



NEWSLETTER



 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 2nd Feb 2026

7:00pm-8:00pm, Online



Coffee Morning

First Tuesday in every month (term time)

Connect with other parents and carers, share your experiences and enjoy a cuppa on us!



Tuesday 2nd Feb 2026

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 4th Feb 2026

6.30pm - 7.30pm, Online



Coffee Morning

Second Wednesday in every month (term time)

Connect with other parents and carers, share your experiences and enjoy a cuppa on us!



Wednesday 11th Feb 2026

10:30am - 12:00pm, Acomb Explore Library

For all **online events**, please email Mary to request the meeting link:
connect@pcfyrk.co.uk



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 19th Feb 2026

9:30am-12pm, SEND Central



Listening Events

Various dates, monthly during term time

Please follow us on social media or check our website to stay informed about upcoming Listening Events, with key speakers on relevant topics and services.



WORKING TOGETHER —————
TO MAKE THINGS BETTER

Become a PCF York Member





NEWSLETTER



First Newsletter of 2026

In addition to our usual events, PCF York has two key engagement events taking place this month and next. **Over half the tickets for our Open Forum Lunch Event have already been booked!** If you would like to join us, please secure your ticket soon.

Please save the date for attending the **PCF York Annual Conference**.

This was well attended last year and received lots of positive feedback. We look forward to sharing more details with you soon. Keep an eye on our socials!

Wishing you all a Happy New Year, we hope to see you at one of our events soon.



Open Forum Lunch Event with Victoria Coyle, Head of Integrated SEND

Join PCF York for an Open Forum with Victoria Coyle, Head of Integrated SEND at City of York Council. The event offers an open discussion on what is working well in York, what needs improvement, and where service gaps remain. Victoria will share progress on joint commissioning across education, health, and social care, and seek families' views to help shape future priorities for the next two years.



**Tuesday 27th January
10am - 1pm, SEND Central**

[**Click here for more info and to book a place.**](#)

York Learning Disability Partnership Board

If you have a learning disability or are a family member or carer, the board wants to hear from you about what could be better and what they should work on first. Email: ASCTransformationteam@york.gov.uk before the 15th Feb.

City of York Council Update

2025-2026 current work and developments are listed below as an **update from Victoria Coyle, Head of Integrated SEND**. You can meet with Victoria at our [Open Forum Lunch Event](#).

★ Preparing for SEND Reforms

- Reviewing readiness for anticipated SEND reforms across Education, Health and Care.
- A new independent Chair has been appointed to the SEND Board to strengthen accountability.

★ SEND CENTRAL Development

- Developing SEND CENTRAL to deliver services that have a clear, positive impact on families.

★ Improving EHC Plan Quality

- Reviewing the Quality Assurance process for Education, Health and Care Plans to improve plan quality and family experience.
- A new group is being set up to support this work.

★ SEND Youth Group Engagement

- The SEND Youth Group will join the SEND and Alternative Provision Partnership Board to share updates and help shape York's strategic plans.

★ Specialist Place Sufficiency

- Reviewing specialist provision across special schools and mainstream resource bases.
- Additional funding is supporting:
 - More specialist places
 - Sensory rooms
 - Additional support areas in mainstream schools

★ Joint Commissioning Strategy

- Co-production with families will inform a new Joint Commissioning Strategy, bringing together Education, Health and Care.

★ Preparation for Adulthood

- Work is underway to improve the Preparation for Adulthood offer.
- Delivery begins Spring Term 2026.

★ Celebrating Individual Stories

- Sharing individual stories of children and young people to highlight good practice and successful support.

★ Best Start Family Service

- Led by Rob Newton and Kate Horne (Public Health).
- Bringing services together so families can easily access advice, support and guidance to help children thrive.





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Connect@pcfypk.co.uk

Information Sessions at SEND Central in collaboration with Parent Carer Forum York

No need to book, just come along.

The next two weeks:

Recognising big emotions in Primary aged students

 **Monday 19th January**
1pm -2pm

Information session for parents/carers led by the School Wellbeing Service – describing who they are and how they support all schools in York with the emotional wellbeing needs of students. This session will also focus on how you can support your child when they are experiencing big emotions, with a questions and answer session at the end.

Registering with York Carers and understanding their offer

 **Friday 23rd January**
1pm-2pm

Information session from York Carers, who will talk you through the support they can offer and the benefits available from registering with them as a carer of a child or young person who has SEND.

Barriers to School Attendance

 **Monday 26th January**
1pm-2pm

Workshop led by the Educational Psychology Service for parents/carers to explore barriers to school attendance, with a focus on school-based strategies to support when your child/young person is experiencing significant barriers to school engagement.



SEEDLINGS

Free drop-in monthly sessions for under 5s with SEND. Outdoor space, sensory area, arts and crafts, music, singing, story time, peer support and refreshments. No need to book, just turn up.

 **Wednesday 21st January 2026**
10am - 11:30am

Located at SEND Central, Clifton Family Hub.
Contact sendseedlings@gmail.com for info.

Think Together Workshops

Throughout January, the **Think Together** team are running workshops for parents and carers at SEND Central, on Wednesdays, 10am - 11:30am. The next sessions are:

- **Wednesday 21st January 2026 – Anxiety**
- **Wednesday 28th January 2026 – Low Mood**

Wellbeing in Mind Workshops

These workshops are for parents, carers and their young people who are **home educated**. The sessions are relaxed and informal, and adapted based on what comes up in discussion on the day.

The theme for January is: **Big Feelings**.

Sessions are 11am-12pm at SEND Central.

The next sessions are:

- **Monday 19th January 2026**
- **Monday 26th January 2026**



Email sendcentral@york.gov.uk for more info.
[Click here](#) for more SEND Central events.





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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 21 January 2026**
- **Weds 28 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 28 January 2026**
- **Weds 11 February 2026**

Your Voice Matters

Join York's SEND Youth Forum



contact For families
with disabled children
Brighter Beginnings
Free Early Years SEND Workshops for families

For more info and to book, click here.

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 19 January 2026**
- **Mon 26 January 2026**

Tuesdays

Weekly in the Cherry Room at [Hob Moor Children's Centre, 10am to 11.30am](#)



Upcoming dates:

- **Tues 20 January 2026**
- **Tues 27 January 2026**

Wednesdays

Term time: 2nd and 4th Weds in the Little Stars Playroom at [SEND Central, 9:30am to 11am](#)



Upcoming dates:

- **Wed 28 January 2026**
- **Wed 11 February 2026**

For queries, email Lauren.Williams@york.gov.uk or Shahenaz.Shaikh@york.gov.uk

York Self-Advocacy Forum

A group of friendly adults with learning disabilities who meet to talk about the things that are important to them, make new friends, have fun and help make a difference.



Monday 26th January 2026
10am - 12:30pm

Click here or contact Annabel for more info:
annabel.martin@yorkadvocacy.org.uk

