



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

# Shine Connect

Summer 2025



Alcohol Awareness

Moving-Up: Young People

Schizophrenia Explained

Training Offers

County Updates

New Groups

Summer Events

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*Download your directory*



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<https://membership.coop.co.uk/causes/89589>



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LN9 5HX



“

**Make a  
resolve  
today to  
make the  
most of the  
season!**

”



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

# Sunshine and smiles...

The sun is shining; the sky is blue. There's nothing left for me to do accept to engage in that British tradition of talking about the weather. I can't help myself. I've got to write about the weather. What a summer we are having. I've never known it to be so pleasant for so long. The solstice has come and gone, we've had Glastonbury and of course, Wimbledon. If you haven't been enjoying the weather now is the time to start. **Make a resolve today to make the most of the season.**

Experts tell us how important it is to get outside. **It is so crucial, and good for our mental health to commune with nature.** Take the opportunity to go for a walk or maybe even play a game of Five aside. This exposure to the sun will top up your Vitamin D which is essential for good mood, good sleep and good energy.

Now is an excellent time for me to remind you of hot weather protection: **Slip on a t-shirt, slop on sunscreen, slap on a hat, slide on sunglasses, shade from the sun.** These 5 suggestions really make it easy to enjoy the weather without worry. This campaign started in New Zealand, and they saw a remarkable drop in cases of skin cancer.

If you haven't got one, may I suggest you get a fan. Or even a couple. You can pick them up cheaply. They really make the hot weather more tolerable. Good for the pocket, great for your mental health.

And of course it is wonderful to eat summer food. Fresh is best and many of the foods that improve our wellbeing are abundant in summer. From broccoli to strawberries to lettuce, mood food is easily accessible. This is the season for barbeques, picnics and fish and chips by the seaside. This is the easiest time of the year to steer away from ultra-processed food. You'll know ultra-processed foods - they come in packages and have lots of ingredients that you don't recognise.

If the heat is disturbing your sleep, try a cool shower before you go to bed.

Enjoying the weather isn't rocket science. It is just good common sense. The key is to embrace the season, because it will be gone before you know it. In the blink of an eye, the nights will be drawing in. Make the most of the weather while you still can. Let's not be typically British and just talk about the weather, let's get outside and **embrace every single drop of sunshine!!!**

## Education, research and nature connection

Wilder Doddington is an innovative 400-year project to rewild, and bring nature back to the estate. By putting nature first we are creating a mix of thriving wood pasture, grassland and wetlands across the 770-hectare (1900 acres) estate.

At the same time, with the support of the National Lottery Heritage Fund, Anglian Water and the Linbury Trust we are becoming a nationally recognised centre for education, research and nature connectedness. We are broadening access to the estate to provide increasing opportunities for all – gaining skills, confidence and knowledge and delivering improved wellbeing.

We want everyone to feel inspired by nature, to be curious about how nature connects to our health and the health of the planet.

We believe that everyone, young and old, should have the opportunity to discover and connect



with nature. We know that regular connection to nature has positive effects on health and wellbeing and is vital to encourage people to take action to help wildlife and the environment.

We offer a range of visits tailored to school groups and community groups which seek to inspire and create awe, helping to build confidence and self-esteem.

If you are interested in finding out more contact us on [wilder@doddingtonhall.com](mailto:wilder@doddingtonhall.com)



## A summer of fun at your local library

Dive into a magical world where stories grow with the **Story Garden Summer Reading Challenge!**

With stunning artwork by illustrator Dapo Adeola (opposite), this year's Challenge runs from 5th July to 6th September and invites children to discover reading, meet magical creatures, earn rewards and explore the magic where stories and nature meet.

### How to get involved:

1. Sign up at your local Lincolnshire core library and collect your **free Story Garden Sticker Booklet**.
2. Borrow some books from the library to get started with your reading challenge.
3. **Read six library books over the holidays,**

and visit the library for every 2 books you read to tell library staff and **collect special stickers and your prize.**

4. Collect all the stickers and complete the Challenge!

### Where you can take part:

You can take part in the Summer Reading Challenge at any of Lincolnshire's core libraries:

Boston, Bourne, Gainsborough, Grantham, Horncastle, Lincoln, Long Sutton, Louth, Mablethorpe, Market Rasen, Skegness, Sleaford, Spalding, Stamford and Woodhall Spa.

Some of the Community Hubs in Lincolnshire also run the Challenge, so if you can't get to a core library, you can also join in at the

## following Hubs:

Alford, Birchwood, Boultham, Bracebridge (Bridge Church), Bracebridge Heath, Branston, Burgh le Marsh, Caistor, Cherry Willingham, Crowland, Donington, Holbeach, North Hykeham, Pinchbeck, Ruskington, Saxilby, Scotter, Spilsby, Waddington and Welton.

01522 782010 | [LincsLibrary.Support@gll.org](mailto:LincsLibrary.Support@gll.org)  
[www.better.org.uk/library/lincolnshire/events-and-activities](http://www.better.org.uk/library/lincolnshire/events-and-activities)



## Digital switchover - what you need to know

By the end of 2025, most landline phone services in the UK will be moved off the traditional copper-wire network and onto digital connections that use broadband - the internet.

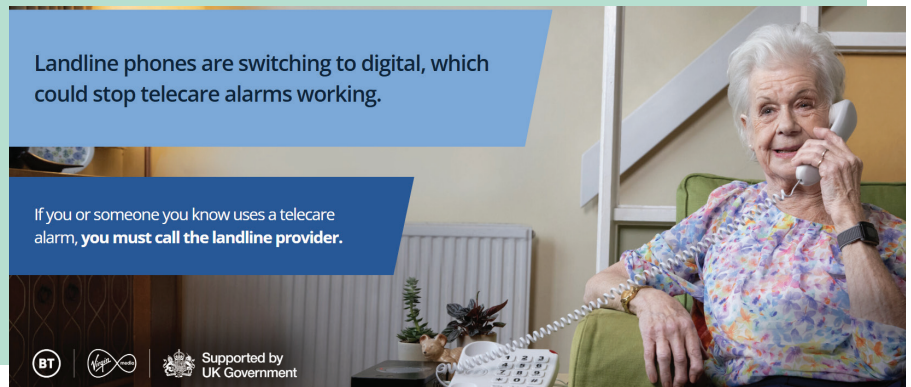
The change - known as **the digital switchover** - will affect everyone. However, for people who rely on landlines to stay safe, the impact could be serious if the right steps are not taken in time. Carers and support workers have an essential role in helping others prepare too.

### What might stop working?

- Landline phones not connected to a broadband router
- Personal alarms or telecare devices
- Home security systems that use landlines
- Landline phones during power cuts, unless backed up by a battery

### What to do:

1. Talk to your phone provider: Ask whether your landline and devices will still work. Support is available if you do not use broadband.
2. Check your equipment: Ensure that any phone, care alarm, or pendant will function after the switchover. Contact your alarm



provider or local council for help.

3. Plan for power cuts: Digital phones do not work without electricity. If you do not have a mobile, ask your provider about battery backup options.

4. Ask for help: **You are not expected to manage this change alone.** Speak with a trusted family member, carer, or support worker to help you plan ahead.

### Useful contacts

**The Digital Poverty Alliance** work to make sure no one is left behind

[www.digitalpovertyalliance.org](http://www.digitalpovertyalliance.org) | [hello@digitalpovertyalliance.org](mailto:hello@digitalpovertyalliance.org)

**AbilityNet** information and support around digital technology and aids

[www.abilitynet.org.uk](http://www.abilitynet.org.uk) | 0300 180 0028 | [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk)

**Age UK's** advice line for older people, their families, friends, carers and professionals  
0800 678 1602 | [www.ageuk.org.uk](http://www.ageuk.org.uk)

**Digital Unite** help others with digital skills and tackle the digital divide

[www.digitalunite.com](http://www.digitalunite.com) | [du@digitalunite.com](mailto:du@digitalunite.com) | 0800 228 9272

### Common phone providers:

BT 0330 1234 150 | Virgin Media 0345 454 1111

# Connection, creativity & community spirit this summer at Bert House!!



By Amber Hodgson, Bert House Support Worker

There's been a real buzz around Bert House lately and it's not hard to see why. Over the past few months, our community hub has been alive with energy, kindness, and connection. From thought-provoking awareness weeks to creative workshops, special guest speakers to family-focused plans for summer, Bert House has been making a real difference in the lives of the people we serve.

Here's a round-up of what's been happening and a glimpse into what's coming next.

### **The Bert Benches Walk: Raising Awareness Through Connection**

Loneliness Awareness Week kicked off with a truly special event, the Bert's Benches Walk. Designed to spark connection and raise awareness around loneliness, the walk brought together people from all walks of life to share stories, enjoy conversations, and take in the surroundings.

Each bench represented a moment of reflection and the simple, powerful idea that talking even just for a few minutes can make a big difference. The feedback was overwhelmingly positive, and the sense of togetherness on the day was a powerful reminder of what community is all about.

### **Mental Health Awareness Week: Engagement, Empowerment and a Sweet Success**

Mental Health Awareness Week was a real highlight. Across the week, we created a series of events focused on wellbeing, support, and meaningful engagement.

Tuesday welcomed a range of local organisations who shared information, resources, and guidance around mental health support. Many visitors left the Hub with useful contacts and a better understanding of what's available locally.

Wednesday gave people the opportunity to explore new interests through taster sessions hosted by local groups. From creative arts to wellbeing activities, the day sparked curiosity and connection.

Thursday wrapped up the week with a fantastic bake sale, raising over £80 to support future wellbeing projects. It was a lovely way to end the week with sweet treats and even sweeter conversations.

### **Volunteers' Week: Shining a Light on Our Community Champions**

Our volunteers are at the heart of everything we do, and Volunteers' Week was the perfect opportunity to celebrate them. Throughout the week, we gathered kind messages and feedback from participants, who shared how

# Bert House



much they value the dedication, warmth, and generosity of our volunteer team. One participant even wrote a beautiful poem in their honour, which truly captured the spirit of the week. Volunteers are often the quiet heroes of our communities and we're proud to celebrate every single one of them.

## Ro's Poetry Group: A Weekly Showcase of Talent and Expression

Creativity continues to thrive at Bert House, and Ro's poetry group is a shining example of that. Every week, participants gather to write, reflect, and share their work in a supportive, welcoming space. The poems range from humorous to deeply moving and the group has quickly become a much-loved part of our regular programming.

Many attendees have shared how much they look forward to it each week, not only for the creative outlet but for the sense of connection it brings.

## Lottery-Funded Groups: Growing, Learning & Thriving

All of our lottery-funded groups are going from strength to strength. In particular, our Neurodiverse Group recently welcomed a professional guest speaker, which was incredibly well-received. These sessions continue to offer supportive, inclusive environments where people feel safe to share and grow and the feedback reflects just how important they are to participants.

## Neighbourhood Partnerships: A Model for Meaningful Support

We've been working closely with our local



neighbourhood teams to provide tailored support to individuals who may need a little extra help. This partnership has been a huge success, enabling us to reach more people and offer more personalised guidance.

In fact, the work happening here at Bert House has been so effective that it's now being recommended as a best practice model for all community hubs across the district something we're incredibly proud of.

## Looking Ahead: Summer Support for Families

As we head into the summer holidays, we're excited to be teaming up with our local primary school to offer a welcoming space where parents and children can come together, get creative, and enjoy time as a family.

This initiative aims to provide not just activities, but a sense of routine and connection during the summer break something we know can be so important for both adults and children alike.

**To keep up to date with everything that's happening at Bert House:**

**Follow their Facebook page 'Shine Bert House'**

**Email [BertHouse@shinelincolnshire.com](mailto:BertHouse@shinelincolnshire.com)**

**Call 01507 304548**

**Visit 7 Bull Ring, Horncastle LN9 5HX**

# Are you alcohol aware?

## Alcohol and the Workplace: Time to Talk, Time to Act

This summer, Alcohol Awareness Week (7th-13th July) shined a spotlight on an issue that affects more of us than we might realise - alcohol and the workplace. Whether you're on the clock or off duty, how alcohol fits into your work life – directly or indirectly – can have a serious impact on wellbeing, productivity, and safety.

From office desks and shop floors to remote home-working setups, this year's campaign has opened up the conversation across our local workplaces, encouraging both employees and employers to rethink how alcohol affects not only individuals, but the culture and health of organisations as a whole.

### Why It Matters

Alcohol is linked to over 200 health conditions, including heart disease, liver damage, and several types of cancer. But perhaps even more significantly, it's often tied to mental health struggles. It can mask anxiety, fuel depression, and lower

our ability to cope with stress – creating a cycle that's hard to break.

Often people might not realise the toll alcohol is taking on their wellbeing until they take a break or cut back.

“Alcohol can mask anxiety, fuel depression and lower our ability to cope with stress.”

### Beyond the Weekend

It's easy to assume that drinking is something we do “after hours,” but the influence of alcohol doesn't clock out when we do, and nor do the stresses of work. Hangovers, poor sleep, reduced concentration, and increased anxiety can all follow us in and out of the workplace creating a vicious cycle of stress and hangovers - even from moderate drinking the night before.

In sectors with high stress, irregular hours, or a “work hard, play hard” culture, alcohol can become part of the job in subtle but harmful ways. Team socials, client dinners,





Mental Health Skills for Managers is one way of helping take care of your own mental wellbeing whilst learning about how to look out for signs of poor mental health in others, and notably where to seek support for it.

## Start the Conversation

Change begins with awareness. Start a conversation – with yourself, a friend, or a loved one. Ask the questions that matter: How does alcohol make me feel?

or informal Friday drinks can create unspoken pressure to drink or make it harder for someone who's trying to cut back.

## The Hidden Costs

The cost of alcohol-related harm to UK employers is estimated in the billions. That includes lost productivity, absenteeism, presenteeism (being at work but not functioning effectively), and the increased risk of accidents. But the real cost is human: employees who may be struggling silently with their relationship with alcohol, afraid to speak up for fear of judgement or consequences.

That's why this year's Alcohol Awareness Week is about creating safer, healthier working environments – where staff feel empowered to have honest conversations and access support without stigma.

## Supporting Change in Lincolnshire

In Lincolnshire, where many businesses are small, family-run, or rural-based, we know how important it is to look after one another. So how can we do this when it comes to alcohol?

Employers can make a big difference – not by policing, but by listening. Having a clear alcohol policy, offering access to support services, and encouraging open dialogue can help build a culture of trust and wellbeing. For employees, recognising when alcohol might be impacting your work or mental health is the first step towards making a positive change. Taking courses in Mental Health First Aid and

Am I drinking more than I used to? What would a break look like for me? 'How are you' is never a bad place to start any conversation.

Small steps can lead to big changes. And remember you don't have to go it alone. Whether you're curious about cutting down, worried about someone close to you, or just want to better understand the role alcohol plays in your life, there are resources to help.

Local services like the Lincolnshire Recovery Partnership (see page 16-17) provide confidential information, advice and support along with their sister services: Horizon, for those under 18, and Beacon, a friends and family service for those affected by other people's substance use.

Meanwhile, national campaigns like 'Try Dry' offer apps and resources to help you take on an alcohol-free challenge at any time of the year, not just 'Dry January'. You might also find it interesting to hear about Stamford's '30 day 'Alcohol Experiment' on pages 14-15.

## A Better Work-Life Balance

Let's make our workplaces part of the solution. By tackling stigma and promoting supportive environments, we can all work better, live healthier, and look out for one another. Keep the conversation open and free of judgement.

For more information on national support visit [www.alcoholchange.org.uk](http://www.alcoholchange.org.uk) and visit [www.shinelincolnshire.com/training](http://www.shinelincolnshire.com/training) for information on our courses for individuals and organisations.

# What is sober shaming?

The consequences of labelling someones personal choice as offensive, rude or impactful other people's enjoyment.

Do any of these quotes or scenarios sound familiar?

*"But it's my birthday, you \*have\* to have a drink!"*

*"You're not drinking? Why?!"*

*"Oh go on, just have one!"*

*"You can't be serious - you're not drinking on your own stag do?!"*

*"Don't be boring!"*

*"The night won't be the same if you're not getting drunk with us..."*

*"Oh my goodness, are you pregnant?? No? Then why won't you have one?"*

*"But you don't have a problem with alcohol, do you? So why not have a couple?"*

*"Don't tell me you're teetotal now!"*

*"You can't come to my party if you're not drinking!"*

*\*Eye roll\**

Getting bought an alcoholic drink despite saying you didn't want one.

## What is sober shaming?

Sober shaming – making someone feel uncomfortable or judged for not drinking – can leave people feeling pressured, excluded, and upset. It sends the message that choosing not to drink is somehow rude, boring, or disruptive to others' enjoyment, even though it's a personal decision that usually has no impact on anyone else. This kind of attitude can discourage people from exploring or maintaining an alcohol-free lifestyle and, in some cases, may even push them toward drinking when they otherwise wouldn't.

For some, not drinking is rooted in religious or cultural beliefs. In these cases, sober shaming doesn't just question someone's personal choice – it can come across as disrespect for their identity and values. By choosing to support rather than criticise those who don't drink, whatever their reason, we help create a more inclusive, respectful, and understanding environment for everyone.

## How to avoid sober shaming

Avoiding sober shaming is about kindness, awareness, and respect. When we create environments where everyone feels comfortable being themselves – with or without alcohol – we make space for healthier choices and stronger, more inclusive communities.

### 1. Respect people's choices – no questions asked

If someone says they're not drinking, take it at face value. Avoid asking "Why not?" or saying things like "Just have one". Their reasons are personal – and they don't owe anyone an explanation.

### 2. Watch your language

Phrases like "Don't be boring", "You're no fun without a drink", or "Go on, just one won't hurt" might seem like harmless banter, but they can be uncomfortable and even damaging. Try replacing them with supportive comments like "Good for you" or simply moving the conversation on.

### 3. Don't make it a big deal

If someone chooses not to drink, don't single them out or make it the focus of the conversation. Drawing attention to their choice can make them feel excluded or judged.

### 4. Offer inclusive options

When planning events or social gatherings, make sure there are non-alcoholic drinks available – and treat them as equally valid choices, not just an afterthought. It sends a strong message that everyone is welcome.

### 5. Be aware of unconscious bias

Sometimes we link alcohol with being fun, social, or relaxed – and assume those who aren't drinking are missing out.

Challenge that assumption. People can enjoy themselves in different ways, and being alcohol-free doesn't mean being antisocial.

### 6. Understand the bigger picture

Some people avoid alcohol for health, recovery, religious, cultural, or personal reasons. For others, it may be part of a difficult journey. Respecting their choice supports their wellbeing – and helps create a more compassionate environment for everyone.

### 7. Set the tone

If you're in a position of influence – as a team leader, event organiser, or friend – lead by example. Show that not drinking is a normal and acceptable choice.



# A 30 day challenge

For anyone open to exploring a life that doesn't revolve around drinking.

By Carol Urry

With the sunny evenings and the smell of BBQs, summer can feel like one long invitation to drink. From Friday pub gardens to airport fizz and poolside beers and cocktails, booze is everywhere.

**“When the weekend disappears in a blur, nothing gets done, and Monday rolls around, it can be hard.”**

Maybe it's Friday night that always catches you out, that moment when the week's stress hits and the thought creeps in "I've earned this." It's a powerful emotional trigger. But when the weekend disappears in a blur, nothing gets done, and Monday rolls around, it can be hard.

If you've tried to change your drinking habits before and it didn't stick, you're not alone. It's not about willpower, it's about finding the right

**“No pressure, no labels, just support.”**

support and a new approach that works for you. Why not come along to our free sessions at Mindspace, Stamford? It's a reset, a calm space to break the pattern, hear from others who get it, and feel supported in trying something different from the usual traditional method.

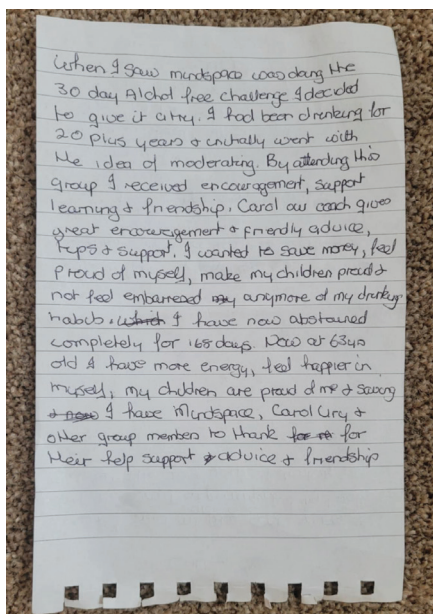
These free weekly sessions run at Mindspace every Friday at 6pm.

They are open to anyone exploring a life that doesn't revolve around drinking. Whether you're cutting back, taking a break, or just curious, you're welcome to come along for honest conversations, fresh ideas, and down-to-earth support.

Here's what Sheena has to say about our Friday evening meet ups:

*When I saw MindSpace doing the 30 day Alcohol Experiment I decided to give it a try. I had been drinking for 20 plus years and went with the idea of moderating. By attending this group, I received encouragement, support, learning and friendship. Carol our coach gives great encouragement and friendly advice, tips and support. I wanted to save money, feel proud of myself, make my children proud and not feel embarrassed anymore of my drinking habits. I have now abstained completely for 168 days. Now at 63 years old I have more energy, feel happier in myself, my children are proud of me, and I am saving money. I have Mindspace, Carol Urry and other group members to thank for their help, support, advice and friendship.*

No pressure, no labels, just support.



(from left Sheena's testimony, Sheena, a 2025 participant and Carol Urry)

## Strategies for staying alcohol free

Here are some simple strategies for staying alcohol free on holidays or Friday nights

- **Plan ahead:** Check out the drink's menu ahead of time if it's a meal out to see what's on offer. Get there early and order your drink to avoid peer pressure. Order a non-alcoholic drink in your usual glass - no one will guess it's not a G&T or an AF beer.
- **Visualise the next day:** Think about how you want to feel the next morning, a clear-head, proud of yourself for not going overboard, and ready to start your day.
- **Change the cue:** If you usually reach for a drink at a certain time then change the pattern. Go for a walk, call a friend, or get creative in the kitchen.
- **Bring your own:** Whether at a BBQ or a

party, pack your favourite alcohol free drinks so you don't feel left out.

- **Have a line ready:** People get curious if you aren't drinking. A sentence is all you need, "I'm just taking a break" is enough, there's no need to explain more than you want to.
- **Don't go it alone:** Talk to someone who gets it. Join a supportive group where you'll find encouragement, ideas, and accountability. We're here every Friday at 6pm.

There's a growing movement of people choosing to drink less or not at all and finding so much more in the process.

Check out the Mindspace website & book yourself into our Friday evening session. We start at 6pm but times are flexible, come and go as you please there's no set time to finish.

For more information on the alcohol experiment visit [www.mindspacestamford.com](http://www.mindspacestamford.com) | 07563 385273

# Lincolnshire Recovery Partnership

Lincolnshire Recovery Partnership (LRP) is a free and confidential service for anyone in the county who would like to make a positive change to their drug or alcohol use. They are Lincolnshire's commissioned substance use service, powered by the experience of Turning Point, Double Impact and Framework.

No matter where you are in Lincolnshire, LRP have convenient and accessible services nearby. In addition to the six main hubs across the county, they also operate a number of satellite sites to meet you wherever you feel most comfortable.

“

**Meet you wherever you feel most comfortable.**

”

In 2024, the service worked with over 3,500 people. Their support can include advice and information, prescribed medication, detox and rehabilitation, one-to-one sessions, or access to a host of groups with likeminded individuals. They also offer a number of additional services, including mental health guidance, a dedicated employment team and focus on working in partnership with local organisations to power an individual's recovery.

Supporting those in recovery is an important part of LRP, not only offering volunteer and paid roles for people with lived experience to support others, but through an action-packed calendar of peer support groups. It's reassuring to those who are early in

recovery to see others who have been down a similar road and understand their experiences and the Peer Mentors and Recovery Service Volunteers are able to give the time and space to anyone who enters one of the buildings.

Alongside their work with adults, they offer dedicated support to young adults and children through their young person's team, Horizon [[www.lincshorizon.co.uk](http://www.lincshorizon.co.uk)]. And as part of the Stay Safe Partnership, with partners including Lincolnshire Police, Road Safety and Fire and Rescue, the Horizon team facilitate drug and alcohol awareness sessions within secondary schools, alternative education settings, colleges and year 6 primary students. In the last academic year, the team delivered to over 25,000 students.

“

**They supply naloxone, a medication which can reverse the effects of an opioid overdose.**

”

In April 2025, the service launched Beacon ([www.lincsbeacon.co.uk](http://www.lincsbeacon.co.uk)), which offers advice and guidance to adults, young people and children over the age of five around any effects they may be experiencing including stress, anxiety, isolation and the impact to their mental or physical health, relationships or finances.

A key part of LRP's work is offering harm advice to help people keep themselves and others as safe as possible, as they recognise

# Recovery

that it's not everyone's goal to stop using substances. They supply naloxone, a medication which can reverse the effects of an opioid overdose. It can be collected from any of their hubs or delivered to your door discreetly and for free via a Click & Deliver service.

They offer regular, online overdose awareness and naloxone training sessions, which can be booked through their Eventbrite page - search for 'Lincolnshire Recovery Partnership Events'. The team work closely with local partners to raise awareness of naloxone, and have recently reached the milestone of training 300 Lincolnshire Police officers to carry the life-saving medication.

Providing accurate information and reducing the stigma attached to accessing a substance use support service are high on LRP's priorities. They run campaigns for key awareness dates throughout the year including Alcohol Awareness Week, Overdose Awareness Day and Dry January. In the last year alone, they've had a presence at Lincoln Pride, the University of Lincoln Freshers

Week and most recently, the Lincolnshire Show. Keep an eye out for them at future events throughout the county!

**“ Reducing the stigma attached to accessing a substance use support service are high on LRP's priorities. ”**

Lincolnshire Recovery Partnership have an open-door policy so if you have any questions, would like more information, or if you're ready to make a change to your substance use, get in touch:

0800 304 7021 |

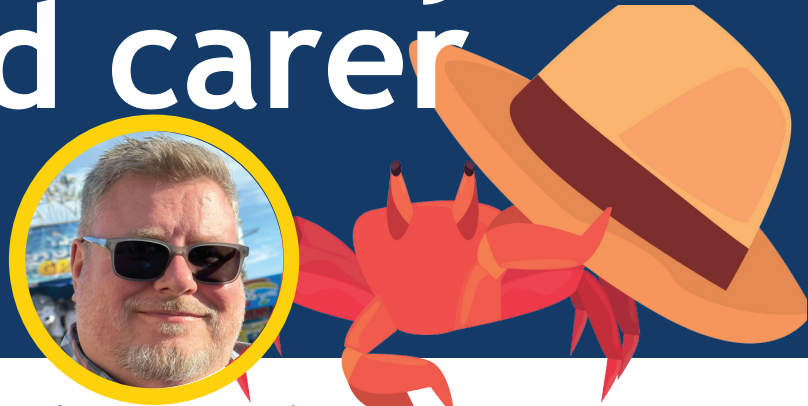
[www.lincsrecoverypartnership.co.uk](http://www.lincsrecoverypartnership.co.uk).



# Summer holidays as an unpaid carer

Summer brings a mixed bag for carers.

By Dan Fleshborne



Ah, the school summer holidays. For many, it means day trips, late mornings, and ice creams in the sun. But if you're an unpaid carer, it can feel like someone threw out the rulebook and handed you a juggling act instead.

With schools closed and everyday routines on pause, the days can be long and packed to the brim. You might be caring for a child with additional needs, an elderly parent, or someone who depends on you daily. And suddenly, you're not just managing appointments and medications—you're an entertainer, chef, therapist, and referee, all in one go. It's exhausting! But you're not alone.

A little structure goes a long way. Remember, it doesn't have to be military-style, regimented planning, but a gentle, predictable rhythm to the day can work wonders. A set time for breakfast, a morning activity, quiet time in the afternoon—these little markers can bring calm to the chaos and help everyone feel more settled.

Please don't forget yourself.... I know, I know—easier said than done. But carving out even ten minutes to drink a cuppa while it's still warm, take some deep breaths by an open window, or have a quick chat with a mate can be a lifeline. Your wellbeing matters too!

Utilise what's available in your community, work smarter, not harder! Check in with local

charities, carers' centres or community groups. Some offer summer activities, short breaks, or even simple support, such as peer meetups. Sometimes, just knowing that someone else understands can lift a massive weight off a carer's shoulders.

Lower your expectations and try not to compare yourself to others, especially on social media. There's no need for an Insta-perfect summer. If the kids are safe and fed, and you made it through another day, well done. That is a good day. Be kind to yourself.

Celebrate the small wins, you've earned it! Whether it's a successful trip to the park, a moment of calm during bedtime, or managing to laugh through the madness, those glimmers of light matter. You're doing a phenomenal job, even if it doesn't always feel like it.

The summer holidays aren't always easy, but with support, flexibility and a whole lot of patience (and snacks), they are survivable. And maybe—just maybe—you'll find moments of magic in between the tricky bits.

For further information & support for adult & young carers contact Carer's Trust:  
[www.carers.org](http://www.carers.org) | 0300 772 9600

## SHINE ON

Weekly Wellbeing Group

Thursdays 10-12:00

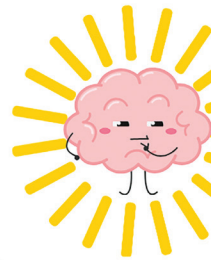
7 Bull Ring, Horncastle

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

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.

JOIN US EVERY TUESDAY  
11:15-12:45

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

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



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



## SHINE KNIT AND NATTER

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



# Mental health in the summer

The positives and changes of summer on our mental health and wellbeing.

By Dan Fleshbourne

Summer often carries a golden glow of long days, sunshine, and a sense of freedom. But beneath the surface, the season brings a mix of benefits and challenges for our mental wellbeing.

When it's the school summer holidays and work schedules shift, the usual rhythms of daily life can become unbalanced. For some, this provides a welcome respite from stress and monotony. But for others—especially those who rely on structure to feel stable—this unpredictability can lead to anxiety and low mood. **Without regular sleep or consistent activities, it's easy to feel unanchored within our lives.**

While sunshine boosts vitamin D and mood, excessive heat can be draining, even triggering irritability or fatigue. For people with mental health conditions like anxiety or depression, high temperatures can make symptoms worse. It's harder to sleep, concentrate, or stay energised. And **when physical comfort drops, so can emotional resilience.** In addition, mental health medications such as anti-psychotics and antidepressants can reduce the body's ability to cool itself, increasing the risk of overheating.

Nature is proven to help and support positive mental health and wellbeing. The summer provides us with more **opportunities to spend time outdoors.** Walking in the park, spending



time at the beach, or simply sitting in a green space, such as a garden or park, can help ease stress and lift spirits. **Sunlight increases serotonin, which helps regulate mood and promotes feelings of wellbeing.**

Summer often brings social gatherings, such as barbecues, festivals, and travel. These can strengthen relationships and reduce feelings of loneliness. But they can also create pressure to be constantly active or happy. If you're not feeling your best, the expectation to enjoy every sunny moment can feel overwhelming.

**Balancing It All** - The key to mental wellness in summer is recognising your own needs. Some people thrive on spontaneity, while others find calm in maintaining a specific routine and structure to their daily lives. Either way, always stay hydrated, rest when needed, protect yourself from too much sun, and don't feel guilty if you prefer a quiet evening indoors to a crowded party. In the end, summer isn't all sunshine or all stress. **Like every season, it's a blend—and learning how to navigate it mindfully can make all the difference for your mental health and wellbeing.**

# Men's Health Month

Why men's health month is vital for mental wellbeing  
By Sam Wilson, Peer Support

June was men's health month; I was so excited to see that this year it was getting lots of coverage and attention. More than ever it was so important to make people aware of the statistics and the situations which shouldn't still be happening.

I believe we have come a long way in getting men to open up and talk, but we are still **losing one man in five before the age of 65 and cannot escape the statistic that four in every five suicides are men.**

This poses a big question as to why this is still the case. I believe, as men, we are slowly getting better at talking but there is something still missing and we need to do all we can to change these statistics.

While I know there isn't one answer that fits all, take a minute to think about if there is anything you could do. I try where possible (even though its not my strong point) to speak out on the topic in the hope it might help others to speak out if that's what they need to do or if it just makes people think about the topic. I always try and make sure that my male friends are aware that if they need to talk, they know where I am.

One thing that I would like to leave with is something very simple but so useful that I have learnt from others of what to do when someone asks you for help. It has been able to completely change my perspective.

**Ask the person asking for help one question: what is it that they would like help with? Is it suggestions and guidance? Is it just a listening ear? Space to speak without any advice, just to be heard. Or is it a conversation about something completely different for distraction?**



Talk Stick is a roadshow of men's mental health information and awareness sessions across hockey clubs in Lincolnshire throughout 2025.

See Facebook 'Talk Stick' page or contact [talkstick@tonic-health.co.uk](mailto:talkstick@tonic-health.co.uk)

# BRO PRO UK

A safe place for men to meet, socialise and talk with locations all over Lincolnshire. See Facebook 'Brotherhood Project UK' page for weekly times and locations or contact [david.bruce23@nhs.net](mailto:david.bruce23@nhs.net) | 07939092585

# Schizophrenia: What it is - and what it isn't

Further information, support and advice

Rethink Mental Illness

[www.rethink.org](http://www.rethink.org) | 0808 801 0525 (Mon-Fri, 9:30am-4pm)

Mind

[www.mind.org.uk](http://www.mind.org.uk) | 0300 123 3393 (Mon-Fri, 9am-6pm)



Schizophrenia affects around 1 in 100 people in the UK, typically emerging in late teens to early 30s. It's a serious mental health condition that alters how individuals think, feel, and behave. Whilst it often makes daily life a challenge, living with schizophrenia does not necessarily mean that someone can't work or socialise. Understanding schizophrenia goes beyond the common myths and misconceptions.

## Breaking the stigma: Understanding

Misconceptions around schizophrenia feed stigma and fear. But with accurate information, empathy, and support, people can thrive—pursuing education, work, and fulfilling lives. Breaking down myths, listening to lived experiences, and promoting early support and understanding isn't just kind—it's essential. Through informed awareness, we can build a community where schizophrenia isn't a label of fear, but one of hope and possibility.

# Understanding Schizophrenia

## What Schizophrenia really involves

Not everyone will experience all symptoms of schizophrenia, and the intensity can vary significantly from person to person. Symptoms are grouped into two types, 'positive' and 'negative' but that has no reflection on as to whether they are 'good' or 'bad':

**Positive symptoms:** These are “add-ons”—hallucinations or delusions that distort reality. Most commonly, people hear voices or hold unusual beliefs.

**Negative symptoms:** Reflect things lost—motivation, emotional expression, social interest. Examples include speaking less, lack of energy, difficulty caring for oneself.

## Beyond the labels: Myths v's Reality

### Split personality?

No—“schizophrenia” comes from Greek roots meaning “split mind,” not multiple personalities.

### Can't work, right?

Incorrect. Many people with schizophrenia hold down jobs, especially with proper support. Work is often an important part of recovery.

### Dangerous by nature?

Absolutely not. People with the condition are more likely to be victims than offenders.

## What causes it and how it is diagnosed

There's no single cause—research points to a mix of genetics, environment, stress, neurological differences, and in some cases substance use. Diagnosis is done by a psychiatrist under guidelines like the ICD-11 or DSM-5, following detailed interviews and observation.

## Treatment & recovery

Schizophrenia is treatable—and early intervention improves outcomes. It usually encompasses a combination of medication and talking therapies. Around half of those diagnosed may have favourable recovery over time—improving symptom control, functioning, and independence.

Everyone experiences schizophrenia differently, and there's no one-size-fits-all approach to recovery. Many people find strength in combining professional support with self-help strategies, peer connection, and lifestyle changes.

Support groups can be a powerful tool — offering a safe space to share experiences, reduce isolation, and build confidence. You can find local groups through organisations like Rethink Mental Illness, Local Minds, or by checking with your GP or mental health service.

Recovery Colleges, available in some areas through the NHS, offer free courses designed to help you take control of your mental health

journey. These courses are often peer-led and focused on building skills, confidence, and resilience.

You may also be offered peer support through the NHS — speaking with someone who has lived experience of psychosis and is now in recovery. They can offer practical advice and emotional support based on real-life understanding.

On a day-to-day level, many people use self-management techniques to help them feel more in control. This could include:

- Setting small, achievable goals
- Establishing a sleep routine
- Doing regular exercise
- Practising mindfulness or breathing exercises
- Trying relaxation therapies like massage or aromatherapy
- Talking to supportive friends or family

Recovery isn't linear — it's personal, ongoing, and absolutely possible. The key is finding what works for you.

## ‘Hearing Voices: A common human experience’ J Watkins (1998)

**Cathy McNulty and Chris Wood**

**Co-facilitators for Sleaford Hearing Voices Group**

The experience of our three Lincolnshire Hearing Voices groups might show Watkins’ (1998) quote as true. People come together in a safe private space, to share their experiences, and to say as much or as little as they like. Conversation drifts in and out of life experiences and sometimes includes hearing voices. The struggles of this are understood by others and ways of managing and coping shared.

Just because you hear voices, doesn’t mean that you cannot get on to do and enjoy your everyday doing stuff of life. Being part of the Hearing Voices group not only gives opportunity to talk about this but also to give encouragement to others and define who we are in different ways beyond the label of mental health.

The panic and stress of others once the ‘hearing voices’ is mentioned and associated with mental illness and madness, may cause far more damage. These are the stories repeated by many for example Dr Eleanor Longdon who shared her

experience via her 2013 TED talk ‘The Voices in my head’, easily found online / Facebook. Take time to find and listen to her talk. Today Eleanor is a psychologist, leading researcher, author and interesting to remember she has been to Lincolnshire several times as a speaker for our Hearing Voices Conferences.

Some people (especially in mainstream media organisations as the BBC) may suggest that if you hear voices and you have been prescribed with anti-psychotic medications then if you stop taking them you will probably harm other people. An article in The Lancet shows that only 5% of serious violent crime is perpetrated by people with a severe mental illness. (Thornicroft 2020).

Mindfulness can be an integral part of both recovery and moving on. Some use creative pastimes such as photography or being in a choir as ways of engaging their conscious minds in a rewarding activity that also stops them from worrying and helps them to



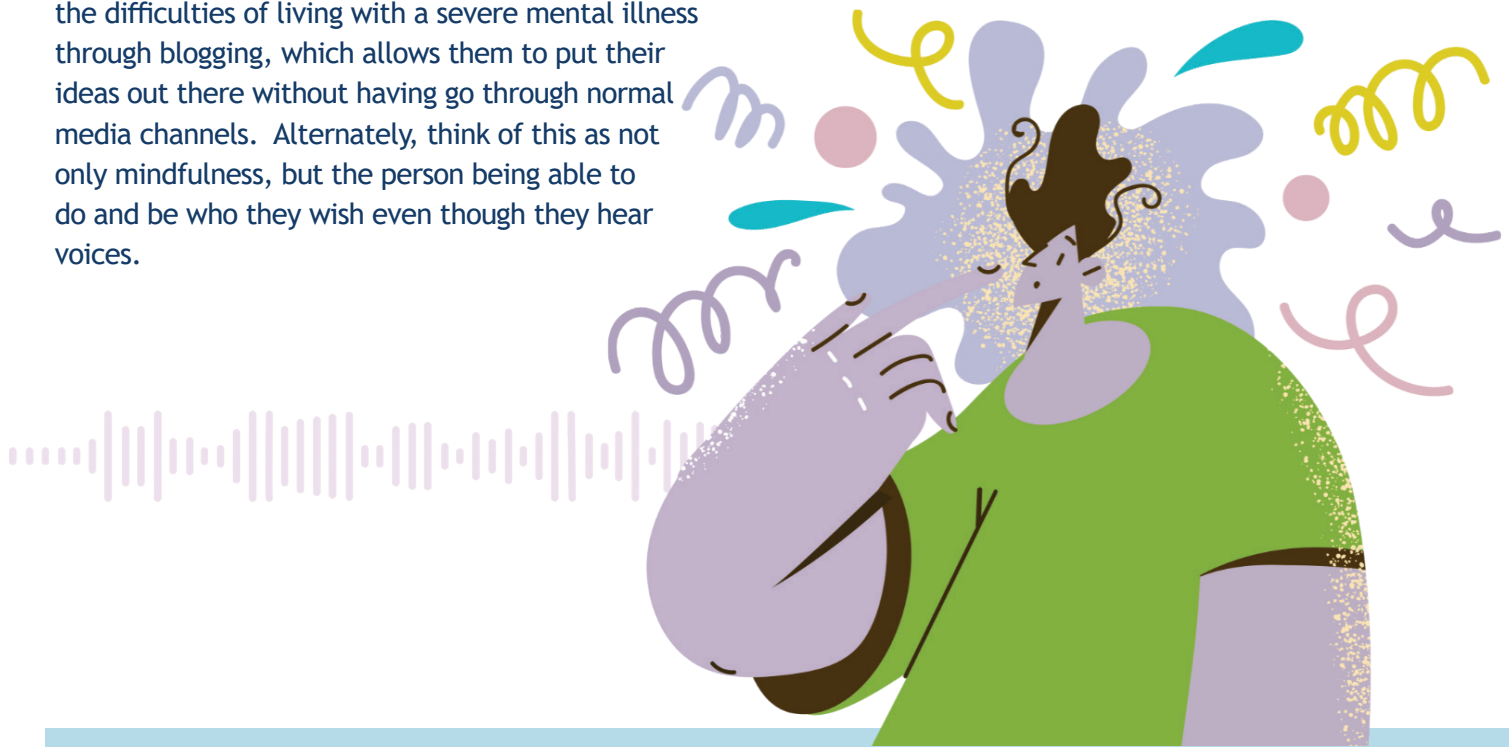
## What does it mean to ‘hear voices’?

Hearing voices comes under hallucinations. Hallucinations are when you see, smell, hear or feel things that other people don’t. In addition to hearing voices, they can include seeing things which other people don’t see, feeling someone touching you who is not there, or smelling things which other people cannot.

Hearing voices or other sounds is the most common hallucination in schizophrenia. It can be different for everyone. For example, voices may be female or male, sounds such as humming, in a different language or different accent to your own, whispering or shouting, or negative and disturbing. You might hear voices sometimes or all of the time.

# Hearing Voices

deal with other symptoms. Others try to highlight the difficulties of living with a severe mental illness through blogging, which allows them to put their ideas out there without having to go through normal media channels. Alternately, think of this as not only mindfulness, but the person being able to do and be who they wish even though they hear voices.



## Lincolnshire's Hearing Voices Groups

- It is useful to phone the contact person beforehand in case there have been any changes in their plans.
- There is no charge to attend the groups, they are all free.
- Simple refreshments are provided.

### Lincoln Hearing Voices Group

Every Tuesday afternoon 1pm - 3pm at St Mary Le-Wigford Church, not far from Lincoln Train Station and near the main shopping area (3 St Mary's Street, Lincoln LN5 7AR).

There will be a sign outside on the street directing you to the church and advertising the group. Further directions are inside the church.

The contact telephone number for the group is **01522 597999** and ask for **Noel McGrath**, this number is listed on the Hearing Voices Network.

### Sleaford Hearing Voices Group

We meet on the second Friday of the month from 11am - 12.45pm in an upstairs room (there is a lift if needed), The Sheldrake Room, Sleaford Town Hall, Quayside House, Navigation Yard, Sleaford, Lincolnshire, NG34 7TW.

The building is directly behind the Hub Arts Centre main entrance and next to the river. There is parking nearby in the Hub arts centre car park.

The contact numbers for the group are **Cathy on 0752 8535648 & Chris 07895 971294**. They support the group and are happy to tell you more about the group and meet you nearby for your first time.

### Spalding Hearing Voices Group

We meet on the 1st Thursday of the month at 11am - 1pm in the Group Room in the Mental Health Department, at the Johnson Community Hospital, Spalding Road, Pinchbeck, Spalding, Lincolnshire, PE11 3DT.

We will be trailing a change of venue to Tonic health, 6, Broadgate House, Westlode St, Spalding PE11 2AF. The group has a WhatsApp group, where people can communicate.

The contact telephone number for the group is **Ben Gore 07812 461698**

# Key: Adult | Children & Young People | All **Services Directory**

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

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

**Abbey Children's Centre** | Lincoln  
T 01522 555 689  
E [abbeyCC@lincolnshire.gov.uk](mailto:abbeyCC@lincolnshire.gov.uk)  
**Abbey Access Training** | Lincoln  
T 01522 801 556  
W [www.abbeyaccesstraining.com](http://www.abbeyaccesstraining.com)  
**Acis Group** | Countywide  
T 0800 027 2057 W [www.acisgroup.co.uk](http://www.acisgroup.co.uk)  
**Active Lincolnshire** | Countywide  
T 01522 730 325  
W [www.activelincolnshire.com](http://www.activelincolnshire.com)  
**Acts Trust** | Lincoln  
T 01522 542 166 W [www.actstrust.org.uk](http://www.actstrust.org.uk)  
**Adults Supporting Adults** | Countywide  
T 01529 416 270 W [www.asaorg.co.uk](http://www.asaorg.co.uk)  
**Age UK** | Lincoln  
T 01522 696 000  
W [www.ageuk.org.uk/lincolnsouthlincolnshire](http://www.ageuk.org.uk/lincolnsouthlincolnshire)  
**Age UK Lindsey** | East/West Lindsey  
01507 524 242 W [www.ageuk.org.uk/lindsey](http://www.ageuk.org.uk/lindsey)  
**Alford Children's Centre** | Alford  
T 01507 463 218  
W [alfordCC@lincolnshire.gov.uk](mailto:alfordCC@lincolnshire.gov.uk)  
**Alford Dementia** | Alford  
T 01507 522 116  
**Alford Hub** | Alford  
T 01507 464 901 W [www.alfordhub.co.uk](http://www.alfordhub.co.uk)  
**Alford Storehouse Church** | Alford  
T 01507 462 990  
W [www.thestorehousechurchalford.org.uk](http://www.thestorehousechurchalford.org.uk)  
**Alive Church Lincoln** | Lincoln  
T 01522 542166  
E [office@alivechurch.org.uk](mailto:office@alivechurch.org.uk)  
W [www.alivechurch.org.uk](http://www.alivechurch.org.uk)  
**Allenby Training** | Lincoln  
T 01522 548 559  
W [www.allenby-training.co.uk](http://www.allenby-training.co.uk)  
**Alzheimer's Society** | Nationwide  
T 0333 150 3456  
E [enquiries@alzheimers.org.uk](mailto:enquiries@alzheimers.org.uk)  
W [www.alzheimers.org.uk](http://www.alzheimers.org.uk)  
**Ambitious Youth Network** | Nationwide  
W [www.ambitious-youth-network.org.uk](http://www.ambitious-youth-network.org.uk)  
W [www.ambitiousaboutautism.org.uk](http://www.ambitiousaboutautism.org.uk)  
**Andy's Man Club** | Lincoln  
W [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)  
**Anxiety UK** | Nationwide  
T 03444 775 774 (Helpline)  
E [admin@anxietyuk.org.uk](mailto:admin@anxietyuk.org.uk)  
W [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)  
**Arise Church Lincoln** | Lincoln  
T 01522 694 694  
E [office@arisechurch.co.uk](mailto:office@arisechurch.co.uk)  
W [www.arisechurch.co.uk](http://www.arisechurch.co.uk)  
**Armed Forces Covenant Fund Trust** | Nationwide  
E [info@covenantfund.org.uk](mailto:info@covenantfund.org.uk)  
W [www.covenantfund.org.uk](http://www.covenantfund.org.uk)  
**Armed Forces Community Advice Service (AFCAS)** | Gainsborough  
E [armedforcescas@gmail.com](mailto:armedforcescas@gmail.com)  
W [www.armedforcescas.wixsite.com/website](http://www.armedforcescas.wixsite.com/website)  
W [www.facebook.com/armedforcescommunityadviceproject](http://www.facebook.com/armedforcescommunityadviceproject)  
**Art Ninja HQ ActiviTea CIC** | Lincoln  
T 07802 478 515 W [www.artninhahq.com](http://www.artninhahq.com)  
**Art Pop-Up** | Stamford  
W [www.artpopup.co.uk](http://www.artpopup.co.uk)  
**The Askefield Project** | Friskney  
T 07754 232 873 W [www.askefield.co.uk](http://www.askefield.co.uk)  
**Assist** | Lincoln  
T 01522 370 164 W [www.assistlincs.org.uk](http://www.assistlincs.org.uk)  
**Association of Service Drop In Centres (ASDIC)** | Nationwide  
T 01622 278 110 E [admin@asdics.org.uk](mailto:admin@asdics.org.uk)  
W [www.asdic.org.uk](http://www.asdic.org.uk)  
**Bardney Gateway Centre** | Bardney  
T 01526 398464 or 07946 713 772  
E [bardneygatewaycentre@outlook.com](mailto:bardneygatewaycentre@outlook.com)  
**Barnardo's Young Carers Service** | Nationwide  
T 0208 554 2888

W [www.barnardos.org.uk/what-we-do/services/young-carers-service](http://www.barnardos.org.uk/what-we-do/services/young-carers-service)  
**Bearded Fishermen** | Countywide  
T 0300 365 0019  
W [www.beardedfishermen.org.uk](http://www.beardedfishermen.org.uk)  
**Belton Lane Children's Centre** | Grantham  
T 01522 550 901  
E [beltonlanec@lincolnshire.gov.uk](mailto:beltonlanec@lincolnshire.gov.uk)  
**Be The Difference** | Gainsborough  
T 0300 102 7735  
W [www.bethedifference.org.uk](http://www.bethedifference.org.uk)  
**BHive Community** | Grantham  
E [enquire@bhive.community](mailto:enquire@bhive.community)  
W [www.bhive.community](http://www.bhive.community)  
**Billinghay Children's Centre** | Billinghay  
T 01522 869 248  
E [billinghaychildrenscentre@lincolnshire.gov.uk](mailto:billinghaychildrenscentre@lincolnshire.gov.uk)  
**Binbrook Children's Centre** | Market Rasen  
T 01472 398 889  
E [binbrook\\_cc@lincolnshire.gov.uk](mailto:binbrook_cc@lincolnshire.gov.uk)  
**Bipolar UK** | Nationwide  
E [info@bipolaruk.org](mailto:info@bipolaruk.org)  
W [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)  
**Birchwood Children's Centre** | Lincoln  
T 01522 689 991  
E [birchwoodCC@lincolnshire.gov.uk](mailto:birchwoodCC@lincolnshire.gov.uk)  
**Birchwood Youth Centre** | Birchwood  
T 07767 003 858  
E [fiona.carroll@lincolnshire.gov.uk](mailto:fiona.carroll@lincolnshire.gov.uk)  
**Bladder Cancer Support Group** | Countywide  
T 01522 573 821 E [bcsg1ln2ng@gmail.com](mailto:bcsg1ln2ng@gmail.com)  
**BLESMA** | Nationwide  
T 020 8590 1124 E [info@blesma.org](mailto:info@blesma.org)  
W [www.blesma.org](http://www.blesma.org)  
**Boston Children's Centre (Fenside Road)** | Boston  
T 01205 357 608  
E [StChristophersCC@lincolnshire.gov.uk](mailto:StChristophersCC@lincolnshire.gov.uk)  
**Boston Children's Centre (Fishtoft Road)** | Boston  
T 01205 356 410  
E [FishtoftRDCC@lincolnshire.gov.uk](mailto:FishtoftRDCC@lincolnshire.gov.uk)  
**Boston Children's Centre (Norfolk Lodge)** | Boston  
T 01522 843135  
E [NorfolkLodgeCC@lincolnshire.gov.uk](mailto:NorfolkLodgeCC@lincolnshire.gov.uk)  
**Boston District Council** | Boston  
T 01205 314 200 W [www.mybostonuk.com](http://www.mybostonuk.com)  
**Boston Laughton (Carlton Rd) Youth Centre** | Boston  
T 01205 311 794 E [fishoftpc1@outlook.com](mailto:fishoftpc1@outlook.com)  
**Boston and South Holland Talking Newspaper** | Boston  
E [enquiries@bashtn.org.uk](mailto:enquiries@bashtn.org.uk)  
W [www.bashtn.org.uk](http://www.bashtn.org.uk)  
**Boston Centenary Methodist Church** | Boston  
T 01205 355 543  
W [www.bostonmethodist.org.uk](http://www.bostonmethodist.org.uk)  
**Boston Community Food Bank** | Boston  
T 01205 310 929  
W [www.boston.foodbank.org.uk](http://www.boston.foodbank.org.uk)  
**Boston Community Transport** | Boston  
T 01205 360 183 W [www.bostonct.org.uk](http://www.bostonct.org.uk)  
**Boston Lithuanian Community Group** | Boston  
T 07565 617 039  
**Boston Men's Shed** | Boston  
T 01205 360 800 W [www.bostonshed.co.uk](http://www.bostonshed.co.uk)  
**Boston Salvation Army** | Boston  
T 01205 359 232 W [www.bostonsa.org.uk](http://www.bostonsa.org.uk)  
**Boston Stump** | Boston  
T 01205 310 929  
W [www.parish-of-boston.org.uk/church/st-botolphs](http://www.parish-of-boston.org.uk/church/st-botolphs)  
**Boston United Football Club Community Foundation** | Boston  
T 01205 364 406  
W [www.bostonunitedcf.co.uk](http://www.bostonunitedcf.co.uk)  
**Bourne Children's Centre** | Bourne  
T 01778 395895  
E [BourneCC@lincolnshire.gov.uk](mailto:BourneCC@lincolnshire.gov.uk)  
**Bourne Library** | Bourne

T 01522 782 010  
**Bourne Youth Centre** | Bourne  
T 01778 426134  
E [david.gosney@lincolnshire.gov.uk](mailto:david.gosney@lincolnshire.gov.uk)  
**FB Bourne Youth Centre**  
**Bourne Food Bank** | Bourne  
T 07546 131 806  
W [www.bournefoodbank.org.uk](http://www.bournefoodbank.org.uk)  
**Breast Friends - Breast Cancer Support Group** | Grantham  
E [breastfriendsgrantham@gmail.com](mailto:breastfriendsgrantham@gmail.com)  
**FB Breast Friends Grantham**  
**Bracebridge Children's Centre** | Bracebridge Heath  
T 01522 525 610  
E [Bracebridgecc@lincolnshire.gov.uk](mailto:Bracebridgecc@lincolnshire.gov.uk)  
**British Red Cross** | Nationwide  
T 0344 871 11 11 E [contactus@redcross.org.uk](mailto:contactus@redcross.org.uk)  
W [www.redcross.org.uk](http://www.redcross.org.uk)  
**Bromhead Medical Charity** | Countywide  
T 01522 846 901  
W [www.bromheadmedicalcharity.co.uk](http://www.bromheadmedicalcharity.co.uk)  
**Bridge Church** | Lincoln  
T 01522 530 730 W [www.wearebridge.org](http://www.wearebridge.org)  
**Brigg Children's Centre** | Brigg  
T 01652 659 882  
E [surestartchildrenscentres@northlincs.gov.uk](mailto:surestartchildrenscentres@northlincs.gov.uk)  
**Buddies Dementia Cafe** | Nettleham  
T 01522 754 288  
W [www.buddiesdementiacafe.co.uk](http://www.buddiesdementiacafe.co.uk)  
**The Butterfly Hospice** | Boston  
T 01205 311 222  
W [www.butterflyhospice.org.uk](http://www.butterflyhospice.org.uk)  
**Butterflies Lincoln South** | Lincoln  
T 07947 494238  
W [lincolnsouthbutterflies@alivechurch.org.uk](mailto:lincolnsouthbutterflies@alivechurch.org.uk)  
**Café CLIP Market Rasen** | Market Rasen  
T 07554 450 505 W [www.cliplearning.com](http://www.cliplearning.com)  
**Caistor Children's Centre** | Caistor  
T 01673 844 703  
E [CaistorCC@lincolnshire.gov.uk](mailto:CaistorCC@lincolnshire.gov.uk)  
**CALM** | Nationwide  
T 0800 585858 W [www.thecalmzone.net](http://www.thecalmzone.net)  
**Calm Zone**  
W [www.childline.org.uk/toolbox/calm-zone](http://www.childline.org.uk/toolbox/calm-zone)  
**CAMHS** | Countywide  
W [www.lpft.nhs.uk/young-people/lincolnshire/young-people/i-need-more-help/child-and-adolescent-mental-health-services-cahms](http://www.lpft.nhs.uk/young-people/lincolnshire/young-people/i-need-more-help/child-and-adolescent-mental-health-services-cahms)  
**Carers First** | Countywide  
T 0300 303 1555 W [www.carersfirst.org.uk](http://www.carersfirst.org.uk)  
**Carer Sitter Service** | Bourne  
T 01778 420 257  
E [carersitterservice@gmail.com](mailto:carersitterservice@gmail.com)  
W [www.carersitterservice.com](http://www.carersitterservice.com)  
**Carlton Road Children's Centre** | Boston  
T 01205 355 056 or 01205 364 137  
E [CarltonRoadCC@lincolnshire.gov.uk](mailto:CarltonRoadCC@lincolnshire.gov.uk)  
**Caythorpe Children's Centre** | Grantham  
T 01400 279 285  
E [caythorpecc@lincolnshire.gov.uk](mailto:caythorpecc@lincolnshire.gov.uk)  
**Centrepoint for Mental Health** | Countywide  
W [www.centrepointmentalhealth.org.uk](http://www.centrepointmentalhealth.org.uk)  
**Centrepoint Outreach** | Boston  
T 01205 360 900  
W [www.centrepoint-outreach.com](http://www.centrepoint-outreach.com)  
**Chemosabes Cancer Support Group** | Grantham & Sleaford  
E [granthamchemosabes@aol.com](mailto:granthamchemosabes@aol.com)  
**FB Grantham Chemosabes**  
**Cherry Willingham Children's Centre** | Cherry Willingham  
T 07541 802 815  
E [cherrywillinghamcc@lincolnshire.gov.uk](mailto:cherrywillinghamcc@lincolnshire.gov.uk)  
**Cherry Willingham Youth Centre** | Cherry Willingham  
T 01522 595 729 E [cwyc@btinternet.com](mailto:cwyc@btinternet.com)  
**Childline** |  
T 0800 1111 W [www.childline.org.uk](http://www.childline.org.uk)  
**Children's Links** | Countywide

## Key: Adult | Children & Young People | All

T 01507 528 300  
W [www.childrenslinks.org.uk](http://www.childrenslinks.org.uk)  
**Christ Church Stamford** | Stamford  
T 01780 766 446  
W [www.christchurchstamford.com](http://www.christchurchstamford.com)  
**Citizens Advice Bureau** | Nationwide  
T 0800 144 8848 (England) T 0800 702 2020 (Wales) W [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
**Citizens Advice Mid Lincolnshire** | Boston  
T 01205 314 534 W [www.camidlincs.org.uk](http://www.camidlincs.org.uk)  
**City of Lincoln Council** | Lincoln  
01522 881188 W [www.lincoln.gov.uk](http://www.lincoln.gov.uk)  
**CLIP Gainsborough** | Gainsborough  
T 01427 677 377  
W [www.cliplearning.com/gainsborough](http://www.cliplearning.com/gainsborough)  
**The Coastal Centre** | Mablethorpe  
T 01507 479 165  
W [www.mablethorpe.info/the-coastal-centre](http://www.mablethorpe.info/the-coastal-centre)  
**Combat Stress** | Nationwide  
T 0800 138 1619 M 07537 173 683 (text)  
E [helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)  
W [www.combatstress.org.uk](http://www.combatstress.org.uk)  
**Community Pharmacy** | Countywide  
T 01522 889 573  
W [www.lincolnshirepharmacies.co.uk](http://www.lincolnshirepharmacies.co.uk)  
**Coningsby Youth Centre** | Coningsby  
T 01526 344 031  
**Connect2Support Lincolnshire** | Countywide  
W [www.lincolnshire.connecttosupport.org](http://www.lincolnshire.connecttosupport.org)  
**Connexions** | Gainsborough  
T 01427 678 695  
W [www.connexions.zohosites.com](http://www.connexions.zohosites.com)  
**CPSL Mind** | South Lincolnshire  
T 0300 303 4363 W [www.cpslmind.org.uk](http://www.cpslmind.org.uk)  
**Crimestoppers** | Countywide  
T 0800 555 111 W [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)  
**County Care Independent Living** | Skegness  
T 01754 611 153 W [www.countycare.co.uk](http://www.countycare.co.uk)  
**Cruse Bereavement Support** | Countywide  
T 0808 808 1677 W [www.cruse.org.uk](http://www.cruse.org.uk)  
**Curo Social Enterprise CIC** | Countywide  
T 07432 101 451 E [admin@curo-lincs.co.uk](mailto:admin@curo-lincs.co.uk)  
W [www.curo-lincs.co.uk/contact](http://www.curo-lincs.co.uk/contact)  
**Cycling Without Age Skegness** | Skegness  
W [www.cyclingwithoutage.org.uk/skegness](http://www.cyclingwithoutage.org.uk/skegness)  
**Dance Free CIC** | Lincolnshire  
T 07719 505 844  
E [we.dance.free@gmail.com](mailto:we.dance.free@gmail.com)  
W [www.wedancefree.com](http://www.wedancefree.com)  
**Darkside Rising CIC** | Lincoln W  
W [www.darksidetraining.co.uk](http://www.darksidetraining.co.uk)  
**Desire Change CIC** | Countywide  
T 01790 616 102 W [www.desirechange.org](http://www.desirechange.org)  
**Development Plus** | Countywide  
T 07432 445481  
W [www.developmentplus.org.uk](http://www.developmentplus.org.uk)  
**Disability Social Network** | c/o Chat Chill Connect | Gainsborough  
T 07300 869 408  
E [disabilitynetwork.westlindsey@gmail.com](mailto:disabilitynetwork.westlindsey@gmail.com)  
**Donington Library** | Spalding  
T 01522 782 010  
**Don't Lose Hope** | Bourne  
T 01778 420 762 W [www.dontlosehope.co.uk](http://www.dontlosehope.co.uk)  
**Double Impact** | Countywide  
T 01522 304 246 W [www.doubleimpact.org.uk](http://www.doubleimpact.org.uk)  
**Dunston Churches Together** | Dunston T  
01526 320 946  
W [www.stpetersdunston.weebly.com](http://www.stpetersdunston.weebly.com)  
**East Lindsey Down Syndrome Family Support Group** | Boston  
E [info@eastlincolnshiredownsyndrome.org.uk](mailto:info@eastlincolnshiredownsyndrome.org.uk)  
W [www.eastlincolnshiredownsyndrome.org.uk](http://www.eastlincolnshiredownsyndrome.org.uk)  
**Edan Lincs** | Countywide  
T 01522 510 041 W [www.edanlincs.org.uk](http://www.edanlincs.org.uk)  
**Evergreen Care Trust** | Sleaford  
T 07707 260 822  
W [www.evergreensleaford.org.uk](http://www.evergreensleaford.org.uk)  
**Evergreen Care Trust** | Stamford  
T 01780 765 900  
W [www.evergreencare.org.uk](http://www.evergreencare.org.uk)  
**Everyone Active** | West Lindsey  
T 0142 761 5169  
W [www.everyoneactive.com](http://www.everyoneactive.com)  
**Every-One** | Countywide  
T 01522 811 582 W [www.every-one.org.uk](http://www.every-one.org.uk)  
**Feathers Teens CIC** | Countywide  
E [feathers.teens@gmail.com](mailto:feathers.teens@gmail.com)  
W [www.facebook.com/FeathersTeensGroup](http://www.facebook.com/FeathersTeensGroup)

**Fighting With Pride** | Nationwide  
E [info@fightingwithpride.org.uk](mailto:info@fightingwithpride.org.uk)  
W [www.fightingwithpride.org.uk](http://www.fightingwithpride.org.uk)  
**Furnichurch** | Mablethorpe  
T 01507 477 007 W [www.furnichurch.org.uk](http://www.furnichurch.org.uk)  
**Gainsborough Academy (Trent Valley) Youth Centre** | Gainsborough  
T 01427 612 411  
**Gainsborough Crisis Action Team** | Gainsborough  
T 07999 354 491  
**Gainsborough Trinity Foundation** | West Lindsey  
T 07342 881 774  
W [www.gainsboroughtrinityfoundation.com](http://www.gainsboroughtrinityfoundation.com)  
**GamCare** | Countywide  
T 0808 802 0133 W [www.gamcare.org.uk](http://www.gamcare.org.uk)  
**Gobstys Gaming Club** | Countywide  
W [www.gobstys.co.uk](http://www.gobstys.co.uk)  
**GoGro CIC** | Lincoln  
W [www.gogro.org.uk](http://www.gogro.org.uk)  
**Graham Matthews Youth Club** | Welton  
T 07799 478 443  
E [ian.layton@lincolnshire.gov.uk](mailto:ian.layton@lincolnshire.gov.uk)  
**Grandma's Pudding Co** | Friskney  
T 07899 953 448  
W [www.grandmaspuddingco.uk](http://www.grandmaspuddingco.uk)  
**Grantham & District Hospital** | Grantham  
T 01476 565 232  
**Grantham Baptist Church** | Grantham T  
01476 573 050  
W [www.granthambaptistchurch.co.uk](http://www.granthambaptistchurch.co.uk)  
**Grantham Men's Shed** | Grantham  
T 01476 401 876  
W [www.facebook.com/granthammensshed](http://www.facebook.com/granthammensshed)  
**Grantham Tennis Club** | Grantham  
T 01476 591 391  
W [www.granthamtennisclub.co.uk](http://www.granthamtennisclub.co.uk)  
**Greatford Village Hall** | Stamford  
W [www.facebook.com/greatfordvillage](http://www.facebook.com/greatfordvillage)  
**Green Synergy** | Lincoln  
T 01522 533 077 W [www.greensynergy.org.uk](http://www.greensynergy.org.uk)  
**Grubby Knees** | Louth  
T 07920 486 886 W [www.grubbyknees.org](http://www.grubbyknees.org)  
**Harmless** | Countywide  
T 0115 880 0280 W [www.harmless.org.uk](http://www.harmless.org.uk)  
**Happy Hooves** | Market Rasen  
T 07724 297 481 E [hello@happyhooves.org.uk](mailto:hello@happyhooves.org.uk)  
W [www.happyhooves.org.uk](http://www.happyhooves.org.uk)  
**Headway Lincolnshire** | Countywide  
T 07546 592 526  
W [www.headwaylincolnshire.org.uk](http://www.headwaylincolnshire.org.uk)  
**Healthy Minds** | Countywide  
0800 234 6342  
W [www.lpft.nhs.uk/young-people](http://www.lpft.nhs.uk/young-people)  
**Help for Heroes** | Nationwide  
T 0300 303 9888 W Request a call:  
[www.helpforheroes.org.uk/get-support/get-support-today](http://www.helpforheroes.org.uk/get-support/get-support-today)  
W [www.helpforheroes.org.uk](http://www.helpforheroes.org.uk)  
**Hemswell Cliff** | Gainsborough  
T 01427 667 643  
E [Hemswell.Cliff.CC@lincolnshire.gov.uk](mailto:Hemswell.Cliff.CC@lincolnshire.gov.uk)  
**Hill Holt Wood** | Lincoln  
T 01636 892 836 W [www.hillholtwood.co.uk](http://www.hillholtwood.co.uk)  
**Holbeach Children's Centre** | Holbeach  
T 01406 426 064  
E [HolbeachCC@lincolnshire.gov.uk](mailto:HolbeachCC@lincolnshire.gov.uk)  
**Holbeach Moving Forwards** | Holbeach  
T 07719 189 528  
E [holbeachmovingforwards@gmail.com](mailto:holbeachmovingforwards@gmail.com)  
**Holiday Activities and Food Programme** | Lincolnshire  
E [HAF@lincolnshire.gov.uk](mailto:HAF@lincolnshire.gov.uk)  
W [www.lincolnshire.gov.uk](http://www.lincolnshire.gov.uk)  
**Holton Le Clay Children's Centre** | Holton Le Clay  
T 01472 828 548  
E [HoltonLeClay\\_CC@lincolnshire.gov.uk](mailto:HoltonLeClay_CC@lincolnshire.gov.uk)  
**Hope House** | Mablethorpe  
T 01507 478 995 W [www.hope-house.co.uk](http://www.hope-house.co.uk)  
**Hope Meadows Equine CIC** | South Hykeham  
T 01522 396 643 W [www.hopemeadows.co.uk](http://www.hopemeadows.co.uk)  
**Horncastle Children's Centre** | Horncastle  
T 01507 526 603  
E [Horncastle\\_Childrens\\_Centre@lincolnshire.gov.uk](mailto:Horncastle_Childrens_Centre@lincolnshire.gov.uk)  
**Horncastle Community Larder** | Horncastle

T 07395 873 338  
W [www.horncastlecommunitylarder.co.uk](http://www.horncastlecommunitylarder.co.uk)  
**The Horncastle Support Team** | Horncastle  
T 07599 023 501  
W [www.horncastletowncouncil.co.uk](http://www.horncastletowncouncil.co.uk)  
**The Hub** | Sleaford  
T 01529 308 710 W [www.hub-sleaford.org.uk](http://www.hub-sleaford.org.uk)  
**HW Lincs** | Countywide  
T 01205 820 892  
W [www.hwlincs.co.uk](http://www.hwlincs.co.uk)  
**ImRoc** | Countywide  
T 0115 969 1300 W [www.imroc.org](http://www.imroc.org)  
**Inspired Equine Assisted Learning** | Boston  
T 07729 909 186 W [www.inspired-eal.co.uk](http://www.inspired-eal.co.uk)  
**Jubilee Church** | Grantham  
T 01476 5651 17  
W [www.jubileegrantham.co.uk](http://www.jubileegrantham.co.uk)  
**Kirton Youth Club** | Kirton  
T 01205 722 560  
E [Catrina.smith@lincolnshire.gov.uk](mailto:Catrina.smith@lincolnshire.gov.uk)  
**Kooth.com**  
W [www.kooth.com](http://www.kooth.com)  
**LACE Housing** | Lincoln  
T 01522 514 444  
**Land and Leaf Collective CIC** | Lincoln  
T 07856 314 295  
E [kat@landandleafcollective.org](mailto:kat@landandleafcollective.org)  
W [www.landandleafcollective.org](http://www.landandleafcollective.org)  
**LEAP** | Lincoln/Gainsborough  
T 01522 563 530 W [www.leap.uk.com](http://www.leap.uk.com)  
**The Len Medlock Voluntary Centre** | Boston  
E [info@lmvc.org](mailto:info@lmvc.org)  
T 01205 353 216 W [www.lmvc.org](http://www.lmvc.org)  
**LGBTQ Youth Club** | Sleaford  
T 07532 339 327  
E [lincsparentsLGBT@gmail.com](mailto:lincsparentsLGBT@gmail.com)  
W [www.lincsparentslgbt.org.uk](http://www.lincsparentslgbt.org.uk)  
**Library Services** | Countywide  
T 01522 782 010  
W [www.lincolnshire.gov.uk/findalibrary](http://www.lincolnshire.gov.uk/findalibrary)  
**Licensed Trade Charity** | Countywide  
T 0808 801 0550  
W [www.licensedtradecharity.org.uk](http://www.licensedtradecharity.org.uk)  
**Lighthouse Project** | Spalding  
T 07961 978 396  
W [www.thelighthouseprojectspalding.com](http://www.thelighthouseprojectspalding.com)  
**Lincoln Ambassador Club** | Lincoln  
T 0800 151 3350  
E [ambassadors@whizz-kids.org.uk](mailto:ambassadors@whizz-kids.org.uk)  
**Lincoln Central Children's Centre** | Lincoln  
T 01522 843 355  
E [lincolncentralcc@lincolnshire.gov.uk](mailto:lincolncentralcc@lincolnshire.gov.uk)  
**Lincoln & Lindsey Blind Society** | Lincoln/Lindsey  
T 01507 605 604 W [www.llbs.co.uk](http://www.llbs.co.uk)  
**Lincoln City Foundation** | Lincoln  
T 01522 563 792  
W [www.lincolncityfoundation.com](http://www.lincolncityfoundation.com)  
**Lincoln Council for Voluntary Youth Services (LCVYS)** | Countywide  
T 01522 720 789 W [www.lcvys.co.uk](http://www.lcvys.co.uk)  
**Lincoln Moorland Children's Centre** | Lincoln  
T 01522 554 886  
E [LincolnMoorlandCC@lincolnshire.gov.uk](mailto:LincolnMoorlandCC@lincolnshire.gov.uk)  
**Lincoln North Children's Centre** | Lincoln  
T 01522 552 904  
E [lincolnnorthCC@lincolnshire.gov.uk](mailto:lincolnnorthCC@lincolnshire.gov.uk)  
**Lincoln Trauma Centre** | Lincoln  
T 07812661348 T 07443634793  
E [lincolntraumacentre@gmail.com](mailto:lincolntraumacentre@gmail.com)  
W [www.lincolntraumacentre.org.uk](http://www.lincolntraumacentre.org.uk)  
**Lincolnshire Action Trust** | Countywide  
T 01522 806 611 W [www.latcharity.org.uk](http://www.latcharity.org.uk)  
**Lincolnshire Abdominal Aortic Aneurysm Screening Programme** | Countywide  
T 01205 445 801  
E [ulh-tr.AAAScreening@nhs.net](mailto:ulh-tr.AAAScreening@nhs.net)  
W [www.ulh.nhs.uk/services/abdominal-aortic-aneurysm](http://www.ulh.nhs.uk/services/abdominal-aortic-aneurysm)  
**Lincolnshire ADHD Support Services** | Countywide  
T 07483 166 042  
T 01522 508 373  
E [lincoln.adhd@btconnect.com](mailto:lincoln.adhd@btconnect.com)  
W [www.lincsadhd.org](http://www.lincsadhd.org)  
**Lincolnshire Breast Screening Programme** | Countywide  
T 01522 573 999  
E [ulh-tr.breastscreening@nhs.net](mailto:ulh-tr.breastscreening@nhs.net)

## Key: Adult | Children & Young People | All

W [www.ulh.nhs.uk/services/breast-screening](http://www.ulh.nhs.uk/services/breast-screening)  
**Lincolnshire Bowel Cancer Screening Programme** | Countywide  
T 08007 076 060

W [www.ulh.nhs.uk/services/bowel-cancer-screening/](http://www.ulh.nhs.uk/services/bowel-cancer-screening/)  
**Lincolnshire CCG** | Countywide  
W [www.lincolnshireccg.nhs.uk/get-involved](http://www.lincolnshireccg.nhs.uk/get-involved)  
**Lincolnshire Community and Voluntary Service (LCVS)** | Boston  
01205 510 888 W [www.lincolnshirecvcs.org.uk](http://www.lincolnshirecvcs.org.uk)  
**Lincolnshire County Council** | Countywide  
T 01522 552 222 W [www.lincolnshire.gov.uk](http://www.lincolnshire.gov.uk)  
**Lincolnshire Diabetic Retinopathy Screening Programme** | Countywide  
T 01205 445 383 E [ulh-tr.desp@nhs.net](mailto:ulh-tr.desp@nhs.net)  
W [www.ulh.nhs.uk/services/diabetic-eye-screening-programme](http://www.ulh.nhs.uk/services/diabetic-eye-screening-programme)  
**Lincolnshire Domestic Abuse Specialist Services (LDASS)** | Countywide  
T 01522 510 041 E [info@ldass.org.uk](mailto:info@ldass.org.uk)  
W [www.ldass.org.uk](http://www.ldass.org.uk)  
**Lincolnshire Here4You Advice Line** | Countywide  
T 0800 234 6342  
**Lincolnshire Housing Partnership** | Countywide  
T 0345 604 1472 E [info@lincolnshirehp.com](mailto:info@lincolnshirehp.com)  
W [www.lincolnshirehp.com](http://www.lincolnshirehp.com)  
**Lincolnshire Neurological Alliance** | Countywide  
T 07495 590 749  
W [www.lincolnshire-neurological-alliance.org.uk](http://www.lincolnshire-neurological-alliance.org.uk)  
**Lincolnshire Outdoor Learning** | Countywide  
T 07864 967 057  
W [www.lincolnshireoutdoorlearning.co.uk](http://www.lincolnshireoutdoorlearning.co.uk)  
**Lincolnshire Recovery Partnership** | Countywide  
T 0800 304 7021 W [www.turning-point.co.uk/services/lincolnshire-recovery-partnership](http://www.turning-point.co.uk/services/lincolnshire-recovery-partnership)  
**Lincolnshire Rural Support Network** | Countywide  
T 0800 138 1710 W [www.lrsn.co.uk](http://www.lrsn.co.uk)  
**Lincolnshire Wildlife Park** | Friskney T 0871 384 1130 W [www.lincswildlife.com](http://www.lincswildlife.com)  
**Lincolnshire Young Farmers' Club** | Lincoln  
T 01522 568 989  
E [kshone@lincoln.ac.uk](mailto:kshone@lincoln.ac.uk)  
**Lincolnshire VoiceAbility** | Countywide T 0300 303 1660 W [www.voiceability.org](http://www.voiceability.org)  
**The Local Community Centre Boston** | Boston  
T 07931 716 635  
W [www.facebook.com/the-local-community-centre](http://www.facebook.com/the-local-community-centre)  
**Long Sutton Market House Trust** | Spalding  
T 01406 360 767  
W [www.longsuttonmarkethouse.org](http://www.longsuttonmarkethouse.org)  
**Long Sutton Men's Shed** | Long Sutton  
T 01406 364 364  
W [www.mensshedlongsutton.co.uk](http://www.mensshedlongsutton.co.uk)  
**Louth Area Autism Family Support (LAAFS)** | Louth  
T 07982 787 823  
**Louth Children's Centre** | Louth  
T 01507 607 087  
E [Louth\\_CC\\_Fax@lincolnshire.gov.uk](mailto:Louth_CC_Fax@lincolnshire.gov.uk)  
**Louth Men's Shed** | Louth  
T 07503 175 650 FB Louth Mens Shed  
**Mablethorpe Children's Centre** | Mablethorpe  
T 01507 479 412  
E [MablethorpeCC@lincolnshire.gov.uk](mailto:MablethorpeCC@lincolnshire.gov.uk)  
**Mablethorpe Men's Shed** | Mablethorpe  
T 07777 628 043  
W [www.mablethorpemensshed.co.uk](http://www.mablethorpemensshed.co.uk)  
**Mablethorpe Youth Club** | Mablethorpe  
T 07717 225 097  
E [luke.small@lincolnshire.gov.uk](mailto:luke.small@lincolnshire.gov.uk)  
**Macmillan** | Countywide  
T 0808 808 00 00 W [www.macmillan.org.uk](http://www.macmillan.org.uk)  
**Magna Vitae** | Louth  
T 01507 607 650 W [www.magnavitae.org](http://www.magnavitae.org)  
**Making Space** | Spalding  
T 01775 711 375 W [www.makingspace.co.uk](http://www.makingspace.co.uk)  
**Market Arcade Children's Centre** | Gainsborough  
T 01427 617 767  
E [GainsboroughCC@lincolnshire.gov.uk](mailto:GainsboroughCC@lincolnshire.gov.uk)  
**Market Deeping Children's Centre** |

Market Deeping  
T 01778 382 574  
E [MarketDeepingCC@lincolnshire.gov.uk](mailto:MarketDeepingCC@lincolnshire.gov.uk)  
**Market Rasen Children's Centre** | Market Rasen  
T 01673 844 703  
E [marketrasenCC@lincolnshire.gov.uk](mailto:marketrasenCC@lincolnshire.gov.uk)  
**Martin Village Hall** | Martin  
T 07739 413 411  
E [martinlincsvillagehall@gmail.com](mailto:martinlincsvillagehall@gmail.com)  
FB [www.facebook.com/MartinVillageHall/](http://www.facebook.com/MartinVillageHall/)  
**The Maverick Warriors** | Skegness  
E [maverickwarriorsskegness@gmail.com](mailto:maverickwarriorsskegness@gmail.com)  
**Men About Cancer** | Countywide  
E [menaboutcancer@gmail.com](mailto:menaboutcancer@gmail.com)  
**Men's Health Forum** | Nationwide  
W [www.menshealthforum.org.uk/beatstress.uk](http://www.menshealthforum.org.uk/beatstress.uk)  
**Men's Shed Association** | Countywide  
T 0300 772 9626 W [www.menssheds.org.uk](http://www.menssheds.org.uk)  
**Mental Health Matters** | Countywide  
This has now been replaced by the 111 option 2 service  
T 111  
**Meridale Youth Centre** | Mablethorpe  
T 01507 441 481  
T 07957 643 974  
E [meridale@meridale.co.uk](mailto:meridale@meridale.co.uk)  
**Mermaids**  
T Helpline: 0808 801 0400  
W [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)  
**Student Space**  
T Helpline: 0808 801 0424  
W [www.studentspace.org.uk](http://www.studentspace.org.uk)  
W [www.studentminds.org.uk](http://www.studentminds.org.uk)  
**The Mill Birth & Wellbeing Centre** | Stamford  
T 01780 444 408  
W [www.themillwellbeing.co.uk](http://www.themillwellbeing.co.uk)  
**Mind** | Nationwide  
T 0300 123 3393 E [info@mind.org.uk](mailto:info@mind.org.uk)  
W [www.mind.org.uk](http://www.mind.org.uk)  
**Mind Legal Advice** | Nationwide  
T 0300 4666463 E [legal@mind.org.uk](mailto:legal@mind.org.uk)  
**Mindspace** | Stamford  
T 01780 437 330  
W [www.mindspacestamford.com](http://www.mindspacestamford.com)  
**Mint Lane Café** | Lincoln  
W [www.involvelincoln.org.uk](http://www.involvelincoln.org.uk)  
**Mission Motorsport** | Nationwide  
T 03330 338 338  
W [www.missionmotorsport.org](http://www.missionmotorsport.org)  
**Moorland Youth Centre** | Lincoln  
E [recreation@lincoln.gov.uk](mailto:recreation@lincoln.gov.uk)  
**Moulton Chapel Youth Club** | Spalding  
T 01406 380 470 E [kim.ayto@sky.com](mailto:kim.ayto@sky.com)  
**Moulton Medical Centre Patient Participation** | Spalding  
T 01406 258 373  
E [moultonpractice@gmail.com](mailto:moultonpractice@gmail.com)  
W [www.moultonmedicalcentre.nhs.uk/info](http://www.moultonmedicalcentre.nhs.uk/info)  
**NACRO** | Lincoln  
T 01522 525383 W [www.nacro.org.uk](http://www.nacro.org.uk)  
**The Network CIO** | Lincoln  
T 01522 245002  
E [info@networklincoln.co.uk](mailto:info@networklincoln.co.uk)  
W [www.networklincoln.co.uk](http://www.networklincoln.co.uk)  
**New Life Centre Sleaford** | Sleaford  
T 01529 413 063 W [www.nlcm.org.uk](http://www.nlcm.org.uk)  
**New Life Centre Spilsby** | Spilsby  
T 01790 754 092 W [www.newlifespilsby.com](http://www.newlifespilsby.com)  
**New Horizons Bereavement** | Skegness T 01754 810 597  
W [www.newhorizonsbereavement.org.uk](http://www.newhorizonsbereavement.org.uk)  
**NHS PALS** | Countywide  
T 0300 123 9553  
W [www.lincolnshirecommunityhealthservices.nhs.uk](http://www.lincolnshirecommunityhealthservices.nhs.uk)  
**Night Light Crisis Café** | Lincoln  
T 0300 0111 1200  
W [www.facebook.com/nightlightcafeincoln](http://www.facebook.com/nightlightcafeincoln)  
**No Panic** | Nationwide  
T 0300 772 9844 (Helpline)  
T 0330 606 1174 (Youth helpline)  
W [www.nopanic.org.uk](http://www.nopanic.org.uk)  
**North Hykeham Children's Centre** | North Hykeham  
T 01522 550 927  
E [northhykehamchildrenscentre@lincolnshire.gov.uk](mailto:northhykehamchildrenscentre@lincolnshire.gov.uk)  
**North Kesteven District Council**  
T 01529 414 155  
W [www.n-kesteven.gov.uk](http://www.n-kesteven.gov.uk)  
**North Marsh Road Children's Centre** | Gains-

borough  
T 01522 550 318  
E [gainsboroughcc@lincolnshire.gov.uk](mailto:gainsboroughcc@lincolnshire.gov.uk)  
**North Somercotes Youth Club** | North Somercotes  
T 07799 117 612  
E [viv.cross@lincolnshire.gov.uk](mailto:viv.cross@lincolnshire.gov.uk)  
**NW Counselling Hub** | Lincoln  
T 01522 253 809  
W [www.nwcounsellinghub.co.uk](http://www.nwcounsellinghub.co.uk)  
**OCD UK** | Nationwide  
T 01332 588 112  
W [www.ocduk.org](http://www.ocduk.org)  
**Old Leake Children's Centre** | Old Leake  
T 01205 872 258  
E [OldLeakeCC@lincolnshire.gov.uk](mailto:OldLeakeCC@lincolnshire.gov.uk)  
**Old Wood Organic CIC** | Lincoln  
T 07572 305 952  
E [benjihavilah@icloud.com](mailto:benjihavilah@icloud.com)  
W [www.oldwoodorganic.com](http://www.oldwoodorganic.com)  
**On Track Fishing CIC** | Boston  
T 07881 930 753  
E [ontrackfishing@gmail.com](mailto:ontrackfishing@gmail.com)  
W [www.ontrackfishing.co.uk](http://www.ontrackfishing.co.uk)  
**One You Lincolnshire** | Countywide  
T 01522 705 162  
W [www.oneyoulincolnshire.org.uk](http://www.oneyoulincolnshire.org.uk)  
**Op Courage** | Countywide  
T 0300 323 0137  
W [www.lpft.nhs.uk/our-services/adults/veterans-mental-health](http://www.lpft.nhs.uk/our-services/adults/veterans-mental-health)  
**Options Social CIC** | Stamford  
T 077896 345 149  
W [kim@optionscare.uk](mailto:kim@optionscare.uk)  
**Outwood CIC** | Grantham  
T 07985 565 714  
**Papyrus** | Nationwide  
T HOPELINEUK: 0800 068 4141  
M Text: 07860 039 967  
W [www.papyrus-uk.org](http://www.papyrus-uk.org)  
**Parents and Autistic Children Together (PAACT)** | Countywide  
T 07847 507 353 W [www.paactsupport.com](http://www.paactsupport.com)  
**The Parish of Boston** | Boston  
T 01205 310 929  
E [admin@parishofboston.co.uk](mailto:admin@parishofboston.co.uk)  
W [www.parish-of-boston.org.uk](http://www.parish-of-boston.org.uk)  
**Pay Plan** | Nationwide  
T 0800 072 1206  
W [www.payplan.com/debtadvice](http://www.payplan.com/debtadvice)  
**Pelican Trust** | Lincoln  
T 01522 513533 W [www.pelicantrust.org](http://www.pelicantrust.org)  
**Pinchbeck Community Hub and Library** | Spalding  
T 015220 782 010  
W [www.pinchbeck.parish.lincolnshire.gov.uk/parish-information/community-hub-library](http://www.pinchbeck.parish.lincolnshire.gov.uk/parish-information/community-hub-library)  
**The Poppy Factory** | Nationwide  
T 0208 940 3305 (enquiries)  
T 020 8939 1837 (employment support)  
E [support@poppyfactory.org](mailto:support@poppyfactory.org)  
W [www.poppyfactory.org](http://www.poppyfactory.org)  
**Postland Road Children's Centre** | Crowland  
T 01733 211 609  
E [crowlandcc@lincolnshire.gov.uk](mailto:crowlandcc@lincolnshire.gov.uk)  
**Rainbow Stars** | Sleaford  
T 07761 449 404  
E [support@rainbowstarslincs.co.uk](mailto:support@rainbowstarslincs.co.uk)  
W [www.rainbowstarslincs.co.uk](http://www.rainbowstarslincs.co.uk)  
**Recovery College** | Countywide  
T 01522 518 500  
W [www.lpft.nhs.uk/our-services/adults/recovery-college](http://www.lpft.nhs.uk/our-services/adults/recovery-college)  
**Renew** | Grantham  
T 07863 712 797  
W [www.granthambaptistchurch.co.uk/renew-grantham](http://www.granthambaptistchurch.co.uk/renew-grantham)  
**Renew** | Lincoln  
T 07526 608 496  
W [www.rethink.org/help-in-your-area/support-groups](http://www.rethink.org/help-in-your-area/support-groups)  
**Renew Wellbeing @ the Hub** | Nocton  
T 01526 323 614  
W [www.renewwellbeing.org.uk](http://www.renewwellbeing.org.uk)  
**Restore Church Boston** | Boston  
T 01205 837 209  
W [www.restorechurchboston.co.uk](http://www.restorechurchboston.co.uk)  
**Restore Gainsborough** | Gainsborough T 01427 616 353  
E [judi.swannack@alivechurch.org.uk](mailto:judi.swannack@alivechurch.org.uk)  
W [www.alivechurch.org.uk/gainsborough](http://www.alivechurch.org.uk/gainsborough)  
**Restore Pantry** | Boston  
T 01205 837 209

## Key: Adult | Children & Young People | All

W [www.restorechurchboston.co.uk](http://www.restorechurchboston.co.uk)  
**Rethink Mental Illness** | Nationwide  
T 0300 5000 927 W [www.rethink.org](http://www.rethink.org)  
**Riverside Training** | Gainsborough  
01427 677 277  
W [www.riverside-training.org.uk](http://www.riverside-training.org.uk)  
**Roadhog** | South Lincolnshire  
E [roadhogbus@gmail.com](mailto:roadhogbus@gmail.com)  
W [www.roadhogbus.org.uk](http://www.roadhogbus.org.uk)  
**Royal Air Force Benevolent Fund** | London  
T 0300 102 1919  
E [welfare Navigators@rafbf.org.uk](mailto:welfare Navigators@rafbf.org.uk)  
W [www.rafbf.org](http://www.rafbf.org)  
**Royal British Legion** | Nationwide  
T 0808 802 8080  
E [info@britishlegion.org.uk](mailto:info@britishlegion.org.uk)  
W [www.britishlegion.org.uk](http://www.britishlegion.org.uk)  
**Ruskington Library** | Sleaford  
T 01522 782 010  
**Ruskington Youth Centre** | Ruskington  
T 01526 268 090  
E [maggie.harris@yahoo.co.uk](mailto:maggie.harris@yahoo.co.uk)  
FB Ruskington Youth Centre  
**Rutland Sailability** | Rutland  
W [www.rutlandsailability.org.uk](http://www.rutlandsailability.org.uk)  
**Ryhall Village Hall** | Stamford  
T 01780 754b621 or 07872 564 000  
W [www.facebook.com/Ryhallvillagehall](http://www.facebook.com/Ryhallvillagehall)  
**Sage Gardener CIC** | West Lincolnshire  
T 07707 325 016 W [www.sagegardener.co.uk](http://www.sagegardener.co.uk)  
**Salvation Army** | Countywide  
W [www.salvationarmy.org.uk/map-page](http://www.salvationarmy.org.uk/map-page)  
**Samaritans** | Nationwide  
T 116 123 E [jo@samaritans.org](mailto:jo@samaritans.org)  
W [www.samaritans.org](http://www.samaritans.org)  
**Samaritans** | Boston  
T 116 123  
W [www.samaritans.org/branches/boston](http://www.samaritans.org/branches/boston)  
**Samaritans** | Grantham  
T 116 123  
W [www.samaritans.org/branches/grantham](http://www.samaritans.org/branches/grantham)  
**Samaritans** | Lincoln  
T 116 123  
W [www.samaritans.org/branches/lincoln](http://www.samaritans.org/branches/lincoln)  
**SANE** | Nationwide  
T 07984 967 708 W [www.sane.org.uk](http://www.sane.org.uk)  
**Scunthorpe & District U3A** | Scunthorpe & Nationwide  
W [www.eastmidlandsu3as.org.uk](http://www.eastmidlandsu3as.org.uk)  
W [www.u3a.org.uk](http://www.u3a.org.uk)  
**Seagull Recycling Ltd (The Eco Centre Skegness)** | East Lincolnshire  
T 07709 866 614  
W [www.ecocentreskegness.org.uk](http://www.ecocentreskegness.org.uk)  
**Secondary Breast Cancer Support Group** | Countywide  
E [sbc.supportgroup@stbarnabashospice.co.uk](mailto:sbc.supportgroup@stbarnabashospice.co.uk)  
**Shelter** | Nationwide  
T 0808 800 4444 /  
W Webchat [www.england.shelter.org.uk/get\\_help/webchat](http://www.england.shelter.org.uk/get_help/webchat)  
W [www.england.shelter.org.uk](http://www.england.shelter.org.uk)  
**SHOUT** | Countywide  
M Text 'Shout' 85258  
W [www.giveusashout.org](http://www.giveusashout.org)  
**SilverLine** | Countywide  
T 0800 470 80 90  
W [www.thesilverline.org.uk](http://www.thesilverline.org.uk)  
**Sincil Bank Community Partnership** | Lincoln  
T 01522 510 157  
W [www.sincilbankcommunity.co.uk](http://www.sincilbankcommunity.co.uk)  
**Single Point of Access** | Countywide  
T 0303 123 4000  
W [www.lpft.nhs.uk/our-services](http://www.lpft.nhs.uk/our-services)  
**Skegness Children's Centre** | Skegness  
T 01522 555 652  
E [skegnessCC@lincolnshire.gov.uk](mailto:skegnessCC@lincolnshire.gov.uk)  
**Skegness Coasters Running Club** | Skegness  
T 07803 436 008  
E [skegnesscoastersrunningclub@gmail.com](mailto:skegnesscoastersrunningclub@gmail.com)  
W [www.skegnesscoasters.co.uk](http://www.skegnesscoasters.co.uk)  
**Skellingthorpe Youth Centre** | Skellingthorpe  
T 01522 696 205  
W [www.skelly-youth.org.uk](http://www.skelly-youth.org.uk)  
**Sleaford Children's Centre** | Sleaford  
T 01529 306 888  
E [sleafordcc@lincolnshire.gov.uk](mailto:sleafordcc@lincolnshire.gov.uk)  
**Sleaford Community Larder** | Sleaford  
T 01529 413 063  
W [www.communitylarder.co.uk](http://www.communitylarder.co.uk)

**Sleaford Playhouse** | Sleaford  
T 0333 666 3366  
W [www.sleafordplayhouse.co.uk](http://www.sleafordplayhouse.co.uk)  
**Sleaford Rotary Club** | Sleaford  
W [www.sleafordrotary.co.uk](http://www.sleafordrotary.co.uk)  
**Social Care for Adults** | Countywide  
T 01522 782 155 T Out of Hours 01522 782 333  
**Social Care for Children** | Countywide  
T 01522 782 111 T Out of Hours 01522 782 333  
**Sortified** | Bourne  
T 07738 435 957 W [www.sortified.com](http://www.sortified.com)  
**Sound Lincs** | Countywide  
T 01522 510 073 W [www.soundlincs.org](http://www.soundlincs.org)  
**South Witham Children's Centre** | South Witham  
T 01572 768 876  
E [SouthWithamCC@lincolnshire.gov.uk](mailto:SouthWithamCC@lincolnshire.gov.uk)  
**The Source** | Sleaford  
T 01529 309 482  
**South Holland District Council** | South Holland  
T 01775 761 161 W [www.sholland.gov.uk](http://www.sholland.gov.uk)  
**South Kesteven Health Walks**  
W [www.walkingforhealth.org.uk/walkfinder/south-kesteven-health-walks](http://www.walkingforhealth.org.uk/walkfinder/south-kesteven-health-walks)  
**South Lincolnshire Blind Society** | South Lincolnshire  
T 01476 592 775 W [www.blind-society.org.uk](http://www.blind-society.org.uk)  
**Spalding Children's Centre** | Spalding  
T 01775 767 475  
E [spaldingCC@lincolnshire.gov.uk](mailto:spaldingCC@lincolnshire.gov.uk)  
**Spilsby Children's Centre** | Spilsby  
T 01790 753 451  
E [spilsbycc@lincolnshire.gov.uk](mailto:spilsbycc@lincolnshire.gov.uk)  
**Spilsby Youth Centre** | Spilsby  
T 01790 753 681  
E [spilsbyyouthcentre@googlegmail.com](mailto:spilsbyyouthcentre@googlegmail.com)  
W [community.lincolnshire.gov.uk/spilsbyyouthcentre/SSAFA](http://community.lincolnshire.gov.uk/spilsbyyouthcentre/SSAFA) | Nationwide  
T 0800 260 6767 W Live Chat/Contact form: [www.ssafo.org.uk/get-help/forcesline](http://www.ssafo.org.uk/get-help/forcesline)  
W [www.ssafo.org.uk](http://www.ssafo.org.uk)  
**Stamford & Rutland Hospital** | Stamford  
T 01733 678 000  
W [www.nwangliaft.nhs.uk/](http://www.nwangliaft.nhs.uk/)  
**Stamford Arts Centre** | Stamford  
W [www.stamfordartscentre.com](http://www.stamfordartscentre.com)  
**Stamford Children's Centre** | Stamford  
T 01780 764 072  
E [stamfordcc@lincolnshire.gov.uk](mailto:stamfordcc@lincolnshire.gov.uk)  
**Stamford Connections** | Stamford  
W [www.artpopup.co.uk/stamford-connections](http://www.artpopup.co.uk/stamford-connections)  
**Stamford Food Bank** | Stamford  
T 07570 583 799  
W [www.stamfordoundle.foodbank.org.uk](http://www.stamfordoundle.foodbank.org.uk)  
**Stamford in Bloom** | Stamford  
E [duncanlinyard@mac.com](mailto:duncanlinyard@mac.com)  
FB Stamford in Bloom  
T 07860 394 187  
**Stamford Library** | Stamford  
T 01522 782 010  
E [stamford.library@gll.org](mailto:stamford.library@gll.org)  
W [www.better.org.uk/library/lincolnshire/stamford-library](http://www.better.org.uk/library/lincolnshire/stamford-library)  
**The Stamford Mummy** | Stamford  
W [www.facebook.com/thestamfordmummy](http://www.facebook.com/thestamfordmummy)  
**Stamford Rugby Club** | Stamford  
T 01780 752 180  
FB Stamford Rugby Club  
**Stamford Shakespeare Company** | Stamford  
T 01780 754 381  
W [www.stamfordshakespeare.co.uk](http://www.stamfordshakespeare.co.uk)  
**Stamford Striders** | Stamford  
E [info@stamfordstriders.org](mailto:info@stamfordstriders.org)  
W [www.facebook.com](http://www.facebook.com)  
**Stamford Town Council** | Stamford  
T 01780 753 808  
W [www.stamfordtowncouncil.gov.uk](http://www.stamfordtowncouncil.gov.uk)  
**St Barnabas** | Countywide  
T 0300 020 0694  
W [www.stbarnabashospice.co.uk](http://www.stbarnabashospice.co.uk)  
**Stepping Stone Theatre** | Gainsborough  
T 01427 628 888  
W [www.steppingstonetheatre.co.uk](http://www.steppingstonetheatre.co.uk)  
**Steps2Change** | Countywide  
T 0303 123 4000  
W [www.lpft.nhs.uk/steps2change/home](http://www.lpft.nhs.uk/steps2change/home)  
**Sturton-by-Stow Children's Centre** | Sturton-by-Stow  
T 01427 788 971  
E [SturtonbyStowCC@lincolnshire.gov.uk](mailto:SturtonbyStowCC@lincolnshire.gov.uk)

**Sturton-by-Stow Youth Club** | Sturton-by-Stow  
T 0947 850 557  
FB Sturton-by-Stow Youth Centre  
**St Andrew's Church** | Heckington  
T 01529 460 904  
W [www.heckingtonandhelpringhamgroup.org.uk](http://www.heckingtonandhelpringhamgroup.org.uk)  
**St George's Stamford** | Stamford  
W [www.stgeorgeschurch.net](http://www.stgeorgeschurch.net)  
**St Giles Children's Centre** | Lincoln  
T 01522 529 631  
E [stgilesCC@lincolnshire.gov.uk](mailto:stgilesCC@lincolnshire.gov.uk)  
**St Swithans Church** | Lincoln  
T 01522 275 067 W [www.stswithans.org](http://www.stswithans.org)  
**St Wulfram's Church** | Grantham  
T 01476 561 342 W [www.stwulframs.org.uk](http://www.stwulframs.org.uk)  
**Stonewall** | Nationwide  
T 020 7593 1850  
E [info@stonewall.org.uk](mailto:info@stonewall.org.uk)  
W [www.stonewall.org.uk](http://www.stonewall.org.uk)  
**The Storehouse Church** | Skegness  
T 01754 763 362 W [www.thestorehouse.co.uk](http://www.thestorehouse.co.uk)  
**Sutterton Children's Centre** | Sutterton  
T 01205 461 509  
E [SuttertonCC@lincolnshire.gov.uk](mailto:SuttertonCC@lincolnshire.gov.uk)  
**Sutton Bridge Children's Centre** | Sutton Bridge  
T 01406 359 327  
E [SuttonbridgeCC@lincolnshire.gov.uk](mailto:SuttonbridgeCC@lincolnshire.gov.uk)  
**Sutton on Sea Beachcare** | Sutton on Sea  
W [www.facebook.com/SuttonOnSeabeachcare](http://www.facebook.com/SuttonOnSeabeachcare)  
**Sutton St James Baptist Church** | Spalding  
T 07501 123 183 W [www.ssjbc.org.uk](http://www.ssjbc.org.uk)  
**Swineshead Children's Centre** | Swineshead  
T 01205 820 331  
E [SwinesheadCC@lincolnshire.gov.uk](mailto:SwinesheadCC@lincolnshire.gov.uk)  
**Swingbridge Children's Centre** | Grantham  
T 01476 590034  
E [swingbridgecc@lincolnshire.gov.uk](mailto:swingbridgecc@lincolnshire.gov.uk)  
**Talk Club** | Witham St Hughs  
W [www.talkclub.org](http://www.talkclub.org)  
**The Mix**  
T 0808 808 4994  
W [www.themix.org.uk](http://www.themix.org.uk)  
**Threshold Church** |  
E [nigel.johnson@thresholdchurch.co.uk](mailto:nigel.johnson@thresholdchurch.co.uk)  
W [www.thresholdchurch.co.uk](http://www.thresholdchurch.co.uk)  
**The Wednesday Club** | Boston  
T 07950 769 115 T 01205 352 744  
E [neilr.butler@btinternet.com](mailto:neilr.butler@btinternet.com)  
**Trinity Centre Louth** | Louth  
T 01507 605 803  
W [www.teamparishoflouth.org.uk](http://www.teamparishoflouth.org.uk)  
**Together** | Nationwide  
W [www.together-uk.org](http://www.together-uk.org)  
**Tom Harrison House** | Liverpool  
T 0151 909 8481  
W [info@tomharrisonhouse.org.uk](mailto:info@tomharrisonhouse.org.uk)  
W [www.tomharrisonhouse.org.uk](http://www.tomharrisonhouse.org.uk)  
**Tonic Health** | Spalding  
T 01775 725 059 W [www.tonic-health.co.uk](http://www.tonic-health.co.uk)  
**United Reformed Church** | Stamford  
T 01780 755 007  
W [www.stamfordurc.org.uk/welcome.htm](http://www.stamfordurc.org.uk/welcome.htm)  
**University of Lincoln Student Wellbeing Centre** | Lincoln  
T 01522 886 400  
W [www.studentservices.lincoln.ac.uk](http://www.studentservices.lincoln.ac.uk)  
**The Venue (Village Hall)** | Navenby  
T 07505 145 061  
W [www.thevenueavenby.co.uk/](http://www.thevenueavenby.co.uk/)  
**Veterans Mental Health** | Countywide T 0300 323 0137  
W [www.lpft.nhs.uk/our-services/adults/veterans-mental-health](http://www.lpft.nhs.uk/our-services/adults/veterans-mental-health)  
**Veterans Support Service CIC** | Spalding  
T 07434 827 372 W [www.vssc.org.uk](http://www.vssc.org.uk)  
**Victim Support Lincolnshire** | Countywide  
T 01522 947 510  
W [www.victimsupport.org.uk/resources/lincolnshire](http://www.victimsupport.org.uk/resources/lincolnshire)  
**Vital Stepping Stones** | Gainsborough  
T 07751 964 832  
W [www.vitalsteppingstones.co.uk](http://www.vitalsteppingstones.co.uk)  
**Voluntary Centre Services** | Lincoln  
T 01522 551 683  
W [www.voluntarycentreservices.org.uk](http://www.voluntarycentreservices.org.uk)  
**Voluntary Centre Services** | North Kesteven



## Key: Adult | Children & Young People | All

T 01529 308 450  
W [www.voluntarycentreservices.org.uk](http://www.voluntarycentreservices.org.uk)  
**Voluntary Centre Services** | West Lindsey  
T 01427 613 470  
W [www.voluntarycentreservices.org.uk](http://www.voluntarycentreservices.org.uk)  
**Waddington Children's Centre** | Waddington  
T 01522 722 170  
E [waddingtonCC@lincolnshire.gov.uk](mailto:waddingtonCC@lincolnshire.gov.uk)  
**Waddington Wellbeing Hub** | Waddington  
T 07788 222 970  
W [www.waddington.church/wellbeing-hub](http://www.waddington.church/wellbeing-hub)  
E [cat@waddington.church](mailto:cat@waddington.church)  
**Waddington Youth Club** | Waddington  
T 01522 720 789  
W [www.lcvys.co.uk](http://www.lcvys.co.uk)  
**Wainfleet Children's Centre** | Skegness  
T 01754 880 500  
E [WainfleetCC@lincolnshire.gov.uk](mailto:WainfleetCC@lincolnshire.gov.uk)  
**Walk for Health** | Stamford  
T 01780 482 048 / 01780 590 533  
**Walking for Health** | Countywide  
W [www.walkingforhealth.org.uk/walkfinder](http://www.walkingforhealth.org.uk/walkfinder)  
**Warrior Programme** | Nationwide  
T 0808 801 0898  
E [enquiries@warriorprogramme.org.uk](mailto:enquiries@warriorprogramme.org.uk)  
W [www.warriorprogramme.org.uk](http://www.warriorprogramme.org.uk)  
**Washingborough Children's Centre** | Washingborough  
T 01522 796 166  
E [WashingboroughChildrensCentre@lincolnshire.gov.uk](mailto:WashingboroughChildrensCentre@lincolnshire.gov.uk)  
**Waterloo Uncovered** | Nationwide  
E [info@waterloouncovered.com](mailto:info@waterloouncovered.com)  
W [www.waterloouncovered.com](http://www.waterloouncovered.com)  
**Wellbeing Lincs** | Countywide  
T 01522 782 140 W [www.wellbeinglincs.org](http://www.wellbeinglincs.org)  
**Welton Children's Centre** | Welton  
T 01673 862 767  
E [weltoncc@lincolnshire.gov.uk](mailto:weltoncc@lincolnshire.gov.uk)  
**West Lindsey District Council** | West Lindsey  
T 01427 676 676 W [www.west-lindsey.gov.uk](http://www.west-lindsey.gov.uk)  
**Wilder Minds CIC** | Fenton  
E [admin@wilderminds.co.uk](mailto:admin@wilderminds.co.uk)  
W [www.wilderminds.co.uk](http://www.wilderminds.co.uk)  
**Wild Things Rescue** | Countywide  
T 01526 578 579 W [www.wildthingsrescue.uk](http://www.wildthingsrescue.uk)  
**Willoughby Road Allotments** | Boston T 07818 848 850  
**Willow Farm Equine** | Fulbeck  
T 01400 675 075  
W [www.willowfarmequineassistedtherapycic.co.uk](http://www.willowfarmequineassistedtherapycic.co.uk)  
**Winthorpe Community Centre** | Skegness  
T 07738 997 000  
W [www.facebook.com/winthorpecommunitypartnership](http://www.facebook.com/winthorpecommunitypartnership)  
**Witham St Hugh's Children's Centre** | Witham  
T 01522 861 794  
E [withamsthughschilrenscentre@lincolnshire.gov.uk](mailto:withamsthughschilrenscentre@lincolnshire.gov.uk)  
**Woman's Institute** | Countywide  
T 020 7371 9300 W [www.thewi.org.uk](http://www.thewi.org.uk)  
**Women's Aid Boston and South Holland** | Boston  
T 01205 311 272  
W [www.bostonwomensaid.org.uk](http://www.bostonwomensaid.org.uk)  
**Wragby Youth Centre** | Wragby  
T 01673 858 371  
**Wrangle Youth Club** | Boston  
T 07751 051 862  
E [jayne.bonsor@tiscali.co.uk](mailto:jayne.bonsor@tiscali.co.uk)  
**Writing East Midlands** | Lincoln  
T 07938 104 469  
W [www.writingeastmidlands.co.uk](http://www.writingeastmidlands.co.uk)  
**YMCA Lincolnshire** | Countywide  
T 01522 508 360 W [www.lincsymca.co.uk](http://www.lincsymca.co.uk)  
**Young Minds** | Nationwide  
T 0808 802 5544 (Parents' Helpline)  
E [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)  
**Young Minds**  
T 85258 (Text service for young people)  
W [www.youngminds.org.uk](http://www.youngminds.org.uk)  
**Youth Housing Support Service** | Lincolnshire  
T 01522 873 212  
E [housing.homeless@lincoln.gov.uk](mailto:housing.homeless@lincoln.gov.uk)  
W [www.lincolnshire.gov.uk](http://www.lincolnshire.gov.uk)  
**Zion Methodist Church** | Boston  
E [zionmethodistchurch@live.co.uk](mailto:zionmethodistchurch@live.co.uk)  
W [www.zionmethodistchurch-boston.co.uk](http://www.zionmethodistchurch-boston.co.uk)

## GP SURGERIES

**ALFORD**  
**Merton Lodge Surgery** | Alford  
T 01507 463 262 W [www.alforddocs.co.uk](http://www.alforddocs.co.uk)  
**BASSINGHAM**  
**The Bassingham Surgery** | Bassingham T 01522 788 250  
W [www.bassinghamsurgery.co.uk](http://www.bassinghamsurgery.co.uk)  
**BOSTON**  
**Greyfriars Surgery** | Boston  
T 01205 311 133  
W [www.greyfriarsurgeryboston.co.uk](http://www.greyfriarsurgeryboston.co.uk)  
**Liquorpond Surgery** | Boston  
T 01205 362 763  
W [www.liquorpond-surgery.co.uk](http://www.liquorpond-surgery.co.uk)  
**Old Leake Medical Centre** | Boston  
T 01205 870 666 W [www.oldleakemed.co.uk](http://www.oldleakemed.co.uk)  
**Parkside Medical Centre** | Boston  
T 01205 365 881  
W [www.parkside-medicalcentre.co.uk](http://www.parkside-medicalcentre.co.uk)  
**Stickney Surgery** | Boston  
T 01205 480 237  
W [www.stickneysurgery.co.uk](http://www.stickneysurgery.co.uk)  
**Swineshead Surgery** | Boston  
T 01205 820 204  
W [www.swinesheadmedicalgroup.co.uk](http://www.swinesheadmedicalgroup.co.uk)  
**The Sidings Medical Practice** | Boston T 01205 362 173  
W [www.thesidingsmedicalpractice.co.uk](http://www.thesidingsmedicalpractice.co.uk)  
**BOURNE**  
**Bourne Galletly Practice** | Bourne  
T 01778 562 200 W [www.galletly.co.uk](http://www.galletly.co.uk)  
**BRACEBRIDGE HEATH**  
**The Heath Surgery** | Bracebridge Heath  
T 01522 516 870  
W [www.southparkandheathsurgery.co.uk](http://www.southparkandheathsurgery.co.uk)  
**BRANSTON**  
**Branston & Heighington Family Practice** | Branston  
T 01522 793 081  
W [www.branstonsurgery.co.uk](http://www.branstonsurgery.co.uk)  
**CAISTOR**  
**Caistor Health Centre** | Caistor  
T 01472 851 203  
W [www.caistorhealthcentre.co.uk](http://www.caistorhealthcentre.co.uk)  
**CONINGSBY**  
**The New Coningsby Surgery** | Coningsby  
T 01526 344 544  
W [www.coningsbysurgery.co.uk](http://www.coningsbysurgery.co.uk)  
**DEEPINGS**  
**Abbeyview Surgery** | Deepings  
T 01733 210 254  
W [www.abbeyviewsurgery.nhs.uk](http://www.abbeyviewsurgery.nhs.uk)  
**The Deepings Practice** | Deepings  
T 01778 579 000  
W [www.deepingspractice.co.uk](http://www.deepingspractice.co.uk)  
**GAINSBOROUGH**  
**Caskgate Street Surgery** | Gainsborough  
T 01427 619 033  
W [www.caskgatestreetsurgery.co.uk](http://www.caskgatestreetsurgery.co.uk)  
**Cleveland Surgery** | Gainsborough  
T 01427 613 158  
W [www.clevelandnsurgery.nhs.uk](http://www.clevelandnsurgery.nhs.uk)  
**GRANTHAM**  
**Caythorpe & Ancaster Medical Practice (Ancaster)** | Grantham  
T 01400 230 226 W [www.villagedoctor.co.uk](http://www.villagedoctor.co.uk)  
**Caythorpe & Ancaster Medical Practice (Caythorpe)** | Grantham  
T 01400 272 215  
W [www.villagedoctor.co.uk](http://www.villagedoctor.co.uk)  
**Colsterworth Surgery** | Grantham  
T 01476 860243  
W [www.colsterworthmedicalpractice.nhs.uk](http://www.colsterworthmedicalpractice.nhs.uk)  
**Long Bennington Medical Centre** | Grantham  
T 01400 281 220  
W [www.longbenningtonmedicalcentre.nhs.uk](http://www.longbenningtonmedicalcentre.nhs.uk)  
**Market Cross Surgery** | Grantham  
T 01476 550 056  
W [www.marketcrosssurgery.co.uk](http://www.marketcrosssurgery.co.uk)  
**St. Johns Medical Centre** | Grantham  
T 01476 348 484  
W [www.stjohnsmedical.co.uk](http://www.stjohnsmedical.co.uk)  
**St. Peters Hill Surgery** | Grantham  
T 01476 850 123  
W [www.stpetershillsurgery.co.uk](http://www.stpetershillsurgery.co.uk)  
**Swingbridge Surgery** | Grantham  
T 01476 571 166  
W [www.swingbridgesurgery.co.uk](http://www.swingbridgesurgery.co.uk)  
**The Glenside Country Practice** | Grantham  
T 01476 550 251

W [www.glensidecountrypractice.com](http://www.glensidecountrypractice.com)  
**The Harrowby Lane Surgery** | Grantham  
T 01476 579 494  
W [www.harrowbylanesurgery.co.uk](http://www.harrowbylanesurgery.co.uk)  
**The Welby Practice** | Grantham  
T 01949 842 341  
W [www.thewelbypractice.co.uk](http://www.thewelbypractice.co.uk)  
**Vine House Surgery** | Grantham  
T 01476 576 851  
W [www.vinemedical.co.uk](http://www.vinemedical.co.uk)  
**GRIMSBY**  
**North Thoresby Surgery** | Grimsby  
T 01472 840 202  
W [www.norththoresby.org.uk](http://www.norththoresby.org.uk)  
**HIBALDSTOW**  
**Hibaldstow Medical Practice** | Hibaldstow  
T 01652 650 580  
W [www.hibaldstowmedicalpractice.co.uk](http://www.hibaldstowmedicalpractice.co.uk)  
**HORNCASTLE**  
**East Lindsey Medical Group** | Horncastle  
T 01507 603 121  
W [www.eastlindseymedicalgroup.co.uk](http://www.eastlindseymedicalgroup.co.uk)  
**Horncastle Medical Group** | Horncastle  
T 01507 522 477  
W [www.horncastlemedicalgroup.co.uk](http://www.horncastlemedicalgroup.co.uk)  
**INGHAM**  
**The Ingham Practice** | Ingham  
T 01522 730 269  
W [www.theinghampractice.co.uk](http://www.theinghampractice.co.uk)  
**KIRTON**  
**Kirton Medical Centre** | Kirton  
T 01205 722 437  
W [www.kirtonmedicalcentre.nhs.uk](http://www.kirtonmedicalcentre.nhs.uk)  
**LINCOLN**  
**Abbey Medical Practice** | Lincoln  
T 01522 530 334  
W [www.abbeymedicalpractice.co.uk](http://www.abbeymedicalpractice.co.uk)  
**Birchwood Medical Practice** | Lincoln  
T 01522 699 999  
W [www.birchwoodmedicalpractice.com](http://www.birchwoodmedicalpractice.com)  
**Boultham Park Medical Practice** | Lincoln  
T 01522 874 444  
W [www.boulthamparkmedicalpractice.co.uk](http://www.boulthamparkmedicalpractice.co.uk)  
**Brant Road & Springcliffe Surgery** | Lincoln  
T 01522 724 411  
W [www.brantroadsurgery.co.uk](http://www.brantroadsurgery.co.uk)  
**Brayford Medical Practice** | Lincoln  
T 01522 543 943  
W [www.brayfordmedicalpractice.co.uk](http://www.brayfordmedicalpractice.co.uk)  
**Cliff House Medical Practice** | Lincoln  
T 01522 872 872  
W [www.cliffhousemedicalpractice.co.uk](http://www.cliffhousemedicalpractice.co.uk)  
**Glebe Park Surgery** | Lincoln  
T 01522 530 633  
W [www.glebeparksurgery.co.uk](http://www.glebeparksurgery.co.uk)  
**Lindum Medical Practice** | Lincoln  
T 01522 569 033  
W [www.thelindumpractice.co.uk](http://www.thelindumpractice.co.uk)  
**Minster Medical Practice** | Lincoln  
T 01522 515 797  
W [www.minstermedicalpractice.co.uk](http://www.minstermedicalpractice.co.uk)  
**Newark Road Surgery** | Lincoln  
T 01522 537 944  
W [www.newarkroadsurgery.co.uk](http://www.newarkroadsurgery.co.uk)  
**Portland Medical Practice** | Lincoln  
T 01522 876 800  
W [www.citymedicalpractice.co.uk](http://www.citymedicalpractice.co.uk)  
**University Health Centre** | Lincoln  
T 01522 870 010 W [www.ulhsonline.co.uk](http://www.ulhsonline.co.uk)  
**Woodland Medical Practice** | Lincoln  
T 01522 305 727  
W [www.woodlandmedicalpractice.org.uk](http://www.woodlandmedicalpractice.org.uk)  
**LOUTH**  
**James Street Family Practice** | Louth  
T 01507 611 122  
W [www.jamesstreetsurgery.com](http://www.jamesstreetsurgery.com)  
**Marsh Medical Practice** | Louth  
T 01507 358 623  
W [www.marshmedicalpractice.com](http://www.marshmedicalpractice.com)  
**MABLETHORPE**  
**Marisco Medical Practice** | Mablethorpe  
T 01507 473 483  
W [www.mariscomedicalpractice.com](http://www.mariscomedicalpractice.com)  
**MARKET RASEN**  
**Binbrook Surgery** | Market Rasen  
T 01472 398 202  
W [www.binbrooksurgery.co.uk](http://www.binbrooksurgery.co.uk)  
**Market Rasen Surgery** | Market Rasen  
T 01673 843 556  
W [www.marketrasensurgery.co.uk](http://www.marketrasensurgery.co.uk)  
**METHERINGHAM**  
**Church Walk Surgery** | Metheringham  
T 01526 320 522  
W [www.churchwalkmetheringham.co.uk](http://www.churchwalkmetheringham.co.uk)

**Key: Adult | Children & Young People | All**

**NAVENBY**

**Navenby Cliff Villages Surgery** | Navenby

T 01522 811 411

W [www.cliffvillagesmedicalpractice.co.uk](http://www.cliffvillagesmedicalpractice.co.uk)

**NETTLEHAM**

**Nettleham Medical Practice** | Nettleham

T 01522 751 717

W [www.nettlehammedical.co.uk](http://www.nettlehammedical.co.uk)

**NORTH HYKEHAM**

**Richmond Medical Practice** | North

Hykeham

T 01522 500 240

W [www.richmondmedicalcentre.org.uk](http://www.richmondmedicalcentre.org.uk)

**SAXILBY**

**The Glebe Practice** | Saxilby

T 01522 305 298

W [www.glebepracticesaxilby.co.uk](http://www.glebepracticesaxilby.co.uk)

**Trent Valley Surgery** | Saxilby

T 01522 263 444

W [www.trentvalleysurgery.co.uk](http://www.trentvalleysurgery.co.uk)

**SKEGNESS**

**Beacon Medical Practice** | Skegness

T 01754 897 000

W [www.beaconmedicalpractice.com](http://www.beaconmedicalpractice.com)

**Hawthorn Medical Practice** | Skegness T

01754 896 350

W [www.hawthornmedical.gpsurgery.net](http://www.hawthornmedical.gpsurgery.net)

**SLEAFORD**

**Billinghay Medical Practice** | Sleaford T

01526 860 490

W [www.billinghaymedicalpractice.co.uk](http://www.billinghaymedicalpractice.co.uk)

**Millview Medical Centre** | Sleaford

T 01529 460 213

W [www.millviewmedicalcentre.co.uk](http://www.millviewmedicalcentre.co.uk)

**Ruskington Medical Practice** | Sleaford

T 01526 832 204

W [www.ruskingtonmedicalpractice.co.uk](http://www.ruskingtonmedicalpractice.co.uk)

**Sleaford Medical Group** | Sleaford

T 01529 303 301

W [www.sleafordmedicalgroup.co.uk](http://www.sleafordmedicalgroup.co.uk)

**The New Springwells Practice** | Sleaford

T 01529 240 234

W [www.ruralmedical.co.uk](http://www.ruralmedical.co.uk)

**SPALDING**

**Beechfield Medical Centre** | Spalding

T 01775 724 088

W [www.beechfieldmc.co.uk](http://www.beechfieldmc.co.uk)

**Gosberton Medical Centre** | Spalding

T 01775 840 204

W [www.gosbertonmedicalcentre.co.uk](http://www.gosbertonmedicalcentre.co.uk)

**Holbeach Medical Centre** | Spalding

T 01406 423 288

W [www.holbeachmedicalcentre.co.uk](http://www.holbeachmedicalcentre.co.uk)

**Littlebury Medical Centre** | Spalding

T 01406 422 231

W [www.littleburymedicalcentre.co.uk](http://www.littleburymedicalcentre.co.uk)

**Long Sutton Medical Centre** | Spalding T

01406 362 081

W [www.suttonsmedicalgroup.co.uk](http://www.suttonsmedicalgroup.co.uk)

**Moulton Medical Centre** | Spalding

T 01406 370 265

W [www.moultonmedicalcentre.nhs.uk](http://www.moultonmedicalcentre.nhs.uk)

**Munro Medical Centre** | Spalding

T 01775 715 999

W [www.munromedicalcentre.co.uk](http://www.munromedicalcentre.co.uk)

**Spalding GP Surgery** | Spalding

T 01775 652 164

W [www.spaldingsurgery.nhs.uk](http://www.spaldingsurgery.nhs.uk)

**SPILSBY**

**Spilsby Surgery** | Spilsby

T 01790 72 8111

W [www.spilbysurgery.co.uk](http://www.spilbysurgery.co.uk)

**STAMFORD**

**Sheepmarket Surgery** | Stamford

T 01780 753 171

W [www.lakesidehealthcarestamford.co.uk/sheepmarket-surgery](http://www.lakesidehealthcarestamford.co.uk/sheepmarket-surgery)

**St Mary's Medical Centre** | Stamford

T 01780 764 121

W [www.lakesidehealthcarestamford.co.uk/st-marys-medical-centre](http://www.lakesidehealthcarestamford.co.uk/st-marys-medical-centre)

**WASHINGBOROUGH**

**Surgery** | Washingborough

T 01522 303 600

W [www.washingboroughfamilypractice.nhs.uk](http://www.washingboroughfamilypractice.nhs.uk)

**WELTON**

**Welton Family Health Centre** | Welton

T 01673 862 232

W [www.weltonfamilyhealthcentre.co.uk](http://www.weltonfamilyhealthcentre.co.uk)

**WILLINGHAM-BY-STOW**

**Willingham-By-Stow Surgery** |

Willingham-by-Stow

T 01427 788 277

W [www.willinghamsurgery.co.uk](http://www.willinghamsurgery.co.uk)

**WOODHALL SPA**

**Tasburgh Lodge Surgery** | Woodhall Spa

T 01526 352 466

W [www.tasburghlodge.co.uk](http://www.tasburghlodge.co.uk)

**Woodhall Spa New Surgery** | Woodhall Spa

T 01526 353 888

W [www.woodhallspanewsurgery.co.uk](http://www.woodhallspanewsurgery.co.uk)

**WRAGBY**

**The Wragby Surgery** | Wragby

T 01673 585 206 W [www.wragbysurgery.org](http://www.wragbysurgery.org)

**NATIONWIDE**

**NHS Urgent Medical Advice Line** |

T 111

**NHS Urgent Mental Health Help Line** |

T 111 (option 2)

**Emergency** | T 999

Got something to  
share? **Write to us!**

**Have you got some news, thoughts, ideas or experiences you want to share? Write to us or email and we can publish it here!**

**Write: Something to Share, 7 Bull Ring, Horncastle LN9 5HX**

**Email: [CommunityEngagement@shinelincolnshire.com](mailto:CommunityEngagement@shinelincolnshire.com) (Subject: Something to Share)**

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

# Re-building community, literally!

An inspirational way of using existing buildings to build communities  
by Wendy Deamer

Passing by boarded up old churches and buildings we understandably may think - 'what a shame that has been left to rack and ruin'.....HOWEVER - to some locals in Benington near Boston, when passing by their own boarded up medieval church they became 'inspired'. So in stepped The Benington Community Heritage Trust and the All Saints Beonna church was never the same again.

Through sheer hard work, they transformed this Grade 1 Listed building into a thriving community hub, bringing life back into this remote, agricultural area. The Beonna now offers a welcoming social hub with classes, groups, meetings, fairs, social events, coffee mornings, luncheons clubs, physical activities, children's holiday clubs, musical events plus it's very own fantastic community ladies' choir - who would have thought it!

Benington may be a small and quiet village, but we're proud to offer a welcoming and vibrant space at The Beonna. Our beautiful building is open for groups, classes, talks, and events that bring people together, help build connections and address any issues of loneliness and isolation in our community.



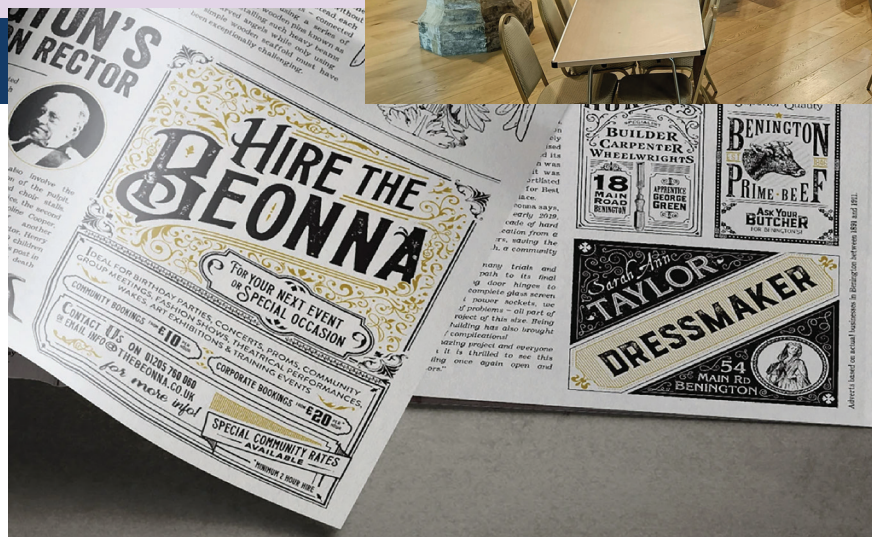
We've listened carefully to what our neighbours need and have shaped our hub to reflect that—creating a central, affordable space that's already making a positive impact in the area. There's a real sense of energy and hope returning, and it's wonderful to see.

We're also reaching out to local businesses and educational organisations, inviting them to make use of our facilities. The Beonna is ideal for conferences, meetings, talks, slide shows, and more. Whether you're a club, a company, or a community group, our unique and historic setting offers an inspiring place to gather, learn, and grow.

So, our recycled gem now offers not only inclusion, connection, growth and fun to our local community, but also facilities for other groups/associations needing somewhere different, accessible and affordable - quite a transformation!

Please come along and look at what we have achieved here. Call in for a coffee or bring your group here for a 'different' meeting atmosphere. Our warm welcome is for everyone.

If you would like further information about this amazing building, would like to come along and join in our activities, or indeed hire this now vital social hub, please visit [www.thebeonna.co.uk](http://www.thebeonna.co.uk)





## UPCOMING TRAINING DATES

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.

[www.shinelincolnshire.com/book-a-course](http://www.shinelincolnshire.com/book-a-course)  
[education@shinelincolnshire.com](mailto:education@shinelincolnshire.com)

Course	Date	Time	Location	Price
Mental Health First Aid (2 days)	4th & 5th August	0900-1615	Bert House	£195
Emergency First Aid at Work	8th August	09:00-16:00	Bert House	£65
Combined Emergency First Aid at Work & Paediatric Emergency First Aid	11th August	09:00-17:00	Bert House	£85
Mental Health Awareness (half day)	15th August	10:00-14:15	Bert House	£95
Mental Health First Aid (2 days)	18th & 19th August	09:00-16:15	Bert House	£195
Basic Life Support/ CPR and using a Defibrillator	21st August	10:00-14:15	Bert House	£40
Emergency First Aid at Work	1st September	09:00-16:00	Bert House	£65
CYP Suicide First Aid	4th September	09:00-16:00	Bert House	£95
Suicide First Aid	9th September	0900-1600	Bert House	£95
Suicide First Aid Lite (half day)	10th September	10:00-14:15	Bert House	£50
Mental Health First Aid Refresher (half day)	15th September	10:00-14:15	Bert House	£95
Mental Health First Aid (2 days)	18th & 19th September	09:00-16:15	Bert House	£195
Youth Mental Health First Aid (2 days)	26th & 29th September	09:00-16:30	Bert House	£195
Mental Health Skills for Managers (half day)	1st October	10:00-14:15	Bert House	£99
Emergency First Aid at Work	2nd October	09:00-16:00	Bert House	£65
Suicide First Aid	9th October	0900-1600	Bert House	£95
Mental Health Awareness (half day)	10th October	10:00-14:15	Bert House	£95
Emergency First Aid at Work	14th October	09:00-16:00	Bert House	£65
Mental Health First Aid (2 days)	16th & 17th October	09:00-16:15	Bert House	£195
Suicide First Aid	20th October	0900-1600	Bert House	£95
Paediatric First Aid (2 days)	21st & 22nd October	0900-1600	Bert House	£145
Combined Emergency First Aid at Work & Paediatric Emergency First Aid	28th October	09:00-17:00	Bert House	£85

# FREE TRAINING

**For businesses and Individuals based in West Lindsey.**

With support through West Lindsey District Council, Shine are delighted to offer a range of **free training for businesses and individuals who are based in West Lindsey.**

A range of training is available, delivered by our experienced team of tutors including:

### **Mental Health First Aid Courses:**

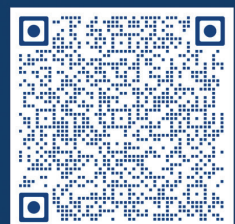
Mental Health First Aider | Mental Health First Aider (Youth) |  
Mental Health Awareness | Mental Health Champion | Mental Health Skills for Managers

### **Suicide First Aid Courses:**

Suicide First Aid | Suicide First Aid (Children & Young People) |  
Suicide First Aid Lite

If you have any bespoke needs linked to our training offer, would like more information or to book please get in touch.

**01507 304 548 | [education@shinelincolnshire.com](mailto:education@shinelincolnshire.com)**



## Sleaford

### Fiona Monk Community Connector

I want to take this opportunity to shine a special spotlight on a particular group in Sleaford that has begun some amazing work. This is the new 'Moving On Up' empowerment group.

As so often is the case, this group was born out of very brief conversations between a few interested parties, but we all knew in

“ It's such a breath of fresh air to be able to offer something more bespoke to some of our Service Users. Going forward, it will be another tool in the box to support people on their road to recovery. ”

Wendy Cummings,  
Peer Support Worker, Sleaford

our hearts that there is a need for sharing confidence-building skills and we felt we were on to something very helpful.

I am sharing from personal experience that this work does have a great impact. I have had the absolute privilege of being part of the Sleaford group, as a participant and a facilitator, and so I know what it has meant to me personally. It really is a pleasure to share from lived experience in a brave space. In this group we cover topics such as self-esteem, self-care, assertiveness, healthy relationships and goal-setting.

One of the participants called this project

'a breath of fresh air' as it provides an opportunity to offer something positive, hopeful and helpful for those who feel they need it.

Going forwards, we hope it will be another tool in the box to support people on their road to thriving and recovery.

If you would like more information or are interested in joining the 'Moving On Up' group in Sleaford, please email:  
fiona.monk@wearebridge.org

You are invited to  
**Moving On Up**  
Empowerment

**group** **At The Door,**  
**1pm - 2.30pm** **Riverside**  
**On the last** **Church,**  
**Wednesday each** **Sleaford.**  
**month**



Enquiries contact:  
fiona.monk@wearebridge.org  
or call: 07564 044025

## Gainsborough & Trent Rural

### Becky Hails Community Connector

I'm the Community Connector for Gainsborough and Trent Rural along with my colleague Barbara Hancock and we cover Hibaldstow, Saxilby and Torksey. I've been in post since November last year after relocating from Coventry. I have to say, I absolutely love Gainsborough. The sense of community here is outstanding, and there's such a fantastic range of local groups and activities. I wanted to take this opportunity to share some of the brilliant community work happening in the area and celebrate the vibrant spirit of Gainsborough.

We deliver a variety of courses, social groups, and one-to-one support from both the Wellbeing Hub at the Bridge and the Uphill Community Centre. A key part of my role is to promote and support the great community work across Gainsborough Central and Trent Rural both by sharing what's available with residents and professionals and by helping existing groups thrive and supporting the development of new ones.

As part of the ACIS Group, I have the privilege of working closely with Riverside Training, who support people in returning to education or employment, and with CLIP, who offer dedicated programmes for 16-18-year-olds in the local area. Our shared connections across the community enable us to encourage people to try new things, build friendships, and work towards their personal goals.

There have been some exciting developments in Gainsborough recently (right). The former Baltic Mill site has been beautifully transformed into a welcoming, accessible space for the community. Thanks to the Townscape Heritage Initiative, funded by

the National Lottery Heritage Fund and the Government's Levelling Up Fund, we've also seen the restoration of historic shop fronts in the Market Place. We're now looking forward to the opening of the new Savoy Cinema in September.



# Community Updates

I'm incredibly fortunate to work alongside fantastic sessional workers and volunteers who regularly go above and beyond to support our group attendees. We've recently introduced new groups within ACIS shared accommodation settings at Pillared House, Oaklands (Saxilby), and Newlands Court. Through these groups, we've met some wonderful residents, supporting them with any challenges they're facing and discovering their hobbies and interests. One resident, for example, is a keen historian who recently knitted an entire Elizabethan dress coat from wool, a truly impressive achievement!

These groups have helped reduce isolation, encouraging residents to engage more within their wider community. Many joined us at events like the FLARE Easter Community Fair and the Riverside Easter Extravaganza, which brought people of all ages together for a day of fun and connection.

We also run a fantastic Autism Group for Adults in Gainsborough, generously funded by the Lincolnshire Partnership Trust. Over the past year, this group has grown to welcome more than 18 regular attendees. We offer a warm and inclusive space for individuals with or without a formal diagnosis of Autism, ADHD, or learning difficulties. Some attend independently, while others come with family or support workers. Together, they enjoy activities like games, crafts, community walks, and group outings to places like the Gainsborough Library and the Old Hall.

There are many other excellent groups in the Gainsborough area, all of which can be found on the **HAY Lincolnshire website** [www.haylincolnshire.co.uk](http://www.haylincolnshire.co.uk) and **Facebook page** 'How are you Lincolnshire', including:

- Gainsborough Men's Shed: Open Tuesday, Wednesday, and Thursday from 10:00 to 15:00.
- Gainsborough Disability Social Network: Offering regular sessions throughout the week, including crafting and games at Caldero Lounge.
- Connexions Community Hub: Hosting a wide range of events and groups.
- Night Light Cafés: Two wonderful, volunteer-

led safe spaces offering support to anyone feeling low or struggling with mental health.

- West Lindsey Dementia Support Group: A thriving group run by a dedicated team of volunteers, meeting at the Methodist Church in Gainsborough town centre on the 1st and 3rd Wednesdays of each month, 10:00-12:00. They organise social outings and welcome guest entertainers, including singers.

It's a privilege to be part of such an engaged, supportive community, and I look forward to continuing to work with you all to keep Gainsborough's community spirit strong and growing.

## SHINE HAF CHERRY WILLINGHAM

THE HOLIDAY ACTIVITIES AND FOOD PROGRAMME (HAF) IS A GOVERNMENT FUNDED PROGRAMME THAT PROVIDES FREE HOLIDAY CLUBS FOR 11-16 YEAR OLDS IN RECEIPT OF BENEFITS-RELATED FREE SCHOOL MEALS INCLUDING BREAKFAST AND LUNCH OVER THE SUMMER HOLIDAYS

Monday 4<sup>th</sup> August - Thursday 7<sup>th</sup> August  
Monday 11<sup>th</sup> August - Thursday 14<sup>th</sup> August  
Monday 18<sup>th</sup> August - Tuesday 19<sup>th</sup> August  
Tuesday 26<sup>th</sup> August - Wednesday 27<sup>th</sup> August

Football, Sports, Dance, Music, Films, Board Games, Silent Disco, Water games and activities, Team building, Arts and Crafts, Gaming, Cookery and Baking



11-16 Year Olds

Reepham and Cherry Willingham Village Hall  
Hawthorne Road, LN3 4DU

## Spalding

### Jo Ireland Community Connector

South Holland is yet again buzzing with lots of activity and I am grateful to be working with such wonderful community groups and services. Vanessa & I have been excited to be involved in South Holland District Council launching themselves as an Age Friendly Community. What does this involve? I hear you ask : An Age-friendly Community is a place that enables people to age well and live a good later life. Somewhere that people can stay living in their homes, participate in the activities they value, and contribute to their communities, for as long as possible.

An Age-friendly Community must include the voice of older residents. It must also undertake an assessment of how Age-friendly the community is. South Holland is a new Age-friendly community and is about to undertake its first Age-friendly Baseline Assessment, we would like as many people as possible to take part. In June we held a launch event to coincide with the baseline assessment process beginning and had stallholders come to Tonic Health Spalding to promote their services around digital inclusion and access to information. This was a very popular event and people were able to access drop in services from Lincs Digital as well as take away information from a variety of other organisations, such as Lincs Sensory Services, Lincs Fire & Rescue, Ability.Net, Age UK Digital Champions, HAY Lincolnshire & Connect to Support. Since then, I have been taking the simple assessment forms out and about where I go in the Community, to ensure a range of people are able to have their say. This will then provide SHDC with a guide to the things that residents feel are good for older people within South Holland and those that need addressing.



## Lincoln City North

### Lois Delong Community Connector

We are thrilled to announce the opening of The Ermine Exchange, based at Sudbrooke Drive Community Centre in Lincoln North.

Located on the East Ermine, the venue couples as a Coffee House and Wellbeing Hub, offering a selection of hot drinks, cakes and a welcoming space for all ages to enjoy. Local services, organisations and community groups will be hosted from The Ermine Exchange, serving the community. The space itself is overseen by Alive Church.

Funded by the City Council through UK Shared Prosperity Funding, The Ermine Exchange forms part of a wider project serving both East and West Ermine, supporting groups, organisations and local schools across both sides. Key partner organisations have included Bridge Church, Alive Church, City of Lincoln Council, Bishop Grosseteste University, Open Plan, Rose Regeneration and Every-One. Through NHS funding, the space will also offer mental health and wellbeing support and activities, bringing together key partners and establishing groups as needs arise.

# Community Updates

This community space was shaped by the local community through this project, and it has been a joy to welcome many through the doors over the past few months. Through a series of launches that took place over May and June, our community launch welcomed over 700 adults and children as part of a community Fun Day event in early Spring. The City Council Launch brought together key partners who have helped to make The Ermine Exchange a success.

Through partnership, we are thrilled to be able to serve in the community this way that will meet people at their doorstep. Since launching, we have hosted Frances Finn from BBC Radio Lincolnshire, who interviewed guests within the space. Many shared about the impact of the Coffee House and Wellbeing Hub on their mental health and wellbeing within a few weeks of opening.

As we open our doors, The Ermine Exchange will be open from 9am-4pm from Tuesday-Thursday. For more information, do get in contact with us at [connectors@wearebridge.org](mailto:connectors@wearebridge.org) or pop in to say hello. You can also find us on the 'How Are You Lincolnshire' website.

On a sunny July morning, I had the opportunity to host a table at the Cliff House Medical Practice Summer Fair. Following appointments within the GP Practice, patients were invited to speak with local organisations about physical and mental health support in the community. Partners included Green Doctors, Anglian Water, OneYou Lincolnshire, Lincolnshire Co-Op (Community and Pharmacy Team), Social Prescribers, The Wellness Network, the NHS Vaccinations Team and more! I found the experience largely enjoyable. It was great to connect with people through meaningful conversation, many of whom shared openly about activities that had supported or hindered their mental health

historically, whilst gleaned information about new things on offer. We were hosted well by the Cliff House Team, who are doing exceptionally well to bring the local Primary Care Network and community organisations together for the benefit of local people.



## Four Counties

### Shani Storrie Community Connector

The summer has brought lots of events to attend, **Dementia Support South Lincs** had an Art Exhibition and the Red House Bourne to show the work their groups had made. They also had an artist donate a painting to raise money for the charity. They are a very active group and cover a large area in South Lincolnshire:

- On Mondays, they run Art for All at Wake House from 11.00 to 13.00
- Dementia Support Coffee morning at Langtoft Village Hall on the 2nd Tuesday of the month from 11.00 am to 12.30 pm
- The Square Hole Club at Deeping Rangers Sport Club, Market Deeping, from 10.00 to 4.00 pm
- Let's Get Gardening every 3rd Thursday in the Month from 10.00 am to 12.00 noon
- Singing for Fun at the Danish Invader, Stamford on the 1st Thursday of every month

Their events are always fun and very welcoming to caregivers and loved ones, too.

01778426756 |

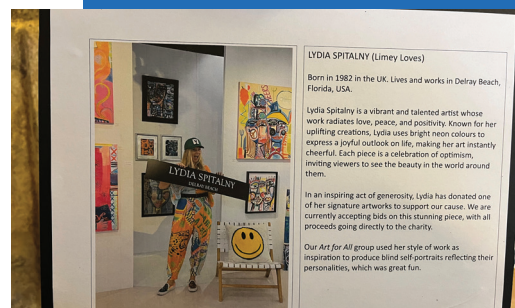
[info@dementiasupportsouthlincs.co.uk](mailto:info@dementiasupportsouthlincs.co.uk) |

[www.dementiasupportsouthlincs.co.uk](http://www.dementiasupportsouthlincs.co.uk)

Evergreen Care in Stamford had a tour around the world with lots of familiar songs, and tea and coffee to wet your whistle. The singer was amazing and even brought props for the audience to use.

There was an Armed Forces Event in Boston at the football ground for veterans, which was very well attended, and lots of connections were made. It is quite amazing how much support is out there for Veterans.

The Alcoholics Anonymous, British Legion, Lincolnshire Sensory Service, Step UP mental health Service, Children's Centres, Veteran



Welfare Support, RAF Benevolent Fund, LCVS Volunteer Support, NHS Individual Placement and Employment Service, Beacon Café and Waddington for services including the emergency service at Waddington and Carers First.

Lots of good contacts to help support and maybe fund a veteran allotment in Stamford.

For more information on what's happening in this area follow Facebook 'Community Connector Four Counties PCN' | [www.mindspacestamford.co.uk](http://www.mindspacestamford.co.uk) | 07513 702602

## Grantham

### Jo Taylor Community Connector

Wow what a Spring we have had. There have been so many great activities and groups taking place in Grantham and surrounding villages over the last few months and we are now into the period of lots of village summer fayres and shows which are always fun to attend and a great way to get to know others.

In May I really enjoyed attending Grantham College's Culture in the Community event. This is always a great opportunity to celebrate culture, creativity and community spirit. It was so good to see many different community groups in one place and some incredible food was on offer as well. Thank you, Grantham College, for organising another successful event.

I've spent some time joining the community events being run by Newton House and Maple Leaf Care Homes. They offer Dementia Cafes, Wellbeing Walks and lots more that are open to all the community. You will always receive a warm welcome and some lovely refreshments as well as some great activities. Bert and I loved attending one of their animal petting sessions and I especially enjoyed dancing at their recent Dementia Disco! For more information on their activities, visit [www.facebook.com/BarchesterNewtonHouse](http://www.facebook.com/BarchesterNewtonHouse)

Our Memory Cafes and Dementia Singing Groups continue to be a great success and lots of fun. These are run from South Witham Village Hall and Fulbeck Village Hall and are a great opportunity to have some fun, meet others and find out more about what support is

available.

I've also had the pleasure of attending some of the group sessions at the National Grief Advice Service at the Maltings in Grantham. This is a great new facility in Grantham offering group sessions, 1:1 befriending support and trained counselling services for all aspects of grief and loss for free including a group specifically for men.

At the time of writing this, I am busy organising our next free Family Fun Day which will take place at Wyndham Park, Grantham on Wednesday 13th August. Last year's event was lots of fun, and we will again be offering a range of activities for adults and children of all ages to enjoy together, for free, and learn more about what takes place in the Grantham area. This year we even have a dog show too! Hope to see you there.

If you would like more information on what groups and activities take place, please contact me on [ccgrantham@shinelincolnshire.com](mailto:ccgrantham@shinelincolnshire.com) or call 07564 044115



The poster is for a 'Shine Family Fun Day Dog Show' held at Wyndham Park, Grantham on Wednesday 13 August. It features a yellow and blue color scheme. At the top left is the 'Shine' logo with a sunburst. To its right is the South Kesteven District Council crest and name. Further right is the 'KV KirksVets' logo. The main title 'Shine Family Fun Day Dog Show' is in large yellow text on a blue background. Below the title, it asks 'Do you have a beloved family dog that you think could win a dog show?' and lists categories: Best in Show, Best Trick, Best Costume, Obedience, Best Puppy (under 1yr old), and Best Senior (over 8yrs old). A yellow starburst says '£2 per dog!'. At the bottom, it lists the date, time (12:30pm - 1:30pm), registration time (12:15pm), and contact email ([ccgrantham@shinelincolnshire.com](mailto:ccgrantham@shinelincolnshire.com)). There are also icons for a calendar, clock, and envelope. The bottom left corner shows cartoon dogs.



# Shine Family Fun Day

Join us for a fantastic day of games, activities and learn more of what's available in our community



10:00 AM - 2:30 PM  
Wednesday 13 August



Wyndham Park  
Grantham

Fun Games

Singalongs

Football Coaching

Lego Club

Guided Bike Rides

Dog Show

Yoga

Glitter Tattoos

Tennis Coaching

Arts & Craft

Outdoor Fitness

Outdoor Bowls

Teddy Bears Picnic

FREE ENTRY AND  
ACTIVITIES FOR ALL

FUN ACTIVITIES FOR ADULTS  
AND CHILDREN



ccgrantham@shinelincolnshire.com

Supported by:



SOUTH KESTEVEN  
DISTRICT COUNCIL



# Community Updates

## Boston

### Christine Bossley Peer support Worker

Bro Pro in Boston started on Friday the 6th of June at the Len Medlock Centre, it runs every Friday from 10 a.m. to 12 p.m. and is for men aged over 18 or over. Please see some information about Bro Pro attached.

There is a new group Upbeat from SoundLincs for neurodiverse adults which runs on Mondays from 12:30 to 13:30 at the Boston Wellbeing Hub at Centenary Methodist Church, Red Lion Street, Boston, PE21 6NY. It is for like minded people to jam, socialise and make music in a friendly relaxed atmosphere (right).

Wellness Festival - Saturday 16th August 2025 , 11 a.m. to 4 p.m., Free Entry - In The Glade behind the Arts Cortina Gallery, High Street, Swineshead, PE20 3LH.

## Lincoln (APEX)

### Jamieleigh Barnes Peer support Worker

I have been super busy with my patients so far this year, trying to get outdoors as much as possible and to enjoy the gorgeous sunshine we have had. As always, there is so much going on in Lincoln. One group in particular is the 'Moving forward' peer support group aimed at Women who have been in an abusive relationship, which I absolutely loved and thought this was amazing support for the women who need it.

In Lincoln we have recently had the Lincolnshire Show and we currently have lots of Music artists on at Lincoln Castle. Luckily I live super close and can hear them from my garden which is a bonus. Music is my therapy!

facebook



Moving Forward

LINCOLN funded through

Peer support for women no longer in an abusive relationship

Have you experienced abuse?

This can involve:

- Control or coercion
- Gas lighting or manipulation
- Financial abuse
- Feeling generally unsafe
- Verbal or emotional abuse
- Sexual abuse
- Physical abuse
- Honour based violence

soundlincs ARTS COUNCIL ENGLAND NHS Lincolnshire Integrated Care System Shine Lincolnshire Partnership NHS Lincolnshire Partnership NHS

Made with PosterMyWall.com

## Grantham & Rural

### Dawn Pearson Peer Support Worker

Parents of children during the summer holidays can feel very alone. With the cost of living and purse strings being stretched, looking at activities which are low cost or better still, free, can help with summer holidays being fun.

The **Shine Family Fun Day** is in its 2nd year which was a huge success. **August 13th 10-14:30** the event is being held at Wyndham Park, free to everyone. Activities being led by staff, be it football, tennis, teddy bears picnic, and much much more.

Wyndham park have an outdoor paddle pool with water sprays, great fun for the little ones. A café with hot food and of course ice creams.



The Visitor Centre are there to show what is going on and a great way to find out what is going on during the summer holidays and about the wildlife around the River Witham. Bike hire is also available. Tennis courts are available to hire through the Grantham Tennis Centre.

## East Lindsey & Meridian

### Donna Fravigar Peer Support Worker

I have been quite busy over the last few months with my ever-growing case load and meeting new service users.

I also volunteer for the Eve group in Horncastle this is a lovely group where ladies can meet up and have a chat and a cuppa. We also put on activities such as 5d diamond art, pampering, card making, stone painting and lots of other things.

I have been with this group from the start and am so proud how it has made such a difference to the ladies that attend.

I also attend the Eve group Louth and

the Empowerment group but this is in my PSW role as I take my service users and this has also proved very beneficial to them and is lovely to see how much less anxious they feel.

There have been some new well being hubs opened in my area as well which is amazing as some of the smaller towns and villages did struggle with groups.



## Four Counties

### Travis Vinnicombe & Lisa Herbert Peer Support Workers

Me and Travis are working together with the opening of the new men's snooker club in Bourne, this will be officially open from Wednesday the 9th of July and will run on the 2nd and 4th Wednesday of each month.

Also me and Travis have been talking about planning a walking group between ourselves and our service users, once this has been sorted out I will let you know details!



Lincolnshire Community Mental Health & Wellbeing Transformation

Supported by MindSpace

## Chalk & Talk

An informal, social and supportive snooker group

**Wednesdays on the 2<sup>nd</sup> and 4<sup>th</sup> week in the month 1pm to 3pm**

Bourne Snooker Centre  
2A Cherry Holt Road, Bourne PE10 9GP

JOIN US IN PROMOTING MENTAL WELLBEING TOGETHER

A safe space for connection and fun

First cup of tea or coffee free  
Donations of £2 gratefully accepted.

Book to attend a session: 

Lincolnshire Partnership NHS Foundation Trust

## Sleaford

### Wendy Cummings Peer Support Worker

I regularly attend the Tuesday afternoon Wellbeing Walk at Belton House (right, bottom) - it is organised by Abbey Access Training. I support Service Users as part of my role to integrate into the community and open new doors for them to attend once they're discharged. It's lovely to witness strangers becoming acquainted and, in some cases, forming new friendships.

I visited Fairfield Community Farm (right), Fen Road, Ruskington during their open week at the beginning of June. Whilst there, I met Lenny the baby goat (9 weeks old in the photo). There is an array of animals including Lenny, pigs, sheep, chickens, and horses.

The farm is set in peaceful and tranquil surroundings. Perfect for taking some time out to connect with nature. There are free and paid for events on offer. All of these are on their Facebook page | [fairfieldcf@outlook.com](https://www.facebook.com/fairfieldcf) | 07775 741383



# Community Updates

On 8th May I attended the VE Day 80 Remembrance in Billingham. A gentleman I met their, Bill Bonsor, attends the weekly coffee morning at the Community Hall every week. After his wife passed away, he told me that going there and 'making friends means the World'. Here, I am honored to share a poem he wrote (left) in which he refers to Tina Toulson, who he is pictured with alongside guitar player Stephen Taylor-Gozzard (below).



*Thanks for the Coffee  
By Bill Bonsor*



*When Kathy and I met Tina and John  
It's like we've known them all along  
Their ability to relate both young and old  
Is worth more than gold*

*Their flair for the care of the Community Hall  
With Steve on guitar, we can all have a ball  
Coffee and Tea on Thursday with home-made cakes  
So, everyone can have a chin-wag with mates*

*And praise to the kitchen staff  
While everyone's having a laugh  
And applause to you all for a very good cause*

## SHINE HAF CHERRY WILLINGHAM

THE HOLIDAY ACTIVITIES AND FOOD PROGRAMME (HAF) IS A GOVERNMENT FUNDED PROGRAMME THAT PROVIDES FREE HOLIDAY CLUBS FOR 11-16 YEAR OLDS IN RECEIPT OF BENEFITS-RELATED FREE SCHOOL MEALS INCLUDING BREAKFAST AND LUNCH OVER THE SUMMER HOLIDAYS



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Monday 11<sup>th</sup> August - Thursday 14<sup>th</sup> August  
Monday 18<sup>th</sup> August - Tuesday 19<sup>th</sup> August  
Tuesday 26<sup>th</sup> August - Wednesday 27<sup>th</sup> August  
Reepham and Cherry Willingham Village Hall  
Hawthorne Road, LN3 4DU



Football, Sports, Dance, Music, Films, Board Games, Silent Disco, Water games and activities, Team building, Arts and Crafts, Gaming, Cookery and Baking

**11-16 Year Olds**



# Out and about

## A packed quarter of community support and engagement

### Donna Pinkney, Senior Support & Engagement Coordinator

Well, what a summer we're having! I just love this flip-flop time of year—when the sun shines bright, flowers are in full bloom, and there's a joyful energy in the air. June has been truly blazing, with long, light-filled days that make me feel completely alive.

These past few months have been packed with community activity with both our funded and non-funded projects that are making a real difference in the communities they serve. It's been heartening to support so many initiatives across Boston and beyond.

We recently visited The Butterfly Hospice in Boston, where families facing challenging times receive compassionate care and counselling. They have a walking group and a craft group and a new group for families. The hospice's peaceful gardens are alive with colour and fragrance a beautiful, healing environment that speaks volumes about the thoughtful care provided.

Tom kindly showed us around Boston Community Growers; a vibrant green space nestled in the heart of town. The site has seen exciting new developments, and the community gardening clubs are flourishing. It was great to taste honey straight from the hive - "yummy"! Plus, local honey is said to help with hay fever—proof

that we're never too old to learn new things. Whether you're a seasoned gardener or curious beginner, this is a wonderful opportunity to connect with nature and your neighbours.

▫ You can find details on all these activities and much more on How Are You Lincolnshire at [haylincolnshire.co.uk/activities](http://haylincolnshire.co.uk/activities).

I have also attended some great events, The Hearing Voices Event in Sleaford, this was a truly inspirational day with lots of guest speakers and inspiring personal stories. I also supported Jo, Grantham Community Connector at the Volunteering Everywhere Event at Dysart Park Grantham, it was a great opportunity to meet other organisations and share what support is available across the area, I even got to meet a giant Bee that was buzzing around the park ▫

### **Mental Health Awareness Week**

Mental Health Awareness Week is a vital time to reflect on the importance of looking after our wellbeing—and supporting others to do the same. This year, the Shine team were out and about doing just that, getting involved in local activities and connecting with our communities.

We spent time supporting The Bread and Butter Thing, an incredible initiative that provides affordable food while reducing waste and bringing people together. Not only were we there to chat with people and share how they can access wellbeing support and activities

# Community Updates

through How Are You Lincolnshire, but we also rolled up our sleeves and got stuck in—packing bags and helping out wherever we could!

“Let’s continue to connect, support each other and build stronger, healthier communities - together.”

Our team supported sessions in Market Deeping and Stamford, and it was fantastic to see first-hand how the food that might otherwise go to landfill is being used to make a real difference. In a time of rising living costs, this project not only supports families with affordable food options but also promotes sustainability and care for the environment.

What stood out most was the incredible dedication of the volunteers who help make it all happen. Their commitment, energy, and kindness were truly inspiring. Volunteering plays such a powerful role—not just in supporting others, but in boosting your own wellbeing. It gives you a sense of purpose, a chance to learn new skills, and an opportunity to give back to your community in meaningful ways.

If you or someone you know is interested in volunteering, we have a range of opportunities here at Shine, contact us at [info@shinelincolnshire.com](mailto:info@shinelincolnshire.com) for more information.

To access support or join a local activity to improve your wellbeing, head to How Are You Lincolnshire for more information. You will also find more information on The Bread and Butter Thing.

Let’s continue to connect, support each other, and build stronger, healthier communities— together.



# In the summertime

## No matter the season, we still need connection

Olivia Weaver,  
Support & Engagement  
Coordinator

Summer often brings longer days, warmer weather, and opportunities to get outside—all of which can help boost our mood and wellbeing. For many, it's a chance to reconnect with others, travel, or try new things that nurture both body and mind.

But summer isn't joyful for everyone. The pressure to feel happy, changes in routine, and body image concerns can sometimes increase stress, anxiety, or low mood. If you're struggling, you're not alone—and support is always available.

Reaching out is a powerful act of self-care. Whether it's talking to a friend, joining a group, or accessing local mental health services, connection can make a big difference.

Recently, I visited some local projects offering safe and welcoming spaces:

CPSL Mind's Good Mood Café (Pinchbeck Hub & Library, Mondays 1:30-3pm) is free and open to all. It's a great way to meet others, share wellbeing tips, and feel part of your community.

Renew SSJ at Sutton St James Baptist Church (Weekdays, 10am-12pm) offers a calm space to relax, chat, play games, or reflect quietly.

Don't Lose Hope (Bourne) a charity that offers a professional counselling service for all members of the community from age 4 upwards.

This summer, prioritise your wellbeing—you don't have to do it alone.

SUTTON ST JAMES  
BAPTIST CHURCH

*Renew  
Space*


Monday	Chair exercise with JG fitness - contact Jake for info
Tuesday	French
Wednesday	Crafting
Thursday	Coffee morning
Friday	Knitting and Crochet

Open from  
10am - noon

Come along and enjoy a freshly ground coffee, tea or hot chocolate  
No set charge for refreshments however donations are greatly appreciated



**Drop in to our weekly Good Mood Café!**



A safe space to share your interests and your fears

Feel part of your community


Meet new people and make friends

Learn wellbeing tips


A weekly activity just for you

Help others by listening

Give yourself time to heal



**Mondays excluding bank holidays  
1.30pm - 3.00pm  
Pinchbeck Community Hub & Library  
48 Knight Street, Pinchbeck. PE11 3RU**

 CPSL



# Summer skills for 16-25 year olds

## Education and training to equip you on your next steps.

### Training stats:

**Courses:** 18 deliveries

**Learners:** 190

**Learners since training delivery began:** 1724

The summer break is almost upon us for students following the stressful exam period across schools, colleges and universities. What next besides some well deserved rest and relaxation?

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Physical first aid skills means you're prepared for your travels and can add it to your CV so employers know you're ready to go. Perhaps you'd like to learn more about your own mental health or how to help others through

“ This is an opportunity to enrich your lifeskills and upgrade your 'life toolbox'. ”

a mental health awareness or a mental health first aid course. These courses cover support for adults or youth mental health, so very useful if you're going into healthcare or childcare.

Not only do these help for the future they enable you to be there for those around you. These all give a broader foundation to volunteering or working with adults and young people.

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# Working out the world of work

Lincoln Saints Federation  
'Give it a go Day'  
by Adam Hooker

Working out how to exist in the world of work is a complicated process for young people. Once we have been doing it for 20 years, we forget the stepping stones we had to take when we first entered the workforce. The mistakes we made, the traditions we misunderstood - why should I bring cake in on MY birthday? For young people with special needs, this learning process can be even more difficult. Where social conventions do not come naturally, the weird world of work can seem even more alien - no, really, it is MY birthday, you should be giving ME cake.

At the Lincoln Saints Federation - incorporating St Francis and St Christopher's schools - our curriculum incorporates steps to understand "working". We are aware that our young people will need time to understand the process of employment, so we incorporate this extensively for our learners.

This process can take on a range of different formats, depending on the learner and their needs. For our learners that could, and should, be entering the work force, this will mean an extensive work experience offer. Working somewhere for a week in July in their last year in school will not work if you need time to understand and accept processes. So, for these learners, work experience takes place weekly, up to three days. This gives them time to come to terms with



# Young People



what is being asked of them and internalise that. We have a group of very hard-working young people across our schools. They may take a little time to take on board a role, a bit of support to help them get there. But once they have that confidence, they will work hard at a job and strive to do their absolute best at it.

Not all our learners will be able to enter the workforce. But we still believe that these young people deserve the opportunity to experience the different sensations that come with different work settings. One way of meeting this aim is our annual Have a Go Day. This is a truly wonderful day that is an absolute highlight of the year. A range of businesses, big and small, come into the school and bring activities related to their sector. This year's event was the biggest yet. We had 35 businesses across the two schools. Local companies like Stokes Café, local institutions like Bishop Grossteste University and huge global names like Siemens attended.

On the day, young people enjoyed a coffee-tasting experience, produced Quavers, created delightful works of art with a local finger

painter, put their financial skills to use and steered diggers through sand pits. But there was also a sensory delight. Noises, smells, tastes and visionary delights. The face of a young person sniffing a very strong coffee is quite something to behold. As is the enjoyment that is garnered when lights and sound are making them giggle.

Already, our young people, not to mention our staff, are excited for the 2026 Have a Go Day next June, just over 300 days to go. It is just a shame we can't bring in a business that can explain why you must provide cake on your birthday.

For more information or to get involved contact Adam Hooker  
[Adam.Hooker@lincolnsaints.com](mailto:Adam.Hooker@lincolnsaints.com)  
and a Save the Date for Thursday June 25th 2026!

# Preparing for Their Next Steps

## The Power of Work Experience at Eresby Special School by Katy Dennis

At Eresby Special School, education goes far beyond the classroom. Through carefully planned work experience placements and enterprise projects, students are gaining invaluable skills that prepare them for life beyond school.

Students have the opportunity to participate in real workplace environments thanks to strong partnerships with organisations such as Tong Engineering, Sainsbury's, Countryside Arts, the National Trust, Micronclean, and SafeLincs. Whether it's helping customers in a retail setting, supporting conservation efforts, or learning about production processes, each placement offers hands-on learning that supports the development of transferrable skills.

These experiences are not just about learning how to do a job—they are about discovering personal strengths and developing key life skills. Teamwork, communication, listening, and problem-solving are embedded in every activity, helping students grow into independent, resilient adults.

In addition to external placements, students also take part in exciting enterprise projects. By designing, making, and selling products at the local Spilsby Market, they experience the full journey of a small business. These projects teach practical skills like budgeting, marketing, and customer service, while also boosting self-esteem and encouraging creativity.

Eresby School



roots to grow, wings to fly

Eresby  
School

As students continue to thrive in these environments, they show just how capable and prepared they are for their future.



# Young People

“It is great for our staff and customers to see the abilities the students have and what they are capable of. The students on work experience were great, and I have received very positive feedback about them.”

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