



YORK INSPIRATIONAL KIDS NEWSLETTER

March
2025



WELCOME

From Ruth Thompson,
our CEO...



Well we've been enjoying some lovely weather these past few days plus the clocks have gone forward so it definitely feels like we're heading towards summer. We've had an amazingly busy March, with some very busy groups and lots of fundraising.

We've hit a tricky time in YIKs where we have so much we want to do but the lack of funds to do it. Providing the activities for children and young people and drop-ins for parents is proving to be expensive and we are struggling to secure funds. This has seen us launch our Just Giving fundraiser to try and secure £25k to keep everything running for the rest of the year. More of this on the fundraising pages.

We're also working hard behind the scenes helping develop new business opportunities for joint ventures and networking to increase our profile within the city.

As ever, our children and families come first for us so we will continue to work hard to secure the funding we need.



MARCH AT YIKS

We have had a very busy month!

Post 16s have had a great time ten pin bowling, learning about healthy relationships, enjoying an information evening with the police and pizza with friends.

Our Saturday Club provided opportunities for families to come together to enjoy Mother's day crafts, Easter treats and fun in the hub.

Siblings enjoyed a beetle drive and a trip to see the new Snow White film.

Parents have engaged with the drop-in sessions and have enjoyed some EFT sessions with the lovely Louise.

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www.yiks.co.uk



All About Autism

in conjunction with the City of York Council



We have had lots of fun at our clubs throughout March. Our younger groups have particularly enjoyed organising our dinosaurs. It's reassuring to see our T-Rex's have been captured!! Phew!



We are not sure who is having the most fun in our sensory room here! Our lovely team members Farah and Cordie certainly seem to be enjoying themselves too!



Kathryn Pullan - YIKs AAA Manager

Watch out on our 'Yiks ausome kids' facebook page for a walk around the hub. You can see what to do on arrival and what to expect in our hub.



Eils O'Brien - YIKs AAA Supervisor

Weekly Clubs

A safe place to make friends and have fun...

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



We are getting ready for our Easter holidays.

Our activities are Easter crafts and decorating biscuits. There are now limited spaces left to book.



HOLIDAY Clubs

More information can be found at our website

**www.yiksaaa.org
Book in for Easter!**



Post 16 Group

Our Post 16 group have had a very busy month. Learning about the police, a visit from Richard from York District Hospital, painting stones and a visit to Pizza Hut.



We enjoyed a visit to see the drag queens in Queenz



POST 16 ACTIVITIES

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

Thursday 3 April - Independent Living - Toastie and chocolate lolly making.

Thursday 24 April - Independent Living skills - Practicing chores.

Thursday 1 May - Chat with Rachael Maskell MP.

Email events@yiks.co.uk for more information

Staff Update

We have been very sad to say goodbye to Janice. We welcome Kerry to our Post 16 Team.



SIBS CLUB

Once again we have been having lots of fun with our friends at Sibs.

We enjoyed a trip to see the new Snow White film (some of the adults cried!!) And we had great fun playing 'Beetle' with only a little bit of cheating!!

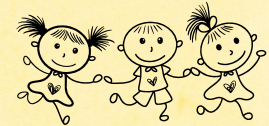
SIBLING ONLY EVENTS



Sibs 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 22nd April 2025** at **Clifton Children's Centre.** £3.00 pp. 40p per snack



SEN 0-5 years drop in



NEW MONTHLY SESSIONS!!
1ST WEDNESDAY
TERM TIME ONLY

09:30-11AM
CLIFTON CHILDREN'S CENTRE
YORK
YO30 6JA

SEN Parent
and
Baby/Toddler
Drop-in



Our 0-5 years drop in started up again in March. We are meeting the first Wednesday in every month. Come and join us for our next session. It is free (donations welcome for tea and coffee) no need to book.

2nd April/ 7th May/4th June/2nd July



SATURDAY CLUB



We enjoyed making crafts for Mother's Day and Easter whilst chatting with our friends. There is something for everyone and we always enjoy playing with toys.

Spring

Come and join us for bucket collecting experience at **Asda Monks Cross** on **Saturday 26 April 2025**.
Everyone welcome!

Saturday 10 May 2025 - Crispy Bun Making
£3 per child, 40p a snack and free drinks and teas/coffees for Parents/Carers. Siblings Welcome

Clifton Children's Centre.
£3 per child
40p a snack
Free drinks and teas/coffees for Parents/Carers.
Siblings Welcome



A huge THANK YOU to the staff at Betty's York who donated some yummy Easter eggs for our children at our clubs.



What's On in April and May?



VOLUNTEERS NEEDED

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



Louise Firth
Community & Events Manager



APR
26

Join us between
10am and 2pm at
Asda Monks Cross, York
Have fun, meet new people
and raise money for YIKs.
Email: fundraising@yiks.co.uk
for further information

ASDA

MAY
3

We are also at Morrisons Foss
Bank, York, between 10am and
3pm

Have fun, meet new people
and raise money for YIKs.
Email: fundraising@yiks.co.uk
for further information

Morrisons

FUNDRAISING

Together
We Can!



R
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Quiz Night

ENTRY £1

Do you have what it takes to be the ultimate quiz champion? Then, gather your friends and join us for Quiz Night at the Cross Keys. This is your chance to show off your knowledge and have fun in a friendly competition whilst raising money for charity.

SUNDAY 25 MAY 2025

START AT 7 PM | CROSS KEYS, TADCASTER RD, YORK YO24 1LQ

More info: events@yiks.co.uk

York Inspirational Kids CIC

Theatre Trips

Saturday 26 April at 2.00pm
The Lion, The Witch and The Wardrobe
York Grand Opera House SOLD OUT

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

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



Spring Into Action

Our new youth voice group Spring into Action starts this week with our **Senior group** (age 12+) meeting on 1 April 2025 6.30-7.30pm at Clifton Children's Centre.

Our **Junior group** will meet on 3 April 5-6pm at the same venue.

Our young people have been telling us how they want their voice to be heard so this is an opportunity for them to be heard in a way that they want to be and contribute to those issues that matter to them. Some of them attended the National Youth Voice Conference in Manchester and picked up lots of tips. It's an exciting time to be part of setting up how this group will work together and be led by these young people.

We're really looking forward to it.



Manchester Conference 2025

thank you



We raised an amazing £592.70 at the coffee morning on 22nd March 2025. A huge thank you to all those who organised, helped, supported and donated. It is very much appreciated.



Fundraising Appeal



As you know, YIKs offers groups and activities for our children and young people, a SIBS group for siblings of disabled and autistic children, as well as family days out including theatre trips, concerts, museums etc. We also offer parent support through peer support, drop-in sessions, training and online support.

It currently costs us almost £30,000 to run all of our clubs but this is now reaching a point where we might need to close some of them down after Easter. **WE NEED YOU!!!** We need to raise this money to ensure that all of our activities and services continue. We have set up this go fund me page to help us raise this money as quickly as possible. We have explored lots of grants and funding opportunities, fundraising and other means to get this funding in but we now need your help. If you can, please donate, ask family and friends to donate, ask your work/local businesses to donate.

<https://www.justgiving.com/crowdfunding/yiksactivities>



Please support our ...



Dragon Boat Race

**Sunday 13 July 2025
From 9 am**



We need your help!

We're looking for:

- **Cake bakers**
- **Help on the stand**
- **Bucket collectors**

Email: Fundraising@yiks.co.uk

.... & Breathe

MARCH



Our drop-in sessions have changed. We are no longer giving them a subject. Just pop along anytime between 9.30-11am to discuss all your SEND needs. Every Thursday term time only.

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 Lead
Ruth Appleby**

PARENT SUPPORT



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/ Carer support

Goodbye Rebecca...

We bid Rebecca a fond farewell and wish her luck in her newly promoted role.

Rebecca has both volunteered and been employed by YJKs for the past few years.

Thank you for all the support you have given our families. You will be missed x



wishing
you ALL THE BEST

Parent support
Rebecca Scurr

We are currently reviewing this position.
We will keep you posted...

Autism Drop-ins



Autism Support for Parents from the Specialist Teaching Team for Autism

Wednesdays Summer 2025



Fortnightly **Topic Talks** Wednesdays in Summer Term 2025:

Toileting Tips 30.04.25 - 11a.m. online & 1.30-2.30 p.m. in person

Sleep 14.05.25 - 10-11a.m. online & 1.30-2.30 p.m. in person

Managing Emotions 18.06.25 - 10-11a.m. online & 1.30-2.30 p.m. in person

Help for the Holidays 02.07.25 - 10-11a.m. online & 1.30-2.30 p.m. in person

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 YJKs All About Autism Hub, Clifton Children's Centre, (In front of Clifton Green School), YO30 6BF.

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

Wednesday **7th May 2025** 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday **21st May 2025** 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday **11th June 2025** 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday **25th June 2025** 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday **9th July 2025** 9 a.m. -12 noon & 1.30 - 2.30 p.m.

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 YJKs 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.