

# Shine Connect

SUMMER 2023



# Summertime and the living is easy...

Recently, I had a mental health blip. After a year of being asymptomatic and in recovery, I thought I was cured. But then anxiety reared its ugly head. And slipping in behind was the black blanket of depression.

I knew I had to do something. I was starting to spiral downward. I started to think of some "life hacks" to wellness. I love pop psychology ideas that promise to improve my mental health.

I scrolled to one of my Facebook groups and the leader began to talk about Non Negotiable habits. I loved that idea. These are the self-help ideas that you do every day no matter what.

In the Facebook group, we were urged to write down three things that were non-negotiable in our lives. I wrote Journalling, Meditating and Exercising. I was surprised to see how many of the others in the group, had written 'Grounding.' This got my curiosity. I know Grounding as an anxiety exercise. In an attempt to "get out of your body"; you name 5 things you can see, 4 things you can hear, 3 things you can smell, 2 things you can feel and 1 thing you can taste. It is a brilliant short cut to feeling better.

But it turns out this Grounding exercise is different to the one I knew. This Grounding is a simple ritual. It is to stand on grass in your bare feet for 10 minutes. I nearly laughed out loud.... This was such an easy idea. Why was this a non-negotiable to so many? I was determined to give it a go.

It was a beautiful, warm summer's day so I took my chance.

Here I go, I thought. I'm going to stand on grass in my bare feet. I was a bit sceptical.

I was about a minute in and then it happened.

Like a light-bulb had gone off. I saw my garden with new eyes. Instead of seeing all the weeding that needed to be done, I saw it as a beautiful, lush, colourful, safe, happy place. I saw all the different shades of green, the odd spot of colour. I was



truly in a state of mindfulness and I felt at peace. It was quite a profound experience. Like an epiphany or a paradigm shift. I felt the same calm I feel when meditating. Most importantly I felt the coldness of the depression start to dissipate. I could feel the blanket falling off my shoulders. I felt the icy hands of the depression holding on, but within the ten minutes they too faded away. This is an exercise I absolutely loved. What a well-being hack this was. No wonder so many people listed it as a Non-negotiable.

In the Facebook group, we were urged to write down three things that were non-negotiable in our lives.

I wrote Journalling, Meditating and Exercising, I was

Kate Hull-Rodgers Stepping Stone Theatre for Mental Health



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# EDUCATION AND TRAINING WITH SHINE LINCOLNSHIRE

Where has this year gone?

We are now halfway through 2023 and our training selection has had to evolve even

With poor mental health on the rise and 1 in 4 adults experiencing poor mental health at some point in their lives our training is now more important than ever, so much so we have brought on board a new trainer, Doug. Doug has been with Shine since December 2022 working in the Community Engagement team but, due to an increase in enquiries into mental health training and physical first aid training he has moved across to the Training and Development team to assist lan.

We are incredibly proud to say that we have now trained over 108 Mental Health First Aiders, 35 Suicide First Aiders, and 34 Physical First Aiders from 22 organizations right across Lincolnshire. We are expecting these numbers to double within the next few months.

Currently, every individual's mental health is being challenged outside the boundaries that existed prior to COVID – 19. We all have mental health, we all have physical health, together they are 'our health.'

The opportunity to educate our community to be more aware and informed about mental health is exciting. Education and training bring increased knowledge and skills to engage with daily life and its challenges, having a greater understanding can change mindsets and perceptions. This will improve health choices and contribute to breaking down the barriers to the stigma and discrimination that is attached to mental ill health.

It's a privilege to be able to deliver training and start/



maintain the positive conversation around mental health and wellbeing.

What our attendees have to say

### Physical First Aid

"Excellent and very informative and valuable course, Thank you".

#### Suicide First Aid

"Good thorough course which developed my understanding and competence".

#### Mental Health First Aid

"A fantastic 2 days which has given me confidence in putting myself in a listening roll with someone that may be experiencing mental health challenges. Ian's wealth of knowledge and teaching skills were excellent. He was very relatable & made the 2 days interesting in the activities he used".

If you want to know more about Education and Training at Shine Lincolnshire, please contact us via

Education@shinelincolnshire.com



### **BERTS BIG ADVENTURES!**



Bert has been up to all sorts over the past few months! He has been across the county meeting people and having some fantastic adventures!

To Kick off Spring, Bert and his helpers (our wonderful Sarah and Jo) took part in the **Caythorpe 5K Dash!** 

Although the weather was against them and the course was muddy, hilly and tough, the team completed the course in a fantastic **43 minutes and 11 seconds!** 

We could tell you all about how the 5k dash went, but why not hear it from Bert himself?

'I turned up at Caythorpe with plenty of time to do my stretches and get my 2 colleagues Jo and Sarah warmed up and ready for the run, I was slightly worried as there was a few lively dogs also waiting for the start and I know how much they are attracted to fluffy things.

The weather was slightly damp but luckily the rain stopped, and my shower cap and poncho were not needed. We got off to a good start as the first bit was on tarmac but it soon turned slippery and muddy underfoot as we went off-road.

As we reached the off-road part we were quickly followed by the runners with dogs, this was probably the most "hair raising" moment, once the dogs had run past and were in front it became more enjoyable.

Jo and Sarah did a fantastic job of keeping me upright and on course, steering me away from obstacles such as puddles and branches sticking out from bushes and tree.

As we reached the road once again, the end was in sight. I could hear all the Shine Lincolnshire employees that had turned up to support me, Jo and Sarah.

Once we crossed the finish line we were handed our well-earned medals and I heard that I was the first fluffy mascot runner that the Caythorpe 5k had ever had!

Can I say a massive thanks to all those who supported me on the day, Io and Sarah for their help along the course and to all those who sponsored us.'



A little later in Spring, Bert continued his active streak and he joined a group who took on the challenge of **The Yorkshire Three Peaks** in aid of Shine!

The Group- Andy's Ramblers (a group of friends who meet with the goal of getting out in the fresh air of an evening or weekend to take the stress out of daily life) - took the challenge in their stride and completed the tricky walk in under 12 hours!

Bert (and Shine) are incredibly proud of the groups incredible efforts. Bert's takeaway from the day was:

'It was a fantastic, sunny day! The group all worked really hard and pushed through the tiring bits- although I think I had it slightly easier as I was carried the whole way!'

Following on from his active spell, Bert decided to calm things down a little and spent the May Bank holiday weekend attending **Laybo's Fest** in Gainsborough.

As always, we thought the best person to tell you about the excitement of the day is Bert!

'I attended Laybo's Fest 2023 in Gainsborough, it was a fun packed weekend and I met lots of amazing people. On the Saturday I was out

greeting people and the weather was fantastic, lots of sunshine and lots of smiling faces. I got very warm at times but then again, I have lots of fur on my body that doesn't help in the heat.

On the Sunday, the weather wasn't as good but my furry body kept me warm. Again, people were there having lots of fun, dancing and enjoying the music.

Thank you to everyone who visited our stall and said hello to Ben, Jo and Paul who helped run the stall while I was entertaining my fans. If anyone had a photo with me, please send it into us, I would love to see them.

Also, a big thank you to Debbie and the gang at Laybo's Legacy who invited me for the weekend, it was a pleasure to come along and be a part of your event.'

We can't wait to hear what Bert gets up to the rest of this year!





### PEER SUPPORT WORKERS UPDATES

### FIRST COASTAL

I've been to the Eco Centre to discuss their ARK projects, acts of random kindness, that's starting. They are planning to grow, pick, bunch and deliver daffodils to the local area, doctors surgeru

deliver daffodils to the local area, doctors surgery residential homes etc, they are also welcoming further ideas from the community to help them help others.

The Eco Centre brings a sense of wellness and purpose and offers a wide range of opportunities for the local community. Snuggles with the guinea pigs is my personal favourite, pond dipping is my little boys favourite. It really is a beautiful place to be.

I also recently attended Winnies at Winthorpe Community Centre, where Jane Dunne from Sound Lincs visits every Tuesday 11-12. Jane played amazingly on the keyboard whilst we all sang along, with the option to use the many instruments provided to add sound to the song being played. My favourite were the percussion sticks whilst singing Rocking Around The Clock. We enjoyed a couple of quizzes including 'guess the theme tune' and 'musical bungo'. It was a lovely, enjoyable atmosphere and I can see the mental health benefits of this musical group along with enjoying the social aspect. The best thing was there were no requirements to have a good



### **SPALDING**

**Since my last update**, I am pleased to have completed my PSW training and am now waiting for the Spalding team to be fully formed before utilizing my life skills and new knowledge to help and support others.

In the meantime, I am continuing to get to know Spalding by attending local groups and events. One of my favourites are the Wellbeing Walks - there are many to choose from and are suitable for all abilities. Most are free to attend, or a small donation is requested which goes towards drinks and biscuits after the walk. Being new to the area it's a great way to find new places to walk and chat with fellow walkers, many who know the area very well, so I get treated to a local history lesson too.

Did you know that walking can help with your 5 Ways to Wellbeing, improving both your physical and mental health? Why not find a walk near you?

Groups can be found by visiting:

lincolnshire.coop/wellbeing-walks or ageuk.org/lincolnsouthlincolnshire/activities-andevents/sapphire-strolls/

Sarah

### **SLEAFORD**

Over the Spring I have been spending time in the community and have enjoyed taking my Peers to different activities. In particular I have been visiting the Connecting Well wellbeing café where I have been chatting, drinking coffee and eating cake! I also had fun hiding books around the Sleaford area for people to find and enjoy. as part of World Book Night. I have also found it beneficial attending courses run by the Recovery College so that I am aware which courses to recommend to my Peers. In March I attended the Community Mental Health and Wellbeing event, and it was great to meet and work with colleagues from around the Lincolnshire area.

Carol

### **SOUTH LINCS & RURAL**

Hello everyone! My name is Joanna and I am new Peer Support Worker for South Lincs Rural.

This is my first ever role in a healthcare environment and I could not be more excited. I spent the day with the very lovely Donna last Wednesday and we went to Bourne- if you ever get the chance, do pop into the Don't Lose Hope garden, it is truly inspirational. We visited Wake House, which is a community centre, run by a wonderful person called Adele. It used to be owned by Charles Worth, who was a fashion designer and created The House of Worth.

Thank you for making me feel so welcome and I cannot wait to meet everyone. One last thing, I learnt a new expression in training recently "Radical Acceptance". I love it so much I am thinking of painting it onto my walls at home!

Joanna



### **IMP**

Hi Terry here, from Lincoln North. A quick update of what I've been up to these last few months

So, I got my own case-load in February and since then I've had my head down learning the ropes within my IPBT (Integrated Place Based Team). My IPBT have all been supportive and I can't thank them enough for this. I have been lucky to have a wide-ranging case-load. This has tested my skill set and has been very rewarding.

I have found peer support to be flexible when meeting the needs of service users. Recently I was lucky enough to meet a service user in Hartsholme park. I had never been to there before but luckily my guide for the day was very knowledgeable about the park. Every day is a school day in peer support and this day I learned there's a tree trunk with coins embedded in it!! Apparently it's something to do with visitors making wishes, but don't quote me!

Recently, I had a VSC forum to attend at the Showroom on Tritton Road. Making connections and mixing in the community is something I need to work on, my anxieties are still insisting on making an appearance in my life! That's all from me for now but I'll leave you on a positive note recently I was asked what motivates me to work in mental health, my reply is when I see a service user and share my lived experience and they realise they're not alone on their journey!!!

Terri

### **BOSTON**

#### At the start of the Mental Health Awareness week

in May, I jointly ran our first Mental Health Peer Support Group from the Boston Conservative Club. Held on a Monday, this is in collaboration with Mikaela Flack - Social Worker Assistant and the CMHT. Alongside this I am helping the Beam café on Tuesday's held at the Stump, run by Heidi Freeman – Community Connector. I am hoping to be working with the Wyberton Community Centre to set up a café for mental health on Friday's so watch this space! It's certainly keeping me busy and connected to this amazingly diverse town. Due to the diversity of Boston, I have started to learn Polish. Although I am only just beginning, I am enjoying the challenge and realising 5 English words translate to just 2 in Polish! So with that, dyjekuje I do zobaczenia wkrotce!

Barb





### **FOUR COUNTIES**

Hi, I'm Olivia, Peer Support Worker for Four Counties.

I'm new to Shine so thought it would be great to share a little bit about myself. I'm 24 and have a 2-year-old daughter who, I'm pleased to say, takes my approach to life, to be confident but not afraid to reach out when in need of support.

Outside of work I have just completed my Honors degree in Sociology and am currently undertaking a Level one course in British Sign Language, I also like to crochet on the side when I have some spare time.

I am so grateful to have been offered my role at Shine and be a part of the amazing things Shine accomplishes. I am a huge advocate for mental health and equality, and I cannot wait to bring these passions into my role!

Olivia

# MEET THE NEW PSW'S

### **OLIVIA - FOUR COUNTIES**

- 1. Coffee or tea? Tea
- 2. Breakfast, dinner or Tea? dinner/ Lunch as there are so many options!
- **3. Cats or dogs?** Dogs, especially big fluffy ones
- 4. Summer or winter? Summer
- 5. Morning or evening? Evening
- **6. Salty or sweet?** Salty
- 7. What is your guilty pleasure?
  I love to crochet which when I tell people they often think I'm joking...
- 8. What is your go-to karaoke song? Jolene Dolly Parton
- What mythical creature would you believe was real? Definitely Faries
- **10. What is your favourite colour?**Yellow (specifically sunflower yellow)
- 11. What is your favourite type of weather? Warm thunderstorms
- 12. What has been your favourite age so far? 20, it felt like life was a breeze!
- **13. What is your go to dinner?** Spicy sausage pasta!

### **SOUTH LINCOLN**

Hi I'm Sam and I work as a peer support in Lincoln.

I have visited Green Synergy quite a few times and each time I am impressed at how welcoming everyone is and what a lovely space and community group they have. There is plenty of places to be busy doing an array of gardening, whether you want to learn something new or stick to something that you already know.

There is also an amazing space that has been built by everyone, their own peace garden provides the opportunity to simply sit and be, to have a conversation or to just relax. This project helps so many people to feel part of their community, feel less isolated and gives a sense of purpose to keep the garden looking as amazing as it does.

Sam

JOANNA - SOUTH LINCS &

1. Coffee or tea? Coffee

3. Cats or dogs? Dogs

6. Salty or sweet? Salty

Sau Yes to the dress

8. What is your go-to karaoke

2. Breakfast, dinner or Tea?

4. Summer or winter? Spring?

5. Morning or evening? Morning

7. What is your guilty pleasure?

song? The Man that Got Away

9. What mythical creature would

you believe was real? None

10. What is your favourite colour?

11. What is your favourite type of weather? Sunny with a light

12. What has been your favourite

breeze but not too hot

13. What is your go to dinner?

age so far? 52

Cottage Pie

RURAL

Dinner

really

Green



### **GRANTHAM**

### Hello I'm Dawn Peer Support Worker for Grantham.

The Health and Wellbeing Friendship Group meet Mondays 12-2pm at Terrie's.

The group is a meeting place where we can share and exchange stories. We listen, support and signpost. Bringing people together in a very relaxed and safe space. There is always a warm welcome with plenty of tea and cake.

Dawn

### **TRENT**

### Hi I'm Kay, still fairly new to the role and going through my training.

I've thoroughly enjoyed being out in my community and connecting with everyone at all different groups within my area. My job really is rewarding knowing we all make a difference being Peer Support workers.

Kay

### MEET OUR SENIOR SUPPORT AND ENGAGEMENT

### **COORDINATOR!**

Hi I'm Jo and I'm the new Senior Support and Engagement Coordinator within Shine Lincolnshire.

I work with Paul, Donna and Ben and get to visit and support projects all over the county. This month I've been supporting projects that are getting started through the new Mental Health and Wellbeing Community Investment Fund.

I've been to visit some amazing projects like Outwood CIC in Grantham, Inspired Equine Assisted Learning in Fosdyke, Green Synergy in Lincoln and Happy Hooves in Market Rasen where I even got to hold the cutest 'Little Owl'!

I also am very lucky to get to work with some great groups who offer support and activities to their local community that is considered by many of the residents to be a lifeline to them especially out in the rural villages. I help link these groups with other support in the area, access to training and future funding opportunities as well as marketing and advertising. We want all groups, no matter how big or small to know how much of an impact all their hard work has, how appreciated they are and that they are not on their own.

If you know of any local groups; whether it be a knit and natter, community café, walking group or anything that supports the mental wellbeing and helps reduce isolation, please do let me know at info@ shinelincolnshire. com as I would love to come and visit!



### **GET INVOLVED WITH SHINE!**

# 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.







# SOUTH SUPPORT AND ENGAGEMENT COORDINATOR

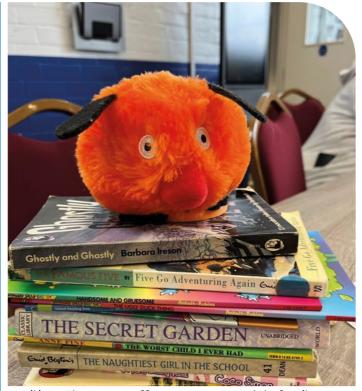
Hi everyone, it's Donna here, I am the Support and Engagement Coordinator working mainly across the south of Lincolnshire.

It's been a busy and exciting time, since our last edition. Shine Lincolnshire took part in World Book Night, in South Lincolnshire we collaborated with Tonic Health and their SociABLES project which is a fully inclusive support group for adults with special educational needs and autism. Together we arranged a PJ and Book Event at The Holbeach Hub.

On the day of the event everyone took part in Joe Wicks exercises and we discussed our favourite books. Shine Lincolnshire and **Surfleet Community Café** donated ingredients and **Tonic 44** chef made us an Apple, Ginger and Date Cobbler from the Joe Wicks *Feel Good Food* recipe book that we all shared. A big thank you to everyone that worked together to make it happen. SociABLES was successful in securing Mental Health Wellbeing Community Investment Fund to ensure that the project could continue and grow over the next three years.

I also got the pleasure of visiting another of our newly funded projects, **Feather Teens CIC** at The Heckington





Pavilion. The group offers support to adult family members of neurodivergent, alternatively educated teenagers. They're invited for some time out for themselves from the stresses and strains of day-to-day life. I got to explore the big purple Linkage Sensory Bus; the bus is a fully accessable mobile sensory space that is packed with sensory equipment. We also donated a Joe Wicks *Feel Good Food* book for their future activities.

I have a very busy few weeks ahead of me, visiting more of our newly funded projects and learning about all the amazing work they do supporting our communities and building relationships and identifying new projects that are considering applying through us in the future. If you have a project or idea, please do get in touch with me or the team to find out more.

Finally, I hope you have a lovely summer and please do say hello if you see me out and about!

### **SOUTH COMMUNITY CONNECTORS**

### GRANTHAM

We are Katy Howitt and Jo Taylor, Community Connectors for the Grantham and rural area.

If you don't know what a community connector is, we basically do as it says, **connect the community!** This involves working with all of the different and amazing community groups to support them in all that they do. We look at what's available in the area and what's missing, to see how we can fill the gaps to better support peoples mental wellbeing.

One of our newly established groups is a friendly **peer support group** for people living with Fibromalgia, Chronic pain and Chronic Fatigue Syndrome. The group takes place on the third Monday of every month at Finkins Café, Grantham. Why not come along we would love to say hi over a cuppa.

If you want to know what community groups and activities are available to support mental wellbeing in the Grantham and rural area please contact us.

Katy Howitt 07513 702573 Jo Taylor 07564 044115

ccgrantham@shinelincolnshire.com



### **FOUR COUNTIES**

Hi, I'm Shani and I took over from Donna Pinkney as the Community Connector for the Four Counties PCN this March. I had big shoes to fill and a great deal to learn about the role.

I have worked in the education sector for more years than I would like to admit to. Thus, oodles of life experiences and a passion to promote mental wellbeing.

The role was mind blowing to start off with, but as the weeks passed, things have become clearer. I have met lots of lovely and knowledgeable people daily.

Here are my Social Prescriber, bowling buddies and Stamford & District Indoor Bowls Club. We went to meet up and see what they do there. They have a great deal to offer and what fun it was to bowl.



### I promote **Lincolnshire HAY,**

an online activities and support directory for the area, exploring what is available in the area in terms of wellbeing activities and support for individuals to access, working to get organisations to sign up to it, and therefore building resilience within the community.

I also chair the Stamford Mental Health and Wellbeing Community Partnership Board to support the Mental health and Wellbeing Transformation agenda. I am looking to promote Neurodiversity awareness to the partnership board through an event in November with a focus on Autism. I have found this and ADHD support to be a real gap in the communities with which I work.

I am currently looking into Coproduction work to engage with services and their users for Mental Health and Wellbeing and hope to have a group to engage with soon.

Further to this, I am hoping to establish a group or programme for adults with Autism to help them practice their social skills in a safe place and/or support individuals into education and employment.

Shani Storrie





# EAST SUPPORT AND ENGAGEMENT COORDINATOR

### Hi, I'm Ben. I am the new Support and Engagement Coordinator for East Lindsey and Boston.

Having only started in April I have been busy familiarising myself with the projects in my area that successfully applied for Mental Health and Wellbeing Community Investment Funding and offering them support.

My predecessor Lucy was kind enough to introduce me to several projects in my area. This gave me the opportunity to see some of the amazing people and the work they do to support people in and around the East Lindsey and Boston area.

In April I had the chance to run a Shine stall for the first time, at **Winnies Community Lounge**, in Winthorpe, Skegness. This was a great success and a great experience for me. It was also great to have the support of Shines First Coastal PSW, Gemma.



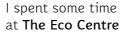
Black Barn Farm, who among other things offer relaxed social sessions using activities such as crafts and animal facilitated peer support. These sessions help to develop skills, reduce social isolation, increase confidence and self-esteem and improve mental health.

In May I had the



pleasure of visiting the **Boston Lithuanian Community** and enjoyed watching the delivery of two English lessons. The first covering the basics and the second

for more advanced learners. It was great to see first-hand users being taught mental health related vocabulary, this empowers them to be able to communicate their feelings and worries and so alleviates stress and anxiety.



in Skegness, which is completely off grid and a great place to get in touch with nature. Alongside getting to know the team and their fantastic offer, I also got to meet their goats (who love a rich tea biscuit!).

It was great to fit in some personal development training and spend a day completing Shine's **Emergency First** Aid Training. This course covers a range of things from Defibrillator and CPR training to aiding someone who is choking and more. All the skills that you hope you never have to use but if needed could help save

Looking ahead to the summer it will be great to visit and support all of the projects in the East Lindsey and Boston area!

### **BOSTON**

### Hi, I'm Heidi, Community Connector for Boston.

In Boston we have a few exciting developments to highlight. We are very pleased to announce that we have another evening at **BEAM café** which has opened in partnership with **Night Light Café**. This is being held at the **Centenary Church on a Friday evening 6-8pm** supported by BEAM volunteers and volunteers from the Church. We are a month into delivery now and have received some really positive feedback. Comments have been made about how safe and welcoming the space feels and some people have also shared their relief that there is some support on a Friday evening as moving into weekends can be particularly difficult. The support from everyone involved is really appreciated.

We are also now running 2 **BEAMing Wellbeing** sessions per week instead of 1 due to a successful Shine funding bid. Mondays 12-1pm at the **Black Sluice Café** offers a **wellbeing arts and craft session** and Thursdays 11-12pm offers a session that explores a range of tools and techniques to support wellbeing such as meditation, breath work, mindful movement, mindful art, and overall relaxation. Offering a safe space for people to take some time out, promote selfcare and build resilience.

I am also pleased to share some partnership work with Just Lincolnshire who are working with community groups to raise awareness around violence, particularly against women and girls. The project worked with the BEAM café in May to explore if people had any experiences of feeling unsafe within their community. Participants were very brave and both shared and expressed their thoughts and feelings through art, words, and poetry. Although the subject matter is difficult, people stated they felt supported and enjoyed the process of turning what they had to share into art. Here are a few pictures from the initial stages which will then be converted into a cyanotype display. A full display of the finished art project will be held in October in Lincoln which we are hoping to take participants over to see.



If anyone would like to find out further information about Just Lincolnshire or the project, please visit the website: www.justlincolnshire. org.uk/

### **FIRST COASTAL**

**EAST COMMUNITY CONNECTORS** 

### What a busy time we have had on the east coast!

We have been busy setting up and launching new drop-in sessions throughout the patch- we now have a session every day of the week. The Hub in Spilsby is continuing to work with local organisations like Shine to put on projects for everyone in our community.

We are excited to announce that we will be providing another Hub in **Skegness**. This will be open every day of the week and will provide support from our new Connector who will solely be responsible for Skegness and the outlying villages.

We still continue to offer support early in the morning before work as well as in the evening. We have launched 2 **Night Light Cafes** (One in Spilsby and one on Skegness), these

are getting access on a regular basis.

Bro Pro UK (our men's mental health support) has just secured a base out of our area. We now meet at Bridge Central in Lincoln as well at Just One More Bike Bistro in Horncastle.



We continue to host regular community engagement events to look at "gaps in service" and to see what is needed within our area.

We will soon be opening a **family session** aimed at parents with children under 5 at the Hub in Spilsby. This is an exciting relaunch of our **KidSpace** (one of our pre covid projects). Prevention is key and if we can support families before they see a decline in their own wellbeing/mental health then KidSpace will have done its job.

Feel free to check us out on socials for all the latest info and what's going on across the east coast and district.

Facebook: Spilsby & District Wellbeing Hub





a life.



# WEST SUPPORT AND ENGAGEMENT COORDINATOR

Hi everyone, Paul here- I am the Support and Engagement Coordinator for the west of Lincolnshire.

Over the last few months, there have been some amazing things happening here in the West of the county, some fantastic projects and activities run by fantastic people.

Since the last newsletter I have visited Green Synergy, to see how they are making the most of the outdoors. This has been achieved by creating a wonderful place



for people to get involved in a range of activities such as planting seeds, growing vegetables, weeding the flower beds, painting newly erected fences, and generally keeping the area tidy. They recently organised a plant and cake sale which was very successful, even the sunshine made an appearance to help brighten up the event.





Another organisation doing wonderful things are Land and Leaf. I was lucky enough to join them on a trip to have a look around The Lincolnshire Life Museum to learn about history and how past generations lived. The children enjoyed their time looking around, then had packed lunch before taking part in some crafting and making pictures with feathers and glue. Everyone on the day including the adults learned something and thoroughly enjoyed the day out.

Also making the most of their green space areas are Hill Holt Wood. Using the woodland projects and various nature walks through woodland space they have available, making this a perfect place for anyone to go and enjoy the peaceful environment or get involved using various wood crafting skills.





### WEST COMMUNITY CONNECTORS

### Big changes are afoot at Bridge Central.

We have been formally recognised as a Community Wellbeing Hub within the Mental Health Transformation Programme and have been successful as an organisation in gaining the Connector and Hub contracts for South Lincoln Healthcare Partnership and K2 Sleaford. This means we now have four Community Connectors on the team.

So, let's introduce the Bridge Church Connector Team. We have the two of us who have been in post for some time: Mike Farley (Lincoln City) and Lois Delong (Lincoln North). And now, introducing ... James Prentice (South Lincoln), who is the former Pastor of Life Church Lincoln with a wealth of local community understanding and development work under his belt. And for K2 Sleaford, Fiona Monk, who has come from Primary Education (just like Mike) and until recently was the Senior Peer Support Coordinator with Shine. Although she obviously misses working for Shine, Fiona will be able to connect well with the Connectors in Grantham and Stamford, as well as across the county which all connectors do throughout the year.

In the photo, we are in a space that is being created by Nicky, our fabulous gardening expert (a professional garden designer), who volunteers every Wednesday. This is becoming a team wellbeing mini-retreat space, to be a calming getaway place for breaks during the day. Staff and volunteer wellbeing is a priority at Bridge. She is also working with our guests with "Greening the Car Park". Bit by bit, our urban space is becoming more beautiful and garden-like.

As Connectors, we are currently developing the work in our areas in terms of establishing Wellbeing Hubs, satellite hubs and outreach activity. This is a very exciting development which will increase community provision and connection across the area. It means that the opportunity to have safe, therapeutic community spaces and activity will become closer to home for many more people and offer mental health professionals and VCSE organisations and projects a greater reach.

### Watch this space for more updates throughout the uear!



### **HAY LINCOLNSHIRE**

The How are You (H.A.Y.) Lincolnshire website is a one-stop-shop providing listings of local activities, groups and services to help you connect with others, get active, learn a new skill, be creative, seek professional support, explore the outdoors and volunteer – all the things that can improve wellbeing and mental health.

It isn't always easy to know what's available locally or to feel comfortable trying something new, and is where the HAY Lincolnshire website can help.

To find out what is going on in your area visit:

www.haylincolnshire.co.uk

HAY Lincolnshire is now on social media! Keep up to date with the latest information and follow us on:



Facebook - How Are You Lincolnshire Twitter - @HAYLincolnshire

# HAVE A BREAK WITH BERT

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

Test your brain with our summer Sudoku

		5		6	8	2		3
2				4		6		
7	6	3		5	2			
1			5		6			9
	4	7				3		5
5			4	1				
		4	3		1	5		
	5	6			4		3	
3			6	7		9		4

How Many words can you make from

**Summer Connect** 

encounters monuments neruones moster unseen summer

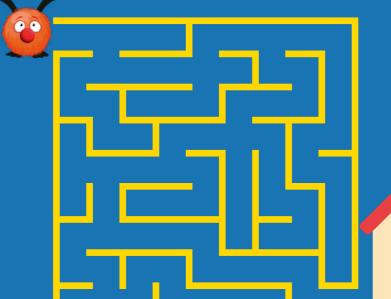


# HAVE A BREAK WITH BERT for kids

Bert has gone on a summer camping trip, how many times can you find him?







Help Bert get home to his Shine Family!



# HOW DO I FEEL? for kids

### Happy

You feel happy when you see or do something you like.

Like the playground!

### **Excitement**

Excitement happens
when you are looking
forward to something, it
can make you feel like you
can't sit still!

### Sad

We can feel sad when something goes wrong, it is not a good feeling, it might make us cry.

Crying helps us get the big feelings out before they get too big.

sometimes our feelings can be hard to understand. so, lets go through our feelings together



Anger happens when we don't like something- it can feel like you want to explode!

If you feel angry, try closing your eyes and block out what makes you angry.

Take a few big breaths, pick a cloud in the sky and try to blow the anger away.

# LEARN TO DRAW, BERT for kids

Your Turn!





now draw two eyes, a big red nose and some ears!

finally add feet and give your bert some colour!





# UNLEASHING THE JOY OF READING IN CHILDREN

# HAVE YOU DISCOVERED YOUR LOCAL LIBRARY?

In the choas of our daily lives, there is a quiet magic waiting to be discovered within the pages of a book.

For families with young children, reading together is not only a treasured bonding experience but also an incredible opportunity to ignite their imagination, expand their vocabulary, and grow a lifelong love for learning. In this article, we celebrate reading and provide practical tips to help families make the most of their reading journey with young children.

### Creating a Cozy Reading Environment:

Set the stage reading by creating a cozy reading nook in your childs room or your home. Choose a comfortable spot and make sure there's a bookshelf or basket nearby, filled with an assortment of age-appropriate books for your chuld to enjoy. This cozy environment will become a place where you can embark on countless adventures together.

### Choosing Engaging and Diverse Books:

Children's literature is vast with many captivating stories and characters.

When selecting books, aim for diversity in themes, cultures, and experiences. Explore picture books with illustrations that enhance the storytelling experience. Look for ageappropriate stories that tackle important topics such as friendship, empathy, and problem-solving, helping your child develop a well-rounded perspective of the world.

### Interactive Reading Sessions:

Transform reading into an interactive and engaging activity by involving your child in the process. Encourage them to turn the pages, point at the pictures, and ask questions about the story. Use different voices and tones to bring the characters to life. Interactive reading not only enhances comprehension but also fosters a deeper connection.

### Make Reading a Daily Ritual:

Incorporate reading into your daily routine by establishing a dedicated reading time. It could be before bedtime, during mealtime,

or whenever your child is most receptive. Consistency is key. By making reading a regular habit, you create anticipation and

familiarity, making it an important part of your child's day. This ritual also provides a sense of security and comfort, allowing your child to associate reading with positive emotions.

### Library and Community Engagement:

Take advantage of local libraries and community resources to enhance your child's reading experience. Visit the library regularly, allowing your child to explore the shelves, choose

books, and participate in storytelling sessions or book clubs.

The joy of reading knows no bounds. By nurturing a love for books in young children, we provide them with a lifelong gift, empowering their imaginations, expanding their horizons, and fueling their thirst for knowledge.

## There's a warm welcome waiting for you at your local library, so call in and discover all that's on offer.

It's free to join and use the library and everyone is welcome. There are books to borrow for free for all ages and interests, free Internet and WiFi access and free activities for adults and children, as well as printing, copying and secure scanning facilities for a small charge. Your library card also gives you free access to thousands of eBooks, eAudiobooks, eNewspapers, eMagazines, eMusic and online resources through our digital library.

Free activities for children include pre-schoolers story and rhyme times, Lego and crafting clubs and seasonal activities every school holiday, including our annual Summer Reading Challenge. For adults there are reading groups, craft and Knit and Natter groups and our weekly Connect Over A Cuppa community coffee mornings. Find out what's on at your local library here https://www.better.org.uk/news/what-s-on-at-your-local-lincolnshire-library

Our Reading Well collections for adults, teens, children and people living with dementia are there

to help you to understand and manage you and your families' health and wellbeing using self-help reading. The books are chosen by health experts and people living with the conditions covered. Find out more here https://reading-well.org.uk/books

Visit our website https://www.better.org.uk/library/lincolnshire for links to our online catalogue and details of your local libraries opening hours and services. Our core libraries are located in; Boston, Gainsborough, Grantham, Horncastle, Lincoln, Long Sutton, Louth, Mablethorpe, Market Rasen, Skegness, Sleaford, Spalding, Stamford and Woodhall Spa, but we also offer a Mobile Library service to rural residents and our Access Mobile service is available to anyone who cannot reach a library, mobile or community hub due to location, health or mobility issues. Visit https://prism.librarymanagementcloud.co.uk/lincolnshire/assets/-/pages/mobile libraries.html for details.

Follow @Lincslibraries on Facebook, Twitter and Instagram to keep up to date with all that's on offer and going on in your local library.

# So, what are the benefits of reading?

- Reading frees your mind and opens it open to new possibilities and experiences
- It helps you grow and develop as a person emotionally
- It sparks ideas and develops creativity
- Reading offers us a differnt perspective on issues

- Reading is relaxing! It slows your heart, eases muscle tension and alters your state of mind
- According to research by Sussex University, Reading reduces stress 65% more than listening to music, 100% more than drinking a cuppa, 300% more than walking and 600% more than video game
- According to University of Liverpool research, people who read as little as 30mins week are 35% more likely to have a greater life experience, sleep better, greater cultural awareness, increased levels of creativity and stronger empathy for others





# ST FRANCIS SPECIAL SCHOOL'S EMOTIONAL LITERACY SUPPORT ASSITANCE

At St Francis Special School, Lincoln, students have access to the Emotional Literacy Support Assistance (ELSA) programme — a member of staff trained to provide emotional and social skills to students. Young people have somebody to talk to, who will give them techniques to deal with the difficulties they may face in the world.

Here, year 14 student Jake Smart tells us all about it.

'I have been attending ELSA sessions with Miss Whelan in order to help me to keep my feelings in check.

It helps you that you can tell someone how you feel inside and gives you a chance to get things off your chest. I can talk about how I am feeling on the inside. If there is something bad in my head and I am worrying what people think of me, it is hard for me to talk to people about that and ELSA helped me tell somebody what I was thinking.

People don't know how I am feeling
inside so it is good to be able to talk
about that and it has helped me to feel
happier and happy about myself. I have been taught
how to calm myself down in different ways, such as
breathing activities — I breathe in for 10 seconds then
hold in for five seconds then out for 10 seconds. I

also got a book that helps me - I can draw in it and tell it how I am feeling.

I think ELSA helped in the long term, too. I challenged myself more, found out about myself what I didn't know and by challenging myself I can get over all of these obstacles and achieve things I never thought I could do. This makes me really happy.

Sometimes I let the darkness put me down and when I was by myself the darkness takes over and I get more upset at myself and the world. Elsa made me understand how to love myself and the world

more.'



Linkage Community Trust's
Sensory Bus has been working
across Lincolnshire since
autumn 2016 — as its name
suggests, it's a Sensory Room on

### wheels.

It has a dark area and a bright area and carries a range of Sensory equipment for those who use it, mostly children with Special Educational Needs, to explore. It helps them, and those who support them, identify equipment that helps them to be calm, to concentrate, to share, to communicate and contributes to their happiness.

We change the theme of the bus every six weeks using light, sound, projections and props to create different environments including outer space, under the sea, jungle and winter wonderland to keep it vibrant and interesting for all involved.

In term-time we work primarily with primary schools

and in the holidays we work with Children's Centres, Community/Charitable Groups and Children's Homes. Schools can each receive up to 7 days input; much of what we do in the school holidays are one-off sessions.

We also run a free library service for sensory equipment. We know that such items can be expensive, and one of the most useful outcomes for families has been the chance to try items out to see what works before potentially wasting money on Sensory equipment that doesn't support their children. Our most popular items are weighted blankets, weighted soft toys and colour changing lights. Just drop us an email, requesting a catalogue and choose your items. We will drop off and pick up, loans are for 6 weeks, it's that easy! We look forward to seeing you soon.

For more information, please contact: niz.smith@linkage.org.uk

# LIFE AS A PARENT OF A NEURODIVERGENT INDIVIDUAL

Recently when helping out at a local kids club, I was forewarned that there was a neurodivergent child so I could understand and be aware of behavioural differences when interacting with them. It struck me how knowing that they were neurodivergent meant that their behaviour was interpreted differently from that of other children who were behaving the same way, yet they were seen as being "being naughty or difficult".

And therein lies the rub.

If 15-20% of the population are neurodivergent, just how many undiagnosed children, young people and adults are there out there? Getting a diagnosis can be difficult, time consuming and complex for some due to the individuality of neurodivergence.

I don't think it would be an exaggeration to say that many people don't fully understand what it means to be neurodivergent and simply put, it refers to the different ways a person's brain processes information. The most common types will be the ones you've heard of but may not have realised they come under the neurodivergent umbrella; Autism, ADHD, Epilepsy, sensory processing differences, Dyslexia and Dyspraxia but it also includes things like Tourette's syndrome, Misphonia, Dysgraphia – even stammering. Essentially, it's anyone who's brain works different from the norm which is why it's not surprising the percentage is so high.

So, is it important to get a diagnosis? Friends

with neurodivergent children have said it's helped tremendously to have it confirmed so that schools can make the necessary adjustments and have processes in place to help that child. For young people, being a teenager can be hard enough without not knowing why certain things make you feel or act in a certain way - just knowing can be a relief.

For example, someone with neurodivergency might find that they've been suddenly been triggered and are unable to speak. Having people around who understand non-verbalisation can make the world of difference between being thought of as "difficult or stroppy" and treated as such and working with the individual to bring the episode to a close much quicker.

Neurodivergent individuals may experience heightened sensitivity to stimuli, difficulties with social interactions, or heightened anxiety. These challenges can impact their mental well-being and may require specific strategies and support.

Historically, society has had a negative attitude towards those who are neurodivergent, assuming them to be of lower intelligence or deliberately misbehabing. However, Many people with neuro differences are highly intelligent and want to behave in a way that is thought of as "normal".

But really, what is "normal"? People are just people and we are all different.

- Helen- Jane

### Neurodivergent support

### in Lincolnshire

In today's increasingly diverse world, the importance of inclusivity and acceptance for all individuals cannot be overstated. Neurodiversity, has gained significant recognition in recent years. Neurodivergent individuals, including those with conditions such as autism,

ADHD, dyslexia, and other cognitive differences, contribute valuable perspectives and talents to society.

While neurodivergent individuals possess unique strengths and abilities, they may also face challenges in various aspects of their lives. however, there are a number of community-based organisations across lincolnshire who work to support neurodivergent individuals.

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

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

Feathers Teens | Spalding W www.Facebook.com/feathersteensgroup

ADHD Lincs | Countywide T 07483 166 042 W www.adhdlincs.org

CANadda | Lincoln T 01522 716 899 W www.canadda.org.uk

Lincolnshire Parent Carer Forum (LPCF) | Countywide T 01522 716 899 W www.canadda.org.uk



## WE ARE WITH YOU

### YOUNG PERSONS SUPPORT



### Are you or someone you know, affected by substance use?

'We Are With You' Lincolnshire Young Persons Service are a free and confidential service for young people affected by drugs and alcohol.

Your journey with 'We Are With You' will be as individual as you are. We will tailor our support to your needs.

You will be allocated your own key worker who will firstly assess how they can best support you, whether this is to make small changes through awareness and education sessions, or whether it is a longer programme of interventions which will include talking therapy and guidance to help you to achieve a better quality of life and take control of your drug/alcohol use.

We will endeavour to meet you somewhere you feel safe, whether this is at home, school, college and we may only be a small team, but we cover the whole of the County, so our service is accessible to all.

### We are confidential, non-judgmental, and best of all...FREE!

We can give advice and information to parents, guardians and partner agencies, if they are concerned about their young person's drug/alcohol use.

#### Contact us via:

Lincoln-26-30 Newland, LN1 1XG

Boston- 70-74 Wide Bargate, PE21 6RY

Grantham-71, High Street, NG31 6NR

Phone: 0800 3047021 (This number is free to call)

youngpersonslincolnshire@wearewithyou.org.uk

Instagram; withyouyplincs

Twitter; withyouyplincs

Facebook; We Are With You- Lincolnshire Young Persons Service.

### Adolescence can be a rollercoaster ride, and when a teenager is struggling with substance misuse, it can

teenager is struggling with substance misuse, it can feel overwhelming. But with love, understanding, and compassion, we can help them make a difference in their lives.

Knowledge is a powerful tool when supporting someone who is struggling. Take the time to educate yourself about substance misuse, its causes, effects, and available resources. Understanding the complexities surrounding addiction can help you approach the situation with empathy and informed guidance. Seek reputable sources, such as We Are With You or www.talktofrank.com.

When supporting someone struggling with substance misuse, it's important to separate the behaviour from the individual. Initiate open and honest conversations with them

Listen without interruption, allowing them to express their thoughts, feelings, and experiences. Encourage active listening and show genuine interest in their perspective. By maintaining open lines of communication, you create a foundation for trust and understanding.

Avoid blaming or shaming them, as it can hinder their willingness to seek help. Instead, focus on understanding the underlying issues contributing to their substance use. Offer empathy, support, and encouragement, emphasising that their well-being is your priority.

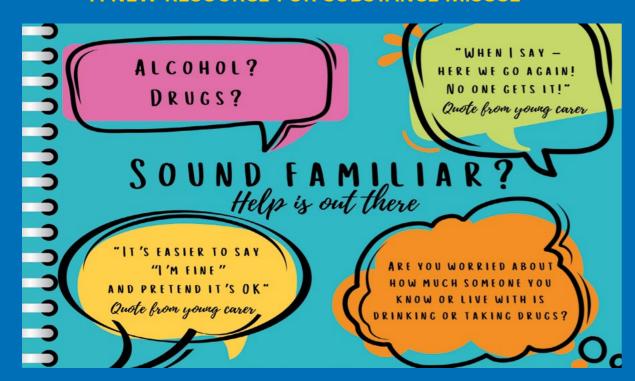
Encourge them to froster healthy coping mechanisms for their emotions. Encourage them to explore activities they enjoy, such as sports, creative arts, or volunteering. Engaging in positive hobbies can provide a sense of purpose and fulfillment, while also serving as a healthy distraction from substance misuse.

It is important to encourage them to reach out for support, whether this is from their own support network or a professional service. Encourage them to seek guidance from specific services. These professionals have the expertise to address the complexities of substance misuse and provide personalised support.

Alternatively, seek out support groups that cater to young people dealing with substance misuse. This will allow them to connect with others who share similar experiences, share resources, and exchange valuable insights. Emphasise that reaching out for help is a sign of strength and resilience, not weakness.

When someone is struggling it is important to celebrate progress and resilience. Acknowledge and celebrate every positive step they take on their journey to recovery. Recognise their resilience, determination, and efforts to make positive changes. Even small victories deserve recognition and encouragement..

### A NEW RESOURCE FOR SUBSTANCE MISUSE



A new resource has been launched and is available for young people, support agencies, schools and organisations for young carers of substance misuse.

This resource was developed with the input and support of various agencies and young carers in Lincolnshire.

### ARE YOU A YOUNG PERSON?

Do you help someone who drinks or takes drugs a lot?

Did you know there is help available?

SUPPORTING YOUNG PEOPLE WITH

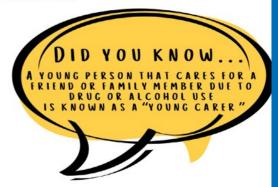
SUBSTANCE MISUSE: A JOURNEY OF EMPOWERMENT

FOR MORE INFORMATION

www.every-one.org.uk Q







# WHO SUPPORTS YOUNG **CARERS?**

round a third of young carers are helping and supporting someone due to their

These young people often have little understanding of the mental health challenges being experienced by the most important adults in their life and are trying to help in the best way they can - but as children they may not always get this right!

"Dad has mental health problems, he sometimes talks to himself and hears voices – you never know what dad you are going to get each day."

Young Carers role may look really varied, from carrying out extra practical tasks around the house to providing emotional support - trying to cheer someone up, provide compassion, reassurance and comfort.

"If we are out and she panics, I try to calm her down. I try to get her to think about other things."

Young carers may get involved with managing medication, personal care and looking after siblings when parents are not able to do this. Some young carers translate at medical appointments for parents who have English as an additional language.

Young Carers often do not recognise what they are doing as caring and regularly are only recognised late or sometimes not at all for the role they take on.

"When I was a child and in school, I was very quiet and reserved. Teachers often thought I was disengaged and that I just couldn't be bothered. I was a Young Carer who felt I had to put my own thoughts and feeling aside as I believed there wasn't room for them, this made me an anxious child and very much in my own head. My mum had agencies involved with her to support her with her mental health, but the impact on my sisters and myself wasn't something that was considered."

### LINCOLNSHIRE YOUNG CARERS SERVICE

### INFORMATION SHEET

The Lincolnshire Young Carers service is designed to help Lincolnshire Young Carers offers a comprehensive and support children and young people up to the age of 18 years who help to care for someone at home. That person may be a parent, sibling, grandparent, or any other relative who has a:

- · Physical disability
- · Mental health condition
- · Learning disability
- Misuses alcohol or drugs Sensory impairment (hearing or sight loss)
- Life limiting condition
- · Any other long term illness or condition

The role undertaken by young carers can include:

- Helping the person they care for to get dressed or
- Extra housework, shopping, or cooking
- · Helping with medication
- Emotional support Helping a sibling with a disability

Young carers often take on responsibilities which affect their friendships and relationships, learning and development, health and wellbeing, or future career choices. They experience increased levels of stress or anxiety, feelings of isolation and loneliness, lack of time to take part in social activities, and difficulties in keeping

> HANDS UP WHO CARES? WE DO!

service which will give young carers someone who will the right support is provided.

Young Carers are entitled to an assessment under the Children & Families Act 2014, which means that it is our collective responsibility to ensure that children and young people receive this assessment to identify and

"Ofsted take particular interest in the experiences of more vulnerable children, including young carers, during inspections." (Hansard, 2012)

Referrals into the service are made via an EHA (Early Help Assessment) form with an identified need of support around the caring role undertaken by the young person. This can be evidenced on page 4, using the 3 columns, to capture the Voice of the Child.

- · What worries or concerns does the young person have around caring for their family member; w tasks do they like doing, not like doing, and why?
- What do they feel that they would like some help or
- What do they feel needs to change in their caring role to make things better for them?

HAND UPS - WHO CARES? WE DO! or more information, please contact Lincolnshire Young Carers Service on

Tel: 01522 553275 or email oungcarers@lincolnshire.gov.uk





# YEAR IN REVIEW

By Daniel Fleshbourne

lot can happen in a year when caring for another person, so I thought it was appropriate as I approach a year since I begin writing this blog, for the Shine newsletter, that I look back both within my own role and the larger changes afoot within the unpaid caring sphere.

Let's start with me. Much has stayed the same, I'm still an unpaid carer and will continue to advocate for unpaid carers and educate people to be able to understand the caring role, identify themselves and seek they support they need. I have grown into my role within the Lincolnshire Wellbeing and Recovery College, we are continuing to expand our range of courses for carers and as we look to the rest of the year, courses for carers of people living with cancer and supporting autistic people will join the list (amongst others). The college is continuing to expand its face 2 face offering in addition to online course and it's been great to meet fellow unpaid carers and to get different perspectives around other people's experiences of the caring role.

In my carers lead role for the Recovery College, for this year's Carers Week (5th-11th June), we had lots of events happening over the week, both within Lincolnshire Partnership NHS Foundation Trust and with our system partners including Carers First. In the wider world of caring there have been some big changes to the laws that support carers, with more to come.

In the first half of 2023 the need to consult unpaid carers before patients being discharged was embedded into law. It now states that carers should be involved in discharge planning where appropriate, considering carers' preferences and to ascertain whether they are willing and able to provide care and support postdischarge before an assessment of longer-term needs. In addition, the statutory guidance states that people should not be put under undue pressure to provide care and no assumptions should be made about their willingness or ability to care. This duty also includes

young carers, highlighting the need to identify and support them.

Coming over the next year the

Carer's Leave Bill should come into law (subject to passing all stages of the house of commons/lords). This enshrines in law unpaid carers the right to take unpaid leave, without affecting their employment.

40

This will be a welcomed change for the 15% (5m) of the UK population who are employed while having an unpaid caring role. This bill shines a light on the health and wellbeing of unpaid carers who are often forced into long term unemployment, isolation, and financial insecurity as they struggle to maintain their employment alongside their caring responsibilities.

Overall, over this year unpaid carers issues have continued to come to the fore in the public's consciousness. In Lincolnshire the voice of unpaid carers is being heard and listened to more and more, being recognised and included at a system level to help decision makers to understand how supporting unpaid carers helps to reduce costs (saving the UK economy 162 billion every year) and improve the longterm health of our population. Supporting carers helps to reduce admissions to hospital and decrease the need for readmission within 28 days.

Yet as ever there is always more to do. Firstly, there are still many, many young and adult unpaid carers that are not known to or supported by Lincolnshire's unpaid carer support services (up to 2/3).

Secondly, increasing the availability of people to access support quickly, in a way that supports their needs, taking into consideration the geography of Lincolnshire. Increasing support for people who no longer have an unpaid caring role due to bereavement or change or circumstances.

Finally, to educate employers within Lincolnshire why it's important to support carers to stay in their jobs (saves the employer money and talent while supporting carers physical and mental health).



### **WORLD BOOK NIGHT 2023**

### WITH SHINE LINCOLNSHIRE

'World Book Night brings people from all backgrounds together for one reason — to inspire others to read more. Organisations and individuals hold events up and down the country to celebrate the difference that reading makes to our lives, from book themed parties at home to book swaps in offices. ' - The Reading Agency

This year, World Book Night took place on Sunday 23rd April 2023 and Shine were lucky enough to receive 160 copies of Joe Wicks 'Feel Good Food' to distribute across the county to encourage reading.

Each book was hand made into a pack containing all sorts of goodies by our staff members and then were sent all over to county to reach our communities.

Some went to the East to support organisations such as Centrepoint Outreach, The Skegness Foodbank and Childrens Links.

Some stayed in the West and went to families



in Heckington. Gainsborough, Martin and Lincoln through organisations such as St Andrews Church, GAPA and GoGro.

Finally, some went South to a number of organisations including Tonic Health who hosted a PJ book dau!

But this didn't account

for all of our books, so Shine staff took to the

streets and hid 70 books across the

county. Some were placed in libraries, some in village halls, some on beaches and some in trees! Although they were all hidden in unique hiding spots, the books had the same aim- to brighten the day of someone living in Lincolnshire and to encourage reading.

The Reading Agency Dreselly

World Book

Night

23 April 2023

And they did just that!

'Thank you ever so much. Just found one castle sports complex in Spalding yesterday. That really made my day! This book of healthy recipes is brilliant!'

'After a stressful weekend and a really tough day yesterday, I took my puppy for a little walk around The Wellhead in Bourne and found myself in the Don't Lose Hope Garden. Sat down on a bench and came across this lovely little package. Thank you so so much. I really really needed this little lift today.'

As adults, we often don't feel that we have time to read for pleasure but it can help us to relax and take time away from our hectic lives. It also makes our minds stronger and more creative, so why not take 5 minutes out of your day today to read something for pleasurewhether it's a book, a poem (like the one below!) or this magazine!

### **SEEDS OF FRIENDSHIP**

A friend is someone who is always there through sunshine and the rain

A friend is some one who listens whenever you need to

About things that concern you, when you feel grief or

A friend is someone to lean on whenever life gets

Someone you can depend on to help you through the

A friend is someone who will give support in everything you do

And knowing they will be there to help to see you

A friend is someone who never fails to give your heart

It's then you know friendship is a very special gift



- Tilly, Skegness



## SERVICES DIRECTORY

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

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

Abbey Children's Centre | Lincoln T 01522 555 689

E abbeuCC@lincolnshire.gov.uk

Abbeu Access Training | Lincoln T 01522 801 556

W www.abbeyaccesstraining.com

Abbey Youthie | Lincoln T 07988 229 720

W bevsmith6@googlemail.com

Acis Group | Countywide

T 0800 027 2057 W www.acisgroup.co.uk

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

Active Lincolnshire | Countywide 07903 266 040

W www.activelincolnshire.com

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

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

Age UK | Lincoln 01522 696 000

W www.ageuk.org.uk/ lincolnsouthlincolnshire

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

Alford Children's Centre | Alford T 01507 463 218

W alfordCC@lincolnshire.gov.uk Alford Dementia | Alford

T 01507 522 116 Alford Hub | Alford

T 01507 464 901 W www.alfordhub.co.uk

Alford Storehouse Church | Alford T 01507 462 990

W www.thestorehousechurchalford.org.uk

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

Alive Church Lincoln | Lincoln

T 01522 542166

E office@alivechurch.org.uk W www.alivechurch.org.uk

Allenbu Training | Lincoln T 01522 548 559

W www.allenby-training.co.uk

Alzheimer's Society | Nationwide T 0333 150 3456

E enquiries@alzheimers.org.uk W www.alzheimers.org.uk

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

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

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

**Armed Forces Covenant Fund Trust** Nationwide

E info@covenantfund.org.uk W www.covenantfund.org.uk

Armed Forces Community Advice Service

(AFCAS) | Gainsborough E armedforcescas@gmail.com

W www.armedforcescas.wixsite.com/website W www.facebook.com/ armedforcescommunituadviceproject

 Art Ninia HQ ActiviTea CIC | Lincoln 07802 478 515 W www.artninjahq.com

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

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

Assist | Lincoln

01522 370 164 W www.assistlincs.org.uk Association of Service Drop In Centres

(ASDIC) | Nationwide T 01622 278 110 E admin@asdic.org.uk W www.asdic.org.uk

Bardney Gateway Centre | Bardney

T 01526 398464 E bardenygatewaycentre@outlook.com

 Barnardo's Young Carers Service Nationwide

0208 554 2888

W www.barnardos.org.uk/what-we-do/ services/young-carers-service

Bearded Fishermen | Countuwide T 0300 365 0019

V www.beardedfishermen.org.uk

Belton Lane Children's Centre | Grantham 01522 550 901

beltonlanecc@lincolnshire.gov.uk

Be The Difference | Gainsborough 0300 102 7735

vww.bethedifference.org.uk BHive Community | Grantham

E enquire @bhive.community www.bhive.community

Billinghay Children's Centre | Billinghay 01526 869 248

billinghaychildrenscentre@lincolnshire. gov.uk

**Binbrook Children's Centre** 

Market Rasen

T 01472 398 889 Binbrook\_cc@lincolnshire.gov.uk

Bipolar UK | Nationwide info@bipolaruk.org V www.bipolaruk.org.uk

Birchwood Children's Centre | Lincoln 01522 689 991

birchwoodCC@lincolnshire.gov.uk

Birchwood Youth Centre | Birchwood 07767 003 858

E fiona.carroll@lincolnshire.gov.uk **BLESMA** | Nationwide

020 8590 1124 E info@blesma.org **∨** www.blesma.org

Blonde Beet | Stamford 01780 766 464 W www.blondebeet.co.uk Boston Children's Centre (Fenside Road)

01205 357 608

StChristophersCC@lincolnshire.gov.uk Boston Children's Centre (Fishtoft Road)

Boston 01205 356 410

Boston Children's Centre (Norfolk Lodge)

FishtoftRDCC@lincolnshire.gov.uk

01522 843135

NorfolkLodgeCC@lincolnshire.gov.uk **Boston District Council** Boston

01205 314 200 W www.mybostonuk.com

**Boston Laughton (Carlton Rd) Youth** Centre | Boston

T 01205 311 794 E fishtoftpc1@outlook.com

**Boston and South Holland Talking** 

Newspaper | Boston E enquiries@bashtn.org.uk

www.bashtn.org.uk Boston Centenary Methodist Church

T 01205 355 543

/ www.bostonmethodist.org.uk

**Boston Community Food Bank** | Boston 01205 310 929

W www.boston.foodbank.org.uk

**Boston Community Transport** | Boston

T 01205 360 183 W www.bostonct.org.uk Boston Lithuanian Community Group

Boston T 07565 617 039

Boston Men's Shed | Boston

T 01205 360 800 W www.bostonshed.co.uk **Boston Salvation Army** | Boston

01205 359 232 <mark>W</mark> www.bostonsa.org.uk

**Boston Stump** | Boston T 01205 310 929

www.parish-of-boston.org.uk/church/ st-botolphs

**Boston United Football Club** Community Foundation | Boston 01205 364 406

W www.bostonunitedcf.co.uk

Bourne Children's Centre | Bourne T 01778 395895

E BourneCC@lincolnshire.gov.uk Bourne Library | Bourne

T 01522 782 010 **Bourne Youth Centre** | Bourne

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

Bourne Food Bank Bourne T 07546 131 806

W www.bournefoodbank.org.uk Bracebridge Children's Centre

Bracebridge Heath

Bracebridgecc@lincolnshire.gov.uk British Red Cross | Nationwide

0344 871 11 11 E contactus@redcross.org.uk www.redcross.org.uk **Bromhead Medical Charity** | Countywide

01522 846 901

/ www.bromheadmedicalcharity.co.uk **Bridge Church** | Lincoln

T 01522 530 730 W www.wearebridge.org Brigg Children's Centre | Brigg T 01652 659 882

surestartchildrenscentres@ northlincs.gov.uk **Building Resilience in Communities** 

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Community Pharmacy | Countywide T 01507 308030 W www.bric.org.uk **Furnichurch** | Mablethorpe T 01522 889 573 T 01507 477 007 W www.furnichurch.org.uk The Butterfly Hospice | Boston Www.lincolnshirepharmacies.co.uk T 01205 367 372 Gainsborough Academy (Trent Valley) Coningsby Youth Centre | Coningsby Youth Centre | Gainsborough W www.butterflyhospice.org.uk T 01526 344 031 T 01427 612 411 **Butterflies Lincoln South** | Lincoln Connect2Support Lincolnshire Gainsborough Crisis Action Team T 07947 494238 W lincolnsouthbutterflies@ Gainsborough Countuwide Www.lincolnshire.connecttosupport.org r 07999 354 491 alivechurch.org.uk Café CLIP Market Rasen | Market Rasen **Connexions** | Gainsborough Gainsborough Trinity Foundation | West T 07554 450 505 W www.cliplearning.com 01427 678 695 Lindseu 07342 881 774 W www.connexions.zohosites.com Caistor Children's Centre | Caistor W www.gainsboroughtrinityfoundation.com **CPSL Mind** | South Lincolnshire T 01673 844 703 E CaistorCC@lincolnshire.gov.uk T 0300 303 4363 W www.cpslmind.org.uk **GamCare** | Countywide T 0808 802 0133 W www.gamcare.org.uk **CALM** | Nationwide **Crimestoppers** | Countywide 0800 555 111 W www.crimestoppers-uk.org Gobstyks Gaming Club | Countywide T 0800 585858 W www.thecalmzone.net W www.gobstuks.co.uk County Care Independent Living Calm Harm GoGro CIC | Lincoln Free app to help young people resist the urge T 01754 611 153 W www.countycare.co.uk W www.gogro.org.uk to self-harm. Graham Matthews Youth Club | Welton Cruse Bereavement Support | Countywide Calm Zone T 0808 808 1677 W www.cruse.org.uk 07799 478 443 W www.childline.org.uk/toolbox/calm-zone E ian.layton@lincolnshire.gov.uk Curo Social Enterprise CIC | Countywide **CAMHS** | Countywide Grandma's Pudding Co | Friskney 07432 101 451 E admin@curo-lincs.co.uk W www.lpft.nhs.uk/young-people/ Www.curo-lincs.co.uk/contact 07899 953 448 lincolnshire/young-people/i-need-more-help/ W www.grandmaspuddingco.uk child-and-adolescent-mental-health-Cycling Without Age Skegness | Skegness 078108 277 22 Grantham & District Hospital | Grantham services-cahms W www.cyclingwithoutage.org.uk/skegness T 01476 565 232 Carers First | Countywide T 0300 303 1555 W www.carersfirst.org.uk Darkside Rising CIC | Lincoln **Grantham Baptist Church** | Grantham W www. darksidetraining.co.uk 01476 573 050 Carer Sitter Service | Bourne W www.granthambaptistchurch.co.uk T 01778 420 257 Desire Change CIC | Countywide Grantham Men's Shed | Grantham E carersitterservice@gmail.com T 01790 616 102 W www.desirechange.org W www.carersitterservice.com 01476 401 876 **Development Plus** | Countywide / www.facebook.com/granthammensshed Carlton Road Children's Centre | Boston T 07432 445481 T 01205 355 056 W www.developmentplus.org.uk **Grantham Tennis Club** | Grantham E CarltonRoadCC@lincolnshire.gov.uk T 01476 591 391 Disability Social Network | Gainsborough / www.granthamtennisclub.co.uk Caythorpe Children's Centre | Grantham T 01427 239 203 T 01400 279 285 Greatford Village Hall | Stamford **Doddington Hall** | Doddington E caythorpecc@lincolnshire.gov.uk W www.facebook.com/greatfordvillage T 01522 694 308 W www.doddingtonhall.com **Centrepoint for Mental Health** Green Synergy | Lincoln **Donington Library** | Spalding 01522 533 077 W www.greensynergy.org.uk Countywide 01522 782 010 W www.centreformentalhealth.org.uk ■ Grubby Knees | Louth **Don't Lose Hope** | Bourne **Centrepoint Outreach** | Boston 07920 486 886 W www.grubbyknees.org T 01778 420 762 W www.dontlosehope.co.uk T 01205 360 900 Harmless | Countywide Double Impact | Countywide W www.centrepoint-outreach.com 「 0115 880 0280 👿 www.harmless.org.uk T 01522 304 246 W www.doubleimpact.org.uk Chatabit | Louth Happy Hooves | Market Rasen **Dunston Churches Together** | Dunston E info@chatabit.org.uk 07724 297 481 E hello@happyhooves.org.uk 01526 320 946 FB www.facebook.com/chatabit/ W www.happyhooves.org.uk W www.stpetersdunston.weebly.com Cherry Willingham Children's Centre Headway Lincolnshire | Countywide East Lindsey Down Syndrome Family Cherry Willingham T 07546 592 526 Support Group | Boston T 07541 802 815 W www.headwaylincolnshire.org.uk E info@eastlincolnshiredownsyndrome.org.uk E cherrywillinghamcc@lincolnshire.gov.uk Healthy Minds | Countywide Www.eastlincolnshiredownsyndrome. Cherry Willingham Youth Centre 0800 234 6342 Cherry Willingham W www.lpft.nhs.uk/young-people Edan Lincs | Countywide T 01522 595 729 E cwyc@btinternet.com T 01522 510 041 W www.edanlincs.org.uk **Help for Heroes** | Nationwide Childline T 0300 303 9888 W Request a call: **Evergreen Care Trust** | Sleaford T 0800 1111 W www.childline.org.uk www.helpforheroes.org.uk/get-support/ T 07707 260 822 Children's Links | Countywide get-support-today W www.evergreensleaford.org.uk T 01507 528 300 W www.helpforheroes.org.uk **Evergreen Care Trust** | Stamford W www.childrenslinks.org.uk Hemswell Cliff | Gainsborough 01780 765 900 Christ Church Stamford | Stamford 01427 667 643 W www.evergreencare.org.uk T 01780 766 446 Hemswell.Cliff.CC@lincolnshire.gov.uk **Everyone Active** | West Lindsey W www.christchurchstamford.com Hill Holt Wood | Lincoln 0142 761 5169 Citizens Advice Bureau | Nationwide T 01636 892 836 W www.hillholtwood.co.uk www.everyoneactive.com T 0800 144 8848 (England) T 0800 702 2020 Holbeach Children's Centre | Holbeach **Every-One** | Countywide (Wales) W www.citizensadvice.org.uk 01406 426 064 ' 01522 811 582 <mark>W</mark> www.every-one.org.uk Citizens Advice Mid Lincolnshire | Boston E HolbeachCC@lincolnshire.gov.uk Feathers Teens CIC | Countywide T 01205 314 534 W www.camidlincs.org.uk Holbeach Moving Forwards | Holbeach feathers.teens@gmail.com City of Lincoln Council | Lincoln T 07719 189 528 vww.facebook.com/FeathersTeensGroup 01522 881188 W www.lincoln.gov.uk holbeachmovingforwards@gmail.com The Feel Good Project | Sleaford CLIP Gainsborough | Gainsborough Holiday Activities and Food Programme 07944 431 776 T 01427 677 377 Lincolnshire Www.developmentplus.org.uk/our-W www.cliplearning.com/gainsborough E HAF@lincolnshire.gov.uk projects/current-projects/the-feel-good-W www.lincolnshire.gov.uk The Coastal Centre | Mablethorpe project Holton Le Clay Children's Centre | Holton W www.mablethorpe.info/the-coastal-centre Fighting With Pride | Nationwide Le Clay Combat Stress | Nationwide info@fightingwithpride.org.uk 01472 828 548 T 0800 138 1619 M 07537 173 683 (text) V www.fightingwithpride.org.uk E HoltonLeClay\_CC@lincolnshire.gov.uk E helpline@combatstress.org.uk Freedom Dancer | Gainsborough www.combatstress.org.uk E hannah537481@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 Children's Centre | Horncastle T 01507 526 603 E Horncastle Childrens Centre@ lincolnshire.gov.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 Kirton Youth Club | Kirton T 01205 722 560 E Catrina.smith@lincolnshire.gov.uk Kooth.com W www.kooth.com **LACE Housing** | Lincoln T 01522 514 444 Land and Leaf Collective CIC | Lincoln T 07813 079083 E kat@landandleafcollective.org W www.landandleafcolletive.org **LEAP** | Lincoln/Gainsborough T 01522 563 530 W www.leap.uk.com LGBTQ Youth Club | Sleaford T 07532 339 327 E lincsparentsLGBT@gmail.com W www.lincsparentslgbt.org.uk **Library Services** | Countywide T 01522 782 010 W www.lincolnshire.gov.uk/findalibrary Licensed Trade Charity | Countywide T 0808 801 0550 W www.licensedtradecharity.org.uk **Lighthouse Project** | Spalding T 07961 978 396 W www.thelighthouseprojectspalding.com Lincoln Ambassador Club | Lincoln T 0800 151 3350 E ambassadors@whizz-kids.org.uk Lincoln Central Children's Centre Lincoln T 01522 843 355  $\hbox{$\rlap{$E$ lincolncentralcc@lincolnshire.gov.uk}}$ Lincoln & Lindsey Blind Society Lincoln/Lindsey T 01507 605 604 W www.llbs.co.uk Lincoln City Foundation | Lincoln T 01522 563 792 W www.lincolncityfoundation.com Lincoln Council for Voluntary Youth Services (LCVYS) | Countuwide T 01522 720 789 W www.lcvys.co.uk Lincoln Moorland Children's Centre T 01522 554 886 E LincolnMoorlandCC@lincolnshire.gov.uk Lincoln North Children's Centre | Lincoln T 01522 552 904 E lincolnnorthCC@lincolnshire.gov.uk

Lincoln Trauma Centre | Lincoln

org.uk Lincoln **Boston** the-local-community-centre

E lincolntraumacentre@gmail.com W www.lincolntraumacentre.org.uk Lincolnshire Action Trust | Countywide 01522 806 611 W www.latcharity.org.uk Lincolnshire Abdominal Aortic Aneurysm Screening Programme | Countywide <sup>\*</sup> 01205 445 801 ulh-tr.AAAScreening@nhs.net v www.ulh.nhs.uk/services/ abdominal-aortic-aneurysm Lincolnshire ADHD Support Services Countywide 07483 166 042 01522 508 373 lincoln.adhd@btconnect.com √ www.lincsadhd.org **Lincolnshire Breast Screening** Programme | Countywide 01522 573 999 ulh-tr.breastscreening@nhs.net W www.ulh.nhs.uk/services/ breast-screening **Lincolnshire Bowel Cancer Screening Programme** | Countywide T 08007 076 060 V www.ulh.nhs.uk/services/ bowel-cancer-screening/ Lincolnshire Community and Voluntary Service (LCVS) | Boston 01205 510 888 W www.lincolnshirecvs.org.uk Lincolnshire Diabetic Retinopathu Screening Programme | Countywide \* 01205 445 383 **E** ulh-tr.desp@nhs.net / www.ulh.nhs.uk/services/ diabetic-eye-screening-programme **Lincolnshire VoiceAbility** | Countywide T 0300 303 1660 W www.voiceability.org Lincolnshire CCG | Countywide Www.lincolnshireccg.nhs.uk/get-involved Lincolnshire County Council | Countywide T 01522 552 222 W www.lincolnshire.gov.uk Lincolnshire Housing Partnership Countuwide 「0345 604 1472 E info@lincolnshirehp.com ∨ www.lincolnshirehp.com Lincolnshire Neuroglogical Alliance Countywide 07495 590 749 W www.lincolnshire-neurological-alliance. **Lincolnshire Outdoor Learning** Countywide 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 01522 508 360 W www.lincsymca.co.uk Lincolnshire Young Farmers' Club T 01522 568 989 E kshone@lincoln.ac.uk The Local Community Centre Boston T 07392 014 058 W www.facebook.com/

Mablethorpe Youth Club | Mablethorpe Magna Vitae | Louth T 01775 711 375 W www.makingspace.co.uk Gainsborough Deening Rasen T 01673 844 703 T 07739 413 411 T 07540 660 351 beatstress.uk Mental Health Matters | Countywide Mermaids www.mermaidsuk.org.uk www.studentminds.org.uk Stamford 01780 437 330 Mission Motorsport | Nationwide 03330 338 338 www.missionmotorsport.org Moorland Youth Centre | Lincoln E recreation@lincoln.gov.uk Moulton Chapel Youth Club | Spalding

E Louth\_CC\_Fax@lincolnshire.gov.uk

Louth Men's Shed | Louth

T 07503 175 650 W www.louthmensshed.org

Mablethorpe Children's Centre Mablethorpe

T 01507 479 412 MablethorpeCC@lincolnshire.gov.uk Mablethorpe Men's Shed | Mablethorpe |

T 07777 628 043 W www.mablethorpemensshed.co.uk

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

Macmillan | Countywide

T 0808 808 00 00 W www.macmillan.org.uk

「 01507 607 650 W www.magnavitae.org Making Space | Spalding

Market Arcade Children's Centre

T 01427 617 767

E GainsboroughCC@lincolnshire.gov.uk Market Deeping Children's Centre | Market |

01778 382 574 E MarketDeepingCC@lincolnshire.gov.uk

Market Rasen Children's Centre | Market -

E marketrasenCC@lincolnshire.gov.uk

Martin Village Hall | Martin

martinlincsvillagehall@gmail.com

FB www.facebook.com/MartinVillageHall/ Meals on Wheels Larders | Countywide

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

Men's Shed Association | Countywide 70300 772 9626 W www.menssheds.org.uk

T 0800 001 4331 Mel Downing Homeopathy | Gainsborough T 01909 591 972 W www.meldowning.com

Meridale Youth Centre | Mablethorpe T 01507 441 481 T 07957 643 974

E meridale@meridale.co.uk

Helpline: 0808 801 0400

Student Space Helpline: 0808 801 0424 www.studentspace.org.uk

The Mill Birth & Wellbeing Centre

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 01406 380 470 E kim.ayto@sky.com

**Moulton Medical Centre Patient** 

W www.mindspacestamford.com

Mint Lane Café | Lincoln www.involvelincoln.org.uk

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

Long Sutton Men's Shed | Long Sutton

W www.mensshedlongsutton.co.uk Louth Area Autism Family Support (LAAFS) | Louth

07982 787 823 Louth Children's Centre | Louth T 01507 607 087

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Adult • Children & Young People • All •

T 07812661348 T 07443634793

Participation | Spalding ■ T 01205 310 929 T 01406 258 373 E moultonpractice@gmail.com W www.moultonmedicalcentre.nhs.uk/info. aspx?p=9NACRO | Lincoln T 01522 525383 W www.nacro.org.uk The Network CIO | Lincoln T 01522 245002 E info@networklincoln.co.uk W www.networklincoln.co.uk New Life Centre Sleaford | Sleaford T 01529 413 063 W www.nlcm.org.uk New Life Centre Spilsby | Spilsby T 01790 754 092 W www.newlifespilsby.com New Horizons Bereavement | Skegness T 01754 810 597 W www.newhorizonsbereavement.org.uk NHS PALS | Countywide T 0300 123 9553 W www.lincolnshirecommunityhealth services.nhs.uk Night Light Crisis Café | Lincoln T 0300 0111 1200 W www.facebook.com/nightlightcafelincoln No Panic | Nationwide T 0300 772 9844 (Helpline) T 0330 606 1174 (Youth helpline) W www.nopanic.org.uk North Hykeham Children's Centre | North Hukeham T 01522 550 927 E northhykehamchildrenscentre@ lincolnshire.gov.uk North Kesteven District Council T 01529 414 155 W www.n-kesteven.gov.uk North Marsh Road Children's Centre Gainsborough T 01522 550 318 E gainsboroughcc@lincolnshire.gov.uk North Somercotes Youth Club | North Somercotes T 07799 117 612 E viv.cross@lincolnshire.gov.uk **NW Counselling Hub** Lincoln T 01522 253 809 W www.nwcounsellinghub.co.uk **OCD UK** | Nationwide T 01332 588 112 W www.ocduk.org Old Leake Children's Centre | Old Leake T 01205 872 258 E OldLeakeCC@lincolnshire.gov.uk 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 Papyrus Nationwide T HOPELINEUK: 0800 068 4141 M Text: 07860 039 967 W www.papyrus-uk.org Parents and Autistic Children Together (PAACT) | Countywide T 07847 507 353 W www.paactsupport.com

admin@parishofboston.co.uk √ www.parish-of-boston.org.uk W www.payplan.com/debtadvice T 01522 513533 W www.pelicantrust.org Pinchbeck Community Hub and Library W www.pinchbeck.parish.lincolnshire.gov.uk/ parish-information/community-hub-library The Poppy Factory | Nationwide 020 8939 1837 (employment support) Postland Road Children's Centre crowlandcc@lincolnshire.gov.uk support@rainbowstarslincs.co.uk Www.rainbowstarslincs.co.uk Recovery College | Countywide W www.lpft.nhs.uk/our-services/adults/ W www.granthambaptistchurch.co.uk/ www.rethink.org/help-in-your-area/ Restore Church Boston | Boston √ www.restorechurchboston.co.uk **Restore Gainsborough** | Gainsborough judi.swannack@alivechurch.org.uk / www.alivechurch.org.uk/gainsborough www.restorechurchboston.co.uk Rethink Mental Illness | Nationwide T 0300 5000 927 W www.rethink.org Riverside Training | Gainsborough W www.riverside-training.org.uk Royal Air Force Benevolent Fund | London welfarenavigators@rafbf.org.uk Royal British Legion | Nationwide Ruskington Library | Sleaford **Ruskington Youth Centre** | Ruskington W www.rutlandsailability.org.uk Ruhall Village Hall | Stamford www.facebook.com/Ryhallvillagehall Sage Gardener CIC West Lincolnshire 07707 325 016 W www.sagegardener.co.uk South Lincolnshire Blind Society | South V www.salvationarmy.org.uk/map-page

Pay Plan | Nationwide

Pelican Trust | Lincoln

0208 940 3305 (enquiries)

support@poppufactory.org

www.poppyfactory.org

Rainbow Stars | Sleaford

T 0800 072 1206

015220 782 010

Spalding

Crowland

01733 211 609

07761 449 404

T 01522 518 500

recoveru-college

07863 712 797

renew-grantham

Renew | Lincoln

support-groups

T 01205 837 209

T 01427 616 353

01205 837 209

T 0300 102 1919

√ www.rafbf.org

T 0808 802 8080

01522 782 010

01526 268 090

07751 098 996

Restore Pantry | Boston

**Roadhog** | South Lincolnshire

roadhogbus@gmail.com

Www.roadhogbus.org.uk

info@britishlegion.org.uk

V www.britishlegion.org.uk

maggie.harris@yahoo.co.uk

Ruskington Youth Centre

Rutland Sailability | Rutland

Salvation Army | Countywide

07526 608 496

Renew | Grantham

Samaritans | Nationwide T 116 123 E jo@samaritans.org W www.samaritans.org **Samaritans** | Boston W www.samaritans.org/branches/boston **Samaritans** | Grantham 116 123 W www.samaritans.org/branches/grantham Samaritans | Lincoln 116 123 W www.samaritans.org/branches/lincoln **SANE** | Nationwide T 07984 967 708 W www.sane.org.uk Seagull Recycling Ltd (The Eco Centre **Skegness)** | East Lincolnshire T 07709 866 614 W www.ecocentreskegness.org.uk **Shelter** | Nationwide 0808 800 4444 / W Webchat www.england.shelter.org.uk/ get\_help/webchat www.england.shelter.org.uk **SHOUT** | Countywide M Text 'Shout' 85258 / www.giveusashout.org **SilverLine** | Countywide 0800 470 80 90 W www.thesilverline.org.uk Simply Being You | Stamford 07806 228 494 W www.simplybeingyou.co.uk Sincil Bank Community Partnership Lincoln 01522 510 157 W www.sincilbankcommunity.co.uk **Single Point of Access** | Countywide T 0303 123 4000 W www.lpft.nhs.uk/our-services Skegness Children's Centre | Skegness • 01522 555 652 E skegnessCC@lincolnshire.gov.uk **Skellingthorpe Youth Centre** Skellingthorne 01522 683 997 Sleaford Children's Centre | Sleaford 01529 306 888 sleafordcc@lincolnshire.gov.uk Sleaford Community Larder | Sleaford T 01529 413 063 / www.communitylarder.co.uk Sleaford Playhouse | Sleaford T 0333 666 3366 W www.sleafordplauhouse.co.uk **Sleaford Rotary Club** | Sleaford 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 Lines | Countumide T 01522 510 073 W www.soundlincs.org South Witham Children's Centre | South Witham T 01572 768 876 E SouthWithamCC@lincolnshire.gov.uk The Source | Sleaford T 01529 309 482 **South Holland District Council** | South Holland T 01775 761 161 W www.sholland.gov.uk South Kesteven Health Walks W www.walkingforhealth.org.uk/walkfinder/ south-kesteven-health-walks

Lincolnshire T 01476 592 775 W www.blind-society.org.uk **Spalding Children's Centre** | Spalding 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 01790 753 681 E spilsbyyouthcentre@googlemail.com W communitu.lincolnshire.gov.uk/ spilsbyyouthcentre/ **SSAFA** | Nationwide T 0800 260 6767 W Live Chat/Contact form: www.ssafa.org.uk/get-help/forcesline W www.ssafa.org.uk Stamford & Rutland Hospital | Stamford T 01733 875 847 W www.nwangliaft.nhs.uk/our-hospitals/ stamford-and-rutland-hospital groups/115183981838656 Stamford Arts Centre | Stamford W www.stamfordartscentre.com Stamford Children's Centre | Stamford T 01780 764 072 E stamfordcc@lincolnshire.gov.uk **Stamford Connections** | Stamford W www.artpopup.co.uk/stamfordconnections Stamford Food Bank | Stamford T 07570 583 799 W www.stamfordoundle.foodbank.org.uk **Stamford in Bloom** | Stamford E stamford18bloom@gmail.com W www.facebook.com/StamfordinBloom **Stamford Library** | Stamford T 01522 782 010 stamford.library@gll.org W www.better.org.uk/library/lincolnshire/ stamford-libraru The Stamford Mummy | Stamford W www.facebook.com/thestamfordmummy Stamford Rugby Club | Stamford T 01780 752 180 W www.facebook.com/stamfordrugbyclub **Stamford Shakespeare Company** Stamford T 01780 754 381 W www.stamfordshakespeare.co.uk Stamford Striders | Stamford E info@stamfordstriders.org W www.facebook.com Stamford Town Council | Stamford T 01780 753 808 W www.stamfordtowncouncil.gov.uk St Barnabas | Countywide T 0300 020 0694 W www.stbarnabashospice.co.uk **Stepping Stone Theatre** | Gainsborough T 01427 628 888 W www.steppingstonetheatre.co.uk Steps2Change | Countywide T 0303 123 4000 W www.lpft.nhs.uk/steps2change/home Sturton-by-Stow Children's Centre Sturton-by-Stow 01427 788 971 E SturtonbyStowCC@lincolnshire.gov.uk Sturton-by-Stow Youth Club Sturton-by-Stow

Bridge W www.studentservices.lincoln.ac.uk Valentine Events | Gainsborough FB Sturton-by-Stow Youth Centre 07891 065 004 St Andrew's Church | Heckington W www.facebook.com/valentineeventsUK T 01529 460 904

org.uk Swineshead The Mix

W www.heckingtonandhelpringhamgroup. Centre | Lincoln T 01522 886 400

St George's Stamford | Stamford W www.stgeorgeschurch.net St Giles Children's Centre | Lincoln T 01522 529 631 stgilesCC@lincolnshire.gov.uk St Swithans Church | Lincoln T 01522 275 067 W www.stswithins.org St Wulfram's Church | Grantham Stonewall | Nationwide 020 7593 1850 info@stonewall.org.uk W www.stonewall.org.uk The Storehouse Church | Skegness 01205 461 509 SuttertonCC@lincolnshire.gov.uk T 01406 359 327 SuttonbridgeCC@lincolnshire.gov.uk W www.facebook.com/ SuttonOnSeabeachcare T 07501 123 183 W www.ssjbc.org.uk Swineshead Children's Centre 01205 820 331 SwinesheadCC@lincolnshire.gov.uk 01476 590034 swingbridgecc@lincolnshire.gov.uk **TED East Lindsey** | Sleaford 01529 301 966 V www.tedineastlindseu.co.uk 0808 808 4994 W www.themix.org.uk Threshold Church V www.thresholdchurch.co.uk The Wednesday Club | Boston 07950 769 115 T 01205 352 744 neilr.butler@btinternet.com Tingers Childcare | Lincoln 07306 800 663 office@tingerschildcare.co.uk W www.tingerschildcare.co.uk Trinitu Centre Louth | Louth 01507 605 803 www.teamparishoflouth.org.uk Together | Nationwide V www.together-uk.org Tom Harrison House | Liverpool 0151 909 8481 / info@tomharrisonhouse.org.uk / www.tomharrisonhouse.org.uk Tonic Health | Spalding T 01775 725 059 W www.tonic-health.co.uk Tonic Health & Transported Arts | South T 07947 157 765 W www.tonic-health.co.uk United Reformed Church | Stamford T 01780 755 007 / www.stamfordurc.org.uk/welcome.htm University of Lincoln Student Wellbeing

T 01476 561 342 W www.stwulframs.org.uk 🕇 01754 763 362 W www.thestorehouse.co.uk Sutterton Children's Centre | Sutterton Sutton Bridge Children's Centre | Sutton Sutton on Sea Beachcare | Sutton on Sea Sutton St James Baptist Church | Spalding Swingbridge Children's Centre | Grantham nigel.johnson@thresholdchurch.co.uk

T 0300 323 0137 W www.lpft.nhs.uk/our-services/adults/ veterans-mental-health **Veterans Support Service CIC** | Spalding T 07434 827 372 W www.vsscic.org.uk Victim Support Lincolnshire | Countywide 01522 947 510 W www.victimsupport.org.uk/resources/ lincolnshire ■ Vital Stepping Stones | Gainsborough 07751 964 832 www.vitalsteppingstones.co.uk **Voluntary Centre Services** | Lincoln 01522 551 683 W www.voluntarycentreservices.org.uk Voluntary Centre Services | North Kesteven

01529 308 450 www.voluntarycentreservices.org.uk Voluntary Centre Services | West Lindsey

T 01427 613 470 W www.voluntarycentreservices.org.uk Waddington Children's Centre

Waddington 01522 722 170 waddingtonCC@lincolnshire.gov.uk

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

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

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

W www.walkingforhealth.org.uk/walkfinder

Warrior Programme | Nationwide T 0808 801 0898

enquiries@warriorprogramme.org.uk W www.warriorprogramme.org.uk Washingborough Children's Centre

Washingborough T 01522 796 166 E WashingboroughChildrensCentre@

lincolnshire.gov.uk Waterloo Uncovered | Nationwide E info@waterloouncovered.com

W www.waterloouncovered.com We Are With You | Countywide T 01522 305 518 W www.wearewithyou.org.uk

Wellbeing Lincs | Countywide Colored Total Co

■ Welton Children's Centre | Welton 01673 862 767

E weltoncc@lincolnshire.gov.uk

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

Wilder Minds CIC | Fenton

admin@wildermnds.co.uk

√ www.wilderminds.co.uk Wild Things Rescue | Countywide

01526 578 579 W www.wildthingsrescue.uk Willoughby Road Allotments | Boston 07818 848 850

Willow Farm Equine | Fulbeck T 01400 675 075 W www.willowfarmeguineassistedtherapycic.

co.uk Winthorpe Community Centre | Skegness

T 07738 997 000 W www.facebook.com/

winthorpecommunitypartnership Witham St Hugh's Children's Centre Witham

T 07552 250 252 E withamsthughschildrenscentre@

33

Veterans Mental Health | Countywide

Adult • Children & Young People • All •

The Parish of Boston | Boston

32

lincolnshire.gov.uk

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

Women's Aid Boston and South Holland Boston

T 01205 311 272

W www.bostonwomensaid.org.uk

Wragby Youth Centre | Wragby T 01673 858 371

Wrangle Youth Club | Boston

T 07751 051 862

E jayne.bonsor@tiscali.co.uk

Writing East Midlands | Lincoln T 07938 104 469

W www.writingeastmidlands.co.uk

Young Minds | Nationwide T 0808 802 5544 (Parents' Helpline)

E parents@youngminds.org.uk

### **YoungMinds**

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

**Youth Housing Support Service** Lincolnshire

T 01522 873 212

E housing.homeless@lincoln.gov.uk W www.lincolnshire.gov.uk

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

#### **SURGERIES**

### **ALFORD**

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

**BASSINGHAM** The Bassingham Surgery | Bassingham

T 01522 788 250 W www.bassinghamsurgery.co.uk

### **BOSTON**

**Greyfriars Surgery** | Boston

T 01205 311 133

W www.greyfriarssurgeryboston.co.uk

**Liquorpond Surgery** | Boston T 01205 362 763

W www.liquorpond-surgery.co.uk

Old Leake Medical Centre | Boston

T 01205 870 666 W www.oldleakemed.co.uk

Parkside Medical Centre | Boston

T 01205 365 881

W www.parkside-medicalcentre.co.uk

Stickney Surgery | Boston T 01205 480 237

W www.stickneysurgery.co.uk

Swineshead Surgery | Boston T 01205 820 204

W www.swinesheadmedicalgroup.co.uk

The Sidings Medical Practice | Boston T 01205 362 173

 ${\color{red}W}\ www.the sidings medical practice.co.uk$ 

#### BOURNE

**Bourne Galletly Practice** | Bourne T 01778 562 200 W www.galletlu.co.uk

#### **BRACEBRIDGE HEATH**

The Heath Surgery | Bracebridge Heath T 01522 516 870

W www.southparkandheathsurgery.co.uk

#### **BRANSTON**

Branston & Heighington Family Practice Branston

T 01522 793 081

W www.branstonsurgery.co.uk

#### **CAISTOR**

Caistor Health Centre | Caistor

T 01472 851 203

W www.caistorhealthcentre.co.uk

#### **CONINGSBY**

The New Coningsby Surgery | Coningsby

T 01526 344 544

W www.coningsbysurgery.co.uk

#### **DEEPINGS**

Abbeyview Surgery | Deepings 01733 210 254

W www.abbeyviewsurgery.nhs.uk

The Deepings Practice | Deepings 01778 579 000

W www.deepingspractice.co.uk

#### **GAINSBOROUGH**

Caskgate Street Surgery | Gainsborough 01427 619 033

/www.caskgatestreetsurgery.co.uk

Cleveland Surgery | Gainsborough 01427 613 158

√ www.clevelandsurgery.nhs.uk

#### **GRANTHAM**

Caythorpe & Ancaster Medical Practice (Ancaster) | Grantham

T 01400 230 226 W www.villagedoctor.co.uk

#### Caythorpe & Ancaster Medical Practice (Caythorpe) | Grantham

01400 272 215 W www.villagedoctor.co.uk Colsterworth Surgery | Grantham

T 01476 860243

W www.colsterworthmedicalpractice.nhs.uk Long Bennington Medical Centre

Grantham 01400 281 220

 ${ t N}$  www.longbenningtonmedicalcentre.nhs.uk

Market Cross Surgery | Grantham T 01476 550 056

W www.marketcrosssurgery.co.uk

St. Johns Medical Centre | Grantham 01476 348 484

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 01476 550 251

W www.glensidecountrypractice.com

The Harrowby Lane Surgery | Grantham r 01476 579 494

W www.harrowbylanesurgery.co.uk

The Welbu Practice | Grantham 01949 842 341

W www.thewelbypractice.co.uk Vine House Surgery | Grantham

T 01476 576 851 W www.vinemedical.co.uk

#### **GRIMSRY**

North Thoresby Surgery | Grimsby T 01472 840 202

W www.norththoresbu.org.uk

#### **HIBALDSTOW**

Hibaldstow Medical Practice | Hibaldstow 01652 650 580

W www.hibaldstowmedicalpractice.co.uk

### HORNCASTLE

East Lindsey Medical Group | Horncastle T 01507 603 121

₩ 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 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

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

James Street Family Practice | Louth T 01507 611 122

W www.jamesstreetsurgery.com

Marsh Medical Practice | Louth 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

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 Hukeham

T 01522 500 240

W www.richmondmedicalcentre.org.uk SAXILBY

The Glebe Practice | Saxilby 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

If you are an organisation who would like to be featured please get in touch with us at

info@shinelincolnshire.com





### **Horses Helping Improve Mental & Physical Wellbeing**

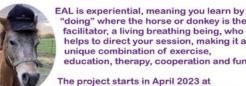
Using Equine Assisted Learning to improve mental and physical wellbeing, reduce social isolation and learn new skills

> Our project allows you to attend IdEAL and experience the benefits of EAL and equine work-experience: namely, improving your confidence and self-esteem, enhancing your communication and relationship skills, reducing social isolation, and

The project does not involve riding and no prior experience with horses or donkeys is required

gaining real-world skills.

The project offers sessions for small groups and individuals; these are held in a safe, supportive and relaxed environment, where clients learn new skills as they develop partnerships with our equines based on trust and mutual respect



helps to direct your session, making it a unique combination of exercise, education, therapy, cooperation and fun.

Sunset Farm, Fosdyke, Boston, PE20 2BL. The sessions are fully-funded by the

To find out more and to reserve a place on the project please contact Mike Burrow by calling 07729 909186 or via email at info@inspired-eal.co.uk

Mental Health & Wellbeing Community Investment Fund





### **HEADWAY LINCOLNSHIRE**

HAVE YOU HAD A BRAIN INJURY AND ARE STRUGGLING WITH YOUR MENTAL HEALTH?

### **WE CAN HELP YOU**

- COUNSELLING
- ART THERAPY
- MUSIC THERAPY - LAUGHTER THERAPY

Tel: 07546592526

- GROUP SUPPORT & MORE

FOR FURTHER INFORMATION CONTACT Email: info@headwaylincolnshire.org.uk





Lincolnshire Partnership







### Amparo is the new service supporting people bereaved by suicide living across Lincolnshire.

The service is completely confidential and is available seven days a week. The dedicated Amparo Suicide Liaison Workers (SLW) offer a range of support including:

- Immediate emotional, listening and practical support liaising with police and coroners
- Helping with media enquiries
- Preparing for and attending inquest
- Referral and signposting to other local wraparound support services

All referrals are either received through our dedicated AMPARO website (www.amparo.org.uk/refer/) or to Amparo.service@listening-ear.co.uk and can be made 24 hours a day. The administration staff (working 8 - 5, Monday- Friday and 10-4 Saturday), process the referral, and then allocate it to the most appropriate SLW. The SLW will then start the communication process with the referral, within 24 hours of the referral being received. The average wait time across all AMPARO service areas for 2021-2022 was 21 hours (509 referrals).

The SLW currently work with the beneficiary during the following hours:

- Monday and Friday 9am to 5 pm
- Tuesday to Thursday 9am to 8pm.
- Saturday 10am to 4pm

During the above hours 'Clinical Cover' is provided by

a senior clinician at Listening Ear to ensure that any risk can be managed safely as part of a

If the beneficiary requires support outside of these hours such as on a Sunday or other late shifts, then this will be put in place with Clinical Cover being arranged prior to the sessions taking place.

There is also a non-geographic phone line (0330 088 9255), staffed between 9-5 pm that anyone can access for additional advice and guidance, for both professionals and members of the public.

The support provided can be one-to-one, for family units or other groups such as work colleagues, students etc. Amparo supports children and young people as well as adults. The service is not just for 'next of kin', but for anyone who has been affected by suicide. A referral can be submitted at any stage of an individual's bereavement so as to include current and historic suicides. It can be short-term or longer-term depending on the needs of each person. People can refer themselves to the service, and referrals are also made from other sources such as Police, coroners etc.

The support provided can be via a range of platforms including in person or remote using text, telephone and/ or video support - the service is led by the beneficiary's preference and is responsive to their

Caseloads are being transferred to Amparo from existing providers, where services are already being provided to beneficiaries.

Amparo has been in operation in the UK since 2015, and was one of the first suicide support services in England, providing trauma-informed emotional and practical support for anyone affected by suicide. It now covers approximately 23% of the population of England.

### For further details about the service, please see www.amparo.org.uk

Amparo is part of the Listening Ear family that provides a range of services including the first British Association for Counselling and Psychotherapy accredited counselling service in Merseyside, www. listening-ear.co.uk

### **HAVE YOU BEEN** AFFECTED BY SUICIDE?

**OUR EXPERIENCED LIAISON WORKERS WILL** LISTEN AND HELP YOU TO ACCESS ANY SUPPORT YOU NEED, WHILST HELPING WITH A RANGE OF **PRACTICAL MATTERS SUCH AS:** 

- Dealing with **police** and **coroners**
- Helping with media enquiries
- Preparing for and attending inquest
- Finding other, appropriate, local support services

CALL 0330 088 9255







## **AMPARO CAN SUPPORT** YOU FOLLOWING A SUICIDE IN A RANGE OF WAYS.

- One to one individual support
- Help with any media enquiries
- Practical support when dealing with the Police or Coroner
- Help overcoming feelings of isolation
- Putting you in touch with local services that can help



0330 088 9255



amparo.service@listening-ear.co.uk



@AMPARO\_LEM



amparo.co.uk



### **USEFUL CONTACTS**

**PAPYRUS** 

**(\( \)** 0800 068 41 41

**SOBS** 

uksobs.org

**(Q**) 0300 111 5065

papyrus-uk.org

Prevention of Young Suicide

Survivors of Bereavement by Suicide

**CALM** 

🗘 0800 58 58 58

**SAMARITANS** 



thecalmzone.net

Campaign Against Living Miserably

samaritans.org

A safe place for you to talk any time you like







# SUICIDE, PREVENTABLE? - YES

In a world full of information, there is an art form that breaks the rules. By selectively obscuring parts of existing texts, blackout poetry breathes life into forgotten words and reveals concealed messages.

Blackout poetry involves the careful erasing of words on printed pages, such as newspapers or discarded books. What remains is a visually striking fusion of literature

and visual art, where the remaining words and their arrangement take on a whole new life.

This was done at by one of our own at an event lead by a research team at the University of Lincoln, with a ministers briefing to create a striking poem about preventing suicide.

### Preventable?- Yes

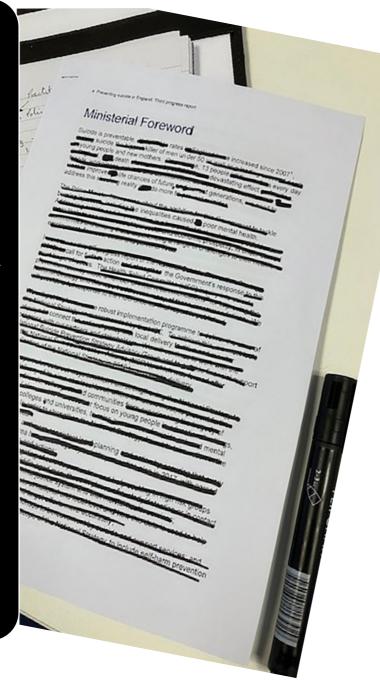
Suicide is preventable
Killer of men under 50, young people
and new mothers,
13 people every day
Death, devastating effect
Improve life chances of future
generations
Address this reality, do more
Inequalities caused poor mental health
Call for action, the Governmenti
response

Robust implementation pregramme Connect, local delivery, communities Focus on young people, colleges and universities

Mental wellbeing Better planning, local area, national ambition

Community liaison, services
People receive the right care, in right
place quicker

The Future in Mind Suicide is preventable.



### **SOCIAL PRESCRIBING LAUNCHES ON THE**

### **EAST COAST**

## My name is Emma Farrington, and I am the Social Prescribing lead for First Coastal Primary Care Network.

You may recognise me as I was the previously the lead for SOLAS Primary Care Network in social prescribing. I am very passionate about social prescribing and the way it can help people to feel empowered enough to take care of their own mental wellbeing.

Social Prescribing is an approach that works particularly well for people who:

- Have one or more long term conditions
- Who need support with low level mental health issues
- · Who are lonely or isolated
- Who have complex social needs that affect their wellbeing.

Lincolnshire Community and Voluntary Services have historically provided a social prescribing service in the locality and with the development of First Coastal PCNs own service we will collaborate with them to enhance and extend the offer to reach more people across our area. If you are a patient of Beacon, Hawthorn or Marisco medical practices then this service is available to you.

Social prescribing Link Workers work closely with

individuals to give them time to focus on 'what matters to me' and taking a holistic approach to people's health and wellbeing in order to connect them to appropriate community groups and services. We then use this information to set goals and co-produce a personalised plan based on what matters to the individual.

From the 17th July you can self-refer at this website http://lvet.co.uk/social-prescribing/ or email Emma at emma.farrington6@nhs.net.

Services we can link people to include: Befriending

- Housing support
- Social engagement and community groups
- Volunteering
- · Health and wellbeing support
- Benefit support
- Lifestyle support services
- Training, education and employment opportunities



Mental Health & NHS
Wellbeing Training

Build your
understanding of

understanding of mental health and wellbeing to support people in crisis.

To find out more visit **www.itsallaboutpeople.info** 

# Do you work in statutory or voluntary sectors and would like to learn more about mental health and wellbeing?

We have a range of training that will help you develop and inform your services.

Designed by colleagues and Experts by Experience from across Lincolnshire, our training covers topics including:

Suicide awareness

Boundary training

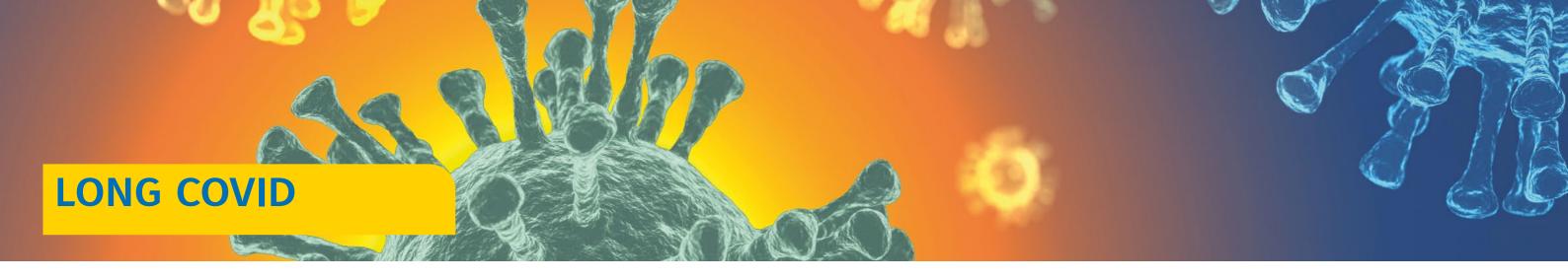
Compassionate leadership

Mental Health First Aid

Trauma-informed care, and more...

To find out more visit: www.itsallaboutpeople.info/ mental-health-transformation/training





Since 2020 the world as we know changed.... The unprecedented Covid Pandemic affected us all, and changed some people's lives forever, and for other presented lifelong challenges. Long Covid is a diagnosed condition that for some, is debilitating, lonely and affects both physical and mental wellbeing.

In the last edition, Shine Lincolnshire began to raise awareness of the challenges people face living with Long Covid. Over the next 3 issues, we will be sharing inspiration from people with lived experience, hints & tips from people living with Long Covid and our professional friends within the NHS Long Covid Rehab Team, and resources for support as part of a project funded by NHS Charities Together.

The Long Covid Project involves a collaboration of NHS

Teams and charitable organisations; LVET, EveryOne, Shine Lincolnshire, Active Lincs & Connect2Support, that have come together in order to engage people in accessing support either by co-production, peer support, online support, organisational training and professional advice.

This newsletter edition will focus on introducing the Long Covid Project Partners and how they are involved, and most importantly, how you can access the support currently on offer.

Jane Kelly, Senior Peer Support Coordinator (Covid)



### Therapist and Clinical Team lead for the Post Covid

The Lincolnshire Post-Covid Rehab Service is a rehabilitation service for of COVID-19.

Since being established in December 2021 our team has supported more than 1200 patients in their Long Covid recovery. Our team is made of Physiotherapists, Occupational therapists, GPs, Assistant practitioners, therapy assistants, and admin support. We work committed to providing the best possible care to our patients.

If you have Long Covid you may experience lots of different symptoms that can change over time. Long Covid means your symptoms carry on for over 4 weeks after your Covid infection and you might even have new health problems. The time it takes for someone to get better from Covid varies from person to person but there are things you can do to get better.

you and help you to understand what has happened and what you might expect as part of your recovery.

symptoms such as breathlessness, fatigue, cognitive change, depressed mood or anxiety, or neurological symptoms. We can also provide return-to-work and sleep hygiene advice.







Who can access the service?

longer than 4 weeks.

illness.

-All Ages

benefit from our services

back to their pre-Covid health.

lincspostcovidrehab@nhs.net

Self-management app

-Anyone suffering from Post-Covid symptoms for

-Anyone that had a positive COVID-19 test

or was clinically diagnosed without being

-Anyone regardless of whether they

setting, or in hospital during their Covid

were managed at home, in a care

Please speak to your GP if you feel you would

The Lincolnshire Post-Covid Rehabilitation Service,

of post-Covid providing self-help resources and

It contains advice and education to help with

If you are struggling with ongoing symptoms of

COVID-19 for longer than 4 weeks from the initial

infection and would like this app, please email lhnt.

rehabilitation programmes for common symptoms.

hosted by LCHS has worked with an app developer to

create a Lincolnshire Living With - Covid Recovery app.

This app is to help and support people with symptoms

symptoms including breathlessness, fatigue, brain fog

and sleep improvement to support people in getting





### Post Covid Rehabilitation Service

The last few years during and following the pandemic have been challenging for us all on so many different levels- whether we have been affected physically, emotionally, financially or socially; it is true to say many of us have faced difficulties and have had to find new ways of living our lives.

Within the NHS, responding to the early days of the pandemic was initially driven by our amazing frontline services, who we all know did a fantastic job in what was often very difficult circumstances. Very quickly the NHS became aware that many people would need ongoing support post Covid due to the oftendebilitating nature of their symptoms post covid and the impact this then had on their ability to maintain

and sustain their pre-Covid levels of activity and functioning.

The NHS and central government were very proactive and funding for Long Covid services was quickly agreed. A multi-disciplinary service then needed to be developed withing Lincolnshire, staff recruited and trained, and resources developed to then enable a robust and effective model of care and treatment to be delivered to both adults and young people across Lincolnshire. Understandably this took time and a great deal of hard work and collaborative working across Lincolnshire's 3 Trusts and charities to develop the service we have today of dedicated and committed healthcare professionals doing their best to meet the needs of people struggling with symptoms post- Covid infection.



























Rehabilitation service.

people in Lincolnshire who are experiencing ongoing symptoms

together with a wider Multi-Disciplinary Team and are

The Lincolnshire Post-Covid service is here to support

We will provide treatment or management for ongoing









Long COVID Training Course Designed For The Physical Activity Sector

Active Lincolnshire has produced a FREE e-learning training guide for providers of physical activity to support people with Long Covid to recover and manage their condition.

The practical online training takes around 30 minutes to complete and contains videos and guidance for providers that is easy to digest. The training is designed to give the skills and knowledge to support people with Long Covid to regain their confidence and ability to undertake everyday things, including being physically active.

The course outlines adaptations and changes that can make activities Long Covid-friendly, many of which will be useful for other health conditions as

well, especially those that cause fatigue.

The ideas in the guide are relevant for activities delivered in a variety of settings found across Lincolnshire including sports facilities, community and village halls, care homes, schools, open spaces and other non-traditional physical activity venues.

> Please share the link below with your staff and any public facing or community staff within your organisation who could benefit from this free course.

> > Long Covid Course - https://www. activelincolnshire.com/courses/ long-covid-physical-activity

Together, our actions will have the biggest impact on the lives of people with

Long Covid, creating a more accessible and

inclusive environment for everuone. lincolnshire

### LIVING WITH LONG COVID

I almost feel like I should put a caveat in here to say that each and everybody's experience of Covid and long Covid will be very different, different symptoms, different impacts from those symptoms and different recovery times. What I hope you will get from the short piece is that there is support out there now for people suffering with long Covid and that you are not alone in your journey.

I got Covid in October 2020 and whilst I had a number of existing medical conditions, I was not considered to be vulnerable, so not shielding. When I did get Covid it knocked me for six, I was very poorly so was not surprised when it took me a number of weeks/months to start to even begin to feel my normal self again.

However one significant difference was I noticed I was struggling with breathlessness, which was not normal for me. Going through a list of Long Covid symptoms I could already tick off quite a number of symptoms but being out of breath was definitely new and the GP agreed, I was told I had Long Covid and issued an

At the time Long Covid was still in its infancy and there wasn't any support available, however over the last two years or so, things have changed. I was put in touch with a Long Covid support group and joined online support groups for those with Long Covid and other medical issues, this has really made me feel connected and supported. Being able to identify with other similar experiences gave me sense of community and hope.

I would urge anyone who is living with Long Covid or caring for someone with the condition to seek the support out there, find your community of others with lived experience of Long Covid who know how you are feeling on your bad and goods days. Most importantly find your new balance and being kind to yourself.



The Lincolnshire Long COVID Information Hub is available for people suffering with the effects of long COVID, their friends and families.

Working alongside Lincolnshire people with Long COVID, organisations in Lincolnshire came together to develop the Information Hub which offers links, documents and videos to help people with symptom management and signpost them to further help.

The videos on the Hub include stories from Lincolnshire people who have experienced Long COVID and messages of hope, as well as pages on financial support and help at work. There are sections for children and young people, activities to help with symptoms and contacts for further support and advice. Other work to support people with Long COVID includes providing peer support and training & guidance to help physical activity providers be more aware of the condition and how this affects people.

> If you live in Lincolnshire, have experience of Long COVID and want to get involved in sharing your story, contact hello@every-one.org.uk







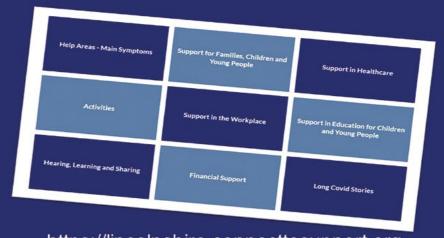








### Long COVID Information Hub



https://lincolnshire.connecttosupport.org







### **AUTOBIOGRAPHY IN FIVE CHAPTERS: A** Poem of Hope

I walk down the street There is a deep hole in the sidewalk. I fall in.

I am lost ... I am hopeless. It isn't my fault. It takes forever to find a way out.

I walk down the same street. There is a deep hole in the sidewalk. I pretend I don't see it. I fall in again.

I can't believe I'm in the same place. But it isn't my fault.

It still takes a long time to get out.

I walk down the same street. There is a deep hole in the sidewalk. I see it is there.

> I still fall in ... it's a habit. My eyes are open. I know where I am. It is my fault.

I get out immediately. IV

I walk down the same street. There is a deep hole in the sidewalk. I walk around it.

I walk down another street.

A poem shared by Lynsey Woodman from the Long COVID rehab

### LIVING WITH LONG COVID - PEER SUPPORT -

SHINE LINCOLNSHIRE ARE WORKING COLLABORATIVELY WITH NHS CHARITIES TOGETHER TO SUPPORT PEOPLE LIVING WITH LONG/POST COVID.

rience of Long/Po COVID, Fibromyalgia, Chronic Fatigue or Cystic Fibrosis to offer Peer

SHINE LINCOLNSHIRE IS COMMITTED TO SUPPORTING OUR VOLUNTEERS WITH FULL

For more information, please contact Jane on 07783 767131 or covidpeersupport@shinelincolnshire.com





















### Are you living with **Long Covid** in Lincolnshire?



Join us to shape services and support others.

As part of the Long-Covid Co-production group you can:

- · Share your Long Covid story to help others
- · Receive and share information with your friends and family about support that is
- · Come along to our monthly, online meetings to work with services to co-produce what is available in Lincolnshire

#### For more information:

Email: hello@every-one.org.uk Phone: 01522 811 582





CONNECT TO SUPPORT COVID HUB -INFORMATION AND RESOURCES FOR Lincolnshire PEOPLE LIVING WITH LONG COVID



WWW.LINCOLNSHIRE.CONNECTTOSUPPORT.ORG/CORONA



H.A.Y. HOW ARE YOU, LINCOLNSHIRE? HELPING PEOPLE TO FIND LOCAL RESOURCES TO BOOST THEIR MENTAL HEALTH AND WELLBEING





**ACTIVE LINCOLNSHIRE** active providing PROVIDING PHYSICALLY ACTIVE PROVIDING OPPORTUNITIES TO BE



WWW.ACTIVELINCOLNSHIRE.COM

#### SHINE LINCOLNSHIRE -

CONNECTING PEOPLE TO SUPPORT Shine for positive mental and PHYSICAL WELLBEING ACROSS LINCOLNSHIRE



**EVERYONE-**WORKING TOGETHER WITH PEOPLE TO ENSURE PEOPLE ARE CARED FOR AT THE CENTRE OF THEIR OWN WELLBEING















### AN INTERVIEW WITH A PEER SUPPORT

### **WORKER (PSW)**

### What is a Peer Support worker?

A peer support worker is someone with lived experience who can help provide the confidence that recovery to better mental health is achievable.

It's about listening to what's important to them and supporting them gently to set and achieve their own goals.

It's to walk alongside people during their recovery, offering encouragement where suitable by sharing my own story of recovery.

### Why did you become a PSW?

I reached a point in my own life where I felt my personal values were not being fulfilled. I've had a fantastic career in the fire service, and then went on to start my own family. An opportunity arose to apply for a peer support worker role for Shine, and I instantly knew it was something I needed to go for.

It's honestly been the best move for me personally. It supports what's important to me, fulfils my own values and I now have a career that I love every day.

The impact that it's had on my life, not only professionally, but personally, is incredible. My own relationships are better, and I feel it's supported me being the best version of myself, which is reallu important. This has also impacted positively on the people around me, particularly my incredible little boy, who has the encouragement and confidence to be the best version of himself.

### What is the best part of being a PSW?

I love supporting people in the community, helping them discover what's important to them and helping them achieve their own goals.

Watching them grow to be the best version of themselves and find some happiness in living a more valued life, which also then impacts positively on their own environment and the people surrounding them.

#### What 3 words would you use to describe your job?

Inspirational, passionate, Fulfilling.

### What impact do you have on the people you are supporting?

The people receiving support from a peer support role benefit from building a mutual relationship with someone they can relate to and feel continuous support from. Having someone to listen and understand their needs whilst offering kindness, validation, and encouragement. The support offered means they have

someone to walk their journey with, tell their story just the once and the opportunity to make choices that suit them and their values. It can be a kind word, a listening ear, encouraging self-care, building selfconfidence, discovering their own likes and needs and support to achieving their own goals which will impact their lives in a positive way. All the time knowing you have someone who understands you without feeling judged due to investing the time into building a trusting relationship. They will see our own journey, inspiring them that recovery is possible, taking parts of our story and adapting them into ways that suit them and encourage their own motivation, determination and inspiration to live a life they love and value.

### What did you know about peer support workers before joining Shine?

I was a peer support worker and welfare officer in the fire service for a year or two before joining Shine, so I had a bit of an insight.

However, it was very limited because the role in the fire service was that instant connection with somebody for them to chat to, and then we would provide signposting, so it wasn't a continued relationship, resorting in their better mental health.

Since joining this role, the support and encouragement from Shine and the Integrated Place Based Team, has allowed me to understand the role wholeheartedly. Allowing me to deliver that support to people in the community, not only to the best of my ability, but constantly learning and improving and offering different ways of encouragement to figure out or help them discover what they need and how they can achieve that.

It's definitely given me a more rounded knowledge of the role, which I absolutely love.

### What advice would you give to someone struggling with their mental health?

Give yourself the time to find what's important to you, what your needs are and how you can achieve it. Be kind to yourself and understand that everything you feel is temporary. Whether it's a low period, a happy period, an excited period, and that when you are experiencing each one of these emotions, take it, acknowledge it and accept it for what it is. Enjoy the good, accept the not so good.

Never underestimate the power of self-care. This could be a relaxing bubble bath, a hot cuppa, chat with a friend, setting boundaries, going for a walk or making a to do list. Discover what you need, go and do it.



# THE IMPACT OF SPORTS ON YOUR HEALTH

In our busy lives, we often forget how amazing sports and physical activities can be for our mental well-being. That's where community sports come in! They offer a chance to get active, have fun, and experience the incredible benefits for our minds. Whether you're a pro or a beginner, joining sports in your community can make a big difference in how you feel and how happy you are.

There are lots of barriers that people overcome in order to exercise, and it can be far from easy, but few can say they don't feel positive after taking part in a physical activity.

For world book night, our very own Sammy demonstrated a few exercises that can be done with no equipment or simply using a book as your weight. Spurred on by the impact this and exercise as a whole has on her wellbeing, she explored some local community options and spoke Jo- a member of her local netball club about the impact taking part has on their mental health.

### Why did you decide to start netball activity?

I'm lucky enough to live in a village with a strong sense of community and a few of us decided to ask the primary school PE teacher to coach us to play netball on the school field! It turned out to be great fun and a few of us went on to join an organised Back to Netball session in Stamford for a few months, then with help from the Stamford Netball League started our own team and joined in the local league. I now coach, umpire and play netball and it is a significant part of my life.

### How do you feel after you have participated in netball/other activity?

It's a great way to get your heart pumping and body moving if you struggle exercising on your own.
I'm unmotivated by going to the gym and I don't have the will power for running, but as part of a team with a goal, 45 minutes of physical exertion flies by! I usually feel great after a game, and I sleep better and for longer



that evening.

### What motivates you to take part in netball?

A large part of it is the people in my team. We come together for that short period each week because we enjoy the game and it's a distraction from the rest of whatever is going on in our lives. You can't easily duck out if you don't feel like it, as it wouldn't be just you that you are letting down. My team are so encouraging and supportive of one another. It adds a whole other dimension to my life, and takes my mind off whatever else is going on at the time. I just don't think about anything else for those 45 minutes, so my brain gets a complete switch off from all those life stressors that exist.

### What, if any, barriers have you overcome to take part in netball?

Obviously, most people get nervous about trying something new, and going along to a Back to Netball session for the first time would have been nervewracking on my own. Luckily enough I had a couple of friends to go with already, but I know that even if I had had to turn up on my own, it actually would have been fine! Everyone there is new to it, has their own nerves about it, but were welcoming, friendly and supportive.

### Anything else you would like to say about how your wellbeing relates to exercise?

Exercise is really important to my wellbeing — I know that if I don't regularly raise my heart rate and get out in the fresh air, I start to go into a bit of a decline emotionally and mentally. I have to force myself to do

something to support my wellbeing and I feel really lucky to have found a physical activity that I look forward to and enhances my life and wellbeing so much.

You can find clubs and activites near you using the Lets Move Lincolnshire Activity Finder. www.letsmovelincolnshire.com

# THE IMPACT OF SPORTS ON YOUR HEALTH

### Netball isn't the only sport that positively impacts your mental health, in fact any form of movement (including a gentle walk) can improve your mood!

Our wonderful Sammy spoke to some other Lincolnshire locals about what sport helps their mental health and this is what they had to say.

"I have suffered with anxiety and a panic disorder since covid hit and I was isolated. I struggled with the idea of returning to 'normal' life as panic attacks were often triggered in social environments. Exercising helped with my anxiety and overall wellbeing, but also with my weight as I was overweight at the time. After the gym I feel great and relieved.

I still struggle with anxiety on a day-to-day basis and physical symptoms that come with it. Sometimes, it still gets the better of me and I skip a session, but it is

largely a barrier I have overcome. I have other self-help methods which do help, but the gym puts a stop to it and lifts my mood more than anything. I always leave feeling myself - happy and healthy with significantly reduced anxiety symptoms"

### - Sophie on Weightlifting

"I first came to yoga with my dad. I was nervous, I didn't know where it was or what it would be like, but my mind was put at ease straight away. Now, before I come my mind is busy and I have physical tension. When I leave, it's like a weight has been lifted."

- Georgia on Yoga

So tell us, what is your favourite sport and how does it impact your health and wellbeing?

### **DANCE FREE CIC**

'There are shortcuts to happiness, DANCING is one of them'-Vicki Baum.

Dance Free CIC offers a fun opportunity for people to move freely and connect with others in natural locations (and indoors), from sunrise to sunset, throughout Lincolnshire.

We use solar and wind powered wireless headsets to provide deep nature connection experiences on beaches, woodlands, parks and meadows.

Dance Free is a free-movement dance activity with initial guidance to help you into your comfort zone, that's fun and welcoming for all. We help people to move more, worry less and embrace life.

Participants afterwards describe feeling such a sense of calm from releasing, letting go and feeling free in their body. They notice a real sense of connection with themselves, others and nature, as well as a release of tension and energy. It's about moving as much or as little as you want, with no judgement.

Everyone is welcome - anyone can participate, regardless of age, gender or ability. It's donation based; pay-what-you-can-afford. No experience is necessary.

We also create bespoke workshops for groups, organisations and wellbeing events including Eco and Creativity Enrichment workshops.

As a growing social enterprise we're looking to build our team and engage with new audiences, in new outdoor and indoor locations. If you'd like to join our events or connect, we'd love to hear from you, contact we.dance.free@gmail.com or see www.wedancefree.com.





## CELEBRATING OUR COUNTY

In communities across lincolnshire there are people and unsung heros who go the extra mile and inspire hope in those around them.

as a communtiy based mental health charity, we understand the impact communities have on health. so we wanted to take the time to celebrate these people, starting with Nigel.

Nigel is one of the unsung heroes of Stamford's community. Like many "ordinary" people he makes a big difference to people's lives on a daily basis, somewhat unknowingly. For people with personal transport getting to appointments, work or social occasions can be straight forward. For others, it can be inconvenient, too expensive, or too distressing. As a taxi driver, Nigel not only helps connect our rural communities but gives his time and attention to his passengers, some of whom can be isolated in various ways.

Nigel began as a part-time taxi driver alongside his work with Blackstones, Stamford. Some 25 years ago though, following redundancy, he made it his full-time occupation.

### What do you enjoy most about your job?

I meet some lovely people, as well as pay the bills, but it has taken over my life. If a job worth doing, it's worth doing properly.

A lot of my customers are elderly so don't see many people and it's just nice that they can chat, unload a few problems. I try to be a good listener and try not to judge. Sometimes I hear people with low self-esteem or

unhappy, so I try and help them look at things differently and make them laugh.

### Going the extra mile...

The other day I found out that they were doing Covid boosters at Stamford Arts Centre so I telephoned a few of my elderly ladies and told them, helped them get there as they couldn't get anywhere in Stamford.

A customer rang me the other day and said her hoover had packed up so, I explained how to change the fuse. Turns out the bag was full, so it got hot! I do gardening jobs for two of my customers as well.

#### What do you do in your spare time?

I don't really take a day off as my phone stays on seven days a week. If I get time off, I will work on my old Land Rover, clean the taxi, or get the odd weekend away.



### LOOK AT THE HAIR NOT THE CHAIR

remembers his wife waking up and heading to workand then he remembers nothing until 18th August

Rob had Sepsis Pneumonia and was placed into an induced Coma in order to save his life. Upon being woken up he was left with a condition called Critical Care Myopathy, which results in musle wastage and left him wheelchair bound and paralysed.

Since then, he has adopted a 'take each day as it comes' approach. He has lost 26 stone and stopped smoking and with the help of his fantastic team he can now roll over, raise his legs in the air and move one arm. His goal is to walk again.

The journey, has of course had its challenges and an impact on his mental health but Rob copes by having fun with his hair- duing it wacky colours to help people 'look at the hair not the chair, as there is definitely life after the chair'.

Rob's Journey began on the 27th May 2018, when he These days Rob spends his time in his local area, going out for walks in his new electric chair and acting as a parish councillor. Everyday, he works to set himself new goals- from small things like reaching for a spoon to designing (and one day building) his own garden. He also spends time working on custom engravings which is possible due to an IPad- as Rob

> "I am only 57, so when I thought my life was over, I

realised it wasn't."







### Ingredients:

200g white chocolate, finely chopped 1/4 cup heavy cream Zest of 1 orange 1 tablespoon orange juice Orange food coloring (gel or powder) 1/4 teaspoon orange extract (optional) 1/4 cup icing sugar (powdered sugar)

#### Instructions:

- Place the finely chopped white chocolate in a heatproof bowl and set aside.
- In a small saucepan, heat the heavy cream over low heat until it starts to simmer. Remove from heat
- Pour the hot cream over the chopped white chocolate and let it sit for a minute to allow the chocolate to melt. Stir gently until smooth and completely melted.
- Add the orange zest and orange juice to the chocolate mixture. Stir until well combined.
- · Add a few drops of orange food coloring to achieve the desired shade of Bert orange. Mix well until the color is evenly distributed.
- Add the orange extract (if using) to enhance the orange flavour. Stir to combine.
- Cover the bowl with plastic wrap and refrigerate the mixture for about 2 hours or until firm enough to handle.
- Once the truffle mixture has hardened, remove it from the refrigerator. Use a teaspoon to scoop out small portions of the mixture.

• Roll each portion of the truffle mixture between your palms to form small, round truffles. Place them on a baking sheet lined with parchment

- In a shallow bowl, sift the icing sugar. Roll each truffle in the icing sugar until well coated. This will give the truffles a powdered appearance.
- Once coated, transfer the truffles back to the parchmentlined baking sheet. Repeat until all the truffle mixture has been used.
- Return the truffles to the refrigerator for about 30 minutes to allow them to firm up again.
- Serve the white chocolate orange truffles chilled.
- They can be stored in an airtight container in the refrigerator for up to one week.



### **MENTAL HEALTH** AND WELLBEING **COMMUNITY** INVESTMENT **FUND**

In 2022 the Mental Health and Wellbeing Community Investment Fund was launched following agreement with Lincolnshire partners as part of the Community Mental Health Transformation Programme. The Fund brings together the Community Asset **Development Allocation and the Managed** Care Network, mental health funding.

The Funding was available to all Third sector and VCSE organisations with the overarching aims that the fund

Support growth and innovation of VCSE organisations to deliver projects for the benefit of those experiencing a mental illness or wellbeing need.

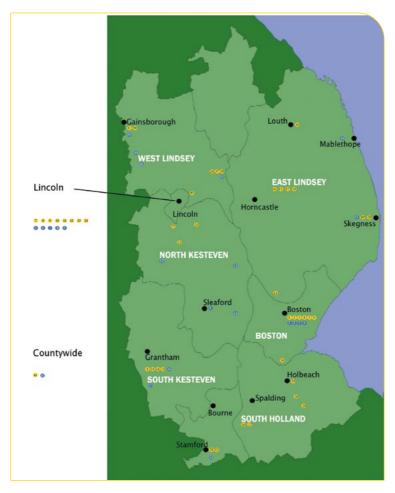
Support smaller grass roots organisations to deliver and test out innovative ideas in response to local population need. Further support the growth and sustainability of partner organisations to ensure the collective development of a mental health, learning disability and autism informed society and workforce.

Ensure that all funding is aligned to clear objectives, able to evidence and demonstrate impact and delivery that is of benefit to the Lincolnshire population which they serve and does not duplicate other funding streams.

The Fund itself was split into two pots, the Innovation and Sustainability Funds.

The Sustainability Fund opens on an annual basis with the allocation of funding for each individual project gradually decreasing by pre-determined proportions over a period of 3 years.

www.shinelincolnshire.com



The Innovation Fund enables organisations to apply for smaller grants from £1,000 up to a maximum of £10,000, for a maximum of 12 months, to pilot new and innovative ideas in their communities before seeking, if appropriate, to apply to the Sustainability Fund.

In total the funds saw 118 applications with 41 successful organisations receiving Sustainability funding (detailed in yellow) and 20 organisations receiving Innovation funding (detailed in Blue).

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;





@ShineLincs











### 1. BOSTON LITHUANIAN **COMMUNITY**

A Pick Me Up (APMU) is a community project that focuses on strengthening community resilience and mental wellbeing. Feeling down is tough, but you are not alone. APMU offers safe space to discuss mental health issues and receive counselling, you can learn more about available services, and get involved in social events and clubs to build strong support systems that last. Mental wellness starts with us - let's make it matter!

**Location:** Boston

#### **Session frequency:** Various

T 07565 617039

E ukjuma@yahoo.com

W www.bostonlithuaniancommunity.uk



### 2. BOSTON UNITED **FOOTBALL CLUB COMMUNIT FOUNDATION**

Pilgrims Connect Boston United FC Community Foundation (BUFCCF) will use the Sustainability Fund to continue the legacy of their successful Positive Pilgrims and Golden Goal Programmes. Through the use of sports, the wellknown local brand of Boston United and the unique setting of the Jakeman's Community Stadium, the project will work to improve people's emotional and physical health, and reduce loneliness and inactivity, by providing physical and social opportunities for men and women of all ages to engage, participate and connect into the wider network of local services, help and support. The three-year project is expected to engage with 45 users and create 6 volunteer roles.

**Location:** Boston

#### Session frequency: weekly

T 01205 364406

**E** lewis.wright@bufc.co.uk W www.bostonunitedcf.co.uk

### 3. INSPIRED EQUINE **ASSISTED LEARNING CIC**

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

Session frequency: weekly

T 07729 909186

E mike.burrow@sunsetsql.com

W www.inspired-eal.co.uk



#### **4.RESTORE CHURCH BOSTON**

Restore Pantry is a social supermarket which aims to reduce food poverty through a low cost membership scheme, it is open to everyone and saves people money on their weekly shop. The Pantry offers volunteer opportunities particularly for those who would otherwise be marginalised due to their support needs such as those with mental health problems and learning difficulties. Volunteers are supported by staff and lead volunteers to learn the skills required to stock a shop and to serve customers.

**Location:** Boston

Session frequency: Multiple, weekly T 07979 914742

E darren@restorechurchboston.co.uk W www.restorechurchboston.co.uk



### **5.ST BARNABAS HOSPICE**

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

**Location:** Boston

Session frequency: Twice Weekly

T 07833 786816

E Heidi.freeman@stbarnabashospice.

**W** www.stbarnabashospice.co.uk



### **6.THE BUTTERFLY HOSPICE TRUST**

**Butterfly Therapy**. The Butterfly Hospice are committed to providing compassionate and personal support to people affected by the challenge of a life-limiting illness or bereavement. They recognise that it can be difficult to share emotions, thoughts, and feelings with those closest to us and offer personalised therapy where you can receive professional one to one support and explore the challenges you are facing. Their person-centred support is delivered face to face in a safe, calm and secure environment, or by phone, or video. Therapists are trained to listen, offer emotional support, and explore various coping strategies based on the individual, recognising the uniqueness of each situation.

**Location:** Boston

### **Session frequency:** Various

T 01205 311222

**E** paul.caddell@butterflyhospice.co.uk **W** www.butterflyhospice.org.uk







### 1.BOSTON LITHUANIAN COMMUNITY

### Speak your heart easy - translation, interpretations, free consultations

is a new project providing a dedicated support infrastructure to provide assistance to the most vulnerable members of the community who are struggling with mental health issues. The program offers translations, interpretations, and consultation sessions, available both in-person and via telephone to provide maximum convenience to those who need it. Trained group members are equipped with the knowledge to guide and support individuals in accessing essential services, reducing anxiety levels and providing a sense of comfort and security. With a regular point of contact available, those who struggle with language barriers will no longer need to feel isolated.

**Location:** Boston

Session frequency: Various

T 07565 617039

E ukjuma@yahoo.com

**W** www.bostonlithuaniancommunity.uk



# 2.BOSTON UNITED FOOTBALL CLUB COMMUNITY FOUNDATION

The Tackle it! project aims to enhance men's mental wellbeing through a safe space where they can socialise and enjoy low level physical activities such as archery and table tennis. The project will support individuals with low level mental health issues. The pilot will run for one year and take place at the Jakeman's Community Stadium, the inspirational home of Boston United Football Club. The project is expected to engage 20 users and create 2 volunteer roles.

Location: Boston
Session frequency: weekly

T 01205 364406

E lewis.wright@bufc.co.uk
W www.bostonunitedcf.co.uk



### 3.CITIZENS ADVICE MID LINCOLNSHIRE

The Reach Out Project aims to support those who identify as women who are at risk of developing mental health dips. The project's focus will be to support women with all aspects of their lives including benefits, maternity rights, employment rights and financial wellbeing. The project will address the pressures experienced by women with a view to reducing gender inequality and disadvantage.

The project will explore everyday things to proactively support women to minimise the risk of mental health struggles. Women will gain greater confidence in their ability to build upon and maintain their own mental wellbeing, whilst also embedding a self-sufficient and resilient approach to resolve future life events.

### Location: Boston Session frequency: Weekly

T 01205 314536

**E** steph.shinn@citizensadvicemidlincs. org.uk

W www.camidlincs.org.uk



#### **4.WRITING EAST MIDLANDS**

Surviving by storytelling. Writing East Midlands and Lincolnshire Recovery College will deliver a series of FREE workshops, helping Boston and Lincolnshire carers to explore their mental health through creative writing and poetry. Writer and Assistant Professor of Mental Health, Dr Mark Pearson from the University of Nottingham, and Dr Helen Foster will be on hand to lead a series of creative and fun workshops aimed at improving mental health and wellbeing. These workshops are specifically designed for carers of people with mental health difficulties and will create a safe and secure environment to explore thoughts, feelings and experiences around their own mental health and help to build resilience and self awareness.

Location: Boston
Session frequency: Monthly

T 01157 934110

E Aimee@writingeastmidlands.co.uk
W www.writingeastmidlands.co.uk



#### 7. ACTS TRUST

The Restore Programme is made up of four short courses designed to empower people to overcome barriers and succeed in life, supporting them towards their own personal goals, be it employment, increased motivation, financial stability or managed wellbeing. The programme has been delivering courses since 2020 and they now look to expand the communities they serve, building on their current success in and around Lincoln. The Programme is open to anyone over the age of 16, is free to attend, and people can choose to attend one, some or all of the courses. They are designed to connect together to provide holistic support and care for individuals, particularly for those with low confidence and high levels of anxiety.

Location: Lincoln
Session frequency: Various
T 01522 542166
E office@actstrust.org.uk

W www.actstrust.org.uk



#### **8.ALIVE CHURCH LINCOLN**

Butterflies, SNAP and Blossom are three different sessions. At Butterflies we offer activities to all women in our community ranging from games and card making to sewing, knitting, crocheting and pampering too. We provide a range of refreshments and the chance to chat or seek additional support 1:1 with members of our team. We are able to connect you with other partner organisations if required in order to ensure the continued support of women's wellbeing in our community. At SNAP you are able to take time to relax in our mindfulness and wellbeing areas or have conversations while doing a craft. You can receive support, signposting and advice from an experienced team. We have a large resource library, and professionals sometimes join us to share their knowledge and add resources to the library. Blossom is run weekly in Grantham, creating a community and a safe place for refugees to find wellbeing support.

Location: Lincoln, Scunthorpe, Gainsborough, Boston Session frequency: Weekly/ Fortnightly T 01522 542166

E office@alivechurch.org.uk
W www.alivechurch.org.uk



#### 9. BRIDGE CHURCH LINCOLN

#### Bridge South wellbeing spaces on

Newark Road, is where our Community Venue and Community Hub are based. Both spaces provide a warm welcome, where you can have a free cuppa and check out the range of activities. Have little ones that need to burn off some energy? The Venue has a soft play for them to climb and use their motor skills with the wall puzzles. You have the chance to catch up with friends, play a board game and enjoy the buzz of community. If you like to read, then the Community Hub is a great space with 1000's of books to choose from. You can get involved with cooking or baking sessions - a brilliant opportunity to showcase your talent or to learn new skills. If you need practical help, we would love to chat with you and find out what is available to support you.

Location: Lincoln

Session frequency: Venue (Mon-Thurs),
Hub (Mon-Weds, Fri)

T 01522 530730

E info@wearebridge.org



### **10.DARKSIDE RISING CIC**

The Women's Health Project will

provide two streams of specialist strength training and mental health support, helping women who have a mental health condition and are also menopausal, including peri- and post-

menopause or postnatal, including mum and baby session. 24 women per year (12 menopause and

12 postnatal) will take part in small

group strength training activities that:

- Begin with a 3-week co-production phase, centring mental wellbeing at the heart of our work
- Develop an individualised training programme for each participant, including mental wellbeing

techniques such as mindfulness

- Empower resilience and selfsufficiency through confidence building and physical activity education
- Facilitate social connections and peer support.

**Location:** Lincoln

Session frequency: Weekly
E darkside.risingcic@gmail.com
W www.darksiderising.co.uk

### **Darkside Rising CIC**

### 11. DEVELOPMENT PLUS

#### Steps- Meet, Move, Mend (Repeat)

is a long term, 1:1 mentoring/coaching support programme using a package of tools to help participants selfassess 'where they are' in their life. It takes people from chaos to stability through flexible 1:1 support using Acceptance and Commitment Training (ACT) and newly included Deep Democracy Training. This provides the beneficiary with a point of focus, engaging individuals effectively whilst encouraging them to take responsibility for their personal self-development and mental wellbeing. The end goal is to identify their strengths, be more resilient and improve their skills to stay well. Meet, Move, Mend (Repeat) introduces our newest element to this programme which includes physical and practical opportunities to group cycle and socialise.

**Location:** Lincoln

**Session frequency:** 1:1's (weekly or fortnightly), group cycling (every 2-3 weeks), cycling events (bi-monthly)

T 07534 444601

E ian.enright@developmentplus.org.ukW www.developmentplus.org.uk

### development**plus**™

#### 12. GREEN SYNERGY

The Green WRAP project aims to support people experiencing mental health issues and to enable and empower them to improve their mental health and wellbeing through gardening, therapeutic horticulture and wellness activities through self-care. At the heart of the programme is a gardening and therapeutic horticulture programme shaped to provide a safe space and utilising person-centred WRAP as a structured personal

recovery programme that is used to promote, enable and sustain recovery. WRAP uses nature's tools to promote self-care, recovery and wellness and enables people to develop their own wellness toolbox with an emphasis on what can be discovered and worked with in nature and green spaces.

**Location:** Lincoln

**Session frequency:** Wednesdays

T 01522 533077

E info@greensynergy.org.uk

**W** www.greensynergy.org.uk



#### 13.OLD WOOD ORGANIC CIC

#### The Woodland Wellbeing Programme

provides free wellbeing activities delivered by nature-based facilitators with lived experience of mental ill health and health professionals. The programme includes:

Horticultural therapy - garden related activities to promote wellbeing, including preparing the soil, planting seedlings and harvesting.

Yoga and Mindful Movement - gentle body and breathing exercises for increased self awareness and awareness of the natural world, often recommended for reducing stress, anxiety and depression.

Sustainable Eco Crafts - creating art

using nature material found in the woodland.
Volunteering to engage with nature

through therapeutic horticulture and restoring or conserving the natural environment.

**Location:** Skellingthorpe **Session frequency:** Weekly

T 07999 857072

E owocic@gmail.com

**W** www.oldwoodorganic.com



#### 5. GOGRO CIC

'Talk and Taste' will be working with older people to bring nostalgic recipes back to life in front of their eyes, whilst recording the fascinating memories and stories brought on by the tastes and smells! We know that there are many older people who are isolated and lonely, we also know that dementia and depression affect a high proportion of residents over 55. There is evidence that nostalgia can help people with dementia and other age-related mental health issues, by increasing self-esteem and social connectedness. By bringing old recipes back to life and listening to stories, GoGro hope to improve peoples mental health, see new friendships form and create a space where information about local services can be shared and valuable stories recorded for the future.

**Location:** Lincoln Session frequency: Weekly T 07468 610027 E rob.gogro@gmail.com W www.gogro.org.uk



#### 6. GREEN SYNERGY

Green Nature and Nurture project will support 20 young adults aged 18-30 years old, with neurodiverse needs, to improve their health and wellbeing through a dedicated six month programme of social and therapeutic horticulture. Social and therapeutic horticulture (STH) is the process of using plants and gardens to improve physical and mental health, as well as communication and thinking skills. Green Nature and Nurture will deploy STH activities using their Hillside Community Garden as a safe, peaceful and secure place to develop young adults ability to mix socially, make friends and learn practical skills that will help them to be more independent, build resilience and can improve their physical and emotional wellbeing.

**Location:** Lincoln Session frequency: Weekly T 01522 533077

**E** info@greensynergy.org.uk W www.greensynergy.org.uk



#### **7.LINCOLNSHIRE YMCA**

The Oasis of Calm will provide YMCA Lincolnshire's beneficiaries, all experiencing homelessness and a range of related challenges, the unique opportunity to physically and emotionally engage with gardening, growing and animal care, at its new garden-and-allotment, The Oasis (Cherry Willingham). Beneficiaries will take part in horticultural activities which enable them to develop new skills, work as a team, and get physical exercise; they will also experience The Oasis as a therapeutic space in which gardening and creative activities are used as mechanisms for selfexpression, self-help, and the selfless support of their peers. The project truly offers a wonderful, meaningful experience which the beneficiaries may never otherwise have.

**Location:** Lincoln Session frequency: Various

T 07803 858728

E elise@lincsymca.co.uk **W** www.lincsymca.co.uk



YMCA LINCOLNSHIRE

### 8.NW COUNSELLING HUB

Walking and Talking in Nature is

a weekly project that NWCH offers to encourage adults to get together and enjoy gentle exercise whilst getting to know each other. Meeting at the Visitor's Centre at Hartsholme Park, with a qualified counsellor and herbalist Andrew Cox, to explore their surroundings; participants take time to notice plants, birds and insects that share our world while recognising the changes through the seasons. The walks will vary each week in time and distance, not exceeding 2 hours, making them as accessible to as many abilities as possible. Andrew will help you to slow down, find beauty in your everyday life and just be in the moment, taking time out from what may be a stressful world. Bookings can be made through Eventbrite and the activity is free to all participants.

**Location:** Lincoln

**Session frequency:** weekly, bookable T 01522 253809

E elise@lincsymca.co.uk

W www.nwcounsellinghub.co.uk



'Hairy Violets' Like the Hairy Violet, this project is here to help people challenge expectations whilst learning to thrive in unexpected places. It will involve guided creative writing sessions for 18-24 year olds to aid self-esteem, self-awareness, growth and resilience. This will work alongside 1-1 mentoring sessions with The Network, a careers support and advice service for young people, to support with aspirations and removing barriers.

Location: Lincoln and sleaford **Session frequency:** Fortnightly

T 07458 016056

**E** gabby@networklincoln.co.uk W www.networklincoln.co.uk



#### 14.AGE UK LINDSEY

The Befriending Project will operate across East Lindsey, particularly on the east coast, which is an area of high health inequalities and above average level of older people. We know that many older people live alone and battle with loneliness and isolation due to issues such as reduced mobility or bereavement, with no friends or family living nearby. The befriending project offers a range of support including face to face home visits, telephone support, help to access social and digital friendship groups, and the setting up of new groups.

**Location:** East Lindsey Session frequency: Weekly and Fortnightly

T 07593 818750

E liz.brooks@ageuklindsey.co.uk

W www.ageuk.org/lindsey



### **15.DESIRE CHANGE CIC**

**Black Barn Rural Escapes** This

programme is designed around positive mental health and offers the opportunity to meet with others or privately by yourself, in a supportive environment down on the farm.

Take time away from the stresses and strains of everyday life, meet with others, enjoy a cuppa and cake or take part in various activities around the farm including arts and crafts and animals. Spend time with our therapy alpacas and sheep, enjoying the tranquil environment that surrounds us. Age 18+ - There is no charge for these sessions but please note booking is essential.

**Location:** East Lindsey Session frequency: Daily and Weekly, booking is essential

T 07825 475693

**E** angie@desirechange.org **W** www.desirechange.org



### **16.LINCOLN AND LINDSEY BLIND SOCIETY**

By my side provide an individually tailored befriending service, which involves volunteers in social activity with clients in their own homes or within social groups. Home visits provide practical help, including reading correspondence, accompanied shopping, emotional support or companionship. Social groups are run by local volunteers and include activities such as ten pin bowling, reading, craft, friendship and walking. The project offers visually impaired people a range of opportunities to alleviate diminished mental health, encourages greater community inclusion, offers improved access to services and helps to enhance life skills and quality of life.

**Location:** Louth Session frequency: Various T 01507 605604 **E** mandu@llbs.co.uk W www.llbs.co.uk



### 17.LINCOLNSHIRE ACTION **TRUST**

LAT Women RISE supports women that struggle with their mental health and wellbeing alongside being in contact with the criminal justice system. This vital service works one to one and in groups with those that need help to develop positive and healthy lifestyles which leads to an improvement in mental health and wellbeing.

**Location:** East Lindsey

**Session frequency:** Weekly, bookable

T 01522 806611

**E** hello@latcharity.org.uk

**W** www.latcharity.org.uk



#### **18.MAGNA VITAE**

The Ageless and Agile programme provides weekly, inclusive sessions at each of the four Magna Vitae leisure venues in Louth, Skegness, Mablethorpe and Horncastle. Sessions provide the opportunity to meet up and be supported in addressing lifestyle issues around topics such as food/ nutrition, mental wellbeing, I.T, as well as providing different types of physical exercise. The current Louth group also benefits from a "Sporting Memories" session where reminiscence and nostalgia form part of the discussion alongside the wellbeing activities. Qualified and knowledgeable staff provide support, advice, guidance, and signposting to other services both within Magna Vitae and the surrounding communities.

**Location:** East Lindsey, Various Session frequency: Weekly T 01507 681826 or 07767 664186 E Marko.humphrey@mvtlc.org



W www.magnavitae.org

### 19.SEAGULL RECYCLING LTD

The Ecowellness Project will create a user-centred suite of healthy, engaging and relaxed activities to impact positively on users overall well-being. Sessions will be 7 days a week, at times to suit user needs. It will appeal to all irrespective of age, ability or background. Activities such as gardening and bushcraft, yoga and tai chi, walking and talking, forest art, hammock sessions, woodland bathing and much more are aimed at improving physical and psychological health, building new skills and engaging with others and offer peer support opportunities and signposting to extra

support.

**Location:** Skegness

**Session frequency:** Daily, Various

T 07840 137614 or 07709 866614 travis.clark@seagullrecycling.org.uk or paul.charles@seagullrecycling.

W www.ecocentreskegness.org.uk



org.uk

### **20.THE STOREHOUSE CHURCH SKEGNESS**

The Restore Centre offers hot food for homeless people within the community as well as those without cooking facilities. Showering and clothes washing facilities are also be available. Drop-ins with various organisations occur throughout the week dealing with issues such as homelessness, mental health support, housing and more. In addition to these we have a drop-in group which is a safe and warm space for homeless individuals to meet, socialise and play games. The Skegness Foodbank which helps between 400-500 people per month is also located in the Centre.

**Location:** Skegness **Session frequency:** 3 days/week

(shower, laundry facilities, hot food), 2 days/week (drop-ins). Days TBC

T 01754 763362

skegnessfoodbank@thestorehouse.

W www.thestorehouse.co.uk

re:store



#### **21.WILD THINGS RESCUE**

Animal Interaction Sessions will be held two days a week. These days will be split into two three-hour sessions, enabling individuals to either spend three or six hours with us, depending on their preference. Participants will be encouraged to help with day to day tasks around the charity such as the cleaning out and feeding of animals within our care.

Location: Langrick
Session frequency: 4 sessions weekly
T 07572 860191

E Lucy@wildthingsrescue.ukW www.wildthingsrescue.uk



### 10.COMMUNITY LEARNING IN PARTNERSHIP CIC

**Memory Matters** is a project aimed at dementia sufferers and their carers to proactively deliver an improvement in quality of life. It has 2 key components - the Virtual Dementia Tour Bus and the Memory Matters Dementia Cafes. The Tour Bus offers a training experience delivered by specialists, aimed at the caregiver. It is a scientifically proven method to give a person with a healthy brain the experience of what dementia might be like by entering the world of an affected person. This understanding helps make simple changes to improve lives of people with dementia and promote self-care. The Dementia Cafes will host regular meetings for dementia sufferers to engage in stimulating activities, enjoy afternoon tea and to connect with others.

**Location:** Gainsborough, Mablethorpe, Market Rasen

Session frequency: Gainsborough cafe (fortnightly), Mablethorpe cafe (weekly)

T 01427 675765

**E** victoria.cross@acisgroup.co.uk

W www.cliplearning.com



### 11.ON TRACK FISHING

**On Track Fishing 'Bait Zone'** intend to open their first ever non-profit fishing tackle shop in Skegness, Lincolnshire. Through group meetings and socials

they noticed many people reported that their mental ill health adversely affected their ability to work, caused them to leave work, or find it hard to get back into work, due to the stress it causes and pressure it put on them. With this in mind, this project will support people of working/retired ages to have a space where they can feel safe and meet likeminded people and create new social bonds whilst building valuable skills and reintroducing them to work.

**Location:** Skegness

**Session frequency:** Various

T 07881 930753

**E** ontrackfishing@gmail.com

W www.ontrackfishing.co.uk



### 22. HILL HOLT WOOD

**Spaces of Reflection** combines heritage woodcraft and ecoconstruction. This programme aims to provide activities that immerse the senses, provide opportunities for gaining skills and help promote mental health and wellbeing. Participants will be able to work as a team to construct installations and craft sculptural elements, using heritage woodcraft techniques, to enhance user experience of the spaces. Based in tranquil nature settings the programme will use a thematic approach to activities that will include the creation of a woodland megaphone, a nature screen and kingfisher bank and a living structure.

**Location:** Norton Disney

**Session frequency:** Various

T 01636 892836

**E** hollie.drake@hillholtwood.co.uk

W www.hillholtwood.co.uk



### 23.HOPE MEADOWS EQUINE ASSISTED RECOVERY CIC

Horses for Health encompasses equine assisted therapy and therapeutic horse riding to allow adults in the local community to access mental

health support that is right for them. Clients can access 5 sessions of equine assisted therapy (free) and/ or therapeutic horse riding (£10) with the aim of improving physical and mental wellbeing. Clients have a safe space to discuss any difficulties and take part in equine assisted activities and interventions. Following the 5 funded sessions, clients can continue to access the Horses for Health project at a discounted rate, offering long term support. This project is suitable for anyone who feels that interaction with horses will benefit their mental health.

**Location:** South Hykeham **Session frequency:** Weekly, Bookable

T 07919 920440

E emily@hopemeadows.co.uk

W www.hopemeadows.co.uk



### 24.LAND AND LEAF COLLECTIVE CIC

Woodland wellbeing offers forest school sessions for home educating families, to support mental health and wellbeing; through community, skills development and nature connection. The project forest school and drop in woodland wellbeing sessions are free for those that would not normally be able to afford to attend and support the whole family to spend time together in nature, and improving mental health and wellbeing. These programmes are open to all home educators or families whose children do not attend school, and inclusive forest school sessions for families with autistic children with anxiety. This programme offers a safe space for families who may not feel confident to join other groups and the sessions are limited to six children and their parent/

**Location:** Lincoln and Market Rasen **Session frequency:** Weekly (term time)

T 07813 079083

kat@landandleafcollective.orgwww.landandleafcollective.org





### **25.THRESHOLD CHURCH**

Renew @ The Hub, Nocton is a shared community wellbeing space where it's ok not to be ok. Pop into our bright, accessible Hub, Thursday anytime between 9.30am and 12 noon, where a warm welcome awaits. Bring a hobby, share skills, join a game of dominoes, choose from an array of board games & jigsaws, or select another activity/craft/workshop. Activities are based round the 5 ways to wellbeing: Connect, Learn, Be Active, Take Notice & Give. Of course, you can just come and relax, have a chat, reflect, read or pray in our quiet area. There's plenty of wellbeing information to browse and/or take away. Have a brew or 2 and some cake/biscuits/ fresh fruit. It is all free (wi-fi too), easy parking, and bus stops outside. Give us a try! Any questions, please contact

**Location:** Nocton **Session frequency:** Thursday's 9:30-12:00

T 07740 265974

E suechristie@hotmail.com

W www.thresholdchurch.co.uk



### 12.EVERY-ONE (CARES)

Menopause Moments Community are sessions delivered in the community setting supporting women to help them understand the peri / menopause, the effects it can have on their life, how to identify the signs of peri menopause, and what medical support is available, as well as considering what now and what next. The programme and setting is devised to get the conversation going and supports the mental and physical health of women.

Location: North kesteven
Session frequency: weekly, bookable
T 07803 784526

E Paula.batchelor@every-one.org.ukW www.every-one.org.uk



#### 13.MARTIN VILLAGE HALL

Martin Munch Club offers individuals, couples and families the opportunity to meet up weekly as part of a community hub. The Club allows people of all ages the opportunity to meet with friends and neighbours and to make new friends whilst enjoying a (free) lunch and being offered interesting activities such as crafting, baking, gentle exercise classes and more.

All activities and any materials needed are provided by Martin Village Hall and free transport for collection and dropping home can be provided if required.

Location: Martin
Session frequency: Weekly

T 07739 413411

**E** martinlincsvillagehall@gmail.com

## 14.ST ANDREW'S CHURCH, HECKINGTON

Let's get cooking will provide an opportunity for anyone to discover or reclaim the joy and satisfaction of creating meals. The meals will be budget friendly and incorporate ingredients from the community larder, learning ways to adapt basic recipes and utilise available ingredients to make food go further. It hopes to promote self-sufficiency, and build self-esteem whilst supporting mental, emotional and physical health and build social connections.

Location: Heckington
Session frequency: Weekly

T 07941 676343 or 07970 935446

E m1nghamni@gmail.com or janetpfrance1@gmail.com

W www.

heckingtonandhelpringhamgroup. org.uk

#### **26.BOSTON WOMEN'S AID**

The Rural Community Hubs project provides access to support for victims of domestic abuse across the rural communities of South Holland. The hubs provide free emotional support to victims of domestic abuse including discussing the effects of domestic abuse, offering advice around legal matters and referral to legal help, referring to the Multi Agency Risk Assessment Conference for high-risk cases to provide extra support and safety, completing applications for funding help and referrals to the

freedom programme or counselling sessions. The hubs aid access to long-term mental health and wellbeing support as well as practical support such as accommodation and children's education.

Location: South Holland Session frequency: Spalding (Tuesdays), Long Sutton, Holbeach, Sutton Bridge (Thursdays), Boston (Wednesdays)

T 01205 311272

E admin@bostonwa.co.uk

W www.bostonwomensaid.org.uk



# 27.CAMBRIDGE, PETERBOROUGH AND SOUTH LINCOLNSHIRE MIND

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

**Location:** South Holland **Session frequency:** Twice Weekly

T 0300 303 4363

E southlincs@cpslmind.org.ukW www.cpslmind.org.uk



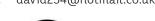


### 28.MOULTON MEDICAL **CENTRE PATIENT PARTICIPATION GROUP**

The time to walk and talk project has been developed to target the most impactful areas on an individual's health, as identified by the patient participation group. One of the main areas identified was how significant isolation impacts on an individual's mental health. As such the group developed opportunities for people from a range of age groups and life experiences to socialise and/or exercise in safe areas where they can come along and get involved or, read or chat amongst themselves. The offering includes a safe space for drop ins and wellness sessions, activity groups based around yoga and walking, and an advice and support service including a counsellor.

**Location:** Moulton **Session frequency:** Various T 07852 350049

E david254@hotmail.co.uk





### **29.SUTTON ST JAMES BAPTIST CHURCH**

SSJBC Community Hub is part of the Renew Wellbeing network of "quiet shared spaces where it is ok not to be ok" established around a rhythm of optional prayer. Their cafe style space offers a totally inclusive community and is open every weekday and currently one Saturday a month, ensuring there is always somewhere to go for a cuppa and a chat. The Hub operates on a donation basis thus enabling those on the lowest of incomes to be included. As well as a warm welcome and a great cuppa, the Hub offers a variety of other activities including crafts, a chair exercise group, knitting & crochet group, monthly community meals plus much more!

**Location:** Sutton St. James Session frequency: Renew (10am-12pm weekdays), Films/Men's Breakfast/ Community Lunch (Monthly March-Dec)

T 07501 123183

**E** sue@ssjbc.org.uk W www.ssjbc.org.uk



#### **30. TONIC HEALTH**

**SociABLES** is a fully inclusive support group for adults with special educational needs and autism, providing access to a digital den, arts and craft facilities, a sensory garden, and a wide range of sporting activities. From designing and printing mugs, t-shirts, and bags to playing football, indoor cricket and soft archery in our sports hall, there are activities to suit everyone. For those who prefer more traditional games there is a pool table and board games. Our digital den has a full gaming suite including VR headsets. The group has full access to and can participate in designing and caring for a sensory garden that will have an outdoor seating area where people can sit and enjoy the garden and see the fruits of their labour.

**Location:** Holbeach

**Session frequency:** Wednesdays 10am-12pm, Fridays 10am-2pm

T 07579 033347

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

W www.tonic-health.co.uk



### 31.ART POP-UP

Creativity for Wellbeing offers a programme of creative workshops for positive mental health benefits. Everyone can have a go; it doesn't matter if participants are 'arty' or not. The programme includes opportunities to try expressive art journaling, a mindful workshop where participants can draw, paint, and collage in a sketchbook, a drop-in and doodle group with street artist, Korp, a makers 'crafternoon' to try different crafts or an afternoon to bring your own project along. When it is warm enough, there's the chance to sketch outside in the garden.

**Location:** Stamford **Session frequency:** Various, Monthly and weekly

E community@artpopup.co.uk W www.artpopup.co.uk





### 32. CITIZENS ADVICE SOUTH LINCOLNSHIRE

Improving Wellbeing Through Advice Citizens Advice South Lincolnshire will deliver advice to support wellbeing at MindSpace Stamford. Speak to an adviser confidentially about a range of issues from benefits, debt, housing, employment, relationship issues, income maximisation and more. They are there to help you find a way forward with the problems that you face. Specific themed days relating to certain areas such as debt and energy will also be available throughout the year. You will also be able to use the MindSpace facilities and take part in activities (chat sessions, yoga, gardening and more) if you wish to do so. Drop-ins and appointments are available.

#### **Location:** Stamford

**Session frequency:** Varying weekly drop-ins/appointments and monthly sessions

E alan.tarbuck@ citizensadvicesouthlincs.org.uk

W www.citizensadvicesouthlincs.org.



#### 33.JUBILEE CHURCH

**Jubilee Cafe** is a friendly cafe located in the heart of Grantham for those who have poor mental or physical health and wellbeing, or other daily life challenges such as financial concerns, housing issues, lack of opportunity, loneliness / social isolation. They provide free refreshments, an open fridge/bread basket. The cafe can support those who have poor English skills and find it difficult to access the support/help needed. Migrants from over 70 nationalities many from ethnic minority groups visit the cafe and it welcomes the elderly, those with disabilities who are looking for a sense of belonging.

**Location:** Grantham

Session frequency: Monday & Friday

T 07794 296154 or 01400 230548

E admin@jubileegrantham.co.uk

W www.jubileegrantham.co.uk

## Jubilee Church life centre

### **34.OUTWOOD CIC**

**Outwood** offers groups and workshops to local people giving them the opportunity to engage with others whilst learning and sharing woodwork and craft skills. Outwood promotes positive interventions to improve mental wellbeing and gain confidence to continue their personal recovery. The projects aim is to support people with their recovery from mental health issues and to gain support in a nonclinical way, and to continue their recovery through meaningful activity. Providing the opportunity to learn and share skills in a relaxed environment, whilst engaging the mindful activity of creating items from reclaimed wood, participants build confidence and self-esteem to organically grow social networks and gain the confidence to continue moving forward in their recovery.

**Location:** Grantham

**Session frequency:** Weekdays- times

T 07985 565714

**E** simon.kieffer@outwoodcic.org



### 35.SOUTH LINCOLNSHIRE **BLIND SOCIETY CIO**

**Time2bee** is our community based counselling service supporting people from 18 upwards to improve mental health and prevent escalation and deterioration. We provide a safe non-clinical space with an accredited counsellor helping people with anxiety, depression, suicidal feelings, low mood, bereavement, relationship issues and COVID related issues. Our counsellor receives regular professional supervision from and accredited supervisor and line management in house, ensuring safe practice. Clients will be invited in for assessment of needs, triage and signposting to other community and professional support services where required and appropriate. Clients will be offered up to six sessions depending on need.

**Location:** Grantham **Session frequency:** Bookable T 01476 592775

**E** susans@blind-society.org.uk **W** www.blind-society.org



### **36.WILLOW FARM EQUINE ASSISTED THERAPY CIC**

Saturday Socials allow attendees to participate as part of a small group in structured, professionally lead, therapeutic activities that are centred around horses. Participants develop a tool kit of self-help techniques during their time there. All of the support staff are facilitating listeners, and are all people with lived experience; between them they cover a wide range of sensitive topics with understanding. Willow Farm Equine Facilitated Therapy CIC Is based on a small, rural, relaxed, horse ranch in the SKDC district of Lincolnshire. This alternative type of therapy, offers a safe, non-judgmental, non-clinical space, where anyone who is struggling mental ill health, or experiencing difficulties with wellbeing, can seek support.

**Location:** Fulbeck

**Session frequency:** Monthly

T 07771 882822 E info@

willowfarmeguneassistedtherapycic. co.uk

W www.

willowfarmequineassistedtherapycic. co.uk



### 15.ART POP-UP

Stamford Cheer Circle will be 6 local groups creating simple handmade gifts to exchange, as an opportunity to give back as one of the key 5 Ways to Wellbeing in supporting positive mental health. Participants will work as a team, you don't need to be artistic to get involved. Each team will make a set of gifts at an artist-led workshop which are then exchanged with those of another team in the circle, bringing participants together with a sense of purpose, cohesion, and connection. As a pilot 6 workshops will be hosted with each of the 6 groups for, plus 2 parties to get to know each other.

**Location:** Stamford Session frequency: Bi-Monthly E community@artpopup.co.uk W www.artpopup.co.uk

Art Pop-Up

of Grantham, where they can bring their pre-schoolers one afternoon a week. For parents who often neglect their own wellbeing, have poor mental health, financial concerns, housing issues, lack of opportunity, loneliness / social isolation, and other daily life challenges. . The group will seek to support those struggling to cope without wider family close by, adopters facing challenging behaviours, and those with post-natal depression. Jubilee Church Life Centre sees those from over 70 nationalities and ethnic minority groups, aware that those with poor English skills can find it difficult

**Location:** Grantham

**16.JUBILEE CHURCH** 

All Stars will offer a friendly

parent's support group in the heart

Session frequency: Monday & Friday 9.30am-1pm

T 07794 296154

to seek support.

admin@jubileegrantham.co.uk

W www.jubileegrantham.co.uk

### Jubilee Church life centre

### 17.SOUNDLINCS

The Bourne Community Radio project will create and establish an online radio station focused on boosting community mental health, reducing isolation and loneliness and raising awareness of the local network of services supporting mental health and wellbeing.

The station, run by volunteers and supported by soundLINCS staff, would put mental health at the heart of the community, creating a hub of information for listeners and giving voice to those who feel isolated and marginalised. The Community radio seeks to create nurturing networks between those involved in the creation of content and those in the wider community, supporting thriving communities and building belonging through music, discussion and innovative community led content.

**Location:** South Kesteven District Session frequency: Various

01522 510073

victoria@soundlincs.org

W www.soundlincs.org





### 37. COMMUNITY LEARNING IN PARTNERSHIP CIC

Seed to Social supports those struggling with their mental health. Delivered in our welcoming community café based in Market Rasen, we provide a package of support, tailored to your individual needs, interests and aspirations. Alongside 1-2-1 support, Seed to Social offers: Create - The opportunity to be a part of creating something amazing, whether this be nurturing plants, making delicious treats, or crafting beautiful creations.

Healthy Minds - Take some time to focus on you, learn to understand your needs and build your own solution toolkit.

Confidence in the Café - Be part of our supportive community café team, whether you're behind the scenes or front house, you'll learn new skills, grow confidence, and really make a difference.

**Location:** Market Rasen

**Session frequency:** Groups are weekly, 1-2-1 support is arranged fortnightly

- T 07973 678994
- E victoria.cross@acisgroup.co.uk
- W www.cliplearning.com



#### **38.HAPPY HOOVES CIC**

#### Supporting Mental Health Through

**Animals** Happy Hooves will be expanding their existing services, outreaching to more people, bringing animals to disadvantaged people such as those with dementia, in residential care settings, hospitals and others. We will be improving facilities and welcoming many more people to our new group sessions aimed at supporting people to improve their mental health and well-being through different therapies in animal settings such as goat yoga, art therapy, journaling and mindfulness techniques. A series of targeted group sessions for those with Autism, mental health problems, dementia, home educated families, SEN, carers, and other isolated groups will be held during weekends/ evenings too.

Location: Market Rasen
Session frequency: Weekly

T 07724 297481

E louiseshepherdso@aol.comW www.happyhooves.org.uk

### Happy Hooves



### 39.STEPPING STONE THEATRE FOR MENTAL HEALTH

In Our Own Words encourages people with mental health challenges who want to write and present their stories in both a written and performance context. We want to print bi-yearly booklets and expand the work being done into performance readings, presented to peers and the general public. Shared and lived experience being the key. We will develop a selfhelp book written by service users, for service users, their families and allies. In order to help boost confidence we will also encourage our participants to join in with the Singing Social and participate in a podcast. This will be a great way to develop more self-esteem and self-confidence.

**Location:** Gainsborugh **Session frequency:** Daily

- T 01427 628888 or 07754 764487
- justask@steppingstonetheatre. co.uk
- W www.steppingstonetheatre.co.uk



### 40.VINE COMMUNITY CHURCH (ASSIST)

1-to-1 Service - practical and

emotional support for people affected by mental ill-health, loneliness and isolation, as well as those struggling with a broad range of life challenges. Our volunteers get alongside people who need encouragement, friendship or advice, providing people with both informal befriending services and formal mentoring, either in person or on the telephone.

Wellbeing Space - a weekly space in Cherry Willingham with free refreshments where people can drop by for company and social interaction whilst playing games, enjoying shared hobbies, or taking part in arranged activities, such as singing, arts and crafts, exercise. Thus, allowing

individuals to recharge and focus on themselves and improving their wellbeing.

**Location:** Cherry Willingham **Session frequency:** Weekly wellbeing space, 1-to-1 bookable weekly

- T 01522 370164
- **E** Jenny@assistlincs.org.uk
- **W** www.assistlincs.org.uk



### **18.EVERYONE ACTIVE**

Healthy Workplaces. Everyone Active will carry out a unique and innovative workplace health offering to businesses in West Lindsey to engage with their staff and improve their physical and mental wellbeing. The offer will include employee health campaigns, master classes for movement, nutrition, rest and mindset as well as wellness MOT workplace visits and breakfast mornings and employee wellbeing days at West Lindsey and Market Rasen Leisure Centres.

Location: West Lindsey
Session frequency: Various, bookable

- T 07730431267
- 07730431207
- **E** chrisduncan@everyoneactive.com
- W www.everyoneactive.com



### 19.WILDER MINDS CIC

Wilder Camp Outs will hold two camping sessions a month, with participants arriving at 12pm one day and leaving at 12pm the next. They will be providing the full camping set up all ready to go and will run nature based activities throughout the camp out. Activities may include nature walks, mindful colouring and gardening. These sessions will provide an opportunity to connect with nature, slow down and take time away from the stresses of day to day life in a calm and quiet location.

Location: Fenton
Session frequency: Fortnightly
T 07572 860191

E admin@wilderminds.co.ukW www.wilderminds.co.uk



#### 41.SOUNDLINCS

SoundLINCS UpBEAT! is a social prescription service that supports mental health through music. Music benefits mental health and can reduce depression, lower anxiety and create opportunities for connection, personal growth and fun. UpBEAT! is accessed via self-referral or referral from a social prescriber or health provider. soundLINCS will make contact and use a person-centred approach to explore interests, ambitions and background and discuss ways that the service can provide support and opportunities to fit the individuals needs. They then provide a music related activity, either as a bespoke session delivered by a professional music facilitator, support to participate in a group or through

tailored sign posting.

Location: Countywide

Session frequency: Various

T 01522 510073

E victoria@soundlincs.orgW www.soundlincs.org



### **20. FEATHERS TEENS CIC**

Art, Animals and Advocacy for Positive Mental Health. Adult

family members of neurodivergent, alternatively educated teenagers are invited for some time out for themselves from the stresses and strains of day to day life. Mindful and mental health focused sessions will involve spending time relaxing and reenergizing outdoors, benefitting from fresh air and sunshine with farmyard therapy animals, and expressing their feelings and healing their minds with therapeutic art engagement. There will be opportunity to give back to their community through peer support. Helping develop relationships and improve confidence, learning how to support each other and deliver helpful, reassuring support to other families.

**Location:** Countywide

Session frequency: Montly

T 07983 529706

E feathers.teens@gmail.com

W www.facebook.com/





The DialaRide service provides accessible and affordable transport to our local community. Users of the service can be anyone who has a difficulty accessing public transport. It dedicates itself to improving the quality of life and promoting the social inclusion and independence of those individuals that are disadvantaged through age and/or disability. We can transport all types of mobility equipment.

If you live within a 10-mile radius of Lincoln City centre, you can register to use our service. Once registered you can request to be taken anywhere in mainland UK. Annual registration fees apply.

We can transport you for your  ${\bf medical\ appoint ments}, {\bf shopping}, {\bf or\ social\ trips}.$ 

For further information about our DialaRide service and our other services including our Voluntary Car

Scheme and Shopmobility call 01522 544 983.

Information and booking lines are open between 9 and 4 every Monday to Friday.

Alternatively, you could visit our website at <a href="https://www.lincolndialaride.co.uk">www.lincolndialaride.co.uk</a> or call in to see us at the office inside Lincoln Central Carpark.







### Woodland Wellbeing

For Home Educators

Forest School sessions for home educating families to support mental health and wellbeing; through supportive community, skills development and nature connection.

All programmes are open to all home educators or families whose children do not attend school. For more information contact via phone/text, email,





Tuesday and Friday - Forest School Funded places available for families who could not otherwise afford fees.

Thursday AM - Inclusive Forest School

Funded programme for families with autistic children; groups are limited to six children and their parent/carer.

#### Thursday PM - Woodland wellbeing

Funded drop-in sessions to support the whole family's mental health, enjoy time together in nature and improve mental wellbeing through nature connection activities.

landandleafcollective.org

07813 079083 kat@landandleafcollective.org







umbrella of neurotypes that

includes autism, ADHD, dyslexia and mental health

Strength training classes at

the gym (women only):

Tuesday 10.30am

Sunday 10.45am, 12pm or

1.15pm

A range of classes online

via Zoom (mixed gender):

Monday 1pm: Art Journaling

Monday 2pm: Peer Support

Thursday 1.30pm: Pelvic

Floor Strength

Sunday 4.30pm: Cooking Formal diagnosis of

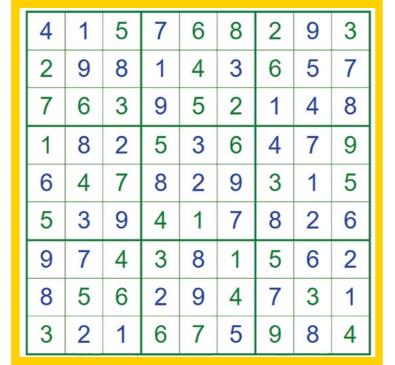
divergence not required





Directions: Heading out of Stamford past Morrisons, Aldi and Mole, take the first right down a track immediately after the 50 speed sign after Mole. The /ellbeing Garden is situated on your right in the allotment area as you enter the parking area.

www.mindspacestamford.com



### DARKSIDE RISING CIC WELCOMES YOU TO THE DIVERGENT Neurodivergence is a broad

Park, Bishops Road, off Outer Circle Road, Lincoln, LN2 4SY

Offering funded in-person and online sessions to support your physical and mental health.

27th March -5th November 2023

Shantelle Svarc darkside.risingcic@ gmail.com darksiderising.co.uk @DarksideRisingCIC

/ month online-only



Please contact:

Suggested donation











# **You are invited to the**

to promote socialising, wellbeing & varied activities.



launch in Skegness!

For more information and to book your place, please RSVP: marko.humphrey@mvtlc.org | 01507 681826 | 07767 664186 sarah.grierson@mvtlc.org | 01507 681827

Tuesday 27th June 10:00am-12:00pm at The Embassy Theatre







Community Mental **Health & Wellbeing** Transformation

The Embassy Theatre

Grand Parade, Skegness, PE25 2UG.

magnavitae.org

Magna Vitae is a Registered Charity. Charity Number 1160156. A Partner to East Lindsey District Council

## FREE MENOPAUSE SESSIONS

A NEW LOCAL INITIATIVE

An innovative Menopause Programme is now available, comprising of 6 sessions delivered over 6 weeks

Are you currently experiencing peri menopause or menopausal symptoms, or just want to know more about it?

Various topics covered each week, focusing on what will support your health and wellbeing, now or for the future, by giving you an informed choice that will enable you to make decisions that work for you

This is a new local initiative... Want to know more? Don't hesitate to contact us for further information and registration details. Places for each programme are limited:

Scheduled to start in July, September and November 2023

SCAN OR EMAIL HELLO@EVERY-ONE.ORG.UK

Peri Meri - Menopause Moments























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

T 01522 300 206
E info@shinelincolnshire.com
www.shinelincolnshire.com

### Be featured in the next newsletter

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

#### Stay up to date with Shine

Sign up for our email updates!

Whether you are interested in mental health, have lived experience or work for an organisation by signing up you will be the first to hear all the latest Shine news.

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

#### Disclaimer

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