



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 5th 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 6th 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 7th 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 14th Jan 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.



2026 dates to be confirmed

6:30 pm – 7:30 pm, Online

Our next listening events will be in January 2026. Please follow us on social media or [check our website](#) for new dates and topics as they are released.

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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Christmas activities and events



Key Resources

to help you find accessible, inclusive activities, events and days out.



York Mumbler details all accessible activities throughout the year. [Click here](#) to view accessible events and activities during the Christmas break and all year round.



Activities, clubs, groups and things to do for children and young people aged 0-25 in York, including those aimed specifically for children with special educational needs and disabilities. [Click here](#) to search for activities and clubs during the Christmas break.



Tel: 01904 554444

Email: fis@york.gov.uk

If you need help finding suitable activities, childcare or holiday clubs, York Family Information Service can assist you.

Relaxed SENDay at EUREKA!

the national children's museum



Sunday 14th December 2025

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

SEEDLINGS - for under 5s with SEND

Free drop-in monthly sessions.

Outdoor space, sensory area, arts and crafts, music, singing, story time, peer support and refreshments.



Wednesday 17th Dec, 09:30 - 11:00am

Christmas Party (with special guest!)

Located at SEND Central, Clifton Family Hub.

Contact sendseedlings@gmail.com for more info.



Final Newsletter of 2025

Our monthly events run during term time and will be back in January 2026. Our events are open to all parents and carers living in York. [Become a PCF York member to attend.](#)

We send our best wishes to you and your families for the Christmas Holiday and the start of the New Year.



Your Voice Is Needed

The National Conversation on SEND Reform.

The Schools White Paper will be published early next year, outlining proposed SEND reforms. The Department for Education wants to hear from as many people as possible, gathering views and experiences to help shape a system that better supports children and young people. A national conversation is underway, inviting parents, educators and early years staff to get involved. A formal public consultation and further engagement will follow the White Paper's publication.

Ways to get involved

- Join one of five sessions and submit your questions on the key principles guiding SEND reform. You can attend as many as you like. [Sign up here.](#)
- You can also [contribute ideas and feedback directly online.](#)



Humber and North Yorkshire
Health and Care Partnership



[Read the Living Well Newsletter, Nov/Dec 2025](#)





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SEND Central Events

Next week:

Identifying and Responding to Big Feelings



Monday 15th December
11am-11.45am

A workshop run by the **Wellbeing in Mind Team**, for parents/carers to attend with their children/young people. This workshop will provide an opportunity to explore and normalise big feelings and consider strategies to help regulate in the moment. Refreshments available.

Understanding Local Support for Children and Young People with Sensory Processing Differences



Monday 15th December
1pm-2pm

An informal session describing local provision for sensory processing differences and the Lets Make Sense Together resources. Led by Jayne Young, Ruth Ayres and Emilie Meynell from Children's Therapy Services, York and Scarborough Teaching Hospitals.

Upcoming in January 2026

Think Together Workshops

Throughout January, the **Think Together** team are running workshops for parents and carers at SEND Central, on Wednesdays between 10am - 11:30am. You may wish to save the following dates in your diary:

- 7th January 2026 - Anxiety
- 14th January 2026 - Low Mood
- 21st January 2026 - Anxiety
- 28th January 2026 - Low Mood

Email sendcentral@york.gov.uk for more info.

[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.

Think Together Consultation



Wednesday 17th December
10am- 2pm

Think Together are a team of mental health practitioners who can support at an early stage around sign posting, advice and information around your child/ young person's mental health through workshops, consultations and information sharing. **The team want your help to shape how they can best support your family through their SEND Central Offer.**

This drop in session is an opportunity for parents and carers to share their thoughts around what they feel would be helpful for Think Together to deliver, meet the team and find out more about the service. There is no need to book just come along at a time that suits you.

Stay informed about upcoming events



Join our closed Facebook Group



Follow our public Facebook Page



Follow us on Instagram





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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 7 January 2026**
- **Weds 14 January 2026**

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 17 December 2025**
- **Weds 14 January 2026**



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

[Click here to find out about the support available.](#)

YORK Learning

Family Learning



Supporting Children with Special Educational Needs (SEND)

This free 5 week course explores SEND and ways to help you support your child at home if they are showing behaviours which suggest they may have additional needs.

We will cover a range of additional needs including ADHD, Autism, Dyslexia, Dyscalculia, and Dyspraxia. There will be an opportunity to understand which services are available to support you at home and in the school system.

Who: Parents and Carers

Dates: 14 January 2026 - 11 February 2026

When: Wednesday Afternoons, 12:45 - 2:45

Where: SEND CENTRAL,

Clifton Green Children's Centre, YO30 6JA

Please note this is a course for adults only but free childcare is available. Please book to avoid disappointment.

Use the QR Code to enrol on the course or for more information call 01904 554277 email york.learning@york.gov.uk



Funded by UK Government

YORK SEND YOUTH FORUM

Online meeting
Thursday 4th December
4pm - 5pm
on Teams



Email
jointpartnership@york.gov.uk
to get involved

Your Voice Matters

Join York's SEND Youth Forum

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

