

NELPCF NEWSLETTER

AUGUST - OCTOBER 2025

WELCOME

Welcome to the third edition of our newsletter. Every half term we will be updating you on all things **NELPCF**: what we have been up to and what we have coming up.



WHAT DO WE DO?



We are North East Lincolnshire Parent Carer Forum (**NELPCF**). All Local Authorities need a Parent Carer Forum. We are a passionate group of parent carers, of children and young people with a range of needs and disabilities. We are separate from the Local Authority (LA) but our purpose is to work with them to help improve services and support for **SEND** families in North East Lincolnshire. We are here for parent carers: we hold Coffee Mornings, events and training and we make sure that we carry the voices of every parent carer that we speak to in any meeting that we attend. If you are a parent carer or grandparent of a child or young person, aged 0-25, who has, or may have, Special Educational Needs or Disabilities (**SEND**), then you can become a member of **NELPCF**. See our website or Facebook page for more information or ask one of our representatives for a membership form.

WHO ARE WE?

NELPCF consists of 6 Management Committee representatives and 14 **PCF** representatives.

Our 6 Management Committee reps are:

Ali
Courtney
Katy
Kayleigh
Lisa
Nic

We are all parent carers ourselves and strive for positive change for **SEND** families in North East Lincolnshire.

GET IN TOUCH



Email: nelpcf@gmail.com

Facebook: North East Lincolnshire Parent Carer Forum CIC

Website: www.nelpcf.com

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WE ARE A CIC

NELPCF is a CIC: Community Interest Company. This means that our purpose is to benefit the community. We want to make a difference to the lives of **SEND** families in North East Lincolnshire.



CAFE ASPIRE

As we are a CIC, this means that we can branch out into exciting opportunities. For us, this began with our very own **Courtney** and **Katy** overseeing the running of **Cafe Aspire**, which is located in close proximity to our office.

Be sure to keep an eye on **Cafe Aspire's** Facebook page for more details about what's coming up.

**Cafe Aspire is located at 155-159
Freeman Street, Grimsby, DN32 7AR**

Email: cafeaspire2025@gmail.com



OUR REPS

NELPCF has 14 **PCF** representatives. They are:

Alison
Anita
Bernadette
Corinne
Deanna
Erika
Jaime
Julia
Kelly
Liam
Luke
Ryan
Sophie
Vikki



OUR OFFICE

NELPCF is located within the **Foresight** building:

**60 Newmarket Street, Grimsby,
DN32 7SF**



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ARE WE COMING TO YOUR SCHOOL?

SEPTEMBER

10th

St. Mary's Primary Academy
9am-11am

SEPTEMBER

10th

Signhills Academy
1pm-3pm

SEPTEMBER

16th

Humberston C.E Primary
9am-10am

SEPTEMBER

19th

Eastfield Primary Academy
9am-10.30am

SEPTEMBER

19th

Western Primary School
9am-10.30am

SEPTEMBER

23rd

William Barcroft Junior School
8.45am-10.30am

SEPTEMBER

23rd

Oasis Academy Wintringham
10.30am-11.45am

SEPTEMBER

24th

Reynolds Academy
9am-10.30am

SEPTEMBER

24th

Scarho Infants' School
9am-11am

SEPTEMBER

24th

Bursar Primary Academy
1pm-3pm

SEPTEMBER

25th

Fairfield Academy
9am-10.30am

SEPTEMBER

26th

St. Joseph's Catholic Academy
9am-10.30am

SEPTEMBER

26th

Linkage College
9am-12pm

NOTE FOR SETTINGS

If you would like for us to attend your setting please could the SENCo (Special Educational Needs Coordinator) contact us via **email:** nelpcf@gmail.com

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ARE WE COMING TO YOUR SCHOOL?

SEPTEMBER

30th

Macaulay Primary School
2pm-3pm

OCTOBER

1st

Scartho Junior Academy
9.15am-10.30am

OCTOBER

3rd

Littlecoates Primary Academy
9am-10.30am

OCTOBER

6th

Orchard School: Sargon Way
10am-12pm

OCTOBER

7th

Orminston South Parade
9am-10am

OCTOBER

7th

Havelock Academy
9am-10.30am

OCTOBER

8th

Yarborough Academy
9am-10am

OCTOBER

9th

Welholme Academy
9am-10.30am

OCTOBER

9th

Little Oaks Day Nursery
11.30am-1pm

OCTOBER

15th

Great Coates Primary Academy
8.45am-10.30am

OCTOBER

17th

Scartho Gateway Academy
9am-11am

OCTOBER

21st

Laceby Stanford Academy
9.15am-11am

NOTE FOR PARENT CARERS

Please only attend the Coffee Mornings/Afternoons of the schools where your children attend. If we're not coming to your child's setting, but you would like to see us, then please take a look at the list of Coffee Mornings/Afternoons and community events that we will be attending this term, on the next two pages. We would love to see you.

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WHERE CAN YOU FIND US OVER SUMMER?

AUGUST

3rd

NELPCF Carboot Sale
Carr Lane Social Club Fields
10am-2pm

AUGUST

16th

Family Hubs Fun Day
West Marsh Family Hub
10am-2pm

AUGUST

7th

Family Hubs Fun Day
Queensway Family Hub
10am-2pm

AUGUST

20th

Family Hubs Fun Day
Nunsthorpe Family Hub
10am-2pm

AUGUST

12th

Family Hubs Fun Day
East Marsh Family Hub
10am-2pm

AUGUST

22nd

Family Hubs Fun Day
Immingham Family Hub
10am-2pm

AUGUST

14th

NELPCF Coffee Day
Cafe Aspire
10am-1pm

AUGUST

28th

NELPCF Coffee Day
Cafe Aspire
10am-1pm



SUMMER NOTICE

Our **NELPCF** representatives are all parent carers with our own children and so attending events over summer can be challenging. Although we aim to attend all of the events listed above, we do hope that you understand if we need to cancel with limited notice. If this happens, we will share the news on our Facebook page as soon as we can.

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WHERE CAN YOU FIND US THIS TERM?

SEPTEMBER

11th

NELPCF Coffee Day
Carers Centre attending
Cafe Aspire
9.30am-2.30pm

OCTOBER

2nd

NELPCF Coffee Day
Cafe Aspire
9.30am-2.30pm

SEPTEMBER

17th

NELPCF Better Together For SEND
(Our Annual Event)
Grimsby Town Hall
9.30am-2pm

OCTOBER

9th

NELPCF Coffee Morning
Virtual School attending
Cafe Aspire
9.30am-2.30pm

SEPTEMBER

18th

NELPCF Coffee Day
Chatterbugs (Speech & Language)
attending
Cafe Aspire
9.30am-2.30pm

OCTOBER

16th

NELPCF Coffee Day
Cafe Aspire
9.30am-2.30pm

SEPTEMBER

25th

NELPCF Coffee Day
Cafe Aspire
9.30am-2.30pm

OCTOBER

23rd

NELPCF Coffee Day
Cafe Aspire
9.30am-2.30pm

NELPCF COFFEE DAY NOTICE

Our Coffee Mornings have changed! You may have noticed that we have expanded our Coffee Mornings to Coffee Days. These will still take place at **Cafe Aspire** but they will now run for longer: from 9.30am until 2.30pm. Feel free to pop along and see us during this time; come and go as you please.

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HOW DO WE SUPPORT PARENT CARERS?

NELPCF have some exciting groups and sessions that we want to share with you:



NELPCF
SING FOR FUN

DO YOU ENJOY SINGING?
The singing sessions are purely for joy, fun, laughter and community connection

SINGING HAS PROVEN TO REDUCE STRESS AND IMPROVE WELLBEING

NO EXPERIENCE NECESSARY. EVERYONE WILL BE WARMLY WELCOMED

COME AND JOIN US FOR PARENT/CARERS, GRANDPARENTS OF CHILDREN WITH SEND

WE ARE HAVING OUR FIRST SESSION IN CAFE ASPIRE ON THE 20TH MAY 12:00PM-2:30PM



Walking Group

Friday 23rd May
People's Park, Grimsby
12.30pm - 2.30pm
Meet at the bandstand

NELPCF
NORTH EAST LINCOLNSHIRE
PARENT CARER FORUM

- Are you a parent carer or grandparent of a child/young person aged 0-25 with Special Educational Needs and Disabilities (diagnosed or suspected)?
- Maybe you're a neurodivergent parent yourself?
- Do you want to make friends but don't know where to start? We are here for you!

- We welcome you to come and join us for a light walk and a chat with people who understand, in an inclusive environment
- Connect with other parent carers whilst connecting with nature
- No pressure: come and go as you please

You are not alone. Our North East Lincolnshire Parent Carer Forum representatives are looking forward to meeting you

- Weather permitting
- Free cuppa



PAPERWORK SUPPORT CAFE

1st Monday of Every month
Beginning 2nd June
9:30 am - 12:30 pm

Hosted by:
North East Lincolnshire parent carer forum CIC

Do you struggle completing your paperwork? Need help with EHCP, DLA PIP?

Would like Support from parent carers? Be in a non judgemental environment?

If you've answered yes to these questions then pop along.

*** We are unable to fill in or advise on answers to the questions but we can explain them to you. We can signpost to other services if more in-depth support is needed***

Cafe Aspire 155-159 Freeman Street Grimsby DN33 7AP

NELPCF Sing For Fun

This group is open to all parent carers or grandparents of children and young people aged 0-25 who have, or may have, **SEND**. These singing sessions are purely for joy, fun, laughter and community connection. No experience necessary: everyone will be warmly welcomed.

Keep an eye on our Facebook page for details of the next **Sing for Fun** session.

NELPCF Walking Group

This group is open to all parent carers or grandparents of children and young people aged 0-25 who have, or may have, **SEND**. We welcome you to come and join us for a light walk and a chat with people who understand. Connect with parent carers whilst connecting with nature. No pressure to stay for the full time.

Keep an eye on our Facebook page for details of the next **Walking Group**.

NELPCF Paperwork Support Cafe

These sessions are for parent carers to attend to complete paperwork, such as input for Educational Health and Care Plans (EHCPs), Disability Living Allowance (DLA), Personal Independence Payment (PIP) or Neurodevelopmental referrals. We are unable to complete or advise on answers but we can explain the questions. We will signpost you to other services if more support is needed. Keep an eye on our Facebook page for details of the next **Paperwork Support Cafe**.

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WHAT'S NEW?

We have been so busy behind the scenes, working on different projects and exciting opportunities for our parent carers. Let's take a look at what's new for **NELPCF**:

WORKPLACE COFFEE MORNINGS/AFTERNOONS

After hosting our very first workplace Coffee Afternoon at **LHP** (Lincolnshire Housing Partnership) in June, we are now on the lookout for more inclusive businesses who would like for us to visit their employees, who may be parent carers, at their place of work.

If you are an employer and would like for us to host a Coffee Morning/Afternoon at your place of work, then we would love to hear from you.

Please contact us via **email: nelpcf@gmail.com**

NEW REPS

In June we welcomed a further 5 **NELPCF** representatives to our growing team of volunteers. Please give a warm **NELPCF** welcome to **Deanna, Erika, Liam, Luke** and **Ryan** 🙌

We also saw **Jaime** join our team of **PCF** representatives and **Ali** became part of our Management Committee.

OUR BRAND NEW WEBSITE

We at **NELPCF** are conscious of ensuring that everyone is kept up to date with what we have been up to and what we have planned. We also know how important it is for our parent carers to have access to information on **SEND**, all in one place. Because of this, we asked the wonderful Sydney Krogh to redesign our website. This has been an ongoing project, and although it's not fully complete, our website is now live and we hope you find it more accessible and easier to navigate. Please take a look and let us know what you think: **www.nelpcf.com**

EVENINGS & WEEKENDS

NELPCF are very excited to announce that we will soon be hosting Coffee Evenings: (H)our Time, along with weekend Coffee Mornings. This is something we have wanted to do for a long time as we recognise how hard it is for working parent carers to meet us. Details to be announced soon...

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NELPCF BETTER TOGETHER FOR SEND

NELPCF are very excited to share the news that we are holding our third **NELPCF Better Together For SEND** annual event. Here is everything you need to know about the day:

DETAILS

Our third annual **NELPCF Better Together for SEND** event will be taking place on **Wednesday 17th September** from **9.30am-2pm**. Once again, we welcome you to join us for what's set to be an exciting and empowering day.

Come along and listen to our guest speakers: ranging from our own **NELPCF** representatives to members of the Local Authority (LA) and Integrated Care Board (ICB). We will also have stalls at the back of the hall: providing access to a selection of support and services. We welcome you to come and go as you please.

An agenda will be shared in due course, as we understand how important it is to be well informed of what will happen on the day.

If you have any questions at all about our **Better Together For SEND** event, then please do get in touch:

EMAIL: nelpcf@gmail.com

Better Together For SEND

The world of Special Educational Needs and Disabilities (**SEND**) can be a minefield to navigate. **North East Lincolnshire Parent Carer Forum (NELPCF)** aim to make things accessible and inclusive for all. We are a passionate group of parent carers of children with a range of needs and disabilities. We strive for positive change for children and young people aged 0-25, who have, or may have, **SEND**, and their families.



We invite you to join us for our annual event

GUEST SPEAKERS:

- Neurodevelopmental Service
- Early Years Team
- Preparing For Adulthood
- Health update
- SEND Service update
- NELPCF update
- Our reps will be sharing our experiences

STALL HOLDERS:

- SENDIASS
- Foresight
- Navigo
- Compass Go
- Nunny's Farm
- Grimsby Town Disability Football
- Carers Centre
- ... and more!

Grimsby Town Hall
Wednesday
17th September
9.30am-2pm

For more information, contact us:



www.nelpcf.com



North East Lincolnshire
Parent Carer Forum CIC



nelpcf@gmail.com

WHEN & WHERE?



DATE: Wednesday 17th September

TIME: 9.30am-2pm

PLACE: Grimsby Town Hall

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NELPCF PROJECT SPOTLIGHT

Each term we will be shining a spotlight onto a project that our **NELPCF** team are involved in. This term, we want to tell you all about **PINS**:

PINS

PINS stands for Partnership for Inclusion of Neurodiversity in Schools. **NELPCF** has been involved in the **PINS** project since it started in February 2024. The project followed on from the Autism In Schools project, where 3 of our management committee met. **PINS** brings together health, education and parent carers to: shape **SEND** provision in mainstream primary schools; upskill school staff and strengthen partnerships between schools and parent carers. The schools that took part in the first year of the **PINS** project were: Coomb Briggs, Edward Heneage, Lisle Marsden and St. Joseph's. During the first year of the project the areas of focus were communication, inclusion, training and educational environment.

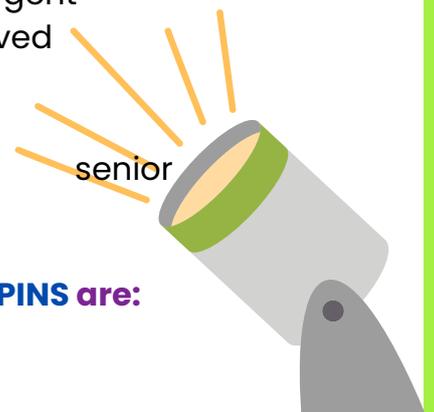
Our **NELPCF** representatives attended monthly Coffee Mornings/Afternoons to all four schools, along with training sessions and Prize Bingo events.

So what was the impact for parent carers of the four schools?

- **NELPCF** continue to embed the work achieved with the four schools and parent carers, by holding regular Coffee Mornings in all four schools.
- Parent carers received training on **SEND**, coproduction and the Local Offer.
- 3 out of the 4 schools' parent carers created their own WhatsApp group to stay connected with each other
- Parent carers worked with the schools to write/amend the schools' SEND Information Report.

And what was the impact for the schools?

- Schools received 14 different training opportunities, including areas such as sensory processing, understanding of neurodivergent conditions, **SEND** and mental health, autism in females, lived experience of Cerebral Palsy, Makaton and visual aids.
- The training was accessed by teachers, cleaning staff, lunchtime supervisors, pastoral, admin staff, SENCos, leadership and teaching assistants.



The schools that are due to take part in the second year of PINS are: Bursar, Scartho Infants, Signhills Academy and St. Mary's. We can't wait to work with parent carers and school staff.

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MEET THE NELPCF TEAM

We are so proud of each and every one of our **NELPCF** team. Each half term, we will be shining a spotlight on one member of our team, for you to get to know them better.

LISA

Hi Lisa! Can you tell us about yourself?

Hi, I'm **Lisa**. I'm 50. I have two adopted children and I'm married to **Courtney** who is also part of the **NELPCF** Management Committee.

What's your role in NELPCF?

I'm part of the Management Committee and I'm also the Chair.

When and why did you join NELPCF?

I first joined in June 2022. I went to the Carers Centre as I needed help. I didn't want to feel alone with my thoughts anymore and I needed to find my tribe of parent carers that get it. They asked me if I wanted to start the Parent Carer Forum as we didn't have one. I went home to speak with my wife and she empowered me to do it. I soon met Leanne and Kirsty, and then Tony, and **NELPCF** was made from there. I know I was destined to join **NELPCF**. It has saved my sanity and I will be forever grateful that parent carers trust us and allow our team to be their voice. I love to stick the kettle on and give our parent carers a good listening to.

What are your passionate interests?

I enjoy creativity through art and mindfulness. I am also a very grateful member of **Al-Anon** (loved ones of alcoholics who meet to share experience, strength and hope) for the last 18 years. I support friends and families of alcoholics and drug misuse. This is where my saying "**keep it simple**" comes from.

What's a fun fact about yourself?

I love to dance and sing. I always try to have a dance off on a night out! And many more!

What would you like to see for the future of SEND provision in NE Lincs?

I would love for future **SEND** provision to be honest, equal and kind. Parent carers and young people must be central to all decisions made. Transparent communication is vital. Going forward this must happen. The Parent Carer Forum is about representation and this is what I have the gift to do, along with a tribe of superhuman Management Committee and representatives. Fetal Alcohol Spectrum Disorder (**FASD**) is also something I will always wave the flag for. I am passionate for FASD to be mentioned as commonly as autism and ADHD. I want to reach out to parent carers, foster carers and adopters to say this is not a taboo subject. These children, babies, teenagers and adults are needing us to understand all they are. A pathway for diagnosis needs to be available closer to home as there isn't one here. So come along and join us and remember to keep it simple!



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WHAT DID WE GET UP TO LAST TERM?

NELPCF have had another busy half term. Our parent carer representatives are all volunteers and we are working so hard to advocate for **SEND** families in North East Lincolnshire. Let's take a look at the what we've been up to:

During this half term, we attended the following:

37 Coffee Mornings

3 Update Meetings with the LA

19 Community Events

23 Working Groups

1 Panel (as PCF reps)

7 Forum Meetings

3 Training Sessions

6 NELPCF Groups

TOTAL: 99 meetings

That works out to be an average of just over 13 meetings per week!

To anyone who has attended our Coffee Mornings, events or groups, reached out to us by email or Facebook, interacted with our posts on social media or told your friends and families about us, we thank you all for your continued support.

