

# Young People's NEWSLETTER

**sendiass**  
NORTH YORKSHIRE

## Welcome to the SENDIASS North Yorkshire Young People's Newsletter. Spring 2023

Hello everyone,

Welcome to our young people's newsletter.

Our new SENDIASS young person's group called *Inspire 2gether* is amazing. I realise why they call themselves *Inspire 2gether* as I attended an online meeting in January to meet everyone. They spoke of their experiences of bullying and what actions we could think of doing to let everyone know its not lawful. They spoke of their personal experiences about whether they felt their wishes and views are heard when working with professionals and now we are thinking together of ways to improve this. There is more about this group in the Newsletter.

This is the term when things must happen if you have an EHCP and you are moving to a secondary school or post 16 placement in September 2023.

Anyone moving into secondary school must have the name of where they are going, now written in section I of your EHCP by the 15<sup>th</sup> of February.

For anyone finishing school or alternative provision (meaning you will no longer be statutory school age at the end of June 2023), you are likely to be moving to college or something similar. If you have an EHCP then the next placement you go to in September 2023 must be named in section I of your EHC Plan by the 31<sup>st</sup> of March 2023. If you don't agree with what is named by the Local Authority, then you have the right to appeal this decision, but this must be done within a certain time.

Finally, we hope you know how to contact us. If you ever want some information, advice, or support then details are in this newsletter to give you ideas of what we do and how to contact us. Don't ever feel uncomfortable in what you are asking us. If SENDIASS is not the right service, then we will try to give you details of the right service instead. We love hearing from young people but just remember that we don't have a telephone service, so if you leave a message, then one of our team will contact you within 5 working days.

Wishing everyone Happy holidays at the end of March.

Melanie  
(SENDIASS North Yorkshire manager)

# News from 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 meets virtually, every six weeks on a Tuesday and 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.

## Inspire 2gether News

The group recently wrote to Richard Flinton, Chief Exec and Cllr Carl Les to offer their help to make the new website for the new North Yorkshire Council accessible to all children, young people and adults who have additional needs and disabilities. They stated it was a fantastic opportunity for the Council to become one of the first accessible websites across the country. In the letter they also gave some examples of things they would like taken into account during the production of the website. The group received positive responses from both Richard Flinton and Cllr Carl Les, who provided links to members of their team who will consult the group around the best approach to accessibility that we can build in to the new website. They also thanked the group for getting in touch.

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

## How to Join

You can send an email to [info@sendiassnorthyorks.org](mailto: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.

**sendiass**  
NORTH YORKSHIRE



# 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.

# Back to Basics

**Back to basics** is the theme for SENDIASS North Yorkshire this April. We have noticed a lot of different people asking us questions about special education needs (SEN) or about Education, health and care plans (EHC plans) and often saying they wished they had known the answer's before. Many say they are shocked at how important certain things in the EHC plan process are but didn't realise.

We welcome questions as we think it important that you understand and might even feel confident enough to tell others later.

We are posting information around this theme throughout April and will give some ideas of the type of information here.

Questions such as

Did you know that if you have an SEN support plan it may last until 19 years old?

Did you also know that schools and colleges have a particular law to follow for students with SEN support plans? This law is sometimes referred to as the Governor's Duty and comes from the Children & Families Act 2014, Section 66. These best Endeavours duties must show evidence that appropriate efforts are made to make the person more able to access learning and reduce barriers to their learning. However, it is anticipated that plans will be actioned to support the student specific to their needs but it is not an absolute promise to achieve a result.

How long they will take if the Local Authority agree to issue an EHC Plan? The answer is 20 weeks from the day of the request to an issue of a final plan. The EHC plan is the responsibility of the Local Authority and you or your parent, carer. The duty is to find the nearest suitable educational provider to you. This may mean a nearest suitable school or college that is situated in a different county. This does not mean it must be the top graded or most expensive provider, sometimes described as being the 'Rolls-Royce' of providers. In SEND law it must be what is suitable, because the provider named in section I must meet your special educational needs (which are written down in section B) and have the special education provision available for you (this is written in section F of the EHC plan).

Did you know that around week 16 of the EHC plan process you will be told whether the Local Authority intends to issue a plan or not? This will allow you a right to appeal to the SEND tribunal if you believe you should be issued a EHC plan. You can still ask for someone that knows you well, to help you complete this form called a Form 35 to lodge your appeal. There is another form called Form 35A which sounds similar but should not be confused, as Form 35A is the form used when the Local Authority refuses to assess for an ECH plan.

If you want to find out more about the *Back to Basics* month, then please join us on Instagram, twitter or Facebook as there will be lots of questions answered and a live session to give you chance to ask whatever you like or send in questions via



# What's on for Young People in North Yorkshire?

## Flying High

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](mailto:nyvoice@northyorks.gov.uk)

## Our Website

In the coming months we will be launching our new, updated Website.

The new website will have specific sections for young people, parents and carers and professionals, as well as new resources and links.

We are looking forward to your feedback on the updates so please watch out for the changes.



# Young People's Wellbeing

**North Yorkshire**  
Safeguarding Children Partnership

**North Yorkshire**  
County Council

*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](http://www.youngminds.org.uk)
- Teen Mental Health: [teenmentalhealth.org](http://teenmentalhealth.org)
- Rethink Mental Health: [www.rethink.org/diagnosis-treatment](http://www.rethink.org/diagnosis-treatment)
- NHS Mental Health Support Hub: [www.nhs.uk/conditions/stress-anxiety-depression/](http://www.nhs.uk/conditions/stress-anxiety-depression/)
- NHS Mood Self-Assessment Quiz: [www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment](http://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](http://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

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.

[Children's Mental Health Week - Place2Be](#)

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

## The Go-To

For healthy minds in North Yorkshire



Visit [www.thegoto.org.uk](http://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 \(compass-uk.org\)](#)



## World Autism Acceptance Week

Monday 27th March marks the beginning of World Autism Acceptance Week 2023. We will be sharing lots of information and links on our social media pages and as usual, will enjoy seeing other people's posts celebrating Autism.

You can visit the National Autistic Society's Website using the link below to take a look at their resources and see how to get involved.

[World Autism Acceptance Week 2023](#)



### Do you have something to celebrate?

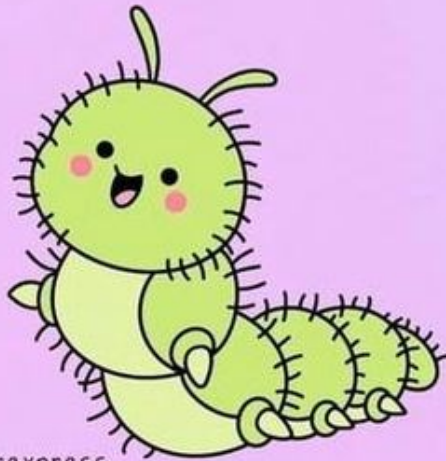
We love hearing about your good news stories and celebrating young people's success. Are you a young person from North Yorkshire with Special Educational Needs and Disabilities who has a job or are helping or running a business?

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.



## A final message of positivity ...



selfcarexpress

Always remember, it doesn't matter how fast or slow you go, because progress is still progress! Give yourself some credit for at least progressing even if it's a tiny bit!

## How to Contact us

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](mailto:info@sendiassnorthyorks.org)

**Our Website:** [www.sendiassnorthyorkshire.co.uk](http://www.sendiassnorthyorkshire.co.uk)

**Facebook:** @Sendiassnorthyorks

**Twitter:** @SendiassY

**Instagram:** @SendiassNY

**YouTube:** @SendiassNorthYorkshire