

NELPCF NEWSLETTER

NOVEMBER – DECEMBER 2025

WELCOME

Welcome to the fourth 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 10 **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 10 **PCF** representatives. They are:

- **Alison**
- **Anita**
- **Bernadette**
- **Deanna**
- **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) earlier this 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?

NOVEMBER

4th

St. Mary's Primary Academy
PINS Prize Bingo session
9am–11am

NOVEMBER

11th

Woodlands Academy
Coffee Morning
9am–10.30am

NOVEMBER

5th

Scartho Infants
PINS Prize Bingo session
9am–11am

NOVEMBER

11th

Humberston Park School
Coffee Morning
10am–11.30am

NOVEMBER

5th

Signhills Academy
PINS Prize Bingo session
1.30pm–3.30pm

NOVEMBER

11th

Bursar Primary Academy
PINS Prize Bingo session
1pm–3pm

NOVEMBER

6th

John Whitgift Academy
Coffee Morning
9am–11am

NOVEMBER

13th

Coomb Briggs Primary Academy
PINS Coffee Afternoon
1.30pm–3pm

NOVEMBER

10th

Lisle Marsden Primary Academy
PINS Coffee Afternoon
1.30pm–3pm

NOVEMBER

14th

Waltham Gateway Academy
Coffee Morning
9am–10.30am

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

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?

NOVEMBER

17th

Humberston Cloverfields
Coffee Morning
9am–11am

NOVEMBER

18th

Queen Mary Academy
Parents Evening
2pm–6pm

NOVEMBER

19th

St. Peter's C of E Academy
Coffee Morning
9am–10am

NOVEMBER

19th

New Waltham Academy
Coffee Morning
9am–11am

NOVEMBER

19th

St. Joseph's Catholic Academy
PINS Coffee Morning
9am–11.30am

NOVEMBER

24th

Laceby Acres Academy
Coffee Morning
9am–10.30am

NOVEMBER

25th

Thrunscoe Academy
Coffee Morning
9am–10.30am

NOVEMBER

27th

Waltham Toll Bar Academy
Coffee Morning
9am–11am

DECEMBER

1st

Reynolds Academy
Coffee Morning
9am–10.30am

DECEMBER

1st

Macaulay Primary Academy
Coffee Afternoon
2pm–3pm

DECEMBER

5th

Springfield Primary Academy
Coffee Morning
9am–10.30am

DECEMBER

12th

Edward Heneage Academy
PINS Coffee Afternoon
1.30pm–3pm

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?

NOVEMBER

6th

NELPCF Coffee Morning
KIDS Sleep Service, Young Carers
and Clare Linfitt: **SEND** Services
Manager attending
Cafe Aspire
9.30am–12pm

NOVEMBER

13th

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

NOVEMBER

6th

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

NOVEMBER

18th

Emotion Coaching Workshop
(*This is a pre-bookable event*)
Grimsby Town Hall
9.15am–12pm

NOVEMBER

10th

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

NOVEMBER

20th

NELPCF Coffee Morning
New Outreach service provider
attending
Cafe Aspire
9.30am–12pm

NOVEMBER

13th

NELPCF Coffee Morning
New EHC Hub attending
Cafe Aspire
9.30am–12pm

NOVEMBER

20th

NELPCF Tranquil Thursday
Wellbeing session
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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WHERE CAN YOU FIND US THIS TERM?

NOVEMBER

21st

NELPCF Paperwork Cafe
Cafe Aspire
9.30am–12pm

DECEMBER

9th

SPACE Forum
Grimsby Town Hall
9.30am–1pm

NOVEMBER

27th

NELPCF Coffee Morning
Paul Cook from essential
foundations: Early Years SEN
Advice attending
Cafe Aspire
9.30am–11am

DECEMBER

11th

NELPCF Coffee Morning
Cafe Aspire
9.30am–12pm

NOVEMBER

27th

NELPCF Christmas Prize Bingo
(*This will be a pre-bookable event*)
Cafe Aspire
11am–2pm

DECEMBER

11th

NELPCF Tranquil Thursday
Cafe Aspire
12pm–2pm

DECEMBER

4th

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

DECEMBER

18th

NELPCF Coffee Morning
Cafe Aspire
9.30am–12pm

DECEMBER

4th

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

DECEMBER

18th

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

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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
6TH OCTOBER
12-2PM**

AFTER COFFEE DROP IN

NEXT WEEKS

THEME:
**PAINT AND
SIP**

**155-159
CAFE ASPIRE
FREEMAN
STREET
GRIMSBY**

ACTIVITY

**POTTERY
PAINTING**

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

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. The next session is: Thursday 6th November at 12-2pm.

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. The next **Paperwork Support Cafe** is on Friday 21st November at 9.30am-12pm.

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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 the **Delivering Better Value in SEND** project.

DELIVERING BETTER VALUE IN SEND

DBV stands for **Delivering Better Value in SEND**. **NELPCF** have been involved in the **DBV** project since it officially began in September 2023. The national project consists of 55 areas, including North East Lincolnshire, who received a one-off grant from the Department for Education (DfE), with the focus of listening to families of children and young people with Special Educational Needs and Disabilities, in order to make improvements to what was available for **SEND** in our area. The focus was to enhance inclusion and belonging for children and young people with **SEND** in mainstream settings.

81 parent carers responded to the **DBV** survey, which was released in November 2022. This, along with hearing from all schools in the area, gained a better understanding into the needs arising for **SEND** within schools in North East Lincolnshire. The focus was to then work with schools and SENCos (Special Educational Needs Coordinators) to develop and strengthen their **SEND** knowledge and practice, in order to better support children with **SEND**.

What was the impact from **DBV**?

- All settings in North East Lincolnshire received some form of support from the **DBV** project.
- Training consisted of: understanding around additional needs; potty training; school readiness skills; Making Sense of Autism training; 200 staff were trained in Intensive Interaction to support children's communication and interaction.
- From the project, an Outreach service was created, to support children in Reception and Year 1 who are suspected to be neurodivergent. The Outreach service has now been running for 2 years and recently a further 3 year contract has been secured.
- All settings were provided with a WELLCOMM screening toolkit which recognises speech and language needs. Because of this, Speech and Language needs have been supported and there has also been an improvement in Speech and Language waiting times.
- There has been a reduction in permanent exclusions in the ten schools that received tailored training on behaviour culture.

What's next for **DBV**?

As funding for the **DBV** ended in July, the Local Authority are currently looking at ways of how the project can be sustained.

To find out more about the **Delivering Better Value in SEND** project, please visit the Local Offer to access their dedicated **DBV** webpage:

<https://sendlocaloffer.nelincs.gov.uk/delivering-better-value-in-send/#what-is-the-delivering-better-value-in-send-dbv-programme>



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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.

NIC

Hi Nic! Can you tell us about yourself?

Hello! I'm **Nic**. I'm 39 years old and I'm married. I'm a very proud Mum to 5 beautiful children and I very much consider ourselves to be a neurodivergent family. Four of my children are either diagnosed or awaiting assessments and our household consists of autism, dyspraxia, ADHD and OCD, to name a few. I'm also currently in the process of an autism assessment for myself.

What's your role in NELPCF?

I'm part of the Management Committee. It's also part of my role to create this newsletter every half term (so it feels very strange interviewing myself!)

When and why did you join NELPCF?

I joined **PCF** in April 2023. At the time I was involved with the Autism In Schools project, and was finishing an EarlyBird course, as a parent carer. I originally joined **NELPCF** to learn more about **SEND** for our area so that I could support my children to the best of my ability. This soon grew to a passion and determination to improve **SEND** provision so that other families didn't experience the unnecessary hurdles that comes with being a **SEND** family. I want to make a difference and to create real change.

What are your passionate interests?

My passionate interest is autism: I feel that I live and breathe autism and I love to talk about! I am also qualified to deliver the EarlyBird course, by the National Autistic Society, and I am the first parent carer in the country to do so. I love 80's music and Erasure is my absolute favourite band in the whole world. I also enjoy writing and I have an English degree.

What's a fun fact about yourself?

When I was younger I used to love spinning until one day I spun so fast that I fell over and cut the top of my ear off; I haven't done any spinning since then! I also have a fear of coleslaw!

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

I would love for future **SEND** provision in North East Lincolnshire to consist of the following: A clear pathway of support for children under the age of 5, from the earliest moments when parent carers may notice a difference in their child; More understanding for neurodivergent children/young people who mask at school; There is so much more research now on how neurodivergence may present in females and I would love for this to be talked about more.



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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:

43 Coffee Mornings/Afternoons

3 Update Meetings with the LA

5 Community Events

8 Working Groups with the LA

22 Forum Meetings

4 Training Sessions

6 NELPCF Groups

TOTAL: 91 meetings

That works out to be an average of 13 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 ❤️

