

Edition 96 - Thursday 23 July 2015 Spotlight on...

National Citizen Service, East Riding of Yorkshire

Description of service: East Riding Voluntary Action Services (ERVAS) is delighted to announce that it will be delivering the National Citizen Service (NCS) in the East Riding of Yorkshire for 16 and 17 year olds, along with our partners Tigers Trust and Hymers College. ERVAS is running a fantastic new summer programme, which involves four weeks of activities taking place between 27 July and 21 August (Monday - Friday).

Who can they help? 16 to 17 year olds. NCS is a nationally recognised programme and helps young people with future education, training and employment applications, including university.

What happens next? The new four week programme is as follows:

- **Week 1: 27 July** - A four night stay in a Youth Hostel in Howarth. The young people will participate in a five day programme of outdoor activities, designed to develop confidence, leadership skills, problem solving, which we are sure they will find both challenging and exciting.
- **Week 2: 3 August** – A four night fun packed residential at The Lawn's University Halls, Cottingham. The programme of activities will consist of a mixture of informative, character building, and fun activities, aimed at supporting young people's development and teaching them skills to prepare them for their future.
- **Week 3: 10 August** - During this week, young people will plan a social action project, choosing a topic which interests their group, such as homelessness, anti-bullying, environmental issues or maybe something completely different!
- **Week 4: 17 August** - This is the week that young people put their social action plan into practice.

How much does it cost? The even better news is that all of the above is still only £50.

Who do I contact? If you would like to find out more about NCS, please visit the following website: <http://www.ncsflt.co.uk/>
ERVAS will also be running more NCS activity weeks in the future, so please let us know if you would like further information about any of our NCS programmes by emailing volunteen@ervas.org.uk or Telephone: (01482) 871077.

FISH update

Please click [here](#) to read the East Riding Safeguarding Children Board May 2015 Newsletter. This edition focuses on:

- Multi-Agency 'Walk through the case' event
- Forthcoming training and development sessions

- Local and national contact information

Please click here (<http://www.erscb.org.uk/newsletter/>) to read the June edition of the East Riding Safeguarding Children Board Newsletter. This edition focuses on:

- East Riding Buswise Project - P2
 - Nude Selfies - CEOP resource for parents/carers - P3
 - Your Future in Mind report - P4
- ERSCB Update - P5

Progress Magazine – “Supporting a positive transition for 12 to 25 year olds with additional needs”. This magazine is full of information and advice to enable you to plan ahead for post 16 education, activities/sport, holidays, independent living, employment and lots more. If you would like to receive this magazine, which is published 3 times a year, please contact the FISH team on (01482) 396469 or download the free Progress Magazine app - www.progressmagazine.co.uk

East Riding Voices in Partnership (ERVIP)

ERVIP - Design a Christmas Card Competition - Something for the children to do over the summer! Ervip steering group are running a competition for your children to design a Christmas card for Ervip to send to parent/carers this year. The competition is open to all children and young people (aged 0-25 years) with SEND. The winner will receive a £10 Love to Shop voucher and the winning design will be printed to be used as ERVIP's Christmas card.

Designs should measure 10 x 15 cm please and should be either emailed to allyervip@hotmail.com or posted to ERVIP, 17 Highgate, Beverley HU17 0DN. **Closing date for entries is Tuesday 8 September 2015.**

There are no coffee mornings over the summer. The next coffee morning will be on Thursday 17 September in Bridlington. Further details will be confirmed nearer the time. Over the summer ERVIP can still be contacted on

Phone: 01781 3676941 Email: allyervip@hotmail.com or sjwervip@hotmail.co.uk Website: www.ervip.org

Beverley

Indoor Archery and Trampolining sessions – for young people (age eight – 16 years) with Special Educational Needs and Disabilities (SEND). Come along and learn fun new skills delivered by qualified coaches.

Dates: Tuesday 4 August 2015

Times: 10 – 11am and 11am - 12 noon

Cost: £2.50 per session

Venue: Longcroft School, Burton Road, Molescroft, Beverley HU17 7EJ

Contact: Sport, Play & Arts Service Admin Team on tel: (01482) 395320 or book online - click [here](#)

Booking is essential as places are limited to eight persons per session. Non-disabled siblings can be put on a waiting list.

KIDS workshop – Do you know a young person aged 14 to 25 years of age, who lives in Hull or East Riding? Do they have additional support needs at school or college? Tell them about this workshop to help them explore their goals for the future.

Dates: Friday 7 August 2015

Times: 1.30 – 3.30pm

Cost: Free

Venue: Hexagon Music Centre, Coltman Avenue, Beverley HU17 9LP

Contact: To book a place or for more details, please call KIDS on (01482) 467540

East Riding Theatre presents a relaxed performance of **The Three**

Kingdoms - A magical immersive adventure for the whole family:

‘Let us take you on a journey to a land that’s faraway, where anything is possible, where dreams will be fulfilled.

Let us enter The Three Kingdoms, in a sugar-coated carriage; no desire will be denied as what you want you’ll always get.

But just be warned to think it through; a wish forever stays with you. Be careful what you wish for...’

SHE Productions will quite literally open the gates to The Three Kingdoms and welcome you into their eclectic and interactive world. This modern-day fairy-tale will have you singing, laughing and casting spells as we follow the Ellas in this immersive theatrical experience.

Suitable for any age. All children must be accompanied by an adult

Dates: Relaxed Performance on Wednesday 19 August 2015

Times: 11am

Ticket Prices: Adult £10, Concession £8, Child £8, Family Ticket (4 tickets) £29

Venue: East Riding Theatre, 10 Lord Roberts Road, Beverley HU17 9BE

Booking: online at www.eastridingtheatre.co.uk or call (01482) 874050

Commonwealth Games Legacy Festival 2015 – aims to provide young people with Special Educational Needs and Disabilities (SEND) with the opportunity to take part in a number of sports and play taster activities including Athletics, Archery, Football and Cricket. Age – seven to 18 Years (Please note all participants must be supervised by a parent/carer at all

times).

Dates: Wednesday 26 August 2015

Times: 1.30 – 4.30pm

Cost: Free

Venue: Longcroft School, Burton Road, Molescroft, Beverley HU17 7EJ

Contact: Sport, Play & Arts Service Admin Team on Tel: (01482) 395320 or book online - click [here](#)

Booking is essential as places are limited (max of 2 siblings can participate per disabled young person). Closing date for bookings: Friday 14 August 2015.

Bridlington and Driffield

KIDS workshop – Do you know a young person aged 14 to 25 years of age, who lives in Hull or East Riding? Do they have additional support needs at school or college? Tell them about this workshop to help them explore their goals for the future.

Dates: Wednesday 5 August 2015

Times: 10am – 12 noon

Cost: Free

Venue: Bridlington library, 14 Kings Street, Bridlington YO15 2DF

Contact: To book a place or for more details, please call KIDS on (01482) 467540

KIDS workshop – Do you know a young person aged 14 to 25 years of age, who lives in Hull or East Riding? Do they have additional support needs at school or college? Tell them about this workshop to help them explore their goals for the future.

Dates: Wednesday 5 August 2015

Times: 1.30 – 3.30pm

Cost: Free

Venue: Ace Centre, Driffield School and Sixth form, Manorfield Road, Driffield YO25 5HR

Contact: To book a place or for more details, please call KIDS on (01482) 467540

All Ride - Adapted cycling sessions. On the individual's first visit coaches need an extra 30 minutes before the hour's session to allow them to access the young person on the different style bikes. This also allows the young person (and those who assist them) to decide if they are happy to proceed.

Dates: Thursday 30 July 2015, Thursday 6 August 2015, Thursday 20 August 2015, Thursday 27 August 2015

Times: Ride slots are from 10am – 2pm.

Sports Play and Arts coaches will be available from 10am - 3pm

Cost: £2.50 per bike per hour

Venue: Bridlington North Foreshores Office, North Marine Promenade, Bridlington YO15 2LX

Contact: Anyone wishing to make use of the scheme, please contact the coaches in order to book your preferred slot. Tel: (01262) 678255 or (01482) 395320

Booking is essential as places and bikes are limited. Please be aware this scheme is open to the public as well, so we will do our best to meet everyone's request.

Kings Mill School Fundraiser- A fund raiser to raise money for a new school mini bus. We have been very fortunate to be able to hold our Fun Day at The Cranswick SRA where there will be on the day:- A Birds of Prey display, Live Music, Barbecue, A Magician, Ice Cream stall, Bouncy Castle, Inflatable slide, Cakes , Items which have been made by our older students, Books, Toys, a Raffle, Information stands, Balloons, Face painting and lots more.

Dates: Sunday 20 September 2015

Times: 10am to 4pm

Cost: Free entry

Venue: Hutton Cranswick Sports and Recreation Association (SRA), Rotsea Lane, Hutton Cranswick, Driffield YO25 9ES

Contact: Jayne Duke

Email: jayne.duke@kingsmill.eriding.net

Tel: 07539491868

Haltemprice

Howden & Brough Children's Centre 'Autumn What's on' is now available on the FISH website - Please click [here](#) and scroll down the page to view

Sailing for young people with a Disability – an opportunity for young people, (aged eight – 16 years) with Special Educational Needs and Disabilities (SEND) to take part in a fun sailing and rafted canoe session.

Dates: Wednesday 29 July 2015, Wednesday 19 August 2015

Times: 1 – 3pm

Cost: £12.50 per person

Venue: Welton Waters, Common Lane, Welton HU15 1PT

Contact: To book and pay for a place, please call (01482) 395320 or book

online - click [here](#)

Booking is essential and all participants must be able to swim 25m.

Holderness

Time Out - A support group for parents and carers of children and young people with Autistic Spectrum Condition / Asperger's Syndrome

Dates: Wednesday 29 July 2015, Wednesday 30 September 2015

Times: 7 – 9pm

Cost: Free – no need to book, just turn up

Venue: Hornsea Children's Centre, Hornsea Secondary School, Eastgate, Hornsea HU18 1DW

Contact: Sheila on (01964) 534472 or Diane on (01964) 204811

Bader Braves Young Aviators Day – The Douglas Bader Foundation invites all young people (age 6-18 years) and with Special Educational Needs and Disabilities (SEND) and up to three family members are welcome to attend. The Free taster flights for all young people are being generously provided courtesy of the Hull Aero Club Members. Entertainment and a BBQ lunch will also be provided.

Dates: Friday 14 August 2015

Times: 11am – 4pm

Cost: Free

Venue: Beverley (Linley Hill) Aifield, Linley Hill, Leven HU17 5LT

Contact: Book your places on line at www.douglasbaderfoundation.com and follow the links to Bader Braves. Spaces are limited.

Goole

Castaway Shipmates Summer Fun - Summer drama and music project for 12 - 18 year olds with support for additional needs.

Have fun, make friends and achieve more than you ever thought you could!

Dates: Tuesday 25 - Thursday 27 August

Times: 10am – 3pm

Cost: £10 per day (concessions / free places available)

Venue: Castaway Music Theatre, Estcourt Street, Goole DN14 5AS

Contact: (01405) 761423

Minions (U) – Autism friendly screening at the Junction - will be taking place on Thursday 6 August 2015. Autism Friendly Screenings at the Junction are films shown with low-level lighting, reduced sound levels and no adverts or trailers. The auditorium will open 30 minutes before the film to allow audiences time to familiarise themselves with the space. Visits to the

venue prior to the screening can also be arranged. Aimed at both children and adults on the autistic spectrum, along with their carers, families and/or friends, it is fine for audiences to move around, make noise and take breaks during the film.

Date: Thursday 06 August 2015

Time: 11.30 am (Running Time: 91 mins)

Cost: All tickets are priced at £2.50

Tickets: For more information or to book call the box office on (01405) 763652. **Children must be accompanied by an adult.**

Information: www.junctiongoole.co.uk

Film description: Since the dawn of time, Minions have lived to serve the most despicable of masters, from T-Rex to Napoleon. But when the minions find themselves lost and without a master, Kevin, Bob and Stuart travel from frozen Antarctica to 1960s New York where they are recruited by Scarlet Overkill, the world's first female super villain. Will they save all of minion kind from Annihilation? Find out in this fantastic family animation.

KIDS workshop – Do you know a young person aged 14 to 25 years of age, who lives in Hull or East Riding? Do they have additional support needs at school or college? Tell them about this workshop to help them explore their goals for the future.

Dates: Friday 7 August 2015

Times: 10am – 12 noon

Cost: Free

Venue: Kingsway Children's Centre, Fountayne Street, Goole DN14 5HQ

Contact: To book a place or for more details, please call KIDS on (01482) 467540

Run Ahead - Activity and support group for families with children with additional needs. Meet other families, make friends and have fun. The group has exclusive use of Fun Run soft play centre for the session so families can relax and have fun. You can also enjoy a meal at the café which serves a variety of hot and cold meals, snacks and drinks. Siblings are welcome.

Dates: Tuesday 21 July 2015 and Tuesday 18 August 2015

Times: 4.00 - 6.30pm

Cost: £2.50 per child

Venue: Fun Run, Unit 4, Rawcliffe Road, Goole DN14 6TY (next to B&Q turn right on the entrance road to park outside Fun Run)

Contact: For more information please call Sharon Kitteridge on 07795 054340 or sharonk@btinternet.com

Wolds and Dale

Canoeing – for young people (aged eight – 16 years) with Special Educational Needs and Disabilities (SEND) to try canoeing and kayaking in one hour sessions. All participants must be able to swim 25m and be confident in the water.

Dates: Wednesday 5 August 2015

Times: 10 - 11am and 11am – 12noon

Cost: £3 per person per 1 hour session

Venue: Allerthorpe Lakeland Park, Allerthorpe, Pocklington YO42 4RL

Contact: Sport, Play & Arts Service Admin Team on Tel: (01482) 395320 or book online - click [here](#)

Booking is essential as places are limited to 8 persons per session; One parent can participate to support their young person during the activity and will also need to book and pay for their place. Siblings cannot participate in this activity, but can attend the afternoon Xplorer session.

Xplorer – A fun outdoor navigational challenge for young people (aged eight – 16 years) with Special Educational Needs and Disabilities (SEND) and their families to enjoy.

Dates: Wednesday 5 August 2015

Times: 1.30 – 3.30pm

Cost: Free

Venue: Allerthorpe Lakeland Park, Allerthorpe, Pocklington YO42 4RL

Contact: Sport, Play & Arts Service Admin Team on tel: (01482) 395320 or book your places online - click [here](#)

Market Weighton daytime Autism Parent Carer Support Group - The Market Weighton Autism Parent Carer Support Group are now running a regular daytime support group to accommodate for those parents who are unable to attend the support group which runs on the evening of the third Monday of each month. If you are a parent carer of a child with Autism in the Pocklington/Market Weighton area come along for a cuppa and a chat with other parents. Your child does not need a diagnosis for you to attend.

Date: Friday 7 August 2015

Times: 9.00am till 12.00 noon

Cost: Free

Venue: Market Weighton Children's Centre, Princess Road, Market Weighton YO43 3BY

Contact: 07952 269817 or email mwareaautismsg@gmail.com

The Monday Group – A group for parent carers of children and young people (aged 0-19 years) with additional needs. Come along, have a chat and air your views on services for children (up to age 19) with additional needs.

Dates: Monday 17 August 2015

Times: 9:30 - 11:00am

Cost: Free

Venue: Pocklington Children's Centre, Woldgate College, 92 Kilnwick Road, Pocklington YO42 2LL

Contact: Hayley Kilkenny (Community Nursery Nurse) on (01759) 307154 or 07920 531302

Market Weighton Autism Parent Carer Support Group - Are you a parent carer of a child with Autism in the Pocklington/Market Weighton area? Come along to our friendly evening group for a cuppa and a chat with other parents. Your child does not need a diagnosis for you to attend.

Dates: Monday 17 August 2015

Times: 6.30 – 8.00pm

Cost: Free

Venue: Market Weighton Children's Centre, Princess Road, Market Weighton YO43 3BY

Contact: 07952 269817 or email on: mwareaautismsg@gmail.com

East Riding wide and Hull/York catchment

NEW GROUP – NHS East Riding Health Trainers have recently been awarded the Smoking Cessation contract. As such, the service is now offering support to anyone over 12 years of age to quit through behaviour change techniques and FREE Nicotine Replacement Therapy (NRT). The service is a personal one to one, 8 week programme, where we can support and motivate anyone in the East Riding who is considering to stop smoking and begin living a healthier lifestyle.

Dates: Ongoing

Times: Mon to Sat 8am – 8pm (all sites have individual days and times of opening).

Cost: FREE

Venue: Across the East Riding.

Contact: 0800 9177752 or Email: HNF-TR.healthtrainers@nhs.net

NEW GROUP – NHS East Riding Health Trainers – Due to the continued success of the NHS Health Trainer Service they are delighted to inform you that they are expanding the number of community Health Trainer clinics throughout the East Riding of Yorkshire. Additional Health Trainer clinics have been set up in Pocklington, Brough and Hessle. Clinics have been set up to improve accessibility into the Health Trainer service and they are very excited at the prospect of providing their service at these locations. Health Trainers are also located in Bridlington, Goole, Withernsea, Driffield, Hornsea and throughout the Holderness Locality at GP Surgeries.

Dates: Ongoing

Times: Mon to Sat 8am – 8pm (all sites have individual days and times of opening).

Cost: FREE

Venue: Across the East Riding plus Market Weighton, Pocklington, Brough & Hessle.

Contact: 0800 9177752 or Email: HNF-TR.healthtrainers@nhs.net

FiND Family Support - At our next meeting we are happy to have as our guest, Mark Ullah of Swanton Community Care. Swanton offer person centred support for adults with learning disabilities, autism and complex needs in Hull and East Riding, and Mark will be talking about their range of services and how they go about tailoring packages to meet specific needs.

Date: Tuesday 4 August 2015

Time: 7.30pm

Venue: Matthew's Hub, Regent House, 183 Ferensway, Hull HU1 3UA

Contact: If you can't make that one, contact Sally for more information about future meeting dates, events, and venues, or ask to go on our mailing list and we'll make sure we'll send you details.

Email: thestoakes@thestoakes.karoo.co.uk

Text: 07530 903229

Visit: www.findcharity.org.uk www.matthewshub.org

Smile by the Sea - the first year of the Smile by the Sea programme has come to a close. Thirty two families (130 people) were successful in having a break funded through the programme. These breaks ranged from family getaways to holiday parks such as Butlins, Blue Dolphin & Primrose Valley to trips to Lego Land, Harry Potter World and Chester Zoo to the more relaxing kind, such as a break in the Lakes.

They are delighted to announce they have secured funding for a second year which means charities can start to submit new applications for 2015-16, giving families, couples and individuals the much needed break they deserve. Smile together with their travel partner will try to find the most suitable break to meet both the needs and interests of your nominated family.

The next round of 'Smile by the Sea' applications is now open. The deadline for applications is **Monday 3 August 2015. However early applications may be processed sooner.** If you have any questions please call on **(01482) 590270.**

What is Smile by the Sea?

The programme provides short UK breaks for people from Hull and East Yorkshire that are supported by a local registered charity or constituted body. It offers families, couples and individuals who are facing extremely difficult circumstances and cannot afford a holiday themselves, some respite in the

form of a short break of their choice. Areas which we prioritise include;

- Long-term or life-limiting illness
- Families in crisis
- Disabled children and young people
- Families living in deprivation
- Older people and unpaid carers

Applications must be completed by a registered charity in Hull or East Yorkshire on behalf of the beneficiary. All successful applications are referred to our local travel partner; Andrew Earle's World of Travel, who will liaise directly with the person who completed the application (or the family if indicated in the application), to find and book a suitable short break for the family. The project is part-funded by Hull Wyke Round Table which supports their commitment to championing the health and wellbeing of local children and their families. Additional funding is also available to provide breaks to adults and the elderly, as highlighted above.

Please note: Only registered charities and constituted bodies from Hull and East Yorkshire can apply for the break on behalf of a family or individual they currently support. Due to demand, there is a limit of up to 10 applications per charity. Applications are not accepted directly from individuals.

HEY Smile Foundation

A: 61 Queens Gardens, Dock Street, Hull HU1 3AE

T: (01482) 590270

E: tw@heysmilefoundation.org

W: www.heysmilefoundation.org

Swimming for Disabled People - There is a wealth of swimming opportunities available to disabled swimmers across the Hull and East Riding ranging from inclusion into mainstream or disability specific lessons, social swim groups, all the way to training to compete in the Para-Swimming Pathway and up to International level.

To find out more information on the opportunities available please complete the British Swimming Tracker Form accessed via the link below

<http://www.swimming.org/asa/library/document/disability-swimming-tracker-form2>

By completing this form, swimmers will be contacted by Chris Armstrong, the local Para-swimming Officer, about events, competitions and swimming opportunities.

“There are numerous options for disabled swimmers across the East Riding which we are keen to promote and I'd encourage anyone interested in finding out a little more to contact me for individual advice”.

Contact: If you are interested in accessing swimming sessions or would like to know more about the competitive side of swimming please contact Chris e-mail chris.armstrong@swimming.org

Corrected phone number: 07787269306

National News

No update

Please note inclusion of services and sessions is not an endorsement or recommendation.

The next bulletin will be on Thursday 6 August 2015