



Please be aware that the activities in this leaflet may have changed or stopped running.

Please contact the activities using the details in the leaflet to check suitability before attending.

Activities for Children and Young People in the North East Lincolnshire Area.



Sport

Disability Swimming

Grimsby Leisure Centre, Monday 9.30 – 11 am

Web site; www.lincsinspire.com

Immingham Swimming Pool, Tuesday 10 – 12 noon, Sunday 2 – 4pm

Web site; www.lincsinspire.com

Disability Sports Forum

Tuesday, Clee Sports Hall—Multi activity session

Thursday, Grimsby Leisure Centre—swimming session

£2.00 per annum.

Contact: Colin Woodford 01472 505230.

Football and Multi Skill Disability Sessions

Oasis Academy Wintringham, Tuesday 7 – 8pm

Outside on astro turf, wheelchair users welcome, parents can stay.

Weelsby Avenue entrance. Free.

Contact: Graham Rodger, 01472 696481

graham@gafc.co.uk

Adapted Bike, Trampoline and Gym

Grimsby Leisure Centre, Wednesday 9.30—12

Trampoline and rebound, adapted bikes, inclusive gym, toning therapy and gymnastics.

Contact: Ben Frary, 01472 324285 or 01472 323100

Ben.frary@lincsinspire.com

Ice Skating

Grimsby Leisure Centre, Wednesday 10 – 12 noon

Contact: Ben Frary, 01472 324285 or 01472 323100

Ben.frary@lincsinspire.com

Carers Support Centre

Service for anyone who is a carer to ensure that they receive the right support and information.

Contact: 01472 242277 or info.nel@carerssupportcentre.com

Open Minds

Osbourne Street, Grimsby

Self-referral service providing a range of mental health services.

Contact: 01472 625100 or NAV.OpenMinds@nhs.net.

Parents supporting Parents

Support group for parents who have children with additional needs.

0-5 years every Wednesday 9.30 am to 11.30 am

5-18 years every Thursday 12.30 pm to 2 pm

Riverside Family Hub, Sorrel Road, Grimsby, DN34 9AT

Contact Annette Darnell on 01472 324303.

0-19 years every Thursday 9.30 am to 11.30 am

East Marsh Family Hub, 203 Victor Street, Grimsby, DN32 7QB.

Contact Kevin Wishart on 01472 324076 or 01472 325607

St Andrew's Hospice

Offers respite care to anyone from birth to twenty five with a progressive life limiting illness.

Contact: 01472 350908 or www.standrewshospice.com

North East Lincolnshire Down's Syndrome Family Support Group

A voluntary parent led charities for families living in North East Lincolnshire. Affiliated to the national Down's Syndrome Association.

Contact: 07935 339913 or info@nelincs-downs-syndrome.co.uk

Short Break Service Holiday Chalet

Fully adapted for people with disabilities of all ages, is situated on the Humberston Fitties, a short distance from a variety of amenities.

Contact Short Break Service. 01472 325316 or 01472 325314.

Max Cards

Provides a discount for families of children and young people with additional needs.

For more information <http://www.mymaxcard.co.uk/contact-us>

Family's First Information Service

Free impartial information service for families with children aged 0 – 19 which provides information on activities in the area.

www.nelincs.gov.uk/FIS.

Young Carers Service

Information on services and activities available for young carers.

Contact: 01472 326294 (option 3 then option 2) or

admin.yps@nelincs.gov.uk.

Grimsby High Wires

A day at Grimsby High Wires is about being adventurous, learning new skills, and enjoying yourself with friends, family and colleagues.

For more information and bookings contact.

Leisure.Club@oasiswintringham.org or phone 01472 871811

Citizen's Advice Service

Melbourne House, 16 Town Hall Street, Grimsby, DN31 1HZ

Monday to Friday, 9am - 4pm

Branch Telephone: 01472 252500

Adviceline: 03444 111 444

Women's Aid

Need help or someone to talk to, if you are experiencing any form of domestic violence you can ring.

01472 575757

Sensory Rooms

These can be booked for free.

Riverside Children's Centre. Tel: 01472 324303

Nunsthorpe and Bradley, Tel: 01472 326293 (option 3, option 3)

Immingham Children's Centre, 01472 326293, (option 1)

Highgate Children's Centre, 01472 324323

Fix n Kiks

79a Cambridge Street Cleethorpes.

Services and courses for children providing specific services for disabilities.

Contact: 01472 602888 or 07599982813

dojo@fixnkiks.org.uk

Youth Clubs, Arts and Drama

YMCA Humber

The Pavilion, Sussex Recreation Ground, Monday 4 – 6pm ages 8 to 12, 6 – 8pm ages 13 to 19. Cost £0.50.

Art, Music and sports.

Bert Boyden Centre, Carver Road, Immingham, Monday 4 – 4.30pm, aged 8 to 11. Monday 6 – 7pm ages 12 to 19.

Cost £0.50.

Pool, table football, cooking, arts, crafts and gaming

Contact: Penny Thompson 01472 359621, 07736156133.

Penny.thompson@ymca-humber.com

Dancing under 12's

West Marsh Community Centre, Monday 4.30 – 5.15pm aged 5 to 11, Monday 5.15 – 6.30pm aged 12 to 17.

Cost £1.50

Dance session

Contact: 01472269230

Just Dance

Oasis Academy Immingham, Monday 5 – 5.45pm aged 5 to 11 years, Mondays 5.45 – 6.45 aged 12 to 19
Dance sessions for under 11's.
One Voice community
07419374197

Sewing Club

Centre 4 - 17a Wootton Road, Tuesday and Wednesday 6 – 8pm aged 16+ only.
Free
Sewing club.
Centre4
Contact: 01472 236688

Fire Course

Springy Woods off Spring Street, Immingham. Wednesday 5 to 7pm
Ages 8 to 16
Free
Activities such as cooking, woodwork, wilderness skills and more.
YMCA
Contact: 07843083617

Shalom Youth Club

St John St Stephen & Shalom, Tuesday 6 – 7.30pm, aged 8 to 11, Friday 7,30 – 10pm, aged 14+ only.
Free.
Come down and enjoy a game of pool, air hockey or play a game of football in our sports hall. We have great staff that are always willing to help. Also we have a tuck shop that serves refreshments for when you need them.
St John St Stephen & Shalom
Contact: 01472 342349

General Information

Parkway Cinema

Kings Road, Cleethorpes.
Contact 01472 290100 for the Autism Friendly Screenings
Most screens with disabled access.
Participates in the CEA* Disabled access scheme
Minicom; 0845 123 1297 Tel 0845 123 1295

Cleethorpes Ten Pin Bowl

Kings Road, Cleethorpes
Wheelchair ramps as well as ball ramps that fit over the wheelchairs.
01472 601006.

Beach Wheelchairs

Beach Safety Office on sea front (opposite the pier).
Collect the beach chair and leave your own wheelchair safely stored in their shed. No deposit needed.
Each access down on to the beach.
01472 323356

FLAG (Family Links Around Grimsby)

Strand School, Strand Street, Grimsby
Recreational activities to develop social and independence skills.
Contact: Karen Franklin 07746290424
office@flaggrimsby.co.uk

Foresight

60 Newmarket Street, Grimsby.
Learning, training, leisure, sporting and social activities.
01472 269666
info@foresight-nelincs.co.uk

Climb4

The Warehouse, 155 – 159 Freeman Street

Inclusive dance classes and other activities

Contact: 07974 000864

www.climb-4-limited.co.uk

The Rock Foundation

39-41 Heneage Road, Grimsby

Cost is dependent on individual.

Aims to help people with learning disabilities to achieve their full potential.

Contact; Pamela Hodge. 01472 488026

E mail; pam@therockfoundation.org.uk

www.therockfoundation.org.uk

The Duke Of Edinburgh Award Scheme

Various venues and times.

Aged 14-24

Cost; £20 for bronze award, £20 for silver award, £27 for gold award.

Going the extra mile and gaining new skills.

For information go to;

www.nelincs.gov.uk/schools-and-education/outdoor-learning-service/the-duke-of-edinburghs-award/

Zebedee

Zebedee Performing Arts Club,

9 to 14 years, Monday 4 to 5, £5 per session

16 + £6 per person, Tuesdays 5.30-6.45

Old Clee Church Hall, Cleethorpes.

Contact Zoe Proctor 07766658534

www.zebedeedrama.co.uk

Dance Fit/Clubbercise

Centre 4 - 17a Wootton Road, Tuesday 6.30 – 7.30pm. aged 12 to 19.

Cost £4.00

Centre4 running Dancefit/Clubbercise group

Contact: 01472 236688

Grange Youth Club

Grange Community Centre, Tuesday 4 – 6pm, aged 5 to 12

Cost £1.50

We have a range of activities for young people to do including a Wii games console, Arts & Crafts, Disco, Football outside (weather depending).

YMCA Contact: Jackie Thompson 07882835071

Rock School

Resource Centre, Margaret Street, Immingham, Thursday: 6pm - 7:30pm, aged 11 to 13, Thursday: 7.30 – 9pm, aged 13 +

Free

Rock school allows young people to be able to improve musical talent, perform at gigs, build confidence and meet new people.

From guitar to drums to singing.

Contact Dave Foulds. 07540 396649

Bright Spot Club

The Bert Boyden Centre, Carver Road, Immingham, Fridays 7 – 9pm. £2 per session

First hour craft, tea and biscuit then hour for playing games.

Contact Brenda Dobbs 01469 519513. g.dobbs@ntlworld.com

Revelation

Oasis academy Immingham, Friday 7 – 8.30pm, aged 11 to 18.

Cost £0.50.

Disco M-Factic DJ Set, Drum/Bass, Dubstep/Electro.

Contact: 07419374197

Community Centre Open Session

West Marsh Community Centre, Friday 5 – 6pm, aged 5 to 11.
Free.

Open for youth session.

Contact: 01472 269230, 07912341888 or linda.clark@ymca-humber.com.

Stallingborough Youthy

Stallingborough Village Hall, Alternate Fridays 7 – 9pm, aged 11 to 17. Cost £1.50.

The session consists of several activities including table tennis, pool, piano, tuck shop.

Contact: Ben, 07910084639.

Jade Dance fever

22 Grant Street, Cleethorpes, Fridays during term times.

Aged 8-13, 4 pm till 6 pm, age 14-19, 6 pm till 8 pm, 50p entry.

Contact: Linda Clark 01472 359621

Youth Church

Monday

Side Door – Kids Space (Y 1-6) – 5-7 pm

St Christopher's – Boys' Brigade Band – 7 pm

Immingham – Rainbows (5-7 years) – 6-7 pm

Immingham – Brownies (7-10 years) – 6-7:30 pm

Immingham – Guides (10-14 years) – 7-8:30 pm

Tuesday

St Christopher's – Girl's Club – 5:30 pm

Haven – Brownies (7-10 years) – 6-7.30 pm

Wednesday

St Christopher's – TGIF Youth Club (9-14 years) – 6:30-8 pm

Thursday

Keelby Scouts 7-9pm

Humberston Open Door Youth Project (10-17 years) Term time only 6:45-8:30pm

Immingham CATS (Carers & toddlers Sanctuary) 9:30-11:30am

Immingham Curtain Call (Drama Club) 8-13 years 5-7pm

Immingham Curtain Call (Drama Club) Over 14's 7-9pm

St Andrew's Messy Church (monthly) 4:30-6pm

Friday

Keelby – Brownies (Term time) – 5:30 pm-7 pm

Keelby – Guides (Term time) – 7:15 pm-9 pm

The Haven–Boy's Brigade– Anchor Boys & Juniors–6 pm-7:30 pm

The Haven – Boy's Brigade – Seniors – 7:30 pm-9 pm

St Andrew's – Youth Drop In – 7 pm

Saturday

Side Door – Youth Outreach from September – 1-4 pm

Sunday

Side Door – F.R.O.G Club Children's Ministry – 11 am-12 noon

Side Door – Bible Study (Yr 7 and above) – 7:30 pm

Scartho – Yi-ps Breakfast (1st Sunday of month) – 9:30 am

Scartho – Yi-ps House Group (Fortnightly) – 7:30 pm

YPSS Street Based Team

Monday

Duke of York 18:30 - 21:30 Bus

Tuesday

Ploggers 18:30 - 21:30 Bus

Wednesday

Nunsthorpe 18:30 - 21:30 Bus

Friday

Wingate Parade 19:00 - 22:00 Bus

Saturday

Ghetto 19:00 - 21:00 Ghetto