

SEND East Riding LOCAL OFFER

*Special Educational Needs and
Disability Support for 0 to 25-year-olds*

Edition 8
FEBRUARY 2023

What is the Local Offer?

Information for everyone who cares for, looks after or works with people aged 0-25 with any form of Special Educational Needs or Disability (SEND).



Finding local support can be tough!

We have support groups, and information to help you find what you need.

0-25 SEND Team Pop Up Pod

The 0-25 SEND Team can provide advice/information to families of children and young people with SEND within the East Riding.



Education

Health

Care and
Support

Leisure

Money
Matters

Adulthood



EAST RIDING
OF YORKSHIRE COUNCIL

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AN UPDATE FOR OUR READERS...



SEND PARENT CARER EVENT

In November 2022, FISH and the EYPCF co-produced and hosted a bustling and successful event for parent carers of children and young people with SEND. The event comprised of a wide range of stallholders including local authority services, leisure groups, mental health support outlets, and wellbeing/pamper drop-in counters for visitors to wander around, gather information and chat to providers and other parent carers at their leisure. There were also four workshop sessions running in separate rooms which parent carers: **The Cost of Living Crisis and Benefits Advice, Educational Psychology: An Introduction to Emotionally-Based School Avoidance (EBSA), The Transition Journey and the Mental Capacity, and the SEND Development and Improvement Plan.**

This event is aimed at parents/carers of children of all ages from 0-25 and with any kind of disability or special educational need and is usually hosted by the Local Authority every year - with this most recent one being the first since before the COVID-19 pandemic.

For information and resources from the day, including service descriptions and contact details of all those who attended with stalls, and all workshop PowerPoint slides and handouts, please head to the Local Offer page via this link:

localoffer.eastriding.gov.uk/care-and-support/send-parent-carer-events

If you have any further suggestions for future events, you can email

@ FISH@eastriding.gov.uk

LOCAL OFFER WEBSITE IMPROVEMENT

The Local Authority are in the process of moving the Local Offer website onto a new platform which will make the site much more user-friendly. This move is due to take place by July 2023. Lots of work is also being done behind the scenes to improve the experience of all those wishing to access the wealth of information that the website holds, which will be an ongoing project, continuing beyond July. We will be including pop-up surveys and asking for your opinions via the homepage in the coming weeks and months.

To provide feedback on the Local Offer website, you can again email @ FISH@eastriding.gov.uk

TOGETHER WE CAN MAKE A DIFFERENCE



WHAT IS THE EAST YORKSHIRE PARENT CARER FORUM?

We are a registered charity, part of a national network and our aim is to represent the views of parents and carers with children and young people (0-25 years) who have Special Educational Needs or Disabilities (SEND) throughout the East Riding of Yorkshire.

We believe that by working together we have more strength to raise awareness of our children's needs by improving local services for families who care for children and young people with SEND.

We work in co-production with a variety of organisations and work closely with representatives who feedback views within the Education, Health and Social Care sector.

WHAT WE DO:

- We listen to all parents and carers views and ensure that they are heard and represented.
- We organise and host regular forum meetings and training workshops.
- We arrange informal events which gives an opportunity for parents and carers to network and share their own experiences and meet like-minded parents and carers who understand what life is like as a SEND family.
- We work in co-production with a variety of organisations and work closely with representatives who feedback views within the Education, Health and Social Care sector.
- **Most importantly we help parent and carers grow their knowledge of the SEND system and make sure they are up-to-date with any relevant information as we believe that this is vital for all parents and carers of children and young people with SEND.**

HOW TO BECOME A MEMBER

Membership is open to any parent or carer living in East Yorkshire with a child or young person aged between 0-25 years with Special Educational Needs or Disabilities (SEND). Members receive frequent updates and information. Members also have the opportunity to attend free events, training sessions and give feedback.



Please log on to
eypcf.co.uk/join
or alternatively, please
scan the QR code
to be directed straight
to the join form

If you have any questions regarding membership or require any additional help with the form, or you would prefer it sending out in the post then please contact us on the below via

@ admin@eypcf.co.uk or ☎ 07813 676947



Meet the team: (left to right) Information Officers Gemma, Sally, Sarah, Elliott, Kate, Kerry - and front and centre our Helpline Manager, Paul

The Families Information Service Hub (FISH) is a friendly and helpful team that offer free, impartial information for young people, parents/carers and professionals who have a role in supporting families in the East Riding. We receive a real variety of queries from many sources and are always keen to assist in any way possible and in a timely manner!

FISH can provide information via email or telephone on a range of topics, including:

- | | |
|---|---|
| ■ Look Ahead registrations, newsletters, and email bulletins. | ■ Help/advice with childcare costs. |
| ■ East Riding Local Offer website. | ■ Information about Funded Early Education for two, three and four year olds. |
| ■ Looking after your child with additional needs. | ■ Working with children. |
| ■ Sure Start children's centres. | ■ Family Service Directory. |
| ■ Looking for childcare. | ■ Activities/groups. |
| | ■ Initial fostering and adoption enquiries. |

East Riding parent carers of children/young people with Special Educational Needs and Disabilities can join **LOOK AHEAD** and receive fortnightly bulletins about activities, services or events, termly newsletters, invitations to parent carer events and workshops. Registered parent/carers can also apply for **Passport to Leisure** cards providing a 50 per cent discount on leisure services for adults in the household and a Shop and Save card for commercial discounts.

FISH hold up-to-date information on Ofsted registered childminders, day nurseries, pre-schools, out of school clubs, nursery classes, nursery schools and crèches. We are able to do a childcare search tailored to your individual needs, and also provide information for parents regarding what they should look for and what they need to consider when making childcare choices.

The **Family Service Directory (FSD)** is a one-stop shop where family members, professionals, or young people themselves can find a wealth of clear and concise information on topics such as childcare, education, health, money, parent/carer support, safety, parent/toddler leisure groups, emotional health and wellbeing, and other useful services.

Visit fishwebsearch.eastriding.gov.uk/fishwebsearch/

Contact the FISH team: @ fish@eastriding.gov.uk ☎ (01482) 396469



EAST RIDING SPECIAL EDUCATIONAL NEEDS AND DISABILITIES INFORMATION ADVICE AND SUPPORT SERVICE

SENDIASS Update

East Riding SENDIASS now have a new webchat function on their website.

East Riding SENDIASS (Special Educational Needs and Disability Information Advice and Support Service) are pleased to announce the launch of their new webchat function which is accessible via their website eastridingsendiass.org.uk

Chat live with us ^

The webchat allows parents, carers, young people, and children to **chat live** with an available officer to discuss any concerns or questions they have around Special Educational Needs and/or Disabilities.

The webchat function will pop up at the bottom right-hand corner of the webpage if there is an available officer online so you can chat live with them. **Please note**, if there is not an available officer online, the Chat Live icon will not appear.

You will be asked to provide your name and then an available officer will then be able to respond to your query.

At the end of your contact, you will be asked to rate your experience and can request a copy of the chat for your records. This is advisable as you can look back on the information and advice that the SENDIASS officer has provided you with. **Please note**, if requesting a copy of the chat, this email comes from @ 'click4assistance.co.uk' as this is the programme that the Live Chat uses.

If the officer that you are chatting with feels that your contact requires a phone call or that a more in-depth discussion is needed, then they will ask for your details and will give you a call back within **two working days**.

The webchat is available through the SENDIASS website, where you can find more information about:

- East Riding SENDIASS and how they can support you to play an active and informed role in your or your child's education.
- their confidentiality, impartiality policies and minimum standards.
- the SEND Code of Practice and timelines.
- Frequently asked questions.

And much more information and advice.

For more information, advice, and support, please contact our service:

☎ (01482) 396469

☎ 07507 310273 (text only)

@ sendiass@eastriding.gov.uk

🌐 eastridingsendiass.org.uk

You may also wish to follow SENDIASS on

🐟 @SendiassERYC

✉ County Hall, Cross Street, Beverley HU17 9BA (please mark correspondence as private and confidential)

The way to contact SENDIASS via telephone has also changed

Starting this month, the current ☎ (01482) 396469 number has been changed to give callers two options of who they wish to speak to:

Option 1 will be through to the Families Information Service Hub Helpline Team.

Option 2 will be to speak to SENDIASS.

If nobody is available to take your call (on either option), it will direct to voicemail where you can leave a message and a member of the respective team will call you back.

For **FISH** enquiries, you can e-mail @ fish@eastriding.gov.uk

For **SENDIASS** enquiries, you can email them via @ sendiass@eastriding.gov.uk or contact the national SEND helpline ☎ 0800 808 3555.

Online Mental Health Support



FOR AGES 11-18

The Kooth service is free to users and requires no formal referral, instead only requiring the user to set up an account on the website. There is also no threshold of need required to access the service, so it can be used by children and young people aged 11-18 years old across the East Riding, using any device (mobile phone, tablet or desktop) with internet access.

The Kooth team are here to provide free, safe and anonymous online support and counselling. The whole team are made up of friendly and experienced individuals who want to help you.

For more information on Kooth – click to watch the video here

 kooth.com/video

Contact / access:

 0203 984 9337

 contact@kooth.com

 kooth.com



Online Mental Health Support



FOR AGE 18+

Qwell is a free, safe and anonymous digital mental health service for adults over 18 years. We are BACP Accredited, with no waitlists and no referrals. We provide online counselling, as well as self help tools and community support resources. This service is commissioned by the NHS so is completely free of charge.

Our UK-based professionals are here to listen and support you through all things big and small.

WE OFFER:

Online messaging

Our messaging service allows you to reach out at a time that's convenient for you, and the team will get back to you as soon as they can.

Booked and drop-in chat

Our chat queue is open from midday to 10pm on weekdays and 6 to 10pm on weekends all year long. Message us to schedule a booked chat.

Accredited professionals

All our counsellors are BACP, UKCP or NCS registered or accredited.

Go to the website to sign up:

 qwell.io

Feeling stressed, anxious or down?



Don't worry - help is available and you don't even need to see your GP

If you are aged 16 and over and registered with a GP in the East Riding, you can refer yourself directly to the **Emotional Wellbeing Service**, or you can get a referral from a GP or health professional.

The first step is to speak to someone and together we can discuss the treatment we think would help you.

Text: TALK to 60163
Email: HNF-TR.SelfReferral@nhs.net
Online: iaptportal.co.uk/erew.html
Telephone: 01482 335451



Scan this QR code to visit
our referral portal.

Futures+ Adult Social Care

WHO ARE WE?

A Social Care Team within East Riding of Yorkshire Council supporting those with a range of disabilities - including learning disabilities, autism and physical disabilities. We are made up of Social Workers, Enabling and Transition Officers and Independent Wellbeing Facilitators. We cover the whole of the East Riding.

WHO DO WE SUPPORT?

We support young people and adults with a range of disabilities, including learning disabilities, autism and physical disabilities

You can be referred for support from around the age of 16. We will usually start a Care and Support Assessment with you at about the age of 17.

HOW TO REFER

By calling the customer services number - ☎ (01482) 393939 and asking for an adult care and support assessment.

CONTACT

☎ (01482) 391510

@ futuresplusduty@eastriding.gov.uk

WHAT DO WE DO?

Transition planning from children's services to adult services and preparation for independence for young people and adults

Care and Support Assessments to assess eligibility for adult social care - looking at areas such as managing personal hygiene, maintaining a home environment, accessing the community and maintaining personal relationships

CARE AND SUPPORT PLANS

- Support with finding day services and care provisions
- Support with finding Independent Supported Living Settings (ISLs), shared accommodation and residential settings
- Support with commissioning and setting up a direct payment package
- Attendance at Education, Health and Care Plan (EHCP) Reviews
- Work with other professionals from health and education
- We work under the Care Act 2014 and the Mental Capacity Act 2005
- More information about Futures+ and adult services.

🌐 yourlifeyourway.uk

WORKLINK

Supporting people with learning disabilities into the world of work

Worklink is a council-run service which offers work-based employment support and training for adults with a learning disability who reside within the East Riding of Yorkshire. We have bases in Cottingham and Sewerby and our role is to identify and assess adults with learning disabilities, and support them to enter the world of work.

We aim to offer a varied range of opportunities empowering our clients to participate in meaningful work experiences and, wherever possible, progress onto paid employment.

We also have a café at our Cottingham base, Café Routs, which is open to the public from 9.30am to 3pm Monday to Friday. If you would like to find out more about what we do and try our homemade baking then we'd be delighted to see you.

WHAT DOES WORKLINK DO?

We're currently helping over 165 clients across our sites in Cottingham and Sewerby near Bridlington. This includes people who are working towards qualifications, undertaking supported employment and work based training, and much more.

We also offer a wide range of support services, including:

- Guidance and help with creating CVs and cover letters
- One-to-one support in the workplace
- Ongoing support
- Sheltered training.

WHAT KIND OF ACTIVITIES DOES WORKLINK OFFER?

All clients complete our own in-house training programme, which covers life skills, preparation for work and health and safety. On completion of this programme, you'll receive a certificate of achievement.

We'll also take you through a vocational profile and employability assessment while you're training, which will help us to guide you into roles and opportunities that suit you best. This will also include practical skills like creating CVs and interview techniques.

In our centres in Cottingham and Sewerby we have a whole range of activities that you can get involved with.



Gardening and horticulture

Both our bases offer opportunities for you to see if you have green fingers. At both sites you can learn about maintaining a nursery garden in quiet, leafy surroundings.

Catering and hospitality

Our Cottingham site gives you the opportunity to get involved with running a café, and provides practical training in catering and hospitality.

Woodwork and construction

Also on our Cottingham site, you can try your hand at construction and woodwork in our fully kitted-out wood workshop.

WHO CAN JOIN WORKLINK?

Anyone over the age of 18 with a learning disability or dual diagnosis can join the programme. You must have the desire to move onto employment.

WHERE IS WORKLINK?

We have two sites, both of which have accessible car parks with disabled parking.

Worklink Cottingham

Learning Resource Centre
Eppleworth Road
Cottingham
HU16 5YF

☎ (01482) 842009

Worklink Sewerby

Sewerby Hall and Gardens
Church Lane
Sewerby
YO15 1EA

☎ (01262) 400519

HOW DO I GET ONTO THE WORKLINK PROGRAMME?

You can refer yourself or someone you know onto the programme by sending an email to @ worklink@eastriding.gov.uk or giving us a call on ☎ (01482) 842009.

You can also be referred by any one of the following:

- Job Centre Plus
- Wellbeing Team
- Social Care.

Maxi Fun Club



We organise and subsidise leisure activities for disabled children and their families in the Hull and East Riding area. The Maxi Fun Club is for disabled children and their families.

We are mainly funded by BBC Children in Need, with additional funding from private donations for our coming-of-age children.

We are a group of parents who were having trouble accessing family leisure activities for our disabled children and their brothers and sisters, so we decided to set up our own group.

We needed our children to have the opportunity to enjoy a wide range of interests and activities, but found that inclusive activities often were too noisy, too busy (some of our children have enormous difficulty with the concept of waiting!) too rough or simply not ability appropriate.

So we decided to organise our own!

Our regular get-togethers are weekly and we do try to arrange either exclusive use or quiet times at the venues that have been chosen by club members. We organise and subsidise these events but as we are a bunch of parents and carers, and have no paid staff, we cannot supervise children.

Our activities are to be enjoyed by families and children being taken out for a treat by a carer, and each child is the responsibility of the adult that accompanies them. It's a good chance for parents and carers to meet for a chat. A lot of parents have found out a great deal about services they can access and other information relating to disability issues, as a direct result of our group's get-togethers!

The regular type of activities we do include swimming, soft play, ten pin bowling, indoor play and so on.

There are also less regular or special one-off activities, often in the school holidays which will be on the latest newsletter.

Click on the News page on our website

📍 maxifunclub.com

for special events or upcoming dates of all regular activities - or sign up to the newsletter.

If you want to contact any of the Organising team for details, please email

📧 theteam@maxifunclub.com

WHAT DO WE DO?

Special Stars Foundation is a registered not-for-profit charity.

Our focus is to improve the quality of life for people with significant learning and physical disabilities and their families across Hull and East Yorkshire. We achieve this by providing a diverse calendar of creative learning and social activities. We also offer a range of support, social, training and advice services for parent carers.

WHO DO WE HELP?

We support just over 2,100 families affected by disability in the Hull and East Yorkshire region, operating from our new location on the third floor within Princes Quay in the heart of Hull City Centre.

Here we have a huge event space from which we run inclusive activities for disabled children and creative learning and social events for adults with learning disabilities. We also run support groups, craft workshops, seminars and training sessions here for parent carers.

Next door, in our adjacent unit, we have a specialist shop stocking disability-specific equipment, sensory toys, learning resources and much more! Our shop is open to the general public seven days a week. Customers are welcome to pop in and browse, or order online using our free click-and-collect service or have their order posted out.

Within our building, we also have a large sensory room which is kitted out with some fantastic sensory equipment. Our sensory room is fully wheelchair accessible, and we also have a mobile hoist so that absolutely everyone can enjoy this amazing sensory experience.

Nationally, our online shop is open to all; we pride ourselves on stocking a variety of specialist equipment and sensory toys and strive to keep our prices as low as possible. This provision helps families to afford much-needed quality items, whilst the small amount of funding this brings into the charity goes straight back into funding our specialist services for disabled people.

To view the online shop and also a comprehensive list of the activities we provide, visit the 'Events' page of our website 📍 heyspecialstars.co.uk. You can also now complete an application to register with us online by visiting the 'Join' page of our site.

Registering with us is free of cost and free from commitment.

Should you have any queries about our charity, or would like to volunteer or fundraise for us, we would love to hear from you!

Contact us at 📞 (01482) 227657

or via email at 📧 info@heyspecialstars.co.uk





Join The Collective





We give young people a chance to have a say on national topics and share views with those who need to hear them.

Who can join?

- ✓ Young people aged 13 - 25
- ✓ Have a Special Educational Need and/or Disability (SEND)

When?

1 Saturday every other month
from 10am - 11am

Where?

Online







Scan the QR code and complete the form

Get involved

 @takepartcollective
 @takepartcollective

 @yptakepart
 takepart@kids.org.uk

The 'Community of Experience' will provide support, resources and signposting reflecting the Lived Experience of parents, carers, children, young people and young adults with SEND, in particular Autism, Learning Disabilities or both.





Community of Experience

Do you have a 'Lived Experience' you would like to share? Would you like to be part of creating the Community of Experience to improve the quality of life for Children, Young People, Young Adults and Families?

Then we would like to hear from you!

The project offers a wealth of information plus the opportunity to:

- ◇ Build peer support and guidance.
- ◇ Develop personal wellbeing.
- ◇ Develop resilience in dealing with diagnosis.
- ◇ Make contact with other services.
- ◇ Gain every-day life and outreach support

Delivered by parents, carers, young people and young adults with Lived Experience. It will be facilitated by KIDS sessional staff and volunteers.

The Community of Experience will add value to the NHS Humber and North Yorkshire Keyworker Service to provide support, information and signposting.

communityofexperience@kids.org.uk 01482 467540

Keyworker Service | hnf-tr.keyworkerenquiries@nhs.net | 01482 205425

YOUNG **healthwatch** East Riding of Yorkshire

We need YOU!

Welcome to Young Healthwatch East Riding of Yorkshire

Young Healthwatch attends various youth events across the East Riding.

OUR BENEFITS:

- A fantastic opportunity to have a voice and be heard.
- A great way to build confidence.
- A way to share your views on our Healthcare Services and have a direct impact.
- A chance to become part of a team and champion a cause.

We are looking for more young volunteers to join us on this journey so if you're aged 16-25 and want some fun and experience, please get in touch.

@ chowley@healthwatcheastridingofyorkshire.co.uk

📧 healthwatcheastridingofyorkshire.co.uk



WHAT WE DO:

We have an interactive voting system around various healthcare concerns that young people can vote on as to which they feel needs the most improvement!

We run social action projects with groups of young people to collaborate on a report; chosen and lead by them.

We welcome new ideas and initiatives to reach out to young people to gather their voice.

We recently attended a local college event as part of their Health and Respect week and talked to students regarding their views around their current Healthcare concerns and fed these back to the people who can make a difference.

Please contact us to have your voice heard.



KIDS Hull and East Riding SEND Sleep service



Giving
disabled children
a brighter future

KIDS Sleep services provide trained sleep practitioners who are able to support and advise families on their children's sleep problems and support them to put effective strategies in place. The practitioners also give parents coping mechanisms to help with their own sleep deprivation. Help is provided through the delivery of sleep workshops and individualised support.

"The advice we have been given can help to establish bedtime routines and sleeping patterns with all three of our children, not just our child who has autism"

HOW DOES THE SERVICE WORK?

Children and young people with SEND (Special Educational Needs and Disabilities) are far more likely than their peers to have sleep difficulties. These may include difficulty going to sleep, waking frequently throughout the night or waking early in the morning.

The Sleep Service aims to support the child or young person to sleep better with a range of methods individualised to each particular family. Support is provided through a range of methods, including workshops and drop-ins, support in the family home, one-to-one support in the child's school, and telephone/e-mail support.

WHO IS THE SERVICE FOR?

Any child or young person aged 1-18, living in Hull or East Riding with a Hull or East Riding GP.

HOW MUCH DOES IT COST?

This service is free.

AVAILABILITY

Sleep workshops are delivered throughout the year for parents/carers. No workshops are delivered during school holidays.

HOW TO ACCESS THIS SERVICE:

Parents can self-refer or any professional can make a referral using the phone number or email below.

CONTACT

☎ (01482) 467540

@ enquiries.yorkshire@kids.org.uk

If you would like to make an online enquiry or check what KIDS Hull and East Riding services are available, please use the following link:

🖱 kids.org.uk/hull-and-east-riding-send-sleep-service

DESIGNABILITY introduce the Wizzybug!

designability

Wizzybug is a fun, innovative powered wheelchair provided FREE of charge to young children in the UK by Designability a charity based in Bath.



WHO IS WIZZYBUG DESIGNED FOR?

Wizzybug is designed for physically disabled children. This includes children living with cerebral palsy, spinal muscular atrophy, spina bifida or muscular dystrophy, as well as children with amputations or other conditions that affect their ability to walk.

Wizzybug is intended for pre-school children of minimum age 14 months and a maximum weight of 20kg.

HOW CAN WIZZYBUG BE USED?

Wizzybug is an electrically powered wheelchair for indoor and outdoor use, with adult supervision. Children use Wizzybugs at home and at pre-school, and in outdoor spaces such as parks, gardens and playgrounds.

Wizzybug can be used every day or just occasionally, but is not intended to be used all day, every day. Through the loan scheme, a child can have a Wizzybug for as long as it is suitable for them (usually until they outgrow it), then it is returned to Designability to be refurbished ready for another child to enjoy.

HOW CAN I APPLY?

Families can apply for a Wizzybug direct via the application on the website below. Appointments are held at our HQ in Bath, and at our partner's clinics at William Merritt Centre, Leeds and Mae Murray Foundation, Northern Ireland.

@ wizzybug@designability.org.uk

Families on low-income who may need support with the cost of attending their Wizzybug appointment can apply to our Access Fund for assistance.

☎ (01225) 824103

🖱 designability.org.uk/meet-wizzybug

f facebook.com/DesignabilityUK

🐦 twitter.com/DesignabilityUK

📷 instagram.com/designabilityuk

Designability
Department DI
Wolfson Centre
Royal United Hospital
BATH
BA1 3NG

Disability Living Allowance (DLA) and Personal Independence Payment (PIP)

DISABILITY LIVING ALLOWANCE

Disability Living Allowance (DLA) can help towards the extra costs of bringing up a child with a disability.

DLA is also:

- not means-tested (your financial circumstances will not be taken into account)
- not taxable, and
- does not reduce other benefits. In some cases DLA can increase the amount of benefit you get, or help you to qualify for other benefits (such as Carer's Allowance and /or tax credits).

For more information about DLA and to apply:

🔗 gov.uk/disability-living-allowance-children (external website)

PERSONAL INDEPENDENCE PAYMENT

Young people over the age of 16 years cannot claim DLA. Instead you must apply for Personal Independence Payments (PIP).

PIP is gradually replacing DLA for people aged 16-64 years.

Who can claim for PIP?:

You can claim PIP if your disability or health condition means that one or both of the following are true:

- you need help looking after yourself
- you have difficulties walking.

For more information about PIP and to apply:

🔗 gov.uk/pip (external website)

There are a number of services that can provide you with support when applying for DLA and PIP which can be found on the Local Offer:

🔗 eastridinglocaloffer.org.uk/money-matters/disability-specific-financial-support/disability-living-allowance-dla-and-personal-independence-payment/

YOUR MON£Y

DO YOU NEED SUPPORT AND ADVICE?



HELP WITH YOUR RENT AND COUNCIL TAX

Find out if you can get help to pay your rent and Council Tax.

You can apply online at eastriding.gov.uk/benefits



BENEFIT CHECKS TO INCREASE YOUR INCOME

Are you on a low income? Have a health condition? Don't miss out on money you might be eligible for.

Use our FREE calculator at eastriding.entitledto.co.uk



CONFIDENTIAL DEBT ADVICE

Many households are struggling to stay afloat and falling into debt. We are here to help you. You can speak confidentially to an advisor:

Find out more at eryc.link/your-money



HELP WITH BUDGETING

The first vital step in taking control of your finances is to create your own personal budget plan. Our user friendly budget planner is free to use and should only take minutes to complete at budget.entitledto.co.uk/eastriding

GET IN TOUCH



SCAN ME

The YOUR MON£Y team are here to help you, please contact us:

@ yourmoney@eastriding.gov.uk ☎ (01482) 394633

For further information, please scan the QR code to visit our website.

Help for Households



KIDS - Community of Experience

KIDS has been commissioned by the NHS Keyworker Service Humber and North Yorkshire to create the 'Community of Experience'. This is being completed by involving parent/carers and young people to shape and influence what they would like this support offer to look like.

If you have **lived SEND experience** and would like to share your experience to help improve the quality of support parent carers and young people received please get in contact. We are particularly looking for those who have **lived experience** with autism and/or learning disabilities.

This project will be created and run by parent/carers for parent carers and provide peer-to-peer support, safe social media interaction, Virtual Hubs, Healthy parent/carers Program with more to come.

The Healthy Parent Programme launches on the week beginning 20 February so if you are interested in a 12 week course (two hour sessions) that will support parent/carers Wellbeing, please book one of the limited spots.

@ communityofexperience@kids.org.uk
 ☎ (01482) 467540



New Endorphins Group location!

We are delighted to let you know that starting **Saturday, 28 January 2023** Endorphins, will be introducing our SEND groups for young people in Wilberfoss!

We can't wait to introduce local SEND young people to Endorphins a safe and inclusive space to enjoy themselves and take part in some fantastic themes and learn some amazing life skills whilst making friends. Our short breaks offer parents and carers time on a weekend and will run from 9.30am - 12.30pm and are suitable for young people aged 8-18 years.

For more information on how to book, here is the link:

[NEW! Wilberfoss Sessions - Endorphins Group UK](#)

The first session is offered for FREE and we always have a theme and this time it's **LEGO!!!** So please share this information with your colleagues, parents, carers and any other interested contacts.

You can also join us via
 f facebook.com/EndorphinsSuperStars
 t twitter.com/endorphinsgroup



Barton Inclusive Football Club - Hull

A competitive, pan-disability football for players aged 8-12 years. Supported by FA-qualified coaches.

Cost **£3**

Date/time **Friday 5-6pm**

Venue **St Mary's Sports Village, Cranbrook Avenue, Hull, HU6 7TN**

Contact Jo Newby to book
 @ bartoninclusivefc@gmail.com
 ☎ 07715 530269



Rotary Disability Games – Humber Maritime

Sunday, 23 April 2023 at Hymers College, Hull

Competitors can compete in up to three disciplines selected from Table Tennis, Archery, Shooting, Weightlifting, Swimming, Snooker, Darts, Curling and Boccia. There are also two wheelchair races.

For more information please email
 @ rotary.disability.games.hull@gmail.com