



# NEWSLETTER

✉ [Connect@pcfYork.co.uk](mailto:Connect@pcfYork.co.uk)

## ↓ Join us at one of our upcoming PCF York events

**Coffee Morning**  
Our next and final event for this month  
Our full events schedule is back in June!

**Monday 18<sup>th</sup> May**  
10:30am - 12:00pm, [Acomb Explore Library](#)

**Cuppa and Chat**  
First Monday in every month (term time)

An online meet-up for parents and carers who may struggle to attend in person meet ups. Join us to connect with others in our community, share, offload, celebrate, or ask questions.

**Monday 1st June**  
7:00pm-8:00pm, [Online](#)

**Coffee Morning**  
First Tuesday in every month (term time)

Join us for a coffee morning to connect with other parent carers and share your experiences.

**Tuesday 2<sup>nd</sup> June**  
10:30am-12:00pm, [New Earswick Folk Hall](#)

**Parent Carer Signposting**  
First Wednesday in every month (term time)

An opportunity for parents who are new to the world of SEND to ask questions and receive signposting to what parents tell us are the most useful resources.

**Wednesday 3rd June**  
6.30pm - 7.30pm, [Online](#)

**Coffee Morning**  
Second Wednesday in every month (term time)

Join us for a coffee morning to connect with other parent carers and share your experiences.

**Wednesday 10th June**  
10:30am - 12:00pm, [Acomb Explore Library](#)

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

The next session:

### Information session about Post-16 Education and Employment Pathways

**Friday 22nd May**  
11am - 12pm, at SEND Central

A drop-in session hosted by the City of York Council Skills Team, in collaboration with PCF York. The session includes information about the Specialist Learning and Employment Advisor Team (SLEAT) and the support they might be able to offer, as well as information about Post-16 employment pathways, such as supported internships. **No need to book - just come along.**

## 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 18<sup>th</sup> 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 Reforms Consultation Session**  
Hosted by PCF York and York SENDIASS  
 **Tuesday 12<sup>th</sup> May, 6:30pm - 7:30pm**  
**Online**  
[Find out more.](#)

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

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

**WORKING TOGETHER**  
TO MAKE THINGS **BETTER**

[Join PCF York](#)





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## ↓ Upcoming events at SEND Central

### Pre-school SEND Play Group No need to book, just turn up.

📅 **Wednesday 13th May**  
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 Workshop Energy Accounting Theory: Helping manage energy levels with Autistic young people

📅 **Wednesday 27 May**  
10:00am - 11:30am

Energy accounting, developed by autistic psychologist Maja Toudal, uses a "bank account" model where activities either drain or restore your energy. Many autistic people find it helpful for managing stress and planning their time. This workshop introduces the concept, shows how to apply it to daily life, and offers strategies for rebuilding energy when you're low.  
**Held at SEND Central. No booking required.**

### 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.  
**Held at SEND Central. No booking required.**

📅 **Monday 11th May**  
11:00am - 12:00pm



Consultation appointments are also available throughout the day for parents/carers and professionals. Consultation sessions need to be booked in advance by contacting:  
[sendcentral@york.gov.uk](mailto:sendcentral@york.gov.uk)

## 🔗 Link **Timetable of Events at SEND Central**

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

### Think Together Branding and Understanding Workshop A Free Half Term Activity Day for young people, parent/carers and professionals at SEND Central

📅 **Wednesday 27 May**  
10:00am - 1:30pm (drop in any time)

A free event for young people, parents/carers, and professionals to learn about the Think Together Team (part of CAMHS), which aims to improve access to and understanding of mental health support in the community.

#### What to expect:

- Room 1 (Young people): Share ideas, ask questions, and help make the service more youth-friendly
- Room 2 (Parents/Carers & young people): Meet the team, learn about their CAMHS offer, and shape future support

For more information, please contact:  
[tew.camhscocreationnyys@nhs.net](mailto:tew.camhscocreationnyys@nhs.net)

### 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 [volunteeryork.gov.uk](mailto:volunteeryork.gov.uk) or call us on 07542 510430



### Your Voice Matters

Join York's SEND Youth Forum  
[Find out more information here.](#)





# NEWSLETTER

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**Dingley's Promise**  
Early Years SEND Specialists

## Join us online:

### EARLY YEARS SEND REFORM: ONLINE PARENT SESSIONS

JOIN US ONLINE AT THE FOLLOWING TIMES:

- Tuesday 12th May, 12-1pm
- Wednesday 13th May, 6-7pm
- Thursday 14th May, 6-7pm

[Book your free place](#)



Do you have a child with SEND under 8 years of age who has been through or is currently in the early education system? Don't miss this chance to have your say on the policy changes which will shape early years education.

This Event is supported by the Department for Education. Hosted by Dingley's Promise: Early Years SEND Specialists. DINGLEY.ORG.UK

## May 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. **Visit the website** to view accessible events and activities during the May 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. **Search the website** for activities and clubs during the May 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.



## Family Fund

Helping disabled children **Your Opportunity Programme**

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 information](#)



**The Beat Lab**  
Wednesday 27th May  
1.30-3.30pm

[Book a place](#)



Accessible Arts and media



## AccessAble

Your Accessibility Guide



## York Carers Centre

Free Support for Unpaid Carers

[Find out more about the support available](#)



## Relaxed SEN days

EUREKA Relaxed SEN days offer a calm, inclusive environment where children with special educational needs can explore, play, and learn at their own pace.



**Sunday 17th May**

[More info and book](#)



[Website](#)



[Email](#)



[Members Facebook Private Group](#)



[Instagram](#)



[Facebook](#)



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## Autism Support for Parents Support for parents and carers 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 13 May**
- 📅 **Weds 3 June**

### 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 sessions:

- 📅 **Weds 20 May**
- 📅 **Weds 10 June**

## 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 11 May**
- 📅 **Mon 18 May**

### Tuesdays

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

#### Upcoming dates:

- 📅 **Tues 12 May**
- 📅 **Tues 19 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**

## Time Out for Parents: Children with Additional Needs FREE Family Support Course

Parenting children with additional needs can bring unexpected joys, but also unexpected challenges.

Join us for 5 sessions to find out more about your child's emotional needs, the importance of self-esteem and strategies to manage tricky behaviour and emotions. Share with others and find you're not alone!

BOOK NOW >>

[www.fmy.org.uk](http://www.fmy.org.uk)  
[jenwootten@fmy.org.uk](mailto:jenwootten@fmy.org.uk)

Begins Wednesday 3<sup>rd</sup> June 2026

9.30am cuppa, 10 am -12 noon session

Thorp Arch Church, Church Causeway, Thorp Arch, Wetherby, LS23 7AH



\* Chat & share \* Bite-sized tips & strategies \* Know that you are not alone!

## TIME OUT FOR PARENTS! Parenting Children with ADHD

### 6 FREE support sessions

Starting Thursday 4<sup>th</sup> June

@ Hob Moor Children's Centre, Green

Lane, Acomb, York YO24 4RF

9.45 - 11.45am

Free childcare available



A 6 week course to help you support your child's needs and understand more about....

- how the ADHD brain works
- sensory processing difficulties
- managing ADHD behaviours
- boosting your child's self esteem

For more info email:  
[jenwootten@fmy.org.uk](mailto:jenwootten@fmy.org.uk)

BOOK NOW >>  
Course code SP1



FAMILY MATTERS YORK Working in Partnership



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