



Carers'  
Information  
& Support  
Service

# CISS NEWSLETTER WINTER 2026

## Welcome to the first CISS newsletter of 2026

This newsletter focuses on health and wellbeing for carers and gives information on how carers in the Hull area can access services to stay healthy, warm and safe in 2026.

### Have your say: Carers Respite Survey

We aim to increase the support and develop the service offer to meet the needs of unpaid carers in Hull.

If you are an unpaid carer, we would appreciate if you could complete this short survey to share your views on respite provisions that could support you in your caring role.



### Empower

#### Do you – or someone you know - have a long term health condition?

Have you heard of EMPOWER? Empower is our self - management programme for anybody with a long-term health condition or carer.

The SELF-MANAGEMENT Programme includes sessions on the following:

- Mindful Breathing
- Communication
- Unhelpful Thinking
- Pain and Fatigue Management
- The benefits of healthy eating and exercise
- Problem Solving
- How to set achievable goals in the form of action planning

If you are interested in one of our courses or would like to find out more please contact us on 01482 344057 or email [chcp.volunteerhub@nhs.net](mailto:chcp.volunteerhub@nhs.net)



## Hull Churches Home from Hospital

Hull Churches Home from Hospital are part of the winter warmth scheme.

Warm space is available every Wednesday and Thursday 10am – 3pm at:

Hull Churches Home from Hospital Service  
Lindsey Place  
Hull HU4 6BS



Just turn up, socialise, have a cuppa and stay warm !

Hull Churches Home from Hospital also have Tia Chi on a Monday at 1pm – 2pm.

The next course starts on 16/2/26 and is in 8-week blocks. If you are interested in attending or want more information please contact Hull Churches on 01482 447673.

## Tea Bar - Bransholme Health Centre

Did you know CHCP has a Tea Bar located on the ground floor at the Bransholme Health Centre (Ground Floor) is run by our fantastic CHCP volunteers.

They sell reasonably priced drinks and refreshments. Please pop in for a drink or a snack and say hello!



## Need support with quitting smoking?

Do you need support to give up smoking in 2026?

SmokeFree Hull is a FREE and confidential stop smoking service for anyone aged 12 years and over living in Hull. The team offers motivational support through face-to-face or telephone appointments, combined with a choice of stop smoking products to give smokers the best chance of quitting.

You can self-refer, or be referred by health or social care professionals, using the details below:

Phone: 01482 977617

Website: [www.changegrowlive.org/smoke-free-hull/contact](http://www.changegrowlive.org/smoke-free-hull/contact)

Email: [hullstopsmoking.info@cgl.org.uk](mailto:hullstopsmoking.info@cgl.org.uk)

## Winter Wellebing Newsletter

Please read the [Hull Winter wellbeing newsletter](#) for information and support on keeping healthy, warm and safe at the start of 2026

## Bee Lady Day is Back!

### Bee Lady Day – Honouring Jean Bishop and Inspiring Fundraisers



Bee Lady Day launched in 2025 and raised an amazing £15,000! It is now one of our annual celebrations on May 13th (Jean's birthday), in tribute to Hull's cherished Jean Bishop, affectionately known as "The Bee Lady."

Over 30 years, Jean raised nearly £125,000 for Age UK Hull & East Yorkshire, spreading joy and making a difference for countless individuals. Now, we continue her legacy with the goal of raising an additional £100,000 to support older people in our community who are facing struggles. Every penny raised will go directly toward helping those in need.

Age UK Hull & East Yorkshire invite the people of Hull and East Yorkshire to join in, however they can. Whether through dressing up, hosting bake sales, or participating in sponsored events, we want the region to come alive with the buzz of Bee Lady Day, all in support of local older people.

We can't wait to see what Bee Lady Day 2026 will achieve!

Here's how you can get in touch with Age UK Hull and East Yorkshire for more information on these events: (Monday - Friday 9.00am - 4.00pm):

Phone number (Monday - Friday 9.00am - 3.45pm): 01482 324 644

Axida House

350 Preston Road

Hull HU9 5HH

Contact Age UK Hull and East Yorkshire for further information on social groups, activities, Befriending and training.

## Carers Card

Have you got your CISS Carers Emergency Card? If not – why not ?

Did you know that your Carers card can be used at Hull Culture and Leisure for Live It Fitness Membership's and Pay & Play Activities across Hull's Leisure Centre's

There is a 20% concession to carers on production of the carers card.

Contact CISS for further information on how to get your card.

Email: [chcp.carersinfo@nhs.net](mailto:chcp.carersinfo@nhs.net)

Call: 01482 222 220

Text: CARERS to 61825\*



## Follow us on Facebook!

Do you follow CISS on Facebook?

We regularly post about upcoming events, services and information to help carers.

Follow us [here](#).

## Events and activities near you!

For information on events and activities in the upcoming months in the Hull area click [here](#).

For free activities in the Hull area please click the link [here](#).

Explore Hull's rich maritime history with a free guided walk around the city centre, led by friendly, accredited White Badge volunteer guides.

The tours highlight how Hull has been shaped by its maritime past, present and future, and include fascinating facts alongside updates on the Hull Maritime project.

Whether you're a long-time resident or new to the city, there's plenty to discover.

Tour times:

Thursday & Saturday: 10.30am

Sunday: 11.30am (long tour) and 1.30pm (short tour)

Tour options:

[Long tour](#): 2.4km route

[Short tour](#): Sunday at 1.30pm, lasting up to 90 minutes

Tours started on Saturday 14 February 2026. Booking is recommended, though a small number of places may be available on the day. Tours are subject to volunteer availability.

## Until Next Time...

**If you need support please reach out to us:**

Email: [chcp.carersinfo@nhs.net](mailto:chcp.carersinfo@nhs.net)

Call: 01482 222 220

Text: CARERS to 61825\*