



Lincolnshire Parent Carer Forum

Welcome to the LPCF Newsletter

About LPCF

Lincolnshire Parent Carer Forum (LPCF) is the official parent carer forum for families of children with disabilities and additional needs in Lincolnshire.

👉 **No diagnosis is required** to join — children may be undergoing assessment, have behavioural challenges, anxiety, or other needs.

👉 **No age limits** — families with children of any age can become members.

Our Mission

We **represent and support parents** to help improve services across Lincolnshire for children and young people with SEND (Special Educational Needs and Disabilities).

Join Us – Free Membership

LPCF is a **membership-based organisation**, and **joining is completely free**.

🔒 Your details are safe — we never share your information with third parties.

👉 **Sign up here:** https://www.lincspcf.org.uk/P_Subscribe.php

What Members Can Access

By registering, you unlock a wide range of **free support, events, and resources**, including:

Wellbeing & Parent Support

- **Free wellbeing sessions** with Nicole from Hummingbird Hypnotherapy.
 - “Time to Talk” **pop-up coffee meetings** (in-person & virtual).
- “Juggling the Joys of Parenting” – 9-month course to build resilience.
 - **Regular hypnotherapy sessions**
 - **Private group page** on our website with extra resources.
 - **Parent-only Facebook group** for peer support.

Workshops & Learning

Workshops throughout the year on:

- Anxiety
- SEN support
- Positive behaviour strategies
- Supporting learning at home
- Toileting issues, homework battles & more

Free workforce development training to understand SEND.

E-learning modules on:

- Types of SEND
- What is Inclusion?
- SEND Code of Practice, etc.

Events & Resources

Week of SEND – Our major yearly event (January).

Question Time – Ask SEND professionals your questions.

Signposting & resources via our website and social media.

Slides, tip sheets, and info packs from our events and speakers.

Regular updates via email and Facebook.

Additional Perks

Max Card available for eligible members.

Professional newsletters updating stakeholders on LPCF's work.

Promotion of other relevant organisations and their events.

 **Book events here:**

https://www.lincspcf.org.uk/P_Events.php?Option=LPCF

What LPCF Does Not Do

While we offer extensive support, please note that LPCF **does not provide:**

Advocacy

Individual advice or casework

Petitions or campaigning

Services focused on a single disability

Activities directly for children and families

Get Involved – As Much or As Little As You Like

Whether you attend every session or just check in occasionally, **our members say the more you put in, the more you get out.** We're here to support you at every stage.

Contact Us

 Email: admin@lincspcf.org.uk

 Web: www.lincspcf.org.uk



Thank you for your support!

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