



Lincolnshire Parent Carer Forum



September & October with LPCF



Coffee Mornings Across Lincolnshire

A chance to meet other parent carers in a relaxed setting, chat over a cuppa and find out about what's available for parents of children with SEND.



Wellbeing Sessions

Take some time for yourself with our **free** online wellbeing sessions, designed especially for parent carers.



Juggling the Joys of Parenting

Starts 1st October. A popular series led by Hil, exploring practical strategies, resilience and looking after yourself while parenting a child with SEND.



Specialist Teaching Team Workshops

Free online sessions covering a range of SEND topics, practical advice and strategies to support your child.



LPCF - What Do We Do?

Want to know more about being a member? Join this short online session to find out what we do, how we can help you and how we represent families across Lincolnshire.



Zoom Socials

An informal opportunity to meet other parent carers from the comfort of home. No pressure to talk - just join us for a friendly chat.

Your Voice Matters

If you become a member you'll receive:

- ✓ Monthly newsletters
- ✓ Invitations to free workshops and events
- ✓ Opportunities to influence SEND services
- ✓ Information on support and local services
- ✓ Access to the **FREE** Max Card
- ✓ Peer support from people who "get it".



Stay Connected



www.lincspcf.org.uk



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Join our Parents Only Facebook Group

Over 4,800 parent carers across Lincolnshire are already members of LPCF.
We'd love you to connect to us too.