



DISCOVER  
NORTH EAST  
LINCOLNSHIRE

Your  
SUMMER  
2021

# discover in safety...



## LET'S KEEP GOING

[www.northeastlincolnshire](#)  
[www.discovernortheastlincolnshire](#)

This brochure was grant-funded  
by the Government's Welcome Back  
& Returning to the High Streets Safely funds.





## WELCOME...

...to the summer of 2021 in North East Lincolnshire. As we all move forward, we look to a brighter future – and so let's make a start by looking at just some of the things on offer, on your doorstep.

# Discover North East Lincolnshire in safety...

...The flavours, sights and sounds of North East Lincolnshire are what makes our place special – and when you look at what's on offer, there's much more than may first meet the eye.

After almost 18-months that has seen our lives change in ways we could never have imagined, we are all looking forward to better times ahead – times when we can get out and about, enjoying places and spaces with our relatives, friends and loved ones.

For many of us though, for this summer at least, that may well mean looking for things to do and enjoy safely closer to home. At the time of compiling this brochure, we were still waiting to hear the latest news on the country's COVID roadmap. However, whatever comes in late July and August, there will still be a real need to move forward safely, continuing to respect social distancing and perhaps even mask wearing where we are able, and following the health and safety measures that have now become commonplace. We must also respect the fact that some people, especially the more vulnerable within our communities, may remain very cautious – uncertain even, when it comes to stepping out again.

With all the above in mind, we hope that this brochure gives you just a small flavour of what there is to see, do and buy safely in North East Lincolnshire this summer and early autumn as we look to returning to our lives safely and with smiles on our faces.

[www.northeastlincolnshire](http://www.northeastlincolnshire)  
[www.discovernortheastlincolnshire](http://www.discovernortheastlincolnshire)



## Family fun can be free!

### People's Park

This Victorian park covers 23 acres with its lake home to mallard, coot and Canada geese. (DN32 0LL).

### Cleethorpes Country Park

You can't go wrong with a stroll around Cleethorpes Country Park. The walk around the park is about 2.5-miles and is suitable for wheelchair users and people with prams too. (DN35 0QZ).

### Homestead Park, Immingham

Family-friendly with a skate park, swings and slides. Opens, 9am daily. (DN40 2HX).

**Remember** parks are there for everyone to enjoy, but a small number of people are spoiling them by leaving litter, not cleaning up after their dogs, and lighting barbecues and fires. Barbecues and open fires can quickly get out of control and put people at risk, especially when the ground is dry. Disposable barbecues leave grass scorched and can easily tip over if not used correctly. Barbecues are banned on the beach. The sand underneath the barbecue remains dangerously hot hours after it has gone out. Hot disposable barbecues should not be discarded in litter bins. Litter, food waste, and even bread thrown to ducks, can attract pests such as rats and foxes. Bins are found at the entrance and exit of all parks, and on many streets in the borough. If a bin is overflowing, don't leave your rubbish, take it home or find another bin instead.



Remember: even if all restrictions are lifted when you visit these events, it will still be appropriate to keep your distance where possible, wash your hands regularly and some people may wish to continue wearing face masks. Respect others and keep safe.

# upcoming events

## WE'RE BACK WITH A SAFE & FUN BANG

Let's take a look at just some of the events on offer this summer. There's so much more to enjoy too – keep an eye on **Facebook #discovernortheastlincolnshire** for all the latest news.

For community events on your doorstep this summer go to [www.nelincs.gov.uk/CommunitySpotlight](http://www.nelincs.gov.uk/CommunitySpotlight)

(Please remember all events will comply with any current COVID restrictions and as a result are subject to change at short notice. Please check the latest details on the relevant websites).

### Clee Rocks for the NHS

July 31 @ 2pm – 10.30pm  
Meridian Park Showground

CLEETHORPES ROCKS AND CLEE FEST have joined forces to bring you an open air one day festival as a **BIG THANK YOU** to the NHS for all they have done and are continuing to do in these challenging times.

PROFITS will be donated to local NHS Trust as part of the BIG THANK YOU to ALL NHS STAFF there will be FREE admission with NHS id Card. Tickets for NHS staff are available in person from Solid Entertainments. More information and to purchase tickets online: <http://www.solidentertainments.com/rocks/nhs/index.html>



### The Gathering Fest 2021

September 11 @ 12pm - 11pm  
Meridian Park Showground

With a line up which is out of this world, it's a definite one to add to your 'to do' list. With five arenas to choose from, with DJ's such as **Todd Terry, Eddie Halliwell, Giuseppe Ottaviani** and **Judge Jules** and live performances by **Ian Van Dahl, Kelly Llorenna** and **Livin' Joy** you know you're in for a great time. Tickets available from <https://www.skiddle.com/festivals/>



### Race for Life

October 3 @ 11:00 am - 2:00 pm | Meridian Park Showground

Meridian Showground will once again host the annual Race for Life. Join hundreds of pink clothed participants in this fun 3k, 5k or 10k event. Walk, jog or run and raise valuable funds for research. Drinks and snacks available on site. Join online today at <https://raceforlife.cancerresearchuk.org/race-for-life-2021>

### Grimsby Minster

Tuesday, 27 July 27. 9.30am – 2.30pm Wednesday, 28 July 28. 9.30am – 2.30pm

Come and join us at our up-cycled Minster Cafe with Indoor and Outdoor seating areas. Everyone welcome. For more details on all activities and more café dates at the Minster go to: <https://grimsbyminster.com/>

### We Love Little Mix

Friday August 27. 5pm doors open  
Grimsby Auditorium

We Love Little Mix features all-live vocals in a non-stop show featuring all the favourite songs. To book and for more details of all shows at the Auditorium go to: <https://grimsbyauditorium.org.uk/>



# What you can do!

**Cleethorpes SUP Festival**  
20th to 23rd August @ Brighton Street Slipway, Cleethorpes

A full weekend of SUP fun and social to get you out and about and enjoying our beautiful Humber coastline.

Our weekend festival will offer social gatherings, SUP tours, lessons and workshops across a range of locations.

We'll introduce you to our paddling waters and show you how to get more out of your stand up paddle boarding

Follow this link for more information - <https://www.facebook.com/events/627152764508375/>

## Neighbourhood Watch

Please contact Glyn on [glyn@nelwatch.org.uk](mailto:glyn@nelwatch.org.uk) to report any concerns in your neighbourhood, join or start Neighbourhood Watch groups local to you.

## Carers Support Service

Provide training, help and activities for people who are giving, or need support with tasks of daily living. Please visit the activities and events page on their website [www.carerssupportcentre.com/nel/](http://www.carerssupportcentre.com/nel/) or call 01472 242277 to find out more.

## Grimsby Dads Collective – YMCA.

Brings together fathers and carers who had a child under the age of 25, or soon-to be fathers under the age of 25. By joining the Grimsby Dads Collective it will give you the opportunity to come together with other fathers and work with services to make change happen. If you are interested in getting involved, please get in touch with Debbie Taylor at [debbie.taylor@ymca-humber.com](mailto:debbie.taylor@ymca-humber.com) or call 07593586262 / 01472 359621.

To include any community events on North East Lincolnshire Council's Community Spotlight calendar – or to see what's on, please go to [www.nelincs.gov.uk/CommunitySpotlight](http://www.nelincs.gov.uk/CommunitySpotlight)



## Fishing Heritage Centre

Discover Grimsby Fishing Heritage Centre as you travel back to 1950s Great Grimsby and experience the sights, sounds and smells of one of our most dangerous peacetime occupations. Did you know that during this decade the town had risen to be the world's busiest fishing port?

Find out what it was like to be a Grimsby trawlermen as you sign on as a crew member for a journey back to the height of UK fishing.

Then jump on board the historic Ross Tiger - thought to be the earliest surviving large diesel side trawler in the UK. Guided tours of this special ship, registered with National Historic Ships, give visitors the opportunity to see the conditions of life on board.

Adult ticket £6, children £4 and family ticket £12. You must pre-book your slot by calling (01472) 323345.

To find out more, visit [www.fishingheritage.com](http://www.fishingheritage.com).

## Galley Cafe

If you're out and about in Grimsby town centre, why not pop to the Galley Cafe for a bite to eat?

The cafe is open 11am to 4pm, serving hot and cold food and refreshments, including high quality coffee and hot chocolate by Stokes of Lincoln.

Take out is also available. Feel free to call (01472) 323345 if you would like to pre-order food or drink.

Again: remember all events and places to visit within this brochure are subject to any national restrictions and guidelines – please check before your trip. Even if restrictions are lifted, it's wise to keep on remembering: hands, face & space.

*This brochure was funded by the Government's Welcome Back & Return to our High Streets Safely funds.*



# The Great Outdoors

The new-look Discover North East Lincolnshire website ([www.discovernortheastlincolnshire.co.uk](http://www.discovernortheastlincolnshire.co.uk)) has some great ideas of things to do and see in our 'great outdoors'. It costs nothing to get your family out and about.

Let's take a look

**MAYFLOWER WOODS, IMMINGHAM** 2¼ miles (3½km)

1. Leave the Church following Church Lane for a short distance then turn down Mill Lane. Continue along the lane walking past Immingham Parish Cemetery on the right.
2. At the sharp bend turn right following the direction of the footpath sign along a stony track which eventually changes to a grassy field edge path.
3. Cross the bridge and continue straight ahead along the well trodden path.
4. At the big drain turn right following the direction of the waymarkers along the path with the drain on your left side.
5. Pass through a kissing gate and continue along the path along the drain side.
6. Pass through two more kissing gates close together and continue along the well trodden route through the woodland.
7. Cross the bridge and immediately turn left along the drain side.
8. Turn right along the edge of the trees across the golf course back to the car park.
9. Cross the car park and follow the path around the church back to the start.

**KEY**  
 St Andrew's Church  
 Pilgrim Monument  
 Immingham Parish Cemetery

The instructions given in this guide take you in a clockwise direction around the route.

**BEFORE SETTING OFF**

- > Make sure that you've got appropriate footwear for your walk
- > Check the weather before leaving your house and dress accordingly
- > Check that the walk is suitable for you and your party. If in any doubt then contact the PROW team for more details
- > Let a friend or relative know where you are planning to walk especially if you are off out exploring by yourself
- > Make sure that you've got your mobile phone and that it's got plenty of battery left

**WHEN OUT WALKING REMEMBER TO FOLLOW THE COUNTRYSIDE CODE**

- > Consider the local community and other people enjoying the outdoors
- > Leave gates and property as you find them and stay on the line of the paths
- > Leave no trace of your visit and take your litter home
- > Keep dogs under effective control
- > Plan ahead and be prepared
- > Follow advice and local signs

**PUT YOUR BEST FOOT FORWARD**

Walking is a great activity for just about anyone irrespective of their age or level of fitness. Regularly getting out and about is an ideal way of becoming more active. A good walk can improve the strength and flexibility of your joints, boost your immune system and lift your mood. It's also a great way of discovering North East Lincolnshire.

Whether you are the type of person to 'get your hiking boots on', enjoy a 'gentle stroll with the family' or prefer a 'brisk walk with the dogs' we have just the walk for you.

With more than 50 parks and open spaces to enjoy alongside coastal paths and many countryside trails, North East Lincolnshire has wonderful walks and cycle routes to choose from. As we're located on the edge of the rolling Lincolnshire Wolds, an Area of Outstanding Natural Beauty, there are many more to discover right on our doorstep.

Discover more of what North East Lincolnshire has to offer on [www.DiscoverNorthEastLincolnshire.co.uk](http://www.DiscoverNorthEastLincolnshire.co.uk) including plenty of other walking routes around the area.

**MAYFLOWER WOODS, IMMINGHAM**

Discover the countryside in this 2¼-mile wander to the north of Immingham taking in the privately owned Mayflower Woods. The 120 acres of planted woodland is owned by the Humber Refinery of Phillips 66. Humber Refinery of Phillips 66 open via permissive rights of way.

Immingham has existed as small settlement since the early medieval period. The town was mentioned in the Doomday Book, the 'homestead of the people of Imma'. Up until the 1900s it was a rural hamlet, made up of farms and cottages and was surrounded by marshland. Today, Immingham is the largest port by tonnage in the UK.

This walk starts at St Andrew's church which dates back to the early medieval period with much of the structure dating to the 13th century. Sited on some of the highest ground of the port and town, the 500-year-old tower commands a good view of the town and countryside. See if you can spot the gargoyle on the bell tower who points its naked backside towards Killingholme!

Immingham was the last departure point for the Pilgrim Separatists who fled England in 1608 for Holland. These individuals later boarded the Mayflower ship for the new world and founded one of the first English colonies in America. It was on the shores of Immingham that a group of people gathered to travel to Holland. Across from St Andrew's church you can also visit the Pilgrim's Monument.

Once you have walked the length of Mill Lane, the route follows well established local footpaths and goes through Mayflower Woods emerging onto the old golf course and back to the church. After your walk you can enjoy some refreshments in the town centre and perhaps pop into the museum to learn more about the town's heritage.

**DISCOVER NORTH EAST LINCOLNSHIRE**

Public Rights of Way Team  
New Oxford House | George Street, Grimsby | North East Lincolnshire | DN51 1HG  
T 01472 313131 | E [pro@nelincs.gov.uk](mailto:pro@nelincs.gov.uk) | [www.nelincs.gov.uk](http://www.nelincs.gov.uk)

When you're out walking please remember to follow the Countryside Code.

**Working in Partnership**

ENGIE  
NEW NORTH LINCOLNSHIRE  
The Countryside Code  
Protect Your Land

Suitable for walkers with dogs  
Accessible by Public Transport  
Steady  
Sentry Four Tea Room, 74 Blue Stone Lane, Immingham, DN40 2EU

## Walking

There are some great walking routes on the site for all ages and abilities. Here we take a look at just one, but for more from the Wolds to the sea, visit the Active & Outdoor section of the website.

Find out more every day at Discover North East Lincolnshire on Facebook Twitter Instagram.

**Remember:** if you're taking a picnic with you, make sure you pick up your litter and take it with you. The wildlife & environment will thank you!



Get FIT  
along one of  
our routes!

## Twenty-one new, free, active routes have been created across North East Lincolnshire

The FitRoutes, provide people with mapped outdoor fitness tracks to enjoy when they are planning exercise while exploring the outdoors.

Consisting of three phases - urban, rural and trail - the way-marked routes (many suitable for pushchairs and wheelchairs) are spread across numerous locations including Grimsby, Cleethorpes and Immingham.

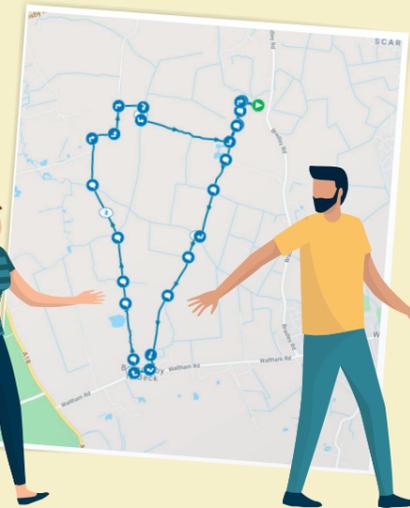
Local events organisers Tape2Tape came up with the idea after they noticed a huge increase in people enjoying the outdoors and getting involved in walking, jogging and running.

For those with access to a smartphone, the routes can be accessed via the **RunGo app** which provides users with a live feed of directions and historical facts about the route.

Those who prefer a more traditional map, route instructions can be accessed via the website at [www.FitRoutes.com](http://www.FitRoutes.com).



### Boar's Chase



**Route:** The route begins in Bradley Woods, a small woodland on Bradley Road, Grimsby, North East Lincolnshire, DN37 0AE.

**Start:** As you enter Bradley Woods, you will see a metal gate ahead of you that leads into the woods, just after the parking area. This is the start.

**Parking:** There is a small amount of parking spaces at the woods.

**Bus routes:** There are bus stops about 30 minutes' walk away at the bottom of Bradley Road, North East Lincolnshire.

**What3words for the START is: /// soccer.cake.onions** - This will also be your FINISH.

At the start, head straight ahead, take the LEFT path ahead of you next to the play equipment.

Head straight along this track that leads you out of the woods. Once out of the woods, head straight ahead with a hedge on your left-hand side. Then keep following the track straight ahead, until you see a metal walk through barrier. Turning RIGHT and then immediate LEFT head through this metal barrier.

Continue along this track that will eventually lead to Barnoldby le Beck village. At the end of the track, you will climb slightly up a short stretch into the village. Head straight ahead onto Chapel Lane that takes you to the main road through the village - Waltham Road. Turn RIGHT at Waltham Road staying on the right-hand footpath.

Head a short way along this footpath and you will come to a public footpath on your right-hand side. Turn RIGHT along this track. Keep straight ahead into some woods. Please respect the house near the entrance to the woods.

Follow the track straight all the way

through the woods. As you exit the woods, keep going straight ahead across the field until you come to a wooden bridge. Cross over the bridge and head straight ahead going between the two solar farms.

Stay on this path straight ahead with the Golf Course to your left-hand side. Continue straight ahead and you will pass some farm buildings on your right-hand side. Follow the path RIGHT around the farm buildings and head straight ahead continue on the track as it veers LEFT.

Further down this track, you will come to a footpath on your right-hand side. Turn RIGHT here. Follow the track straight ahead and then turn right again. Ahead of you on the left-hand side you will see a wooden bridge, turn LEFT over the bridge.

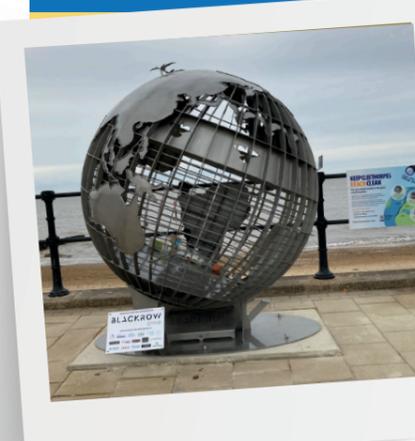
Once over the bridge, head straight ahead. Keep going until you come to a public footpath sign and a LEFT turn. This LEFT turn takes you back into the woods.

Head through the woods following the path you took on the way out. Turn RIGHT at the play equipment and head back down to the gate where you started.

**This is your FINISH.**



Our great RESORT...  
let's respect it!



Cleethorpes and the Humber Estuary are internationally important stopovers on the East Atlantic Flyway, a super-highway for millions of migrating birds that connects the Arctic, Europe and Africa. They fly thousands of miles to escape the frozen Arctic and love feeding in the thick estuary mud. Let's look after them - put litter in a bin or take it home. Other species live on or near our beach in our outer estuary saltmarsh, including crabs, shrimps and cockles. Rubbish left on the beach can harm them, especially plastic waste.

More local people are recycling and if you're visiting Cleethorpes, use one of the many recycling bins or visit the new globe and Hammy the Haddock sculptures to recycle and find out what makes the resort such an important place for wildlife. Altogether there are more than 60 litter bins along the beach front and we empty them daily. We also clean the beach daily at 6am - raking it to stop rubbish being swept into the Humber.

Cleethorpes is an award-winning Blue Flag Beach, meaning it's clean and safe, meeting high environmental standards, as well as the tough international bathing water quality standards.

### Remember

Dogs are banned from the beach between Wonderland and Cleethorpes Leisure Centre until September 30. Anyone walking a dog on the beach will be fined £100.

Look after wildlife. Cleethorpes is an internationally important place for wading birds and other wildlife. Many species of birds make their home in the salt marsh. Please stick to the main footpaths so you don't disturb them.

Stay away from the mud. Resort officers are putting up signs daily to warn people to stay away from dangerous areas. Take notice of them and stay safe.



## Pools and Gyms

Make a splash this summer with Lincs Inspire.

Visit their website for the latest timetables, events & booking details for pools, gyms, classes, family activities and more!

Support your local charitable trust, with something for everyone. [www.lincinspire.com](http://www.lincinspire.com)  
Cleethorpes Leisure Centre | Grimsby Leisure Centre | Immingham Swimming Pool | Health & Wellbeing Centre

## Summer Holiday Activities

From football and dance to multi-sports and crafts

- beat the boredom with Lincs Inspire's action packed holiday activities for children! And this includes funded options for children on free school meals.

For all the details visit [www.lincinspire.com](http://www.lincinspire.com)

All activities subject to change in line with Government restrictions and COVID advice.

## Trinity Sounds

@ The Trin Centre, Trinity Rd, Cleethorpes DN35 8UN.

Introducing Trinity sounds summer school

We will be holding 4 sessions through the summer for children aged 11-16, introducing them to our new program, software and equipment. The taster sessions commence on Friday 23rd July and return for the following 3 Fridays at 18:30.

If you feel that someone would want to attend the summer school sessions then please contact us via the email;

[trinitysounds@thetrin.co.uk](mailto:trinitysounds@thetrin.co.uk)

<https://www.facebook.com/trinitysounds.co.uk/>

# Park Ward Together Café,

**Event: PEOPLE'S PARK – Bowling Pavilion**

**Opening times: 10am – 2pm**

Charges & booking details if they apply: Provides refreshments at a cost that is inclusive of all, hot drinks and fresh homemade cakes, sausage rolls and more £1 per item, with cold drinks and ice lollies at a reasonable price.

All proceeds go back into supporting more activity within the park, possibly a carol concert in the band stand, replacement of trees within the park etc.

**Look out for more PWT activities in the Park including a litter pick.**



## So, what's in our area for families?

To answer that question we turned to one of North East Lincolnshire's wonderful foster carers. Former teacher Sally became a foster carer when her children flew the nest, and she had the space in her heart and home to provide a family, love, and security for local children in need.

"I wanted to foster children because I wanted to make a positive difference to their lives. I now foster three local boys under seven. I live just out of the area, which makes coming to Cleethorpes with the children even more fun. Days out are great - we love picnics on the beach and at the boating lake and we walk the dog near Humberston Fitties.

"When I was first fostering, my foster daughter was at school in Cleethorpes. We brought the touring caravan up to the site near the Littlest Pub and spent a few days 'on holiday' there. We loved it! At £20 a night it was cheaper than driving her backwards and forwards.

"In Grimsby, we've been to Nunny's farm ([www.nunnysfarmcic.org](http://www.nunnysfarmcic.org)) It's great for younger children. Other foster carers have also told me about how good Ghetto Park (skate park) on Freeman Street ([www.ghettopark.co.uk](http://www.ghettopark.co.uk)) is for older children and I know lots of carers and families who love Weelsby Woods and People's Park. I'm in a group on Facebook called Happy Chappies which was created by carers for carers. I can recommend it to any carers like me."

# Be a Foster Carer

in North East Lincolnshire.

Change the life of a local child

Call 01472 323966 or visit [nelincs.gov.uk/fostering](http://nelincs.gov.uk/fostering)



## Time Trap museum

Visit the former prison cells of Grimsby Town Hall and uncover the town's colourful past. The old police cells and prisoner exercise area have been transformed into the Time Trap museum which maps the development of the town into the largest fishing port in the world. It gives brief historical insight into many aspects of local life and shows how this development was fashioned by law and order, disease and death and indeed the violence of politics amongst many other things. Open Monday to Friday 10am to 4pm, except bank holidays. Find out more and book by visiting [www.nelincs.gov.uk/leisure-and-things-to-do/time-trap/](http://www.nelincs.gov.uk/leisure-and-things-to-do/time-trap/)



**Cleethorpes' Haverstoe Park Pavilion** is open Wednesday to Sunday, 10am to 4.30pm. Hot and cold drinks, snacks and ice creams. Toilets available.

**Youth Action and Our Voice**  
For 11-21 year olds. Social action projects to improve issues important to young people. Members can take part in training, attend additional meetings and get involved in other work outside the monthly meetings. Group meets second Monday in the month August and December meetings will be social events to celebrate the projects carried out.

**Our Voice "LISTEN UP"**  
For young people in care aged 11-17.  
Share views and take part in projects to improve services accessed by children in care. Meet fortnightly on a Tuesday. If you are interested in one of the groups please email [pippa.curtin@nelincs.gov.uk](mailto:pippa.curtin@nelincs.gov.uk).

ADVERT



**We all want you to get out & about and enjoy the summer: but it's vital too, that if you show any symptoms of the coronavirus that you take precautions to protect everyone.**

**When should I self-isolate and for how long?**

If you experience any coronavirus symptoms, you must self-isolate for 10 full days. You'll also need to stay at home if you or someone else in your household tests positive. You may be contacted by NHS Test and Trace and identified as a close contact of someone who has tested positive. If this is the case, you will also need to self-isolate for 10 full days. As soon as you experience any of the symptoms of COVID-19, you should self-isolate immediately and arrange to take a PCR test. You can do this by calling 119 or visiting NHS.UK.

**What support is there for people who are self-isolating?**

We're working with lots of organisations to try to make it as easy as possible for you. Financial support is available for people on low incomes and most supermarkets, food outlets and pharmacies can to your door; and usually you can order online or over the phone. If you need support to self-isolate, get in touch. Call 01472 313131 for advice.

**How can I protect myself from the virus?**

- Keep your distance** – try to keep your distance from anyone that you do not live with.
- Wash your hands** – by washing or sanitising your hands regularly, you are reducing the risk of picking up and catching the virus. It is good to wash your hands before and after eating food or touching your face.
- Wear a mask** – when you go shopping or visit an enclosed, public space, wearing a face mask reduces the risk of the virus spreading.
- Regular testing** – you can take a lateral flow test twice a week. These tests are easy to do and can be carried out at home. You can arrange to collect some lateral flow test kits online at [lft.nelincs.gov.uk](https://lft.nelincs.gov.uk).
- Get the jab** – both doses of the vaccine remains the best way to protect yourself and others. But remember, being fully vaccinated doesn't prevent you from catching the virus and passing it on, so you will still need to take precautions and self-isolate. However, with both doses of the vaccine, you are far less likely to suffer from the effects of the virus.



**RESPECT** Holiday Activities 11-16yrs (Secondary). Thursday 29th & Friday 30th July and Thursday 5th & Friday 6th August  
Booking Essential via <https://bookwhen.com/climb4>

Covid-19 Compliant. For more details see Climb 4 Facebook page - <https://www.facebook.com/climb4limited/>

**Hit The Decks @ Fusion** - DJing & Fitness for 11-18yr olds

**Learn to Dj like a pro',** box like a pro' (or both) - for FREE!  
DJing:Thursdays, 6:30-8pm

**Boxing:** Fridays, 7:30-9pm @ Fusion Fitness, Ladysmith road, Grimsby. For more information: see <https://www.facebook.com/Fusion-Fitness-988865881270527>  
<https://www.facebook.com/Fusion-Community-Hub-286597065369017>

**More events at [www.nelincs.gov.uk/CommunitySpotlight](https://www.nelincs.gov.uk/CommunitySpotlight)**



**Live Well**  
Wellbeing Service

**Your Five Ways to Wellbeing**



Building the following five things into our day-to-day lives can make a big difference to how we feel.

**Connect** - With the people around you. With family, friends, colleagues, and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

**Be active** - The parks, woods and



Search for local community services and activities that interest you run by local groups and organisations using the new website – **Simply Connect North East Lincolnshire.**

<https://nelincs.simplyconnect.uk/>  
Or use a QR code reader

Simply Connect North East Lincolnshire is delivered by VCSE Alliance in partnership with North East Lincolnshire Council and the local Clinical Commissioning Group

**Sometimes, we know what we should be doing, but we just don't do it.**

This might be because we don't feel great and we need someone to talk to, or because there we have so much to think about and we just don't know where to start.

If you are over 18, the Wellbeing Service can help. They can give you free, confidential, individual help and support, over the phone, face to face or online.

Search for 'wellbeing service' on [livewell.nelincs.gov.uk](https://www.livewell.nelincs.gov.uk) or call 01472 325500.

beaches in our area are wonderful places for us to experience the outdoors. If you search 'fit routes' on the RunGo app (highlighted earlier on in this brochure) you can find local routes for you. Simply Connect (<https://nelincs.simplyconnect.uk/>) is a new site to help you find activities and services, and Families First (find them on Facebook or call 01472 326292) have loads of helpful information.

**Take notice** - Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch, or talking to friends. Reflecting on your experiences will help you appreciate what matters to you.

**Keep Learning** - Try something new. Rediscover an old interest. Set a challenge you will enjoy achieving. Visit <https://www.livewell.nelincs.gov.uk>

[www.lincs2.co.uk/](https://www.lincs2.co.uk/) to find out about learning and training opportunities in North East Lincolnshire.

**Give** - Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Visit TakePartNEL on the council website or get in touch with groups near you to get involved and make a difference.

**HOW ARE YOU?**

**COVID support line**  
Chat, advice or local support about anything, 24/7 - Call 01472 256256, Option 3

**Giveusashout.org**  
Free, confidential, 24/7 text messaging support - Text SHOUT to 85258

**Qwell for Men**  
Free, anonymous, online counselling, no waiting lists - [www.qwell.io/hcv](https://www.qwell.io/hcv)

**Together Bereaved by Suicide**  
Free emotional and practical support - Call 0800 1380990 or text 07520633477



## Keep our area safe & clean this summer

### Community Recycling Centres:

Tidying up your home or garden? We can help. Grimsby and Immingham tips are open daily for household and garden waste. Details at [www.nelincs.gov.uk/tips](http://www.nelincs.gov.uk/tips). Please book in advance if you are taking a mattress. Call 01472 326288 during office hours to make a booking.

### Top Tips for visiting the tip:

- **Be patient** – only a limited number of vehicles are allowed on site due to Covid-19 restrictions.
- **Stay safe** – follow the site rules to keep yourself, other visitors and staff safe during your visit;
- **Plan ahead** – complete the online form at [nelincs.gov.uk/householdwasteform](http://nelincs.gov.uk/householdwasteform) if you're using a commercial vehicle, trailer or large vehicle, including people carriers, 4x4s and estate cars
- **Book mattresses in advance** – there is a limit on the number of mattresses we can accept. Call 01472 326288 during office hours.

- **Bulky waste and garden waste** – if you can't get to the tip, try the paid for bulky waste or garden waste collection services. Details at [www.nelincs.gov.uk/BulkyWaste](http://www.nelincs.gov.uk/BulkyWaste) and [www.nelincs.gov.uk/GardenWaste](http://www.nelincs.gov.uk/GardenWaste). Prices are £10 for each white goods item collected; £20 for up to four items (excluding white goods); £5 for any extra items (up to 10 per order); £5 extra for a rapid collection.

Waste and recycling: It's a year since we started rolling out new recycling bins across the borough and thank you as we're now a record recycling levels. In 2020, you recycled an average of 843 tonnes per month, so far this year it's a whopping 1,551 tonnes per month. Fit more in your recycling bins by flattening any cardboard boxes and squashing cans and plastic bottles. Bins out by 7am please with the lids closed. Please take in your bins after we've been. If you have too much rubbish for your bins, take your extra waste and recycling to the tip. Check your collection dates online at [www.nelincs.gov.uk/bins](http://www.nelincs.gov.uk/bins).



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