



Juggling the Joys of Parenting!

2026-27 Workshop Series



Hosted by LPCF & presented by Hil Gibb



Hil is an experienced facilitator with over 30 years of experience working with families and educators. Her workshops are practical, engaging, and designed to help parent carers develop strategies for everyday challenges.

Who are these workshops for?

These free workshops are for parents of children with special educational needs/disabilities on the LPCF membership. Whether you are newly navigating the system or have years of experience, there is something here for you.

What to expect

- > 9 stand-alone sessions held on a Thursday, monthly via Zoom
- > Each session lasts 90 minutes (11:00am - 12:30pm)
- > Friendly, supportive, and confidential environment
- > Practical strategies you can use straight away
- > There is no pressure to contribute. You're very welcome to simply listen and take away whatever is helpful for you.

Workshop Programme

1. Why Me? | 2. Space for Self | 3 & 4. Effective Communication
 5. Understanding Strategies | 6. What Makes Us Tick?
 7. Resilience | 8. Planning for your future | 9. Bringing it altogether
- Attend a single session or enjoy the full series – the choice is yours.**

Workshop 1: Why Me?**Thursday 1st October 2026**

Exploring the emotions and reactions that come when you first learn about your child's additional needs. Think back to when you broke 'the news' to family, friends and colleagues. How did that feel? Are some of those feelings still with you?

This workshop is designed to enable you to...

- > Explore the mix of emotions experienced by you as a parent
- > Remove the pain and power of those who can whip up that mix of emotion
- > Learn how the "power of now" can support you
- > Know your triggers and reduce (or even remove them)
- > Share experiences in a safe space
- > Develop coping strategies
- > Build self-awareness
- > Take the first step forward.

**Workshop 2: Space for Self****Thursday 5th November 2026**

As a parent of a child with additional needs, there may be many aspects and demands in your life that are often in conflict with each other, for example when you feel like you are juggling too many balls in the air at once?

This conflict can be damaging in terms of: feeling guilty, divided loyalties and self-neglect, available time, energy, focus and concentration, reduced levels of health, wellbeing and laughter.

This workshop is designed to enable you to...

- > Identify your different roles
- > Understand the value of the most important person
- > Learn the value of being fully present
- > Create space for yourself
- > Recognise signs of burnout
- > Remove the pain from those who create stress without even being in the room!

Workshops 3 & 4: Effective Communication**Session 1: Thursday 3rd December 2026 | Session 2: Thursday 7th January 2027**

As a parent of a child with additional needs, you may attend many meetings with various service providers and agencies. Whether these events run well, or otherwise, the experience and outcomes of any meeting can be greatly improved through effective communication. Whether it's preparing for meetings, giving feedback, or handling difficult conversations, you'll develop confidence and practical skills.

These two sessions are designed to:-

- > Feel more confident in a range of situations
- > Get your thoughts and feelings across effectively and more easily
- > Handle potentially 'sticky' conversations well
- > Understand human behaviour and apply this understanding practically
- > Reduce stress and drains on time and energy



Session 2 builds on Session 1 with different content but the same empowering objectives.

Workshop 5: Understanding Strategies

Thursday 4th February 2027

How come, if you were to pick up your toothbrush with the 'wrong' hand, you'd find it difficult to brush your teeth. Well, every one of us has strategies for everything we do, and when that strategy is interrupted, it's really tricky for it to continue. Some of our strategies are positive and help us move forward. Others are destructive and hold us back. As a carer of someone with additional needs, you may experience a range of behaviours and strategies that are inadvertently unhelpful to your child's progress or flexibility in an ever-changing world. This workshop is designed to enable you to:

- > Feel more confident when supporting your loved one
- > Explore the power of strategies over our behaviours
- > Reflect on your strategies and those of your loved one
- > Generate an 'action plan' for more positive outcomes
- > Reduce stress and drains on time and energy



Workshop 6: What Makes Us Tick?

Thursday 4th March 2027

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
- > Understand how our values shape our parenting choices



Workshop 7: Resilience

Thursday 15th April 2027

The word 'resilience' has become very widely used over the last few years. And yet, as a parent or carer, 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



Workshops 8 & 9 11am - 12.30pm

Workshop 8: Planning for Your Future Thursday 6th May 2027

Over the last few months you will have learnt strategies, techniques and tips to help you in your daily lives. This workshop puts everything you have learnt together and helps you to form an action plan. This planning for your future workshop is designed to enable you to:

- > Think about what you have learnt
- > Feedback what you found helpful
- > Develop an action plan with goals for the future.



Workshop 9: Bringing It All Together Thursday 10th June 2027

Parenting is a journey filled with highs, lows, and constant learning. In this final module, we take a step back to reflect on everything you've explored - from understanding your "why" to building resilience, improving communication, and creating space for yourself. This session weaves together the key insights and strategies you've gained, helping you form a clear, personalised action plan for moving forward with intention, confidence, and connection. It's time to integrate, apply, and thrive - both as a parent and as you.

How to Book

Join Hil and LPCF - What have you got to lose?

All workshops are completely FREE for parent carers on the LPCF membership.

Sessions are stand-alone so you can join any that suit you.

Sign up to LPCF & book your place on our website:

www.lincspcf.org.uk

Practical Information

- > All sessions are delivered via Zoom
- > Thursdays, 11:00am - 12:30pm
- > One session per month from October 2026 to June 2027
- > No need to attend all sessions - book into any that interest you
- > Certificates of attendance available on request after completing an evaluation
- > A supportive, confidential space - no pressure to share.

Get in Touch

Lincolnshire Parent Carer Forum

Website: www.lincspcf.org.uk

Email: admin@lincspcf.org.uk

"These workshops gave me the tools and confidence to think about challenges as a way to grow positively. Nice to know I am not alone".

Parent from previous series