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

December 2026 to February 2027

DECEMBER

BOOKING ESSENTIAL - CALL 01652 650585

CHRISTMAS CRAFT

Come along & get into the Christmas spirit by making your own festive table decoration using foliage. All materials provided. Booking essential.



Monday 14th December 10.30am-12.30pm

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



CHRISTMAS LUNCH CLUB

Join us for our Christmas lunch club for Carers!
Only £5 per person for set main, pudding, and tea / coffee. Join us to meet new people and celebrate the festive season!

Monday 7th & Tuesday 8th December
12pm arrival
Wortley House Hotel, Rowland Road, Scunthorpe, DN16 1SU
Booking Essential - call 01652 650585 to book

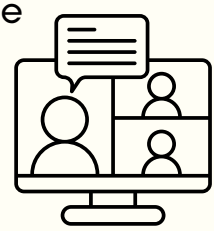


JANUARY

BOOKING ESSENTIAL - CALL 01652 650585

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 to 7.30pm
Need support using zoom? get in touch!

NEW YEAR, NEW ME

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



Wednesday 20th January 10am-12noon
Salvation Army, 114 Tofts Road, Barton DN18 5NG

FEBRUARY

BOOKING ESSENTIAL - CALL 01652 650585

SOUND BATH

Hannah from Stellular Sounds uses the power of sound to promote deep relaxation which brings many health benefits. Accessible to all.



Tuesday 2nd February

10.30am - 12.30pm

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

SCAM AWARENESS

This informal session focusses on scams, delivered by AGE UK. 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.

Tuesday 9th February 10am - 11.30am

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

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 December, 8th January & 5th February
10.30am - 11.45am

North Lincolnshire Carer Voice

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

Tai Chi

Monthly Accessible Tai Chi sessions for Carers



18th December, 15th January & 19th February
10am - 11am

Carers Support Centre,
11 Redcombe Lane, Brigg
Booking essential call
01652 650585

Art Group

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



3rd December, 7th January, 4th February
10:30am -12:30pm

Fitness for those living with Dementia and their Carers

BE 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

28th January and 25th February

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

Booking essential call 01652 650585

Carers' Lunch Club

Join us at 12pm

11th January
8th February



Only £6 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

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 North Lincolnshire and set up your profile.

You deserve time for yourself too

North Lincolnshire Council

As a Carer, taking regular time for yourself is important for your wellbeing and can help you continue in your caring role. Whether it's for a few hours or a few days, knowing the person you care for is safe, supported and enjoying themselves can give you the confidence to take a break, attend appointments, spend time with family and friends, or simply recharge.
We have a number of Carer Coffee mornings taking place to help you meet other Carers, learn more about respite opportunities and what local services have to offer.

Ashby Haven, Ashby Meadows, Scunthorpe - A stay away from home with support available
Ashby Haven offers a self-contained flat where the person you support can enjoy a change of scenery for a few days while continuing to receive the care and support they need.

Ashby Haven, Ashby Meadows, Scunthorpe, DN16 2US

Thursday 3rd December
9.30am - 11.30am

Carer Coffee Mornings and Supported Time Apart
Come along to meet the team, enjoy refreshments and find out how we can support the person you care for in a safe, welcoming environment, giving you time for yourself – whether that's a few hours to relax, catch up with friends or take care of other things, or a whole day to recharge.

Nicholas House Care Home, 11 Church St, Haxey, DN9 2HY
Fridays, 10am -12 pm
29 January, 26 February and 26 March

Althorpe Care Home, DN17 3HJ

Wednesdays, 10am - 12pm
20 January, 3 March and 14 April

Payment: Carer Direct Payments can be used to pay for the above offers, subject to eligibility and individual arrangements.

For more information, call the Carer Team on 01724 297000, or email TheCarerTeam@northlincs.gov.uk





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

2nd December, 6th January, 3rd February

1pm - 3pm

The first Wednesday of every month

Thurlow Pavilion, Station Road, Epworth DN9 1JU

14 January, 11 February
Please note, no December date

1pm - 3pm

The second Thursday of every month

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

18th December, 15th January, 19th February

1pm - 3pm

The third Friday of every month

NEW VENUE

Brigg Football Club, Hawthorn Avenue, Brigg, DN20 8PG

25th January, 22nd February
Please note, no December date

1pm - 3pm

The last Monday of every month

01652 650585

CarersSupportCentre

www.carerssupportcentre.com/dementiadirect

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

17 December, 28 January, 25 February

Parent Carer Information Workshops

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

2 December – North Lincolnshire CAMHS

6 January – SENDIASS

3 February – Youth Counselling Service

Peer Support Group for parents supporting adults over 25

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

19 December, 29 January, & 3 February

In-Person Dementia Carer Peer Support Group



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

9 December, 13 January, & 10 February

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!

2 December, 6 January, 3 February
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

1 & 15 December, 5 & 19 January, 2 & 16 February

BRIGG Peer Support Group

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

17 December, 21 January, & 18 February

BOTTESFORD Peer Support Group

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

7 December, 4 & 18 January, 1 & 15 February

CROSBY Peer Support Group

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

2 & 16 December, 13 & 27 January, 10 & 24 February. Please note no end of December group

BARTON Peer Support Group

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

11 December, 8 & 22 January, 12 & 26 February Please note, no end of December group

The ISLE Peer Support Group

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

16 December, 20 January, & 17 February

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.

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' Support Centre EST. 1989

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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