

Edition 104 - Thursday 29 October 2015 **Spotlight on...**

FISH and ERVIP - Moving to Adulthood Parent Carer

Event - For parent carers of young people with additional needs aged 11 - 25 years.

- A chance to meet other parent carers and gather information about Moving to Adulthood.
- A chance to find out about the opportunities available to your young person as they move onwards and upwards, with a focus on post 16.
- This year we have an even greater number and wider range of services providing information stands

In an age where using the internet and social media safely is essential, we are pleased to have secured a key note speaker, an experienced detective sergeant, who will be raising awareness on internet / social media safety. He will identify top tips on what to look out for and how to keep your young person safe.

Workshops

- Healthwatch will be giving parent carers the opportunity to feedback on their experiences regarding local health and social care services. Healthwatch are curious to find out more about appointments, access, treatment, aftercare and everything and anything in between. The ultimate aim of Healthwatch gathering your views is to help to create positive changes to practice in the future.
- Another of our workshops will discuss the Care Act 2014 and what it means for young adults with SEND. An introduction to the Connect to Support website, a website for adults who need support within the East Riding of Yorkshire, will also be given.
- A workshop to identify key information about Education, Health and Care (EHC) Plans will be delivered by key professionals working in the field. From September 2014 EHC plans began to replace Statements of special educational needs. EHC plans focus on what a child or young person wants to achieve and what support is needed to do this. Light refreshments will be provided, including tea, coffee and a selection of cakes.

Date: Thursday 12 November 2015

Time: 9.30am till 1pm (Please note: stallholders will be available until 2pm)

Cost: Free

Venue: The Lawns, Harland Way, Cottingham HU16 5SQ

Contact: To book, or for more information call FISH (01482) 396469 or email fish@eastriding.gov.uk Please book by Friday 6 November 2015 stating if you have any transport and childcare needs. **Limited places – book early to avoid disappointment!**

FISH update

Cygnets Puberty course in Withernsea running in Spring 2016 – please see below under the heading **East Coast and East Hull Villages** for more information.

Cygnets Puberty course in Goole running in Spring 2016 – please see below under the heading **Goole, Howden and surrounding area** for more information.

Local offer update

Local offer update

Pantomime relaxed performances and audio performances are now on the Local Offer website, including more [activities](#). Start searching now on the Local offer website www.eastridinglocaloffer.org.uk

East Riding Voices in Partnership (ERVIP)

ERVIP Coffee Morning - ERVIP would like to invite parents and carers to their Christmas coffee morning. A chance to relax, chat and catch up. We look forward to seeing you.

Date: Tuesday 1 December 2015

Time: 9.30-11.30am

Venue: Beverley Arms Hotel, North Bar Within, Beverley HU17 8DD

Contact: for more information contact 07813 676941 or sjwervip@hotmail.co.uk

Any parent/carer who would like to attend but has difficulties with transport please get in touch and we will see if we can help.

Beverley

FiND Family Support – The group is for parents and carers of people with learning disabilities and/or Autism. The meeting's guest speakers are Julie Arnold, Project and Practice Officer and Clare Brown, Strategic Services Manager with East Riding of Yorkshire Council. They will also be answering some of your questions about housing for people with disabilities.

Dates: Tuesday 3 November 2015

Times: 7.30 – 8.45pm

Cost: Free

Venue: FiND 2, The Chandler Centre, Belprin Road, (Off Swinemoor Lane) Beverley, HU17 0LN

Contact: Sally by text: 07530 903229

Email: thestoakes@thestoakes.karoo.co.uk

East Riding Special Dance – Creative Movement & Dance classes are for adults (Age 15 upwards) with learning and physical disabilities that take place in a fun, friendly, warm and supportive atmosphere.

Experience an increased sense of well-being and relaxation and so much more!

Dates: Friday evenings

Times: 6.30 to 8pm

Cost: £5.50 per session, plus small yearly membership fee.

Venue: Beverley High School Dance Studio, Norwood, Beverley, HU17 9EX

Contact: For further information and to book your place (which is essential)

Tel: Michaela: 07981-690215

E.Mail: eastridingspecialdance@hotmail.co.uk

Bridlington and Driffield

Diverse Bridlington – Singing, dancing and acting for adults with learning difficulties/disabilities at the Spa in Bridlington. All welcome from around the East Riding. Sessions run all year round working towards three member led performances a year

Age 17 and above

Dates: sessions run all year on a Tuesday starting from 17 November 2015

Times: 2.15 – 3.30pm

Cost: First session free, after it is £5 a week

Venue: The Spa Bridlington, YO15 3JH

Contact: wearetheatre@googlemail.com or telephone 07521 364107. Simply get in touch or turn up on the day. Website www.wearetheatre.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: Every Monday during term-time (next sessions: Monday 2 November 2015, Monday 9 November 2015, Monday 16 November 2015)

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

Costs: Free

Time: 10am till 12noon

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

The Den – Bridlington Youth Theatre – Do you have a child/young person

who is under 25 years and is interested in dance, drama, music, technical, costume or set design? If yes then come along to the Bridlington Youth Theatre. We are an inclusive group and we work with leading arts professionals to create exciting pieces of theatre.

Dates: Tuesday 3 November 2015 and Tuesday 10 November 2015

Times: 6 – 7.15pm

Cost: £4.00 per session

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

Contact: Telephone 07521 364107 or Email thedenbridlington@yahoo.co.uk

Bridlington ADHD Support Group- Are you a parent/carer of a child with ADHD? Come along to a friendly parent-led group to share your ideas and experiences.

Dates: Wednesday 4 November 2015

Times: 10am - 11.30am

Cost: Free

Venue: Bridlington Children's Centre, Butts Close, Bridlington YO16 7BS

Contact: Emma Telephone: 07851 343585 Email: brid.adhd@yahoo.co.uk

Driffield parent carer support group – Are you a parent carer of a child with additional needs aged 0 – 19 years? Come along to our friendly parent led group, to share ideas and experiences with others.

Dates: Thursday 12 November 2015

Times: 11am – 12.30pm

Cost: Free - no need to book, just turn up on the day

Venue: Driffield Children's Centre, Beckside, Driffield YO25 6QN

Contact: Driffield Children's Centre on (01377) 240782

DYNAMIX – Dynamix is an Inclusive Youth Club offering a variety of fun activities for young people aged eight to 24 with a disability or additional need, as well as their friends and siblings too.

Dates: Saturday mornings **during term time**. (next session: Saturday 7 November 2015)

Times: 9am till 12noon

Cost: £3 per week, with your first session free & there an annual membership fee of £15.

Venue: Sixth Form block, Driffield School, Manorfield Road, Driffield, East Riding of Yorkshire YO25 5HR

If we sound like your kind of youth club and you'd like a bit more information, would like to arrange a visit, or to chat over any specific needs prior to a visit,

please do get in touch as we'd love to hear from you. You can phone or text us on 07745 243378, Email us at dynamix01@outlook.com or get in touch via www.facebook.com/dynamixyouthclub
Follow us on twitter - twitter.com/dynamixyouth or find out more at www.dynamixyouthclub.com

Haltemprice

Maxi Fun Club - Family Fun Swim Night – for disabled children and young people and their families in the Hull or East Riding area. Exclusive use of both pools with floats and toys at the Haltemprice leisure centre.

Date: Fridays. The next sessions are Friday 30 October 2015 and Friday 6 November 2015

Times: 7.30 - 9pm

Cost: £2 per person - all ages welcome

Location: Haltemprice Sports Centre, Anlaby HU10 6QJ

Contact: For Information call Tony on 07837 225618

Maxi Fun Club - Soft Play & Bouncy Castle Party - for disabled children and young people and their families in the Hull or East Riding area. Activities in the big hall include soft play, games and bouncy castle. Plus a buffet tea

Date: Saturday 28 November 2015

Time: 3:30 pm - 4:30 pm. Party Tea 4:30 pm – 5 pm
£2 per child (£3 if staying for food)

Location: Haltemprice Sports Centre, Anlaby HU10 6QJ

Contact: You MUST ring Sue on 07733 084335 to book this if your child / children are staying for food.

Holderness

Autism Awareness Courses for Families of Children with a Diagnosis of Autistic Spectrum Condition - 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.

Dates: Thursday 25 February 2016, Thursday 3 March 2016 and Thursday 10 March 2016

Times: 1- 3.15pm

Cost: Free

Venue: Withernsea Children's Centre, Hull Road, Withernsea, HU19 2QE

Contact: Sally-Ann Pindar on (01482) 392254

Email: sally.pindar@eastriding.gov.uk

Please note that places are only available to eight families of children

with a diagnosis of Autistic Spectrum Condition who have attended one of the 'core' courses.

Goole

Autism Awareness Courses for Families of Children with a Diagnosis of Autistic Spectrum Condition - 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.

Dates: Wednesday 27 January, Wednesday 3 February and Wednesday 10 February 2016.

Times: 1 - 3.15 pm

Cost: Free

Venue: Marshlands Children's Centre, Hall Road, Old Goole DN14 5UE

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

Please note that places are only available to eight families of children with a diagnosis of Autistic Spectrum Condition who have attended one of the 'core' courses. (other Cygnet Puberty Courses will be offered during the academic year at other venues and times).

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 17 November 2015

Times: 4 - 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

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 16 November 2015

Times: 9:30 - 11:00am

Cost: Free

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

Contact: Hayley Kilkeny (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 16 November 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

Market Weighton daytime Autism Parent Carer Support Group - 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 6 November 2015

Times: 9am 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

East Riding wide and Hull/York catchment

Healthwatch East Riding of Yorkshire free 'Health & Social Care

Support Directory 2015' - Healthwatch East Riding have announced the publication of the latest edition of their 'Health & Social Care Support Directory 2015' which is a free guide to health and social care services and support groups in the East Riding. The Directory has been produced by

Healthwatch East Riding's Information Service in collaboration with *Healthcare Publications* and is designed to guide the public through the

complex range of health and social care support which is available to them. For example:

- What services are there?
- How can they be accessed?
- Who funds care?
- Is there a Support Group for my condition?

Printed copies of the Directory are being distributed widely to health and social care providers and will be available from GP surgeries, hospital discharge teams, care homes, day centres and also at Libraries, East Riding of Yorkshire Council Customer Service Centres and at Citizen's Advice Bureau. Electronic copies of the Directory will also be widely distributed and a pdf can be downloaded from Healthwatch East Riding's website:

www.healthwatcheastridingofyorkshire.co.uk

The Anti-Bullying Alliance have launched their new free Online Anti-Bullying Information Tool for parents and carers. The tool is interactive and designed to give parents and carers information about bullying. The tool will help parents if they:

- are concerned that their child may be vulnerable to bullying at school.
- are worried that their child might be being bullied.
- are aware that their child is being bullied.
- think or know that their child is bullying others.
- just want to browse.

You can access this free resource at: <http://anti-bullyingalliance.org.uk/advice/parents-carers/anti-bullying-tool-for-parents/>

The Futures Event 2015 - The Futures Event is hosted by Pathway 16/ Ganton School. The event is an opportunity for young adults with special educational needs and disabilities and their families/carers to come together with a variety of service providers to help them to get the information and support that they need to plan for their futures. No need to book – just turn up!

Dates: Tuesday 24 November 2015

Times: 1- 5pm

Cost: Free

Venue: Endeavour Learning & Skills Centre, Beverley Road, Hull, HU3 1UR
Contact: If you have any questions please contact John Chell (Pathway 16 Manager) on 07802 884563 or email chell.j@gantonschool.org.uk

Disability sport and physical activity newsletter

The City of York Council produce a monthly newsletter to promote and advertise disability sport and physical activity in and around York. The

November edition of the newsletter includes information about cycling, walking, swimming, snooker and athletics. Please follow the link below online and then click on the link available to view the monthly newsletter.

https://www.york.gov.uk/info/20085/inclusive_sport_and_activities/399/disability_inclusive_sport_and_physical_activity

Maxi Fun Club - Family Fun Bowling – for disabled children and young people and their families in the Hull or East Riding area.

Date: Monday 2 November 2015

Time: 5 pm start

Cost: £3.50 per child/ young person (Includes 2 games and meal)

Location: Hollywood Bowl, Kingswood HU7 3DB

Contact: ***must be booked*** with Helen on 07773 310503 (after 12.30 pm please)

Maxi Fun Club at Big Fun - for disabled children and young people and their families in the Hull or East Riding area.

Date: Monday 9 November 2015

Time: 5 till 7pm

Cost: £2.50 per child

Location: National Avenue, Big Fun, Hull HU5 4JB

Contact: For more Information call Tony on 07837 225618

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.

Dates: Saturday 31 October 2015, 14 November & 28 November 2015

Time: 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/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 ...and lots more!

These sessions cost £2 per child, light refreshments are included in this 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

Please note – Sunday Club cancelled on 1 November 2015

Dates: Sunday 15 November 2015

Time: 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, wheelchair 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 14, 21 and 28 November 2015

Time: 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 - Special Screening of Hotel Transylvania 2

for children and young people with disabilities and their families/ carers.

Lights are left on, the sound is lowered and there are no adverts. We also

have some sensory toys and light up toys so children and young people who struggle to sit for long periods of time can play at the front of the screen. We also welcome wheelchair users and can accommodate around 8 wheelchairs / special buggys per screening. This is a ticket only screening, and tickets are now available online at <http://www.heyspecialstars.co.uk/#!/online-store/cxxv>

Dates: Sunday 29 November 2015

Time: 10:45am (Please arrive 10-15 minutes before the start of the film if you would like to buy refreshments and take your seats. Film starts at 11am)

Cost: Tickets are £2 per person

Venue: Odeon Cinema, Kingston Park HU1 2TX

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

SPECIAL STARS UPDATE - Special Stars Foundation – Halloween Party 2015 – Sunday 31 October 2015 - all places have now been allocated.

National News

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

The next bulletin will be on Thursday 12 November 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)

