

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

March, April and May 2026

MARCH

BOOKING ESSENTIAL - CALL 01652 650585

FALLS PREVENTION

A short, informative session delivered by the NHS on how to avoid falls and trips around the home and what to do if you or someone you care for does fall.



Tuesday 24th March
10am to 11am



The Arc Westcliffe, 2 Lichfield Avenue, Scunthorpe, DN17 1QL

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.



Monday 30th March
10am to 1pm
CrosbyONE



CrosbyONE, Digby St, Scunthorpe DN15 7LU

APRIL

BOOKING ESSENTIAL - CALL 01652 650585

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.



Tuesday 21st April
Appointments available 10am to 1pm

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

RESET YOUR MIND

A session exploring the benefits of taking time out for yourself, including guided hypnotherapy, meditation and breath work practices led by experienced practitioner Adam Hornsby of New Version Therapy

Wednesday 29th April
10am to 12pm
Gunness Village Hall

Old Village St, Gunness, Scunthorpe DN15 8TH



01652 650585



MAY

BOOKING ESSENTIAL - CALL 01652 650585

ADVOCACY - 2 PARTS

A training course to help you speak up for yourself. Delivered over two sessions, the course explores skills you can use in order to be heard, learning how to negotiate effectively, and how to effectively communicate what you want or need for yourself or others.

Thursdays 7th and 14th May
10am to 12.30pm



Ashby Community Hub, Ashby High St, Scunthorpe, DN16 2UT

UNDERSTANDING DEMENTIA

Our 4-part Understanding Dementia course is ideal for those looking after someone with Dementia.

Session 1 — What is Dementia? and the Human Brain

Session 2 — Memory / Stages of Dementia

Session 3 — The Ageing Senses

Session 4 — Communication and Language

Tuesdays 5th, 12th, 19th and 26th May
1pm to 3pm

Iron Foundation,
Scunthorpe United Football Club, Scunthorpe





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.



The Salvation Army, 114 Tofts Road,
Barton-Upon-Humber, DN18 5NG

4 March, 1 April, & 6 May

1pm to 3pm

The first Wednesday of every month

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

20 March, 17 April, & 15 May

1pm to 3pm

The third Friday of every month

Thurlow Pavilion, Station Road,
Epworth DN9 1JU

12 March, 9 April, & 14 May

1pm to 3pm

The second Thursday of every month

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

30 March, 27 April, & 26* May

1pm to 3pm

The last Monday of every month

*please note change of May date

 **01652 650585**



www.carerssupportcentre.com/dementiadirect



CarersSupportCentre



01652 650585



Lunch club *subsidised by the Carers' Support Service

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

Wortley House Hotel, Rowland Road, Scunthorpe, DN16 1SU

Join us at 12pm

13 April, 11 May & 8 June



Bookings open 2 weeks prior to set date. One booking per person.

We encourage you to only book on alternative months to ensure others can also enjoy attending. Call us on 01652 650585 to book.



Carers' Voice Forum

The Carer's Voice is an independent group of unpaid Carers working to ensure local services meet the needs of Carers and those they care for. New members with diverse experiences are always welcome to help shape the future for local Carers.

**Ashby Hub,
Ashby High Street,
Scunthorpe, DN16 2UT**

**Fridays 6th March & 1st May
10.30am - 11.30am**

**Carers Support Centre,
11 Redcombe Lane, Brigg,
DN20 8AU**

**Friday 10th April
10.30am - 11.30am**

North Lincs Parent Forum

We're an independent, voluntary forum of parents of children and young adults with SEND in North Lincolnshire. Help host friendly local coffee mornings and make sure parent voices are heard.

- Connect parents
- Share support
- Build community

**Flexible • Family-friendly
Full support provided**



Email: katy@nlpf.co.uk

Text: 07510 211969



Give a Carer a **BREAK**

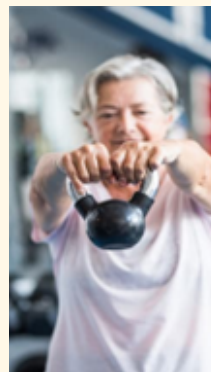


Caring for someone else can be rewarding, but it can also be demanding. Looking after your own health and wellbeing is vital to help you continue in your caring role. To support unpaid Carers to take a break, relax and stay active, a range of local offers are available:

NL Boost Leisure Offer – Carer Concession

Carers can access the NL Boost Membership at a reduced rate, helping make physical activity and wellbeing more affordable. Membership includes access to gyms, fitness classes, swimming sessions and wider wellbeing support, with no joining fee or long-term contract. Payments can be made using Carers' direct payments.

<https://www.northlincs.gov.uk/nl-active/membership/>



Normanby Hall – Free Entry for Carers

Carers receive free entry to Normanby Hall when accompanying the person they care for. It's a great opportunity to enjoy fresh air, gentle activity and time together, whether for a short visit or as part of a regular routine.

<https://www.normanbyhall.co.uk/>

Telephone 01724 297000 / Email TheCarerTeam@northlincs.gov.uk



01652 650585



Living with Dementia, or
supporting someone who does?
We want to hear from you!



The Dementia Action Alliance works together with local communities, businesses and services to make North Lincolnshire a better place for those living with Dementia and their Carers. And who better to help shape that than **you!**



To join or for further details, please call 01652 650585

Fitness for those living with Dementia and their Carers



Sessions are specially designed to focus on building strength, balance and mobility, while having fun in a social environment. Fully adaptable to meet your needs.

**BE
GREAT
FITNESS**

**Held on the 4th Thursday
of every month in TWO locations**

**23rd April & 28th May
(please note, no March date)**

11am - CrosbyONE, Digby Street, Scunthorpe, DN15 7LU
1pm - Thurlow Pavilion, Station Road, Epworth DN9 1JU

Booking essential call 01652 650585



8th to 14th June 2026



Tai Chi

Accessible Tai Chi sessions
for Carers

Usually last Friday of each
month.

10am - 11am



Carers Support Centre, Brigg
Booking essential -
call 01652 650585 to book

Art Group

Each month the group
works on a different art
project, led by a prominent
local artist

Please call for dates

10:30am -12:30pm



NATURAL LIFE THERAPIES

RELAXATION THERAPY APPOINTMENTS FOR CARERS. ONLY £10*



Appointments every
Wednesday at Natural
Life Therapies.

Evening appointments
now available.

REIKI HEALING

MASSAGE

HYPNOTHERAPY

CRYSTAL HEALING

INDIAN HEAD MASSAGE

NEW

Suite 14b, Normanby Gateway, Lysaghts Way, Scunthorpe, DN159YG

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

Help us support them...

Volunteer



For more information, call **01652 650585**
or visit [https://carerssupportcentre.com/
get-involved/volunteering/](https://carerssupportcentre.com/get-involved/volunteering/)



01652 650585



Carer Peer Support Groups

Please be aware that each group meets with different frequency.



Carers of adults with life limiting conditions

Monthly on the last Thursday, 10am - 12pm
Lindsey Lodge, Burringham Road, Scunthorpe, DN17 2AA

Call to book on 01724 270835

26 March, 30 April, & 28 May



Parent Carer Information Workshops

Monthly 12pm - 2pm
Ashby Hub, Ashby Road, Scunthorpe, DN16 2RY

4 March - NL Mind attending

1 April - SENDIASS attending

6 May - Addiction and Mental Health Research - Hull University

NEW TIME - 12pm-2pm



Peer Support Group for parents supporting adults over 25

Monthly 10am - 12pm
Scunthorpe Central Library, Carlton Street, Scunthorpe

27 March, 24 April, & 29 May



In-Person Dementia Carer Peer Support Group

2nd Wednesday of every month, 2pm - 3.30pm
Ashby Hub, Ashby High Street, Scunthorpe, DN16 2RY

11 March, 8 April, & 13 May



Online Dementia Carer Peer Support Group

1st Wednesday of every month, 2pm - 3.30pm
Caring for someone with dementia but can't attend in person?

Then our group via Zoom is for you!

4 March, 1 April, & 6 May

Carer Peer Support Groups

Please be aware that each group meets with different frequency.

ASHBY Peer Support Group

First Tuesday of the month 1pm - 3pm at The Ashby Community Hub (The old Ashby Link building), Ashby High Street, Ashby, DN16 2UT

3 March, 7 April, & 5 May

BRIGG Peer Support Group

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

19 March, 16 April, & 21 May

BOTTESFORD Peer Support Group

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

2, 16, & 30 March, 13, & 27 April, 11 May
*** No end of May date due to Bank Holiday**

CROSBY Peer Support Group

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

11 & 25 March, 8 & 22 April, 6 & 20 May

BARTON Peer Support Group

2nd & 4th Friday of the month 1pm - 3pm at The Salvation Army, 114 Tofts Rd, Barton Upon Humber, DN18 5NG

13 & 27 March, 10 & 24 April, 8, & 22 May

The ISLE Peer Support Group

3rd Wednesday of each month, 1.30pm - 3pm Crowle Hub, High Street, Crowle, DN17 4DR

18 March, 15 April & 20 May

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



01652 650585



You can help us raise funds for free!

easyfundraising turns
your online shopping
into everyday magic



easyfundraising

You shop, brands donate to us

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



Community Mental Health	01724 382015
Cruse Bereavement Care	01724 281178
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

The Carers' Support Service is open

8am - 8pm Monday to Friday

9am - 5pm at weekends

CARERS' HELPLINE 01652 650585

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



Charity Number 1070028
Company Number 3540988

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