




## Hello and welcome to *our January - April 2025 Newsletter*

Foresight is a charity that operates in North & North-East Lincolnshire and surrounding areas with bases in Grimsby and Scunthorpe.

Providing a range of services to meet the needs of disabled people, and those needing extra support.

The community is our heart 



Introducing our Winter issue filled with the following:

- Monthly Award winners
- 25 Years of Foresight Celebration
- Timetable
- Programmes we offer
- Services
- Including moments of our summer in photos across the whole booklet!

*For more information you can contact us on:*



Foresight



foresightcharity



01472 269 666



Foresight7



[HTTPS://WWW.FORESIGHT-NELINCS.ORG.UK/](https://www.foresight-nelincs.org.uk/)



## 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 the surrounding areas.


Our Mission Statement “To provide the way forward for the disabled community of the North/ North East Lincolnshire and the surrounding areas . Empowering individuals to a new beginning, a brighter future and a full, enjoyable life.”



We are a user led facility, offering new opportunities to our local community, building confidence and self-esteem. With an excellent reputation for responding to beneficiaries needs and requirements, our services offer all participants the chance to gain the skills, knowledge and experience to make their aspirations a reality.

## “Taking the dis out of Disability”



To view our **short film that tells our story from the beginning to where we are now**, please scan this QR code or head over to our Facebook where it is pinned at the top 





# JOIN OUR ACTIVITIES



## ACTIVITIES

Foresight offers a range of activities to suit everyone, from creative crafts, independent living skills to learning how to manage your money and confidence building!

All activity content is tailored to suit everyone!

## TASTER SESSIONS

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

## DINNER AND BREAKS

Morning lessons: 10am until 12pm

Afternoon lessons: 1pm until 3pm

All sessions have a 15 minute break within the 2 hours with a lunch break at 12pm – 1pm.

Food and drinks 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 contact Foresight on 01472 269666 anytime during the term

[HTTPS://WWW.FORESIGHT-NELINCS.ORG.UK/](https://www.foresight-nelincs.org.uk/)





# FORESIGHT MONTHLY AWARDS 2024



## August

Learner Participation: **Laura**

Learner Achievement: **Jason**

Sport Participation: **Mark**

Sport Achievement: **Robert**

Progress Award: **Carol**

Creativity: **Martin**

Attendance: **Dianne**

Time to Shine: **Wayne**

## September

Learner Participation: **Thomas**

Learner Achievement: **James**

Sport Participation: **Dawn**

Sport Achievement: **David**

Progress Award: **James**

Creativity: **Lindsay**

Attendance: **Robert**

Peer Support: **Colin**

Time To Shine: **Andrew**

## October

Learner Participation: **Enya**

Learner Achievement: **Shane**

Sport Participation: **Paul**

Sport Achievement: **Jay**

Progress Award: **Susan**

Creativity: **Jason**

Attendance: **Mark**

Peer Support: **Jack**

Grimsby Town Supporter: **Robert**

Time To Shine: **Carol**



**Award Winners collecting their achievements!**



# He's A WINNER!!

**Meet Andrew!**



**Andrew has been attending Foresight for a few years now. His confidence has grown tremendously throughout the years and he has shown excellent dedication to his chosen activities.**

**Andrew won the 'Time To Shine Award' for tackling everything that comes his way during his activities, and with a beaming smile. Andrew has been excelling very well with his cycling, acquiring new skills, knowledge and understanding each and every day.**

**Andrew is an excellent role model for his peers. He always greets everyone and has such a lovely perspective of why he enjoys coming into Foresight.**

**Well Done Andrew!**





# FORESIGHT MONTHLY AWARDS 2024 -VOLUNTEERS-



## August

Contribution to Foresight : **Kirsten**

Support to Learners: **Daniel**

Support to Sport: **Adam**

Young Volunteer of the Month: **Ellie**

Volunteer of the Month: **Adam**

Chair Person N.E Lincs: **Natasha**

## September

Contribution to Foresight : **Layla**

Support to Learners: **Shannon**

Support to Sport: **Daniel**

Young Volunteer of the Month: **Joey**

Volunteer of the Month: **Kevin**

Chair Person N.E Lincs: **Thomas**



## October

Contribution to Foresight : **Ron**

Support to Learners: **Shannon**

Support to Sport: **Adam**

Young Volunteer of the Month: **Thomas**

Volunteer of the Month: **Joey**

Chair Person N.E Lincs: **Adrian**

Some of our volunteers collecting their awards!





**Foresight**

# Foresight N E Lincs **VOLUNTEERS NEEDED**

## Benefits and Incentives:

- Professional Development
- Building your CV
- Enhancing Skills and Knowledge
- Flexible Hours - Minimum required is 2 hours a week
- Educational Courses and Training Available

## Requirements:

- 18+
- DBS check (Provided by Foresight)
- Polite Attitude
- Punctuality
- Able to work with people from various backgrounds.

## Roles Available:

- Classroom & Activities Support Worker
- Kitchen Assistant
- Minibus Driver
- Community Hub Support
- Bus Escort Support

## **No Personal Care Required**

- Foresight North East Lincolnshire Centre
- The Scartho Community Hub
- The Crescent Community Hub - Cleethorpes
- Crosby Community Hub - Scunthorpe

## CONTACT US



Samantha.chilvers@foresight-nelincs.org.uk



01472 269666



60 Newmarket Street, Grimsby, DN32 7SF



# Monday

## Morning

### **Everyday Safety (£2)**

**10am - 12pm**

This session will focus on various ways to keep safe on a day to day basis. You will have the opportunity to enhance your skills and knowledge to keep you safe at home and at the centre.

### **Table Cricket (£2)**

**10am - 12pm**

Table cricket is a modified cricket game played on a table, accessible and inclusive for all individuals. Promoting physical activity, social interaction and teamwork.

### **Chair-Based Exercise (£2)**

**10am - 12pm**

Chair-based exercise is focused on a low-impact workout that can be done while seated in a chair. The session will include gentle movements and stretches designed to improve flexibility, strength, and balance.

### **Swimming Session (£6)**

**10am - 12pm**

In this session learners will visit the Grimsby Leisure Centre and have fun improving your swimming skills or swimming with friends.

## Afternoon

### **Protecting your Health with Amy (£2)**

**1pm - 3pm**

In this class you will be taught how to look after your health including being educated on signs and symptoms to be aware of.

### **Wii Games (£2)**

**1pm - 3pm**

In this session you will take turns playing interactive Wii games, improving hand eye coordination and balance.

### **Makaton and Song (£2)**

**1pm - 3pm**

In this session you will discover the language of Makaton and learn a valuable skill you can use throughout life

### **Sport with Thomas and Stacey (£4)**

**1pm - 3pm**

In this session you will embrace your athletic side, taking part in sporty activities and learning new skills too!



# Tuesday

## Morning

### **Seasonal Crafts**

**(£3)**

**10am - 12pm**

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.

### **Lets get Cooking**

**(£3)**

**10am - 12pm**

In this class you will learn the basics of cooking, cleaning and staying safe in the kitchen.

### **Cycle and Walk Safety (£2)**

**10am - 12pm**

This course is to equip you with the knowledge and skills to stay safe while cycling and walking in our town. With a focus on practical safety techniques, awareness of traffic and risk assessment, this course promotes responsible walking and cycling practices to reduce accidents and encourage sustainable, healthy modes of transportation.

### **Book Club at Scartho Library**

**(£2)**

**10am - 12pm**

Visit our Scartho Community Library and relax with a book of your choice either on your own or in a group.

## Afternoon

### **Crafting Together**

**(£3)**

**1pm - 3pm**

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!

### **Household Skills**

**(£2)**

**1pm - 3pm**

In this lesson, you will be taught household skills that can help you create a comfortable living experience through self-care and general cleanliness such as washing up and laundry.

### **Football Skills**

**(£2)**

**1pm - 3pm**

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.

### **Movies (£2)**

**10am - 3pm**

Foresight is your new local cinema! Come relax with friends and watch your favorite films here on our large widescreen tv.



# Wednesday

## Morning

### **Bingo**

**(£3)**

**10am - 12pm**

Try and win fun and practical prizes with our Bingo session! Compete against class members for lines, corners and a full house!

### **Choir**

**(£2)**

**10am - 12pm**

In this lesson you will learn songs and melodies to perform at our events with your friends.

### **Protecting your Health with**

**Amy**

**(£2)**

**1pm - 3pm**

In this class you will be taught how to look after your health including being educated on signs and symptoms to be aware of.

### **Yoga/Tai Chi (£2)**

**10am - 12pm**

This is focused on a low-impact workout that can be done while seated in a chair or stood up. The session will include gentle movements and stretches designed to improve flexibility, strength, and balance. It also helps practice meditation and calm.

## Afternoon

### **Bitesize Digital Skills**

**(£2)**

**1pm - 3pm**

In this lesson you will make use of the computers to create basic digital media and expand your knowledge surrounding digital media.

### **Archery**

**(£2)**

**1pm - 3pm**

Take part in our archery course in a safe indoor setting - Have fun and build your skills with our suction-cup arrows!

### **Movies**

**(£2)**

**1pm - 3pm**

Foresight is your new local cinema! Come relax with friends and watch your favorite films here on our large widescreen TV.

### **Travel Safety (£2)**

**1pm - 3pm**

This travel safety course is designed to provide you with the knowledge and skills necessary to ensure your safety and well-being while traveling, whether on a bus or a train. From pre-trip planning to handling emergencies, the course covers a wide range of topics to help travellers minimise risks and stay secure in unfamiliar environments.



# Thursday

## Morning

### **Computer Skills with Eren (£2)**

**10am - 12pm**

Improve and learn new computer skills including using Word, Excel and PowerPoint. Improve your skills in using the internet and learn how to keep safe in cyberspace.

### **Mini Sports (£2)**

**10am - 12pm**

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.

### **Soap and Candle Making (£4)**

**10am - 12pm**

Let's jump into the world of creativity! Join us to 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 soap and candles with us!

### **Painting and Drawing (£2)**

**10am - 12pm**

Learn to create amazing designs and express your creativity with freedom in our painting class!

## Afternoon

### **Protecting your Health with Amy (£2)**

**1pm - 3pm**

In this class you will be taught how to look after your health including being educated on signs and symptoms to be aware of.

### **Sport with Thomas and Stacey (£4)**

**1pm - 3pm**

In this session you will embrace your athlete side, taking part in sporty activities, learning new skills too!

### **Games and Karaoke (£2)**

**1pm - 3pm**

Would you like to show off your singing voice or perhaps you want to participate in some friendly competition during games? Come along and join the fun!

### **Table Tennis (£2)**

**1pm - 3pm**

Play table tennis against your friends! This is accessible and inclusive for all individuals, promoting physical activity, social interaction and teamwork.



# Friday

## Morning

### **Music (£2)**

**10am - 12pm**

Join us for a morning of musical mayhem as you learn the basics to playing the keyboard. Practice makes perfect!

## Afternoon

### **Disco & Dance (£2)**

**1pm - 3pm**

If you love to dance then come along and show off your moves to some awesome songs you'll love!

### **Games and Crafts (£3)**

**10am - 12pm**

In this class you will get a hands on experience to create your own crafts or playing board games and pool with your peers!

### **Netball (£2)**

**1pm - 3pm**

Suitable for all abilities, our Netball session promotes coordination and will teach you how to play the game with skill.

### **Bowling (£5)**

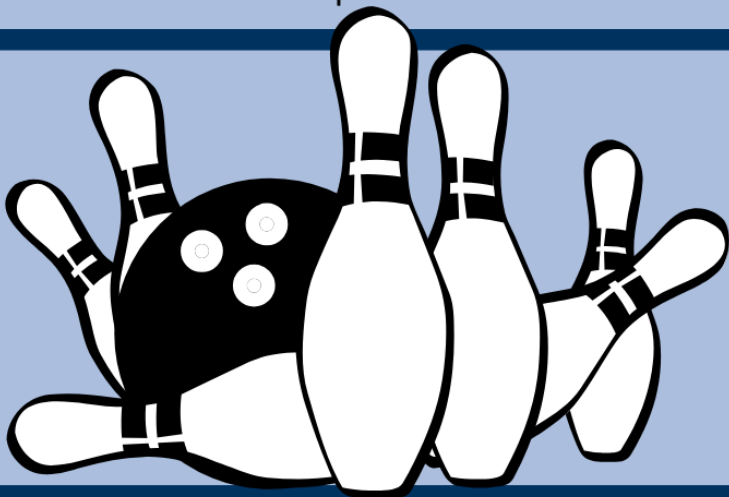
**10am - 12pm**

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.

### **Movie Afternoon (£2)**

**1pm - 3pm**

Foresight is your new local cinema! Come relax with friends and watch your favourite films here on our large widescreen TV.





# 25 Years!

*On Friday the 16th of August 2024, everyone came together to celebrate 25 years of Foresight!*

*From performances and music, to tasty BBQ and drinks, we had a blast celebrating.*

*The day was documented on all of our social media pages so feel free to catch up on what we got up to!*



# Foresight Buddy Scheme

**01**

## Apply to the scheme

If you're interested either pop into our centre give us a call. We will sort out a time or you to enrol, and once the paperwork is completed you'll be matched with a buddy

## What is the Buddy Scheme?

This programme 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 will 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 run smoothly.

**02**

## Meet your Buddy

This is where you will get to know your buddy better. Together you'll fill out necessary forms and if there's any hospital paperwork required, your buddy will guide you through it.

They will also assist you with booking appointments and also accompanying you to them if you wish.

## What is a hospital passport?

A Hospital Passport is made to help when you have to go to the hospital - holding information about your health needs and how you like to communicate. With the Buddy Scheme, your buddy can help you fill out the information, making hospital visits less intimidating and helping yourself feel less anxious.



## What is an annual health check?

An Annual health check is a yearly visit to your doctor. Its for checking how you're doing and making sure you're healthy.

Our Buddy scheme can help you to understand what an annual health check is, supporting you to make the appointment. As well as accompanying you if you'd like that support.

# *Volunteer 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?

## **What is the Buddy Scheme Programme?**

This programme is all about providing support with hospital passports and annual health checks. If you're interested in making a difference for individuals with disabilities then this is the Scheme for you.

Your role as a volunteer:

- all training will be provided
- Address questions they might have about hospital passports or health check ups
- Assist in filling out essential paperwork
- Accompanying your Buddy to appointments.

## **Contact Us:**

Tel: 01472 269666

Email: [samantha.chilvers@foresight-nelincs.org.uk](mailto:samantha.chilvers@foresight-nelincs.org.uk)

60 Newmarket Street  
DN32 7SF





# Live Independently in Our Housing



## Coronation House



## Anne Askew House



<https://www.foresight-nelincs.org.uk/>

# Live Independently in Our Housing



## Coronation House

Coronation House is conveniently located close to Grimsby town centre, with perfect transport links to Cleethorpes, Immingham and surrounding areas. The apartments embrace 24 modern comfortable and secure apartment.

Each apartment offers an easy access floor plan with a bedroom, adjoining kitchen, living room and bathroom. At a slight additional charge you can also opt to have your apartment furnished which includes the following:

- A sofa
- Coffee table
- TV stand
- Bed
- Wardrobe



## Anne Askew House

Anne Askew is located within the rural village of Stallingborough with lovely local amenities and transport links to Grimsby, Cleethorpes and Immingham. There are 26 self contained apartments that include a living area, bedroom, bathroom and kitchen. With 3 layout options; one bedroom, two bedroom or studio flat.

Each apartment offers an easy access floor plan with a bedroom, adjoining kitchen, living room and bathroom. At a slight additional charge you can also opt to have your apartment furnished which includes the following:

- A sofa
- Coffee table
- TV stand
- Bed
- Wardrobe







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# WALKING AND CYCLING PROFICIENCY PROJECT

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This project aims to improve your safety confidence, skills, and knowledge of walking and cycling safety.

Our sessions are both practical and classroom-based to address the issues you may face when in the community.

If you would like any further information,  
please contact us on 01472 269666



**Humber and North Yorkshire**  
Cancer Alliance



# CANCER ALLIANCE

WE HAVE BEEN GIVEN AN  
OPPORTUNITY TO DELIVER  
EDUCATION AND SUPPORT  
AROUND HEALTH AND HOW TO  
TAKE CARE OF OURSELVES

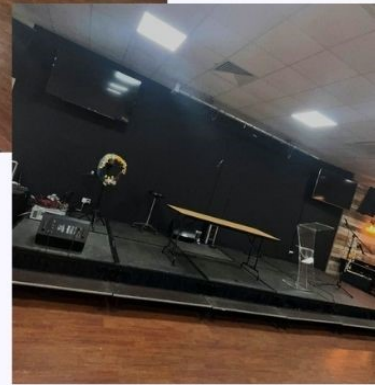
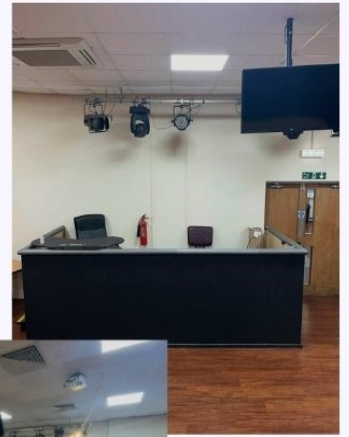
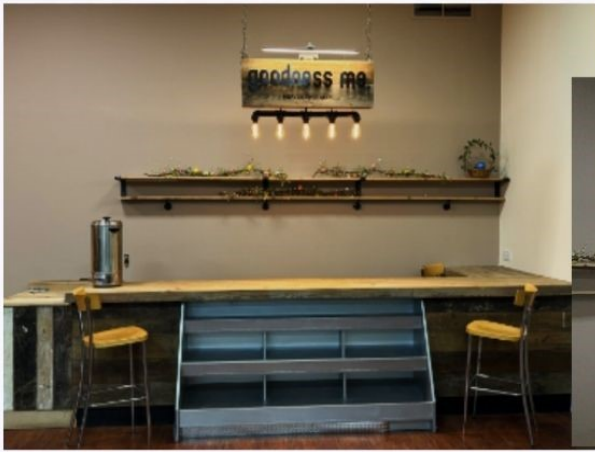
OUR CLASSES WILL BE TAILORD TO MEET INDIVIDUAL  
ABILITY LEVELS, ENSURING THE CLASSES ARE EFFECTIVE  
TO OUR PARTICIPANTS



155 -159 Freeman Street,  
Grimsby, DN32 7AR



A safe space for young people and adults with  
SEND in Grimsby to develop employability skills!



Consider using our Café to support our young people achieve  
their aspirations or for hosting training events and meetings!

Bookings only  
using the  
following:

 [annemarie.stead@foresight-nelincs.org.uk](mailto:annemarie.stead@foresight-nelincs.org.uk)

