

December 2023, January & February 2024.

# Caring Times

North Lincolnshire



Including



**Dementia Direct**

At the Carers' Support Service **NORTH LINCOLNSHIRE**

The home of support for people living with Dementia and Carers

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All the festivities of Christmas and New Year are fast approaching, and I hope that there is something in the newsletter that you might enjoy coming along to. There is lots to choose from. We have our new therapies service available, an essential fire safety session to book and the on-line Dementia Peer Support Group to name a few. There is also information on looking after yourself through the winter months which is really important when you are caring for someone.

We do appreciate that this time of year can be quite difficult and lonely for some, so do come and join in one of our activities or meetings where you will have the opportunity to chat with fellow Carers. Please remember we are here for you, look out for our opening times over the festive period and give us a call if you need anything or want someone to talk to.

I send my best wishes to you all over Christmas and New Year and I hope to see some of you at various activities and events over the coming months.

Mike, CEO.



# RELAXATION THERAPIES

RELAXATION THERAPY APPOINTMENTS  
FOR CARERS. ONLY £10\*

MASSAGE

HYPNOTHERAPY

CRYSTAL HEALING

REIKI HEALING

\*If the cost of treatment is stopping you from booking your place, please speak to us on 01652 650585.

Appointments every Wednesday at  
Steve Borrill Physiotherapy,  
side entrance of 11 Old Crosby, Scunthorpe,  
DN15 8QA.

**Booking is essential, please call  
01652 650585 to book your place.**



# Keeping Safe During Winter



## Take care when driving

Tell someone where you're going and when you expect to arrive.

Always charge your mobile phone fully before you set off on a journey. If you have to drive in bad weather, make sure you allow extra time for your journey. Make sure you have warm clothes, boots, food, water, a torch and a spade in the car.

## Be careful of slippery or wet surfaces

Wear boots, shoes and slippers with non-slip soles.

Keep a mixture of salt and sand handy to put on steps or paths in icy weather.

Consider fitting a grab rail if you have steps at your front or back door.

## Home safety

Make sure your smoke alarm & carbon monoxide alarms are working. Change the batteries every 12 months.

You can ask your local fire service for a free safety check of your home. You may be eligible to get free smoke alarms installed.

Put guards on open fires, be careful not to hang washing too close to the fire.

Don't block up air vents. Fires and heaters need ventilation.

Keep a torch handy in case you lose power and keep your phone charged.

Keep a list of emergency numbers, such as your utility companies, by your phone. If there is a power cut, call the 105 electricity helpline.

You may be entitled to be included in the priority services register, contact your energy and water suppliers for further information.





# Winter Wellbeing



## Keep moving

Even if you don't feel like it, staying active will not only keep you fit and healthy, it will also generate heat to keep you warm.

## Eat well

Hot meals and drinks help to keep you warm, so eat at least one hot meal each day and have hot drinks throughout the day. Having a hot drink before bed and keeping one in a flask by your bedside are good ideas too

## Have a yearly flu jab

The flu is unpleasant, it can also develop into something more serious, such as pneumonia. If you're over 65, or if you have certain health conditions the Government recommends that you get the flu jab every year. Flu viruses are constantly changing so vaccines are updated each year.

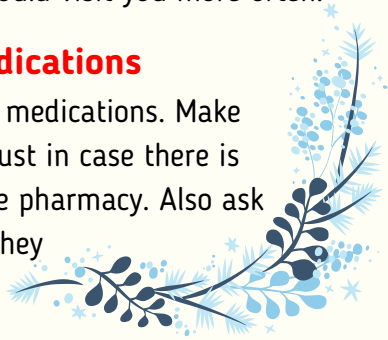
## Keep your spirits up

We often feel down in winter – particularly when the days are short and it can get dark by 3.30pm. It can help to do something you enjoy every day.

Try to keep to your usual routine and if you can't visit friends or family, phone or Skype them often. Ask them if they could visit you more often.

## Organise your medications

It's important that you don't run out of your medications. Make sure you order prescriptions ahead of time, just in case there is bad weather or you're too unwell to go to the pharmacy. Also ask your pharmacy if they can deliver to you, if they don't usually do this



01652 650585



# DECEMBER

**BOOKING ESSENTIAL - CALL 01652 650585**

## WREATH MAKING WORKSHOP



Come along to our wreath making session this festive season. All of the materials used in this workshop are home grown and sustainable.

**Thursday the 7th of December, 12.30pm - 3pm**

At Gunness Hall, Old Village St,  
Gunness, DN15 8TW.

**Please note the cost of this workshop is £10 pp.**

**Booking is essential, please call 01652 650585.**

*\*If the cost is stopping you from booking your place, please speak to us.*



## Fire Safety Talk at Scunthorpe Fire Station

Join us for a talk from Humberside Fire  
and Rescue!

Covering home safety & a virtual home walk  
through, you will find out all you need to know  
about keeping yourself & the person you care for  
safe.

**Tues the 12th of Dec, 10.30am - 12.30pm**

Scunthorpe Fire Station,  
Laneham Street,  
Scunthorpe,  
DN15 6JP.



**HUMBERSIDE**  
Fire & Rescue Service



## Macrame Gnome Decoration

Make your own Macrame  
gnome!

**Weds the 13th of Dec,  
12.30pm - 2.30pm**

Ashby Hub, Ashby High St,  
Scunthorpe, DN16 7RY.



# JANUARY

**BOOKING ESSENTIAL - CALL 01652 650585**

## AIR DRY CLAY MODELS

Come along to a session with our expert crafter and learn how to work with air dry clay.



**Thurs the 11th of Jan,  
1.30pm - 3.30pm**

The Carers' Support Service,  
11Redcombe Lane,  
Brigg, DN20 8AU.

## NEW YEAR, NEW ME! VIA ZOOM

Join us for our New Year, New Me session where we will explore ways to keep your mind and body healthy while in your caring role.

Covering healthy eating, emotional wellbeing, introduction to mindfulness and services in your area.

**Thurs, 18th of Jan,  
6pm - 8pm.**



## SOUND BATH

With Hannah from Stellar Sounds, who uses the power of sound to transport her clients into an 'altered state of consciousness' promoting deep relaxation which brings many health benefits. Accessible to all.

**Thurs, 18th of Jan, 11.30am - 12.30pm**

Yaddlethorpe Methodist Church, Moorwell Road  
Scunthorpe, DN17 2RP.



01652 650585



# FEBRUARY

**BOOKING ESSENTIAL - CALL 01652 650585**

## CRAFT SESSION - DECOUPAGE HEARTS



Enjoy meeting new people and learn a new crafting skill at our decoupage heart session - all abilities are welcome.



**Thursday the 1st of Feb, 1.30pm - 3.30pm**

All Saints Centre, Churchtown,  
Belton, DN91PA.



**Booking Essential- please call 01652 650585**



## UNDERSTANDING DEMENTIA - A COURSE FOR CARERS



**4 Part Workshop**  
**Mondays, 1.30pm - 3.30pm.**

**5th, 12th, 19th  
& 26th of Feb.**

North Lincolnshire  
Museum,  
Oswald Road,  
Scunthorpe,  
DN15 7BD.



**Booking Essential!**

Session 1 -What is Dementia? and the Human Brain - An exploration of what Dementia is and the different kinds of Dementia

Session 2 -Memory / Stages of Dementia - An exploration of the four main stages of Dementia and some of what you may expect from each stage

Session 3 -The Ageing Senses - The natural ageing process and how the senses are affected

Session 4 -Communication and Language - Explore effective ways of communicating and the importance of quality communication.



## TAI CHI GROUP

Come along and enjoy some gentle relaxation and exercise. Suitable for all abilities

**10am to 11am  
26th of Jan & 23rd  
of Feb.**

The Carers' Support Service,  
11 Redcombe Lane, Brigg,  
DN20 8AU



**Booking  
Essential.  
Call 01652  
650585**

## ART CLUB

Would you like to learn new art techniques & styles?

**All abilities welcome!**

**Weds, 10.30am-12.30pm  
6th Dec, 17th of Jan &  
14th of Feb.**

The Carers' Support Service,  
11 Redcombe lane, Brigg,  
DN20 8AU.



## CHRISTMAS LUNCH

Our Christmas get together at Silica Lodge Garden Centre, Scunthorpe.

Join us at 12pm on  
Mon 11th of Dec OR Tues 12th of Dec.

Only £5 per person for festive main, pudding, and tea / coffee.

**BOOKING ESSENTIAL**

## LUNCH CLUB

Our monthly get together at Silica Lodge Garden Centre, Scunthorpe.

Join us at 12pm on  
Mon 15th of Jan & Monday 12th of Feb.

Only £5 per person for set main, pudding, and tea / coffee.

**BOOKING ESSENTIAL - Call us on 01652 650585**



01652 650585



# Carer Peer Support Groups

Please be aware that each group meets with different frequency.

## **ASHBY Peer Support Group**

Every fortnight on a Tuesday 1pm – 3pm  
The Ashby Community Hub (The old Ashby Link building), Ashby High Street, Ashby, DN16 2UT

5th & 19th of Dec, 2nd, 16th & 30th of Jan, 13th & 27th of Feb.

## **BRIGG Peer Support Group**

3rd Thursday of the month 1pm – 3pm  
The Carers' Support Service, 11 Redcombe Lane, Brigg, DN20 8AU

21st of Dec, 18th of Jan & 15th of Feb.

## **BOTTESFORD Peer Support Group**

Every fortnight on a Monday 2pm – 4pm at Hope House, 18 Cambridge Ave, Scunthorpe, DN16 3LG

11th of Dec, 8th & 22nd of Jan, 5th & 19th of Feb..

## **CROSBY Peer Support Group**

Every fortnight on a Wednesday 1pm – 3pm April Lodge, Ferry Road, Scunthorpe, DN15 8LS

6th & 20th Dec, 3rd, 17th and 31st of Jan, 14th & 28th Feb.

## **BARTON Peer Support Group**

2nd & 4th Friday of the month 1pm – 3pm  
Wilderspin School & Museum, 4 Queen Street, Barton-upon-Humber, DN18 5QP.

8th & 22nd of Dec, 12 & 26th of Jan, 9th & 23rd of Feb.

## **The ISLE Peer Support Group**

Monthly on a Wednesday, 1.30pm – 3pm.  
Crowle Hub, High street, Crowle, DN17 4DR.

20th of Dec, 17th of Jan & 21st of Feb.

For more information about any of our Peer Support Groups please call us on 01652 650585

# Carers Voice

Meet other Carers and help make positive change for Carers in our area.

Together we make a real difference. Get together are friendly and informal. A perfect place to share experiences and build the North Lincolnshire Carers Voice.

Use your voice to help make change that matters.

Interested? Call the Carers' Support Service on 01652 650585



**Steel Town Bar, 80-82 Mary Street, Scunthorpe**

**Once a month on a Friday at 10.30am-12pm**

Please call 01652 650585 for upcoming dates

**healthwatch**  
North Lincolnshire

DO YOU HAVE  
SOMETHING TO SAY  
ABOUT HEALTH OR  
SOCIAL CARE  
IN NORTH LINCOLNSHIRE?

YOU NEED TO SPEAK TO  
HEALTHWATCH!  
YOUR LOCAL CONSUMER  
CHAMPION FOR HEALTH  
AND SOCIAL CARE.

01724 844986

[www.healthwatchnorthlincolnshire.co.uk](http://www.healthwatchnorthlincolnshire.co.uk)

## Online Dementia Peer Support Group

Caring for someone with dementia but can't attend in person?

There is an online meeting each month.

If you would like assistance setting up Zoom  
please let us know!

**1st Weds of every month, 2pm - 3.30pm**  
**6th Dec, 3rd Jan & 7th Feb.**



## In-Person Dementia Peer Support Group

**2nd Weds of every month, 2pm - 3.30pm.**

Ashby Hub, Ashby High Street,  
Scunthorpe, DN16 2RY.

**13th Dec, 10th Jan & 14th Feb.**



01652 650585



# Carers Together

**A GROUP FOR ADULT CARERS OF PEOPLE  
WITH LIFE LIMITING CONDITIONS**



**Lindsey Lodge, 10.30am - 12pm**

**Thursday 21st December**

**Thursday 25th January**

**Thursday 29th February**

**If you would like to attend, call the  
Carers' Support Service on 01652 650585  
or Lindsey Lodge on 01724 270835**

in partnership with





# PARENT CARER PEER SUPPORT GROUP

**Open to Adults only. Please note meeting dates vary around school holidays**

We have combined our ASD/ ADHD Parent Peer Support group and our Coffee and Chat!

Come and join us at Crosby Collective (formerly Park Library), Avenue Vivian, Scunthorpe, DN16 8LG, to chat with other Parent Carers and share experiences and ideas.



**Wednesdays, 10am - 12pm**

**20th of Dec, 17th of Jan & 21st of Feb.**



## PARENT CARER INFORMATION WORKSHOPS



Come along to our new monthly information workshops for Carers of children with additional needs. Discuss a range of topics with the Parent Carer Keyworkers and Guest Speakers.

**Weds 6th of Dec, 10am - 12pm** - Coffee, Cake, & Coping with Christmas!

**Weds 10th of Jan, 10am - 12pm** - Citizens Advice

**Weds 7th of Feb, 10am - 12pm** - Wellbeing Session

Ashby Hub, Ashby Road, Scunthorpe, DN16 2RY.

## North Lincs Parent Forum Coffee Mornings & Events

### Dec 2023

Fri, 1st, 7 - 9pm - Fun Forest, DN20 8UN. Family Event.

Fri 8th, 12 - 2pm - Brigg Garden Centre, DN20 9HE. Christmas Lunch

### Jan 2024

Weds, 17th, 10 - 11.30am - Costa Lakeside, DN16 3UA. Coffee Morning

### Feb 2024

Tues, 6th, 6.30 - 8pm - Costa Gallagher, DN15 8JH. Teatime Natter.

visit [www.northlincspipforum.co.uk](http://www.northlincspipforum.co.uk) for more information and future events.

Mobile 07510 211696 (text only) Facebook: pipforum



01652 650585





# Dementia Direct

At the Carers' Support Service **NORTH LINCOLNSHIRE**

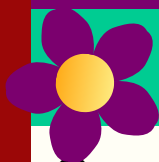
The home of support for people living with Dementia and Carers

## NO DIAGNOSIS NECESSARY.

To access Dementia Direct there is no need to have had a diagnosis of Dementia. If you are a person living with Dementia or any other memory problem, you can get in touch.

All support is completely free and confidential.

Get in touch by calling 01652 650585, or you can find out more information and complete a self referral form on our website:  
[www.carerssupportcentre.com/dementiadirect](http://www.carerssupportcentre.com/dementiadirect)



## Dementia Cafés

### Come along for a cuppa and a chat

For those living with Dementia  
or supporting someone who is.

**If you would like to attend, please give us a call.**



5th of Dec, 2nd of Jan, 6th of Feb - 1pm to 3pm  
The first Tuesday of every month

Trinity Methodist Church,  
10 Holydyke, Barton upon Humber,  
DN18 5PS

14th of Dec, 11th of Jan, 8th of Feb.  
1pm to 3pm  
The second Thursday of every month

Thurlow Pavilion Station Road,  
Epworth DN9 1JU

15th of Dec, 19th of Jan, 16th of Feb.  
1pm to 3pm  
The third Friday of every month

Ashby Hub, Ashby  
High Street, Scunthorpe, DN16 2RY

No Cafe in Dec, 29th of Jan, 26th of Feb.  
1pm to 3pm The last Monday of every  
month

The Brigg Methodist Church,  
Wesley Road, Brigg, DN20 8TR.



**01652 650585**



**CarersSupportCentre**



**[www.carerssupportcentre.com/dementiadirect](http://www.carerssupportcentre.com/dementiadirect)**



## Emergency Contacts

Age UK Lindsey - 01507 524242  
Carers' Helpline - 01652 650585  
Community Mental Health - 01724 382015  
Cruse Bereavement Care - 01724 281178  
Free Telephone Friendship Service - 0800 434 6105  
Great Oaks Hospital - 01724 382000  
Humberside Fire & Rescue - 01482 565333  
Humberside Police - 999 / Non-Emergencies - 101  
NHS 111 - 111  
Patient Advice & Liaison (Scunthorpe) - 03033 306518  
Rethink Out of Hours Helpline - 0808 8001010  
Samaritans - Freephone - 116123  
Scunthorpe General Hospital - 01724 282282  
Social Services - Adults - 01724 297000  
Social Services - Adult out of Hours - 01724 276444  
Social Services - Children - 01724 296500  
Social Services - Children Out of Hours - 01724 296555  
Stroke Association - 0300 3033 100  
Young Carers Team - 01724 296679  
Blue Door - 01724 841947

**CARERS' HELPLINE**  
**01652 650585**

**The Carers' Support  
Service is open**

**8am to 8pm Monday to Thursday**  
**8am to 6pm Friday**  
**10am to 4pm at weekends**

## TELL US

**Have you moved  
or changed your  
telephone number  
or email address?**

**We want to keep  
our records up to  
date. Please let us  
know of any  
changes to your  
details.**

**Please also let us  
know if there are  
any changes in  
your caring role.**

**To reduce costs,  
we prefer to send  
our Newsletter  
by email. If  
possible please  
ring to update  
your preference.**

**Thank You.**

### BRIGG OFFICE

Carers Support Centre  
11 Redcombe Lane  
Brigg, North Lincolnshire  
DN20 8AU

# Active Communities Carers & Loved Ones Social & Active

Every Tuesday 11am - 12pm

If you are an unpaid carer for a loved one and would like to look after your health and wellbeing by being more social and active together then this is the one for you.

Come along every Tuesday for Boccia, Kurling and Social activities. Connect with those sharing similar journeys, forge new friendships, and enjoy enriching social experiences.



Sessions cost £3.80 for up to two people per household.

For more information, please contact us on: 01724 297270

Central  
Community Centre  
26 Lindum Street,  
Scunthorpe  
DN15 6QU



**LiveWell**  
NORTH LINCOLNSHIRE



**ACTIVE**  
North Lincolnshire Council

**North  
Lincolnshire  
Council**