



Summer edition 2024

<https://www.parentcarerforumyork.org>



# NEWS LETTER

✉ [Connect@pcfYork.co.uk](mailto:Connect@pcfYork.co.uk)

## Summer Message From PCF York

PCF York would like to thank you for your membership of our forum. We believe that by talking to you and meeting you at events online or in person we can represent your voice in planning meetings with health, education or social care. It is so important that these plans are informed by our lived experience. If you are not yet a member or have a friend who would like to join, please email Mary on [Connect@york.co.uk](mailto:Connect@york.co.uk) for more information.

We will be working over the summer planning the next steps for our charity, organising our campaign and conference and engaging a variety of professionals for us to meet at our listening Events.

We wish you and your families a good summer...and remember to make time for you !

## Imps inclusive holiday events

exciting clubs, all held at New Earswick Folk Hall:

- Friday 26th July, 1.30 – 3.30pm  
Musical Detectives with Jodie from AAM
- Friday 2nd August, 10am – 12pm  
Under the Sea Adventure with Sian from Toolbox Drama
- Tuesday 6th August, 1.30 – 3.30pm  
Move with Nature with Karen & Emily from Mesh and Jodie
- Tuesday 13th August, 1.30 – 3.30pm  
Samba with Chris from Bamboo Tamboo



Ages 8+ – If you fall outside of this age bracket, please contact us to discuss  
Cost: £12 – subsidised and siblings places are available, please ask

We'll also be offering 1 – to – 1 multisensory and interactive iMUSE sessions alongside the IMPS Holiday Club. Let us know when booking if you'd like an iMUSE session.

Full details: <https://aamedia.org.uk/news/imps-holiday-clubs-are-back-for-the-summer/>

Book here: [IMPS holiday club](#)



# NEWS LETTER

**6 WEEKS OF WACKY**  
 Summer SEND sessions  
 Tuesday from 3pm  
 Sunday 9-11am and 5-7pm

Quieter & calmer environment  
 Sensory toys  
 Relaxed rules of play  
 Siblings & family welcome

£5.50 per child or £14 for 6 weeks unlimited

**WAY MORE WOW**

**SENSORY SESSIONS**  
 AT HURST HALL, STRENSALL

**SUMMER HOLIDAY TASTER SESSIONS**  
 FRIDAY 23RD AUGUST  
 FRIDAY 30TH AUGUST

10-11am for under 5s  
 11:15-12:15am For 5-11yrs  
 12:30-13:30 For 11-16yrs

£8 Siblings £5

IE SENSORY DEN

SCAN ME TO BOOK

Point Zero  
 Trampoline Park,  
 autism friendly  
 session every  
 Thursday 18:00  
<https://www.flipout.co.uk/locations/york>

The Sensory Den is coming to  
**HAXBY COSTA COFFEE**  
 SUNDAY 4TH AND SUNDAY 25TH AUGUST 2024

1-3 people £15  
 4-6 people £25

Private, exclusive use of the sensory den for up to 6 family and friends in 45 minute sessions  
 Pop-up sessions available to book using the QR code or through our website [www.thesensoryden.co.uk](http://www.thesensoryden.co.uk)

Scan to book

# SUMMER

## Where is the full list of summer activities available in York?

1. Type Raise York into search bar
2. Click activities and services on the top purple banner
3. Follow steps on blue banner called activities and things to do.



## Autism Friendly Cinema viewings

In autism-friendly screenings, the lights are left on low, the sound is turned down and trailers and adverts aren't played. You'll be asked to choose allocated seats but we do encourage guests to move around during the screening and make a bit of noise.

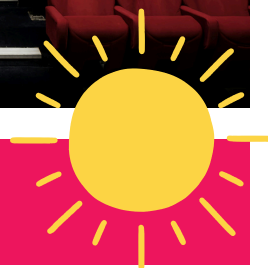
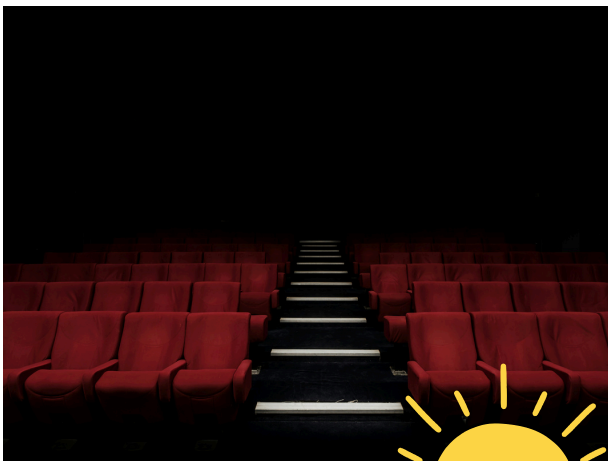
### **Vue Clifton Moor**

Sunday 28th July 10:00 am

Sunday 25th August 10 am

**City Screen** Friday 21st July 11:00 am

**Cineworld** Sunday 4th August 11 am



Check out this new holiday club for SEND children between the ages of 12-16 to be held at Applefields School and organised by the charity, Spokey Dokey Badge Club.

Applications for the holiday club are now open.

Register on <https://www.badgeclub.org/>





## The Burnholme Drop Ins

Tuesdays and Thursdays during the Easter holidays.

9am to 11am All SEN

11am to 1pm SENSes exclusive (Hob Moor Oaks and Applefields main site only).

Entry Free

Choice of activities inflatables, football, table tennis etc



## Inclusive activities at Better Gym, Community Stadium, Monks Cross

<https://bookings.better.org.uk/location/york-leisure-centre>

Inclusive Swim

Every Saturday throughout the summer 16:20 to 17:20

Inclusive Clip n Climb

Every Friday from 26th July  
15:35 - 16:35

## Eureka : relaxed send day Monday 22nd July

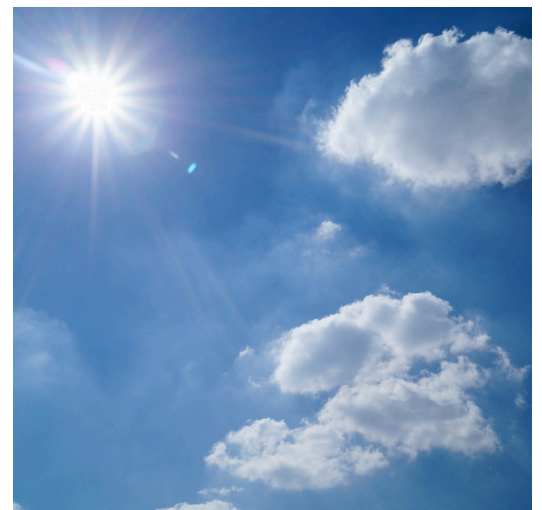
What's relaxed about it?

- Low visitor numbers:
- Flexible timings:
- an your slot.
- Chill Out Room:
- Ear Defenders:
- Trained, supportive staff:

Full details and bookings

<https://play.eureka.org.uk/relaxed-sendays/>

**EUREKA**  
the national children's museum



This friendly and interactive festival is a great chance for children to learn new skills, socialise and have a good time during summer holidays. They have got a range of brand new, exciting workshops coming up: from creating your own badge (to show the world what makes you special) to getting the party started by remixing your favourite song, or learning how to vlog about your favourite topic.

Full detail and book here

<https://www.familyfund.org.uk/come-to-our-discover-digital-summer-festival/>

## Family Fund Digital Summer festival



## The Chat Chit podcast for 14-21 year olds

A little bit chaotic yet laid back. This podcast from York Mind focusses on the things that might help your teenager, the coping mechanisms, the distractions etc etc etc.

To listen – all the links are here <https://chatchit.buzzsprout.com> or keep up on Instagram [@chatchitpodcast](https://www.instagram.com/chatchitpodcast)

YorChoice is a drop in for 14-21 year olds ( Mon / Thurs 4:00 - 7:00 pm )

No referral needed. Just turn up, fill in a short form and be part of the drop in.

<https://www.yormind.org.uk/mental-health-services/children-emotional-support-and-mental-health-support-2/>

