



NEWSLETTER

Connect@pcfYork.co.uk

↓ Join us at one of our upcoming PCF York events



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 1st July
6.30pm – 7.30pm, Online



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 6th July
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 7th July
10:30am–12:00pm, New Earswick Folk Hall



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 8th July
10:30am – 12:00pm, Acomb Explore

Information Sessions at SEND Central in collaboration with **PCF York**

Upcoming sessions:

Information Session Barriers to School Attendance



Tuesday 30th June
1pm – 2pm, at SEND Central

An information session led by the Educational Psychology Team around understanding barriers to school attendance and how to support your child or young person when they are experiencing significant barriers to school engagement.

Information Session Elective Home Education



Friday 3rd July
10am – 11am, at SEND Central

Thinking about Elective Home Education (EHE)? Join our group session to learn more about what it involves. Led by the Local Authority Attendance Lead and Elective Home Education Officer, this session will explain the EHE process, explore wider attendance considerations and give you a chance to ask questions.

Employment Opportunities Broker Session for 16–25 year olds with SEND



Monday 6th July
12pm – 1pm, at SEND Central

Aimed at young people aged 16+ and their families. If you are not currently in education, employment or training, this is a great chance to explore your next steps into employment, learn about training and learning opportunities, and get advice and support tailored to you from Holly, our Employment and Opportunities Broker..

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

WORKING TOGETHER TO MAKE THINGS BETTER [Join PCF York](#)





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↓ Upcoming events at SEND Central

[Link](#) **Timetable of Events at SEND Central**

Pre-school SEND Play Group

No need to book, just turn up.

Wednesday 1st July
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.



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



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](#)

Think Together Workshops For Parents and Carers

Held at SEND Central. No booking required.

Understanding Emotional Regulation

Wednesday 8th July
10:00am - 11:30am

This workshop will explore emotional regulation, introduce the window of tolerance and learn strategies for how to help regulate emotions for your children and young people.

Understanding Self Esteem

Wednesday 15th July
10:00am - 11:30am

This workshop will explore what self esteem is, how it differs from self confidence, the factors that contribute to high or low self esteem, and the strategies and skills that can help boost self esteem.

contact *For families with disabled children*

Brighter Beginnings

Free Early Years SEND Workshops for families

[Find out more info and book a place](#)

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 29th 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

Improving the Local Offer Website

Your feedback will help make the Local Offer website more accessible, useful and relevant for children and young people with SEND and their families. The survey only takes a few minutes to complete, and every response will help shape future improvements.

[Share your feedback here.](#)



Thrive CIC Meet Up - Rowntree Park

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

Sunday 12th July
11:00am - 1:00pm

Meet in the main play area. For more information contact thrive063@gmail.com / 07745057815

YORK **sendiass**

Visit the [York SENDIASS website](#)





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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 1st July**
- **Weds 8th July**

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 8th July**

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 29th June**
- **Mon 6th July**

Tuesdays

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

Upcoming dates:



- **Tues 30th June**
- **Tues 7th July**

Wednesdays

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

Upcoming dates:



- **Weds 8th July**



Autism Support For Families and Carers

Autism Central offers free one-to-one online coaching and group learning sessions for anyone supporting, caring for, or working with autistic people in England. All events are free NHS England-commissioned sessions delivered by Anna Freud and are peer-led, co-produced, and informed by lived experience and research. **Upcoming group learning session:**

- Understanding autistic young people's experiences of mainstream primary schools - 17th July 2026

Visit Autism Central to learn more about one-to-one support and upcoming events.



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

Help shape York's accessible and inclusive play areas.



Share your views before 30 June 2026 to help create play spaces that meet the needs of disabled children, young people and their families.

Supported Internships Programme

York College is offering supported internships for young people aged 18-24 with an EHCP, with work experience opportunities including Aviva, LNER and City of York Council.

Find out more information.



AccessAble
Your Accessibility Guide



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