

#### WHAT'S INSIDE:

Find out all about the new CAD and MCN Funded Projects, the Museum of Mental Health and the Recovery College.

Plus see what Bert has been up to over the last month.

## Hello from Kate Hull Rodgers of Stepping Stone Theatre for Mental Health!

Autumn is finally here. This season is, for me, the time when I put my socks back on, and my shoes.

Autumn is a great time to make resolutions, set goals and start new projects. It is a wonderful time to take up a new hobby. Hobbies use up spare time. No matter who we are, no matter how busy, we all have spare time.

Some spare time can be spent just doing nothing, which of course is impossible to do... we are always doing something! Even when "chill-axing" we are doing something. So, if your default is to watch TV, just watch it more wisely. Choose programmes that you enjoy, that you can engage in - don't just have it on as moving wallpaper! Perhaps switch channels between programmes to make sure you are watching what you want to see.

If you are a bit more ambitious with your spare time, again choose wisely. Ask yourself "what do I enjoy?" I believe that to have a nourishing hobby it needs to be creative. Many of us like knitting. I live near Gainsborough and there are no less than three "Knit and Nat" groups. So even an activity like knitting can become social.

My hobbies include reading. I am always conscious I only have so much reading time. I have brain fog because of my medication so I only have so much brain power. This means I choose wisely. I make sure it is something I want to read. I usually have two or three books or magazines on the go. Depending on how hard I can concentrate, I choose different mediums. Reading really relaxes me so I often read before bed. It is part of my decompressing ritual.

When you are thinking of, "taking something up", think about this being creative. Cooking, gardening, colouring books, jigsaws. And think about the social aspect. As we get mentally ill we tend to isolate ourselves. Use your hobbies as a time to get out and be with the world.

Mostly, your hobbies must be something you enjoy. I think that putting FUN as the top priority is when we will do the best for our mental health. And you have to give yourself permission to quit a hobby if you don't like it! Don't keep playing 5-a-side if deep down you don't really like football!

Yes, Autumn is here. I've got my shoes and socks on. Oh, I think I'll go for a walk! Nice choice...

See you next time.

Kate Hull-Rodgers



## SHINE ARE RECRUITING!

Would you like to make a difference to a fast paced, rapidly growing charity?

Do you have experience in the Legal field? You may be right for our Board of Trustees!

We are looking for a dynamic trustee to join and enhance our board with their legal skills to complement our existing trustees.

Shine has exceeded all growth expectations over the last fifteen months and it is moving forward at pace. You would join at a point where you could support and shape our work and strategic direction, as well as help us achieve our vision, mission and goals. This brings you the opportunity to contribute to a team, apply your skills and achieve the satisfaction of enabling us to achieve more together in the future.

The role is being advertised from September 12th, for more information on Shine and the role please visit [Reach Volunteering](#).

## BERT HAS BEEN BUSY!

Over the past few months, Bert and the team have been busy attending events across the county.

Over in Skegness, he attended A charity Quiz night held by Artisan Coffee Design, it was a fantastic night that raised over £300 to help Shine support communities across the county. We would like to say a big thank you to Artisan and their staff along with everyone who attended and the businesses who generously donated raffle prizes.

Bert also attended a family fun day at St Marks in Lincoln and had the time of his life getting his face painted, getting a balloon animal and hosting a colouring competition- check out the winning entry in this newsletter!

Finally, Bert heard about Joey, a little boy from Birchwood who has sadly lost his mum, who was his only guardian and biggest supporter. He Loves football and is a member of the Birchwood Colts - they all care so much about him and are holding a charity football match to raise money to allow Joey to have the best future possible. You can find more information on this here: [https://www.justgiving.com/crowdfunding/ellen-gray?utm\\_term=4bq5j6z6V](https://www.justgiving.com/crowdfunding/ellen-gray?utm_term=4bq5j6z6V)



## COMMUNITY ASSET UPDATE

Our project support officer Katy, has recently been busy visiting funded projects across the county. Seeing the brilliant community work being done has been interesting and Katy has really enjoyed being able to do this and wants to say a big thank you to all the projects she has visited for such a warm welcome!

She has been all over the county, so could fill an entire newsletter with information on all the projects she has visited, but here are just a few:

**The LRSN Health Hut** was at The Lincolnshire Show providing mobile health screenings. LRSN are volunteer-led and aim to provide support for farmers and rural communities.

**Hill Holt Wood** focuses on getting outside in nature to improve emotional, cognitive and physical health. Their projects are progressing in their beautiful ancient woodland and the 'Rebuild with Nature' project had almost completed the new outdoor wooden structure, while 'Coppice Crafts' have been busy making spoons and wooden storage pots.

The 'Horses for Health' programme run by **Foxdale Equine Assisted Learning** is for individuals who are experiencing mental and/or emotional health needs that worsened due to the pandemic. The programme gives people the chance to be in a peaceful, natural setting away from everyday stress. During Katy's visit there was an art session taking place where people were collecting leaves and other natural materials to paint with. Unfortunately, Foxdale has closed its doors, we will miss their wonderful community offer but wish them luck in their future.

**Active Arena** run the 'Raising Together' group which provides support for mums who gave birth during lockdown. Sessions include sensory baby play whilst giving the opportunity to give mums a space to talk and make new connections. There is also a monthly session dedicated to parent wellbeing. The 'Raising Together' group was being held in the new role play area which was very much enjoyed by adults and children.

The 'Chatter Cake' project run by **Carers First** provides informal peer support to female carers. Katy attended a pottery painting event held at Fiddley Diddley The Little Shop of Lovely Things and the session was enjoyed by all.

**Inspired Equine Assisted Learning** (EAL) aims to improve confidence and self-esteem, enhance communication, relationship skills and reduce social isolation. There was no session on during Katy's visit but she was kindly showed round by Mike and the work they're doing looks really valuable.

Katy attended a **Rock School Bus** session in Pinchbeck, where she got to see their fully kitted out musical double decker bus in action. It was great to see how much the community enjoyed the session.

Continuing further south, Katy and Jenny popped to **The Long Sutton Men's Shed** to see the progress of their quiet room - keep an eye out as this is opening soon!

Finally, Katy attended the **NW Counselling Hub** Open day and birthday, it was great to hear about all the fantastic work they are doing.

## EDUCATION AND TRAINING UPDATE

We're off and running! Blazing a trail with our first three courses. Just like the summer weather.

It is great to have started delivering education and training. The opportunity to support, extend the skills and capacity of the groups and organisations within Lincolnshire is hugely satisfying. The Mental Health First Aid and Mental Health Awareness courses have been delivered across the county in Grantham, Lincoln and Stamford. The attendees have been varied including people from financial advice, Health and Safety and professional volunteers from MindSpace and Night Light Cafés.



Feedback is hugely valuable for the continuing review and development of the training and the delivery of our courses. Thank you to those giving a little time for their reflections. Here's a selection of those we've received.

"It was particularly useful being able to have those discussions with the group - getting different points of views and consolidating it together"

"Great course, couldn't suggest any improvements personally. Activities were helpful and detail from booklet and the presentation was spot on!"

"Ian was fantastic, he did an excellent job of engaging us all and creating a comfortable environment for everybody. I would recommend this course to anybody."

It's a privilege to be able to deliver training and start/maintain a positive conversation around mental health and wellbeing. If you want to know more about Education and Training at Shine Lincolnshire please contact us via [education@shinelincolnshire.com](mailto:education@shinelincolnshire.com)



# COMMUNITY ASSET DEVELOPMENT Wave 3 Funding

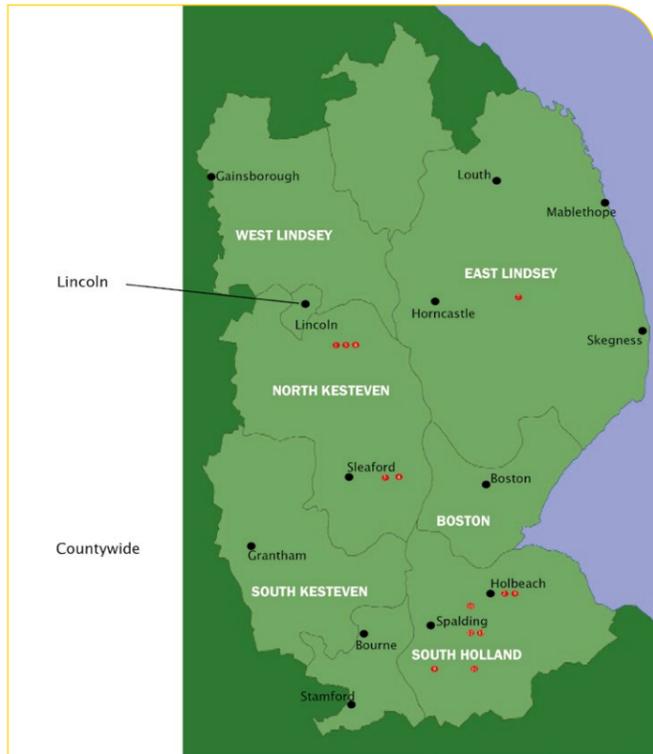
**A** fundamental aspect of the Mental Health Transformation Strategy for Lincolnshire is to support people to live independently in their own homes and communities.

By providing access to a range of activities and services within the community that promotes outcomes which in turn support recovery and good mental health; this would contribute to generally improved health, wellbeing, independence, and choice for people with a mental illness, including serious mental illness. This involves working alongside people with lived experience and partner agencies to ensure unbiased access to community support services across the County and developing Community Assets to provide a wide range of activities and service for Social Prescribers to 'tap into'.

Community Asset Development funding has seen the implementation of Wave 1 and 2 in Lincolnshire. Wave one of the funding saw a total of 21 applications with 19 going forward to deliver projects across Lincoln, Gainsborough, Boston and Grantham. Wave two was opened across 9 Primary care network areas: Trent, Imp, Apex/ Marina, East Lindsey, First Coastal, SOLAS, Boston, K2 Grantham and Four Counties. The fund saw a total of 106 applications with 35 successful organisations being granted funding to begin projects between September 2021 and March 2022.

Following on from the success of Wave 1 and 2 of the funding, Wave 3 was launched in 2022. The funding was opened to a further four Primary Care Network areas: K2 Healthcare

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Sleaford, South Lincoln Healthcare, South Lincs and Rural and Spalding. The funding was an investment of £170,000 and saw 18 applications with 13 successful projects.

Details of these projects along with organisation contact details can be found below, if you have any queries, please do not hesitate to contact the organisation directly or us here at Shine. Over the coming weeks, we will be posting details of all the funded organisations on our website and across our social media accounts, including:



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@ShineLincs



## 1. LINCOLN CITY FOUNDATION

Lincoln City Foundation's 'Extra Time Hub' is designed to increase social interaction and physical activity for over 55's. The Hub aims to bring people together, enabling them to feel less isolated, live well, and do things they enjoy. The Bracebridge Heath 'Extra Time Hub' is a multi-sport session where members have the chance to try different sports and activities amongst friends. The session is inclusive to all levels of fitness and skill, and is followed by refreshments, providing an opportunity to socialise further and connect with others.

**Location:** Lincoln  
**Session frequency:** Weekly  
**Contact:** Alice Carter  
**T** 07736 900 343  
**E** [alice.carter@lincolncityfoundation.co.uk](mailto:alice.carter@lincolncityfoundation.co.uk)  
**W** [www.lincolncityfoundation.com](http://www.lincolncityfoundation.com)



## 2. HOLBEACH MOVING FORWARDS

We will be offering free drop-in and pre-booked counsellor sessions, targeted at parents/guardians. There has been an increase of challenges in

families. By offering a relaxed, free opportunity for adults to be able to come in and speak about their current challenges, that have the opportunity to lead to further sessions when required as an individual or as a family, we feel this will be a much earlier intervention and will work to prevent crisis escalation.

**Location:** Holbeach  
**Session frequency:** Various  
**Contact:** Tracey Carter  
**T** 07719 189 528  
**E** [holbeachmovingforwards@gmail.com](mailto:holbeachmovingforwards@gmail.com)  
**W** [holbeachmovingforwards.com](http://holbeachmovingforwards.com)



## 3. ADULTS SUPPORTING ADULTS

ASA currently provide a community support service where individuals can be supported within the home and/or accessing the community and telephone support for isolated individuals. ASA often finds that people's mental health fluctuates sometimes due to external circumstances affecting their lives. At these times, the budget allocated to them can be insufficient to prevent a decline in their mental health. This grant funding, (used in our south project) enabled extra hours and sessions and workers to be made available to provide extra support over and above the health social care budget provided in a very timely manner.

**Location:** Sleaford  
**Session frequency:** Various  
**Contact:** Stephen Johnson  
**T** 01529 416 270  
**E** [stephen.johnson@asaorg.co.uk](mailto:stephen.johnson@asaorg.co.uk)  
**W** [www.asaorg.co.uk](http://www.asaorg.co.uk)



## 4. GOGRO CIC

We will provide opportunities where people can choose whether to: join a course that helps them to gain confidence and skills through learning how to create restaurant-standard food; join a community network of people who are going to obtain energy efficient slow cookers and learn how to make delicious and nutritious meals on a budget; give back to society through our programme of creating batch-cooked meals from soon-to-be-thrown out food, to be donated to the community. Our project will finish with a Christmas celebration event.

**Location:** Lincoln  
**Session frequency:** Various  
**Contact:** Rob Hewis  
**T** 07468 610 027  
**E** [rob.gogro@gmail.com](mailto:rob.gogro@gmail.com)



## 5. CARERS FIRST

This project aims to provide a series of positive social activities for male carers and former male carers across the South Lincs and Rural PCN. Activities will aim to increase social opportunities for male carers and reduce their feelings of loneliness and isolation. It aims to help build circles of support around male carers providing emotional and practical support, develop friendships with others who are in a similar situation and also create a sense of purpose and identity for those men who have lost loved ones or have seen their caring roles change.

**Location:** Deepings, Holbeach, Spalding  
**Session frequency:** Various  
**Contact:** Rachel Boothby  
**T** 03003 031 555  
**E** [emma.Woods@carersfirst.org.uk](mailto:emma.Woods@carersfirst.org.uk)



## 6. LINCOLNSHIRE OUTDOOR LEARNING

**Growth 2 Health** deliver 40 growing kits to a network of 20 growers. People will keep the produce they need and give the spare to support the growing hub at LRAC (Louth) and our community allotments, after three months, we will deliver a second growing kit. We will also offer a garden support service, which will provide up to 1 hour of practical support, (using our tools where we create a minimum size of 1m x 1m of weed free space in their own garden,) these people will become part of our network of local community growers, providing food across Lincolnshire.

**Location:** Louth, Spilsby  
**Session frequency:** Various  
**Contact:** Ashley Butterfield  
**T** 07864 967 057  
**E** [ashley@lincolnshireoutdoorlearning.co.uk](mailto:ashley@lincolnshireoutdoorlearning.co.uk)  
**W** [www.lincolnshireoutdoorlearning.co.uk](http://www.lincolnshireoutdoorlearning.co.uk)



## 7. BRIDGE CHURCH LINCOLN

Building on the community activity that already happens at our Community Venue and Community Hub in the south of the city, we would like to develop our social spaces and focus on mental well-being based on our learning from Bridge Central. There is a good foot fall into both centres, and we acknowledge the need for people to get support with their mental health as well as their physical needs. We would like to do some outreach work to connect with people door to door and to then offer opportunities for them to engage within the community settings.

**Location:** Bridge Community Hub  
**Session frequency:** Various  
**Contact:** Sian Wade  
**T** 07963 790 759  
**E** [sian@bridgechurchlincoln.co.uk](mailto:sian@bridgechurchlincoln.co.uk)  
**W** [www.wearebridge.org](http://www.wearebridge.org)



## 8. CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE MIND

**Good Mood Café** offers everyone an opportunity to connect with people in their own community. We know that connection with others is good for mental health and wellbeing, and can provide an instant boost to mood. Good Mood Facilitators are skilled in ensuring that everyone receives a warm welcome and feels safe in the group. People are encouraged to engage in the conversation to the extent that they are comfortable. The facilitators also engage with local groups, activities and social prescribers so that they are able to support people in choosing local activities that would be good for mental wellbeing.

**Location:** Crowland  
**Session frequency:** Various  
**Contact:** Lisa Gibson  
**T** 07872 848 179  
**E** [lisa.gibson@cpslmind.org.uk](mailto:lisa.gibson@cpslmind.org.uk)



## 9. MOULTON MEDICAL CENTRE PATIENT PARTICIPATION GROUP

The ongoing national and local initiatives around moving more care into the community has highlighted at the MMC the higher than average levels of mental illness and isolation that is impacting on patients wellbeing. The realisation that a large proportion of mental illness is not necessarily related to health but is more of a social issue, is behind the project offer. The aim will be expanding the current Wellness sessions to include a safe area where patients can come along to have a drink, read or chat amongst themselves, with a PPG volunteer or a trained MH practitioner.

**Location:** Moulton Medical Practice  
**Session frequency:** 2 monthly sessions  
**Contact:** David Fasham  
**T** 07852 350 049  
**E** david254@hotmail.co.uk

## 10. CURO SOCIAL ENTERPRISE CIC

The project is focused on Horticulture and animal-based therapy and nature-based activities to improve mental wellbeing and resilience. Our peer support work one to one with clients, or in very small groups. The project is open to all ages and abilities. The focus on what people can do. We offer a variety of activities from gardening, growing vegetables, building natural habitats, learning about nature to caring for our farm animals. We aim to encourage people to learn new skills which can be as simple as building fairy gardens, painting, crafting or even

academia workshops, including customer service, so that there is a range to suit all abilities and ages. We design each activity with our volunteers and current clients to reflect what they would like to see or improve on. Everyone is able to access further qualifications or any workshops we offer if they would like to.

**Location:** Gedney Hill  
**Session frequency:** Various  
**Contact:** Rachel Theobald  
**T** 07432 102 451  
**E** admin@curo-lincs.co.uk  
**W** www.curo-lincs.co.uk



## 11. ROCK SCHOOL BUS

A monthly musical event based in four key locations designed to reignite and energise pre-covid dance and music social events. With help from key community members at each location we aim to run a live music social encouraging local bands and musicians to perform in their local community and to encourage adult members of the local community to participate in listening, dancing, singing and socialising but also to assist with the running of the event.

**Location:** Spalding  
**Session frequency:** Various  
**Contact:** Amber Sinclair  
**T** 07939 266 321  
**E** amber@rockschoolbus.org.uk



## 12. TONIC HEALTH CIO

The project is to build a health and wellbeing garden within the Baytree Garden Centre. It will give us several opportunities to enhance people's health and wellbeing: those experiencing, loneliness, low level mental health issues such as anxiety and depression, young mums with postpartum depression, bereavement. We will be offering bowling for health as the garden centre has offered us a free garden space that would be suitable to this activity. The project will develop a small outdoor space that will incorporate a sensory garden and offer the opportunity for occasional speakers to talk about health and wellbeing. In addition, we will also offer Tai Chi exercise in the outdoor space. Individuals will also be offered the opportunity to take part in a therapeutic art group, this will be run from Doodle Art Centre, based in Baytree. The opportunities included clay workshops, pottery painting and drawing and painting. We have secured space to have a weekly Coffee Connect group, where people can meet and have a chat over a cuppa.

**Location:** Baytree  
**Session frequency:** Various  
**Contact:** Michael Morris  
**T** 01775 725 059  
**E** michael@tonic-health.co.uk  
**W** www.tonic-health.co.uk



# MANAGED CARE NETWORK Wave 12 Funding

The Managed Care Network is an alliance of county-wide community groups and organisations delivering a variety of support activities, services and projects which provide people with structure and choice in their lives contributing to individuals' emotional wellbeing within their own community.

The funding aims to support people to live well and independently in their own homes and communities with access to a range of activities and services that promote outcomes including:

- reduced social isolation,
- contributing to mental health recovery
- contributing to positive mental health and resilience
- contributing to improved health and wellbeing
- supporting with signposting to other relevant services
- providing choice for people with a mental illness including serious mental illness
- supporting with independence
- making new social connections
- learning new skills

Wave 11 of the fund launched in 2021 and saw an investment of £318,750 into 34 successful projects in communities across the county.

Wave 12 of the fund launched in summer of 2022 and was a further investment of £318,750 countywide and saw 51

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applications with 33 successful projects. Details of these projects along with organisation contact details can be found below, if you have any queries, please do not hesitate to contact the organisation directly or us here at Shine. Over the coming weeks, we will be posting details of all the funded organisations on our website and across our social media accounts, including:



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## 1. LINCOLNSHIRE YMCA

**Now We're Cooking** is, first, about helping vulnerable and disadvantaged people in our Emergency Accommodation to experience the joy of cooking, discover its social and health benefits, and see that even if food is prepared affordably, it can still be nutritious and delicious. Supplementing the regular learning-while-cooking activities, the project also encourages them to actively engage in the natural environment, through green-fingered activities such as planting harvesting onsite and elsewhere, and through calming nature walks. At its core, this project is about enabling beneficiaries to connect physical wellbeing and related activities, to feelings of good social, emotional and mental wellbeing.

**Location:** Lincoln and Cherry Willingham  
**Contact:** Scott McGinn  
**T** 01522 508 385  
**E** scott.mbginn@licsymca.co.uk  
**W** lincsymca.co.uk

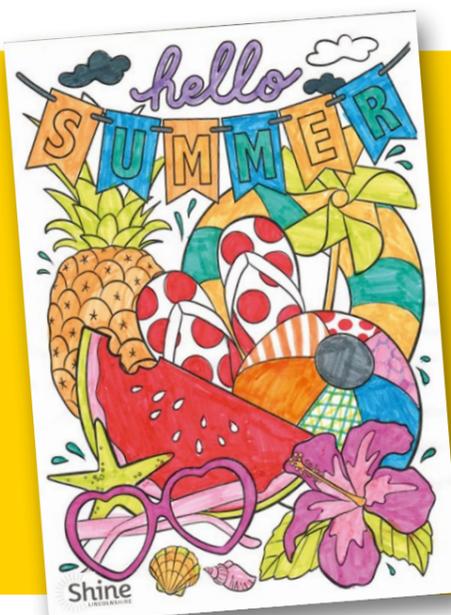


## 2. HAPPY HOOVES EAL CIC

We run an animal assisted learning project with horses, owls, donkeys, tortoises, ferrets and other animals. We work with adults and children with mental health problems, additional needs, autism, and anyone else, who wants to get hands on with animals in a calm and welcoming environment. We also take animals into settings such as care or residential homes, schools, etc

and can visit people who are unable to access our centre. We are intending to run this project to train our volunteers to a high level through this project. This will enable us to provide more sessions to service users and meet the current demand and so that we can improve our service and become more sustainable.

**Location:** Market Rasen, Lincoln  
**Session frequency:** Mon-Fri  
**Contact:** Louise Johnson  
**T** 07724 297 481  
**E** louiseshpherdso@aol.com



Well done to all those who took part in our colouring competition at the St Marks family fun day. We are happy to announce the winner is Nadzieja (aged 10) with both Dexter (aged 6) and Soan (aged 6) being highly commended in their entries.

Nadzieja



Dexter



Soan



6



7

### 3. LINCOLN & LINDSEY BLIND SOCIETY

**Another Friend in Sight** is a befriending service for visually impaired people, a distinct service, uniquely different from the day-to-day support provided by other generic services. Volunteers are carefully matched with a person with sight loss and regularly visit and take their new friend out, helping them to choose and do more of the things they enjoy and to participate in local services and facilities, improving mental health and well-being as a result of increasing social networks and building new relationships. They will support users to access and enjoy local activities they choose and to regain the confidence to take part in their community again.

**Location:** All of East Lindsey  
**Session frequency:** Various  
**Contact:** Mandy Johnson  
**T** 01507 605 604  
**E** mandy@llbs.co.uk  
**W** www.llbs.co.uk



### 4. LINCOLNSHIRE RURAL SUPPORT NETWORK

LRSN's caseworkers work with individuals who are referred through our screening services (helpline, health check, etc). They are volunteers, supported as appropriate by staff, with expertise in particular areas that can affect a person's wellbeing – mental or physical health, stress, financial, legal, property, business, land management, relationships and much more. We offer a person-centred service that works one-to-one with individuals until their issues have been resolved.

**Location:** South Lincolnshire  
**Session frequency:** Various  
**Contact:** Amy Thomas  
**T** 07425 205 968  
**E** amy.thomas@lrsn.org.uk  
**W** www.lrsn.co.uk



### 5. HW LINCS

**Coffee and Company** creates supportive spaces within our South Lincolnshire employers. It offers a space to chat, to receive information or to just be, to meet new people, feel less isolated. It offers signposting and information links to community services and activities

which promote wellbeing. It can teach what support is available in the community (organisational and the local area). It provides choice and opportunity to access onsite support where the options or access to information resources is limited outside the working environment. Offers whole organisation Wellbeing Workshop, providing new learning and skills to improve awareness, resilience, with tools and techniques.

**Location:** South Lincolnshire, Rural Lincolnshire and Spalding  
**Session frequency:** Various  
**Contact:** Nicola Clarke  
**T** 01205 820 892  
**E** nicola@hwlincs.co.uk  
**W** www.hwlincs.co.uk



### 6. DEVELOPMENTPLUS

**Men's Group** is an art project that looks to identify and support marginalised men across the City of Lincoln and engage them to collaborate and nurture their artistic talents. It will help them to build healthier minds and mitigate the effects of social disadvantage by building confidence in their skills and abilities, learning how to use the tools they need to record their voices and their stories and express themselves creatively. They are so used to being asked about their history and their labels, instead here is a space where they can quietly and freely express themselves.

**Location:** Lincoln  
**Session frequency:** Weekly  
**Contact:** Lynsey Collinson  
**T** 07432 445 481  
**E** lynsey.collinson@developmentplus.org.uk  
**W** www.ukcrf.co.uk/developmentplus



### 7. LINCOLN CITY FOUNDATION

**Team Talk** is Lincoln City Foundation's mental health programme for people aged over 18. We provide safe spaces and physical activity sessions to help break down the barriers that prevent people asking for help, whilst also offering a network of social support.

**Location:** LNER Stadium, Lincoln  
**Session frequency:** Weekly  
**Contact:** Alice Carter

**T** 07736 900 343  
**E** alice.carter@lincolncityfoundation.co.uk  
**W** www.lincolncityfoundation.com



### 8. HOLBEACH MOVING FORWARDS

The project is aimed at the over 50's bracket providing walking cricket and walking football sessions indoors. Giving people the opportunity to reduce social isolation, get fit and either maintain a good mental health level or contribute to their recovery. Residents will be able to take part in sports, of which walking cricket and football will both be new to Holbeach, they will make new social connections and cost will not be a barrier as the sessions will be provided Free of charge so fully inclusive.

**Location:** Holbeach  
**Session frequency:** Weekly  
**Contact:** Tracey Carter  
**T** 07719 189 528  
**E** holbeachmovingforwards@gmail.com



### 9. ACTS TRUST

**WRAP (Wellness Recovery Action Plan)** is a course delivered over three sessions, looking at positive practices we can put in place to improve our daily mental health. We also conduct reflective work to identify behaviours and warning signs that appear when we're not feeling well, and how we can prepare for these times. Lastly, we create a Crisis Plan for times when we're no longer able to take responsibility for ourselves.

WRAP is a group course, involving conversation and idea sharing, creating positive daily plans, and plans for when things are more difficult.

**Location:** Lincoln  
**Contact:** Bethan Lloyd  
**T** 07849 822 845  
**E** bethan@actstrust.org.uk  
**W** www.actstrust.org.uk



### 10. HILL HOLT WOOD

Set in a tranquil ancient woodland the sessions offer the chance to learn and develop new green woodworking skills. Using traditional pole lathes and shave horses everyone will have the opportunity to make everything from ladder back chairs to green wood bowls.

**Location:** Norton Disney  
**Session frequency:** Alternate Mondays  
**Contact:** Steven Donagain  
**T** 01636 892 836  
**E** steve.donagain@hillholtwood.co.uk



### 11. WILD THINGS RESCUE

By providing a variety of sessions we aim to build the confidence and boost the mental health of our current volunteers and other animal lovers. Wild Things will offer animal interaction experiences and mindfulness sessions both in person and via zoom, allowing us to reach those who are unable to travel along with those who do not feel confident enough to. We will use our united common interest of animals to help build connections, promote well being and learn new skills which can be used in day to day life.

**Location:** Langrick, Woodhall Spa  
**Session frequency:** Various  
**Contact:** Lucy Steele  
**T** 07572 869 191  
**E** lucy@wildthingsrescue.uk  
**W** www.wildthingsrescue.uk



### 12. INSPIRED EQUINE ASSISTED LEARNING CIC

Beneficiaries will attend our therapeutic horsemanship centre and experience the benefits of Equine Assisted Learning (EAL) and work-experience: namely, improving their physical and mental wellbeing, confidence and self-esteem, and enhancing their communication and relationship skills. The project will also offer the opportunity to gain relevant equine work-experience, and train towards recognised qualifications, with the aim of helping secure and retain fulfilling and rewarding paid employment, returning to further education or volunteering.

**Location:** Boston  
**Session frequency:** Various  
**Contact:** Mike Burrow  
**T** 07729 909 186  
**E** mike.burrow@sunsetsql.com  
**W** www.inspired-eal.co.uk



### 13. SUTTON ST JAMES BAPTIST CHURCH

**Renew SSJ** is part of the Renew Wellbeing network of 'quiet shared spaces where it is ok not to be ok' established around a rhythm of prayer (participation in prayer is entirely optional). A cafe style totally inclusive community space run by Sutton St James Baptist Church currently open every weekday, so the community know there is always somewhere to go for a cuppa and a chat, enjoy a game of draughts, try a new craft or share their crafting skills – or maybe to just sit and 'be' amongst others, knowing that they do not have to be alone.

**Location:** Sutton St James  
**Session frequency:** Various  
**Contact:** Sue Hensby  
**T** 07501 123 183  
**E** sue@ssjbc.org.uk  
**W** www.ssjbc.org.uk



### 14. ADULTS SUPPORTING ADULTS

ASA currently provide a community support service where individuals can be supported within the home or/and accessing the community and telephone support for isolated individuals. ASA often finds that peoples mental health fluctuates sometimes due to external circumstances affecting their lives. At these times, the budget allocated to them can be insufficient to prevent a decline in their mental health. This grant funding, (used in our south project), enabled extra hours and sessions and workers to be made available to provide extra support over and above the health social care budget provided in a very timely manner.

**Location:** Sleaford  
**Session frequency:** Various  
**Contact:** Stephen Johnson  
**T** 01529 416 270

**E** stephen.johnson@asaorg.co.uk  
**W** www.asaorg.co.uk



### 15. OLD WOOD ORGANIC

**Wellbeing in the Woods** will encompass four different courses for participants to choose from. These will include Yoga, Mindfulness, Natural Mandala Making and finally Community Gardening, which will provide participants with the option to apply to volunteer at the end of the course. These courses will provide a holistic approach in helping participants improve their overall wellbeing, learn a new skill and make new friends in beautiful natural surroundings.

**Location:** Skellingthorpe  
**Session frequency:** Tues & Weds  
**Contact:** Atma Selby  
**T** 07999 857 072  
**E** owocic@gmail.com

### 16. THE ASKEFIELD PROJECT LTD

**The Toolshed** is an activity hub for the local community where participants meet, socialise, and engage in an array of different projects of their choosing, creating something that would be impossible to achieve at home. Put simply, The Toolshed is a community workshop for everyone!

**Location:** Boston, Skegness, Spilsby  
**Session frequency:** Weekly  
**Contact:** Hannah Blevins  
**T** 07754 232 873  
**E** finance@askefield.co.uk



### 17. VOLUNTARY CENTRE SERVICES

The project is based on the concept of creative 'Pen Pals'. It is aimed at participants of all ages, backgrounds and abilities, who are feeling isolation, and house-bound due to physical or mental health issues. It will enable people to form connections through making/exchanging art. Participants will each receive six activity kits over six months, designed by a local artist duo. Each kit teaches them to create an object to keep, and one to share alongside a letter with another participant. The artists facilitate each exchange,

building greater connections with participants. Kits include different creative techniques e.g. collage, embossing and embroidery.

**Location:** South Lincolnshire (Branston, Washingborough, Heighington, Navenby, Billingham, Walcott and Brant Broughton)

**Session frequency:** Various

**Contact:** Ben Rollett

**T** 01522 551 683

**E** ben@voluntarycentreservices.org.uk



## 18. GAINSBOROUGH CRISIS ACTION TEAM

Our project has two synergistic strands. The x-church Community drop-in offers groups and social activities to promote social inclusion and positive wellbeing. GCAT provides direct support, referral and signposting to prevent a mental health crisis occurring. Our application relates to the latter aspect of the project. This includes support with GPs, housing, benefits, risk of homelessness, food and fuel poverty, substance misuse, offending behaviour, escalation into secondary care and signposting to alternate providers. Once GCAT can stabilise a person's mental health, the next obvious step is for them to begin to engage socially and form meaningful connections through the drop-in.

**Location:** Gainsborough

**Session frequency:** Mon-Fri

**Contact:** Catriona Paton

**T** 07595 547 829

**E** paton.catriona47@gmail.com



## 19. CARERS FIRST

This project aims to provide a series of positive social activities for male carers and former male carers across West Lindsey, Lincoln and North Kesteven. Activities will aim to increase social opportunities for male carers and reduce their feelings of loneliness and isolation. It aims to help build circles of support around male carers providing emotional and practical support, develop friendships with others who are in a similar situation and also create a sense of purpose and identity for those men who have lost loved ones or have seen their caring roles change.

**Location:** West Lindsey, Lincoln and

North Kesteven

**Session frequency:** Various

**Contact:** Sharon Sanderson

**T** 0300 303 155

**E** sharon.sanderson@carersfirst.org.uk

## Carers First

## 20. RESTORE GAINSBOROUGH

We have supported women who are socially isolated, have mental health issues, those who have social anxiety, who are vulnerable, who cannot afford to go to other provision due to lack of travel or finance. We offer a choice of activities ranging from card making to sewing, knitting, crocheting and nail art. We also provide tea, coffee, snacks and the chance to chat or support 1:1 with any client needs. As a group we also work towards wider community events e.g. making gifts or bunting or serving on stalls at Christmas and summer events in the local community. The grant would enable us to continue to provide a sessional community support worker, pay for the rent of the venue and enable us to continue to provide all the resources required to run the sessions including tea, coffee, snacks, milk, hygiene products, resources required for knitting sewing, and various other crafting activities.

**Location:** Gainsborough

**Session frequency:** Various

**Contact:** Judi Swannack

**T** 01427 362 480

**E** judi.swannack@alivechurch.org.uk

## 21. DARKSIDE RISING CIC

**The Postnatal Project** offers specialist mum and baby strength training sessions to women at risk of postnatal depression and anxiety. Delivered by a specialist postnatal coach in a safe and supportive gym environment, participants will train once per week in a small group of 4 women, with additional emotional support through Facebook and email. In order to reach women with more severe mental ill health, we will co-create a small book, 'Courage', drawing upon the experiences of women on the project, and offering simple postnatal and mindfulness exercises for women who do not feel able to access in-person sessions.

**Location:** Lincoln

**Session frequency:** Various

**Contact:** Shantelle Svarc

**T** 07717 202 065

**E** darkside.risingcic@gmail.com

## Darkside Rising CIC

## 22. LINCOLNSHIRE OUTDOOR LEARNING

We meet together at the beautiful location of Kenwick Park ( LRAC ) Louth and have a 60ft netted growing tunnel and a 20ft Polytunnel, a willow coppice area and a classroom. We are developing and improving our systems for growing food, which we give away for free to people in need. We work together, ensuring a strong support network of people working together and helping each other to achieve a common goal of support.

**Location:** Louth

**Session frequency:** Fortnightly

**Contact:** Ashley Butterfield

**T** 07864 967 057

**E** ashley@lincolnshireoutdoorlearning.co.uk

**W** www.lincolnshireoutdoorlearning.co.uk



## 23. LINCOLN ADHD SUPPORT GROUP

Being disorganised is stressful. It annoys the people in your life and can make you feel out of control, overwhelmed, always on the back foot. Do you feel swamped or stuck? "If you're having trouble getting started, the first step is too big!" We will support participants to take those small steps to take control of the barriers that prevent them from being organised. **'Let's get organised!'** is a 5-part rolling programme, that is accessible without having to commit for 5 weeks in a row, available daytime or evening, in person or online. Including as many one-to-one sessions as required.

**Location:** Lincoln

**Session frequency:** Various

**Contact:** Sharon O'Dell

**T** 07940 290 365

**E** lincoln.adhd@btconnect.com



## 24. TONIC HEALTH CIC

A fully inclusive support group for adults with special educational needs & autism, providing access to a digital den, arts and craft facilities and sports activities, suited to each individuals needs and abilities.

**Location:** Holbeach

**Session frequency:** Weekly

**Contact:** Michael Morris

**T** 01775 725 059

**E** michael@tonic-health.co.uk

**W** www.tonic-health.co.uk



## 25. CHILDREN'S LINKS

**Women Supporting Women** is a weekly group meet for women of all ages and backgrounds, to come together and make new friends. The group is designed to provide emotional and wellbeing support, to build confidence and self esteem and to help women explore the potential within themselves. The start of the programme will include a variety of activities within the setting and local area, including games, crafts & walks. Towards the end of the programme activities will take place further afield and will include visits to the coast, wildlife locations and sport facilities.

**Location:** Horncastle & Alford

**Session frequency:** Various

**Contact:** Annamarie Burgess

**T** 07554 450 505

**E** annamarie.burgess@childrenslinks.org.uk

**W** www.childrenslinks.org.uk



## 26. THE PARISH OF BOSTON

**BEAMing** sessions aim to improve wellbeing in the community. Each session runs for 1 hour and helps people explore and learn a range of useful tips and techniques to support their wellbeing and mental health. These include mindful movement, breath work, meditation and overall relaxation to help reduce stress, calm anxiety and promote selfcare. The project targets people aged 18 and over and supports people to connect to themselves, to others and to their community.

**Location:** Boston

**Session frequency:** Weekly

**Contact:** Heidi Freeman

**T** 01205 310 929

**E** heidi.freeman@stbarnabashospice.co.uk



## 27. ON TRACK FISHING CIC

On Track Fishing with the RNIB, creating a fantastic opportunity for the sight impaired to take up fishing and be supported in an activity that may seem impossible to take up. We have already proven that fishing is a sport achievable no matter your disability and want to continue with our steps forward to help more people with disabilities. On Track Fishing deliver sight impaired fishing days and more coming up and we can't wait to coach, and learn more about the needs of the sight impaired. This project has been formed as there is a lack of activities in Lincolnshire for sight impaired and we are the first of its kind fishing activity for them.

**Location:** East Lindsey

**Session frequency:** Various

**Contact:** Gareth Pavelin

**T** 07881 930 753

**E** ontrackfishing@gmail.com



## 28. CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE MIND

**Good Mood Café** offers everyone an opportunity to connect with other people in the community. We know that connection with others is good for mental health and wellbeing, and can provide an instant boost to mood. This café will have a particular, although not exclusive, focus on Ukrainian Refugees and Host Families. Our Facilitators are skilled in ensuring that everyone receives a warm welcome and feels safe in the group. They will engage with local groups, activities and social prescribers so that they are able to support people in choosing activities in the community that would be good for mental wellbeing.

**Location:** Holbeach

**Session frequency:** Various

**Contact:** Lisa Gibson

**T** 07872 848 179

**E** lisa.gibson@cpslmind.org.uk



## 29. ABBEY ACCESS TRAINING

We are looking to do a range of wellbeing activities that we already deliver and would like to continue to offer to the local community at the same time to further grow this project to encompass our newly created area at the centre. This being a wellbeing garden that we are growing our own vegetables and fruit for the first time this year. We wish to grow this even more with water features and sensory flowers etc. along with an outer house so that people can go and reflect and also chat in confidence in an environment suited for it.

**Location:** Lincoln

**Session frequency:** Various

**Contact:** Kevin Brewer

**T** 01522 801 556

**E** kevin.brewer@abbeyaccessstraining.co.uk



Abbey Access Training

## 30. MINDSPACE STAMFORD

This project will combine the knowledge and expertise of Citizens Advice with the community ethos of MindSpace enabling 'a single front door' to accessing mental well-being support alongside advice and guidance (and vice versa) in Stamford. Citizens Advice will deliver appointments to help people with their issues, whether benefits, debt, housing, employment, etc. This will help improve health and wellbeing. Workshops will be hosted to enable learning for other organisations, carers and individuals, to learn about housing, debt advice and benefit claims. New 'forms with friends' sessions, enabled by MindSpace volunteers will offer support to act following appointments.

**Location:** Stamford

**Session frequency:** Various

**Contact:** Beka Avery

**T** 07563 385 273

**E** beka@mindspacestamford.com

**W** www.mindspacestamford.com



## 31. CURO SOCIAL ENTERPRISE CIC

**Community Care Farm** The project is focused on Horticulture and animal based therapy and Nature based activities to improve mental wellbeing and resilience. Our peer support work

one to one with clients, or in very small groups. The project is open to all ages and abilities. The focus is on what people can do. We offer a variety of activities from gardening, growing vegetables, building natural habitats, learning about nature to caring for our farm animals. We aim to encourage people to learn new skills which can be as simple as building fairy gardens, painting, crafting or even academia workshops, including customer service, so that there is a range to suit all abilities and ages. We design each activity with our volunteers and current clients to reflect what they would like to see or improve on. Everyone is able to access further qualifications or any workshops we offer if they would like to.

**Location:** Gipsey Bridge  
**Session frequency:** Various  
**Contact:** Rachel Theobald  
**T** 07432 102 451  
**E** admin@curo-lincs.co.uk  
**W** www.curo-lincs.co.uk



### 32. ST WULFRAMS

**“Singing for All”** For 90 minutes on Tuesday afternoons, everyone is welcome to come along to Grantham House for weekly singing sessions, featuring pop, jazz, gospel, classical and folk songs, and incorporating relaxation and healthy voice technique work. Anna, “Singing for All” musical director, will guide you through the session and, if you need a quiet place for some time out, you’ll be welcome to enjoy the beautiful surroundings of the House and garden.

**Location:** Grantham  
**Session frequency:** Weekly  
**Contact:** Stuart William Craddock  
**T** 01476 569 582  
**E** stuart.craddock@stwulframs.com  
**W** stwulframs.org.uk



### 33. SOUTH LINCOLNSHIRE BLIND SOCIETY

**Time2Bee** is our new community-based counselling service supporting people from the age of 18 upwards. Providing a safe, non-clinical space with an accredited counsellor helping people with anxiety, depression, low mood, covid related issues. Patients will be triaged and offered up to six sessions. We will also provide a signposting service and a community link into local groups and activities where appropriate.

**Location:** Grantham  
**Session frequency:** Weekly  
**Contact:** Susan Swinburn  
**T** 01476 592 775  
**E** susan@blind-society.org.uk  
**W** www.blind-society.org.uk



# COPING WITH THE COST OF LIVING

**W**orrying about the rising cost of fuel, energy bills, food and transport is becoming more and more common for most people.

## Energy

The government has already announced that everyone is going to receive a non-repayable £400 discount to help with energy bills this October – there is no need to apply, and it will automatically be discounted from your energy bill in monthly installments from October to March.

Some energy suppliers such as British Gas, EDF and Octopus are offering hardship grants to help towards reducing energy debts (other energy suppliers are available – please refer to their website to see what they offer). The application process and criteria differ but it is worth contacting your supplier to see what you may be entitled to.

Additionally, your local council may offer grants and funds to help with the cost of household bills, food and essential items. This might be listed under ‘Welfare Assistance’ or ‘Household Support Fund’ and each council has different availability and eligibility, so please check with your local council for more information on this.

## Winter Fuel Allowance

If you’re already receiving a winter fuel payment, a £300 cost of living payment will be paid to you on top of the winter fuel allowance you also receive.

## Disability Benefit

A £150 payment will be made to people who have claimed or are currently getting a disability benefit.

## Food

**Lincolnshire Food Partnership (LFP)** aims to improve access to healthy food across Lincolnshire. LFP works closely with foodbanks, community larders, affordable cafes and supermarkets to help communities facing hardship. Their website offers contact details of how to get involved or access help from their partners.

The use of foodbanks is becoming more common for people to access food. If this is something you believe you need, you can be referred to a local foodbank through Citizen’s Advice. Foodbanks will provide you with a package with a minimum of three days’ food supply of healthy tinned and dried food. They can also help with non-food products such as toiletries. They are also a place of advice where you can ask for advice on managing your income, benefits and spending.

Morrisons also offer free sanitary products to those who need them, simply ask for Sandy at their customer service desk.

If you are facing particular hardship, your children may be entitled to free school meals. It could be worth speaking to your child’s school about this process. Alternatively, you can contact Lincolnshire’s free school meals team on **01522 782 030**. **The Holiday Activities and Food (HAF)** programme provide children (who already receive free school meals) with free healthy meals and activities throughout the school holidays. HAF vouchers are distributed by your child’s school and will have a link to follow to book your child on to one of these clubs.

Additionally, if you are more than 10 weeks pregnant or have a child under 4 years old, you might be eligible to receive a pre-paid card to help buy healthy food, milk and vitamins for your child or pregnancy. **The Healthy Start Scheme** is run by the NHS and you can look at the eligibility criteria and apply through their website, email ([healthy.start@nhsbsa.nhs.uk](mailto:healthy.start@nhsbsa.nhs.uk)) or phone (**0300 330 7010**).

## General help

Citizens Advice has a very useful budgeting tool on their website and other links to benefit calculators. Here, you can enter some information about yourself and see what government help you might be eligible for.

It is no revelation to say that times are difficult and going into the Autumn and Winter months, we’re going to be squeezed even more. It is now more important than ever to be looking after yourself and those around you. If things are getting too much mentally, speak to your GP or contact a mental health charity. Although it is tough, there are people and organisations put in place to help you through this.

Above all, remember you are not alone; the cost of living crisis is affecting the majority of us.

## Useful links

- <https://helpforhouseholds.campaign.gov.uk/>
- <https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>
- <https://www.lincoln.gov.uk/benefits/cost-living-support>
- <https://www.moneysavingexpert.com/>
- <https://lincolnshirefoodpartnership.org/>
- <https://www.healthystart.nhs.uk/how-to-apply/>

## PEER SUPPORT WORKERS UPDATES

### Lincolnshire Partnership NHS Foundation Trust

One method we can all use to help individuals who may be struggling is to signpost them to appropriate support services and groups.

This, of course, does not have to be face-to-face support. Telephone and online helplines can be an incredibly effective way to receive support and should not be underrated. You can talk through your concerns confidentially from anywhere you choose, which makes these services extremely accessible. There are also a vast range of self-help activities now available online.

There are well-known 24/7 helplines such as the Samaritans (call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)) and Childline (call 0800 1111) but there are so many more helplines. Many have been set up with particular focus in mind such as BEAT for eating disorders (call 0808 801 0677) or The Silverline for older people (call 0800 470 8090).

Don’t forget that a supporter of someone in need can phone up a helpline too. These helplines offer a safe place for you to talk any time you like, in your way and about whatever is getting to you.

Fiona Monk, Senior PSW

**Gemma has visited and met some fantastic community organisations over the last few months in her role as the First Coastal Peer Support Worker, this edition she wanted to tell you about two.**



The Askefield Project in Friskney, hold family fun days. Gemma attended with her family and it was a real hit! Whilst there they made bottle rockets, stress balls, bookmarks, ice pop holders, bendy figures and pompom shooters, the bottle rockets being the favourite! There are plenty of opportunities at the farm including Tool shed sessions (teaching the use of tools and construction), tea and coffee mornings with activities, and Saturday farm club for kids. They also have plenty of volunteering opportunities.

She also visited the Men Do More project run by Carers First, they offer various activities including quizzes, day trips and breakfasts! It is a cracking group who really work to include and support each other.

Gemma PSW



# COMMUNITY CONNECTORS

## FOUR COUNTIES UPDATE

It has been a busy summer in The Four Counties since the last **Community Connector** update. I am very lucky to be hosted at **Mindspace**, a mental health charity based in the heart of Stamford, a vibrant market town in the south of the county. So, this edition I wanted to share with you the great work and ethos at Mindspace Stamford.

Mindspace's ethos is to:

*"Improve the wellbeing of people living, working and learning in Stamford through a community approach, we encourage conversations around mental health in our homes, businesses, and schools and offer a range of activities based on the **5 ways to wellbeing**, that anyone can access (for free!) to encourage positive mental health and wellbeing"*

### Mindspace

Mindspace works in collaboration with a range of other organisations to bring the very best of opportunities.

This includes **sponsored places** at local exercise classes includes Boxing, HIIT Workout and Yoga that encourages people to connect with the community. There are Walking Groups that take a gentle walk around Stamford, or if you prefer there is a Running group too.

**Mindspace Makers** is a creative group in partnership with Pop Up Art where people can learn new skills, share skills and knowledge. It is a relaxed and welcoming session where people can discuss and share whilst also having fun.

In partnership with local artist, Karen Neale provides a **sketching session**, during the summer months. They had the classes at Mindspace Wellbeing Garden which gave the sketchers lots of new inspiration.

**Mindspace Wellbeing Garden** was also launched late in July at an official public opening, after lots of hard work that took place over four years. It is now a beautiful space where people can come to garden or sit and enjoy the space. This was very well attended by the Community and all those that had been part of developing it.

**Foraging Walks** have been very well attended and delivered in partnership with Nicola Fenton, a qualified medical herbalist.

Mindspace provides opportunity to connect with others, meet new people and brighten someone else's day at its **Tea & Chat** sessions. This can be a busy session where people can talk, listen, read and take part in group activities.

A safe place is also offered for anyone who has worked in the Armed Forces, no matter the rank, you can come and connect with others. It does not matter if you left recently or years ago, you can come along to the **Brew & Banter Veterans Group**, this session is run by Veterans for Veterans.

The **Night Light Café** also provides free non-clinical support for those struggling with their Mental Health, for those that need a listening ear, signposting advice, or non-judgmental company.

All sessions at Mindspace are supported by fully trained listening volunteers.

This is just a selection of what is happening at Mindspace this month. Please check the Facebook page and website for

new exciting opportunities coming soon.

For details of any of the sessions mentioned above, or to book a place, or find out more information about Mindspace and the valuable contribution it makes in improving mental health and wellbeing in Stamford, please visit our website:

[www.mindspacestamford.com](http://www.mindspacestamford.com)

If you need information on the Four Counties area, that covers Bourne, Stamford or the surrounding villages please don't hesitate to get in touch with me, Donna Pinkney, Community Connector at [Donna@mindspacestamford.com](mailto:Donna@mindspacestamford.com)

## GAINSBOROUGH UPDATE

Hello, my name is Lorraine Rooks and I started as the Community Connector in Gainsborough, hosted by Gainsborough Trinity Foundation, at the end of June. Prior to this I was a Social Prescriber in Gainsborough so I have some prior knowledge and connections with local groups and organisations. As a new Connector, my focus has been on familiarisation visits with members of our Mental Health Partnership Board and meeting with the local mental health teams; CMHT, IPBT and Steps 2 Change. I am also developing our **Coffee Connect**, which is an informal and friendly session for anyone needing a listening ear or wanting to meet new people. I offer a conversation around further support and signposting to additional services if required. We meet at The Venue, Monday's 1-3pm and we have free tea/coffee/squash for all.

We still have our **Community Book Exchange** located in The Venue so, if you have any books at home you would like to donate, or you would like to come and have a browse for something to borrow, you would be very welcome. Reading is great for wellbeing, it reduces stress and lowers heart rate.

After the successful pilot of our **Night Light Café**, we have re-launched 2 nights a week, 6-9pm on a Monday and a Thursday here in the Cabin at Roses Sports Ground. We hope to move our Thursday evening to the Salvation Army building in the centre of town very soon.

Address: The Venue, Roses Sports Ground, North Warren Road, Gainsborough DN21 2TU. All enquiries to: [enquiries@gtfoundation.co.uk](mailto:enquiries@gtfoundation.co.uk)

## LINCON NORTH UPDATE



Community connecting across the North of Lincoln in the past few months has been packed! My name is Lois DeLong and I have the joy and privilege of being the Community Connector for Lincoln City North and the surrounding villages. As part of the NHS Mental

Health Transformation Programme in Lincolnshire, I am based at **Bridge Church** Lincoln, working alongside organisations within the

voluntary and statutory sector, in order to reduce the mental health burden at present.

There are many fantastic partners across our Primary Care Network with a heart for helping others. One of the ways in which I have witnessed this has been through the **Mental Health Partnership Boards** that take place. Every month, we meet online with a variety of partners working in the community across the health, statutory and voluntary sector. This has been a great space for connecting, building relationships, learning about other organisations, and sharing updates on new and emerging community groups and events. In addition, we present and identify gaps in provision, addressing ways in which we can work together in order to avoid duplication, seeking to look outwards and invite new partners around the table. As a result, this has led to several fruitful conversations and new partnerships surrounding gaps, including the formation of an upcoming networking event to bring awareness to groups and services that local individuals can key into and benefit from.

The Partnership Board continues to grow in size and in purpose, as conversations develop to address concerns raised by local individuals regarding mental health. Collectively, we have found that regular and clear communication has served us well, ensuring that organisations are kept in the loop around what is taking place, and enabling the distribution of this information out to those living in the North. Recently, we welcomed Julie Green from Lincolnshire County Council who shared on Connect To Support Lincolnshire, a developing online resource for adults in Lincoln. By raising awareness of the services and groups available, support can be given to those who need it the most. It is always encouraging to know that help is available.

Across the summer, it has been wonderful to witness what has been happening in the community. **Energize**, the youth arm of Acts Trust, have been busy at work across Lincoln providing holiday scheme activities for children and young people, as well as hosting Family Fun Days and trips for those living locally. The Energize Team hosted three of these across the North in the Ermine, Monks Road and St Giles, and in the South of the city, reaching 2,500 people.

In the meantime, conversations to address gaps continue to bubble in the background, many of which will emerge into new groups and initiatives in the coming months.

The NHS Mental Health Transformation Programme is one of great promise and I look forward to being part of and seeing how that unfolds within our patch.

## LINCON SOUTH UPDATE

In Lincoln City South, our **Community Wellbeing Café at Bridge Central** has recently re-opened after a summer break and clean up. Our team are back and welcoming guests at our drop in café, Monday to Thursday (10am-2pm). One of the main parts of this is our craft space, which is rapidly turning into a community of itself! This offers great opportunities for people to relax, make new friends, share an interest and learn a new skill – all of these are important contributors to good mental wellbeing.

Our Community Wellbeing café space at the **Bridge**



**Community Venue** on Newark Road is now open on Tuesdays too. This means we have safe spaces at both these sites open Monday to Thursday. **The Venue Cafe** is open 9:30am-12pm each of those days.

Over the next year, we will develop a model that can be replicated with a vision to have community safe spaces within a fifteen minute walk from home.

Our Community Hub, here at Bridge Central, recently hosted a delegation from Taiwan. As the Quarterly Update from the Mental Health Transformation project stated, the delegation got to experience, *"how the Mental Health Transformation team is working with GPs, the voluntary sector and Local Authorities to better support people with both serious mental illness and wellbeing needs, as they transition in and out of their community."* This fluid approach to meeting people where they are, with the Integrated Placed Based Team rooted in our Hub, is proving to be a route toward the idea of there being no wrong door to support.

On Saturday 17th September, 11am-3pm, Bridge Central hosts the **Museum of Mental Health**, in partnership with our good friends Development Plus, collaborating with local artists and 17 organisations which deliver community activities. As Clare Bryan from Development Plus states, *"The Museum of Mental Health promotes the message that getting creative is for everyone and all abilities whether you cook, paint, draw, game, craft, write poetry, tell stories – whatever your passion is."*

As of September, **Bridge Church** will take on the running of a project called **Baby Baskets**. This fabulous project, as Sian Wade who helps lead the church states, has been *"run by a wonderful couple in Birchwood over the past 7 years, supplying new mothers who are struggling financially with a Moses basket full of nappies, clothes, toiletries, and everything else that they might need. They have supplied over 1600 of these across Lincolnshire and work with over 300 referrers – from health visitors, midwives, neighbourhood police teams, schools and many others – all from their garage!"* The couple are retiring and such a good project that helps support families at such a critical moment must not be lost. This will add to our community connection in an incredible way.

## BOSTON UPDATE

Hello, my name is Heidi Freeman and I am the Community Connector for Boston. I came into post in September 2021 to develop a project that strengthens support within the community, for people that may be struggling with their mental health. The project is part of a collaborative approach that includes Boston Neighbourhood Team, The Parish of Boston and St Barnabas Hospice.

**Wellbeing Hubs** have been developed across the UK as a proven and effective way of enabling and supporting

individuals with mental health. At a time when services are stretched, building capacity within our community and providing alternatives to traditional emergency services is vital to strengthen personal and community resilience.

Within Boston, the **BEAM Café** has been developed to provide a safe space and support to anyone experiencing mental health difficulties. We aim to raise awareness of mental health to reduce stigma, promote wellbeing and empower our community. The café first opened its doors in February and has recently gathered positive feedback from people using the café, including "I feel listened to", "The

group is welcoming and friendly", "I've been supported to try other things within the community", "I've made friends" and "This group saved my life".

We work with many partners and services and believe that community resilience is strengthened by: people working together, building on existing community assets such as activities or venues, and by adapting and responding to local needs. We also continue to promote volunteering opportunities within the café and are branching out to offer cafés in other venues along with wellbeing sessions.

# A JOURNEY TO WORK

By Daniel Fleshbourne



**T**here was a time when I never thought I'd be able to work full-time again. I was already caring 80+ hours a week and failing to manage the balance of having any resemblance of a family life that fit around my caring role.

If someone told me I could add a working role into the mix, I think I would have laughed it off as a pipe dream, something so foreign to my situation at the time that winning the lottery would have seemed much more likely!

Part of the issue for me was that I had lost my self-esteem sometimes referred to as "mojo". It seemed more like mo-no than mojo to me! I couldn't think of any reason that I might be employable after such a long career break.

Did I still even remember the skills that I had learned, in what felt like, eons ago? Like a person struggling to remember a vivid dream that fades quickly once they wake, I struggled to recall a time that came before now.

Whilst looking at volunteering as a way to dip my toe in the water of what seemed like a very deep pool that descended to such depths there was no hope of ever seeming the bottom, I heard of a thing called co-production. At the time, it seemed like an impossible idea of people who use a service getting around a table with people who provide that service and listen to each other as equals, valuing everyone's, journey, perspective, skills and ability to contribute. The fundamental idea that people's experiences give them expertise, that they became experts by experience and should be recognised as such.

For me, this was an epiphany! Like the sun bursting out behind a cloud, suddenly I could see light returning, driving away the shadow and gloom that I had been sitting under for such a long time.

Being able to use my lived experience of being a carer to help other carers in similar situations was a turning point for me. Where every day had become a blur and life felt like

a struggle was now changed. I had hope that things could change, and I could take back control of my own life giving me the opportunity to make a difference.

My journey back into employment wasn't a quick one. I was a volunteer for about 3 years alongside my caring role slowly building up my self-confidence, re-discovering lost skills and developing new ones. Learning to accept without guilt that reducing my caring role over time was the best thing for my situation. I could have balance in my life that I knew I was lacking. I would still have a caring role, but with support, I could also have something for me, something that supported my wellbeing and my sense of self.

One day while in my volunteering role I saw a flyer with the motto Hope Control Opportunity, I was compelled to read it and find out more. As it happens, I had picked up an information sheet about Recovery Colleges. Honestly, I had never heard of them before that point. A place where people with lived experience, supported by educational and clinical professionals combined all of their skills and knowledge to offer people hope in recovery, control over their own lives and the opportunity to grow as an individual.

I applied for a role at Lincolnshire Recovery College as I felt that being a long-time carer made me an expert by experience; that I could share with others to offer them the same hope, control and opportunity that I had found. An opportunity that has changed my life for the better...

# 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 pull out and keep directory of useful numbers and services within your Lincolnshire.

While we know this isn't an exhaustive list, we hope you will find something to suit you.

**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 Arena Lincoln** | Lincoln  
T 01522 701 715 W www.activearena.co.uk

**Active Lincolnshire** | Countywide  
T 07903 266 040  
W www.activelincolnshire.com

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

**Adults Supporting Adults** | Countywide  
T 01529 416 270 W www.asaorg.co.uk

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

**Age UK Lindsey** | East/West Lindsey  
01507 524 242 W www.ageuk.org.uk/lindsey

**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

**Ali McDonald Art to Enjoy** | Countywide  
E ali.art@tiscali.co.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

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

**Anxiety UK** | Nationwide  
T 03444 775 774 (Helpline)  
M 07537 416905 (Text service)  
E support@anxietyuk.org.uk  
W www.anxietyuk.org.uk

**Appleton Therapies** | Gainsborough  
T 07889 054 477

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

**Armed Forces Community Advice Service (AFCAS)** | Gainsborough  
W www.facebook.com/  
armedforcescommunityadviceproject

**Art Ninja HQ ActiviTea CIC** | Lincoln  
T 07802 478 515 W www.artninjaHQ.com

**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  
T 01622 278 110 E admin@asdic.org.uk  
W www.asdic.org.uk

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

**Be The Difference** | Gainsborough  
T 0300 102 7735  
W www.bethedifference.org.uk

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

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

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

**Blonde Beet** | Stamford  
T 01780 766 464 W www.blondebeet.co.uk

**Boston District Council** | Boston  
T 01205 314 200 W www.mybostonuk.com

**Bourne Library** | Bourne  
T 01522 782 010

**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

**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  
T 07565 617 039

**Boston Men's Shed** | Boston  
T 01205 360 800 W www.bostonshed.co.uk

**Boston Salvation Army** | Boston  
T 01205 359 232 W www.bostonsa.org.uk

**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

**Boston United Positive Pilgrims** | Boston  
T 07931 311 345  
W www.bostonunitedcf.co.uk/positive-pilgrims

**Bourne Food Bank** | Bourne  
T 07546 131 806  
W www.bournefoodbank.org.uk

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

**The Butterfly Hospice** | Boston  
T 01205 367 372  
W www.butterflyhospice.org.uk

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

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

**Café CLIP Market Rasen** | Market Rasen  
T 07554 450 505 W www.cliplearning.com

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

**Centrepoint for Mental Health** | Countywide  
W www.centrepointmentalhealth.org.uk

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

**Chatabit** | Louth  
E info@chatabit.org.uk  
W www.chatabit.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 (England) T 0800 702 2020 (Wales) 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.cliplearning.com/gainsborough

**The Coastal Centre** | Mablethorpe  
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  
T 01522 889 573  
W www.lincolnshirepharmacies.co.uk

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

**Connexions** | Gainsborough  
T 01427 678 695  
W www.connexions.zohosites.com

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

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

**County Care Independent Living** | Skegness  
T 01754 611 153 W www.countycare.co.uk

**Cruse Bereavement Support** | Countywide  
T 0808 808 1677 W www.cruse.org.uk

**Cycling Without Age Skegness** | Skegness  
T 078108 277 22  
W www.cyclingwithoutage.org.uk/skegness

**Darkside Rising CIC** | Lincoln  
**W** www.darksidetraining.co.uk

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

**Development Plus** | Countywide  
**T** 07432 445481  
**W** www.developmentplus.org.uk

**Disability Social Network** | Gainsborough  
**T** 01427 239 203

**Doddington Hall** | Doddington  
**T** 01522 694 308 **W** www.doddingtonhall.com

**Donington Library** | Spalding  
**T** 01522 782 010

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

**Double Impact** | Countywide  
**T** 01522 304 246 **W** www.doubleimpact.org.uk

**Dunston Churches Together** | Dunston  
**T** 01526 320 946  
**W** www.stpetersdunston.weebly.com

**East Lindsey Down Syndrome Family Support Group** | Boston  
**E** info@eastlincsdownsyndrome.org.uk  
**W** www.eastlincsdownsyndrome.org.uk

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

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

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

**The Feel Good Project** | Sleaford  
**T** 07944 431 776  
**W** www.developmentplus.org.uk/our-projects/current-projects/the-feel-good-project

**Foxdale Equine Assisted Learning** | Oasby  
**T** 07980 783 321 **W** www.fealc.org.uk

**Freedom Dancer** | Gainsborough  
**E** hannah537481@gmail.com

**Furnichurch** | Mablethorpe  
**T** 01507 477 007 **W** www.furnichurch.org.uk

**Gainsborough Crisis Action Team** | Gainsborough  
**T** 07999 354 491

**Gainsborough Trinity Foundation** | West Lindsey  
**T** 07342 881 774  
**W** www.gainsboroughtrinityfoundation.com

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

**Gobstyks Gaming Club** | Countywide  
**W** www.gobstyks.co.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 Men's Shed** | Grantham  
**T** 01476 401 876  
**W** www.facebook.com/granthammensshed

**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

**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** Request a call: www.helpforheroes.org.uk/get-support/get-support-today  
**W** www.helpforheroes.org.uk

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

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

**Hope Meadows Equine CIC** | South Hykeham  
**T** 07768 858 984 **W** www.hopemeadows.co.uk

**Horncastle Community Larder** | Horncastle  
**T** 07395 873 338  
**W** www.horncastlecommunitylarder.co.uk

**The Horncastle Support Team** | Horncastle  
**T** 07599 023 501  
**W** www.horncastletowncouncil.co.uk

**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/endthetrend

**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

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

**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  
**W** www.thelighthouseprojectspalding.com

**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 Council for Voluntary Youth Services (LCVYS)** | Countywide  
**T** 01522 720 789 **W** www.lcvys.co.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 ADHD Support Services** | Countywide  
**T** 07483 166 042 **W** www.lincsadhd.org

**Lincolnshire Breast Screening Programme** | Countywide  
**T** 07483 166 042  
**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 Community and Voluntary Service (LCVS)** | Boston  
01205 510 888 **W** www.lincolnshirecvs.org.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 VoiceAbility** | Countywide  
**T** 0300 303 1660 **W** www.voiceability.org

**Lincolnshire CCG** | Countywide  
**W** www.lincolnshireccg.nhs.uk/get-involved

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

**Lincolnshire Neurological Alliance** | Countywide  
**T** 07495 590 749  
**W** www.lincolnshire-neurological-alliance.org.uk

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

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

**Lincolnshire Wildlife Park** | Friskney  
**T** 0871 384 1130 **W** www.lincswildlife.com

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

**The Local Community Centre Boston** | Boston  
**T** 07392 014 058  
**W** www.facebook.com/the-local-community-centre

**Long Sutton Market House Trust** | Spalding  
**W** www.longsuttonmarkethouse.org

**Long Sutton Men's Shed** | Long Sutton  
**W** www.mensshedlongsutton.co.uk

**Louth Area Autism Family Support (LAAFS)** | Louth  
**T** 07982 787 823

**Louth Men's Shed** | Louth  
**T** 07503 175 650 **W** www.louthmensshed.org

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

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

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

**Making Space** | Spalding  
**T** 01775 711 375 **W** www.makingspace.co.uk

**Meals on Wheels Larders** | Countywide  
**T** 07540 660 351

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

**Mental Health Matters** | Countywide  
**T** 0800 001 4331

**Mel Downing Homeopathy** | Gainsborough  
**T** 01909 591 972 **W** www.meldowning.com

**The Mill Birth & Wellbeing Centre** | Stamford  
**W** www.themillwellbeing.co.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** 01780 437 330  
**W** www.mindspacestamford.com

**Mint Lane Café** | Lincoln  
**W** www.involvelincoln.org.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

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

**No Panic** | Nationwide  
**T** 0300 772 9844 (Helpline)  
**T** 0330 606 1174 (Youth helpline)  
**W** www.nopanic.org.uk

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

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

**OCD UK** | Nationwide  
**T** 01332 588 412  
**W** www.ocduk.org

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

**Op Courage** | Countywide  
**T** 0300 323 0137  
**W** www.lpft.nhs.uk/our-services/adults/veterans-mental-health

**Outwood CIC** | Grantham  
**T** 07985 565 714

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

**Pay Plan** | Nationwide  
**T** 0800 072 1206  
**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

**Rainbow Stars** | Sleaford  
**T** 07761 449 404  
**E** support@rainbowstarslincs.co.uk  
**W** www.rainbowstarslincs.co.uk

**Recovery College** | Countywide  
**T** 01522 518 500  
**W** www.lpft.nhs.uk/our-services/adults/recovery-college

**Renew** | Lincoln  
**T** 07526 608 496  
**W** www.rethink.org/help-in-your-area/support-groups

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

**Renew** | Grantham  
**T** 07863 712 797  
**W** www.granthambaptistchurch.co.uk/renew-grantham

**Rethink Mental Illness** | Nationwide  
**T** 0300 5000 927 **W** www.rethink.org

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

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

**Richmond Fellowship Crisis Service** | Boston  
**T** 01205 363 938  
**W** www.richmondfellowship.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** welfarenavigators@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

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

**Ryhall Village Hall** | Stamford  
**T** 07751 098 996  
**W** www.facebook.com/Ryhallvillagehall

**Sage Gardener CIC** | West Lincolnshire  
**T** 07707 325 016 **W** www.sagegardener.co.uk

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

**Samaritans** | Nationwide  
**T** 116 123 **E** jo@samaritans.org  
**W** www.samaritans.org

**Samaritans** | Boston  
**T** 0330 094 5717  
**W** www.samaritans.org/branches/boston

**Samaritans** | Grantham  
**T** 0330 094 5717  
**W** www.samaritans.org/branches/grantham

**SANE** | Nationwide  
**T** 07984 967 708 **W** www.sane.org.uk

**Seagull Recycling Ltd** | East Lincolnshire  
**T** 07709 866 614 **W** www.ecoskegness.org.uk

**Shelter** | Nationwide  
**T** 0808 800 4444 /  
**W** Webchat www.England.shelter.org.uk/get\_help/webchat  
**W** www.England.shelter.org.uk

**SHOUT** | Countywide  
**M** Text 'Shout' 85258  
**W** www.giveusashout.org

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

**Simply Being You** | Stamford  
**T** 07806 228 494  
**W** www.simplybeingyou.co.uk

**Sincil Bank Community Partnership** | Lincoln  
**T** 01522 510 157  
**W** www.sincilbankcommunity.co.uk

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

**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

**The Source** | Sleaford  
**T** 01529 309 482

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

**South Kesteven Health Walks**  
**W** www.walkingforhealth.org.uk/walkfinder/south-kesteven-health-walks

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

**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 875 847  
**W** www.nwangliaft.nhs.uk/our-hospitals/stamford-and-rutland-hospital

groups/115183981838656

**Stamford Arts Centre** | Stamford  
**W** www.stamfordartscentre.com

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

**Stamford Food Bank** | Stamford  
**T** 07570 583 799  
**W** www.stamfordoundle.foodbank.org.uk

**Stamford in Bloom** | Stamford  
**E** stamford18bloom@gmail.com  
**W** www.facebook.com/StamfordinBloom

**Stamford Library** | Stamford  
**W** www.lincolnshire.gov.uk/directory-record/64005/stamford-library

**The Stamford Mummy** | Stamford  
**W** www.facebook.com/thestamfordmummy

**Stamford Rugby Club** | Stamford  
**T** 01780 752 180  
**W** www.facebook.com/stamfordrugbyclub

**Stamford Shakespeare Company** | Stamford  
**T** 01780 754 381  
**W** www.stamfordshakespeare.co.uk

**Stamford Striders** | Stamford  
**E** info@stamfordstriders.org  
**W** www.facebook.com

**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.steppingstonetheatre.co.uk

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

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

**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

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

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

**Sutton St James Baptist Church** | Spalding  
**T** 07501 123 183 **W** www.ssjbc.org.uk

**TED East Lindsey** | Sleaford  
**T** 01529 301 966  
**W** www.tedineastlindsey.co.uk

**Trinity Centre Louth** | Louth  
**T** 01507 605 803  
**W** www.teamparishoflouth.org.uk

**Together** | Nationwide  
**W** www.together-uk.org

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

**Tonic Health & Transported Arts** | South Holland

**T** 07947 157 765 **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

**Valentine Events** | Gainsborough

**T** 07891 065 004

**W** www.facebook.com/valentineeventsUK

**Veterans Mental Health** | Countywide

**T** 0300 323 0137

**W** www.lpft.nhs.uk/our-services/adults/veterans-mental-health

**Veterans Support Service CIC** | Spalding

**T** 07434 827 372 **W** www.vsscic.org.uk

**Victim Support Lincolnshire** | Countywide

**T** 01522 947 510

**W** www.victimsupport.org.uk/resources/lincolnshire

**Vital Stepping Stones** | Gainsborough

**T** 07751 964 832

**W** www.vitalsteppingstones.co.uk

**Voluntary Centre Services** | Lincoln

**T** 01522 551 683

**W** www.voluntarycentreservices.org.uk

**Voluntary Centre Services** | North Kesteven

**T** 01529 308 450

**W** www.voluntarycentreservices.org.uk

**Voluntary Centre Services** | West Lindsey

**T** 01427 613 470

**W** www.voluntarycentreservices.org.uk

**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

**Waterloo Uncovered** | Nationwide

**E** info@waterloouncovered.com

**W** www.waterloouncovered.com

**We Are With You** | Countywide

**T** 01522 305 518 **W** www.wearewithyou.org.uk

**Woman's Institute** | Countywide

**T** 020 7371 9300 **W** www.thewi.org.uk

**Willoughby Road Allotments** | Boston

**T** 07818 848 850

**Willow Farm Equine** | Fulbeck

**T** 01400 675 075

**W** www.willowfarmequineassistedtherapycic.co.uk

**Women's Aid Boston and South Holland** | Boston

**T** 01205 311 272

**W** www.bostonwomensaid.org.uk

**Walk for Health** | Stamford

**T** 01780 482 048 / 01780 590 533

**Wellbeing Lincs** | Countywide

**T** 01522 782 140 **W** www.wellbeinglincs.org

**West Lindsey District Council** | West Lindsey

**T** 01427 676 676 **W** www.west-lindsey.gov.uk

**Winthorpe Community Centre** | Skegness

**T** 07738 997 000

**W** www.facebook.com/

winthorpecommunitypartnership

**Writing East Midlands** | Lincoln

**T** 07938 104 469

**W** www.writingeastmidlands.co.uk

**Young Minds** | Nationwide

**T** 0808 802 5544 (Parents' Helpline)

**E** parents@youngminds.org.uk

**Zion Methodist Church** | Boston

**E** zionmethodistchurch@live.co.uk

**W** www.zionmethodistchurch-boston.co.uk

## 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.clevelandssurgery.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

**Bourne Youth Centre** | Bourne  
 T 01778 426134  
 E david.gosney@lincolnshire.gov.uk  
 FB Bourne Youth Centre

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

**Brigg Children's Centre** | Brigg  
 T 01652 659 882  
 E surestartchildrenscentres@northlincs.gov.uk

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

**Calm Harm**  
 Free app to help young people resist the urge to self-harm.

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

**Carlton Road Children's Centre** | Boston  
 T 01205 355 056  
 E CarltonRoadCC@lincolnshire.gov.uk

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

**Cherry Willingham Children's Centre** | Cherry Willingham  
 T 07541 802 815  
 E cherrywillinghamcc@lincolnshire.gov.uk

**Cherry Willingham Youth Centre** | Cherry Willingham  
 T 01522 595 729 E cwyc@btinternet.com

**Childline**  
 T 0800 111 W www.childline.org.uk

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

**Coningsby Youth Centre** | Coningsby  
 T 01526 344 031

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

**Graham Matthews Youth Club** | Welton  
 T 07799 478 443  
 E ian.layton@lincolnshire.gov.uk

**Hemswell Cliff** | Gainsborough  
 T 01427 667 643  
 E Hemswell.Cliff.CC@lincolnshire.gov.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

**Horncastle Children's Centre** | Horncastle  
 T 01507 526 603  
 E Horncastle\_Childrens\_Centre@lincolnshire.gov.uk

**Kirton Youth Club** | Kirton  
 T 01205 722 560  
 E Catrina.smith@lincolnshire.gov.uk

**Kooth.com**  
 W www.kooth.com

**LGBTQ Youth Club** | Sleaford  
 T 07532 339 327  
 E lincsparentsLGBT@gmail.com  
 W www.lincsparentslgbt.org.uk

**Lincoln Ambassador Club** | Lincoln  
 T 0800 151 3350  
 E ambassadors@whizz-kids.org.uk

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

**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

**Lincolnshire Young Farmers' Club** | Lincoln  
 T 01522 568 989  
 E kshone@lincoln.ac.uk

**Louth Children's Centre** | Louth  
 T 01507 607 087  
 E Louth\_CC\_Fax@lincolnshire.gov.uk

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

**Mablethorpe Youth Club** | Mablethorpe  
 T 07717 225 097  
 E luke.small@lincolnshire.gov.uk

**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

**Meridale Youth Centre** | Mablethorpe  
 T 01507 441 481  
 T 07957 643 974  
 E meridale@meridale.co.uk

**Mermaids**  
 T Helpline: 0808 801 0400  
 W www.mermaidsuk.org.uk  
 T Student Space Helpline: 0808 801 0424  
 W www.studentspace.org.uk  
 W www.studentminds.org.uk

**Moorland Youth Centre** | Lincoln  
 E recreation@lincoln.gov.uk

**Moulton Chapel Youth Club** | Spalding  
 T 01406 380 470 E kim.ayto@sky.com

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

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

**North Somercotes Youth Club** | North Somercotes  
 T 07799 117 612  
 E viv.cross@lincolnshire.gov.uk

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

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

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

**Ruskington Youth Centre** | Ruskington  
 T 01526 268 090  
 E maggie.harris@yahoo.co.uk  
 FB Ruskington Youth Centre

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

**Skellingthorpe Youth Centre** | Skellingthorpe  
 T 01522 683 997

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

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

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

**Spalding Youth Centre** | Spalding  
 T 01775 722 538  
 E sam.newton@lincolnshire.gov.uk

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

**Spilsby Youth Centre** | Spilsby  
 T 01790 753 681  
 E spilsbyyouthcentre@googlemail.com  
 W community.lincolnshire.gov.uk/spilsbyyouthcentre/

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

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

**Sturton-by-Stow Children's Centre** | Sturton-by-Stow  
 T 01427 788 971  
 E SturtonbyStowCC@lincolnshire.gov.uk

**Sturton-by-Stow Youth Club** | Sturton-by-Stow  
 FB Sturton-by-Stow Youth Centre

**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

**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

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

**The Wednesday Club** | Boston  
 T 07950 769 115 T 01205 352 744  
 E neilr.butler@btinternet.com

**Tingers Childcare** | Lincoln  
 T 07306 800 663  
 E office@tingerschildcare.co.uk  
 W www.tingerschildcare.co.uk

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

**Waddington Youth Club** | Waddington  
 T 01522 720 789  
 W www.lcvys.co.uk

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

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

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

**Witham St Hugh's Children's Centre** | Witham  
 T 07552 250 252  
 E withamsthughschildrenscentre@lincolnshire.gov.uk

**Wragby Youth Centre** | Wragby  
 T 01673 858 371

**Wrangle Youth Club** | Boston  
 T 07751 051 862  
 E jayne.bonsor@tiscali.co.uk

**Youth Housing Support Service** | Lincolnshire  
 T 01522 873 212  
 E housing.homeless@lincoln.gov.uk  
 W www.lincolnshire.gov.uk

**YoungMinds**  
 T 85258 (Text service for young people)  
 W www.youngminds.org.uk

If you are an organisation who would like to be featured please get in touch with us on [info@shinelincolnshire.com](mailto:info@shinelincolnshire.com)

# HOW TO: KEEP YOUR MIND HEALTHY for Kids

## Why do we have to keep our mind healthy?

Keeping your mind healthy is important for being able to feel good about every day and having good relationships with family and friends. It helps us to keep doing our hobbies and learn new things.

## Talking About Emotions

We all feel a lot of emotions. Some of them make us feel happy and some of them make us feel sad. It is important for us to talk about things that make us feel sad so people can help us and make us feel better. It might be scary but it is normal and everyone has felt a lot of emotions.

## Looking after our body

Eating regularly gives us energy to carry on doing our favourite things. Drinking lots of water keeps our brain happy too!

## Getting Good Sleep

Getting enough sleep is super important for letting our brain rest after learning all day! It also helps to put us in a good mood!

## Making Time for Fun Things!

Spending time doing our favourite hobbies helps make us feel happier and relaxed! Doing something creative like drawing or as part of a group really helps our problem solving and communication skills

Here is a really great website if you want to read more!  
<https://www.youngminds.org.uk/>



## Welcome to Lincolnshire Recovery College

Autumn Term Timetable from 6<sup>th</sup> September to 20<sup>th</sup> October 2022

To attend any course, please complete a registration form and we will be in touch with more information about your booked courses.

Please make sure to book early as face to face group sizes are limited to ensure we can provide a personalized and interactive experience for all.

**Carer's creative forum**  
Tues 6<sup>th</sup> Sept at 2pm-3.30pm

**Let's talk about it – Stress**  
Weds 14<sup>th</sup> Sept at 10am-11.30am  
Tues 18<sup>th</sup> Oct at 7pm-8.30pm

**Louth** Weds 5<sup>th</sup> Oct at 10am-12pm  
**Gainsborough** Thu 13<sup>th</sup> Oct at 10am-12pm

**Growing our self-esteem**  
Weds 14<sup>th</sup> Sept at 2pm-3.30pm

**Overcoming unhelpful thoughts and worries**  
Weds 14<sup>th</sup> Sept at 7pm-8.30pm  
Tues 4<sup>th</sup> Oct at 10am-11.30am

**Building routine**  
Thu 15<sup>th</sup> Sept at 10am-11.30am

**Wake up! Open up! Step up!**  
(4 session course)  
Starts Thu 15<sup>th</sup> Sept at 2pm-4.15pm

**5 Ways to Wellbeing**  
Fri 16<sup>th</sup> Sept 2pm-3.30pm

**Let's talk about it – Mental Health**  
Tues 20<sup>th</sup> Sept at 10am-11.30am

**Creative connections**  
Tues 20<sup>th</sup> Sept at 2pm-3.30pm  
Fri 14<sup>th</sup> Oct at 2pm-3.30pm

**Let's talk about it – Depression**  
Tues 20<sup>th</sup> Sept at 2pm-3.30pm  
Thu 20<sup>th</sup> Oct at 10am-11.30am

**Who is a carer? Workshop**  
Weds 21<sup>st</sup> Sept at 10am – 12pm

**Let's talk about it – Anxiety**  
Weds 21<sup>st</sup> Sept at 2pm-3.30pm  
Weds 12<sup>th</sup> October at 7pm-8.30pm

**Let's talk about it – EUPD**  
Thu 22<sup>nd</sup> Sept at 10am-11.30am  
Tues 18<sup>th</sup> Oct at 2pm-3.30pm

**Working for my wellbeing**  
Tues 27<sup>th</sup> Sept at 10am-11.40am

**Drama for wellbeing**  
Tues 27<sup>th</sup> Sept at 2pm-3.30pm

**Living more in the moment**  
Weds 28<sup>th</sup> Sept at 2pm-3.30pm

**Growing our self-compassion**  
Weds 28<sup>th</sup> Sept at 7pm-8.30pm  
**Louth** Weds 5<sup>th</sup> Oct at 1pm-3pm  
**Gainsborough** Thu 13<sup>th</sup> Oct at 1pm-3pm

**Let's talk about it – Carer's compassion fatigue**  
Fri 30<sup>th</sup> Sept at 10am-11.30am

**Understanding and challenging loneliness**  
(2 session course)  
Starts Tues 4<sup>th</sup> Oct at 10am-11.30am

**Dreaming of a better sleep**  
Tues 4<sup>th</sup> Oct at 7pm-8.30pm

**Let's talk about it – bipolar disorder**  
Thu 6<sup>th</sup> Oct at 10am-11.30am

**Making the most of each day**  
(2 session course)  
Starts Fri 7<sup>th</sup> Oct at 2pm-3.30pm

**Journaling for wellbeing**  
Tues 11<sup>th</sup> Oct at 10am-11.30am

**Poetry and mental health workshop**  
Tues 18<sup>th</sup> Oct at 10am-11.30am

**Recovery college online forum**  
Weds 19<sup>th</sup> Oct at 10am-11.30am

**Bouncing back – Growing our resilience workshop**  
Weds 19<sup>th</sup> Oct at 2pm-4pm

**Food 'n' mood**  
Thu 20<sup>th</sup> Oct at 2pm-3.30pm

All students will need to complete a new registration form to book onto courses from 6<sup>th</sup> Sept onwards

Website:  
www.lpft.nhs.uk

Contact:  
01522 518500

Email:  
lpft.recovery.college@nhs.net

# CO-PRODUCTION IN MENTAL HEALTH: A Brief Reflection

I have been mentally ill since the age of 14. In early 2016, I began to participate in co-production, and have been doing so in various roles since then.

### So, what is co-production?

To me, it's people with lived experience of mental ill health sitting down with professionals and co-designing services, buildings, etc. where both parties are equal partners in the process, which starts from the very beginning of a project like a blank piece of paper.

### Why is co-production important?

In my view, it's important because, as professionals have said to me, "We can read in books and try to learn how it feels to be mentally ill, but you know how it actually feels." My experience as an inpatient in mental health units has enabled me to advise staff on the design of every aspect of new builds. For example, I helped design Discovery House, a

mental health rehabilitation facility, and was told that without my input several mistakes would have been made which would have cost tens of thousands of pounds. That is just one of many examples I could give where people with lived experience have been vital to the success of a project.

### Why do I participate in co-production?

I do so partly to 'put something back' in appreciation of all the wonderful care I have been given over the decades, but mostly because I really do want to make things better for the service users of the future. I also do it because it's great fun!

**In conclusion, I would say that co-production has become an extremely important part of my life, a very enjoyable experience, which I would highly recommend to any service user (or ex-service user). It is satisfying, rewarding, fulfilling, and gives one a feeling of having done some good in the world of mental health.**

By John Dwayne

Summer may be over but we still want to celebrate the warm weather with a spot of colouring!



# HAVE A BREAK WITH BERT



Bert wants to know what is going on in the county, so he has gone for a wander in the pages of this newsletter – see if you can find him!!



Bert decided to go on one last sight-seeing tour before the holidays were over. He did the Lincoln castle wall walk and enjoyed the view so much he's hidden himself across the Bail! How many places can you see Bert?

HOW MANY WORDS CAN YOU MAKE OUT OF

## SHINE LINCOLNSHIRE

Lincolnshire \_\_\_\_\_ Nose \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Shine Lincolnshire has a good number of letters, but how many words do you think you can make out of it?



# SUICIDE PREVENTION DAY

**S**uicide Prevention Day occurs yearly on the 10th September with the aim of promoting global awareness and action to prevent suicides.

**Useful Websites:**

- <https://mentalhealth-uk.org/suicide>
- <https://prevent-suicide.org.uk/find-help-now/stay-alive-app>
- [www.samaritans.org](http://www.samaritans.org)
- [www.thecalmzone.net](http://www.thecalmzone.net)
- [www.papyrus-uk.org](http://www.papyrus-uk.org)
- <https://giveusashout.org>

The International Association for Suicide Prevention (IASP) has given this year's Suicide Prevention Day a theme of 'Creating Hope Through Action'. It is an opportunity to raise awareness and consciousness of suicide locally, regionally, nationally and globally but it is also about paying attention to the individual.

According to IASP and the World Health Organisation, over one in every 100 deaths (1.3%) in 2019 were the result of suicide and over half (58%) of all deaths by suicide occur before the age of 50 years old.

We can all contribute and play a role in supporting and raising awareness of suicide prevention.

- **Touch Base With Yourself and Reach Out to your Nearest and Dearest.** By showing that you care, it can create a sense of connection and make a real difference.
- **You don't need to be an expert.** It can feel daunting knowing what to say to an individual in distress but you don't need to have the answers – it's just about being there and offering kindness, empathy and compassion.
- **Resources.** Resources. Resources. There are plenty of mental health and suicide prevention charities offering support of how to help a person in distress. For example, Papyrus offer free, online suicide prevention training.
- **Remember Yourself.** It is important to look after yourself. If you are helping someone in lots of emotional distress, it can impact you as well.

I'm thinking of suicide. I need someone to talk to but I can't talk on the phone. Can you help?

Of course. When talking on the phone is too hard, we are still here to listen. What's on your mind?

## Suicide Crisis Text Service for adults in Lincolnshire

Open Wednesday's 5pm-7pm. Every Week.

07800 140 818



# DEVELOPMENTPLUS 25TH ANNIVERSARY CELEBRATIONS



**Developmentplus celebrated its 25th anniversary in June by holding an event to commemorate the occasion.**

The Trustees, CEO and staff invited a range of people who have supported Developmentplus over the last 25 years to help celebrate, including Rev Andrew Vaughan, one of the founders of the organisation. Also present was

The Right Worshipful Mayor of Lincoln, Councillor Rosanne Kirk; City Sheriff, Mrs Jasmit Phull JP along with many of our partner organisations, funders, colleagues and friends of Developmentplus. Ric Metcalf, the Leader of City of Lincoln Council, kindly gave a speech acknowledging the contribution that Developmentplus has made to communities across the City.

The charity began in 1997 and was known as Lincoln Community Development Project (LCDP). The initial aim of the project was to work alongside local people to identify issues which had a detrimental effect on their lives and work with them to develop initiatives which were positive and improved their social, environmental and economic situation. Some of this work began in the Urban Priority Areas including Birchwood, St Giles, Ermine, High Street, Monks Road and Boultham. An early project helped people discover training for pleasure and work purposes, something that the organisation continues to do today, particularly in our two STEPS projects.

Over the years, the organisation has been subject to the highs and lows of funding, that many in the third sector face, which has resulted in some very difficult times. However, the hard work and dedication of all the teams over this time have ensured that Developmentplus continues to play a crucial role within the City.

25 years later, having been given a new name in 2011, the projects have evolved and are now based around mentoring, 1:1 coaching and supporting people through challenging times in their lives.



**We currently work with over 250 people a year through our eight projects, which are:**

**BETTER TOGETHER** brings together three Lincoln charities: Developmentplus, Abbey Access Training and Green Synergy. The programme enables people living with poor mental health to improve their health and wellbeing.

**BRIDGING THE GAP** is an intensive coaching and mentoring programme working with men and women prior to and on release from prison into Lincoln and the surrounding areas. The team support people with effective transitions from the structured prison environment to the community.

**FEEL GOOD PROJECT** is a 12-week mindfulness course which includes meditation, breathing and coping techniques. It aims to improve participants' mental health and wellbeing by providing individuals with a wellbeing kit. One-to-one support for individuals is also available.

**THE LINCOLN NEIGHBOURHOODS TOGETHER NETWORK (LNTN)** was originally set up by the City of Lincoln Council to gather the views of the community and discuss areas where they would like to see improvements. The year Developmentplus is supporting LNTN to undertake a roadshow to reinvigorate the Boards following the pandemic.

**THE PITCH** is a men's group that meets weekly to combat isolation by connecting people, talking and socialising, along with developing skills through practical and physical activities.

**THE MEN'S GROUP** is an opportunity for people to come together to make new friendships and connections as part of a film, art, music and tech project.



**PROJECT COMPASS** works face to face with those sleeping rough. The project provides an advocacy service, keeping people in touch with services and maintaining engagement. It also provides hot and cold food and drinks, an opportunity for a quick wash, clothing and phone charging.

We have two **STEPS** projects that use coaching and mentoring techniques to offer practical and emotional support for a variety of issues including job searches, domestic abuse, rehousing, alcohol, independence skills, developing new interests and mental health.

Although these projects are all stand-alone support systems for individuals, they are also interlinked; over a

period of time many participants will start with one project and as they progress will move on to another project that will better suit their needs at that time.



to find out more

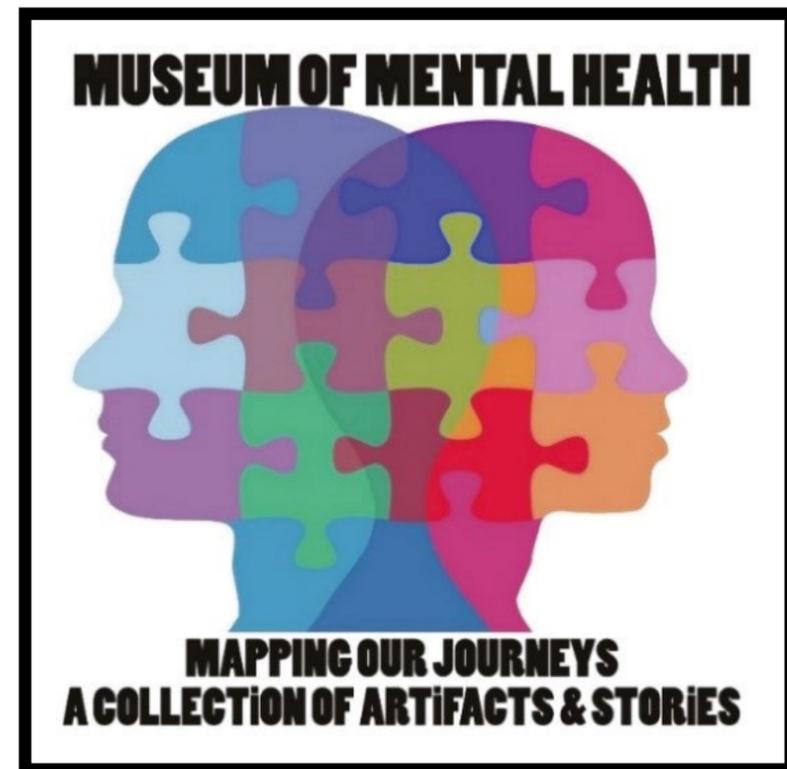
## THE MUSEUM OF MENTAL HEALTH

### A newspaper and event celebrating local creativity in the community

Being creative, being active and connecting to our local communities have known benefits that support and sustain our mental health and wellbeing. The Museum of Mental Health promotes the message that getting creative is for everyone and all abilities whether you cook, paint, draw, game, craft, write poetry, tell stories – whatever your passion is.

Our experience is that lots are going on around Lincoln, with people quietly making and being creative, opening up spaces to meet, offering opportunities to have a cuppa, socialise, learn new skills and grow together.

We want to raise awareness of these groups and the people who run them, the local organisations and initiatives that bring people together in safe environments to support their wellbeing.



We have created a newspaper full of information, stories and people's creative work which was launched at a free community celebration event on Saturday September 17th at Bridge Central. Alongside food and music, people could take part in activities and meet people from over 17 organisations who deliver community activities.

The newspaper and event have been organised by developmentplus who have been part of the local community for over 25 years and are part of 'Creative Summer'. This is a programme of

memorable community arts events from across Lincolnshire, supported by The Collection and Usher Gallery, Lincoln. This is one of the arts organisations that make up Lincolnshire One Venues and is funded by a grant from the Esmée Fairbairn Foundation.



**If you would like a copy of the newspaper, please contact developmentplus at [enquiries@developmentplus.org.uk](mailto:enquiries@developmentplus.org.uk)**

# CRIMESTOPPERS

**C**rimestoppers in an independent charity that has been helping communities to 'Speak up. Stay safe.' for over 30 years.

Our 0800 555 111 telephone number and website [crimestoppers-uk.org](http://crimestoppers-uk.org) gives people the power to speak up and pass on information about crime 100% anonymously and in over 30 years, we have always kept this promise. Our staff are expertly trained in how to take information from callers and they are regularly given updated training in what to ask because crimes, drugs and methods change rapidly.

It's estimated that around 20% of people are unwilling to speak directly to the police. This can be for a host of reasons, from fear of reprisals to cultural reasons. That's why Crimestoppers charity is here to help. In 2018 / 2019 over 525,000 trusted us with their crime information and since Crimestoppers was established in 1988, it has received over 2 million actionable calls, resulting in more than 144,000 arrests and charges, over £136 million worth of stolen goods have been recovered and over £346 million worth of illegal drugs have been seized.

We have hundreds of volunteers across the UK who help us promote our services to those that need to hear about them and every region of the UK has a Crimestoppers team responsible for raising awareness of our charity and running local campaigns about issues that affect their area.

A large part of the work that we do, is to raise awareness of crime types and encourage people to use the service. We do this by regional and national campaigns. In the past year, Crimestoppers has run many campaigns on specific crime types to help the public better understand traditionally taboo crimes, such as Modern Slavery and Domestic Abuse.

In 2005, Crimestoppers launched the UK's Most Wanted on its website which allows the public to view images of criminals and pass on vital information about their whereabouts. It has been highly successful, with over 4,200 arrests to date.

Crimestoppers has also made new efforts in fighting Rural Crime.

Rural crime is on the rise and it is a serious issue for farmers, businesses and those who live in the countryside.

Whether it is large-scale, industrial fly-tipping, hare coursing, livestock theft or machinery theft, rural crime has a devastating effect on farms and other

rural businesses.

Those responsible for this blight on our countryside are suspected of having links to organised crime. It is vital that we bring them to justice.

In conjunction with the NFU, Crimestoppers launched its dedicated Rural Crime hotline 0800 783 0137 and online crime information hub, specifically for the public to give information anonymously about one of these four crimes:

- Large-scale, industrial fly-tipping
- Hare coursing
- Livestock theft
- Machinery theft

However, we are aware that these are not the only crimes that happen in rural areas. Over recent years, Our charity has seen a significant rise in reporting on Modern Slavery, Domestic Abuse and Possession of Weapons.

**We want the public to report any information on any crime to Crimestoppers, call 100% anonymously on 0800 555 111 or go online to give information: [www.crimestoppers-uk.org/give-information](http://www.crimestoppers-uk.org/give-information)**

## Speak up to stop crime.



Crimestoppers working in partnership with Lincolnshire Coop



[crimestoppers-uk.org](http://crimestoppers-uk.org)

Crimestoppers Trust is a registered charity. UK Registration Nos. 1108687/SC037960.

**You've got information about a crime.**

You want to tell someone you can trust. Someone safe and totally independent.

**Tell Crimestoppers 100% anonymously.**

We won't ask your name.

Won't judge.

Just listen to what you know.

And pass it on for you.

**When you hang up the phone or click send online, you're done.**

**CrimeStoppers.**

**0800 555 111**

100% anonymous. Always.



**Royal Air Force Benevolent Fund**

**T**he RAF Benevolent Fund helps RAF veterans and serving members of the RAF and their partners and dependent children under 18. We also support Reservists, those who completed National Service and widows and widowers and former members of the Royal Observer Corps, and whether you served in the RAF for a day or decades, we're here for you.

The RAF Benevolent Fund will consider any request for assistance, however big or small, providing a tailor-made approach to each individual situation. From mobility aids to financial grants, each case for financial help is considered individually and depends on a person's financial

circumstances. We also run several non-means tested support services, including our Listening and Counselling Service, services to address loneliness and social isolation and our advice and advocacy service.

In the community, the RAF Benevolent Fund has Community Engagement Workers whose aim is to connect beneficiaries into socially enriching activities. These include (but are not limited to) engagement in a Telephone Friendship or Carers Support Group; a befriending service; veteran's camaraderie or breakfast clubs.

**For support, please call 0300 102 1919 or email the RAF Benevolent Fund: [welfarenavigators@rafbf.org.uk](mailto:welfarenavigators@rafbf.org.uk). For more information please visit: [www.rafbf.org/how-we-help](http://www.rafbf.org/how-we-help)**



## UK NEW ARTISTS TAKES PLACE IN LINCOLN FOR A YEAR

**N**ational arts charity, UK New Artists (UKNA) – based in the East Midlands, is launching a year-long programme of activities in Lincoln.

The new programme, 'Taking Place' will focus on collaborative explorations by creatives, audiences, communities, young people and universities. The project aims to inspire communities with free access to high quality arts; celebrate and show the wealth of new talent in this country, and position Lincoln as a place where artists from across the city, region, and nationally can connect.

Over the year, Taking Place will present artist-led and community-focused artworks in response to the city and locality, delivered in partnership with local organisations. In addition, audiences will be able to attend free performances, exhibitions and talks from some of the best up and coming artists at two sharing weekends, which will happen in

November 2022 and October 2023, with other opportunities to see and enjoy work throughout the year.

UKNA's **Creative Citizens** will work with young people aged 14-19 across Lincolnshire, offering a range of ways to support more young people to explore their creativity, in collaboration with an array of local partners and education establishments. The programme will include workshops, venue visits, mentoring and creative sessions.

Taking Place will launch in Lincoln on Friday 18th November. Keep your eye on UKNA's website and social media channels for more information and ways to get involved.

[www.uknewartists.co.uk](http://www.uknewartists.co.uk)

@uknewartists - Facebook, Instagram and Twitter





## FIGHTING FIT

**Fighting Fit is designed to help individuals to maintain or increase physical activity levels at a pace that suits them and support in the fight against cancer and long-term health conditions.**

Sessions focus on low impact fitness designed to help build balance, posture, strength, and flexibility. Sessions are led by a Level 4 qualified coach in Cancer and Exercise Rehabilitation.

It's not all about the body though - group sessions allow individuals to connect with people with shared experiences and gain peer to peer support.

### Why physical activity?

The main benefits that exercise has before, during and after cancer treatments include:

- Boost in energy levels
- Reduction in body weight and weight management
- Increase in mood throughout the day
- Greater self-esteem, self-image and confidence
- Enhanced sleeping patterns
- Improved mental and social health
- A sense of self-worth and belonging to a community
- Greater quality of life
- Physical improvements such as increased range of motion, strength, and cardiovascular health
- Greater outcomes to treatment related side effects

### Feedback from Fighting Fit

*"It empowers and drives me forwards. It's great for my social as well as my mental health. I feel a lot better once I have done the exercises"* - Maureen

*"I am now aiming to complete an 8-week Couch to 5K – this programme has definitely motivated me to do this and is improving my all-round fitness"* - Belinda

*"This has improved my treatment effects and my quality of life has improved tremendously"* - Ray

Fighting Fit sessions are currently being held in Lincoln and Mablethorpe, with future sessions coming soon to Gainsborough and Boston. Thanks to support from Lincolnshire CCG, individuals can access 10 Fighting Fit sessions for free.

**For more information or to refer into Fighting Fit please get in touch:**

Visit our website: [www.lincolncityfoundation.com/fightingfit](http://www.lincolncityfoundation.com/fightingfit)

Email: [health@lincolncityfoundation.co.uk](mailto:health@lincolncityfoundation.co.uk)

Call: 07305 108167



### CANCER SUPPORT IN LINCOLNSHIRE

We want to make sure that people living with Cancer in Lincolnshire are supported at the right time, in the right place and in the right way for them.

Our service covers both the community and acute aspects of cancer care, working in three main areas: Personalisation, Acute and Community Development. We are working to ensure that people feel appropriately informed, guided and supported based on their own needs.

Visit <https://www.cancersupportlincolnshire.nhs.uk/> to find out more.



## Dance Your Cares Away

**A FREE weekly programme** run over 8 weeks (1 hour duration).

Improve your wellbeing and mental health through dance exercises.

No previous dance experience required.

Exercises catered to your ability. Main aim to have fun!

The perfect way to build your strength and have time to chat to others in a friendly, safe environment.



**Venue: Guildhall Arts Centre, St Peter's Hill, Grantham, NG31 6PZ**

**Class Time: 10.00 - 11.00**

**Course Dates:**

Thursday 1st September	Thursday 8th September
Thursday 15th September	Thursday 22nd September
Thursday 29th September	Thursday 6th October
Thursday 13th October	Thursday 27th October

(Please note there will be no class on Thursday 20th October)

**If you need more information or to book your place please contact:**

**Email: [communities@lincsymca.co.uk](mailto:communities@lincsymca.co.uk) Telephone: 01529 302466**



# Carers First

## Local Groups & Events

Most of our groups and events are now held online but you can also join by telephone. Visit [www.carersfirst.org.uk](http://www.carersfirst.org.uk) to see all our support groups and events.

To book, please contact our Carers Hub on 0300 303 1555. Book by email: [hello@carersfirst.org.uk](mailto:hello@carersfirst.org.uk)

### Carers First Groups & Events

#### TAI – CHI VIA ZOOM

23rd September 10am – 11am

End your week with an hour of relaxing Tai-chi

Contact us for more details and to book.

All carers welcome.

#### EYES DOWN FOR BINGO

Due to funding this is an older person's event 60+

Sunday 25th September 3:30pm – 5:30pm

Eyes down for a Full House of Bingo.

The Queen's Head, Station Road in Legbourne, LN11 8LL

Tea/coffee/Scones included.

**Vouchers for dinner for 2 at The Queen's Head for a full house!**

Booking essential.

Funded by Evan Cornish Fund

### Carer Led Groups

These groups are all run by carers and/or volunteers

#### BREATHWORKS & EFT VIRTUAL SESSION

Tuesday 13th September 11.00am – 12:15pm

Monthly online workshop for carers.

#### CARERS FIRST MOST GROUP FOR FORMER CARERS

Last Monday of the month 11.00am – 12.00pm

Online

This is a Peer Support Group and is a social get together for former carers. Carers can receive peer support and connect with other carers.

Call our Carers Hub: 0300 303 1555

Email: [hello@carersfirst.org.uk](mailto:hello@carersfirst.org.uk)

#### CARERS FIRST CHILL & CHAT GROUP

First Tuesday & Third Monday of the month  
6.00pm – 7.00pm / 7.00pm – 8.00pm

Online

This Group is a social get together for Young Adult Carers and receive peer support.

Call our Carers Hub: 0300 303 1555

Email: [hello@carersfirst.org.uk](mailto:hello@carersfirst.org.uk)

#### CARERS FIRST WORKING WEDNESDAY GROUP

Last Wednesday of the month 7.00pm – 8.00pm

Online

This Group is for Working Carers to meet in the evening and socialise with other carers.

Call our Carers Hub: 0300 303 1555

Email: [hello@carersfirst.org.uk](mailto:hello@carersfirst.org.uk)

#### CARERS FIRST CARE2RELAX GROUP

First Tuesday of the month 11.00am to 12.00pm

Online

This is a Pilates/Mindfulness Group for all ages and abilities.

Call our Carers Hub: 0300 303 1555

Email: [hello@carersfirst.org.uk](mailto:hello@carersfirst.org.uk)

## Partner Events

**TONIC HEALTH DEMENTIA SUPPORT PROJECT** is opening up a day care group in Holbeach to offer people living with the early stages of dementia a social day out while giving their carers a much needed break. The group will meet on **two Thursdays each month from 10:00-4:00pm.**

All refreshments and lunch are included in the cost of £24 per session.

For more information please contact Jean Gifford on 07878 273 099 or email [dementiasupport@tonic-health.co.uk](mailto:dementiasupport@tonic-health.co.uk)



### Are you a kinship carer?

A kinship carer is someone who is raising a relative's or friend's child.

We offer kinship families free support and advice.

We're also developing a new peer support service across England and online. We'd love you to join us for the journey.

**The service will include:**

- 1 100 new kinship peer support groups developed across England which will be in-person and online
- 2 A dedicated website and e-learning resources
- 3 Online information workshops designed for kinship families
- 4 Online chat with trained kinship carer volunteers



Interested to find out more?

Scan with your phone camera for more info

[www.kinshippeersupport.org.uk](http://www.kinshippeersupport.org.uk)

[www.kinship.org.uk](http://www.kinship.org.uk)

[peersupport@kinship.org.uk](mailto:peersupport@kinship.org.uk)

## Safe Places

### Monday

Tea and Toast  
10:30am - 12pm

### Arts & Craft Group

12.30 - 2.30pm

### Night Light Café

4pm - 7pm

### Tuesday

### Safe Places Group

4pm-5:30pm

### Wednesday

Autistic Led  
4pm-5:30pm

### Thursday

Men's Group  
11am-1pm

### Night Light Café

4pm - 7pm

### Friday

Coffee Connect  
11am-12:30pm

Tonic Health, 6 Broadgate House  
Westlode Street, PE11 2AF



For more information  
call 01775 725059



### FIND BERT ANSWERS

Bert is hiding on these pages: 8, 14, 21, 25, 32

And here's where he was hiding in The Bail:



**It's OK  
to not  
be OK**

**Don't bottle up your feelings**

**Talking helps**

Call the confidential emotional and mental health support line in Lincolnshire.

Our experienced support workers will provide you with emotional support, advice and guidance.

**0800 001 4331**  
**Available 24/7**



**Here4You**



Mental health and emotional wellbeing advice line for young people, parents and carers

**0800 234 6342**  
**Available 24/7**

**Lincolnshire Mental Health  
Advisor Helpline**

An advice line for those supporting people with their mental health



**0303 123 4000**  
**Available 24/7**

**Steps2change  
talking therapies**

Anyone over the age of 16 can self-refer or contact their GP for a referral to our steps2change talking therapies service.



The Lincolnshire IAPT Service

[www.lpft.nhs.uk/steps2change](http://www.lpft.nhs.uk/steps2change)

**Lincolnshire's  
Recovery College**

People over the age of 16 can access free educational courses on mental health and wellbeing through the Lincolnshire Recovery College.

**Lincolnshire Recovery College**  
[www.lpft.nhs.uk/recovery-college](http://www.lpft.nhs.uk/recovery-college)

For more information please contact [lpft.recovery.college@nhs.net](mailto:lpft.recovery.college@nhs.net), or visit [www.lpft.nhs.uk/recovery-college](http://www.lpft.nhs.uk/recovery-college)

**Further help is available should you need it:**  
**[www.lpft.nhs.uk/accessing-support](http://www.lpft.nhs.uk/accessing-support)**



Connecting people with the services and support to most effectively meet their needs

**T 01522 300 206**  
**E [info@shinelincolnshire.com](mailto:info@shinelincolnshire.com)**  
**[www.shinelincolnshire.com](http://www.shinelincolnshire.com)**

**Be featured in the next newsletter**

If your organisation would like to feature in our next newsletter please contact us on [info@shinelincolnshire.com](mailto:info@shinelincolnshire.com) for further information.

**Stay up to date with Shine**

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