

SELFA'S TERM TIME ACTIVITIES



SKIPTON

SEND 4-25

Young Explorers

(Saturday 9am - 10.30am)

Saturday Social

(Saturday 10.45am - 12.15pm)

Saturday Leaders

(Saturday 12.30am - 2pm)

Little Adventures

(Sunday 9am - 10.30am)

Sunday Connect

(Sunday 10.45am - 1pm)

Term-time groups for children and young people with high level support needs

PRIMARY 4-11

SELFA Starters

(Monday 3.30pm - 5.30pm)

Reception & Year 1 nurture group

SELFA Smile

(Thursday 3.30pm - 5.30pm)

Inter-generational group for children in Years 4-5

Community Champs

(Wednesday 3.30pm - 5.30pm)

Have fun whilst giving back to the community
Years 2-3

SELFA Inspire

(Tuesday 3.30pm - 5.30pm)

Year 6 Transition Group

SECONDARY 11-19

SELFA Wellness

(Wednesday 3.30pm - 5.30pm)

Well-being group for girls aged 11-19, with a focus on wellbeing and self-care.

SELFA Go Wild

(Tuesday 3.30pm - 5.30pm)

Explore, learn and have fun while connecting with nature
Years 10-13

Youth Action

(Wednesday 6pm - 8pm)

Social action group
Years 7-9

PARENT GROUPS

Dads' Group (Skipton)

(Tuesday 6pm - 7.30pm)

A relaxed and supportive group where dads share experiences, build confidence, support each other and discuss ways to help their children's wellbeing.

Parents Together (Skipton)

(Tuesday 10am - 12pm)

A friendly space for parents and carers to chat, share experiences and support each other.

Parents' Pathways (Settle)

(Thursday 9.30am - 11am)

A structured weekly programme for parents and carers to build skills, share strategies and grow family wellbeing and confidence together.

NORTH CRAVEN

SETTLE

Settle Primary

(Wednesday 3.30pm - 5.30pm)

For primary school age with a focus on building self esteem & positive relationships

North Craven Youth Club

(Monday 3.30pm - 5.30pm)

For age 11-19 with a focus on increasing independence & raising aspirations

BENTHAM

Bentham Primary

(Monday 3.30pm - 5.30pm)

For primary school age with a focus on building self esteem & positive relationships

ADDITIONAL MENTAL HEALTH SUPPORT WITHIN SELFA

Settle, Bentham and Skipton

- One-to-one mentoring
- One-to-one counselling

SELFA SPRINGBOARD

Skipton

(Monday 10am - 1.45pm)

A group for young adults aged 18-25, focussing on building confidence, self-esteem and achieving goals through various activities including peer support and personal development.

