

1st July 2011

What's On For Carers

Support, advice, information and so much more for Carers.....

With support from North Lincolnshire Council, the Carers' Support Centre will be running information and skills sessions for Carers about personalisation. The two sessions will concentrate on how the process works, where to access support and how to make the new system work best for the person you care for. The sessions will be relaxed and you will have the opportunity to share your experience with other Carers. Below are the time and dates for the first sessions. If you are unable to leave the person you care for, funding and support is available to help you organise alternative care. Travel costs can also be met.

If you would like to attend please call Helen on 01652 650585

| | |
|--------------------------------------|--------------------------------|
| Carers' Support Centre | |
| Redcombe Lane, Brigg, DN20 8AU | 10.00am-1.00pm |
| Caring and Personalisation Session 1 | Wed 7 th September |
| Caring and Personalisation Session 2 | Wed 14 th September |

In this issue:-

| | |
|---|----|
| Carers' Support Centre Advocacy Service, Caring with Confidence | 2 |
| Redcombe, Younger Adult Carers and Parkwood Carers Groups | 3 |
| Badminton Sessions, Fibromyalgia Support & Social Group, Arthritis Care, Kirton Carers, Stoma Care Nurses | 4 |
| Bottesford, Brumby, Isle, Barton, Crosby and Winterton Carers Groups | 5 |
| Information Service, MS Society, Cloverleaf Advocacy | 6 |
| Rethink | 7 |
| Alzheimer's Society Carers Walking Group Home Library Service | 8 |
| Carer Case Leaders, Bon Ami Friendship, Qi Gong | 9 |
| Breast Cancer Support, Headway, Iron Will | 10 |
| Payroll, Memory Café, Freshstart Plus | 11 |
| Leisure Services, Benefits Adviser, Mental Health Access Team, Carers Companion | 12 |
| Empathy, Stroke Club, Family History Group and Way Forward Group (for | 13 |
| | 14 |

Carers' Support Centre Community and Home Support Service embraces personalisation

We are now able to recruit P.A.s and/or manage budgets for individual service users.

Our support workers/P.A.s can work flexibly to meet the needs of individuals in receipt of personal budgets.

This would also give the family Carer immediate access to a full range of services and support from the Carers' Support Centre.

For more information ring Amanda on 01652 601963

"a first class team"



Carers' Support Centre

11 Redcombe Lane, Brigg North Lincs.

Phone: 01652 650585

Fax: 01652 653637

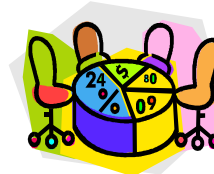
Email: info@carerssupportcentre.com



ADVOCACY SERVICE

Need someone to go with you to a meeting?

Need someone to get through the red tape?



Ring Hilary Kitchen on 01652 650585

The Carers' Support Centre can offer:-

Information Services

Home Visits

Listening Ear Service

Carer Groups

Benefit Advice and help with forms

Grants

Lifelong Learning

Befriending

Advocacy

Home Care

Support when caring ends

Registered Charity No. 1070028

Company Limited By Guarantee

Reg. No. 3540988

Remember our extended Opening Times!

Carers' Support Centre Community & Home Support Service

Carers of someone who is elderly, disabled or ill who lives in North

Lincolnshire can be helped with:-

- ~ accessing local amenities
- ~ preparing meals
- ~ shopping
- ~ light gardening
- ~ pet walking
- ~ domestic duties
- ~ keeping active
- ~ maintaining independence
- ~ attending GP/hospital appointments
- ~ personal care tasks
- ~ staying in touch with friends/relatives
- ~ medication checks

For more information ring 01652 601973



New Caring with Confidence sessions

Ring Helen on 01652 650585 for a chat or more info.

Carers' Support Centre, Redcombe Lane, Brigg
Park Library, Avenue Vivian, Scunthorpe - 10am to 1pm

| | |
|--------------------------|------------------------|
| Finding your Way | Tuesday 6th September |
| Caring and Coping | Tuesday 13th September |
| Caring and Me | Tuesday 20th September |
| Caring Day-to-Day | Tuesday 27th September |
| Caring and Resources | Tuesday 4th October |
| Caring and Life | Tuesday 11th October |
| Caring and Communicating | Tuesday 18th October |

Brumby Carers Group

Meetings are held in the Snug, Old Brumby United Church, Ashby Road, Scunthorpe from 1pm to 3pm

| | |
|-----------|------------------------------------|
| July 5 | Lunch out at Warren Lodge |
| July 12 | Tea & Chat and 20/21 "Drum" |
| July 19 | Kirton Garden Centre |
| July 26 | How to Crochet with Linda |
| August 2 | Lunch out at Malt Shovel, Ashby |
| August 9 | "Hats and Chats" - Jackie Cheetham |
| August 16 | 20/21 Visual Arts Centre |
| August 23 | Tea and Chat |
| August 30 | Lunch at Grange Park Aquatics |
| Sept. 6 | Tea and Chat |
| Sept. 13 | Découpatch — details to follow |

Redcombe Carers Group

Meetings are held every Thursday at the Carers' Support Centre, 11 Redcombe Lane, Brigg from 1.00pm to 3.00pm

| | |
|-----------|-------------------------------------|
| July 7 | Library Service Talk (Kim Kenyon) |
| July 14 | Trip to Burton Constable |
| July 21 | Strawberry Tea and Bring & Buy Sale |
| July 28 | Tea and Chat |
| August 4 | Meal out |
| August 11 | Bowling |
| August 18 | Call My Bluff |
| August 25 | Tea and Chat |
| Sept. 1 | Beetle Drive |
| Sept. 8 | Talk on Historical Scunthorpe |
| Sept. 15 | Games Afternoon |
| Sept. 22 | NHS Health Trainer Service—talk |

Younger Adult Carers Group

| | |
|----------|--|
| July 7 | Bowling at AMF Bowl, Scunthorpe |
| July 21 | DVD & popcorn afternoon |
| Sept. 8 | Lunch at Pearl City, Laneham St. |
| Sept. 22 | Wii and Xbox fun / plan next programme |

" total credit to society "

This Group meets every 3rd Thursday at NCH Kaleidoscope, Dunstall Street, Scunthorpe from 12.30pm to 2.30pm

"...the Carers Group and staff have helped me considerably..."

Parkwood Carers Group

| | |
|-----------|---|
| July 1 | Trip to Japanese Gardens—free with Carers Grant—details to follow |
| July 15 | 10-Pin Bowling at Ashby Bowl |
| July 29 | Call My Bluff |
| August 12 | Lunch at Blyton Ice Cream Parlour |



Meetings are held on alternate Fridays in the Coffee Lounge at the Westcliff Community Centre, Newbolt Avenue, Scunthorpe
1pm to 3pm

For details of further meetings contact Karen

Badminton Sessions for Carers

The sessions are led by a fully qualified badminton coach and includes all equipment (term time only)

You will learn skills and techniques, enjoy fun games and matches and, hopefully, see yourself progress!

All abilities welcome.....come along and have a go!

Help with Sitter and transport costs may be available

11am to 12noon Thursdays at Bottesford Sports Hall—only £2.80

For more information please call 01652 650585 or just come along !



SCUNTHORPE & DISTRICT FIBROMYALGIA SUPPORT AND SOCIAL GROUP

This support group has a wealth of personal knowledge and experience. Many members meet up outside the group and form strong friendships.

The Group meets on 2nd Thursday of every month (except August) 12.30pm to 3.00pm. Tea/coffee available. Bring a packed lunch.

*Rng Linda on 01652 678839 / Jan Beevers
01427 668335 / Tony 01652 634557 /
Judy 01724 342836*

ARTHRITIS CARE

Scunthorpe Branch of Arthritis Care offer support and social activities for Carers and people with arthritis

They meet on the last Monday of the month at 700pm at Alvingham Road Day Centre, Scunthorpe

*Ring:- Jean on 01724 869570 or
Margaret on 01724 735262*

Kirton Carers Group

**A warm welcome awaits you every
Tuesday 1.30pm to 3.30pm
in the United Mission Church,
Wesley Street, Kirton Lindsey**

**For more information contact
Christine on 01652 648689**

Colorectal/Stoma Care Nurses

To talk to someone about any concerns or questions you may have ring:-

01724 387716 or 01724 282282 x 5332

Monday to Friday 9am to 5pm

Nurse in Charge Ward 25 or Ward 28

01724 282282 - weekends & after 5pm

Community Stoma Nurse Carol

01724 298305

10am to 12noon Central Community

Bottesford Carers Group

| | |
|-----------|---------------------------------------|
| July 11 | Card Making |
| July 18 | Trip to Burton Constable |
| July 25 | Gardening Quiz |
| August 1 | Meal out |
| August 8 | Diesel in my Veins with Iona Richards |
| August 15 | Strawberry Tea and Bring & Buy Sale |
| August 22 | Normanby Hall, Park and Gardens |
| August 29 | Bank Holiday—No Meeting |
| Sept. 5 | Great British Quiz |
| Sept. 12 | Alzheimer's Society Guest Speaker |
| Sept. 19 | Kurling |
| Sept. 26 | Meditation & Relaxation |

Meetings are held on Mondays 2pm to 4pm
at Mountbatten Drive, Cavendish Road,

*“Realising one isn't alone in
difficult situations helps one to
cope with the stress of*

“A complete 100%.

Winterton Carers Group

Meetings are on alternate Wednesdays
at Nassau House, De Lacy Way,
Winterton from 1.30pm to 3.30pm

| | |
|-----------|---------------------------------|
| July 6 | Prize Bingo |
| July 12 | Mystery Tour—contact Joyce |
| July 20 | Tea & Chat and Tombola |
| August 3 | Tea and Chat |
| August 17 | Stephen Smith's Garden Centre |
| August 31 | Gentle exercise—not compulsory! |
| Sept. 14 | Musical Bingo |
| Sept. 28 | Harvest Bring & Buy |

Crosby Carers Group

Meetings are at the Lounge, April Lodge, Ferry Road,
Scunthorpe—Wednesdays 1pm to 3pm

| | |
|-----------|---------------------------------|
| July 6 | Summer Picnic and Quiz |
| July 13 | What's your Top 5.....? |
| July 20 | Strawberry Tea at Jean B's |
| July 27 | Bob Sheard—Street Pastor |
| August 8 | Relax & Chat in Joan M's Garden |
| August 10 | Call My Bluff |
| August 17 | Lunch at The Pig Pink, Holme |
| August 24 | Tea & Chat/plan new programme |
| August 31 | Trip to Normanby Hall and Park |
| Sept. 7 | 10-Pin Bowling at Ashby Bowl |

Barton Carers Group

Meetings are held at the
St.Johns Ambulance Centre, Fleetgate,
Barton from 1pm to 3pm

| | |
|-----------|---------------------------------|
| July 5 | Strawberry Tea |
| July 12 | Tea and Chat |
| July 19 | Trip to Hall Farm, Harpswell |
| July 26 | Tea and Chat |
| August 2 | Gentle Exercise—not compulsory! |
| August 9 | New Age Kurling |
| August 16 | Tea and Chat |
| August 23 | Café Roma, Burton Stather |
| August 30 | Tea and Chat |

Isle Carers Group

| | |
|-----------|--------------------------------|
| July 7 | New Age Kurling |
| July 14 | Card making with Leni |
| July 21 | How to begin family research |
| July 28 | David's Slide Show |
| August 4 | Tea and Chat |
| August 11 | Fish & Chips |
| August 18 | Tea and Chat |
| August 25 | Lunch at White Bear, Epworth |
| Sept. 1 | Cookery demonstration by Tessa |
| Sept. 8 | Thornton's Chocolates |

Meetings are on Thursdays 1pm to 3pm
Group Dwelling Lounge, School Close, Epworth

Carers' Support Centre INFORMATION SERVICE

for Carers and the Over 50s

We will try to find out the answer for you. For example....

Are there any hotels in Skegness with accessible facilities?

Is there an archery club nearby?

Where can I buy door-bells for the hard of hearing?

Where does the local branch of the Parkinson's Disease Society meet?

Tel: 01652 650585 - Karen, Tessa or Hilary



Scunthorpe & District Multiple Sclerosis Society

The Scunthorpe Branch holds monthly social meetings for patients and their Carers. At these Social Evenings there is a mixture of live entertainment, speakers and open nights, or you can just have a drink and a chat.

*Meetings are held in The Mallard, Burringham Road, Scunthorpe
from 7.30pm every 2nd Wednesday*

For all local information contact Stan Herberts on 01724 841992.

The Branch also has outings and theatre visits. They can take patients for respite care.



Cloverleaf has been providing a free and confidential independent advocacy service since 1995,

“taking action to help people say what they want, to secure their rights, represent their interests and obtain services they need”.

For people aged over 18, who have learning disabilities, mental health needs, sensory or physical impairments, or who are older people, we can offer a one-to-one advocacy service.

Referrals can be made by either contacting the office in person or over the phone, and can be done by any service user, friend or relative, or professional

Please ring 01724 854952 – we can come and talk if needed

“I felt much more in control through the help I received”

“...very friendly...”

“Just the presence of an Advocate helped. Thank you.”



We can also provide the IMCA (Independent Mental Capacity Advocacy) and the IMHA (Independent Mental Health Advocate) services. For more information please contact the office.

A service for Carers of people with severe mental illness within North Lincolnshire.

If you care for someone who suffers from Schizophrenia, Bi-Polar, Personality Disorder or any other severe mental illness, you can contact:-

Barbara Wright on 01724 852707 or email barbara.wright@rethink.org
Belwin House, Flixborough, Scunthorpe - for information and support.



We believe that Carers play an invaluable role in helping people recover from severe mental illness and that they should be acknowledged, valued and

The service offers:-

- Emotional support—a listening ear
- One-to-one telephone support
- Information about Carers rights and referral for Carers' Needs Assessment
- Access to Carer support groups
- Information about the illness, treatments and medication
- Coping strategies, such as how to look after yourself
- Carers' Education & Training Programme (CETP) to support the caring role
- Social activities, such as Chill Out Days and Day Trips
- Information on Lifelong Learning opportunities
- Encourage and empower Carers to be involved in the planning and development of services

Scunthorpe Carer Group—St. Bernadette's Church Hall

1st Thursday of each month 7pm - 9pm

Barton-upon-Humber Carer Group—Trinity Methodist Church

3rd Wednesday of each month 7pm—9pm



Working together to help everyone
affected by severe mental illness
Recover a better quality of life

NORTH LINCOLNSHIRE OFFICE

Carers' Support Groups

Our Support Groups offer carers and people with dementia the opportunity to meet others in relaxed surroundings where they can share their experiences and learn from others.

Telephone Support

Advice and support can be offered over the telephone on our helpline. Telephone 01652 680474.

Memory Cafés

A relaxed café environment for people with dementia/memory problems and their families. The Cafés are facilitated by one of our Dementia Support Workers, and are also attended by representatives from other professional organisations.

Activity Events

Varied activity events are taking place in partnership with other organisations.

MEMORY CAFÉ

The café meets the first Friday of the month 10am to 12noon at the Baptist Church, Ashby Road, Scunthorpe. Representatives from Freshstart, occasionally Benefit Advisory Service and Alvingham Road Day Centre attend. For more details please contact Lisa Hickman, our Dementia Support Worker on 01652 680474.

MEMORY CAFÉ

This café meets on the third Wednesday 10.30am to 12 noon at the Wilderspin School, Queen Street, Barton-on-Humber. You can enjoy art, listening to music, reminiscence and relaxation therapy. The café will be attended by our Dementia Support Worker. For further details please contact Lisa Hickman, Dementia Support Worker, on 01652 680474.

THE CARERS' SUPPORT GROUP

The Group meets on the 4th Friday of the month 12noon to 2pm at Alvingham Road Day Centre. Refreshments will be provided. Please contact Lisa Hickman, Dementia Support Worker, on 01652 680474 for further information.

ALZHEIMER'S SOCIETY

North and North East Lincs.

The Courtyard

Elsham Hall Country Park, Elsham, Brigg

North Lincolnshire DN20 0QZ

Tel: 01652 680474

Email: Sheila.Eade@alzheimers.org.uk

CARERS' WALKING GROUP

July 16 - Hibaldstow Walk—2.6 miles

(meet at St.Hybalds Church, Church Street, Hibaldstow)

July 20 - Normanby Hall—2.8 miles

(Meet at the Normanby Park car park)

August 3 - No Walk

August 17 - Brigg River Ancholme—2.8 miles

(Meet at Tourist Information Centre)

September 7 - Hibaldstow Walk—2.6 miles

(Meet at St.Hybalds Church, Church Street, Hibaldstow)

September 21 - Hartsholme Country
Park Lincoln—3 miles

Ranger led walk—Meet at CSC at 10am

**Meetings held Wednesday
normally 1pm to 3pm**



Ring Sue White—01652 650585—for more details

North Lincolnshire Libraries & Information Services

HOME LIBRARY SERVICE

This is a free service to those people who can't get out and about, or are unable to use their local library for any reason but still have a need for information and entertainment.

Volunteers deliver direct to Carers who are unable to leave the person they care for, the elderly and people with disabilities. You can borrow a range of fiction and non-fiction books, books in large print, talking books on CD, tape or MP3 and music on CD.

If you think this service could help you, contact Jane Carnie on 01724 860161. Jane will contact you and arrange a date and time to visit and explain the service in more detail and, if you are eligible, discuss your needs.

QI GONG CARERS GROUP

Sessions every Tuesday 10am to 12 noon

July 7th, 14th, 21st and 28th at
Methodist Church, Moorwell Road,
Yaddlethorpe

(No Meetings end of July and August)
September 6th, 13th, 20th and 27th at
Carers' Support Centre, Redcombe Lane, Brigg



Help with transport and sitter costs available

For more details ring Sue White on 01652 650585

CARER CASE LEADERS

Carer Case Leaders have been employed by the Carers' Support Centre to be the main point of contact for Carers by offering support, information and a listening ear. They can also contact services on the Carer's behalf if needed.

The Carers' Support Centre is open 8am to 8pm Monday to Thursday, and until 6pm on Fridays, as well as 10am to 4pm at weekends.

The Carer Case Leaders will contact Carers regularly to see how they are, whether they can help in any way, to make them feel valued.

This means Carers can continue in their caring situation knowing there is someone there they can turn to for help and advice or to listen to them, in confidence, if they have concerns or worries about themselves or the person they look after.

Ring 01652 650585 to speak to a Carer Case Leader

BonAmi Friendship Service

At the Carers' Support Centre we offer a friendship service where a volunteer offers friendship and support to Carers and those over 50 years of age. This service is free confidential and available to all Carers.

Please ring Sue White on 01652 650585 for more details

Brigg & District Breast Cancer Support Group

"Offering care and support in the heart of its community"

Have you or your partner, or any relative or friend, been affected by breast cancer?

Why not come along to our meetings for support and caring friendship?

Present at our meetings:- Breast Care Nurse and Breast Cancer Outreach Worker

Meetings held 3rd Tuesday of every month at 7.30pm

June 21st, July 19th, August 16th and September 20th

Venue: Angel Suite (Ballroom), Market Place, Brigg



Contact: Chairperson on 07739080531

E-mail:- info@breastcancersupport-brigg.org.uk

Headway Scunthorpe & Area is a branch of the national

charity, **Headway**, the acquired brain injury association.

As a local support group for people who have an acquired brain injury, their families and Carers, we provide:-

- ~ information about head injury and its effects
- ~ signpost people to NHS, Local Authority or other services
- ~ provide peer support to Carers and families



We meet monthly at Alvingham Road Day Centre, Alvingham Road, Scunthorpe on 4th Monday of each month from 7pm to 9pm. We sometimes have activities such as bingo or have a speaker, but generally we discuss any current issues relating to head injury. We also like to meet for pub meals, visit interesting places or a pamper day.

For further information contact:- Mrs. Pat Coyle—01724 864087 or

Mrs. Denise Webster—01469 532113 or Mrs. Chris Wells—01652 654363

Registered Charity No. 1025852. Company Limited by Guarantee—No. 2346893



IRON WILL CANCER SUPPORT SOCIAL GROUP

Support for anyone affected by cancer—Patients, Carers, Family and Friends — Someone to talk to when you need it most

The Group meets on the last Tuesday of the month from 7.30pm to 9.30pm
at the Lindsey Lodge Day Unit, Burringham Road, Scunthorpe

Macmillan Nurses and Hospice Staff also attend if you need specific information

Express your feelings, talk about any problems or worries, support from someone who has gone through a similar experience as well as social events, guest speakers and fundraising

**For more details ring Ruth Wyld—Chairman of Iron Will on 07751 886646/
Lindsey Lodge Hospice on 01724 270835 / Macmillan Nurses on 01724 871556**

PAYROLL SUPPLIERS

If you're thinking about a Personal Budget and want to know who can help you with your payroll duties, the Carers' Support Centre have a list of local providers with their current charges

FRESHSTART PLUS

Freshstart Plus holds various activities for those with disabilities

You can meet with the Team first, and you are free to bring along your own support to groups if you need it

Some of the groups include:-

**Social Group with karaoke, board games, the Wii game & bowling.
Food will also be available.**

Indoor Sports—new age kurling, bocchia & other indoor games.

Healthy Cookery Classes

Ten Pin Bowling Gym & Swim

Gentle Exercise Cinema Club

**Scunthorpe United Disability
Football Team**

North Lincs Talking Newspaper

For more details on any of the above please ring Martin, Jane or Katie on 07717586157

Scunthorpe Memory Café

A relaxed café environment for people with dementia or memory problems and their families, plus information and an activity group. The café is held on the first Friday of the month 10am to 12pm

Forthcoming activities are:-

1st July Arts and Crafts

*5th August Reminiscing & Memory
Books*

2nd September Health Trainers

7th October Halloween comes early!

This News Sheet is distributed to inform staff working with Carers to show some of the things that are happening locally for Carers.

We would appreciate your input—both good and bad! - about the content, style and whether it is helpful to you.

If you know of any organisations or information that could be included please let Karen know.

Please send any comments to:-

**Karen Martin at the Carers'
Support Centre
or email karen.martin@carerssupportcentre.com**



**Carers can access activities
FREE OF CHARGE
if they are accompanying
The person they provide care for
at North Lincolnshire Leisure Facilities**

**Ring Paul Kitchen
BTEG Officer - 07717587359
for more details**



We now have a Benefits Adviser who can help with claiming benefits, working out "better off" calculations, helping with application forms for benefits etc.

*If you know someone who would like some help
please ring 01652 650585 and ask for Graham*

North Lincolnshire Access Team

From 4th July all adults should be referred to the new Access Team based at Great Oaks (incorporating the Crisis Team)

Emergency Referrals will get a response within 4 hours (for those needing immediate response due to level or risk or need)

Routine Referrals will be assessed within 10 days of referral

Ring 01724 382105 to speak to the Team

*If anyone would like a copy of a Carer's Companion—
A Guide for Carers in North Lincolnshire please contact
the Carers' Support Centre on 01652 650585
or the Family Carer Team on 01724 297979.*

The guide is full of useful information on the support and services available to adult Carers caring for an adult in North Lincolnshire

Empathy Family & Friends Support Group

c/o 4-6 Robert Street, Scunthorpe, DN15 6MG
01724 845155 or Freephone 0808 143 0640
www.empathy.support.co.uk

Hurt? Angry? Confused? Used? Guilty? Ashamed? Resentful?

These are some of the emotions experienced when dealing with the drug or alcohol addiction of someone you care about.

Empathy can help - ring now!

SCUNTHORPE STROKE CLUB

The Scunthorpe Stroke Club is at Alvingham Road Day Centre.

The Club meets every Wednesday evening from 7pm to 9pm. It is a social club which includes Carers of family members who have a stroke. There is entertainment, outings, speakers, etc.

Transport can be arranged in the Scunthorpe/ Ashby area if required

For more information please

**Contact: Mrs. S. Herrick
on 01724 346799**

July 19 - Carers' Support Centre
August 16 - Carers' Support Centre
Future meetings to be arranged

*Help with transport and sitter costs
Group is facilitated by an expert tutor*



**FAMILY
HISTORY
CARERS'
GROUP**

Call Sue White on 01652 650585 for more details

Although regular meetings are at the Carers' Support Centre, occasionally the Group will also meet at the Central Library, Scunthorpe to access the family history archives

THE WAY FORWARD - GROUP FOR FORMER CARERS

- July 5 - Trip to Melton Mowbray Market (pick up Cary Lane, Brigg 8.15am)
- July 19 - Barton Waters Edge (meet 10am outside Viewing Centre)
- August 2 - Games afternoon at Carers' Support Centre (10am to 12noon)
- August 16 - Lincs. Antiques & Home Show (meet at Show Ground 10am—entry £2.50)
- Sept. 6 - 20/21 Visual Arts Centre, Scunthorpe (10am to 12noon)
- Sept. 20 - History of Corn Dollies at Carers' Support Centre (10am to 12noon)

Meetings are on 1st and 3rd Tuesday of the month but may change on occasion