

## Edition 99 - Thursday 20 August 2015 **Spotlight on...**

**Citizens Advice Bureau** - The Hull and East Riding Citizens Advice Bureau (CAB) provides free, confidential, impartial and independent advice and information on a wide range of subjects including debt, money advice, benefits, employment, housing, relationships and family, consumer, travel, tax, health, immigration and discrimination problems. This can be accessed through face to face, phone, letter and email methods.

**Who can they help?** They can help people with the following issues:

**Debt** - dealing with money issues and budgeting your finances.

**Welfare benefits** - Help with claiming benefits and support on how to go about making a claim. Many people do not claim the benefits that they are entitled to simply because they are not aware of them or how to access them.

The CAB provides advice and information on benefits and tax credits, council tax and housing costs, national insurance, arrears and issues with benefits. They can also help with – employment issues, housing, consumer problems, tax, general legal matters, health issues and family issues and much more.

**What happens next?** Their Advisers can help with benefit checks, completing complex forms, negotiating with third parties such as the DWP or creditors, writing letters to the council, employers, landlords, and providing information and advice to enable clients to move their issue forward. Their approach is client centred and underpinned by a commitment to quality and diversity. Services are available at 12 locations – from three permanent offices at Beverley, Bridlington and Goole and nine outreach locations covering many centres of population in the East Riding including Holderness, the Wolds, Pocklington and Haltemprice.

**How much does it cost?** Free Service

**Who do I contact?** If you need free, confidential, expert advice, contacting the CAB is simple. By phone or email: **Telephone:** 0300 3300 888 (Calls charged at local rate)

**Monday to Friday 9am – 4pm** or Email: [e-advice@hull-eastridingcab.org.uk](mailto:e-advice@hull-eastridingcab.org.uk) You can contact your local branch in Beverley, Bridlington and Goole by clicking [here](#)

## **FISH update**

**Autism Awareness Courses** for Families of Children with a Diagnosis of ASC

**Cygnets Puberty** - This is a three session course which builds upon the 'core' courses of Exploring Autism, Earlybird and Cygnets, to give further understanding and to explore strategies around Puberty. The sessions are

designed to;

- Help parents to develop their understanding and confidence relating to puberty, sexual wellbeing and relationships and how they may impact on children on the autistic spectrum.
- Offer parents the opportunity to participate in activities that they could use to explore puberty, sexual wellbeing and relationships with their children at home
- Meet with other parents in a mutually supportive environment.

**Date:** Thursday 8 October, Thursday 15 October and Thursday 22 October 2015

**Time:** 6 – 9pm

**Venue:** Beverley Children's Centre

**Cost:** Free – There will be places for up to eight families available (other Cygnet Puberty Courses will be offered during the academic year at other venues and times)

Please note that places are only available to families of children with a diagnosis of ASC who have attended one of the 'core' courses.

**Contact:** To reserve a place on this course, please contact Sally-Ann Pindar (01482) 392254 or sally.pindar@eastriding.gov.uk

**Autism Awareness Programmes for Families** - We are currently planning to run a Cygnet programme for parents of children with a diagnosis of autism aged over seven years of age. This programme is designed:

- To increase parents understanding of Autism Spectrum Conditions
- To help parents develop their knowledge on how a child on the Autism Spectrum experiences the world and what drives their behaviour
- To guide parents through practical strategies they can use with children
- To direct parents to relevant Autism Spectrum Condition resources
- To give parents the opportunity to meet with other parents who have had similar experiences and to gain support and learn from each other

**Date and Time:** The Cygnet programme will run one afternoon weekly for 5 weeks at the Tuesday 3 November 2015, 1pm to 3.15pm

Tuesday 10 November 2015, 1pm to 3.15pm

Tuesday 17 November 2015, 1pm to 3.15pm

Tuesday 24 November 2015, 1pm to 3.15pm

Tuesday 1 December 2015, 1pm to 3.15pm

**Venue:** Hornsea Children's Centre

**Cost:** Free - There are a maximum of 12 places available which are allocated as two per family (other Cygnet courses will be offered at other locations and various session times during the school year).

**Contact:** If you are a parent of carer of a child with a diagnosis of an ASC and would like more information or to book a place on this course, please contact Sally-Ann Pindar (01482) 392254 or sall.pindar@eastriding.gov.uk.

## East Riding Voices in Partnership (ERVIP)

**Reminder - 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](mailto: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](mailto:allyervip@hotmail.com) or [sjwervip@hotmail.co.uk](mailto:sjwervip@hotmail.co.uk) Website: [www.ervip.org](http://www.ervip.org)

## Beverley

**All Stars** – a group aimed at young people aged 12-19 years who have additional needs. Come along if you'd like to make new friends and improve your social life. Take part in crafts, cookery, sports and other fun activities whilst being supported by specially trained staff.

**Dates:** Fridays

**Times:** 6.00 – 8.00pm

**Cost:** £2.50 per session

**Venue:** St Nicholas' Community Centre, Holme Church Lane, Beverley HU17 0PY

**Contact:** email: [dsi@barnardos.org.uk](mailto:dsi@barnardos.org.uk) Tel: (01430) 810139

**Aspire** – Fun sport-based activities for disabled people aged five – 18 years. Siblings and friends are welcome to join in. Fully qualified, trained coaches and volunteers are on hand to support children. Children aged five-eight years old are welcome, but a parent or carer needs to stay.

**Dates:** Thursdays

**Times:** 5 – 6pm

**Cost:** £2.40 per session

**Venue:** Beverley Leisure Complex, Flemingate, Beverley HU17 0LT

**Contact:** To book a place ring (01482) 881127

## Bridlington and Driffield

**All Stars** – a group aimed at young people aged 12-19 years who have additional needs. Come along if you'd like to make new friends and improve your social life. Take part in crafts, cookery, sports and other fun activities whilst being supported by specially trained staff.

**Dates:** Mondays

**Times:** 6.00 – 8.00pm

**Cost:** £2.50 per session

**Venue:** Bridlington Community Resource Centre, 4-6 Victoria Road, Bridlington YO15 2BW

**Contact:** email: [dsi@barnardos.org.uk](mailto:dsi@barnardos.org.uk) Tel: (01430) 810139

**Aspire** – Fun sport-based activities for disabled people aged five – 18 years. Siblings and friends are welcome to join in. Fully qualified, trained coaches and volunteers are on hand to support children. Children aged five-eight years old are welcome, but a parent or carer needs to stay.

**Dates:** Wednesdays

**Times:** 5 – 6.30pm

**Cost:** £2.40 per session

**Venue:** Driffield Leisure Centre, Bridlington Road, Driffield YO25 5HZ

**Contact:** (01377) 257480

**TEMPO** – Having given much thought to the future of TEMPO, it has been decided that the group will be closing following the scheduled Annual General Meeting (AGM). The AGM will be held on Friday 11 September 2015.

**Dates:** Friday 11 September 2015

**Times:** 6pm

**Cost:** N/A

**Venue:** The Access Centre, Market House, Exchange Street, Driffield YO25 6LI

**Contact:** For more information email: [stuartjktaylor@btinternet.com](mailto:stuartjktaylor@btinternet.com) or telephone: 07973 371876

## Haltemprice

**All Stars** – a group aimed at young people aged 12-19 years who have additional needs. Come along if you'd like to make new friends and improve your social life. Take part in crafts, cookery, sports and other fun activities whilst being supported by specially trained staff.

**Dates:** Wednesdays

**Times:** 6.00pm – 8.00pm

**Cost:** £2.50 per session

**Venue:** Hessle Community Centre, Old School House, The Hourne (near Hessle Square), Hessle HU13 9LJ

**Contact:** email: [dsi@barnardos.org.uk](mailto:dsi@barnardos.org.uk) Tel: (01430) 810139

**Aspire** – Fun sport-based activities for disabled people aged five – 18 years. Siblings and friends are welcome to join in. Fully qualified, trained coaches and volunteers are on hand to support children. Children aged five-eight years old are welcome, but a parent or carer needs to stay.

**Dates:** Saturdays

**Times:** 9.30am – 12noon

**Cost:** £2.40 per session

**Venue:** Haltemprice Leisure Centre, Springfield Way, Anlaby HU10 6QJ

**Contact:** (01482) 652501

## Holderness

**All Stars** – a group aimed at young people aged 12-19 years who have additional needs. Come along if you'd like to make new friends and improve your social life. Take part in crafts, cookery, sports and other fun activities whilst being supported by specially trained staff.

**Dates:** Wednesdays

**Times:** 6.30 – 8.30pm

**Cost:** £2.50 per session

**Venue:** Hornsea Methodist Church, Newbegin, Hornsea HU18 1PA

**Contact:** email: [dsi@barnardos.org.uk](mailto:dsi@barnardos.org.uk) Tel: (01430) 810139

## Goole

**Holiday project – Come and Create!** Castaway Shipmates Youth invited you to be a part of a special project to get creative, working with visual and performance artists this summer! Paint, make, colour, mask, movement, make friends, make music, dance, do arts, play and make a mess! **Full support and transport for learning and physical disabilities.**

Dates: Tuesday 25, Wednesday 26 and Thursday 27 August 2015

Times: 10am -3.30pm

Age: 12 – 18

Cost: £10 per day

Venue: Castaway Goole Music theatre, Estcourt Street, Goole

Contact: To secure a place or for enquiries contact (01405) 761423 or

[info@castaway-goole.co.uk](mailto:info@castaway-goole.co.uk) . Information can also be found on the castaway website [www.castaway-goole.co.uk](http://www.castaway-goole.co.uk)

## Wolds and Dale

**All Stars** – a group aimed at young people aged 12-19 years who have additional needs. Come along if you'd like to make new friends and improve your social life. Take part in crafts, cookery, sports and other fun activities whilst being supported by specially trained staff.

**Dates:** Thursdays

**Times:** 6.00pm – 8.00pm

**Cost:** £2.50 per session

**Venue:** Barmby Moor Kids Club, Main Street, Barmby Moor, York YO42 4EH

**Contact:** email: [dsi@barnardos.org.uk](mailto:dsi@barnardos.org.uk) Tel: (01430) 810139

**Aspire** – Fun sport-based activities for disabled people aged five – 18 years. Siblings and friends are welcome to join in. Fully qualified, trained coaches and volunteers are on hand to support children. Children aged five-eight years old are welcome, but a parent or carer needs to stay.

**Dates:** Saturdays

**Times:** 3 – 4pm

**Cost:** £2.40 per session

**Venue:** Francis Scaife Sports Centre, Burnby Lane, Pocklington YO42 2QE

**Contact:** (01759) 305052

**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 4 September 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](mailto:mwareaautismsg@gmail.com)

## East Riding wide and Hull/York catchment

**Disability Sports Taster Day** - Try new and different sports including swimming, ice skating and trampolining plus many more.

**Dates:** Wednesday 30 September 2015

**Times:** 9.30am – 3pm

**Cost:** £5 per person (carer free)

**Venue:** Grimsby Leisure Centre, Cromwell Road, Grimsby, North East

Lincolnshire DN31 2BH

**Contact:** Lincs Inspire Ltd, Disability Sports Coordinator for more information on (01472) 324385 or visit [www.lincsinspire.com](http://www.lincsinspire.com)

## National News

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

The next bulletin will be on Thursday 3 September 2015

If you would like to submit information, news or events for inclusion in future FISH bulletins please email us at [fish@eastriding.gov.uk](mailto:fish@eastriding.gov.uk) (please note submission does not guarantee inclusion)

