



Lincolnshire Parent Carer Forum

Mystery Solved !!!!!

Newsletter January 2017

LPCF have not released a Newsletter during 2016 - so where have we been and what has been going on ???

We have been busy, very busy and despite funding cuts ,which have seen many similar organisations cease, LPCF has soldiered on, although it has had to make savings and cut its cloth accordingly

Fortunately we have secured funds for a special edition Newsletter in January 17.

Read on or better still catch up on our website about what is happening.

All Change at LPCF

July 2016 has brought about a few important changes in the LPCF team.

After 10 years Therese Lord stepped down as Chair and Coralie Cross took up the Trustees lead as Chair.

Barry Emms became Treasurer and Rachel Rollinson took over from Sally as the Charities Secretary.

With the challenging times ahead and reduced funding to run the forum the charity are having to look carefully at ourselves and our network to support us during these difficult times.

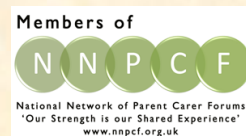
The autumn saw LPCF working very hard as we are in the process of reviewing our Constitution and are having a major overhaul of our policies and procedures making our Charity "fit for purpose" for the challenging future ahead of us.

With funding cuts at the forefront of our minds at present we are asking for your help.

Those of you who have not provided us with an email address will most likely not be sent any further correspondence from us as we are having to cut back. To enable us to provide you with the service you deserve could you please update your registration details and let us have your email asap. (See Website)

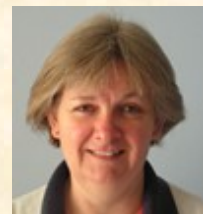
Please email to admin@lincspcf.org.uk

Web—www.lincspcf.org.uk
Email: admin@lincspcf.org.uk
Tel: 0845 33 11 310
Registered Charity No: 1141060



Sally departs as volunteer after six years of dedication to LPCF

On 17th October 2016 Sally Donner hosted her last coffee morning in Sleaford for LPCF.



Three LPCF colleagues visited her at the Coffee morning to thank her for her commitment and dedication to LPCF.

Sally was convinced to join as a volunteer after attending an LPCF Coffee Morning in Sleaford and later took over as host.

She regularly attended meetings to represent parents views with service providers and was renown for her accurate and detailed feedback to the Trustees. Sally later became Trustee and Secretary of the Charity.

She will be missed by all of LPCF but especially by the parents who attended the Sleaford Coffee Morning where she imparted her mountain of knowledge and experience of parenting a child with a Disability.

The LPCF Team would like to thank Sally for all her hard work and wish her well in the future. THANK YOU for everything !

The Sleaford Coffee Mornings are continuing in the future. The next one will be on Monday 23rd January, 11am at the Jolly Scotsman.

2016 - What's been going on ?



Feb 2016 - LPCF 10th Anniversary Event

Saw the celebration of 10 Years of LPCF with over 130 people attending the celebration including Edward Timpson (Minister for Children and Families) amongst other guests.

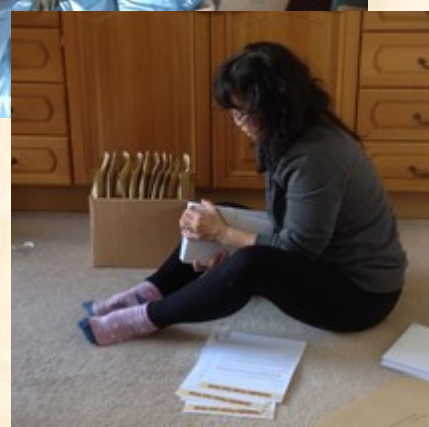
March-May 2016 - Major SEND Survey

LPCF conducted a massive survey to gather views from Parent/Carers, SENDCOs and Schools Governors about services and delivery in a number of agencies. 26,000 forms were distributed and after detailed analysis the findings were offered to Lincolnshire County Council, Department For Education and other bodies who provide SEN delivery.

Many thanks to all who participated, we can tell you your opinions have been compiled and services have listened to your views with interest.

With such a success it is envisaged that the exercise will be repeated in 2017 to further gather Parent Carers views.

[\(Please see website library for report\).](#)



May 2016 - LCC Scrutiny Review

LPCF were specially invited to the LCC Scrutiny review by LCC councillors regarding their service provision to various parts of the Lincolnshire Community.

This may sound like just another meeting but it was a superb opportunity for LPCF representatives to talk directly to Councillors and decision makers about the service provision by Lincolnshire County Council to Parent Carers within Lincolnshire.

Without the parent feedback that YOU provide via surveys, coffee mornings and other means, the voice of parent carers would not be heard at such events.

Parent carers can be sure we provided a clear picture of the feedback and evidence we have gathered.

July 2016 AGM

The Charities Annual General Meeting was conducted on 12th July, immediately after a Parent Carers Signposting and Information event.

Many thanks to all who attended.





Sept 2016 - Coffee Events

Sadly poor numbers at some regular Coffee Mornings meant they were no longer viable with reduced budgets, however the evening Parent 2 Parent Programme which ran in Coningsby showed a need and a willingness for parents to attend, causing the introduction of evening sessions in central Lincoln at Navigation Support & Care Services.

Many Many thanks to
Sarah Caines Managing Director for the use of the venue.



Sept 2016 Information and Signposting Event

On 10th September the Charity held a second Information and Signposting weekend event with various stands for parents.

Held in Billingham the event attracted a good range of Providers for Parent carers to meet and discuss their issues with.



Sept 2016 End of Parent to Parent Project - Self Harm Awareness Workshop

The Charities outreach P2P project supported by NHS funding for mental health culminated after a year of evening events, with a Self Harm Awareness Workshop in Waddington for Parents and Professionals to help better understand Self Harm.

CASY Counselling provided a specialist speaker and around 40 Professionals / Parents benefited from their delivery. The event was well received and is to be repeated in March 2017 ([see publicity](#)) with a separate event for Professionals and Parents, also running alongside is another Information and Signposting event -

BOOK these workshops early to avoid missing out.

Schools / Colleges / Parents

Are you aware of any coffee mornings or events for parents of children with disabilities/Special Educational needs and would like LPCF to come and talk to parents about our support?

If so - please email admin@lincspcf.org.uk.

Should you require any publicity or would like to circulate our electronic leaflets to your parents please contact us and we will send them to you.

Please also feel free to add the link to our website to your schools website or share any of our publicity/documentation for parents to use.

2017 What's about to happen ?

Lots Happening in 2017

Having regrouped and come to terms with our new working arrangements 2017 looks like being a bumper year if the first three months plans are anything to go by.

Coffee Events

Our coffee mornings in Sleaford, Bourne, Boston and Spalding are still up and running.

See next page for full Coffee morning listings

At our next Sleaford Coffee morning on 23rd January 2017 we have invited Mark Coupland from Lincolnshire County Council to talk to parents about the Local Offer. Mark will be attending from 11.45am. He will be helping us explore how the Local Offer can help parents find out more information for their families.

Please feel free to give him your views.



Volunteers/Trustees Recruitment event

Date – Friday 3rd February 2017

Venue - The Finch Hatton Arms, 43 Main Street, Ewerby, NG34 9PH.

Time- 10.30 start til 12 noon



Why would you want to volunteer?

Volunteers are needed by us for all kinds of roles. Would you like to talk to other parents at our coffee mornings and events, maybe you would like to staff our stands, are you good at writing newsletters or spotting spelling mistakes, how about delivering publicity to schools. Whatever your interests we may have a role to suit you. Most of our hosts start volunteering after attending our events/coffee mornings so come along and join us to see how rewarding volunteering for LPCF can be.

If you would like a more serious commitment to the Charity then have you considered becoming a Trustee? Trustees are expected to be able to commit to attend Trustee meetings and be able to take on a more strategic role within the Charity.

If either role is for you please come along for an informal discussion on 3rd February.

If you are unable to make it to our event but would still like to volunteer or become a Trustee please email the Chair on admin@lincspcf.org.uk. Or see our website for recruitment details

Please, can let us know you are attending for refreshment purposes.

As mentioned previously we have been very busy with changes in our Constitution and invite all parents on our network to attend our **Special General Meeting on 3rd February 2017** where we will be voting on the proposed new changes.

Please see details of the meeting below:-



LPCF Special General Meeting

Date Friday 3rd February

Time 12-12.30pm

Venue The Finch Hatton Arms, 43 Main Street, Ewerby, NG34 9PH.

Purpose – to vote on proposed Constitutional changes

All LPCF members are invited to vote on these important changes.

Please let us know you are attending for refreshment purposes



Coffee Meetings

**"If you don't go
you'll never know"**



BOSTON

Monday 9th January 10.00—11.30

Monday 6th March 10.00—11.30

Monday 8th May 10.00—11.30

Monday 10th July 10.00—11.30

Venue: The New England Hotel,
Wide Bargate, Boston PE21 6SH

BOURNE

Thursday 19th January 10.30—12 noon

Thursday 16th March 10.30—12 noon

Thursday 11th May 10.30—12 noon

Thursday 13th July 10.30—12 noon

Venue: The Nags Head, Bourne, PE10 9EF

SLEAFORD

Monday 23rd January 11.00—12.30

Monday 13th March 11.00—12.30

Venue: Jolly Scotsman, 18 Lincoln Road,
Holdingham, Sleaford. NG34 8NP

SPALDING (*Change of Times **)

Tuesday 17th January 10.00—11.30

Tuesday 21st March 11.00—12.30 *

Tuesday 16 May 11.00—12.30 *

Venue: Castle Sports Complex,
Albion Street, Spalding PE11 2AJ

Special Guests may be invited from time to time

The aim of our coffee meetings are for parents and carers to meet in an informal environment and enjoy a 'FREE' tea or coffee with like minded people.

Each coffee meeting is hosted by an LPCF volunteer, who can signpost parents to information relevant to their needs and keep them informed of work in which the LPCF are involved.

Self Harm Awareness Talk and Workshop for Parents and Professionals + Information and Signposting Day 15th March 2017

Following on from requests from parents and professionals about holding more workshops on Self-Harm awareness, we are holding two separate workshops at our event on 15th March. The first one is free for registered parents, £10 for unregistered parents and we have very limited numbers. (a buffet lunch is being provided for attendees)

The second is for professionals and costs £25 per person.

We also have very limited numbers at this one so book early.



LPCF are also holding an Information and Signposting event where a diverse range of organisations will be attending to inform parents about the services they provide.

A list of organisations attending will be available on our website as they book.

Information and Signposting Event including Self Harm Awareness Workshops

Date: Wednesday 15th March 2017

Where: South Holland Centre, Market Place, Spalding PE11 1SS

Parents Self Harm Awareness Workshop (Booking Required)

Time: 10.45 for 11.00 start – 12.00 with buffet lunch after (numbers strictly limited)

Charge: LPCF Registered parents FREE - Unregistered parents £10 per person

Information and Signposting Event

Time: 13.00 until 19.30 Parents - (**No booking required**) - Free Tea/Coffee/Biscuits.

Charge: LPCF Registered parents FREE - Unregistered parents £10 per person

Professionals Display stand area: £30.00 (Pre-booking Required)

Professionals Self Harm Awareness Workshop (Booking Required)

Time: Buffet Lunch 12:00 - Workshop 13:00 for 15:00 (numbers strictly limited)

Charge: £25.00 per person

2017

Future Dates for your diary

Monday 15th May LPCF AGM

Monday 5th June. 3rd County Coffee Morning

Re registration of Members

If you receive this newsletter it is because you have at some time registered on our network.

If you have received this newsletter through the post then we are advising you to RE - REGISTER AS A MATTER OF IMPORTANCE and let us have your email address as we probably will not be able to send information by post in future due to funding cuts.

If you have received this electronically and have not contacted us in the last three years please contact us urgently to renew your membership as all your details have to be verified due to Data Protection.

It takes 5 minutes on the subscribe page of our website or drop us a quick email to phone you.

Keep in touch as you don't know when you may need us.

Please also note that unregistered individuals may be charged in future (e.g. event as above)

Should you wish to be removed from our database :-

Please either provide your details and a request to be removed or use the unsubscribe facility on the website.

LPCF Awards Nominations

Parents we need you to nominate professionals or organisations/agencies who have gone the extra mile for you and/or your family.

We would like you, as parents to nominate professionals or teams of professionals who have gone above and beyond for you and/or your child. Have they given you extra support? Are they lovely with your child? Do they think outside the box and come up with wonderful ideas? Do they deserve recognition? Who is your star person or organisation?

It could be a SENDCO, a teaching assistant, someone from the Local Authority, a team of Occupational Therapists, a social worker, a volunteer or voluntary organisation.

Let us know the following:-

- Your name and contact details
- Their name and contact details
- What they do for you and your family?
- Why you would like to nominate them?

You can make your nomination via our website link on the home page at www.lincspcf.org.uk

The winners will be picked by LPCF volunteers in July 2017 and December 2017 and will be reported on our website and newsletter.



Your Say

We always need your views. We give them to the Department for Education, the Local Authority, the Health service and numerous service providers. We always anonymise them before we publish them.

Feel free to feedback to us through the "your say" page of our website.

It only takes a few minutes and we really value your feedback.

Fundraising – we need you now more than ever

As you have heard our funding has been reduced significantly so we are looking for your help and support at this challenging time.

You can help us in the following ways:-

Subscribe to our lottery club.

For only £1 per week you have the chance to win monthly prizes of £50, £10 and £5.

See our website fundraising page for subscription details.

One of our Lottery club members Heather, bought herself a new cat recently and also donated her winnings back to LPCF. Thanks Heather you are a star !

Easy Fundraising

For anyone who shops online

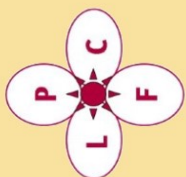
You shop directly with the retailer as you normally would, but if you sign up to

<http://www.easyfundraising.org.uk/causes/lpcc> for free and use the links on the easyfundraising site to take you to the retailer, then a percentage of whatever you spend comes directly to the LPCF at no extra cost to yourself.

Donations

LPCF are grateful of any donations to support our Charity in these lean times.





The Hidden Voice of Parents Behind the scenes

- Activity Events
- Coffee Events
- Consultations
- Helpline
- Signposting Events
- Special Workshops
- Surveys

In Public

People are familiar with LPCF and a range of its activities, but there is so much more that happens behind the scenes which parents may be unaware of.

Below a few have been listed for your awareness:

Behind the Scenes

SEND Reforms

LPCF representatives regularly attend the SEND Strategy working group to represent the views and concerns of parents relating to the SEND reforms and the progress of transition from Statements to EHC plans.

DfE (Department for Education)



Department
for Education

The DfE partially fund LPCF to promote participation and engagement of parent carers and DfE pay real attention to the written and verbal feedback, which is gathered, compiled and presented from our network. They are committed to hearing from parents and LPCF is your voice.

Recently DfE invited parents to speak directly to them face to face about their personal experiences.



Lincolnshire County Council (LCC)

Although we are an independent Charity we have developed a healthy and productive relationship with LCC to get across the views of Parents about their experiences and those of their children.

More recently LCC are now recognising the key role of the Charity in gathering independent information from parents and are seeking stronger links to learn from LPCF. In recent discussions they have indicated that they may consider attending our events to help get a better view by meeting with parents directly. It is hoped that they will be able to see first hand what good practice exists out there and what needs improving with your help.

Regional NNPCF

LPCF are recognised as being influential partners within the East Midlands Regional group.



PS - It all makes a difference !!!!