



# SEND East Riding L(o)CAL OFFER

Special Educational Needs and Disability Support for 0 to 25-year-olds **AUTUMN 2023 NEWSLETTER** 

## Featuring...

- East Yorkshire Parent Carer Forum
- Education Health and Care Plan Videos
- Learn and Thrive
- Pantomime Information
- SENDIASS
- And much more!





**Support** 



Money **Matters** 

Adulthood



Leisure

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## **LOCAL OFFER WEBSITE UPDATE**

Over the Summer, the Local Offer moved to a new platform, our 'search' function has greatly improved - you are now able to search through the full range of services, pages and news using key words or phrases. The search will work intuitively to help you to navigate to the most relevant information based on your search. You can also search through news items for the first time.

Our new 'latest news' page contains individual articles with the latest information and developments; you can then use the search function to search through news articles.

It is important to remember that this is just the start for the development of the Local Offer website - our new platform has lots of exciting new features and functions that we believe will greatly improve its accessibility and usefulness.

The 2023 Local Offer Report is now live on the Local Offer, this focuses on the changes and developments of the site over the past year.



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



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

## TOGETHER WE CAN MAKE A DIFFERENCE

#### EAST RIDING SUCCESSFUL IN SECURING £Im FOR SEND PROVISION

East Riding of Yorkshire Council has been successful in a bid for £Im from the Department for Education Better Value Grant to support children and young people with SEND.

The funding will be targeted to improve early intervention for children and young people in the East Riding, aiming to ensure needs are identified as early as possible - a key priority within the SEND development and improvement plan.

The Local Offer website will be improved to make it easier for families and young people to use and access the information and services they need. More support will be given to schools and early years settings, including three additional specialist teachers to support pupils with SEND across the East Riding, and additional training for school staff in supporting pupils with additional needs. A new digital system will also be implemented to give families access to information, step by step through the process of Education Health and Care Plan (EHCP) assessment and review. It will also help improve multiagency involvement and improve efficiency.

Councillor Victoria Aitken, portfolio holder for children, families and education said: "In East Riding we receive less funding for SEND children than anywhere else in the country. I have been, and continue to lobby for more funding, so I am pleased that we have been successful for this much needed money."

"We have looked at the needs of children, young people and families and we are working to ensure the provision reflects the needs, for example increasing the support for schools around autism."

"The improvements we will make in early intervention will add to the recent developments such as our successful free school bid on the old St Anne's site in Welton and the creation of new places in our enhanced resource provisions for children and young people with autism and social, emotional and mental health needs."

"Along with our partners, we remain dedicated to improving outcomes for children and young people with SEND. I hope this funding brings some confidence to our families."

Hear from Councillor Aitken here:

> youtube.com/watch?v=XrCMaEFX9tg or scan the QR code.



## SPRING AND SUMMER HIGHLIGHTS OUT AND ABOUT



During the last few months, the Parent Carer Forum (PCF) have met many parents and carers in their own localities and this has been particularly lovely for the forum to be able to attach a place to parents and carers and meet them in their particular part of the East Riding. The forum has organised the events mainly as either Breakfast, Lunch or Supper clubs in venues, usually pubs, which are easily accessible. At these events it has been possible to listen to the experiences and views about the services that parents, and carers have accessed and also the forum has been able to provide information on a range of SEND processes and services. Over the Autumn and Winter the PCF will be organising more of these events in different localities and at different times particularly for parents and carers who can only attend in the evening.

Another highlight of the summer was the PCF Market Stall event in Driffield which enabled parents, carers, practitioners, and many voluntary and statutory services to get together and find out about services and also learn what information is important for parents and carers within the SEND system.

The PCF is always looking for different ways to keep in touch with families either digitally or face to face and welcomes ideas from parents and carers particularly those who live in the more isolated communities. Please contact @ admin@eypcf.co.uk with any ideas you may have so looking forward to seeing you soon.









Eliott, 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.
- East Riding Local Offer website.
- Looking after your child with additional needs.
- Sure Start children's centres.
- Looking for childcare.

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- Help / advice with childcare costs.
- Information about Funded Early Education for two, three and four year olds.
- Working with children.
- Family Service Directory.
- Activities / groups.

East Riding parent carers of children/young people with Specials 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.go.uk (01482) 396469

## SaPTS EARLY YEARS GROUP

PLEASE COME ALONG TO OUR FARLY YEARS GROUP!

- Tuesday, 26 September 2023 9.30am - Ilam
- Thursday, 26 October 2023 lpm - 2.30pm
- Tuesday, 28 November 2023 9.30am - Ilam
- Thursday, 14 December 2023 lpm - 2.30pm
- Tuesday, 30 January 2024 9.30am - Ham
- Thursday, 22 February 2024 lpm - 2.30pm

- Tuesday, I2 March 2024 9.30am - Ham
- Thursday, 18 April 2024 Ipm - 2.30pm
- Tuesday, 14 May 2024 9.30am - Ham
- Thursday, 13 June 2024 lpm - 2.30pm
- Tuesday, 9 July 2024 9.30am - Ham

St. Nicholas Community centre, 148 Holmechurch Lane, Beverley HUI7 0PY (On Street Parking).



Enjoy sharing early years activities with your child and the opportunity to meet other parents / carers. We look forward to seeing you and your child there!

(Please note you are welcome to attend as a parent / carer even if your child is at nursery / school on the day/s the group is held).

For any further details, please speak to your child's Teacher of the Deaf (QTOD), Teacher of the Vision Impaired (QTVI) or Physical Disabilities Teacher (PD).

@ specialistservices.hub@eastriding.gov.uk ( 01482) 394000 (option 5)



Disability Support for 0 to 25-year-olds

## 0-25 SEND TEAM AND POP-UP PODS

#### Who are the 0-25 SEND Team?

The role of the 0-25 SEND Team is to support children and young people with an Education, Health and Care Plan (EHCP), and their families, to access the support they need.

#### Our team consists of:

#### Portage Workers

A home-visiting service for families with babies or young children (0-5) with additional needs; our qualified and experienced portage workers support children, with or without an EHCP, to minimise disabling barriers through teaching skills and techniques to parents and carers on how to support their child.

#### Family Coordinators

Our child-centred team support families by coordinating services, organisations and practitioners involved with children and young people with an EHCP. They will help with referrals and signposting, chair and facilitate meetings, provide guidance on SEND-specific services and work in collaboration with staff across education, health and care to achieve positive outcomes.

#### Information, Advice and Guidance (IAG) Officers

Working with children from Key Stage four onwards, our SEND IAG Officers are able to provide expert advice and guidance on post-16 educational choices. They work within the Preparing for Adulthood framework and possess exceptional knowledge regarding provision available to young people with special educational needs.



#### What are the 0-25 SEND Pop-Up Pod Events?

Are you wanting to know more information about how the 0-25 SEND Team can provide advice and information to families of children and young people with special educational needs and disabilities within the East Riding? Come along to one of the pod-up pods to meet members of the 0-25 SEND Team and to access information on the following Support groups and service:

- Charities and grants.
- Local activities.
- Preparing for Adulthood (PFA).
- Signposting to local organisations.
- Assistance on how to access the Families Information Service Hub (FISH).
- LOOK AHEAD and the Local Offer.

This year, the 0-25 SEND Team, along with partners within Children and Young People, Specialist Services, members of TYLER (The Young Leaders of the East Riding) and staff from Endorphins, our commissioned short break youth group provider, attended the Driffield Show. The team met with hundreds of young people, parents and carers, providing a wealth of information, resources and advice to all who attended.

If you are interested in knowing more about the Pop-Up Pods, or you have an event that you are hosting and you would like us to attend, please contact the team.

- **©** (01482) 394000 (option 6)
- @ 0-25.enquiries@eastriding.gov.uk

0-25 SEND Team Pop-up Pods

astridinglocaloffer.org.uk





#### EAST RIDING



#### The SENDIASS Team

- Dan Pott SENDIASS Manager
- Katie Catchpole SENDIASS Officer
- Christine Clive SENDIASS Officer
- Sam Munby SENDIASS Officer
- Lucy Smith SENDIASS Triage assistant.

#### Service Update

We continue to provide impartial information advice and support, as a service we are currently going through the process of recruiting to the senior officer post. In terms of support, we are asking for at least two to three weeks' notice of any meetings as the more notice we are given the higher probability a member of the team would be able to attend to support. Our opening hours are Monday to Thursday 9am - 5pm, and Fridays 9am - 16.30pm.

#### How to contact us:

Please not we operate a two working day response time to enquiries, please do not send multiple emails or calls within those two working days as this simply slows our ability to respond to enquiries.

- (01482) 396469 text 07507 310273 @ sendiass@eastriding.gov.uk
- R eastridingsendiass.org.uk

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#### SENDIASS focus on: TRANSITION

If you have a child due to start in reception, primary or move up to secondary school next September, you will be going through the school application process.

For children without an EHCP, school application deadlines are: infant, primary, or iunior schools:

15 January 2024 Secondary schools: 31 October 2023 You can read more about the process here: a eastriding.gov.uk/learning/schools-colleges-and-academies/schools-andschool-places/school-admissions-and-catchment-finder/normal-school-admissions

For Children and Young People with EHCPs, the process is slightly different. The EHCP must be reviewed and amended by certain key dates: Early Years to school / infant to junior school / primary to secondary school: 15 February 2024 Transition from secondary to Post-16 provision: 31 March 2024 Moving from one Post-16 institution to another at least five months before the transfer date.

This means that the review, draft plan, and finalised plan should all have been produced before the key date above.

You should have a transitional review of the EHCP this Autumn term so that the Local Authority can consult with the schools of your choice. This is an annual review of the EHCP, except following this annual review, the Local Authority will consult with the schools of your choice about placements for September 2024. If you know which school or setting you would like your child to attend (or if you are a young person deciding on your Post-16 setting) SENDIASS advise it may be beneficial to contact them and discuss your child's or the young persons needs.

After the transition review, the EHCP will state that the child or young person will continue in their current setting until the end of the academic year (or other date if different), and will also name the setting that will be attended from September 2024.

If you are unhappy with the school named in the plan for September and would like to challenge this decision, please contact SENDIASS so that we can support you in this process.



## EAST RIDING OF YORKSHIRE COUNCIL LAUNCH NEW EDUCATION, HEALTH AND CARE PLAN (EHCP) VIDEOS!

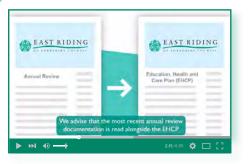
Over several months, the local authority has met regularly with a working group of parents and carers, young people and professionals from across the council and beyond to develop two new videos.

These videos, written and voiced by staff and young people, have been fully coproduced with the assistance of parents and carers. Working with local video production company Jaylay Media, two exciting and information videos have been produced. Both videos have been created to ensure that parents, carers, children and young people and professionals have a full understanding of what can often be presented as complicated processes in relation to Education, Health and Care Plans (EHCPs).

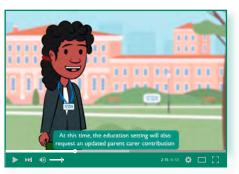
The first video explains the process of the Education, Health and Care Needs Assessment (EHCNA), an (up to) 20-week process whereby a request is made to assess the needs of a child or young person who may have special educational needs or disabilities (SEND). The video talks through the process from start to finish, explaining how each step links to the next, as well as explaining who you would come into contact with during the process and where you can seek help if needed.

The second video discusses the Education, Health and Care Plan (EHCP) Annual Review, the process in which an EHCP is reviewed. This process occurs at least annually, and involves parents and carers, young people, education settings and other professionals meeting to review the EHCP, discuss any changes and confer on any areas of disagreement. The video explains the process from beginning to end, offering examples and answering commonly-asked questions.





















Both videos come with subtitles and can be paused, rewound and replayed as many times as is necessary.

We believe that these videos will become an invaluable took for parents and carers, children and young people and professionals working within individuals with SEND. They offer an invaluable starting point for someone going through the journey for the first time, and serve as a useful reminder for those who require an accessible tool to guide them through the process. We are very proud to be able to launch these and would like to thank all of the parents and carers, young people and our colleagues who gave up their time to create the script, offer feedback, provide their voice and review the final product to allow us to get to this stage.

These videos are available via the OR codes or the Local Offer website. Please scan to find out more.



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Learn and Thrive is a UK registered, online charity which produces educational resources for children and young people with Down's syndrome and other special educational needs.

Created during lockdown, it was made to give access to specialist teaching which was being missed while children and young people were unable to attend school and support groups. It provides specialist teaching

online, which is used across educational settings and local charities, by teachers, teaching assistants and SENCOs, and in the home, by parents and guardians.

The two projects provided by Learn and Thrive, Teach Me Too and Learning for Life, cater for different age groups, the former early years and KSI, and the latter primary and secondary school. Teach Me Too covers Literacy, Maths, the Wider Curriculum, Exploring Language, and Language through Play, and Learning for Life's current series include Growing Up and Keeping Safe, Emotions, and Caring Friendships. The resources are all completely FREE digital tools to help children and young people with Down's syndrome and SEN to learn and thrive. The wide range of resources has been made in conjunction with Inclusively Down, Symbol UK, and Key Communication, while using Widgit symbols and Makaton signing to aid communication.

The charity is entirely funded by grants and donations, including support from The National Lottery Fund, and primary corporate sponsor Quality Compliance System. At only two years old, the charity and its resources are growing rapidly, with new Learning for Life series in the making, with the help of many of these groups, and a few members of the Down's syndrome community! They look forward to sharing the progress over the coming months with the community and beyond.





## What are Supported Internships?

Health and Care Plan (EHCP).



The interns have now started their first work rotations at Humberside Police Priory Road HO in roles within:

#### How can I find out more?

- Coordinator, email supported.internships@eastriding.gov.uk



Business Centre.

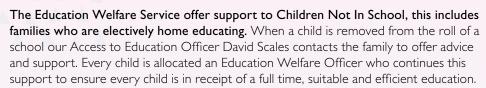






## East Riding of Yorkshire's Electively Home Educated

## Newsletter



#### Meet the team:

Levi: "Levi is a big football fan and supports Manchester United."

Sarah: "I love my job role and a child is at the centre of everything I do. Although I'm a chatterbox, you can mute me very easily and I will always listen to you."

David: "Enjoys working with home educating families and seeing their amazing work."

Sam: "Loves Harry Potter and all things magical, enjoys a Jenga battle at the drop ins."

#### Resources:

Marine Conservation Society

mcsuk.org/what-you-can-do/fun-learning

There are a whole load of learning resources, activities, and ideas for getting involved with the ocean including outdoor learning exploration, online sessions. We have a lot of downloadable teaching resources as well that are ideal for informal and formal learning groups. MCS can also facilitate Source to Sea litter pick and survey (inland) as well as Beachwatch litter picks and survey (coastal).

- mcsuk.org/what-you-can-do/join-a-beach-clean/find-a-beach-clean
- mcsuk.org/what-you-can-do/citizen-science/source-to-sea

We also have some great citizen science programmes including Big Microplastic surveys, Big Seaweed Search surveys and Wildlife Sightings.

- mcsuk.org/what-you-can-do/citizen-science/big-seaweed-search
- mcsuk.org/what-you-can-do/citizen-science/sightings
- mcsuk.org/what-you-can-do/citizen-science/big-microplastic-survey



Rebecca: "I love going on days out and

writing poetry."

Ruth: "I love reading and cooking, especially making up new recipes. My other passions are

music and film nights."

Keli: "I love all things Crystals and Holistic Healings."

#### Drop-ins:

We have held coffee mornings/drop-ins across East Riding this year at various venues. It has been wonderful meeting children and families and hearing about the amazing learning taking place. The other services who have attended have provided information and guidance and activities on the day. The library service was a particular hit with Lego activities and robots! We look forward to

services and families joining us in the next year.

#### Dates for the diary:

September	Tuesday, 12	10pm - 12 noon	Hexagon Centre in Beverley
October	Tuesday, 10	Ipm - 3pm	The Courtyard, Boothferry Road, Goole DNI4 6AE
November	Wednesday, 15	11.30am - 1.30pm	Market Weighton Children's Centre
December	Wednesday, 6	12.30pm - 2.30pm	Hornsea Town Council
January	Details to be Confirmed		
February	Tuesday, 20	Ipm - 3pm	Withernsea Leisure Centre
March	Thursday, 14	Ipm - 3pm	North Library Bridlington
April	Tuesday, 16	Ipm - 3pm	Hexagon Centre in Beverley
June	Tuesday, 18	Ipm - 3pm	Country Park, The Humber Bridge
July	Thursday, 18	Ipm - 3pm	Bridlington South Beach, in front of Bridlington Spa

#### Feedback from a young person who has attended our drop-ins:

"I've been to a few of the drop ins and they're quite fun. They aren't formal and we just play games. There's usually toys and games to play, and always biscuits. Everyone is really nice and friendly. If you can come along and see for yourself."

#### Home educator's survey:

We would love to hear your views of the last year working with our team. If you would like to provide your views, please scan the QR code which will take you straight to the survey. This is an anonymous survey; no personal information is captured.



If you would like to contact the team please email

@ education.welfare@eastriding.gov.uk or ring the team on (01482) 394000





**LEISURE LEISURE** 



## Do you enjoy delivering fun activities to children, young people or families?

If the answer is yes, apply to the East Riding of Yorkshire Council's 2024 annual HAF grant. There's up to £150,000 available annually for organisations to provide a range of activities for children, young people or families who are in receipt of benefits related free school meals including sport, play, art, music, dance, crafts, drama, cookery, farm experiences or outdoor adventure.

Funding can be spent on management and delivery staff, venues, equipment, volunteer expenses, food, marketing, trips and capital costs. HAF funds places or programmes for our eligible pupils, with organisations deciding on the age range, number of sessions and places they wish to provide. A meal is to be provided each time pupils attend and all sessions should be 4 hours long, but recognise that shorter sessions for secondary school-aged pupils may be more beneficial.

Minimum operating standards need to be in place, but support is available to meet these requirements.

- All staff and volunteers must hold a valid DBS and have undertaken safequarding training.
- A qualified first aider must be present when delivering the programme.
- Activities and venues are assessed. with measures put in place to manage identified risks.
- All staff to adhere to their organisation's governance (safeguarding, safer recruitment, equality, privacy and health and safety policies).
- Holds public and employer's liability insurance to a sum of five million.

The HAF team can help in finding a local catering supplier, provide grant application support, and offer free relevant training courses for your staff and volunteers. For an informal chat please contact Vicky Jude, HAF Commissioning and Quality Monitoring Officer at

haf.programme@eastriding.gov.uk

Annual grant deadline: Monday, 23 October 2023 with monies also available in the second round which has a closing deadline of Monday, 8 January 2024 at noon.



**LEISURE LEISURE** 

#### **PANTOMIMES 2023**



#### York Royal Theatre presents lack and the Beanstalk!

Join York Royal Theatrre for a fe-fi-fo-fun extravaganza for all the family!

Relaxed Performance:

Sunday, 31 December at IIam

British Sign Language Interpreted Performance: Wednesday, 3 January at Ipm

Audio Described Performance: Saturday, 6 January at Ipm

To view other upcoming RELAXED PERFORMANCES including 'The Gruffalo's Child', 'There's a monster in your show' and more.

#### Hull New Theatre Hall presents Cinderella!

You shall go to the ball this Christmas with singer, TV actor and musical theatre star Lee Mead and Hull panto favourite Neil Hurst, in the spectacular family pantomime Cinderella.

Relaxed Performance Date: Wednesday, 20 December at 7pm

Signed performance Date: Saturday, 16 December at 7pm

Venue: Hull New Theatre, Kingston Square Hull HUI 3HF

To book: hulltheatres.co.uk



#### East Riding Theatre Beverley Presents Toad on the wolds!

Toad's unfortunate antics have once again landed him in jail, and the timing couldn't be worse! The arrival of a desperate letter from his ailing uncle urges Toad's imminent departure for East Yorkshire where the ancestral family home. Toad Manor. is under threat from the evil Weasels.

Wednesday, 6 and Sunday, 31 December 2023

Venue: East Riding Theatre

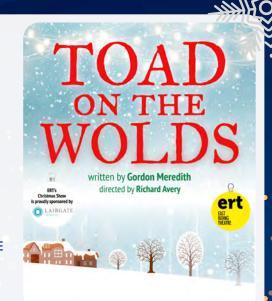
10 Lord Roberts Road, Beverley HU17 9BE

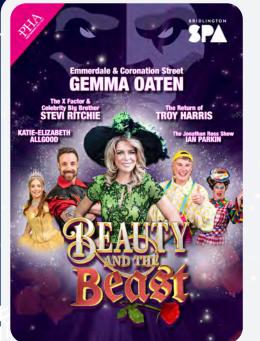
Tel: (01482) 874050

To Book: eastridingtheatre.co.uk/

toad-on-the-wolds

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#### Bridlington Spa presents

#### Beauty and the Beast

together with Paul Holman Associates Get ready to be spellbound with this tale as old as panto-time!

Relaxed Performance Date: Wednesday, 27 December 2023 at 6pm

Venue: Bridlington Spa,

South Marine Drive YOI5 3JH

Contact: (01262) 678258 To Book: bridspa.com









**LEISURE MOVING TO ADULTHOOD** 

## THE LOOKOUT

We started as a group of mums fed up of fighting the system, and underwhelmed at the lack of services offered for our SEND children in our local area. We originally planned on a simple meet up and chat, but it seems people wanted more than that, so here we are!

Every Wednesday we run inclusive sessions at Victoria Day Centre in Withernsea 5 - 7pm. This includes crafts, music, outdoor games and gardening.

Starting Friday, 22 September we have exclusive pool access at Withernsea Leisure Centre 4 - 5pm. These sessions will run four weekly, with the possibility of extending this to swimming lessons.

Starting Tuesday, 3 October we have exclusive access to the sports hall at the same venue offering soft play sessions for under eight's and will have either badminton or football on at the other side for older children.

This will also run four weekly 1.30 - 2.30pm. All the above are FREE for 12 sessions after which there will be a small fee.

Saturday, 16 September at The Meridian Centre Withernsea we have a neurodiversity disco! A safe space to let your hair down and dance the night away, as well as karaoke! 7.30 - Ilpm. This is an event for those 18+ so ID is a must. £3 entry, carers FREE.

We also have registration forms available for anyone wanting to be a part of our group. These can be accessed from Withernsea Childrens Centre, Shores Centre, Withernsea Leisure Centre or can be sent by emailing:

@ pippa.thelookout@gmail.com

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## The Young Leaders of East Riding (T.Y.L.E.R)

The TYLER (The Young Leaders of East Riding) groups efforts were rewarded at the Volunteer Voice awards on October 5, 2023. Each group member was presented with a certificate of excellence for their achievements over the past year.

Over the past year the groups collective efforts have made a difference to young people in their communities, particularly those with SEND. Group members have voluntarily attended monthly meetings and given their free time to organise and attend events, showing their dedication.

#### Recent achievements include the following:

- TYLER worked alongside KIDS to coproduce a video aimed at practitioners and professionals. The video captured the importance of why children and young people's voices should be heard, specifically those with SEND
- TYLER supported the SEND Health DCO in reviewing the processes that forms part of their education health and care plan annual review.

Group leader, Sophie Johnson, was also recognised with an award for her dedication to leading and developing the group alongside Beth Arandle and Hannah Brown. If the TYLER group have inspired you to get involved there couldn't be a better time to join. The group are currently in the process of an exciting rebrand and there are new projects to get involved with.

#### For more information about joining the group please contact:

- (01482) 396469 (Monday to Thursday 8.30am 5pm, Friday 8.30am 4.30pm)
- @ localoffer@eastriding.gov.uk
- TYLER The Young Leaders of East Riding



**HEALTH** HEALTH





## **HUMBER SESORY PROCESSING SERVICE -EAST RIDING OPENING OCTOBER 2023** FOR AGES 0 - 18

Since 2020, the Sensory Processing Team have been supporting young people and their families in Hull. We are proud to be expanding our service into the East Riding on the 1st of October 2023.

Associate Practitioners, Occupational Therapy Assistants

and Administrative Assistants to offer sensory complex sensory processing differences.

A variety of resources can be found on our website, along with information on how to access the service and







@ hnf-tr.humbersensoryprocessingservice@nhs.net





#### Hull and East Yorkshire Mind

Are you, or someone close to you, struggling with mental health? Are you unsure of what to do next or where to go for help?

Hull and East Yorkshire Mind is available for anyone who wants information, advice or support with their mental health. Get in touch to find out about our support, or about further support available in the community if you feel that would be better.

You might be unsure if you're struggling and just want some advice, or you may be worried about a friend or family member. No problem is too small for Hull and Fast Yorkshire Mind.

#### Support can include:

- One to one support.
- Group support.
- Support with a bereavement.
- Peer support.

- Housing (subject to assessment).
- Private counselling for adults

For more information, call (01482) 240133 email (a) info@heymind.org.uk or text

- © 07520 633447. You can also find out more about support available locally at
- heymind.org.uk

The Mental Health Advice and Support Line is also available 24 hours a day for those experiencing crisis or emotional distress across Hull and East Yorkshire. You can also contact this line if you are worried about family or friends who may be struggling with their mental health **©** 0800 138 0990



## SHOP SAVE

This is for the main parent carer of a child or young person registered for LOOK AHEAD (one card per family). It allows the holder to access some discounts in various businesses across East Riding of Yorkshire, and discount and fast track at various attractions and museums. To get one of these cards please send us the following information:

- Head shot photo of yourself.
- Your name.
- Your address.

- The names of your children registered on LOOK AHEAD.
- The date of birth of the youngest child registered on LOOK AHEAD.



Email to @ FISH@eastriding.gov.uk to find out about the discounts you could receive through using the Shop and Save card please follow the link below to the Shop and Save page on the East Riding of Yorkshire Council website. Shop and Save website (external website).

## PASSPORT TO LEISURE CARD



These cards are exclusively for families living in the East Riding and have a of a child or young person that is signed up to LOOK AHEAD.

This card is for anyone over the age of 18 years old living in the same home as the child / young person registered for LOOK AHEAD. It allows the holder to 50 per cent discount on some Leisure Centre activities in all East Riding Leisure Centres. Activities include swimming, pay as you go gym sessions, exercise classes run by East Riding of Yorkshire Council. Please note: this benefit excludes discount from East Riding Leisure and Sport Centres membership.

Your details will be forwarded to the Leisure Services: they will process the card(s) for you and they will email you asking you to collect the card(s) from your nearest East Riding of Yorkshire Leisure Centre. To get one of these cards please email the following information

#### to @ FISH@eastriding.gov.uk:

- Your name.
- Your date of birth.
- The name(s) of eligible adults.
- Their date of birth.
- Your address.
- Your telephone number.

- Your email address.
- The names of your children registered on LOOK AHEAD.
- The date of birth of the youngest child registered on LOOK AHEAD.



NEWS EVENTS

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

#### Do you have a positive success story you would like to share with us or do you want to showcase your service to parents/carers across the East Riding?

Do you have a positive success story you would like to share with us or do you want to showcase your service to parents/carers across the East Riding?

We are looking for newsletter articles to add to our next newsletter, if you would like to include a short paragraph about your service or your experiences then please contact fish@eastriding.gov.uk for more information.

If your service or activity group have any upcoming events or sessions, we can share them via our social media, email fish@eastriding.gov.uk with the relevant information and we can share with our users.

f eastridingfish

#### Castaway Music Theatre

Online Arts Awards (Discover / Explore) with Castaway Music Theatre. For 10 - 16s with additional needs who are home-educated, flexi-schooling or Educated Other Than At School (EOTAS).

Young people follow their arts interests and can choose to complete an Arts Award and gain a recognised qualification in the arts or take part just for fun following the arts award framework more loosely.

Date: First session Wednesday, 8 November, then weekly during term time

Time: First session 11.45am to 12.30pm (following session time and date to be decided as a group at the first session)

Cost: FREE with a small one off charge for moderation if completing the Arts Award Venue: Online with the option to take part in a face to face workshop at Castaway Goole and / or arts venue visit.

Contact / how to book: @ ewalkercastaway@gmail.com





#### Council for disabled children - focus group

The Council for Disabled Children (CDC) are working with NHS England to find out if autistic young people would benefit from receiving annual health checks.

CDC is seeking to hold focus groups with autistic young people, aged between 14 to 17, to understand their views on whether annual health checks would be beneficial, and how they feel about these.

The focus groups will be no more than I hour and all participants will receive remuneration in the form of a £10 voucher. The focus groups can take place either online or in person and would be facilitated by a trained member of CDC staff. We will be running the focus groups in September and October and will sign up groups on a first come first served basis.

Would your organisation be able to put forward a group of young people in this age group who would like to take part?

To sign up your group of young people, or if you have any further questions, please email @ participation@ncb.org.uk

#### New Children's and Young People's website - NHS

We are planning a brand-new website that shares information about our Children's and Learning Disability services. We need your help to make sure we design a website that is right for you and your family.

The services that will be included on the website are CAMHS, Children's Therapies, Health Visiting and School Nursing, Mental Health Support Team, Children's Neurodiversity, Sensory Processing, Learning Disability and many more.

If you would like to get involved or know more information, you can email:

@ bethiadennis@nhs.net