



# Lincolnshire Parent Carer Forum

## “Waving not drowning!”

Are you a parent, grandparent, Carer, relative or friend of a child/adult with special needs or a disability? Yes?

...then these workshops are a must for you!

Caring for someone can be a bit daunting at times. Often wonder if things could be better? Of course, there is always room for improvement in everything we do and here are a series of workshops that can really help and make a difference to our daily lives and to our families. This series is aimed at parent carers who wish to have fun, meet other parent carers that want to make life easier and learn new strategies that can make a very real difference.



LPCF proudly presents Hil Gibb to run these workshops. Hil is a successful Master Practitioner and Coach in Neuro Linguistic Programming (NLP), with a Masters Degree in Leadership. She loves working with a wide range of individuals facing significant, personal challenge as well as groups of varying sizes across business and education. Hil offers a fresh perspective, bold problem-solving and unorthodox strategies. Her main strengths lie in her ability to connect with people; motivating and developing them to think actively, flexibly and creatively. She relishes new challenges and is committed to adding value to, and facilitating the growth of individuals and teams.

Hil's dubious claim to fame is that she almost killed Stephen Hawking!

- “Hil Gibb is an exceptional person who has the knack of enthusing people and inspiring confidence.”
- “Spending time with Hil has been illuminating, thought provoking and challenging.”

Each workshop consists of a 1-hour interactive session on Zoom.

Invitations will be sent out when payment is received. You will also receive a pack and the offer of a FREE max card (if you have registered with LPCF or updated your details) while stocks last.

**Cost** for each session is heavily subsidised to just **£10**.

Book all 6 workshops for best effect at a reduced cost of **£30**.

Hurry! Book your places **now** either by phone or email to make sure you get a place.

Tel: **07925 232 466** (please leave a message) or email [admin@lincspcf.org.uk](mailto:admin@lincspcf.org.uk).  
Please make cheques payable to LPCF, and send to LPCF, PO Box 1183, Spalding, PE11 9EE  
or pay by BACS Lloyds Bank PLC, Sort Code 30-97-95 A/C 23655168  
(please add your name as identifier)

### PLUS... a Free Taster session;

**The Free taster session** will give you a chance to meet Hil and LPCF Volunteers and give you a taste of what's in store.  
**Fun and laughter**, pretty much guaranteed!

[Book now](#)

Tel: **07925 232 466** (please leave a message) or email [admin@lincspcf.org.uk](mailto:admin@lincspcf.org.uk).

**Free 1 hour Taster sessions:-**  
**22nd October 11am**  
**10th November 1pm**  
**Book now and a**  
**Zoom invitation**  
**will be sent to you.**

#### **Workshop 1: Why Me?**

**Date: Wednesday 6<sup>th</sup> January 2021 1pm**

Think back to when you first heard about the diagnosis. Back to when it became official... that moment when your loved one 'became disabled' or had "additional Needs". Maybe you had moments of doubting your sanity to get your concerns recognised. How did that feel?

Was there guilt, blame, anger, sadness, denial?

Think back to when you broke 'the news' to family, friends and colleagues. How did that feel? Are some of those feelings still with you?

The 'Why me?' workshop is designed to enable you to....

- Explore the cocktail of emotions experienced by the carer
- Remove the pain and power of those who can whip up that cocktail of emotion
- Learn how the 'power of now' can support you
- Know your negative triggers and reduce (or even remove) them

#### **Workshop 2: Space for self**

**Date: Wednesday 13th January 2021 1pm**

As a carer of a person with additional needs, there may be many aspects and demands in your life that are often in profound conflict with each other, for example when you feel like you are juggling too many balls in the air at once?

This conflict can be damaging in terms of:

- generating guilt, divided loyalties and self-neglect.
- available time, energy, focus and concentration.
- reduced levels of health, well-being and laughter.

The *Space for Self* Workshop is designed to enable you to:

- reduce the internal conflict created by your various roles
- understand the value of 'the most important person'
- learn the value of being fully present
- remove the pain resulting from those who create angst without being in the room! plus much more.

*See Next page for further sessions*

**Workshop 3: “Effective Communication” (1)**

**Date: Wednesday 20<sup>th</sup> January 2021**

As a carer of a person with additional needs, you may experience many meetings with various agencies.

Whether these events run well, or otherwise, the experience and outcomes of any meeting can be greatly improved through effective communication.

This Effective Communication Workshop is designed to enable you to:

- feel more confident in a range of situations
- get your thoughts and feelings across effectively and more easily
- give and receive effective feedback
- handle potentially ‘sticky’ conversations well
- understand human behaviour and apply this understanding practically
- reduce stress and drains on time and energy

Everyone benefits from *Effective Communication!*

**Workshop 4: “Effective Communication” (2)**

**Date: Wednesday 27<sup>th</sup> January 2021**

**The objectives of this workshop are the same as Workshop 3.**

*See Next page for further sessions*

### **Workshop 5: Understanding Strategies**

**Date: Wednesday 3<sup>rd</sup> February 2021**

How come, if you were to pick up your toothbrush with the 'wrong' hand, you'd find it difficult to continue with the task of brushing your teeth?

Well, every one of us has strategies for everything we do, and when that strategy is interrupted, it's really tricky for it to continue.

Some of our strategies are positive and help us move forward. Others are destructive and hold us back.

As a carer of a young person with additional needs, you may experience a range of behaviours and strategies that are inadvertently unhelpful to your child's progress or flexibility in an ever-changing world.

This *Understanding Strategies* Workshop is designed to enable you to:

- feel more confident when supporting your loved one
- explore the power of strategies over our behaviours
- reflect on your strategies and those of your loved one
- generate an 'action plan' for more positive outcomes
- reduce stress and drains on time and energy

### **Workshop 6: Resilience**

**Date: Wednesday 10<sup>th</sup> February 2021**

The word 'Resilience' has become very widely used over the last couple of years.

And yet, as a carer, you'll have been doing resilience, to varying degrees, over a long period.

The thing is, we never really know how resilient we are until we are really tested.

This Resilience workshop is designed to enable you to:

- explore what is really meant by resilience
- increase our self-awareness around how we respond to those unexpected, challenging moments
- explore traits and strategies for high resilience
- understand how a permanent state of resilience isn't necessarily good for us
- look at the human response to change
- consider how we grow resilience in our children