



Connect

Summer 2024



Photo credit: Dawn Pearson

Shine Lincolnshire: The Opening of Bert House

Alcohol Awareness Week: Lived Experience

Diabetes Awareness Week: Living with Diabetes

Headway Lincolnshire: A Life Re-Written

Carers First: Access to Support

Dementia Adventurers!

"Summertime and the living is easy..."

...What a great lyric. It makes me think of hot, hot days where the only thing you can do is lounge around and not do too much for fear of breaking a sweat. But this is England. We don't have enough hot, hot days to just take the entire summer off. And that, I believe, is a good thing.

I am not a fan of the super-hot weather where not enough gets done. There is, of course, an argument to be had that we should live easy and destress by doing less. Take it easy. But, and it's a big but, I have learned over the years that this is not a great strategy for someone who has depression. (Side bar: notice I don't say "suffers from" depression or say "is" depressed. I much prefer "I HAVE depression". I have depression but it doesn't have me. I'm a writer and a speaker so I try to be precise.) Back to the main point I was making – Depression loves summer, because depression loves stillness. Depression adores it when you lie still on the couch, under the duvet in the clothes that you haven't changed for three weeks and the skin that you haven't washed for a fortnight. Depression loves the living is easy side of summer. Therefore, I put it to you that the best thing you can do if you have depression is to keep busy. I don't care what you do. Like Nike says "Just Do It". Do you like jigsaws, crosswords, a game of scrabble, knitting, a game

of keepie uppie in your front garden, a walk, a read, a swim, a coffee...? Or do you like to watch TV? If you do, this is the summer of sport. Euros and Olympics – you are spoilt for choice. If need be, make a schedule. Make blocks of time and decide beforehand what you are going to do. If you have depression, you have to work hard to get rid of it. You need to keep busy, do things you enjoy and not allow the icy fingers of the darkness to creep into your world. Fighting depression takes planning. I think I will even rewrite a classic song by just changing two letters. It should now read: "Summertime and the living is busy."



Kate Hull-Rodgers
Stepping Stone Theatre for Mental Health



WHAT'S INSIDE...



The Opening of Bert House	04
Mental Health & Wellbeing Community Investment Fund	05
Bert's Big Adventures	07
Training & Development	08
Community Support & Engagement Coordinator Updates	10
Community Connector Updates	12
Peer Support Worker Updates	21
Meet the New Team	24
Services Directory	26
BHive, Grantham	33
Active April	34
Alcohol Awareness: Lived Experience	36
International Youth Day	38
Empowering Youth: Preparing for Results Day	40
Work Experience at St Francis' Primary School	42
Peri-Meri Menopause Project	44
Dementia Adventurers	46
Headway Lincolnshire: A Life Re-Written	47
Activities for Kids	48
Carers First	50
Mental Health Awareness Week: Movement	52
Diabetes Awareness: Lived Experience Q & A	54
Putting Carers on the Map	56
Fundraising for Shine	57
The Boring Bits	60

BERT HOUSE OPEN DAY



Bert House finally opened its doors to the public on the 15th May. We were so happy to welcome people into our friendly environment to show off the community hub, set for everyone to utilise!

The day was **the perfect opportunity for the public and professionals to chat** about what they felt was needed in their community, what support they would like to see more of or what opportunities they felt were missing.

The Shine team were milling about, on hand to **share information about the groups we have planned, give guided tours of the building or explain a bit more about volunteering with us.** Our Peer Support Workers from the east of the county, Donna and Gemma were there to provide information about their services and share their knowledge on the provisions in the Horncastle area. Our Community Engagement Coordinators, Donna and Ben were there too, with lots of information about the new projects that Shine have administered **Mental Health and Wellbeing Community Investment funds to.**

"This all contributes to a thriving county, where mental health and wellbeing is part of the conversation and free of stigma."



Shine felt really special throughout the day, as there was a steady flow of visitors including residents and local businesses. We had **delightful Bert cakes, courtesy of Cherry Blossom Cake Design and a delicious spread from Myer's, local coffee shop and bakery.** As a charity we don't just want to take, we want to be part of the community in which we are based, and this includes supporting local businesses. **As charity of the year for Lincolnshire's Stokes Coffee, we now have our own blend of coffee 'Bert's Blend' (available to buy at Bert House and on our website now!),** and, also as their charity of the year, we were flattered to have the team from APSS in Lincoln take on the local heroic cycling challenge of Castle to Coast to Castle in June. This all contributes to a thriving county, where mental health and wellbeing is part of the conversation and free of stigma.

Our **community hub supports this ethos.** Not only can you come to organised groups or take a training course, but we also have a pool table and board games. Social connection is good for us, and Bert House provides a safe space for this to take place. **We are open Tuesday to Thursday 9am-3pm, you can pop in** and chat over a game. If you would rather take some time out, help yourself



BERT HOUSE OPEN DAY



to a free tea or coffee and pick up a book or magazine from the shelf. If you're feeling inspired, then take a blank exercise book and write your own story! And if you're on a mission to get something sorted or just want to browse a few websites, we have open access computers for you to use, free of charge!

If you fancy some retail therapy, we've got Beryl's Bargain Vault, a little 'Aladdin's cave' at the back of Bert House with clothes, games, toys, books....all at bargain prices to help fund the work we do!

So far, we have 'Shine On' up and running. Shine On is a group for anyone to drop into. It runs every Thursday from 10am to 1pm. You can come along for some or all of it and use all of the things we have on offer or have a chat to Ben, Dan or another of the Shine team about something that's niggling you, or you're not sure where to turn for. We've got a comfy little corner room if you want some privacy to chat too!

Coming soon are some more creative based sessions and a wellness planning 6-week course. Keep your eyes peeled!

What's more, we now have Children's Links taking up residency in one of our offices and they celebrated their arrival on Teddy Bear's Picnic Day (10th July). They had everything teddy bear... teddy bear go-kart racing, teddy bear tombola, teddy bear name tag making, teddy bear quizzes, face painting and guessing the name of the bear!



COMMUNITY INVESTMENT FUND

If you're looking for something closer to home then have a look at all of the projects that are receiving Mental Health and Wellbeing Community Investment Funds (MHCIF) in our new publication, downloadable from here: www.shinelincolnshire.com/mental-health-community-funding/ or using the QR code.



MHCIF was launched in 2022 following agreement with Lincolnshire partners as part of the Community Mental Health Transformation Programme. The fund is split into two pots, innovation and sustainability. **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 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.

Following the success of Year one of funding, the fund was reopened for applications in late 2023 for projects starting in 2024.



SHINE ON

Weekly Wellbeing Group

Thursdays 10-13:00

7 Bull Ring, Horncastle

Join us at Bert House for a chat and a cuppa!

Shine Lincolnshire are offering a safe space to access support and signposting, chat with others in similar situations and link in with the community with a cuppa and a cake.

Enjoy books, table tennis, air hockey, the pool table and board games.

Contact Info@shinelincolnshire.com for more information.





BERT'S BIG ADVENTURES!

Hello everyone,

I hope you've all had a good spring and are ready for the summertime.

Here's what I have been up to since the last newsletter.

On April 27th I took part in the Boston Half Marathon, running 13.1 miles in and around Boston! The weather that day was very wet and windy and at certain times the wind was so strong I thought I was going to end up being blown across to Skegness! I came home very wet and soggy but I was looked after by the community and had a pamper session to make me look my usual self again. On the day of the run I met lots of lovely people - runners, spectators and volunteers. I would like to thank everyone that cheered me on. I have now completed a 5k run, a 10k run, and a half marathon, maybe I will attempt a Marathon distance of 26.2 miles in the future.

Thursday 2nd May Ben, Dan and I had a walk around Horncastle town centre to meet a few of the local residents. I introduced myself to them while Ben and Dan explained more about Shine Lincolnshire and the work we do in the community and across the county. We visited a few shops and had a look at the market, we also called into the community centre. Everyone was really pleased to see us and a lot of them came to the opening of Bert House, our new community hub in Horncastle. I heard that they had cakes that had mini me on them along with Sandwiches, sausage rolls and cups of tea with a game of pool!

On May the 9th I went to visit Stokes coffee shop on The Lawns in Lincoln. While I was there, I had a look at the dance session they do on a Thursday. I joined in with the dance for a short time before having a tour around and seeing where they produce their famous coffee.

13th May I went to host a 5 ways of wellbeing assembly with Ian at St Hugh's School in Woodhall Spa. The children were very interested in the assembly and seemed very pleased to see me. They all waved and gave "high fives". After the assembly I met more of the children, some were playing tag rugby. I had a quick run around, but they kept catching me, I think they had been practicing.

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.



SHINE'S TRAINING REACHES 1000!

It's summer and the colours of nature are rich and lush. Shine Lincolnshire has been delivering regularly throughout the spring into summer and we now offer course dates at our community hub in Horncastle as well as dates and times to suit you.

Our Horncastle dates are bookable online, so while there's a bit of a 'holiday lull' in a lot of industries, take a look at getting booked on over the summer at www.shinelincolnshire.com/book-a-course

We're really proud of the training we deliver and the people that undertake it because whether it's an emergency first aid course, mental health or suicide first aid course each person will **take away skills to support other people and possibly save lives**. We began to deliver training on 20th July 2022 and on 24th June this year we trained our 1000th person! Who knows how many lives may have been saved or how many individuals will have found support and openness to talk about what they're experiencing, at home, at work, at school, anywhere. We continue to host a range of attendees including Peer Support Workers, people from across the voluntary, community social and faith enterprises (VCSFE), county councils, emergency services, businesses and education institutions.

"Supporting our young people is an important role to have. Life is complex and challenging."

There are so many adults that are involved in helping young people: parents and carers, school and college staff, sports coaches, health professionals, community groups. We've responded to this, and our offer now includes Youth Mental Health First Aid courses from Mental Health First Aid England; Suicide First Aid for Children and Young People (CYP) from the National Centre for Suicide Prevention and Training; and the level 3 Combined Emergency First Aid at Work and Emergency Paediatric First Aid through Quallsafe.

Supporting our young people is an important role we all have. Life is complex and challenging in many ways. The addition of Youth Mental Health First Aid allows us to provide training for parents, carers and any other adults working with young people. Supporting a young



person involves **responding positively and listening** to understand what they're thinking and feeling. The training provides a greater understanding of young people and their mental health, improving confidence to listen, engage and contribute to equipping young people with skills to navigate life. The Suicide First Aid for CYP course compliments the Youth Mental Health First Aid course and is a valuable addition to helping adults who are **supporting young people vulnerable to suicide**.

Throughout 2024, we will continue to reach out and make training and education support available to Lincolnshire and beyond. Here's to the next 1000!

If you want to know more about Education and Training at Shine Lincolnshire, please contact us via education@shinelincolnshire.com or scan the QR code.



SHINE'S TRAINING REACHES 1000!

Shine's training offer includes courses from the national leading provider Mental Health First Aid England (MHFAE) in Mental Health First Aid, Mental Health First Aid Refresher, Mental Health Awareness, Mental Health Skills for Managers, as a Mental Health Champion, and a new Youth Mental Health First Aid course. To compliment this offer we provide the Suicide First Aid and Children and Young People Suicide First Aid courses, through the National Centre for Suicide Prevention, Education and Training (NCSPET), as well as adult and paediatric physical first aid courses accredited through Qalsafe Awards.

On top of these courses we offer 5 Ways to Wellbeing assemblies to organisations and schools and are happy to discuss your specific training needs to develop a time and cost effective solution, including bespoke courses.

Our timetabled courses are delivered at our Community Hub in Horncastle (www.shinelincolnshire.com/book-a-course) but we are able to offer courses at times and locations to suit you, just **get in touch on education@shinelincolnshire.com or 01507 304548.**



**BOOK
ONLINE**

Training with Shine
2024 Dates Out Now!

Training to support Adults | Youth | Children



Emergency First Aid
Mental Health First Aid
Suicide First Aid
Bespoke courses & packages

education@shinelincolnshire.com
www.shinelincolnshire.com
01507 304 548



NORTH COMMUNITY SUPPORT & ENGAGEMENT COORDINATOR



Summer is my favourite season; everything is in bloom and there are lots of sporting events taking place this year to inspire us all!

Over the last few months, I have been **supporting the new Mental Health and Wellbeing Community Investment Fund and Suicide Prevention Fund projects** with any teething problems, and this seems to be going well. Alongside this I've been helping to create a **warm person-centred community space** at our Bert House offices in Horncastle.

Donna Fravigar (East Lindsey Peer Support Worker) and I had the pleasure of being invited to Magna Vitae's Spring Games in Louth, a great way to celebrate the magic of movement for wellbeing in line with the Mental Health Awareness Week message! There, **we were guided to victory by the amazing people from Horncastle Memory Support Group and the Horncastle branch of Magna Vitae's Ageless & Agile.** It was an incredibly sporty day with lots of different events including golf, bean bag throwing and paper aeroplanes!

In May I visited **Buddies Dementia Café in Nettleham and got to see the great work they do in bringing those with Dementia and carers together for singing, dancing and more.** They invite health professionals along to offer support too. **It was a nice surprise to be sat next to and have a nice chat with Lincoln City great Roger Holmes!**

Amber (Business Administration Apprentice), Dan (Communication & Engagement Apprentice) and I have

had a great time creating and overseeing the **'Shine On' weekly wellbeing group**, running at Bert House every Thursday 10am-1pm. It's an open group for anyone to drop by and have a cup of tea, play some pool or a board game, read a book or have a chat. If you need some support or advice, we're happy to help with that too. Having already had lots of people attend we are hoping that this will carry on growing and support more and more people in the community.

Wishing you all a great summer! Ben



SENIOR COMMUNITY SUPPORT & ENGAGEMENT COORDINATOR



At last, it's great to see the sun is shining and it finally feels like summer has arrived. I love hearing the swifts, swallows and house martins as they arrive for their stay with us over the summer months.

It's been a busy period for our team, getting to know all the newly funded projects and ensuring everyone feels fully supported. For those of you that don't know me, I am Donna, Senior Support & Engagement Coordinator, I support our funded projects across South Kesteven, South Holland and Boston and a little of North Kesteven too.

I love getting out and about across the south of Lincolnshire, visiting projects and supporting events. I have been connecting with some of our Innovation projects, I recently visited the **Community Growers CIC**. This is an amazing project that is based in the heart of Boston. You just would not believe the extensive outdoor space for growing a range of produce, so if you have green fingers or would like to learn about horticulture why not get in touch with Tom and pop along to one of their sessions.

Greenwell Social and Horticultural Therapy is another one of our Innovation projects, I popped along to meet Karen at the Baytree Garden Centre, where they are creating a beautiful garden space. The day I visited it was raining but with a great indoor space too, the group spent time painting ornaments for the garden. It was lovely hearing how important the group was for the beneficiaries that attended.

It's always a pleasure to talk to beneficiaries and listen to their stories, hearing about the impact that projects we administer funding for have in improving the mental health and wellbeing of the people that attend. Other projects I have had the pleasure to visit include, Connecting Well Sessions in Sleaford, Renew Session at Nocton, the Butterfly Hospice in Boston, Boston Lithuanian Community, and Willow Farm Equine Therapy in Fulbeck – just to name a few...

Connecting with the community and sharing what Shine Lincolnshire do at local events is really important. Recently, Branston Potatoes hosted several Wellbeing Days at their premises. **Wendy, our new Peer Support Worker, joined me at one of the days, to tell Branston Potatoes employees all about Shine and other support across Lincolnshire.** This is a great example of how employers can support their employees' health and wellbeing. I took advantage of the health checks that were available and was pleased with the results!

**See you next time!
Donna**



COMMUNITY CONNECTOR UPDATES

WHAT IS A COMMUNITY CONNECTOR?

Community Connectors support local residents by helping them access the support and services available to them in their local area. They get out and about discovering what services are available in their locality and link up with existing community groups, or sometimes initiating new ones. **It's all about helping people to make useful and meaningful connections in order for them to live full, rewarding and healthy lives.**

Find your Community Connector and their contact details from the **HAY Lincolnshire website (www.haylincolnshire.co.uk)**, and take a look at some of their updates on the following pages!

CCPL

Over the past few months I have been busy working with the new hoarding team.

The hoarding project is a 12-month pilot that is focused on the east coast of Lincolnshire, and takes a multi-agency approach to working with people who are struggling with hoarding behaviours. The team are working closely with the neighbourhood team and other organisations to provide a person-centred approach to this complex issue. Now that the team have been through their induction process, they have started to meet some of the individuals that they will be working with, and we're all very excited to see how the project progresses. I have attended the Hoarding UK annual conference and received training from **Hoarding Disorder UK**, both of which were hugely valuable experiences.

Alongside the hoarding project, I continue to work closely with the Community Connectors across the county and have enjoyed having the opportunity to spend more time at the wellbeing hubs in the coastal areas. I have attended mental health research workshops at the **University of Lincoln**, undertaken the **LDASS domestic abuse champion training day**, continued to work with NHS colleagues on the wider transformation programme, and keep in regular contact with the **HAY Lincolnshire team**. I have been introduced to some fantastic contacts over the past few months, who specialise in helping a broad range of individuals such as **armed forces personnel and travelling communities**.

There is such a huge amount of community support across Lincolnshire, that's continuously growing. I feel very privileged to work with such amazing people.

Gail

LINCOLN SOUTH - JAMES

There are some great developments taking place across the South Lincoln area and 2024 is shaping up to be a really exciting year!

One of my highlights of the year so far has been visiting the many great places and meeting so many great people across the area who, in an **employed or voluntary capacity, just want to do something good for their local community that will improve the mental wellbeing of many**. One such place is **Dunston Community Cafe**, taking place at the village's Methodist Chapel every second Tuesday (9.00am-11.30am). The team there have taken time to create a special, welcoming and homely atmosphere and local people already seem to love the excellent coffee, cakes and company.

At our area's **Wellbeing Hub in Waddington**, Cat Hall continues in her brilliant and innovative work as Wellbeing Lead. Currently, **the Hub's activities comprise of Monday's Warm Welcome Space at St Michael's Church (10am-1pm)**, offering refreshments throughout and a lunchtime jacket potato too; while **Dementia Adventurers at Miller's Road Community Centre** provides a fun yet supportive space for carers and those living with dementia (1am-12pm).

Cat is branching out with a third activity - a **wellbeing drop-in for all at Redwood Drive Community Centre** every Thursday (11am-1pm). Please spread the word so that it reaches as many people as possible!

Elsewhere, the **South Lincoln Partnership Board** that I facilitate continues to grow and develop. This is a space for anyone working in any capacity with an interest in mental health and wellbeing.

If you would like to know more about the Partnership Board or anything else that I can help with, then feel free to email me - james.prentice@wearebridge.org

LINCOLN SOUTH - MIKE

In Lincoln City South, our Wellbeing Hub remains open access four days per week with the Wellbeing Café at the heart of it all.

In the last couple of months we have welcomed our new Wellbeing café Lead, **Diane Parr**, to the team. She is an absolute asset, with a background in Special

COMMUNITY CONNECTOR UPDATES

Educational Needs settings. We have been working with our **local Primary Care Network, Lincoln Healthcare Partnership**, who have been running a successful free blood pressure clinic each month, seeing around 8 people in the hour it runs. Dr Kaval J Patel has led this in collaboration with Bridge Church.



We've have had the privilege of hosting a number of **visits from national and local stakeholders to see the work of Wellbeing Hubs within the Transformation Programme** and to hear of the amazing work that all those who engage in this, including Community Connectors, are doing countywide. The most recent visit was from **Debbie Barnes, CEO of Lincolnshire County Council**. She was really impressed by all that she heard.

As a church, **we are running a Food Voucher Scheme (Food in School Holidays – FiSH)** over the summer and this year the City of Lincoln Council has given sufficient funding for **vouchers to be offered to families at risk of food insecurity in every school in the city** and to support other local FiSH projects. This has been running across wider Lincoln area since 2016.

The satellite hub at **Arise Church in Birchwood has reached its six month milestone**, running across three days in the week, likewise offering an open access safe space with a variety of activities similar to that of the **Wellbeing Hub at Bridge Central**. Chantelle Claxton is the Wellbeing Lead there who has said that the volunteer team which now numbers over 15, is seeing a real community cultivated, with many people attending interacting with one another, feeling more settled in their daily lives, finding support and real connection.

I have been making relational connections with other community hubs, supporting and enhancing the work they do. One such place is **Moorland Park Methodist Church**. At this hub, a café welcomes local people; there is a Foodbank and a thrift shop and a new crafting/activity afternoon. I have been able to connect social prescribing into this hub and a monthly drop in takes place.



If you would like to know more or anything else that I can help with, then feel free to contact me - mike.farley@wearebridge.org or 07916909973

TRENT

Despite the unseasonably cold weather for the end of May, the Trent Care Primary Care Network (PCN) held their very own outdoor wellbeing event at The Elms, a rural residential park for those over 55 in Torksey.

The community connectors have been running monthly drop-in sessions for residents over the last several months and the event brought together other health and care partners across Lincolnshire such as; **Everyone Active, West Lindsey Age UK and Lincolnshire Fire and Rescue** to talk with the residents about what help is available for them, and how they can get support to age well.

The event was well-attended, and some excellent conversations were held. One example is a woman who cares for her father and was able to speak with **Carers First** to obtain information and support that she was unaware was available. **Age UK** supported residents in areas such as attendance allowance and obtaining a blue badge.

“It was very informative, thank you to everyone who went to so much trouble on our behalf. The podiatrist in particular was a great help to me.”

“A walking club's a great idea, there used to be one meeting regularly back when we first came here.”

To watch the video highlights of the event scan the QR code



Our quarterly Mental Health Partnership Meeting for Trent PCN was hosted by the **WLDC Communities Team at the Guildhall**. As usual we had a fantastic group with great opportunities for networking and informative discussions. We were joined by **Chris Suich from Bob's Brainwave**, which offers information for those who are **just beginning their journey of memory loss** through dementia. Chris spoke of her experience first-hand of how hard it is to find out how to get help following a dementia diagnoses. This has resulted in an information pack to collate as much useful information as possible in one place. **This fantastic support will be launching**

COMMUNITY CONNECTOR UPDATES



in West Lindsey later in September. More news on this to follow!

After a successful launch the new **Thriving Abilities, an innovative program, funded by Lincolnshire Partnership NHS Foundation Trust Virtual Autism Hub** started in June. The peer led, community groups are designed to provide hope, skills, and connection for individuals facing the unique challenges autism might bring. Whether it's building confidence, making friendships, or providing support with everyday life, **the program aims to help participants and their loved ones.** The groups are run weekly 1st and 3rd Tuesdays for men and 2nd and 4th Tuesdays for women. No referral or diagnosis is needed to attend these groups. Alongside this a weekly online peer support group, open to all, begins Monday 21st June 7-7.45pm.

We have made a couple of changes to the Gainsborough Wellbeing Hub programme. Our Memory Café has become a Chill, Chat, Connect group on a Friday 10.30am to 12.30pm, and Stepping Stone Singers have joined us for Friday afternoons 1pm to 3pm. Chill, Chat, Connect also meets on a Monday 1pm to 3pm at our Satellite Hub – Park Springs Community Centre. These groups are welcoming and accessible to all.

For more information, please contact Grace at grace.bowker@acisgroup.co.uk or visit www.cliplearning.com/the-wellbeing-hub

SLEAFORD

Hello Connect reader! Here's our Sleaford area news.

Things are really building at **Meadow, the Ruskington Wellbeing Hub.** Jamie, the Hub lead, has thoroughly enjoyed meeting many different visitors who have walked



through the doors since opening in March. The team of wonderful volunteers has built, and great comradery is developing.

As with all wellbeing hubs, we know how important it is to listen to what the community wants and having endeavoured to do this, **we are now actively developing a timetable to accommodate a wide range of 'feel good' activities.**

In the coming weeks, **soundLINCS** will be providing regular music sessions, **All Access Games** will be creating opportunities to play a wide variety of board games and staff from **Ruskington Medical Practice** are keen to start a stimulating SEN group for adults. **Paint Positive**, with the wonderful Taz, continues to provide creative opportunities for artists of every standard and of course, Meadow continues to provide a space to just come and chill and have a cuppa!

Signposting in Sleaford

If you are looking for ideas to help you or others follow the five ways to wellbeing in the area, I highly recommend contacting Meadow via the Facebook page or any one of the following Sleaford area organisations!

- Meadow at SLC, 19 Westgate, Ruskington, NG34 9ES | jamie@wearemeadow.org
- The Source Café, Riverside
- Sleaford Community Grocery & Time Coffee Shop
- Sleaford Library
- Sleaford Hub
- Sleaford Citizen's Advice
- Churches Together in Sleaford & District
- Andy's Man Club, Monday's Sleaford Rugby Club | info@andysmanclub.co.uk
- Evergreen, Sleaford: www.evergreensleaford.org.uk | info@evergreensleaford.org.uk

COMMUNITY CONNECTOR UPDATES

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

Shine LINCOLNSHIRE

citizens advice

SPECIAL GUESTS AND SERVICES WILL BE PRESENT AT MEETINGS

Social Prescribing Lincolnshire

- 10-FOOTSTEPS PROGRAM FROM LIVE WELL WITH PAIN
- FREE REFRESHMENTS WILL BE SERVED

lib.k2socialprescribing@nhs.net
07920 514033

K2

Dunston COMMUNITY CAFE

2nd Tuesday every month
(11.06, 09.07, 13.08, 10.09)
9 to 11:30am
@ the Methodist Chapel

Delicious refreshments - ground coffee, cakes, toast, teacakes + more!
Newspapers + magazines
Table-top games
Play area for tots

PAY WHAT YOU FEEL

Shine Lincolnshire Together

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

Shine LINCOLNSHIRE

K2

FREE CHAIR YOGA

Colsterworth Methodist Church
2nd Thursday of Every Month
13:00 - 14:30

FOR MORE INFO:

- grantham@rightathome.co.uk
- ccgrantham@shinelincolnshire.com

Shine LINCOLNSHIRE

Right at Home Health Care in Your Home

from September 4th every Wednesday 1-3pm

Craft-ernoon

Bring Your Own Craft

Creative writing, modelling, doodling, colouring, knitting, painting, sewing... share your interests.

Moorland Park Methodist Church, Skellingthorpe Road
find company, conversation and care

Dragon 01604 67958 940 263

COMMUNITY CONNECTOR UPDATES



FOUR COUNTIES

I am so pleased to report on the huge amount that is going on in my area of the Four Counties.

The Mindspace Team turned out for a **Domestic Abuse Champion Training event in Sleaford**. It was great to see so many people attending this training and **there is another planned for October 2024**.

Lincolnshire Domestic Abuse Specialist Services (LDASS) run these free training courses. The primary purpose of a domestic abuse champion is to raise awareness about domestic abuse within their own community or group setting and to **spot signs of domestic abuse and signpost people to get the help they need**. They effectively serve as a conduit between victims and specialist support services. If you are interested in attending a training day, please make enquiries via their **website www.ldass.org.uk**.

Dementia Support South Lincs (www.dementiasupportsouthlincs.org.uk) and **Wood Grange Care Home** (www.barchester.com) in Bourne are working in partnership to deliver a new group supporting carers and their loved ones, with a focus on mental wellbeing.

They split into two groups, so the carers can have some quality time, taking part in mental wellbeing activities such as qui gong whilst their loved ones have additional activities. Everyone enjoys lunch and tea.

In support of Mindspace's Wellbeing Garden, **Adam Frost of Gardeners World** came and did 'An Audience With...' at Rutland Nursery (above). He shared his in depth knowledge of plants and gardening but also his family's experience of the difficulties that poor mental health can bring. **He was truly inspirational.**



On the same theme, Mindspace volunteers manned their plant stall at **Stamford Garden and Food Fair** (above, right). It was an extremely popular event and the plants went to many a new home, whilst raising funds for the **Mindspace Garden on Uffington Road, Stamford**.



I also caught up with Andy's Man Club and The Trade Institute. **Andy's Man Club** (www.andysmanclub.co.uk) have a free-to-attend peer-to-peer support group for men aged over 18 every Monday night 7-9pm (exc. Bank Holidays) at Stamford Rugby Club, Hambleton Road. **The Trade Institute, Bourne aim to help and support trades people**, providing them with a safe place to go to support their mental wellbeing (above) (www.thetradeinstitute.co.uk/wellbeing).

Shani

GRANTHAM

Hopefully by the time you are reading this, summer has made an appearance and we're all enjoying some lovely sunshine.

Over the last few months, I've had a great time **exploring our beautiful towns and villages at the local Wellbeing Walks** and learning all about our local history and local

COMMUNITY CONNECTOR UPDATES



nature and even finding wild garlic growing on a walk in Colsterworth which smelt incredible in the sunshine.

We've recently started a **free monthly 'Chair Yoga' session at Colsterworth Methodist Church Hall** with Right at Home Care. It's on the **2nd Thursday of each month at 1pm, all are welcome to join us**, and I can honestly say it's great fun so far.

Rachel Fox from **Lincolnshire Co-op** ran a great **Community Clean-Up activity** at Dysart Park in April (opposite, left). It involved an amazing team of volunteers clearing, cleaning and gardening to make this wonderful space even more beautiful.

Thank you to Grantham College for organising the Culture in the Community event in May where I got to meet so many great groups including the **Grantham Photography Club**, the **Poetry Group that meets at the Lord Harrowby**, and the **lovely ladies from Grantham's National Women's Registry**. I had a great art demonstration from **Grantham Community Arts CIC**, saw some of the amazing work produced by **Outwood CIC**, tasted some incredible food from **Grantham Islamic Community** and even had a go at Scottish Country Dancing (above, right)! There is so much on offer in Grantham and surrounding villages and so many opportunities to learn new skills, meet new people and to support your health and wellbeing.

For more information on what's available please search **How Are You Lincolnshire** www.haylincolnshire.co.uk

If you would like any information about groups and activities available in Grantham or the surrounding villages, please do get in contact on any of the details below.

Jo Taylor

ccgrantham@shinelincolnshire.com or 07564 044115



SKEGNESS AND SPILSBY

Is it that time already? It only seems 2 minutes ago that we were writing our last update for you. We would like to say it's been sunshine and ice cream on the east coast, but we have not had the weather for that. We have had plenty of coffee and cake though (we do love cake!!).

Our hubs have been a hive of activity these last few months. We have had the pleasure of having Sills and Betteridge Solicitors join us for a **free legal drop-in session, both in Spilsby and Skegness.** The first session proved successful, and we are already looking forward to welcoming them back next month.

In the spring edition, we told you our team was growing. Back in April, **Katie Blake** joined us as the **Community Connector for those rough sleeping, facing homelessness and in temporary accommodation across East Lindsey and Boston.** Katie has taken to her role like a duck to water (good job as we have plenty of it in Skegness).

As we have said before, **we not only cover Skegness and Spilsby, but many of the villages in-between.** On a Monday morning, **we run a weekly drop-in session in Stickney.** This has gone from strength to strength and often attracts more than 20 people locally. We have a great team here and we are looking forward to seeing what happens next at the **Stickney Wellbeing 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

FIRST COASTAL PCN SOCIAL PRESCRIBING TEAM

In First Coastal Primary Care Network we have 10 Social Prescribing Link Workers. Four of these work in the rural division and take referrals from GP surgeries in Stickney, Old Leake, Alford and Spilsby.

The Social Prescribing Link Workers work closely with the Community Connectors at the Wellbeing Hub. Patients can be referred between them, providing a seamless transition for support. Social Prescribing Link Workers are quite often seen out and about in wellbeing hubs and are available to take referrals direct from patients or to provide some signposting.

Social Prescribing is when a Social Prescribing Link Worker engages with a patient to support them with setting goals which can be achieved with signposting or referrals to support in the community, in order to improve their health and wellbeing.

Social prescribing referrals can be made by visiting www.lvet.co.uk/social-prescribing



Social Prescribing

Connecting you to what matters

Social Prescribing can help with:

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

For more information please call, text or email to speak with someone from our friendly team

Phone: 07554 557 830

Email: licb.firstcoastalpcn@nhs.net

Speak to us today about how we can help you!



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

CONNECTOR SPOTLIGHT: SUZY PEARL (SKEGNESS & SPILSBY)



Photo: Left, Ellie Marsh: ELDC District Councillor for Spilsby & Suzy Pearl: Spilsby & District Community Connector and Spilsby Night Light Café Coordinator.

WINNER OF IMPACT ON WELLNESS AWARD

I started my journey at the New Life Centre in Spilsby around 8 years ago. I first accessed the centre for my own needs, never once thinking that I'd be on the team nearly a decade later. I have held many roles at the Centre, starting by volunteering at the weekly craft club. I soon progressed and decided that I wanted to try my hand at youth work. I did this for many years and enjoyed it thoroughly. When New Life was commissioned to become a Wellbeing Hub by the Integrated Care Board, I joined the team as a Sessional Hub Worker and Assistant to the Community Connector. It has never felt like a job to me, it's like home from home and I love nothing more than supporting people and helping them realise their full potential.

David Bruce has been there from the very start of my journey, and it was such an honour to take on the role of Community Connector for Spilsby and District when he went into a new role overseeing our part of the transformation programme. I now oversee our local Night Light Café too, as well as the Eve Project (sister

to Bro Pro UK). I cannot thank the New Life Community Church and the residents of Spilsby and district enough for nominating and choosing me as their winner of the "Impact on Wellness/Mental Health" award at Spilsby recognition ceremony. I hope to continue the work we have started in our community for many more years to come.

"I cannot thank the New Life Community Church and the residents of Spilsby and district enough for nominating and choosing me..."



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 WORKER UPDATES

EAST LINDSEY & MERIDIAN

Hi I'm Donna

I am the Peer Support Worker for East Lindsey and Meridian. I am now embedded in my role as PSW, and I am absolutely loving it. It is so rewarding helping people and letting them know there is light at the end of the tunnel. Recently I visited a new group in Market Rasen called Stich Witch Knit and Natter. This group was lovely, not too many people which can be great for those that feel anxious. We were made to feel very welcome and were offered tea and biscuits and could ask for advice on the knitting if we were stuck. Such a lovely place will be going back.

I also visited the Walled Garden at Baumer and had to share the photos with you. It is such a stunning place so calm and peaceful.

I am not sure what has happened to the British Summer but I'm hoping we will get some nice sunshine very soon!

Donna



Baumer Walled Gardens, Horncastle

First Coastal

These last few months have been a little different for me, supporting the Recovery College with the facilitation of the new Peer Support Worker cohort. Although it was out of my comfort zone, I agreed to support this as I have a passion for the role and feel I could share a positive experience with others coming into it. This has been an experience and one which I have loved. It is always great to build new professional relationships, share my passion and see the passion in others.

It was a pleasure to attend the opening of our very own Bert House, and meet some lovely people in the community, sharing the benefits of Shine and listening to other experiences. It is a privilege when others feel they can share their story with you.

The new projects in my area are up and running and I attended the Sunrise Sisters Empowerment Group, with the first session focusing on self-esteem. This was a brilliant and educational session which I learnt from personally and can use this knowledge to support others to attend or to share the information

and tools gained. Two of the techniques I feel could be beneficial to all is to take a great big yawn when your feelings or emotions feel as if they are taking over your body and mind, and when crying, to allow the tears to roll all the way down the cheeks to the chin, this releases endorphins or feel good hormones, which give you a sense of calm or wellbeing.

I am continuing to attend the Tool Shed at Askefield Farm and have acquired new skills in using various tools and machinery. It really is true, when you set your mind to something, you can achieve anything. The others attending this session are a great representation of this and incredibly inspiring.

During the summer I am looking forward to spending my free time enjoying picnics on the beach and making sandcastles with my little boy. We have recently created the most incredible 'sand fort' which we were both very proud of.

My favourite quote currently is 'every step you take, is another step closer to where you want to be'.

Gemma

FOUR COUNTIES

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

Night Light Cafés are safe spaces, for anyone over the age of 18 years, that offer an out-of-hours, non-clinical support service and are staffed by teams of trained volunteers who are available to listen. Nightlight Cafes are open throughout Lincolnshire, and I thought I'd highlight the offer for the south. The nights may be lighter, and the cafes are open!

Don't Lose Hope in Bourne host their Night Light Café on Monday and Wednesday evenings between 6pm and 9pm at their hub on North Street. Mindspace in Stamford also host Night Light Cafes on Mondays between 5:30pm and 9:30pm at their hub on Broad Street. On Thursdays they host a Night Light Café in the Cornish Bakery on Stamford High Street between 5:30pm and 7pm, then at their Broad Street hub between 7:30pm and 9:30pm.

More information can be found about these and other Night Light Cafes in Lincolnshire on the Hay Lincolnshire website [How Are You Lincolnshire](http://HowAreYouLincolnshire.com) | Night Light Cafés (haylincolnshire.co.uk)

Travis



Travis and Lisa, Four Counties PSW's at the Stamford Autism Support Group, Stamford Day Centre

BOSTON

Hi, I started with the Integrated Placed Based Team (IPBT) on 29th April 2024, in the Neighbourhood Team in Boston, as a Peer Support Worker.

I have been very welcomed by all colleagues; they are a wonderful, friendly team. I have been shadowing colleagues for the past month, which I am very much enjoying, in readiness for when I have a caseload of peers to help and support.

This summer I am looking forward to the (hopefully) great weather. I have lots to look forward to. I am learning geared conversion in readiness to ride a motorbike; something off my bucket list! In July, I am visiting my dad and then I am going on holiday to Striling in Scotland, somewhere I have never been, followed by a trip to Windsor.

Christine

SOUTH LINCOLN

I have exciting news from my team, the Health and Wellbeing Practitioner from our IPB team and I have set up an Emotional First Aid group for people we support across our teams. We have been working on it for weeks and hope to tell you more about how it is going in the next newsletter.

I have had a lot of success within my peer support work with service users as I have been able to work with people on different things to what I have worked with before, including graded exposure.

The Summer months for me include lots of music festivals and time with my friends. I am going to my first festival abroad in Belgium, I am also attending the wrestling at Wembley Stadium in August!

Sam

A colorful poster for the Stamford Autistic Adult Autism Support Group. The text reads: "WHO WE ARE IS OK", "Stamford Autistic Adult Autism Support Group", "IN PARTNERSHIP WITH MINDSPACE STAMFORD", "ON THE 2ND & 4TH THURSDAY IN THE MONTH STARTING 13TH JUNE", "AT THE GARDEN ROOM, STAMFORD DAY CENTRE 10AM TO 12 NOON", "For more details contact: shani@mindspacestamford.com", "FACILITATED BY VOLUNTEERS: WHO HAVE AN UNDERSTANDING OF AUTISM". The poster features a brain icon, a group of colorful stick figures, and logos for Mindspace Stamford, Lincolnshire Community Mental Health & Wellbeing Transformation, and Connective Community.

SOUTH Lincs & RURAL

Sketching, Mindspace Garden,
Stamford

Recently I have taken time to reflect on my own wellbeing and what I can do to keep myself feeling well. I have noticed that one of my weaknesses is overthinking and this can often affect my mental health. So, what do I do to stop help prevent overthinking? I journal.

It sounds really simple, but it works, taking time to write your thoughts down on a piece of paper, on your phone, or even speaking your thoughts out loud to yourself can be a great way of claiming power and control over them. I choose to write them in a journal, but you can also express your thoughts through drawings, craft or music, whichever way you feel is best for you. I like to get everything out; it doesn't often make much sense, but it feels quite freeing to allow the thoughts to leave my head and have them to look back on if I ever want to. I also like to note down a few affirmations on how I am in control and to not let the thoughts get the better of me. I would encourage everyone to take time to do this, it is empowering!

Now that summer is here, I am looking forward to taking some pictures of nature and adding them to my thought journal, making it something that can be deemed as ugly, into something beautiful.

Olivia



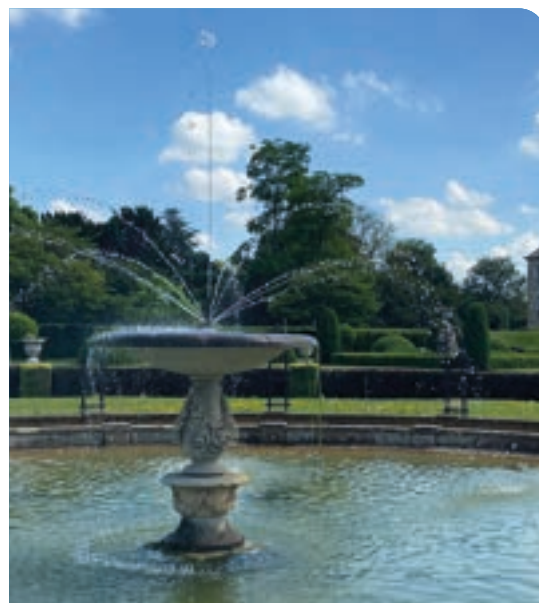
GRANTHAM

Hi I'm Dawn, Peer Support Worker for Grantham and rural. I have been with Shine now just over two and half years and love the job I do. I am very lucky to try new things and meet wonderful people where we share ideas and have conversations.

When we think of the word mindfulness what springs to mind? I was unsure what it was all about at first. Heard a lot about it but never really tried it. A very long time ago I had an app for it but did not seem to be able to engage or know how to go about it. But having another opportunity, I thought let's see how I can be in the moment. Having a coach and listening to their voice in the moment was extremely helpful. I was able to block out all the chat and just concentrate on the breath. This does take some time to practice and as I said, I have tried it before but maybe wasn't quite in the right headspace. After a forty-minute session I came away thinking this is something to keep trying and clearing the mind of the things which we really don't need to worry about. Give it a go. If nothing else, you can say you have tried something new.

Belton House (right) is a beautiful National Trust property in Lincolnshire. Being able to attend the gardening group in a small way is very rewarding. Learning what the plants are called and having conversations with the team to develop my own knowledge is hugely beneficial. The work behind the scenes to keep up with the beautiful gardens takes an army of volunteers. Being out in the open space and being in the moment with nature takes your mind away from the stresses of life. Watching and nurturing your own produce as it grows can bring benefits to your own health.

Dawn



MEET THE NEW STAFF AT SHINE

WENDY - PEER SUPPORT WORKER, SLEAFORD

1. Coffee or tea? Tea
2. Breakfast, dinner or tea? Dinner
3. Cats or dogs? Dogs
4. Summer or winter? Summer
5. Morning or evening? Morning
6. Salty or sweet? Both!
7. What is your guilty pleasure? Chocolate
8. What is your go-to karaoke song? Dancing Queen - ABBA
9. What mythical creature would you believe

was real? Fairies

10. What is your favourite colour? Green
11. What is your favourite type of weather? Sunny and warm
12. What has been your favourite age so far? 45
13. What is your go to dinner? Curry
That was more difficult than I first thought!



SARA - HOARDING COORDINATOR

1. Coffee or tea? Tea
2. Breakfast, dinner or tea? All! I love food!
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? Cake, I love cake!
8. What is your go-to karaoke song? I can't sing
9. What mythical creature would you believe was real? Unicorns

10. What is your favourite colour? Blue
11. What is your favourite type of weather? Rainy
12. What has been your favourite age so far? Teen years probably
13. What is your go to dinner? Chinese, every time!



VICKI - HOARDING SUPPORT WORKER

1. Coffee or tea? Coffee
2. Breakfast, dinner or tea? Tea plus bread
3. Cats or dogs? 100% dogs!
4. Summer or winter? Summer
5. Morning or evening? Evening
6. Salty or sweet? Salty
7. What is your guilty pleasure? Reality TV
8. What is your go-to karaoke song? Venus - Bananarama
9. What mythical creature would you believe was real? Fairies
10. What is your favourite colour? Pink

11. What is your favourite type of weather? Blistering hot sun - I love a tan!
12. What has been your favourite age so far? Every age in my 30's so far!
13. What is your go to dinner? Home cooked chilli and rice with garlic bread or takeaway chinese food!





Volunteer with us

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**

 **CHARITY SHOP**

 **COMMUNITY SUPPORT**

 **EVENT SUPPORT**

 01507 304548

 info@shinelincolnshire.com

 www.shinelincolnshire.com

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

 @ShineLincolnshire

 @ShineLincs

 @Shine_Lincoln

SERVICES DIRECTORY

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

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

- Abbey Children's Centre** | Lincoln
T 01522 555 689
E abbeyCC@lincolnshire.gov.uk
- Abbey Access Training** | Lincoln
T 01522 801 556
W www.abbeyaccesstraining.com
- Acis Group** | Countywide
T 0800 027 2057 W www.acisgroup.co.uk
- Active Arena Lincoln** | Lincoln
T 01522 701 715 W www.activearena.co.uk
- Active Lincolnshire** | Countywide
T 01522 760 325
W www.activelincolnshire.com
- Acts Trust** | Lincoln
T 01522 542 166 W www.actstrust.org.uk
- Adults Supporting Adults** | Countywide
T 01529 416 270 W www.asaorg.co.uk
- Age UK** | Lincoln
T 01522 696 000
W www.ageuk.org.uk/
lincolnsouthlincolnshire
- Age UK Lindsey** | East/West Lindsey
01507 524 242 W www.ageuk.org.uk/lindsey
- Alford Children's Centre** | Alford
T 01507 463 218
W alfordCC@lincolnshire.gov.uk
- Alford Dementia** | Alford
T 01507 522 116
- Alford Hub** | Alford
T 01507 464 901 W www.alfordhub.co.uk
- Alford Storehouse Church** | Alford
T 01507 462 990
W www.thestorehousechurchalford.org.uk
- Alive Church Lincoln** | Lincoln
T 01522 542166
E office@alivechurch.org.uk
W www.alivechurch.org.uk
- Allenby Training** | Lincoln
T 01522 548 559
W www.allenby-training.co.uk
- Alzheimer's Society** | Nationwide
T 0333 150 3456
E enquiries@alzheimers.org.uk
W www.alzheimers.org.uk
- Ambitious Youth Network** | Nationwide
W www.ambitious-youth-network.org.uk
W www.ambitiousaboutautism.org.uk
- Andy's Man Club** | Lincoln
W www.andysmanclub.co.uk
- Anxiety UK** | Nationwide
T 03444 775 774 (Helpline)
M 07537 416905 (Text service)
E support@anxietyuk.org.uk
W www.anxietyuk.org.uk
- 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.artninjaHQ.com
- Art Pop-Up** | Stamford
W www.artpopup.co.uk
- The Askefield Project** | Friskney
T 07754 232 873 W www.askefield.co.uk
- Assist** | Lincoln
T 01522 370 164 W www.assistlincs.org.uk
- Association of Service Drop In Centres (ASDIC)** | Nationwide
T 01622 278 110 E admin@asdic.org.uk
W www.asdic.org.uk
- Bardney Gateway Centre** | Bardney
T 01526 398464 or 07946 713 772
E bardneygatewaycentre@outlook.com
- Barnardo's Young Carers Service** | Nationwide
T 0208 554 2888
W www.barnardos.org.uk/what-we-do/
services/young-carers-service
- Bearded Fishermen** | Countywide
T 0300 365 0019
W www.beardedfishermen.org.uk
- Belton Lane Children's Centre** | Grantham
T 01522 550 901
E beltonlanec@lincolnshire.gov.uk
- Be The Difference** | Gainsborough
T 0300 102 7735
W www.bethedifference.org.uk
- BHive Community** | Grantham
E enquire @bhive.community
W www.bhive.community
- Billinghay Children's Centre** | Billinghay
T 01526 869 248
E billinghaychildrenscentre@lincolnshire.gov.uk
- Binbrook Children's Centre** | Market Rasen
T 01472 398 889
E Binbrook_cc@lincolnshire.gov.uk
- Bipolar UK** | Nationwide
E info@bipolaruk.org
W www.bipolaruk.org.uk
- Birchwood Children's Centre** | Lincoln
T 01522 689 991
E birchwoodCC@lincolnshire.gov.uk
- Birchwood Youth Centre** | Birchwood
T 07767 003 858
E fiona.carroll@lincolnshire.gov.uk
- Bladder Cancer Support Group** | Countywide
T 01522 573 821 E bcsq1ln2ng@gmail.com
- BLESMA** | Nationwide
T 020 8590 1124 E info@blesma.org
W www.blesma.org
- Boston Children's Centre (Fenside Road)** | Boston
T 01205 357 608
E StChristophersCC@lincolnshire.gov.uk
- Boston Children's Centre (Fishtoft Road)** | Boston
T 01205 356 410
E FishtoftRDCC@lincolnshire.gov.uk
- Boston Children's Centre (Norfolk Lodge)** | Boston
T 01522 843135
E NorfolkLodgeCC@lincolnshire.gov.uk
- Boston District Council** | Boston
T 01205 314 200 W www.mybostonuk.com
- Boston Laughton (Carlton Rd) Youth Centre** | Boston
T 01205 311 794 E fishtoftpc1@outlook.com
- Boston and South Holland Talking Newspaper** | Boston
E enquiries@bashtn.org.uk
W www.bashtn.org.uk
- Boston Centenary Methodist Church** | Boston
T 01205 355 543
W www.bostonmethodist.org.uk
- Boston Community Food Bank** | Boston
T 01205 310 929
W www.boston.foodbank.org.uk
- Boston Community Transport** | Boston
T 01205 360 183 W www.bostonct.org.uk
- Boston Lithuanian Community Group** | Boston
T 07565 617 039
- Boston Men's Shed** | Boston
T 01205 360 800 W www.bostonshed.co.uk
- Boston Salvation Army** | Boston
T 01205 359 232 W www.boston.sa.org.uk
- Boston Stump** | Boston
T 01205 310 929
W www.parish-of-boston.org.uk/church/
st-botolphs
- Boston United Football Club Community Foundation** | Boston
T 01205 364 406
W www.bostonunitedcf.co.uk
- Bourne Children's Centre** | Bourne
T 01778 395895
E BourneCC@lincolnshire.gov.uk
- Bourne Library** | Bourne
T 01522 782 010
- Bourne Youth Centre** | Bourne
T 01778 426134
E david.gosney@lincolnshire.gov.uk
FB Bourne Youth Centre
- Bourne Food Bank** | Bourne
T 07546 131 806
W www.bournefoodbank.org.uk
- Breast Friends - Breast Cancer Support Group** | Grantham
E breastfriendsgrantham@gmail.com
FB Breast Friends Grantham
- Bracebridge Children's Centre** | Bracebridge Heath
T 01522 525 610
E Bracebridgecc@lincolnshire.gov.uk
- British Red Cross** | Nationwide
T 0344 871 11 11 E contactus@redcross.org.uk
W www.redcross.org.uk
- Bromhead Medical Charity** | Countywide
T 01522 846 901
W www.bromheadmedicalcharity.co.uk
- Bridge Church** | Lincoln
T 01522 530 730 W www.wearebridge.org
- Brigg Children's Centre** | Brigg
T 01652 659 882

E surestartchildrenscentres@northlincs.gov.uk

Buddies Dementia Cafe | Nettleham
T 01522 754 288

W www.buddiesdementia cafe.co.uk

The Butterfly Hospice | Boston ●
T 01205 311 222

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 or 01205 364 137
E CarltonRoadCC@lincolnshire.gov.uk

Caythorpe Children's Centre | Grantham ●
T 01400 279 285
E caythorpecc@lincolnshire.gov.uk

Centrepoint for Mental Health | ●
Countywide
W www.centrepointmentalhealth.org.uk

Centrepoint Outreach | Boston ●
T 01205 360 900
W www.centrepoint-outreach.com

Chemosabes Cancer Support Group | ●
Grantham & Sleaford
E granthamchemosabes@aol.com
FB Grantham Chemosabes

Cherry Willingham Children's Centre | ●
Cherry Willingham
T 07541 802 815
E cherywillinghamcc@lincolnshire.gov.uk

Cherry Willingham Youth Centre | ●
Cherry Willingham
T 01522 595 729 E cwyc@btinternet.com

Childline | ●
T 0800 1111 W www.childline.org.uk

Children's Links | Countywide ●
T 01507 528 300
W www.childrenlinks.org.uk

Christ Church Stamford | Stamford ●
T 01780 766 446
W www.christchurchstamford.com

Citizens Advice Bureau | Nationwide ●
T 0800 144 8848 (England) T 0800 702 2020
(Wales) W www.citizensadvice.org.uk

Citizens Advice Mid Lincolnshire | Boston ●
T 01205 314 534 W www.camidlincs.org.uk

City of Lincoln Council | Lincoln ●
01522 881188 W www.lincoln.gov.uk

CLIP Gainsborough | Gainsborough ●
T 01427 677 377

W www.cliplearning.com/gainsborough

The Coastal Centre | Mablethorpe ●

T 01507 479 165
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 ●
W www.cyclingwithoutage.org.uk/skegness

Dance Free CIC | Lincolnshire ●
T 07719 505 844
E we.dance.free@gmail.com
W www.wedancefree.com

Darksid Rising CIC | Lincoln ●
W www.darksidettraining.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.grandmaspudding.co.uk

● **Grantham & District Hospital** | ●
Grantham
T 01476 565 232

● **Grantham Baptist Church** | Grantham ●
T 01476 573 050

● **Grantham Men's Shed** | Grantham ●
T 01476 401 876

W www.facebook.com/granthammensshed

● **Grantham Tennis Club** | Grantham ●
T 01476 591 391

● **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 01522 396 643 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 07856 314 295
E kat@landandleafcollective.org
W www.landandleafcollective.org
- LEAP** | Lincoln/Gainsborough
T 01522 563 530 W www.leap.uk.com
- The Len Medlock Voluntary Centre** | Boston
E info@lmcv.org
T 01205 353 216 W www.lmcv.org
- LGBTQ Youth Club** | Sleaford
T 07532 339 327
E lincsparentsLGBT@gmail.com
W www.lincsparentslgbt.org.uk
- Library Services** | Countywide
T 01522 782 010
W www.lincolnshire.gov.uk/findalibrary
- Licensed Trade Charity** | Countywide
T 0808 801 0550
W www.licensedtradecharity.org.uk
- Lighthouse Project** | Spalding
T 07961 978 396
W www.thelighthouseprojectspalding.com
- Lincoln Ambassador Club** | Lincoln
T 0800 151 3350
E ambassadors@whizz-kids.org.uk
- Lincoln Central Children's Centre** | Lincoln
T 01522 843 355
E lincolncentralcc@lincolnshire.gov.uk
- Lincoln & Lindsey Blind Society** | Lincoln/Lindsey
T 01507 605 604 W www.llbs.co.uk
- Lincoln City Foundation** | Lincoln
T 01522 563 792
W www.lincolncityfoundation.com
- Lincoln Council for Voluntary Youth Services (LCVYS)** | Countywide
T 01522 720 789 W www.lcvys.co.uk
- Lincoln Moorland Children's Centre** | Lincoln
T 01522 554 886
E LincolnMoorlandCC@lincolnshire.gov.uk
- Lincoln North Children's Centre** | Lincoln
T 01522 552 904
E lincolnnorthCC@lincolnshire.gov.uk
- Lincoln Trauma Centre** | Lincoln
T 07812661348 T 07443634793
E lincolntraumacentre@gmail.com
W www.lincolntraumacentre.org.uk
- Lincolnshire Action Trust** | Countywide
T 01522 806 611 W www.latcharity.org.uk
- Lincolnshire Abdominal Aortic Aneurysm Screening Programme** | Countywide
T 01205 445 801
E ulh-tr.AAAScreening@nhs.net
W www.ulh.nhs.uk/services/abdominal-aortic-aneurysm
- Lincolnshire ADHD Support Services** | Countywide
T 07483 166 042
T 01522 508 373
E lincoln.adhd@btconnect.com
W www.lincsadhd.org
- Lincolnshire Breast Screening Programme** | Countywide
T 01522 573 999
E ulh-tr.breastscreening@nhs.net
W www.ulh.nhs.uk/services/breast-screening
- Lincolnshire Bowel Cancer Screening Programme** | Countywide
T 08007 076 060
W www.ulh.nhs.uk/services/bowel-cancer-screening/
- Lincolnshire CCG** | Countywide
W www.lincolnshireccg.nhs.uk/get-involved
- Lincolnshire Community and Voluntary Service (LCVS)** | Boston
01205 510 888 W www.lincolnshirecvcs.org.uk
- Lincolnshire County Council** | Countywide
T 01522 552 222 W www.lincolnshire.gov.uk
- Lincolnshire Diabetic Retinopathy Screening Programme** | Countywide
T 01205 445 383 E ulh-tr.desp@nhs.net
W www.ulh.nhs.uk/services/diabetic-eye-screening-programme
- Lincolnshire Domestic Abuse Specialist Services (LDASS)** | Countywide
T 01522 510 041 E info@ldass.org.uk
W www.ldass.org.uk
- Lincolnshire Housing Partnership** | Countywide
T 0345 604 1472 E info@lincolnshirehp.com
W www.lincolnshirehp.com
- Lincolnshire Neurological Alliance** | Countywide
T 07495 590 749
W www.lincolnshire-neurological-alliance.org.uk
- Lincolnshire Outdoor Learning** | Countywide
T 07864 967 057
W www.lincolnshireoutdoorlearning.co.uk
- Lincolnshire Rural Support Network** | Countywide
T 0800 138 1710 W www.lrsn.co.uk
- Lincolnshire Wildlife Park** | Friskney
T 0871 384 1130 W www.lincswildlife.com
- Lincolnshire YMCA** | Countywide
T 01522 508 360 W www.lincsymca.co.uk
- Lincolnshire Young Farmers' Club** | Lincoln
T 01522 568 989
E kshone@lincoln.ac.uk
- Lincolnshire VoiceAbility** | Countywide
T 0300 303 1660 W www.voiceability.org
- The Local Community Centre Boston** | Boston
T 07931 716 635
W www.facebook.com/the-local-community-centre
- Long Sutton Market House Trust** | Spalding
T 01406 360 767
W www.longsuttonmarkethouse.org
- Long Sutton Men's Shed** | Long Sutton
T 01406 364 364
W www.mensshedlongsutton.co.uk
- Louth Area Autism Family Support (LAAFS)** | Louth
T 07982 787 823
- Louth Children's Centre** | Louth
T 01507 607 087
E Louth_CC_Fax@lincolnshire.gov.uk
- Louth Men's Shed** | Louth
T 07503 175 650 FB Louth Mens Shed
- Mablethorpe Children's Centre** | Mablethorpe
T 01507 479 412
E MablethorpeCC@lincolnshire.gov.uk
- Mablethorpe Men's Shed** | Mablethorpe
T 07777 628 043
W www.mablethorpemensshed.co.uk
- Mablethorpe Youth Club** | Mablethorpe
T 07717 225 097
E luke.small@lincolnshire.gov.uk
- Macmillan** | Countywide
T 0808 808 00 00 W www.macmillan.org.uk
- Magna Vitae** | Louth
T 01507 607 650 W www.magnavitae.org
- Making Space** | Spalding
T 01775 711 375 W www.makingspace.co.uk
- Market Arcade Children's Centre** | Gainsborough
T 01427 617 767
E GainsboroughCC@lincolnshire.gov.uk
- Market Deeping Children's Centre** | Market Deeping
T 01778 382 574
E MarketDeepingCC@lincolnshire.gov.uk
- Market Rasen Children's Centre** | Market Rasen
T 01673 844 703
E marketrasenCC@lincolnshire.gov.uk
- Martin Village Hall** | Martin
T 07739 413 411
E martinlincsvillagehall@gmail.com
FB www.facebook.com/MartinVillageHall/
- The Maverick Warriors** | Skegness
E maverickwarriorsskegness@gmail.com
- Men About Cancer** | Countywide
E menaboutcancer@gmail.com
- Men's Health Forum** | Nationwide
W www.menshealthforum.org.uk/beatstress.uk
- Men's Shed Association** | Countywide
T 0300 772 9626 W www.menssheds.org.uk
- Mental Health Matters** | Countywide
T 0800 001 4331
- Meridale Youth Centre** | Mablethorpe
T 01507 441 481
T 07957 643 974
E meridale@meridale.co.uk
- Mermaids**
T Helpline: 0808 801 0400
W www.mermaidsuk.org.uk
- Student Space**
T Helpline: 0808 801 0424
W www.studentspace.org.uk
W www.studentminds.org.uk
- The Mill Birth & Wellbeing Centre** | Stamford
T 01780 444 408
W www.themillwellbeing.co.uk
- Mind** | Nationwide

- T 0300 123 3393 E info@mind.org.uk
W www.mind.org.uk
Mind Legal Advice | Nationwide
T 0300 4666463 E legal@mind.org.uk
Mindspace | Stamford
T 01780 437 330
W www.mindspacestamford.com
Mint Lane Café | Lincoln
W www.involvelincoln.org.uk
Mission Motorsport | Nationwide
T 03330 338 338
W www.missionmotorsport.org
Moorland Youth Centre | Lincoln
E recreation@lincoln.gov.uk
Moulton Chapel Youth Club | Spalding
T 01406 380 470 E kim.ayto@sky.com
Moulton Medical Centre Patient Participation | Spalding
T 01406 258 373
E moultonpractice@gmail.com
W www.moultonmedicalcentre.nhs.uk/info
NACRO | Lincoln
T 01522 525383 W www.nacro.org.uk
The Network CIO | Lincoln
T 01522 245002
E info@networklincoln.co.uk
W www.networklincoln.co.uk
New Life Centre Sleaford | Sleaford
T 01529 413 063 W www.nlcm.org.uk
New Life Centre Spilsby | Spilsby
T 01790 754 092 W www.newlifespilsby.com
New Horizons Bereavement | Skegness
T 01754 810 597
W www.newhorizonsbereavement.org.uk
NHS PALS | Countywide
T 0300 123 9553
W www.lincolnshirecommunityhealthservices.nhs.uk
Night Light Crisis Café | Lincoln
T 0300 0111 1200
W www.facebook.com/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 gainsboroughhcc@lincolnshire.gov.uk
North Somercotes Youth Club | North Somercotes
T 07799 117 612
E viv.cross@lincolnshire.gov.uk
NW Counselling Hub | Lincoln
T 01522 253 809
W www.nwcounsellinghub.co.uk
OCD UK | Nationwide
T 01332 588 112
W www.ocduk.org
Old Leake Children's Centre | Old Leake
T 01205 872 258
E OldLeakeCC@lincolnshire.gov.uk
Old Wood Organic CIC | Lincoln
T 07572 305 952
E benjihavilah@icloud.com
W www.oldwoodorganic.com
On Track Fishing CIC | Boston
T 07881 930 753
E ontrackfishing@gmail.com
W www.ontrackfishing.co.uk
One You Lincolnshire | Countywide
T 01522 705 162
W www.oneyoulincolnshire.org.uk
Op Courage | Countywide
T 0300 323 0137
W www.lpft.nhs.uk/our-services/adults/veterans-mental-health
Options Social CIC | Stamford
T 077896 345 149
W kim@optionscare.uk
Outwood CIC | Grantham
T 07985 565 714
Papyrus | Nationwide
T HOPELINEUK: 0800 068 4141
M Text: 07860 039 967
W www.papyrus-uk.org
Parents and Autistic Children Together (PAACT) | Countywide
T 07847 507 353 W www.paactsupport.com
The Parish of Boston | Boston
T 01205 310 929
E admin@parishofboston.co.uk
W www.parish-of-boston.org.uk
Pay Plan | Nationwide
T 0800 072 1206
W www.payplan.com/debtadvice
Pelican Trust | Lincoln
T 01522 513533 W www.pelicantrust.org
Pinchbeck Community Hub and Library | Spalding
T 015220 782 010
W www.pinchbeck.parish.lincolnshire.gov.uk/parish-information/community-hub-library
The Poppy Factory | Nationwide
T 0208 940 3305 (enquiries)
T 020 8939 1837 (employment support)
E support@poppyfactory.org
W www.poppyfactory.org
Postland Road Children's Centre | Crowland
T 01733 211 609
E crowlandcc@lincolnshire.gov.uk
Rainbow Stars | Sleaford
T 07761 449 404
E support@rainbowstarslincs.co.uk
W www.rainbowstarslincs.co.uk
Recovery College | Countywide
T 01522 518 500
W www.lpft.nhs.uk/our-services/adults/recovery-college
Renew | Grantham
T 07863 712 797
W www.granthambaptistchurch.co.uk/renew-grantham
Renew | Lincoln
T 07526 608 496
W www.rethink.org/help-in-your-area/support-groups
Restore Church Boston | Boston
T 01205 837 209
W www.restorechurchboston.co.uk
Restore Gainsborough | Gainsborough
T 01427 616 353
E judi.swannack@alivechurch.org.uk
W www.alivechurch.org.uk/gainsborough
Restore Pantry | Boston
T 01205 837 209
W www.restorechurchboston.co.uk
Rethink Mental Illness | Nationwide
T 0300 5000 927 W www.rethink.org
Riverside Training | Gainsborough
T 01427 677 277
W www.riverside-training.org.uk
Roadhog | South Lincolnshire
E roadhogbus@gmail.com
W www.roadhogbus.org.uk
Royal Air Force Benevolent Fund | London
T 0300 102 1919
E welfare Navigators@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 01780 7546621 or 07872 564 000
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 696 205
W www.skelly-youth.org.uk
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
- Spilsby Children's Centre** | Spilsby
T 01790 753 451
E spilsbycc@lincolnshire.gov.uk
- Spilsby Youth Centre** | Spilsby
T 01790 753 681
E spilsbyyouthcentre@googlegmail.com
W community.lincolnshire.gov.uk/spilsbyyouthcentre/
- SSAFA** | Nationwide
T 0800 260 6767 W Live Chat/Contact form: www.ssafo.org.uk/get-help/forcesline
W www.ssafo.org.uk
- Stamford & Rutland Hospital** | Stamford
T 01733 678 000
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 duncanlinaryd@mac.com
FB Stamford in Bloom
T 07860 394 187
- 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
FB Stamford Rugby Club
- 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
T 0947 850 557
FB Sturton-by-Stow Youth Centre
- St Andrew's Church** | Heckington
T 01529 460 904
W www.heckingtonandhelpringhamgroup.org.uk
- St George's Stamford** | Stamford
W www.stgeorgeschurch.net
- St Giles Children's Centre** | Lincoln
T 01522 529 631
E stgilesCC@lincolnshire.gov.uk
- St Swithans Church** | Lincoln
T 01522 275 067 W www.stswithans.org
- St Wulfram's Church** | Grantham
T 01476 561 342 W www.stwulframs.org.uk
- Stonewall** | Nationwide
T 020 7593 1850
E info@stonewall.org.uk
W www.stonewall.org.uk
- The Storehouse Church** | Skegness
T 01754 763 362 W www.thestorehouse.co.uk
- Sutterton Children's Centre** | Sutterton
T 01205 461 509
E SuttertonCC@lincolnshire.gov.uk
- Sutton Bridge Children's Centre** | Sutton Bridge
T 01406 359 327
E SuttonbridgeCC@lincolnshire.gov.uk
- Sutton on Sea Beachcare** | Sutton on Sea
W www.facebook.com/SuttonOnSeabeachcare
- Sutton St James Baptist Church** | Spalding
T 07501 123 183 W www.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.thevenueavenby.co.uk/
- Veterans Mental Health** | Countywide
T 0300 323 0137
W www.lpft.nhs.uk/our-services/adults/veterans-mental-health
- Veterans Support Service CIC** | Spalding
T 07434 827 372 W www.vsscic.org.uk
- Victim Support Lincolnshire** | Countywide
T 01522 947 510
W www.victimsupport.org.uk/resources/lincolnshire
- Vital Stepping Stones** | Gainsborough
T 07751 964 832
W www.vitalsteppingstones.co.uk
- Voluntary Centre Services** | Lincoln
T 01522 551 683
W www.voluntarycentreservices.org.uk
- Voluntary Centre Services** | North Kesteven
T 01529 308 450
W www.voluntarycentreservices.org.uk
- Voluntary Centre Services** | West Lindsey
T 01427 613 470
W www.voluntarycentreservices.org.uk
- Waddington Children's Centre** | Waddington
T 01522 722 170
E waddingtonCC@lincolnshire.gov.uk
- Waddington Youth Club** | Waddington
T 01522 720 789
W www.lcvys.co.uk
- Wainfleet Children's Centre** | Skegness
T 01754 880 500
E WainfleetCC@lincolnshire.gov.uk
- Walk for Health** | Stamford
T 01780 482 048 / 01780 590 533
- Walking for Health** | Countywide
W www.walkingforhealth.org.uk/walkfinder
- Warrior Programme** | Nationwide
T 0808 801 0898
E enquiries@warriorprogramme.org.uk
W www.warriorprogramme.org.uk
- Washingborough Children's Centre** | Washingborough
T 01522 796 166
E WashingboroughChildrensCentre@lincolnshire.gov.uk
- Waterloo Uncovered** | Nationwide
E info@waterloouncovered.com
W www.waterloouncovered.com
- We Are With You** | Countywide
T 01522 305 518 W www.wearewithyou.org.uk
- Wellbeing Lincs** | Countywide
T 01522 782 140 W www.wellbeinglincs.org
- Welton Children's Centre** | Welton
T 01673 862 767

E weltoncc@lincolnshire.gov.uk
West Lindsey District Council | West Lindsey
 T 01427 676 676 W www.west-lindsey.gov.uk
Wildler Minds CIC | Fenton
 E admin@wilderminds.co.uk
 W www.wilderminds.co.uk
Wild Things Rescue | Countywide
 T 01526 578 579 W www.wildthingsrescue.uk
Willoughby Road Allotments | Boston
 T 07818 848 850
Willow Farm Equine | Fulbeck
 T 01400 675 075
 W www.willowfarmequineassistedtherapycic.co.uk
Winthorpe Community Centre | Skegness
 T 07738 997 000
 W www.facebook.com/winthorpecommunitypartnership
Witham St Hugh's Children's Centre | Witham
 T 01522 861 794
 E withamsthughschilrenscentre@lincolnshire.gov.uk
Woman's Institute | Countywide
 T 020 7371 9300 W www.thewi.org.uk
Women's Aid Boston and South Holland | Boston
 T 01205 311 272
 W www.bostonwomensaid.org.uk
Wragby Youth Centre | Wragby
 T 01673 858 371
Wrangle Youth Club | Boston
 T 07751 051 862
 E jayne.bonsor@tiscali.co.uk
Writing East Midlands | Lincoln
 T 07938 104 469
 W www.writingeastmidlands.co.uk
Young Minds | Nationwide
 T 0808 802 5544 (Parents' Helpline)
 E parents@youngminds.org.uk
Young Minds
 T 85258 (Text service for young people)
 W www.youngminds.org.uk
Youth Housing Support Service | Lincolnshire
 T 01522 873 212
 E housing.homeless@lincoln.gov.uk
 W www.lincolnshire.gov.uk
Zion Methodist Church | Boston
 E zionmethodistchurch@live.co.uk
 W www.zionmethodistchurch-boston.co.uk

SURGERIES

ALFORD
Merton Lodge Surgery | Alford
 T 01507 463 262 W www.alforddocs.co.uk
BASSINGHAM
The Bassingham Surgery | Bassingham
 T 01522 788 250
 W www.bassinghamsurgery.co.uk
BOSTON
Greyfriars Surgery | Boston
 T 01205 311 133
 W www.greyfriarsurgeryboston.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.thisidingsmedicalpractice.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.clevelandlandsurgery.nhs.uk
GRANTHAM
Caythorpe & Ancaster Medical Practice (Ancaster) | Grantham
 T 01400 230 226 W www.villagedoctor.co.uk
Caythorpe & Ancaster Medical Practice (Caythorpe) | Grantham
 T 01400 272 215 W www.villagedoctor.co.uk
Colsterworth Surgery | Grantham
 T 01476 860243
 W www.colsterworthmedicalpractice.nhs.uk
Long Bennington Medical Centre | Grantham
 T 01400 281 220
 W www.longbenningtonmedicalcentre.nhs.uk
Market Cross Surgery | Grantham
 T 01476 550 056
 W www.marketcrosssurgery.co.uk
St. Johns Medical Centre | Grantham
 T 01476 348 484
 W www.stjohnsmedical.co.uk
St. Peters Hill Surgery | Grantham
 T 01476 850 123
 W www.stpetershillsurgery.co.uk
Swingbridge Surgery | Grantham
 T 01476 571 166
 W www.swingbridgesurgery.co.uk
The Glenside Country Practice | Grantham
 T 01476 550 251
 W www.glensidecountrypractice.com
The Harrowby Lane Surgery | Grantham
 T 01476 579 494
 W www.harrowbylanesurgery.co.uk
The Welby Practice | Grantham
 T 01949 842 341
 W www.thewelbypractice.co.uk
Vine House Surgery | Grantham
 T 01476 576 851 W www.vinemedical.co.uk

GRIMSBY
North Thoresby Surgery | Grimsby
 T 01472 840 202
 W www.norththoresby.org.uk
HIBALDSTOW
Hibaldstow Medical Practice | Hibaldstow
 T 01652 650 580
 W www.hibaldstowmedicalpractice.co.uk
HORNCASTLE
East Lindsey Medical Group | Horncastle
 T 01507 603 121
 W www.eastlindseymedicalgroup.co.uk
Horncastle Medical Group | Horncastle
 T 01507 522 477
 W www.horncastlemedicalgroup.co.uk
INGHAM
The Ingham Practice | Ingham
 T 01522 730 269
 W www.theinghampractice.co.uk
KIRTON
Kirton Medical Centre | Kirton
 T 01205 722 437
 W www.kirtonmedicalcentre.nhs.uk
LINCOLN
Abbey Medical Practice | Lincoln
 T 01522 530 334
 W www.abbeymedicalpractice.co.uk
Birchwood Medical Practice | Lincoln
 T 01522 699 999
 W www.birchwoodmedicalpractice.com
Boultham Park Medical Practice | Lincoln
 T 01522 874 444
 W www.boulthamparkmedicalpractice.co.uk
Brant Road & Springcliffe Surgery | Lincoln
 T 01522 724 411
 W www.brantroadsurgery.co.uk
Brayford Medical Practice | Lincoln
 T 01522 543 943
 W www.brayfordmedicalpractice.co.uk
Cliff House Medical Practice | Lincoln
 T 01522 872 872
 W www.cliffhousemedicalpractice.co.uk
Glebe Park Surgery | Lincoln
 T 01522 530 633
 W www.glebeparksurgery.co.uk
Lindum Medical Practice | Lincoln
 T 01522 569 033
 W www.thelindumpractice.co.uk
Minster Medical Practice | Lincoln
 T 01522 515 797
 W www.minstermedicalpractice.co.uk
Newark Road Surgery | Lincoln
 T 01522 537 944
 W www.newarkroadsurgery.co.uk
Portland Medical Practice | Lincoln
 T 01522 876 800
 W www.citymedicalpractice.co.uk
University Health Centre | Lincoln
 T 01522 870 010 W www.uhsonline.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.binbrooksurgery.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.weltonosurgery.co.uk

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

WOODHALL SPA
Tasburgh Lodge Surgery | Woodhall Spa
T 01526 352 466 W www.tasburghlodge.co.uk
Woodhall Spa New Surgery | Woodhall Spa
T 01526 353 888
W www.woodhallspanewsurgery.co.uk

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

NATIONWIDE
NHS Urgent Medical Advice Line | Nationwide
T 999

NHS Urgent Medical Advice Line | Nationwide
T 111

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

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

BHIVE, GRANTHAM: MORE THAN A HUB

If you haven't been to visit the Wellbeing Hub in Grantham, you really are missing out.

On entering, you will be warmly welcomed by one of the lovely volunteers, have lots of people to talk to and are usually greeted by amazing smells coming from the kitchen of food being prepared using ingredients donated by local shops and supermarkets to reduce food waste.

BHive can help you find the right help and support and can assist with benefits advice and information, debt advice, debt relief orders, budgeting and financial wellbeing from their accredited advisor.

There are lots of groups on offer including an **ex-forces club**, **women's wellbeing**, **Place2Bee men's group**, **carer's group**, **two Dementia café's**, **gardening group**, **scrabble club**, **knit and natter** and **crafts and laughs** to name a few! All groups are available with bottomless tea, coffee and biscuits for only £3 per person.

BHive also run the **Night Light Café on Tuesdays 4.30pm to 8.30pm and Wednesdays 5pm – 9pm** and run their own fully accredited counselling support service, **Time2Bee**, that is available for face-to-face counselling by appointment on Mondays.



NIGHT LIGHT CAFE

THE NIGHT LIGHT CAFE

Need a Break?

Come to Grantham's Night Light Cafe for a Cuppa and a Chat!

Feeling stressed, anxious, or alone? Drop by the Night Light Cafe in Grantham for a warm drink and a welcoming conversation with our lovely volunteers.

No matter who you are, you're welcome to join us every **Wednesday and Thursday** evening from 5pm to 9pm.

11a Finkin Street, Grantham, Lincs, NG31 6QZ

Bhive Community and Associated Projects South
Lincolnshire Blind Society CIO Registered Charity 1182486

One of the beautiful hidden gems at BHive is their **stunning sensory garden**. However you are feeling; happy, sad, worried, stressed or anxious, spending time in the peaceful setting of the sensory garden gives you some time to think, process, laugh or cry and there are always people on hand to talk with and signpost you to support if you need.

And finally, **BHive is now set to be the home to the new Grantham Community radio station HiveFm!** It will be broadcasting from the heart of the community 24/7 starting in August.

For more information on what is on offer at BHive, please contact 01476 592775 or email Susans@blind-society.org.uk or check out their Facebook page: [bhive.community](https://www.facebook.com/bhive.community)

BHive, 11a Finkin Street, Grantham, NG31 6QZ

GETTING ACTIVE IN APRIL

BY PAUL BAGSHAW

During the month of April, I asked members of Shine staff if they would be interested in an 'Active April' challenge, to coincide with an official Active April for Carers.

Many employees came back to me saying they would be up for a challenge, and the number of entries meant we could have 4 teams as a mini league to get the competition going!

During the month **each member sent in their active miles, be it running, walking, cycling, skipping...** and this was then added to their team's total. Each week there was a leader board dependent on the total number of miles that each team had completed, and of course at the end of the month there was an overall winning team by their accumulated miles!



Some of the competitors took it quite seriously and began putting in some amazing efforts and taking themselves out of their comfort zones which I was very pleased to see. **Some people were inspired to find small moments in their day to get out for a short walk, regardless of the weather!** What was really great was the comradery, regardless of their team, staff came together outside of work to socialise whilst walking. There were lots of gorgeous images of the scenery too shared amongst us too.

As each week passed the results were announced and the competition hotted up, finally after 4 weeks and 2 days we had a winner. Bert's Besties came out on top followed by The Proclaimers, The Walking Wounded and Dan's Dream Team.

Whilst there wasn't a prize for the winning team the winner was our mental health and wellbeing during the month and hopefully this has set a trend for the spring and summer



GETTING ACTIVE IN APRIL

BY PAUL BAGSHAW

months and even beyond for Team Shine to stay fit and healthy in body and mind.

The reasons for me setting the challenge up were two-fold. Firstly, **as a mental health and wellbeing charity we talk about the benefits of being active and being outdoors and in nature, but do we practice what we preach as much as we think.** Secondly, we wanted to show support and raise awareness of Carers Active April. From Carers UK and very much supported by Carers First, the month-long campaign aims to support carers to be physically active, raising awareness of the benefits of physical activity for carers and the barriers they may face. When caring for someone else, it can be difficult to find time to look after your own health. Carers play a vital role in society, many of which are unpaid. Carers need to be able to look after their own health as much as anyone else's.

“Active April has been very positive. It has become part of my daily life thinking of myself and doing what is important to me. **Also sharing pictures within our WhatsApp group has encouraged us all to connect together”.**

“Just what I needed to get my motivation back. After a busy year of challenges last year, I'd done very little since the beginning of the year. Throughout April I've done a lot more walking, **I've run 2-3 times a week and I've got back to Parkrun”.**

Massive thank you to everyone who took part in Active April and who knows we may see a Jolly July or a Sporty September, but my favourite is a Dedicated December.

Help & Support

Let's Move Lincs Activity Finder

www.letsmoveincolnshire.com/find-activities/

Active Lincolnshire www.activelincolnshire.com

Groups, Activities, Support Finder

www.haylincolnshire.co.uk

Carers UK www.carersuk.org | 020 7378 4999

Carers First Lincolnshire www.carersfirst.org.uk

| 01522 782224



ALCOHOL AWARENESS: LIVED EXPERIENCE

The 1st-7th July was Alcohol Awareness Week, and Paul, a member of the Shine Team, shared his story of sobriety with us.

I thought I would tell some of my story, I say some because if I was to put it all down there would be more than the newsletter could hold, as well as that, I can't remember everything.

My life now is a lifetime away from where it was. My mental health, physical health and my family life are so much different. **Different in so many ways but the main reason is that I am 11 years sober, alcohol free for 11 years, I never thought I would be saying that.**

I've always had a relationship with alcohol from leaving school, a few cans on the riverbank with mates, then on later years onto weekend football trips and darts on a Thursday night. I was always involved in activities that were surrounded by alcohol, so **I didn't see it as a problem.**

Or that's what I thought. I now know that my family and friends thought differently, and I was beginning to look for extra reasons to drink. A night out would see me starting to drink un-noticed about 2 hours beforehand, buying more than needed for a family BBQ, taking a bottle of spirits with me (secretly) to social occasions, I was always looking for an extra can, pint or shot to get me closer to my goal which was passing out.

Many people talk to me about having a couple too many drinks and not being able to walk straight or talk without slurring, my goal was to drink myself into an oblivion, if I didn't black out it wasn't a good night out.

I always said that I wasn't an alcoholic because I didn't drink in the morning before work and some days, I wouldn't drink at all, not that I couldn't but I knew I had to work. **The more I got away with this the more I would do it.** Weekends began on a Thursday knowing I only had to work until 12:30pm on a Friday, this would often lead to a full weekend of binge drinking.

Then, the last chance came, and my life was about to change. My partner and son left the family home and said they wouldn't be coming back until I stopped this addiction with alcohol. I was so much in a dreamworld that I didn't really think they'd be gone for more than a night or two.

That first night I continued to drink, and the next



morning wondered where my family were. I then had a knock on the door from my mum. She explained where they were and asked me what I was going to do about it, as usual I shrugged my shoulders and thought everything would be ok in 24 hours.

Then, the last chance came, and my life was about to change.

My mum was adamant I should attend Alcoholics Anonymous that week and start the journey to getting my family back. I was still under the impression that I wasn't an alcoholic but went along with her idea. Even as I sat in the meeting, **I was against the idea I was an alcoholic.** During the meeting I was hearing similar stories to mine and people saying how they overcame the addiction of alcohol. I have always liked a challenge and as the meeting went on, I became more convinced I had a problem, my problem was I was addicted to alcohol and couldn't stop once I'd started.

On returning home that evening I still thought I could have both, drink and family. I woke up the next morning and began to start my journey, **day 1 was now,** I couldn't count the day before because I had still had a drink before the Alcoholic Anonymous meeting, to prove a point.

I had to think of something else to fill that gap of alcohol, something to replace drinking in a healthy way. I began to look at exercise as my distraction.

ALCOHOL AWARENESS: LIVED EXPERIENCE

Cycling was the first, **I bought a road bike and began cycling of an evening and at weekends.** This led to some amazing times. On numerous occasions I'd cycle 100 miles on a Saturday, **I competed in time trials, I cycled Coast to Coast (Morecombe to Bridlington), Glasgow to Gainsborough, I entered ride London 100 and many more cycling sportive events in the Peak District.**

Then I took up running, this was my biggest challenge due to me never running before. 5k led to 10k, then a half marathon and then the marathon. Since then, **I've completed 5 running marathons and 2 ultra marathons (31 miles and 53 miles).**

I've always had a love for swimming so I thought I would give that a go again too. **I started swimming a few lengths in an evening or before work, this led to entering 2 swimathon events and swimming 5k (200 lengths).** I then became a swim teacher in my spare time. Spare time was something I never used to have or if I had, I would never have used it this way.

Having the bug for those three sports I then took on the challenge of triathlons, 4 in total.

None of this would have been possible if I had carried on

the way I was. My sport was drinking and that wasn't going to win me any medals. Once I could prove to everyone that I was beginning to turn myself around, **my family and home was complete.**

I know I have my own personal cheerleader and mascot and wouldn't be where I am if I didn't have them being so supportive, **my family and friends have been amazing, and they are the ones who deserve all the medals I have accumulated.**

This is my story and I'm not ashamed of talking about it. While I was drinking, I would shy away from talking about my actions. Once I admitted having a problem with alcohol, I was on my way to becoming sober.



LOCAL SUPPORT

Lincolnshire Recovery Partnership

Support to make positive changes around drugs and alcohol in Lincolnshire.
www.turning-point.co.uk/services/lincolnshire-recovery-partnership

To contact one of their hubs, please see the numbers below:

Lincoln - 01522 305518

Boston - 01205 319920

Grantham - 01476 512950

Spalding - 01775 666638

Gainsborough - 01427 800595

Skegness - 01754 809823

NATIONAL SUPPORT

Drinkline

Free, confidential helpline for people who are concerned about their drinking, or someone else's | 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm)

Alcoholics Anonymous

Open 24/7 | 0800 9177 650 | help@aamail.org | www.alcoholics-anonymous.org.uk.

Al-Anon

Support and understanding to the families and friends of dependent drinkers | 0800 0086 811 (10am–10pm)

Nacoa

Support anyone affected by their parent(s) drinking, including adults | 0800 358 3456 | helpline@nacoa.org.uk

INTERNATIONAL YOUTH DAY

International Youth Day falls on 12th August this year, providing the opportunity for us to recognize the immense potential within our young people and for us to commit to hearing their voices and trying our best to create an environment where they can thrive. Empowering young people is an investment in the future.

International Youth Day highlights the **importance of providing quality education and skill development opportunities for young people.** Equipping them with the right knowledge and skills not only enhances their personal growth and resilience but it builds a strong future for socio-economic development of communities.

In the digital age, social media has become a powerful tool for advocacy and raising awareness, all of which young people are notoriously comfortable with. Whilst there is conversation around the negative aspects of the digital world, educating ourselves on how to look out for our youth and educating them on how to stay safe is a key responsibility. However, **you might be surprised to know that 1 in 5 children in the UK are digitally excluded** (Digital Poverty Alliance, 2024). This divide exacerbates socio-economic disparities, **severely limiting access to education, employment, and social interaction.**

Recognizing and addressing the mental health challenges faced by young people is another crucial aspect of International Youth Day. The pressures of modern life,

coupled with societal expectations, can take a toll on mental wellbeing.

Keeping an open mind as to what the real picture is, and what better way to do it than to listen to what young people have to say. International Youth Day encourages young individuals to use their voices and abilities to **express their viewpoints and campaign for the changes they want to see.**

In the following pages we hear from Shine's Communication and Engagement Apprentice about his experience of education as a young adult. He has some advice for everyone around exam results day.

Also, St Francis special school students share how valuable work experience has been in equipping them with skills for the future.

Don't forget that our **Youth Club at Benjamin Adlards Primary School in Gainsborough is running throughout the school holidays** (in collaboration with Wright Way Sports) as well as term time and is open to **any school aged child from any school.** Plus, wait to see what we have planned for children and young people in the coming months...



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**



anthem

YOUNG PEOPLE: EXAMS, RESULTS AND BIG DECISIONS BY DAN CARRICK

Well done to everyone that has recently completed their exams. It is a difficult period, but everyone should be proud for completing them. But what is next?

Firstly, go and enjoy your summer. Go and make some great memories with your friends. The summer after my exams was some of the best times of my life. **Enjoy yourself, you want to look back on that summer with no regrets.**

Soon change will be coming. The majority of you will have been at the same school for the past 5 years so change will be inevitable but necessary. Whether this is sixth form or college it will be a change from what you are used to. But do not fear this. It can be overwhelming at first, but you have to remember that everyone is in the same position as you.

Work hard to become the best version of yourself and you will thrive with this new opportunity. But **be true to yourself**, ensure that you have made the best decision for you and your future. **If what you had planned is no longer right, then speak up and find ways around it. It might mean changing course but do it because if you're not enjoying your education then you will see it impact on your grades and your mental health.** Do not feel afraid to speak to your tutors to ask for advice on what courses would be best suited to you if you are unsure. Uncertainty is sometimes an opportunity.

Exam Results Day

The day everyone has been anticipating as well as dreading about all summer, results day! Firstly, remember that whatever results you get, you should be extremely proud of yourself. For a lot of you, these will have been the first exams that you've sat. **Go and celebrate with you friends, well done!!!**

If you got the grades you were hoping for, congratulations

and hopefully it will get you to where you want to be for the next step of your future.

If you didn't get the grades you had anticipated, it isn't the end of the road and there's always an alternative path. Again, it is using this time of uncertainty to look for opportunities and embrace them.



My journey

When I completed my GCSE's, it was a little bit different to now. Mine fell during the Covid period so I had to complete evidence tasks that supported my predicted grade. So, these were not the best examples of my ability, but I would argue I did better than I would've if I was made to sit my exams! I chose to go to sixth form to do A Levels in Physical Education, Business Studies, and English Literature. These were three subjects I did well in at GCSE so thought this would be the correct path for me. However, I quickly realised within the first few weeks that English Literature wasn't for me and decided to swap to Geography. At the end of the first year (Year 12) I was predicted not to pass any of my A Levels. At this point I wasn't enjoying my time in sixth form and was regretting my decisions. But, I decided to carry on as I thought



EMPOWERING YOUNG PEOPLE: EXAMS, RESULTS AND BIG DECISIONS BY DAN CARRICK

“there is no point in dropping out now”. During year 13 nothing improved, and I wasn’t predicted to get a grade in any of my A Levels. However, with a bit of hard work and revision I managed to pass all of them. They weren’t the grades I would have wanted but **I was proud of myself for sticking it out and proving people wrong.**

I chose to carry on my education adventures at Lincoln University, studying Sports Development and Coaching. I chose this as **I wasn’t sure what I wanted to do with my life,** I thought it could put things on hold for 3 years while I decided where I wanted to go.

Looking back on this time, it was probably one of the worst decisions of my life. **I quickly realised it wasn’t for me and after 10 weeks of being a university student I decided to leave. This was a horrible decision to make, I felt like a failure, but I knew I couldn’t be in that environment for 3 years.** Yes, it was an expensive mistake to make but I have now learned a key message in being decisive - do not always pick the easy option, try to challenge yourself by being out of your comfort zone.

So, what happened next? I was so fortunate to be offered an opportunity as an apprentice with Shine Lincolnshire. This was a big challenge that I was nervous to start but cannot thank everyone at Shine enough for how welcome they have made me. When I dropped out of university, I took a big risk; thankfully for me this risk paid off. It didn’t come easily; I had **many sleepless nights worrying about my future** and whether I was going to regret my decision.

My message from this journey is to **never give up and always be open to trying new things.** Step out of your comfort zone but if something is not right for you, do not feel afraid to speak up and look to change. At the end of the day it is YOUR life, live it the best possible way you can and ensure that you do things that make YOU happy.



Advice for Parents/Carers

The biggest advice that I can give to parents is to **support you child in what they would like to do.** Don’t feel afraid to advise them in what you think is best for them. Sometimes you know their skills better than anyone else so you can make suggestions and signpost to information, just try to **respect that at the end of the day though, it is your child’s choice.**

Whatever your children’s exam results; you should be immensely proud of what they have achieved. **It can be easy for young people to compare themselves to their peers, but each child is unique, and their results are too.** Avoid comparing your child to family members or their friends, and instead focus on their own specific achievements. Show that you are proud of them and that you can appreciate all their hard work.

Don’t be afraid to discuss a plan B before results day. This can be difficult as they might feel like you don’t believe in them, however it is crucial. Lots of students will not reach their full potential in exams for lots of reasons and the pressure of the exams is high. This is why we can often see underachievers or people not acquiring the grades they want. So, make sure a plan B is put in place as you do not want to find yourselves in a position on results day where you have to decide a new course or a new place of work if the required grades were not achieved.



EMPOWERING YOUTH: WORK EXPERIENCE



The end of another school year has arrived and this has meant many students will have taken part in some work experience and/or will be on the lookout for paid and voluntary work over the summer months.

At St Francis special school, work experience is a big part of our learning. We have internal and external placements, working with charities, retailers and cafes, among others. This experience has helped our students gain skills and confidence.

Here some of St Francis' students discuss the benefits that they have felt.



My work experience has really helped me improve my social skills and got me one step closer to getting me ready for the daily grind. I have learned new skills and enjoyed my work experience a lot.

- Nathan



I believe St Barnabas has improved my confidence to talk to new people. They have also helped me with my organisation, ordination and time skills. It has helped me with my problem solving and enabled me to get better with my teamwork skills.

- Alex

I have work experience with Aaron Services where I go into the office and then go into people's houses to check boilers. Having work experience has made me feel really grown up.

- Reece

The work that I do at the British heart foundation is a breath of fresh air from my previous work. That's due to the fact that I have more options in terms of learning new skills. The work they offer is great, with plenty of variety, such as electronics testing, price tagging and price sorting.

- Nicholas

EMPOWERING YOUTH: WORK EXPERIENCE



I work at the hospital in the shop, serving the customers and stocking the shelves so that everything is ready to go. I also work at the Lincolnshire Life Museum café, where I make tea and coffee for customers. I work with money on my work experiences and that was something I struggled with before, it has been a real help.

- Travis



I've had lots of experiences at St Francis. I worked in the school kitchen, at The Quad, Lincolnshire Life Museum, Stokes Café, Cancer Research and as a porter at the hospital. They have helped build my confidence and my social skills. It has also shown me that I would really like to have a job in the future.

-Connor



During my time in work experience, I feel The Quad (Lincolnshire County Council café) has been the most beneficial. It has helped me with my confidence talking to people and my confidence doing tasks that I would usually be stuck looking at in confusion. I can now get on with things easily without stressing out about how to complete said task.

- Liam

MENOPAUSE MOMENTS PROJECT

We know menopause will creep up eventually... the hot flushes, mood swings, low mood, anxiety to name but a few of the not-so-fun symptoms of hormonal changes!

Questions are being asked and the conversation held around a subject that has been in the shadows for too long.

From a seed of an idea about how to support those struggling with menopause, grew the fully funded **Peri Meri Menopause Moments Project**. Funding from The National Lottery Community Fund and Innovation Funds through the Mental Health and Wellbeing Community Investment Fund, managed through Shine Lincolnshire, **we are now delivering the project in a variety of ways across Lincolnshire.**

A programme for individuals, will support those experiencing menopause by providing advice and information about symptoms, medications, health and wellbeing and holistic therapies, to name but a few. **Programmes are 2-hour weekly sessions over 6 weeks having started in June and July in Lincoln and Sleaford and starting in September in Boston and Stamford and then Gainsborough in November.**

We are also able to offer 12 hours of **funded support around menopause in the workplace.** The development

of menopause awareness and support will be decided by the employers and employees. We recognise each organisation is different and will have different needs.

To help us deliver a wide range of services and provision, **we will work with trained professionals to offer support around health and wellbeing and holistic therapies specific to menopause.**

The challenges menopause brings can be overwhelming and make you feel pants!

Peri Meri Menopause Moments is there to guide you through this stage of your life and help sort the facts from the fiction. **What you're going through is unique to you but you're not in this alone.**



Visit our website

www.every-one.org.uk/what-we-do/menopause/ to find out how you can get involved or drop us a line at meno@every-one.org.uk



Welcome to Bert House



A community space to come and connect with others.

Every Tuesday, Wednesday & Thursday 09:00 - 15:00 our community hub is open for you to enjoy. Offering a range of activities or simply a space to come & relax with a cup of tea, have a chat or enjoy some peace and quiet.

Everyone is welcome.

Check out our weekly timetable for more information about what's on



We look forward to seeing you!



www.shinelincolnshire.com



info@shinelincolnshire.com



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



01507 304548

DEMENTIA ADVENTURERS

Cat Hall is Community Projects & Wellbeing Lead at the Waddington Wellbeing Hub. She explains more about the Hub's Dementia Adventurers!

The Waddington Wellbeing Hub runs Dementia Adventurers every Tuesday 10am to 12pm at Millers Road Community Centre in Waddington. **The group provides fun activities as well as supportive listening**, whether that's from myself, one of my very experienced volunteers, a carer or another person living with dementia. Visitors can bring any question, concern or support need to us and we can either give advice and guidance or signpost/connect them to the relevant person or place.

The vision for the group isn't just to support people living with dementia and their carer/family but also to organise activities, events, and projects to increase awareness of dementia in the wider community. This aims to reduce the stigma associated with the disease and promote understanding to encourage and **support people living with dementia to continue engaging with their community** as a valued and cherished member.

In May, we hosted a Dementia Friends session and received some commentary from Liz, a Waddington resident who attended...

"On a drizzly, late-May morning I went along to Millers Road Community Centre in Waddington to attend a 'Dementia Friend' talk, not really knowing what to expect.

"On entering the community centre, **I was warmly welcomed by smiling faces, cheery "hellos" and a hot cup of tea!**

"After introducing herself and outlining her extensive background in dementia care and research, the invited speaker for the morning, Rachael Fothergill (Clinical Research Practitioner, Lincolnshire Partnership NHS Foundation Trust), then encouraged us to take part in dementia-focused 'bingo' - an easy, non-threatening, interactive way of getting us all involved in her talk, plus helping us to learn more about it. Her audience ranged widely - **from people like me who knew very little about the condition, people who are/were carers, to people living with dementia.**

"Throughout the hour Rachael shared insightful facts and figures alongside inspiring life-stories in a well-balanced, informative, and engaging way. She answered every question we asked her to. The depth of her personal and professional knowledge, experience and commitment was impressive.

"I learned a lot - including, that there are 100 types of dementia of which Alzheimer's is just one; that 1 in 14 people over 65 years develops dementia; and that living with this condition is about coping with the brain's 'memory lights' as they shine, flicker, go out.

"Mostly, **I learned that dementia can be lived with in a more positive, life-enhancing way in our home, with our family and across our community** when people have greater knowledge, understanding and compassion about it.

Thanks to Cat and Rachael I feel much better prepared and privileged to now be a Dementia Friend."

At the time of writing, we're organising further dementia awareness activities. As part of this, there will be further Dementia Friends sessions delivered to residents and local businesses and an intergenerational reminiscence session about local history involving the scouts.

You can also become a Dementia Friend by watching a short video accessed via the QR code.



For people living with dementia and your loved one or carer

Dementia Adventurers

Cuppas and cakes included!

Music Support Fun Friendship Activities

Come along to our new free support group!

Every Tuesday from 5th March 10am to 12pm

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

Any questions contact... **Cat Hall**
Community Projects & Wellbeing Hub Lead
07365 527 663
cat@stmichaelschurchwaddington.org.uk

HEADWAY LINCOLNSHIRE: A LIFE RE-WITTEN



Action for Brain Injury Week (ABI Week) provides an annual platform on which the awareness of brain injury is raised. This year, the campaign week, which is coordinated by the brain injury charity, Headway, focused on how brain injury can turn lives upside down, throwing plans into disarray, change life goals and even the sense of who you are.

The theme 'a life re-written' highlighted the issue of identity after brain injury, how survivors have experienced post-traumatic growth through a process of change. The campaign also detailed the negative and difficult aspects of brain injury. This can include the ripple effect, for example on partners and family members, who often need to make life changes and adjustments to their own goals and expectations.

The effects of a brain injury can be profound and varied, impacting every aspect of a person's life. From cognitive impairments and physical disabilities to emotional and behavioural changes, the consequences are multifaceted. Simple tasks that were once taken for granted may become monumental challenges, leading to frustration, depression, and a sense of isolation.

Many survivors of brain injury find themselves grappling with newfound limitations, whether it's difficulty with memory, concentration, or motor skills. Adjusting to these changes can be a difficult journey, requiring patience, support, and often professional input. The financial strain of lost employment and rehabilitation further compounds the stress, adding another layer of complexity to the recovery process.

Local charity, Headway Lincolnshire provides support to brain injury survivors and their families in the county, providing a number of services and support including Counselling, Art Therapy and Music Therapy all funded by the Mental Health and Wellbeing Community Investment Sustainability Fund, administered by Shine.

A Life Re-Written

One of the recipients of support from Headway Lincolnshire is Toby Chaffey from Boston. Toby was just 18 when he sustained a Traumatic Brain Injury from a motorcycle accident, resulting in a coma for over two months and a 49 week stay in Hospital. At the time of the accident Toby was working as a full time Tractor Driver and would often spend his free time scuba diving or with his friends in the local pub. After Toby's accident he wasn't able to scuba dive and found it difficult to do and enjoy activities that he once had. Toby's life has been re-written, he enjoys different activities such as visually impaired tennis and volunteering.

He has made new friends, and he is happy with his 'new life'



Despite the obstacles, the path to recovery is not devoid of hope. With effective rehabilitation, therapy, and support from friends and family, many survivors gradually reclaim aspects of their lives and rediscover a sense of purpose, re-writing their story and future.

Contact Headway Lincolnshire and find out about their local groups

Free helpline 0808 800 2244
(9am - 5pm Monday - Friday)
helpline@headwaylincolnshire.org.uk
www.headway.org.uk



HAVE A BREAK WITH BERT **for kids**

Get a grown up to help you follow these steps!

You will need...

- Cardboard
- Sharp pencil
- Crayons/paint/felt tips
- Some flowers!

1



- Draw a vase shape at the bottom
- Use your sharp pencil to poke holes where the flowers will go

3



- Pick some flowers from your garden or some daisies from the park - don't pick other people's flowers or take too many!

2



- Use your colours to decorate your vase.

4



- Push the stems of your flowers through the holes in the cardboard.



HAVE A BREAK WITH BERT **for kids**



SUMMER WORD SEARCH



Find the hidden words of the summer.

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

POOL

BEACH

BIKINI

FRISBEE

PICNIC

ICE CREAM

LEMONADE

FLIP FLOPS

SUNSHINE

SUMMER CAMP

SUNSCREEN

SANDCASTLE

CARERS FIRST: CONNECTING CARERS TO SUPPORT IN LINCOLNSHIRE

Carers First is an independent charity, which is part of the Lincolnshire Carers Service, supporting the 70,000 unpaid carers in Lincolnshire who provide essential care.

Recognizing the contribution that carers provide, Carers First is committed to offering the **support needed for carers to thrive in their roles.**



Available Support for Carers

If you're an unpaid carer aged 16 and over in Lincolnshire, Carers First is here to assist you with:

Online Help and Advice: Accessible **resources and information to guide you** through your caring responsibilities.

One-to-One Practical and Emotional Support: Personalized assistance to help manage the challenges of caring.

Community Events and Activities: **Opportunities to connect** with other carers and engage in enjoyable and supportive activities.

Importance of Early Support

It's crucial to seek help before reaching a crisis point. **Early support can make a significant difference to your wellbeing** and the quality of care you provide.

For more information or to discuss available support, please contact the Lincolnshire County Council Carer Wellbeing Hub at 01522 782224.

Events for Carers

Carers First organises a variety of events designed to offer carers a break from their responsibilities and a **chance to socialise, learn, and relax.** Regular support



CARERS FIRST: CONNECTING CARERS TO SUPPORT IN LINCOLNSHIRE

groups and activities from our Chill and Chat sessions offering casual meet ups for conversation and support to our Walk and Talk sessions helping carers to enjoy nature while connecting with other carers.

In addition to regular groups, **there are exciting one-off events planned**, including Legbourne Village Hall Buffet and Cher Tribute Act, which offers a meal and live entertainment and our Waffle Heaven at Wren Farm where carers can indulge in delicious waffles in a charming setting. These events provide a much-needed respite and a chance to engage with the local community in a supportive environment.

Some comments from carers attending Carers First's events in Lincolnshire include:

"It was an excellent session. It was great to meet other carers who shared a similar interest. The session was free flowing, with tips and demonstrations from the artists. It has helped me to discover a new talent and hobby I can do when I need to take some time out from caring."

"An awesome and enjoyable day."

For more details about these events and support services, visit the Carers First website or contact the Carer Wellbeing Hub on 01522 782224.



Carers First



MENTAL HEALTH AWARENESS WEEK

This year the Mental Health Foundation's Mental Health Awareness Week was 13th- 19th May, with the theme 'movement'.

During this week Shine aimed to promote the benefits of movement for mental health. **The peacefulness of a walk to help take your mind off things, or engaging in team sports to help build friendships and lose a sense of loneliness that one may have.** We believe that staying active is a very good way to improve your mental health.

The Mental Health Foundation explained that in their latest research (2024) **82% of adults in the UK agreed that movement is good for their mental and physical health, but, 36% find it difficult to allocate time to movement and 28% feel too fatigued to engage in it.**

During Mental Health Awareness Week we invited **Tristan Drummond, head coach of Wright Way Sports, semi-professional footballer and co-founder of Brotherhood UK**, to work with us to produce some key messages. Tristan wrote us a blog on his experiences with mental health (right) and how his participation in sports has helped this. Tristan was the perfect person to help us with this as movement is an imperative part of his daily routine and he is now in his final year of a Sport and Psychology degree. In the blog he talks about **making movement a habit and how it imperative to health.**

Alongside this we shared lots of ideas about how to get movement into your day, **from dancing while the kettle is boiling to stretching in your armchair!**

Movement and Young People

Life as a teenager progressing into a young adult can bring some scary times. Suddenly you have lots of pressure regarding education, jobs and it's your first go at the real world. This was a real shock to me, Dan, Shine Apprentice, but at 19 years old, something that I have quickly learned to adapt to.

Most people I hear from between the ages of 16-21 believe that the **Covid pandemic has had colossal implications** on their generation, **both financially and psychologically.** The amount of years lost being inside and not being able to socialise was detrimental. Communication skills would've decreased, and **we lost a sense of touch with the outside world.** Getting so used to only being able to communicate through technology and losing that ability to do the simple things like meet

up with your friends. **So, I say, be fearless.** Go into everything you try with an open mind and respect for everyone. Ensure that you always try to **show the best version of yourself.** Always try to make yourself proud and present yourself well.

For me a massive coping mechanism is remembering to do things I enjoy. **Movement can be anything that makes you feel good,** for me that is football. You're much more likely to put your all into something that you're interested in and it doesn't matter if you're any good at it! It's the taking part that counts. For something relaxing, I combine listening to music with taking a walk. This just helps me to relax. It is very peaceful and helps me massively. This might not work for everyone.

Mental health is unique to each individual. I suggest you experiment and try a variety of different things to find what works best for helping you to cope, build resilience and find calm.

We'd love to hear your life stories and suggestions of how you are navigating your life journey as best you can.

Get in touch

communityengagement@shinelincolnshire.com



MENTAL HEALTH AWARENESS WEEK

This mental health awareness week we spoke to Tristan Drummond, a 21 year old Head Coach of Wrightway Sports, semi-professional footballer, Co-Founder, and Co-Director of Brotherhood-UK and a final year university student studying Sport and Psychology. This is what he had to say about making your health a priority.

As a university student in my final year, a head coach and a semi-professional footballer, I am a busy person; however, I think it is incredibly important to incorporate exercise and movement into my everyday routine. **Over many years of developing my daily routine, I now have non-negotiables** that are not only beneficial for my **physiological health but also my psychological health**. From an ice bath and a stretching session every morning, to making sure I go to the gym and include cardio in my day; this may be as simple as completing 5,000 steps.

Why exercise?

Exercise makes you feel great; a range of studies on the topic have shown how exercising encourages a slow dopamine release (the happiness chemical in our brains), throughout the day. Whether it's a five-minute walk in the morning to get some sun or a marathon; your body and mind will thank you afterwards. There are a wide arrange of studies into exercise and mental health; recent research has found that people who exercise regularly have better mental health and emotional wellbeing alongside having a lower risk of developing a mental illness.

Where do I start?

In my opinion, **it's important to put yourself first, if you keep your body and mind healthy this will not only benefit you in other aspects of life, such as work and family, but will give you a chance to prove to yourself how amazing your mind and body are.**

If you are struggling to incorporate exercise or movement into your day, **try starting with little habits that you can then habit stack.** For example, you may start on day one taking your dog for a ten-minute walk then each week try walk another minute. In no time you will be walking for an hour every day, **getting your sunlight dose and feeling more productive overall.**

"It's your body after all, if you don't look after you, who will?"

What else helps my mind and body?

Exercise, as previously mentioned will benefit other factors of your life: I play football and after being injured for a week **with limited mobility, I realised not only my mental health declined but I also struggled to sleep** and started to eat without caring what I put into my body. Exercise is part of an important circle in life, it's important to ensure every factor is being considered, to ensure you are firing on all cylinders; this may be **eating whole foods, reducing the amount you drink or getting eight hours sleep every night.**

Do I have to be healthy all the time?

The main thing is look after yourself, **you only get one body and one brain. Be mindful in how you treat it.** If you had a car that you had to have for the rest of your life, how would you treat it? It's the same for your body; do things in moderation, have a bar of chocolate, have a glass of wine but don't overdo it, go to the gym, but make sure you rest your body. **After all, if you don't look after you, who will?**

Visit www.mentalhealth.org.uk for more information



DIABETES: LIVED EXPERIENCE

Diabetes Awareness Week ran from 10th-16th July, to raise awareness about the things that matter to people with diabetes, shining a light on what it's like to live with day in, day out.

This year Diabetes UK were highlighting the importance of attending the regular health checks you need when you have diabetes. **Here we chatted to a local gentleman who has been living with diabetes for 40 years.** He kindly shares his experience of diagnosis and how he has dealt with mental and physical implications of living with diabetes. Remember whilst there are some factors that can make you more likely to develop diabetes, it **affects a host of ages and lifestyles**, and we have placed some signposts to support at the end of this interview.

Q. When did you first hear that you have diabetes?

A. I was driving from Norwich to London for a meeting, when there was a bright light in my eye that moved across the it. Then during the day, I couldn't speak, and I was unwell. On seeking help at hospital, I was informed I had a T.I.A (transient ischaemic attack or mini stroke) and I was diabetic. There is a debate as to whether it was a stroke because speech is still a problem. It was undiagnosed diabetes that caused the TIA/Stroke. **I still do not know whether I am Type 2 dependent upon insulin or Type 1 dependent upon insulin. There are 4.7 million living with diabetes and everyone is affected differently.**

Nb. A transient ischaemic attack (TIA or mini stroke) is the same as a stroke, but the symptoms last a short time. You get stroke symptoms because a clot is blocking the blood

supply in your brain. When the clot moves away, the stroke symptoms stop. Diabetes causes high levels of sugar in your blood. Over time this damages the blood vessels, which can lead to clots forming and causing a stroke.

Q. How did you feel when you were first diagnosed?

A. You wake up in the morning without speech, the ability to read and write and **what is this thing called diabetes??** It was a time of **confusion and uncertainty about what the ramifications for the future are.**

It was a **shock, disbelief, feeling overwhelmed.** In Norwich there was an excellent dedicated site for those with diabetes, the Bertram Centre, where donations and private contributions were collected, and the Centre was built and given to the NHS. It was this Centre where you could **walk in and ask questions and, it was a lifesaver.**

Q. How has living with diabetes affected your mental health?

A. **Diabetes is relentless,** everyday there are decisions that have to be made, relating to food (how many carbohydrates are in that meal) and how much insulin do I have to inject. The consequences can include being too high in glucose levels and it depends on the individual, but **I could be moody, irritable, irrational, confused, unable to concentrate,** may be shaking or pale. The amount of activity will have an impact on glucose levels too, should I eat before activity or not? This is every



DIABETES: LIVED EXPERIENCE

day, day in day out. **I inject at least 1,825 times a year. I have had diabetes about 40 years so that means about 73,000 times I have injected insulin.** **What would you feel?** Fed up with it. Some people get anxiety and others depressed. **People with diabetes are twice as likely to develop depression** than people who don't have diabetes. It can be really tough to live with. You can feel distressed, frustrated, guilty, sad or worried.

Q. How do you manage the emotional and psychological aspects of diabetes?

A. You can think why bother but you know that if you don't, you can end up with complications including blindness and amputation and there are many more. So, you end up in a state far more distressed than before.

I'd say **every day is an experiment, every day is different, can you calculate the insulin to keep within your range.** Do not get disappointed if it doesn't work out. Try again tomorrow. I do not wake up worrying about diabetes, I wake up **to do things, enjoy the activities that I want to do.** Diabetes is an inconvenience, in letting me to get on with my life.

Q. Are there any specific resources or strategies that have helped you cope with mental health issues and diabetes?

A. Talk about it to your family, friends and others with the condition. Diabetes UK has a helpline to talk about

your concern. There is always 111 and your GP surgery. I heard that those with diabetes contact their surgery 9 times a year, but it does depend upon your surgery. In theory there is an annual review, but mental health is not high in the agenda.

Q. How does your mental health affect your ability to manage your diabetes on a day-to-day basis?

A. You have to overcome it, **the better your attitude to living, the less concern of diabetes. You can end up living for diabetes. It overtakes your mindset,** but you can't let that happen.

Q. What would you say to anyone struggling with their mental health with diabetes?

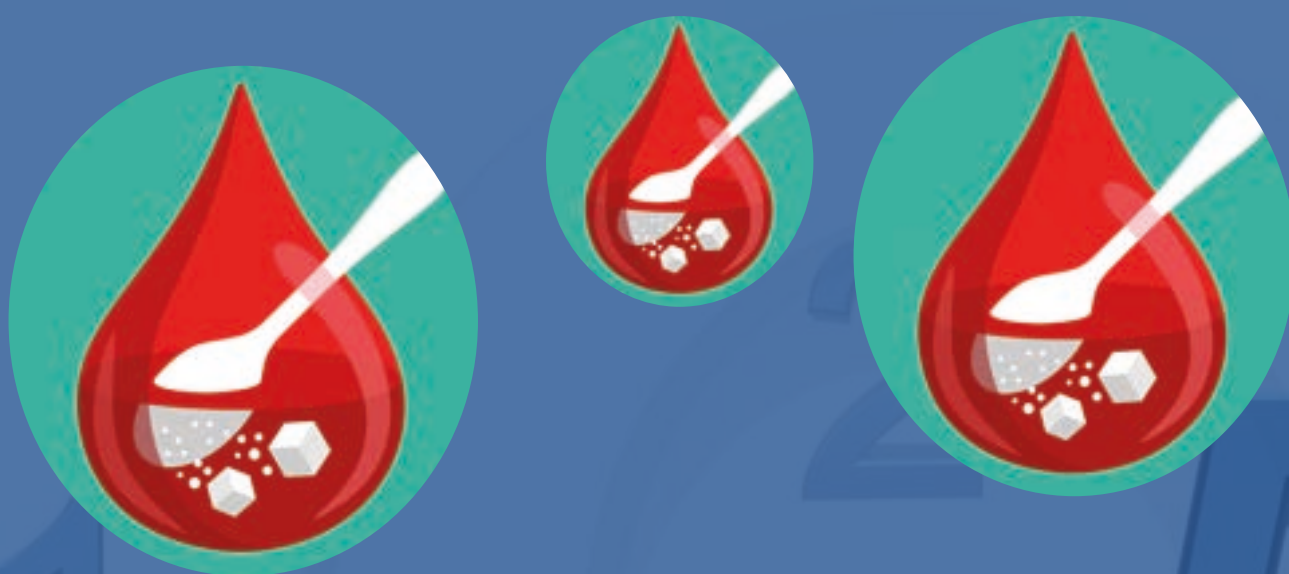
A. **Do not bottle it up, talk to people.** There are talking therapies that people can contact, there are organisations that help with your mental health, there is 111 who can direct you where to go and find out if there is a diabetes support group nearby.

Diabetes UK www.diabetes.org.uk | 0345 123 2399 | helpline@diabetes.org.uk

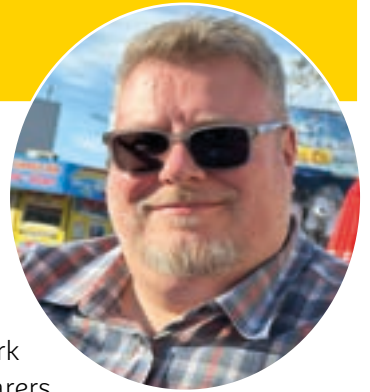
Diabetes UK for Lincolnshire FB: Diabetes UK Midlands and East | 01902 916444 | midlands@diabetes.org.uk

The Stroke Association www.stroke.org.uk | 0303 3033 100

NHS England www.nhs.uk/conditions/diabetes/



PUTTING CARERS ON THE MAP BY DAN FLESHBOURNE



This year's Carers Week theme, from June 10th to June 16th, was 'Putting carers on the map.' This theme powerfully reminds us of the importance of recognising and supporting carers. This year also marks the 10th anniversary of the Care Act 2014, a significant piece of legislation that first acknowledged and supported carers.

I have witnessed the awareness week's growth in its scope year on year, to the point that **numerous organisations and companies are now actively participating**. There has also been a noticeable increase in media stories about carers and their selfless work to support their loved ones and friends. This **growing recognition is the first step to making everyone aware of what carers do and that in our lifetimes**, one out of every two people will take on a caring role at some point.

Despite all the excellent work and publicity, **there is still a prevalent reluctance to identify as a carer** and discussing the effect of caring on the carer is still considered taboo. This reluctance hinders open discussions about the challenges of caring, which are crucial for better support and understanding.

Often, I hear "I'm just a..." ...mum, dad, son, daughter, or friend. Carers are frequently reluctant to take on the carer label. However, by declaring themselves "unpaid carers", they can access better support and additional help. **Some feel it's an admission that they can't cope**; others think it means external organisations will somehow come into their home and interfere or judge them.

When carers share their own lived experiences of the **joys and challenges of supporting those we love**, it brings into focus the fantastic and selfless work they do. It helps other carers understand they are not alone in the world. **Few things are more isolating than feeling like no one understands what I'm going through.** By sharing, we all understand more about unpaid caring and how support and advice can genuinely change a carer's life for the better.

In that spirit of sharing to support understanding and change, this Carers Week I have been continuing to share **my own lived experience of being a carer since the age of 4**, how a Carers Assessment helped me to get my own wellbeing back on track and **how it helped me see myself as a whole person and not "I'm just a..."**.

I hope that in the next ten years, unpaid caring will be firmly on the map, and everyone will understand what and who an unpaid carer is. I hope for a day when **unpaid carers will be supported and proud to use the "carer" label with pride**, knowing that everyone understands they give of themselves freely without payment and do their best for the people they love no matter the circumstances or hardships they may face.



FUNDRAISING

The fundraising efforts of our community have bowled us over recently! We have teams, individuals and organisations out there doing their bit to **help Shine support health and wellbeing across the county.** We are grateful for every thought, action and penny towards our mission! Thank you!

The Mental Health, Dementia, Learning Disabilities & Autism Commissioning Team at Bridge House in Sleaford raised £266.80 with raffles and donations made during Mental Health Awareness Week in May!

Helga Lown, from Siemens Energy, raised £433 by

enduring an ultra-marathon of over 44 miles back in April!

And as their selected **Charity of the Year**, commercial design and fit out company **APSS, Lincoln** took on the famous **Castle-to-Coast-to-Castle**, 100 mile cycling route for us. Funds raised are yet to be announced!

That's not all! Coming up over the next few months are some more relentless fundraisers taking on some gruelling and rather daunting challenges. Please read on and support in whatever way you can.

PHOEBE'S SKYDIVE

Phoebe Price approached us back in the spring, asking if she could raise money for Shine by doing a skydive. Here she explains her personal reasons and what she expects of, well, jumping out of a plane!

On the 2nd of August, I am driving down with my family and friends to Sibson, to take a leap of faith out of a plane and partake in a skydive. **I am ever so nervous, but really looking forward to raising as much money as possible for this brilliant charity.**

When I turned 21 in March, **I decided that I wanted to make more of an impact to my local community** and raise money for people and charities that are personally close to my heart. Mental health is something that has affected me, and will affect everyone in their lifetime, and is often not spoken about and dealt with.

Growing up in rural Lincolnshire, I found it very difficult to try and find local mental health help around me, and I really did not know what was out there for me to use. That is why I am so motivated to raise money for Shine, to help people find the help and resources they need.

Doing a skydive has always been something on my bucket list, I am quite an adrenaline junkie, so this is really up my street! But of course, the closer I come to



the jump date the more scared I'm becoming! However, the more money I raise for Shine, the more it will be worth it!

You can donate and show support for Pheobe by visiting tinyurl.com/PheobeSkyDive or scanning the QR code (right).



ENERCO TOUGH MUDDER

Andrew Newton and a team from Enerco are going to complete the North West Tough Mudder in October.

Enerco champion themselves on promoting mental health in a male dominated industry, which is not always an easy environment if your mental health is deteriorating.

They're support Shine and Lindsey Lodge Hospice.

Visit tinyurl.com/EnercoToughMud or scan the QR code (right) to support them!



THE VIKING WAY BY BROTHERHOOD-UK

A team from Brotherhood-UK, that encourage support for men's mental health, will be embarking on a remarkable journey to raise awareness and funds for Shine Lincolnshire by taking on the Vikings Way Challenge this August.

Over the course of this challenge, they will be covering an incredible distance of 150.2 miles! The team explained that they wanted to do this for Shine as whether directly or indirectly, everyone has witnessed the struggles of those facing mental health issues.

By taking on this challenge, they hope to help provide vital resources, support, training and awareness to those who need it most.

The team go on to say they will tackle the challenge "in true Viking spirit...taking on 150.2 miles in survival mode, embracing the physical and mental demands of this journey, much like the Vikings of old.

"The challenge will span over 4 days, and we are committed to push through every step, hill, and obstacle along the way."

They've set a fundraising goal of £1,520, equal to £10 per mile of the journey. Be it 50p or £10, the money will go a long way to build a support for Mental Health.



Follow the Brotherhood-UK Facebook to keep up with their progress: [BrotherhoodUK](https://www.facebook.com/BrotherhoodUK)

Donate by visiting tinyurl.com/VikingChallenge or scanning the QR code (right).





Advertise your business with Shine Lincolnshire!

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

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

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



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





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

T 01507 304 548
E communityengagement@shinelincolnshire.com
www.shinelincolnshire.com

Be featured in the next newsletter

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

Stay up to date with Shine

Sign up for our email updates!

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

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

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

Disclaimer

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

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

Articles are copyright of Shine and individual contributors. In principle we are happy for articles to be reprinted in other publications provided that Shine is