

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

June, July and August 2026

JUNE

BOOKING ESSENTIAL - CALL 01652 650585

LOOKING AFTER YOU

A session exploring how to look after yourself while you're caring for another. With a focus on difficult emotions, stress and anxiety, alongside tips to look after yourself.

Wednesday 10th June
10.30am to 12.30pm

Thurlow Pavilion, Station Road, Epworth, DN9 1JU



ANXIETY MANAGEMENT

A session looking at 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.

Thursday 18th June
12.30pm to 2.30pm

Salvation Army, Tofts Rd,
Barton-upon-Humber
DN18 5NG



Tai Chi

Monthly Accessible Tai Chi sessions for Carers

Usually last Friday of each month.

29th May, 26th June, 31st July
10am - 11am



Carers Support Centre,
Brigg

Booking essential -
call 01652 650585

JULY

BOOKING ESSENTIAL - CALL 01652 650585

MOVING TO RESIDENTIAL CARE

Exploring the key themes 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 8th July

10am to 12.30pm

Workers Educational Association,
Clare House, 31 Wells St, Scunthorpe DN15 6HL

WATER WORRIES

Are you finding it hard to pay the water bill? Do you need a little extra help? Join Anglian Water for a talk and Q and A session exploring help available including the Priority Services Register, tariffs to suit a range of household circumstances, assistance schemes and much more.



Monday 13th July

11am to 1pm

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



01652 650585



AUGUST

BOOKING ESSENTIAL - CALL 01652 650585

UNDERSTANDING DEMENTIA

Our 4-part Understanding Dementia course, delivered online in the evening!

Session 1 – What is Dementia? and the Human Brain

Session 2 – Memory / Stages of Dementia

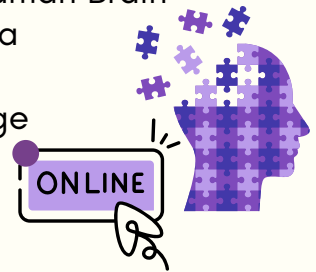
Session 3 – The Ageing Senses

Session 4 – Communication and Language

Mondays 3rd, 10th, 17th and 24th August

6pm to 7.30pm

need help using zoom? Call us!



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.

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.

11th August
between 9:30am and 12:30pm

**Carers Support
Centre, Brigg**
**Booking essential call
01652 650585**

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





Safeguarding and Prevention: Why it matters for Carers



Safeguarding is not only about responding to abuse when it happens - it is about preventing harm before it occurs. Carers often spend the most time with the people they support and are therefore well placed to notice early signs of risk and help create safe, respectful environments.

When carers are aware of safeguarding risks, they can take simple but powerful steps to reduce the likelihood of abuse or neglect.

Understanding the types of abuse that may occur in everyday situations helps carers recognise risks early and take action to prevent harm. These can include physical abuse, emotional or psychological abuse, financial abuse, neglect and discriminatory abuse.

Prevention means promoting wellbeing, encouraging independence, and ensuring people feel listened to and valued. Prevention works best when everyone feels confident to speak up. Carers can support this by listening carefully, encouraging individuals to share concerns, and taking worries seriously.

Simple actions—such as building trust, staying observant, and knowing how to report concerns—can make a significant difference. By focusing on prevention, carers help ensure that the people they support can live safely, with dignity, independence, and respect.

Worried about an adult? Call 01724 297000,
email safeguardingadultreferrals@northlincs.gov.uk
or report a concern at www.northlincssab.co.uk

Worried about a child? Call 01724 296500 during office hours
or 01724 296555 out of office hours and at weekends.

Email imap@northlincs.gov.uk
or report a concern at www.northlincscmars.co.uk

If you are worried someone is in immediate danger, call 999



01652 650585





Carers Week 2026

**Monday
8th June**

Lunch Club at Wortley House Hotel (see p8)
Carer Awareness Training for Professionals
11am to 12pm at Carers Support Service Brigg

**Tuesday
9th June**

Lunch Club at Wortley House Hotel (see p8)
Meet the team! We'll be at Central
Surgery Barton 9.30am to 11am and at
Baysgarth Hub 11.15am to 12.45pm

**Wednesday
10th June**

“Looking after you!” session for Carers
10.30am to 12.30pm (see page 2)
Carer Awareness training for Professionals
1.30pm-2.30pm at Thurlow Pavillion, Epworth

**Thursday
11th June**

Carers Week Marketplace - meet the team
10am to 1pm, Ironstone Centre Scunthorpe

**Friday
12th June**

Meet the team! We'll be at
St John's Market, Scunthorpe 9am to 1pm

**Saturday
13th June**

Meet the team! We'll be at
Barton Carnival 10am to 5pm



NATURAL LIFE THERAPIES



RELAXATION THERAPY APPOINTMENTS FOR CARERS. ONLY £10*

Appointments every
Wednesday at Natural
Life Therapies.
Thursday evening
appointments now
available.

REIKI HEALING

MASSAGE

HYPNOTHERAPY

CRYSTAL HEALING

INDIAN HEAD MASSAGE

NEW

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

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.

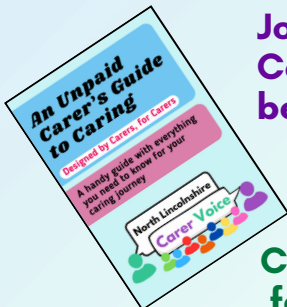
Ashby Hub,
Ashby High Street,
Scunthorpe, DN16 2UT

Fridays - 5 June, 3 July, & 7 August
10.30am - 11.30am

**Come and join the Carer Voice Forum on
Friday 5th June to celebrate Carers Week!**

10.30am to 11.30am at Ashby Hub, Scunthorpe

Join us for refreshments and to meet the
Carer Voice members, and learn more about
being involved with
Carer Voice!



**Call 01652 650585
for further information**



01652 650585



Carers' Lunch Club

Only £5 per person for set main, pudding, and tea / coffee. Join us to meet new people while enjoying a lovely lunch!

Join us at 12pm

**Monday 8 June and Tuesday 9 June
& Monday 6 July & 10 August**

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

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.



Fitness for those living with Dementia and their Carers



Sessions 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
25 June, 23 July, & 27 August**

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

Booking essential call 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.

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

3 June, 1 July, & 5 August

1pm to 3pm

The first Wednesday of every month

Thurlow Pavilion, Station Road,
Epworth DN9 1JU

11 June, 9 July, & 13 August

1pm to 3pm

The second Thursday of every month

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

19 June, 17 July, & 21 August

1pm to 3pm

The third Friday of every month

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

29 June, 27 July, 1 September*

1pm to 3pm

The last Monday of every month

*please note change of August date

 **01652 650585**



www.carerssupportcentre.com/dementiadirect



CarersSupportCentre



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

25 June, 30 July, & 27 August



Parent Carer Information Workshops

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

3 June - MIND

1 July - School Nursing Team

No workshop in August



Peer Support Group for parents supporting adults over 25

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

26 June, 31 July, & 28 August



In-Person Dementia Carer Peer Support Group

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

10 June, 8 July, & 12 August



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!

3 June, 1 July, & 5 August



Carer Peer Support Groups

Please be aware that each group meets with different frequency.

ASHBY Peer Support Group

1st and 3rd Tuesday of the month 1pm - 2.30pm
The Ashby Community Hub (The old Ashby Link building), Ashby High Street, Ashby, DN16 2UT

2 & 16 June, 7 & 21 July, 4 & 18 August

BRIGG Peer Support Group

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

18 June, 16 July, & 20 August

BOTTESFORD Peer Support Group

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

**8 & 22 June, 6 & 20 July, 3 & 17 * August
*no date at end of August due to Bank Holiday**

CROSBY Peer Support Group

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

3 & 17 June, 1, 15 & 29 July, 12 & 26 August

BARTON Peer Support Group

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

12 & 26 June, 10 & 24 July, 14 & 28 August

The ISLE Peer Support Group

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

17 June, 15 July, & 19 August

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

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.



UW Utility Warehouse

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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