



Connect

Winter 2023/24



Photo credit: David Bruce

Check out the Winter edition of Shine Connect!
Find out all about Shine's Year in 2023 and what's
going on across the county!

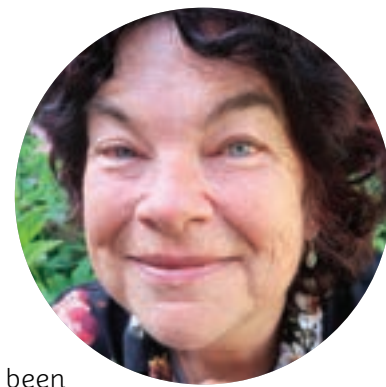
And So Winter Is Almost Over...

Finally. Finally, spring is about to be sprung. Are you, one of those just waiting to get through it? You put your head down on Halloween and don't come up for a look around until Valentine's Day. A bit like the groundhog coming up to see if spring has arrived. If this is you maybe you will join me on this new journey. It's not too late.

You see, I've decided that winter is not something just to be endured. We have to go through it, together. So we had best make the most of it. Winter in England is, in fact, a wonderful season. I have resolved to go for more wintery walks. I even know the science. A study from the Woodland Trust says that research has shown that chemicals called phytoncides, released by plants and trees, strengthen our immune, hormonal, circulatory and nervous systems when we breathe them in. And phytoncides are released in the greatest concentration after the rain. No wonder I love to bundle up and give thanks for my warm parka. Dressing properly for winter is half the battle.

When I moved to England from my native Canada 30 years ago, my husband taught me how to appreciate the rain. But to be honest, I did miss the snow. In a lot of ways the rain just made me sad. There is so much you can do in snow – cross country skiing, downhill skiing, snow shoeing and skating. Outdoor skating was one of my most favourite activities. And when I moved to England all I saw during winter were wet and grey skies. At least at first that was all I saw.

One wintery day Bill, my husband, had me stand outside - between down pours - and asked me what I saw. Then he asked me what I smelt. Then he asked me what I heard. I had to admit I was pretty bowled over by what I did see. I never realised how many shades of green that England is; even in winter. I smelt the soil and the tree leaves – always putting out healing odours. I was, in fact, smelling phytoncides. And I heard many birds that had not flown south. With the gentle help and coaxing of Bill, I no longer saw English winter as a wall of water. Instead I saw England as a green and pleasant land of possibilities. Embracing winter is the way forward. I also, on that day of discovery, realized that winter light in England is excellent for taking photos. Not too bright, just right.



And so this winter just passing has been one of joy for me. Practicing what I preach, I now have lots of outdoor pursuits, lots of embracing the cold. Taking lots of photos, making lots of memories. I have enjoyed the variety of weather. This winter we've had fabulous sunny days and torrential rain. Now I'm not saying I won't miss the season. I look forward to the passage into spring; I look forward to taking off a few layers of clothing, even my beloved parka. So remember the rest of this winter is not to be endured, but rather, it is to be enjoyed.

Kate Hull-Rodgers
Stepping Stone Theatre for Mental Health



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EDUCATION AND TRAINING WITH SHINE LINCOLNSHIRE

Wow. Where has the year 2023 gone!?! Training continues to grow at Shine Lincolnshire. 2023 has brought an increase in our delivery and the range of organisations we have supported with training.

We have trained a large number of individuals this year across the following courses:

First Aid – 74 people across 9 courses

- Basic Life Support (4hr) – 12 – 1 course
- Emergency First Aid at Work (one day) – 50 – 7 courses
- Basic Life Support Awareness - 12 - 1 course

Mental Health – 265 people across 30 courses

- MHFA -147 – 16 courses
- MHAW – 109 – 13 Courses
- MHFA Refresher -9-1 course

Suicide First Aid – 151 people across 17 courses

- Suicide First Aid Lite (4hr) – 43 – 6 courses
- Suicide First Aid: Understanding Suicide Intervention (one day) – 34 – 4 courses
- Suicide First Aid: Children and Young People (one day) -63- 6 courses
- Suicide Aware (bespoke) – 11-1 session

Here’s what some of our attendees say about their training:

“Ilan did an excellent job as a course facilitator. There was good management of the material, time for participants to contribute, and good teaching when questions were asked. The course booklet and workbook are very good resources to have and it’s great being able to show others that I have undertaken the training, by wearing my pin!”

“Absolutely brilliant course, Ilan really has a passion of teaching mental health first aid, he makes it so personal with his own experiences and



cares so much about the course and those on it. His delivery is so compassionate and focused around the care of those on the course. This was quite a challenging course but made real, interesting and embracing by Ilan’s unique method of delivery.”

Our attendees have included our Peer Support Workers, staff from VCS, church staff and volunteers, LCC staff, schools and other educational organisations, Social Prescribers, volunteers from community projects supporting food larders/pantries, Night Light Café’s, equine therapy staff and volunteers, leisure centre staff, private businesses and the general public.

The opportunity to support, extend the skills and capacity of the groups and organisations within Lincolnshire is hugely satisfying.

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

New for 2024 is the **Mental Health Skills for Managers** course from Mental Health First Aid England and **Suicide First Aid CYP** from the National Centre For Suicide Prevention and Training. All our courses are listed on our website in the ‘Education and Training’ drop down menu.

Feedback is hugely valuable for the continuing review and development of the training and the delivery of courses. Thank you to those giving a little time for their reflections.

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

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





BERT'S BIG ADVENTURES!

Hello everyone, Bert here.

Before I talk about a couple of things I've been up to, I would just like to congratulate the Shine Team that conquered the **Yorkshire 3 Peaks**, back in September.

What an achievement and especially completing it in those terrible wet and windy conditions was a great accomplishment.

Since the last newsletter I have attended numerous events and organisations. I managed to get round the **Gainsborough 10k route** with the help of Tristan from **Wright Way Sports**. I've also

attended a family event at **Heckington Church**, the children and some of the adults were pleased to see me and I had a few selfies with the attendees.

I visited **St Francis School in Lincoln** where Ian delivered a **5 ways of wellbeing assembly** and afterwards the children got to meet me, some gave high fives and others waved. It was a great morning and I really enjoyed my time at the school.



On December 7th I attended a **Christmas event in Gainsborough, at Ashcroft Green**. I took part in a **mascot race** and gave it my best, while also getting into the festive spirit.

I was lucky enough to meet Santa at **The Storehouse in Skegness** and celebrate the holidays with families in the area.

Last year was a very active one and I enjoyed meeting everyone all over the county.

I have completed a 5k and a 10k so I thought... why not move up a distance? So I will be running in **The Boston Half Marathon in May!**



FUNDRAISING THROUGH 2023 WITH SHINE LINCOLNSHIRE!

Shine Lincolnshire have had a busy 2023 taking on new challenges and raising a little money along the way!

At the end of last year Bert was joined by Tristan of Wright Way Sports to complete the Gainsborough Morton 10k run! The event was sold out, so it was great to see Bert encouraging crowds of runners along (having a big orange fluff ball behind you is certainly going to make you run!). As an inclusive event it is for runners and walkers of any ability and Bert thoroughly enjoyed completing the course, earning another medal for his collection, and spending the rest of his time cheering others over the finish line. Very well done to Tristan too, for not only completing the run himself but for keeping Bert inline throughout the day! We think he deserves an extra medal for that.

More recently, Shine's Donna (Community Engagement Coordinator, South) and Sammy (Communication & Participation Officer) joined forces with Jo of Stamford Resource Centre and Stamford volunteer, Barrie, to don their Santa suits and complete the Stamford Santa Fun Run. On a chilly 10th December a wave of red could be seen sweeping through Burghley Park, Stamford, as 1,500 Santa's completed one of 3 running courses. Our team were not only raising funds for Shine, but their participation supported Sue Ryder Thorpe Hall Hospice, Cambridgeshire, MindSpace, Stamford, and causes of The Rotary Club of Stamford Burghley.

These are just two events in what has been a full year of fundraising challenges for Shine staff and volunteers.

Last summer a team of Shine colleagues, trustees, and volunteers, completed the Yorkshire 3 Peaks. Setting out at 5am, they battled heavy rain and strong winds for 12 hours!

Earlier in the year Shine hosted the Gainsborough Football Cup and Peer support Worker, Sarah and Community Connector, Jo guided Bert round the Caythorpe 5k.

Not only have the Shine team undertaken fundraising challenges, we've partnered with businesses to help raise money for Shine. This has included a create your own pom-pom Bert craft night with the oh so talented Priki Pear in Lincoln. The event was a fantastic chance to try something creative and chat about wellbeing.



Regus in Lincoln also put on a bake sale and raffle in aid of Shine, which Lucy, our Communication and Participation Manager loved being a part of (and not just for the amazing cakes!). It was a great chance to network, highlight the amazing work shine does and in just two hours raise over £100 for the organisation!

As a charity, it is important we actively fundraise not just to help us cover operational costs and ensure our ability to fulfil our missions, but to continue to raise awareness of what we do, be present in the community and learn about how we can continue to strive to meet community needs. We also know it is important to challenge ourselves, having goals is good for our wellbeing, but we still need the support of each other to get through.

We would love for you to be involved in our fundraising activities in any way you can. So, if possible, please do continue to donate to the cause through our JustGiving pages or by contacting us. If you want to take part in an event or have an innovative fundraising idea, or simply want to share encouragement, then please do get in touch!



SHINE ATTENDS THE ACTIVE LINCOLNSHIRE AWARDS!

LINCOLNSHIRE
SPORT &
PHYSICAL
ACTIVITY
AWARDS
2023

On Thursday 9th November, Shine Lincolnshire had the privilege of attending the Active Lincolnshire Sport and Activity Awards 2023. Anticipation was in the air as people from all over the county filled the Engine Shed in Lincoln to celebrate sporting talents and individuals and organisations that have gone that extra mile to inspire our county to be active.



Gradually, people took to their seats at elegantly dressed tables and the ceremony kicked off with a stunning performance of dance and cheerleading from Inclusion and Diversity Award winners, Royal Volcans Cheer and Dance. We were introduced to our hosts for the evening; Ladi Ajayi, a sports and activity professional and Kyle Campbell, a local and international sports commentator. What followed was a night of passionate and heart-felt stories from all of the shortlisted nominees – there were boxes of tissues on every table for a reason!

Winners were diverse, from Bourne's Dimension Skatepark, a free facility for young people who might not otherwise have the opportunity to be physically active, to Sutton on Sea's Beachcare, a group set up 7 years ago that combines friendship, wildlife watching, and walking with litter picking. There were projects whose success had led to countywide expansion like Fighting Fit, a physical activity programme supporting anyone living with or recovering from cancer, and individuals that

had really gone the distance, like Steve Robinson who achieved his target of swimming 100 miles and therefore decided to double it to 200 miles in 2023.

Sadly, Shine didn't pick up the award for Active Workplace, but we were proud to be recognised for our achievements including fundraising challenges of 5k and 10k runs and the Yorkshire 3 Peaks, our work sports day, hosting of the Gainsborough Football Cup, aerobic exercise session coordinated with Joe Wicks' World Book Night publication, and our ongoing cycle to work scheme. We were joyous for the well-deserved award winners, Lincoln College, who implemented 'Project You' that offered staff and students free gym memberships, resilience and mindfulness classes, and training programmes.

As the night came to a close, there was opportunity to mingle with the familiar and unfamiliar faces that are behind the ever-increasing number of activities and support networks that stretch our vast county. As people began to leave, pausing for a photo opportunity in front of the glistening #LSPAA lights, it was humbling to witness so many people full of enthusiasm for one mission – to create opportunities for absolutely everyone in Lincolnshire to engage in mental and physical wellbeing activities and to live a life of value, one in which they can Shine.

Thank you to Active Lincolnshire for arranging such a motivating event and we hope to see you again next year.



PEER SUPPORT WORKERS UPDATES

Apex/Lincoln Health Partnership

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

Upon starting the role, I explored every inch of Lincoln city and surrounding areas in pursuit of trying to find as many organisations, groups, activities, awareness events, projects (I could go on) as I could to ensure I could put them on the table for when I received my caseload. And I can confirm, there are an TON out there!

But one thing that really touched me, was when I attended an Overdose Awareness Day event at We Are With You, a charity that provides free, confidential support to people facing issues with drugs, alcohol or mental health.

The staff there were so passionate about their roles and how they can help and assist those struggling with addiction. The information they were ready to provide to anyone and everyone that came through their doors with regards to their services and how they can help people; including the friends and family of those who have a loved one battling addiction. They even taught how to administer Naloxone in case I ever come across an individual suffering from an overdose- which is invaluable knowledge.

There is no judgement from the amazing bunch at We Are With You. They are a friendly lot who just want to help those who ask, wherever they may be in their journey.

It's not easy to admit you have a problem. It's even harder seeking support to get you back on track. But there are services out there just like We Are With You that can assist you on that journey to recovery. There is no shame in admitting you're at rock bottom, because there are people and places that will give you all the tools to climb that damn rock- and once you're at the top, you'll stand braver, stronger and wiser than ever before.



EAST LINDSEY/MERIDIAN

Hi I'm Donna, I am the new Peer Support Worker for the East Lindsey & Meridian area.

My Journey started in October 2023 with Shine, so I am relatively a newbie. I am very excited to start my new role and being able to help and support people on their own unique journey.

My time at present is being spent doing lots of training and attending courses.

In my short time with Shine, I can honestly say I already feel like I am part of a family. Everyone is so helpful, and nothing is too much trouble for anyone to offer help and advice.

I am very much looking forward to my Peer Support role.

Donna

SLEAFORD

Hi, I'm Rachel, I'm the new Peer Support Worker for Sleaford.

I am new to Shine and the Peer Support role and I'm going through my training. I am excited to make connections and discover more about what's offered in the community.

Since joining Shine everyone has been so welcoming. I am looking forward to utilising my skills and training to help and support others on their journey to wellbeing.

Rachel



SOUTH LINCS & RURAL

Hi, I'm Olivia, Peer Support Worker in South Lincs & Rural. Since moving over to this team I have been spending some time getting to know the area and what support is available.

I have had the pleasure of meeting the Community Connectors at Tonic Health who are full of knowledge and have given me an abundance of knowledge on what support there is in the area, including craft groups, dementia support, men's sheds, domestic abuse support...the list goes on! I have also had the pleasure of meeting Danny and Mike who run Lads Like Us, their mission is to educate professionals by sharing theirs and others lived experiences and how we can support them, it was truly inspiring listening to their "Million Pieces Experience". Hearing individual's journeys such as Danny's and Mike's are the exact reason why I choose to do this job. If one person comes to you to tell their story and they feel heard, that itself can make such a difference, and being that pillar of support and trust for someone is an absolute honour. It really does make a difference when someone listens to you, supports you and motivates you, as not only do you feel less alone, but you also feel rooted for knowing that there is someone along the sidelines cheering you on!

Olivia

SENIOR PEER SUPPORT COORDINATOR

I'm Katy Howitt and I am the new Senior Peer Support Coordinator.

My role is to support Shine's wonderful Peer Support Workers who walk alongside people on their wellbeing journeys using their own experiences to offer support and guidance.

I started working for Shine in February 2022. Prior to my new role I was the Grantham Community Connector. I am excited to take on this new opportunity to work with our Peer Support Workers. I am so proud to work for Shine, seeing the difference that individual roles within the organisation make to other people's lives is incredible. Shine has grown so much in the time I have worked here.

When I'm not at work, I am a wife and mum of two (and dog mum to a very cute goldendoodle, Peggy). I love going on family holidays (especially cruises) and spending time in the sunshine. Summer is definitely my favourite season. I also LOVE Christmas, I would leave my tree and decorations up all year if I could, November is the very latest I would ever put them up!

Katy

Trent

Hi I'm Kay, I cover the Trent area as a Peer Support Worker.

I love my role as a Peer Support Worker and having lived experience myself, it is nice to help others and share tips that I have used previously, to help them along their journey. I am really passionate about mental health and offering peer support to those that need it by having someone there to listen to their struggles and help recovery, this makes a huge difference to the people you are supporting. All it takes is for someone to know you care.

Kay

Grantham & Rural

Hi I'm Dawn a Peer Support Worker for Grantham and Rural.

In my role I am very fortunate to visit a variety of community groups. One recently being the Well Women's Group at the Bhive in Grantham, supporting the community on Mondays 12-2pm. I was made very welcome into the group with staff and volunteers on hand to support. Bhive have a wonderful chef, Rick, who was making homemade soup for the group as well as apple crumble and custard and tea's and coffee's. A truly warming delight! Nothing was too much for staff making everyone feel relaxed and included in the session.



Dawn



SPALDING

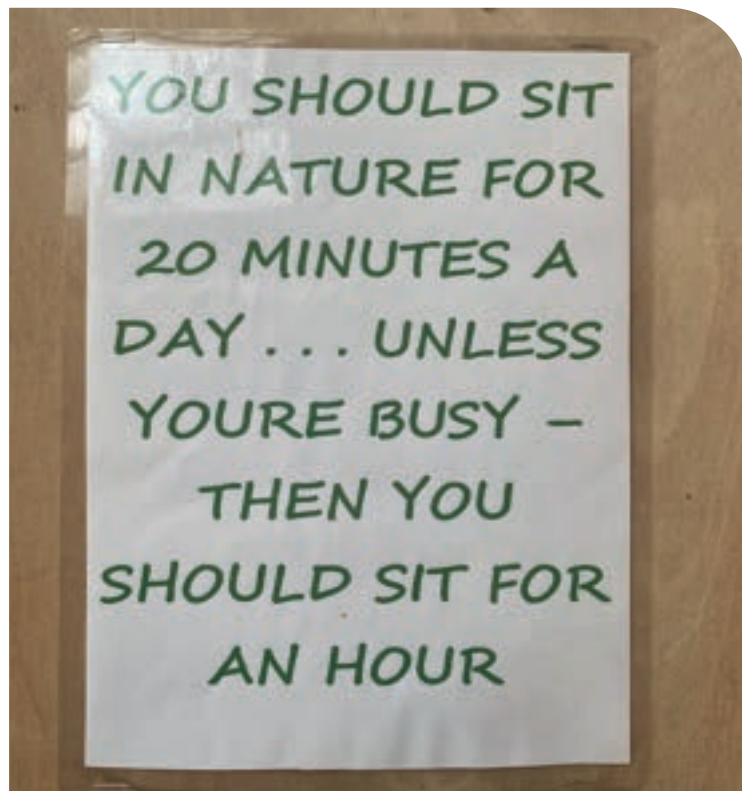
Night Light Cafes provide a safe space and a listening ear for people who are struggling with anxiety, depression, loneliness, and isolation. They offer an out-of-hours non-clinical support service staffed by teams of trained volunteers. They can also provide signposting advice and information on other organisations that may help with more specific needs.

There are many of these held throughout the county, and I attended the one at Tonic Health, Spalding. They run here every Monday and Thursday 4pm – 7pm. It was well attended, with many participants playing group games, puzzles or just sat chatting, with music playing in the background. Pizza and cakes were provided along with plenty of tea and coffee.

For more information on these groups call Laura on 07723 187803 or email Laura@tonic-health.co.uk

Because it helps to talk.

Sarah



FIRST COASTAL

Here's what I've been up to recently.

We have been spending some down time at the ECO Centre, supporting our mental health by being surrounded by nature and using our creative skills with a little bit of wood craft. My creation, which I have to say I'm very proud of, is a bird, however it has been referred to as a pirates wooden leg and a crocodile, something to work on maybe? However, it turns out, sitting in nature and doing something creative has invaluable health benefits. They say you should sit in nature for 20 minutes a day, unless you're busy, then you should sit in nature for an hour!

Bro Pro Skegness have been creating inspirational tags for their 'positivtree'. I was honoured to contribute to this, illustrating my favourite things in my favourite colour. All in green, I illustrated a tree, autumn leaves falling, the sun and the rain, along with my message - I believe in 'Remember Everything is Temporary, Like the seasons' and just like a tree needs sunshine, rain, strong roots, and for their leaves to fall to allow new ones, so do we. We need our own personal elements to allow self growth and opportunities to grow new leaves.

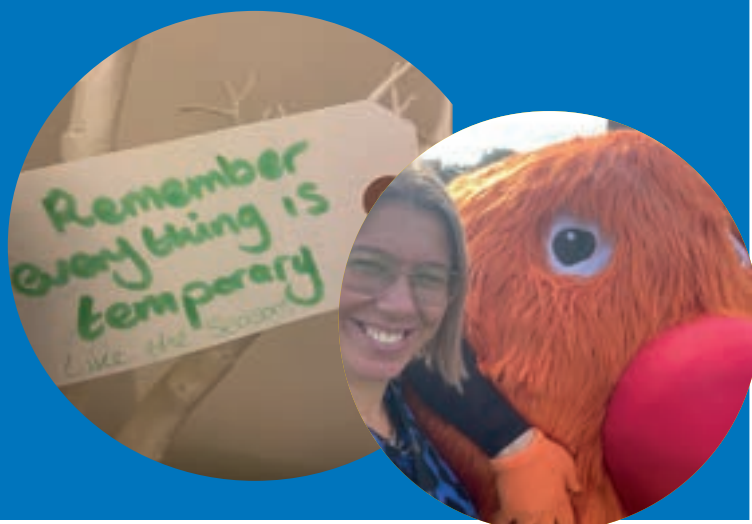
I have also had the pleasure of attending Boston Grammar School's Wellbeing Day, alongside Bert. There were lots of inspirational workshops and talks throughout the day, raising awareness of mental health and wellbeing in

children. However, I do believe one of the highlights for both myself and the children was Bert's interpretation of 'The Griddy', a popular dance move carried out by the children. They were very impressed with Bert's talents.

Our IPBT has had a student nurse, Amber, on placement with us recently. It was lovely to introduce her to the opportunities and projects we visit with the people we support. Amber particularly enjoyed the visit to Black Barn, feeding the sheep and alpacas.

We have recently been utilising the volunteer opportunities available at Gunby Hall for the people we support. Roles include supporting the bookshop, house tours, Christmas decorating, gardening, and surveying the nature surrounding the Hall and gardens. Some of the roles include the title 'Ranger' which I think is really cool.

Gemma



MEET THE NEW PEER SUPPORT WORKERS

DONNA- EAST LINDSEY/ MERIDIAN

1. **Coffee or tea?** Coffee - a nice latte
2. **Breakfast, dinner or tea?** Breakfast
3. **Cats or dogs?** Dogs
4. **Summer or winter?** Summer
5. **Morning or evening?** Morning
6. **Salty or sweet?** Salty
7. **What is your guilty pleasure?** Crisps
8. **What is your go-to karaoke song?** I Will Survive
9. **What mythical creature would you believe was real?** Dragon
10. **What is your favourite colour?** Anything bright
11. **What is your favourite type of weather?** Nice and sunny
12. **What has been your favourite age so far?** 30
13. **What is your go to dinner?** Sunday Lunch



RACHEL- SLEAFORD

1. **Coffee or tea?** Tea
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?** Sweet
7. **What is your guilty pleasure?** Chocolate
8. **What is your go-to karaoke song?** Don't Stop Believin'
9. **What mythical creature would you believe was real?** Dragon
10. **What is your favourite colour?** Blue
11. **What is your favourite type of weather?** Warm and sunny
12. **What has been your favourite age so far?** 20
13. **What is your go to dinner?** Pasta



WEST SUPPORT & ENGAGEMENT COORDINATOR

Hi, Paul - Support and Engagement Coordinator for West Lindsey, Lincoln and North Kestven here.

This quarter I have engaged with numerous groups that are doing great things around the **West of Lincolnshire**.

The work that goes on is amazing, the groups I have visited are making a difference to their communities.

I have visited **Buddies** in Nettleham, a **Dementia Café** that is an amazing place for those living with Dementia. The group runs fortnightly and is a party atmosphere that everyone enjoys. When I visited it felt like a Christmas party or someone's birthday party, but I was told it's like this every time. The energy the volunteers have is brilliant. Each time they have either a singer on or some other form of activity for the attendees to get involved in.



Other places I have visited are **Hope Meadows** at North Hykeham and **Happy Hooves** in Market Rasen. These are both excellent places to visit if you are interested in **horses or other animals** to help with your mental health or wellbeing.

Assist at Cherry Willingham is also a very nice place to attend, they have sessions that encourage friendship and other opportunities to meet people for a **chat and a cuppa** at the Cherry Willingham Library.

Stepping Stone in Gainsborough do some great work at their writing sessions along with **The Network** in Lincoln.

Land and Leaf home education and **Old Wood Organic** are always busy putting on sessions in The Old Wood in Skellingthorpe and **NWCH** do a walking and talking in nature session each week.

EAST SUPPORT & ENGAGEMENT COORDINATOR

Hi everyone, it's Ben here, I am the Support and Engagement Coordinator for the East of Lincolnshire.

This period has seen me working around the **Mental Health and Wellbeing Community Investment Fund with the Innovation & Sustainability** streams opening up alongside Wave 4 of the **Suicide Prevention Fund**. So I have been supporting projects who wish to apply and looking for new projects in the East of the county.

Alongside that I have visited the **Boston Lithuanian Community's 'A Pick Me Up' project**. There, I sat in on an English language lesson and witnessed them teaching not only Lithuanians who have moved here but also Latvians, Ukrainian's and more. After the lesson I checked in on their other project, '**Speak Your Heart Easy**', this provides an incredible service as a drop-in for translation, interpretation and free consultations.



I had the pleasure of shadowing Eve at **Lincoln & Lindsey Blind Society** for a day. It was very moving to see the incredible impact the **Befriending Service** provides. We sat in a gentleman's house as he shared stories of his life. He told us about his holidays all around the world, reaching a high level as a referee in his younger days and also how he used to watch George Best play for Man Utd!

I delivered some of the '**Kick It!**' books to **Horncastle Town FC's Wild Cats** and **Boston Utd FC**. The books were created to celebrate female athletes and inspire and empower the next generation.

In early October I visited the **soundLINCS Upbeat! Bric** session. I saw first hand how music can connect people as well have a powerful effect on their wellbeing. Despite

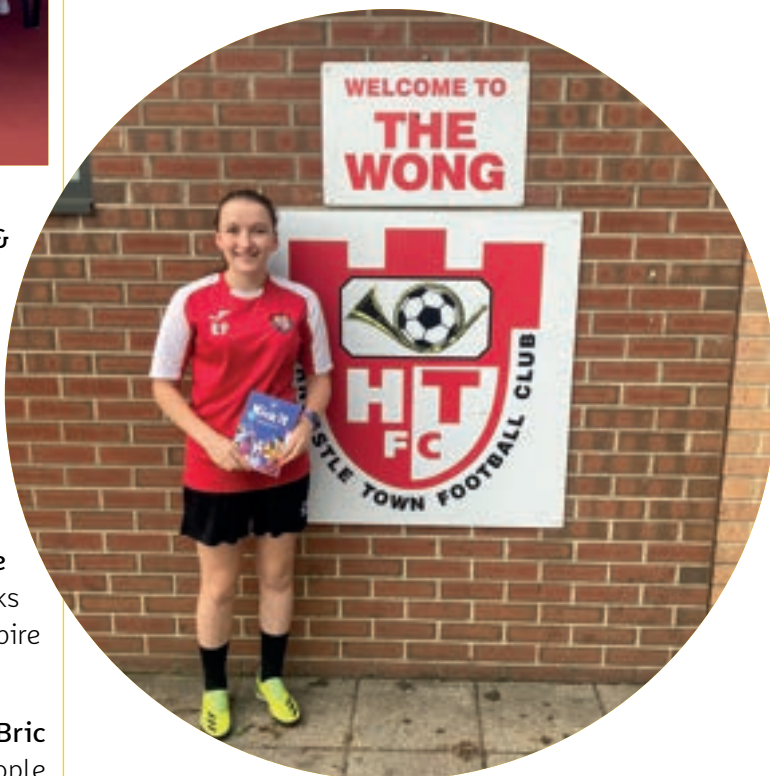
giving it my best shot with drums and tambourine, Victoria at soundLINCS informed me that I'd have to go some way to beat Donna Pinkney's "My Old Mans a



Dustman!"

It was great to hold a stall at the **Community Centre in Horncastle**, for the Community Information Health and Wellbeing event.

For more information on our funded projects in the East and Countywide, go online and visit the [Shine Lincolnshire website](http://www.shine.lincolnshire.gov.uk), or visit www.haylincolnshire.co.uk.



SOUTH SUPPORT & ENGAGEMENT COORDINATOR

Firstly, may I say Happy New Year to everyone!

For those of you that don't know, my name is Donna and I work across South Kesteven and South Holland!

It was a busy end of the year for us in the Community Mental Health Team at Shine! With the launch of our **Shine Managed Community Investment Funding** in November, I have been out and about getting to meet lots of new community projects, sharing information, and offering support. While visiting a local community care farm in Spalding to discuss our funding, I was very privileged to get up close to a Doe. This had all the makings of that first Christmas feeling. I am really excited to hear which projects will be successful and that I get the pleasure of supporting in the coming year.



It is a privilege to work with so many community groups that bring a range of varied activities and support to their communities. Highlights have included visiting **Outwood** in Grantham, **SociABLES** at Holbeach and arty activities provided by **Art Pop-Up** and the beautiful surroundings of the Wellbeing Garden at **Mindspace**, Stamford.

As part of my role, I attended a range of events that support our community and help us share what Shine Lincolnshire does across the county.

Headway Lincolnshire Conference

This was a really inspiring event with lots of personal and emotive stories of how the support Headway provides has helped people to readjust to life after a



head injury.

Active Lincolnshire

A get-together of lots of groups that promoted and showcased the importance exercise and healthy living has on our mental health and wellbeing.

Stamford Wellbeing Event

This was organised by Chrissy Johnson, as a celebration of delivering Fibromyalgia Support Groups across the county for the last 10 years. **Stamford Day Centre** helped support and organise the event. It was a great success and showcased lots of support that is available in Stamford.

The Reading Agency

Shine Lincolnshire was invited to take part in The **Reading Agency's** launch of The **Kick It!** book that, in collaboration with **Nike**, celebrates **Women's Football**. It was a great way to get out into the community and meet some groups that focused around **Children and Young People**. Books were donated across the south to a number of schools and community groups including **Don't Lose Hope**, **Art Pop-Up**, and **Bourne Westfield Primary Academy**.

Risegate & Clough Primary School in Gosberton, have just formed their first girls football team. Each team member got to keep a book, and several books were available for other students to read.

Bourne Scouts were all very excited about receiving their books and sent a big thank you!



COMMUNITY CONNECTOR UPDATES

COMMUNITY CONNECTOR PARTNERSHIP LEAD

Hi I'm Gail, I have recently joined Shine as the Community Connector Partnership Lead.



This is a brand-new role, where I will be working closely with Community Connectors and the Wellbeing Hubs across the county, supporting them in the work they do in their local areas. I have been out and about visiting the Connectors and Hubs, finding out more about the work they are doing. I have very quickly discovered that although the Connectors all have the same role, they all have their own unique way of working, in order to meet the specific needs of their communities.

Prior to joining Shine, I was Project Lead for HAY Lincolnshire, on the Community Mental Health Transformation programme, which has given me a great head-start in this role as I was already in regular contact with the Community Connectors. My new role includes supporting the Connectors to link in local groups and organisations with HAY Lincolnshire, so it is really closely linked to my previous work.

I am only a few weeks in, but have been very warmly welcomed by the onnectors, as well as the wider Shine team, and am looking forward to working with them all.



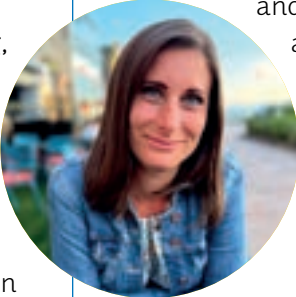
LINCOLN SOUTH

The last few months in the South Lincoln area have been very busy and extremely productive.



Bridge Church, Lincoln and St Michael's Church in Waddington have now entered into a partnership agreement that will allow a Wellbeing Hub to be established to serve both the village and the surrounding areas. It is likely that the Hub will open in early 2024 and will be based across two or more physical sites, to reach as many different groups of people as possible.

As part of this, Cat Hall has been appointed as Wellbeing Lead for the forthcoming Hub in Waddington. Cat loves to connect with people and has a wealth of experience and training in the area of mental health, and is excited to be getting started!



Over the coming months, Cat will be building relationships with all kinds of people and co-producing spaces, groups and activities to help build on the work that has already been done to improve the mental health and wellbeing of local people.

In other news, the South Lincoln PCN has never had a Partnership Board of its own – until now! Partnership Boards are groups of people, including professionals and local residents, who gather together on a regular basis to discuss the health and wellbeing of the local area, and look at what can be done to support one another in our roles and focus on improving what we offer.

After lots of work and establishing some great connections, the first Partnership Board for the area took place on Wednesday 8th November, 2023. There was an excellent turnout, which included a rich variety of people. There was lots of discussion around building relationships and understanding both successes and challenges within South Lincoln, with a genuine spirit of co-production.



COMMUNITY CONNECTOR UPDATES

GRANTHAM

Hi I'm Jo and I'm the **Community Connector for Grantham and Rural.**

Wow! I can't believe I am writing the Winter Newsletter already. There have been some amazing things taking place in Grantham and villages over the last few months.

We have launched our **Peer Support Groups** in **Allington and Colsterworth.** These are a great opportunity for people in the villages to come and hear about groups and activities taking place as well as the opportunity to meet other people and share a cuppa and piece of cake.

I've been out and about visiting lots of fantastic groups including **Equine Therapy** at **Willow Farm** in Fulbeck, **Creative Wellbeing Group** at **St. Barnabas Wellbeing Centre**, the **Community Cafes** and full-day **toddler groups** at **Jubilee Church**, the **Community Lunch Club** at **Foston Village Hall**, **cafes** at **Harrowby Lane Methodist Church** and **Wellbeing Hubs** at **Church of Ascension.**

There is a great new **sensory café** taking place on the **2nd Friday** of every month above **Grantham museum** that really is worth a visit.

Our **Fibromyalgia, CFS and Chronic Pain Peer Support Group** continues to be a great success and lots of fun. This takes place at **Finkins Café** every **3rd Monday** of each month **10am – 11:30am.** All are welcome.

We know that the cost of living has been such a stressful time for many over the summer months and with winter setting in, the worry and concern is only increasing for many. If you are worried about the cost of heating, food and electric, why not head to one of the community groups and enjoy a warm space and welcome? They often include refreshments and cake too. For details of community groups and activities local to you, go to **How Are You Lincolnshire | H.A.Y. Home** (haylincolnshire.co.uk) or contact the **Cost of Living Support Team** at **SKDC.**

If you would like to know more about the activities and groups happening in and around Grantham, please do contact me through our **facebook page** <https://www.facebook.com/GranthamCommunityConnectors>



email ccgrantham@shinelincolnshire.com
or call 07564 044115.

Right at Home
Quality Care in Your Home

Sensory cafe for adults

FREE ENTRY

Grantham Museum
2nd Friday of every month
13:00 - 15:00

Grantham Museum, St Peter's Hill, Grantham, NG31 6PY

Immerse in interactive, group activities at Grantham Museum that ignite your senses and encourage connections with fellow adults.

FOR MORE INFO, PLEASE CALL US ON 01476 833 168

GRANTHAM DAY OPPORTUNITIES POP UP CAFE LIVING LIFE TO THE FULL

IT'S AMAZING HOW THE WORLD BEGINS TO CHANGE THROUGH THE EYES OF A CUP OF COFFEE

COME AND GRAB A CUPPA AND A MEET NEW PEOPLE

at
St Wulframs Church, Grantham

Open 1st & 3rd Tuesday every month

10.15 to 11.45am

EVERYONE WELCOME.

For further information contact 07881 720410

COMMUNITY CONNECTOR UPDATES

SOUTH LINCS RURAL

Hi, firstly i'll introduce myself. My name is Vanessa Collins, Community Connector for South Lincs Rural, it is a large area covering 9 PCN's.



I have been in post just over 2 months now and the time has flown by. I find every day is different and I am meeting fantastic people within the community.

Within my first month I have been out at various community events with a table advertising our **Wellbeing Hubs at Holbeach, Surfleet and Spalding**. At these events there seems to be a lot of food and eating involved in connecting.

I have established connections in **Sutton St James Baptist Church**, they have a lovely 'Renew Café' with something on every morning. Sue Hensby, the minister, has been very supportive, and I now have a **fortnightly connector drop-in**. This is proving successful, and I have been able to signpost individuals to support services that could improve their mental wellbeing.

I have worked closely with **Jo (the Spalding Connector)** as our areas overlap. We have shared resources and been speaking at events such as the **Gosberton Baptist Church harvest supper**. We were invited to speak about the Community Connector role. This has proved to be a useful way of discussing with the community what supports their mental wellbeing and if there are gaps that need to be filled.

I have tried to get out to all of the villages within my area, I have found that there are many groups that are meeting needs and working closely with their communities.

I have visited **Men's Sheds at Long Sutton and at Market Deeping**, both are supporting men's mental health and wellbeing. This is a gap within the Gosberton and Donington area that is now being investigated with a view to starting a **Men's Shed or Repair Café**. I am working with the community on the next steps for funding and starting a group.

Within the **Holbeach Hub** I have started a 'tea and toast' group on a Tuesday, 10am – 12pm and a connector drop-in on a Tuesday 1pm – 3pm.

I cannot believe how quickly the days fly by.

The **Holbeach Hub** is open on Tuesday from 9.30am until 4pm, and a Thursday 9.30am to 4pm. There are also groups running in the week for **Sociables and youth work**.

For any queries contact slr@communityconnector.org.uk or telephone 07471444184

TRENT

The Power of a Cup of Tea.

It's been a busy few months since beginning my role in September as Rural Community Connector for Trent PCN.

I soon realised that no day would be the same and how exciting it was to be in a position to make a positive impact on local communities and individuals. In one day I can be attending a **focus group, liaising with primary health care professionals** and in the afternoon **servicing tea and cake at a community activity**, having conversations with people, and finding out what is important to them. Over the past few weeks I have been involved with setting up a **rural community warm space** from the funding provision through LPFT. The local **village hall provides a community hub space with a hot meal, drink, games and a fair amount of chat and laughter**. I have been blown away with the attendance of around 20 people each week, but it highlights the importance of this provision and the value of meaningful connections. Our eldest gentleman who attends is 97, lived in the village all his life and has many interesting stories to tell.

I believe that a person's wellbeing is influenced by a range of factors, including physical and mental health, social relationships and personal values and beliefs. I am still exploring all the community activities around my area so I can effectively signpost people, **but sometimes for supporting people in creating a vision for a good life, a cup of tea and a listening ear make the biggest impact.**

Grace



COMMUNITY CONNECTOR UPDATES

SKEGNESS AND SPILSBY

A great big hello from Skegness & Spilsby. We have had an amazing summer over on the east coast, with an even better start to the autumn too.

We have new projects at both Hubs, as well as introducing some of our firm favourites to the **Night Light Cafes**, too. Our **Skegness Cafe**, coordinated by **Wendy Bibb** has become home to one of the **Co-ops Wellbeing Walks**. The walks take place on the **2nd & 4th Friday of the month, starting promptly at 4.30pm from the Day Centre on Alghitha Road**. The walks are very sociable and are always followed by a **chat and a cuppa**. The **Co-op Wellbeing Walks** take place in the daytime too, from some of our hub drop-in sessions (**Burgh-le-marsh, Stickney & The Keals**). Our **Skegness Night Light Cafe** has become a real hub of activity and proven to be a much needed social space for so many in the community.

Over in **Spilsby** we hold a **women's wellbeing group on a Tuesday night from 7pm**. The **Eve Project** (because your journey has to start somewhere) has been around for 2 years now. It has proven to be a huge success within the community. With this success in mind, **Eve will launch in Skegness, the 2nd week in January**. We are really excited to open another location and bring the best of Eve to the town.

December saw the launch of **Bro Pro UK's 11th location** with a very specific reach this time. Bro Pro is our home grown **men's mental health project** that we are so pleased to share across the Connector and Hub team. **Bro Pro: Born Survivor, is a male only domestic abuse survivor group in Skegness**. Whilst working alongside **LDASS**, our team was able to put together a **5 week workshop** as well as providing a safe place for men to meet, socialise and talk thereafter. You can find out more information about Born Survivor and any of our Bro Pro locations, on **H.A.Y Lincolnshire** or over on Facebook.

We love to move around and get active at the Hub too, and what better way than by joining our **weekly fitness session at our Skegness Hub**. Michael, our First Coastal Connector, will be leading us all in some very basic exercises. These can be done sitting down or standing up. Michael is a fully qualified fitness instructor who will be bringing his knowledge to the table for us all to burn off those Christmas pounds.

Who loves a coach trip? Was that a yes? Well in 2023

we were able to take our members to York and Spalding for a day out. Our Spilsby Hub is part of the Mablethorpe community bus project. This scheme is only £50 per year to join and you can use the bus (16 seater) for only £1 per mile! (How good is that?) **Please contact Hope House on Victoria Road in Mablethorpe for more details Oh, and look out for our Skegness Hubs first trip, we think there could be a few hills involved.**

Please do stop by and say hello if you are passing this way. If you would like any more information, you can find all our information on the "Meet the team" section of H.A.Y

SLEAFORD

Hello there,

Just a little update from the Sleaford Area.

we are planning to open a new **Wellbeing Hub at South Lincs Church in Ruskington**, in 2024, so please watch this space. Also, there are initial discussions taking place regarding a **Thursday morning Wellbeing Cafe** opening in **Billinghay** this year. If you want to know more about the wellbeing provision in these villages, or you have any suggestions, please get in touch.

Regarding **Sleaford Town Centre**, I would like to take this opportunity to recommend the lovely new **Time Coffee Shop**. This is next door to the **Community Grocery and Mosaic Youth Hub**. There is a specific **Wellbeing Cafe open on Wednesday mornings** for anyone who might appreciate a friendly face and a listening ear. There's also the **Sleaford Night Light Cafe at Riverside Church, South Gate, Sleaford on Tuesdays 4 - 8pm**. This continues to be a great place to go for anyone who would like a warm, out of hours, **welcoming space where non-clinical volunteers are available to support**. The **Riverside's daytime cafe** is very friendly and affordable too where they provide excellent signposting to local services if needed.

That's all for now, take care everyone.

Fiona.monk@wearebridge.org



COMMUNITY CONNECTOR UPDATES

BOSTON

Hi I'm Heidi Freeman, Community Connector for Boston. It has been a busy but exciting time over the last few months.

Boston Wellbeing Hub is now open and has a fantastic home at the **Centenary Church**. There has been some great partnership working and the feedback from people coming into use the Hub has been very positive. An important part of the Community Connector role is listening to, and taking on board, what is important to our communities, building on existing strengths and connecting communities together to become more resilient. The development of the Hub has enabled the **BEAM café** and a wide range of activities, including **Warm Welcome Spaces and free hot lunches**, to come together under one roof which is what the community had felt was needed.

Since the Hub opening, there have been some further activities added to the offer such as a **'Walk, Talk and Womble'** to encourage people to benefit from movement, having a chat and giving something back to their community by litter picking around the local area. There is a further **Warm Welcome Space** being offered alongside this, so people can also have a hot drink, light breakfast and company. There has been success with a funding bid that has enabled support from a **CAB Advisor** to be offered from the Hub provision. This project was initially developed by asking people what they were most worried about moving into the winter months and finances, benefits, and housing issues were, by far, the top worries. We believe this project builds on the fantastic work CAB already do but provides the opportunity to bring that offer out into the community. We have also had **Multiply and DWP Advisor support** which has been really helpful.

Within our satellite provision at **The Black Sluice**, there has been some great partnership working with **Taylor Itex** resulting in the offer of a **literacy course** for a small group of people, 3 of which had attended BEAM and were struggling to get onto a college course. One attendee shared: *"I have always felt stupid for struggling to read and write. I now want to learn more. I'm hoping if I can keep learning, I will be able to get a job"*. **Our Autistic Adult group has 3 attendees beginning their volunteer journey** so that they can support the group.

Julie Green, our facilitator shared: *"It's great to see people becoming more confident in the group"*.

Outreach through **Safe Places** continues to offer a **drop-in Community Café every Wednesday from 12.30pm to 2.30pm and every Thursday from 12.30pm to 2.30pm from The Local Community Centre, Mitre Street, Boston.**

Extra good news includes a new member of staff, Tris Miners, who has come on board as a **Community Connector Group Facilitator**. I am so happy to have someone working alongside me in this role and helping to build on the work that has already taken place.

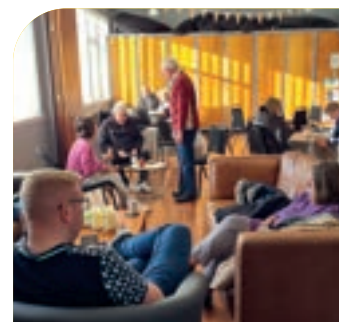
LINCOLN SOUTH

At Bridge Church, recently our team of Connectors has grown.

Dave Rigby has been employed as the **Connector for IMP rural**. This is a part-time role, and Dave has also taken on the part-time **Wellbeing Lead for our Wellbeing Café at Bridge Central**. This is an exciting development, combining community connection and wellbeing spaces.

It has been a busy time in the south end of the city. As Connectors across West Lincolnshire, we are working hard to build partnerships developing community safe spaces. In my area, we not only have the **Wellbeing Hub at Bridge Central**, but also **satellite hubs at the Bridge Community Hub on Newark Road and Life Church on the Birchwood estate**. Working through foodbank clients, the satellite is seeing over 20 guests a week.

With **Winter Pressures funding**, we have upscaled our successful **citywide warm pack project**. Last year, packs of multiple items such as **radiator foil, carbon monoxide detectors, blankets, radiator keys and other insulating items** were taken into local homes of those facing issues with the cost of living crisis. This remains a significant issue, and as part of a countywide approach we are receiving referrals from across the region, focusing upon people directly in their homes, aligning with the countywide partnership. This will compliment the ongoing community gatherings and warm welcome spaces this winter.



COMMUNITY CONNECTOR UPDATES

TRENT

Hi, I'm Lorraine and I am the Community Connector for Gainsborough, based at Clip, The Bridge, 142 Bridge St, Gainsborough DN21 1LP.

The last time I wrote an update for Shine, we had just launched our **Memory Café, 'A Song & A Sandwich'**, funded by the Shine Innovation Fund, which now meets **weekly, Friday 11.30am -1.30pm.**

I am so excited at the success of this lovely group, and seeing it shaped by the needs of our community. Memory issues are caused in all sorts of ways and are not just dementia related. Whilst we do have attendees

with dementia, we also have people who are bereaved that find singing songs that remind them of time spent with loved ones that are no longer here, keeps their memories alive and evokes shared stories that bring both laughter and tears. We also have participants living with depression, anxiety, ADHD, and Autism. I am proud to say this is a welcoming and inclusive group. Not only do we sing and eat sandwiches (and dance quite often too) but we play cards and dominoes and have the odd air guitar session!

BOURNE COMMUNITY RADIO



Way back in January 2023, Bourne Community Radio was just a wild spark in the mind of local radio enthusiast and Radio Disc Jockey, Tim Heywood.

Tim was initially referred to the soundLINCS UpBEAT! service by LCVS Social Prescriber Janie, and after several excitable meetings with the soundLINCS Team, Tim had us all convinced of the amazing benefits of community radio and the need for such an asset in his local community.

Post pandemic, communities have found it hard to re-engage and social isolation and mental illness have increased. Radio provides a safe space for people to re-engage with a sense of community by creating opportunities for social interaction, connection, inclusion and enjoyment. After several more excitable meetings and an inspiring day trip to Siren Radio, Lincoln, a project began to form that would explore community radio as a preventative support for mental health, providing listeners with knowledge, support, information and of course great music.

Fast-forward to April 2023, add a sprinkling of Shine Lincolnshire magic and a pot of Innovation Funding (part of Mental Health and Wellbeing Community Investment Fund) and the Bourne Community Radio project was born. As we look to go online this month, a series of training events, podcast workshops and community meetings have taken place, and soundLINCS now

support a core team of volunteers who bring together diverse skills to build an online station from the ground up. Powered by tea, coffee and commitment, the group has settled on their name- Bourne Community Radio (BCR) with the tagline "Bourne to be You!". Podcasts have been created, websites are under way and logos have been made. We are busy exploring local venues who may want a friendly radio station as a housemate and are hoping to become our very own constituted community group any day now.

soundLINCS and the newly emerging team at Bourne Community Radio want to thank Shine for their faith in a wild dream! We may not know where it's heading yet but we can be sure there are more adventures afoot as we plan to pilot our first online programmes before February. We hope that as we continue to grow and learn together, the station will find its feet and imbed as a hub of local support for the Bourne community, serving as a lifeline for those who are isolated and enriching and nurturing mental wellbeing across all ages.

Keep your ears tuned people!



BOSTON WOMENS AID'S RURAL COMMUNITY HUBS

With huge thanks to funding managed by Shine Lincolnshire, SoLDAS Boston Women's Aid sees the continuation of our Rural Community Hubs across Lincolnshire.

Across the South of Lincolnshire, specialist experienced domestic abuse workers from SoLDAS Boston Women's Aid will be at the Hub locations to meet and support local victims of domestic abuse – male and female. In this informal setting, people can sit over a cup of coffee and discuss privately their experiences and concerns with a professional who understands and can help victims to safety plan and if they are ready, to end the abuse they and possibly their children are experiencing. We have recognised the need for our Rural Community Hubs following on from disclosures of domestic abuse, during our workshop delivery across South Lincolnshire and our work within the local community.

The media has continued to highlight domestic abuse and with this in mind, we are aware that it's crucial for our service to continue to reach people in rural areas who may not have access to support locally. Access

to services is very poor unless you have a car in rural areas of Lincolnshire. Many victims are therefore further isolated and without ready access to support services - victims cannot get the support they need to access the urgent support required, when suffering domestic abuse. SoLDAS Boston Women's Aid hopes that by offering support in the most rural parts of Lincolnshire, we will welcome the opportunity to partner with other charities or parish councils to establish hubs in their villages.

Contact

01205 311 272 or admin@bostonwa.co.uk

Hubs

Spalding – Tuesday 10am-2pm

Holbeach – Thursday 10am-12pm

Boston – Wednesday 10am-2pm

Sutton Bridge – Thursday 10am-12pm

OUR SERVICES

- PROVIDING REFUGE ACROSS SOUTH LINCOLNSHIRE FOR VICTIMS AND THEIR CHILDREN FLEEING DOMESTIC ABUSE
- PREVENTING FUTURE DOMESTIC ABUSE IN THE NEXT GENERATION – OUR WORK IN SCHOOLS
- ONE TO ONE DIRECT SUPPORT THROUGH OUR RURAL COMMUNITY HUBS IN HOLBEACH, SPALDING, BOSTON, LONG SUTTON, SUTTON BRIDGE AND THE SURROUNDING VILLAGES
- DELIVERING THE FREEDOM PROGRAMME – HELPING VICTIMS UNDERSTAND THE EFFECTS OF DOMESTIC ABUSE AND FEEL EMPOWERED TO MOVE ON
- OFFERING EXTENDED SUPPORT THROUGH THE MOVING ON TOGETHER PROGRAMME FOR SURVIVORS IN OUR LOCAL COMMUNITY

WHAT IS DOMESTIC ABUSE

THE DEFINITION OF DOMESTIC ABUSE IS "ANY INCIDENT OR PATTERN OF INCIDENTS OF CONTROLLING, COERCIVE, THREATENING BEHAVIOUR, VIOLENCE OR ABUSE BETWEEN THOSE AGED 16 OR OVER WHO ARE, OR HAVE BEEN, INTIMATE PARTNERS OR FAMILY MEMBERS REGARDLESS OF GENDER OR SEXUALITY. THE ABUSE CAN ENCOMPASS, BUT IS NOT LIMITED TO PSYCHOLOGICAL, PHYSICAL, SEXUAL, FINANCIAL, EMOTIONAL."

DOMESTIC ABUSE DOES NOT DISCRIMINATE. ANYONE CAN BE A VICTIM OF DOMESTIC ABUSE, REGARDLESS OF GENDER, AGE, ETHNICITY, RELIGION, SOCIO-ECONOMIC STATUS, SEXUALITY OR BACKGROUND.

OUR RURAL COMMUNITY HUBS

- SPALDING - TUESDAY 10AM-2PM
- HOLBEACH - THURSDAY 10AM-12PM
- BOSTON - WEDNESDAY 10AM-2PM
- SUTTON BRIDGE - THURSDAY 10AM-12PM
- LONG SUTTON - THURSDAY 12PM-2PM

FOR HELP AND ADVICE PLEASE CALL 01205 311272 OR EMAIL ADMIN@BOSTONWA.CO.UK. IN AN EMERGENCY CONTACT THE POLICE ON 999

Scan. Pay. Go.

www.bostonwomensaid.org.uk

SoLDAS
SOUTH LINCOLNSHIRE DOMESTIC ABUSE SERVICE
Boston Women's Aid | Charity Number 519445

SUPPORTING VICTIMS AND FAMILIES OF DOMESTIC ABUSE SINCE 1987

BOSTON WOMEN'S AID HAS BEEN DELIVERING DOMESTIC ABUSE SERVICES ACROSS SOUTH LINCOLNSHIRE FOR OVER 30 YEARS; WE ARE AN ACTIVE MEMBER OF LINCOLNSHIRE DOMESTIC ABUSE PARTNERSHIP AND WAFF (WOMEN'S AID FEDERATION OF ENGLAND). OUR STAFF ARE EXPERIENCED PRACTITIONERS AND ARE PASSIONATE ABOUT MAKING A DIFFERENCE TO PEOPLE'S LIVES.

Partners: Shine, Lottery, Holbeach, Buddy Bag, Platform, Longhurst Group, Women's Aid.

CONTACT US
SOLDAS BOSTON WOMEN'S AID
PO BOX 5
BOSTON
PE21 8JP
01205 311272
ADMIN@BOSTONWA.CO.UK

CELEBRATING 10 YEARS OF ASSIST

October 2023 was a special month for Assist, as it marked our tenth anniversary celebrations, starting with a visit from the lovely Dave, who was instrumental in the setting up of Assist a decade ago and, of course, there was cake to mark the occasion!



Assist has supported over 950 people since starting way back in 2013. It began through the Vine Church, offering one-to-one support to people going through difficult times. Local doctors told us that they had noticed some people felt very alone or were struggling with anxiety and depression, and wanted someone to talk to but didn't know where to turn. Others were suffering from bereavement or experiencing major life challenges. We designed Assist to deal with this gap for individuals, by providing one-to-one support to help them regain confidence and get back on their feet. Supporting them through their mental health journey and for those who would like it, providing a friendly visit to relieve isolation and loneliness. This support was, and is, provided by trained volunteers, either in person or on the telephone.

Assist was expanded further in 2016 when the Vine Church agreed to take over the library building in Cherry Willingham, which was widely underused. The church now provides a library service run by volunteers, as well as using the building for their church service and other activities. Having a building to use provided a venue for Assist to be able to start a Dementia Support Group, offering activities and companionship for those living with dementia and their carers/family. The first group began in February 2016 with activities such as seated exercises, singing, artwork, mixed in with reminiscence, using photographs and artefacts to start discussions



about the past.

During Covid Assist expanded its telephone befriending service and continued to support existing clients during this difficult period. The isolation/loneliness and need for social places to meet, which was highlighted through and after this time, resulted in Assist opening a new Wellbeing Space "The Gathering Place", at the Vine Centre, Cherry Willingham in September 2021. The Gathering Place is a weekly get together where people can drop in for company

and peaceful reflection as well as playing games, doing crafts, or sharing hobbies. There is also the chance to participate in organised activities such as singing, or the opportunity to take part in relaxing exercises, allowing individuals to recharge and focus on improving their wellbeing.

There was a great deal to celebrate at our groups during October and the number "10" featured heavily in our activities, games, tea parties and more, which were held to mark the occasion! One of our volunteers led us in starting a fab time capsule which will be fascinating to open in another 10 years' time (2033) - who knows by whom - revealing all sorts of wonderful things that will hopefully be found interesting, informative, maybe surprising, and possibly funny!



If you would like more information or wish to come to one of our groups, please contact us on 01522 370164, email contact@assistlincs.org.uk or visit www.assistlincs.org.uk

GREEN SYNERGY: GREEN SHOOTS OF WELLNESS – A SUCCESS STORY

Janny (not his real name) joined the Men's Wellness Project in June 2023.

The circumstances for joining were that he suffered from mental anxiety and from loneliness as he had just moved to Lincoln and did not have any friends. Also, since Janny was autistic, he suffered a lot of bullying in school. This led to depression and affected his self-esteem.

Since joining the Green Shoots of Wellness Group, Janny has been able to acquire gardening skills and social skills. Janny explains, "the garden has given me an opportunity to go out of the house, socialise and acquire skills."

As a result of the skills, Janny felt confident to look



for employment and is on a pathway to becoming a volunteer for Green Synergy. Recently, Janny was invited for an interview for a position as Maintenance Assistant at a Care home in Lincoln. Janny used the skills from the garden to showcase his abilities and knowledge during interviews. Janny has since been offered a provisional contract subject to DBS check and positive reference letters.

"The project has been a success to me as I am confident and have been supported to learn new skills that increases chances of me being employed. Even if I am offered the job, I am already on a pathway to becoming a Volunteer at Green Synergy."



MAGNA VITAE: AGELESS AND AGILE

'Ageless & Agile' sessions are fun and informative, always provide a mixture of physical activity, and information on wellness, and always start with a chat and a cuppa!

They provide alternative activities for those for whom the gym isn't suitable or an attractive option, providing access to a variety of activities linked to physical activity and mental and physical wellbeing, and sometimes a trip out to try something new!

They provide nutritional support, advice, guidance, and signposting to other services provided by partners, including support and guidance around long term health conditions such as type 2 diabetes and mental ill health.

Sessions are available at the following venues:

- Mondays from 10am-12noon at Station Sports Centre (Mablethorpe, LN12 1HA);
- Tuesdays from 10am-12noon at Embassy Theatre (Skegness, PE25 2UG);
- Fridays from 10am-12noon at Horncastle Pool & Fitness Suite (Horncastle, LN9 6HP);
- Thursdays from 1:30pm-3pm at Meridian Leisure Centre (Louth, LN11 8SA).

For more information on these sessions, please contact Marko: marko.humphrey@mvtlc.org

01507 681826 | 07767 664186

More information can be found at:

<https://magnavitae.org/activity/health-wellbeing/ageless-agile/>

Ageless & Agile

WELLBEING ADVICE | SEATED EXERCISES | INDOOR BOWLING | A CUPPA | SOCIAL | & MORE

Sessions are available at the following venues:

- Monday's from 10am-12noon at Station Sports Centre (Mablethorpe, LN12 1HA);
- Tuesday's from 10am-12noon at Embassy Theatre (Skegness PE25 2UG);
- Friday's from 10am-12noon at Horncastle Pool & Fitness Suite (Horncastle, LN9 6HP);
- Thursday's from 1:30pm-3pm at Meridian Leisure Centre (Louth, LN11 8SA).

Come along and enjoy a chat, a cuppa and a variety of different activities!

For more information on these sessions, please contact Marko: marko.humphrey@mvtlc.org 01507 681826 | 07767 664186

Lincolnshire Partnership NHS Foundation Trust | Shine | Lincolshire Community Mental Health & Wellbeing Transformation

Only £2.00 per session!
(Or FREE for members & those on an Exercise on Prescription programme!)

Magna Vitae is a Registered Charity, Charity Number 11401556. A Partner for East Lindsey District Council.

East Lindsey DISTRICT COUNCIL

magnavitae.org
MAGNA VITAE
TRUST FOR LEISURE & CULTURE

MINDSPACE: WHAT HAS GARDENING GOT TO DO WITH WELLBEING

Many people may wonder why we have the MindSpace Garden. 'What's that got to do with helping wellbeing?' some may say. For us, it has everything to do with what we offer.

Gardening, growing plants, contact with nature, nurturing fruit and veg, being part of the seasons, tending the earth....even just looking at the sun for a few minutes each day....these are all reasons why we have a garden.



It has now been internationally scientifically proven that being in a garden, or growing plants, or just walking through nature, is good for people. It lifts people's spirits; it provides a focus on the future; it gets people outside; it can be social; it can be a welcoming space from somewhere more

challenging.

And when we talk about the garden, we aren't talking about just gardening. We don't mind if people come to the garden and never lift a finger – that's fine...just be there. Equally, we love it when people give gardening a go, and then want to do more.

For us, the restorative nature of being outside, of being in a safe space, and being part of nature is all we want.

Many of us – volunteers, members, trustees – have had



mental health issues and challenging situations. And for most of us, being outside, or being part of a group of people, or taking time on your own to tend to your plants, has been a helpful part of our coping. Connection with nature gives us hope, and something to look forward to.

We have stats and figures and plenty of research to prove why gardening is good for us, but that's for another time. So next time you need to get out, or do something different, or just 'be', pop down to our garden on Uffington Road in Stamford. It will really help you get some mind space.



The Wellbeing Garden is at Uffington Road South Allotments, Stamford PE9 2HD

What Three Words: Saving.Toward.Fruit

Directions: Heading out of Stamford past Morrisons/ Aldi take the first right down a track positioned immediately after the '50 speed sign'. The Garden is on your right as you enter the parking area.



SEEING SPORT DIFFERENTLY: LINCOLN AND LINDSEY BLIND SOCIETY

Blind and partially sighted people are twice as likely to be inactive than people with sight and most are limited in the activities they can take part in. This includes sports and fitness, which is why we are very proud of our Ten-pin Bowling teams.

We have two teams, The Lincolnshire Bombers who meet in Mablethorpe, and the Skegness Pin Busters. Both play every Wednesday.

Players compete in the British Blind Sport Tenpin League which concludes with the National finals being held in Sheffield in May.

It is a well-known fact that regular exercise increases wellbeing. Combine that with the comradery achieved by competing with others facing similar difficulties forms lasting friendships, peer support and most of all fun!

A special thank you to our Lead Volunteers Anne Ackroyd and Mia Helliwell and sighted guide Volunteers, Mick, Justin, Adrian, Helen, Jane and Belinda, without their time and dedication none of this would be possible.

Any members who would like to join these inspiring teams or anyone who could give guiding assistance as a volunteer please contact our office, you will be very welcome.



CENTREPOINT OUTREACH- ALONG WITH US

Centrepoint Outreach currently holds 6 small group activity sessions 'Along with Us' each week. These sessions are non-judgemental and are aimed at individuals who are experiencing mental health issues and/or social isolation and/or homelessness, to help them develop positive relationships, build confidence and self-esteem and to empower them to achieve their full potential.

Each of the sessions can accommodate a maximum of 8 individuals and are held either at Belmont House in Red Lion Street, Boston or just across the road at Centenary Methodist Church. We currently work with Boston Borough Council, Rough Sleeping Accommodation Providers, Framework, Beam, LHP, LCVS and Lincolnshire Social Prescribing, and provide them with a community programme of timetabled activities and opportunities that are available within the community. Participants also receive this information and support is provided to access these. The project aims to work with individuals to maintain progress, seek further developments, voluntary and employment opportunities, and manage potential setbacks. These activity sessions provide a meaningful use of time to break negative behaviours

and increase engagement.

The activities offered include art and crafts, cooking, sensory work, music, and life skills training.

Create Along with Us gives participants the opportunity to freely express themselves through art and crafts. Participants are supported in producing art and craft items, learning the importance of sustainability, developing skills, and learning new techniques throughout the design process.

Cook Along with Us is a fantastic opportunity for participants to learn new cooking skills. With support, participants follow a step-by-step recipe to prepare, cook and enjoy a healthy and nutritious meal that as far as possible, use fresh ingredients. Participants learn the cost of each meal to support a healthier lifestyle and improve wellbeing.

Chill Along with Us provides an opportunity for individuals to relax and be themselves. Participants interact with others while playing board or card games. Participants can also learn to knit, play the ukulele, steel drum and other musical instruments.



POINT FORWARDS PROJECT: DELIVERED BY CITIZENS ADVICE MID LINCOLNSHIRE

'Point Forward' focuses on providing support to those struggling with their mental health and provides early intervention to address issues that are known to cause 'mental health dips' which could lead to suicide.

Participants are assisted via a holistic, person-led approach, ensuring that the most vulnerable are helped to resolve immediate money worries via budgeting, income maximisation and financial capability support. The aim is that they will be able to live a better life, as the pressures associated with money management will be significantly reduced.

Support is provided holistically to assist those with financial capability, income maximisation and family related issues within North Kesteven and Boston.

Due to the complexity of cases, most participants require follow up sessions to fully resolve the presenting problem and to develop the skills needed to take control of future situations. Our holistic service ensures that all linked enquiry areas are addressed by the same caseworker. This enables a rapport to be developed, ensuring that the participant feels comfortable discussing issues and receiving the relevant support, rather than being passed between different advisers.

The service provides participants with a safe, non-judgmental environment in which to discuss any issues that they may be experiencing.



Our aims are to:

- Increase client income through the completion of relevant benefit applications.
- Reduce feelings of anxiety through financial capability sessions and budgeting support.
- Increase client confidence with challenging unsuccessful benefit applications.
- Support people through economic hardship.
- To empower participants to feel more financially resilient and better able to take action when things go wrong.
- To enhance participants' knowledge of other local services which may benefit them.
- To encourage people to seek help when they need it.
- Provide spaces to talk and let people express feelings.
- Support development of safety plans and coping strategies that enable a person to be proactive in their own care.
- Encourage physical and social activity, healthy eating, sleep, avoiding alcohol/substances.
- Increase suicide prevention awareness and skills in communities.
- Be inclusive, address barriers to access - especially for people with disabilities and protected characteristics.

This results in participants beginning to feel more positive about themselves and their situations. In turn, this helps to reduce stress, feelings of anxiety and hopelessness.

Support can be accessed via face to face drop-in sessions which are held at our Sleaford office on Mondays and Wednesdays between 9.30a.m and 12.30p.m and at our Boston office Tuesdays and Thursdays between 9.30a.m and 12.30p.m.

Alternatively, access can be made via telephone or email at:

outreach@citizensadvicemidlincs.org.uk

0808 278 7942

SUPPORT WHERE IT'S NEEDED: LOCAL OUTREACH FOR PEOPLE WHO SLEEP ROUGH

For Lincolnshire's most vulnerable, winter can be isolating, dangerous and distressing.

Homelessness has risen dramatically in the UK over the past decade, both in terms of people sleeping rough and the number of people living in temporary and unsuitable accommodation. Many of these people have drug and alcohol challenges, with the stresses of an unstable home making it much harder for people to address their use.

Drug and alcohol charity WithYou has teamed up with local partners to increase support to people who sleep rough in the community across Lincolnshire. The aim is to improve access to and keep people engaged in alcohol and drug treatment whilst they are sleeping rough or in emergency or temporary accommodation.

The outreach project, known locally as 'Something Different', focuses on taking alcohol and drug treatment support directly to some of the most vulnerable in the community, wherever they are. As many of the people in the project team have lived experience of the issues faced by people who sleep rough, they can offer first-hand, non-judgemental advice.

Karen Ratcliff, Head of Service Delivery at WithYou in Lincolnshire, said:

"We know that there are often multiple barriers, mistrust and stigma that prevent people who sleep rough in our community, who are struggling with alcohol or drugs, to reach out. It's an opportunity for staff or people with lived experience to give first-hand advice on things like self-care, harm reduction or how to

distribute potential life-saving Naloxone to those at risk of a drug overdose.

"The project removes the worry of attending an appointment or travelling to an office or town they do not necessarily feel comfortable in. Especially over the festive period, we want to locate, reach and help people access and remain in drug and alcohol treatment. Ultimately, we want to save lives."



Albert Clifton, Recovery Worker and Lived Experience Worker for Double Impact and WithYou, said:

"I've been in recovery for 15 years. Drugs took everything from me and I ended up homeless on the streets. This project is reaching people who wouldn't necessarily access services at all. You've got to want things to change but need somebody to give you a bit of belief. Hopefully, I give a bit of hope by sharing how I got to where I am today."



Oasis Family Support is a service running across Lincolnshire, to support people who have a loved one who is using substances. Oasis Family Support is a free service here to offer advice, information and emotional support.

Substance use within the family can have a negative impact on the whole family and leave family members feeling isolated, stressed and worried. Oasis Family Support is here to help combat the effects of a loved one's substance use.

Our forms of support include...

- 1:1 meetings by telephone/ virtual/ face to face.
- Group meetings with other people accessing the service.
- Access to Naloxone training.
- Help to access other services.
- Joint meetings with treatment and recovery providers.

Types of support we can offer:

- Advice and information
- Personal wellbeing

- Healthy coping skills
- Healthy boundaries
- Understanding of substance use
- Signposting to other services
- Co-dependency and enabling
- Personal safety
- Finance, benefit and debt.

We promise to listen and not judge you or your loved one and keep your information confidential unless otherwise necessary for your safety or someone else's safety. You can tell us as much or as little as you want to and you can also choose what support you need and how you want to access this support.

Professionals can refer a client to us with the client's consent, alternatively, we accept self-referrals.

The referral process can be completed over the phone on our contact number 01522 806611 or we have a self-referral form on our website at www.oasisfamilysupport.org.uk.

POETRY FOR MENTAL HEALTH

Down The Rabbit Hole

She felt uneasy, something wasn't right

or wasn't left

her brain felt like it was under attack

her thoughts went higgidly pigglody she just wanted her sanity back

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

colours merged, like water spilled over an oil painting

am I fainting

no, wait I'm falling

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

chaos and madness tainted with sadness

For she was falling down a dark hole

and she feared she had lost all control

There was no end, nor a twist or bend, time halted

Spilt tea

and fingers scolded

They're only dreams Alice they cannot hurt you

CHLOE MCCAULEY-MINOUE





LINCOLNSHIRE NIGHT LIGHT CAFES



Who do you turn to when you are finding life hard?

The Night Light Cafe project launched in Lincoln in 2020 and has now grown to a network of 25 Night Light cafes throughout Lincolnshire. Commissioned by the NHS as part of the Community Mental Health Transformation programme, the Night Light Cafes are overseen by Acts Trust in partnership with several churches and charities across Lincolnshire. Designed to provide safe spaces for anyone who is finding life difficult, the Night Light Cafes are an out of hours, non-clinical mental health support service, where teams of trained volunteers offer a listening ear and signposting advice.



As a social prescriber commented, *“The Night Light Cafes have been an absolute lifeline for many of my social prescribing clients as the Cafes are non-clinical and have a different approach, based on empathy and a welcoming environment, which is revolutionary”*. - Social Prescriber

We use the term ‘guests’ to describe the people who visit our cafes, as we want everyone to feel warmly welcomed and at home. Sometimes our guests like to off load and talk about the difficulties they are facing, other times guests tell us the last thing they want to do is think about their problems and they just want to be distracted, so a range of activities are available for guests to enjoy, from crafts and crochet to pool and table tennis and sometimes even bingo!

Here are a few things our guests have said about the Night Light Cafes:

“I have no family and very few friends. Sometimes I wonder what is the point in carrying on. The support from Night Light has kept me alive these past few weeks.”

“I think this is a great place to come. I feel that I am free to say how I feel and nobody judges me. I feel really

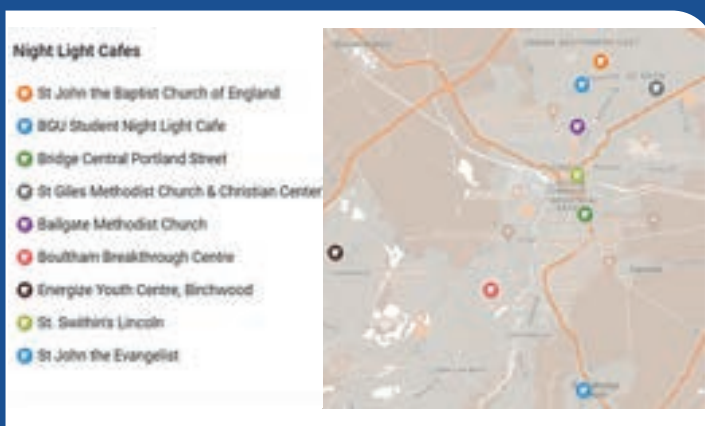
comfortable to be me and I don't need to worry about what others may think of me.”

“You have all been wonderful with me. When I thought I couldn't be helped, you were there for me.”



Our cafes in Lincoln are open every day of the year, including Christmas day. Around the county we have various opening hours in different locations.

To see the full list of Night Light Cafes and their opening hours, please visit <https://www.lpft.nhs.uk/Night-Light-Cafes>



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 bcsg1ln2ng@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
- Buddies Dementia Cafe** | Nettleham
T 01522 754 288

- W** www.buddiesdementiacafe.co.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.thecalzone.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
- Centrepoint for Mental Health** | Countywide
W www.centrepointmentalhealth.org.uk
- Centrepoint Outreach** | Boston
T 01205 360 900
W www.centrepoint-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 111 **W** www.childline.org.uk
- Children's Links** | Countywide
T 01507 528 300
W www.childrenslinks.org.uk
- Christ Church Stamford** | Stamford
T 01780 766 446
W www.christchurchstamford.com
- Citizens Advice Bureau** | Nationwide
T 0800 144 8848 (England) T 0800 702 2020 (Wales) **W** www.citizensadvice.org.uk
- Citizens Advice Mid Lincolnshire** | Boston
T 01205 314 534 **W** www.camidlincs.org.uk
- City of Lincoln Council** | Lincoln
01522 881188 **W** www.lincoln.gov.uk
- CLIP Gainsborough** | Gainsborough
T 01427 677 377
W www.cliplearning.com/gainsborough
- The Coastal Centre** | Mablethorpe
W www.mablethorpe.info/the-coastal-centre
- Combat Stress** | Nationwide
T 0800 138 1619 M 07537 173 683 (text)
E helpline@combatstress.org.uk
W www.combatstress.org.uk
- Community Pharmacy** | Countywide
T 01522 889 573
W www.lincolnshirepharmacies.co.uk
- 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.darksidetraining.co.uk
- Desire Change CIC** | Countywide
T 01790 616 102 **W** www.desirechange.org
- Development Plus** | Countywide
T 07432 445481
W www.developmentplus.org.uk
- Disability Social Network** | c/o Chat Chill Connect | Gainsborough
T 07300 869 408
E disabilitynetwork.westlindsey@gmail.com
- Donington Library** | Spalding
T 01522 782 010
- Don't Lose Hope** | Bourne
T 01778 420 762 **W** www.dontlosehope.co.uk
- Double Impact** | Countywide
T 01522 304 246 **W** www.doubleimpact.org.uk
- Dunston Churches Together** | Dunston
T 01526 320 946
W www.stpetersdunston.weebly.com
- East Lindsey Down Syndrome Family Support Group** | Boston
E info@eastlincolnshiredownsyndrome.org.uk
W www.eastlincolnshiredownsyndrome.org.uk
- Edan Lincs** | Countywide
T 01522 510 041 **W** www.edanlincs.org.uk
- Evergreen Care Trust** | Sleaford
T 07707 260 822
W www.evergreensleaford.org.uk
- Evergreen Care Trust** | Stamford
T 01780 765 900
W www.evergreencare.org.uk
- 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.long Suttonmarkethouse.org
- Long Sutton Men's Shed** | Long Sutton
W www.mensshedlongsutton.co.uk
- Louth Area Autism Family Support (LAAFS)** | Louth
T 07982 787 823
- Louth 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
- 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/nightlightcafeinlincoln
- 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.org.uk
- 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 683 997
- 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@goolemail.com
W www.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.steppingstonetheatre.co.uk
- Steps2Change** | Countywide
T 0303 123 4000
W www.lpft.nhs.uk/steps2change/home
- Sturton-by-Stow Children's Centre** | Sturton-by-Stow
T 01427 788 971
E SturtonbyStowCC@lincolnshire.gov.uk
- Sturton-by-Stow Youth Club** | Sturton-by-Stow
FB Sturton-by-Stow Youth Centre
- 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.ssajbc.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
- The Venue (Village Hall)** | Navenby
T 07505 145 061
W www.thevenueavenby.co.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@wildermds.co.uk
W www.wildermds.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 01522 861 794

E withamsthughschildrenscentre@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.clevelandsurgery.nhs.uk

GRANTHAM

Caythorpe & Ancaster Medical Practice (Ancaster) | Grantham

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

Caythorpe & Ancaster Medical Practice (Caythorpe) | Grantham

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.weltonstamford.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

TATTERSHAL CASTLE & THE COMMUNITY

Tattershall Castle sits between Lincoln and Boston in the village of Tattershall, Lincolnshire.

It is a reflective, tranquil and cosy historic castle with sensory outdoor areas and spacious indoor chambers to explore. Enjoy evergreen nature experiences and a variety of gentle games and activities in the Great Tower. Be greeted by beautiful views from the battlements with landmarks to spot on the horizon (stairs only). Assistance/service dogs on a short lead are welcome everywhere on site. Sensory kits are available from visitor reception where a friendly and patient team with first aid training is situated. The Holy Trinity Church next door is free and invites



reflection and quiet. Throughout the year Tattershall Castle hosts events and activities supported by local small businesses and is currently working with organisations in the local area to delve deeper into the community that it is a part of. We also have various volunteer opportunities to get involved with, including Site Ranger, Bookshop Volunteer, Room Steward Volunteers, the Tattershall Tailors and Event Volunteers. Normal admission charges for the Castle apply for visitors however, Carers gain free entry when accompanying the individual they care for. Event and school holidays may be busy.

CHILDREN'S CENTRES IN LINCOLNSHIRE

It's well known that a child's experiences in their early years can have a major influence on their later life, so Lincolnshire County Council provides a wide range of help for families.

An important strand of this support is Lincolnshire's 48 children's centres, which are designed to help all families with children from birth to five. You are welcome at any children's centre and all are free to join, with each offering a variety of activities, free drop-in sessions and helpful services. Any adult caring for a child can access the centres, including grandparents, foster carers and childminders.

Not only can children's centres help give your child a great start in life, but they also offer fantastic support for parents and carers themselves, helping them to be healthy before, during and after pregnancy. So, if you're a parent or carer with a young child, make sure you find out what your local children's centre has to offer and get involved.

All children's centres offer:

- child and family health services
- advice and information for families
- childcare and early education
- support for parents on a range of issues

- training and employment advice
- outreach services to children and families not attending the centre.

Each centre also offers additional services and activities tailored to the needs of the local community. All centres involve parents in planning their activities, providing an opportunity to make new friends and share experiences.

Recently, Lincolnshire County Council was selected for the government's Family Hubs initiative, which aims to make a positive difference to parents, carers and their children by ensuring that services are more joined-up and that help is easier to access and available earlier.

Building upon the firm foundation provided by children's centres and the early help team, the project will see the council and its partners working closely with families and local communities to improve the support available, particularly in the crucial first 1,001 days of a child's life.

You can find further information on your nearest children's centre at www.lincolnshire.gov.uk/childrenscentres. For more on other services and activities for families, visit www.lincolnshire.gov.uk/familyhubs



INTRODUCING BRIC'S GARDENING PROJECT: KIDS' PATCH

Building Resilience in Communities (BRIC) is a locally focused charity supporting vulnerable children and their families in Lincolnshire. The charity helps children and families who are struggling after dealing with issues such as illness, disability, abuse, isolation, and the demands of having a young family. We work at the earliest point a family feel they need some support. Our aim is to be an early intervention or preventative support so that families can work through the issues they are facing before the need for further crisis intervention. We therefore support our families to become happier and more resilient.

In all our work we start from an awareness of trauma, working in a strength's based and solution focused way so that families are able to find the solutions that are right for them, with some guidance and support from BRIC.

BRIC engages a team of volunteers to bring a diverse set of skills and experience and sense of passion and heart. If you would like to volunteer with us, we would love to hear from you.

Kids' Patch is one of our family centred activities that we are delighted to be able to roll out across the county following the appointment of our Community Gardens Coordinator: Kate Giffen, in April last year. Kids' Patch is a family orientated, fun gardening project currently based in three localities across Lincolnshire: Gainsborough, Lincoln, and Horncastle. We will soon be starting sessions in Skegness and Louth.

Kids' Patch delivers weekly sessions connecting children and their families to food, nature, and their community. Families learn about the environment, sustainability, where food comes from and how important patience, commitment and care are in nurturing development and growth. One of the key aims of Kids' Patch is to get families out of the house, talking and working with one another. Families also meet other local families facing similar challenges with friendships and support networks forming. The sessions run ALL YEAR with indoor



sessions being held when the weather is unfavourable. We also like to cook and enjoy seasonal, sustainable crafting activities.

The sessions are led by one of our Support Coordinators or our Community Gardens Coordinator and we do ask parents and carers to stay with their children during the session. It is hoped in the future, that families and volunteers will take ownership of the groups and plan and carry out their own gardening activities.

Kids' Patch family orientated gardening sessions currently run at the following locations:

Gainsborough - Mondays - 10am until 12pm - Gainsborough Adventure Playground, Riseholme Road, Gainsborough DN21 1NL

Lincoln - Wednesdays - 10am until 12pm - St Giles Jubilee Halls, Lamb Gardens, Lincoln LN2 4EH

Horncastle - Thursdays - 10am until 12pm - Horncastle Community Centre, Manor House Street, Horncastle, LN9 5HF

Skegness - Tuesdays - 10.30am-12pm - The Coastal Eco Centre, Richmond Drive, Skegness, PE25 3BF

We also have two community allotments based in Grantham (Huntingtower Road) and Stamford (Uffington Road). We are looking for community groups to engage with these allotments so again, if you know of any groups who would like to make use of some allotment space, please do let us know. Our Kids' Patch gardening sessions are free and open to all families. The majority of our Patches are supported by Children in Need funding with Horncastle currently benefiting from a grant from the Horncastle Health and Wellbeing Fund and the Co-Op Local Causes 2023-24 fund. We are very grateful for this support.

If you have any queries or want to find out more, or if you are interested in volunteering with us, please do not hesitate to contact our Community Gardens Coordinator, Kate Giffen: k.giffen@bric.org.uk

More information can also be found on our website: www.bric.org.uk.

DEEPING ST JAMES FOREST SCHOOL

In November 2022, Deeping St James Primary School started a journey to establish a Forest School within its grounds, transforming an overgrown and underutilised area into a safe and inspiring environment. With the support of the local community and the contributions of time and resources we have created an exciting space where Forest School experiences take place.

The area now boasts a fenced-off pond, base camps with stump seating and a majestic throne, fire circles with scaffolding benches, a mud kitchen, a tyre obstacle course and bug hotels. The area now enables a range of Forest School experiences to take place which are designed to foster holistic development, curiosity and connect the children to the natural world.

Alongside the transformation of the area, Clare Seaton has trained to successfully pass her Level 3 Forest School Leader qualification. This certification enables her to deliver Forest School sessions throughout the school during the day and in after-school clubs.



Forest School is an inquiry-based approach to learning, embracing a methodology where learners contribute to shaping their educational experiences. The opportunities offered include natural crafts, tool skills, fire-making, exploration, woodland management and shelter-building to name just a few. These Forest School experiences help the learners develop individually and to enjoy the learning process. They are encouraged to calculate



and take risks which then helps them to develop self-confidence, self-esteem and interpersonal skills. As the sessions develop our pupils are becoming more independent, self-motivated and considerate towards each other.

The Forest School at Deeping St James Primary School contributes significantly to the pupils mental health and overall wellbeing. The children are excited to take part in the sessions come rain or shine. The children are encouraged to reflect upon their sessions and identify where they want the learning to go in the following weeks. The initial planned experiences are based on observations of individual learners and are then adapted accordingly. An example of this has been when Year 4 took shelter-making to a new level by developing an intricate trade system, using their individual skills to help one another. There was a wood delivery service, mud glue factory and a mud bakery developed by the children in these sessions. Every session takes its own direction, only last week the reception children were all rolling in the mud having been grabbed by imaginary goblins.

Deeping St James Primary School's Forest School helps the children to foster a love for learning, it instils a respect for nature and helps them to develop resilience, self-awareness and helps them form close connections to the world around them.



WELLBEING AT ST FRANCIS



Following an in-depth questionnaire into wellbeing, staff at St Francis Special School came together to create a dedicated wellbeing team for the adults at the school. Over the last 18 months, events have been organised to bring members of the school together, all from different areas, and staff now have access to a trained wellbeing officer.

The wellbeing team has been led by Sarah Vidanapathirana, Becky Small and Sandra Mason, with support from others depending on the activity. Events were selected on recommendations from staff members, and included an Easter quiz, Christmas quiz, regular exercise classes after school, tea and cake meet ups and local after school socials.

Sarah said: *“The events have proved popular, I think because they have come from staff recommendations. Particularly the social occasions, a chance to talk to*

everybody.”

Sometimes in education, there can be such a focus on the mental health of the students, the staff can be forgotten. It was decided that this was something that needed to be addressed. As well as the social events, Lucy Foxcroft took on the role of wellbeing practitioner. She is able to provide time to listen to staff and give them a space to talk through their mental health.

As part of her role, Lucy arranges outside experts to come in and offer training for staff. She has also created the foundations of meeting basic needs for staff, such as holding surplus food sources, exploring ideas for access to mindfulness apps and signposting of other support wherever relevant.

BERT'S VISIT TO ST FRANCIS SCHOOL

Students at St Francis' special school in Lincoln were treated to a visit from Bert in December, and a chance to learn about the Lincolnshire five ways to wellbeing.

Alongside Shine's Ian Tomlinson, Bert paid a visit during an assembly attended by students in the school's semi-formal and upper school areas – the largest assembly the school has had this year!

Prior to the assembly, Ian attended a session with a group of upper school students, to discuss the five ways. Students that attended the sessions were then able to share their experiences in the assembly, to show how they were already following them, without even thinking about it. Students were very impressed by the fact that they were doing this.

The five ways are connecting, giving, noticing, continuing to learn and being active. Students found that they could meet one, or more, of the five ways simply by going for a walk, admiring a sunset, attending their work experience and even simply smiling at or saying hello to a fellow student.

At the assembly, as well as students that had worked

with Ian in advance, other students – many of them younger – found that they were also meeting the five ways and were keen to share their experiences too.

However, as much as the students appreciated Ian's time and teaching, the special guest at the event was, of course, Bert. He shared high-fives and hugs with the students before sending them back to class excited and bouncing. The school's pre-formal students were then able to come and meet him as well.



ST JOHN THE BAPTIST CHURCH- SPALDING

St John the Baptist Church has been part of Spalding life since 1875. We can be found on Hawthorn Bank next to St John's Primary School and opposite St John's Care home where we welcome everyone young and old alike. Our aim is to know and experience God's love as a loving community and share it with our town and parish.

Family-friendly church service

You might be interested in coming along to church one Sunday, but feel a bit worried about your children making a noise. We have a service running 9:15-10:30am every Sunday, which is designed to be family and child-friendly. We are very relaxed about children expressing themselves in the service(!) and we run two children's groups during the service: a crèche for pre-school-age babies and children, and children's church for primary school-age children.

Finding faith

From time to time, we run the Alpha course, which is designed to help people ask the questions they've always wanted to ask about faith. We also run small groups in the week for those who wish to make friends and grow in their faith. If you would be interested in joining one of these, please contact Rev Richard at revrichard@stjohnsspalding.org.

Week-day events

We run two drop-in events that everyone is welcome to. On Tuesdays between 8:30 and 11:30am we hold a coffee morning with delicious cakes in the church lounge. On the last Friday of each month we run a games afternoon, running 1:30-4:30pm.

Toddler groups

For pre-school age children, we run two toddler groups during term-time: Little Songs and Little Steps.

Little Songs is a 'rhyme time' group that runs on Monday mornings. We start at 9:30am with 30 mins of nursery rhymes, followed at 10am by 30 mins of toys, chat, a drink and a biscuit. Each session costs £1 per family or childminder.

Little Steps is a 'stay and play' group that meets on Tuesday mornings. We start at 8:45am and run until 10:30am, and you are welcome to drop in. We have lots of toys and free play, a craft activity, snack time, Bible story and songs. The story is told in a relaxed and



engaging way, and is an opportunity for your child to get familiar with some well-known Bible stories. This group is run by a recently retired paediatric Occupational Therapist. Each session costs £2 per family or childminder.

We work hard to make sure these groups are safe and fun for your child, and welcoming for parents, carers and childminders, especially if you are new to us. During the summer we sometimes run additional fun sessions, and we always have themed sessions at different seasons (like Christmas). Please feel free to get in touch with Rev Sophie at kids@stjohnsspalding.org to find out more, or just come along!



TONIC HEALTH: HOLBEACH HUB

South Holland based health and wellbeing charity Tonic Health took on the ownership of the Holbeach Hub as their third main site, in September 2022. Taking the keys to the building allowed Tonic Health to expand not just geographically, but also through their reach and range of projects – adding youth provision and adults with SEND to their main portfolio of support services.

The building contains a main reception, café-style room, a meeting room, digital den/games room, a digital craft room, sports hall and a secluded garden space as well as an expansive outdoor area and large car park.

Prior to Tonic Health taking on the building, the youth club hadn't run since before the Covid-19 pandemic, so was very much starting from scratch. Today, Tonic Health run three youth clubs – SEND on Mondays 4-6pm, primary ages on Tuesdays 4-6pm and secondary ages on Fridays 5-7pm. In addition to the youth clubs, Tonic Health also delivers the Lincolnshire County Council Holiday Activity Fund (HAF) in the major school holidays. The Shine-funded SociABLES, adults with SEND group, runs on Wednesdays and Fridays 10-2pm, and the Lincolnshire ICB funded Wellbeing Hub runs from the Holbeach Hub throughout the week, the Safe Places drop-in groups run throughout the day on a Tuesday, and the Night Light Café is open Mondays and Wednesdays 4-7pm.

In the first year of operation, from September 2022 to September 2023, Tonic Health delivered 75 sessions, hosting 205 individual beneficiaries and over 1,600 visitors in total. The HAF delivered 44 days of activities, to 93 individuals and a total of 194 visitors. The SociABLES project has delivered 66 sessions to 96 individuals and seen over 1,300 visitors to the group since it started.

The longer-term vision for the Holbeach Hub is to further extend the youth provision, opening for longer in the evenings and offering different activities and support programs, including the installation of an indoor climbing wall, subject to receiving the required funding. It is also going to be home to the Holbeach Wheels for Life project, fixing and repurposing unwanted/broken bicycles, and promoting cycling to all.

External hirers of the building include the local Lincolnshire Army Cadet Force (Holbeach Detachment), walking football teams, junior sports clubs delivering basketball and SEND football, the monthly farmer's market and the local archery club, making the Hub a real community asset for the people of Holbeach and beyond.



Contacts:

Facebook: [@theholbeachhub](#)

Email: holbeachhub@tonic-health.co.uk

Telephone: 07471 515232

Address: Boston Road South, Holbeach, PE12 7LR

Website: www.tonic-health.co.uk



ALL ABOUT CONFIDENCE

for kids

How to feel confident

Believe in yourself, practice new things, and remember your strengths. Smile, stand tall, and know you're amazing just as you are!

What is confidence?

Confidence is like having a strong, happy feeling inside you.

It's believing in yourself and knowing you can do things well.

It's a special power that helps you try new stuff and feel good about who you are. Just like a superhero, confidence makes you brave and ready to take on challenges!

What if you don't feel confident?

When you're feeling unsure, remember, it's normal. Share your feelings, take a deep breath, and practice. Remember, mistakes help us learn and grow. You're supported, and it's okay not to be perfect.



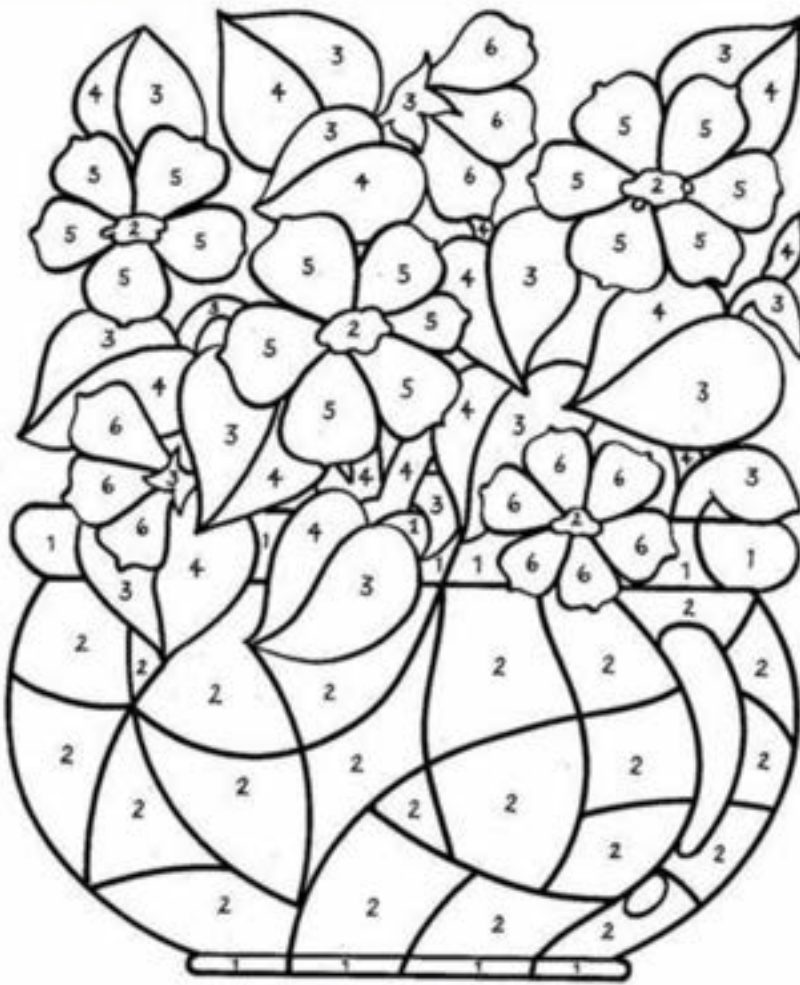
Repeat after us!

"I am strong, I am brave, I believe in me. Mistakes help me learn, challenges make me grow. I'm a superhero in training, and every day, I shine and glow!"



HAVE A BREAK WITH BERT *for kids*

Ready to bring some cheer with colours?



1. Red
2. Yellow
3. Light green
4. Dark green
5. Blue
6. Purple

How many words can you make out of

Confidence

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 loving 2024!

Why not try his New Year wordsearch?

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

April

February

June

November

Spring

August

Goal

March

October

Summer

Autumn

January

May

Olympics

Wellbeing

December

July

New Year

September

Winter

JOIN THE LINCOLNSHIRE MENTAL HEALTH CO-PRODUCTION NETWORK

Are you passionate about mental health?

Have you experience navigating services for yourself or someone you care for?

Do you want to give back to your community?

If so, then our Co-Production Network is a great opportunity for you to have a direct influence on the development of new mental health services in Lincolnshire that will benefit your community.

The Network is a valued and protected space for people to come together to be part of the transformation of mental health and wellbeing services. It is a space for members to provide their thoughts and feedback to help shape mental health delivery at both a primary and secondary care level.

The Network includes representatives from Shine Lincolnshire and Lincolnshire Partnership NHS Foundation Trust, as well as a friendly group of individuals with lived experience. We meet bi-monthly on Microsoft Teams, and you will be supported from the very start so you can quickly gain the knowledge and skills to settle in.

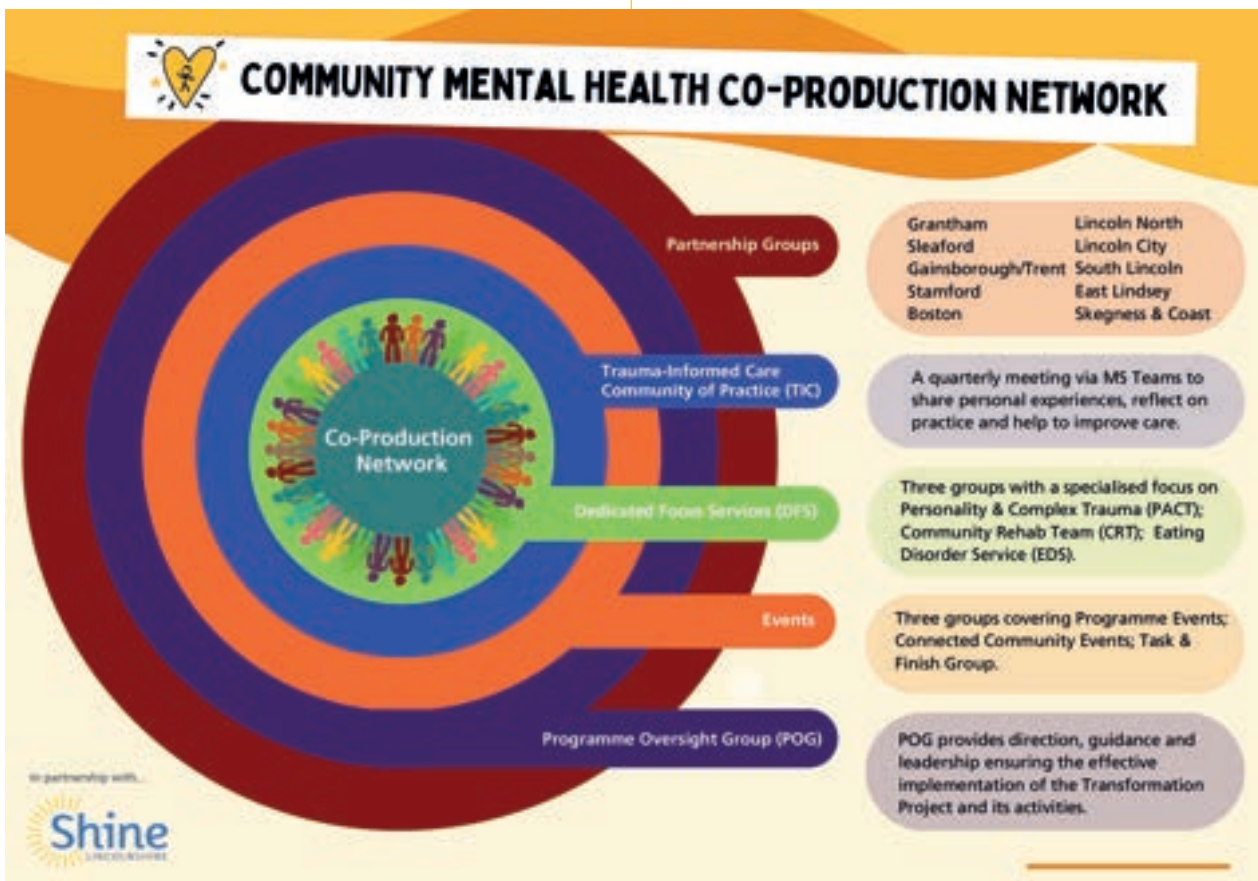
If you would like to get involved and to find out more, please contact us at coproduction@shinelincolnshire.com or call 01522 300206.

About Community mental Health Transformation

The aim of Community Mental Health Transformation is that patients get the right support and treatment as soon as possible, with mental health and support services being provided within communities, to keep people living independently and improving their overall mental health and wellbeing.

Working with partners from across primary and secondary care, local authorities, Voluntary Community and Social Enterprise (VCSEs), as well as communities themselves, we are designing a joined-up model of care that offers wrap-around personalised support to those experiencing mental health challenges. This in turn helps to reduce pressures on primary and secondary health services, including GPs, to free up appointments for those most in need.

To find out more about Community Mental Health Transformation, visit: www.lpft.nhs.uk/about-us/transformation.



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!

GEMMA MOORE

Role- Peer Support Worker (First Coastal)

About me- I love living by the coast, going for a run along the beach first thing and sea swimming all year round. I love to smile, walk barefoot on the grass and watching the night sky. I have a great circle of family and friends around me which I love to spend time and make memories with.

Favourite Biscuit- Shortbread

What's your cure for hiccups?

My hiccup cure is to continually ask someone, or make myself 'hiccup now, hiccup now, hiccup now', it seems to work.



GAIL SCRUTTON

Role- Community Connector Partnership Lead

About me- I have completed a physical challenge every month of 2023 (with my partner), that has included the Yorkshire Three Peaks, the National Three Peaks, two half marathons, a 35-mile walk, and a 24-hour challenge where we ran a mile every hour on the hour for 24 hours which was....not fun.

Favourite Biscuit- Milk chocolate Choco Leibniz

If you could be famous for doing anything, what would it be? Something impressive, such as fastest woman to run the London marathon. Realistically (as I've never run a marathon, and when I do run, I'm very slow), I'm more likely to be the mum who goes viral for falling over in spectacular style at sports day....



DAWN PEARSON

Role- Peer Support Worker (Grantham)

About me- Hello Everyone I'm Dawn, Peer Support Worker for Grantham. I work within the IPBT (Integrated Place Based Team) and feel very supported in my role. Walking is very much a passion of mine, being in the outdoors which helps mentally and physically. I started learning to play tennis 5 years ago and continue to enjoy the rewards it brings to my life.

Favourite Biscuit- Twix

What movie or book do you know

the most quotes from? Forrest Gump

'Life is a box of chocolates, you never know what you're gonna get.'



DONNA FRAVIGAR

Role- Peer Support Worker (East Lindsey/Meridian)

About me- I am a bubbly chatty person. My passion is to help people in any way I can. My biggest passion is my family and spending time with my grandchildren.

Favourite Biscuit- Chocolate Digestives

What is your useless talent? Buying Shoes



BELINDA BUTLIN-HODGSON

Role- Chief Operating Officer

About me- My passions are family, friends, dogs and travel... ideally combining all three. I love shoes, handbags, and football; watching not playing. My heroes are Nelson Mandella and George Michael, and I love anything 1980's. Favourite food is a curry from Leicester or oysters & fizz.

Favourite Biscuit- Fig Roll

What movie can you watch without ever getting tired? Last Christmas



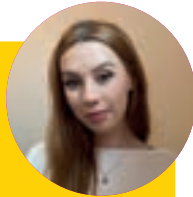
SHANI STORRIE

Role- Community Connector (Four Counties PCN)

About me- I grew up just outside London, studied for a degree in three-dimensional design in glass with ceramics. I have worked in all sectors of education apart from independent. My passion is to help others. Currently, I work as a volunteer raising money to home retired big cats.

Favourite Biscuit- Spicy Stem Ginger Cookie

If you could open a restaurant, what food would you serve? I would have an Italian restaurant because the food is so simple and fresh. And some say... a Mediterranean diet has many health benefits too.



OLIVIA WEAVER

Role- Peer Support Worker (Four Counties)

About me- My name is Olivia, I am 25 years old and I have a two year old daughter who is my absolute world! In my spare time, when I'm not chasing after a toddler, I like to crochet, try out new recipes and try to plan my wedding if I have any time left in the day.

Favourite Biscuit- Coconut rings

What outdoor activity haven't you tried but would like to? Snowboarding



SAMMY AMBROSE

Role- Communication and Participation Officer

About me- I live in Stamford, right at the bottom of Lincolnshire. It's a beautiful town that I spend a lot of time walking in, always finding things I haven't spotted before. Walking and fitness are my main hobbies and how I relax. Aside from this I try to spend as much time with my immediate family who I am very lucky to have close by.

Favourite Biscuit- It very much depends on the occasion, but the originals are the best - a digestive, rich tea, malted milk or a good old ginger nut. None of that choc chip or salted caramel malarky.

If magic was real, what spell would you try and learn first? Magic is real and can inspire hope.

RACHEL OSBORN

Role- Peer Support Worker (Sleaford)

About me- I'm passionate about wellbeing and helping people. I enjoy spending time outdoors and I have a keen interest in sport. I particularly enjoy walking, swimming and running.

Favourite Biscuit- Jammie Dodger

If you could make any animal the size of a cat, which would you shrink? Maybe an elephant



LUCY GOODCHILD

Role- Communication and Participation Manager

About me- I moved to Lincoln for university and never left, I have since settled down here with my husband and two house bunnies (Bucky & Stew). I spend most of my spare time either hanging upside-down in an aerial hoop, at the gym, illustrating or in the kitchen cooking and baking.

Favourite Biscuit- Custard Cream or Pink Wafer

What quotes do you use most often? In our house we often quote Brooklyn 99, Friends and 'You are the worst, Burr' from the musical Hamilton.



DONNA PINKEY

Role- Senior Support and Engagement Coordinator

About me- I am passionate about making a difference and sprinkle hope wherever I go! I am a Mum, Nana and very recently became a puppy mummy to our lovely Bella who is a Cavapoo. I am married and very lucky that we both enjoy, walking, football, F1 and all things Italian.

Favourite Biscuit- Jaffa Cake (ummm biscuit or cake!)

What bit of trivia do you know that is very interesting but also very useless? A blob of toothpaste is called a nurdle.



BUDDIES DEMENTIA CAFE

Buddies Dementia Cafe is for people living with dementia and their carer's. Our meetings take place on the first and third Thursday of every month, from 10.00am to 12 noon, in Nettleham Village Hall. Our underlying ethos is to have fun, laughter, and friendship.

Are you feeling isolated, lonely and don't know what to do when caring for your loved one? Come along to one of our meetings and be welcomed into our big happy family, there is no need to book. It's always hard making that first step but at Buddies, we can offer you the comfort of knowing that you are not on your own.



We offer a warm, friendly space with great live entertainment, all of which is music based. Music plays a huge part in our lives, and people with dementia can find music a powerful way to connect with memories, create positive feelings and encourage social interaction. We provide refreshments, lots of information, short presentations from local agencies, and useful tools to help you too. Each month we celebrate members' birthdays and have parties to celebrate special occasions - any excuse to have cake! We have also teamed up with "Walking for Health," who offer the opportunity to go on a dementia friendly walk around the local village and parks, after the first meeting of the month.

Our photographers capture our joy and laughter, and their pictures are displayed in our photo albums for our members to help recall the happy times we have enjoyed together. We also organise various trips out to such places as Woodside Wildlife Park and Bomber Command which all, of course, include tea and cake!

We produce a monthly newsletter, and further information can be found on our Facebook page



'Buddies Dementia Café Nettleham' or our website www.buddiesdementiacafe.co.uk, which are regularly updated with our latest news, events, and photos.

One of our members recently summed Buddies up perfectly by saying: *"What a brilliant morning at Buddies, seeing everyone singing, laughing and talking, better than any doctor's medicine."* Don't take his word for it, come along and see for yourselves.



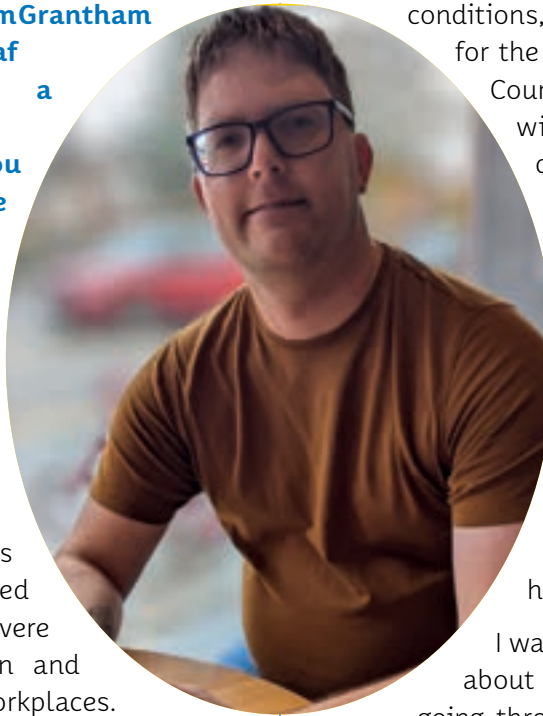
DEAFNESS AND MENTAL HEALTH

My name is Paul Woolmer, I am from Grantham and I have been profoundly deaf since birth, then having a cochlear implant insertion 8 years ago. I am going to tell you a bit about my journey and the struggles I have faced.

Throughout my life I have struggled with a variety of complex mental health conditions that include chronic depression and anxiety, borderline personality disorder and PTSD from childhood and adult traumas. My mental health conditions stem from traumas connected with social isolation linked with communication barriers, severe bullying in mainstream education and negative experiences in prior workplaces. All of which resulted in me experiencing suicidal thoughts.

I have struggled with my mental health for over 30 years, not knowing where to turn, when I finally found help. I accessed support through a variety of services that included; Deaf4Deaf which is a deaf lead counselling service and support service for deaf people, Sign Health which is a charity established to support people in the deaf community who are struggling with a variety of health problems, including mental health, they are able to provide medical information and support in British Sign Language, giving deaf people the chance to access medical information in their own language and the Community Mental Health Team, who were able to support me with a diagnosis by having a BSL interpreter present. In addition to accessing these services, I was able to receive support from the crisis team too. Over the last 3 years I have been attending groups at the Hive Community Centre which include 'The Place 2 Bee' for men, and I attend the Night Light Cafes (funded by Shine Lincs) which have been integral to my journey.

My journey has been long and brutal at times, leading to very dark moments with extreme negative thoughts but I will not stop fighting and pushing myself. Over the course of 2022 my life dramatically changed, I took in a rescue dog and she has become an emotional support to me. Following my diagnosis I was prescribed the correct medication to help me manage my mental health



conditions, which dramatically changed my life for the better and I enrolled on a University Course - A degree in Professional Studies within education. I also obtained my dream jobs, one: supporting people in the community through a brilliant organisation and the other becoming an accredited BSL tutor!

It's now my turn to give back to the community and fight to raise awareness and offer support to those struggling. There are so many organisations out there to help, drop-in centres here in Grantham to attend and much more - for both hearing and deaf people.

I was scared before to open up and to talk about what I was going through, and still going through to this day, but I have realised it's important to speak up - it's ok to not be ok.

Don't lose hope, keep going and take life and your journey at your own pace. This journey has made me feel like a warrior.



MY EXPERIENCE WITH BIPOLAR

First of all, I am going to explain a little about life before bipolar.

I have always been a worrier, an example of this being in school, when I would worry that clicking a button on the computer might break it or make it not work the same. To other kids at the time it would have been funny if this had happened. I would go home and obsessively worry about this.

Fast forward a little to when, in a previous job, one day I went into the office and handed in my notice, I did not like the role but to just get up and leave was a big decision and one that held a lot of risk. I proceeded to look into how I could go and work abroad. Although this was something I wanted to do having previously had interviews to be a travel rep, and wasn't out of character, it was a big risk leaving a job and not having the funds to really survive working abroad. Looking back this was definitely the first manic episode I had, of course I had no clue that it was, it was amazing that I had this amount of confidence. Normally, I would think more logically about this, and I would also listen to others thoughts and opinions, but at this time I could not listen to others as I thought I knew best.

A few months later, when I came home from working abroad, I did a course at college to enable me to go to university to do mental health nursing. This was because I didn't hold any A levels. By the end of the course I was burnt out and very much in a very low place. When things got better, I went through various different jobs very quickly and could not settle in one.

When lockdown hit, I spent the next year in a very low place, I did eventually get another job during lockdown, in retail, but I was really struggling.

Shortly after this, I gained my diagnoses. I was very lucky to see the psychiatrist I had seen in the past; he was able to get a big picture over the few years that I had been seeing him. By doing this he was able to see clear periods of both low and high mood states. Before I was formally diagnosed I experienced my worst manic phase. I managed to spend thousands on credit cards, I did not listen to anyone's advice as I thought it was amazing at the time. It was almost like I was oblivious to how

much money I was spending, I didn't think of the consequences.

I went away from that appointment and for around a year things were stable. I gained a role in mental health that I had always wanted for a career and was so proud of myself. But at the same time, I didn't really take time to research bipolar and how others cope, I also didn't update my own toolkit. After a while this really flattened me, as not only was my mood low again, I was wondering was this role, which I had always wanted, right for me. The decision had to be made to take some time away.

I recognise now that I waited far too long to get help, and when I did, I was at a point where I didn't see any hope of things getting better. I was prescribed another medication in the hope that it would help me during this low period. Eventually it helped me. I was able to factor in the gym, I enjoyed reading again, I was able to relax and not feel lazy, I was able to smile, laugh and be a better person around my friend's, family and partner.

I am on the path to recovery now, thankfully. I want to make sure that anyone suffering or that think that they may have bipolar, it should not hold you back from living a normal life, in fact some of the most successful people also have bipolar.

I would like to finish on a quote from Stephan Fry which is a fantastic way to express how it feels to struggle with mental health and it offers me a lot of hope. *"It isn't under one's control as to when the sun comes out but come out it will. One day. It is really the same as one's moods, I think. The wrong approach is to believe that they are illusions. They are real. Depression, anxiety, listlessness- these are as real as the weather-AND EQUALLY NOT UNDER ONES CONTROL. No one's fault. But they will pass: they really will."*- Stephen Fry

Sam Wilson



COULD IT BE BIPOLAR?



There are many symptoms of bipolar that can often be overlooked for something else.

- Have you experienced periods of low mood, little energy and no interest in things that you usually enjoy followed by periods when you've been highly energised, productive, restless and/or irritable?
- Have there been times when you got very little sleep, have taken more risks and/or made impulsive decisions?
- Is there a history of bipolar in your family?
- Have you been told you have treatment-resistant depression?
- Have you tried different formulations and doses of antidepressants that don't seem to help much, if at all?

Then it's worth asking the question: could it be bipolar?

Everyone has ups and downs, and times when they feel happier or sadder than usual. But when you have bipolar,

you have extreme mood swings. They can really change your behaviour and have a big impact on your life. Most people with bipolar also have periods of stable mood in between. No two people with bipolar are the same.

Bipolar UK's Mood Scale (<https://www.bipolaruk.org/FAQs/track-your-mood-scale>) is a simple way of thinking about different mood states and energy levels. Most people sit between 4 and 6 most of the time. If you have bipolar, you move up and down the scale, although you may also have stable periods in the middle of the Mood Scale.

Depression — sometimes called 'unipolar' depression to distinguish it from bipolar — is very common. GPs see about ten times more people with it compared with bipolar. The two share some symptoms and it can be difficult to tell the difference between them. This is one of the main reasons a bipolar diagnosis is often delayed. The key point is that in depression you have the low but not the high moods. The tell-tale sign of bipolar is moving between extreme high and low moods.

For more information visit www.bipolaruk.org.uk

LAUNCH OF THE LINCOLNSHIRE VOLUNTEERS PROGRAMME

A new digital platform in Lincolnshire to support volunteering! Have you volunteered before? Have you thought about it but not taken it any further? Not sure if it is for you? Sign up now and have a look!

Organisations across Lincolnshire can use the Lincolnshire Volunteers Programme to advertise their volunteering opportunities for free across the county! This platform has been adopted by Volunteer Centres across Lincolnshire as their primary platform for advertising opportunities too. **If organisations would like to register, visit <https://lincolnshirevolunteers.teamkinetic.co.uk/volunteers/registration-provider>**

From January 2024, volunteers can see a wide range of volunteering opportunities, able to immediately browse and interact with them and feel part of something 'bigger', with a Lincolnshire wide identity.

Volunteering has many benefits for people, such as making a positive difference, improving self-esteem, self-worth, confidence and wellbeing, an opportunity to meet new people, reducing social isolation and loneliness as well as a new sense of purpose.

Volunteering opportunities are so diverse, from a community transport driver to a gardening volunteer to spotting a walrus – there may be something for you!

We recognise using a digital platform won't be for everyone, and those who can't or don't want to use digital can be supported by Volunteer Centres. **To find out more about the programme visit www.lvet.co.uk/lincolnshire-volunteers, and sign up through <https://lincolnshirevolunteers.teamkinetic.co.uk/>**



LONG COVID

Winter has proved to be a busy season for Shine Lincolnshire and the Long COVID Project. We have continued working closely with all our project partners, Active Lincolnshire, Connect2Support, Every-One and local communities across Lincolnshire. The focus for Shine Lincolnshire this quarter has been on the continued development of the face-to-face support groups and peer support. By bringing together 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 others 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 8 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 meet with others who understand their challenges.



As we enter the Winter season, it's important to know that there are groups and support out there for you. See the timetable below for a group near you.

Please note: details are subject to change, correct at the time of publishing. Any enquiries for the groups, please contact the group directly .

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	barbarahancock@acisgroup.co.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@ecisgroup.co.uk
Grantham	Church of Ascension, Harrowby NG31 9QZ	Starting: 4th September	Mondays	10-12pm	Weekly	rev.samparsons@gmail.com
Stamford	Garden Room, LCC Day Centre, PE9 1JF	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

LONG COVID

Long COVID Information Hub



<https://lincolnshire.connecttosupport.org>

Long COVID Information Hub



Connect to Support Lincolnshire

Connect
to Support
Lincolnshire



SUPPORTED BY
NHS
CHARITIES
TOGETHER

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

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

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

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

Delivered by:



MONEY AND SCAMS ADVICE

Christmas is done, the new year is here, and everyone is talking about good intentions and future plans. However, Christmas itself can be a stressful time for many both emotionally and financially. It falls in the darkest month of the year, one of the coldest, and there's a lot of pressure to have fun, entertain and spend extravagantly. This can result in overspending and people can become more susceptible to fraud and scams, or turn to expensive loan and credit schemes, making for a not so positive start to the year.

Anyone can fall victim to a scam. Those behind them take advantage of people's trust, lack of awareness and sometimes despair. Scams can occur in person, over the phone, in an email or online and are becoming ever more sophisticated and convincing in their methods.

How can I avoid scams?

Be vigilant and always err on the side of caution. Be aware of the following common types of scams:

- **Phishing scams** such as an email that looks like it is from a reputable company or delivery service and requests personal information.
- **Shopping scams** either online or on the high street, are when goods are offered at lower prices but turn out to be substandard products or never arrive if ordered.
- **Emotional scams** can develop over a long period of time as a scammer builds a platonic friendship or romantic relationship with you, gaining your trust, before asking for urgent financial help. Alternatively, a scammer could impersonate relatives in a text message or email, claiming to be in dire circumstances and needing help. On both counts the scammer will probably claim the money is for something carrying emotional force such as a medical emergency or housing or travel crisis.
- **Investment scams** are when you are promised high returns if you hand over money, either by a person or through an advert. In reality the scheme does not exist or carries a very high risk and investors end up losing their money.
- **Job or employment scams** advertise fake job

opportunities that request payment for training materials, an investment sum, or promise employment on completion of a costly course. In reality the job does not exist, or the employment is not as it is described.

- **Tax scams** are very convincing and often tell you that you are owed money from the government or vice versa, that you owe tax, and are threatened with legal consequences if it is not paid. HMRC will never request your details in an email or over the phone.

Golden rules

Take your time

Stop and think before handing over any personal information or clicking on any link. A legitimate organisation or a true relative or friend will not pressure you into taking quick actions and will not mind you taking the time to double-check their credentials.

Similarly, take your time when shopping or browsing. When something is offered at a lower price, is in the sale or is 'selling fast', stop, step back and consider whether this is something that you can afford and really need.

Check it out

If you are wanting to verify information, search online for the organisation's website and check contact information or look for trusted review sites. Use directory enquiries or call back on a phone number you already hold for the individual or business if needs be. Never press on the return call option on your phone, re-dial the correct number from elsewhere, even if they match.

Don't share

Never share passwords, click on unsolicited links and never allow anyone to download a remote access tool onto any of your devices.

Never talk money or give financial or personal details over the telephone. If you are unsure, disconnect the call.

Activate two factor authentication on email accounts, and social media and keep all of your technical devices and apps updated.

Avoid cold callers If you're not expecting someone, then you don't even have to answer the door.

MONEY AND SCAMS ADVICE

Further information

People who are scammed can experience shame, loneliness and social isolation. This can lead to further financial problems such as debt and gambling. Some adults may be especially vulnerable to fraud and financial abuse too, seek advice for them if you are concerned.

Action Fraud

www.actionfraud.police.uk | 0300 123 20 40.

Citizens Advice

www.citizensadvice.org.uk | 0808 223 1133

Friends Against Scams

www.friendsagainstscams.org.uk

Age UK

www.ageuk.org.uk | 0800 678 1602

GamCare

www.gamcare.org.uk | 0808 8020 133

National Debt Helpline

www.nationaldebtline.org | 0808 808 4000.

WHAT IS FRAUD?

Fraud is criminal activity committed by those acting in a deceitful way. Fraudsters use trickery to gain a dishonest advantage over another person with the intention to cause a loss to that other person. Because of how the offence is worded, victims don't have to believe or indeed suffer a loss for a fraud offence to be committed.

So, how does someone become a victim of fraud? Whilst there are many different types of fraud out there, there are only four ways a fraudster can approach victims, and as nearly all fraud needs some active participation by the victim, fraud prevention can become quite simple when you only have to consider those four ways. We call the four ways 'Fraud Enablers'. They are Telephone, Doorstep, Postal and Online.

The simplest messages are;

Telephone: Never talk money or give financial or personal details over the telephone. If you are unsure, disconnect the call. If they have told you who they are, then check for their organisations contact details online or through directory enquiries. Never use the details they have given you for verification. Wait five minutes or use a different phone to ensure you are disconnected from the last caller.

Doorstep: Never deal with cold callers on your doorstep

offering instant repairs or selling household goods. If you're not expecting someone, then you don't even have to answer the door.

Postal: Anything through the post that sounds too good to be true probably is. You can't win something if you haven't entered.

Online: Never share passwords, never click on unsolicited links and never allow anyone to download a remote access tool onto any of your devices.

www.actionfraud.police.uk/a-z-of-fraud has lots of advice about all different types of fraud.

Report suspicious text messages by forwarding them to 7726

Report suspicious emails to report@phishing.gov.uk

If you have been a victim of fraud, then report to www.actionfraud.police.uk or telephone 0300 123 2040.

www.actionfraud.police.uk/a-z-of-fraud has lots of advice about all different types of fraud.

Sharon Hall, Fraud Protect Officer, Lincolnshire Police.

RECOGNISING A SCAM WITH CITIZENS ADVICE

It might be a scam if:

- someone you don't know contacts you unexpectedly
- you suspect you're not dealing with a real company – for example, if there's no postal address
- you've been asked to transfer money quickly
- you've been asked to pay in an unusual way – for example, with iTunes vouchers or through a transfer service like MoneyGram or Western Union
- you've been asked to give away personal information like passwords or PINs
- you haven't had written confirmation of what's been agreed.

If you think someone is calling to trick you into giving them money or your personal details, hang up and call 159. This is a secure service that connects you directly with your bank.

Check the signs of fake online shops, you can search for a company's details on GOV.UK.

Don't click on or download anything you don't trust and

make sure your antivirus software is up to date to give you more protection.

Some scammers try to get your personal information – for example, primary school names and National Insurance numbers. They can use this information to hack your accounts. Check your bank's website to see how your bank will and won't communicate with you.

Pay by debit or credit card to get extra protection if things go wrong.

To find out about scams across the country, you can sign up to the Trading Standards email alert on their website. Trading Standards can investigate and take court action against scammers.

If you transferred money to the scammer in the last 24 hours, tell the police immediately by calling 101.

Don't feel embarrassed about reporting a scam – scammers are clever and scams can happen to anyone. You can do this by contacting an adviser via the consumer helpline on 0808 223 1133.

Please visit our website for more information and tips on avoiding scams <https://www.citizensadvice.org.uk/consumer/scams>

THE LEN MEDLOCK VOLUNTARY CENTRE

The Len Medlock Voluntary Centre was officially opened as a charity by HRH Princess Royal on Wednesday 8th March 2000. The Boston Volunteer Centre Charity owns and manages The Len Medlock Voluntary Centre (LMVC) on behalf of its users.

The centre is a shared building accommodating a range of different charity, voluntary, community and not for profit organisations. As a charity we empower and encourage local community groups by being fair with our pricing and through providing the necessary services they require. These services include taking a licence for a secure room from us so your organisation can have a base in the centre of Boston, booking our day hire facilities, including our conference room with its hybrid meeting equipment, our training room, or our small meeting room perfect for one to ones. The Len Medlock Voluntary Centre has something to accommodate the group's needs.

Some of the current organisations that are based at The Len Medlock Voluntary Centre include Samaritans, Boston Community Transport, Your Day Your Say, Double Impact and many more. All of these are charity or

community focused organisations. These are alongside our regular day-hire users that meet daily, once a week or monthly.

We are widely accessible by being in the centre of Boston near both the local train and bus station. We cater for disabled access by having wide doors and a lift in the centre. The building is well managed with a full-time centre manager, part-time assistant, and part-time volunteer receptionists.

If you are a new organisation starting up or an existing organisation looking for a new location to hold your meetings, group sessions, training etc then please do not hesitate to get in touch with us via email: info@lmvc.org, tel: 01205 353216 or mobile: 07375 899502. One of our team members will be happy to help with your enquiry.



A HELPING HAND



Help is available from the NHS and Care Volunteer Responders programme. Our enthusiastic volunteers take on a range of activities to support the health and wellbeing of individuals in communities across England. It's a free, quick and simple process to request volunteer support.

Support available includes:

Check In and Chat

Telephone support to people who need a chat and some encouragement to improve their mental health and wellbeing. This service is available for up to 18 weeks and people can re-refer themselves or the referrer can make a repeat referral after the first period ends. This service is available for self-referral.

Check In and Chat Plus

Regular telephone calls for more vulnerable people. This support will be 3 calls a week over a 6-week period from the same volunteer. People in need of more structured support, who would benefit from the continuity of speaking to the same person, can be referred for this service. This service is available for self-referral.

Community Response

Requests can be made for volunteers to help people with a range of activities including collecting and delivering food shopping and essential items and/or prescriptions. This service is accessible for up to 6 weeks and is available for self-referral.



Volunteer Responders

Pick-Up and Deliver

Volunteers transport medication or small items of medical equipment to people's homes from NHS sites. This activity supports people who have been newly discharged from hospital to home, are waiting for hospital admission or are being cared for on a virtual ward. Other referrals could include the movement of small items of equipment between sites. (This service can only be requested by a professional referrer such as a GP, other medical practitioner or adult social care provider.)

Health and care teams can refer people to the programme for volunteer support. Making a referral is easy, just visit nhscarevolunteerresponders.org or call the Support team on 0808 196 3382. Volunteers are then instantly matched to local, live tasks through an app on their smartphone. They can accept an offered task at the touch of a button.

Members of the public can request support from volunteers, either for themselves or someone they know (with that person's permission). You can request a call by calling 0808 196 3646 (8am to 8pm, 7 days a week).

You can also visit:

<https://nhscarevolunteerresponders.org/>
where you will find further information.



ME AND MY OTHER SELF- A HEALTH COACH BLOG

I'm Chris, a Wellbeing Coach for local communities. I work for Everyone Active and support the development of health pathways working alongside local partners within 20 local authority areas. I've had the pleasure of working within the leisure and fitness industry for the past 20 years.

Over the past few years, I've qualified as an exercise referral practitioner as well as specialist qualifications in cardiac, cancer, obesity and diabetes, muscular-skeletal conditions, and mental health. In addition to this, I have further developed my skills in teaching Pilates, yoga, and meditation, as well as motivational interviewing and cognitive behavioural therapy.

I'm extremely passionate about mental health and I regularly undertake challenges to raise funds for local and national charities. In all this, my family is undoubtedly the most important factor in why I do what I do. It's what keeps me active and healthy, however, it wasn't always like that...

Prior to the pandemic life was fast and intense. My wife's mum passed away with pancreatic cancer and her dad had just been diagnosed with a long-term illness. Keeping it all together was tough for the family, let alone what was just around the corner.

The COVID-19 pandemic hit everyone hard which had an unprecedented impact on all communities. In the summer of 2020, I was working in a role to support the mobilisation of a new leisure centre. The community expectation was that the facility would open at the end of July, however, there was a lot of work for that to happen.

Despite some challenges we successfully opened the facility on the 25th of July 2020. However, despite the excitement the build-up had taken its toll on my wellbeing.

In August 2020, a few weeks after opening, I collapsed at work. I was helped by a colleague but refused an ambulance. Weeks leading up to the collapse I had been experiencing blips, but given the time of year I put it down to heat exhaustion. Soon after I collapsed I realised I was having problems with my speech, coordination, and lack of movement. I knew I wasn't well so contacted my dad who took me to the hospital. After being in the hospital for 3 days the probable diagnosis by the consultant was a suspected Trans Ischemic Attack (TIA), which is a clinical way of describing a mini-stroke.

At the time I thought "Okay, I can get passed this, I'm fortunate it's not a significant stroke or worse". Several days passed by and the physical effects subsided, but what I wasn't expecting was the level of chronic anxiety and depression I was about to experience. I had never experienced mental health challenges before, so I wasn't prepared on how to tackle it. I was in complete denial about what happened, I was embarrassed and certainly didn't want professional help or help from anyone else for that matter. At the time I wasn't thinking straight, but this wasn't fair to my family. I started to close off from my friends, so I didn't go out much or speak with anyone. At the time I thought this was for the best, but I couldn't work out if it was helping me or making me worse, I just knew I wasn't right.

I eventually swallowed my pride and made a self-referral to a local health service and in addition, my wife suggested I speak with a local therapist. This was the start of my journey, but it felt like it wasn't even scratching the surface. The longer I didn't feel right the more frequent I would have anxiety attacks and little outbursts. I went on walks not really knowing where I was going, constantly thinking my wife and the little boy didn't deserve the behaviour that had consumed me. On one occasion I walked in the sun for that long, I ended up having sunstroke.

It wasn't until some weeks later that I felt my mental health was starting to impact my relationship with my wife and little boy who was five at the time. I broke down and asked my wife what I needed to do to become myself again. We sat down and created a mind map of short-, medium-, and long-term goals. We looked at strategies and ways of achieving each goal. I became an open book, and books it was that I read! The first book which helped me understand my mind and perspective was the 'Chimp Paradox' by Steven Peter's. We looked at a number of lifestyle factors like stopping alcohol consumption, reduction in caffeine, change in exercise intensity and diet. I also started to practice meditation, and gratitude, and work on my sleep routine. I started to engage with others again which gave me back my confidence. However, the most important change was the amount of quality time spent with my family without the worry of other commitments.

ME AND MY OTHER SELF- A HEALTH COACH BLOG

This was 3 years ago, and I feel so much closer to the person I want to be. I certainly don't judge myself or put any expectations on it. It's where I am today and that's good enough for me. I'm still on a journey, possibly still recovering, and maybe always will be. However, my wellbeing is in the place I want it to be. I'm sure I will naturally have my ups and downs, but I have all the tools to remind me of who I am and my purpose in life.

What did I learn from the experience?

If you don't have your health, you have nothing. I would also argue that having good mental health beats physical health any day of the week. On reflection I didn't look after myself, I prioritised all the wrong things and that included the things I should have done for my family. Although I felt I was doing the right things, I was trying to be someone else and that meant brushing vulnerabilities under the carpet. I discovered the mind can only take so much, and that we all have our own mental capacity. The mind is complex and completely individual. It can't and more importantly should not be compared with someone else's.

To achieve the level of wellbeing desired it needs to be approached in a more holistic sense. I use the 'four facets of wellbeing' model which focuses on 'movement, nutrition, mindset, rest/recovery, and sleep.

Sleep and mindset contributed to 70% of my weekly goals with movement and nutrition 30%. Sleep was critical in my recovery, and I prioritise sleep every day. It's not appreciated how good sleep is and it's totally underrated. The mindset was all about re-wiring the brain activity. This meant understanding perspective, expectations, prioritisation, and living in the present. Past hypothetical worry brought on so much stress, and in truth, none of the things I was worrying about had actually happened. I learnt how to manage those emotions and prepare with perspective in those situations. The final combination of lifestyle changes was the way I moved and what I ate on a daily basis.

A great deal of support came from social connections. One of the key aspects was 'listening' and 'learning' from others and their own journeys. That engagement was paramount to the improved emotional wellbeing, confidence, and self-worth. It allowed me to find my purpose in life which was to focus on my family and begin to serve my community with the knowledge and experience I had gained. I was now more ready to help others.....

Where to find help?

There are many places you can get help from professionals and community connectors. The most obvious one is visiting your GP and getting the right direction for managing your health. In recent times services such as social prescribing have been a fantastic support mechanism for those who have less clinical needs such as emotional and financial wellbeing, and long periods of isolation from society.

Some locations host peer support groups, warm/safe spaces, and talking groups which help connect individuals and help signpost to other services.

Leisure centres, sports clubs, and community centres all host a variety of activities which bring people together. Try researching your local community facilities to find out what's going on and how you can get involved.

Lastly, if you do have time then please take a look at some of my 'Walk & Talk' vlogs which highlight common mental and physical health issues, and how people can tackle these in their everyday lives. You can find them by visiting my YouTube page Chris Duncan the Wellbeing Coach or accessing via the link or QR code.

Many thanks to everyone who has taken the time to read this and I wish you all a healthy and happy future.

Chris Duncan

The Wellbeing Coach



2024: A TIME TO FOCUS ON MY WELLBEING

It's that time again, new year, new resolution. Same old, same old.... Join a gym, stop drinking for January. Save money for that home improvement that I never managed to get sorted last year.

Every year we try to comply with the resolutions we set ourselves in January. They tend to be about our physical health or fixing a problem around the home. Carers can often find it difficult to find time to complete these tasks or indeed anything that isn't a part of our caring roles. Carers are too busy looking after others to even consider the opportunity to look after themselves, and when they do it often leads to feelings of guilt that they are putting themselves and their own needs over the needs of people they care for.

If I'm being honest, I've given up making resolutions that I know I can't keep due to being a carer. The inevitable feelings of shame and disappointment lingered when I inevitably couldn't keep to them and hoping the next year things will be different.

This year I decided to do something different altogether – my resolution isn't about impossible goals and targets I will never meet. This year I have decided to give myself "micro moments" of happiness, small moments of "me time", whenever I am able too. No guilt, no shame, no pressure.

This idea is part of wellbeing and self-care. As a carer I can personally relate to the difficulty of not having a break from the caring role. All too often unpaid, informal and family carers don't get a break, the support they offer is often 24/7. There is no clocking off at the end of their shift. There is no 2-week holiday in the sun. There is no calling in sick when they are unwell.

You may be asking what is a micro moment? A micro moment can be anything that is self-nourishing, anything that helps your mental health and wellbeing. For me that is 5 minutes just sat in the garden with a nice cuppa, taking notice of the world around me and appreciating nature and the amazing world we live in.

Other common micro moments include a pamper bath, hot and filled with bubbles and maybe a bath bomb, candles around the bath and the lights turned down low to help de-stress – and NO phones or other screens around to tempt or distract me from giving myself a break. 15 minutes disconnected from the world to take time to just be.

Another favourite is the kitchen disco while making a

meal – putting on that music playlist that makes us happy or is uplifting and singing along, maybe have a bit of a dance and allow ourselves 5 minutes to put some space between us and all the stress and worry we carry around with us in our heads.



This new year I would suggest not making unachievable new year's resolutions, rather spending a few moments every day being kind to yourself to have some "me time". For a famous person once said "You can't pour from an empty cup".

Dan Fleshbourne

Unpaid carer



DUNSTON AND RUSKINGTON METHODIST CHURCH

Hi, my name is Becky. I work with Dunston and Ruskington Methodist churches, both of which are part of the wider Sleaford Methodist Circuit and the even wider Lincolnshire Methodist District. I'd love to tell you what's happening. There's loads of regular and seasonal stuff going on and all are welcome.

Dunston Methodist Church works closely with St Peter's Church, Dunston, offering community outreach, worship to suit everyone and more, including Foodbank collections, a Community Hub at the Village Hall every quarter, Charity Community Cafes and Messy Church sessions in school. Regular activities are as follows:

Knit and Natter

1st and 4th Thursdays at 2:30pm

Lunch Club

3rd Fridays at 12noon

Prayer Breakfast

1st Saturdays at 8:30am

Zoom Service

3rd Saturdays at 10am

Traditional Service at St Peter's Church

1st Sundays at 10:30am

Café Church at the Methodist Church

2nd Sundays at 10:30am

Opening the Door at St Peter's Church

3rd Sundays at 10:30am

Traditional Service at the Methodist Church

4th Sundays at 10:30am

Messy Church Breakfast

5th Sundays at 9:30am



Ruskington Methodist Church also runs a number of outreach projects such as seasonal Family Activity Trails, Swish Eco Clothes Swap, Foodbank collections, plus talks and activities for the community in conjunction with outside agencies such as Age UK and Voluntary Centre Services. This is alongside regular Sunday worship services and many other activities, including:

Charity Coffee Mornings

1st Saturdays, 10am to 12noon

Messy Church

2nd Saturdays (bi-monthly) at 3pm

Women on Wednesday

1st Wednesdays at 1:30pm

Lunch Bunch

2nd and 4th Tuesdays at 12:30pm

Warm Space for All Seasons

Fridays in term time, 11am to 3pm

Prayer Meetings

Tuesdays at 9am

Sunday Services

Sundays at 11am

For further information about Dunston and Ruskington Methodist churches, and/or about the other 5 churches in the Sleaford Methodist Circuit (in Billingham, Heckington, Little Hale, Sleaford and Timberland), please visit www.sleafordmethodistcircuit.uk Here you'll also find links to our social media pages.

Thanks for reading. We look forward to welcoming some of you soon.

Becky Guillatt (Sleaford Methodist Circuit Support Worker for Dunston and Ruskington) cswrg.sleafordmethodist@gmail.com / 01522 833571

BRO PRO UK

*“it’s ok not to be ok
but not everyone
knows that!”*

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

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

Call or WhatsApp:
07939 092585



Find us on socials:
Bro Pro UK

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

If you are reading this and think Bro Pro could help you, then drop us a message today!

Please message us via WhatsApp or via our Facebook page for your nearest location.

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

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

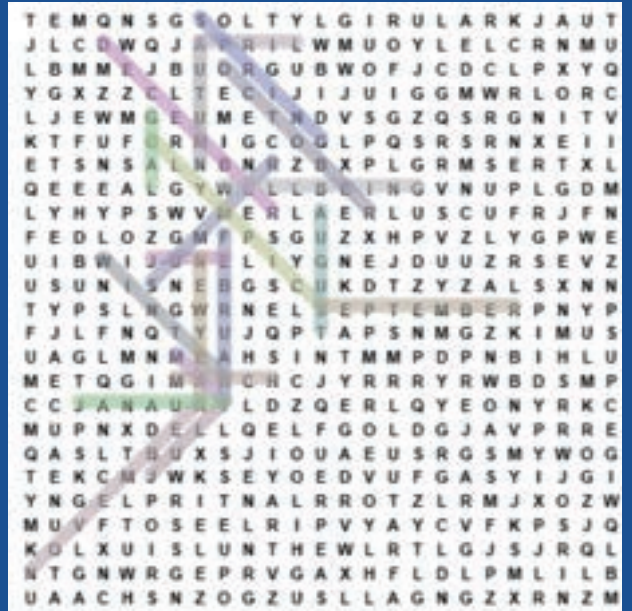
BroProUK is not a 24 hour service and may not yet be in a location near you. Please see below alternative services.

SAMARITANS
Call free day or night on
116 123
Email
jo@samaritans.org
samaritans.org A registered charity

**Text
SHOUT
to
85258**
SHOUT here for
85258 THE EMU?

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

Bert's New Year wordsearch Answers!



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.

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.lpft.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 230 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 01507 304 548
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.

If you would like to receive additional physical copies of our newsletter please contact us at communityengagement@Shinelincolnshire.com.

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