



Connect

Spring 2024



Photo credit: David Bruce

Check out the Spring edition of Shine Connect!
Find out all about Shine's big move to Horncastle
and everything else taking place across the County.

Spring has sprung!

It is a wonderful time of the year. It is finally Spring. The day is now as long as the night. Soon the clocks will go forward. There are many buds on the trees. Daffodils, tulips, snow drops, crocuses – they are all doing their work and making the world a beautiful place. We must all be so happy. We made it through another winter.

This is the season when we should begin to think of food. Actually, I think of food all the time. It is important we all understand that what we eat will impact on our mental health. The experts say food is medicine, you are what you eat, and be conscious that there are Mood Foods.

A lot of research has been done regarding eating in season. Now is the time to buy local. Now is the time to eat seasonally.

Eating seasonally means eating foods that are naturally in harvest at this time of year, and eating locally means eating food that can be grown in the UK.

We have become so used to being able to access any food we want at any time of the year. But out-of-season produce means flying it in from overseas or using intensive farming methods such as pesticides and greenhouses to force them to grow year-round. Both of these use lots of resources and come with huge carbon footprints.

Eating local and seasonal food is not only tastier and



Healthier, (the nutrients and flavours have fully developed so they're sweet, crunchy and the best they can be), but better for the environment.

It's often more affordable, as it hasn't had to be imported, and is more readily available during this month.

Some of the foods that are seasonal right now include asparagus, basil, broccoli, chives, dill, jersey royal new potatoes (with fresh mint), lettuce and salad leaves, radishes, rhubarb, rocket, spinach, spring onions, watercress, wild nettles and wild garlic.

As I try my best to positively impact on my mental health, as we all should, I become increasingly aware of the importance of what I put in my mouth. Foods impact on how we feel. This is what we call Mood Foods. For example - I had terrible mood swings the other day and I realized that the day before I had eaten a lot of sugar. You know biscuits - I can't just have one!

So seasonal and local it is.... I think I'll go make myself a fresh salad.

Kate Hull-Rodgers



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EDUCATION AND TRAINING WITH SHINE LINCOLNSHIRE

It's Spring and the colours of the early flowers are beginning to shine. Nature is waking up. It has been a fast-paced start to 2024 for Shine Lincolnshire training. There has been a significant increase in enquiries for information on the training we offer and bookings available for this year.

This year to date we have had 249 attendees on 24 courses:

Physical First Aid -39 – 4 courses

Emergency First Aid At Work (1day) – 19 (2 courses)

Combined Emergency First Aid At Work and Paediatric First Aid – 20 (2 courses)

Mental Health First Aid – 103 (11 courses)

Mental Health First Aid -46 (5 courses)

Youth Mental Health First Aid -25 (2 courses)

Mental Health Awareness – 28 (3 Courses)

Mental Health First Aid Refresher -4 (1 course)

Suicide First Aid – 107 (9 courses)

Suicide First Aid Lite (4hr) – 15 (1 course)

Suicide First Aid - Understanding Suicide (1 day) – 9 (1 course)

Suicide First Aid CYP (1 day) -46 (5 courses)

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

'I really enjoyed this course and I feel I now have the knowledge to confidently support someone with their mental health. Although I already knew language is important, being able to speak with others about this and learn more from this course makes me feel as though I can approach someone and not feel as though 'I might make it worse' or say the wrong thing. I feel this course will be invaluable to me in my professional life and also in my personal life'

'Ian's delivery was exceptional, he engaged the cohort and

balanced a difficult and emotive topic with sensitivity, professionalism and passion for the topic. Ensuring everyone was comfortable, recognising individual triggers and providing a safe environment for all. I thoroughly enjoyed the course and wouldn't hesitate to recommend Ian.'

Our attendees have included our Peer Support Workers, Staff from VCS, Church staff and volunteers, LCC staff, Schools and other education settings and volunteers from community projects.

Shine Continues to be grateful for opportunities to support and expand the skills and capacity of the groups and organisations across Lincolnshire and beyond.

Throughout 2024, Shine will continue to reach out and make its training and education support available to more. Our current offer includes Mental Health First Aid, 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 skills.

Our offer for 2024 includes the **Mental Health Skills for Managers and Youth (CYP) Mental Health First Aid courses** 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. As we settle into our new premises, 'Bert House', we will be able to expand our course availability with dedicated training delivery space.

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,

Hope you all had a nice Festive and New Year break; I have been resting a bit and recharging ready for a very active year ahead.

In February I visited **Waddington Redwood Primary School** with Ian and Dan to help deliver a 5 ways of wellbeing assembly. I was amazed at the energy all the children had and I even took part in a few stretching and relaxing activities in the assembly with them. Afterwards I met a few of the children for a colouring session and was very impressed at the talent they had. Some of the children were lucky enough to receive a Bert badge for their work.



Also, in February I was lucky enough to be asked to visit **Horncastle Library** with Lucy and Amber, whilst I was there, I met several children who were very pleased to see me, some of them told me what their favourite books were and what they enjoy doing after school. As well as talking about books and reading they did some colouring and built Lego. Horncastle library is a great place to visit, and the staff are very friendly.



The month of February also saw me attend **Benjamin Adlard Primary School** in Gainsborough. I took part in the assembly with Lucy from Shine and Brad from

Wright Way Sports to promote the Youth Club that is now up and running for all ages on a Tuesday 5 til 8, the children were very excited to hear about the Youth Club and they even got me to dance to show how excited I was about it too.



March and April have been a bit quiet for me as I have been helping get the new office in Horncastle ready for the big opening which I was excited about, as well as that, mini-Bert has been out and about in different places across the country as well as the county of Lincolnshire. He has been on several adventures in the Peak District and the Lake District, I think he wanted to be part of Active April that some members of Shine took part in.

I spent time training for my big Boston adventure in April - the **Boston Half Marathon**. I ran it at the end of April and it was amazing to have so many people cheer me on!

Remember, if you see me or mini-Bert anywhere, get a selfie or photo with us and we'll try and publish them either on our social media platforms or in the next newsletter!

Bye for now and remember to look after yourselves and stay safe.

Bert.



THE MAKING OF BERT HOUSE

It was just over 2 months ago that we announced a significant milestone in Shine's journey – our relocation to brand-new premises in the stunning town of Horncastle, at 7 Bull Ring. What's taken place since then is nothing short of a miracle!

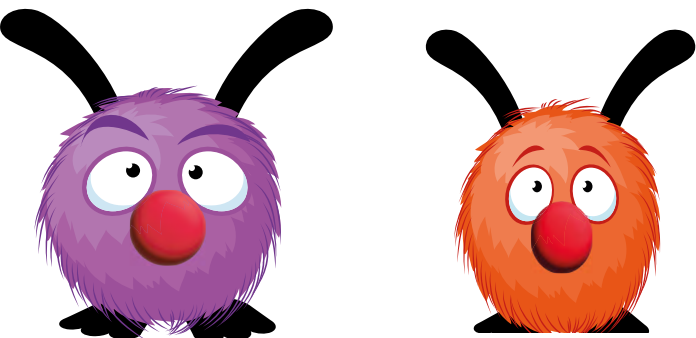


Back in late 2023, after some careful consideration, Shine decided to take the leap and move out of their offices in the heart of Lincoln and find a home more suited to their mission and purpose. Shine CEO, Rachel Wright had a vision – a communal hub near the East coast that could perform as a place of safety and support; as a space for collaboration, learning, and health and wellbeing advocacy; as well as practically for the day-to-day running of the charity. Shine has always been a charity made of and for community and having a space that unifies this allows them to hear about, and be proactive to, the needs of a community whilst being a part of it.



Shine's new address, **Bert House**, is located on Bull Ring in Horncastle, in the building of an old bank. When Shine took the keys, the two-storey building was still very much a formal, albeit somewhat tired, retail space that needed far more than a lick of paint. Cue weeks of 12-hour days, funding applications, designs (and re-designs),

planning applications and a considerable amount of trial and error and Rachel's vision began to take shape. Tiles were lifted, carpets fitted, toilets were scrubbed and painted, flat packs were assembled, doors were labelled, electrics were wired. Over 2 months everything was given due attention, from the free book library, public computer areas and large meeting rooms to the comfortable chairs in the private 1-2-1 space, the pool table for when a cheerful distraction with good company is required, and the friendly wall-art featuring the charity's mascot, Bert. But what to do with a bank vault? Turn it into Beryl's Bargain Vault charity shop of course!



THE MAKING OF BERT HOUSE

Shine aren't the only people to take up home at Bert House, Children's Links will be based there too. They provide a range of services to children, families, and communities, emphasising the needs of an individual and the importance of play for all ages. The perfect complement to Shine!



The walls of **Bert House** are adorned with images of the challenges team Shine has undertaken, the publications they have produced, awards won and of course lots of Bert and the Berties! **All the rooms are named after the Shine values: Passion, Kindness, Integrity, Innovation, Excellence and Collaboration.**

As you walk through the grand door, you're in a large open space, drenched in natural light, aptly named the '**Collaboration**' room. It's there for just that: to hash out ideas over a cup of coffee (watch out for Bert's special

blend!), get a bit of advice or information, use the public computers, take a book or board game from the shelf, present on the large screen or relax over a game of pool. Just off of this room is a small, welcoming space for private conversations or a moment to yourself, the '**Kindness**' room. Walk through Collaboration and you've reached the roomy offices of Children's Links, or



THE MAKING OF BERT HOUSE

You can go up the stairs to Shine's day-to-day offices 'Passion' and 'Innovation' – because that's where the heart goes into the operations and where ideas such as Bert House come to fruition! Head to the front of the building upstairs and there are two rooms, with long, original sash windows looking over the town centre – 'Excellence' and 'Integrity'. These rooms are equipped with presentation screens and whiteboards, conference tables and chairs and offer ample space for Shine to deliver their training courses, along with 'Connect' that provides an accessible provision for this downstairs. Connect, Integrity and Excellence are all available to hire, with or without catering, for organisations and individuals that want to be part of the community whilst hosting their events and meetings.



Very special thanks must go to the manpower behind the transformation of the building:

Visual Print and Design along with Allen signs for all the fantastic graphics and wall art.

Safe and Sound for working tirelessly to ensure the building is safe and sound!

Dean Wilkinson and Brian Elmhirst for turning the slightly jaded magnolia walls in the building into a pristine white.

James Plumbing for carrying out all the plumbing work on the building.

SCIS for fitting all of the fantastic TVs, sound bars and meeting cameras (and everything else technology based!).

High Street Discounts, Horncastle for the generous donation of tea and coffee to keep our staff going!

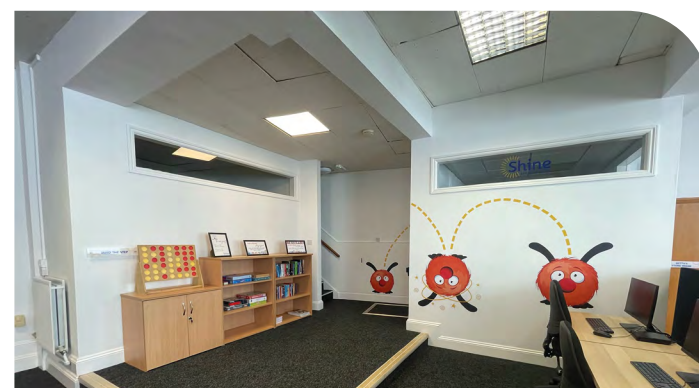
S B Barkers for all of the electrical work.

Holly Francesca for the gorgeous map of Lincolnshire that adorns the wall in Collaboration

Goult Fire Services for equipping the building with all fire safety equipment

And also a big thanks to Shaun Lindley, Mike Potterton, Luke Greengate Joinery and Locks and Leather for helping with the hundreds of other tasks!

We would also like to say a big thanks to our very own Ben Cross for his tireless work to support the development of the building- no job has been too big or small for him!



Beryl's



BARGAIN VAULT

— EST. 2024 —

NEEDS YOU!

It's time for a spring clean!

Beryl needs the clothes you no longer wear, the toys you no longer play with, those crockery sets in the loft, anything that you believe is respectable and in good enough condition to be sold as pre-loved goods in Beryl's Bargain Vault!
All funds raised here go to Shine Lincolnshire.

Not got anything to donate? Why not donate your time?
Volunteer in our one of a kind charity shop today!

For more information, contact us at
Info@shinelincolnshire.com



PEER SUPPORT WORKERS UPDATES


CHECK OUT THE LATEST UPDATES AND PHOTOS FROM OUR PSW'S!

TRENT

Hi I'm Kay, a Peer Support Worker covering Trent.

I really enjoy my role as a peer support worker because it is rewarding knowing you help others along their journey by sharing tips I have used with my own lived experience. I am really passionate about mental health and offering peer support to those that need it. It has a massive impact on someone's life when they know someone is there to offer that listening ear and know you care.

Kay



First Coastal

Hi, Here's an update of what I have been up to through the start of 2024.

I have continued to spend time at the beautiful and tranquil Gunby Hall, joining in the wellbeing walks in which we discover the beautiful gardens and hear the history about the house and the Massingberds who resided there. The volunteers facilitating the walk were knowledgeable and enthusiastic, contributing to the overall enjoyment of the visit. We also joined some volunteers supporting the craft group. This involved creating paper flowers out of recycled book pages and origami cats for the upcoming cat trail they were hosting. The opportunities at Gunby Hall and with the National Trust are both enjoyable and beneficial to attend either as an individual, with a friend or with family.

Myself and our student mental health nurse, Jack, have recently visited the ECO Centre. Jack donned the noise cancelling headphones on the wellness walk to get a true experience of the nature surrounding us.



I attended Askefield Farm to join the Tool Shed group on a Tuesday afternoon. I met some lovely people of all ages and abilities, creating or recycling items such as drawers into flower beds. It was truly inspiring being around people who don't let anything stop them from achieving something for themselves.

Being outdoors, taking a walk or even sitting in your garden is a great benefit to our mental health and one of the 5 ways to wellbeing. I had a lovely opportunity to visit Mablethorpe and take a walk along the sea front. We came across a lovely display of gnomes, trains, outdoor ornaments and other items of meaningful nature the local community has been contributing to. It was a great discussion point and a wonderful aspect to the walk.

January felt long and dark following all the Christmas activities and excitement, it reminded me I needed to up my self care and find extra motivation. **You can't pour from an empty cup so I made sure I took some time to prioritise my own needs, allowing me to be the best version of myself.**

Gemma

FOUR COUNTIES

Hi, I'm Travis, Peer Support Worker in Four Counties.

I've recently started a training programme covering an approach called Open Dialogue. It's an approach that was developed in Finland in the 1980's and has been working successfully there. It is becoming more popular around the world, including in the UK now. It takes a much more joined up approach to mental healthcare. A team comes together around the person, this includes professionals from not just the healthcare sector, but also from other agencies such as social workers. The team can also include family, friends and colleagues. Everybody in the team has an equal voice and the patient is included in decisions about their care. It has been described as a more collaborative approach to care. A frustration that I found when using services is that I had to tell my story over and over again, with a consistent support network this eliminates that need. In Finland this approach has led to reduced use of hospital beds and medication. This offers the opportunity to take a fresh look at how mental healthcare is delivered in the future.

Travis



BOSTON

Hi, I am Christine, I'm the peer support worker for Boston, I have been undertaking my training and I have visited many places to see what is available to support people in their recovery.

I have been made very welcome at Boston Community Gardens, Drop-in at Centenary Church and Restore Church, Beam Café Drumming Session with SoundLINC'S, the Men's Shed, St Barnabas & Zion Church Coffee mornings.

I also visited The Lithuanian Centre, which has been running for 12 years. They started at Fydell House in Boston and with help from LCVS, they moved to Council Hall and the Lithuanian Centre where it now resides at Fountain Lane. It has been running ESOL classes since January after obtaining the premises in October '23 and making the space suitable with extensive renovations. I attended the session in February which was very engaging, interesting and enjoyable.

I am looking forward to soon be supporting individuals.


Christine

GRANTHAM

TRYING SOMETHING NEW.

SoundLINC'S UpBeat delivered a fantastic drumming workshop on one of our peer support development days. Not knowing what to expect and having a go was an incredible feeling. The room was filled with alot of laughter and noise. Trying the different instruments which you may not have any experience with was a great opportunity. Spending an hour learning and exploring, having fun, feeling the drum and the sound it makes gave me an instant upbeat feeling.

Dawn



SOUTH Lincs & Rural

Recently I have been spending some time at The Holbeach Hub which is a great space open to anyone and everyone.

The Hub has lots of different groups going on throughout the week such as warm spaces on Mondays, Tuesdays and Thursdays, carer wellbeing group on Thursdays, Sociables on Wednesdays and Fridays...the list goes on! The Hub also has a community garden run by volunteers and is open to anyone with a green thumb or a passion for nature. The people who run the hub are fabulous and are always open to a cuppa and a chat. **Olivia**



FOUR COUNTIES

Hi, I'm Lisa and I am a peer support worker for four counties, covering Stamford, Bourne and the surrounding areas.

I am a mum of 3 and have a background within the health care industry. After suffering with my own struggles in life for various reasons and with my recent struggles with my mental health, I felt it was the right time to have a change in my career, where I can use my lived experience in helping others through their journey with mental health. And help to project positivity into their lives and show them that there really is light at the end of the tunnel.

Lisa

SPALDING

Hello everyone. It has already been 6 months since the Spalding IPBT (Integrated Place Base Teams) went live.

I have been able to use my training and own personal experience of poor mental health to offer emotional and practical support to others going through similar kinds of experiences. I have particularly enjoyed attending groups and activities encouraging people to access these according to their own interests, hobbies or even trying something new.

Did you know that peer support originated in 18th century France? But did not get widespread attention until the 19th and 20th centuries, when many survivors of the psychiatric system wrote pamphlets, established advocacy groups, and tried to bring their own stories and experiences to the public.

Earlier this year, I was able to attend the Peer Support Development Day, where PSW's from all across Lincolnshire get together and have the opportunity to connect and learn from each other.

Sarah

EAST LINDSEY / MERIDIAN

Hi my name is Donna and I am the PSW for East Lindsey & Meridian.

I am now embedded in my role and I am absolutely loving it. I recently went with a service user to the St Barnabas Hospice in Louth where they run a create and craft workshop every Tuesday 10am till 12pm, doing different crafts each week. The week we attended we painted some stones however we wanted. The group is so welcoming you can meet new people, do some crafts and have a cuppa.

I will be returning to this group in the future.

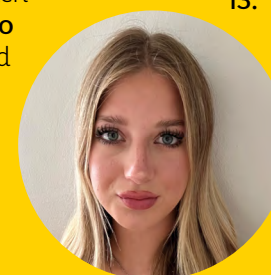
Donna



MEET THE NEW STAFF AT SHINE

AMBER- BUSINESS ADMINISTRATION APPRENTICE

1. Coffee or tea? Coffee
2. Breakfast, dinner or tea? Tea
3. Cats or dogs? Dogs definitely
4. Summer or winter? Summer
5. Morning or evening? Evening
6. Salty or sweet? Salty
7. What is your guilty pleasure? Shopping, no doubt about it
8. What is your go-to karaoke song? Mr Brightside- The Killers
9. What mythical creature would you believe was real? Mermaids
10. What is your favourite colour? Pink
11. What is your favourite type of weather? 30 degree weather in the sun by the beach
12. What has been your favourite age so far? Probably now (17) I have achieved many things and am in a very good position in my life
13. What is your go to dinner? a Mediterranean feast with olives flatbread tzatziki bravas potatoes, so yum



DAN- APPRENTICE

1. Coffee or tea? Coffee
2. Breakfast, dinner or tea? Dinner
3. Cats or dogs? Dogs
4. Summer or winter? Summer
5. Morning or evening? Evening
6. Salty or sweet? Salty
7. What is your guilty pleasure? Facemasks
8. What is your go-to karaoke song? Don't Look Back in Anger - Oasis
9. What mythical creature would you believe was real? Loch Ness Monster
10. What is your favourite colour? Light Blue
11. What is your favourite type of weather? 30 degree heat, lots of sun
12. What has been your favourite age so far? 18
13. What is your go to dinner? Chicken Quesdillas



MEET THE NEW STAFF AT SHINE

CHRISTINE- BOSTON PSW

1. Coffee or tea? Both equal amounts per day, 1 of each, morning and evening. Tea is always first
2. Breakfast, dinner or tea? I can't go without any meal, but definitely cannot skip breakfast
3. Cats or dogs? Both, I have one of each
4. Summer or winter? Summer is my favourite time of year.
5. Morning or evening? Evening is relaxing time
6. Salty or sweet? I love sweet food a little too much
7. What is your guilty pleasure? Spoonfuls of Nutella Hazelnut Chocolate
8. What is your go-to karaoke song? Dancing Queen by Abba
9. What mythical creature would you believe was real? Dragons, I quite like the idea of Unicorns having been real too
10. What is your favourite colour? Purple, all shades of purple
11. What is your favourite type of weather? Sunshine
12. What has been your favourite age so far? 27
13. What is your go to dinner? Pizza, easy and quick to cook



LISA- FOUR COUNTIES PSW

1. Coffee or tea? Decaf Coffee
2. Breakfast, dinner or tea? Dinner
3. Cats or dogs? Allergic to cats so got to be small cute dogs
4. Summer or winter? Summer
5. Morning or evening? Evenings
6. Salty or sweet? Salty
7. What is your guilty pleasure? Fruitella's
8. What is your go-to karaoke song? Hero by Mariah Carey
9. What mythical creature would you believe was real? Unicorn (I did actually think out loud about 10 years ago while driving through the countryside with my husband, and asked him, yep you guessed it, "are unicorns real?")
10. What is your favourite colour? Pink
11. What is your favourite type of weather? Sunny
12. What has been your favourite age so far? 30
13. What is your go to dinner? Salmon Salad



NORTH SUPPORT & ENGAGEMENT COORDINATOR

Hi I'm Ben, Support and Engagement Coordinator for East Lindsey, West Lindsey, North Kesteven and Lincoln.

This period I have been busy supporting projects with the MHWCIF/SP4 application process, as Shine manage the funding on behalf of LCC and the ICB. I am looking forward to working with the successful projects this Spring and also supporting the unsuccessful projects throughout the year as we look ahead to the funding window reopening.

I had the pleasure of Gemma's (PSW) company as we visited **Lincolnshire Wildlife Park**. Wendy Moore kindly showed us around the park, despite the rain! They do a lot of work to support the local community with mental health and wellbeing, and it was great to see the Peaceful Plot that they have set up.



I introduced Christine (new PSW for Boston) to Jurate who runs **The Boston Lithuanian Community**. We sat through one of the English-speaking lessons that they provide for people who have moved to the Boston area from various areas of Europe.

Amber (Business Administration Apprentice) visited **Age UK Lindsey's Befriending project** with me in Louth. We checked in with the project, and also spoke with some of the beneficiaries who expressed how happy they are that the group gives them a social environment and fends off isolation. We were lucky to see them take part in a quiz, before playing dominoes and having discussions.

Dan, Shine's new apprentice accompanied me to the **Mablethorpe Health and Wellbeing event** held at the

Coastal Centre. We had a really productive day filled with loads of positive conversations with members of the public, other stall holders and various NHS staff. I am very much looking forward to the next one!



As I am now moving to cover the Lincoln area, I would like to take this opportunity to say what a pleasure it has been to have had the opportunity to work in the Boston area and support the amazing people who give up so much time to help others by running MH and wellbeing projects in the area.



SENIOR SUPPORT & ENGAGEMENT COORDINATOR

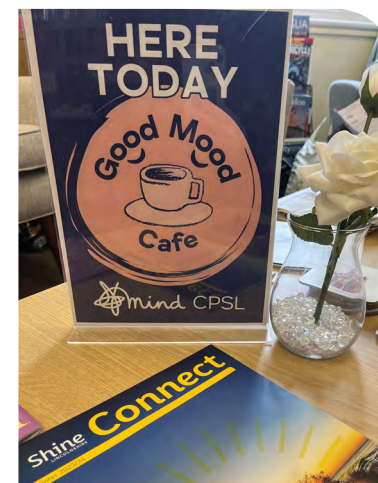
I love this time of year, the garden is showing signs of spring, the beautiful colours of the crocuses, snowdrops, daffodils, and bluebells as they bloom, as I eagerly await the show of pink blossom and the croaking of the toad at the bottom of my fairy garden. It is a really hopeful time of year.

For those of you that don't know, my name is Donna and I work across South Kesteven and South Holland and recently started to support projects across Boston too. I am really looking forward to getting to know all my new projects the wonderful work they do supporting peoples' mental health and wellbeing.

Our Community Mental Health and Wellbeing Team are all super excited with the launch of all our new projects that were successful with their applications to **Shine Managed Investment Funding**. Shine manages this behalf of Lincolnshire County Council, NHS Lincolnshire Integrated Care Board and Lincolnshire Partnership Foundation Trust. The impact of this funding reaches across Lincolnshire and its communities allowing projects to support mental health and wellbeing ensuring there is **NO WRONG DOOR** for accessing the support you need.

As part of supporting projects, it's great to get out into the community. Have you been to a **Good Mood Café**? Cambridge Peterborough South Lincolnshire Mind currently have three across the county. I popped in to say hello at the Good Mood Café at the **Community Library in Market Deeping**

which takes place on a Wednesday. It was great to chat with the participants and find out how much the group means to them. They are currently looking for volunteers to support the group, if this is something you would like to do, please pop along and say hello!



I also had an opportunity with Dawn, our local Peer Support Worker, to undertake **Naloxone Training** with the lovely Elli-May at **With You**, at their office based in Grantham. We learnt all about Opiates and how to help someone if they had taken an overdose. It is important training, hopefully we will never need to use it but it's great to know your fully equipped to deal with situations as they arise while out in the community.

If you're reading this and you want to know more about our projects or future funding, please don't hesitate to contact us....



COMMUNITY CONNECTOR UPDATES

COMMUNITY CONNECTOR PARTNERSHIP LEAD

Hi, I'm Gail, Community Connector Partnership Lead.

My unintended theme for the past few months has been 'outside of my comfort zone'! In February I (somewhat reluctantly!) joined Wright Way Sports' team to take part in Lincoln City FC's Football vs Homophobia tournament. Much to my surprise, I actually really enjoyed it – and we won! Then, in March, I overcame my fear of public speaking and delivered a presentation, alongside some of the community connectors, to an audience of approximately 150 people at the transformation programme's annual mental health and wellbeing event. It went well, and I'm pleased I was able to be involved in a great event.

GRANTHAM

It's so nice to have the lighter evenings and see all the spring flowers coming through. I love this time of year, it always makes me feel more enthusiastic about going out and there is so much taking place in our area.

If you're wanting to get out and enjoy the fresh air, we've got a new walking group on the third Tuesday of every month from Colsterworth Methodist Church and the Lincolnshire Co-op run Wellbeing Walks from Wyndham Park and the Meres Leisure Centre <https://www.lincolnshire.coop/wellbeing-walks>

I had a great time at the coffee morning in Colsterworth in February where we had Anand Parekh, Managing Director of Right at Home Grantham running a Seated Yoga session. I learnt so much, managed lots of laughs and met new people. Can't wait to be able to bring this to other village halls around the area over the coming months.



If you are living with pain, we are so excited to now be offering a Pain Café with K2 Healthcare at Wyndham Park Visitors Centre on the third Thursday of every month at 1pm. There is no need to book and all are welcome.

Over winter I've enjoyed getting to visit lots of groups in and around Grantham and I can honestly say there is so much on offer. One of the places I've visited has been the Wellbeing Hub at BHive on Finkin Street. They offer a huge range of groups and activities from the Dementia Cafe, Craft activities, Photography Group, Men's Group, Bike Hub as well as hosting Grantham's Night Light Café. These are just a few of the activities available.

There are so many amazing groups and with new and exciting ones opening in the next few months, I can't wait to share all their details in future editions of the Shine Connect magazine.

If you would like to know more about what community groups are available in and around Grantham, have a look at www.haylincolnshire.co.uk or contact me on the details below.

Jo Taylor

Community Connector

ccgrantham@shinelincolnshire.com

07564 044115

PAIN CAFÉ

WYNDHAM PARK VISITORS CENTRE

LEARNING TO LIVE WELL WITH PAIN

- FIRST SESSION THURSDAY 21ST MARCH
- THEN EVERY THIRD THURSDAY OF THE MONTH
- 13:00-15:00

SPECIAL GUESTS AND SERVICES WILL BE PRESENT AT MEETINGS

citizens advice

Social Prescribing Lincolnshire

10-FOOTSTEPS PROGRAM FROM LIVE WELL WITH PAIN

FREE REFRESHMENTS WILL BE SERVED

licb.k2socialprescribing@nhs.net

07825 518033

COMMUNITY CONNECTOR UPDATES

WELLBEING WALK

Every third Tuesday of the month starting 19 March 2024

WALK STARTS AT 10.00AM

TEA/COFFEE AT THE METHODIST HALL AT 11.00AM

- WALK SUITABLE FOR ALL ABILITIES
- MEET FRIENDLY FACES
- INCREASE YOUR FITNESS
- ENJOY TEA/COFFEE AFTERWARDS AT THE METHODIST HALL

K2 HEALTHCARE AND COLSTERWORTH MEDICAL PRACTICE IN PARTNERSHIP WITH SHINE LINCOLNSHIRE

Contact: ccgrantham@shinelincolnshire.com or Tel: 07920 297753

Meet at the Colsterworth Methodist Hall, Back Lane, Colsterworth, NG33 5NJ

FOUR COUNTIES

It has been a busy month, but I have had time to get out and support some groups.

Warm Space

Mindspace Stamford have run a Warm Space at Stamford Free Church on a Thursdays from 4.30 to 6.30 pm till the end of March. Here is Phil from George's Food Hub serving up one of his tasty creations to those attending the event. It has been really successful in attracting young families in



Stamford.

Art Pop-up did a brilliant job of setting up lots of amazing art and craft activities for the children at the warm space too.

Citizens Advice adviser Alan Tarbuck had been on hand as well to help give support to those attending. Well done Mindspace for making this happen.

Mindspace have also been developing their work at their garden. With some weaving and whittling sessions. People were shown three techniques to whittle a tent peg and butter knife and wove a small item making a corn dolly like shape.

Evergreen Care Trust Stamford run a friendship tea at Stamford Free Church, it is a lovely friendly group. Lots of games, like UNO and scrabble or just being in a place with others for company and a chat.



Sketching with Karen Neale Learn and Grow

Karen has a relaxing sketching class. She encourages you to bring in objects which ignite a passion for you to sketch. Learning new skills or just improving current skills. This class is just perfect for giving it a go.

This class is suitable for all abilities, and Karen is on hand to offer tips and tricks throughout the class. She does a wonderful job of sharing her skills and knowledge.

Shani x



COMMUNITY CONNECTOR UPDATES

SKEGNESS AND SPILSBY

Hey, well a great big Hello from the east. We have been so busy plodding away, setting up new projects as well as making new connections within our communities. Although we come under "Skegness and Spilsby" our reach is far greater.

We pick up from **Heidi (Boston Connector)** just outside the town, right up to the boarder of **Chapel St. Leonards** where **Barbara (Mablethorpe)** takes the lead. This is a reach of around 23 miles (as the crow flies) We have set up several **satellites to our Hubs** across this area, including **Burgh le Marsh, Butlins Skegness, Stickney, Sibsey, Wainfleet and Ingoldmells**. We also support other locations (**roving outreach**) in The Keals for example. **The Keals have their own Community Cuppa** that our Rural Connector attends.

HOLD THE FRONT PAGE! We have been working behind the scenes with **ELDC Rough Sleeping** team, but we are now pleased to announce, that from April, we will have a **NEW Connector** joining our team. Our new Connector will focus purely on those **rough sleeping, homeless and or in temporary accommodation**. They will not be PCN based, but will cover the districts of **East Lindsey & Boston**. This is a brand new role, but we cannot wait to role it out!

Last month, we met with **Katie Epton at Willoughby Road Allotments, Boston**. This project is right on the boarder for us and we wanted to see how we could support each other. They have a fantastic resource on site for all ages and abilities, with a cafe too, providing hot and cold food. We are hoping to continue our work together and build a shed/quiet space in which people can come and relax, maybe whilst having their lunch (it is a great spot for the staff at Pilgrim who back on to the allotments). You can get in touch with them at **admin@wraa.org.uk**

Our **Eve Project** had a successful launch in **Skegness**, with 13 women attending on the first night. It proved such a success that we decided to carry on, and we launched a **3rd location**, this time in **Irby in the Marsh**. They are on the **1st & 3rd Monday of the month, 7.30pm till 9.30pm** at the village hall.

Bro Pro UK is going from strength to strength. We are so thankful to the Connectors for all their support in ensuring we are reaching all areas within the county. A BIG thank you to **Elise (Louth Connector), Jo, and**

Vanessa (Spalding and South Lincs Rural Connector) for their continued support. Even though we are assigned our own areas, the Connectors do work as a team and if we can share best practice, then we will do it to the best of our abilities in order to ensure we can provide continuity of care/support to our communities.

We would like to thank our **ELDC District Councillors, Ellie Marsh (Spilsby) and Carl Macey (Skegness)** for their support and funding. Ellie funded our teams winter coats. They are branded with our logos as well as the contact information for HAY Lincolnshire ... We have had people stop and ask what its all about, so it proves, it does work! Carl was able to fund a **bereavement support group in Skegness after we identified a gap in service**. This will run every Friday, 2 till 4pm at our Hub.

This is just a snippet of what we have been doing, please head over to our socials to keep up to date with daily activities here on the coast.

FB: Skegness & District Wellbeing Hub / Spilsby & District Wellbeing Hub



COMMUNITY CONNECTOR UPDATES

BOSTON

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

Boston Wellbeing Hub is now firmly established at **Centenary Church**. Alongside our regular weekly offer, we have also seen some great collaborative working taking place. For example, our **Primary Network colleagues have offered free health checks running alongside hot meals and within BEAM (Building Engagement Around Mental health) café**. **SoundLINC**s have also been running a **6-week Drumming Workshop** which has been very well attended. In March we have had the **Recovery College** offering face to face courses which lots of people attended at the hub. In April and May, **Children's Links** are offering some activities such as **games and crafts, on a Wednesday evening through the Multiply Project**. This aims to support people with maths skills in everyday activities.

With **Tris Miners** in post as our **Wellbeing Hub Group Facilitator**, I have been able to focus on other areas of need within our community. We have been able to secure a venue at **Kirton Methodist Church**, as part of our **satellite provision**, and will be working with **Bro Pro** to launch a group in this area. We are hoping this will be up and running soon and we are just in the process of recruiting volunteers to support. Tris will be working with **David Bruce and Michael Lithgow** to develop this offer.

We also have a new and exciting project, working in partnership with **CPSL Mind**, starting in the next couple of months and are looking to recruit a **Suicide Prevention Project Worker for Migrant Communities**.

Our **satellite provision** at **The Black Sluice** continues to offer the **Autistic Adults Group** and I am currently working in partnership with Taylor to secure future funding. Our **BEAMing Wellbeing sessions** are running **twice per week** and one of our attendees has very recently completed a 'Creativity for Wellbeing' course at Boston College.

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 an **attendee of BEAMing Wellbeing and BEAM Café**, securing the role as

our **Shine Peer Support Worker for Boston** stating "Accessing the groups gave me something to focus on and helped to get me into a routine. From attending the groups and starting to feel better, I decided I would like to do some volunteering so began supporting the **Autistic Adults group**. This helped me focus on something else and think about other people. I really looked forward to going and felt I felt involved. It made me think about employment and I decided that through my own experiences, I wanted to work within mental health".

We want to say a massive congratulations to Christine and wish her all the best in her new role. We know you will be amazing!



COMMUNITY CONNECTOR UPDATES

SPALDING

I have now been in my Community Connector role for 6 months and I have to say I have loved every minute. Throughout this period, I have spent my time split between the Wellbeing hub at Tonic Health in Spalding, and out and about discovering local groups and activities, as well as building strong relationships with other service providers.



It has been amazing to be able to go out and about to see the brilliant work being done by small community groups to provide opportunities for people to engage and ultimately improve or maintain their levels of overall wellbeing. I have attended coffee mornings, craft activities, dementia support groups and lunch clubs amongst many others and enjoy the chance to speak to people, both to offer support if needed and to discover what is really important to people.

Our Wellbeing Hub has really flourished with groups such as BroPro Men's Group, Tea & Toast and Night Light Cafe being increasingly well attended. We have also gained funding to purchase slow cookers to give to those most in need of affordable cooking facilities, plus we now offer free use of a washing machine and tumble dryer for anyone to book in and use.

Currently I have a satellite drop-in session at Spalding library, held every other Wednesday between 10am and 12pm and we have started a Coffee and Cake Community Connector session at Spalding Wellbeing Hub on the 1st and 3rd Wednesday of each month 10am – 12pm.

I look forward to the next few months ahead – along with the better weather!

TRENT

Trent PCN Community Connectors have had a busy start to the year with several exciting partnership opportunities being planned.

The warm space provision which ended in March, has been very successful with some lovely feedback and suggestions from participants:

"I regard these sessions as vital for the older community in the village."

"It's a real pleasure to attend". I would whole heartedly support any activity that is organised, thank you!"

From listening to the participants and receiving this wonderful feedback we are very pleased to be able to continue supporting the rural areas of Trent over the spring and summer months with a satellite community cafe.

As connectors we are working hard to build partnerships, and in developing community spaces. In collaboration with the Lincolnshire Co-op we are beginning wellbeing walks which will run alongside the community cafe, with the hope of receiving some Co-op Community Champions funding.



COMMUNITY CONNECTOR UPDATES

TRENT

Another successful partnership collaboration has arisen from the success of the monthly drop in wellbeing group in another rural village, Saxilby. In collaboration with Everyone Active from West Lindsey Leisure Centre we are working to provide an outreach seated exercise group. This has been initiated from feedback from wellbeing group participants and their struggle with access to local daytime classes. We have discussed the importance of keeping active and ageing well in our wellbeing groups with a number of excellent speakers joining us for an informative talk. The "Moving for Life" classes will be designed for those who need a fun, social and gentle form of exercise, the classes will help aid both physical and mental wellbeing, with time for chat and tea after.

We are building a great team at Chill, Chat, Connect!

We have some brilliant volunteers at our CCC group who are hands on with the setting up and setting down of our weekly group at our satellite venue, St George's in Gainsborough, as well as being welcoming and making teas and coffees. Bingo is our latest craze, and we are playing it most weeks. Our very own founding member, John Flynn, is our Bingo Caller Extraordinaire. John has even bought himself a microphone and speakers so that he can be heard by everyone. He has also extended his Bingo calling mastery to our Memory Café and Night Light Cafes. When we're not playing Bingo, someone will usually produce a quiz. This has been a great opportunity for our attendees to feel some ownership for the group and take on some responsibility to keep it fresh and engaging.

We are privileged to be offering Mental Health Awareness Training for our volunteers, courtesy of Shine.

Our Sunday morning Warm Space has been a great success and whilst it came to an end as a Warm Space at the end of March it continues every Sunday from April as a Community Drop-in 10-12 at Clip, 142 Bridge Street.

Lorraine and Grace

LINCOLN CITY

Connecting across the south end of Lincoln has continued unabated.

The Wellbeing café at Arise Church, Birchwood is flourishing, extending the network of hubs and satellites in our area. From energy advice to an 'Hour of Wellbeing' given through the Restore Project within Acts Trust, across two of our Hubs (Bridge Central and Arise), the Wellbeing Café is already impacting and benefiting many people in Birchwood itself.

One of our roving outreach projects is Stay Toasty, partnering with St Swithin's Church, which offers a warm and welcoming space for families just after school pick up on a Tuesday evening in the west end area of Lincoln. We were able to seed fund this project which will continue to offer this space throughout the year.

Our satellite at Bridge Community Hub, is now re-purposing the Foodbank provision, led by Mike Fowler, to offer choice and develop connections to healthy eating and community meal provision, run by the community, so that this is so much more than a 'social sticking plaster' and meets many of the 5 ways of wellbeing. This person-centred approach offers much added value to an already well needed offer.

The Connector Team at Bridge Church, covering a large chunk of the west of the county, is thriving and ever developing community connections, linking great community space provision and initiating work across the region.



COMMUNITY CONNECTOR UPDATES

SLEAFORD

Hello from the Sleaford Area!

We are pleased to announce Meadow is the new Ruskington Community Hub.

This brand new hub opened for the first time on Monday 11th March. It was great to see over fifty people come through the doors to find out more and enjoy a cuppa and cake. Guests had the opportunity to add a personal touch by painting part of a large Meadow logo which will be displayed in the venue soon.



Meadow aims to be a space for community engagement, offering information, activities and time to connect. The aim is to enrich local life without any fixed agendas, providing a welcome space for everyone.

So please come along, enjoy some refreshments, play a game, take part in an activity and maybe learn something.

To begin with the doors will be open:

Mondays 4 - 8pm

Thursdays 10 - 2 pm

Hopefully, Meadow will be open 10 - 2 pm Fridays too, soon. Watch this space!

You will find Meadow at SLC, 19 Westgate, Ruskington, NG34 9ES

For further information please contact: jamie@wearemeadow.org

Another Sleaford Area wellbeing space is available too now.

That is at St Michael's Community Hall, Billinghay, LN4 4HZ, open Thursday morning 10 -12.

Everyone is welcome!

SOUTH LINCOLN

I started my role as Community Connector in April 2023 and it feels like we have achieved lots in the South Lincoln area during my first year!

A big development for us has been the gradual opening of the area's Wellbeing Hub, which is based in Waddington and runs in partnership with St Michael's Church – based in the village.

Cat Hall has been working as Community Projects and Wellbeing Hub Lead for a few months and is developing some exciting activities for local people to get involved in.

In March we launched Dementia Adventurers, a place for both carers and those living with dementia to come along, get support and enjoy music and activities.

We have more projects in the pipeline and are excited about improving the wellbeing of people in our area. Please follow us on Facebook to get all the latest updates!

Elsewhere across South Lincoln, we held a really successful Washingborough Wellbeing Friday event in March. Lots of organisations and the local Living Well Team came together to meet with people to share knowledge and answer queries about a whole host of mental and physical health needs.

The South Lincoln Partnership Board launched in late 2023 and gathers monthly at the Venue in Navenby (11.00am-12.30pm).



COMMUNITY CONNECTOR UPDATES

LINCOLN NORTH

Over the past few months, we have been busy working away, connecting with communities across Lincoln North. It has been encouraging to see partnership working continue to develop, with new projects and groups emerging within the vicinity.

Through our Partnership Boards, which brings partners and local residents together for cross-sector working, we identified a gap around autism and ADHD provision within our area. We quickly learned that many organisations resonated with this and recognised that training support would be helpful to support those with autism and ADHD in our local community.

We had the privilege of partnering with NW Counselling Hub in Lincoln who administered this training. Across the month of February, we welcomed 110 individuals across the Lincoln North and South Partnership Boards, with county-wide and cross-sector representation. The training was jam packed and insightful, invoking fruitful conversations which created a safe learning environment for all those who attended. We are extremely grateful to Emma Conway and Chris Morris for their oversight and support in bringing this together.

It really is a privilege to work alongside many wonderful partners in Lincoln North and beyond. Regarding further updates, we are looking forward to sharing updates on community wellbeing support and provision very soon – watch this space!



For people living with dementia and your loved one or carer



Dementia Adventurers

Every Tuesday from 5th March 10am to 12pm

Millers Road Community Centre, Waddington, Lincoln, LN5 9RX



Music Support Fun Friendship Activities

Come along to our new free support group!

Any questions contact...

Cat Hall

Community Projects & Wellbeing Hub Lead

07365 527 663

cat@stmichaelschurchwaddington.org.uk

AGE UK LINDSEY: THE EAST LINDSEY BEFRIENDING PROJECT

These past few months have seen our Befriending and Social Activities Service extremely busy with the introduction of a number of new social groups within the East Lindsey area. The aim of these groups is to reduce levels of loneliness and isolation and the negative impact on health and wellbeing by supporting older people to be socially active and connected. Our groups are located across the East Lindsey area as detailed below:

Every other Tuesday- Woodhall spa 2-3.30pm

Every Wednesday- Elizabeth Court Louth 1.30-4.00pm

Every other Wednesday Hogsthorpe Village Hall 10.30-12.30pm

Every other Wednesday Wainfleet All Saints, Coronation Hall 10.30-12.30pm

Last Thursday of the month- Horncastle-Thimbleby Court 2-3pm

We also run a Digital Zoom group-every other Monday 1.00-2.00pm

The groups run various activities and crafting, often in line with calendar events such as Easter, Spring, Christmas etc. For those not wanting to participate, it gives them the opportunity to come along, have a cuppa, a piece of cake and a good natter in a safe and friendly environment! Some great quotes from our clients: 'We've had such a great time today. We love you coming every week, really fun activities.' and 'Coming today has given me hope, to meet new friends and be accepted. I have had to sort myself out, getting out of my home is the hardest part but I know it will get better'.



Alongside the groups, we also offer one-to-one befriending via telephone, or face-to-face visits, for those who are housebound or don't have the ability to get to one of our groups. Befriending visits are tremendously helpful in battling the problem of loneliness and isolation, because they show people that others care about them and that they have somebody that they can talk to. This can really be a lifeline for those who really do have little to no other contact with the outside world. The Befriending Service enables Age UK Lindsey to improve the overall emotional and psychological wellbeing of older people living in the community, whilst being able to identify any further needs of the client during conversations, and signpost or refer them to the relevant support, whether it is other services available via Age UK Lindsey, or externally. To date, 100% of older people receiving befriending support via Age UK Lindsey, reported reduced negative feelings caused by loneliness. A befriending client had this to say: *'I really look forward to my visits as I enjoy the company. My befriender is very funny and always makes me laugh. We both love nature and dogs so there is always plenty to talk about and the visit just flies by.'*

For further information, all our services, including our befriending and all our social activity groups, are advertised on our website: <https://www.ageuk.org.uk/lindsey/activities-and-events/>

We are also on Facebook, Instagram, LinkedIn and X (formerly known as Twitter!)

We can be contacted via email: info@ageuklindsey.co.uk

Or finally we can be contacted by telephone: Age UK Lindsey on 01507 524242.



CPSL MIND'S GOOD MOOD CAFES

"Our Good Mood Cafes provide an opportunity to meet new people to share interests, skills, and wellbeing tips in an informal space to help boost your mood."

"It's OK not to be OK, so you don't have to be in a good mood to come along to a Good Mood Cafe – but we hope everyone will leave feeling better than when they arrived."

Good Mood Cafes were launched by CPSL (Cambridgeshire, Peterborough and South Lincolnshire) MIND five years ago, with the first café opening in St. Neots in 2019. Since then, GMCs have opened across Peterborough and Cambridge and can also be found in Whittlesey, Littleport, St. Ives, Yaxley, Newborough and Ely.

The service was extended to South Lincolnshire in 2022 with sessions in Long Sutton, Sutton Bridge, Holbeach and Crowland.

In spring 2023, with funding managed by Shine, new Good Mood Cafes opened in Market Deeping and Whaplode Drove. Both have been a resounding success and were well attended from the first week, adding a welcome wellbeing boost to their respective communities.

In some locations, when limited to six or twelve months availability, CPSL MIND seek to enable a continuation of the service when they leave. These Good Mood Community Cafes carry on running on a weekly basis, facilitated by the host venue or organisation.

Crowland Community Hub was the first to take on a GMCC, closely followed by Boxes of Hope in Holbeach, and, in April this year, the Parochial Church Council at Whaplode Drove and the Library Service at Market Deeping will continue the trend. In all locations CPSL MIND provide volunteers with training in Mental Health Awareness and Facilitation Skills and supply the venues with promotional materials, whilst remaining available to support volunteers whenever necessary.

At the time of writing, new Good Mood Café locations for South Lincolnshire are being finalised and will be launched in April and May 2024. For a full list of available sessions across the CPSL region, please go to cpslmind.org.uk and type 'Good Mood Café' into the search bar.



VOLUNTEERING WITH SHINE LINCOLNSHIRE!

Here at Shine we are lucky to have some amazing volunteers who help us carry out all our work, we asked a couple of them to tell us what they liked about volunteering at Shine.

Celeste-

My name is Celeste I am 27 years old. I started volunteering with Shine in May of 2022 and I'm thoroughly enjoying working with them. When I found out about Shine, I was looking for volunteer work to upskill myself as I was out of a job. I didn't really know much about them at the time or how they help others, but when I found out who they were and how helpful they are, I knew I had to volunteer for them.

With me having a hidden disability as well as being quite young, I'm usually looked at as if I'm lazy or something, but people don't know I suffer with lots of pain. This was not an issue with shine they just saw someone who wanted to help. The team have been more than accommodative with my disability, I couldn't ask for better company to work for.

Harry -

I'm Harry and I'm currently volunteering at Shine as a Volunteer Social Media Assistant. I began this opportunity in October as I started my third year at the University of Lincoln, studying Sports Business Management. I began volunteering with Shine because I saw what great work they do and I'd heard what a great charity they are to volunteer for. I have had a great time at Shine so far as the tasks that I have been given such as, making Instagram posts and doing research into other social media accounts in order to attempt to increase engagement, have been really enjoyable and rewarding.

Sammy and Lucy have both been really nice and great to do tasks for, as they have always made it very clear that my university work should be my priority and that any

work that I was doing was all really appreciated.

Volunteering at Shine has provided me with some really great experience for my life after university, helping with skills such as workload prioritisation and working to deadlines. Although this year, I have had more on my plate as a third year student, I feel like this extra workload has given me good experience for when I begin



Shine Lincolnshire are a countywide mental wellbeing charity that believe everyone deserves a life of value, one that enables them to Shine.

Our mission is to create, connect, and deliver services that are accessible to all. Supporting personal choice; and offering opportunities that promote positive health and wellbeing, independence and choice.

To do this we need you! Lots of options, just tell us what you can do!

REMOTE WORK

COMMUNITY SUPPORT

CHARITY SHOP

EVENT SUPPORT

01507 304548

info@shinelincolnshire.com

www.shinelincolnshire.com

Bert House, 7 Bull Ring, Horncastle, LN9 5HX

@ShineLincolnshire

@ShineLincs

@Shine_Lincoln

working a full time job this summer. It has also been really fulfilling to give my time this year to such a great cause.

For more information on volunteering with Shine, please scan the QR code.



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.abbeyaccessstraining.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.activelincnshire.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

Arise Church Lincoln | Lincoln

T 01522 694 694

E office@arisechurch.co.uk

W www.arisechurch.co.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.artninjaahq.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 beltonlanecc@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 Loughton (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.bostonuniteddcf.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.thecalmzone.net

Calm Harm

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

Calm Zone

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

CAMHS | Countywide

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

Carers First | Countywide

T 0300 303 1555 W www.carersfirst.org.uk

Carer Sitter Service | Bourne

T 01778 420 257

E carersitterservice@gmail.com

W www.carersitterservice.com

Carlton Road Children's Centre | Boston

T 01205 355 056

E CarltonRoadCC@lincolnshire.gov.uk

Caythorpe Children's Centre | Grantham

T 01400 279 285

E caythorpecc@lincolnshire.gov.uk

Centrepont for Mental Health |

Countywide

W www.centreformentalhealth.org.uk

Centrepont Outreach | Boston

T 01205 360 900

W www.centrepont-outreach.com

Chemosabes Cancer Support Group |

Grantham & Sleaford

E granthamchemosabes@aol.com

FB Grantham Chemosabes

Cherry Willingham Children's Centre |

Cherry Willingham

T 07541 802 815

E cherrywillinghamcc@lincolnshire.gov.uk

Cherry Willingham Youth Centre |

Cherry Willingham

T 01522 595 729 E cwyc@btinternet.com

Childline |

T 0800 1111 W www.childline.org.uk

Children's Links | Countywide

T 01507 528 300

W www.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

● **Dance Free CIC** | Lincolnshire

E we.dance.free@gmail.com

W www.wedancefree.com

● **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

● **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.landandleafcolletive.org

● **LEAP** | Lincoln/Gainsborough

T 01522 563 530 W www.leap.uk.com

● **The Len Medlock Voluntary Centre** |

Boston

T 01205 353 216 W www.lmvc.org

● **LGBTQ Youth Club** | Sleaford

T 0

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/nightlightcafelincoln

No Panic | Nationwide
T 0300 772 9844 (Helpline)
T 0330 606 1174 (Youth helpline)
W www.nopanic.org.uk

North Hykeham Children's Centre | North 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 gainsboroughcc@lincolnshire.gov.uk

North Somercotes Youth Club | North Somercotes
T 07799 117 612
E viv.cross@lincolnshire.gov.uk

NW Counselling Hub | Lincoln
T 01522 253 809
W www.nwcounsellinghub.co.uk

OCD UK | Nationwide
T 01332 588 112
W www.ocduk.org

Old Leake Children's Centre | Old Leake
T 01205 872 258
E OldLeakeCC@lincolnshire.gov.uk

Old Wood Organic CIC | Lincoln
T 07572 305 952
E benjihavilah@icloud.com
W www.oldwoodorganic.com

On Track Fishing CIC | Boston
T 07881 930 753
E ontrackfishing@gmail.com
W www.ontrackfishing.co.uk

One You Lincolnshire | Countywide
T 01522 705 162
W www.oneyoulincolnshire.org.uk

Op Courage | Countywide
T 0300 323 0137

W www.lpft.nhs.uk/our-services/adults/veterans-mental-health

Options Social CIC | Stamford
T 077896 345 149
W kim@optionscare.uk

Outwood CIC | Grantham
T 07985 565 714

Papyrus | Nationwide
T HOPELINEUK: 0800 068 4141
M Text: 07860 039 967
W www.papyrus-uk.org

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

The Parish of Boston | Boston
T 01205 310 929
E admin@parishofboston.co.uk
W www.parish-of-boston.org.uk

Pay Plan | Nationwide
T 0800 072 1206
W www.payplan.com/debtadvice

Pelican Trust | Lincoln
T 01522 513533 W www.pelicantrust.org

Pinchbeck Community Hub and Library | Spalding
T 015220 782 010
W www.pinchbeck.parish.lincolnshire.gov.uk/parish-information/community-hub-library

The Poppy Factory | Nationwide
T 0208 940 3305 (enquiries)
T 020 8939 1837 (employment support)
E support@poppyfactory.org
W www.poppyfactory.org

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

Rainbow Stars | Sleaford
T 07761 449 404
E support@rainbowstarslincs.co.uk
W www.rainbowstarslincs.co.uk

Recovery College | Countywide
T 01522 518 500
W www.lpft.nhs.uk/our-services/adults/recovery-college

Renew | Grantham
T 07863 712 797
W www.granthambaptistchurch.co.uk/renew-grantham

Renew | Lincoln
T 07526 608 496
W www.rethink.org/help-in-your-area/support-groups

Restore Church Boston | Boston
T 01205 837 209
W www.restorechurchboston.co.uk

Restore Gainsborough | Gainsborough
T 01427 616 353
E judi.swannack@alivechurch.org.uk
W www.alivechurch.org.uk/gainsborough

Restore Pantry | Boston
T 01205 837 209
W www.restorechurchboston.co.uk

Rethink Mental Illness | Nationwide
T 0300 5000 927 W www.rethink.org

Riverside Training | Gainsborough
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

Scunthorpe & District U3A | Scunthorpe & Nationwide
W www.eastmidlandsu3as.org.uk
W www.u3a.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@googlemail.com
W community.lincolnshire.gov.uk/spilsbyyouthcentre/

SSAFA | Nationwide
T 0800 260 6767 W Live Chat/Contact form: www.ssafa.org.uk/get-help/forcesline
W www.ssafa.org.uk

Stamford & Rutland Hospital | Stamford
T 01733 875 847
W www.nwangliaft.nhs.uk/our-hospitals/stamford-and-rutland-hospital
groups/115183981838656

Stamford Arts Centre | Stamford
W www.stamfordartscentre.com

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

Stamford Connections | Stamford
W www.artpopup.co.uk/stamford-connections

Stamford Food Bank | Stamford
T 07570 583 799
W www.stamfordoundle.foodbank.org.uk

Stamford in Bloom | Stamford
E stamford18bloom@gmail.com
W www.facebook.com/StamfordinBloom

Stamford Library | Stamford
T 01522 782 010
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.heckingtonandhelpingringhamgroup.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.stswithins.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.ssjbc.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.thevenuenavenby.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.vssscic.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@wildermnds.co.uk
W www.wilderminds.co.uk

Wild Things Rescue | Countywide
T 01526 578 579 W www.wildthingsrescue.uk

Willoughby Road Allotments | Boston
T 07818 848 850

Willow Farm Equine | Fulbeck
T 01400 675 075
W www.willowfarmequineassistedtherapycic.co.uk

Winthorpe Community Centre | Skegness
T 07738 997 000
W www.facebook.com/winthorpecommunitypartnership

Witham St Hugh's Children's Centre | Witham
T 01522 861 794
E withamsthughschilidrenscentre@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.writeeastmidlands.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.clevelandnsurgery.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.branroadsurgery.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.binbrookssurgery.co.uk

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

METHERINGHAM
Church Walk Surgery | Metheringham
T 01526 320 522

W www.churchwalkmetheringham.co.uk

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

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

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

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

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

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

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

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

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

Ruskington Medical Practice | Sleaford
T 01526 832 204

W www.ruskingtonmedicalpractice.co.uk

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

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

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

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

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

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

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

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

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

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

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

STAMFORD
Sheepmarket Surgery | Stamford

T 01780 753 171
W www.lakesidehealthcarestamford.co.uk/sheepmarket-surgery

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

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

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

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

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

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

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

NATIONWIDE
NHS Urgent Medical Advice Line | Nationwide
T 999

NHS Urgent Medical Advice Line | Nationwide
T 111

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

Got something to share?

Write to us!

Have you got some news, thoughts, ideas or experiences you want to share?

Write to us or email and we can publish it here!

Write: Something to Share, 7 Bull Ring, Horncastle LN9 5HX

Email: CommunityEngagement@shinelincolnshire.com (Subject: Something to Share)

Please tell use if you're happy for your letter to be published and whether you would like your name and district to remain anonymous

NOSTALGIC COOKING WITH GOGRO

GoGro CIC have delivered a range of food-based initiatives since our inception in 2022, supporting a plethora of individuals from all walks of life and we have seen a huge range of positive outcomes, all of which begin with something that, whilst we often take for granted, is one of the most important things we ever do: create meals.

Through engagement and the experience of previous projects, we understood the social benefits of food and the conversations that cooking always helped facilitate. When we spoke with older people about how the meals we discussed and shared helped them to reminisce, we realised we had to develop a project with this concept at the core - The Mental Health and Wellbeing Community Investment Innovation Fund was the perfect vehicle for us to ‘test’ this project and to learn more about the outcomes.

Our Nostalgic Cooking Project was launched in April 2023, and it has seen us visit numerous nursing homes, as well as community settings across Lincoln, and we have spent quality time with over 80 individuals, the oldest of which being 104!

The first step was to meet residents, to spend time getting to know them a little, and to share a little about us too. Once we knew what dishes held significance to them, we came back and made them! Dishes included liver and onions (of course!), meat and potato pie, fish and chips, sausage and mash, New York hot dogs, jerk chicken, high tea! Each meal had at least one story associated with it and we saw people transform in front of our eyes whilst they recalled treasured memories from their past. The rooms filled up with positivity, with nostalgia, and it was an honour to be a part of it, not just for us but for the carers and on occasion, relatives present too.

We heard stories of travel across Europe, of picking blackberries, of moving to New York during the Second World War, being catered for as a nurse in the 1950's and

of special family moments. Spending time and creating nostalgic meals for people with dementia helped them to reminisce, to share memories and remember the feelings they felt in their younger years and the outcomes as far as mental health, mood, social connections and general engagement were positive across the board - one of the key things we learned from this project was that the attention that we gave people, the fact that we spent time listening to their stories and being interested in them as individuals, was what really mattered to them. More work is definitely needed to help us measure longer term benefits of sustained contact, but one thing is certain: There are a lot of very special people living with dementia - supporting their mental health is so important, we can also learn a lot from them.

Thank you to the Mental Health and Wellbeing Community Fund for funding this project and thank you to all of the care homes and community settings who made us feel so welcome. Thank you to all carers who are true heroes.



HAPPY HOOVES CIC

Hi, my name is Louise and I'd like to tell you a bit about what we get up to at happy hooves and about all the wonderful animals and people we work with.

Happy hooves started as an equine facilitated learning project back in 2015 but has now grown and adapted to meet the needs of our service users. We now have a range of animals from Clydesdale horses to goats, from tortoises to birds of prey.

We work with people of all ages and a variety of needs such as people with mental health problems, learning disabilities, behavioural issues, the home ed community, schools, day centres and colleges and many more.

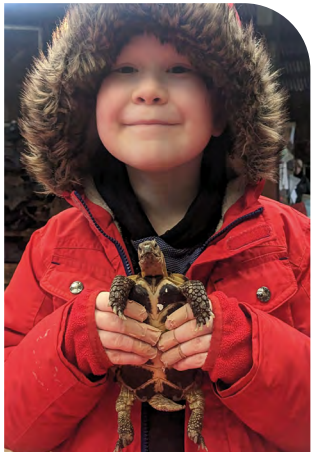
Our ethos is about inclusion of everyone and enabling every person to take part in meaningful, fun activities with animals. We guarantee to put a smile on people's faces whether it be through goat yoga, long reining a heavy horse, leading a donkey through obstacles, walking ferrets, flying an owl or many other activities.

We currently offer 1:1 sessions open to anyone. **We run a home ed group every Tuesday am, a kids Saturday group once a month and an adult group called barnyard brew every Friday am.** These are wonderful social opportunities and bring people together through the power of animals. We run various **free targeted**

group sessions on a weekend (funded through Shine managed funding) for adults such as people with mental health issues, people who have been bereaved, older people and several others through the year.

And for people who can't get to us we also can take our smaller animals out to visit settings such as care homes and day centres, so there really is something for everyone. Our animals and volunteers are an amazing team and there is always someone to welcome you or a waggy tail to make you feel at home.

If you would be interested in learning more about what we offer, please email me at hello@happyhooves.org.uk or check out our Facebook page www.facebook.com/happyhoovesal or website www.happyhooves.org.uk.



A YEAR OF CHALLENGES

Our year of challenges came about as a result of a conversation that we had whilst we were sat around the dinner table on New Year's Day 2023. What started as the two of us doing the Yorkshire Three Peaks challenge in January very quickly escalated into us making a New Year's resolution to do a physical challenge every month of the year to try and increase our fitness levels and push ourselves to try new things.

So, that's what we did! Over the course of the year my partner (Ian) and I did the following:

- January** – Yorkshire Three Peaks (top tip – don't do it in winter!)
- February** – 35-mile walk (Lincoln-Woodhall Spa-Lincoln) – a fast-paced walk on a boring, flat route – bizarrely, this turned out to be the most painful of all the challenges we've done!
- March** – North Lincs half marathon
- April** – Run a mile every hour on the hour for 24 hours... not my favourite challenge I have to say!



May – Run a 5k every day in May



- June** – Between the two of us we cycled 1,500+ kilometres over the month (approx. 25km each per day)
- July** – We did Total Warrior in Leeds as a team of four on 1st July, followed by a T25 workout every day
- August** – We both did at least 10,000 steps a day (we were on holiday for two weeks of August so needed one that wasn't going to completely take over!)
- September** – National Three Peaks as a team of four (we picked the wrong day for this one – it was 27 degrees when we started the ascent of Ben Nevis at 5pm!)
- October** – Worksop half marathon
- November** – Run 10km every day for 10 days (Ian did this in 10 days, but I had to have a rest day half way through, so it was 11 days for me)
- December** – We walked the equivalent of 2x marathons (52.4 miles) in 24 hours

We've decided 2024 will be a more restful year....



THE LINCOLNSHIRE MENTAL HEALTH CO-PRODUCTION NETWORK

The Co-production Network is an eclectic mix of people with lived and learnt experience who work together in equal partnership.

It's a protected space where we come together with a value driven approach towards decision making and service design, working on the premise that those of us who are most affected by a service are best placed to help design it. I joined because I wanted to be more than an armchair advocate, I wanted to be a part of the incredible change that was happening.

There are members with lived experiences from co-production who are embedded into every area of work within The Community Mental Health Transformation Programme from Oversight Groups to Community Led Services. This has helped to ground discussions and decisions in reality and maintain a person-centred perspective.

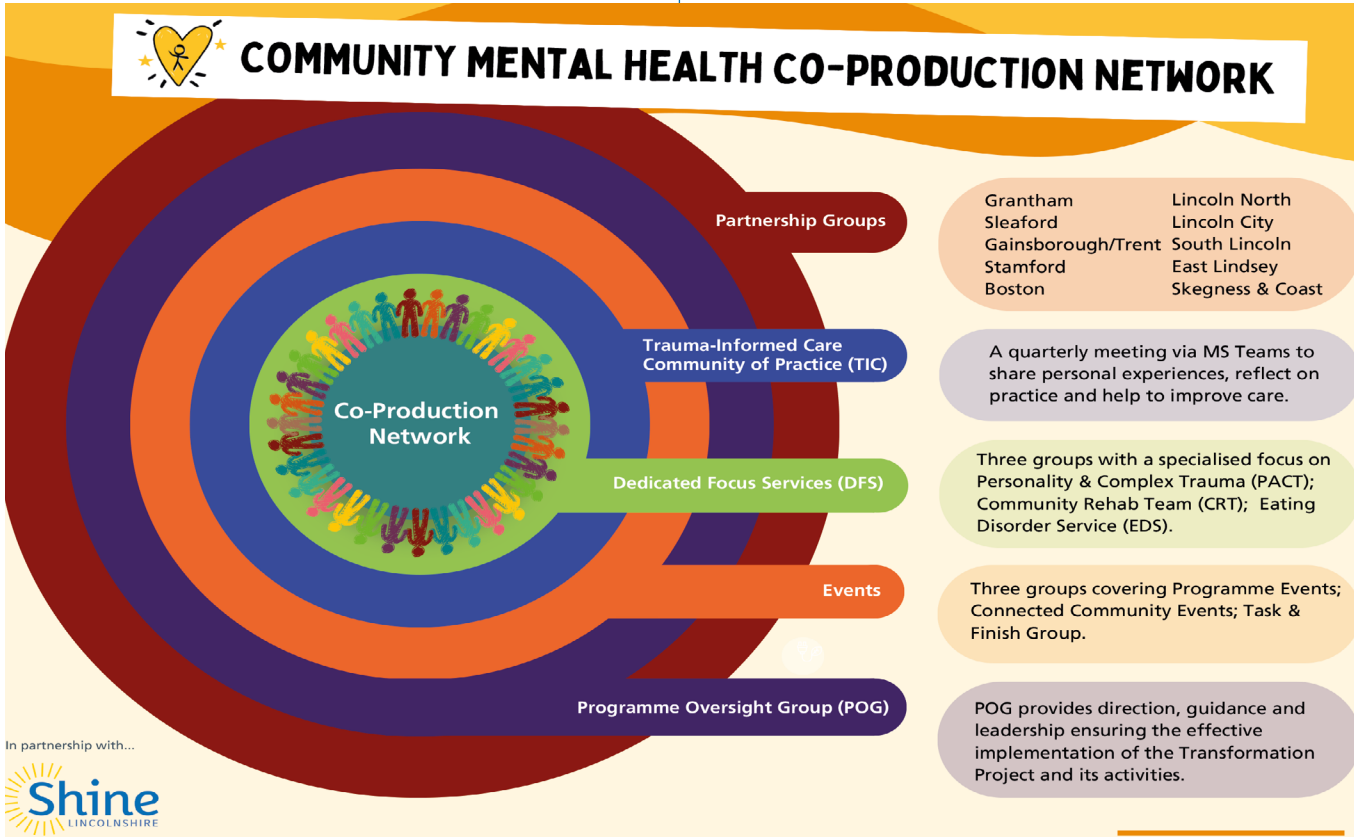
Co -production engages groups of people at the earliest stages of design, development and evaluation but we also take on projects that have a co-design, consultation and engagement approach. Each method has its own value and offers the group opportunities to work on specific areas that interest them at a level they are most comfortable with in terms of what we give of ourselves

and our time.

It can take a little time to find your feet and voice in the group because there are so many transformative projects happening. I've learnt that it's how you use your voice that's critical as lived experience group members can approach things from a unique perspective and privileged position. Privileged in the way we are listened to and valued and how in some ways we are in a position to take more risks than those with learnt experience. We are in a protected space when we meet but we can also support, advocate for and protect our colleagues who join this space as professionals.

I've grown as a person and learnt so much by being part of the Co-production Network. I've witnessed the very best of us as people displaying integrity, compassion, resilience, passion, dedication and commitment to providing continued and improved services. We look for and welcome new members to the group as each person brings varied perspectives which help create meaningful change. One person's ideas and experiences can impact a project or a way of working in a pivotal way that supports everyone in delivering Mental Health services we can be proud of and confident in.

- Sash, Co-Production Network Member



BUILDING A BRIGHTER FUTURE: HOW EXTRA-CURRICULAR CLUBS ARE TRANSFORMING COMMUNITIES AT BENJAMIN ADLARD

In the heart of the South-West Ward, where green spaces are scarce and opportunities for youth development are limited, one school is paving the way for change. Benjamin Adlard, in collaboration with Wright Way Sports and Shine, is spearheading a groundbreaking initiative to provide extracurricular clubs outside of school hours. Supported by Active Lincolnshire, this project aims to address the pressing need for safe spaces and positive activities for young people in the community.

At the core of this endeavour lies the belief that every child, every day, can make a difference. The school's motto resonates deeply with its commitment to nurturing the holistic development of its students. Recognising the challenges posed by the lack of green spaces and the prevalence of anti-social issues in the area, the school is determined to be more than just an educational institution—it strives to be a beacon of hope and opportunity for its students and the wider community.

Central to the rationale behind this project is the aspiration to improve mental health and well-being by providing avenues for personal growth and positive social interactions outside of school hours. By offering free clubs, the initiative ensures accessibility for all families, regardless of their socio-economic backgrounds.

Ricco, a Year 4 student who has been actively involved in the youth club, expresses his enthusiasm, stating, *"I love coming to the Youth club. It's great fun, and I love being able to be with my friends in a safe space."* His sentiment is echoed by Henry, a Year 3 student who participates in the football club, highlighting the significance of having a safe and structured environment for recreational activities.

Furthermore, the school's dedication to fostering aspiration is evident in its efforts to develop talents and interests through these extracurricular clubs. Henry's passion for football exemplifies how these clubs can inspire and elevate the aspirations of young individuals, providing them with opportunities to pursue their dreams beyond the confines of the classroom.

Gratitude is extended to West Lindsey District and Active Lincolnshire for their invaluable support, which has enabled the school to enhance its offerings further. With plans underway to resurface the multi-use games area and install floodlights, the school will soon be able to utilise its facilities every day of the week, further amplifying its impact on the community.

Looking ahead, the partnership with Wright Way Sports holds promise for the future, with plans for additional free clubs, including a girls' football club, aimed at empowering young athletes and nurturing talent. Aspirations run high as the school hopes to identify the next Lioness star, exemplifying its commitment to fostering excellence and inclusivity.

The collaboration between Benjamin Adlard School, Wright Way Sports, Shine, and Active Lincolnshire represents a shining example of community-driven initiatives aimed at creating positive change. Through extracurricular clubs, this project not only provides recreational opportunities but also fosters a sense of belonging, aspiration, and empowerment among the youth, laying the foundation for brighter futures and stronger communities.

SHINE AT BENJAMIN ADLARD

Since the Youth Club at Benjamin Adlard School started its beginning to become very popular with the local kids in the area. The sessions have various activities such as ball sports on the MUGA and soft ball games inside. As well as physical activities we have craft activities like drawing, painting, and colouring and board games. Sometimes we have the Playstation on for them.

We always say to the children *"it's your club so tell us what you want"*, some have asked for a film night, and some have asked for dance.

The groups are aimed primary school and then secondary school. One of the good things about the age limit on each session being 11 years of age is that the older primary school children can attend the older session and get to interact with the secondary school children, this is a great way of them getting to know older children at the schools that they may be attending after the summer so its very cool, to be an 11 year old at the Youth Club.

There is a range of ages that attend and it's good to see some of the older ones looking out for their younger brothers or sisters as well as other members of the club, its great to have such an amazing group of children attend the sessions.

On the session before Easter, Brad from Wright Way Sports and I managed to raise enough money to be able to make sure every child left the Youth Club before Easter with an Easter Egg.



TUESDAY Youth Club

A safe space to support the health and wellbeing of young people in Gainsborough.



**PRIMARY SCHOOL
(5-11 YRS)
5:00 - 6:30 PM
SCAN TO BOOK**



**SECONDARY SCHOOL
(11-16 YRS)
6:30 - 8:00 PM
SCAN TO BOOK**



Primary and secondary sessions with activities including sports, games, workshops, arts, and crafts (indoor and outdoor facilities).



BENJAMIN ADLARD
Sandsfield Lane,
Gainsborough,
DN21 1DB

FOR MORE INFORMATION CONTACT
Brad: 07432 587 894
Brad@wrightwaysports.co.uk



WRIGHT WAY
SPORTS LTD



WADDINGTON REDWOOD'S CHILDREN'S MENTAL HEALTH WEEK

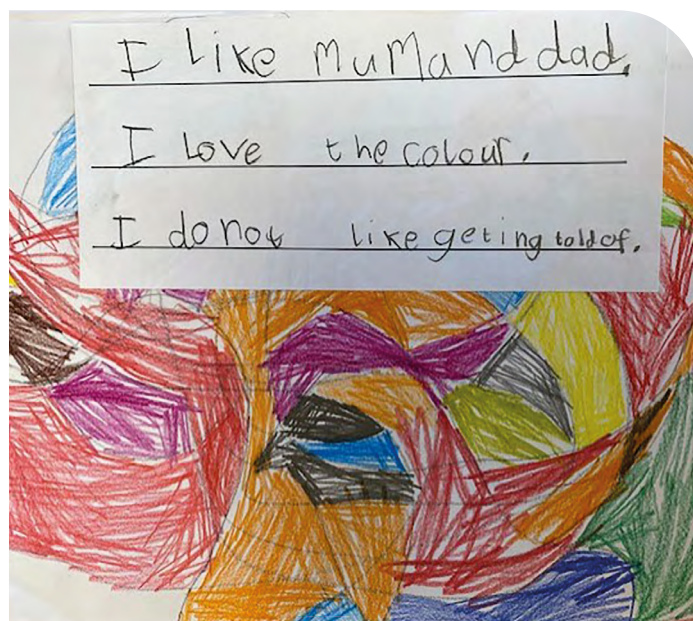
Children's Mental Health Week is an opportunity for children and staff to learn about the importance of mental health. This year it took place from 5th to 9th February. The theme for this year was 'Your voice matters', and it aimed to empower, equip, and give a voice to all children and young people in the UK.

Throughout the week, we organized various activities and welcomed several visitors and representatives from the local community to support mental health awareness. We were particularly fortunate to work with the local mental health charity 'Shine'. Mr. Ian Tomlinson, a representative from Shine, collaborated with a group of children from across the academy to create a powerful assembly on mental health. The children actively engaged in discussions about ways to look after their own and others' mental health. We were also delighted to have Bert, the Shine mascot, attend the assembly, which created a positive and enthusiastic atmosphere. Bert then participated in mindfulness activities with our reception children and spent time with our focus group of children who were involved in delivering the assembly.

Our Early Years Foundation Stage (EYFS) children were treated to a visit from Pumpkin the therapy dog, who represents the local charity 'Pumpkin and Friends'. This charity raises awareness and provides support for animals with disabilities, offering wheelchairs and equipment to disabled animals and assisting families both financially and emotionally. Pumpkin's visit provided an opportunity for our children to embrace and celebrate differences, reinforcing the message that we are all special and unique.



During the week, we also invited trainee teaching students from the local teaching college, Bishop Grosseteste, to work with Year 1-4 on activities designed to encourage children to express their feelings and emotions. Through drama, art, and PSHE activities, the children had a chance to explore these concepts and reflect on the impact they have on their mental health. The students, Maddie Weller, Jenna Cocking, and Ella Pymm planned and delivered these activities, which were greatly enjoyed by all.



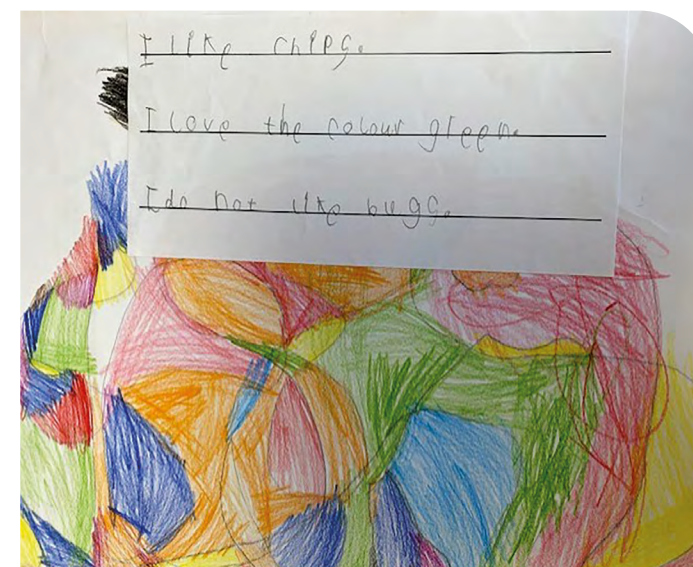
WADDINGTON REDWOOD'S CHILDREN'S MENTAL HEALTH WEEK

We were keen to develop links with our neighbouring Children's Centre, and during mental health week, our Year 5 and 6 children spent time with preschool children and their parents, engaging in reading stories and play. It was heartwarming to witness the positive interactions between the older and younger children, and both groups expressed how this experience had a positive impact on their own feelings.

In addition to focusing on mental health, we emphasised the importance of maintaining a healthy body as well. We invited Rebecca Solari from Gloji Energy, a health and wellbeing program, to deliver an assembly on the benefits of exercise and a balanced diet. The assembly inspired both children and adults to reflect on their own lifestyle choices, and free workshops were subsequently offered to all families.

Pupils in EYFS worked hard on producing some amazing artwork based on this year's theme of 'Your voice matters'. The children listened to a piece of music entitled 'Spring' by Vivaldi and responded to the music by making a range of different marks in wax crayon. They then used water colours to add a wash on top, mixing their own colours. Finally, they answered questions about things which make them unique and recorded these ideas onto their picture. The results were incredible!

Our Y1 and Y2 classes also practiced mindfulness during an art activity where they took their pencil for a walk. This creative technique allowed them to focus and create a continuous line that interlinks with others. Pupils then expressed their likes and dislikes and shared this with their friends. This was a lovely way to connect with others!



To conclude the week, we encouraged children and staff to 'Dress to Express' by wearing clothes that made them feel happy, special, and unique. It was heartwarming to see the diverse expressions of individuality, ranging from favourite jeans and t-shirts to fancy dress costumes.

Lastly, our Year 5 and 6 children participated in the event called Young Voices, a mass choir performance for school children in the UK. They had been rehearsing for weeks, and their performance at the O2 Arena was astounding. Singing and music have proven benefits for mental health, and their enthusiasm and energy were truly remarkable. They had the opportunity to watch and perform alongside professional artists, including MC Grammar, Urban Strides, Natalie Williams, and Nandi Bushell.

We are thrilled with the success of Children's Mental Health Week at our academy. It provided valuable learning opportunities for our children to understand and support their mental health. We are grateful for the support of the local community, mental health organizations, and the enthusiastic engagement from children and staff.



WELLBEING AT ST FRANCIS SCHOOL



Mental health looks different in and to everybody. For those people with complex needs, however, understanding wellbeing is tricky, yet incredibly important. Here, Tina Clynes, a teacher at St Francis Special school, tells us why, and the ways her and her staff will ensure that a students' wellbeing is as positive as possible.

Young people with complex physical, medical and learning difficulties are vulnerable to low mood and mental health difficulties. This can display itself in behaviours and frustrations. As a teacher I am constantly evolving in my practice and looking at ways to promote positive self-esteem and self-worth in my pupils. A result of this is happier and more resilient young people.

What is important to my pupils? What will help them to feel self-worth and that they are valued? Routine is very important to them. They need to know what is happening and when it is happening. This gives them a sense of control over their environment.

Being outdoors and having physical activity is also crucial. Nature is vital for mental health and well-being. Being part of the local community and social inclusion is proving to boost mood and we have seen lovely interactions with other children and members of the community. Taking part in weekly music sessions at a local Junior school was really successful in prompting positive relationships for my pupils.

The pupils also respond positively to being celebrated and receiving certificates and awards for their hard work and effort. It is also very important to my young people that they are heard so we give them as many opportunities as possible to communicate in different contexts. Each pupil is working towards their individual communication targets. Them realising they are being understood and listened to is crucial in promoting their mental health.



If you feel worried, talking to people helps.

- Alex, Upper School

Mental health is where we help other people. You need something to laugh about.

- Monty, Upper School

If you feel worried, talking to people helps.

- Alex, Upper School

What does mental wellbeing mean to me? Reading books, listening to music, playing video games

- Daniel, Upper School



Everyone in IDR works on a wide range of skills and fun tasks to help support our mental health and keep ourselves emotionally grounded. We work on lots of different fun tasks such as self-regulation, emotional symbol recognition and knowing where our 'safe spaces' are, having a calm corner set up in class for whenever we need some time and space to decompress and look after our mental health. We also work on our social skills and creating positive relationships with the trusted adults around us to ensure we have someone we trust and feel safe around to go to when we are sad, scared, unsure or needing help with our regulation.

- Class IDR

Mental wellbeing is doing the things I like. I like learning about history and myths

- Kallum, Upper School

To me, positive mental health means reading and playing with my dogs

-Maddy, Upper School

Mental wellbeing for IVS means being seen, being heard and being understood. We rely on those who know us best to interpret our emotions, behaviours and attempts at communication to ensure we are happy and regulated.

- Class IVS

How I am feeling inside. I like to feel safe and looked after. We are very happy with the people that support us in school.

- Upper school semi-formal 1 class

WHAT DOES WELLBEING MEAN TO THE STUDENTS?



At St Francis school, we thought about what mental wellbeing means to us. Some students did this independently, others did it as a class. We presented it in different ways. This is what we found.

A mentally healthy mind, in my opinion, is when a person is able to express things like emotions or trauma in a healthy and honest way. I am not a therapist, but I think this is something people can agree with in principle

- Nicholas, Upper School



When I talk to people like my friends, my mental health is good. But when I have no one to talk to my mental health is not good. My mental health is always good when you can have a good joke with people.

- Travis, Upper School

Frustrating things can affect my mental health. Talking to someone about how I am feeling can help improve my mental health

- Lewis, Upper School

CHILDREN'S MENTAL HEALTH WEEK

Recently, there has been very little positive news about the mental health of our children but, awareness weeks like Children's Mental Health Week, provide the opportunity to take the reins and learn about what we can do to help.

Children's Mental Health Week (5th-11th February) is run by children's counselling charity, Place2Be, and this year's theme was 'My Voice Matters'.

Shine wanted to use the week to promote local support groups and services for children and their parents and carers as well as provide information and guidance on supporting children's mental health.

Children's mental health is just as essential as physical health. It can impact on all aspects of life including relationships, physical wellbeing and safety, and educational attainment. It can be difficult for children to understand challenges they might be facing let alone express these, which is why it's important to educate everyone, old and young, on what mental health is, how we can look after it and how we can spot the signs of when someone needs support.

We kicked off the week at **Waddington Redwood Primary School, Lincoln**, with an assembly hosted by no other than Bert, our big orange mascot. Bert and Ian explained the 5 ways to wellbeing (be active, learn, take notice, connect, give) with a bit of singing and dancing thrown in!

Tuesday saw a fun and active evening at **Benji's youth club**, our free weekly club at **Benjamin Adlard Primary School, Gainsborough**. Thanks to partner, **Wright Way Sports**, children are able to get creative with arts and crafts, active with ball games and space to run around, or even chill out with a book. This all happens in a warm, safe space with highly skilled adults that have taken up various training in youth mental health from Shine.

Bert was out and about again later in the week, visiting **Horncastle library**. Since Shine were, at this point, anticipating their move to Horncastle, we thought this would be a gentle way to introduce the town to Bert whilst building awareness of 'Your Voice Matters'. Children and their parents and carers had the opportunity to take part in some colouring, a great, less intense way to chat with little ones about how they are feeling as well as a good way for them to express it. Bert was able to pass some information on about the support for parents and carers around Lincolnshire and explain a bit about what

we would be bringing to Horncastle. We had a very warm welcome and numerous requests for Bert to come back again very soon!

Here are some tips for supporting children and young people's mental health – but they can equally be applied to adults, too:

- Listen without interrupting.
- Acknowledge how the person is feeling – what might seem irrelevant to you could be important to them.
- Being active can help improve feelings -playing football, walking the dog, dancing.
- Don't compare the person's childhood to your own.
- Don't try to fix things or give answers – listening can be enough.
- Being open about your feelings can encourage them to be open about theirs and little chats can be better than one big one – have a conversation on the way to school or a check in at teatime.
- Sometimes people don't want to talk – this should be respected, and they will find a time when they are ready.

Take a look at youth provisions as well as parent and carer groups across Lincolnshire:

How Are You Lincolnshire www.haylincolnshire.co.uk

Lincolnshire County Council Family Hubs www.lincolnshire.gov.uk/familyhubs

Place2Be www.place2be.org.uk

Kinship Carers www.kinship.org.uk

For training in physical, mental and suicide first aid for adults and children and young people visit our training pages on the website.



ALL ABOUT BEING KIND



WHY BE KIND?

When we are kind to someone it helps us and them to feel good.
When someone is nice to us it makes us and them feel good.

It is important that we are kind to ourselves as well, this helps us feel good and helps us to keep being kind to others.

How can you be kind to yourself?

- Have a good nights sleep
- Do something active that you enjoy like skipping
- Do something creative like drawing or writing
- Ask for help if you don't feel good
- Believe in yourself and know you can achieve your dreams
- List all the things you like about yourself - being kind could be one of them!

DID YOU KNOW?

Just watching someone being kind can make us feel good.

How can you be kind to others?

- Ask people to play
- Share toys
- Help if someone is hurt
- Encourage others
- Sit next to somebody who is on their own
- Say thank you
- Help tidy up
- Smile at others
- Say hello
- Listen to others when they speak



HAVE A BREAK WITH BERT *for kids*

Can you spot all the things in Bert's Spring garden?



How many words can you make out of...

springtime

HAVE A BREAK WITH BERT *for kids*

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

APRIL
BIRDS
BLOOM
BUNNY

BUTTERFLY
FLOWERS
GARDEN
MAY

RAINBOW
SPRING
SUNSHINE
WARM

Wright Way Sports is a organisation working to provide sports for all across Lincolnshire & Nottinghamshire.

Wright Way Sports was established in 2021 to offer coaching sessions and sports provision for all across Lincolnshire and Nottinghamshire. Since then, we have worked to broaden our offer with the key aim of working with children and young people to support both their physical and mental health and wellbeing. We recognise that anyone who works with children and young people has the chance to impact a childs wellbeing. Therefore, our staff are not only trained to deliver the session but undertake accredited courses via Shine to become Youth Mental Health First Aiders (MHFAider®) and complete the 1-day Suicide First Aid® Children and Young People, alongside their physical First Aid qualifications.

We are committed to ensure all our activity not only helps the children and young people to improve their skills but that it is inclusive and meeting the needs of all participants, whilst being delivered in a fun, safe environment.

As an organisation we currently offer:

School sports provisions, after school clubs, holiday clubs, football development centres, futsal sessions, Wildcats& Squad girls football, Dance& performing arts, Multisport sessions, youth clubs, birthday parties and 121 coaching sessions. Our after-school clubs provide a perfect opportunity for children to try and enjoy a wide range of different sports and activities in a fun, safe environment while gaining confidence and learning new skills.

While our Inclusive school sports provision aims to not only help the children improve their sporting skills but the teachers as well. Each session is delivered by a fully qualified staff who ensure all sessions are inclusive and meet the needs of all participants. Not only do we offer this to Schools but we do regular inclusive sessions on evenings and weekends throughout Lincolnshire.

When Wright Way was founded, we followed our founders passion for football and aimed (and succeeded) in delivering high quality football sessions. Each football and Futsal session is based around a scheme of work, so children learn all different types of the game as well as having a huge impact on the social and emotional behaviour around the game. In late 2023 we felt we needed a new challenge and have begun to offer dance

and performing arts sessions, which have seen a great uptake and are thoroughly enjoyed by all who attend.

We could not undertake the delivery of these fantastic session alone, we work closely with partners including Positive Futures, Benjamin Adlard's Primary School, Shine Lincolnshire, Hykeham Tigers, Kirton Lindsey Council, and others to provide the best sporting opportunities at affordable prices for all to engage in a sport they love.

It is fantastic to see these partnerships grow, and positively impact children and young people in Lincolnshire. We are proud to be able to provide Free sessions to the youth of Gainsborough, including, Football, Youth Clubs, Multisports, Dodgeball, Dance and Performing arts, through our partnership with Benjamin Adlard Primary and Shine Lincolnshire. Including, Football, Youth Clubs, Multisports, Dodgeball, Dance and Performing arts.

As we move into the spring and summer of 2024 we hope to continue to expand our offer to deliver sessions and holiday clubs in new locations across Lincolnshire, ensuring all children and young people are able to access fun and safe activities that support both their physical and mental health.

For more information, please contact Brad.

T 07432587894

E Brad@wrightwaysports.co.uk

X: @WrightWaySport

Facebook: www.facebook.com/Wrightwaysport



WRIGHT WAY
SPORTS LTD

FOOTBALL
BOOTS & KIT
BANK

A FOOTBALL BOOT AND KIT BANK TO SUPPORT THE LOCAL COMMUNITY. FOOTBALL BOOTS AND KIT CAN BE EXPENSIVE WHEN YOUR CHILDREN ARE FOREVER GROWING.

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SWAP

UNLOCK SOMEONES JOURNEY

FOR ANY DONATIONS PLEASE EMAIL BRAD ON..

Brad@wrightwaysports.co.uk



WRIGHT WAY
SPORTS LTD



MONDAY	5:30pm-6:30pm Benjamin Adlard Sports Hub Multisports 4-6 Year's Just Play 6-9 Year's	5:30pm-6:30pm Kirton Lindsey Sports Zone Multisports	6:30pm-7:30pm Benjamin Adlard Sports Hub Dodgeball 8-12 Year's Just Play 10-12 Year's				
TUESDAY	5:00pm-6:30pm Benjamin Adlard Youth Club Primary School 5-11 Year's	5:00pm-6:00pm Positive Futures (Gains) Community Centre Dance Classes 8-14 Year's	6:00pm-7:00pm Kexby Football Centre's 7-9 Year's	6:30pm-8:00pm Benjamin Adlard Youth Club Secondary School 11-16 Year's	6:30pm-8:30pm Positive Futures (Lincs) St Giles Turn Up and Play Juniors - Seniors	7:00pm-8:00pm Kexby Football Centre's 10-13 Year's	
WEDNESDAY	3:45pm-4:45pm Park Spring MUGA Sports Session 8-14 Year's	5:00pm-6:00pm Positive Futures (Gains) Community Centre Dodgeball 8-14 Year's	5:30pm-6:30pm Benjamin Adlard Wildcats Girls Football 5-11 Year's Performing Arts 5-9 Year's	6:00pm-7:00pm TGA Futsal 6-9 Year's	6:30pm-7:30pm Benjamin Adlard Squad Girls Football 12-14 Year's Performing Arts 10-13 Year's	7:00pm-8:00pm TGA Futsal 10-13 Year's	7:30pm-8:30pm Benjamin Adlard Performing Arts 14-18 Year's
THURSDAY	4:45pm-6:00pm Positive Futures (Lincs) St Giles Youth Club Juniors	5:00pm-6:00pm Benjamin Adlard Football Centre's 4-6 Year's Dance 5-9 Year's	6:00pm-7:00pm Benjamin Adlard Football Centre's 7-9 Year's Dance 10-13 Year's	7:00pm-8:00pm Benjamin Adlard Football Centre's 10-13 Year's Dance 14-18 Year's	7:00pm-8:45pm Positive Futures (Lincs) Every Youth Matters Youth Club Seniors		
FRIDAY	6:00pm-7:00pm TGA Wildcats Girls Football 5-11 Year's Squad Girls 12-14 Years	6:30pm-7:30pm Positive Futures (Lincs) Yarborough Juniors Football	7:00pm-8:00pm Positive Futures (Gains) TGA Senior Football	7:30pm-8:30pm Positive Futures (Lincs) Yarborough Senior Football			
SATURDAY	9:00am-9:45am Kexby Fun Football 2-3 Year's	9:30am-10:30am Hykeham Tiger Cubs 4-6 Year's	10:00am-11:00am Kexby Football Centre's 4-6 Year's	10:00am - 11:00pm Kexby Ability Counts Team 8-16 Year's	10:30am - 12:45pm Kexby 1-2-1 Sessions 45 Minute Slots		

WORKING IN PARTNERSHIP WITH









WRIGHT WAY
SPORTS LTD



FOOTBALL
CENTRES



FOOTBALL SESSIONS BASED AROUND DEVELOPING YOUR GAME AND SKILLS IN A FUN & FRIENDLY ENVIRONMENT.

OUR SESSIONS

4-6 YEARS: SATURDAYS, 10:00am-11:00am
7-9 YEARS: TUESDAYS 6:00pm-7pm
10-12 YEARS: TUESDAYS 7:00pm-8:00pm

COSTS

£4 PER SESSION
£15 A MONTH

LOCATION

UPTON AND KEXBY PLAYING FIELD
KEXBY (DN21 5NF)

Contact Number

07432587894

Email Address

Brad@wrightwaysports.co.uk

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AND
PERFORMING
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WRIGHT WAY SPORTS ARE PLEASED TO ANNOUNCE WE WILL NOW BE DELIVERING DANCE AND PERFORMING ARTS CLASSES FROM APRIL 2024

WHAT WE CAN OFFER

DANCE CLASSES
PERFORMING ART CLASSES
NURSERY SESSIONS
SCHOOL LESSONS
AFTER SCHOOL CLUBS

FIRST CLASSES WILL BE ANNOUNCED SHORTLY!

FOR MORE INFORMATION PLEASE CONTACT

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PLEASE NOTE THIS IS A PAID PROMOTION

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HEALTH AND WELLBEING AT HILL HOLT WOOD

Hill Holt Wood is an Environmental Social Enterprise and Registered Charity, situated in a 34-acre woodland in Lincolnshire. Our primary focus as a charity is to preserve and protect the environment and wildlife, educate local communities about sustainability, promote sustainable development and support activities that benefit public mental health and wellbeing. Alongside all of this we run an education programme for 16–19-year-olds. Courses include Horticulture, Animal Care, Woodcraft and Functional Skills.

We also endeavour to provide a safe space for adults who are struggling with their own mental wellbeing. We call this Hill Holt Health, and it is a nature-based therapeutic service. We strongly believe that by getting outside and working on a common purpose, whether it be woodland management, conservation or coppice craft activities in our beautiful ancient woodland, our participants will find their emotional, cognitive, and physical health improves. It also provides a chance to connect with others and quell feelings of loneliness and isolation.

Participants come to us with a range of mental and physical health, neurological and learning disability support needs. Some just feel low and want time out following a redundancy or a bereavement. There is no judgement, and everyone is welcome. Sessions



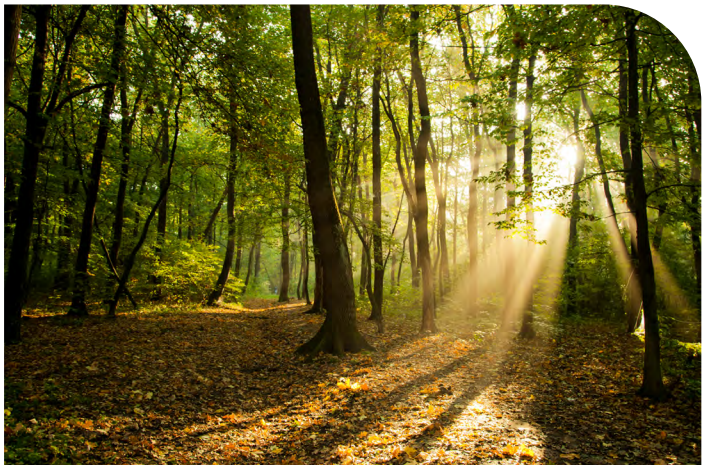
are planned around individual need and use woodland management to help people develop resilience and self-confidence so that they can better manage their mental health. Our experienced rangers will work with participants and their health care practitioner, if they have one, to achieve realistic goals.

Interested? Don't just take our word for it, let's hear from one of our longstanding participants.


"I have been coming to Bigwood since it started. When I first came, I was very quiet and withdrawn but now you can't stop me from talking. I have enjoyed meeting new people and learning new skills and I prefer being outdoors to indoors" – Duncan, Age 30.

Hill Holt Health is designed to help people live happier and healthier lives through improving green spaces for the wider community and creating products from resources created by the woodland. Sessions run from 11am-3pm and are £50 per day. Free taster sessions and transport are available.

Hill Holt Wood prides itself on operating a sustainable woodland, educating our local community, and reaching out to those in need. These three elements are at the core of everything we do. To find out more or get involved please visit our website www.hillholtwood.co.uk



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!!

Can you solve Bert's code-breaker?

A	B	C	D	E	F	G	H	I	J	K	L	M	N
				1			15						
O	P	Q	R	S	T	U	V	W	X	Y	Z		
				8									

8	15	17	12	1	5	24	4	1	13	24
S	H			E				E		

23	1	20	13	15	24	16	8	1
	E			H			S	E



The Community Growers CIC
Grow - Educate - Support

Join our Gardening Club, learn how to grow your own food, get active and have some fun!



Our club offers weekly meetings and hands on sessions to help you grow your own food, get outside and get active.

Gardening is a fun and rewarding activity that benefits both your health and the environment.

Sessions run Mondays & Thursdays 10am-3pm

Free of Charge

Contact us:

thecommunitygrowers_cic@outlook.com or visit

Instagram [@thecommunitygrowers_cic](https://www.instagram.com/thecommunitygrowers_cic)

Mobile: 07507 518267







BUSINESS NETWORKING ON THE MOVE

After a cold, damp winter, what better way to celebrate spring than to get out in the fresh air and enjoy a relaxed bike ride?

Following a winter break, SPOKE Business Cycling Club is back up and running, offering local business people the perfect opportunity to enjoy some spring riding with fellow businesses.

Set up as an alternative, relaxed networking opportunity, SPOKE also aim to improve the wellbeing and mental health of their riders who are welcome to speak freely about issues inside and outside of the workplace.

SPOKE founder and local business owner Wayne Thornton explains: *“It’s well known that exercise and fresh air can help boost your mood and put you in a better frame of mind for the rest of the day. That’s why SPOKE invites local business people to join us on our monthly rides around some of Lincolnshire’s quiet country lanes. Our rides, followed by a café stop at the end, are a great opportunity for our members to escape their desks, make new business connections and have conversations with others who share a passion for cycling and the great outdoors.”*

SPOKE’s rides are run once a month from one of their two clubhouses, Stokes’ Lawn Café in Lincoln and their Welton Café, where riders can enjoy a post-ride coffee as well as a delicious piece of cake.

Wayne continues: *“It’s really important to offer our riders the opportunity to continue their conversations off the bike too, so we always stop for a drink and a bite to eat at the end of our rides. Conversations are often business or cycling-related, but we also welcome conversations which can help our mental health. A problem shared is a problem halved as they say, so SPOKE has been set up to build a community that is both welcoming and supportive.”*

SPOKE has also chosen to support Shine Lincolnshire and will be donating £2 of every rider's entry fee to the charity.

Lucy Goodchild, Communication and Engagement Manager from Shine says: *“As a mental wellbeing charity, we know only too well how important it is to get outside, exercise and connect with others. Our aim as a charity is to connect people, communities and services to help everyone live a life of value and SPOKE is manifesting all of these values in this great initiative. We are proud to encourage people to join in with the rides and ultimately, we’re extremely grateful for SPOKE’s support of Shine.”*

If you’re looking for a new way to network and enjoy getting out on two wheels, you can find out more about SPOKE at www.balance-designs.co.uk/spoke. You’ll also be able to sign up to their mailing list and hear about all the upcoming rides.



DONATING TO SHINE LINCOLNSHIRE

We are always over the moon to receive contributions, be it in time, money or support.

This quarter we were rather shocked when a donation of £1,000 was gifted to us from the Freemasons from Lincoln – we were expecting £500!

The original £500 was passed to us by Witham Lodge as part of the funds delivered to them from Lincolnshire Freemasons New Provincial Benevolent Fund. The extra £500 came as match funding from the Freemasons charity ‘MCF’.



Witham Lodge selected Shine’s quarterly magazine publication as a worthy receiver due to its ability to raise awareness of the services and support available across Lincolnshire. Witham Lodge Charity Steward, Roger Hansard said that hearing about Shine and our work on the presentation day made him “extremely proud to be a Freemason”.

This generous donation will help us to continue to communicate news, awareness and support services to Lincolnshire and beyond, in a non-digital format via Shine Connect – Thank you Freemasons!

We have some more acknowledgements to make, too. We’re really excited to announce that Shine have been selected as **Charity of the Year by APSS, Lincoln**. The commercial design and fit out company have already made the big commitment of riding the **Castle-to-Coast-to-Castle, 100 mile cycling route from Lincon Castle, along Lincolnshire Coast and back!** We cannot wait to show them our support on the 24th June!

APSS aren’t the only ones taking on a challenge. **Helga, Siemens Energy employee**, came across Shine when she was looking for support for a family member. Further

down the line she took up walking and on Saturday 20th April completed Wold Rangers Ultra Marathon – that’s 44 miles in under 14 hours!

Helga said: *“Some of you know about my adventure and have helped me to find the courage in the first place and to feel welcome in the scene being a ‘veteran new-by’, who has never run or walked even a half marathon before. Pushing me right out of my comfort zone - it was that time in life when you feel ready for it.”*

Thank you for such consideration in selecting our charity and for having the courage to take on a mammoth challenge! More information can be found here: www.justgiving.com/page/helga-lown-1712763887977 or you can Scan the QR code



MORE THAN AN ULTRA MARATHON.

Wold Rangers Ultra | 20 April ‘24
44 miles | 14 hrs | 3,600 ft



We have to say thank you to **Stokes Coffee, Lincoln**, too! We’ll be able to tell you a bit more about this exciting partnership in our next publication but want to thank Stokes for the time they have already taken with us! Watch this space... or cup?

THE SILENCE

It's The Silence that accompanies my mental health that I have struggled with; by silence I mean what is left unsaid. How do I explain my feelings and experiences when I'm still trying to figure that out for myself? I work hard at navigating the world I live in, and it can be exhausting and isolating at times, that Silence often results in my emotional, physical and mental health needs not being met.

We're all unique and have different experiences and ways of coping, even when we share the same diagnosis. Silence means different things to each of us and will be experienced in contrasting ways, so how do we break The Silence? Some of the ways that have helped me are:

By researching, reading and watching videos of people sharing their experiences and knowledge. Their voices gave me a language and vocabulary to explain what it was I was feeling and experiencing. As did the courses I attended at The Recovery College. If we can understand, name something and build a language around it, our voice becomes more confident.

We all create differently and there's a voice in the things we do and create. I express myself through writing, gardening, drawing, photography, decorating a room or cooking.

Finding a group of peers who share similar experiences to myself, there is a validation in this, and I feel less alone and removed from others. My thoughts and feelings become more normalised when shared with those who understand.

If we're lucky enough to have a counsellor, therapist, friend or loved one willing and able to understand and travel the road with us, I'll take calculated risks with my own vulnerability by continuing to have difficult conversations with them. By opening myself up I learn more about myself and what I'm capable of and those around me learn how best to support and encourage me.

By getting involved with Engagement opportunities within LPFT (Lincolnshire Partnership Federation Trust) or Co Production opportunities. These are often protected spaces where people with lived and learnt experience meet to inform, collaborate, consult, design and improve Mental Health Services. By sharing our experiences, we can improve services in the future.

I found my voice in these groups and try to use it with the compassion and understanding I hope to see in others. I'm learning to break The Silence by sharing my experience and understanding.

LIVING WITH BPD

What is BPD?

Borderline Personality Disorder is typically diagnosed if you experience at least 5 of the following things, if they have lasted a long time, and have a big impact on your daily life –

Strong fear of abandonment – like you would do anything to stop that happening.

Having intense emotions that can last anything from a few hours to a few days and can change rapidly - feeling very happy to suddenly feeling low and sad for example.

Feeling insecure about who you are – changing yourself depending on who you are with, not recognising yourself day to day, shifting goals and values, loving and hating yourself.

Chronic unstable relationships and friendships – idolising someone one moment to suddenly hating them

Feelings of numbness or emptiness.

Impulsive and risky behaviours – doing things that

could harm you such as drugs, alcohol, binge eating, engaging in dangerous sexual activities, spending money, sabotaging success.

Self-harm and feelings of suicide (1/10 people with BPD will tragically take their own life, and approx. 70% will try to).

Feelings of intense and often inappropriate anger that are difficult to control.

Moments of paranoia and/or disassociation during times of extreme stress.

Some quick facts –

2/100 people have a personality disorder

75% of people who are diagnosed with BPD are women

70% of people with BPD will attempt to take their life at some point, and 10% will be successful

10 years after diagnosis, with appropriate treatment, 88% of people who were once diagnosed will no longer fit the criteria

LIVING WITH BPD

Throughout my life I have struggled with my mental health. I have received diagnosis of depression, anxiety, panic disorder, bipolar disorder, ADHD and eventually borderline personality disorder. I spent most of my childhood and teen years feeling like I didn't fit in and that I was experiencing life very differently to others.

I remember being as young as 6 wondering why I didn't have many friends and why the ones I did have would be fragile and complicated. I often ended up doing or saying things that upset or angered others, but I couldn't work out why or how this kept happening. This continued into my adult life.

I battled with drugs and alcohol abuse, binge eating, abusive romantic relationships, contemplated suicide regularly, left jobs or got fired. I thought this would be my life forever. I spent months in bed, unable to clean myself, eat properly or clean my flat.

I had spent many years in adult mental health services, going through various forms of behavioural therapy, medications and counselling but nothing really seemed to stick. I was 26 when I finally got the diagnosis of borderline personality disorder. My life changed forever.

Initially after receiving my diagnosis, I was left feeling a lot of guilt, shame and embarrassment. This condition had impacted my life for so long and after doing my own research back in 2016 the internet told me that I would never recover. The condition was classed as untreatable and media representation of personality disorders is rarely positive and often detrimental.

Since starting regular counselling and medication I have made huge steps in managing my condition and learning to regulate my emotions. Giving myself space to pause, ground myself and breathe has been pivotal in my ongoing recovery. I work hard to ensure I have the structure and routine in my life that I need. I was sober for 3 years and I can now enjoy a drink or two without fear of falling back into unhealthy patterns. I feel confident working with my manager to create the best workplace environment that sets me up to succeed, not fail.

I have come to terms with the fact that I will never be totally free of paranoia, intrusive thoughts, anger and emotional outbursts. BPD continues, and will always continue, to impact my life in one way or another. What I struggle with most now is perceived rejection, and the emotional whiplash that comes from experiencing such intense emotions at such speed. Going feeling perfectly fine to undeniable pain and exhaustion, joy, then excruciating anger and guilt all in the space of a few hours.

But healing isn't linear, and I try not to view any 'episodes' as setbacks. Through treatment, medication, surrounding myself with supportive family/friends/colleagues and increased self-awareness, I now have the ability to view the disorder in a different way.

As individuals we are incredibly loyal, compassionate, empathetic, creative, passionate, vigilant. I would not be me without BPD and I want to challenge this negativity and turn it into a positive for myself and others if I can.

I have now made it a personal mission to dispel these negative misconceptions about the condition. I currently run a mental health peer support group in Lincoln with the help of some friends (and fellow BPDers). Upbeat is a group that meets every Thursday at Café Nero in town and has grown from an idea my close friend had many years ago, into a thriving community of individuals that meet each week to support each other through the trials and tribulations of this condition and other personality related difficulties.

- Alexandra Crow



LOSS AND UNMASKING

As my son reached the age of twenty-eight in December of last year, he was diagnosed with Autism and ADHD within four months of each other.

A diagnosis provided many answers for him and myself but it was also accompanied by many questions and frustrations. He has mourned the loss of opportunities over the years, the loss of friendships, further education and job opportunities along with the loss of his Mental Health and overall Wellbeing.

While we adjusted to the reality of his diagnosis, I initially felt guilty for not realising how Neuro Divergent he was and had to deal with my own feelings around the ways in which I may have let him down. What helped me manage these feelings was remembering that I had always loved, accepted and embraced him for the person he was, I welcomed and appreciated his numerous special interests, rather direct manner and his unique view of the world.

For me his diagnosis wasn't solely loss but also gain. As we finally had a road map and language to describe how he thinks, feels and behaves which increased the opportunity of exploring ways in how best to support

him. In the months since I have noticed how he has become more Neuro Spicy he's a veritable Spice Rack of Neuro Spiciness. I've also heard through other families and Autistic people how they seemed to become more Autistic after they'd received a diagnosis. So why does this happen?

I believe that one of the reasons is that given the right circumstances they feel more able to be their amazing Neurodivergent selves. My son started to tell me when he was being overstimulated or needed to remove himself from social interactions and we are finding other ways of learning and communicating with each other over many other differences that occur whilst navigating the world we both live in. I'm gaining a whole new insight and appreciation into who he is, what's important to him and what makes his life more manageable.

I hope this unmasking is in part because he has a safe space to do this in, in terms of the home he shares with us and our increased understanding. He hasn't become more of anything we are simply seeing the parts of him that were masked, repressed and hidden so he could function in our Neuro Typical world.

Shining a light on Young Carers By Daniel Fleshbourne



Welcome to my Carers Blog, which discusses topics related to unpaid carers and the caring role. In this edition, we will shine a spotlight on Young Carers who are...

...Anyone under the age of 18 who look after a family member, partner or friend who need help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid. (NHS England).

13th March 2024 was this year's annual "Young Carers Action Day." The theme for this year was "Fair Futures for Young Carers," which highlighted that despite the best efforts of service providers, charities, and local authorities, young carers remain under-identified and under-supported in the UK.

Research suggests over one million young carers live in the UK and it is believed that one in five young people has a caring role. The UK census showed that 15,000 children, including 3000 5-to-9-year-olds, cared for over 50 hours a week in addition to their schooling. One in three young carers struggled to balance their caring role with their schooling.

This struggle is reflected in a recent Carers Trust survey, which shows that young carers are much less likely (38%) to obtain a degree. This rises to the majority (86%) if they are caring for 35 hours or more. Often, this impacts their long-term employment opportunities and financial security. The survey shows that young people reported severe psychological distress and self-harm due to their caring role.

All too often, young people do not identify themselves as unpaid carers. They see themselves as sons, daughters, sibling, or friends. They give their time willingly and unconditionally out of love and compassion. They are often around in the background, unseen and unnoticed.

This demonstrates the clear need to identify and value our young carers. With support, the outcome for young carers is excellent. Pastoral and practical support is available to support young carers from nursery to university, including support when sitting exams. Educators better understand the pressure that young people may be under.

By talking about unpaid caring and sharing our experiences of being young carers, we can help dispel myths and encourage young carers to understand the support offered to them and the difference it can make.

I share my lived experiences of being a young carer. I talk about how I was unseen and unnoticed. How I felt the emotional weight of caring for a family member while still trying to attend school and get qualifications. I discuss how I tried not to talk about my caring role because I felt guilt and shame, which stemmed from the taboos around mental health and addiction, along with my lack of understanding that I was a young carer. I am also telling of the difference being supported as a carer has made to my life. The opportunities I now have that I never thought possible. The positive future I now strive for would not be possible without being supported as an unpaid carer.

In Lincolnshire, young people can be referred or self-refer to the Lincolnshire Young Carers Service for advice and support around their caring role.

Thank you for reading my blog. In the next edition, I will discuss some of the new carer educational courses available to support carers in Lincolnshire. For now, I will sign off with this famous quote...

I believe that children are our future. Teach them well and let them lead the way. Show them all the beauty they possess inside.

-Whitney Houston



Neurodivergent support in Lincolnshire

In today's increasingly diverse world, the importance of inclusivity and acceptance for all individuals cannot be overstated. Neurodiversity, has gained significant recognition in recent years. Neurodivergent individuals, including those with conditions such as autism, ADHD, dyslexia, and other cognitive differences, contribute valuable perspectives and talents to society.

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



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

Feathers Teens | Spalding
W www.Facebook.com/feathersteens-group

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

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

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

MOVING TOWARDS MENTAL WELLBEING: CELEBRATING MENTAL HEALTH AWARENESS WEEK

As Mental Health Awareness Week unfolds, it brings with it a powerful theme: "Movement for Mental Health."

Embracing this theme, we consider the significance of movement—both physical and metaphorical—in nurturing mental well-being. Taking inspiration from the **Mental Health Foundation**, we explore ways to incorporate movement into our lives.

The theme of **movement for mental health** underscores the interconnectedness between physical activity and mental well-being. Research has long shown that **regular exercise can alleviate symptoms of anxiety and depression, boost self-esteem, and enhance overall mood.** Whether it's a leisurely stroll through nature, a heart-pumping workout session, or even just gentle stretching, incorporating movement into our daily routines can have profound benefits for our mental health.

Simple lifestyle adjustments can make a world of difference. Opting for the stairs instead of the lift, taking a brisk walk during lunch breaks, or joining a local fitness class—all these activities contribute to a more active lifestyle, nurturing not only our physical health but also our mental resilience.

Not only does this week focus on the connection between mental and physical health, it also includes **Wear It Green Day**, a colourful addition to **Mental Health Awareness Week**, provides an opportunity for communities to come together and show their support for mental health awareness. By donning green attire or accessories, **individuals can spark conversations, raise funds, and promote solidarity in combating stigma surrounding mental health.** Whether it's organising a green-themed event, sharing resources online, or simply wearing a green ribbon, **every act of participation amplifies the message of acceptance and support.**

Moreover, **local communities in Lincolnshire** offer an array of support services for those navigating mental health challenges. **From support groups to helplines and physical activity led initiatives,** individuals in Lincolnshire have access to a network of compassionate resources tailored to their needs. Here are some local options for mental and physical wellbeing support in Lincolnshire:

Lets Move Lincolnshire- find physical activity near you
www.letsmoveincolnshire.com

Lincolnshire Talking Therapies- Provide talking therapy for people aged 16 years and older, experiencing common mental health problems.

www.lincolnshiretalkingtherapies.nhs.uk/home


Mental Health Matters Helpline- Mental Health Matters is a nationwide charity providing a wide range of support to people with mental health needs

Tel: 0800 001 4331

Night Light Cafe - spaces that offer an out-of-hours, non-clinical support service and are staffed by teams of trained volunteers who are available to listen.


www.haylincolnshire.co.uk/night-light-cafe/

By combining the power of movement with community engagement, Mental Health Awareness Week becomes not just a week of reflection, but a catalyst for meaningful action. Let's embrace the theme of movement for mental health and work to ensure our health and wellbeing is a priority.




Mental Health Foundation

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and look and feel better.



Good mental health for all.
mentalhealth.org.uk

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Mental Health Foundation

None of us are superhuman. If things are getting too much for you and you feel you can't cope, ask for help.



Good mental health for all.
mentalhealth.org.uk

Registered Charity No. England 801130, Scotland SC039714, Company Registration No. 23508466



**HAVE A BREAK WITH BERT
ANSWERS
THE ANSWER TO BERTS
CODE WAS....**

**SHINE MOVE TO BERT
HOUSE!**



<p>It's OK not to be OK</p> <p>If you are feeling stressed or overwhelmed these simple daily tips may help</p>	<p>TOP TIP 1: Get active and spend time outside</p> 	<p>TOP TIP 2: Connect with others</p> 
<p>TOP TIP 3: Focus on what is in your control</p> 	<p>TOP TIP 4: Make time for hobbies you enjoy</p> 	<p>TOP TIP 5: Access mental health support if you need help</p> 

<p>mh NHS</p> <p>Want to talk about it?</p> <p>Don't bottle it up.</p> <p>Search 'need help now Lincolnshire'</p> <p>Call our mental health helpline to talk to someone who can help you. Lines are confidential and open 24/7</p> <p>0800 001 4331</p>	<p>Lincolnshire Wellbeing & Recovery College</p> <p>People over the age of 16 can access free educational courses on mental health and wellbeing</p> <p>07581 008924</p> <p>www.lpft.nhs.uk/recovery-college</p>	<p>NHS Lincolnshire Talking Therapies</p> <p>The service helps people who are experiencing common mental health problems such as anxiety, depression and stress</p> <p>0303 123 4000</p> <p>or you can self-refer on the website www.lincolnshiretalkingtherapies.nhs.uk</p>
<p>Here4You</p> <p>24/7 Mental health and emotional wellbeing advice line for young people, parents and carers</p> <p>0800 220 6342</p>	<p>How are you, Lincolnshire?</p> <p>Are you looking to boost your wellbeing and mental health? Find local groups on haylincolnshire.co.uk</p>	



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

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