

PRIMARY

SELFA Active

Ings School, Skipton. Thursdays 3.30pm-5.30pm. Years 3-6

Make new friends and take part in fun activities with a child-led group for KS2 children. The group is aimed at improving physical and emotional wellbeing. Children will be able to develop social skills and form positive relationships with children and staff/volunteers.

Bentham Primary

Pioneer Projects, Bentham, Mondays 3.30pm-5.00pm. Years 1-6

An opportunity to build positive relationships, make friends, feel less socially isolated and have a greater sense of belonging. These user-led sessions offer a range of arts, sports and wellbeing activities for primary-aged children.

Community Champs

Ings School, Skipton. Mondays 3.30pm-5.30pm. Years 2-5

A 12 week community-focused programme offering an exciting and rewarding opportunity for to learn, give back and, most importantly, have fun. The programme will encourage children to develop their own voice, leadership skills and a sense of belonging, and provide social and emotional learning experiences.

SELFA Inspire

Ings School, Skipton. Wednesdays 3.45pm-5.45pm. Year 6.

A weekly club to help prepare children for the move to secondary school. The group will consist of children with similar needs, focussing on developing leadership, organisation, communication and teamwork skills which will help equip them to deal with the challenges faced during the transition from primary education.

SELFA Starters

Ings School, Skipton. Wednesdays 3.30pm-5.30pm. Reception & Year 1

SELFA Starters is a child-led play group in which the children's interests and needs will shape each session. This could include junk modelling, role play, circle games, construction activities and more. We provide a safe and stimulating environment for children to develop key social and independence skills through the use of free play.

SMILE Project

Ings School, Skipton. Thursdays 3.30pm-5.30pm. Years 1-3



Smile Project is an inter-generational project that encourages young people to build relationships with elderly members in the community. The group will help to think of new, fun ideas of how we can interact with the older generation around Skipton. This might include: online video calls, making crafts for them, writing letters, teaching each other skills, meeting in the community at a distance.

There are many benefits for inter-generational activities including an increase in self-confidence and self-esteem.

SELFA Thrive

Tuesdays 3.30pm-5.30pm. Years 3-6

SELFA Thrive is an inclusive group for children who would benefit from additional support to increase their overall well-being. The group will take part in fun and engaging activities such as sports, crafts, gardening, baking etc to encourage the young people to develop their resilience. All children who attend SELFA Thrive will also be able to access at least six one-to-one mentoring sessions throughout the year, which will be a safe space for each to child to acknowledge how they are feeling and learn to develop a number of coping strategies.



SECONDARY

Bentham Youth



Pioneer Projects, Bentham, Mondays 5.30pm-7.00pm.

A group encouraging social interaction, independence and increased self-confidence. Member will have an opportunity to make friends and learn valuable life-skills through fun activities.

Young people will develop leadership and teamwork skills by playing an active role co-designing each session.

Girls Rock

Ings School, Skipton. Wednesdays 4.00pm-5.30pm

A weekly club aimed at girls who could benefit from a group promoting social interaction, independence and increased self-confidence. The group provides an opportunity for girls to make friends, receive support and learn valuable life-skills all through fun activities such as cooking, crafts, sports, trips and community-based projects which are decided on by the group members.



SELFA Engage

Ings School, Skipton. Tuesdays 6.00pm-8.00pm



SELFA Engage is an opportunity to try different sports, make new friends and take part in fun activities with a group aimed at improving physical and emotional well-being. We will use group activities to better understand our emotions and triggers, and learn healthy ways to respond.

SELFA Youth

Ings School, Skipton. Wednesdays 6.00pm-8.00pm

A group encouraging social interaction, independence and increased self-confidence.

This user-led group provides an opportunity to make friends and learn valuable life-skills through fun activities such as and community-based projects.



Sports Leaders

Ings School, Skipton. Mondays 6.00pm-8.00pm

A Monday multisport club for a positive, feel-good start to your week, with the opportunity to get active and enhance your health and wellbeing, meet new friends, find new interests and learn new skills in a non-judgmental, safe, enjoyable environment. Participants will be involved with the planning of the club, taking on different leadership, umpiring and refereeing roles.

Special Educational Needs and Disabilities

SELFA Explorers

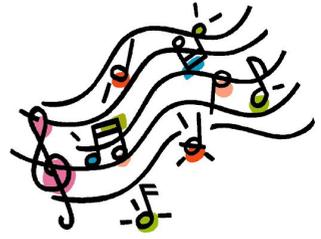
Ings School, Skipton. Sundays. Contact SELFA for dates and times. Age: 4-19 years

Enjoy the great outdoors with a forest school session! Exploring and learning more about the outside world, we'll be using the outdoor space to enjoy activities such as den building, making bug hotels and roasting marshmallows. A parent/carer must provide 1:1 support for the child/young person.



Family Music

Ings School, Skipton. Sundays. Contact SELFA for dates and times. Age: 4-19 years



A family music group for SEND children to attend with their parents/carers and siblings. The group provides an opportunity for young people & their families to enjoy an interactive and accessible music session, led by professional musicians from Live Music Now.

iMUSE

Ings School, Skipton. Sundays. Contact SELFA for dates and times. Age: 4-19 years

iMUSE is a 1-to-1 therapeutic multi-sensory experience. It provides a space to relax, forget the outside world and feel anxiety and stress reduce. iMUSE uses interactive technology to help children relax, make music and create visuals. Each session lasts for 30 minutes and parents must accompany their children.

SELFA Saturday Club

Ings School, Skipton. Fortnightly on Saturdays. Contact SELFA for dates and times. Age: 4-19 years

A stay and play style session for children who need a high level of support. We offer activities such as baking, sensory play, sports, crafts and music. These are small sessions with no more than 6 children and 4 staff members, to enable children to stay without their carer.

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SELFA FAMILIES TOGETHER

This is intended for families in need of support with parenting and children's mental health. Places will be offered to the family as a whole and both parents and children must commit to the programme to receive a place. All participants must attend an initial meeting before their place is confirmed.



The programme will start with 6 sessions for parents and 6 sessions for young people. The parent sessions will be two hours long with practical elements and group discussion. The session structure will remain the same every week, with the content changing to reflect the desired outcomes. The child sessions will focus on building resilience and improving mental

health and wellbeing, including an activity and a social element to foster a sense of belonging.

At the end of the 6 weeks all families will attend a weekend residential to help embed the strategies learned into family life. We will take part in team games, outdoor activities and group work to identify how the family wants to move forwards. There will also be opportunities to socialise, perhaps in the pool or cinema.

We offer 6 weekly one-to-one mentoring sessions for one child in the family and 4 parent coaching sessions. Towards the end of the programme we run a fun family weekend day where we will help imbed the strategies learned so far into family life through taking part in team games, outdoor activities and group work to help the family move forward together. There will also be the opportunity for families to socialise, relax and eat together.

Participants will be invited to a follow-up family session at 12 weeks and half-day follow-up group meetings after 6 and 12 months.

If interested in taking part in the programme, please contact Emma Pears (emma.pears@selfa.org.uk).