



# YORK INSPIRATIONAL KIDS NEWSLETTER

January

## WELCOME

From Ruth Thompson,  
our CEO...



Happy New Year!! And what a start we have had to the year. We have started back with a bang - lots of activities booked for the children, lots of theatre trips secured and lots of organisations making contact to work with us. We've been lucky to secure some great fundraising events this year too (details will follow next month) and we are appealing to lots of organisations to be their charity for the new financial year. You'll see lots of new things being posted this year, so it's all getting very exciting. As ever, we are grateful to our families for your continued commitment to us and wish you all a very prosperous 2025.

# HAPPY NEW YEAR

## JANUARY AT YIKS

We have enjoyed welcoming children and young people back to all of our clubs. It has been lovely to see some new faces and the groups have been buzzing with fun activities

Post 16s had a visit from some 4-legged friends to learn all about safety around dogs, dog training and specialist jobs that humans and dogs can do together. They also made delicious brownies and will be engaging in a drama session with guests from York Theatre Royal.

Our first Saturday Club of 2025 involved children (and parents) participating in fun arts and crafts. They enjoyed painting stones to leave in places they visit to share a little bit of YIKs with others.

Siblings Club at the centre has been a hive of activity. It was so lovely to see so many siblings participating in our club and benefitting from time out and making new friends.

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# All About Autism

in conjunction with the City of York Council



THANK YOU!

We have had lots of wonderful donations of craft resources this month. Thank you for your kindness.



We have enjoyed making some beautiful paintings and models with some of them...



We love creating and will use our imaginations to make some impressive masterpieces.

## 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.





# All About Autism

in conjunction with the City of York Council



We have a full range of activities down at the hub, including a variety of games; air hockey, chess, Dungeons and Dragons, UNO, Shopping List, dominoes and many more.

- one of our Team Leaders, Lynne, loves a game of Monopoly!



Alishah enjoys a game of pool, although needs keeping an eye on as she cheats!

Our clubs are very much tailored to the interests of our children... (we make A LOT of slime!!)



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](mailto:autismhub@yiks.co.uk)



Eils O'Brien - YIKs AAA Supervisor



Our February half term holidays are ready to book on our website. Come down and have some fun ...but don't forget to challenge Alishah and Lynne!



# HOLIDAY

## Clubs

More information can be found at our website

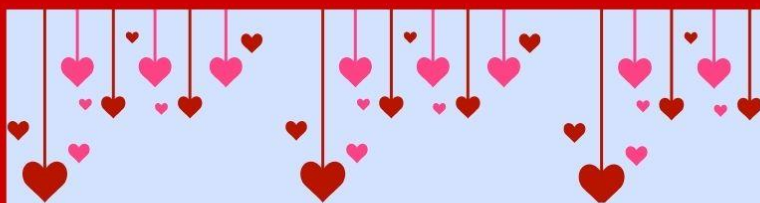
[www.yiksaaa.org](http://www.yiksaaa.org)

Book in for February Half-term



# SATURDAY CLUB

We had lots of fun painting and decorating stones. We are going to hide them in places where we visit so we can share a little bit of YIKs with whoever finds them.



Come and join us for Valentine Crafting and Fun at Clifton Children's Centre on **Saturday 1st February 2025.**

£3 per child, 40p a snack and free drinks and teas/coffees for Parents/Carers. Siblings Welcome



# Post 16 Group



We loved meeting Romeo, Luka, Rumour and Remi, four dogs who all compete in professional dog agility. We learnt all about dog training and the different careers that humans and dogs do together. We also learnt about safety around dogs.



We chose to bake chocolate brownies to develop our independent skills. They were absolutely delicious! Watch out for these at one of our future coffee mornings!



## POST 16 ACTIVITIES

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

**Thursday 6 Feb - Making fruit kebabs**

**Thursday 13 Feb - Valentines Card making**

**Thursday 27 Feb - Eat, drink and bowling.  
(Meet at Hollywood Bowl)**

Email [events@yiks.co.uk](mailto:events@yiks.co.uk) for more information



## DRAMA:

We are ending the month with a special visit from Maeve and Sophie from York Theatre Royal. The Post 16s are looking forward to some impromptu acting, fun tasks and games. These activities will enable all of us to use a multitude of our skills.

# What's On in February?

Saturday 1st February  
Saturday Club -  
Valentines Day Crafts.  
10.30am - 12 noon.



Louise Firth  
Community &  
Events Manager



Janice Moore  
Activities Coordinator  
& Fundraiser



## Breakfast



Join us for breakfast at Pear Tree Farm (pay for own). We will be there from 9.30am. Have a chat with other parents and chill before the half term break commences.



**York City Stadium Tour**  
Contact us to secure a place for this fabulous 'all-accessible' tour.  
10:30am on 17 February 2025.

## Theatre Trips

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



Email: [info@YIKS.co.uk](mailto:info@YIKS.co.uk)  
or [events@YIKS.co.uk](mailto:events@YIKS.co.uk)  
for further information

# siblings CLUB

Our first Siblings Club of 2025 saw a record number of children attending. It was great to see them all benefitting from time out and spending time with their friends (as well as making lots of new ones).

We spent our first session at Club and asked the children what kinds of activities they wanted us to host. We had some great suggestions and will be sure to include these in our future events throughout the year.



At our club on 28th January 2025, siblings used their independent skills and imagination to create and enjoy delicious toasties. They went down a treat!



**YUMMY**  
delicious!

## 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 February 2025 at McDonalds, Clifton Moor, York £5pp



**New Year,  
New Me**

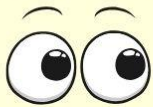
If so, why not do something different in 2025 and join our team of volunteers to help raise much needed funds to support YIKs.

Email: [fundraising@yiks.co.uk](mailto:fundraising@yiks.co.uk)

# FUNDRAISING

We have invited all schools and businesses across York to participate in a **'Comfy Clothes Day'**

Look out for your invitation!



**Comfy Clothes Day**  
14th February 2025

In order to support raising funds for **York Inspirational Kids**, we are inviting your school to participate in a "city-wide" comfy clothes day.

We are asking that students donate what they are able to, to take part, with a suggested donation of £1 per student.



**See the last page of our newsletter for a printable poster to display!**



Join us at 10:00 am at Morrisons Foss Bank, York to raise much needed funds for YIKs whilst meeting new people.  
Email: [fundraising@yiks.co.uk](mailto:fundraising@yiks.co.uk) for further information

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







# 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](http://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](mailto: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](mailto: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](mailto: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](mailto: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.

City wide ...



# Comfy Clothes Day

14th February 2025

Please invite your school or your  
place of work to join in the fun to  
raise money for  
**York Inspirational Kids.**



<https://www.yiks.co.uk>



York Inspirational Kids