Lincolnshire Parent Carer Forum

May 2023

Welcome to our May 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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Good news – more workshops for you!

Promoting Positive Behaviour Workshop



Date: **Monday 12th June 7pm- 9pm**

Free Interactive workshop on Zoom with a behavioural Specialist. Following on from the well supported and rated Week of SEND. LPCF have invited Chris from Aspens to again explore the topic of behaviour.

Certain types of behaviour can be not only highly stressful for the family, but also take up so much time and resources that they can have a large impact on the family and child engaging in everyday activities. This session will look at:

- What are behaviours of concern.
- The types of behaviours that may be displayed (such as verbal and physical aggression, breaking objects, escape and avoidance and self-neglect).
- What happens physically to a child when displaying these behaviours.
- How to establish what the behaviour may be telling us.
- Why they may happen.

- How to put a plan into place, as well as some strategies that may help reduce such behaviours and promote positive ones.

These workshops have been requested by parents & professionals and are free to those on the LPCF membership.
See the events page on the LPCF website for the booking form to book your place
https://www.lincspcf.org.uk/P_Events.php

Juggling the Joys of parenting

Date: **Thursday 18th May 11.30am – 1pm**
Workshop 7: Resilience

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.



The word 'Resilience' has become very widely used over the last couple of years. And yet, as a parent, you'll have been doing resilience, to varying degrees, over a long period. The thing is, we never really know how resilient we are until we are really tested.
This Resilience workshop is designed to enable you to:
◊ explore what is really meant by resilience
◊ increase our self-awareness around how we respond to those unexpected, challenging moments
◊ explore traits and strategies for high resilience
◊ understand how a permanent state of resilience isn't necessarily good for us
◊ look at the human response to change
◊ consider how we grow resilience in our children

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 the booking form 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: **Wednesday 3rd May 7.30pm – 9pm**
Topic Emotional Resilience Toolkit

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

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.

Time2Talk

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

Want to find out more information for your family? 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.

Relax with like-minded people in a positive atmosphere.

Sessions are for LPCF members only (if you are a parent of a child with SEND you can join our membership via the sign-up page of the website).

Please book your place 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.

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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