

YIKs Voice

April
2023

Monthly Newsletter from York Inspirational Kids



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Hello



Happy Easter!!!

What a lovely few weeks we have had with lots of visits from the Easter Bunny! We've been lucky to have received Easter egg donations from both Tesco and Asda so lots of smiling children!

We had a fantastic turnout for our Post 16 Conference. You can read about it in this newsletter.

We've also started our new SENercise exercise sessions!!

There's lots happening and lots to look forward to. Enjoy the read!

Ruth Thompson MD

MARCH WINNERS!!

CONGRATULATIONS TO OUR 200 CLUB WINNERS:

**£50 SYLVIA STEVENSON
£25 ALAINA MUMBY-COLLINS
£15 JANE WATSON
£10 LORNA DOCHERTY**

YOUR CHEQUES ARE ON THEIR WAY!

IT'S NOT TOO LATE TO JOIN IN.

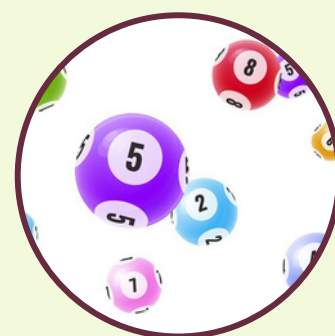
ONLY £2 PER ENTRY (MAX 5 ENTRIES)

OPEN TO ALL. PLEASE EMAIL

YIK200CLUB@GMAIL.COM

FOR A REGISTRATION FORM.

HUGE THANKS TO BECKY WARBOYS FOR RUNNING THIS FOR US.



Post 16 Conference

March 2023

We had a fantastic turnout for our first Post 16 Conference. We learnt so many new things and had updates on others. We welcomed speakers from the City of York Council's Transitions Team, Welfare Benefits Unit, EHCPs, York Hospital Transitions Team,

As we learnt so many new things we have decided to put on some briefing sessions as a follow up. Look out for dates to be announced shortly.



POST 16

**FOR YOUNG PEOPLE AGED 16-25
TO HELP DEVELOP SOCIAL AND EMPLOYABILITY SKILLS.**

IF YOU WOULD LIKE TO GET INVOLVED PLEASE CONTACT US.



4 MAY - CORONATION AFTERNOON TEA AT THE CLUB

11 MAY - CARTOON DRAWING

18 MAY - EMPLOYABILITY SKILLS (HAIR & GROOMING SKILL)

25 MAY - FOOTGOLF & PIZZA (PRE BOOKING ESSENTIAL)

UNLESS OTHERWISE STATED HELD AT CLIFTON CHILDREN'S CENTRE, YO30 6JA



ACTIVITIES FOR KIDS

ACTIVITIES FOR KIDS

SAT CLUB 10.30 - 12 NOON £2 PER CHILD, FREE TEA/COFFEE.



29 APRIL - SPRING CRAFTS

13 MAY - RESCUE PETS

27 MAY - BUILD YOUR OWN BEAR (PREBOOKING IS ESSENTIAL)

10 JUNE - MUSIC SESSION WITH ACCESSIBLE ARTS AND MEDIA

24 JUNE - SUMMER ACTIVITIES



WE WOULD LOVE TO WELCOME YOU TO OUR PARENT AND BABY/ TODDLER DROP IN SESSION. COME ALONG AND HAVE A CUPPA AND A CHAT, WHILE YOUR LITTLE ONES EXPLORE AND PLAY.

TO ENQUIRE ABOUT EVENTS PLEASE CONTACT 07871617465

YIKs All About Autism Clubs

We have been making the most of the Spring weather at the hub and using our outdoor space. It's great fun playing with the parachute!



Autism Acceptance Week

We are busy creating a beautiful joint piece of artwork to celebrate 'Autism Acceptance Week'.

Huge thanks to Topps Tiles at Clifton Moor

www.instagram.com/toppstiles

who kindly donated lots of tiles for us to decorate, we are making our art work by combining the tiles.

...it's looking pretty amazing don't you think?



Toddler Drop-in

We have been meeting lots of new families at our toddler group, the children have great fun whilst the parents have a well earned cuppa!



Here's a little reminder of the dates for our fortnightly sessions. We would love to see you.



The 15th Haxby & Wigginton Scarecrow Festival

Saturday 29th April - Monday 1st May 2023

hwmc.org.uk/scarecrows

Five trails of different lengths start from the Methodist Church Scarecrows on show 10am-7pm

Get your trail maps during the Festival from the Methodist Church 10am-4:30pm £2.50 per map, or get all 5 for £10!

Cash only, please!

Money raised goes to charity: York Rescue Boat, Martin House Children's Hospice, Refugee Action York, and Earthquake Relief Appeal

Refreshments available: The Methodist Church Sat-Mon 10-5:30, Aroma Coffee Shop Sat 9-4 | Sun/Mon 10-3

Haxby & Wigginton Methodist Church, The Village, Haxby YO32 2U

We have been creating a scarecrow entry at the hub for the 'Haxby and Wigginton Scarecrow Festival'. It was a sticky job making the paper mache head!!

Keep your eyes peeled and see if you can spot our entry on bank holiday weekend.

Don't forget to take a selfie!



SIBS - These are FREE sessions for siblings of disabled/autistic children. To register please email amy@yiks.co.uk



Meet once per month

Junior group -
7-11 years
Senior group -
age 12+

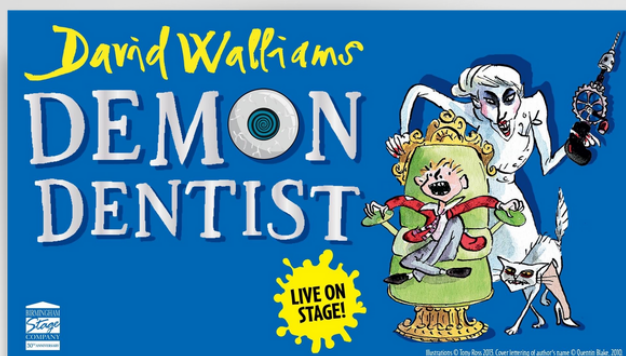


For more information
email amy@yiks.co.uk
tel 07563232838



FAMILY DAYS OUT AND EVENTS

WE ARE LOOKING FORWARD TO THE FOLLOWING EVENTS, PLEASE
JOIN US IF YOU CAN:



SOLD OUT

**SATURDAY 17TH JUNE 11:00, GRAND OPERA
HOUSE, YORK, YO1 9SW,**



**SATURDAY 2 AUG 14:00, GRAND OPERA
HOUSE, YORK, YO1 9SW,
£12.50PP TO BE PAID VIA PAYPAL TO
RUTH@KEYWORKING.CO.UK BY 15 APRIL
2023. PLEASE PUT 'WINNIE' IN THE PAYPAL
COMMENTS BOX**

TO ENQUIRE ABOUT EVENTS PLEASE CONTACT 07871617465




YIKs

**SPONSORED
BE ACTIVE!**

July 2023!




HELP RAISE FUNDS

**CHOOSE YOUR OWN ACTIVITY OR JOIN ONE OF OURS.
SEE INDIVIDUAL CLUBS FOR THEIR SPONSORED EVENTS**



EMAIL EVENTS@YIKS FOR A SPONSOR FORM



Only £3 per person

Chat & Create

Join us whilst we have a chat and create delicious meals with Pantry Parcels. Enjoy the meal together and be provided with the ingredients to recreate at home for your family.



Pantry Parcels
Cooking Workshops

27th April	Creamy pasta recipe
4th May	Tofu stir fry and vermicelli mason jar noodles
11th May	Chili con Carne with quacamole and black bean salad
18th May	West African slow cooker chickpea curry with cous cous salad
25th May	Thai curry with homemade naan

More Info
email
amy@yiks.co.uk



NEED HELP FILLING IN DLA/PIP FORMS?



DLA
Disability Living Allowance

PIP
Personal Independence Payment

MORE INFO AND TO BOOK AN APPOINTMENT

email rebecca@yiks.co.uk



Monthly Drop In Sessions

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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 School Avoidance

EBSA

ADHD

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

Specialist Teaching Team for Autism

Wednesday Parent Support Summer 2023

Parent/Carer Phone Line and Drop-in

The Specialist Teaching Team 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. 1.30-3 p.m. at **The YIKS All About Autism Hub, Clifton Children's Centre, (In front of Clifton Green School), YO30 6BF**

Phone line (mornings) and drop-in (afternoons) dates and times:

Wednesday 19th April 9 a.m. -12 noon & 1.30 - 3 p.m.

Wednesday 3rd May 9 a.m. -12 noon & 1.30 - 3 p.m.

Wednesday 17th May 9 a.m. -12 noon & 1.30 - 3 p.m.

Wednesday 7th June 9 a.m. -12 noon & 1.30 - 3 p.m.

Wednesday 21st June 9 a.m. -12 noon & 1.30 - 3 p.m.

Wednesday 5th July 9 a.m. -12 noon & 1.30 - 3 p.m.

Wednesday 19th July 9 a.m. -12 noon & 1.30 - 3 p.m.

To **book a phone line call**, please email: parentcarerautismsupport@york.gov.uk

This is an admin email address and we are unable to forward or respond queries via this email. Bookings close the Thursday before the session.

We require your name and a contact telephone number for us to contact you. We will then send you an approximate 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.

For in person drop-in sessions, you do not need to book and you are welcome to simply arrive on the day. Please be aware, sessions may be busy and you may need to wait to speak to a member of the team.



Specialist Teaching Team for Autism

Wednesday Parent Support Summer 2023

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 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.

Topic Talks Summer Term 2023:

Sleep Wed 26th April 10-11a.m. online & 1.30-2.30 p.m. in person

Managing Meltdowns Wed 10th May 10-11a.m. online & 1.30-2.30 p.m. in person

Social Stories Wed 24th May 2023 10-11a.m. online & 1.30-2.30 p.m. in person

Starting School or Changing Class Wed 14th June 10-11a.m. online & 1.30-2.30 p.m. in person

Help for the Holidays Wed 28th June 10-11a.m. online & 1.30-2.30 p.m. in person

Establishing Routines Wed 12th July 10-11a.m. online & 1.30-2.30 p.m. in person

To book your **virtual place** on a Microsoft Teams session, please email your name and contact email address, stating which session(s) you would like to book to:

parentcarerautismsupport@york.gov.uk

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.

For **in person sessions**, you do not need to book and are welcome to simply arrive on the day. Please be aware, sessions may be busy.

