

Shine Connect

Spring 2026



Photo Credit: David Fowles, That Vintage Enthusiast Photography

Mental Health Awareness Week

CYP

Community Updates

Training & Adult Learning

Service Directory

Bert House

Local Businesses

Contents

- 5. Upfront With Kate
- 6. Shine Together
- 10. Norton Tea
- 12. Bert House
- 14. Children and Young People
- 16. Training with Shine
- 18. Adult Learning
- 19. Mental Health Awareness
- 20. Fundraising
- 22. Flashmob
- 23. Advertise with Us
- 24. Community Updates
- 27. Shared Lives Lincs
- 28. Community Updates
- 34. Service Directory
- 42. Health Checks
- 43. Carers Column
- 44. Men's Health Week
- 45. The Garden of Hope
- 46. Centrepont Outreach
- 47. Unity Kitchen
- 48. PE11 Mens Shed
- 49. Project St Thomas
- 50. VSSCIC
- 51. Safe Anchor Wellness
- 52. Unique Hope/ AIMP
- 53. Bunting Community
- 54. The Recovery College
- 56. Flooding Roadshows

JOIN US TODAY!

MOVE AND SHINE

30 th April	18 th June
7 th May	25 th June
14 th May	2 nd July
21 st May	9 th July
28 th May	16 th July
4 th June	23 rd July
11 th June	30 th July
	6 th August

9:15-10:45

JOIN US FOR SOME LIGHT ACTIVITY AND FUN!

CONINGSBY COMMUNITY HALL
SILVER STREET
LN4 4SG
INFO@SHINELINCOLNSHIRE.COM

Shine SPORT ENGLAND

JOIN US TODAY!

MOVE AND SHINE

JOIN US FOR SOME LIGHT ACTIVITY AND FUN!

EVERY THURSDAY STARTING 23RD APRIL

12:15-13:45

BERT HOUSE, 7 BULL RING,
HORNCASTLE, LN9 5HX
BERTHOUSE@SHINELINCOLNSHIRE.COM

Shine SPORT ENGLAND

JOIN US TODAY!

PARKINSONS ACTIVITY GROUP

24 th March	25 th August
21 st April	22 nd September
19 th May	27 th October
23 rd June	24 th November
21 st July	15 th December

12:30-14:00

JOIN US FOR AN HOUR OF ACTIVITY AND THEN A CUPPA!

GRANTHAM TENNIS CLUB
GONERBY RD, GRANTHAM NG31 8HU

INFO@SHINELINCOLNSHIRE.COM

Shine

Shine Together: Meet The Funder

Thursday 25th June, 10am - 2pm
Tower Gardens Pavilion, Rutland Road, Skegness PE25 2AX

This is a great opportunity to:

- Meet a range of funders in one place
- Find out more about current and upcoming funding opportunities
- Ask questions and get practical advice on funding applications
- Build relationships and share ideas with other local groups

Whether you're new to funding or looking to strengthen future applications, this event offers valuable insight, support and connections.

Shine

Connect with us...

Shine Lincolnshire Charity

ShineLincs

Shine_Lincoln

ShineLincolnshire

Shine Lincolnshire

Shine Bert House

Shine Training & Education

Info@shinelincolnshire.com
01507 304 548

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



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

The Sweet Art of Doing Nothing

Self help gurus teach that doing nothing is good for your mental health. “Doing nothing” can refer to a state of inactivity, a period of rest, or even a deliberate choice to avoid specific activities. It can also be a way to recharge, reduce stress, and increase creativity.

Intentional “Doing Nothing” can mean idling, relaxing, lazing, lounging, or simply being inactive. These words describe a state of inactivity or lack of productivity, implying no work or effort is being made.

If you are part of the self-help world you will know how important Reflection is. Reflection is perhaps the closest we get to doing nothing. It is often called self-care reflection. It’s considered a hallmark characteristic of being human and starts in childhood, developing throughout one’s life. Examples of self-reflection techniques include journaling, talking with friends, practicing mindfulness, creative expression, and spending time alone. So you see reflection is actually doing something. Even when you are day dreaming you are still busy.

Is it possible to do nothing? No, I conclude, it is impossible to do nothing. I remember the first day of acting class at University. We were tasked with getting in front of the class and doing nothing. Student after student tried and student after student failed. They shifted their weight, they cleared their throat, they brushed stray hair away. The lesson we learned was clear. You cannot do nothing. So, expounded our professor, if you are always doing something the key is to only to do what is necessary. This is called living life on purpose. This is a very important moral. So we may not be able to do nothing but we can learn a great deal about what is important by trying to do it.

Personally, I want to live my life on purpose. I want good mental health and I help myself toward achieving this by practising the sweet art of doing nothing. I used to call it daydreaming, meditating, creative visualization, or reflecting. Now I call it doing nothing. Without guilt. I know I can never achieve nothingness, but this doesn’t mean I can’t keep trying. This is why they call it practising. Once again I learn that it is not the destination that is important, it is the journey.

Since I’ve been practising doing nothing, I feel my life is cleaner, simpler and yes, it is sweet. So why not give it a try? You may be surprised how much you get done by doing nothing.

Supporting Those who Support Communities



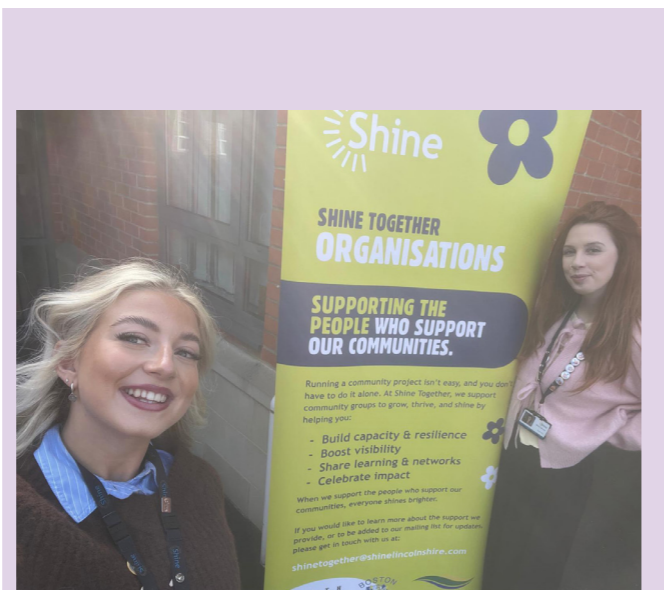
The Shine Together team has been busy supporting a wide range of inspiring community projects across South Holland, East Lindsey, and Boston.

further support your projects and the amazing work you are doing—dates to be confirmed soon.

Over recent months, we have worked closely with new and developing groups, helping them to establish themselves as charities so they can better support their communities. It's been incredible to see the passion and dedication of local organisations, and we are proud to play a part in strengthening and celebrating the valuable work they do.

We can't wait to keep supporting more projects and working together to make a positive difference across our communities.

One of our recent highlights was hosting our first Meet the Funder event in South Holland at Project St Thomas. It was a fantastic day, bringing together local projects to access advice, guidance, and support around securing funding. The event created a great opportunity for groups to connect and build confidence in taking the next steps for their organisations.



We've also been out and about in the community, attending events in Boston, including the Carers First event and the First Coastal Partnership meeting. These have been great opportunities to meet local people, share what we do, and learn more about the needs of the communities we support.



Looking ahead, we're excited to continue building on this momentum. We're especially looking forward to welcoming projects to our East Lindsey Meet the Funder event on 25th June at the Tower Pavilion Gardens in Skegness. It promises to be another valuable day of support, networking, and opportunity.

In addition, we have a series of exciting workshops in the pipeline, designed to

DEMONSTRATING IMPACT & REPORTING TO FUNDERS

Share your successes through meaningful and impactful reporting

20th May 2026
13:00-14:30

Online via teams

Email Shinetogether@shinelincolnshire.com to register your interest now and level up your reporting.



STRATEGIC MARKETING FOR COMMUNITY AND GRASSROOTS ORGANISATIONS

Create inclusive, sustainable volunteering that strengthens your organisation

29th April 2026
10am-11am

Online via teams

Email Shinetogether@shinelincolnshire.com to register your interest now and level up your marketing!



BUILDING A SUSTAINABLE VOLUNTEER PROGRAMME

Create strong, sustainable volunteering for lasting impact

4th June 2026
13:00

Boston Centenary Methodist Church
Red Lion St, Boston, PE216NY

Email Shinetogether@shinelincolnshire.com to register your interest now and level up your volunteer pathways!



SUSTAINABILITY AND INCOME GENERATION

Strengthen your organisation through sustainable income generation

29th June 2026
11:00-12:30

Online via teams

Email Shinetogether@shinelincolnshire.com to register your interest now and level up your sustainability.



Shine Together Volunteers Event - Celebrating Community on 4th

We are delighted to announce that, as part of our Shine Together programme, we will be hosting a special Volunteers Event on 4th June, from 10:00am to 3:00pm, at Centenary Church in Boston.

This exciting event is designed to celebrate the incredible impact of volunteers while also inspiring others to get involved. Volunteering plays a vital role in strengthening our communities, and this day will highlight just how meaningful and rewarding it can be for individuals and organisations alike.

Whether you are already volunteering, considering getting involved, or representing an organisation that relies on volunteers, this event offers a fantastic opportunity to connect, learn, and grow.

What to Expect

The day will be split into two engaging sessions:

Morning Session - Informative Talks

The morning will feature a series of talks from experienced volunteers and organisations who understand the true value of volunteering. These sessions will provide insight into the benefits of volunteering, real-life experiences, and how it positively impacts communities.

Afternoon Session - Marketplace & Workshops

In the afternoon, attendees can explore a vibrant volunteer marketplace, where organisations will showcase opportunities and share how they support their

communities. Alongside this, there will be four interactive workshops focused on:

- Understanding the meaning and value of volunteering
- Exploring different volunteering opportunities
- Supporting individuals into volunteering
- Helping organisations better support and value their volunteers

Supporting Communities Together

As well as encouraging new volunteers, we are also committed to supporting organisations. This event will provide guidance on how to nurture and retain volunteers, recognising them as the valuable assets they are within their communities.

This is a bookable event, open to anyone interested in volunteering or learning more about how they can make a difference.

If you would like to attend or find out more, please contact us at:

shinetogether@shinelincolnshire.com

Join us for a day of inspiration, connection, and celebration as we come together to recognise the power of volunteering.



served by One Team
South & East Lincolnshire Councils Partnership

VOLUNTEER MARKETPLACE

4TH JUNE, 10-3

CENTENARY METHODIST CHURCH,
BOSTON

Open to professionals, organisations, volunteers, and anyone interested in volunteering, this event offers learning, networking, and practical tips to support volunteers.

Morning – Inform & Inspire

Engaging talks and guest speakers on volunteer support, plus time to explore the marketplace and network over lunch.

Afternoon – Learn & Develop

Interactive workshops with practical tools and strategies to better support volunteers.



Shine Opens New Public Café In Boston

Shine Lincolnshire is proud to announce the opening of a new café within the newly opened Havenside ward at Norton Lea in Boston. The café is open to patients, visitors, and the wider public, providing a welcoming space designed to support wellbeing, connection, and community.

The café has been developed in partnership with Shine and Lincolnshire Partnership NHS Foundation Trust as part of a shared vision to create an inclusive, accessible environment off the ward. It offers a comfortable space where people can take a break, meet loved ones, or simply enjoy a moment of calm away from clinical areas.

By welcoming the local community as well as those using the ward, Shine aims to help reduce stigma around mental health, encourage social interaction, and promote positive wellbeing. The café provides opportunities for conversation, connection, and a sense of normality that supports recovery and mental wellbeing.

Designed with input from Experts by Experience, patients, and staff, the café reflects principles of dignity, comfort, and inclusivity. The space has been carefully created to feel welcoming, with a calm atmosphere suitable for both social interaction and quiet reflection.

“We’re thrilled to open this café within Havenside ward. Our goal is to create a welcoming, inclusive space where patients, visitors, and the local community can come together, enjoy a moment of calm, and connect with one another. We hope this café

becomes a place that supports wellbeing, reduces isolation, and helps break down barriers around mental health.” - Damon Parkinson, Business Development Manager

Sarah Connery, Chief Executive at Lincolnshire Partnership NHS Foundation Trust added

“Having community spaces like Norton Tea can be really beneficial in our patients recovery and build connections with the local community. It is an important addition to the new ward for us and our patients. We hope that as well as providing a community space, in time we will also be able to support our patients to work in the café. As part of building people’s confidence and learning new like skills that may help them further in their recovery.

Shine is committed to working alongside the Trust to enhance mental health facilities across Lincolnshire, ensuring that spaces meet both emotional and social needs as well as therapeutic care.

The café is now open 9:30am - 8pm, Monday to Friday and welcomes visitors to enjoy freshly prepared food such as jacket potatoes and paninis, homemade cakes and Stokes coffee. Shine looks forward to creating a shared space that strengthens links with the community, reduces isolation, and promotes positive mental health for all.



What's new at Bert House?



The Successes through Spring at Bert House

Bert House has continued to deliver a wide range of impactful services over the past 3 months, supported through ELDC-funded provision and additional community partnerships.

At the heart of this work are our regular advice sessions, which provide holistic, one-to-one support for individuals navigating challenges such as benefits, housing, and financial wellbeing. These sessions empower people with the knowledge and confidence to make informed decisions.

Our practical learning opportunities have also proven popular, particularly the air fryer cooking sessions. Participants have enjoyed preparing Mediterranean vegetables and classic favourites such as toad in the hole, while also exploring the “5 Ways to Wellbeing,” developing healthier habits, and learning how to better understand food labels. These sessions combine nutrition, budgeting, and wellbeing in an accessible and engaging way.

Physical activity and social connection were encouraged through our active sessions, where attendees took part in games such as bocchia, target throwing, and pool. These activities not only promoted movement but also fostered a sense of community and inclusion.

Digital support was a key focus, with staff and volunteers offering hands-on assistance to individuals using laptops, mobile phones, and tablets. Whether helping to complete online forms or guiding people through benefit checker tools, this support ensures that no one is left behind in an increasingly

digital world.

Over the winter months, the hub once again successfully distributed winter warm packs, generously supplied by SKDC. These packs, including heaters, electric blankets, and rechargeable hot water bottles and more, have made a significant difference in helping lower-income households or those struggling stay warm during colder periods.

Additionally, the Platform Housing Christmas Kindness Campaign Fund enabled the hub to provide warm meals from December through to March, including Tuesday dinners and a Thursday breakfast bar, offering both nourishment and a welcoming warm space.

Our Lotto-funded groups continue to thrive. Bert's Crafty Critters (knit and natter) group regularly supports 15-20 people each week, while the peer support group provides a safe space for individuals to share experiences and support one another. The neurodiverse group has evolved into a peer-led format, reflecting the needs and preferences of its members and ensuring it remains a meaningful and supportive environment.

Spring is an exciting time and at Bert house this is no different, please pop in or contact us to find out how the spring timetable is looking for the next few months!



BERT HOUSE WEEKLY TIMETABLE

Example Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Open Access	Closed	Closed Access All Day	Open access: 10am-12pm	Closed	
Trinity Centre Louth 10am-2pm		Wellness Advice Sessions 10am-12:00	Knit and Natter Craft Group 10am-12pm		Shine On 10:00-12:00
		Neighbourhood Teams 1pm-3pm (monthly)			Move & Shine 12:15pm-1:45 pm
		Neurodiverse Group 1pm-3pm Collab	Ro's Poetry Group 1pm-3pm		Bert-t-t's Peer Support Group 2:00pm-3:30pm
		Bro Pro/ Eve 6pm-8pm			



Cherry Willingham HAF

Earlier this year, Shine took the keys to the Cherry Willingham Youth Centre, with a vision of creating a welcoming children and family hub for communities north of the city. Since then, it has already begun to feel like a space full of energy, opportunity and connection.

Our first Holiday Activities and Food (HAF) programme at the new building has been a fantastic success, and it has been great to see the space come to life in such a positive way. Across the week, young people got involved in a wide range of activities, each designed to be engaging, inclusive and, most importantly, enjoyable.

Healthy eating was a key theme running throughout the programme. Rather than feeling like a lesson, it became something hands-on and creative, with young people building their own healthy plates and making fun faces using fresh fruit. It was a simple but effective way to explore food in a way that felt relaxed and fun.

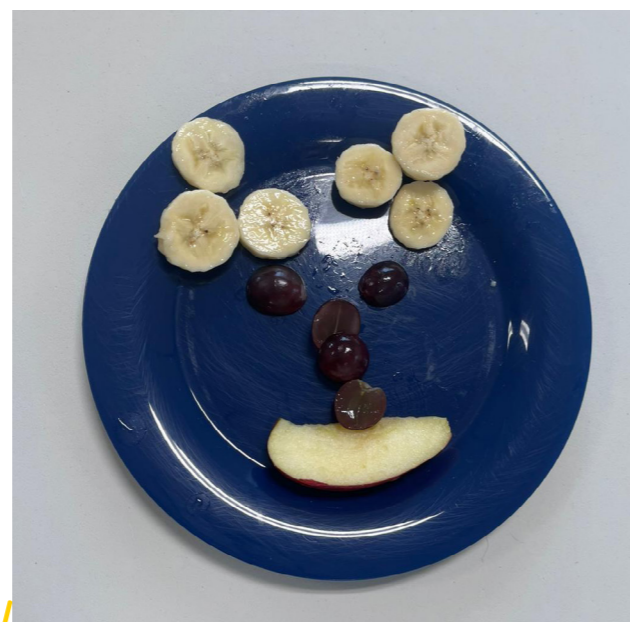
There was no shortage of energy either. From football to tri-golf, the sessions were full of movement and enthusiasm, with volleyball quickly becoming a firm favourite. The laughter, teamwork and encouragement between participants made these moments stand out just as much as the activities themselves.

Alongside the more active sessions, there was plenty of opportunity to slow things down and try something new. Bingo was introduced for the first time and proved to be an unexpected hit, bringing lots of excitement and a bit of friendly competition. Creative sessions also ran throughout the week, giving young people the chance to get involved in arts and crafts, express themselves and take home something they had made.

What stood out most across the week was the atmosphere. It was great to see so many young people getting involved, building confidence, forming new friendships and making the most of everything on

offer. For many, it was not just about the activities, but about having a space where they felt comfortable and included.

As a first HAF programme in Cherry Willingham, it has been an incredibly encouraging start. We are excited to continue building on this to develop a weekly offer and to see the centre grow into a space that the whole community can enjoy every week.



Easter with WWSE

Our Holiday Activities and Food (HAF) programmes continue to bring energy, creativity and connection to communities across Lincolnshire, and this Easter was no exception. Through Wright Way Sports and Education, we delivered a successful week of activities across West Lindsey welcoming 132 visits across the programme.

Across the week at HAF, participants took part in a wide range of activities designed to be inclusive, engaging and enjoyable. From sports and games to more creative sessions, there was something for everyone. The programme created a space where young people could try new things, build confidence and spend time with others in a relaxed and supportive environment. It was great to see so much enthusiasm throughout, with 16 visits across the sessions.

Alongside our HAF provision, our wider holiday clubs also saw a strong turnout. In Scotter, 46 visits for a mix of multi-sports, dance and crafts. The variety of activities meant each day felt different, giving everyone the chance to get involved, whether they preferred being active, creative, or a bit of both.

Over at Kexby, our football holiday club welcomed 70 visits across the week. The sessions were full of energy, teamwork and determination, with plenty of enthusiasm on display throughout. It was a great environment for young people to develop their skills, build confidence and enjoy the game, and there was certainly no shortage of potential on show.

Across all locations, these sessions provided more than just activities during the school holidays. They created opportunities for young people to connect, try new experiences and feel part of something positive within their community.

Looking back, it is clear the impact these programmes had, not just in the number of young people who attended, but in the confidence built, friendships formed and

experiences shared along the way.





**135 People Trained
29 Courses Delivered
Skills That Make a Difference!**

With support from West Lindsey District Council, Shine were delighted to offer a range of free training opportunities for businesses and individuals based within the West Lindsey district between April 2025 and March 2026.

Through this funding, we delivered 29 training courses, supporting 135 candidates from across the district. The programme included a range of important training across Suicide First Aid, Mental Health First Aid, and Physical First Aid.

These sessions were designed to help build confidence, knowledge and understanding around both mental health and physical wellbeing, equipping participants with practical skills to support themselves, their colleagues and their communities.

We were proud to work with organisations and individuals across West Lindsey, helping to create more supportive, informed and compassionate individuals throughout the district.



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

TRAINING 2026



JAN - MAR 2026

16 - DELIVERIES

80 - ATTENDEES

- MAY**
- 05 & 06 Mental Health First Aid
 - 07 Combined Emergency First Aid at Work & Paediatric First Aid
 - 14 Suicide First Aid
 - 18 Youth Mental Health first Aid

- JUNE**
- 18 Mental Health First Aid Refresher
 - 26 Emergency First Aid at Work

"I wanted to send a note to say a big thank you for delivering the course. You made everyone feel welcome and completely at ease, which really helped the conversations flow. There was no pressure at all – just space to talk, listen, and learn.

It was genuinely enlightening, and I think we all got a lot from it.

Thanks again for the way you held the room and supported the group.



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



education@shinelincolnshire.com





Take Action This Mental Health Awareness Week

ADULT LEARNING TIME TABLE - SUMMER TERM

SKEGNESS

Supporting Friends & Family | 2nd & 3rd June | 09:00- 15:00 | The Storehouse
Volunteering Course | 8th & 9th June | 09:30 - 15:00 | The Storehouse

HOLBEACH

Introduction to Peer Support | 7th, 14th & 21st May | 09:30 - 15:00 | Holbeach Hub
Supporting Friends & Family | 9th & 16th June | 09:30 - 15:00 | Holbeach Hub

BOSTON

Volunteering Course | 11th & 18th May | 09:30 - 15:00 | Centenary Church

SPALDING

Mental Health First Aid | 12th & 13th May | 09:00 - 17:00 | Tonic Health
Volunteering Course | 1st & 08th June | 09:30 - 15:00 | Tonic Health

HORNCASTLE

Healthy Habits | 17th & 18th June | 09:30 - 15:00 | Bert House

LOUTH

Healthy Habits | TBC | 09:30 - 15:00 | Imagine

GAINSBOROUGH

Suicide First Aid: Children & Young People | COMING SOON | GAPA

Mental Health Awareness Week offers a chance to pause and reflect on how we look after our mental health, and how we support those around us. This year's theme, **Take Action**, is not about doing something big or dramatic, but about recognising that small, consistent steps can make a real difference.

At Shine, taking action is something that happens every day in quiet, meaningful ways. It is not about quick solutions, but about creating spaces where people feel able to talk, to connect and to begin to move forward in their own time.

For many people, that starts with being heard. Our Peer Support Workers use their own lived experience to walk alongside others who may be struggling, offering understanding that comes from a genuine place. That shared experience can help break down barriers, making it easier for someone to open up and feel less alone.

In other parts of the community, taking action can look like something much simpler on the surface. Through our wellbeing walks, sport and activity sessions, young people are given the chance to get out, move their bodies and spend time with others in a relaxed environment. What matters most is not the activity itself, but the sense of connection and belonging that comes with it.

We also see the impact of action through learning. When people feel more confident in understanding mental health and responding to someone in crisis, it helps to create a community where support feels more accessible. Sometimes, knowing what to say or do can be the difference between stepping forward or stepping back.

At Bert House, action often takes the form of everyday moments. A conversation over a cup of tea, joining a group, or simply having somewhere to go can all play a part in helping someone feel more connected.

These small interactions build over time, creating a sense of safety and community.

Mental Health Awareness Week is also a reminder that taking action in our own lives does not have to be overwhelming. It might be as simple as getting outside for some fresh air, taking a break, or doing something that brings a sense of calm or enjoyment. It could mean reaching out to someone you trust, or allowing yourself the space to be honest about how you are feeling.

Often, it is the small things that matter most. Checking in with a friend, sending a message, or taking the time to listen can have a bigger impact than we realise.

There is no single way to take action when it comes to mental health. What matters is finding something that feels manageable and meaningful. Over time, those small steps can help build stronger connections, both within ourselves and within our communities.

Awareness is vital, but real change comes when we take action too.

This Mental Health Awareness Week, take action for good mental health – for yourself, for someone else, for all of us.



The Fundraising That Keeps Shine, Shining!

Fundraising continues to be at the very heart of everything we do at Shine, and we are once again blown away by the generosity, creativity and community spirit shown by our supporters. From events and challenges to bake sales and big commitments, every effort helps us continue supporting people across Lincolnshire with their mental health.

We would like to start by saying a huge thank you to everyone who joined us for our bingo night in March. It was a fantastic evening, full of fun, laughter and community spirit, and we are so grateful to everyone who came along and supported us. We are already looking forward to doing it all again at our next bingo night in May, and we hope to see even more of you there.

Another brilliant community effort came from our Knit and Knatter group, who hosted a wonderful bake sale raising over £120. With a table full of delicious homemade cakes and treats, it was a great example of how small, thoughtful events can make a big difference. Thank you to everyone who baked, bought and supported.

We are also incredibly proud of our amazing runners who took part in the Lincoln 10K, with our fastest runner completing it in 43 minutes! Taking on a challenge like this is no small feat, and we are so grateful to everyone who chose to run in support of Shine. If you are feeling inspired, we still have FREE spaces available for the Woodhall Spa 10K. Whether you are a seasoned runner or just starting out, we would love to have you on the team.

Our skydivers, who have been patiently waiting, will finally be taking to the skies on the 9th of May. We cannot wait to cheer them on as they take on this incredible challenge. If you missed out this time, do

not worry, there will be more opportunities next year so keep your eyes peeled.

We would also like to extend a huge thank you to Napier Turbines for choosing Shine as their Charity of the Year. Their support is already making a difference, with over £300 raised through a fantastic bake sale. Partnerships like this are invaluable to us, and we are so grateful to have them on board.

With Mental Health Awareness Week fast approaching, now is the perfect time to get involved. This year's theme is action, and we are encouraging everyone to take action and support mental health close to home. There are so many ways to get involved, whether it is hosting a Wear It Orange mufti day, organising a bake sale, taking on an active challenge or putting your knowledge to the test with a quiz.

However you choose to support Shine, every pound raised helps us continue our vital work across Lincolnshire. If you would like to get involved, we would love to hear from you- email communityengagement@shinelincolnshire.com



WEAR IT ORANGE
AND RAISE FUNDS FOR SHINE!

SUPPORT MENTAL HEALTH CLOSE TO HOME THIS MENTAL HEALTH AWARENESS WEEK

- come together and Wear something orange to support Shine
- Donate what you can
- Snap a pic and send to us at Communityengagement@shinelincolnshire.com so we can share your support!



Shine

BAKE FOR SHINE

GRAB A SWEET TREAT AND SUPPORT MENTAL HEALTH LOCALLY!

TIME:
DATE:
LOCATION:
CONTACT:

RAISING FUNDS FOR MENTAL WELLBEING

Indulge in homemade cakes, cookies, brownies, and more! Every bite helps us raise support mental health and wellbeing locally!

Come hungry, bring friends, and support the community—one sweet treat at a time!

PRIZE BINGO!

Thursday 14th May 17:30-19:00

Bert House, 7 Bull Ring, Horncastle

£5 for an hour & half of Bingo!

Plenty of prizes to be Won!
Light Refreshments Available!

ALL PROCEEDS SUPPORT SHINE'S WORK IN THE COMMUNITY

Shine

INSPIRED?
JOIN US FOR THE WOODHALL SPA 10K
14TH JUNE 26

Community Support Continues to Make a Difference Following Lincoln Flashmob Fundraiser

Nearly two months on from a high-energy Valentine's flashmob in Lincoln, the impact of the event is still being felt – with £2,649 raised in support of the Children and Young People's Mental Health Hub at Shine Lincolnshire.

Delivered in partnership with Zumba with Laura Wade, the event brought together members of the local community for an inclusive, uplifting dance experience in the heart of the city. Open to all, the flashmob invited people of all ages and abilities to take part – whether by dancing, watching, or simply sharing in the moment – creating a powerful sense of connection and community spirit.

For Shine Lincolnshire, the funds raised are more than just a total; they represent meaningful, community-driven support at a time when services for children and young people are under increasing demand. The Mental Health Hub continues to play a vital role in providing early intervention, guidance and a safe, supportive environment for young people and their families.

Events like this not only generate essential funding, but also help raise awareness of the importance of accessible mental health support. The visibility created through community-led initiatives is key to ensuring more young people know where to turn when they need help.

Reflecting on the event, the team at Shine Lincolnshire expressed their sincere thanks to everyone involved – from those who danced on the day, to those who donated or helped spread the word.

Looking ahead, Zumba with Laura Wade has shared their commitment to remaining involved in supporting the growth and evolution of the new hub in Cherry Willingham, reinforcing an ongoing partnership built on community, wellbeing and support for young people.

As the hub continues to develop, this event stands as a clear example of what can be achieved when a community comes together with a shared purpose.



Design Your Web
Here at Design Your Web we offer first rate support creating your very own website whether it be personal, to a blog to a 5 page plus mammoth!

What We Can Provide
We offer web design services customised to your needs. It can be made by coding or by using an already established CMS (Content Management System) such as Wordpress, Wix or Squarespace.

Gainsborough Men with Sheds
A community space for men, and women to connect, converse and create.

GreenWell Garden
A community space for men, and women to connect, converse and create.

Design Your Web | info@designyourweb.co.uk | designyourweb.co.uk | facebook.com/DesignYourWebLincoln

Advertise your business with us!

Put your brand in front of 5,000+ engaged readers across Lincolnshire every quarter and be seen where your community already looks for trusted content – advertising from just £75 + VAT.

Email us at
Communityengagement@shinelincolnshire.com
Today!

HEADSHOT TOBY

Not Just a Headshot. A HEADLINER.

I've photographed founders, industry leaders, actors, creatives, and professionals who need to show up with confidence.

READY FOR THAT?
LET'S MAKE IT HAPPEN

hello@headshottoby.co.uk

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

Skegness

At our wellbeing hub in Skegness, we are proud to offer a welcoming and inclusive space where members of the community can come together, feel supported, and improve their overall wellbeing. Our provision is built around connection, compassion, and accessibility, ensuring that everyone has a place to belong.

Over the past three months, we have delivered a variety of engaging and meaningful activities designed to support mental, emotional, and social wellbeing. These have included creative and reflective sessions such as creating a friendship poster, where participants explored what friendship means to them and celebrated connection within the group. Our vision board sessions have also been popular, giving individuals the opportunity to focus on their goals, hopes, and positive intentions for the future

We have also created space for fun and relaxed interaction through activities like our board game sessions & Lego sessions, as well as our FEEL GOOD DISCO. These sessions not only encourage creativity and light-hearted enjoyment but also help to build confidence, communication, and

Jonathan Marshall and Jordan Dance. Wellbeing Hub Leads

social skills in an informal setting.

We also work closely with local organisations and services, signposting individuals to further support when needed. This ensures that people can access the right help at the right time, whether that relates to mental health, housing, employment, or other challenges. We have recently been working with Skegness Academy, as we feel that prevention as well as intervention is so important.

The impact of our work can be seen in the growing confidence, resilience, and connections among those who attend our sessions. For many, the hub is more than just a service it is a lifeline, a place of hope, and a stepping stone towards a more positive future. This can be seen through our volunteer programme and seeing our participants move from accessing to facilitating.

As we continue to grow, our aim is to expand our provision to reach even more people in Skegness, ensuring that support and community are available to all who need it; when they need it.



Grantham

Jo Taylor Community Connector

As I write this, there is a definite feel of Spring in the air with an excitement of the prospect of Summer (even if the traditional British Summer does appear). I've spent a lot of time out and about recently enjoying the amazing groups that our villages offer. Lots of village halls and community centres offer lunch clubs, craft groups, book clubs as well as physical activity groups including Pilates, Chair Yoga and Curling. There is so much activity taking place and if you would like to know more, please get in touch or reach out to your local village hall.

Following the success of our Chair Yoga group in Colsterworth, in January I started a new group with Anand from Right at Home Care in Church Street Rooms, Corby Glen. This group has been so much fun and is free and everyone is welcome.

I have also had the pleasure of attending two other new groups that have started in Grantham.



St. Anne's Church in Grantham have started a new CAP Job Club on Tuesdays at the same time as Annie's Café so you can also enjoy a lovely brew and breakfast sandwich at the same time.

The National Grief Advice Service have started a number of new groups recently including Calm and Connect, a great space for families with young people with SEN, Autism and Additional Needs taking place on Saturdays at 12pm.

I have also visited their new Men's Group, The Gathering Ground on Friday's at 1pm. A great chance for men to come together, enjoy a game of pool, darts or table tennis, meet others and find out more about what support is available.

For any more information about what is taking place in our area, please contact me at ccgrantham@shinelincolnshire.com or follow our Facebook page Grantham Community Connector.



Lincoln South

James Prentice
Community Connector

Standing Together: How Our Community Is Supporting People Living With Dementia

Every spring, we're reminded just how powerful community can be. Dementia Action Week, Mental Health Awareness Week and Volunteers' Week sit side by side in the calendar, and together they highlight something we see every day across Lincolnshire: people stepping up for one another.

Dementia touches many families in our area. It can be isolating, confusing and exhausting – not only for those living with dementia, but also for the loved ones who walk alongside them. Yet when a community chooses to respond with compassion, connection and creativity, something remarkable happens. People feel less alone. They feel understood. They feel part of something.

That's exactly what's happening every Tuesday from 10am to 12pm at the Waddington Wellbeing Hub through Dementia Adventurers. It's a warm, activity based group where people living with dementia and their carers can come together for music, conversation, gentle activities and a friendly welcome. Week by week, friendships form, confidence grows and families tell us how much it means to have a place where they feel supported and seen.

This is community at its best: local people creating local solutions to local needs.

As we mark these national awareness weeks, it's a perfect moment to think about how each of us can play a part. If you know someone who might benefit, encourage them to come along. If you're passionate about supporting others, consider volunteering – your time, kindness and

presence can make a real difference. And if you simply want to understand more, start with a conversation. Awareness begins with listening.

Dementia may be a growing challenge, but together we're building something stronger: a community where no one has to face it alone.

For people living with dementia and your loved one or carer

Music Fun Friendship Activities

Support

Come along to our free support group!

Dementia Adventurers

Link to our Facebook page:

Every Tuesday 10am to 12pm

Millers Road Community Centre, Waddington, Lincoln, LN5 9RX

Cuppas and cakes included!

Any questions contact...

Cat Hall
Community Projects & Wellbeing Hub Lead

07365 527 663

Waddington Wellbeing Hub

cat@stmichaelschurchwaddington.org.uk

DO YOU HAVE A SPARE BEDROOM? WE'RE RECRUITING CARERS NOW IN LINCOLNSHIRE



Do you have room in your heart and a spare room in your home? You could earn tax free money as a Shared Lives carer.

There are different ways to be a carer: You could have someone live with you, come stay for a short break, or you could even care for someone just for the day.

Call: 01529 400765
Email: sharedliveslincs@pss.org.uk
Visit: www.sharedlivescarers.com

Please quote SHINE when enquiring

Lincoln North

Jamieleigh Barnes
Peer Support Worker

I've been really enjoying the recent warmer weather and those lighter evenings—it feels like such a boost for wellbeing.

Lately, I've been joining peers on more wellbeing walks, and it's been wonderful to get outside, breathe in the fresh air, and connect with others in a relaxed way. These simple moments can make such a positive difference to our mood and overall outlook.

At The Bridge, there's such a wide range of groups and activities available for the community. It's truly inspiring to see how people's confidence grows as they get involved and try new things. The atmosphere is always welcoming and supportive, which makes it a place people can feel comfortable and valued.

I genuinely enjoy spending time there, and every visit leaves me feeling uplifted. It's a great reminder of how important connection, fresh air, and community can be for our wellbeing.



Trent

Kay Henderson
Peer Support Worker

Within my peer support role, I have been getting out and about with peers on walks now the weather is improving, and we are loving the sunshine.

The sun most certainly improves my wellbeing. I have still been attending Butterflies with peers. We have just made Easter wreaths which was a fun activity. For Easter, I also got some daffodils but cannot say I am brilliant at gardening so definitely going to look up some tips on how to keep flowers alive. With the weather beginning to warm up, it is going to be great to keep looking at outdoor activities within my community for myself and peers to attend.

Within my spare time I have been out with family and got to feed some lambs which we thoroughly enjoyed.



Grantham

Dawn Pearson
Peer Support Worker

Spring is one of my favourite seasons of the year. We leave the cold behind and the dark long days. Seeking a warmer climate and the much needed daylight.

For myself seeing the colour in our gardens. Be it the bulbs we planted in late Autumn, now waiting for the colours to come out in full bloom. The snowdrop, daffodil, tulip or crocus. This is a magical time for colour to explode.

The local parks we all may visit. One for myself being Wyndham Park. These beautiful lawns are full of wonderful colour showcasing that spring is here.

Seeing the lambs out in the fields enjoying their freedom eating the fresh grass. This is a wonderful moment to pause and see new life.

Spring can also mean to some of us the beginning of getting our homes in order. Maybe de-cluttering, or thinking of decorating an area of the home. This can feel very cathartic for some of us.



For myself I enjoy the great outdoors. Having a passion for hill walking and seeing what the spring season is offering us. The days are longer meaning we can all enjoy more time in the outdoors.

East Lindsey

Donna Fravigar
Peer Support Worker



Hi I am Donna Peer support for East Lindsey and Meridan.

I have been busy the last few months, getting involved with new groups and supporting my peers with attending new groups. This has been very rewarding and to see what my peers can achieve and become more confident is amazing and why I do my job. I also supported a peer with a dementia group with a view for them to become a volunteer, this is amazing and makes me feel incredibly proud of how far they have come on their journey.

I have also been busy with attending partnership meetings these are especially crucial to my role so I can gain knowledge of anything new that is happening in my area and to keep me linked in with other services.

I have also been attending Bert House on a Thursday supporting Shine On group and having a peer support presence in the hub which this has proved much needed with some peers. I have also been facilitating the peer group on a Thursday afternoon this group is a lovely group where people can come along and know they are in a safe space to talk if they need to. I am very proud and passionate about the group and how far it is has come since we started over a year ago.

I have lots of things to look forward to in the spring spending time with my family is one of them. I look forward to a busy next few months.

Support Directory



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

Updated: April 2026

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

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

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

Abbey Children's Centre | Lincoln
T 01522 555 689
E abbeyCC@lincolnshire.gov.uk

Abbey Access Training | Lincoln
T 01522 801 556
W www.abbeyaccessstraining.com

Acis Group | Countywide
T 0800 027 2057 W www.acisgroup.co.uk

Active Lincolnshire | Countywide
T 01522 730 325
W www.activelincolnshire.com

Acts Trust | Lincoln
T 01522 542 166 W www.actstrust.org.uk

ADHD Lincs | Lincoln
E info@adhdlincs.org W www.adhdlincs.org

Age UK | Lincoln
T 01522 696 000
W www.ageuk.org.uk/lincolnshire

Alford Children's Centre | Alford
T 01507 463 218
W alfordCC@lincolnshire.gov.uk

Alford Dementia | Alford
T 01507 522 116

Alford Hub | Alford
T 01507 464 901 W www.alfordhub.co.uk

Alford Storehouse Church | Alford
T 01507 462 990
W www.thestorehousechurchalford.org.uk

Alive Church Lincoln | Lincoln
T 01522 542166
E office@alivechurch.org.uk
W www.alivechurch.org.uk

Allenby Training | Lincoln
T 01522 548 559
W www.allenby-training.co.uk

Alzheimer's Society | Nationwide
T 0333 150 3456
E enquiries@alzheimers.org.uk
W www.alzheimers.org.uk

Ambitious Youth Network | Nationwide
W www.ambitious-youth-network.org.uk
W www.ambitiousaboutautism.org.uk

Andy's Man Club | Lincoln
W www.andysmanclub.co.uk

Anxiety UK | Nationwide
T 03444 775 774 (Helpline)
E admin@anxietyuk.org.uk
W www.anxietyuk.org.uk

Arise Church Lincoln | Lincoln
T 01522 694 694
E office@arisechurch.co.uk
W www.arisechurch.co.uk

Armed Forces Covenant Fund Trust | Nationwide
E info@covenantfund.org.uk
W www.covenantfund.org.uk

Art Pop-Up | Stamford
W www.artpopup.co.uk

The Askefield Project | Friskney
T 07754 232 873 W www.askefield.co.uk

Assist | Lincoln
T 01522 370 164 W www.assistlincs.org.uk

Association of Service Drop In Centres (ASDIC) | Nationwide
E admin@asdic.org.uk
W www.asdic.org.uk

Bardney Gateway Centre | Bardney
T 01526 397 131 or 07754 847 020
E Info@BardneyGatewayCentre.org or youth.club@bardneygatewaycentre.org

Bearded Fishermen | Countywide
T 0300 365 0019
W www.beardedfishermen.org.uk

Belton Lane Children's Centre | Grantham
T 01522 550 901
E beltonlanec@lincolnshire.gov.uk

BHive Community | Grantham
E enquire@bhive.community
W www.bhive.community

Billinghay Children's Centre | Billinghay
T 01526 869 248
E billinghaychildrenscentre@lincolnshire.gov.uk

Binbrook Children's Centre | Market Rasen
T 01472 398 889
E Binbrook_cc@lincolnshire.gov.uk

Bipolar UK | Nationwide
E info@bipolaruk.org
W www.bipolaruk.org.uk

Birchwood Children's Centre | Lincoln
T 01522 689 991
E birchwoodCC@lincolnshire.gov.uk

Birchwood Youth Centre | Birchwood
T 07767 003 858
E birchwoodycc@gmail.com

Bladder Cancer Support Group | Countywide
T 01205 357660 E bcsg1ln2ng@gmail.com

BLESMA | Nationwide
T 020 8590 1124 E info@blesma.org
W www.blesma.org

Boston Children's Centre (Fenside Road) | Boston
T 01205 357 608
E StChristophersCC@lincolnshire.gov.uk

Boston Children's Centre (Fishtoft Road) | Boston
T 01205 356 410
E FishtoftRDCC@lincolnshire.gov.uk

Boston Children's Centre (Norfolk Lodge) | Boston
T 01522 843135
E NorfolkLodgeCC@lincolnshire.gov.uk

Boston District Council | Boston
T 01205 314 200 W www.boston.gov.uk

Boston Children's Centre (Carlton Road) | Boston
T 01205 364137 E CarltonRoadCC@lincolnshire.gov.uk

Boston and South Holland Talking Newspaper | Boston
E enquiries@bashtn.org.uk
W www.bashtn.org.uk

Boston Centenary Methodist Church | Boston
T 01205 355 543
W www.bostonmethodist.org.uk

Boston Community Food Bank | Boston
T 01205 310 929
W www.boston.foodbank.org.uk

Boston Community Transport | Boston
T 01205 360 183 W www.bostonct.org.uk

Boston Lithuanian Community Group | Boston
W www.bostonolietuviuben-druomene.uk E ukjuma@yahoo.com

Boston Men's Shed | Boston
W www.bostonshed.co.uk

Boston Salvation Army | Boston
T 01205 359 232 E Boston@salvationarmy.org.uk
W www.salvationarmy.org.uk/boston

Boston Stump | Boston
T 01205 310 929
W www.parish-of-boston.org.uk/church/st-botolphs

Boston United Football Club Community Foundation | Boston
T 01205 364 406
W www.bostonunitedcf.co.uk

Bourne Children's Centre | Bourne
T 01778 395895
E BourneCC@lincolnshire.gov.uk

Bourne Library | Bourne
T 01522 782 010

Bourne Food Bank | Bourne
T 01778 782 365 E info@bournefoodbank.org.uk
W www.bournefoodbank.org.uk

Breast Friends - Breast Cancer Support Group | Grantham
E breastfriendsgrantham@gmail.com
FB Breast Friends Grantham

Bracebridge Children's Centre | Bracebridge Heath
T 01522 525 610
E Bracebridgecc@lincolnshire.gov.uk

British Red Cross | Nationwide
T 0344 871 11 11 E contactus@redcross.org.uk
W www.redcross.org.uk

Bromhead Medical Charity | Countywide
T 01522 846 901
W www.bromheadmedicalcharity.co.uk

Bridge Church | Lincoln
T 01522 530 730 W www.wearebridge.org

Buddies Dementia Cafe | Nettleham
T 0796 3365957
W www.buddiesdementia cafe.co.uk

The Butterfly Hospice | Boston
T 01205 311 222
W www.butterflyhospice.org.uk

Butterflies Lincoln South | Lincoln
T 07947 494238
W lincolnsouthbutterflies@alivechurch.org.uk

Café CLIP Market Rasen | Market Rasen
T 01673 843 489 W www.cliplearning.com

Key: Adult | Children & Young People | All

Caistor Children's Centre | Caistor
T 01673 844 703
E CaistorCC@lincolnshire.gov.uk

CALM | Nationwide
T 0800 585858 W www.thecalzone.net

Calm Zone
W www.childline.org.uk/toolbox/calm-zone

CAMHS | Countywide
W www.lpft.nhs.uk/young-people/
lincolnshire/young-people/i-need-more-help/
child-and-adolescent-mental-health-
services-cahms

Carers First | Countywide
T 0300 303 1555 W www.carersfirst.org.uk

Carer Sitter Service | Bourne
T 01778 420 257
E carersitterservice@gmail.com
W www.carersitterservice.com

Caythorpe Children's Centre | Grantham
T 01400 279 285
E caythorpecc@lincolnshire.gov.uk

Centre for Mental Health |
Countywide
W www.centreformentalhealth.org.uk

Centrepont Outreach | Boston
T 01205 360 900
W www.centrepont-outreach.com

Chemosabes Cancer Support Group |
Grantham & Sleaford
E granthamchemosabes@aol.com
FB Grantham Chemosabes

Cherry Willingham Children's Centre | Cher-
ry Willingham
T 01522 550653
E cherrywillinghamcc@lincolnshire.gov.uk

Childline |
T 0800 1111 W www.childline.org.uk

Children's Links | Countywide
T 01507 528 300
W www.childrenslinks.org.uk

Christ Church Stamford | Stamford
T 01780 766 446
W www.christchurchstamford.com

Citizens Advice Bureau | Nationwide
T 0800 144 8848 W www.citizensadvice.org.uk

Citizens Advice Mid Lincolnshire | Boston
T 01205 314 534 W www.camidlincs.org.uk

City of Lincoln Council | Lincoln
01522 881188 W www.lincoln.gov.uk

CLIP Gainsborough | Gainsborough
T 01427 677 377
W www.cliplearning.com/gainsborough

The Coastal Centre | Mablethorpe
T 01507 479 165
W www.mablethorpe.info/the-coastal-centre

Combat Stress | Nationwide
T 0800 138 1619 M 07537 173 683 (text)
E helpline@combatstress.org.uk
W www.combatstress.org.uk

Community Pharmacy | Countywide
E info@pharmacylincolnshire.org
W www.pharmacylincolnshire.org

Connect2Support Lincolnshire |
Countywide
W www.lincolnshire.connecttosupport.org

Connexions | Gainsborough
T 01427 678 695
W www.connexionscommunityhub.co.uk

CPSL Mind | South Lincolnshire

T 0300 303 4363 W www.cpslmind.org.uk

Crimestoppers | Countywide
T 0800 555 111 W www.crimestoppers-uk.org

Curo Social Enterprise CIC | Countywide
T 07432 101 451 E admin@curo-lincs.co.uk
W www.curo-lincs.co.uk/contact

CVS Lincolnshire | Countywide
01205 551683 W www.cvslincolnshire.org.uk

Cycling Without Age Skegness | Skegness
W www.cyclingwithoutage.org.uk/skegness

Dance Free CIC | Lincolnshire
T 07719 505 844
E we.dance.free@gmail.com
W www.wedancefree.com

Darkside Rising CIC | Lincoln
W www.darksiderising.co.uk

Desire Change CIC | Countywide
T 01790 616 102 W www.desirechange.org

Development Plus | Countywide
T 07508292808
E enquiries@developmentplus.org.uk
W www.developmentplus.org.uk

Disability Social Network | c/o Chat Chill
Connect | Gainsborough
T 07300 869 408
E disabilitynetwork.westlindsey@gmail.com

Donington Library | Spalding
T 01775 822834

Don't Lose Hope | Bourne
T 01778 420 762 W www.dontlosehope.co.uk

**East Lindsey Down Syndrome Family
Support Group** | Boston
E EastLincs.DS.group@hotmail.com
W www.eastlincolnshiredownsyndrome.org

Edan Lincs | Countywide
T 01522 510 041 W www.edanlincs.org.uk

Evergreen Care Trust | Sleaford
T 07707 260822
W www.evergreensleaford.org.uk

Evergreen Care Trust | Stamford
T 01780 765 900
W www.evergreencare.org.uk

Everyone Active | West Lindsey
T 0142 761 5169
W www.everyoneactive.com

Every-One | Countywide
T 01522 811 582 W www.every-one.org.uk

Feathers Teens CIC | Countywide
E feathers.teens@gmail.com
W www.facebook.com/FeathersTeensGroup

Fighting With Pride | Nationwide
E info@fightingwithpride.org.uk
W www.fightingwithpride.org.uk

Furnichurch | Mablethorpe
T 01507 477 007

**Gainsborough Academy (Trent Valley) Youth
Centre** | Gainsborough
T 01427 612 411

Gainsborough Trinity Foundation | West
Lindsey
T 07788 185 743
E enquiries@gainsboroughtrinityfoundation.
com
W www.gainsboroughtrinityfoundation.com

GamCare | Countywide
T 0808 802 0133 W www.gamcare.org.uk

Gobstys Gaming Club | Countywide
W www.gobstys.co.uk

GoGro CIC | Lincoln
W www.gogro.org.uk

Grandma's Pudding Co | Friskney
T 07899 953 448
W www.grandmaspuddingco.uk

Grantham & District Hospital |
Grantham
T 01476 565 232

Grantham Baptist Church | Grantham T
01476 573 050
W www.granthambaptistchurch.co.uk

Grantham Tennis Club | Grantham
T 01476 591 391
W www.granthamtennisclub.co.uk

Greatford Village Hall | Stamford
W www.facebook.com/greatfordvillage

Green Synergy | Lincoln
T 01522 533 077 W www.greensynergy.org.uk

Grubby Knees | Louth
T 07920 486 886 W www.grubbyknees.org

Harmless | Countywide
T 0115 880 0280 W www.harmless.org.uk

Happy Hooves | Market Rasen
T 07724 297 481 E hello@happyhooves.org.uk
W www.happyhooves.org.uk

Headway Lincolnshire | Countywide
T 07546 592 526
W www.headwaylincolnshire.org.uk

Healthy Minds | Countywide
0800 234 6342
W www.lpft.nhs.uk/young-people

Help for Heroes | Nationwide
T 0300 303 9888 W www.helpforheroes.org.uk

Hemswell Cliff Childrens Centre |
Gainsborough
T 01427 667 643
E Hemswell.Cliff.CC@lincolnshire.gov.uk

Hill Holt Wood | Lincoln
T 01636 892 836 W www.hillholtwood.co.uk

Holbeach Children's Centre | Holbeach
T 01406 426 064
E HolbeachCC@lincolnshire.gov.uk

Holiday Activities and Food Programme |
Lincolnshire
E HAF@lincolnshire.gov.uk
W www.lincolnshire.gov.uk

Holton Le Clay Children's Centre |
Holton Le Clay
T 01472 828 548
E HoltonLeClay_CC@lincolnshire.gov.uk

Hope House | Mablethorpe
T 01507 478 995 W www.hope-house.co.uk

Hope Meadows Equine CIC | South
Hykeham
T 01522 396 643 W www.hopemeadows.co.uk

Horncastle Children's Centre |
Horncastle
T 01507 526 603
E Horncastle_Childrens_Centre@
lincolnshire.gov.uk

Horncastle Community Larder |
Horncastle
E communitylarder@gmail.com
W www.horncastlecommunitylarder.co.uk

The Horncastle Support Team | Horncastle
W www.horncastletowncouncil.co.uk

Key: Adult | Children & Young People | All

The Hub | Sleaford
T 01529 308 710 W www.hub-sleaford.org.uk

HW Lincs | Countywide
T 01205 820 892
W www.hwlincs.co.uk

ImRoc | Countywide
T 0115 969 1300 W www.imroc.org

Inspired Equine Assisted Learning |
Boston
T 07729 909 186 W www.inspired-eal.co.uk

Jubilee Church | Grantham
T 01476 5651 17
W www.jubileegrantham.co.uk

Kooth.com
W www.kooth.com

LACE Housing | Lincoln
T 01522 514 444

Land and Leaf Collective CIC | Lincoln
T 07521 854095
E hello@landandleafcollective.org
W www.landandleafcollective.org

LEAP | Lincoln/Gainsborough
T 01522 563 530 W www.leap.uk.com

The Len Medlock Voluntary Centre |
Boston
E info@lmcvc.org
T 01205 353 216 W www.lmcvc.org

Library Services | Countywide
T 01522 782 010
W www.lincolnshire.gov.uk/findalibrary

Licensed Trade Charity | Countywide
T 0808 801 0550
W www.licensedtradecharity.org.uk

Lighthouse Project | Spalding
T 07961 978 396
E info@thelighthouseprojectspalding.com
W www.thelighthouseprojectspalding.com

Lincoln Central Children's Centre |
Lincoln
T 01522 843 355
E lincolncentralcc@lincolnshire.gov.uk

Lincoln & Lindsey Blind Society |
Lincoln/Lindsey
T 01507 605 604 W www.llbs.co.uk

Lincoln City Foundation | Lincoln
T 01522 563 792
W www.lincolncityfoundation.com

Lincoln Moorland Children's Centre | Lincoln
T 01522 554 886
E LincolnMoorlandCC@lincolnshire.gov.uk

Lincoln North Children's Centre | Lincoln
T 01522 552 904
E lincolnnorthCC@lincolnshire.gov.uk

Lincoln Trauma Centre | Lincoln
T 07355 123 424
E lincolntraumacentre@gmail.com
W www.lincolntraumacentre.org.uk

Lincolnshire Action Trust | Countywide
T 01522 806 611 W www.latcharity.org.uk

**Lincolnshire Abdominal Aortic Aneurysm
Screening Programme** | Countywide
T 01205 445 801
E ulh-tr.AAAScreening@nhs.net
W www.ulh.nhs.uk/services/
abdominal-aortic-aneurysm

**Lincolnshire Breast Screening
Programme** | Countywide
T 01522 573 999
E ulh-tr.breastscreening@nhs.net
W www.ulh.nhs.uk/services/
breast-screening

**Lincolnshire Bowel Cancer Screening
Programme** | Countywide
T 08007 076 060
W www.ulh.nhs.uk/services/
bowel-cancer-screening/

Lincolnshire County Council | Countywide
T 01522 552 222 W www.lincolnshire.gov.uk

**Lincolnshire Diabetic Retinopathy Screening
Programme** | Countywide
T 01205 445 383 E ulh-tr.desp@nhs.net
W www.ulh.nhs.uk/services/
diabetic-eye-screening-programme

**Lincolnshire Domestic Abuse Specialist
Services (LDASS)** | Countywide
T 01522 510 041 E info@ldass.org.uk
W www.ldass.org.uk

Lincolnshire Here4You Advice Line |
Countywide
T 0800 234 6342

Lincolnshire Housing Partnership |
Countywide
T 0345 604 1472 E info@lincolnshirehp.com
W www.lincolnshirehp.com

Lincolnshire Outdoor Learning |
Countywide
T 07864 967 057
W www.lincolnshireoutdoorlearning.co.uk

Lincolnshire Recovery Partnership |
Countywide
T 0800 304 7021 W www.turning-point.co.uk/
services/lincolnshire-recovery-partnership

Lincolnshire Rural Support Network |
Countywide
T 0800 138 1710 W www.lrsn.co.uk

Lincolnshire Young Farmers | Countywide
T 01522 514659
W www.lincsfyc.org.uk
E kate.knight@lincsfyc.org.uk

Lincolnshire VoiceAbility | Countywide T
0300 303 1660 W www.voiceability.org

The Local Community Centre Boston |
Boston
T 07931 716 635
W www.facebook.com/
the-local-community-centre

Long Sutton Market House Trust |
Spalding
T 01406 360 767
W www.long Suttonmarkethouse.org

Long Sutton Men's Shed | Long Sutton
T 01406 364 364
W www.mensshedlongsutton.co.uk

Louth Children's Centre | Louth
T 01507 607 087
E louthchildrenscentre@lincolnshire.gov.uk

Louth Men's Shed | Louth
T 01507 607197 E louthmensshed@gmail.
com W www.louthmensshed.co.uk

Mablethorpe Children's Centre |
Mablethorpe
T 01507 479 412
E MablethorpeCC@lincolnshire.gov.uk

Mablethorpe Men's Shed | Mablethorpe
T 07777 628 043
W www.mablethorpemensshed.co.uk

Mablethorpe Youth Club | Mablethorpe
W www.haylincolnshire.co.uk/activities/mab-
lethorpe-youth-club/
E lf4Minterventions@lincolnshire.gov.uk

Macmillan | Countywide
T 0808 808 00 00 W www.macmillan.org.uk

Magna Vitae | Louth
T 01507 607 650 W www.magnavitae.org

Market Arcade Children's Centre |
Gainsborough
T 01427 617 767
E GainsboroughCC@lincolnshire.gov.uk

Market Deeping Children's Centre |
Market Deeping
T 01778 382 574
E MarketDeepingCC@lincolnshire.gov.uk

Market Rasen Children's Centre | Market
Rasen
T 01673 844 703
E marketrasenCC@lincolnshire.gov.uk

Martin Village Hall | Martin
T 07763 045293
E martinlincsvillagehall@gmail.com
FB www.facebook.com/MartinVillageHall/

The Maverick Warriors | Skegness
E maverickwarriorskegness@gmail.com

Men's Health Forum | Nationwide
W www.menshealthforum.org.uk

Men's Shed Association | Countywide
T 0300 772 9626 W www.menssheds.org.uk

Mental Health Matters | Countywide
This has now been replaced by the 111 option
2 service
T 111

Meridale Youth Centre | Mablethorpe
T 01507 441 481
W www.meridale.co.uk
E meridale@meridale.co.uk

Mermaids
T Helpline: 0808 801 0400
W www.mermaidsuk.org.uk

Mind | Nationwide
T 0300 123 3393 E info@mind.org.uk
W www.mind.org.uk

Mind Legal Advice | Nationwide
T 0300 4666463 E legal@mind.org.uk

Mindspace | Stamford
T 07563 385273
W www.mindspacestamford.com

Mint Lane Café | Lincoln
E mlwh@involvelincoln.org.uk
W www.mintlanewellbeinghub.co.uk

Mission Motorsport | Nationwide
T 03330 338 338
W www.missionmotorsport.org

**Moulton Medical Centre Patient
Participation** | Spalding
T 07770 382554
E moultonppg@outlook.com
FB MoultonMedicalCentrePPG

The Network CIO | Lincoln
T 07458 016056
E info@networklincoln.co.uk
W www.networklincoln.co.uk

New Life Centre Sleaford | Sleaford
T 01529 413 063 W www.nlcm.org.uk

New Life Centre Spilsby | Spilsby
T 01790 754 092 W www.newlifespilsby.com

New Horizons Bereavement | Skegness
T 01754 810 597
W www.newhorizonsbereavement.org.uk

NHS PALS | Countywide
T 0300 123 9553
W www.lincolnshirecommunityhealth
services.nhs.uk

Key: Adult | Children & Young People | All

Night Light Crisis Café | Lincoln
T 0300 0111 1200
W www.facebook.com/nightlightcafelincoln

No Panic | Nationwide
T 0300 772 9844 (Helpline)
W www.nopanic.org.uk

North Hykeham Children's Centre | North Hykeham
T 01522 550 927
E northhykehamchildrenscentre@lincolnshire.gov.uk

North Kesteven District Council
T 01529 414 155 W www.n-kesteven.gov.uk

North Marsh Road Children's Centre | Gainsborough
T 01522 550 318
E northmarshroadCC@lincolnshire.gov.uk

NW Counselling Hub | Lincoln
T 01522 253 809
W www.nwcounsellinghub.co.uk

OCD UK | Nationwide
T 01332 588 112
W www.ocduk.org

Old Leake Children's Centre | Old Leake
T 01205 872 258
E OldLeakeCC@lincolnshire.gov.uk

On Track Fishing CIC | Boston
E ontrackfishing@gmail.com
FB on track fishing

One You Lincolnshire | Countywide
T 01522 705 162
W www.oneyoulincolnshire.org.uk

Op Courage | Countywide
T 0300 323 0137 E mevs.mhm.net
W www.opcouragemidlands.nhs.uk/veteran

Options Social CIC | Stamford
T 077896 345 149 FB Options social cic
E optionsocial23@gmail.com

Outwood CIC | Grantham
T 07985 565 714

Papyrus | Nationwide
T HOPELINEUK: 0800 068 4141
M Text: 07860 039 967
W www.papyrus-uk.org

Parents and Autistic Children Together (PAACT) | Countywide
T 07847 507 353 W www.paactsupport.com

The Parish of Boston | Boston
T 01205 310 929
E admin@parishofboston.co.uk
W www.parish-of-boston.org.uk

Pay Plan | Nationwide
T 0800 316 1833
W www.payplan.com/debtadvice

Pelican Trust | Lincoln
T 01522 513533 W www.pelicantrust.org

Pinchbeck Community Hub and Library | Spalding
T 015220 782 010
W www.pinchbeck.parish.lincolnshire.gov.uk/
parish-information/community-hub-library

The Poppy Factory | Nationwide
T 0208 940 3305 (enquiries)
E support@poppyfactory.org
W www.poppyfactory.org

Postland Road Children's Centre | Crowland
T 01733 211 609
E crowlandcc@lincolnshire.gov.uk

Rainbow Stars | Sleaford

E rainbowstarslincs@hotmail.com
W www.rainbowstarslincs.co.uk

Recovery College | Countywide
T 01522 309333 E lpft.recovery.college.nhs.net
W www.lpft.nhs.uk/recovery-college

Renatured CIC | Lincoln
T 07999 857 072
E Info@Oldwoodorganic.Org
W www.renatured.org

Renew | Grantham
T 01476 573050
W www.granthambaptistchurch.co.uk

Renew Wellbeing @ the Hub | Nocton
T 01526 323 614
W www.haylincolnshire.co.uk/support/renew-the-hub-nocton

Restore Church Boston | Boston
T 01205 837 209
W www.restorechurchboston.co.uk

Restore Gainsborough | Gainsborough
T 01427 616 353
E judi.swannack@alivechurch.org.uk
W www.alivechurch.org.uk/gainsborough

Restore Pantry | Boston
T 01205 837 209
W www.restorechurchboston.co.uk

Rethink Mental Illness | Nationwide
T 0808 801 0525 W www.rethink.org

Riverside Training | Gainsborough
01427 677 277
W www.riverside-training.org.uk

Roadhog | South Lincolnshire
E roadhogbus@gmail.com
W www.roadhogbus.org.uk

Royal Air Force Benevolent Fund | London
T 0300 102 1919
E welfare Navigators@rafbf.org.uk
W www.rafbf.org

Royal British Legion | Nationwide
T 0808 802 8080
E info@britishlegion.org.uk
W www.britishlegion.org.uk

Ruskington Library | Sleaford
T 01522 782 010

Ruskington Youth Centre | Ruskington
E maggie.harris@yahoo.co.uk
FB Ruskington Youth Centre

Rutland Sailability | Rutland
W www.rutlandsailability.org.uk

Ryhall Village Hall | Stamford
T 01780 754b621 or 07872 564 000
W www.facebook.com/Ryhallvillagehall

Salvation Army | Countywide
W www.salvationarmy.org.uk/map-page

Samaritans | Nationwide
T 116 123
W www.samaritans.org

Samaritans | Boston
T 116 123
W www.samaritans.org/branches/boston

Samaritans | Grantham
T 116 123
W www.samaritans.org/branches/grantham

Samaritans | Lincoln
T 116 123
W www.samaritans.org/branches/lincoln

SANE | Nationwide
T 0300 304 7000 W www.sane.org.uk

Scunthorpe & District U3A | Scunthorpe

& Nationwide
W www.eastmidlandsu3as.org.uk
W www.u3a.org.uk

Seagull Recycling Ltd (The Eco Centre Skegness) | East Lincolnshire
T 07709 866 614
W www.ecocentreskegness.org.uk

Secondary Breast Cancer Support Group | Countywide
E sbc.supportgroup@stbarnabashospice.co.uk

Shelter | Nationwide
T 0808 800 4444 /
W Webchat www.england.shelter.org.uk/
get_help/webchat
W www.england.shelter.org.uk

SilverLine | Countywide
T 0800 470 80 90
W www.thesilverline.org.uk

Sincil Bank Community Partnership | Lincoln
W www.sincilbankcommunity.co.uk

Single Point of Access | Countywide
T 0303 123 4000
W www.lpft.nhs.uk/our-services

Skegness Children's Centre | Skegness
T 01522 555 652
E skegnessCC@lincolnshire.gov.uk

Sleaford Children's Centre | Sleaford
T 01529 306 888
E sleafordcc@lincolnshire.gov.uk

Sleaford Community Larder | Sleaford
T 01529 413 063
W www.communitylarder.co.uk

Sleaford Playhouse | Sleaford
T 0333 666 3366
W www.sleafordplayhouse.co.uk

Sleaford Rotary Club | Sleaford
W www.sleafordrotary.co.uk

Social Care for Adults | Countywide
T 01522 782 155 T Out of Hours 01522 782 333

Social Care for Children | Countywide T
01522 782 111 T Out of Hours 01522 782 333

Sortified | Bourne
T 07738 435 957 W www.sortified.com

Sound Lincs | Countywide
T 01522 510 073 W www.soundlincs.org

South Witham Children's Centre | South Witham
T 01572 768 876
E SouthWithamCC@lincolnshire.gov.uk

The Source | Sleaford
T 01529 309 482

South Holland District Council | South Holland
T 01775 761 161 W www.sholland.gov.uk

South Lincolnshire Blind Society | South Lincolnshire
T 01476 592 775 W www.blind-society.org.uk

Spalding Children's Centre | Spalding
T 01775 767 475
E spaldingCC@lincolnshire.gov.uk

Spilsby Children's Centre | Spilsby
T 01790 753 451
E spilsbycc@lincolnshire.gov.uk

Spilsby Youth Centre | Spilsby
T 01790 753 681
E spilsbyyouthcentre@gmail.com

SSAFA | Nationwide
T 0800 260 6767 W Live Chat/Contact form:

Key: Adult | Children & Young People | All

www.ssafa.org.uk/get-help/forcesline
W www.ssafa.org.uk

Stamford & Rutland Hospital | Stamford
T 01733 678 000
W www.nwangliaft.nhs.uk/

Stamford Arts Centre | Stamford
W www.stamfordartscentre.com

Stamford Children's Centre | Stamford
T 01780 764 072
E stamfordcc@lincolnshire.gov.uk

Stamford Connections | Stamford
W www.artpopup.co.uk/stamford-connections

Stamford Food Bank | Stamford
T 07570 583 799
E info@stamfordundle.foodbank.org.uk
W www.stamfordundle.foodbank.org.uk

Stamford in Bloom | Stamford
E duncanlinyard@mac.com
FB Stamford in Bloom
T 07860 394 187

Stamford Library | Stamford
T 01522 782 010
E stamford.library@gll.org

W www.better.org.uk/library/lincolnshire/
stamford-library

Stamford Rugby Club | Stamford
T 01780 752 180
FB Stamford Rugby Club

Stamford Striders | Stamford
E info@stamfordstriders.org
W www.stamfordstriders.org

Stamford Town Council | Stamford
T 01780 753 808
W www.stamfordtowncouncil.gov.uk

St Barnabas | Countywide
T 0300 020 0694
W www.stbarnabashospice.co.uk

Stepping Stone Theatre | Gainsborough T
01427 628 888
W www.steppingstonetheatre.co.uk

Steps2Change | Countywide
T 0303 123 4000
W www.lpft.nhs.uk/steps2change/home

Student Space
T Helpline: 0808 801 0424
W www.studentminds.org.uk

Sturton-by-Stow Children's Centre | Sturton-by-Stow
T 01522 550664
E SturtonbyStowCC@lincolnshire.gov.uk

St Andrew's Church | Heckington
T 01529 460 904
W www.heckingtonandhelpringhamgroup.org.uk

St George's Stamford | Stamford
W www.stgeorgeschurch.net

St Giles Children's Centre | Lincoln
T 01522 529 631
E stgilesCC@lincolnshire.gov.uk

St Swithans Church | Lincoln
T 01522 275 067 W www.stswithans.org

St Wulfram's Church | Grantham
T 01476 561 342 W www.stwulframs.org.uk

Stonewall | Nationwide
E info@stonewall.org.uk
W www.stonewall.org.uk

The Storehouse Church | Skegness
T 01754 763 362 W www.thestorehouse.co.uk

Sutterton Children's Centre | Sutterton
T 01205 461 509
E SuttertonCC@lincolnshire.gov.uk

Sutton Bridge Children's Centre | Sutton Bridge
T 01406 359 327
E SuttonbridgeCC@lincolnshire.gov.uk

Sutton on Sea Beachcare | Sutton on Sea
W www.facebook.com/
SuttonOnSeabeachcare

Sutton St James Baptist Church | Spalding
E info@ssjbc.org.uk W www.ssjbc.org.uk

Swineshead Children's Centre | Swineshead
T 01205 820 331
E SwinesheadCC@lincolnshire.gov.uk

Swingbridge Children's Centre | Grantham
T 01476 590034
E swingbridgecc@lincolnshire.gov.uk

Talk Club | Witham St Hughs
W www.talkclub.org

The Mix
T 0808 808 4994
W www.themix.org.uk

Threshold Church |
T 01522 820883
W www.thresholdchurch.co.uk

Trinity Centre Louth | Louth
T 01507 605 803
FB Trinity Centre, Louth

Together | Nationwide
W www.together-uk.org

Tom Harrison House | Liverpool
T 0151 909 8481
W info@tomharrisonhouse.org.uk
W www.tomharrisonhouse.org.uk

Tonic Health | Spalding
T 01775 725 059 W www.tonic-health.co.uk

United Reformed Church | Stamford
T 01780 755 007
W www.stamfordurc.org.uk/welcome.htm

University of Lincoln Student Wellbeing Centre | Lincoln
T 01522 886 400
W www.studentminds.lincoln.ac.uk

The Venue (Village Hall) | Navenby
T 07505 145 061
W www.thevenueavenby.co.uk/

Veterans Support Service CIC | Spalding
T 01775 422802 W www.vsscic.org.uk

Victim Support Lincolnshire | Countywide
T 01522 947 510
W www.victimsupport.org.uk/lincolnshire

Waddington Children's Centre | Waddington
T 01522 722 170
E waddingtonCC@lincolnshire.gov.uk

Waddington Wellbeing Hub | Waddington
T 07788 222 970
W www.waddington.church/wellbeing-hub
E cat@waddington.church

Wainfleet Children's Centre | Skegness
T 01754 880 500
E WainfleetCC@lincolnshire.gov.uk

Walk for Health | Stamford
T 01780 482 048 / 01780 590 533

Walking for Health | Countywide
W www.walkingforhealth.org.uk/walkfinder

Warrior Programme | Nationwide
T 0808 801 0898
E enquiries@warriorprogramme.org.uk
W www.warriorprogramme.org.uk

Washingborough Children's Centre | Washingborough
T 01522 796 166
E WashingboroughChildrensCentre@lincolnshire.gov.uk

Waterloo Uncovered | Nationwide
E info@waterloouncovered.com
W www.waterloouncovered.com

Wellbeing Lincs | Countywide
T 01522 782 140 W www.wellbeinglincs.org

Welton Children's Centre | Welton
T 01673 862 767
E weltoncc@lincolnshire.gov.uk

West Lindsey District Council | West Lindsey
T 01427 676 676 W www.west-lindsey.gov.uk

Wilder Minds CIC | Fenton
E admin@wilderminds.co.uk
W www.wilderminds.co.uk

Wild Things Rescue | Countywide
T 01526 578 579 W www.wildthingsrescue.uk

Willoughby Road Allotments | Boston T
07818 848 850

Willow Farm Equine | Fulbeck
T 07771882822
E info@willowfarmequineassistedtherapycic.co.uk
W www.4stridesequestrian.co.uk/equine-assisted-therapy

Winthorpe Community Centre | Skegness
FB winthorpe community partnership

Witham St Hugh's Children's Centre | Witham
T 01522 861 794
E withamsthughschilrenscenre@lincolnshire.gov.uk

Woman's Institute | Countywide
T 020 7371 9300 W www.thewi.org.uk

Women's Aid Boston and South Holland | Boston
T 01205 311 272
W www.bostonwomensaid.org.uk

Wragby Youth Centre | Wragby
T 01673 858 371

Writing East Midlands | Lincoln
T 0115 7934110
W www.writingeastmidlands.co.uk

YMCA Lincolnshire | Countywide
T 01522 508 360 W www.lincsymca.co.uk

Young Minds | Nationwide
T 0808 802 5544 (Parents' Helpline)
E parents@youngminds.org.uk

Young Minds
T 85258 (Text service for young people)
W www.youngminds.org.uk

Zion Methodist Church | Boston
E zionmethodistchurch@live.co.uk
W www.zionmethodistchurch-boston.co.uk

GP SURGERIES

ALFORD
Merton Lodge Surgery | Alford
 T 01507 463 262 W www.alforddocs.co.uk

BASSINGHAM
The Bassingham Surgery | Bassingham T
 01522 788 250
 W www.bassinghamsurgery.co.uk

BOSTON
Greyfriars Surgery | Boston
 T 01205 311 133
 W www.greyfriarsurgeryboston.co.uk

Liquorpond Surgery | Boston
 T 01205 362 763
 W www.liquorpond-surgery.co.uk

Old Leake Medical Centre | Boston
 T 01205 870 666 W www.oldleakemed.co.uk

Parkside Medical Centre | Boston
 T 01205 365 881
 W www.parkside-medicalcentre.co.uk

Stickney Surgery | Boston
 T 01205 480 237
 W www.stickneysurgery.co.uk

Swineshead Surgery | Boston
 T 01205 820 204
 W www.swinesheadmedicalgroup.co.uk

The Sidings Medical Practice | Boston T
 01205 362 173
 W www.thesidingsmedicalpractice.co.uk

BOURNE
Bourne Galletly Practice | Bourne
 T 01778 562 200 W www.galletly.co.uk

BRACEBRIDGE HEATH
The Heath Surgery | Bracebridge Heath
 T 01522 516 870
 W www.southparkandheathsurgery.co.uk

BRANSTON
Branston & Heighington Family Practice |
 Branston
 T 01522 793 081
 W www.branstonsurgery.co.uk

CAISTOR
Caistor Health Centre | Caistor
 T 01472 851 203
 W www.caistorhealthcentre.co.uk

CONINGSBY
The New Coningsby Surgery | Coningsby
 T 01526 344 544
 W www.coningsbysurgery.co.uk

DEEPINGS
Abbeyview Surgery | Deepings
 T 01733 210 254
 W www.abbeyviewsurgery.nhs.uk

The Deepings Practice | Deepings
 T 01778 579 000
 W www.deepingspractice.co.uk

GAINSBOROUGH
Caskgate Street Surgery | Gainsborough
 T 01427 619 033
 W www.caskgatestreetsurgery.co.uk

Cleveland Surgery | Gainsborough
 T 01427 613 158
 W www.clevelandsurgery.nhs.uk

GRANTHAM
Caythorpe & Ancaster Medical Practice
 (Ancaster) | Grantham
 T 01400 230 226 W www.villagedoctor.co.uk

Caythorpe & Ancaster Medical Practice
 (Caythorpe) | Grantham
 T 01400 272 215 W www.villagedoctor.co.uk

Colsterworth Surgery | Grantham

T 01476 860243
 W www.colsterworthmedicalpractice.nhs.uk

Long Bennington Medical Centre |
 Grantham
 T 01400 281 220
 W www.longbenningtonmedicalcentre.nhs.uk

Market Cross Surgery | Grantham
 T 01476 550 056
 W www.marketcrosssurgery.co.uk

St. Johns Medical Centre | Grantham
 T 01476 348 484
 W www.stjohnsmedical.co.uk

St. Peters Hill Surgery | Grantham
 T 01476 850 123
 W www.stpetershillsurgery.co.uk

Swingbridge Surgery | Grantham
 T 01476 571 166
 W www.swingbridgesurgery.co.uk

The Glenside Country Practice | Grantham
 T 01476 550 251
 W www.glensidecountrypractice.com

The Harrowby Lane Surgery | Grantham
 T 01476 579 494
 W www.harrowbylanesurgery.co.uk

The Welby Practice | Grantham
 T 01949 842 341
 W www.thewelbypractice.co.uk

Vine House Surgery | Grantham
 T 01476 576 851 W www.vinemedical.co.uk

GRIMSBY
North Thoresby Surgery | Grimsby
 T 01472 840 202
 W www.norththoresby.org.uk

HIBALDSTOW
Hibaldstow Medical Practice | Hibaldstow
 T 01652 650 580
 W www.hibaldstowmedicalpractice.co.uk

HORNCASTLE
East Lindsey Medical Group | Horncastle
 T 01507 603 121
 W www.eastlindseymedicalgroup.co.uk

Horncastle Medical Group | Horncastle T
 01507 522 477
 W www.horncastlemedicalgroup.co.uk

INGHAM
The Ingham Practice | Ingham
 T 01522 730 269
 W www.theinghampractice.co.uk

KIRTON
Kirton Medical Centre | Kirton
 T 01205 722 437
 W www.kirtonmedicalcentre.nhs.uk

LINCOLN
Abbey Medical Practice | Lincoln
 T 01522 530 334
 W www.abbeymedicalpractice.co.uk

Birchwood Medical Practice | Lincoln T
 01522 699 999
 W www.birchwoodmedicalpractice.com

Boultham Park Medical Practice | Lincoln
 T 01522 874 444
 W www.boulthamparkmedicalpractice.co.uk

Brant Road & Springcliffe Surgery | Lincoln
 T 01522 724 411
 W www.brantroadsurgery.co.uk

Brayford Medical Practice | Lincoln
 T 01522 543 943
 W www.brayfordmedicalpractice.co.uk

Cliff House Medical Practice | Lincoln
 T 01522 872 872

W www.cliffhousemedicalpractice.co.uk

Glebe Park Surgery | Lincoln
 T 01522 530 633
 W www.glebeparksurgery.co.uk

Lindum Medical Practice | Lincoln
 T 01522 569 033
 W www.thelindumpractice.co.uk

Minster Medical Practice | Lincoln
 T 01522 515 797
 W www.minstermedicalpractice.co.uk

Newark Road Surgery | Lincoln
 T 01522 537 944
 W www.newarkroadsurgery.co.uk

Portland Medical Practice | Lincoln
 T 01522 876 800
 W www.citymedicalpractice.co.uk

University Health Centre | Lincoln
 T 01522 870 010 W www.ulhsonline.co.uk

Woodland Medical Practice | Lincoln T
 01522 305 727
 W www.woodlandmedicalpractice.org.uk

LOUTH
James Street Family Practice | Louth
 T 01507 611 122
 W www.jamesstreetsurgery.com

Marsh Medical Practice | Louth
 T 01507 358 623
 W www.marshmedicalpractice.com

MABLETHORPE
Marisco Medical Practice | Mablethorpe
 T 01507 473 483
 W www.mariscomedicalpractice.com

MARKET RASEN
Binbrook Surgery | Market Rasen
 T 01472 398 202
 W www.binbrooksurgery.co.uk

Market Rasen Surgery | Market Rasen T
 01673 843 556
 W www.marketrasensurgery.co.uk

METHERINGHAM
Church Walk Surgery | Metheringham
 T 01526 320 522
 W www.churchwalkmetheringham.co.uk

NAVENBY
Navenby Cliff Villages Surgery | Navenby
 T 01522 811 411
 W www.cliffvillagesmedicalpractice.co.uk

NETTLEHAM
Nettleham Medical Practice | Nettleham
 T 01522 751 717
 W www.nettlehammedical.co.uk

NORTH HYKEHAM
Richmond Medical Practice | North
 Hykeham
 T 01522 500 240
 W www.richmondmedicalcentre.org.uk

SAXILBY
The Glebe Practice | Saxilby
 T 01522 305 298
 W www.glebepacticesaxilby.co.uk

Trent Valley Surgery | Saxilby
 T 01522 263 444
 W www.trentvalleysurgery.co.uk

SKEGNESS
Beacon Medical Practice | Skegness
 T 01754 897 000
 W www.beaconmedicalpractice.com

Hawthorn Medical Practice | Skegness T
 01754 896 350
 W www.hawthornmedical.gpsurgery.net

SLEAFORD
Billinghay Medical Practice | Sleaford T
 01526 860 490
 W www.billinghaymedicalpractice.co.uk

Millview Medical Centre | Sleaford
 T 01529 460 213
 W www.millviewmedicalcentre.co.uk

Ruskington Medical Practice | Sleaford T
 01526 832 204
 W www.ruskingtonmedicalpractice.co.uk

Sleaford Medical Group | Sleaford
 T 01529 303 301
 W www.sleafordmedicalgroup.co.uk

The New Springwells Practice | Sleaford
 T 01529 240 234 W www.ruralmedical.co.uk

SPALDING
Beechfield Medical Centre | Spalding
 T 01775 724 088 W www.beechfieldmc.co.uk

Gosberton Medical Centre | Spalding
 T 01775 840 204
 W www.gosbertonmedicalcentre.co.uk

Holbeach Medical Centre | Spalding
 T 01406 423 288
 W www.holbeachmedicalcentre.co.uk

Littlebury Medical Centre | Spalding

T 01406 422 231
 W www.littleburymedicalcentre.co.uk

Long Sutton Medical Centre | Spalding T
 01406 362 081
 W www.suttonsmedicalgroup.co.uk

Moulton Medical Centre | Spalding
 T 01406 370 265
 W www.moultonmedicalcentre.nhs.uk

Munro Medical Centre | Spalding
 T 01775 715 999
 W www.munromedicalcentre.co.uk

Spalding GP Surgery | Spalding
 T 01775 652 164
 W www.spaldingsurgery.nhs.uk

SPILSBY
Spilsby Surgery | Spilsby
 T 01790 72 8111 W www.spilsbysurgery.co.uk

STAMFORD
Sheepmarket Surgery | Stamford
 T 01780 437 017
 W www.stamfordsurgery.co.uk

St Mary's Medical Centre | Stamford
 T 01780 764 121
 W www.stamfordsurgery.co.uk

WASHINGBOROUGH

Surgery | Washingborough
 T 01522 303 600
 W www.washingboroughfamilypractice.nhs.uk

WELTON
Welton Family Health Centre | Welton
 T 01673 862 232 W www.weltonsurgery.co.uk

WILLINGHAM-BY-STOW
Willingham-By-Stow Surgery |
 Willingham-by-Stow
 T 01427 788 277
 W www.willinghamsurgery.co.uk

WOODHALL SPA
Tasburgh Lodge Surgery | Woodhall Spa
 T 01526 352 466 W www.tasburghlodge.co.uk

Woodhall Spa New Surgery | Woodhall Spa
 T 01526 353 888
 W www.woodhallspanewsurgery.co.uk

WRAGBY
The Wragby Surgery | Wragby
 T 01673 585 206 W www.wragbysurgery.org

NATIONWIDE
NHS Urgent Medical Advice Line |
 T 111
NHS Urgent Mental Health Help Line |
 T 111 (option 2)
Emergency | T 999

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

- Be listed in the Shine Directory (VCSFE / Not-for-Profit only)
- Update a listing or report an error
- Sign up to our mailing list
- Enquire about advertising

- Receive physical copies of the directory

Disclaimer

The information in this directory are those of the individual contributors and whilst every effort is made to ensure accuracy, we cannot be held responsible for alterations which occur during the publication process.

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

Meet Our New Starters!

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

Mick Hickman- Peer Support Worker

1. Coffee or tea? Coffee
2. Breakfast, dinner or Tea? All Three
3. Cats or dogs? Dogs, I have 2, a Cocker spaniel border collie cross & a toy chihuahua
4. Summer or winter? All seasons I enjoy as they all appeal to a photographer.
5. Morning or evening? Morning, I'm usually up and about by 5am even on a workday.
6. Salty or Sweet? Sweet
7. What is your guilty pleasure? Being out in nature miles from anywhere.
8. What is your go-to karaoke song? I'm old school so anything by ACDC
9. What mythical creature would you like to believe was real? Dragons
10. What is your favourite colour? Blue
11. What is your favourite type of weather? Cold and Frosty
12. What has been your favourite age so far? I would say the age I am now; I'm a grandad to 3 and its amazing
13. What is your go to dinner? A mixed grill, it's what I order every time we go for meal.



Have you had your physical health check?

Have you been diagnosed with schizophrenia, bipolar disorder, or psychosis?

If so, you are entitled to a physical health check. It includes:

- A chat about your mental and physical health
- An offer to check your weight, height and blood pressure
- An offer of a blood test
- A chat about your medication
- Questions about your health and wellbeing
- Advice or referrals for further support

Your GP surgery will invite you by letter, text, or phone.

Contact your GP if:

- You haven't been invited to your health check
- You need anything to help make your appointment easier



Permission to Stop: The stress of caring

By Dan Fleshborne

As a carer, stress doesn't arrive with a warning. It doesn't politely wait for the right moment. It seeps in quietly, often disguised as responsibility, love, or just "getting on with it". Stress Awareness Month is a timely reminder for many people, but for carers, stress is not a phase or a fleeting experience - it is often a constant backdrop to daily life.

For over twenty years, caring has been part of who I am. Supporting loved ones with complex physical and mental health needs has brought moments of deep connection and purpose, but it has also brought exhaustion, uncertainty and a level of emotional labour that is hard to explain unless you live it. When you care, your nervous system rarely switches off. You stay alert, even when you're resting. You listen for changes in breathing, mood or tone. You plan for crises that you hope won't come, but know they might.

Mental Health Awareness Week invites us to talk more openly about how we are really doing. For carers, this matters deeply. Caring can be isolating. Too often we are asked how the person we care for is managing, but not how we are coping. Over time, that silence can take its toll. I have known periods where stress became so normalised that I didn't recognise its impact on my own mental health until my body forced me to stop.

What I have learned is that awareness is powerful, but only if it leads to compassion - both from others and from ourselves. Stress awareness isn't about telling carers to be

more resilient; it's about recognising the cumulative impact of caring and creating space to rest without guilt. Mental health awareness isn't just about crisis points; it's about noticing the quiet burnout that builds when support is delayed, fragmented or absent.

As carers, we should not have to reach breaking point to be heard. We need systems that listen early, workplaces that understand flexibility is not a favour, and communities that value carers as people in their own right, not just as extensions of those we support.

This Stress Awareness Month and Mental Health Awareness Week, my hope is simple: that carers feel seen, believed and supported. And that we give ourselves permission to acknowledge the weight we carry - not as a failure, but as an honest reflection of the love and responsibility at the heart of caring.



Mens Health Week: Ian's Reflections

Looking ahead into summer I reflect.

As we move through life we realise the importance of those messages around our health that came in our earlier years are actually quite important. It isn't that we were not seeing it as important. When we are in our early life the later years seem a long way off and health wasn't the priority. I am now in my late fifties and a grandpa for the first time. My role as an instructor for mental health first aid, suicide first aid and physical first aid means I get to work with a wide variety of individuals. This gives an insight into how health is seen and also has helped me realise how much I have learnt about my health throughout my life and more recently.

My health is very important to maintain in my later years so I'm able to participate in life with my family. For many men these years are challenging both physically and mentally. It is the time when we see high rates of suicide in men. When we retire, we are vulnerable. A lack of purpose can significantly affect our mental health.

How can we be better prepared?

Be aware of the life transitions of roles. See our value to others and their lives. Maintain our wellbeing. Seek places, roles or spaces we you are safe and have a sense of belonging. Stay Active physically and mentally.

Embrace the value of purpose. Having a purpose is valuable at all stages in life. Look at where to be involved, find and have purpose. Stay connected.

I am privileged to be part of a lived experience forum that is focused on suicide prevention. Through one of our members we had the opportunity to be involved in a project where art/creativity helps us be aware of suicide and how hope is central in navigating life. It is part of 'Evelyn's Butterfly Effect,' a community initiative created in memory of Evelyn Gibson who died by suicide at the age of 15 yrs. A young person who loved to deliver random acts of kindness, connection and positive change around mental health. As a group we created a butterfly to be part of a 'The Garden of Hope' which raises awareness of suicide. This can be seen at a variety of venues across Lincolnshire over the next few months. It began at Belton House. The quote by Desmond Tutu underpins the project.

'Hope is being able to see there is light despite all of the darkness.'

Talking is so important. Maintaining conversation. Be confident to be open and express how we feel. Model this for our younger generations. Encourage our peers. This will bring confidence and a reduce the sense of isolation. It helps bring and maintain hope.

We are not alone in any of this.

Evelyn's Butterfly Effect: The Garden of Hope

The Garden of Hope is a powerful public art installation designed to spark meaningful conversations about mental health, suicide prevention, and hope.

Touring Lincolnshire from March to September 2026, the installation will visit Belton House, Gunby Hall, Ayscoughfee Hall, Burghley House, Whisby Nature Park and Grantham House.

At the heart of the Garden of Hope are 98 steel butterflies, each representing one of the 98 suicides registered in Lincolnshire in 2024.

Every butterfly has been painted by members of the local community, each offering their own interpretation of hope. More than 1,000 people took part, from pre school children to residents of retirement communities. For many, painting a butterfly became a therapeutic and meaningful way to explore emotions, share memories, and connect.

Butterflies remind us that change takes time.

From darkness, they emerge transformed, offering hope that brighter days can follow even the hardest moments. And of course, there's the butterfly effect – tiny actions creating big ripples – which is exactly what the project is all about. One small act of kindness, one conversation, one moment of hope... and suddenly the world looks a very different place.

The Garden of Hope is delivered by Evelyn's Butterfly Effect, a community initiative based in Grantham, which aims to promote kindness, social connection and positive change around mental health and suicide prevention. It was founded by Jack and Jenni Swift in memory of their daughter Evelyn, who died by suicide aged 15 in April 2022.

Funded by the SK Community Fund, the Garden of Hope invites people to pause, reflect, and remember, while gently opening the door to conversations that truly matter. By talking openly, we reduce stigma, strengthen compassion, and help hope take root together locally.



Along With Us

'Along With Us' is our programme of small group wellbeing activities for homeless and vulnerable adults in Boston.

We hold sessions between 2pm and 3:30 every weekday afternoon, built around the themes of 'Cook', 'Chill', and 'Create' Along with Us.

The sessions are intended to provide a relaxed, open and non-judgmental space for our core clientele of homeless individuals, but they are also open to anybody in the community experiencing poor mental health or wellbeing. The activities themselves are designed as a means for attendees to build up feelings of confidence and resilience, as a way to help participants develop life skills, and for socially isolated individuals to develop connections and support networks.

We use a co-production model to develop sessions in partnership with those who attend them. Attendees are encouraged to play a role in developing and, when they



feel comfortable, leading sessions as well as sharing recipes to prepare together or teaching craft skills to others in the group.

Recent activities have included glass painting, preparing Thai green curry, making pompoms and an NHS skills bootcamp.

We participate in community events and activities around Boston as a group but also encourage participants to explore what else is going on in the community themselves, to take up volunteering and to keep active and involved in what is going on around them.

Sessions are often attended by outside organisations. Recently we have worked with Transported Art who helped participants to create art for the town's Illuminate Parade and with occupational therapy apprentices from Sheffield Hallam University who devised interventions and suggested ways we could further develop our activities.

'Along With Us' forms a core part of our charity's overall mission, to support and empower homeless and vulnerable adults to achieve their full potential. In the current year 38 homeless participants have been supported in finding accommodation, 10 have moved into paid employment and 10 have taken up volunteering roles in the community.

If you'd like to come along or just want to learn more email Mel on melanie.burt@centrepont-outreach.com or call us on 01205 360900 option 2.



Taste of Unity Kitchen - Sharing Stories Through Food

Taste of Unity is a monthly community kitchen based in Lincoln, bringing together and supporting people from across Greater Lincolnshire through shared meals, conversation, and connection.

Rooted in interfaith collaboration, Taste of Unity was developed in response to community need and shaped through conversations with local faith communities and partners. Inspired by successful community kitchens elsewhere, the project was carefully planned over more than a year and launched in July 2025.

Open to everyone, Taste of Unity especially supports people facing challenging times. By offering free, freshly prepared meals in a welcoming and inclusive space, the initiative helps reduce isolation, address food poverty, and strengthen understanding and friendship across communities.

Taste of Unity is delivered through The Centre for Reconciliation, which provides governance, safeguarding, volunteer support, and overall project oversight. Volunteers from different faiths and backgrounds work together to prepare food, welcome guests, and create a space built on respect, dignity, and shared values.

Central Methodist Church Hall, Lincoln

Second Wednesday of every month, 4:00 - 6:00 pm

Together we share, together we care.



PE11 Men's Shed

The PE11 Men's Shed continues to slowly grow in numbers of members and activities and are trying to get noticed more through improved posts on Facebook and a distinctive group logo.

Following completion of the bug hotel at Ayscoughfee Gardens, another one has been erected at Marjorum Hall in Gosberton Risegate. Also following a UK Men's Shed Association incentive to create 'Buddy Benches' to encourage people to stop and chat and help people feel less isolated (one of the main purposes of the men's shed movement), members have created some very attractive garden furniture that has garnered interest and requests for making more. And as you can see from the photo of the pillories made 'just because', having fun is very important.



Participating in local events this year is being given a push with attending the Spring into Spalding event on March 28th, Ayscoughfee Nature Day on April 10th, Pinchbeck Carnival on 13th June, Ayscoughfest on 15th August, Spalding Pumpkin Festival on 3rd October and Spalding Christmas Celebration (Lights Switch On) on 29th November with other possible events in between including the PE11 Men's Shed's own Open Day, date to be confirmed. The purpose of attending these events is to let the public see what the organisation is all about, encourage others to join and also raise much needed funds by selling some of the items that have been made, not only big items like the seating and garden planters but smaller things like bird boxes, boot removers and novelty items.

Membership is open to all men aged 18 and over to meet other like-minded men for a chat and a cuppa and take part in any activity they feel inclined to join - or even suggest new interests for members to take part in. It is an organisation in which anyone from the community can participate in order to benefit the wider community. A case of helping others and so help yourself!

Project St Thomas

Building Community, One Connection at a Time

At Project St Thomas, we continue to see the real difference that a welcoming, community-led space can make in people's lives. Each week, our hub in Spalding brings people together to share meals, build friendships, and access practical support in a relaxed and inclusive environment.

Our community café, Tom's Kitchen, remains at the heart of the hub. It's more than just a low-cost meal - it's a place where people can sit, chat, and feel part of something. Alongside this, our regular groups - including coffee mornings, creative sessions, and our men's group - provide vital opportunities for connection, particularly for those who may otherwise feel isolated.

We are also continuing our surplus food distribution, reaching around 1,000 residents each month and helping to ease financial pressure for local households.

A key part of our work is creating safe, supportive spaces for those who need them most. In partnership with the Lincolnshire Domestic Abuse Specialist Service (LDASS), we host the Sunflowers group - a monthly session offering women who have experienced domestic abuse the opportunity to rebuild confidence, connect with others, and begin to move forward at their own pace.

Looking ahead, we are excited to be launching our CMA Connect Centre, which will provide dedicated support with budgeting, benefits, and managing the rising cost of living. This will allow us to offer more structured, one-to-one guidance alongside our wider community support.

If you would like to work with us on a project, collaborate, or find out more about what we do, we would love to hear from you. Equally, if you or someone you know would benefit from joining one of our groups, please do get in touch.

Email: project.stthomas@dioceseofnottingham.uk
Tel: 07719 189528

Veterans Support Service

Veterans Support Service (VSS) was born from the experience of two veterans who have struggled with their own mental health following a career in the military. Supporting those like us means everything.

As a registered charity, we're all about helping veterans and their families to feel included and supported. We also support serving personnel and their family, who are in their last year of Service. We don't want anyone to feel left or isolated, so we're here to offer support when it's needed and help them find their place in the community.

We will be holding an Armed Forces Community Open Day in Sleaford. The aim of the Open Day is to provide a "one stop shop" for members of the Armed Forces

Community and their families to come along, have a tea/coffee and see what services are available to them to access both locally and nationally. All information is "real time", so is completely up to date and relevant to individual needs.

Date: 24th June 2026

Time: 10am to 2pm

Location: North Kesteven District Council, Kesteven Street, Sleaford, NG34 7EF.

"We are not clinical, we just know what it feels like"




Wednesday 24 June 2026

North Kesteven District Council
Kesteven Street, Sleaford NG34 7EF




(Paid parking is available at East Gate & Hub car parks NG34 7DT)

Open from 10:00 to 14:00 (10am to 2pm)

The aim of the open day is to have a 'one-stop-shop' for veterans and their families to come along, have a brew and see what services are available, both locally and nationally.

Some of the services that have been invited are:
Department of Work & Pensions, SSAFA, RAFBF, Op Courage (NHS), Shine, Help for Heroes, Blind Vets UK, Op Nova, Forces Employment Charity, Healthwatch, Connect to Support, Carers First, HAY Lincolnshire



Kindly supported by players of the National Lottery #NationalLottery



Introduction to Safe Anchor Wellness

We are an upcoming community group with a vision to provide holistic support encompassing psychological, physical, social and environmental needs for parents and care providers as well the general public in the community.

Our mission

To provide holistic wellbeing support using the Square Model of Support that promotes empowerment, self-sufficiency and easier accessibility to services and resources in the community with in a four weeks turn around from referral-assessment-formulation- creation of wellbeing being plans to implementation of support.

Our Inclusion Statement

No one individual is greater than another, we are only differently gifted with different experiences and opportunities.

Our services

- Mental health support: assessments, formulation, creation of wellbeing plans, implementation of support and handing over to other agencies.
- 1-2-1 and group wellbeing sessions: Mental health support for anxieties, stress, mild depression and general struggles by trained facilitators and a safe space to share experiences and foster positive connections
- Personal development workshops and self-help information guidance: Workshops on different areas of struggles such as stress, anxieties, Menopause and more. Support with understanding personal skills and strength, creation of CVs and job searches.

- Move on Floating Support: Support for newly into independent living individuals to set up bills, apply for the right benefits.

- Health Corner: Our weekly space for creation of meals on budget, learning healthier eating habits, creation and learning of new recipes and understanding the connections between food, general health and mental health.

We are located at Restore Church Boston Building, Liquorpond Street, Boston, PE21 8UJ.

We will be open Thursdays and Fridays from April 2026. For more information and referrals please contact

admin@safeanchorwellness.co.uk

Tel: 07407446562



Unique Hope CIC



My name is Sarah and I created Unique Hope CIC as in my roles as a teacher and as a counsellor I was growing tired of witnessing the pain and frustrations of parents and teachers when trying to support their children in school and college. So, by joining with 2 ladies who had had personal experiences and frustrations we collaboratively created Unique Hope. It is a local, free support group for teachers and parents who are feeling frustrated or overwhelmed by the current education system.

We believe that with 8 billion people on this planet, every single one of us is unique and hope is something we should never lose.

We offer welcoming coffee mornings, one-to-one support, and practical workshops designed to create connection, understanding and encouragement. Our aim is simple: to provide a safe, supportive

space so that no parent or teacher feels alone and we can hopefully make education feel a kinder place for the children.

Unique Hope is community-led, compassion-focused, and committed to making a positive difference locally.

We are based in Boston town centre and working collaboratively with local education providers, NHS staff and other local charities - CIC's to ensure as much support and sharing of ideas as possible.

Please follow our Facebook page "Unique Hope" or Whatsapp to keep up to date with all our upcoming events or Whatsapp 07454555393 to find out more.

All Included Music Project

It's been a busy Winter time at AIMP (All Included Music Project).

Not only have we had a big shake up within the committee, with several new roles being created, but plans are underway for Spalding's first Neurodiversity Music Festival this July. This will be a huge family friendly event raising awareness of Mental Health and Neurodiversity within the local area and beyond. Many other events are underway including a Rock n Roll show, hopefully at the South Holland Centre, a mini music festival at The Royal Mail Cart in Spalding, a new music project aimed at Children within the area and free music lessons. Please follow AIMP on Facebook to find out more.

We host regular rehearsals and jamming sessions every other Sunday at Tonic Health in Spalding 1400-1600 as we prepare for upcoming events. Our ever-popular Open Mic Night is held every other Wednesday at the Royal Mail Cart, Pinchbeck Rd between 1900-2200.



Bunting Community

The Bunting Community in Unity - Bringing People Together

The Bunting Community in Unity is a small, volunteer-led group based in North Somercotes, created with a simple aim - to bring people together while raising funds to refurbish St Mary's Community Hall for the whole community.

Over the past year, we have hosted a range of friendly and inclusive events, from our monthly Bunting Bee craft sessions to larger fundraising events such as our Bunting Boutique, Bingo and Burns Night. These events have not only helped raise over £10,000 so far, but have also created opportunities for people of all ages to connect, learn new skills and enjoy time together.

Our flagship event, The Bunting Trail, returns in August as a two-day craft and community trail across the village. It celebrates local makers, food, and creativity, while welcoming visitors to explore everything our village has to offer.

We are currently in the process of applying for charitable status, which will support our long-term vision to renovate the Church Hall in stages and ensure it remains a well-used, welcoming space for years to come.

We are incredibly grateful for the continued support from our volunteers, local businesses and organisations such as Shine Lincolnshire, who help us bring these plans to life.



Summer Term timetable - April - July

Please make sure to book early as group sizes are limited.
All courses are via MS Teams unless otherwise stated.

Let's talk about Autism (2 session course)
Mon 20 Apr at 10am-12.30pm
Mon 27 Apr at 10am-12.30pm

5 ways to wellbeing
Weds 22 Apr at 7pm-8.30pm

Let's talk about it - Stress
Thu 23 Apr at 2pm-3.30pm

Cancer - A carers perspective Lincoln County Hospital
Fri 24 Apr at 10am-12noon

Drama for wellbeing
Fri 24 Apr at 10am-11.30am

Creative connections
Fri 24 Apr at 2pm-3.30pm

Let's talk about it - EUPD
Tues 28 Apr at 2pm-3.30pm

Understanding and challenging loneliness (2 session course)
Weds 29 Apr at 2pm-3.30pm
Weds 6 May at 2pm-3.30pm

Bouncing back - Growing our resilience
Weds 29 Apr at 7pm-8.30pm

Dreaming of a better sleep The Storehouse, Skegness
Thu 30 Apr at 10am-12noon

Living more in the moment The Storehouse, Skegness
Thu 30 Apr at 1pm-3pm

Building routine
Fri 1 May at 10am-11.30am

Let's talk about it - Depression
Tues 5 May at 2pm-3.30pm

Let's talk about it - Mental health
Tues 5 May at 7pm-8.30pm

Food 'n' mood
Thu 7 May at 10am-11.30am

Drama for wellbeing Bridge Central, Lincoln
Fri 8 May at 10am-12noon

Overcoming unhelpful thoughts and worries
Fri 8 May at 2pm-3.30pm

Journaling for wellbeing Centenary Church, Boston
Weds 13 May at 10am-12noon

Building routine Centenary Church, Boston
Weds 13 May at 1pm-3pm

Let's talk about it - Anxiety
Thu 14 May at 2pm-3.30pm

Living more in the moment
Thu 14 May at 7pm-8.30pm

Drama for wellbeing Bridge Central, Lincoln
Fri 15 May at 10am-12noon

Poetry and mental health workshop
Fri 15 May at 2pm-3.30pm

Creative connections Tonic Health, Spalding
Mon 18 May at 10am-12noon

5 Ways to wellbeing Tonic Health, Spalding
Mon 18 May at 1pm-3pm

Growing our self-esteem
Tues 19 May at 10am-11.30am

Let's talk about Autism (2 session course) Riverside Church, Sleaford
Tues 19 May at 10am-12noon
Tues 19 May at 1pm-3pm

Journaling for wellbeing
Tues 19 May at 7pm-8.30pm

Who is a carer?
Weds 20 May at 10am-11.30am

Dreaming of a better sleep
Weds 20 May at 2pm-3.30pm

Drama for wellbeing Bridge Central, Lincoln
Fri 22 May at 10am-12noon

Summer Term timetable - April - July

Please make sure to book early as group sizes are limited.
All courses are via MS Teams unless otherwise stated.

Staying well after depression (8 session course) Mon 1 Jun at 1.30pm-3.30pm Mon 8 Jun at 1.30pm-3.30pm Mon 15 Jun at 1.30pm-3.30pm Mon 22 Jun at 1.30pm-3.30pm Mon 29 Jun at 1.30pm-3.30pm Mon 6 Jul at 1.30pm-3.30pm Mon 13 Jul at 1.30pm-3.30pm Mon 20 Jul at 1.30pm-3.30pm

Growing our self-compassion
Weds 3 Jun at 2pm-3.30pm

Let's talk about it - Stress
Weds 3 Jun at 7pm-8.30pm

Life after a suicide attempt (2 session course) The Storehouse, Skegness
Thu 4 Jun at 10am-3.30pm
Thu 11 Jun at 10am-3.30pm

Drama for wellbeing
Fri 5 Jun at 10am-11.30am

Let's talk about it - Depression
Tues 9 Jun at 7pm-8.30pm

Carer burnout
Weds 10 Jun at 2pm-3.30pm

Drama for wellbeing
Fri 12 Jun at 10am-11.30am

Overcoming barriers to employment
Weds 17 Jun at 10am-11.30am

Building routine
Weds 17 Jun at 7pm-8.30pm

Let's talk about it - Anxiety Renew @ The Hub, Nocton
Thu 18 Jun at 10am-12noon

Living more in the moment Renew @ The Hub, Nocton
Thu 18 Jun at 1pm-3pm

Drama for wellbeing
Fri 19 Jun at 10am-11.30am

Creative connections
Tues 23 Jun at 7pm-8.30pm

Overcoming unhelpful thoughts and worries St Annes Church, Grantham
Weds 24 Jun at 10am-12noon

Dreaming of a better sleep St Annes Church, Grantham
Weds 24 Jun at 1pm-3pm

Wake up! Open up! Step up! (4 session course) Thu 25 Jun at 2pm-4pm Thu 2 Jul at 2pm-4pm Thu 9 Jul at 2pm-4pm Thu 16 Jul at 2pm-4pm

Let's talk about ADHD (3 session course)
Fri 26 Jun at 10am-12.30pm
Fri 3 Jul at 10am-12.30pm
Fri 10 Jul at 10am-12.30pm

Living well with perfectionism (3 session course)
Fri 26 Jun at 2pm-3.30pm
Fri 3 Jul at 2pm-3.30pm
Fri 10 Jul at 2pm-3.30pm

Supporting a loved one after a suicide attempt (2 session course) Bridge Central, Lincoln
Tues 30 Jun at 10am-12.30pm
Tues 7 Jul at 10am-12.30pm

Dreaming of a better sleep
Weds 1 Jul at 7pm-8.30pm

Let's talk about it - Anxiety
Tues 7 Jul at 7pm-8.30pm

Let's talk about it - Bipolar disorder
Weds 8 Jul at 10am-11.30am

Let's talk about it - Anti-depressants
Weds 8 Jul at 2pm-3.30pm

Let's talk about it - Eating disorders (2 session course)
Thu 9 Jul at 10am-12noon
Thu 16 Jul at 10am-12noon

Understanding and challenging loneliness (2 session course) Riverside Church, Sleaford
Tues 14 Jul at 10am-12noon
Tues 14 Jul at 1pm-3pm

Understanding co-production
Weds 15 Jul at 10am-12noon

Overcoming unhelpful thoughts and worries
Weds 15 Jul at 7pm-8.30pm

5 ways to wellbeing
Fri 17 Jul at 10am-12noon

Click the link for our webpage - <https://www.lpft.nhs.uk/our-services/adults/recovery-college>

Click the link for course information - <https://www.lpft.nhs.uk/our-services/adults/recovery-college/recovery-college-courses>



Book today at www.lpft.nhs.uk/recovery-college
Tel 01522 309333 Mon-Fri 9am-2.30pm
Email lpft.recovery.college@nhs.net



Book today at www.lpft.nhs.uk/recovery-college
Tel 01522 309333 Mon-Fri 9am-2.30pm
Email lpft.recovery.college@nhs.net

Click the link for our webpage - <https://www.lpft.nhs.uk/our-services/adults/recovery-college>
Click the link for course information - <https://www.lpft.nhs.uk/our-services/adults/recovery-college/recovery-college-courses>



**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 College, 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**

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

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

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

For anything else

- E** Info@shinelincolnshire.com
- T** 01507 304 548
- W** www.shinelincolnshire.com
- A** Bert House, 7 Bull Ring, Horncastle. LN9 5HX



Disclaimer

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

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

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