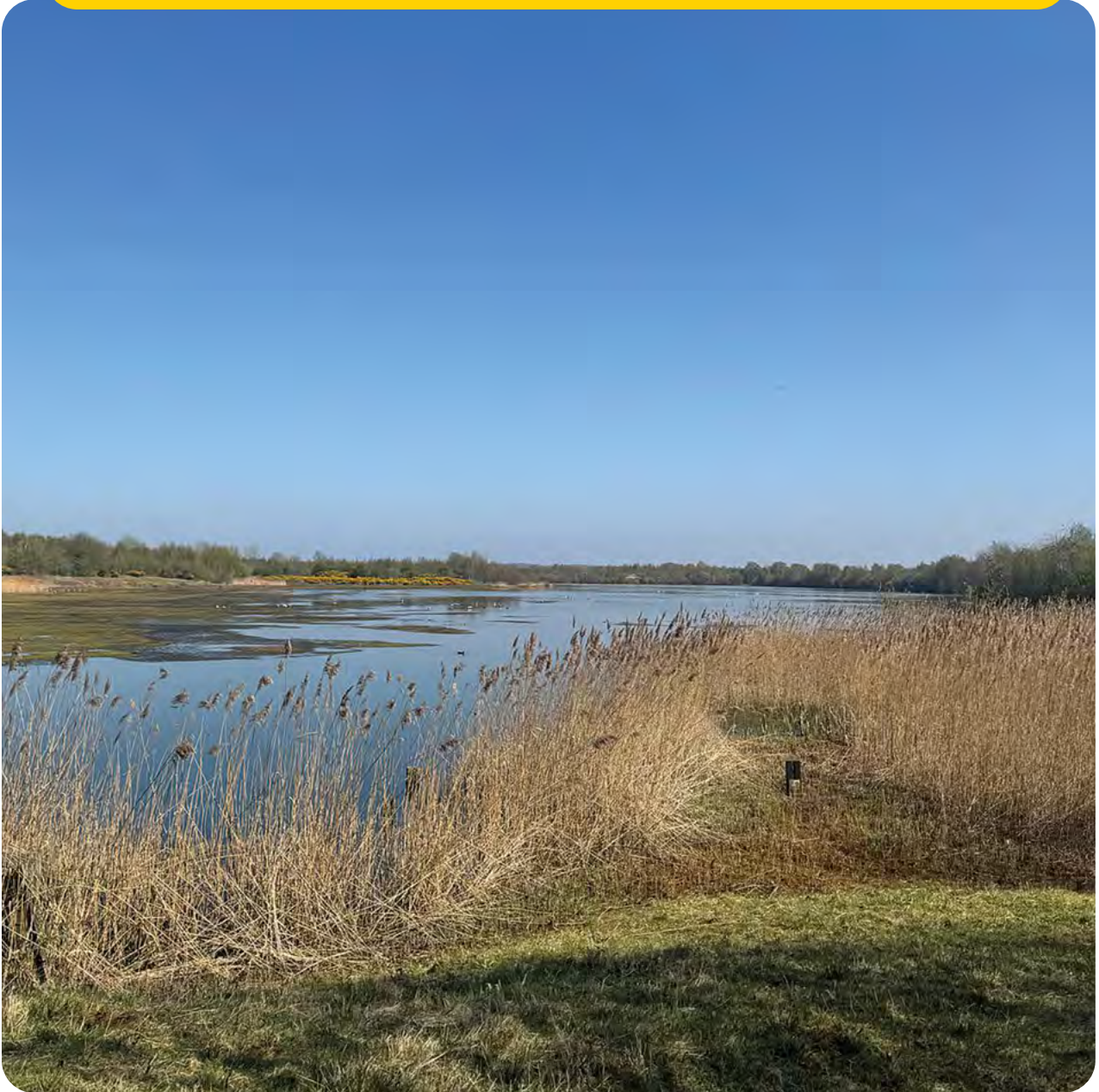




Lots of inspiration to help your wellbeing during the spring 2025!

Shine Connect

Spring 2025



[Autism Awareness](#)

[Reading for Wellbeing](#)

[Hoarding FAQ's](#)

[Women's Wellbeing](#)

[County Updates](#)

[New Groups](#)

[Our New Look!](#)

Contents

- 5. Welcome
- 6. Good News
- 8. Take a Leap!
- 10. Talk Club
- 12. Bert House Update
- 14. Combating Loneliness
- 16. Reading for Wellbeing
- 18. Literacy Skills
- 20. Veteran Support
- 22. Carer's Column
- 23. Bert House Groups
- 24. Sleep Improvement
- 26. Neurodiversity
- 32. Celebrating Rural Support
- 34. Training Timetable

- 35. Community Updates
- 42. Women's Wellness
- 45. Outdoor Wellness
- 48. Bereavement Support
- 50. Chair Yoga

Looking for the pull-out directory?

It's now available to download separately so it's there when you need it!



www.shinelincolnshire.com/resources

Connect with us...

Shine Lincolnshire Charity
 ShineLincs
 Shine_Lincoln
 ShineLincolnshire

Shine Lincolnshire
 Shine Bert House
 Shine Training & Education

info@shinelincolnshire.com
 01507 304 548
www.shinelincolnshire.com
 Bert House, 7 Bull Ring, Horncastle.
 LN9 5HX



“
**All the
negatives in
your life...
They help to
hype up the
positives...**
”



**Foreword by Kate
Hull Rodgers,
Stepping Stone
Theatre for Mental
Health**

Welcome to spring...

Four guesses which is my favourite season ... Yes....!! Spring! Good guess! I even love the saying “Spring has sprung.” And how true it is. Welcome to warmth, dryness and a whole lot of light. All things good for our mental health. Is it that the world starts to get coloured in like a Mandella drawing, or that we spend more time outdoors, or many baby animals are born this season? I think I’ve already summed it up - it’s the movement away from cold, wet and dark... things that traditionally are not good for your mental health. As someone who writes about the weather a lot, I often advise ways to endure the Winter, but when it comes to spring, I’m all about embracing it.

That’s got to be the first bonus. Get outside. I’m finished with hunkering down; I’m finished with layering up. I’m dressing in cotton and I’m headed outside. And what a difference it makes when the clocks go forward. Light at 8, 9, 10 o’clock at night. Thank you planet for so many reasons to be happy.

You know how I said about enduring winter. Well one of the things that has got me through this winter is that I recognized all the negatives were just setting me up to enjoy the positives of Spring even more. You can’t have good without bad, light without dark, hot without cold, wellness without illness. The bleak, cold Winter has helped me to appreciate Spring even more. I would be remiss if I didn’t point out that this is a good way to think about all the negatives in your life. They just help to hype up the positives. I think this is a pretty good argument for me to present as I am Bi Polar.

I am Bi Polar and the medications I am on help me not top up or bottom out. They help me live in the middle. Some service users talk of medication that makes them feel numb. Yes, they do. But having reached the highs of psychosis and the lows of attempting suicide, I am only too happy to live in the middle. But Spring. Spring is something I can get truly excited about. I love the warmth on my skin. I’m as high as I need to be. There is no sign of a low. This is a great place to be with my mental health. I hope you have a favourite season too. Perhaps it is summer, just around the corner as I write. Hopefully you can frame the other seasons, not as a negative, but rather as a waiting. And if you happen to see a 60-something-year-old woman skipping in the sunshine; stop to say hello. Odds are it’s me.



Eresby Special School help the National Trust

On the 28th February and 7th March, a small group of students from Eresby Special School helped the rangers at the National Trust, Gunby Estate, Hall and Gardens to plant 1,700 British Bluebell bulbs around the Ice Pond. The hot chocolate and flapjack was definitely well deserved!

Eresby School has built up a great partnership with the National Trust. Students enjoy taking part in work experience placements and a series of workshops that are delivered in school. During their time there students will learn about the role of a Senior Collections and House Officer in conserving historical artifacts.



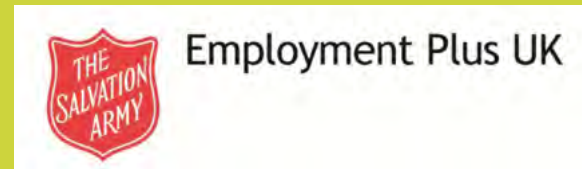
Wraparound Support for Finding Employment

Employment Plus provides comprehensive employability support services across employment, health, and justice sectors. They aim to help people find jobs, improve their skills, and support their health and wellbeing.

Weekly support sessions cover transferable skills, CV writing, interview skills, and job searches whilst soft skills development includes resilience and confidence building and exploring how work can work for the individual. They offer bespoke support programmes for specific needs,

including 50+, neurodiversity, socially excluded, mental health, health, and ex-offenders. There's wraparound support for broader barriers to employment, including money management, tenant support, social inclusion, addictions, self-harm, and childcare.

To arrange for Employment Plus to come to your community or to find out where they will be calling at soon contact Tracey - 07884 178 421.



Fighting Fit

A physical activity programme designed to support people living with or recovering from cancer across Lincolnshire. Fighting Fit aims to help individuals to maintain or increase physical activity levels and support in the fight against cancer. There is a developing body of research which highlights how physical activity can decrease chances of cancer reoccurrence.

Sessions focus on low impact fitness designed to build back key components of health (e.g. balance, posture, strength, and flexibility), help individuals cope with the side effects of cancer treatment, and enhance overall quality of life. Sessions are led by a Level 4 qualified coach in Cancer and Exercise Rehabilitation. The group nature of sessions also allows individuals to connect with people with shared experiences, gain peer support and enhance their mental wellbeing.

Fighting Fit is held in Lincoln, Gainsborough, Mablethorpe, Boston, Grantham, Bourne, Market Rasen and Skegness. For full details and to refer/self-refer visit the Lincoln City Foundation website: www.lincolncityfoundation.com/fightingfit health@lincolncityfoundation.co.uk

The Community Hub that comes to you!

Let us introduce to you a new and exciting way of connecting, that the team at Bridge in Lincoln have invested in. As you can see, it comes in the form of a Mobile Community Hub, fully kitted out with all manner of Hub related equipment for use in the more outlying and remote villages of the Imp Rural and Lincoln South PCN's. Intended to operate collaboratively with their many partners and as a pilot at this stage, the vision is to bring the benefits of the Community Hub experience in a responsive way to those areas that sometimes, unfortunately, fall through the cracks.

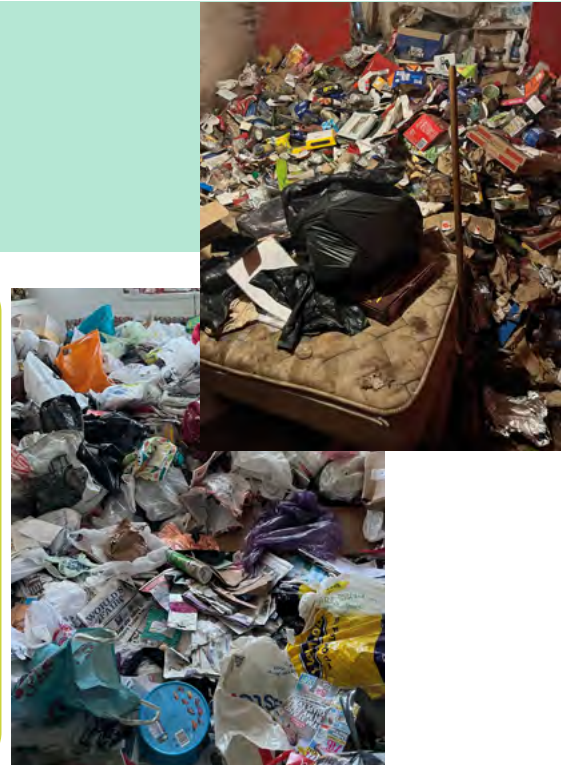
Once fully up and running, the Mobile Community Hub will operate on an appropriately scheduled basis as need and demand dictate throughout Imp and Lincoln South areas. Consequently, if you would like to book the Mobile Hub to attend an event or location which is of particular interest to your organisation, or would like them to visit an area that is experiencing a high incidence of a particular problem, then please get in touch with the Bridge Team - they'd love to hear from you.

connectors@wearebridge.org
01522 530 730



Hoarding Disorder: Key facts

Shine Hoarding Team are now 9 months into their pilot service in the East Coastal area of the county. The team have learnt so much about Hoarding Disorder and are keen to raise awareness for others who may be living with hoarding behaviours.



What is Hoarding Disorder (HD)?

Hoarding disorder is a mental health condition (DSM V.5, 2013) characterised by persistent difficulty in parting with possessions. People with hoarding disorder feel a strong need to save many items, regardless of their actual value, and experience significant distress when attempting to discard them.

How can HD affect someone's life?

Hoarding disorder can affect a person's life in many ways. In the most extreme of cases, it can result in social isolation, feelings of shame and guilt and can result in the breakdown of relationships. Hoarding is noted as a safety issue when rooms in the person's home are no longer used for their intended purpose. An example of this is a person not being able to access a toilet or shower in their bathroom due to the volume of items, or unable to cook a meal in their kitchen.

What can cause someone to begin to hoard?

Hoarding behaviours usually, but not always, are triggered by a trauma in a person's life; a bereavement or loss, abuse, neglect are just some examples of how a person may begin to hoard. In some situations, hoarding is a learnt behaviour and can be modelled by parents in early childhood.

What can we do and how can we help?

On our pilot we have learnt that, above all else, putting the person in full control over their support is paramount. Allowing processing time to form detachments from items takes a while to establish, and this is not a disorder that has a quick fix. Being mindful and respectful of a person's reasons for hoarding items is more likely to have a successful outcome when it comes to decluttering. Always being open and honest about the safety aspect of a hoarded property and explaining the reasons why it is not safe to have exit routes blocked, no access to a working toilet etc. can help make those with hoarded properties see a different side of their condition.

Thankfully, the challenges of hoarding are becoming more topical amongst society and as a team we hope to continue to support and develop this.

Take a leap for Shine!

Join our Skydive and help support mental health in our community. No experience needed- just courage and a big heart!

🕒 20th September 2025

📍 Hibaldstow Airfield, Market Rasen DN20 9NN

*Limited Spots available-
contact
info@shinelincolnshire.com to
sign up today!*

Terms and Conditions apply, over 16's only,
minimum fundraising requirement £550



HOW ARE YOU? OUT OF 10?

TALK CLUB

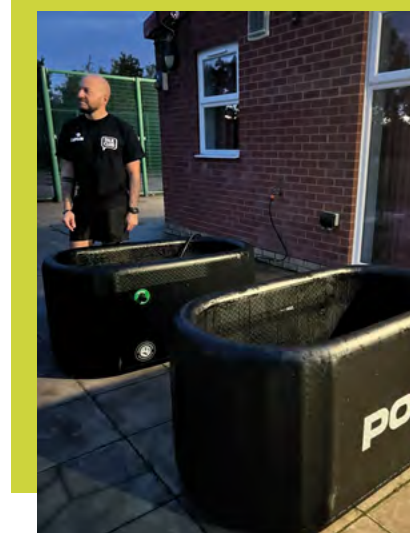
“People just turn up, talk about how they feel, things that they’ve been struggling with or stuff that has annoyed them. We also share about what we’re grateful for and things bring joy into our lives, and most people find our sessions help them engage with, process and think about their feelings.”

These are some of the words of Karen Foulkes, who was one of the founders of the Witham St Hughs branch of national organisation, Talk Club.

The group began meeting at Witham Village Hall in September 2022, initially under the umbrella of ‘Unmasked Mental Health’, before becoming a branch of Talk Club. Karen is open, honest and vulnerable about her own mental health journey and some of the difficulties she has lived through and, along with a couple of friends, thought it would help local people to have a space in their area where they could talk about their feelings.



“Talk Club is a really straightforward idea”, says Karen. “People come along, have a cuppa, check in with how they are feeling [a number between one and ten - one being rock bottom, ten being brilliant], and share about things that are bothering them. The group facilitators are called Captains, and we offer a confidential space and a non-judgemental approach that allows people to open up. We drop in the odd prompt here and there to empathise and help people open up, but let them lead.”



“On occasions we have done something different, including guided cold water immersion and a meditation session. We always let people know well in advance and they can sit out if they prefer.”

“Before the session ends, we ask the group to think about and then share what they are grateful for. Whether you are having a good or bad time of it. I find people really do delve deep into their minds and pull out some excellent examples of gratitude, and sometimes hearing one person’s grateful thoughts can inspire and encourage the rest of the group.

“We also ask everyone to score how they are now feeling out of ten again and people almost always end up leaving feeling more positive than they did when they arrived.”

Karen feels there is a real need for grassroots groups to give people a place where they can express and process their feelings.

“I would really love some more people to be trained up as Captains so that we can help more individuals in our village and beyond. Talk Club is having a positive effect. I can imagine things like coffee meet-ups, countryside walks and trips out being arranged that allow people to build new friendships and support one another.

“I want people to enjoy coming to Talk Club and to never feel any pressure around whether or not they attend.”



Talk Club meets :
The second and fourth Thursdays of each month
7.45pm-9.45pm
Witham St Hughs Village Hall, Caraway Drive, LN6 9XG
It is free to attend and open to all.

For information and other groups :
www.talkclub.org
hello@talkclub.org

Lot's happening at Bert House!!



Thanks to the National Lottery Community Fund we have new and continuing groups at Bert House for the spring and summer!

By Amber Hodgson, Bert House Support Worker

Bert House is buzzing with the onset of spring. We have been super busy moving our groups on from the final weeks of our winter pressures hot food and warm space provision to the launch of a timetable fit for the spring. And Ben and I managed to get out and about visiting schools close by.

Our winter pressures provisions started at the beginning of November 2024 until the end of March 2025. With thanks to the ICB funding throughout that time we have been serving up hot soup, beans, toast, fruit, pancakes and of course good old tea, coffee and biscuits alongside advice and support! The response has been overwhelmingly good with an amazing 1,402 people through our doors accessing the warm and inviting space as well as the support and social aspect.

We have had a blast over the past few months, and we cannot wait to celebrate our birthday in May, details to come soon (Happy Birthday to us!!!!). Our new spring timetable is coming together, including our plans for Mental Health Awareness Week. Keep an eye out on our socials for more details and information as it is confirmed.

We can't wait for you to join us for a cuppa, for some fun and lots of support. Happy spring!



Bert-t-t

Bert-t-t involves participants chatting over tea and toast as a way of building new friendships and supportive connections. We've watched this peer support group flourish as it opened up lots of opportunities for friendship and sharing in a safe space. During winter Bert-t-t had 69 attendees, 121 cuppas drunk and 72 pieces of toast enjoyed. A special thank you to our Peer Support Worker, Donna Fravigar, for supporting this incredible group! If you want to come along, Bert-t-t runs every Tuesday 10-11am at Bert House.



Advice Sessions

Our 'Winter Warmers Wellbeing Advice' sessions have also been a success, supporting people in the local area with a readily accessible, face-to-face session offering compassionate, confidential advice and signposting to further help they may need. We have supported 17 people during the winter period and are continuing to offer this support on **Thursdays from 12.30pm-1.30pm**. Please email berthouse@shinelincolnshire.com if you would like to book a session. A massive thank you to Peer Support Worker, Jamie-Leigh for supporting these sessions.

“We have had a blast over the past few months, and we cannot wait to celebrate our birthday in May, details to come soon!”

Shine On

We have been honoured to have so many amazing organisations and representatives join us for the 'Shine On' group on a **Thursday**. We have welcomed Magna Vitae who held a taster of their 'Ageless and Agile' group that runs in various locations along the east coast. They taught us to play Boitcha, how to look after our diet and reaction tests for which Amber and Ben were very excited to take home the trophy for the most clicks in 30 seconds! If your organisation or group are interested in coming to Bert house to show us what you do, please get in touch with us at berthouse@shinelincolnshire.com. We would be thrilled to have you!



Parent/Carer Group

Our recent parent and carer group has been a hit with young people in the community, offering weekly activities and a free hot dinner at the same time as providing support to parents and carers. Thanks to Co-op, in February, we had a half term hot chocolate which went down a treat! Hot chocolates were loaded with fluffy marshmallows on top of whipped cream and accompanied by lots of colouring activities! The perfect winter warmer, for any age! We have supported 24 parents/carers and their children during this period and will continue to offer a free fun safe space every **Tuesday 1pm-3pm**.

Neurodiverse Group

Build a sense of community and gain emotional support from like-minded people at our brand new group. Learn and grow with others who share your neurodivergent experience whilst participating in a variety of fun, engaging activities designed to support your wellbeing. Every **Tuesday 11.15am-12.45pm** at Bert House. No need to book, just come along!

Knit & Natter

Covering a whole range of different crafts: crochet, cross stitch, felting, embroidery... bring your own or learn new skills! Every **Wednesday at Bert House from 10am to 12pm**.



Be the Silver Lining



Combating loneliness one coffee at a time
By founder, Lauren Mann

Loneliness is a growing issue among older people, and in many cases, the cost of care or the lack of affordable support can leave them isolated. That was something I noticed first-hand while running my own care company, Farrow Friends. This inspired me to create 'Be the Silver Lining', a not-for-profit organisation dedicated to tackling loneliness and providing companionship for older adults, at no cost to them.

Be the Silver Lining was born out of a desire to give people the opportunity to make a positive difference. It offers two key services to alleviate loneliness: regular coffee mornings and one-to-one befriending visits. The idea is simple, but impactful, by offering companionship, we help to brighten someone's day and ensure they don't feel forgotten. Our coffee mornings provide a warm, welcoming space for older people to

gather, share stories, and connect with others in a supportive, friendly environment. Our one-to-one befriending visits give individuals the chance to enjoy a personal, meaningful conversation with a volunteer, making them feel valued and heard.

“Sharing a cup of coffee and conversation can be a 'silver lining' to someone's day.”

The name Be the Silver Lining encapsulates the essence of what we do - by sharing a cup of coffee and a conversation, you can 'be a silver lining' to someone's day. It's about making a positive difference in someone's life, even in the smallest ways. The simple act of spending time with a lonely older person can have a profound impact on their wellbeing.

We believe that no one should have to feel isolated, especially as they grow older. That's why we're committed to making these services accessible to anyone who needs them.

Our organisation thrives thanks to the wonderful volunteers who offer their time and energy to



help others. If you want to get involved, there are many ways you can make a difference. You can volunteer to host a coffee morning, provide companionship through our befriending service, or simply help with our fundraising efforts. It's all about giving back and creating meaningful connections within our communities.

I'm also honoured to be an ambassador for The King's Trust, where I've had the privilege of launching a national loneliness campaign in partnership with Nescafé Azera. Over half a million coffee tins of my design were produced, each carrying the idea that consumers could pick up the tin and go have a coffee with a lonely older person. The response has been overwhelmingly positive.

If you or someone you know could benefit from our services, or if you're interested in volunteering, please get in touch:
www.bethesilverlining.org.uk
info@bethesilverlining.co.uk

Together, we can all be the silver lining to someone else's day.

Are you seeking Homecare Support? We are here to help!

Clarity Homecare

The range of services we offer

Personal Care	Shopping Help
Home Help	Night Care
Companionship	Dementia Care
Respite Care	Palliative Care
Live-in Care	Hospital Discharge

For a free assessment give us a call on: [01205 386 086](tel:01205386086)

Regulated by Care Quality Commission

www.clarityhomecare.co.uk/boston/

FREE CHAIR YOGA

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

FOR MORE INFO:

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

Shine LINCOLNSHIRE
Right at Home Quality Care in Your Home

FREE CHAIR YOGA

St Wulfram's Church
2nd Friday of Every Month
13:00 - 14:00

FOR MORE INFO:

grantham@rightathome.co.uk
[01476 833 168](tel:01476833168)

The Parish Church of St. Wulfram, Grantham

Right at Home Quality Care in Your Home

The Gift of Reading

Reading is good for our wellbeing so why aren't we doing more of it? The Reading Agency looks at why we're not and how we can do more.

The UK is facing an adult reading crisis. The Reading Agency's recent research shows that nearly half of all adults don't read regularly for pleasure, with 35% of adults having dropped their reading habit. In addition to losing the habit, over 1 in 10 - that's 5.9 million people - find reading difficult.

What's stopping people from reading?

Our research tells us that finding the time is the most common reason, with other barriers including struggling with reading, and not finding interesting things to read. Health issues, both physical and mental, can also impact reading habits, or life events such as bereavement, or losing a job.

Why should we read?

At The Reading Agency, we aim to create a world of opportunity where everyone can access the benefits of reading. **Reading makes us more aware and informed;** it makes us more **empathetic and understand** other people and cultures, it supports **our health and wellbeing** and, importantly, **increases our ability to learn new skills and communicate our ideas** more effectively. On World Book Night (23 April), we invite adults across the UK to celebrate the pleasure and the benefits of

reading, and to help us inspire others to pick up a book.

How can we read more?

We aim to support people to build up a regular reading habit. To tackle this, we invite people to join the Road to Reading, a commitment to read for 30 minutes each week for 10 weeks. We support participants along the way, sharing advice, recommendations and more, and helping participants to track their progress. The results speak for themselves: **in 2023, 86% of participants said that it helped them to feel more relaxed, and 73% said it added purpose to their week.**

Choosing what to read can be the first challenge, especially for less-confident readers. How can you find something interesting, and that feels achievable to finish? **Quick Reads** are short books by bestselling authors that provide a route into reading. Whether a new publication, or an abridged version of an existing book, they are **written in an accessible style** that can be a perfect entry point to reading. They have led to thousands of adults reading, completing and enjoying a book for the first time. A new series of Quick Reads which includes an abridged version of The Mind Manual by Dr Alex George is published in April, joining a wide selection of books already published.

It's important to embed the reading habit in childhood, and early intervention lays a foundation for positive engagement with reading **helping children to get started on lifelong reading journeys.** Research shows that family reading is important, providing children with reading role models from an early age. But with less adults reading for pleasure, children will feel the impact. They're also affected by wider societal issues; **investment in culture is uncertain, and teachers are stretched to keep up to date with the latest reading for pleasure pedagogy or children's book releases.** **The Reading Agency developed The Teachers' Reading Challenge to support teaching staff and school librarians over the summer.** A free, digital challenge that expands knowledge and in turn grows confidence of reader teachers across the UK with the aim to keep reading for pleasure as a priority for both teacher and children in the classroom.

Having books at home is vital but not everyone can afford them. **Libraries are there to support children year-round with access to an amazing choice of free reading.** In the school holidays the **Summer Reading Challenge delivered by The Reading Agency** saw 700,000 children and families across the country heading to the library to take part, loaning 14 million books, including 650,000 e-books and audiobooks. As a result, children returned to school feeling inspired and confident with **70% of children who took part continuing to read regularly after the summer.** Essential interventions like the Summer Reading Challenge are only possible with investment in local cultural services, and a joined-up approach between libraries, schools, community services and families and at only £1 a child this is an effective antidote to the crisis in children's reading.

World Book Night

World Book Night takes place on the 23rd April 2025. It brings people from all backgrounds together for one reason - to inspire others to read more.

Organisations and individuals hold events up and down the country to celebrate the difference that reading makes to our lives, from book themed parties at home to books swaps in offices.

Organisations can volunteer to hand out books from our annual list to people who don't read for pleasure or own books.

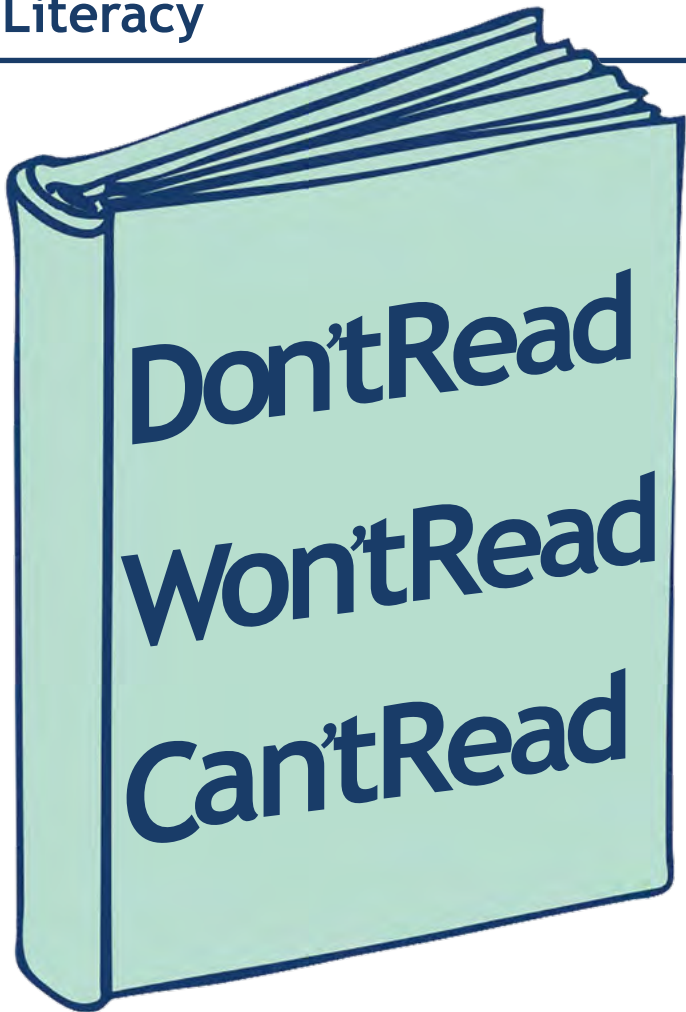
Contact The Reading Agency
www.readingagency.org.uk
07933 181 889 or 07933 181 808

Contact World Book Night
www.worldbooknight.org
worldbooknight@readingagency.org.uk

Lincs Libraries, Mobile Libraries & Apps

Your local library is free to join and you can borrow books, digital books, audio books and much more. Any member of staff would be happy to help you find what's right for you, in the format you prefer.

Find your local library or service:
www.lincolnshire.gov.uk/libraries-archives/lincolnshire-library-service
Or call Better (Lincs Cultural Management) 03301 231 500



- 1 in 6 adults lack literacy skills beyond that of primary school education(1)
- 43% of 18-65 year olds do not have adequate literacy skills to routinely understand health information (2)
- Those with lower literacy under-utilise the NHS out of fear, or inability to follow written instructions

Literacy levels of adults and children in England are declining and in writing this feature it has become apparent that there is little support out there to help people learn.

By Sammy Ambrose

What are literacy levels?

Literacy levels refer to how well someone can read, write and understand written information, usually relative to the average for someones age. In England, the literacy levels of adults and children are declining.

Why do literacy levels matter?

The level at which someone can read can affect all aspects of their everyday life and can have a knock on effect on educational progression and even the economic prospects of an individual and a nation. Think about the amount of written content we come across every day from road signs and medicine bottles to cooking, filling in forms, emailing and social media.

All of these can result in lack of confidence, fear, shame and low self-esteem, not to mention how this is exacerbated by barriers to employment and healthcare. Low literacy is closely linked to unemployment, poor health outcomes, even reduced life expectancy.

How many people struggle with literacy?

In 2024, the National Literacy Trust reported that almost one in four children left primary school unable to read to the expected standard. In secondary schools, the problem worsens: literacy gaps widen, particularly among children from disadvantaged backgrounds. And for adults, around 7.1 million in England are believed to have very poor literacy skills—struggling with everyday tasks like reading medicine labels or understanding a bus timetable.

Why are literacy levels declining?

Books and reading are generally not as big a part of daily life as they once were. There are various reasons for this including the dominance of visual media and digital platforms (although sometimes technology is supportive in learning to read!), a lack of funding for libraries and local services, and a stretched education system. Also, the COVID-19 pandemic disrupted schooling and left many children behind, and the cost of living crisis has resulted in many children being without books, stable internet connections or quiet, safe spaces to read and learn at home.

Social media can be fun and creative in terms of learning but on the flip side, it uses a lot of slang terms, emoji’s and shortened text which doesn’t translate well into academic or professional contexts.

What can I do if I struggle with literacy?

Initiatives like BookTrust, The Reading Agency, and ReadEasy are working to reignite a love for reading and provide targeted support.

Information and resources for children and families:

- www.literacytrust.org.uk
- www.thebooktrust.org.uk

Information and research about adult literacy:

- www.alt.org.uk

Learning to read as an adult:

- www.bbc.co.uk/teach/skillswise
- www.shannontrust.org.uk 020 3764 5250
- www.readeasy.org.uk 01388 435 01

(1) OECD (2013) (2) CHL Foundation (2014) (3) Kerr, M. E. (2021) P in Stevenson & Glick (2023) ADULT LITERACY IN THE UK: A BASIC PRIMER (TheAdultt Literacy Trust)

Forces focus

Employment support brings health and wellbeing benefits for Lincolnshire's Armed Forces community



Specialist one-to-one support from The Poppy Factory is helping Lincolnshire veterans and family members to move forward on the path to employment, often leading to improved health and wellbeing.

Forces focus

As Lincolnshire communities gear up to celebrate the 80th anniversary of VE Day in May, followed by Armed Forces Week at the end of June, now is a natural time to focus on the wellbeing of veterans and their families.

“Last year the charity helped more than 1,000 veterans and family members.”

Civilian life after Service can sometimes be difficult, especially for those with a mental or physical health condition. Partners and family members can also find themselves feeling more isolated once outside the Armed Forces. Specialist support from charities like The Poppy Factory is helping veterans and families in Lincolnshire to change their lives by making progress on the path to employment.

Last year, The Poppy Factory helped more than 1,000 veterans and 90 family members across England and Wales to take important steps forward through free, one-to-one support. That specialist support helped members of the Armed Forces community

to start over 300 new jobs, 120 training courses and 30 volunteering roles.

Award winning

The Poppy Factory's work with the NHS led to the charity and its partners winning a Health Service Journal (HSJ) Military and Civilian Health Partnership Award in 2024, and health workers continue to work with the charity to deliver positive results for ex-Forces patients.

One in three referrals to the Veterans Employment Service is from the NHS. Last year, more than half of the veterans supported by The Poppy Factory felt their stability, health and wellbeing had improved.

“Last year, more than half of the veterans supported felt their stability, health and wellbeing had improved.”

Lincolnshire support

Employment support for veterans in Lincolnshire is offered by Employment Consultant Lucy Bramwell, who is well established in the county through the Lincolnshire Community Connectors network.

Lucy said: “Events like VE Day and Armed Forces Week offer a great opportunity to show our appreciation to the Armed Forces community, and to



think about how we can get behind those who might benefit from some guidance and support.

“I’m looking forward to working with Lincolnshire veterans in the weeks and

months ahead, helping them to build confidence and make progress on their journey towards employment, so they can enjoy greater stability and improved health

and wellbeing.”

The Poppy Factory is ready to help you on your journey towards employment. The Veterans Employment Service team offer one to one support for veterans with health conditions, while the Families Employment Service specialists also work nationally, providing remote support to family members wherever they are.

For more information about The Poppy Factory's free Veteran & Family Services, visit www.poppyfactory.org/support or 0208 940 3305

Repackaging Greg's Army Experience



Lincolnshire-based veteran Greg served in the Army all over the world. His experience in Iraq took a toll on his mental health. With support from The Poppy Factory and the Lincolnshire High Intensity Service Team, Greg found success with a new job at a packaging company in Grimsby.

Greg said: “My final tour was in Iraq. That was a tough tour, it was very hard to process. I started having nightmares and I left the Service a couple of years later. I felt it was time for a different challenge.

“I managed to get a job in the civilian world but unfortunately after 10 years it didn't work out the way I hoped. I'd never been unemployed before and I couldn't see a way forward. The Lincolnshire High Intensity Service Team and The Poppy Factory helped me to see things differently. They helped me get my confidence back and focus on taking small steps.

“My Employment Consultant would call me on the phone and over video and we'd discuss my CV, cover letters and anything that was bothering me. It really built my confidence and help me get back on track. She helped me get a job as an Operations Manager at a packaging company, and I really enjoy it. I feel like myself again and I can see a future for me and my kids.”

Caring at any age

Unpaid carers old & young are the backbone of our health & social care system.

By Dan Fleshborne

About unpaid carers

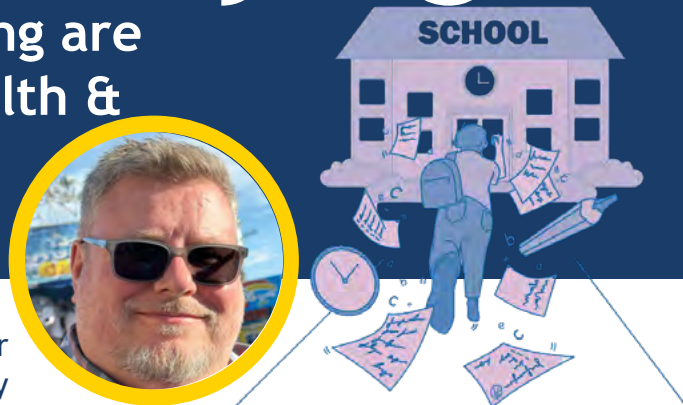
Unpaid carers are the backbone of our health and social care system, often family members or friends, and provide essential care and support to those who are ill, disabled, or elderly or live with an addiction without any financial compensation. According to the latest Census data, there are **approximately 5.8 million unpaid carers in the UK.**

Unpaid carers face numerous challenges. Many struggle with the physical and emotional demands of caregiving, which can lead to stress, anxiety, and depression. The financial impact is also significant, with many carers cutting back on essentials like food and heating. Despite these challenges, unpaid carers provide invaluable support, often without recognition or adequate support.

Carers Rights Day 2025

Carers Rights Day is an annual event of paramount importance, dedicated to raising awareness about the rights of unpaid carers and ensuring they have access to the support they need. This year, it will be held on Thursday, 20 November 2025, **celebrating its 25th anniversary.** The theme for 2025 is "Equality: Today and Tomorrow." The day aims to empower carers by providing them with information about their legal rights, benefits, and support.

One of the key rights highlighted on Carers Rights Day is the right to unpaid Carer's Leave. The **Carer's Leave Act, which became law in 2024,** allows employees to take up to five days of unpaid leave per year



to manage their caregiving responsibilities. Additionally, carers have the right to request flexible working arrangements from the first day of their employment, to help them balance their work and caregiving duties more effectively.

Young Carers Action Day 2025

Young Carers Action Day is another important event focusing on young carers' unique challenges. This year's theme was **"Give Me A Break."**

Young carers often juggle caregiving responsibilities with their education and social lives, leading to significant stress and burnout. The Carers Trust's annual survey reveals that many young carers experience severe psychological distress and struggle to keep up with their peers. Young Carers Action Day provides an opportunity to advocate for better support systems to help young carers achieve their full potential. Supporting unpaid carers.

Events like Carers Rights Day and Young Carers Action Day are essential in raising awareness, advocating for their rights, and providing the support they need. By recognising and supporting these unsung heroes, we can ensure they have the resources and respite necessary to continue their invaluable work.

For further information & support for adult & young carers contact Carer's Trust: **www.carers.org | 0300 772 9600**

SHINE ON

Weekly Wellbeing Group

Thursdays 10-12:00

7 Bull Ring, Horncastle

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

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

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

Contact BertHouse@shinelincolnshire.com for more information.



LOOKING FOR A WELCOMING SPACE TO MEET LIKE-MINDED PEOPLE?

Neurodiverse

Group

JOIN US EVERY TUESDAY 11:15-12:45

Build a sense of belonging and community. Gain emotional support from like-minded people. Learn and grow with others who share your neurodivergent experiences. Participate in a variety of fun, engaging activities designed to support your wellbeing.

NO NEED TO BOOK - JUST DROP IN AND ENJOY!



Contact info: BertHouse@shinelincolnshire.com 07564 044112

BERT HOUSE 7 BULLRING HORNCASTLE LN9 5HX



LOOKING FOR A WARM, WELCOMING SPACE TO MEET NEW PEOPLE?

BERT-T-T

JOIN US EVERY TUESDAY 10:00-11:00AM

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!

BERT HOUSE 7 BULLRING HORNCASTLE LN9 5HX



with Christina Pallett

RUNNING EVERY WEDNESDAY 10-12 AT BERT HOUSE (7 BULL RING HORNCASTLE LN9 5HX)

Covering a whole range of different crafts: crochet, cross stitch, felting, embroidery etc. Bring your own or learn new skills

Feeling lonely/isolated? Want to share crafting skills or just sit and chat to fellow crafters.

Contact info: BertHouse@shinelincolnshire.com 07564 044112



Sleep Improvements

Life getting in way of sleep or sleep getting in the way of life?

Lincolnshire Sleep Hub are unlocking better sleep for a healthier Lincolnshire.



Sleep is essential for our physical, mental, and emotional wellbeing yet many individuals, including those in Lincolnshire, struggle to achieve the rest they need.

Why Does Rest Matter?

Generally, it's recommended that adults get between seven to nine hours of sleep per night. This provides an adequate restorative period allowing the body to repair tissues, consolidate memories, and regulate hormones.

Lack of sleep affects concentration, decision-making, and can contribute to mood disorders like anxiety and depression. Prolonged sleep deprivation has been linked to increased risks of chronic conditions such as obesity, diabetes, cardiovascular

diseases, and weakened immune function.

Sleep Challenges in Lincolnshire

As one of the three largest counties in the UK, Lincolnshire is vast and rural, with many deprived areas where many people get little or no sleep support. The Lincolnshire Sleep Hub is a three-year project, launched in February 2024 with National Lottery Community funding to help adults in Lincolnshire to improve their sleep. Taking a holistic approach using nature, sound, evidence-based support and CPD accredited training, the main focus is supporting carers and adults with poor mental health and learning difficulties to improve their sleep and overall wellbeing.



The Lincolnshire Hub Team, Elaine Mitchell and Maxine Gravill.

Practical Habits for a Good Night's Sleep

Consistent, healthy habits can significantly improve sleep quality, such as:

Maintain a Consistent Sleep Schedule: Going to bed and waking up at the same time each day helps regulate the body's internal clock.

Create a Calming Environment: The sleep environment is really important for a good night's sleep. Ensure your bedroom is dark, quiet, and cool. Consider using blackout curtains, earplugs, or white noise machines to minimise disturbances.

Limit Screens Before Bed: It's important to give yourself time to switch off and unwind from our busy, connected lives. Turning screens off at least an hour before bed will help to calm your mind ready for sleep.

Late Night Snacks and Drinks: Avoid caffeine, alcohol and large meals on the run up to bedtime, as they can disrupt sleep.

Exercise Regularly: Regular exercise can promote better sleep; however, it's best to finish workouts too close to bedtime to allow the body to wind down.

Manage Stress and Relaxation: Practice good relaxation techniques such as reading, gentle stretching, mindfulness and meditation as part of your bedtime routine.

Lincolnshire Sleep Hub

To address sleep challenges in the community, the Lincolnshire Sleep Hub offers a range of resources and programs:

Sleep Talker Training: This fully funded, evidence-based training is available to volunteers and professionals. Trainees learn to recognise sleep problems and provide advice on achieving better sleep. The program particularly focuses on carers, acknowledging that 71% have reported sleep issues impacting their daily lives.

Workshops and Peer Support: The Hub conducts workshops, roadshows, and peer support groups across Lincolnshire, offering guidance, support, and information to enhance sleep quality. These sessions are tailored to community needs and can be conducted online or in person.

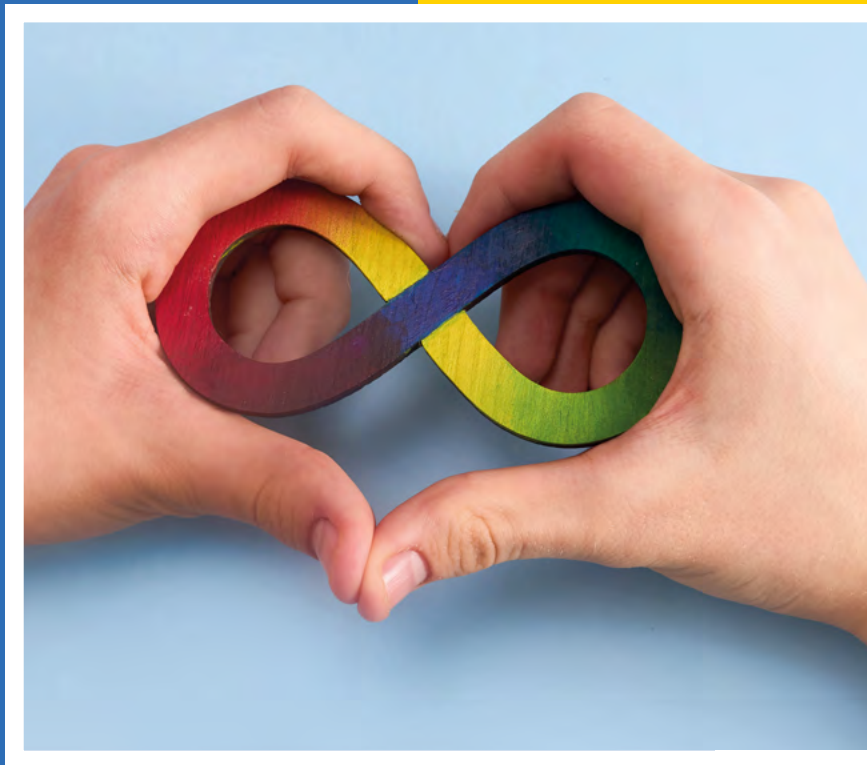
Online Resources: A wealth of resources, including free downloads, webinars, and informative blogs, are available on the Lincolnshire Sleep Hub's website. These materials cover topics such as the connection between sleep and wellbeing, the impact of nature and sound on sleep, and practical tips for better rest.

Prioritising sleep is essential for maintaining overall health and wellbeing. In Lincolnshire, initiatives like the Lincolnshire Sleep Hub play a pivotal role in supporting individuals to achieve better sleep through education, community support, and accessible resources. By adopting healthy sleep habits and utilising available support systems, residents can improve their sleep quality, leading to enhanced health outcomes and quality of life.

For more information and to download resources please visit the Sleep Hub website www.lincolnsloresleephub.org.uk

To register your interest in joining the Sleep Talker programme complete the form on the Sleep Talker page of the website www.lincolnsloresleephub.org.uk/sleep-talkers/

Neurodiversity: Celebrating different minds, strengths & perspectives



PAACT: Parents And Autistic Children Together

PAACT is a support network that was established in 1998 to help families to navigate the challenges and triumphs of raising autistic children. Today, PAACT has grown into a vital resource for the autism community and beyond.

PAACT helps entire families where autism and neurodivergent conditions are suspected, diagnosed or in the process of diagnosis,

helping parents and carers better understand their child's unique needs.

PAACT helps entire families where autism and neurodivergent conditions are suspected, diagnosed or in the process of diagnosis, helping parents and carers better understand their child's unique needs.

PAACT's mission is to offer guidance and resources through training programs, conferences, workshops, activities and support group meetings to enable parents, carers and professionals gain a deeper understanding of neurodivergence and how best to support these needs.

PAACT's website (www.paactsupport.com) offers a first point of contact for the services PAACT has to offer and how to access the different pathways of support.

PAACT's sister website (www.paactfamily.com) is a monthly subscription website that enables families and professionals to build their own

online resources, presented as short videos for subscription members, and a weekly Q&A live events available to both members and non-members.

PAACT also run a parent-led closed Facebook group, where parents can connect with others who are experiencing similar challenges and where valuable advice can be sought from those with lived experience who can truly understand.

There is a PAACT Professional Facebook group where professionals can collaborate, stay updated with PAACT activities, workshops and training, and share information with the families they are supporting.

Parents, carers and professionals can contact

PAACT: www.paactfamily.com

07840 569 368

actsupport@hotmail.co.uk

Facebook: PAACTSupport

Dreaming in Heels



Sammi Ford
@sammifordart

Last night I dreamt
of a fine event
where I stood tall,
admired by all,
in gold and heels
too high for me.

At first I talked,
tried not to walk,
but, when I did,
the façade slid.
Ankles gave way
and there I lay
without my crown.
Your hand reached down
and pulled me free.
You smiled at me.

“Take off those shoes
and just be you.”

Celebrating Autistic Creativity

BEYOND THE SPECTRUM

By Sophie Campbell

Project Assistant, Beyond the Spectrum

Beyond the Spectrum is a free, online creative writing programme for Autistic people, run by professional Autistic writers. It started in 2020 as a small pilot project based in the East Midlands and has grown into a national project that has supported hundreds of Autistic people to express themselves through writing. You don't need to be a writer to get involved, our groups are open to any level of experience, whether you've been writing for years or are completely new to it!

Writing can be a lonely hobby. There are plenty of groups and communities out there, but when you're Autistic they aren't always easy to get involved with. Before you even get to a group you need to think about how you'll get there, will

the venue be accessible, what do you need to bring, will you fit in, etc. Sometimes all of that is enough to keep you home, before you even get to the anxiety of navigating a new group where you don't know the unwritten 'rules' that everyone else seems to know. I first heard about BtS via my local library, and after reading that it was an online group by and for Autistic writers, cutting out a lot of the above anxieties, I decided to give it a go.

From the start, BtS was just different. We were emailed in advance exactly what to expect from each workshop. We didn't need to have our cameras or mics on. We could communicate in the chat as much or as little as we wanted, and

there was never any pressure to share our work. For the first session I kept my camera and mic off and contributed little in the chat, which I expected would be the limit of my involvement for the entire project. I was completely wrong though, the supportive group and lack of pressure meant I was able to grow my confidence in my own time and began to use my camera and microphone, which would have never happened if there was pressure to do this from the start.

There's a saying that when you've met one Autistic person, you've met one Autistic person- we all experience Autism in different ways, but that common understanding and safety in knowing we are all Autistic made the group feel so safe. It was a fortnightly break from masking, from worrying about saying the right thing (or about being able to speak at all!)- a chance to just be ourselves and connect with other people who accept us as we are.

Before BtS, I could barely speak to other people. By the end of the pilot phase of the project, I was performing my poetry both online and in person- something unimaginable just a few months before! I went on to apply for a wonderful job at my local library and joined BtS as a shadow writer. These roles gave me the confidence and experience which led to my current role as the project assistant for BtS, where I get to help shape it so it can continue to change lives the way it did for me.

Beyond the Spectrum, at its core, is a collection of creative writing groups. But it's so much more than that, it's a force for good that can change lives. It breaks down barriers and platforms Autistic voices, which we hope to continue doing for as long as possible. We are currently growing our community further with the launch of our bi-yearly digital magazine The Space Beyond, and a yearly digital festival centred around celebrating Autistic creativity.

If you want to get involved with Beyond the Spectrum, you can add your name to our waiting list to receive a free place on our 2025/26



programme. We have groups for adults, with a few Lincolnshire specific ones starting soon, and groups for children aged 10+.

You can find more information, and the waiting list or contact us for any questions via:

Website: www.beyondthespectrum.uk

Email: admin@beyondthespectrum.uk



Autism. Music. People.

Exploring the joy of music with autistic individuals.
By Georgia Lawrence

SoundLincs are a not-for-profit, community music charity, working across the East-Midlands, delivering high-quality music and creative services that foster measurable social change.

The organisation identifies areas of need and implement creative solutions to bring about positive personal and social outcomes for all communities, ensuring everyone, regardless of background or ability, has the chance to feel empowered and inspired through music.

Music as a Medium for Expression and Connection

For many autistic individuals, music is a powerful tool for self-expression, regulation, and connection. In a non-judgmental space, music provides a safe outlet for emotions and creativity. It also helps strengthen relationships, allowing families and friends to bond through shared experiences and build lasting memories together.

Exploring the Power of Music with SoundLincs' A.M.P. Project

SoundLincs' A.M.P. project showcases how music can foster connections and provide uplifting experiences. Designed with inclusivity and creativity at their core, A.M.P. sessions offer a space for autistic individuals (with or without a diagnosis), their families, and friends to engage in the joy of music. Whether creating music, learning an instrument, or simply enjoying sound, A.M.P. invites everyone to explore their musical journey in a welcoming, supportive environment.



A Flexible and Non-Judgmental Approach

Understanding that every participant's needs and abilities are unique, A.M.P. sessions are designed with flexibility in mind. With activities like rhythm exercises, song creation, and sound exploration, each session fosters creativity and a sense of belonging. SoundLincs has years of experience supporting individuals with Special Educational Needs and Disabilities (SEND) through resources, such as their SEND Toolkit.

Join Us in Making Music Together

A.M.P. is supported by generous funding managed by Shine as well as from Arts Council England, the National Lottery Community Fund, and the Virtual Autism Hub. Join us in exploring music, embracing individuality, and forming meaningful connections—one note at a time!

To get involved with A.M.P., visit SoundLincs' Get Creative map at www.soundlincs.org/soundemission.



Autism Support: Group development in South Lincolnshire

Four Counties Community Connector, Shani Storie, on why there's a need for more resources.

Due to my background in special needs, I have actively embraced the Mental Health Transformation agenda to promote support for autism in our community. I lead two support groups for autistic adults—one in Bourne and the other in Stamford—funded by Virtual Autism Hub.

The Bourne Autistic group has been running for over a year, while the Stamford group started last September. The members of these groups are incredible, providing support to one another through their valuable lived experiences. Many participants have received late diagnoses and are coming to terms with their autism, learning to find their true selves instead of trying to fit in with others.

We discuss a variety of topics over hot drinks and cakes. During Christmas, we shared strategies for managing the challenges of the season and concluded the session with a festive quiz. We have

also explored topics such as triggers, burnout, and reasonable adjustments to help non-neurodiverse individuals better support autistic people.

From my work with these two groups, I recognized a need for a Support Group for Parents and Carers of Autistic Dependents. This group is held at Mindspace Stamford and has proven very popular. The ages of the dependents range from early years to adulthood. One woman at a recent meeting shared her joy when she received her first hug from her 31-year-old son, stating that there is light at the end of the tunnel.

The autistic individuals attending the groups express a need for more resources and support in our area, which are currently limited. In collaboration with partner organisations, we are working towards developing additional local groups that serve as quiet safe places for activities such as crafts and art, and creative writing.



Farm to Talk

6 months after the devastating news that much loved farmer, Alec, had lost his life to suicide, the agricultural community launched a country fair with a twist, lifting the lid on those suffering in silence.

Young farmer and Louth YFC club chairman, was somebody, who did something for everybody. His kindness, compassion, skills, determination, humour and talents knew no bounds. A very keen sportsman and countryman, the news that he had taken his own life left a huge void within our agricultural community, one that could never be filled.

After this tragic event, it became even more clear that sadly, many people still suffer in silence. This made us think, what could we do within the farming sector to prevent this from happening again and raise awareness about the dilemma.

Farming pressures

Whilst rewarding and often passed through generations of families, farming can be extremely stressful, tiring, lonely and daunting.

Numerous factors that surround this way of life can impact on a person's mental health. Financial pressures, weather conditions, long working hours, animal welfare and frequent legislative changes will all impact you at some point. The constant onset of one or more of these pressures, which are often present on a day-to-day basis, can over time start to cause anxiety for some people, leading to further mental ill health.

With this said, it is vital that individuals within the farming community are aware of the support available, which sadly, isn't the case.

www.yellowwellies.org or follow them on social media - @yellowwelliesUK on Facebook, Instagram and X using the hashtag #MindYourHead.

By farmers, for farmers

Not only did we want Farm to Talk to be a fun day out, we wanted it to be a day of education for all those who attended.

Being a farming family ourselves, we know that actually, a family day out is extremely rare. Within agriculture the time of year can have a huge bearing on when a day out can be, so with this in mind, we set the date for the end of harvest time - summer months on a farm are by far the busiest and most stressful, so giving the farming community the opportunity to get together at the end of harvest would allow people to sit around, re-connect, relax, talk, share experiences and problems, but most of all, find solutions to their problems, and not to mention - to have fun too! We wanted, games, music, vintage tractors, a working field, various food outlets, arts, crafts, shopping and rides.

44% of farmers aged 41-60 years work more than **81 hours a week**

91% of all UK farmers rank poor mental health as one of the biggest hidden dangers

61% of UK farmers still say poor mental health can be seen as a weakness



Triumphant day

We had to postpone set-up to 4.30am on the day of the event due to torrential rain. But by tractor light, marquees and gazebos started to appear, and bit by bit, everything fell into place.

Come 7am traders, artists, crafters and professionals began to arrive to set up their stalls and stands. What an amazing bunch of people. Everyone was kind, excited, passionate, thoughtful and what a team we all made. Everybody wanted to be there for the same reasons - to make a difference, and to help other people.

During the afternoon guest speaker, David Newlove, Alec's father gave an extremely moving and heart felt speech, sharing his story, and how things could be different if everyone could be brave, and just talk. We had done everything we set out to do. The sense of relief and achievement was completely overwhelming, and the funds raised for LRSN, a worthy local charity, highlighted the success of the day.

Accessing support

We wanted a huge mental health presence on the day, to allow people to reach out for help there and then, or to make a discrete mental note for organisations they could reach out to in their own time.

After weeks and weeks of extensive research, we had a multitude of mental health services and organisations who wanted to attend, along with additional attractions booked for the day. Games, a raffle and a tombola fundraised for Lincolnshire Rural Support Network. This charity provided a huge amount of support to Louth YFC during the darkest days, hence we chose to support them.

Lincolnshire Rural Support Network (LRSN)
www.lrsn.co.uk | 0800 138 1710
Farm Safety Foundation |
www.yellowwellies.org
Young Farmers
www.nfyfc.org.uk | 02476 857 200



UPCOMING TRAINING DATES

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

Get in touch or book online and if you can't see a course to fit, let us know and we can make bespoke arrangements.

Course	Date	Time	Location	Price
Suicide First Aid	1st May	0900-1600	Bert House	£95.00
Suicide First Aid Lite (half day)	6th May	09:30-13:45	The Vine Church, Cherry Willingham	£50.00
Emergency First Aid at Work	8th May	09:00-16:00	Bert House	£65.00
Mental Health First Aid (2 days)	12th & 13th May	09:00-16:15	Tonic Health, Westlode Street, Spalding	£195.00
Mental Health First Aid Refresher (half day)	15th May	10:00-14:15	Bert House	£95.00
Emergency Paediatric First Aid (EPFA)	27th May	09:00-16:00	Bert House	£65.00

Course	Date	Time	Location	Price
Combined Emergency First Aid at Work & Paediatric Emergency First Aid	4th June	09:00-17:00	Bert House	£85.00
Mental Health Awareness (half day)	6th June	10:00-14:15	Bert House	£95.00
Suicide First Aid	9th June	0900-1600	Bert House	£95.00
Youth Mental Health First Aid (2 days)	12th & 13th June	09:00-16:30	Bert House	£195.00
Mental Health First Aid (2 days)	18th & 19th June	09:00-16:15	Bert House	£195.00
Suicide First Aid	25th June	09:00-16:00	Bert House	£95.00

Course	Date	Time	Location	Price
Mental Health First Aid (2 days)	2nd & 9th July	09:00-16:15	Priory Academy LSST, Lincoln	£195.00
Emergency First Aid at Work	4th July	09:00-16:00	Bert House	£65.00
Mental Health First Aid (2 days)	14th & 15th July	09:00-16:15	Bert House	£195.00
Mental Health First Aid Refresher (half day)	18th July	10:00-14:15	Bert House	£95.00
CYP Suicide First Aid	21st July	09:00-16:00	Bert House	£95.00
Mental Health Skills for Managers (half day)	23rd July	10:00-14:15	Bert House	£99.00
Suicide First Aid	25th July	0900-1600	Bert House	£95.00

Community Updates

Sleaford

Fiona Monk Community Connector

It has been wonderful to see so many new wellbeing events pop up in and around the Sleaford Area recently.

From The Veteran and Military Family Day at North Kesteven District Council offices, The Falls, Aches & Pains Hub in Ruskington, Give Your Heart The Love It Deserves experience in Sleaford Market Place, the Diabetes Awareness afternoon at the Mosaic Community Rooms plus the Senior Citizen's Fair at Riverside Church. There's been an awful lot going on!

All these events, and many more, have brought a wealth of services out of the usual office spaces and right into the heart of the community, making information and support so accessible.

As for regular ongoing community groups, Sleaford Library and The Hub continue to offer a wealth of sessions, Meadow and The Door have hub sessions throughout the week, Billinghay and Ancaster have thriving, friendly wellbeing coffee mornings and at Walcott Village Hall, you can book monthly to have a delicious home cooked lunch. There's the Can't Sing Choir in Ruskington and don't forget, there's always the Co-op walks on offer around the area, helping you to stay active and possibly meet new friends.

Please look on www.haylincolnshire.co.uk or these organisations' websites for specific details.

WORRIED ABOUT HIGH ENERGY BILLS?

Save money and energy with a **FREE** home visit from the Green Doctor!

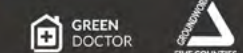
Green Doctors are energy experts that can help reduce your bills and tackle cold, draughts, damp, or mould in your home.

We supply LED bulbs, draught excluders, and radiator foil, and can give further advice on benefits, grant funding, or debt.

Fully funded service, open to people of any age and background, anywhere in Lincolnshire.



www.groundwork.org.uk/gwfc-green-doctor
greendoctor@groundworknottingham.org.uk
0115 978 8212



WANT TO MAKE A DIFFERENCE IN YOUR COMMUNITY?

Are you aged between 11 and 21?

Join Strong Voices!

We are looking for **11 – 21 year olds** in Lincolnshire, who want to **use their voices** and work together to **make positive changes** where they live

Raise **policing and crime issues** in your area, and help make your **local community** feel and be even safer.

SCAN ME



[http://](http://bit.ly/lincsstrongvoices)

bit.ly/lincsstrongvoices



South Lincoln

James Prentice
Community Connector

One of the things I enjoy most about my role as a Community Connector is facilitating the South Lincoln Partnership Network.

The Network was established in late 2023 and is a forum for professionals and volunteers across the VCFSE and statutory sectors who have an interest in mental health to come together to share ideas, initiatives, knowledge and updates. It is also a place where people can come together and get to know one another so we are all better equipped to improve outcomes for the people in our area.

We gather ten times per year and typically devote a good portion of our time together to allow everyone who is able to be there to share what they and any organisation they represent are currently doing. In the past few months we have also had a more in-depth focus on a number of groups, including a presentation from NW Counselling Hub, an interactive tour of the new HAY Lincolnshire website and a detailed look at the work of our local Neighbourhood Team. Additionally, in March we were delighted to receive some informative and helpful training from Lincolnshire Police around County Lines* activity.

In particular, I have seen over time that having a real diversity of people, all with different backgrounds, outlooks and skill sets, adds so much into the life of our Network. I really do believe that when we intentionally foster strong relationships in our working lives it can mean that we have so much more to offer as professionals.

We are always really excited to welcome new

people to our gatherings. Some people are able to attend regularly, others occasionally, but all are welcome to come and get plugged in to what we are doing.

The Network will be together again on May 7, June 4 and July 2 (11.00-12.30) at the Venue in Navenby (LN5 0JJ). Our gatherings are open to all, so feel free to come along!

Please do contact me if you have any questions - james.prentice@wearebridge.org

*County Lines is the name given to drug dealing where organised criminal groups move and supply drugs, usually from cities into smaller towns and rural areas, often involving the exploitation of vulnerable people.

If you have any concerns or would like to know more about this:
www.nationalcrimeagency.gov.uk
www.lincolnshirepolice.gov.uk
www.safeguarding.network
www.nspcc.org.uk



Lincoln South

Mike Farley
Lead Community Connector

In the south of the city, our wellbeing hub has been evaluated by Lincolnshire Open Research and Innovation Centre (LORIC), funded by the Community Mental Health Transformation Programme, taking in the views of multiple stakeholders, including regular guests. Volunteers have spoken of being really fulfilled in their roles, and guests who really like the calm, caring and supportive nature of the Wellbeing Café. It has a net social value of £4.31 for every £1 of NHS funding. We are so pleased as an organisation running this, especially those who have found the Hub to be transformative in their mental health and wellbeing.

“It’s good for mental health... being able to express what you feel.”

Guest at the Wellbeing Café (38)

“The Hub is heralded as an example of best practice... how a community hub can bring hope and resilience.”

Partner Agency worker (30)

“[The Hub has been] life-changing.”

Café volunteer (26)

As a Connector, I am instigating advice drop-ins in parts of the city without a satellite hub. This includes a drop in for students at the University of Lincoln and one at Moorland Park Methodist Church. The Community Connections events are running regularly with a good number of partners from Anglian Water, Groundworks Five Counties, LCHS Neighbourhood team, Living Well with Cancer team and social prescribing.

A major piece of work developing right now, instigated by myself, is a cross city network of community hubs. We are seeking to build a relational partnership, and learning community which supports each other and offers great communication to support the residents all across the city.

Our partnership with Arise Church, Birchwood, offering a satellite community hub remains strong as ever. This Wellbeing café offers much activity and support through the week offering space to citizen’s advice, All Access Games, the Neighbourhood team, energy advice as well as being a Foodbank Distribution Centre and a keen partner in our local warm pack project, allied to the countywide project.

A poster titled 'ADVICE DROP IN' and 'COMMUNITY CONNECTION'. It promotes 'HOME, HEALTH AND WELLBEING SUPPORT' and 'CONNECT WITH LOCAL ACTIVITIES'. It lists dates: '11TH FEB', '11TH MAR', 'NOT APRIL', '13TH MAY', and '10TH JUN'. It specifies the location as 'MOORLAND PARK METHODIST CHURCH, SKELLINGTHORPE ROAD, LN6 7HB' and the time as '10AM-12PM'. The poster includes logos for Lincolnshire Community Mental Health & Wellbeing Transformation, Bridge, Volunteer Centres, Lincolnshire Community Health Services NHS, Green Doctor, and love every drop anglianwater.

Lincoln North

Lois Delong Community Connector

As a Community Connector, I have found that my role has continued to embed itself into multiple aspects of partnership working. The hard and thoughtful work of many partners over the past 18 months is coming into fruition as Spring arrives, bringing much joy and anticipation. We are very excited to ‘spring forward’ into local community initiatives in 2025, many of which have launched or are due to launch in future months.

The Ermine holds a special place in our hearts as a place where partnership working and innovation has thrived as part of the Transformation Programme. Over a three-year period, our involvement has included our localised mental health team meeting guests in the Ermine Library, reaching individuals on the doorstep of their community to support their mental health needs. Also, in response to the cost-of-living crisis during the winter, we have supported many to receive “warm packs,” practically aiding them to keep warm at home. None of this would have been possible without partnership working.

Our most recent development has been with the Sudbrooke Drive Community Centre, Ermine, in a project overseen by Alive Church. This has been in partnership with stakeholders such as the City of Lincoln Council, Bridge Church, Bishop Grosseteste University, Every-One, Open Plan, the NHS and many, many more! Through consultations and workshops, residents expressed the need and desire for an inviting and welcoming space for people of all ages to enjoy and access services.



Within Sudbrooke Drive Community Centre, there will be a Coffee House open to all, hosting access to a wide range of services as a ‘one-stop shop.’ Equally, with services that are not in the room, the welcoming team there will seek to help you find what you need. We are looking forward to opening within the first quarter of 2025, and sharing the impact on residents’ mental health as the space develops.

Additionally, we are looking into some hoarding co-production work with Every-One and the NHS Neighbourhood Team, bringing together local partners for this. We recognise the importance of hearing about what matters to people as we start to recognise the prevalence and impact of hoarding locally.

As work progresses, we look forward to further embedding ourselves into the community to see it thrive and amplifying the voices of those who live within it, encouraging positive changes regarding mental health.

To get in touch with me directly, please contact connectors@wearebridge.org

Grantham & Rural

Dawn Pearson Peer Support Worker

It can be difficult for us all to get motivated during the darker mornings. Having things to look forward to can help. Be it a meeting with friends, finding new hobbies, or a new group to try - walking, sport, crafting, photography, etc. All of these are great to get us going but sometimes we need to give ourselves self-care and permission to have downtime and stop the hamster wheel turning. Enjoying a bubbly bath, scented candle, reading, watching a movie. Being out in the garden pottering around or tending to some window plants. Sitting outside when the weather allows. These are all simple things we can do to enjoy our time.

There are community groups with which we can become involved in our area. Social platforms and the local libraries have information on what’s on in your area.



For me it would be meeting with friends and taking time to make those connections or one of my passion’s - getting out in the great outdoors, out in the fresh air. Joining a walking group with like-minded people has opened lots of doors for me. One of my bucket list challenges was to do the Yorkshire 3 Peaks Challenge and I was very lucky to be given the opportunity to do this in aid of my work within Shine on a fundraising challenge. A lot of training had to be conquered before the 24-mile challenge but it has spurred me on to looking at future possibilities. This has shown me that we all can have aspirations and if we believe in ourselves anything is possible.

East Lindsey & Meridian

Donna Fravigar Peer Support Worker

I have been enjoying getting outdoors with my service users. We recently visited Willingham Woods and had a lovely walk I had never been before and we had a lovely time walking and talking.

I love my role and love finding new places to take my service users where they will benefit from either being outdoors or joining a group.

I feel like I have the best job in world supporting people and letting them know there is help out there.



Boston

Christine Bossley
Peer support Worker

I have been to a lot of groups in Boston recently, often supporting others, which are Beam Art and Crafts on a Monday, the Autistic Adults Support Group on a Wednesday, the Community Growers CIC on a Thursday as well as attending Tonic Health, Safe Places, on a Wednesday and a Thursday, and attending Beam Night Light Café on a Friday evening.

I have plans to go to see Sting in concert in June at Lincoln Castle which I am looking forward to, I am also looking forward to having a day meeting up with my brother and sister and their many children in July and having some time off in the warmer weather to enjoy the garden and the sunshine.

I like spring, watching the flowers grow and sprouting up, I have daffodils that have arrived in my garden and looking forward to seeing the bluebells arrive later.



For information on everything happening in Boston, contact the Community Connector, Rob Whiley on rob.whiley@stbarnabashospice.co.uk or

- www.communitygrowers.co.uk | 01205 310 265
- www.centenarymethodistchurchboston.org.uk | 01205 355 543 (BEAM Cafe)
- www.tonic-health.co.uk | 01775 725 059



I have visited a lot of community organisations, including Hope Meadows in North Hykeham - my service users really like it there!

www.hopemeadows.co.uk
01522 396 643

Lincoln (APEX)

Jamieleigh Barnes
Peer support Worker

Wow, it's been almost a year since I started with Shine! I am now fully integrated into my IPBT team and really enjoying my role, getting out into the community with my Service Users, especially now the warmer weather is here. I love being outdoors in the fresh air!

I'm currently running an Emotional First Aid course from different satellites around Lincoln. It's going well and helping people to manage their emotions!

Spalding & Rural

Rhiannon Campbell
Peer Support Worker

Hi, I am a Peer Support Worker for the Integrated Place Based Team in Spalding for South Lincolnshire and rural areas.

I was born and bred in Wales and now Mam to one little one. After accessing support with my own mental health at various stages through my life, most recently after the birth of my little girl, I want to enable others to feel empowered, confident and heard during times of distress or unease.

My hope is to guide others to manage their struggles in a way that is healthier and easier to navigate. We all have dark moments in our lives but it is how we face our demons that determines how we can live fulfilling lives.



Get to know Rhiannon!

1. Coffee or tea?
I am a teapot
2. Breakfast, dinner or Tea?
Tea
3. Cats or dogs?
Dogs
4. Summer or winter?
Autumn!!
5. Morning or evening?
Evening



6. Salty or sweet?
Sweet - very sweet tooth!
7. What is your guilty pleasure?
A competitive game of dominoes.
8. What is your go-to karaoke song? Amy Winehouse- Valerie
9. What mythical creature would you believe was real?
Fairies
10. What is your favourite colour? Pink... or black.
11. What is your favourite type of weather?
Heavy rain outside, all cosy for a duvet day indoors.
12. What has been your favourite age so far?
34 (now). Just coming to my own, as is my little one. Discovering each other together.
13. What is your go to dinner?
Pizza or pasta...but I do love a Sunday roast!

Women's Wellbeing International Women's Day in Lincolnshire

Donna Pinkney, Senior Support & Engagement Coordinator

In March, we celebrated International Women's Day, a day dedicated to recognising and promoting women's achievements for many years. It is also a time to reflect on the importance of supporting one another and lifting each other up. This is especially true when it comes to mental health and well-being.

A key part of this conversation is acknowledging the importance of self-care, asking for help, and managing the many challenges life throws at us. Women often juggle multiple roles whether as professionals, caregivers, or family members and many tend to put others before themselves. However, prioritising mental health is not a luxury; it is a necessity.

I was fortunate to do a project visit to the Lincolnshire Rural Support Network and participate in one of their wellbeing sessions as part of their Women in Wellies Project. This initiative focuses on supporting women working in agriculture and the farming community where women rarely have the time to stop and take care of themselves. But in reality, this represents most women, whether they work full-time, manage households, or care for loved ones.

Many women feel guilty about taking a break, but in truth, allowing yourself to rest and recharge is essential for your overall wellbeing.

Attending a Women in Wellies wellbeing session gave me the chance to pause, relax, and connect with nature, while being mindful. Even though it was only for a short time, it made a significant difference in helping me feel refreshed and restored.

Women's mental health should be a priority in our conversations about wellbeing. Seeking support, practicing mindfulness, and making time for self-care are not selfish acts they are necessary steps toward maintaining good mental health. Initiatives like the Women in Wellies Project highlight the importance of creating spaces where women can focus on themselves, even if just for a moment.

As we move forward, let's continue raising awareness about mental wellbeing and encourage one another to take the time we need to refill our cups. When women prioritise their own health, they become stronger, more resilient, and better able to support those around them. After all, we can only truly care for others when we take care of ourselves first.

If you are looking for ways to support your mental health and wellbeing The Mental Health and Wellbeing Community Investment Fund supports organisations across Lincolnshire to offer a range of activities around mental health and wellbeing, so if you're looking to try something new or just need a cuppa and a chat there are lots on offer. You can find out what's on near you at www.haylincolnshire.com and LRSN's support at www.lrsn.co.uk



Eve at Bert House

On the 15th of January we launched Eve Horncastle at Bert House, and it has been a huge success. Eve is a women's support group which offers a safe space for women over the age of 18 to meet others, participate in activities and gain any support they may need. Eve has 3 locations in Lincolnshire and a 4th location about to be announced!!!! We have a strong team of volunteers who use their passion and own experiences to support these ladies and facilitate a safe space. On our opening night, we opened our doors at 6pm and had 14 ladies through the door!!!! Since then, we have had lots of arts and crafts going on including diamond art and crochet sessions. In celebration of International Women's Day, we celebrated with a pamper night where we had face masks, hand scrubs

from Tropic and lovely snacks. We have a movie night lined up and also a bingo night for our next sessions. The groups run out of Bert house on the 1st and 3rd Wednesday of every month from 6pm to 8pm. If you are looking to make friends, have some fun and gain any support you may need please join us at one of our sessions or reach out to berthouse@shinelincolnshire.com for any further information. We look forward to seeing you!



**EVE
PROJECT
UK**

**EVE SPILSBY
TUESDAYS 7-9PM
NEW LIFE CENTRE**

**EVE SKEGNESS
THURSDAYS 7-9PM
40 ALGITHA ROAD**

**EVE HORNCASTLE
EVERY 1ST & 3RD
WEDNESDAY 6-8PM
BERT HOUSE**

@EVEPROJECTUK



Menopause in the workplace

The menopause will affect half of the population at some time in their life, in different ways and to differing degrees. It can affect work as well as homelife. Some will have a myriad of symptoms, and some will sail through unscathed!

Sharon Keeble Peri Meri Project Support Officer



8 out of 10 of those going through the menopause are in work. 1 in 4 of those will consider leaving their jobs because of their symptoms (Source: Henpicked) and 1 in 10 women have stated that they left their job due to menopause (Source: Fawcett Study), although it is widely acknowledged that it is most likely a lot more than 1 in 10. Due to various factors, women don't recognise they have menopause and just think they are struggling - symptoms such as lack of confidence, memory loss (brain fog), feeling like they can't do their job anymore, all of which have a great impact in the workplace.

Some employers have implemented varying degrees of workplace support and awareness around the menopause, others are just starting, and some simply don't know where to start. Just raising awareness of menopause and the impact this can have in the working environment helps employees realise, in some instances, that this is what is happening to them and that they are not alone.

Knowledge, education and awareness are key to understanding the menopause - the

implications are far reaching. Improving staff welfare and retention and enabling employees to make decisions around what is affecting them and what support could be put in place to enable them to continue in their role.

The Peri Meri Menopause Moments Project, delivered by Every-One and fully funded by The National Lottery Community Fund, was set up to offer support to people experiencing the menopause. This is in a variety of ways, through a 5-week programme for individuals, ad-hoc sessions and through employer support.

We can offer up to 12 hours of free support, working with each employer on an individual basis to look at what might work for them, for example, by reviewing current menopause practices, delivering awareness sessions and offering advice around menopause policies.

Want to be part of the menopause employer network? This has recently started and will be looking at sharing good practice and implementing a countywide standard for menopause workplace buddies/friends.

If you would like to know more about the project and the free support on offer for employers and individuals visit:
www.every-one.org.uk/what-we-do/menopause
or email meno@every-one.org.uk.



Let's go outside

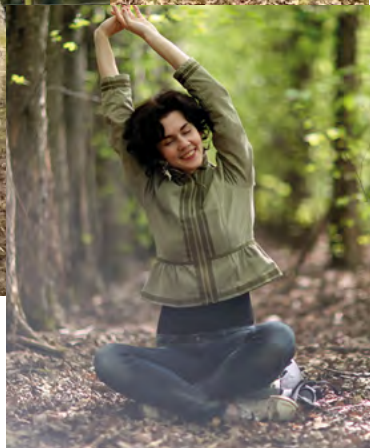
Olivia Weaver,
Support & Engagement
Coordinator

In today's fast-paced world, mental health is more important than ever. Many people are turning to the great outdoors to reconnect, recharge, and find peace of mind. Nature offers a sanctuary from the stress of everyday life, providing a natural setting for healing and self-care. As we continue to raise awareness about mental health, it's vital to explore ways to incorporate nature into our self-care routines.

Spending time outdoors has been shown to reduce symptoms of anxiety, depression, and stress. Whether it's taking a stroll through a park, hiking in the mountains, or simply sitting in a quiet garden, the natural world has a calming effect. The fresh air, natural light, and green spaces can help lower cortisol levels, improve mood, and boost overall wellbeing. It's crucial to highlight these simple, accessible ways to support emotional wellbeing with nature's powerful tools.

Animal therapy is another powerful way to improve mental health. Interacting with animals, such as spending time with dogs, horses, sheep or therapy animals, can provide emotional support and companionship. Studies show that simply petting an animal can increase the production of serotonin, the "feel-good" hormone, and reduce feelings of loneliness and anxiety.

Yoga and mindfulness practices, often performed outdoors, can further enhance mental health. Yoga encourages relaxation, focus, and physical movement, while mindfulness cultivates



awareness of the present moment. Practicing yoga in any environment such

as the woods or even your own garden, helps deepen the connection with the environment and promotes a sense of calm.

I have recently had the opportunity to visit Old Wood Organic and Desire Change who each offer many outdoor experiences from yoga and meditation to 1:1 animal therapy. They each highlight the importance of self-care and looking after our mental health whilst embracing the outdoors. As we continue to raise awareness about mental health, remember that self-care isn't just about what we do inside. Nature offers countless benefits, both physical and emotional. So, step outside, breathe deeply, and let nature be your guide to inner peace and well-being.

There's something for everyone out there and it's a great way to get involved in your community while prioritising your wellbeing.

Explore the activities near you and find opportunities to connect and care for nature along with your mental health:
www.haylincolnshire.co.uk
www.oldwoodorganic.org | 07999 857 072
www.blackbarnbolingbroke.com | 01790 616 102 (AKA Desire Change)

“1 in 4 will consider leaving their jobs”



Outdoor Wellness



The goal of Wilder Minds CIC has always been to get more people out into nature, connecting with the wild world around them to expand their horizons and understanding. We run a number of projects based at our site in Wood Enderby, Horncastle, and in 2024 we took the leap into starting our mental health support group specifically created for adults.

The Root Troop is our wellbeing group that focuses on interacting with and learning about nature, in addition to challenging ourselves and the beliefs we have long held about what it means to be a grown-up. We provide a supportive, safe space for our Troopers to explore new activities, methods of learning, and coping strategies, many of which are geared towards improving mental health. Utilising elements of bushcraft, survival skills and knowledge about the world around us, we work to help Troopers increase their resilience and create networks of support.

Running over half term, we invited new folks to come along and experience The Root Troop as part of our free taster sessions, welcoming visitors to our sites and explaining what we're all about, before cracking on with some activities.



Outdoor Wellness



Our sister site, Oakwell Farm - based near Laughterton - was plagued by less than perfect weather, which put a bit of a dampener on what we had planned. In true Troop fashion, we changed tack slightly and opted for a more detailed tour of the site, sheltering in the barn or under trees between smatterings of rain. Our visitors got to see a variety of interesting things, even on such a grey day, including evidence of badgers, polypore fungi growing on birch trees, and a red kite hunting over neighbouring land. Those who joined us left the session having learned a whole host of interesting snippets about rewilding and conservation, in addition to a quick chat about utilising the land in a balanced way to support the animals, wild or otherwise, who live on site.

The main Wilder Minds CIC site - situated in Wood Enderby - managed to order much brighter, sunnier weather. We invited Yvonne from Spinney Cottage Studio to come and give us an introduction to willow weaving and basketry basics. She showed visitors how to create a swallow from soaked willow rods, and introduced Troopers to a variety of techniques and ideas for creating their own pieces. After a lot of laughing and some breaks to rest sore hands, we finished up as the night drew in, everyone chattering away happily about their experience. The focus was not on creating something perfect, or finding a new hobby,

but trying out something new. Our ethos leans heavily into having a go without the pressure of getting things right the first time, and Yvonne's careful and caring instruction fitted in perfectly.

As part of each taster session, we ran a site tour, and introduced visitors to some of the things we feel make The Root Troop quite special. We outlined the five core awards, designed to meet you where you're at, whether you're entirely new to the outdoors, or an avid bushcraft enthusiast. We recognised the need to keep sessions fun and engaging for everyone, and skill sharing makes up a huge portion of what we do. Troopers are able to pick awards that interest them, and there's no obligation to achieve every single award - unless you embody the magpie and like having a full collection of pretty things!

Want to come along and join the Troop?

support@wilder minds.co.uk
www.wilder minds.co.uk
01507 237337

Wednesdays 1pm-2.30pm Oakwell Farm, Laughterton, Lincoln

Saturdays 4pm-5.30pm Wilder Minds CIC, Wood Enderby, Horncastle

The National Grief Advice Service (NGAS)

Support for Every Step of Your Grief Journey

What is The National Grief Service?

The NGAS provides expert grief counselling and advice to those who have experienced the loss of a loved one. We offer a safe, confidential space where individuals can express their feelings and receive practical support tailored to their needs. Whether you are seeking advice on how to cope, looking for resources to help you manage your emotions, or simply need someone to listen, we are here for you.

Our dedicated team of counsellors is trained to support individuals through the complex emotions that come with grief, including sadness, anger, guilt, confusion, and fear. We offer both one-on-one and group support, providing a range of services designed to support people at different stages of their grief journey. The group support sessions, are where individuals can connect with others who are experiencing similar feelings of loss. These sessions provide a safe and supportive space for people to share their stories, gain comfort from others, and find strength in community.

As a charity, all our services are completely free of charge. We believe that no one should have to bear the burden of grief alone, and we are committed to making our support available to anyone in need, regardless of their financial situation.



NGAS Wellbeing Centre in Grantham

This space is dedicated to offering in-person support for anyone navigating the journey of grief. Whether you are seeking advice, a place to reflect, or a supportive community of others who understand your experience, the Centre offers a peaceful environment where you can feel supported in your grief. We are here to walk alongside you, offering professional advice and practical solutions for your emotional wellbeing.

Located at **The Maltings, Wharf Road, Grantham NG31 6BH** and is open on the following days and times:

- Monday: 10:00 - 12:30 and 18:00 - 20:00
- Wednesday: 13:00 - 15:30
- Friday: 10:00 - 12:30
- Saturday (Families Only): 10:00 - 12:00

Companion Service: Someone to talk to

The Companion Service provides individuals with a listening ear and emotional support from someone who understands the challenges of grief. Whether you're looking for a **one-time conversation or ongoing support**, our Companion Service is available for anyone who simply needs someone to talk to. This is an invaluable resource for those feeling isolated or unsure of where to turn next. Our companions are **trained to offer non-judgmental, empathetic support to help guide you through the ups and downs of grief**. **No one should have to navigate this journey alone**, and our Companion Service is here to make sure you never have to.

Contact NGAS

If you or someone you know is struggling with grief, we are here to help. For more information about our services, including our Wellbeing Centre, Companion Service, or one-to-one counselling, or to volunteer or fundraise please contact:

0300 13 123 53
www.nationalbereavement.com



The Benefits of Chair Yoga

Chair yoga is a gentle yet effective way to improve mobility, flexibility, and overall wellbeing. Designed for all abilities, it allows individuals to experience the benefits of yoga while remaining seated or using a chair for support.

Why Chair Yoga?

- Chair yoga helps to:
- Improve flexibility and strength
 - Enhance balance and coordination, reducing the risk of falls
 - Support mental well-being by reducing stress and anxiety
 - Promote better posture and circulation

Move Comfortably & Mindfully

A key principle of chair yoga is listening to your body. Each movement should feel comfortable, never forced. By practicing with awareness and adapting postures as needed, you can experience the full benefits of yoga in a way that suits your individual needs. Our sessions focus on gentle movement, breathwork, and relaxation techniques that promote both physical and mental wellness.

Whether you're managing mobility challenges, recovering from an injury, or simply looking for a mindful way to stay active, chair yoga offers a safe and accessible approach to movement.

Join Anand for a Chair Yoga Session

We offer welcoming and inclusive chair yoga classes designed to support your health and wellbeing:

- Colsterworth Methodist Hall
2nd Thursday of every month, 1pm - 2.30pm
- St Wulfram's Church, Grantham
2nd Friday of every month, 1pm- 2pm

Come along and experience the benefits of chair yoga for yourself. No experience is necessary—just wear comfortable clothing and bring an open mind.

We look forward to welcoming you!

For further information contact:

grantham@rightathomecare.org
01476 833 168

Anand from Right at Home Care demonstrates some chair yoga stretches. Be inspired but don't do anything you're not used to unless with a professional like Anand.





Your
business
here

Advertise your business with Shine Lincolnshire from £75. Our quarterly magazine, Shine Connect, is distributed across Lincolnshire and seen by over 15,000 people each edition.

Contact:
communityengagement@shinelincolnshire.com

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



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

Email communityengagement@shinelincolnshire.com if you would like to:

Be featured in the next newsletter

Sign up to our mailing list

Enquire about advertising

Receive additional physical copies of our newsletter

For anything else

info@shinelincolnshire.com

01507 304 548

www.shinelincolnshire.com

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

Disclaimer

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

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

Articles are copyright of Shine and individual contributors. In principle we are happy for articles to be reprinted in other publications provided that Shine is acknowledged but we would be grateful if you could contact us first so that we can obtain the writer's permission.

