



NEWSLETTER

 Connect@pcfYork.co.uk

Information Sessions at SEND Central in collaboration with Parent Carer Forum York
No need to book, just come along.

The next session:
Understanding the Early Help Short Breaks Application Process

 **Monday 13th April**
1pm - 2pm

A drop-in session led by the short breaks co-ordinator about the City of York's Short Break application process and how to access this. The window for applications is open throughout April, if you have questions or are seeking advice around the process come along to find out more.

Pre-school SEND Play Group

No need to book, just turn up.

 **Wednesday 25th March**
9am - 11.30am

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!



WORKING TOGETHER TO MAKE THINGS **BETTER**



Become a PCF York Member

Parent Carer Forum York runs a monthly event programme for parent carers of children and young people with additional needs, living in York. To stay up to date with our upcoming events, please click the link above to join us as a member.

Think Together Workshops

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

- **Weds 25th March - Energy Accounting Theory - Helping manage energy levels with Autistic Young People.**

Wellbeing in Mind Workshops

Workshops for parents, carers and their young people who are **home educated**.

The theme for April is:

Exploring Emotions.

Sessions are 11am-12.30pm at SEND Central.

The next sessions are:

- **Monday 13th April**
- **Monday 20th April**



For more information about SEND Central events, email: sendcentral@york.gov.uk

[Click here for more SEND Central events.](#)

CAMHS are seeking feedback on their [website](#)

to help identify what improvements would be most useful.

[Access the Feedback Form here.](#)





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↓ Easter Holiday activities and events.

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



York Mumbler shares local accessible events and activities. **Discover what's on** in and around York over the Easter break and beyond.



Search for local things to do - activities, clubs and groups for children and young people aged 0-25 in York, including those aimed specifically for children and young people with special educational needs and disabilities.



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.



Thrive SEND Support CIC Rowntree Park Meet Up

For families with children with additional needs, SEND and adopted.



Sunday 22 March
11am - 1pm

Join **Thrive SEND Support CIC** in the main play area at Rowntree Park for a chance to chat and make connections with families similar to your own. Bring your own snacks and drinks or treat yourself at the park cafe. Let us know you are coming and we will look out for you! Email thrive063@gmail.com or telephone **07745 057 815**

Musical Landscapes

Wednesday 1st
April
1.30-3.30pm



Accessible Arts and Media
Clifton Explore Library,
York, YO30 6NS



Musical Landscapes

A fully inclusive musical activity exploring rivers, volcanoes and hills through music.
For ages 8+
£12 (subsidies are available)

Book a place

Plant Power

Wednesday 8th
April
1.30-3.30pm



Accessible Arts and Media
Clifton Explore Library,
York, YO30 6NS



Plant Power

A fully inclusive musical activity exploring plants through our sounds and senses.
For ages 8+
£12 (subsidies are available)

Book a place

Help shape the future of IMPs

IMPs are applying to extend their funding beyond December 2026. Anyone who has attended or is interested in attending IMPs sessions is invited to share feedback to help strengthen the funding application and secure the future of this inclusive music activity programme.

Contribute your views here





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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.**



There are no further dates in March, we will update you as soon as April dates are available. More info available here.

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.



Next session:
• **Weds 25 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**



Next date:
• **Mon 23 March**

Tuesdays

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



Next date:
• **Tues 24 March**

Wednesdays

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



Next date:
• **Weds 25 March**

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

Join York's SEND Youth Forum



Your Voice Matters

Could you be a Parent Advocate?

Do you have personal experience of Children's Social Care Services, either as a parent or a supportive family member?

Could you draw on your own experience to help others navigate the Child Protection Process?

Could you empower other parents to speak up and be heard when they are at their most vulnerable?

JOIN US

Get in touch with the Volunteer Team today by emailing volunteers@york.gov.uk or call us on 07542 510430



contact *For families with disabled children*

Brighter Beginnings

Free Early Years SEND Workshops for families

Find out more and book a place



Humber and North Yorkshire Health and Care Partnership



Humber and North Yorkshire Integrated Care Board (ICB)

LIVING WELL NEWSLETTER

Issue 13 February/March 2026

North Yorkshire and York



Website



Email



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