

January 2024 Edition

ForthWrite

The quarterly newsletter with our latest news!

www.foresight-nelincs.org.uk

Taking the 'dis' out of disability



The charity operates in North & North East Lincolnshire and surrounding areas with bases in Grimsby and Scunthorpe. For more information please feel free to contact Foresight on 01472 269666

Providing services to meet the needs of disabled people

The community is our **heart**



About Us

Foresight is a local charity that works to improve the overall quality of life for disabled people, their families and carers residing in North and North East Lincolnshire and surrounding areas.

Our mission statement is “To provide the way forward for the disabled community of North East Lincolnshire and surrounding areas. Empowering individuals to a new beginning, a brighter future, and a full and enjoyable life.” To achieve this we offer a range of user led services that offer new opportunities to our local community, building confidence and self-esteem, improving health and well-being and empowering individuals to maximise their potential and fulfil their aspirations.

Our vision is “To reach out to all disabled young people and adults across North and North East Lincolnshire and surrounding areas raising aspirations through empowerment and support, promoting independence, and offering access to choices and opportunities that are integral to their everyday lives.”

Foresight has an excellent reputation for responding to their needs and requirements. We believe that everyone should have the opportunity to have improved life chances irrespective of their disability and our services offer all participants the chance to gain the skills, knowledge and experience to make this aspiration a reality.

We promote ability, not disability, remove the barriers to access and participation and encourage community involvement in combating the social isolation and disadvantage faced by the majority of our local community.





Foresight Monthly Awards 2023



At Foresight we recognise and celebrate the achievements of our Beneficiaries. We have monthly recognition with a presentation that culminates in our annual award ceremony;
Below are the winners of our monthly awards.

August

Learner Participation: Jane
Learner Achievement: Georgia
Sport Participation: Lottie
Sport Achievement: Andrew
Outstanding Progress: Carol
Outstanding Creativity: Carol M
Outstanding Attendance: Wayne
Peer Support: Jack

September

Learner Participation: David
Learner Achievement: Claire
Sport Participation: Paul
Sport Achievement: Dianne
Outstanding Progress: Adam
Outstanding Creativity: Jade
Outstanding Attendance: Jack
Peer Support: Ryan

October

Learner Participation: James
Learner Achievement: Lenny
Sport Participation: Thomas
Sport Achievement: Alex
Outstanding Progress: Jason
Outstanding Creativity: Helen
Outstanding Attendance: Robert
Peer Support: Colin



Meet Jason - He's a winner!



Jason has been attending Foresight for two years now. When he first arrived, he was set in his routine, attending specific lessons, and would only attend two sessions a week.

However, within a few months, Jason began to adjust to his surroundings, through meeting new people, exploring new environments and developing his confidence.

Today, Jason is a vibrant member of our community. He wholeheartedly participates in all our events, such as our various charity extravaganzas and our christmas events where he shares his exceptional talents with us through his captivating performances, showcasing remarkable personal growth and newfound confidence.

Jason's journey at Foresight is a great example of how our supportive environment nurtures positive change and empowers individuals to become more independent.

Information

Activities

Foresight has activities to suit everyone, from creative crafts, independent living skills to learning how to manage your money and confidence building! Activity content is tailored to suit all individual needs!

Taster Sessions

If you would like to try one of our sessions before enrolling please contact us to book a free taster session and a tour of our building, no commitment required!

Dinner and Breaks

Morning lessons at Foresight are 10:00 - 12:00 and afternoon lessons are 13:00 - 15:00. All sessions have a 15 minute break and a lunch break between 12:00 - 13:00. Food and beverages can be purchased on site or alternatively you can bring your own food.

Enrolment

To enrol on any of our sessions, book a tour of the building or for more information please contact Foresight on 01472 269666 at any time during the term.



To access our social media, scan the QR Codes above!

AM

Monday's Classes & Activities

PM

All courses will incur a charge of £2 per session, unless otherwise stated, which is payable to Foresight's reception.

AM Class	PM Class
<p>Life Skills with Trevor (£2) 10:00-12:00</p> <p>In this class you will learn practical skills to help you in your daily life. You'll learn how to manage your money, how to manage your time better, and how to solve problems that come up in your everyday life.</p>	<p>Foresight's Heritage with Trevor (£2) 13:00-15:00</p> <p>Discover our heritage at Foresight with one of our tutor Trevor's. We will be going through Foresight's journey from when we started to where we are now. We will speaking to past and present staff, volunteers and beneficiaries to create a time capsule.</p>
<p>Table Tennis (£2) 10:00-12:00</p> <p>Suitable for all abilities, our table tennis session promotes coordination and will teach you how to play the game with skill.</p>	<p>Tennis (£3) 13:00-15:00</p> <p>In our outdoor tennis session you will enjoy taking part in both team and solo games to improve your coordination and teamwork.</p>
<p>Science and More (£2) 10:00-12:00</p> <p>Join our Science & More class for an exciting way to develop new skills. It's a great opportunity to keep learning, grow your confidence and expand your knowledge!</p>	<p>Fun with Money (£2) 13:00-15:00</p> <p>This session will support you to become confident in managing money, by using different techniques including how to budget and save!</p>
<p>Swimming Session (£6) 10:00-12:00</p> <p>In this session learners will visit the Grimsby Leisure Centre and have fun improving your swimming skills or swimming with friends.</p>	<p>Makaton Session (£2) 13:00-15:00</p> <p>In this session you will discover the language of Makaton and learn a valuable skill you can use your whole life.</p>



Follow us on Facebook

Follow us on Facebook: www.facebook.com/ForesightGrimsby



Or you can visit our website: www.foresight-nelincs.org.uk

AM

Tuesday's Classes & Activities

PM

All courses will incur a charge of £2 per session, unless otherwise stated, which is payable to Foresight's reception.

AM Class	PM Class
<p data-bbox="268 421 630 461">Fun with Words (£2)</p> <p data-bbox="347 472 550 512">10:00-12:00</p> <p data-bbox="108 526 794 728">In this session you will have fun while improve your reading and writing skills. You will be supported in reading a variety of books and poems and will receive support writing sentences and stories.</p>	<p data-bbox="879 421 1445 461">Sports Leadership Training (£2)</p> <p data-bbox="1059 472 1265 512">13:00-15:00</p> <p data-bbox="823 526 1505 683">In this session you will gain valuable skills to become a confident leader in the world of sports while improving self confidence.</p>
<p data-bbox="268 788 630 828">Seasonal Crafts (£3)</p> <p data-bbox="347 840 550 880">10:00-12:00</p> <p data-bbox="100 896 802 1093">Have fun and make friends in our arts and crafts session! You will enjoy making a variety of different seasonal themed crafts in each lesson to take home or share with your friends.</p>	<p data-bbox="967 788 1358 828">Crafting Together (£3)</p> <p data-bbox="1059 840 1265 880">13:00-15:00</p> <p data-bbox="823 896 1505 1052">Have fun making various crafts with your friends. From creating decorations to light-up bottles! You can craft as a group or craft on your own!</p>
<p data-bbox="248 1113 649 1153">Let's Get Cooking (£3)</p> <p data-bbox="347 1164 550 1205">10:00-12:00</p> <p data-bbox="108 1220 790 1339">In this class you will learn the basics of cooking, cleaning and staying safe in the kitchen.</p>	<p data-bbox="975 1113 1350 1153">Movie Afternoon (£2)</p> <p data-bbox="1059 1164 1265 1205">13:00-15:00</p> <p data-bbox="834 1220 1493 1377">Foresight is your new local cinema! Come relax with friends and watch your favourite films here on our large widescreen TV.</p>
<p data-bbox="268 1438 630 1478">Games Morning (£2)</p> <p data-bbox="347 1489 550 1529">10:00-12:00</p> <p data-bbox="108 1545 794 1664">In this lesson you will engage in pool matches, play interactive console games, and socialise with your friends</p>	<p data-bbox="995 1438 1329 1478">Football Skills (£2)</p> <p data-bbox="1059 1489 1265 1529">13:00-15:00</p> <p data-bbox="823 1545 1505 1747">Improve your football skills and join in on Nick's Football Skills class. This class is perfect for all abilities. The class covers all aspects of football such as teamwork, scoring goals and positioning.</p>



AM Wednesday's Classes & Activities PM

All courses will incur a charge of £2 per session, unless otherwise stated, which is payable to Foresight's reception.

AM Class	PM Class
<p style="text-align: center;">Table Cricket (£2) 13:00-15:00</p> <p>Table cricket is a modified cricket game played on a table, accessible and inclusive for all individuals. Promoting physical activity, social interaction and teamwork.</p>	<p style="text-align: center;">Independent Living Skills (£2) 13:00-15:00</p> <p>Discover how to be independent within your home. From keeping things neat to washing your stuff, you'll pick up important skills and feel confident in your own home.</p>
<p style="text-align: center;">Bingo Session (£3) 10:00 - 12:00</p> <p>Try and win fun and practical prizes with our Bingo session! Compete against class members for lines, corners and a full house!</p>	<p style="text-align: center;">The Drama Club (£2) 10:00-12:00</p> <p>Get creative in our drama session and make the world your stage. Improve your communication skills and confidence our drama club will leave you wanting more!</p>
<p style="text-align: center;">Karaoke (£2) 10:00-12:00</p> <p>Would you like to show off your singing voice by singing or listening to your favourite songs? Please come along and join in the fun.</p>	<p style="text-align: center;">Wii Games (£2) 13:00-15:00</p> <p>In this session you will take turns playing interactive Wii games, improving hand eye coordination and balance.</p>
<p style="text-align: center;">Outdoor Cricket (£3) 10:00-12:00</p> <p>In this lesson you will be taken to the Grimsby Cricket Club and learn the basics of the game, while working with your friends to promote teamwork</p>	<p style="text-align: center;">Walking Group (£2) 13:00-15:00</p> <p>In this lesson you will have the opportunity to clear your mind by going on beautiful nature walks around the local or surrounding areas of our community.</p>



AM

Thursday's Classes & Activities

PM

All courses will incur a charge of £2 per session, unless otherwise stated, which is payable to Foresight's reception.

AM Class	PM Class
<p>Navigating your Computer (£2) 10:00-12:00</p> <p>This class will teach you skills such as using the mouse and keyboard, accessing the internet, and basic computer safety. Through hands-on instruction and practical exercises, learners will gain the skills and confidence they need to use a computer with ease.</p>	<p>Shibashi Session (£2) 13:00-15:00</p> <p>Experience the benefits of Shibashi. This gentle exercise combines movements, breathing, and meditation to promote physical, mental, and emotional wellness and is suitable for all abilities!</p>
<p>Mini Sports (£2) 10:00-12:00</p> <p>Join our mini sports session for fun and active sessions. Suitable for all levels and abilities, you'll learn new skills and improve your fitness.</p>	<p>Get Crafty (£3) 13:00-15:00</p> <p>Let's jump into the world of creativity! Join us to "Get Crafty" and bring your ideas to life. We'll work on fun projects that let you show off your imagination. Get ready to have a blast crafting with us!</p>
<p>Pottery (£3) 10:00-12:00</p> <p>In this class you will get a hands on experience to create your own pieces of pottery using air-dry clay, and decorate them afterwards.</p>	<p>Movie Afternoon (£2) 13:00-15:00</p> <p>Foresight is your new local cinema! Come relax with friends and watch your favourite films here on our large widescreen TV.</p>
<p>Walking Group (£2) 10:00-12:00</p> <p>In this lesson you will have the opportunity to clear your mind by going on beautiful nature walks around the local or surrounding areas of our community.</p>	<p>Outdoor Carpet Bowls (£3) 13:00-15:00</p> <p>Outdoor Carpet Bowls is a game that's all about fun, strategy and a touch of friendly competition. This session is suitable for all abilities.</p>



AM

Friday's Classes & Activities

PM

All courses will incur a charge of £2 per session, unless otherwise stated, which is payable to Foresight's reception.

AM Class	PM Class
<p>Personal Development with Amy (£2) 10:00-12:00</p> <p>In this class we will learn how to communicate and develop skills that help you in everyday life. Learners will also focus on helping others and understanding their needs.</p>	<p>Disco (£2) 13:00-15:00</p> <p>Every Friday is a party at Foresight, bring your dancing shoes, best moves and join your friends in our class where the fun never stops!</p>
<p>Table Tennis (£2) 10:00-12:00</p> <p>Suitable for all abilities, our table tennis session promotes coordination and will teach you how to play the game with skill.</p>	<p>Craft n' Create (£3) 13:00-15:00</p> <p>In this lesson you will explore the world of crafting. Make exciting creations to give to your friends and family!</p>
<p>Jewellery Making (£3) 10:00-12:00</p> <p>In this session you will make your own jewellery and decorate them to create beautiful pieces you can wear or give to your family and friends.</p>	<p>Games Afternoon (£2) 13:00-15:00</p> <p>In this lesson you will engage in pool matches, play interactive console games, and socialise with your friends.</p>
<p>Bowling (£6) 10:00-12:00</p> <p>Join us for a fun session of bowling at the Bowling Centre in Cleethorpes. Suitable for all abilities, it's a great opportunity to bowl, laugh, and enjoy a friendly competition.</p>	



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FORESIGHT BUDDY SCHEME ✨

WHAT IS THE BUDDY SCHEME?

This program is all about helping you with Hospital Passports and Annual Health Checks. If you're someone with a disability, this scheme is for you. We'll match you up with a buddy who's there to be your friendly support system. From setting up appointments to assisting with paperwork, your buddy will make sure things go smoothly.



APPLY TO THE SCHEME (STEP 1)

If you're interested, there are two ways to apply just pop into our centre or give us a call. We'll set up a time for you to come in and enrol. Once all the paperwork is completed you'll be matched up with a buddy.



MEET YOUR BUDDY (STEP 2) ✨

The second stage is to meet your Buddy. This is your opportunity to ask any initial questions and get to know your buddy better. Together, you'll fill out the necessary forms, and if there's any hospital paperwork required, your buddy will guide you through it. They'll also assist you in making an appointment. When the appointment day arrives, your buddy can accompany you if you wish, providing support throughout the entire process.

WHAT IS A HOSPITAL PASSPORT? ✨

A Hospital Passport is made to help when you have to go to the hospital. This book has information about your health needs, how you like to communicate, and any help you might need. Think of it as a way to help doctors and nurses understand what you need when you're at the hospital. Our Buddy Scheme is here to help you fill out and use this passport, so your hospital visits are easier and less worrying.

WHAT IS AN ANNUAL HEALTH CHECK? ✨

An Annual Health Check is a yearly visit to your doctor. It's for checking how you're doing and making sure you're healthy. Our Buddy Scheme can help you understand what an Annual Health Check is and support you to make an appointment. They can even go with you if you need support, and help with any questions or forms.



WHO'S ELIGIBLE AND HOW DO I JOIN? ✨

If you have a disability, you're eligible for our Buddy Scheme. For more information you can contact us using the information below;

☎ 01472 269666

✉ info@foresight-nelincs.org.uk

📍 Foresight 60 Newmarket Street, Grimsby, DN32 7SF

📘 facebook.com/foresightgrimsby

Volunteering on the Foresight Buddy Scheme



- Do you want to help those that have a disability?
- Do you have spare time?
- Do you want to make a difference in the lives of others?



About the buddy scheme

This program is all about providing support with hospital passports and annual health checks. If you're interested in making a difference for individuals with disabilities, our Buddy Scheme is a great fit for you. As a volunteer, you'll first be provided with training and then be paired with someone who needs a friendly support system. Your role involves addressing any questions they might have about hospital passports or health check-ups, helping them fill out essential paperwork, and accompanying them to appointments.



For more information contact Callum on

01472 269666

Call: 01472 269666

E-mail: Callum.finn@foresight-nelincs.org.uk

Or alternatively on the form on our website
www.foresight-nelincs.org.uk

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This service will be available seven days a week offering a basic handyman service both in the home and the garden for example fence and shed repair. This service will also include basic decorating and referral to trusted tradesmen if our service cannot undertake the work.

Meals Fore You Handyman Services

Phone Pat on: 01472 269666

Email: info@mealsforeyou.co.uk

Price: £14 per hour



**Do you want to live independently?
Would you like a home of your own?
We have the answer!**



Coronation House

Stanley St, Grimsby DN32 7BA



Anne Askew House

South Marsh Road, Stallingborough DN41 8BE

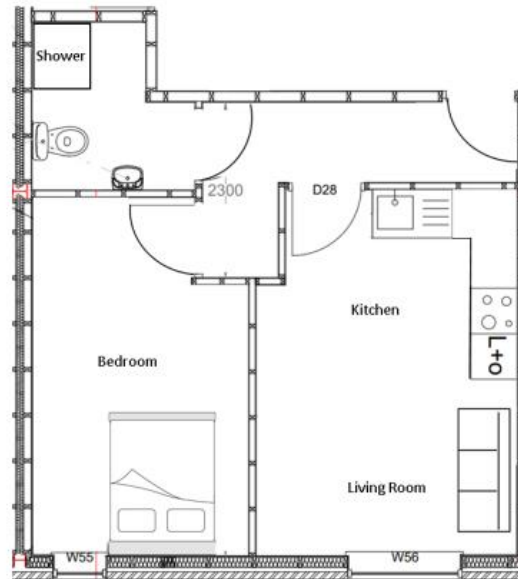
If you are interested in living independently contact the housing team on 01472 269666 to discuss availability and to arrange a viewing.



Coronation House

Coronation House is conveniently located close to Grimsby town centre, with excellent transport links to Cleethorpes, Immingham and surrounds, and boasts 24 modern, comfortable and secure apartment.

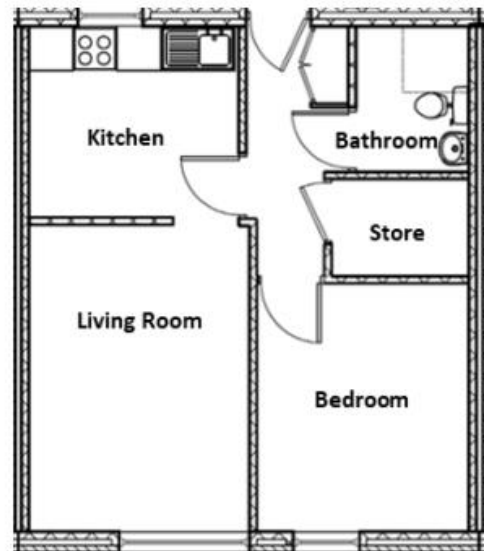
Each apartment offers an easy access floor plan. At an additional charge you can also opt to have your apartment furnished which includes a sofa, coffee table, TV stand, bed and wardrobe. All our apartments consist of bedroom, adjoining kitchen and living room, and bathroom in a variety of layouts to suit all needs.



Anne Askew House

Anne Askew House is located within the rural village of Stallingborough with great local amenities and transport to links to Grimsby, Cleethorpes and Immingham. Anne Askew House has 26 self contained apartments which include a living area, bedroom, bathroom and kitchen. All apartments come with the offer of being furnished at an extra charge.

Anne Askew House offer an easy access floor plan. At an additional charge you can also opt to have your apartment furnished, which includes a sofa, coffee table, TV stand, bed and wardrobe. Our apartments come in three layout options; one bedroom, two bedroom or studio flat.



Highlights of all our properties include

- ◆ White goods and cooker as standard
- ◆ Dedicated staff members
- ◆ Cleaning of communal areas
- ◆ Small repairs
- ◆ Secure coded entrance
- ◆ Promotes independence
- ◆ 24 hour emergency telephone assistance
- ◆ Great transport links



Volunteering at Foresight!

Without the hard-working and dedicated volunteers at Foresight, we would not be able to provide the range and quality of classes and activities that we currently have. Their help and support are more than we could ever ask for and everything they do for us is always greatly appreciated. They are a huge asset to Foresight and we admire all of their effort.

Volunteering with Foresight will give you the opportunity to build on specific knowledge and experience within health and social care. We have various roles you can undertake with us. We work alongside various training providers who can offer a wide variety of free accredited courses, that will help you to gain and enhance your skills further.

Awards Ceremony

**At Foresight, we recognise and celebrate the achievements of our volunteers. We have monthly recognition with a presentation that culminates in our annual award ceremony;
Below are our winners of our monthly awards.**

August

Contribution to Foresight: Jacob Marfleet
Support to Learners: Lisa Farr
Support to Sport: Enya
Young Volunteer of the Month: Bailey Stratton
Volunteer of the Month: Adam Gray
Chair Person N.E. Lincs: Millie Thomas

September

Contribution to Foresight: Daniel Stephenson
Support to Learners: Kirsten Wallace
Support to Sport: Jason Neilson
Young Volunteer of the Month: Daniel Galvin
Volunteer of the Month: Layla Eddington
Chair Person N.E. Lincs: Kevin Guilliat

October

Contribution to Foresight: Amanda
Support to Learners: Lisa Farr
Support to Sport: Scott McLenachan
Young Volunteer of the Month: Samuel Commons
Volunteer of the Month: Katie Crowley
Chair Person N.E. Lincs: Shannon

Opportunities

Here at Foresight there are many different roles you can do to earn experience below are a list of all available volunteering roles.

Support Worker

A Support Worker performs a vital role in supporting our beneficiaries who live with a range of disabilities. The support given in our centres consists of helping with daily tasks within the centre, reading and writing, IT support and much more. Our support workers provide the much-needed encouragement our beneficiaries require to reach their full potential.

Driver

As a driver, you will be responsible for the safe transport of our beneficiaries on days out, in some cases to and from our Scunthorpe centre and can also assist with our meals service. You will be required to ensure that all beneficiaries are safe and that everyone is supported appropriately on their journey.

Class Leader

Our sessions are predominantly led by our volunteers and this role is a fantastic opportunity for those wanting further experience in leading a session. This role will also include setting up the classroom, coming up with ideas for the sessions and ensuring that work is prepared; there will be staff available to assist with preparation.



Our Sponsors

We would like to extend our sincere thanks to PRH Electrical and DC's Barbers for their generous support in sponsoring this booklet.

Their commitment to our organisation is truly appreciated, and their contribution has made it possible for us to create and distribute this valuable resource to our audience.

We are grateful for their partnership and recognise the importance of their support. Their investment in our organisation is a testament to their belief in our mission, and we are honoured to have them as part of our community. Once again, thank you to PRH Electrical and DC's Barbers for their generosity!

