

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