



NEWSLETTER

✉ Connect@pcfYork.co.uk

↓ Join us at the next PCF York events

Coffee Morning

Connect with other parents and carers, and share your experiences.

Tuesday 5th May
10:30am – 12:00pm, [New Earswick Folk Hall](#)

Coffee Morning

Connect with other parents and carers, and share your experiences.

Monday 18th May
10:30am – 12:00pm, [Acomb Explore Library](#)

You may have noticed some changes to our usual schedule of PCF York events. We understand that a fixed schedule is helpful for many people. We are working hard to navigate staff changes and return to our usual programme of events. Thank you for bearing with us, your patience is appreciated.

[Visit our website to view our upcoming events](#)

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

No need to book, just come along.

The next session:
what does a good Education, Health and Care Plan (EHCP) look like?

Wednesday 6th May
10:30am – 12:00pm, **at SEND Central**

Join PCF York for a session exploring “What does good look like?” when it comes to Education, Health and Care Plans (EHCPs), giving parent carers the chance to share their views on what makes a truly effective plan. An opportunity to shape the conversation and help define what a great EHCP should look like. [Find out more.](#)

Sleep Charity Workshop

Thursday 30th April
6pm – 7pm

Struggling with your child’s sleep?

Join this free online workshop, run by The Sleep Charity in partnership with PCF York.

[More info here.](#)

SEND Reforms Sessions **Making Sense of the SEND White Paper**

The Government proposals for new systems to support SEND children and young people are now in consultation, closing on the 18th May. [PCF York](#) together with [York SENDIASS](#) are offering sessions which will focus on different aspects of the consultation and give you space to consider how you might want to help shape these major reforms.

★ **SEND Reform Information Session with Victoria Coyle, hosted by PCF York**
Tuesday 5th May
12:30pm – 2pm, **SEND Central**
[Find out more.](#)

★ **SEND Reforms Information Session Hosted by PCF York and York SENDIASS**
Thursday 7th May, 10:00am – 11:00am
Online
[Find out more.](#)

★ **SEND Reforms Consultation Session Hosted by PCF York and York SENDIASS**
Tuesday 12th May, 6:30pm – 7:30pm
Online
[Find out more.](#)

★ **SEND Reforms Consultation Session Hosted by PCF York and York SENDIASS**
Thursday 14th May, 10:00am – 12:00pm
at SEND Central
[Find out more.](#)



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Exciting Job Opportunity!

Parent Carer Forum York are looking for a person to join their team. This is an opportunity to be a **SEND Navigator** for **SEND Central - City of York's new SEND Hub**.

This is a job share vacancy which will involve the successful candidate working 18.75 hours a week. The working pattern will be 3.75 hours each afternoon, Monday to Friday. School holiday working patterns can be more flexible.

The post holders will be responsible for engaging with families of children with additional needs and professionals who use SEND Central. They will be expected to signpost families to appropriate services. Additional duties will include, but not limited to, routine admin tasks such as timetable upkeep, logging data, display boards upkeep, managing phone lines and emails, managing appointment timetables, record keeping.


For further details and to discuss the post please email your CV to connect@pcfYork.co.uk to arrange an initial phone call, using the subject heading 'APPLICATION SEND NAVIGATOR'

- **Closing date: Wednesday 6th May**
- **Interviews: week beginning 11th May**

↓ Upcoming Events at SEND Central

Pre-school SEND Play Group

No need to book, just turn up.

 **Wednesday 29th April**
10am - 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.

Think Together Workshops

Self Esteem Workshop

 **Wednesday 29 April**
10:00am - 11:30am

A **workshop** to support parents/carers to learn more about **self-esteem**, how low self-esteem can present in young people and how parents/carers can support a young person when they may be experiencing low self esteem. Held at SEND Central.

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 is on:

- **Monday 27th April**



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

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





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Thank you, Mary!



After three incredible years, we say a heartfelt thank you to **Mary Simpson, our Voice and Development Manager**, as she steps down from PCF York.

Mary has devoted her career to education and SEND. She has been a passionate advocate for families and has played a key role in the growth of PCF York. Mary has been a valued colleague and will continue to be a friend to so many.

Some words from Mary:

After three years working with PCF York, I want to say how much I have enjoyed representing you and your families. It has been a privilege hearing and sharing your family stories, whilst working with the most value-driven, hardworking, caring team. Thank you.

I want to share with you three things I have learned:

- 1. Your voice is valuable. Plans made without you are only "half-baked."*
- 2. Your lives are full. Remember to take care of yourselves.*
- 3. Being a parent/carer in difficult circumstances, whilst remaining positive and optimistic, is a big ask... but worthwhile.*

*With very best wishes for you and your families,
Mary*

We're so grateful for Mary's dedication, expertise, and unwavering commitment to families. Her leadership and passion have helped shape PCF York into what it is today. We wish her all the very best as she heads into her next chapter and new adventures.



Your Voice Matters Join York's SEND Youth Forum

Share your views with those who can make a difference to the lives of young people with Special Educational Needs and/or Disabilities.

The SEND Youth Forum is a group of children and young people aged 7 to 25 with SEND or additional needs, who live or go to school/college in York. You do not need a diagnosis or EHCP to get involved.

The group share their views and experiences, take part in campaigns and projects, complete surveys and questionnaires and help improve SEND services. This forum directly shapes services for young people in the city and provides them with an opportunity to share their views and ideas with leaders from across Education, Health and Care to create positive change.

You can learn new skills, build your confidence and meet new people. Have your say, get involved and make a difference!

To get involved, email jointpartnership@york.gov.uk for more information or **[click here](#)**.



Family Fund **Your Opportunity Programme** Helping disabled children

If you're caring for a disabled or seriously ill young adult aged 18 to 24 who is living at home, you can now apply for support through Family Fund's Your Opportunity programme. **[Find out more](#)**.



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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 sessions:

- **Weds 22 April**
- **Weds 29 April**

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 sessions:

- **Weds 22 April**
- **Weds 6 May**

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 27 April**
- **Mon 11 May**

Tuesdays

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



Upcoming dates:

- **Tues 28 April**
- **Tues 5 May**

Wednesdays

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



Upcoming dates:

- **Weds 13 May**
- **Weds 10 June**

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

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?

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

JOIN US



York Carers Centre
Free Support for Unpaid Carers

Find out about the support on offer



Organised by

Lollipop
Registered Charity 110538 York & North
Supporting children, young people and families with deafness



Tuesday 5th May, 6-8pm
Orchard Hall, New Earswick Folk Hall

WORKING TOGETHER TO MAKE THINGS BETTER

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