



NEWSLETTER



Connect@pcf YORK.co.uk

↓ Join us at one of our upcoming PCF York events



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



Monday 5 October
7:00pm–8:00pm, Online

An **online meet-up** for parents and carers to **connect with others in our community**, share, offload, celebrate, or ask questions.



Coffee Morning
First Tues in every month (term time)



Tuesday 6 October
10:30am–12:00pm, The Folk Hall

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



Parent Carer Signposting
First Weds in every month (term time)



Wednesday 7 October
6.30pm–7.30pm, Online

An **online session for parents and carers new to SEND**, to ask questions and find useful support and resources.



Coffee Morning
Second Weds in every month (term time)



Wednesday 14 October
10:30am–12:00pm, Acomb Explore

Join us for a **coffee morning to meet other parent carers** and chat about your news and experiences.

For online PCF York events, request the meeting link via: connect@pcf YORK.co.uk

Information Sessions at SEND Central with PCF York

Benefits Advice for parents and carers of children with additional needs



Friday 25 September
10:00am–12:00pm, SEND Central

Bookable appointments for support in accessing the services and support you're entitled to. Book by emailing SENDCentral@york.gov.uk.

A guide to Annual Reviews when you have an Education Health & Care Plan



Wednesday 30 September
1.30pm–2.30pm, SEND Central

EHCP Annual Review information session covering the review process, what to expect and an opportunity to ask questions. No booking required.

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

[Join PCF York](#)

YORK
sendiass

SENDIASS offers free, impartial and confidential SEND advice for ages 0–25.

First Tuesday of each month: 20-minute appointments at SEND Central.

[Visit the SENDIASS website](#)





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✉ Connect@pcf YORK.co.uk

↓ Upcoming events at SEND Central

Pre-school SEND Play Group

★ **Wednesday 23 September**
10:00am–11.30am, SEND Central

★ **Wednesday 30 September**
10am–11.30am, SEND Central

A supportive space to play, socialise and take part in activities together. No booking required, just come along to play!

Think Together Workshops For Parents and Carers

★ **Wednesday 23 September**
10:00am–11:30am, SEND Central

What is Self-Esteem?

Explore self-esteem, what it is, how it differs from self-confidence, what affects it, and practical ways to build it. No need to book.

Wellbeing in Mind Workshops For Parents, Carers and their young people who are home educated

★ **Monday 21 September**
11:00am–12:30pm, SEND Central



Relaxed, informal workshops shaped by the needs and discussions of the day.
No booking required.

Consultation appointments are also available for parents, carers and professionals – booking required: sendcentral@york.gov.uk

✉ **For more info about SEND Central events**
email: sendcentral@york.gov.uk

Daily SEND Navigator Drop-ins

Drop in to SEND Central, Monday to Friday, 9:30am–4:00pm, to see a PCF York SEND Navigator for a warm welcome, advice, information, and signposting to local services. No appointment needed!

Time Out for Parents of Children with Autism

6 free support sessions:

★ **Starts Thursday 5 November**
10:00am–12:00pm, SEND Central

A supportive space to explore autism, anxiety, communication, sensory needs and practical strategies.

Find out more and book a place



Supporting Children with SEND Free course via York Learning

★ **Starts Wednesday 23 September**
12:30pm, SEND Central

A friendly, free 5-week course exploring ADHD, autism, dyslexia, dyscalculia and dyspraxia. Learn how these can affect learning and behaviour, discover practical ways to support your child, share experiences with other parents, and find out about local support and services.

Find out more, see other dates & venues





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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

Weekly on Wednesdays (term time),

Meet a Specialist Teacher and Specialist TA from the Autism Team, connect with other parents, share concerns and access useful information and resources. No need to book.

Next session:

 **Wednesday 23 September**
1.30–2.30pm, YIKS Hub, SEND Central.

20-minute phone line sessions.

Fortnightly on Wednesdays (term time),

Get advice and support from the Parent Carer Autism Support service.

Bookings close the Thursday before. To book, email parentcarerautismsupport@york.gov.uk with your name and contact number.

Next session:

 **Wednesday 30 September**
9:00am–12:00pm

Early Support Playgroup

Free drop-in stay-and-play sessions for parents, carers and preschoolers with additional needs.

Meet other parent carers, discover local SEND support, build confidence and enjoy play activities that support your child's development.

No booking required, just come along!

Tuesdays, 10:00am–11:30am

Cherry Room, Hob Moor Children's Centre

Upcoming dates:



■ **Tues 22 September**

■ **Tues 29 September**

Wednesdays, 9:30am–11:00am

Little Stars Playroom, SEND Central

Upcoming dates:



■ **Weds 23 September**

■ **Weds 30 September**

Contact for more info:

Lauren.Williams@york.gov.uk



Autism Central **Autism Support**
For Families and Carers

Autism Central offers free, confidential online coaching from trained peer guides with lived experience. Get support, practical advice and next steps through up to 10 x 40-minute sessions.

[Find support and upcoming events](#)

contact *For families with disabled children*

Upcoming Free Early Years SEND Workshops for families

Sensory differences



Tuesday 22 September

7:00pm–9:00pm, Online

Speech, language & communication



Thursday 1 October

10:00am–12:00pm, Online

[View all available workshops](#)



Your Voice Matters

[Learn about York's SEND Youth Forum](#)



Website



Email



Members Facebook Private Group



Instagram



Facebook