



RICHMOND PARENT CARER FORUM

March Membership Events

Throughout March we will be holding a series of events for new and existing Richmond PCF Members. All parents who care for a child or young person aged 0-25 years with a Special Educational Need or Disability (SEND) can become members.

Register here to start accessing your exclusive Richmond PCF Member benefits:

<https://www.richmondpcf.org.uk/membership>

Membership is FREE - if you register before March 31st 2021 you will be sent a participation pack to enjoy at one of our Member Events – choose from a **luxury treat hamper** to enjoy at our virtual Meet and Eat quiz event or a **yoga and wellbeing kit** to use at one of our online yoga sessions! Places are limited so please don't wait to register.

If you would like to know more about Richmond Parent Carer Forum please visit us at <https://www.richmondpcf.org.uk> If you have problems registering or any other query please email us at information@richmondpcf.org.uk You can also follow us on Facebook <https://www.facebook.com/richmondpcf> or Twitter <https://twitter.com/RichmondPCF>

Meet & Eat

Thursday 18th March 1.00 - 2.30pm or Friday 26th March 8.00 - 10.00pm

Tuck into your treat hamper and join us via Zoom for an informal catch up with new and existing PCF members. We'll be hosting an on-line quiz and attendees will be entered in our free prize draw!

Training in SEND Law

Tuesday 16th March 9.30am – 3.00pm

A rare opportunity to access IPSEA training in SEND law, the programme is specifically tailored to help parents understand and navigate the SEND legal framework.

Yoga and Relaxation

**15th March 1.00pm – 2.00pm, 23rd March 1.00pm – 2.00pm,
17th March 8.00pm – 9.00pm or 22nd March 8.00pm – 9.00pm**

With a choice of morning and evening sessions and led by a qualified instructor, our yoga classes are a gentle way to get moving and de-stress. Suitable for absolute beginners and experienced yogis.