



SENDIASS NORTH YORKSHIRE SUMMER NEWSLETTER



JULY 2025



Welcome to the SENDIASS
North Yorkshire
Summer Newsletter

How to Contact Us

Advice Line is open 9:30am—
1pm Monday to Friday
(excluding School Holidays)

Advice Line: 01609 536923

Advice Line Email:

info@sendiassnorthyorks.org

Our Website:

www.sendiassnorthyorkshire.co.uk

Facebook:

@Sendiassnorthyorks

Instagram: @SendiassNY

YouTube:

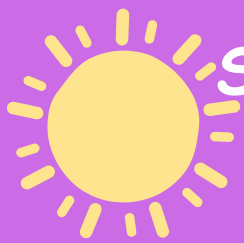
@SendiassNorthYorkshire

Sun Safety and Health Tips

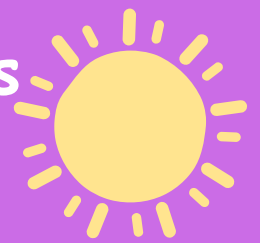
It's important to stay safe during the warmer weather. Here are some links with advice and tips on staying safe in the sun.

[Keeping safe in the sun advice from NHS.](#)

[Tips to support Autistic Children in hot weather](#)



Summer Wellbeing & Activities



Sensory-Friendly Summer Activities:

Low Stimulation Outings:

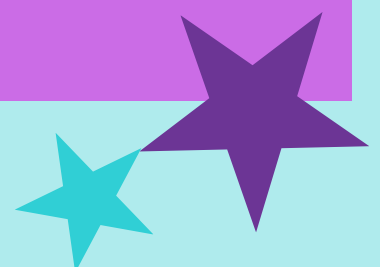
- Quiet Park Walks- Opt for a less crowded park or visit during off-peak hours. Focus on nature, like observing trees, leaves, or birds, engaging in a calming sensory experience.
- Library Visit- Many libraries have quiet areas or offer story times with limited stimulation. This can be a great way to enjoy books and quiet activities.

Sensory-Friendly Outings:

- Some museums or community centres offer specific programs or times designed for individuals with sensory sensitivities, providing a more controlled environment.
- Gentle Sensory Walk - Create a path with various safe, tactile materials like soft fabric, smooth stones, or textured mats. This allows for a controlled sensory exploration.
- Nature Exploration - A walk in a quiet forest or garden can be calming, focusing on the sights, sounds, and smells of nature.

At-Home Sensory Play Ideas:

- Sensory Bottles - Fill clear bottles with water, oil, and add various items like glitter, beads, or small toys. Secure the lid tightly and allow for visual exploration.
- Playdough - Make or buy playdough and add essential oils for a calming scent or different textures like glitter or beads.
- Sensory Bins - Fill a container with items like rice, beans, pasta, or water beads. Add scoops, cups, and toys for scooping, pouring, and sorting.
- Water Play - Use shallow trays or tubs with water and add items like bath toys, cups, and sponges. Supervise closely.
- Homemade Instruments - Create simple instruments like shakers from bottles filled with rice or beans, or use pots and pans for drumming.
- Edible Sensory Play - Use taste-safe materials like cooked pasta, yogurt, or fruit for sensory exploration.
- Painting Activities - Try painting with various mediums like finger paints, shaving cream, or ice cubes.



Accessible Holiday Destinations

There is lots to consider when planning a holiday with your family, Here are some great resources with tips for planning inclusive family trips.

[Special Needs Jungle Article: Tips for planning a holiday](#)
[Holiday Ideas for children with SEND](#)

Support for Parents during the Summer Holidays

Below are some brilliant resources and webpages that give advice for parents during the summer holidays.

[8 Simple Tips to Support Parents during the Summer Holidays](#)

[Supporting Parents during the Holidays Resource From Mind Charity](#)

[Support Childrens Mental Health in the Holidays](#)

[11 Tips to support your Child's Speech and Language at home from the BBC](#)

FEAST Activities

FEAST offers loads of different things to do in the school holidays.

All children and young people across North Yorkshire can get involved in a range of holiday activities, with free places and a free meal for children and young people receiving benefits-related free school meals.

FEAST partners with leading holiday playschemes, clubs and activity providers from across North Yorkshire to offer a wide range of activities for kids of all ages from Reception to Year 11.

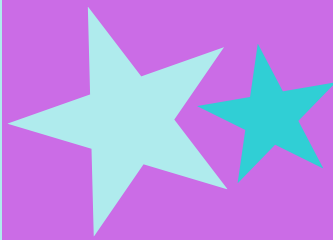
There is so much to choose from - come and take a look at the [fantastic selection of free holiday activities near you](#).

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.





Preparing for the New Academic Year

With the new academic year fast approaching, its important to be prepared for the transition to a new school or class. Here are some useful links to webpages with more information on Transitions:

General information about transitions for all phases of education

- [Moving to a new phase of education with an EHC Plan | \(IPSEA\) Independent Provider of Special Education Advice](#)
- [Planning the move to a new school for children with SEND | \(IPSEA\) Independent Provider of Special Education Advice](#)
- [Annual reviews in advance of a transfer between phases of education: Model letter 12 | \(IPSEA\) Independent Provider of Special Education Advice](#)
- [Top Tips for Starting School](#)

Early Years to Primary

- [Transitions-FAQ-Guide-for-Parents-V2.pdf \(brighterfuturesforchildren.org\)](#)

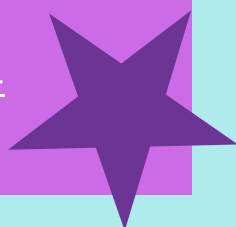


Primary to Secondary Information

- [School Resources to Help With Transitions | Mental Health | YoungMinds](#)
- [Webinar: Supporting Successful Transitions from Primary to Secondary School | Whole School SEND - useful Webinar that you could share with school staff](#)
- [Choosing a secondary school with an EHC plan | \(IPSEA\) Independent Provider of Special Education Advice](#)

Post 16 Transition

- [Transition post-16: which way now? • SEN Magazine](#)
- [Transitioning from school to further education | Resources | YoungMinds](#)
- [Coping With The Transition Into Year 13 | Real Stories | YoungMinds](#)
- [What does SEN Support in post-16 education mean? | \(IPSEA\) Independent Provider of Special Education Advice](#)
- [Education beyond 16 | Contact](#)
- [Participation of young people in education, employment or training - childlawadvice.org.uk](#)



New Webinar on Primary to Secondary Transitions

We have recently added a new webinar to our Youtube Channel all about transitioning from Primary to Secondary school. Watch it here :

[PRIMARY TO SECONDARY TRANSITIONS WEBINAR](#)

We also have lots of information on Transitions on our website here:

[SENDIASS North Yorkshire Parents and Carers](#)



Results Day

With GCSE and A Level results days coming up in August, here are two guides from the BBC and Young Minds for parents on how to support your child:

[Results Day Parents Guide BBC](#)

[Young Minds Parents Guide to Results day](#)

Parent Carer Voice

Parent Carer Voice are the recognised Parent Carer Forum for North Yorkshire, supporting families with children and young people (0-25 years old) with Special Educational Needs and/or Disabilities (SEND).

Their vision is to inform, empower and represent the collective voice of families with SEND in the region.

Parent Carer Voice offer many virtual sessions on a range of topics including, sensory processing, employment and social emotional mental health.

You can see their upcoming events on their website here:

[PCV Events](#)



Upcoming Events

Requesting an Education, Health and Care Assessment (EHCAR request) Information Session.

EHCAR INFORMATION SESSION FOR PARENTS AND CARERS



**Virtual Session
hosted via MS Teams**

In this session we will cover the EHCAR process, paperwork, SEND law around EHCPs and answer your questions.



To book a place,
please visit the link below

Virtual Training Session for Parents and Carers.
Are you considering requesting an EHC Needs Assessment?

In this session we cover:

- What is an EHCP and an EHCAR?
- SEND Law on requesting an assessment.
- Who can request an assessment and when.
- What evidence is needed.
- How to complete the EHCAR form.
- The statutory timeline from requesting an assessment to a final EHC Plan being issued.

This session is for Parents, Carers and Young People ONLY.

Please do not book onto this session if you're child or young person already has an EHCP.

Are you looking for advice on Mainstream SEND Support without an EHCP?

This session covers:

- What is SEND and Mainstream SEND Support?
- The law around SEND Support, school duties and reasonable adjustments.
- The Broad Areas of Need.
- The Graduated Approach.
- SEND Support Plans
- Attending meetings to discuss SEND Support.

These sessions are specifically for Parents and Carers ONLY, who are living in North Yorkshire.

Please do not book onto this session if your child or young person has an EHCP.
You can book onto the upcoming sessions via the links below:

SEND SUPPORT IN MAINSTREAM SCHOOLS INFORMATION SESSION FOR PARENTS AND CARERS



**Virtual session
hosted via MS Teams**

In this session we will give information and advice on SEND Support in mainstream schools, SEND law, school duties and attending a SEND Support Meeting.



To book a place,
please visit the link below

You can book onto upcoming events via our website here:
Events Calendar



The Go-To - Support for Young People's Mental Health

The Go-To is the home of wellbeing and mental health for young people in North Yorkshire. The Go-To is there to help you find the right help and support for you, to help you stay well, whatever is going on in your life.



Visit their website [here](http://www.thegoto.org.uk).



Resources to support Young People with Anxiety

- Not fine in school -

<https://notfineinschool.co.uk/>

- Childline -

<https://www.childline.org.uk/get-support/>

- Kooth - <https://www.kooth.com/>

- Stem4 - <https://stem4.org.uk/>

- Young Minds -

<https://www.youngminds.org.uk/young-person/find-help>

- On My Mind -

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/>

- The Mix (13-25) - <https://www.themix.org.uk/>

- Compass Pheonix -

<https://www.compass-uk.org/services/compass-phoenix/>