



Connect

Winter Pressures Digital Newsletter 2025



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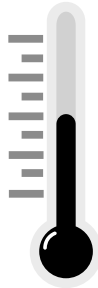
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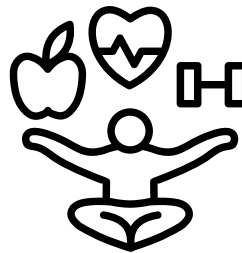
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WELCOME

Welcome to Shine Connect's Winter Pressures update.

We have kept colours minimal so please print and share this where possible to avoid digital exclusion and increase exposure of support available over winter.


Thank you to everyone that has contributed information and content for this update. As always, the information provided is the latest that we have, but if you have any queries please contact the provider directly.


Welcome to 2025.

This digital newsletter sticks to key pieces of information that will help you and your loved ones over the winter months. Covering keeping warm and connected, cost of living support and tackling the onset of new year challenges.

*Be sure to take advantage of the huge discounts on **Shine's training courses** (page 5), open to everyone and every organisation. Plus take a look at the upcoming '**Grow Your Own Wellness' WRAP** sessions (page 14) in the spring and if you're local to Horncastle pop along to Bert House for all **new parent/carer drop-in's**, winter wellbeing support and always a hot drink and refreshments!*

For all things Shine and information for public and professionals from across Lincolnshire, follow us on social media:

 @Shine_Lincoln

 @ShineLincs

 @ShineLincolnshire

 Shine Lincolnshire Charity

Thank
you

Over 2024 we were overwhelmed by the kindness of our communities. We really want to thank each and every one of you that supported us, be that cheering Bert on at the Boston Marathon, donating your time at Bert House, creating a song and a dance in Swineshead, not to mention the invitations to fundraise and share our purpose at numerous Christmas events or enabling us to make everyone's Christmas with special parties and gifts where they were most needed.

Our list is by no means exhaustive but we want to mention as many people as possible!

Platform Housing Group, Platform Housing, Allen School of Dance and Performing Arts, Squad 54 (RAF Waddington), Tesco Wragby Road, Gusto Community Fund, Lincoln Salvation Army, Wright Way Sports, Raffle prize donators – list, His Church, Ukelele group, Black Barn Farm / Desire Change, Wright Way Sports, Grange Farm, Maltby le Marsh, Bar Unico, Horncastle, Sara Nickles Beauty, David Holland Funeral Directors, Coco Hair and Beauty, Hair@No1 Scamblesby, Southwell Racecourse, Southwell Golf Club, Fantasy Island, Skegness, Skegness Natureland, Jump Inc, Lincoln, Fun Farm, Lincoln, Old Rectory Spa North Scarle, Tesco, Skegness and Spilsby Wellbeing Hub



TRAINING SALE

Book onto any of Shine's training courses running in January, February and March at these discounted prices!

For dates see www.shinelincolnshire.com/book-a-course, email education@shinelincolnshire.com or call 01507 304548

Course	WAS	NOW
Mental Health First Aid (2day)	230	£160
Youth Mental Health First Aid (2day)	230	£160
Mental Health Awareness (4hr)	95	£80
Suicide First Aid Adult (1day)	95	£80
Suicide first Aid CYP (1day)	95	£80
Suicide First Aid Lite (4hr)	55	£50
Emergency First Aid at Work (1day/6hrs)	65	£55
Combined Emergency First Aid at Work and Emergency Paediatric First Aid (1day/7hrs)	75	£65

WHILE THERE IS TEA, THERE IS HOPE



We harp on a lot about tea drinking. 'Join us for a cuppa', 'tea and coffee provided', 'Come and have a natter over a brew', and our so-called 'Bert-T-T' group (every Tuesday at Bert House, Horncastle!). Yes, we all like a brew, but there's more to it than the humble cup and pot (or favourite mug!).

Did you know that during the First World War, tea was considered a vital morale booster for soldiers on the front lines. So essential in fact that it was excluded from rationing. Civilians and the military turned to the solace of the kitchen teapot, canteen urn, or an improvised tin cup in the trenches to get them through. It was known as the great 'cheerer-upper' and so came the term 'While there is tea, there is hope'.

These days the simple act of brewing and sipping tea encourages mindfulness, offering a moment of calm in a busy day. The social aspect of sharing tea with others fosters connection and emotional wellbeing. Whether you're seeking tranquility or mental stimulation, tea is a comforting choice. That's why we harp on about it!

Bert-T-T is at Bert House, Horncastle every Tuesday (see page 22)

WARM SPACES IN LINCOLNSHIRE



Winter Warm Spaces and Support

Organisations and community spaces providing free space that is warm and welcoming.

On the following pages we have compiled a list of Lincolnshire Warm spaces and their opening times.

Please share these with people you are supporting, especially those that may not be able to access online resources.

Whilst efforts have been made to ensure this information is up to date, please check in advance when possible.

www.haylincolnshire.co.uk/winter-warm-spaces-and-support/

or

www.warmwelcome.uk
for searchable lists.

WARM SPACES

Whilst efforts have been made to ensure this information is up to date, please check in advance when possible.

GAINSBOROUGH

- The Bridge Learning Centre, 142 Bridge Street, Gainsborough DN21 1LP | Sundays 10.00am-1.00pm | 01427 675 736 | 07498 990 518
- Uphills Community Centre, Riseholme Rd, Gainsborough DN21 1NJ | Mondays 12.00- 3.00pm | 01427 611666
- Park Springs Community Centre, Riseholme Road, Gainsborough DN21 1NJ | Mondays 12.00pm-3.00pm | 01427 611666
- DSN (Disability Social Network) St. George's Church Hall, Heapham Road, Gainsborough DN21 1SH | Mondays 10.30am-12.30pm | 07300 869408
- Gainsborough Men's Shed 17 Stirling Place, Gainsborough DN21 1NF | Tuesdays & Thursdays 11.00am- 2.00pm | 07300 869422
- Sturton by Stow Village Hall, High St, Sturton by Stow, Lincoln LN1 | 2AX | Mondays 12.00am- 3.00pm
- Saxilby Village Hall, 34 High St, Saxilby, Lincoln LN1 2HA | Wednesdays 10.30am-1.30pm | 07523 642036

Warm Packs Distribution contact:

- Connexions Community Hub: mylincs@outlook.com | 01427 678695
- The Gainsborough Academy: sbowers@gainsboroughacademy.com | 01427 612411

Your local Community Connectors:

- Becky Hails | Becky.Hails@acisgroup.co.uk | 07498990518
- Barbara Hancock | Barbara.Hancock@acisgroup.co.uk

We have attempted to include telephone numbers wherever possible, in addition to online access.

WARM SPACES

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HORNCASTLE, LOUTH

- Shine Lincolnshire, Bert House, 7 Bull Ring, Horncastle LN9 5HX | Tuesday, Wednesday, Thursday 9:00am-5:00pm | 01507 304548 | berthouse@shinelincolnshire.com
- The Wong Day Centre, 11 The Wong, Horncastle LN9 6EB | Fridays 5:00 pm-8:00pm | 01507 527047
- Bucknall Village Hall, Main Road, Bucknall, Woodhall Spa, LN10 5DT | Mondays & Wednesdays to end of January 9.30am-1pm | bucknalvillagehall@gmail.com
- Horncastle - Over 50s Youth Club Community Centre, Manor House Street, LN9 5HF | Wednesdays 1.30pm-3.30pm | Jean 07752413693
- Mareham Le Fen Community Centre, Horncastle Road, Mareham Le Fen, PE22 7QL | contact@marehamlefencommunitycentre.co.uk
- Trinity Centre, Eastgate, Louth, LN11 8DJ | Wednesdays 5pm – 8pm | 01507 605803 | Jayne.pegg@teamparishoflouth.org.uk
- LIGHTHOUSE at Louth Methodist Church 16-2 Nichol Hill, Louth LN11 9NQ | Wednesdays 10:00am-2:00pm (refreshments until 1pm) / Fridays 10:00am-2:00pm (refreshments available and hot 2-course lunch at 12 noon) | 07437 433154 | lighthousecommunityhub@gmail.com
- Trinity Centre, Eastgate, Louth, LN11 8DJ | Wednesday, 5pm-8pm | 01507 605803 | Jayne.pegg@teamparishoflouth.org.uk
- Little Louth, Checker Gate, Louth, LN11 0LH | Monday-Saturday 9.00am-5pm & Sundays 10am-4pm | 01507 602089 | littlelouth@gmail.com
- Meridian Leisure Centre, Wood Lane, Louth, LN11 8SA | Wednesdays 1pm - 3pm / Thursdays 1.30pm-3pm | 01507 607650
- St. Peter's Church, Saltfleetby, Louth, Lincolnshire LN11 7SP | First Wednesday of the month 10:30am-12:00pm | office@fofc.org.uk

Your local Community Connectors:

- Jane Pegg - Jayne.Pegg@teamparishoflouth.org.uk
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WARM SPACES

Whilst efforts have been made to ensure this information is up to date, please check in advance when possible.

SKEGNESS, WAINFLEET, SPILSBY

- The Storehouse, North Parade, Skegness | 2nd & 4th Saturday 12-3pm | Warm packs can also be ordered from the team and collected within 48 hours | 07493 266569
- New Life Centre, Church Street, Spilsby | 1st & 3rd Saturday 12-3pm | Access to a washing machine & dryer available upon request. | Warm packs can also be ordered from the team and collected within 48 hours | 07901 211220
- Hundleby Community Cafe, Parish Rooms, Church Lane, Hundleby, PE23 5NA | 4th Thursday of the month 2pm- 4pm | jane_slaymaker@btinternet.com
- Skegness, Pool and Fitness Suite, Grand Parade, Skegness, PE25 2UG | Tuesday 10am-11.30am / Thursday 1.30pm- 2.30pm | 01507 472129
- Skegness Methodist Church, Alghitha Road, Skegness, PE25 2AJ | skegnessmethchurch@btinternet.com
- Spilsby Christian Fellowship, Halton Road, Spilsby PE23 5LA | Mondays & Wednesdays 10:00-11.30 am - Term time (parents, grandparents and carers with babies to all pre-schoolers) | Thursdays 10-11.30am - Term time | 01790 752457 | judithcoe@live.co.uk | spilsbychristianfellowship@live.co.uk
- The Victory Hall, Skegness Road, Partney, England, PE23 4PY | Fridays 10am-12pm
- Winnies Community Lounge, Roman Bank, Winthorpe, Skegness | Tuesdays 6:00-8:00pm / Thursday 10:00am-3:00pm | Jodi Bradbury 07738997000 | jodibrad80@hotmail.com
- Wainfleet Methodist Church and Community Centre, St John's Street, Wainfleet | Mondays 12-2pm | Polly Butler 07900 231845 | pollybutler@hotmail.com

Your local Community Connectors:

- Suzy Pearl -suzy.pearl@nhs.net | 07901211220
 - Michael Lithgow - M.lithgow@nhs.net | 07535684487
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WARM SPACES

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MABLETHORPE, ALFORD

- CLIP Wellbeing Hub, Seacroft Rd, Mablethorpe LN12 2DR | Mondays 11am-2pm & Wednesdays 5pm-8pm | 01427 677377
- Alford Storehouse, 47 West St, Alford LN13 9EZ | Mondays & Thursdays 10:30am-13:30pm | 01427 677377
- Alford Storehouse Soft Play, Chantry Road, Alford | Adults with children | Mondays 3.45-5.45pm
- Alford Hub, 19 High Street, Alford LN13 9DS | Monday to Friday 9am-12pm | Warm packs are available | 01507 464901 | alfordhub@gmail.com
- Tide Turners Warm Space, Sutton High Street (opposite Spar) | Thursdays | 10:30am-12:30 pm / Thursdays 6:30pm-7:30 pm / 3rd Saturday of the month 8:00pm-midnight | Stephanie Carruthers 07718 208400
- Trusthorpe Village Hall, Sutton Road, Trusthorpe LN12 2PH | Mondays 10am-3pm | 07901 895384 | rubyisace@aol.com
- Alford Library, 6 Market Place, Alford LN13 9AF | Tuesdays & Fridays 10am-4pm | town.clerk@alfordtown.com
- Alford Methodist Church, 120 West St, Alford LN13 9DJ | norfolksmiles@gmail.com
- Alford War Memorial Hall, 4 Chantry Road Alford LN13 9HQ | Monday 10am-2pm | admin@alfordwarmemorialhall.co.uk
- Maltby le Marsh, Village Hall, Main Road, Maltby le Marsh LN13 0JP | Kevin Proctor k.proctor245@gmail.com
- Station Sports Centre, Station Road, Mablethorpe, LN12 1HA | Sundays 10am-11.30am / Mondays 10am-11.30am | 01507 472129
- The Access Centre, 47 West Street, Alford LN13 9EZ | Mondays, Tuesdays & Wednesdays | 10am-2pm & Fridays 10am- 4pm | Pastor Mandy Smith 01507 462990
- Friendship Group The Coastal Centre, Mablethorpe, LN12 2AQ | Monday to Friday 9am-2pm | admin@theboatshedcharity.org.uk

For further information on Warm Spaces in this area:

- Drop-in to Alford Hub HQ, opposite Library | 01507 464901 (9am-12pm) | Shaney.fretwell@alfordhub.co.uk
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WARM SPACES

Whilst efforts have been made to ensure this information is up to date, please check in advance when possible.

LINCOLN

- Ermine Library and Community Hub, 19 Ravendale Drive, Lincoln LN2 2BT | Tuesdays, Thursdays 9:00-3:00pm, Wednesdays 9am-7pm, Saturdays 10:30am-12:30pm | erminelibrary@bishopg.ac.uk | 01522 782010
- Wellbeing Café, Arise Church, Lincoln, LN6 0JE | Monday, Tuesday, Wednesday 10:30am-1:30pm | 01522 694694
- Monks Road Methodist Church, 279 Monks Rd, Lincoln LN2 5JZ | Mondays 10am-12pm | 07579 768910 | info@monksroadmethodistchurch.org.uk
- Bridge Central Wellbeing Café, Portland Street, Lincoln, LN5 7NN | Monday to Thursday 10am-2pm | 01522 530730 | info@wearebridge.org
- Bridge Community Hub, 107-115 Newark Road, Lincoln, LN5 8NQ | Monday to Wednesday | 10am-2pm | 01522 530 730 | sian@wearebridge.org
- The Bridge Community Venue, 72a Newark Rd, Lincoln LN5 8PY | Monday to Thursday 10am-2pm | 01522 530 730 | jacqui@wearebridge.org
- Lincoln City Foundation – Social Hub; Co-op Community Hub, LNER Sincil Bank, Lincoln LN5 8LD | Mondays 10am-2pm | kate.oreilly@lincolncityfoundation.co.uk | 01522 563792
- Green Synergy, 49 Roman Pavement, Lincoln, LN2 5RD | Mondays 11am-1pm, Wednesdays 10am-12pm, Thursdays 1pm-3pm | info@greensynergy.org.uk | 01522 533 077

Your local Community Connectors:

- Mike Farley - mike.farley@wearebridge.org | 07916909973
- Lois Delong - lois.delong@wearebridge.org | 07305347193
- Dave Rigby - dave.rigby@wearebridge.org

MARKET RASEN

- Market Rasen New Life Church Centre, Serpentine St, Market Rasen LN8 3AR | 01673 849941
 - Book Lending Club, The Reading Room, High St, Binbrook, LN8 6BH | Thursdays 12noon-2pm | Bunny 01472 399097 | Karen 07429465703
 - Friendship Group Coffee Morning, The Reading Room, High St, Binbrook, LN8 6BH | 3rd Monday of the month 10am-12pm | Bunny 01472 399097 | Karen 07429465703
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WARM SPACES

Whilst efforts have been made to ensure this information is up to date, please check in advance when possible.

STAMFORD, BOURNE, GRANTHAM

- The Free Church, 60 Kesteven Road, Stamford PE9 1SU | Thursdays 4.30-6.30pm | 01780 489287
- Stamford All Saints Unity Centre, PE9 2PR | Monday 11am-2pm | 07801 282719
- Salvation Army Hall, 5a Manning Rd, Bourne, PE10 9ET | Fridays 10am-2pm | 01778 393459 | Jenny.McPhee@salvationarmy.org.uk

Your local Community Connectors:

- Shani Storrie - Shani@mindspacestamford.com (Stamford & Bourne)
- Jo Taylor - jo@shinelincolnshire.com | 07564044115 (Grantham)

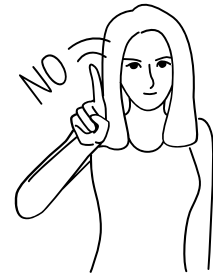
SURFLEET, HOLBEACH, SPALDING

- Tonic Health Spalding Hub, 6 Broadgate House, Westlode Street, Spalding PE11 2AF | Monday – Friday 10am-3pm (light bites 10am – 2pm) | Saturdays 10am-2pm | spaldinghub@tonic-health.co.uk | 01775 725059
- Tonic 44 Community Hub, 44 Station Road, Surfleet PE11 4DA | Wednesdays, Thursdays, & Fridays 9am-2pm | 44@tonic-health.co.uk | 01775 680006 | www.tonic-health.co.uk/
- Holbeach Hub, Boston Road South, Holbeach, PE12 7LR | Mondays 10am-3pm | holbeachhub@tonic-health.co.uk | 07471 515232 | www.tonic-health.co.uk/
- Lighthouse Church, Haverfield Road, Spalding | Wednesday 10am-1pm | Pastor Chas Sandhu | 01775 719171
- Spalding Baptist Church, Swan Street, Spalding, PE11 1BT | Fridays 10:30am-1:30pm | online@spaldingbaptist.org.uk
- Holbeach Methodist Church, Albert Street Holbeach, PE12 7DR | Thursday 9:30am-1:00pm | 01406 704489

Your local Community Connectors:

- Jo Ireland | spalding@communityconnector.org.uk
 - Vanessa Collins | slr@communityconnector.org.uk
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NEW YEAR'S RESOLUTIONS



For many, the New Year in Lincolnshire is about small, meaningful changes that pave the way for a happier and more fulfilling year ahead.

Set Specific, Positive Goals

When making resolutions we tend to think about what we're going to stop doing and how we are going to restrict ourselves and these can be vague goals like "get fit" or "stop eating chocolate", "stop spending money". Goals like this are harder are to achieve. Instead, define clear, positive and actionable steps, such as "I will start walking for 10 minutes at lunchtime" or "I will eat a different vegetable every day."

Make It Measurable

Track your progress to stay motivated. Whether it's logging workouts, using a budgeting app, or journaling your achievements, seeing progress helps maintain momentum.



Start Small

Break your resolution into manageable steps. For example, if your goal is to eat healthier, start by adding one extra serving of vegetables to your meals rather than overhauling your diet all at once.

WHATEVER YOUR GOAL, GET SUPPORT

Create a WRAP

Register now for the spring Wellness Recovery Action Plan sessions. Come along and develop a plan unique to you, your goals and your barriers with the support of Donna , our Mental Health Recovery Action Plan Educator and peers. Dates to be confirmed.

01507 304 548

berthouse@shinelincolnshire.com

A promotional graphic for a course. At the top right, a hand is shown dropping a seed into a lightbulb-shaped container. Inside the lightbulb, a small green plant with two leaves is growing out of a pot of soil. The background is dark blue. The text is in white and yellow. The Shine Lincolnshire logo is at the top left.

Shine
LINCOLNSHIRE

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

SUPPORTING YOUR GOALS

OneYou Lincolnshire

Free weight loss, exercise, stop smoking and drink less programmes to help you walk towards a healthier, happier you. OneYou partner with leading weight loss providers, including MAN v FAT and Slimming World. Offering tools and support to guide you every step of the way.

01522 705 162

hello@oneyoulincolnshire.org.uk

www.oneyoulincolnshire.org.uk/services

Let's Move Lincolnshire

Let's Move Lincolnshire is here to help you get active in a way that works for you.

01522 730 325

info@letsmovelincolnshire.com

www.letsmovelincolnshire.com/find-activities/



Lincolnshire Recovery Partnership

They support a wide range of different people who use alcohol and drugs such as cocaine, crack, cannabis, heroin, other opioid drugs, benzos and much more. Whatever your reason for getting in touch, you won't be judged – many of the staff have been in your position before.

0800 304 7021

lincs.info@lincsrecoverypartnership.co.uk

www.turning-point.co.uk

GamCare

GamCare is the leading provider of information, advice and support for anyone affected by gambling harms. They operate the National Gambling Helpline, provide structured support for anyone who is harmed by gambling, create awareness about safer gambling and treatment, and encourage an effective approach to safer gambling within the gambling industry.

0808 8020 133 (24/7)

www.gamcare.org.uk

MONEY, MONEY, MONEY



You might have heard people say ‘cost of living crisis’ a lot in recent years. It actually means that the price of everyday essentials, including the cost of using electricity and gas, has gone up very quickly but the amount of money we earn hasn’t gone up as much, if at all. And this will affect EVERYONE!

Someone who is stressed about money and other challenges make the perfect victim for fraud and scams. But again, it is possible for ANYONE to fall victim to these very sophisticated thieves.

On the following pages we have signposted you to places where you can find money advice and support with the cost of living as well has some tips on staying safe from fraud and scams. There are a selection of formats on most websites but we have included phone numbers and text relay numbers where possible.

Don’t keep money worries to yourself, we are all in this together!!



Energy support and advice

If you're struggling with energy bills, contact your supplier immediately. Options may include payment plans, breaks, or hardship funds, tailored to your ability to pay.

Vulnerable individuals should join the free **Priority Services Register** for additional help. You no longer need to ask your supplier to do this for you. There are several ways you can register: 0800 169 9970 | www.thepsr.co.uk.

Check if you qualify for government support to manage energy costs, such as:

Warm Home Discount If you're eligible you should get it automatically. If you think your energy costs assessment isn't accurate, you can usually challenge it by getting in touch:

0800 030 9322 | www.gov.uk/the-warm-home-discount-scheme
The helpline will close to new claims on 28 February 2025.

Winter Fuel Payment Changes were made to the criteria for this from this winter. Most people will get this automatically if they get Pension Credit, Universal Credit, Income Support amongst other claims.

If you're not sure contact them:

www.gov.uk/winter-fuel-payment | Winter Fuel Payment Centre
Mail Handling Site A, Wolverhampton, WV98 1LR | 0800 731 0160 |
textphone relay 18001 then 0800 731 0160 |
BSL video: <https://connect2.interpreterslive.co.uk/vrs?ilc=DWP>

Household Support Fund Small grants for essentials via local councils.

Lincoln 01522 881188 | East Lindsey 01507 601111 | West Lindsey 01427 676676 | South
Kesteven 01476 40 60 80 | South Holland 01775 761161 | Boston Borough 01205
314200 | North Kesteven 01529 414155

**Winter Warmers Wellbeing Advice is at Bert House, Horncastle on
Wednesdays (see page 22)**



Money and debt support and advice

There are many national and local organisations and charities offering free support for energy and debt issues.

Money Helper Sponsored by the Department for Work and Pensions, it provides free, impartial and confidential money guidance to anyone in the UK
www.moneyhelper.org.uk

Help with pensions Call 0800 011 3797 to speak to a pension specialist or 0345 602 7021 if you're self-employed.

Help with debt and money Speak to a debt and money specialist.
0800 138 7777 | Typetalk: 18001 0800 915 4622

StepChange A charity that provides free debt advice www.stepchange.org | 0800 138 111

Turn2Us Practical information and support to end financial insecurity, including a Benefits Calculator, Grants Search and PIP Helper tools | www.turn2us.org.uk

Citizens Advice National and locally based charity that offers free confidential advice (National 0808 223 1133 | www.citizensadvice.org.uk)
South Lincolnshire 0808 278 7996 | www.citizen sadvicesouthlincs.org.uk
Mid Lincolnshire 0808 278 7942 | www.camidlincs.org.uk
Lincoln & Lindsey 0808 278 7904 | www.citizensadvicelincolandlindsey.org.uk

National Debt Line Free independent advice on debt | 0808 808 4000

Age UK A leading charity, it says it can help any older person or those entitled to claim benefits | 0800 678 1602

Scope A disability equality charity, it offers free energy advice to disabled people and can support with registering for the Priority Services Register | 0808 801 0828

Winter Warmers Wellbeing Advice is at Bert House, Horncastle on Wednesdays (see page 22)



Fraud and scam support and advice

Fraud is a broader term that refers to intentional deception to secure unlawful gain, while a scam is a specific type of fraud that typically involves a scheme or trick to deceive someone for personal or financial benefit.

People who are scammed or experience fraud can feel shame, loneliness and social isolation. This can lead to financial problems such as debt and gambling. Some adults may be especially vulnerable to fraud and financial abuse too, seek advice for them if you are concerned.

The simplest messages are;

- Take your time and verify contacts independently.
- Never share passwords or financial details.
- Enable two-factor authentication and keep devices updated.
- Be cautious with cold callers or unsolicited offers. you don't even have to answer the door.

Action Fraud (They will not call you unless you have requested them to, and will never ask for your bank details) www.actionfraud.police.uk | 0300 123 2040 | Textphone 0300 123 2050

Friends Against Scams www.friendsagainstscams.org.uk

Age UK (see previous page) www.ageuk.org.uk | 0800 678 1602

GamCare www.gamcare.org.uk | 0808 8020 133

National Debt Helpline (see previous page) www.nationaldebtline.org | 0808 808 4000

Citizens Advice (see previous page) www.citizensadvice.org.uk | 0808 223 1133

Learn new skills to help manage life, work and money!

Skills 365 offer funded training through Lincolnshire County Council, delivered in the heart of your community in your local library. See what you can learn!

The courses are available in Boston, Gainsborough, Grantham, Lincoln, Mablethorpe, Skegness and Stamford libraries.

Courses include:

- How to make your money go further in 2025 (Multiply)
- Beginners Internet and Email)
- Beginners Spreadsheets (Multiply)
- Getting more done in your busy lives (time) (Multiply)
- Advanced Spreadsheets (Multiply)
- How To Sell Items Online (Multiply)
- Essential digital (computer) skills (Multiply)
- Job searching, CV's and Interviews
- Skills for modern work (Multiply)



www.newskills365.com/lincolnshire-library-training-courses/
tutor@newskills365.com | 01522 275033

Resources to help you budget and save whilst eating well!

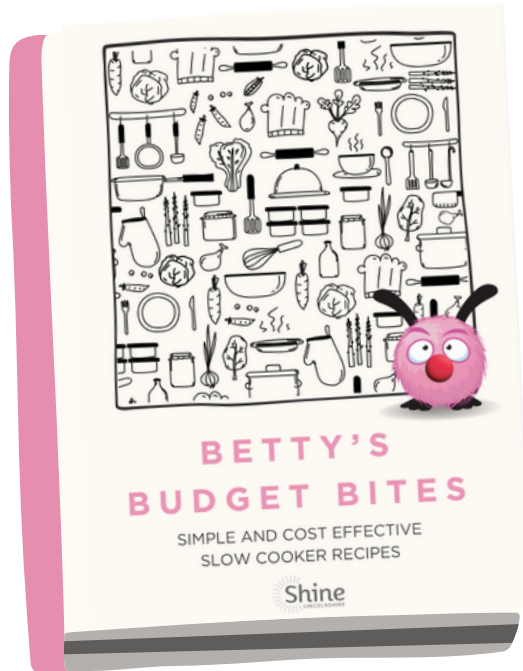
You can also get further help with budgeting in our free booklet available printed or digital '**Bernie's Brilliant Budgeting**'. In here you will find some resources to help you budget along with further details of support and help.

Whilst you're at it, why not learn how to make your food go further? It can help you save money and reduce waste. '**Betty's Budget Bites**' has a selection of slow-cooker recipes and information on getting support and reducing waste through community food banks and schemes.

Please see the following page for details or email berthouse@shinelincolnshire.com or 01507 30448.

Try our FREE budgeting booklets available printed or digital 'Bernie's Brilliant Budgeting**' & **Betty's Budget Bites**' (see page 21)**

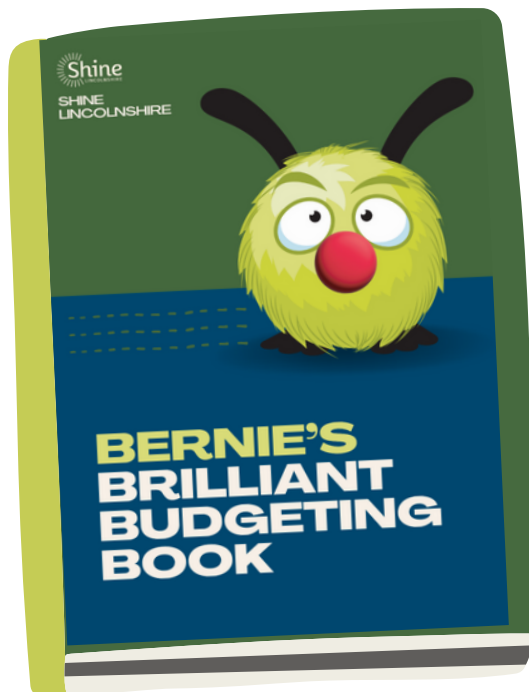
FREE COOKING & BUDGETING GUIDES FOR WINTER & BEYOND



Download from
our website



OR



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



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!



Lincolnshire Community Mental Health & Wellbeing Transformation | NHS Lincolnshire Integrated Care Board | Shine LINCOLNSHIRE | Lincolnshire Partnership NHS Foundation Trust | NHS Lincolnshire Partnership NHS Foundation Trust



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!

Shine
LINCOLNSHIRE

BERT HOUSE



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



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PARENT CARER DROP IN

A free Drop in session for parents, carers and children
Tuesdays 2:30pm-4:40pm,
providing free food and drinks and support for all



ACTIVITIES :

- Dinner
- Snacks
- Games
- Signposting
- Support
- Tea and Coffee

Shine
LINCOLNSHIRE

07564 044112 | BertHouse@shinelincolnshire.com

Mailing list sign-up: info@shinelincolnshire.com

E info@shinelincolnshire.com

T 01507 304 548

W www.shinelincolnshire.com

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