



Connect

AUTUMN 2023

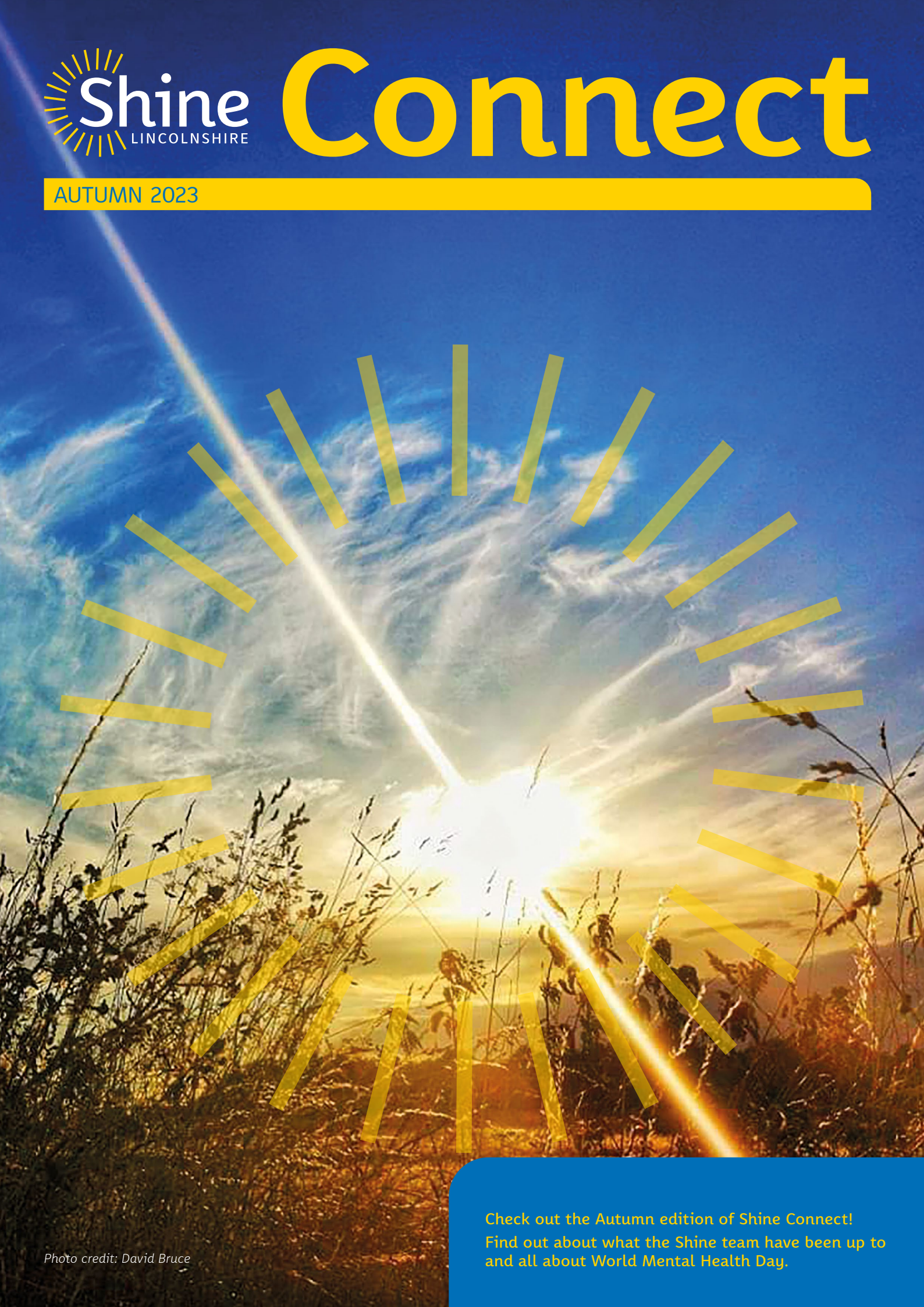


Photo credit: David Bruce

Check out the Autumn edition of Shine Connect!
Find out about what the Shine team have been up to
and all about World Mental Health Day.

Autumn Is Here

Autumn is well and truly upon us. I have such mixed feelings about this season. I love putting my socks back on after the sandals of summer. But I am not so crazy when the clocks go back. This is when darkness is upon us. This is the season in which many of us will struggle. There has been an increase in those afflicted by SAD – Seasonal Affective Disorder. Basically it is depression due to the lack of sunlight hours. I, personally, don't want to become upset so I avert my gaze; I turn my attention to the opposite of SAD because I want to talk about happiness.

I have done a great deal of reading and listening and researching trying to define what is happiness and how can we achieve it. I would like to share with you my favourite source of information. It originates with a wonderful teacher called Tara Brach. The belief is that happiness is a three pronged entity.

The first prong is gratitude. To be happy you must have gratitude. Gratitude is all about being thankful for the things you already have. It is not about the past or the future. Gratitude is firmly placed in the present. All of us have things in our life that we can be thankful for. To be happy we must root out these things and bring them into our consciousness. I highly recommend journaling a Gratitude List. This can then be used as a Gratitude Affirmation. So you might have gratitude that your children are healthy. You then write this down. Read it back to yourself. Finally you repeat the affirmation out loud. "I am grateful that my children are healthy". Doing this on a regular basis will help to start re-framing your thoughts into a positive mode.

The second prong is kindness. This is double edged. Kindness is all about give and take. You must be able to commit kindnesses on other people, but you must also have enough self-worth that you are able to receive kindness. Simply being nice is a route to happiness.

Thirdly, we have a prong that resonates strongly with me. This is the idea that we must Savour. Savouring is all about mindfulness. Being aware of the world around you. You can savour through meditation, through grounding, through journaling. Grounding is where you spotlight on different senses.



You might take a few minutes and just listen, or a few minutes just watching. The most popular way to ground is to notice five things you can see, four things you can hear, three things you can smell, two things you can touch, and one thing you can taste; this section is very useful if you have anxiety too.

As I often say, none of this is rocket science. But it is science. Increasingly as the experts study our brains and bio chemistry they are learning that being kind or mindful or grateful can release dopamine, or serotonin or endorphins, oxytocin, GABA. These are all feel good chemicals. Be nice and wow – you will be happier.

So, fret not as the darkness engulfs us. We can shine light by being grateful, being nice and being aware. Yes it is that easy. Shine a light on yourself and see what happens.

Kate Hull-Rodgers

Stepping Stone Theatre for Mental Health



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EDUCATION AND TRAINING WITH SHINE LINCOLNSHIRE

Autumn is here and it's scary (see what we did there) to know we are closer to 2024 than we are to 2022, but what's even scarier is the amount of training we have delivered this year.

As we have mentioned in our previous updates, poor mental health is on the rise, and 1 in 4 adults experiences poor mental health at some point in their lives. This has started to show across the training world, and as of today, this year we have delivered 41 courses, including 7 Physical First Aid at Work Courses, 14 two day Mental Health First Aid Courses and 4 Suicide First Aid Courses. We have also introduced a new course covering Suicide First aid for those who work with Children and Young people and have successfully delivered two courses. These courses have, in total trained 326 individuals across communities and services in Lincolnshire.

It has been fantastic to see individuals getting so much out of these courses and feedback includes:

'Ian was very in the delivery of this half day course. He supported each of us at various times during the conversations and we were given the opportunity to contribute or not as we were able. His delivery style was very gentle and he made himself vulnerable to enable us to learn from this course. As a result of yesterday I am now wanting to complete a Mental First Aid Course to enable me to be more effective in helping other people who are experiencing difficult times.' - A participant on a Half Day Mental Health Awareness Course.

'Ian demonstrated a deep knowledge of the subject and delivered it in an easy, friendly manner with plenty of opportunities to ask questions and discuss personal issues. The clear procedures and the ALGEE acronym created a clear understanding of the process. The examples, the videos and the case studies and the role play emphasised the important elements. I am much more confident of my ability to deal with a situation than I was previously. A valuable experience.' - A participant on the Mental Health First Aid Course.

This amount of training highlights our commitment to equipping individuals with the knowledge and skills

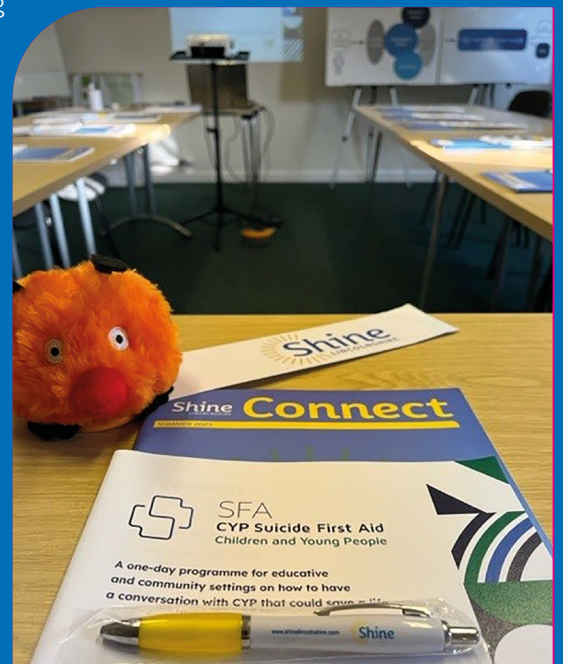
they need to navigate both physical and mental health challenges effectively. Each course reflects our dedication to creating safer, healthier, and more supportive communities across Lincolnshire.

Our team has worked tirelessly to ensure that each attendee walks away from our training sessions with a greater understanding of how to provide assistance when it's needed most. From Basic Life Support to Suicide First Aid, our courses are designed to empower individuals to be first responders, whether it's in a medical emergency or a moment of emotional distress.

We want to extend our heartfelt gratitude to everyone who has been a part of our training journey so far – our dedicated trainers, enthusiastic participants, and the communities that support our mission. Your commitment to building a safer and more compassionate county is what drives us forward.

As we embrace the changing seasons, let's also embrace the opportunity for growth and learning. Our training isn't just about acquiring skills; it's about embracing a mindset of empowerment and creating connections that last far beyond the training room. We look forward to continuing this journey with you, and we're excited to see the positive impact we can collectively create.

Thank you for being a part of our community. Together, we're making a difference, one training session at a time.





BERT'S BIG ADVENTURES!

What an eventful last quarter of the year I've had, there's lots to tell you about and a few things I will be up to in the coming months.

JUNE

We'll start off with my visit to Lincolnshire Wildlife Park to help celebrate their 20th anniversary. It was a very warm day, and I was panting just as much as the animals were due to the sunshine, luckily us furry creatures are given water more often during the warmer months to keep us hydrated.

During the visit I met lots of friendly people who wanted to high five me and take selfies, I also went for a walk around the park to see some of the animals. I was greeted by the lions and the tiger, but I think they thought I was a large orange toy to play with.

The parrots and the meerkats seemed to like me, and I felt slightly more relaxed around them. Towards the end of the day, I took part in a mascot race, unfortunately I didn't win but it was good fun racing against other larger than life characters.

Big thanks to Gemma and Jo who came along to help guide me around the park.

I was then invited to another birthday party in June, Stepping Stone Theatre asked if I would like to come along to their 8th birthday party, there was singing and dancing and also lots of buffet food and a cake. This party was attended by lots of people who knew Bill and Kate from Stepping Stone.

JULY

This was a big outing for me as it was our "Celebrating Our Communities" event at the Lincolnshire Showground. Lots of people had turned up for this one and it was wonderful. There was some amazing people in attendance and it was great to meet so many of them. I was dancing to the music, I went to see some Yoga being done and even tried a few poses myself.

I was even asked to get up on stage to help draw the raffle and hand some prizes out to the winners, I also

got to stand on the stage with my boss, Rachel.

AUGUST (MY BIRTHDAY MONTH)

My Birthday month, I was so excited because I had heard I was going to go out for a little trip and also eat some Birthday cake. Lucy took me to see the amazing Lincoln Cathedral where I met some nice people, and had my photo taken outside the Cathedral. afterwards I went back to the office and had a piece of my lovely Birthday cake that my colleagues had organised for me. It was such a great day, people from all over the county were wishing me a "Happy Birthday".



To continue the celebrations in my Birthday week I was then asked if I wanted to play for Gainsborough Trinity Under 21's in the Shine Cup. I was very excited to be a part of it and I got to walk out with the players and officials and then take part in the warm-up. The Manager Brad Wright asked me to come on and be the goalie for a while and we won. My favourite player is Tristan Drumond.



SEPTEMBER

In September some of the Shine employees took on the Yorkshire 3 Peaks but I had not trained enough for this, so I sent one of my mini-Bert's to take on the challenge with them, he told me he completed it on one of the walker's shoulders so look out for his adventure in the next newsletter.

THE REST OF THE YEAR

I will be making sure I am fit enough for November as I will be taking part in the Gainsborough 10k. I've decided to take the next step up from my 5k run at Caythorpe in March and attempt the 10k distance this time around.

SHINE GETS ACTIVE!

This Summer, Shine got active! Our team stepped away from their emails, computers and desks and took on the challenge of our very own Shine Sports Day, led by Wright Way Sports!

The entire staff team arrived ready and raring to go at Scopwick Village Hall, where we were met with a series of challenges based around the five ways to wellbeing- **Connect, Keep Learning, Give, Take Notice and Be Active.**

We started **Connecting** with our teams, creating a team name and logo and then undertook a series of challenges to get points. All of the tasks, which included a river crossing (in progressively smaller hoops) a water carry (using a tiny plastic cup and a blindfold!) and an over and under ball toss were designed to get us working as a cohesive team.

Once we felt like we were performing as one unit, we **kept learning** with a game of Shine bingo where we had to find out about our fellow colleagues.

Feeling united, and like we knew our team better we undertook a scavenger hunt to allow us to **Take Notice** and we played a negotiating game to get items off other teams in order to **Give.**



Finally, we finished the day with a good old fashioned sports day to get **Active**, with Egg and Spoon races, hockey dribbles, bean bag throw and shuttle runs among others!

Brad, founder of Wright Way Sports, who led the day said:

“As Wright Way Sports we had the privilege of delivering a fantastic staff away day for Shine Lincolnshire, it was great to see everyone engaging and hearing great stories about Shine and how sports relate to what they do on a wider scale all day. I didn’t expect it to get as competitive as it did, but it brought out that extra bit of fun.”

As the day drew to a close, we felt united as a workforce (if a little tired from all the fun we’d had!). Not only did we thoroughly enjoy the day, we are pleased to say that this, along with our fantastic Three Peaks climb and long distance races undertaken by staff, has resulted in Shine being nominated as a

finalist in the **Active Lincolnshire Active Workplace Award!** We are so proud of all of our teams hard work and we feel so privileged to be nominated!

THE SHINE CUP WITH GAINSBOROUGH TRINITY UNDER 21’S

On Saturday the 5th August, Shine, Bert, The Gainsborough under 21’s team and Hughsie F.C (A charity football team), came together for the Shine Cup with one joint goal- Raise awareness for mental health and Shine, and have fun doing it!

Although the day was grey and wet, both teams were in good spirits and we even managed to draw a crowd who didn’t mind getting a bit damp!

The game itself was fantastic to watch, with real talent from both teams, nailbiting moments and fantastic goals. Bert even managed to make an appearance and score a goal!

Hughsie F.C, who formed after the loss of their captain, Adam Hughes to Sudden Arrhythmic Death Syndrome (SADS), gave it their all but were beaten 3-2 by the



Gainsborough Under 21’s side.

The under 21’s Manager, Brad Wright said *“The shine cup was miserable wet day, but the game was played in great spirit by all, even Bert made his debut late on in the game. We want to thank Hughsie F.C for such a great game and we hope we have made more awareness for what shine do across the county and we will continue doing that this season as we will be continuing to show shine off at games with our water bottles and warm up tops.”*

In all, the event raised £250 for Shine Lincolnshire and we wanted to say a big thank you to both teams for their hard work and perseverance through the rain!

Next time Hughsie FC can play a team of Shine staff and certainly take home the trophy!

CELEBRATING OUR COMMUNITIES

Shine Lincolnshire's 'Celebrating Our Communities' Event took place on the 12th July at The Lincolnshire Showground.

The aim of the day was to celebrate the fantastic work being done by VCSE (voluntary, community & social enterprise) organisations to support the health and wellbeing of communities across Lincolnshire.

The day began with a rousing performance from **SoundLINCS**, which got everyone warmed up, moving, and creating music with nothing more than the objects around us. This was shortly followed by a heartfelt and moving performance by **Stepping Stone Theatre For Mental Health** where individuals used their own experiences to provide inspirational performances. We also had a fantastic insight into a **Peer Support Workers journey**, from Shine Lincolnshire's very own **Gemma Moore**. Finally, to get everyone moving in the afternoon we had the pleasure of listening to **Aukestra**, a group of talented musicians from Newcastle.



Not only was the day filled with incredible performances, there was also an incredible array of workshops being run by organisations who work in communities across Lincolnshire. This gave the organisations a chance to demonstrate the fantastic work they have been doing, it allowed other community and statutory providers to experience their incredible work.

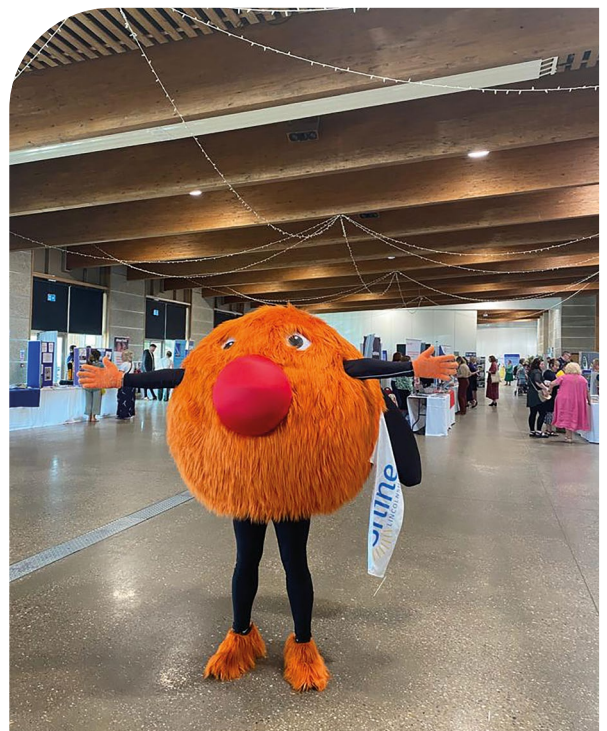
Finally, the event held a bustling market place representing over 60 organisations (and an ice-cream van!) Which allowed for networking and a chance for organisations to meet other community groups



who operate on a different side of the county.

In all, the event saw over 300 attendees from both the statutory and voluntary sector and provided the chance to share and celebrate the work being done to support mental health and wellbeing across Lincolnshire, CEO of Shine, Rachel Wright said:

'It was fantastic to see so many community and statutory organisations coming together to celebrate the fantastic work being done to support mental health and wellbeing in communities across Lincolnshire. At Shine, we are passionate about people and the Celebrating Our Communities event allowed us to come together to celebrate professionals, experts by experience and individuals across the County. We would like to say a big thank you to everyone who attended, had stalls, performed and helped out on the day and we can't wait for the opportunity to do it all again next year!'



PEER SUPPORT WORKERS UPDATES

Spalding

Hello all,

I hope you have managed to enjoy some of the odd weather!

It is well documented that spending time in green spaces helps people to de-stress and relax. Spalding is known as “The Heart of the Fens” and famous for its bulb industry and a major region of flower and vegetable cultivation due to the rich, silty soil in the area.

Gardening is a great passion of mine and I am fortunate to have a garden which I have been able to turn into a productive veg area and grow trees, shrubs and flowers. This year I sowed some wildflower seeds, which is now a haven for bees and butterflies, as well as looking beautiful.

I have been going to some of the groups held at The Baytree’s NHS Wellbeing Hub, which take place on Mondays, Wednesdays and Fridays 10-12. Baytree Garden Centre has kindly donated some outdoor space which is turning into a wellbeing garden. A lot of work has already started in tiding the area up, making way for the great plans in building a beautiful garden with areas for wildlife, sensory, memorial and accessible to all.

Joining community garden projects allows you to meet new people, learn new skills. More importantly growing your own plants and flowers is hugely rewarding, bringing all sorts of health and wellbeing benefits.

So, until next time,
get growing!

Sarah



BOSTON

In July I visited the Wyberton Café for Mental Health Wellbeing and was able to direct them for possible funding through Beaming as a satellite project. This shows the working between the different organisations to connect the community to succeed in supporting mental health across Boston and surrounding villages. Also, I got to enjoy some amazing art therapy with Julie at the Black Sluice Café, this involved mindfully drawing across the page whilst breathing in and out, matching your pencil movements. This was incredibly relaxing and I could see the benefits across the room.

In August I have been able to do some fantastic training ‘Sighted Guide’ for Guide Dogs Trust. This really opened my eyes to the difficulties blind and partially sighted people have and how is best to assist them. This then led me to explore what is available in my area to support their mental health. The RNIB run a weekly session at the Local community hall and even meet up for lunches once a month.

The one thing I have noticed as I work more with the local community is that mental health matters and Boston is well on its way to have some sort of transformation in the terms of a Hub...watch this space.

Barb



Four Counties

Hi, I'm Travis, I'm a new peer support worker for four counties covering Stamford and Bourne.

Let me tell you about my journey to become a Peer Support Worker at Shine. I was introduced to Mindspace Stamford in 2019. I soon decided that I'd like to become a volunteer for them as a way of giving back to those who had so generously supported me through my own journey with my own mental health struggles. I primarily supported the tea and chat group on a Monday lunchtime. I also enjoyed getting involved in other activities. I've got to know such a variety of great and interesting people at Mindspace. I became part of the training team, helping to teach new volunteers active listening skills. In December 2022 I was appointed as a Night Light Café co-ordinator to look after the Thursday Night Light Café on Broad Street in Stamford. I've grown and learned so very much and I'm eager to continue that in my new role.

As I'm new to the peer support role I'm still very much in training. I continue to learn a lot about my local area and what's offered in the community. I'm looking forward to helping others on their path to wellbeing.

Travis

APEX & LINCOLN HEALTH PARTNERSHIP

Hi! I'm Victoria, and I'm the new Peer Support Worker for Apex and Lincoln Health Partnership.

In line with World Mental Health Day, I wanted to share something with everybody, that I personally find, very much important.

Throughout my brief time at Shine, I've learnt and seen so much; how much people give to their community, and how much the community gives back to the people. The amount of energy, effort and time that is put into numerous projects and organisations behind the scenes, helping so many people find themselves, and help encourage them to flourish into happier, healthier versions of themselves. I've witnessed so much kindness. So much passion, and so much joy. The spirit of people and their will to carry on despite their hardships.

Everyday simplicities that can do so much good. I've watched how the question "How're you today?" Has made the world of difference to someone's day. How much more positively somebody can feel about themselves and their outlook on life after just one conversation. There is so much happening all around us, all the time.

Most importantly, there is an abundance of help available, to those that need only ask.

Be kind to everyone and be kind to yourself.

Victoria

FIRST COASTAL

The IPBT took some time out to support relationships in the team and our own wellbeing.

We visited Askefield where Hannah and the team welcomed us and had some wellbeing activities planned. We started off feeding the animals their breakfast and poop picking in Boris the Donkey's field. Boris was happy for our company, taking a shine to Jade and Alice following them around for a fuss, he's such a character. We sat and crafted worry dolls, illustrated what's important to us, made grounding stones from clay, and completed a mindful treasure hunt. We had a delicious lunch provided, which the chickens loved, stealing a piece of bread from Jades plate, and we took 5 minutes for a mindfulness session. It showed us the importance of taking time to recuperate and particularly enjoyed taking us back to our childhood creating and colouring. It was a great distraction from every day adult life, something I feel would benefit everyone from time to time.

Gemma



FIRST COASTAL

I've recently attended the Woodland Walk for Wellness at the Eco Centre in Skegness.

The walk is all about improving personal well-being and wellness, and to maximise this, spending time outdoors and allowing your stresses to melt away in the calmness of the forest. You'll be able to spend time with those closest to you on a beautiful Summer evening, the activity is suitable for all ages and abilities. It is held on the last Wednesday of every month 5pm onwards.

You might even spot some of the woodland animals such as badgers or deer and hear the birds that call the Eco Centre their home. You can even try the special electronic headphones that magnify the sounds of the forest in a unique way! You might want to simply sit in one of the wildflower meadows and look at the hundreds of different plants including wild Orchids or enjoy a relaxing time at the edge of one of the wildlife or ornamental ponds.

The session is ran by Paul Charles who runs the Eco Centre, supported by Michael Lithgow, Community Connector. We started with a chat followed by a woodland walk. Paul was very informative throughout and I even took part in my very own bush tucker trial, picking and eating a nettle leaf. These are usually used in teas and not recommended without guidance, however I was intrigued to give it a go following Paul's demonstration. I managed to not get stung, and they tasted lovely and sweet, I have to say though, I will not be taking this up as part of my diet. We visited the resident sheep stopping to feed them their favourite leaves from the woodland. Once back at the campfire I had a go with the fire striker and cotton wool to get the fire going, which I was pleased to be successful at achieving. We then toasted marshmallows, had a cuppa and a chat around the fire. It was a lovely evening resulting in the best nights sleep due to being outdoors and surrounded by nature.

Gemma



MEET THE NEW PSW'S

TRAVIS - FOUR COUNTIES

1. **Coffee or tea?** Coffee
2. **Breakfast, dinner or Tea?** Dinner
3. **Cats or dogs?** Cats
4. **Summer or winter?** Summer
5. **Morning or evening?** Evening
6. **Salty or sweet?** Sweet
7. **What is your guilty pleasure?** Chocolate
8. **What is your go-to karaoke song?** Any instrumental
9. **What mythical creature would you believe was real?** Dragon
10. **What is your favourite colour?** Black
11. **What is your favourite type of weather?** Sunny and warm
12. **What has been your favourite age so far?** One
13. **What is your go to dinner?** Chicken Tikka

VICTORIA- APEX & LINCOLN HEALTH PARTNERSHIP

1. **Coffee or tea?** Coffee with syrup
2. **Breakfast, dinner or Tea?** Tea
3. **Cats or dogs?** Cats
4. **Summer or winter?** Summer
5. **Morning or evening?** Morning
6. **Salty or sweet?** Salty
7. **What is your guilty pleasure?** Going and buying a ton of incredibly expensive fruity chocolates from Hotel Chocolat and binging them all. (My faves are the lemon Cheesecake pieces, 10/10 recommend)
8. **What is your go-to karaoke song?** At Last
9. **What mythical creature would you believe was real?** Loch Ness Monster
10. **What is your favourite colour?** Blue (aquamarine)
11. **What is your favourite type of weather?** Sunny 30 Degrees
12. **What has been your favourite age so far?** 8
13. **What is your go to dinner?** Belly pork slices, with scrambled egg, and a side of chicken wings with sour cream



GRANTHAM

Hi, I'm Dawn, Peer Support Worker for Grantham.

Recently, Donna and I visited Willow Farm which is set in the outskirts of the village Fulbeck in Lincolnshire. We met with Sally Heron who explained the benefits they have seen with patients using horses in a therapeutic environment. Horses are very effective for relaxing, improving mood, reducing stress, low self confidence, depression, ADHD, addiction, eating disorders, OCD, dementia, PTSD.

Willow Farm supports adults in mental health recovery using horses. Sessions are free to patients, 6 session commitment over a 6 month period, 2 hours.

Small groups provide the 1:1 experience with patients in a quiet environment. Refreshments are provided.

Dawn



THE BERTIES



Everyone who knows Shine knows about our fluffy, orange ball of joy Bert, but you may not know about Beryl (purple), Betty (pink), Benji (green) and Bernie (teal) his multi-coloured and equally lovable friends!

Bert and his pals are as much the face of Shine as any of our staff, in fact, they are so much a part of Shine they play a part in our values!

Shine's values underpin everything we do as an organisation and they are a set of standards we hold ourselves, as individuals and as a company too, they help us remember our purpose and our mission to support health and wellbeing across Lincolnshire.

Shine's Values are:



Integrity

We operate with full transparency and are open, honest, and fair in all we do.

Kindness

We believe everyone should be treated with respect, dignity, and compassion.



Passion

We take immense pride in what we do. We care deeply about our staff, customers, and the communities in which we work.

Collaboration

We believe anything is possible if we work together. We actively encourage a partnership approach in all our work



Excellence

We are committed to giving our all, we want Shine and the communities we work in to be the best they can be.

Innovation

We understand the only constant is change, we strive to identify new ideas and opportunities.



We know our team regularly go above and beyond in their work and demonstrate incredible dedication to their jobs and these values. For this reason, we introduced **The Berties**- these are awards that are given when staff demonstrate outstanding commitment to these values. These could be acts of kindness, innovative ideas, being a true team player, or showing a true passion for the individual & communities we support.

We also have **The Golden Bertie**, an extra special way Shine can show gratitude to staff who have done something exceptional. Something above & beyond that we feel needs to be recognised, appreciated, and celebrated.



To date, we have been lucky enough to award most staff a **Collaboration Bertie** for their fantastic work at the Celebrating Our Communities event.

Additionally we have also awarded the following Berties:

Integrity - Ian Tomlinson

Passion - Paul Bagshaw, Gemma Moore, Ben Cross

Excellence- Lucy Goodchild, Sammy Ambrose, Donna Pinkney, Ian Tomlinson, Dawn Pearson

Innovation- Sammy Ambrose, Donna Pinkney

We also want to say a big well done to our two **Golden Bertie** holders - Lucy Goodchild and Katy Howitt.

CEO, Rachel Wright said *"We appreciate the fantastic work our staff do each and every day and The Berties are a way for us to show our staff that we see them 'shine-ing' and we value everything they do for Shine and Lincolnshire."*

EAST SUPPORT AND ENGAGEMENT COORDINATOR

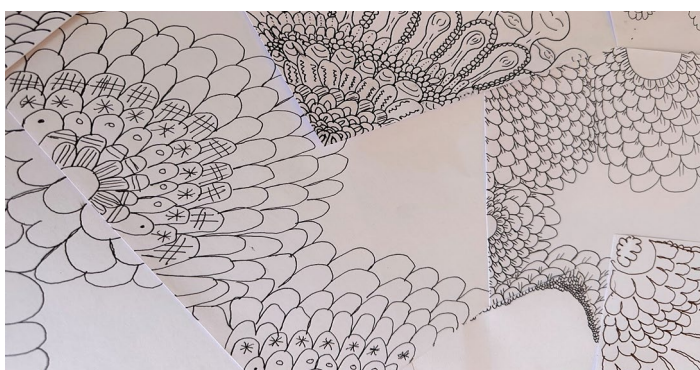
Hi, I'm Ben. I am the Support and Engagement Coordinator for East Lindsey and Boston.

I have been busy settling into the role of support and engagement coordinator for the East of the county by introducing myself to all the projects in the area.

On my travels I have been fortunate enough to spend time with Jonny at the **Restore Centre** which runs out of the **Storehouse in Skegness** and supports people with homelessness and mental health problems



I spent time with Heidi at the **St Barnabas BEAMing project** where I got to feel the benefits of mindful meditation and art in Boston.



I was invited to attend the launch event for **Magna Vitae's Ageless and Agile project** at the Embassy theatre in Skegness where I got to see the great work that their team do to help people with mental health by becoming more active.

I also visited Avril at the **Age UK 'Befriending' project** at the Thimbleby Court Care home in Horncastle and got to see first-hand the impact that they have bringing isolated people over 50, together for chatting and activities. I met an elderly gentleman called Ben and we shared a common interest in local football!

On top of that I had an amazing day at the **Celebrating Communities event** at the Lincolnshire Showground's Epic Centre. Where I supported projects in the marketplace and tried to keep Bert out of trouble!



We also found time to have a '5 ways to wellbeing' day. This included friendly competition and a great day was had by all!



SOUTH SUPPORT AND ENGAGEMENT COORDINATOR

Hi everyone, It's Donna here, I am the Support and Engagement Coordinator for the South of Lincolnshire.

It has been such a busy summer supporting all our local projects that are funded through, **The Mental Health & Wellbeing Community Investment Fund** or **The Suicide Prevention Fund**. I have been out and about across the south and it has been great to see the amazing contribution that all the organisations make to our community.

I had the pleasure of visiting **Willow Farm Equine Assisted Therapy CIC** with our local Peer Support Worker, Dawn. Read Dawn's update to find out more about this remarkable project!

We also visited **Outwood CIC** in Grantham. Outwood is a woodwork shop that offers a safe environment, for people to learn new skills and get involved in making items from reclaimed wood. Outwood's activities promote mental health and wellbeing. Simon also offers bespoke workshops within the community. One participant was making a hedgehog house during our visit, he told me how important that coming to Outwood had been to him and how it helped give a purpose and structure to his life, while also helping the environment and wildlife.

Olivia, our new Peer Support Worker, and I both enjoyed attending

The Stamford Cheer Circle Summer Event with **Art Pop Up**. The Stamford Cheer Circle is an innovation project that works with six groups across Stamford, using craft each group makes items and then gifts them to participants to another group. At the event one participant said, "it was great to receive a



gift through the post, we were excited". The event was a remarkable success and brought together each of the groups for the first time, there was a definite sense of cheer.

The Mindspace Wellbeing Garden is funded through the Suicide Prevention Fund. It offers several plots within the garden. They are supported by Kay who can offer mental health support and practical hints and tips about nurturing their plot. There are also a range of other activities and sessions where people can help out in the garden, attend skill sharing sessions and Friday afternoons Tea & Chat, while enjoying the outdoor space, which has been a great success through the summer months. The garden is open 7 days a week and anyone can pop along and enjoy the space



Bourne & The Deepings Community Radio is an innovation project facilitated by **SoundLincs**. I got to meet local gentleman, Tim, who told me "It started with a conversation and now here we are learning new skills, it's really exciting and there has been great enthusiasm for the project within the community." At the meeting, several of the participants had travelled quite a distance to be involved. The group learned all about recording podcasts, using equipment and software, then they had an opportunity to practice the skills. It is an exciting time and keep your eyes peeled for the launch.

Alongside supporting our funded groups, we also support community groups and organisations who would like to know more about our funding criteria and might be considering a future application.

If you would like to know more, please do not hesitate to email me donna@shinelincolnshire.com

WEST SUPPORT AND ENGAGEMENT COORDINATOR

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

Here's just a few projects that I've visited in the West over the last few months.

I went to visit one of our Sustainability projects, **Hope Meadows** at South Hykeham, the work they do there with the horses.

It's wonderful and the participants really enjoy riding the horses and caring for them too. Emily is passionate about horses and loves to see others benefiting from being around them.



Another great outdoor place is the **Oasis Community Garden** at Cherry Willingham, this is run by the **YMCA** and is one of our Innovation projects. It's a place where the residents go to work and learn skills around nature and growing plants and vegetables. It's also open to the public so they can enjoy



the peace and quiet or even get involved in some of the activities that are in progress.

Me and Sam visited and had a look around, the chickens were friendly, but the scarecrow didn't say much.

I've also been to visit one of the sustainability projects, **Renew @ The Hub Nocton** is a great place for residents to get together, chat, play games and have a cup of tea or coffee. When I called in to see them, they were all involved in different activities, Scrabble and 3D jigsaws were just a couple. Everyone is made very welcome and it's nice to see a place for the community and everyone getting involved.

Over the last few months I also trained hard for the Shine Yorkshire Three Peaks Challenge, which took place on the 30th September. It was a fantastic challenge and I am so proud of the team for their achievements- there is also still time to donate to support our vital work!

SCAN TO DONATE- YORKSHIRE 3 PEAKS



On September 30th, a team from Shine Lincolnshire will be setting out to tackle the Yorkshire 3 Peaks, this will be a test of both physical and mental fitness.

The challenge consists of a 24 mile walk as well as tackling 3 Yorkshire Peaks in under 12 hrs.



WEST COMMUNITY CONNECTORS

GAINSBOROUGH

Hi, I'm Lorraine and I am the Community Connector for Gainsborough.

I work from the **Wellbeing Hub**, also known as **Clip @ The Bridge**.

As I write this, I am still beaming with joy at seeing our latest community group come into fruition, **A Song & A Sandwich – Memory Café**, which is funded by the Shine Innovation Fund. Fun, laughter and of course A Song & A Sandwich were had by all!

If you would like to know more, please get in touch via our receptionist / DJ **Ben Cross on 01427 677377**.

We also have a **Chill, Chat, Connect group** every **Monday, 1-3pm** where games are available but mostly, we Chill, Chat & Connect over coffee/tea and biscuits!



TRENT- RURAL

Hi, My name is Grace and I am the Rural Community Connector for Trent PCN, particularly covering Saxilby and Hibaldstow.

I have worked within community wellbeing for many years and founded a wellbeing centre in Lincoln and most recently established a local wellbeing festival, Soul Escape.

Before this my background was in education as a primary school teacher. I am passionate about the role of community to support individuals to provide a sense of belonging, friendship and provide practical and emotional support.

My motto is "if you want to go fast go alone, but if you want to go far go together."



Chill, Chat & Connect

A friendly group offering signposting and further support if required.

Mondays 1pm - 3pm
The Bridge, 142 Bridge Street,
Gainsborough, DN21 1LP

For more information
please contact
info@cliplearning.co.uk

01427 677377 / 07498 990518



The Memory Cafe hosts a

Song & a sandwich

Join our friendly, welcoming group for singing, sandwiches and well being.

Starting from:
Friday 11 August
11.30am-1.30pm
Every 2 weeks.

The Bridge
CLIP Centre
Gainsborough



For further information or to book a place
please call : 01427 677377 or just drop in!

WEST COMMUNITY CONNECTORS

APEX & LINCOLN HEALTH PARTNERSHIP

Wellbeing moves outside at Lincoln

At the **Lincoln Wellbeing Hub at Bridge Central**, Nicky (our volunteer horticultural specialist) has been hard at work with some of our guests at “**Greening the Car Park**” as part of our ongoing **Wellbeing Café** activities. From seed, to planting, to flowering, our guests have enjoyed the whole experience and now our car park is looking so much improved.



We are aware that in our urban space, the therapeutic power of gardening together can seem a challenge, but not for Nicky and our guests.

Multiple activities continue, with our **Public Library at the Bridge Community Hub**, **CAB drop-ins**, **Foodbank** and the base for the countywide **Baby Baskets Project**, to board games with “**All Access Games**”, our regular **Zentangle Art**, **Origami**, **crafts and Stretch and Soothe at Central**. There is much going on and many hundreds of visits each month.

In October, we hosted the **Recovery College** for the first time. They have undertaken drop-ins and conversations across all three of our sites and the **Presentation Skills Workshop** took place at Bridge Central on Tuesday 3rd October, 10am-2pm. It was a fantastic session!

As Connector, I have been busy exploring and developing discussion with the view to establish a

satellite wellbeing hub in Birchwood, an estate in the south of Lincoln, alongside our other satellite hub at the **Bridge Community Hub on Newark Road**. This will be launching in the near future and will offer activities similar to that of the Wellbeing Hub, responding well to local need and partnering with local organisations and services.

In Lincoln, we are currently developing conversations and projects based around **Student Wellbeing**, linking to Lincoln Healthcare Partnership and the City Council, as well as being directly involved through the Partnership Gatherings with **MEAM (www.meam.org)** tackling multiple disadvantage in Lincoln.

- Mike

LINCOLN SOUTH

Great progress is being made towards opening up a Wellbeing Venue for South Lincoln within the village of Waddington.

Bridge Church Lincoln and **St Michael's Church** in Waddington are entering into a partnership that will allow a **Wellbeing space** to come into being for the benefit of the local area and surrounding villages.

In July and then in early October 2023, two special engagement evenings took place in Waddington. A great number of local individuals and professionals gathered to hear about the plans afoot and the vision for the Venue that will help to improve the wellbeing of people across the area. However, much time over both evenings was devoted towards hearing the views of those gathered.

It is hugely important that the **Wellbeing Venue is co-produced** by people from the area and those working across many disciplines. This will help to increase its success and the sense of ownership that each individual who engages with the Venue.



WEST COMMUNITY CONNECTORS

It is critical that an individual with a desire to help us achieve our goals is recruited as soon as practical. To that end, a **Wellbeing Lead** is in the process of being recruited. This skilled and passionate individual will **co-ordinate the Wellbeing Venue** and build towards its opening up to the general public.

We are always excited to hear from local people and professionals as to what they think the Wellbeing Venue might need to look and feel like.

If you have any thoughts, ideas or suggestions, or would like to find out more about how you can play your part, please do email james.prentice@wearebridge.org

SLEAFORD

Last night, I happened to be chatting to good friends about Lincolnshire's rich history. As people enthusiastically shared their particular known facts, it reminded me how very fortunate we are to live in a country where we have so many past stories to retell. There's nothing like being in the actual place to re-imagine events and walk along the paths once trodden by remembered local figures.

Since becoming the **Sleaford Area Community Connector** in May, I have been impressed with all that is on offer in the area today to help with our wellbeing, but I've also been appreciating the history. From the intriguing waterways to the prominent mills, from the introduction of the railway to Sleaford Market that dates back to the 12th century, there's so much to capture your imagination.

Learning new things is one of the **NHS five ways to wellbeing**, as developing our curiosity is really important for our own mental stimulation. There's lots of ways to develop this quality such as investigating a site, going to a heritage talk, visiting a museum or simply sharing interesting stories from the past, as my friends were doing yesterday.

It's not simply the benefits that come from losing yourself in a story and forgetting your own troubles for a while. That can be great, but it is also the lessons learnt from others' challenges and predicaments. We can often learn so much from other people's lived experience, whether that person is living or not. In fact if you delve further, reflecting on the past can be an absolute treasure chest filled with lessons that can significantly help us to navigate our present and future situations.

Here are a few places that can help to develop your own historical curiosity in the Sleaford Area:

Sleaford Museum, 81, Southgate, Sleaford, NG34 7RQ

Heckington Windmill, Heckington, NG34 9JN

Navigation House, Carre Street, Sleaford, NG34 7TW

Sleaford Hub, Carre Street, Sleaford, NG34 7TW

Sleaford Library, Market Place, Sleaford, NG34 7SR

If anyone would like any more information about current Sleaford Area activities, please contact me: fiona.monk@wearebridge.org



SOUTH COMMUNITY CONNECTORS

GRANTHAM

Hi, firstly let us introduce ourselves.

We are **Katy Howitt and Jo Taylor, Community Connectors for the Grantham and Grantham 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

We continue to enjoy meeting with colleagues from our partner agency and members of our great community groups at the **Grantham Mental Health Partnership Board.** This is a great opportunity for us all to share what we are doing and to support each other. If you help to organise a community group and would like to join contact ccgrantham@shinelincolnshire.com, we would love to link up with you.

On the 26th July we had the pleasure of attending the **VSSIC veterans event at Jubilee Church,** this was a great opportunity to meet up with other support within Grantham as well as sharing information of the great work in the area.

Although we have been enjoying the sunshine this summer, we are very aware of the financial impact the winter months can bring, we are starting to look at available **warm spaces** in and around Grantham and additional support available for people and their families. If any community groups are able to offer a warm space in the winter months, please let us know so we can share this with others.

In September, we started hosting monthly **group peer support sessions in Colsterworth and Allington.** These sessions are a chance for people to have a coffee and a catch up, meet others and find out what support there is for positive mental wellbeing.

The **Grantham Fibromyalgia, CFS and Chronic pain peer support group** continues to be a success, this takes place on the **3rd Monday of every Month at**

Finkins Café. This a friendly welcoming group where people can support each other over a cuppa.

As always there is some great work going on in the Grantham area, why not pop along to see Simon at **Outwood** and learn some woodwork and craft skills, or pop into the **BHive wellbeing hub** where there are a range of groups and activities throughout the week, Hope community café is a fantastic place to meet and enjoy delicious reasonably priced food (the cakes are yummy too).

If anyone is struggling with their wellbeing, please remember the **Night Light Café takes place every Wednesday and Thursday 5-9pm at BHive Community Hub.**

Our new Facebook page www.facebook.com/GranthamCommunityConnectors is up and running, why not give us a like we have some great things to share with you all.

Grantham Fibromyalgia, CFS and Chronic Pain Peer Support Group

Meetings take place at:

Finkins Cafe
20a High Street
Finkin Street
Grantham
NG31 6PH

10-11:30

2023 dates

20th February
20th March
17th April
15th May
19th June
17th July
21st August
18th September
16th October
20th November
18th December

Come and join us so you can:

- Meet people
- Share your experiences
- Support each other
- Ask questions



For more information contact:

ccgrantham@shinelincolnshire.com



SOUTH COMMUNITY CONNECTORS

Join us for a cuppa and cake



Katy Howitt



Jo Taylor

We are the Community Connectors for the Grantham area and we can't wait to meet you all. Why not come and join us for our Peer support catch up where you can meet new people and find out what local support is available for good mental health and wellbeing. There's also tea, coffee and refreshments - what's not to love ❤️

Colsterworth Methodist Church Hall
Back Lane
Colsterworth
Grantham
Lincolnshire
NG33 5NJ

Starting 19th
September

3rd Tuesday of
every month

10am -12pm

Contact ccgrantham@shinelincolnshire.com for more information



Lincolnshire
Community Mental
Health & Wellbeing
Transformation



Shine
LINCOLNSHIRE

Join us for a cuppa and cake



Katy Howitt



Jo Taylor

We are the Community Connectors for the Grantham area and we can't wait to meet you all. Why not come and join us for our Peer support catch up where you can meet new people and find out what local support is available for good mental health and wellbeing. There's also tea, coffee and refreshments - what's not to love ❤️

Allington Village Hall
Side Street
Allington
Grantham
NG32 2DZ

Starting 25th
September

4th Monday of
every month

10am -12pm

Contact ccgrantham@shinelincolnshire.com for more information



Lincolnshire
Community Mental
Health & Wellbeing
Transformation



Shine
LINCOLNSHIRE

FOUR COUNTIES

How time flies when you are happy in your work, another quarter to give an update on.

I have been very busy indeed, meeting new people, attending meetings, working to set up support groups in the area, running the **Stamford Mental Health and Wellbeing Community Partnership** and researching how best to run a **Coproduction group** in the Four Counties PCN area and promoting **HAY Lincolnshire**.

The **Coproduction Group for Mental Health and Wellbeing**, started on the 11th September 2023, at **Stamford Day Centre** from 10.00 am till 12.00 noon. If anyone would like to join this group please contact me.

The **Long Covid Group** for Stamford is up and running at **Stamford Day Centre too**. All welcome for tea and chat.

I have been out and about too, taking part in some activities on offer in the Four Counties PCN. My favourites this month have been **Mindspace's Treasure Trail** and the **Stamford Leisure Pool walk**. I have lived in the area for over 25 years and still did not know about this delightful meadow just behind Lidl.



Lastly, I helped Keith Spurr from **SHEAC** set up his conference on personalisation, which took place on 8th September 2023 at **Stamford Art Centre**. There were speakers, activities and market stalls and was open to the public. It was a fantastic day and it was great to see so many involved.

Please contact me Shani@mindspacestamford.com or 07703837581 if you would like to join any groups or sign up on HAY Lincolnshire. Or the Stamford Mental Health and Wellbeing Community Partnership, I am always happy to help.

EAST COMMUNITY CONNECTORS

FIRST COASTAL

What an exciting 6 months it has been for us here in Skegness & Spilsby.

We secured funding to launch and open a new Wellbeing Hub as well as take on **2 NEW Community Connectors**.

Michael Lithgow took on the role in Skegness from June, with Suzy Pearl becoming the Spilsby Connector at the same time. We have also opened **2 NEW Night Light Cafés** as well!

As well as our site in Spilsby, we now have a permanent **Hub at The Storehouse** (situated right on the seafront). We have launched some new **satellite locations** too, including one at the **Royal Arthur Centre in Ingoldmells every Wednesday, 12 til 2pm**. Our **Wainfleet satellite** will be going weekly from September. We meet in the **Town Council office and this will be on a Tuesday, 10 til 12pm**. We offer daily drop-in sessions from the Hub, including a 2 hour session from the ReStore Centre (funded by the Innovation Fund)

Our **family sessions** are a huge success! We meet at the **Eco Centre on the last Wednesday of the month from 5pm**. We enjoy a forest walk, taking in all that nature has to offer, as well as some bush crafts followed by a hot drink and marshmallows around the camp fire ... PERFECT! The newest addition to our Skegness Hub is our **Memory Café that meets every Monday, 2 til 4pm at Barratt Court**. We have partnered with a number of local organisations to bring this new group to you. Although we have a focus around dementia, the café is there for anyone who has memory problems, finds it hard to remember things etc.

Over in **Spilsby**, Suzy has been busy setting up new projects as well as connecting with the wider community. **We have a fortnightly singing session with SoundLincs**. We are hoping to bring some Christmas cheer to Eresby Hall with some old favourites. The Recovery College runs sessions from the Hub and these have proven to be really popular with the wider community. Suzy has also completed



her walk leader training and, not only runs her own sessions from Stickney on a Monday (fortnightly) but supports **The Keals Community Cuppa** on theirs too. Suzy has 2 excursions planned from the Hub this year. They are off on their holidays for the day to York in October and a Christmas shopping trip to Spalding.

David is still with us by the way. He has taken on the role of **Lead Connector** and is on hand to support the development of the Hubs here on the East Coast as well providing that much needed connector input into our communities. Our partnership work continues. We regularly work alongside Lincolnshire Action Trust, Shine, Woodlands Academy, Framework, ELDC rough sleeping team (to name but a few).

We are excited for what the next 6 months will bring and cannot wait to report back when we next get a chance to write to you again. **For up to-date information, please checkout HAY Lincolnshire.**

Facebook: Spilsby or Skegness & District Wellbeing Hub

A promotional graphic for 'The Skegness Memory Café'. It features a large orange circle with a heart icon and a coffee cup. The text 'Then, Here & Now' is written in a large, stylized font around the top of the circle. Below the circle, it says 'The Skegness Memory Café'. The background is a gradient of blue and orange.

A safe, relaxed & friendly group for people living with memory issues; including family & carers.

Our weekly meetings offer a warm welcome, information & support.

Starting 7th August, we will meet every **Monday** from **2pm til 4pm** at **Barratt Court, Lyndhurst Avenue, Skegness**

Contact: Michael Lithgow
Email: m.lithgow@nhs.net **Telephone:** 07493266569

This project was made possible with the support of:



EAST COMMUNITY CONNECTORS

BOSTON

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

We have some very exciting news to share regarding the **BEAM café**, BEAMing Wellbeing and the fantastic partnership working across Boston.

From October we will be launching our **Wellbeing Hub from Centenary Church**, which aims to host a permanent base offering a wide range of services and activities to meet the needs of our local community. When you are struggling with your mental health and wellbeing, it can be difficult to know what kind of support you might need, where to find it, and how to go about accessing it. Our Wellbeing Hub will offer a welcoming and safe space within the community for people to access a wide range of information, guidance, and support also working with individuals to find and access the most appropriate support.

As a Community Connector, my role is embedded within the Integrated Place Based Team (IPBT), a key role within Neighbourhood working, and works closely with the PCN, to try and ensure there is a timely response to people's needs and if I don't know the answer to something or am unsure, I know I can pick up the phone to someone who has the knowledge. We aim to reduce the pressures on GP surgeries, mental health services, crisis teams etc. but also build on community strengths and connections, develop provisions through listening to people and ensuring community involvement. This is an exciting time, and we look forward to welcoming people to our new home and will be sending out a new timetable of activities, groups, and events.

New address: Boston Wellbeing Hub, Centenary Church, Red Lion St, Boston.

Our satellite provision at **The Black Sluice** continues to offer **2 BEAMing Wellbeing sessions and our BEAM café and also an Autistic Adult Support Group**. This is being run by our lovely Julie Green, who both volunteers and runs our creative activities, alongside a volunteer with lived experience. Again, this group aims to offer a safe and welcoming environment where people can meet to share their thoughts, experiences, and gain peer support. The group will also help to provide signposting to other groups/services, provide activities of interest and speakers at the group.

We are also working in partnership with **Safe Places in Boston** to continue this important provision as part of our satellite provision. Safe Places offers a drop-in **Community Café every Wednesday from 12.30pm to 3.30pm and every Thursday from 1.00pm to 2.30pm** from **The Local Community Centre, Mitre Street, Boston**.

We have other plans for satellite provision in Boston and surrounding areas such as Kirton and Swinsehead and hope to share more about these in the next newsletter.

I would also like to take the opportunity to share some good news and say congratulations to Tris, a volunteer who has been with us since November 2022. Through volunteering, Tris decided that he wanted a change of vocation, stating that *'being a volunteer at BEAM made me realise I wanted to work in the community and in a role where I can support people'*. Tris has recently been successful in securing a role as a Tenancy Support and Resettlement Officer working for the local council and we couldn't be happier for him. Tris is dedicated, compassionate and has a great sense of humour. He will be missed on a Tuesday but is hoping to still volunteer at one of the BEAM café evening sessions. **We wish him all the best!**





NW COUNSELLING HUB

NW Counselling Hub supports mental health and wellbeing within the local community and is a safe place for people aged 4 and above to receive counselling.

The hub was founded in 2017 by Naomi Watkins-Ligudzinska and Alex Parkin. Their vision was to provide a central hub to support children, young people, adults, couples and families within Lincolnshire.

All our therapy rooms are non-gendered and non-clinical to make a relaxing and comfortable environment. We also have rooms designed for young children which provide a safe environment to feel comfortable and at ease.



At NW Counselling Hub, we listen to our clients' needs. We do not operate a waiting list and we don't turn anyone away.

Please visit our website for more information, including prices. Funding options are available, but these are subject to meeting eligibility requirements.

We also have training room with a projector available for hire!

Call us on: (01522) 253809

Email us: admin@nwcounsellinghub.co.uk



The Walking and Talking in Nature Project

'Walking and Talking in Nature' group is FREE to attend and connects people to create meaningful friendships, facilitated by one of our qualified counsellors, Andrew Cox.

The group runs every Tuesday from 10:30am – 12.30pm, meeting outside the Visitor Centre at Hartsholme Park

Andrew leads the group on a leisurely walk around the park and attendees can have a general chat, with the opportunity to talk about mental health and wellbeing and learn some mindfulness techniques.

Andrew is also a herbalist so attendees can learn all about the plants and wildlife too!

The group is open to anyone over the age of 18 – book your FREE session on Eventbrite!



How this project has helped one individual...

"I began attending this group as my husband was poorly in hospital. I felt lonely and upset.

I didn't want to talk about the situation with the group – I wanted it to be a cancer free place, where I could just be me for a couple of hours.

The group helps to distract me from home life as I am transported into the world of nature. It's such a relief to have this escape. I feel happy for the rest of the day and even sleep longer the next morning.

I enjoy the way that Andrew talks about nature - he knows so much about the plants – especially the wildflowers. The breathing exercises relax me, and I'm more tuned into my surroundings. If we want to talk, we can but if we don't, we don't have to. Everyone brings something positive to the group.

The best thing about the group is the relaxation and the calmness that lasts all afternoon. I am a lot more aware during my walks and take longer to look around. The walks have a positive calming influence on me, which I greatly appreciate."

RESTORE CHURCH- THE STOREHOUSE SKEGNESS

The Restore Centre is a safe place for homeless people to access food, showers and laundry facilities.

We also host a **wellbeing group** which is a great place for friendships to be built. In the group we hang out and chat over tea and coffee and biscuits, play Xbox and board games, table football and watch movies in a safe, warm environment.



Drop-ins are also available with the Community Connector, ELDC Rough Sleeping team, We Are With You, Double Impact, Salvation Army, and we have a barber who comes in to do free haircuts for people as well.

Clothing rails and free-to-take food shelves are also available at the centre subject to availability.

For the hot food, showers and laundry, clients are required to get a referral from ELDC Rough Sleeping Team to access the services. This encourages clients to engage with getting the help they need to improve their position.

The Restore Centre opened its doors on the 1st June this year.

So far we have **received 191 referrals** for clients to attend for the services here, **we have served 66 hot meals to people at lunch time, 39 people have had showers, 24 have washed and/or dried their clothing or bedding and 32 people have attended the wellbeing group or drop-ins.**

We have had a couple of success stories during this time, firstly there was a couple who attended for a

while who were homeless. When we first met them it was clear that they were both struggling with their mental health and the lady was extremely anxious.

However after a while, they were able to find accommodation and get off the streets. When they first moved into their flat they came to the Skegness Food Bank here at the Storehouse for a food parcel and they looked completely different! They were really happy. Their faces were beaming and they had fresh clothing on and were really excited about the future.

The second success story was a gentleman who had been homeless since February in Skegness. He had struggled all through the freezing temperatures of winter and was a regular here at the Restore Centre once we had opened.

After not having much luck no matter where he tried for work or accommodation he managed to get a call back on a job opportunity in the Peak District. The employer paid for his train fare and he has started work there this week on a starting wage of £500 p/w with accommodation provided at £30 p/w. This is fantastic news and will help him to start to rebuild his life again.

We are hoping to be a part of many more stories like this at the Restore Centre.



HOPE MEADOWS, HORSES FOR HEALTH: A FUNDING SUCCESS STORY

Hope Meadows were successful in receiving funding for their Horses for Health project through the Sustainability pot of the Mental Health and Wellbeing Community Investment Fund. The project started in May of this year and offers sessions across the week until the end of March 2024. The project is proving to be a great success and one participant wanted to share the impact the project is having on their life.

Case Study of Katie

(Name changed for anonymity)

Katie attended Hope Meadows feeling that she needed some support to find her way again following significant trauma.

Katie had previously attended our Managed Care Network project over 18 months ago, but changes in her life had drawn her to the therapeutic horse riding element of the new Horses for Health Project.

Katie hoped that her sessions would allow her space to talk, but more importantly she wanted to regain trust and confidence in her body. Katie had been through very difficult experiences, and felt physically disconnected much of the time. The aim was to use therapeutic riding to support both mental and physical wellbeing.

Katie has attended 4 therapeutic horse riding sessions during this quarter, riding the horse purchased with this funding - Annie.

The first session focused on rebuilding some confidence around mounting and riding a horse, whilst later sessions have focused on somatic awareness, physical perceptions, and control of the body.

Through gentle prompts and exercises such as body scanning, Katie has found she can focus on specific areas of the body and how they react to the movement of the horse. Katie found that specific movements released deep emotions, and these sessions have at times been incredibly powerful and healing. During all sessions, Katie has been given support to discuss thoughts and feelings that come up, and to process events in her life.



“After experiencing a trauma in my life, my mind and body have needed a pathway to aid recovery.

The therapeutic riding programme has been such a positive and liberating experience, it has enriched my confidence, cognition, communication, trust and acceptance of my own values and expectations.

I have built emotional connections, trust and confidence with the horses in a relaxing, present and focused environment. The horses are equally as compassionate and forgiving to their riders. Annie the horse supports me through my ability whilst I learn to support myself by encouraging her movement and direction, thus continually developing our relationship together and using these skills in day to day life.

Emily delivers the sessions in an empathic and engaging way. I feel completely supported and encouraged in our sessions going at my own pace and ability, enabling me to currently grow in my own personal goals alongside my mental health and physical health at Hope Meadows.”



HEADWAY LINCOLNSHIRE: A FUNDING SUCCESS STORY

A total of £20,000 from Shine funding was awarded to local charity Headway Lincolnshire to provide a support service for brain injury survivors who have suffered with their mental health and thoughts of self harm and suicide.



The money is being used to provide support via counselling, art therapy, music therapy and laughter therapy.

Ann-Marie Smith, Coordinator and Development Officer at Headway Lincolnshire, has led the charity for the last 13 years after her mother sustained a severe traumatic brain injury through an assault. She realised from her own family's experience that the community was struggling to provide support to local families when they needed it the most. Headway Lincolnshire was formed in 1987, and has been supporting local families for the past 36 years.

Ann-Marie said: "We're delighted that The Shine Fund has recognised our work in this way. Thanks to Shine, we have been able to increase our service to patients and help them overcome practical and emotional problems after a brain injury. The funding is making a huge difference and is vital because it helps families to deal with a sudden change to their lives."

Participants who have attended the groups have had fantastic feedback on the sessions:

Art Therapy

Through these sessions we have been able to have discussions about coping mechanisms, building confidence, and coping strategies. We have been able to give advice on healthier lifestyles, and information on financial services and support available for carers.

A participant had previously tried to access our Social Support Group, but on observation the group was too big for him and he was easily becoming overloaded and overwhelmed, and wouldn't speak. He attended the Art Therapy which was a much smaller group and after gentle questioning from our Art Therapist Kate, he did appear to open up and from then on would happily engage in the conversation around the table.

Laughter Therapy

We have been able to talk about confidence building, coping strategies and pain relief that can be gained from laughter.

A participant had been struggling with her mental wellbeing after a marriage breakdown. She accessed the Laughter sessions online. The group were shown coping strategies, self-care and laughter exercises. False laughter can release feel good hormones. SR said she really benefited from the sessions and was now practicing the fake laughter at home to release feel good hormones which enable her to cope with everyday life better.

The flyer is titled 'Art THERAPY After Brain Injury' in large, colorful letters. It features three circular images: one showing hands painting a picture, one showing art supplies like markers and a palette, and one showing a colorful abstract painting of a face. At the bottom, there are logos for 'Lincolnshire Community Mental Health & Wellbeing Transformation', 'NHS Lincolnshire Integrated Care Board', 'Shine LINCOLNSHIRE', and 'Lincolnshire Partnership NHS Foundation Trust'. The text on the flyer provides contact information for Headway Lincolnshire: 'Email: info@headwaylincolnshire.org.uk tel: 07546592526'. A small 'Made with PosterMyWall.com' watermark is visible at the bottom left of the flyer.

SHINE MANAGED COMMUNITY FUNDING

Shine Lincolnshire are pleased to announce the launch of three new funding opportunities rolled out through an arrangement between NHS Lincolnshire ICB, Lincolnshire County Council and Lincolnshire Partnership Foundation Trust.

The Suicide Prevention Investment Fund and the Mental Health and Wellbeing Community Investment Fund will allow community groups and organisations to deliver a variety of support activities, services and projects which provide people with structure and choice in their lives contributing to individuals' emotional wellbeing within their own community.

Suicide Prevention Investment Fund – Wave 4

The fund aims to support organisations to deliver innovative local projects across the whole of Lincolnshire. These projects will be embedded in communities and will be responsive to local needs.

In Lincolnshire the total available funding is £130,000. VCSE organisations are invited to apply for a grant of up to £10,000 for local projects and up to £20,000 for countywide projects which work to prevent suicide and/or support people affected by suicide.

This programme is addressed towards all people aged 18 and over with a focus on providing services and activities that support people who may be at risk of suicide.

The application period for the Suicide Prevention Investment Fund will open on Wednesday 1st November 2023 for 7.5 weeks and will close at 12pm on Friday 22nd December 2023.



Mental Health and Wellbeing Community Investment Fund 2024/25 – 2 Funding Opportunities

The Mental Health and Wellbeing Community Investment Fund was formed following agreement with Lincolnshire partners as part of the Community Mental Health Transformation Programme to create two funds, a large Sustainability Fund, and a smaller Innovation Fund.

The Sustainability Fund

The Sustainability Fund, which will hold the majority share of monies, opens to Lincolnshire VCSE partners on an annual basis, organisations can apply for a grant of up to £25,000 for local projects and up to £50,000 for full countywide projects in Year 1, with the allocation of funding for each individual project gradually decreasing by pre-determined proportions over a period of 3 years.

The application period for the Sustainability Fund will open on Wednesday 1st November 2023 for 12.5 weeks and will close at 12pm on Friday 26th January 2024.

The Innovation Fund

The smaller Innovation Fund will enable organisations to apply for smaller grants (from £1,000 up to a maximum of £6,000) to pilot new and innovative ideas in their communities for up to 12-months before seeking, if appropriate, to apply to the Sustainability Fund.

The application period for the Innovation Fund will open on Wednesday 1st November 2023 for 7.5 weeks and will close at 12pm on Friday 22nd December 2023.

We are holding information sessions during October where we will share additional information around the 3 different funding opportunities as well as additional information sessions during each application period with additional guidance around the application process to help you make successful applications.

All sessions will be via Microsoft Teams:

SHINE MANAGED COMMUNITY FUNDING

Funding Overview and Information Sessions

Friday 6th October 9am – 10am
Friday 6th October 12pm – 1pm
Friday 6th October 4pm – 5pm
Monday 9th October 10am – 11am
Monday 9th October 3pm – 4pm
Wednesday 11th October 11am – 12pm
Thursday 12th October 1pm – 2pm
Thursday 12th October 4pm – 5pm
Tuesday 17th October 8am – 9am
Tuesday 17th October 5pm – 6pm
Thursday 19th October 10am – 11am
Thursday 19th October 4pm – 5pm
Friday 20th October 2pm – 3pm
Wednesday 1st November 9am – 10am
Wednesday 1st November 12pm – 1pm
Wednesday 1st November 2pm – 3pm

Suicide Prevention Investment Fund Application Guidance Session

Monday 13th November 4pm – 5pm
Tuesday 21st November 8am – 9am
Thursday 30th November 10am – 11am
Wednesday 6th December 12pm – 1pm
Friday 8th December 2pm – 3pm

Mental Health and Wellbeing Community Investment Fund – Innovation Application Guidance Session

Tuesday 14th November 10am – 11am
Monday 20th November 3pm – 4pm
Wednesday 22nd November 12pm – 1pm
Friday 1st December 9am – 10am
Thursday 7th December 2pm – 3pm

Mental Health and Wellbeing Community Investment Fund – Sustainability Application Guidance Session

Wednesday 15th November 2pm – 3pm
Thursday 23rd November 9am – 10am
Tuesday 28th November 4pm – 5pm
Thursday 7th December 12pm – 1pm
Monday 11th December 10am – 11am
Friday 5th January 11am – 12pm

If you would like to register for any of the events, please email your name, contact details and the sessions you would like to attend to:

fundings@shinelincolnshire.com where you will be sent a link via email to join the session(s) of your choice. **Please note booking is available up until 12pm the day before the session is due to be undertaken (excluding weekends).**

If you are unable to attend any of the sessions but would like further information, guidance or support, please email your contact details and the location(s) of where you are looking to deliver your activity and we will arrange for a member of the Mental Health and Wellbeing Team to contact you.

WORLD MENTAL HEALTH DAY WITH SHINE LINCOLNSHIRE

The 10th of October was World Mental Health Day, led by the Mental Health Foundation. It was first held on the same day in 1992 and has been an annual event ever since. Each year the day provides an opportunity for us to celebrate the work that is going on to support mental health across the world, but more so across Lincolnshire.

It's a chance to listen to what individuals and communities still need, especially to prevent crisis escalation. It's a day to promote understanding, education, awareness, and advocacy around mental health and help to destigmatise it. The day helps ensure communities recognise that each person has a part to play in creating a mentally healthy society.

In 1994 the **World Health Organisation (WHO)** introduced a theme for **World Mental Health Day**, 'Improving the Quality of Mental Health Services Around the World'. Each year since then there has been a new one. By having a changing theme, we can address mental health in an evolving world and highlight specific areas, for example 2012's theme "Depression: A Global Crisis" or 2018's "Young People and Mental Health in a Changing World". In a county as vast as Lincolnshire, there isn't a more appropriate theme than this year's, "Mental Health is a Universal Human Right".

How can I get involved in promoting mental health?

Universally, we are all unique and mental health is no different, **with each of us having individual needs and wants at different times, in different places.** Hence, the scope of activities available across our county, each with people to welcome you and help to signpost you to other places or support, at the same time as introducing you to a new skill or making you a cuppa. So, even if **World Mental Health Day has passed you by, there's plenty you can still get involved in.**

Volunteer or take part

Shine currently supports over **70 organisations countywide**, all of which offer a mutual benefit whether you take part or volunteer your time. Most organisations or activities aren't necessarily labelled with the purpose of mental health, but they support it, nonetheless, encompassing one or all of the five ways to wellbeing – **to be active, to take notice, to continue learning, to give and to connect.** Plus, they're usually free!

If getting outdoors is your thing, then look no further than woodland settings and hands-on activities from **Land & Leaf Collective, Outwood CIC, Old Wood Organic, Green Synergy and Hill Holt Wood.** If

animals are more your bag, then try **Inspired Equine Assisted Learning CIC, Happy Hooves, Desire Change or Curo Lincs**, these are great for young families too. For something with a physical element, then projects from **Desire Change, Magna Vitae or Boston United Community Foundation** cover everything from seated chair exercises to weightlifting. A final suggestion is for the creatives, who could find themselves trying **Stepping Stone Theatre, Writing East Midlands, Art Pop-Up, SoundLincs (the clues are in the names!) or, Feathers Teens** that combines creativity and outdoor exploration for young adults with neurodiversity.

Educate yourself

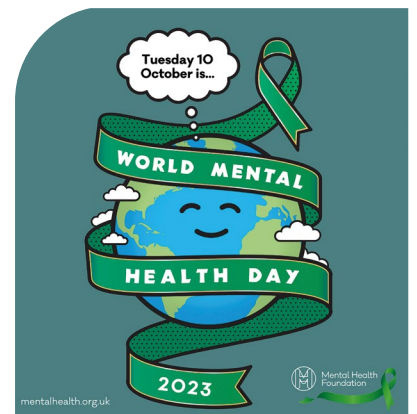
There are many sources of help to support people with mental health conditions, and a wide range of treatments are available. Again, our directory is a good resource with local and national listings but for an introduction to topics and the opportunity to meet those with similar experiences, look at the **LPFT Recovery College** timetable. They have a new rotation of workshops each term, some are in person but most you can take part in from the comfort of your own home, online.

Check-in with others

Sometimes all it takes is a coffee with a friend, a walk with a family member, or a simple text message to let someone know you're there. If you feel comfortable, share your own experiences. If you hear about an event or activity, let people know, it's a good way to start up a conversation about how we are all really feeling.

'**Mental Health is a Universal Right**', and whilst we continue to promote mental health, it's reassuring that when you start looking, there's a whole universe of good things happening out there. Your local community board or church hall is a good place to start but look in our services directory, follow our social media platforms, or visit www.haylincolnshire.co.uk to search for things near you.

You can find out more about World Mental Health Day and the Mental Health Foundation at www.mentalhealth.org.uk and all of the mentioned organisations can be found in our directory.



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 abbeyCC@lincolnshire.gov.uk
- **Abbey Access Training** | Lincoln
T 01522 801 556
W www.abbeyaccesstraining.com
- **Acis Group** | Countywide
T 0800 027 2057 W www.acisgroup.co.uk
- **Active Arena Lincoln** | Lincoln
T 01522 701 715 W www.activearena.co.uk
- **Active Lincolnshire** | Countywide
T 07903 266 040
W www.activelincolnshire.com
- **Acts Trust** | Lincoln
T 01522 542 166 W www.actstrust.org.uk
- **Adults Supporting Adults** | Countywide
T 01529 416 270 W www.asaorg.co.uk
- **Age UK** | Lincoln
T 01522 696 000
W www.ageuk.org.uk/lincolnsouthlincolnshire
- **Age UK Lindsey** | East/West Lindsey
01507 524 242 W www.ageuk.org.uk/lindsey
- **Alford Children's Centre** | Alford
T 01507 463 218
W alfordCC@lincolnshire.gov.uk
- **Alford Dementia** | Alford
T 01507 522 116
- **Alford Hub** | Alford
T 01507 464 901 W www.alfordhub.co.uk
- **Alford Storehouse Church** | Alford
T 01507 462 990
W www.thestorehousechurchalford.org.uk
- **Alive Church Lincoln** | Lincoln
T 01522 542166
E office@alivechurch.org.uk
W www.alivechurch.org.uk
- **Allenby Training** | Lincoln
T 01522 548 559
W www.allenby-training.co.uk
- **Alzheimer's Society** | Nationwide
T 0333 150 3456
E enquiries@alzheimers.org.uk
W www.alzheimers.org.uk
- **Ambitious Youth Network** | Nationwide
W www.ambitious-youth-network.org.uk
W www.ambitiousaboutautism.org.uk
- **Andy's Man Club** | Lincoln
W www.andysmanclub.co.uk
- **Anxiety UK** | Nationwide
T 03444 775 774 (Helpline)
M 07537 416905 (Text service)
E support@anxietyuk.org.uk
W www.anxietyuk.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/armedforcescommunityadviceproject
- **Art Ninja HQ ActiviTea CIC** | Lincoln
T 07802 478 515 W www.artninjaHQ.com
- **Art Pop-Up** | Stamford
W www.artpopup.co.uk
- **The Askefield Project** | Friskney
T 07754 232 873 W www.askefield.co.uk
- **Assist** | Lincoln
T 01522 370 164 W www.assistlincs.org.uk
- **Association of Service Drop In Centres (ASDIC)** | Nationwide
T 01622 278 110 E admin@asdic.org.uk
W www.asdic.org.uk
- **Bardney Gateway Centre** | Bardney
T 01526 398464
E bardneygatewaycentre@outlook.com
- **Barnardo's Young Carers Service** | Nationwide
T 0208 554 2888
W www.barnardos.org.uk/what-we-do/services/young-carers-service
- **Bearded Fishermen** | Countywide
T 0300 365 0019
W www.beardedfishermen.org.uk
- **Belton Lane Children's Centre** | Grantham
T 01522 550 901
E beltonlanec@lincolnshire.gov.uk
- **Be The Difference** | Gainsborough
T 0300 102 7735
W www.bethedifference.org.uk
- **BHive Community** | Grantham
E enquire @bhive.community
W www.bhive.community
- **Billinghay Children's Centre** | Billinghay
T 01526 869 248
E billinghaychildrenscentre@lincolnshire.gov.uk
- **Binbrook Children's Centre** | Market Rasen
T 01472 398 889
E Binbrook_cc@lincolnshire.gov.uk
- **Bipolar UK** | Nationwide
E info@bipolaruk.org
W www.bipolaruk.org.uk
- **Birchwood Children's Centre** | Lincoln
T 01522 689 991
E birchwoodCC@lincolnshire.gov.uk
- **Birchwood Youth Centre** | Birchwood
T 07767 003 858
E fiona.carroll@lincolnshire.gov.uk
- **Bladder Cancer Support Group** | Countywide
T 01522 573 821 E bcsq1ln2ng@gmail.com
- **BLESMA** | Nationwide
T 020 8590 1124 E info@blesma.org
W www.blesma.org
- **Boston Children's Centre (Fenside Road)** | Boston
T 01205 357 608
E StChristophersCC@lincolnshire.gov.uk
- **Boston Children's Centre (Fishtoft Road)** | Boston
T 01205 356 410
E FishtoftRDCC@lincolnshire.gov.uk
- **Boston Children's Centre (Norfolk Lodge)** | Boston
T 01522 843135
E NorfolkLodgeCC@lincolnshire.gov.uk
- **Boston District Council** | Boston
T 01205 314 200 W www.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
W www.bashtn.org.uk
- **Boston Centenary Methodist Church** | Boston
T 01205 355 543
W www.bostonmethodist.org.uk
- **Boston Community Food Bank** | Boston
T 01205 310 929
W www.boston.foodbank.org.uk
- **Boston Community Transport** | Boston
T 01205 360 183 W www.bostonct.org.uk
- **Boston Lithuanian Community Group** | Boston
T 07565 617 039
- **Boston Men's Shed** | Boston
T 01205 360 800 W www.bostonshed.co.uk
- **Boston Salvation Army** | Boston
T 01205 359 232 W www.bostonsa.org.uk
- **Boston Stump** | Boston
T 01205 310 929
W www.parish-of-boston.org.uk/church/st-botolphs
- **Boston United Football Club Community Foundation** | Boston
T 01205 364 406
W www.bostonunitedcf.co.uk
- **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
E david.gosney@lincolnshire.gov.uk
FB Bourne Youth Centre
- **Bourne Food Bank** | Bourne
T 07546 131 806
W www.bournefoodbank.org.uk
- **Breast Friends - Breast Cancer Support Group** | Grantham
E breastfriendsgrantham@gmail.com
● **FB Breast Friends Grantham**
- **Bracebridge Children's Centre** | Bracebridge Heath
T 01522 525 610
E Bracebridgecc@lincolnshire.gov.uk
- **British Red Cross** | Nationwide
T 0344 871 11 11 E contactus@redcross.org.uk
W www.redcross.org.uk
- **Bromhead Medical Charity** | Countywide
T 01522 846 901
W www.bromheadmedicalcharity.co.uk
- **Bridge Church** | Lincoln
T 01522 530 730 W www.wearebridge.org
- **Brigg Children's Centre** | Brigg
T 01652 659 882
E surestartchildrenscentres@northlincs.gov.uk
- **Building Resilience in Communities** | Gainsborough

- T** 01507 308030 **W** www.bric.org.uk
- The Butterfly Hospice** | Boston ●
T 01205 367 372
W www.butterflyhospice.org.uk
- Butterflies Lincoln South** | Lincoln ●
T 07947 494238
W lincolnsouthbutterflies@alivechurch.org.uk
- Café CLIP Market Rasen** | Market Rasen ●
T 07554 450 505 **W** www.cliplearning.com
- Caistor Children's Centre** | Caistor ●
T 01673 844 703
E CaistorCC@lincolnshire.gov.uk
- CALM** | Nationwide ●
T 0800 585858 **W** www.thecalmzone.net
- Calm Harm**
 Free app to help young people resist the urge to self-harm.
- Calm Zone** ●
W www.childline.org.uk/toolbox/calm-zone
- CAMHS** | Countywide ●
W www.lpft.nhs.uk/young-people/lincolnshire/young-people/i-need-more-help/child-and-adolescent-mental-health-services-cahms
- Carers First** | Countywide ●
T 0300 303 1555 **W** www.carersfirst.org.uk
- Carer Sitter Service** | Bourne ●
T 01778 420 257
E carersitterservice@gmail.com
W www.carersitterservice.com
- Carlton Road Children's Centre** | Boston ●
T 01205 355 056
E CarltonRoadCC@lincolnshire.gov.uk
- Caythorpe Children's Centre** | Grantham ●
T 01400 279 285
E caythorpecc@lincolnshire.gov.uk
- Centrepont for Mental Health** | Countywide ●
W www.centreformentalhealth.org.uk
- Centrepont Outreach** | Boston ●
T 01205 360 900
W www.centrepont-outreach.com
- Chemosabes Cancer Support Group** | Grantham & Sleaford ●
E granthamchemosabes@aol.com
FB Grantham Chemosabes
- Cherry Willingham Children's Centre** | ●
 Cherry Willingham
T 07541 802 815
E cherrywillinghamcc@lincolnshire.gov.uk
- Cherry Willingham Youth Centre** | ●
 Cherry Willingham
T 01522 595 729 **E** cwyc@btinternet.com
- Childline** | ●
T 0800 1111 **W** www.childline.org.uk
- Children's Links** | Countywide ●
T 01507 528 300
W www.childrenlinks.org.uk
- Christ Church Stamford** | Stamford ●
T 01780 766 446
W www.christchurchstamford.com
- Citizens Advice Bureau** | Nationwide ●
T 0800 144 8848 (England) **T** 0800 702 2020 (Wales) **W** www.citizensadvice.org.uk
- Citizens Advice Mid Lincolnshire** | Boston ●
T 01205 314 534 **W** www.camidlincs.org.uk
- City of Lincoln Council** | Lincoln ●
 01522 881188 **W** www.lincoln.gov.uk
- CLIP Gainsborough** | Gainsborough ●
T 01427 677 377
W www.cliplearning.com/gainsborough
- The Coastal Centre** | Mablethorpe ●
W www.mablethorpe.info/the-coastal-centre
- Combat Stress** | Nationwide ●
T 0800 138 1619 **M** 07537 173 683 (text)
E helpline@combatstress.org.uk
- W** www.combatstress.org.uk
- Community Pharmacy** | Countywide ●
T 01522 889 573
W www.lincolnshirepharmacies.co.uk
- Coningsby Youth Centre** | Coningsby ●
T 01526 344 031
- Connect2Support Lincolnshire** | Countywide ●
W www.lincolnshire.connecttosupport.org
- Connexions** | Gainsborough ●
T 01427 678 695
W www.connexions.zohosites.com
- CPSL Mind** | South Lincolnshire ●
T 0300 303 4363 **W** www.cpslmind.org.uk
- Crimestoppers** | Countywide ●
T 0800 555 111 **W** www.crimestoppers-uk.org
- County Care Independent Living** | Skegness ●
T 01754 611 153 **W** www.countycare.co.uk
- Cruse Bereavement Support** | Countywide ●
T 0808 808 1677 **W** www.cruse.org.uk
- Curo Social Enterprise CIC** | Countywide ●
T 07432 101 451 **E** admin@curo-lincs.co.uk
W www.curo-lincs.co.uk/contact
- Cycling Without Age Skegness** | Skegness ●
T 078108 277 22
W www.cyclingwithoutage.org.uk/skegness
- Darkside Rising CIC** | Lincoln ●
W www.darksidetaining.co.uk
- Desire Change CIC** | Countywide ●
T 01790 616 102 **W** www.desirechange.org
- Development Plus** | Countywide ●
T 07432 445481
W www.developmentplus.org.uk
- Disability Social Network** | Gainsborough ●
T 01427 239 203
- Donington Library** | Spalding ●
T 01522 782 010
- Don't Lose Hope** | Bourne ●
T 01778 420 762 **W** www.dontlosehope.co.uk
- Double Impact** | Countywide ●
T 01522 304 246 **W** www.doubleimpact.org.uk
- Dunston Churches Together** | Dunston ●
T 01526 320 946
W www.stpetersdunston.weebly.com
- East Lindsey Down Syndrome Family Support Group** | Boston ●
E info@eastlincolnshiredownsyndrome.org.uk
W www.eastlincolnshiredownsyndrome.org.uk
- Edan Lincs** | Countywide ●
T 01522 510 041 **W** www.edanlincs.org.uk
- Evergreen Care Trust** | Sleaford ●
T 07707 260 822
W www.evergreensleaford.org.uk
- Evergreen Care Trust** | Stamford ●
T 01780 765 900
W www.evergreencare.org.uk
- Everyone Active** | West Lindsey ●
T 0142 761 5169
W www.everyoneactive.com
- Every-One** | Countywide ●
T 01522 811 582 **W** www.every-one.org.uk
- Feathers Teens CIC** | Countywide ●
E feathers.teens@gmail.com
W www.facebook.com/FeathersTeensGroup
- Fighting With Pride** | Nationwide ●
E info@fightingwithpride.org.uk
W www.fightingwithpride.org.uk
- Freedom Dancer** | Gainsborough ●
E hannah537481@gmail.com
- Furnichurch** | Mablethorpe ●
T 01507 477 007 **W** www.furnichurch.org.uk
- Gainsborough Academy (Trent Valley) Youth Centre** | Gainsborough ●
T 01427 612 411
- Gainsborough Crisis Action Team** | ●
 Gainsborough
T 07999 354 491
- Gainsborough Trinity Foundation** | West ●
 Lindsey ●
T 07342 881 774
W www.gainsboroughtrinityfoundation.com
- GamCare** | Countywide ●
T 0808 802 0133 **W** www.gamcare.org.uk
- Gobstyks Gaming Club** | Countywide ●
W www.gobstyks.co.uk
- GoGro CIC** | Lincoln ●
W www.gogro.org.uk
- Graham Matthews Youth Club** | Welton ●
T 07799 478 443
E ian.layton@lincolnshire.gov.uk
- Grandma's Pudding Co** | Friskney ●
T 07899 953 448
W www.grandmaspuddingco.uk
- Grantham & District Hospital** | Grantham ●
T 01476 565 232
- Grantham Baptist Church** | Grantham ●
T 01476 573 050
W www.granthambaptistchurch.co.uk
- Grantham Men's Shed** | Grantham ●
T 01476 401 876
W www.facebook.com/granthammensshed
- Grantham Tennis Club** | Grantham ●
T 01476 591 391
W www.granthamtennisclub.co.uk
- Greatford Village Hall** | Stamford ●
W www.facebook.com/greatfordvillage
- Green Synergy** | Lincoln ●
T 01522 533 077 **W** www.greensynergy.org.uk
- Grubby Knees** | Louth ●
T 07920 486 886 **W** www.grubbyknees.org
- Harmless** | Countywide ●
T 0115 880 0280 **W** www.harmless.org.uk
- Happy Hooves** | Market Rasen ●
T 07724 297 481 **E** hello@happyhooves.org.uk
W www.happyhooves.org.uk
- Headway Lincolnshire** | Countywide ●
T 07546 592 526
W www.headwaylincolnshire.org.uk
- Healthy Minds** | Countywide ●
 0800 234 6342
W www.lpft.nhs.uk/young-people
- Help for Heroes** | Nationwide ●
T 0300 303 9888 **W** Request a call: www.helpforheroes.org.uk/get-support/get-support-today
W www.helpforheroes.org.uk
- Hemswell Cliff** | Gainsborough ●
T 01427 667 643
E Hemswell.Cliff.CC@lincolnshire.gov.uk
- Hill Holt Wood** | Lincoln ●
T 01636 892 836 **W** www.hillholtwood.co.uk
- Holbeach Children's Centre** | Holbeach ●
T 01406 426 064
E HolbeachCC@lincolnshire.gov.uk
- Holbeach Moving Forwards** | Holbeach ●
T 07719 189 528
E holbeachmovingforwards@gmail.com
- Holiday Activities and Food Programme** | Lincolnshire ●
E HAF@lincolnshire.gov.uk
W www.lincolnshire.gov.uk
- Holton Le Clay Children's Centre** | ●
 Holton Le Clay
T 01472 828 548
E HoltonLeClay_CC@lincolnshire.gov.uk
- Hope House** | Mablethorpe ●
T 01507 478 995 **W** www.hope-house.co.uk
- Hope Meadows Equine CIC** | South ●
 Hykeham ●
T 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
- 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.landandleafcollective.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
- Life Church Lincoln** | Lincoln
T 01522 694 694
E office@life-church.co.uk
W www.life-church.co.uk
- Lincoln Ambassador Club** | Lincoln
T 0800 151 3350
E ambassadors@whizz-kids.org.uk
- Lincoln Central Children's Centre** | Lincoln
T 01522 843 355
E lincolncentralcc@lincolnshire.gov.uk
- Lincoln & Lindsey Blind Society** | Lincoln/Lindsey
T 01507 605 604 W www.llbs.co.uk
- Lincoln City Foundation** | Lincoln
T 01522 563 792
W www.lincolncityfoundation.com
- Lincoln Council for Voluntary Youth Services (LCVYS)** | Countywide
T 01522 720 789 W www.lcvys.co.uk
- Lincoln Moorland Children's Centre** | Lincoln
T 01522 554 886
E LincolnMoorlandCC@lincolnshire.gov.uk
- Lincoln North Children's Centre** | Lincoln
T 01522 552 904
E lincolnnorthCC@lincolnshire.gov.uk
- Lincoln Trauma Centre** | Lincoln
T 07812661348 T 07443634793
E lincolntraumacentre@gmail.com
W www.lincolntraumacentre.org.uk
- Lincolnshire Action Trust** | Countywide
T 01522 806 611 W www.latcharity.org.uk
- Lincolnshire Abdominal Aortic Aneurysm Screening Programme** | Countywide
T 01205 445 801
E ulh-tr.AAAScreening@nhs.net
W www.ulh.nhs.uk/services/abdominal-aortic-aneurysm
- Lincolnshire ADHD Support Services** | Countywide
T 07483 166 042
T 01522 508 373
E lincoln.adhd@btconnect.com
W www.lincsadhd.org
- Lincolnshire Breast Screening Programme** | Countywide
T 01522 573 999
E ulh-tr.breastscreening@nhs.net
W www.ulh.nhs.uk/services/breast-screening
- Lincolnshire Bowel Cancer Screening Programme** | Countywide
T 08007 076 060
W www.ulh.nhs.uk/services/bowel-cancer-screening/
- Lincolnshire CCG** | Countywide
W www.lincolnshireccg.nhs.uk/get-involved
- Lincolnshire Community and Voluntary Service (LCVS)** | Boston
T 01205 510 888 W www.lincolnshirecvs.org.uk
- Lincolnshire County Council** | Countywide
T 01522 552 222 W www.lincolnshire.gov.uk
- Lincolnshire Diabetic Retinopathy Screening Programme** | Countywide
T 01205 445 383 E ulh-tr.desp@nhs.net
W www.ulh.nhs.uk/services/diabetic-eye-screening-programme
- Lincolnshire Domestic Abuse Specialist Services (LDASS)** | Countywide
T 01522 510 041 E info@ldass.org.uk
W www.ldass.org.uk
- Lincolnshire Housing Partnership** | Countywide
T 0345 604 1472 E info@lincolnshirehp.com
W www.lincolnshirehp.com
- Lincolnshire Neurological Alliance** | Countywide
T 07495 590 749
W www.lincolnshire-neurological-alliance.org.uk
- Lincolnshire Outdoor Learning** | Countywide
T 07864 967 057
W www.lincolnshireoutdoorlearning.co.uk
- Lincolnshire Rural Support Network** | Countywide
T 0800 138 1710 W www.lrsn.co.uk
- Lincolnshire Wildlife Park** | Friskney
T 0871 384 1130 W www.lincswildlife.com
- Lincolnshire YMCA** | Countywide
T 01522 508 360 W www.lincsymca.co.uk
- Lincolnshire Young Farmers' Club** | Lincoln
T 01522 568 989
E kshone@lincoln.ac.uk
- Lincolnshire VoiceAbility** | Countywide
T 0300 303 1660 W www.voiceability.org
- The Local Community Centre Boston** | Boston
T 07392 014 058
W www.facebook.com/the-local-community-centre
- Long Sutton Market House Trust** | Spalding
W www.longsuttonmarkethouse.org
- Long Sutton Men's Shed** | Long Sutton
W www.mensshedlongsutton.co.uk
- Louth Area Autism Family Support (LAAFS)** | Louth
T 07982 787 823
- Louth Children's Centre** | Louth
T 01507 607 087
E Louth_CC_Fax@lincolnshire.gov.uk
- Louth Men's Shed** | Louth
T 07503 175 650 FB Louth Mens Shed
- Mablethorpe Children's Centre** | Mablethorpe
T 01507 479 412
E MablethorpeCC@lincolnshire.gov.uk
- Mablethorpe Men's Shed** | Mablethorpe
T 07777 628 043
W www.mablethorpemensshed.co.uk
- Mablethorpe Youth Club** | Mablethorpe
T 07717 225 097
E luke.small@lincolnshire.gov.uk
- Macmillan** | Countywide
T 0808 808 00 00 W www.macmillan.org.uk
- Magna Vitae** | Louth
T 01507 607 650 W www.magnavitae.org
- Making Space** | Spalding
T 01775 711 375 W www.makingspace.co.uk
- Market Arcade Children's Centre** | Gainsborough
T 01427 617 767
E GainsboroughCC@lincolnshire.gov.uk
- Market Deeping Children's Centre** | Market Deeping
T 01778 382 574
E MarketDeepingCC@lincolnshire.gov.uk
- Market Rasen Children's Centre** | Market Rasen
T 01673 844 703
E marketrasenCC@lincolnshire.gov.uk
- Martin Village Hall** | Martin
T 07739 413 411
E martinlincsvillagehall@gmail.com
FB www.facebook.com/MartinVillageHall/
- The Maverick Warriors** | Skegness
E maverickwarriorsskegness@gmail.com
- Men About Cancer** | Countywide
E menaboutcancer@gmail.com
- Men's Health Forum** | Nationwide
W www.menshealthforum.org.uk/beatstress.uk
- Men's Shed Association** | Countywide
T 0300 772 9626 W www.menssheds.org.uk
- Mental Health Matters** | Countywide
T 0800 001 4331
- Meridale Youth Centre** | Mablethorpe
T 01507 441 481
T 07957 643 974
E meridale@meridale.co.uk
- Mermaids**
T Helpline: 0808 801 0400
W www.mermaidsuk.org.uk
T Student Space Helpline: 0808 801 0424
W www.studentspace.org.uk
W www.studentminds.org.uk
- The Mill Birth & Wellbeing Centre** | Stamford
W www.themillwellbeing.co.uk
- Mind** | Nationwide
T 0300 123 3393 E info@mind.org.uk
W www.mind.org.uk
- Mind Legal Advice** | Nationwide
T 0300 4666463 E legal@mind.org.uk
- Mindspace** | Stamford
T 01780 437 330
W www.mindspacestamford.com
- Mint Lane Café** | Lincoln
W www.involvelincoln.org.uk
- Mission Motorsport** | Nationwide
T 03330 338 338

- W www.missionmotorsport.org
- Moorland Youth Centre** | Lincoln ●
E recreation@lincoln.gov.uk
- Moulton Chapel Youth Club** | Spalding ●
T 01406 380 470 E kim.ayto@sky.com
- Moulton Medical Centre Patient Participation** | Spalding ●
T 01406 258 373
E moultonpractice@gmail.com
W www.moultonmedicalcentre.nhs.uk/info.aspx?p=9
- NACRO** | 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.lincolnshirecommunityhealthservices.nhs.uk
- Night Light Crisis Café** | Lincoln ●
T 0300 0111 1200
W www.facebook.com/nightlightcafeincoln
- No Panic** | Nationwide ●
T 0300 772 9844 (Helpline)
T 0330 606 1174 (Youth helpline)
W www.nopanic.org.uk
- North Hykeham Children's Centre** | North Hykeham ●
T 01522 550 927
E northhykehamchildrenscentre@lincolnshire.gov.uk
- North Kesteven District Council** ●
T 01529 414 155 W www.n-kesteven.gov.uk
- North Marsh Road Children's Centre** | Gainsborough ●
T 01522 550 318
E gainsboroughhcc@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
- Options Social CIC** | Stamford ●
T 077896 345 149
W kim@optionscare.uk
- Outwood CIC** | Grantham ●
- T 07985 565 714
- Papyrus** | Nationwide ●
T HOPELINEUK: 0800 068 4141
M Text: 07860 039 967
W www.papyrus-uk.org
- Parents and Autistic Children Together (PAACT)** | Countywide ●
T 07847 507 353 W www.paactsupport.com
- The Parish of Boston** | Boston ●
T 01205 310 929
E admin@parishofboston.co.uk
W www.parish-of-boston.org.uk
- Pay Plan** | Nationwide ●
T 0800 072 1206
W www.payplan.com/debtadvice
- Pelican Trust** | Lincoln ●
T 01522 513533 W www.pelicantrust.org
- Pinchbeck Community Hub and Library** | Spalding ●
T 015220 782 010
W www.pinchbeck.parish.lincolnshire.gov.uk/parish-information/community-hub-library
- The Poppy Factory** | Nationwide ●
T 0208 940 3305 (enquiries)
T 020 8939 1837 (employment support)
E support@poppyfactory.org
W www.poppyfactory.org
- Postland Road Children's Centre** | Crowland ●
T 01733 211 609
E crowlandcc@lincolnshire.gov.uk
- Rainbow Stars** | Sleaford ●
T 07761 449 404
E support@rainbowstarslincs.co.uk
W www.rainbowstarslincs.co.uk
- Recovery College** | Countywide ●
T 01522 518 500
W www.lpft.nhs.uk/our-services/adults/recovery-college
- Renew** | Grantham ●
T 07863 712 797
W www.granthambaptistchurch.co.uk/renew-grantham
- Renew** | Lincoln ●
T 07526 608 496
W www.rethink.org/help-in-your-area/support-groups
- Restore Church Boston** | Boston ●
T 01205 837 209
W www.restorechurchboston.co.uk
- Restore Gainsborough** | Gainsborough ●
T 01427 616 353
E judi.swannack@alivechurch.org.uk
W www.alivechurch.org.uk/gainsborough
- Restore Pantry** | Boston ●
T 01205 837 209
W www.restorechurchboston.co.uk
- Rethink Mental Illness** | Nationwide ●
T 0300 5000 927 W www.rethink.org
- Riverside Training** | Gainsborough ●
T 01427 677 277
W www.riverside-training.org.uk
- Roadhog** | South Lincolnshire ●
E roadhogbus@gmail.com
W www.roadhogbus.org.uk
- Royal Air Force Benevolent Fund** | London ●
T 0300 102 1919
E welfarenavigators@rafbf.org.uk
W www.rafbf.org
- Royal British Legion** | Nationwide ●
T 0808 802 8080
E info@britishlegion.org.uk
W www.britishlegion.org.uk
- Ruskington Library** | Sleaford ●
T 01522 782 010
- Ruskington Youth Centre** | Ruskington ●
T 01526 268 090
E maggie.harris@yahoo.co.uk
- FB Ruskington Youth Centre** ●
- Rutland Sailability** | Rutland ●
W www.rutlandsailability.org.uk
- Ryhall Village Hall** | Stamford ●
T 07751 098 996
- W** www.facebook.com/Ryhallvillagehall
- Sage Gardener CIC** | West Lincolnshire ●
T 07707 325 016 W www.sagegardener.co.uk
- Salvation Army** | Countywide ●
W www.salvationarmy.org.uk/map-page
- Samaritans** | Nationwide ●
T 116 123 E jo@samaritans.org
W www.samaritans.org
- Samaritans** | Boston ●
T 116 123
W www.samaritans.org/branches/boston
- Samaritans** | Grantham ●
T 116 123
W www.samaritans.org/branches/grantham
- Samaritans** | Lincoln ●
T 116 123
W www.samaritans.org/branches/lincoln
- SANE** | Nationwide ●
T 07984 967 708 W www.sane.org.uk
- Seagull Recycling Ltd (The Eco Centre Skegness)** | East Lincolnshire ●
T 07709 866 614
W www.ecocentreskegness.org.uk
- Secondary Breast Cancer Support Group** | Countywide ●
E sbc.supportgroup@stbarnabashospice.co.uk
- Shelter** | Nationwide ●
T 0808 800 4444 /
W Webchat www.england.shelter.org.uk/get_help/webchat
W www.england.shelter.org.uk
- SHOUT** | Countywide ●
M Text 'Shout' 85258
W www.giveusashout.org
- SilverLine** | Countywide ●
T 0800 470 80 90
W www.thesilverline.org.uk
- Sincil Bank Community Partnership** | Lincoln ●
T 01522 510 157
W www.sincilbankcommunity.co.uk
- Single Point of Access** | Countywide ●
T 0303 123 4000
W www.lpft.nhs.uk/our-services
- Skegness Children's Centre** | Skegness ●
T 01522 555 652
E skegnessCC@lincolnshire.gov.uk
- Skegness Coasters Running Club** | Skegness ●
T 07803 436 008
E skegnesscoastersrunningclub@gmail.com
W www.skegnesscoasters.co.uk
- Skellingthorpe Youth Centre** | Skellingthorpe ●
T 01522 683 977
- Sleaford Children's Centre** | Sleaford ●
T 01529 306 888
E sleafordcc@lincolnshire.gov.uk
- Sleaford Community Larder** | Sleaford ●
T 01529 413 063
W www.communitylarder.co.uk
- Sleaford Playhouse** | Sleaford ●
T 0333 666 3366
W www.sleafordplayhouse.co.uk
- Sleaford Rotary Club** | Sleaford ●
W www.sleafordrotary.co.uk
- Social Care for Adults** | Countywide ●
T 01522 782 155 T Out of Hours 01522 782 333
- Social Care for Children** | Countywide ●
T 01522 782 111 T Out of Hours 01522 782 333
- Sortified** | Bourne ●
T 07738 435 957 W www.sortified.com



- Sound Lincs** | Countywide
T 01522 510 073 W www.soundlincs.org
- South Witham Children's Centre** | South Witham
T 01572 768 876
E SouthWithamCC@lincolnshire.gov.uk
- The Source** | Sleaford
T 01529 309 482
- South Holland District Council** | South Holland
T 01775 761 161 W www.sholland.gov.uk
- South Kesteven Health Walks**
W www.walkingforhealth.org.uk/walkfinder/south-kesteven-health-walks
- South Lincolnshire Blind Society** | South Lincolnshire
T 01476 592 775 W www.blind-society.org.uk
- Spalding Children's Centre** | Spalding
T 01775 767 475
E spaldingCC@lincolnshire.gov.uk
- Spalding Youth Centre** | Spalding
T 01775 722 538
E sam.newton@lincolnshire.gov.uk
- Spilsby Children's Centre** | Spilsby
T 01790 753 451
E spilsbycc@lincolnshire.gov.uk
- Spilsby Youth Centre** | Spilsby
T 01790 753 681
E spilsbyyouthcentre@googlemail.com
W community.lincolnshire.gov.uk/spilsbyyouthcentre/
- SSAFA** | Nationwide
T 0800 260 6767 W Live Chat/Contact form: www.ssafo.org.uk/get-help/forcesline
W www.ssafo.org.uk
- Stamford & Rutland Hospital** | Stamford
T 01733 875 847
W www.nwangliaft.nhs.uk/our-hospitals/stamford-and-rutland-hospital
groups/115183981838656
- Stamford Arts Centre** | Stamford
W www.stamfordartscentre.com
- Stamford Children's Centre** | Stamford
T 01780 764 072
E stamfordcc@lincolnshire.gov.uk
- Stamford Connections** | Stamford
W www.artpopup.co.uk/stamford-connections
- Stamford Food Bank** | Stamford
T 07570 583 799
W www.stamfordundle.foodbank.org.uk
- Stamford in Bloom** | Stamford
E stamford18bloom@gmail.com
W www.facebook.com/StamfordinBloom
- Stamford Library** | Stamford
T 01522 782 010
E stamford.library@gll.org
W www.better.org.uk/library/lincolnshire/stamford-library
- The Stamford Mummy** | Stamford
W www.facebook.com/thestamfordmummy
- Stamford Rugby Club** | Stamford
T 01780 752 180
W www.facebook.com/stamfordrugbyclub
- Stamford Shakespeare Company** | Stamford
T 01780 754 381
W www.stamfordshakespeare.co.uk
- Stamford Striders** | Stamford
E info@stamfordstriders.org
W www.facebook.com
- Stamford Town Council** | Stamford
T 01780 753 808
W www.stamfordtowncouncil.gov.uk
- St Barnabas** | Countywide
T 0300 020 0694
W www.stbarnabashospice.co.uk
- Stepping Stone Theatre** | Gainsborough
T 01427 628 888
W www.steps2change.org.uk
- Steps2Change** | Countywide
T 0303 123 4000
W www.lpft.nhs.uk/steps2change/home
- Sturton-by-Stow Children's Centre** | Sturton-by-Stow
T 01427 788 971
E SturtonbyStowCC@lincolnshire.gov.uk
- Sturton-by-Stow Youth Club** | Sturton-by-Stow
FB [SturtonbyStowYouthCentre](https://www.facebook.com/SturtonbyStowYouthCentre)
- St Andrew's Church** | Heckington
T 01529 460 904
W www.heckingtonandhelpringhamgroup.org.uk
- St George's Stamford** | Stamford
W www.stgeorgeschurch.net
- St Giles Children's Centre** | Lincoln
T 01522 529 631
E stgilesCC@lincolnshire.gov.uk
- St Swithans Church** | Lincoln
T 01522 275 067 W www.stswithans.org
- St Wulfram's Church** | Grantham
T 01476 561 342 W www.stwulframs.org.uk
- Stonewall** | Nationwide
T 020 7593 1850
E info@stonewall.org.uk
W www.stonewall.org.uk
- The Storehouse Church** | Skegness
T 01754 763 362 W www.thestorehouse.co.uk
- Sutterton Children's Centre** | Sutterton
T 01205 461 509
E SuttertonCC@lincolnshire.gov.uk
- Sutton Bridge Children's Centre** | Sutton Bridge
T 01406 359 327
E SuttonbridgeCC@lincolnshire.gov.uk
- Sutton on Sea Beachcare** | Sutton on Sea
W www.facebook.com/SuttonOnSeabeachcare
- Sutton St James Baptist Church** | Spalding
T 07501 123 183 W www.ssbbc.org.uk
- Swineshead Children's Centre** | Swineshead
T 01205 820 331
E SwinesheadCC@lincolnshire.gov.uk
- Swingbridge Children's Centre** | Grantham
T 01476 590034
E swingbridgecc@lincolnshire.gov.uk
- The Mix**
T 0808 808 4994
W www.themix.org.uk
- Threshold Church** |
E nigel.johnson@thresholdchurch.co.uk
W www.thresholdchurch.co.uk
- The Wednesday Club** | Boston
T 07950 769 115 T 01205 352 744
E neilr.butler@btinternet.com
- Trinity Centre Louth** | Louth
T 01507 605 803
W www.teamparishoflouth.org.uk
- Together** | Nationwide
W www.together-uk.org
- Tom Harrison House** | Liverpool
T 0151 909 8481
W info@tomharrisonhouse.org.uk
W www.tomharrisonhouse.org.uk
- Tonic Health** | Spalding
T 01775 725 059 W www.tonic-health.co.uk
- United Reformed Church** | Stamford
T 01780 755 007
W www.stamfordurc.org.uk/welcome.htm
- University of Lincoln Student Wellbeing Centre** | Lincoln
T 01522 886 400
W www.studentservices.lincoln.ac.uk
- Veterans Mental Health** | Countywide
T 0300 323 0137
W www.lpft.nhs.uk/our-services/adults/veterans-mental-health
- Veterans Support Service CIC** | Spalding
T 07434 827 372 W www.vsscic.org.uk
- Victim Support Lincolnshire** | Countywide
T 01522 947 510
W www.victimsupport.org.uk/resources/lincolnshire
- Vital Stepping Stones** | Gainsborough
T 07751 964 832
W www.vitalsteppingstones.co.uk
- Voluntary Centre Services** | Lincoln
T 01522 551 683
W www.voluntarycentreservices.org.uk
- Voluntary Centre Services** | North Kesteven
T 01529 308 450
W www.voluntarycentreservices.org.uk
- Voluntary Centre Services** | West Lindsey
T 01427 613 470
W www.voluntarycentreservices.org.uk
- Waddington Children's Centre** | Waddington
T 01522 722 170
E waddingtonCC@lincolnshire.gov.uk
- Waddington Youth Club** | Waddington
T 01522 720 789
W www.lcvys.co.uk
- Wainfleet Children's Centre** | Skegness
T 01754 880 500
E WainfleetCC@lincolnshire.gov.uk
- Walk for Health** | Stamford
T 01780 482 048 / 01780 590 533
- Walking for Health** | Countywide
W www.walkingforhealth.org.uk/walkfinder
- Warrior Programme** | Nationwide
T 0808 801 0898
E enquiries@warriorprogramme.org.uk
W www.warriorprogramme.org.uk
- Washingborough Children's Centre** | 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
T 01522 782 140 W www.wellbeinglincs.org
- Welton Children's Centre** | Welton
T 01673 862 767
E weltoncc@lincolnshire.gov.uk
- West Lindsey District Council** | West Lindsey
T 01427 676 676 W www.west-lindsey.gov.uk
- Wilder Minds CIC** | Fenton
E admin@wilderminds.co.uk
W www.wilderminds.co.uk
- Wild Things Rescue** | Countywide
T 01526 578 579 W www.wildthingsrescue.uk
- Willoughby Road Allotments** | Boston
T 07818 848 850
- Willow Farm Equine** | Fulbeck
T 01400 675 075
W www.willowfarmequineassistedtherapycic.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 withamsthughschilrenscentre@lincolnshire.gov.uk

Woman's Institute | Countywide

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

Women's Aid Boston and South Holland |

Boston

T 01205 311 272

W www.bostonwomensaid.org.uk

Wragby Youth Centre | Wragby

T 01673 858 371

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

Young Minds

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

W www.thesidingsmedicalpractice.co.uk

BOURNE

Bourne Galletly Practice | Bourne

T 01778 562 200 W www.galletly.co.uk

BRACEBRIDGE HEATH

The Heath Surgery | Bracebridge Heath

T 01522 516 870

W www.southparkandheathsurgery.co.uk

BRANSTON

Branston & Heighington Family Practice |

Branston

T 01522 793 081

W www.branstonsurgery.co.uk

CAISTOR

Caistor Health Centre | Caistor

T 01472 851 203

W www.caistorhealthcentre.co.uk

CONINGSBY

The New Coningsby Surgery | Coningsby

T 01526 344 544

W www.coningsbysurgery.co.uk

DEEPINGS

Abbeyview Surgery | Deepings

T 01733 210 254

W www.abbeyviewsurgery.nhs.uk

The Deepings Practice | Deepings

T 01778 579 000

W www.deepingspractice.co.uk

GAINSBOROUGH

Caskgate Street Surgery | Gainsborough

T 01427 619 033

W www.caskgatestreetsurgery.co.uk

Cleveland Surgery | Gainsborough

T 01427 613 158

W www.clevelandurgery.nhs.uk

GRANTHAM

Caythorpe & Ancaster Medical Practice (Ancaster) | Grantham

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

Caythorpe & Ancaster Medical Practice (Caythorpe) | Grantham

T 01400 272 215 W www.villagedoctor.co.uk

Colsterworth Surgery | Grantham

T 01476 860243

W www.colsterworthmedicalpractice.nhs.uk

Long Bennington Medical Centre |

Grantham

T 01400 281 220

W www.longbenningtonmedicalcentre.nhs.uk

Market Cross Surgery | Grantham

T 01476 550 056

W www.marketcrosssurgery.co.uk

St. Johns Medical Centre | Grantham

T 01476 348 484

W www.stjohnsmedical.co.uk

St. Peters Hill Surgery | Grantham

T 01476 850 123

W www.stpetershillsurgery.co.uk

Swingbridge Surgery | Grantham

T 01476 571 166

W www.swingbridgesurgery.co.uk

The Glenside Country Practice | Grantham

T 01476 550 251

W www.glensidecountrypractice.com

The Harrowby Lane Surgery | Grantham

T 01476 579 494

W www.harrowbylanesurgery.co.uk

The Welby Practice | Grantham

T 01949 842 341

W www.thewelbypractice.co.uk

Vine House Surgery | Grantham

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

GRIMSBY

North Thoresby Surgery | Grimsby

T 01472 840 202

W www.norththoresby.org.uk

HIBALDSTOW

Hibaldstow Medical Practice | Hibaldstow

T 01652 650 580

W www.hibaldstowmedicalpractice.co.uk

HORNCASTLE

East Lindsey Medical Group | Horncastle

T 01507 603 121

W www.eastlindseymedicalgroup.co.uk

Horncastle Medical Group | Horncastle

T 01507 522 477

W www.horncastlemedicalgroup.co.uk

INGHAM

The Ingham Practice | Ingham

T 01522 730 269

W www.theinghampractice.co.uk

KIRTON

Kirton Medical Centre | Kirton

T 01205 722 437

W www.kirtonmedicalcentre.nhs.uk

LINCOLN

Abbey Medical Practice | Lincoln

T 01522 530 334

W www.abbeymedicalpractice.co.uk

Birchwood Medical Practice | Lincoln

T 01522 699 999

W www.birchwoodmedicalpractice.com

Boultham Park Medical Practice | Lincoln

T 01522 874 444

W www.boulthamparkmedicalpractice.co.uk

Brant Road & Springcliffe Surgery | Lincoln

T 01522 724 411

W www.brantroadsurgery.co.uk

Brayford Medical Practice | Lincoln

T 01522 543 943

W www.brayfordmedicalpractice.co.uk

Cliff House Medical Practice | Lincoln

T 01522 872 872

W www.cliffhousemedicalpractice.co.uk

Glebe Park Surgery | Lincoln

T 01522 530 633

W www.glebeparksurgery.co.uk

Lindum Medical Practice | Lincoln

T 01522 569 033

W www.thelindumpractice.co.uk

Minster Medical Practice | Lincoln

T 01522 515 797

W www.minstermedicalpractice.co.uk

Newark Road Surgery | Lincoln

T 01522 537 944

W www.newarkroadsurgery.co.uk

Portland Medical Practice | Lincoln

T 01522 876 800

W www.citymedicalpractice.co.uk

University Health Centre | Lincoln

T 01522 870 010 W www.ulhsonline.co.uk

Woodland Medical Practice | Lincoln

T 01522 305 727

W www.woodlandmedicalpractice.org.uk

LOUTH

James Street Family Practice | Louth

T 01507 611 122

W www.jamesstreetsurgery.com

Marsh Medical Practice | Louth

T 01507 358 623

W www.marshmedicalpractice.com

MABLETHORPE

Marisco Medical Practice | Mablethorpe

T 01507 473 483

W www.mariscomedicalpractice.com

MARKET RASEN

Binbrook Surgery | Market Rasen

T 01472 398 202

W www.binbrookurgery.co.uk

Market Rasen Surgery | Market Rasen

T 01673 843 556

W www.marketrasensurgery.co.uk

METHERINGHAM

Church Walk Surgery | Metherringham

T 01526 320 522

W www.churchwalkmetherringham.co.uk

NAVENBY

Navenby Cliff Villages Surgery | Navenby

T 01522 811 411

W www.cliffvillagesmedicalpractice.co.uk

NETTLEHAM

Nettleham Medical Practice | Nettleham

T 01522 751 717

W www.nettlehammedical.co.uk

NORTH HYKEHAM

Richmond Medical Practice | North

Hykeham

T 01522 500 240

W www.richmondmedicalcentre.org.uk

SAXILBY

The Glebe Practice | Saxilby

T 01522 305 298

W www.glebepracticesaxilby.co.uk

Trent Valley Surgery | Saxilby

T 01522 263 444

W www.trentvalleysurgery.co.uk

SKEGNESS

Beacon Medical Practice | Skegness

T 01754 897 000

W www.beaconmedicalpractice.com

Hawthorn Medical Practice | Skegness

T 01754 896 350

W www.hawthornmedical.gpsurgery.net

SLEAFORD

Billinghay Medical Practice | Sleaford

T 01526 860 490

W www.billinghaymedicalpractice.co.uk

Millview Medical Centre | Sleaford

T 01529 460 213

W www.millviewmedicalcentre.co.uk

Ruskington Medical Practice | Sleaford

T 01526 832 204

W www.ruskingtonmedicalpractice.co.uk

Sleaford Medical Group | Sleaford

T 01529 303 301

W www.sleafordmedicalgroup.co.uk

The New Springwells Practice | Sleaford

T 01529 240 234 W www.ruralmedical.co.uk

SPALDING

Beechfield Medical Centre | Spalding

T 01775 724 088 W www.beechfieldmc.co.uk

Gosberton Medical Centre | Spalding

T 01775 840 204

W www.gosbertonmedicalcentre.co.uk

Holbeach Medical Centre | Spalding

T 01406 423 288

W www.holbeachmedicalcentre.co.uk

Littlebury Medical Centre | Spalding

T 01406 422 231

W www.littleburymedicalcentre.co.uk

Long Sutton Medical Centre | Spalding

T 01406 362 081

W www.suttonsmedicalgroup.co.uk

Moulton Medical Centre | Spalding

T 01406 370 265

W www.moultonmedicalcentre.nhs.uk

Munro Medical Centre | Spalding

T 01775 715 999

W www.munromedicalcentre.co.uk

Spalding GP Surgery | Spalding

T 01775 652 164

W www.spaldingsurgery.nhs.uk

SPILSBY

Spilsby Surgery | Spilsby

T 01790 72 8111 W www.spilbysurgery.co.uk

STAMFORD

Sheepmarket Surgery | Stamford

T 01780 753 171

W www.lakesidehealthcarestamford.co.uk/sheepmarket-surgery

St Mary's Medical Centre | Stamford

T 01780 764 121

W www.lakesidehealthcarestamford.co.uk/st-marys-medical-centre

WASHINGBOROUGH

Surgery | Washingborough

T 01522 303 600

W www.washingboroughfamilypractice.nhs.uk

WELTON

Welton Family Health Centre | Welton

T 01673 862 232 W www.weltonssurgery.co.uk

WILLINGHAM-BY-STOW

Willingham-By-Stow Surgery |

Willingham-by-Stow

T 01427 788 277

W www.willinghamsurgery.co.uk

WOODHALL SPA

Tasburgh Lodge Surgery | Woodhall Spa

T 01526 352 466 W www.tasburghlodge.co.uk

Woodhall Spa New Surgery | Woodhall Spa

T 01526 353 888

W www.woodhallspanewsurgery.co.uk

WRAGBY

The Wragby Surgery | Wragby

T 01673 585 206 W www.wragbysurgery.org

NATIONWIDE

NHS Urgent Medical Advice Line |

Nationwide

T 999

NHS Urgent Medical Advice Line |

Nationwide

T 111



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

Info@shinelincolnshire.com

BELTON HOUSE COMMUNITY PARTNERS PASS!

At Belton House we are looking to grow connections with the community and become more accessible to local community groups.

As a charity, the National Trust was founded to protect nature, beauty, and history for everyone, for ever. We know that Belton plays an important role for the people in our community, and so we hope that the launch of a new community pass will enable more people to benefit from all that this special place has to offer.

The pass offers annual admission to Belton for groups who are working with and serving our

community (for a discounted annual fee). Being part of this scheme can also open up opportunities to connect more deeply in volunteering and events programming. Initially, we have been trialling and evaluating the pass with a couple of groups and are now rolling out the initiative to the local community.

We would like to know if you, or any groups you know, would be interested in applying for this pass at Belton.

Whether as a group you would like to visit Belton for a walk round the grounds for wellbeing and respite, hold photography classes, or take part in some group volunteering! Please let us know your thoughts.

You can email us at Belton@nationaltrust.org.uk.



SPOKE: A BRAND NEW SPIN ON BUILDING BUSINESS

Ask most businesses what's on their priority list and they'll tell you that making the right contacts is crucial when it comes to landing new clients or making sales. But, despite the vast number of meetings and networking groups on offer, it's not always a comfortable experience for everyone.

The good news for those who find it difficult to strike up conversations in a formal setting is that a brand-new way to make connections has arrived.

SPOKE is the brainchild of Wayne Thornton who has created a new business cycling club that's proving a hit with locals.

Wayne explained: "I'm a Lincolnshire-based freelance graphic designer and was keen on the idea of organising some 'Business on Bikes' style networking events. I find the traditional networking format can feel a little bit forced sometimes, so I wanted to create something that allowed people to build relationships in a relaxed and natural way simply by enjoying a shared interest together.

"So, I set up SPOKE, a club for local business people who are keen on cycling where they can go for a ride and then enjoy an informal chat over a post-ride drink and bite to eat. We've chosen the Stokes Lawn and Welton Cafés as our clubhouses because they are great places for cyclists to meet. They offer everything we could need from healthy menu options and free water top-ups to puncture repair and wheel wash kits. They've even set up a special discount for our SPOKE members too.

"In addition to providing a relaxed networking opportunity, we aim to promote a healthy lifestyle and nurture good mental well-being within our community and be recognised as a support group where members can speak freely about any issues they may have, whether that's inside or outside of the workplace. I'm delighted to say that we'll also be donating £2 of every SPOKE rider's entry fee to mental health charity, Shine Lincolnshire to help support the amazing work they do around the county."

For more information on SPOKE, visit www.balance-designs.co.uk/spoke

MENTAL WELLNESS RIDES

GIANT
LINCOLN

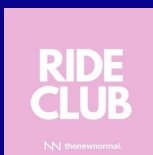
Every First Saturday of the month

Our mental wellness rides are an open, honest and safe space for anyone to discuss their overall wellbeing and mental health. There is no pressure to talk on the rides, you can listen and ride with like minded people.

The rides start from Giant Store, Doddington Hall at 10.30am.

If you have any questions before coming on your first ride, drop into the store and have a chat with Paul, he's our ride leader.

The rides are ridden at a casual pace to be inclusive.

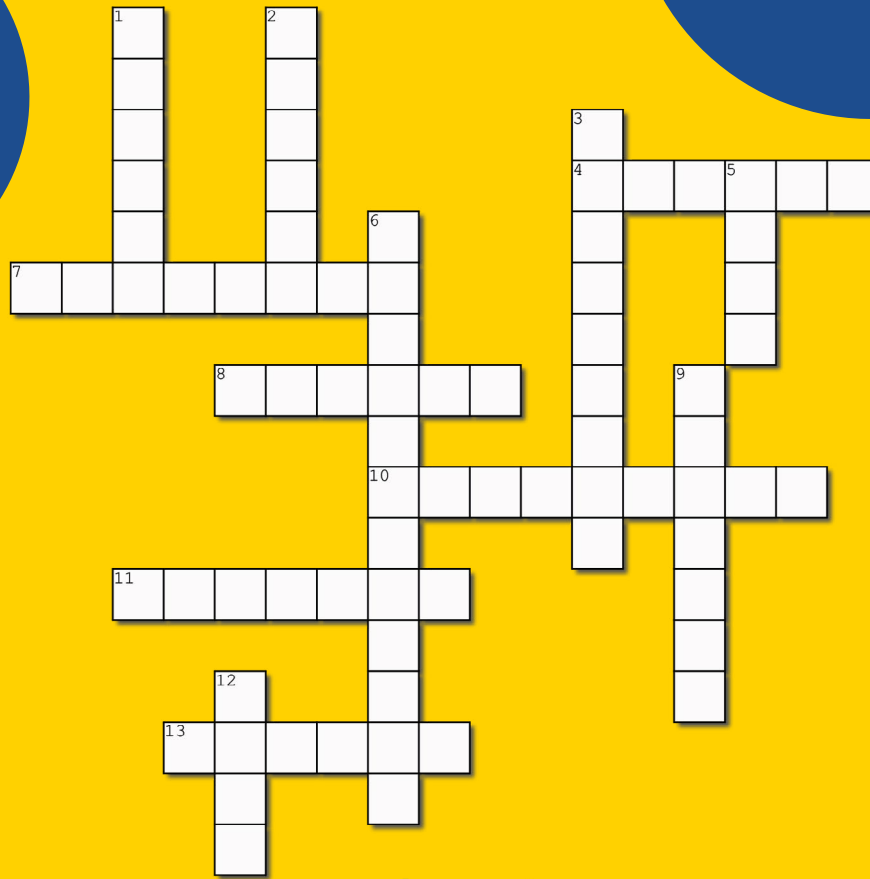


HAVE A BREAK WITH BERT



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

Bert is ready for Autumn, why not try his seasonal crossword!



Across

- 4. Falls from Oak Trees
- 7. Jewish Holiday, Rosh _____
- 8. Colour of Autumn leaves and pumpkins
- 10. Used to frighten birds
- 11. For carving at halloween
- 13. A Squirrel is a _____

Down

- 1. Changes colour in the autumn
- 2. Third season of the year
- 3. Scary holiday
- 5. Tool to clean the grass of leaves
- 6. American Holiday that takes place in November
- 9. Marks the end of growing season
- 12. Grows on Stalks

Try your hand at Bert's Countdown Conundrum!

Can you make **431** from the following numbers? Remember you can use each number more than once!

1 2 100 8 2 3

SOCIAL PRESCRIBING IN K2 GRANTHAM AND SLEAFORD

Hello, my name is Gemma Wright and I am the Personalised Care Lead for K2 Healthcare- Grantham, Sleaford and surrounding area.

I have previously worked as a Social Prescribing Link Worker and prior to that spent 14 years within GP Practices. My previous experience has given me a great insight into the social, mental and physical health and wellbeing needs of the population of Lincolnshire.



- Ways to improve both mental and physical health and become more active
- Opportunities to build confidence learn new skills, become a volunteer or gain employment
- Reduce anxiety and depression
- Connect to financial, housing and other wellbeing services.



Lincolnshire Community Voluntary Services have historically provided a social prescribing service in the Grantham and Sleaford areas, and with the additional development of K2 PCN's new in-house Link Workers we will collaborate with them to enhance and extend the service offered via Social Prescribing to reach more people across Grantham, Sleaford and surrounding villages.

Who can refer?

You can refer with the link below now www.lvet.co.uk/social-prescribing/, or from 1st November 2023 also by emailing: licb.k2socialprescribing@nhs.net

Anyone can make referrals –such as GP's, Nurses, Community Groups and services or self-referrals are accepted.

What is Social Prescribing?

Social prescribing is designed to support people with a wide range of social, emotional or practical needs, with a focus on improving mental health and physical wellbeing. Those who could benefit from social prescribing schemes include:

- People with mild or long-term mental health problems
- People with complex needs
- People who are socially isolated or Those with multiple long-term conditions who frequently attend either primary or secondary health care.

What can a Social Prescribing Link Worker do?

Social Prescribing Link Workers can connect people to a wide range of non-medical services within the community such as:-

- Social groups, friendship, bereavement and emotional support,
- Support for families, carers and other advice



SOCIAL PRESCRIBING IN SOUTH LINCS

RURAL

The Social Prescribing link workers for the South Lincs PCN have been extremely busy this year!

Social Prescribing is a key component of Universal Personalised Care, it is an approach that connects people to local activities, groups, and services to meet practical, social, and emotional needs that affect their health and wellbeing,

We have seen a huge requirement for social prescribing, within our rural community and have identified some gaps in local services, and with help from Baytree our local garden centre, we have been able to create a local NHS wellbeing hub.

A place where people who may feel isolated, lonely, may have lost loved ones, or those who may be suffering with long-term conditions, can come together with others, in a supportive, friendly environment. We offer an opportunity to meet new friends, learn new skills, hobbies, build new friendships.

The wellbeing hub is open Monday, Wednesday, and Fridays with Social Prescribers in attendance to give support. There are peer support groups for bereavement, menopause, and chronic pain. These groups are a massive help, as it brings together people, which can relate and empathise with each other and helps them to know they are not alone. The groups provide a relaxed environment, with conversations built around 'What matters to you' enabling people to feel more comfortable to share and talk about what is important to them and to help build a healthier lifestyle.

We also offer, gentle yoga every Wednesday, (also available at Moulton and Sutterton). Multiple arts and crafts groups are available, throughout the month. Our project continues to grow and expand supporting the needs of the people who attend.

Our most recent project has been creating a community sensory garden, in a garden area that Baytree have kindly shared with

to relax and enjoy the lovely creations around us. Within this garden we also plan to build a small remembrance area to help support those who have lost loved ones.

Social interaction is vital to ones' health and mental wellbeing. Since we began the project in October last year, the number of people attending the groups, has grown, we are starting to see the benefits and changes they have made to people's lives. We are currently supporting over two hundred people each month.

Aside from our Hub we have also set up a local Aqua therapy with the help of Billie Fins private pool. (There is a hoist to support those who have difficulties entering the pool).

Pain can sometimes cause us to become isolated, frustrated and stop us from going out and enjoying or doing what we would like to do. The Aqua therapy is helping people who suffer with pain or reduced mobility to be able to enjoy gentle exercise, while also having fun meeting new people. The pool is always no less than 33 degrees!

We are receiving excellent feedback from all those who attend and are seeing brilliant results in peoples' health and general wellbeing. This facility is currently available twice a month.



Baytrees NHS Wellbeing
All groups start at 10-12pm, includes free Tea/ Coffee
Contact Rachel on 07581014229



Aqua Therapy available on 13h & 20th at 1.30pm, please call to book.

NOVEMBER 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Yoga	2	3 Bereavement Support Group	4	5
6 Coffee Crafts Plus Garden	7	8 Yoga	9	10 Creative Minds	11	12
13 Menopause	14	15 Yoga	16	17 Doodles day (non funded)	18	19
20 Chronic Pain	21	22 Yoga	23	24 Coffee Crafts + Garden	25	26
27 Coffee Crafts + Garden	28	29 Yoga	30			

HOW DO I MAKE FRIENDS *for kids*

But how can we make friends?

You might make friends at School or at a club you attend. This can help when starting school or a club feels scary.

Friends make our lives better. They do fun things with us and cheer us up when we are sad.



Say hello

Start by saying Hello! You don't have to say a lot to start to make friends with someone!



Are they new?

It might be that you know lots of people and they are new. This can feel scary- ask them questions about themselves and introduce yourself.

Maybe even ask if they would like you to introduce them to other people!

Think about what would make you feel more comfortable and use that to help you!

Share a hobby!

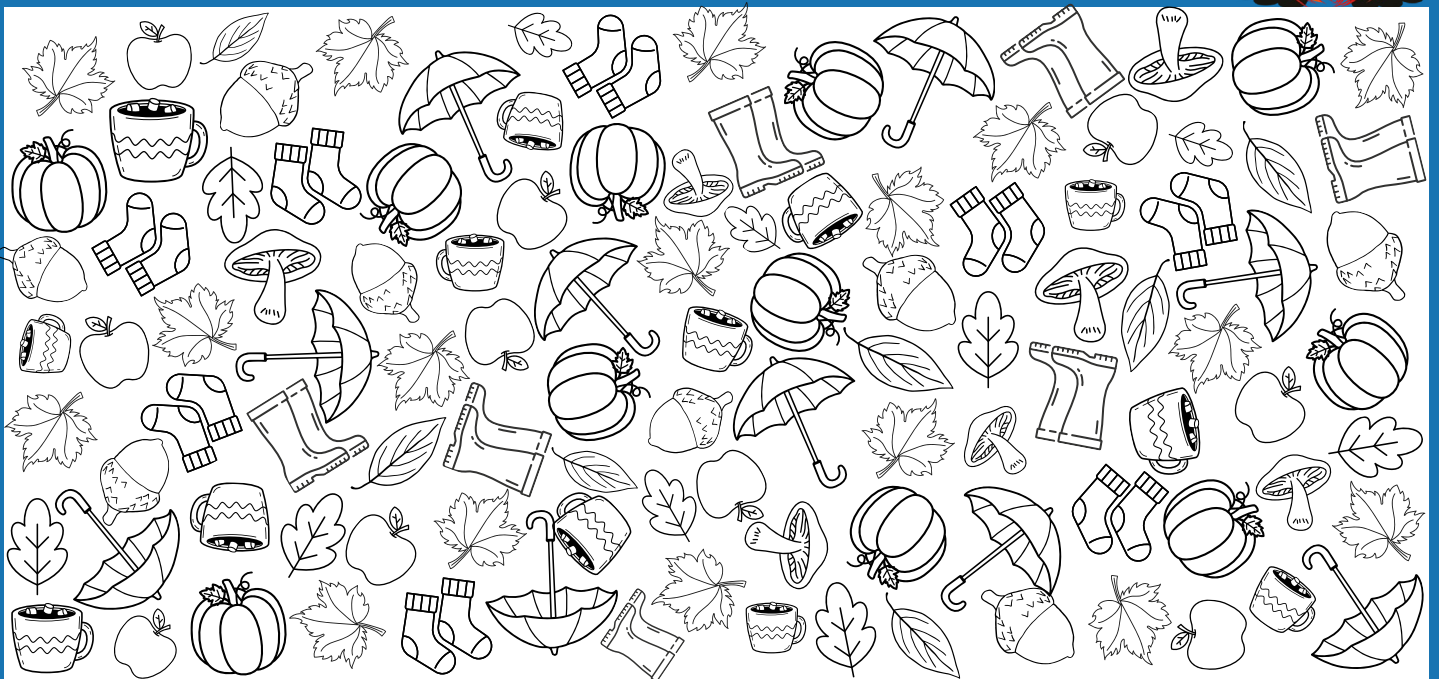
You might be really good at something that they don't know about, why not show them?

Or they may have a great hobby that you would like to learn- ask them about it!



HAVE A BREAK WITH BERT *for kids*

Bert is ready for Autumn! Can you find and colour all of his Autumn Favourites?



Y U E S W F D R I B F O B W C
 V E M Y W C Q F R E F R R B L
 R F E B V R I I V U V L C T E
 R D U R R C K Y L M E F B W A
 Z A P P L E U O A Y P A L N V
 E N U E I S L P X E C M E K E
 K Z D T W E L L I E S L X P D
 G E D C U L D B A I U D O Z E
 L K L P U M P K I N D L B Y E
 V O E K C D N S S O C K S E K
 K A A N L I E C L U O M F L W
 O H F T A P F E G V S E A L N
 K O O R E I L I N C Y I L O E
 H O T C H O C O L A T E A W C
 H L C C E B L Y O P W E S S O



Complete Berts Autumn Wordsearch!

- | | |
|---------------|----------|
| Apple | Pumpkin |
| Autumn | Rain |
| Cosy | Socks |
| Leaf | Umbrella |
| Pie | Wellies |
| Puddle | Yellow |
| Hot Chocolate | |

LEARN TO DRAW BERT *for kids*



Decorate your Bert ready
for Halloween!



FEATHERS TEENS CIC - FINDING ENCOURAGEMENT AND ACCEPTANCE TOGETHER IN OUR HOME EDUCATION ROLES - SEN/SEM

Feathers Teens CIC is a non profit community group offering support and friendship to alternatively educated teenagers affected by neurodivergence and mental ill health, and their families, in Lincolnshire.

Feathers Teens provides a wide variety of great opportunities and experiences to young people aged 12+, their similarly aged siblings, and parents. We meet every Monday in Heckington, every Friday in Spalding, and alternating Wednesday's in Boston, we also collaborate regularly within the community, and enjoy fun and educational outings and events.

Our Facebook page [facebook.com/FeathersTeensGroup](https://www.facebook.com/FeathersTeensGroup), instagram @ [feathersteensgroup](https://www.instagram.com/feathersteensgroup), and website www.feathers-teens.co.uk offers people an insight into our group. For our regular attendees we have a private Facebook group, virtual chat, and gaming platform, giving members the chance to socialise in a way that suits them, providing a safe and welcoming place to share our struggles, achievements, thoughts and feelings at any time.

Please like, follow and share our social media to help us obtain a wider reach for our network of support.

Feathers Teens is a fun, social and hands on enrichment group, held in a safe and accepting environment of like minded peers, offering mutual support and shared identities including autism, ADHD, PDA, and anxiety. So, come along and find your tribe!

At Feathers we encourage you to:

- Be yourself
- Meet hearts like yours
- Speak your truth
- Know your worth
- Make friends
- Be kind
- Share your uniqueness



We have a fun packed schedule of parent supported social and educational group activities, outings, and experiences to encourage social, emotional, communication, educational and physical wellbeing, and development.

Where people can be themselves and find others with similar diagnoses, difficulties, and experiences.

We need support and funding to do what we do! Financial donations, resources, voluntary skill sharing and collaborative opportunities for developing and supporting our members core skills and mental health are always appreciated.

Our members say -

"A lovely, inclusive home ed group, where you can be yourself knowing that everyone 'gets it'."

"I have real friends at Feathers Teens."

"Feathers is somewhere to feel safe, I'm able to join in activities and socialising, and learn at my own pace."

"Group days are a great comfort. A non judgemental safe space."

"Feathers is always there to talk to and offer support and advice, there is never any judgement."

"Feathers Teens provides opportunities that I wouldn't be able to afford otherwise."

"Just knowing that we are all understood makes a huge difference!"

We have so much going on at Feathers, including:

- Art therapy
- Animal assisted therapy
- Tutor led sessions
- Arts and crafts
- Team games
- Fun quizzes
- Visitor talks
- Outdoor physical activities
- Socialising
- Nature based learning
- Sensory activities
- Group discussions
- Courses
- Information sharing
- Collaborative projects
- Gaming
- Local tours and visits
- Days out
- And more.



Feathers Teens offers a safe, parent supervised, friendly space to learn, socialise and be active both indoors and outdoors. Accepting and encouraging of all quirks, interests, and identities.

Feathers Teens C.I.C

Company number 14288255

ST FRANCIS SPECIAL SCHOOL'S FOOD FOR A FIVER



At St Francis School, in our independent food lessons this term, we have researched meals for under five pounds. Getting take-away is expensive and even food in the supermarket can be expensive, so we wanted to find recipes that we would be able to afford. It is part of helping us to understanding how to use a budget.

Although we had five pound per person, we found that we could make a meal for more than one person with the money. We also worked out that if two of us had the same ingredient in our meal, we could share our money to make it even cheaper.

JASON'S HEALTHY BAKED POTATO

Jason's baked potato is healthy because it comes with a delicious salad.

Jacket potato 67p

Block of cheddar cheese £2.79

Coleslaw 69p

Bag of salad 75p

Total £4.90

This is a good price as it is under £5, but even better this could feed four people or be four meals for one person. This would be just over £1.20 per person, that is pretty cheap.

- Set the oven to 200 c
- Prick the potato with a fork
- Microwave for 20 minutes
- Put in the oven for 30 minutes
- Grate a few handfuls of cheese
- Remove the potato from the oven and carefully cut it open
- Sprinkle the cheese over it
- Place the coleslaw and salad on the plate next to the potato



NATHAN AND TALLY'S SIMPLE TWO TOPPING BAKED POTATO

Jacket potatoes, 2.5kg pack £1.85

Baked beans 420g tin 28p

Medium cheddar block 250g £2.45

Total price £4.58

I think this would be enough for at least five meals, which would be 92p for each meal. I think this is a really good price because this is less than £1

- Set the oven to 200 c
- Prick the potato with a fork
- Microwave for 20 minutes
- Put in the oven for 30 minutes
- Grate a few handfuls of cheese
- When there is five minutes left, put the beans in a sauce-pan and cook for 3-4 minutes
- Remove the potato from the oven and carefully cut it open
 - Sprinkle the cheese over it
 - Put the beans on top of the cheese
- You can do these last two the other way around if you prefer.





HANNAH AND CONNOR'S CHICKEN NUGGETS AND CHIPS

Chicken nuggets - 30 £2

Chips, home-style straight cut oven chips £1.85

Two tins of beans 50p

Total £4.35

I think there will be enough chicken nuggets for three people so this meal would be a good price. Also, there would be a spare tin of beans so next time you wouldn't need any more meals.

JODI'S CHICKEN SALAD

Chicken breast £2.29

Red onions two 95p

Yellow pepper one 55p

Salad tomatoes 69p

Rapeseed oil £2.89

Balsamic vinegar £1.96

Spinach 89p

Total £10.22

This recipe serves four people, so it is around £2.50 per person. However, the oil and vinegar will be used over and over again, so doesn't really count. The rest of the ingredients are £5.04 in total, which is not much more than £1 each.

Instructions

Pre-heat oven to 200 c

- Place onions, peppers and tomatoes into the base of a large casserole dish
- Place the chicken breasts on top of the vegetables
- Pour on a bit of vinegar and oil
- Bake for 30-35 minutes
- Add spinach leaves and cook for five minutes

TRAVIS AND ALEX'S BUTTERNUT SQUASH CURRY

Tilda brown steamed basmati rice 250g 65p

Chickpeas tin 400g 59p

Fat free Greek yoghurt 89p

Butternut squash £1.35

One onion 95p

Mild curry paste £2.10

Vegetable stock 75p

Large tomatoes 50p

Total £6.83

This meal also requires olive oil, but we would already have that in the kitchen. This will serve four people and will cost less than £2 per person.

- Cook the rice based on the packet instructions
- Heat oil in a large frying pan
- Cook the butternut squash for 2-3 minutes
- Add onion and add curry paste and fry for 3-4 minutes
- Pour over the stock
- Cover and simmer for 15-20 minutes
- Add the tomatoes and chickpeas
- Gently cook for 3-4 minutes
- Take off the heat
- Stir through yoghurt with the rice



THE IMPACT OF ANIMALS ON WELLBEING AT ST FRANCIS SPECIAL SCHOOL



Hello, my name is Telshia. I am diagnosed with autism and learning difficulties and I am here to talk about the benefits of working with animals for young people – both those with learning needs and those without.

In my school, St Francis Special School in Lincoln, I teach small animal care to younger children with learning difficulties and disabilities. I will show them how to handle the animals and take care of them.

Animals help people with anxiety and depression. They can help to calm them down if they become anxious, but can also help to keep them calm in other times. I would recommend anybody who is anxious to spend time with animals.

Thank you for reading, I hope I have inspired you to explore spending more time with animals.



WHY DO ANIMALS POSITIVELY IMPACT OUR MENTAL HEALTH?

One of the most natural and effective ways to improve our mental well-being is often right at our fingertips – through our connection with animals.

Whether it's a loyal dog, a chirping bird, or a gentle cat, these furry and feathered companions offer a wealth of benefits for our mental health.

First and foremost, animals provide unconditional love and companionship. Their affection creates a sense of belonging and reduces feelings of loneliness. The act of petting a dog or cuddling a cat releases oxytocin, a hormone associated with bonding and reducing stress levels. This connection helps combat feelings of isolation and fosters a sense of purpose.

Furthermore, animals encourage physical activity and outdoor exploration. Dog owners, for instance, are more likely to engage in regular exercise, leading to improved health and a release of endorphins, commonly known as "feel-good" hormones. This not only helps to manage stress but also contributes to a more balanced and positive outlook on life.

Animals also promote mindfulness and presence. Caring for a pet requires attention to their needs, providing an opportunity to step away from the stresses of daily life and focus on the present moment. This mindful

interaction can serve as a form of meditation, offering a break from thoughts and promoting a sense of calm.

Studies have shown that the presence of animals can significantly lower blood pressure and heart rate, reducing the risk of chronic stress-related illnesses. Additionally, interacting with animals has been linked to increased levels of serotonin and dopamine, neurotransmitters associated with feelings of happiness and contentment.

In schools, therapy animals have proven to be invaluable tools for reducing anxiety and improving focus in children. Similarly, in healthcare settings, visits from therapy animals have been shown to alleviate pain, decrease anxiety, and improve overall well-being in patients.

The impact of animals on our mental health cannot be overstated. Their unconditional love, ability to promote physical activity, encourage mindfulness, and provide therapeutic benefits make them indispensable companions in our journey towards improved mental well-being. So, whether you have a furry friend at home or enjoy a visit to your local animal rescue, remember to cherish and appreciate the positive influence these creatures have on our lives.

FOSTERING YOUTH EMPOWERMENT & COMMUNITY COLLABORATION.

Art Pop-Up's Work on Youth Provision in Stamford.

In a world that is ever-evolving, the significance of supporting the younger generation cannot be understated. We at Art Pop-Up recognise the importance of empowering young people in Stamford, and we want to help to create positive change.

But how can we, as a community, better support our children and young people in Stamford?

Last summer Art Pop-Up ran a free creative consultation programme with young people in Stamford aged 12 to 15 on the subject of What Matters. They produced protest placards exhibited on the town hall railings and wrote a 4 minute film (receiving over 2000 views):

<https://bit.ly/WhatElseMatters>

The lack of support and provision coupled with a soiled approach in the community became apparent, so in early summer in collaboration with local Councillor, Rhea Rayside, we hosted an open door Youth Engagement forum to kickstart an action plan for the future. The event aimed to bring together all those involved or interested in youth provision locally. Guided by the ethos of inclusivity and collaboration, everyone was welcome, including parents, organisations, schools, community activists and volunteers.

Drawing inspiration from the "Open Space" meeting format, known for its participant-driven approach, more than 40 people gathered to collectively address the question, each contributing their unique viewpoints and experiences. The beauty of the "Open Space" methodology lies in its ability to encourage organic and genuine conversations, allowing ideas to flow freely and unearthing innovative solutions that might not surface in more structured settings.

As the discussions unfolded, key issues were identified, creating a roadmap for collective action.

This work is continuing and we will host more youth forums in the future to develop a collaborative consortium and continue holding ourselves accountable.

It is vital also however, as part of the process of assessing and improving Youth provision, that youth voices are amplified and platforms created for their expression.

Art Pop-Up hosted a series of 6 Youth Outreach

sessions in the summer holidays at the community centre in the park. These sessions, led by experienced Youth Workers enabled us to ask the young people the same question discussed at the Youth Forum: How can WE better support YOU? Participants aged 10 to 18 engaged in a variety of drop-in activities, from art and body painting to sports, all while sharing conversations over refreshments donated by George's Food Hub, a local voluntary organisation that works to minimise food waste and redistribute food.

The programme with over 44 young people attending has evidenced the considerable need for support. They speak of a sense of abandonment, boredom and ostracism. The valuable feedback gained as well as the connections fostered as a result of these outreach sessions, which included detached outreach, paves the way for wider consultation with young people, hopefully surrounding a co-created skate event, alongside signposting opportunities this autumn - subject to funding and volunteer support.

The next stage is to build the consortium of community activists and organisations who can proactively support a funding bid for a longer term programme co-created with Stamford's young people.

We aim not just to empower young people, but also to help lay the foundation for a more connected and supportive community—one that is dedicated to nurturing the potential of everyone, including its children and young people.



SCHOOL WIDE WELLBEING AT BOSTON GRAMMAR



At Boston Grammar School, we place great emphasis on improving the mental health of staff and pupils alike.

One of the individual priorities for every member of our staff team is **“A work-life balance which helps maintain or improve mental health and well-being”**; we are very proud that such a commitment differentiates us from many other workplaces.

As far as our pupils are concerned, we believe we already offer a comprehensive package of care, but there is a real hunger to keep improving it further. We have recently held elections for our student leadership roles (which included a robust selection process for the more senior roles), as a result of which we have formed a **brand new Wellbeing Team. The team is made up of a form rep for every Key Stage 3 and 4 group and four Captains in Key Stage 5; with our staff Pastoral and Care Team joining their meetings and offering guidance.**

Now, let's get to actions! My main message to our student leaders is: don't just talk endlessly about what you're going to do – **get out there and do it!** The Wellbeing Team have identified a number of areas where they believe pupil support can be consolidated or strengthened:

- Reviewing how senior students can offer support and advice to younger pupils
- Supporting pupils in their transitions to Year 7 and Year 12
- Increasing the proportion of assemblies and tutor time sessions devoted to mental health issues

As school leaders, we receive these suggestions with great positivity. Instead of reacting with “But we're already doing that – what do they mean?”, Our attitude is “This is incredibly valuable feedback from those who our initiatives are aimed at; let's use their ingenuity and insights to take our provision to the next level!”

We also believe that a **key way of improving pupil mental health and wellbeing is the act of service: going into the community and helping others,**

especially those who are most in need of

Support. During the course of this academic year, the school has forged partnerships with a number of local organisations, and our pupils have grasped many opportunities to help others.

You can see in the photographs our **senior student leaders raising money and awareness for the Butterfly Hospice, as well as junior and senior members of our Quiz Club planning a games afternoon for the residents of The Haven Care Home.** In the latter case, we quickly learned that everything would work out fine, as long as we didn't interrupt the bingo!



SHINE IN THE COMMUNITY- SIREN RADIO

At 55 I retired from clinical mental health. After almost 40 years that had taken me as far afield as the Falkland Islands and USA to places in the UK ending in Skegness. My career had kept me focused and very busy.

But, what now! I was aware if I just sat down in front of the television I would rapidly vegetate and my mental and physical health would deteriorate.

You might say I was lucky in that my love of music has been with me all my life, from mobile discos, to playing in bands to radio.

I started my radio hobby in 1982 in hospital radio in London with a 15-minute slot playing old 78rpm. As I moved with my job so did the places where I was able to continue with my hobby.

Retirement gave me a whole new opportunity, community radio. Community radio started in 2002 with legislation in 2005 leading to a rise in the number of community radio stations across the country.

Currently I broadcast on Lincoln's Siren Radio where I do a magazine style show twice a week and Skegness's Coastal Sound where I have a Blues show and family show.

Doing a magazine style show allows me to support local activities, charities and events. I invite people to come into the studio and talk about their event, themselves or what is going on in the local area. This is very much the role of community radio.

My guests have ranged from the famous to the not so famous, from politicians to fund raisers, from

businesses to charities and local COVID supporters. All have a local connection to Lincoln/Lincolnshire.



The photograph shows Shine Lincolnshire's very own Lucy Goodchild in the studio after she spoke about mental health here in Lincolnshire.

My role as presenter is to get the best out of my guest, put them at ease and try to help the listener learning something about the event in question.

With just short of 2,700 shows in the can I can safely say radio has helped keep me busy and mentally well. So, feel free to join me on a Wednesday and Thursday, 11am to 1pm on 107.3fm or online at Siren Radio.

Next time you are thinking there is nothing for me out there, think about what you enjoy then look for a group who are looking for volunteers. You will make new friends, learn new skills, and build a comradeship that

will help support your mental health.

Whether the sun is shining or not, promise me you will always remember that you are braver than you believe, stronger than you seem and smarter than you think.

sirenradio
Lincoln's First Community Radio Station
107.3FM | sirenonline.co.uk | smart speaker

Listen live on 107.3FM
in Lincoln and the surrounding villages

Listen again and find out more
about how you can get involved at
www.sirenonline.co.uk

MEET THE TEAM THAT SHINE

Many of you will know about Shine and what we do, but you may not know about the people that make us Shine!

So welcome to the Shine Yearbook! This is your chance to get to know members of the Shine team (and the board) and find out how they Shine! Keep an eye out for more in future editions!

CHRISTOPHER COOK

Role- Project Data Officer

About me- For most, files, documents, and spreadsheets are a necessary evil in their role; however – to the fortune of my colleagues – I love them! As an avid computer user since the early 2000s, nothing is better than a well-organised computing system. And yes, the internet does reside at the top of Big Ben – where it has the best reception

Favourite Biscuit- Pink Wafers

What is the funniest word in the english language? Bloviate – not the funniest in the typical sense; however, funny in that if directed towards someone, they most likely would not know what it implies!



JO TAYLOR

Role- Senior Support & Engagement Consultant and Community Connector, Grantham

About me- I am mum to 2 boys aged 6 and 3 who keep me on my toes and are a constant source of entertainment and mischief. I love films, especially the classics and am a huge Top Gun fan. I also enjoy watching sports, especially F1 and football (apologies but I am a Man City fan)

Favourite Biscuit- Chocolate Hobnob

As a child, what did you think would be awesome about being an adult, but isn't as awesome as you thought it would be? Not being told when to go to bed and getting to stay up late every night! In reality, I love early nights and wish I had more



KAY MARSHALL

Role- Peer Support Worker (Trent)

About me- I'm 33 and live in Gainsborough. I have a daughter, 2 doggies and a bunny. I'm very passionate about mental health, having lived experience. One of my favourite things to do is Pilates as this really helps me switch off and relax.

Favourite Biscuit- My favourite biscuits are Bahlsen Choco Leibniz

What always cheers you up when you think about it? My wedding as it is booked for 2025, this always cheers me up when I think about it.



VICTORIA POWIS-COGGAN

Role- Peer Support Worker (Apex/Lincoln Health Partnership)

About me- Hi! I'm Victoria, and I'm a Peer Support Worker for Shine. I am a super passionate person and put my whole heart into everything I do. I love music, art, and literature. But my biggest passion will always be trying to make a positive difference to the world, one person at a time.

Favourite Biscuit- Jammy Dodger

What did you believe for too long as a child? That if I ate an apple, I would grow an apple tree in my stomach. I full on envisioned something out of



BEN CROSS

Role- Support and Engagement Coordinator.

About me- I enjoy helping others, whether it's using my PSW training as a volunteer for Bro Pro or supporting MH projects in the county as part of team Shine. Away from work I enjoy football and coaching my local under 15's team.

Favourite Biscuit- Chocolate Hob-nob

What would the worlds best obstacle course contain? : A zip wire over a volcano, free climbing El Capitan wall and who can find the biggest stick!



PAUL JACKMAN

Role- Vice-Chair, Board of Trustees

About me- Now retired after working as a social worker and NHS manager, my need to try to help others continues through working with Shine. My greatest pleasures are fell walking, travel, cats, reading and watching rugby.

Favourite Biscuit- Is it even possible to have a favourite biscuit? But if I must choose one then I'd go for Orange Club.

What is the strangest coincidence that ever happened to you? The strangest coincidence that ever happened to me was bumping into the same work colleague 3 times in 3 different countries while travelling round Scandinavia.



STACEY GILLOTT

Role- Trustee

About me- I have worked in the 3rd Sector for 20 years, and passionate about my work and the people we help. Out of work I really enjoy walking and travelling around the world. I am married with two sons, one granddaughter, a dog called Bruce and cat named Ronnie.

Favourite Biscuit- Malted Milk

Do you collect anything? As I have been fortunate enough to travel around Asia a lot, I have collected many different elephant figures, wooden, glass, cloth, metal, you name it, I have it.



KERRY STOCKS

Role- Operations Manager

About me- Mum of a 11 year old horse obsessed daughter my weekends generally involve visits to stables. When looking after myself, I enjoy relaxing watching crime thrillers or boxsets, trying out new escape rooms (which I'm not very good at) or dreaming of my next holiday for me time.

Favourite Biscuit- Shortbread

What three things would you want on a desert island? Access to an all inclusive hotel, my husband and daughter, (or Chris Hemsworth will be fine if I cannot have the other 3).



SARAH MAINWARING

Role- Peer Support Worker (Spalding)

About me- I was a veterinary nurse for 26 years and have had many pets! Currently I have 3 cats and 2 tortoises. I have climbed the 5895 meters of Uhuru Peak in Mt. Kilimanjaro, the National 3 Peaks in 24 hours, the 84 miles of Hadrian's Wall along with many other peaks.

Favourite Biscuit- McVities Shortcake

What's the smartest thing you've seen an animal do? One of the smartest things I have seen an animal do is a golden retriever who was able to detect when his brother was about to have an epileptic episode and alert their owner.



IAN TOMLINSON

Role- Training and Development Manager

About me- - I have been in education and training for over 30 years. I have been a classroom teacher, sports coach and PCV driver. I'm passionate about wellbeing and helping people develop skills. I'm a proud father of two. Been married for 31 years, love cooking, nature and sport.

Favourite Biscuit- - Love many biscuits! Choice at writing - Bourbon because its robust, great dunker and I love dark chocolate.

What inanimate object would be the most annoying if it played loud upbeat music while being used? Interesting question as music is great at appropriate times which leads to a reflection that an object with music that would be annoying is a tooth 'cap' in a person's mouth.



BLAKE CALDWELL

Role- Trustee

About me- I thrive off physical challenges; I love the process of developing a new skillset to use. I love to travel and see different cultures which helps me add ideas to my lifestyle and mindset.

Favourite Biscuit- Fox's Milk Chocolate Rounds (Essential glass of milk on the side.)

What is the best advice you have ever received? With advice, overall, I take little bits and enforce them in my own way, but the best advice I've received is that I should always follow my values, and if I get lost within them, to think about the person who I want to become in 10 years' time.

LONG COVID

It's been a really busy couple of months for Shine Lincolnshire and the Long COVID Project. With the support of Wellbeing Hubs and local organisations across Lincolnshire, we have delivered 18 drop-in sessions and pop-up information events to broaden the conversation around Long COVID and the challenges that people and their families experience since the pandemic began. We've been to supermarkets, leisure centres, wellbeing cafés and a whole host of incredibly inspiring community venues (thank you all for having us). We were also joined by local organisations to support the sessions.

During these sessions we have had the privilege of meeting over 230 different people from all over the county who have shared their personal experiences and the challenges that still affect their lives. It has been a truly humbling experience and we give thanks to all who came along to see us and were courageous enough to give insight into their own personal challenges and their journey's towards living well when faced with such at times, life changing adversity.

By bringing the work of all the project partners and talking about how important lived experience and peer support is, everyone we met felt uplifted by the work that was being done to recognise the challenges Long

COVID brings.

A part of Shine's project was to create some local face to face peer support groups so that people had an opportunity to meet people who have had similar experiences and live with similar challenges. An opportunity to share their stories in a safe and welcoming environment whilst enjoying a cuppa and cake!



With the support of local communities, Shine have supported 9 wellbeing hubs and organisations to create Long COVID Support Groups. All the groups are locally owned and managed by their hosting organisation in order to benefit their local communities with a friendly place to meet with others who understand their challenges (see the timetable).

I cannot thank the supporting organisations enough for taking an idea and helping to create something that will hopefully bring support to many around Lincolnshire in their recovery journey of Long COVID.

Jane (Senior Peer Support Coordinator – Long COVID)

LONG COVID PEER SUPPORT GROUPS

Shine Lincolnshire have worked with local communities to develop Long COVID Support Groups across the County. The groups are locally owned and managed by their hosting organisations. For any queries, please contact the hosting organisation directly (please use the email address detailed below).
Let's come together to provide an uplifting environment that appreciates, understands and is supportive for people living with the challenges of Long/Post COVID.

WE ARE STRONGER TOGETHER

Alford	Alford Hub, LN13 9AF	Starting: 18th September	Mondays	6-8pm	3rd Monday of the month	alfordhub@alfordhub.co.uk
Mablethorpe	Wellbeing Hub, LN12 2DR	Starting: 19th July	Wednesdays	1-3pm	Weekly	barbara.hancock@acisgroup.co.uk
Horncastle	Community Centre, LN9 5HJ	Starting: 3rd August	Thursdays	10-12pm	Weekly	elise.needham@teamparishofouth.org.uk
Lincoln	Nettleham Hub, LN2 2SL	Starting: 6th September	Wednesdays	1:30-3pm	Fortnightly	cat@thehubnettleham.co.uk
Gainsborough	The Bridge, DN21 1LP	Starting: 5th September	Wednesdays	3-4:30pm	Weekly	lorraine.rooks@acisgroup.co.uk
Grantham	Church of Ascension, Harrowby NG31 9OZ	Starting: 4th September	Mondays	10-12pm	Weekly	rev.samparsons@gmail.com
Stamford	Garden Room, LCC Day Centre, PE9 1UF	Starting: 26th July	Wednesdays	10-12pm	Fortnightly	Shani@mindspacestamford.com
Spalding	Tonic Health, PE11 2AF	Starting: 1st August	Tuesdays	10-12pm	Weekly	laura@tonic-health.co.uk
Sutton St James	SSJ Baptist Church, PE12 0EF	Starting: 10th August	Thursdays	10-12pm	Weekly	sue@ssjbc.org.uk

NETTLEHAM

Nettleham Community Hub is a thriving centre dedicated to combating loneliness, fostering community cohesion, and enriching the lives of individuals in Nettleham and beyond.

At Nettleham Community Hub, we offer a range of activities and services that contribute to our mission including a library, community garden, volunteering opportunities, seasonal events and activities, shared and studio spaces and office spaces that accommodate independent enterprises providing services such as massage, reiki, beauty and wellness treatments, home education through LEGO play, and foot care practices.

The aim of the Long Covid Peer Support Group is to provide a safe and welcoming space for individuals

to come together, share their experiences, and offer mutual assistance. Our group sessions will take place **every other Wednesday from 1:30pm to 3:00pm.** Whether you're seeking to connect with others who understand, share your challenges, or simply lend a listening ear, our supportive community is here to empower and uplift. Join us as we foster an environment of understanding, empathy, and growth, where you're not alone on your journey. Together, we can navigate the path towards well-being and resilience.

For more information, contact cat@thehubnettleham.co.uk or simply come along for a chat!

SUTTON ST JAMES

The Hub @ Sutton St James Baptist Church is open every weekday 10am – 12noon with our Renew SSJ providing a friendly and welcoming place for people to enjoy a cuppa and a chat, because once you come through our doors you are welcomed as part of our SSJBC family where everyone is known and loved.

Renew SSJ also offers a variety of other optional activities from crafts to knitting, chair exercise to chess, all aimed at helping people to stay mentally and physically active whilst having some fun. SSJBC also has a monthly community lunch, men's breakfast and film night and some other special one off events – do check out our website for full details: www.ssjbc.org.uk

Our Long COVID peer support group is a new group that is taking place **weekly on Thursday mornings (except the last Thursday of the month when it is our Community Lunch).** We are hopeful that those who have been affected by this condition will find support and encouragement from others in the group and that they may also choose to get involved with some of the other activities provided by SSJBC. We are always keen for our guests to suggest activities that they may wish to try and to help in co-producing them.

So why not pop in and say hello – we would love to meet you.



ALFORD HUB

Alford Hub is a support and information hub which can help people across Lincolnshire. We have 142 Volunteers and to date have completed over 80,000 help requests since our launch in 2020.

We offer the following services: Befriending, Outreach and Wellbeing, Hospital Discharge support, Ukrainian host and guest support, Uniform and Baby Bank, Prescription Delivery to the Housebound LN12 and LN13 only, social media and IT support, Citizen Signposting, Benefit and Debt Signposting, Budgeting, Poverty and Crisis support.

Alford Hub also offers peer to peer support groups in the evening for Menopause, Men Matter and "Spoones"

Support for ME/CFS, Fibro and autoimmune conditions.

We are delighted to be adding Long Covid support to our evening support sessions. Alford is a free parking town and parking is available in the carpark at the rear of the Alford Hub office.

For further information please call 01507 464901 Mon – Fri 9am – 12 noon.



LONG COVID

STAMFORD

The group is run at a quite central location in Stamford at Stamford Day Centre on Rhyall Road. We have a lovely little room and the back of the building, out of the way called the Garden Room. The group meet on Wednesdays from 10.00am to 12.00 noon. We have lots of long covid lived experience to share and offer a safe place to chat, have cuppa and bickey.

I host this group and work in the area as a Community Connector in Bourne and Stamford.

My work is extremely varied and interesting, bringing together organisations in the community to establish links with others in the area to build capacity to support people to improve their mental wellbeing.

I work closely with Mindspace in Stamford who are now a Wellbeing Hub. They offer oodles of activities to help make connections and improve your mental wellbeing.

I am going to run a Coproduction Group to focus on working with people with lived experience to look at how a difference can be made to support those who need help to improve their mental wellbeing. The first meeting was on the 11th September at Stamford Day

Centre from 10.00 till 12.00. I am looking for people to join this group to help shape the future on mental health Services.

I really enjoy my work and am passionate about promoting mental health and wellbeing awareness in the Four Counties PCN.

Please do not hesitate to contact me if you are interested in joining any of these groups or want to know about Mindspace and its work or HAY (How Are You) Lincolnshire. Shani@mindspacestamford.com



GAINSBOROUGH

Hi, I'm Lorraine, Community Connector for Gainsborough, and Trent PCN. Gainsborough is a new Hub that launched April this year at Clip on Bridge Street.

I was so excited to hear about the Shine initiative for Long Covid peer support groups and keen to get one going at the Hub. I was already in contact with 2 gentlemen, both looking for somewhere to share their experience with people that would understand.

Long Covid symptoms are so different for everyone living with the condition, and everyone's journey to getting Long Covid is unique. Talking this through with people who 'get it' is therapeutic and helps the

emotional healing process.

So, we had our Long Covid drop-in introductory session on Monday 7th August, supported by Jane Kelly, and attended by the 2 gentlemen I mentioned, who were very pleased to meet each other, and Jane. We will continue with **fortnightly sessions from Tuesday 5th September 1-2.30pm.**

If you are living with Long Covid, or any condition with similar long-term symptoms, please drop in and see us for a chat.

GRANTHAM

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

Shine Lincolnshire, as part of a Countywide Project to support Long/Post COVID, have had the pleasure of collaborating with Rev Samantha Parsons at The Church of the Ascension, Grantham in bringing a Peer Support Group to local residents of Grantham that will promote resources and bring opportunities to connect and socialise with people who have and or still are experiencing challenges brought on by Long/Post COVID.

The Church of the Ascension host a wonderful

Wellbeing Café every Monday morning whereby local residents can come and experience a warm, welcoming environment with opportunities to meet with friends and make new.

The Church of Ascension Long COVID Support Group will meet within the existing **Wellbeing Café in the Church Hall on Edinburgh Road, Grantham every Monday 10am-12noon, commencing 4th September.** The Wellbeing Cafe is free so anyone who comes along will be welcome to get a hot drink and slice of home made cake. It would be great to see some new and regular faces, and to know that there is something designed to support those who have been affected by the COVID pandemic.



MABLETHORPE

A warm welcome from Barbara and Donna can always be found at the Mablethorpe Wellbeing Hub.

The Wellbeing Hub is based at CLIP in Mablethorpe and was established in 2021 to help promote Mental Health and Wellbeing as part of the NHS Mental Health Transformation programme.

Wellbeing is looked at from a holistic perspective which encompasses physical, emotional, and mental health, social connection and the strategies we can use to help ourselves.

We are proud to be working in partnership with Shine

to offer a peer support group for people with Long Covid and other long-term conditions. Based in our friendly community café which provides snacks, teas and speciality coffees as well as space to chill and chat.

Our aim is to promote every aspect of wellbeing and encourage people to develop support networks and strategies that suit their individual needs, through signposting to other resources and participation in the wide range of activities and groups held on site. We also offer adult and community learning courses and access to higher education, which can offer opportunities to develop new skills and hobbies or even a new career.

SPALDING

Tonic Health's Long COVID support group is run from our Wellbeing Hub in Spalding. The Hub provides a safe place where people to come along and have a cuppa with and a chat. It offers a variety of different groups and activities including therapeutic arts, Night Light Café, tea and toast and a men's group.

The long COVID support group is a new group that runs **every Tuesday from 11am to 12.30pm.** The group is for anyone who is affected by this condition and aims to give people the opportunity to talk to others who have lived experience. Where they can share their

experiences, chat over a cuppa, and build a supportive community.

For more information about the Long COVID support group, or any other groups we run look on our Facebook page <https://www.facebook.com/spaldingsafeplaces>, email spalding@communityconnectors.org.uk or call **Laura 07723 187803**

We hope to see you soon.



LINCOLNSHIRE DOMESTIC ABUSE SPECIALIST SERVICE—DELIVERED BY EDAN LINCS

The Outreach Engagement Team (OET) is a new initiative and an exciting project that has been set up to provide proactive early interventions, targeting communities and individuals who may face barriers to accessing domestic abuse support services.

We are equally invested in playing a key role in increasing community awareness of domestic abuse, this includes training and consultancy with key partners and identifying and working with existing community groups to build their capacity to support and identify domestic abuse victims. A key priority for the OET is to fulfil a partnership link role working with allocated partners and key referrers across the county, developing and building a strong partnership approach to responding to domestic abuse in Lincolnshire and improving victims' experience of domestic abuse support services.

Would your community, business or service benefit from awareness and empowerment around domestic abuse? If so, we can help. We can provide training, support and consultancy to your team or community group, enhancing their knowledge and understanding of domestic abuse, including how to identify and respond to victims and break down barriers that prevent individuals from accessing the support they need. If you would like to understand the support we offer to our service users and the pathways of referral, we can provide a presentation to your team or community group or deliver a power point at your meeting or conference to fully inform you about the emotional and practical support that is available.

We are currently recruiting Domestic Abuse Champions, who are the eyes and ears around Lincolnshire. They may be professionals, business owners, survivors or members of the public who share our vision for the community. The primary role of the domestic abuse champion is to raise awareness about domestic abuse within their own community/ group or agency and to spot signs of domestic abuse and signpost people to get the help they need. They effectively serve as a conduit between victims and specialist support services. We are committed to providing training, support and consultation to anyone who would like the opportunity to be a Domestic Abuse Champion. Our first training event is being held in October 2023 and we will be running this event twice a year.

We are supporting communities and individuals to set up and develop Survivor Groups, with the aim of eventually having a network of sustainable survivor groups across Lincolnshire. These survivor groups are independently run rather than a service provided by LDASS. The groups enhance support for survivors at a local level. Those who have experienced domestic abuse are able to access a safe and empowering space for emotional and practical support, to increase connection with fellow survivors and build confidence, self-esteem and resilience. If you would like to set up or be part of developing a Survivor Group contact the OET team for further information. We are committed to providing training, support and networking opportunities to ensure the success of your new venture.

Meet the team



Ann Canter
OET Manager
annc@ldass.org.uk
07484 019137



Therésa Garcia
OET Practitioner
theresag@ldass.org.uk
07436 150402



Laura Wardell
OET Practitioner
lauraw@ldass.org.uk
07710 856012

Do you feel like you are walking on eggshells?
Do you feel like you are being controlled?
Are you questioning your relationship?



Scan for information and support

LINCOLNSHIRE
DOMESTIC ABUSE
SPECIALIST SERVICE



OPTIONS SOCIAL

Options Social is a brand new and exciting service dedicated to providing regular evening and weekend social events and opportunities specifically tailored for adults and young people aged 16 or over with additional needs.

We understand the importance of creating inclusive and enjoyable experiences that cater to the unique interests and requirements of our members, hence Options Social is born as addition to the existing Day Service.

Our mission is to offer a diverse range of engaging activities and events, fostering social connections,

personal growth, and a sense of belonging within a supportive community.

At Options Social, we aim to empower individuals to explore new opportunities, form meaningful relationships, and experience the joy of shared interests in a safe and inclusive environment.

'Inclusive of attendees' opinions, all members that sign up to join this new community will have the option to put forward their ideas, expressing what events they would like us to plan for going forward.

Come and join us at The Stamford Day Centre or contact us via 07896345149.

CYCLING FOR SHINE LINCOLNSHIRE

Sometimes, individuals in communities go above and beyond to support an organisation that they feel deserve it, one such person is Jordan.

In 2024 Jordan is taking on the incredible challenge of cycling Lands end to John O'Groats to raise money for Shine Lincolnshire.

We could talk about how amazing we think this is, or we could let Jordan tell you himself:

My name is Jordan Stoughton, 33 years old and born in North London, I've been living in Lincolnshire for 3 years.

I am a level 3 Personal Trainer at a gym in Holbeach and I am very much into my health and fitness.

I've chosen Shine Lincolnshire to do my cycle from Landsend to John O'Groats as I've reached out in the past for support with my mental health issues and I believe everyone has been affected by mental health or knows someone who has and I believe the best thing to do is talk and raise awareness about mental health. The event will be over 10 days, cycling average of 100 miles a day with a total distance of 1,189 miles.

I've done charity events in the past including the London Marathon, London to Paris cycle and London Amsterdam Brussels cycle raising funds

and awareness for charities, but this one is my biggest yet and it's a privilege to be doing it for Shine and I'm hoping to reach my target.

Physically, I know I can do it but it will be more of a mental challenge the closer I get to the end as I know my body will need rest but with the support I'll be getting from friends and family at home it will get me to the finishing line!

If you would like to help please visit my justgiving

www.justgiving.com/jordan-stoughton



WORLD MENTAL HEALTH DAY WITH ST BARNABAS

World Mental Health Day, a day in which the whole world comes together to raise awareness for Mental Ill Health and the support that is available to those who need a helping hand.

St Barnabas provides wellbeing services that are available to all our patients, their families, and carers, free at the point of access. This includes, but is not limited to: Bereavement support, Counselling, BEAM (Building Engagement Around Mental Health) Café sessions in the Boston area, Welfare and Benefits advice and Spiritual care.

One of our latest initiatives, BEAM Café sessions, is a joint venture with the Parish of Boston, and the Boston Neighbourhood team. This group offers people a safe space for anyone, over the age of 18, who is experiencing challenges with their mental health and wellbeing. It takes place every Tuesday afternoon from 12pm to 3pm and Wednesday evening from 4pm to 7pm at St Botolph's Church Boston (The Stump).

For further details about the BEAM Café, and to register your interest in volunteering, please contact Heidi Freeman on 07833 786816 or 'heidi.freeman@stbarnabashospice.co.uk'

We also have multiple Wellbeing Centres around Lincolnshire that run support groups and other

services. These are in Boston, Grantham, Lincoln, Louth, and Spalding. To find out what wellbeing services are available near you, visit our website www.stbarnabashospice.co.uk/wellbeing or call us on 0300 020 0694

Meet your St Barnabas Community Fundraisers, Deborah Yarwood, Fiona Malloch-Rear, and Olivia Dexter!

Between the three of them, they help support the community and individuals across Lincolnshire with their fundraising activities. The following areas they cover are,

Lincoln – Deborah

South Lincolnshire – Fiona

East Lincolnshire – Olivia

If you're thinking about fundraising or volunteering, get in touch with them. There are St Barnabas fundraising initiatives such as, Care for a Cuppa and Pub Quiz, or if you're stuck for ideas, check out our fundraising page!

Get in touch by email fundraising@stbarnabashospice.co.uk or call us on 01522 540 300



CALLING ALL BUSINESSES

Advertise your business with Shine Lincolnshire!

Shine Lincolnshire have an exciting opportunity for Lincolnshire businesses to advertise in our regional Shine Connect Publication!

Our quarterly, 64 page Shine Connect, goes out across Lincolnshire and is seen by over 15,000 people each edition.

Prices start from £75 inc Vat, get in touch via communityengagement@shinelincolnshire.com



Shine Lincolnshire reserves the right to refuse any business that conflicts with its vision, values and purpose. For full information, please contact Shine.

Advertise your business with Shine Lincolnshire!

WORLD MENTAL HEALTH DAY AS A CARER

By Daniel Fleshbourne



This edition of my blog coincides with World Mental Health Day. This year's topic is "Mental health is a universal right". This is a perfect opportunity to discuss the importance of looking after our own mental health and wellbeing as unpaid carers.

There needs to be a clear understanding and appreciation throughout the whole of society that anyone, of any age including children, can become a carer over time or overnight. Whether it's due to illness, frailty, disability, mental health problem or an addiction. Indeed, it's estimated there were up to 10 million people with an unpaid caring role within the UK last year (State of Caring 2022).

More needs to be done to support unpaid carers own mental and physical health. A study in April 2021 showed that unpaid carers are more likely to be disabled than non-carers*

Recognising the simple fact that without the carer, the people they care for could not cope on their own, thereby further increasing the pressure (and costs) on an already stretched health and social care system.

This vital yet unpaid support role saves the health and carer system up to 160 billion pounds every year (the cost of another NHS). In return unpaid carers are often given little or no training, support, or time off from their caring role that can be 24/7 365 days a year, one that often leads the unpaid carer themselves to become isolated, overwhelmed and struggling with their own physical and mental health.

For example, a recent CarersUK survey* reported that over a quarter of carers (29%) often or always felt lonely. Yet high quality respite care which could allow them to spend time with friends and family remains difficult to obtain and is often prohibitively expensive for those who need it most.

"Carer Awareness" within business and public organisations remains low despite the availability of free training and support. Public knowledge, understanding and acceptance of the unpaid caring role can vary wildly between our diverse communities within Lincolnshire. In some cultures, even talking about unpaid caring or mental health can be a taboo subject.

However, it is important to recognise that in Lincolnshire there are great efforts being made to increase the identification and support for unpaid carers and young

carers and working carers (employed with an additional caring role).

The Lincolnshire Carers & Young Carers services are the "front doors". They are able to offer support, signposting and advice. The public and voluntary sectors now have many ways they can support carers including offering advice and training and education. It's always worth asking!

Nationally there are laws that support unpaid carers, one such example is the Care Act 2014, that entitles unpaid carers to request a "Carers Assessment" of help they may need to support them in their caring role from their Local Authority (Lincolnshire County council in our area).

This year a new law (The Carer's Leave Act 2023) has become law and will be enacted from April 2024 enabling employees who also have an unpaid caring role to up to 5 days unpaid leave per year to support the people they care for without having to use up their own Annual Leave entitlement.

If Mental health is to become a "universal right", we should recognise and reduce the impact being an unpaid carer can have on people's mental health as despite all the progress we continue to see poor long-term outcomes for people who all too often become overwhelmed by their unpaid caring role, struggling to support the people they love and care for.

If you are struggling with your own unpaid caring role, you can contact Lincolnshire Carers Service (01522 782224). For anyone under 16 please contact Lincolnshire Young Carers Service 01522 553275. If you need to talk to someone about your mental health, you can call 0800 001 4331

**Coronavirus and the social impacts on unpaid carers in Great Britain April 2021*

**State of Caring 2022 (CarersUK)*

CANCER SUPPORT IN LINCOLNSHIRE

Hello I am Linda Clark and I am the volunteer support for the Lincolnshire Secondary Breast Cancer Support group. I would like to begin by telling you a little about “Secondary” Breast cancer.

Secondary breast cancer is where the cells from a primary breast cancer have spread and are growing a tumour of breast cancer cells in another part of the body. It most commonly spreads to the lungs, bones, liver or brain. It is sometimes called advanced breast cancer, metastatic breast cancer or stage4 breast cancer. Unfortunately, Secondary breast cancer can't be cured, the aim of treatment is to control the cancer, improve the symptoms and help you to live well for longer. Secondary breast cancer is not a recurrence of breast cancer.

The group started in July 2022, with the help of Make2ndsCount, St Barnabas and Lincolnshire Countywide Living with Cancer Programme.

We hold monthly tea and chat sessions at St Barnabas Well-being Unit on Hawthorn Road, Lincoln and Novak House in Boston for anyone affected by a secondary breast cancer diagnosis.

Our motto is **“Be Yourself”** and in our sessions there is time to sit, chat and have some refreshments. We also aim to give information to help support wellness, advice on nutrition, exercise, mindfulness, also to have the chance to talk to Health Professionals e.g. The Breast Transitional Cancer Nurse Specialist. The group members really seem to appreciate the sessions.

To join our tea and chat group or for more information please email me at sbc.supportgroup@stbarnabashospice.co.uk, where I will answer your questions, organise registration and forward dates and times of upcoming sessions. Clients can self-refer they do not need a Health Professional referral.

Information can also be accessed on www.make2ndscount.co.uk/

MAVERICK WARRIORS SKEGNESS

A support group for anyone affected by a cancer diagnosis whether you are the patient, a family member, friend, or carer.

JOIN OUR FACEBOOK AND PRIVATE MESSENGER GROUPS AND MEET OTHERS ON A SIMILAR JOURNEY.

Make new friends, seek advice, ask for help and support, share experiences, a chat or have a rant as the need arises.

No one judges you; we've all been there!

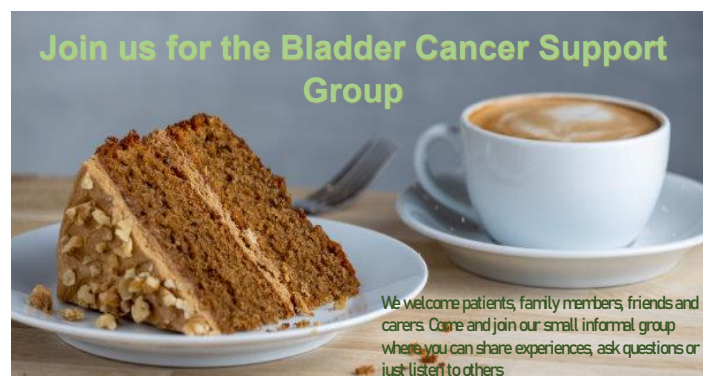
We have a meeting on the **first Tuesday** of every month alternating between Morning Coffee and Afternoon Tea (subject to Covid measures) where you are welcome to join us.

CHECK OUR FACEBOOK PAGE FOR DATES & TIMES ALONG WITH DETAILS OF OUR NEW VENUE.

For further information email:

maverickwarriorsskegness@gmail.com

DON'T BE A WORRIER, BE A WARRIOR!



Contact Laura Crowson Urology Cancer Specialist Nurse on 01522 573821 or Bcsg1ln2ng@gmail.com for more information

Men About Cancer

ONLINE SUPPORT GROUP

2nd Wednesday of every month 7-8PM

For further information and to receive the link to join online, please email:

MenAboutCancer@gmail.com

For any man affected by a cancer diagnosis.



Breast Friends



Supporting each other

An informal Grantham and local area support group supporting both men & women.

Breast Friends is here for anyone that has been affected by breast cancer – in any way.

Breast Friends Grantham

breastfriendsgrantham@gmail.com

MULTIPLE MYELOMA	HEAD AND NECK CANCER	HODGKIN'S LYMPHOMA	ESOPHAGEAL CARCINOMA	KIDNEY CANCER
APPENDIX CANCER	BREAST CANCER	SARCOMA (BONE CANCER)	TESTICULAR	CHILDHOOD CANCER
LEUKEMIA	<p>GRANTHAM Chemosabes NO-ONE FIGHTS ALONE</p> <p>Dealing with Cancer Together</p> <p>Reaching out to anyone affected by any type of cancer and its treatment - whether dealing with a diagnosis or sharing the journey as a spouse, partner, child or friend wanting to offer support.</p> <p> Grantham Chemosabes GranthamChemosabes@aol.com 07710 167433</p>			NON-HODGKIN'S LYMPHOMA
PANCREAS CANCER				CERVICAL CANCER
STOMACH CANCER				BLADDER CANCER
A BRAIN TUMOR	COLON CANCER	OVARIAN CANCER	LUNG CANCER	THYROID CANCER
LIVER CANCER	PROSTATE CANCER	MELANOMA & SKIN CANCER	HODGKIN'S LYMPHOMA	KIDNEY CANCER

GRANTHAM CHEMOSABES IS NON-PROFIT MAKING AND NOT A REGISTERED CHARITY

Are you

- Worried you may have cancer symptoms?
- Currently dealing with a cancer diagnosis?
- Living with cancer in remission?
- A cancer survivor?
- Caring for someone with cancer?
- A friend of, or know someone, with cancer and you'd just like to help where you can?



Join our Facebook group, Grantham Chemosabes, (despite the name, you don't have to be in Grantham - we're here for everyone, wherever you are) or contact us via email or phone. We share experiences, hints and tips. We ask questions of people who can understand and relate to our concerns. We pass on valuable information from Professionals, medical practitioners and those working with us and we make new friends who are treading the same path.



Grantham Chemosabes was founded by Julie Harrod in August 2021 after dealing with five differing types of cancer over several years. Chemosabes' intent is to offer support when needed, to anyone affected by any type of cancer - whether dealing with a diagnosis and needing help with the practical stuff, seeking a forum to voice concerns and listen to the experience of others or a passenger sharing the journey wanting to offer the right type of support and say the right words to loved ones.

Join us now - *Together we're stronger*

NAVIGATING GRIEF

Grief is a deep feeling of sadness when we lose someone we care about. It's something we all go through, and it can be really hard. Dealing with grief is a personal journey, and there's no right or wrong way to do it. In this piece, we'll talk about how to cope with grief in a simple and caring way, using everyday words.

Feel Your Feelings

Grief doesn't follow a set pattern. It's okay to feel different things at different times. Sometimes, you might feel very sad, and other times, you might feel a bit better. It's important to let yourself feel these emotions without thinking it's not right.

Talk to Someone

When you're grieving, being alone can make things feel even harder. It's good to talk to people who care about you, like friends, family, or people who are trained to listen and help. They won't judge you, and they'll be there to support you.

Remember Good Times

Memories are like little pieces of treasure. They help us remember the good times we had with the person we lost. You can do things like share stories or keep

special things that remind you of them. This can make you feel close to them in a special way.

Be Kind to Yourself

Grief can make you feel tired and emotional. It's really important to take care of yourself. Eat well, rest, and do things that make you feel better. Treat yourself like you would a good friend who needs comfort.

Take Your Time

There's no hurry when it comes to grief. It's okay to take things slow and not rush to feel better. Everyone heals at their own pace. Remember, it's your journey, and you decide how to take it.

Find Meaning in Small Things

Even when you're really sad, finding things that bring a little bit of joy or purpose can help. It could be doing something you love or helping others. This can help you start to feel better, bit by bit.

Dealing with grief is something we all go through, and it's okay to feel sad. Remember, you're not alone, and there are people who want to support you. Take it one step at a time, be kind to yourself, and you'll find your way through the sadness.



TELL US ONCE

Tell Us Once is a free service that allows you to inform central and local government services of the death at one time rather than having to write, telephone or even attend each service individually.

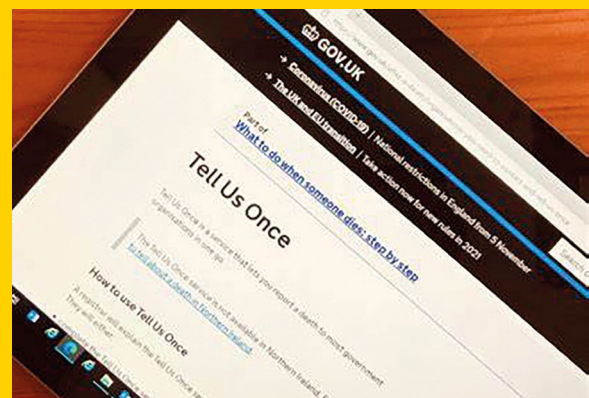
The process after someone dies can be a challenging and confusing time, you are dealing with extreme emotions and may not feel able to undertake the task of notifying organisations and authorities of the death.

The service can save a bereaved individual a great deal of time and pain when it comes to the administration surrounding a death of a loved one.

The service is offered by most local authorities on behalf of the Department for Work and Pensions (DWP) and you should be notified by the Registrar, along with

your unique reference number when you register the death.

www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once



LIVE AND LOCAL IN LINCOLNSHIRE

Bringing quality, affordable, live entertainment to the heart of your community!

We invite enthusiastic Lincolnshire community groups, to become part of Live & Local's network of over 250 groups across the Midlands! Village halls and community spaces across the county are already enjoying this wonderful opportunity, but there is room and funding for more.

This year, we have a choice of seventy shows including (but not limited to) drama; comedy drama; children's shows; dance and music of every genre. We combine your local knowledge and our expertise to bring your community together to share unforgettable experiences in your local venue, whether that be a village hall, community centre, church, school, library or social club. You don't need a stage or any special equipment, or even any experience promoting arts events.

Our professional office team help you to select shows that suit your local venue and audience. We co-ordinate the bookings, give friendly advice and support, and provide a financial safety net.

It's FREE to join the Live & Local network - made possible by support from Arts Council England and your Local Councils. This means that the shows are a low financial risk; but in the end nothing happens without the support and enthusiasm of local volunteers and their communities. Tasks include choosing, organising and hosting shows, marketing and liaison.

This scheme sees professional actors, musicians, dancers and puppeteers coming directly to the heart of your community.

It is a way to give the whole community something to look forward to and to come together for. It's a way to

enjoy high-quality entertainment without the need for travel, and to provide a shared experience to remember and savour for weeks to come. As one volunteer said, "it's a way to galvanise a community".

"The experience is totally empowering." Volunteer Promoter

LIKE TO BE INVOLVED?

Get in touch with our Community Engagement Officer for Lincolnshire at lesley@liveandlocal.org.uk and read more about becoming a volunteer promoter at liveandlocal.org.uk.

Live & Local works with voluntary groups and professional artists to create new audiences for arts and to build stronger communities. We offer subsidised live professional, high-quality performances as well as creative engagement projects and artistic development programmes.

In thirty years, the organisation has grown from a pilot project in Warwickshire to now supporting a range of arts activities across seven counties. We work with a range of funders and thirty-five local authorities to meet both national & regional strategies.

Excitingly, if you live in Alford or the villages surrounding it, Live & Local has funding to bring you new creative activities or projects identified by your community (not just performance). So, if you fancy trying tie dye, setting up your own pottery group, if you have a marvellous idea for a laser show across your playing fields or something else entirely – do get in touch with lesley@liveandlocal.org.uk.

Live & Local is also a National Portfolio Organisation (NPO) of the Arts Council England.

TAKE A BREAK WITH BERT ANSWERS!

Crossword

Across

4. Acorns
7. Hashanah
8. Orange
10. Scarecrow
11. Pumpkin
13. Rodent

Down

1. Leaves
2. Autumn
3. Halloween
5. Rake
6. Thanksgiving
9. Harvest
12. Corn

Bert's Countdown Conundrum

- 1 + 3 = 4
100 + 8 = 108
108 x 4 = 432
432 - 1 = 431



It's OK not to be OK

If you are feeling stressed or overwhelmed these simple daily tips may help

TOP TIP 1: Get active and spend time outside

TOP TIP 2: Connect with others

TOP TIP 3: Focus on what is in your control

TOP TIP 4: Make time for hobbies you enjoy

TOP TIP 5: Access mental health support if you need help

mh **NHS**

Want to talk about it?

Don't bottle it up.

Search 'need help now Lincolnshire'

Call our mental health helpline to talk to someone who can help you. Lines are confidential and open 24/7

0800 001 4331

Lincolnshire Wellbeing & Recovery College

People over the age of 16 can access free educational courses on mental health and wellbeing

07581 008924

www.ljft.nhs.uk/recovery-college

NHS Lincolnshire Talking Therapies

The service helps people who are experiencing common mental health problems such as anxiety, depression and stress

0303 123 4000

or you can self-refer on the website www.lincolnshiretalkingtherapies.nhs.uk

Here4You

24/7 Mental health and emotional wellbeing advice line for young people, parents and carers

0800 220 6342

How are you, Lincolnshire?

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



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

T 01522 300 206
E communityengagement@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 Communityengagement@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 communityengagement@shinelincolnshire.com to find out more and to sign up.

Disclaimer

The views expressed in the Shine Newsletter are those of the individual contributors and do not necessarily represent those of the Editorial Team. While every effort is made to ensure accuracy, we cannot be held responsible for alterations which occur during the publication process.

No anonymous articles will be published in this newsletter; however contributors may request that their names are withheld from publication.

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