



NEWS LETTER



York Disability Week

25th Nov to 3rd Dec

Promoting an Equal, Inclusive and Accessible York

York Disability Week, now in its 7th year and always including the UN International Day for Disabled People on 3rd December, offers something for all, disabled and non-disabled, with 30 events across the city or online, almost all free to attend. The full programme is now available.

<https://sites.google.com/view/iddpyork/whole-programme>



Coffee Morning Meet Up

Wednesday 22nd November 10am at the Range Huntington

First drink on us! A great opportunity to meet up with others who have similar experiences and can offer tips and signposting.

Carers Rights Day

Carers Rights Day is about raising awareness of carers' rights and entitlements, to help carers get the support they need.

There will be presentations from experts and also be an opportunity to ask questions specific to your need(s).

Lunch and drinks are included, and you are welcome to bring the person you care for.

To book please call York Carers Centre on 01904 715490 or email events@yorkcarerscentre.co.uk



Carers Rights Day 2023

Planning for Your Future

Friday 24 November, 10 - 2 pm
Main Hall, Priory Street Centre, YO1 6ET

Lasting Power of Attorney | Wills and Trusts |
Independent Financial Advice | Paying for care
Benefits | Social care | Support for carers



Listening Event Struggling with energy bills or keeping warm

Join us on Tuesday 14th November at 6pm for a short, friendly remote meeting about saving energy and money at home as well as types of support available for people struggling with energy bills.

Email pcf@yiks.co.uk for a joining link

Childhood neurodiversity Workshop Programme

This programme of free virtual workshops for parents and carers will explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. Any parent or carer is welcome to join regardless of whether their child has a diagnosis. The workshops are live on Zoom and are 75 minutes long. Recordings of the workshops and resource packs will be sent after the live event to everyone who has registered.

Understanding and Supporting Eating Difficulties

Thursday 7th December – 13:00

Supporting Language and Communication

Tuesday 9th January 2024 – 13:00

www.nsft.uk/workshops



Tang Hall Smart Post 16

Tang Hall Smart is a York based social enterprise specialising in music and the performing and creative arts. It is an alternative college for young people with additional needs and interest in these areas. Please find the prospectus attached to this email or check out the You Tube Clip on Parent Carer forum facebook or email Sue@tanghallsmart.com

New website for York Family Hub network

“Every family, child and young person should be able to get help, information and support, at the right time and place. They should be able to reach their full potential and lead healthy, happy lives.”

Raise York is a network of people, places and online support. It supports children, young people and families from pregnancy to adulthood. You can expect a warm welcome at the Hub in your local community and to be guided to the right support for you.

<https://www.raiseyork.co.uk>

