



SENDIASS NORTH YORKSHIRE PARENT & CARER'S SUMMER NEWSLETTER

July 2026

Summer is finally here! ☀️

We hope you are ready for a relaxing summer break and enjoy our newsletter.

It's packed with ideas for:

- ✓ Advice and Resources
- ✓ Mental health support for you and your child or young person
- ✓ Support groups near you

You deserve the highest of high fives for all of the amazing work you are doing.



If no one has told you lately, you are making a difference.

sendiass
NORTH YORKSHIRE

💛 Looking After Your Child or Young Person's Mental Health this Summer

Visit The Go-to website for information on support for young people's mental health in North Yorkshire this Summer.

Take a look at the website [here](#)

There are other services that can offer support for young people's mental health listed below:

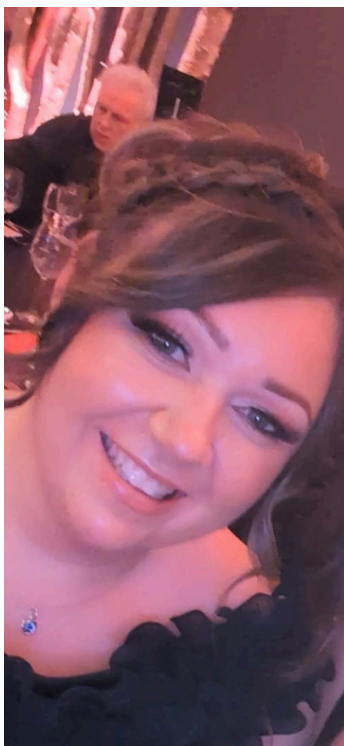
💬 **Kooth**
Free online chat support
👉 kooth.com

☎️ **Childline**
0800 1111
👉 childline.org.uk

🌿 **Young Minds**
Tips and advice
👉 youngminds.org.uk

🌸 **The Mix**
Support up to age 25
👉 themix.org.uk





Meet our new SENDIASS Coordinator

Shanice Davidson

Shanice has recently joined the SENDIASS North Yorkshire Team.

Shanice has a background in Early Years, including working in Nursery Management roles and as an Early Years SENDCo.

Shanice is happy to be joining our team and settling in brilliantly.

Welcome Shanice!



FEAST Holiday Activities Programme

- Activities include:
 - Sports, outdoor adventure (climbing, canoeing, etc.)
 - Arts, crafts, drama and music
 - Youth clubs, games and social activities
- Delivered by 100+ providers across the county
- Designed to be inclusive of children with SEND, with many specialist providers involved

👉 Browse and book via:

- [FEAST activities finder](#)



Events & Activities



What's On This Summer?

Local activities near you

Information on local activity sessions here: northyorkshiretogether.co.uk



Libraries

Summer reading challenge has begun around North Yorkshire. Info on Sensory Sessions and Summer Activities here:



northyorks.gov.uk/libraries



Inclusive sports clubs

Everything you need to know about inclusive sporting opportunities here:



northyorkshiresport.co.uk



Youthability (Hambleton & Richmondshire)

Ages 11-25 with SEND

Activities: cooking, crafts, sports, trips



More info [here](#)



Accessible walks in Dalby Forest

Spend some time enjoying nature and fresh air



forestryengland.uk/dalby-forest



Ability for All (Boroughbridge)

Disability football team (ages 12-17)



Inclusive sport provision info [here](#)



Getting Ready for September

Starting a new school year can bring both excitement and anxiety for children and young people with SEND. Planning ahead can help make the transition smoother and build confidence. Here's some tips that may help:



✓ Talk About the Changes

- Begin discussing the new school year early.
- Use positive, simple language to talk about what will stay the same and what may be different.
- Encourage your child to share any worries or questions they may have.

✓ Create a Visual Countdown

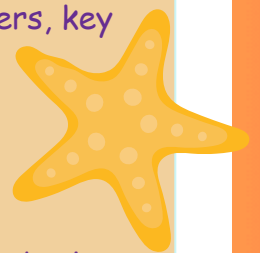
- Use a calendar, countdown chart, or visual timetable to help your child understand when school will start.
- Mark important dates such as transition visits, uniform shopping, and the first day back.

✓ Visit the School if Possible

- Arrange a visit to see classrooms, entrances, dining areas, or other key spaces.
- Taking photos during visits can help your child familiarise themselves with the environment before term begins.

✓ Prepare Transition Resources

- Create a booklet or social story with photos of the school, teachers, key staff, and important areas.
- Review it together regularly over the summer.



✓ Check Support Arrangements

- Contact school if you have questions about support, transport, medical needs, or classroom arrangements.
- Make sure any key information about your child's needs is up to date.

✓ Focus on Wellbeing

- Ensure time for relaxation, favourite activities, and sensory regulation during the holidays.

Here are some more useful webpages to help with
Transitions:

[Mentally Healthy Schools](#)

[Young Minds](#)

[Contact - Tips to help when your child changes Schools](#)

Looking After Yourself During the Summer Holidays

The summer holidays can be a wonderful opportunity to make memories, but they can also bring added pressures for families of children and young people with SEND. Changes to routine, managing appointments, and meeting your child's needs every day can be exhausting.

Remember - looking after yourself isn't selfish. When you're supported, you're better able to support your child.

💖 **Top Self-Care Tips for SEND Parents and Carers**

🌱 **Lower Expectations** Not every day needs to be filled with activities. It's okay to have quieter days at home and to say no to plans that feel overwhelming.

🕒 **Schedule Short Breaks** Even 10-15 minutes with a cup of tea, a book, music, or a walk outside can help you recharge.

📅 **Keep Some Structure** Many children with SEND thrive on routine. A simple visual timetable can help reduce anxiety and make days feel more manageable for everyone.

🧘 **Move Your Body** Whether it's a walk, gardening, stretching, or dancing in the kitchen, gentle movement can boost mood and reduce stress.

💖 **Be Kind to Yourself** You are doing your best. Celebrate the small wins and remember that perfection isn't the goal.



Connect with Others

You Are Not Alone

Connecting with other parents and carers who understand the joys and challenges of raising a child with SEND can make a huge difference. Whether you're looking for practical advice, emotional support, training opportunities, or simply a friendly chat, there are organisations across North Yorkshire ready to help

Here are some local support groups:



Parent Carer Voice North Yorkshire

The recognised Parent Carer Forum for North Yorkshire, representing families of children and young people aged 0-25 with SEND.

 Website [here](#)

Carers Plus Yorkshire

Supports unpaid carers across Hambleton, Richmondshire, Scarborough, Whitby and Ryedale.

 Website [here](#)

Carers' Resource

Provides practical and emotional support to unpaid carers across parts of North Yorkshire.

 Website [here](#)

Neurodiverse Community (Hambleton & Richmondshire)

A parent-led organisation supporting families of neurodivergent children and young people.

 Website [here](#)

Ryedale Special Families

Supports families of children and young people with disabilities and additional needs in the Ryedale area.

 Website [here](#)

HAVE YOU VISITED OUR WEBSITE?

Information for parents, carers, young people and professionals on SEND law, policy and procedures in North Yorkshire.



www.sendiassnorthyorkshire.co.uk

Our website has a section dedicated to advice and information for Parents and Carers.

Click on the subject below to view our webpages:

[SEND Support](#) [EHCPs](#) [Exclusions](#)
[Transport](#) [Complaints](#) [Early Years](#)
[Annual Review](#) [EHC Needs Assessments](#)
[Parents and Carers](#)

UPCOMING EVENTS



INFORMATION SESSIONS FOR PARENTS & CARERS

ANNUAL REVIEW OF AN EHC PLAN
INCLUDING MOVING TO A NEW PHASE OF EDUCATION
Thursday 10th September @10am

REQUESTING AN ASSESSMENT FOR AN EHC PLAN
Thursday 1st October @12pm

DRAFT EHC PLANS
Friday 23rd October @10am

SEND SUPPORT IN MAINSTREAM SCHOOLS
Thursday 19th November @12pm

CLICK THE LINK BELOW TO BOOK YOUR PLACE:

[SENDIASS NORTH YORKSHIRE EVENTS](#)

SENDIASS North Yorkshire Events

How to Contact us:

 **SENDIASS North Yorkshire** (Special Educational Needs & Disabilities Information Advice and Support Service)

We are here to offer free, confidential and impartial advice, support with EHCPs, school issues, and rights

Contact form: [Parent & Carer Contact Form](#)

 Email: info@sendiassnorthyorks.org

 Phone: 01609 536923