

#September26



Newsletter



York Inspriational Kids



Ruth Thompson

The kids are back at school!!! What a long but busy summer. I know some of our little ones have found the long summer challenging, whilst others have relished it. However it's been for you as a parent, try to take a few hours a week to recharge.

Our clubs have restarted, we've had our YiKs Conference and we've been busy recruiting. It's been a busy start to the term, including some fantastic fundraising activities. Please have a read and enjoy.



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

York Inspirational Kids

September 2026



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Clubs

Weekly

YIKs All About Autism provides evening and holiday clubs for autistic children and young people living in York.

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.

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 per snack -
Donations towards drinks for Parents/Carers. Siblings Welcome

7th October
4th November

10th Oct - Windmill making
24th Oct - Halloween!
7th Nov - T-shirt/Tea towel
decorating & Christmas tree
decorations

Pub Club

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

27th Oct - The Hogs
Head, Huntington

Post 16s

Thursdays 6:30-8pm
£3 pp at Send Central - unless
stated otherwise. 50p per snack

1st Oct - Employability
8th Oct - New Beginnings
15th Oct - Games Night
22nd Oct - Designer Outlet

SIBS

6th October - Clay Animals

20th October - Biscuit Decorating

3rd November - Karaoke

Clubs

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)

Parent/Carer Groups to be confirmed!

Family Bowling

Join us at family bowling.
£8.20pp pay on the day
6:30pm at Tenpin,
Clifton Moor

13th October & 10th November



& 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>

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

JOIN US IN MAKING A DIFFERENCE!

Team Inspire

We need you! If you think you could help in anyway big or small then get in touch today. Be apart of a team that makes an impact and inspires.

Be a part of the change today!

MORE INFORMATION

Email: admin@yiks.co.uk



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



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

THANK YOU!

.... to the people who have been busy fundraising for us this month.

Charlie & Honor who have raised over £400 completing the Inflatable Challenge

Cross Keys Pub who have raised £71 for us

and to the people who have volunteered to be in the new Team Inspire - get in touch if you'd like to join them too!

Thank you!