



YORK INSPIRATIONAL KIDS NEWSLETTER

February

WELCOME

From Ruth Thompson,
our CEO...



What a great start to the year we have had. We've been chosen to be Charity of the Year by both Betty's Tea Room and Muddy Boots. We cannot thank them enough for this great opportunity. Our clubs have started back busier than ever and we've been delighted to welcome so many new children into every group we run. That's quite an achievement in 4 weeks!

We're also delighted to have some new volunteers joining YIKs All About Autism, our fundraising team and other activities. There is always room for more so if you have a couple of hours to spare each week please get in touch.

Louise has been busy at many networking events this month, spreading the word about what we do and Kathryn has been busy working with and supporting schools with autism. It's going to be a great year if it carries on like this! Enjoy this month's roundup of all our news.



FEBRUARY AT YIKS

Children and young people in all of our groups have enjoyed participating in lots of different activities.

Post 16s have devoured home-made fruit kebabs, got crafty designing valentines cards and finished off the month at Hollywood Bowl.

Our Saturday Club provided opportunities for families to come together to play, make crafts and chat. "It's a lovely way to start the weekend", said one parent and we couldn't agree more!

Siblings enjoyed pancake making (and eating). They also went to McDonalds. Whilst this wouldn't have been our choice, many told us it wasn't somewhere they could go with their siblings and they wanted to do something that others got to do all the time - who are we to argue!

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All About Autism

in conjunction with the City of York Council



Our weekly clubs are very much tailored to the interests of our children. We enjoy crafts, games, and of course, lots of slime making. Our staff loved being challenged by the children to games of air hockey, pool and table football at February Holiday Club.



Kathryn Pullan - YIKs AAA Manager

If you would like to look around and see what we do or if your child would like to look before joining please email autismhub@yiks.co.uk



Eils O'Brien - YIKs AAA Supervisor

Weekly Clubs

Monday	4-8 years	4.30-6.30pm
Tuesday	8-10 years	4.30-6.30pm
Wednesday	10-12 years	4.30-6.30pm
Friday	13-18 years	5.30-7.30pm

Friendship ...
Just being side by side can be enough.



Our February half term holidays were very popular. The children played games, got crafty, made slime and had lots of fun! Come down and have some fun ... Visit our website to book in for Easter!



HOLIDAY

Clubs

More information can be found at our website

www.yiksaaa.org

Book in for Easter!





SATURDAY CLUB

We had lots of fun creating valentines crafts. We used petals, glitter and lots of pink and red hearts to make cards for our special person.



We had lots of fun canvas painting whilst chatting with our friends. There is something for everyone and we always enjoy playing with toys.



Come and join us for Spring Arts and Crafts at Clifton Children's Centre on **Saturday 1st March 2025**.
£3 per child, 40p a snack and free drinks and teas/coffees for Parents/Carers. Siblings Welcome





Post 16 Group

We learnt all about different fruit and vegetables and how important it is to eat 5 a day to keep healthy! We enjoyed sampling fruit by being creative and making our very own kebabs. Yum, yum!



We made valentines cards for our loved ones ...



POST 16 ACTIVITIES

All events are held at Clifton Children's Centre, YO30 6JA Thursdays 6.30-8pm £3pp unless otherwise stated.

Thursday 6 March - Healthy Relationships with Richard, the transitions nurse.

Thursday 13 March - Community Policing with Police Officer James (Carole's son)

Thursday 20 March - Pizza making (Meet at Pizza Hut, Monks Cross)

Thursday 27 March - Painting Pebbles with Janice

Email events@yiks.co.uk for more information

We ended the month with a trip to Hollywood Bowl ...

We bowled, we ate, we drank and most of all, we had lots of fun with our friends.



What's On in March?



Louise Firth
Community &
Events Manager

Spring

Arts and Crafts

Saturday Club - 1st March 2025 at 10:30am



EASTER

Arts and Crafts

Saturday Club - 15th March 2025 at 10:30am



MOTHER'S DAY

Arts and Crafts

Saturday Club - 27th March 2025 at 10:30am



Clifton Children's Centre.

£3 per child

40p a snack

Free drinks and teas/coffees for
Parents/Carers.

Siblings Welcome

Theatre Trips

Email: info@YIKS.co.uk
or events@YIKS.co.uk
for further information

Saturday 15th March at 2.00pm
Horrible Histories
York Grand Opera House £14pp

Saturday 29th March at 2.00pm
Murder on the Orient Express
York Grand Opera House £25pp

Saturday 26 April at 2.00pm
The Lion, The Witch and The Wardrobe
York Grand Opera House £35pp

Saturday 3 May at 2.00pm
The Sound of Music
The Joseph Rowntree Theatre £12pp

siblings CLUB

We went out for our first session in February. The children wanted to socialise with their friends and order their food independently. They chose McDonalds! Some children enjoyed just being able to hang out with their friends, others opted to play a memory game with Janice and some wanted to talk to Ruth about their week.



At our club on 25th February 2025, siblings enjoyed pancake making. They went down a treat!



YUMMY



delicious!

We also made time for one of their favourite games... roll the dice to answer a question about yourself, e.g. 'what makes you unique?'. Its a great game for initiating interesting conversations whilst building confidence and self-esteem.



SIBLING ONLY EVENTS



Siblings Group runs fortnightly on a Tuesday evening - 6:30pm - 8pm (term-time only). Siblings aged 8+ only. £3.00 per child (40p per snack)



Our next group will be held on Tuesday 11th March 2025 at Clifton Children's Centre. £3.00 pp, 40p per snack



If so, why not do something different in 2025 and join our team of volunteers to help raise much needed funds to support YIKs.

Email: fundraising@yiks.co.uk

Together We Can!

FUNDRAISING



THANK YOU

A very big thank you to our fundraisers who gave up their time on Saturday 22 February to jingle buckets at Morrisons, Fossbank.

A very big thank you to all our bakers who made delicious cakes and sweet treats for the Get Cycling CIC - Inclusive Bike Shop event at York RI on 23rd and 24th February.

If you would like to be involved in our next fundraiser, please email: fundraising@yiks.co.uk



Join us between 10am and 3pm at Morrisons Foss Bank, York
Have fun, meet new people and raise money for YIKs.
Email: fundraising@yiks.co.uk for further information

REWARDING New skills
Sociable
Fun friendships
inspiring team work
events Fundraising ...



Please support our ...



York Inspirational Kids

Coffee Morning

Saturday 22 March 2025

10.30-12 noon



Stalls



Tombola

Haxby and Wigginton Methodist Church Hall

Haxby, York YO32 2JJ



Cake Stall



February

Monthly Drop In Sessions

PARENT AND CARER SESSIONS
We understand that it is important to be heard and support received where needed. Drop along to one of our monthly sessions to support you whilst you support your young person.

YORK INSPIRATIONAL KIDS CIC

Emotionally Based
EBSA
School Avoidance

Pathological Demand Avoidance (PDA)

Challenging Violent or Aggressive Behaviour:

ADHD

16th Jan
13th Feb
20th March

23rd Jan
27th Feb
27th March

30th Jan
6th March
3rd April

9th Jan
6th Feb
13th March

All sessions 9.30-11am Clifton Children's Centre, YO30 6JA
For more information tel 07563232838
www.yiks.co.uk



**Parent Lead
Ruth Appleby**

YIKs Peer Mentoring Service

What is Peer Mentoring?

Peer mentoring involves people using their own life experiences to share understanding, and promote improved well-being with others. It's about sharing knowledge, experience and practical help with each other, to improve emotional and mental health, while creating a sense of belonging. Having a child/children with any form of SEND can be lonely, isolating, and leave us feeling like we are losing a little of ourselves. YIKs Peer Mentoring aims to help you change this.

Peer Mentoring at YIKs

At YIKs, we understand that being a parent carer can be a lonely, isolating and overwhelming place at times, which is why we are very excited to be able to expand the level of parent support we can now offer.

Amy and her team of peer mentors are available to meet for 6 sessions and provide signposting, support and a listening ear.

What Next?

If you would like to register for Peer Mentoring then please email ruth.appleby@yiks.co.uk for a registration form. Once completed, return the form to Ruth.

PARENT SUPPORT

PARENT/CARER SUPPORT LINE

We are pleased to launch our confidential telephone support service, available to parents/carers of children with SEND looking for support and signposting.

Monday Mornings 9.30 am-11.30am

Term time only

Slots of up to 20 minutes are available.

To Book a slot please email ruth.appleby@yiks.co.uk with your name and contact telephone number by 5 pm Thursday and you will be sent a time slot for the following Monday.
Slots will be given on a first-come first-serve basis.

Parent Support



NEED HELP FILLING IN DLA/PIP FORMS?



MORE INFO AND TO BOOK AN APPOINTMENT

email rebecca@yiks.co.uk



**Parent Support Worker
Rebecca Scurr**

Autism Drop-ins



Autism Support for Parents from the Specialist Teaching Team for Autism

Wednesdays Spring 2025



Fortnightly Topic Talks Wednesdays in Spring Term 2025:

Comic Strip Conversations 22.1.25- 10-11a.m. online & 1.30-2.30 p.m. in person
Autism and Adolescence 5.2.25- 10-11a.m. online & 1.30-2.30 p.m. in person
Transitions 12.3.25- 10-11a.m. online & 1.30-2.30 p.m. in person
Developing Independence 26.3.25 - 10-11a.m. online & 1.30-2.30 p.m. in person

Fortnightly Phone line (mornings) and drop-in (afternoons) Spring 2025:

Wednesday **15th January 2025** 9 a.m. -12 noon & 1.30 - 2.30 p.m.
 Wednesday **29th January 2025** 9 a.m. -12 noon & 1.30 - 2.30 p.m.
 Wednesday **12th February** 9 a.m. -12 noon only, no afternoon session
 Wednesday **5th March 2025** 9 a.m. -12 noon & 1.30 - 2.30 p.m.
 Wednesday **19th March 2025** 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Parent Group: Topic Talks virtual (a.m.) and repeated in person (p.m.)

Topic Talks led by the Specialist Teaching Team for Autism, including time for questions and peer support.

Virtual: 10-11 a.m. On Microsoft Teams. Due to confidentiality issues, we will be unable to discuss named children during this time.

In Person: 1.30-2.30 p.m. at The YIKS All About Autism Hub, Clifton Children's Centre, (In front of Clifton Green School), YO30 6BF.

Parent/Carer Phone Line and Drop-in

The Specialist Teaching Team Autism are offering parents/carers the opportunity to talk to a member of the team regarding general issues and concerns about children/young people with autism.

Phone line support: 9-12 noon 20 minutes is allocated per phone call.

In person drop-in support. 1.30-2.30 p.m. at The YIKS All About Autism Hub, Clifton Children's Centre, (In front of Clifton Green School), YO30 6BF

To book a 20 minute phone line call or to book your virtual place on a Microsoft Teams Topic Talk session, please email your name stating which Topic Talks you would like to book to: parentcarerautismsupport@york.gov.uk. For phone support, we require your name and a contact telephone number for us to call you. We will send you a time slot for your 20 minute call. If we receive a high volume of requests we may need to allocate spaces on the session on a first come, first served basis. **This is an admin email address and we are unable to forward or respond to queries via this email. Bookings close the Thursday before the session.** For in person drop-in sessions, you do not need to book and you are welcome to simply arrive on the day. Please be aware, sessions may be busy and you may need to wait to speak to a member of the team.