



sendiass

NORTH YORKSHIRE

Winter Newsletter

2022

*Hello and a big welcome from
SENDIASS North Yorkshire.*

We have had a very busy year and we cannot believe we are already in December, so this is a good time to give you some reminders of what information and support is around both locally and nationally.

We have a new young person's group that began in September with the support of the Flying High young people. The new group is called Inspire 2gether and more information is in this newsletter as it is important to know what's different about this group and what is being offered. Most importantly though is how to join us.

We also welcome Kylie to the SENDIASS team. You will be able to read more about Kylie in this newsletter.

We want to remind you that if you are struggling with any aspects of your education or training (learning) you can contact us to talk about your worries and we offer information and advice.

Please click on the video link below to know who SENDIASS are and what kinds of things we do.

[IAS video for Children and Young People - what they are/how they can help? - YouTube](#)

We really want to improve our website to be better for local young people and make sure our resources are the best they can be for you. So if you have any comments or ideas, please let us know using the green button.

Please click here to
complete our short
evaluation form

We send our best wishes to you for this winter time and look forward to moving into 2023 with new plans on offer for young people. So do get involved if you can.

*Melanie
and the SENDIASS North Yorkshire Team*

New Team Member Kylie



In September, Kylie joined the team as SENDIASS Coordinator for Selby.

Kylie is passionate about supporting families and young people with SEND and has been enjoying her new role.

Kylie has two children and two dogs, Wilf and Atlas.

Welcome to the team Kylie!

Support for Mental Health and Wellbeing

We are aware that this has and for many, is still a difficult year. We know many services close over the Christmas holidays and want to remind you that there is still support around from some local and national groups that can help you if you are struggling with your mental health.

Kooth. A national service.

Kooth- external site - A confidential online counselling and emotional well-being platform for young people aged 11 - 18 years, accessible through mobile, tablet and desktop and free at the point of use.

The Go- To mini market place

Mini Marketplace - The Go-To (thegoto.org.uk) This on line booklet made by NHS (North Yorkshire) and North Yorkshire County Council shows some local and national resources.

Young Minds national site.

Mental Health Support For Young People | YoungMinds Looking after your mental health, getting support and advice and offering resources.

Charlie Waller: We're talking mental health

Mental Health Resources Library for Young People (charliewaller.org)

Useful guidance for young people and others supporting young people who are worried about their young person's low mood or self-harm.

The Mix: various resources from a chat service to a discussion board

The Mix- external site - Support service for young people up to 25 years



Inspire 2Gether

What is the Inspire 2gether group?

Inspire 2gether is a group of North Yorkshire young people with additional needs who are passionate about improving services for children and young people with disabilities. The group offers an opportunity for young people to take ownership of what is discussed and aims to enable your voice to be heard. Decisions about what you want to change and how you are going to do it are made by you.

Would you like to be part of a group who share experiences to influence and bring about change, locally and nationally?

When do the group meet?

The group meets once every 6 weeks virtually. During the meetings you can share your thoughts and feelings verbally and through the chat box.

Who can join?

If you are aged between 11 - 25 years, live in North Yorkshire and have any special educational needs and/or disabilities (SEND), then this could be for you!

Interested and want to join?

You can ask a trusted adult to help you.

How to join?

You can send an email to info@sendiassnorthyorks.org or if you would prefer to

speak to someone  01609 534983. Leave a brief message giving your name and telephone number and Carol Watson, SENDIASS Co-ordinator, will call you back.



Parent/Carer Information Sessions

During 2022 we have been running monthly virtual workshops for Parents and Carers on EHCARs and SEND Support in Mainstream Schools.

We will be continuing this offer into 2023, however we have changed the name of these events to 'Information Sessions'. You can find the dates and information on our Eventbrite Page here:

[SENDIASS NORTH YORKSHIRE Events | Eventbrite](#)

We will also share information on upcoming training for parents, carers and professionals on our social media pages and website.

If you have recently attended a workshop, we would really appreciate your feedback, please email any comments to alice.atkinson@sendiassnorthyorks.org

Upcoming Workshop Dates:

January:

EHCAR Information Session for Parents and Carers—Wednesday 11th @10:30am.

SEND Support in Mainstream Schools Information Session for Parents and Carers—Monday 16th @12:30pm

February:

EHCAR Information Session for Parents and Carers—Monday 6th @11am.

SEND Support in Mainstream Schools Information Session for Parents and Carers—Wednesday 22nd @11am



Advice Line Christmas Opening Times

Our Advice Line will be closed from

1pm on Friday 16th December

and reopens on

Wednesday 4th January 2023 at 9:30am.

Additional Support Available

Contact: The national Charity has a SEND information & Advice helpline on 08088083555 Monday-Friday (9:30-5pm)



They also have an email address: helpline@contact.org.uk and will respond within 10 days, and a Live chat online if you prefer texting.

Contact has an website filled with resources for parents, carers and young people with SEND.

Examples such as:

A-Z conditions that may help you find out more about your child's condition

Frequency asked questions

Information and Advice.

This section provides online, printed and helpline advice on education, benefits and finances. Childcare. Social Care, medical information and much more.

Listening Ear

This is a 1-1 telephone appointment with a Family support worker for parent carers looking for practical and emotional support. You can book on appointment online.

There are so many more services this national charity provides and its worth spending time looking at their website or calling them directly.

IPSEA: Offers free and independent legally based information, advice and support to help get the right education for children and young people with SEND:
<https://www.ipsea.org.uk>

KIDS: A National Charity, that provides a wide range of services to disabled children, young people, and their families in England. Their services include: drop-in crèches and nurseries for the under 5s to youth clubs, short breaks and residential stays for young adults: <https://www.kids.org.uk>

Contact: A National Information and Advice service for families of disabled children: <https://contact.org.uk>

ACE Education: Provides independent advice and information to parents, carers, young people and professionals on state education in England.
<http://www.ace-ed.org.uk>

North Yorkshire Connect: A free community directory for North Yorkshire.
<https://northyorkshireconnect.org.uk>



What's On

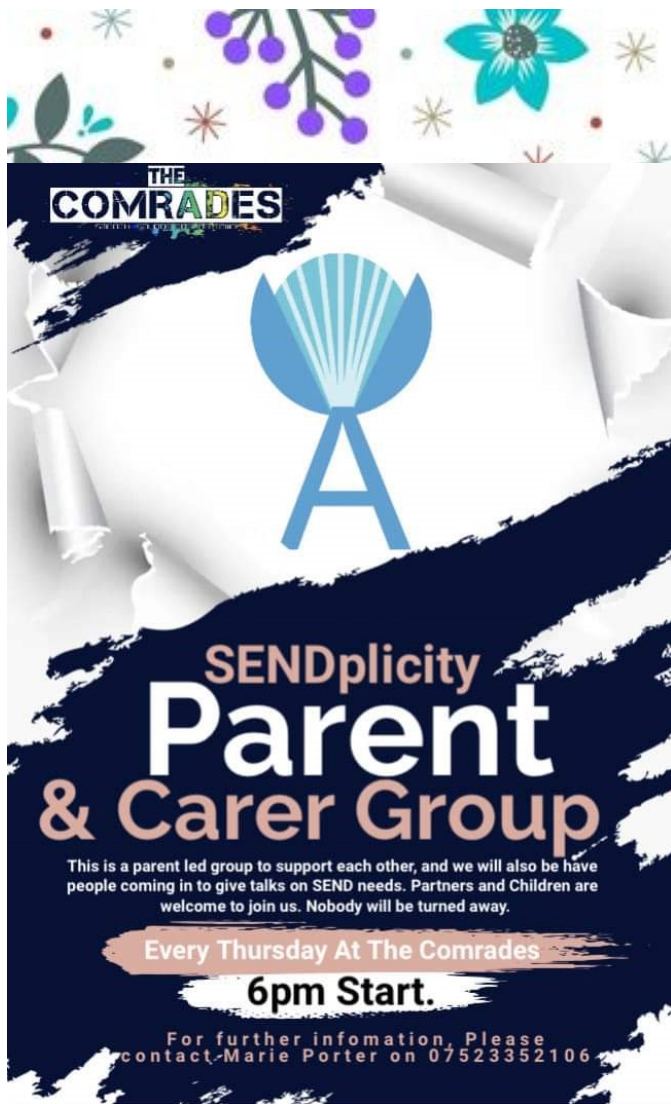
FEAST brings the fun to the school holidays, offering different activities for everyone to take part in.

All children and young people across North Yorkshire can get involved in a range of sessions, with free places and a free lunch for children and young people on benefits-related Free School Meals.

After listening to feedback from Parents that there needed to be more activities for children with SEND during school holidays, the LA have now got a new member of staff involved who is looking at the FEAST offer.

Take a look at [what's on](#).

[What is FEAST - North Yorkshire Together](#)



In working partnership with CRACCL

Autism Coding and Gaming Group

For Children and Young People

Beginning Monday 31st October 2022

15:45 to 16:45

Richmond Library

10 Queens Road, Richmond, DL10 4AE.



For autistic children and young people and those on the diagnosis pathway.

An opportunity to enjoy a social club and make some new friends.

For more information, please contact – Lois Boothman

Autism Social Prescriber for Hambleton and Richmondshire

T: 07966188276 Email: lois.boothman@northyorks.gov.uk



Meeting at Risedale Youth Centre

On Wednesday evening from 530pm - 7pm

Youthability

Our youth club for young people aged 11-25 years who have special educational needs and disabilities, offering inclusive activities for young people to enjoy and achieve.

Also running on Microsoft teams when we can't meet up at the Youth Centre, dates will be provided in advance.

Please contact Colburn Children & Families Hub for more information:

01609 532338

C&FHubRichmond@northyorks.gov.uk



Contact us

If you would like to get in touch with us you can contact us on one of the following platforms:

Advice Line: 01609 536923

Advice Line Email:

info@sendiassnorthyorks.org

Our Website:

www.sendiassnorthyorkshire.co.uk

Facebook: @Sendiassnorthyorks

Twitter: @SendiassY

Instagram: @SendiassNY

YouTube:

@SendiassNorthYorkshire

Your Feedback

We would like to say a massive thank you to all our families who continue to give us feedback on our service. We have been sharing this feedback across our Social Media Platforms on 'Feedback Friday' throughout 2022..



Your feedback is extremely valuable in allowing us to improve our service.

If you would like to leave us some feedback please visit our website:
<http://sendiassnorthyorkshire.co.uk/parentsand-carers/>

Finally, the team at SENDISS North Yorkshire would like to thank you all for your continued support and wish you all a very Merry Christmas and a Happy New Year.

