

March to May 2024

Caring Times

North East Lincolnshire



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The start of 2024 has been very busy... we have seen more Carers than ever before contacting us for information and support. The team are always here to help but don't forget there is loads of information on our website which is available 24/7 and may be useful (www.carerssupportcentre.com) - it also has a calendar of upcoming events and activities... just in case you have misplaced your last newsletter!

In this edition we have focused on our hospitals, particularly the Carers Lanyard, the hospitals Get up, Get Dressed, Get moving initiative and the Hospital Guide for Carers.

You will spot some new activities to promote good health. We are running fitness sessions for Carers, as well as those you look after. We are also running monthly sound bath and meditation sessions - ideal for some relaxation and taking some time for you.

With the birds singing and more daylight, Spring is a good time to wrap up and get outside if you can. Even just a few breaths of fresh air on your doorstep can help you de-stress, recharge and face the challenges of caring.

Best Wishes, Helen (CEO)



With the team at **Be Great Fitness**, we are pleased to offer 2 new monthly fitness sessions! With one for Carers and one for both Carers and those they look after, the sessions focus on feeling a bit healthier and fitter in a fun, inclusive environment.

NEW
**BE
GREAT
FITNESS**

Please call 01472 242277 to book

FITNESS FOR CARERS



Join us on the **2nd Thursday of every month** for a free fitness session by the team at Be Great Fitness! Specifically for Carers, these fitness sessions will help you take some much-needed 'me time' and look after your health. Accessible for all.

Thursday 14th March, 11th April, 9th May
10am-11am

The Canopy Community Hub, Grant Thorold Park, Durban Road

Fitness for All

Specifically for Carers and those they care for, the exercises are accessible for all and designed for those who may need a little extra help with mobility, strength and balance. Ideal for feeling a bit healthier and fitter in the new year!

Third Thursday of the month (21st March, 18th April, 16th May) 10am-11am

Carers Support Centre, 1 Town Hall Square, Grimsby

Funded by NEL Health Inequalities Fund



MARCH

BOOKING ESSENTIAL - 01472 242277

UNDERSTANDING DEMENTIA - ONLINE

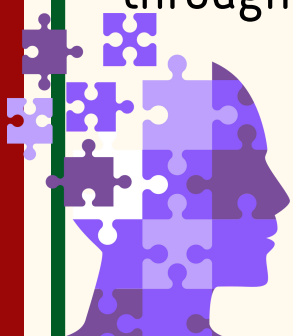
Our 4-part Understanding Dementia programme is now available online on an evening. Running on Thursday evenings throughout March, the course is ideal for those looking after someone with Dementia.

Sessions are delivered on Zoom



Sessions on **Thursdays in March**, starting on
Thursday 7th March 6pm-7.30pm

See page 7 for further details



SUBSTANCE USE 2-PART COURSE

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

**Wednesdays 13th and 20th
March, 10am-12pm**

See page 7 for further info

Carers' Support Centre,
1 Town Hall Square, Grimsby

CARING AND COPING WITH STRESS

Would you like some help and advice on managing your stress levels?

Recognise how stress affects you as a carer and learn new ways to manage, and keep on top of stress.

Tuesday 12th March 1pm-3pm

Carers' Support Centre,
1 Town Hall Square, Grimsby



APRIL

BOOKING ESSENTIAL - 01472 242277

CARING: BASICS AND BEYOND

A practical workshop for Carers who are new to accessing support for their caring role and would like to learn more. Covering the practical, financial and emotional side of caring, as well as exploring some opportunities for you.

Monday 15th April

1pm-3pm

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



PLANNING FOR THE FUTURE

An **online, evening** session perfect for those thinking about the future! A whistle-stop tour of Wills, Lasting Power of Attorney, Trusts and Court of Protection, which covers options on protecting your assets, guardians, executors, trustees, vulnerable beneficiaries, funding care and much more.

Monday 22nd April

6pm-7.30pm

Delivered on Zoom

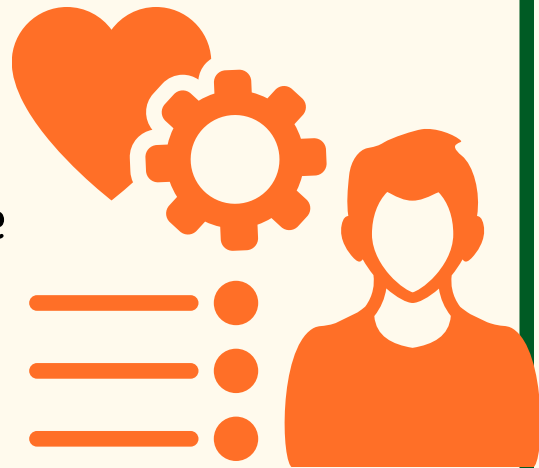


MAY

BOOKING ESSENTIAL - 01472 242277

ASSERTIVENESS

Learn how to communicate with assertiveness in daily scenarios, the importance of being assertive, techniques on how to be more assertive & how this can benefit you.



Friday 24th May
12.30pm-2.30pm

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

UNDERSTANDING DEMENTIA FACE TO FACE SESSIONS

Our 4-part Understanding Dementia programme is now available face to face at our centre in Grimsby. The course is ideal for those looking after someone with Dementia and is available on Tuesdays in

April/May, 10am-12pm

starting Tuesday 30th April

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.

Online: Thursdays in March 6pm–7.30pm

Face to Face: Tuesdays in April and May 10am–12pm

(See pages 4 and 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 March, 10am–12pm (see page 5 for dates)





& Thank you!



A huge thank you to everyone who supported our Seasonal Sing-A-Long Event, in partnership with Friendship at Home and their wonderful Memory Lane Choir. Look out for details of our next Seasonal Sing-A-Long Event this Christmas!



Generation Z

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

Our new Peer Support Group specially for Young Adult Carers, meets on the **last Friday of every month.**

Friday 29th March, 26th April and 31st May

Please call for times

For further information, please call 01472 242277



WWW.CARERSSUPPORTCENTRE.COM INFO.NEL@CARERSSUPPORTCENTRE.COM



TIME TO RELAX



Relax and take some time for yourself...

We are pleased to offer monthly relaxation session for Carers. Sound Bath or Meditation sessions will be on offer each month. Proven to relax the body and mind.

MEDITATION



Tuesday 26th March and Tuesday 28th May

11am - 12pm

The Canopy Community Hub, Grant Thorold Park,
Durban Road, DN32 8BX

SOUND BATH

Thursday 9th May

11am - 12pm

Bert Boyden Community Centre, 34 Carver Road,
Immingham, DN40 1DS

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 March, 3rd April and 8th May



At Diana Princess of Wales Hospital Supporting Carers

The Carers Lanyard

Working with the hospital, the Carers' Support Service introduced the Carers Lanyard last year.



Carers often want to be involved when the person they care for is in hospital. With consent from the patient (or acting in the patients best interest if they can not give consent) Carers are given a lanyard which ensures they are treated and valued as partners in care and easily recognised around the hospital.

Here's what should happen:

- As soon as possible (in A&E or upon admission to a ward) the patient should be asked if someone supports them at home or will be supporting them when they are discharged – A Carer.
- The patient will be asked if they give permission for the Carer to be involved and kept informed about the healthcare they receive.
- As soon as possible, the Carer and ward staff will have a conversation about what support the Carer wants to provide during the patients stay in hospital i.e. helping at meal times, helping with moving around, helping to go to the toilet.
- The Carers details will be recorded on the patients record so that all hospital staff know who to keep informed.
- The Carer will sign an agreement so that they are aware of the boundaries while on the ward.
- The Carer will be given a yellow Carers Lanyard.

Carers with a lanyard are not restricted by visiting times.

We recommend that only one Carer per patient is given a lanyard.

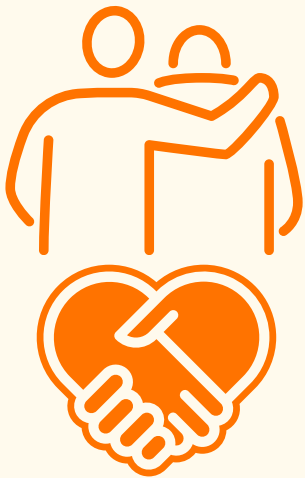
Get up, Get Dressed, Get Moving

Have you heard of deconditioning? It's what happens (most often in hospital, but also at home) when someone stays in bed for too long, usually when recovering from an illness. It means they don't move about as much as they should.

Helping someone to keep moving while they are in hospital reduces discharge delay in 47% of cases

The hospital was traditionally a place you would stay in bed all day recovering. Things are changing, because when someone is deconditioned they struggle to get back to normal and do the things they did before they went into hospital.

You can help make sure the person you care for moves about and gets out of bed, gets dressed and gets moving. You can do this if they are recovering at hospital or at home.



What can you do?

- Help the person you care for get dressed into their own clothes.
- Help them sit up for all of their meals in a chair or on the edge of their bed.
- Go for a short walk, even if only around the house.
- Do some gentle exercise, even in bed or on a chair.
- Help them practice standing up and sitting down.

Benefits to keeping moving

- Reduce risk of falls
- Improves sleep
- Reduces pain and disability from conditions such as Arthritis
- Prevents pressure injuries such as bed sores
- Avoids muscle shrinkage
- Improves blood flow and prevents clots
- Increases energy and endurance
- Improves mental wellbeing

Helping the person you care for to keep moving will help make your caring role a little easier following their recovery

Care Partners

Some people who want or need support when they are in hospital or when attending appointments may not have a family member or friend who is their Carer.

The hospital have introduced Care Partners and have changed their visiting policy to make sure patients can have visitors outside of normal visiting hours. Care partners are those who do not take on caring roles, but provide support at a time of need or distress.



Visit the hospital website for full details:
www.nlg.nhs.uk/patients/visitors/current-visiting/

If you have been identified by a patient as a Care Partner, you will have open access to visit when required by the patient. You will be given a Care Partner card.

Hospital Liaison



Helen is your Hospital Liaison from the Carers' Support Service.

Helen can support any Carer when the person they care for is admitted to Diana Princess of Wales Hospital.

Helen can work with Carers and hospital staff if Carers have concerns or they struggle to make their wishes known.

If someone you care for is in hospital and you need support to communicate with staff or you have concerns about things such as what happens when the person you care for is discharged, give the Carers' Support Service a call on 01472 242277.

We can also provide support if the person you care for is admitted to Scunthorpe General Hospital.

Carers Guide to the Hospital



North East Lincolnshire has a Carers Voice Forum that is made up of Carers and former Carers.

Most of the Carers in the Forum have experience of the person they care for going into hospital.

The Forum have different experiences of the hospital but with one common thread, they all felt unsure about what support was available for them and what questions they needed to or could ask.

This is why the Forum have developed a Carers' Guide to the Hospital. It is a guide written for Carers by Carers. It contains a jargon buster, suggestions of what you should take to hospital, what questions to ask and what support the hospital can provide you while the person you care for is a patient.

Carers are given a guide when they are given a Carers Lanyard.



Do you want to join the Carers Voice Forum?



The Carers Voice are always looking for new Carers to join. The Forum tries to make things better for all Carers in North East Lincolnshire by working with professionals and organisations.

The Forum is also a great place to meet other like minded Carers. If you are interested, call 01472 242277 or email info.nel@carerssupportcentre.com



Shining a spotlight on...

The Carer's Voice Forum

The Carer's Voice is an independent, organised group of Carers from the local area. Their aim is to make sure that services in the area meet the needs of unpaid Carers and those they Care for.

The Carer's Voice does this by gathering the views of local Carers and working in partnership with local authorities, health services and other providers to highlight where local services, processes and commissioners are working well, or challenge when changes or improvements need to be made and where the gaps are in what is provided.

Fiona our keyworker at Carers Support Service also supports the Forum by facilitating meetings...

"It's been great to support the Forum over the last 12 months and see the hard work, effort and determination that they put into the 'Carers guide to the Hospital'. I'm excited to see what they do in the future and how they continue to work with organisations and hold them accountable, including us here at the Carers' Support Service."

The forum is always looking for new members, with different experiences to help challenge and change the future experiences of unpaid carers locally and nationally.



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.

*CARE
for a song*


Last Friday of the month
10.30am-12pm

22nd March, 26th April and 24th May

Sessions are £3 per person, Carer attends for free

A fun sing along,
open to all



3rd Thursday of the month
10am-11am

21st March, 18th April and 16th May
see page 3 for further details

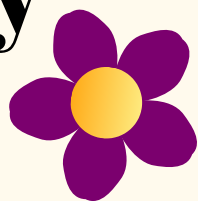
**Fitness for
all**

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 March, 5th April and 3rd May



in partnership with
Friendship at Home



**Also
Available
Day
Care**

**'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
6th March, 20th March, 3rd April, 17th April,
1st May, 15th May and 29th May.

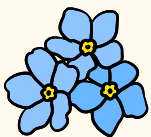
A Peer Group for those caring for someone with a substance use problem. Get specialist information, advice and support and talk to other Carers. You are not alone!



Carers Supporting Carers Group

Third Tuesday of the month
10.30am-12.30pm
Scarcho Community Hub, St Giles Ave,
Scarcho, DN33 2HB
19th March, 16th April and 21st May

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 March, 2nd April and 7th May

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
25th March and 29th April

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 March, 4th April and 2nd May

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.

Third Thursday of every month - 1pm to 3pm
21st March, 18th April and 16th May
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
26th March, 30th April and 28th May



Generation Z for 18-25s

Last Friday of every month
26th April and 31st May
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 March, 5th April and 3rd May



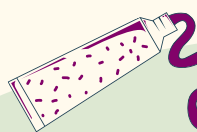
Carer Voice Pop and Chat

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 and Craft Group

Come along and join our monthly art and craft group - meet friendly, like-minded Carers and enjoy some time for you!

Any abilities welcome.



3rd Thursday of the month 1pm-3pm

21st March, 18th April and 16th May

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 March, 5th April and 3rd May



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

Room Hire

We have a range of rooms available to hire at Carers Support Centre, Grimsby between Monday and Wednesday.

Room hire prices starts at £25.

For more information or to book a room please call
01472 242277



What's on in the community



CUDOX Art Therapy

Cudox will be hosting a twelve week Art Therapy programme starting on Friday 5th April, 10am-12pm. To book your place, please call 01472 242277.

Older People's Event

Friday 22nd March, 10am-2pm

You will find information about health, hobbies, welfare, pensions, mobility, carers, wills, housing, avoiding SCAMS and more!

**Civic Centre, Pelham Road,
Immingham**

Docks Academy Open House

On the 2nd Wednesday of every month, Docks Academy holds a monthly event to encourage socialising and reduce isolation. The Open House features free refreshments and games, as well as information for local support services.

K.D.A.R.S

Kidney Disease and Renal Support, or K.D.A.R.S for kids, are a group of patients, parents, guardians and carers of babies, toddlers and young people who are living with CKD and renal issues. K.D.A.R.S offers help and support that families need for the paediatric renal community, from birth to 18.

You can find further information on their social media:

<https://www.facebook.com/KDARS4KIDS/>





Volunteers needed

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.

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

Butterfly Room

Our butterfly therapy room offers a range of treatments to Carers at a reduced price, but did you know that Holistic and Beauty therapies are also available to members of the public who are not registered as Carers?



Price list for registered Carers and Former Carers



Manicure	£14
Pedicure	£15
Mini Facial	£13
Hot Stone Massage	£15

Price list for member of the public who are not registered with our service



Manicure	£18
Pedicure	£25
Mini Facial	£20
Full Body Massage	£25

For more information or to book a therapy appointment please call 01472 242277





We spoke to Janet, one of the Carers who attends The Shed, to find out what makes a good volunteer.

COULD YOU TELL US A LITTLE ABOUT YOUR TIME USING THE SHED?

I loved my visits to the shed. It had a lovely, relaxed atmosphere and I was made to feel very welcome when I first started. There was a mixture of banter, friendliness and chat about any and every subject.

Oh and yes we also did some carpentry work as well!



WHAT WAS YOUR FAVOURITE PART?

Getting together with like minded people in a relaxed and enjoyable atmosphere.

WHAT DO YOU MISS ABOUT THE SHED?

The camaraderie and the chance to make something tangible and useful.

WHAT QUALITIES DO YOU THINK A SHED VOLUNTEER NEEDS?

A knowledge of all aspects of Carpentry, a sense of humour and empathy for the type of person using the shed. Sometimes we want to work and sometimes we need a chat. An ability to make a decent cup of tea (strong with a small amount of milk and no sugar if anybody is asking!)

Would you like to volunteer?

Please call 01472 242277 for further information



ARE YOU OK?



NAViGO Mental Health Support 24/7
01472 256256, Option 3



Samaritans 24/7 Listening Support
Call 116123



Shout 24/7 Text Messaging Support
Text ORANGE to 85258 at any time of day or night



Livewell website
<http://livewell.nelincs.gov.uk/your-wellbeing/healthy-minds/>



Safespace Crisis Cafe
Walk In 3-7 Brigowgate, Grimsby or online - 5:30-11pm
<https://navigocare.co.uk/what-we-do/services-z/safespace>

**If you have an immediate concern that a person may harm themselves
Call the Police on 999**

**If you can't see what you need there's lots more support and activities
available at:**

<http://connectnel.com>
or you can call ConnectNEL on 01472 403403



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

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.

CARERS' HELPLINE
01472 242277

**The Carers' Support
Service is open**

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

GRIMSBY OFFICE

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