



# YORK INSPIRATIONAL KIDS NEWSLETTER

Feb  
2026

## WELCOME

From Ruth Thompson,  
our CEO...



We've had a very busy January as we have restarted all the groups and started some new ones. You'll find details of our Pub Club for over 18s and Family Bowling nights within this newsletter.

We've also been able to watch some of our Post 16 group participate in a fantastic activity break in the Peak District. Could you climb 20 crates?! You'll find details of this trip as you read through this newsletter.

Cidney has received a good response for people to join her fundraising team. If you'd like to get involved please do get in touch with her. We have some amazing fundraising events coming up so please have a read through and join us where you can.

We look forward to seeing you at a group, drop in or just for a catch up soon.

Happy reading



## THIS MONTH AT YIKS

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

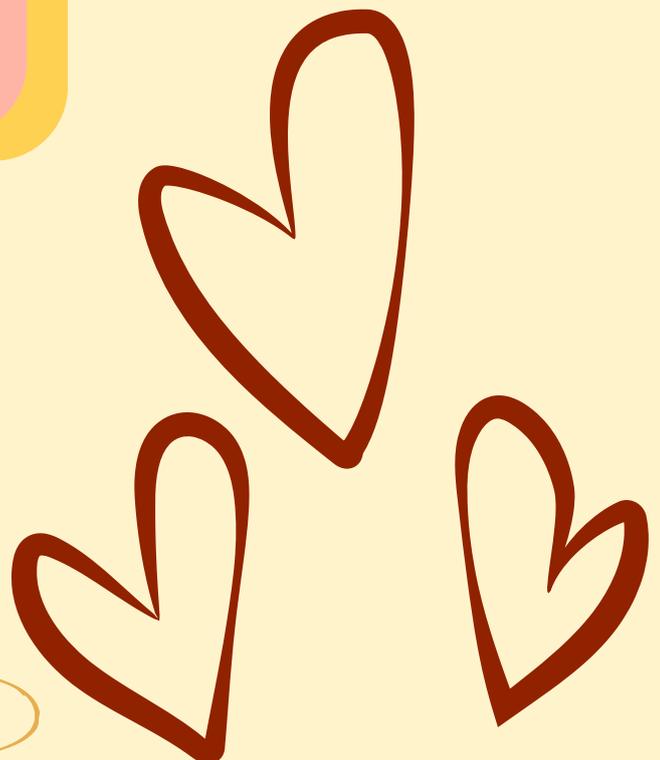
**Post 16** - enjoy a look at our many photos of our activities and see what we have to look forward to  
**SIBS** - we've been busy this month having so much fun

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

## INSIDE THIS ISSUE

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[www.yiks.co.uk](http://www.yiks.co.uk)





# All About Autism

in conjunction with the City of York Council



**We currently have some availability. 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

A safe place to make friends and have fun.

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





# Post 16 Group



## POST 16 ACTIVITIES

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

We had a fun packed February including playing games, decorating pottery and youth voice.

£3pp unless otherwise specified  
50p per snack

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

## WHAT'S NEXT?

**26 Feb - Employability from The Hilt**

**5 Mar - Budgeting for independent living**

**12 March - The Hilt activities**

**19 Mar - Private cinema screening at Cineworld**

**26 March - Easter Crafts and Youth Voice**

**\*\*\*\*\* Easter Break \*\*\*\*\***

**16 Apr - Independence Skills - pizza making**



# Pub Club

WHEN?



**3 March - Three Cups,  
Stamford Bridge**

**14 April - The Ship Inn,  
Acaster Malbis**

**All 7-8pm**



**For young people aged 18+. We  
will have 2 members of staff in  
attendance. Please bring a  
PA/parent if needed.**

## FAMILY BOWLING

**You're invited to join us at family  
bowling. £8.20pp pay on the day  
Tenpin, Clifton Moor**

**When:**

**17 March 2026**

**28 April 2026**

**26 May 2026**

**23 June 2026**

**21 July 2026**

**All at 6.30pm**

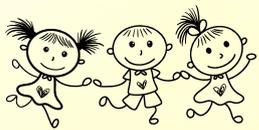


# Activity Weekend Away!

YHA Edale  
February 2026



What an amazing experience our young people have had. 2 nights away on an activity holiday. They have been crate building, fire lighting, canoeing, archery, treasure hunt, bean bag games plus lots more. Many of our young people have never tried these things before but it was all adapted for them. Well done everyone!!!



# 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 10 Mar 2026 - Mothers Day crafts

Tuesday 24 Mar 2026 - Easter Egg Decorating

Tuesday 21 Apr 2026 - TBC



## SEN 0-5 years drop in

Wednesday 4 Mar 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.

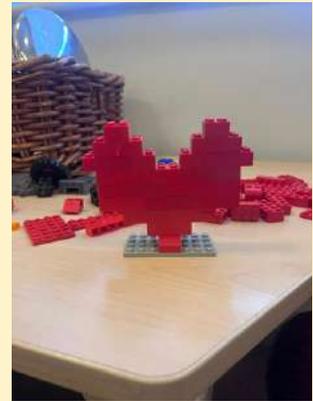
Here are the dates of our next sessions:

4 March, 6 May, 3 June, 1 July 2026

NB No April session due to Easter Holidays



# SATURDAY CLUB



## What's coming up?

- 28 Feb- Spring bird crafts
- 14 Mar- Mother's Day crafts
- 28 Mar- Easter Crafts
- \*\*\* Easter Break \*\*\*
- 25 April - Monster Mask Making

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. **(16-25 years)** is part of our Post 16 group.

This month we have been hearing about what are the barriers to employment.

Location: SEND Central YO30 6JA



**WE NEED YOUR HELP**




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

**Hi!**

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




**Quiz Night**

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

Thank you to all the donations that have been coming in. We are very grateful.




**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

**SUNDAY 2ND AUGUST 2026**

- 10K RUN AROUND YORK
- SUPPORTING A GREAT CAUSE

CONTACT US [EVENTS@YIKS.CO.UK](mailto:EVENTS@YIKS.CO.UK)

[WWW.YIKS.CO.UK](http://WWW.YIKS.CO.UK)



**YORK INSPIRATIONAL KIDS**

**5K INFLATIBLE CHALLENGE**

Get ready for a day of excitement and adventure as the Inflatible 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 INFLATIBLE CHALLENGES
- FUNDRAISING FOR A GREAT CAUSE

**26 Sept 2026**

**BOOK YOUR PLACE** [events@yiks.co.uk](mailto:events@yiks.co.uk)

[WWW.YIKS.CO.UK](http://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/yorkinspirationalkids CIC/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

LEARN MORE >



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

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**

## 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.

**NEW**

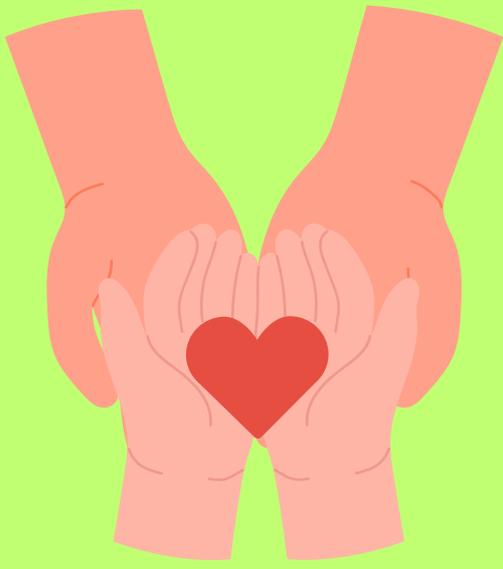
**DLA & PIP  
SUPPORT**

**NEED HELP  
FILLING IN  
DLA/PIP FORMS?**

**MORE INFO AND TO BOOK  
AN APPOINTMENT**

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

Pay as you feel. Suggested donation £10



# 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.

