

March, April & May 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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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, in particular the Carers Lanyard and the hospitals Get up, Get Dressed, Get moving initiative. You will spot some new activities to promote good health. We are running fitness sessions for Carers, as well as sessions specifically designed for those living with Dementia.

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)



NEW

FITNESS FOR CARERS

Join us on the **4th Thursday of every month** for a 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 at a level that suits you. Accessible for all.



Thursday the 28th of March, 25th of April & 23rd of May

10am - 11am

at CrosbyOne Centre, Digby Street, Scunthorpe, DN15 7LU.

Please call 01652 650585 to book your place

Funded by Scunthorpe North Inequalities Fund

20% discount for Carers at

Bramble Cottage Holistic Therapies

01652 327662

07826 065523

To claim your discount, say you've seen this advert in

'The Caring Times'

also on Facebook and Instagram

21 Old Vicarage Park, Scawby, DN20 9RL



With thanks to funding from the Morrisons Foundation we will soon be starting work on the creation of a Carer and Community space at the Carers centre in Brigg.

The new space will help us provide Carers with more opportunities to meet other Carers. We will keep you updated on our progress.



01652 650585





RELAXATION THERAPIES

RELAXATION THERAPY APPOINTMENTS
FOR CARERS. ONLY £10*

MASSAGE

HYPNOTHERAPY

CRYSTAL HEALING

REIKI HEALING

Appointments every Wednesday at
Natural Life Therapies,
side entrance of 11 Old Crosby, Scunthorpe,
DN15 8QA.

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



MASSAGE

Massage will help to relieve the build up of stress.

This is a great treatment for physical and emotional ailments such as:

Anxiety & Depression

Improves sleep

Stress

Muscle aches and pains

HYPNOTHERAPY

Hypnotherapy can help with physical, emotional and spiritual issues.

Hypnotherapy can help to improve:

Pain management

Fears & Phobias

Childhood issues

Depression

CRYSTAL HEALING

Crystal Healing is an alternative therapy.

Crystal therapy has many benefits which include:

Improves low mood

Improves pain from arthritis

Removes anxiety

REIKI HEALING

Reiki is a non-invasive healing power. Reiki energy allows a deep sense of relaxation.

Reiki can improve:

Self esteem and

confidence

Relaxation

Emotional concerns.

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



01652 650585



MARCH

BOOKING ESSENTIAL - CALL 01652 650585

ENERGY SAVING WORKSHOP

A session with an expert covering topics such as the warm home discount, priority services register, available grants, and Government Support.

**Weds the 6th of March,
10am - 12pm**

Scunthorpe Central, (formerly the Library), Carlton St, Scunthorpe, DN15 6TX.



CARING & COPING WITH STRESS

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

Mon, 18th of March

10am - 12pm



Ashby Hub, Ashby High Street,
Scunthorpe, DN16 7RY

UNDERSTANDING DEMENTIA - A COURSE FOR CARERS VIA ZOOM



4 Part Workshop

**Thursdays,
6pm - 7.30pm
Via Zoom.**



**7th, 14th,
21st & 28th
of March**

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.

APRIL

BOOKING ESSENTIAL - CALL 01652 650585

FIRST AID



Join us for first aid, covering CPR, paediatric CPR, use of a defibrillator, what to do in a choking emergency, treatment of minor injuries & much more!



**Wednesday the 17th of April,
10am - 1pm**

Gunness Hall, Old Village Street,
Gunness, DN15 8TW



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, and funding care.



Monday 22nd April

6pm-7.30pm

Delivered on Zoom

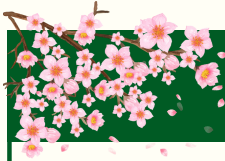


01652 650585



MAY

BOOKING ESSENTIAL - CALL 01652 650585



SPRING FLORISTRY WORKSHOP

A fun and informal session where you will learn how to create a beautiful Spring floral arrangement.. All of the materials used in this workshop are home grown and sustainable.

Thursday the 16th of May, 10am - 12pm

Yaddletorpe Methodist Church, Moorwell Road, Scunthorpe, DN17 2RP

**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.

MEDITATION TASTER

Join us for a mindful
meditation session
& learn a new
technique.

Weds the 8th of May,
10.30am - 11.30am

Gunness Hall, Old Village Street,
Gunness, DN15 8TW.



UNDERSTANDING DEMENTIA - A Course for Carers

4 Part Understanding
Dementia Workshop

**2pm - 4pm on
Wednesday's in May
1st, 8th, 15th & 22nd.**

Please find content info on page 6.

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



TAI CHI GROUP

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

**10am to 11am
15th of March, 26th
of April & 31st of May**

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
13th of March,
10th of April, & 8th
of May**

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



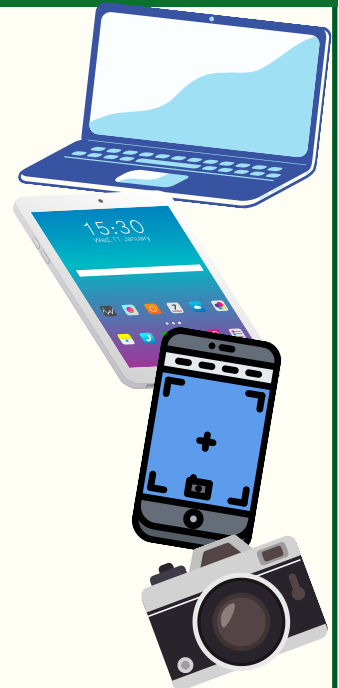
DIGITAL/DEVICE TUITION. PHOTOGRAPHY LESSONS.

Ever wanted to learn how to use online banking, internet shopping, video calls or emails?

Our 1-2-1 sessions are tailored to suit your needs, and based on what you want to learn. Bring your own device!

Want to improve your photographs? Arrange a 1-2-1 session with our expert to learn how to take better pictures of family, pets, scenery & wildlife with your camera, smartphone or tablet.

**Available on Thursdays at
The Carers' Support Service,
11 Redcombe Lane, Brigg, DN20 8AU.**



01652 650585



Carer Voice

The Carer's Voice is an independent group of Carers whose aim is to make sure that the needs of unpaid Carers and those they Care for are met. The Carer's Voice is regularly consulted by local services around the support they provide and what can be done to improve services in the local area. The group is always looking for new members, with different experiences to help change the future experiences of Carers locally.

*****NEW VENUE*****

Crosby Collective, Ave Vivian,
Scunthorpe, DN15 8LG
8th March, 5th April, 3rd May
Fridays - 10.30am-11.30am



New Venue! LUNCH CLUB

*subsidised by the Carers' Support Centre

Our new monthly get together at
The Wortley House Hotel,
Rowland Road, Scunthorpe,
DN16 1SU.

Join us at 12pm on
Mon 11 of March, Mon 8th of April,
Mon 13th of May.

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

BOOKING ESSENTIAL - Call us on 01652 650585

At Scunthorpe General 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 patient's 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.

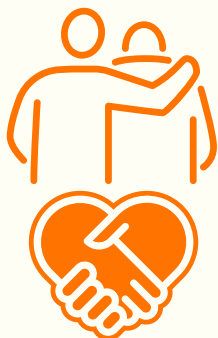
We recommend that only one Carer per patient is given a lanyard

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.

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

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



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

Sam can support any Carer when the person they care for is admitted to Scunthorpe General Hospital.

Sam 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 01652 650585.

We can also provide support if the person you care for is admitted to Diana Princess of Wales hospital in Grimsby.

21st - 25th May

WILTON PRODUCTIONS PRESENTS

LEGALLY BLONDE THE MUSICAL

Music and Lyrics by
Laurence O'Keefe and
Neil Benjamin

Book by
Heather Hatch

Based on the novel by
Amanda Brown and the
Metro-Goldwyn-Mayer
motion picture

Book direct via Wilton
Call Carol on 01724 711534
£14 opening night, £17 remainder
Including fees

BOX OFFICE* 01724 296296
www.scunthorpetheatres.co.uk
*fees apply

This amateur production is presented by arrangement
with Music Theatre International. All authorised
performance materials are also supplied by MTI
www.mtishows.co.uk

noda

Be inspired by amateur theatre





the brain injury association

Headway Scunthorpe

Family and Friends Support

Have you got a family member or friend that has experienced an injury to their brain and you are looking for support.

Why not join us for an informal chat and share

**First Tuesday on the month at
Ashby Hub
Ashby Link – Scunthorpe
10:30 to 12:00**



For further information Email: headwaynorthlincs@outlook.com
Mobile: 07715212792

NHS North Lincolnshire Talking Therapies



Rotherham Doncaster
and South Humber
NHS Foundation Trust

- Feeling low, sad or tearful?
- Worrying more often than not?
- Not finding any interest in things you used to enjoy?
- Have a long-term health condition that's getting you down?

NHS Talking Therapies can help you to feel like yourself again.



Self-refer online at:

Support for • depression • anxiety • stress • phobias • panic • obsessive compulsive disorder (OCD) • post-traumatic stress disorder (PTSD)

talkingtherapies.rdash.nhs.uk

Or call us on: 03000 216165

Self-help materials are also available online



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

12th & 26th of March, 9th & 23rd of April, 7th & 21st of May.

BRIGG Peer Support Group

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

21st of March, 18th of April & 16th of May.

BOTTESFORD Peer Support Group

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

4th & 18th of March, 15th & 29th of April, 13th & 27th of May.

CROSBY Peer Support Group

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

13th & 27th of March, 10th & 24th of April, 8th & 22nd of May.

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 March, 12th & 26th of April, 10th & 24th of May.

The ISLE Peer Support Group

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

20th of March, 17th of April & 15th of May.

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

GRIEF CAFE

Support for coping with loss

Better understand the grief process

Meet other people experiencing loss

Talk about your loss or just listen to others



Every
Wednesday



10-11AM
5:30-6:30PM



Crosby
Collective

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

Funded by the Scunthorpe North Health and Inequalities Fund

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 of March, 3rd of April & 1st of May.



In-Person Dementia Peer Support Group

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

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

13th of March, 10th of April & 8th of May.



01652 650585



Do you look after a child with Special Educational Needs or Disabilities? Do they have a brother or sister?

Would their brothers and sisters enjoy spending time with other siblings of children of additional needs?

If so, sign them up for our Young Siblings Programme starting this April.

The sessions are for those aged 8 to 15 with a brother or sister who has additional needs or a disability.

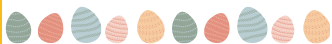


It's a fun programme that helps siblings realise they are not alone and gives them a sense of belonging. We provide coping strategies and a safe space for them to meet one another, talk about their thoughts, feelings and experiences, make friends and learn from each other.

**West Street Family Hub, West Street,
Scunthorpe, DN15 6HS.**

4.30pm to 6pm
17th of April, 8th of May,
12th of June & 10th of July.

Booking Essential - call the
Carers' Support Service on 01652 650585



Easter Session!!



For Parent Carers and their children. Join us for Easter treats and activities this half term!

10am - 12pm Weds 10th of April,

Ashby Family Hub, Collum Lane, Scunthorpe, DN16 2SZ .



PARENT CARER PEER SUPPORT GROUP NOW ON ZOOM!

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

Our parents carer peer support group is now on Zoom
and at a new time!

Come and join us to chat with other Parent Carers and share
experiences and ideas.



Wednesdays, 7.30pm - 8.30pm

20th of March, 17th of April & 15th of May



Please call 01652 650585 to book your place & to receive the link

PARENT CARER INFORMATION WORKSHOPS

Come along to our monthly information workshops for
Carers of children with additional needs.

Discuss a range of topics with the Parent Carer Keyworkers
and Guest Speakers.



10am - 12pm Weds 6th of March & Weds 1st of May

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



North Lincs Parent Forum Coffee Mornings & Events

March 2024

Weds, 20th, 10am - 11.30am
Coffee Morning Belton Kitchen, DN9 1NY.

April 2024

Fri, 12th, 7pm - 9pm - Family Event - Fun Forest, DN20 8UN.
Fri, 26th, 10am - 2.30pm - AGM - Grange Farm Hobbies Centre, DN16 1SA.

May 2024

Tues, 14th, 10am - 2.30pm - Surgery - Ashby Community Hub, DN16 2RY.



visit 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

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 March, 2nd Apr, 7th of May
1pm to 3pm
The first Tuesday of every month

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

14th of March, 11th of Apr & 9th of May.
1pm to 3pm
The second Thursday of every month

Thurlow Pavilion Station Road,
Epworth DN9 1JU

15th of March, 19th of April & 17th of May.
1pm to 3pm
The third Friday of every month

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

25th of March, 29th of Apr.
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





Here for you, on your journey through Dementia

North Lincolnshires' Dementia Advisory Service

Support for people living with Dementia

- **One-to-one support over the phone, online or face-to-face with a trained Carer Key Worker or Dementia Adviser**
- **A focus on wellbeing rather than illness**
- **Support to help you think about how you can come to terms with and live well with dementia**
- **Assistance with the health and social care support available**
- **Advice and workshops on planning for the future**
- **Local support groups across North Lincolnshire**
- **Signposting to appropriate support as your condition progresses**

Support for family members and Carers

- **Understanding Dementia Workshops that give you knowledge and understanding of Dementia, helping you to cope with and manage your caring role.**
- **Training, including stress management, falls awareness, legal matters (including LPA), planning for the future, and more**
- **Activities designed to give you a break from your caring role**
- **Peer support groups so you can meet other Carers**
- **Emotional support to help you deal with difficult emotions**
- **Support through crisis via our Key Worker service**

FREE, CONFIDENTIAL, TRUSTED

Here when you need us. Since 1989

Monday to Thursday 8am to 8pm,
Friday 8am to 6pm,
Weekends 10am to 4pm



01652 650585



NEW

Fitness Sessions for People Living with Dementia & their Carers

Specifically for those living with Dementia and their Carers. The exercises are accessible for all and designed for those who may need a little extra help with mobility, strength and balance. Ideal to help you feel a little healthier and fitter.

**The 1st Thursday of the month,
10am - 11am
7th of March, 4th of April, 2nd of May
& the 6th of June
at**

**CrosbyONE,
Digby Street,
Scunthorpe,
DN15 7LU.**



**BE
GREAT
FITNESS**

**Places are limited, so
please call 01652 650585
to book your place!**



Funded by Scunthorpe North Inequalities Fund

Carers Together

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

Lindsey Lodge, 10.30am - 12pm

Thursday 28th March

Thursday 25th April

Thursday 30th May

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

in partnership with



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 297502

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