

Lots of inspiration to help your wellbeing during the colder months! Farming in Lincolnshire
Suicide prevention in Lincolnshire
Community growing

Living well in Lincolnshire
Using nature for wellbeing
Kid's activities

Welcome to Autumn...

And so autumn and winter are finally here. The shortest day will be upon us. Are you, one of those just waiting to get through it? Do you put your head down on Halloween and don't come up for a look around until Valentine's Day?

This year I've decided that autumn and winter are not just to be endured. We have to go through it, together. So we had best make the most of it. Winter in England is, in fact, a wonderful season. I have resolved to go for more chilly walks. I even know the science. Research has shown that chemicals called phytoncides, released by plants and trees, strengthen our immune, hormonal, circulatory and nervous systems when we breathe them in. These phytoncides are released in the greatest concentration after the rain. No wonder I love to bundle up and get out. I give thanks for my warm parka. Dressing properly for the cold is half the battle. There is no bad weather, just bad clothing.

When I moved to England from my native Canada 30 years ago, my husband taught me how to appreciate the rain. When I first moved to England all I saw during autumn and winter were wet and grey skies.

One rainy day Bill, my husband, had me stand outside and asked me what I saw. Then he asked me what I smelt. Then he asked me what I heard. I had to admit I was pretty bowled over. I never realised how many different shades of green that England is. I smelt the soil and the tree leaves. These were putting out healing odours. I heard many birds that had not flown south. With the gentle help and coaxing of Bill, I no longer saw England as just a wall of water. Instead I saw England as a green and pleasant land of possibilities. Embracing the cold weather is the way forward. Light in England is excellent for taking photos. Not too bright, just right.

We are passing through a season of joy. Practicing what I preach, I now have lots of outdoor pursuits, lots of embracing the cold. Taking lots of photos, making lots of memories. I have enjoyed the variety of weather. So, remember the rest of the cold is not to be endured, but rather, it is to be enjoyed. My mental health is better for following my own weather report and my wellbeing brighter for embracing the seasonal change.

Kate Hull-Rodgers Stepping Stone Theatre for Mental Health





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What's happening at

our Community Hub by Ben Cross, Community Hub Coordinator

It has been a busy period at Bert House since the last newsletter was released, with us welcoming Children's Links and JB sports into the building, opening up 3 days a week as a community hub and overseeing our own projects within those three days.

Early September saw us attract over 100 visitors to the hub, an incredible achievement since that's just across the Tuesday, Wednesday and Thursday that we currently open on!

We opened the doors to our first regular group, Shine On, in May and it has carried on supporting the area with a welcoming space to reach out for support every Thursday 10am-1pm. This still remains our busiest day with lots of beneficiaries making the most of what's on offer, whether its sitting and talking with Shine staff or other users with a hot drink and snacks, being creative with mindful art or being competitive playing pool, table tennis, air hockey, Trivial Pursuit or Frustration!

The amazing Donna Pinkney has sprinkled her magic over 6 'Grow Your Own Wellness' sessions, that have seen 6 people talk through their experiences and develop their own wellness tool kits to help them be better prepared to support their own wellbeing. These courses are ongoing, so if you feel this could help you or someone you care for, please contact me to book on the next course.

Christina Pallett has created a very popular fortnightly Knit and Natter group on a Wednesday. This covers a whole range of crafts and is a great way to get out of the house and be welcomed into a friendly environment. All abilities are welcome and even if you don't want to craft, then you are more than welcome to come along and natter!

October 1st saw the first session of Grey Couch Wellbeing's Cancer Support Group, held on a Tuesday afternoon. This will consist of 6 weekly 1 hour sessions to support anyone who has been affected by cancer. We hope to hold more of these sessions in the future so if you have missed these sessions, please keep an eye out for the next.

Importantly, as we move towards colder weather, Bert House will be a warm pack distribution centre to those most in need this winter. We also have extended opening hours, winter pressures advice sessions and tea and toast to warm you up (see page 7)! Do get in touch for information regarding this but we will be making sure we put lots of awareness out there.

For more information on any of the groups mentioned please contact me, ben@shinelincolnshire.com.



Growing your your your years a What is a W.R.A.P?

WRAP Educator, Donna, explains the concept behind 'GYOW'.

We have completed our first successful 'Grow Your Own | explore what can be some difficult topics. We offer Wellness' group at Bert House. The group is the first of what we intend to hold throughout the winter and

Each 'Grow Your Own Wellness' group runs for 6 weeks and is based on the Wellness Recovery Action Plan (WRAP). This is a model developed by Mary Ellen Copeland and others with a lived experience, in the early 90's. The model was brought to the UK and has become well established as a framework to learn more about yourself and develop a plan to help manage your own mental health and wellbeing. The framework includes exploring what wellness means to you. Exploring your wellness toolbox and what keeps you well.

The 'Grow Your Own Wellness' group looked at several topics and used the WRAP Flower, as a tangible way of bringing these topics together, demonstrating growth in different areas, all with a focus on individual mental health recovery and wellbeing. We believe you know yourself best, WRAP is your plan, your own personalised tool which you develop when you're well to help remind you and guide you through the bad times, when it is hard to think straight.

All participants shared and supported each other throughout the course, sharing strategies, wellness tools and their own stories of hope. At our last session everyone received a certificate for contributing, along with some grow your own sunflower seeds, to take away. As a gift to each other the group shared positive feedback too!

WRAP works, I know because I have had many plans over the last 18 years. It helps me maintain my wellbeing, manage difficult times and situations or helps me to change aspects of my life to increase my own mental health and wellbeing. WRAP does what it says on the

Our group provides a safe and warm environment to

A WRAP stands for a Wellness Recovery Action Plan. It is a simple, effective process for creating the life and wellness

ongoing peer support catch ups for the opportunity to check in and to share achievements and challenges.













Updates Bert House

WRAP-up this winter

Sign-up for our upcoming Grow Your Own Wellness groups.

Winter can leave us feeling blue and cold. Maybe your new year resolutions have not gone to plan. Why not come along and explore how to develop and grow your wellness toolbox and set yourself achievable goals for the year.

We are holding two 'Grow Your Own Wellness' and WRAP events over the winter, at Bert House, and are planning similar programmes for the beginning of 2025. Why not come along for a cuppa and learn more?

WRAP Up For Christmas

Tuesday 10th December 10am - 12.30pm

We all know the festive season can bring with it lots of stresses and worries, why not come along and create a mini plan and explore how to keep ourselves well.

WRAP Up For Winter

Tuesday 14th January 10am - 12.30pm

Weeks following the festive season can feel like an anti-climax and we can often drag ourselves down with 'resolutions' that are difficult to meet in the cold, dark days. Come along and develop a plan unique to you, your goals and your barriers with the support of Donna and peers.

To sign up for our winter 'WRAP-Ups' or to register your interest in our future Grow Your Own Wellness Groups, in the new year, please email Donna, our Mental Health Recovery Action Plan Educator on the details below or speak to any of the team at Bert House, Horncastle or Shine staff out and about.

donna@shinelincolnshire.com

Dates to be confirmed in the new year.



Some of our previous participants said...

"Encourages us and helps us explore difficult topics in a safe space with mutual support"

"A great opportunity to open up, off load, share support and be supported."

"I have found today thought provoking and the first steppingstone to figuring out who I am."













Updates Community Connectors

Updates from local Community Connectors

Community Connectors get out and about discovering what services are available in their locality and link up with existing community groups, or sometimes initiate 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/meet-the-team, and take a look at some of their updates on the following pages!

Jo Ireland, Spalding

Wow – how is it Autumn already? It barely feels like we have had summer... Anyway, I have had a busy few months since the last update and have been out an about making new connections, signposting and also promoting the resources available at the Wellbeing Hub in Tonic Health Spalding.

I have made a good connection to the Pinchbeck Community Garden (below) which is based at Pinchbeck Baptist Church and have been assisting them with their mission to seek more volunteers to continue creating this wonderful space. It is open Mon & Thurs 10am – 12pm each week for people to pop along. We have also introduced a Sue Ryder Grief Kind Space at the Wellbeing Hub run by volunteers. Individuals can pop in each Tuesday 10am -12pm to seek support from trained



volunteers. Bereavement support within Spalding town centre was lacking before this, so we hope it can help those struggling with the effects of loss of any kind.

Unfortunately rough sleeping and homelessness is an increasing issue within South Holland so I continue to work alongside other agencies such as local PCSOs, Framework, Boxes of Hope, SHDC and Change4lincs to ensure we are able to give a good level of support to people when people find themselves in this situation. Since being in post over the last year, building these strong working relationships with other agencies, has been fantastic.

We hold combined Spalding & South Lincs Rural PCN Partnership Networking Events whereby various statutory services & community groups can come together to further their knowledge of what is going on within their area.

I look forward to continue to see old faces in the Wellbeing Hub and look forward to seeing new ones, it is open Monday – Friday 10am – 3pm during the winter months, with free activities & hot drinks offered.

spalding@communityconnector.org.uk 07471465111

Community Connectors **Updates**

Fiona Monk, Sleaford

I just want to take this opportunity to thank everyone involved with The Sleaford Falls, Aches and Pains Event that took place on Thursday 12th September at Sleaford New Life Centre. Many people worked extremely hard behind the scenes to make this an absolutely, fantastic community event.

Invites went out through the Sleaford surgeries targeting anyone who might be struggling with falls, aches & pains. The day was set up to show the community the wealth of support that is available.

Thank you to the physiotherapists, occupational therapists, community providers, the personalisation team and all other specialists who attended to offer assessments, advice and presentations. Thank you to all individuals who came along to find out more and took part in the day.

It just shows what can be achieved when local services pull together!

fiona.monk@wearebridge.org.uk 07564 044 025



Grace Bowker & Lorraine Rooks, Trent

It's exciting to share some of the many opportunities and activities happening across Trent, with our groups and activities throughout the summer months as well as some special events. At the Hub in Gainsborough, we are now hosting 'Stepping Stone Social Singing', by Bill & Kate of Stepping Stone Theatre for Mental Health, 1-3pm on a Friday. Contact Bill or Kate on 07754-764487 to book a space.

The Autism Hub in Gainsborough which runs weekly on a Tuesday 1-3pm at The Uphills Community Centre is developing into a safe and supportive space for attendees. The drop-in sessions, led by peers, offer crafting activities, board games, and refreshments, fostering a sense of community. We've seen participants return each week, feeling more settled and connected. In the coming weeks, we have some exciting activities planned, including a group visit to The Old Hall in Gainsborough.

One highlight was the West Lindsey launch of a fantastic new project we have been pleased to support, Bob's Brainwaves. Bob's Brainwaves offers information for those who are just beginning their journey of memory loss through dementia, created by Chris Suich who has used her professional knowledge and her lived experience in caring for her husband, Bob, to produce an amazing resource for those living with dementia and their carers (read more about it on page 24-25).

If you want to know any further information on our partnership board or any other ways we can support you please contact:

Lorrainerooks@acisgroups.co.uk grace.bowker@acisgroup.co.uk



West Lindsey Launch of Bob's Brainwaves (see pg24-25)





Updates Community Connectors

Jo Taylor, Grantham

Wow, what an amazing summer it has been. We've had lots of lovely sunshine, and I have been to so many amazing events, groups and activities.

All my usual groups have been continuing; Chair Yoga and Wellbeing Walks in Colsterworth, Fibromyalgia support and the Pain Cafe in Grantham, Young Adult

Support at Wyndham Park Visitors Centre and we're now very excited to have started a Memory Cafe in Fulbeck Village Hall. This has been a great success and we even had Anand from Right at Home Care come and run a chair yoga session and as always with any group I am involved with, we always have tea, coffee and lots of cakes available.

I am also very excited to be teaming up with Jen, Healthcare Assistant from Caythorpe and Ancaster Surgery and soundLINCS to be starting a dementia singing group on the second Friday of every month at Fulbeck Village Hall from 10am with our first session on 11th October.

In the summer I also attended the stunning RAF Cranwell college for the NHS Armed Forces Symposium where I met with colleagues from the RAF, Integrated Care Board (ICB), EveryOne, Veteran Support Services (VSS), Lincolnshire Voluntary Engagement Team (LVET) and many others to look at shared aspirations, ambitions and commitment to support the armed forces community in an effective and impactful way.

We are very lucky in Grantham that so many services, groups, professionals and companies want to work together to better support our community. In September I attended a professionals lunch at Maple Leaf Care Home in Grantham where I had the opportunity to meet the team as well as lots of other services to build professional relationships to understand more of what we all do and how we can work together whilst enjoying a beautiful lunch.

We held our first Dementia and Falls Prevention event



I've had great fun attending the Dementia Cafe at Foston Village Hall, run by Nicola from Long Bennington GP surgery. This is an amazing group that is incredibly welcoming and supportive and we had lots of fun when Allington New Age Curling group joined us so we could all have a go. Unfortunately, curling is not my strong point but I'll definitely be visiting Allington Village Hall again to keep practicing.



If you would like to know more about what is taking place in Grantham and surrounding villages or how to access support for mental health and wellbeing, please contact me at ccgrantham@shinelincolnshire.com.

Community Connectors Updates

James Prentice, South Lincoln

One of the things I have become aware of since beginning my role as Community Connector for South Lincoln in April 2023 is how easy it is to overlook the importance of the settlements and organisations that sit at the very borders of the areas we live and work in.

One that surely cannot be missed, however, is the Bridge Community Venue on Newark Road, Lincoln. Despite being within the city boundary, its geography means that it is actually on the inside edge of the South Lincoln Primary Care Network!

The Bridge Venue has been open for a number of years now and serves the local population via an in-house charity shop. Many people complain that charity shops are so expensive these days, but that is not the case here – not only is the Bridge Venue always well stocked with clothes, shoes, accessories, electrical goods and more, the prices are extremely reasonable!

The other main part of the Bridge Venue is a community café, where a welcome cuppa, biscuits and even a piece of toast are always served with a friendly smile.

One recent development at the Bridge Venue has been a partial refurbishment comprising of a 'quiet space'. This small, homely room now allows staff, volunteers and visitors a place to have a confidential chat or receive a bit of support.

Open Monday-Thursday (10.00am-2.00pm), the Bridge Venue is often visited by various organisations who are on hand and available to offer different types of advice and signposting to various services.

So, if you're in the area, please do pop in and see what's happening!

Elsewhere, the South Lincoln Partnership Network continues to develop after being established at the end of 2023. The Network is a forum for local professionals and volunteers with an interest in mental health to come together to share ideas and updates and to work together to improve outcomes for the people in our area.

The Network has gatherings that are open to all, so

feel free to come along to the Venue in Navenby. The next get-together is on November 6 (11.00-12.30). Please get in touch for any further information regarding the community!

james.prentice@wearebridge.org or phone 07730197255







Updates Community Connectors

Shani Storrie, Four Counties

Mindspace garden held several events over the summer to support families enjoy an outdoor space. Growing plants, drawing them too and playing. This was to give families over the school holidays someone where to come and experience the outdoors and connect with it.

Going on a Bear hunt story was one of the events. With storytelling, a sensory trail and natural art materials for paintings around the garden.

Families read the story together, then explored the garden, going through the long grass in the wilded areas, then onto the water in a watering can for the river, compost for the mud (they did not like that so much), then on to the dark forest under the fruit trees, to the snow, compostable confetti with a balloon blower to make is swirl like snow this was the children's favourite), then into the cave, the new Polly-tunnel (sponsored by Burghley Family Trust and Mindspace Stamford) for the dark cave, where bears were to be found hiding is little nooks and crannies. Then they reversed the route to run away home to safety.

Then they explored the garden for items to paint with. They made some amazing pictures of the story and discovered the beauty of painting with plants and their subtle colours. Using leaves, flowers, berries, bark, burnt wood to create their own work.

The children took away the ideas to work in their own gardens to learn what they can draw and paint with and connect with nature.

At Mindspace the challenge was set to find out what people know about Stamford on The Stamford Treasure Trail 2024. The idea was to take part in a long or short route to find the hidden gems in Stamford. By following the trail of clues and finding the sunflowers along the way too. Lots of people attended and £250 was raised for Mindspace Stamford. It was a beautiful day to be out and those who came to the MindSpace Garden, wondered at the changes and we were told by one person that the fruit tree there were planted 30 years ago. The whole event was a great opportunity to work in teams to connect and learn, get out and about and give back to the community. Well done

Mindspace and all those who took part in Stamford Treasure Trail 2024.

shani@mindspacestamford.com 07513702602







From top: Tomoatoes growing at the Wellbeing Garden; natural artwork; the Mindspace treasure Hunt, Stamford

Peer Support Workers Updates

Updates from your PSW's across Lincolnshire

Peer Support Workers walk alongside those on a journey to improved mental health and wellbeing, coming from a place of lived experience. They maintain a knowledge of and collaborate with, other services and community support in the local care network they are embedded in.

Christine, Boston

During my annual leave in August, I visited Windsor Castle, I enjoy visiting historical sites and learning, here's a picture of me there.

In July I went on a Boston Community Walk from Zion Methodist Church in Brothertoft Road with an individual that I am supporting, the walk was really nice, we walked around a part of the woods which is down Fenside Road in Boston, and we walked on a section that I have not been to before and it was really lovely, it's nice to get out into nature and appreciate what it has to offer us, such as peace and tranquillity, to be able to get some lovely fresh air and look at the different plants, trees, bushes and flowers.

I like the autumn, watching the leaves fall from the trees and stepping on leaves that are scrunchy that have fallen from the trees.

Christine

Jamieleigh, Apex/Lincoln

Hi, I'm Jamieleigh and I have been with shine now for 2 months. I am just about to start integrating with the Integrated Placed Based Team (IPBT) where I will be covering Lincoln Central & Apex.

I have finished nearly all of my training and I have been out visiting lots of groups and showing my face in the community. In particular I really liked St Swithin's Church and Green Synergy! They both have lots of support to offer and I felt at home when I visited.

I have a passion for helping people so I am really looking forward to getting started and helping individuals move forward.

Although I love the summer, I love the colder darker nights when I can snuggle up on the sofa with my little ones with the candles on, especially Christmas time!

I have just been to London to watch Mrs Doubtfire at the theatre which was amazing! And I'm going to Centre Parcs for the first time in November, and I can't wait!

Jamieleigh

Donna, East Lindsey

I cannot believe I have been in this role for a year now! My caseload and training have kept me very busy these past few months!

Training courses broaden my knowledge and help me in my job role. I am now a Champion for Domestic Abuse, since completing a course with Lincolnshire Domestic Abuse Specialist Services (LDASS). I am also doing an empowerment course with them which is very helpful and has given me a lot of knowledge.

I have been supporting a service user in a wellness group which has been such a joy, seeing how far they've come since starting to do this is truly amazing.

This has made me look at my own mental health and how I look after myself. I go to regular meditation and sound bath groups that help me with my self-care.

I love the leaves falling off the trees and starting to get wrapped up nice and warm in Autumn.

As always, lam excited for the next few months, meeting new service users and training.

Donna





Updates Peer Support Workers

Dawn, Grantham & Rural

Hi I'm Dawn, Peer Support for Grantham and rural.

Grantham has some amazing places to visit one being The Visitors Centre at Wyndham Park. This is situated close to Grantham Town Centre on the banks of the River Witham. There is a very warm welcome when visiting the centre. Staff are extremely friendly and helpful sharing what is going on, and the park areas. From trails and guided walks, learning about the river and its many inhabitants one being the kingfisher if you are lucky to spot it. Many groups are run from the Visitors Centre where we share ideas and meet our communities. Pop along it's a great place to visit.

Dawn



From top: Alison Lewis, Parks and Events Community Engagement Officer at Wyndham Park with volunteer, Richard; Wyndham Park Visitor

Olivia, South Lincs' & Rural

"To do list:

-Make the bed

-Eat breakfast

-Hang the washing

-Celebrate little achievements"

To do lists...can be very overwhelming, especially if we are finding our mental health a little challenging. In the past, I remember having a to-do list of over 60 jobs at one time naturally causing my mental health to deteriorate. So, I was told about a new technique, if one day you only tick off a couple of things on your to-do list and feel a little frustrated like you haven't achieved much, did you try writing down all the other things you achieved? For example, did you make sure to drink plenty? Did you have a shower? Did you take time for your well-being? Did you speak to a friend? If so, add them to the list and tick them off. Remember your little achievements and remember that you are doing your best, you may not have gotten everything else done, but you did do something!

One thing I love in Autumn and will be ticking off my list is pumpkin picking!

Olivia



Pumkins growing in Spalding, Lincolnshire

Emotional First Aid in South Lincoln

South Lincoln Peer Support Worker, Sam Wilson, explains why he felt inspired to bring this skill in understanding our emotions to a wider audience, reducing the negative impact that can become of ignoring our feelings.

Not unlike first aid, emotional first aid could in fact save your own life. The idea of emotional first aid is about recognising and understanding how to cope with emotions when they occur. If we simply ignore these feelings, over time they could worsen and have a negative impact on our life.

There are many working parts to emotional first aid which will very much vary depending on how you access emotional aid, whether that is in the form of a group like ours or self-exploration in the form of books, videos, or research.

Both Myself and Ashleigh (Mental Health and Wellbeing Practitioner) from my IPBT team came together and collectively decided on six different topics that we would like to focus on that would ultimately become six presentations. These six areas came from a combination of my own lived experience of mental health, what seems to be universal with people struggling with their mental health and the interventions and or topics of conversations that Ashleigh explores the most with the service users she works with.

The driving force behind doing the course was so that we could have something for service users on our caseload that didn't necessarily need one to one support and that could be with the team just for the group.

The six topics we chose are recognising our emotions, is the emotion helpful to me, opposite actions, problem solving, sleep, relaxation, and mindfulness. The final two we joint together as the final presentation as we thought this would be a really nice way to end the course. Alongside the presentations I added a peer support element to the group, In order to do this we would set some time after the presentation, so that the members of the group could connect with each other. From my own experience of groups being able to connect with others who were doing the course with me was as important as the course content. I found

that I kept in contact with the people who did the course with me and became a source of support to each other as I realised that it wasn't just myself that felt and experienced certain things

Peer Support Workers **Updates**

When we were putting the finishing touches to everything, we looked at how we could eliminate the you and us element of the course. We never wanted it to be like we were teaching the people participating. Some of the ideas we came up with and implemented were when sitting down with the participants, so we are all equals, making sure that we included personal examples on the PowerPoints and that on the slides we avoided it being to word heavy.

The feedback we have received from the course has been fantastic, the people who have participated have told us that it helped them and its vital that we keep it running as it's a fantastic resource. We are incredibly proud of what we have achieved so far and look forward to seeing where it takes us in the future.

Further Information

EFA Emotional First Aid www.emotional-firstaid.co.uk www.myemotionalfirstaid.org

Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts by Guy Winch

Mental Health First Aid www.shinelincolnshire.com/book-a-course





Updates Training & Development

Shine Education & Training

Having already established the value of our Suicide First Aid (SFA) course, we added the Suicide First Aid CYP course, specifically for adults working with, supporting, or caring for children and young people (CYP) vulnerable to thoughts of suicide or suicide behaviour. Working with a grant fund through Lincolnshire County Council, of the last year we've already delivered 19 SFA CYP courses to over 200 adults.

Suicide First Aid for CYP compliments the Youth Mental Health First Aid course too, another valuable addition in supporting young people.

Our complete training offer has now expanded with dates well into 2025 covering Suicide, Mental and Emergency First Aid. Scheduled courses are delivered in our training spaces at Bert House, Horncastle and can all be found and booked on our website. With sufficient attendees, we can also deliver training to groups at your own venue as long as it is suitable, just enquire via the website or email address below.

www.shinelincolnshire.com/book-a-course education@shinelincolnshire.com

30 Jan



"The course has helped me gain more confidence around talking about suicide."



Emergency First Aid at Work

Shine Winter Course Dates 2 Dec Suicide First Aid Lite 5-6 Dec Mental Health First Aid (2 days) 10 Dec Emergency First Aid at Work 12 Dec Mental Health Skills for Managers 16 Dec Mental Health First Aid Refresher Combined Emergency First Aid at Work & Paediatric 9 Jan **Emergency First Aid** 15-16 Jan Mental Health First Aid (2 days) 20 Jan Mental Health Awareness 22 Jan Suicide First Aid Lite 23 Jan Suicide First Aid 27-28 Jan Youth Mental Health First Aid (2 days)

Support & Engagement Updates

Updates from the team supporting Lincolnshire projects

Donna, Senior Community Support & Engagement Coordinator

Autum is here again, it is wonderful to watch as the landscape changes around us, the farmers busy ploughing the fields following the harvesting of the crops, the bright and wonderful colors of the hedgerows and the falling leaves. As it gets colder it's time to don the woolly jumper and plan and prepare for Christmas, and then to embrace another new year. Where has the year gone, and what glorious sunshine we had.

I managed to visit a number of our funded projects over the summer, this included CURO - LINCS, a community farm with a host of rescued animals. It offers a range of opportunities to volunteer, care, create and learn in a safe environment. Whatever the weather it's great to get my wellies on and enjoy the great outdoors and lots of lovely animals to pet.

Along with Amber, we visited Renew project at The Hub, Nocton. The hub is a café style wellbeing space with so much on offer, lots of activities and support and a very warm welcome. Why not pop along on a Thursday morning and say hello and find out more.

Have you heard about Long Sutton Men's Shed? This is a great example of a supportive and creative space for men. They have recently launched two new funded sessions, a model railway club and a 'Silver Surfers' project that provides IT space to develop new skills and confidence with the digital world. If you or someone you know would like to learn or give something new a go, please do check it out.

Finally, with the winter months in mind, I must mention The Parochial Church Council of Heckington w/ Howell. Their fabulous "Let's Get Together" project has lots of sessions including 'let's get cooking', 'let's get walking', 'let's get crafty' and a new poetry







session too. At the same time they've recently been collecting for food for the harvest festival to support local people in need.

This is only a snapshot of the projects visited and I wish I could write about them all. There are so many great opportunities to get involved in a range of activities in the community and just taking part in something new or being around people, animals or nature is enough to give us that wellbeing boost. If you would like to know more, please look at www.haylincolnshire.com and find a project near uou.

Remember to look after yourself over the coming months.

Donna





Updates Support & Engagement

Amber, Community Support & Engagement Apprentice

Autum is by far my favourite season, I love the crunchy leaves, fresh air and just the exciting lead up to Christmas (yay).

Over the last few months, I have been transitioning into this role and have been loving it. I have visited lots of projects and have really enjoyed seeing the amazing work they do.

In July, Jaimieleigh (Apex/Lincoln Peer Support Worker) and I visited Green Synergy, Lincoln (right, top and bottom). They have all sorts of beautiful flowers and fresh produce that they use in their groups. The space incorporates so much of the wider community and this has positively impacted the growth of the space. We even got to try some of the homegrown fruit!

In September I had the pleasure of visiting Black Barn Farm's 'Black Barn Escapes' group which runs on a Thursday in Old Bolingbrook. Their alpacas (right, middle) and sheep loved being fed and their range of different facilities and spaces meant that there was something for everyone. Being outdoors in the Wolds felt so tranquil, it's one to visit if you're an animal lover and love walks with a view.

Ben and I took a trip out to Doddington Hall to visit both Land and Leaf Collective and Old Wood Organic at their new home. Land and leaf Collective have a beautiful new site with a canopy and fire pit in the tranquillity of Doddington Hall's woods. This will be used for the range of groups they hold including the parent and carer group. Old Wood Organic are holding their forest bathing in their new woodland space with the help of Aries (the cutest furry friend ever), guiding participants along a wellness journey through the paths of the woods. Read more about Land and Leaf Collective and Old Wood Organic later in the newsletter.

Wishing you a cozy autumn! Amber







Team Shine Updates

Welcome to the team...

- 1. Coffee or tea? Tea
- 2. Breakfast, dinner or tea? Tea
- 3. Cats or dogs? Dogs
- 4. Summer or winter? Summer
- 5. Morning or evening? Evening
- 6. Salty or sweet? Sweeeet
- What is your guilty pleasure? Staying in bed until noon which doesn't happen as often as I would like!
- 8. What is your go-to karaoke song? Tina

- Turner Rolling on the River
- 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? Sunny and hot!
- 12. What has been your favourite age so far? 32
- 13. What is your go to dinner? Fajitas!
- Jamieleigh, Peer Support Worker

- 1. Coffee or tea? Tea
- 2. Breakfast, dinner or tea? Dinner (which is what we call tea down south!)
- 3. Cats or dogs? Dogs
- 4. Summer or winter? Summer
- 5. Morning or evening? Evening
- **6. Salty or sweet?** Sweet
- 7. What is your guilty pleasure? Singing along to the radio in my car
- **8. What is your go-to karaoke song?** Shallow by Lady Gaga

- 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? Sunny days
- 12. What has been your favourite age so far? My twenties
- **13. What is your go to dinner?** Chilli con carne with jacket potato

Ally, Hoarding Support Worker

- . Coffee or tea? Tea
- . Breakfast, dinner or tea? Dinner
- 3. Cats or dogs? Dogs
- 4. Summer or winter? Summer
- Morning or evening? Evening
- **6. Salty or sweet?** Sweet
- ?. What is your guilty pleasure? Crisps
- What is your go-to karaoke song? The Killers Mr Brightside

- 9. What mythical creature would you believe was real? Fairy
- **10. What is your favourite colour?**Navy
- 11. What is your favourite type of weather? Sunny!
- 12. What has been your favourite age so far? 17
- 13. What is your go to dinner?
 Chinese
- Katie, Business Administration Apprentice

- 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 normally awake by
- **6. Salty or sweet?** Depends what it is but savoury over saltu
- 7. What is your guilty pleasure? A piece of 90% dark chocolate
- 8. What is your go-to karaoke song? I like anything by Robert Palmer, but never sing! Trust me I have a voice that could be a bird scarer...

- 9. What mythical creature would you believe was real? A Griffin
- **10. What is your favourite colour?**Blue
- 11. What is your favourite type of weather? Sunny
- **12. What has been your favourite age so far?** At 63, I am still alive so a real bonus!
- 13. What is your go to dinner?

Chicken and veg curry

Pat, Peer Support Worker





Eresby School's got a new sensory garden

by Students in Oak Class

Here at Eresby School we have recently updated our sensory garden. Very kindly our caretaker Simon and his wife have spent alot of their own time, over the summer holidays replanting and revamping the sensory area. They have transformed the garden into a beautiful, relaxing, colourful, calm and peaceful space for our students.

This sensory garden is accessible for all students, but especially enjoyed by students with profound and multiple learning disabilities. They can experience travelling on different textures and learn all about the wonders of nature, experiencing the amazing sights and smells. The garden has a water feature, a seating area and a bug hotel. Our garden is now a fabulous sensory experience, for all of our amazing students at Eresby Special School.

Eresby Special School is located in Spilsby, Lincolnshire and caters for pupils aged between 2 and 19 who have a diverse range of special educational needs.

www.eresbyspecialschool.co.uk 01790 752441











VVVHD 2024

This year's World Mental Health Day focused on mental health in the workplace.

The Mental Health Foundation's World Mental Health Day, observed on October 10, 2024, is a global effort to raise awareness and mobilise support for mental health issues affecting millions. This year's theme emphasises the importance of fostering mental wellbeing in the workplace, recognising that the demands of modern work environments often impact employees' mental health. Workplace stress, long hours, and burnout can lead to anxiety, depression, and other mental health challenges, affecting productivity and overall wellbeing. Addressing these issues is crucial not only for individuals but also for creating a healthy, supportive, and productive workplace culture.

Shine plays an essential role in supporting mental health in the workplace. Their approach combines educational training and direct support to help employers and employees recognise and address mental health challenges. Our training offer includes sessions for management on spotting early signs of mental health struggles, and our ongoing support for individuals through peer support networks can help people to find their way to employment and/ or improved workplace outlook. By empowering organisations to create a supportive environment, Shine ensures that mental health becomes a priority in the workplace, promoting healthier work-life balance, reducing stigma, and helping individuals feel supported and understood at work. Through these initiatives, Shine contributes significantly to the wellbeing and resilience of the local workforce.

www.mentalhealth.org.uk

Scan the QR code for further information on our Mental Health First Aid Training:



Shine staff's tips on looking after our workplace mental wellbeing and the worklife balance.

Go for long walks on the beach or in the countryside....

Don't check your work phone or work emails out of working hours...

Use your commute home to leave work stress behind, mentally.



(including pets!).

Find opportunities to develop your own self-awareness and understanding.

Spend time with loved ones

loved ones

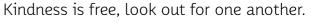
Schedule regular calls with colleagues, we all need someone to bounce off when working from home.



Have coffee and cake with a friend!

Take a good old fashioned nap!





Awareness Feature

World Suicide Prevention Day:

A conversation can save a life

Every year on September 10th, people around the globe come together to mark World Suicide Prevention Day (WSPD). The significance of this day has grown more urgent as the we grapple with rising mental health concerns, especially in the wake of the pandemic. The 2024 theme, "Change the Narrative," is a call to all of us to break the silence and tackle the stigma surrounding suicide head-on.

Suicide in England: A Stark Reality

In 2023, data from the Office for National Statistics (ONS) showed that suicide rates in England, especially among men aged 45 to 49, remained worryingly high. Although strides have been made in mental health awareness, the

reality is clear: too many people are still suffering in silence. 1 in 5 people in England will think about suicide in their lifetime and in Lincolnshire alone, between 80 and 90 people die by suicide every year. Every suicide is a tragedy and can devastate family, friends, and the wider community. Every suicide affects up to 135 people- around 11,000 people every year in Lincolnshire, and many of us will be touched by suicide at some point during our lives.

Many of these tragedies are preventable, and WSPD serves as a reminder that suicide is not inevitable. It's a complex issue with no single cause, often stemming from a combination of factors like mental illness, isolation, financial strain, or trauma.

Many different organisations offer information and support for people affected by suicide. There are also local and national services who can help. England has seen the rise of grassroots movements, national campaigns, and an increasing emphasis on mental health support. But more needs to be done, especially



at the community level. This year's theme encourages individuals, communities, and governments to act decisively. It's about fostering a culture where people can openly talk about their struggles without fear of judgment. Across England, numerous events and initiatives are being launched to bring this message home. In line with this WSPD saw the campaign launch of Preventing Suicide in Lincolnshire website and the Suicide Prevention Strategy Grant Fund.

Creating Hope Through Action in Lincolnshire

Suicide prevention efforts in Lincolnshire are co-ordinated by Lincolnshire Suicide Prevention Steering Group (SPSG). The SPSG work together to prevent suicides and ensure that support is available for people who have been affected by suicide in Lincolnshire. As a member of the group Lucy Goodchild, Shine's Communication and Engagement Manager, played a key role in the development of a new website and identity for suicide

prevention in Lincolnshire.

The webpage is a central hub of information for anyone in Lincolnshire who is looking for support or information on suicide and suicide prevention. You will find information that can help you reach safety and understanding for you or anyone else you may be concerned about or that have been affected by suicide in any way.

Key information has been provided in English, Polish and Lithuanian to make it accessible to as many people as possible and these documents have been uploaded | Signs to watch for include: to the website to enable individuals and organisations to share them.

Suicide Prevention in Lincolnshire website: www.haylincolnshire.co.uk/suicide-prevention/

If you are a professional working in health and social care or VCSE organisations and would like to find out more about the Lincolnshire Suicide Prevention Network, please email: preventingsuicideinlincolnshire@ lincolnshire.gov.uk

What you can do to help

If WSPD 2024 teaches us anything, it's that everyone can play a role in preventing suicide. Whether it's checking in on a friend, sharing mental health resources, or volunteering with local organizations, small actions can create ripples of hope.

Ian Tomlinson, our Training and Development Manager, shares some information around action you can take to prevent suicide. If you would like to learn more take a look at our Suicide First Aid courses.

- Withdrawal from social activities
- Talking about feeling hopeless or trapped
- Increased use of alcohol or drugs
- Sudden mood changes

If you notice these signs in someone:

- If you or anyone else is in immediate danger, dial
- Reach out and encourage them to seek help
- Do not be afraid to ask about suicidal thoughts, feelings or behaviours
- Let them know they are not alone and utilise the suicide prevention website.

Helplines

Text **SHOUT** at any time to 85258 Samaritans' Helpline (24/7) on 116 123 CALM (5pm-Midnight) on 0800 58 58 58

Suicide Prevention Helpline (6pm-Midnight) 0800 689

HOPELINE (24/7) 0800 068 4141 or text 88247



If you or someone you know is dealing with thoughts of suicide, has lost a loved one to suicide, or is supporting a person at risk, we are here to help.

> You matter. Your life matters. Together, we can find hope



How Are You Lincolnshire | Suicide Prevention (havlincolnshire.co.uk)



H.A.Y. Preventing



Amparo means 'shelter or 'safe haven' in Spanish and provides support for anyone

www.amparo.org.uk





Need urgent support for

Call NHS 111

OR

thoughts of suicide?



Dementia Feature



Bob's Brainwaves: An indespensible resource for dementia carers

Science estimates that over one and a half million people will have dementia by 2040. Families affected by a diagnosis of dementia can feel lost and overwhelmed about how to care for a loved one all whilst facing the emotional turmoil of the diagnosis. It's hard to know where to get the help and support that may be so desperately needed. Cue Bob's Brainwaves help pack!

Bob's Brainwaves help pack is more than just a pack of resources for those caring for someone diagnosed with dementia. The packs are the result of creator Chris Suich's experience as a carer for her husband, Bob. Chris found out first-hand how difficult it was to find the information she needed. 'Getting that diagnosis was bewildering and scary,' she says, 'there was a lack of information, and it was not easy to find.'

Over the years of caring for Bob, Chris kept together all the forms and information she gradually discovered but found that a lot of it she didn't know about early on making the journey more difficult to navigate. She hopes that by doing this she can 'save others time and stress and to hopefully lighten the carer's load.'

Inside the pack there are forms that carers might not know about such as The Herbert's Protocol (an initiative from Lincolnshire Police to register your loved one and to get a wrist band which contains next of kin details in the event of them getting lost), the CEA cinema form where you can register for a CEA card (small cost) to enable a carer to go to the cinema for free with those they care for. Useful information about organising Power of Attorney, contacts for the bladder and bowel service, Admiral nurse contacts and a useful booklet on how to avoid scammers. 'These are the sorts of things that are so helpful but not everyone knows about. I had no clue, but I learnt as the disease progressed,' recalls Chris.

Chris used simple signage around the home when the 'Post-It notes' didn't work. She then collaborated with Rebecca Lynch from specialists in educational signage, the Widgit Company, to produce simple signs and pictures for when loved ones find processing of words and meaning difficult. 'As a special needs teacher I knew they would be invaluable to Bob and the company worked with me to provide packs on communication, safety, activities and hygiene.' The signage isn't included in the pack but information on how to download it for free is, and they're available to anyone who needs them in East and West Lindsey, or, anyone can access them from the Bob's Brainwaves website (www.bobsbrainwaves. org.uk). The signage has received amazing feedback and have been downloaded nearly 900 times in just 3 months! They're used in various places including local care homes.

Bob's Brainwaves is now a charity with Chris as its founder. Following the pack launch in East Lindsey nearly 600 packs were given out. In order to help more carers and loved ones, Chris set her sights on West Lindsey, launching the pack there at an event in September. 'The packs are for anyone looking after someone who has had a recent diagnosis in the West Lindsey area. We already have a waiting list there and we are eager to get the packs out,' she explains.

Chair of West Lindsey Council Stephen Bunney opened the event on the 26th September and other guests attended including soundLINCS and Fay Gorwood, the 84 year old who did a sky-dive to raise funds for Bob's Brainwaves! A moving letter was read out about a gentleman who had received a Bob's Brainwaves pack for a family member and how it had motivated him to do a sponsored bike ride so more carers could have a pack.

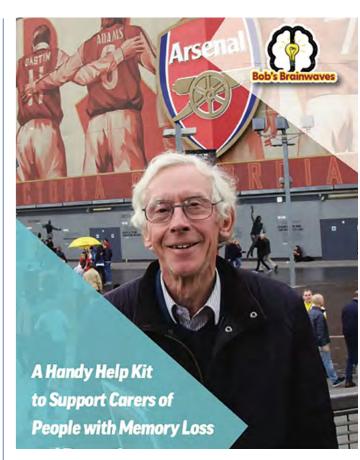
Packs will be given out at the Memory Cafes in West Lindsey (locations like these will all be listed in the pack too), or via The Memory Clinic, in North Hykeham at the point of diagnosis.

Chris says: 'At Bob's Brainwaves the small group of volunteers, the trustees, are totally committed to supporting getting these packs to the carers of loved ones with Dementia. We are most grateful to anyone who has donated to our charity to help us help others.'

If anyone has received a dementia diagnosis or cares for someone that has then they can contact Bob's Brainwaves via the website where you can also download the mentioned resources:

www.bobsbrainwaves.org.uk (or scan the QR code) support@bobsbrainwaves.org.uk.







Other sources of support

- Carers First www.carersfirst.org.uk/lincolnshire | 01522 782224
- Alzheimers Society Lincolnshire
 www.alzheimers.org.uk/support-services | 01522
 692681
- Carers Wellbeing Service
 CarersService@lincolnshire.gov.uk | 01522 782224
- Dementia Support Lincolnshire www.lpft.nhs.uk/memory-support





Living Well Feature

Ageless & Agile:

Moving, learning and ageing well, together, with Magna Vitae

Magna Vitae is a non-profit charitable trust set up to deliver health, leisure and cultural services within East Lindsey. Magna Vitae's aim is to improve the lives of people within East Lindsey through sport, art, health and culture. Our mission includes the promotion and maximisation of community participation in health and recreational activities. We strive to achieve this within our four leisure venues in Skegness, Louth, Mablethorpe and Horncastle, the Embassy Theatre in Skegness and out in the community.

Ageless & Agile transpired from other projects the trust facilitated before the Covid pandemic. It started with just one weekly session at the Meridian Leisure Centre in Louth. The additional funding from the Mental Health and Wellbeing Community Investment Fund (MHWCIF) then enabled the project to grow further and now there are 4 sessions a week in our leisure venue locations, either within our venues themselves or close by in the community. The project supports individuals to reduce social isolation and increase their physical movement and activity levels, health literacy and knowledge of the prevention and management of long-term conditions. Through interactive sessions participants are empowered to develop their skills, increase selfconfidence, encourage socialising and most importantly, have fun. The project brings in the resources of 'Sporting Memories' to provide reminiscence and nostalgic

activities to spark conversations and interest.

Marko, Sarah and Liezi, who deliver the project, combine their skills to provide a unique combination of support, fun and competition in an inclusive and welcoming environment. Exercise takes place during each session in an informal manner, including seated exercise, tai chi, and games such as indoor kurling, boccia and indoor volleuball.

Although not necessarily reaching their 150 minutes of exercise each week, participants are increasing their activity levels without noticing. They're moving more and improving their strength and balance. Occasionally groups have 'away day' sessions and visit other venues, including the tennis centre in Louth and the Eco Centre in Skegness. There are plans for the Louth group to take part in archery in the near future. The project works closely with the 'Exercise on Prescription' project delivered in Magna Vitae centres in partnership with One You Lincolnshire, providing alternative or additional activities for individuals for whom the gym may not necessarily be the most appropriate option.

The sessions foster a true 'family' atmosphere, where participants not only come together, but also provide a supportive network for one another. This was exemplified during our recent Dementia Friendly Sports Day. The 'Spring Games' took place at the Meridian | Other activities focus on providing practical information, Leisure Centre, Louth as part of Dementia Action Week (13th - 19th May 2024). The team at Magna Vitae came together to provide an afternoon of simple, inclusive games, inviting participants from our community groups and local dementia cafes, as well as children from one of the local primary schools. We were also grateful to have representatives from Lincolnshire Police and Lincolnshire Fire and Rescue, who thoroughly got involved and showed their support. The games which included golf, egg and spoon, bean bag target and tabletop activities were all devised by the team to provide adapted versions of games which could be enjoyed by everyone. It provided a lovely afternoon filled with fun, laughter, friendship, and a strong sense of community spirit. There were no age or mobility barriers as inclusion and diversity were at the forefront of the games. The leaders and young school helpers embraced making the games enjoyable for everyone and the afternoon finished off with an awards ceremony and tea allowing time for a well-deserved rest and a chance to have a chat.

A key aspect of Ageless & Agile is encouraging participants to explore new opportunities and interests, often things they may not have previously considered or had access to. But the programme also invites participants to share their own skills and passions with the group. For example, 'Woven Together' involved all groups knitting squares which were sewn together by one of the long standing (and skilled) group members to create a blanket which will be donated to a local charity. Some of the participants were taught to knit by other group members, so the blanket created was a real team effort of sharing, teaching and learning.

often in collaboration with external partners. For example, Lincolnshire Police offer scam awareness sessions, and participants have had the opportunity to share their health experiences with representatives from the NHS Lincolnshire Integrated Care Board.

As part of session planning, the team use national campaigns and awareness days to inspire their sessions and have recently covered a wide range of topics which encourage healthy living. This includes eye health and migraine awareness, the month of movement for physical activity, blood pressure awareness and urology and kidney health. Participants are provided with the information to assist them in in making healthy choices and are given suggestions on how they can make small changes to improve their chances of living well for longer. The project is now a well-established component of Magna Vitae's community activities, with strong connections to local partners for effective signposting and support when needed.

Ageless and Agile (Impact on Health Award) and the "Spring Games" Dementia Friendly Sports Day (Active Event Award) are both finalists in the Active Lincolnshire Physical Activity Awards 2024, winners will be announced on Thursday 7th November 2024.

Magna Vitae have leisure centres in Skegness, Mablethorpe, Horncastle and Louth. Head office 01507 607650 www.magnaviate.org















Integrated Lifestyle Service:

Free support to help everyone live well, from One You

The One You Lincolnshire Integrated Lifestyle Service is a free, comprehensive health and wellness initiative designed to support individuals in Lincolnshire in making healthier lifestyle choices. It offers a variety of programmes tailored to address different aspects of wellbeing, providing personalised support and guidance to help individuals achieve their health goals.

One of the core components of the service is the Adult Weight Management Programme. This programme is designed to assist adults in managing their weight through a combination of nutritional advice, physical activity, and behavioural support. The approach is holistic, ensuring that participants not only lose weight but also adopt sustainable habits that contribute to long-term health. Similarly, the Child Weight Management Programme focuses on children and their families, offering tailored support to help young people maintain a healthy weight. This programme emphasises education, promoting healthy eating and physical activity habits that can be carried into adulthood.

The service also includes a Stop Smoking Service, providing expert support to individuals who want to quit smoking. This is crucial in helping people overcome nicotine addiction, offering a combination of behavioural support, access to nicotine replacement therapies, and ongoing encouragement to help them achieve a smoke-free life.

The Move More Service encourages individuals to incorporate more physical activity into their daily routines. Whether someone is just starting out or looking to increase their activity levels, this service provides tailored exercise plans, advice, and support to make physical activity a regular part of their life.

Additionally, the Drink Less Service offers support to those looking to reduce their alcohol consumption.



This programme provides guidance on understanding drinking habits, setting goals, and developing strategies to cut down on alcohol intake in a safe and sustainable way.

For those who require additional support to stay active and prevent falls, the Strength and Balance Service is available. This programme focuses on improving physical strength, balance, and coordination, which are vital in maintaining independence, especially for older adults.

Lastly, the Health Coaching component of One You Lincolnshire is designed to provide personalised guidance and motivation to individuals across all these areas. Health coaches work with clients to set realistic goals, overcome barriers, and make lasting changes to their lifestyle. By integrating these diverse services, One You Lincolnshire offers a robust and holistic approach to health and well-being, empowering individuals to take control of their health and lead a healthier, more fulfilling life.

Visit our website to find out if you're eligible for the One You Lincolnshire programme and to self-refer or contact us for any questions.

www.oneyoulincolnshire.org.uk hello@oneyoulincolnshire.org.uk 01522 705 162

Sapphire Socials:

Friendships are forming across Spalding, Boston, Holbeach & Wyberton.

I'm Claire and I've been the Activities Coordinator for Age UK Lincoln and South Lincolnshire for nearly two years, working across the south of the county. I could not love my job more. Bringing older people in our community together, helping to combat isolation and loneliness, as well as helping to look after their physical and mental wellbeing is hugely important to me.

I get to meet such lovely people every day at the various groups that I run, and every group is different – we truly have something for everyone!

We have friendship groups in Boston, Spalding and Holbeach, where we chat, play games, hold quizzes, have guest speakers, try our hands at crafting, flower arranging and even do some gentle seated exercise. If you prefer something a little more energetic, we have a very friendly walking group in Bourne every week (where stopping for a cuppa and a natter afterwards is a must!), as well as a snooker group and a stroll line dance class in Boston, and now our Sapphire Socials ten-pin bowling group in Boston. If crafts are more your thing, we have a group that meets twice a month in Spalding, you can take your own projects, or join in on what the group are creating that week. I also run PositiviTEA groups in Holbeach, as well as our newest Sapphire Socials group in Wyberton. These are more relaxed with no structured plan, just a place to 'be'. To come and chat, if you want to, or to sit and have time to yourself in a place where you are safe and not alone.

All of the groups are dementia friendly, and our Sapphire Socials PositiviTEA group in Wyberton is FREE, with refreshments included, and open to those struggling with their mental health, those living with dementia and their

carers.

At all of our groups, help, support, advice and signposting is always on hand from myself and my amazing team of volunteers.

If you would like further information on any of the groups in your area, call us on 03455 564144. More new groups will be coming soon, so if there are currently no activities in your area, we can keep in touch to let you know when something new starts.















Living Well Feature

Healthy Body, Healthy Mind:

Yoga & talking therapy in Lincoln by NW Counselling Hub

Stress Awareness Day falls on the 6th November, and is a good time to check-in on your mental and physical health to ensure you've got that balance as best as it can be. Healthy Body, Healthy mind was created by NW Counselling Hub (NWCH) and Central Wellness with the intention of combining gentle, accessible exercise which incorporates breathing techniques, mindfulness and presenteeism, with the space for like-minded people who have experienced similar feelings and events to speak about their experiences and difficulties in a judgement-free, comfortable and safe environment.

The yoga is facilitated by a Central Wellness Yoga Instructor, John, who has a wealth of experience and training. The group therapy session following the yoga is facilitated by an NW Counselling Hub counsellor who has valuable experience working in group settings, and working with people who have a range of experiences and issues.

Both facilitators have completed Applied Suicide Intervention Skills Training and are able to deal with a multitude of scenarios and issues presented within the sessions.

Healthy Body, Healthy Mind consists of a programme of 6 sessions, on consecutive weeks, on a Monday evening from 4:30pm -

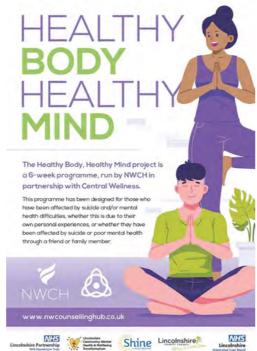
6:45pm. This involves 1 hour of yoga, which can be made fully accessible by the instructor for those who may not have full mobility or physical fitness. However, these people will not feel singled out by John (opposite, right) - he will ensure that the class is modified to ensure that everyone is included, and not singled out.

Then follows a 15-minute break for refreshments and a rest, before 1 hour of group talking therapy,

"I needed some support. I needed to relax, have some self-care time and to meet new people."

facilitate by Amy.

Amy (opposite, left) is an experienced counsellor on a one to one and group therapy basis. This time allows attendees to talk about - or listen to - anything that attendees feel comfortable in discussing. This may be reasons for joining the group, personal struggles that they are facing, or difficulties that they have overcome.



The intention of the group is that attendees are people who have been affected by mental health difficulties and/or suicide. Whether this is through their own struggles, or through someone they know, such as friends or family.

We ask the attendees to give us feedback on the group, so that we know what is working well, what we may be able to consider improving, and the benefits that attendees are gaining from the group. One attendee said: 'I came to Healthy Body, Healthy Mind because I needed some support. I needed to relax. have some selfcare time and to meet new people. I found that the yoga and group talking time has improved my selfconfidence hugely. I have gained self-esteem and been able to take care of myself for the first time in a long time. Thank you, Amy and John. I feel really supported and I can now look forward to continuing my journey'.

Our NWCH counsellor, Amy, said 'I had never really done yoga before, but I get involved with the yoga aspect of Healthy Body, Healthy Mind, as well as facilitating the group talking session, because it means that I can embed myself within the group, and really get to know them so that I can help them as much as possible in the group talking session. I have really been noticing the physical and mental benefits of the yoga, and I really enjoy it.'

'In terms of the group, it is lovely to see them talking amongst themselves, forming relationships with one another and gaining the benefits that the group intends to bring. Many of the attendees mention that they are experiencing loneliness, and it is clear to see that the bonds they are forming outside the group are meaningful. The environment is warm and



non-judgemental. It always feels friendly and has no pressure for anyone to feel as if they have to speak about certain things. I have gained so much more from the



group than I ever thought I would, and I think the attendees have too".

For more information about the group, email

admin@nwcounsellinghub.co.uk



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

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

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



CHARITY SHOP EVENT SUPPORT

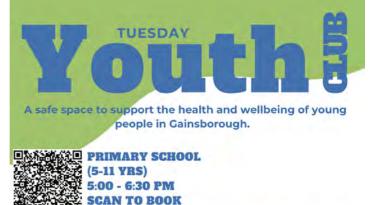


info@shinelincolnshire.com

www.shinelincolnshire.com

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

ShineLincolnshire @ShineLincs @Shine_Lincoln





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









The Shine Cup 2024

Wright Way Sports had very kindly organised the Second Shine Lincolnshire Cup, this took place on July 20th at Kexby playing field and what a day it was.

At 8am on a dewy morning in July, community groups were milling around Kexby Playing Field near Gainsborough, warming up for a day of inclusive sport, some light competition and a showcase of local health and wellbeing support. More than anything, the day was about getting active and having fun!

In association with Wright Way Sports, Shine held their second annual 'Shine Cup' on 20th July all in aid of raising funds for our charity! The day 'kicked off' with free workshops and taster sessions for ages 2 years and up! All of these were adaptable for all abilities and amongst them were some dance sessions from the Wright Way Sports dance group, another great way to get active. The taster sessions were followed by a mini tournament of junior football teams including teams Wright Way Sports U6's, Hykeham Tigers U6's, 4-6 Year Old's Football Centre's Ability Counts Team, Gainsborough Trinity U7's, and Crowle Colts U7's. Bert handed out medals and trophies to all the teams and a high 5 before everyone ran off to see everything else that was happening.

Around the pitches the playing field was full of fete-like activities. Opportunities to get crafting were offered by







'Handmade by Jules', 'Crochet by Claire Louise', wood crafts from 'Sturton and District Shed Club'. There were Bert face paints, glitter tattoos, and Beryl's Bargains at the Shine stand, plus opportunities to enter the big summer raffle. Bottle toss, penalty shootout, guess the sweets in the jar and free prize draws were dotted around from Wight Way Sports, Shine and Utility Warehouse. Queues formed quickly for Sasha's ice cream van and C & J Tuby catering. Importantly, there was ample opportunity for people to come across support services or community groups they might not have heard of such as the Gainsborough Night Light Café, The Men's Shed and Gamcare as well as information from all the groups previously mentioned.

As the clock struck 1pm it was time for the main event, the match for the Shine Cup. A team made up of staff from Wright Way Sports, Shine Lincolnshire, Positive Futures, Benjamin Adlard Primary School, Gainsborough, Hykeham Tigers FC and a few family and friends, versus Thonock Rangers of Gainsborough. The game was played in very warm temperatures and got off to a great start the Wright Way - Shine team, they were leading 5-0 at halftime and looked to be cruising to victory.

The second half saw Thonock Rangers get a goal back and push back the goal threat from the Wright Way - Shine team. The last 5 minutes saw an appearance from Bert who appeared to find it a great honour to be part of the team and high fived the captain, Brad Wright.

In total the day raised a whopping £1,600 for Shine Lincolnshire but more than anything everyone had a smile on their faces, found out lots about their community and made the day a wonderful success. Look out 2025, we will come back bigger and better!

A huge thanks to absolutely everyone involved in making the day fabulous. On and off the pitch, behind







the stalls, in the organisation, the donation of raffle prizes – none of it could be done without you.

Positive Futures www.lincolnshire.gov.uk/youngpeople/positive-futures Wright Way Sports wrightwaysports.co.uk







Shine's Family Fun Day

On 14th August 2024 Wyndham Park in Grantham was a great hive of activity; lots of laughter and smiles, people working together, enjoying a variety of sporting and craft events and full of people enjoying a free family fun day.

Grantham is an amazing town with lots of supportive, encouraging and caring community groups. Grantham is also a town, like many others, where a lot of the residents are struggling with the everyday increase in living costs and the summer holidays are always an increased pressure. There is the added cost of feeding children who are off school, trying to find activities for them to do that you can afford but also a lot of the usual community groups and places people may go for mental health support are closed over the summer months.

I came up with the idea to host a Family Fun Day where there were activities available for both adults and children of all ages so the family could enjoy a day together; whether it be parents and their children or grandparents and grandchildren. I wanted to provide one day in the summer holidays where people didn't have to worry about how much the day would

cost them and would they be having to say 'sorry kids, we simply don't have the money' all whilst showcasing the great community groups and activities available within the town that support with physical and mental wellbeing.

I also wanted an opportunity where people could meet staff, volunteers and professionals from the groups and support available in a relaxed environment whilst enjoying the events together and to be a safe place to find out more about support was available throughout the year. Thank you to the team from Shine Lincolnshire and How Are You (HAY) Lincolnshire for being there all day, sharing all this information with people.

We were lucky to be able to offer tennis coaching from Grantham Tennis Club, football coaching by Wright Way Sports, garden games and a rowing challenge provided by Positive Futures, guided bike rides from Reconnecting Grantham, Community Craft by Grantham Arts CiC, an opportunity to learn more about HAY Lincolnshire, health checks provided by Lincolnshire Co-op, singalongs and games by St. Anne's Church, children's craft supported by K2 Healthcare and







Community Event



Wyndham Park Visitor's Centre, Yoga by Right at Home Care and amazing glitter tattoos by our very own Lucy from Shine Lincolnshire.

We are also very grateful to Morrison's Grantham, Jubilee Church and Lincolnshire Co-op for making it possible for 50 pre schoolers to enjoy a free picnic lunch at our teddy bears picnic and to the amazing team from the Community Centre at RAF Waddington for donating enough teddy bears for each child to find a new cuddly friend for them to take home.

And of course we can't forget our very own loveable Bert who joined us for all the activities and even had a go at Yoga! I know the children loved him joining in with their singalong at lunch time and I saw lots of high 5's and selfies being taken with him.

The day was definitely one to be remembered for so many reasons but the highlight of my day was seeing the art project organised by Grantham Arts come together and that so many people contributed too. Getting to see everyone taking such pride in their work as they signed their names on their section and then to see it all take shape at the end of the day really was something very special. Our community produced something amazing when they worked together! This great artwork is on display in the corner window of Wyndham Park Visitors Centre for everyone to see.

The day was such a success that I think we will have to make it an annual occasion

Thank you to everyone who made the day possible including the staff and volunteers from Wyndham Park, SKDC, K2 Healthcare, LPFT, Shine Lincolnshire and many others from Grantham's Mental Health Partnership Board for helping on the day and everyone







who came to enjoy it!

If you would like to know more about what activities and support is available in Grantham and surrounding villages, please do contact me, Jo Taylor, Community Connector.

ccgrantham@shinelincolnshire.com www.facebook.com/GranthamCommunityConnectors

BERT HOUSE @ CHRISTMAS **Horncastle Christmas Market Sunday 8th December** We will be open for the duration of Horncastle's annual Christmas market, pop-in for goodies, support, or a sit down with a mince pie! **Christmas Raffle Draw Tuesday 10th December** 9am-3pm Come and have a cuppa and find out who has won...there might be some chocolates and mince pies too! **Shine On Christmas Party Thursday 19th December** 9am-3pm Join us at Bert House for a Christmas get together with breakfast & lunch, along with crafts, music, games, pool and lots more...all welcome! For more information email info@shinelincolnshire.com Bert House, 7 Bull Ring, Horncastle LN9 5HX

Farming County Feature

Lincolnshire Rural Support Network

As they say not all superheroes | that create barriers to them | bank holidays, 8am - 8pm. If wear capes and that's true of Lincolnshire's agricultural and horticultural communities. Working long hours, often alone for little reward other than a sense of pride, Lincolnshire's farmers and growers continue to work that land and grow the crops and food that furnish our tables. These are the real superheroes in our county, you could say being a farmer or a grower is just a job, but we would say it's so much more than that.

The team at Lincolnshire Rural Support Network walk alongside the agricultural and horticultural communities, supporting them in times of need, crisis or stress. Our staff and volunteers deliver practical support across a range of issues, which is completely responsive to the needs of our clients. Everything we do is underpinned by our commitment to building trusted confidential relationships, and is directed towards offering a hand of friendship, support without judgement and an understanding a crisis hotline, the volunteers each individual case, pulling in that we all face difficult times. offer a reception service for our LRSN walks with and empowers casework team. The helpline is as and when needed. There is no people to address the challenges available every day including "one solution fits all" with our

fulfilling their potential; helping them get back on track together.

Here at LRSN we recognise it can be difficult to reach out for helpline@lrsn.co.uk.

people are finding it difficult to pick the phone up initially, we do have a helpline email where people reach the same end result,

"Not all superheroes wear capes, some drive tractors!"

help, we therefore to try to be Once a call or email has been as accessible as possible for the whole community. Our helpline is often the first port of call when contacting LRSN, not only for the person in need but for family or friends to share concerns also. Our helpline is 100% confidential, our volunteers are trained to listen, and they offer no judgement, LRSN however is not an emergency service and our helpline is not

received our casework team assess the individual needs and put a plan to support those needs in place.

The LRSN casework team work on a one-to-one basis with individuals, responding to referrals made in person or by others to our helpline, email or at one of our drop-in advice points. The caseworkers will look at the bigger picture of different members of the team casework, we ensure that we are there to support people for as long as they need us to be there, this could be a few weeks or as long as a few years. Our casework team is made up of staff and volunteers who have a range of experience including physical and mental health, stress, legal, finance, business, tenancy, and a range of other issues; the team work collaboratively to enable the highest level of support is available to Lincolnshire's agricultural and horticultural communities.

Not only do we provide casework support, but we also offer a health screening service to the agricultural and horticultural communities, which is delivered through drop-in clinics at Louth Livestock Market, Spalding Auction and Melton Mowbray Livestock Market. We also have a mobile Health Hut that travels to local shows, seed trials and agricultural machinery sales, which is a perfect opportunity for people to drop in and see one of our nurses without having to book an appointment, or without having to take their dirty boots off! We go to the places our clients are which is what makes us accessible. We also provide a digital clinic through our website called 'click book chat' which enables people to make appointments and follow up chats with our nursing team at convenient times to them. Our website hosts a number of selfhelp guides that can be accessed at any time so there is health information available 365 days a year. All of our health screening is overseen by our volunteer medical director and delivered by registered nurses.

The latest project the LRSN team have started is our Women

agriculture, horticulture and allied industries to come together and meet socially, creating opportunities to develop peer support relationships alongside providing health and wellbeing support. We recognise that women within the agricultural and horticultural industries are often spinning several plates, perhaps with their own job but also supporting the farm in various different ways, raising the children and trying to be a wife all at once. Our hope is that Women in Wellies will help to improve the mental wellbeing of women by providing social interactions with like-minded people, and that it will improve the physical wellbeing of women through health led sessions. In addition to this our nurses offer opportunities for health checks alongside a focus on topical health concerns (for example sexual health, menopause, cancer awareness, anxiety). As well as creating a safe and friendly environment for women in the industry we would also like to increase the awareness of LRSN through our reach into farming families via the women we engage with during the Women in Wellies meetings and events.

in Wellies project. Women in

Wellies was designed to create

opportunities for women in

LRSN Free Helpline (8am-8pm daily) 0800 138 1710

Enquiries info@lrsn.co.uk www.lrsn.co.uk

Women in Wellies

If you are a woman in the agricultural or horticultural industry and would like to come along to one of our Women in Wellies sessions we are constantly updating our website, so take a look on www.lrsn.co.uk and click on the pink wellies.

Upcoming dates, with more detail on the website...

- 4 November '24 Mindfulness with Sarah Hardu
- 20 January '25-Inspirational Women, Sally Jackson The Pink Pig
- 11 February '25 Rachel Green, The Lincolnshire Chef

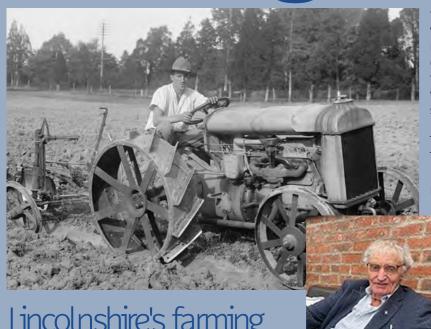
Did you know?

- Lincolnshire is one of the UK's largest food sector, employing 100,000, including food retail and is the largest agricultural sector in the UK,
- As a major contributor to the UK's food production, Lincolnshire produces 30% of the country's vegetables and 18% of its poultry.
- The agricultural and horticultural Lincolnshire generates £3.4 billion in turnover annually.
- Arable land is the most common type of land in Lincolnshire, covering 84% of the farmed area. This is higher than the national average of





Farming then ...



Lincolnshire's farming community transcends generations
by Debra Wright & Sammy
Ambrose

Farming has always been a cornerstone of life in Lincolnshire, but the ways in which farmers work have transformed dramatically over the decades.

Farming way back when.....

Harrison (above, right) was born on his Grandad's farm in 1935 and in 1944 his dad purchased Orchard Farm, Thorn.

Farm life back then was very different, no electricity, just Tilley lamps and candles; no mains water, just a bore well; no mains sewage, just earth toilets and definitely no mobile phones, computers or any kind of technology, in fact the farm didn't even have a landline.

From a young age Harrison helped on the farm before and after school, and after leaving school aged 15, worked the farm full time. Harrison worked with his dad and mum, and a casual labourer when they could get it - at the time the coal pits were open and paid better than farming!

The 117-acre farm consisted of livestock and arable crops. There were dairy cows, chickens, pigs and geese. Most

things went for sale and were collected by various small trucks throughout the week. The milk would be collected daily, put into 10-gallon churns and left outside for collection. No fridges in those days, so if it was a warm day a big tank would be filled with cold water, and they would stand the milk in there!

Tractors were also a bit different back then. The farm started with two horse and one old Fordson tractor that ran at 4 miles an hour with no lights (a 1925 Fordson pictured above). Over

the years one horse remained and they progressed to a brand-new Nuffield TVO Tractor (approx. speed 18miles per hour and it had a light!).

A a day on the tractor in the fields, especially around Harvest time, would be long and hard. There was no cab to these tractors, no heaters or air-con, inhaling the smells of paraffin and petrol while you worked, no radio and as for health and safety - there was none!

Days were long and manual, generally starting with milking the cows **by hand** (in the beginning and until circa. 1949/50's). This would be done twice a day but big producers did it three times a day. All the animals would need feeding, tending to and cleaning out daily.

"No cab to these tractors, no heaters or air-con, inhaling the smells of paraffin and petrol while you worked."

Farmers were out in all weathers (and still are!), with a pack-up and some water. If you were caught short on the far side of the field facilities were 'nature-based'.

Family meals on the farm were the best, most of it home grown and produced and very organic. Being organised was key with no shop near by and transport limited. Although way back then a bakery van did deliveries once a week, Harrison recalls it was 'Whiton's'.

In 1952 Harrison and the family moved to Upton to a more modern farm where the village even had a local shop. Harrison continued to farm with his dad until 1974 when his father decided to retire. By now Harrison was

& farming now

married to Mary with two children and another on the way. He left farming and went to work at West Burton Power Station, they were the only two jobs he ever had.

Harrison looks back on farming with fondly but recalls the hard graft! He remembers things being more simplistic in those days, a tractor was a tractor not a computer, and the limited spare time you had was filled with fishing the rivers, bike riding and swimming in the canals and rivers! There were a few more boats and barges on the waterways then, so you had to be careful. Whilst Harrison preferred these things because they were free, he did say the occasional visit to the cinema was a treat and a good night out, and had he not paid to go to Mr Duffy's dance class he would never have met his wife Mary!

Nowadays, aged 89, Harrison leads a slower life, still living in Upton, where he enjoys sitting outside the front of his house watching the world go by, which includes seeing all the modern farm equipment and tractors that go a lot faster than his did. And they have lights, a comfy seat and are a nice cab!

"Climate change brings risks of extreme weather events and pest pressures,"

Modern day farming...

Matt curently operates a 400-acre arable farm in the heart of Lincolnshire. His day begins with a quick check of his smartphone, reviewing weather conditions and market prices before stepping outside. "Technology has transformed everything," he explains. His farm is equipped with GPS-guided tractors and automated irrigation systems, allowing him to manage operations from a tablet. "I can monitor the health of my crops and soil remotely," he adds, highlighting the remarkable accessibility of information compared to past generations.

Unlike the farmers of the past who relied on intuition and basic tools, todays technology increases efficiency, sustainability, and the precise application of water and fertilizers.

While traditional farmers practiced crop rotation primarily to maintain soil health, Matt uses similar strategies that are essential for combating climate change.



"Core values of resilience, hard work, and community remain steadfast,"

The market is significantly different and highly competitive these days. Matt sells some produce directly to consumers through local farmers' markets, while a significant portion goes to larg retailers and export markets. "It's competitive, but it also opens up opportunities for niche products like organic and specialty crops," he explains.

Matt's challenges are distinct from those faced by earlier generations. Climate change brings risks of extreme weather events and pest pressures, while rising costs of inputs like fertilizers and fuel can be financially straining. Such pressures can have a knock on effect on physical and mental health and relationships.

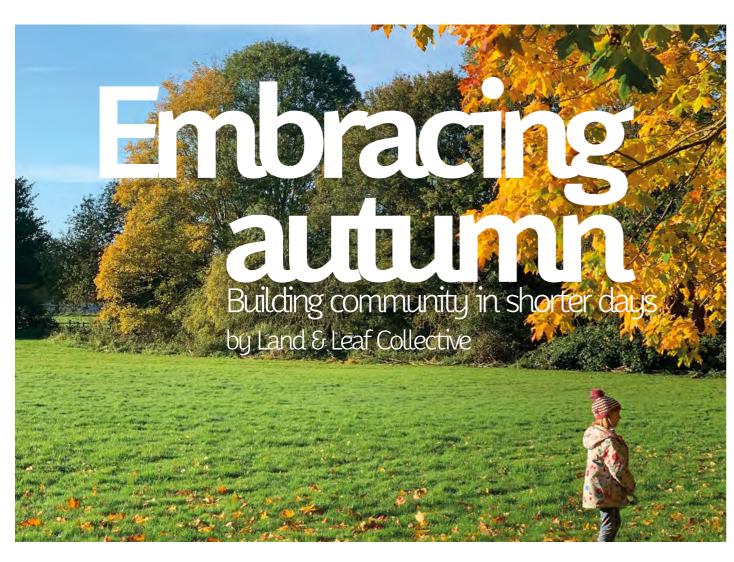
While community support was vital in previous eras, Matt also relies on networks and agricultural organisations for education and resources.

Reflecting on his role in agriculture, Matt acknowledges the legacy of farmers who came before him. "The commitment to the land and community inspires me every day," he says.

In his journey, Matt blends the tradition and innovation that characterises modern farming in Lincolnshire. While the tools and methods have transformed, the core values of resilience, hard work, and community remain steadfast, guiding Matt and his peers as they adapt to an everchanging landscape







As autumn progresses, with the days growing shorter, and the weather turning colder we can often turn inward, staying indoors more. This shift can lead to feelings of isolation, but we can consciously connect with others and build our community through shared experiences.

Nature Walks:

Bringing people together for a group walk can be a wonderful way to build community. Choose an easy and scenic route and invite friends and family, or join your local health walks group to find like minded folks. Group walks allow for social interactions, creating opportunities to share observations, learn from each other, and connect through shared outdoors experiences.

Fire CIrcle Gatherings:

As the temperatures drop, gathering around a fire offers warmth and a feeling of cosiness. Joining a fire

gathering with a local organisation can be a lovely way to connect; with cooking, storytelling, singing, or simply sharing moments of quiet reflection in natural spaces, fires have a way of bringing people together.

Community Gardens:

We are lucky to have a number of community gardens in Lincolnshire. Working together to gather the last fruits and vegetables of the season nurtures a sense of collaboration. Look out for harvest events, which can also be an opportunity to exchange tips, swap recipes, and gather ideas for planting and growing.

Nature-Based Art:

Art projects inspired by nature are a fun and creative way to bring people together, particularly when it's too cold to spend long periods outside. Gathering leaves, acorns, and other natural materials during a walk,

then meeting up indoors to create seasonal crafts brings the outdoors inside. Leaf rubbings, wreath-making, or creating a nature collage are fun activities that nurture both creativity and connection with your community.

Support Local Environmental Initiatives:

Autumn is also a great time to come together and support environmental stewardship. Consider organising or joining community clean-up efforts in local parks, beaches, or woodlands. These initiatives not only help the environment but also bring together like-minded folks who care about protecting natural spaces.

Embracing Autumn's Lessons

Autumn teaches us about change, impermanence, and the importance of letting go. Just as trees shed their leaves, we, too, can use this season as a time to release what no longer serves us. By slowing

down, observing nature's shifts, and building connections with those around us, we can find balance and resilience as the colder months approach.

Look out for local groups and organisations offering community events, nature walks, fire circle gatherings and creative activities. At Land and Leaf Collective we'll be connecting with nature and communities throughout autumn and winter. We offer a range of funded forest school and nature connection programmes for families at Strunch Hill Wood, on the Doddington Estate.

"Slowing down, observing nature's shifts, and building connections with those around us."

Seedlings Nature Play:

These weekly sessions are for families with young children and babies, to spend time in nature, using the senses to explore the woodland and use natural materials in play. All sessions are rooted in forest school principles and slow pedagogy. Expectant first time parents are also invited to join the sessions, to meet other young families as they transition to parenthood. Fridays 9.30 - 11.30

Woodland Wellbeing:

A drop-in session for home educating families to support the whole family's mental health, enjoy time together in nature and improve mental wellbeing. These sessions are open to all home educating families. Fridays 12.00 - 14.00

Inclusive Forest School:

Forest School sessions for families with autistic children. Forest school leaders carefully scaffold learning and experiences in order to create a safe and welcoming environment which prevents overwhelming sensory experiences. At each session children are engaged in a range of activities to provide

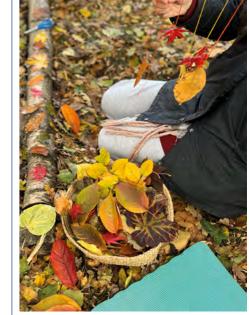
adults time to talk and build community with other parents. Parents and carers are supported to take part in group activities including developing campfire skills, campfire cooking, nature crafts and woodcraft wellbeing programmes. Thursdays 10.00 - 12.00

Autumn Family Fire Circle:

Come join us at Strunch Hill Wood for an autumnal woodland gathering. We'll explore the woodland, gather natural resources and make beautiful autumnal decorations. Together we'll cook a delicious soup to share around the fire. Open to families with children of all ages. 2nd November 2024 12.30 - 16.30

Winter Family Fire Circle: Come join us at Strunch Hill Wood for a winter woodland gathering. We'll explore the woodland, gather natural resources and make little lanterns that light our way into the longest night of the year. Open to families with children of all ages. 21st December 2024 14.30 - 18.30

hello@landandleafcollective 07856 314295 www.landandleafcollective.org











Community

Noticing nature

Practicing nature connection in everyday life by Land & Leaf Collective

As summer fades into autumn, nature shows us a beautiful transition. Trees begin to shed their leaves, transforming into colourful displays of oranges, reds, and yellows. The air becomes cooler and morning mist sits low over the ground. It's a great time to slow down and notice small details; the crunch of leaves beneath your feet, the smells of damp earth, the long shadows cast by the autumn sun. This shift in pace invites us to reconnect with nature in a mindful way. Observing the changing world around us reminds us of the natural cycles of life and the importance of rest. It can help us to develop our nature connection practices that bring balance, mindfulness, and a sense of wonder to our everyday lives. This is also a perfect time to focus on building community connections, drawing warmth and support from shared experiences.

There are many ways to integrate nature connection practices into your daily routine. Here are some ideas that you can easily incorporate into everyday life, no matter where you live.

Mindful Walks: Autumn is an ideal time for mindful walks. Whether in a woodland, park, or simply along your local streets, take time to walk slowly and observe. Notice the texture of the leaves, the sounds of birds, and the feel of the cool breeze on your skin. Mindful walking allows you to engage all of your senses. The colours of autumn are a feast for the eyes, while the quieter, slower pace provides time for contemplation.

Outdoor Photography: With the sun lower in the sky, the changing light creates wonderfully rich colours. You don't need a professional camera, you can easily use your phone, capturing moments in nature and details you might otherwise miss. Try photographing different stages of leaf colour changes, the way sunlight filters through trees or small plants growing through cracks in brickwork.

Birdwatching and Wildlife Observation:

As the nights draw in, migrating birds pass through our area and our local wildlife prepares for winter. Throughout September spiders have spun their webs everywhere, and are made visible in the morning dew. Taking time to observe nature's rhythms can be a peaceful, meditative practice. You don't need special equipment, just take time to pause and pay attention.

Seasonal Journaling: Keep a nature journal to record your observations of seasonal changes. This practice deepens your awareness of your surroundings and helps you find patterns in weather and plant life. You can document what you see, hear, and feel using words, drawings, collage or whatever feels good for you. You can use your journaling to draw connections between the changes in nature and your own inner world.



TABLE TOP SALE

Saturday 7th December

@ Bert House (7 Bull Ring, Horncastle LN9 5HX)

8:30am - 12:30pm

(Access from 7:30am for set up)

Free Refreshments

Come and have a look around Beryl's Bargain Vault & Bert's Tables. Lots of new & used items.

Come and sell!

Sell any of your new or old items.ll

Tables £10 each, must be prebooked by popping
in to speak to a member of our team or by
emailing Belinda@shinelincolnshire.co.uk

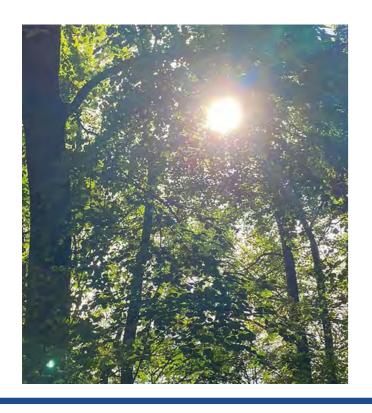
Future Dates
Saturday Ist
February







Nature **Feature**





Natural

cycles of change

How we can pause in our wellbeing as the energy of summer fades by Old Wood Organic

Autumn has arrived, offering a wonderful chance for personal growth.

This season serves as a gentle reminder of the beauty in letting go, as we observe the leaves of the past transform into vibrant hues of red, orange, and yellow. These colours signify a release and trust in the renewal that is on the horizon. With shorter days, we see nature gracefully shedding what is no longer needed, providing us with powerful examples for our own life journeys.

How we can pause in our wellbeing as the energy of summer fades?

While it may feel like the world is winding down during these autumn and early winter days, there are still numerous opportunities to nurture our wellbeing (we may just need an extra jumper!). By reflecting on the seasonal cycles, we can become aware of the shifts within ourselves-perhaps becoming drawn to warming foods?

These autumn days invite us to release the summer's "go, go, go" mindset and embrace a more cozy, hygge way of living. It's the perfect time to create space for reflection, spend quality moments with loved ones, and celebrate nature's abundance. This season encourages us to let go of what no longer serves us and embrace the natural cycles of change.

Our experience with the cycle of change







Since establishing Old Wood Organic CIC, we have I that exciting new adventures awaited us just beyond been attuned to nature's lessons about the cycles of beginnings and endings. These insights have prompted us to explore locations beyond our ancient woodland roots, reaching diverse areas throughout Lincoln and its neighbouring villages, thereby allowing us to continue serving our community and the natural world.

However, this wasn't our original plan, we unfortunately lost our parking provision close to our woodland site. It was easy to feel anxious as we encountered challenges—such feelings often arise from the anxiety of feeling out of control. To address this, I, alongside the Old Wood Organic community, turned to Mother Earth.

It became clear that we needed to let go of the past and welcome the new. This act of release was not a passive one; rather, it served as a crucial pause before bravely stepping

away from what was familiar, comfortable, and routine, enabling us to move forward with our nature-connected mission. I am thrilled to announce that we now look upon our new woodland areas with wonder and will further strengthen our partnership with Land and Leaf Collective, an inclusive organisation offering forest school sessions for all. By taking things one step at a time, despite our fears and uncertainties, we found

the horizon.

Our clients often come to us amidst change and find that by creating time and space for themselves, they gain resilience when facing life's transformations. One such person is Caroline, a single mother of two daughters, one of whom requires complex care. Balancing part-time work

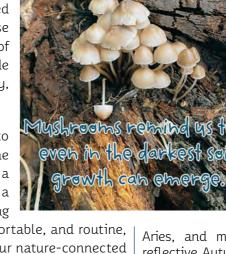
and family responsibilities took a toll on her mental and physical wellbeing. A friend recommended Old Wood Organic, and she has participated in all of our funded pathways, even becoming an ambassador for our work. Caroline expressed,

"Without Old Wood Organic, I wouldn't have known about the support available for mental health and well-being! They have been incredible in assisting me with my health and have been great listeners. They are a diverse and accepting team. Thank you for the opportunities you have provided!"

From all of us at Old Wood Organic, including our lovable therapy dog,

Aries, and myself, Atma, we wish you a warm and reflective Autumn/Winter 2024.

www.oldwoodorganic.org info@oldwoodorganic.org.







Feature Support

Coping with change

Hints, tips & activities with Old Wood Organic

Acceptance: We often cling to people, things, jobs, and | in Skellingthorpe. memories. We overlook the fact that everything flows, much like a leaf falling from a branch and being carried by the wind. Accepting that change is a natural aspect of life is essential.

Movement: Engaging in physical activity can ease anxiety and help cope with life's changes. Somatic movement, which involves moving with full-body awareness and tuning into your feelings, has been beneficial in reducing stress and uplifting our mood.

Self-care: Preparing nourishing meals with high-quality ingredients and ensuring adequate rest is crucial. consciously say "adequate rest" instead of "good rest" because various factors can disrupt sleep patterns. Thus, allowing myself moments of deep relaxation is sufficient. Additionally, I prioritize dedicating time to activities that I genuinely enjoy.

At Old Wood Organic CIC

We offer four funded pathways of support, each designed and facilitated by highly qualified individuals dedicated to assisting people at any stage of life.

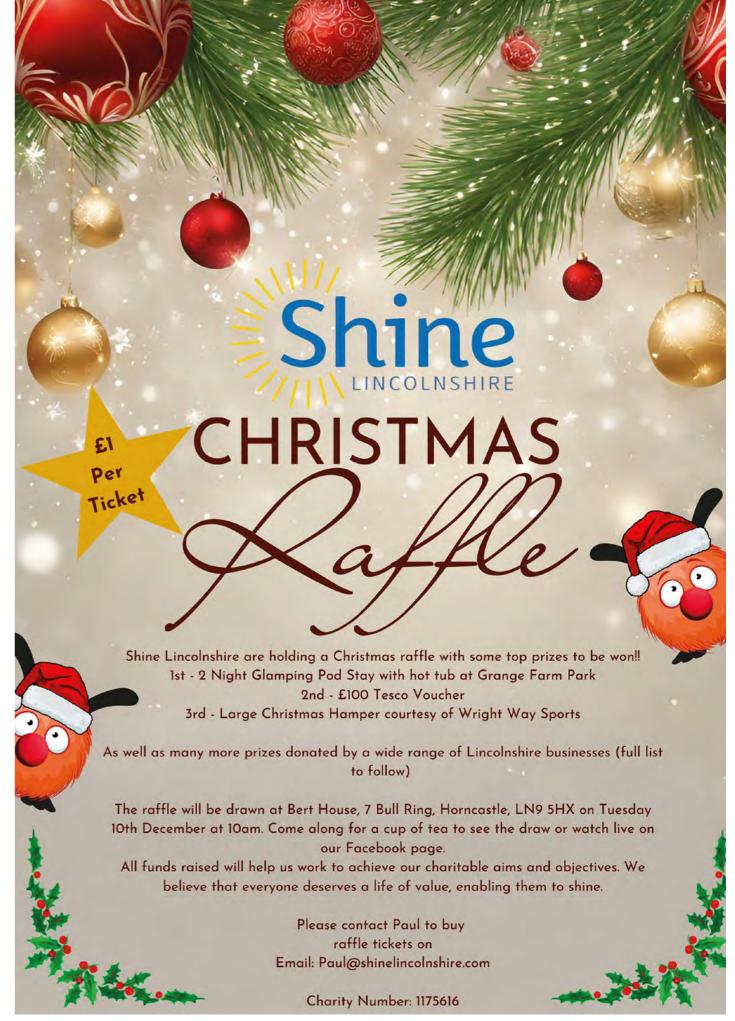
Forest Bathing: Our Forest Bathing sessions are often described as 'breaks for the soul,' where participants are encouraged to reconnect with nature and themselves. In these sessions, you will be held in a safe space to explore whatever arises and notice these reflections within the natural world. These sessions occur in Strunch Hill Woods on the Doddington Hall Estate and the Old Wood

Woodland Volunteering: For those seeking community support through life's changes, we offer Woodland Volunteering. These sessions provide experience in woodland management and woodworking while caring for Strunch Hill Woods on the Doddington Estate.

Organic Gardening Volunteering: This vibrant collective of like-minded individuals engages in no-dig organic gardening in our private woodland garden near the historic Old Wood in Skellingthorpe. By sharing a common purpose, participants reconnect with what matters to them and feel supported in whatever season of life they're in.

Yoga for Mental Health: Finally, held at Mint Lane Wellbeing Hub, these sessions are tailored for individual healing. These sessions offer an opportunity to explore where change manifests in the body and to gently move through those experiences.

To book your fully funded space in any of these activities, please visit our website www.oldwoodorganic.org or email us at info@oldwoodorganic.org.







Feature Harvest

The endless benefits of gardening go beyond the produce by Community Growers Cl

The Community Growers is a social Lincolnshire Integrated Care Board, enterprise offering learning and support in Lincolnshire County Council and a garden environment. We are based just Lincolnshire Partnership Foundation a short walk from Boston town centre - a mere stone's throw from Trinity Church, in our peaceful, tucked away 3-acre market organisation's to deliver a variety garden.

We have 54 'no dig beds' in the garden, complimented by a large 27m long poly tunnel. Our growing area is accessed by walking through a wonderful heritage fruit orchard, made up of close to 180 trees of mixed species.

We grow using organic principles, providing a large variety of fresh produce for the wider community to benefit from. Our garden also provides a safe and supportive space for anyone looking to get outside, get active and improve their mental health and overall wellbeing.

On Tuesdays, we provide outdoor learning for 24 children from Tower Road Academy (right). We spend 3 hours letting them be young farmers, helping sow, grow and harvest lots of lovely fruit and vegetables from the garden. We also grow flowers and regularly let the children pick and arrange bunches for their friends and families.

On Thursdays we host an adult gardening club. During these sessions, adults from the local area are able to attend, free of charge, to help us with any of the week's activities that are associated with a busy and productive market garden. This is supported by the Mental Health and Wellbeing Community Investment Fund, through an arrangement between NHS

Trust. The fund is managed by Shine Lincolnshire and allows groups and of support activities, services, and projects within their own community.

So far this year we have grown and donated over a tonne of produce to other social enterprises, food banks and community meal clubs in the area. We have now started supplying two local preschools with fresh produce too! This is all food that has been grown and harvested during the

Excitingly, we were recently awarded funding via the UKSPF Grassroots Grant. This will allow us to complete the restoration of two traditional Lincolnshire glasshouses. Once finished, these will create a warm and dry indoor space to deliver our classes from, during the colder, wetter months. Plus, we're in the early stages of designing a large pond in the orchard, which will help us to become more self-sufficient with our water use, and increase the gardens biodiversity and offer to all the creatures that visit.

For more information please visit our website or send us an email. ww.communitygrowers.co.uk :hecommunitygrowers_cic@





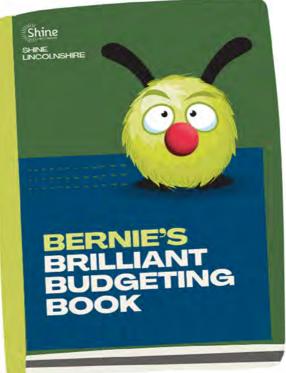
COOKING & BUDGETING GUIDES FOR WINTER & BEYOND



Download from our website



OR



Pick-up from Bert House, 7 Bull Ring, Horncastle



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



Feature Living Cost

Reducing Food Costs

Reducing food waste & forming communities

Say hello to healthy, affordable food

So, what's it all about?

Three bulging bags full of fresh fruit, vegetables, cupboard staples, frozen and fridge favourites you say? All for £8.50?! Yes, that's right. Your ears aren't deceiving you. Welcome to the Bread and Butter Thing way of life!

If you've found yourself in a temporary tough spot or trying to get some carrots into the kids without breaking the bank, then we've got you covered. It's free to join, no referral needed and more importantly, no judgement. Just big smiles and even bigger shopping bags.

And who are you?

We're The Bread and Butter Thing, the largest member-based food charity in the UK, with over 84,000 members and 124 food hubs across England. We've been helping food budgets go further since 2016 and make sure that no matter what you're going through, you can still put tasty nutritious food on the table. By shopping with us, most members save about £40 a week!

Where does the food come from?

We work with all the big supermarkets like Morrisons, Sainsbury's and the rest, all kinds of manufacturers and even farmers who provide us with their surplus stock. So, you get to **do your bit for the environment too** by stopping excess food going to waste. The food changes every week depending on what we've had in, so there's always something new to try!



Where can we find you?

We have six food clubs in Lincolnshire and you can find them:

- Every Monday 14:00-14:30, Cleveland Square Community Centre, Newark, NG24 4HJ
- Every Tuesday 14:00-14:30 at Market Deeping Scout and Guide Hall, PE6 8LF
- Every Wednesday 14:00-14:30, Old Leake Community Centre, Furlongs Lane, PE22 9NX
- Every Thursday 14:00-14:30, Stamford, Christ Church, Green Lane, PE9 1HE
- Every Friday 13:00-13:30, West Grantham Community Centre, NG31 7XW
- Every Friday 13:30-14:00, Thorney, Bedford Hall, Station Road, Thorney, PE6 OQE

What's the benefit?

We could tell you how we benefit our members or we

could let them tell you...

Meet Michelle (right))

"I work full time from home as my son is home schooled. I got made redundant in COVID and so I have had to be careful with what I can spend. There was a time I was working five different



jobs to support myself and my family. I even ran a non-profit community café which helped the local youth into work with valuable work experience.

"I am in a better financial place now but still with the cost of living rising and fewer people able to keep their heads above water I think Bread and Butter is absolutely fantastic! For most working families it has become a lifeline. For myself, the main reason I signed up was because I don't want to see food go to waste and I know

Living Cost Feature



I am helping make an even bigger difference to the planet! My cooking skills are good as I used to be a chef/baker! I love the fruit and veg as they don't have short sell by dates and they are well looked after.

"It's always a warm atmosphere and all of the volunteers and members are so friendly! There is no stigma or judgement and the community are amazing!"

How do I become a member?

There is no eligibility criteria everyone is welcome! There's no fee and the membership rules are really simple. Text us to join on 07860063304 with your full name, postcode and the name of the hub you will be collecting from.

Powered by our volunteers

We rely heavily on the help of our volunteers who are at the core of everything we do. We couldn't do what we do without them. You can visit our website www.breadandbutterthing.org to learn more and click on volunteers to get in touch.

Bettys Recipes Slow cooker recipes & hacks

As winter approaches and costs rise, it can be hard to balance the basics of food and warmth. Shine have produced this collection of low-cost slow cooker recipes to inspire you with simple, affordable, and nourishing meals that are easy to prepare and cost-effective to cook.

Using a slow cooker saves time and energy while making healthy, delicious food. Each recipe in the book focuses on nutritious ingredients that are easy to find and budget-friendly, whether you're cooking for yourself or your family.

You can find the book in your local community spaces and on our website, www.shinelincolnshire.com. If you would like to know more, give us a shout at info@shinelincolnshire.com.

We're here to help, and together, we can make the colder months a little warmer.

Slow Cooker Hacks:

• Prep & Freeze: Chop, portion, and freeze ingredients



in labeled bags or containers with cooking instructions and date.

- Layer for Even Cooking: Meat at the bottom, dense veggies (e.g., carrots, potatoes) in the middle, and greens on top (reverse this in your freezer bag so when you tip it in it's correct).
- Prep Multiple Meals: Prepare several meals at once for grab-and-go convenience and for single servings, freeze in smaller containers to defrost only what you need.
- Pre-Mix Spices: Create spice mixes (e.g., chilli, Italian, curry) to save time and add flavour easily.
- Soak & Freeze Beans: Soak beans or lentils overnight, then freeze for faster cooking.
- **Multi-Use Proteins:** Cook versatile proteins like chicken or beef to use in different dishes all week.
- **Keep Grains Separate:** Cook grains separately or add them near the end to avoid mushiness.





Benefits of Men's Sheds

A creative, social space for men in Long Sutton's community

An amazing grassroots movement, | Men's Sheds have many benefits for members, their families and the community at large.

Sheds are social and creative places, bringing men together, providing opportunities to socialize, finding new friends with mutual interests, sharing skills, knowledge and experience.

"Healthier and happy men in the community."

A variety of community projects are undertaken including repairing furniture, clocks, notice boards, signs and a wide variety of other items using our well-equipped hand held and larger machines workshop. Members also undertake their own projects using the Shed's extensive range of tools.

We also have an engineering section with a new Milling Machine funded by the National Lottery, a new Model Railway / craft and modelling area, part funded by Tesco and Shine / LCC

In addition, we have our "Silver Surfers" Computer / IT group available for anyone wishing to learn how to safely gain access to the Internet and use their computers safely.

Also, there is a "Quiet Room" used for meetings, talks, presentations, a library, playing chess and other board games. We will also shortly be getting a new CNC Router and a 3D printer.

Mental Health & Wellbeing

We help Members with any Mental health and wellbeing issues they may have, seeking to deliver healthier and happy men in the community. We provide a safe haven for older men, who before joining our Shed, may be feeling lonely, isolated, and sometimes depressed or suicidal.

We have held many in house talks and presentations including subjects such as NHS Diabetics Prostrate Cancer and a presentation form the Police on SCAM Awareness. Our latest presentation was a most interesting talk by the NHS Metal Health Talking Therapy unit.

The Shed is particularly beneficial to Men following retirement or bereavement.

Men come to the "Shed" and quickly change, as if they had gone back to work (without the work) meeting up with other blokes and having a chat / laugh over a cupper and a biscuit.

Our Shed is based at the Silverwood Centre, St James Road, Long Sutton and meets at 09:00 AM to 13:00 PM every Tuesday, Thursday and Sunday

Come along to see what we do; you will be most welcome!

Long Sutton Men's Shed: 01406 258058 Or Chairman Barry Meade 07899 972221. tribar@tiscali.co.uk www.mensshedlongsutton.co.uk



LONG SUTTON







Long Sutton Men's Shed are members of the MSMA.

Find, create or support a Men's Shed: www.menssheds.org.uk SHEDS 0300 772 9626 admin@ukmsa.org.uk



Unemployment & mental health

Bourne Toolbar are mitigating the effects of unemployment on mental health

Losing your job is nearly always a bad experience. A leading psychologist has described it as a kind of bereavement.

Apart from the financial implications, the routine has gone, the contact with colleagues, often involving banter and friendships is finished. Relationships with clients and customers, which may have been built up over some years are ended. It can feel very

No matter how it is dressed up, reorganisation, rationalisation, or simply 'we have to let you go', one cannot help feeling that your contribution to the employer's business, whether it be on a production line or in a leading decision-making role, is no longer required. It can call into question the value of one's contribution and can have a major impact on a person's self-esteem.

They may feel that often after spending many years with one employer or doing one kind of job, that there was no way forward, nothing else that they could be good at, so can easily fall into depression.

Then there is the minefield of the benefits system - signing on at the Job Centre can make people feel as though they have failed. Personal financial questions are asked, future plans questioned, forms to complete, attendance required. It can be very demoralising.

Today everything, from registering for Universal Credit to applying for a new job has to be done online, and







while it may be difficult for some to believe, there are plenty of people still for whom using a computer is like performing brain surgery totally alien.

South Lincolnshire, are fortunate that since 2009 they have been able to access TOOLBAR, a small charity www.toolbar-bourne.org

that provides a friendly, welcoming, non-judgemental safe space where much help is offered by a team of volunteers.

Toolbar came to life through a trio of like minded people, who at the time were not in work for various reasons.

From creating or updating a CV, providing local job lists, guidance on the use of computers, as well as a number of laptops available for use, or discussing a person's situation, people are on hand, calling on their very varied life and employment experiences to help and support.

"You gave me my confidence back."

Sometimes people who have suffered the shock and negative impacts of redundancy need time and space to recover and gather themselves before launching into the 'work' of looking for a new position, and perhaps the most important service that TOOLBAR provides is the opportunity to go somewhere (away from the home environment), where they are under no pressure.

The most heard compliment from successful participants is: 'You gave me my confidence back'.

TOOLBAR:

The Len Pick Suite, at Bourne Town Football Club on Abbey Road, Unemployed people in Bourne, Bourne (Mon 10.00am-12pm (exc. bank holidays) toolbar.bourne@gmail.com





Beryl's Bargain

Vault
All new Bert-chandise for Christmas
& beyond plus some bargain gifts

Beryl's Bargain Vault is Shine's very own charity shop and it's unlike any other as it's in the old banks vault, the historical premises of our community hub, Bert House.

The bank vault was always a space we wanted to incorporate into our building, but we were unsure of how and what to transform it into until Belinda, our Chief Operating Officer, thought of the brilliant idea of turning it into a charity shop. Since then, our team have worked tirelessly to fit out and establish the space and gather generous donations from the community. It is now full of clothes, gifts, shoes, books and much more.

Charity shops are a fun way to find hidden gems whilst supporting charities in their missions. They're also a wonderful opportunity to give back as a volunteer. Whether it's restocking the rails, looking after the tills or helping customers, volunteering is a great opportunity to get some experience of working, meeting new people and gaining skills whilst helping others. Plus, charity shops are a great way to recycle clothes and purchase new ones at low costs.

Plus, charity shops are so fun, finding bargains and new pieces to add to your wardrobe, finding pieces that you wouldn't usually wear. It's truly feel-good shopping!

Amber's Tips and tricks for charity shopping

- Look for brand new tags- you'll usually pick up a great
- Go out of your comfort zone- try new pieces! You might discover a new style to love
- Look for your favourite brands.

· Look at the homeware, books and DVD's - you might find something on your wish list and DVD's can be a lot cheaper

Bert-chandise



Mugs, pencil case, magnets, coasters, snow globes, and thes cute Christmas decorations!! All available from Beryl's





Teen's





For the teens- a 'laugh out loud' game to play with friends or a range of brand new trending branded clothes

Grown-up's



For the adults - a range of home gifts or a nice new classy belt (above,

Kid's







For the kids - a super pair of Heelys (above), a fun, classic. family board game (left) or a range of brilliant kids' books (above).

Secret Santa

For secret santa (or for you!) - our own Bert's Blend coffee in partnership with Stokes Coffee (it's delicious!!) Pair it with a Bert mug to make it extra





Carers column

Maintaining health

Looking after your own health as a carer by Dan Fleshbourne

Autumn can be an exciting time of year, with many events to celebrate, including Halloween, Diwali, Bonfire Night, and Day of the Dead. Children are returning to and starting new schools. The nights are drawing in, and the burst of autumnal colours surround us.

As the leaves change colour and the air turns crisp, autumn brings unique challenges and opportunities for unpaid carers. These individuals, who selflessly dedicate their time and energy to caring for loved ones without financial compensation, often face increased responsibilities during this season. Supporting unpaid carers in autumn is crucial to ensure their wellbeing.

Autumn can be a demanding time for unpaid carers. The shorter days and cooler temperatures can exacerbate feelings of isolation and fatigue. Carers may find it more challenging to maintain their own health and wellbeing while managing the needs of those they care for. Additionally, the transition from summer to autumn often brings an increase in medical appointments and the need for seasonal preparations, such as flu vaccinations and winterising homes. The cost of heating and electricity exacerbates the pressure on carers and those they care for. These added responsibilities and pressures can lead to heightened stress and burnout.

Emotional support is equally essential for unpaid carers. Autumn, with its shorter days and longer nights, can contribute to feelings of loneliness and depression. Encouraging carers to stay connected with friends and family, either in person or through virtual means, can help alleviate these feelings. Support

groups, both online and in-person, provide a safe space for carers to share their experiences and receive encouragement from others who understand their challenges. Equally important are self-care practices, such as mindfulness and relaxation techniques, which play a significant role in helping carers manage stress and maintain their emotional well-being.

"We can't pour from an empty cup."

It is essential that carers try to maintain the basics of being healthy by exercising regularly. Even short walks or stretching exercises can boost energy levels and reduce stress. Eating healthily and maintaining a balanced diet is equally important, as it helps sustain energy and overall health. Remembering to prioritise sleep is crucial in such a demanding and stressful role. A regular sleep routine can improve rest quality and help build resilience against stress and burnout. Not forgetting or putting off carers' regular own health check-ups ensures carers stay on top of their own health needs in addition to seasonal flu/COVID vaccinations. Afterall "we can't pour from an empty cup".

Support for carer's and winter vaccinations:

www.carers.org/taking-care-of-yourself/flu-vaccine www.nhs.uk www.carersfirst.org.uk/lincolnshire | 01522 782224 www.carersuk.org | 020 7378 4999 www.warmwelcome.uk



HAVE A BREAK WITH BERT for kids

Can you find all these autumn items out and about?

RED LEAF	YELLOW LEAF
BROWN LEAF	ORANGE LEAF
GREEN LEAF	TWIG
PINE CONE	CONKER
WILD BERRIES	FEATHER
_ ACORN	WINGED
WILDFLOWER	BARK



MAKE A CHRISTMAS DECORATION for kids

You will need:

- a paper plate
- paper
- glue
- Scissors (get an adult to use these!)
- markers, crayons, or paints

1: Colour a paper plate in whatever colour you choose. This will be the angel's body.



2: Fold down the right and left sides of the plates. This will make the angel's gown.



3: Cut a circle out of paper and draw the angel's face. Glue this to the top of the plate.





4: Trace your hands on to paper, and ask an adult cut them out. Glue the hands to the back of your angel, and it's finished!

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 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 V www.ageuk.org.uk/

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 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 0333 150 3456 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 01522 694 694 office@arisechurch.co.uk W www.arisechurch.co.uk

Armed Forces Covenant Fund Trust

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

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

bardenygatewaycentre@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

W www.beardedfishermen.org.uk

Belton Lane Children's Centre | Grantham T 01522 550 901

beltonlanecc@lincolnshire.gov.uk

Be The Difference | Gainsborough T 0300 102 7735 W www.bethedifference.org.uk

BHive Community | Grantham E enquire @bhive.community

W www.bhive.community

Billinghay Children's Centre | Billinghay T 01526 869 248

billinghaychildrenscentre@lincolnshire.

Binbrook_cc@lincolnshire.gov.uk

Binbrook Children's Centre Market Rasen T 01472 398 889

Bipolar UK | Nationwide E info@bipolaruk.org W www.bipolaruk.org.uk

Birchwood Children's Centre | Lincoln T 01522 689 991

Birchwood Youth Centre | Birchwood T 07767 003 858

E fiona.carroll@lincolnshire.gov.uk Bladder Cancer Support Group

E birchwoodCC@lincolnshire.gov.uk

Countywide T 01522 573 821 <mark>E</mark> bcsg1ln2ng@gmail.com

BLESMA | Nationwide T 020 8590 1124 E info@blesma.org W www.blesma.org

Boston Children's Centre (Fenside Road)

StChristophersCC@lincolnshire.gov.uk

Boston Children's Centre (Fishtoft Road) Boston

01205 356 410

FishtoftRDCC@lincolnshire.gov.uk

Boston Children's Centre (Norfolk Lodge)

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

T 01205 355 543

W www.bostonmethodist.org.uk

Boston Community Food Bank | Boston T 01205 310 929

W www.boston.foodbank.org.uk

Boston Community Transport | Boston T 01205 360 183 W www.bostonct.org.uk

Boston Lithuanian Community Group

Boston T 07565 617 039

Boston Men's Shed | Boston

T 01205 360 800 W www.bostonshed.co.uk

Boston Salvation Army | Boston

T 01205 359 232 W www.bostonsa.org.uk

Boston Stump | Boston T 01205 310 929

W www.parish-of-boston.org.uk/church/ st-botolphs

Boston United Football Club Community Foundation | Boston T 01205 364 406

W www.bostonunitedcf.co.uk

Bourne Children's Centre | Bourne T 01778 395895 E BourneCC@lincolnshire.gov.uk

Bourne Library | Bourne T 01522 782 010

Bourne Youth Centre | Bourne 01778 426134

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

breastfriendsgrantham@gmail.com FB Breast Friends Grantham

Bracebridge Children's Centre

Bracebridge Heath T 01522 525 610 Bracebridgecc@lincolnshire.gov.uk





British Red Cross | Nationwide

🛚 0344 871 11 11 Ĕ 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 01652 659 882

E surestartchildrenscentres@northlincs.gov.

Buddies Dementia Cafe | Nettleham T 01522 754 288 W www.buddiesdementiacafe.co.uk

The Butterfly Hospice | Boston T 01205 311 222 W www.butterflyhospice.org.uk

Butterflies Lincoln South | Lincoln 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 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 | Www.lpft.nhs.uk/young-people/ lincolnshire/young-people/i-need-more-help/ child-and-adolescent-mental-healthservices-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 01400 279 285

E caythorpecc@lincolnshire.gov.uk

Centrepoint for Mental Health Countywide

W www.centreformentalhealth.org.uk

Centrepoint Outreach | Boston T 01205 360 900

W www.centrepoint-outreach.com Chemosabes Cancer Support Group

Grantham & Sleaford granthamchemosabes@aol.com FB Grantham Chemosabes

Cherry Willingham Children's Centre Cherry Willingham

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

T 0800 1111 W www.childline.org.uk

Children's Links | Countywide 01507 528 300 / www.childrenslinks.org.uk

Christ Church Stamford | Stamford 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 01205 314 534 W www.camidlincs.org.uk

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

CLIP Gainsborough | Gainsborough 01427 677 377 W www.cliplearning.com/gainsborough

The Coastal Centre | Mablethorpe 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 www.combatstress.org.uk

Community Pharmacy | Countywide 01522 889 573 W www.lincolnshirepharmacies.co.uk

Coningsby Youth Centre | Coningsby T 01526 344 031

Connect2Support Lincolnshire Countywide

vww.lincolnshire.connecttosupport.org

Connexions | Gainsborough 01427 678 695 V 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

🛚 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 www.curo-lincs.co.uk/contact

Cycling Without Age Skegness | Skegness www.cyclingwithoutage.org.uk/skegness

Dance Free CIC | Lincolnshire T 07719 505 844 we.dance.free@gmail.com

www.wedancefree.com

Darkside Rising CIC | Lincoln W www. darksidetraining.co.uk

Desire Change CIC | Countywide T 01790 616 102 W www.desirechange.org

Development Plus | Countywide T 07432 445481

W www.developmentplus.org.uk

Disability Social Network | c/o Chat Chill Connect | Gainsborough 07300 869 408

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 01526 320 946 V www.stpetersdunston.weebly.com

East Lindsey Down Syndrome Family Support Group | Boston

info@eastlincolnshiredownsyndrome.org.uk W www.eastlincolnshiredownsyndrome. org.uk

Edan Lincs | Countuwide 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 0142 761 5169 www.everyoneactive.com

Every-One | Countywide T 01522 811 582 W www.every-one.org.uk

Feathers Teens CIC | Countuwide E feathers.teens@gmail.com W www.facebook.com/FeathersTeensGroup

Fighting With Pride | Nationwide 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

Gainsborough Crisis Action Team Gainsborough T 07999 354 491

Gainsborough Trinity Foundation | West Lindseu

07342 881 774 W www.gainsboroughtrinityfoundation.com

GamCare | Countywide T 0808 802 0133 ϔ 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 07799 478 443

ian.layton@lincolnshire.gov.uk

Grandma's Pudding Co | Friskney 07899 953 448 W www.grandmaspuddingco.uk

Grantham & District Hospital Grantham

Grantham Baptist Church | Grantham

01476 565 232

01476 573 050 W www.granthambaptistchurch.co.uk

Grantham Men's Shed | Grantham

W www.facebook.com/granthammensshed

Grantham Tennis Club | Grantham www.granthamtennisclub.co.uk

Greatford Village Hall | Stamford W www.facebook.com/greatfordvillage

Green Synergy | Lincoln T 01522 533 077 W www.greensynergy.org.uk

Grubby Knees | Louth T 07920 486 886 W www.grubbyknees.org **Harmless** | Countywide T 0115 880 0280 W www.harmless.org.uk

Happy Hooves | Market Rasen T 07724 297 481 E hello@happyhooves.org.uk

W www.happyhooves.org.uk

Headway Lincolnshire | Countywide T 07546 592 526 W www.headwaylincolnshire.org.uk

Healthy Minds | Countywide 0800 234 6342 W www.lpft.nhs.uk/young-people

Help for Heroes | Nationwide T 0300 303 9888 W Request a call: www.helpforheroes.org.uk/get-support/

get-support-today W www.helpforheroes.org.uk

Hemswell Cliff | Gainsborough 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 01406 426 064

E HolbeachCC@lincolnshire.gov.uk

Holbeach Moving Forwards | Holbeach 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

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 07395 873 338 W www.horncastlecommunitylarder.co.uk

The Horncastle Support Team | Horncastle 07599 023 501 W www.horncastletowncouncil.co.uk

The Hub | Sleaford 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 T 07729 909 186 W www.inspired-eal.co.uk

Jubilee Church | Grantham 01476 5651 17 ${f W}$ www.jubileegrantham.co.uk

Kirton Youth Club | Kirton 01205 722 560 Catrina.smith@lincolnshire.gov.uk

Kooth.com / www.kooth.com **LACE Housing** | Lincoln T 01522 514 444

Land and Leaf Collective CIC | Lincoln 07856 314 295 kat@landandleafcollective.org

LEAP | Lincoln/Gainsborough T 01522 563 530 W www.leap.uk.com

www.landandleafcolletive.org

The Len Medlock Voluntary Centre Boston

T 01205 353 216 W www.lmvc.org

LGBTQ Youth Club | Sleaford 07532 339 327 E lincsparentsLGBT@gmail.com W www.lincsparentslgbt.org.uk

Library Services | Countywide T 01522 782 010 / www.lincolnshire.gov.uk/findalibrary

Licensed Trade Charity | Countywide T 0808 801 0550 W www.licensedtradecharity.org.uk

Lighthouse Project | Spalding 07961 978 396 / www.thelighthouseprojectspalding.com

Lincoln Ambassador Club | Lincoln 0800 151 3350

E ambassadors@whizz-kids.org.uk Lincoln Central Children's Centre Lincoln

E lincolncentralcc@lincolnshire.gov.uk Lincoln & Lindsey Blind Society

01522 843 355

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

T 01522 554 886 E LincolnMoorlandCC@lincolnshire.gov.uk

Lincoln North Children's Centre | Lincoln 01522 552 904 E lincolnnorthCC@lincolnshire.gov.uk

Lincoln Trauma Centre | Lincoln T 07812661348 T 07443634793 E lincolntraumacentre@gmail.com √ www.lincolntraumacentre.org.uk

Lincolnshire Action Trust | Countywide Colored No. 11 Colored No. 1522 806 611 Wwww.latcharity.org.uk

Lincolnshire Abdominal Aortic Aneurysm Screening Programme | Countywide T 01205 445 801

ulh-tr.AAAScreening@nhs.net www.ulh.nhs.uk/services/ abdominal-aortic-aneurysm

Lincolnshire ADHD Support Services Countywide

01522 508 373 E lincoln.adhd@btconnect.com W www.lincsadhd.org

07483 166 042

breast-screening

Lincolnshire Breast Screening Programme | Countywide T 01522 573 999 ulh-tr.breastscreening@nhs.net

Www.ulh.nhs.uk/services/

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.lincolnshirecvs.org.uk

Lincolnshire County Council | Countywide T 01522 552 222 W www.lincolnshire.gov.uk

Lincolnshire Diabetic Retinopathy Screening Programme | Countywide T 01205 445 383 E ulh-tr.desp@nhs.net ₩ 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

/ www.ldass.org.uk Lincolnshire Housing Partnership

Countywide T 0345 604 1472 E info@lincolnshirehp.com www.lincolnshirehp.com

Lincolnshire Neuroglogical Alliance

Countywide 07495 590 749

W www.lincolnshire-neurological-alliance. org.uk

Lincolnshire Outdoor Learning Countuwide 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 Young Farmers' Club

Lincoln 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

07931 716 635 / 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 01406 364 364 W www.mensshedlongsutton.co.uk

Louth Area Autism Family Support (LAAFS) | Louth T 07982 787 823 Louth Children's Centre | Louth

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

01507 479 412 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 👿 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

01673 844 703

E marketrasenCC@lincolnshire.gov.uk

Martin Village Hall | Martin T 07739 413 411

martinlincsvillagehall@gmail.com FB www.facebook.com/MartinVillageHall/

The Mayerick Warriors | Skegness E maverickwarriorsskegness@gmail.com

Men About Cancer | Countywide E menaboutcancer@gmail.com

Men's Health Forum | Nationwide W www.menshealthforum.org.uk/ heatstress 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

01780 444 408 W www.themillwellbeing.co.uk

Mind | Nationwide ▼ 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

01406 258 373

moultonpractice@gmail.com W www.moultonmedicalcentre.nhs.uk/info NACRO | Lincoln

services.nhs.uk

T 01522 525383 W www.nacro.org.uk

The Network CIO | Lincoln

info@networklincoln.co.uk √ 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 www.newhorizonsbereavement.org.uk

NHS PALS | Countywide T 0300 123 9553 www.lincolnshirecommunityhealth

Night Light Crisis Café | Lincoln 0300 0111 1200 www.facebook.com/nightlightcafelincoln

No Panic | Nationwide T 0300 772 9844 (Helpline) 0330 606 1174 (Youth helpline)

www.nopanic.org.uk North Hykeham Children's Centre | North

Hykeham T 01522 550 927 northhykehamchildrenscentre@ lincolnshire.gov.uk

North Kesteven District Council T 01529 414 155 W www.n-kesteven.gov.uk

North Marsh Road Children's Centre

01522 550 318

gainsboroughcc@lincolnshire.gov.uk

North Somercotes Youth Club | North Somercotes

07799 117 612 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

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 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 07985 565 714

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

Parents and Autistic Children Together

(PAACT) | Countywide T 07847 507 353 W www.paactsupport.com

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

Pau Plan | Nationwide 0800 072 1206 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) ' 020 8939 1837 (èmployment support) support@poppyfactory.org W www.poppyfactory.org

Postland Road Children's Centre

Crowland 01733 211 609

recovery-college

crowlandcc@lincolnshire.gov.uk

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

Recovery College | Countywide r 01522 518 500 Www.lpft.nhs.uk/our-services/adults/

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

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

Renew Wellbeing @ the Hub | Nocton T 01526 323 614 www.renewwellbeing.org.uk

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

Restore Gainsborough | Gainsborough T 01427 616 353

iudi.swannack@alivechurch.org.uk Www.alivechurch.org.uk/gainsborough

Restore Pantry | Boston 01205 837 209

W www.restorechurchboston.co.uk

Rethink Mental Illness | Nationwide T 0300 5000 927 W www.rethink.org Riverside Training | Gainsborough 01427 677 277 W www.riverside-training.org.uk

Roadhog | South Lincolnshire E roadhogbus@gmail.com W www.roadhogbus.org.uk

Royal Air Force Benevolent Fund

London 0300 102 1919 welfarenavigators@rafbf.org.uk V www.rafbf.org

Royal British Legion | Nationwide 0808 802 8080 info@britishlegion.org.uk W www.britishlegion.org.uk

Ruskington Library | Sleaford T 01522 782 010

Ruskington Youth Centre | Ruskington 01526 268 090

maggie.harris@yahoo.co.uk B Ruskington Youth Centre

Rutland Sailability | Rutland W www.rutlandsailability.org.uk

Ryhall Village Hall | Stamford T 01780 754b621 or 07872 564 000 W www.facebook.com/Ruhallvillagehall

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 W www.samaritans.org/branches/boston

Samaritans | Grantham T 116 123 W www.samaritans.org/branches/grantham

Samaritans | Lincoln

W www.samaritans.org/branches/lincoln

SANE | Nationwide T 07984 967 708 W www.sane.org.uk

Scunthorpe & District U3A | Scunthorpe & Nationwide 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 | Countuwide

E sbc.supportgroup@stbarnabashospice.co.uk Shelter | Nationwide 0808 800 4444 / W Webchat www.england.shelter.org.uk/

www.england.shelter.org.uk SHOUT | Countywide M Text 'Shout' 85258

get help/webchat

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

01522 555 652 E skegnessCC@lincolnshire.gov.uk

Skegness Coasters Running Club Skegness T 07803 436 008

skegnesscoastersrunningclub@gmail.com W www.skegnesscoasters.co.uk`

Skellingthorpe Youth Centre Skellingthorpe 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 V www.sleafordplayhouse.co.uk

Sleaford Rotary Club | Sleaford W www.sleafordrotary.co.uk

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

Social Care for Adults | Countywide

Sound Lincs | Countywide T 01522 510 073 W www.soundlincs.org

South Witham Children's Centre | South Witham 01572 768 876

SouthWithamCC@lincolnshire.gov.uk

The Source | Sleaford T 01529 309 482 South Holland District Council | South

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

spilsbycc@lincolnshire.gov.uk Spilsby Youth Centre | Spilsby T 01790 753 681 spilsbyyouthcentre@googlemail.com community.lincolnshire.gov.uk/

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

Stamford & Rutland Hospital | Stamford T 01733 678 000

Stamford Arts Centre | Stamford W www.stamfordartscentre.com

/ www.nwangliaft.nhs.uk/

Stamford Children's Centre | Stamford T 01780 764 072

Stamford Connections | Stamford W www.artpopup.co.uk/stamfordconnections

E stamfordcc@lincolnshire.gov.uk

Stamford Food Bank | Stamford T 07570 583 799

W www.stamfordoundle.foodbank.org.uk

Stamford in Bloom | Stamford duncanlinyard@mac.com Stamford in Bloom 07860 394 187

Stamford Library | Stamford T 01522 782 010 Estamford.library@gll.org 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 info@stamfordstriders.org www.facebook.com

Stamford Town Council | Stamford T 01780 753 808 W www.stamfordtowncouncil.gov.uk

St Barnabas | Countywide T 0300 020 0694 www.stbarnabashospice.co.uk

Stepping Stone Theatre | Gainsborough T 01427 628 888

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

0947 850 557 FB Sturton-by-Stow Youth Centre

St Andrew's Church | Heckington 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.stswithins.org **St Wulfram's Church** | Grantham T 01476 561 342 W www.stwulframs.org.uk

Stonewall | Nationwide 020 7593 1850 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

Sutton Bridge Children's Centre | Sutton 01406 359 327

E SuttertonCC@lincolnshire.gov.uk

E SuttonbridgeCC@lincolnshire.gov.uk Sutton on Sea Beachcare | Sutton on Sea

W www.facebook.com/ SuttonOnSeabeachcare Sutton St James Baptist Church

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

01476 590034 swingbridgecc@lincolnshire.gov.uk

Talk Club | Witham St Hughs







W www.talkclub.org

The Mix

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 01507 605 803 W www.teamparishoflouth.org.uk

Together | Nationwide W www.together-uk.org

Tom Harrison House | Liverpool T 0151 909 8481 V 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 01780 755 007

W www.stamfordurc.org.uk/welcome.htm

University of Lincoln Student Wellbeing Centre | Lincoln

01522 886 400 W www.studentservices.lincoln.ac.uk

The Venue (Village Hall) | Navenby T 07505 145 061 W www.thevenuenavenby.co.uk/

Veterans Mental Health | Countywide 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 01522 947 510 / www.victimsupport.org.uk/resources/ lincolnshire

Vital Stepping Stones | Gainsborough T 07751 964 832 W www.vitalsteppingstones.co.uk

Voluntary Centre Services | Lincoln 01522 551 683

W www.voluntarycentreservices.org.uk

Voluntary Centre Services North Kesteven 01529 308 450

W www.voluntarycentreservices.org.uk

Voluntary Centre Services | West Lindsey W www.voluntarycentreservices.org.uk

Waddington Children's Centre

Waddington 01522 722 170 E waddingtonCC@lincolnshire.gov.uk

Waddington Wellbeing Hub | Waddington T 07788 222 970 www.waddington.church/wellbeing-hub E cat@waddington.church

Waddington Youth Club | Waddington T 01522 720 789

W www.lcvys.co.uk Wainfleet Children's Centre | Skegness

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 enquiries@warriorprogramme.org.uk W www.warriorprogramme.org.uk

Washingborough Children's Centre Washingborough 01522 796 166 WashingboroughChildrensCentre@

Waterloo Uncovered | Nationwide info@waterloouncovered.com W www.waterloouncovered.com

lincolnshire.gov.ŭk

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 weltoncc@lincolnshire.gov.uk

West Lindsey District Council | West r 01427 676 676 W www.west-lindsey.gov.uk

Wilder Minds CIC | Fenton admin@wildermnds.co.uk √ 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 W www.willowfarmequineassistedtherapycic

Winthorpe Community Centre

Skegness 07738 997 000 www.facebook.com/ winthorpecommunitypartnership

Witham St Hugh's Children's Centre Witham

01522 861 794 withamsthughschildrenscentre@ lincolnshire.gov.uk

Woman's Institute | Countywide T 020 7371 9300 W www.thewi.org.uk

Women's Aid Boston and South Holland 01205 311 272

W www.bostonwomensaid.org.uk

Wragby Youth Centre | Wragby T 01673 858 371

Wrangle Youth Club | Boston 07751 051 862 jayne.bonsor@tiscali.co.uk

Writing East Midlands | Lincoln T 07938 104 469 W www.writingeastmidlands.co.uk

YMCA Lincolnshire | Countywide 01522 508 360 W www.lincsymca.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

T 01522 873 212 E housing.homeless@lincoln.gov.uk W www.lincolnshire.gov.uk

Youth Housing Support Service

Zion Methodist Church | Boston zionmethodistchurch@live.co.uk / 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 W www.bassinghamsurgery.co.uk

Greyfriars Surgery | Boston 01205 311 133 W www.greyfriarssurgeryboston.co.uk

Liquorpond Surgery | Boston 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 01205 365 881 W www.parkside-medicalcentre.co.uk

Stickney Surgery | Boston T 01205 480 237 W www.stickneysurgery.co.uk

Swineshead Surgery | Boston T 01205 820 204

W www.swinesheadmedicalgroup.co.uk

The Sidings Medical Practice | Boston T 01205 362 173 W www.thesidingsmedicalpractice.co.uk

Bourne 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

01522 793 081

W www.branstonsurgery.co.uk

Caistor Health Centre | Caistor 01472 851 203

www.caistorhealthcentre.co.uk **CONINGSBY**

The New Coningsby Surgery | Coningsby T 01526 344 544 W www.coningsbysurgery.co.uk

DEEPINGS Abbeyview Surgery | Deepings 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 01427 619 033 W www.caskgatestreetsurgery.co.uk

Cleveland Surgery | Gainsborough T 01427 613 158 W www.clevelandsurgery.nhs.uk

Caythorpe & Ancaster Medical Practice (Ancaster) | Grantham 01400 230 226 W www.villagedoctor.co.uk

Caythorpe & Ancaster Medical Practice (Cauthorpe) | Grantham T 01400 272 215 W www.villagedoctor.co.uk Colsterworth Surgery | Grantham 01476 860243 Www.colsterworthmedicalpractice.nhs.uk

Long Bennington Medical Centre

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 V 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

North Thoresby Surgery | Grimsby 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

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

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

Brant Road & Springcliffe Surgery | Lincoln T 01522 724 411

Brayford Medical Practice | Lincoln 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 01522 530 633 W www.glebeparksurgery.co.uk

Lindum Medical Practice | Lincoln T 01522 569 033 № www.thelindumpractice.co.uk

Minster Medical Practice | Lincoln T 01522 515 797 W www.minstermedicalpractice.co.uk

Newark Road Surgery | Lincoln T 01522 537 944 W www.newarkroadsurgery.co.uk

Portland Medical Practice | Lincoln T 01522 876 800 W www.citymedicalpractice.co.uk

University Health Centre | Lincoln T 01522 870 010 W www.ulhsonline.co.uk

Woodland Medical Practice | Lincoln T 01522 305 727

W www.woodlandmedicalpractice.org.uk

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.binbrooksurgeru.co.uk

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

METHERINGHAM Church Walk Surgery | Metheringham T 01526 320 522 W www.churchwalkmetheringham.co.uk

NAVFNRY 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

01522 500 240 W www.richmondmedicalcentre.org.uk SAXILBY

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

01522 263 444 W www.trentvalleysurgery.co.uk SKEGNESS

Beacon Medical Practice | Skegness T 01754 897 000 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 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 01775 840 204 www.gosbertonmedicalcentre.co.uk

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

Littlebury Medical Centre | Spalding T 01406 422 231

W www.littleburumedicalcentre.co.uk Long Sutton Medical Centre | Spalding

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 № www.spaldingsurgery.nhs.uk

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

STAMFORD Sheepmarket Surgery | Stamford 01780 753 171 www.lakesidehealthcarestamford.co.uk/ sheepmarket-surgery

St Mary's Medical Centre | Stamford T 01780 764 121 www.lakesidehealthcarestamford.co.uk/

st-marys-medical-centre WASHINGBOROUGH Surgery | Washingborough

01522 303 600

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

W www.washingboroughfamilypractice.nhs.

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

NHS Urgent Medical Advice Line | T 111 Emergency | T 999









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