JANUARY 2024 | VOL. 1

### **YIKS VOICE**

The Official Newsletter of York Inspirational Kids CIC





#### **MESSAGE FROM OUR CEO**



Happy New Year

And just like that we're kicking off 2024. I'm not sure where 2023 has disappeared to but I'm trusting that you have all survived the Christmas celebrations and are enjoying your usually family routines. We had a fantastic end to 2023 with Christmas parties, panto trips and ice skating. The children appeared to have an amazing time. Our Inclusive Carol Concert at York Minster was a huge success and we look forward to surprising you further with our 2024 Christmas celebrations. But for now we will welcome everyone back to their usual clubs and drop ins. Happy reading!

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### **Christmas Fair**

The Fair took place on Sunday 26th November and we had a great turnout. Our fantastic group of Post 16 young people cohosted, manning stalls, greeting people as they arrived and making cuppas and cake! We were very proud of everything they did and we raised over £600 - Amazing!



# Parents Christmas Night Out

What a lovely way to end the year with a parents Christmas party night at the Marriott Hotel. Huge thanks to the NHS table for the loan of the ears!!













Sat Club

At Saturday Club we had a music session and welcomed Jessie's Fund to the group. Lots of musical tunes were played and fun was had! We also produced Christmas Arts and Crafts for our session on Saturday 25th November. There was Christmas trees, cards and baubles made! We truly got into thFe festive spirit! Finally Santa visited us in December and we enjoyed a great Christmas party.

### **Dance Class**

Accessible dance classes - every Monday (term time) at Roko Gym Younger group (up to 11 years) 5-5.45pm Older group (12-25 years) 6-6.45pm



We have a range of dance themes which run weekly and this month we have enjoyed Country dancing, Musicals week, Karaoke songs and Disney Tunes! Classes start back Mon 8 January 2024.







We have had various fun activities taking place in the Post 16 Thursday night Club:

- York City Football staff came in to discuss jobs with our young people
- The group were like very helpful elves as we had two sessions based on hand making items for the Christmas Fair
- We enjoyed having Lydia and Zoe in from The Theatre Royal helping us with our arts and crafts
- The last meet up was us getting into the spirit of things with a Christmas Quiz!







## Ice Skating Fun!



Our Post 16 group had a fun session ice skating then shopping for a Christmas present for their mum. Great independence skills!



# **Thinking of Others**

They also took time out to think of others and, working with Dunelm, chose gifts to give to children in a refuge who might not have been getting anything else.





**SIBS** 



We are so lucky to have received funding from Family Fund to support our siblings. This has seen them enjoy Christmas 10 Pin Bowling and then we were able to take 320 children and young people with their siblings to see the fabulous Jack and the Beanstalk at the Theatre Royal. Feedback from families has been amazing as many said this made their Christmas!

You will see some other activities for siblings being advertised shortly. This will include a cinema visit, pottery painting amongst other great things. For more information please email amy@yiks.co.uk







# Inclusive Carol Concert York Minster

On Saturday 16 December we held the most amazing carol concert at York Minster with our colleagues at Hob Moor Oaks, Choose 2, YDSG, Accessible Arts & Media and Tang Hall Smart. Huge thanks to Kate Biddlestone for her expert piano skills, the Rev Simon Biddlestone & Rev Mo Onyett for their prayers, Stephen Cottrell- Arch Bishop of York and Rev Tim Goode - Canon for Congregational Discipleship and Nurture. In addition, we would like to thank Jo Bryenton of Sing & Sign Maestros for all her help with teaching the congregation to sign! However, above everyone else we would like to thank every child and young person who took part. You were all brilliant and made the service so enjoyable. Over 1000 people were in the congregation and we have received so many fantastic comments. Even the Arch Bishop said it was the best carol concert he had been to. High praise indeed! How do we follow that this year?







## **Thank Yous and Appeal**

Huge thaks to Tesco who donated selection boxes to be given out at some of our groups.

### Wharton's Wonderland Events





**Unwanted Christmas Gifts?** 

Don't know what to do with unwanted Christmas gifts? Please consider donating them to us so that we can use them for fundraising in raffles and tombolas. We can collect locally in York or you can drop off at Clifton Children's Centre. Please email info@yiks.co.uk to arrange collection.

We were very lucky to be chosen as the charity partner for Wharton's Christmas
Wonderland experience. Lots of our young people had a great time despite the weather stopping play at times. A huge thank you to them for their support.



# **Parent Information**



Autism drop ins are back weekly (term time) from Wed 10 January 2024 at Clifton Children's Centre at 1.30pm

# 200 CLUB WINNERS

The 200 Club winners

for Dec are:
£50 - Jane Watson
£25 Sylvia Stevenson
£15 Sarah Collier
£10 Nina Melrose
If you would like to
join in and have the
chance to win please
email
yik200club@gmail.co
m and Becky Warboys

will help you with the

application form.



Pathological Demand Avoidance (PDA) Childhood
Challenging
Violent or
Aggressive
Behaviour:





These Thursday drop in sessions have proved very popular and will return in January. If you haven't been before come along and have a cuppa with other parents in similar situations. Look out for flyer at the end of the newsletter which lists the dates!



#### **NEW - Reduced Mobility Drop in Sessions**

New for this term- drop in sessions for parents of children with reduced mobility. We will look at what support is needed and what challenges our children face. First meeting is Friday 12 January 2024 9.30am at Clifton Children's Centre YO30 6JA



Our baby and toddler sessions are back on Tues 9 January 2024

### **VOLUNTEERS NEEDED**

If you can spare a couple of hours per week, or know somene who can please get in touch. We need more volunteers to support our activities.



# **Epilepsy Support Drop In**



A new session will be shortly announced to support parents who have a child with epilepsy. This is parent to parent support (not medical). Look out for dates being announced soon,

SIBS

¶or siblings of disabled / autistic children



For more information and to register your child please contact Amy

email amy@yiks.co.uk

tel 07563232838





#### **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.



1st Feb

7th March

Young people welcome

**Demand** Avoidance (PDA)

25th Jan

29th Feb

Pathological

Challenging Violent or

Aggressive Behaviour:

11 Jan 8th Feb 14th March

18th Jan 22nd Feb

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

# Do you have 1-2 hours per week spare? We're looking for help at our autism clubs and all disability clubs. Clubs available Mon-Sat email for more information JOIN NOW EMAIL: INFO@YIKS.CO.UK www.yiksaaa.org www.yiks.co.uk

#### 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.

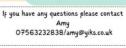
#### Peer Mentoring at YIKs

Amy is a parent carer, who is very experienced in navigating services in York both as a parent and a professional,She will meet with you for 10 sessions over a 6-month period, to offer a listening ear and to work towards goals that are meaningful for you and your family. Amy can also signpost to further services and support. Sessions can be in person or online and can take place at a time to suit you (including evenings and weekends).

#### What Next?

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

#### Any Questions?













### **YIKS All About Autism**

After a short break we are now open for bookings for the autism clubs at Clifton Children's Centre, YO30 6JA. They are held as follows:

Mon 4.30-6.30pm 4-8 years

Tues 4.30-6.30pm 8-10 years

Wed 4.30-6.30pm 10-12 years

Fri 5.30-7.30pm 13-18 years

All £5 per session and can be booked via www.yiksaaa.org Look out for the February holiday clubs being announced shortly.