



NEWSLETTER

Connect@pcfYork.co.uk

↓ Join us at one of our upcoming PCF York events



Cuppa and Chat First Mon 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 Tues in every month (term time)

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



Tuesday 2nd June
10:30am-12:00pm, New Earswick Folk Hall



Parent Carer Signposting First Weds 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 Weds 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

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

The next session:

Wellbeing workshop for parents and carers of children and young people who have SEND



Thursday 11th June
11am - 12pm, at SEND Central

A wellbeing workshop led by Ashley Watson who is leading in good mental health for carers from the CVS (Centre for Voluntary Services). This session invites parents and carers to explore the Five Ways to Wellbeing. Through interactive activities and discussion, we will explore small, practical actions that can support our wellbeing. This is a safe space to reflect, recharge and re-imagine what wellbeing looks like for yourself and for all parents and carers across York.

No need to book - just come along.

For online events, the meeting link can be requested via email: connect@pcfYork.co.uk

WORKING TOGETHER
TO MAKE THINGS BETTER

[Join PCF York](#)



AccessAble
Your Accessibility Guide



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





NEWSLETTER

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↓ Upcoming events at SEND Central

Pre-school SEND Play Group

No need to book, just turn up.

📅 **Wednesday 3rd June**
★ 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 Understanding Autism and how to refer for an assessment in CAMHS

📅 **Wednesday 10th June**
★ 10:00am - 11:30am

Recommended for parent carers who are considering an autism assessment or if their child has been recently diagnosed, this workshop features identifying common characteristics of Autism and how to access an Autism assessment with specialist CAMHS. Information and resources will be provided to inform support strategies and adjustments to manage support needs that can be present with Autism.

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 8th June**
★ 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

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

For more information about SEND Central events, email: 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:
tewv.camhscocreationnyys@nhs.net

SEND Central Pop-up Stand

📅 **Friday 5th June**
★ 10:00am - 11:30am (drop in any time)
Tang Hall Explore Library.

SEND Central will be holding a pop-up stand at Tang Hall Explore Library with the SEND Hub Manager, a member of Parent Carer Forum York and an NHS Transitions Nurse. Please pop in and see us if you would like to discuss anything around SEND.

YORK **sendiass**

Visit the [York SENDIASS website](https://www.yorksendiass.org.uk)





NEWSLETTER

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SEN Support and Inclusive Mainstream Provision
Working with your setting to find out what support is right for your child/ young person (without an EHCP) and how this transitions into next year.

Wednesday 10th June 2026 - 12pm - 1pm on Microsoft Teams

A Skills Session for Parents, Carers and Young People

How to book

Contact SEND Central SENDCENTRAL@york.gov.uk or 01904 555076

or

Contact York SENDIASS directly yorksendiass@york.gov.uk or 01904 554312

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

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

TIME OUT FOR PARENTS! Parenting Children with ADHD

6 FREE support sessions

Starting Thursday 4th 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

BOOK NOW
Course code SP1



FAMILY MATTERS YORK Working in Partnership



Healthwatch York Share your experience

Healthwatch York is gathering experiences of waiting for mental health and neurodiversity support for children and young people. They want to hear from young people, families, carers, and professionals.

Complete or share the survey:

- **Families:** [CAMHS26 Survey](#)
- **Young people:** [CAMHSCYP26 Survey](#)
- **Professionals:** [SENCO26 Survey](#)

Closing date: Friday 10 July.

Prefer to talk, or want more information?

Email Healthwatch York or call 01904 621133.

IMP's Holiday Club

The Beat Lab
Wednesday 27th May
1.30-3.30pm

Book a place

Accessible Arts and media



Could you be a York Parent Champion?

An opportunity to chat to parents and carers about raising a family and what support is available.

Interested? Contact Alison
07901813436 / alison.cammiss@york.gov.uk





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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 3rd June**
- **Weds 10th June**

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 10th June**
- **Weds 24th 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 1st June**
- **Mon 8th June**

Tuesdays

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

Upcoming dates:



- **Tues 2nd June**
- **Tues 9th June**

Wednesdays

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

Upcoming dates:



- **Weds 10th June**
- **Weds 24th June**



Autism Central

Free Autism Support Coaching For Families and Carers

If you support, care for, or work with an autistic child, young person or adult, free online coaching sessions are available through **Autism Central** for anyone in England.

Delivered by trained peer guides with lived or family experience, these NHS-commissioned sessions offer practical support, guidance, and a safe space to talk about everyday challenges and autistic wellbeing.

Free sessions are available in blocks of 4, 8 or 10 appointments.

[Find out more: Autism Central One-to-One Support](#)

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
jenwootten@fmy.org.uk



Begins Wednesday 3rd 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!



Visit the SEND Central website to stay up to date with events running at York's SEND Hub



[Website](#)



[Email](#)



[Members Facebook Private Group](#)



[Instagram](#)



[Facebook](#)