



Lots of inspiration to help your wellbeing during the colder months!

Shine Connect

Autumn/ Winter 2025



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Wellbeing Activity Session

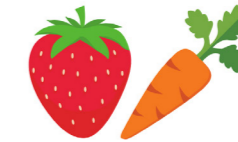


A safe, welcoming space to share, relax, and support your wellbeing through mindful and creative activities.

NO NEED TO BOOK - JUST DROP IN AND ENJOY!

JOIN US EVERY
TUESDAY
13:00-16:00

BERT HOUSE
7 BULLRING
HORNCastle



Learn to make tasty, healthy meals while building confidence in the kitchen. Whether you want to try new ingredients, add variety to your diet, or share recipes with others, our fun and practical sessions will inspire healthier living.

JOIN US EVERY
WEDNESDAY
13:00-15:00



BERT HOUSE
7 BULLRING
HORNCastle

LIMITED PLACES, CONTACT:
BERTHOUSE@SHINELINCOLNSHIRE.COM



Digital Workshop



A group offering friendly support with all things digital. From getting started with smartphones, tablets, and computers, to learning how to stay safe online, connect with loved ones, or make the most of everyday apps and services

JOIN US EVERY
TUESDAY
13:00-15:00

NO NEED TO BOOK - JUST DROP IN AND ENJOY!

BERT HOUSE
7 BULLRING
HORNCastle



SHINE'S ADVICE SESSIONS

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

1-2-1 Drop in support
Signposting to local services
Budgeting support

To book an appointment, drop into Bert House or contact BertHouse@shinelincolnshire.com OR 07564 044112 to book

Sessions available by booking only



Bert House
7 Bull Ring,
Horncastle
LN9 5HX




Connect with us...

 Shine Lincolnshire Charity

 Shine Lincolnshire

Info@shinelincolnshire.com
01507 304 548

 ShineLincs

 Shine Bert House

www.shinelincolnshire.com
Bert House, 7 Bull Ring, Horncastle.
LN9 5HX

 Shine_Lincoln

 Shine Training & Education

 ShineLincolnshire



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

Time to Cook....

Yes cook. It is autumn. It is time to come back indoors. It is time to get into the kitchen and worship the harvest. It is time to make a great stew or a scrumptious soup.

This autumn I will continue all my outdoor pursuits. This is summed up in one word. Walk. I do a lot of walking. I love to walk. About seven thousand steps at a time. I love it. Now that it is autumn I've got my parka out and there is nothing stopping me. But then I must come back indoors. And this is when I have resolved to cook more. From scratch. I'm getting quite good at it. Practice helps and confidence. Yes confidence. Good cooking requires bravery. I have to believe in myself and that I have the ability to create a good dish. Food is so important to measure our mental illness. Too many of us are living off of Ultra Processed Food. This includes microwave meals, and instant instant anything. If it is instant then somebody has done something to it to clear out any nutrients and good things for your gut. I learned - the hard way - just how much my mood is affected by what I eat. My body tells me what it needs. But I have had to learn to listen. I used to eat a lot of ping meals. Ping goes the microwave. And soon I'd be eating chemicals that caused my mood to be low, even sparked my psychosis. Over time I was able to get off of the instant stuff and I learned to cook. I'm still only a rookie, but I always make my meals from scratch. Whether it's a spag bol or a Greek salad - I make it from fresh.

Now back to the autumn. I find that the season around the harvest gives us the best opportunity to cook. The vegetables that come ripe at this time are the most plentiful to make stews and soups. Yum, yum. So kick off your sandals, pull on your slippers and get in front of that stove. And oven. It's a great season for Sunday roast and Yorkshire pudding and gravy and mashed potato and all sorts of heavy foods. After the summer, I love heavy foods.

Back to listening to your body... Your body sends many signals regarding which foods that it wants. Beware of sugar addiction, your body may call for the sweet stuff but this is a call you must ignore and over time the need for sugar will fall away. This is great when it happens. Once you clear away that noise listen to the body's signals of hunger and satiation. Listen to the desire for greens. I reckon if it is green food it is good for you. But how about potatoes, sweet potatoes, swede, squash, peppers, carrots, onions, broccoli, sprouts, cauliflower, aubergine... to name but a few.

If you like to cook from a recipe there are a million on line. If you like a book then the library has a health row of recipe books. And if you are clever enough to be able to cook from scratch - well what is stopping you. Personally I like a book. The pages that contain my favourite recipes are stuck together. Yes, if you find a favourite dish, cook it again and again. So that it gets easier. Autumn is the time to cook. That's all I reckon. OOOh I can smell it from here! I can hardly wait to taste it.

Lot's happening at Bert House!!



Celebrating a summer of support & success

This summer has been a season of growth, connection, and empowerment at Bert House. Our Shine On sessions have continued to thrive, offering a welcoming space for participants to engage, learn, and build confidence in their recovery journeys.

We were especially proud to welcome Lincolnshire Recovery Partnership and Pay Plan into our sessions. Their involvement brought fresh energy and invaluable resources to our community. Lincolnshire Recovery Partnership shared their expertise in addiction recovery, offering guidance and support that resonated deeply with our participants. Meanwhile, Pay Plan provided practical advice on financial wellbeing, helping individuals take positive steps toward managing debt and improving their financial health.

The impact of these visits has been clear: participants left feeling more informed, supported, and hopeful. These collaborations reflect the heart of what Bert House is all about—bringing people together, sharing knowledge, and creating pathways to brighter futures.



Exciting Changes at Bert House

Thanks to the continued support of our wonderful community, Bert House is thriving more than ever! Your involvement has helped us grow into a vibrant, welcoming space where everyone can feel supported and connected.

As we look to the future, we're excited to announce that a new timetable is on the way as a result of being successful for East Lindsey District Council household support fund, designed to offer even more opportunities for engagement, support, and wellbeing.

- Extra Drop-in Sessions - Flexible, informal spaces to connect, chat, and get involved.
- Support Signposting - Helping you access local organisations and services tailored to your needs.
- Budgeting & Financial Support - Practical advice and tools to help manage your money with confidence.
- Wellness & Healthy Living - Sessions focused on eating well, staying active, and boosting overall wellbeing.

These changes are all about offering more choice, more support, and more ways to get involved. We can't wait to share the new timetable with you soon!

Stay tuned—and thank you for being part of the Bert House community!



Autumn

We opened the hub for an extra day to celebrate World Mental Health Day on Friday 10th of October. This year's theme was Catastrophes and Emergencies, so we invited service providers into Bert House to help signpost and showcase where to turn in an emergency.

It was a wonderful opportunity to come together, explore the services available in our community, and take positive steps toward looking after our own mental health. Whether people came seeking information, a friendly chat, or simply some time to connect, everyone was welcome.

We are pleased to announce that, following the success of the East Lindsey District Council Household Support Fund bid, Bert House is now in a position to significantly enhance the services and opportunities it provides for the local community. This funding enables us to introduce a wider programme of sessions designed to promote

wellbeing, financial resilience, and digital inclusion. The new provision includes:

- Air Fryer Cooking Classes - supporting healthy and affordable meal preparation.
- Budgeting Advice Sessions - offering guidance on managing household finances effectively.
- Support and Signposting - providing access to appropriate local services and resources.
- Digital Workshops - helping individuals develop essential skills for everyday technology use.
- Open Access Wellbeing Activity Sessions - creating opportunities to improve health and wellbeing.

Bert House is committed to ensuring that these services are accessible to all and to strengthening its role as a hub of support within the community. We look forward to welcoming residents to take part in these sessions and to benefit from the opportunities now available.

BERT HOUSE WEEKLY TIMETABLE

Example Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Open access: 10am-3pm	Open access: 1pm-4pm	Open access: 9am-1pm	Open access: 10am-2pm	Closed
Trinity Centre Louth @ Bert House 10am-3pm	Neurodiverse Group 10:30-12	Pre booked advice sessions 9am-11am	Shine On 10:00-12:00	
Shine Pre booked advice sessions: Budgeting Supporting and Signposting 1pm-3pm	Open Access Wellbeing Activity Sessions 1pm-4pm	Knit and Natter Craft Group 10am-12pm	Wellness Advice Sessions 12:30-13:30	
	Digital work shops/Bring your own device or use our public computers support 1pm-3pm	Ro's Poetry Group 1pm-3pm	Bert-t-t's Peer Support Group 2pm-3pm	
	Eatwell Air fryer cooking sessions 1pm-3pm (Eat well Shine bright)		Closed 3pm-4pm	
	BroProUK/Eve 18:00-20:00			



CHANGE THE NARRATIVE



World Suicide Prevention Day took place on the 10th September 2025 and the theme was 'Changing the Narrative'.

Changing the narrative to me means that we can change the way we view suicide and therefore change the way we talk about suicide. Encouraging people to talk. One way to help is to share life experience/expertise. This can empower others to do more. Help encourage reflection on perspective/views.

Looking back. As a 14 year old, I had heard of suicide and I had no consideration or thought it would happen to me. It happened to other people. Then, it happened. My dad died by suicide. Shock was the main thing I remember. The sense of 'is this really happening?' My dad had showed no signs I noticed through my '14 year old eyes.' Could I have possibly seen anything? No. I didn't know enough.

There were other feelings overriding me. Why? Why didn't he say anything? We could have helped. Guilt. Frustration and anger. Empty and lost even though I had my family around me.

What I remember is that soon my dad wasn't part of the conversation. We didn't talk about it. Talking about it will upset people. So no one did. The family felt shamed/embarrassed. The stigma was strong. Society had a negative view.

How different it could have been.

Now I know how important it is to talk when

we find ourselves 'navigating' challenges of life. Learning to live on the positive side of 'hindsight.' There is a positive/'good' from a significant event in my life. The experience has influenced my life. It is my motivation. I am now a suicide first aid instructor and mental health first aid instructor and have the privilege to help other people feel empowered to talk and have the confidence to talk. I have a role where I am influencing others to change their narrative on suicide. Address the stigma.

We can all make that change. We are all humans and life challenges us. Talking is the key. We are all able to be there and provide a space for others to talk when things are difficult. Taking some time to learn about mental health and how it affects us is a small investment with an impactful outcome.

Taking the time to check in on someone can be so valuable to them.

A conversation can save a life.

If you are interested in learning more about mental health, suicide first aid. Have a look at our courses on our website.



A Call to Action

Unpaid Carers and Suicide Prevention.

By Dan Fleshborne



On 10 September, the world marks World Suicide Prevention Day (WSPD), a global initiative to raise awareness, reduce stigma, and encourage open conversations about suicide. This year's theme, "Changing the Narrative on Suicide," urges us to start life-saving conversations and challenge harmful myths. In the UK, suicide remains the leading cause of death among people under 35, making prevention efforts more critical than ever.

One group often overlooked in this conversation is unpaid carers—the five million people in the UK who provide essential care for loved ones with disabilities, chronic illnesses, or mental health conditions without financial compensation. Their contribution is immense, valued at £162 billion annually, yet it comes at a significant personal cost.

The Hidden Mental Health Toll

Caring can be rewarding, but it often leads to social isolation, financial strain, and deteriorating health. According to Carers UK, 63% of unpaid carers report a negative impact on their mental health, with nearly a quarter describing it as "very negative". Research shows that up to 40% of carers experience suicidal thoughts, while 1 in 6 have contemplated suicide and 1 in 10 have attempted it. These figures highlight a silent crisis that has received little

attention in policy and practice. The risks are compounded by factors such as lack of respite, feelings of entrapment, and limited access to mental health support. Women, who make up the majority of unpaid carers, are disproportionately affected, and younger carers face additional challenges balancing education or employment with caring responsibilities.

Breaking the Silence

Health and social care professionals often encounter carers at risk but lack the training to identify warning signs. Initiatives like Grassroots Suicide Prevention's carer-focused training aim to equip professionals with the skills to respond effectively. Practical steps include creating safe spaces for carers to share their struggles, developing safety plans, and connecting them with local support networks and resources such as the Stay Alive app

Why It Matters

Supporting unpaid carers is not just an act of compassion—it's a public health priority. On this World Suicide Prevention Day, let's ensure carers are part of the conversation. By recognising their challenges, providing targeted support, and fostering open dialogue, we can save lives and build a society where no one feels they have to struggle alone.



Shining a light with our Community Engagement Manager

As summer draws to a close and the seasons begin to shift, it's the perfect moment to pause, reflect, and look ahead. This past year has brought its fair share of challenges, both personally and professionally for me but it has also been a time of growth, change, and new opportunities. Just as the fields are being prepared for next year's crops, I too feel that autumn and winter provide space to recharge and ready ourselves for what comes next as we plan for the next year ahead.

In this edition, I'd like to **SHINE A LIGHT ON** the projects currently funded under the Suicide Prevention Strategy Grant. Suicide is never an easy topic to discuss, yet it's one we must face with courage. When someone dies by suicide, the impact extends far beyond immediate family, research shows that as many as 135 people can be affected by the loss, with each of those individuals also facing a higher risk themselves.

This is why it is so important, both individually and as communities, to talk openly about suicide, reduce stigma, and remind people that support is available and that someone is always ready to listen.

1 in 5 people in England will think about suicide in their lifetime. In Lincolnshire, between 80 and 90 people die by suicide every year. (HAY Lincolnshire).

We are proud to be supporting three incredible projects, each making a meaningful difference in its own way:

Green Synergy- Planting Hope

Planting Hope is a county-wide project that gives men safe and welcoming green spaces to connect with nature, build confidence, and reduce isolation. Through gardening and therapeutic activities, the project creates opportunities for open conversation, mindfulness, and peer support. These sessions help improve wellbeing, reduce stress, and boost self-esteem, especially for those experiencing anxiety or depression. Planting Hope also works to break down stigma and encourage men to seek help during difficult times.

Victoria provided an update on the project:

"Our Planting Hope Project continues to grow, supporting men's mental health and wellbeing through gardening and nature-connection activities.

This Autumn we're excited to launch three new groups in Louth, Gainsborough, and HMP Morton Hall, offering safe, supportive spaces for men to connect, build resilience, and discover positive coping strategies.

We're especially excited to be working with the men at HMP Morton Hall to help create a new home for the Tree of Hope, one of the 49 Sycamore Gap saplings, as part of their journey of growth and renewal.

Funded by the Shine managed Suicide Prevention Strategy Grant, Planting Hope is reaching more communities across Lincolnshire where it's needed most."

Tonic Health - Talk Stick Project

The Talk Stick programme is run by male members of eight hockey clubs across Lincolnshire and encourages open conversations about suicide through awareness sessions and club-led activities. Led by Tonic Health and Bro Pro UK, the sessions aim to reduce risk, raise awareness, and connect people with local support services, while also giving participants a safe space to share their feelings. The project reaches beyond club members to include families, sponsors, supporters, and the wider community, helping to break down stigma, increase visibility, and strengthen prevention efforts.

Micheal provided an update on the project:

"The Talk Stick project gets back underway following the summer break with two more information sessions planned at Lindum and Spalding Hockey Clubs this September. We are looking forward to running these two sessions at the two largest hockey clubs in Lincolnshire, to further spread the word about suicide awareness and prevention, especially within the Lincolnshire hockey community."

SoundLINCS - Music For Recovery

Music for Recovery helps people move from hospital care back into their communities, which can be a very vulnerable time. The project focuses on those most at risk, such as people living with mental illness, trauma, or substance use, and uses music activities

to support their recovery. Through these sessions, participants can build resilience, express emotions in a healthy way, connect with others in supportive groups, and create lasting networks that continue beyond the program.

Ewan sent us this quote about the impact the Connect Project at Mental Health Wards in Boston had on one beneficiary:

"He had written words/a poem that he wanted to turn into a song and Ellie was brilliant at supporting the patient to do this, to feel able to express himself and the pain he had gone through and turn it into music and something he was proud of. The patient said that was the first time he had shown anyone what he had written and initially felt anxious sharing it but was pleased he did."

Together, these projects remind us that while the subject of suicide is deeply difficult and sensitive there is strength in connection, hope in openness and healing in community.

If you need support with your mental health, please reach out today.

- Mental Health Crisis Support: Call NHS 111 Option 2
- Samaritans Helpline (24/7): 116 123
- CALM: (5pm - midnight): 0800 58 58 58
- Shout (24/7): text SHOUT to 85258
- If you or someone is in immediate danger, please dial 999.

For more information and resources about Suicide please visit H.A.Y Lincolnshire

If you'd like more information about training to help you, your family, or your employees build the skills to support people experiencing suicidal thoughts or feelings, please visit our website Suicide First Aid - Shine or contact us at education@shinelincolnshire.com to discuss your training needs.



Shine Together Community Support



Shine Lincolnshire is proud to be working in partnership with Boston Borough Council, East Lindsey District Council, and South Holland District Council (as part of the South & East Lincolnshire Councils Partnership) to deliver Shine Together; a brand-new programme designed to strengthen local voluntary and community groups, while opening up more opportunities for residents to get involved in volunteering, training, and community activities.

At its heart, Shine Together is about helping communities grow, succeed, and create real impact. The programme offers tailored support to organisations of all shapes and sizes to unlock potential, remove barriers, and give groups the tools they need to thrive.

Volunteers are at the heart of every strong community, and Shine Together is committed to making sure they feel valued, supported, and inspired. This programme isn't just about helping organisations get ready for volunteers but about celebrating the people who give their time and making sure they have the best possible experience.

Whether you are an organisation is looking to grow your capacity, welcome new people, or strengthen the way you support your community; or if you are individual looking to build confidence, gain new skills, connect with others, or simply give something back; Shine Together is here to help open the door to opportunities that feel right for you.

Behind Shine Together are two passionate

Project Officer who bring a wealth of experience, energy, and dedication to the programme. Olivia and Amber are the friendly faces leading the way, working side by side with local groups and volunteers to help ideas grow, connections flourish, and communities shine brighter.

Kerry Stocks, Operations Director at Shine Lincolnshire, said:

"We are absolutely thrilled to be launching Shine Together. This project is all about celebrating the incredible strengths within our communities; the groups, organisations, and especially the volunteers who give so much of their time and energy. By working alongside local councils and community partners, we aim to help organisations grow but also open up opportunities for people to get involved, learn new skills, and make a real difference. I am so excited to see the positive impact Shine Together will have across East Lindsey, Boston, and South Holland, and to watch communities flourish as a result."

With Olivia and Amber leading the way through Shine Together, we are excited to see volunteers and local communities flourish like never before, truly supporting the people who support our communities. If you would like to find out more or connect with the team, we would love to hear from you; just drop us an email at shinetogether@shinelincolnshire.com and we will be happy to arrange a meeting.

Meet Olivia and Amber. The Project officers behind Shine Together

Hi, I'm Olivia.



My journey with Shine began as a Peer Support Worker, walking alongside people on their mental health recovery journeys. That role showed me how powerful empathy, listening, and shared experience can be in helping someone feel hopeful again. Later, I became a Community Support and Engagement Coordinator, working within the Grant Administration Team here I supported funded projects to grow, stay on track, and achieve real impact for their communities. This role gave me a strong understanding of how to balance compassion with practical support, from guiding organisations through reporting and compliance, to celebrating their successes and helping them plan for sustainability. I'm now so excited to bring all that experience into Shine Together, continuing to strengthen communities, nurture partnerships, and support lasting change.

Hi, I'm Amber

Before joining Shine Together, I worked at Bert House Community Hub, a vibrant space at the heart of the community. There, I supported people with everything from benefit advice and mental health support to simply sharing a cuppa and a chat. I also had the privilege of working alongside a fantastic team of volunteers, delivering activities and creating a welcoming environment where everyone felt they belonged. That experience showed me just how vital volunteers are in keeping community spaces alive; their time, energy, and kindness make all the difference. I have also worked as a Community Support and Engagement Coordinator, helping groups with funding, reporting, and showcasing the brilliant work they do. I've seen firsthand how much passion and dedication exists in our local communities, and I can't wait to help more projects grow, thrive, and open up new opportunities across East Lindsey, Boston, and South Holland.



The Lincolnshire Military Veterans and Families Wellbeing Network

Every-One is proud to be a signatory of the Armed Forces Covenant and firmly believes that veterans and their families should be recognised, represented, and supported (without disadvantage) for the sacrifices they have made and the service they have given to the country.

The Lincolnshire Military Veterans and Families Wellbeing Network (LMVFWN) has been facilitated by Every-One since 2017. The Network brings together more than 100 organisations at national, regional, county, and local levels, all united in their dedication to the wellbeing of Lincolnshire's armed forces community. Its activities include:

- Producing a bi-weekly update to share news and opportunities.
- Hosting bi-monthly virtual meetings to connect members and share best practice.
- Acting as a critical friend to influence support within the Lincolnshire Integrated Care System.
- Playing an active role on the Lincolnshire Armed Forces Covenant Partnership Board.
- Building partnerships with organisations that bring forward new initiatives to benefit the armed forces community.

- Looking ahead, the LMVFWN is eager to welcome new member organisations and develop initiatives that respond to the unique challenges faced by veterans and their families. Planned activities include:
- Ensuring the Armed Forces Covenant is upheld across education, healthcare, and housing services.
- Working with the Lincolnshire Armed Forces Covenant Officer to increase awareness of recent Government changes designed to place the armed forces community at the heart of decision-making.
- Promoting the adoption of trauma-informed care across the Lincolnshire Integrated Care System.
- Developing a series of short podcasts exploring different aspects of armed forces life and wellbeing.
- Support for the delivery of an Armed Forces Mobile Hub to increase outreach across the county.
- Strengthening relationships between organisations supporting recovery from substance addiction.

If you are interested in joining the LMVFWN, please contact us as below:

armedforces@every-one.org.uk *Scan me to find out more*

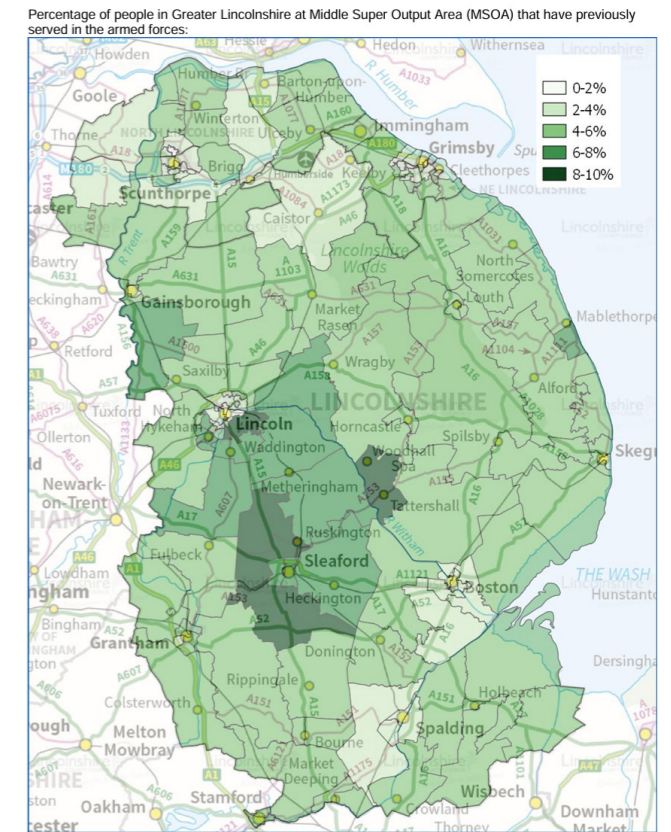
01522 811582



www.every-one.org.uk/what-we-do/military-veteran-families-wellbeing-network/



For much of this time, the Network has been self-funded, reflecting the commitment of Every-One's Board of Trustees to supporting the armed forces community in Lincolnshire. To secure the future of the Network, Every-One is delighted to announce funding from the Veterans' Foundation for the next 12 months. This support will enable the LMVFWN to grow in both visibility and activity across Lincolnshire. The Veterans' Foundation is one of the country's leading military charities. It was set up in 2016 to raise funds to help charities provide vital support to our armed forces' community. These include those serving, veterans and their families with a range of needs, including mental health, physical therapy and rehabilitation, homelessness and education, and training. Since 2016, the Foundation has awarded more than £28 million and awarded over 1,200 grants to more than 500 charities and charitable organisations that deliver life-changing projects across England, Scotland, Wales, and Northern Ireland.



Step together volunteering

Female Armed Forces Project

Step Together Volunteering launched a pilot project in 2024 to support women experiencing medical discharge across the Armed Forces community. It is now successfully providing lived experience and peer support sessions regularly to females across the UK.

Funded by the Armed Forces Covenant Fund Trust, "Step ToGetHer" is supporting female veterans and serving women who are on recovery duty, to improve their confidence and wellbeing through one-to-one coaching and peer support.

The project is being delivered by the charity, Step Together Volunteering. Their female Armed Forces Community staff team, who all have lived experience aim to help women improve their confidence, connections, support networks and skills, to help their transition into civilian employment or training, following service in the Armed Forces.

Women account for only 11% of the Armed Forces workforce, and female veterans and personnel on recovery duty (PRD) can find themselves feeling lonely and isolated.

Women are less likely to engage with veteran-specific services. Step Together Volunteering consulted with female veterans and PRD, who overwhelmingly felt that connecting with other women in similar circumstances to share experiences and advice would be helpful.

The Step ToGetHer project was created in response to the unique challenges faced by women within

the Armed Forces Community, especially those who have been or will be medically discharged, to address the gender-specific needs they experience.

"The support I have received from this project

“I didn't feel alone anymore, and I was able to receive support from someone who had a similar experience to myself”

has been a big boost to me during my recovery. I didn't feel alone anymore, and I was able to receive support from someone who had a similar experience to myself - this was priceless. I have now gone on to secure full-time employment and feel much more positive about my future now that I have transitioned into civilian life.”

Established in 1994, Step Together Volunteering has been supporting members of the Armed Forces Community for over 15 years, through bespoke one-to-one coaching and supported community volunteering placements.

If you are interested in finding out more you can

contact your local contact Dana or Laura, here:

Dana.meakin-bainbridge@step-together.org.uk

Or

Laura.dobson@step-together.org.uk

Step Together Volunteering supports Veterans and Personnel on Recovery Duty. Whilst this project is aimed at women, Step Together Volunteering welcomes and provides support for all genders within the Armed Forces Community. Please visit our website, social media or calling 0117 955 9042.



At Step ToGetHer, our mission is to empower women.

Talk to women with similar experiences and realise that you are not alone.



Contact Laura to find out more:



laura.dobson@step-together.org.uk



WhatsApp: 07921871058

THE ARMED FORCES COVENANT FUND TRUST
Funded by HM Government

STEP TOGETHER
CONNECT - ENGAGE - EMPOWER

Grantham Family Fun Day

On Wednesday 13 August, Wyndham Park in Grantham became a hive of activity. Following the success of last years Shine Family Fun Day, I decided to run another but this year bigger and (hopefully) better.

The aim of the day was again to provide a day full of activities for people of all ages that were completely free. The summer holidays can be a very difficult time for families trying to juggle work, childcare and the increase in costs and can have a huge negative impact on their mental wellbeing.

I wanted the day to be an opportunity for people to not only enjoy a family day out but also to find out more about the amazing groups and activities available to support their mental health and

wellbeing and help to reduce isolation and loneliness. I know that when someone wants to attend a local group or activity, it can be incredibly daunting to walk through the door for the first time. I hoped that by bringing local groups to the event, people would get to know them and make it easier accessing their support.

Last years event saw so many people attending, I decided that this year as well as the events and activities, we would also have information stands. This included the Lincolnshire Emergency Blood Bikes, Lincolnshire Breast Care, Recovery College, Green Doctors, Vaccinations and Immunisations, K2 Healthcare, Family Hubs, One You Lincolnshire, Lincolnshire Police and Returnal.

Grantham Family Fun Day

During the day people had to opportunity to have a go at Football coaching provided by Wright Way Sports and Education, Tennis coaching by Grantham Tennis Club, Yoga by Right at Home Care, Mindfulness and Meditation from Stuart Couling, Glitter Tattoos by Victim Support, a chance to have a go at Outdoor Bowls or the human fruit machine by Grantham Outdoor Bowls, a Youth Hangout and Scavenger Hunt by St. Anne's Church, Percussion and Music Technology by SoundLincs, Lego by Sleaford Lego Club, guided bike rides by British Cycling, a tombola by National Grief Advice Service, creating and enjoying cupcakes whilst using maths skills by 3Cats Accountancy Training, Garden Games made by Outwood CIC, craft activities by Grantham Arts and a Teddy Bears Picnic provided by Lincolnshire Coop and Shine.

Walking around the event, the day was full of lots of smiles and laughter, I can't thank everyone involved enough for making it such a great day.

If you would like more information on what activities or support is available in or around Grantham, visit www.haylincolnshire.co.uk or contact me on ccgrantham@shinelincolnshire.com



Shine Cup 2025: £3297.83 Raised Despite The Rain!

The rain might have been relentless, but nothing could stop the community spirit at the third annual Shine Cup on Saturday 19th July. Together, players, performers, businesses, volunteers, and families helped us raise an incredible £3297.83 to support Shine's work across Lincolnshire.

We want to say a huge thank you to everyone who made the day possible: to both teams who gave their all on the pitch, to Wright Way Sports for their brilliant organisation of the event and their flawless execution of the event on the day, to the performers who kept the crowds entertained, to the local businesses who donated raffle prizes, and to every volunteer who gave up their time. Most importantly, thank you to everyone who came along, bought raffle tickets, and braved the downpour to show your support, you all made the Shine Cup 2025 an unforgettable event.

The day was packed with energy from start to finish. Indoors, nearly 30 children from Wright Way Sports & Education wowed with a Danceathon, while local acts Beth & Hannah and Kaius & Devon lifted the crowd with music and dance. Young footballers got stuck into a

free taster session, showing off their budding talent despite the soggy conditions outside.

On the pitches, the Mini Shine Cup started the day and saw Wright Way Sports, Barton United, Hykeham Tigers, and Scotter Juniors battle it out. The rain didn't hold them back, and Scotter Juniors finished unbeaten to take home the trophy.

Later, all eyes turned to the main event: reigning champions Wright Way versus British Heart Foundation Football Club.

In a dramatic final, Wright Way struck first before captain Brad Wright doubled the lead from the penalty spot. BHF, however, refused to give in, pulling one back before dramatically equalising in the dying moments. Penalties followed, and after a tense shootout, BHF clinched the Shine Cup 2025 with a 5-4 victory.

The weather may not have been kind, but the Shine Cup once again proved itself to be more than just a football match. It was a celebration of resilience, talent, and togetherness. Thank you to everyone who made it such a success — we



Brave Jumps and Big Hearts: Shine Fundraising in Action

Fundraising is at the heart of what keeps Shine going, and we want to celebrate some truly incredible efforts.

On 20 September, thirteen fantastic skydivers planned to take to the skies to raise money for Shine, but unfortunately, the weather didn't get the message! While the jump had to be postponed, their courage and commitment already mean so much. We are so proud of each of them and can't wait to see them all make their jumps soon. Every penny they raise will go directly into supporting people in Lincolnshire with their mental health — what a way to make a difference!

If you missed out this time, don't worry, keep an eye out for our 2026 skydive. Who knows, maybe next year it could be you soaring through the clouds for Shine. And if skydiving isn't your thing, there are so many other ways to get involved.

Perhaps you'd like to take on something physical, like a run, a walk, or a swim. Not

only is it a great way to boost your own wellbeing, but it can also raise vital funds to support others. Or why not organise a coffee morning? Our "Bake for Bert" events are a brilliant excuse to get together, share cake, and raise money all at once. You might be surprised at how even the smallest actions can make a big impact! Did you know that just £5 is enough to fund 100 hot drinks in our hub? That's 100 moments of comfort and connection, thanks to a simple donation.

With Christmas around the corner, there are plenty of seasonal ways to get involved too. Hosting a Christmas jumper day at school, work, or in your community is a fun and festive way to spread cheer while raising money for Shine. Big or small, every fundraiser adds up to more support, more conversations, and more people knowing they are not alone.

If you'd like to take part in fundraising for Shine visit www.shinelincolnshire.com/fundraise. Every effort makes a difference, and together we can keep Shine shining.



At Shine, we believe everyone deserves a life of value, enabling them to Shine and we are committed to helping to achieve this!

Everything we do is only possible thanks to grants and the generosity of local donations.

Donate today to help us keep the kettle on and conversations flowing!

£5 BUYS 100 HOT DRINKS



Jolly Christmas Jumper day!

Grab your ugliest, glittery, most festive sweater and join us in raising money for Shine Lincolnshire, to support them to provide Soup and Shelter sessions over the winter period!

Date: _____

Suggested Donation of £1



Boston

Christine Bossley Peer support Worker

I have worked as a PSW for Shine for one year and four months now and it has gone by very quickly, my case-load has kept me very busy, and my appointment calendar is always full, my time at work always goes quickly, although I have attended a few training courses too, which has broadened my knowledge and helped me in my role. I enjoy helping others in their recovery journey. I have supported various people with their wellbeing and mental health recovery journey, by discussing with them how they are feeling, offering advice and suggesting ways they could improve things, and by supporting them in taking them to community groups to improve their motivation, social interaction, confidence and self-esteem.

I have taken an individual to the Serenity Women's group, which is a women's only group on a Thursday which is run at Boston Wellbeing Hub at the Centenary Church, from 13:00-15:00 and at this group they have lots of guest speakers and different activities to do every week and you can sit and chat with others whilst doing them, they are all a very friendly and welcoming group. The group facilitator is Julie Green.

I have taken another individual to Safe Places (Tonic Health) at Pescod Hall, Pescod Square, Boston, which is on a Thursday from 12:30 to 14:30, they also offer a meet and chat on a Wednesday 12:30 to 14:30. On a Thursday you meet for a catch up, have refreshments, play a quiz and a game with a group of individuals. The group is run mostly by Marion and John.

I am excited for the next few months ahead, and I look forward to telling you about it in the next issue. Have a great Autumn.

Lincoln (APEX)

Jamieleigh Barnes Peer support Worker

It has been a whole year since I started Shine as a peer support worker and what a year it has been! I have met so many lovely people along the way and have done a huge amount of training to advance my learning and enhance my understanding.

I have been busy with my service users trying to get out in the nice weather - one service user took me on a 2.5 hour walk up in the Wolds which was incredible!

I have also been supporting another service user and attending a Thai Chi class in Lincoln which has been incredible to witness. I didn't know what Thai Chi was until my service user explained and so I found a local group and supported them to attend and it was mesmerizing to watch in motion. It was so calm and soothing and I even decided to join in after the first session. It is so important to look after yourself and your mental health and just doing something as little as this can really help your mindset and help you to relax. I have just booked onto a floating sound bath which I am really looking forward to so I will let you all know my thoughts in our next newsletter!

The next few months are my favourite as it is the run up to the Christmas with lots of exciting plans! I hope you all get out and do something you really enjoy!



Four Counties

Lisa Herbert Peer Support Worker

I cannot believe it is nearly 2 years of me being in my role as PSW. As ever my case-load has kept me very busy and is continuing to grow, but I have been able to take some time out to attend PSW celebration days and attend some training courses. Training is a great opportunity for me as it offers me new skills to use in my role and keeps me up to date with everything. I was surprised at our recent PSW celebration day as I won in the raffle and I normally never win anything, this really made me smile, it was a lovely day spent with other PSW'S and a great way to connect and network with others. And a day to celebrate and share the amazing and wonderful work we do.

I have been supporting a service user in attending a Local autism group at the day centre on St Georges Avenue in Stamford, which has been such a joy, seeing how far they've come,

Serenity Women's Group



Women's wellbeing group to promote relaxation and personal growth

Wellbeing Hub,
Centenary Methodist Church,
Boston PE21 6NY

Thursday 1pm - 3pm

A safe space to connect with like-minded women to explore creativity and self-growth

CONTACT: JULIE GREEN, GROUP FACILITATOR
07484 019209



since starting to attend the group with me and my support is just so amazing and makes me so proud.

On a separate occasion I took myself along to a local tea and chat group at Mindspace Garden on Uffington road Stamford the group was really nice and welcoming, and I got to see the wonderful work all the volunteers have done in making the garden so beautiful, it really is such a lovely place to visit so tranquil and peaceful, the group is for all adults of all ages. Recently I have been reflecting on my own mental health, it has made me think about how I look after myself. I have started to check in with myself more often and take some time out of my day for me I have started attending weekly yoga sessions and have started going out for a short walk in the evenings and have also started visiting my Local gym.

Community Updates

East Lindsey & Meridian

Donna Fravigar Peer support Worker

Wow what a summer I have had. Gemma and I were tasked with a mission to provide a day for our Shine colleagues. We decided to do a mindful walk on the beach with ice cream.

We had a lovely walk all the way along Skegness seafront and we stopped for Ice cream. We also did some lovely mindfulness on the beach



Trent

I have been a PSW for 2 and half years now and they say time flies when you are having fun. I have a growing case load which keeps me very busy, and each day is so different. I do manage to find time to fit training in as and when I can, so I can keep my learning and knowledge update to date. I attend our local partnership meeting to keep involved within my community. I make new connections with others and share information between ourselves with new and current groups that are going on within our area.



taking in the sounds and smells of the beach and grounding ourselves this was such a lovely day for us all.

I have been busy supporting the groups at the Shine Hub this month helping with the Bertt group and Neurodiverse group these are such lovely groups and I had such a great time supporting all the service users that attended. We discussed topics such as addiction, sleep and mental and physical pain.

Over the next few weeks I am going to visit some groups in my area and see what is on offer.

I am looking forward to the autumn I love getting wrapped up and pumpkin spice lattes.

I cannot believe in October I will have been doing this job two years, and I am still as passionate if not more than I was when I first started and I have supported some very lovely people.

Kay Marshall Peer support Worker

I have been supporting service users to attend groups such as Butterflies in Gainsborough. This is a popular group to attend as everyone is made to feel welcome and it is a fun, crafty group to attend. The group is for women only and is a safe space to have a cuppa and chat with others. The group takes place on Thursday at 12:30pm-2:30pm at Alive Church in Gainsborough. The group only runs through term time and people so miss it when it isn't on.



Community Updates

Spalding

Karen Stockdale Peer support Worker

Wow, it's been an exciting few weeks working with the Shine Team. Having joined the team in July, I have steadily been working through my mandatory training. It's been quite intensive but very inspiring. I'm really looking forward to getting out into the community and have now met the IPBT in Spalding. Next for me is the chance to shadow other Peer Support Works and meet some service users. I'm looking forward to using my life experiences and training to help others. I'm also keen to be involved as much as I can on Suicide Prevention Day. Who

can ask for a more rewarding job than that!

In my spare time! In taking delivery of a piano, very kindly offered to me by a good friend. Music of all sorts can lift your mood, make you laugh or cry. It's just amazing. I'll be tinkling away on the ivories, somewhat like Les Dawson (if you're old enough to know who he was) but hopefully in time I'll relax, have fun and enjoy a new skill.



Grantham

Dawn Pearson Peer Support Worker

The Shine Summer Family Fun Day, Wyndham Park Grantham was a huge success. In its 2nd Year and the weather shone brightly bringing families and friends together. From the tennis and football sessions, drumming demonstrations which the children absolutely loved. Bert, Shines mascot was out and about meeting and greeting everyone.

I have supported a service user to the Bhive Wellwomens Group Grantham. This is a lovely group of ladies who meet weekly in a cosy lounge space. Bringing conversations together and learning from one another. On the occasion I was attending I was asked to be the bingo caller. There were lots of laughter and prizes to be won. I did think I needed to brush up on my bingo lingo.

Want to know what goes on please do get in touch.

Bhive Community 01476 592775

I have been very lucky to have visited Simon Kieffer at Outwood CIC with a service user. I was in awe of all the work that continues to grow in the community workshop. From the hedgehog houses, to the many ongoing projects. This is a very much relaxing workshop where we can learn a new skill with support around as well as building new relationships. If this is something you would like to try, have a go. Please do get in touch.

Outwood CIC, Triggs Yard, Grantham, NG31 6NT
Email: hellooutwoodcic.org

Email: Susans@blind-society.org.uk



Sleaford

They say that you never stop learning and, since becoming a Peer Support Worker, it's certainly true. I'm very privileged to have met some lovely service users who have broadened my knowledge in so many aspects of life. Added to this, I've attended training courses to support me in my role.

There are many parts of the area in which I live and work, that I didn't realise existed. During a recent walk with a service user, I was introduced to a bench where you can, not only sit and enjoy the view over the fields, but also enjoy a game of chess, snakes and ladders or Tic-Tac-Toe (the game boards are cleverly pyrographed onto the wood). Hidden in a bag on the nearby tree, are the game pieces. As a lovely reminder, the carving on the edge of the bench states "*Nothing is worth more than this day*". In case I spoil a well-kept secret, I won't reveal its location.

The opportunity to accompany service users at the Wellbeing Community Hubs at Meadow in Ruskington and The Door in Sleaford is a way in which I support service users to integrate into the community and help them gain confidence to eventually go alone. These hubs provide the opportunity for anyone to learn new crafting

Wendy Cummings Peer support Worker

skills, sewing skills with Make Do and Mend, play board games or cards, take part in a quiz, paint or sit and chat over tea and biscuits. The Wellbeing Hubs are open to everyone.

Meadow Community Hub in Ruskington NG34 9ES Open on Monday 4.30pm to 8.30pm
Thursday 10am to 2pm

The Door is held at Riverside Church, Sleaford NG34 7RY Open on Monday 11:30am to 3.30pm
Friday 4.30pm to 8.30pm

Details can be found on the HAY website: www.haylincolnshire.co.uk



Imp

As I reflect back over my past year since joining Shine I can categorically say my experience has and continues to be the most extraordinary uplifting rewarding learning sharing experience in becoming a Peer Support Worker for Imp. Landing in my IPBT pathway within the Lincoln North Locality Team at the beginning of the year, organically evolving into the role I was always meant to do. Follow your dreams they say. Yes, I said. I have put in the work, the study, the thought and the care because this is my

Min Murphy Peer Support Worker

why, my purpose. It simply is my authentic self following my heart-mind-connection, walking gently at the side of folks helping to help them reconnect with themselves, find their new selves and support their unique journey to resilient wellbeing. I have worked in the Person-Centred Approach for many years. With Lincolnshire Mental Health and Wellbeing Transformation now working this way I felt it time to be a part of supporting my community. Powerfully pivotal and woven together with lived experience peer

support is the magic key that unlocks trapped/ stuck/fearful/anxious panic and negativity to seeing that there is a way forward with gentle support. I see you under your scars of trauma, yes. We will get through it together, restore a light within, your strength will come.

In tune with this way of working comes the rhythmical mirroring of one's own heart-mind-connection, maintaining my mental-health and wellbeing. I show how I nurture myself and what is possible. What resources and sustains me, my self-care/compassion. The power of noticing, taking a step back to breathe deeply and mindfully. Taking a moment to register feeling the warmth of the sun on my face, the gentle breeze on my brow, smelling fragrance of the woodland, trees in the space I am standing, seeing the majestic woodland in all its glory. Noticing the taste from my tea, hearing the distant travellers on far or birdsong nearer by,

touching the bark of the tree I stand strong beside it, helps melt away imposter syndrome, pesky negative thoughts, sadness, pangs of anxiety - to find gentle affirmation; strength from my I am's restoring confidence, "I am, as I am. And I am enough!" (To the sun in the sky).

Supporting clients 1:1 is extraordinary work. It is 2-fold and reciprocal. There are so many offerings organisations support and many Community Wellbeing Hubs, such as our brand new one Ermine Exchange - open to all, so lovely homely and inviting (plus there is cake). <https://www.ermineexchange.co.uk/> everyone friendly, come in, take a break. Everyone is open, kind, and very happy to signpost.

How Are You Lincolnshire: <https://haylincolnshire.co.uk/city-of-lincoln/> Have a look around, get out and about, you'll find something for you

Spalding

It is a year since joining Shine as a Peer Support Worker, and it has been a roller coaster of a ride

My networking with our colleagues in the NHS and charities continues to reap many benefits, and there are cross-overs with service users, who benefit from a multi-agency approach. The great thing about partnership approaches to wellbeing is the collaboration and support given by all involved.

The benefit of initial training to do the role of Peer Support Worker wets the appetite to delve deeper into the wellness field; from Emotional First Aid to working with service users struggling to manage addiction or daily life.

Working with practitioners on the Emotional First Aid courses has been eye-opening. The variety of backgrounds that are affected by wellbeing issues is vast, and quite surprising.

Pat Kavanagh Peer Support Worker

I have been supporting service users in the Emotional First Aid courses, and have seen them use the tools provided to manage their anxiety, fear and health - both physical and mental health that affected their relationships and extended family members.

I thoroughly recommend this course for anyone struggling to find support. Naturally, it doesn't suit everyone but give it a try. Just talk to your GP and Social Prescriber for referral to the IPBT.

The next few months promise to be busy as my case-load has increased exponentially, and I look forward to telling you about it in the next issue!



Grantham

Jo Taylor Community Connector

Wow I can't believe we are already heading into Autumn although at the time of writing this, it is a beautiful sunny September day. Although a lot of groups and activities took a break over the summer, there was still so much taking place. Wyndham Park in Grantham had an amazing Busking event, a Symphony of Freedom afternoon and of course the Shine Family Fun Day!

I had the pleasure of being part of the archaeological dig at Woolsthorpe Manor over the summer looking for the home of Isaac Newton's mother. It was such an insightful and fun time and I learnt so much and met lots of new people. There are also so many great activities taking place at Belton House and Woolsthorpe Manor through the National Trust and we are very lucky to have Grantham House on Castlegate free to the public.



Over the summer I also visited Union Street Gallery and not only saw their amazing displays and their incredible entry to Grantham in Bloom but also the different projects and activities they offer. If you are looking to meet new people, enjoy some art and craft or learn a new skill, go



and visit Union Street Gallery.

Over the coming months we continue to run the Dementia Singing Groups in South Witham and Fulbeck and are so excited to be organising a new singing group that will be starting in Grantham town. Posters and information will be shared on this in the near future.

For more information on any groups, support or activities available please check out www.haylincolnshire.co.uk or visit our facebook page <https://www.facebook.com/GranthamCommunityConnectors>

You can also email me at ccgrantham@shinelincolnshire.com or call 07564 044115



East Lindsey

Sue Padbury Community Connector

The Wilder Coast Collective led by Lincolnshire Community and Voluntary Partnership, is an example of collaborative action for the benefit of our local environment and communities.

The Wilder Coast Collective is a powerful partnership of 16 organisations (and growing), all united by a shared vision: to significantly increase biodiversity and enhance community wellbeing across our beautiful Lincolnshire coastline.

Our goal is to forge a connected network of wildlife-friendly habitats, and crucially, to empower local residents to take immense pride in, and ownership of, our natural spaces.

This collective approach is key to creating sustainable and impactful change. By working together, we are able to pool resources, share expertise, and implement projects at a scale that wouldn't be possible individually.

This includes everything from habitat creation and restoration to educational initiatives that foster a deeper connection between people and nature.

The work of the Wilder Coast Collective is a testament to the power of community-led conservation, demonstrating how collective effort can lead to a more vibrant and resilient natural world for us all to enjoy.

Throughout summer we've held creative nature activities for adults and children in Mablethorpe and Sutton on Sea, engaging with over 100 Lincolnshire residents, ranging from:

- Butterfly trails and butterfly craft
- Designing & painting wildlife garden signs
- Co-creating a folk-tale wildflower character based on our flagship wildflower, Viper's Bugloss

For more information, how to get involved and news on upcoming events on the Lincolnshire Coast: <https://lincscvp.org.uk/wilder-coast-collective/>

The Wilder Coast Collective consists of the following organisations:

Buglife, Butterfly Conservation Lincs, Children's Links, CLIP Wellbeing Hub for Mablethorpe and Alford, Dance Free, Every-One, Greater Lincs Nature Partnership, Green Synergy, Lincolnshire Community & Voluntary Partnership, Lincolnshire County Council, Lincolnshire Outdoor Learning, Lincolnshire Wildlife Trust, National Trust Sandilands, Natural England, Wellbeing Hub for Skegness and Rural, Sutton on Sea Beachcare



South Lincs Rural

Vanessa Collins Community Connector

Hello, it has been a very busy Summer, I have been to many community events and met wonderful people. At these events I have found listening and having conversations with people, that they share details of their experiences and that I have been able to connect or signpost into a variety of services or support that may be able to assist them. The work of a connector never ends; I had jury duty and found myself signposting some of the jurors to support that could help them or their loved ones.

Through this listening, I found that individuals were struggling with bereavement and lack on face-to-face services for Holbeach and surrounding villages. There is support online, but many found this difficult to access or navigate, travelling can be costly and public transport is not the best in many villages.

Sue Ryder Grief Kind Spaces support group has been amazing in Spalding Tonic Hub, and we have now welcomed them to the Holbeach Hub as from 1st September. We were overwhelmed to see 14 people come along to the first meeting, the staff and volunteers from Sue Ryder are lovely and are trained in listening and guidance. There is a warm welcome, the kettle is on and even a biscuit or two for anyone attending.



Monday mornings 10am to 12pm at the Holbeach Hub, Boston Road South PE12 7LZ.

Jo and I held our

Community Connector Networking meeting on the 8th of September, we had a range of speakers in the morning, this was for a networking and information gathering opportunity for professionals and community groups/services.

In the afternoon we opened a marketplace event with 42 stands, the public and attendees could then access information and connections. Shine representatives had a stand, and it was great to see Olivia again.

The event was a real success and testament to the brilliant range of services Spalding and South Lincs have already, and the connections made over the past 2 years.

Also, a big congratulations to Lynne, Nikki and Sam from Holbeach Hub, they walked the King Charles 3rd coastal path from Sutton Bridge to Hunstanton on Saturday 23rd of August. 34 miles but they did 36 due to a detour, they are super stars, they were raising money for Bro Pro and Better2Gether(a Shine funded project), we are waiting for the last few donations to be brought in, however it has well exceeded the £1000 they hoped to raise.

They set off at 5am and completed it in 10hrs.

My diary is getting full for September and October, the South Lincs villages are growing with new housing. I am trying to increase my drop ins around the area. As some people still are unaware of the offer of the wellbeing hubs and connectors, and the need for support is ever growing.

I have been working with Food banks and larders to target those over 60 that may not think to use the Food bank and maybe in need. Due to social stigma this age group do not attend, Holbeach have started a social supermarket, by becoming a member and paying a small subscription, over 60s can access fresh, frozen and tinned goods.

Well, it will soon be Christmas!! Goodbye for now - Vanessa Collins South Lincs Connector

Four Counties

Shani Storrie Community

A New Initiative in Bourne: The Chalk and Talk Group

The Chalk and Talk Group is a recent initiative in Bourne, launched through the inspiration of a client supported by an LCVS Social Prescribing Link Worker. Now running twice monthly—on the 2nd and 4th Wednesday from 13:00 to 15:00—the group provides a safe and welcoming space for men to connect, share experiences, and enjoy games in a relaxed setting. Trained hosts and volunteers are present to offer attentive support and a listening ear to all attendees. The group is steadily growing and currently features both a snooker and a pool table, contributing to the calm and friendly atmosphere.

For more information or to get involved, please contact Mindspace Stamford. Email: Info@mindspacestamford.com or Phone 07563 385273

Community Activities in Morton, Near Bourne

During recent visits to Morton, I explored the range of activities available to help residents connect and engage with their community. The Village Hall offers a vibrant weekly schedule, with events running throughout the weekdays—some in the evenings, but mostly during the day. Here's a snapshot of what's on offer:

Monday: Circuit Training, 18:30-19:30

Tuesday: Coffee and Breakfast, 10:00-14:00

Wednesday: Over 60s Club & Games, 14:00 - 16:00; Pilates, 19:30-20:30

Thursday: Kid Sensory Play, 9:00 -14:00

Friday: Indoor Bowls Club, 14:00-16:00 Bingo (every other Friday), 19:00 onwards, with food and soft drinks available Please note that most activities may involve a small charge. For full details, contact Morton Village Hall directly. Email - mortonvillagehall@btoopenworld.com or Phone - 07506 758367



Mindspace Mermaids Make a Splash at the Stamford Raft Race

When Mindspace Stamford was invited to join the annual Stamford Raft Race—hosted by the ever-spirited Stamford Kiwanis to raise funds for local charities—we dove right in. Our crew of five, proudly sailing under the name Team Mindspace Mermaids, took on the challenge with

enthusiasm, creativity, and a healthy dose of trial and error.

Constructing our raft was no small feat. Let's just say there were a few redesigns along the way—and plenty of lessons learned. But thanks to Billy's craftsmanship and Shani's artistic flair (she created a stunning mermaid sail that turned heads), our raft was not only seaworthy—it was a showstopper.

The weather was on our side: sunny skies and just enough breeze to keep spirits high. The course had its quirks—shallow patches meant we had to hop out and push more than once—but that only added to the fun. Despite the splashes and scrambles, our team worked seamlessly together, paddling with purpose and laughter. We crossed the finish line in 14 minutes, just four minutes behind the winners. Not bad for our first voyage! And while we didn't take home the speed trophy, we were thrilled to win Best Decorated Raft—a testament to our creativity and team spirit.

We're already plotting our comeback. With a few tweaks and a bit more practice, Team Mindspace Mermaids will be back next year—faster, splashier, and even more fabulous.

The Shine Team

Meet Our New Starters!



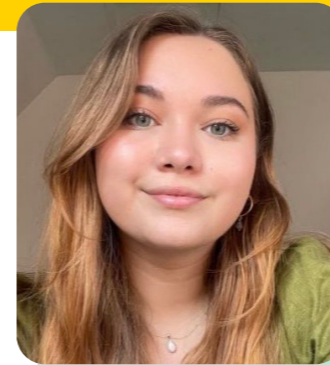
Jade Stewart
Executive Assistant

1. Tea
2. Tea
3. Dogs
4. Winter
5. Evening
6. Sweet
7. Lindt Chocolate
8. Dakota
9. Unicorns
10. Black
11. Cold
12. 25
13. Creamy mushroom pasta

We ask all our new starters the following questions to get to know them!

1. Coffee or tea?
2. Breakfast, dinner or Tea?
3. Cats or dogs?
4. Summer or winter?
5. Morning or evening?
6. Salty or Sweet?
7. What is your guilty pleasure?
8. What is your go-to karaoke song?
9. What mythical creature would you like to believe was real?
10. What is your favourite colour?
11. What is your favourite type of weather?
12. What has been your favourite age so far?
13. What is your go to dinner?

And here are their answers!



Lucy Goodchild
Communication & Engagement Manager

1. Coffee!
2. Tea - but we call it Dinner in our house!
3. Dogs, although I have two rabbits
4. Autumn or Spring, when its not too extreme.
5. Evening
6. Sweet- I LOVE a sweet treat
7. An early bedtime!
8. I don't do karaoke
9. Dragons
10. Green
11. A clear cold day- jumper weather
12. 23
13. Sushi Bowls



Jane Kelly
CYP Engagement Manager

1. Morning cup of tea then daytime coffee (need the caffeine)
2. Tea
3. Dogs
4. Ohhhh.. Tricky one, I like all seasons!!
5. Morning
6. Sweet
7. Dancing like no one is watching
8. Never in a million years would I sing karaoke
9. Medusa
10. Blue
11. Blue Skies
12. Twenties, but I like the wisdom of being older
13. Anything I haven't cooked!



Victoria Powell
Training Coordinator

1. Herbal Tea
2. Breakfast- at any time of the day!
3. Both, but I have two cats
4. Autumn
5. Evening- definitely NOT a morning person!
6. Sweet- I am a sugar addict!
7. Watching Love Island
8. Stevie Nicks - Edge of Seventeen
9. Dragons!
10. Green
11. Not too hot, not too cold... I'm a fair weather kinda girl!
12. 35
13. Toad in the Hole

Hannah Leaning
Community Engagement Officer



1. Iced Coffee all the way!
2. Tea
3. Can I say both? They're both adorable.
4. Winter, Christmas is when I'm happiest!
5. Evening!
6. Sweet
7. Country music! I listen every single day without fail, my absolute favourite
8. Before he cheats by Carrie Underwood.
9. Mermaids, I just think they're super cool, and my favourite TV show as a kid was about mermaids.
10. Yellow!
11. Sunshine, not too hot and not too windy!
12. Have enjoyed every year but 22 was fun!
13. Steak, medium rare, peppercorn sauce, chips and salad!



Karen Stockdale
Peer support worker

1. Definitely tea, no milk, with just a gentle waft of the tea bag!
2. For me it's tea but my eldest and I always have this debate (she says dinner).
3. Dogs. I have a Jack Russell x Patterdale called Alfie
4. Summer
5. Morning
6. Sweet
7. Finding childhood shows still being aired on Tv and recording them to watch later. .
8. Ed Sheeran- Perfect
9. Pegasus
10. Blue
11. Sunshine
12. My current age
13. Roast Beef with all the trimmings!

Kerry Pitcher
Bert House Cleaner



1. Coffee
2. Breakfast
3. Cats
4. Summer
5. Evening
6. Sweet
7. I cannot go into town without treating myself to a cake or pastry.
8. I am terrible at karaoke in fact one time about 25 years ago a DJ Actually turned the machine off on me and my friend
9. Mermaid
10. Purple
11. Sunshine but not too hot
12. 40s
13. Roast dinners

'We are dreading the cold and cost of heating'

Sound Familiar? Here's how the Green Doctors can help you in the winter months.

Chris and Jim, an elderly couple from Lincolnshire with health issues, have been struggling to keep their home warm amid rising energy bills. The Green Doctor, an energy-efficiency expert from charity Groundwork Five Counties, helped them to save hundreds of pounds on their bills and helped them to stay warm at home.

Jim had multiple heart attacks and strokes, while Chris has developed arthritis - making it necessary for both to stay warm during the cold winter months.

They met local Green Doctor Ben at a community event as he was giving a talk about the free service and decided to take him up on the offer of support. Ben and his colleagues around the East Midlands provide a vital service to help people take control of rising energy bills.

They advise on cutting down on costly bills and give out energy saving measures like LED bulbs and draught excluders. They also help people to apply for benefits, grant funding, access emergency food and fuel, debt advice, and more.

All aspects of the service are free of charge, as it is fully funded by national and local funders.

Chris says: "We invited Ben to come see us at home as the weather was really starting to turn cold and we were dreading the cold and the cost of heating.

"He looked at our utility bills and told us that because of Jim's health issues, we are eligible for a 50% discount with Anglian Water. This has saved us hundreds of pounds a year, which we now use to put the heating on more."

“This has saved us hundreds of pounds a year, which we now use to put the heating on more”

Jim says: "On top of us now able to keep the house warmer, Ben gave me an electric heated blanket which keeps me extra warm to help my health. He also gave us LED bulbs which give us even more small savings over the year, it all adds up."

The Green Doctor service has no eligibility criteria. It is available in the East Midlands to people of any age and background, whether they own their home, rent, or are a council or social housing tenant.

Chris says: "You can't be too careful with so many scams about, often things sound too good to be true and they'll cost you. But the Green Doctor is real, they're a registered charity and the whole service really is free as it is fully funded.

"If you can save even a few pounds and keep your home warmer, it's worth it! Ben has been incredibly helpful, and we are very grateful to him."

For more information and to make a free appointment with the Green Doctor, visit the website: www.groundwork.org.uk/gwfc-green-doctor



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 (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

World Mental Health Day

Mental Health Support in a Catastrophe

Each year on 10 October, World Mental Health Day gives us a moment to pause and reflect on the importance of our wellbeing. The 2025 theme, set by the Mental Health Foundation, focuses on “*mental health in catastrophes and emergencies - access to services.*” Emergencies, whether personal or global, affect far more than our physical safety. They can leave lasting marks on our emotional wellbeing, and in these moments the need for support becomes urgent. When services are not available, affordable, or easy to access, people may struggle alone, and the impact of that silence can last for years.

Having access to mental health support means more than the existence of services in principle. It is about being able to find help locally or online, knowing it is affordable or free, feeling welcomed without judgement, and being reassured that the support offered understands and respects different needs and backgrounds. Without this, vulnerable groups such as young people, older adults, or those already living with mental health conditions are at greatest risk of being left behind.

In Lincolnshire there are a wide range of places where you can turn for help if you are struggling. For urgent support, NHS 111 offers access to the mental health crisis line, available 24/7. Your local GP surgery is still a vital first step for many, offering both medical advice and referrals to specialist services. Lincolnshire Talking Therapies, which can be accessed



without a GP referral, provides counseling and online tools to help with issues like anxiety, depression, and stress. For children and young people, Healthy Minds Lincolnshire gives early support, while Child and Adolescent Mental Health Services (CAMHS) are there for more specialist needs. National helplines like Samaritans are also available day and night if you need someone to listen right away.

Community organisations add another layer of care. Across the county there are charities and community groups offering safe spaces, peer support, and specialist help for everything from bereavement to addiction recovery. HAY Lincolnshire (“How Are You?”) Makes it easy to find local activities, services, and groups that can boost your wellbeing, while Community Connectors work within neighbourhoods to

guide people towards the right support for them. Schools, colleges, and workplaces are also stepping up, showing that looking after our mental health is something we all share a responsibility for. Together, these networks make support feel closer, more personal, and remind us that you are not alone.

At Shine we are proud to be part of this wider picture. We connect people with services, offer peer support from those with lived experience, and provide training and resources that help build resilience across Lincolnshire. Our work is about bringing people and organisations together, so that in moments of crisis—and in everyday life—support isn’t just available, but truly accessible. No one should feel that they have to go through things alone, and we are here to make sure that help is always within reach.

Where to find Support

NHS Mental Health Helpline (24/7): Call 111 and choose the mental health option

HAY Lincolnshire: Find activities and support near you - www.haylincolnshire.co.uk

Lincolnshire Talking Therapies: self-referral available online - www.lpft.nhs.uk/talking-therapies

Healthy Minds Lincolnshire (children & young people): www.lpft.nhs.uk/young-people/lincolnshire/healthy-minds-lincolnshire

Samaritans: Call 116 123 (free, 24/7)

CALM (5pm - Midnight): 0800 58 58 58

Shout (24/7): text SHOUT to 85258

Looking for the pull-out directory?

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

Want a paper copy? Get in touch via phone or email and we can post one to you!

Info@shinelincolnshire.com
01507 304 548

Download your directory



Support Directory



Useful contacts for support services, community groups and GP surgeries for children, young people, adults and families. Updated: April 2025

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

www.shinelincolnshire.com/resources

The Stigma of Seeking Help for Mental Health

Stigma, Prejudice and Discrimination Against People with Mental Illness

Imagine being labelled with an offensive adjective. It could be traumatic, it would certainly affect your job and social prospects, friendships and family relationships.

Did you know that:

- More than half of people with mental illness don't receive help for their disorders.
- Often, people avoid or delay seeking treatment due to concerns about being 'labelled', treated differently or fears of losing their jobs and livelihood.
- That's because stigma, prejudice and discrimination against people with mental illness are still very much a problem.
- Stigma, prejudice and discrimination against people with mental illness can be subtle or obvious—but no matter the magnitude, they can lead to harm.
- People with mental illness are marginalized and discriminated against in various ways, but understanding what that looks like and how to address and eradicate it can help.

Add to this a person on the Autistic Spectrum, Neurodiversity, any form of Anxiety - particularly associated with leaving their home or safe place, can be isolating and frightening. This can be multiplied where people with severe and

enduring mental health conditions can be so affected, suffer agoraphobia, or self-harm. In the worst case they may even contemplate taking their own life or act on those thoughts.

There are specialist, like Dr Borenstein, who aim to remove the stigma of mental illness and demonstrate that with help, there is hope.

The influence on everyday life

Isolation sounds great, but if that isolation prevents a person accessing support, it can be a problem that we don't normally consider, unless we care for a person with a wellbeing or mental health condition. The belief that 'It is all in the mind' is correct. The human brain is a complex piece of equipment, like most complex machines it can go wrong, stop working or fail completely.

There may be some ways of overcoming it, or at the very least seeking help

The first step is recognising we need help, that we don't have to deal with this on our own. The 'stiff upper lip, chest out, and carry on' approach does not help you, I know from experience that 'burying' myself in work and commitments to avoid recognising how unwell I was, did me no favours in the long-term. If we are honest, we don't like

hearing other people tell us their woes. We nod and give time to them, sometimes, that is all that is needed. Some people may think of ways to avoid them in the future - compounding their isolation. There are many groups and charities that support our NHS to assist people's journeys to wellbeing.

Signposting to services

Initial help could be sought via your GP, who can refer you to Community Mental Health, and on to the Integrated Place Based Team. Social Prescribers can also refer you to this valuable resource that is staffed by Community Psychiatric Nurses who are assisted by Peer Support Workers. If you are in crisis, call 999, if not call 111 option 2.

You could opt for contacting other organisations like How Are You Lincolnshire Support, an online wealth of information for Lincolnshire residents.

There are many others that support older people, Children and young adults. Learning Disabilities Support, and people on the Autism spectrum.

Services are also available for

- LGBT Services
- Long-term Health Conditions
- Making a Life in the UK
- Mental Health - online support

You are not alone, there is help, just ask.

- Pat Kavangah, Peer Support Worker

A Personal Reflection: The Stigma Surrounding asking for help.

There can be many reasons why some people may not ask for support when seeking help with their mental health, but Stigma is one the greatest barriers that stand in the way.

Stigma comes from negative perceptions such as labelling people with depression as weak or just being stressed if they suffer with anxiety. When someone believes the negative views, they can feel ashamed, embarrassed or undeserving of care.

Personally, mental health awareness has improved from when I first experienced the mental health system with a family member in the 1970's. However, I still witness people being judged and stereotyped by many as being weak or unstable if they do reach out for support.

Unfortunately, delaying asking for help can cause isolation, loneliness, lower self-esteem/self-worth or lead to worsening symptoms and being at risk of being in crisis.

Reluctance to seek help is influenced by cultural, social and institutional factors:

- In many cultures, discussing emotions is considered inappropriate, mental illness may be seen as a weakness.

- Gender - men are often discouraged from expression their vulnerability due to society's expectations of being tough and self-reliant.

- Confidentiality concerns - small communities can deter some people from accessing care.

- Workplace discrimination - some people won't disclose their struggles as they may be perceived as being unreliable and incapable.

Education is a powerful tool for correcting misconceptions and promoting the understanding that mental health conditions are medical just the same as physical health conditions.

Mental Health challenges are not a sign of weakness but reflect human experience. Asking for help should be seen as an act of strength and self-care and not as failure.



A Spotlight on Training

See what our training team have been up to over the last few months!

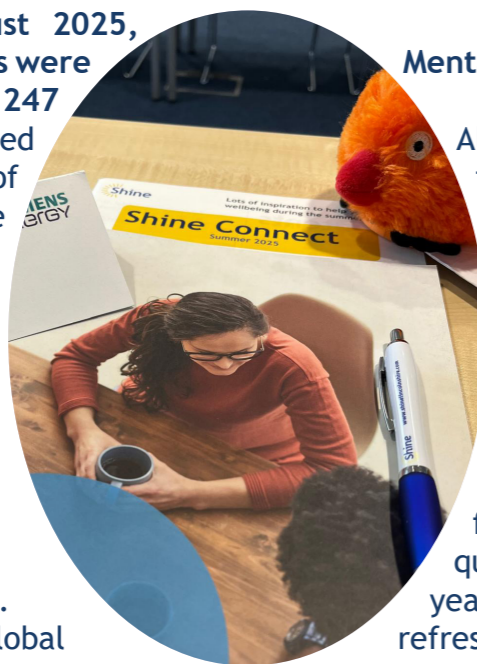
Between April and August 2025, twenty-six training courses were delivered to a total of 247 learners. Each session added to the growing network of people equipped with the skills to support wellbeing, mental health, and safety in their workplaces, schools, and communities.

Suicide First Aid

In September, attention turned to World Suicide Prevention Day on the 10th. Suicide continues to be a global issue, and each of us has a role to play in reducing the number of lives lost. One of the simplest yet most powerful actions is encouraging open conversations about life's challenges.

Too often, people fear that asking someone if they are thinking about suicide will somehow put the idea in their head. In reality, the opposite is true: asking the question gives permission for honest conversation, offering relief and the possibility of help. One course attendee summed it up well, saying:

“Brilliant Day. Expanded my knowledge and fell confident in working with suicide now”



Mental Health First Aid

Alongside suicide prevention, the importance of Mental Health First Aid (MHFA) remained a strong theme over the summer months. Becoming a Mental Health First Aider not only strengthens personal confidence but also creates healthier environments for those around us. The qualification lasts for three years, with a short four-hour refresher available to keep skills current.

The impact of such training is underlined by recent statistics: in 2022-23, nearly half of all work-related ill health in Great Britain was attributed to stress, depression, or anxiety, and more than half of all lost working days were linked to those conditions. For many learners, the training proved transformative. One participant reflected,

“Great Course, with a balance of content and activities that gave me confidence to put my learning into practice”

Youth Mental Health First Aid

Supporting children and young people was another key focus. Parents, carers, educators, sports coaches, and community leaders all play a role in the lives of young people, and many are seeking the skills to respond when young people struggle with their mental health.

To meet this need, our offer expanded to include Youth MHFA from MHFA England, Suicide First Aid for Children and Young People from the National Centre for Suicide Prevention and Training, and the Level 3 Combined Emergency First Aid at Work and Emergency Paediatric First Aid through Qalsafe. These courses provided a vital toolkit for those helping young people navigate challenges.

The urgency was clear: half of all mental health problems are established by the age of 14, underlining the importance of equipping adults to listen, respond positively, and offer steady guidance. One educator who attended training said

“This has been so informative and invaluable in my role. The trainer’s knowledge and passion gave me confidence to implement what I learned in my workplace.”

Looking Forwards

September also brought a period of transition for many young people, whether moving from school to college, from higher education into work, or stepping out into travel. These changes were both exciting and daunting, making it all the more important to strengthen the “life toolbox.” While physical first aid training prepares us for medical emergencies, mental health awareness and first aid training ensure we are equally ready to respond when someone is struggling emotionally. Courses in adult and youth mental health offered a foundation that enhanced not only personal wellbeing but also the capacity to support others.

As we move into October and beyond, a wide range of training opportunities continues to be available, including MHFA refresher courses and special programmes tailored for 16-25-year-olds. Each course helps to build stronger, more supportive communities where mental health is treated with the same importance as physical health. By learning together and sharing these skills, we create spaces where people of all ages feel able to talk, listen, and thrive.





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

education@shinelincolnshire.com

Course	Date	Time	Location	Price
Emergency First Aid at Work	2nd October	09:00-16:00	Bert House	£65
Suicide First Aid	9th October	09:00-16:00	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	09:00-16:00	Bert House	£95
Paediatric First Aid (2 days)	21st & 22nd October	09:00-16:00	Bert House	£145
Combined Emergency First Aid at Work & Paediatric Emergency First Aid	28th October	09:00-17:00	Bert House	£85
CYP Suicide First Aid	3 rd November	09:00-16:00	Bert House	£95
Emergency First Aid at Work	5 th November	09:00-16:00	Bert House	£65
Youth Mental Health First Aid (2 Days)	12 th & 13 th November	09:00- 16:30	Bert House	£195
Mental Health First Aid (2 Days)	17 th & 18 th November	09:00-16:15	Bert House	£195
Combined Emergency First Aid at Work & Paediatric Emergency First Aid	21st November	09:00-17:00	Bert House	£85
Mental Health First Aid Refresher (half day)	24th November	10:00-14:15	Bert House	£95
Suicide First Aid	1st December	0900-1600	Bert House	£95
Mental Health Awareness (half day)	3rd December	10:00-14:15	Bert House	£95
Emergency First Aid at Work	4th December	09:00-16:00	Bert House	£65
Mental Health Skills for Managers (half day)	9th December	10:00-14:15	Bert House	£99
Mental Health First Aid (2 days)	10th & 11th December	09:00-16:15	Bert House	£195
Basic Life Support	17th December	10:00-14:15	Bert House	£40

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:

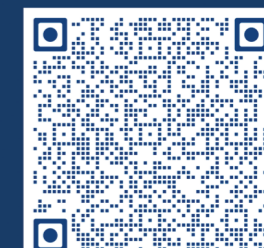
Mental Health First Aider | Mental Health First Aider (Youth) | Mental Health Awareness | Mental Health Champion | Mental Health Skills for Managers

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



New Year, New Challenges: How Young People Can Protect Their Wellbeing

The start of a new school year or the move into university is often seen as an exciting fresh chapter. New classes, new friends, new opportunities. But while it can be full of promise, it can also bring pressure, uncertainty, and worry. Whether you're settling into a new routine at school or stepping into university life for the first time, it's completely normal to feel overwhelmed. Change, even positive change, takes energy, and it can have an impact on our mental health.



Feelings of anxiety, loneliness, or self-doubt at this stage are more common than many people realise. A new environment means new expectations, and it can take time to find your place. For younger pupils, the shift in workload and responsibility can feel daunting. For university students, moving away from home and adapting to independent living can feel like a huge adjustment. Recognising that these feelings are part of a normal transition is the first step in looking after your wellbeing.

There are small things you can do to make the process easier. Sticking to a routine wherever possible helps create stability, even in new surroundings. Staying connected with family and friends, whether by phone, video call, or text, can help ease feelings of isolation. Making time for breaks, exercise, and hobbies can protect your mental health when the pressure of studies builds up. Remember that everyone around you is adapting too, even if they don't always show it.

Sometimes the most reassuring words you can hear are: "me too."

It's also important to know where to turn if you need extra support. Schools and universities have pastoral teams, student support services, and counseling available. Talking to a trusted teacher, tutor, or wellbeing adviser can open the door to resources you may not know about. Universities also have student unions that often provide peer support networks, welfare officers, and safe spaces to talk. Checking what your own institution offers is a good first step. And of course, national helplines such as Samaritans (116 123) are always there if you need to talk to someone straight away.

At Shine we also offer Mental Health First Aid training, which equips people with the skills to recognise the signs of mental health struggles and to respond with confidence and compassion. For students, staff, and anyone in the community, this kind of training can make a real difference. Just as physical first aid helps

in a crisis, mental health first aid provides tools to listen, support, and guide someone towards the right help. Imagine a school or university where everyone had at least one person they knew they could turn to – that's the culture we want to build.

Starting something new is never without its challenges, but you don't have to go through it alone. Support is out there, and asking for help is a sign of strength, not weakness. Whether you are beginning a new year at school or taking your first steps into university, remember that it's okay to feel unsettled, and it's okay to lean on others. With the right support around you, these transitions can become not just manageable, but opportunities for growth and resilience.



25% OFF

Mental Health First Aid course in August for 16-25 year olds.

1st October - 30th November

Ever think about what you can do to help someone in mental health crisis? Then join our 2 day MHFA course in Horncastle this August.

Become a Mental Health First Aider!

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

Worth The Wait: Autumn Slow Cooker Treats

For once, when we're talking about round and orange, we don't mean Bert, we mean pumpkins! Celebrate the season with these slow cooker pumpkin recipes, perfect for the whole family to enjoy together.

Slow Cooker Pumpkin & Sausage Hotpot

Ingredients

- 1 small pumpkin or 2 cups pumpkin chunks (or butternut squash)
- 4-6 sausages (pork or veggie)
- 2 medium potatoes, peeled and sliced
- 1 large onion, sliced
- 1-2 carrots, sliced
- 1 tsp thyme or mixed dried herbs
- 2 cups beef or veg stock
- Salt & pepper to taste
- Optional: 1 tbsp brown sauce or Worcestershire sauce for extra depth

Method

- Brown the sausages in a pan- this is optional but it adds flavour!
- Layer the slow cooker: potatoes, onions, carrots, pumpkin, sausage 2 medium potatoes, peeled and sliced
- Sprinkle over the herbs, salt, pepper, and pour in the stock.
- Add optional sauce if using.
- Cook on Low for 6-8 hours or High for 3-4 hours, until everything is soft and the sausages are cooked through.
- Serve hot with crusty bread, mash, or Yorkshire puddings. Salt & pepper to taste

You can substitute the meat sausages for veggie sausages or lentils to make a meat free version!

Slow Cooker Spiced Pumpkin Steamed Pudding

Ingredients

- 1 cup pumpkin puree
- 1/2 cup brown sugar
- 1 cup self raising flour
- 1/2 cup milk
- 1/4 cup melted margarine
- 1 egg
- 1 tsp mixed spice
- 1/2 tsp cinnamon
- 1/4 tsp salt
- Optional: 1 tbsp golden syrup for richness

Method

- Grease a heatproof bowl that fits in your slow cooker
- Combine all the ingredients in a mixing bowl and mix until smooth
- Pour the batter into the greased bowl and cover with foil
- Place it in your slow cooker. Pour boiling water into the cooker to halfway up the side of the bowl
- Cook on High for 2.5-3 hours or until a skewer comes out clean.
- Let it rest for 10 mins and turn out onto a plate
- Serve with custard!



Learn With Shine!

It's never too late to return to education. Whether you're 25, 55, or 75, learning opens doors, builds confidence, and offers a real sense of achievement.

We know taking that first step back into learning can feel daunting. But you won't be doing it alone. Across Greater Lincolnshire, adults from all walks of life are rediscovering education. Their experiences enrich the classroom, making the journey more rewarding for everyone.

Here at Shine we are Proud to offer the following Adult Learning Short Courses:

- Healthy Habits
- Introduction to peer support

- Managing mental Health for employability
- Mental Health First Aid
- Slow cooker cooking for the family
- Suicide First Aid - Children and Young People
- Supporting Friends family and community mental health
- Volunteering in community and third sector wellbeing roles
- Youth Mental Health First Aid
- 5 ways to wellbeing

Many of our courses are FREE contact us at education@shinelincolnshire.com for more information!



Renatured CIC

As the vibrant colours of autumn sweep across Lincolnshire, Old Wood Organic CIC is delighted to announce its rebrand to RENATURED CIC. This new identity reflects our growth from a single site to a thriving network of nature-based wellbeing spaces across Lincoln and surrounding communities.

Since our founding, we have supported mental health and wellbeing through nature connection. Now, with expanded ecotherapy sessions, workshops, retreats, and community celebrations, our new name better captures the breadth and inclusive spirit of our work.

"Our old name was tied to one place, but our mission is about people and nature, wherever they are," says Atma, Founding Director. "RENATURED CIC welcomes more people and reflects the diversity of spaces

where healing and growth can happen."

For World Mental Health Day, we are highlighting the importance of "Take Notice"—being aware of your feelings and surroundings, and enjoying the present moment. Sometimes, it's the smallest things that bring the greatest joy. Our new logo features the wren, a tiny brown bird with a perky tail and a remarkably powerful song. Though small, the wren's voice is clear and vibrant, filling the morning air and inviting us to pause and listen.

As we move forward as RENATURED CIC, we invite everyone to embrace change, connect with nature, and take notice of the beauty in the everyday—just like the wren, whose presence inspires hope and joy.

To find out more visit: www.renatured.org

Stop Smoking This October

Stoptober is here, inviting you to quit smoking for 28 days in October. Evidence shows that if you can quit for these 28 days, you are five times more likely to quit for good.



That's why One You Lincolnshire is here to support you every step of the way. We offer 12 weeks of free support to tobacco smokers who are over the age of 12 and live, work, study, or are registered with a GP in Lincolnshire.

Our programme includes a wide range of free Nicotine Replacement Products, alongside a weekly 1:1 appointment with one of our Stop Smoking Practitioners either in person or over the phone. You'll also receive helpful resources like our Quit Guide, and check-ins at 6 and 12 months smoke-free.

To start your journey with us, you can be referred by a Health Care Professional (e.g. your GP) or self-refer by visiting our website (www.oneyoulincolnshire.org.uk) or calling us on 01522 705162. Make this Stoptober the start of your smoke-free future!



Lights, Camera, Action

Film Collaboration in Gainsborough

Stepping Stone Theatre for Mental Health is entering into a collaboration with Lemon Tree Films to create a documentary all about their work.

Stepping Stone is a Gainsborough based, multi-award winning company that

offers creative workshops for people suffering with their mental health. The company is now ten years old and has an excellent cache of work including 10 books and several full-scale performances; all written and performed by members of the creative groups. Bill Rodgers, director at Stepping Stone, says *"We are extremely pleased to be working with Lemon Tree Films. Having our work documented on film means it will last forever. The film will become an inspirational tool for our local mental health community. It will be aimed at both the professionals and the service users."*

The project is being supported by the BNA Charitable Incorporated Organisation which is an independent, grant-making charity based in Lincoln. Bill Rodgers says, *"We are extremely lucky to have the support of this excellent charity. All their work is about companies that make a big difference in their communities. We are proud to be one of them."*



Filming will take several months and the film company will be following Stepping Stone, by coming to the weekly workshops, drama group and singing group. Lemon Tree Films has already begun to follow

Stepping Stone's activities. As well as being in the documentary, members of Stepping Stone will help with the film making process by being crew and volunteers, making this an inclusive project. The resulting product will be a fly-on-the-wall style of observation. Ideally the film will help shift thinking about the stigma that often surrounds mental illness. It will also show how creativity can help with the mental health recovery road. The director of Lemon Tree Films says, *"Lemon Tree Films is a fledgling production company based out of Lincolnshire. We aim to produce documentaries and scripted films, highlighting local heritage and community stories. Stepping Stone's unique and innovative approach to mental health is one such story that needs to be highlighted."*

"It is very exciting to be part of this project," says Bill Rodgers, "We can't wait to see and share the final product."

"During this 12 week programme I received regular and helpful support from my advisor and am now confident that I will not return to smoking."
Alan,
Lincolnshire

Let's quit smoking together

5 Ways to Wellbeing

For unpaid carers in Lincolnshire.

By Dan Fleshborne



Unpaid carers in Lincolnshire play a vital role in supporting loved ones with health conditions, disabilities, or age-related needs. While caring can be deeply rewarding, it often comes with emotional, physical, and financial challenges. The “Five Ways to Wellbeing” developed by the New Economics Foundation—offers simple yet powerful actions to help carers maintain their mental health and resilience.

1. Connect

Building and maintaining relationships is essential. Lincolnshire Carers Service, delivered by Carers First and the Customer Service Centre, offers opportunities for carers to connect with others through local support groups, online forums, and community events. These connections reduce isolation and provide a space for sharing experiences and offering peer support.

2. Be Active

Physical activity boosts mood and energy levels. Even short walks or gentle exercises can make a difference. Carers can explore local wellbeing services or join community activities listed on the Connect to Support Lincolnshire directory. Some carers also benefit from respite care, allowing time to focus on their own health.

3. Take Notice

Mindfulness—being present and aware—can help carers manage stress. Taking time to appreciate small moments, such as a quiet cup of tea or time in nature, can improve emotional wellbeing. Carers UK’s Digital Resource for Carers includes **mindfulness**

guides and wellbeing tools tailored for carers.

4. Keep Learning

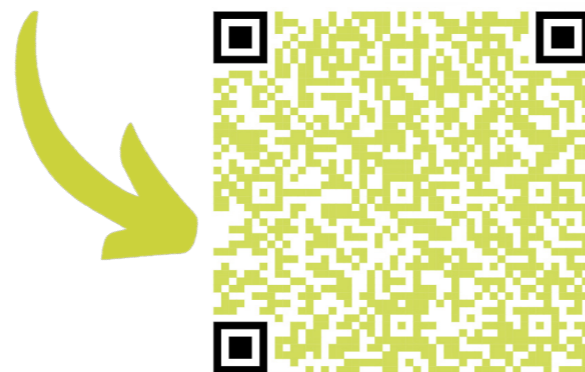
Learning new skills or gaining knowledge can boost confidence and open new opportunities. Lincolnshire carers have free access to e-learning modules through Carers UK, covering topics like managing stress, navigating benefits, and using technology to support care.

5. Give

Helping others can foster a sense of purpose. Many carers already give so much, but small acts—like sharing advice with a fellow carer or volunteering in a local group—can enhance wellbeing. Lincolnshire’s support networks often welcome carer involvement in shaping services and peer support.

Support is Available

Unpaid carers in Lincolnshire are not alone. From emotional support to practical help and financial guidance, services like Carers First, Connect to Support, and the Jointly app are designed to help carers live well while caring for others. For more information, visit <https://www.lincolnshire.gov.uk/support-carers/information-advice-support-carers>



Language Barriers with Services

According to research conducted by Healthwatch (Lost for Words, March 2022) - ‘Evidence on how language barriers contribute to health inequalities’

Evidence concluded that people who experience language barriers struggle at all points of their healthcare journey. They find it difficult to register with a GP, access urgent care, navigate large healthcare premises, explain their problems, or understand what the doctor says.

Lack of interpretation support further compounds their issues. They may not be aware of professional interpreters, find it difficult to access one when needed, or even understand them if interpreters don't speak their dialect. As a result, they don't get the healthcare that they need.

Imagine needing a family member or friend to help you with your health issues?

Some people prefer to use family or friends to translate for them, but others felt uncomfortable doing so. This creates difficulties for people with Special Education Needs or those whose second or third language is English, or with Autism or other medical conditions that may require a greater understanding of the causes and symptoms.

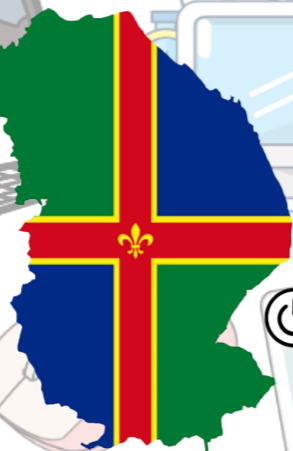
Add in where a person's local dialect impacts on every day communication, then the need for translation is more important.

Travis Vinnicombe,
Peer Support Worker



Lincs Digital

Supporting Digital Inclusion



Lincs
© Digital

Lincs Digital are a local charity based in Horncastle within the East Lindsey District of Lincolnshire.

We are proud to provide Community Based Learning and support at local venues with sessions developed to meet individual needs. Our Community Learning can be delivered as one-off drop-in sessions or as part of a multi-session package, depending on what suits participants attending.

The Lincs Digital aim:

“To develop the capacity and Digital skills of Lincolnshire’s local communities, empowering individuals to better identify and meet their own needs, and to participate more fully in society. “

“To advance the education of Lincolnshire residents in Essential Digital Skills by offering classes, hands on training, workshops and drop-in sessions at accessible community venues”.

We also offer support sessions for partner organisations/funders which currently include East Lindsey District Council, Campus for Future Living Mablethorpe, South Holland District Council, Boston Borough Council, GDF Theddlethorpe.

We are proud to be the Digital Partner for East Lindsey District Council, supporting residents across the district through Community Hub Drop-in sessions. In addition to this work, we are also delivering sessions in South Holland District and Boston Borough Council areas, helping more communities

access essential digital skills and support.

Where to find us:

We deliver sessions at a variety of accessible community venues across the SELP area, including Horncastle Library, Mablethorpe Campus for Future Living, Skegness Tower Gardens, Wragby Town Hall, Station Leisure Centre Mablethorpe with Magna Vitae, Woodhall Spa Methodist Hall, Boston Centenary Church, Boston Pescod Square, Pinchbeck Library, Spalding Project St Thomas.

Please see: <https://lincsdigital.org.uk/> events

For current venues and times.

How we can help:

Come along to one of our friendly drop-in sessions where we can offer free friendly support with:

- Tablets, iPads, Laptops and Phones
- NHS App and Website
- GP Online Services
- Online Shopping
- Online Banking
- Social Media
- Email
- Internet
- Ancestry
- Streaming TV, Video, Music and Audio Books
- Online Council Services
- .Gov
- DWP and Online applications
- Blue Badge, Bus Pass, Driving Licence and Passport
- Alexa and voice activated devices

- More...

National Projects:

Lincs Digital are taking part in the following projects

National Databank

Like a foodbank but for mobile data, the National Databank provides free mobile SIM cards for people who can't access the internet. Virgin Media O2, Vodafone and Three regularly donate mobile data SIM cards.

Please note, to be eligible for free mobile data through the National Databank, you must be:

- 18+ years old
- AND from a low-income household
- AND qualifies in one or several of the following statements:
- Has no access or insufficient access to the internet at home
- AND/OR has no or insufficient access to the internet when away from the home
- AND/OR cannot afford their existing monthly contract or top up

Please note that individuals must access the National Databank for themselves and are unable to collect on behalf of anyone else.

Our work is focused on closing the Digital Divide and improving Digital Inclusion across Lincolnshire:

Digital inclusion means ensuring that everyone has the access, skills, and support they need to participate in and benefit from the digital world. It's about making sure no one is left behind - regardless of age, income, location or ability.

This includes:

- Access to reliable and affordable internet.
- Access to a digital device such as a computer, smartphone, or tablet.
- The Skills to use technology confidently and safely.
- Ongoing support to stay connected and informed.

Our Digital Safety Hints

1. Use Strong Passwords

Create passwords that are long, unique, and include a mix of letters, numbers, and symbols. Avoid using personal information like birthdays or pet names.

2. Enable Two-Factor Authentication (2FA)

Add an extra layer of security to your accounts by enabling 2FA where possible – it usually involves a code sent to your phone or email.

3. Be Cautious with Emails and Messages

Don't click on links or open attachments from unknown senders. Watch out for messages that seem urgent or too good to be true – they could be scams.

4. Keep Your Devices Updated

Regularly update your phone, tablet, or computer to ensure you have the latest security protections.

5. Use Trusted Wi-Fi Networks

Avoid using public Wi-Fi for sensitive tasks like online banking. If you must, use a VPN (Virtual Private Network) for added security.

6. Install Antivirus Software

Use reputable antivirus software and keep it updated to protect against malware and viruses.

7. Think Before You Share

Be mindful of what you post online. Once something is shared, it can be difficult to remove completely.

8. Check Website Security

Look for “https://” and a padlock icon in the address bar before entering personal information on a website.

9. Back Up Your Data

Regularly back up important files to a secure cloud service or external drive in case of loss or damage.

10. Ask for Help

If something doesn't feel right online, ask someone you trust or come to one of our drop-in sessions – we're here to help!



Shine's Summer HAF Reflecting on the summers successes

This summer's Holiday Activities and Food (HAF) programme has been a huge success, bringing together children from across the community for a fantastic mix of fun, fitness, creativity, and healthy eating.

From the very start, the programme was buzzing with energy. Children enjoyed a wide range of sports and games, including badminton, dodgeball, volleyball and many more activities that kept them active, engaged, and smiling. The variety meant there was something for everyone, whether they wanted to try out a new sport or simply enjoy being part of a team.

But HAF is about more than just physical activity, it's about helping children build healthy lifestyles. This year's sessions included interactive activities such as Fruit Bingo, Guess that Fruit and Veg, and even an A-Z of fruits and vegetables challenge. These fun games not only encouraged children to learn more about healthy eating but also gave them the chance to try new foods in an enjoyable and memorable way.

A highlight of the programme was an enrichment activity focused on co-production, where children were invited to share their own ideas about what they would like to see developed in their local area. Their creativity and thoughtful suggestions showed just how valuable it is to give young people a voice in shaping the communities they live in.

Over the summer, the Holiday Activities and Food (HAF) programme gave young people a chance to come together,

have fun, and learn in a supportive environment. At the heart of HAF were the 5 Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning, and Give.

This helped 11-16-year-olds build confidence, friendships, and healthier habits. For children aged 11-16, this stage of life can feel challenging, but HAF showed how putting the 5 Ways to Wellbeing into practice can support mental health, build resilience, and give young people the tools they need to thrive both now and in the future.

The summer HAF programme once again proved how beneficial it is for children, combining fun, learning, and wellbeing. By blending active play with healthy eating and opportunities for creative thinking,



HALLOWEEN LANTERNS

YOU WILL NEED

- An empty glass jar (jam jars work perfectly)
- Orange tissue paper (cut into squares)
- Black card or paper
- PVA glue and a brush
- A battery-operated tealight
- Scissors

Tear or cut your orange tissue paper into small squares.



Brush glue onto the jar, then stick the tissue pieces all around it until it's covered. Add a second layer if needed.



Cut out spooky shapes from the black card – eyes, noses, and mouths for pumpkin faces work great, but you could also do bats, spiders, or stars!



Stick the shapes to your jar and then once its dry. pop your battery tealight inside and watch it glow!





Wellbeing & Recovery College

Over the last few years, the College has been reaching out to students and stakeholders to explore the Colleges offer. Through a process of co-production and involvement via focus groups and promotional events, gathering student feedback and input the College has now become the Wellbeing & Recovery College. The group also worked together to co-design a new graphic to represent the College, the journey people take when learning to manage their mental health and wellbeing, and the steps towards growing resilience and building upon existing skills and resources. Those involved felt that the addition of the word wellbeing gave clarity about the College's offer and purpose and felt that it would help break down barriers and misconceptions sometimes held around the word 'Recovery'. Wellbeing felt more inclusive and demonstrated the holistic and person-centred approach of the College.

Autumn timetable OUT NOW

We have launched the new Autumn term timetable which started in September 2025. We continue to offer both online and in person sessions, please visit the webpage for more details www.lpft.nhs.uk/recovery-college or scan the QR code.



To celebrate World Mental Health Day the College is offering our popular session 'Let's talk about it - Mental Health'. This is an introductory session focusing on raising awareness and starting conversations around mental health. It is a quiz-based fun and interactive session. It provides attendees with the chance to dispel some of the myths and misconceptions surrounding mental health and encourages us to explore ways we can protect our own mental wellbeing and be more open about our mental health.

Let's talk about it - Mental health	Monday 6th October	10am-12noon	Tonic Health, Spalding
Let's talk about it - Mental health	Friday 10th October	1pm-3pm	The Link Up, Lincoln
Let's talk about it - Mental health	Wednesday 5th November	7pm-8.30pm	Online via MS Teams
Let's talk about it - Mental health	Tuesday 18th November	10am-12noon	Park Springs, Gainsborough

Included in the Autumn term is a 2-session course designed to support those who have previously attempted suicide.

Suicide is a subject that is rarely talked about yet will touch many of us during our lifetime.

1 in 5 of us think about ending our life; 1 in 14 will make an attempt.

'Life after a suicide attempt' specifically aims to prevent suicide and is ONLY for people who have attempted suicide. It has been co-produced by people with lived experience of attempted suicide alongside health professionals with clinical expertise around suicide prevention and is supported by supported by Lincolnshire County Council Public Health.

Life after a suicide attempt (2 session course)	Thursday 6th November Thursday 13th November	10am-3.30pm	Tonic Health, Holbeach
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During the course we will begin to acknowledge the reality of what has happened. Together we will explore different strategies and skills to choose more helpful responses when feeling overwhelmed by the challenges we encounter and work towards recognising what's important in our lives and taking practical steps towards a brighter future.

Together we will create a safe, supportive space for people to learn. At the end of the session, we will check in with each other and signpost to further support if needed. **Interested but unsure whether it is right for you? Would like to find out more?**

Please get in touch via email lpft.recovery.college@nhs.net or phone 01522 309333 (Mon-Fri 9am - 2.30pm) so we can arrange to discuss further.

Also included in the timetable is a session that introduces the **5 ways to wellbeing**, which is a helpful framework we can use to help structure our lives and promote our wellbeing.

5 ways to wellbeing	Wednesday 12th November	7pm-8.30pm	Online via MS Teams
5 ways to wellbeing	Friday 5th December	1pm-3pm	The Link Up, Lincoln

In the session you will have the opportunity to explore the five core themes of connecting with others, taking notice, being active, giving and learning. We will consider how we can put them into practice in our daily lives. We'll include some top tips and share some of our own experiences.

And finally, we wanted to share with you an upcoming course we are running specifically for Veterans to support with mental health and wellbeing. Co-designed by Veterans for Veterans

- Have you ever served in the armed forces?
- Are you feeling stuck or unsure how to move forward now you're a civilian?
- Do you want to learn skills alongside other veterans to help you navigate

the challenges of civilian life, become clearer about your own direction, and build a brighter future?

This 6-session face to face course has been designed by experts and peers trained by Help for Heroes. It is suitable for all military Veterans regardless of when or where you served.

Over 6 consecutive weeks, the sessions will offer an opportunity to

- Understand how the human mind works and the impact of how your mind is shaped by your experiences.
- Review your health and wellbeing and the positive changes you can make to your lifestyle.
- Learn and apply different tools to help you review your priorities and set actions.
- Recognise barriers to change and learn how to face them.
- Discover the benefit of thinking/planning ahead and review your reflection skills.
- Refresh and recap on your learning, review your support networks and develop an action plan for your future.

Please note: This course is open to Veterans ONLY.

Veterans moving forward - Building a brighter future (6 session course)	Tuesday 27th January 2026 Tuesday 3rd February 2026 Tuesday 10th February 2026 Tuesday 24th February 2026 Tuesday 3rd March 2026 Tuesday 10th March 2026	10.30am-2pm	Riverside Church, Sleaford
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VETERANS MOVING FORWARDS: BUILDING A BRIGHTER FUTURE

Co-designed by Veterans for Veterans

Course Aim

To provide you with the opportunity to gain clarity about your direction in life, develop tools and strategies to help you commit to action and make progress towards your brighter future.

The course is split into 6 x 3 - 3.5 hour modules, run over 6 consecutive weeks.

1. Introductions, Ways of Working and Individual Aims.

2. The Military Mindset:

understand how the human mind works and the impact of how your mind is shaped by your experiences.

3. Breathe, Sleep, Move:

review your health and wellbeing and the positive changes you can make to your lifestyle.

4. Learning to prioritise, plan and make good decisions:

learn and apply different tools to help you review your priorities and set actions.

5. Overcoming obstacles to your progress:

recognise barriers to change and discover the benefits of thinking / planning ahead and review and reflection skills.

6. Sustaining positive change:

Refresh and recap on your learning, review your support networks and develop an action plan for your future.



Course Highlights include:

- Understanding the impact of your military service on your current situation.
- Gaining perspective and clarity about your life's direction.
- Sustaining positive change.

Benefits of this course include:

- Tools and techniques to help you navigate life's challenges and implement positive change.
- Learning useful strategies to help you improve your own wellbeing.

All 6 sessions run from 10.30am- 2.00pm (including a break for lunch - bring your own)

Next course starts:
Tuesday 27th January 2026
Location: Sleaford

Contact Lincolnshire Recovery College on
01522 309333 or
lpft.recovery.college@nhs.net to book your place

Please note : This course is ONLY for people who have served in the armed forces.

Art Pop-Up

Get Creative with Art Pop Up!

As part of our Creativity for Wellbeing programme, Art Pop-Up are host monthly Community Crafternoons at St Augustine's Church Hall in Stamford.

Each month there is a different hands-on activity such as making autumnal textile pumpkins, learning the basics of tapestry weaving or creating a festive wreath.

The sessions are free to attend and open to anyone aged 18+. No experience is needed and all materials are provided.

They are radically inclusive and designed to support wellbeing through creativity using the Five Ways to Wellbeing.

You can connect by meeting others in a welcoming space. Take some time to notice colours, texture and the link to the seasons. Each session encourages people to learn new skills with guidance from professional Artists as well as offering opportunities to just relax and make time for being something creative.

For more information about any of our programmes, or to book a place, email community@artpopup.co.uk

The Cheer Club socials

Cheer Club Socials are friendly monthly gatherings in Stamford that bring people together for an afternoon of live music, tea, cake and conversation. Each event has something special to enjoy. September sees Sammy Dean join us for an afternoon of Rat Pack and rock and roll classics. In October we are planning a fascinating talk all about

Stamford's history.

The socials are part of the wider Cheer Club programme, which also includes seasonal parties and making events. This year we will be hosting a Christmas party and a spring tea dance in March, giving people more opportunities to celebrate, be creative and enjoy time together.

The socials are free to attend and open to all. They are designed to support wellbeing through community and creativity, and participants can expect to connect with others in a warm and inclusive setting, to enjoy music and talks that spark curiosity, and to share stories and encouragement over a cup of tea and slice of cake. By joining in, participants discover new experiences, notice the joy of live performance and feel part of a supportive community.



Art Pop-Up

COMMUNITY CRAFTERNOON

St Augustine's Church Hall, Broad Street, PE9 1PG
EVERY LAST THURSDAY OF THE MONTH - 2.30-4.00pm

27th
NOV



Festive Wreath Making

In this radically inclusive workshop you'll learn how to make your own festive wreath to hang on your door over the winter. We will be using real seasonal flora sourced locally from the Burghely Estate gardens. It DOES NOT MATTER if you "aren't creative"! Sam will show you all the tips and tricks you need to make a beautiful one-of-a-kind Festive wreath. This craft utilises fine motor skills & small details however we can make adjustments to ensure that it is suitable for all - so please get in touch to discuss. 18+ ONLY

BOOKING REQUIRED. email community@artpopup.co.uk OR book via eventbrite
These sessions are free of charge as part of our Creativity For Wellbeing & Cheer Club Programme







Shine Your business here

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

Contact:
communityengagement@shinelincolnshire.com

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

WRIGHT WAY SPORTS LTD

and performing arts sessions, which have seen a great uptake and are thoroughly enjoyed by all who attend. We could not undertake the delivery of these fantastic sessions alone, we work closely with partners including Positive Futures, Benjamin Adlard's Primary School, Shine Lincolnshire, Highkhan Tigers, Kilton Lindsey Council, and others to provide the best sporting opportunities at affordable prices for all to engage in a sport they love.

As we move into the spring and summer of 2024 we hope to continue to expand our offer to deliver sessions and holiday clubs in new locations across Lincolnshire, ensuring all children and young people are able to access fun and safe activities that support both their physical and mental health.

For more information, please contact Brad:
 T: 01432 587894
 E: brad@wrightwaysports.co.uk
 X: @WrightWaySport
 Facebook: www.facebook.com/WrightWaySport

FOOTBALL BOOTS & KIT

UNILOCK SCHOOLSPORTS SOCIETY

WRIGHT WAY SPORTS LTD

FOOTBALL CENTRES

FOOTBALL SESSIONS BASED AROUND THE FOLLOWING: GAME AND SKILLS IN A FUN & FRIENDLY ENVIRONMENT.

OUR SESSIONS

4-6 YEARS: 14.15-16.15 (10:00-10:00)
 7-9 YEARS: 16.15-18.15 (10:00-10:00)
 10-12 YEARS: 18.15-20.15 (10:00-10:00)

COSTS

£4 PER SESSION
 £75 PER MONTH

LOCATION

MITTON AND KEELBY PLAYERS FIELD
 KEELBY (DN21 5NF)

HAVE A BREAK WITH BERT

Shine

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

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

- Be featured in the next newsletter
- Sign up to our mailing list
- Enquire about advertising
- Receive additional physical copies of our newsletter

For anything else

Info@shinelincolnshire.com
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www.shinelincolnshire.com
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