

Edition 109 - Thursday 21 January 2016

## Spotlight on... **Run Ahead – soft play session and family support group**

**Description of service:** Run Ahead is a voluntary group which provides an inclusive family support group for children with additional needs and their families. During the sessions the children/young people have exclusive run of the Fun Run soft play centre so families can relax and have fun, plus there is access to the sensory room. It is a great way to meet other families, make friends and have fun. The cafe is open so you can also enjoy a meal at the café which serves a variety of hot and cold meals, snacks and drinks. Siblings are welcome. A friendly, approachable group where you can have fun, meet other families and find out about local services and support.

**Who can they help?** For families with child with additional needs. Ideal for younger children who enjoy soft play and sensory toys.

**What happens next?** Call for more information or just turn up

**How much does it 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)

**When:** 3rd Tuesday of the month **(to be reviewed in March)**

**Time:** 4 - 6.30 pm

**Who do I contact?** For more information please call Sharon Kitteridge on 07795 054340 or [sharonk@btinternet.com](mailto:sharonk@btinternet.com)

**\*\* Use it or loose it!\*\* - RUN AHEAD in the next 3 months is currently reviewing if they are able to continue the soft play group in the future due to low numbers. If you have a child with Special Education Needs or Disabilities (with or without a diagnosis) who would enjoy soft play or sensory toys and the opportunity to meet other children and families give the group a try.**

## FISH update

**East Riding of Yorkshire Council's fostering service is launching a new drop-in facility, where potential foster carers can go for information.** The new facility will open at the Carers Centre at Wednesday Market, Beverley (near Boyes) on Monday 18 January 2016. People with an interest in fostering will be able to pop in for a chat with a member of the fostering team, ask questions, pick up information or an application pack. The fostering team will be available at the centre on Mondays and Fridays from 10am to 12 noon, and on Wednesdays from 1 to 3pm.

Prospective foster carers should ideally be over 25, they can be single, married or co-habiting. People with or without families, heterosexual, lesbian or gay can be foster carers.

Dave Glenville, the council's fostering team leader, said: "We are particularly looking for people who care about children and young people who need help, care and support at difficult times in their lives.

"The new drop-in centre will provide an opportunity for people who may be interested in becoming foster carers to discuss it in a friendly and informal setting where they can get the information they need.

"Foster carers and their families are exceptional people. If you have the desire to help and give the time, energy and commitment, please come along and find out how you can become involved in the much needed and highly worthwhile role as foster carer for East Riding children."

A 'find out about fostering' event will be held on Wednesday 23 March at Tickton Grange Hotel, near Beverley starting at 6pm.

Anyone interested in finding out more can contact FISH on (01482) 396469, email [fish@eastriding.gov.uk](mailto:fish@eastriding.gov.uk) or go along to one of the drop-in sessions at the Carers Centre at 18 Wednesday Market, Beverley HU17 0DJ.

### **Reminder - Special Educational Needs and Disabilities (SEND) Young Leaders**

East Riding of Yorkshire council want to establish a steering group of young SEND leaders and are looking to recruit a small team of young people. This group will have a role in making sure the voice of young people is built in to the way services they use develop and change.

The young leaders group will be supported to come up with creative ideas about involving other SEND young people across the area.

Please get in touch if you (or someone you know)

- has any additional needs
- is aged between 11 and 25 years and
- has the skills and passion to be involved

The steering group will be fully supported and will receive training and support to develop their ideas.

**What happens next?** We would like to set up a first meeting date in March 2016. If you would like to be involved or would like any further information please contact the FISH Team by the end of January so that we can set a date for a first meeting of the steering group.

**Contact:** Tel: (01482) 396469 Monday - Thursday 8.30 am - 5.00 pm and Friday 8.30 am - 4.30 pm or [fish@eastriding.gov.uk](mailto:fish@eastriding.gov.uk) or post to FISH, Room KS42, County Hall, Beverley HU17 9BA

**East Riding Voices in Partnership (ERVIP)**

**Reminder** - ERVIP has posted and e-mailed a questionnaire about the information and support they provide to their members. They would very much appreciate if you, as a parent/carer of a child/young person with Special Education Needs and Disabilities (SEND), could take a few minutes to complete and return the questionnaire back to them by **22 January 2016**. Thank you. All completed questionnaires will be put into a draw to win a £10 love-2-shop voucher.

**The first ERVIP coffee morning of 2016** - Please join us for coffee and biscuits. From 10 am, Laura Burling, the Regional Adviser from Contact a Family, will talk about the involvement of parents and parent/carer forums in gathering parents views on services. Please come along and contribute to the discussion. Any parent/carer who would like to come along but has difficulties with transport please get in touch with us (ERVIP) and we will see if we can help.

**Date:** Monday 25 January 2016

**Time:** 9.30 – 11.30 am

**Venue:** The Beverley Arms, North Bar Within, Beverley HU17 8DD

**Contact:** 07813676941

**Email:** [sjwervip@hotmail.com](mailto:sjwervip@hotmail.com)

## Beverley

**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 - 8 years old are welcome, but a parent or carer needs to stay.

**Dates:** Thursdays

**Times:** 5 – 6pm

**Cost:** £3.40 per session

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

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

## Bridlington and Driffield

**Bridlington Autism Support Group** – A friendly and relaxing environment for parents whose children have autism to come together to chat and support each other.

**Date:** Every Monday during term-time (Next dates: Monday 25 January, Monday 1 February 2016)

**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](mailto:jdixon@christchurchbridlington.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:** Next session: Thursday 11 February 2016

**Times:** 11 – 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

**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-8 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

**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. The group is for those aged 17 years and above.

**Dates:** sessions run all year on a Tuesday.

**Next dates:** Tuesday 26 January 2016 / Tuesday 2 February 2016

**Times:** 2.15 – 3.30pm

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

**Venue:** The Spa Bridlington, YO15 3JH

**Contact:** email: [wearetheatre@googlemail.com](mailto:wearetheatre@googlemail.com) or telephone: 07521 364107. Simply get in touch or turn up on the day. Website [www.wearetheatre.co.uk](http://www.wearetheatre.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 26 January 2016 / Tuesday 2 February 2016

**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](mailto: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:** Monday 8 February 2016

**Times:** 10 - 11.30am

**Cost:** FREE

**Venue:** Bridlington Children's Centre, Butts Close, Bridlington

**Contact:** Emma Telephone: 07851 343585

Dynamix is an Inclusive Youth Club for young people aged eight to 24 with disabilities, as well as their friends & siblings too. Each week they offer a variety of activities from crafts, baking & breakfast club, to sport, the Wii, PlayStation, karaoke, speed cups, Lego and so much more. They also invite in the occasional visitor, run workshops and organise a few trips too. So, if this sounds like your kind of youth club and you would like to find out a bit more, if you'd like to arrange a visit, or chat over any specific needs prior to a visit, then please do get in touch as Dynamix would love to hear from you.

**Date:** every Saturday morning during term time.

**Time:** 9am-12noon

**Cost:** There is an annual membership fee of just £15 and a weekly charge of just £3 per person, with your first session free

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

**Contact:** You can contact Dynamix via Facebook on [www.facebook.com/dynamixyouthclub](http://www.facebook.com/dynamixyouthclub), Email at [dynamix01@outlook.com](mailto:dynamix01@outlook.com) or Phone on 07745 243378. You can also follow on twitter... [twitter.com/dynamixyouth](http://twitter.com/dynamixyouth) or find out more on the website at... [www.dynamixyouthclub.com](http://www.dynamixyouthclub.com)

## Haltemprice

**NEW GROUP** – Elloughton Pre-school Sensory Experience – Come and join us for yet another fun, exciting sensory session. This session is aimed for two to four year olds and will bring together sensory play, movement and a repertoire of exciting upbeat music. All of the senses will be stimulated by the carnival-style activities such as the colourful ribbons, pom-poms and scarves, parachutes, bubbles plus lots more.

Dates: Friday 12 February 2016

Times: 2:30 – 3:10pm

Cost: £5 per child

Venue: Elloughton Primary School, Stockbridge Road, Elloughton, East Riding of Yorkshire, HU15 1HN

Contact: (01482) 666231

Only 20 places available per session so please book early to avoid disappointment.

**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-8 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

**Maxi Fun - Family Fun Swim Night** – Exclusive use of both pools with floats and toys at Haltemprice Leisure Centre, Anlaby.

**Date:** Friday 22 and 29 January 2016

**Time:** 7.30 - 9pm

**Cost:** £2 per person. All ages welcome!

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

**Contact:** Tony on 07837 225618

### **Maxi Fun - Soft Play and Bouncy Castle Party**

**Date:** Saturday 30 January 2016

**Time:** Party 3.30 – 4.30pm Tea 4.30 – 5pm

**Cost:** £2 per child (£3.50 if staying for food).

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

**Contact:** Activities in the big hall include soft play, parachute games, bouncy castle and a buffet tea. **You MUST text Sue on 07733 084335 to book this by Tuesday 26 January 2016 if your child / children are staying for food.**

### Holderness

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

**Dates:** Wednesday 27 January 2016, Wednesday 24 February 2016

**Times:** 7 – 9pm

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

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

## Goole

### **Group - Castaway Youth Music Theatre (Shipmates) -**

We're re-launching our youth drama and music group in the New Year at a later time of 5 – 6.30pm on Mondays and with a new offer of escorted bus transport home so that young people with disabilities from different schools and colleges across the area can join in.

With an age-range of 10 – 18 and skilled support for additional needs and disabilities, Shipmates young people and their families will tell you it's a great way to make friends, have fun and achieve more than you ever thought you could! Led by Sarah Davies.

To find out more or to talk about specific needs before you come please get in touch, drop into a Monday session or visit Castaway any weekday or Saturday morning. We always enjoy meeting new people at weekly sessions or special holiday projects!

**Dates:** Termtime Mondays from 11 Jan 2016 and Easter / Summer holiday projects

**Times:** 5 – 6.30pm with informal teatime / craft / music activities from 3.45pm

**Cost:** £3 per session

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

**Contact:** (01405) 761423 [info@castaway-goole.co.uk](mailto:info@castaway-goole.co.uk) Find us on Facebook castawaygoole

### **Group - Castaway Young Musicians (Sloop Group) -**

Music making for 10 - 25 year olds in a friendly group with support for additional needs from a wide area around Goole. Opportunities to learn instruments, create and record your own music, play and sing together and progress towards performing or other Castaway groups.

Led by professional musicians and popular with young people across the transition from school and sixth form to college and adult life, we make music that brings us together and anyone can join. 2016 has several exciting new projects in sight for us so it's a good time to seek us out and have a go. Led by Tom Sherman.

Contact as below for more info or to talk about specific needs before you come or just ring the doorbell on a Saturday and meet us in action.

**Dates:** Termtime Saturdays from 9 Jan 2016

**Times:** 10 - 12

**Cost:** £3 per session

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

**Contact:** (01405) 761423 [info@castaway-goole.co.uk](mailto:info@castaway-goole.co.uk) Find us on Facebook castawaygoole

**Goole Children's Centre 'Winter/Spring What's on' is now available on the FISH website** - Please click [here](#) and scroll down the page to view

Wolds and Dale

**Market Weighton daytime Autism Parent Carer Support Group** - If you are a parent care