



# 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 2<sup>nd</sup> March**  
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 3<sup>rd</sup> March**  
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 4<sup>th</sup> March**  
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 11<sup>th</sup> March**  
10:30am - 12:00pm, Acomb Explore Library

For all **online events**, please email Mary to request the meeting link:  
[connect@pcfYork.co.uk](mailto:connect@pcfYork.co.uk)



## PCFY Annual Conference

The Parent Carer Forum York Annual Conference took place on Thursday 12<sup>th</sup> of February. We were delighted to see many of our existing members and welcome new ones, to share **a day dedicated to updates, support, and partnership for parent carers of children and young people with additional needs in York.**

Our agenda highlights included:

- Local authority SEND updates
- Preparation for Adulthood, Short Breaks Review, and the Carers Experience Improvement Plan
- Advice, voice, and participation from local services
- Police Passport and community safety updates
- Forum updates and a parent carer wellbeing session

Thank you to everyone who joined us. We hope the day was useful to you all. If you didn't fill in a **conference evaluation form**, please send us an email.



Visit our website  
[parentcarerforumyork.org](http://parentcarerforumyork.org)



Email us at  
[connect@pcfYork.co.uk](mailto:connect@pcfYork.co.uk)



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## February Half Term 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 February half term 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 February Half Term.



Tel: **01904 554444**  
Email: [fis@york.gov.uk](mailto:fis@york.gov.uk)

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

## Early Help Short Breaks survey for parent carers

Early Help Short Breaks is a small pot of funding that families can apply for to support their child with additional needs, such as employing a personal assistant or accessing inclusive leisure activities like 1:1 swimming.

Applications are currently open twice a year (April and October), and a review is underway to consider potential changes for the City of York.

Parents and carers are invited to share their views. **Please complete the survey to help shape how this funding works in the future.**



[Early Help Short Breaks Survey](#)

## 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](mailto:imps@aamedia.org.uk)**
- **Phone or text: 07547 288786**
- [Click here to find out about Accessible Arts and Media](#)



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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 session:

**Supporting Transitions in Early Years Settings for your Child with Additional Needs**

 **Monday 23rd February 1pm - 2pm**

An information session delivered by our Early Years and Childcare Inclusion Adviser about the different transitions within early years and what you can expect from your setting when you have a child who has additional needs. This will include a question and answer session at the end.

## Pre-school SEND Play Group

No need to book, just turn up.

 **Wednesday 25th February 1pm - 2pm**

A Pre-school SEND Playgroup runs on Wednesdays at SEND Central, led by either York Inspirational Kids, Portage or a SEND Parent Champion. Please check the SEND Central website for future dates.

## 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](#)

Survey completion gives you the chance to win a £50 Love2Shop voucher!




York SEND Local Offer

## SEND CENTRAL

Check out York's new hub for children and young people with Special Educational Needs and Disabilities (SEND) and their families.

## Think Together Workshops

Throughout February, the **Think Together** team have run workshops for parents and carers at SEND Central, on Wednesdays, 10am - 11:30am. The last session this month is:

- **Wednesday 25<sup>th</sup> February**  
**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-11.45am at SEND Central.

The next session is:

- **Monday 23<sup>rd</sup> February**



For more information about SEND Central events, email: [sendcentral@york.gov.uk](mailto:sendcentral@york.gov.uk)

[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 25 February**
- **Weds 4 March**

### 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 25 February**
- **Weds 11 March**

## 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 23 February**
- **Mon 2 March**

### Tuesdays

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



#### Upcoming dates:

- **Tues 24 February**
- **Tues 3 March**

### Wednesdays

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



#### Upcoming dates:

- **Wed 25 February**
- **Wed 22 March**

For queries, email [Lauren.Williams@york.gov.uk](mailto:Lauren.Williams@york.gov.uk) or [Shahenaz.Shaikh@york.gov.uk](mailto: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.](#)

## Free Online Sleep Seminars

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



#### Upcoming dates:

- **Weds 25<sup>th</sup> March**
- **Weds 20<sup>th</sup> May**

[Click here for more info](#)



**AccessAble**  
Your Accessibility Guide

