

NELPCF NEWSLETTER

JANUARY - FEBRUARY 2026

WELCOME

Welcome to the fifth 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.

WHO ARE WE?

The world of **SEND** (Special Educational Needs and Disabilities) can be a minefield to navigate. North East Lincolnshire Parent Carer Forum (**NELPCF**) aim to make things more inclusive and accessible for all.

We are a passionate group of parent carers of children and young people with a range of needs and disabilities. We champion support and strive for positive change for children and young people with **SEND** aged 0-25, and their families, in North East Lincolnshire.

All Local Authorities need a Parent Carer Forum. 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 have regular meetings and working groups with members of the LA, Integrated Care Board (ICB), Education and Health professionals.

All Parent Carer Forums are overseen by **Contact** and link with The National Network of Parent Carer Forums (**NNPCF**)



MANAGEMENT

NELPCF consists of 5 Management Committee representatives and 9 **PCF** (Parent Carer Forum) representatives.

Our 5 Management Committee reps are:

- **Ali**
- **Katy**
- **Kayleigh**
- **Lisa**
- **Nic**



GET IN TOUCH

Email: nelpcf@gmail.com



Facebook: North East Lincolnshire Parent Carer Forum CIC

Website: www.nelpcf.com

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WHY DO WE DO IT?

We are all parent carer volunteers; we give our time to **NELPCF** because we are so passionate about creating real tangible change for **SEND** in North East Lincolnshire and helping other parent carers, like us.

WHAT DO WE DO?

We are here for parent carers: we hold Coffee Mornings/Afternoons at schools and at **Cafe Aspire**, along with events and training sessions, so parent carers can gain knowledge, feel empowered and be heard. We carry the voices of the parent carers we meet in all meetings that we attend. We inform the Local Authority of what is and isn't working for **SEND** families in our area.

Although we cannot provide individual advice, we will always listen and signpost you to relevant services/support.

We have held many free family **SEND** sessions for our members. This has consisted of softplay sessions, swimming sessions and family discos.

MEMBERSHIP: 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 have a chat with our representatives.



REPRESENTATIVES

NELPCF has 9 **PCF** representatives.

They are:

- **Alison**
- **Anita**
- **Bernadette**
- **Erika**
- **Jaime**
- **Julia**
- **Kelly**
- **Liam**
- **Vikki**



OUR OFFICE

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

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



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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 real difference to the lives of **SEND** families in North East Lincolnshire.

CAFE ASPIRE

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

Cafe Aspire is where we hold our regular Thursday termtime Coffee Mornings and our new afternoon Tranquil Thursday wellbeing sessions for our parent carers and grandparents.

Although **Foresight** own **Cafe Aspire**, they pay us, as a CIC, to oversee the running of **Cafe Aspire**. When you purchase food or drink items from **Cafe Aspire**, or hire **Cafe Aspire** for events such as parties and celebrations, or group sessions for businesses, services or support groups, you are giving back to the community as **Foresight** and **NELPCF** benefit from your custom.

If you would like to enquire about hiring **Cafe Aspire**, please email: cafeaspire2025@gmail.com



BUSINESSES

After visiting **LHP** (Lincolnshire Housing Partnership) last year, **NELPCF** are now on the lookout for more inclusive businesses who would like for us to attend a Coffee Morning/Afternoon/event at your place of work. We can visit your employees, who may be parent carers or grandparents of children or young people with **SEND**.

If you are an employer then we would love to hear from you.
Email: nelpcf@gmail.com

CAFE ASPIRE



Address: 155-159 Freeman Street, Grimsby, DN32 7AR

Email: cafeaspire2025@gmail.com

Facebook: Cafe Aspire

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ARE WE COMING TO YOUR SCHOOL?

JANUARY

13th

St. Mary's Primary Academy
PINS Coffee Morning
9am-10.30am

JANUARY

13th

Scartho Juniors
Coffee Morning
9am-10.30am

JANUARY

13th

Linkage College
Coffee Morning
9.30am-11am

JANUARY

14th

Scartho Infants' School
PINS Coffee Morning
9am-10.30am

JANUARY

14th

Bursar Primary Academy
PINS Coffee Afternoon
1.30pm-3pm

JANUARY

16th

Nunsthorpe Academy
Coffee Morning
9am-10.30am

JANUARY

19th

Old Clee Primary Academy
Coffee Morning
9am-10.30am

JANUARY

20th

Thruncoe Primary Academy
Coffee Morning
9am-10.30am

JANUARY

21st

Signhills Academy
PINS Coffee Morning
9am-10.30am

JANUARY

26th

Edward Heneage Primary
PINS Coffee Afternoon
1.30pm-3pm

NOTE FOR SETTINGS

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

Please note that as we are now in almost all settings across North East Lincolnshire, we are booking up fast. We are happy to book multiple dates in advance, for the whole of the academic year.

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ARE WE COMING TO YOUR SCHOOL?

JANUARY

27th Pilgrim Academy
Coffee Morning
9am-10am

JANUARY

27th Wybers Wood Academy
Coffee Morning
9am-10.30am

JANUARY

28th Willows Academy
Coffee Morning
9am-10.30am

JANUARY

28th St. Joseph's Catholic Academy
PINS Coffee Morning
9am-10.30am

FEBRUARY

3rd Laceby Stanford Academy
Coffee Morning
9am-10.30am

FEBRUARY

5th Fairfield Academy
Coffee Morning
9am-10.30am

FEBRUARY

6th Littlecoates Primary Academy
Coffee Morning
9am-10.30am

FEBRUARY

10th St. Mary's Primary Academy
PINS Coffee Morning
9am-10.30am

FEBRUARY

10th Bursar Primary Academy
PINS Coffee Afternoon
1.30pm-3pm

FEBRUARY

11th Scartho Infants' School
PINS Coffee Morning
9am-10.30am

FEBRUARY

11th Signhills Academy
PINS Coffee Afternoon
2pm-3.30pm

FEBRUARY

13th Western Primary School
Coffee Morning
9am-10.30am

NOTE FOR PARENT CARERS

Please only attend the Coffee Mornings/Afternoons of the schools where your children attend. If we are 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 THIS TERM?

JANUARY

8th

NELPCF Coffee Morning
Clare Linfitt: **SEND** Services
Manager attending
Cafe Aspire
9.30am-12pm

JANUARY

8th

NELPCF Tranquil Thursday
Wellbeing session
Cafe Aspire
12pm-2pm

JANUARY

15th

NELPCF Coffee Morning
Paul Cook from essential
foundations: Early Years SEN
Advice attending
Cafe Aspire
9.30am-12pm

JANUARY

15th

NELPCF Tranquil Thursday
Wellbeing session
Cafe Aspire
12pm-2pm

JANUARY

20th

Neurodiversity & Mental Health
Workshop
(This is a pre-bookable event)
Grimsby Town Hall
9.15am-11.30am

JANUARY

22nd

NELPCF Coffee Morning
Navigo attending to discuss
support for parent carers
Cafe Aspire
9.30am-12pm

JANUARY

22nd

NELPCF Tranquil Thursday
Wellbeing session
Cafe Aspire
12pm-2pm

JANUARY

23rd

NELPCF Volunteer Drop In Day
Cafe Aspire
10am-2pm

NELPCF EVENT NOTICE

Please note that these events can be attended by all parent
carers/grandparents, unless stated otherwise in the description.

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WHERE CAN YOU FIND US THIS TERM?

JANUARY

29th

NELPCF Coffee Morning
Cafe Aspire
9.30am-12pm

JANUARY

29th

NELPCF Tranquil Thursday
Wellbeing session
Cafe Aspire
12pm-2pm

FEBRUARY

9th

NELPCF Tranquil Thursday
Wellbeing session
Cafe Aspire
9.30am-12pm

FEBRUARY

9th

WINGS Group
(Please note this is for attendees of the WINGS Group only)
Young Minds Matter
10am-11am

FEBRUARY

3rd

Neurodiversity & Mental Health Workshop
(This is a pre-bookable event)
Grimsby Town Hall
9.15am-11.30am

FEBRUARY

12th

NELPCF Coffee Morning
Cafe Aspire
9.30am-12pm

FEBRUARY

5th

NELPCF Coffee Morning
Clare Linfitt: **SEND** Services Manager attending
Cafe Aspire
9.30am-12pm

FEBRUARY

12th

NELPCF Tranquil Thursday
Cafe Aspire
12pm-2pm

NELPCF EVENT NOTICE

Please note that these events can be attended by all parent carers/grandparents, unless stated otherwise in the description.

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HOW DO WE SUPPORT PARENT CARERS?

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

 **TRANQUIL THURSDAYS** 

Date for your diary

THURSDAY 20TH NOVEMBER 12-2PM

AFTER COFFEE DROP IN

CAFE ASPIRE
155-159 FREEMAN STREET GRIMSBY

THIS WEEKS THEME: CHRISTMAS

ACTIVITY CHRISTMAS CRAFTS

Walking Group

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

• 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

Monday 15th September
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 Tranquil Thursdays

These sessions are open to all parent carers or grandparents of children and young people aged 0-25 who have, or may have, **SEND**. These wellbeing sessions are a much needed boost for many parent carers: you can't pour from an empty cup. **Tranquil Thursday** sessions take place every Thursday, during term time only, from 12pm-2pm. Keep an eye on our Facebook page for more information.

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. Due to the colder weather, these groups may be less frequent. Please 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 future dates and for more information.

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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.

KATY

Hi Katy! Can you tell us about yourself?

I'm Katy, I'm married and I'm 39 years old, not far off the big 40! I have 3 children all with a different range of needs. My eldest is awaiting an autism assessment, my middle child has craniosynostosis and a range of needs and my youngest has selective mutism and is autistic. All three of my children including myself have Muenke syndrome. I feel I'm a true advocate for all my children and I am constantly fighting for them. I absolutely love making people happy and being a big part of **NELPCF CIC**. I grew up having craniosynostosis and muenke syndrome and I didn't find out until I was 29!



What's your role in NELPCF?

I am one of the directors of the **NELPCF CIC**. As a CIC we have to have a number of directors to be able to operate. I'm no different to the rest of the management team though, we all run the forum as one big family. There's no hierarchy in our team!

When and why did you join NELPCF?

I joined the **PCF** in 2023. I wanted to join the **PCF** as i was part of the Autism In Schools project and I loved what that was about. How everyone worked together and the knowledge and skills I learnt from that meant that I could further my skills elsewhere. So I joined the **PCF** and have never looked back.

What are your passionate interests?

My interests are not a lot. My son competes in swimming so one of my big interests is supporting him to be able to achieve his best. When you're a swim mum you don't get time for much else. I love being able to sit down with the kids and do activities with them. My biggest interest I would say is my family. I do everything for them and making sure they're happy and healthy is a lot of the time the only thing I am interested in apart from the **PCF** of course.

What's a fun fact about yourself?

A fun fact about myself is I'm married to someone who used to be an acrobat at Pleasure Island Family Theme Park! There is definitely not many people that can say that.

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

I would like to see more inclusivity and more knowledge around the world of **SEND**. More things that are accessible for our children and young people. I would like to see **SEND** as more of an acceptance to services and education settings. I would like our children who need additional support to thrive and feel just as included as everyone else.

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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:

30 Coffee Mornings/Afternoons

1 Update Meeting with the LA

6 Community Events

10 Working Groups with the LA

21 Forum Meetings

8 Training Sessions

4 NELPCF Groups

1 Regional Meeting

TOTAL: 81 meetings

That works out to be an average of over 11 meetings per week!

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

The NELPCF Team 

