



Lincolnshire Parent Carer Forum

December 2023

Welcome to our December Newsletter.

About LPCF

We are Lincolnshire's parent carer forum for parents of children with disabilities and additional needs.

Your child does not need a diagnosis to join our membership and we have no upper or lower age limit. e.g. they may be undergoing investigation, have behaviour issues, anxiety etc.

Our work

We represent and support parents in helping to improve services in Lincolnshire.

Sign up to join us

We are a member's organisation and need you to sign up to our free membership.

Your information will not be shared with any third party.

Sign up here https://www.lincspcf.org.uk/P_Subscribe.php

Being registered means you will then have access to the following: -

Things to look forward to : -

- Free Wellbeing sessions with Nicole from Hummingbird Hypnotherapy.
- Free Time to talk plus pop up coffee meetings – different venues and dates around the county plus virtual.
- Free “Week of SEND” – dates for your diary **29th January 2024 to 2nd February 2024** – get it in now as not to be missed! (including Promoting positive behaviour workshop on 1st February 7pm)
- Free “Juggling the Joys of parenting” starting in January – for more details and to book your place now please see the events page of the LPCF website.
- Lots of workshops following on from the “Week of SEND” e.g Liaise, Anxiety, SEND Transformation, Transitions in Mental Health, plus many more.

Plus, lots more to look forward to.

Link for booking https://www.lincspcf.org.uk/P_Events.php?Option=LPCF

In addition, you will have access (usually free) to: -

- Week of SEND – major yearly information sharing event in January.
- Hypnotherapy – every two weeks to promote parents' wellbeing.
Also access to a group private page on the website with additional help and resources, to assist between sessions.
- Juggling the Joys of parenting – monthly sessions over 8 months to build up parent's resilience – topics such as effective communication, understanding strategies, resilience and more.
Also access to a group private page on the LPCF website with additional help and resources.
- Time 2 Talk – every 6 weeks giving parents a chance to talk to LPCF volunteers and receive help, support & signposting over Zoom.
- Pop up in person coffee meetings where parents can meet up to discuss the issues associated with parenting a child with SEND.
- Regular workshops on for example: Promoting Positive Behaviour, Toileting issues, Homework battles, Local Offer etc. throughout the year – usually on subjects requested by the diverse LPCF membership.
- Free E-learning on Types of SEND, What is Inclusion, SEND Code of practice and much more.
- Question time – parents get the chance to ask a question of a specialist Professional on a particular theme e.g., Designated Clinical Officer for SEND, Emotional & Mental health etc
- Signposting and support from the website, with several dedicated pages containing parental resources, help lines, key documents relevant to parents of children with SEND, websites etc.
- Dedicated website page with self-help and information resources, tools etc provided by presenters from sessions at Week of SEND e.g., slideshows, crib sheets, tips and tricks, explanation leaflets etc
- Regular updates for parents through emails and FB.
- Access to the private “parents only” Facebook page.
- Regular update information emails for professionals about LPCF's work and activities.
- Signposting & support through FB, email, phone etc.
- Active promotion and support publicising other organisations and their events.
- A Max Card if eligible.

What LPCF do not do

- Advocacy
- Casework
- Petitions / Campaigning
- Single disability focussed delivery / workshops etc.
- Activities for children and their families.



You can be fully involved in our membership or only dip in as and when you like but
LPCF members have found the more you put in the more you get out.
Thank you for your support.



Lincolnshire Parent Carer Forum

Contact details

Email : admin@lincspcf.org.uk

Web : www.lincspcf.org.uk

Tele : 07925 232466