

SELFA offer a programme of term-time activities for school-age children and young people. To attend the child must have a current referral to SELFA, completed by a professional working with the child or their family. Referral forms can be downloaded from our website (<https://www.selfa.org.uk/download-policy-documents/>).

To request a place on a programme please contact SELFA by email [admin@selfa.org.uk](mailto:admin@selfa.org.uk) or call 01756 706384. If we are able to offer your child a place we will contact you by 31st August 2019. The child/young person **must** be able to commit to regular attendance.

All sessions 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. You can also set-up a regular donation via our website or Facebook page.

### PRIMARY

## Community Champs

Ings School, Skipton. Thursday 3.30pm—5.30pm. Age: 5-9 years

A 12 week community –focussed programme offering an exciting and rewarding opportunity for you to learn, give back and, most importantly, have fun. Whether it's a visit to the fire station, tidying up an allotment or learning to swim safely, you will complete the project knowing how to keep yourself safe and how to make the most out of the amazing community that we live in. We will need your help to plan the 12 different sessions so we'll start by discussing the where's, the what's and the who's that YOU are interested in. The programme will encourage children to develop their own voice, leadership skills and a sense of belonging, and provide social and emotional learning experiences. The first session will be Thursday 19<sup>th</sup> September and last session will be on Thursday 12<sup>th</sup> December.



## SELFA Inspire

Ings School, Skipton. Tuesdays 3.30pm— 5.30pm. Age: 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.



## SMILE Project

Ashfield Care Home, Carleton Road, Skipton.

Wednesdays 4.00pm—5.30pm. Age: 4-7 years



An intergenerational 12 week project where we will be visiting the residents at Ashfield Care Home, for a chance to take part in fun and imaginative activities together. From baking to movie nights, craft sessions to trips out, each session will be different but will finish with us having our tea together with the residents!

The aim is that friendships between the two generations will blossom and your child will learn to understand and appreciate the older people in our community. Benefits for both younger and older participants will include increased self-esteem and forging positive relationships.

## SELFA Starters

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



## SECONDARY

### Girls Rock

Trinity Church Hall, Westmoreland Street Skipton. Tuesdays  
3.30pm—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. By accessing the group girls will be given opportunities to achieve awards such as sports leaders, arts awards and first aid.



### North Craven Youth—Get Involved!

Bentham Youth Café, Mondays 4.30pm—6.00pm. Starts Monday 23rd September

SELFA Youth are running an exciting new 10 week project focusing on community engagement. We will continue the John Muir award from the summer helping to conserve and learn about our local environment. Then after half-term we will get involved in local community projects and spend more time helping out with community allotments and other local groups. This is a fab opportunity to get more involved at SELFA and represent us in the local community, as well as having lots of fun, meeting new people and raising your self-esteem.

JOHN  
MUIR  
AWARD

### Skipton Youth—Get Involved!

Ings School, Wednesdays 3.30pm—5.30pm. Starts Wednesday 18th September

SELFA Youth are running an exciting new 10 week project focusing on community engagement. We will design and make SELFA merchandise (hoodies, bags, bottles etc.) to sell in the run up to Christmas. Then after half-term we are getting in involved with the Rotary Club to make Shelter boxes, taking part in the Christmas Food Bank Appeal, helping out with community allotments and other local groups. This is a fab opportunity to get more involved at SELFA and represent us in the local community, as well as having lots of fun, meeting new people and raising your self-esteem.



# SELFA Sports Leaders

The Skipton Academy, Mondays 3.30pm—5.30pm

Come along to our weekly Monday multisport club for a positive, feel-good start to your week. You will have 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.

During the course of the club we will cover 6 different sports: badminton, futsal, archery, touch rugby and athletics. We will link up with local clubs to give you new experiences, a sense of belonging in your community and hopefully a sport that suits you. Participants will be involved with the planning of the club, taking on different leadership, umpiring and refereeing roles.



## MIXED AGE

### Parkrun

Craven Swimming Pool. One Saturday per month. 8.50am—10.30am. Age: 8-19 years

Parkrun is an organisation who set up free 5km timed runs around the world. It's a great opportunity to run for your own enjoyment, a chance to socialise, increase fitness and be active with friends.

We are lucky enough to have a Parkrun right on our doorstep around the wonderful Aireville Park and are meeting monthly on a Saturday morning to give it a go. Parkrun isn't a competition amongst others, only yourself. The course is 3 miles, a few laps of the Aireville park and entirely on tarmac. You can walk, jog or run at your own pace. All you need is a pair of trainers and comfortable clothing.



After the run we will head to the café for a post-run drink and chat at The Coffee Lounge in Craven Swimming Pool followed by a play in the park (please bring own money for this). It will be a lovely, leisurely Saturday morning activity which will also help to increase self-esteem and well-being. A physically active child is a healthy child!

## Special Educational Needs and Disabilities

### Family Music

Ings School, Skipton.

Monthly on Sundays, 2.00pm—3.30pm. 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.



### SELFA Saturday Club

Ings School, Skipton.

Monthly. Session 1: 10.00am—12.00pm. Session 2: 12.30pm — 2.30pm. 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. 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.

### iMuse

Belle Vue Square, Skipton.

Sundays—Starting October 2019, dates to be confirmed.

1:1 music therapy sessions lasting for 30 minutes. Parents must accompany their children. Booking is essential.



## SELFA FAMILIES TOGETHER

From September, we are running a 10 week programme 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. Sessions will be led by a qualified life coach and a qualified psychotherapist, with some co-delivered by a qualified teacher and sports coach.



The programme will start with 6 sessions for parents and 6 sessions for young people, running after school and in the evenings. 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.

In the final 4 weeks all parents and children will be offered four 1:1 sessions. Parents will be offered 4 x coaching sessions to further understand themselves, their goals and how they can ensure the changes within the family are sustainable. All children on the programme will be offered four 1:1 therapy/counselling sessions to further explore their role and relationships within the family and how they can also commit to the changes long-term.

If interested in taking part in the programme, please contact Rachel Casper ([rachel.casper@selfa.org.uk](mailto:rachel.casper@selfa.org.uk)).