



# Nycil News

ISSUE 3  
MARCH 2023

## National Minimum Wage Increases



From 1<sup>st</sup> April, 2023, the national minimum wage will be increasing from £9.50 to £10.42 per hour for everyone age 23 or over.

For our direct payment clients, please let us know about your rate changes as soon as North Yorkshire Council has informed you of the new rates, so that staff can continue to be paid legally. As usual we will back date all wage increases to 1<sup>st</sup> April.

Statutory sick pay will also be increasing to £109.40 per week after the qualifying days.



## Katie's Club Nights...Dates for your Diary

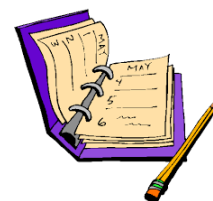


IndepenDance are nightclub events for people with disabilities, with toned down music and sensory lighting, events take place at Sanctuary Bar in Scarborough from 7pm

Kate has organised the dates for the next 6 months, so get your diaries at the ready....

Thursday 16th March, Thursday 6th April, Thursday 18th May, Thursday 15th June, Thursday 27th July and Thursday 24th August

If you want to know more go their facebook page Independance cic or contact Kate on 07527 107444, [misskate-x@hotmail.co.uk](mailto:misskate-x@hotmail.co.uk)



Have you got an interesting story or an event/group you'd like us to promote?

Get in touch and we'll include it in our next newsletter, for free!\* Please contact us at:

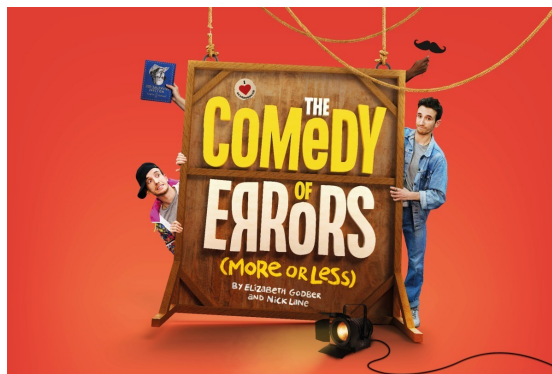
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If you no longer wish to receive our newsletter please let us know.

*\*items for inclusion are at the Editor's discretion and must be appropriate to the nature of the charity*

# Shakespeare, but NOT as we know it



Shakespeare's most bonkers farce is brought to life in the eighties. An actor from Lancashire arrives in a Yorkshire coastal town to perform his 'magnificent' one-man show. Trouble is, there's no audience - everyone's booked for a Talent Show across town starring the twin brother he's never met. His twin brother owes money all over town, has promised his wife a gold chain and is banking on winning the talent show to avoid getting in trouble with some unsavoury characters. Will the twins discover each other?

**Will they learn how they became separated? Will either show go on at all?**

## Access Performances

**Captioned:** Thursday 13 April, 7.30pm  
**Dementia-friendly & captioned:** Thursday 13 April, 1.30pm  
**BSL interpreted & audio-described:** Saturday 15 April, 2.30pm  
**Socially distanced:** Monday 3 April, 7.30pm

Visit <https://sjt.uk.com/events/the-comedy-of-errors-more-or-less> to book



Charity No: 1125170

## Accessible Swimming

with SDSG  
 Scarborough / Whitby / Filey @ Scarborough Sports Village  
 and surrounding areas

### Swimming for Leisure / Rehabilitation / Sport

#### Aqua Sensory

Our unique programme combines touch, fluid movements, music, relaxation and fun games.

January	7 <sup>th</sup>	21 <sup>st</sup>
February	4 <sup>th</sup>	18 <sup>th</sup>
March	4 <sup>th</sup>	18 <sup>th</sup>
April	1 <sup>st</sup>	15 <sup>th</sup> 29 <sup>th</sup>
May	13 <sup>th</sup>	27 <sup>th</sup>
June		24 <sup>th</sup>
July	8 <sup>th</sup>	22 <sup>nd</sup>
August	5 <sup>th</sup>	19 <sup>th</sup>
September	2 <sup>nd</sup>	16 <sup>th</sup> 30 <sup>th</sup>
October		14 <sup>th</sup> 28 <sup>th</sup>
November	11 <sup>th</sup>	
December		Christmas Break

Returning on 6<sup>th</sup> January 2024

#### Hydro-Rehab and Fitness

with Claire Edwards

Whether you are recovering from a broken bone, joint replacement or building up your strength in your arms, legs or core; anyone with a short or long term health condition\* is welcome to join. \*Water weights and floatation equipment available. \*Terms & Conditions Apply

#### General Swimming

Why not just swim? At least four lanes of the main pool are dedicated to swimming for leisure. Many people come for a gentle swim and a chat with fellow members.

#### NASCH Distance Badge and Water Skills Award Scheme

A points based awards scheme so everyone can achieve and develop in swimming.  
 \*confidence \*fun \*buoyancy \*games

Please visit [www.sdsg.org.uk](http://www.sdsg.org.uk) for the latest information on fees and membership.

Approved to receive NHS Social Prescription Referrals



SCAN ME

#### Good Boost

Accessible therapeutic exercise programmes, through cutting-edge technology. Which are designed to be beneficial and fun for people with a wide range of conditions, including arthritis and back pain. Contact us to find out more.

### FORTNIGHTLY SWIM SESSION FOR THE WHOLE FAMILY

#### Special Olympics Team

Regional events and competitions with stroke development opportunities and timing awards.

#### Contact Us

[www.SDSG.org.uk](http://www.SDSG.org.uk)    [Contactus@sdsg.org.uk](mailto:Contactus@sdsg.org.uk)  
 01723 363600 (VM)    ScarboroughHDSG

Supported Living / Residential & Nursing Homes / Respite / Mini Bus / Self-help Groups - Welcome

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C/O Scarborough Sports Village, Ashburn Road, Valley Road, Scarborough, YO11 2JW



## ACCESSIBLE SWIMMING



### Work Experience for Young People with a Disability

**Eligibility** – Aged 18 – 25 years with Special Educational Needs or Disability (SEND).

**Venue** – Scarborough Sports Village, Ashburn Road, Off Valley Road, Scarborough YO11 2JW.

**Time** – Fortnightly, Saturday Evenings, 5:00 – 8:00pm

**Further Information** – Visit one of our fortnightly swim sessions.



A 9/10-session placement to give young people with SEND hands on experience working within a community sports club, whilst working towards the STA Aquatic Helper Award.

This FREE course will run one evening a fortnight (Saturdays). You will learn about:

**Customer service, meet and greet, changing room preparation, merchandise sales, turnstile operation, timing swimmers, record keeping, the role of a lifeguard, how to assist with swim sessions, pool safety and much more.**

Participants will experience practical roles at Scarborough Disabled Swimming Group alongside semi-formal classroom based activities to support learning.

**Leadership. Opportunity. Experience.**

To find out more, contact us or to register please visit [www.sdsg.org.uk/employability](http://www.sdsg.org.uk/employability) or contact Project Lead Claire Edwards: [Contactus@sdsg.org.uk](mailto:Contactus@sdsg.org.uk)

Supported by Disability Sport Yorkshire

