



# Lincolnshire Parent Carer Forum

**March 2024**

**Welcome to our March 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](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 “Juggling the Joys of parenting” for more details and to book your place now please see the events page of the LPCF website.
- Lots of workshops during the year including Toilet Skills, Anxiety, SEN support and lots more.
- Free workforce development training to learn more about SEND.
- Chance to join our parents only Facebook page for peer support.
- A free Max Card if eligible (discount on activities).

Plus, lots more to look forward to.

Link for booking [https://www.lincspcf.org.uk/P\\_Events.php?Option=LPCF](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
- Advise
- 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](mailto:admin@lincspcf.org.uk)

Web : [www.lincspcf.org.uk](http://www.lincspcf.org.uk)

Tele : 07925 232466