



NEWS LETTER



connect@pcf YORK.CO.UK

Listening Event Maxine Squire, Assistant Director of Education and Skills

Meet Maxine at this online
Listening Event on
Wednesday 23rd **October at 6:30
online.**

Hear about council changes and
an open question and answer
session.

Email connect@pcf YORK.CO.UK for
a joining link



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

Thursday 17th October, 10:30
Acomb Library, Front Street

Have you looked at our newly refreshed website ?
Visit <https://www.parentcarerforumyork.org>.



NEWS LETTER

Support for Young people and Mental Health

Drop In 4-7pm on Monday and Thursday evenings. Anyone aged 14-21yrs (25 SEND) are free to come to the drop-in to access support or simply access a safe place. There is NO REFERRAL required young people can simply turn up. They can also access sexual health advice and substance misuse advice and support from YorSexual Health and Change, Grow, Live who are present at the drop in on a regular basis. All details can be found on the Yormind website <https://www.yormind.org.uk/>

Expressive Minds is a brand new group support project for young people aged 11-18. This is now open to referrals and young people can self-refer or parents/carers/other professionals can make a referral on their behalf. The first group will begin in November and referrals are now open via this link <https://www.yormind.org.uk/mental-health-services/expressive-minds/>



Free Workshops with Daisy Chain AVAILABLE NOW
Eventbrite bookings now open

24th October 24 10:00 am - 12:00 noon,
 Folk Hall, New Earswick

Understanding sensory processing differences

<https://www.eventbrite.co.uk/e/understanding-sensory-processing-differences-tickets-1026736605827>

Meet Hannah and Jodie from **Accessible Arts and Media**, on a musical adventure of bits and bobs. What will we get up to? You decide! There'll be games a plenty, grooving along to your favourite tunes and exploring different instruments. We'll craft our own instruments, maybe create our own soundscape and finally we'll float away with some sensory bits and bobs.

All our IMPs holiday clubs are fully inclusive and you don't need any musical experience to take part.

When: **Wednesday 30th October**

Time: **1.30-3.30pm**

Who for? For ages 9+ for those with a disability and their siblings and friends who don't have a disability.

Where? **Clifton Explore**, Rawcliffe Drive, YO30 6NS

Clifton Explore is a fully accessible building; There is also a cafe and library for you to hang out in before, or after the session.

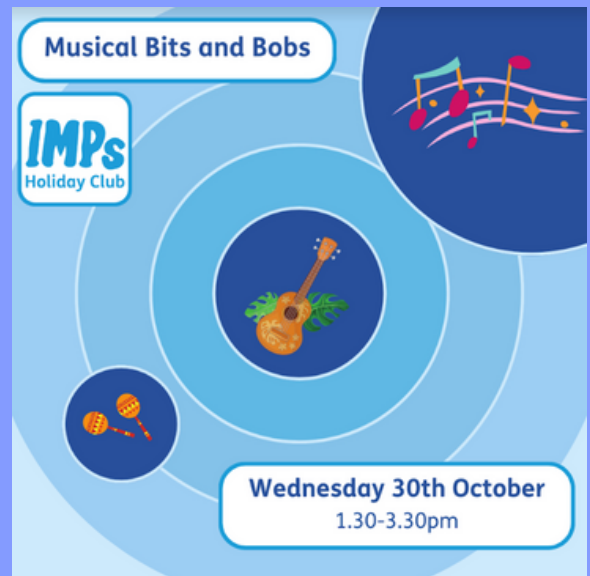
Cost: £12, payable on the day, cash or card. We don't want the cost to be a barrier, so please ask about sibling discounts or subsidies.

How to book:

Use the online form: <https://forms.office.com/r/c0LAQkAqEg>

Email: imps@aamedia.org.uk

Phone or text: 07547 288786



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