



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:

A guide to Annual Review when you have an Education Health and Care Plan

 **Friday 13th March**
1pm - 2pm

An information session led by the Team Leader Plan Writer from the SEND Team around the process of annual reviews of your EHCP. This will be an overview of what to expect, understanding the process with the opportunity for questions and answers.

Pre-school SEND Play Group

No need to book, just turn up.

 **Wednesday 11th March**
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!



↓ **Join us at the next PCF York event**



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 March

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



[Visit our website for more upcoming events](#)

Think Together Workshops

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

- **Weds 11th March - Introduction to anxiety.**
- **Weds 18th March - Introduction to low mood.**

Wellbeing in Mind Workshops

Workshops for parents, carers and their young people who are **home educated**. The theme for February is: **Understanding the impact of stress and strategies to manage it.**

Sessions are 11am-12pm at SEND Central.

The next sessions are:

- **Monday 9th March**
- **Monday 16th March**



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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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 11 March**
- **Weds 18 March**

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 March**
- **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**



Upcoming dates:

- **Mon 9 March**
- **Mon 16 March**

Tuesdays

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



Upcoming dates:

- **Tues 10 March**
- **Tues 17 March**

Wednesdays

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



Upcoming dates:

- **Wed 11 March**
- **Wed 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



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