



An opportunity to connect with other parents & carers of LFT student parents, past and present. A caring, social and informal group community safe space.

Our LFT Parent/carers peer support group aims to build connections with other parents and carers in similar situations. The group meets monthly in a safe, supportive environment, to share experiences, discuss key issues that are faced daily with our young people, and explore solutions and further support for you and your family.



The session will be informal and have room for all suggestions and ideas (as well as our own!) for how to support your young people with making friends and being social. Hot and cold drinks and biscuits are provided for those attending in person. Online access is now available for anyone wishing to dial in remotely.



Please note, this group is for parents/carers and guardians of LFT students only - we do not have the capacity for young people to be present at this time.

Calendar 2024-2025

Date & time	Theme / Guest speaker	Eventbrite Link
Thursday 17 th October 5:00pm – 6:30pm	Welcome! Introductions and opportunity to request topics for future sessions.	Eventbrite Free Tickets link for attending in-person ONLINE access Eventbrite Free Ticket
Thursday 14 th November 5:00pm – 6:30pm	Guest speaker: Caroline Duncan from the Citizens' Advice Bureau	Eventbrite Free Tickets link for attending in-person ONLINE access Eventbrite Free Ticket
Thursday 12 th December 5:00pm – 6:30pm	Accessing Social care, PAs and activities - presented by Shelley Daniels	Eventbrite Free Tickets link for attending in-person ONLINE access Eventbrite Free Ticket
Thursday 16 th January 5:00 -6:30pm	Guest Speaker: Kayleigh Thurlow – Leeds Local Offer & SEND Voice and Influence Coordinator	Eventbrite Free Tickets link for attending in-person ONLINE access Eventbrite Free Ticket

Continued...

Topics and themes that were popular in previous group sessions included:

- Socialising & making friends
- Living independently
- Autistic Burnout
- Holidays/home & family life
- Applying for funding/support
- Next Steps
- Connecting with other parents
- Parent/carers support



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Thursday 13 th February 5:00 -6:30pm	Socialising and Making Friends	Eventbrite Free Tickets link for attending in-person ONLINE access Eventbrite Free Ticket
Thursday 13 th March 5:00 -6:30pm	Recognising, preventing and coping with Autistic Burnout – Presented by Emily Fewtrell	Eventbrite Free Tickets link for attending in-person ONLINE access Eventbrite Free Ticket
Thursday 24 th April 5:00 -6:30pm	TBC	Eventbrite Free Tickets link for attending in-person ONLINE access Eventbrite Free Ticket
Thursday 15 th May 5:00 -6:30pm	TBC	Eventbrite Free Tickets link for attending in-person ONLINE access Eventbrite Free Ticket
Thursday 12 th June 5:00 -6:30pm	TBC	Eventbrite Free Tickets link for attending in-person ONLINE access Eventbrite Free Ticket
Thursday 3 rd July 5:00 -6:30pm	Social	Eventbrite Free Tickets link for attending in-person ONLINE access Eventbrite Free Ticket

To get updates and connect with other parents and carers, join the Facebook community group visit:

www.facebook.com/groups/lftparentcarerpeersupportgroup/



We look forward to connecting with you soon!

Emily, Shelley and Julie