



Interim Executive Head Teacher: Nichola Allerston BA (Hons) (QTS), NPQH
Head of School: Dena Jones BSc (Hons), NPQH

Nettleton Community Primary School

Moortown Road, Nettleton, Lincolnshire, LN7 6AA
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Welcomed, Valued, Supported

Monday 24th February 2025

Dear Parents / Carers

Lincolnshire Parent Carer Forum - Workshops



The Lincolnshire Parent Carer Forum publishes regular newsletters with lots of events and workshops to support families around lots of different subjects. They deliver a variety of workshops to support families specifically with special needs and behaviour support.

Upcoming workshops include:

Wellbeing sessions with Nicole



Date: **Wednesday 26th February 7.30pm – 9pm**

Topic: **Time to recharge**

Join LPCF for a free 90-minute Zoom session to help improve mental health & wellbeing.

Nicole from Hummingbird Hypnotherapy will be providing proven techniques to help us make positive changes to our lives.

Relax with like-minded people in a positive atmosphere.

To book your place please see the booking form on the events page of the LPCF website. See link below.

If you haven't received a zoom link a couple of days before the session please check your junk mail.

These sessions are for LPCF parent members only.

We now have a private page on the website specifically for parents who regularly attend our sessions to provide them with more resources and support between sessions.

Juggling the Joys of parenting

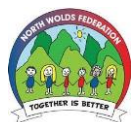


Date: **Thursday 6th March at 11am**

Topic: **Understanding Strategies**

These workshops have been developed with LPCF over a number of years and are a chance for parent carers to meet other parent carers and learn new strategies in a friendly easy to use style.

Our Key Values: Commitment to Achieve, Caring, Respect, Co-operation, Happiness, Independence





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Our experienced presenter Hil Gibb has worked with children and young people, parents, teachers, and headteachers for over 30 years. Hil is great at helping groups of people to find the best way forward.

The '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.



To find out more click here:

https://www.lincspcf.org.uk/DocsPDF/pjtj_2024-25juggling_the_joy.pdf

More information about the forum and upcoming events can be found on their website: [LPCF Home](#)

Kind regards
Nichola Allerston
Interim Executive Head Teacher

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