



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 2 November
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 3 November
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 4 November
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 11 November
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



Listening Events
Various dates, monthly in term time

We welcome all parents and carers of children and young people with additional needs, living in York, to join us for informal listening events with key speakers, on topics and services which are relevant to our community of parent carers.

Our next listening event is on the topic of:

The plans for SEND Reform in York



Tuesday 20 October
2:00pm–3:00pm

Held at SEND Central. No booking needed. Email sendcentral@york.gov.uk for more information.

Exciting News - We're Recruiting!

Are you passionate about supporting families and making a difference?



Do you have experience working with parents, carers, families or communities, and a desire to help ensure their voices are heard?

We are recruiting for a PCF York Coordinator, to empower parent carers of children and young people with additional needs and disabilities to influence local services and create positive change across York.

For full details, view the linked job pack.





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↓ Upcoming events at SEND Central

Pre-school SEND Play Group



Wednesday 21 October

10:00am–11.30am, SEND Central



Wednesday 4 November

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 21 October

10:00am–11:30am, SEND Central

Energy Accounting Theory

Explore how Energy Accounting Theory can help autistic young people understand and manage their energy levels. Learn practical strategies to support wellbeing and balance.

Wellbeing in Mind Workshops

For Parents, Carers and their young people who are home educated



Monday 19 October

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



Visit **SEND Central's website** for a full timetable of upcoming events.



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!

Upcoming Information Sessions at SEND Central. No need to book.

Post-16 Education and Employment Pathways



Friday 23 October

11:00am–12:00pm, SEND Central

Learn about post-16 options in this information session with the Specialist Learning and Employment Advisor Team.

Recognising big emotions in Secondary School aged children



Monday 16 November

1:00pm–2:00pm, SEND Central

Learn how to recognise and understand big emotions, with practical guidance from the Wellbeing in School Service.

Early Help Short Breaks Applications are open!



Applications are open for Early Help Short Breaks grants, supporting eligible disabled children and young people to enjoy activities, build skills and friendships, while giving families a break.

Apply by 5pm on Friday 30 October 2026. Decisions will be shared by 30 November.

Find out about eligibility and submit an application





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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),

Next session:



Wednesday 4 November

1.30–2.30pm, YIKS Hub, SEND Central.

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.

20-minute phone line sessions.

Fortnightly on Wednesdays (term time),

Next session:



Wednesday 4 November

9:00am–12:00pm

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.

Early Support Playgroup

Tuesdays, 10:00am–11:30am

Cherry Room, Hob Moor Children's Centre

Upcoming dates:



■ **Tues 20 October**

■ **Tues 3 November**

Wednesdays, 9:30am–11:00am

Little Stars Playroom, SEND Central

Upcoming dates:



■ **Weds 21 October**

■ **Weds 11 November**

Contact for more info:

Lauren.Williams@york.gov.uk

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!



Autism Support For Families and Carers

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

YORK sendiass

Free, impartial and confidential SEND advice.

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

Find out more.

Time Out for Parents of Children with Autism

6 free support sessions:



Starts Thursday 5 November

10:00am–12:00pm, SEND Central

Find out more and book a place



COMMUNITY
FUND



FAMILY MATTERS YORK

contact *For families
with disabled children*

**Free Early Years SEND Workshops for
families - find out more.**



Website



Email



Members Facebook Private Group



Instagram



Facebook



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October 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. [Click here](#) to view accessible events and activities during the October 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.

[Click here](#) to search for activities and clubs during the October 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.

SEND Activity Time Facilitated by Thrive Send Support C.I.C.



Friday 30 October
10.30am-11.30am, Acomb Explore

A child-led, low-demand session with arts, crafts, games and sensory toys. This session may suit children up to the age of 10.

[Book your free space here.](#)

Help shape the future of Early Years SEND Provision in York

Kids has been commissioned by the Department for Education to work with York City Council on an eight-week project exploring whether early years provision meets the needs of children with special educational needs and disabilities (SEND).

Parents and carers are invited to share their experiences of finding suitable provision, accessing support and any barriers they may face. Children do not need a formal diagnosis or an Education, Health and Care Plan (EHCP) to take part.

[Have your say by completing the short questionnaire.](#) Your feedback will help inform recommendations to improve local provision.



Supporting Children with SEND Free course via York Learning



Starts Thursday 5 November
12:45pm, The Avenues Family Hub

A friendly, free 5-week course exploring ADHD, autism, dyslexia, dyscalculia and dyspraxia. Learn practical ways to support your child and connect with other parents.!

[Find out more, see other dates & venues](#)



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UK Government



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& NORTH
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CITY OF
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COUNCIL

YORK Learning



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