

# Caring Times

**North East Lincolnshire**



**Your training, workshops and groups  
programme  
March to May 2026**

# MARCH

**BOOKING ESSENTIAL - 01472 242277**

## FIRST AID

A practical workshop that looks at basic first aid including CPR and choking, and also focusses on what to do after a fall, along with other helpful emergency advice.

**Friday 27 March**  
**10am - 1pm**



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

## LEGAL APPOINTMENTS

Our legal expert is available to help you explore your legal needs around your caring role. Covering Wills, Power of Attorney, Trusts, Court of Protection and more, this is a perfect opportunity to ask questions and get advice around your caring role for yourself and the person you care for.

**Wednesday 25 March**  
**Appointments available 9.30am to 1pm**



**Call 01472 242277**  
**to book your appointment**



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

# APRIL

**BOOKING ESSENTIAL - 01472 242277**

## FREE-STYLE MUSIC SESSION

Freestyle Academy CIC are offering a free taster music session which includes the chance to learn guitar, keyboard, drums, and percussion singing. The session will also provide creative learning with different tech programmes in mixing, music production and recording.



**Friday 24th April 10am - 12pm**

Centre4, Wooton Road, Nunsthorpe, Grimsby DN33 1HE

## 4-WEEK COOKING PROGRAMME

Join us for a 4-week cooking course run by Mandy's Pantry! Mandy runs fun, practical cooking-on-a-budget sessions across the community for people of all ages, ideal for beginners who'd like to learn more!



**Thursdays 2nd, 9th, 16th and 23rd April  
10am-12pm**

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





# MAY

**BOOKING ESSENTIAL - 01472 242277**

## BEING CONNECTED - 2 PARTS

Being Connected is a short yet deeply transformative course designed to help you understand how your inner world shapes the way you communicate, respond, and relate to others. As you develop this awareness, you'll begin to recognise how emotional responses are formed, how stress and confusion arise, and how inner disconnection can lead to emotional fatigue.

**Wednesday 6<sup>th</sup> AND Wednesday 13<sup>th</sup> May**  
**1pm-2.30pm**



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



### **Carer Information & Support Programme**

The Carer Information and Support Programme (CrISP) provides support and up-to-date, relevant information in a group environment, where carers can share experiences and find out about local and national services that can offer support.

The programme is run in a series of sessions which offers carers the opportunity to share experiences in a confidential and friendly environment with others in a similar situation.

Trained staff and volunteers run the sessions to ensure carers get the most out of the programme and can provide further information and support.

**26th February, 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> March**  
**2pm to 4pm at Centre4, Nunsthorpe, Grimsby**

**For Carers when the person they care for has had a diagnosis of Dementia. Call 01472 359247 to book**



[WWW.CARERSUPPORTCENTRE.COM](http://WWW.CARERSUPPORTCENTRE.COM) [INFO.NEL@CARERSUPPORTCENTRE.COM](mailto:INFO.NEL@CARERSUPPORTCENTRE.COM)



# Carers' Voice

As a group we are consulted on key decisions that impact carers locally, we challenge for change and we provide peer support to other carers' facing difficulties. Please get in

touch to chat about what we do or the support and advice we can offer to you.



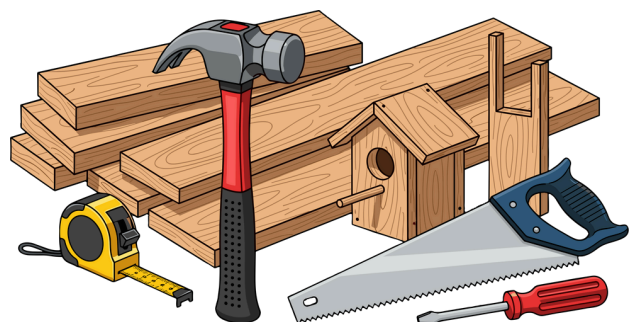
Do you want to make things better for carers and your cared for in North East Lincolnshire? Please contact us to find out more about being member of the Carers' Voice.

To get in touch contact:

**[carersvoicenele@carerssupportcentre.com](mailto:carersvoicenele@carerssupportcentre.com)**

or call on **01472 242277**

## The Shed



The Shed is open to all our Carers who would like to learn how to make handmade wooden items in a friendly environment. A chance to learn new skills and spend time with people who understand your Caring role.

**At Carers' Support Services, 1 Townhall Square, Grimsby**

**Call to find out more: 01472 242277**



# Here for you

## ON YOUR CARING JOURNEY

We are pleased to let you know that the Carers' Support Service was recently successful in our bid to continue delivering support for the Carers of North East Lincolnshire for the next 5 years.



**Most services will remain unchanged, but there are a couple of important changes:**

## Opening times –from the 1<sup>st</sup> April 2026

### MORE ACCESS AT WEEKENDS

The centre at 1 Town Hall Square, Grimsby will be open Saturday 8:30am to 5pm. We continue to be open until 7pm on Thursdays.

### 8:30AM OPENING

Our morning opening times have changed from 8am opening to 8:30am opening.

### TELEPHONE OPENING TIMES

Phonelines will be open Monday, Tuesday, Wednesday, Friday 8:30am to 5pm. Thursday 8:30am to 7pm, Saturday 8:30am to 5pm. Outside of these hours, you will have the option to leave a message or transfer to Focus Adult Social Care.

## Holistic Therapies

### ENSURING GREATER ACCESS FOR THOSE WHO NEED IT

Over the past 12 years, the Carers' Support Service has provided unlimited free therapies to Carers. This has resulted in long waiting times.

To reduce waiting times, and ensure Carers most impacted by their caring role can access this service when they need it, the number of free therapies is now limited but Carers can access unlimited subsidised therapies. We recognise this may be a big change for some Carers.

As the Carers' Support Service is a charity, any money that is made beyond the cost of delivering the holistic therapy service will contribute to the increasing cost of providing support to Carers.

Carers who have accessed this service since April last year will receive a text message that requires a response to ensure they can continue to access therapies.

For more information about the holistic therapy service visit,  
[www.carerssupportcentre.com/services/holistic-therapies-nel](http://www.carerssupportcentre.com/services/holistic-therapies-nel)



Over 32,000 people support friends, family and loved ones with unpaid care in Northern Lincolnshire.

Help us support them...

# Volunteer

- Help run peer support groups
- Provide company & support for Carers
- Drive Carers to activities
- Share a skill or special interest
- Support with outreach & events
- Help with admin or digital media
- Become a trustee
- Provide counselling to Carers\*

\*Must be qualified or a student on a counselling course



For more information, call 01472 242277 or visit  
[https://carerssupportcentre.com/  
get-involved/volunteering/](https://carerssupportcentre.com/get-involved/volunteering/)

**We've changed the way we get in touch with you.**

Around the anniversary of you registering with us we contact you to check your details are up-to-date and to ask you how your caring role is going.

We usually do this by phone, however we are starting to do this by text. You may receive a message from us, providing you with a code and a link. Our telephone number is also included if you'd prefer to give us a call. If we don't have a mobile number for you, we will call as normal.

Any other support you access will continue to be delivered as it is now.

**If you have any questions, please call 01472 242277**

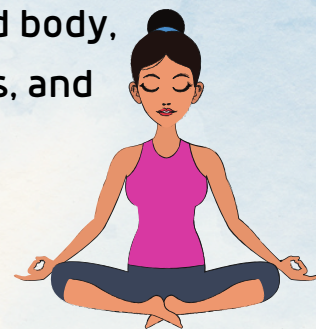




# Meditation

With Anna from Shamanic Studio Grimsby. 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.

**Wednesday**  
**18 March & 13 May**  
**11am-12.30pm**



# Sound Bath



Hannah from Stellar Sounds 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.

**Thursday 23 April**  
**11am-12pm**

The Carers' Support Service, 1 Town Hall Square, Grimsby, DN31 1HY.  
Call 01472 242277 to book your place.

*Save the Date*

**8<sup>th</sup> to 14<sup>th</sup> June 2026**

**carers week**



**Building Carer Friendly Communities**



[WWW.CARERSUPPORTCENTRE.COM](http://WWW.CARERSUPPORTCENTRE.COM) [INFO.NEL@CARERSUPPORTCENTRE.COM](mailto:INFO.NEL@CARERSUPPORTCENTRE.COM)

## DROP IN SESSIONS WITH FOCUS ADULT SOCIAL CARE

We are pleased to offer drop-in sessions for Carers with Focus. During these sessions, you will be able to access general social care information and advice.

**Thursday March 12, Thursday 14 May**

**1pm - 2.30pm**

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

## DROP IN SESSIONS WITH **healthwatch**

Come along to see the Healthwatch team to discuss health and social care in North East Lincolnshire, and see how they could support you!

**Thursday 5th February, Thursday 5<sup>th</sup> March**

**10am to 12pm**

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



## Adult Day Care

Personalised support,  
delivered with care and  
respect

**Available**

Wednesday  
9:30am - 4:30pm

**You can spend your Direct Payments here**

Give yourself and the person you care for a short break. Catch up with friends or access support at the Carers' Support Service.  
£15 an hour, £25 for 2 hours, £30 for 3 hours.

**Free** if you have an appointment at the Carers' Support Service.

**For more information  
please call  
01472 242277**

# Your Groups

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

ANGELS

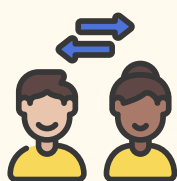


## ANGEL Club For Substance Use Carers

Alternate Wednesdays - 2pm to 4pm  
Carers' Support Service, 1 Town Hall Square  
Grimsby, DN31 1HY

**4, 18 March, 1, 15 & 29 April, & 13, 27 May**

A Peer Group for those affected by someone else's substance use. Get specialist information, advice and support and talk to other Carers. You are not alone!



## Carers Supporting Carers Group

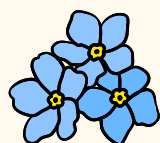
Third Tuesday of the month

10.30am to 12.30pm

Scartho Community Hub, St Giles Ave, Scartho,  
DN33 2HB

**17 March, 21 April, & 19 May**

A Peer Support Group for all adult Carers.



## Dementia Carer Information and Support Group

**ONLINE** - First Wednesday of every month  
2pm to 3.30pm

**4 March, 1 April, & 6 May**

A peer support group for those caring for someone with dementia, available in-person or online.



## Wayforward Group

First Thursday of every month

10am to 12pm

The Wheatsheaf, Bargate, Grimsby, DN34 5AD

**5 March, 2 April, & 7 May**

An informal friendly group for those whose caring role has come to an end through bereavement. Access through car park, doors at the rear of the building. Tea and coffee provided.



## Mental Health Carers Group



Second Thursday of every month - 1pm to 3pm

Carers' Support Service,  
1 Town Hall Square, Grimsby

**12 March, 9 April, 14 May**

A friendly supportive peer group for Carers who are supporting someone who has a mental health condition.







## Art and Craft Group

Express your creative side.

Third Thursday of every month - 1pm to 3pm  
Carers' Support Service,  
1 Town Hall Square, Grimsby

**19 March, 16 April, & 21 May**

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## Lunch Club Open to all Carers

Last Tuesday of the month - 12:30pm to 2pm  
Abby's Bistro, 12 Abbey Walk, Grimsby DN31 1NB  
Set Meal - Booking Essential - £6pp  
Call 01472 242277 to book your place

**31 March, 28 April, & 26 May**

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## Tai Chi Experience meditation in motion.

First Friday of every Month  
10:30am to 11:30am,  
Carers' Support Service,  
1 Town Hall Square, Grimsby, DN31 1HY  
**6 March, & 1 May**  
**Please note, no April session**

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## Young Adult Carers' Group

Usually on Third Thursday of every month  
10.30am to 12.30pm  
Roll the Dice Café, Unit 1B,  
(Next to Starbucks), Meridian Point Retail Park  
Kings Road, Cleethorpes, DN35 0FB  
**19 March, 16 April, & 21 May**

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## Parent Carers Together - CANDO

2nd Wednesday of each Month 10am to 12pm  
A group for Parent/Grandparents who are caring  
for children with additional needs.  
1 Town Hall Square, Grimsby, DN31 1HY  
**11 March, 8 April & 13 May**

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## P.A.U.L. For Brain Recovery



Tuesday mornings 9.30am to 11am  
If you or someone you know has experienced an  
A.B.I (Acquired Brain Injury) and would like to  
attend please get in touch to book your place.

To book your place please call 01472 493690



# 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

**You can help us raise funds for free!**



We're now registered with easyfundraising, which means you can help us for FREE. Over 8,000 retailers will donate to us when you use easyfundraising to shop with them - at no extra cost to yourself! All you need to do is sign up and remember to use easyfundraising whenever you shop online. It's easy and completely FREE! These donations really mount up, so please sign up to support us



**Charity Number 1070028**  
**Company Number 3540988**

## **CARERS' HELPLINE 01472 242277**

**The Carers' Support Service is open**

**Weekdays 8:30am to 5pm, open until 7pm Thursday**  
**Saturday 8:30am to 5pm**

Please note: Calls to and from the Carers' Support Service are recorded for training and quality purposes.

**NEL INS 2 0326**