

YOUNG PEOPLE'S NEWSLETTER

MARCH 2024

Hello and welcome.

For many young people, this is the time of year where a lot of things are changing and it can feel stressful. For some it might be that you are facing exams soon. This can feel like there are a lot of expectations on you and you may feel under pressure or feel more anxious.

Please remember that whatever your results, there will still be choices of what to you can do after exams. Remember to be kind to yourself and talk to people if you are feeling overwhelmed. This can be people you know or if you can contact one of the services we have shown in this newsletter.

Young Minds have support here:

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>



NEWS FROM INSPIRE 2GETHER



We are working on launching a new Facebook page for young people only. Look out for updates on our SENDIASS North Yorkshire Facebook page.

Our Young People's Group Inspire 2gether have been meeting regularly this term.

We have now started a lunch time group with Harrogate PLC which feeds into the main group to get more young people's voices. If this is successful we may approach other PLCs across North Yorkshire.

This newsletter will be available in MP3 format and video as requested by Inspire 2gether. Take a look at our website or Youtube Channel to watch the newsletter with audio.

https://www.youtube.com/channel/UCYKD7IsBDQmH6DKSzsG_4mQ

Resources to support Young People with Anxiety

Not fine in school - <https://notfineinschool.co.uk/>

Childline - <https://www.childline.org.uk/get-support/>

Kooth - <https://www.kooth.com/>

Stem4 - <https://stem4.org.uk/>

Young Minds - <https://www.youngminds.org.uk/young-person/find-help>

On My Mind - <https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/>

The Mix (13-25) - <https://www.themix.org.uk/>

Compass Pheonix - <https://www.compass-uk.org/services/compass-phoenix/>



SNJ Survey

Have your say on this survey being run by Special Needs Jungle all about what is available for disabled young people after education. The survey closes on 31st March.

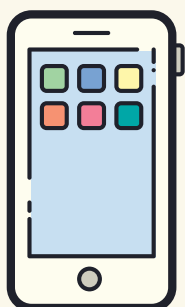
What's out there for disabled young people after education? Take part in research! - Special Needs Jungle

LIFE IS MESSY
but... so is GLITTER



sometimes the mess is worth it!
♥ hang in there ♥

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



WHAT IS INSPIRE 2GETHER?



Inspire 2gether is SENDIASS North Yorkshire's 11-25 years old Young people's group.

The purpose of the group is for young people in North Yorkshire to have a voice in helping us to develop our service and share their opinions on what we do.

Our group is also a space for young people with SEND to share their views and opinions on topics important to them.

Every six weeks virtually via Microsoft Teams.

You can have your camera on or off and speak directly or use the chat box to share your views.

WHEN AND HOW DOES INSPIRE 2GETHER MEET?



HOW DO I GET INVOLVED?



If you or a young person you know would like to join, here's how you can get in touch:

Email:
info@sendiassnorthyorks.org

Call and leave a message on:
01609 534983

Or Text us on:
07970679591

