



NEWSLETTER



Connect@pcfYork.co.uk



Join us at our upcoming coffee mornings and events

Parent Carer Voice



Thursday 16th Oct 2025

10:30am-12pm, SEND Central, Clifton Green

On the **third Thursday 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 6th Oct 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 7th Oct 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 1st Oct 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



October 2025

6:30 pm – 7:30 pm, Online

Monthly during term time we host informal listening events with key speakers, on topics and services which are relevant to our community of parent carers. The date of our next Listening Event is to be arranged for October.

Please join our Facebook group to be notified of the dates as soon as they are confirmed.

**JOIN THE PCF YORK
FACEBOOK GROUP**





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Early Help Short Breaks

Early Help Short Breaks are available to children and young people who:

- have a special educational need (SEN) or disability that has a significant impact on accessing community activities
- are aged 0 to 18 years old
- ordinarily reside within the City of York Local Authority

Key upcoming dates:

9:00am, Weds 1st October 2025



Application process opens

5:00pm, Fri 31st October 2025



Application deadline

Fri 28th November 2025



Notifications issued by this date

[Find out more information.](#)

SEND Central

Upcoming events at the SEND Hub



Understanding the Short Breaks Application Process



Monday 6 October 1pm- 2pm

Friday 17 October 1pm- 2pm

Two identical information sessions led by the short breaks co-ordinator about the City Of York's Short Break application process and how to access this during the application window throughout October.

Email sendcentral@york.gov.uk to book.

[View more upcoming SEND Central events.](#)



SEND CENTRAL



Check out York's new hub for children and young people with Special Educational Needs and Disabilities (SEND) and their families.

Pop in for information, advice and more! You do not need to have an Education Health and Care Plan.



Find us at

SEND CENTRAL, Clifton Children's Centre, Clifton Green Primary School, Kingsway North, Clifton, YO30 6JA

Or find out more about support for children and young people with SEND in York at www.yorksend.org

Supported by:



Raise York

Your Family Hub Network

Delivered by:



CITY OF YORK

COUNCIL

Your Voice Matters

Join York's SEND Youth Forum

[Find out more information.](#)

Preparation for Adulthood Opportunities Event



Tues 14th October, 3.30-6.30pm

[Askham Bryan College](#)

[Click here to find out more.](#) You can book a place or just turn up on the day.

For queries contact: skills@york.gov.uk





Parent
Carer
Forum
York

NEWSLETTER



Connect@pcf YORK.CO.UK

SAVE
THE DATE

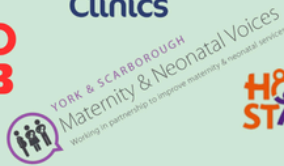
SATURDAY
11TH OCTOBER
12pm - 3pm

Free Signposting Event for Parents, Families & Carers

Come along to York Explore Library (City Centre), where a range of local support services will be on hand to offer advice and information on mental health, neurodiversity, legal matters, early parenting challenges, and much more.



SEND
HUB



ASK THE
MIDWIFE



For more information email:
Ewarren@theretreatclinics.org.uk

Changing Places Families' Meeting



Mon 6th October, 5pm - 6.30pm
The Community Room
at Tesco, Askham Bar, YO24 1LW

David Smith, Access Officer for City of York Council, would like to welcome users of Changing Places to share their experiences and needs, with the aim of increasing Changing Places facilities in York. David or Christine Kyte (Support Worker) will meet you at the customer service desk and show you to the room. The community room has toilets nearby and the room is accessible via a lift. Light refreshments are provided.

For any queries, please email:
christine.kyte@york.gov.uk

Brighter Beginnings Free Early Years Workshops

Contact are running a series of **free workshops for families of disabled children aged 0 - 5 years old**. The workshops are held online on various upcoming dates.

For more information and links to book workshops, click here.

contact *For families with disabled children*



lightyear
foundation
youth group



Book a free place: scan or click the QR code



Monday 13th October
6pm, Online.

A space for disabled & neurodivergent young people aged 14-25 to share their STEM stories, experiences, and ideas. Join us online at our first meeting to meet other young people with a passion for STEM, try an inclusive STEM activity, and share your thoughts with a disabled-led organisation working to make STEM more inclusive & accessible for all young people





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Autism Support for Parents

Support for parents from the Specialist Teaching Team for Autism.

In-person drop-in support.

No need to book, just come along and meet a Specialist teacher and Specialist TA from the Autism Team. Meet other parents to discuss general issues and concerns, find information and look at useful resources.

In-person sessions take place on Wednesday afternoons, between 1.30pm and 2.30pm, at the YIKS All About Autism Hub, at SEND Central, Clifton, YO30 6BF.

Upcoming dates:



- **Weds 1st October**
- **Weds 8th October**
- **Weds 15th October**

Morning phone line sessions.

To book a 20 minute phone call within the sessions below, please email: parentcarerautismsupport@york.gov.uk with your name and a contact telephone number for us to call you on. Bookings close the Thursday before the session.

Telephone support sessions take place fortnightly between 9am and 12 noon. The booking email address is for telephone support admin only and the team are unable to respond to queries via this email.

Upcoming dates:



- **Weds 8th October**
- **Weds 22nd October**
- **Weds 5th November**

Early Support Playgroup

Stay-and-play session for parents, carers and preschoolers with additional needs. Meet others, explore learning through play, receive signposting info and support strategies. Free, no need to book.

Mondays

Weekly at The Avenues Children's Centre, Willow Room, Tang Hall, YO31 0TX
10am to 11:30am

Upcoming dates:



- **Mon 29th September**
- **Mon 6th October**
- **Mon 13th October**

Tuesdays

Weekly at Hob Moor Children's Centre, Cherry Room, Acomb, YO24 4RF
10am to 11.30am

Upcoming dates:



- **Tues 30th September**
- **Tues 7th October**
- **Tues 14th October**

Wednesdays

2nd and 4th Wednesday in term time at SEND Central, Little Stars Playroom, Clifton, YO30 6JA from 9:30am to 11am

Upcoming dates:



- **Mon 29th September**
- **Mon 8th October**
- **Mon 22nd October**

Any queries, contact

Lauren.Williams@york.gov.uk or
Shahenaz.Shaikh@york.gov.uk

