



# Lincolnshire Parent Carer Forum

**February 2023**

**Welcome to our February 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: -**

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## **Juggling the Joys of parenting**

Date: **Thursday 23<sup>rd</sup> February 11.30am – 1pm**

### **Workshop 4: Effective communication (2)**

Are you a parent, grandparent, carer, relative or friend of a child/adult with special needs or a disability? Yes?

...then these FREE workshops are a must for you!

Caring for someone can be a bit daunting at times. Often wonder if things could be better? Of course, there is always room for improvement in everything we do and here are a series of workshops that can really help make a difference to our daily lives and to our families. This series is aimed at parent carers who wish to have fun, meet other parent carers that want to make life easier and learn new strategies that can make a very real difference.

This Effective Communication

Workshop is designed to enable you

to:

- feel more confident in a range of situations
- get your thoughts and feelings across effectively and more easily



- give and receive effective feedback
- handle potentially 'sticky' conversations well
- understand human behaviour and apply this understanding

practically

- reduce stress and drains on time and energy

Everyone benefits from Effective Communication

Plus much more.

LPCF proudly presents Hil Gibb to run these monthly workshops on Zoom for parents on the LPCF membership.

See the events page on the LPCF website for more details or email [admin@lincspcf.org.uk](mailto:admin@lincspcf.org.uk) to book your place.

### **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 23<sup>rd</sup> February 7.30pm – 9pm**

Topic: Perfectionism



**Please use the booking form on the events page of the LPCF website**

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.

### **Dates for your diary in March**

Toilet Skills (Continance Issues)

Date: **Monday 13th March 1pm – 2.30pm**

Topic: Toileting skills

Date: **Monday 20<sup>th</sup> March 7.00pm – 8.30pm**

Topic: Toileting skills

LPCF are pleased to offer the workshop delivered by the LCC Specialist Children's Continance Nurse.

The workshop will cover :-

- Toilet skills development - one step at a time, actions and goals, initial work and when to contact the 0-19 health team for support.
- Night time wetting
- Containment products and alternatives
- Periods and how to manage these when using containment products.

Please see events page to book your place.



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### **LPCF “State of SEND” Survey – your help is needed please.**

Due to Covid-19 it has been 3 years since we measured the state of SEND in Lincolnshire. We do this by giving you the opportunity to tell us what it's like for you as parents of children with SEND.

We ask you a few questions which takes between 5 & 10 mins to complete and then we gather all of this information to form a picture and then feedback to the Local Authority, Health, DFE , Ofsted and service providers in Lincolnshire.

We have paper copies going to schools and an electronic version available on the website (for ease) click here:-

[https://www.lincspcf.org.uk/Survey2023/Survey\\_Home.php](https://www.lincspcf.org.uk/Survey2023/Survey_Home.php)

### **Please help us by completing it so we can accurately represent your views and help to improve services.**

If you know of anyone else who isn't part of our membership but wants to tell us how it is for them then please send them the link when it is out in January.

The survey closes on 3<sup>rd</sup> April so please give us your views as soon as possible.

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### **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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