



# YOUNG PEOPLE'S NEWSLETTER

DECEMBER 2024

Welcome to the Winter edition of our Young People's Newsletter,

The Service embraces a few changes over this Winter period.

We have sadly said goodbye to our manager of 9 years, Melanie Leighton, and wish her well in her new role with SENDIASS in York. In the meantime, Carol Watson who has been a co-ordinator for 8 years with SENDIASS North Yorkshire has been appointed the interim SENDIASS manager.

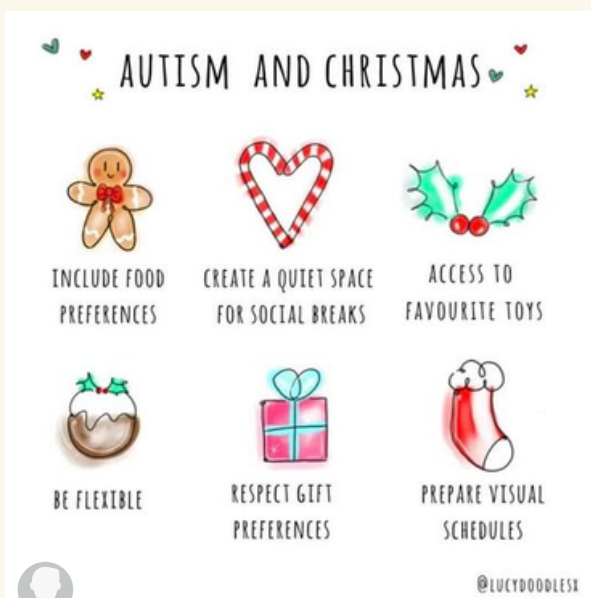
For the foreseeable future our tiny team will be a full-time co-ordinator down which is already having an impact on our capacity to offer the support we would like to. We have also had to change the way we work by offering 30-minute virtual sessions rather than holding cases open. However, we will continue to strive to give any young person contacting the service the support they need.

Excitingly we have changed directorate, which means the SENDIASS team are no longer under the SEND and Inclusion Team. This will help us to fully meet our National Minimum Standards relating to being arm's length to the Local Authority. Our new directorate is Effective Practice and Quality Assurance.



We look forward to working with many of you in the New Year.

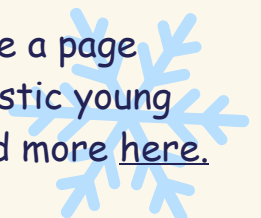
Our SENDIASS team would like to wish everyone of you a Merry Christmas and a Very Happy New Year!



This time of year can be challenging with lots of changes to usual routines, social gatherings and busy schedules.

The National Autistic Society have some great advice for young people on their [website here](#).

Ambitious About Autism also have a page with tips on ways to support Autistic young people at Christmas. You can read more [here](#).





# Inspire 2gether

Inspire 2gether group met on 12th November and decided that the group would not carry on. This decision was made due to a lack of attendees and changes within the SENDIAS Service.

The group completed some fantastic work over the past year ensuring young people's voices are heard in meetings and EHC Plan reviews. The groups views, video and voice clips are being added to the SENCO (special education needs co-ordinators) handbook, they will also be used in training for the SEN Casework Officers and some of these will be accessible through the Local Offer.

Clare, a SENDIASS Co-ordinator, also did a wonderful job making the groups views known within the SENCO network meetings held at the beginning of the summer term, where she talked to over 200 primary and secondary school SENCOs. A webinar has also been produced for colleges to access information about engaging young people with SEND in meetings. This is being released this Autumn term.

SENDIASS would like to thank all the young people who have been part of this amazing achievement.

We will continue to strive to gain young peoples views on the information we produce for young people through the Flying High Group and some individuals who have indicated they would like input into what SENDIASS produce.



## Mental health and well-being

We are aware that at this time of year when there are long nights and short days that often people feel sad. To help you take care of your well-being and mental health here are some useful apps:



### Home - Clear Fear App

Clear Fear is a free app to help children and young people manage symptoms of anxiety.



### Home - Move Mood App

Move Mood is a free app to help young people manage low mood and depression.



### Home - Combined Minds App

Combined Minds is a free app to help families and friends provide mental health support.



### Home - Worth Warrior App -

Worth Warrior is a free app to help young people manage low self-worth, poor body image and related eating disorders.

For more support contact

0300 131 2 131 , Text

Buzz 07520631168 or visit

the NHS website [Mental health - NHS](https://www.nhs.uk/mental-health).



# Preparation for Adulthood

The Preparation for Adulthood Guide for Young People with Special Educational Needs and Disabilities has recently been updated.

The guide has useful links and tips to support young people.

You can take a look at the guide here:  
[Preparation for Adulthood Guide](#)



## Theme of the Month

Every month on our Social Media pages we have a theme that we focus on. During December we have been sharing information, links and resources around the theme of 'Promoting Wellbeing and Positive Identity'.

In January we will be sharing key information about us a service to help you get to know more about what we offer and what you can expect from us. Make sure you're following us to see all our content in the New Year.



## Upcoming Events

We hold monthly virtual training sessions on SEND Support in Mainstream Schools and on Requesting an Assessment for an Education Health and Care Plan. These sessions are for parents, carers and young people who would like to know more about the law and procedures here in North Yorkshire.

You can find all our upcoming events on our Eventbrite page [here](#).





# CHRISTMAS OPENING TIMES

Our service will be shut down from Monday 23rd December to Thursday 2nd January.

If you would like to contact us during this time, you can complete the young person's contact form on our website [here](#) or leave a message on the 24 hours answer phone and the message will be picked up when the service re opens on the 2nd January.

## HOW TO CONTACT US

Advice Line is open 9:30am–1pm Monday to Friday (Tuesdays and Thursdays only during 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)

Social Media

Facebook: @Sendiassnorthyorks

Instagram: @SendiassNY

YouTube: @SendiassNorthYorkshire

