



# NEWSLETTER

5th May 2023

## What is the PCF ?

The PCF is the Parent Carer Forum, a part of YIKS who work with Education, Health and Social Care providers to ensure that parent voice is represented in all plans, policy and practice. In order to represent parents and carers we need to meet up with you and listen to what you have to say. We do this via attending parent groups and meetings, organising social events and conferences and talking to you directly via our Facebook page or mailing list. We can also signpost you to other providers when we talk to you.

Some parents are happy just to use the Facebook page and attend events advertised via our newsletter. Other parents and carers like to offer some time to be part of our steering group.

If you would like to find out more about this please email ( details below )

## Come and meet us

Come Join us for a **peer support breakfast** meet up at Pear Tree Farm on Thursday 18th May at 10:30

All welcome.

Come to meet other parents or to share your current experiences with providers.



## The Local Offer Website

The **local offer** on the Yor OK website details info, activities and resources for parents / carers of children with SEND . Have a look

<https://www.yor-ok.org.uk/families/Local%20Offer/sendlocaloffer>



This website is being redeveloped before October 2023. This means the new website will look completely different and CYC ( Laura Brown ) is looking for parents to work with on how this will look. This focus group will look at look at the navigation, functionality and content of the site so it is as easy as possible to use.

If you would like to join the focus group for parents, please use the doodle link to tell me when you would be available. Please note if there is a preference for both an evening and daytime session, I will host both. The daytime session will be held at Hob Moor Children's Centre and the evening one will be online.



<https://doodle.com/meeting/participate/id/dBP8pJNa>

## Monthly Drop In Sessions

**PARENT AND CARER SESSIONS**  
We understand that it is important to be heard and support received where needed. Drop along to one of our monthly sessions to support you whilst you support your young person.

YORK INSPIRATIONAL KIDS CIC

Pathological Demand Avoidance (PDA)

Emotionally Based School Avoidance **EBSA**

**ADHD**

Challenging Violent or Aggressive Behaviour:

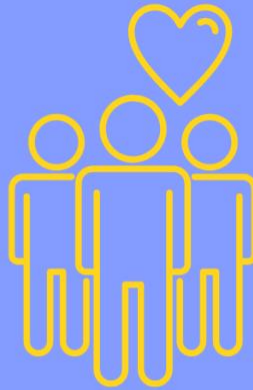
4 May  
8 June  
6 July

11 May  
15 June  
13 July

20 April  
18 May  
22 June  
20 July

27 April  
25 May  
29 June

All sessions 9.30-11am Clifton Children's Centre, YO30 6JA  
For more information tel 07563232838  
[www.yiks.co.uk](http://www.yiks.co.uk)



SIBS - These are FREE sessions for siblings of disabled/autistic children. To register please email [amy@yiks.co.uk](mailto:amy@yiks.co.uk)

**SIBS**  
for siblings of disabled / autistic children

Meet once per month

Junior group - 7-11 years  
Senior group - age 12+

## Peer support



## Ask the expert

## Specialist Teaching Team for Autism Wednesday Parent Support Summer 2023

To book your **virtual place** on a Microsoft Teams session, please email your name and contact email address, stating which session(s) you would like to book to:

[parentcarerautismsupport@york.gov.uk](mailto:parentcarerautismsupport@york.gov.uk)

**Phone line support: 9-12 noon** 20 minutes is allocated per phone call.

**In person drop-in support. 1.30-3 p.m.** at **The YIKS All About Autism Hub, Clifton Children's Centre, (In front of Clifton Green School), YO30 6BF**

Wednesday 17th May 9 a.m. -12 noon & 1.30 - 3 p.m.

Wednesday 7th June 9 a.m. -12 noon & 1.30 - 3 p.m.

Wednesday 21st June 9 a.m. -12 noon & 1.30 - 3 p.m.

To book a phone line call, please email: [parentcarerautismsupport@york.gov.uk](mailto:parentcarerautismsupport@york.gov.uk)

This is an admin email address and we are unable to forward or respond queries via this email. Bookings close the Thursday before the session.

## Wednesday Parent Support Summer 2023

**Parent Group: Topic Talks virtual (a.m.) and repeated in person (p.m.)**

**Virtual: 10-11 a.m. On Microsoft Teams.** Due to confidentiality issues, we will be unable to discuss named children during this time.

**In Person: 1.30-2.30 p.m.** at **The YIKS All About Autism Hub, Clifton Children's Centre, (In front of Clifton Green School), YO30 6BF.**

**Managing Meltdowns** Wed 10th May 10-11a.m. online & 1.30-2.30 p.m. in person

**Social Stories** Wed 24th May 2023 10-11a.m. online & 1.30-2.30 p.m. in person

**Starting School or Changing Class** Wed 14th June 10-11a.m. online & 1.30-2.30 p.m. in person





# Advocacy Training Event

See below for a fantastic opportunity to attend an advocacy training event. Sessions include ( among others )

- Different types of advocacy
- How to get the most out of meetings
- Person centred planning
- Planning for housing
- Deputyship
- For full detail email address below



INVITATION TO JOIN THE



## Parent Led Advocacy Course for Family members living in Yorkshire and Humber.



Monday 5th June 2023  
10.00am - 1.00pm  
Monday 12th June 2023  
10.00am - 1.00pm  
Monday 19th June 2023  
10.00am - 1.00pm  
Monday 26th June 2023  
10.00am - 1.00pm  
Monday 3rd July 2023  
10.00am - 1.00pm  
Monday 10th July 2023  
10.00am - 1.30pm

Bringing Us Together is delighted to be able to bring you a team of highly skilled and experienced trainers including those with lived experience for a special 6 session course designed for Yorkshire and Humber families and parent carers.

Our sessions are welcoming, supportive and informative. Open to any parent or family member with an autistic child and/or a young person with a learning disability.

We recommend booking on all 6 courses and if you are unable to attend any we can send you the recording.

for more information, please email  
[katie@bringingus-together.org.uk](mailto:katie@bringingus-together.org.uk)  
to book a place contact [tony@bringingus-together.org.uk](mailto:tony@bringingus-together.org.uk)

Next edition Friday 19th May

If you would like removing from this mailing list please email Mary



[engagement@yiks.co.uk](mailto:engagement@yiks.co.uk)