



New year, New community news!

Discover what's happening in communities across Lincolnshire!

Shine Connect

Winter 2025/26



Photo Credit: David Fowles, That Vintage Enthusiast Photography

Adult Learning

Flooding Resilience

Children & Young People

What's new at Shine

County Updates

Training

Illuminate

Contents

- 5. Just Be
- 6. Bert House
- 8. Community Engagement Manager Update
- 10. Shine Together
- 11. Wright Way Sports & Education
- 12. Meet The Team
- 16. Children & Young People
- 18. Illuminate
- 20. Flooding Resilience
- 23. World Book Day
- 24. Training
- 26. Meet our Adult Learning Team
- 28. Adult Learning
- 30. Fundraising
- 32. Dementia Prevention
- 34. Fraud Prevention
- 35. Get in Touch
- 36. Carers Column
- 37. Epilepsy Awareness
- 38. Fields Farm
- 39. Our Community
- 40. Advertise With Us
- 41. Celebrating Peer Support
- 42. Community Updates
- 55. Ageless & Agile
- 56. Fulbeck Dementia Cafe
- 57. Rock School Bus
- 58. PE 11 Men's Shed
- 59. Growing Greenwell
- 60. West Lindsey Training



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!

BERT HOUSE
7 BULLRING
HORNCASTLE

JOIN US EVERY
TUESDAY
13:00-16:00



EAT WELL SHINE BRIGHT



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




Neurodiverse Group



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

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

JOIN US EVERY
TUESDAY
11:15-12:45

NO NEED TO BOOK - JUST DROP IN AND ENJOY!

Contact info:
BertHouse@shinelincolnshire.com
07564 044112

BERT HOUSE
7 BULLRING
HORNCASTLE LN9 5HX




Connect with us...

 Shine Lincolnshire Charity

 Shine Lincolnshire

Info@shinelincolnshire.com
01507 304 548

 ShineLincs

 Shine Bert House

www.shinelincolnshire.com

 Shine_Lincoln

 Shine Training & Education

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

 ShineLincolnshire



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

Just Be...

OK, let me make it perfectly clear. I am mentally ill. I have psychosis, anxiety and depression. My diagnosis (something my doctor finds useful, but I could care less about) is Bipolar. Most of my adult life I have either been well, or not. The not being well has been a battle. My childhood family realised they couldn't help me enough and so I was institutionalized. That was in my 20's. I escaped the institution and my mom and sister supported me. A few friends saw me through. I became well. Lots of effort all round and some medication, then sometimes no medication, but still, lots of effort.

It was during a spate of wellness, when I was symptom free, that I met my now husband. Such a fabulous love affair and I, in a magnificent declaration, I loudly declared I would never be mentally ill again. And he believed me. I believed me. It was true; right until the day it wasn't. I have no idea how Bill kept loving me. During my depression and anxiety and psychosis, I felt I was unlovable. Don't get mad at me... that's how I felt; unlovable. Unwell, unsure and unlovable.

Commence battle. Bill and I took on the illness. I ate right, I exercised, I slept, I took medication, I meditated, I crocheted, I practiced gratitude and mindfulness, I journaled. I did as I WAS TOLD. We wrote two books together. We spent time together. A lot of time together. And yes, I got well. Slowly, carefully, gradually. I believe everyone can be well. If the illness a physical then medication can help, if the illness is spiritual then it's up to our behaviours to find what will fix us. Bill and I fought on both fronts. We have two children and now the four of us make sure Mom stays well. It is central to our lives.

So, imagine my surprise this week when Bill said to me, "What are you doing?" "I'm just going to write in my journal." I replied. I thought I was being a good girl; filling my time. Bill suggested I just stay still. Stay still! He pointed out to me that I was always 'Doing'. I thought this was essential for my well-being. He suggested I try 'Just Being'. This was a foreign idea. I was hooked on self-help.

How could I stop?

I sat back down. I did nothing. I just was. It felt foreign at first. But then it started to feel good. I had no responsibility, no calling to get better. I was better, I was well. Now I could sit with it. I sat there and I just Was! It took work, it does. But it is worth all the effort.

And that is the theme of this season's Up-Front column. Just Be. It feels great. Be happy with who you already are. Learn how to do nothing and just be. You don't have to be on the go all the time.

As Rudyard Kipling said in his great poem IF:

"If you can keep your head when all about you are losing theirs", then you are mentally well. Just Be.

What's new at Bert House?



Reflecting on our offer over the colder months!

Bert House has continued to be a welcoming, supportive and vibrant community hub at the heart of Shine.

In December we were delighted to welcome Wendy Bowkett as our new Community Hub Support Worker, whose passion and commitment have already strengthened the support we offer to local people.

Also in December, we held our annual Christmas Party. The event brought together the community to celebrate the festive season in a warm, welcoming atmosphere. The day was filled with a wide range of festive activities, including Christingles, Christmas crafting, and plenty more to keep everyone engaged and smiling throughout the day. A real highlight was the wonderful live music that set the festive tone. We were incredibly grateful to Nicky Haxby, who spent the morning singing beautiful Christmas carols and songs, creating a joyful and uplifting atmosphere. This was followed by a fantastic performance from the Horncastle Primary School Choir, whose Christmas carols were enjoyed by all. Everyone was also treated to some delicious food provided by The Graze and Garnish Kitchen, which was thoroughly enjoyed and added to the sense of celebration and togetherness.

To round off the day, we held the much-anticipated Shine Christmas Raffle Draw, which saw many happy faces and plenty of excitement as prizes were won. Overall, it was a wonderful celebration filled with laughter, music, creativity, and community spirit a truly special day for everyone involved.

Thanks to funding and support from Lincolnshire County Council, we have been able to deliver two advice sessions per week, alongside open-access wellbeing activities every Tuesday afternoon. Hannah's seated yoga kick started these sessions ensuring beneficiaries remained active through the winter months.

Wednesday afternoons have been filled with our popular air fryer lessons, where participants have learned to cook affordable, healthy meals including vegetable frittata, breaded chicken drumsticks, pizza wraps, breaded cauliflower florets, meatballs in sauce, Mediterranean vegetables and even toad in the hole. These sessions go beyond cooking, incorporating budgeting, meal planning, healthy habits, understanding food labels and exploring the Five Ways to Wellbeing.

We have also provided essential digital support, helping beneficiaries use their own devices or our public-facing computers, as



well as offering guidance with digital forms and online services.

With support from The National Lottery Community Fund, our Neurodiverse Group continues to provide a safe, inclusive space for individuals who are newly diagnosed, awaiting diagnosis, or simply seeking a sense of belonging within the community. Our much-loved Knit and Natter group has evolved into "Bert's Crafty Critters", now thriving with such strong attendance that Wednesday mornings have become closed-access sessions. Shine On continues to run on Thursday mornings, followed by a wellness advice session on Thursday afternoons.

Bert-t-t's peer support group has also moved to Thursday afternoons and goes from strength to strength, regularly welcoming double-figure attendance while remaining true to its peer-led ethos.

We are extremely grateful to Platform Housing's Christmas Kindness Campaign, which enabled us to provide a soup and toast kitchen on Tuesday afternoons and a breakfast bar on Thursday mornings, ensuring access to warm food twice a week. This is backed up by our advice sessions, helping prevent dependency while offering a more rounded, meaningful support.

Ro's poetry group remains a vital and valued space, allowing people to express emotions and leave feeling lighter than when they arrived.

After much anticipation, we are delighted to announce the launch of our Bring A Parent After School Club, made possible thanks to the Tesco Stronger Starts Fund. The club will run on selected Thursdays throughout the year, with a particular focus on supporting

families during the winter months and school holidays, when additional support can be most needed. Each session provides children with a fun environment, including engaging activities and a warm, nutritious meal.

At the same time, parents and carers are invited to relax, connect, and access informal peer support, offering space for conversation, shared experiences, and gentle guidance through challenging times. The aim is to strengthen family wellbeing while bringing our community together in a supportive and inclusive setting.

Finally, our Winter Warm Pack provision has once again helped individuals and families stay warm through the colder months, strengthening our dynamic and responsive community offer.



Bring a Parent after school club

CHILDREN AND PARENTS CAN SPEND QUALITY TIME TOGETHER

NO NEED TO BOOK - JUST DROP IN AND ENJOY!

This after-school drop-in provides a warm, welcoming space for children to attend with their parents or carers, enjoy a free hot meal, and build friendships. Parents and carers can also access informal peer support, signposting, and guidance in a relaxed setting.

JOIN US THURSDAY'S 3:30-5PM

WEEKLY FOR SELECTED WEEKS ACROSS THE YEAR : JANUARY 15TH- APRIL 16TH MAY 28TH JULY 23RD - OCTOBER 29TH

BERT HOUSE 7 BULLRING HORNCASTLE



Shining a light with our Community Engagement Manager

Hello! I'm Donna, the Community Engagement Manager, and over the past few months I've been out and about visiting several projects funded through the Mental Health and Wellbeing Community Investment Fund.

We support a wide range of diverse projects across the county, and it's always a pleasure to spend time away from the office seeing these projects in action, chatting with beneficiaries, and hearing firsthand how the groups and activities positively impact their lives.

As we find ourselves in what feels like the depths of winter, following the festive season, it's been particularly nice to reflect on those summer months and the many inspiring visits I was able to make.



It's always great to visit the coast, and while in Skegness I had the opportunity to meet Eve and the volunteers that support the Lincoln and Lindsey Blind Society at

their weekly bowling session. The session had become such a safe and supportive space, and it was wonderful to listen to everyone and hear just how much these sessions meant to them.



Another project based in Skegness, **Seagull Recycling**, that Paul and Travis created is The Eco Centre it is tucked away from the hustle and bustle of the town and provides a calm, outdoor space where beneficiaries can take part in a range of activities. The greenhouse was blooming with produce beneficiaries showed me what they had been growing and building this really highlighted the positive impact of the project.

In Lincoln, I met with Ian at **Development Plus** to learn more about the mental health support they offer through one-to-one sessions, as well as their cycle project. It was inspiring to hear how these initiatives make such a meaningful difference in supporting people's mental health and wellbeing.

I also met Atma at **Renatured** (formerly Old Wood Organic) at Mint Lane Community Hub, for their yoga session delivered. Those attending shared how much they benefited from the sessions, not only in terms of physical and mental wellbeing, but also from the strong sense of community the group provides helping them feel connected, supported, and positive.

As I've said, the projects we support are all unique, offering different kinds of support where it is needed most. **Headway Lincolnshire**, for example, provides vital support for people who have experienced a brain injury. I had the opportunity with Ann-Marie to visit one of the art therapy sessions they were running, at North Sea Camp Prison, it was inspiring to see how creative activities were being used to support recovery, self-expression, and emotional wellbeing.

While out in Grantham, I visited, Hannah at **Jubilee Church** during one of their sessions for parents and carers, alongside play activities for toddlers. The session provided an opportunity to access a range of support and services focused on health and wellbeing, while also creating a welcoming space for connection and a sense of belonging.

I also visited Simon at **Outwood CIC**, who



provide support through woodwork, offering a range of activities that help people build skills and confidence. It was great to see everyone busy making things and to witness the huge benefits this brought to those attending.

Finally, I visited, Sally at **Willow Farm's Saturday Socials**—a great excuse to get my wellies out! They provide equine therapy courses that support mental health and wellbeing, giving beneficiaries the opportunity to explore their thoughts, feelings, and behaviours in a safe environment while connecting with the horses.



If you would like to find out more about any of these projects, please visit www.hay.lincolnshire.com where you will find details of all the funded activities and lots more.

If you have a project or activity why not register it on **How Are You Lincolnshire**, this is a great way to ensure that people can find out about the support you offer, just like all projects are unique so are people and what you offer might be what someone is looking for.

Until next time.... Keep warm, stay safe, spring will be soon upon us.

The Road to Supporting Communities

As we enter the new year, we are delighted to reflect on the progress of our project supporting grassroots organisations across Boston, South Holland and East Lindsey. The past few months have been both inspiring and encouraging for us, highlighting the passion, commitment and creativity that exists within our local voluntary and community sector.

Over the past four months, we have truly been all over the county, meeting, supporting and championing incredible people and organisations. We estimate that we have travelled over 2,000 miles since the project began, and we have loved every single second of the journey. Throughout the project, we have had the privilege of meeting a wide range of organisations, each working tirelessly to support their communities in different ways. From early conversations through to more in-depth support, it has been a pleasure for us to learn about the diverse activities taking place across the area and the positive impact these groups and organisations are making every day. Hearing directly from organisations about their ambitions, challenges and successes has been invaluable and has helped shape how we tailor our support.

We have really enjoyed working alongside organisations on their individual journeys, helping them to clarify their goals, strengthen their foundations and plan for the future. Our focus has been on enabling groups to feel more confident, resilient and equipped to move forward, and seeing organisations take steps towards achieving their goals and building long-term sustainability has been particularly rewarding for us. This work has reinforced the importance of investing time in relationships and truly understanding what matters most to each organisation.

There have been so many stand out moments

for us, but some experiences will stay with us for a long time. One particularly memorable highlight was seeing the amazing impact that ponies can have in a care home setting. Watching residents light up, feel calm and completely at ease while interacting with the ponies was incredibly moving, and it reminded us just how powerful creative and unconventional approaches can be in improving wellbeing and happiness.

Another unforgettable experience was witnessing the growth of a small community group that has transformed a once-isolated community into a thriving, connected one. What started as a small idea has grown into regular community fashion shows, craft groups, bingo nights and bunting walks. Seeing people come together, build friendships and develop a real sense of belonging showed us the incredible impact that grassroots activity can have when it is nurtured and supported.

We were also inspired by meeting a local business with ambitions to set up a charity arm. Hearing about their passion, values and future plans was incredibly encouraging, and we are excited to continue supporting organisations that want to give back and create lasting, positive change within their communities.

Throughout the project, we have enjoyed working alongside organisations on their individual journeys, helping them to clarify their goals, strengthen their foundations and plan for the future. Our focus has been on supporting groups to feel more confident, resilient and equipped to move forward, and it has been rewarding to see organisations take steps towards long-term sustainability. This work has reinforced for us the importance of building

relationships and investing time in people.

As we look ahead to 2026, we are excited about what lies ahead. We look forward to continuing to support grassroots organisations, building on the strong foundations already in place, and working together to create lasting benefits for communities across Boston, South Holland and East Lindsey.

If you have an ambition, goal or idea that you would like support with setting up or developing, we would love to hear from you. Please get in touch at shinetogether@shinelincolnshire.com



Shine strengthens community impact through acquisition of Wright Way Sports & Education Ltd (WWSE)



WRIGHT WAY SPORTS & EDUCATION

Shine Lincolnshire, a well-established charity working across Lincolnshire and beyond, is delighted to announce that it has acquired Wright Way Sports & Education Ltd (WWSE), effective 1st December 2025.

This strategic step reinforces Shine Lincolnshire's commitment to supporting inclusive education and sports initiatives, while providing WWSE with stability and resources to grow its services and extend its reach to more communities. WWSE will remain an independent legal entity, ensuring continuity of its identity and mission.

Brad Wright, founder and director of WWSE, will be joined on the Board of Directors by

Shine Lincolnshire Executive team members Belinda Butlin Hodgson and Kerry Stocks, as well as Shine Trustee Elaine McClean.

Shine Lincolnshire is thrilled to welcome Wright Way Sports & Education into Team Shine. This partnership combines the expertise and resources of both organisations, supporting physical and mental health and wellbeing initiatives across Lincolnshire while maintaining their independent identities.

Existing WWSE customers, partners, and stakeholders can expect seamless continuity of service, along with the exciting prospect of expanded opportunities and positive growth across all programmes.

The Shine Team

Meet Our New Starters!

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

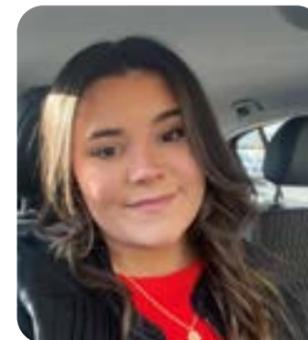
1. Coffee or tea?
2. Breakfast, dinner or Tea?
3. Cats or dogs?
4. Summer or winter?
5. Morning or evening?
6. Salty or Sweet?
7. What is your guilty pleasure?
8. What is your go-to karaoke song?
9. What mythical creature would you like to believe was real?
10. What is your favourite colour?
11. What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



Lily Reed
Youth Worker

1. I don't drink either so hot Chocolate!
2. Tea - its quality time sat with the family
3. Dogs, although my preferred would always be a rabbit
4. Winter, I love a cosy night in
5. Evening
6. Sweet
7. A PJ movie day
8. I don't do karaoke
9. Dragons, I think would be amazing mythical creatures to be seen, from a safe distance of course.
10. Red- I am a huge Sheffield United fan
11. Snow
12. This year (25) as it has offered new beginnings
13. Be a sweet chilli chicken wrap. So good!



Beth Newall
Dance Teacher

1. Definitely coffee to start my day!
2. Tea
3. Dogs- I have a German Shepherd
4. Summer
5. Evening-
6. Salty
7. Playing board games
8. Valerie - Amy Winehouse
9. Mermaids
10. Pink
11. Not and Sunny
12. 21 has been my favourite age so far!
13. Grilled Chicken with Salad on flatbreads.

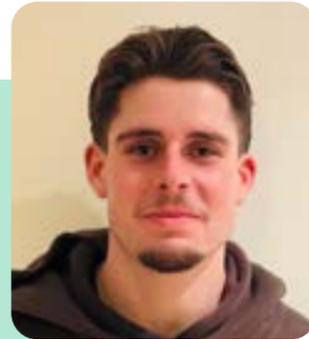
Meet Our New Starters!



Charlie Stenton
Sports Coach

1. I drink neither so water
2. Dinner
3. Dogs
4. Winter
5. Evening
6. Sweet
7. Chocolate
8. Castle on the Hill - Ed Sheeran
9. Phoenix
10. Orange
11. Snow
12. 12. 19 (current) I know the most about myself and everything else
13. Sunday Roast

Tristan Drummond
Community Engagement Officer & Head Coach



1. Coffee
2. Dinner
3. Dogs
4. Summer
5. Morning
6. Sweet
7. Spending too much money on Football/clothes
8. Let me love you- Mario
9. Loch Ness Monster
10. Sky Blue
11. Hot and Sunny
12. 22
13. Steak and Sweet potato chips



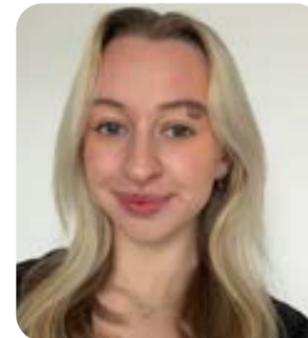
Wendy Bowkett
Community Hub Support Worker

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Chai Tea 2. Breakfast 3. Dogs 4. Summer 5. Evening 6. Salty 7. A glass of wine 8. None 9. Santa Claus | <ol style="list-style-type: none"> 10. Pink 11. Hot 12. 30 13. A Curry cooked by my son. |
|--|--|



Brad Wright
Operations Director (WWSE)

1. Neither, Both are grim!
2. Tea
3. Dogs
4. Summer
5. Evening!
6. Sweet
7. Neighbours
8. Sweet Caroline
9. Unicorn
10. Red
11. Sunny with a little breeze
12. Each one has been a blessing
13. Starter: Something cheesy.. Main: Stuffed crust pizza with a side of fries and dip... Desert: Sticky toffee pudding with a good custard



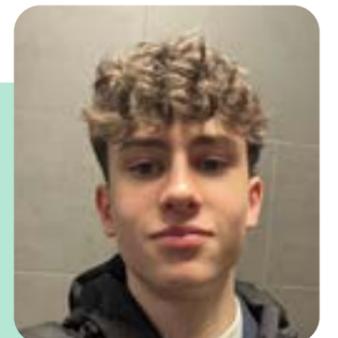
Reagan McCulla
Sports Coach

1. Tea
2. Tea
3. Dogs. I have two!
4. Summer
5. Evening
6. Sweet
7. Thrift Store Shopping!
8. Since u been gone- Kelly Clarkson
9. Leprechauns (not a creature but mythical!)
10. Green
11. Sunshine
12. 20-22 (present)
13. Chicken Pesto Pasta



Maddy Spiegl
Youth Club Worker

1. Tea
2. Tea
3. Cats
4. Summer
5. Evening
6. Sweet
7. Haribo's
8. Never done it and I don't want to!
9. Dragon
10. Lilac or pastel pink
11. Sunny
12. 4
13. Pasta



Monty Drummond
Sports coach

1. Coffee
2. Breakfast
3. Dogs
4. Summer
5. Evening
6. Salty
7. Eating a whole cake
8. Lush Life - Zara Larson
9. Loch Ness Monster
10. Orange
11. Snow
12. 8
13. Salmon Pasta

Horncastle Youth Group

Horncastle Youth Group continues to go from strength to strength, providing a welcoming, fun, and supportive space for secondary school-aged young people in our community. Over recent months, the group has seen fantastic engagement, with growing numbers of young people getting involved and making the most of everything on offer.

Our sessions have been packed with variety and energy. Seasonal crafting activities have been a particular highlight, giving young people the chance to be creative, try new skills, and take pride in what they have made. From themed decorations to hands-on projects, these activities have encouraged self-expression and teamwork in a relaxed environment.

Alongside crafts, sport and physical games have been hugely popular. Whether it's

friendly competitions, team challenges, or simply having a go for fun, these activities have helped young people build confidence, stay active, and support one another. Board games have also played an important role, creating opportunities for laughter, problem-solving, and social interaction, while helping young people develop communication skills and friendships.

Most importantly, Horncastle Youth Group is about fun and belonging. The atmosphere is positive, inclusive, and full of laughter, with young people feeling safe to be themselves and try new things. The success of the group reflects the enthusiasm of its members and the commitment of everyone involved in making it such a special place.

We are proud of what Horncastle Youth Group has achieved so far and look forward to many more exciting sessions ahead.

Horncastle Primary

Shine Lincolnshire had the pleasure of attending a careers fair at Horncastle Primary School in November where we met some amazing children from across the whole school wanting to know more about what we do.

The children were so polite and inquisitive; full of questions and really enjoyed receiving the treats we took with us. We loved meeting them all.

Whilst we were there, we launched a competition around Healthy Habits which we were told fitted in well as they had just completed a Healthy Habits topic in science.

The younger years were also given an opportunity to join in with a colouring Bert competition.



We were overjoyed at the response from the school and the children.

We then had the pleasure of visiting the completion winners and presenting them with their prizes.

Thank you, Horncastle Primary School, we look forward to seeing you all again soon.

Celebrating Christmas at HAF

Day 1 of the Shine Holiday Activity and Food (HAF) Programme was a huge success.

The day began bright and early with a 9:00am departure from the Vine Centre in Cherry Willingham, where we boarded the coach to Gainsborough for a special trip to the Savoy Cinema. The highlight of the morning was watching the festive classic Home Alone, which everyone thoroughly enjoyed. We were also delighted to be joined by our friends from Wright Way Sports and Education and their HAF programme, sharing the experience together.

After the film, we took a short walk to Marshalls Playing Field to enjoy the rest of the day's activities. First on the agenda was food, and a delicious Christmas dinner certainly did not disappoint, with clean plates all round.

The afternoon continued with a lively table tennis tournament, played competitively but with plenty of laughter and fun throughout. This was followed by a range of sporting activities, including everyone's favourite, football. A variety of festive activities were enjoyed, ensuring there was something for everyone.

To conclude the day, we boarded the coach back to Cherry Willingham for a 5:00pm pick-up. It was a day full of festive cheer, fun, and friendship, ending with many happy faces all around.

Tuesday 23rd December saw the last of the festive HAF days in Cherry Willingham.

We enjoyed a day full of Christmas movies, interactive quizzes and lots and lots of Christmas crafts.

Even the lads enjoyed making the festive scenes by making an forest of decorated Christmas trees

We also made the longest paper chain... he's apparently called Fred. Almost reached from one end of the room to the other, it was impressive!!

We enjoyed a nutritious lunch with a whole host of healthy snacks throughout the day.

The star of the show is always Bert and our lovely Hannah paid homage to our Bert with her tissue paper creation and we played a music game with lots of dancing to finish the day



Celebrating Illuminate: Shine's 2025 Annual General Meeting

On 8th December, we were proud to host Shine's Annual General Meeting, Illuminate, at Jubilee Church in Grantham. We welcomed 125 people from across Lincolnshire, bringing together community providers, statutory services, local government partners and people with lived experience who access services. Seeing such a wide range of voices in the room reflected the strength of collaboration at the heart of Shine's work and set the tone for a day focused on connection, shared learning and collective impact.

With over 20 stalls to visit and a full programme of presentations, the event offered space to explore the breadth of Shine's work and the partnerships that support it. The theme of Illuminate ran throughout the day, using constellations as a way of telling Shine's story and recognising how individual contributions come together to create something greater. Each presentation highlighted a different area of our work, including Community Connectors, Peer Support Workers, co-production, training, community grants, children and young people's services, Bert House and Shine Connect.

One of the most powerful and moving moments of the day came from Pete, an attendee at Bert House, who shared a poem about what Bert House means to him. His words captured the heart of why Shine exists and the importance of safe, welcoming spaces rooted in understanding and compassion. There was not a dry eye in the room, and it served as a powerful reminder that lived experience sits at the centre of everything we do.

The AGM was also an important moment to

look ahead. We officially launched Shine's new five year strategy, shaped by lived experience, community insight and strong partnership working. The strategy sets out our ambition for the years ahead, focusing on prevention, connection and ensuring support is available when and where people need it most. The full strategy is available to read on the Shine Lincolnshire website at www.shinelincolnshire.com/our-strategy-for-2025-2030

Alongside this, the VCFSE Strategy for Lincolnshire was launched, highlighting a shared commitment to collaboration across the voluntary, community, faith and social enterprise sector.

We were also honoured to celebrate the incredible contribution of Barry Earnshaw, who has served as Chair of the Board for the past five years. Barry's commitment, leadership and belief in Shine have been instrumental in shaping the organisation we are today, and Shine would not be what it is without him. In recognition of his outstanding contribution, Barry was presented with the Earnshaw Award, becoming the very first recipient. Following this, Barry formally stood down as Chair, with Dr Ade Tams stepping into the role. We are excited about this next chapter and the future ahead.

As the day came to a close, Illuminate felt like much more than an AGM. It was a celebration of the people, partnerships and communities that continue to shine a light for others across Lincolnshire. Together, we reflected on how far we have come and looked ahead with confidence, ambition and hope.

Shine: A Poem By Pete Drakes



There was no where to go when the days were bad
I'd stay at home getting more and more sad
Occasionally I'd go and see friends
But I always felt like I was under a lens
Constant questions about how I felt
I know they meant well but, I wanted to hide from the road I was dealt
I desperately wanted a place to belong
A place without judgement where I could undo the wrong
There was no place when I was at my worst
But that changed because of people with a thirst
They had a dream to help people like me
To give us a safe space where we could just be
Shine chose a base in Horncastle Town
Eventually I got the nerve to go down
I was greeted by Ben, Amber and Dan
The staff who gave the dream a plan
They welcomed me in and made me feel at ease
They'd offer a coffee and I'd always say yes please
They've helped me and others for more than they know
All too often we don't let our gratitude show
Ro started to run a poetry group,
I went to the first one expecting to be a stoop
To my surprise I took to it well
And as I wrote my fears began to quell
I was always bad at English and struggled to write
But I endured and what came out was worth the fright
With the help of poems I can write down my thoughts
And help clear my head from all that I fought
Through Ro's poetry group I'm starting to mend
Whenever its on, I will try to attend
Everyone at Shine, staff, volunteers and others users
Have all been so nice, not like my abusers
I've made a lot of friends I never thought I'd have
I'm grateful to you all for guiding me like a sat nav
So many friendly faces welcoming all
Now my world doesn't seem so small
So thank you from me, I know I'm not quiet like a mouse
Who'd have thought my world change just because of Bert House

Standing Together Through a Flood

Flooding has long been a part of life in Lincolnshire, from our rivers and coastlines to rising groundwater and heavy rainfall. For many residents across Lincolnshire, North Lincolnshire, and North East Lincolnshire, these events are more than just environmental challenges; they can affect homes, livelihoods, and wellbeing and can have long-lasting effects on mental health.

Across the county, organisations and communities continue to work together to strengthen flood awareness and resilience. One major initiative, Project Groundwater Greater Lincolnshire, is helping to improve understanding of groundwater flooding and build local capacity to prepare, respond, and recover.

How Flooding Is Managed

Flood management is a shared effort involving many dedicated professionals and community partners:

Lincolnshire County Council acts as the *Lead Local Flood Authority*, overseeing surface water and groundwater flooding.

The Environment Agency monitors rivers and coastal defences, issuing flood warnings and leading major responses.

District councils, Internal Drainage Boards, and emergency services play vital roles in response and recovery efforts.

Local parish and town councils, alongside community flood groups, often take the lead in coordinating volunteers, supporting

residents, and keeping information flowing at a neighbourhood level.

Together, these groups form part of the **Lincolnshire Resilience Forum**, which coordinates support before, during, and after flooding incidents. - The LRF is a separate entity and whilst we have emergency cells during flood events that incorporate all partners you've mentioned, the LRF is not solely comprised of these partners and is a separate entity in itself.

Getting Prepared

Preparation makes a real difference. Every household and business can take simple steps to be more flood-ready:

Check your risk: Visit www.gov.uk/check-flood-risk to see if your area is at risk.

Sign up for alerts: Register for free flood warnings via the Environment Agency's service.

Make a plan: Know how you would respond if flooding occurred, including safe routes, contact numbers, and where to turn off utilities.

Prepare a flood kit: Keep essentials like torches, medications, important documents, and emergency contact details safe and easy to access.

Stay connected: Check in on neighbours, particularly those who may need extra support.

If flooding does occur, remember: safety

Standing Together Through a Flood

comes first. Never walk or drive through floodwater, and follow guidance from local authorities and emergency responders.

Useful Contacts

Lincolnshire County Council (local flooding and drainage): 01522 782 082

Better Prepared | Lincolnshire Resilience Forum

Environment Agency Floodline: 0800 80 70 60

Flood alerts and live updates: Check for Flooding

Supporting Wellbeing and Community Recovery

Flooding can be deeply unsettling. The loss, disruption, and uncertainty it brings can affect both emotional and mental health. It is important to seek support, talk openly, and take time to recover.

Local councils, community forums, and wellbeing organisations across Lincolnshire offer a range of support, from practical help to mental health and emotional wellbeing advice. If you are struggling, reach out to Shine (add webpage) or your local council, who can guide you to the right support network.

Community Leadership and Local Groups

Many parish and town councils across Lincolnshire lead or host local flood groups, with residents, volunteers, and local businesses working together to prepare for, and recover from, flood incidents. These groups often help identify local risks, share practical advice, and ensure that vulnerable residents are

supported during emergencies.

Getting involved with your local group can be a great way to make a difference and strengthen resilience in your area. How do they find their local group? Currently waiting on this information

Looking Ahead

Flooding can test even the strongest communities, but in Lincolnshire, we have shown that when we come together, we can adapt, recover, and grow stronger. Through continued collaboration, education, and care for one another, we can protect not only our homes but also our collective wellbeing.

For more information on flooding, wellbeing, and local support, visit:

Lincolnshire County Council Flood Risk Management <https://www.lincolnshire.gov.uk/flood-risk-management>
Better Prepared | Lincolnshire Resilience Forum

Project Groundwater Greater Lincolnshire <https://www.lincolnshire.gov.uk/flood-risk-management/project-groundwater>





**Project
Groundwater**
Greater Lincolnshire

**Lincolnshire
COUNTY COUNCIL**
Working for a better future



COME AND JOIN US AT

LINCOLNSHIRE FLOODING RESILIENCE & MENTAL WELLBEING ROADSHOW



**A FREE COMMUNITY EVENT
HELPING YOU PREPARE, RESPOND, AND
RECOVER**

- Monday 16th February- Wainfleet Coronation Hall, Skegness
- Thursday 12th March - The Ropewalk, Barton- Upon- Humber
- Tuesday 28th April- Boston United Football Club, Boston
- Thursday 21st May- Jubilee Church, Grantham
- Thursday 4th June- Sleaford New Life Church, Sleaford
- Wednesday 24th June- Moorland Community Centre, Lincoln
- Thursday 9th July- Cleethorpes Memorial Hall, Cleethorpes
- Tuesday 14th July- Market Rasen New Life Church, Market Rasen

**SCAN THE QR CODE
TO BOOK**



ALL EVENTS 14:00-19:00

**IF YOU WOULD LIKE A STALL AT
THE EVENT PLEASE CONTACT
FLOODING@SHINELINCOLNSHIRE.COM**

World Book Day 2026

World Book Day

World Book Day, held annually on the first Thursday in March, aims to get more children reading for fun.

Research shows that reading for fun is the single biggest indicator that a child will grow up to enjoy a happier and more successful life - more than their family circumstances, their parents' educational backgrounds or their income.

In 2026 World Book Day will be held on 5th March and the theme of 'Read Your Way'

and provides the opportunity for children to exchange a token for their very own book to keep. Tokens are handed out in schools and libraries and can be swapped in bookshops for one of 12 titles specially written by authors for the promotion. Alternatively, children can choose a different book and receive £1 off the cost of the book. In 2026 Skegness and Mablethorpe Libraries will be acting as special token exchange hubs where children unable to visit a book shop locally can swap their token for a book of their own.

**WORLD BOOK DAY
COSTUME CONTEST**

**Come and celebrate World Book Day with us!
Dress up as your favourite book character and join our fun
costume contest!**

Thursday 5 th March 3:30-17:00	Bert House, 7 Bull Ring Horncastle	£1 contest Entry includes a book!
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Every child will receive a book, with a prize toy awarded for the best costume.

Children can enjoy a free meal, meet other children, and make new friends at this relaxed, family-friendly event, where everyone is a winner.

Shine

Lincolnshire Libraries work with schools to promote and celebrate World Book Day by running special class visits to help children discover all the amazing reads that can be borrowed for free from their local library. Our Core Libraries also have Costume Swap Rails where parents and children can swap old World Book Day costumes for something new to them - saving the planet and the stress of costume sourcing or making.

You can find out more about Lincolnshire Libraries on our website Lincolnshire Libraries | Log In To Our Catalogue | Better or by following @Lincslibraries on X, Facebook and Instagram.



SHINE TRAINING CONTINUES TO SHINE BRIGHT

SEP - DEC 2025

25 - DELIVERIES

224 - ATTENDEES

1691 - TOTAL ATTENDEES SINCE SHINE TRAINING BEGAN!

Another busy delivery period as we moved through the autumn to winter. We have delivered courses in physical first aid, mental health first aid and suicide first aid to attendees from 7 private, 6 third sector and 3 service sector organisations.

Spotlight for September 2025:

Suicide First Aid:

September 10th was 'World Suicide Prevention day' and we had a group on our Suicide First Aid course learning about how to support with a conversation that can change/save a life. All of us can contribute to reducing the number of people who die by suicide. One of the simplest things to help is to encourage talking and sharing about our challenges in life.

'I think everyone in the team/organisation should attend this training, this issues effects work and personal life and the more people trained, the narrative and stigma around suicide and mental health will be impacted positively and the right person will be able to support colleagues and family/friends alike.'

Shine Accredited/Non-Accredited Training Offer:

Shine Accredited/Non-Accredited Training Offer:

Having 'first aid' skills means your prepared. You improve your resilience to navigating life's 'suddenlys.' We have a range of 'first aid' training to suit your needs. These courses are both accredited and non-accredited. They will meet HSE standards and last for 3 years. We are also now offering a range of 'Adult Learning courses.' See our section in this newsletter.

Have you thought of learning more about your mental health through a mental health awareness or a mental health first aid to enable you to support adults or youth mental health first aid if your support young people?

Our combined adult and paediatric first aid course in one day (7hours) is ideal for any role where you work with both adults, children and young people. It is cost effective as it save's two individual days training time.

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

TRAINING 2026



FEBRUARY

05 Combined Emergency First Aid at Work & Paediatric First Aid
10 & 11 Mental Health First Aid

MARCH

02 & 03 Mental Health First Aid
06 Mental Health First Aid Refresher
18 Suicide First Aid
24 Emergency First Aid at Work

APRIL

08 Youth Mental Health first Aid
14 Mental Health Awareness

MAY

05 & 06 Mental Health First Aid
07 Combined Emergency First Aid at Work & Paediatric First Aid
14 Suicide First Aid

JUNE

18 Mental Health First Aid Refresher
26 Emergency First Aid at Work



FOR MORE INFORMATION ON PRICING, VENUES, TIMINGS & TO BOOK CONTACT US



education@shinelincolnshire.com



Meet Our Adult Learning Team!



Hi my name is Jane and I am the Education, Youth and Community Service Manager for Shine Lincolnshire.

A proportion of my role has seen the exciting development and delivery of the Shine Adult Learning offers across Lincolnshire.

This has been a really exciting part to my role that centres around my passion for empowering people to live well and access learning to we can feel more confident and part of our communities, whilst developing our own knowledge and learning new skills.

We'd love to share our courses with you, please get in touch if you would like to hear more.



Hi, I'm Ian, I am the Training and Development Manager. I am privileged to deliver our adult learning courses and accredited training that includes mental health, suicide and physical health. This enables me to enrich the skills of both our staff and the individuals, groups, organisations we deliver training for.

I began in education over 34 years ago as a teacher. I went on to work in Health Education, Sports Coaching, Professional and Amateur football, Transport and then into Community Response. I am a qualified instructor for Mental Health First Aid, Suicide First Aid and Physical First aid. Working for Shine provides an opportunity to give back to people, helping them to maintain their wellbeing and mental health. I am part of the Lincolnshire Lived Experience Forum for Suicide Prevention.



Hi, I'm Vicky, Training Coordinator, responsible for organising, scheduling, and supporting the delivery of training programmes across Shine. I work closely with tutors, internal teams, and partners to ensure courses are well planned, efficiently managed, and aligned with organisational requirements. With a strong background in coordination, communication, and administration, I bring a structured and reliable

approach to my role, helping training run smoothly from booking through to completion. I am passionate about creating positive learning environments that support development and wellbeing.

Hi, I'm Amber, one of the adult learning tutors delivering courses across the county. My role is to make sure the courses I deliver offer new skills, opportunities, and personal development for everyone involved. I aim to create a safe, welcoming space where learners feel comfortable to engage, enjoy learning, and get the most out of each course to support their progression. Working in a community-facing role, I keep my sessions fun, inclusive, and accessible for all. I can't wait to see you on one of our upcoming courses.



Hi, I am Donna and I am the Community Engagement Manager and one of our Adult learning tutors.

I have extensive experience delivering Mental Health Recovery and Wellness Recovery Action Plan (WRAP) training, with a strong community focus and a commitment to supporting vulnerable people experiencing poor mental health, learning new ways to manage their mental health and create personalised plans that promote recovery and personal choice.

Peer support has been a central part of my professional practice. I was involved in one of the first peer support pilot projects in Northampton and received training from Shery Mead, the international leader in Intentional Peer Support. I later worked with Cambridge and Peterborough Foundation Trust as a Peer Worker in tenancy support, using lived experience to promote recovery, independence, and wellbeing.

In my current role, I support a large team that deliver several community-based projects, that also includes mentoring our Peer Support Workers that deliver support cross Lincolnshire. I bring a compassionate, inclusive, and strengths-based approach to learning, empowering individuals, and communities to build confidence, resilience, and wellbeing.



ADULT LEARNING

ITS NEVER TOO LATE TO LEARN

Whether you're 25, 55, or 75, returning to education can open doors, boost confidence, and give you a real sense of achievement. Learning isn't just about gaining qualifications, it is about discovering new skills, meeting new people, and enriching your life.

We understand that taking that first step back into learning can feel daunting. That's why across Greater Lincolnshire, adults from all walks of life are rediscovering education and finding it a rewarding experience. Your experiences, skills, and perspectives make the classroom a richer place for everyone, creating a supportive and inspiring learning environment.

All of our courses are fully funded, making it easier than ever to take that next step. Whether you want to improve your wellbeing, develop practical skills, or give back to your community, there is a course for you.

You're not alone on this journey. Our friendly tutors and supportive learning environment are here to help you every step of the way. Take the first step, and discover what you can achieve through adult learning.

Contact: education@shinelincolnshire.com
for more information or to sign up.



EXPLORE OUR 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



Grantham

- **Mental Health First Aid**
2 day course - 12.01.26 & 13.01.26
- **Healthy Habits**
2 day course - 28.01.26 & 04.02.26
- **Introduction to Peer Support Work**
3 day course - 12.02.26, 19.02.26 & 26.02.26
- **Youth Mental Health First Aid**
2 day course - 09.03.26 & 10.03.26

Venue: Jubilee Church Life Centre, NG31 6EY

- **Slow Cooker Cooking for the Family**
3 day course - 27.01.26, 03.02.26 & 10.02.26

Venue: Harrowby Lane Methodist Church, NG31 9PY

Pinchbeck

- **5 ways to Wellbeing**
2 day course - 03.02.26 & 10.02.26
- **Volunteering in Community & Third Sector roles**
4 Mornings -
17.02.26, 24.02.26, 03.03.26 & 10.03.26
- **Healthy Habits**
4 Afternoons -
17.02.26, 24.02.26, 03.03.26 & 10.03.26
- **Introduction to Peer Support Work**
3 day course - 12.03.26, 19.03.26 & 26.03.26

Venue: Pinchbeck Community Hub & Library, PE11 3RU

Many of our adult learning short courses are **FULLY FUNDED!** Get in touch for more information!

education@shinelincolnshire.com



Adult Short Courses



Skegness

- **Slow Cooker Cooking for the Family**
3 day course - 08.01.26, 15.01.26 & 22.01.26
- **Mental Health First Aid**
2 day course - 24.02.26 & 25.02.26
- **Supporting, Friends, Family & Community Mental Health**
4 Mornings -
10.03.26, 17.03.26, 24.03.26 & 31.03.26
- **Managing Mental Health for Employability**
4 Afternoons -
10.03.26, 17.03.26, 24.03.26 & 31.03.26

Venue: The Store House, PE25 1BY

Gainsborough

- **Managing Mental Health for Employability**
4 Mornings -
02.03.26, 09.03.26, 16.03.26 & 23.03.26
- **Volunteering in Community & Third Sector roles**
4 Afternoons -
02.03.26, 09.03.26, 16.03.26 & 23.03.26

Venue: Gainsborough Uphill Community Centre DN21 1NJ



The Fundraising That Keeps Shine, Shining!

Fundraising is at the very heart of what keeps Shine going, and over the festive period we have been overwhelmed by the generosity, creativity and community spirit shown by so many people and businesses. We want to take a moment to say a huge thank you and to celebrate some truly incredible efforts.

First and foremost, a massive thank you to everyone who donated to or bought tickets for our Christmas raffle. This was our biggest raffle yet, with thousands of tickets sold, and we are incredibly grateful to every single person who took part. Every ticket sold helps us continue supporting people across Lincolnshire with their mental health.

We would also like to say a huge thank you to the brilliant businesses and organisations who took part in our Christmas Jumper Day, raising vital funds for our winter food provisions. Thank you to Saul Fairholm, Fantasy Island, Active Lincolnshire, Fields Farm CIC, Skegness Town Council and Keelby Parish Council. Pulling on a festive jumper may seem like a small action, but together these efforts helped us provide food, warmth and reassurance to people who needed it most during the winter months.

Another huge thank you goes to Spoke Cycling Business Network for choosing Shine as their Charity of the Year and donating their yearly proceeds to us. Being supported in this way makes a real difference, and we are extremely grateful to everyone involved.

We also celebrated Christmas in great spirit at Bert House with a prize bingo and a children's craft afternoon. Both events were a great success and we are already planning more this year. We look forward to welcoming you back to our next bingo on 12th March and our crafting session on 1st April. As we move towards spring, we will once again be hosting our Easter trail in Horncastle, where children can take part and receive an egg at the end. More details will be shared soon.

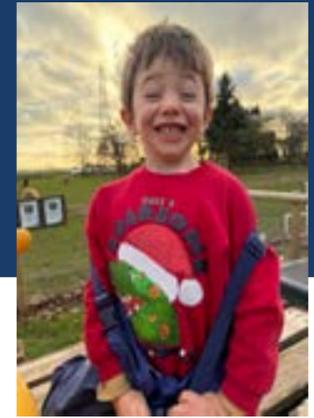
As well as our Easter activities, quiz lovers can rejoice. If you missed our Christmas quiz at Pedals and Paws in Horncastle, fear not, as we will be hosting several quizzes throughout the year. More details will be shared soon, so keep an eye out and get ready to put your knowledge to the test.

Our skydivers, who have been waiting patiently since September, will finally be taking to the skies in May. If you have ever fancied taking the leap, you could join them. It is completely free to take part, and we simply ask for a fundraising commitment.

If jumping out of a plane is not for you, there are plenty of other ways to get involved. You could take on the Lincoln or Woodhall Spa 10Ks and raise for Shine. Whether you choose to run, jog or walk, we would love to have you on the team.

If you are looking for a challenge this year, you can raise funds for Shine in any way that works for you. Every effort, big or small, helps us continue supporting people across Lincolnshire. To get involved, please get in touch at

communityengagement@shinelincolnshire.com



Protecting Brain Health at Every Age: What's Good for the Heart Is Good for the Brain

Did you know that up to 45% of dementia cases could be prevented through healthy lifestyle choices? While many people think dementia is only a concern later in life, the truth is that protecting your brain starts much earlier. The habits we build—at any age—can strengthen our brains now and reduce our risk of dementia in the future.

Why Brain Health Matters for Everyone

Your brain is shaped by your daily choices. Smoking, drinking too much alcohol, being physically inactive, or feeling socially isolated can all increase the risk of dementia. Health conditions like high blood pressure and cholesterol, diabetes, or hearing loss also play a part. The good news is that positive changes—no matter how small—can make a meaningful difference.

For children and young people, early habits are especially important. Simple actions such as wearing a helmet when cycling, protecting ears from loud noise, and having regular eye checks help keep the brain and senses healthy long-term. Building these habits early sets the foundation for a healthier brain in adulthood.

Small Steps You Can Take Today

Looking after your brain doesn't have to be complicated. Everyday actions add up and can support both heart and brain health.

- **Move regularly.** Go for a walk, try an exercise class, or take up a new hobby. Local directories such as the How Are You, Lincolnshire? Directory

(www.haylincolnshire.co.uk) or Connect to Support (lincolnshire.connecttosupport.org) can help you find activities near you.

- **Stay connected.** Meeting friends, joining a group, or simply chatting with someone can boost your wellbeing and protect your brain.
- **Look after your health.** Keep an eye on your blood pressure, notice any changes in your hearing or sight, and cut down on alcohol or quit smoking. The NHS Better Health website offers helpful guidance.
- **Keep learning.** Trying something new—whether it's a craft, language, or skill—helps keep your brain active and resilient.

Join the Movement for Better Brain Health

By sharing this message with friends, family, and young people, you can help build healthier habits across our communities. Together, we can reduce future cases of dementia and create a healthier Lincolnshire for generations to come.

To find out more about the risks that can increase our chances of getting dementia and what we can all do to reduce our risk, check out:

- www.lpft.nhs.uk/dementia-prevention
- www.lincolnshire.connecttosupport.org/dementia-prevention-and-support/
- www.haylincolnshire.co.uk/dementia-prevention/
- www.youtube.com/@LPFTNHS

For Professionals: Supporting Dementia Prevention Across Lincolnshire

Professionals across health, education, local authorities, workplaces, and community organisations play a vital role in promoting brain health. Lincolnshire Partnership NHS Foundation Trust (LPFT), with partners in health, care, and the voluntary sector, have developed a comprehensive resource designed to support your work. It includes clear, age-specific messages and short animations you can use to spark conversations and encourage healthier lifestyle choices.

Here's how you can help:

- **Share the dementia prevention resource**—lpft.nhs.uk/dementia-prevention—through your networks, newsletters, or events.

- **Promote discussions** around staying active, eating well, staying socially connected, and protecting hearing and vision.

- **Signpost people** to local tools such as the How Are You, Lincolnshire? Directory (www.haylincolnshire.co.uk) or Connect to Support (lincolnshire.connecttosupport.org).

- **Use the resources** with families, carers, and young people—brain health starts early.

Take the next step and explore more tools, videos, and advice by visiting the LPFT dementia prevention page: lpft.nhs.uk/dementia-prevention



Think Twice, Stay Safe: Protect Yourself from Fraudsters

Fraud affects millions of people across the UK every year, with criminals using increasingly manipulative tactics to deceive individuals. Staying informed is one of the strongest defenses we have.

Common Signs of Fraud and Scams

Scammers use pressure, urgency, or fear to push victims into acting quickly. Be cautious of unexpected emails, texts, or calls asking for personal details, payment, or account access. Phishing messages, fake websites, and unsolicited investment opportunities are common tools used by fraudsters. Criminals may also impersonate banks, delivery companies, government bodies, or even people you know to gain your trust. Staying alert to unusual or unexpected requests, suspicious links, or payment instructions can help you avoid fraud.

How to Report Fraud

If you believe you've been targeted by fraud or cybercrime, you should report at www.reportfraud.police.uk or by calling 0300 123 2040 (Monday-Friday, 8am-8pm). When you report, you'll be asked to explain what happened, how you were contacted, and provide any evidence you

have. Once submitted, you'll receive a reference number to track your case. If you or someone else is in immediate danger, always call 999.

If you've had money stolen, contact your bank immediately so they can protect your account and attempt to recover funds. There are strong legal protections available if you experience fraud in the UK and advice is available from Citizens Advice.

Protecting Our Community

By recognising suspicious activity and reporting it promptly, we help protect ourselves and others. Spreading awareness and talking about fraud is a powerful tool— together, we can reduce the impact of fraud in our community.



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

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

New Year, New Unpaid Carer

Embracing Renewal, Wellbeing, and Compassion

By Dan Fleshborne



As the calendar turns and we step into a new year, many of us reflect on fresh starts and new goals. For unpaid carers, however, the journey often feels less like a clean slate and more like a continuation of responsibilities that never pause. Yet, this season of renewal offers an opportunity to reframe the experience of caring—not as a burden, but as a role rooted in compassion and resilience.

Renewal in the Everyday
Renewal doesn't always mean grand changes; sometimes, it's about small, intentional acts that restore energy and hope. For unpaid carers, this might look like carving out five minutes for a quiet cup of tea, reconnecting with a hobby, or simply acknowledging the incredible work you do each day. These moments of renewal are not luxuries—they are lifelines that sustain your ability to care.

Prioritising Wellbeing

Caring for someone else often means putting your own needs last. But wellbeing is not optional; it's essential. Start by asking yourself: What do I need today to feel balanced? Whether it's a short walk, a phone call with a friend, or reaching out for support, these actions matter. Remember, caring for yourself is not selfish—it's the

foundation that allows you to care for others effectively.

Compassion for Yourself and Others

Compassion is the heartbeat of caregiving, but it must flow in both directions. Extend the same kindness to yourself that you offer so freely to others. When challenges arise, remind yourself: I am doing my best in difficult circumstances. This simple affirmation can ease the weight of guilt or self-criticism that many carers carry.

Need help and support?

The Lincolnshire Carers Service is commissioned by Lincolnshire County Council and delivered in partnership with the Care & Wellbeing Hub and Carers First.

The Care & Wellbeing Hub is the first point of contact for the Lincolnshire Carers Service, providing information, advice, and support to unpaid carers over the telephone. Carers First works directly with carers in local communities across Lincolnshire so they can live their lives to the fullest.

If you would like to speak to someone about your caring role and discuss what support may be available to you, please call the Lincolnshire County Council Carer Wellbeing Hub on 01522 782224

Did you know?

70,391 unpaid carers live in Lincolnshire (2021 census).

This represents 9.6% of the county's residents, higher than the England average of 8.7%.

The Impact of Epilepsy



Epilepsy is a neurological condition that affects many families around the world. My daughter has epilepsy and has regular seizures. When she was young she had a form of epilepsy called absent seizures. These are not the typical seizure, they appear to be staring into space for a few seconds. It is very difficult to spot as a child appears to be daydreaming for a few moments. However they can lose the 20 minutes leading up to the seizure, which affects their memory and learning. Like most children she grew out of this in due course.

At the age of 13 she had a tonic clonic seizure, this is the more typical convulsions that we are used to hearing about. This was scary to witness, and still is every time that it happens.

This affects all of us, she cannot take driving lessons which affects her mobility. As a family we have learned how to deal with this and my daughter is receiving ongoing care from the epilepsy team. Purple Day on March 26 is an international day to raise epilepsy awareness, started by a young girl with epilepsy to encourage conversation about the condition by wearing purple.

- Travis Vinicombe, Peer Support worker

Epilepsy awareness means a lot to me because my son lives with epilepsy. Its something our family face every day. Watching him go through seizures and hospital visits has been quite tough.

There are moments of fear and frustration, but also moments of pride seeing him face challenges and be determined that he will not let his epilepsy get in the way of him reaching his life goals, I've seen how many people do not understand epilepsy and how that can make things harder for families, that's why raising awareness matters to me so much, the more people know about epilepsy the more understanding there will be and this will help offer more support to the people living with it and their families.

For me epilepsy awareness is not about big campaigns it's about real stories, honest conversations and helping others feel less alone.

- Lisa Herbert, Peer Support worker

Fields Farm Nature Play & Therapy CIC



Fields Farm Nature Play & Therapy CIC is a community-focused, not-for profit organisation rooted in the belief that nature, animals and meaningful connections can support wellbeing for people of all ages.

Fields Farm is run by Kate and Charlotte, who both have backgrounds in adult social work and share a strong passion for creating inclusive, supportive spaces. Their aim is to help people of all ages reconnect with nature, improve mental health and wellbeing, and build confidence through meaningful, hands-on experiences outdoors.

Based in a welcoming farm environment, we deliver inclusive, naturebased and animal-supported sessions for children, young people, families and adults, including those with additional needs. Our work focuses on connection, emotional wellbeing and practical learning through caring for animals and engaging with the natural world.

Looking ahead to 2026, we are excited to continue developing our provision in response to community needs. A key priority is expanding our ASDAN Animal Care course to further support adults, children, SEND learners and those in alternative provision



through practical, accredited learning.

We will continue to grow our Home Education sessions, offering a safe space for families to meet, socialise and take part in outdoor learning. Our weekly "Dirty Little Rascal" sessions for under 5s will continue, alongside weekend "Family Farm Day" sessions where families can play together and take part in real animal care tasks such as feeding, cleaning, grooming and enrichment.

Our weekly adult animal therapeutic activities will also continue to develop, with the long-term aim of becoming a day service provision for adults with mental health and learning disability needs.

To support sustainability, we are developing income-generating activities including merchandise, our children's book Johnny the Lamb, afternoon tea with the donkeys, birthday parties, corporate wellbeing days and creative workshops with local artists.

At the heart of everything we do is listening to our community and shaping our services around their needs.

Real People in Our Communities

I was born with a disability, Quadriplegic Cerebral Palsy and at 14 months old doctors predicted that I would never walk or talk. By the age of 6 with the help of physiotherapy and the support of my family I defied medics predictions and began to walk unaided and I haven't looked back since.

During my teens I went onto become a GB athlete competing in the Paralympic equestrian sport of Para Dressage. I was selected to represent Great Britain at two European Championships as well as a World Equestrian Games - I have a total of 3 gold medals, 3 silver medals and a bronze medal to my name, I was both World and European champion.

In 2017 sadly my sporting career came to an end and I was forced to give up my horses. This was when my next challenge began - my battle with depression!

My horses, my career, my way of life - everything had gone and I just didn't know what to do or which way to turn.

After weeks of trying to move forward and look for a new career for myself, I hit upon the idea of marketing myself as a motivational speaker and using my own story and experiences, my motivational talk, 'There's No Such Word As Can't' was born.

Since then, I have developed my work to include disability inclusion talks and training.

Living with a disability means that disability inclusion is personal and something very close to my heart.

Years of being frustrated when places that I want to go are inaccessible and having to battle people's outdated assumptions has led to my determination to educate businesses, public-service spaces and society as a whole to become open, accessible and inclusive to all - and instil confidence around disability.

#TheresNoSuchWordAsCant

#BeDisabilityConfident

EMMA SHEARDOWN - TEDx / Motivational Speaker



Hi, I'm Mike!

Back in 2022, I was diagnosed with multiple sclerosis after many years of numbness and strange issues, the biggest being numb feet and foot drop on my right side.

Let's not hide the fact that a diagnosis like MS is life-changing, both physically and mentally! After having many crying sessions, I made a massive decision: MS would not rule me!

What changed, you ask? Well, ill health retirement at the age of 39 for a start, significant mobility issues leading to needing a wheelchair, mobility scooter, amongst other things. All of that pushed me to find the strength within myself to push back and refuse to give in. I started talking very openly about it all on a podcast, in the hope of supporting people going through similar problems.

Social media then became helpful by providing

a platform to speak with people live, answer questions, and listen to others' stories.

Then came the opportunity to do something mind-blowing- I jumped from an aeroplane at 10k feet to raise money for an MS charity. What an experience it was!

Now, on top of supporting others, my career has totally changed, from 20 years in the security industry to becoming a full-time content creator. Gaming has always been a passion, and now, I do it for a living.

All of this touches on the things I've done to make sure I never give in to what my disability brings. This is my life, and I will live it my way. Something that gets said a lot is 'I have MS, MS doesn't have me.' Well, that statement is true; the fire in me burns stronger now that the battles are tougher, and giving up is not in my nature. Warriors never quit!

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Celebrating our Peer Support Workers



that it's okay to set boundaries and to simply be myself. Because of her, I feel stronger, happier, and more hopeful. Lisa, thank you for helping me find my way back—and forward—with confidence and kindness

Wendy Cummings - PSW Sleaford

I want to share my deep gratitude for Wendy Cummings, my peer support worker in 2024. Her support had such a powerful impact on my recovery and wellbeing that

At Shine, our Peer Support Workers play a vital role in supporting people through their recovery journeys, using lived experience, compassion, and understanding to make a real difference. This collection of feedback from IPBT highlights the powerful impact our Peer Support Workers have had on the lives of those they support.

I've been busy living a full and happy life ever since! Before meeting Wendy, I was isolated, depressed, and struggling after becoming a wheelchair user and losing my business. Anxiety and fear of going out alone were taking over.

Lisa Herbert - PSW Four Counties

I want to share how much my peer support worker, Lisa, has changed my life. From our first meeting, I felt lighter and more hopeful. For almost A year, I had been staying at home, too anxious to meet people or go out. I'd lost the outgoing, social side of myself. Lisa helped me find it again. She's been patient, kind, and understanding—never rushing me, never judging. She makes me feel safe, accepted, and valued exactly as I am.

Wendy's compassion, patience, and understanding helped me rebuild my confidence and independence. She maintained clear, professional boundaries while making me feel genuinely cared for. Through her encouragement, I began attending groups, volunteering, and even teaching crafts to others. Her lived experience, empathy, and belief in me reminded me of my strength and resilience. Wendy inspired me so much that I've now completed a Peer Support qualification myself. I hope one day to help others just as she helped me.

With her gentle encouragement, I've started going out again, meeting new people, and rediscovering joy in everyday life. Lisa genuinely cares and listens with warmth and empathy. She's helped me see



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Skegness

Gemma Moore
Peer Support Worker

Upon my return to work it has been important to me to reconnect with the community, to discover what is still available and what's new. It has been lovely to get back out into the community, meet people and join the many ways individuals can seek support. This is imperative in our role as a PSW, to allow us to support peers as best we can. I like to experience what's available personally, so I can express my personal views and experience to a peer. This encourages and reassures anyone attending these.

During my last 12 months, self care has become a necessary part of my routine, as it should always have been, of which I am ensuring my own needs are met on a regular basis. This includes exercise, rest, saying no and balance. I find prioritising what's important to me and my family helps me make the choices to support this and making a choice of where my energy is directed. We can't control what happens, however we can control our response to it, worry once or worry twice as someone once said to me.



Boston

Christine Bossley
Peer Support Worker

On Friday 5th of December 2025, I visited Curo-Lincs in Leagate Rd, Boston LN4 4YN. Rachel Theobald from Curo-Lincs hold a Shine funded arts and crafts session every Friday between 13:00-15:00, this group is for a small group of 9 people only, places are to be pre-booked to ensure capacity isn't more than for 9 people. You can get in touch with Rachel Theobald on their website www.curo-lincs.co.uk or on Facebook @curo-lincs to book into the session, you can also contact Rachel Theobald on admin@curo-lincs.co.uk or on 07432102451.

I located the site on Google maps and then phoned Rachel to confirm directions for the site and was told it was next to Chapel Cottage, and I confirmed that there is a banner outside saying Curo-Lincs which helped me to find the site.

I met Rachel Theobald who runs Curo-Lincs at the farm, who introduced me to what happens on the Farm, and the group which I found very welcoming, there were 3 volunteers there, Glen, and two others. We made a Christmas Tree out of an old book and decorated it, which was very relaxing and enjoyable. The group were very chatty, they told me how they got involved with the group, and how some of them volunteer and find it beneficial to their wellbeing. I introduced my role to the group and explained what I supported my peers with and gave some examples. I enjoyed the session and hope that I will be able to offer this group to one of my peers, so that they may be able to attend the group in the future.

Lincoln North

Min Murphy
Peer Support Worker

Reflecting over this past year, landing in my IPBT in January shows me now how far I have progressed on this upsweeping trajectory. How much I have honed in on my authentic purpose as a PSW. How seamlessly valued I feel being a special and unique equal member of my integrated locality team. My multidimensional lived experience gives me an unusual yet fresh perspective on approach towards gentle trauma-informed care, reconnecting peers to themselves by rediscovering their inner strengths/fires. Nurtured steps to shed what no longer serves. Person-centred liaison for greater self-awareness and development.

We fragment inexplicably when we suffer trauma and are never the same after. The courage to step out from the shadows takes a patient sensitive bond, towards a safe light to be with, gently guiding new pathways to self-identity, the rediscovery within; akin to a phoenix rising from embers and ash. I am their safe anchor and catalyst on their journey of rediscovery to empowerment. I glide beside in duality witnessing their slightest shifts in transformation. They shine a little more radiantly in their casted rays of hope; their glimmers of what's possible. Lived experience 1:1 work is as uniquely profound as it is powerful.

I proactively network, engaging all aspects of my professional curiosity. I apply instinctive inclusive-orientated reasonable adjustments. For some peers, this has been their first experience of being seen and heard, their way. I have created strengthening Team Around the Peer.

Supported attendance into Shine

funded community organisations, programmes, hubs. Signposted, worked cohesively in community to facilitate positive outcomes for peers: Green Synergy's programmes: Green WRAP, Better Together, Rooted in Care. Healing expression of DanceFree, SoundLincs, OneYouLincolnshire, The (tremendous) Ermine Exchange Community Hub.

Check out:

<https://greensynergy.org.uk/>

<https://www.wedancefree.com/>

<https://www.soundlincs.org/projects>

<https://www.oneyoulincolnshire.org.uk/>

<https://www.ermineexchange.co.uk/>

What an impact we make!



Gainsborough

Kay Henderson
Peer Support Worker

Hi, I'm Kay, a peer support worker covering the Trent area. Within my role as a peer support worker, I have been attending the Butterflies group in Gainsborough regularly. Over the Christmas period we made our own Christmas Wreaths which was a fun experience. This group is a lovely welcoming group. Many people that I support, gain confidence and improve social interactions by attending this group due to the safe environment it provides. The group runs every Thursday at 12:30pm to 1:30pm at Alive church in Gainsborough. The group is term time only.

In my spare time, I spend most of my time with my family. This is important to me for my own wellbeing.



Four Counties

Travis Vinicombe & Lisa Herbert

Peer Support Workers

We cannot believe we are already into the new year and that Christmas is over, what a busy year we have had with supporting our peers, our caseloads continue to grow along with the positive outcomes that highlight the value of our work. Recently we attended our Shine AGM which was such an amazing day. It enabled us to network and connect with others and also gave us the chance to celebrate PSW'S, we felt so proud to be a part of it. Lisa also recently Attended a shine funded project Art pop up, they held a lovely event and it was great to meet everyone and be a part of it and see the great work that they do within the local community.

While out in our Local community with our peers we visited our Local food pantry Second Helpings. They are Located at Stamford Methodist church in Barn hill. They informed us that they were running their free Christmas dinner scheme again this year as it supported so many people last year who would have spent Christmas alone. Some of our peers who we have been supporting have Attended and have shared how lovely it is and are highly grateful for the support they offer.

As the weather improves, we are looking forward to take advantage of the weather by taking our peers on walks to Burghley and other local parks. We also plan to visit a local walking group that meets in both Stamford and Bourne. This will support our peers in keeping active and connecting with others.

East Lindsey

Donna Fravigar
Peer Support Worker

Hello, I am Donna Fravigar the PSW for East Lindsey and Meridian.

Wow what a busy few months I have had.

I have discharged some peers who are now on there recovery journey and doing very well, I have also gained some new peers. This is what I love about my role getting to know my new peers and creating the trust and rapport and supporting them on their journey.

This month I have had the opportunity to attend Black Barn Farm with two different peers and this has been amazing. We did Christmas crafts and made some beautiful displays. We also had the chance to walk the sheep called Dave around the village this was such a lovely thing to do, and my peers really enjoyed both activities.

I have also had the opportunity to do some PRW training Personal Recovery Wellbeing this training was excellent, and I will use this in my day-to-day job role.

Dan and I are still running the Bertt group we have been running this now for over a year and the group has grown so much and we are proud of the feedback we receive from ours peers how they love coming to the group and find this a safe space where they can be themselves.



Spalding

Patrick Kavanagh
Peer Support Worker

A year and more, what a difference!

I did not see myself as a Peer Support Worker but having lived experience of PTSD, childhood trauma, and surviving violence in the home I find being able to manage my trauma for decades now helps others. How, may you ask? Simply by listening. Well, it's not simply listening, it is understanding and empathising to help others and share tips that I have used to manage my feelings of frustration and anger over many years. Assisting my peers can help them along their journey. I know how tough life gets, but I also know that when we set our goals and wishes we can achieve them.

I was once advised that I shouldn't let the past or other people's behaviour effect my future. Until I followed that advise I buried myself in sport and physical activity to avoid conflict.

For me Peer Support is having someone there to listen to your struggles, and to assist people's recovery, this has made a difference to the people I have supported over the past 14-months.

I guess all it takes is for someone to know you care.

Sleaford

Wendy Cummings
Peer Support Worker

The power of community never ceases to amaze me and the friendships that I see flourishing is heart-warming. In my role as a Peer Support Worker, when I introduce my Peers to community projects such as the Wellbeing Walks at Belton House, Meadow at Ruskington, The Door in Sleaford the Let's Get Together project in Heckington (to name just a few), I am confident that there will always be a warm welcome.

Walking and talking followed by a chat over a cuppa on the Wellbeing Walks, taking part in crafting at the various venues within the area that I cover is just a few ways in which I support my Peers to integrate into the community. The walk at Belton over the Christmas period was extra special; the house was beautifully decorated with every room having a Christmas tree. It was quite magical, and my Peer and I were in awe.

St Andrew's Church in Heckington hosts the Let's Together Friendship group and offers a variety of activities each month including Let's Get Reading, Let's Get Poetic, Let's Get Cooking, Let's Get Creating and Let's Get Active. The Let's Get Active is a walking group but has recently trialled a seated exercise class. The session was well received and is in the planning to become part of the monthly programme.

The Let's Get Creating session that I attended, facilitated Christmas Willow Weaving where we made Christmas Wreaths. I must admit that I'm not very artistic, but Willow Weaving is something that I have taken a liking to. There were some beautiful creations and my Peer, who I was supporting that day, made a beautiful wreath that she intended to gift.

For further details on the Let's Get Together



Friendship Groups, please refer to the posters that are displayed on the noticeboard outside St Andrew's Church in Heckington. All events are free of charge but where materials are used for crafting or ingredients for cooking, it is advisable to reserve a place with either Margaret or Liz.

Let's Get Active is a Walking Group that meet outside the Church at 5pm every Wednesday. Details of the Seated Exercise Class are to be announced in the New Year

Let's Get Reading, Book Club - Tuesdays 6.30 to 8pm and 2-3.30pm

Let's Get Poetic is held on the first Wednesday of the month 2-4pm. During the Winter months, they meet in the Wesleyan Chapel on Eastgate

Let's Get Cooking - Mondays 11am to 1pm

Let's Get Creating - Mondays 10am to 12pm

Contact: Margaret (07941 676343) or Liz (07949 234681) to book a place

The Belton House Walking Group meet at 1pm on Tuesdays. Please contact Jess for further details: jess.dennett@abbeyaccessstraining.co.uk or 07543 606059

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

Grantham

Dawn Pearson
Peer Support Worker

Happiness and What Does it Look Like?
I decided to look into this a bit more and to understand what true happiness means to me.

For myself in my job role as a peer worker this continues to give me great joy and happiness. The role I do gives me purpose to my life. To build on new relationships, sharing stories and to support peers where they are in their own lives.

Being outside in the sunshine preparing my garden pots for the summer, waiting for the colours to explode gives me sense of joy. Walking was something I started a few years ago. One of my bucket list was to walk the Yorkshire 3 Peaks in under 10 hours which I accomplished. This was a very a happy moment for me knowing I achieved something for myself and believing I can do big and better trails.

Happiness can for me be the very small things from reading, crocheting, colouring, to going for a dog walk. Meeting up with friends for a coffee and catching up on what is going on. Going to the local park and just being in the outdoors brings a sense of enjoyment to myself.

We are all different from one's person's happiness to another. It's very personal and we all feel happiness in our own way.

Lincoln (Apex)

Jamieleigh Barnes
Peer Support Worker

As a Peer Support Worker, I see every day the positive impact Bridge Central has on our community. They offer a range of amazing daily groups that are free for anyone in the community to attend, providing a warm, welcoming, and supportive space.

The groups encourage creativity and connection, with activities changing each week. These include craft sessions such as pumpkin carving, making Christmas decorations, as well as cooking and baking together. It's wonderful to see people come together, build confidence, and enjoy being part of something positive.

Bridge Central is doing some truly amazing work, and it's lovely to see the difference it makes in people's lives.



Community Updates

Grantham

Wow I can't believe we are in 2026! I hope you all had a wonderful Christmas and New Year. January for some can be a difficult time but there are so many groups and activities taking place in Grantham and surrounding areas.

One hidden gem I love in Grantham is Wyndham Park and the Visitors Centre. It is such a beautiful place to walk around and you may even spot the beautiful kingfisher captured in this picture by local photographer 'That Vintage Enthusiast'.

As well as the beautiful outdoors, there are also some lovely groups taking place within the Visitors Centre. These include:

Bi-monthly Grantham Deaf Group Coffee Mornings (for both deaf people and those learning British Sign Language). Every other Tuesday 10.30am - 12noon.

Monthly Lincolnshire Sensory Services Drop in.

Young Adults Social Group on the first Thursday of each month.

Book Club meets on a Thursday morning 11am - 12.30pm.

Jo Taylor
Community Connector

Weekly Home Education Craft Sessions Fridays 1pm - 2:30pm £1 per child.

Monthly Lincolnshire Police Drop In on a Friday morning from 11am - 12noon.

Weekly Guided walks

The Parks Chair based Fitness classes are weekly on Wednesday mornings. These are free and bookable through www.ourparks.org.uk

The Wellbeing Café at Church of Ascension continues to run every Monday from 10am and will be serving a lovely homemade soup and roll at 11:45am until the end of March. This group is always such a warm welcome and lots of fun.

Safe Ground continues to run from The Wellbeing Centre at National Grief Advice Service, The Maltings every Wednesday afternoon for anyone who is homeless or in temporary accommodation.

We have so many amazing groups in and around Grantham, far too many to list here so for more information, please check out www.haylincolnshire.co.uk and the Grantham Community Connector Facebook page or contact me at ccgrantham@shinelincolnshire.com

Community Updates

Lincoln City

Mike Farley
Community Connector

As a Community Connector, gathering partners regularly is an important part of our work. Recently, I wanted to move my regular meeting to another part of the city to highlight the great work of our LCVS partners who run Moorland Community Centre in Lincoln. With funding and partnering with the City of Lincoln Council, this Centre has been rejuvenated with many activities running.

We held a marketplace as part of the event, with a special emphasis on local groups. One such group, promoted the Well Woman Collective run by our great friends at EdanLincs/LDASS. With a scope beyond domestic abuse, it welcomes all women for friendship, laughter, real conversations and to build confidence on the second Thursday of each month.

Multiple new contacts were made with organisations and representatives joining us for the first time. The hall was buzzing with conversation and connection.

Making various positive connections, which leads to profitable partnerships and community engagement is a truly enjoyable part of our work. At the event LDASS made four key connections which may result in referrals. Lincoln City Foundation connected with a Volunteering Lead from LCVS so they can improve their volunteering pathway. I was able to meet two County Councillors and make good connections. You never know what these links can bring and the good it will do.



When did you last do something just for you?

Friendship, laughter, real conversations, build confidence

Well Woman COLLECTIVE

2nd Thursday of each month beginning 9 Oct 2025 from 9.30 am - 11.30 am

FREE ENTRY, FREE CUPPA

Moorland Community Centre
Moorland Avenue Lincoln
Lincolnshire LN6 7NH

Ladies you deserve this.
Come as you are. Leave feeling uplifted.

Spaces are limited!
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wellwcollective@gmail.com



Spalding

Jo Ireland

Community Connector

It has been a busy last quarter with the focus very much upon Community Partnership working. I work closely with South Holland Districts Housing Team constantly and was asked to go along as the independent verifier for their annual count of rough sleepers around the South Holland area. It meant a very early start but it was gave me an insight into the work of the Team & difficulties faced by homeless individuals.

Vanessa & myself have also facilitated the formation of the South Holland Food Bank Network, whereby all Community Food Larders & Foodbanks have been coming together to share best practice, new ideas & also their excess resources with each other. We have had a few meetings so far and we have high hopes for the potential of this new partnership.

With cold weather here, I have had a real focus lately on support and resources available to people - I have been able to do several drop ins at Community Groups and I was also invited to speak to Professionals at the Spalding Family Hub Networking Meeting, whereby the focus was on Looking After Families in Winter. It is great to be able to spread the word about support and services that people don't tend to be aware of.



Lincoln South

James Prentice

Community Connector

A Warm Welcome Awaits at Your Local Community Café.

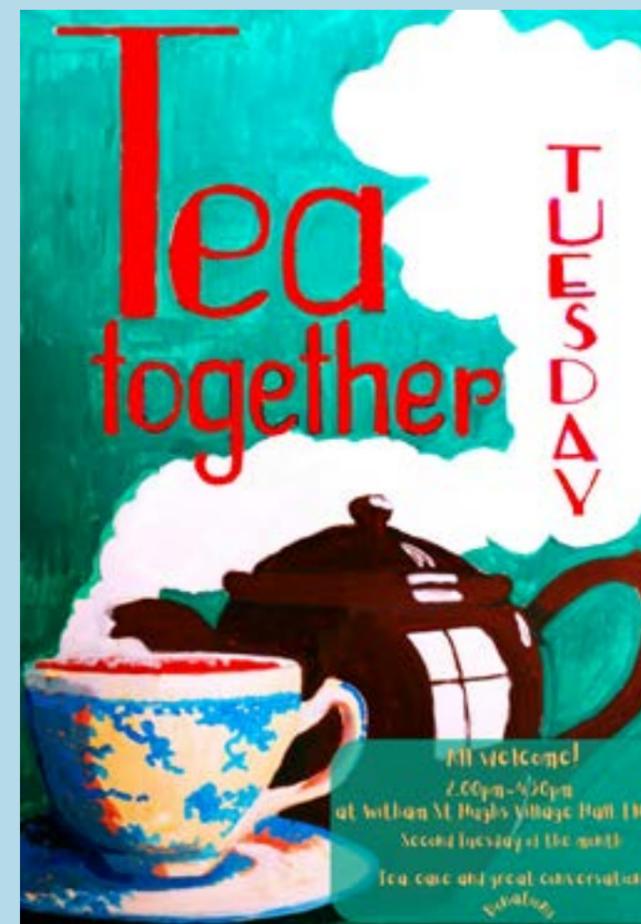
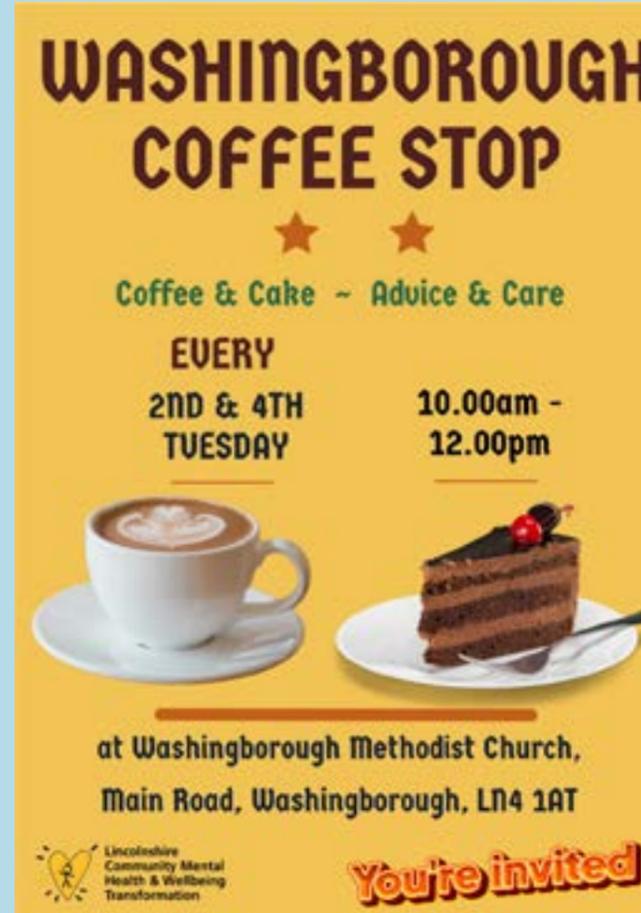
Not long after I began my role as Community Connector in the South Lincoln Primary Care Network, I found myself meeting people and organisations who were hosting coffee mornings. Many of these groups were doing wonderful work, but some were struggling to reach their communities.

As we talked about how to breathe new life into these gatherings, one simple idea emerged: change the name. By rebranding "coffee mornings" as "community cafés" or "coffee stops," we gave them a fresh identity that felt more inviting and inclusive. Alongside a stronger presence online and on social media, this small shift meant existing events could reach more people without having to start from scratch.

Over the past couple of years, I've seen these cafés grow into something really special. They've become places where people of all ages can meet, share stories, and build friendships. They're also spaces where professionals – from social prescribers to peer support workers – can connect with local residents, offering advice, encouragement, and practical help. Time and again, I've heard people say how much these cafés mean to them: a friendly welcome, a listening ear, and a lifeline against loneliness.

Looking ahead to 2026, I'd love to see even more of these cafés springing up in villages across Lincolnshire. Imagine the difference if every community had a place where people could gather, feel supported, and know they belong. At the same time, I hope existing cafés continue to grow stronger, drawing in new faces and deepening the connections already made.

Many of these community cafés can be found by visiting HAY Lincolnshire online. Why not check them out, pop along, and spread the word? Together, we can make sure these cafés remain at the heart of our communities, offering warmth, friendship, and hope.



Sleaford

Fiona Monk
Community Connector

Hello Everyone,

Thank you to the Shine Connect team for this opportunity to mention just a few of the great community-based wellbeing activities that are happening in & around the Sleaford Area.

The first to highlight is the wonderful 'Lungs United' Choir, set up by respiratory nurse Hayley Bullard in Caythorpe Village Hall. The choir helps those with respiratory concerns to get together, enjoy singing & strengthen lung & chest muscle function in the process. I am delighted to share that Hayley's wonderful voluntary efforts were recognised at The NHS staff awards recently & now Radio Lincolnshire has interviewed her about the group.

We have a ladies' support group 'Gather and Grow' running on the last Wednesday of the month in Sleaford. Meadow Wellbeing hub continues to be open in Ruskington on a Monday 4.30 - 8pm & Thursday 10-2pm. The Door hub at Riverside Church in Sleaford is open Monday 11.30 am -3.30pm & Friday 4pm - 8pm. Playing board games appears to be particularly popular on a Friday. All are welcome!

There will be a new weekly Pain Café starting at Riverside Church, Sleaford soon. The Lincolnshire Wellbeing & Recovery College is running a Veterans' 6-week Brighter Future course Jan - March, plus there are Let's Talk Autism sessions on offer on Tuesday 31st March.

Last but by no means least, I wish to mention the fabulous Equal-Tea Learning Disability group, held 10-12pm at Meadow hub in Ruskington on the last Friday of every

month. This is run in collaboration with Ruskington Medical Practice & NHS social prescribers. It's been a joy to see how this provision has developed.

In my role, I have the absolute privilege of seeing the significant positive impact these groups have on participants. I regularly hear stories about the power of non-judgmental peer support & the importance of creating appropriate spaces where people can share their experiences & similar concerns.

If you would like more information about any of the above, please get in contact:

info@wearebridge.org



Skegness

David Bruce
Community Connector

Connecting Communities; Changing Lives

Over the past three years, New Life Community Church Spilsby has been at the heart of local wellbeing support through its Connector and Hub provision. The vision was simple – to create a space where anyone in the community could come for a chat, a coffee, or a helping hand to find the right support. Whether it's advice on local wellbeing services, guidance on volunteering as a step back into work, or simply someone to listen, our Community Connectors have been that first port of call for many.

What began with just one Hub three years ago has grown into a thriving network of support across the area. We now proudly run 2 main Hubs, 7 satellite Hubs, 2 Night Light Cafés, 16 Bro Pro UK groups supporting men's wellbeing, and 4 Eve projects offering safe spaces for women.

This growth hasn't happened in isolation. Collaboration has been at the heart of everything we do. Through the Partnership Collective – a network of over 290 professionals working together on an ad hoc basis – we've been able to identify gaps in services and respond quickly to the real needs of our community.

Our strong partnerships with the other Connectors, Shine Lincolnshire, LDASS, Lincolnshire County Council (LCC) and many others have made it possible to offer consistent, person-centred support that changes lives.

At its core, the Connector and Hub provision is about community connection – helping people feel seen, heard, and supported. Together, we've shown what can happen when services, professionals, and community members come together with one shared goal: to make wellbeing accessible to everyone.



Four Counties

Shani Storrie
Community Connector

Better Sleep for Autism Groups: Lincolnshire Sleep Project Leads the Way

Sleep is essential for health and wellbeing, yet for many people on the autism spectrum, getting a good night's rest can be a daily struggle. Research shows that between 50% and 80% of autistic individuals experience sleep difficulties, including trouble falling asleep, frequent waking during the night, and shorter overall sleep duration. These challenges can affect mood, learning, and overall quality of life—not just for individuals, but for their families too.

To address this issue, the Lincolnshire Sleep Project partnered with the Bourne and Stamford Autism Groups for a special one-day event focused on improving sleep patterns and promoting relaxation.

Why Sleep Is a Challenge for Autism

Sleep problems in autism often stem from a combination of factors: sensory sensitivities, anxiety, irregular melatonin production, and difficulty with transitions. Establishing consistent routines and creating calming environments can make a significant difference, but many families struggle to find practical strategies that work.

A Day of Learning, Mindfulness, and Relaxation

The event began with Elaine from the Lincolnshire Sleep Project, who shared expert advice on improving sleep hygiene. Her session highlighted the importance of predictable bedtime routines, reducing screen time before bed, and using relaxation techniques to prepare the body for rest. Attendees engaged in a lively Q&A session, discussing real-life challenges and solutions.

Following Elaine's talk, participants were introduced to Ray Pawlet from Ki-Ways, a wellbeing practice offering therapies designed to support both physical and emotional health. Ray guided the group through gentle meditation and mindfulness activities, helping participants learn how to calm the mind and body before bedtime. These exercises were complemented by relaxation techniques drawn from Tai Chi, Qigong, Shiatsu, and energy awareness practices, all aimed at reducing stress and promoting better sleep.

To make mindfulness accessible and enjoyable, the event also included creative activities such as doodling and colouring. These simple yet effective practices help quiet racing thoughts, reduce anxiety, and create a sense of calm—perfect for winding down before sleep.

Making a Difference

The event was a resounding success, equipping families and individuals with practical tools to improve sleep and overall wellbeing. By combining expert advice with hands-on techniques—including mindfulness and creative relaxation—the Lincolnshire Sleep Project and Ki-Ways provided a holistic approach to one of the most pressing challenges faced by autism communities.

www.haylincolnshire.co.uk/support/lincolnshire-sleep-hub/

www.ki-ways.com/

The Ageless and Agile Boccia Finals!



Ageless & Agile, run by Magna Vitae's Community Team, offers friendly weekly sessions designed to support adults looking to improve their health, wellbeing, and social connections.

All four of our ageless groups enjoy a wide variety of activities including boccia, this has become quite competitive within the groups, so we decided to arrange an inter-groups competition.

This was eagerly anticipated by all the groups who were all keen to become the Boccia champions! We felt this would give great opportunity for participants to meet other groups and create a safe environment for them to have some fun and healthy competition.

It was arranged for the Meridian leisure centre which is the venue for the Louth ageless group but also because it gave us the space we needed.

We knew that transport can sometimes be an issue, but the participants were determined to attend, those that could drive were able to offer lifts, the Horncastle group booked a 7-seater taxi to bring them.

It was encouraging to see good turnouts from each group and some mixing between the groups.

The boccia day was arranged so each group played each other and then we worked out the scores and moved from there to a

knockout phase. Tension and good banter started to increase as the games progressed and it was great to see everyone enjoying it.

Eventually it led to a final between Horncastle and Skegness with the favourites of Louth having been knocked out!

It was a tight final and eventually Horncastle coming out on top as the winners!!

Afterwards we arranged a 'medal ceremony' where the winners from Horncastle all received a winning gold medal, each team also received a 1st, 2nd, or 3rd place certificate.

To make it a bit of fun we also put some extra certificates together on categories like, 'best shot of the day', 'flukiest shot of the day'!

There was a real buzz afterwards especially from the winners.

Some participants had brought their own lunch with them, so we were able to stay in the room and eat their lunch whilst others decided to order from the Meridian café and have their lunch in the boccia room too. It created a nice atmosphere as the boccia games were discussed and participants moved around chatting to those from other groups.

It had been a great day and some lovely feedback.

Fulbeck Memory Café & Dementia Singing

We have been running the Memory Café for just over a year. It is a partnership between K2 Healthcare, and Shine, for the area supported by Caythorpe and Ancaster Surgery.

It began with a couple of people and their carers coming for a safe space to talk to health professionals about how they are doing and to see what support is available to them.

Funded fully by Grantham Community Connector Satellite Funding. This means we can provide this as a free group to attendees. Tea, coffee, biscuits, and fruit are available. We also have fun games and activities that attendees can play together. Each month we run a quiz, which is always great (even if the same people win each time).

It has been growing every month. We now see between 20 and 30 people each time. The popularity of the Memory Café sparked ideas to do more, as there was such an obvious need for support in the area. We felt that support through a different lens

would be great. For people who have dementia, music is one of the best things to help with the symptoms. We decided that in the fortnight gap between Memory Café sessions, we would start a dementia singing group.

Elly at Sound Lincs has been amazing in supporting us at the dementia singing group and bringing all her skills to lead the group. This has now been running for almost a year, and it is now as popular as the Memory Café. We have some attendees who prefer one group over the other and many who join both.

These groups have been so rewarding to run. Seeing so many happy people turn up each time has been amazing. Thank you to everyone who helps run the groups. It couldn't happen without you. And thanks to all who attend now and in the future.

We always love to see new faces, so come and join us at Fulbeck Village Hall on the 2nd Friday of the month from 10:00am-11:30am for Singing, and the last Friday of each month from 10:00am-12:00pm



Rock School Bus



Rock School Bus is on a mission to make music accessible, fun, and inspiring for children and young people across our community. As a not-for-profit Community Interest Company, we believe wholeheartedly that taking part in music activities can transform wellbeing, boost confidence, and support positive mental health.

Fully equipped with a professional sound system, real instruments, and experienced tutors, the Rock School Bus delivers hands-on music sessions directly to schools, clubs, and community spaces. Whether it's picking up a guitar for the first time, experimenting with drums, or collaborating in small group sessions, young people get the chance to explore their creativity in an energetic, supportive environment.

Our passionate team works to inspire teamwork, expression, and joy through

music. Every visit is designed to be inclusive and welcoming, ensuring that every child, regardless of background or ability, can experience the power of making music together.

We're also excited to share that we have launched our brand-new website, where you can learn more about our work, programmes, and upcoming events. It's also the easiest way to get in touch with our team.

Looking ahead, we are thrilled about a future partnership with Lincolnshire Music Services, an opportunity that will help us expand our reach and bring even more musical experiences to young people across the region.

To find out more or to contact us, please visit our website: <https://www.rockschoolbus.org.uk>

PE11 Men's Shed

The purpose of the shed is to relieve the needs of men, living in and around the PE11 postcode, who may suffer from social isolation and loneliness. This will be achieved by providing a safe and welcoming environment and facilities where they can meet to participate in activities such as social recreation, community and environmental development, and opportunities to learn and share knowledge and skills, thereby fostering community integration and improving their wellbeing.

Meet likeminded men in a relaxed social atmosphere, not just DIY projects.

Currently we are being very active in trying to raise funds to get our (physical) shed up and running to facilitate future projects. Meanwhile, apart from being really focused on promoting community relationships, we are providing bird (budgerigar) boxes and a bug hotel for Ayscoughfee Gardens in the new year and are intending to have a float in the flower parade, our theme country being Australia, birthplace of men's sheds. How hard can it be to make a didgeridoo!?



We meet every Wednesday and Thursday from 2pm-4pm at Marjorum Hall, Gosberton Risegate, PE11 4ET.

Men's Shed PE11
Marjorum Hall, Gosberton, Risegate, PE11 4ET
Wednesdays and Thursdays, 2.00pm - 4.00pm

A friendly space for men to meet, learn, and have a laugh!

- Learn new skills, share expertise or help others to feel more confident.
- Grab a cuppa, a biscuit, and enjoy some friendly banter.
- Take part in group, personal or community projects.
- Improve wellbeing, connect with others, and strengthen your local community.

Get in touch!
menshedpe11@gmail.com
07770493800

A QR code is displayed next to a small house icon with a Facebook logo on its roof. The QR code is intended for users to scan and access the shed's social media or website.

Growing Wellbeing at Greenwell

Greenwell practitioners use Social and Therapeutic Horticulture (STH) to support people's mental and physical health and wellbeing through gardening, being outdoors and spending time with others. STH is an approach which has been developed over the last 30 years by the two largest horticultural therapy charities in the UK, Thrive and Trellis Scotland. Greenwell is led by practitioners who are qualified RHS gardeners and horticultural therapists.

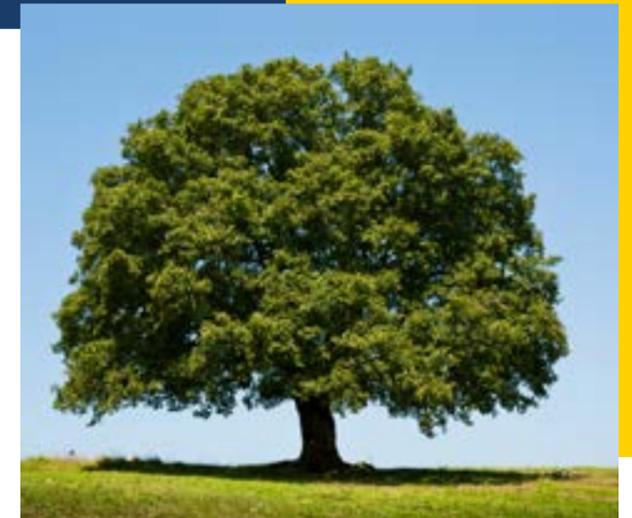
We welcome everyone who would like to join our friendly groups. You can come along as a participant or beneficiary if you're looking to improve your mental or physical health, meet new people, feel less lonely, or learn new skills. You can also come along and volunteer to help us to develop our gardens and help to support the needs of others. You don't need any gardening experience at all – beginners are very welcome as well as those who have experience. There's always something to do, and our team will support you as you learn.

Each session is carefully planned and offers a programme of activities designed to suit different needs and energy levels. Activities are colour-coded to help you choose what feels right for you, with guidance from us.

Green activities are gentle and can be done seated or standing, such as sowing seeds, garden crafts, potting plants, light weeding in containers and deadheading.

Blue activities are medium level and may include planting and weeding in beds, pruning, cutting back plants and using wheelbarrows.

Purple activities are more active and can



involve digging, mowing, laying bark or putting in plant supports.

Greenwell started over 3 years ago and during that time, we have supported the needs of many beneficiaries, including people with learning disabilities, who have long-term health conditions, who have mental health problems, who are experiencing loss and bereavement and who are lonely and isolated. In addition, we work with older adults, some of whom have conditions such as dementia and Parkinson's.

You can find us next to the restaurant at Baytree Garden Centre, High Road, Weston, Spalding PE12 6JU, every Monday and Friday from 9.30am-12pm (excluding Bank Holidays), and at Gosberton Medical Centre on Tuesday afternoons, 1.20-4pm. Our garden there can be found on the right hand side of the surgery building next to the staff car park.

To find out more, email greenwell.garden13@aol.com, call 07471 753919, or find us on Facebook at Greenwell Horticultural Therapy.

Everyone is welcome – we hope to see you soon!



FREE TRAINING

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.

Our Current available training, delivered by our experienced team of tutors including:

- **Emergency First Aid at Work:**

1 day course: 2nd Feb 2026 - 09:00 - 16:00
Park Springs/ GUUC Gainsborough, DN21 1NJ

- **Mental Health Awareness:**

Half day course: 12th Feb 2026 - 10:00 - 14:15
Scotter Village Hall, Gainsborough, DN21 3SA

- **Mental Health Awareness:**

Half day course: 11th March 2026 - 10:00 - 14:15
Park Springs/ GUUC Gainsborough, DN21 1NJ

- **Mental Health First Aid:**

2 day course: 30th & 31st March 2026 - 09:00 - 16:15
Park Springs/ GUUC Gainsborough, DN21 1NJ



VIEW MORE COURSE OPTIONS

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



Funded by the UK government through the UK Shared Prosperity Fund.

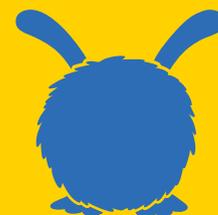
Connecting people with the services and support to most effectively meet their needs.

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

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For anything else

- E** Info@shinelincolnshire.com
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