



NEWSLETTER



Connect@pcf YORK.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 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@pcf YORK.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



[Website](http://www.parentcarerforumyork.org)



[Email](mailto:connect@pcf YORK.co.uk)



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Parent
Carer
Forum
York

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Connect@pcf YORK.co.uk

[Click here to book your ticket](#)



Parent Carer
Forum **York**

Annual Conference
Thurs 12th February 2026

Join us for a day of learning,
networking, and support for
parents and carers in York.

9:30am - 2:30pm
Delta Hotels by Marriot
Tadcaster Road, YO24 1QQ



WORKING TOGETHER
TO MAKE THINGS **BETTER**

Free Online Sleep Seminars
CPD accredited Zoom sessions led by
Sleep Practitioners, offered by [Cerebra](#)

Upcoming dates:

- **Wednesday 25th March 2026**
- **Wednesday 20th May 2026**

[Click here for more info](#)



YORK
Learning
Family Learning



[Click to book](#)

**Supporting Children & Young
People with Mental Wellbeing**

This free 5 week introductory course explores
Mental Health and ways to help you support your
child at home with their mental well-being.

There will be an opportunity to understand which
services are available to support you at home and
school.

Following this course there will be an opportunity for
you to take a Level 2 qualification.

- **Wednesdays, 12:45pm – 2:45pm**
- **25th Feb – 25th March at SEND Central**



80s Groove!

Wednesday 18th February
1.30-3.30pm

[Click here to book](#)

Step back in time with Destiny and come along to the 80s
disco at Clifton Explore!

- **Cost: £12 payable on the door**
- **Email: imps@aamedia.org.uk**
- **Phone or text: 07547 288786**
- **[Click here to find out about Accessible Arts and Media](#)**

York Parent Survey

If you are a parent or carer in York, City of
York Council wants to hear from you.
Your feedback will help shape services and
support for families across the city. Have
your say before 31 March 2026.

[Click here to take part](#)



Raise York
Your Family Hub Network



**CITY OF
YORK
COUNCIL**

Complete the
survey and enter
our prize draw for
the chance to
**Win a £50
Love2Shop
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Information Sessions at SEND Central in collaboration with Parent Carer Forum York

No need to book, just come along.

The next two weeks:

Welfare Rights – knowing what you may be entitled to as a family who have a child with additional needs



**Monday 2nd February
1pm – 2pm**

A benefits adviser will be available at SEND Central from 1pm. They can share information around the benefits available to families who have children and young people with SEND. Anyone can drop in to make sure you know what you should and could be accessing, and if there is anything you may be missing. Sessions will run as 1-1 for those wanting to understand what they could access and be supported to do so. You can email SEND Central to book a slot. If you prefer to turn up between 1pm–2pm, we will do our best to accommodate you.

How to best support your child with reframing demands when life feels overwhelming



**Monday 9th February
1pm–2pm**

A workshop for parents and carers of children and young people with SEND, led by colleagues from Danesgate Community around how to best support in de-escalating difficult situations when your child is experiencing distress. This will be focusing on presenting behaviours, what this may be communicating, and thinking about how we can reframe demands to best support your child. No need to book, just come along.



SEND CENTRAL



Think Together Workshops

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

- **Wednesday 4th Feb 2026**
Understanding Autism and referring for assessment.
- **Wednesday 11th February 2026**
Understanding ADHD and referring for assessment.
- **Wednesday 25th February 2026**
Understanding Autism and referring for assessment.

Wellbeing in Mind Workshops

Workshops 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 February is: **Understanding our Sensory Differences**
Sessions are 11am–12pm at SEND Central.
The next sessions are:

- **Monday 9th February 2026**
- **Monday 23rd February 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 4 February 2026**
- **Weds 25 February 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 11 February 2026**
- **Weds 25 February 2026**

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 2 February 2026**
- **Mon 9 February 2026**

Tuesdays

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



Upcoming dates:

- **Tues 3 February 2026**
- **Tues 10 February 2026**

Wednesdays

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



Upcoming dates:

- **Wed 11 February 2026**
- **Wed 25 February 2026**

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

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.

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.



[Website](#)



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