

YOU ARE INVITED TO
OUR
**'AROUND THE WORLD'
AT CHRISTMAS'**
CONCERT

FRIDAY 13TH DECEMBER 2024
6PM - 9PM
(DOORS OPEN AT 5PM)

£2 PER TICKET INC. BUFFET
LIVE MUSIC FESTIVE FOOD RAFFLE

RAISING MONEY FOR THE MAYORS
CHOSEN CHARITY

THE WAREHOUSE, GRIMSBY, DN32 7AR

SPONSORED BY
PRH Electrical

TO PURCHASE TICKETS OR FOR MORE INFORMATION PLEASE CONTACT
US ON (01472 269666)

AUTUMN EDITION **FORTHWRITE**



Hello and welcome to
*our September - December
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 Autumn 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:

f Foresight foresightcharity 01472 269 666

Foresight7 [HTTPS://WWW.FORESIGHT-NELINCS.ORG.UK/](https://www.foresight-nelincs.org.uk/)

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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



ATTEND OUR WEEK OF HERITAGE Celebrating 25 years of Foresight

WHAT'S ON?



Timeline 'Through the years'



Information on services we now offer



Showcasing our films

ACOMPANIED WITH...



Hot beverages and biscuits

**Week commencing:
Monday 25th November to Friday 29th
November**



To book a space please contact Lily on 01472 269 666 or via email at lily.seagroatt@foresight-nelincs.org.uk



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QUIZ Heads



FRIDAY 6TH SEPTEMBER
FRIDAY 4TH OCTOBER
FRIDAY 8TH NOVEMBER

1PM - 3PM

Do you have what it takes to be the ultimate quiz champion? Then, gather your friends and join us for Quiz Heads. This is your chance to show off your knowledge and have fun with this friendly competition.

Activity Room

Foresight Monthly Awards 2024

<p>May Learner Participation: Kevin Speight Learner Achievement: John Whitney Sport Participation: Robert Takle Sport Achievement: Philip Rushby Progress Award: Helen Cadwallader Creativity: Brenda Miall Attendance: Wayne McFaul Peer Support: Colin Hanson Time To Shine: Claire Stark</p>	<p>June Learner Participation: David Nicholson Learner Achievement: Paul Butters Sport Participation: Alistair Wilson Sport Achievement: Damon Dunhill Progress Award: Adam Wells Creativity: Lindsay Austin Attendance: Enya O'Donnell Time to Shine: Shane McCandless</p>
<p>July Learner Participation: Alex Coultas Learner Achievement: Lenny Tuff Sport Participation: James Bluff Sport Achievement: Jay Smith Progress Award: Lorraine Sharpe Creativity: Dianne Robinson Attendance: Andrew Richards Peer Support: Jack Ratten Time To Shine: Andrew Knight</p>	 <p>Some of our winners collecting their trophies!</p>

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He's A WINNER!!

Meet Andrew Knight



Andrew has been attending Foresight for just over a year. When he first joined us, he was quiet and mostly kept to himself.

Very quickly, he settled right in, making new friends and taking an active part in all his classes. Today, Andrew is an active member of Foresight, coming along to support all of our events, always polite, punctual, eager and ready for the day. He has a reputation for being talkative and friendly, and wows us all with his history knowledge.

Andrew's progress at Foresight is a great example of how our supportive environment nurtures positive change, fosters confidence and empowers beneficiaries to be more independent.

A poster for the 'Foresight Got Talent' event. It features a red stage with curtains, a spotlight, and a sign that says 'FORESIGHT Got Talent'. The sign is surrounded by silhouettes of performers. Below the sign, there is a 'Whats on?' section with details about the event, including the date, ticket price, and location. The background is dark red with a small eye icon at the top center.

FORESIGHT
Got Talent

Whats on?
This year Foresights Got Talent is back bigger than ever!
You, your friends and family are all invited to join the fun!
Purchase your tickets at the Foresight reception

Friday
1st November, 2024

£7 PER TICKET
(INC. BUFFET!)

Start From
10am - 3Pm

Info@foresight-nelincs.org.uk
(01472) 269666
@foresight / foresightCharity / foresight7

The Warehouse, Grimsby,
DN32 7AR

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VOLUNTEERS NEEDED

We are currently looking for people to help us to further the enrichment of the local community!

Benefits

- Meet new people
- Giving back to the community
- DBS check provided

How to Apply

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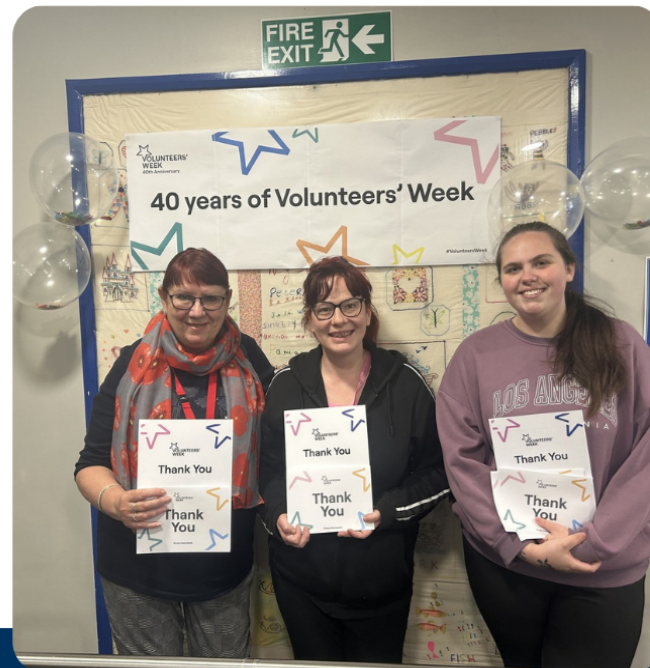
Phone :

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or pop in to our reception at 60 Newmarket Street, Grimsby

We need help with

- Reception Support
- Setting up for activities
- Assisting users of our centres
-and much more!



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 2hours with a lunch breaks at 12pm - 1pm.

Food and drinks can be purchased on site or alternately you can bring your own food.

ENROLMENT

To enroll on any of our sessions, book a tour of the building or for more information contact Foresight on 01472 269666 anytime during the term

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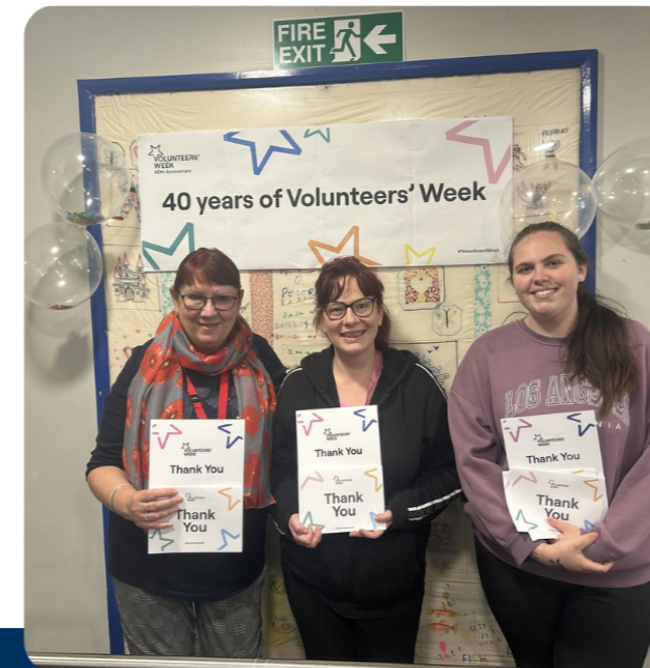
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Monday

Morning

Afternoon

Every Day Safety with Trevor (£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.

Makaton and Song (£2) 1pm - 3pm

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

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.

Table Tennis (£2) 1pm - 3pm

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

Movie Morning (£2) 10am - 12pm

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

Wii Games (£2) 1pm - 3pm

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

Sport with Neil and Stacey (£4) 1pm - 3pm

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

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.

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Coronation House



Anne Askew House



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

Tuesday

Morning	Afternoon
<p>Seasonal Crafts (£3) 10am - 12pm</p> <p>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>Crafting Together (£3) 1pm - 3pm</p> <p>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>Lets get Cooking (£3) 10am - 12pm</p> <p>In this class you will learn the basics of cooking, cleaning and staying safe in the kitchen.</p>	<p>Games & Karaoke (£2) 1pm - 3pm</p> <p>Would you like to show off your singing voice by singing or listening to your favorite songs? Or perhaps you want to participate in some friendly competition? Please come along and join in the fun.</p>
<p>Team Sports and Fitness Fun (£4) 10am - 3pm</p> <p>This activity shall be held at our Crosby Community Hub. With our mini bus providing transport, learners will enjoy a friendly game of basketball with our Crosby family.</p>	<p>Football Skills (£2) 1pm - 3pm</p> <p>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>
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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.

Wii Games (£2) 10am - 12pm

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

Cycle or Stroll (£2) 10am - 12pm

In this lesson you will have the opportunity to go on beautiful nature walks or cycle around the local and surrounding areas at our Activity Centre.

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.

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.

Chair Based Exercise (£2) 1pm - 3pm

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.



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: callum.finn@foresight-nelincs.org.uk

60 Newmarket Street
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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 enroll, and once the paperwork is completed you'll be matched with a buddy

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 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 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 worrying.



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 hat support.

Thursday

Morning	Afternoon
<p>Computer Skills with Darren (£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</p>	<p>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.</p>
<p>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.</p>	<p>Painting and Drawing (£2) 1pm - 3pm Learn to create amazing designs and express your creativity with freedom in our painting class!</p>
<p>Time to Get Crafty (£2) 10am - 12pm 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>Drama (£2) 1pm - 3pm 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>Outdoor Tennis (£3) 10am - 12pm In our outdoor tennis session you will enjoy taking part in both team and solo games to improve your coordination and teamwork.</p>	<p>Sport with Neil and Stacey (£4) 1pm - 3pm In this session you will embrace your athlete side, taking part in sporty activities, learning new skills too!</p>

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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 hat support.

Thursday

Morning	Afternoon
<p>Computer Skills with Darren (£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</p>	<p>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.</p>
<p>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.</p>	<p>Painting and Drawing (£2) 1pm - 3pm Learn to create amazing designs and express your creativity with freedom in our painting class!</p>
<p>Time to Get Crafty (£2) 10am - 12pm 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>Drama (£2) 1pm - 3pm 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>Outdoor Tennis (£3) 10am - 12pm In our outdoor tennis session you will enjoy taking part in both team and solo games to improve your coordination and teamwork.</p>	<p>Sport with Neil and Stacey (£4) 1pm - 3pm In this session you will embrace your athlete side, taking part in sporty activities, learning new skills too!</p>

Friday

Morning

Table Tennis (£2) 10am - 12pm

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

Pottery (£3) 10am - 12pm

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.

Bowling (£3) 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.

Afternoon

Protecting your Health with Amy (£2) 1pm - 3pm

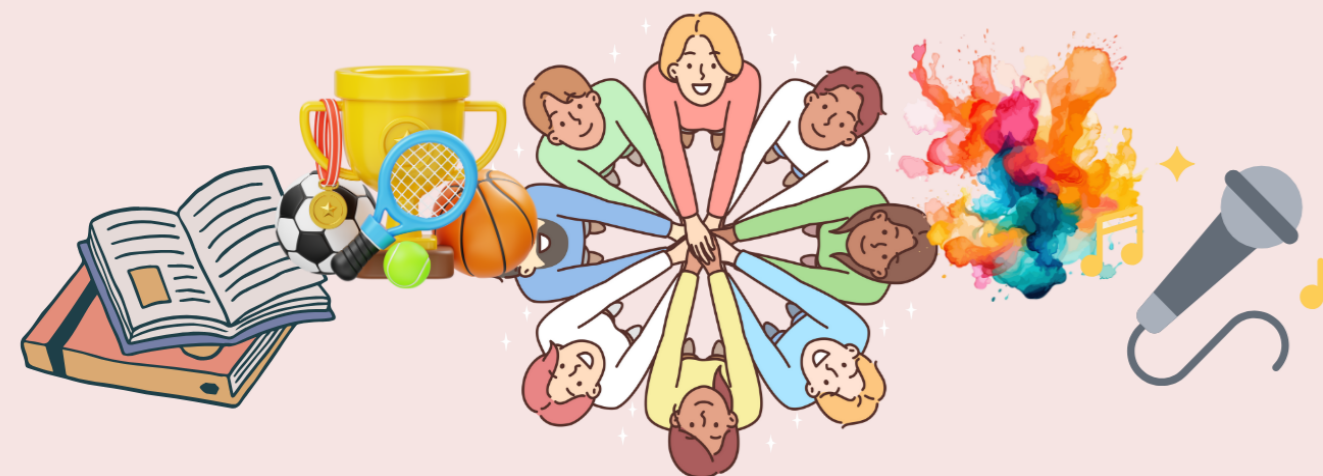
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Disco & Dance (£2) 1pm - 3pm

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

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, 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!

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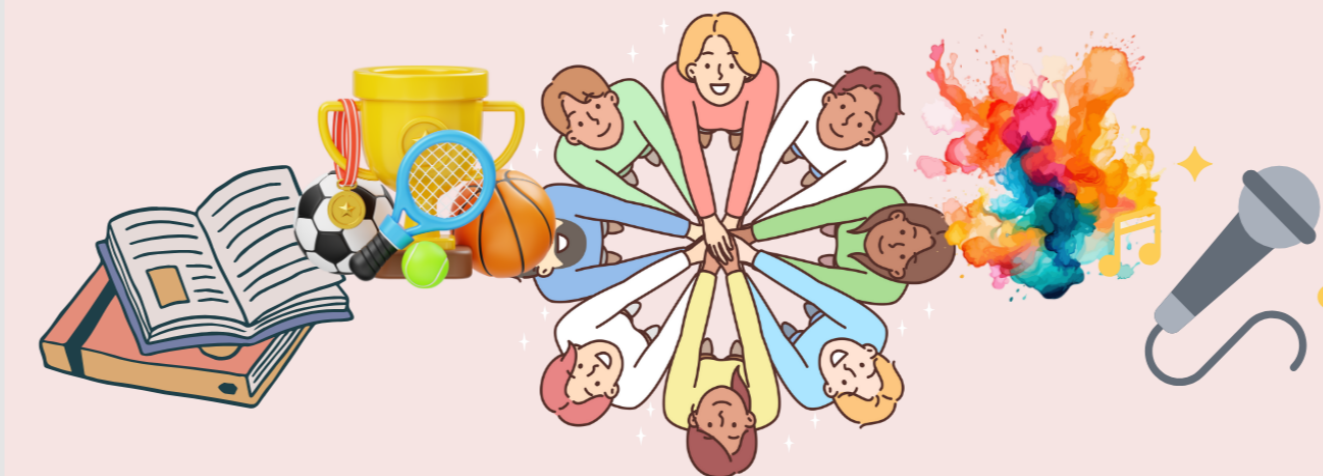
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