

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

September to November 2026

SEPTEMBER

BOOKING ESSENTIAL - CALL 01652 650585

BACKCARE

Looking after our back is an essential part of self care that is often overlooked, as our priority is often our the person we care for. This course looks to address some of the issues we face as carers in relation to our own health and well-being and will also give you the opportunity to explore any specific handling issues that you may have.



Wednesday 23rd September

10am to 1pm

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

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 29th September

1.30pm to 3.30pm

Crowle Community Hub, Market Place, Crowle, DN17 4LA

OCTOBER

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.



Wednesday 7th October

Appointments available 10am to 1pm

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

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.



Tuesday 20th October

1.30pm to 3.30pm

The Arc Westcliff,
2 Lichfield Ave, Scunthorpe DN17 1QX



01652 650585



NOVEMBER

BOOKING ESSENTIAL - CALL 01652 650585

UNDERSTANDING DEMENTIA

Our 4-part Understanding Dementia course, ideal for those caring for 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



Thursdays 5th, 12th, 19th and 26th November

10.30am to 12.30pm

Gunness Village Hall, Old Village St, Gunness, DN15 8TW

RESET YOUR MIND

A session which looks at the importance of and the benefits of taking time out for yourself.

Includes guided hypnotherapy, meditation and breath work taster led by experienced practitioner Adam Hornsby of New Version Therapy.

Wednesday 11th November

1.30pm to 3.30pm

Yaddlethorpe Methodist Church hall,
43 Moorwell Rd, Yaddlethorpe, Scunthorpe DN17 2RP



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

**Do you look after a child with Special
Educational Needs or Disabilities?
Do they have a brother or sister?**

Sign them up for our Siblings (SIBS) Programme!
The sessions are for those aged **8 to 15** with a
sibling who has additional needs or a disability.

Call 01652 650585
for more information, dates and
to book onto these sessions



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.

**Fridays: 4th September, 2nd October,
& 6th November
10.30am - 11.30am**



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



01652 650585





SAVE THE DATE!

THURSDAY 19TH

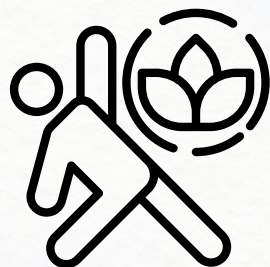
**LOOK OUT FOR FURTHER
INFORMATION!**

**NOVEMBER
2026**

Tai Chi

18th September,
30th October,
& 27th November
10am - 11am

Monthly Accessible Tai
Chi sessions for Carers
Normally the last
Friday of each month



Art Group

Each month the group
works on a different
art or craft project

**PLEASE NOTE:
change of day**

Carers Support Centre, Brigg
Booking essential call
01652 650585

1st Thursday of the month
3rd September, 1st October,
5th November
10:30am - 12:30pm



BE

**Fitness for those living with
Dementia and their Carers**



**GREAT
FITNESS**

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

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

**24th September, 22nd October,
& 26th November**

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

Booking essential call 01652 650585



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 01652 650585 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.

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.



01652 650585



Carers' Lunch Club

Join us at 12pm

14th September

12th October

9th November



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

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

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**

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.

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 Lincolnshire.



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

**2nd September, 7th October,
4th November**

1pm to 3pm

The first Wednesday of every month

Thurlow Pavilion, Station Road,
Epworth DN9 1JU

**10th September, 8th October,
12th November**

1pm to 3pm

The second Thursday of every month

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

**18th September, 16th October,
20th November**

1pm to 3pm

The third Friday of every month

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

**28th September, 26th October,
30th November**

1pm to 3pm

The last Monday of every month

 **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

24th September, 29th October, & 26th November



Parent Carer Information Workshops

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

9th September - Parent Form & Community Oral Health

7th October - RDASH Talking Therapies

4th November - Short Breaks & Support Services



Peer Support Group for parents supporting adults over 25

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

25th September, 30th October, & 27th November



In-Person Dementia Carer Peer Support Group

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

9th September, 14th October, & 11th November



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!

2nd September, 7th October, & 4th November

Call 01652 650585 for Zoom details

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

1st & 15th September, 6th & 20th October, 3rd & 17th November

BRIGG Peer Support Group

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

17th September, 15th October, & 19th November

BOTTESFORD Peer Support Group

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

14th & 28th September, 12th & 26th October, 9th & 23rd November

CROSBY Peer Support Group

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

9th & 23rd September, 7th & 21st October, 4th & 18th November

BARTON Peer Support Group

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

11th & 25th September, 9th & 23rd October, 13th & 27th November

The ISLE Peer Support Group

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

16th September, 21st October & 18th November

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



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.



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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