



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



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.

Connect with a SEND Navigator

PCF York's SEND Navigators will be out and about across York over the coming months, visiting local Explore and Family Hub venues to offer free, impartial advice and support.

As parent carers themselves, our Navigators have lived experience of raising children with additional needs and understand the challenges families can face. They can help you navigate local services, understand paperwork and connect with useful community support. No need to book, just pop in, have a chat and find out how they can help.

[View upcoming pop-up dates](#)





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Upcoming events at SEND Central

Pre-school SEND Play Group



Wednesday 7 October

10:00am–11.30am, SEND Central



Wednesday 14 October

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 7 October

10:00am–11:30am, SEND Central

Understanding ADHD

Build an understanding of ADHD and how it may present in children and young people. Learn how to access support and make a referral to CAMHS for an ADHD assessment.

Wellbeing in Mind Workshops

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



Monday 5 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



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.

How to support your child with reframing demands when life feels overwhelming.



Monday 5 October

1:00pm–2:00pm, SEND Central

Practical ideas for reframing demands and reducing overwhelm when everyday life feels challenging.

Recognising big emotions in Primary School aged children



Monday 12 October

1:00pm–2:00pm, SEND Central

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

Barriers to school attendance for parents and carers



Tuesday 13 October

1:00pm–2:30pm, SEND Central

Explore barriers to school attendance and sharing helpful ways to support children and young people to attend and engage.



York Carers Centre

Free Support for Unpaid Carers

Find out more about available support

WORKING TOGETHER
TO MAKE THINGS BETTER

Sign up to become a member of PCF York



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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 7 October

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 14 October

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 6 October**

■ **Tues 13 October**

Wednesdays, 9:30am–11:00am

Little Stars Playroom, SEND Central

Upcoming dates:



■ **Weds 14 October**

■ **Weds 21 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 Central

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](#)



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



NEWSLETTER



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Update from City of York Council on Improving Short Breaks in York



Targeted & Assessed Short Breaks and SEND Support in York

Needs-led support at the right time,
building resilience and enabling families to thrive



Thank you to all the children, young people, parents and carers who have shared their experiences as part of the City of York Council (CYC) Short Breaks Review.

Your feedback is helping us shape what happens next.

YOU SAID

You told us you would like:

- More holiday and after-school activities
- More choice for teenagers
- More activities such as swimming, sports and sensory play
- Simpler Direct Payments and better support to use them
- More commissioned Short Breaks services
- Clearer information about what is available and how to access it

WE DID

CYC have listened to your feedback and are using it to develop:

- More holiday activities and holiday club places
- Increased options for children with higher levels of need
- More after-school opportunities
- New SEND swimming sessions and sensory/soft-play opportunities
- More opportunities through community and commissioned providers
- Better Direct Payment information and support
- Clearer Short Breaks information through SEND Central and the Local Offer

WHAT HAPPENS NEXT?

CYC will continue working with families, children, young people and partners as York's Short Breaks Offer develops.

As part of this work, there will also be some changes to the Short Breaks Grant during the current application window. These changes will help CYC to manage the grant fairly while they continue the review and develop a wider range of Short Breaks opportunities.

CYC will provide clear information about the changes and what they mean for families as part of the application process. Please see [York's Short Breaks Local Offer](#) for details.

We will continue to keep families updated as the new Short Breaks Offer develops.

Your feedback is making a difference.

Thank you for helping us shape a more accessible, inclusive and needs-led offer.

Short Breaks provide support and respite for families of disabled children and young people. They give children and young people opportunities to enjoy activities, socialise, build confidence and develop independence, while giving parents and carers time to rest and recharge. Short Breaks can include a range of activities and support, depending on the child or young person's needs and circumstances. For more information and details on how to apply, visit: [City of York Council – Short Breaks](#)

