Caring News
North Lincolnshire

CARERS WEEK COMING SOON
10th - 14th JUNE

March 2019
To May 2019

www.carerssupportcentre.com
Spring has arrived and with it lighter nights and, hopefully, better weather.

Everyone enjoyed a fantastic New Year Meal at the beautiful Humber Bridge Country Hotel, Barton. Thank you to all the volunteer drivers who helped bring Carers to the venue.

As usual, we have a full programme of wellbeing activities and training opportunities for you. Whatever your caring situation there will be something on that suits you and is near to where you live. Should you need help with transport or alternative care, please ring us and we will do our best to help you. If there is any training or workshop you would like us to arrange, please let us know and we will see what we can do!

Carers Week will take place from 10th to 14th June 2019. We are planning various events and activities, culminating in a Charity Ball at Forest Pines Hotel, Broughton on the evening of 14th June - a few tickets still left! We have booked the Dementia Bus and the Autism Bus - an experience to show how dementia and autism affects the perceptions of the world around for people with these conditions.

Keep an eye on our Facebook and Twitter pages to see what else is happening during that week!

Our short term care facility at our Grimsby office is becoming busier. If you are caring for an adult and you need a few hours to do some shopping in Grimsby, or visit friends, or just have some time for yourself, then it’s the ideal place. Your loved one will be cared for by trained care staff in comfortable surroundings while you have a break. See page 8 for more details or give ICCS a call on 01652 601973.

This is our 30th year or providing an array of support services to Carers in Northern Lincolnshire. We continue to work hard to meet the needs of Carers and champion Carers’ rights. If there is anything more we can do for you please let us know.

Karen Martin—Carers Support Manager
Have you moved?
Have you changed your telephone number or email address?

We want to keep our records up to date. Please let us know of any changes to your address or telephone number.

We would also like you to let us know if there are any changes in your caring role.

If you would like feedback on any of your comments please provide your contact details.

Thank You.

Working with all Carers in North Lincolnshire
Carers’ Support Service

11 Redcombe Lane, Brigg, N. Lincs., DN20 8AU
Tel: 01652 650585

The Carers’ Support Service can offer:-

- Information
- Helpline
- Counselling
- Emotional Support
- Peer Support Groups
- Computer Tuition
- Befriending
- Alternative Therapies
- Training courses
- Health & Wellbeing Activities

Registered Charity No. 1070028  Company Limited By Guarantee Reg. No. 3540988

Email: info@carerssupportcentre.com  www.carerssupportcentre.com

CARERS’ HELPLINE - 01652 650585

The Carers’ Support Service is open
8am to 8pm  Monday to Thursday
8am to 6pm Friday
as well as 10am to 4pm at weekends

Helping you remain in your own home
An ideal solution to a positive future

Some of our services include:
- Assisting with personal care
- Medication administration
- Meal preparation
- Maintaining independence
- Assistance with attending appointments
- Domestic duties

Working across North Lincolnshire

For more information please call

01652 601973
www/idealcommunitycaresolutions.co.uk

96% in recent CQC inspection
Free Computer Tuition for Carers
Would you like to learn more about…
Computers?     Using the Internet?
Online shopping?    Emails & attachments?

Complete beginner or you need some extra advice?
The Carers’ Support Service have volunteer tutors that can help.

Sessions are fun, informal and 1:1.
Learn at your own pace and focus on what you want to achieve.

For more details call Jayne on 01652 650585

For those of you with emails……..
We will always send the Caring News by email unless you let us know otherwise.
If you have an email and don’t seem to have received the Caring News, please check your settings and Spam folder.
If you need some help using your computer don’t forget we offer free one-to-one computer tuition for Carers.
See the top of this page for more details.

Volunteer Drivers Needed
If you can spare a couple of hours each week please call Sharon on 01652 650585
Expenses paid
40p per mile
Spring has arrived and with it lighter nights and, hopefully, better weather. We hope everyone enjoyed their New Year Meal. Thank you to all.

SELLING FAST

GREAT GATSBY

CHARITY BALL
IN AID OF THE CARERS’ SUPPORT SERVICE
FRIDAY 14TH JUNE 2019
6:45PM TILL 1AM
TENNYSON SUITE
FOREST PINES HOTEL & GOLF RESORT

PROSECCO DRINKS RECEPTION
3 COURSE MEAL, LIVE ENTERTAINMENT
DISCO & 20% BAR DISCOUNT

DRESS: BLACK TIE
TICKETS £45PP (DISCOUNTS FOR FULL TABLES)

01652 650585
REGISTERED CHARITY 1070028
Myeloma & Other Blood Cancers Support Group
A group for anyone affected by Myeloma and other blood cancers. (Patients, family members, carers and friends are all welcome.)
Lindsey Lodge Hospice, Burringham Road, Scunthorpe
The last Thursday of each month at 7pm

BREAST CANCER SUPPORT GROUP
For anyone affected by breast cancer, or just want to know or be part of your local support group because you care.
The Angel Suite, Market Place, Brigg
Third Tuesday of every month (except December)
7.30pm—9.30pm

PARKINSON’S CAFÉ BRIGG
Starts in April
First Thursday of the month at The Lemon Room, Brigg Garden Centre, Bigby High Road, Brigg
10.30 am until 12.00 noon

HUNTINGTON’S SUPPORT GROUP
For anyone affected by Huntington’s Disease.
The Carers’ Support Centre, Redcombe Lane, Brigg
Last Monday of every month
6pm until 7pm

WAY FORWARD GROUPS
Groups for former carers
The Way Forward Groups meet at various locations in North Lincolnshire.
Call 01652 650585 for all details.

MS Support Group
Meets every second Wednesday of the month
Waters Edge, Barton in the Honeypot Café
12.30pm to 2.30pm
Contact Louise 07730037322

BREAST CANCER SUPPORT GROUP
For anyone affected by breast cancer, or just want to know or be part of your local support group because you care.
The Angel Suite, Market Place, Brigg
Third Tuesday of every month (except December)
7.30pm—9.30pm

HUNTINGTON’S SUPPORT GROUP
For anyone affected by Huntington’s Disease.
The Carers’ Support Centre, Redcombe Lane, Brigg
Last Monday of every month
6pm until 7pm

Brigg Parents Autism Support Group
A friendly and informal group for anyone who has a child between 3-25 yrs who is diagnosed, or you think may be, on the autistic spectrum
Carers’ Support Centre, 11 Redcombe Lane, Brigg
1st Thursday each month - 6pm to 8pm

YOUNG SIBS SUPPORT GROUP
A fun group for the child/children in your family affected by their siblings’ condition and your caring role.
Carers’ Support Centre
11 Redcombe Lane, Brigg
The second Monday of every month
4.30pm to 6pm

ADVERTISE YOUR GROUP HERE!
Give us a call and pass on your details
01652 650585
Day Care
With Carers in Mind


Time to yourself?
Time for shopping?
Time with friends?
Time for a coffee?
Time for a hobby?

Only £7 per hour
Care you can trust, provided by the Carers’ Support Service in partnership with Ideal Community Care Solutions.

Grimsby Town Centre
For more information call
01652 601973
HAVE YOU REGISTERED YOUR BLUE BADGE AT THE HOSPITAL?

The automatic number plate recognition barrier will recognise your number plate. When you pay you will be charged at the Blue Badge holder fixed rate fee. To register email parking.nlag@uk.issworld.com.

If you have recently renewed your Blue Badge you will need to email them.

Concessions are also available for cancer patients attending for a course of treatment, parents staying with a sick child overnight, or parents, guardians or next of kin staying for prolonged visits with a patient who is at the end of their life.

Carers Advisory Partnership

Have you got something to say about services for Carers in North Lincolnshire? The Carers Advisory Partnership (CAP) meet with key staff from North Lincolnshire Council and North Lincolnshire NHS CCG every month to share the experiences of Carers across the county.

Want to know more?

Call the Carers’ Support Service on 01652 650585 and a member of CAP will get back to you

From Child to Adult: A guide to disability, transition and family finances—updated 2019

Working Families’ free transition booklet has sections for parents and Carers and disabled young people, a step-by-step guide to better-off calculations and a list of useful publications, organisations and websites.

Contact their Helpline on 0300 012 0312 or email advice@workingfamilies.org.uk for a copy
**You can get part of your application fee back if you applied to register a power of attorney from 1 April 2013 to 31 March 2017 in England or Wales.**

This applies to lasting powers of attorney (LPA) and enduring powers of attorney (EPA).

You must claim your refund by 1 February 2021.

You can claim online at https://www.gov.uk/power-of-attorney-refund or by telephone 0300 456 0300 (choose option 6).

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**Rewild Workshops**

For anyone living in North Lincolnshire affected by stress, anxiety or low mood... for any reason.

Spend time in nature.

Volunteer organised workshops and master classes in natural space around North Lincolnshire.

Workshops include spoon carving, food smoking and autumnal colours.

To book your free tickets please visit https://www.eventbrite.com

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**SHINGLES VACCINE**

Having your routine shingles vaccination is a good way of looking after your health so you can get on with enjoying life without the pain of shingles.

You become eligible for shingles vaccine as you turn 70 or 78 years.

If you are 70, 71, 72, 73, 74, 75 or 78 or 79 and have not yet had the shingles vaccine, you can also have it now.

Contact your GP practice to make an appointment.

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**NHS Mental Health Apps**

The NHS have several apps and digital tools that can be used to help those with mental health issues. They are designed by experts to ensure they are safe, secure and work effectively.

Most are free of charge.

Look at NHS Apps Library to see which app suits best.
PIP (Parents Involvement and Participation) are an independent forum of volunteer parents or carers of children who have disabilities and/or special educational needs. Our aim is to support parents and carers and their children by giving them an opportunity to share ideas and try to make life a less complicated journey. We are able to offer a friendly face, listening ear, support and a voice to parents and carers in North Lincolnshire.

### PIP Coffee Morning Dates 2019

<table>
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<tr>
<th>Month</th>
<th>Date</th>
<th>Location</th>
<th>Time</th>
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<tr>
<td>Mar</td>
<td>Fri 8th</td>
<td>Fit with PIP*</td>
<td>10am to 11.30am</td>
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<tr>
<td></td>
<td></td>
<td>Belton Visitors Centre DN9 1NY</td>
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<tr>
<td>Apr</td>
<td>Thurs 4th</td>
<td>Costa, Debenhams DN15 8JH</td>
<td>10.15am—car park</td>
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<td></td>
<td>Weds 24th</td>
<td>The Yarborough Hunt, Brigg DN20 8NS</td>
<td>Normanby Park walk &amp; The Stableyard Cafe</td>
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<td>May</td>
<td>Weds 1st</td>
<td>Silica Lodge Garden Centre DN17 2BN</td>
<td>Fri 10th</td>
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<td></td>
<td>Fri 10th</td>
<td>Deepdale Garden Centre Barton DN18 6ED</td>
<td>10am to 11.30am</td>
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<td></td>
<td>Weds 15th</td>
<td>Brigg Garden Centre DN20 9HE</td>
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<td></td>
<td>Fri 24th</td>
<td>Epworth Garden Centre DN9 1JL</td>
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* Fit with PIP

www.northlincspip.org  Tel. 07510 211696
facebook.com/pipforum  tweet@pipforum
We provide a range of services including:-

**Transport** - wheelchair accessible transport can be arranged for group trips or individual appointments.

**Men In Sheds** - a great place for men to get together, create, chat, share some knowledge and have some fun.

**Activities** – our Lifestyle Centre offers a variety of different activities and groups for you to take part in.

**Café** - breakfasts, lunches and outside catering. Tasty, quality food at reasonable prices. All ages welcome.

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<tr>
<th>Volunteering</th>
<th>Hearing tests</th>
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<td>Aids &amp; adaptions</td>
<td>Meeting room hire</td>
<td>Information &amp; advice</td>
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<td>Benefits advice 65+</td>
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**Tuesday Social**
FREE - (refreshments at small charge as donation to Age UK charity) - join in activities such as games, snooker, darts, book club and much more. Why not come for a natter and meet new friends! Stay and have a delicious home cooked meal in Lucy’s Kitchen for £5 (main meal, drink and dessert).

**Lunch Club**
Come and have a two course meal and a cuppa with friends every Tuesday lunchtime for just £5.00. Booking advised.

**Computer Lessons**
Age UK will be holding Welfare Benefit Sessions on the last Wednesday of every month 1pm to 4pm for Carers of those 65 years+ and Carers aged 65 years+ at the Carers’ Support Service at Brigg Call 01652 650585 to book your appointment

The Respite Association

Provides free holidays for Carers without the person they normally care for. They have two caravans - one near Blackpool and one in Skegness.

For more information and how to book contact www.respiteassociation.org.

Childrens Centres in North Lincolnshire

By registering your family you will be able to access a range of free services for family members of any age

Please contact them - they are always happy to help

Surestartchildrenscentres @northlincs.gov.uk 01652 659882
Call us on 01652 650585 for more details about all these events

Caring with Confidence
5 sessions
10.30am to 2pm
Westcliff Community Centre, Scunthorpe

Dementia Awareness
4 sessions
2pm to 5pm
Humber Bridge Country Hotel, Barton

Willow Weaving Taster
28th March
10am to 3pm
Grange Farm Hobbies Centre, Scunthorpe
£5.00

Legal Matters & Financial Planning
28th March
5.30pm to 7.30pm
Carers’ Support

Remember to check out our Facebook page for activities and training organised ‘post publication’
My Future Care - Is Your House in Order?
1st April
2pm to 4pm
Civic Hall, Bramley Crescent, Bottesford

Self Esteem & Confidence Building
30th April
1.30pm to 3.30pm
Heslam Park Club, Ashby Road, Scunthorpe

Anxiety Management
30th April
10.30am to 12.30pm
Heslam Park Club, Ashby Road, Scunthorpe

Role of a Funeral Director
15th May
10am - 1pm
Carers’ Support Centre, Brigg

First Aid For Carers
9th May + 16th May
10am to 1pm
Gunness Village Hall, Gunness

Cup Cake Decorating
22nd May
10am - 12pm or 1pm - 3pm
Carers’ Support Centre, Brigg - £5.00
The Vulnerability Registration Service

The person you care for may want to register with the Vulnerability Registration Service so that organisations that check the register, such as companies offering new products or services, will know they are vulnerable when they deal with them.

As a carer you need to have Power of Attorney to register the person you care for. If the person you care wishes to register all they need is their name, address and date of birth to apply.

For further information visit the Vulnerability Registration Service.
Contact them on 024 7767 2996 or email info@vregservice.co.uk

SIDE BY SIDE

Side by Side is about discovering what people living with dementia would love to do with their time and helping them to achieve that with the support of a trained volunteer. Those who wish to, have every right to be actively engaged in their local community and to be appreciated for what they have to offer and that’s what Side by Side aims to achieve.

We are excited to announce that Julie Codd is now in role as the Side by Side Co-ordinator for North Lincolnshire!

Let’s take on dementia together!

Call 01472 359247

Or visit www.alzheimers.org.uk
SCUNTHORPE DIABETES SUPPORT GROUP
Meeting Dates for 2019

Weds 10th Apr  Podiatrist - Footcare
Weds 12th Jun  Practice Nurse
Weds 11th Sept Retinopathy – Eyecare
Weds 13th Nov  AGM & Pump Update

7 pm at Scunthorpe Community Wellbeing Hub,
Alvingham Road, Scunthorpe DN16 2DP
The Community Wellbeing Hubs provide advice and support for vulnerable adults in North Lincolnshire including:-

- Support to access employment and meaningful activity
- Activities, support and information for Carers
- Over 75 Wellbeing Check
- Activities such as craft, reminiscence, healthy eating, chair based exercise, tabletop games, kurling, archery and current affairs discussions
- Targeted workshops on issues such as dementia, home and personal safety
- Access to services such as bathing, podiatry and other health topics
- Volunteering opportunities
- Information and signposting to other services

If you’re feeling lonely or isolated please feel free to contact your local Wellbeing Hub or just drop in. You will always be given a warm welcome.

Barton—Tofts Road—01652 634554
Winterton—De Lacy Way—01724 634554
Brigg—Horstead Avenue—01652 653384
Broughton—Brigg Road—01652 653384
Epworth—High Street—01724 297771
Crowle—Market Hall—01724 297771
Scunthorpe—Alvingham Road—01724 277906

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Do Something Different
Rebound Therapy Sessions
Offer a variety of sport, leisure and cultural activities for anyone aged 16 plus with a disability at The Pods, Scunthorpe, Mondays 9am to 11am. Places must be booked in advance.

Contact Telle Medhurst on 07717 587270
Safe & Sound
HOME ASSISTANCE GRANT

The aim of this assistance is to help minimise the fear of crime for the residents in the Borough of North Lincolnshire. The Council will provide financial assistance to install certain home security measures in the homes of older owner occupiers.

A range of measures are available, including; door chains, door viewers, window alarms and locks.

For more information go to: www.northlincs.gov.uk or call 01724 297000

Citizens Advice have now relocated to Scunthorpe Central Library on Carlton Street
Their telephone number remains the same 01724 870941

Drop in sessions on a Tuesday and Friday
No appointment necessary, and on an initial assessment basis to discuss your problem and decide next steps.
Further appointments will be booked when necessary.
Is your child violent and challenging?

There is a Facebook Group called Breaking the Silence on SEND VCB (Special Educational Needs & Disability Violent and Challenging Behaviour).

Parents come together to support each other, share difficulties or suggestions and leave one another in a safe place with no judgement. If you’d like to join, they will ask 3 questions before adding you to ensure, as far as they can, that all new members have first hand experience of SEND VCB within their own families.

Here’s the link:- www.facebook.com/groups/421839288150939

Welcome to Carersmart.org

Did you know there are offers, benefits and discounts available exclusively for carers and people with care needs?

Visit www.carersmart.org

543 Dental Care based in Hull provide home visits to fit dentures. If you are claiming Income Support or Pension Credits this service is free.

Call 01482 767122 for more information.

Northern Power Grid Priority Services Register

Do you, or someone you care for have a medical condition or other need which means in the event of a power cut or other such like emergency you would need priority assistance. Northern Power Grid Priority Services can help you!

Call 0800 169 2996 or look on Northernpowergrid.com for full details
Carer Peer Support Groups

There are many Peer Support Groups meeting regularly all over North Lincolnshire so there is always one near you! They offer you the chance to meet other Carers, to talk and make friendships.

Details of the Peer Support Groups are listed below. If you would like to know more about any of the Groups please ring 01652 650585 or check our Facebook page, website or where applicable call their contact number.

**ADHD & ASD Support Group**

Meets monthly on the third Friday 10am to 12noon at 20/21 Visual Arts Centre, Church Square, Scunthorpe.

- 15th March, 19th April, 17th May.

**Ashby Carer Peer Support Group**

Meetings fortnightly Tuesdays 1pm to 3pm at Ashby Meadows, The Link, Scunthorpe.

- 5th & 19th March, 2nd, 16th & 30th April, 14th & 28th May.

**Barton Carer Peer Support Group**

Currently meets fortnightly on first and third Tuesdays at the Baysgarth Museum, Baysgarth Park, Caistor Road, Barton from 1pm to 3pm. Call us on 01652 650585 to check any venue changes.

- 5th & 19th March, 2nd & 16th April, 7th & 21st May.

**Brigg Autism Parent Support Group**

Meets first Thursday of the month at the Carers’ Support Centre, 11 Redcombe Lane, Brigg 6pm to 8pm.

- 7th March, 4th April, 2nd May.
Brigg Carer Peer Support Group  
Meets fortnightly on Thursdays 1pm to 3pm at the Carers’ Support Centre, 11 Redcombe Lane, Brigg.  
📅 14th & 28th March, 11th & 25th April, 9th & 23rd May.

Brigg & Scunthorpe Down’s Syndrome Support Group  
Meets first Saturday of the month at Brigg Community Wellbeing Hub, Horstead Avenue, Brigg for families and children. Contact Anndrina Bremner on 07713 577879 or email www.brigg-downs-syndrome.co.uk.  
📅 2nd March, 6th April, 4th May.

Bottesford Carer Peer Support Group  
Meets weekly on Mondays at Bottesford & Yaddlethorpe Civic Hall, Bramley Crescent, Bottesford 2pm to 4pm.  
📅 4th, 11th, 18th & 25th March, 1st, 8th, 15th, 22nd & 29th April, 6th, 13th, 20th & 27th May.

Crosby Carer Peer Support Group  
Meets weekly on Wednesdays 1pm to 3pm in The Lounge, April Lodge, Ferry Road, Scunthorpe.  
📅 6th, 13th, 20th & 27th March, 3rd, 10th, 17th & 24th April, 1st, 8th, 15th, 22nd & 29th May.

Coffee & Chat - Parent Carers Peer Support Group  
Meets fortnightly on Tuesday mornings 10am to 12 noon at 20/21 Visual Arts Centre, Scunthorpe.  
📅 12th March, 26th March, 9th & 23rd April, 7th & 21st May.
Dementia Peer Support Group
Meets monthly on the second Wednesday 1pm to 3pm at Alvingham Road Community Wellbeing Hub, Alvingham Road, Scunthorpe.
13th March, 10th April, 8th May.

Isle Autism Parent Support Group
Parents/Carers of children with ASD and other learning difficulties. Meets second Thursday of the month from 6.30pm - 8.30pm at Epworth Hub by the Autism Spectrum Education Team (01724 868666) for parents/carers of children with ASD and other learning difficulties.
14th March, 11th April, 9th May.

Isle Carer Peer Support Group
Meets weekly on Thursdays 1pm to 3pm at the Group Dwelling Lounge, School Close, Epworth
7th, 14th, 21st & 28th March, 4th, 11th, 18th & 25th April, 2nd, 9th, 16th 23rd & 30th May.

Rethink Scunthorpe Carer Support Group
For carers of someone with mental ill health meet monthly on the first Thursday 7pm to 9pm. For Carers of someone with mental health issues at St. Bernadette’s Parish Centre, Ashby Road, Scunthorpe. Call 07552 136884.
7th March, 4th April, 2nd May.

Winterton Carer Peer Support Group
Meets at the Winterton Wellbeing Hub, De Lacy Way, Winterton from 1pm to 3pm.
20th March, 3rd & 17th April, 1st & 29th May.
‘Home First Service’ Community Reablement

Following assessment, this service enables vulnerable people to live independently by being responsive to their individual needs, delivering appropriate personalised services and intervention, ensuring they have choice and control in choosing where and how they wish to live.

Team functions include: Safeguarding
Promoting wellbeing       Information and advice
Preventing, reducing or delaying needs

Contact the Team on 01724 297000

FREE SAFETY CHECK

You could be entitled to a free safety check. If you are over 60, chronically sick, disabled, deaf or hearing impaired, blind or visually impaired, you are entitled to join your supplier’s Priority Service Register. It is free to join and once a member you are entitled, among other things, if you own your own home, to a free annual gas safety check.

For more information look at the back of your gas bill

DROP IN SESSIONS

Brigg Childrens Centre has drop-in sessions by The Blue Door offering advice and support for anyone experiencing domestic abuse. Please call 01652 659882.
Something to say about Health or Social Care in North Lincolnshire? Then talk to Healthwatch!

Healthwatch is your local consumer champion for health and social care. They have significant statutory powers to ensure your voice is strengthened and heard by those who commission, deliver and regulate health and care services.

Contact them on 01724 844986 or www.healthwatchnorthlincolnshire.co.uk

Coming Soon!

Planning for Tomorrow

A series of sessions aimed at older Carers to help them plan for when the caring role comes to an end

Further details to follow in the next edition of Caring News in June
As a charity we have been supporting Carers in Northern Lincolnshire for almost 30 years and have lots of experience of working with Carers.

We would like you to tell us what is working well, or not so well, so we can identify gaps in support and have a better understanding of what we do in the future.

Please take a few moments to complete this form.

Information
Did you find this Newsletter useful?  Yes  No
Is there anything extra you would like to see included?

Activities and Training
What additional activities would you like to see included?

What other types of training would help you as a Carer?

We are always available to deliver talks and Carer Awareness training

Do you have contact with a group/service/organisation/employer/business who would be willing to help us create a more Carer Friendly North Lincolnshire - please provide contact details below:-

Return to: FREEPOST RSUA-KCRZ-CCK, The Carers’ Support Service, 11 Redcombe Lane, Brigg, DN20 8AU (no need for a stamp)
or email to karen.martin@carerssupportcentre.com. Thank You.
<table>
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<tr>
<th>Service</th>
<th>Contact Details</th>
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<td>Age UK Lindsey</td>
<td>01507 524242</td>
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<tr>
<td>Free Telephone Friendship Service</td>
<td>0800 434 6105</td>
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<td>Alzheimer’s Society</td>
<td>01472 359247</td>
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<td>Carers’ Helpline</td>
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<td>Freephone 116 123</td>
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<td>Young Carers Team</td>
<td>01724 296679</td>
</tr>
</tbody>
</table>
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