



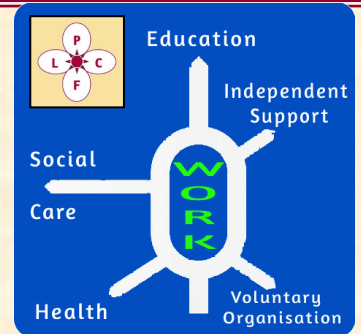
# Lincolnshire Parent Carer Forum

## SIGNPOSTING & INFORMATION DAY VIRTUAL (ZOOM)

### Tuesday 22nd September 2020

For Parents and Carers of children with Disabilities/Additional needs this is the event for you.

**(Professionals are welcome too !)**



***We have services, organisations and support groups attending our online Zoom session at different times throughout the day and evening (10am—8pm) to give a 10 minute chat about what they can offer parents.***

***See our website events page for the invitation link and details of the attendees then just click on the link and wait to enter the virtual waiting room.***

***Sit back and relax with your cuppa and find out what you're missing!!***

**Why do I always have to battle?**

Autistic Spectrum Disorders (includes Asperger's, Pathological Demand Avoidance, etc.)

Down's Syndrome

ME/Chronic Fatigue Syndrome

ADHD

Sensory impairment

Epilepsy

Dyscalculia

Cystic Fibrosis

Dyslexia

Emotional and Behavioural Difficulties

Dyspraxia

Cerebral Palsy

**If only someone would listen to me...**

Tourette's Syndrome

**Why is it so difficult to find things out?**

Tel: 07925 232 466  
Email: [admin@lincspcf.org.uk](mailto:admin@lincspcf.org.uk)  
[www.lincspcf.org.uk](http://www.lincspcf.org.uk)

*Attending Parents who sign up to our membership or renew their details will receive the offer of a FREE max card. (limited supply available)*



# Lincolnshire Parent Carer Forum

## LEARNING TO SEE THE LIGHT AFTER LOCKDOWN



Join LPCF and Nicole from Hummingbird Hypnotherapy for a **free** 90-minute Zoom session to help improve your mental health & wellbeing.

Nicole will be giving us proven techniques to help us make positive changes to our lives. Relax with like-minded people in a positive atmosphere.

Dates: Thursday 17th September 7.30pm

Thursday 1st October 1pm

More dates available on our events page

Free sessions for LPCF members only (if you are a parent of a child with SEND you can join our membership via our website).

Please email [admin@lincspcf.org.uk](mailto:admin@lincspcf.org.uk) for an invitation.

**BOOK NOW ▶**

## “Time2Talk”

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 children with a Disability or additional need?

Join LPCF for these short meet ups for a quick chat to touch base.

No need to book - just be first in the waiting room as places are limited

Dates: Monday 14th September 1pm

Monday 21st September 1pm

Monday 28th September 1pm

Monday 5th October 1pm

For Zoom meeting links please see the events page of our website.

Tel: 07925 232 466 Email: [admin@lincspcf.org.uk](mailto:admin@lincspcf.org.uk)

[www.lincspcf.org.uk](http://www.lincspcf.org.uk)