

JULY 2025

YOUNG PEOPLE'S SUMMER NEWSLETTER

HELLO SUMMER!

Welcome to our sunny summer edition! We've packed this newsletter with fun activities, helpful tips, and exciting events to make your summer full of joy, creativity, and connection



SUMMER ACTIVITIES TO TRY

Here are some sensory-friendly and inclusive activities to enjoy:

- Nature Treasure Hunt 🌿

Explore your garden or local park. Can you find something soft, something round, and something that smells nice?

- Water Play Fun 💧

Fill a tray with water and add cups, spoons, and toys. Splashing is encouraged!

- DIY Calm Jars ✨

Fill a jar with water, glitter, and a few drops of food colouring. Shake it up and watch the magic.

- Story Time in the Shade 📖

Create a cosy reading nook outside with blankets and your favourite books.

Creative Corner

- Make Your Own Summer Collage. Use old magazines, leaves, and colourful paper to create a sunny scene.
- Paint with Ice Cubes. Freeze paint in ice cube trays and use them to paint on paper for a cool effect!





WELLBEING TIPS FOR THE SUMMER

- Take Breaks: It's okay to rest when things feel too busy.
- Use a Visual Schedule: Knowing what's next can help you feel calm and in control.
- Stay Cool: Wear a hat, drink water, and find shady spots when it's hot.

Quote of the Summer

"You are braver than you believe,
stronger than you seem, and smarter
than you think."
— A.A. Milne

Local Events & Clubs - Summer 2025

 Deer Shed Festival 15
 Topcliffe, North Yorkshire
 July 25-28, 2025

 Family-friendly tickets available

This inclusive festival is known for its welcoming atmosphere and dedicated children's programme. Expect interactive workshops, science experiments, arts and crafts, and sensory-friendly zones. A great choice for families with SEND children.

 Yorkshire Dales Food & Drink Festival
 Skipton
 July 18-20, 2025

 Family weekend passes available

Enjoy a weekend of food, fun, and family entertainment including a petting zoo, circus school, and kiddies' cinema. The festival is spacious and offers quieter areas for those who need a break from the crowds.

 Science & Sensory Workshops at Local Libraries
 Various libraries across North Yorkshire
 Throughout July & August

Local libraries often host SEND-friendly sensory sessions and science-themed workshops. Check with your nearest branch for dates and booking info.

Local Events & Clubs - Summer 2025

 Creative Arts Club - Harrogate

 Harrogate Community House

 Weekly sessions through summer

A relaxed, inclusive art club for children and young people with SEND. Activities include painting, clay modelling, and collage-making in a calm, supportive environment.

SEND DANCE CLASSES

Funded by Riccall Resilience

Free of charge,
for children aged 4-12

*The Summit studio at
Selby Leisure centre*

Thursday 7th August 12:15-1pm
Thursday 14th August 12:15-1pm
Thursday 21st August 12:15-1pm
Thursday 28th August 12:15-1pm

*Contact to book-
hannahhowcroft@hotmail.co.uk
07707 92 93 93*





MEETING DATES

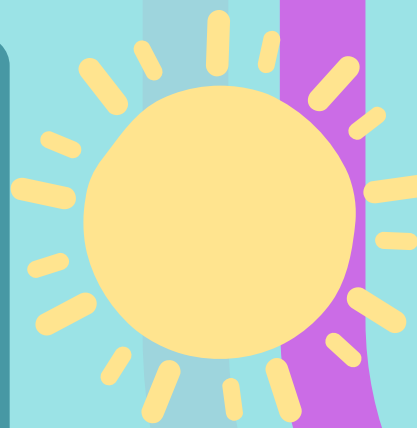
7TH MAY
 21ST MAY
 4TH JUNE
 18TH JUNE
 2ND JULY
 16TH JULY
 23RD JULY - END OF TERM PARTY
FOR AGE S 11-25 YEARS OLD

★ **WHERE? RISEDALE YOUTH CENTRE,
 CATTERICK GARRISON, DL9 4BD** ★

**WHEN? every other Wednesday 5.30PM
 - 7.00PM**

**JOIN IN THE FUN AT OUR YOUTH
 GROUP, SEE THE ABILITY IN YOU AND
 MAKE NEW FRIENDS.**

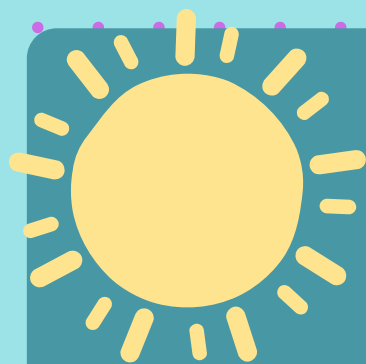
**to find out more email us at:
 youth@neurodiverse-community.co.uk**



Take a look at our
 Facebook Page for more
 events happening in
 North Yorkshire this
 summer.

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/>



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

The Go-To

For healthy minds in North Yorkshire

The Go-To website is the home of wellbeing and mental health for young people in North Yorkshire.

We're here to signpost young people, parents, carers and professionals to the right help and support.

Visit www.thegoto.org.uk



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).

Results Day

With GCSE and A Levels results days coming up in August, it can feel like a worrying time. Making decisions about your future can be stressful and it's important to talk about your worries and look after your mental health.

Young Minds have a great guide with Tips to prepare for Results day [here](#).

[BBC Bitesize guide to GCSE Results Day - everything you need to know!](#)

[The Spark Guide to Exam Results Day](#)

Your exam results do not define you as a person and/or predict your future!

Laura Henry

Back to School Tips

Getting ready for school can feel like a big change, but here are some tips to help you feel more confident and calm:



Start a Countdown

Use a calendar or visual schedule to count down the days until school starts.



Practice Your Routine

Try waking up, getting dressed, and having breakfast at school-time hours a week before school starts.



Pack Your Bag Together

Make a checklist of what you need—like your pencil case, lunchbox, and comfort item if you use one.



Try On Your Uniform

Wearing your school clothes for a few hours at home can help you get used to how they feel.



Talk About Feelings

It's okay to feel nervous or excited. Talk to someone you trust about how you're feeling.



Visual Supports

Use pictures or symbols to help remember your routine or what to expect at school.



**HOW TO
CONTACT
US**