



Connect

SPRING 2023



Check out the first edition of 2023! Find out all about warm hubs across the County, HAY Lincolnshire and what the team have been up to since the New Year.

Photo credit: David Bruce



SHINE LINCOLNSHIRE ARE SEEKING “FAIRY GODPARENTS”!

Shine’s board of trustees & staff are from diverse backgrounds, but all have a passion for mental health.

When we asked our Business Manager what our board of trustees meant to her this is what she said:

“I sit in the board meetings and I am blown away by the passion all trustees have for mental health and how Shine can and does play its part in the transformation of improving mental health within Lincolnshire.

The trustees bring different perspectives from their current and previous careers but ultimately have one objective... to be a part of improving people’s mental health and their access to services. The meetings are structured but relaxed, the trustees are there for governance, strategic planning and guidance but do not get involved operationally, that’s why we have a CEO”.

We are looking for new trustees to sit on our board, at the moment it’s a couple of hours a month, these could be reduced to bi-monthly or even quarterly.

Visit our website to find out more shinelincolnshire.com/opportunities/work-for-us/ or contact belinda@shinelincolnshire.com if you would like more details.

Hello and welcome to Spring!

Spring! Spring! Spring! I’m doing a happy dance a la Snoopy. Spring! Spring! Spring! I’m doing a happy dance a la Tigger. I’m just so happy and I am dancing. Yes. As part of my exercise regime, I’ve started to use a dance app. It is fantastic. This is different than doing cardio aerobics; which is what I usually do. The dancing is free movement, no choreography. Just, dare I say, movement for movement’s sake. It’s not hugely taxing but I can stretch, twist and bend as much as I want. I highly recommend that whatever exercise you do, mix it up. Keep it fresh, just keep moving. Spring is the season of increased movement.

One major shift, as green shoots grow and spring sprouts, is the change in my mood. I, like so many others, do find the winter tough. All that darkness. The challenge to make myself go for a walk when I would rather snuggle under the duvet. I struggle with SAD – seasonal affective disorder. Not a lot, but just enough that my resting mood is low. Thus, the happy dance to herald spring.

Spring is the season where I notice the most growth and change in nature and in ourselves. How do I notice? By getting outside. I take my shoes off and I walk on the grass. I go to the woodland, and I walk on the paths. Spring is the season of new beginnings. I find it the best time to make resolutions. Why do we set ourselves up for failure by making New Year’s Resolutions in the dead of winter, when it is dark, and dank and uninspiring? Spring is the season for new ideas. And new beginnings; instead of New Year’s Resolution we should call them, New You Resolutions.

Yes, I love spring. I’ve never met anyone who doesn’t. And so all I can say is get outside, put a spring in your step and have yourself a happy dance.

Kate Hull-Rodgers
Stepping Stone Theatre for Mental Health



COMMUNITY ENGAGEMENT UPDATE

Bert and the Community Engagement team have been busy in 2023 getting out and about across Lincolnshire.

They have been out meeting as many people as possible. This hasn't just been third sector organisations; the team have spent time at events getting to know the public and networking meetings connecting with local businesses and VCSE partners.

A highlight for the team was the Lincolnshire Farming Conference held at The Lincolnshire Showground. It was a day full of information and networking but most importantly it highlighted the passion and love the farming community has for Lincolnshire. The theme this year was healthy soil and healthy minds, and the team was blown away by the inspirational speakers talking about their own struggles. It made us proud to be just one of the charities across our great county to offer support wherever we can.

The Team also attended the Stamford Connected Communities event where they got a chance to meet with organisations providing support across the south of Lincolnshire, they also got to see some fantastic art tackling mental health created by GCSE and A-Level students.

The team (and Bert!) are so excited to continue to tour the county over the rest of 2023, if you have an event coming up, invite us along!

EDUCATION AND TRAINING UPDATE

Woosh. Training has taken off at Shine Lincolnshire. The winter has brought an increase in our delivery and the range of organisations we have supported with training.

Since the autumn. Delivery has included our Peer Support Workers, Staff from VCS, Church staff and volunteers, LCC staff, Social Prescribers, Development Plus staff and The Beehive.



The opportunity to support, extend the skills and capacity of the groups and organisations within Lincolnshire is hugely satisfying. Since our last newsletter, the delivery has broadened from Mental Health First Aid courses to First Aid and Suicide First Aid.

As Shine looks ahead into 2023, we will continue to reach out and make its training and education support available to more of our county. Our current offer includes include Suicide First Aid and Physical First Aid. Suicide First Aid compliments the existing Mental Health First Aid perfectly. The addition of Physical First Aid allows use to support organisations with both adult and paediatric first aid skills.

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

"As a rule, I very rarely give a ten out of ten, but this course was not only delivered professionally, and comprehensively, it was delivered with feeling, and sincerity. Furthermore, had it not been so excellently delivered, I still believe this subject to be of such importance, it should be a part basic training at any organisation, and schools! I felt I was quite well acquainted with mental health, after personal, and familial experience, yet this course opened my eyes to things I'd never considered as well as making clear things I had considered. Bravo Ian! I genuinely hope we meet again! Thank you MHFA England for this brilliant course!"

"The course and tutor were very good. Ian was able to set the tone so that we all felt safe and secure in sharing experiences within the group which will help me going forward knowing that mental health issues are a lot more common than most people imagine. The course has given me more confidence to approach people and quietly persist in asking people if they are ok when alarm bells have been rung. An excellent course which I would not hesitate in recommending to others. Everyone should have some basic knowledge of this along the lines of physical first aid."

"The course was well laid out and allowed for its participants to be open and honest about mental health, whether personal or work-related scenarios that were provided in a safe space at all times. This was down to Ian and his manner of teaching, the way that he made us all feel included and safe to discuss such personal in depth matters with ease. Thank You Ian a credit to the training establishment."

It remains a privilege to be able to deliver training and start/maintain the positive conversation around mental health and wellbeing.

If you want to know more about Education and Training at Shine Lincolnshire please contact us via education@shinelincolnshire.com

SUICIDE PREVENTION INVESTMENT FUND

WAVE THREE

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 Investment Funding was secured from NHS England and Shine Lincolnshire launched the Wave One 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 one of the funding, wave two of the Suicide Prevention Programme was launched with a further £130,000 investment. This Programme is not age or gender specific and had 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. In autumn of 2022 Wave three of the fund was launched with a further £120,000 available across the county. Again this programme was not age or gender specific and has 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 37 applications with 9 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:

www.shinelincolnshire.com



@ShineLincs



@ShineLincolnshire



@ShineLincs



1. CENTREPOINT OUTREACH

Along With Us enables you to choose from 6 free to attend activity sessions per week based around cooking, art & craft and playing board games/bingo/music. All the activities take place in small groups in a friendly, non-judgmental, supportive environment and are ideal for anyone facing mental health challenges who would benefit from the opportunity to meet and chat

to new people, learn new skills and take part in group activities. Registration is required and regular attendees at the cooking sessions will have the opportunity to undertake an accredited Food Safety course. The cooking sessions take place at Centenary Methodist Church in Boston and the other activities take place at Belmont House.

Location: Boston

Session frequency: Weekly

T 01205 310 700

E Elizabeth@centrepont-outreach.com

W www.centrepont-outreach.com



2. CITIZENS ADVICE MID LINCOLNSHIRE

'Point Forward' will focus on providing support to those struggling with their mental health and provide early intervention to address issues that are known to cause 'mental health dips' which could lead to suicide. Participants will be assisted via a holistic, person-led approach, ensuring that the most vulnerable are assisted to resolve immediate money worries via budgeting, income maximisation and financial capability support. Participants will be able to live a better life, as the pressures associated with money management will be significantly reduced.

Location: Boston Borough and North Kesteven

Session frequency: Mon and Wed 9:30-12:30 (Boston) , Tues and Thurs 9:30-12:30 (Sleaford), Mon- Fri 9:30-16:30 (video, email, phone)

T: 08082 717 942

E: outreach@citizensadvicemidlincs.org.uk

W: www.camidlincs.org.uk



3. CLIP

Delivered in Mablethorpe this new 'Look after yourself' course is for individuals struggling with their mental health, who would benefit from a helping hand in taking time to focus on themselves. The course will comprise of three activities each week – a physical activity in the form of a short walk, pilates or exercise video; a relaxation activity such as mindfulness or yoga; and a social activity with ice-breakers and team-building. Participants will connect with others who may experience similar challenges, and the project will help participants build resilience, develop coping strategies and receive signposting if further support is required.

Location: Mablethorpe

Session frequency: Weekly

T: 01507 473 325

E: info@cliplearning.com

W: www.cliplearning.com



4. DARKSIDE RISING CIC

The **Divergent Project** welcomes neurodivergent people across Lincolnshire into a programme of strength training and online support to empower confidence and self-acceptance. Led by lived experience, we will encourage you to explore your authentic neurodivergent self, develop new friendship groups and improve your mental and physical health. You can choose from women-only strength training groups in our gym in Lincoln, or mixed gender online group classes for exercise, cooking, journaling or peer support, via Zoom. Neurodivergence is a broad umbrella of neurotypes that includes autism, ADHD, dyslexia and mental health. We are LGBTQI+ friendly and can support people with a range of complex health conditions.

Location: Lincoln (in person), Countywide (online)

Session frequency: Weekly

T: 07717 202 065

E: darkside.risingcic@gmail.com

W: www.darksiderising.co.uk

Darkside Rising CIC

Women's Health Organisation

5. BLACK BARN MENTAL HEALTH FOR MEN

Desire Change is aimed at men 18 years and is based on our Care Farm Site in Old Bolingbroke. Access information and support around positive mental health. Regular drop-in sessions and themed activity programme of sessions available for men to access. Men's mental health information packs available detailing local help and support available, with hints and tips for staying mentally well.

Location: Old Bolingbroke

Session frequency: Weekly

T: 07825 475 693

E: angie@desirechange.org

W: www.desirechange.org



6. GREEN SYNERGY

Green Shoots of Wellness project aims to support men at risk of suicide with the opportunity to take part in social and therapeutic horticulture activities with an empathic and

person-centred approach. The participants will have the chance to be outside, connecting with nature and accessing a safe space, building skills, resilience and friendships and encouraged to use a new wellness tools identified by the participants themselves. Green Shoots of Wellness aims to support and grow shoots of wellness and confidence to improve individual's wellbeing, support coping strategies and gives the opportunity for individual and group support to promote positive lifestyles and reduce the risk of self-harm and suicide.

Location: Lincoln City

Session frequency: Tuesdays 11:00am-1:00pm

T: 01522 533 077

E: Trudi@greensynergy.org.uk

W: www.greensynergy.co.uk



7. HEADWAY LINCOLNSHIRE

Making Headway will provide support, understanding, and meaningful activities to individuals with an acquired brain injury at risk of self harm and suicide in Lincolnshire. Support and activities would include; 1:1 counselling sessions, and peer support groups. We would also provide therapies, either group or individual to help manage emotions including music therapy, laughter therapy, and art therapy all delivered by qualified therapists experienced in mental health.

Location: Countywide with group support in Boston, Lincoln, Grantham and Spalding

Session frequency: Groups once a fortnight, sessions varied

T: 07546 592 526

E: Info@headwaylincolnshire.org.uk



8. YMCA LINCOLNSHIRE

Get HAPI (Homes, Activities, Peers and Interventions) will support people experiencing homelessness with accessible, effective ways of understanding, managing and improving mental wellbeing. With four strands, they will have the freedom to choose what works for them from the

following: professionally-led therapeutic interventions, resident-led group support, professionally co-ordinated meaningful activities, and independently self-managed positive change. While there will be particular focus on residents who we know are at greater risk of suicide (from context, or responsively as risk increases – e.g. those on our Suicide Prevention Plans) we will ensure Get HAPI can be accessed by all those facing significant mental health challenges – the majority of people in our housing.

Location: Lincoln City

Session frequency: Varied

Contact: Emma Everitt

E naomi.glenister@lincsymca.co.uk

W www.lincsymca.com

YMCA

YMCA LINCOLNSHIRE



9. MINDSPACE

'Grow Together' is a project centred around being outdoors, connecting, learning new skills and achieving a sense of accomplishment having cultivated your own patch of Garden. Participants will be supported to grown their own plants and vegetables within their own dedicated patch of growing space. They will be supported by a Coordinator who will bring knowledge and experience of gardening and teaching others and who will have been funded to undertake Thrive Training to develop an awareness of Social Therapeutic Horticulture. So as to enable as many people to benefit as possible, this project will enable open access sessions and workshops as well as targeted, socially prescribed interventions.

Location: Stamford

Session frequency: Weekly

T 07563 385 273

E info@mindspacestamford.com

W www.mindspacestamford.com

HAY UPDATE

How Are You Lincolnshire?, is a new resource for people struggling with their wellbeing and mental health. It has loads of local groups across Lincolnshire to help you make connections and have conversations www.haylincolnshire.co.uk

NHS

How are you, Lincolnshire?

Are you looking to boost your wellbeing and mental health? Find local groups on haylincolnshire.co.uk

Connections

Support

Self-help

H.A.Y. Lincolnshire | **Lincolnshire Community Mental Health & Wellbeing Transformation**

COST OF LIVING



The cost of living crisis is not just something we hear about in the news or on social media but for many people it is something they have felt the effects of on their daily lives.

Whether it be the rise in energy costs or the increase in the cost of your weekly shopping bills, most people are seeing the effects. For some people, the effects are extreme and may be having to choose between feeding themselves or their children or paying their energy bill or putting petrol in their car so they can get to work.

If you are struggling with the rising cost of living, there is support available within your community as well as the current support from the Government. Many energy companies are also offering additional support or services for groups of customers and some broadband providers are offering special tariffs for those in receipt of certain benefits.

To help with the cost of food shopping, Lincoln and Sleaford both have Community Grocery Stores that are available to everyone where you can shop at a fraction of the price of supermarkets and

details of all local foodbanks can be found on www.lincolnshirefoodpartnership.org. The website also gives lots of information on communities working together to create a sustainable, healthy food economy.

After this winter many people are now thinking twice before putting the central heating on in their homes to help reduce the costs. If you are looking for somewhere warm and welcoming during the day, why not visit a local Warm Space. These are situated all around the county and are free to access, some offering additional services like hot drinks, Wi-Fi, community activities, support and advice. To find a local Warm Space, visit www.warmwelcome.uk/#find-a-space

If you are finding this winter tough, please do not struggle on your own. Visit your local Wellbeing Hub, speak to friend or family member, chat with your GP, attend a local community cafe and keep your eye on the [Shine Facebook page](#) and [website](#) where there is lots of support and information available.

WARM SPACES ACROSS THE COUNTY

Several projects were funded by Warm Space's Winter Pressure Innovation Fund in the Four Counties.

Art Pop up, alongside Draft Excluder workshops secured 100 warm winter packs that were distributed across key providers and warm hubs to ensure those at need had access to support. Mindspace Stamford in partnership with Citizens Advice provided Budgeting Courses and practical support in either a £25 voucher for either fuel or food.

Stamford Energy Saving Tips & Draft Excluder Workshops

"Monday's workshop which we hosted at the library along with a 'Cuppa with a Councillor' so that participants could raise any issues. Lea at the Library said, "The whole place was buzzing on Monday afternoon – it was fabulous" and the participants were really pleased with the support which they said was desperately needed. Everyone found at least one piece of energy saving advice that they were not aware of which they were going to apply to their home, and most found many more actions which they felt able to take." - Sam Roddan Art Pop Up



WARM SPACES IN STAMFORD

Worried about heating bills and need a free, **Warm Space** to sit for a few hours? Monday to Saturday in Stamford, you will find a **Warm Space** where you are welcome to sit, perhaps read a book, have a natter or catch up on your emails...

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	9am-5pm Stamford Library	9am-5pm Stamford Library	9am-5pm Stamford Library	9am-5pm Stamford Library	9am-5pm Stamford Library	9am-4pm Stamford Library
			10am-4pm at Ryhall Library		8:30am-11:30am Coffee Morning at United Reformed Church hall	
					10am-12pm Coffee Morning at St Georges Church	
Afternoon	2:30pm Cuppa Connect at Stamford Library	2pm-4pm Stamford Free Church	12:30pm - 2pm at Mindspace	12:30pm - 2pm at Mindspace		
	12:30pm - 2pm Tea & Chat at Mindspace			2pm-4pm Evergreen Care Trust's Building Better Mental Wealth at United Reformed Church hall		
	3:30pm-5:30pm at All Saints Church					
Evening	6pm-10pm Night Light Cafe at Mindspace			6pm-10pm Night Light Cafe at Mindspace		

Plus second Sunday of every month 2:30pm-4:30pm at Stamford URC Hall, 29 Broad St PE9 1PJ, Art Pop Up's monthly Make Space welcomes you also as a **Warm Space** for a cuppa or join in the free crafting and arts activities for all ages.



Warm Spaces Bourne

There is access to Warm Spaces across Bourne, ensuring there is a warm space every weekday, this was a collaborative approach by Bourne United Charities, Bourne Town Council and a range of local organisations. Sortified were supported by Warm Spaces Innovation Winter Pressure Fund, to provide additional support across Bourne and surrounding villages, ensuring that people in need of support could get access to personalised help based on individual needs.

Do you need a bit of help to stay warm this winter?

We can help with:


- ✓ Advice
- ✓ Budgeting
- ✓ Ways to keep warm
- ✓ Ways to eat healthily
- ✓ Improving health and wellbeing
- ✓ Meeting people
- ✓ Finding further support

We can even provide some kit to help you keep warm and data to get online



Sortified

To find out more call 01778 392645, email info@sortified.com, or message us @sortified on socials



A Warm Place to be!

Everyone is concerned about their energy bills this Winter.

Why not save some money and come to one of our warm hubs for a few hours and use our heating.

We can offer you:

- A Warm Welcome
- A Warm Space
- Tea and Coffee
- In most Venues Free Wi-Fi
- Board Games / Books etc
- And More

Starts Monday 14th November - 10am - 6pm

Mondays - Bourne Salvation Army Community Church
Tuesdays - Bourne Baptist Church (West Street)
Wednesdays - The Butterfield Centre (North Road)
Thursdays - Wake House (North Street)
& Elsea Park Community Centre (Sandown Drive)
Fridays - Bourne Salvation Army Community Church

Supported by Bourne United Charities / Bourne Town Council / Bourne Salvation Army / Bourne Baptist Church / BACT / EPCT / The Butterfield Centre



EVERYONE

CAN COME TO OUR WARM SPACE

AT WEST LINDSEY LEISURE CENTRE

Thursdays and Sundays • 10am - 12pm

- Connect with others in your community
- Read books, play board games, or just have a chat

- Coffee and tea available
- Supported by our local volunteers







everyoneactive.com/WestLindsey
[@eaWestLindsey](https://www.facebook.com/eaWestLindsey)
[@everyoneactive](https://www.instagram.com/everyoneactive)
[@everyoneactive](https://www.linkedin.com/company/everyoneactive)



ENERGY SAVING TIPS

Useful websites:
 Energy Saving Trust energysavingtrust.org.uk
 UK Gov advice - google "help for households gov.uk" or go to <https://bit.ly/helpforhouseholds>

CHECKLIST

Quick fixes

1. Find and fix draughts.
2. Switch to energy saving lightbulbs. 
3. Turn down radiators in rooms you aren't using (or use less), turn them back up when you go in.
4. Close all your curtains/blinds at night - this keeps heat in, make sure curtains aren't hanging over the radiators so the heat doesn't go behind and out the window. 
5. Turn appliances off at the socket and don't leave your gadgets on standby.
6. Only boil as much water in the kettle as you need. 
7. Use your tumble dryer less.
8. Only run your washing machine and dishwasher when they're full, reduce your use by one run per week and wash clothes at 30°C (unless they're really dirty).
9. Use eco cycles on your domestic appliances. 
10. Set your room thermostat to the lowest comfortable temperature - for most people between 18 and 21 degrees.

More tips

Turn your gas boiler off and on when you need it, or just use it to heat the rooms you're in rather than having it on low all the time.

Insulate with foil panels behind radiators on uninsulated external walls.

Bleed your radiators. 

Clean the lint filter every time you use the tumble dryer.

Don't hang wet clothes on radiators to dry - use a clothes horse or hang them outside if you can. Wring out or spin your clothes first.

If you're signed up to an energy tariff that offers cheaper off-peak electricity, set your washing machine's delay-start function to come on during the cheaper period.

Clean your fridge's filters and dust or vacuum the condenser coils behind.

Defrost food in your fridge and cool hot food before you put it into the fridge or freezer.

Don't leave the fridge door open longer than necessary.

For optimum energy efficiency, keep your fridge and freezer at least three quarters full. Fill them with bottles of water to take up space. But don't overflow - fridges and freezers work by circulating air around the compartments. Defrost regularly.

If you have a combi boiler, turn down the flow temperature to 60°C (Nesta has an interactive boiler temperature tool online to walk you through the step-by-step process).

Get your boiler serviced annually, or ask your landlord to do so.

Insulate your hot water tank if you have one.

Get a free smart meter from your energy supplier so you can track your usage and use this information to work out where you can cut back







COMMUNITY CONNECTORS

LINCOLN CITY UPDATE

Like many Community Connectors across the county, we are all busy promoting and developing warm spaces, using funding received. In Lincoln, both Lois and I have teamed up with **Green Synergy** and **Development Plus** to create a bespoke warm pack distribution referral service. Multiple partners have agreed to refer and warm packs are now getting to the homes that need it most. Connecting these with warm spaces, is enriching our knowledge of the city and enabling those receiving warm packs to gain more support and signposting as a result. We are also mindful, in our collaboration, that so many people are housebound, so accessing warm spaces is impossible. The rich range of referrers ensures that the most vulnerable are receiving the items they really need.

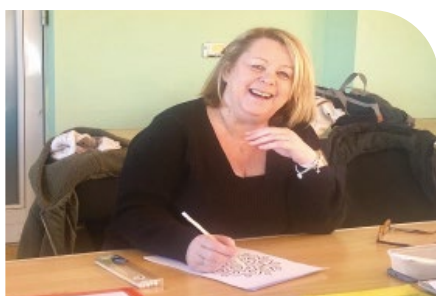
Our Partnership Boards continue to grow, connecting multiple partners across the sectors with the vision of eradicating loneliness and enriching resilience. **The Lincoln City Partnership** board has recently begun what may well be a long journey exploring the impact and the needed support and activity for adults who receive a diagnosis of autism and/or ADHD. The first-round tables have offered a great deal of insight and have challenged all of us to consider what is really required. We are really looking to change the conversation!

BOSTON UPDATE

Hi, I am Heidi Freeman, Community Connector for Boston and I run a project to support anyone in the community who is struggling with their mental health and wellbeing called the BEAM café (Building Engagement Around Mental health).

Through **BEAM café**, we gather feedback and ideas for activities that the community would like to see being offered and encourage people to maybe try something new or different.

Since January 2023, we have been able to offer a **Wellbeing Art and Craft session** thanks to the amazing Julie Green. Julie started attending BEAM and the BEAMing Wellbeing session and has a passion for making art and craft easy, accessible and something to enjoy rather than focusing on the end product. Julie



had signed up as a volunteer for BEAM but from 9th Jan, has offered a thoroughly enjoyable and relaxing session an hour before the BEAM café on a Monday.

Julie states “*Studies have shown that art and craft activities are hugely beneficial in both treating and preventing mental health conditions such as anxiety and depression - helping many people find a way to express themselves, without always having to use words. BEAM wellbeing sessions bring the local community together to create art, in a relaxed atmosphere, helping boost confidence, reduce social isolation, and give a sense of belonging. This allows individuals to express themselves and seek support within a safe space. When I joined the group, I immediately felt the warmth, trust and honesty envelope me.*”

Days/times of BEAM are:

Monday 12:00pm-1:00pm BEAM Wellbeing Craft session, followed by BEAM café, 1:00pm-3:00pm at Black Sluice

Tuesday 12:00pm-3:00pm at St Botolph’s Church

Wednesday 4:00pm-7:00pm at St Botolph’s Church

If people would like more information, contact: Heidi Freeman on 07833 786 816 or email heidi.freeman@stbarnabashospice.co.uk



FIRST COASTAL/SOLAS UPDATE

BRO PRO UK “it’s ok not to be ok but not everyone knows that!”

Step out, speak up and say just how you are really feeling.
Bro Pro UK offers a safe place for men to meet, socialise & talk.

Please message us to find a time and location near you:

Call or WhatsApp: **07939 092585**    Find us on socials: **Bro Pro UK**

Bro Pro UK encourages peer to peer support across all our locations. We are dedicated in creating safe places for guys to meet and talk. Sharing lived experiences and coming alongside someone is just what some guys need. Knowing that they are not alone and that others have experienced what you have been through, can and does help.

If you are reading this and think Bro Pro could help you, then drop us a message today!
Please message us via WhatsApp or via our Facebook page for your nearest location.

Charity Number: 1146916 (Projects within the New Life Community Church Family)

If you are worried about someone’s immediate safety/mental wellbeing please call 999 and ask for an ambulance and/or the police.

BroProUK is not a 24 hour service and may not yet be in a location near you. Please see below alternative services.

SAMARITANS
Call free day or night on
116 123
Email: jo@samaritans.org

Text SHOUT to 85258

ANDYSMANCLUB
is a free talking group for men over the age of 18 to get the issues and storms in their lives off their chests. It runs every Monday at 7pm excluding bank holidays in over 110 locations across the UK.
www.andysmanclub.co.uk



PAYPLAN LAUNCHES ONLINE TOOL TO HELP YOU MAXIMISE YOUR INCOME

At PayPlan, we understand the impact of the cost-of-living crisis, and we're currently facing record demand for free debt advice. And, to ensure we're providing more than just debt advice, we've launched BudgetSmart.

BudgetSmart is an online tool that covers all areas of your expenditure – and helps you maximise your income with smart money saving methods. From gas and electric bills to making sure you're on top of the latest childcare schemes and transport hacks, the interactive BudgetSmart wheel highlights more than 20 areas of your budget where you could possibly make savings.

Our most popular page to date has been the income maximisation page. This is perfect if you're struggling with the cost of living, as you could find out you're entitled to more benefits. Billions of pounds worth of benefit income goes unclaimed every year. Our online benefits calculator can let you know what you could be missing out on in as little as five minutes.

There are also other ways to find extra income, such as having a clear out of books, CDs, DVDs, selling your old clothes, recycling ink cartridges, finding personalised job support or taking advantages of cashback websites and mobile phone apps. When it comes to the aforementioned ideas, BudgetSmart lists the resources you need to get going on your journey and potentially improving your financial outlook.

What else can you expect to find within BudgetSmart?

We recently highlighted the importance of ensuring you don't miss out on any government support on our energy bills and income maximisation pages – including the

government's recent Alternative Fuel Payment scheme which was launched in February.

For households across Great Britain who don't use mains gas for heating, the government has announced a £200 grant towards their energy bills under the Alternative Fuel Payment (AFP) scheme would become available.

Most will get the £200 AFP automatically as credit on their electricity bill, but a small minority of customers, such as those living in park homes or on static houseboats with no direct energy supplier, will need to apply to receive the payment through an online portal that will launch later this month. The portal is yet to go live but keep an eye on the government website.

Businesses using alternative fuels will also start receiving £150 credit on bills, with payments expected to be delivered by 10th March 2023 through the Non-Domestic Alternative Fuel Payment scheme (ND-AFP). There is no need to contact your supplier for this payment.



To take advantage of BudgetSmart, visit www.payplan.com/budgetsmart. If you're worried about debts, it can be difficult to know where to turn. At PayPlan, we're specialists in finding solutions for people with multiple debts, and over the past 30 years, we've helped over one million people take control of their finances.

Get in touch by calling 0800 072 1206 or visiting www.payplan.com/debtadvice/

PayPlan®

CREATE YOUR EASTER BUNNY

you will need:

Grey wool

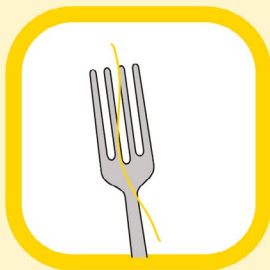
a fork

scissors

googly eyes

glue

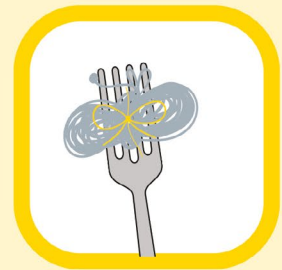
paper bunny ears and nose



place a small piece of wool vertically along the prongs of your fork (you may want to use a different colour for this so its easier to see!)



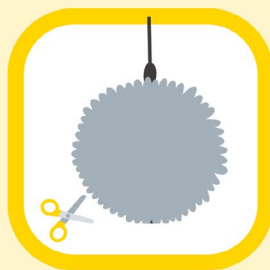
wrap your orange wool thickly around the prongs of your fork- make sure you leave your small piece of vertical wool accessible!



use the small piece of wool to tie the wool together as tightly as possible.



use your scissors to cut along the opposite side of the fork to your knot.



trim and fluff your pom-pom



stick the eyes, ears and nose onto your bunny!

Design your own Easter bunny and send us a picture of it by July 31st for a chance to win your very own Bert!!

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

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

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

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

Darksid Rising CIC | Lincoln
W www.darksidetraining.co.uk

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

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

Disability Social Network | Gainsborough
T 01427 239 203

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

Donington Library | Spalding
T 01522 782 010

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

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

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

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

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

Evergreen Care Trust | Sleaford
T 07707 260 822
W www.evergreensleaford.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

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

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

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

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

Grantham & District Hospital | Grantham
T 01476 565 232

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

Grantham 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

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

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

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

Help for Heroes | Nationwide
T 0300 303 9888 W 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

Holbeach Moving Forwards | Holbeach
T 07719 189 528
E holbeachmovingforwards@gmail.com

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

LACE Housing | Lincoln
T 01522 514 444

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

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

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

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

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

Lincoln Council for Voluntary Youth Services (LCVYS) | Countywide
T 01522 720 789 W www.lcvys.co.uk

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

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

Lincolnshire ADHD Support Services | Countywide
T 07483 166 042
T 01522 508 373
E lincoln.adhd@btconnect.com
W www.lincsadhd.org

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

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

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

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

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

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

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

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

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.long Suttonmarkethouse.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 Health Forum** | Nationwide
W www.menshealthforum.org.uk/beatstress.uk
- Men's Shed Association** | Countywide
T 0300 772 9626 W www.menssheds.org.uk
- Mental Health Matters** | Countywide
T 0800 001 4331
- Mel Downing Homeopathy** | Gainsborough
T 01909 591 972 W www.meldowning.com
- The Mill Birth & Wellbeing Centre** | Stamford
W www.themillwellbeing.co.uk
- Mind** | Nationwide
T 0300 123 3393 E info@mind.org.uk
W www.mind.org.uk
- Mind Legal Advice** | Nationwide
T 0300 4666463 E legal@mind.org.uk
- Mindspace** | Stamford
T 01780 437 330
W www.mindspacestamford.com
- Mint Lane Café** | Lincoln
W www.involvelincoln.org.uk
- Mission Motorsport** | Nationwide
T 03330 338 338
W www.missionmotorsport.org
- Moulton Medical Centre Patient Participation** | Spalding
T 01406 258 373
E moultonpractice@gmail.com
W www.moultonmedicalcentre.nhs.uk/info.aspx?p=9
- 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
- NACRO** | Lincoln
T 01522 525383 W www.nacro.org.uk
- NHS PALS** | Countywide
T 0300 123 9553
W www.lincolnshirecommunityhealthservices.nhs.uk
- Night Light Crisis Café** | Lincoln
T 0300 0111 1200
W www.facebook.com/nightlightcafeincoln
- No Panic** | Nationwide
T 0300 772 9844 (Helpline)
T 0330 606 1174 (Youth helpline)
W www.nopanic.org.uk
- North Kesteven District Council**
T 01529 414 155 W www.n-kesteven.gov.uk
- NW Counselling Hub** | Lincoln
T 01522 253 809
W www.nwcounsellinghub.co.uk
- OCD UK** | Nationwide
T 01332 588 112
W www.ocduk.org
- Old Wood Organic CIC** | Lincoln
T 07572 305 952
E benjihavilah@icloud.com
W www.oldwoodorganic.com
- On Track Fishing CIC** | Boston
T 07881 930 753
E ontrackfishing@gmail.com
W www.ontrackfishing.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.paaactsupport.com
- The Parish of Boston** | Boston
T 01205 310 929
E admin@parishofboston.co.uk
W www.parish-of-boston.org.uk
- Pay Plan** | Nationwide
T 0800 072 1206
W www.payplan.com/debtadvice
- Pelican Trust** | Lincoln
T 01522 513533 W www.pelicantrust.org
- Pinchbeck Community Hub and Library** | Spalding
T 015220 782 010
W www.pinchbeck.parish.lincolnshire.gov.uk/parish-information/community-hub-library
- The Poppy Factory** | Nationwide
T 0208 940 3305 (enquiries)
T 020 8939 1837 (employment support)
E support@poppyfactory.org
W www.poppyfactory.org
- Rainbow Stars** | Sleaford
T 07761 449 404
E support@rainbowstarslincs.co.uk
W www.rainbowstarslincs.co.uk
- Recovery College** | Countywide
T 01522 518 500
W www.lpft.nhs.uk/our-services/adults/recovery-college
- Renew** | Grantham
T 07863 712 797
W www.granthambaptistchurch.co.uk/renew-grantham
- Renew** | Lincoln
T 07526 608 496
W www.rethink.org/help-in-your-area/support-groups
- Restore Church Boston** | Boston
T 01205 837 209
W www.restorechurchboston.co.uk
- Restore Gainsborough** | Gainsborough
T 01427 616 353
E judi.swannack@alivechurch.org.uk
W www.alivechurch.org.uk/gainsborough
- Restore Pantry** | Boston
T 01205 837 209
W www.restorechurchboston.co.uk
- Rethink Mental Illness** | Nationwide
T 0300 5000 927 W www.rethink.org
- Richmond Fellowship Crisis Service** | Boston
T 01205 363 938
W www.richmondfellowship.org.uk
- Riverside Training** | Gainsborough
01427 677 277
W www.riverside-training.org.uk
- Roadhog** | South Lincolnshire
E roadhogbus@gmail.com
W www.roadhogbus.org.uk
- Royal Air Force Benevolent Fund** | London
T 0300 102 1919
E welfarenavigators@rafbf.org.uk
W www.rafbf.org
- Royal British Legion** | Nationwide
T 0808 802 8080
E info@britishlegion.org.uk
W www.britishlegion.org.uk
- Ruskington Library** | Sleaford
T 01522 782 010
- Rutland Sailability** | Rutland
W www.rutlandsailability.org.uk
- Ryhall Village Hall** | Stamford
T 07751 098 996
W www.facebook.com/Ryhallvillagehall
- Sage Gardener CIC** | West Lincolnshire
T 07707 325 016 W www.sagegardener.co.uk
- Salvation Army** | Countywide
W www.salvationarmy.org.uk/map-page
- Samaritans** | Nationwide
T 116 123 E jo@samaritans.org
W www.samaritans.org
- Samaritans** | Boston
T 116 123
W www.samaritans.org/branches/boston
- Samaritans** | Grantham
T 116 123
W www.samaritans.org/branches/grantham
- Samaritans** | Lincoln
T 116 123
W www.samaritans.org/branches/lincoln
- SANE** | Nationwide
T 07984 967 708 W www.sane.org.uk
- Seagull Recycling Ltd** | East Lincolnshire
T 07709 866 614 W www.ecoskegness.org.uk
- Shelter** | Nationwide
T 0808 800 4444 /
W Webchat www.england.shelter.org.uk/get_help/webchat
W www.england.shelter.org.uk
- SHOUT** | Countywide
M Text 'Shout' 85258
W www.giveusashout.org
- SilverLine** | Countywide
T 0800 470 80 90
W www.thesilverline.org.uk
- Simply Being You** | Stamford
T 07806 228 494
W www.simplybeingyou.co.uk
- Sincil Bank Community Partnership** | Lincoln
T 01522 510 157
W www.sincilbankcommunity.co.uk
- Single Point of Access** | Countywide
T 0303 123 4000
W www.lpft.nhs.uk/our-services
- Sleaford Community Larder** | Sleaford
T 01529 413 063
W www.communitylarder.co.uk
- Sleaford Playhouse** | Sleaford
T 0333 666 3366
W www.sleafordplayhouse.co.uk
- Sleaford Rotary Club** | Sleaford
W www.sleafordrotary.co.uk
- Social Care for Adults** | Countywide
T 01522 782 155 T Out of Hours 01522 782 333
- Social Care for Children** | Countywide
T 01522 782 111 T Out of Hours 01522 782 333
- Sortified** | Bourne
T 07738 435 957 W www.sortified.com
- Sound Lincs** | Countywide
T 01522 510 073 W www.soundlincs.org
- The Source** | Sleaford
T 01529 309 482
- South Holland District Council** | South Holland
T 01775 761 161 W www.sholland.gov.uk

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

STAMFORD
Sheepmarket Surgery | Stamford
T 01780 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

WASHINGTONBOROUGH
Surgery | Washington
T 01522 303 600
W www.washingtonboroughfamilypractice.nhs.uk

WELTON
Welton Family Health Centre | Welton
T 01673 862 232 W www.weltonsurgery.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

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.

Abbey Children's Centre | Lincoln

T 01522 555 689
E abbeyCC@lincolnshire.gov.uk

Abbey Youthie | Lincoln

T 07988 229 720
W bevsmith6@googlemail.com

Alford Children's Centre | Alford

T 01507 463 218
W alfordCC@lincolnshire.gov.uk

Ambitious Youth Network

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

Bardney Gateway Centre | Bardney

T 01526 398464
E bardneygatewaycentre@outlook.com

Barnardo's Young Carers Service

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

Belton Lane Children's Centre | Grantham

T 01522 550 901
E beltonlanec@lincolnshire.gov.uk

Billinghay Children's Centre | Billinghay

T 01526 869 248
E billinghaychildrenscentre@lincolnshire.gov.uk

Binbrook Children's Centre | Market Rasen

T 01472 398 889
E Binbrook_cc@lincolnshire.gov.uk

Birchwood Children's Centre | Lincoln

T 01522 689 991
E birchwoodCC@lincolnshire.gov.uk

Birchwood Youth Centre | Birchwood

T 07767 003 858
E fiona.carroll@lincolnshire.gov.uk

Boston Children's Centre (Fenside Road)

| Boston
T 01205 357 608
E StChristophersCC@lincolnshire.gov.uk

Boston Children's Centre (Fishtoft Road)

| Boston
T 01205 356 410
E FishtoftRDCC@lincolnshire.gov.uk

Boston Children's Centre (Norfolk Lodge) | Boston

T 01522 843135
E NorfolkLodgeCC@lincolnshire.gov.uk

Boston Laughton (Carlton Rd) Youth Centre | Boston

T 01205 311 794 E fishtoftpc1@outlook.com

Bourne Children's Centre | Bourne

T 01778 395895
E BourneCC@lincolnshire.gov.uk

Bourne Youth Centre | Bourne

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

Bracebridge Children's Centre | Bracebridge Heath

T 01522 525 610
E Bracebridgecc@lincolnshire.gov.uk

Brigg Children's Centre | Brigg

T 01652 659 882
E surestartchildrenscentres@northlincs.gov.uk

Caistor Children's Centre | Caistor

T 01673 844 703
E CaistorCC@lincolnshire.gov.uk

Calm Harm

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

CAMHS

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

Carlton Road Children's Centre | Boston

T 01205 355 056
E CarltonRoadCC@lincolnshire.gov.uk

Caythorpe Children's Centre | Grantham

T 01400 279 285
E caythorpecc@lincolnshire.gov.uk

Cherry Willingham Children's Centre | Cherry Willingham

T 07541 802 815
E cherryyillinghamcc@lincolnshire.gov.uk

Cherry Willingham Youth Centre | Cherry Willingham

T 01522 595 729 E cwycc@btinternet.com

Childline

T 0800 1111 W www.childline.org.uk

Calm Zone

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

Coningsby Youth Centre | Coningsby

T 01526 344 031

Gainsborough Academy (Trent Valley) Youth Centre | Gainsborough

T 01427 612 411

Graham Matthews Youth Club | Welton

T 07799 478 443
E ian.layton@lincolnshire.gov.uk

Hemswell Cliff | Gainsborough

T 01427 667 643
E Hemswell.Cliff.CC@lincolnshire.gov.uk

Holbeach Children's Centre | Holbeach

T 01406 426 064
E HolbeachCC@lincolnshire.gov.uk

Holiday Activities and Food Programme | Lincolnshire

E HAF@lincolnshire.gov.uk
W www.lincolnshire.gov.uk

Holton Le Clay Children's Centre | Holton Le Clay

T 01472 828 548
E HoltonLeClay_CC@lincolnshire.gov.uk

Horncastle Children's Centre | Horncastle

T 01507 526 603
E Horncastle_Childrens_Centre@lincolnshire.gov.uk

Kirton Youth Club | Kirton

T 01205 722 560
E Catrina.smith@lincolnshire.gov.uk

Kooth.com

W www.kooth.com

LGBTQ Youth Club | Sleaford

T 07532 339 327
E lincsparentsLGBT@gmail.com

W www.lincsparentslgbt.org.uk

Lincoln Ambassador Club | Lincoln

T 0800 151 3350
E ambassadors@whizz-kids.org.uk

Lincoln Central Children's Centre | Lincoln

T 01522 843 355
E lincolncentralcc@lincolnshire.gov.uk

Lincoln Moorland Children's Centre | Lincoln

T 01522 554 886
E LincolnMoorlandCC@lincolnshire.gov.uk

Lincoln North Children's Centre | Lincoln

T 01522 552 904
E lincolnnorthCC@lincolnshire.gov.uk

Lincolnshire Young Farmers' Club | Lincoln

T 01522 568 989
E kshone@lincoln.ac.uk

Louth Children's Centre | Louth

T 01507 607 087
E Louth_CC_Fax@lincolnshire.gov.uk

Mablethorpe Children's Centre | Mablethorpe

T 01507 479 412
E MablethorpeCC@lincolnshire.gov.uk

Mablethorpe Youth Club | Mablethorpe

T 07717 225 097
E luke.small@lincolnshire.gov.uk

Market Arcade Children's Centre | Gainsborough

T 01427 617 767
E GainsboroughCC@lincolnshire.gov.uk

Market Deeping Children's Centre | Market Deeping

T 01778 382 574
E MarketDeepingCC@lincolnshire.gov.uk

Market Rasen Children's Centre | Market Rasen

T 01673 844 703
E marketrasenCC@lincolnshire.gov.uk

Meridale Youth Centre | Mablethorpe

T 01507 441 481
T 07957 643 974

E meridale@meridale.co.uk

Mermaids

T Helpline: 0800 801 0400
W www.mermaidsuk.org.uk

T Student Space Helpline: 0800 801 0424

W www.studentsspace.org.uk

W www.studentminds.org.uk

Moorland Youth Centre | Lincoln

E recreation@lincoln.gov.uk

Moulton Chapel Youth Club | Spalding

T 01406 380 470 E kim.ayto@sky.com

North Hykeham Children's Centre | North Hykeham

T 01522 550 927
E northhykehamchildrenscentre@lincolnshire.gov.uk

North Marsh Road Children's Centre | Gainsborough

T 01522 550 318
E gainsboroughcc@lincolnshire.gov.uk

North Somercotes Youth Club | North Somercotes

T 07799 117 612
E viv.cross@lincolnshire.gov.uk

Old Leake Children's Centre | Old Leake

T 01205 872 258
E OldLeakeCC@lincolnshire.gov.uk

Papyrus

T HOPELINEUK: 0800 068 4141
M Text: 07860 039 967

W www.papyrus-uk.org

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

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

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

Skellingthorpe Youth Centre | Skellingthorpe
T 01522 683 997

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Wragby Youth Centre | Wragby
T 01673 858 371

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

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

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

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

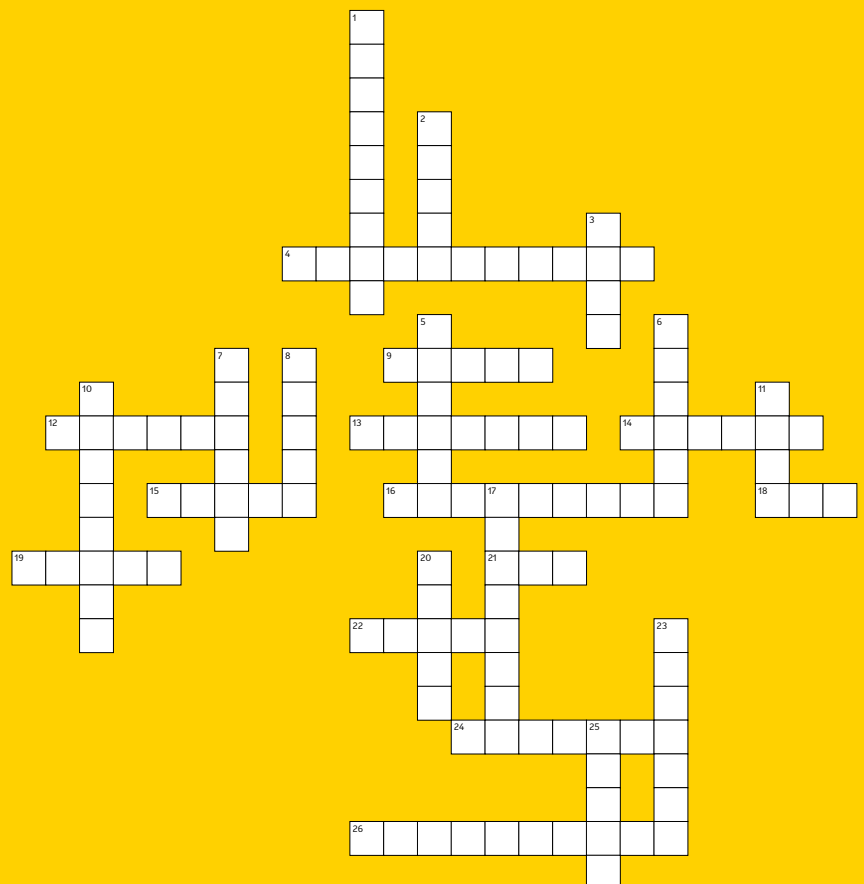
SPRING CROSSWORD

Across

4. The larva of a butterfly or moth
9. A month in Spring
12. A small pool of water
13. Small round beetles that are often red with black spots
14. When you bring food and a blanket to a park and sit on the grass eating
15. The first month of Spring
18. Easter ____
19. Baby chicken
21. Bumble ____
22. Birds that fly north in Spring; black, grey, and white
24. What you see sometimes after rain stops
26. A day for pranks

Down

1. Shoes you wear in the rain
2. In Spring, farmers _____ crops
3. Young sheep
6. The season after Winter
7. _____ blossom trees
8. What do eggs eventually do?
10. Baby duck
11. What you can fly on a windy day
17. You use this to keep you dry from the rain
20. Spring _____ vacation
23. April showers bring May _____
25. Flowers _____ in Spring



COMMUNITY SUPPORT AND ENGAGEMENT COORDINATOR UPDATES

SOUTH UPDATE

Hello, my name is Donna, I am the new Support and Engagement Coordinator, based in the south of Lincolnshire, part of Shine's Mental Health and Wellbeing Team. I cover South Kesteven and South Holland district council areas. I have been in my new role since, December and have been out and about building connections attending events and learning about all the amazing projects and work that provide support in our communities. There are just too many to mention but here's a few:



My first visit was to the **Jubilee Church, Grantham**. There was a vibrant and welcoming atmosphere, the café was full of people talking and supporting each other, a gentleman playing a guitar and singing, while some people were learning English. The Jubilee offers support to anyone, the volunteers are sensitive in identifying needs and can act as listeners and encouragers, ensuring anyone attending is not left out and signposted to support their individual needs. I also have the pleasure of visiting Doodles, a funded project delivered by **Tonic Health**, at **Baytree Centre in Spalding** as part of their Wellbeing Project. This group participants use art and design as a way of one beneficiary told me *"I enjoyed painting a copy of my cat, Cassious I forget everything when I come here, it's very therapeutic it helps you not think about everything and its very relaxing."*

Curo-Lincs, Community Care Farm, based at



Gipsy Hill and Gedney Hill offers a range of activities that promotes animal therapy and outdoor activities. There are a range of animals at the farm, and I was very lucky to meet Simone, a giant but gentle hand raised Pig. The farm has a range other rescued animals including goats, alpacas, sheep, to name a few. Autistic Lincs shared their review of the

visiting the project: *"They tailor the work to individuals rather than creating a pressure cooker environment for failure, they keep people at the heart of problem-solving, intention and experimentation when it comes to the farm environment. If its financially viable, we can try it. Connect with the animals, create solutions and ultimately have a great time."*

In February, I attended several networking events. **The South Holland Health and Wellbeing** event was held at **The Holland Centre in Spalding**. It was a great event supported by lots of local groups and organisations all coming together to share what they do to support our communities, giving presentations and there were stalls to provide information, there was a great response by the public attending the day.

The Stamford Connected Communities Event held the Arts Centre part of **The Mental Health Transformation project**. The day was also well



attended and gave an opportunity for organisations to share the services they provide and make connections to ensure that support that is available across

Stamford is known to each organisation to promote signposting and ensuring there is no wrong door to accessing mental health support. There were a range of presentations during the morning. Everyone took part in some exercise as part of a presentation by the **We are undefeatable, Move Campaign** which encourages people with long term health conditions to become more active. For more information or to access to the exercises please visit www.weareundefeatable.co.uk. Organisations had stalls that gave opportunity for networking and sharing, to build relationships and



promote the Mental Health and Wellbeing Investment Fund. At the end the day we had a visit from our very own Shine Lincolnshire mascot Bert.

Art Pop-up in Stamford are looking for trustees and volunteers to join them at this exciting time if you're interested, please and to contact us

for further details at info@artpopup.co.uk

EAST UPDATE

Hi, I'm Lucy and I have recently moved into the Support and Engagement Coordinator role for East Lindsey and Boston. Throughout the start of 2023 I have been busy touring East Lindsey and Boston getting to meet a variety of community organisations and attend events.

I kickstarted my year in January with some rather cold outdoor visits to **Black Barn Farm** to see their wonderful alpacas and **The Askefield Project**, who



have a variety of sessions including a family care farm on a Saturday and the amazing Boris the donkey! From there I popped over to see **On Track Fishing** at their (frozen) pond so I could hear all about how they use fishing to support mental health.

I then decided to move my visits indoors and met with **New Directions Skegness** who support people who are recovering from addiction and while I was there I popped into **The Storehouse Skegness** but sadly just missed out on their community lunch!

Later on in the month I visited **Louth** to see **Lincoln and Lindsey Blind Society** to hear all about their befriending services, groups and talking newspaper provision for those who have lost their sight – I also got to meet their office dog!! From there I popped to go and see **Lincolnshire Outdoor Learning** who have a fantastic plot including poly tunnels and allotments at **Kenwick Park**, we even made friends with a very friendly robin.

Finally, I went to **Alford Hub** to hear about all the amazing things they are doing for their community – from warm packs to the school uniform and baby bank.

I then had a fantastic day in **Boston** visiting **Centrepoint Outreach** to learn all about the work they do with the homeless communities in Boston. I also visited **The Stump's Beam Café** which provides a safe space to go on a Wednesday (check out the Boston Community Connectors update for more information on this!).

I finished my day off in Boston by visiting **Boston United Community Foundation** who provide a large

Volunteering opportunity

WE ARE LOOKING FOR VOLUNTEERS TO LEAD OUR ART & CRAFT ACTIVITY SESSIONS ON MONDAY AND FRIDAY AFTERNOONS

PLEASE CONTACT TOM ON 01205 360900 OR EMAIL PROJECTWORKERS@CENTREPOINT-OUTREACH.COM FOR MORE INFORMATION



number of community activities including walking football, an over 50s youth club (Golden Goal) and learning disabilities provisions.

Not only have I visited organisations, I have been lucky enough to attend multiple events including **The VSSCIC's open day in Skegness** with our First Coastal Peer Support Worker, Gemma, which



showcased all the support available to veterans and their families in the areas. I also went to

an employers event with the **School of Health and Social Care** at **The University of Lincoln** to see how we can work more closely with University of Lincoln students going forward.

I am looking forward to the rest of the year working in the East of Lincolnshire – if you are an organisation who is interested in connecting, drop me an email: lucy@shinelincolnshire.com.

WEST UPDATE

Hi, I'm Paul and I started my new role as Support and Engagement Coordinator covering Lincoln, West Lindsey and North Kesteven in mid-January and have begun visiting different places and people.

On my travels I have seen some amazing organisations, **Happy Hooves** out at **Market Rasen**, **Old Organic Wood** in **Skellingthorpe**, **G-CAT** in **Gainsborough**, **The Bridge** in **Lincoln** and **The Source** and **The New Life Church** at **Sleaford**.

All these wonderful places have such a big impact on people's lives and help in a lot of ways such as their Wellbeing, their mental health and supporting people throughout the cost-of-living crisis that we are seeing

across the county of Lincolnshire.

Watching these groups and activities thrive will hopefully encourage other groups in the county see that a difference can be made and that there is need for such groups.

Hopefully throughout 2023 I will come across more projects that are making a difference in their community and are helping the residents that live there. For this reason, I wanted to share the work that old wood organic have been doing in Lincoln.

Old Wood Organic CIC began as a response to the pandemic. The owners, Ben, Atma & Ayla-Rose wanted a place of refuge during these unprecedented times and retreated to a plot of land in Skellingthorpe to reconnect with an inner sense of peace and foster a loving relationship with the Earth – hoping to restore feelings of wellbeing.

The first step was to build a market garden among the trees. With the help of Ben's trusted friend Finn and his knowledge of organic growing techniques, Ben set to work nurturing the soil and planting a diverse range of fruits and vegetables, using the No-Dig technique. The nourished soil brought abundant growth and delicious produce, which Ben and Atma now share with local restaurants and organisations.

As their family grew to include Ayla-Rose, Atma and Ben felt called to share the serenity of their woodland space with others who might be in need of the same restorative peace they had discovered while tending to the land. This is how an intentional community begun to grow around them. Land and Leaf Collective joined with Old Wood Organic CIC to provide forest school and outdoor education for Home Educated children.

Between September 2022 and March 2023, the idea for the Woodland Wellbeing Programme was born and supported by Shine managed funding. On this programme the local community could access free holistic wellbeing courses that include, community gardening, Yoga, Mindfulness, Natural Mandala Making and most recently added Green Workworking

If you are a VCSE organisation operating in my area and would like to connect, drop me an email: Paul@shinelincolnshire.com.



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

THE 5 WAYS TO WELLBEING *for kids*

Be Active

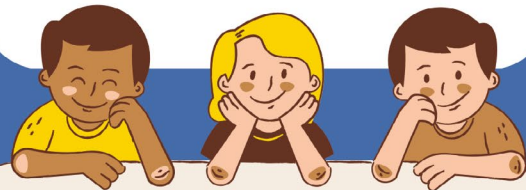
Being active doesn't have to be an organised sport, why not go out for a walk or take part in an Easter Egg Hunt?



What are the 5 ways to wellbeing?

The 5 ways to wellbeing are things you can do to improve your mood.

They are connect, be active, give, keep learning and take notice



Keep Learning

Why not try a fun science experiment or make our Easter Bunny craft?



Connect

spend time talking to those around you or try to make a new friend!

Take Notice

taking notice is all about seeing what is around you. can you see these things?



- Bird
- flower
- Caterpillar
- Cobweb
- Rainbow



Give

Give to others by being polite, saying please and thank you or offering to help someone!



PEER SUPPORT WORKERS UPDATES

MARKET DEEPING

Hello, I'm Sarah and I am the new Peer Support Worker "in training" for Spalding.

As a child I always wanted to work with animals and left school to train as a Veterinary Nurse. This was a role I loved for 26 years, until I physically and mentally became unwell.

My life then totally changed, one thing led to another and then another, then before I knew it everything felt out of control, and I didn't know what to do.

I eventually got the help I needed, and now I am here...

On a new journey, in a new home and with improved health but best of all a new career with Shine.

I am looking forward to utilising my skills, life experiences and current training to support and inspire others that the sun will shine again.

BOSTON

Bert came out with me to visit a local Shine funded project in Boston. The Lincolnshire Community and Voluntary Service are making a community garden for everyone to enjoy. Bert and I certainly enjoyed talking to the volunteers who were there helping to make a huge bug hotel, 5 stars at least, with bee bricks and special bee canes provided with the funds from Shine. The children loved helping and getting involved in making bird boxes, bird fat balls and seed bombs they could take home! I also had an extra helper whilst delivering magazines this month. Peppa my dog came along for the ride, enjoying popping along to the community halls and Church's in Bicker, Kirton, any many more to see what is happening locally.

Barb

GETTING TO KNOW YOU PEER SUPPORT WORKER Q&As

SARAH – MARKET DEEPING

1. **Coffee or tea?** Coffee
2. **Breakfast, dinner or Tea?** Breakfast
3. **Cats or dogs?** Cats
4. **Summer or winter?** Summer
5. **Morning or evening?** Evening
6. **Salty or sweet?** Sweet
7. **What is your guilty pleasure?**
Trashy TV like dress to impress
8. **What is your go-to karaoke song?**
Dream on by Areosmith
9. **What mythical creature would you believe was real?** House elves...
I wish
10. **What is your favourite colour?** Pink
11. **What is your favourite type of weather?** Warm sunshine
12. **What has been your favourite age so far?** The age I am now
13. **What is your go to dinner?** Mac and Cheese

BEN – EAST LINDSEY/ MEDERIAN

1. **Coffee or tea?** Tea
2. **Breakfast, dinner or Tea?** Tea
3. **Cats or dogs?** Cats
4. **Summer or winter?** Summer (ASAP!)
5. **Morning or evening?** Evening
6. **Salty or sweet?** Salty
7. **What is your guilty pleasure?** PS4
8. **What is your go-to karaoke song?**
Hey Jude
9. **What mythical creature would you believe was real?** The Yeti (from monsters inc!!)
10. **What is your favourite colour?** Blue
11. **What is your favourite type of weather?** Warm/sunny
12. **What has been your favourite age so far?** 42 (great career change)
13. **What is your go to dinner?** Poached Egg on toast

KAY – TRENT

1. **Coffee or tea?** Tea
2. **Breakfast, dinner or Tea?** Tea
3. **Cats or dogs?** Dogs
4. **Summer or winter?** Summer
5. **Morning or evening?** Evening
6. **Salty or sweet?** Sweet
7. **What is your guilty pleasure?**
Magic Mike
8. **What is your go-to karaoke song?**
I never do karaoke
9. **What mythical creature would you believe was real?** Mermaids
10. **What is your favourite colour?**
Sage green
11. **What is your favourite type of weather?** Summer
12. **What has been your favourite age so far?** My Early 20s
13. **What is your go to dinner?** Chicken Carbonara

TRENT

Hi, I'm Kay, I am 32 from Gainsborough. I have a 6 year old daughter who is very sassy.

I have recently joined Shine as a Peer Support Worker and really enjoying it. I am really passionate about mental health and feel really grateful to have such a rewarding job.

Kay



FOUR COUNTIES

2023 has been super busy and I have thoroughly enjoyed the part of my job that allows me to attend local groups and events. Even better is when I see how full the events are and how much the volunteers get out of it as well as the attendees.

As a PSW I visited Tonic Health, Spalding alongside two peers. It was a positive trip to the men's group there and was nice to relax on some public transport whilst we all got to know each other's stories a little better. The barriers to public transport for a lot of people are not just the exposure or busyness but that anxiety we all feel of not quite knowing where we need to get off and on. Hopefully, we might be able to address this with some information for the bus companies on where all these wonderful groups and events take place along the routes.

I've also been to a drama group in Bourne, Theatre Fun Workshop. A great mix of age groups that come alive with a few prompts. Em Taylor, who runs the group, focuses on the joy of performing and the social skills it naturally brings. I was overwhelmed to see over 70 attendees at Art Pop-Ups 'Make Space' in Stamford this month. The monthly event attracts all ages from 1 to 100+ and this month was a draw along with a local illustrator followed by the chance to make our own pin badges, greeting cards, and clay models or to learn to crochet, knit, or express ourselves with a paintbrush.

I still have my shadow puppet box from the last session too!

Sammy



EAST LINDSEY

Hi, my name is Ben and I'm new to Shine having joined in December 2022.

Although new to the team I can say that I have never felt so welcome or at home in a working environment. From my interview for the job, where all applicants were made to feel comfortable and appreciated, through the training that I am currently undertaking. It is great to be part of a team full of like minded individuals. My role in Shine will be peer support worker covering East Lindsey. Away from work I am currently studying a level 5 BTEC diploma in Therapeutic Counselling. I also coach an under 14s football team and have been doing this for 5 years as an FA licensed coach. I am looking forward to using my learned life skills and experiences to work alongside people in the local community.

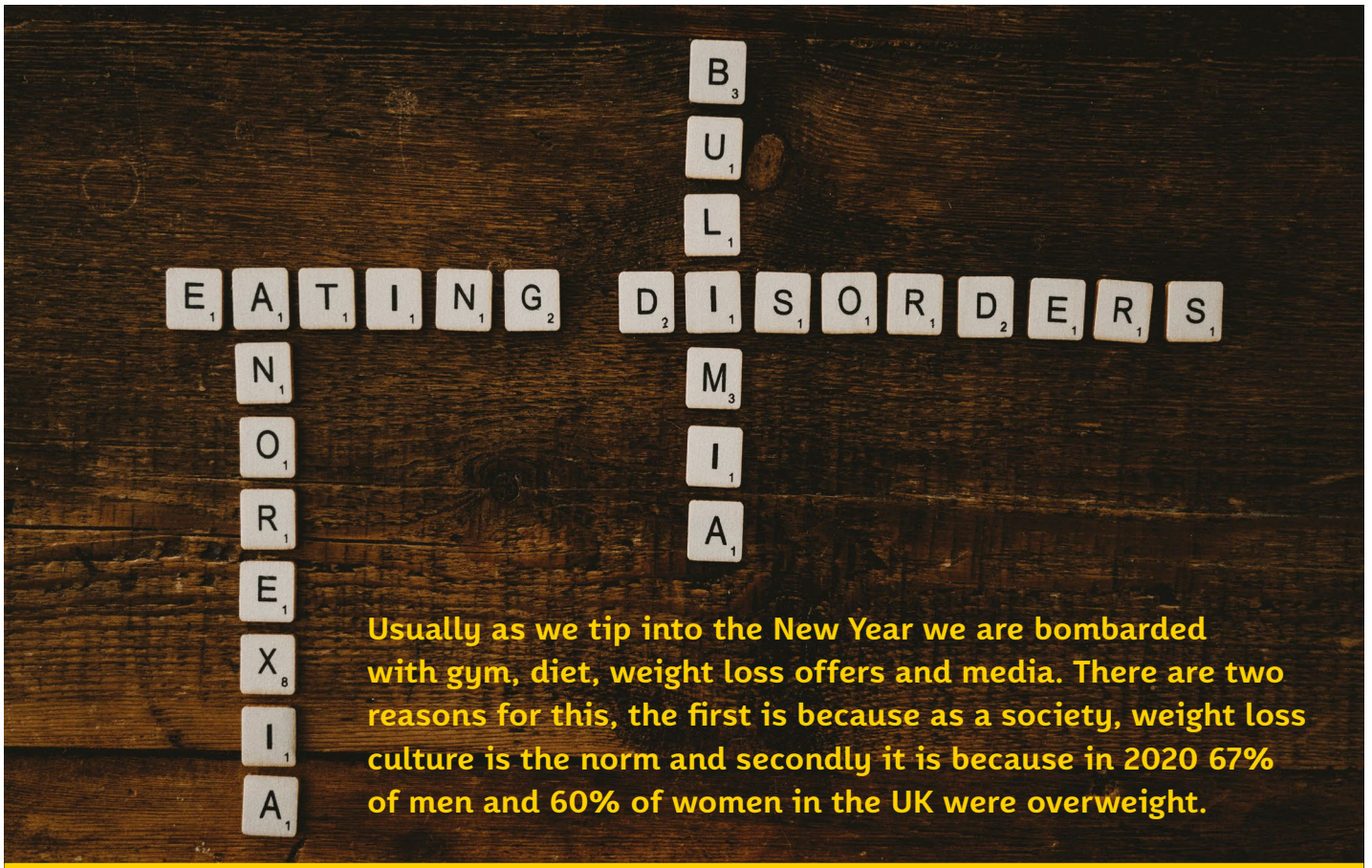
Ben

SLEAFORD

Over the winter I finished my Peer Support Worker training with ImROC, and found out in the new year that I passed my course. It was a great opportunity to really explore the work of PSWs, chat with other people that use their lived experience in their work and get advice from tutors on beginning my journey as a PSW.

The Integrated Place Based Team in Sleaford opened its doors in December. Since then, I have been working with my NHS colleagues and meeting peers from the Sleaford community. Doing this has really brought back memories of meeting my own PSW when I was at my most unwell and I feel privileged to be able to be there for others. I'm looking forward to the next chapter in my journey as a PSW with Shine now I have finished almost all my training.

Carol



Usually as we tip into the New Year we are bombarded with gym, diet, weight loss offers and media. There are two reasons for this, the first is because as a society, weight loss culture is the norm and secondly it is because in 2020 67% of men and 60% of women in the UK were overweight.

Both have an impact on the population. In order to tackle obesity in the UK on the 6th of April 2022 the government introduced a ruling that organisations with over 250 employees had to display calorie information their menus, online menus, third party apps and delivery platforms in order to help people make 'informed choices'.

While this change will no doubt have had an impact on what someone may choose to order. It could be argued, the cohort this change has had the largest impact on is those who are suffering or recovering from an eating disorder or disordered eating.

If I asked my partner (a person who has never struggled with disordered eating) the caloric value of an item of food I can assure you he wouldn't have a clue, equally when we go out to dinner the number of calories in a menu item doesn't influence his choice in meal. However, as someone who has been in recovery from anorexia for 4 years, if the situations were reversed, I would still be able to tell you the caloric value of a plethora of food items and now find myself in impossible situations when I am faced with a menu including calories.

As someone who considers themselves recovered, there are a few things I do to ensure that visiting a restaurant with calories won't impact my enjoyment. The first thing I always do is ask a member of staff for a calorie free menu, most places will be able to provide option without calories however, it is understandable that menus change, and this isn't always the case.

Another thing I do is always carry a pen with me, one of the many changes from covid is that many organisations now provide disposable paper menus that you are able to cross out the caloric values on (some places have even offered to do this for me when they have been unable to provide a calorie free menu!). If neither of the above are options, I will ask the person I am with to tell me what is on the menu to ensure that I am able to have a nice time without being triggered.

Finally, if I do find myself being swayed by the number of calories in a meal, I take time away from the menu to remind myself that calories don't mean all that much and my weight and what I look like is not the be all and end all.

If you think you are struggling with an eating disorder, you can contact your GP or you can find some fantastic resources and support at BEAT Eating disorders (www.beateatingdisorders.org.uk).



WHAT NEXT?

By Daniel Fleshbourne


In this edition of my carers blog, we are going to look at what support and self-care can help “former carers

After the caring role ends it's understandable that a carer may be left dealing with difficult emotions and feelings by themselves. They may feel “stuck” or simply not know what they could do next.

Former carers are often forgotten, when they are no longer interacting with people or services or having a calendar of appointments and events to attend with the person they care for. A busy life, house and role all stops. Often overtaken by a feeling of emptiness and loneliness.

The caring role is often isolating, even the closest of relationships and friendships can end up taking a back seat to the needs of the cared for. Not everyone realises though is when the caring role ends the isolation doesn't. People may think that no longer caring means we can return to our former lives as if turning on a light switch and suddenly the room becomes bathed with light and every this becomes visible. The reality is often much different.

It can feel overwhelming to think about what comes next like returning to work, developing new relationships, renewing existing ones and getting used to not dedicating our lives to another person or people.



Working for the Lincolnshire Recovery College and listening to peoples lived experience has demonstrated to me that having a goal is key. Breaking that down into lots of small easier steps that we can complete in a reasonable timeframe can help with our own self-esteem and self-worth.

It's important to seek connections with other people. Be that friendship groups, peer-support groups for former carers or own family. Connecting with others has been proven to help or wellbeing and mental health.

Recognising that asking for help is a positive thing – even though many carers may be reluctant to ask for help for themselves rather than for the person they care(d) for, talking about our own needs and wants is a brave thing to do and should be applauded by ourselves and others.

Finally, I want to offer a message of hope. It is possible to enjoy life when a caring role comes to an end – What comes next is the rest of your life. Yes, it may be different to what was previously, but acceptance of change is an important part of moving on, we still hold on to the memories of what was, we never forget, we look back on them fondly and celebrate them with all our hearts.

Down The Rabbit Hole

She felt uneasy, something wasn't right
or wasn't left
her brain felt like it was under attack
her thoughts went higgledy-piggledy
she just wanted her sanity back

So she closed her eyes,
and that's when she fell under,
into the sombre wonder

colours merged together, like water
spilled over an oil painting
am I fainting
no, wait I'm falling

a lemon meringue passed her face
at an incredibly alarming pace,
a hedgehog and a rabbit mid chase
books flying off a bookcase

chaos and madness
tainted with sadness
For she was falling down a dark hole
and she feared she had lost all control

There was no end,
nor a twist or bend,
time halted
Spilt tea
and fingers scolded

They're only dreams Alice they cannot
hurt you

– R



The moon, psychosis and me

Part one

“Am I mad Dad?”,
I asked on a cold February night
“Remember pink flamingos drinking
champagne”,
He said in the hope that I just might
Not quite be that mad.

“Okay”, I replied.
The moon shine had meaning,
The direction in relation to where he stood
Told me that I could, just, trust him.
But still I lied.

“You're not mad”, my Dad said.
We looked at each for a moment.
See, I tried to tell the truth,
But the truth overwhelmed me.
I paused instead.

I knew I was insane.
Or at least had fallen into a different
reality,
A gap between life and my own mortality,
Riding the waves of the sea of insanity,
And knowing the power of the moon's
locality, I said,
“Pink flamingos drink champagne”.

Part two

It was under the moon, watching it shine on my Dad's
face, that I first knew I was unwell.

My Dad was testing my short-term memory on the
consultant's hypothesis it may be damaged. It was fine.
That part of my brain/mind functioned normally. They'd
also checked for a tumour during which I believed they
were using the MRI to read my thoughts. There were no
physical intrusions or injuries in my brain. But there
were in my mind.

In my mind, I believed I had solved the riddle of death.
I could fly. God was protecting me, his daughter, and I
recited the Lord's Prayer while fidgeting with a silver ring
on my finger. Buddha Tara surrounded me in a swirl of
wind and tobacco smoke.

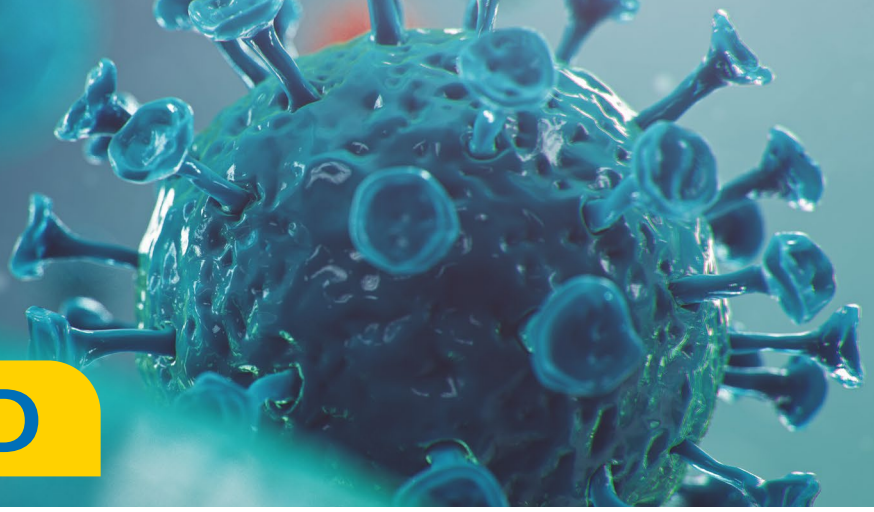
In hospital I had been assessed for four days. Outside
my room, protecting me from myself, stood two
security guards. I'd gone missing on my birthday on
hospital grounds and ended up in the west wing outside
the morgue. I'd called my Dad. Then the first night I tried
to force my way out of the room. The guards stood their
ground. Didn't they know who I was?

Complex-Post Traumatic Stress Disorder. That was my
diagnosis. And in the moon shine, with my Dad, some
glimmer in me knew the many doctors and consultants
were right. My mind was injured. But that small part of
my psyche that held onto reality came and went like the
tide. Over the coming six years, it waxed and waned.

Sometimes my psychotic symptoms shone bright. Those
were wonderful, fear filled, magical times. Then the grief
that follows when you realise you're ill, not chosen. The
waves of recovery. The sadness for all that was lost.

Then finally hope.

– Carol Falkous



LONG COVID

Long Covid/Post Covid, just like Covid, affects everyone in a different way.

Although most people who have had coronavirus (Covid-19) feel better within a few days or weeks of their symptoms, for some people symptoms can last a lot longer and have a huge impact on their life.

Some symptoms of long covid may include:

- Extreme tiredness (fatigue)
- Muscle aches
- Respiratory difficulties
- Brain fog
- Joint pain
- Depression and anxiety

There are many more symptoms that people can experience but one thing we hear time and again is how lonely living with long covid can be and the effect it can have on their mental as well as physical wellbeing.

Through co-production with members of our community living with long covid, we are setting up a programme of peer support specifically for people living with long covid, but to do this we are looking for volunteers who themselves are living with or recovering from long covid, or living with similar symptoms through fibromyalgia, cystic fibrosis, or chronic fatigue.

You don't need to have any qualifications or experience of peer support as full training and support will be given but if you are able to offer a couple of hours a week to offer encouragement and non-clinical support either virtually or to meet in a local community group then we would love to hear from you.

Please email covidpeersupport@shinelincolnshire.com or for more information call Jane Kelly on **07783 767 131**.

If you think you or a family member may be experiencing long covid and haven't sought support, please do contact your GP and further information on long covid can be found at www.lincolnshire.connecttosupport.org/long-covid-information-hub/

If you would like to get involved please contact coproduction@shinelincolnshire.com

EDUCATION AND TRAINING WITH SHINE LINCOLNSHIRE






Our courses on Mental and Physical Health are available to all!

The courses Shine offers:

From Mental Health First Aid England (MHFAE)
Various courses available from Refresher and Awareness courses to Mental Health Champion and full 2-day Mental Health First Aid

From National Centre for Suicide Prevention Education and Training (NCSPET) and City & Guilds
SFA Lite 4 half-day and complete full-day SFA Understanding Suicide Intervention

Accredited Physical First Aid Courses through Qualsafe Awards
Various courses covering CPR, using a defibrillator, plus First Aid at Work and Paediatric First Aid

Accredited Education and Training course through Qualsafe Awards
5-day Level 3 Award in Education Aid Training
(this is the minimum requirement for an educator/trainer to deliver accredited qualifications - currently equivalent to Cert Ed, CTLS and PTLs)

From Shine Lincolnshire
Consultation and Support for Mental Health First Aiders

The ability to spot signs and symptoms and respond to a mental health or physical health need improves the likelihood of providing early intervention which increases the chance of recovery and reduces the chance of crisis.

If you want to know more about Education and Training at Shine Lincolnshire, please contact us via education@shinelincolnshire.com



DESPERATELY NEEDED ADVICE SERVICE COMES TO MINDSPACE STAMFORD

Citizens Advice and MindSpace Stamford have joined forces to provide a new home for face-to-face advice services for residents of Stamford and the surrounding area to access for, support or help to overcome the challenges that the current cost of living and energy crisis brings.

Sean Betts, Impact Officer for Citizens Advice, described the free, confidential service as “a way forward” for those struggling with legal, debt, consumer, energy, housing or other issues in Stamford. *“MindSpace is the ideal host for a Citizens Advice service – it is easy to access in Broad Street and it is open every day so even on the days that Citizens Advice isn’t there, people will be able to make appointments easily or just drop in.”*

Beka Avery, Chair of Trustees of MindSpace said: *“We are very grateful for funding provided through the Managed Care Network which means that we can now provide a service to anyone in Stamford who would benefit from advice, signposting or support to find resolutions to practical and financial issues.”*

“Poor mental health and financial stress are interconnected with one negatively impacting the other. The current economic climate means that we are seeing many more people coming through our doors weighed down by debt or problems with their benefit payments or housing, which is impacting on their mental wellbeing. We are already seeing the benefits of having an experienced Citizens Advice representative based in our hub who can offer support to people. It has already made a big difference in the lives of some of our members and people who have needed support from Citizens Advice have also been able to access the additional well-being support that MindSpace has to offer. It’s been the perfect partnership.”



Alan Tarbuck of Citizens Advice South Lincolnshire at MindSpace in Broad Street, Stamford.

Examples of how Citizens Advice at MindSpace have so far helped clients include complete housing and attendance allowance applications, arranged multiple debt appointments, helped pensioners with no internet access to complete housing benefit and council tax reduction forms, issued food bank and energy vouchers and challenged DWP decisions and negotiated with energy suppliers to change payment methods on behalf of vulnerable clients.

The new service operates out of MindSpace Stamford hub at 39 Broad Street on two days per week, with drop-in times published on MindSpace’s website each month. Appointments are also available by contacting info@mindspacestamford.com or calling 07563 385273.



Crossword answers

Across: 4. caterpillar, 9. april, 12. puddle, 13. ladybug, 14. picnic, 15. march, 16. groundhog, 18. egg, 19. chick, 21. bee, 22. geese, 24. rainbow, 26. april fools

Down: 1. rain boots, 2. sower, 3. lamb, 5. spider, 6. spring, 7. cherry, 8. hatch, 10. duckling, 11. kite, 17. umbrella, 20. break, 23. flowers, 25. bloom

We're here if you need help



We have lots of ways to help you and your loved ones.



If you're finding it difficult to pay, we offer:

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Our **Priority Services Register** can help lots of different people with free practical support, such as:

Letting you know about upcoming work in your area and help if your water goes off

Helping protect you against bogus callers, which includes setting a password for your account

Sending bills in different formats and communicating with you in your preferred language

Find out more

 anglianwater.co.uk/watercare

 0800 011 3774

BSL anglianwater.co.uk/bsl



Scan here

**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

**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

For more information please contact lpft.recovery.college@nhs.net, or visit www.lpft.nhs.uk/recovery-college

Further help is available should you need it:
www.lpft.nhs.uk/accessing-support



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

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If your organisation would like to feature in our next newsletter please contact us on info@shinelincolnshire.com for further information.

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Contact us at info@shinelincolnshire.com to find out more and to sign up.

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