



Lincolnshire Parent Carer Forum

September 2022

Welcome to our September 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.

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

Time2talk

Date: **Monday 12th September 1pm – 2pm**

Need a listening ear? Got a little question you want to ask?
Not clear about something or perhaps you just want to share your thoughts with someone with experience of parenting a child with a Disability or additional need?

Join LPCF for these short meet ups for a quick chat to touch base.

No need to book - just be first in the waiting room as places are limited.



Join Zoom Meeting

<https://us02web.zoom.us/j/85798317115?pwd=T0hVS0Y4a3k3Vy9KdWVfQUUQ3dkJBUT09>

Meeting ID: 857 9831 7115 Passcode: 208933

Or see the link on our Events webpage

Hypnotherapy with Nicole

Join LPCF for a **free** 90-minute Zoom session to help improve mental health & wellbeing.

Nicole from Hummingbird Hypnotherapy will be providing proven techniques to help us make positive changes to our lives.

Relax with like-minded people in a positive atmosphere.

Date: **Thursday 8th September** 7.30pm – 9pm
Topic: Managing Expectations
Date: **Thursday 22nd September** 7.30pm – 9pm
Topic: How not to lose your cool!



As soon as you sign up and indicate an interest, you will be sent a zoom link.

These sessions are for LPCF members only.

We now have a private page on the website specifically for parents who regularly attend our sessions to provide them with more resources and support.

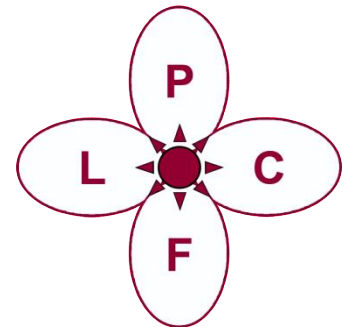
Homework Battles

Date: **Monday 19th September** 11.30am – 1pm

Free one off interactive workshop on Zoom for parents of children with disabilities and Special Educational needs.

Melanie Hartgill who is a Chartered Educational Psychologist will be exploring the following:-

- What do children really need?
- Self-esteem
- Gritty children
- Discipline and boundaries
- Creativity and play
- School and homework



These workshops are free to those on the LPCF membership.

Email admin@lincspcf.org.uk to book your place.

Promoting positive behaviour

Date: **Tuesday 11th October** 11am – 1pm

Date: **Tuesday 8th November** 7pm – 9pm



Free Interactive workshops on Zoom with a behavioural Specialist.

These workshops are free to those on the LPCF membership. (please sign up using the sign up page on the LPCF website)

Please see the events page for more details or email admin@lincspcf.org.uk to book your place.

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.
- 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.
- 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.

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.



Contact details

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