



Workshop 1: Why Me?

Date: Thursday 7th November

2024

11.00am –12.30pm

Think back to when you first heard the news. Back to when it became official... that moment when your loved one 'became disabled' or you discovered they had "additional needs". Maybe you had moments of doubting your sanity to get your worries heard.

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?

The 'Why me?' 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 negative triggers and reduce (or even remove) them

Plus much more.

Workshop 2: Space for self

Date: Thursday 5th December

2024

11.00am –12.30pm

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, well-being and laughter

The *Space for Self* Workshop is designed to enable you to:

- ◇ reduce the internal conflict created by your various roles
- ◇ understand the value of 'the most important person'
- ◇ learn the value of being fully present
- ◇ remove the pain resulting from those who create stress without being in the room!

Plus much more.

See Next page for further sessions.



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Workshop 5:

Understanding Strategies

Date: Thursday 6th March 2025

11.00am –12.30pm

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 a 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 *Understanding Strategies* 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?

Date: Thursday 3rd April 2025

11.00am –12.30pm

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.



See next page for further sessions

Workshop 7:

Resilience

Date: Thursday 1st May 2025

11.00am –12.30pm

The word 'Resilience' has become very widely used over the last couple of 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

Workshop 8:

Action Plan for your future?

Date: Thursday 5th June 2025

11.00am –12.30pm

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 *Action plan 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.





Lincolnshire Parent Carer Forum

This is what parents who have attended Hils workshops previously told us:-

"Brilliant session talking about listening, How different words affect the way you communicate.

Giving us different techniques to help. Going to try the double binds! Thanks Hil - the workshops go so quick and really good that they are monthly so we can practice the strategies you give us"

"Need more time as its not enough. Thoroughly enjoy these sessions as they are fun, interactive and make me think!!"



"Thought the human response to change was interesting and the fact that we can use it for any situation. Also, the fact that I need to identify my triggers and avert them.

The most powerful part of the session was the discussion on the fact that nobody can make you feel something - the choice and power lies with me. Useful to hear that I am not alone in the journey and many other parents are experiencing the same feeling as me.

Join HIL and LPCF—What have you got to lose?

Evidence of attendance will be provided by LPCF at the end of the session after completion of an evaluation.

Book each workshop on the events page of the LPCF Website.