



NEWSLETTER



Connect@pcfyork.co.uk



Join us at our upcoming coffee mornings and events

Parent Carer Voice



Tuesday 17th June 2025
10:30am-12pm, Acomb Explore



On the **third Tuesday of every month** we hold a meeting in a private booked space. We offer an opportunity for you to discuss any issues you are having and talk about family life. No judgement, lots of understanding and support in a safe place.

Cuppa and Chat



Monday 7th July 2025
7pm-8.30pm, Online



On the **first Monday in every month** we host an online offer for parents and carers who struggle to attend in person meet ups. There is no agenda, just an open invitation to come along, connect with others in our community, share, celebrate, offload or ask questions.

Please email Mary for the meeting link:
connect@pcfyork.co.uk

Parent Carer Wellbeing



Tuesday 1st July 2025
10.30am-12.00pm, New Earswick Folk Hall



On the **first Tuesday of every month**, we host a meet up which is focused on keeping it light. This is an opportunity to connect with other parents and carers, have a giggle, share some positives, maybe learn a new craft – and enjoy a cuppa on us!

Parent Carer Signposting



Wednesday 2nd July 2025
6.30pm – 8pm, Online



On the **first Wednesday in every month**, we offer an online event for parents who are new to the world of SEND. We can signpost to what parents tell us are the most useful resources as a starting point. Bring a cuppa and your questions!

Please email Mary for the meeting link:
connect@pcfyork.co.uk

Listening Events



Wednesday 10th June 2025
6:30 pm – 7:30 pm, Online

Join us online for an informal listening event with **Alison Wheatley (Lead Officer for Adult Carers)**, covering the **Carers Offer in York**.



Wednesday 25th June 2025
6:30 pm – 7:30 pm, Online

Join us online for an informal listening event with **David Smith (Access Officer for City of York Council)**, covering **Changing Places**.

To request the link for each listening event, please email Mary at
connect@pcfyork.co.uk





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SEND Sleep Workshops

Kids are offering free sleep workshops for parents and carers of children with SEND.

For more information, visit www.kids.org.uk or contact: louise.marrow@kids.org.uk



Wednesday 18th June

18:30 – 20:30, Online

Book a free place via [eventbrite](#)



Friday 20th June

09:30 – 11:30, Online

Book a free place via [eventbrite](#)

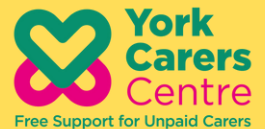
Your Voice Matters

Join York's New SEND Youth Forum

[Click here to find out more.](#)

Celebrate Carers Week

9th - 15th June 2025



- **[Visit the Carers Week website.](#)**



Carers Celebration Event

Weds 11th June, 10am – 6pm

[Museum Gardens, York](#)

Meet Carer Support Workers, learn more about the support available for carers in York and enjoy an opportunity to connect with other carers. **[More info here.](#)**



Appointments with York Carers Centre's Benefit Worker

Weds 11th June, 9.30am – 3pm

Andrew will be available to provide guidance for carers looking to understand how recent announcements on changes to health and disability benefits may impact them.



Legal Clinic with Crombie

Wilkinson Solicitors

Friday 13th June

Free 30-minute appointments online or in person for advice on wills, probate, and power of attorney.

★ **[York Carers Centre Activity Calendar](#)**

Book activities or appointments:



events@yorkcarerscentre.co.uk



01904 715 490.

Family Fund

Helping disabled children

'Your Opportunity' Grant Applications Now Open

The *Your Opportunity* grants programme supports disabled and seriously ill young adults, aged 18 to 24, who are living at home.

Families caring for a disabled young person in the UK and living on a low income can apply for a grant to support their child's independence, interests and ambitions. Grant items include things like digital equipment, musical instruments, clubs and activities, sports equipment, driving ambitions, bedroom furniture, white goods and more.

[Parents and carers can apply for this grant programme here.](#)

