



Lincolnshire Parent Carer Forum

We would like to make parents and carers aware of the Lincolnshire Parent Carer Forum (LPCF). They are a charity “recognised and supported by the Department for Education (DfE) under the Special Educational Needs and Disability Code of Practice (2015). LPCF is specifically tasked with working alongside the Local Authority and Health to help ensure that the services they plan, commission, deliver and monitor meet the needs of children with Disabilities and Special Educational Needs.” [LPCF Home \(lincspcf.org.uk\)](http://lincspcf.org.uk)

We would recommend our parents and carers of children with disabilities and special educational needs may like to look at their website and sign up for further information and support. The LPCF has asked us to advertise some of their events, so please see details below.

Many thanks, Mrs Hickman, SENDCO.

Monthly Free workshops

Juggling the Joys of parenting

Date: **Thursday 27th April 11.30am – 1pm**
Workshop 6: What makes us tick

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

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

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. Although the workshops are in a series they can be standalone workshops too so make sure you make the most of the remaining workshops and book your place now.

Have you ever wondered what your beliefs and values are and how they support you and your family?

This “What makes us tick” workshop will enable us to:-

- look more closely at how our beliefs affect the decisions we make.
- explore where our boundaries lie.
- give us tips and strategies to help reinforce them.

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. LPCF proudly presents Hil Gibb to run these monthly workshops on Zoom for parents on the LPCF membership. Don't worry if you have missed previous workshops as they are also standalone workshops.

See the events page on the LPCF website for our new booking form to book your place https://www.lincspcf.org.uk/P_Events.php

Wellbeing sessions with Nicole

Please encourage parents to join LPCF for a **free** 90-minute Zoom session to help improve their mental health & wellbeing.

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

Date: **Wednesday 3rd May 7.30pm – 9pm**

Topic Emotional Resilience Toolkit

Date: **Wednesday 24th May 7.30pm – 9pm**

Topic Anxiety

Guided relaxation at the end of the session.

These sessions are for LPCF members only. Please encourage parents to join up on the sign up page of the website.

Time2Talk

Date: **Monday 24th April 1pm**

Date: **Monday 19th June 1pm**

These sessions are for LPCF members to find out more information, to help them on their parenting journey.

Members need to book on the events page of the LPCF website

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



LPCF AGM

Date: **Thursday 29th June 11am start**

Hear what LPCF have achieved over the last year and what their priorities are for the coming year. The meeting will be held on the Zoom virtual platform. See events page for more details.

Facebook

LPCF have two FB groups, one a parents private Facebook page where parents can find out lots of information and another public outward facing page for professionals and the public..

Join our Facebook community now for more great support from LPCF.
