



# YORK INSPIRATIONAL KIDS NEWSLETTER

Jan  
2026

## WELCOME

From Ruth Thompson,  
our CEO...



Welcome to 2026 and we hope to have a fun packed year for you with fun filled activities, fundraising events, parent drop ins and lots more.

Whilst 2025 was a challenging year for me personally, I am hoping that 2026 is much kinder and I'm looking forward to being able to join the children and young people in their various groups. I would like to thank our staff for keeping everything running smoothly whilst I have been absent. Though I will not be back full time just yet, it has been good to know I was leaving everything in very capable hands.

You will be hearing from our Fundraising and Activities Coordinator over the year with some exciting projects she is organising and she is hoping some of you will be willing to be part of her fundraising team. Look out for the invitations to join some great fundraising activities for those who are able and our black tie Snow Ball returns in Nov.

Happy reading!

Happy  
New  
Year

## THIS MONTH AT YIKS

**Sat Club** - what have we been doing and what are we up to this half term?

**Post 16** - enjoy a look at our many photos of our activities and see what we have to look forward to

**SIBS** - we've been busy this month having so much fun

**Autism hub** - lots of fun, chilling and being with our friends. We have our holiday clubs to enjoy too

## INSIDE THIS ISSUE

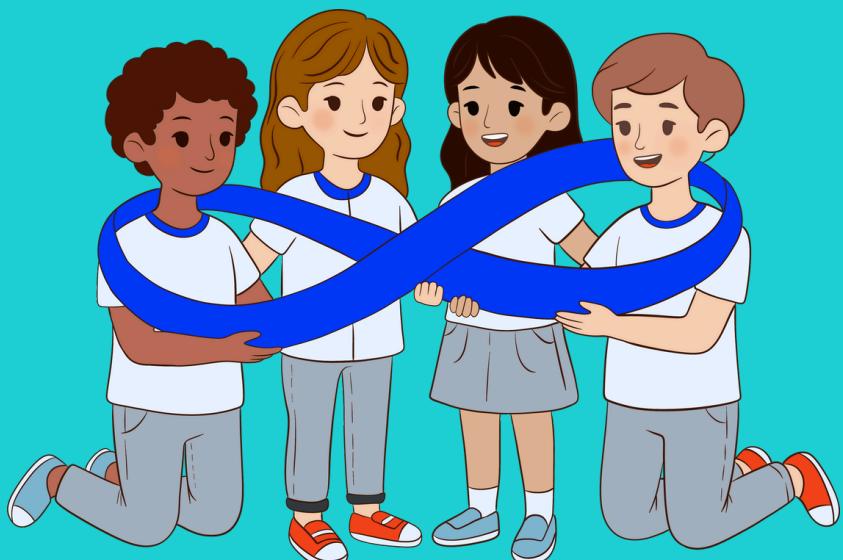
- YIKs All About Autism
- Saturday Club
- Post 16 Group
- What's on in March
- Siblings Club
- Fundraising
- Parent Drop-Ins
- Parent Support

2026



# All About Autism

in conjunction with the City of York Council



Our clubs are back open from 5 January 2026.  
Please book on line. If you would like to visit or  
have further questions please email  
[autismhub@yiks.co.uk](mailto:autismhub@yiks.co.uk)

Check out 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

**Monday**  
**Tuesday**  
**Wednesday**  
**Friday**

**4-8 years**  
**8-10 years**  
**10-12 years**  
**13-18 years**

**4.30-6.30pm**  
**4.30-6.30pm**  
**4.30-6.30pm**  
**5.30-7.30pm**

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



# Post 16 Group



## POST 16 ACTIVITIES

All events are held at the SEND Centre, YO30 6JA Thursdays 6.30-8pm £3pp unless otherwise stated.

A fun filled December including pyjama night watching a Christmas movie, ice skating, shopping for mum's Christmas gift and Christmas Dinner at Toby Carvery. Phew!

£3pp unless otherwise specified  
50p per snack

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



## WHAT'S NEXT?

- 8 Jan - Welcome back games night
- 15 Jan - Employability with York Pottery Hub
- 22 Jan - Yorks & Humber Youth Alliance
- 29 Jan - Rainbow Ceramics £18pp



# SIBS CLUB

## 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 (50p per snack)

Our next group will be held on  
Tuesday 13 Jan 2026- Calendar making

Tuesday 27 Jan 2026 - TBC

Tuesday 10 Feb 2026 -  
Pancake Making

Tuesday 24 Feb 2026 - Bowling



## SEN 0-5 years drop in

Wednesday 7 Jan 2026



### 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 ins are free, (donations welcome for tea and coffee) no need to book and a great opportunity to meet other like-minded parents for a cuppa and a chat whilst your little ones play and explore.

Here are the dates of our next sessions:

**7 Jan, 4 Feb and 4 March 2026**



# SATURDAY CLUB



## What's coming up?

- 17 Jan - Calendar making
- 31 Jan - Happy Rainbows
- 14 Feb - Valentine's Biscuits



Every 2 weeks

10.30 - 12 noon

£3 per child

50p a snack

Donations towards drinks

and teas / coffees for

Parents / Carers welcome.

Siblings Welcome

## Spring Into Action - Youth Voice

A chance for your young person to have their voice heard and influence change. (12-25 years)

**20 January 2026 6.30-7.30pm**

This month we have been hearing about what is important to young people.

Location: SEND Central YO30 6JA



# WE NEED YOUR HELP



# Hi!

Hi I'm Cidney. I currently work with some of the children at their groups but will also be helping with fundraising. If you'd like to be part of my fundraising team please email me [events@yiks.co.uk](mailto:events@yiks.co.uk) It would be great to have you on board

Thank you to all our helpers at Tesco. We appreciate you giving your time. We raised £358.22



Fundraising ...  
New skills  
Sociable  
**Fun** friendships  
Inspiring team work  
events

Quiz Night

RAFFLE

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.

SATURDAY 28 FEB 2026

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

More info: [events@yiks.co.uk](mailto:events@yiks.co.uk)

York Inspirational Kids CIC

York Inspirational Kids

YORK 10K

SUPPORTING YIKS

COULD YOU RUN YORK 10K WHILST RAISING FUNDS TO SUPPORT YORK INSPIRATIONAL KIDS? THEN GET IN TOUCH TODAY AND BOOK YOUR SPACE

10K RUN AROUND YORK

SUPPORTING A GREAT CAUSE

CONTACT US [events@yiks.co.uk](mailto:events@yiks.co.uk)

WWW.YIKS.CO.UK

SUNDAY 2ND AUGUST 2026

YORK INSPIRATIONAL KIDS

INFLATABLE 5K CHALLENGE

5K INFLATABLE CHALLENGE

Get ready for a day of excitement and adventure as the Inflatable 5K arrives in York. Packed with giant inflatable obstacles, slides and tunnels, this event is perfect if you're looking for a fun run with a difference, whilst raising funds for York Inspirational Kids.

5K OF INFLATABLE CHALLENGES

FUNDRAISING FOR A GREAT CAUSE

BOOK YOUR PLACE

26 Sept 2026

events@yiks.co.uk

WWW.YIKS.CO.UK

# YIKs Snow Ball 2026



YORK INSPIRATIONAL KIDS CIC

## Snow Ball

A BLACK TIE EVENT

Live music from  
The UK Vader

<https://buytickets.at/yorkinspirationalkidscic/2009358>

21  
NOV

York Racecourse  
RSVP [events@yiks.co.uk](mailto:events@yiks.co.uk)

6.30  
PM

Fancy a night of good food, excellent music and amazing prizes? Then join us for our main fundraising event of the year at YIKs Snow Ball.

Sponsorship deals available too.

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



25 BOTTLES  
NEEDED



## DONATIONS NEEDED

ARE YOU A LOCAL BUSINESS LOOKING TO DONATE LOCALLY?

COULD YOUR BUSINESS SPONSOR THIS OR DONATE ONE OR TWO BOTTLES? PLEASE GET IN TOUCH IF YOU CAN HELP!

email: [info@yiks.co.uk](mailto:info@yiks.co.uk)

Charity Ball 21 Nov 2026  
at York Racecourse

Champagne/Prosecco

York Inspirational Kids CIC



## Charity Ball Sponsorship

£50 - Half page advert  
£100 - Full page advert  
£250 - Full page advert + 2 tickets for the ball + your logo on the large screen on the night  
Sat 21 Nov 2026 at York Racecourse



More Info  
[events@yiks.co.uk](mailto:events@yiks.co.uk)

LEARN MORE ➤

Sponsorship opportunities • Monetary donations •



# .... & Breathe



Don't forget to pop along anytime between 9.30-11am to discuss all your SEND needs. Every Thursday term time only.



**Parent Lead  
Ruth Appleby**

**Coming Feb 2026!  
DLA/PIP Support**

## 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



## Autism Support for Parents from the Specialist Teaching Team for Autism

Wednesdays Spring 2026



### Weekly Parent/Carer Afternoon Drop-in Sessions at SEND Central

In-person drop-in support, **Wednesday afternoons, 1.30-2.30 p.m.** at the **YIKs All About Autism Hub, Clifton SEND Hub, (In front of Clifton Green School), YO30 6BF**. No need to book, just come along and meet a Specialist teacher and a Specialist TA from the Autism Team and other parents to discuss general issues and concerns, find information and look at some useful resources.

**Wednesday 7th January** 1.30 - 2.30 p.m.

**Wednesday 14th January** 1.30 - 2.30 p.m.

**Wednesday 21st January** 1.30 - 2.30 p.m.

**Wednesday 28th January** 1.30 - 2.30 p.m.

**Wednesday 4th February** 1.30 - 2.30 p.m.

**Wednesday 25th February** 1.30 - 2.30 p.m.

**Wednesday 4th March** 1.30 - 2.30 p.m.

**Wednesday 11th March** 1.30 - 2.30 p.m.

**Wednesday 18th March** 1.30 - 2.30 p.m.

### Fortnightly Morning Phone line Sessions

To book a 20 minute phone line call within the sessions below, please email [parentcarerautismsupport@york.gov.uk](mailto:parentcarerautismsupport@york.gov.uk) with your name and a contact telephone number for us to call you on. 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.

**Wednesday 14th January** 9 a.m. -12 noon

**Wednesday 28th January** 9 a.m. -12 noon

**Wednesday 11th February** 9 a.m. -12 noon

**Wednesday 25th February** 9 a.m. -12 noon

**Wednesday 11th March** 9 a.m. -12 noon

**Wednesday 25th March** 9 a.m. -12 noon

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.

