



NEWSLETTER

Connect@pcf YORK.co.uk

↓ Our term-time PCF Events Schedule will be back in September



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 7 September
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 8 September
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 9 September
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 9 September
10:30am – 12:00pm, Acomb Explore

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

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

[Join PCF York](#)



Upcoming events at SEND Central

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 13 July
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 via: sendcentral@york.gov.uk

Think Together Workshops

For Parents and Carers

Held at SEND Central. No booking required.

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.



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



[Website](#)



[Email](#)



[Members Facebook Private Group](#)



[Instagram](#)



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Summer sessions at SEND Central

PCF York - Catch up & Cuppa



A relaxed opportunity for parents and carers to meet others, enjoy a cuppa and share experiences while children and young people take part in activities at the York SEND Youth Forum Summer of Fun (details to the right).

No booking required.

- Wednesday 22 July, 1:00pm – 2:30pm
- Wednesday 29 July, 1:00pm – 2:30pm
- Wednesday 5 August, 1:00pm – 3:30pm
- Wednesday 12 August, 1:00pm – 3:30pm
- Wednesday 19 August, 1:00pm – 2:30pm
- Wednesday 26 August, 1:00pm – 2:30pm
- Wednesday 2 September, 1:00pm – 2:30pm

PCF York - SEND Navigator Drop-in Sessions



Need help finding the right support for your child or young person with SEND? Speak to a Parent Carer Forum York Navigator for information, advice and signposting to local services. Drop in with any SEND-related questions, **no appointment needed**, just drop in anytime between **09:30am – 4:00pm**.

- Wednesday 22 July
- Thursday 23 July
- Wednesday 29 July
- Thursday 30 July
- Wednesday 5 August
- Thursday 6 August
- Wednesday 12 August
- Thursday 13 August
- Wednesday 19 August
- Thursday 20 August
- Wednesday 26 August
- Thursday 27 August
- Wednesday 2 September
- Thursday 3 September



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

York SEND Youth Forum Summer of Fun in collaboration with PCF York



A free programme of fun, inclusive activities for young people aged 6+. Meet new friends, try creative activities and help shape the Youth Forum. Young people under 14, or those needing additional support should bring a parent or carer.

Email SENDCENTRAL@york.gov.uk to book your free place.

- **Wednesday 22 July, 1:00pm – 2:30pm**

Craft Session: Meet the Youth Voice Lead and enjoy a getting-to-know-you craft session.

- **Wednesday 29 July, 1:00pm – 2:30pm**

Thunk It Theatre Workshop: An inclusive drama and creativity session for young people aged 6–16.

- **Wednesday 5 August, 1:00pm – 3:30pm**

Spray Painting Workshop: Create artwork with Arts of Protest. Ages 7+. Please bring your own goggles and wear clothes suitable for painting.

- **Wednesday 12 August, 1:00pm – 3:30pm**

Spray Painting Workshop: Another opportunity to create artwork with Arts of Protest. Ages 7+. Please bring your own goggles and wear clothes suitable for painting.

- **Wednesday 19 August, 1:00pm – 2:30pm**

Friendship Bracelets & Origami: Enjoy creative activities and make something to take home.

- **Wednesday 26 August, 1:00pm – 2:30pm**

Slime Making Workshop: Get messy with sensory fun!

- **Wednesday 2 September, 1:00pm – 2:30pm**

Young People's Choice: The final session, planned by the young people who attended over the summer.





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Summer Sessions at SEND Central

School Wellbeing Service Parent Carer Drop-in Sessions

Drop in to speak with the School Wellbeing Service for advice and support around your child or young person's emotional wellbeing, mental health or school transitions. **No booking required.**

- Thursday 23 July
- Thursday 30 July
- Thursday 6 August
- Thursday 13 August
- Thursday 20 August

Post-16 Education and Employment Pathways

Thursday 20 August, 12:00pm – 1:00pm

Meet Specialist Learning and Employment Advisors to explore education, training and employment options for young people with SEND after Year 11. **No booking required**, just come along.



Summer Holiday Key Resources

SENDIASS In-Person Appointments

Book a one-to-one appointment with SENDIASS for impartial information, advice and support on SEND education matters, including EHCPs, school support and your rights.

Appointments run from **10:00am to 2:00pm.**

Email SENDCENTRAL@york.gov.uk to book.

- Thursday 6 August
- Thursday 27 August



Elective Home Education Information Session

Thursday 13 August, 11:00am – 12:00pm

Thinking about home education?

Find out what elective home education involves, what support is available and what families need to know before making a decision. **No booking required.**

Elective Home Education Family Drop-in Session

Thursday 13 August, 1:00pm – 2:00pm

Already home educating?

Drop in to ask questions, share experiences and access information and support for your home education journey. **No booking required.**



Key Resources

to help you find accessible, inclusive activities, events and days out.



Visit the **York Mumbler website** to view accessible events and activities during the summer holidays and all year round.



Raise York
Your Family Hub Network

Activities, clubs, groups and things to do for children and young people aged 0–25 in York, including those aimed specifically for children with SEND. **Search the website** for activities and clubs running during the summer holidays.



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.



AccessAble

Your Accessibility Guide

YORK
sendiass

[York SENDIASS website](http://YorkSENDIASSwebsite)



[Website](http://www.parentcarerforumyork.org)



[Email](mailto:Connect@pcf YORK.co.uk)



[Members Facebook Private Group](#)



[Instagram](#)



[Facebook](#)



Parent
Carer
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Inclusive musical adventures with IMPs Holiday Clubs

Every Wednesday
afternoon in the summer
holidays at Accessible Arts
and Media, Clifton Explore



Book here

For more information contact:
imps@aamedia.org.uk
07547 288786

Inclusive music and sensory sessions for children and young people with learning disabilities aged 8+

- **29 July: Musical Journeys:** Create music inspired by imaginary adventures using songs and instruments.
- **5 August: A Day at the Seaside:** Explore a seaside adventure through songs, drama, games and sensory activities.
- **12 August: Play The Line:** Transform lines, patterns and natural materials into music and sound.
- **19 August: Immersive Gardens:** Enjoy campfire stories, songs, games and nature-inspired sensory activities.
- **26 August: Musical Games:** Play creative musical versions of classic games including Snakes and Ladders and Twister.
- **2 September: Moving, Grooving Pictures:** Combine music, movement and art inspired by Picasso and Nnena Kalu.

Each session includes a dedicated chill-out space, and 20-minute one-to-one iMUSE multisensory relaxation sessions can be booked alongside the main activities. Sessions cost £12, with sibling discounts and subsidised places available. The venue is fully accessible, with free parking and a Changing Places toilet. Participants who require one-to-one support should attend with their own support person.

Upcoming courses for parents and carers



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.

YORK Learning Family Learning



Book here

Supporting Children with SEND

This 5-week course explores SEND and provides parents and carers with practical ways to support children who may have additional needs. Delivered in a friendly, supportive environment, it offers opportunities to share experiences, connect with other families, and learn strategies to support children's development.

The course covers neurodiversity, including ADHD, Autism, Dyslexia, Dyscalculia, and Dyspraxia, and explores how these differences can affect learning and behaviour. It also introduces local services and school support, helping parents and carers feel more confident in accessing the right support for their child.

- **23 September - 21 October at SEND Central**
- **Wednesdays, 12:30pm - 2:30pm**

November start dates are also available in alternative locations. [More information here.](#)



Relaxed SEN day



Wednesday 29 July

More info and book



[Website](#)



[Email](#)



[Members Facebook Private Group](#)



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