

The North Lincolnshire Carers' Guide

Produced in partnership with
North Lincolnshire Council,
the Carers' Advisory Partnership
and the Carers' Support Service



www.northlincs.gov.uk



Carers' Advisory
Partnership



North Lincolnshire
Clinical Commissioning Group

Welcome to the North Lincolnshire Carers' Guide

There are over 19,000 carers in North Lincolnshire which makes up an estimated 11% of our local population. Carers are an essential part of care in our communities. Without them we would not be able to meet the needs of some of our most vulnerable people. Carers need and deserve support and this Guide will help carers to:

- Care well and safely
- Look after their own health and wellbeing
- Realise their education and employment potential
- Not feel isolated or unable to cope
- Have a life of their own alongside caring responsibilities

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Are you a Carer?

A carer is someone who helps another person, usually a relative or friend, in their day to day life. This is not the same as someone who provides care professionally or through a voluntary organisation.

Adult Carers are adults caring for adults over the age of 18. This includes adults caring for their adult children.

Parent Carers are parents caring for a child or young person under the age of 18 who has additional care needs because of an illness or disability.

Young Carers are young people under the age of 18 who look after a family member who is ill or disabled. As a result, they may not have as many personal, social and educational opportunities as other young people.

This Guide is primarily focused on support for adult carers who care for another adult.

If you care for a child with additional needs, there may be additional support available to you which is not included in this Guide. The Carers Support Service will be able advise you and give you the information you need . You can contact the Carers Support Service on 01652 650585.

If you are a young carer contact the Wellbeing and Young Carers Team for more information on 01724 853400 or email them at youngcarers@northlincs.gov.uk.

You can also get information about support for Carers from the following organisations:

- The Carers' Support Service on 01652 650585
- Your GP and primary care staff such as health visitors or community nurses
- North Lincolnshire Council's Gateway to Care on 01724 297979
- North Lincolnshire Council's Family Carer Team on 01724 298393
- Any other supporting organisations or agencies, such as Age UK, the Stroke Association or the Alzheimer's Society

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Staying Well and Healthy

General Health and Wellbeing

Aside from all the usual reasons to look after your health, people depend on you so it is important to care for your emotional, mental and physical wellbeing.

Accessing support early can help maintain your health, wellbeing and independence. Don't wait until you can't cope.

- Don't wait for a crisis – early support can enable you to continue activities such as work or education. Support can be vital to maintaining relationships and a sense of identity outside of being a carer
- Try to eat well
- Try to maintain regular exercise, even if it is only light exercise
- Make time for yourself, even just for 10-15 minutes a day

The Healthy Lifestyle Service (01724 298212) offer free information and support to anyone wanting to maintain or improve their health and wellbeing.

If you are 40-74 and have not been diagnosed with heart disease, stroke, type 2 diabetes or kidney disease, you are entitled to a FREE NHS Health Check. Ask your GP for details.

If you are 75 years old and over you can have a Wellbeing Check. Further information is available at the Community Wellbeing Hubs (Tel: 01724 276759 or your nearest Hub) or email prevention.adults@northlincs.gov.uk.

Health Services

Let your GP, dentist or the hospital know that you are a carer. They will be better able to understand your concerns such as time constraints, and how this can impact on your health needs.

- Ask to be put on the Carers' Register at your GP surgery
- Try to make/keep appointments regularly, rather than putting them off because of your caring role. It uses less time in the long run and could prevent the development or progression of a health issue
- When making an appointment, ask for extra time with your GP/hospital staff to talk through any caring matters. It is useful to make a list of questions beforehand
- Some surgeries and pharmacies have arrangements in place to help with the collection and delivery of prescriptions – ask at your surgery or local pharmacy.
- If you need to go into hospital and have concerns about your hospital stay, speak to your GP and/or your contact at the hospital well before your admission
- If you are going into hospital for a planned stay, you have time to prepare. Ask your doctor if the procedure can be done as an outpatient visit. If not, ask if any tests can be done prior to going into hospital in order to shorten the length of stay. Contact family members or Adult Services if the person you care for needs support while you are in hospital

- If the person you care for is going into hospital and you still need to be involved in their care and support, let the hospital staff know. If you are going to be a frequent visitor to the person you care for ask for advice about parking
- There is a Social Work Team based at the hospital and also a worker from the Carers' Support Service. Ask the ward staff how to get in touch if you feel they can support you (or the person you care for) with your discharge from hospital

For more information about health services and healthy living visit NHS Choices at www.nhs.uk

For non-emergency, but urgent, medical help or advice call the free NHS service on 111 to speak to a highly trained adviser, supported by healthcare professionals.

In the case of an emergency dial 999.

The Carers' Support Service has a Carers Liaison Officer – Bev Herron – at Scunthorpe Hospital.

Please contact her on 03033 302024 or 07805 756534 for support or advice.

Having a break from Caring

Having a break from caring from time to time will help you stay well. Everyone needs time to recharge their batteries and this is even more important when you are caring for someone. Having a break can be spending time with family and friends, having the chance to pursue your own interests or just having time to relax. When caring for someone, it can be difficult to find time for yourself but it is important for your own wellbeing and for the person you care for that you look after your needs. You may need someone to support the person you care for while you have a break, such as support in the home.

The Carers' Support Service, the Family Carer Team or the Short Breaks Service (for children with additional needs) - Tel. 01724 407988 - can advise you about the support available to enable you to have a break.

Supporting Carers

When you realise that you need some support it can be difficult to know where to start. You can find yourself dealing with a number of professionals as you find the support that is right for you and the person you are caring for.

Before you contact anyone it is useful to consider doing the following:-

- Write things down – write down what is worrying you and try to put it in some kind of order – this will help you understand what support you need
- Write down what you want to say – sometimes if you feel emotional you can forget something important
- At the end of a conversation, it is useful to reiterate what you have discussed and agreed, who is doing what and, if appropriate, any timescales. It is also useful to know the name of the person you have been speaking to.
- Don't be afraid to say if you feel the support suggested will not help you or the person you are caring for – professionals want to help you find the support that is right for you.

The Carers' Support Service

The Carers' Support Service helps support all carers in North Lincolnshire. It provides support and signposting to other services as needed, but also provides a wide range of its own community based services. In addition, it promotes and champions carers' rights.

Services include:

- Information and advice related to caring
- Emotional support including befriending, counselling and a listening ear
- Peer support groups
- Access to various wellbeing activities
- Training for carers – First Aid, Back Care, Caring with Confidence, Understanding Dementia, Stress Management etc.
- Relaxation treatments – massage, aromatherapy, manicures etc.
- Support when caring ends
- Home care
- Volunteering opportunities
- Personal budget management

If at any time you are unsure of where to access the information, advice or support that you need, or you would like further information, contact the Carers' Support Service on 01652 650585 or the Family Carer Team on 01724 298393 or 01724 298044

The Family Carer Team

The Family Carer Team is part of North Lincolnshire Council Adult Services and supports adults carers who care for another adult. The team's primary focus is on the needs of the carer, keeping them well and enabling them to live their life while undertaking a caring role. The team will be able to support carers with the following:

- Carers' Needs Assessments
- Carer reviews
- Carer break funding
- Information and advice
- Signposting and referral to other services
- Listening ear
- Emergency planning

To find out more please call 01724 298393 and speak to the Duty Worker.

Having a Carers' Needs Assessment

What is a Carers' Needs Assessment?

A Carers' Needs Assessment is about you and the support you need. It looks at how caring affects your life and your wellbeing, and considers whether you are willing and able to continue caring. The assessment will focus on your care and support needs and provide information and advice about the services to meet those needs. The support agreed with you will be recorded in a support plan. A worker from the Family Carer Team will make an appointment to visit you at home, or at another suitable venue if talking at home is difficult when the person you care for is there.

A Carers' Assessment is your opportunity to identify your goals and to talk about the specific things that could be helpful or make life easier for you

Who can have a Carers' Needs Assessment?

The Care Act 2014 gives carers the same recognition as the person they care for. Carers' Needs Assessments are now more widely available to all people in caring roles. The new rights entitle carers to an assessment regardless of the needs of the person being cared for. The person being cared for does not need to have had an assessment of their needs or be eligible for support. Carers have a right to an assessment regardless of the amount or type of care or support they provide, their financial means or their level of support.

Preparing for a Carers' Needs Assessment

When preparing for your Carers' Needs Assessment, think about how you feel, what works well and what you need help with. It might be useful to write some notes so you don't forget to say something important to you.

Your Carers' Needs Assessment will consider:-

- The impact caring has on your health and emotional wellbeing
- Whether you are able to get out and about
- Having time for yourself
- Being able to continue with your other relationships or responsibilities
- Any information you might need to ensure you are claiming the right benefits
- Opportunities for work or education
- Support and advice you need about ensuring the person you care for is getting the support they need
- What your goals/aspirations are outside of caring
- Any cultural, spiritual, lifestyle or other needs you may have

Where can I find more information?

Contact the Family Carer Team (01724 298393/298044), Gateway to Care (01724 297979) or the Carers' Support Service (01652 650585) or visit North Lincolnshire Council's website at www.northlincs.gov.uk/carers. The Carers UK website also has information on www.carersuk.org/help-and-advice

Finding support for the person you care for

Community Wellbeing Hubs

Community Wellbeing Hubs provide advice and support for vulnerable adults in North Lincolnshire.

Activities in the Hubs and local community will vary and may include:

- Support to access employment and meaningful activity
- Activities and support for carers
- Wellbeing Checks for people aged 75 and over
- Activities such as craft, reminiscence, healthy eating, chair based exercise, tabletop games, kurling, archery and discussion of current affairs
- Targeted workshops on issues such as dementia, nutrition, home and personal safety
- Access to services including bathing, podiatry and other health topics
- Volunteering opportunities
- Information and signposting to other services

If you are feeling lonely or isolated then please contact your local Community Wellbeing Hub either on the phone numbers below or just drop in and say hello. There is always a warm welcome.

Barton and Winterton - 01652 634554

Brigg and Broughton - 01652 653384

Scunthorpe - 01724 296759

Epworth and Crowle - 01724 297771

Occupational Therapy

You and the person you care for can contact Occupational Therapy to assess whether some equipment in the home such as grab rails, a raised toilet seat or a walking frame would make life easier and safer. For further information contact:

East Network (Brigg and Barton) - 01724 298180

South Network (Scunthorpe South) – 03033 306804

West Network (Scunthorpe West and Isle of Axholme) – 03033 306802

Blue Badge

The Blue Badge Scheme provides parking concessions for disabled people with severe mobility problems. A Blue Badge enables you to park in dedicated parking bays which are closer to facilities and parking is free of charge. There is a small charge for a Blue Badge. For more information visit www.northlincs.gov.uk. You can apply for a Blue Badge online if preferred or you can telephone Adult Services Locality Team on 03033 306806 or 03033 306809.

Longer Term Support

Adult Services

If you or the person you care for have more complex needs or may need longer term support you/they may be entitled to an assessment by North Lincolnshire Council.

The Gateway to Care is the first point of contact for people who are not currently receiving support from Adult Services. The team will work with you and the person you care for to provide advice and will help you find the best support to meet your needs.

Whoever provides support to you and the person you care for will be there to help you and respect your wishes. You will be in control and people will work with you to ensure you are happy with the process.

The Access Team within the Gateway to Care will complete a proportionate assessment and help you identify the support you need, e.g. rehabilitation and/or community services.

If longer term support is needed from Adult Services, then the Locality Team from your local Care Network will become involved. The Care Networks are linked to your GP practice and include workers from health and social care. If the person you care for has a learning disability or physical disability your assessment might be completed by a worker from the Complex Disability Team.

The allocated worker will also be able to explore options for support with you which may include information about a personal budget. The case worker will explain the process to you and how the personal budget can be used.

Information and guidance is available about the Assessment Pathway and how to manage a personal budget so you know what to expect at each stage of the process.

For further information contact the Gateway to Care on 01724 297979 or visit www.northlincs.gov.uk/adultservices

Advice about finances

There are many welfare benefits available, both for the carer and the person they care for. It is vital that you get these in place as soon as you can. However, they can be complicated to work out without expert support and advice. The following organisations can help you:

- Age UK Lindsey (01724 849819) – for over 65s or email info@ageuklindsey.co.uk
- Crosby Community Association (01724 330022) – all ages
- Citizens Advice Bureau (01724 870941) – in person/phone
- Ongo Financial Inclusion Team (01724 279900) – for tenants only
- Department of Works and Pensions (0345 605 6055)
- GOV.UK website – www.gov.uk

The North Lincolnshire Financial Inclusion Group (Ongo) has created a pocket guide leaflet to provide information on where to go for free help and assistance relating to money worries. This can be found at www.northlincs.gov.uk The Local Link Offices are also a good place to start when looking for advice. Contact 01724 296296 for information on your nearest Link Office.

Carers UK Carers Rights Guide also has some good information relating to finances – visit www.carersuk.org or ask the Carers' Support Service for a copy.

You may also be able to get financial help with Council Tax or Housing Benefit. Contact North Lincolnshire Council on 01724 297000/296296 or visit www.northlincs.gov.uk/counciltax for more advice.

There are many organisations who can offer independent financial advice. The Money Advice Service has been set up by the government to offer free and impartial advice. They can be contacted by visiting www.moneyadviceservice.org.uk or you can ring 0800 138 777.

Specialist support

There are a number of specialist services who can provide information and advice about conditions such as dementia, strokes, multiple sclerosis, mental health and arthritis, for example.

Information and contact details for organisations that can offer support can be found at the end of this Guide.

Living your Life

Support with Work

Carers may find that the best, or only way to manage their work and caring responsibilities is to change their work arrangements. A carer may need to take leave at short notice for emergencies, for example. The law now gives carers more rights at work, such as the right to request flexible working and the right to have time off for emergencies. For more details ask the Carers' Support Service on 01652 650585 or visit the Carers UK website www.carersuk.org.

There is also a specialist team of advisers at the Job Centre who aim to help carers wishing to return to work. They can often help with payments for alternative care and transport costs, for example, when attending interviews, going on a training course or during the first six months of employment. For more details on the schemes that are available to help please contact 0345 604 3719.

Leisure and Social Activities

North Lincolnshire Council's Community Wellbeing Hubs can provide various activities to help with health as well as social activities. A copy of their newsletter can be obtained by emailing prevention.adults@northlincs.gov.uk or contacting your local Hub.

Scunthorpe	– 01724 296759
Barton & Winterton	– 01652 634554
Brigg & Broughton	– 01652 653384
Epworth & Crowle	– 01724 297771

The Adult Information Service (North Lincolnshire Council) can also provide information on lots of local activities. You can contact them on 01724 296607 or email ais@northlincs.gov.uk Further information can be found on www.northlincs.gov.uk/ais

The Carers' Support Service runs peer support groups all over North Lincolnshire where carers can find friendship and mutual support. They may also be able to help with alternative care and transport depending on need. To find out which group is near you ring 01652 650585.

Sport, Leisure, Arts and Museums Service

It is well known that sport, physical activity, arts and museums can play a significant role in improving our health and wellbeing and that this is essential for people who are carers for family members and friends.

The Council offers a wide range of activities, some of which are free or free entry at a number of sites.

For more details of what's on offer visit www.northlincs.gov.uk or email community.recreation@northlincs.gov.uk or telephone 01724 297270.

As a carer, when you visit North Lincolnshire Council's sports and leisure centres and Normanby Hall Country Park you are entitled to free entry if you are supporting the person you care for.

Education and Training

There are many places that a Carer can obtain information about education and training, whether in relation to their caring role, getting back to work or pursuing an interest.

There is specific training, free for carers such as Caring with Confidence, Understanding Dementia, Stress Management, Back Care and First Aid – all available from the Carers' Support Service.

North Lincolnshire Council also offers courses that are free for carers.

The Alzheimer's Society provides specialist dementia training courses. Options Recovery College and MIND provide courses around mental health issues. Courses are also available from places such as North Lindsey College and the Workers Education Association.

Housing

North Lincolnshire Council's Housing Advice Team - 01724 297000 or email to www.housingadvice@northlincs.gov.uk - will advise, help and signpost with regard to any general questions or problems around housing. The team will assist tenants, homeowners and landlords with any issues.

To apply to go on the Housing Register you need to use HomeChoiceLincs or the website homechoicelincs.org.uk Contact the Housing Advice Team if you need any help.

If you need help with a housing related problem, or you need someone to write or speak on your behalf, contact the Carers' Support Service (01652 650585) as they may be able to help. You could also call the Scunthorpe & District Citizens Advice Bureau on 01724 870941.

Disabled Facilities Grants

A Disabled Facilities Grant helps pay for essential adaptations to the homes of people who are registered as disabled to help them live more independently. The grant can only provide funding for adaptations where the work is necessary and appropriate to meet the needs of the disabled person. They must also be reasonable and practicable taking into consideration the age and condition of the property.

For further details contact North Lincolnshire Council's Home Assistance Team on housing@northlincs.gov.uk or call your local Care Network Team on:-

Scunthorpe South – 03033 306804

Scunthorpe West & Isle of Axholme – 03033 306802

East Network (Broughton to Killingholme) – 01724 298180

Keeping safe

It is important to feel safe and be safe, and to ensure the person you care for is safe. To find out more about safety in your community email saferneighbourhoods@northlincs.gov.uk or ring 01724 244665.

Technology – Telecare

Telecare is the name given to a range of electronic sensor equipment which can support your relative/friend to remain independent in their own home. Equipment can help someone feel safe and secure within their home and also offers their family and carers peace of mind and reassurance.

An alarm or sensor can be worn by the person, or placed around the home. This enables the person to directly seek help or, when a sensor is automatically triggered, alerts a Call Centre or a named contact. For example:

- Pendant alarm and Lifeline box
- Bed and chair sensors
- Prompts and reminders
- Enuresis sensor (for those with continence problems)
- Falls detector
- Epilepsy sensor
- Home pager/Care assist
- Property exit sensors and security features
- Bogus caller button
- Environmental sensors

For information and advice on Telecare please ring 01724 298408 or email TelecareServices@northlincs.gov.uk

Emergency Plan/Emergency Card

It is important for carers to consider who would help if they had a crisis situation and were unable to provide support for the person they care for. By completing an emergency plan the carer can identify a family member or friend or professional that they would like to be contacted should an emergency arise.

The carer will be given a Carers' Emergency Card which provides carers with reassurance and confidence that in such situations the emergency number will be contacted to ensure the person they care for is supported.

The Emergency Services recognise the card and know that someone is dependent on the person carrying it. The card also has the phone number for the 24-hour control room so help can be accessed immediately.

For further information contact the Family Carer Team on 01724 298393 or visit www.northlincs.gov.uk/carers.

Caring for someone who has behaviours that are challenging to you

If you are caring for someone who has behaviours that are challenging to you such as shouting, hitting or throwing something, and you don't feel safe or able to manage, contact your health professional, social worker or Adult Services (01724 297979) for advice and support.

The Herbert Protocol

The Herbert Protocol is named after George Herbert, a war veteran of the Normandy landings who lived with dementia. This is a national scheme adopted by Humberside Police and other police services across the country.

The scheme encourages carers, families and friends to hold information about the person they are caring for that can help the police to find them should they go missing or not return home when expected. For more information you can pick up a form from your local police station or visit www.humberside.police.uk/issues/vulnerability

Safe Place

Safe Place is a simple scheme to help vulnerable people to stay safe whilst out and about in the North Lincolnshire area.



Anyone who is feeling vulnerable, scared, confused or lost is able to access the scheme and ask for help. Safe Place can be found in

- Shops
- Libraries, sports and community centres
- Train and bus stations

Window stickers (as above) will be displayed at the venues that are part of the scheme to show that they are a safe place to go.

For further information ring 01724 244644 or email saferneighbourhoods@northlincs.gov.uk.

Protecting Vulnerable Adults

If you suspect that the person you care for (or any vulnerable adult) is the victim of abuse (whether the abuse is intentional or not), it is really important to seek help as soon as you can.

Abuse means causing another person significant harm and can include:

- Violence – physical abuse
- Sex without consent
- Fraud or theft
- Verbal abuse, threats or bribery
- Failing or refusing to keep someone from harm
- Neglect

If you are concerned about someone contact Adult Services on 01724 297979 as soon as possible.

Your concerns will be taken seriously and urgent action taken where appropriate. No action can be taken or information shared with others without the consent of the person being abused, unless there are public interest considerations or the adult concerned is unable to make a decision because of their mental capacity.

If you suspect someone is in imminent danger, then telephone 999 for the Police and Emergency Services.

Thinking about the future

Making Decisions

There may come a time when you are concerned that the person you care for is struggling to make decisions, particularly if they have dementia or other illnesses that affect their memory. The Mental Capacity Act 2005 and its guidance explains how to help someone with decision making. Adult Services and the Alzheimer's Society can provide further information about this.

Lasting Power of Attorney

The person you care for may be concerned that they may need help with decision making in the future especially around their health and wellbeing, and their finances. One option is for them to choose someone they trust to be an attorney through a legal document called Lasting Power of Attorney.

That person must act in the best interests of the person cared for. Once registered, this person has authority to make decisions on their behalf if they can no longer do so. The person must act in their best interests. This decision needs to be made when the person is able to make that choice themselves. For further details visit GOV.UK on www.gov.uk

Wills

A will lets someone decide what will happen to their money, property or possessions after their death. You can write your will yourself, but you should ideally get legal advice to ensure it will do what you want. You can get advice from a solicitor or the Citizens Advice Bureau. The GOV.UK website www.gov.uk website can also help. Many organisations such as Age UK, Macmillan Cancer Support and the Alzheimer's Society can also help.

If you feel you need help and support with your caring role please contact the Carers' Support Service on 01652 650585 or Adult Services Family Carer Team on 01724 298393/298044 or Adult Services Gateway to Care on 01724 297979.

How to be involved

The Carers' Advisory Partnership (01652 650585) and North Lincolnshire Clinical Commissioning Embrace Patient Network (0300 3000 567) provide a voice for carers and work with carers and professionals to improve services for carers. If you would like to be involved in either group please contact them for further information.

Useful Contacts

This Guide is available as a booklet and online. You can view an online version on the Carers' Support Service website at www.carerssupportcentre.com/northlincolnshire or North Lincolnshire Council's website www.northlincs.gov.uk/carers

Adult Information Service	01724 296607
Adult Services	
Gateway to Care	01724 297979
Family Carer Team	01724 298393 01724 298044
Complex Disability Team	01724 298000 01724 298222
Complaints	01724 296426
Age UK Lindsey (formerly Age UK North Lincs)	01724 849819
Alzheimer's Society	01472 359247
Blue Badge Scheme	
Adult Locality Team – South	03033 306806
West	03033 306809
Brigg	01724 298180
Barton	01724 296981
Care Call Service	01724 849768
Carers' Support Service	01652 650585
Citizens Advice Bureau – Scunthorpe	01724 870941
Cloverleaf Advocacy	01724 854952
Community Wellbeing Hubs	
Scunthorpe	01724 296759
Barton & Winterton	01652 634554
Brigg & Broughton	01652 653384
Epworth	01427 873787

Crowle	01724 297212
Crosby Community Association	01724 330022
Cruse Bereavement Care	01724 281178
Dept. of Work and Pensions	0345 605 6055
District Nurses – Out of hours (7pm to 7am)	01724 331102
Empathy Support	01724 488535
GP Emergency Centre	111
Headway	01652 654363 07715 212792
Health Trainers Service	01724 292170
Humbercare Home from Hospital Service	07793 241218
Humberside Fire & Rescue	01724 295900
Humberside Police	999 or 101
Job Centre	0345 604 3719
Local Link Offices	
Ashby & District	01724 296832
Barton-on-Humber	01724 296800
Brigg & District	01724 296840
Crosby	01724 297000
Crowle & North Axholme	01724 296850
Epworth & South Axholme	01724 296870
Scunthorpe & District	01724 296820
Winterton & District	01724 296873
Mental Health	
Access Team	01724 382015
Community Mental Health Services for Older People	01724 270363
Great Oaks Mental Health Unit	01724 382000
Motability	0300 456 4566
Multiple Sclerosis Society Scunthorpe & District	07592 598484
North Lincolnshire Independent Complaints Advocacy (ICAS)	0808 802 3000
NHS Direct	111

Occupational Therapy (Core Therapy) East Network (Brigg & Barton) South Network (Scunthorpe South) West Network (Scunthorpe West and Isle of Axholme)	01724 298180 03033 306804 03033 306802
Patient Advice & Liaison Service Diana Princess of Wales Hospital, Grimsby Scunthorpe & Goole Hospitals Hull Royal Infirmary and Castle Hill Hospital North Lincolnshire Clinical Commissioning Rotherham Doncaster and South Humber NHS Foundation Trust (RDaSH) Scunthorpe General Hospital	03033 306518 01724 290172 01482 623065 01652 251000 0800 015 4334 01724 290132
RADAR keys	0207 250 8181
Registrar of Births, Marriages and Deaths	01724 298555
Safer Neighbourhoods	01724 244665
Samaritans Free number	01724 860000 116 123
Shopmobility	01724 297418
Stroke Association – Information, Advice and Support Service	01724 851203 01724 848878
Telecare	01724 298408
Transport Solutions Voluntary Car Service	01652 637700
Walking the Way to Health in North Lincolnshire	01724 297631
Young Carers Team	01724 842339 01724 853400

My personal contact list (for your own use)

Name	Telephone Number



www.northlincs.gov.uk



**Carers' Advisory
Partnership**



NHS
North Lincolnshire
Clinical Commissioning Group