

April 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 2024



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

January Award Winners

Beneficiary Participation: Andrew R
Beneficiary Achievement: Paul N
Sport Achievement: Lorraine
Progress: Maleeha
Creativity: Robert P
Peer Support: Jack
Attendance: Wayne
Grimsby Town Supporter: Mark
Time to Shine: Kevin

February Award Winners

Beneficiary Participation: Jason
Beneficiary Achievement: Colin
Sport Achievement: Georgia
Progress: Paul B
Creativity: Dianne
Peer Support: Jay
Attendance: Shane
Grimsby Town Supporter: Alistair
Time to Shine: Jack

March Award Winners

Beneficiary Participation: Lenny
Beneficiary Achievement: Robert P
Sport Participation: Mark
Progress: Claire S
Creativity: Alex
Attendance: Jason
Grimsby Town Supporter: Robyn
Time to Shine: Jay



Meet Georgia - She's a winner!



Georgia came to our centre with low confidence and found it a struggle to fully participate in activities. She would only attend the centre a few times a week, keeping to herself and not interacting much with her peers. However, over the past few terms, we have seen a significant improvement in Georgia's social skills and overall confidence.

Through regular attendance and encouragement from our staff and volunteers, Georgia has blossomed into a more outgoing and confident individual. She now attends the centre five days a week and actively engages with her peers, staff, and volunteers. Her communication skills have greatly improved, and she is now participating in various activities.

One of the activities that Georgia has recently taken part in is our swimming sessions. Despite initial hesitation, she pushed herself out of her comfort zone and joined the group. We are thrilled to announce that Georgia has achieved her first certificate in Alpha Step 1, showing just how far she has come in a short amount of time.

We are delighted to see Georgia's progress and growth at our centre.



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>Discovering Springtime with Trevor (£2) 10:00-12:00</p> <p>This session will focus on the various aspects of the season, such as the blooming of flowers, the return of wildlife, and the changing weather patterns. Participants would engage in activities such as nature walks to observe the new growth and learning about the importance of this season for the environment.</p>	<p>Exploring Foresight's Heritage with Trevor (£2) 13:00-15:00</p> <p>Exploring Heritage will focus the history of Foresight. You will have the opportunity to learn about significant events, traditions, and customs that have shaped the heritage of our town.</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>Outdoor Cricket (£4) 13:00-15:00</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>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 and Song (£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>
<p>Hair Care Basics with Hayley (£4) 10:00-12:00</p> <p>Hair Care Basics will cover essential topics such as correct hair washing techniques, choosing the right products for your hair type, tips for maintaining healthy hair, and simple styling methods. Participants will learn the importance of a consistent hair care routine.</p>	<p>Hair Care Basics with Hayley (£4) 13:00-15:00</p> <p>Hair Care Basics will cover essential topics such as correct hair washing techniques, choosing the right products for your hair type, tips for maintaining healthy hair, and simple styling methods. Participants will learn the importance of a consistent hair care routine.</p>



Follow us on Facebook



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

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 style="text-align: center;">Seasonal Crafts (£3) 10:00-12:00</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 style="text-align: center;">Crafting Together (£3) 13:00-15:00</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 style="text-align: center;">Origami with Pete (£2) 10:00-12:00</p> <p>This will be an engaging and hands-on experience where participants will learn the traditional Japanese art of paper folding. You will have the opportunity to explore your creativity and improve your fine motor skills.</p>	<p style="text-align: center;">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 style="text-align: center;">Book Club (£2) 10:00-12:00</p> <p>This session will involve you visiting our Scartho Community Library each week and you will choose a book that you will be able to read discuss the plot, characters and themes of the book with the your fellow peers.</p>	<p style="text-align: center;">Football Skills (£2) 13:00-15:00</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>
<p style="text-align: center;">Bitesize Computers (£2) 10:00-12:00</p> <p>This session covers essential skills such as navigating the internet, using basic software applications, and gaining confidence in computer usage. Join us in a supportive and friendly environment where you can learn at your own pace.</p>	<p style="text-align: center;">Learning to Lead with Mollie (£2) 13:00-15:00</p> <p>In this session you will gain valuable skills to become a confident leader while improving self confidence.</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;">Bingo (£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;">Independent Living Skills (£2) 13:00-15:00</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 style="text-align: center;">Movie Morning (£2) 10:00-12:00</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 style="text-align: center;">The Drama Club (£2) 13:00-15:00</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;">Foresight Choir (£2) 10:00-12:00</p> <p>In this lesson you will learn songs and melodies to perform at our events with your friends.</p>	<p style="text-align: center;">Outdoor Adventures (Cycle or Stroll) (£2) 13:00-15:00</p> <p>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.</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>



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>Electrical Safety in Your Home (£2) 10:00-12:00</p> <p>This session will cover essential information and tips to ensure the safe use of electricity within your home. Topics may include identifying potential electrical hazards, the importance of maintenance, using electrical appliances correctly, and recognising warning signs of electrical issues.</p>	<p>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>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>Outdoor Carpet Bowls (£4) 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>
<p>Chair-Based Exercise (£2) 10:00-12:00</p> <p>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.</p>	<p>Bitesize Computers (£2) 13:00-15:00</p> <p>This session covers essential skills such as navigating the internet, using basic software, and gaining confidence in computer usage. Join us in a supportive and friendly environment where you can learn at your own pace.</p>
<p>Carnival Crafts (£2) 10:00-12:00</p> <p>In this session you will create colourful and festive decorations and accessories ready for the Cleethorpes Carnival Parade and to celebrate Foresight's 25th Anniversary!</p>	<p>Painting (£2) 13:00-15:00</p> <p>Learn to create amazing designs and express your creativity with freedom in our painting class!</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>Table Cricket (£2) 10:00-12:00</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>Disco and Dance (£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>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>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>	<p>Mini Golf and Outdoor Games (£2) 13:00-15:00</p> <p>This session will be a fun and engaging opportunity for you to enjoy some friendly competition and outdoor activity. You will have the chance to practice your putting skills on our mini golf course, aiming for the perfect hole-in-one. Additionally, you will engage in various outdoor games. games presented to them.</p>
<p>Personal Development (£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>	

For information on our community hubs, please visit the websites below:

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

<https://crescentcommunityhub.co.uk/>



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ALREADY HAD A COOKED MEAL FOR
THAT DAY



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60 Newmarket Street

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

60 Newmarket Street
DN32 7SF





WALKING AND CYCLING PROFICIENCY PROJECT

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



Electrical Safety Project

We have been successful in receiving funding which aims to increase your knowledge of -

- Safe purchases of electrical equipment
- Safer ways to save energy
- Identifying electrical risks



For more information on energy advice
please contact Foresight on
01472 269666



**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

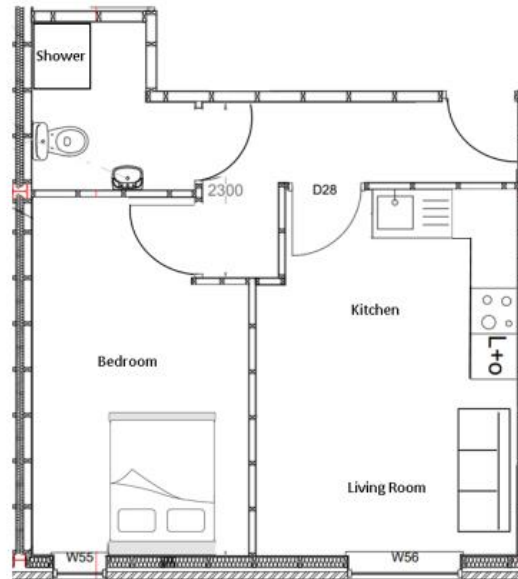
If you are interested in living independently contact the housing team on 01472 269666 to discuss availability and to arrange a viewing.



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.

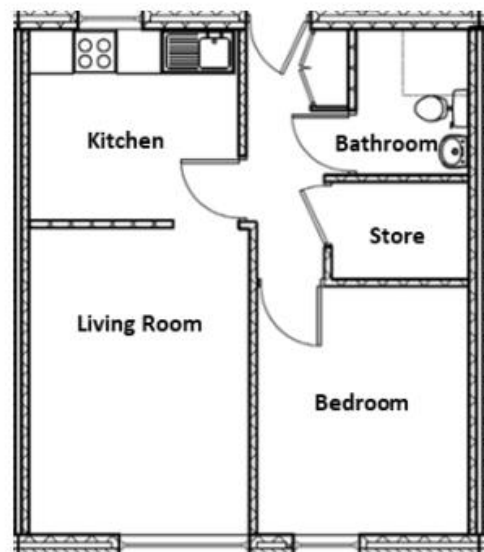
Each apartment offers an easy access floor plan. At an additional charge you can also opt to have your apartment furnished which includes a sofa, coffee table, TV stand, bed and wardrobe. All our apartments consist of bedroom, adjoining kitchen and living room, and bathroom in a variety of layouts to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

January Award Winners

Contribution to Foresight: Don
Support to Learners: Stacey
Support to Sport : Ron
Young Volunteer of the Month: Shannon
Volunteer of the Month: Katie
Chair Person's Award, NE Lincs: Adam

February Award Winners

Support to Learners: Brooke
Support to Sport: Daniel B
Young Volunteer of the Month: Sidney
Volunteer of the Month: Amanda
Chair Person's Award, NE Lincs: Julie

March Award Winners

Contribution to Foresight: Shannon
Support to Learners: Lisa
Support to Sport : Ron
Young Volunteer of the Month: Bobbie
Volunteer of the Month: Alice
Chair Person's Award, NE Lincs: Sue

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.

