

#JulyAugust26

Newsletter

York Inspirational Kids



As August is about to leave us the rain has returned but what a beautiful summer we have had. We've had some lovely days out and our holiday clubs have had lots of fun and laughter. As school is around the corner we have lots of activities planned for all our different groups. If you have any suggestions for future events please let us know. Please also book for our Conference next month. See further details inside the newsletter..



The 15th of August was our birthday party celebrating 15 fantastic years of York Inspirational kids. Thank you everyone that attended, you all sure know how to party!!

York Inspirational Kids

July/August 2026



Clubs

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 prebooking needed - donations welcome for tea and coffee.

7th Oct, 4th Nov & 2nd Dec

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

Post 16s

Thursdays 6:30-8pm

£3 pp at Send Central - unless stated otherwise. 50p per snack

Welcome back! - 10th Sept

Kite Making- 17th Sept

Employability - 24th Sept

New beginnings - 1 Oct

Saturday Club

Every 2 weeks at 10.30 til 12 noon.

£3 per child and 50p per snack -

Donations towards drinks for Parents/Carers. Siblings Welcome

Welcome back! - 12th Sept

Lego Building - 26th Sept

Scratch art key rings - 8th Oct

Halloween - 24th Oct

Pub Club

**We will have 2 members of staff in attendance. Please bring a PA/parent if needed.
7-8pm**

Cross Keys - 29th Sept

Pear Tree Farm - 27th Oct

Email events@yiks.co.uk for more information

Welcome back! - 8th Sept
Scratch art key rings - 22nd

Sept

Clay Animals - 6th Oct

Biscuit decorating - 20th Oct

Links

SIBs

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 Parent/Carer Groups

Chat & Create

Day Dates

Walk & Talk

Night Owls



To restart in October

Family Bowling

Join us at family bowling.
£8.20pp pay on the day
Tenpin, Clifton Moor

15th Sept & 13th Oct

& 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!



YORK INSPIRATIONAL KIDS



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



JOIN US FOR

STORY MAKING WORKSHOPS

Design your own character and explore their options as you create their adventures

Tuesdays from 9 June 2026 for 6 weeks

Venue:- SEND Central, YO30 6JA

For KS 2 & 3 children struggling to attend school

In conjunction with the students of YSJU



NEW DATES STARTING SEPTEMBER
BOOK NOW! Email info@yiks.co.uk
to register your young person



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



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

LEARN MORE

Sponsorship opportunities

Monetary donations

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





OT4me



YIKS

CONFERENCE

28 SEPTEMBER 2026 |

9.30-3PM

REGISTER NOW

[HTTPS://WWW.TICKETTAILOR.COM/EVENTS/YORKINSPIRATIONALKIDSCIC/2304878](https://www.tickettailor.com/events/yorkinspirationalkids/cic/2304878)

Thank you from everyone
at York Inspirational
Kids!