

Caring Times

North East Lincolnshire



**Your training, workshops and groups
programme
September to November 2026**

SEPTEMBER

BOOKING ESSENTIAL - 01472 242277

SUBSTANCE USE AWARENESS

Are you affected by a loved one's substance use? Want to learn more in order to support them on the road to recovery? Then this workshop is specially designed for you. Exploring the Cycle of Change, Enabling and Communication alongside coping strategies, setting boundaries and ways to reduce harm while supporting your own wellbeing.

Thursday 17th September - 10am to 12pm

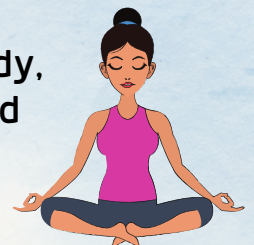
Carers' Support Service, 1 Town Hall Square,
Grimsby, DN31 1HY



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.

**Wednesdays 23rd September and
25th November 11am-12.30pm**



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!

Thursdays: 10 September, 8 October, & 5 November

10am to 12pm

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

OCTOBER

BOOKING ESSENTIAL - 01472 242277

CANCER AWARENESS

A session exploring the common types of cancer, including symptoms and signs to look out for, when to seek medical advice, and how best to support someone who is concerned.

Tuesday 6th October - 10am to 12.30pm

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 21st October

Appointments available 9.30am to 1pm

Call to book on 01472 242277



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

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 29th October - 11am-12pm

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

Call 01472 242277 to book your place.



NOVEMBER

BOOKING ESSENTIAL - 01472 242277

A CARER'S GUIDE TO CARING

A practical and supportive workshop for Carers who want to learn more about caring, support services available locally to Carers and those they care for, Carers' rights, including financially and for Carers who work, while also exploring opportunities to support their own physical and emotional wellbeing.

Monday 2nd November

10am to 12pm



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

CARING AND COPING WITH STRESS

Would you like some help and advice on managing your stress levels?

Explore difficult emotions, recognise how stress affects you as a carer, and learn new ways to manage and keep on top of your stress moving forward.



Tuesday 17th November

1pm to 3pm

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



WWW.CARERSUPPORTCENTRE.COM INFO.NEL@CARERSUPPORTCENTRE.COM

Donate to the Carers' Support Service

If you are able, you can now donate to the Carers' Support Service by scanning one of the QR codes below with the camera on your smart phone.

£5



£10



£15



£20



**Choose
your own
amount**



Other than a small processing fee charged by Sum Up, all of your donation goes to providing more support to more Unpaid Carers in North East Lincolnshire.

More training
More breaks from caring
More activities
More emotional support
More financial advice

Unpaid carers don't just care for individuals – they support our health and social care systems. They keep people out of hospital, reduce pressure on services and they save the UK economy over £184 billion every year (that's a 2nd NHS)

3 in 5 people will become a Carer at some time in their lives.

Thank you for your support





**THURSDAY 19TH
NOVEMBER
2026**

**10AM TO 12.30PM
CARERS SUPPORT CENTRE,
1 TOWN HALL SQUARE, GRIMSBY**

Pop in to meet with local services for information and advice - meet the teams from Carers Support Service, Focus Adult Social Care, St Andrew's Hospice, Lincolnshire Recovery Partnership, Alzheimer's Society, Care Plus Group, Navigo, and Healthwatch!

**APPOINTMENTS
AVAILABLE FOR
UTILITY SAVING
ADVICE**

**DROP IN
1-TO-1
COMPUTER
TUITION**

**HEALTH
CHECKS**



healthwatch



Please call for further information or to book a utilities appointment on 01472 242277

Did you know we can support you with using technology and getting online?

**Monthly IT Skills group
open to Carers and
members of the public**

**the third Wednesday of each
month**

16th September

21st October

18th November

10am to 12pm

**Please call 01472 242277
to book**

Free WiFi Access
Monday to Friday,
9am to 4.30pm

Free computer tuition
booking essential



In partnership with



Creating Positive Opportunity



WWW.CARERSUPPORTCENTRE.COM INFO.NEL@CARERSUPPORTCENTRE.COM

Carers' Lunch Club

**last Tuesday of every
month at 12.30pm**

**29th September
27th October
24th November**

Only £6 per person.

Join us to meet new people while
enjoying a lovely lunch!

**PAL Bar and Kitchen, 18
Abbeygate, Grimsby DN31 1JY**



BOOKING ESSENTIAL

Bookings open 2 weeks prior to set date.

One booking per person.

Call us on 01472 242277 to book

Welcome to the Cosy Space!



**Our warm space, The
Cosy Space, will be back
on 3rd September!**

**Open on the first Thursday of the month
1pm – 3pm **Open to everyone!**
Join us for hot drinks, book loan and book
swaps, board games and free wi-fi access**



For further information, please call 01472 242277

bridgit

Your online Carer Support Service



Bridgit and the Carers' Support Service bring you a 24 hour support tool, making information, advice and guidance, tailored to your situation, available when you need it.

Visit the online support hub of our website:
www.carerssupportcentre.com
Choose your area and set up your profile. the
more you use it, the better it gets.





Adult Day Care

Personalised support, delivered with care and respect

Available

Wednesday - 9:30am - 4:30pm

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

You can spend your Direct Payments here



Carer Information & Support Programme

Alzheimer's Society

The Carer Information and Support Programme (CrlSP) 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.

4 part programmes. 2pm to 4pm: September 3rd, 10th, 17th, 24th **AND** November 26th, December 3rd, 10th, 17th

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



Empowering individuals to live independent lives

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 24 September, & 26 November

1pm - 2.30pm

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



WWW.CARERSUPPORTCENTRE.COM INFO.NEL@CARERSUPPORTCENTRE.COM

Caring Times Is Going Digital

From March 2027 we will be sending Caring Times by text message instead of by post.

Why are we making this change?

- You will receive information more quickly, with no postal delays
- Information is always up to date when you access it online
- It allows us to take be more sustainable and reduce paper usage
- We can make better use of our resources and focus more on supporting carers.

Monthly service updates

We will also send monthly text updates from March 2027 to let you know about:

- Events and activities
- Training opportunities
- Ways to get involved and have your voice heard

Don't have internet access on your mobile?

Please call us on 01472 242277 and we will ensure that you continue to receive a paper copy through the post.

Keep your details up to date

If you need to update your mobile number, or if you would prefer to continue receiving a printed newsletter because you cannot access online content or have other accessibility requirements, get in touch.

Thank you for helping us stay connected in a quicker, more environmentally friendly and efficient way.



Your Groups

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

ANGELS

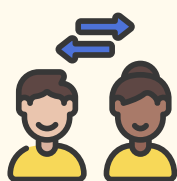


ANGEL Club For Substance Use Carers

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

**2, 16, & 30 September, 14 & 28 October,
11 & 25 November**

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!

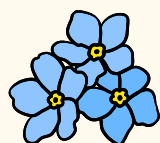


Carers Supporting Carers Group

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

15 September, 20 October, & 17 November

A Peer Support Group for all adult Carers.



Dementia Carer Information and Support Group

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

2 September, 7 October, & 4 November

A peer support group for those caring for someone with dementia, available online. Call 01472 242277 for Zoom details.



Wayforward Group

NEW VENUE

First Thursday of every month
10am-12pm
Navigo Coffee House, 3-7 Brighowgate,
Grimsby DN32 0QE

3 September, 1 October, & 5 November

An informal friendly group for those whose caring role has come to an end through bereavement.



Mental Health Carers Group



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

10 September, 8 October, & 12 November

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

17 September, 15 October, & 19 November



Lunch Club Open to all Carers

Last Tuesday of the month - 12:30pm to 2pm
PAL Bar and Kitchen, 18 Abbeygate, Grimsby DN31 1JY

Set Meal - Booking Essential - £6pp
Call 01472 242277 to book your place

29 September, 27 October, & 24 November



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

4 September, 2 October, & 6 November



Young Adult Carers' Group

Third Wednesday of the month
4pm to 5pm
Carers Support Service, 1 Town Hall Square,
Grimsby, DN31 1HY

16th September, 21st October, 17th November



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

9 September, 14 October, & 11 November

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.

1 September, 6 October, & 3 November

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 0926