



INCLUSIVE GROUPS- Resources

Information included is either from professionals or recommended by families. It therefore covers a breadth of approaches, services and resources. If you have any resources you wish to include in this document please email familiesofneurodiversekids@yahoo.com.

Inclusive groups

Bee Able

Bee Able looks at supporting children, young people and adults living with a disability and their families. They offer groups, youth clubs and siblings groups.

Two groups for children

- Drax Village Hall- runs every other Saturday 10-2pm
- Monk Fryston Community Centre- runs every other Saturday 10-2pm

Youth group- runs every Wednesday during term time either 6.-7.15 pm or 7.30-9pm at Osgodsby Village Institute.

For details of the referral process contact 01757 705585

Little Hiccups

Based in Leeds Little Hiccups offer services to children under 16 with additional needs and disabilities and their families. These include:

- Weekly, 'Stay and Play' for under 5's for children with additional needs and disabilities.
- Counselling support for parents who have been registered with Little Hiccups for over 6 months
- Sports- Hydrotherapy and yoga.



For further information email: info@littlehiccupps.co.uk

Unique Friends

Unique Friends offer monthly activity sessions for all ages based in Gilberdyke. Activities include cooking, gardening, bowling, clay work and science experiments.

Referral process

You can fill in a membership form on

<http://www.uniquefriends.org.uk/contact/4592978614> to become an unique friend.

Spectrum

Spectrum Youth Group is aimed at young people age 14-25 who have additional needs. These can be categorised as physical/emotional/ learning disabilities, people on the Autistic Spectrum or simply young people who need a more supportive and inclusive environment. Spectrum aims to help fill the gap in opportunities for young people with disabilities to develop friendships and reduce social isolation that many experience. They meet at The Barn, St Joseph Street, Tadcaster, LS24 9H4 . They can be contacted on spectrumyouthgroup@aol.co.uk or www.spectrumyouthgroup.co.uk

Chudlow Martial Arts Tadcaster

Offering Karate and Kickboxing from age 4 to adult. Chudlow Tadcaster is committed to making martial arts accessible to everyone and have the achieved the Scope Inclusion Quality Mark.



Unit 4 Station Estate, Tadcaster, LS24 9SG

hello@yma.ninja

07432 061212

SEN SESSIONS

SEND sessions at Selby Superbowl

Accessible through a private facebook group named 'SEND session at Selby Superbowl'. These sessions are organised by a teacher and take place in the school holidays.

Point Zero, York

A 'Friendly Session' for those that benefit from less noise and crowding takes place on a Thursday 6-7pm. No proof of disability is required for these sessions.

Jump Inc, Leeds

SEN sessions are held on a Wednesday from 6-7pm

Gravity, Cardigan Fields -Leeds

Gravity turn the lights up and the sounds down at their SEN sessions. These special sessions are £5 p.p a hour with 1 carer able to attend free if a code is used on booking.

Gravity, Castleford held on Thursday's at 4,30pm or 9am on a Tuesday in the school holidays.



Agility, York

Agility host a SEN session on a Tuesday between 6-8pm. Music will be turned off and coaches will be on hand to supervise and support participants on the course. Tickets can be booked online at www.agilityparks.co.uk.

Laser Zone, Castleford

SEN sessions with reduced music levels, increased lighting, reduced special effects and reduced player number in the arena to provide calmer sessions. Sessions take place every 2nd Sunday of the month 10-10.20am. See their facebook page for more details or www.lazerzone.co.uk/castleford/send.

Laser Zone, Leeds also run SEN sessions take place every 3rd Sunday of the month 10-10.20am

Clip and Climb, York

Friday 3.40-4.40pm Climb and Climb at York Leisure Centre offer a SEN climbing session. This sessions operates at reduced capacity to ensure a comfortable environment for all climbers to take part.

Inclusive Swim, York Leisure Centre

This open session is designed for people with disabilities and carers to enjoy the water in a friendly, safe environment. There is no music played during this session.

Saturday 4.15-5.15pm. Adults £5.55 and Juniors £3.75



Freeklime, Clifton Moor- look on website/facebook details for starting date for their new inclusive sessions.

SENSORY ROOMS

Kidzone, Garforth

This indoor play centre has a sensory room which can be booked for a 1 hour play slot. The room is suitable for babies, toddlers and children with additional needs.

www.kidzone.co.uk

Sensory Planet, Knottingley

This fully inclusive multi-sensory centre provides high quality, carefully selected equipment to create an environment to immerse the senses. The environment can be adapted to meet the needs of your child be it to aid relaxation, stimulate, promote exploration, develop fine and gross motor skills and/or practice communication skills. Rooms can be booked for 90 minute at a time. For more information go to www.enableunitycic.org.uk or email knottingley@sensoryplanet.co.uk.

Zen, Harrogate

Sensory and wellness centre on the outskirts of Harrogate. Offers four deluxe sensory rooms and pet therapy. A full access sessions gives access to all four rooms for 20 minutes in each room on a rotation basis to enjoy an immersive experience. A SEN support session runs every other Sunday 10-11am.

www.zensbsensory.co.uk

