



NEWS LETTER



Connect@pcfYork.co.uk

Coffee Mornings



Thursday 23 January 2025

10:30 - 12:30 am

Acomb Explore



Monday 27 January 2025

10.30 - 12.30 am

YHA, Clifton

Meet other parents and carers who share your lived experience. Swap tips, offload, get updates or share without judgement.

The first hot drink is on us as a thank you for allowing us to use your experience to inform our work with education, health and social care on parent carer voice.

We'll be easy to recognise with the table top sign. All are very welcome but if it's your first time and you would like to meet someone first, email Mary: connect@pcfYork.co.uk



Save the Date

PCF York Annual Conference 2025



Wednesday 26 February 2025

10 am - 2 pm

Delta Hotels, Marriott, York

Booking and further details via Eventbrite will be available soon.

Listening Event

SEND Strategy with Maxine Squire



Wednesday 29 January 2025

6:30 pm - 7:30 pm

Online

This online event is a conversation with Maxine Squire, Assistant Director, Education and Skills. Maxine would like to consult with parent carers, using their lived experience to inform the SEND strategy for York. Email Mary: connect@pcfYork.co.uk for the meeting link.





NEWS LETTER



Connect@pcfYork.co.uk

YORK sendiass

Our aim for the beginning of 2025 is to ask parents and carers, young people and professionals what they would like us to offer, so we can focus on what is important to local families and see how we can accommodate people's needs in response to feedback.

Some of our ideas for improving our services include:

- Monthly drop-in clinics at locations across the city.
- Virtual drop-ins, so people can meet online.
- These would be specifically for parents and carers, potentially with a separate session for young people.
- A virtual session for professionals or anyone supporting a family with SEND.

We need your help to understand what would benefit parents and carers with children and young people with SEND, given we are such a small team regarding offering information, advice, and support. Please follow our new Facebook page, [York SEND Information, Advice and Support Service](#), to stay updated with our service and to be notified of opportunities to help us shape our service.

Thank you for all your support for this new year ahead.

Best wishes from,
Melanie, Elizabeth and Sarah
[York SENDIASS](#)



York Carers Centre

Free Support for Unpaid Carers

LOVE January Mindfulness



Tuesday 28 January 2025

10.30 - 12.30am

Friends Meeting House, Friargate

Join us for a relaxing morning dedicated to self-care. Learn simple, practical techniques that you can easily incorporate into your daily routine to improve your well-being. No prior experience is needed. Everyone is welcome to come and enjoy a mindful, peaceful morning. Mindfulness for carers is facilitated by Ali Gear, Mindfulness Association.

To book please contact [York Carers Centre](#):

enquires@yorkcarerscentre.co.uk
01904 715 490.

