



Community Investment

Spring 2024





We 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 support and promote positive mental wellbeing, accessible to all and grounded in the benefits of communities.



NETWORKING & SIGNPOSTING

We collaborate and network to build a range of support, to offer opportunities across the county for people to seek what they need to thrive.



FUNDING & PROJECT SUPPORT

We administer funding and project support to grass roots and community projects countywide.



PEER SUPPORT

We provide unique support from people with lived experience of mental health and wellbeing journeys.



EDUCATION & TRAINING

We deliver courses across child and adult mental, physical and suicide first aid.



01507 304548



info@shinelincolnshire.com



www.shinelincolnshire.com



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



@ShineLincolnshire



@ShineLincs



@Shine_Lincoln



Registered with
FUNDRAISING
REGULATOR

Registered charity no. 1175616 in England and Wales



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SUICIDE PREVENTION INVESTMENT FUND

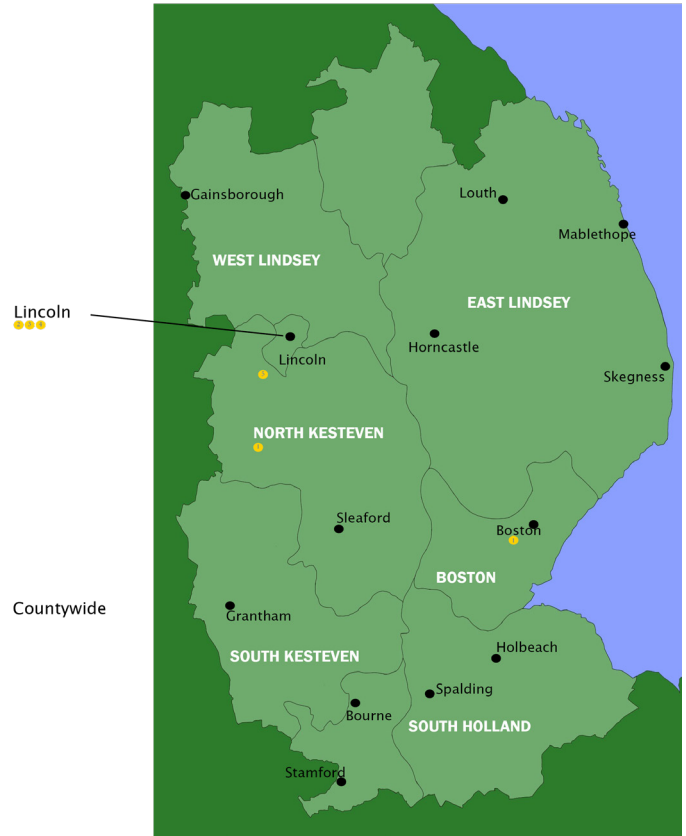
WAVE FOUR

October 2020 saw the publication of Lincolnshire County Council's suicide prevention strategy. This has been developed on a multi-agency basis and co-produced alongside people with lived experience to reach out and save lives.

The vision is to recognise and support the aim that Lincolnshire is a place where suicide is not considered as an option and people will continue to have hope.

Suicide Prevention Investment Funding was secured from NHS England and Shine Lincolnshire launched the wave one 'Investment Programme for Suicide Prevention' across the County, with a focus on men at risk of suicide aged 25 to 59. The Investment Programme (SPF) was aimed at community organisation's who work directly with men in supporting mental health, to apply for grants to support and strengthen their organisations and their offer to men at risk of suicide.

Following on from the success of wave one of the funding, wave two of the Suicide Prevention Programme was launched in autumn of 2021 and wave three launched in the autumn of 2022. These programmes were not age or gender specific and had a focus on supporting people 18+ and being innovative and creative with ideas and developments that promote healthy lifestyles, reduce self-harm, and suicides, and raise awareness.



In 2023 wave four launched and again, this programme is not age or gender specific and focuses on supporting people 18+ and being innovative and creative with ideas and developments that promote healthy lifestyles, reduce self-harm, and suicides, and raise awareness. The wave four fund has 5 successful projects being awarded funding.

Details of these wave four projects along with the organisations contact details can be found below, if you have any queries, please do not hesitate to contact the organisations directly or us here at Shine. Over the coming weeks, we will be posting details of all the funded organisations on our website and across our social media accounts including:



www.shinelincolnshire.com



1. CITIZENS ADVICE MID LINCOLNSHIRE

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

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

Location: Boston Borough and North Kesteven

Session frequency: Weekly

T: 01205 314 534

E: steph.shinn@citizensadvicemidlincs.org.uk

W: www.camidlincs.org.uk



2. GREEN SYNERGY

Green Shoots of Wellness II project aims to support men at risk of suicide with the opportunity to grow shoots of wellness and confidence to improve their wellbeing, develop coping strategies and resilience to reduce the risk of self-harm and suicide. By taking part in social and therapeutic garden activities, the participants can connect with and notice green spaces and nature, building social support networks collaboratively with each other, access a safe space, grow confidence, develop new skills and be encouraged to use empathic and person-centered wellness tools identified by the participants themselves to improve their mental health.

Location: Lincoln City

Session frequency: Weekly

T: 01522 533 077

E: tiwonge@greensynergy.org.uk

W: www.greensynergy.org.uk



3. LINCOLNSHIRE YMCA

For vulnerable people, experiencing homelessness, historic trauma, current challenges, and future fear in their lives are sources of extreme emotional strain. These things press upon the mental health of everyone we support in YMCA Lincolnshire's accommodation, resulting in poor mental health and moments of extreme emotional difficulty. For those who suffer most intensely, suicide attempts, self-harm, and crisis are almost inevitable. **Safe Place is Found** will ensure time is consistently available with a qualified psychotherapist to enable people in need to access talking therapies and a listening ear, and to develop coping mechanisms and effective safety planning.

Location: Lincoln City

Session frequency: Various

T: 01522 508 385

E: helen.wright@lincsymca.co.uk

W: www.lincsymca.co.uk



4. NW COUNSELLING HUB CIC

NW Counselling Hub's (NWCH) **'Healthy Body Healthy Mind'** will be supported by Central Wellness (conveniently located adjacently) to provide a unique therapeutic opportunity by facilitating 6 x person centred group therapy sessions and 6 x Yoga sessions per cohort. This "whole-person approach" incorporates mental and physical health and wellbeing which supports individuals to achieve their full potential; the application of such values leads to a longer term, better quality of life for people with mental illness than therapy in isolation. We will bring people together through shared experiences of mental ill health and suicide to create sustainable relationships and peer support.

Location: Lincoln

Session frequency: Weekly

T: 01522 253 809

E: emma@nwcounsellinghub.co.uk

W: www.nwcounsellinghub.co.uk



5. HOPE MEADOWS EQUINE ASSISTED THERAPY CIC

Hope Meadows already works to deliver a MHWCF sustainability project and National Lottery projects, all focused on equine assisted therapy and therapeutic riding. **Suicide Prevention Training for Staff** will run alongside our main projects to help improve staff competencies around risk, safety planning, signposting, and offer better support to those affected by suicidal ideation or actions. This would allow our team to offer a higher quality of care, and given that we see clients across the whole spectrum of mental health, would have a positive impact on many within the community.

Location: South Hykeham

Session frequency: Various

T: 07919 920 440

E: enquiries@hopemeadows.co.uk

W: www.hopemeadows.co.uk



MENTAL HEALTH AND WELLBEING COMMUNITY INVESTMENT FUND



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

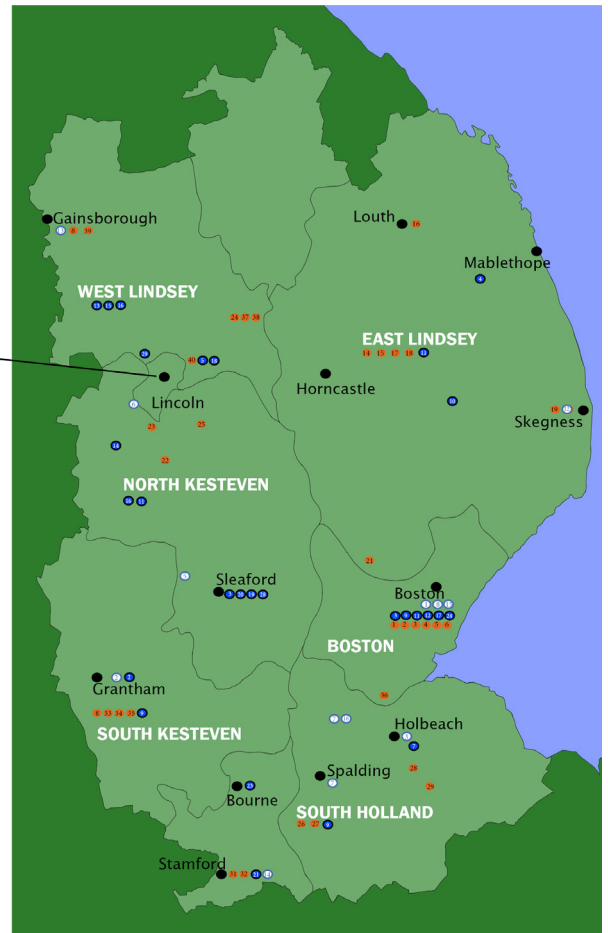
The funding was available to all third sector and VCSE organisations with the overarching aims that the fund would:

- Support growth and innovation of VCSE organisations to deliver projects for the benefit of those experiencing a mental illness or wellbeing need.
- Support smaller grass roots organisations to deliver and test out innovative ideas in response to local population need.
- Further support the growth and sustainability of partner organisations to ensure the collective development of a mental health, learning disability and autism informed society and workforce.
- Ensure that all funding is aligned to clear objectives, able to evidence and demonstrate impact and delivery that is of benefit to the Lincolnshire population which they serve and does not duplicate other funding streams.

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

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

The **Innovation Fund** enables organisations to apply for smaller grants from £1,000 up to a maximum of £10,000, for a maximum of 12 months, to pilot new and innovative ideas



in their communities before seeking, if appropriate, to apply to the Sustainability Fund.

In 2022 the funds saw 118 applications with 41 successful organisations receiving **Sustainability Funding** and 20 organisations receiving **Innovation Funding**. The projects continuing to their second year of Sustainability Funding from 2022 are below (on **orange**) and the evaluation of the 2022 Innovation Funding projects can be found on our website.

In 2023 the funds saw 107 applications with 29 successful organisations receiving **Sustainability Funding** and 16 organisations receiving **Innovation Funding**. Details of the 2023 Innovation projects along with organisations contact details can be found below, on white, and the 2023 Sustainability projects below, on blue. If you have any queries, please do not hesitate to contact the organisations directly or us here at Shine. Over the coming weeks, we will be posting details of all the funded organisations on our website and across our social media accounts including;

www.shinelincolnshire.com



@ShineLincs



@ShineLincolnshire



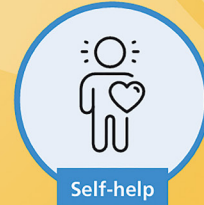
@Shine_Lincoln



How are you, Lincolnshire?

Are you looking to boost your wellbeing and mental health? Find local groups on

haylincolnshire.co.uk



INNOVATION 2024-2025 FUND PROJECTS

1. CITIZENS ADVICE MID LINCOLNSHIRE

With the gambling industry growing each year, we recognise the need to improve awareness and understanding of the issue – as well as the support which is available for those affected.

Gamble Guard focuses on preventing gambling harm by hosting events and workshops to raise awareness of the risks and harms associated with gambling, in particular, the effect on wellbeing and mental health. We want to ensure that anyone affected by gambling harm knows how to access advice and support.

Location: Boston

Session frequency: Weekly

T 01205 314 534

E steph.shinn@citizensadvicemidlincs.org.uk

citizensadvicemidlincs.org.uk

W www.camidlincs.org.uk



2. JUBILEE CHURCH

A **music café** right in the town centre for vulnerable 18 to 25 year olds who have poor mental health, financial concerns, housing issues, lack of opportunity, loneliness / social isolation and other daily life challenges, physical health and wellbeing. Running once a month in the evening with coffee and hot chocolate and food. Run by two musicians and two support workers and providing support and signposting to relevant agencies as required.

Location: Grantham

Session frequency: Monthly

T 07794 296 154

E ericandpatwhittaker@gmail.com

W www.jubileegrantham.co.uk

Jubilee Church life centre

3. HOLBEACH THEATRICAL SOCIETY (HATS)

To provide a welcoming environment for people of all abilities to learn or develop their talents in all aspects of show production. Our primary objective is to encourage people who are otherwise socially awkward or isolated to come to a friendly gathering where they can develop “behind the mask”

of the characters they take on and be a part of the construction of a show – everything from a lead role to a chorus member, set construction and painting to costume making and props, setting up and working the sound and lighting boards or simply welcoming audiences with a smile.

Location: South Holland

Session frequency: Twice weekly

T 07443 303 281

E hatslincolnshire@outlook.com



4. GREEN SYNERGY

The **Layers of Green** project aims to support 20 people aged 18-30 years old living in Lincoln and surrounding areas who are experiencing mental health challenges and provide layers of support, nature connectedness and physical activities to improve their mental health and wellbeing, and build confidence and resilience through the 5 Ways to Wellbeing. The aim of the activities is to be active, connect, learn, give back, have fun and thrive. The project would be delivered weekly all year around across Hillside Garden

and Ellie's Memorial Garden that Green Synergy manages in Lincoln and also across a number of outreach delivery locations.

Location: Lincoln

Session frequency: Weekly

T 01522 533 077

E tiwonge@greensynergy.org.uk

W www.greensynergy.org.uk



5. WILLOW FARM EQUINE ASSISTED THERAPY CIC

Connecting Pieces Lego Programme, offers an alternative type of group therapy in a safe, non-judgemental, non-clinical space, where anyone who is struggling with mental ill health or experiencing difficulties with wellbeing can seek support. Like-minded individuals come together weekly, to work with Lego, whilst simultaneously building up a personal mental health and wellbeing resilience toolkit (self-help strategies). Structured activities within the programme include; group builds, individual projects and free builds/MOCs. Located at Willow Farm CIC in Fulbeck, the rural setting is rustic and relaxing. Session times are 6-8pm and we ask for a 6-week commitment to the programme. Booking essential.

Location: Fulbeck

Session frequency: Weekly

T 01400 675 075

E [info@](mailto:info@willowfarmequineassistedtherapycic.co.uk)

willowfarmequineassistedtherapycic.co.uk

W www.willowfarmequineassistedtherapycic.co.uk

willowfarmequineassistedtherapycic.co.uk



6. LAND & LEAF COLLECTIVE CIC

Weekly sessions for families with younger children and babies, to spend time in nature; using their senses to explore the woodland and use natural materials in play. **Seedlings Nature**

Play sessions are rooted in forest school principles and slow pedagogy to support sensitive, nurturing relationships that lay the foundation for lifelong mental and physical health. Sessions follow a rhythm of seasonal songs, stories and activities that support connection with nature, develop secure attachments between parent/carer and child and support positive parental mental wellbeing. All taking place in a beautiful woodland setting. First time expectant families are also welcome.

Location: Skellingthorpe

Session frequency: Weekly

T 07813 079 083

E kat@landandleafcollective.org

W www.landandleafcollective.org



7. GREENWELL SOCIAL & HORTICULTURAL THERAPY TRUST

The project uses social and horticultural therapy to improve the mental health and wellbeing of different groups of people, including older adults (including those with dementia), adults who have suffered bereavement and adults with learning disabilities. Taking part in gardening activities reduces feelings of stress and anxiety, as well as improves fine and gross motor skills and physical fitness. Connecting with nature also helps people to concentrate and improves self-esteem. Group horticultural activities provide safe spaces to interact with others and build social relationships, which also helps to improve mental health through a sense of connectedness and shared purpose.

Location: Spalding & Gosberton

Session frequency:

Various

T 07471 753 919

E greenwell.garden13@aol.com



8. BOSTON COMMUNITY TENNIS PARTNERSHIP

Share the Court aims to improve emotional and physical health in adults 18 and over whilst reducing loneliness and inactivity. The weekly sessions will be run by qualified

coaches leading low level activities such as tennis, walking tennis, pickleball, badminton and table tennis. Each session will be followed by a drink and a chat in the tennis clubs impressive cafe. The project will look to engage with 12 to 16 participants and create 2 roles for volunteers.

Location: Boston

Session frequency: Weekly

T 01205 366 424

E wjrmason@live.co.uk

W www.bostontennis.co.uk

9. LINCOLNSHIRE RURAL SUPPORT NETWORK (LRSN)

LRSN **Women in Farming Project** will create opportunities for women in farming to come together and meet socially and develop peer support relationships alongside providing health and wellbeing support. We will improve wellbeing through creating opportunities for social engagement and improve physical wellbeing through health led sessions, offering opportunities for health checks alongside a focus on topical health concerns. Activities include: Social sessions with opportunity for peer support; LRSN nurse led sessions offering health focused information and health checks; External speakers/partners and activities; Focussed sessions linked to raising awareness of health conditions, introducing wellbeing activities, or engaging specific age groups.

Location: Countywide

Session frequency: Various

T 07725 203 560

E amy.thomas@lrsn.co.uk

W www.lrsn.co.uk

10. DARKSIDE RISING CIC

Darkside Rising CIC is a women's health organisation based in Lincoln. The **Heart Strong Project** will offer physical activity classes to 16 women with a mental health diagnosis and co-occurring cardiovascular condition. Across 2 cohorts of 20 weeks, we will:

- Begin with a 3-week co-production phase, centring around mental health and wellbeing.

- Develop an individualised training programme for each participant, including mental wellbeing techniques such as mindfulness.
- Empower resilience and skills through confidence building and physical activity education.
- Facilitate social connections

and peer support. Outcomes will include improved mental health, increased confidence and resilience, reduced social isolation and greater cardiovascular health.

Location: Lincoln

Session frequency: Weekly

T 07717 202 065

E projects@darksiderising.co.uk

W www.darksiderising.co.uk

Darkside Rising CIC

Women's Health Organisation

11. THE WELLNESS

A brand-new online version of our successful **Mind & Body Programme** for all to be able to access across Lincolnshire. An 18-week holistic mental health and physical wellness programme that helps you move forward at your pace and empowers you to continue that journey in a safe and supportive environment. Covering education on nutrition and gut health, sleep, stress management, movement, communication, resilience, limiting beliefs, mindfulness, forgiveness, meal planning and goal setting. Showing that there are many ways to enjoy exercise with the chance to try different activities such as boxing, walking, Yoga or maybe Tai Chi.

Location: Countywide

Session frequency: Weekly

T 07771 884 803

E info@thewellnessnetwork.co.uk



12. WINTHORPE COMMUNITY PARTNERSHIP

A safe and inclusive space for women who have experienced domestic abuse to focus on improving their self esteem, work on building healthy relationships, improve their self-care, learning how to set goals and improve their assertiveness. The **Skegness Mermaids Empowerment Group** will offer signposting and support from qualified individuals, guest speakers and activities that are bespoke to the groups needs. We'll offer a free weekly seated exercise class and music sessions. This will be a closed group, the location will not be made freely available and attendance will be via referral only, this is to ensure the safety of the group.

Location: Skegness

Session frequency: Various

T 07738 997 000

E jodibrad80@hotmail.com

13. GAINSBOROUGH MEN'S SHED

Gainsborough Men's Shed is a community space for groups of men aged 18 plus to meet, helping reduce feelings of loneliness and isolation which may be dangerous for their mental health and wellbeing, but most importantly - it's fun. This project funds the setup of a well-equipped workshop offering woodworking activities, for example making bird boxes, raised beds for community gardens, furniture restoring etc. The shed is run by the men using it, bringing about stronger feelings of fulfilment and achievement, and offers sharing skills to younger members, informal learning and enjoyment which can lead to other opportunities in the community.

Location: West Lindsey

Session frequency: Various

T 07300 869 422

E johndlyden@hotmail.com



14. MINDSPACE STAMFORD

Join **MindSpace and Second Helpings to build confidence in the kitchen:**

Empowering participants to make healthier choices when it comes to preparing and eating meals at home. The theme of the course will be demonstrating how a healthy diet is an important, but often forgotten, part of maintaining a healthy mind, body and positive wellbeing. The course will be a mix of theory and practical skills. Each workshop will finish with participants enjoying the nutritious meal they have prepared together. All course participants will receive a workbook to use with continued support available through Peer Support and a Facebook group.

Location: Stamford

Session frequency: 6 week course

T 07563 385 273

E office@mindspacestamford.com

W www.mindspacestamford.com



15. THE COMMUNITY GROWERS CIC

The Community Growers CIC provides **Therapeutic Horticulture** services to adults and young adults alike, within the Boston Borough, who have mental health/wellbeing needs. Classes are taught within a market garden and fruit orchard. We provide a safe, supportive and nurturing space where people are free to do as much or as little as they like. Users attend once a week, where they learn and help participate in the day to day tasks associated with growing fruit and vegetables. Throughout the course, attendees are invited to open up and talk about their feelings, while building a community identity for themselves.

Location: Boston

Session frequency: Weekly

T 07507 518 267

E thecommunitygrowerscic@outlook.com



16. TONIC HEALTH

The **Gosberton and Donington Men's Shed** would provide men with a space where they can support their community, while also being able to offer peer support to one another over a cuppa. The project aims to offer a community repair shop where people can bring in furniture, electrical appliances, bicycles, crockery, toys etc that need to be repaired, that they either cannot do themselves or are unable to fund. It is also an opportunity for visitors to help and learn a new skill. Electrical items will be PAT tested to ensure that they are safe to use before they are returned to the client.

Location: Gosberton

Session frequency: Weekly

T 07979 033 347

E safeplaces@tonic-health.co.uk



SUSTAINABILITY 2024-2025 FUND PROJECTS (YEAR 1)

1. AGE UK LINCOLN & SOUTH LINCOLNSHIRE

AUKLSL will expand delivery of social activities including photography/dance/crafts/walking/horticulture/games groups, in order to increase the resilience of older people by promoting improved wellbeing, increased physical activity and reducing social isolation. Volunteer recruitment will be encouraged to support the programme, helping people gain new skills and build social connections with others in their area, whilst improving their own mental health and wellbeing. Weekly meetings both in town centres and rural locations will be supported by virtual groups for those unable to travel, and will be promoted to older people with physical disabilities, age related frailty and mental health or wellbeing concerns.

Location: Lincoln & South Lincolnshire
Session frequency: Various
T 03455 564 144
E nicki.lee@ageukls.org.uk
W www.ageuklincolnsouthlincolnshire.org.uk



2. JUBILEE CHURCH (ACM)

A friendly parent's support group where bring their pre-schoolers located in the heart of Grantham one day a week for parents who have poor mental health, financial concerns, housing issues, lack of opportunity, loneliness / social isolation & other daily life challenges, physical health and wellbeing. We see migrants from over 45 nationalities many from ethnic minority groups. In light of the Minister for Health Feb 21st 2023 informing of Women's Wellness Hubs being set up across the UK this seems very much in line with government thinking. We provide free lunch and refreshments, an open fridge/bread basket.

Location: Grantham
Session frequency: Weekly
T 07794 296 154
E ericandpatwhittaker@gmail.com
W www.jubileegrantham.co.uk

Jubilee Church
life centre

3. CITIZENS ADVICE MID LINCOLNSHIRE

Reach Out supports those who identify as women who are at risk of developing mental health dips with all aspects of their lives. This includes benefits, maternity, employment, financial wellbeing and discrimination, addressing the pressures experienced by women to reduce gender inequality and disadvantage. Reach Out proactively supports women to minimise the risk of mental health struggles. Women gain greater confidence in their ability to build upon and maintain their own mental wellbeing, whilst also embedding a self-sufficient and resilient approach to resolve future life events. Support is tailored, on a one-to-one basis, at a location most convenient to participants.

Location: Boston & Sleaford
Session frequency: Weekly
T 01205 314 534
E steph.shinn@citizensadvicemidlincs.org.uk
W www.camidlincs.org.uk



4. THE STORE HOUSE CHURCH ALFORD

We would aim to help different individual's with how they see things in a better way through face-to-face meetings within the town, which would also reduce the pressure for the NHS as well as help the person without a waiting list. This could include being referred to training courses to boost confidence and help the people we do interact with have a better way of how they see themselves and they won't feel alone.

Location: Alford
Session frequency: Various
T 01507 462 990
E thestorehousechurchalford@outlook.com
W www.thestorehousechurchalford.co.uk

5. BUDDIES DEMENTIA CAFE

Buddies Dementia Cafe is for people living with dementia, their carers and past carers. We offer a warm, friendly space with great live music based entertainment, refreshments, lots of information, short presentations from

local agencies, and useful tools to help you. We have teamed up with "Walking for Health" who provide a dementia friendly walk after our first meeting each month. We also provide trips out to various places such as Woodside Wildlife Park, Bomber Command, all of course include tea and cake!

Location: Nettleham
Session frequency: Various
T 07963 365 957
E luluwood375@gmail.com
W www.buddiesdementiaface.co.uk



6. LINCOLNSHIRE YMCA

STRIVE (Support - Training - Recreation - Interaction - Volunteering - Environment) provides a rich, varied suite of engagement activities which have been brought together as a result of previous test-and-learn activities and in response to feedback from our beneficiaries - up to 180 adults experiencing homelessness and the mental, physical and emotional challenges which come from a life lived on the streets or in vulnerable housing situations. The project offers a wide range of learning, physical, social and community focused activities which will enable the people we support to improve and maintain their wellbeing, make positive contributions to the world around them, and develop confidence and resilience through personal development.

Location: Lincoln
Session frequency: Various
T 01522 508 385
E helen.wright@lincsymca.co.uk
W www.lincsymca.co.uk



7. LONG SUTTON MEN'S SHED

We propose to extend our services supporting our members with mental health and wellbeing issues, by offering four new services - a new model railway group, additional equipment (TIG Welder) for our expanding engineering section, revamping our Silver Surfers Digital Skills group and a new CNC Router for our woodworking

section. All these developments are aimed at attracting new members, especially those suffering from mental health and wellbeing issues. We are establishing a new marketing department to raise awareness in the community of our services and 5 of our current members have agreed to undertake Mental Health Suicide Prevention Training.

Location: Long Sutton

Session frequency: Various

T 07778 460 398

E frankheinrichjones@gmail.com

W www.mansshedlongsutton.co.uk

8. LINCOLN CITY FOUNDATION

Does anyone ever listen to you? Fancy a team talk? We are here to help.

Team Talk is Lincoln City Foundation's mental health programme for people aged over 18. We provide safe spaces and physical activity sessions to help break down the barriers that prevent people asking for help, whilst also offering a network of social support. Through our connection with Lincoln City Football Club and the dominant demographic of the football fan base, we know we can particularly reach men in need.

Location: Lincoln

Session frequency: Weekly

T 01522 563 792

E alice.carter@lincolncityfoundation.co.uk

W www.lincolncityfoundation.com



9. HEADWAY LINCOLNSHIRE

We will be offering a range of therapies for brain injury survivors and carers including, counselling, art therapy, music therapy, wellbeing calls and activity packs. These will take place within the community, online and within a person's home.

Location: South Holland, South Kesteven, Lincoln & Boston

Session frequency: Weekly

T 07546 592 526

E info@headwaylincolnshire.org.uk

W www.headwaylincolnshire.org.uk



10. DESIRE CHANGE CIC

Mood Booster's Gardening &

Cookery provide weekly sessions on our rural therapeutic farm in the tranquil setting of Old Bolingbroke. Join us for a small group session either spending your time helping to cultivate the garden or cooking up delicious dishes in our BBQ Grill Hut. There is no charge for this session but booking is essential to ensure small group sizes. Also available as a private session designed to be flexible to suit your interests and give you time out. Rest, relax, revitalise!

Location: Old Bolingbroke

Session frequency: weekly

T 01790 616 102

E angie@desirechange.org

W www.blackbarnbolingbroke.com



11. CURO SOCIAL ENTERPRISE CIC

This alternative type of therapy, offers a safe, non-judgmental, non-clinical space, where anyone who is struggling with mental ill health, or experiencing difficulties with wellbeing, can seek support from us and each other by spending time relaxing and re-energizing outdoors, benefitting from fresh air and sunshine with farmyard therapy animals, and expressing their feelings and healing their minds with therapeutic art and craft engagement, social groups and mindfulness activities including yoga. There will be opportunity to give back to their community through volunteering, developing social support networks, learning how to support each other and deliver helpful, reassuring support to other members.

Location: East Lindsey, North Kesteven & Boston

Session frequency: Various

T 07432 102 451

E admin@curo-lincs.co.uk

W www.curo-lincs.co.uk



14. WILDER MINDS CIC

The Root Troop is a long term project, kick starting localised community groups to broaden the support

networks of individuals experiencing adversity through meeting and developing relationships with like minded people, resulting in greater self-efficacy, resilience, and recognition of wellbeing. The project offers 40 participants the opportunity to engage with a structured curriculum that sees them improve their knowledge and skills through activities, such as nature knowledge, bushcraft skills and hiking. The delivery is engaging and inclusive, with a focus on improvement, attainment, and celebration through presentation events.

Location: Laughterton & Enderby

Session frequency: Weekly

T 07917 032 148

E support@wilder minds.co.uk

W www.wilder minds.co.uk

12. CENTREPOINT OUTREACH

Centrepoint Outreach is a Christian charity working with homeless and vulnerable adults in Boston. We operate a drop-in six days a week to provide for the immediate essential needs of clients. Our project has been developed with the goal of moving beyond clients' baseline needs. We want to help empower people to make long-term positive changes – find stable accommodation, employment and integration into the wider community. We do this through the delivery of small-group collaborative activity sessions designed to develop skills, encourage talents and creativity, aid social-development, community cohesion and ultimately to improve the mental wellbeing of our clients.

Location: Boston

Session frequency:

Various

T 01205 310 700

E melanie@centrepoint-outreach.com

W www.centrepoint-outreach.com



13. SPORTS & LEISURE MANAGEMENT

- Employee workplace health promotion campaigns.
 - Business wellness MOT visits and breakfast mornings.
 - Employee wellbeing days at the West Lindsey and Market Rasen Leisure Centres.
 - Online and face-to-face wellbeing master classes for movement, nutrition, mindset, rest, recovery and sleep.
- Location:** West Lindsey

Session frequency: Various
T 07730 431 267
E chrisduncan@everyoneactive.com
W www.everyoneactive.com



14. HILL HOLT WOOD

The **Balancing Nature** project will involve the restoration and protection of a rare lowland heath set in the tranquil ancient woodland of Norton Bigwood. Without human intervention this heathland will become overrun by trees and be lost forever. The restoration of this rare environment will include the following tasks overseen by one of our experienced rangers; removal of trees and Bracken, scaping to create bare ground which will encourage regrowth and prevent soils from getting too nutrient rich; pond restoration and reintroduction of some species; planting of heather (*Calluna Vulgaris*) and other heath plant life; protection of viviparous Lizard habitat (hibernacula).

Location: Norton Disney

Session frequency: Various

T 01636 893 836

E steve.donagain@hillholtwood.co.uk

W www.hillholtwood.co.uk



15. LIVING CONNECTIONS

Living Connections Forever aims to support those feeling lonely or isolated, suffering from anxiety, depression or bereavement. We aim to support personal growth and development, in particular encouraging adults particularly 18+ with severe mental illness and learning disabilities. We expect to decrease the number of people suffering in silence and raise awareness of Living Connections. We can develop with them to cope with everyday life to help be more resilient and independent. We offer many outreach sessions in W.L.D.C area, a wide variety of activities like kurling, bowls, chair based exercise, one to one sessions, counselling, events, crafts and games.

Location: West Lindsey

Session frequency: Various

T 077099 924 495

E enquiries@livingconnections.life

W www.livingconnections

16. THE NETWORK CIO

Like the **Hairy Violet**, we're here to help people challenge expectations whilst learning to thrive and flourish in unexpected places. This will involve guided creative writing sessions for 18-29 year olds for self-esteem, self-awareness, growth and resilience. This will work alongside 1-1 mentoring sessions with The Network to support with aspirations and removing personal barriers to your goals and growth.

Location: North Kesteven, West Lindsey & Lincoln

Session frequency: Various

T 07458 016 056

E gabby@networklincoln.co.uk

W www.networklincoln.co.uk



17. BOSTON UNITED FOOTBALL CLUB COMMUNITY FOUNDATION

Embark on a transformative journey with Boston United Community Foundation as we build upon the legacy of our successful **Walking Football & Over 35's Football Programmes**. Nestled in the heart of our vibrant community at the Jakeman's Community Stadium, we're using the power of football to revolutionise wellbeing. Join us in boosting emotional and physical health, banishing loneliness, and embracing an active lifestyle for men and women aged 35+. Dive into a unique experience that goes beyond the game, connecting you to local services, support, and a thriving network. Let the essence of Boston United ignite a healthier, happier community!

Location: Boston

Session frequency: Various

T 0 1205 364 406

E lewis.wright@bufac.co.uk

W www.bostonunitedcf.co.uk



18. WELTON VILLAGE HALL TRUST

This lively group operates each Tuesday morning at Welton Village Hall. Some 20-30 men and women aged 65 to mid-90s come together for a morning of fun,

chat, activities and gentle exercise. For some it is a chance to get out of the house, go somewhere welcoming, meet new people and stay active, mentally and physically. The group is open to new ideas and everyone's views and opinions are taken into account.

Location: Welton

Session frequency: Weekly

T 07954 333 801

E helenandgraham@outlook.com

19. NEW LIFE CHURCH MINISTRIES

Senior citizens meals offer large scale social events 3 times a year for local senior citizens. Each event provides a free 2 course meal with drinks and entertainment, for up to 150 guests from Sleaford and surrounding villages.

Connecting Well is part of the **Renew Wellbeing Network** and is a drop-in cafe style space where 'it's ok not to be ok'. It's run by volunteers where hobbies and activities are shared. They promote inclusion where all are welcome, and where resources promoting mental wellbeing and signposting to any help needed such as social prescribing or mental health services can be provided.

Location: Sleaford

Session frequency: Weekly

T 01529 413 063

E anna.maltby@nlcm.org.uk

W www.nlcm.org.uk



20. LINCOLNSHIRE OUTDOOR LEARNING

We bring people together as a support group for the mental health and social benefits of gardening and growing food plants for cooking and healthy eating. We support people within our sites at Kenwick Park and the 2 Community Allotments at Louth and Spilsby, or growing food plants at their own home and garden. So there is plenty of choice of locations. So come and join us and gain the benefits of gardening with others in nature.

Location: East Lindsey

Session frequency: Weekly

T 07864 967 057

E ashley@LincolnshireOutdoorLearning.co.uk

W www.LincolnshireOutdoorLearning.co.uk



21. ART POP-UP

Art Pop-Up's Cheer Circle is an innovative programme building an inclusive community through fun opportunities to engage with the 5 Ways to Wellbeing. Make new friends through supported social activities - coffee mornings, music performances, art workshops, seasonal events, including summer fayres and carolling, plus a tea dance, Christmas and summer parties. Through the joint activity programme, we facilitate introductions to like-minded participants of all ages from our local partner organisations. Activities take place at our partners' venues and in local community spaces. Particularly suitable if you want to build social confidence or have additional needs.

Location: Stamford

Session frequency: Various

T 07771 788 098

E samroddan@artpopup.co.uk

W www.artpopup.co.uk

Art Pop-Up

22. WRITING EAST MIDLANDS

Beyond the Spectrum (BtS) is a creative community which connects autistic individuals with each other to support their wellbeing. It empowers them by sharing creative writing and storytelling in group activities in safe, supportive, environments. BtS reduces the barriers people face in their everyday lives, and improves their mental health through enjoying creative activity, having fun, and meeting more people who share their experience of life.

Location: Countywide

Session frequency: Various

T 07903 187 868

E education@writingeastmidlands.co.uk

W www.writingeastmidlands.co.uk



23. SOUNDLINGS

The **Bourne Community Radio** project will continue to support a growing family of volunteers in sustaining an online radio station focused on boosting community mental health, reducing isolation and loneliness and raising awareness of the network of services supporting mental health and wellbeing. The station, run by volunteers and supported by soundLINGS has connection at it's heart, creating a hub of self-care information for listeners and giving voice to those who feel isolated and marginalised. The Project seeks to build social connections between volunteers, listeners and the wider community, supporting thriving, resilient communities and providing information, encouragement and great music!

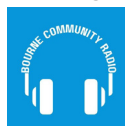
Location: Bourne

Session frequency: Monthly

T 01522 510 073

E victoria@soundlings.org

W www.soundlings.org



24. BOSTON LITHUANIAN COMMUNITY GROUP

Welcome to the **Empowering Support Hub: Transforming Lives, Building Community.**

Our vibrant initiative uplifts the Boston Lithuanian Community and beyond. With professional language support, including interpretations and translations, counselling, skill development, ESOL sessions, and cultural connections, We ensure inclusivity and proven impact. Join us in building a resilient, collaborative community for a brighter future where every individual's wellbeing matters deeply. Together, we celebrate diversity, offer consultations, and foster a supportive environment, creating success stories in overcoming challenges and contributing to a healthier, more connected community.

Location: Boston

Session frequency: Various

T 07565 617 039

E ukjuma@yahoo.com

W www.bostonlithuaniancommunity.uk



25. ABBEY ACCESS CENTRE LTD

Abbey Access Training's **Better Together** project will support you to improve your mental health and confidence, reduce anxiety and form coping strategies through a range of fun activities. We aim to get you out of the house, make new friends and build you up to a positive way forward in life. Our Cooking classes, cake decorating, wellbeing walks and craft classes are all designed to help improve your wellbeing and self-esteem, and give you the strategies to keep well. Our mentors will hand hold you through the journey and help keep you on track for a healthier future.

Location: Lincoln

Session frequency: Weekly

T 01522 801 556

E kevin.brewer@abbeyaccesstraining.co.uk

W www.abbeyaccesstraining.com



26. EVERY-ONE

Supporting those experiencing menopause to gain knowledge and be empowered to access support for their mental health. A dedicated **menopause mental health** support lead will facilitate sessions with the aim of enabling individuals to focus on their own needs, identify services and activities that will best support them and to complete a self-action plan. Anxiety, depression, stress and low self-esteem are primarily associated with menopausal symptoms. By identifying coping strategies that can be adopted, we aim to encourage and develop overall better health for those that may be having difficulties with their mental health as a result of menopause.

Location: Countywide

Session frequency: Various

T 01522 811 582

E paula.batchelor@every-one.org.uk

W www.every-one.org.uk

27. DARKSIDE RISING CIC

Darkside Rising CIC is a women's health organisation based in Lincoln. The **Strength in Cancer Project** will provide adapted strength training sessions to 24 women each year,

who are experiencing mental health conditions with a co-occurring cancer diagnosis. They will engage in weekly physical activity and peer support, led by a specialist Cancer Exercise Rehabilitation Personal Trainer. Outcomes will include improved mental health, increased confidence and resilience, reduced social isolation and greater physical health. We will also develop a trauma informed CPD course for personal trainers, supporting the wider physical activity workforce to support the mental health of their community.

Location: Lincoln

Session frequency: Weekly

T 07717 202 065

E projects@darksiderising.co.uk

W www.darksiderising.co.uk

Darksiderising CIC

Women's Health Organisation

28. HECKINGTON WITH HOWELL PCC

Let's Get Together offers friendship through connecting people with a range of activities including cooking/crafting/wellbeing and physical fitness. Come and join us to learn something new, to up-skill or to revive old interests. Build supportive relations and make positive choices and changes in your life. We provide the stepping stones of support to give you those small social interactions that can have the biggest impact on your life. We guarantee everyone will receive a warm welcome at any of our sessions. You will receive our support and be listened to as individuals. Arrive as a stranger, leave as a friend.

Location: Heckington

Session frequency: Various

T 07941 676 343

E m1nghamni@gmail.com

W www.heckingtonandhelpringhamgroup.org.uk

29. WILDER MINDS

The Root Troop is a long term project, kickstarting localised community groups to broaden the support networks of individuals experiencing adversity through meeting and developing relationships with like minded people, resulting in greater self-efficacy, resilience, and recognition of wellbeing. The project offers 40 participants the opportunity to engage with a structured curriculum that sees them improve their knowledge and skills through activities, such as

nature knowledge, bushcraft skills and hiking. The delivery is engaging and inclusive, with a focus on improvement, attainment, and celebration through presentation events.

Location: East & West Lindsey

Session frequency: Weekly

T 07917 032 148

E support@wilder minds.co.uk

W www.wilder minds.co.uk

SUSTAINABILITY 2023-2025 FUND PROJECTS (2ND YEAR)

1. BOSTON LITHUANIAN COMMUNITY

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

Location: Boston

Session frequency: Various

T 07565 617039

E ukjuma@yahoo.com

W www.bostonlithuaniancommunity.uk



2. BOSTON UNITED FOOTBALL CLUB COMMUNITY FOUNDATION

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

Location: Boston

Session frequency: Weekly

T 01205 364406

E lewis.wright@bufc.co.uk

W www.bostonunitedcf.co.uk



3. INSPIRED EQUINE ASSISTED LEARNING CIC

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

Location: Boston

Session frequency: Weekly

T 07729 909186

E mike.burrow@sunsetsql.com

W www.inspired-eal.co.uk



4. RESTORE CHURCH BOSTON

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

Location: Boston

Session frequency: Multiple, weekly

T 07979 914742

E darren@restorechurchboston.co.uk

W www.restorechurchboston.co.uk



5. ST BARNABAS HOSPICE

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

Location: Boston

Session frequency: Twice weekly

T 07833 786816

E Heidi.freeman@stbarnabashospice.co.uk

W www.stbarnabashospice.co.uk



6. THE BUTTERFLY HOSPICE TRUST

Butterfly Therapy is committed to providing compassionate and personal support to people affected by the challenge of a bereavement or a life-limiting illness. We offer person-centred support, enabling you to explore the challenges you are facing, delivered face to face, by phone, or video. Therapists are trained to listen, offer emotional support, and explore various coping strategies based on the individual.

We also offer two well-being support groups for carers who may have experienced the death of a loved one they have been caring for, or perhaps they have gone into a care home, or are suffering with dementia. Different activities every session to improve confidence, general well-being, build social skills, and make new friends.

Location: Boston

Session frequency: Counselling sessions Mon-Sat

Wellbeing groups 1st Thursday & 3rd Thursday of the month 10.30am-12.30pm

T 01205 311222

E therapy@butterflyhospice.co.uk

W www.butterflyhospice.org.uk/therapy-service



7. ACTS TRUST

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

Location: Lincoln

Session frequency: Various

T 01522 542166

E office@actstrust.org.uk

W www.actstrust.org.uk



8. ALIVE CHURCH LINCOLN

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

Location: Lincoln, Scunthorpe, Gainsborough, Boston

Session frequency: Weekly/

Fortnightly

T 01522 542166

E office@alivechurch.org.uk

W www.alivechurch.org.uk

9. BRIDGE CHURCH LINCOLN

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

Location: Lincoln

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

T 01522 530730

E info@wearebridge.org

W www.wearebridge.org



11. DARKSIDE RISING CIC

The Women's Health Project will provide two streams of specialist strength training and mental health support, helping women who have a mental health condition and are also menopausal, including peri- and post-menopause or postnatal, including mum and baby session. 24 women per year (12 menopause and 12 postnatal) will take part in small group strength training activities that:

- Begin with a 3-week co-production phase, centring mental wellbeing at the heart of our work
- Develop an individualised training programme for each participant, including mental wellbeing techniques such as mindfulness
- Empower resilience and self-sufficiency through confidence building and physical activity education

• Facilitate social connections and peer support.

Location: Lincoln

Session frequency: Weekly

E darkside.risingcic@gmail.com

W www.darksiderising.co.uk

Darkside Rising CIC

Women's Health Organisation

12. DEVELOPMENT PLUS

Steps- Meet, Move, Mend (Repeat)

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

Location: Lincoln

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

T 07534 444601

E ian.enright@developmentplus.org.uk

W www.developmentplus.org.uk

developmentplus™

13. GREEN SYNERGY

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

enables people to develop their own wellness toolbox with an emphasis on what can be discovered and worked with in nature and green spaces.

Location: Lincoln

Session frequency: Wednesdays

T 01522 533077

E info@greensynergy.org.uk

W www.greensynergy.org.uk



14. OLD WOOD ORGANIC CIC

The Woodland Wellbeing Programme

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

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

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

Sustainable Eco Crafts - creating art using nature material found in the woodland.

Volunteering to engage with nature through therapeutic horticulture and restoring or conserving the natural environment.

Location: Skellingthorpe

Session frequency: Weekly

T 07999 857 072

E info@oldwoodorganic.org

W www.oldwoodorganic.com



15. AGE UK LINDSEY

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

to face home visits, telephone support, help to access social and digital friendship groups, and the setting up of new groups.

Location: East Lindsey

Session frequency: Weekly/
Fortnightly

T 07593 818750

E carolyn.whiley@ageuklindsey.co.uk

W www.ageuk.org/lindsey

16. DESIRE CHANGE CIC

Black Barn Rural Escapes This programme is designed around positive mental health and offers the opportunity to meet with others or privately by yourself, in a supportive environment down on the farm. Take time away from the stresses and strains of everyday life, meet with others, enjoy a cuppa and cake or take part in various activities around the farm including arts and crafts and animals. Spend time with our therapy alpacas and sheep, enjoying the tranquil environment that surrounds us. Age 18+ - There is no charge for these sessions but please note booking is essential.

Location: East Lindsey

Session frequency: Daily/Weekly. Booking is essential

T 07825 475 693

E blackbarn@desirechange.org

W www.blackbarnbolingbroke.com



17. LINCOLN AND LINDSEY BLIND SOCIETY

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

Location: Louth

Session frequency:

Various

T 01507 605604

E mandy@llbs.co.uk



W www.llbs.co.uk

18. LINCOLNSHIRE ACTION TRUST

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

Location: East Lindsey

Session frequency: Weekly, bookable
T 01522 806611

E hello@latcharity.org.uk

W www.latcharity.org.uk



19. MAGNA VITAE

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

Location: East Lindsey, Various

Session frequency: Weekly

T 01507 681826 or 07767 664186

E Marko.humphrey@mvtlc.org

W www.magnavitae.org



20. SEAGULL RECYCLING LTD

The Ecowellness Project will create a user-centred suite of healthy, engaging and relaxed activities to impact positively on users overall well-being. Sessions will be 7 days a week, at times to suit user needs. It

will appeal to all irrespective of age, ability or background. Activities such as gardening and bushcraft, yoga and tai chi, walking and talking, forest art, hammock sessions, woodland bathing and much more are aimed at improving physical and psychological health, building new skills and engaging with others and offer peer support opportunities and signposting to extra support.

Location: Skegness

Session frequency: Daily, Various

T 07840 137614 or 07709 866614

E travis.clark@seagullrecycling.org.uk
or paul.charles@seagullrecycling.org.uk

W www.ecocentreskegness.org.uk



21. THE STOREHOUSE CHURCH SKEGNESS

The Restore Centre offers hot food for homeless people within the community as well as those without cooking facilities. Showering and clothes washing facilities are also

available. Drop-ins with various organisations occur throughout the week such as the Rough Sleeping Team, We Are With You, Double Impact, Salvation Army, Community Connector who deal with issues such as homelessness, mental health support housing and more. In addition to these we have a drop-in group which is a safe and warm space for homeless individuals to meet, socialise and play games. **The Skegness Foodbank** which helps between 400-500 people per month is also located in the Centre.

Location: Skegness

Session frequency: 5 days/week (shower, laundry facilities, hot food), 2 days/week (drop-ins). Mon-Fri

T 01754 763362

E skegnessfoodbank@thestorehouse.co.uk

W www.thestorehouse.co.uk

re:STORE

22. WILD THINGS RESCUE

Animal Interaction Sessions will be held two days a week. These days will be split into two three-hour sessions, enabling individuals to either spend three or six hours with us, depending

on their preference. Participants will be encouraged to help with day to day tasks around the charity such as the cleaning out and feeding of animals within our care.

Location: Langrick

Session frequency: 4 sessions weekly

T 07572 860191

E Lucy@wildthingsrescue.uk

W www.wildthingsrescue.uk



23. HILL HOLT WOOD

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

Location: Norton Disney

Session frequency: Mondays (Exc. Public Holidays)

T 01636 892836

E steve.donagain@hillholtwood.co.uk

W www.hillholtwood.co.uk



24. HOPE MEADOWS EQUINE ASSISTED RECOVERY CIC

Horses for Health encompasses equine assisted therapy and therapeutic horse riding to allow adults in the local community to access mental health support that is right for them. Clients can access 5 sessions of equine assisted therapy (free) and/or therapeutic horse riding (£10) with the aim of improving physical and mental wellbeing. Clients have a safe space to discuss any difficulties and take part in equine assisted activities and interventions. Following the 5 funded sessions, clients can continue to access the Horses for Health project

at a discounted rate, offering long term support. This project is suitable for anyone who feels that interaction with horses will benefit their mental health.

Location: South Hykeham

Session frequency: Weekly, Bookable

T 07919 920 440

E emily@hopemeadows.co.uk

W www.hopemeadows.co.uk



25. LAND AND LEAF COLLECTIVE CIC

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

Location: Lincoln and Market Rasen

Session frequency: Weekly (term time)

T 07813 079 083

E kat@landandleafcollective.org

W www.landandleafcollective.org



26. THRESHOLD CHURCH

Renew @ The Hub, Nocton is a shared community wellbeing space where it's ok not to be ok. Pop into our bright, accessible Hub, Thursday anytime between 9.30am and 12 noon, where a warm welcome awaits. Bring a hobby, share skills, join a game of dominoes, choose from an array of board games & jigsaws, or select another activity/craft/workshop. Activities are based round the 5 ways

to wellbeing: Connect, Learn, Be Active, Take Notice & Give. Of course, you can just come and relax, have a chat, reflect, read or pray in our quiet area. There's plenty of wellbeing information to browse and/or take away. Have a brew or 2 and some cake/biscuits/fresh fruit. It is all free (wi-fi too), easy parking, and bus stops outside. Give us a try! Any questions, please contact Sue.

Location: Nocton

Session frequency: Thursdays 9:30-12:00

T 07740 265 974

E suechristie@hotmail.com

W www.thresholdchurch.co.uk



27. BOSTON WOMEN'S AID

The Rural Community Hubs project provides access to support for victims of domestic abuse across the rural communities of South Holland. The hubs provide free emotional support to victims of domestic abuse including discussing the effects of domestic abuse, offering advice around legal matters and referral to legal help, referring to the Multi Agency Risk Assessment Conference for high-risk cases to provide extra support and safety, completing applications for funding help and referrals to the freedom programme or counselling sessions. The hubs aid access to long-term mental health and wellbeing support as well as practical support such as accommodation and children's education.

Location: South Holland

Session frequency: Spalding

(Tuesdays), Long Sutton, Holbeach, Sutton Bridge (Thursdays), Boston (Wednesdays)

T 01205 311 272

E admin@bostonwa.co.uk

W www.bostonwomensaid.org.uk

28. CAMBRIDGE, PETERBOROUGH AND SOUTH LINCOLNSHIRE MIND

Good Mood Cafe offers everyone an opportunity to connect with people in their own community, as connection with others is good for mental health and wellbeing, and can provide an

instant boost to mood. Good Mood Facilitators are skilled in ensuring that everyone receives a warm welcome and feels safe in the group. People are encouraged to engage in the conversation to the extent that they are comfortable. The facilitators also engage with local groups, activities and social prescribers so that they are able to support people in choosing local activities that would be good for their wellbeing.

Location: South Holland

Session frequency: Twice Weekly

T 0300 303 4363

E southlincs@cpslmind.org.uk

W www.cpslmind.org.uk



29. MOULTON MEDICAL CENTRE PATIENT PARTICIPATION GROUP

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

Location: Moulton

Session frequency:

Various

T 07770 382 554

E MoultonPPG@

outlook.com



30. SUTTON ST JAMES BAPTIST CHURCH

SSJBC Community Hub is part of the Renew Wellbeing network of "quiet shared spaces where it is ok not to be ok" established around a rhythm of optional prayer. Their cafe style space offers a totally inclusive community and is open every weekday (excluding Bank Holidays & the last Thursday of the month) ensuring there is always

somewhere to go for a cuppa and a chat. The Hub operates almost entirely on a donation basis thus enabling those on the lowest of incomes to be included. As well as a warm welcome and a great cuppa, the Hub offers a variety of other activities including crafts, a chair exercise group, knitting & crochet group, monthly community lunches and men's breakfasts.

Location: Sutton St. James

Session frequency: Renew (10am-12pm weekdays)

T 07501 123 183

E sue@ssjbc.org.uk

W www.ssjbc.org.uk



31. TBC

32. ART POP-UP

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

Location: Stamford

Session frequency: Various, Monthly and weekly

E community@artpopup.co.uk

W www.artpopup.co.uk

Art Pop-Up

33. CITIZENS ADVICE SOUTH LINCOLNSHIRE

Improving Wellbeing Through Advice

Citizens Advice South Lincolnshire will deliver advice to support wellbeing at MindSpace Stamford. Speak to an adviser confidentially about a range of issues from benefits, debt, housing, employment, relationship issues, income maximisation and more. They are there to help you find a way forward with the problems that you

face. Specific themed days relating to certain areas such as debt and energy will also be available throughout the year. You will also be able to use the MindSpace facilities and take part in activities (chat sessions, yoga, gardening and more) if you wish to do so. Drop-ins and appointments are available.

Location: Stamford

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

E alan.tarbuck@

citizensadvicesouthlincs.org.uk

W www.citizensadvicesouthlincs.org.uk



34. JUBILEE CHURCH

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

Location: Grantham

Session frequency: Monday & Friday 9.30am-1pm

T 07794 296 154 or 01400 230 548

E admin@jubileegrantham.co.uk

W www.jubileegrantham.co.uk

Jubilee Church
life centre

35. OUTWOOD CIC

Outwood offers groups and workshops to local people giving them the opportunity to engage with others whilst learning and sharing woodwork and craft skills. Outwood promotes positive interventions to improve mental wellbeing and gain confidence to continue their personal recovery. The projects aim is to support people with their recovery from mental health issues and to gain support in a non-

clinical way, and to continue their recovery through meaningful activity. Providing the opportunity to learn and share skills in a relaxed environment, whilst engaging the mindful activity of creating items from reclaimed wood, participants build confidence and self-esteem to organically grow social networks and gain the confidence to continue moving forward in their recovery.

Location: Grantham

Session frequency: Weekdays- times vary

T 07985 565 714

E simon.kieffer@outwoodcic.org



35. SOUTH LINCOLNSHIRE BLIND SOCIETY CIO

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

Location: Grantham

Session frequency: Bookable

T 01476 592 775

E susans@blind-society.org.uk

W www.blind-society.org



36. WILLOW FARM EQUINE ASSISTED THERAPY CIC

Saturday Socials allow attendees to participate as part of a small group in structured, professionally lead, therapeutic activities that are centred

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

Location: Fulbeck

Session frequency:

Monthly

T 07771 882 822

E info@

willowfarmequineassistedtherapycic.co.uk

W www.

willowfarmequineassistedtherapycic.co.uk



37. COMMUNITY LEARNING IN PARTNERSHIP CIC

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

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

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



Location: Market Rasen

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

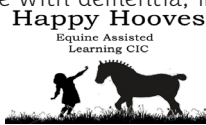
T 07973 678 994

E victoria.cross@acisgroup.co.uk

W www.cliplearning.com

38. HAPPY HOOVES CIC

Supporting Mental Health Through Animals. Happy Hooves has expanded their existing services, with more 1:1 and group sessions for adults and children with a huge range of animals. We are welcoming many more people to our new group sessions aimed at supporting people to improve their mental health and well-being through different therapies in animal settings such as goat yoga, art therapy, journaling and mindfulness techniques. A series of targeted group sessions for those with Autism, mental health problems, dementia, home educated families, SEN, carers, and other isolated groups will be held during weekends/evenings too. We are also offering outreach sessions to more people, bringing animals to disadvantaged people such as those with dementia, in residential care settings, hospitals and others.



Location: Market Rasen

Session frequency: Weekly

T 07724 297 481

E hello@happyhooves.org.uk

W www.happyhooves.org.uk

39. STEPPING STONE THEATRE FOR MENTAL HEALTH

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

Location:

Gainsborough

Session

frequency: Daily

T 01427 628 888 or 07754 764 487

E justask@steppingstonetheatre.co.uk

W www.steppingstonetheatre.co.uk



40. VINE COMMUNITY CHURCH (ASSIST)

1-to-1 Service - practical and emotional support for people affected by mental ill-health, loneliness and isolation, as well as those struggling with a broad range of life challenges. Our volunteers get alongside people who need encouragement, friendship or advice, providing people with both informal befriending services and formal mentoring, either in person or on the telephone.

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



Location: Cherry Willingham

Session frequency: Weekly wellbeing space, 1-to-1 bookable weekly

T 01522 370 164

E Jenny@assistlincs.org.uk

W www.assistlincs.org.uk

41. SOUNDLINGS

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

Location: Countywide

Session frequency: Various

T 01522 510 073

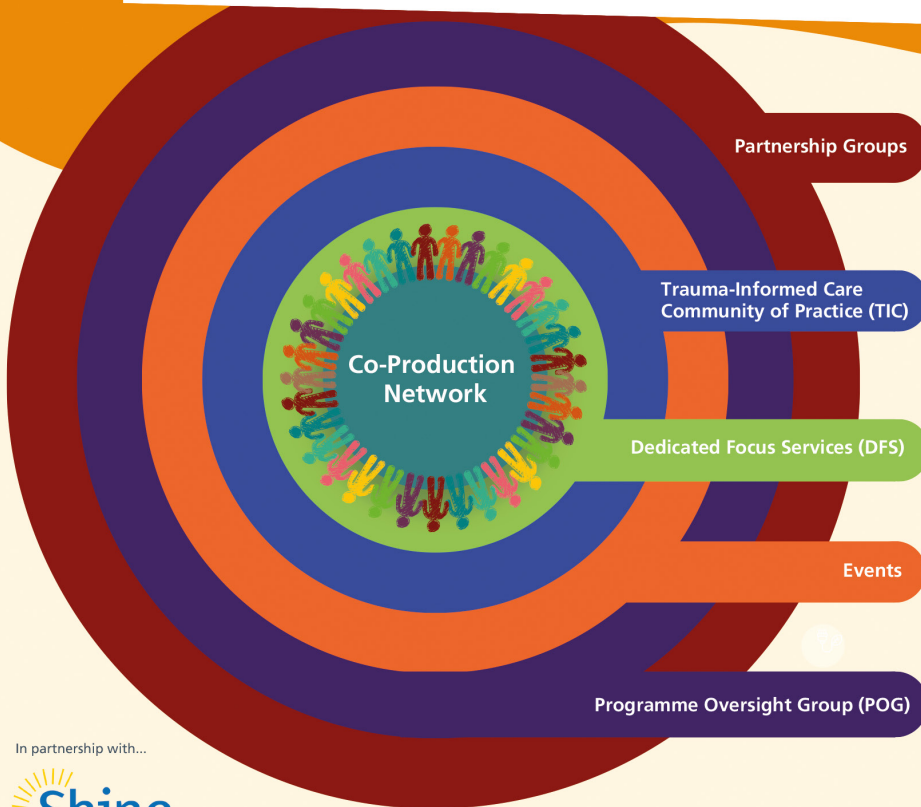
E victoria@soundlincs.org

W www.soundlincs.org





COMMUNITY MENTAL HEALTH CO-PRODUCTION NETWORK



Grantham
Sleaford
Gainsborough/Trent
Stamford
Boston

Lincoln North
Lincoln City
South Lincoln
East Lindsey
Skegness & Coast

A quarterly meeting via MS Teams to share personal experiences, reflect on practice and help to improve care.

Three groups with a specialised focus on Personality & Complex Trauma (PACT); Community Rehab Team (CRT); Eating Disorder Service (EDS).

Three groups covering Programme Events; Connected Community Events; Task & Finish Group.

POG provides direction, guidance and leadership ensuring the effective implementation of the Transformation Project and its activities.

In partnership with...



HOW TO JOIN THE NETWORK

ARE YOU PASSIONATE ABOUT MENTAL HEALTH AND WELLBEING?

DO YOU HAVE YOU EXPERIENCE NAVIGATING SERVICES FOR YOURSELF OR SOMEONE YOU CARE FOR?

DO YOU WANT TO GIVE BACK TO YOUR COMMUNITY?

Our Mental Health Co-Production Network is a great opportunity for you to have a direct influence on the development of new mental health services in Lincolnshire that will benefit you and your community.

The Network is a valued and protected space for people to come together to provide their thoughts and feedback to help shape mental health delivery at both a primary and secondary care level.

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

To find out more:

www.shinelincolnshire.com/opportunities/co-production/

or call Shine on 01507 304 548

It's OK not to be OK

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

TOP TIP 1:

Get active and spend time outside



TOP TIP 2:

Connect with others



TOP TIP 3:

Focus on what is in your control



TOP TIP 4:

Make time for hobbies you enjoy



TOP TIP 5:

Access mental health support
if you need help



mhm mental health matters **NHS**

DEPRESSED **LONELY**
Want to talk about it? **NERVES** **ANXIOUS**

Don't bottle it up.
Search
'need help now Lincolnshire'
Call our mental health helpline to talk to someone who can help you. Lines are confidential and open 24/7
0800 001 4331

Lincolnshire Wellbeing & Recovery College
People over the age of 16 can access free educational courses on mental health and wellbeing
07581 008924
www.lpft.nhs.uk/recovery-college

NHS
Lincolnshire Talking Therapies
The service helps people who are experiencing common mental health problems such as anxiety, depression and stress
0303 123 4000
or you can self-refer on the website
www.lincolnshiretalkingtherapies.nhs.uk

Here4You
24/7 Mental health and emotional wellbeing advice line for young people, parents and carers
0800 271 6342

How are you, Lincolnshire?

Connections Support Self-help

Are you looking to boost your wellbeing and mental health? Find local groups on
haylincolnshire.co.uk **H.A.Y.** Lincolnshire