



**All events are FREE unless stated**

Please feel free to come along to any of the groups listed in this guide, no need to book, just turn up.



Health condition specific support group



Parent Carer support groups



Social support groups

#### New! Vital Stepping Stones – Friendship & Support Group

A new support group has been set up for those with a Neurological condition, MS, ME, Parkinson’s & their families/carers. The group will be a friendly, sociable environment for the sharing of support and advice.

The group will start on the **1st March 2017, running every Wednesday from 6pm – 7.30pm at Morton Village Hall.**

For more information, contact Liz Clews on: 07751 964832  
email: [lizclews@btinternet.com](mailto:lizclews@btinternet.com) or Andrea Varley on: 01427 628864  
email: [varley64@yahoo.co.uk](mailto:varley64@yahoo.co.uk)

#### Carers Education and Support Groups

*Do you care for someone with a mental illness? Would you like some support, education?*

Lincolnshire Partnership NHS Foundation Trust holds regular meetings for Carers in Lincoln and Boston and anyone is welcome to attend.

**Lincoln Group:** Held at Coffee Beanz Café, Discovery House, Long Leys Road, Lincoln, every other Thursday from 6.30pm – 8pm. Next group is meeting on the 9th March.

**Boston Group:** Held at Maple Lodge, Toot Lane, Boston, last Wednesday of the month 6pm – 7.30pm. Next group is meeting 29th March.

For more information, contact Donna Bradford, Carer Lead, on: **07802 569995** or just pop along to one of the meetings.

#### Do you Care for Someone with a Diagnosis of Dementia?

Why not attend one of Alzheimer’s Society’s Carers workshops for half a day over four weeks? The workshops provide information and support on a number of different topics including;

What is dementia? types of dementia, diagnosis, communication, legal and financial issues, effects of dementia, ways of supporting a person with dementia, coping strategies, managing your feelings, staying healthy and looking after yourself.

The Carers Information Programme provides an opportunity for you to talk in a friendly and confidential environment about your experiences as a Carer. It would be more beneficial if you can attend all four sessions.

Sessions will run in March at the Crown Hotel, 6 All Saints’ Place, Stamford, PE9 2AG on the 2nd, 9th, 16th and 23rd March from 2.00pm – 4.30pm.

**For further information or to book a place contact: 01522 692681 or email [Lincoln@alzheimers.org.uk](mailto:Lincoln@alzheimers.org.uk)**

#### Carers Week 2017



Don’t forget, Carers Week takes place this year from the **12th to the 18th of June.**

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges that Carers face and recognise the contribution they make to families and communities throughout the UK.

The campaign is brought to life by the individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

To find out more about carers week visit: **[www.carersweek.org.uk](http://www.carersweek.org.uk)**. To find out about what events are taking place in Lincolnshire during Carers Week please contact our Carers Hub on **00300 303 1555**.

#### Lincolnshire Parent Carer Forum - Information and Signposting Event including Self Harm Awareness Workshop

Wednesday 15th March 2017. South Holland Centre, Market Place, Spalding PE11 1SS.

Parents Self Harm Awareness Workshop Time: (Booking Required) 10.45am arrival for 11.00am start – 12.00am with buffet lunch after (numbers strictly limited) LPCF Registered parents can attend free of charge - Unregistered parents £10 per person.

Information and Signposting Event Time: (No Booking Required) 13.00pm until 19.30pm - Free Tea/Coffee/ Biscuits. LPCF Registered parents can attend free of charge - Unregistered parents £10 per person.

To contact LPCF please call **0845 3311 310** or email **[admin@lincspcf.org.uk](mailto:admin@lincspcf.org.uk)**.


























# March

<b>Wed 1</b> 	<b>Social Support Group: 2:00pm - 4:00pm</b> Wake House, North Street, Bourne, PE10 9AE
<b>Thurs 2</b> 	<b>Carers of those with Mental Health issues: 10:00am - 12:00pm</b> The Sycamores, Beacon Lane, Grantham, NG31 9DF
<b>Fri 3</b> 	<b>Social Support Group: 10:30am -12:00pm</b> The Friends Meeting House, Beaumont Fee, Lincoln, LN1 1UR
<b>Wed 8</b> 	<b>Social Support Group: 10:30am -12:00pm</b> Festival Hall, Caistor Road, Market Rasen, LN8 3JA
<b>Thurs 9</b> 	<b>Social Support Group: 11:00am - 1:00pm</b> Ivo Day Centre, 67 Albion Street, Spalding, PE11 2AU
<b>Thurs 9, 23</b> 	<b>Carers of those with Mental Health issues: 5:00 - 7:00pm</b> Boston Body Hub, Unit 2, 20 Wide Bargate, Boston, Lincolnshire, PE21 6RF
<b>Mon 13</b> 	<b>Social Support Group: 1:00pm - 2:30pm</b> Louth Salvation Army, 13 Church Street, LN11 9BS
<b>Tue 14</b> 	<b>Carers of those with Mental Health issues: 10:00am - 12:00pm</b> Marisco Medical Centre, Stanley Ave, Mablethorpe, LN12 1DP
<b>Tue 14</b> 	<b>Social Support Group for Parent Carers: 10:00am - 11:30am</b> Birchwood Sure Start Centre, Birchwood Ave, Lincoln, LN6 0JE
<b>Wed 15</b> 	<b>Social Support Group: 10:30 - 12:30pm</b> Methodist Church, Agiltha Road, Skegness PE25 2AJ
<b>Wed 15</b> 	<b>Carers of those with Mental Health issues: 10:30am - 12:00pm</b> Deeping Community Centre, Douglas Road, Market Deeping, PE6 8PA
<b>Wed 15</b> 	<b>Social Support Group: 10:30 - 12:00pm</b> The Salvation Army Hall, West Banks, Sleaford, NG34 7QB

<b>Thurs 16</b> 	<b>Carers of those with Mental Health issues: 1:00pm - 3:00pm</b> Johnson Community Hospital, Spalding Road, Pinchbeck, PE11 3DT
<b>Thurs 16</b> 	<b>Carers of those with Mental Health issues: 1:00pm - 2:30pm</b> Trinity House, Trinity Street, Gainsborough, DN21 1JD
<b>Mon 20</b> 	<b>Social Support Group: 10:30 - 12:30pm</b> Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB
<b>Wed 22</b> 	<b>Social Support Group: 10:30 - 12:30pm</b> Holy Cross Church Hall, Skellingthorpe Road, Lincoln, LN6 7RA

# April

<b>Wed 5</b> 	<b>Social Support Group: 2:00pm - 4:00pm</b> Wake House, North Street, Bourne, PE10 9AE
<b>Thurs 6</b> 	<b>Carers of those with Mental Health issues: 10:00am - 12:00pm</b> The Sycamores, Beacon Lane, Grantham, NG31 9DF
<b>Thurs 6, 20</b> 	<b>Carers of those with Mental Health issues: 5:00 - 7:00pm</b> Boston Body Hub, Unit 2, 20 Wide Bargate, Boston, Lincolnshire, PE21 6RF
<b>Fri 7</b> 	<b>Social Support Group: 10:30am -12:00pm</b> The Friends Meeting House, Beaumont Fee, Lincoln, LN1 1UR
<b>Mon 10</b> 	<b>Social Support Group: 1:00pm - 2:30pm</b> Louth Salvation Army, 13 Church Street, LN11 9BS
<b>Tues 11</b> 	<b>Carers of those with Mental Health issues: 10:00am - 12:00pm</b> Marisco Medical Centre, Stanley Ave, Mablethorpe, LN12 1DP
<b>Tues 11</b> 	<b>Social Support Group for Parent Carers: 10:00am - 11:30am</b> Birchwood Sure Start Centre, Birchwood Ave, Lincoln, LN6 0JE
<b>Wed 12</b> 	<b>Social Support Group: 10:30am -12:00pm</b> Festival Hall, Caistor Road, Market Rasen, LN8 3JA

<b>Thurs 13</b> 	<b>Social Support Group: 11:00am - 1:00pm</b> Ivo Day Centre, 67 Albion Street, Spalding, PE11 2AU	<b>Mon 8</b> 	<b>Social Support Group: 1:00pm - 2:30pm</b> Louth Salvation Army, 13 Church Street, LN11 9BS
<b>Mon 17</b> 	<b>Social Support Group: 10:30 - 12:30pm</b> Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB	<b>Tues 9</b> 	<b>Carers of those with Mental Health issues: 10:00am - 12:00pm</b> Marisco Medical Centre, Stanley Ave, Mablethorpe, LN12 1DP
<b>Wed 19</b> 	<b>Social Support Group: 10:30 - 12:30pm</b> Methodist Church, Agiltha Road, Skegness PE25 2AJ	<b>Tues 9</b> 	<b>Social Support Group for Parent Carers: 10:00am - 11:30am</b> Birchwood Sure Start Centre, Birchwood Ave, Lincoln, LN6 0JE
<b>Wed 19</b> 	<b>Carers of those with Mental Health issues: 10:30am - 12:00pm</b> Deeping Community Centre, Douglas Road, Market Deeping, PE6 8PA	<b>Wed 10</b> 	<b>Social Support Group: 10:30am - 12:00pm</b> Festival Hall, Caistor Road, Market Rasen, LN8 3JA
<b>Wed 19</b> 	<b>Social Support Group: 10:30 - 12:00pm</b> The Salvation Army Hall, West Banks, Sleaford, NG34 7QB	<b>Thurs 11</b> 	<b>Social Support Group: 11:00am - 1:00pm</b> Ivo Day Centre, 67 Albion Street, Spalding, PE11 2AU
<b>Thurs 20</b> 	<b>Carers of those with Mental Health issues: 1:00pm - 3:00pm</b> Johnson Community Hospital, Spalding Road, Pinchbeck, PE11 3DT	<b>Mon 15</b> 	<b>Social Support Group: 10:30 - 12:30pm</b> Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB
<b>Thurs 20</b> 	<b>Carers of those with Mental Health issues: 1:00pm - 2:30pm</b> Trinity House, Trinity Street, Gainsborough, DN21 1JD	<b>Wed 17</b> 	<b>Social Support Group: 10:30 - 12:30pm</b> Methodist Church, Agiltha Road, Skegness PE25 2AJ
<b>Wed 26</b> 	<b>Social Support Group: 10:30 - 12:30pm</b> Holy Cross Church Hall, Skellingthorpe Road, Lincoln, LN6 7RA	<b>Wed 17</b> 	<b>Carers of those with Mental Health issues: 10:30am - 12:00pm</b> Deeping Community Centre, Douglas Road, Market Deeping, PE6 8PA
<b>May</b>			
<b>Wed 3</b> 	<b>Social Support Group: 2:00pm - 4:00pm</b> Wake House, North Street, Bourne, PE10 9AE	<b>Wed 17</b>	<b>Social Support Group: 10:30 - 12:00pm</b> The Salvation Army Hall, West Banks, Sleaford, NG34 7QB
<b>Thurs 4</b> 	<b>Carers of those with Mental Health issues: 10:00am - 12:00pm</b> The Sycamores, Beacon Lane, Grantham, NG31 9DF	<b>Thurs 18</b> 	<b>Carers of those with Mental Health issues: 1:00pm - 3:00pm</b> Johnson Community Hospital, Spalding Road, Pinchbeck, PE11 3DT
<b>Thurs 4, 18</b> 	<b>Carers of those with Mental Health issues: 5:00 - 7:00pm</b> Boston Body Hub, Unit 2, 20 Wide Bargate, Boston, Lincolnshire, PE21 6RF	<b>Thurs 18</b> 	<b>Carers of those with Mental Health issues: 1:00pm - 2:30pm</b> Trinity House, Trinity Street, Gainsborough, DN21 1JD
<b>Fri 5</b> 	<b>Social Support Group: 10:30am - 12:00pm</b> The Friends Meeting House, Beaumont Fee, Lincoln, LN1 1UR	<b>Wed 24</b> 	<b>Social Support Group: 10:30 - 12:30pm</b> Holy Cross Church Hall, Skellingthorpe Road, Lincoln, LN6 7RA