



SENDIASS NORTH YORKSHIRE YOUNG PEOPLE'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:

- ✓ Fun activities
- ✓ Mental health support
- ✓ Youth groups near you

💛 Looking After Your

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



sendiass
NORTH YORKSHIRE





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](#)



Feeling Good This Summer

Changes to routine can feel tricky
—this is normal!

👍 Top tips:

- Keep a simple routine
- Use visual timetables
- Take breaks when needed
- Talk to someone you trust

IF YOU EVER
FEEL LIKE
YOU'RE LOSING
THE RACE,
PLEASE
REMEMBER
THERE IS NO
RACE.

Top Tips for a Great Summer

☀️ Try something new - a new hobby or why not join a youth Group. North Yorkshire Youth run youth groups around the county. You can find out more [here](#)

☀️ Spend some time outdoors and stay safe in the sun. Find out how to stay hydrated and healthy in the summer [here](#).

Activity Corner

🎨 Try This!

Make a Calm Jar

1. Fill a bottle with water
2. Add glitter or small items
3. Shake and watch it settle

👍 Great for calming busy minds.



Getting Ready for September

Starting something new can feel exciting and worrying. Here are some ideas of ways to feel more prepared for the start of the new Academic Year:



17 Start talking about the new term early

- Discuss any changes to routines, teachers, classrooms or timetables.
- Use calendars, countdowns or visual schedules to help prepare for the transition.

Visit or look at the school environment

- If possible, arrange a visit to see new classrooms or key areas.
- Look at photos on the school's website or create a visual story about what to expect.

Re-establish routines

- Gradually move bedtimes and wake-up times closer to school-day routines.
- Practise morning routines during the last week of the holidays.

Share worries and questions


- Encourage young people to talk about how they're feeling.
- Make a list of questions or concerns to discuss with school staff.

Remember wellbeing matters

- Returning to school can bring excitement and anxiety.
- Celebrate small successes and allow time to adjust to new routines.

Celebrate YOU!

Every achievement matters:

Trying something new, asking for help, being kind and taking time to rest. You're doing brilliantly 



Local Support in North Yorkshire

📞 **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: [Young Person's Contact Form](#)

✉ Email: info@sendiassnorthyorks.org

📞 Phone: 01609 536923

🏠 **North Yorkshire SEND Local Offer**

Find services, activities, and advice for SEND families:

🌐 Website: [here](#)

👉 Includes activities and short breaks, education support and health services.

🆘 **If You Need Urgent Help**

- Contact your GP
- Call NHS 111
- In an emergency: 999



Final Thought

Summer is about feeling safe, happy, and comfortable—whatever that looks like for you.

Enjoy your summer!