

Edition 100 - Thursday 3 September 2015 Spotlight

On... The Healthy Weight Service in Children's Centres in high need localities in the East Riding

Description of service: A new service is being developed between the Public Health Team and East Riding of Yorkshire Children's Centres to address childhood obesity and healthy weight in pregnancy through the delivery of a pilot Healthy Weight Service for Families with children under five. The pilot runs to 31 March 2016. The Healthy Weight Service team is a small team of three staff who have been appointed to take forward the delivery of the project, which is focused in Bridlington, Goole, Beverley and Withernsea.

Obesity is a real issue in East Riding and the pilot is about helping families understand that there are small changes that can easily be made which will make a big difference to outcomes for children. All the evidence says that starting in the Early Years is very beneficial as this establishes healthy lifestyles for the whole life course.

Who can they help? The Healthy Weight Service for Families aims to:

- increase parents knowledge about healthy weight and keeping their infants, children and themselves healthy;
- increase parents confidence to make changes to improve their health and maintain a healthy weight;
- make the healthy choice the easy choice for expectant and new parents in the East Riding of Yorkshire;
- encourage increased adoption of healthy behaviours, specifically increased physical activity, healthier eating and smoking cessation in pregnancy and beyond;
- increase social capacity in local communities for example by increasing the number and coverage of breastfeeding peer supporters

What happens next? A new parent education/family learning programme about healthy lifestyles aimed at families with under fives has been developed which includes:

Physical activity, Cooking and Underpinning theory e.g. emotional relationship with food

How much does it cost? Free Service

Who do I contact? - Courses start in autumn, to book on any of the courses listed below, please contact the appropriate person at the relevant Children's Centre, detailed below.

- Wednesday 16 Sept 1.30pm - Withernsea Children's Centre
- Tuesday 22 Sept 9.30am - Marshlands Children's Centre
- Friday 25 Sept 9.30am - Beverley Children's Centre

- A course will be offered in Bridlington in the Autumn. Time and venue to be arranged

Bridlington Children's Centre please contact, Laura Harrison on telephone: (01262) 606053

Beverley & Goole Children's Centres please contact, Lindsay Cavanagh via Marshlands Children's Centre on telephone (01405) 762614

Withernsea Children's Centre please contact Emily Richardson on telephone (01964) 612618

FISH update

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

The Cygnet programme will run one afternoon weekly for five weeks at the Hornsea Children's Centre on the following dates;

Tuesday 3 November 2015, Tuesday 10 November 2015, Tuesday 17 November 2015, Tuesday 24 November 2015, Tuesday 1 December 2015 - all sessions are 1pm to 3.15pm.

There are a maximum of 12 places available which are allocated as 2 per family (other Cygnet courses will be offered at other locations and various session times during the school year).

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 sally.pindar@eastriding.gov.uk.

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

Cygnet Puberty - This is a three session course which builds upon the 'core' courses of Exploring Autism, Earlybird and Cygnet, 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

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 or posted to ERVIP, 17 Highgate, Beverley HU17 0DN. **Closing date for entries is Tuesday 8 September 2015.**

ERVIP Coffee Morning - This is to be a drop in event for you to come and tell us your experiences of Special Educational Needs and Disabilities and ask questions about Education, Health and Care Plans, the Local Offer and lots more. Lesley Gilson, FISH manager will also be in attendance to get your feedback on the Local Offer and Special Educational Needs and Disabilities Information, Advice and Support Service (SENDIAS).

Dates: Thursday 17 September

Times: 9.30 – 11.30 am

Venue: Christ Church, 2 Quay Road, Bridlington YO15 2AP

Dates: Monday 28 September - The speaker will be Sara Ness.

Times: 9.30 – 11.30 am

Venue: Lairgate Hotel, Lairgate, Beverley.

The coffee morning will be followed at 11.30 by the Annual General Meeting

to which everyone is invited.

Dates: Monday 12 October - Speaker to be arranged.

Times: 9.30 – 11.30 am

Venue: Burton Pidsea Memorial Hall, HU12 9BG

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

Beverley

PAN disability Football – AFC Tickton – The sessions are for young people aged eight – 18 years whether they have played before or trying their foot at it for the first time. Come along and have a go!

Dates: Fridays

Times: 6.00pm – 8.00pm

Cost: £3 per session

Venue: Longcroft School Sports Hall, Burden Road, Beverley HU17 9EX

Contact: Paul Adamson on 07739 458843

E-mail: padamson35@hotmail.co.uk

PAN disability Football – Beverley Whitestar Rhinos – The sessions are for young people aged 16 years + whether they have played before or trying their foot at it for the first time. Come along and have a go!

Dates: Thursdays

Times: 6.00pm – 7.00pm

Cost:

Venue: Beverley Leisure Centre, Flemingate, Beverley HU17 0LT

Contact: Tracey Kay 07810 688865

E-mail: tkayfb@gmail.com

Beverley Literature Festival - Running over ten days with a packed programme of author events, workshops, children's activities and films. The magical 2015 programme includes madcap mayhem from the Stephen Joseph Theatre Outreach Team, the marvellous Mara Menzies, a visit to the moon with Bob and Simon Bartram and much, much more. Have a look at their flier to see what your little tinkers can come and explore with them this year....

Dates: 1 – 10 October 2015

Times: Various times

Cost: Various costs, some free

Venue: Beverley Children's Library, Beverley Town Centre, The Treasure House

Contact: www.bevlit.org or call (01482) 392699 Monday to Thursday 9am –

4.45pm Fridays 9am – 4pm

Bridlington and Driffield

TEMPO – TEMPO will be holding their AGM 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 or telephone: 07973 371876

PAN disability Football – Driffield JFC - The sessions are for young people aged eight – 16 years whether they have played before or trying their foot at it for the first time. Come along and have a go!

Dates: Thursdays

Times: 6.00pm – 7.00pm

Cost: £2.50 per session

Venue: Driffield Junior School, Bridlington Road, Driffield YO25 5HN

Contact: Martin Burniston on 07917 467067

E-mail: martin.burniston@hotmail.co.uk

Bridlington Autism Support Group – A friendly and relaxing environment for parents whose children have autism to come together to chat and support each other. The group runs every Monday (during school term time only).

Date: Monday 14 September 2015.

Venue: Christ Church Key Centre, Family Room, 2 Quay Road, Bridlington YO15 2AP

Costs: Free

Time: 10.00 am till 12.00noon

Contact: Contact John Dixon for further information on (01262) 404100/ (01262) 404105 or email jdixon@christchurchbridlington.co.uk

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

Driffield Children's Centre - There will be a Childminder drop-in session every 2nd and 4th Monday of each month from 9.30 am - 12.00 pm. This is a session run by local childminders to provide a play session for the children they care for. The Autumn 2015 dates are as follows: 14 and 28 September 2015, 12 and 26 October 2015, 9 and 23 November 2015 and 14 December 2015.

Haltemprice

Willerby Jags Pan disability Football Club – This exciting new session will take place on Monday evening. Led by experienced coaches the session is sure to provide fun, enjoyment and fantastic development for all players involved. The sessions are for young people aged eight – 16 years

Date: Monday

Time: 7pm –8pm

Cost: First 6 weeks FREE then £2 per session thereafter

Venue: Hessle High School Sports Hall, Boothferry Road, Hessle HU13 9AR

Contact: Chris Allen on 07958109350 or
chrisallen.hesslesporting@gmail.com

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

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

Holderness

PAN disability Football – Sproatley Juniors – The sessions are for young people aged eight – 16 years whether they have played before or trying their foot at it for the first time. Come along and have a go!

Dates: Tuesdays

Times: 6.00pm – 8.00pm

Cost: £2 per session

Venue: South Holderness Technology College, Station Road, Preston HU12 8UZ

Contact: Chris Turner on 07782 171606

E-mail: christurner1973@gmail.com

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

Goole

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 15 September 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

IMPs – IMPs is an accessible, inclusive music group for disabled and non-disabled young people from Pocklington and the surrounding area, run by Accessible Arts & Media (AAM). The group meets every Monday evening during term-time at Woldgate College in Pocklington and features a singing and signing group and an accessible music -making group.

Dates: start back up Monday 21 September 2015

Times: 6 – 7.15pm

Cost: FREE IMPs taster sessions

Venue: Woldgate College, 92 Kilwick Road, Pocklington YO42 2LL

Contact: For more information, please contact imps@aamedia.org.uk or call AAM on (01904) 626965.

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

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 21 September 2015

Times: 9:30 - 11:00am

Cost: Free

Venue: Pocklington Children's Centre, Woldgate College, 92 Kilwick 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. On Monday 21 September Tracey Lloyd from the East Riding Sibling Support Service will be attending between 6.30pm and 7.30pm to explain how the service may be able to support siblings of children and young people with special educational needs and disabilities.

Dates: Monday 21 September 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

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

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

East Riding wide and Hull/York catchment

East Riding wide and Hull/York catchment

PAN disability Football – Hessle Rangers - The sessions are for young people aged eight – 16 years whether they have played before or trying their foot at it for the first time. Come along and have a go!

Dates: Fridays

Times: 6.00pm – 7.00pm

Cost:

Venue: Hull FC Youth Performance Centre, Sirius Academy, Pickering Road, Hull HU4 7AE

Contact: Pete Allison on 07798 884500

E-mail: peter.allison@eastridingfa.com

PAN disability Football – Cottingham Rangers FC - The sessions are for young people aged eight – 16 years whether they have played before or trying their foot at it for the first time. Come along and have a go!

Dates: Saturdays

Times: 9.30am – 11.30am

Cost: £3 per session

Venue: Hull University Sports and Fitness Centre, Inglemire Lane, Hull HU6 7AE

Contact: Carol Holcombe 07538 847064

E-mail: carolholcombe@hotmail.com

Goals PAN disability football – The sessions are for young people aged six – 16 years whether they have played before or trying their foot at it for the first time. Come along and have a go!

Dates: Saturdays

Times: 10.30am – 11.30am

Cost: £3.50 per session (first 2 sessions free)

Venue: Goals Soccer Centre, Hull HU5 1SG

Contact: Chris Turner – 07782171606

E-mail: christurner1973@gmail.com

PAN disability Football – Able and Active - The sessions are for young people aged eight – 16 years whether they have played before or trying their foot at it for the first time. Come along and have a go!

Dates: Mondays

Times: 5.00pm – 7.00pm

Cost:

Venue: Sirius Academy, Pickering Road, Hull HU4 7AE

Contact: Adam Newton on (01482) 358371

E-mail: adam.newton@tigertrust.co.uk

PAN disability Football – Able and Active - The sessions are for young people aged eight – 16 years whether they have played before or trying their foot at it for the first time. Come along and have a go!

Venue: Winifred Holtby Academy, Midmere Avenue, Leads Road, Hull HU4 4PW

Contact: Adam Newton on (01482) 358371

E-mail: adam.newton@tigertrust.co.uk

East Riding Electric Eels Powerchair Football Club - The sessions are for young people aged eight – 16 years whether they have played before or trying their foot at it for the first time. Come along and have a go!

Dates: Saturdays

Times: 11am – 1pm

Cost:

Venue: Sirius Academy, Pickering Road, Hull HU4 7AE

Contact: Lee Brennan 07801 027923

E-mail: ibrennan@ibrennan.karoo.co.uk

PAN disability football Scene - The sessions are for young people aged 16 years + whether they have played before or trying their foot at it for the first time. Come along and have a go!

Dates: Mondays

Times: 6 – 8pm

Cost:

Venue: Adelaide School, Walker Street, Hull HU3 2RA

Contact: Pete Allison on 07798 884500

E-mail: peter.allison@eastridingfa.com

PAN disability football Psypher - The sessions are for young people aged 16 years + whether they have played before or trying their foot at it for the first time. Come along and have a go!

Dates: Wednesday

Times: 2 – 4pm

Cost:

Venue: Kingston Youth Centre, 48a Beverely Road, Hull HU3 1YE

Contact: Alex Rawling 07919 545366

E-mail: alex.rawling@humber.nhs.uk

PAN disability football Imagine Your Goals - The sessions are for young people aged 16 years + whether they have played before or trying their foot at it for the first time. Come along and have a go!

Dates: Tuesdays and - Thursday

Times: 1 - 3 pm

Cost:

Venue: KC Stadium, Walton Street, Hull HU3 6HU

Contact: Chris Bloede (01482) 304758

E-mail: chrisbloede@tigerstrust.co.uk

PAN disability football Cottingham Rangers FC - The sessions are for young people aged 16 years + whether they have played before or trying their foot at it for the first time. Come along and have a go!

Dates: Tuesdays and - Thursday

Times: 1 - 3 pm

Cost:

Venue: Hull University Sports and Fitness Centre, Inglemire Lane, Hull HU6 7AE

Contact: Carol Holcombe 07538 847064

E-mail: carolholcombe@hotmail.com

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

Special Stars Foundation – Sounding Special – Music and Makaton. A fantastic music and Makaton group for children and young people with special needs and their parents/carers. This friendly group uses Makaton to support their singing, at a pace that everyone can keep up with and enjoy. Siblings are also welcome at these sessions. Free accessible parking on Clough Road entrance, behind the Church. All sessions are run fortnightly and lead by Mary-jane Hoyle - contact maryjanehoyle@hotmail.com or 07974 418789 if you would like more information.

Dates: Saturday 5 and Saturday 19 September 2015 11am – 12.30pm

Cost 50p per child/young person

Venue: Newland Christian Centre, 552 Beverley Road, Hull HU6 7LG

Contact: info@heyspecialstars.co.uk or (01482) 236488 or contact maryjanehoyle@hotmail.com or 07974 418789

Special Stars Foundation - Sunday Club, sensory play session for disabled children and young people and their families. Sensory play session for children and young people with disabilities, their parents/carers and siblings. Activities include; a themed arts and crafts table, sensory unit, bubble tubes, fibre optics, sensory den, sensory table featuring lots of tactile, visual and auditory sensory toys, soft play equipment, Games Room featuring 5 DS's, 3 iPads and lots more! Light refreshments are included in admission price. The whole family is welcome including siblings, there is no need to book, just turn up, enjoy a hot drink and a cake, have some fun and connect with other families raising a disabled child/young person. We have disabled toilet facilities and a separate private area with a large cushioned change mat for parents/carers to use to change their child/young persons pads. We also have a specialist book lending library, books are free to loan for our registered members. Registration is simple and completely free, pick up a

form at one of our sessions or you can download a form on our website www.heyspecialstars.co.uk

Dates: Sunday 6 and Sunday 20 September 2015, 2:30-4pm

Cost £2 per child/young person

Venue: Victoria Dock Village Hall, Southbridge Road, Hull, HU9 1TY

Contact: info@heyspecialstars.co.uk or (01482) 236488

Special Stars Foundation – Inclusive Fun Dance Session. Local professional dance company Flex Dance will be providing these fun, inclusive, dance sessions with no expectations from the children/young people. These sessions are aimed at disabled children/young people that would struggle to attend a typical dance class. Any ability may attend, WC users are more than welcome to come and join in the fun! Sam and her team will lead with simple and fun dance movements for the children and young people to copy. There will be lots of encouragement and praise with small prizes given to all that take part. There will be two instructors leading the session, there will be chairs set up in the hall for parents/ carers to watch and chat to other parents/carers. The session consists of 1 hour dancing and 30 minutes for refreshments and snacks afterwards. Registration is simple and completely free, pick up a form at one of our sessions or you can download a form on our website www.heyspecialstars.co.uk

Dates: Saturday 12 and Saturday 19 September 2015, 2:30-4pm

Cost £2 per child/young person, siblings welcome

Venue: Victoria Dock Village Hall, Southbridge Road, Hull, HU9 1TY

Contact: info@heyspecialstars.co.uk or (01482) 236488

Special Stars Foundation – Scarborough Sea Life Sanctuary Trip. This is a FREE trip thanks to a very generous specific funder, for children and young people with disabilities and their families. EACH ticket includes: Gold Package entry into Scarborough SEA LIFE Sanctuary, Fast Track (during busy periods), £5 voucher for the restaurant, A round of Pirate Adventure Mini Golf, 20% Discount in the shop. We have booked 73 tickets in total, if you would like to be considered for this trip, please email info@heyspecialstars.co.uk with the number of people you would be bringing (maximum 6 per family). Extended family will only be allowed in exceptional circumstances, please contact us for clarification. Please note that the deadline for places has passed and priority has been given to existing members. Priority will be given to current registered members.

Dates: Sunday 27 September 10 – 4pm

Cost: Free

Venue: Scarborough Sea Life Sanctuary

Contact: info@heyspecialstars.co.uk or (01482) 236488

National News

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

The next bulletin will be on Thursday 17 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 (please note submission does not guarantee inclusion)

