

# 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](mailto:nelpcf@gmail.com)

**Facebook:** North East Lincolnshire Parent Carer Forum CIC

**Website:** [www.nelpcf.com](http://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](mailto: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**

Scarcho 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](mailto:nelpcf@gmail.com)

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## ARE WE COMING TO YOUR SCHOOL?

### SEPTEMBER

**30th**

Macaulay Primary School  
2pm-3pm

### OCTOBER

**8th**

Yarborough Academy  
9am-10am

### OCTOBER

**1st**

Scartho Junior Academy  
9.15am-10.30am

### OCTOBER

**9th**

Welholme Academy  
9am-10.30am

### OCTOBER

**3rd**

Littlecoates Primary Academy  
9am-10.30am

### OCTOBER

**9th**

Little Oaks Day Nursery  
11.30am-1pm

### OCTOBER

**6th**

Orchard School: Sargon Way  
10am-12pm

### OCTOBER

**15th**

Great Coates Primary Academy  
8.45am-10.30am

### OCTOBER

**7th**

Ormiston South Parade  
9am-10am

### OCTOBER

**17th**

Scartho Gateway Academy  
9am-11am

### OCTOBER

**7th**

Havelock Academy  
9am-10.30am

### 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.

# NELPCF NEWSLETTER

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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.



# NELPCF NEWSLETTER

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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.

# NELPCF NEWSLETTER

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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 20<sup>TH</sup> 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](mailto: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](http://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 17<sup>th</sup> 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](mailto: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](http://www.nelpcf.com)



North East Lincolnshire  
Parent Carer Forum CIC



[nelpcf@gmail.com](mailto:nelpcf@gmail.com)

## WHEN & WHERE?



**DATE:** Wednesday 17th September

**TIME:** 9.30am-2pm

**PLACE:** Grimsby Town Hall

# NELPCF NEWSLETTER

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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.

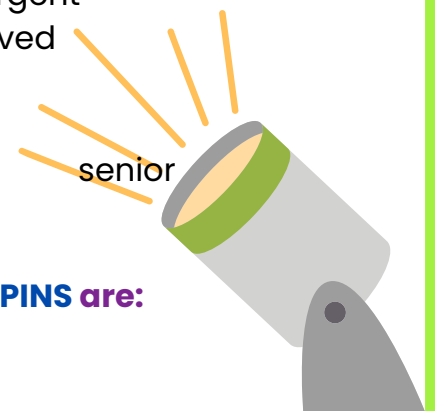
Our **NELPCF** representatives attended monthly Coffee Mornings/Afternoons to all four schools, along with training sessions and Prize Bingo events.

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.**

# NELPCF NEWSLETTER

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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!



# NELPCF NEWSLETTER

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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.

