

The Carers' Support Service

Working with Carers in Northern Lincolnshire

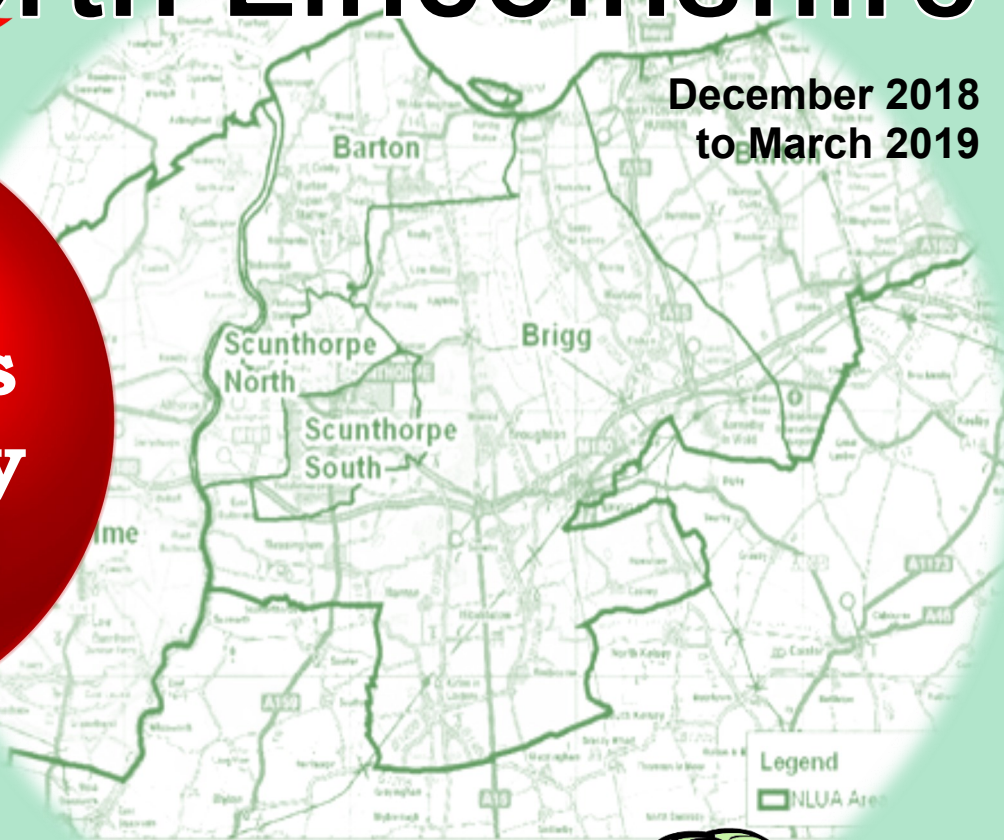


Caring News

North Lincolnshire

**December 2018
to March 2019**

**Merry
Christmas
and Happy
New Year**



www.carerssupportcentre.com

Registered Charity Number 1070028 Company Limited by Guarantee 3540988


carerstrust
a Network Partner



Well, Christmas will soon be upon us and it will be nearly one year since we won our contract with North Lincolnshire Council to provide support and information for all adult Carers including Parent Carers.

Please remember that your views are very important to us so if you have anything to tell us, good or bad, please let us know. We need the knowledge and experience of Carers themselves to improve our services.

Our New Year Meal this year will be held at the Humber Bridge Country Hotel, Barton-on-Humber (formerly Reeds Hotel) on 31st January 2019. There will be a 2-course lunch for only £7.00. If you need help with transport or alternative care get in touch—we'll see what we can do!

If you are visiting Grimsby and need a safe welcoming place where the person you care for will be well looked after while you do your Christmas shopping, we now have a Day Care Unit available, the Bennett Suite. Your cared for person can stay in bright comfortable surroundings in our Carers Centre for only £7.00 per hour, cared for by fully trained staff. See page 20 for more details.

As usual, there are lots of activities and training planned for the coming months including Christmas Floristry, Back Care, Feel the Fear (to increase your confidence and self esteem) and Pottery. Please check pages 16 & 17 for more information.

Although our offices are not open throughout the festive period, our Helpline will be open from 10am to 2pm daily (except Christmas Day, Boxing Day and New Years Day) so you will still be able to speak to someone if you need to.

Karen Martin—Carer Support Manager



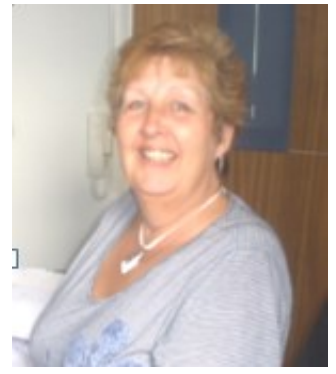
Mike
Chief Executive Officer



Helen - Deputy
Chief Executive Officer



Gemma - Finance &
Business Support
Manager



Karen
Carers Support Manager



Susan
Business Support
Worker



Bev - Carers'
Hospital Liaison Officer



Racheal
Keyworker - Parent s



Sam - Keyworker
Specialist Support



Jackie - Keyworker
GP Care Network



Rosie - Keyworker
GP Care Network



Denise - Keyworker
GP Care Network



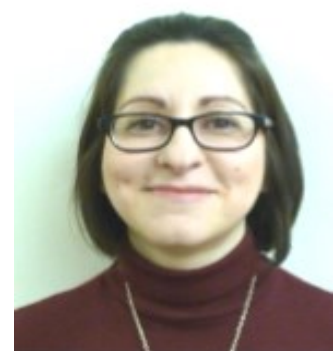
Mandy
Keyworker—Parents



Sharon - Volunteer &
Emotional Support
Co-ordinator



Jayne - Carers' Support
Programme & Information Officer –
Wellbeing & Innovation



Rosa -Carers' Support
Programme & Information
Officer—Training & Skills

Working with all Carers in North Lincolnshire

Carers' Support Service

11 Redcombe Lane,
Brigg, N. Lincs.

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

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 Friday
as well as 10am to 4pm at weekends

Ideal Community Care Solutions

• Personal Care



• Assisting /
administering
medication

• Support with all
aspects of day
to day living

CQC rating 'Good'

• Domestic and
shopping duties

Contact us on 01652 601973 or email info@idealcommunitycaresolutions.co.uk
for more information on how we can help you



Free Computer Tuition for Carers

Would you like to learn more about...

**Computers? Using the Internet?
Online shopping? Emails & attachments?**

Whether you are a complete beginner or you need some extra advice, the Carers' Support Service have volunteer tutors that can help you.

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**



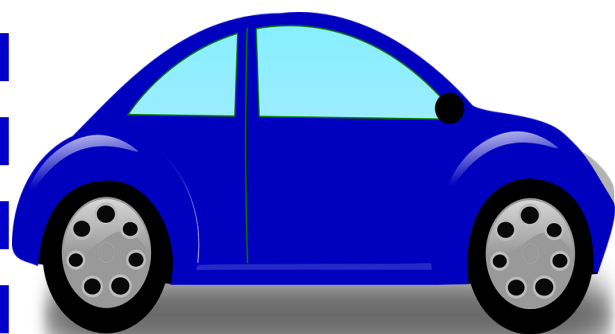
For those of you with emails.....

**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

Carer Friends

Did you know that the Carers Support Centre
offers a befriending service?

At times you may be feeling isolated in your caring role.
Perhaps as a Carer you are now in a situation where you have no
one to talk to about day to day things. Just having a friendly
fun chat with someone will help lift you a little. Would you
benefit from non-judgmental support from someone who
understands?

Our befriending service could help.

We have trained volunteers who can arrange to meet you in
your home or a local coffee shop or café. Many of our volunteers
have been, or are still, a Carer themselves. They will offer
support and friendship and allow you to be yourself
for an hour or so.

This service is free and confidential.

We are always on the lookout for more volunteer befrienders
to add to our amazing team of volunteers.

Please call 01652 650585 and ask for Sharon
for more information.





Tree of Light - Chapel Court, Brigg

The Tree of Light, or Remembrance Tree will be lit from 17th November 2018 until 5th January 2019 as a symbol of hope and comfort for those who find Christmas a sad and lonely time.

Place a memory card on the tree. These can be found at various locations in Brigg from 17th November.

There will also be market stalls in November and December with raffle tickets on sale—draw to be held on 5th January 2019

Dedication by Father Owain takes place on Saturday 17th November at 3pm.

All monies raised will be donated to the Carers' Support Centre and the Congenital Myotonic Dystrophy Fight.



Huntington's
Disease
Association



HUNTINGTON'S SUPPORT GROUP

We meet at the Carers' Support Centre on Redcombe Lane in Brigg on the last Monday of each month 6pm until 7pm

Come and have a chat over a cuppa.

Christmas Opening Hours

Our office will be closed on Christmas Day, Boxing Day and New Years Day.

The Helpline will be open 10am to 2pm on 27th to 31st December.

Our office will re-open on 2nd January 2019.

ON SALE NOW

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

The Carers' Support Service
Working with Carers in Northern Lincolnshire



TESCO Bags of Help

Vote for us!

Use your tokens at the Brigg store to cast your vote during November & December

We're in the customer vote for a Bags of Help grant from Tesco. It's a scheme which gives community projects like us grants of up to £4,000 – all raised from the sale of carrier bags in Tesco stores. The public will now vote in store during November and December on who should receive the awards. Please support us in your local Brigg store.

www.tesco.com/bagsofhelp

www.carerssupportcentre.com

Registered Charity Number 1070028 Company Limited by Guarantee 3540988



CARERS' NEW YEAR LUNCH

Thursday 31st January

12.00 to 12.30 arrival time

at The Humber Bridge Country Hotel, Barton

Only £7.00 will secure your place!

(if paying by cheque - payable to the Carers' Support Centre)

Cost subsidised by the Carers' Support Service

Main

**Roast Topside of Beef with Yorkshire pudding, roast potatoes,
seasonal vegetables and a rich beef gravy**

or

Sun blushed tomato risotto

Dessert

Sticky Toffee Pudding served with vanilla ice cream and toffee sauce

Tea or Coffee



**Please call
01652 650585
to book your
place by Friday
11th January**

***If you are unable to
attend because
of your caring
role please get
in touch***

Carers Advisory Partnership

To all Carers – Do you want make a difference?



Carers' Advisory Partnership

We want to hear your views on caring – **You have a voice**

It is very important that Organisations like North Lincolnshire Council and North Lincolnshire CCG who provide services for Carers and families, understand what you need.

CAP as a partnership group raises the profile of Carers, influences decision making and challenges everyone to 'Think Carer'.

Your voice and experience can help other Carers just like you.

Can you spare 2 hours each month?

CAP needs people like you to share your experiences of being a Carer with the Local Authority and CCG.

Meetings are held on the last Thursday of each month, alternating between the Learning Development Centre, Scunthorpe and Carers Support Service, Brigg.

Next meeting dates:

Thursday 31 st January 2019	LDC, Scunthorpe
Thursday 28 th February 2019	CSS, Brigg
Thursday 28 th March 2019	LDC, Scunthorpe

If you would like more information about the CAP, please contact the Carers Support Centre on 01652 650585 or you can email Haydee Barrett on haydee.barrett@northlincs.gov.uk or 01724 296380 or Carol Powell on carol.powell@northlincs.gov.uk e look forward to meeting you.

FREE

Just Cant Wait!

TOILET CARD



Request the original toilet access card from the Bladder and Bowel Community today.

The Just Can't Wait card is now completely **free of charge** when ordered online. Fill out a few details and we will post your high quality, durable Just Can't Wait card to your home.

If you don't have access to the internet, call 01962 357220 for more information.



**Bladder & Bowel
Community**

www.bladderandbowel.org



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 for days and times.

SHINGLES VACCINE

Having your routine shingles vaccination is a good way of looking after your health so that 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.



CAN YOU SWIM?

Would you like to take part in a major charity event to help LOCAL causes?

ROTARY SWIMATHON - SUNDAY 17th MARCH 2019

At The Pods, Scunthorpe

**To enter a team or for more information visit
www.nlrswim.org.uk**

**Organised by the combined Rotary Clubs of Brigg, Scunthorpe
and Scunthorpe Pentagon**

Brigg Parents Autism Support Group

Do you have a child between 3-25 years who is diagnosed, or you think may be, on the autistic spectrum?

Our friendly, informal group welcomes you to the new venue and monthly meetings for time to chat and share experiences, meet professionals and learn from visiting speakers.

When? Thursday 10th January then the First Thursday of the month 6pm to 8pm

Where? Carers' Support Centre, 11 Redcombe Lane, Brigg, North Lincolnshire, DN20 8AU. Tel: 01652 650585.

For dates and other details please contact the
Autism Spectrum Education Team
On 01724 292908 / 297945 / 872938

PIP Coffee Morning Dates 2018/19

December 2018

Thurs 6th | 10am-12pm |
BIG Christmas Coffee Morning
Brigg Garden Centre, DN20 9HE



January 2019

Fri 11th - 'Fit with PIP' *

Thurs 17th | Costa, Debenhams,
Scunthorpe, DN15 8JH

Weds 23rd | The Steel Rooms, Brigg,
DN20 8EQ

February 2019

Fri 1st Feb | The Old School Canteen,
Wilderspin School, Barton, DN18 5QP

Fri 8th - 'Fit with PIP' *

Weds 13th | Starbucks, Scunthorpe,
DN15 6SA

Thurs 28th | PIP AGM
Time and venue TBC *



March 2019

Fri 8th - 'Fit with PIP' *

Weds 13th | Belton Visitors Centre,
DN9 1NY

Coffee mornings are
10-11:30am, unless
stated otherwise



Is there a child in your family who is affected by their siblings' condition and your caring role?

We know that parents of disabled children already have a lot to do and that extra time is hard to find. If you have a child who you think would benefit from this type of support please let us know by calling 01652 650585.



They will meet at the Carers' Support Centre from 4.30pm to 6pm on 10th December, 14th January, 11th February and 11th March.

The aim is for siblings to have more understanding about their brother/sister's condition, to feel less isolated and to help them to cope better with stress. Through fun we hope to improve their wellbeing and help them manage any challenging situations.

The Carers' Support Centre invite you to 20/21 Visual Arts Centre, Scunthorpe on Friday 14th December from 10am to 12pm when the Autism Spectrum Education Team will be there





Lifestyle Centre

34a Crosby Road, Scunthorpe

01724 849819

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.

Volunteering

Hearing tests

Personal alarms

Gardening

Wheelchair hire

Handyman

Aids & adaptations

Meeting room hire

Benefits advice 65+

Information & advice

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.



Activities & Training Programme January to March 2019

Event	Date	Time	Location
First Aid	14/01/19 & 21/01/19	9.00am until 1.00pm	Carers' Support Centre, 11 Redcombe Lane Brigg, DN20 8AU
Big Energy Saving Event	23/01/19	10.30am until 12.15pm	Carers' Support Centre, 11 Redcombe Lane Brigg, DN20 8AU
Friends Against Scams	23/01/19	1.30pm until 2.45pm	Carers' Support Centre, 11 Redcombe Lane Brigg, DN20 8AU
Backcare	30/01/19	2.00pm until 5.00pm	Yaddlethorpe Methodist Church Hall, Moorwell Road, Scunthorpe, DN17 2RP

**Booking is essential. To reserve your place
please contact us on 01652 650585.**



Activities & Training Programme January to March 2019

Event	Date	Time	Location
Caring With Confidence	06/02/19 13/02/19 27/02/19 06/03/19 13/03/18	10.30am until 2.00pm	Westcliff Community Centre, Newbolt Avenue, Scunthorpe, DN17 1PE
Pottery Workshop <u>£10.00 pp</u>	15/02/19	10.00am until 1.00pm	Mad as Potter Studio, Elsham Hall, Elsham, DN20 0QZ
Willow Weaving Taster <u>£15.00pp</u>	28/03/19	10.00am until 3.00pm	The Grange Farm Hobbies Centre, Wesley Road, Scunthorpe, DN16 1SA

**Remember to check out our
Facebook page for activities and training
organised 'post publication'**

Rewild is a newly launched Big Lottery funded project providing volunteer organised workshops and master classes in natural space around North Lincolnshire. These workshops are provided to support anyone living in North Lincolnshire affected by stress, anxiety, low mood caused by either a life event, work situation or a medical condition to enable them to spend time in nature with good people - and get their 'mojo' back!

The workshops are open to anyone who feels that access to some natural space will be of benefit to them – and the only requirements are to live in North Lincolnshire and recognise that you might be feeling stressed/ anxious/ have a low mood for any reason.



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



Workshops include spoon carving, food smoking, autumnal colours photography, bushcraft, alpaca fleece making and willow weaving.



**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.**

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



The grant can only be approved if a valid application is received from the home owner and will be allocated on a first come, first served basis. Proof of the following will be required:

- Ownership of the applicant property (including proof of occupying the property as their own or main residence for the last twelve (12) months)
- Age

The maximum value of the assistance will be £250 which is not repayable and limited to one (1) application per household. The Safe and Sound assistance is discretionary and is available for applications received during the financial year 1st April 2018 to 31st March 2019.

Eligibility Criteria	Conditions	Amount
<ul style="list-style-type: none">• Owner occupier, who has occupied their home as their only or main residence for which they are applying for the grant, for at least 12 months.• Aged 70+ years.	<ul style="list-style-type: none">• The measures will be installed by the Council's handyman service following receipt of a valid application and formal approval by the council.	<ul style="list-style-type: none">• Maximum value of any assistance given is £250 which is not repayable and with a limit of 1 application per household.

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

Day Care

With Carers in Mind

Trusted . Safe . Comfortable . Relaxing . Affordable

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.

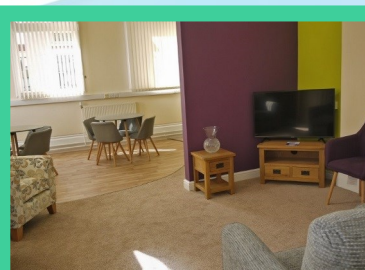
Grimsby Town Centre

For more information call
01652 601973



Inspected and rated

Good





Reminiscence Sessions at Scunthorpe Central Library

North Lincolnshire Museum service will be running reminiscence sessions. Trained staff will use multi-sensory museum objects to stimulate conversation about past times. Recent research shows that reminiscence work with older people and people with dementia can have many positive outcomes including improved well-being and cognition.

Monday 10 December 2018

Monday 14 January 2019

Monday 11 February 2019

Each session lasts for one hour, 10.30am to 11.30am.

Drop in—no booking necessary.

Do Something Different Programme Rebound Therapy Sessions

Offers a variety of sport, leisure and cultural activities for anyone aged 16 plus with a disability.

at The Pods in Scunthorpe,
every Monday from 9 until 11am.

Places must be booked beforehand.

Contact Telle Medhurst on tel: 07717 587270
or e-mail telle.medhurst@northlincs.gov.uk





Happy Days!

... because it's good
to be different

**Supported activities for adults with
additional needs, and 1:1 also
available.**

**Brumby Community Centre, East
Common Lane, Scunthorpe.**

**Contact Pat & Rachael on 07401205310
or email happydays0231@gmail.com**



**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



BOSOM BUDDIES NEW DROP IN CENTRE

38B Oswald Road, Scunthorpe,



Craft days, knitting, sewing or drop in for a coffee and a chat. Support to all carers and their families.

For more information call Sue on 07968512754 or email bosombuddies91@gmail.com

IN NEED OF SUPPORT?

TRAINED VOLUNTEERS READY TO SUPPORT YOUR FAMILY DURING RECOVERY

If you are in recovery from Substance Misuse or your family has been suffering from issues around Substance Misuse, our Family Foundations project is here to help. ►

GET IN TOUCH WITH US IF YOU WOULD LIKE:

- More support in your role as a parent
- Practical advice with the problems you may face as a parent affected by substance misuse issues in the family
- Support to identify new goals and help to reach them
- Help in your recovery
- Help in re-building relationships



Family Foundations
a project of
Voluntary Action
North Lincolnshire

4-6 Robert Street
Scunthorpe
North Lincolnshire
DN15 6NG

rg.uk
www.vanl.org.uk

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.

14th December, 18th January, 15th February, 15th March.

Ashby Carer Peer Support Group



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

11th December, 8th & 22nd January, 5th & 19th February, 5th & 19th March.

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.

4th & 18th December, 15th January, 5th & 19th February, 5th & 19th March.

Brigg Autism Parent Support Group



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

6th December, 10th January, 7th February, 7th March.

Brigg Carer Peer Support Group



Meets fortnightly on Thursdays 1pm to 3pm at the Carers' Support Centre, 11 Redcombe Lane, Brigg.



6th & 20th December, 17th & 31st January, 14th & 28th February, 14th & 28th March.

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



1st December, 5th January, 2nd February, 2nd March.

Bottesford Carer Peer Support Group



Meets weekly on Mondays at Bottesford & Yaddlethorpe Civic Hall, Bramley Crescent, Bottesford 2pm to 4pm.



3rd, 10th & 17th December, 7th, 14th, 21st & 28th January, 4th, 11th, 18th & 25th February, 4th, 11th, 18th & 25th March.

Crosby Carer Peer Support Group



Meets weekly on Wednesdays 1pm to 3pm in The Lounge, April Lodge, Ferry Road, Scunthorpe.



5th, 12th & 19th December, 9th, 16th, 23rd & 30th January, 6th, 13th, 20th & 27th February, 6th, 13th, 20th & 27th March.

Coffee & Chat - Parent Carers Peer Support Group



Meets fortnightly on Tuesday mornings 10am to 12 noon at 20/21 Visual Arts Centre, Scunthorpe.



11th December, 15th January, 29th January, 12th February, 26th February, 15th March, 26th March.

Dementia Peer Support Group



Meets monthly on the second Wednesday 1pm to 3pm at Alvingham Road Community Wellbeing Hub, Alvingham Road, Scunthorpe.



12th December, 9th January, 13th February, 13th March.

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 297771) for parents/carers of children with ASD and other learning difficulties.



13th December, 10th January, 14th February, 14th March.

Isle Carer Peer Support Group



Meets weekly on Thursdays 1pm to 3pm at the Group Dwelling Lounge, School Close, Epworth



6th, 13th & 20th December, 10th, 17th, 24th & 31st January, 7th, 14th, 21st & 28th February, 7th, 14th, 21st & 28th March.

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.



6th December, 3rd January, 7th February, 7th March

Winterton Carer Peer Support Group



Meets at the Winterton Wellbeing Hub, De Lacy Way, Winterton from 1pm to 3pm.



19th December, 9th & 23rd January, 6th & 20th February, 20th March

THE WAY FORWARD

Groups for Former Carers



The Way Forward Groups meet at various locations in North Lincolnshire. Due to activities planned please check with the Service on 01652 650585.

Have you moved? Have you changed your telephone number or email address?

We want to keep our records up to date so please let us know if there are 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.



GOV.UK

Are you entitled to a power of attorney refund?

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)

Attendance Allowance Basic Information

Attendance Allowance is a benefit that helps with the extra costs of long-term illness or disability, which can be either physical and/or mental. It is for people aged 65 and over.

To qualify for Attendance Allowance you must:

- be aged 65 or over
- need help looking after yourself because you have a disability or illness
- have had the disability or illness for at least six months (you can make your claim before the six months have passed, but you will not receive any payment until they have)

Attendance Allowance Rates

Higher - £85.60

Lower - £57.30

Contact the Attendance Allowance Helpline on 0800 731 0122

Housing Benefit and Council Tax Support

The housing benefit and Council Tax Support schemes help people on a low income to pay their rent and Council Tax. Anyone can claim whether they work, or receive state benefits, such as:

- Income support
- Jobseeker's allowance
- Pension credit
- Incapacity benefit
- Employment support allowance
- Statutory sick pay
- Maternity pay
- Retirement pension
- Universal credit (only council tax reduction can be claimed)



You can apply online 24 hours a day, seven days a week. It is the fastest way to get your claim for housing benefit or council tax reduction started.

If you are unsure please check by calling [0300 3030164](tel:03003030164) .

PERSONAL ASSISTANT TICKET SCHEME

The Baths Hall and The Plowright Theatre are happy to provide one free personal assistant ticket for any eligible customer.

**For further information and how to apply
contact The Baths Hall on 0844 854 2776**



**SureStart Children's Centres
North Lincolnshire**

Are you registered with the Children's 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

- Regular Stay and Play sessions throughout the year, which are also open to all ages of children during school holidays. All our sessions can be found on the North Lincolnshire website, www.northlincs.gov.uk
- Support, information and advice for parents, including drop-in sessions and parenting courses. This can range from antenatal advice through to advice about a teenage child, money and debt concerns, and relationship issues.

Ashby Centre, Collum Lane—01724 742500

Barton Centre, Council Terrace—01652 296362

Brigg Centre, Grammar School Road—01652 659882

Frodingham Centre, Rowland Road—01724 296605

Henderson Avenue Centre, Scunthorpe—01724 297030

Kirton in Lindsey Centre, Cornwall Road—01652 659882

Little Goslings Centre, Kenilworth Road—01724 296605

Manor Farm Centre, Priory Lane—01724 850247

North Axholme Centre, Althorpe & Keadby School—01724 783576

South Axholme Centre, Fieldside, Epworth—01724 296250

Side By Side Centre, Enderby Road—01724 297666

West Street Centre, Scunthorpe—01724 296605

Winterton Centre, West Street—01652 637766

Please feel free to contact us—We are happy to help

surestartchildrenscentres@northlincs.gov.uk



‘Home First Service’ Community Reablement

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

Contact the team on 01724 297000

Have you had your flu jab?

Contact your GP or local pharmacist today
and get protected.


Public Health
England



**STAYWELL
THISWINTER**

Training on offer at Childrens Centres....

Understanding Teenagers

- Teenage Brain Development
- Communicating Effectively and Avoiding Conflict
- Adult & Teenager Maps of the World
- Needs of a teenager

Tuesday 3rd & 10th December— 5.30 pm – 7.30 pm at Epworth Hub, High Street, Epworth. Telephone 01724 296250 to book your place.

Educational Psychologist Drop-in

Friday 20th December – 1pm—3pm at Ashby Children's Centre
Telephone 01724 742500 to book your place.

Stay and Play

Most Childrens Centres offer Stay & Play sessions on different days at different times—check with your local Childrens Centre for details



All the info you need...



www.northlincs.gov.uk/publictransport
www.adultinformationhub.co.uk/buses
Search for 'getting out and about'.
www.northlincs.gov.uk/callconnect

North Lincolnshire Council
Contact Centre - **01724 297000**
Traveline - **0871 200 22 33**
National Rail - **0345 48 49 50**
Humberside Airport - **0844 8877 747**



Traveline App



East Yorkshire Motor
Services App



Stagecoach App



National Rail Enquiries



Google Maps

All available on Apple and Android
Phones. Other travel apps are available.



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.

Wednesday 23rd January 2019 at the Carers' Support Centre in Brigg



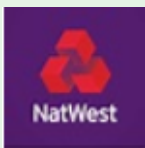
HUMBER & WOLDS
RURAL ACTION

BIG ENERGY SAVING EVENT

10.30am until 12noon

Find out how you can save energy and money.

Call 01652 650585 to book your place today.



FRIENDS AGAINST SCAMS

1.30pm until 2.45pm

An awareness session learning about the different types of scams, why people fall for scams and how to spot and support a victim

**Both are free events. Booking is essential so call
01652 650585 to book your place.
Join us for lunch if you can attend both**

Carers Hospital Liaison Officer - Bev Herron

Bev is based at Scunthorpe General Hospital but also covers Great Oaks Mental Health Unit.

She provides information, advice, practical and emotional support to Carers within the hospital setting. She can meet with Carers on wards, in family rooms or in her office (D Floor opposite Ward 9).

On Tuesdays Bev holds Carers Clinics in her office 10am to 12pm and 1pm to 3pm although appointments can be made at other times as needed. She also has a Carers Clinic at Great Oaks every second Wednesday 2pm to 4pm.

Bev will also attend multi-disciplinary team meetings to support Carers when needed, and some advocacy.

She ensures health professionals at the Hospital, staff on wards (including paediatrics), therapy teams and the Hospital Social Work Team are aware of the support she can offer, as well as from the Carers' Support Centre.

Bev can be contacted by phone on 03033 302024 or on her mobile 07805756534. If you prefer, you can email her on bev.herron@carerssupportcentre.com.

Home Energy Checks 2018/19

Age UK Lindsey is working with E.on again this year to deliver its Home Energy Checks programme.

Free home visits are available to eligible individuals aged 65 or over to help them more efficiently heat their home.

Contact iah@ageuk.lindsey.co.uk to find out more.

How are we doing?

As a charity we have been supporting Carers in Northern Lincolnshire for almost 30 years and have lots of experience of working with Carers.

There have been some changes to our services in so we need your help to check that what we provide, and how we provide it, is meeting your needs.

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?

Training and Wellbeing

What additional wellbeing 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-CCSK, The Carers' Support Service,

**11 Redcombe Lane, Brigg, DN20 8AU (no need for a stamp)
or email to karen.martin@carerssupportcentre.com. Thank You.**

Emergency Contacts

Age UK Lindsey	01507 524242
Alzheimer's Society	01472 359247
Carers' Helpline	01652 650585
Community Mental Health	01724 382015
Cruse Bereavement Care	01724 281178
Great Oaks Hospital	01724 382000
Humberside Fire & Rescue	01724 295900
Humberside Police	999 or 101
NHS 111	111
Patient Advice & Liaison (Scunthorpe)	03033 306518
Rethink Out of Hours Helpline	0808 8001010
Samaritans	01724 860000 Freephone 116 123
Scunthorpe General Hospital	01724 282282
Social Services -Adults	01724 297979
-out of hours	01724 276444
-Children	01724 296500
-out of hours	01724 296555
Young Carers Team	01724 853400

Remember to let us know if you have an email address so we can send Caring News to you by email in future. *Thank you.*

The Carers' Support Service

Working with Carers in Northern Lincolnshire



Email: info@carerssupportcentre.com

Website: www.carerssupportcentre.com



www.facebook.com/CarersSupportNL



www.twitter.com/CarersSupportCentre

TEL: 01652 650585



www.northlincs.gov.uk

**Working in partnership with North Lincolnshire Council
and North Lincolnshire Clinical Commissioning Group**

Also available in large print