# Caring Times

## North East Lincolnshire



## December 2026 to February 2027

# DECEMBER

**BOOKING ESSENTIAL - 01472 242277**

## NEEDLE-FELTING



Come along and take part in a needle-felting workshop! All materials and support provided to create your own Christmas-themed item. Booking is essential.

**Thursday 10th December**
**1pm - 3pm**

Carers' Support Service, 1 Town Hall Square, Grimsby

## PANTOMINE - CINDERELLA



This December come and join us in enjoying a trip to the local Panto! Thanks to the Grimsby Institute, we are able to offer limited free tickets to our Carers and those they care for to this year's pantomine, Cinderella! Performed by their students, it's set to be an enjoyable afternoon!

**Tuesday 15th December**

**12.30pm - 2.30pm**

Grimsby Institute, Nuns Corner, Grimsby

**Booking essential - please call 01472 242277**

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

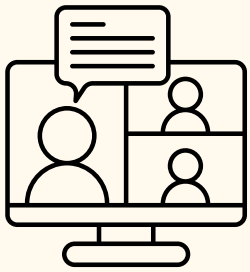
# JANUARY

**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



**Tuesdays 12th , 19th, 26th January and 2nd February**

**6pm - 7.30pm**

**Need help with zoom? call us on 01472 242277**

## NEW YEAR, NEW ME

Focus on making the changes you want, including healthy eating, being more active, budgeting, destressing and prioritising yourself.




**Monday 18th January 10.30am - 12.30pm**

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

# FEBRUARY

**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

**Monday 22nd February 10am - 12Noon**

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

## SUPPORTING SOMEONE AFFECTED BY SUBSTANCE USE

Are you affected by a someone's substance use?
Want to learn more in order to support them on the road to recovery?
Then this workshop is designed for you.We will cover:

- How to provide support to enable change
- Recognsing the signs
- Better ways to communicate
- Recognising the impact on Family & Friends



**Thursday 11th February 12.30pm - 4.30pm**
Carers' Support Service, 1 Town Hall Square, Grimsby, DN31 1HY

# 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.**

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 North East Lincolnshire and set up your profile.



01472 242277

# Carers' Voice Forum

Meet other Carers and help make positive change for Carers in our area. Together we can make a real difference. Get togethers are friendly and informal. A perfect place to share experiences and build the North East Lincolnshire Carers Voice.

Use your voice to suggest changes to health and social care, challenge decisions, and work in partnership with other Carers and professionals.




**Every 4 weeks on a Thursday at 9.30am to 12pm**
**3rd December, 21th January, 18th February & 18th March**
Carers Support Service, 1 Town Hall Square, Grimsby

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# DROP IN SESSION WITH NATIONAL ENERGY ACTION

Energy saving advice, information on utility grants and re payment schemes.
Free carbon monoxide detectors and warm packs
**Thursday 7th January 2027 10am - 12 noon**
**Carers' Support Service, 1 Town Hall Square, Grimsby, DN31 1HY**

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

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

**Every Wednesday**
**16th December**
**20th January**
**17th February**
**10am to 12pm**

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

## Free computer tuition
**booking essential**



**Please call 01472 242277 to book**

In partnership with Creating Positive Opportunity

# Carers' Lunch Club

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

**26 January**
**23 February**

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**



## CHRISTMAS LUNCH CLUB

Join us for our Christmas lunch club for Carers! Only £13 per person for set 2 course menu, including main and your choice of a starter or dessert. Join us to meet new people and celebrate the festive season!

**Tuesday 15th December**
**12.30pm start**
PAL Bar and Kitchen, 18
Abbeygate, Grimsby DN31 1JY



# Welcome to the Cosy Space!

**3rd December**
**7th January**
**4th February**



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

**For further information, please call 01472 242277**

# THE SHED

**Take time to try out practical skills or drop in for a cuppa and a chat with like-minded carers**

**Tuesdays and Thursdays**
**10am - 12noon**

At Carers' Support Service, 1 Townhall Square, Grimsby

**Please contact us on 01472 242277 for more information and to book a session**

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

**4 part programme:**

**18th & 25th February, 4th & 11th March**

**2pm to 4pm**

**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

Focus
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 21 January 2027**

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!

**Thursdays: 3 December, 7 January, 4 February**

10am to 12pm

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



# 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**

# Your Groups

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

## ANGEL Club For Substance Use Carers

Alternate Wednesdays - 2pm to 4pm
Carers' Support Service, 1 Town Hall Square
Grimsby, DN31 1HY
**9 December, 6 & 20 January, 3 & 17 February.**
**Please note no group at the end of December**

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
**15 December, 19 January, 16 February**

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 December, 6 January, & 3 February**

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

## Wayforward Group

First Thursday of every month
10am-12pm
Navigo Coffee House, 3-7 Brighowgate, Grimsby DN32 0QE
**3 December, 7 January, 4 February**

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

## Mental Health Carers Group

navigo

Second Thursday of every month - 1pm to 3pm
Carers' Support Service,
1 Town Hall Square, Grimsby
**10 December, 14 January, 11 February**

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 December, 21 January, 18 February**



## 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

**26 January, 23 February**



## 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 December, 5 February,**
**Please note there is no January session**



## Young Adult Carers' Group

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

**16 December, 27 January, 24 February**

## 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 December, 13 January, & 10 February**

## 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 December, 5 January, & 2 February**
To book your place please call 01472 493690

# Useful Contacts

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|---|---|
| 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 |

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**

## FEEDBACK, COMPLIMENTS & COMPLAINTS

We like to receive your feedback, whether it is good or bad. What you have to say helps us improve and ensure we continue delivering support that works for you.

**PHONE:** 01472 242277 **EMAIL**: info.nel@carerssupportcentre.com
**WEBSITE:** www.carerssupportcentre.com go to 'Get Involved', Compliments, Comments or Complaints.
**Write a letter or pop into the centre** at 1 Town Hall Square, Grimsby, DN31 1HY

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