

December 2023 to February 2024

Caring Times

North East Lincolnshire





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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 -there is our Seasonal Sing-a-long on 7th December, the new Young Adult Carer Group, and the online Dementia Information 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.

Best Wishes, Mike (CEO)





Seasonal Sing-A-Long



in partnership with
Friendship at Home

Please join us for a Christmas Sing-A-Long!
With a performance by our special guests the
Friendship At Home Memory Lane Choir. We'll
be enjoying all the classics, as well as hot
drinks and mince pies!

Wear your most festive jumper and try your
luck at our tombola and raffle!

Thursday 7th December 11am-1pm
Park Congregational Church
Humberston Road, Grimsby, DN32 8AZ

*Please call 01472 242277 if you are
planning to attend*

Open to Carers and
those they look after

Donations welcome





DECEMBER

BOOKING ESSENTIAL - 01472 242277

FIRE SAFETY

Humberside Fire Service will be offering 2 sessions promoting fire home safety. Exploring night time routines, escape planning, and the safe practices of smoking, candle use, cooking, and electricals among other things, as well as looking at emollient creams and safe use of oxygen. The team also offer fire home safety checks. Ideal session to keep you and the person you care for safe this winter.



Sessions available on

Monday 4th December 10.30am-11.30am
OR Monday 11th December 1.30pm-2.30pm

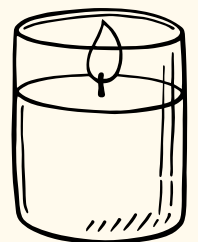
Carers Support Centre, 1 Town Hall Square, Grimsby

CHRISTMAS GLASS ENGRAVING

Come along and join us to learn the new skill of glass engraving! Our session will involve learning how to engrave a pattern onto a large glass tumbler, which can then be used as a candle holder throughout the festive season!

Wednesday 6th December
10.30am-11.30am

Carers' Support Centre, 1 Town Hall Square, Grimsby



JANUARY

BOOKING ESSENTIAL - 01472 242277



SUBSTANCE USE 2 - PART PROGRAMME

Specially designed for those caring for or concerned about someone affected by substance use.

Session 1: Drug Awareness, Harm Reduction, Cycle of Change, Enabling and Communication,

Session 2: Coping Strategies & Boundary Setting, Stigma, Self-care and Wellbeing

Wednesdays 24th and 31st January, 10am-12.30pm

Carers' Support Service, 1 Town Hall Square, Grimsby, DN31 1HY

MEDITATION

Relax and take some time for self care with meditation for self healing. Promoting rest and relaxation this session will allow time to rest the mind and body, cleanse our energy centres, process and release emotions, and restore and reset our energy.

Thursday 18th January, 2pm-3pm

Carers' Support Service, 1 Town Hall Square, Grimsby, DN31 1HY



FEBRUARY

BOOKING ESSENTIAL - 01472 242277

LEGAL MATTERS

A workshop with a legal expert discussing:

**Wills and Probate
Deputy Applications
Lasting Power of Attorney**

There will also be the opportunity to discuss other carer related questions

Lawcomm
solicitors



**Wednesday 7th February,
10am-12.30pm**

Carers' Support Service,
1 Town Hall Square, Grimsby

FIRST AID

Join us for first aid, covering CPR, use of a defibrillator, treatment of minor injuries & much more!

**Monday 5th February
10am-1pm**



Carers' Support
Service,
1 Town Hall
Square,
Grimsby

UNDERSTANDING DEMENTIA 4 - PART PROGRAMME

Our Understanding Dementia 4 part course is available on Thursdays in February 10am-12pm
Thursdays 8th, 15th, 22nd, and 29th February
For further information on the course, please
see page 7

Carers' Support Service, 1 Town Hall Square, Grimsby, DN31 1HY



Understanding Dementia – 4 part course

Designed for those caring for someone with Dementia

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.

Face to face: Thursdays in February 10am-12pm

Please see page 6 for dates



Substance Use – 2 part course

**Do you care for someone with a Substance or Alcohol problem?
Want to learn more in order to support someone them?**

Session 1: recognising substances and associated paraphernalia, harm reduction, recognising the Cycle of Change and identifying where in the cycle your loved one is. Identifying the difference between enabling and helping and discussing different ways to communicate with those affected by substances

Session 2: Boundary Setting – Identifying ways to set boundaries without enabling. Coping strategies to support you own wellbeing . Discussing stigma around drug and alcohol use and coping strategies around this, identifying barriers to change and Self-care strategies.

Wednesdays in January, 10am-12pm (see page 5 for dates)



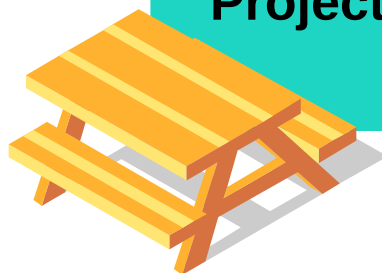


& Thank you!



The Angels group
enjoyed a visit to the
Great Escape
(community recovery
service)

2 Picnic Tables made by
our wonderful 'Shedders'
have been donated to
Nunny's Farm and the
Community Gardens
Project - well done all!



WE ARE PLEASED TO ANNOUNCE THAT OUR RECENT
AUTUMN BALL THAT TOOK PLACE ON SATURDAY 23RD
SEPTEMBER 2023 RAISED A GRAND TOTAL OF...

£4555.00

A HUGE THANK YOU TO EVERYONE WHO
SUPPORTED AND ATTENDED THE EVENT.





Are you aged 18 to 25? We want to hear from you!

We are launching our new Peer Support Group specially for Young Adult Carers, meeting on the **last Friday of every month, 2pm-4pm.**

We'd love you to come along to our first meeting on **Friday 26th January** to tell us what you'd like the group to look like!

For further information, please call 01472 242277



Online Dementia Peer Support Group

Are you caring for someone with Dementia but can't attend in person? There is an online meeting each month. If you would like help setting up Zoom please let us know!

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

Face-to-Face Dementia Peer Support Group



Carers Support Centre,
1 Town Hall Square, Grimsby

**1st Tuesday of every month,
2 - 3.30pm**
**5th December, 9th January,
6th February**



CHRISTMAS LUNCH CLUB

Our Christmas get together at Upstairs at Abbys, Abbeygate, Grimsby.

Please note this is upstairs with no lift access

Thursday 14th December

12pm-2pm
Only £8 per person!

BOOKING ESSENTIAL - Call us on 01472 242277





Keeping Safe During Winter



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.

Take care when driving

Tell someone where you are going and what time 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 your car.

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.

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, but 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

It's normal to 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, or ask if they could visit you.

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. Ask your pharmacy if they can deliver to you, if they don't usually do this.





Shining a spotlight on...

Parent Carer support

This time we're shining a spotlight on our Parent Carer Key Worker Teresa, whose role it is to support Carers who are caring for their child with an illness, disability or additional needs.

Our Parent Carer Key Worker can support you to access information and advice, work through difficult emotions, socialise with peers and have a voice.

WHAT DO WE DO?

Our Key Worker Teresa offers specialist Parent Carer support around those topics that are specific to those supporting a child. Teresa can offer information and guidance around SEN and, if needed, support around EHCP's, The Access Pathway, Mental Health services and local agencies. She runs a monthly Parents Supporting Parents group which allows Parent Carers to meet others in a similar situation and access peer support. Teresa can also refer Parent Carers to other specialist services and liaise with them on your behalf if needed.

HOW DO I GET IN TOUCH?

You can contact the team on 01472 242277 for support or just to ask questions if you have any.



Parents Supporting Parents Group

Our Parents Supporting Parents group meets on the **last Monday of every month, 11am-12.30pm** at our centre in Grimsby. No booking required.

If you'd like further information please call

01472 242277

next meeting dates 29th January and 26th February



Carers' Support Service Respite Club



Available Thursdays & Fridays

A home from home respite club for **you and the adult you care for**, offering time to socialise, keep active and make friends while doing fun activities together.



Last Friday of the month
10.30am-12pm
26th January, 23rd February

A fun sing along,
open to all

A fond
look back
at times
gone by

4th Thursday of every month
2pm-3.30pm
25th January, 22nd February



Activities are £3 per person, Carer attends for free

Enjoy quality time together, away from home. Booking is essential.

For more information call us on: 01472 242277

At the Carers' Support Service, 1 Town Hall Square, Grimsby

Memory Cafe



For those living with
Dementia and their Carers

1st Friday of the month

11am to 12:30pm

Join us for a cuppa

1st Dec, 5th Jan, 2nd Feb



in partnership with
Friendship at Home



Also
Available
Bennett
Suite

'A home
from home'

Give yourself and the person you
care for a short break. Catch up
with friends or access support at
the Carers' Support Service.
£15 for half day

Free if you have an appointment at
the Carers Centre

Give us a call to find out more



Your Groups

If you are attending for the first time, please call 01472 242277 to ensure the times and dates haven't changed.



ANGEL Club For Substance Use Carers

Alternate Wednesdays - 2:00pm to 4:00pm
Carers' Support Service, 1 Town Hall Square
Grimsby, DN31 1HY
13th December, 10th and 24th January, 7th
and 21st February

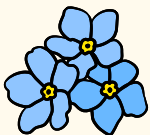
A Peer Group for those caring for someone with a substance use problem. Get specialist information, advice and support and talk to other Carers. You are not alone!



Carers Supporting Carers Group

Third Tuesday of the month
10.30am-12.30pm
Scarcho Community Hub, St Giles Ave,
Scarcho, DN33 2HB
12th December, 16th January, 20th February

A Peer Support Group for all adult Carers.



Dementia Carer Information and Support Group

First Tuesday of every Month
2:00pm to 3:30pm
Carers' Support Service,
1 Town Hall Square, Grimsby
5th December, 2nd January, 6th February

A peer support group for those caring for someone with dementia.



Parents Supporting Parents Group

Last Monday of every Month
11:00am to 12:30pm
Carers' Support Service,
1 Town Hall Square, Grimsby
29th January, 26th February

A Peer Support Group for Parents or Guardians who care for a child with any additional needs.



Wayforward Group

First Thursday of every month
10am to 12pm
Wetherspoons, 29 Bethlehem Street, Grimsby
7th December, 4th January, 1st February

An informal friendly group for those whose caring role has come to an end through bereavement.



Your Groups

If you are attending for the first time, please call 01472 242277 to ensure the times and dates haven't changed.



Art Group

Express your creative side.

First Thursday of every month - 10am to 12pm
7th December, 4th January, 1st February
Third Thursday of every month - 1pm to 3pm
18th January, 15th February
Carers' Support Service,
1 Town Hall Square, Grimsby



Lunch Club Open to all Carers

Abby's Bistro
Last Tuesday of the month - 12:30pm - 2pm
Set Meal - Booking Essential - £5pp
Call 01472 242277 to book your place
30th January, 27th February



Generation Z for 18-25s

Last Friday of every month - 2pm-4pm
Launching on Friday 26th January

Carers' Support Service, 1 Town Hall Square,
Grimsby

Our new Generation Z group is for Carers who are aged 18 to 25. Come along and meet others who are also in caring roles, join in with activities and take some time for you.



Tai Chi

Experience meditation in motion.

First Friday of every Month
10:30am to 11:30am,
Carers' Support Service,
1 Town Hall Square, Grimsby
1st December, 5th January, 2nd February



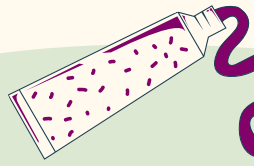
Carer Voice Pop and Chat

Join other carers to chat, seek advice and peer support. Talk about the things that matter to you as a carer. You could make a difference to others.

for further information and to express interest, please call 01472 242277



Clubs and Activities



Art Group

Come along and join our fortnightly art group – meet friendly, like-minded Carers and enjoy some time for you! Any abilities welcome.



1st Thursday of the month 10am–12pm

3rd Thursday of the month 1pm–3pm

7th December, 4th January, 1st February

18th January, 15th February



Tai Chi group

Come and join us for some relaxation and meditation in motion – suitable for all abilities and can be adapted to meet your needs.

1st Friday of the month,

10.30am–11.30am

1st December, 5th January, 2nd February



Monthly Cooking Club

On the 2nd Thursday of every month, come along and join us and learn how to make healthy, nutritious meals for the whole family on a budget.

Limited spaces available, prebooking essential

Call on 01472 242277 to book your place



1-to-1 Digital Tuition

Want to know more about using technology but don't know where to begin? Join our expert for 1-2-1 IT lessons, learn how to use Zoom, online shop, answer emails, take photos on your mobile and much more!



Available on Fridays - please call 01472 242277 to book an appointment

Lunch Club



On the last Tuesday of every month
12.30pm-2pm

At Abby's Bistro, Abbeygate, Grimsby
Set menu, £5 pp

Limited spaces available, prebooking essential

Please call 01472 242277 to book your place



Volunteer needed to support group projects and workshops in the wood working Shed.
Please contact 01472 242277 for more information.



What's on in the community

Christmas Tree Festival

Christmas trees decorated in festive themes by community groups, charities, schools and local businesses.

All Saints Church, Waltham

Saturday 9th - Friday 15th December

Daily 9:30am - 5pm

More information for this event can be found on 'Waltham Brigsley and Ashby Treefest' Facebook page.

Scartho Community Hub Christmas Fayre

Saturday 2nd December
10am-3pm



St Giles' Ave,
Scartho, DN33 2HB

Friendship at Home is a local charity that supports anyone in NEL over the age of 60. They offer a befriending service as well as numerous social clubs and activities throughout the week. They also offer support to those who have been discharged from hospital, to help them get settled back at home.

For further information, please visit

<https://www.friendshipathome.org.uk/> or call **01472 602500**



Seasonal Sing-A-Long

Thursday 7th December, 11am-1pm

Come along and join us for our Christmas event in conjunction with Friendship at Home. A Christmas sing-a-long led by the wonderful Memory Lane Choir, with hot drinks and mince pies.

Try your luck on our tombola and raffle. Open to Carers and those they look after!

Park Congregational Church Hall



WWW.CARERSUPPORTCENTRE.COM INFO.NEL@CARERSUPPORTCENTRE.COM

Volunteers needed



Outreach and information giving is a vital part of our service. Do you have time to support us to reach out and provide information to more Carers?

We are currently looking for Volunteers who can help with hosting a stand/ information point at local events and community places such as shops and health care waiting rooms.

All training, support and resources will be given.

An ideal person for this role would be:

Friendly A good communicator Non-Judgemental
Able to drive and have access to a car Approachable
Reliable Able to maintain confidentiality

The information points will be established at several permanent venues and at a number of temporary or changing venues. Volunteers should be able to commit to assist with information points on a consistent basis i.e. fortnightly or monthly.

For further information, please call 01472 242277



Useful Contacts

Age UK Grimsby – 01472 344976

Alzheimer's Society-01472 359247

Care Plus Group- 01472 266999

Carers Direct (NHS) - 0300 123 1053

Carers UK- 0808 808 7777

Care Link-01472 312312

Arthritis Care-0808 800 4050

Carers Trust-0844 800 4361

Focus, Single point of access 01472 256256

Macmillan-0808 808 00 00

NAVIGO-01472 583000

North East Lincs Council-01472 313131

Out of hours GP-01472 256256

Princess Diana Hospital 01472 874111

Emergency Dental Service 01472 346613

Womens Aid-01472 575757

Samaritans - Freephone -116 123

Family Information 0800 183 0317

Healthwatch NEL 01472 361459

Centre 4 Advice Line- 01472 236675

CARERS' HELPLINE
01472 242277

**The Carers' Support
Service is open**

8am to 7pm Weekdays
10am to 2pm at weekends

TELL US

Have you moved?
Have you 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
address or
telephone number.

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

If you would
like feedback on
any of your
comments please
provide your
contact details.

Thank You.

GRIMSBY OFFICE

Carers Support Centre
1 Town Hall Square
Grimsby, DN31 1HY