

## Check us out ! <u>www.parentcarerforumyork.org</u>

We are now live on the web ! It would be great if you could find five minutes to visit our page and maybe use the contact form to drop us a line to tell us what you think.

Over time this site will be populated with all the work we, together, have contributed to, in addition to our events and consultations.





# Want to find out more about the PCF?

If you would like to find out more about how to be part of a group of people with life experience as parents/carers of children and young people with special needs or disabilities please email Mary on pcf@yiks.co.uk Alternatively come along to meet us at the coffee morning detailed above.

## Coffee Meet Up Dates

Come join us for a peer support meet up. chat with other parents and carers about what works and what doesn't in your situation. Swap hints and tips or just enjoy a coffee.....first one on us ! Monday 9th October, 10:30. The Range Cafe, Huntington Monday 23rd October, 10:30 am. Quaker Meeting House, Friargate. YOI 9RL



Annual conference and AGM on Tuesday 24th October Booking now open on on website

### **Listening events**

In order to represent your voice to service providers we have organised another two listening events.

Tuesday 10th October, 6pm, **Short Breaks** 

Tuesday 17th October, 6pm **CAMHS** 

If you would like to contribute with your experience, feedback or issues please email pcf@yiks.co.uk and you will be sent joining instructions for an online meeting

## **Imps Half term activities**

Fully inclusive dinosaur-themed disco! Create your own totally roar-some costume before hitting the dancefloor to show off your dinosaur moves. Make soundscapes together as a band and learn all about dinosaurs through movement and musical games.

Please note that we do not provide 1-1 support. If you need this, please bring your own support or contact us to discuss.

Friday 3rd November Ages 5-11: 10 am-12 pm Ages 11+: 1.30-3.30 pm New Earswick Folk Hall, Hawthorne Drive Cost: £10



## **Specialist Teaching Team Autism**

Parent Group: Topic Talks virtual ( am ) and repeated in person ( pm ) Virtual 10 - 11 am on Microsoft Teams. We will be unable to discuss named children during this time In person 1:30 - 2:30 pm at YIKS, All about Autism Hub, Clifton Children's Centre Siblings: Weds 18th October Coping with Demands: Weds 8th Nov

#### Parent/Carer Phone Line and Drop In

Discuss general issues and concerns with a member of the team Phone line support 9-12 noon. 20 mins appointments In person drop in at All About Autism Hub, Clifton Green children's Centre, 1:30 -2:30 pm

Weds 11th Oct Weds 25th Oct