

Newsletter



Ruth Thompson

WELCOME TO OUR MAY EDITION OF YIKS VOICE. WE'VE HAD ANOTHER FUN PACKED MONTH WITH LOTS OF FUN IN THE CLUBS AND IDEAS FROM YOUNG PEOPLE AND PARENTS. WE HAVE JOINED IN THE DISCUSSION AROUND THE SEND WHITE PAPER AND MET WITH DEPT FOR HEALTH & SOCIAL CARE (MORE ON THIS TO FOLLOW). WE'RE CURRENTLY EXPLORING MORE OPTIONS TO SUPPORT OUR FAMILIES WITH NUMEROUS PARTNERS AND WELCOME THEIR INPUT TO HELPING DISABLED CHILDREN, YOUNG PEOPLE AND THEIR FAMILIES. WE ARE ALSO DELIGHTED TO HAVE BEEN NOMINATED FOR NOT ONE BUT THREE AWARDS. WE'RE KEEPING EVERYTHING CROSSED AND WILL UPDATE ON OUR SUCCESS AFTER THE PRESENTATION EVENINGS IN JUNE AND JULY. HAVE A WONDERFUL HALF TERM.

Upcoming News..

EXCITING TIMES AHEAD AS YIKS DIRECTORS ATTEND THREE DIFFERENT AWARD CEREMONIES COMING UP!

4TH JUNE AT THE UNIVERSITY OF YORK ENTERPRISE AWARDS IN THE INCLUSIVE WORKPLACE CATEGORY

5TH JUNE AT YORK MIX HERO AWARDS FOR THE IMAGINATION WARD CATEGORY

JULY 2026 AT THE SME UK ENTERPRISE AWARDS 2026 FOR THE MOST DEDICATED MENTAL HEALTH SUPPORT GROUP FOR A NON-MENTAL HEALTH ORGANISATION

Wish us luck!

MAY 2026

York Inspirational Kids



Clubs

WEEKLY



YIKS ALL ABOUT AUTISM PROVIDES EVENING AND HOLIDAY CLUBS FOR AUTISTIC CHILDREN AND YOUNG PEOPLE LIVING IN YORK.

MONDAYS = 4:30-6:30 = 4-8YRS

TUESDAYS = 4:30-6:30 = 8-10YRS

WEDNESDAYS = 4:30-6:30 = 10-12YRS

FRIDAYS = 5:50-7:30 = 13-18YRS



SATURDAY CLUB

EVERY 2 WEEKS AT 10.30 TIL 12 NOON - £3 PER CHILD AND 50P A SNACK - DONATIONS TOWARDS DRINKS AND TEAS/COFFEES FOR PARENTS/CARERS - SIBLINGS WELCOME

6 JUNE - DECORATE YOUR OWN GARMENT

20 JUNE - FATHER'S DAY ACTIVITIES

4 JULY - USA

18 JULY - END OF TERM PARTY



0-5 DROP IN

OUR 0-5 YEARS DROP IN SESSIONS ARE A GREAT OPPORTUNITY TO MEET OTHER LIKE-MINDED PARENTS WHILST YOUR LITTLE ONES PLAY AND EXPLORE. COMPLETELY FREE AND NO NEED TO BOOK - DONATIONS WELCOME FOR TEA

9:30-11AM

AND COFFEE

3 JUNE & 1 JULY



POST 16S

THURSDAYS 6.30-8PM £3PP AT SEND CENTRAL - UNLESS STATED OTHERWISE. 50P PER SNACK

4 JUNE - INDEPENDENCE SKILLS (BUDGETING)

11 JUNE - BEETLE DRIVE GAME

18 JUNE - BUD VASE PAINTING

25 JUNE - FOOTGOLF

2 JULY - INDEPENDENCE SKILLS (COOKING WITH AN AIR FRYER)

PUB CLUB 18+

WE WILL HAVE 2 MEMBERS OF STAFF IN ATTENDANCE. PLEASE BRING A PA/PARENT IF NEEDED. 7-8PM.

9 JUNE - BLACK HORSE WIGGINTON

7 JULY - WINNING POST

EMAIL EVENTS@YIKS.CO.UK FOR MORE INFORMATION

2 JUNE - KARAOKE NIGHT

16 JUNE - ORIGAMI

30 JUNE - BELLA ITALIA MEAL

14 JULY - END OF TERM PARTY



Clubs

SIBLINGS, PARENTS & CARERS

SIBS CLUB

YIKS SIBS CLUB IS FOR SIBLINGS OF DISABLED AND AUTISTIC CHILDREN. IT GIVES THEM AN OPPORTUNITY TO BE WITH OTHER YOUNG PEOPLE IN A SIMILAR SITUATION, TALK ABOUT THEIR WEEK AND THEIR CHALLENGES, AS WELL AS PROVIDING THEM WITH FUN ACTIVITIES. SIBS RUNS FORTNIGHTLY ON A TUESDAY EVENING 6:45PM - 8PM (TERM-TIME ONLY). SIBLINGS AGED 8+ ONLY. £3.00 PER CHILD (50P PER SNACK)



YIKS PARENTS GROUP



CHAT & CREATE

5 JUNE 2026 -
HOW TO WRITE A BLOG
3 JULY - MOSAICS

DAY DATES

12 JUNE 2026
9.30AM BREAKFAST AT
THE WATERFRONT CAFE,
YORK MARINA

WALK & TALK

19 JUNE 2026
9:30AM RAWCLIFFE
PARK AND RIDE

NIGHT OWLS

15 JUNE 2026
MEAL OUT AT RUSTIQUE
10 JULY 2026
COCKTAILS AT THE
BILTMORE

FAMILY BOWLING

JOIN US AT FAMILY BOWLING.
£8.20PP PAY ON THE DAY
TENPIN, CLIFTON MOOR

WHEN: 23 JUNE & 21 JULY
ALL AT 6.30PM



... & BREATHE

POP ALONG TO OUR PARENT SUPPORT
GROUP ANYTIME BETWEEN 9.30-
11AM TO DISCUSS ALL YOUR SEND
NEEDS. EVERY THURSDAY TERM TIME
ONLY.

EMAIL EVENTS@YIKS.CO.UK FOR MORE INFORMATION



Snow Ball

A BLACK TIE EVENT

PRESENTED BY
YORK INSPIRATIONAL KIDS CIC

21
NOV

YORK RACECOURSE

6:30
PM

WIN
PRIZES



LIVE
MUSIC

RSVP - events@yiks.co.uk

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



Cidney



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 - IT WOULD BE GREAT TO HAVE YOU ON BOARD!



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

26 Sept 2026

BOOK YOUR PLACE



events@yiks.co.uk



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



Charity Ball Sponsorship

- E50 - Half page advert
 - E100 - Full page advert
 - E250 - 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

Sponsorship opportunities

Monetary donations



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

Charity Ball 21 Nov 2026 at York Racecourse



Champagne/Prosecco

York Inspirational Kids CIC

YIKs 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 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.

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.



NEED HELP WITH YOUR CHILD'S EHCP ?

ARE YOU STRUGGLING TO UNDERSTAND WHAT YOU NEED TO DO OR ARE YOU TRYING TO APPLY AND UNSURE OF THE PROCESS? IN THE FIRST INSTANCE EMAIL

EHCP@YIKS.CO.UK

Pay as you feel. Suggested donation £10 for in person appointments



YORK INSPIRATIONAL KIDS CIC
IN CONJUNCTION WITH
JORKVIK TALKING THERAPIES

COUNSELLING SUPPORT FOR YOUNG PEOPLE AGED 11+

4 counselling spaces available for children aged 11+ who may benefit from emotional wellbeing support

Counselling may help with:

- Anxiety or worries
- Low mood
- Friendship or school difficulties
- Emotional regulation
- Building confidence and self-esteem

Support includes:

- ✓ Initial assessment to understand the young person's needs
- ✓ Ongoing counselling sessions available
- ✓ Monitoring and reviewing progress
- ✓ Helping young people develop healthy coping strategies

PILOT GROUP OF 6 SESSIONS EACH £25PP PER SESSION

Registered with:
BACP
National Counselling & Psychotherapy Society (NCPS)

To register your interest please email

Jo@jorkviktalkingtherapies.co.uk
for an initial assessment.



AUTISM SUPPORT



Autism Support for Parents from the Specialist Teaching Team for Autism



Wednesdays Summer 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 SEND Central, Clifton Green Primary School, YO30 6JA.**

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 15th April 1.30 - 2.30 p.m.
Wednesday 22nd April 1.30 - 2.30 p.m.
Wednesday 29th April 1.30 - 2.30 p.m.
Wednesday 6th May 1.30 - 2.30 p.m.
Wednesday 13th May 1.30 - 2.30 p.m.
Half term
Wednesday 3rd June 1.30 - 2.30 p.m.
Wednesday 10th June 1.30 - 2.30 p.m.
Wednesday 17th June 1.30 - 2.30 p.m.
Wednesday 24th June 1.30 - 2.30 p.m.
Wednesday 1st July 1.30 - 2.30 p.m.
Wednesday 8th July 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 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 22nd April 9 a.m. -12 noon
Wednesday 6th May 9 a.m. -12 noon
Wednesday 20th May 9 a.m. -12 noon
Half term
Wednesday 10th June 9 a.m. -12 noon
Wednesday 24th June 9 a.m. -12 noon
Wednesday 8th July 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.

FROM EVERYONE AT YORK INSPIRATIONAL KIDS

Thank you!