



NEWSLETTER



Connect@pcfYork.co.uk



Join us at our upcoming coffee mornings and events

Parent Carer Voice



Thursday 16th Oct 2025

9:30am-12pm, SEND Central, Clifton Green

On the **third Thursday of every month**, in partnership with [YIKS](#), 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 3rd Nov 2025

7pm-8pm, 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 4th Nov 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 5th Nov 2025

6.30pm – 7.30pm, 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



Weds 22nd Oct 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. Join us for this online event on the topic of **Understanding the Short Breaks Application Process**, with **Nicola Inglis, Short Breaks Coordinator for City of York Council**.

Please email **connect@pcfYork.co.uk** for the meeting link.

**JOIN THE PCF YORK
FACEBOOK GROUP**





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Connect@pcfYork.co.uk



Introducing our new Pink Polls and Blue Shout Outs

We are forever looking for quick ways to get to know what you are thinking, so we can best represent your voice. **Please watch out for our fortnightly Pink Polls. They will take no more than 3 minutes to complete and we'll keep them bright pink to make them easy to spot!**

Appearing every alternate week, our **Blue Shout Outs** will keep you informed about what PCF York is busy with and what difference your shared family experience has/will make. **Remember to join our Facebook Group to stay informed.**

PINK POLL

Please help us to represent **your voice** by taking 2 minutes to fill in our fortnightly **Pink Poll**.



What training should the PCF make available for parents and carers?

Please click here to complete our current Pink Poll.

BLUE SHOUT OUT

Find out what we've done this month to represent **your voice**.



We have already started partnership work with Early Help Short Breaks on their upcoming review. Join our Facebook Group for opportunities to input.





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Upcoming SEND Central Events

Understanding the Short Breaks Application Process



Friday 17 October
1pm– 2pm

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.

Wellbeing Workshop for Parents and Carers of Children and Young People with SEND



Monday 20 October
1pm– 2pm

Led by Ashley Watson, explore the 5 Ways to Wellbeing; Connect, Be Active, Take Notice, Keep Learning, and Give. Through interactive activities and discussion, we will explore small, practical actions that can support our wellbeing. This is a safe space to reflect, recharge, and reimagine what wellbeing looks like for yourself and for all parents and carers across York

Email sendcentral@york.gov.uk to book.

[Click here for more upcoming SEND Central events.](#)

Preparation for Adulthood Opportunities Event



Tues 14th October, 3.30–6.30pm

Askham Bryan College

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

For queries contact: skills@york.gov.uk



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:



Delivered by:



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.](#)





Parent
Carer
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EPILEPSY & ME PARENT GROUP FOR PRIMARY YEARS

Being a parent or carer of a child with epilepsy brings about unique challenges. Our online parent/carers group provides information & advice on common issues reported by parents and carers.

"It was really good... learning the different strategies given to help both parent and child" - Parent A

"I didn't feel so alone" - Parent B

100% of
participants
would
recommend



What is covered in the group?

- The two-hour session covers topics such as development and independence, learning issues, and parental emotional wellbeing.

Who is it for?

- Parents and carers of primary school-age children with epilepsy living in the Humber and North Yorkshire region.

How can it help?

- By building knowledge and helping you feel connected to others in a similar position.

WHEN AND WHERE?



Friday 10th October 2025
9:30AM-11:30AM



Online Video Call

You will be sent a link and instructions for joining the group. You will require a reliable internet connection.



Get in Touch to Book Your Place

Email: yhs-tr.chp@nhs.net, Tel: 01904 726257
Places will be allocated on a first-come, first-served basis.

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*

North Yorkshire and York

Nothing About Us Without Us

Children and Young People's Mental Health Advisory Group



October Half-Term Event

Monday 27th October 2025, 12:30am-4pm

SPARK:York, SHOW Space, 17-21 Piccadilly, York YO1 9PB

For young people (aged 25 and under), supporting workers, and senior leaders

Lunch provided

Help with young people's travel costs

Scan here to book your place by Fri 24th Oct



Humber and North Yorkshire Health and Care Partnership

For more info email Be.Heard@nhs.net

Your Voice Matters

Join York's **SEND Youth Forum**

Click here to find out more.



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.





Parent
Carer
Forum
York

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EPILEPSY & ME PARENT GROUP FOR TEEN YEARS



Being a parent or carer of a young person with epilepsy brings about unique challenges. Our online parent/carers group provides information & advice on common issues reported by parents and carers.

I enjoyed learning the different strategies given to help both parent and child - Parent

100% of participants would recommend



What is covered in the group?

- The two-hour session covers topics such as adolescent development, independence, and parental emotional wellbeing.

Who is it for?

- Parents/carers of secondary school-age children with epilepsy living in the Humber and North Yorkshire region.

How can it help?

- By building knowledge and helping you feel connected to others in a similar position.

WHEN AND WHERE?



Friday 17th October
9:30AM-11:30AM



Online Video Call

You will be sent a link and instructions for joining the group. You will require a reliable internet connection.



Get in Touch to Book Your Place

Email: yhs-tr.chp@nhs.net, Tel: 01904 726257

Places will be allocated on a first-come, first-served basis.

Supporting Your Child's Start to School

This year, the City of York is reviewing the systems in place to support children - and their families - when they begin school, with a particular focus on children with special educational needs and disabilities (SEND).

To help CYC understand what works well and where we can improve, please complete this short questionnaire for parents and carers. Your views are incredibly important and will help to celebrate successes and strengthen the support offered by CYC during this key transition.

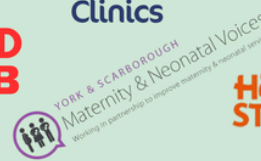
Thank you for taking the time to share your experiences.

Please click here or scan the QR code to complete the short questionnaire before 14 November 2025.



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.



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

Nighttime Wetting

Video Guide for Children, Young People and Families

This video has been developed by a team of healthcare professionals to help you understand the possible causes of bed-wetting as well as sharing some simple strategies you can try at home and school. It also provides advice on what to do if you have tried the strategies and it's still an issue. It provides guidance for children, young people and families which is suitable for all children and young people, of any age, with advice that can be adapted for children and young people with physical or learning needs.

Remember, bed-wetting is not the parent, carer or child's fault and there is lots of advice and support available.





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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 15 October**
- **Weds 5 November**
- **Weds 12 November**

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 22 October**
- **Weds 5 November**
- **Weds 19 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 13 October**
- **Mon 20 October**
- **Mon 3 November**

Tuesdays

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

Upcoming dates:



- **Tues 14 October**
- **Tues 21 October**
- **Tues 4 November**

Wednesdays

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

Upcoming dates:



- **Wed 22 October**
- **Wed 12 November**
- **Wed 26 November**

Any queries, contact

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

