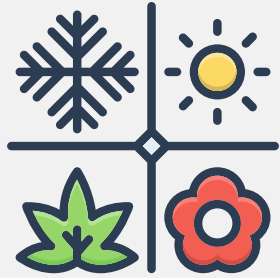


Christmas 2024



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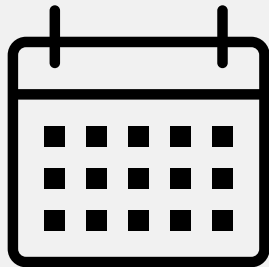
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WELCOME

Welcome to Shine Connect's Christmas newsletter. We have kept colours minimal so please print and share this where possible to avoid digital exclusion and increase exposure of support available over Christmas.

We would like to take this opportunity to thank everyone that has made 2024 so positive. Thank you to our supporters, our beneficiaries, the network of organisations and communities supporting others, the volunteers, those that are innovating new ideas, those that are longstanding. Thank you to each and everyone, we all play a vital role in keeping one another happy, healthy and thriving regardless of what life throws at us.

We wish you all a Merry Christmas and Happy New Year.

This digital newsletter sticks to key pieces of information that will help you and your loved ones over Christmas, be it a happy or challenging time. We will follow this newsletter in January 2025 with information around warm spaces.

*In the mean time, please take a look at the listings and some adverts from organisations across the county. Be sure to book for Shine and Platform Housing's **free family Christmas party in Skegness on 20th December**, come along to Shine's **Bert House Christmas Party** in Horncastle on the 19th and come back and see us when we re-open with Bert-T-T's on the 7th January 2025 - Plus take a look at the new WRAP for winter.*

For some Christmas reading you can find our full Autumn/Winter newsletter www.shinelincolnshire.com/shine-connect/ and Betty's Cookbook and Bernie's budget book www.shinelincolnshire.com/resources/ here. All of which have some great ideas and advice!

All of our training and development courses can be found www.shinelincolnshire.com/book-a-course/ here.

COPING WITH CHANGE

Hints, tips & activities with
Old Wood Organic CIC

CHANGE

Acceptance: We often cling to people, things, jobs, and 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. Notice "adequate rest" instead of "good rest" because various factors can disrupt sleep patterns. Thus, allowing ourselves moments of deep relaxation is sufficient. Additionally, prioritise dedicating time to activities that you genuinely enjoy.

Old Wood Organic offer four funded pathways of support: forest bathing, yoga for mental health, woodland volunteering, organic gardening volunteering - www.oldwoodorganic.org

OPEN AT CHRISTMAS

Organisations and community spaces open for support and company over Christmas.

Tuesday 24th December

- Grantham Passage: behind St Mary's Church, North Parade, **Grantham** NG31 8AT | 9am-11am

Wednesday 25th December

- Night Light Café, **Louth**: Trinity Centre, Eastgate, LN11 8DJ | 4pm-7pm
- Don't Lose Hope: 4 North St, **Bourne** PE10 9EA | 11am-3pm (for nibbles and company)
- **Gainsborough** The Blues Hub: North Street DN21 2HU | 11am-2.30pm (entertainment, nibbles, tea/coffee and a 2 course lunch)
- **Lincoln** Night Light Café, Bailgate Methodist Church, Bailgate, LN1 3AR | 4pm-11pm
- **Spilsby** New Life Church Hub | 10am-2pm (contact 07901 211 220)
- **Skegness** Night Light Café, The Storehouse Church, North Parade, PE25 1BY | 5pm-8pm (contact 07493 266 569)

Thursday 26th December

- Grantham Passage, behind St Mary's Church, N Parade, **Grantham** NG31 8AT | 11.30am-1pm
- **Lincoln** Night Light Café, Boultham Breakthrough Centre, Boultham Park Road, LN6 7T | 4pm-11pm

Friday 27th December

- Jubilee Café, 5 London Rd, **Grantham** NG31 6EY | 9.15am-1pm (with soup and a roll served at 12pm)
- **Lincoln** Salvation Army drop-in, 106 High Street Lincoln LN6 7TY | 10am-12.30pm
- Grantham Passage, Christchurch, Finkin St, **Grantham** NG31 6QZ | 9am-11am
- **Lincoln** Night Light Café, Energize Youth Centre, Larchwood Crescent, Birchwood LN6 0NA | 4pm-8pm
- **Skegness** Hub, The Storehouse Church, North Parade, PE25 1BY | 12pm-3pm (contact 07493 266 569)
- **Skegness** Night Light Café, The Storehouse Church, North Parade, PE25 1BY | 5pm-8pm (contact 07493 266 569)
- **Spilsby** New Life Church Hub | 12pm-3pm (07901 211 220)
- **Spilsby** Night Light Café, New Life Church | 5pm-8pm (07901 211 220)

Don't miss our warm spaces digital newsletter January 2025

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Saturday 28th December

- Jubilee Café, 5 London Rd, **Grantham** NG31 6EY | 9.15am-1pm (with soup and a roll served at 12pm)
- Grantham Passage, behind St Mary's Church, N Parade, **Grantham** NG31 8AT | 9am-11am
- **Lincoln** Night Light Café, The Salt House, Free School Lane, LN2 1EY | 7pm-10pm

Sunday 29th December

- Grantham Passage, Seventh-Day Adventist Church, 1 Dudley Rd, **Grantham** NG31 9AA | 9am-10.30am
- **Lincoln** Night Light Café, St John the Evangelist Church, Bracebridge Heath LN4 2LD | 6pm-9pm

Monday 30th December

- Jubilee Café, 5 London Rd, **Grantham** NG31 6EY | 9.15am-1pm (with soup and a roll served at 12pm)
- Pop-up, Trinity Centre, The Wong, **Horncastle** LN9 6EB | 10am-1pm
- **Holbeach** Night Light, Tonic Health Holbeach Hub, Boston Road, Holbeach, PE12 7LR | 4pm-7pm
- Grantham Passage, Christchurch, Finkin St, **Grantham** NG31 6QZ | 9am-11am
- **Lincoln** Night Light Café, St John the Baptist Church, Sudbrooke Drive, Ermine, LN2 2EF | 4pm-8pm
- **Lincoln** Night Light Café, Bridge Central, Portland Street, LN5 7NN | 8pm-11pm
- **Skegness** Hub, The Storehouse Church, North Parade, PE25 1BY | 12pm-3pm (contact 07493 266 569)
- Wragby Chef, Warm Space, Lincoln Road, **Wragby, Market Rasen** LN8 5QU | 1.40pm-4pm

31st December

- Jubilee Café, 5 London Rd, **Grantham** NG31 6EY | 9.15am-1pm (with soup and a roll served at 12pm)
- Grantham Passage, **Grantham** Baptist Church, Wharf Road (next to the main bus station), NG31 6BA | 6pm-7pm
- **Lincoln** Salvation Army, 106 High Street Lincoln LN6 7TY | 10am-12.30pm
- **Lincoln** Night Light Café, St Giles Methodist Church, Addison Drive, St Giles, LN2 4LH | 4pm-8pm

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Wednesday 1st January

- **Lincoln** Salvation Army 106 High Street Lincoln LN6 7TY | 10am-12.30pm
- Night Light Café **Louth**: Trinity Centre, Eastgate, LN11 8DJ | 4pm-7pm
- Grantham Passage, Resource Centre, behind St Mary's Church, N Parade, **Grantham** NG31 8AT | 9am-11am
- **Lincoln** Night Light Café, Bailgate Methodist Church, Bailgate, LN1 3AR | 4pm-11pm
- Wragby Chef, Warm Space, Lincoln Road, **Wragby, Market Rasen** LN8 5QU | 1.40pm-4pm

Thursday 2nd January

- Jubilee Café, 5 London Rd, **Grantham** NG31 6EY | 9.15am-1pm (with soup and a roll served at 12pm)
- Grantham Passage, behind St Mary's Church, N Parade, **Grantham** NG31 8AT | 11.30am-1pm

Friday 3rd January

- Night Light Café, Trinity Centre, The Wong, **Horncastle** LN9 6EB | 5.30pm-8.30pm
- Jubilee Café, 5 London Rd, **Grantham** NG31 6EY | 9.15am-1pm (with soup and a roll served at 12pm)
- Grantham Passage, Christchurch, Finkin St, **Grantham** NG31 6QZ | 9am-11am
- **Lincoln** Salvation Army 106 High Street Lincoln LN6 7TY (times unknown – breakfast and lunch will be served)
- Wragby Chef, Warm Space, Lincoln Road, **Wragby, Market Rasen** LN8 5QU | 1.40pm-4pm

Don't miss our warm spaces digital newsletter January 2025

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Helplines open every single day of the year:

Age UK (England) Information and support for older people

0800 58 58 58 | 8am to 7pm, every day of the year | ageuk.org.uk

Campaign Against Living Miserably (CALM) for anyone affected by suicide or suicidal thoughts

0800 58 58 58 | 5pm to midnight, every day of the year | thecalmzone.net

National Domestic Abuse Helpline 24-hour helpline for women who have experienced domestic abuse and violence, with all female advisors

0808 2000 247 | 24 hours a day, every day of the year | nationaldahelpline.org.uk

Samaritans for anyone who needs to talk

[116 123](tel:116123) | 24 hours a day every day of the year | samaritans.org

Shout Confidential text service offering support if you're in crisis and need immediate help

85258 (text SHOUT) | 24 hours a day, every day of the year | giveusashout.org

The Silver Line support, information, friendship and advice for anyone aged over 55

[0800 4 70 80 90](tel:08004708090) | 24 hours a day, every day of the year | thesilverline.org.uk

Switchboard Listening services, information and support for lesbian, gay, bisexual and transgender people.

0800 0119 100 | 10am to 10pm, every day of the year | switchboard.lgbt

NHS Non-emergency medical help and advice for people in England. If you call 111, select option 2 to access a 24/7 helpline offering urgent mental health support.

111 | signvideo.co.uk/nhs111/ | [18001 111](tel:1800111) (text relay) |

NHS 111 is open 24 hours a day, every day of the year | 111.nhs.uk

If you or anyone else is in immediate danger dial 999.



LOOKING AFTER YOURSELF OVER CHRISTMAS

FESTIVITIES CAN BE STRESSFUL TOO

The festive season is portrayed as a time of joy, celebration, and connection with loved ones. But for many people, this time of year can also bring stress, loneliness, and emotional challenges. It's important to acknowledge and normalise these feelings while taking steps to protect your mental health and wellbeing.

Here are some ways to manage your mental health during this festive season:

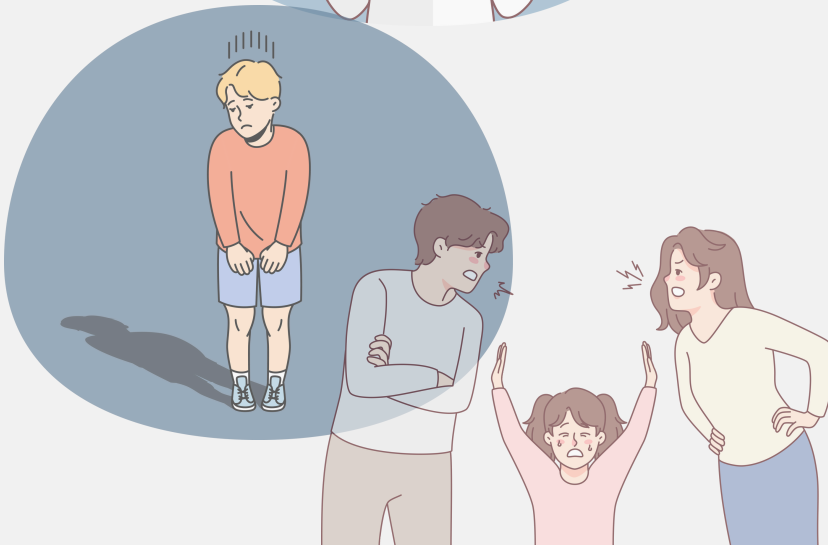
Talk About Your Feelings

It can be hard to admit that at such an exciting time of year, you don't feel as cheerful as you're expected to. But talking about your feelings can improve your mood and make it easier to deal with tough times.

Sharing how you feel with a trusted friend, family member, or mental health professional is a form of self-care and a proactive step in managing your wellbeing. Consider identifying who you can turn to for support and creating space for open and honest conversations.

Practice Self-Compassion

It's okay to feel however you feel. The festive season often comes with pressures to appear happy and excited, but it's important to acknowledge your emotions without judgment. Treat yourself with kindness and understanding, just as you would a close friend.



Set Realistic Expectations

Stress can build up when we strive for a “perfect” holiday experience. Whether it’s hosting family gatherings, buying gifts, or meeting social obligations, trying to do too much can lead to burnout. Set realistic goals and remember that imperfection is part of life. Focus on what’s most meaningful to you.

Stay Connected

Loneliness is common during the festive season, especially for those who may not have close family or friends nearby. Reaching out to others can help foster a sense of connection. Whether it’s sending a message, making a phone call, or joining a community event or support group, these small actions can make a big difference.

**Create Healthy Boundaries**

Family dynamics or social obligations can sometimes be overwhelming. It’s important to set boundaries and say no when something feels like too much. Protecting your energy and mental health is a form of self-care and ensures you have the capacity to enjoy the aspects of the season that matter most to you.

Engage in Activities That Bring Joy

Finding time for things that make you happy can help relieve stress. Whether it’s reading a book, watching your favourite movie, taking a walk in nature, or doing something creative like painting or cooking, these moments of joy can help you recharge and feel grounded.

Seek Professional Support If Needed

If the festive season feels particularly overwhelming, it’s important to know that help is available. Reaching out to a mental health professional or contacting a support helpline (see page 8) can provide valuable guidance and support. You don’t have to navigate challenging emotions alone.

Remember: It’s Okay to Prioritise Yourself

The festive season can bring a range of emotions, and it’s completely normal to feel overwhelmed or out of sync with the celebrations around you. By taking steps to care for your mental health, you’re ensuring that you can approach this time of year with greater resilience and peace.

If you’re struggling, don’t hesitate to reach out for support. Sometimes, the best gift you can give yourself is the permission to seek help and prioritise your wellbeing.

December 2024

This month: we are open Mon 2nd-Thurs 5th Dec; Mon 16th-19th Dec only

We are closing 12pm on Thursday 19th

WE ARE CLOSED: Mon 9th-Thurs 12th for Christmas Sacks. Christmas Closure: Mon 23rd Dec- Jan 2nd. REOPENING: Mon 6th Jan

Our Regular Activities

MONDAYS: crafts (10am-12pm); Extra Time Hub (12:30-1:30pm)
 TUESDAYS: All Access Games (10am-1:45pm)
 WEDNESDAYS: Gardening activities, Crafts, Mindful Drawing/Colouring
 THURSDAYS: Usher Art with Rachel (Mon 19th only - 10-11:30am); Zentangle Art with Jess (12-2pm)

Special activities this month:
 Rachel from Usher Gallery is here on Thurs 19th Dec.

Regular advice drop in:
 One You Lincolnshire "Stop Smoking Campaign": Mondays - 10am-1:45pm
 Citizen's Advice "Save Energy Costs": Thursdays - 10am-1:45pm
 Employment Plus with Andy Ayre: Thursday 5th and 19th - 10am-2pm

Lincolnshire Community Mental Health & Wellbeing Transformation

Funded by the Department for Education

WINTER 2024

HOLIDAY FUN & FOOD CLUB

GAMES ACTIVITIES * FOOD * SPORTS *

Clubs taking place Friday 20 December 2024 until Friday 3 January 2025 (excluding bank holidays and weekends).

Funded for children and young people from reception to Year 11

To find your nearest club visit:
WWW.LINCOLNSHIRE.GOV.UK/HAF

Lincolnshire County Council

acis riverside part of acis group

YULETIDE FAMILY FEST

at Gainsborough Uphill Community Centre

Monday 23 December 10am until 2pm

FREE ENTRY

Story corner Santa's Grotto and gift

Colour your own Christmas card Letter to Santa

Santa Bowling Reindeer food Hot chocolate bags

Decorate a gingerbread and treat bag

Refreshment provided REGISTER INTEREST SCAN ME

Lincolnshire County Council

aspire

01427 677277

Join us for our

Community Wellbeing Days

This Winter!

Time: 9.30am-3.30pm
 Venue: Faldingworth, Lincs
 Cost: FREE
 Lunch Included (please specify any dietary requirements on booking)
 8 spaces available for each Wellbeing day

- Tuesday 21st January: How to Flourish Wellbeing Workshop and Walk, Wellbeing Vision Board
- Tuesday 11th February: Men's Wellbeing Day Indoor and Outdoor Activity Workshops
- Tuesday 11th March: Managing Anxiety Anxiety Workshop, Mindful Nature Walk and Crafts
- Tuesday 29th April: Creating Calm Mindful Craft Workshop and Walk, Sound Bath

*Schedule of Retreat days subject to change

For more information or to book a place on an upcoming Wellbeing Day, please contact Jess at jess.dennett@abbeyaccesstraining.co.uk

Lincolnshire County Council

Don't miss our warm spaces digital newsletter January 2025

Mailing list sign-up: info@shinelincolnshire.com



Our Wellbeing Hubs provide a safe and supportive space for those experiencing mental health and wellbeing challenges.

We can signpost you to other services in the local area, help you build social networks and develop the knowledge and skills to manage your mental health and improve your wellbeing.

Christmas Opening Times

Last day of Normal Hours | 23rd Dec
 Christmas Eve | Hubs Closed
 Christmas Day | 10 till 12PM (Hubs)
 Christmas Day | 5 till 8PM (Skegness Night Light Only)
 Boxing Day | Closed
 Friday 27th | 12 till 3PM (Hubs)
 Friday 27th | 5 till 8PM (Skeg & Spilsby Night Light)
 Saturday 28th | CLOSED
 Monday 30th | 12 till 3PM (Hubs)
 Tuesday 31st till Thursday 2nd | Closed
 Friday 3rd | Normal Hours Resume

For more information and updates, find us on Facebook or speak to our Community Connectors on WhatsApp
 07493 266569 (Skegness) or 07901 211220 (Spilsby)

H.A.Y. helps people find local resources for mental health and wellbeing. www.haylincolnshire.co.uk



WINTER WARMERS WELLBEING ADVICE

Whatever the issue, we are here to help with free confidential advice.

- Wednesdays
- 2-4 pm
- Bert House
- 7 Bull Ring, Horncastle LN9 5HX

If you need advice on your household finances, benefits, pensions, energy, scams, budgeting or anything else get in touch today.

Our trained advisors are available to provide you with confidential and compassionate support.

To book an appointment, drop into Bert House or contact Ben@shinelincolnshire.com to book





HOLIDAY OPENING TIMES

BERT HOUSE
CLOSED Friday 20th Dec - Monday 6th Jan
OPEN Tuesday 7th Jan 2025
 (with Bert-t-t's 9-11am)

SHINE LINCOLNSHIRE
CLOSED Tuesday 24th Dec - Wednesday 1st Jan
OPEN Thursday 2nd Jan 2025



BERT-T-T

Tea, Talk & Toast



Looking for a warm, welcoming space to meet new people?

Starting 12th November 2024 until 27th March 2025

Join us every Tuesday, 9:00-11:00 AM
 Bert House, 7 Bull Ring, Horncastle, LN9 5HX

Enjoy tea, toast & fruit, connect with others, and share great conversation in a relaxed environment. Build friendships and receive signposting support and advice.

No need to book—just drop in and enjoy!



Don't miss our warm spaces digital newsletter January 2025

Mailing list sign-up: info@shinelincolnshire.com



WINTER WELLBEING

at Belton

JOIN US THIS NOVEMBER FOR A FREE WELLBEING WALK AND HOT DRINK AT BELTON HOUSE

DATES:
 TUES 19TH NOV
 TUES 26TH NOV
 TUES 3RD DECEMBER
 TUES 10TH DEC
 TUES 17TH DEC

TIME: 1-3.30PM

To book a place please contact Jess on jess.dennett@abbeyaccessstraining.co.uk or 07543 606059





BERT'S CHRISTMAS PARTY

Join Santa, Bert & Elves for a disco, snacks & presents!

SATURDAY 21 DEC
12PM-2PM

Skegness Wellbeing Hub
 The Storehouse Church
 North Parade
 PE25 1BY

Contact Ben to book your FREE place now
ben@shinelincolnshire.com | 07564 044 112






WINTER WARM SPACES

Everyone deserves to be warm this winter, so come along and grab a hot meal, browse our warm rail and settle down with a cuppa.

Mablethorpe Wellbeing Hub, CLIP Learning Centre Seacroft Road, Mablethorpe LN12 2DR
 Every Monday starting from 11 November, 11am until 2pm and very Wednesday starting 13 November 5pm until 8pm.





Call Us 01507 473325 For More Information www.cliplearning.co.uk/



Shine LINCOLNSHIRE Bert House

A COMMUNITY WELLBEING SPACE TO COME AND CONNECT WITH OTHERS

WINTER OPENING HOURS
 TUESDAYS - THURSDAYS
 9AM-5PM
 FROM 12TH NOVEMBER - 27TH MARCH
 THANKS TO WINTER PRESSURES FUNDING.

Each week our community hub is open for you to enjoy.

Providing a range of activities such as games or simply a space to come & relax with a cup of tea, have a chat or enjoy some peace and quiet.

From 12th November 2024 to the 27th March 2025, we are pleased to offer free hot food throughout the day

ALL ARE WELCOME.
 WE LOOK FORWARD TO SEEING YOU!







Don't miss our warm spaces digital newsletter January 2025

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WRAP-UP FOR WINTER WELLNESS. RECOVERY. ACTION. PLAN.



Grow Your Own Wellness!

Time to sprinkle a little hope for the year ahead and 'WRAP' up for winter!

We can often feel tired and unmotivated in the new year, and resolutions can leave us feeling beaten.

Come along and explore how to develop and grow your own wellness toolbox and set achievable goals for the year.

**Tuesday 14th January | 10am – 12.30pm |
Bert House, 7 Bull Ring, Horncastle, LN9 5HX**

Contact: BertHouse@shinelincolnshire.com



The weeks following the festive season can feel like an anticlimax 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 spring 2025 group, 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.

Sign-up for the January WRAP session or register your interest for the six-week course coming in spring 2025 (dates to be confirmed).



Grow Your Own Wellness coming spring 2025!

A six-week course to explore key recovery concepts and the Wellness Recovery Action Plan Framework. An opportunity to build a wellness plan focusing on what works for you, and how to grow your own wellness and live the life you want.

Location will be Bert House, Horncastle

Register your interest or for further information:
BertHouse@shinelincolnshire.com
or
call 01507 304548



Don't miss our warm spaces digital newsletter January 2025

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WARM SPACES IN LINCOLNSHIRE



Winter Warm Spaces and Support

Visit the warm spaces 2024 - 2025 list for locations offering free comfort, warmth, company and hot refreshments (check individual locations).

WWW.HAYLINCOLNSHIRE.CO.UK/WINTER-WARM-SPACES-AND-SUPPORT/

Please refer to the Christmas listings for spaces open during the holidays. We cannot confirm that this list will be open on bank holidays.

All warm spaces will be open in the New Year, but please call ahead outside of this.

Don't miss our warm spaces digital newsletter January 2025

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SEE YOU NEXT YEAR!

E info@shinelincolnshire.com

T 01507 304 548

W www.shinelincolnshire.com

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



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