

## Edition 98- Thursday 6 August 2015 Spotlight on...

### **Young Live Well**

**Description of service:** A 16 week healthy lifestyle programme that addresses weight management and physical activity for individuals who are overweight. Each person will receive an individualised exercise and healthy eating plan designed by qualified fitness instructors.

**Who can they help?** 11-18 yr olds

**What happens next?** A referral can be made by a parent or guardian of the young person or their local GP practice, Youth and Family Support Worker or teacher. Any referrals made must be sent to the central leisure technicians, who will contact the parent/guardian of the young person to make the first appointment at their nearest ERYC Leisure Centre.

**How much does it cost?** Free

**Who do I contact?** Jennifer Lonsdale, East Riding of Yorkshire Council, County Hall, Cross Street, Beverley, HU17 9BA (01482) 392527

### FISH update

**Autism Seminar - October 2015** – The seminar is **open to families and practitioners** who would like to know more about Autism Spectrum Conditions, including;

- What is Autism?
- How Autism affects social communication
- How sensory differences can affect a person with Autism
- Strategies to support people with Autism.

**There are only 15 places for this seminar.**

**Dates:** Wednesday 14 October 2015

**Times:** 10am – 2.30pm - tea and coffee will be available but please bring a packed lunch for the mid day break.

**Cost:** Free

**Venue:** Marshlands Children Centre, Marshlands Primary School, Hall Road, Goole DN14 5UE

**Contact:** For further information or to book your place on this seminar, please contact Sally-Ann Pindar on (01482) 392254

### 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](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

**\*CANCELLED\* - 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

**Pan Disability Football** – for young people aged six – 18 years whether they have played before or trying their foot at it for the first time. Come along and have a go!

**Dates:** Tuesday 18 August 2015

**Times:** 10am – 12 noon

**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 at <http://events.eastriding.gov.uk/>

**Reminder: 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](http://www.eastridingtheatre.co.uk) or call (01482) 874050

**Reminder: 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 at <http://events.eastriding.gov.uk/>

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

**\*CANCELLED\* - 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

**\*CANCELLED\* - 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 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.

## Haltemprice

**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 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 at <http://events.eastriding.gov.uk/> - Booking is essential and all participants must be able to swim 25m.

## Holderness

**Family walk and activities** – Walk round Hornsea and fun games on the

beach for Young People (aged eight – 16 years) with a disability and their families. Parents and Carers also need to book a place.

**Dates:** Friday 28 August

**Times:** 10:00am - 2:00pm

**Cost:** Free

**Venue:** Meet outside Hornsea Leisure Centre, Broadway, Hornsea, HU18 1PZ

**Contact:** To book and pay for a place, please call (01482) 395320 or book online at <http://events.eastriding.gov.uk/>

**Reminder: Bader Braves Young Aviators Day** – The Douglas Bader Foundation invites all young people (age six-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](http://www.douglasbaderfoundation.com) and follow the links to Bader Braves. Spaces are limited.

## Goole

**Places still available - 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

**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)

**Reminder - 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 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](mailto:sharonk@btinternet.com)

## Wolds and Dale

**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](mailto: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: [mwareautismsg@gmail.com](mailto:mwareautismsg@gmail.com)

## East Riding wide and Hull/York catchment

**Inclusive Sky Ride 2015** – A three mile easy ride around East Park, escorted by trained staff.

**Dates:** Friday 7 August 2015, Tuesday 25 August 2015

**Times:** 11am – 12 noon

**Cost:** The events are free to join in, but adapted bikes must be booked for the East Park sky rides. Cost of all adapted cycle hire is £3 per session (must be a member)

**Venue:** East Park, Holderness Road, Hull HU8 8JU - Starting from the Adapted cycle compound.

**Contact:** For more information about becoming a member and to book adapted cycles please ring East Park on (01482) 331967.

**Big Sky Ride 2015** – Join thousands of other cyclists as we take to the streets for a fantastic traffic-free bike ride through the city. Get a different perspective on Hull from two wheels, on a special route starting from Queen Victoria Square and passing some of the city's most iconic landmarks. With [loads of free things to do](#) and try out on the day, including the 'Tricks & Tunes' area and our friendly Bike Cafe, we're rolling out a real festival atmosphere.

**Dates:** Sunday 16 August 2015

**Times:** 10am bike collection, start at 11.00am to 3.00pm

**Cost:** Free bike hire from Bob's Bikes and free hire adaptive bikes from Quest88 – collect your bikes at Queen Victoria Square.

**Venue:** Queen Victoria Square, Paragon Street, Hull, HU1 3RQ

**Contact:** For more information and to book on the event please follow the

link:

[www.goskyride.com/hullskyride?DCMP=knc-Bing-nc-BrandLocation-sky-ride-2015-hull#i1Y5GtdmFjrDf7Ew.99](http://www.goskyride.com/hullskyride?DCMP=knc-Bing-nc-BrandLocation-sky-ride-2015-hull#i1Y5GtdmFjrDf7Ew.99)

**Hull Wheels and Walking Disability Sport Event** – Open to all age groups. Activities include: Wheelchair sports, Archery, Boccia, Kurling, Cycling, Football, plus much more.

**Dates:** Wednesday 7 October 2015

**Times:** 10.30am – 3.30pm

**Cost:** Free

**Venue:** Costello Sports Centre, Anlaby Park Road North, Hull HU4 6XQ

**Contact:** For more information and to book, call Claire on 07872418453  
[claire.champlin@hcandl.co.uk](mailto:claire.champlin@hcandl.co.uk)

**Hull Truck Theatre presents - Sleeping Beauty - Don't mess with the**

**Nannas!** - There's a party at the palace and you're all invited. Only, someone's been missed off the list and she's not very happy about it! Join our five magical Nannas as they spin the tale of Princess Briar Rose in this reawakening of a fairytale classic packed with music, song, dance and laughter. Has the King managed to destroy all the spinning wheels? Will the Prince be able to fight his way through the tangle of thorns? Or is the Princess set for a very long sleep? One thing's for sure – the Nannas know best and they're always in the mood for a party!

**Date and Time** - Touch Tour and Audio Described performance – Friday 18 December, 7pm

**Cost** - Tickets £15 full/£12 concession. Please ask about free carer tickets. All Hull Truck Theatre productions have a designated performance that is professionally audio described and relayed through headsets, for blind and partially sighted customers.

Touch tours are available prior to audio described performances of Hull Truck Theatre productions and should be pre-booked at the Box Office.

**Date and Time** - Relaxed performance – Saturday 9 January, 11am

**Cost** - All tickets £12. Please ask about free carer tickets.

Some Hull Truck Theatre productions have a designated relaxed performance which is specifically designed to welcome people who will benefit from a more relaxed environment. There is a relaxed attitude to noise and movement and some small changes made to light and sound effects

## National News

**The Lion King Autism-Friendly Performance** – For the third year, the National Autistic Society are working with Disney to put on an autism-friendly



performance of The Lion King. For more details, a visual story and to read a parent's account, [visit The Lion King website](#)

**Dates:** Sunday 30 August 2015

**Times:** 1.30pm

**Cost:** Tickets for this very special performance are £40, £36 and £26

**Venue:** Lyceum Theatre, 21 Wellington Street, London, WC2E 7RQ

**Contact:** To book tickets [CLICK HERE](#) or call (0207) 420 8114

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

The next bulletin will be on Thursday 20 August 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)

