



NEWS LETTER



Connect@pcfYork.co.uk

Coffee Mornings



Monday 24 February 2025

10.30am - 12.30pm

YHA, Clifton



Thursday 27 February 2025

10:30 - 12:30pm

Acomb Explore Library, Front Street

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



PARENT CARER FORUM YORK 2025 Annual Conference & AGM



Wed 26 February 2025

09.30am - 2.30pm

Delta Hotels, Marriott, York



**BOOK YOUR
TICKETS NOW**

Join us for a packed agenda on the themes of

Preparation for Adulthood and Access to Health Services, with updates and developments from across services in York

In the morning we will hear updates and new developments from Preparation for Adulthood Team, CAMHS, York Carers Centre, York Hospital and therapy services.

After enjoying a complimentary buffet style lunch, attendees will have the opportunity to join discussions with Maxine Squires (Assistant Director of Education, Skills and SEND, CYC), Lynne Johns (Head of Send, CYC) and Melanie Leighton (York SENDIASS).

Maxine and Lynne will be talking about the Universal Offer, SEND Hub, and support available for SEND families in York. Attendees will learn with Melanie about how best to manage meetings in school.

Why Join Us?



Insightful discussions



Meet other Parent Carers



Interactive workshops





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Get Involved

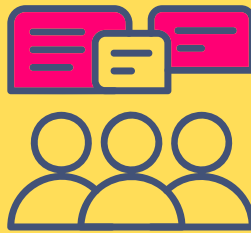
As a Parent Carer Member Representative

PCF York is looking for parent carers who would like to use their experience and expertise to ensure that parent carer voices in York are represented at specific planning meetings. The representative's aims will be to ensure that the forum's views inform meetings and that lived experience of parent carers is fed into decision making.

Meetings may be in person or remote and you will be reimbursed for parking, travel and/or childcare costs.

If you have some time to spare and would like to find out more please email Mary:

connect@pcfYork.co.uk to arrange an informal chat.



York and Scarborough Teaching Hospitals
NHS Foundation Trust

Listening Event

Carer Experience in Hospital



Wed 26th February 2025

6:30 pm – 7:30 pm

Online

With Emily Douse, Patient Equality, Diversity and Inclusion Lead at York and Scarborough Teaching Hospitals NHS Foundation Trust.

Share your experiences, needs and feedback as a parent carer in hospital.

Email Mary at connect@pcfYork.co.uk for the meeting link.

Hospital Doors Theatre Performance

20% Discount for Parent Carers, using code CARE20



12-15 March 2025

Evening and Matinee Performances
Theatre@41

Hospital Doors has been developed over 18 months working with unpaid carers, LGBTQ+ adults, disabled people and mental health service users, through co-creation and exploration workshops. It offers a window into intersecting conversations about disability, sexuality, illness and care all held within the same, chaotic family frame. Four of the performances will be accompanied by a Playback Theatre performance, encouraging the audience to share their own stories that are inspired by the play, which will be improvised by a team of performers and musicians.

theatre@41

MONKGATE



Find out more info
and book tickets here.





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February Half Term Finding Inclusive Clubs and Activities



York Mumbler details all accessible activities throughout the year.

Click here to view February Half Term activities along with ideas for days out and places to visit.



Activities, clubs, groups and things to do for children and young people aged 0-25 in York, including those aimed specifically for children with special educational needs and disabilities.

Click here to search for activities and clubs during February Half Term and beyond.



If you need help finding suitable activities, childcare or holiday clubs, York Family Information Service can assist you.

JOIN THE PCF YORK FACEBOOK GROUP



Are you a Carer?

York Carers Centre is here to support you.

If you support a friend or family member who couldn't manage without you due to illness, disability, a mental health problem, or addiction, you're a carer. York Carers Centre is here to support you. We tailor our support to different age groups.

Young Carers (aged 5 - 17 years)

One-to-one support, fun activities, drop-ins at some secondary schools and the chance to connect with others your age who understand.

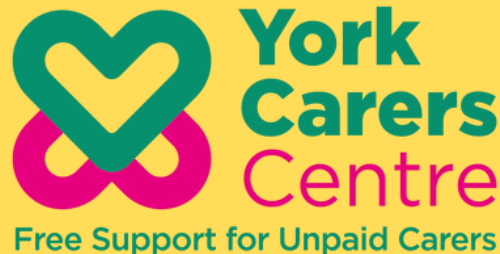
Young Adult Carers (aged 18 - 25 years)

Social groups, events, and guidance to help balance caring with work, study, and life.

Adult Carers (aged 26+ years)

Free advice, emotional support, and help navigating services - plus groups and events to connect with others.

Register with us and let our team know how we can help.



enquiries@yorkcarerscentre.co.uk



01904 715 490.

