



NEWSLETTER

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 20th Nov 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 event with key speakers, on topics and services which are relevant to our community of parent carers.



Tues 25th Nov 2025

6:30 pm - 7:30 pm, Online

'Lets Talk Money' - an info session about Welfare Benefits and where to find support.

[More info here.](#)

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

connect@pcfYork.co.uk

Stay Up To Date



Join our closed Facebook Group



Follow our public Facebook Page



Follow us on Instagram





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PCF York November Campaign

This November, we are campaigning to **increase membership and strengthen our forum**, to remain equal partners with other professionals in York and **ensure family voice is heard**.

We have widened our social media presence to improve our visibility and help us **reach as many new families as possible**.

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.](#)

Breath, Body, Mind

Free course for parent carers and unpaid carers

If you're an unpaid carer or you support someone in their day to day lives, you're invited to join a **free four-week Breath, Body, Mind course in New Earswick**, funded by the National Lottery Community Fund.



Fridays from 28th Nov 2025

**1:30-3:30pm, Quaker Meeting House,
New Earswick, YO32 4AD**

[Click here to find out more and book your free place.](#)

Other dates are available here.

Or email justin@partnersindementia.org for more information.



SEIZURE SAFETY AWARENESS

Free 90-minute online training session



Thursday 27th Nov 2025

3:30 - 5:00pm

Online

Led by the [SUDEP Action](#) education team and commissioned by South Yorkshire ICB, this free course offers evidence-based solutions to support safer care and shared decision-making. Learn essential knowledge and practical tools to reduce epilepsy-related risks. Hear about practical evidence-based solutions (including a digital check) that can be an aid to support people with epilepsy. This session is for family carers, providers of care, schools and children's services.

[Click here to book your free place.](#)





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Upcoming SEND Central Events

Elective Home Education



Friday 21st Nov 2025
1pm – 2pm

An information session on Elective Home Education led by our Local Authority School Attendance Lead and a SEND navigator from the Parent Carer Forum – York.

ADHD – A Guide for Parents



Monday 24th Nov 2025
1pm – 2pm

An Information Session led by CAMHS that looks at what ADHD is. There will be a focus on looking after yourself, practical tips for helping at home and supporting your child's educational development, general tips for supporting at school. Understanding sleep and ADHD, tips and hints. There will also be a consideration of the referral and assessment process and what comes next.

Email sendcentral@york.gov.uk to book.

[Click here](#) for 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.

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 19th Nov
09:30 – 11:00am
Starry Skies



Wednesday 17th Dec
09:30 – 11:00am
Christmas Party (with special guest!)



Located at SEND Central, Clifton Family Hub.

Contact sendseedlings@gmail.com if you need more information or support to attend.

Carers Rights Day 2025

We're proud to support Carers Rights Day 2025 alongside York Carers Centre and the Patient Experience Team at York and Scarborough Teaching Hospitals NHS Foundation Trust.

Together, we're recognising and supporting unpaid carers and ensuring their voices shape our services.

Find out more by visiting the links below:



- [Carer Hub & Charter](#)
- [Patient Information Leaflets](#)
- [York Carers Centre](#)

Relaxed SENDay at



Sunday 14th December 2025
[Find more info and book here.](#)



AccessAble
Your Accessibility Guide





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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 19 November**
- **Weds 26 November**

Morning phone line sessions.

To book one of the 20 minute phone call sessions, email: **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 19 November**
- **Weds 3 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 17 November**
- **Mon 24 November**

Tuesdays

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



Upcoming dates:

- **Tues 18 November**
- **Tues 25 November**

Wednesdays

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



Upcoming dates:

- **Wed 26 November**
- **Wed 10 December**

Contact Lauren.Williams@york.gov.uk or 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.](#)

