



Edition 34 - Thursday 4 January 2018

HAPPY NEW YEAR!

Local offer update

Please find a link to find details of **Activities** listed on the local offer website:

Web: <http://www.eastridinglocaloffer.org.uk/leisure/>

East Yorkshire Parent Carer Forum

New Year Party! Enjoy refreshments and enter our free draw to win a shopping voucher. Free entry and a designated play area. Mega fun is open to general public and so we cannot predict how busy or quiet it will be. All children will receive a gift.

Booking required as places are limited

Dates: Friday 5 January 2018

Times: 3.30pm to 5.30pm

Cost: Free

Venue: Megafun, Annie Reed Rd, Grovehill Ind. Estate, Beverley, HU17 0LF

Email: admin@eypcf.co.uk.

Tel: (01262) 678283, mobile 07813676941

Coffee morning drop-in: Many families across the East Riding of Yorkshire are struggling to get the correct services in place for their children. EYPCF has been actively feeding these concerns back to the Local Authority. We would like to reach out to those families who are experiencing difficulties at the moment. We will also explain the new restructuring arrangements the SEN team are introducing in January 2018. Anyone in a situation where deadlines are being missed or are waiting contact from the SEN team is invited to come along.

You can request a private one to one session with an experienced EYPCF committee member to discuss your own personal case.

Dates: Thursday 11 January 2018

Times: 10am till 1pm

Cost: FREE

Venue: Bridlington Business Centre, Enterprise Way, Bessingby Industrial Estate, Bridlington, YO16 4SF

Contact: Karen to inform her you would like to come along on to this event

Tel: 07813 676941

Email: admin@eypcf.co.uk

Keep the Date:

Wednesday 24 January 2018 – Coffee Morning with a presentation from the Speech and Language Therapist Cathy Woolard.

Times: 10am to 12pm

Cost: Free

Venue: Brough Business Centre

Friday 2 March 2018 - Coffee Morning with a presentation from the Education Psychologist Dr. Elizabeth Holmes.

Times: 10am to 12pm

Cost: Free

Venue: HEY Special Stars, High Street, Hull

Parent Carer Support Groups

There are a number of parent carer support groups running across the East Riding and surrounding areas. To view information about these groups please click [here](#).

To view National support organisations, please click [here](#) (These links will take you to the Local Offer website).

Beverley

All Stars – a group aimed at young people aged 11-19 years who have additional needs. Come along if you'd like to make new friends and improve your social life. Take part in crafts, cookery, sports and other fun activities whilst being supported by specially trained staff.

Dates: Thursdays

Times: 6.30pm – 8.30pm

Cost: £2.50 per session

Venue: St Nicholas' Community Centre, Holme Church Lane, Beverley, HU17 0PY

Contact: email: dsi@barnardos.org.uk

Tel: (01430) 810139

Bridlington and Driffield

Bridlington Autism Support Group - This friendly autism support group is a place to meet other parents and carers, to share and support each other. The group is well supported by outside agencies and professionals in giving much needed information, advice and guidance.

Change Dates: Every 3rd Monday of the month

Or by appointment at the contact details below.

Times: 10am - 12 noon

Cost: FREE

Venue: Community Hub (First Floor), 29 Prospect Street, Bridlington, YO15 2AE

Contact: John Dixon for further information on tel: (01262) 404100/ (01262) 673268

Email: jdixon@christchurchbridlington.co.uk

Driffield parent carer support group

For parents and carers of children with additional needs (aged 0 – 19 years) to discuss thoughts and share ideas to support you with your child's needs.

Dates: Meetings held on the Second Thursday of the month (term time only)

Times: 11am – 12.30pm

Cost: Free

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

Contact: Driffield Children's Centre

Tel: (01377) 240782

All Stars – a group aimed at young people aged 11-19 years who have additional needs. Come along if you'd like to make new friends and improve your social life. Take part in crafts, cookery, sports and other fun activities whilst being supported by specially trained staff.

Dates: Mondays

Times: 6.00pm – 8.00pm

Cost: £2.50 per session

Venue: The Old Parcels Office, Railway Station, Bridlington, YO15 3EP

Contact: email: dsi@barnardos.org.uk

Tel: (01430) 810139

Haltemprice

Autism Seminar - Sensory Needs Seminar - The seminar is open to families and practitioners who would like to know more about Autism Spectrum Conditions, including;

What is Autism?

How Autism affects social communication

How sensory differences can affect a person with Autism

Strategies to support people with Autism.

Date: Tuesday 27 February 2018

Time: 10am – 2.30pm –

Tea and coffee will be available but please bring a packed lunch.

Venue: Anlaby Children's Centre, First Lane, Anlaby, HU10 6UE

Cost: FREE

Contact: Sally-Ann Pindar for further information or to book your place

Tel: (01482) 392254 or

Email: scdpanelenquiries@eastriding.gov.uk

Mindful

Parents supporting other parents and carers with children accessing the Child and Adolescent Mental Health Service (CAMHS). If you feel you could do with support, information or advice from parents in a similar situation, come along to a meeting.

Date: Every 2nd Thursday of the month (term time only)

Time: 10am - 12 noon

Venue: Kristoffs, 140 Hallgate, Cottingham HU16 4BD

Contact: mindful.eastriding@yahoo.com

All Stars – a group aimed at young people aged 11-19 years who have additional needs. Come along if you'd like to make new friends and improve your social life. Take part in crafts, cookery, sports and other fun activities whilst being supported by specially trained staff.

Dates: Wednesdays

Times: 6.00pm – 8.00pm

Cost: £2.50 per session

Venue: Hessle Community Centre, Old School House, The Hourne (near Hessle Square), Hessle, HU13 9LJ

Contact: email: dsi@barnardos.org.uk

Tel: (01430) 810139

Holderness

All Stars – a group aimed at young people aged 11-19 years who have additional needs. Come along if you'd like to make new friends and improve your social life. Take part in crafts, cookery, sports and other fun activities whilst being supported by specially trained staff.

Dates: Wednesdays

Times: 6.30pm – 8.30pm

Cost: £2.50 per session

Venue: Hornsea Methodist Church, Newbegin, Hornsea, HU18 1PA

Contact: email: dsi@barnardos.org.uk

Tel: (01430) 810139

Sensory needs of children on the Autism Spectrum or with Speech, Language and Communication Needs - Information sessions for parents.

Cath Murdoch, one of the East Riding Local Authority's Inclusion Practitioners for Autism and Speech, Language and Communication Needs is leading three information sessions for parent carers being held at Keyingham Primary School. Your child does not need to go to the school to attend the session.

Date: Wednesday 7 February

Time: 6:00 – 8:15pm

If you would like to attend one of these sessions please email the school with your name and contact number so the school know how many adults will be attending.

Venue: Keyingham Primary School, Russell Drive, Keyingham, HU12 9RU

Contact: keyingham.primary@eastriding.gov.uk

Managing Anger Seminar - This seminar is open to families and practitioners who would like to know more about Autism Spectrum Conditions and Anger.

The seminar will support understanding in the following ways:

- discuss why children with autism often have challenges with distressed behaviour and anger
- identify a low arousal approach for support through stressful situations
- explore the cycle of anger and possible support strategies
- examine strategies for managing feelings.

Date: Monday 30 April 2018

Time: 10am – 2.30pm

Tea and coffee will be available but please bring a packed lunch.

Cost: Free

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

Contact: Sally-Ann Pindar for further information or to book your place

Tel: (01482) 392254 or

Email: scdpanelenquiries@eastriding.gov.uk

Goole

Autism Seminar - Sensory Needs Seminar - The seminar is open to families and practitioners who would like to know more about Autism Spectrum Conditions, including;

What is Autism?

How Autism affects social communication

How sensory differences can affect a person with Autism

Strategies to support people with Autism.

Date: Monday 22 January 2018

Time: 10 am to 2.30 pm

Tea and coffee will be available but please bring a packed lunch.

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

Cost: FREE

Contact: Sally-Ann Pindar for further information or to book your place

Tel: (01482) 392254 or

Email: scdpanelenquiries@eastriding.gov.uk

Unique Friends - a support group for children with SEND / disabilities and their parent/carers and their families aged 0-25 years. At this session there will be a fully inclusive dance for the first part of the session. "Friends Can Dance" will be leading this activity. It's not to be missed.

Also available: fully accessible pop up Sensory Area complete with bubble tube, fibre optics and sensory toys, and an arts and crafts, quiet area and access to a tablet.

Date : Saturday 20 January 2018

Time: 13.30 till 15.30pm

Cost: £3.00 for child with SEND/disabilities and £1.50 per child thereafter.

Venue: The Junction, Paradise Place, Goole downstairs in the Workshop Room - wheelchair accessible venue.

Disabled toilet /changing facilities.

There is "The Walkway Cafe Bar " at the venue.

Wolds and Dale

All Stars – a group aimed at young people aged 11-19 years who have additional needs. Come along if you'd like to make new friends and improve your social life. Take part in crafts, cookery, sports and other fun activities whilst being supported by specially trained staff.

Dates: Thursdays

Times: 6.00pm – 8.00pm

Cost: £2.50 per session

Venue: St Mary and Joseph Church, 48 Union Street, Pocklington, YO42 2JN

Contact: email: dsi@barnardos.org.uk

Tel: (01430) 810139

Market Weighton Autism Parent Carer Support Group

Supporting parents and guardians before, during and after diagnosis of Autism Spectrum Condition and related conditions, a chance to talk to other parents, share ideas, stories, laughs, tears and celebrate our children with people going through similar life experiences.

Morning meetings

Dates: First Friday of the month

Times: 9am - 12 noon

Cost: Free

Evening meetings

Dates: The 3rd Monday of the month

Times: 6.30pm – 8.00pm

Cost: Free

Venue: Market Weighton Children's Centre, Princess Road, Market Weighton YO43 3BY

Tel: 07952 269817

Email: mwareaautismsg@gmail.com

East Riding wide and Hull/York catchment

Special Stars Foundation – supporting people with disabilities and their families, in Hull and East Yorkshire. Activities include:

- Parent Carer Support Group
- Sunday Club – Sunday 7 January 2018
- Sounding Special
- Gravity Inclusive Trampolining Session
- Inclusive Football
- E-Learning Induction – Thursday 18 January 2018

Address: Special Stars Foundation, 171 High Street, Hull, HU1 1NE

Tel: (01482) 227657

Email: info@heyspecialstars.co.uk

Web: www.heyspecialstars.co.uk

All Stars Plus – Social activities for anyone aged 18 - 25 years, with an additional need or disability who lives in the East Riding of Yorkshire. Activities promote independence, healthy living & emotional well-being.

Times: Various activities run between Monday to Sunday at various times

Cost: Cost varies depending on activity

Venue: This service runs at various locations

Contact: email: dsi@barnardos.org.uk

Tel: (01430) 810139

Aim Higher – Empowering families facing Autism, Mental Health and Educational Barriers for children and young people 0-25. Providing: advocacy service, workshops, guidance, activities, support groups and campaign to raise awareness and acceptance of autism and mental health issues.

Dates: Wednesday 10 January

Times: 10.30am – 12.30pm

Cost: Free

Venue: Special Stars, 171 High Street, HULL, HU1 1NE

Email: info@aimhigher.online

Web: [Aim Higher \(external website\)](#)

Hull & East Riding National Autistic Society (HERNAS)

Meetings are for parent carers of children on the autistic spectrum, giving everyone a very friendly, informal chance to meet and talk with other parent carers.

HERNAS Evening meetings

Date: The 2nd Tuesday of every month

Times: 7:00pm-9:00pm

Venue: Old English Gentleman, Mason St, Hull HU2 8BG

HERNAS Morning meetings

Date: The 3rd Wednesday of every month during term time

Times: 10:00am-12:00pm

Venue: ASDA Mount Pleasant Community Room, Hull, HU9 2BN

Contact: Jackie

Tel: 07917 040380

Email: hulleastriding@nas.org.uk

Web: [HERNAS website \(external website\)](#)

Hull Epilepsy parent carer support group

Meet other people with epilepsy, their families and carers at our monthly coffee and chat group.

Date: 3rd Thursday of every month

Time: 11am to 12.30pm

Venue: Hull Truck Theatre, 50 Ferensway, Hull, HU2 8LB

Contact: Cliff: 01274 640 064

Email: cchallenger@epilepsy.org.uk

National News

Newsletters

National Autistic Society monthly e-newsletter - [Click here](#) to view online.

Includes details of autism-friendly performance of the **Lion King** at the Lyceum Theatre in London on Sunday 3 June 2018

Mental Health First Aid Newsletter - Click [here](#) to view online.

CP Sport 2018 event calendar: web: <http://www.cpsport.org/events/>

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

The next bulletin will be on Thursday 18 January. PLEASE NOTE IF YOU REQUIRE ANY INFORMATION TO BE ADDED TO THE BULLETIN CAN YOU SEND IT TO FISH BEFORE 12 NOON ON WEDNESDAY 17 January THANK YOU.

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)

Families Information Service Hub (FISH)

FS32, County Hall, Cross Street, Beverley, HU17 9BA

Tel: (01482) 396469 Email: fish@eastriding.gov.uk

Web: www.fish.eastriding.gov.uk

Twitter: www.twitter.com/East_Riding

Facebook: www.facebook.com/eastridingcouncil

