

To attend the child must have a current referral to SELFA, completed by a professional working with the child or their family.

All groups take place at Ings School, Broughton Road, Skipton unless otherwise stated.

PRIMARY

SELFA Active

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.

Community Champs

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

Wednesdays 3.30pm-5.30pm. 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

Wednesdays 3.30pm-5.30pm. Reception & Year 1

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.

SMILE Project

Thursdays 3.30pm-5.30pm. Years 1-2

An intergenerational 12 week project in association with Ashfield Care Home, offering a chance to take part in fun and creative activities. We'll need your ideas of what we can all do together whether it's arty, sporty, relaxed or busy.

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

SECONDARY

Creative Youth

Pioneer Projects, Bentham, Wednesdays 6.30pm-8.30pm.

A 12-week child-led programme with art and wellbeing activities.

Build positive relationships, make friends, feel less socially isolated and have a greater sense of belonging. Young people will develop leadership and teamwork skills by playing an active role co-designing each session.

Girls Rock

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 Group!

Mondays 6.00pm-8.00pm

Try different martial arts, make new friends and take part in fun activities with a group aimed at improving physical and emotional wellbeing. We will use group activities to better understand our emotions and triggers, and learn healthy ways to respond.

SELFA Youth

Tuesdays 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 and community-based projects.

Sports Leaders

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

Family Music

Sundays 27th September, 18th October, 29th November and 6th December.
Times tbc. 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. Note: Due to COVID-19 restrictions on group music activities the club may be temporarily replaced with stay-and-play style sessions.

SELFA Saturday Club

Saturdays 19th September, 17th October, 14th November and 5th December.
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.

Supported by ...



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