

SELFA Mindful

Ings Primary School, Thursdays 6.45pm—8.15pm

A short 6 week course to promote positive wellbeing. The sessions focus on building self-esteem, confidence and resilience through small group activities. The sessions will have a main focus of: understanding emotions, strategies to improve bad days and roleplay, as well as social activities such as games, cooking and going to a café.

SEND

Family Music

Ings School, Skipton. Sundays, every 3 weeks, 2.00pm—3.30pm.
Ages 4-19

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.



SELFA Saturday Club

Ings School, Skipton. Alternate Saturdays 10.00am—12.00pm. Ages 4-19

A stay and play style session where 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. Families can expect to be offered one session per month. Please contact SELFA if we may need additional training in order for your child to access the club.

Referrals

If you want a child/young person you are working with to attend one or more of our clubs, please contact us by phone on **01756 706384** or email **admin@selfa.org.uk**.

All clubs are offered free of charge, but SELFA is a charity and relies on grants and donations. There is a collection box at each session and *if* able to make a contribution we suggest a donation of £2.50.



After-School Programme 2019

PRIMARY

SELFA Sports Stars

Greatwood Primary School. Mondays 5.30pm - 6.30pm.
Primary age children.

Have fun, meet new friends and learn new skills, with a wide range of sports including Dodgeball, Go Fence, Ultimate Frisbee, Netball.



SELFA Sutton

Sutton Village Hall, Sutton-in-Craven. Mondays 3.15pm—4.45pm. Primary age children who attend **Sutton C of E School**

For children who need support to develop their social, life and friendship skills. Each session is planned to help the children develop social and life skills whilst having fun at the same time! From arts and crafts to sports and trips to circle time, SELFA is able to provide a safe and stimulating environment for everyone.

AUsome Club

Ings School. Tuesdays 3.30pm - 5.00pm. Key Stage 2
(School years 3-6)



A weekly club for children on the autistic spectrum, aiming to support the development of social and life skills, boosting confidence and self-esteem and improving the ability to interact with the wider community as well as providing them with valuable skills for the future. Children have the opportunity interact with children their own age, to try new activities and forge friendships.

SELFA Starters

Ings School, Skipton. Tuesdays 3.30pm—4.45pm. Age: Reception

A club to provide a safe and stimulating environment for children to develop key social and independence skills through the use of free play. 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.

Stepping Stones

Ings School, Skipton. Wednesdays 3.30pm—4.45pm. Age: KS1 (School years 1 & 2)

A weekly club offering a safe environment where children can try lots of new activities such as arts and crafts, sports, drama and cookery. Social skills will be developed through sharing, turn-taking, listening to others and learning to talk about thoughts and feelings. NOTE: Previously known as SELFA Starters



SELFA Inspire

Ings School, Skipton. Wednesdays 3.30pm— 5.00pm. 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.

Step-up Club

Ings School, Skipton. Thursday 3.30pm—4.45pm. Key Stage 2 (School years 3-6)

A nurture group for children who need support with confidence, self-esteem and emotional awareness. Sessions will be structured to help participants develop social, life and friendship skills whilst having fun. Themes will be covered through planned activities, trips and workshops (including sports, games, arts and crafts, circle time etc.)

SECONDARY

Girls Rock

Trinity Church, Westmoreland Street Skipton. Mondays 4.00pm—5.30pm

A weekly club aimed at girls aged 11-19 years (secondary school) who could benefit from a group promoting social interaction, independence and increasing 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. By accessing the group girls will be given opportunities to achieve awards such as sports leaders, arts awards and first aid.

SELFA Sports Leaders

The Skipton Academy, Mondays 3.45pm - 5.00pm

A secondary-age club offering a range of sports including archery, fencing and Ultimate Frisbee at weekly term-time sessions.

There will also be a chance for club members to take a leadership role by setting up and running their own games.



SELFA Youth Club

Weekly clubs aimed at secondary school children who may benefit from a group promoting social interaction.

Sessions include a variety of activities, workshops and trips covering a range of topics.

The sessions are led by the young people to support the development of friendships, life and social skills, with the objectives of boosting confidence and self-esteem and improving the ability to interact with the wider community as well as providing them with valuable skills for the future.

Days & times:

Youth Juniors—Skipton Academy—Years 7 –9: Wed 4.00pm—5.30pm

Youth Seniors—Ings School, Skipton—Year 10>: Thurs 5.00pm—6.30pm

North Craven Youth—Bentham Youth Café: Mon 6.30pm—8.00pm