

Caring Times

North East Lincolnshire

News

Information

Events

Fun stuff

Directory/useful contacts



/CarersNEL



WWW.
carerssupportcentre.com



The Carers' Support Service

Working with Carers in North East Lincolnshire



Full of hope and courage thanks to support network

Centre for carers opens its doors

'Help is at hand - you're never alone'

Your new Carers Centre is now OPEN!
Since the 1st April, almost 1200 Carers have been in touch to register with us.

We have been delighted with how many of you have accessed services such as counselling, befriending, benefits advice, advocacy and relaxation therapies, and your feedback has been flattering and useful in helping to ensure our services remain Carer led.

For those of you that are yet to use our services, the Carers' Support Service is here when you need it. You can access any services you feel are relevant, and you can access as much or as little support as you like. All support is free.

As part of our commitment to you, we want to make sure you are kept up-to-date with what's on for Carers, as well as make you aware of any developments both locally and nationally that may affect you as a Carer and/or the person you care for. We hope this newsletter does just that.

Sit back and relax. We hope you enjoy reading the newsletter.

Free information, support and advice from the Carers' Support Service

A Carer is someone of any age who looks after a child, relative, partner or friend in need of help because they have an illness, disability, frailty or a substance misuse problem. The care they provide may be personal, emotional or supervisory and is unpaid.

You may just see yourself as husband or wife, son or daughter. It's natural to want to care for your loved ones, but no one says you have to do it alone!

**For more information Call
01472 242277**

- Information
- Benefits Advice
- Counselling
- Befriending
- The opportunity to be a part of North East Lincolnshire's "Caring Family"
- Advocacy
- Training
- Holistic Therapies
- Support when caring ends



The Carers' Support Service

Working with Carers in North East Lincolnshire



“Life Changing” and “A much needed break”

Now you can experience Caring with Confidence.

Join the thousands of Carers that have already benefitted from the course.

Give yourself the opportunity to gain new knowledge, learn new skills, meet new people and care with confidence.



Caring with Confidence is a free skills and knowledge programme developed to make a positive difference to your life and that of the person you care for

11am till 2:30pm

29 th October	Finding your way
5 th November	Caring and coping
12 th November	Caring and me
19 th November	Caring day to day
26 th November	Caring and resources
3 rd December	Caring and life
10 th December	Caring and communicating

The course is FREE and lunch is provided
1 Town Hall Square, Grimsby, DN31 1HY
Call 01472 242277 to book your place or email
david.wilson@carerssupportcentre.com

If you would like to attend but can't because of your caring role, please let us know



/carersnel



/carersnel



a Network Partner

Registered Charity Number 1070028

www.carerssupportcentre.com

Working in Partnership with
North East Lincolnshire
Clinical Commissioning Group

ENERGY SAVING ADVICE

SHEEP scheme (all residents)

Offers general energy efficiency advice to all residents within North East Lincolnshire and advice to reduce your fuel bills. Assistance is also available on grants/loans which you may be entitled too.

Health scheme

Is open to residents who own the property, are in receipt of a qualifying means tested benefit, have a cold-related illness and need energy efficiency improvements to help them live in their own home.

Big Community Switch (all residents)

Is hassle free to register for and uses community, combined purchasing of power to negotiate cheaper gas and electricity. The council run the scheme four times a year and you could save up to £200 a year. www.nelincs.gov.uk/thebigcommunityswitch

Hot Spots North East Lincolnshire (all residents)

Hot Spots is a partnership with the Home Improvement Service, Fire Service, Pension Service and Care Plus. Hotspots is a three way referral process for front line workers.

The ECO (Energy Company Obligation)

The big six energy suppliers are required to help low-income and vulnerable households save on their energy bills and reduce carbon emissions by providing heating and insulation improvements. (social housing tenants not eligible).

Green Deal

Is a government backed initiative that can help people make energy-saving improvements to their homes. The first step is to obtain a Green Deal Assessment.

For more information, visit our website on
www.nelincs.gov.uk/sheep OR EMAIL energy@nelincs.gov.uk

Contact North East Lincolnshire Council

Home Energy Team

(01472) 324782

(All Grants/loans are subject to qualification criteria).



If you need access to community health & social care support or advice and information, the Single Point of Access is always open.

Whatever the time of day or night, weekend or bank holiday, you can call us 24 hours a day, 365 days a year.

01472 256 256

NELCCG.A3TeamPublic@nhs.net
www.focusadultsocialwork.co.uk



Raise money for North East Lincolnshire's 16000 Carers

Raise a (piece of) Toast to Carers Fundraising Event



Join Us for Breakfast! FRIDAY 17th
October, between 8am and 11pm

1 Town Hall Square, Grimsby,
DN31 1HY

Tea and Coffee—£1
Toast, Croissant, mini muffin
and fruit—50p each



Kings of Comedy

My Dad used to say
'always fight fire with
fire', which is probably
why he got thrown
out of the fire brigade
-Peter Kay

'I'm on a whiskey diet.
I've lost three days
already.'
-Tommy Cooper

My wife sent her
photograph to the
Lonely Hearts Club.
They sent it back
saying they weren't
that lonely.'
-Les Dawson



The Carers' Support Service

Working with Carers in North East Lincolnshire



Volunteers Wanted!

YOU can make a difference!

Caring can be rewarding, but for many Carers, it can be lonely and stressful. Support from volunteers can be a vital lifeline in helping a Carer get back their confidence and continue the wonderful work they do every day

We have volunteering opportunities in:

Befriending
Counselling
Computer Mentor
Drivers
Holistic Therapies
Supporting Carer Groups

**Full training and support
will be provided**

**For more information contact the
Carers' Support Service on
01472 242277**

GET INVOLVED - Be a part of the North East Lincolnshire Carers Forum

We all know that at any time, anyone can become a Carer, so in 2008 the Carers Forum was set up to give a voice to Carers and highlight their worth.

The Forum is Carer-led and is open to Carers of people with varying needs. There are representatives for Older Carers, Learning Disability, Mental Health, Children and Families, Physical Disability, Drugs and Alcohol and also Former Carers.

The Forum has a key role in the planning and development of local services and the promotion of issues affecting local Carers. Most recently, the Forum has been involved in the selection of the new provider of Carers' services in North East Lincolnshire.

Would you like to become a part of the Carers Forum ?

Meetings are held on monthly on Friday morning (10.00-12.00) at the Carers Support Service, 1 Town Hall Square,

As a Forum, we are moving onwards and upwards. For more information about the Forum and becoming a member, please call the Carers' Support Service on 01472 242277.

Mary Morley - Chair, Carers Forum

Care4all

Registered Charity No. 1146255

Part of Care Plus Group

Care4all – Day-Break Support Service

Do you often have to cancel health appointments; or miss social occasions or essential shopping trips because you cannot combine these with your caring responsibilities?

We offer a warm and friendly welcome to older people at our Day-Break Support Services in Immingham and Cleethorpes.

Visitors to our Day-Break Support Services are encouraged to join in with activities such as quizzes; craft; exercise; bingo etc or, if preferred, can sit quietly in our lounge areas and watch TV. For older people who may not have much social contact outside the home, it is also a chance to meet other older people, chat and make new friends.

At our Cleethorpes Centre, we also have a daily hairdresser and a mobile grocer calls on a daily basis.

Our Day-Break Support Service is available from 9.00am in the morning to 4.00pm in the afternoon Monday to Friday. Bookings can be made for as little as an hour to as much as a full day.

There is a charge of £15 for a full day with a minimum cost of £5 for shorter periods. If the visitor stays with us during lunchtime we will make charge of £3.00 for a two-course meal.

Unfortunately, we cannot provide or arrange transport to and from the Day-Break Support Service.

For more information, and to book a place, please contact the

**Bert Boyden Health & Wellbeing Centre in Immingham on 01469 520000
or the Curzon Health & Wellbeing Centre in Cleethorpes on 01472 629066**

North East Lincolnshire

Parent Participation

Forum



**North East Lincs Parent Participation forum is
a collective Voice for Parent/Carers of
children with special needs and disabilities.**

We build partnerships with local authority, health and other organisations to ensure parents influence the way services are designed and delivered.

We have parents on Strategic steering boards within the local authority representing area's such as Complex Health, Autism, Special Education Needs (SEN) Educational Department, Equipment, Transitions and Carers support.

We host regular events, coffee mornings, drop in sessions for parents to meet up and discuss any concerns. We can provide training, workshops, and various skills for parents wanting to become more involved or requiring updates on changes to systems and procedures.

If you want to learn more or become more involved with the PARENT PARTICIPATION FORUM , then contact us on;-

[Email-nelppf@virginmedia.com](mailto:email-nelppf@virginmedia.com)

Tel- 07583474892

Or follow us on facebook –North East Lincs Parent Participation Forum

Twitter -@NELPPF.

JOIN US

Parent Carer Coffee Morning

2nd Wednesday of Every Month

10am till 12noon

Carers' Support Service, 1 Town Hall
Square, Grimsby

Scope
About disability

Did you know that
you can have a

FREE flu jab

if you look after someone,
without pay, who can't get
by without your help?

Ask a member of your GP team for details

CARERS RIGHTS DAY

SAVE THE DATE!!

FRIDAY 28th NOVEMBER

Keep a look out for what's on

SUDOKU

				9		3	5
		8	3	2	7	6	
	4		7	5		1	
8				5			7
		5	4	7	1	3	
1			8				9
	8			3	4		9
	3	9	2		6	5	
2	6		5				



Are you a Carer aged between 18 and 24?

We want to hear from you!

What are your hobbies and interests?

Where do you like to go for a bit of 'me' time?

What support would help you in your caring role?

We want to develop our services for Young Adult Carers

Call 01472 242277 or email david.wilson@carerssupportcentre.com

EVENT

Carers History Talk for all Carers

VENUE: Neighbourhood Centre, Wellington Street, Grimsby

DATE and TIME: Monday 13th October—1pm till 3pm

There are limited spaces, please book early to avoid disappointment.



The Carers Choir and Creative Writing group recently held a successful event at Harrison House with a lively audience of more than 30 people. Performers in the group were as young as 10. Audience members commented that the performance was beautiful. Look out for future dates with performances being planned for Bonfire Night celebrations and Christmas.

To join the Choir or to find out about the History Talk, please contact Jenny Briggs on
01472 625810.

Carer Groups

and specialist advice

Groups

Grimsby Group	Every Friday 1pm till 3pm	For all Carers
Bernie's Club	Fortnightly on Thursdays 2pm till 4pm	For People with Dementia and their Carers
Dementia Activity Group	First or second Wednesday of the month 10:30am till 12 noon	For Carers of people with Dementia
The Angel Club	Mondays, Every 4 weeks 2pm till 3:30pm	For Carers of people with Substance Misuse problems

Specialist Advice

Welfare Benefits, Housing, Finances & Debt	Specialist advice is available at the Carers' Support Service via appointment. We also have some home visits available	Every 2 weeks, appointments are available at Taylors Avenue Medical Centre
Alzheimer's Society Dementia Advisers	If you are affected by Dementia, advisers can give you advice, guidance and information	Appointments are available at the Carers' Support Service on the 1st and 3rd Friday of the month between 10am and 4pm
Parent Carer information, support and advice—Scope	Parent Carer drop-ins are available between 10am and 2pm every 2 weeks (term time only)	The Carers' Support Service hosts a Parent Carer Coffee Morning on the 2nd Wednesday of every month—10am till 12noon
NAViGO drop in	Drop in session for Carers of people with Mental Ill Health	Last Wednesday of every month 10am till 12noon

All service take place at the Carers' Support Service, 1 Town Hall Square, Grimsby, unless stated otherwise

For more information on any of these services, please call
The Carers' Support Service on 01472 242277

Do you care for an adult with a Learning Disability?

Join a group of like minded people

VENUE: Carers' Support Service

DATE: Wednesday 22nd October

TIME: 10am

To find out more, contact Mary Morley on 01472 220261

North East Lincs Adult Autism Board

working in Partnership with North East Lincolnshire Parent Participation Forum

DO YOU WANT TO HELP SHAPE LOCAL SERVICES AND SUPPORT?

We are looking for an experienced volunteer to represent adult Carers of people with Autism.

You will become a member of a forum to ensure adult Carers of someone with Autism have a say on how support and services should look and be delivered. To find out more, please contact the NELPPF on **07583474892**

Carers Week Creative Writing Competition

During Carers Week this year, we asked Carers to write about what it meant to them to be a Carer. Thank you to those that entered.

CONGRATULATIONS to Christopher Shipway, the winner of our competition. Here is Christopher's story.

I Christopher Shipway became a Carer for my wife Susan on the 25th May 2006. I worked at the Trawl for 4 years as an assistant Chef. I enjoyed my job there, but whilst I was at work my wife was alone at home. She was very unsteady on her feet and kept falling down the stairs, so due to this, I had to leave my job and look after my wife. She was worried about being alone and falling and not being able to get up. I was worried she was going to hurt herself and I would not know, as I could not use my mobile phone at work.

Even though I have a disability and learning difficulties myself, I can still care. At this time we had no stair lifts fitted, no ramp, no walk in shower. I needed to help my wife get in and out of the house, to safely get up and down the stairs and my wife would have to stand over the bath to bathe. At this time she was not a full time wheelchair user.

I have been caring for my wife now for around 8 years. Since I left work her condition has got worse. She is now a full time wheelchair user, every day is a challenge, each day is different, sometimes my wife has mood swings. I have to collect her various tablets and help her with her insulin injections.

I first began visiting the Carers Centre in 2009. When I first registered as a Carer I was told I could get help there. They have helped me to be less afraid of being open about being a Carer. They have given me training on checking my wife's medication, and they have given me the time away from being a Carer and helped me when I have been in crisis. Before I went to the centre, I didn't know there were other Carers out there in the same situation and so I felt alone.

As difficult as caring is, I care for my wife because I care about her and I love her. Sometimes like on holidays I forget I am a Carer, and get to just be her husband again.

Thank you for reading.

Community Outreach Bus

Focus Independent Adult Social Work continue to run a community outreach campaign in partnership with Young People's Support Service (Young Carer Project), to engage with service users and Carers from some of the hardest to reach communities from within North East Lincolnshire. The mobile bus is located in prominent locations and has professionals from a number of local organisations available, on-board, to offer advice and information. The community bus outreach campaign highlights the valuable contribution that unpaid Carers make in our communities and in doing so helps Carers to recognise the importance of maintaining their health and wellbeing. It also enables service users and carers quick and easy access to advice and information right on their doorstep within their own communities.

Partners (on-board) include:

focus Independent Adult Social Work (Carers Team, A3 Single Point of Access & Services4Me)
North East Lincolnshire Council – Young Carers Project (YPSS)
NEL Carers' Support Services
NAViGO
North East Lincolnshire Care Plus
Alzheimer's Society
Dying Matters Team
Friendship at Home
Health Collaborative
Age UK (NE Lincs)
Humberside Police PCSO's
Carelink
Shoreline Housing



accord
let's get better together

North East Lincolnshire CCG is recruiting people with an interest in health and social care services to train as Accord Ambassadors. Ambassadors promote opportunities for people to have their say in health and social care services out in their community. If you enjoy getting out and about, meeting new people and are a good listener the Ambassador programme is for you! The sort of things Ambassadors may do are:

- Attend community events such as Fun Days, the MELA, Grimsby Pride and information fairs to speak to people about Accord at our information stand
- Visit community groups and social clubs to talk to people about Accord and listen to their views
- Promote membership of Accord at health, social care and community venues
- Help to put together newsletters and publicity about Accord and latest involvement opportunities
- Look at new and different ways to enable people to have their say about health and social care services especially those who are hard to reach

Training for Ambassadors is on:

**Wednesday afternoons starting on October 1st for six weeks
Centre4 on Wootton Road, Grimsby.**

These sessions will give you an opportunity to learn more about the NHS and the work of the CCG and health and social care partners. You will be the first group of Accord Ambassadors in North East Lincolnshire – training sessions will be interesting and interactive as we work together to launch the Ambassadors scheme.

If you would like more information about this exciting new initiative please contact the Engagement Team on **0300 3000 567**

Some useful websites and numbers

Age UK

The UK's largest charity working with and for older people. It has information guides on a wide range of issues.

www.ageuk.org.uk TEL: 0800 169 6565

Alzheimer's Society

Works to improve the quality of life of people affected by dementia. Produces a large number of factsheets on dementia-related topics. www.alzheimers.org.uk TEL: 01724 848594

Care Plus Group

Provides adult health and social care services to people across North East Lincolnshire. <http://careplusgroup.org> TEL: 01472 266999

Carers Direct (NHS)

Provides advice, information and support to Carers. www.nhs.uk/carersdirect TEL: 0300 123 1053

Carers UK

Carers UK, a national organisation, supporting Carers by giving them a voice and campaigning for changes that make a difference. www.carersuk.org TEL: 0808 808 7777

Arthritis Care

Provides high-quality information and support to empower people to take control of their arthritis.

www.arthritiscare.org.uk TEL: 020 7380 6500

Carers Trust

The Carers Trust is the largest provider of comprehensive carers support services in the UK.

www.carers.org TEL: 0844 800 4361

Macmillan Cancer Support

Provides practical, medical and financial support for people affected by cancer and pushes for better cancer care.

www.macmillan.org.uk TEL: 01904 651700

NAViGO

Provides mental health and associated services in North East Lincolnshire.

<http://navigocare.co.uk> TEL: 01472 583000

North East Lincolnshire Council

Information about services provided by North East Lincolnshire Council.

www.nelincs.gov.uk TEL: 01472 313131

Scope

Supports disabled people and their families, especially those affected by cerebral palsy.

www.scope.org.uk TEL: 07992 752 573

Cinnamon Trust

The Cinnamon Trust is the only specialist national charity for people in their last years and their much loved, much needed companion animals. A network of 8,000 volunteers "hold hands" with owners to provide vital loving care for their pets. A national fostering service is provided for pets whose owners face a spell in hospital - volunteers take pets into their own homes and supply love and care in abundance until owner and pet can be reunited.

www.cinnamon.org.uk

TEL: 01736 757900

Family Information Service

Directory of services and activities for children and young people aged 0-19 years in North East Lincolnshire.

www.familyinformationservice.info

TEL: 01472 326293

Disability Rights UK/RADAR

Wide range of information and publications designed to educate and inform disabled people, public sector organisations and the private sector. Operates the National Key Scheme which provides disabled people with independent access to locked public toilets around the country.

www.radar.org.uk

TEL: 020 7250 8181

Services4.me.uk

A one-stop directory of adult social care, health care, wellbeing, voluntary and community services and related events and activities available in North East Lincolnshire.

www.services4.me.uk

TEL: 01472 256256

Mental Health Care

Provides information for family members and friends of people with psychosis.

www.mentalhealthcare.org.uk

more useful numbers

Adult Community Health and Social Services single point of access, Social Care crisis response Team and Safeguarding Adults team (24 hours)	01472 256256
Mental Health Services Single Point of Access and Mental Health Crisis Home Treatment Service (24 hours)	01472 252360
Out-Of-Hours GP and Local Health Advice Line (24 hours)	01472 256222
Diana Princess of Wales Hospital (24 hours)	01472 874111
Emergency Dental Service—9am to 1pm	01472 346613
Womens Aid—24 hour emergency supported accommodation for women and their children who want to leave violent partners	01472 575757
Home Options Team—advice and assistance for people threatened with homelessness or seeking accommodation (office hours)	01472 326401
Grimsby, Cleethorpes and District Samaritans	01472 353111
Rethink Lincsline—for people who need support who are in crisis due to mental ill health (5—9pm Monday to Friday, 24 hours at weekends and bank holidays)	0808 800 1010
Alzheimers Society North and North East Lincolnshire (office hours)	01472 602502
Grimsby, Cleethorpes and District Mind (office hours)	01472 602502
Children and Family Services—Referral and Assessment service—Single point of access for new referrals—Childs assessment and safeguarding service—Urgent out-of-hours concerns about the welfare of a child or young person	01472 325555

Family Charity Race Night

In Aid of St Andrews Hospice & Haven Team
On Saturday 1st November 2014 at 7pm
In Keelby Village Hall



The aim of the event is to raise the profile of death, dying and bereavement in a light hearted and social way; it will be a family inclusive Race Night which will include side events of dream walls, raffle, remembrance name card and following the fun of the races, the evening will conclude with a balloon release

Ticket prices: Adults £5 Children £3 – cold buffet will be provided

Tickets are available from Tracey Parkinson on 01472 350167 or email: t.parkinson@nhs.net

**If you wish to sponsor a race (£20) or buy a horse (£5), please contact Tracey
The winning owner in each race wins a prize!**

Bring your own drink

