

Support Directory



Useful contacts for support services, community groups and GP surgeries for children, young people, adults and families.

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info@shinelincolnshire.com | www.shinelincolnshire.com

01507 304 548 | Bert House, 7 Bull Ring, Horncastle LN9 5HX

Key: Adult | Children & Young People | All **Services Directory**

Here at Shine, we are passionate about ensuring you can access the right service for you, for this reason we have included a directory of useful numbers and services within your Lincolnshire.

While we know this isn't an exhaustive list, it now covers both adults and those under the age of 18. We hope you will find something to suit you.

Abbey Children's Centre | Lincoln
T 01522 555 689
E abbeyCC@lincolnshire.gov.uk

Abbey Access Training | Lincoln
T 01522 801 556
W www.abbeyaccesstraining.com

Acis Group | Countywide
T 0800 027 2057 W www.acisgroup.co.uk

Active Lincolnshire | Countywide
T 01522 730 325
W www.activelincolnshire.com

Acts Trust | Lincoln
T 01522 542 166 W www.actstrust.org.uk

ADHD Lincs | Lincoln
E info@adhdlincs.org W www.adhdlincs.org

Age UK | Lincoln
T 01522 696 000
W www.ageuk.org.uk/
lincolnshire

Alford Children's Centre | Alford
T 01507 463 218
W alfordCC@lincolnshire.gov.uk

Alford Dementia | Alford
T 01507 522 116

Alford Hub | Alford
T 01507 464 901 W www.alfordhub.co.uk

Alford Storehouse Church | Alford
T 01507 462 990
W www.thestorehousechurchalford.org.uk

Alive Church Lincoln | Lincoln
T 01522 542166
E office@alivechurch.org.uk
W www.alivechurch.org.uk

Allenby Training | Lincoln
T 01522 548 559
W www.allenby-training.co.uk

Alzheimer's Society | Nationwide
T 0333 150 3456
E enquiries@alzheimers.org.uk
W www.alzheimers.org.uk

Ambitious Youth Network | Nationwide
W www.ambitious-youth-network.org.uk
W www.ambitiousaboutautism.org.uk

Andy's Man Club | Lincoln
W www.andysmanclub.co.uk

Anxiety UK | Nationwide
T 03444 775 774 (Helpline)
E admin@anxietyuk.org.uk
W www.anxietyuk.org.uk

Arise Church Lincoln | Lincoln
T 01522 694 694
E office@arisechurch.co.uk
W www.arisechurch.co.uk

Armed Forces Covenant Fund Trust | Nationwide
E info@covenantfund.org.uk
W www.covenantfund.org.uk

Art Pop-Up | Stamford
W www.artpopup.co.uk

The Askefield Project | Friskney
T 07754 232 873 W www.askefield.co.uk

Assist | Lincoln
T 01522 370 164 W www.assistlincs.org.uk

Association of Service Drop In Centres (ASDIC) | Nationwide
E admin@asdic.org.uk
W www.asdic.org.uk

Bardney Gateway Centre | Bardney
T 01526 397 131 or 07754 847 020
E Info@BardneyGatewayCentre.org or
youth.club@bardneygatewaycentre.org

Bearded Fishermen | Countywide
T 0300 365 0019
W www.beardedfishermen.org.uk

Belton Lane Children's Centre | Grantham
T 01522 550 901
E beltonlanecc@lincolnshire.gov.uk

BHive Community | Grantham
E enquire@bhive.community
W www.bhive.community

Billinghay Children's Centre | Billinghay
T 01526 869 248
E billinghaychildrenscentre@lincolnshire.gov.uk

Binbrook Children's Centre | Market Rasen
T 01472 398 889
E Binbrook_cc@lincolnshire.gov.uk

Bipolar UK | Nationwide
E info@bipolaruk.org
W www.bipolaruk.org.uk

Birchwood Children's Centre | Lincoln
T 01522 689 991
E birchwoodCC@lincolnshire.gov.uk

Birchwood Youth Centre | Birchwood
T 07767 003 858
E birchwoodycc@gmail.com

Bladder Cancer Support Group | Countywide
T 01205 357660 E bcsg1ln2ng@gmail.com

BLESMA | Nationwide
T 020 8590 1124 E info@blesma.org
W www.blesma.org

Boston Children's Centre (Fenside Road) | Boston
T 01205 357 608
E StChristophersCC@lincolnshire.gov.uk

Boston Children's Centre (Fishtoft Road) | Boston
T 01205 356 410
E FishtoftRDCC@lincolnshire.gov.uk

Boston Children's Centre (Norfolk Lodge) | Boston
T 01522 843135
E NorfolkLodgeCC@lincolnshire.gov.uk

Boston District Council | Boston
T 01205 314 200 W www.boston.gov.uk

Boston Children's Centre (Carlton Road) | Boston
T 01205 364137 E CarltonRoadCC@lincolnshire.gov.uk

Boston and South Holland Talking Newspaper | Boston
E enquiries@bashtn.org.uk
W www.bashtn.org.uk

Boston Centenary Methodist Church | Boston
T 01205 355 543
W www.bostonmethodist.org.uk

Boston Community Food Bank | Boston
T 01205 310 929
W www.boston.foodbank.org.uk

Boston Community Transport | Boston
T 01205 360 183 W www.bostonct.org.uk

Boston Lithuanian Community Group | Boston
W www.bostonlietuviubendruomene.lt
E ukjuma@yahoo.com

Boston Men's Shed | Boston
W www.bostonshed.co.uk

Boston Salvation Army | Boston
T 01205 359 232 E Boston@salvationarmy.org.uk
W www.salvationarmy.org.uk/boston

Boston Stump | Boston
T 01205 310 929
W www.parish-of-boston.org.uk/church/
st-botolphs

Boston United Football Club Community Foundation | Boston
T 01205 364 406
W www.bostonunitedcf.co.uk

Bourne Children's Centre | Bourne
T 01778 395895
E BourneCC@lincolnshire.gov.uk

Bourne Library | Bourne
T 01522 782 010

Bourne Food Bank Bourne
T 01778 782 365 E info@bournefoodbank.org.uk
W www.bournefoodbank.org.uk

Breast Friends - Breast Cancer Support Group | Grantham
E breastfriendsgrantham@gmail.com
FB Breast Friends Grantham

Bracebridge Children's Centre | Bracebridge Heath
T 01522 525 610
E Bracebridgecc@lincolnshire.gov.uk

British Red Cross | Nationwide
T 0344 871 11 11 E contactus@redcross.org.uk
W www.redcross.org.uk

Bromhead Medical Charity | Countywide
T 01522 846 901
W www.bromheadmedicalcharity.co.uk

Bridge Church | Lincoln
T 01522 530 730 W www.wearebridge.org

Buddies Dementia Cafe | Nettleham
T 0796 3365957
W www.buddiesdementia cafe.co.uk

The Butterfly Hospice | Boston
T 01205 311 222
W www.butterflyhospice.org.uk

Butterflies Lincoln South | Lincoln
T 07947 494238
W lincolnsouthbutterflies@
alivechurch.org.uk

Café CLIP Market Rasen | Market Rasen
T 01673 843 489 W www.ccliplearning.com

Key: Adult | Children & Young People | All

Caistor Children's Centre | Caistor
T 01673 844 703
E CaistorCC@lincolnshire.gov.uk

CALM | Nationwide
T 0800 585858 W www.thecalmzone.net

Calm Zone
W www.childline.org.uk/toolbox/calm-zone

CAMHS | Countywide
W www.lpft.nhs.uk/young-people/
lincolnshire/young-people/i-need-more-help/
child-and-adolescent-mental-health-
services-cahms

Carers First | Countywide
T 0300 303 1555 W www.carersfirst.org.uk

Carer Sitter Service | Bourne
T 01778 420 257
E carersitterservice@gmail.com
W www.carersitterservice.com

Caythorpe Children's Centre | Grantham
T 01400 279 285
E caythorpecc@lincolnshire.gov.uk

Centre for Mental Health | Countywide
W www.centreformentalhealth.org.uk

Centrepoint Outreach | Boston
T 01205 360 900
W www.centrepoint-outreach.com

Chemosabes Cancer Support Group | Grantham & Sleaford
E granthamchemosabes@aol.com
FB Grantham Chemosabes

Cherry Willingham Children's Centre | Cherry Willingham
T 01522 550653
E cherrywillinghamcc@lincolnshire.gov.uk

Childline |
T 0800 1111 W www.childline.org.uk

Children's Links | Countywide
T 01507 528 300
W www.childrenslinks.org.uk

Christ Church Stamford | Stamford
T 01780 766 446
W www.christchurchstamford.com

Citizens Advice Bureau | Nationwide
T 0800 144 8848 W www.citizensadvice.org.uk

Citizens Advice Mid Lincolnshire | Boston
T 01205 314 534 W www.camidlincs.org.uk

City of Lincoln Council | Lincoln
01522 881188 W www.lincoln.gov.uk

CLIP Gainsborough | Gainsborough
T 01427 677 377
W www.ccliplearning.com/gainsborough

The Coastal Centre | Mablethorpe
T 01507 479 165
W www.mablethorpe.info/the-coastal-centre

Combat Stress | Nationwide
T 0800 138 1619 M 07537 173 683 (text)
E helpline@combatstress.org.uk
W www.combatstress.org.uk

Community Pharmacy | Countywide
E info@pharmacylincolnshire.org
W www.pharmacylincolnshire.org

Connect2Support Lincolnshire | Countywide
W www.lincolnshire.connecttosupport.org

Connexions | Gainsborough
T 01427 678 695
W www.connexionscommunityhub.co.uk

CPSL Mind | South Lincolnshire
T 0300 303 4363 W www.cpslmind.org.uk

Crimestoppers | Countywide
T 0800 555 111 W www.crimestoppers-uk.org

Curo Social Enterprise CIC | Countywide
T 07432 101 451 E admin@curo-lincs.co.uk
W www.curo-lincs.co.uk/contact

CVS Lincolnshire | Countywide
01205 551683 W www.cvslincolnshire.org.uk

Cycling Without Age Skegness | Skegness
W www.cyclingwithoutage.org.uk/skegness

Dance Free CIC | Lincolnshire
T 07719 505 844
E we.dance.free@gmail.com
W www.wedancefree.com

Darkside Rising CIC | Lincoln
W www.darksiderising.co.uk

Desire Change CIC | Countywide
T 01790 616 102 W www.desirechange.org

Development Plus | Countywide
T 07508292808
E enquiries@developmentplus.org.uk
W www.developmentplus.org.uk

Disability Social Network | c/o Chat Chill Connect | Gainsborough
T 07300 869 408
E disabilitynetwork.westlindsey@gmail.com

Donington Library | Spalding
T 01775 822834

Don't Lose Hope | Bourne
T 01778 420 762 W www.dontlosehope.co.uk

East Lindsey Down Syndrome Family Support Group | Boston
E EastLincs.DS.group@hotmail.com
W www.eastlincolnshiredownsyndrome.org

Edan Lincs | Countywide
T 01522 510 041 W www.edanlincs.org.uk

Evergreen Care Trust | Sleaford
T 07707 260822
W www.evergreensleaford.org.uk

Evergreen Care Trust | Stamford
T 01780 765 900
W www.evergreencare.org.uk

Everyone Active | West Lindsey
T 0142 761 5169
W www.everyoneactive.com

Every-One | Countywide
T 01522 811 582 W www.every-one.org.uk

Feathers Teens CIC | Countywide
E feathers.teens@gmail.com
W www.facebook.com/FeathersTeensGroup

Fighting With Pride | Nationwide
E info@fightingwithpride.org.uk
W www.fightingwithpride.org.uk

Furnichurch | Mablethorpe
T 01507 477 007

Gainsborough Academy (Trent Valley) Youth Centre | Gainsborough
T 01427 612 411

Gainsborough Trinity Foundation | West Lindsey
T 07788 185 743
E enquiries@gainsboroughtrinityfoundation.com
W www.gainsboroughtrinityfoundation.com

GamCare | Countywide
T 0808 802 0133 W www.gamcare.org.uk

Gobstys Gaming Club | Countywide
W www.gobstys.co.uk

GoGo CIC | Lincoln
W www.gogro.org.uk

Grandma's Pudding Co | Friskney
T 07899 953 448
W www.grandmaspuddingco.uk

Grantham & District Hospital | Grantham
T 01476 565 232

Grantham Baptist Church | Grantham T 01476 573 050
W www.granthambaptistchurch.co.uk

Grantham Tennis Club | Grantham
T 01476 591 391
W www.granthamtennisclub.co.uk

Greatford Village Hall | Stamford
W www.facebook.com/greatfordvillage

Green Synergy | Lincoln
T 01522 533 077 W www.greensynergy.org.uk

Grubby Knees | Louth
T 07920 486 886 W www.grubbyknees.org

Harmless | Countywide
T 0115 880 0280 W www.harmless.org.uk

Happy Hooves | Market Rasen
T 07724 297 481 E hello@happyhooves.org.uk
W www.happyhooves.org.uk

Headway Lincolnshire | Countywide
T 07546 592 526
W www.headwaylincolnshire.org.uk

Healthy Minds | Countywide
0800 234 6342
W www.lpft.nhs.uk/young-people

Help for Heroes | Nationwide
T 0300 303 9888 W www.helpforheroes.org.uk

Hemswell Cliff Childrens Centre | Gainsborough
T 01427 667 643
E Hemswell.Cliff.CC@lincolnshire.gov.uk

Hill Holt Wood | Lincoln
T 01636 892 836 W www.hillholtwood.co.uk

Holbeach Children's Centre | Holbeach
T 01406 426 064
E HolbeachCC@lincolnshire.gov.uk

Holiday Activities and Food Programme | Lincolnshire
E HAF@lincolnshire.gov.uk
W www.lincolnshire.gov.uk

Holton Le Clay Children's Centre | Holton Le Clay
T 01472 828 548
E HoltonLeClay_CC@lincolnshire.gov.uk

Hope House | Mablethorpe
T 01507 478 995 W www.hope-house.co.uk

Hope Meadows Equine CIC | South Hykeham
T 01522 396 643 W www.hopemeadows.co.uk

Horncastle Children's Centre | Horncastle
T 01507 526 603
E Horncastle_Childrens_Centre@
lincolnshire.gov.uk

Horncastle Community Larder | Horncastle
E communitylarder@gmail.com
W www.horncastlecommunitylarder.co.uk

The Horncastle Support Team | Horncastle
W www.horncastle town council.co.uk

Key: Adult | Children & Young People | All

The Hub | Sleaford
T 01529 308 710 W www.hub-sleaford.org.uk

HW Lincs | Countywide
T 01205 820 892
W www.hwlincs.co.uk

ImRoc | Countywide
T 0115 969 1300 W www.imroc.org

Inspired Equine Assisted Learning | Boston
T 07729 909 186 W www.inspired-eal.co.uk

Jubilee Church | Grantham
T 01476 5651 17
W www.jubileegrantham.co.uk

Kooth.com
W www.kooth.com

LACE Housing | Lincoln
T 01522 514 444

Land and Leaf Collective CIC | Lincoln
T 07521 854095
E hello@landandleafcollective.org
W www.landandleafcollective.org

LEAP | Lincoln/Gainsborough
T 01522 563 530 W www.leap.uk.com

The Len Medlock Voluntary Centre | Boston
E info@lmcv.org
T 01205 353 216 W www.lmcv.org

Library Services | Countywide
T 01522 782 010
W www.lincolnshire.gov.uk/findalibrary

Licensed Trade Charity | Countywide
T 0808 801 0550
W www.licensedtradecharity.org.uk

Lighthouse Project | Spalding
T 07961 978 396
E info@thelighthouseprojectspalding.com
W www.thelighthouseprojectspalding.com

Lincoln Central Children's Centre | Lincoln
T 01522 843 355
E lincolncentralcc@lincolnshire.gov.uk

Lincoln & Lindsey Blind Society | Lincoln/Lindsey
T 01507 605 604 W www.llbs.co.uk

Lincoln City Foundation | Lincoln
T 01522 563 792
W www.lincolncityfoundation.com

Lincoln Moorland Children's Centre | Lincoln
T 01522 554 886
E LincolnMoorlandCC@lincolnshire.gov.uk

Lincoln North Children's Centre | Lincoln
T 01522 552 904
E lincolnnorthCC@lincolnshire.gov.uk

Lincoln Trauma Centre | Lincoln
T 07355 123 424
E lincolntraumacentre@gmail.com
W www.lincolntraumacentre.org.uk

Lincolnshire Action Trust | Countywide
T 01522 806 611 W www.latcharity.org.uk

Lincolnshire Abdominal Aortic Aneurysm Screening Programme | Countywide
T 01205 445 801
E ulh-tr.AAAScreening@nhs.net
W www.ulh.nhs.uk/services/abdominal-aortic-aneurysm

Lincolnshire Breast Screening Programme | Countywide
T 01522 573 999
E ulh-tr.breastscreening@nhs.net
W www.ulh.nhs.uk/services/breast-screening

Lincolnshire Bowel Cancer Screening Programme | Countywide
T 08007 076 060
W www.ulh.nhs.uk/services/bowel-cancer-screening/

Lincolnshire County Council | Countywide
T 01522 552 222 W www.lincolnshire.gov.uk

Lincolnshire Diabetic Retinopathy Screening Programme | Countywide
T 01205 445 383 E ulh-tr.desp@nhs.net
W www.ulh.nhs.uk/services/diabetic-eye-screening-programme

Lincolnshire Domestic Abuse Specialist Services (LDASS) | Countywide
T 01522 510 041 E info@ldass.org.uk
W www.ldass.org.uk

Lincolnshire Here4You Advice Line | Countywide
T 0800 234 6342

Lincolnshire Housing Partnership | Countywide
T 0345 604 1472 E info@lincolnshirehp.com
W www.lincolnshirehp.com

Lincolnshire Outdoor Learning | Countywide
T 07864 967 057
W www.lincolnshireoutdoorlearning.co.uk

Lincolnshire Recovery Partnership | Countywide
T 0800 304 7021 W www.turning-point.co.uk/services/lincolnshire-recovery-partnership

Lincolnshire Rural Support Network | Countywide
T 0800 138 1710 W www.lrsn.co.uk

Lincolnshire Young Farmers | Countywide
T 01522 514659
W www.lincsyfc.org.uk
E kate.knight@lincsyfc.org.uk

Lincolnshire VoiceAbility | Countywide T 0300 303 1660 W www.voiceability.org

The Local Community Centre Boston | Boston
T 07931 716 635
W www.facebook.com/the-local-community-centre

Long Sutton Market House Trust | Spalding
T 01406 360 767
W www.long Suttonmarkethouse.org

Long Sutton Men's Shed | Long Sutton
T 01406 364 364
W www.mensshedlongsutton.co.uk

Louth Children's Centre | Louth
T 01507 607 087
E louthchildrenscentre@lincolnshire.gov.uk

Louth Men's Shed | Louth
T 01507 607197 E louthmensshed@gmail.com
W www.louthmensshed.co.uk

Mablethorpe Children's Centre | Mablethorpe
T 01507 479 412
E MablethorpeCC@lincolnshire.gov.uk

Mablethorpe Men's Shed | Mablethorpe
T 07777 628 043
W www.mablethorpemensshed.co.uk

Mablethorpe Youth Club | Mablethorpe
W www.haylincolnshire.co.uk/activities/mablethorpe-youth-club/
E IF4MInterventions@lincolnshire.gov.uk

Macmillan | Countywide
T 0808 808 00 00 W www.macmillan.org.uk

Magna Vitae | Louth
T 01507 607 650 W www.magnavitae.org

Market Arcade Children's Centre | Gainsborough
T 01427 617 767
E GainsboroughCC@lincolnshire.gov.uk

Market Deeping Children's Centre | Market Deeping
T 01778 382 574
E MarketDeepingCC@lincolnshire.gov.uk

Market Rasen Children's Centre | Market Rasen
T 01673 844 703
E marketrasenCC@lincolnshire.gov.uk

Martin Village Hall | Martin
T 07763 045293
E martinlincsvillagehall@gmail.com
FB www.facebook.com/MartinVillageHall/

The Maverick Warriors | Skegness
E maverickwarriorsskegness@gmail.com

Men's Health Forum | Nationwide
W www.menshealthforum.org.uk

Men's Shed Association | Countywide
T 0300 772 9626 W www.menssheds.org.uk

Mental Health Matters | Countywide
This has now been replaced by the 111 option 2 service
T 111

Meridale Youth Centre | Mablethorpe
T 01507 441 481
W www.meridale.co.uk
E meridale@meridale.co.uk

Mermaids
T Helpline: 0808 801 0400
W www.mermaidsuk.org.uk

Mind | Nationwide
T 0300 123 3393 E info@mind.org.uk
W www.mind.org.uk

Mind Legal Advice | Nationwide
T 0300 4666463 E legal@mind.org.uk

Mindspace | Stamford
T 07563 385273
W www.mindspacestamford.com

Mint Lane Café | Lincoln
E mlwh@involvelincoln.org.uk
W www.mintlanewellbeinghub.co.uk

Mission Motorsport | Nationwide
T 03330 338 338
W www.missionmotorsport.org

Moulton Medical Centre Patient Participation | Spalding
T 07770 382554
E moultonppg@outlook.com
FB [MoultonMedicalCentrePPG](https://www.facebook.com/MoultonMedicalCentrePPG)

The Network CIO | Lincoln
T 07458 016056
E info@networklincoln.co.uk
W www.networklincoln.co.uk

New Life Centre Sleaford | Sleaford
T 01529 413 063 W www.nlcm.org.uk

New Life Centre Spilsby | Spilsby
T 01790 754 092 W www.newlifespilsby.com

New Horizons Bereavement | Skegness
T 01754 810 597
W www.newhorizonsbereavement.org.uk

NHS PALS | Countywide
T 0300 123 9553
W www.lincolnshirecommunityhealthservices.nhs.uk

Key: Adult | Children & Young People | All

Night Light Crisis Café | Lincoln
T 0300 0111 1200
W www.facebook.com/nightlightcafeinlincoln

No Panic | Nationwide
T 0300 772 9844 (Helpline)
W www.nopanic.org.uk

North Hykeham Children's Centre | North Hykeham
T 01522 550 927
E northhykehamchildrenscentre@lincolnshire.gov.uk

North Kesteven District Council
T 01529 414 155 W www.n-kesteven.gov.uk

North Marsh Road Children's Centre | Gainsborough
T 01522 550 318
E northmarshroadCC@lincolnshire.gov.uk

NW Counselling Hub | Lincoln
T 01522 253 809
W www.nwcounsellinghub.co.uk

OCD UK | Nationwide
T 01332 588 112
W www.ocduk.org

Old Leake Children's Centre | Old Leake
T 01205 872 258
E OldLeakeCC@lincolnshire.gov.uk

On Track Fishing CIC | Boston
E ontrackfishing@gmail.com
FB [on track fishing](https://www.facebook.com/ontrackfishing)

One You Lincolnshire | Countywide
T 01522 705 162
W www.oneyoulincolnshire.org.uk

Op Courage | Countywide
T 0300 323 0137 E mevs.mhm.net
W www.opcouragemidlands.nhs.uk/veteran

Options Social CIC | Stamford
T 077896 345 149 FB [Options social cic](https://www.facebook.com/Options-social-cic)
E optionssocial23@gmail.com

Outwood CIC | Grantham
T 07985 565 714

Papyrus | Nationwide
T HOPELINEUK: 0800 068 4141
M Text: 07860 039 967
W www.papyrus-uk.org

Parents and Autistic Children Together (PAACT) | Countywide
T 07847 507 353 W www.paactsupport.com

The Parish of Boston | Boston
T 01205 310 929
E admin@parishofboston.co.uk
W www.parish-of-boston.org.uk

Pay Plan | Nationwide
T 0800 316 1833
W www.payplan.com/debtadvice

Pelican Trust | Lincoln
T 01522 513533 W www.pelicantrust.org

Pinchbeck Community Hub and Library | Spalding
T 015220 782 010
W www.pinchbeck.parish.lincolnshire.gov.uk/parish-information/community-hub-library

The Poppy Factory | Nationwide
T 0208 940 3305 (enquiries)
E support@poppyfactory.org
W www.poppyfactory.org

Postland Road Children's Centre | Crowland
T 01733 211 609
E crowlandcc@lincolnshire.gov.uk

Rainbow Stars | Sleaford
E rainbowstarslincs@hotmail.com
W www.rainbowstarslincs.co.uk

Recovery College | Countywide
T 01522 309333 E lpft.recovery.college.nhs.net
W www.lpft.nhs.uk/recovery-college

Renatured CIC | Lincoln
T 07999 857 072
E Info@Oldwoodorganic.Org
W www.renatured.org

Renew | Grantham
T 01476 573050
W www.granthambaptistchurch.co.uk

Renew Wellbeing @ the Hub | Nocton
T 01526 323 614
W www.haylincolnshire.co.uk/support/renew-the-hub-nocton

Restore Church Boston | Boston
T 01205 837 209
W www.restorechurchboston.co.uk

Restore Gainsborough | Gainsborough
T 01427 616 353
E judi.swannack@alivechurch.org.uk
W www.alivechurch.org.uk/gainsborough

Restore Pantry | Boston
T 01205 837 209
W www.restorechurchboston.co.uk

Rethink Mental Illness | Nationwide
T 0808 801 0525 W www.rethink.org

Riverside Training | Gainsborough
01427 677 277
W www.riverside-training.org.uk

Roadhog | South Lincolnshire
E roadhogbus@gmail.com
W www.roadhogbus.org.uk

Royal Air Force Benevolent Fund | London
T 0300 102 1919
E welfare Navigators@rafbf.org.uk
W www.rafbf.org

Royal British Legion | Nationwide
T 0808 802 8080
E info@britishlegion.org.uk
W www.britishlegion.org.uk

Ruskington Library | Sleaford
T 01522 782 010

Ruskington Youth Centre | Ruskington
E maggie.harris@yahoo.co.uk
FB [Ruskington Youth Centre](https://www.facebook.com/RuskingtonYouthCentre)

Rutland Sailability | Rutland
W www.rutlandsailability.org.uk

Ryhall Village Hall | Stamford
T 01780 754621 or 07872 564 000
W www.facebook.com/Ryhallvillagehall

Salvation Army | Countywide
W www.salvationarmy.org.uk/map-page

Samaritans | Nationwide
T 116 123
W www.samaritans.org

Samaritans | Boston
T 116 123
W www.samaritans.org/branches/boston

Samaritans | Grantham
T 116 123
W www.samaritans.org/branches/grantham

Samaritans | Lincoln
T 116 123
W www.samaritans.org/branches/lincoln

SANE | Nationwide
T 0300 304 7000 W www.sane.org.uk

Scunthorpe & District U3A | Scunthorpe & Nationwide
W www.eastmidlandsu3as.org.uk
W www.u3a.org.uk

Seagull Recycling Ltd (The Eco Centre Skegness) | East Lincolnshire
T 07709 866 614
W www.ecocentreskegness.org.uk

Secondary Breast Cancer Support Group | Countywide
E sbc.supportgroup@stbarnabashospice.co.uk

Shelter | Nationwide
T 0808 800 4444 /
W Webchat www.england.shelter.org.uk/get_help/webchat
W www.england.shelter.org.uk

SilverLine | Countywide
T 0800 470 80 90
W www.thesilverline.org.uk

Sincil Bank Community Partnership | Lincoln
W www.sincilbankcommunity.co.uk

Single Point of Access | Countywide
T 0303 123 4000
W www.lpft.nhs.uk/our-services

Skegness Children's Centre | Skegness
T 01522 555 652
E skegnessCC@lincolnshire.gov.uk

Sleaford Children's Centre | Sleaford
T 01529 306 888
E sleafordcc@lincolnshire.gov.uk

Sleaford Community Larder | Sleaford
T 01529 413 063
W www.communitylarder.co.uk

Sleaford Playhouse | Sleaford
T 0333 666 3366
W www.sleafordplayhouse.co.uk

Sleaford Rotary Club | Sleaford
W www.sleafordrotary.co.uk

Social Care for Adults | Countywide
T 01522 782 155 T Out of Hours 01522 782 333

Social Care for Children | Countywide T 01522 782 111 T Out of Hours 01522 782 333

Sortified | Bourne
T 07738 435 957 W www.sortified.com

Sound Lincs | Countywide
T 01522 510 073 W www.soundlincs.org

South Witham Children's Centre | South Witham
T 01572 768 876
E SouthWithamCC@lincolnshire.gov.uk

The Source | Sleaford
T 01529 309 482

South Holland District Council | South Holland
T 01775 761 161 W www.sholland.gov.uk

South Lincolnshire Blind Society | South Lincolnshire
T 01476 592 775 W www.blind-society.org.uk

Spalding Children's Centre | Spalding
T 01775 767 475
E spaldingCC@lincolnshire.gov.uk

Spilsby Children's Centre | Spilsby
T 01790 753 451
E spilsbycc@lincolnshire.gov.uk

Key: Adult | Children & Young People | All

SSAFA | Nationwide
T 0800 260 6767 W Live Chat/Contact form:
www.ssafo.org.uk/get-help/forcesline
W www.ssafo.org.uk

Stamford & Rutland Hospital | Stamford
T 01733 678 000
W www.nwangliaft.nhs.uk/

Stamford Arts Centre | Stamford
W www.stamfordartscentre.com

Stamford Children's Centre | Stamford
T 01780 764 072
E stamfordcc@lincolnshire.gov.uk

Stamford Connections | Stamford
W www.artpopup.co.uk/stamford-connections

Stamford Food Bank | Stamford
T 07570 583 799
E info@stamfordoundle.foodbank.org.uk
W www.stamfordoundle.foodbank.org.uk

Stamford in Bloom | Stamford
E duncanlindsay@mac.com
FB Stamford in Bloom
T 07860 394 187

Stamford Library | Stamford
T 01522 782 010
E stamford.library@gll.org
W www.better.org.uk/library/lincolnshire/stamford-library

Stamford Rugby Club | Stamford
T 01780 752 180
FB Stamford Rugby Club

Stamford Striders | Stamford
E info@stamfordstriders.org
W www.stamfordstriders.org

Stamford Town Council | Stamford
T 01780 753 808
W www.stamfordtowncouncil.gov.uk

St Barnabas | Countywide
T 0300 020 0694
W www.stbarnabashospice.co.uk

Stepping Stone Theatre | Gainsborough
T 01427 628 888
W www.stepsingstonetheatre.co.uk

Steps2Change | Countywide
T 0303 123 4000
W www.lpft.nhs.uk/steps2change/home

Student Space
T Helpline: 0808 801 0424
W www.studentminds.org.uk

Sturton-by-Stow Children's Centre |
Sturton-by-Stow
T 01522 550664
E SturtonbyStowCC@lincolnshire.gov.uk

St Andrew's Church | Heckington
T 01529 460 904
W www.heckingtonandhelpringhamgroup.org.uk

St George's Stamford | Stamford
W www.stgeorgeschurch.net

St Giles Children's Centre | Lincoln
T 01522 529 631
E stgilesCC@lincolnshire.gov.uk

St Swithans Church | Lincoln
T 01522 275 067 W www.stswithans.org

St Wulfram's Church | Grantham
T 01476 561 342 W www.stwulframs.org.uk

Stonewall | Nationwide
E info@stonewall.org.uk
W www.stonewall.org.uk

The Storehouse Church | Skegness
T 01754 763 362 W www.thestorehouse.co.uk

Sutterton Children's Centre | Sutterton
T 01205 461 509
E SuttertonCC@lincolnshire.gov.uk

Sutton Bridge Children's Centre | Sutton
Bridge
T 01406 359 327
E SuttonbridgeCC@lincolnshire.gov.uk

Sutton on Sea Beachcare | Sutton on Sea
W www.facebook.com/
SuttonOnSeabeachcare

Sutton St James Baptist Church |
Spalding
E info@ssjbc.org.uk W www.ssjbc.org.uk

Swineshead Children's Centre |
Swineshead
T 01205 820 331
E SwinesheadCC@lincolnshire.gov.uk

Swingbridge Children's Centre |
Grantham
T 01476 590034
E swingbridgecc@lincolnshire.gov.uk

Talk Club | Witham St Hughs
W www.talkclub.org

The Mix
T 0808 808 4994
W www.themix.org.uk

Threshold Church |
T 01522 820883
W www.thresholdchurch.co.uk

Trinity Centre Louth | Louth
T 01507 605 803
FB Trinity Centre, Louth

Together | Nationwide
W www.together-uk.org

Tom Harrison House | Liverpool
T 0151 909 8481
W info@tomharrisonhouse.org.uk
W www.tomharrisonhouse.org.uk

Tonic Health | Spalding
T 01775 725 059 W www.tonic-health.co.uk

United Reformed Church | Stamford
T 01780 755 007
W www.stamfordurc.org.uk/welcome.htm

**University of Lincoln Student Wellbeing
Centre** | Lincoln
T 01522 886 400
W www.studentservices.lincoln.ac.uk

The Venue (Village Hall) | Navenby
T 07505 145 061
W www.thevenueavenby.co.uk/

Veterans Support Service CIC | Spalding
T 01775 422802 W www.vsscic.org.uk

Victim Support Lincolnshire |
Countywide
T 01522 947 510
W www.victimsupport.org.uk/lincolnshire

Waddington Children's Centre |
Waddington
T 01522 722 170
E waddingtonCC@lincolnshire.gov.uk

Waddington Wellbeing Hub | Waddington
T 07788 222 970
W www.waddington.church/wellbeing-hub
E cat@waddington.church

Wainfleet Children's Centre | Skegness
T 01754 880 500
E WainfleetCC@lincolnshire.gov.uk

Walk for Health | Stamford
T 01780 482 048 / 01780 590 533

Walking for Health | Countywide
W www.walkingforhealth.org.uk/walkfinder

Warrior Programme | Nationwide
T 0808 801 0898
E enquiries@warriorprogramme.org.uk
W www.warriorprogramme.org.uk

Washingborough Children's Centre | Washing-
borough
T 01522 796 166
E WashingboroughChildrensCentre@
lincolnshire.gov.uk

Waterloo Uncovered | Nationwide
E info@waterloouncovered.com
W www.waterloouncovered.com

Wellbeing Lincs | Countywide
T 01522 782 140 W www.wellbeinglincs.org

Welton Children's Centre | Welton
T 01673 862 767
E weltoncc@lincolnshire.gov.uk

West Lindsey District Council | West
Lindsey
T 01427 676 676 W www.west-lindsey.gov.uk

Wilder Minds CIC | Fenton
E admin@wilderminds.co.uk
W www.wilderminds.co.uk

Wild Things Rescue | Countywide
T 01526 578 579 W www.wildthingsrescue.uk

Willoughby Road Allotments | Boston T
07818 848 850

Willow Farm Equine | Fulbeck
T 07771882822
E info@willowfarmequineassistedtherapycic.
co.uk
W www.4stridesequestrian.co.uk/equine-assist-
ed-therapy

Winthorpe Community Centre |
Skegness
FB winthorpe community partnership

Witham St Hugh's Children's Centre | Witham
T 01522 861 794
E withamsthughschilrenscentre@
lincolnshire.gov.uk

Woman's Institute | Countywide
T 020 7371 9300 W www.thewi.org.uk

Women's Aid Boston and South Holland |
Boston
T 01205 311 272
W www.bostonwomensaid.org.uk

Wragby Youth Centre | Wragby
T 01673 858 371

Writing East Midlands | Lincoln
T 0115 7934110
W www.writingeastmidlands.co.uk

YMCA Lincolnshire | Countywide
T 01522 508 360 W www.lincsymca.co.uk

Young Minds | Nationwide
T 0808 802 5544 (Parents' Helpline)
E parents@youngminds.org.uk

Young Minds
T 85258 (Text service for young people)
W www.youngminds.org.uk

Zion Methodist Church | Boston
E zionmethodistchurch@live.co.uk
W www.zionmethodistchurch-boston.co.uk

Key: Adult | Children & Young People | All

GP SURGERIES

ALFORD
Merton Lodge Surgery | Alford
T 01507 463 262 W www.alforddocs.co.uk

BASSINGHAM
The Bassingham Surgery | Bassingham T
01522 788 250
W www.bassinghamsurgery.co.uk

BOSTON
Greyfriars Surgery | Boston
T 01205 311 133
W www.greyfriarsurgeryboston.co.uk

Liquorpond Surgery | Boston
T 01205 362 763
W www.liquorpond-surgery.co.uk

Old Leake Medical Centre | Boston
T 01205 870 666 W www.oldleakemed.co.uk

Parkside Medical Centre | Boston
T 01205 365 881
W www.parkside-medicalcentre.co.uk

Stickney Surgery | Boston
T 01205 480 237
W www.stickneysurgery.co.uk

Swineshead Surgery | Boston
T 01205 820 204
W www.swinesheadmedicalgroup.co.uk

The Sidings Medical Practice | Boston T
01205 362 173
W www.thesidingsmedicalpractice.co.uk

BOURNE
Bourne Galletly Practice | Bourne
T 01778 562 200 W www.galletly.co.uk

BRACEBRIDGE HEATH
The Heath Surgery | Bracebridge Heath
T 01522 516 870
W www.southparkandheathsurgery.co.uk

BRANSTON
Branston & Heighington Family Practice |
Branston
T 01522 793 081
W www.branstonsurgery.co.uk

CAISTOR
Caistor Health Centre | Caistor
T 01472 851 203
W www.caistorhealthcentre.co.uk

CONINGSBY
The New Coningsby Surgery | Coningsby
T 01526 344 544
W www.coningsbysurgery.co.uk

DEEPINGS
Abbeyview Surgery | Deepings
T 01733 210 254
W www.abbeyviewsurgery.nhs.uk

The Deepings Practice | Deepings
T 01778 579 000
W www.deepingspractice.co.uk

GAINSBOROUGH
Caskgate Street Surgery | Gainsborough
T 01427 619 033
W www.caskgatestreetsurgery.co.uk

Cleveland Surgery | Gainsborough
T 01427 613 158
W www.clevelandsurgery.nhs.uk

GRANTHAM
**Caythorpe & Ancaster Medical Practice
(Ancaster)** | Grantham
T 01400 230 226 W www.villagedoctor.co.uk

**Caythorpe & Ancaster Medical Practice
(Caythorpe)** | Grantham
T 01400 272 215 W www.villagedoctor.co.uk

Colsterworth Surgery | Grantham

T 01476 860243
W www.colsterworthmedicalpractice.nhs.uk

Long Bennington Medical Centre |
Grantham
T 01400 281 220
W www.longbenningtonmedicalcentre.nhs.uk

Market Cross Surgery | Grantham
T 01476 550 056
W www.marketcrosssurgery.co.uk

St. Johns Medical Centre | Grantham
T 01476 348 484
W www.stjohnsmedical.co.uk

St. Peters Hill Surgery | Grantham
T 01476 850 123
W www.stpetershillsurgery.co.uk

Swingbridge Surgery | Grantham
T 01476 571 166
W www.swingbridgesurgery.co.uk

The Glenside Country Practice | Grantham
T 01476 550 251
W www.glensidecountrypractice.com

The Harrowby Lane Surgery | Grantham
T 01476 579 494
W www.harrowbylanesurgery.co.uk

The Welby Practice | Grantham
T 01949 842 341
W www.thewelbypractice.co.uk

Vine House Surgery | Grantham
T 01476 576 851 W www.vinemedical.co.uk

GRIMSBY
North Thoresby Surgery | Grimsby
T 01472 840 202
W www.norththoresby.org.uk

HIBALDSTOW
Hibaldstow Medical Practice | Hibaldstow
T 01652 650 580
W www.hibaldstowmedicalpractice.co.uk

HORNCASTLE
East Lindsey Medical Group | Horncastle
T 01507 603 121
W www.eastlindseymedicalgroup.co.uk

Horncastle Medical Group | Horncastle T
01507 522 477
W www.horncastlemedicalgroup.co.uk

INGHAM
The Ingham Practice | Ingham
T 01522 730 269
W www.theinghampractice.co.uk

KIRTON
Kirton Medical Centre | Kirton
T 01205 722 437
W www.kirtonmedicalcentre.nhs.uk

LINCOLN
Abbey Medical Practice | Lincoln
T 01522 530 334
W www.abbeymedicalpractice.co.uk

Birchwood Medical Practice | Lincoln T
01522 699 999
W www.birchwoodmedicalpractice.com

Boultham Park Medical Practice | Lincoln
T 01522 874 444
W www.boulthamparkmedicalpractice.co.uk

Brant Road & Springcliffe Surgery | Lincoln
T 01522 724 411
W www.brantroadsurgery.co.uk

Brayford Medical Practice | Lincoln
T 01522 543 943
W www.brayfordmedicalpractice.co.uk

Cliff House Medical Practice | Lincoln
T 01522 872 872

W www.cliffhousemedicalpractice.co.uk

Glebe Park Surgery | Lincoln
T 01522 530 633
W www.glebeparksurgery.co.uk

Lindum Medical Practice | Lincoln
T 01522 569 033
W www.thelindumpractice.co.uk

Minster Medical Practice | Lincoln
T 01522 515 797
W www.minstermedicalpractice.co.uk

Newark Road Surgery | Lincoln
T 01522 537 944
W www.newarkroadsurgery.co.uk

Portland Medical Practice | Lincoln
T 01522 876 800
W www.citymedicalpractice.co.uk

University Health Centre | Lincoln
T 01522 870 010 W www.ulhsonline.co.uk

Woodland Medical Practice | Lincoln T
01522 305 727
W www.woodlandmedicalpractice.org.uk

LOUTH
James Street Family Practice | Louth
T 01507 611 122
W www.jamesstreetsurgery.com

Marsh Medical Practice | Louth
T 01507 358 623
W www.marshmedicalpractice.com

MABLETHORPE
Marisco Medical Practice | Mablethorpe
T 01507 473 483
W www.mariscomedicalpractice.com

MARKET RASEN
Binbrook Surgery | Market Rasen
T 01472 398 202
W www.binbrooksurgery.co.uk

Market Rasen Surgery | Market Rasen T
01673 843 556
W www.marketrasensurgery.co.uk

METHERINGHAM
Church Walk Surgery | Metheringham
T 01526 320 522
W www.churchwalkmetheringham.co.uk

NAVENBY
Navenby Cliff Villages Surgery | Navenby
T 01522 811 411
W www.cliffvillagesmedicalpractice.co.uk

NETTLEHAM
Nettleham Medical Practice | Nettleham
T 01522 751 717
W www.nettlehammedical.co.uk

NORTH HYKEHAM
Richmond Medical Practice | North
Hykeham
T 01522 500 240
W www.richmondmedicalcentre.org.uk

SAXILBY
The Glebe Practice | Saxilby
T 01522 305 298
W www.glebepracticesaxilby.co.uk

Trent Valley Surgery | Saxilby
T 01522 263 444
W www.trentvalleysurgery.co.uk

SKEGNESS
Beacon Medical Practice | Skegness
T 01754 897 000
W www.beaconmedicalpractice.com

Hawthorn Medical Practice | Skegness T
01754 896 350
W www.hawthornmedical.gpsurgery.net

SLEAFORD
Billinghay Medical Practice | Sleaford **T** 01526 860 490
W www.billinghaymedicalpractice.co.uk

Millview Medical Centre | Sleaford
T 01529 460 213
W www.millviewmedicalcentre.co.uk

Ruskington Medical Practice | Sleaford **T** 01526 832 204
W www.ruskingtonmedicalpractice.co.uk

Sleaford Medical Group | Sleaford
T 01529 303 301
W www.sleafordmedicalgroup.co.uk

The New Springwells Practice | Sleaford
T 01529 240 234 **W** www.ruralmedical.co.uk

SPALDING
Beechfield Medical Centre | Spalding
T 01775 724 088 **W** www.beechfieldmc.co.uk

Gosberton Medical Centre | Spalding
T 01775 840 204
W www.gosbertonmedicalcentre.co.uk

Holbeach Medical Centre | Spalding
T 01406 423 288
W www.holbeachmedicalcentre.co.uk

Littlebury Medical Centre | Spalding

T 01406 422 231
W www.littleburymedicalcentre.co.uk

Long Sutton Medical Centre | Spalding **T** 01406 362 081
W www.suttonsmedicalgroup.co.uk

Moulton Medical Centre | Spalding
T 01406 370 265
W www.moultonmedicalcentre.nhs.uk

Munro Medical Centre | Spalding
T 01775 715 999
W www.munromedicalcentre.co.uk

Spalding GP Surgery | Spalding
T 01775 652 164
W www.spaldingsurgery.nhs.uk

SPILSBY
Spilsby Surgery | Spilsby
T 01790 72 8111 **W** www.spilsbysurgery.co.uk

STAMFORD
Sheepmarket Surgery | Stamford
T 01780 437 017
W www.stamfordsurgery.co.uk

St Mary's Medical Centre | Stamford
T 01780 764 121
W www.stamfordsurgery.co.uk

WASHINGBOROUGH

Surgery | Washingborough
T 01522 303 600
W www.washingboroughfamilypractice.nhs.uk

WELTON
Welton Family Health Centre | Welton
T 01673 862 232 **W** www.weltonfamilypractice.nhs.uk

WILLINGHAM-BY-STOW
Willingham-By-Stow Surgery | Willingham-by-Stow
T 01427 788 277
W www.willinghamsurgery.co.uk

WOODHALL SPA
Tasburgh Lodge Surgery | Woodhall Spa
T 01526 352 466 **W** www.tasburghlodge.co.uk

Woodhall Spa New Surgery | Woodhall Spa
T 01526 353 888
W www.woodhallspanewsurgery.co.uk

WRAGBY
The Wragby Surgery | Wragby
T 01673 585 206 **W** www.wragbysurgery.org

NATIONWIDE
NHS Urgent Medical Advice Line | **T** 111
NHS Urgent Mental Health Help Line | **T** 111 (option 2)
Emergency | **T** 999



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For anything else:

E info@shinelincolnshire.com

T 01507 304 548

W www.shinelincolnshire.com

A Bert House, 7 Bull Ring, Horncastle. LN9 5HX

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