

# Caring Times

**North East Lincolnshire**

**We are proud to be named  
Charity Of The Year  
2026**



**Your training, workshops and groups  
programme  
June to August 2026**

# JUNE

**BOOKING ESSENTIAL - 01472 242277**

## ANXIETY MANAGEMENT

A session exploring the reasons behind anxiety, the symptoms it brings, and ways to manage it moving forward. Ideal for Carers who have anxiety themselves, or are supporting someone with anxiety.



**Wednesday 17<sup>th</sup> June**  
**1pm to 3pm**

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

## SCAMS AWARENESS

This informal session focusses on scams, delivered by Barclays. Learn about the most common scams, how to spot the warning signs, and what to do if something doesn't feel right. Ideal for learning how to keep money safe, both for you and people you care for.

**Monday 22<sup>nd</sup> June**  
**11am to 12.30pm**



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

*Thank You*



Thank you to the Lincolnshire Community Foundation for their funding through the Evan Cornish Grassroots Fund, providing £1746.68 to support our Lunch Club!

Thank you to the Bradbury Foundation, who have kindly provided £900 towards the running of our monthly art group!

# JULY

**BOOKING ESSENTIAL - 01472 242277**

## RESET YOUR MIND

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

**Thursday 9<sup>th</sup> July**  
**11am to 1pm**



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

## MOVING TO RESIDENTIAL CARE

Exploring the key topics that may arise when the person you care for moves into residential care. Including the practical and financial impact of someone moving into care, how your caring role continues, and emotional support and guidance.

**Wednesday 15<sup>th</sup> July**  
**10.30am to 12.30pm**



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



# AUGUST

**BOOKING ESSENTIAL - 01472 242277**

## UNDERSTANDING DEMENTIA

Our 4-part Understanding Dementia course, delivered online on an evening!

**Session 1** – What is Dementia? and the Human Brain

**Session 2** – Memory / Stages of Dementia

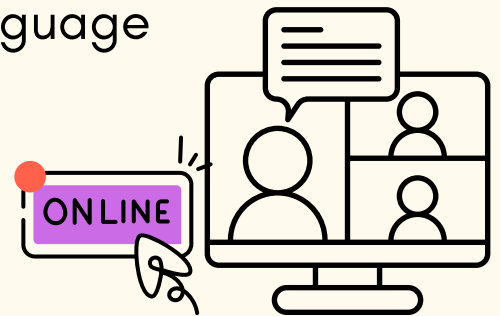
**Session 3** – The Ageing Senses

**Session 4** – Communication and Language

**Mondays**

**3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> August**

**6pm to 7.30pm**



## Review your Utility Bills

With over 19 years experience, Gill and Mark, partners of Utility Warehouse, are supporting Carers to review their utility bills, with no pressure to switch.

**UW** Utility Warehouse

Talk through the Utility Warehouse offer and see if you can save money on your bills.

20 minute appointments.

Bring your latest bills or have them on your phone. Gas, Electric, Broadband, Mobile Phone, Insurance and Cashback off Shopping.

**13th August**  
**between 1:30pm and 4:30pm**

Carers Support Centre, 1 Town Hall Square, Grimsby, DN31 1HY  
**Booking essential**  
call 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)



# Carers Festival

Wednesday  
10<sup>th</sup> June  
10am to 2pm  
Riverhead  
Square,  
Grimsby



Over 20 organisations from across health, social care and community support.

Get informed. Get the answers you need.

For you,

your family,

your friends,

the person you care for

Including:

The Gospel Choir, have-a-go at some street circus skills, and further entertainment throughout the day!



JUST  
TURN  
UP

For further information,  
call 01472 242277

## Guided Nature Walk



Join us for a gentle, accessible nature walk, open to both Carers and those they care for!

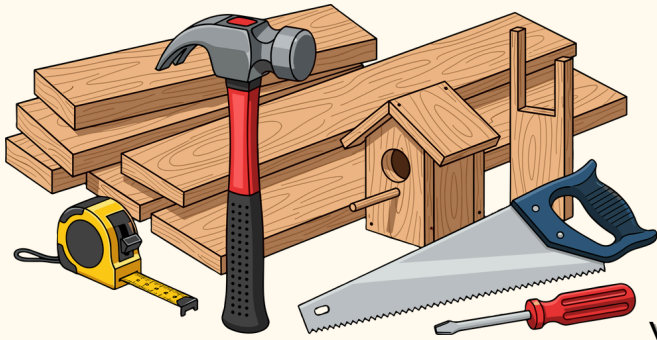
Run by the DUNE Project, spend some time enjoying nature and meeting other Carers!

Thursday 11<sup>th</sup> June, 10am to 12pm  
Cleethorpes Country Park,  
meet at the building  
near the car park

Call 01472 242277 to book



# The Shed - free taster session!



Come and join us at The Shed for refreshments and a free taster session to celebrate Carers Week! The Shed is open to all our Carers who would like to learn how to make handmade wooden items in a friendly environment.

**Tuesday 9<sup>th</sup> June 10am to 12pm**

At Carers' Support Services, 1 Townhall Square, Grimsby

Call to find out more: 01472 242277



## Carers Week 2026

- come and meet the

**Carers Support Service team!**

**Stirling Medical Centre**  
Stirling St, Grimsby DN31 3AE  
**Monday 8<sup>th</sup> June**  
**10am to 12pm**

**StandGuide**  
Armstrong Street, Grimsby  
DN31 1XD  
**Tuesday 9<sup>th</sup> June**  
**9.30am to 12pm**

**Kiddies Cafe Immingham**  
unit 2b Kennedy Way,  
Immingham DN40 2AE  
**Thursday 11<sup>th</sup> June**  
**10am to 3pm**

**Information available**  
**throughout the week at**  
**Diana Princess of Wales**  
**Hospital**

**To learn more about Carers Week, visit:**  
**<https://www.carersweek.org/>**



# 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 22nd July. 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 2nd July 1pm-2pm  
and Thursday 20th August  
11am-12pm**

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

## 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.



**Alzheimer's  
Society**

**28<sup>th</sup> May, 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> June  
1.30pm to 3.30pm at  
Centre4, Nunsthorpe, Grimsby**

**For Carers when the person  
they care for has had a  
diagnosis of Dementia.**

**Call 01472 359247 to book**



## 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 16 July**

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 4 June, 9 July, & 6 August**

10am to 12pm

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



# Adult Day Care

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**

Personalised support, delivered with care and respect

**Available**  
Wednesday  
9:30am - 4:30pm

**You can spend your Direct Payments here**



# Your Groups

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

ANGELS

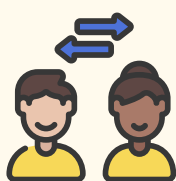


## ANGEL Club For Substance Use Carers

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

**10 & 24 June, 8 & 22 July, 5 & 19 August**

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!

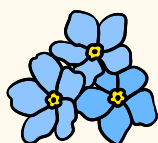


## Carers Supporting Carers Group

Third Tuesday of the month  
10.30am to 12.30pm  
Scartho Community Hub, St Giles Ave, Scartho,  
DN33 2HB

**16 June, 21 July, & 18 August**

A Peer Support Group for all adult Carers.



## Dementia Carer Information and Support Group

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

**3 June, 1 July, & 5 August**

A peer support group for those caring for someone with dementia, available online.



## Wayforward Group

First Thursday of every month  
11am to 1pm  
The Wheatsheaf, Bargate, Grimsby, DN34 5AD

**4 June, 2 July, & 6 August**

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

**11 June, 9 July, & 13 August**

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

**18 June, 16 July, & 20 August**

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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

**30 June, 28 July, & 25 August**

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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

**5 June, 3 July, & 7 August**

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## Young Adult Carers' Group

Once a month  
10.30am to 12.30pm  
Roll the Dice Café, Unit 1B,  
(Next to Starbucks), Meridian Point Retail Park  
Kings Road, Cleethorpes, DN35 0FB

**Thursday 25th June**

**Watch this space - new group coming soon!**

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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

**10 June, 8 July, & 12 August**

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



1st Tuesday of each month 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.

**2 June, 7 July, & 4 August**

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



UW Utility Warehouse

## Could you save on your utility bills?

The Carers' Support Service has teamed up with Utility Warehouse and their partner Mark Hardy, to help you save money on your bills.

If you choose to switch, Utility Warehouse donate to the Carers' Support Service, helping us to reach even more Carers.

Scan the QR code, complete the form, and Mark will get in touch. There is no pressure to switch, they help you, and we get support in return.

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 2 0626**