fairbairn Foundation and the The National Lottery Community Fund, will offer autistic young people aged 16 to 25 a safe and moderated online space to help them understand their autistic identity and reduce isolation and loneliness that many feel.

Young people will be able to take part in peer support sessions, share experiences and find volunteering, work experience and employment opportunities. There will also be opportunities for them to work together and campaign for change.

Find out more about the network here: [Join the Ambitious Youth Network | Home \(ambitiousaboutautism.org.uk\)](https://ambitiousaboutautism.org.uk)

World Autism Acceptance Week

Monday 28th March marked the beginning of World Autism Acceptance Week 2022. We shared lots on information and links on our social media pages and enjoyed seeing other people's posts celebrating Autism.

If you missed it, you can visit the National Autistic Society's Website using the link below to take a look at their resources.

[World Autism Acceptance Week 2022](https://www.nas.org.uk)

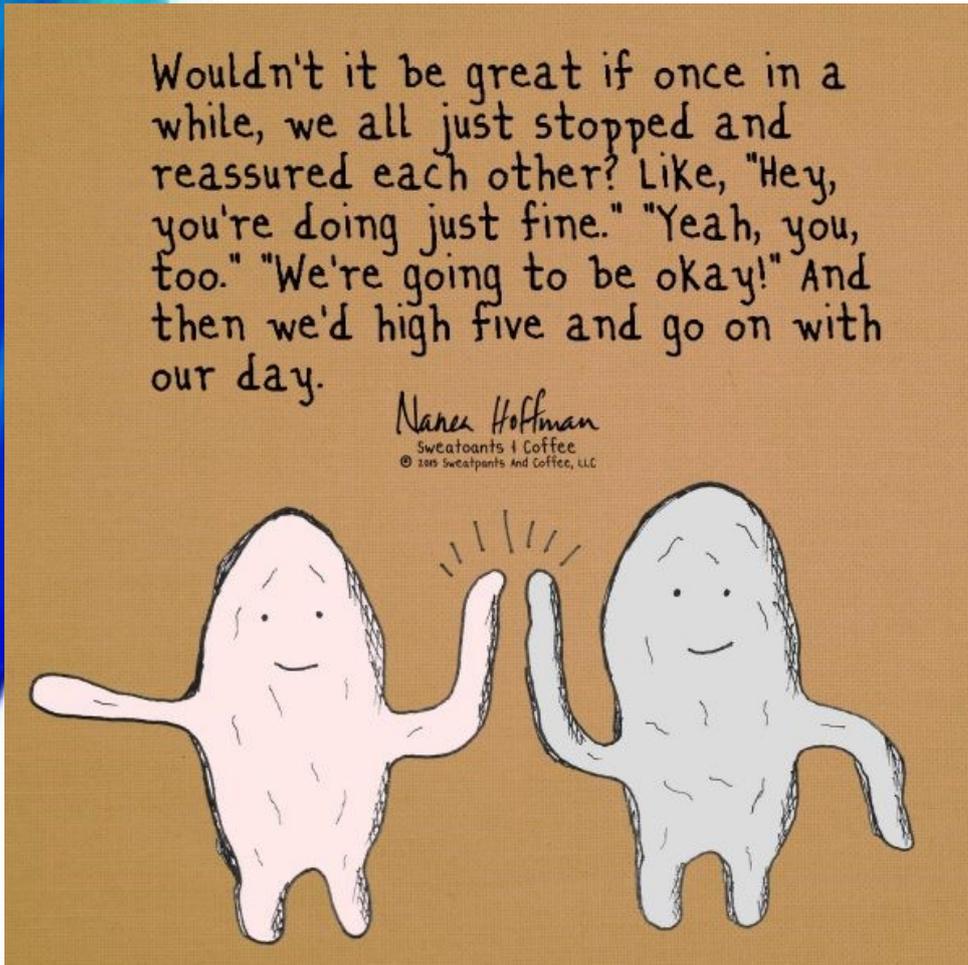


National
Autistic
Society

World
Autism
Acceptance
Week

sendiass
NORTH YORKSHIRE

A final message of positivity ...



Keep in Touch

You can contact the SENDIASS North Yorkshire Team via the links below.

If you need information and advice from the team, 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

Twitter: @SendiassY

Instagram: @SendiassNY

YouTube: @SendiassNorthYorkshire