

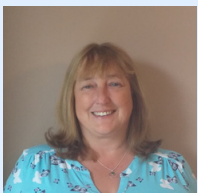
APRIL 2024 | VOL. 4

YIKS VOICE

The Official Newsletter of York Inspirational Kids CIC



MESSAGE FROM OUR CEO



Welcome to our 4th newsletter of 2024. We've got an action packed newsletter showing visits from the Easter Bunny, baking workshops, cinema trips etc. I think everyone was ready for the Easter break! Our children and young people truly amaze me every day. Their kindness towards each other, welcoming new members and ensuring everyone is included is exactly what the rest of the world should be doing. They deserve our praise and celebration. Louise has been doing some fantastic work out in the community, resulting in many more FREE York City tickets! We've also seen Ruth Appleby return from maternity leave and taken over the mentoring role from Amy, who left us in February. We have a fantastic team supporting our parents at YIKs. We hope you find this newsletter informative.

WHAT'S INSIDE THIS MONTH'S ISSUE

Page 1 Welcome

Page 2 - Saturday Club & Dance, Post 16

Page 3 - SIBS, Easter and Animation Club

Page 4 YIKs All About Autism, SEN Preschool Drop In

Page 5 Thank Yous and Fundraising

Page 6 Parent support info



Sat Club



We had a wonderful visit from the Easter Bunny! Lots of fun and games as well as chocolate eggs! Sat Club runs every 2 weeks term time only and costs £2 per child. For more information email events@yiks.co.uk



Dance Class

Accessible dance classes - every Monday (term time) at Roko Gym
Younger group (up to 11 years)

5-5.45pm

Older group (12-25 years) 6-6.45pm



'Louise makes Sat Club so much fun. I hope she'll play with me'

Post 16

We have had various fun activities taking place in the Post 16 Thursday night Club. We've enjoyed

- Play Your Cards Right
- Health & Hygiene workshop with York Hospital
- Easter party

contact Louise at events@yiks.co.uk for further information



'Is Louise crazy or nice? hmmm a bit of both I think'





SIBS



EVERY 2 WEEKS - TUES 6.45-8PM

Our SIBS group continues to grow and we have some exciting activities both in the club and out in the community. We continue to enjoy funding through Family Fund, which is enabling us to provide some free and minimal cost events for our young people.

For further information please email ruth.appleby@yiks.co.uk

Easter Fun



We've had workshops at Stimul8 Inclusive |Cafe making Easter treats and pizzas. Lots of fun was had, new skills learned and tummies filled



Animation Club



**FOR AUTISTIC YOUNG PEOPLE AGED 8+
Every 2 weeks Tues 6.45-8pm**

**Join us whilst we make our own YouTube Channel!
Written by autistic young people, for autistic young people.
email: info@yiks.co.uk**



YIKS All About Autism

We are open for bookings for the autism clubs at Clifton Children's Centre, YO30 6JA. They are held as follows:

Mon 4.30-6.30pm 4-8 years
Tues 4.30-6.30pm 8-10 years
Wed 4.30-6.30pm 10-12 years
Fri 5.30-7.30pm 13-18 years

All £5 per session and can be booked via www.yiksaaa.org
May holiday clubs booking fast! Make sure you've booked your space.

Look out for all the club dates on the website!
www.yiksaaa.org

Preschool Drop In



Every Tues (Term Time)
9.30-11am

Our fun, FREE, drop in for SEN babies and toddlers.
Refreshments available

'I don't know what I'd do without coming to this preschool group. It's good meeting other children who are like mine'



Thank Yous and Fundraising



YORK INSPIRATIONAL KIDS



Can your business support children with SEND and their families in York?

At YIKS we provide clubs, trips, parent support services and training courses to over 2000 children and families in York and North Yorkshire.

If your business would be interested in helping us continue to provide this invaluable lifeline to families please contact:

events@yiks.co.uk

Huge thanks to Aviva Community Fund. We have raised £960

YIKs All About Autism

We are currently fundraising through JustGiving for our autism hub. If you can spare any money or even just share the link with friends and family, we'll be very grateful.

<https://www.justgiving.com/crowdfunding/YIKsAAA>



Sat 8 June 2024

Tesco Clifton Moor



BAG PACKERS NEEDED

Can you spare an hour to help us raise funds? Please email us and let us know what time you could give. Hourly slots available. We'll be there 10-4pm

info@yiks.co.uk

CROSS KEYS
ESTABLISHED 1988

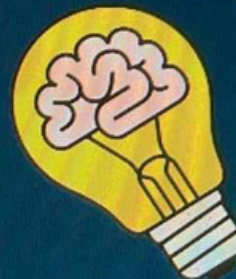
Tuesday 30th
April
8pm

Fundraising
QUIZ NIGHT

£2 Per Person

Fundraising for STIMUL8 a York based group supporting disabled young people

STIMUL8



1st Prize - £20 Voucher for Cross Keys
2nd & 3rd Prizes also

YOU'VE GOT TO BE IN IT TO WIN IT

Parent Information

Autism drop ins are back weekly (term time) from Wed 17 April 2024 at Clifton Children's Centre at 1.30pm

200 CLUB WINNERS

The 200 Club winners for March are:
 £50 Amanda Duck
 £25 Nina Melrose
 £15 Cheryl Collins
 £10 Sheila Adey
 If you would like to join in and have the chance to win please email yik200club@gmail.com and Becky Warboys will help you with the application form.



Autism Support for Parents from the Specialist Teaching Team for Autism

Wednesdays Summer 2024

Fortnightly Topic Talks Summer Term 2024:

- Sleep Wed 17th April 10-11a.m. online & 1.30-2.30 p.m. in person
- Anxiety Wed 1st May 10-11a.m. online & 1.30-2.30 p.m. in person
- Managing Meltdowns 15th May 10-11a.m. online & 1.30-2.30 p.m. in person
- Transitions Wed 5th June 10-11a.m. online & 1.30-2.30 p.m. in person
- Successful trips out Wed 19th June 10-11a.m. online & 1.30-2.30 p.m. in person Online
- Safety Wed 3rd July 10-11a.m. online & 1.30-2.30 p.m. in person

Fortnightly Phone line (mornings) and drop-in (afternoons) Summer 2024:

- Wednesday 10th April 9 a.m. -12 noon & 1.30 - 2.30 p.m.
- Wednesday 24th April 9 a.m. -12 noon & 1.30 - 2.30 p.m.
- Wednesday 8th May 9 a.m. -12 noon & 1.30 - 2.30 p.m.
- Wednesday 22nd May 9 a.m. -12 noon & 1.30 - 2.30 p.m.
- Wednesday 12th June 9 a.m. -12 noon & 1.30 - 2.30 p.m.
- Wednesday 26th June 9 a.m. -12 noon & 1.30 - 2.30 p.m.
- Wednesday 10th July 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Parent Group: Topic Talks virtual (a.m.) and repeated in person (p.m.)

Topic Talks led by the Specialist Teaching Team for Autism, including time for questions and peer support.

Virtual: 10-11 a.m. On Microsoft Teams. Due to confidentiality issues, we will be unable to discuss named children during this time.

In Person: 1.30-2.30 p.m. at The YIKS All About Autism Hub, Clifton Children's Centre, (in front of Clifton Green School), YO30 6BF.

Parent/Carer Phone Line and Drop-in

The Specialist Teaching Team for Autism are offering parents/carers the opportunity to talk to a member of the team regarding general issues and concerns about children/young people with autism.

Phone line support: 9-12 noon 20 minutes is allocated per phone call.

In person drop-in support: 1.30-2.30 p.m. at The YIKS All About Autism Hub, Clifton Children's Centre, (in front of Clifton Green School), YO30 6BF

'the highlight of my week is coming to the drop-ins and knowing I'm not going mad! Knowing that other families are going through exactly what we are. There's some normality in that.'

NEW!



Reduced Mobility Drop In Session

29 April 2024 9.30am
 25 June 1pm
 Clifton Children's Centre
 YO30 6JA



Epilepsy Drop In session
 25 April 2024 11.30am
 12 June 9.30am

Clifton Children's Centre, YO30 6JA

NEW WEEKLY SESSIONS!!

EVERY TUESDAY
TERM TIME ONLY

09:30-11AM
CLIFTON CHILDREN'S CENTRE
YORK
YO30 6JA

**SEN Parent
and
Baby/Toddler
Drop-in**

yiksaaa.org



NEW

**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.

Parent Training Courses

- Thurs 18 April 2024 7pm - Making a Will - Providing for a child in receipt of PIP/DLA (in person)
- Thurs 25 April 2024 7pm - ADHD and Sleep (online)
- Mon 13 May 2024 11am - Making a Will - Providing for a child in receipt of PIP/DLA (in person)
- Tues 14 May 2024 7pm - Mediation and Tribunal Training for Parents (Online)

Please email info@yiks.co.uk for further information



Monthly Drop In Sessions

PARENT AND CARER SESSIONS

We understand that it is important to be heard and support received where needed. Drop along to one of our monthly sessions to support you whilst you support your young person.

YORK INSPIRATIONAL KIDS CIC

Pathological
Demand
Avoidance
(PDA)

Emotionally Based
EBSA
School Avoidance

ADHD
Attention Deficit
Hyperactivity Disorder

Challenging
Violent or
Aggressive
Behaviour:

4 May
8 June
6 July

11 May
15 June
13 July

Young people welcome

20 April
18 May
22 June
20 July

27 April
25 May
29 June

All sessions 9.30-11am Clifton Children's Centre, YO30 6JA
For more information tel 07563232838
www.yiks.co.uk

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.

Any Questions?

If you have any questions please contact
Ruth
07563232838/ruth.appleby@yiks.co.uk

