



# Connect

SPRING 2022





## CHANGES TO OUR BOARD OF TRUSTEES

Alongside the changes to our logo, we have made some changes to our Board of Trustees.

At a specially convened Trustee Board meeting of Shine Lincolnshire, held on Friday 4 March 2022, several changes were made to Board membership and office holders.

Barry Earnshaw will be the Chair of the Trustee Board with a governance portfolio and Paul Jackman will be Deputy Chair with a special remit for risk management, health & safety and safeguarding.

Stacey Gillott, is a Trustee, formerly having done a sterling job as Chair for the past 9 years, and Stacey will hold the Finance Portfolio.

Lisa Steel, is a Trustee, having previously supported Stacey as Deputy Chair. Lisa will hold a workforce development, HR, equality, and diversity portfolio.

A new Trustee was welcomed onto the Board – Damian Froggatt, Director of Operations at Lincoln City Football Club. Damian will hold a business development, marketing, promotions, and communications portfolio.

## Shine has a new logo

Shine Lincolnshire are proud to announce the launch of the new logo as part of the ongoing development of our brand identity.

Over the last year Shine Lincolnshire has continued to grow and develop, and we felt that it was time for a change, so our logo reflects this development and who we are today and going forward.

While we wanted a logo that reflected the journey Shine has embarked upon, we wanted to stay true to our roots and maintain some of the features most commonly associated with Shine. For this reason, we chose to maintain the 'Shine yellow' and include the sun's rays as a homage to our previous logo and our ethos of 'Shining at what we do', while also creating a more modern and minimal look. We felt it was key to update the logo to include 'Shine Lincolnshire' to provide a clear identity when looking at and using our logo.

With this logo change, we aim to continue to develop and present ourselves better while also holding onto where we began. We hope you will continue along this development journey with us, and we are excited to share what is to come in this new chapter of Shine Lincolnshire.

## SHINE LINCOLNSHIRE NEEDS YOUR HELP!

Here at Shine we are conscious that as small organisation operating across a big county, we can total up quite a few miles in a week, whether this is our Peer Support Workers meeting clients or our Core Team visiting community-based projects across the county the numbers soon add up.

Not only are we an organisation who are passionate about supporting community mental health, we are also passionate about our planet so we want to do our bit to protect the environment for generations to come. For this reason, we are looking for a Lincolnshire based motor company to partner with us to help us find a climate friendly solution to our travel needs.

If you or someone you know may be the right person for this, please don't hesitate to get in touch with us at [info@shinelincolnshire.com](mailto:info@shinelincolnshire.com).

## Changes within Shine

Shine are committed to being an inclusive organisation both within the community and within the charity itself.

For this reason, we have updated our staff ID cards to display their pronouns and we have also provided easy to read badges with their pronouns on. We want to create an inclusive environment where staff and participants alike feel safe to express themselves and use their chosen pronouns. We hope this will help contribute to positive changes surrounding inclusion and promote the conversation around pronouns.

At Shine we also recognise the

importance of mental health within the workplace. We feel we cannot successfully support mental health in the community without supporting our staff wellbeing as this will allow them to thrive. For this reason, we have signed up for the Mindful Employer Charter which recognises over 1,200 employers who are working towards achieving better mental health at work. It is not an accreditation but a set of voluntary aspirations that Shine are committed to embodying within all areas of our organisation.



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

### Don't bottle up your feelings

#### Talking helps

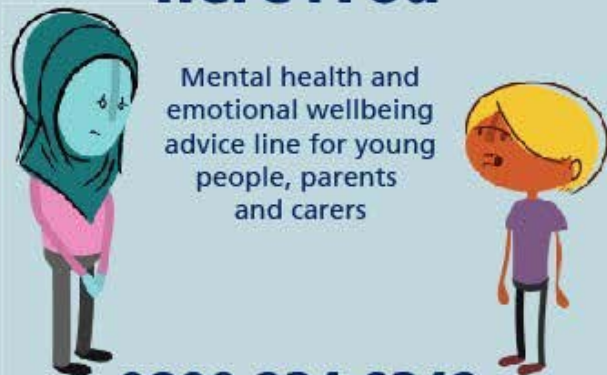
Call the confidential emotional and mental health support line in Lincolnshire.

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

**0800 001 4331**  
Available 24/7



### Here4You

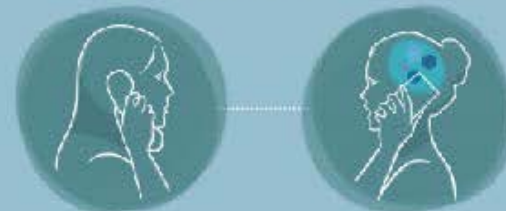


Mental health and emotional wellbeing advice line for young people, parents and carers

**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)





**It** would be remiss if of me if I were to write a column at this time of year and not mention the weather. It is wonderful out there in nature. Spring has sprung!!!! Even the rain is gentler and warmer to the touch. I love this season. The clocks go forward, the evenings are lighter. The sunsets are glorious. The mornings are brighter, the birdsong is louder, the smells are sharper. Winter just makes me appreciate the spring all the more.



That is the key – appreciation. The secret to enjoying our world is to be grateful. To improve our mental well-being we must give thanks. It is easier than you think. My favourite expression is that we must Commune with Nature. Commune with Nature? What's that when it's at home?!!?

I was given this as an exercise when I was at drama school. I was to go out and Commune with Nature. Commune, I thought, that's a bit much. It sounds almost religious, definitely spiritual. I was perplexed so I set out for an exploration in the woods. I was thoroughly enjoying myself, but was I communing?

Soon I found myself sitting on a log watching the sunset. As I sat, trying to commune, trying to have a spiritual experience, I found myself doing a very popular exercise called Grounding. This is where you focus on one sense at a time. You observe what you perceive. I started with sight, what did I see? I observed that there were tree trunks. There were also tree leaves, and tree branches. The sun was dappling through. There was grass and sand and clouds and ants and mushrooms and stones and rocks and sticks and and and. I was overwhelmed. No wonder up to 86% of our learning is through sight.

Next I tried smell. Yes I could definitely smell the trees. In particular the evergreens smelt wonderful. I'm sure I detected a bit of cedar. I have since learned that trees emit odours that trigger a release of serotonin in human beings, this works to de-stress us. Yes the smell was comforting. I could also detect the smell of the soil. It was just after a rain and this is when nature emits its strongest aromas.

As I continued to Commune with Nature I was conscious of what I could hear, taste and feel. It is all about being Mindful. If you have ever wondered about Mindfulness. This is it. It is as simple as focusing on all the perceptions of your five senses. This will bring you into the present and that is the goal.

That day, back in drama school, I did have a spiritual epiphany. I was overcome by all that nature had to commune with. And now, every year, as the earth awakens, I make sure I take myself to the woods and I do a bit of Grounding.

I hope you try it for yourself. It is simple and you'll be surprised how much it will positively impact on your mental health. Here's to Nature.

**Kate Hull-Rodgers**

## STEPPING STONE

At Stepping Stone we are very busy with our ongoing projects...

### Don't get it Right, Get it Written

An online writing course is led by Kate Hull Rodgers. Some of the exercises are testimonial writing, some are fictional. Classes are drop in, you can join anytime. Just start by befriending Kate Hull Rodgers on Facebook.

We also lead face to face writing workshops in the community. We are offering sessions at Gainsborough Library and Blyton Memorial Hall.

### LIVETALK

An hour long broadcast hosted by Kate and Bill. Participants can contribute their written comments through a live feed. Please follow Stepping Stone Theatre on Facebook. The shows are also available to be listened to later on YouTube.

### Both Sides of the Medication Cart

A podcast by Bill and Kate tracing the history of Kate's illness. Bill interviews Kate as she tells the testimonial story of her challenges and triumphs. Available on Google Podcasts, Stitcher, Anchor, Spotify.

### The Lockdown Legacy Podcast

Hosted by Bill, with interviews with everyday people telling everyday stories. Especially how the pandemic has affected their mental health.

### The Lockdown Legacy Booklet

A quarterly booklet comprised of writing and photographs by our members.

### Stepping Stone Strollers

A walking group that meets each Sunday at 10 at Roses Sports Ground. We do a leisurely walk around the playing fields. This is followed by cake and coffee or tea.

### Stepping Stone Social Singers

A face to face group, singing for fun, meeting at Roses every Friday at 1:00pm.

### Writing With a Twist

A face to face group. Lots of fun and games, some writing, at the X-church on Wednesdays from 2:00pm–3:30pm.



**This year Shine Lincolnshire were lucky to be involved in World Book Night 2022.**

World Book Night (run by The Reading Agency) is celebrated on April 23rd to bring people together from all backgrounds for one reason – to inspire others to read more. Reading for pleasure is a globally recognised

indicator in a huge range of social issues from poverty to mental health, yet in England alone, 36% of people don't regularly read (DCMS, 2015).

Organisations and individuals held events up and down the country to celebrate the difference that reading makes to our lives, from book themed parties at home to books swaps in offices.

Our chosen book was "The Boy Between" by Amanda Prowse & Josiah Hartley.

Josiah was nineteen with the world at his feet when things changed. Without warning, the new university student's mental health deteriorated to the point that he planned his own death. His mother, bestselling author Amanda Prowse, found herself grappling for ways to help him, with no clear sense of where that could be

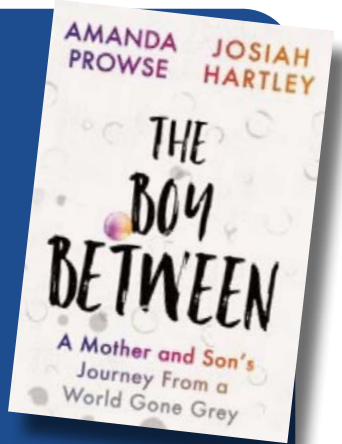
found. This is the book they wish had been there for them during those dark times.

Josiah's situation is not unusual: the statistics on student mental health are terrifying. And he was not the only one suffering; his family was also hijacked by his illness, watching him struggle and fearing the day he might succeed in taking his life.

In this book, Josiah and Amanda hope to give a voice to those who suffer, and to show them that help can be found. It is Josiah's raw, at times bleak, sometimes humorous, but always honest account of what it is like to live with depression. It is Amanda's heart-rending account of her pain at watching him suffer, speaking from the heart about a mother's love for her child.

For anyone with depression and anyone who loves someone with depression, Amanda and Josiah have a clear message – you are not alone, and there is hope.

To celebrate world book night we held events across the county in Gainsborough, Grantham, Lincoln, Stamford and Skegness. It was fantastic to come together and celebrate reading and the impact it has on mental health.



**Mental Health Awareness Week is an annual event started by The Mental Health Foundation and focused on improving the nation's mental wellbeing.**

The event has been held for over 20 years and continues to grow

in championing positive change and raising awareness of the importance of looking after our mental health.

Each year has a specific theme. Over the last few years our collective mental health has been greatly affected by the Covid pandemic and lockdowns, thus the themes have reflected this. 2020's theme was Kindness and focused on how making an effort to be kind to others has a positive effect on our own mental health. 2021's theme was Nature and aimed to help people understand the benefits of stepping out and connecting with the natural world. This year's theme is...

### Loneliness

Loneliness has affected so many of us over the last few years. During lockdown many of us were isolated from our friends and loved ones. Trapped in our homes and without those key connections it was difficult to remain positive and relieve stress. Even after restrictions have been lifted it has been difficult for many to reconnect.

Mental Health Awareness Week 2022 is all about shining a light on the issue and helping people break free from their social isolation. Here at Shine we will be marking the week through numerous activities across Lincolnshire in order to raise awareness for the impact isolation can have on mental health.

We also wanted to give you some practical tips on how to manage loneliness:

- Firstly, do not rush yourself beyond what you can manage. Trying to make new connections or reconnecting with people you know can seem daunting, but you don't need to push yourself to do anything you are not yet ready for – take things at your own pace.
- Maybe try joining a befriending service or an online community, such as Mind's Side by Side – a community for people to be able to listen and share their experiences – or possibly communities or classes based on your hobbies and interests.
- If you're able to, maybe try looking for volunteering opportunities. Helping others can have a significant positive effect on our personal mental health. Often the organisation you are volunteering for will be able to provide you with support too – don't be afraid to ask.
- Try to open up to the people you are connected to. Sometimes we feel lonely even when we are around others. This could be because you don't feel you are close to them. If you are comfortable, try opening up about your feelings, but if you don't feel comfortable opening up to those you know you could try talking to a therapist or taking part in peer support.
- Make sure you look after your physical wellbeing. Getting enough sleep, engaging in some form of exercise – even if it's just a walk – and having a good diet will help relieve stress, increase your self-esteem, and balance your outlook on life.
- Above all, do not compare yourself to others. Judging your personal journey based on the journeys of others distracts you from the positive steps you are taking. The steps you take don't have to be large – they just need to get you in the right direction.



# SUICIDE PREVENTION INNOVATION FUND

## WAVE TWO (SPF W2)

October 2020 saw the publication of Lincolnshire County Council's suicide prevention strategy. This has been developed on a multi-agency basis and co-produced alongside people with lived experience to reach out and save lives.

The vision is to recognise and support the aim that Lincolnshire is a place where suicide is not considered as an option and people will continue to have hope.

Suicide Prevention Innovation Funding was secured from NHS England and Shine Lincolnshire launched the wave 1 Investment Programme for Suicide Prevention across the County, with a focus on men at risk of suicide aged 25 to 59. The Investment Programme was £130,000 aimed at community organisations who work directly with men in supporting mental health, to apply for grants up to £10,000 to support and strengthen their organisations and their offer to men at risk of suicide.

Following on from the success of wave 1 of the funding, wave 2 of the Suicide Prevention Programme was launched with a further £130,000 investment. This Programme is not

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



### 1. CARERS FIRST

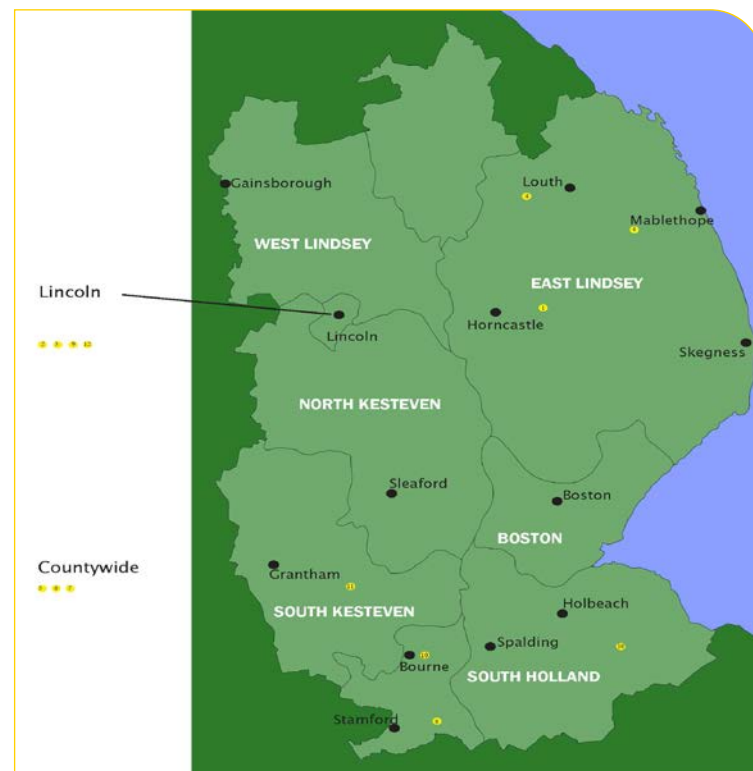
**Chatter Cake** is a new project for female carers living in East Lindsey. It will provide them with safe spaces to socialise with their peers, boosting their emotional wellbeing and resilience. It aims to prevent them from reaching breaking point, having suicidal thoughts and self-harming. The project will offer 'Chatter Cake' (afternoon teas) at local coffee shops, social activities to local attractions, a library of self-help books, wellbeing packs alongside access to specialist professional suicide and self harm support.

**Location:** Locations across East Lindsey  
**Session frequency:** Five 2-hour sessions over 9-months  
**Contact:** Hannah Key  
**T** 07391 418586  
**E** hannah.key@carersfirst.org.uk  
**W** www.carersfirst.org.uk

**Carers First**

### 2. DARKSIDE RISING

**Fathers in Mind: The Baby Massage Project** will support fathers to improve their mental health and bond with their babies. Over the course of 12 weeks, online via Zoom in the evening, they will learn the art of baby massage, becoming an active part of baby's bedtime routine and building a strong, gentle bond with their child. At the end of the course, a face-to-face celebration event will be held in Lincoln and there will also be the opportunity to engage with the development of a podcast, exploring paternal mental health.



age specific and will have a focus on supporting people 18+ and being innovative and creative with ideas and developments that promote healthy lifestyles, reduces self-harm, suicides, and raises awareness. The fund saw 25 application with 12 successful projects being awarded funding.

Details of these projects along with organisations contact details can be found below, if you have any queries, please do not hesitate to contact the organisations 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;



**Location:** Lincoln  
**Session frequency:** Three consecutive courses of 6 participants: 1-hour weekly online session for 12 weeks  
**Contact:** Shantelle Svarc  
**E** darkside.risingcic@gmail.com  
**W** www.darksiderising.co.uk



### 3. DEVELOPMENT PLUS

**The PITCH** is a men's social group designed to combat isolation and loneliness and help people connect, build confidence and improve wellbeing. Open to guys from all walks of life and any age. We meet weekly, usually at the Bridge Central on a Thursday, 2-4pm. The sessions are laid back and very much led by the group. We play pool, boardgames, quizzes and other activities. Drink coffee, have a laugh and talk about just about pretty much anything. We also take trips out, such as bowling and visiting local sites. A relaxed approach to a very serious issue!

**Location:** Lincoln, usually at Bridge Central  
**Session frequency:** Weekly on Thursdays at 2pm-4pm  
**Contact:** Kate Edgar/Ian Enright  
**E** kate.edgar@developmentplus.org.uk  
 ian.enright@developmentplus.org.uk  
**W** www.developmentplus.org.uk



### 4. GRUBBY KNEES LTD

**The Growing Room.** Grubby Knees Ltd, in partnership with Mind Out Loud, aim to create a free, holistic creative support group which encourages Men, from different backgrounds to create together, share experiences, take part in meaningful activity, and support one another. As well as creating a safe environment for men to talk, the project will act as a mechanism in which Grubby Knees will use to gather information, stories, verbatim to create a professional piece of theatre, which will be toured around the UK at fringe events, in theatres, and community settings, focusing on suicide and the notions of masculinity aiming to help change the narrative for men in today's society.

**Location:** Louth and Mablethorpe  
**Session frequency:** Weekly on Mondays  
**Contact:** Elizabeth Atkin  
**T** 07920 486886  
**E** lizzie@grubbyknees.org



### 5. HARMLESS CIC

**The Tomorrow Project.** Harmless are proud to announce that we are launching our digital text service on 1st March 2022. The text service will provide tailored text support that consists of emotional and practical support, signposting, and referrals if necessary to adults at risk of suicide and in crisis.

**Location:** Digital text service  
**Session frequency:** Weekly 2-hour sessions  
**Contact:** Katie/Lydia  
**E** katie@tomorrowproject.org.uk  
 lydia.hunter@tomorrowproject.org.uk  
**W** www.harmless.org.uk



### 6. LINCOLN CITY FOUNDATION

**Team Talk** aims to tackle male mental health in Lincolnshire by providing dedicated wellbeing hubs, physical activities, and signposting to professional support for men aged 18 and over. We are using our brand to raise awareness whilst working with fellow partners, including Andy's Man Club and Magna Vitae, to break down barriers that prevent men from asking for help. We aim to provide a safe space for peer to peer support, as well as opportunities for men to reap the wellbeing benefits of physical activity participation.

**Location:** Countywide  
**Session frequency:** Peer to Peer Support – 2-hours weekly, Physical Activity – 1-hour weekly, P.R. Events – 8 annually  
**Contact:** Alice Carter  
**E** alice.carter@lincolncityfoundation.co.uk  
**W** www.lincolncityfoundation.com



### 7. LINCOLNSHIRE RURAL SUPPORT NETWORK

**Suicide Prevention in Rural Communities.** LRSN's project has been specifically designed to tackle issues affecting the agricultural (farming) and rural community (reduced subsidies, Brexit, labour shortages, collapse of the pig industry, challenges for the poultry industry). We will provide a range of initiatives including one-to-one sessions, focused and sustained casework, support and supervision of caseworkers, and suicide prevention awareness and training. We also provide tailored self-help literature via our website. We will also work with specifically trained volunteers who deliver bespoke casework service to people who are at risk of suicide. We will reach out into the rural community across the county through a mix of physical and digital means, enabling as many people as possible who would benefit from our services to have easy access, including through our mobile Health Hut.

**Location:** Countywide  
**Session frequency:** One-to-one casework – 1-hour sessions, Volunteer Training – Half a day every 6-months, Supervision sessions – 1-hour sessions six times per month  
**Contact:** Amy Thomas/Gilly Steel  
**E** amy.thomas@lrsn.co.uk  
 gilly.steel@lrsn.co.uk



### 8. MINDSPACE STAMFORD AND CPSL MIND

**Weave Stamford.** MindSpace Stamford and CPSL Mind are partnering to bring the learning from the latter's Sanctuary model to a market town, expanding the opening of MindSpace to be more available for comfort, safety and support of those struggling with their mental health. We will increase the pool of volunteers trained locally in suicide prevention strategies to become a wider community asset and develop a support group for friends and family of those living with suicidal thoughts. In addition we will utilise the CPSL Mind STOP Suicide resources to prevent escalation in those at risk of suicide.

**Location:** Stamford  
**Session frequency:** Open Safe Space @ MindSpace – 3 days per week,



Volunteer Induction/Training Stop Suicide – six 3-hour sessions, Family and Friends STOP Suicide Support (face-to-face and virtually) – up to weekly 90-minute sessions

**Contact:** Dan Petrie  
**E** dan@mindspacestamford.com  
**W** www.mindspacestamford.com  
www.cpslmind.org.uk



9. NW COUNSELLING HUB

**WomanChat** is a peer support group, led by an NWCH Therapist, which connects women over the age of 18 years who have thoughts to self-harm or end their lives, to form a self-sustaining weekly peer-support/befriending group. Improving emotional health; with a weekly mindfulness group too. The groups will run on a rolling basis so people can join adhoc and will be offered face to face or online. The groups are 2hrs a week for 6 weeks and have a Facebook closed group and a WhatsApp group, for support outside of the sessions and to encourage meet-ups, the groups and social media platforms have an NWCH facilitator present.

**ManChat** is a peer support group, led by an NWCH Therapist, which connects men over the age of 18 years who have thoughts to self-harm or end their lives to form a self-sustaining weekly peer-support/befriending group. Improving emotional health; with a weekly mindfulness group. The groups will run on a rolling basis so people can join adhoc and will be offered face to face or online. The groups are 2hrs a week for 6 weeks and have a Facebook closed group and a WhatsApp group, for support outside of the sessions and to encourage meet-ups, the groups and social media platforms have an NWCH facilitator present.

**Location:** Lincoln City & surrounding areas  
**Session frequency:** Befriending Groups – weekly 2-hour peer-support group for 6 weeks, Mindfulness for Mental Health – 1-hour mindfulness session immediately after each group  
**Contact:** Christopher Morris



10. ROCK SCHOOL BUS CIC

The ‘**Rollin’ Rock Café**’ is a mobile music facility on a double-decker bus with a state-of-the-art sound system, full set of electronic instruments and access to the internet via free wi-fi. Brought to you by the Rock School Bus CIC, two local specialists will run creative, innovative music centred activities that aim to revive hope, confidence, resilience and awareness of mental health, right in the heart of your community. Everyone working on these sessions has their own personal experiences with ill mental health and knows that music is a powerful tool in recovery and health management.

**Location:** South Holland, Bourne, Crowland and Deepings, Holbeach and the Suttons  
**Session frequency:** Twice-weekly at each location for 1 hour  
**Contact:** Amber Sinclair  
**T** 07939 266321  
**E** therockschoolbus@gmail.com



11. SOUTH LINCOLNSHIRE BLIND SOCIETY

**Place2bee – Bhive Community.** On the 24th of February will be starting our program of bites sized workshops just for men helping them understand low mood, managing themselves, how mindfulness can be used as a self-care tool, coaching sessions, reducing self harm, eating well, wellness and recovery action planning, bouncing back – mental health resilience, romance scams to name a few. Each work shop is delivered in small groups that will be held at the Bhive Community hub 6-8 pm on a Thursday evening 11a Finkin Street, Grantham, Lincs NG31 6QZ.

**Location:** Grantham  
**Session frequency:** Weekly on Thursdays at 6pm-8 pm  
**Contact:** Susan Swinburn  
**T** 0300 30 20 147  
**E** susans@blind-society.org.uk  
**W** www.blind-society.org.uk



12. YMCA LINCOLNSHIRE

**Well Safe** will offer a range of activities and opportunities through which the people engaged in our Housing Service can access a variety of support, engagement and enrichment opportunities to protect their mental health, improve personal wellbeing, and build resilience. The project provides a structured programme of activities which make use of the skills, experiences and knowledge of our staff, and sit comfortably alongside our existing psychotherapeutic interventions, Holistic Health for the Homeless team, guidance from Support Workers, and external signposting and referrals to informal support.

**Location:** Lincoln  
**Session frequency:** Various over 12 months  
**Contact:** Emma Everitt  
**T** emma.everitt@lincsymca.co.uk  
**W** www.lincsymca.co.uk



LIFE AS A CARER  
By Dan Fleshbourne



Welcome to part three of my ongoing blog talking about being an unpaid carer. Having previously talked about my lived experience and education, today I'm going to focus on employment and how you can have a career and a caring role.

When thinking about your career it can be daunting. Often an unpaid caring role can take up all your time and emotional energy. It can leave you feeling exhausted, isolated, and often thinking about a job on top of that can seem like a daydream, or worse a nightmare... More responsibilities, inflexible working patterns and often feeling a stigma towards unpaid carers in the workplace.

This is how I felt working while being an unpaid carer in the 00s and I decided to take a career break to focus on my caring role as I felt I was being pulled in lots of different directions and was unable to give all my time and energy to any endeavour.

Thankfully the world has moved on and so have people's perceptions of unpaid carers. Unpaid carers became protected under the Equality Act 2010 from discrimination or harassment due to their caring role. Also, in 2014 the Care Act became law and guaranteeing the rights of unpaid carers to support (called a carers assessment).

In fact, so much has changed that I felt about 5 years ago that returning to full time employment was a realistic possibility for me. I still had an unpaid caring role that took up a lot of my time and energy so I decided that I would try some volunteering with the flexibility to work around my caring role and “dip my toe in the water”.

I started sharing my lived experience as a carer with the local health care system. This was to encourage cultural and systemic changes to help other carers to feel valued and supported in their role. Although this was different to my previous employment role, I felt valued and able to effect change to the system.

What amazed me was the willingness and understanding of working around my caring role. Due to the changes in the law, I was now entitled to “reasonable adjustments” at work which meant I could keep my mobile phone (on vibrate) with me in case of a call connected to my caring role. I could fit work around any appointments or hospital trips I needed to make. I was able to set a flexible working pattern so I could always hand off to another carer and not leave them on their own.

I discovered a real sense of purpose and passion in raising awareness for unpaid carers especially in the field of Mental Health. Working helped me to raise my self-worth and reminded me of the valuable skills that I had hidden away while being an unpaid carer. This spurred me on to make major changes to my life. It also introduced me to new people and new ideas.

Today I work full time supporting people to identify as unpaid carers and seek the support they need to help them live their best life. I support and offer training to organisations to recognise unpaid carers in their workplace and enable and support them in their caring role which in turn enables them to stay in employment and do their job well without fear or prejudice.

I'm now just about to embark on a new stage of my carer moving on to a role in directly supporting carers to learn new techniques and enhance their existing skills to enable them to live well and support their own mental and physical health as well as their caring role.

I would encourage anyone thinking of starting on their own journey to employment, or indeed to stay in existing employment, to talk to local carer support organisations to support them.

It may seem like a long road to travel but remember you don't have to walk it alone and sometimes the journey can be as enjoyable as the destination.

Carers First Carers Week 6th – 12th June 2022 Making Caring Visible, Valued & Supported

Carers First will be on Boston Market on Saturday 4th June. Come along and see how we can support you

On Wed 8th June: you will find us in Tesco's in Boston providing information and support.

Thurs 9th June: A Picnic in Hubbard's Hills, Louth 11:00am

Fri 10th June – Mablethorpe Advice & Information Drop in: The Blitz café, Fitzwilliam Street. 10 till 12 Free refreshments

Monday 13 June: The Louth Carers Wellbeing Group Will be holding Royal Trivia Quiz

Wed 8th June: Caistor Walk & Talk, Chill & Chat 10am – 12pm Meeting at the Caistor Arts and Heritage centre

carersfirst.org.uk 0300 303 1555

CARERS WEEK Carers First Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. This year it runs from 6th to 12th June 2022.

Across East Lincolnshire Carers First have planned activities and events that are free to attend. For the full programme please check out the Carers First website www.carersfirst.org.uk and search under Lincolnshire. Some events require you to book so please check beforehand. Carers First staff will be available to have a chat with and answer any queries with regards to the support that they offer unpaid Carers.

Carers First offer support to unpaid Carers throughout the year and can be contacted on 0300 303 1555 or search for 'Carers First Lincolnshire' on Facebook to see a snap shot of what they offer. From individual support to wellbeing groups, from trips and activities to workshops and online courses there is something for everyone.



# Night Light Cafés

Night Light Cafés are a non-clinical out of hours support for people who are struggling with their mental health who may be at risk of experiencing a crisis.

Since January, the Night Light Cafés have grown from 10 cafés in the Lincoln area to including cafés in Spalding, Long Sutton, Gainsborough, Grantham, Bourne and Stamford. To find out more, please see [@nightlightcafeLincoln](#) on Facebook, email [nightlight@actstrust.org.uk](mailto:nightlight@actstrust.org.uk) or call **0300 011 1200**

## HOW DOES SOCIAL PRESCRIBING HELP?

**S**ocial prescribing is about empowering people to take responsibility for their own health and wellbeing, by building resilience, knowledge and confidence. All that is required is that someone's medical needs (both physical and mental wellbeing) are managed or stable, and that they demonstrate a willingness to engage in self-care. Social prescribing can then find the right community support for them as individuals, that best meet their needs.

The core purpose of social prescribing is to think about the person and what matters to them and not just concentrate on the illness. Often, there are many other issues that the person has to contend with as well... money worries, accommodation, family concerns for example.

**The core purpose of social prescribing is to think about the person and what matters to them and not just concentrate on the illness.**

In Lincolnshire we are helping people to become more involved in community life thanks to a range of social prescribing initiatives. Providing guidance, a listening ear and signposting for anyone who needs extra help in changing their lifestyle and staying well or to be better connected to community.

It isn't just about getting specialist medical help that will make us feel better, there are many other things we can do for ourselves that will complement. Lincolnshire's Social Prescribing Link Workers provide people with the right support, at the right time for their condition before it worsens or becomes too much to bear. They have strong



### MONDAY

4pm-8pm: St John's Church, Sudbrooke Drive, Ermine, LN2 2EF  
8pm-11pm: Bridge Central, Portland Street, LN5 7NN

### TUESDAY

4pm-8pm: St Giles Methodist Church, Addison Drive, LN2 4LH  
7pm-10pm: Coffee Culture, The Forum, North Hykeham, LN6 8HW

### WEDNESDAY

4pm-11pm: Bailgate Methodist Church, Bailgate, LN1 3AR

### THURSDAY

4pm-11pm: Breakthrough Centre, Boultham Park Road, LN6 7ST

### FRIDAY

4pm-8pm: Energize Youth Building, Larchwood Cres, Birchwood, LN6  
8pm-11pm: Bridge Hub, Newark Road, LN5 8NQ

### SATURDAY

8pm-11pm: The Salthouse, Free School Lane, LN2 1EY

### SUNDAY

7pm-10pm: Alive Church, Newland, LN1 1XD



links to voluntary sector and community groups through established networks and will also signpost to public and statutory agencies.

Stan\* is a male in his 70s, diagnosed with Parkinson's, he has poor mobility and lives alone. He was referred for Social Prescribing as he was struggling with his diagnosis and was feeling very isolated and worried about his lack of social contact. He was willing to join groups that interested him, but he didn't have access to IT or know how to use it. Stan is a bright and cheerful person who tried to keep a positive outlook.

Stan's Social Prescribing Link Worker supported him to apply for a grant to buy a tablet and arranged for a local person to give him IT training so he could learn how to use it. He was connected to three different organisations and joined their online and in-person support groups. He was also given help to apply for benefits he was entitled to and details of how to hire a mobility scooter for short distance trips out.

Stan now has technology he can use to connect to others with the same diagnosis. He has more mental stimulation and is actively receiving more support, both financially and for his diagnosis. He reports feeling less isolated, more knowledgeable about Parkinson's and more mobile than before.

Lincolnshire hosts a team of 49 link workers across the county. To find out more about your social prescribing service, speak to your local GP surgery or visit [www.lpft.nhs.uk/community-support-in-Lincolnshire](http://www.lpft.nhs.uk/community-support-in-Lincolnshire) to find contact details.

\*not his real name

## LINCOLNSHIRE MENTAL HEALTH COMMUNITY TRANSFORMATION PROGRAMME – CO-PRODUCTION

(AKA people working together to make things better!)

People with lived-experience bring such an important perspective to the development and delivery of change and improvement.

The Transformation Programme has ensured people are at the centre of planning by investing in the Mental Health Co-production Group that has been running throughout the last 12 months. This dedicated group of people, all of whom have experience of mental health needs or caring for someone who has, have given their time, experience and ideas to work alongside professionals to influence the services and changes that are happening.

We continue to look for people who would like to make a difference and work together with services to make things better for all. To register your interest, please visit <https://forms.office.com/r/LgGqDZw169>

### AN UPDATE ON GAINSBOROUGH

Hello I'm Hannah, I am an Occupational Therapist with experience working in Community Mental Health and Adult Social Care.



I am Gainsborough's Mental Health Community Connector. Hosted by Gainsborough Trinity Foundation, covering the Gainsborough and rural areas of the Trent PCN.

My work centres around listening to individuals and community groups, agencies and services to find out what is important, what's missing and how our community assets can best fill those gaps, as part of the NHS Mental Health Transformation. I lead the pilot for the **Night Light Café** in Gainsborough and supported the volunteers involved. I am involved in a few projects such as a **World Book Night**, and we held a very successful event on 25th April at The Venue.

I am supporting individuals to have an **Initial Conversation** which helps us to understand what's on going on in a person's life, what's important to them right now and what the next steps might be. This enables me to signpost or refer to the right care and support for them at the right time. If you would like to get in touch you can contact me on [hannah@gainsboroughtrinityfoundation.com](mailto:hannah@gainsboroughtrinityfoundation.com).

There has been a lot going on in the area recently, for example:

On Monday 14th March, both Cat Paton and Debbie Clarson were honoured to receive a **High Sheriff of Lincolnshire Award** on behalf of **Gainsborough Crisis Action Team**. While Damon Parkinson and Jackie Applebee also received awards in recognition of their service to the local community.



**Gainsborough Crisis Action Team, Stepping Stone Theatre for Mental Health and the Salvation Army.**

Over 34 vulnerable adults accessed the service this winter and received support including gas, electric and mobile phone top-ups, emergency / overnight food parcels For many beneficiaries the Winter Pressures service was a lifeline in terms of supporting mental wellbeing, during the hardest months of the year.

### AN UPDATE ON GRANTHAM

Hi I'm Jo Castro, Community Connector for Grantham.

My role is to work with all the Community and Voluntary groups in Grantham and see how I can connect and support them in the amazing work they do but also to see if there are any gaps in provision. We are very lucky in Grantham that we have amazing people across the town and surrounding villages who want to provide positive and safe groups for the residents. Please do contact me if you are wanting to get out and about and wondering where has community cafés, wellness groups, craft activities or exercise and walking groups.

*"Co-production, when used well by an organisation, becomes a state of mind that increases communication, cooperation and collaboration to create the very best available. Its benefits cannot be understated when utilised correctly..."*

Cat said: 'Both Debbie and I are very honoured to receive these awards in recognition of the vital service we provide to local residents through the x-church Community Drop-in facility.'

We have also continued our **Gainsborough Winter Pressures Service** for the third-year. The project was a collaboration between **Gainsborough Trinity Foundation**,





# HOW TO SUPPORT SOMEONE

**W**hen those closest to us need support it is within our nature to reach out to be what they need in that time. However, looking after someone else can sometimes be a real challenge and we need to make sure we are not neglecting our own needs.

Maybe we feel we don't have the time or that it's not worth the extra effort. But don't be dismayed – your wellbeing is just as important as the wellbeing of the people you care for, and even just a little time spent looking after yourself and your own needs is better than nothing!

Looking after yourself will help you feel happy and healthy and allow you to better cope with your role as a carer. But what practical steps can you make?

Firstly, make sure to actually set yourself some time to look after yourself. You might think you don't have any time, but even just a quick 15-minute break for a cup of tea, to read a couple of chapters from a book, to call a friend or to simply unwind with some alone time can be greatly beneficial. Set that time aside for you, without distraction if at all possible.

When you do set aside time for yourself try doing activities that will help put you in a calm state of mind. Breaking up the stresses of your day with more stress can only make you feel worse.

- Going for a walk is a simple yet effective positive activity. Get some fresh air and have a change of surroundings to help clear your head.
- Maybe put your headphones in and listen to your favourite podcast or audiobook. Or set your speakers to full blast and dance along to that one tune you can't resist moving to.
- Try talking to someone about how you are feeling. This doesn't have to be a friend or family member, or even someone you know. There are many avenues including forums and support groups for carers to meet, share experiences and support each other.
- Make sure you take the time to look after your own physical health too. Eating healthily, getting regular exercise and enough sleep will help balance your mood, relieve stress, and strengthen your mental health.

Be careful not to neglect yourself – you can't effectively aid others if you aren't addressing your own physical and emotional wellbeing. You have needs too and those needs are valid.

If you are struggling, reach out – support is available (see below). You don't have to face challenges alone.

**Carers UK** has a telephone advice and support service and works to connect carers to the support they require.  
**T 0808 808 7777 W www.carersuk.org**

**Carers First** offer 1-2-1 support, online advice, workshops, support groups and other services for carers of all ages.

**T National helpline: 0300 303 1555**  
**T Lincolnshire contact: 01522 782224**  
**W www.carersfirst.org.uk**

**Every-One** work with carers and people receiving care to ensure they are at the centre of looking after their own personal wellbeing.

**T 01522 811582 W www.every-one.org.uk**

## 5 tips to improve your health and wellbeing



**1 Move more**

**2 Connect with others**

**3 Eat at least 5 portions of fruit and veg a day**

**4 Get enough sleep (between 6-9 hours every night)**

**5 Limit alcohol intake (It's recommended to drink no more than 14 units of alcohol a week)**

Scan this QR code for advice and practical tips to help you look after your mental health and wellbeing and to create a free NHS approved 'mind plan'

Scan this QR code for easy ways to eat well and move more from Change4Life

To find out more about how you can get involved in health and wellbeing activities in Gainsborough and Lincoln, call **07788 185 743** or email **andy@gainsboroughtrinityfoundation.com**

Gainsborough Trinity Foundation is a Registered Charity Number: 1168775  
 Roses Sports Ground, North Warren Road, Gainsborough DN21 2TU

NHS Lincolnshire Clinical Commissioning Group | Lincolnshire County Council | Shine

## GOLDEN GOAL

### OVER 55'S HEALTH AND WELLBEING GROUP

**GOLDEN GOAL** is an exciting new project to combat loneliness and inactivity to anyone aged 55+. All activities will be chosen by the participants.

Why not come along to meet people, to socialise, make new friendships and do things you enjoy.  
 Light refreshments are included

**TUESDAY 12:30PM - 2:30PM**  
**THURSDAY 10:00AM - 12:00PM**

To REGISTER YOUR INTEREST: Email: [nicola.drummond@bufc.co.uk](mailto:nicola.drummond@bufc.co.uk)  
 Or CALL: 01205 364406

**STARTING W/C 11TH JANUARY 2022**  
 £3 A SESSION | AT KABIAS, THE JAKEMANS COMMUNITY STADIUM  
 PILGRIM WAY, PE21 7NE

# 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](http://www.abbeyaccesstraining.com)

**Acis Group** | Countywide  
**T** 0800 027 2057 **W** [www.acisgroup.co.uk](http://www.acisgroup.co.uk)

**Active Arena Lincoln** | Lincoln  
**T** 01522 701 715 **W** [www.activearena.co.uk](http://www.activearena.co.uk)

**Active Lincolnshire** | Countywide  
**T** 07903 266 040  
**W** [www.activelincs.org.uk](http://www.activelincs.org.uk)

**Acts Trust** | Lincoln  
**T** 01522 542 166 **W** [www.actstrust.org.uk](http://www.actstrust.org.uk)

**Adults Supporting Adults** | Countywide  
**T** 01529 416 270 **W** [www.asaorg.co.uk](http://www.asaorg.co.uk)

**Age UK** | Lincoln  
**T** 01522 696 000  
**W** [www.ageuk.org.uk/lincolnsouthlincolnshire](http://www.ageuk.org.uk/lincolnsouthlincolnshire)

**Age UK Lindsey** | East/West Lindsey  
**T** 01507 524 242 **W** [www.ageuk.org.uk/lindsey](http://www.ageuk.org.uk/lindsey)

**Alford Dementia** | Alford  
**T** 01507 522 116

**Alford Hub** | Alford  
**T** 01507 464 901 **W** [www.alfordhub.co.uk](http://www.alfordhub.co.uk)

**Alford Storehouse Church** | Alford  
**T** 01507 462 990  
**W** [www.thestorehousechurchalford.org.uk](http://www.thestorehousechurchalford.org.uk)

**Ali McDonald Art to Enjoy** | Countywide  
**E** [ali.art@tiscali.co.uk](mailto:ali.art@tiscali.co.uk)

**Allenby Training** | Lincoln  
**T** 01522 548 559  
**W** [www.allenby-training.co.uk](http://www.allenby-training.co.uk)

**Andy's Man Club** | Lincoln  
**W** [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

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

**Armed Forces Covenant Fund Trust** | Nationwide  
**E** [info@covenantfund.org.uk](mailto:info@covenantfund.org.uk)  
**W** [www.covenantfund.org.uk](http://www.covenantfund.org.uk)

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

**Art Ninja HQ ActiviTea CIC** | Lincoln  
**T** 07802 478 515 **W** [www.artninjaahq.com](http://www.artninjaahq.com)

**Art Pop-Up** | Stamford  
**W** [www.artpopup.co.uk](http://www.artpopup.co.uk)

**The Askefield Project** | Friskney  
**T** 07754 232 873 **W** [www.askefield.co.uk](http://www.askefield.co.uk)

**Assist** | Lincoln  
**T** 01522 370 164 **W** [www.assistlincs.org.uk](http://www.assistlincs.org.uk)

**Association of Service Drop In Centres (ASDIC)** | Nationwide  
**T** 01622 278 110 **E** [admin@asdic.org.uk](mailto:admin@asdic.org.uk)  
**W** [www.asdic.org.uk](http://www.asdic.org.uk)

**Bearded Fishermen** | Countywide  
**T** 0300 365 0019  
**W** [www.beardedfishermen.org.uk](http://www.beardedfishermen.org.uk)

**Be The Difference** | Gainsborough  
**T** 0300 102 7735  
**W** [www.bethedifference.org.uk](http://www.bethedifference.org.uk)

**BHive Community** | Grantham  
**E** [enquire@bhivecommunity.org.uk](mailto:enquire@bhivecommunity.org.uk)  
**W** [www.bhivecommunity.org.uk](http://www.bhivecommunity.org.uk)

**BLESMA** | Nationwide  
**T** 020 8590 1124 **E** [info@blesma.org](mailto:info@blesma.org)  
**W** [www.blesma.org](http://www.blesma.org)

**Blonde Beet** | Stamford  
**T** 01780 766 464 **W** [www.blondebeet.co.uk](http://www.blondebeet.co.uk)

**Boston District Council** | Boston  
**T** 01205 314 200 **W** [www.mybostonuk.com](http://www.mybostonuk.com)

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

**British Red Cross** | Nationwide  
**T** 0344 871 11 11 **E** [contactus@redcross.org.uk](mailto:contactus@redcross.org.uk)  
**W** [www.redcross.org.uk](http://www.redcross.org.uk)

**Bromhead Medical Charity** | Countywide  
**T** 01522 846 901  
**W** [www.bromheadmedicalcharity.co.uk](http://www.bromheadmedicalcharity.co.uk)

**Boston and South Holland Talking Newspaper** | Boston  
**E** [enquiries@bashtn.org.uk](mailto:enquiries@bashtn.org.uk)  
**W** [www.bashtn.org.uk](http://www.bashtn.org.uk)

**Boston Centenary Methodist Church** | Boston  
**T** 01205 355 543  
**W** [www.bostonmethodist.org.uk](http://www.bostonmethodist.org.uk)

**Boston Community Food Bank** | Boston  
**T** 01205 310 929  
**W** [www.boston.foodbank.org.uk](http://www.boston.foodbank.org.uk)

**Boston Community Transport** | Boston  
**T** 01205 360 183 **W** [www.bostonct.org.uk](http://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](http://www.bostonshed.co.uk)

**Boston Salvation Army** | Boston  
**T** 01205 359 232 **W** [www.bostonarmy.org.uk](http://www.bostonarmy.org.uk)

**Boston Stump** | Boston  
**T** 01205 310 929  
**W** [www.parish-of-boston.org.uk/church/st-botolphs](http://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](http://www.bostonunitedcf.co.uk)

**Boston United Positive Pilgrims** | Boston  
**T** 07931 311 345  
**W** [www.bostonunitedcf.co.uk/positive-pilgrims](http://www.bostonunitedcf.co.uk/positive-pilgrims)

**Bourne Food Bank** | Bourne  
**T** 07546 131 806  
**W** [www.bournefoodbank.org.uk](http://www.bournefoodbank.org.uk)

**Bridge Church** | Lincoln  
**T** 01522 530 730 **W** [www.wearebridge.org](http://www.wearebridge.org)

**The Butterfly Hospice** | Boston  
**T** 01205 367 372

**Café CLIP Market Rasen** | Market Rasen  
**T** 07554 450 505 **W** [www.cliplearning.com](http://www.cliplearning.com)

**Carers First** | Countywide  
**T** 0300 303 1555 **W** [www.carersfirst.org.uk](http://www.carersfirst.org.uk)

**Centrepont Outreach** | Boston  
**T** 01205 360 900  
**W** [www.centrepont-outreach.com](http://www.centrepont-outreach.com)

**Chatabit** | Louth  
**E** [info@chatabit.org.uk](mailto:info@chatabit.org.uk)  
**W** [www.chatabit.org.uk](http://www.chatabit.org.uk)

**Children's Links** | Countywide  
**T** 01507 528 300  
**W** [www.childrenslinks.org.uk](http://www.childrenslinks.org.uk)

**Christ Church Stamford** | Stamford  
**T** 01780 766 446  
**W** [www.christchurchstamford.com](http://www.christchurchstamford.com)

**Citizens Advice Bureau** | Nationwide  
**T** 0800 144 8848 (England) **T** 0800 702 2020 (Wales) **W** [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**Citizens Advice Mid Lincolnshire** | Boston  
**T** 01205 314 534 **W** [www.camidlincs.org.uk](http://www.camidlincs.org.uk)

**City of Lincoln Council** | Lincoln  
**T** 01522 881188 **W** [www.lincoln.gov.uk](http://www.lincoln.gov.uk)

**CLIP Gainsborough** | Gainsborough  
**T** 01427 677 377  
**W** [www.cliplearning.com/gainsborough](http://www.cliplearning.com/gainsborough)

**The Coastal Centre** | Mablethorpe  
**W** [www.mablethorpe.info/the-coastal-centre](http://www.mablethorpe.info/the-coastal-centre)

**Combat Stress** | Nationwide  
**T** 0800 138 1619 **M** 07537 173 683 (text)  
**E** [helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)  
**W** [www.combatstress.org.uk](http://www.combatstress.org.uk)

**Community Pharmacy** | Countywide  
**T** 01522 889 573  
**W** [www.lincolnshirepharmacies.co.uk](http://www.lincolnshirepharmacies.co.uk)

**Connect2Support Lincolnshire** | Countywide  
**W** [www.lincolnshire.connecttosupport.org](http://www.lincolnshire.connecttosupport.org)

**Connexions** | Gainsborough  
**T** 01427 678 695  
**W** [www.connexions.zohosites.com](http://www.connexions.zohosites.com)

**CPSL Mind** | South Lincolnshire  
**T** 0300 303 4363 **W** [www.cpslmind.org.uk](http://www.cpslmind.org.uk)

**Crimestoppers** | Countywide  
**T** 0800 555 111 **W** [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

**County Care Independent Living** | Skegness  
**T** 01754 611 153 **W** [www.countycare.co.uk](http://www.countycare.co.uk)

**Cruse Bereavement Support** | Countywide  
**T** 0808 808 1677 **W** [www.cruse.org.uk](http://www.cruse.org.uk)

**Cycling Without Age Skegness** | Skegness  
**T** 078108 277 22  
**W** [www.cyclingwithoutage.org.uk/skegness](http://www.cyclingwithoutage.org.uk/skegness)

**Darkside Rising CIC** | Lincoln  
**W** [www.darksidetraining.co.uk](http://www.darksidetraining.co.uk)

**Desire Change CIC** | Countywide  
**T** 01790 616 102 **W** [www.desirechange.org](http://www.desirechange.org)

**Development Plus** | Countywide  
**T** 07432 445481  
**W** [www.developmentplus.org.uk](http://www.developmentplus.org.uk)

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

**Doddington Hall** | Doddington  
**T** 01522 694 308 **W** [www.doddingtonhall.com](http://www.doddingtonhall.com)

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

**Don't Lose Hope** | Bourne  
**T** 01778 420 762 **W** [www.dontlosehope.co.uk](http://www.dontlosehope.co.uk)

**Double Impact** | Countywide  
**T** 01522 304 246 **W** [www.doubleimpact.org.uk](http://www.doubleimpact.org.uk)

**Dunston Churches Together** | Dunston  
**T** 01526 320 946  
**W** [www.stpetersdunston.weebly.com](http://www.stpetersdunston.weebly.com)



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

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

**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 ADHD Support Services** | Countywide  
**T** 07483 166 042 **W** www.lincsadhd.org

**Lincolnshire Community and Voluntary Service (LCVS)** | Boston  
01205 510 888 **W** www.lincolnshirecvss.org.uk

**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

**Mindspace** | Stamford  
**T** 01780 437 330  
**W** www.mindspacestamford.com

**Mint Lane Café** | Lincoln  
**W** www.involveincoln.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 Cafe** | Lincoln  
**T** 0300 0111 1200  
**W** www.facebook.com/nightlightcafelincoln

**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

**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 (PAACT)** | Countywide  
**T** 07847 507 353 **W** www.paactsupport.com

**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  
**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

**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

**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

**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.oneyoushout.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.ssafa.org.uk/get-help/forcesline  
**W** www.ssafa.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.stamfordundle.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.steps2change.org.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.stswithins.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

**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

**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

**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.bassingshamsurgery.co.uk

**BOSTON**  
**Greyfriars Surgery** | Boston  
T 01205 311 133  
W www.greyfriarssurgeryboston.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.clevelandurgery.nhs.uk

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

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

**Colsterworth Surgery** | Grantham  
T 01476 860243  
W www.colsterworthmedicalpractice.nhs.uk

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Cliff House Medical Practice** | Lincoln  
T 01522 872 872  
W www.cliffhousemedicalpractice.co.uk

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Littlebury Medical Centre** | Spalding  
T 01406 422 231  
W www.littleburymedicalcentre.co.uk

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

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

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

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

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

CHILDREN AND YOUNG PERSONS SUPPORT

Shine Lincolnshire are pleased to announce that we will be expanding our remit to include Children and Young persons health and wellbeing. Historically, Shine have provided information, support and guidance for residents of Lincolnshire over the age of 18, however in line with our growth over the last 18 months we feel we are now in strong position to expand and begin to deliver this for both adults and those under the age of 18.

We hope you are excited as we are with these changes, to mark this change we have worked to produce a list of support resources for children and young people.

- The NHS has **CAMHS** (Child and Adolescent Mental Health Services) across the UK to offer young people emotional and mental health support.

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

You can find more support about CAMHS and other support at **YoungMinds**. They offer information and online guides about mental health conditions, where to find support and how to get involved with campaigns.

W www.youngminds.org.uk

- **Childline** offer free and confidential support for anyone under the age of 19. They have a 24/7 helpline, offer 1-2-1 online chats with a counsellor and message boards to talk and share experiences with other young people. They also have Calm Zone which features activities and tools to help you chill out and de-stress.

T 0800 1111  
W www.childline.org.uk  
**Calm Zone:** www.childline.org.uk/toolbox/calm-zone

- **Kooth.com** is an anonymous and confidential online counselling, advice, and support service for young

**STAMFORD**  
**Sheepmarket Surgery** | Stamford  
T 01780 753 171  
W www.lakesidehealthcarestamford.co.uk/sheepmarket-surgery

**St Mary’s Medical Centre** | Stamford  
T 01780 764 121  
W www.lakesidehealthcarestamford.co.uk/st-marys-medical-centre

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

**WELTON**  
**Welton Family Health Centre** | Welton  
T 01673 862 232 W www.weltonsurgey.co.uk

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

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

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

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

**NATIONWIDE**  
**NHS Urgent Medical Advice Line** | Nationwide  
T 999

**NHS Urgent Medical Advice Line** | Nationwide  
T 111

people between the ages of 11 and 19.  
W www.kooth.com

- **Papyrus** is a UK charity dedicated to promoting positive mental health and wellbeing in young people. They provide support to young people struggling with suicidal thoughts via their helpline, HOPELINEUK.

T HOPELINEUK: 0800 068 4141  
M Text: 07860 039967  
W www.papyrus-uk.org

- **Mermaids** supports transgender, non-binary, and gender-diverse children and young people under the age of 20, as well as those involved in their care. They have a helpline and webchat available, as well as partnering with **Student Space**, run by **Student Minds** who support young people along their journey through higher education.

T Mermaids 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

- **Ambitious Youth Network** connects autistic young people across the UK. They offer online peer support sessions via Zoom, hosted by trained staff. They are a safe

environment which you can access from the comfort of your own home – no need to turn on your camera or microphone if you are not comfortable doing so.

W www.ambitious-youth-network.ambitiousaboutautism.org.uk

- **Calm Harm** is a free app to help young people resist the urge to self-harm.

- **The Mix** provide advice across a wide range of subjects for young people under the age of 25, including mental health support, money management and sex & relationships, as well as a free helpline, 1-2-1 confidential webchat and hosting discussion boards and group chat rooms.

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

- **Barnardo’s Young Carers Service** is available for anyone aged 5 to 18 who have a caring role. They offer outing during the school holidays, activity groups, peer support, homework clubs and other support.

T 0208 554 2888  
W www.barnardos.org.uk/what-we-do/services/young-carers-service

If you are an organisation who would like to be featured please get in touch with us on info@shinelincolnshire.com



# STRESS AWARENESS MONTH 2022



Every April since 1992 has been Stress Awareness month and this April is no different. It is this way to raise awareness of the causes of the high levels of stress we see within our society and how we can combat, minimise the impact and cure this.

Stress can be caused by a number of factors within our daily life such as our health, or jobs, or living situation or our relationships. Arguably nothing has caused more stress for us over the last two years than the pandemic. Throughout covid we were put in a position of uncertainty and isolation, which for many, resulted in increased levels of stress and anxiety. However, it also gave us a sense of community and belonging.

The theme for this years Stress Awareness Month is community and this has been chosen because a lack of support can result in loneliness and isolation and can in turn impact a person's wellbeing and mental health.

One impact of the pandemic was that communities came together to look after and support each other, while we were apart and in our own homes communities found ways to work together to support each other's wellbeing. While restrictions have been lifted, this sense of community support is something we want to continue to foster.

When people say community you often think about where you live, but you are probably part of far more communities than you realise. Your team at work is a community, if you play a sport or go to a class, that's a community or if you volunteer, you are part of that community. A community is a group of

people who have a connection to others that gives you a sense of belonging. It is this sense of belonging and relationships that have such an impact on our mental health by reducing the stress of isolation and loneliness.

The stress management society leads stress awareness month and has put together a 30 day challenge to reduce your stress, why not give it a try? We have shared a few tips that help de-stress, but be sure to also keep an eye on the Shine social media as we will be sharing more tips to de-stress throughout the month!

Visit [stress.org.uk](https://stress.org.uk) for tips to keep you motivated



Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
			1	2	3	4
5		6	7	8	9	10
11		12	13	14	15	16
17		18	19	20	21	22
23		24	25	26	27	28
29		30				



The 30-day challenge will maximise your chances of turning useful knowledge and techniques into positive behavioural change.

Pick an action each for your Physical, Mental and Emotional Wellbeing to carry out every day. Could you even add some actions for social and spiritual wellness?

It takes 30 days to turn actions into habits, which is why this is a month-long programme.

Good luck!

## LOUTH



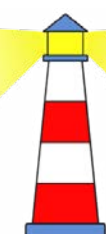
# LGBTQ+



A support talking group for people who have common experiences and concerns. We will provide each other with encouragement, comfort, advice, and support

Starting Monday 10<sup>th</sup> January  
at the 13+ Project Park Avenue Louth  
at 7pm – 8.30pm

Louth Methodist Church



Reaching Out & Bringing Hope  
Lighthouse Outreach Project

Wednesdays & Fridays 10am-2pm  
at Nichol Hill

- Refreshments always available
- We try to provide a free lunch (Friday only)
- Active programme including crafting & board games
- Outdoor working party involved in community projects, developing teamwork
- Providing food parcels to the needy and vulnerable, supported by FairShare and the Neighbourly project
- Signposting to other agencies and charities
- Supporting Grimsby Shoeboxes, the Ark, Harbour Place and Hope House

For more information contact Project Co-ordinator:

Mark Harrison  
07983 385570



## Easter Holidays Breakfast CLUB

\* At the Trinity Centre, Eastgate Louth  
Wednesday 6<sup>th</sup> April 09.30—11.30

Free breakfast for kids of cereal, fruit and toast plus games and crafts.

Please note parents need to stay with their children

For further information please contact

Elise 07734370875

Sue 07734370873

Supporting the Whole Person Trinity Centre  
Faith, Worship, Community

Bro Pro Louth  
The Trinity Centre  
Tuesday 22nd March - 7 PM  
FB: @brotherhoodprojectuk

A safe place for men to meet, socialise & talk.

BRO PRO UK

"It's OK not to be OK"





The Rock School Bus is a mobile specialist music facility with equipment, instruments, and sound system for a 6-piece modern band to learn, rehearse and perform in.

They are currently running a project across South Lincolnshire called the Rollin Rock Café which aims to support users' health and wellbeing through musical therapy in a community setting. The project is open to anyone over the age of 18 and information of the project can be found on Facebook (@rockschoolbus).

## BEAM Café

A new resource within the community, to strengthen timely support for mental health, has launched from St Botolph's church.

The BEAM café (Building Engagement Around Mental health) aims to offer a safe space for anyone in the community, who is experiencing challenges with their mental health and wellbeing, and could benefit from a listening ear, peer support and links to other groups or services if appropriate. This project has the community at its heart and believes that everyone should have access to the right support at the right time so if someone is struggling and could benefit from a calm, welcoming environment, and a chat over a cup of tea or coffee, the BEAM café is open Tuesdays 12-3pm and Wednesdays 4-8pm.

Music for Mental Health

ONLY 10 PLACES AVAILABLE

### ROLLIN' ROCK CAFE

	Week A	Week B
	Dates: 29 Mar, 19 Apr, 3 May, 21 May, 7 Jun, 21 Jun, 5 Jul, 26 Jul, 6 Sep, 20 Sep, 4 Oct, 18 Oct	Dates: 5 Apr, 26 Apr, 10 May, 24 May, 14 Jun, 28 Jun, 12 Jul, 2 Aug, 13 Sep, 27 Sep, 11 Oct, 25 Oct
10:00-11:00	The Elizabethan Centre Person's Lane, Wapleade Drive PE22 0GB	Gedney Hill TBC
11:30-12:30	Cowbit Playing Field/Village Hall TBC	Sutton St James TBC
13:30-14:30	The Ruby Hunt Centre Church Street, Donington PE21 4UA	The Former United Reform Church London Road, Long Sutton PE22 9EA
15:00-16:00	Pinchbeck Community Hub and Library Knight Street PE21 3RU	Holbeach Community Centre Fishpond Lane PE21 7DQ

Register NOW!

therockschoolbus@gmail.com 07939 266321

FIND OUT MORE ON OUR FACEBOOK/INSTAGRAM PAGES

Shine Unleash Lincolnshire NHS Lincolnshire

## Hi my name is Zoe,

I am currently working collaboratively with 'Shine' to develop a community based mental health employment service. Shine have supported me with my project aims, and I am honoured that we are implementing and sharing further assistance within this brand-new service to enable this service to be provided by experts by experience too!

This in turn will offer you 'the community' this specialised support in a non-judgemental manner while we work with a diverse approach, enabling all to utilise a safe space, during our group settings to meet individuals employment needs and goals in a person centred way!

I have my own personal journey suffering with ill mental health which unfortunately led me to becoming an inpatient here in Lincoln at the Peter Hodgkinson Centre back in 2016. This in turn, then led me to becoming a passionate advocate of MH Awareness which has enabled me to become a mental health professional over the past few years. This began from utilising MH services along my recovery journey.

Let me explain how this came about, so I began to explore career opportunities within the NHS during my treatment plan alongside my recovery practitioner, and successfully achieved work experience as a volunteer at PHC.

I wanted to give back to the service that had so significantly helped me at my time of crisis, but I didn't have GCSEs to meet essentials to gain paid employment within NHS mental health services. I was fortunate to be referred to utilise an NHS employment specialist to assist me with identifying areas we could aim to achieve to get me to this end goal.

I Independently attended college and studied free government granted courses in my spare time to give me some insight. This then enabled me to apply for an apprenticeship within the NHS to gain the skills needed. My employment specialist assisted with the application and supported me through the interview process. I was successful and gained the apprenticeship and to cut a long story short I completed the apprenticeship which was inclusive of successfully achieving my advanced diploma and equivalent qualifications needed to pursue a career further within the NHS!

Within 20 months I had gained two promotions, and all the qualifications which led me to becoming an employment specialist myself gaining the same pay band 5 equal to a psychiatric nurse, which blew me away!

I was able to feel valued and build my confidence along the way which was paramount because in the total of my three years of service of working within the NHS I was nominated for 5 awards. I was recognised both locally and awarded Nationally with the last award being The Healthcare Heroes apprentice of the year award! I was so

proud to achieve so much while flying the flag to reduce stigma attached to mental health.

So now I would like to bring my experience to the community while continuing to promote hope, by assisting and supporting individuals on their recovery journeys. I am extremely passionate about raising mental health awareness with the aims of reducing stigma, which in turn reduces returns of hospital admissions and suicide.

I strive to assist and support individuals to meet their end goals by being able to naturally engage and empathize with others, that too may suffer with ill mental health. I look forward to be working collaboratively with the organisation Shine to offer my lived MH experiences and Employment Specialist expertise to meet the community's needs further.

**The Service is Named Model Of Me (M.O.M)**

We will be launching the peer supported employment service on the **9th May @3:30pm** – this will take place at Waitrose (Searby Road, Lincoln LN2 4DS)

within their community room. Anyone and everyone is welcome so please turn up for a FREE coffee and chat with us to explore this exciting time further, with our local organisation Shine!

Within the groups setting we will offer workshops including:

- Confidence, self-esteem, and social skills building
- Signposting information to wider mental health community services, while also working collaboratively with MH services – to meet individuals needs where identified to break down barriers of communication
- Assistance and support to identify transferable employability skills to strengthen CVs
- Support to identify suitable voluntary positions and job opportunities, while offering support to complete applications
- Offer assistance and support to liaise by request within the wider community services this may be inclusive of benefits advice and employer engagement
- Offer support to liaise with employers to explore and identify opportunities available regarding job carving
- To assist and support with interview preparation skills
- To support with rapid job searches
- To offer advice relating to reasonable adjustments within the workplace- to enable individuals to maintain employment while highlighting the Equality Act 2010
- To assist and support individuals that may suffer with ill mental health or during recovery to build self-esteem, and to build resilience.

The group will run with the aim to ensure a good quality of life by finding purpose through employment, while receiving peer support in a diverse approach in a non-judgemental environment. We want to help you find purpose through employment too.

St Barnabas 40 THE PARISH OF BOSTON  
WORKING IN PARTNERSHIP

## Supporting your mental health

Our BEAM café will offer a non-clinical, safe space for anyone in the community who is experiencing challenges with their mental health and wellbeing, who could benefit from a listening ear, peer support and links to other support mechanisms and services.

Supported by volunteers, our café will be held at St Botolph's Church, Boston on Tuesdays (12-3pm) and Wednesdays (4-8pm).

For further information, call or text **07833 786 816**

The BEAM café is also looking for volunteers that are caring, empathetic and non-judgemental to support this provision. For further information, you can contact Heidi Freeman, Community Connector on **07833786816**

St Barnabas 40 THE PARISH OF BOSTON  
WORKING IN PARTNERSHIP

## Become a mental health volunteer

Support local people struggling with their mental health by volunteering at the Boston BEAM Café.

Tuesdays (12-3pm) and Wednesdays (4-8pm) at St Botolph's Church, Boston. Full training and support will be provided.

Contact Heidi Freeman on **07833 786 816**



# MANAGED CARE NETWORK

## WAVE 11

**T**he 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 Mental Health Promotion Fund that underpins this network is a partnership which has historically been provided by Lincolnshire County Council and Lincolnshire Partnership NHS Foundation Trust (LPFT). The management of the network was now handed over from LPFT to Shine Lincolnshire to for the 2021/22 wave 11.

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

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



## 1. ACTIVE ARENA

**Raising Together** aims to support mums who have given birth during and post lockdown. In a relaxed environment there will be space to sit and explore sensory baskets, meet new mums and weigh your baby with time to ask for any advice from a qualified private Health Visitor and Children's Nurse. Topics will also be discussed such as feeding, weaning, sleep and development, experiences will be shared throughout the group with an aim to build relationships. This is a 12-week programme but can be continuous. For mums with children

under 18months.

**Location:** Lincoln  
**Session frequency:** Weekly  
**Contact:** Stacey Hone  
**T** 01522 701 715  
**E** [stacey@activearena.co.uk](mailto:stacey@activearena.co.uk)  
**W** [www.activearena.co.uk](http://www.activearena.co.uk)



## 2. ACTS TRUST

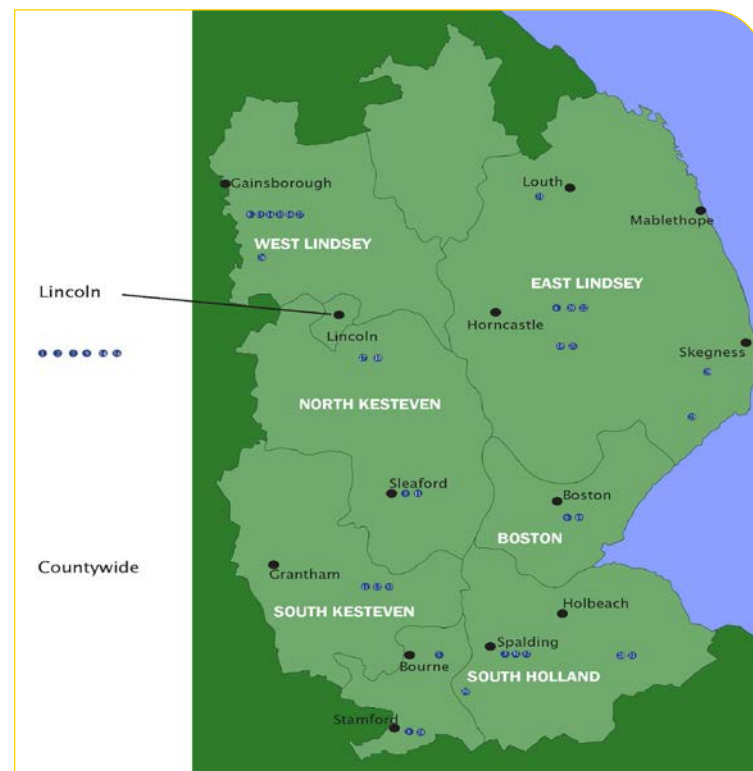
### Restore Programme—WRAP Course.

The Wellness Recovery Action Plan (WRAP) is a personalised wellness and recovery system that helps you to:

- 1) decrease and prevent intrusive or troubling feelings and behaviours
- 2) increase personal empowerment
- 3) improve quality of life
- 4) achieve your own life goals and dreams

This allows you to develop skills and tools which support you to manage your own wellbeing in a positive way:

- recognise triggers which could affect your mental health



- making new social connections
- learning new skills

The fund was a £318,750 investment and saw 48 applications split into East, West and South resulting in 34 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:



@ShineLincs



@ShineLincolnshire



@ShineLincs

- creating coping strategies that work for you
- learning how to access support, firstly within your own social groups and secondly how to access support services if required

**Location:** Lincoln

**Session frequency:** tbc

**Contact:** Bethan Lloyd

**T** 01522 542 166

**E** [bethan@actstrust.org.uk](mailto:bethan@actstrust.org.uk)

**W** [www.actstrust.org.uk](http://www.actstrust.org.uk)



## 3. ADULTS SUPPORTING ADULTS (ASA SHARED LIVES)

### Early Intervention and Good Mental Health Project.

One to one community support either face to face or via telephone carried out by a community support worker matched to each individual accessing the service. This service will be for new referrals for people who are waiting for funding to be approved or waiting for an adult social care assessment to be carried out and need urgent early intervention. Examples of support for individuals include carrying out activities of daily living, including maintaining the home, dealing with correspondence, making, and attending appointments, accessing the community, and promoting social inclusion.

**Location:** Lincolnshire South (Sleaford to Spalding to Stamford)

**Session frequency:** 7 days a week subject to capacity

**Contact:** Stephen Johnson

**T** 01529 416 270

**E** [admin@asaorg.co.uk](mailto:admin@asaorg.co.uk)

**W** [www.asaorg.co.uk](http://www.asaorg.co.uk)



## 4. AGE UK LINDSEY

### Keep Connected Mobile Outreach Project.

Age UK Lindsey's Keep Connected Mobile Outreach Project, will target hard-to-reach and socially isolated older people, helping to connect them with both interactive and face to face social gatherings and stimulating activities. The project will work with older people who might have their own equipment but are not confident to use it, or loan IT

equipment (tablets), to individual older people, if they do not have their own equipment, on a short loan basis to enable them to attend specific online social groups and promote better social engagement, ensuring health and mental well-being is maintained.

**Location:** East Lindsey

**Session frequency:** Monday, Wednesday and Friday (with some flexibility)

**Contact:** Liz Brooks

**T** 07593 818 750

**E** [liz.brooks@ageuklindsey.co.uk](mailto:liz.brooks@ageuklindsey.co.uk)

**W** [www.ageuk.org.uk/lindsey](http://www.ageuk.org.uk/lindsey)



## 5. ART POP UP & DON'T LOSE HOPE

**Wellbeing Map of Bourne.** In discussion with the Bourne community, Art Pop-Up and Don't Lose Hope are researching the opportunities for locals to get involved with activities and groups that support positive mental health in the Bourne area in order to produce a Wellbeing Map of Bourne.

**Location:** Bourne and Surrounding Areas

**Session frequency:** Varied

**Contact:** Emily

**T** 01778 420 762

**E** [emily@artpopup.co.uk](mailto:emily@artpopup.co.uk)

[enquiries@dontlosehope.co.uk](mailto:enquiries@dontlosehope.co.uk)

**W** [www.artpopup.co.uk](http://www.artpopup.co.uk)

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



## 6. CENTREPOINT

**Along with us** provides opportunities for those that have been affected by homelessness to engage with the community through a range of activities designed around their needs. Using art, cooking, music and sensory exploration, participants will be able to develop confidence as we support them to build up strategies and skills to move into opportunities for volunteering, education and greater self-discovery. Hosting activities and sensory experiences Monday to Friday, 'Along with Us' is a gateway to accessing the greater community and a meaningful use of time.

**Location:** Boston

**Session frequency:** Monday to Friday

**Contact:** Michael Hayward-Salvadori

**T** 01205 360 900

**E** [michael@centrepont-outreach.com](mailto:michael@centrepont-outreach.com)

**W** [www.centrepont-outreach.com](http://www.centrepont-outreach.com)



## 7. CHILDREN'S LINKS AND DARKSIDE RISING

**Mums Fit.** Becoming a Mum can feel very daunting and socially isolating. Getting out of the house can be a challenge and returning to exercise can seem impossible with many barriers to overcome. Mums Fit will provide 12 sessions combining a Mums peer support group and a post-natal exercise class. The sessions will take place in a friendly and 'safe' environment, where children are welcome to attend if it helps remove a barrier. The sessions will be limited to 6 ladies and will be co-delivered by Children's Links and Darkside Rising to ensure quality, specialised sessions.

**Location:** Lincoln

**Session frequency:** Wednesday morning

**Contact:** Amanda Anthony

**T** 07584 341265

**E** [amanda.anthony@childrenslinks.org.uk](mailto:amanda.anthony@childrenslinks.org.uk)

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

**W** [www.childrenslinks.org.uk](http://www.childrenslinks.org.uk)



**Darkside Rising CIC**

## 8. COMMUNITY LEARNING IN PARTNERSHIP (CLIP) CIC

**AXIOS Project** (meaning worthy of and deserving of) An exciting new project to support 16-24 year old's who currently suffer from anxiety or low confidence. This project will offer:

- A safe place to meet one evening a week, to engage in relaxing social activities.
- A 12 week course which will run half a day per week, where young people learn about anxiety and discover ways to manage it.
- An opportunity to train as peer mentors, for those who have conquered their anxieties to enable them to support others.



**Location:** Gainsborough  
**Session frequency:** Friday 9.30-12.00 and Thursday evening  
**Contact:** Anita Kirkwood  
**T** 01427 677 377  
**E** anita@cliplearning.com  
**W** www.cliplearning.com



## 9. DARKSIDE RISING CIC

**The Postnatal Project** invites 16 women at risk of postnatal depression and anxiety to take part in mum and baby strength training sessions, delivered by a specialist postnatal coach in a safe and supportive gym environment. They will train once per week in a small group of 4 women, where their coach will work to support full body strength development and rehabilitate any physical postnatal problems, such as diastasis recti and pelvic floor issues which will negatively impact mental health. They will also have access to 28 Days of Mindful Art, an online video course of art-based mindfulness.

**Location:** Lincoln  
**Session frequency:** Tuesday and Thursday  
**Contact:** Shantelle Svarc  
**E** darkside.risingcic@gmail.com  
**W** www.darksiderising.co.uk

## Darksiderising CIC

## 10. DESIRE CHANGE CIC

**Black Barn Rural Retreats.** Based on our therapeutic farm in a beautiful peaceful rural location, this project is undergoing the renovation and refurbishment of a vintage railway carriage to offer short break therapeutic farm stays to those with lived experience of mental ill health and their carers. Experience time with our therapy alpacas and sheep, take part in rural crafts or just enjoy time resting and relaxing.

**Location:** Old Bolingbroke  
**Session frequency:** Various  
**Contact:** Angie Beal  
**T** 07825 475 693  
**E** desirechange@live.co.uk  
**W** www.desirechange.org



## 11. DEVELOPMENT PLUS

**Feel Good Project** supports adults 18 plus in the Sleaford and Grantham areas to improve their mental health and wellbeing. We use mindfulness based techniques such as meditation and mindful walking and various other practices that participants can add to their wellbeing tool kit. The project aims to encourage participants to form their own peer support groups after the project ends. We meet on Zoom and face to face. Every other week is social catch up at a local coffee shop for general chat and support. One to One support is also on offer.

**Location:** Sleaford and Grantham  
**Session frequency:** Wednesday afternoons  
**Contact:** Stuart Couling  
**T** 07944 431 776  
**E** stuart.couling@developmentplus.org.uk  
**W** www.developmentplus.org.uk



## 12. EQUINE ASSISTED

**Horses for Health Equine Assisted Learning (EAL).** Retreat days for people who are experiencing mental and/or emotional health needs that have been exacerbated by the pandemic. Sessions will be sharing space with our horses combining complementary activities, creative art, and nature, increasing physical activity, learning new skills, meeting others or having quiet, reflective space. Prior to the retreat day, we will undertake an assessment with each participant to ensure that we are aware of and provide appropriate support to meet individual needs. FEAL is a safe, relaxing, environment we can cater for a range of needs underpinned by our accredited EAL methodology and delivered by our skilled team.

**Location:** Oasby  
**Session frequency:** Monthly (every 3rd Monday)  
**Contact:** Tracy Wilson  
**T** 07980 783 321  
**E** tracy.wilson@equineassistedqualifications.com  
**W** www.fealc.org.uk



## 13. GAINSBOROUGH CRISIS ACTION TEAM (GCAT)

**X Church Community Drop-in** is a holistic place where everyone can come to make new friends, engage in enjoyable activities, have refreshments and food and access support. Our community drop-in is open to anyone 18+ who needs advice or support about a range of topics, including your housing situation, challenges in your home life or relationships, or even if you simply need pointing in the right direction. We work alongside a large network of service providers so can point you in the right direction to meet your support needs. We also host a number of social activities aimed at promoting good mental wellbeing.

**Location:** Gainsborough  
**Session frequency:** Varied  
**Contact:** Cat Paton  
**T** 07999 354 491  
**W** www.facebook.com/x-churchcommunitydropin



## 14. GAINSBOROUGH TRINITY FOUNDATION (PARTNERSHIP)

**Active Health and Wellbeing.** We have identified the need to provide more sports and physical activities in the West that also includes links to mental health services and key contact information. Supporting people to improve both their physical but also mental health and wellbeing. We will deliver three main strands in this project.

- We will work with existing groups such as rehab and recovery, over 50s, walking football, sports clubs etc to upskill them with the latest food and exercise information and guidance. We will also provide them with a range of information about the mental health services in their locality and hints and tips to support their mental wellbeing.
- We will be providing a wide menu of free of charge and low cost activities and sports to engage the inactive or the social isolated to help people to make new social connections, improve health and well-being and learn new skills. The menu will include, but not limited to: Swimming, gym sessions, exercise classes, walking, squash, badminton, outdoor team sports,

- archery, bowls, croquet, golf.
- We will also provide 1-2-1 and small group activities for those who are or feel most vulnerable through poor or worsening mental health, disability, physical injuries or as a result of covid 19 to improve health and well-being, contributing to mental health recovery, reduce isolation and building their confidence and self-esteem to join larger groups and a wider range of activities increasing their social interaction.

**Location:** Gainsborough, Yarborough and Birchwood  
**Session frequency:** Varied, including evening and weekends  
**Contact:** Damon Parkinson  
**T** 07788 18574  
**E** enquiries@gainsboroughtrinityfoundation.com  
**W** www.gainsboroughtrinityfoundation.com



## 15. GAINSBOROUGH TRINITY FOUNDATION (PARTNERSHIP)

**Winter Pressures Relief project** will support individuals and families by raising awareness of support in Gainsborough and surrounding villages. We will be promoting information linked to winter, loneliness, debt, winter fuel and food poverty etc. through a range of events. In December we will host two free events including a Christmas Family Fun day with a range of children's activities and support services for parents. We will also provide a free Christmas dinner for 50 identified individuals who are struggling with loneliness and isolation. Into the new year we will provide weekly sessions where we will provide free breakfast to engage with those families and individuals who are high risk during the winter months. This will ensure we stay connected with people and ensure they get the right support at the right time. February follow ups and hand overs will take place to ensure every one is fully connected at the end of the project.

**Location:** Gainsborough  
**Session frequency:** Varied  
**Contact:** Damon Parkinson  
**T** 07788 18574

**E** enquiries@gainsboroughtrinityfoundation.com  
**W** www.gainsboroughtrinityfoundation.com



## 16. GOBSTYKS GAMING CLUB

**Gainsborough Vikings Gaming Club.** The idea of this project is to bring a gaming club to Gainsborough to facilitate the opportunity for those struggling with their mental health to take a break from reality and game in a safe environment within a fantasy setting, playing games such as Warhammer, Dungeons & Dragons and Magic TG.

**Location:** Lincoln and Gainsborough  
**Session frequency:** Sunday 1pm-5pm (Vikings), Thursday 6pm-10pm (Gobstyks)  
**Contact:** Alister Williams  
**E** gobstyks@outlook.com  
**W** www.gobstyks.com



## 17. HILL HOLT WOOD

**Coppice Crafting** would encourage participants to explore green woodworking techniques including woodcarving. Conducted by our in-house specialist, participants would learn how to use the tools, explore different mediums and complete spoon carving. Sessions would run from 11am – 2.30pm twice a month and would be based in our ancient woodland, Norton Big Wood. This base of activities is a peaceful and tranquil environment to offer such therapeutic work.

**Location:** Norton Disney  
**Session frequency:** Alternate Mondays (excluding public holidays)  
**Contact:** Steve Donagain  
**T** 01636 892 836  
**E** steve.donagain@hillholtwood.co.uk  
**W** www.hillholtwood.co.uk



## 18. HOPE MEADOWS

**Heard by Horses.** This project offers clients individual sessions with our herd of horses in a calm, safe environment to support mental wellbeing. The horses provide a listening ear and a reassuring presence, allowing clients to talk about any difficulties without judgement. For those who wish to explore new skills, we support clients to learn about equine behaviour and empower them to try practical horse care tasks. The Heard by Horses project invites clients from all walks of life to experience the fulfilling relationships that can be built with these special animals. No prior experience is needed.

**Location:** South Hykeham  
**Session frequency:** Monday, Tuesday, Saturday  
**Contact:** Emily Walters  
**T** 07919 920 440  
**E** enquiries@hopemeadows.co.uk  
**W** www.hopemeadows.co.uk



## 19. INSPIRED EQUINE ASSISTED LEARNING CIC

**Using equine work-experience and EAL to improve physical and mental wellbeing, reduce social isolation and learn new skills.** Our project allows you to attend IdEAL and experience the benefits of Equine Assisted Learning (EAL) and relevant equine work-experience: namely, improving your confidence and self-esteem, enhancing your communication and relationship skills, reducing social isolation, and gaining real-world skills, with the aim of helping you secure and retain fulfilling and rewarding employment or further education opportunities.

**Location:** Boston  
**Session frequency:** Tuesday & Wednesday  
**Contact:** Mike Burrow  
**T** 07729 909 186  
**E** info@inspired-eal.co.uk  
**W** www.inspired-eal.co.uk





## 20. LINCOLN & LINDSEY BLIND SOCIETY

**Friends Again.** Volunteers will help users keep physically active by undertaking regular physical or social activities, maintaining independence through increased opportunities to get out of the house, improving mental health and well-being as a result of increasing social networks and building new relationships with a diverse range of people in community settings.

**Location:** East  
**Session frequency:** Monday to Friday  
**Contact:** Mandy Johnson  
**T** 01507 605 604  
**E** mandy@llbs.co.uk  
**W** www.llbs.co.uk



## 21. LINCOLNSHIRE OUTDOOR LEARNING

**Growing Support.** Join our regular group, make new social connections and reduce social isolation, with Lincolnshire Outdoor Learning, at the beautiful Kenwick Park, Louth at our Polytunnel and Growing Area, where we will provide a choice of activities related to Horticulture. By learning new skills in Horticulture we will be learning how to grow flowers, fruit and vegetables and these can be taken home and used in cooking or display. This will ensure that we are linking the activities that we do at the fantastic site of Kenwick Park and your home life. We ensure that our activities are suitable for people of all abilities, as we learn to use hand tools and to work safely.

**Location:** Louth  
**Session frequency:** Once a fortnight  
**Contact:** Ashley Butterfield  
**T** 07864 967 057  
**E** ashley@lincolnshireoutdoorlearning.co.uk  
**W** www.lincolnshireoutdoorlearning.co.uk



## 22. LINCOLNSHIRE RURAL SUPPORT NETWORK (LRSN)

**LRSN Supporting Casework in East Lincolnshire.** LRSN offer a person-centred casework service, engaging with and supporting people experiencing – or at risk of – mental health issues from within the farming and agricultural community. Our casework covers a broad spectrum of issues that impact on the mental health of people in the county – from stress and bereavement through finance and legal matters to animal health. Support is given one-to-one in person, online or by telephone to suit the needs of the individual. We offer support and advice, often working with clients over an extended period of months to achieve a resolution or support a transition to other services.

**Location:** East Lincolnshire  
**Session frequency:** Monday-Sunday 8am-8pm helpline  
**Contact:** Gilly Steel & Amy Thomas  
**T** Helpline: 0800 138 1710  
 Gilly Steel: 07795 269 378  
 Amy Thomas: 07725 203 560  
**E** Gilly.stee@lrsn.co.uk  
 Amy.thomas@lrsn.co.uk  
**W** www.lrsn.co.uk



## 23. LINCOLNSHIRE WILDLIFE

**The Peaceful Plot** including sensory space and memory garden, will provide quiet space for our older visitors and those with additional needs within the Park. The Plot will include an old garden shed, a small traditional vegetable garden, tools and a small area which will provide home to our budgies. The Plot will become a permanent fixture of the park and will provide space where our visitors can rest and reflect.

**Location:** Friskney  
**Session frequency:** Monday to Sunday 10am-4pm  
**Contact:** Lincolnshire Wildlife Park  
**T** 0871 384 1130  
**E** admin@lincswildlife.com  
**W** www.lincswildlife.com



## 24. MINDSPACE

**Prescribing the 5 Ways to Well-Being.** Do you support people who, as well as needing your help, could benefit from doing more to maintain their well-being? Mind-Space is looking for organisations to partner with who are well placed to signpost or 'prescribe' activities aligned to the NHS 5 Ways to well-being.

**Location:** Stamford  
**Session frequency:** Varied  
**Contact:** Beka Avery  
**E** Beka@mindspacestamford.com  
**W** www.mindspacestamford.com



## 25. NEW LIFE CENTRE

**Community Lounge.** A safe place for anyone to meet over coffee on a weekly basis to receive mental health support whilst accessing a range of crafts & games etc in a relaxed environment. Access to the social prescribing team and signposting to other key mental health services too.

**Location:** Spilsby  
**Session frequency:** Wednesday 12-3pm  
**Contact:** David Bruce  
**T** 07939 092 585  
**E** david@newlifespilsby.com  
**W** www.newlifespilsby.com



## 26. SAGE GARDENER CIC

The **Grow Better** project will develop your wellbeing and friendships within the themes of gardening, nature, wildlife, craft, and the outdoors in various locations. Our activities include

- friendship groups and activities – hosted at gardens linked to local facilities
- supported organised visits
- 1:1 befriending and support
- workshops – variety of topics in a range of locations, clubs, dementia cafés, care homes, allotment, on other garden sites including table top activities
- volunteer opportunities to support these activities
- bite size learning and shared working and workshops to develop

new skills and learning to establish local networks and increasing local sustainability

**Location:** Varied locations in the West  
**Session frequency:** Varied  
**Contact:** Jane Newman  
**T** 07707 325 016  
**E** jane.sagegardener@virginmedia.com  
**W** www.sagegardener.co.uk



## 27. STEPPING STONE THEATRE

**Stepping Stone Theatre For Mental Health – The Story Continues.** Multi award winning company, Stepping Stone Theatre, continue to work on line with multiple writing workshops each week. This is a great opportunity for participants to learn how cathartic it is to tell their stories. There is a weekly face to face session called Social Singing. It is a great opportunity to belt out favourite tunes. Stepping Stone also run a walking and talking group from spring to autumn. They also produce two podcasts where the people of Gainsborough can share their stories of lockdown. Their flagship project is "Bill and Kate Live Talk". This is where our directors broadcast (sound and visual) three times weekly on Facebook. Viewers are able to contribute to the chat.

**Location:** Gainsborough and online  
**Session frequency:** Sunday to Friday  
**Contact:** Kate Hull Rodgers  
**T** 0775 476 4491  
**E** justask@steppingstonetheatre.co.uk  
**W** www.steppingstonetheatre.co.uk



## 28. 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 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:** Weekdays 10am-12pm  
**Contact:** Sue Hensby  
**T** 075011 23 183  
**E** sue@ssjbc.org.uk  
**W** www.ssjbc.org.uk



## 29. THE STOREHOUSE CHURCH

**reStore Wellness.** A weekly meeting in our relaxed, comfy cafe. A range of art & crafts & board games are on hand to use a tool to engage in talks surrounding our mental wellbeing. Weekly access to the social prescribing team is on hand too.

**Location:** Skegness  
**Session frequency:** Monday 12 till 3pm  
**Contact:** David Bruce  
**T** 07939 092 585  
**E** David.bruce@thestorehouse.co.uk  
**W** www.thestorehouse.co.uk



## 30. TONIC HEALTH

**Tonic Health Safe Places Deepings Meeting Group.** The intention of the group is to provide a non-clinical, non-judgemental space for people to come along, have a drink and a biscuit and made to feel 'at home' amongst others facing a similar situation. Our Spalding and Boston group members are generally people with low level anxiety, depression, loneliness and/or isolation issues who need a focus within the week to get out and meet with others.

**Location:** Market Deeping and Deeping St. James  
**Session frequency:** Mondays  
**Contact:** Ruth Taplin  
**T** 07579 033 347  
**E** safeplaces@Tonic-health.co.uk  
**W** www.tonic-health.co.uk



## 31. TONIC HEALTH & TRANSPORTED ARTS

**Intergeneration Lens.** This course, developed in partnership with Transported Arts, is aimed at bringing

older and younger generations together, ideally from the same family but not totally essential, to learn and create images between them through a photographic medium. They will learn the fundamentals of photography and what makes a great picture, and work together as a pair to capture images of themselves and the local area. The course aims to teach them new skills, reduce social isolation, make social connections and contribute to their mental health recovery and resilience. These pictures will then be developed and exhibited locally for a public viewing.

**Location:** Long Sutton  
**Contact:** Ruth Taplin  
**T** 07579 033 347  
**E** safeplaces@Tonic-health.co.uk  
**W** www.tonic-health.co.uk



## 32. VETERANS SUPPORT SERVICES CIC

**Project R&R.** To deliver peer support to the veteran community by those who are both veteran's and have lived experience of mental ill health.

**Location:** South Lincolnshire  
**Session frequency:** Monday to Friday  
**Contact:** Simon Hallam  
**T** 07434 827 372  
**E** info@vsscic.org.uk  
**W** www.vsscic.org.uk



## 33. WILLOW FARM EQUINE

**Willow Farm Equine Facilitated Social Activity Mornings.** Equine Facilitated Therapy may support and assist with mental health recovery, promoting positive mental health and resilience, and contribute to improved health and wellbeing. What will you be doing? Activities & learning opportunities will be on offer including:

- Horse care skills.
- Horse handling skills.
- Therapeutic exercises involving horses.
- A social space to facilitate new social connections.
- Refreshments will be provided.
- A safe space, without expectation and judgment
- Respite for reflection & relaxation.



Other information:

- Past experience with horses is not essential, however a desire to work with them and a general affinity for animals is required.
- Booking essential.

**Location:** Grantham

**Session frequency:** Saturdays

9am-1pm

**Contact:** Sally Heron

**T** 077718 82 822

**E** info@willowfarmequineassistedtherapy.co.uk

**W** www.willowfarmequineassistedtherapy.co.uk



#### 34. YMCA LINCOLNSHIRE

**MIND – BODY – SPIRIT.** The project will provide a range of educational sessions, physical activities, and enrichment opportunities, under three distinct themes tied directly to our core purpose: MIND – developing mental wellbeing, and facilitating learning BODY – improving physical wellbeing, and encouraging active lifestyle SPIRIT – supporting spiritual wellbeing, and creating purpose and belonging These activities and opportunities will run at different frequency and to different numbers of people, depending on what is most appropriate; they will be repeated throughout the course of the project and be available at different

sites, in order to increase accessibility and participation.

**Location:** Grantham

**Session frequency:** Monday to Friday

**Contact:** Emma Everitt

**T** 01522 888 200

**E** emma.everitt@lincsymca.co.uk

**W** www.lincsymca.co.uk



## AN UPDATE FROM AGE UK LINDSEY

The funding has come from a bid made to the Managed Care Network (MCN), which is an alliance of voluntary, charity and community sector organisations co-ordinated and managed by Shine Lincolnshire.

The Managed Care Network Wave 11 Funding gives an opportunity for voluntary, charity and community sector organisations to apply for funding to deliver a range of activities designed to support good mental health and wellbeing. With the funding, Age UK Lindsey will target older people who have been disproportionately impacted by the pandemic suffering high levels of anxiety and lack of confidence, along with increased isolation and loneliness.

The project, run from Age UK Lindsey Mobile Outreach vehicle, will target hard-to-reach and socially isolated older people helping to connect them with both interactive and face to face social gatherings and stimulating activities. The Age UK Lindsey Mobile Outreach project is a relatively new project having only been on the road since May 2021 and having a specific focus for delivering outreach Information and Advice.

The project we are proposing for MCN funding is a development idea and will complement the services we already deliver from the Mobile Outreach vehicle as it is equipped with tablet computers, which are especially useful for older people as they are portable,

and the screen is large and clear and can be used with speech recognition software.

The project will work with older people who might have their own equipment but are not confident to use it, or loan IT equipment (tablets), to individual older people, if they do not have their own equipment, on a short loan basis to enable them to attend specific online social groups.

Staff and volunteers from Age UK Lindsey will run the project and Andy Storer, CEO Age UK Lindsey is hoping the project will provide support to lonely and socially isolated older people in East Lindsey communities; "The funding from Shine Lincolnshire and the Managed Care Network will make all the difference in enabling us to deliver support to older people in isolated communities. We have seen through the pandemic, that older people have really suffered with their mental health because of loneliness and lack of contact and many do not have the support to make contact through digital means. We aim to help address that and our Mobile Outreach project will help older people to get connected and feel more confident using digital technology, with support from our staff and volunteers".

The project will make sure that all hygiene and sanitising methods are strictly adhered to, whilst looking at how older people can be engaged in a range of social activities and services that promote better social engagement, ensuring health and mental well-being is maintained as per the criteria for the funding.



**Equine Assisted Learning**  
**Horses for Health**  
**Free Adult Retreat Days**

Here at Foxdale side by side with our horses we would like to offer you an opportunity to join us for Free Retreat Days which will be held over the next 7 months.

If you feel your emotional health has been affected by the pandemic this day is for you. The day will be sharing space with our horses combining complementary activities, walking in nature, increasing physical activity, learning new skills, creative art, meeting others, having quiet, reflective space and fun. Prior to each retreat day, we will undertake an assessment with each participant to ensure that we are aware of and provide appropriate support to meet individual needs.

A maximum of 6 people booking is essential.  
Date: Wednesday 23rd March 2022 10.00 am – 3.00pm  
If you would like to join us or are interested in attending any of the days and would like more information please email:  
tracy.wilson@equineassistedlearning.co.uk  
Refreshments and lunch provided  
Please notify us of any special dietary requirements.

Visit our websites:  
<https://eal.org.uk/>  
<https://www.facebook.com/ealuk/>  
<https://www.donushome.com/>

Funded by  
Lincolnshire County Council  
NHS Lincolnshire Clinical Commissioning Group  
Shine Lincolnshire

# UpBEAT!

"Supporting Mental Health Through Music"

Music is fantastic for good health and wellbeing... It strengthens the brain's executive functions, can reduce depression, stress, it's fun, and it makes you feel good!

UpBEAT! is a soundLINGS social prescription service, to help explore musical opportunities tailored especially for you.

For more info give us a call on  
**01522 510073**  
or email us at  
[upbeat@soundlincs.org](mailto:upbeat@soundlincs.org)

**:: Take time out for yourself ::** Enjoy something new and enriching :: Discover new tools and basic techniques  
**:: Guided tutor led sessions ::** No Prior Experience Required  
**:: Suitable for all skill levels - JUST BE CURIOUS!**

**FREE Taster Course...**

**Art to Enjoy**

**For Men**

**Limited places**

**Explore New Ways of Seeing and Doing Art from...**  
Everyday life and surroundings - wherever your interests lie

**NEW DATES** **2, 9, 16 March** 2.15 - 4.00pm  
Welton Methodist Chapel  
Cliff Road, Welton LN2 3JJ

**26 Feb, 5, 12 March** 10.15 - 11.15am  
Wetleham

**FULLY BOOKED**

**:: All materials for sessions provided**

**:: Connect and create with Friends, Like-minded people**  
\*Project supporting adult males \*Terms of current funding requirements

**ali.art@tiscali.co.uk**  
**07943521545**

**:: Free Complimentary ART TOOLKIT offered**  
**:: BOOKING REQUIRED**

**The Anti Loneliness Alliance (TALA) connects vulnerable people to create meaningful relationships with each other. TALA provides peer support through befriending and group activities.**

**TALA WILL PROVIDE SUPPORT WITH:**

**Befriending Groups**

- A weekly 2-hour peer-support group and mindfulness group, meeting on Tuesdays from 3pm to 5pm
- A BACP registered, NWCH employed therapist will be the group facilitator, encouraging peer bonding through a structured programme of activities.
- The facilitator will host 1 x 2-hour groups weekly (max. 12 beneficiaries)
- NWCH Safeguarding Lead will be on-site during group sessions.

**Mindfulness for mental health**

1 hour per week mindfulness session online facilitated by NWCH mindfulness practitioner, immediately after each NWCH meet-up group.

**Online TALA Forum**

- TALA closed group on Facebook where there will be discussions and to promote TALA meet-ups outside of those hosted by NWCH, plus encourage members to share self-help and coping strategies.
- TALA forum will be open to members during and after the project.

**Come along to a free friendly group, where you will find a cuppa, a biscuit and a warm welcome.**  
Call to book your FREE session 01522 253809  
[www.nwcounsellinghub.co.uk](http://www.nwcounsellinghub.co.uk)





## MORE ON OFFER AT MINDSPACE STAMFORD

In February MindSpace marked two years since the hub at 39 Broad Street, Stamford was opened, and already this year the charity has expanded what's on offer during the day and in the evening too.

One of the goals for the charity is to have the door open more often so that increased numbers of people can benefit from sessions here and benefit from the skills and expertise of its volunteers and group leaders.

### SOCIAL PRESCRIBING

MindSpace is now part of a social prescribing scheme. To explain, social prescribing is all about referring people to local groups and services where they can access support to maintain positive mental and physical health. Thanks to a grant awarded through Shine Lincolnshire, MindSpace is piloting a social prescription service that will allow local organisations to 'prescribe' well-being enhancing opportunities to those they feel will benefit. Through this scheme, MindSpace will offer Herbal Wellbeing courses, Mindfulness, employability and progression sessions, as well as social netball. MindSpace itself offers a range of options that anyone can access on a donate-what-you-can basis.

### CHALLENGE YOURSELF – AND GIVE BACK AS YOU ACHIEVE YOUR GOALS!

MindSpace relies on donations to keep its doors open, to keep the coffee brewing and to ensure there is a safe, non-judgmental community hub in Stamford. If you are thinking about taking on a challenge in 2022 why not do it with #teammindspace? How about taking part in (the last ever) **Rat Race at Burghley Park on Saturday May 7: [www.ratracdirtyweekend.co.uk](http://www.ratracdirtyweekend.co.uk)**. Or run the **LB5K**, a 5K or 10K farm run at Little Bytham on Sunday May 29: [www.lb5k.org](http://www.lb5k.org). Later in the year, you can join MindSpace members taking part in the **Rutland Night 10K** walk on November 10: [www.therutlandmarathon.co.uk/night-run](http://www.therutlandmarathon.co.uk/night-run).

Why not organise your own fundraiser? It could be as challenging or as creative as you like!

Full details of what's on offer at MindSpace can be found on the website [www.mindspacestamford.com](http://www.mindspacestamford.com).

### AN INTRODUCTION TO THE NEW MINDSPACE PSW

Hi, I'm Emma the new Peer Support Worker for Four Counties, based at Mindspace in Stamford, covering the towns of Stamford and Bourne and the surrounding area.

I've returned to work after a long break, during which I retrained as an Drugs and Alcohol Counsellor, and spent several years in the rehab and homeless services before joining Shine.

I am passionate about all aspects of mental health and mental wellbeing and look forward to working with clients and the groups and services available in my area.

In my spare time I love walking my dog, I adore nature and understand it's healing ability from my own health recovery. I meditate daily, and attend retreats, meditation days, Gong Baths and yoga.



## ONE YOU LINCOLNSHIRE

Get back to a healthier you with our free weight loss, exercise, stop smoking and drink less programmes. We support you to make small, sustainable changes to improve your health and wellbeing and live a longer, happier life.

Start improving your health today with our tools, motivational support and encouragement to guide you every step of the way.

Have a look at this video, to see what people have achieved with our support!

### INCLUSION CRITERIA

- **Be Smoke Free** – Over 12s who are currently smoking tobacco
- **Eat Well, Lose Weight** – Over 18s with a BMI of 30+ (BAME 27.5)
- **Drink Less** – Over 18s drinking more than 14 units of alcohol a week.
- **Move More** – Over 18s doing less than 150 minutes of moderate intensity activity a week.

Sign up via our website and you will be contacted by a member of the team for a short telephone assessment to determine which of our programmes or services is most suitable.

Alternatively, speak to your GP who can make a referral on your behalf.

Full details of our programmes and link to our short sign up form can be found on our website [www.oneyoulincolshire.org.uk](http://www.oneyoulincolshire.org.uk)

## FIVE WAYS TO WELLBEING

You may have seen reference to the 5 ways to wellbeing to look after yourself and support your wellbeing, but what are they?

### 1: CONNECT

When we are struggling with our mental health it can be difficult for us to stay in touch with friends and family as you may feel they are 'too busy for you'.

When it feels like this, it is very often not the case but it is important to make a step and get in contact. This could be as simple as texting them, arranging a coffee or a video call – if the pandemic has taught us anything it is how to communicate with those we care about, even when we can't see them face to face due to geography or external factors. Often once you have got in contact with a friend or family member all those concerns about them not having time for you disappear and you can focus on enjoying spending time with them.

Reaching out and staying in touch with friends and family doesn't need to be pressured, it can be a cup of tea in the garden or sending them a funny post you've seen on social media that reminds you of them. Alternatively, you may arrange it so you meet them for coffee once a week, this way you can fall into an easy routine of staying in touch and being sociable with those you care about.

Equally, if you have noticed someone close to you is acting differently, taking that step to invite them out and extend a hand may make the world of difference to how they are feeling.

Friends and family are not the only people you can connect with, you may choose to join a local group to meet new people and become part of a community. There are local groups all over Lincolnshire that do everything from knitting to gardening, walks and musical theatre. There are also plenty of opportunities to get involved in the community through volunteering.

### 2: BE ACTIVE

Being active isn't only good for your physical health, it can also improve your mental health. Regular activity can help reduce stress and anxiety alongside increasing our energy levels and self esteem.

Being active looks different for everyone and just because your idea of physical activity is different to someone else's that doesn't mean it's wrong. For some a long run is their idea of heaven and for others a gentle walk is more their cup of tea. You may be surprised how active you already are – do you choose to take the stairs instead of the lift? If so that's being active. Do you really enjoy gardening? That is being active.

It is about finding what works for you, whether that is in a group or on your own, being active is a great way to meet new people while boosting your mood.

### 3: GIVE

Often when we talk about giving, people assume it has to be material. This is not the case and in some ways the most valuable thing you can give is your time. This could be through volunteering or it could be as simple as taking the time to hold the door open for someone or saying thank you or hello to a neighbour. Sharing your skills or really listening to a conversation is another way of giving to others. However you do it, giving can create a connection with others while also creating a sense of satisfaction and purpose.

### 4: TAKE NOTICE

Being present can improve your outlook on the day and in turn your thoughts and feelings.

This could be through structured 'mindfulness' or through taking notice of the things that make your day a little better – for example, the sun, saying hello to someone in the street or watering your plants.

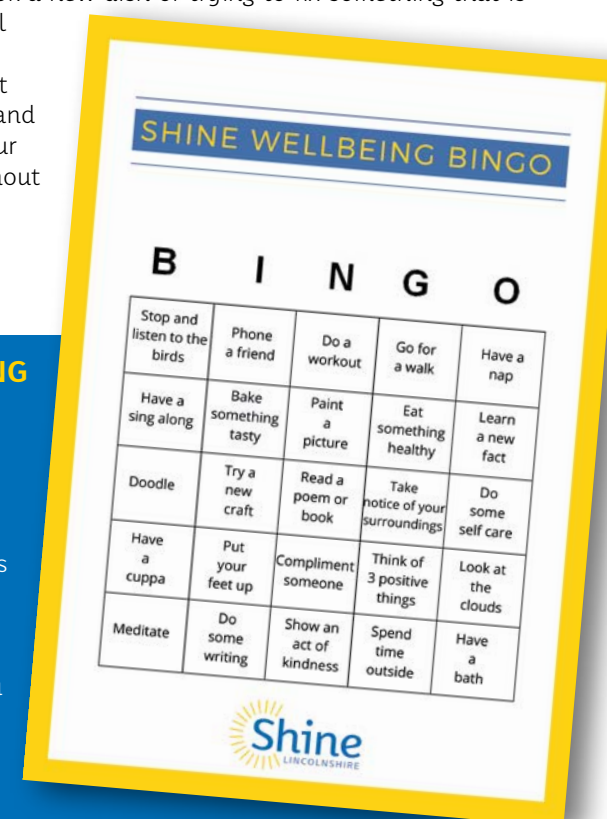
### 5: KEEP LEARNING

Continuously learning can create a sense of purpose for you, it can also allow you to meet new people and interact with different demographics to usual- all of which can help increase your mood and outlook.

Learning something new doesn't have to be a big task, if you can't commit to a class start with a small goal such as learning to cook a new dish or trying to fix something that is broken. It is all about finding something that interests you and learning at your own pace without comparing yourself to others.

### WELLBEING ACTIVITY

Shine have created a Wellbeing Bingo where each box has an activity that will boost your mood! if you give it a go and get bingo be sure to tag us (@shinelincolshire) on Facebook!







### New Programme of Events

Chatter Cake is an exciting new programme put together for women of East Lindsey with a goal of helping to boost confidence, improve resilience and create a sense of belonging. The project aims to reduce feelings of isolation and loneliness and to support women to improve their mental health, reducing risk of breakdown, self-harm, and suicide. We will help our beneficiaries to build their own support networks with people who share similar interests and understand some of the challenges they face.

All events are free to beneficiaries thanks to funding from Lincolnshire County Council.

For more information or to book a place on any of our events, please contact [Hannah.key@carersfirst.org.uk](mailto:Hannah.key@carersfirst.org.uk) or call on 07391 418586.

### March

**8<sup>th</sup> March 1pm Afternoon Tea**  
Lusso Café, 34 Lumley Road, Skegness, PE25 3NG

A welcome to the project over afternoon tea. This is an opportunity to meet and get to know some of the members, discuss what you would like to get from the project and plan how we can achieve this.

**28<sup>th</sup> March 11:30am Willow Weaving Workshop**

The Trinity Centre, Eastgate, Louth, LN11 8DJ  
A private workshop, just for us, where you will learn new skills in willow weaving and make your own creation to take home with you.

### April

**7<sup>th</sup> April 10am-12pm Tea & Tech Event**  
The Old Stables, Market Place, Horncastle, LN9 5HB

Bring along your own tech equipment and have 1 to 1 support. This is a chance for you to ask questions about the things you use it for so that you can feel confident when going online. Any necessary set up can also be done.

**19<sup>th</sup> April 10am Great Lincs Bake Off**

The Trinity Centre, Eastgate, Louth, LN11 8DJ  
Just for a bit of fun, let's have our own bake off! All ingredients provided, just bring the laughter.

**7:30pm 20<sup>th</sup> Virtual Bingo on Zoom.** Real prizes to be won. Cards will be posted out during the week before the event.

### May

**11<sup>th</sup> May 1pm Afternoon Tea**

Northolme Farm, Alvingham, Louth, LN11 0QH  
A relaxed afternoon tea, hopefully (weather permitting) to be enjoyed outside at this beautiful farm over friendly conversation. Indoor facilities available in case the weather has other plans.

**26<sup>th</sup> May 12pm Jewellery Making Workshop**

Coastal Silver, Cleethorpes, DN35 0AR  
Make your own bangle from real silver at Coastal Silver's own workshop. Learn some new skills and take home your own bracelet as a reminder of your day.



Chatter Cake is a new project for female carers living in East Lindsey. We aim to provide a safe space to socialise with your peers, boosting emotional wellbeing and resilience. The project hopes to prevent women from reaching breaking point, having suicidal thoughts and self-harming by providing a programme of social events and activities, thanks to funding from The Shine Network.

For more information call Hannah on 07391 418586 or email [Hannah.key@carersfirst.org.uk](mailto:Hannah.key@carersfirst.org.uk)

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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.

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