



# NEWS LETTER



[connect@pcf YORK.CO.UK](mailto:connect@pcf YORK.CO.UK)

## Welcome Back

WELCOME BACK TO OUR NEWSLETTER which comes out every fortnight and details social events, training offers, updates and support signposts.

We are funded by health and education services in York and work along side them as the recognised body of parent carers in York. By becoming a member ( visit our website to sign up ) and / or attending our events we will use your family experience anonymously to add to our work in making sure that decisions and plans are informed and written jointly with us.

All parent carers are welcome to our events advertised.



## Coffee Morning

Come Join us for a peer support coffee morning. All welcome. The first drink is on us. This informal meet up is a great way to share your experiences and get tips from others like you

**Tuesday 17th September, 10:30**

Explore library, Acomb

**Tuesday 1st October 10:30**

Folk Hall, New Earswick

## Online Cuppa and Chat

**Friday 27th September 7:00pm**

It may be you are unable to attend the coffee mornings above.

We would be delighted if you'd join us online for a friendly hour of chatting and listening to others in similar situations.

For joining link email [Connect@pcf YORK.CO.UK](mailto:Connect@pcf YORK.CO.UK)





# NEWS LETTER

## Peter Roderick, Director of Public Health at York

Peter is writing an independent annual report on the health of the city to CYC's Full Council, and this year he is focussing on the health of adolescents.

Help us share your views by completing the form

<https://forms.gle/5ke2TW5QgFeQQ7YK8>

and / or attending the listening Event on **Tuesday 8th October at 6:30 online**

Email [Connect@pcf YORK.co.uk](mailto:Connect@pcf YORK.co.uk) to attend this meeting and you will be sent a Teams link.



Dealing with different issues,  
managing in different ways

## Supporting your child with mental health differences?

Yormind offer tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. You can speak over the phone, or chat online. This is a free online service. Follow the link to find out more

<https://www.youngminds.org.uk/parent/parents-helpline/>

**Have you looked at our newly refreshed website ?**

**Visit <https://www.parentcarerforumyork.org>**



## Autism Support for Parents from the Specialist Teaching Team for Autism



### Wednesdays Autumn 2024

#### Fortnightly **Topic Talks** Wednesdays in Autumn Term 2024:

**Early Years** 18.9.24 - 10-11a.m. online & 1.30-2.30 p.m. in person  
**Masking** 2.10.24 - 10-11a.m. online & 1.30-2.30 p.m. in person  
**5-Point Scale** 16.10.24 - 10-11a.m. online & 1.30-2.30 p.m. in person  
**Autism and Adolescence** 6.11.24 - 10-11a.m. online & 1.30-2.30 p.m. in person  
**Comic Strip Conversations** 20.11.24-10-11a.m. online & 1.30-2.30 p.m. in person  
**Coping with Christmas** 4.12.24- 10-11a.m. online & 1.30-2.30 p.m. in person

#### Parent Group: **Topic Talks virtual (a.m.) and repeated in person (p.m.)**

Topic Talks led by the Specialist Teaching Team for Autism, including time for questions and peer support.

**Virtual: 10-11 a.m. On Microsoft Teams.** Due to confidentiality issues, we will be unable to discuss named children during this time.

**In Person: 1.30-2.30 p.m. at The YIKS All About Autism Hub, Clifton Children's Centre, (In front of Clifton Green School), YO30 6BF.**

#### Fortnightly **Phone line (mornings) and drop-in (afternoons) Autumn 2024:**

Wednesday **11th September** 9 a.m. -12 noon & 1.30 - 2.30 p.m.  
 Wednesday **25th September** 9 a.m. -12 noon & 1.30 - 2.30 p.m.  
 Wednesday **9th October** 9 a.m. -12 noon & 1.30 - 2.30 p.m.  
 Wednesday **23rd October** 9 a.m. -12 noon & 1.30 - 2.30 p.m.  
 Wednesday **13th November** 9 a.m. -12 noon & 1.30 - 2.30 p.m.  
 Wednesday **27th November** 9 a.m. -12 noon & 1.30 - 2.30 p.m.  
 Wednesday **11th December** 9 a.m. -12 noon & 1.30 - 2.30 p.m.

#### Parent/Carer Phone Line and Drop-in

The Specialist Teaching Team Autism are offering parents/carers the opportunity to talk to a member of the team regarding general issues and concerns about children/young people with autism.

**Phone line support: 9-12 noon** 20 minutes is allocated per phone call.

**In person drop-in support. 1.30-2.30 p.m. at The YIKS All About Autism Hub, Clifton Children's Centre, (In front of Clifton Green School), YO30 6BF**

To book a 20 minute phone line call or to book your virtual place on a Microsoft Teams Topic Talk session, please email your name stating which Topic Talks you would like to book to: [parentcarerautismsupport@york.gov.uk](mailto:parentcarerautismsupport@york.gov.uk). For phone support, we require your name and a contact telephone number for us to call you. We will send you a time slot for your 20 minute call. If we receive a high volume of requests we may need to allocate spaces on the session on a first come, first served basis. **This is an admin email address and we are unable to forward or respond to queries via this email. Bookings close the Thursday before the session. For in person drop-in sessions, you do not need to book and you are welcome to simply arrive on the day.** Please be aware, sessions may be busy and you may need to wait to speak to a member of the team.

## Autism Arena

We were pleased to visit the launch of this new non-profit community interest company that helps parent carers of autistic children navigate health & social care, education and leisure.

We have already advertised several activities via social media. Visit their website to sign up for their newsletter and explore

<https://autismarena.org.uk/>



## Save the Date Workshop with Daisy Chain

**10th October 10:00 am -12:00 noon,**

Explore library, York

Understanding autistic overwhelm, melt down and shoot down

**24th October 24 10:00 am - 12:00 noon,**

Folk Hall, New Earswick

Understanding sensory processing differences

Spaces will be limited and advertised through Eventbrite from Friday 27th September

