



Lincolnshire Parent Carer Forum

January 2023

Welcome to our January 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: -

Juggling the Joys of parenting

Date: Thursday 19th January 11.30am – 1pm

Workshop 2: Effective Communication

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 and 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 19th January 7.30pm – 9pm**
 Topic: **What is Hypnotherapy and how can it help.**



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.

See the events page on the LPCF website for more details and to book your place.

Week of SEND – dates for your diary

Monday 23rd January to Saturday 28th January 2023

This is the week dedicated to parents of children with Special Educational Needs and Disabilities.

LPCF invites organisations, Charities, Support groups and service providers to participate in a whole week of signposting events aimed at giving as much information to parents and professionals as possible as to what is available for them in Lincolnshire and beyond.

These events can be accessed all from the comfort of your own home on Zoom. Just click on the blue link on the website and you are in the waiting room!

Keep checking the website for more details but in the meantime please keep the week free so you can make the most of the offer of finding out what you don't already know about!

https://www.lincspcf.org.uk/P_Info_WeekofSEND.php?YrFilter=23

As part of the Week of SEND we are holding another **Workshop on promoting positive behaviour.**

Date: **Saturday 28th January 1.30pm**



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 LPCF events page 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.



Lincolnshire Parent Carer Forum

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