



# NEWS LETTER



[Connect@pcfYork.co.uk](mailto:Connect@pcfYork.co.uk)

## Coffee Mornings



**Tuesday 6<sup>th</sup> May 2025**

**10.30am - 12.00pm**

**New Earswick Folk Hall**

**With Denise Thomas,  
Specialist Teacher for Autism.**



**Thursday 15<sup>th</sup> May 2025**

**10.30am - 12.00pm**

**Acomb Explore Library**

Meet other parents and carers who share your lived experience. Swap tips, offload, get updates or share without judgement.

The first hot drink is on us as a thank you for allowing us to use your experience to inform our work with education, health and social care on parent carer voice.

We'll be easy to recognise with the table top sign. All are very welcome but if it's your first time and you would like to meet someone first, email Mary: [connect@pcfYork.co.uk](mailto:connect@pcfYork.co.uk)

## Virtual Cuppa & Chat



**Monday 26<sup>th</sup> May 2025**

**6.30pm - 7.30pm**

**Online**

Join us online for an informal, non-themed 'cuppa and a chat'.

Meet other parents and carers who share your lived experience. Swap tips, offload, get updates or share without judgement.

Please email Mary for the meeting link:  
[connect@pcfYork.co.uk](mailto:connect@pcfYork.co.uk)



## Listening Event



**Wednesday 14<sup>th</sup> May 2025**

**6:30 pm - 7:30 pm**

**Online**

Please join us online for this informal listening event with **Melanie Leighton** from **SENDIASS**, covering **choosing a suitable school / college for the EHC plan**.

Email Mary at [connect@pcfYork.co.uk](mailto:connect@pcfYork.co.uk) for the meeting link.

## Get Involved

**As a Parent Carer Member Representative**

**Can you volunteer some time to help PCF York represent parent carer voices?**

Email Mary: [connect@pcfYork.co.uk](mailto:connect@pcfYork.co.uk) to arrange an informal chat.





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## Activities and Events



Free Support for Unpaid Carers

### For Adult Carers

York Carers Centre runs two monthly social groups for unpaid carers providing a space to connect, share experiences, and receive peer support from others who understand your situation. Carer Support Workers and volunteers facilitate these groups and are on hand to discuss any concerns, challenges and successes related to your caring role.



**Tuesday 13th May, 1.15 – 2.45 pm**

**Acomb**

**[More info here.](#)**



**Wednesday 28th May, 1 – 2.30 pm**

**Haxby**

**[More info here.](#)**

### For Young Adult Carers

Monthly young adult carer social event.



**Wednesday 28th May, 1 – 2.30 pm**

**Spark**

**[More info here.](#)**

### For Young Carers

Youth clubs for young carers (aged 5 – 16)



**Primary Aged Youth Club**

**Tuesday 6th May, 5–6.30 pm**

**[More info here.](#)**



**Secondary Aged Youth Club**

**Tuesday 20th May, 5–6.30 pm**

**[More info here.](#)**



**Register** with York Carers Centre and let the team know how they can support you.



**[enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)**



**01904 715 490**



Humber and North Yorkshire  
Health and Care Partnership



## LIVING WELL NEWSLETTER

The Living Well Newsletter is aimed at providing information and resources for the community organisations, parents and carers who support people with an intellectual disability and autistic people.



**[Scan the QR code or click here to read.](#)**

## York Health & Arts Mela

### Multi-Cultural Health Festival



**Sunday 11th May, 1.15 – 2.45 pm**

**10 am to 5 pm, York Museum Gardens and Exhibition Square.**

**[More info here.](#)**

Free family event open to anyone who wants to learn more about NHS services, Voluntary sector services, the Arts and Performing sector, meet new people, enjoy music, arts, crafts and food from a diverse range of cultures and backgrounds in the heart of York.





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## Kids

Disabled children say we can

### SEND Sleep Workshops

Kids are offering free sleep workshops for parents and carers of children with SEND. Each workshop is delivered online via Teams, by 2 highly experienced trained sleep practitioners who can offer guidance and strategies to address sleep issues.

Topics covered in each workshop will include: Circadian rhythms and sleep patterns, melatonin and cortisol, sleep associations, environmental factors, sensory needs, diet and strategies to support families.

For more information, visit [www.kids.org.uk](http://www.kids.org.uk) or contact: [louise.marrows@kids.org.uk](mailto:louise.marrows@kids.org.uk)



**Thursday 22<sup>nd</sup> May**

**18:30 – 20:30, Online**

**Book a free place via eventbrite**



**Monday 2<sup>nd</sup> June**

**09:30 – 11:30, Online**

**Book a free place via eventbrite**



**Wednesday 18<sup>th</sup> June**

**18:30 – 20:30, Online**

**Book a free place via eventbrite**



**Friday 20<sup>th</sup> June**

**09:30 – 11:30, Online**

**Book a free place via eventbrite**

## SENDays at EUREKA! the national children's museum



- **Sunday 18<sup>th</sup> May – Halifax**
- **Sunday 20<sup>th</sup> July – Halifax, with BSL Interpreted Show**

**[Click here for Access Info and Booking](#)**



Organised by

**lollipop**  
Registered Charity 1105538 York & District  
Supporting children, young people and families with deafness



**Tuesday 6<sup>th</sup> May | 5 – 7pm**  
**Orchard Hall | The Folk Hall, New Earswick**

**Discover all the support and opportunities available for D/deaf people living in and around York in one place!**

If you are a D/deaf person living in and around York, come along! There may be services and organisations you haven't discovered yet!



Scan for BSL



There will be BSL interpreters at this event



Register here for this FREE event

**[Find more info and book your place here](#)**

