



Lincolnshire Parent Carer Forum

July 2023

Welcome to our July 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: -

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: **Wednesday 19th July 7.30pm – 9pm**

Topic **Family Pressures**

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.

LPCF Volunteer Information meeting (Virtual session)

Date: Thursday 20th July 1.30pm – 2.30pm

Join LPCF to find out more about volunteering for LPCF. Come along for a quick chat and get the chance to explore whether you can help us to make a difference to our huge membership of parents and professionals.

Team work makes the dream work!

Book your place on the events page https://www.lincspcf.org.uk/P_Events.php

LPCF Excellence Award Winners -January – June 23



LPCF Trustees and volunteers are pleased to announce:-

1st Place –Family Engagement Team - Lat Lincolnshire Action Trust

2nd Place –Melissa Ashley

3rd Place - Carole Murray – Kids

More details can be found here

https://www.lincspcf.org.uk/P_Award_HOF.php

Please feel free to spread the word and help celebrate this years nominations.

Congratulations go to all of the nominees who have gone over and above for families of children with SEND on the LPCF membership.

To those parents on the LPCF membership who have taken the time and effort to nominate - thank you for helping LPCF to celebrate the good practice going on in Lincolnshire.

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.
- 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

Email : admin@lincspcf.org.uk

Web : www.lincspcf.org.uk

Tele : 07925 232466