



# NEWSLETTER

[Connect@pcfYork.co.uk](mailto:Connect@pcfYork.co.uk)

**View our monthly events schedule to find upcoming meet-ups and events**



## Cuppa and Chat

**First Monday in every month (term time)**

An online meet-up for parents and carers who struggle to attend in person meet ups. Come along to connect with others in our community, share, celebrate, offload or ask questions.



**Monday 1st Dec 2025**

**7:00pm-8:00pm, Online**



## Parent Carer Wellbeing

**First Tuesday in every month (term time)**

Connect with other parents and carers, have a giggle, share some positives, maybe learn a new craft – and enjoy a cuppa on us!



**Tuesday 2nd Dec 2025**

**10:30am-12:00pm, New Earswick Folk Hall**



## Parent Carer Signposting

**First Wednesday in every month (term time)**

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!



**Wednesday 3rd Dec 2025**

**6.30pm – 7.30pm, Online**



## Coffee Morning

**Second Wednesday in every month (term time)**

In response to feedback from our members, we are offering a **new** coffee morning at the York Theatre Royal cafe, which is fully accessible and easy to reach via public transport. Meet other parent carers and enjoy your first drink on us.



**Wednesday 10th Dec 2025**

**10:30am – 12pm, York Theatre Royal**



## Parent Carer Voice

**Third Thurs in every month (term time)**

Meet other parent carers and discuss any issues you are having and talk about family life. No judgement, lots of understanding and support in a safe place. This meeting is held in a private booked space, in partnership with York Inspirational Kids.



**Thursday 18th Dec 2025**

**9:30am-12pm, SEND Central**



## Listening Events

**Various dates, monthly during term time**

We welcome all parents and carers of children and young people with additional needs, living in York, to join us online for our informal listening events with key speakers, on relevant topics and services.



**Weds 10th Dec 2025**

**6:30 pm – 7:30 pm, Online**

**Barriers to School Attendance, with Geraldine Jackson, Principal Educational Psychologist at City of York Council**

[More info here.](#)

**For all online events, please email Mary for the meeting link:**

**[connect@pcfYork.co.uk](mailto:connect@pcfYork.co.uk)**

## Stay Up To Date



**Join our closed Facebook Group**



**Follow our public Facebook Page**



**Follow us on Instagram**





# NEWSLETTER



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## york disability week

20  
25

From **29 November to 6 December**, York celebrates inclusion, accessibility, and the contributions of disabled people across the city. This annual event is organised by York Human Rights City Network and partners to promote an equal, inclusive and accessible York for everyone. It runs alongside International Day of Persons with Disabilities on 3 December and forms part of the wider observance of UK Disability History Month (Nov-Dec).



### What's on:

- ★ Talks and panel discussions
- ★ Creative arts and exhibitions
- ★ Workshops and community meet-ups
- ★ Accessibility and advice sessions
- ★ Music and cultural events – many free and hybrid (accessible online).

Check out the [full programme](#), pick the events you're interested in and bring your friends along! Let's celebrate the strengths, contributions and value of disabled people and work together to build a city that's truly accessible for all.

[Click here to visit the website.](#)



## Humber and North Yorkshire Health and Care Partnership

Being on the **Learning Disability Register** ensures that people are invited for an annual health check from the **age of 14**. For young people, these checks help them get to know the staff at their GP practice and support their transition to adult services when they turn 18.

[Find out more here.](#)



## York Carers Centre

Free Support for Unpaid Carers

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 offers tailored support for different age groups.](#)**

### ★ Young Carers (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 (18 – 25 years)

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

### ★ Adult Carers (26+ years)

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

### ★ [Register with York Carers Centre](#)

### ★ [See upcoming events and activities](#)



[enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)



**01904 715 490**



## Annual Adult Carers Survey

Please help **York Carers Centre** to guide future planning and help improve services in York, by completing the Annual Adult Carers Survey, which closes at **5pm on Sunday 30<sup>th</sup> November**. The survey is anonymous or, if you choose to give your email address at the end of the survey, you can enter a prize draw to win a £20 Amazon voucher.

[Visit the survey here](#)





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## Upcoming SEND Central Events

### Supporting your neurodivergent child through the festive period



**Wednesday 3<sup>rd</sup> December**  
**1pm- 2pm**

Information session led by the Autism Specialist Teaching Team around how best to support your child through the festive period when life and routines may look very different over the festive period. All welcome, no need to book.

### Post-16 education and employment pathways



**Friday 12<sup>th</sup> December**  
**1pm- 2pm**

Information session led by the City of York Council Skills Team, on support and pathways that may be available for young people post-16 in York. The session will include information about the Specialist Learning and Employment Advisor Team (SLEAT) and the support they might be able to offer, as well as information about post-16 employment pathways such as Supported Internships. All welcome, no need to book.

Email [sendcentral@york.gov.uk](mailto:sendcentral@york.gov.uk) for more info.

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



**BEAT Eating Disorders offers self-referral, free of charge services in York.**

Support is available for parents, carers, families and friends of people with anorexia, bulimia, binge eating disorder, ARFID, Pica and more. There's also direct support for those with Binge Eating Disorder - no diagnosis needed.

**[Help is just a click away.](#)**



## 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.

## SEEDLINGS - for under 5s with SEND

Free drop-in monthly sessions.



Come along to enjoy our outdoor space, sensory area, arts and crafts, music/singing, storytime, peer support and refreshments.



**Wednesday 17<sup>th</sup> Dec**  
**09:30 - 11:00am**  
**Christmas Party (with special guest!)**

**Located at SEND Central, Clifton Family Hub.**

Contact [sendseedlings@gmail.com](mailto:sendseedlings@gmail.com) if you need more information or support to attend.



**Raise York**  
Your Family Hub Network

**Sign up for** the fortnightly eNewsletter from **Raise York**, for families in York with children, from pregnancy up to 19 years old, or 25 years old if the child or young person has special educational needs.

## Relaxed SENDay at



**Sunday 14<sup>th</sup> December 2025**

**[Find more info and book here.](#)**





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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. These sessions take place during term time on **Wednesdays** between **1.30pm and 2.30pm**, at the **YIKS All About Autism Hub, at SEND Central.**



#### **Upcoming dates:**

- **Weds 3 December**
- **Weds 10 December**

### Morning phone line sessions.

To book one of the 20 minute phone call sessions, email: **[parentcarerautismsupport@york.gov.uk](mailto:parentcarerautismsupport@york.gov.uk)** with your name and a contact telephone number. Sessions are **fortnightly on Wednesdays** during term time, between **9am and 12 noon**. Bookings close the Thursday before the session.



#### **Upcoming dates:**

- **Weds 3 December**
- **Weds 17 December**

## Early Support Playgroup

Free drop-in stay-and-play sessions for parents, carers and preschoolers with additional needs. Meet others, explore learning through play, receive signposting info and support strategies.

### Mondays

Weekly in the Willow Room at The Avenues Children's Centre, **10am to 11:30am**



#### **Upcoming dates:**

- **Mon 1 December**
- **Mon 8 December**

### Tuesdays

Weekly in the Cherry Room at Hob Moor Children's Centre, **10am to 11.30am**



#### **Upcoming dates:**

- **Tues 2 December**
- **Tues 9 December**

### Wednesdays

Term time: 2nd and 4th Weds in the Little Stars Playroom at SEND Central, **9:30am to 11am**



#### **Upcoming dates:**

- **Wed 10 December**

Contact [Lauren.Williams@york.gov.uk](mailto:Lauren.Williams@york.gov.uk) or [Shahenaz.Shaikh@york.gov.uk](mailto:Shahenaz.Shaikh@york.gov.uk) for more info



**Autism Central**

**Autism Central** offers free, NHS commissioned online events for families of autistic people, providing a space to reflect and work together, share knowledge and skills. It also offers education family guide sessions and reflective sessions.

**[Find out more info and view events here.](#)**

**contact** *For families with disabled children*

## 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.](#)**

