



Shine Connect

Summer 2026



Photo Credit: David Fowles, That Vintage Enthusiast Photography

Volunteers Week

Summer Activities

International Youth Day

Training & Adult Learning

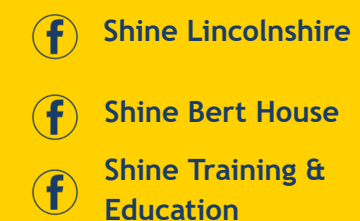
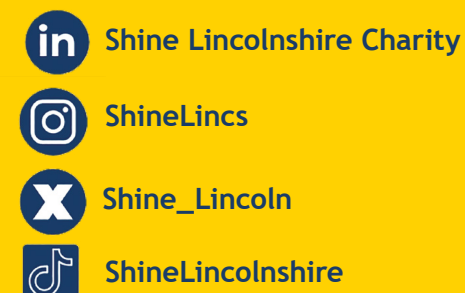
Shine Updates

Bert House

The Community

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

What is your Super Power?

Here I sit with a blank screen on my laptop. What shall I write about this season?

Oh dear, is this what writer's block feels like? I'm usually so quick. I've been writing about mental health/mental illness for nearly 40 years. You'd think I'd be spoilt for topics to discuss.

Here it comes. An idea. Something to write about that I really want to say. MENTAL ILLNESS IS MY SUPER POWER! There I've said it. Everything that I am, everything I have accomplished and perhaps most importantly - everything I have learned, about myself and life, is a result of the fact that 25 years of age I had a massive nervous breakdown. This sent me on a downward spiral of medications, diagnosis, doctors and broken promises. Promises to myself. Each day I would wake and I would say to myself "Today I will get better." And for many, many days I didn't.

It took me ages to get well, to get all my ducks in a row. But I did get better, so much so that I consider the several times illness has peppered my life to not be my default. My default is wellness. I'm not in remission from the illness. I don't give it that much power over me. I have bi-polar, it doesn't have me! No, I am well, just sometimes - I'm not. And the reason I'm not is because up or down I am always learning. I am always working on being well. Whether that is exercising, listening to music, meditating, eating well, sleeping even better, even choosing my news - I am doing it with my eyes wide open. Yes, that is the gift from my mental illness. I have had my eyes, my mind, and my heart opened. I now believe that being Bi-polar is the kindest gift that my life has given me. I am blessed; my family are blessed. And now, even when I dip, I know this. I have gained more from being mentally ill than I have from any other facet of my life.

And so my message is clear: If you are in the throws of illness, there will come a time when you will be grateful. And if you are unwell, I hope that time comes soon. The most amazing thing my illness has taught me is; make your illness your friend. The sooner you do that the closer to Recovery you will become.



What's new at Bert House?

Catch up on the last few months at Bert House!



At Bert House Community Hub Horncastle, we continue to see the power of connection, creativity and peer support making a real difference across our local community.

Over the past few months, our groups have continued to grow, offering welcoming and inclusive spaces for people of all ages and backgrounds.

One of our much-loved sessions is Bert's Crafty Critters (Knit and Natter), where members come together to share conversation, creativity and companionship while working on knitting and craft projects. The group has become a valuable social lifeline for many, helping to reduce isolation and build friendships in a relaxed and supportive environment.

We are also excited to be relaunching our Neurodiverse Support Group, designed to provide understanding, peer support and practical advice for neurodiverse individuals and families within the community. The relaunch comes at an important time as awareness around ADHD and neurodiversity continues to grow, and we are proud to offer a safe and welcoming space where everyone feels heard and valued.

Creativity and self-expression continue through Ro's Poetry Group, where participants share poetry, storytelling and personal reflections in an encouraging atmosphere.

Alongside this, our Shine On Community Open Access Group remains a central hub

for connection, guidance and community engagement.

Health and wellbeing are also at the heart of what we do. Move and Shine Gentle Exercise Group supports people to stay active at their own pace, promoting both physical and mental wellbeing through accessible movement and social interaction.

Bert's Peer Support Group continues to provide compassionate support for those facing challenges with their mental health, while our Bring a Parent After School Club creates opportunities for families to connect, unwind and support one another after the school day.

On the 10th June we celebrated Aging Without Limits alongside Berts Crafty Critters. We started the day with a 'Lets Question Ageism' quiz and discussions around the subject then at 11am we were joined by Nicky Haxby and Patrick who entertained the room with great live music. Nicky raises vital funds for Echo (East Coast Homeless Outreach) a community volunteer group who collect and share with those left out in the cold. The day was a huge success, bringing the community together to highlight the ongoing issue of ageism.

As we look ahead to the summer months, we remain committed to creating inclusive opportunities that bring people together, reduce loneliness and strengthen community wellbeing across Lincolnshire.

Amber Hodgson- Community Connector East Lindsey South

I'd like to take this opportunity to introduce myself as the new East Lindsey South Community Connector. I'm excited to be joining the team and look forward to working with communities, volunteers, organisations and partners across the area to help strengthen local connections and support community-led initiatives.

I'm so excited to carry on supporting the incredible work going on already in Bert House with some exciting new groups including our Time Together Cafe a dementia friendly wellbeing space for everyone to enjoy biscuits, cuppa and a chat with lots of exciting activities going on each week.

I can't wait to meet you all and be part of the fantastic work already taking place across East Lindsey South.

-Amber



Shine East Lindsey South Wellbeing Hub



A SAFE AND SUPPORTIVE SPACE FOR MENTAL HEALTH AND WELLBEING
WORKING IN PARTNERSHIP WITH NEW LIFE COMMUNITY CHURCH SPILSBY

Tuesday	Wednesday	Thursday	Friday
Time Together Cafe Bert House 10am - 12pm	Wellness Advice Sessions Bert House 10am - 12pm	Shine On - Horncastle Bert House 10am - 12pm	Shine in the Community The Reload Centre, Wragby 12:30pm - 2:30pm
Ro's Creative Writing Cafe Bert House 1pm - 3pm	Knit and Natter Craft Cafe Bert House 10am - 12pm	Shine in the Community Woodhall Spa Jubilee Park 11:30am - 1:30pm	
Shine in the Community Conningsby Village Hall 2pm - 4pm	Neurodiverse Group Bert House 1pm - 3pm	Move and Shine Bert House 12:15pm - 1:45pm	
	Neighbourhood Team Drop in Bert House 1pm - 3pm (monthly)	Bert-t-t's Peer Support Group Bert House 2pm - 3:30pm	
	Bro Pro Bert House/ Pedals & Paws 6pm - 8pm	Bring a Parent After School Club Bert House 3:30pm - 5pm (selected dates)	
	Eve Bert House 6pm - 8pm 1st and 3rd Wednesday		

CONTACT US

If you need help finding the right support, get in touch with Shine Lincolnshire by emailing info@shinelincolnshire.com and include your name and location. We will help you get started and connect you with the most appropriate support
Alternatively you can call our East Lindsey South Team on 07564 044026

H.A.Y. helping people find local resources for mental health and wellbeing. www.haylincolnshire.co.uk



NEED URGENT HELP?
CALL 111 AND SELECT THE MENTAL HEALTH OPTION
IN A LIFE THREATENING EMERGENCY CALL 999

New 24/7 Mental Health Crisis Text Service Launches in Lincolnshire

People across Lincolnshire can now access confidential urgent mental health support through a new text and online chat service called ChatHealth. The service offers an alternative way to reach help for people who may find phone calls or face to face contact difficult, providing a discreet and accessible option when support is needed most.

This new service has been developed to support individuals experiencing a mental health crisis and is an extension of the NHS 111 option 2 mental health support already provided by the Lincolnshire 111 Mental Health Team. It enables secure two way messaging between those seeking support and trained healthcare professionals.

Anyone needing urgent mental health advice and support can send a text message from any mobile phone or start a chat online using the ChatHealth website.

Dedicated contact numbers

Two dedicated text lines are available:

Adults (18+) - 07312 263027

Children and young people (under 18) - 07480 635303

How it works

After sending a message, users will receive an automated reply confirming it has been received. A trained healthcare professional will then respond within two hours. Demographic details are requested as part of the process, but people can choose to remain anonymous if they wish.

Who can use the service?

ChatHealth is available to anyone experiencing a mental health crisis or emotional distress, including those struggling with low mood, anxiety, self care, overwhelming feelings, changes in behaviour, or thoughts of self harm. Support is also available for wider concerns such as stress, sleep problems, relationship difficulties, or worries about a friend or family member.

Important information

The service cannot provide prescriptions, medication reviews, diagnoses, face to face assessments, Mental Health Act assessments, hospital admissions, welfare checks, or GP referrals. People already open to a mental health team should continue to contact their usual service during office hours.

This service is free, however text messages may be charged at the network's standard rate. Check with the mobile provider for details.

For immediate physical danger or life threatening emergencies, people should call 999 or attend A&E.

ChatHealth is delivered by Lincolnshire Partnership NHS Foundation Trust and powered by ChatHealth, an award winning NHS messaging platform used across the country. For more information, visit www.chathealth.nhs.uk.



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 accustomed 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

The GreenWell Garden is a beautiful outdoor space for relaxation and recreation.

info@designyourweb.co.uk

designyourweb.co.uk

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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!



Norton Tea Café at Norton Lea is more than just a café, it's a warm, welcoming community space created by Shine Lincolnshire to bring people together.

At Norton Tea, you can enjoy freshly prepared drinks made with locally roasted Stokes coffee, tasty food, and a friendly atmosphere where everyone is welcome. Whether you're meeting friends, popping in for a quiet coffee, or looking to connect with others in the community, our café offers a safe and inclusive place to relax and unwind.

As part of Shine Lincolnshire, a charity dedicated to improving mental health, wellbeing, and social inclusion across Lincolnshire, Norton Tea was created to help tackle loneliness and build positive community connections. Alongside great coffee and food, we also host community activities including our Coffee, Cake & Chat sessions, giving local people opportunities to meet others, build friendships, and feel part of something special.

Don't forget to pick up one of our loyalty stamp cards too, your 10th drink is free!

NORTON TEA, NORTON LEA, LONDON ROAD, BOSTON, PE21 7EQ

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

MENU

OPEN MON-SAT 9:30-18:00

Coffee Classics		Jacket Potatoes	
americano	£3.30	With Butter	£3.50
Cappuccino	£3.50	With Cheese	£4.40
Latte	£3.50	With Tuna	£5.30
Espresso	£2.40	With Beans	£5.20
Mocha	£4.00	With Pulled Pork	£5.50
Flat white	£3.80		
Macchiato	£2.65	Paninis	
Hot Chocolate	£4.00	Tuna	£3.75
Tea		Tuna & Cheese	£4.00
English Breakfast	£3.20	Cheese	£3.50
Decaf	£3.50	Cheese & Ham	£4.00
Red Berry & Flower	£3.50	Ham	£3.75
Earl Grey	£3.50	Pulled Pork & Cheese	£5.00
Peppermint	£3.50	Add Chips for £1.50!	
Green Tea	£3.50	Snacks	
Extras		Assorted Cakes	From £2.95
Oat/ Soya Milk	£0.60	Toasted Teacake	£4.00
Syrup	£1.00	sausage Roll	£2.00
Extra Shot	£1.00	Chips	£2.00
Whipped Cream	£1.00	Loaded Chips -	£1 per
		toppings: Pulled	topping
		Pork, Cheese, Beans	

East Lindsey

Donna Fravigar
Peer Support Worker

My name is Donna Fravigar I am a Peer support worker for East Lindsey and meridian area.

I have been busy supporting my peers supporting them on their journey. I have been busy finding different groups in the areas to support my peers. I do run my own peer group at Bert house in Horncastle this has gone from strength to strength and has now been running for over 18 months. The group is very well attended and as a group we discuss the topics that the peers would like to be covered. We also have guest speakers who come along and talk to the group ie heating and energy specialists and wellbeing. I am very passionate about the peer group and want my peers to get the best from the group.

I am also busy with my family and spending time with them I am also concentrating on my fitness, I have been going swimming at 6.30 in the morning which is a great way to start the day, I also have joined a step class and enjoy beach boogie on a Sunday I am looking forward to the next few months and to continue supporting my peers.



South Floating

Travis Vinnicombe
Peer Support Worker

Hello, my name is Travis, and I'm the Peer Support Worker for Countywide South, which is a new role.

My role has changed somewhat in recent months. I had previously been based in Stamford; I now support the south of the county. This has proven to be quite the change. This change allows me to support different teams that need some extra support at different times thus allowing more people to access peer support. I am now supporting people in both Stamford and Spalding. In the future this could include other locations, such as Grantham and Sleaford.

This has offered quite the learning curve. It has given me the opportunity to learn more about groups and services across a much larger area. It has been great to learn more about places such as the Tonic health wellbeing hubs in Spalding and Holbeach, and the Long Sutton mens shed.



Trent

Kay Henderson
Peer Support Worker

I'm Kay, peer support worker for the Trent area working alongside the locality mental health team.

I have been getting out and about with peers and supporting them attend groups. I have attended Butterflies group which do amazing craft activities and a lovely welcoming group. I have been out for walks with peers and enjoying some of the lovely weather we have had. I have also been doing lots of training and enjoy learning new skills to keep my knowledge up to date to help support me in my role as peer support worker. I've also attended our peer support development day which we come together with lots of other peer support workers and is a fun day.

I'm my spare time, I have been getting out about on walks with my family and our dogs. This helps with our own wellbeing and we love being outdoors.



Stamford

Lisa Herbert
Peer Support Worker

Wow, I can't believe we are already in the summer months . I continue to be kept busy with my caseload, The sunshine and warmer weather have brought both myself and my peers that I am supporting the opportunity to focus on our wellbeing and getting active outdoors.

Recently I supported a couple of peers to visit Burghley gardens in Stamford which was such a lovely place for a well being walk around the grounds, Spending time outdoors ,getting fresh air and having meaningful conversations in a calm environment had such a positive impact on their mental health.

I have also planned to support a peer this week for a wellbeing walk to Stamford meadows. And i have also planned with Another peer during our appointment next week to visit an outdoor gym in Bourne, which we are both looking forward to. Encouraging confidence, Activity, and connection within the community which is such an important part of recovery.

Alongside this I continue to feel inspired by the Amazing work carried out by the volunteers who support the running of the surplus food charities in Stamford,

The bread and butter thing which is held at Christchurch in Stamford

The pantry which is located at barn hill in Stamford

The ST Georges food hub which is located at various sites in Stamford

These groups provide surplus food and practical support to members of the local community, But what stands out the most for me is the kindness and compassion they show to everyone who walks through their doors. They create welcoming spaces where people feel comfortable, valued and supported without judgement.

First Coastal

Gemma Moore
Peer Support Worker

I have been utilising the incredible provisions and opportunities in and around Skegness recently.

I have visited the ECO Centre, which has to be one of my favourite places to go. As soon as you walk through the gates into the forest area, all troubles, stressors and worries just seem to leave you. Your shoulders drop a little more, your breathing regulates and a sense of peace runs through you. This particular visit was to discover the volunteering aspect they offer. They offer volunteering opportunities for people interested in maintaining the grounds, planting seeds, bulbs, fruits and vegetables. There is also opportunity for those who enjoy a bit of DIY, constructing flower beds, birdhouses and supporting events that run there. The sounds of nature are particularly relaxing here, listening to birds and animals you may not usually notice. There are many benefits to being nature, one important aspect is the healing the forest offers, for free. It is known to increase your own immune system just by spending time in the forest. The trees have an incredible underground network, which signals can be sent and received. This allows the trees to support other trees lacking in nutrients to flourish, so there's no wonder spending time in these beautiful places helps us flourish too.

One important aspect supporting physical and mental health is physical exercise. The motivation to achieve this is not always easy but you'll never regret a workout, and usually feel better after. It's not about running marathons or completing HYROX, it's about what is achievable for you. A walk, short run, couch to 5k, online Pilates or yoga, anything that's makes you move, all offer a benefit. I have introduced a short weighted routine into my mornings, just whilst the kettle boils and the tea brews. A few



bicep curls, front raises and shoulder press, sometimes a stretch if time allows. This gets my blood flowing and helps set me up for the day.

I have also received some training on sleep hygiene via 'the sleep hub'. A good nights sleep is essential as this is where we can heal, recharge, strengthen the immune system, repair tissue and restore energy levels. My top tips to achieve this is to make sure you have down time at least an hour before bed. Turn off electronic devices, set the lights down low, use your favourite room spray or light a scented candle to trigger the sleep senses. Posture is important for a good nights sleep, using a pillow under the knees or in-between the knees if a side sleeper, to align the hips and ensure the gap in your neck is supported, you'll be surprised at the difference this makes. Most importantly free your mind. This may be writing down your thoughts, using visualisation or making a recorded journal. However this suits you.

One of my favourite quotes at the moment is one my dad used to say 'the impossible I can do, miracles take a little longer'

Grantham

Dawn Pearson
Peer Support Worker

Hello Everyone.

I'm Dawn a peer support worker for Grantham & Rural. What a busy few months it has been. The weather has been absolutely gorgeous.

I have been lucky enough to attend the Wellbeing Walks at Belton House. This is a fantastic group of like minded people, who come together and walk and talk. Sharing stories and being out in the fresh air enjoying the beautiful surroundings. The benefits from being outside and meeting people are a great way to combat loneliness. This can help our mental health in many ways, reduce anxiety, depression, and can also help with sleep. But being part of something can have a purpose to getting out the house and sharing our stories with those around us.

My favourite part of the walk is seeing the deer whom roam freely within the grounds. If you are wanting to make friendships and get some exercise this is an ideal place to start.

To book a place contact Jess 07543606059, abbeyaccessstraining.co.uk

Exercise does not mean we have to be all running marathons to stay fit. A gentle walk, yoga, pilates, biking, swimming, racket sport, mindfulness can support with our overall health. This can boost mood, and make us feel happier and calmer. This can also aid towards a better sleep. Being part of a club, or group can in itself can support with our own wellbeing.



Sleaford

Wendy Cummings
Peer Support Worker

Community at the heart of Peer Support

People thrive when there's a space to go and with someone who helps them feel at ease. It doesn't need to be anything big – just a place where you can talk or sit among others without feeling out of place. That's why community groups matter so much.

Peer support isn't new. Growing up in the 60s and 70s, it happened naturally — neighbours looking out for each other, people stopping for a chat, and communities quietly supporting one another without ever naming it. The instinct to support one another hasn't disappeared; it's found different ways to show up in the community groups and shared spaces we have today.

Places like Andy's Man Club, Wellbeing Walks, the Meadow Wellbeing Hub, The Door, the Nightlight Café, and the many Warm Spaces and coffee mornings across Sleaford and the surrounding villages, all offer connection in their own way. When I take peers along, I see how much it means to be welcomed, remembered, and included.

Recently, I visited two local community coffee mornings that show just how much these small gatherings matter. The first was in the village of Walcott, where they hold a Community Coffee morning every second Tuesday of the month from 10am until 12 in the village hall – complete with sausage and bacon rolls (that I could smell as soon as I pulled up in the car park).

The second was Morning Muster, a new event for veterans held at St Michael's Community Hall in Billingham, on the second Tuesday, once a month. Even though it's a newer group, it

already has a warm feeling – a place where people can turn up, have a chat (with a little military speak thrown in) over a cuppa.

Every walk, every tea/coffee, every moment shared helps people feel part of the world again. That's the heart of peer support: introducing my peers to spaces to where they feel seen and heard. It isn't about fixing things — it's about being there. Sometimes presence is what makes the difference.

And the more of these spaces we have, the stronger our communities become. Each small gathering — whether it's the village hall in Walcott or the veterans' meet up in Billingham — creates ripples that reach far beyond the room. People leave feeling a little lighter, a little more connected, and a little more able to face the world.

That's the quiet power of community: it can change things, little by little.

Sleaford Night Light Cafe runs every Tuesday, 4pm to 7pm (may vary on bank holidays) at Sleaford Riverside Church, The Source, Southgate, NG34 7RY. You can simply pop along to your local Night Light Café and there will be a volunteer there who will welcome you. Night Light Cafés are safe spaces, for anyone aged 18 and over, that offer an out-of-hours, non-clinical support service and are staffed by teams of trained volunteers who are available to listen. They can also provide signposting advice and information on other organisations that may be able to help with specific needs, such as debt advice or emergency food parcels.

Andys Man Club is a free talking group for men over 18 every Monday at 7pm- 9pm (excluding Bank Hols). It is located at Sleaford Rugby Club, East Road, Sleaford, NG34 8SP.

info@andysmanclub.co.uk

facebook: Andys Man Club Sleaford

Community Updates

Spalding

Megan Bemrose
Peer Support Worker

I developed a passion for wellbeing through my own lived experience of poor mental health and during my time as a Mental Health First Aider while working as a quantity surveyor in the construction industry.

Whilst working in construction, and acting as a MHFA, I found supporting people from so many different backgrounds and hearing their stories made me realise how much I valued connection, and it inspired me to change my career so I could support others more meaningfully. I'm excited to be part of Shine and to grow my skills as a peer support worker, walking alongside people as they navigate their own journeys. I feel I've reached a point in my life where I understand what helps me stay well, and I'm looking forward to using that insight to empower others. I love building genuine connections, and my loved ones are a huge part of who I am.



South Lincoln

Hannah Hodson
Peer Support Worker

Hi, I'm Hannah, and I'm really excited to be joining Shine as a Peer Support Worker.

I've experienced my own mental health challenges and recovery journey, and I know how valuable it can be to have someone alongside you who truly understands. That lived experience is what led me to peer support and fuels my passion for helping others find hope and confidence in their own recovery.

Before this role I was a yoga teacher and life coach and I love supporting people to reconnect with themselves and build a life that feels meaningful to them.

What excites me most about working for Shine is being part of a team that values compassion, authenticity, and the belief that recovery is possible. I'm looking forward to meeting people, building genuine connections, and supporting others as they take steps towards the future they want for themselves.

Health Inequalities

Amy Squires
Health Inequalities Peer Support Worker

Hi, I'm Amy and have recently moved across to Shine from the NHS. The team have extremely friendly and welcoming, and this has helped my transition go as smoothly as possible.

Over the past few weeks, I have been busy completing my induction training and refresher courses and learning the ins and outs of Shine. I'm now looking forward to getting back out across the county and meeting new people and groups.

Based within Shine's Peer Support Team, my role involves connecting with people from many diverse communities who, for a wide variety of reasons, may find it challenging to access services and support.

Through strong partnership working with other teams and organisations, our focus is on tackling health inequalities and ensuring everyone can access the care, support and treatment they need, when they need it. This involves looking at how we can break down barriers to access and being creative about how, when and where support is delivered.

As my role is countywide, I will often pop up at different events whilst I'm sourcing what support is available for people within each area. I am always amazed at the wealth of support groups and activities that take place across the county - it is truly inspiring to meet so many dedicated people who are amazing at what they do and continually strive to help others.

Boston

Christine Bossley
Peer Support Worker

Since the last newsletter, I have been busy taking my peers to various groups in the Boston Area:

I have been supporting the NHS peer support group which is open to previous service users of Boston Community Mental Health Team and the Integrated Place Based Teams, this group offers a different crafting activity weekly, or participants can join others in games, chat, word search, colouring in or sudoku. This group has now finished.

I have taken my peers on walks to improve their wellbeing and confidence. I have been a Boston Community Walk (Various locations in Boston, please see leaflet), the cost is £1.50 per person.

I have taken my peer to Beam (Building Engagement around Mental Health) at Boston Wellbeing Hub (Centenary Methodist Church, Red Lion Street, Boston, PE21 6NY), which runs on Monday 13:00-15:00, and Tuesday 12:00-15:00 pm, and the Night Light Café runs on Wednesday 16:00-19:00 and Friday 18:00-20:00.

I have taken my peer to Safe Places (Tonic Health) at Pescod House, Pescod Square, Boston, PE21 6QX) which is a drop in to come along and socialise over a cup of tea or coffee. The weekly Safe Places meeting groups offers people the opportunity to come along and socialise over a cup of tea/coffee. The aim of the group is to provide people with a distraction from life, give them a safe space to chat and laugh together and to inject some positivity into their lives in the hope that they leave feeling better than when they first arrived. The facilitator asks members to check-in and check-out to gauge the improvement in their mood. The group runs on a Wednesday and Thursday 12:30 - 14:30.

Attending this group improves peers' wellbeing, and confidence is grown.

I will be attending the Polish Support Initiative CIC, (4a Red Lion St, Boston PE21 6NY) with my Polish peer, to support them in integrating into the community, this company operates to support the Polish community and operates Monday to Thursday 09:00-17:00.

Over the summer months I will be going to Tonic Health, Beam and attending Boston Community Walks, I will also hopefully be going to different groups in the Boston area, including going to Norton Tea on a Tuesday 14:00-15:30 (Norton Lea, London Road, Boston, PE21 7GP) who offer a group Coffee, Cake and Chat, where you can enjoy a free cuppa, and a slice of cake and connect with others.

National Allotment Week:

I would like to promote the new allotment group "Digging it", which is women's only group, and is open to previous service users of Boston Community Mental Health Team and the Integrated Place Based Teams. The group starts on Wednesday 13th of June 2026 and runs from 13:30-16:00. The group is run by Emma Smith, who is the NHS Peer Support Worker, who is a fantastic support to others, very approachable, friendly, kind, caring and very enthusiastic and engaging.

“Digging it”

Women’s Allotment Group



Wednesday Afternoon 1.30-4.00pm

Starting Wed. 13th 2026, At Wyberton West Allotment



Bee’ing outside is great for our mental health!

So we are forming a small group of women that enjoy growing and working together to create various projects in our Mental Health Allotment. Together we will enjoy fresh air and birdsong while growing fruits, flowers and vegetables. We will also have lots of chit chat, tutorials, and a tea break with biscuits.

Open to current or previous service users of **Boston Community Mental Health Team** and **Integrated Place Based Teams** and places are limited.

Call or text Emma on 07596 560688 for further information or 01205 318075



Boston Community Walks



Come and enjoy a walk and make new friends

All walks are easy walking and offer a 30 or 60-minute walk, your choice

Mondays (excluding Bank Holidays)

10.30am to 12.30pm – The Conservative Club, 16 Main Ridge
1.30pm to 3.30pm – Kirton Town Hall, Station Road

Tuesdays

10am to noon – Boston Stump

Wednesdays

10am to 12.30pm – Zion Methodist Church, Brothertoft Road
1.30pm to 3.30pm – The Evergreens, School Lane, Butterwick

Thursdays

10am to 12.30pm – Tutes Baps Café, High Street, Swineshead
1.30pm to 3.30pm – St Thomas Church Hall, London Road, Boston

Fridays

10am to 12.30pm – Boston Sports and Social Club, Fishtoft Road
1.30pm to 3.30pm – Old Leake Community Centre, Furlongs Lane

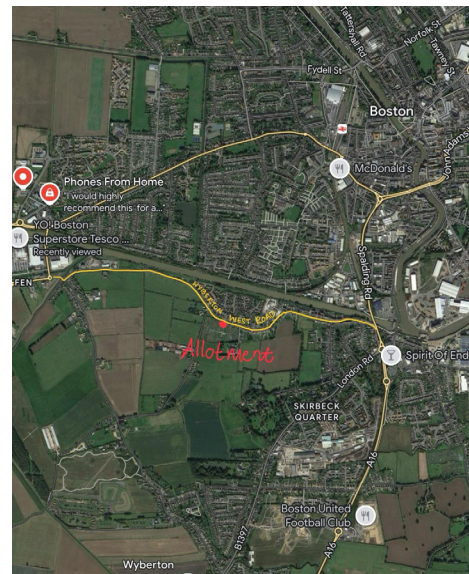
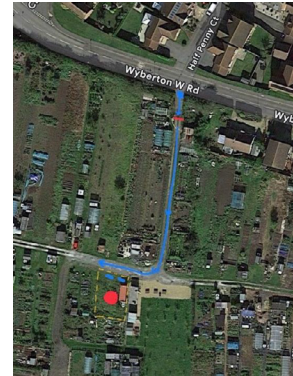
Times advertised include social time after walk.

For more details please contact Rosemary Saunders on 07970630137

Getting there.....

The nearest postcode for the **Wyberton West road Allotment** is **PE217LX**

Heading along Wyberton West Road (travelling west) There is a gap in the hedge on the left directly opposite the road to Half Penny Court. This gap leads to a turn off track, where we park temporarily in front of a big gate before being admitted by the keyholder.



Our plot is number 54 and is shown on the map by red dot. There is enough room, on the grassed area in front of the planters and nearby parking area for 3-4 cars.

There are clean accessible toilet and kitchen facilities, undercover shelter and spare wellies and raincoats (available by prior request).

Community Updates

Grantham

Jo Taylor Community Connector

This is a bittersweet article for me to write, as it will be my last one as Community Connector for Grantham and Rural.

I started in this role nearly five years ago, and when I think back to all the incredible community groups and activities I have visited, and the truly inspirational people I have met along the way, I feel immensely proud and if I’m honest, quite emotional.

One of the greatest privileges of this role has been meeting people when they first reach out for support and seeing the journey they go on. Watching individuals grow in confidence through attending groups, making new friendships, developing new skills, and then returning as volunteers to support others is something incredibly special. Seeing that cycle of community support in action is beautiful and reminds me why these groups are so important.

Over the last two years, I have also had the honour of helping to establish some wonderful groups in our local villages. These groups always bring a smile to my face and demonstrate the power of communities coming together. Whether it’s a coffee morning, activity group, wellbeing session or social gathering, each one has created opportunities for people to connect, reduce isolation and build lasting friendships.

The Memory Cafés and Dementia Singing Groups have always been particular highlights of my month. The laughter, support, music and companionship found within these groups are truly heartwarming, and I know they mean so much to the people who attend. I am delighted to say that all of these groups will continue with the same dates and times as before, ensuring that people can continue to access the support,



friendship and activities they enjoy.

If you would like to find out more about the wide range of activities, groups and support available across Lincolnshire, please visit www.haylincolnshire.co.uk, where you can search for services and opportunities in your local area.

Although this chapter is coming to an end, there is one event I am excited to still be running. I once again have the honour of organising the Shine Family Fun Day, which takes place on Wednesday 12 August at Wyndham Park, Grantham.

The Family Fun Day is a fantastic opportunity for families to enjoy a completely free day out, take part in a range of activities, and discover the many groups, organisations and services available within Grantham and the surrounding area. There will be something for all ages, and I hope to see many familiar faces there.

Finally, I would like to say a heartfelt thank you to everyone who has been part of this journey. To the volunteers, community leaders, organisations and residents who have welcomed me into their groups and shared their stories with me - thank you. Your kindness, dedication and commitment to supporting others have inspired me every day.

It has been an absolute privilege to serve the communities of Grantham and Rural, and I will always look back on my time as Community Connector with great fondness, gratitude and pride.

FAMILY FUN DAY

A FREE DAY OF LOTS OF ACTIVITIES

SOUTH KESTEVEN DISTRICT COUNCIL

FOOTBALL COACHING

TENNIS COACHING

BIKE MARKING

CRAFT

GLITTER TATTOOS

TEDDY BEARS PICNIC

SINGALONGS

MUSIC TECHNOLOGY

WELLBEING WALKS

OUTDOOR GAMES & ACTIVITIES

K2

A RANGE OF INFORMATION STALLS

A CHANCE TO FIND OUT MORE ABOUT WHAT GREAT GROUPS AND ACTIVITIES TAKE PLACE IN GRANTHAM

WEDNESDAY 12TH AUGUST

10AM – 2:30PM

WYNDHAM PARK, GRANTHAM

Connect • Take Part • Shine

Shine in the Community

Shine is proud to announce that we will be continuing to be involved in the delivery of the Community Connector provision across parts of Lincolnshire.

Community Connectors are embedded within local communities across the county, working closely with organisations, groups and individuals to create a more joined-up approach to community wellbeing. Their role is to help people access the right support for their needs, strengthen local connections, and ensure communities are equipped to support positive mental health and wellbeing.

Following five years of delivery under the previous contracts, the provision has now entered a new commissioning period, where organisations were invited to bid to host Community Connector roles moving forward. We are delighted to share that Shine has been successful in securing contracts in five areas, covering Boston, East Lindsey and West Lindsey Districts, and will be working in collaboration with New Life Community Church Spilsby to deliver this provision.

As part of the successful partnership bid to deliver the Community Connector and Hub contracts, provision was made for a Lead Community Connector role to support the coordination, development and consistency of service delivery across the partnership. We are delighted to confirm that David Bruce has been appointed to this position and will lead the continued growth and development of the team, ensuring a collaborative and consistent approach to supporting communities across the region.

This next chapter represents an exciting opportunity to continue building strong relationships within communities and supporting people to access services, activities and networks that improve wellbeing and reduce isolation. We are looking forward to working alongside local organisations, community groups and residents to strengthen connections, respond to local needs and help create healthier, more resilient communities across Lincolnshire.

Together, we can continue to ensure that people have access to the support that is right for them, at the right time, and close to home.

Boston

Olivia Weaver Community Connector

Hello everyone, I am Olivia and am delighted to introduce myself as the new Community Connector for Boston. It is a privilege to join such a vibrant, diverse, and welcoming community, and I look forward to getting to know each of you in the months ahead.

As Community Connector, my role is to help bring people together, strengthen local connections, and ensure that residents, organisations, and community groups have opportunities to engage, collaborate, and support one another. I believe that strong communities are built through meaningful relationships, open communication, and a shared commitment to making our communities places where everyone feels valued and included.

Boston is a town with a rich history, strong community spirit, and many dedicated individuals who work tirelessly to make a positive difference. I am excited to learn more about the people, projects, and initiatives that make our community unique. Whether you are a long-time resident, a newcomer, a volunteer, or part of a local organisation, I hope to connect with you and hear about the issues, ideas, and opportunities that matter most to you.

Over the coming months, this newsletter will be a space to share community updates, celebrate local achievements, highlight upcoming events, and showcase the fantastic work taking place across Boston. I also hope it will encourage conversations and create new opportunities for people to get involved. I am looking forward to meeting many of you at local events, community gatherings, and through ongoing projects.

Please do not hesitate to say hello, share your ideas, or reach out if there is anything I can help with.

You can reach out to me directly at - olivia@shinelincolnshire.com.

Spilsby Wellbeing Hub

In today's busy world, having a place where people can connect, feel supported, and simply be themselves is more important than ever. That is exactly what the Spilsby Wellbeing Hub provides - a warm, friendly, and welcoming space where members of the community can come together to support their wellbeing and mental health.

The Hub is open to everyone. Whether you are looking for a friendly chat over a cup of coffee, hoping to meet new people, or simply wanting to spend time in a supportive environment, you will always find a warm welcome. Visitors can enjoy a range of activities including games, colouring, crafts, and opportunities to socialise with others in a relaxed and informal setting.

Throughout the week, the Hub hosts a variety of projects and support groups designed to meet the diverse needs of the local community. These include the Night Light Café, providing a safe and supportive space during the evenings, the Eve Project for women, and Bro Pro, a dedicated group supporting men's wellbeing. In addition, the Hub operates a food bank, helping individuals and families facing difficult circumstances.

Partnership working is at the heart of what we do. We collaborate closely with a range of local organisations and services, including DWP drop-in sessions, Platform Housing, local hoarding support groups, and SoundLincs. By working together, we are able to connect people with

the practical help and specialist support they may need. We also offer counselling sessions, providing professional support for those experiencing emotional or mental health challenges.

None of this would be possible without our incredible team of staff and volunteers. Their dedication, compassion, and commitment make a real difference every day. They are the driving force behind the Hub's success and the positive impact it has on so many lives within our community.

We are incredibly proud that our work was recognised at the Spilsby Town Council Recognition Awards, where we were nominated in the Impact on Wellbeing and Mental Health category. To have our efforts acknowledged was an honour, and we were absolutely delighted to be announced as the winners.

This award reflects the hard work of our team, the support of our partners, and most importantly, the strength and resilience of the people who use our services. As we continue to grow and develop, our mission remains the same: to provide a safe, welcoming, and inclusive space where everyone can access support, build connections, and improve their wellbeing.

At Spilsby Wellbeing Hub, no one has to face life's challenges alone. The kettle is always on, the door is always open, and a friendly face is always waiting to welcome you.



An update from our Community Engagement Manager

Hi, I am Donna as Community & Engagement Manager, I have the privilege of overseeing three incredible teams, all dedicated to strengthening community engagement across Lincolnshire. While each team has its own unique focus, they all share the same goal: supporting people, communities, and organisations to improve mental health and wellbeing.

It is an especially busy and exciting time for our Funding Team as we move into a new funding year. Alongside continuing support for previously funded projects, we are welcoming several new initiatives and have recently launched a new round of the Mental Health and Wellbeing Community Investment Fund. This is one of my favourite times of the year, as it gives us the opportunity to connect with a wide range of organisations, including many new groups that may need a little extra support and guidance through the application process. Seeing innovative ideas develop into projects that make a real difference in local communities is always inspiring.

Earlier in the year I was invited to one of our funded projects, Art Pop Ups summer celebration event. It was held at Stamford Arts Centre gallery; it was a great event and showcased artwork developed by across all their creative sessions. There was a lovely atmosphere with music by a local band Pennyless and it was great to talk to a range of beneficiaries, from people that enjoyed the art and connection to others that volunteer and set up their own groups to support others. A truly inspiring day.

More recently, I had the opportunity to visit one of our funded projects, Centrepont Outreach in Boston during one of their Cook Along With sessions. It was fantastic to meet beneficiaries and hear first-hand

about the positive impact the project is having on their lives. Conversations like these remind us why community investment is so important and demonstrate the value of creating opportunities for people to connect, learn new skills, and improve their wellbeing.

Our Shine Together team also provides valuable support to organisations across the county. Their work across Boston, East Lindsey, and South Holland has focused on delivering tailored support based on organisational needs. This has included facilitating a range of workshops and hosting Meet the Funder events, helping organisations strengthen their skills, confidence, and capacity to support their local communities.

As part of their work supporting volunteers across the area, it was a pleasure to attend the recent Celebrating Volunteers Event, where we heard inspiring stories about the positive impact volunteering has on both individuals and organisations. The event highlighted the dedication, passion, and commitment of volunteers across the county, and the speeches shared throughout the day were truly uplifting. It served as a powerful reminder of the vital role volunteers play in building stronger, healthier, and more connected communities.

Finally, but by no means least, our dedicated growing team of Peer Support Workers that continue to make a significant difference across Lincolnshire. Using their own lived experience, they walk alongside individuals accessing mental health support, offering understanding, encouragement, and hope. It is inspiring to see the impact the team has on people's recovery journeys, helping them build confidence, develop resilience, and feel less alone. Here are a few quotes

about the impact they make:

"You are an inspiration, you inspire me to keep going, thank you for supporting me"

"I am so grateful for all you do to help me I would certainly be lost without you, you are such a special person"

"a ray of sunshine in the grey clouds"

"I do not know where I would be without your support and understanding I do not think I would have made it this far. I need to tell you how important your help and support has helped me, and I do not know how I can repay you"

"Shining a light on my resilience and strength, rebuilding my self-esteem, and sharing her lived experience tools and techniques that helped her. I can now say how proud I am of myself and the way I fully engaged in the process with their encouragement"

Together, these teams demonstrate the power of community, connection, and lived experience in supporting positive mental health and wellbeing across Lincolnshire.

To learn more about each team and the impact they are making across our communities, please take a look at their updates throughout this edition.



Our Community Engagement Team

Jo Taylor- Senior Project Officer

I'm Jo and I've worked for Shine for nearly 5 years. For most of that time I've been the Community Connector for Grantham and Rural working with a variety of community groups and statutory services helping them support their community. During this time I've also successfully set up a number of groups in the surrounding villages for people to access support.

Outside of work, I'm a mum of 2 young, lively boys who love football, formula one and anything outdoors. I also have a passion for military aviation photography so when I'm not in work, you'll often find me stood at the fenceline of an RAF base taking pictures of the jets moaning about the cloud cover but loving every minute.

I recently completed a 15,000ft skydive raising money for Shine and have also walked Spires and Steeples and the Yorkshire 3 Peaks so definitely love the outdoors and a challenge.



Jamieleigh Barnes- Project Officer



I'm really excited to share that I've recently moved into the role of Project Officer with Shine, working across the whole of Lincolnshire! My time as a Peer Support Worker has been such a rewarding experience. I've had the opportunity to meet some amazing people, build meaningful relationships, and support others in their journeys. It's a role that has taught me so much and helped me grow in confidence!

Helping people and supporting our communities is something I'm truly passionate about, which is why I'm so excited for this next chapter. I'm looking forward to getting involved in projects across the county, meeting new people, building connections, and bringing lots of energy and enthusiasm to the role. Outside of work, I love spending time with my family and doing the things that make me happy. I believe those moments help keep me positive and motivated both in and out of work.

I can't wait to see what this new adventure brings and I'm excited for everything still to come with Shine!

Tristan Drummond -Project Officer

I'm Tristan and I'm really excited to be starting my new role as Project Officer with Shine.

Before moving into this role, I worked as a Head Coach and Community Engagement Officer, and I have been involved with Wright Way Sports since 2022. Through this work, I've had the opportunity to support children, young people, and families across different communities, helping to create positive experiences through sport, physical activity, and engagement.

I'm really looking forward to this next chapter with Shine, meeting new people, building relationships across Lincolnshire, and supporting projects that make a real difference. I'm passionate about helping others, and I hope to bring plenty of energy, enthusiasm, and positivity to the role.

Outside of work, I play semi-professionally for Grimsby Borough FC and enjoy keeping fit in the gym. I also love food and enjoy cooking whenever I get the chance. Health, fitness, and personal development are a big part of who I am, and I hope to use that passion to motivate others and be a positive role model within the community.

I'm excited for what's ahead and grateful for the opportunity to continue my journey with Shine.



Summer Wellbeing



The 5 Ways to Wellbeing



Today I Will:

☐ _____

☐ _____

☐ _____



Summer Bucket List

☐ _____



look after yourself

- ☒ take a walk in nature
- ☒ read a good book
- ☒ listen to music
- ☒ have a picnic outdoors
- ☒ watch the sunset
- ☒ try something new
- ☒ practise deep breathing
- ☒ write in a journal

☐ I am thankful for....

1. _____
2. _____
3. _____

Take a moment

How are you feeling today?

What is one thing you could do to feel a little better right now?



Celebrating Volunteers' Week 2026

What a fantastic way to celebrate Volunteers' Week! Shine Together was delighted to bring together volunteers, community groups, charities, and partners for a day full of inspiration, connection, and celebration. The event provided an opportunity to recognise the incredible contribution volunteers make across our communities while creating space for organisations to network, learn, and share ideas.

The day featured a range of inspiring speakers, including Centrepont Outreach, Butterfly Hospice, John Baxter, and Helen Staples, who shared their experiences and insights into the impact of volunteering and community support. We also heard from volunteers themselves, whose stories reminded us why volunteering is such a powerful force for positive change.

Alongside the talks, attendees had the chance to take part in a variety of engaging workshops. Shine Together delivered a session focused on strengthening community organisations and building resilience, while workshops led by Alison Carlisle and CVS provided practical advice, learning opportunities, and plenty of food for thought.

Our networking marketplace was buzzing throughout the day, with fantastic stall holders including Centrepont Outreach, Butterfly Hospice, CVS, Groundwork, and Shine Together. The stalls gave attendees the opportunity to discover local services, explore partnership opportunities, and learn more about the support available across the voluntary and community sector.

Most importantly, the event was a chance to celebrate the volunteers who give their time, energy, skills, and compassion to make a difference every day. Whether supporting community groups, helping people access services, running activities, or simply offering a listening ear, volunteers are at the heart of stronger, more connected communities.

A huge thank you to everyone who attended, delivered a workshop, hosted a stall, shared their story, or helped make the day such a success. The energy, passion, and commitment in the room was incredible, and it was wonderful to see so many people coming together with a shared goal of supporting their communities.

Here's to another year of celebrating volunteers and the amazing impact they make!



Volunteers are the Heart of our Communities

Volunteers are at the heart of our communities. When I attend groups in and around the Sleaford area, I see small acts of kindness that often go unnoticed: a volunteer offering a hello to someone who nearly didn't turn up, a familiar face helping them feel safe enough to stay, or someone setting out chairs and tables before a group begins. These gestures might seem small, but for someone feeling alone, overwhelmed, or unsure where they belong, they can be the turning point.

National Volunteers' Week, celebrated this year from 1st to 7th June, was an opportunity to recognise and celebrate the people who make these moments possible. In my role as a Peer Support Worker, it's easy to see how much volunteers shape community spaces; our communities would struggle to function without them. So much of the connection, comfort, and confidence people find in local groups begins with a volunteer who shows up consistently, compassionately, and without expecting anything in return.

Across Sleaford and the surrounding villages, coffee mornings, crafting groups, and countless other activities rely on volunteers who are the heartbeat of these spaces. They create the warmth that helps people feel welcome. They offer their time and conversation. They notice when someone is quieter than usual. They remember names – and often how you take your tea, what you like to drink, or the little details that make you feel a part of being there. They make sure no one sits alone unless they choose to.

Within many groups, volunteers help bring people together through shared activities – things like Make Do and Mend sewing support, playing cards, quizzes, crafting, or encouraging someone to have a go at

crocheting or knitting. These moments of shared creativity and gentle encouragement often become the bridge that helps people relax and join in.

A cup of tea, a check in, a shared laugh – these small moments can lift a whole day for someone. For people living with loneliness, anxiety, or low confidence, can be the first step back into community life. It's creating a space for connection.

So, I'd like to take this opportunity to highlight all the volunteers I see regularly, and every volunteer who gives their time to support others.

Your kindness matters more than you know. You help create spaces where people feel seen, valued, and part of something. Speaking from experience, for many people, it makes all the difference.

Thank you!

Wendy Cummings, Peer Support Worker (Sleaford).



Supporting Communities Across Lincolnshire

The Shine Together team has been out and about across South Holland, Boston and East Lindsey, supporting community groups with funding, guidance and encouragement to help local ideas grow into lasting projects. It has been fantastic to see so many groups developing and even more new initiatives beginning to take shape across the county.

Following our recent volunteer event please see article a truly fabulous day celebrating the amazing contribution volunteers make in our communities, we have continued to work alongside residents and organisations to help strengthen local connections and create new opportunities.

Amber has been supporting several new groups as they get established, including Horncastle Speakers, a new Toastmasters group helping people build confidence in public speaking and communication skills. She has also been working with a new green spaces project that will support girls and women within their community, creating opportunities to connect, learn and thrive outdoors.

Liv has been working closely with an Afghan ladies' group in Boston, supporting members as they bring people together through their incredible food, culture and community spirit. She has also been supporting councillors and local groups in Boston to help develop projects that respond to the needs of residents and strengthen community engagement.

Across the areas we work in, we are seeing more people come forward with ideas to improve their neighbourhoods,

and it is a privilege to support them on their journey. Whether it is helping groups access funding, providing guidance on governance, or connecting people with the right networks and resources, our goal is to help communities flourish.

The passion, creativity and commitment we see every day is inspiring. From new community groups and social activities to projects focused on wellbeing, inclusion and environmental improvement, local people are making a real difference where they live.

We are proud to be supporting communities to thrive and are excited to see many more projects develop across the county in the coming months. Together, we are building stronger, more connected communities and creating opportunities for people to make a lasting impact.

If you have an idea for a community project or would like support to get started, we would love to hear from you.



Flood Resilience and Mental Wellbeing Roadshows: Supporting Communities Across Lincolnshire

Our Flood Resilience and Mental Wellbeing Roadshow programme has now successfully concluded, marking the completion of nine community events held across Lincolnshire. These roadshows have provided an invaluable opportunity to engage with residents, offer practical support, and strengthen community resilience in areas affected by flooding and its wider impacts.

Although footfall differed from location to location, each roadshow successfully connected residents with practical flood resilience advice, wellbeing support and local services. The quality of engagement and the positive feedback received highlighted the value of these events in supporting and empowering our communities and demonstrating the importance of bringing together organisations, services and local communities to address both the physical and emotional challenges that flooding can create.

Throughout the roadshows, residents were able to access a wide range of information, advice and support. By combining flood resilience guidance with mental wellbeing resources, we were able to take a holistic approach to community support, recognising that the effects of flooding extend far beyond property and infrastructure. The events created welcoming spaces where individuals could seek practical assistance, discuss concerns, and connect with services designed to help them prepare for, respond to and recover from flooding events.

This programme would not have been possible without the commitment and collaboration of our partners. We would like

to extend our sincere thanks to Lincolnshire County Council and all of the organisations and agencies that worked alongside us to make these roadshows such a success. The partnership approach ensured that communities received access to expert knowledge, local resources and tailored support, all in one place.

The roadshows also provided valuable opportunities for networking and partnership building within each community. By bringing together local organisations, community groups and support services, we have strengthened relationships and created new connections that will continue to benefit residents long after the events have ended.

A heartfelt thank you goes to everyone who played a part in delivering these events - from those who helped organise and run the roadshows, to the stallholders who generously shared their expertise and support. Most importantly, we would like to thank the communities across Lincolnshire who attended, engaged and contributed to the success of each event.

Together, we have helped raise awareness, build resilience, promote wellbeing and strengthen community connections. We are proud of what has been achieved through this collaborative project and look forward to continuing our work to support Lincolnshire's communities in the future.

Shine Announces New Wright Way Youth Centre in Cherry Willingham

Shine Lincolnshire is delighted to announce the acquisition of its new Children and Family Youth Centre in Cherry Willingham, marking an exciting new chapter in community support for local children, young people and families.

The new hub, named the Wright Way Youth Centre, will provide a safe, welcoming and inclusive space designed to support the wellbeing, development and connection of people across the community. The centre will become a dedicated place where children, young people, parents and families can access activities, support and opportunities close to home.

Located in the heart of Cherry Willingham, the centre will host a wide range of community initiatives throughout the year, including youth groups, toddler sessions, family events and wellbeing activities. Alongside support for children and young people, the hub will also offer dedicated groups and opportunities for parents and adults, helping to tackle isolation, improve wellbeing and strengthen community connections.

The Wright Way Youth Centre will work closely with local partner, schools, residents and community organisations to ensure activities and support reflect the needs of local families while creating opportunities for people of all ages to come together.

The centre forms part of Shine ongoing commitment to improving mental health, wellbeing for all ages and ensuring accessible community connection across the county through, community-based

support.

Brad Wright, Wright Way Sports and Education Operations Director and Shine Executive Team member, said:

"We are incredibly excited to continue developing our youth provision and create a dedicated space for children, young people and families within the Lincoln area. The Wright Way Sports Youth Centre will give us the opportunity to provide meaningful activities, support and opportunities for the local community, while creating a safe and welcoming environment where people can connect, grow and access support when they need it. This is something we are hugely passionate about, and we are looking forward to seeing the centre become a real family hub for Cherry Willingham and the surrounding areas."

In addition to regular groups and activities, the centre will also host seasonal events, and family-focused activities throughout the year, creating opportunities for families to connect, learn and spend time together in a supportive environment.

Shine Lincolnshire hopes the new centre will become a valued community hub for Cherry Willingham and the surrounding areas, supporting people at every stage of life and creating lasting positive impact for local families.



Homework Hero's

LEARN, ACHIEVE, GROW, AND SHINE AFTER SCHOOL TOGETHER!

Build confidence, complete homework, and enjoy learning in a fun and supportive environment.

We help every child become a Homework Hero!

NO NEED TO BOOK - JUST DROP IN AND ENJOY!

**ALL AGE'S WELCOME
MONDAY'S
3:30-5PM**



**WRIGHT WAY
YOUTH
CENTRE,
CROFT LANE,
LINCOLN
LN3 4J**



Play Connect Grow

BRINGING PEOPLE TOGETHER, ONE GAME AT A TIME.

Join our friendly board game activity group, where people can come together to play, connect, and have fun.

From classic favourites to exciting new games, our sessions are a great way to socialise, build confidence, and enjoy a relaxed and welcoming community atmosphere.

NO NEED TO BOOK - JUST DROP IN AND ENJOY!

**TUESDAYS
14:00-15:00**



**CHERRY
WILLINGHAM
YOUTH CENTRE,
CROFT LANE,
LINCOLN
LN3 4JP**

BABY BOOGIE

COME AND JOIN US!

A fun, friendly music and movement session for babies, toddlers and parents to enjoy together!

Tuesdays 9-10am
£4 a session
Cherry Willingham Youth Centre,
Croft Lane, Lincoln LN3 4JP

BOOK TODAY:



info@wrightwaysports.co.uk

WRIGHT WAY
SPORTS &
EDUCATION



Shine

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



Cherry Cuppa & Chat

Enjoy a cuppa and connect
with others. Share great
conversation in a relaxed
environment. Build friendships
and receive signposting
support and advice.

NO NEED TO BOOK -
JUST DROP IN AND ENJOY!

CHERRY
WILLINGHAM
YOUTH CENTRE,
CROFT LANE,
LINCOLN
LN3 4J

JOIN US EVERY
TUESDAY
13:00-14:00



Children and Young People

Celebrating International Youth Day and International Fitness Day

International Youth Day and International Fitness Day are an opportunity to recognise the importance of empowering young people through sport, physical activity, and creative opportunities.

At Wright Way Sports & Education, we are committed to ensuring that every young person has access to affordable and inclusive activities that support their physical, social, and emotional wellbeing. We believe that cost or circumstance should never be a barrier to participation, which is why our youth sessions are designed to be both affordable and accessible for all.

Our programmes provide a wide range of opportunities for young people to stay active, learn new skills, and build confidence. From youth clubs and football sessions to multi-sports activities, dance, and performing arts, we create safe and welcoming environments where young people can connect, develop friendships, and reach their potential.

We also work closely with schools to deliver high-quality sports sessions that encourage lifelong participation in physical activity. Through curriculum support, after-school clubs, and enrichment programmes, we help children and young people enjoy the benefits of sport while developing teamwork, resilience, and leadership skills.

Partnership working remains central to our approach. By collaborating with schools, local authorities, community groups, and other organisations, we can extend our reach and create more opportunities for

young people across our communities. These partnerships help us deliver impactful programmes that promote health, wellbeing, inclusion, and personal development.

As we celebrate International Youth Day and International Fitness Day, we recognise the vital role that sport, fitness, and creative activities play in shaping brighter futures. By providing accessible opportunities and working together with our partners, we can continue to support young people to lead active, healthy, and fulfilling lives.

At Wright Way Sports & Education, we remain dedicated to inspiring the next generation through affordable, inclusive, and engaging programmes that make a positive difference every day.



JOIN US TODAY!

MOVE AND SHINE

JOIN US FOR SOME
LIGHT ACTIVITY AND
FUN!

EVERY TUESDAY
11:00-12:00

CHERRY WILLINGHAM
YOUTH CENTRE,
CROFT LANE, LINCOLN LN3
4JP

INFO@WRIGHTWAYSPTS.CO.UK

WRIGHT WAY
SPORTS &
EDUCATION



SUMMER WELLBEING ACTIVITIES

Feel good. Have fun. Be kind to YOU!

1 WORD SEARCH

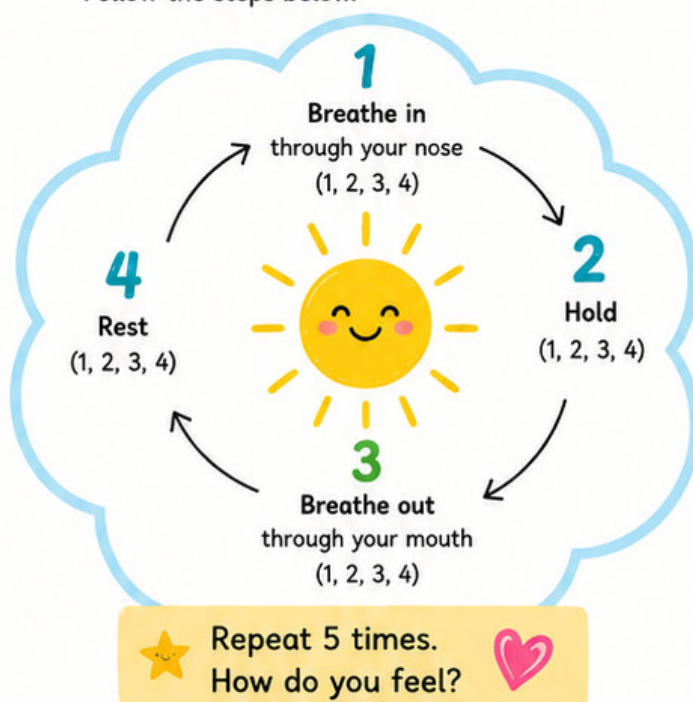
Find the summer wellbeing words below.

S U N S H I N E Z P L A Y
H A P P Y R E L A X F U N
Y D R I N K W A T E R C B
B R E A T H E N A T U R E
E X E R C I S E C H I L L
K I N D F R I E D S H I P
G R A T I T U D E J O Y O
O U T D O O R S M I L E V
D R E S T B A L A N C E C
S L E E P B A L A N C E U

- SUNSHINE
- HAPPY
- RELAX
- FUN
- BREATHE
- NATURE
- EXERCISE
- KIND
- FRIENDSHIP
- GRATITUDE
- JOY
- OUTDOORS
- SMILE
- REST
- PICNIC
- SLEEP
- PLAY
- DRINK WATER
- CHILL

2 TAKE 5 BREATHS

Take 5 slow, deep breaths.
Follow the steps below.



3 SUNSHINE JOURNAL

Write or draw three things that made you happy today.

- _____
- _____
- _____



4 SUMMER SELF-CARE CHECKLIST

Tick the activities you do this week!

- ☐ Drink lots of water
- ☐ Get outside
- ☐ Move your body
- ☐ Eat a rainbow
- ☐ Read a book
- ☐ Be kind
- ☐ Take breaks
- ☐ Have fun!

TOP TIP!

It's OK to feel all kinds of feelings. Talk to someone you trust if you need to.

5 DOODLE A HAPPY SUMMER MOMENT

Draw something that makes summer special to YOU!



LOOK AFTER YOUR MIND. LOOK AFTER YOUR BODY. YOU'VE GOT THIS!

MAKE YOUR OWN SUN CATCHER!

Brighten up your window with colour!

YOU'LL NEED:

- Paper plate or card
- Scissors
- Sticky-back plastic or clear contact film
- Tissue paper (cut into small pieces)



1



Cut the centre out of a paper plate to create a frame.

2



Cover one side with sticky-back plastic (sticky side facing up).

3



Stick colourful tissue paper pieces onto the sticky surface.

4



Seal with another layer of plastic if you have it.

5



Hang in a sunny window and watch the colours shine through!

CHALLENGE!

Can you make yours in the shape of a sun, rainbow or sea creature?



Kinship in Lincolnshire

Being a Special Guardian and taking on full responsibility for a family member can be both rewarding and incredibly challenging. I decided to take on the care of my grandson when he was very young. It was a difficult time, involving numerous court hearings, assessments, and visits before he was finally able to come and live with me shortly after his second birthday.

When we think of young children, we often picture happy toddlers in wellies splashing in puddles, learning new skills, and exploring the world around them. However, for many looked-after children, the reality can be very different. Children who have experienced trauma are more likely to face challenges that affect their development and milestones as they grow. The impact of early childhood experiences can continue throughout their lives, sometimes leading to diagnoses such as ADHD, autism, attachment difficulties, or other additional needs. These challenges can affect their education, relationships, emotional wellbeing, and mental health. As carers, we often find ourselves advocating for support, navigating education systems, attending appointments, and helping children understand and manage their emotions.

While there were certainly difficult times, I also have many happy memories of watching my grandson grow and thrive. As the years passed, new challenges emerged, and even now that he has left home, there are still new experiences and concerns that come with supporting a young adult. Being a Special Guardian is not something that ends when a child turns eighteen; the love, commitment, and support continue as they find

their way into adulthood.

For many years there has been a campaign for greater recognition, rights, and support for kinship carers and the children they raise. I am delighted that Kinship now offers a wide range of support to families across the county, including support groups where carers can share their lived experiences, gain practical advice, and feel less alone in their journey.

Today, there is a much greater understanding of what kinship care means. Kinship carers may be grandparents, brothers, sisters, aunts, uncles, nieces, nephews, or other family members and friends who step forward to raise a child when circumstances make it necessary. Every family's story is different, but at its heart, kinship care is built on love, resilience, and the determination to provide a child with a safe, stable, and nurturing home.



Kinship is the leading kinship care charity supporting more than 15,000 kinship carers across England and Wales each year.

The charity supports kinship carers – friends or family who step up to raise a child when their parents aren't able to, often in times of crisis. They care for more than 2,424 children in Lincolnshire and 141,000 children in England and Wales, which is double the number in foster care.

The charity supports, advises and informs kinship carers, and campaigns with them for better practical, financial, emotional and therapeutic support. This includes the right to statutory paid leave from work and financial support on a par with foster carers.

Kinship says kinship carers often feel isolated and need help. It offers free training sessions, one-to-one support, peer support groups, an expert advice line and online information and support hub. It also works to raise awareness of the challenges facing kinship families and the support they need.

Kinship carers can also access regional support services by visiting kinship.org.uk/support-and-advice/kinship-compass which is a free, easy-to-use postcode tool that shows kinship families what support is available locally - from peer support groups to free legal clinics, foodbanks and virtual schools.



Join the Kinship Community

At Kinship, our community of kinship carers is what makes us really special.

You can sign up and receive emails from Kinship about all our services, events, workshops, campaigns and more. It is up to you how much or how little to get involved.

We are here for you.

Visit kinship.org.uk/community to join.



kinship.org.uk



0330 016 7235



info@kinship.org.uk



@kinship_charity



@kinshipcarecharity



Join a peer support group

Meet and chat to other kinship carers who can understand and support you. Find a group in your local area or join an online group.

Kinship provides regional online and in-person support to kinship families through its network of 150 peer support groups, made for and run by kinship carers. Kinship says these are safe spaces where kinship carers can connect and share experiences.

Kinship carers in Lincolnshire can find nearby groups to support them in Boston, Grantham, Lincoln, Sleaford, Skegness, Mablethorpe, Grimsby, Scunthorpe, Cleethorpes, Bourne and also online.

For more information or for help setting up a support group in your area, visit kinship.org.uk/groups or email peersupport@kinship.org.uk

Meet One You Lincolnshire!

Meet One You Lincolnshire!

Have you heard of One You Lincolnshire? If you have, amazing! If this is the first time you're learning about us, here is what you need to know about our service and how we can support you on your journey to better health and wellbeing.

One You Lincolnshire is here to help you feel happier, healthier, and more confident in making positive lifestyle changes. Whether you're taking your very first step or looking to build on progress you've already made, we're here to support you every step of the way.

We offer free support to adults across Lincolnshire who want to improve their health and wellbeing. Whether you're thinking about quitting smoking, managing your weight, becoming more active, cutting down on alcohol, or simply improving your overall wellbeing, our friendly team is ready to cheer you on.

Our Pathways

Move More

Our Move More pathway supports adults who would like to become more active and build physical activity into everyday life. It is designed for people aged 18 and over who are currently doing less than 150 minutes of moderate physical activity each week.

Support can help you find realistic and enjoyable ways to move more, build confidence, and create healthier habits at a pace that works for you.

Eat Well, Lose Weight

Our Eat Well, Lose Weight pathway is for adults who are motivated to lose weight and make sustainable changes to the way they eat and live. The pathway supports people aged 18 and over with a BMI of 30 or above, or 27.5 or above in some circumstances. Support may include practical advice, behaviour change tools, and access to weight management options to help you achieve realistic, long-term goals.

Drink Less

Our Drink Less pathway supports adults who want to reduce their alcohol intake and feel more in control of their drinking. It is suitable for people aged 18 and over who are drinking more than 14 units of alcohol per week and who are not dependent on alcohol. The pathway provides encouragement, coaching, and practical strategies to help you cut down safely and make positive changes.

Be Smoke Free

Our Stop Smoking pathway is for people who are ready to become smoke free. Support is available for people aged 12 and over who currently smoke tobacco products. Our team offers friendly, non-judgemental support, advice, and motivation throughout your quit journey.

Health Coaching

Sometimes, people need a little extra support, especially if they have more than one lifestyle goal or would benefit from building confidence and motivation first.

Health Coaching offers personalised one-to-one support to help you understand what matters most to you, set achievable goals, and take those important first steps towards positive change. This service is a complimentary programme to our other programmes.

Why Choose One You Lincolnshire?

There's no one-size-fits-all approach to health and wellbeing. We know everyone's journey is different, which is why we provide personalised support, practical advice, and encouragement tailored to your individual needs and goals.

Small changes can make a big difference, and with One You Lincolnshire, you don't have to do it alone. Together, we can help you build healthier habits, boost your confidence, and make wellbeing part of everyday life.

Your free, local support to live well.



How to Refer

Referring into One You Lincolnshire is simple. You don't know what programme is right for you but feel you will benefit from our service; get in touch our friendly team and they will talk through your needs and help you find the support that's best suited to you.

Self-referral: Sign up online at www.oneyoulincolnshire.org.uk

By phone: Call 01522 705162 for more information or support accessing the service.

Through your GP practice: Speak to your GP practice and ask about being referred to One You Lincolnshire.

Meet Our New Starters!



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

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

And here are their answers!



Megan Bemrose
Peer Support Worker (spalding)

1. Tea
2. Probably tea time, I like sitting down with a yummy meal and reflecting on the day
3. I love both a lot! Especially my cat Trevor
4. Summer
5. Evening
6. Sweet
7. Eating Biscoff spread or cottage cheese from the tub (not at the same time)
8. Anything ABBA, maybe dancing queen
9. A phoenix, I really loved the phoenix in the Harry Potter films and the idea that they rise from the ashes
10. Currently Pink
11. I love how fresh the air is on rainy days
12. My current age - 28
13. Anything my boyfriend cooks for me!!!!!! YAY



Nathan Wright
Sports Coach

1. Tea
2. Tea
3. Dogs
4. Summer
5. Evening
6. Sweet
7. Rom-com movie or series and a Raspberry Smirnoff Ice
8. Someone like you, Adele
9. None
10. Red
11. Sunny
12. 22-26
13. Pizzas



Gemma Grant
PA to the CEO

1. Neither, I am not a hot drinks person
2. Tea
3. Both, I love animals
4. Summer
5. Morning
6. Salty
7. Gardening
8. My one and only karaoke experience was 'I've got a brand new combine harvester'
9. Unicorn
10. Pink
11. Autumnal sunny but chilly days
12. 27
13. Anything involving pasta



Hannah Hodson
Peer Support Worker (South Lincoln)

1. Coffee
2. Breakfast
3. Dogs
4. Summer!!!
5. Morning
6. Sweet
7. Maryland Cookies
8. S club 7 - Bring it all back
9. Medusa
10. Duck egg green & Beige
11. Blue Skies
12. 5
13. Mac and Cheese



Amy Squire
Health Inequalities Peer Support worker

1. Tea
2. Breakfast
3. Dogs- I am allergic to cat Fur!
4. Summer
5. Evening
6. Sweet
7. Pick n Mix sweets
8. None - I can't sing for toffee!
9. Easter Bunny
10. Green
11. Sunny- perfect eating outside weather
12. My 30's
13. Anything Italian- Pizza or Pasta

The Fundraising That Keeps Shine, Shining!

What a fantastic few months it has been for fundraising at Shine. Every event, challenge, cake and kind donation helps us continue supporting people across Lincolnshire with their mental health and wellbeing, and we truly could not do it without our incredible community.

A huge thank you to everyone who joined us at our May and July Bingo Nights. We absolutely love a bingo call, although we're still debating whether "two little ducks" or "legs eleven" gets the biggest cheer. Either way, you all certainly called it a great night and we can't wait to see you at the next one on the 10th September! It was brilliant to see so many familiar faces and new supporters getting involved, buying tickets, donating prizes and bringing such great energy to the evenings.

We would also like to say thank you to the amazing students at the University of Lincoln who organised a bake sale in support of Shine. From homemade treats to sweet-tooth favourites, everything baked and sold helped raise both awareness and vital funds for mental health support.

A heartfelt thank you goes to Read Boston, who chose to support Shine through their Ryan Featherstone Memorial Match. The event brought the community together in memory of Ryan and raised an incredible £9,000+. This money is ring-fenced for a project in the Boston area, which will be coproduced with Ryan's family to help ensure his legacy continues to make a meaningful difference locally. We are so grateful to everyone who took part, supported, organised and donated. Your generosity will have a lasting impact.

We would also like to thank Hyundai Boston, who supported Shine during Mental

Health Awareness Week and raised over £1,000. It is always so encouraging to see local businesses choosing to champion mental health and make a real difference in their community.

Our skydivers also truly took fundraising to new heights this year. On 8 May, our brave (and patient given the jump has been postponed several times) jumpers took the leap and raised over £9,000 between them. Whether they were excited, nervous, or questioning their decision at 15,000 feet, we are so proud of every single person who took part. If you missed out this time but are feeling inspired, we already have another skydive booked for 24 April 2027 and we would love to have you on board- just drop an email to lucy@shinelincolnshire.com

A big well done also goes to our 12 amazing runners who took part in the Woodhall Spa 10K for Shine. Together they showed real determination and community spirit, with one runner raising over £550 on their own. Every step they took helps us continue providing support where it is needed most.

There are so many ways to get involved with Shine, whether that is taking on a challenge event, hosting a fundraiser at work or school, joining one of our organised activities, or simply spreading the word about what we do. Every effort, big or small, helps us to keep supporting people across our communities. If you have been thinking about getting involved, we would love to welcome you to Team Shine.



A Year of Adult Learning

What a first year we have had!

Wow, what a first year we have had delivering a vast array of adult learning courses throughout the whole County of Lincolnshire.

Whilst our focus as always on wellbeing and living well such as Healthy Habits and The 5 Ways to Wellbeing, we have also incorporated family learning such as Slow Cooker Cooking for the Family, Youth Mental Health First Aid and learning that can support working life too such as Volunteering in the Thirds Sector and Managing Mental Health & Wellbeing in Employment.

We have had an amazing response to our courses having had over 100 learners, final figures are not in yet, so we expect this figure to rise yet!

Our tutors have had the pleasure of meeting some incredible and inspiring people who have gone on to find greater confidence, volunteer roles and even full-time employment. We really feel we could not have had a better response.

Our thanks go out to all organisations and people who have supported our first year of delivery with the biggest thanks going to all those who have attended and inspired not only us but their own journey in living a purposeful and meaningful life.

The new Adult Learning term kicks off in September so whilst we are busy planning in the background, rest assured we will have some exciting timetables to follow in due course.

To stay up to date with what we will be doing, please follow us on Facebook, keep an eye on our website or ask to sign up to our mailing lists.



Good News from Adult Learning

Good news stories from Adult Learning - From Construction to Peer Support: Megan's New Career Journey

After 10 years working in construction and as a quantity surveyor, Megan knew she wanted a career that felt more meaningful. Having already supported vulnerable people through a community larger role, she became interested in using her lived experience to help others through peer support.

Megan enrolled on the three-day Introduction to Peer Support course to build her knowledge, confidence, and understanding of the role.

Throughout the programme, she engaged positively in discussions and practical activities, developing a strong understanding of peer support principles and the value of lived experience. As the course progressed, Megan's confidence grew significantly, and she became increasingly comfortable sharing her thoughts and experiences within the group.

By the end of the course, Megan demonstrated a clear understanding of the skills, values, and boundaries required within peer support practice.

Following the course, Megan applied for a Peer Support Worker role at Shine. Despite being new to the sector, she was successful in a competitive interview process involving 11 candidates and has now accepted the position.

Megan's journey demonstrates how any training and, in this case, peer support training can build confidence, develop

skills, and support people into meaningful employment.

Congratulations Megan, we wish you every success in your new role.



'The introduction to peer support course was a brilliant experience. It gave me a real understanding of what peer support looks like and how powerful it can be. Although I already knew I wanted to work in mental health when I started the course, the way Donna delivered the training with such encouragement and passion, really inspired me to apply for a peer support role at Shine. Learning with Donna throughout the course helped me see where I might fit in and gave me the confidence to take that next step. Now that I've started at Shine, I'm enjoying it so much, especially working with wonderful likeminded people, and I'm grateful for how much the course equipped me to get here.' - Megan Bemrose, Peer Support Worker (Spalding)

Shine's Accredited Training Intensifies!

Wow another intense period of delivery! Thank you to all the learners who have engaged in our delivery to make our courses valuable and rich experiences. It was positive to have an increasing request for our training offer. We know how challenging the current climate is for all organisations.

World Suicide Prevention Day for September 2026

September 10th is 'World Suicide Prevention Day.' All of us can contribute to reducing the number of people who die by suicide. One of the simplest things to help is to encourage talking and sharing about our challenges in life. Suicide is still the leading cause of death under 30 years of age.

An attendee from our Suicide first Aid CYP Course feedback:

'I have got so much from this course that myself and the wider team at school can implement. This course has been invaluable and relevant. Thank you'

Schools Including Suicide in their RSHE/ PSHE

As of September 2026, the Department for Education has now put in place the requirement to cover suicide within the secondary school mental wellbeing curriculum. This is a valuable addition to helping young people to understand their mental health and be equipped to navigate

Jan - May

31 Courses:

8 physical first aid

5 SFA

18 Mental health

289 attendees

their mental health.

Prevention is the key

We also know prevention is the key. Shine Lincolnshire offers a wide range of accredited and non-accredited training that increases knowledge and confidence to improve resilience in our communities. These are open to anyone.

There is all Physical First Aid (adult and paediatric),

Mental Health Awareness, Mental Health First Aid Adult, Youth Mental Health First Aid, Suicide First Aid adult and CYP.

Remember your Mental Health First Aid should be renewed every 3 years and the Refresher is just 4hrs.

Bespoke

If you want something more bespoke, then please ask and we'd be happy to design with you. Email us via education@shinelincolnshire.com

Check out our current training offer on our website.



A New Home For Training with Shine

Shine is pleased to announce the opening of its new dedicated training and community hub, Alumina Court, known as Betty's Corner, based just off Tritton Road in Lincoln.

The new site will provide a welcoming and professional space for training, partnership working and community collaboration, supporting Shine's continued commitment to improving mental health and wellbeing across the county.

Betty's Corner, will serve as a dedicated training hub for Shine, hosting a wide range of accredited courses and learning opportunities for individuals, organisations, businesses and community groups. Training delivered from the hub will include accredited Mental Health First Aid, Suicide First Aid and Physical First Aid courses, alongside a variety of adult learning sessions designed to improve wellbeing, confidence and life skills within the local community.

The space has been created to provide an accessible and supportive environment where people can come together to learn, connect and gain practical skills that can make a difference both personally and professionally.

Alongside the training facilities, the building also offers bookable boardrooms and meeting spaces available for local organisations, businesses and partners to use for meetings, events and collaborative working.

In addition to the training provision, Shine hopes to develop a wider programme of community sessions and activities from the hub in the future, helping create an inclusive community

space that supports wellbeing, connection and learning for people across Lincolnshire.

Damon Parkinson, Commercial and Strategic Director at Shine, said:

"We are incredibly excited to open Betty's Corner and create a dedicated space where people can access high-quality training, learning opportunities and community support all under one roof."

We are particularly proud to be able to deliver accredited Mental Health First Aid, Suicide First Aid and Physical First Aid training from the hub, while also developing a wider community offer that we hope will make Betty's Corner a welcoming and valued space for local people."

Located in a convenient area of Lincoln just off Tritton Road, Betty's Corner has been designed to support both community and professional needs, providing a flexible and welcoming environment for a variety of uses.

The opening of the new hub marks another important step in Shine's ongoing investment in community-based support, creating spaces where people can access learning, connection and wellbeing opportunities close to home.

Shine hopes Betty's Corner will become a valued hub for local organisations, professionals and community members, helping strengthen partnerships and improve access to training and support across Lincolnshire.

For enquiries about Betty's Corner and boardroom bookings, please contact: bettyscorner@shinelincolnshire.com

Suicide Prevention Among Unpaid Carers: A Conversation We Can't Keep Avoiding

One thing I've learned as an unpaid carer is how easily we slip into saying we're "fine," even when we're anything but. Caring often requires a level of emotional strength that becomes second nature, and before long, masking how we really feel becomes routine. That's exactly why suicide prevention among unpaid carers needs far more attention than it currently gets. Too many of us are struggling quietly, carrying responsibilities that would overwhelm anyone.

Caring can be deeply meaningful, but it can also be exhausting in ways that are difficult to articulate. You're constantly alert, constantly responsible, and constantly aware that if you stop, everything else might fall apart. When you're unpaid, that pressure is often paired with a sense of invisibility – as though the work you do is somehow less legitimate because it isn't on a payroll. Over time, that combination of responsibility and lack of recognition can take a real toll on mental health.

There have been days when the weight of it all has felt overwhelming, and I know many unpaid carers experience the same. Rates of stress, depression, burnout, and feelings of hopelessness are higher among unpaid carers, yet we rarely speak openly about them. We're so used to holding everything together for others that admitting we're struggling can feel like letting someone down.

But suicide prevention isn't only about crisis intervention. It's about creating conditions that stop carers from reaching that point in the first place. It means being able to say "I'm not

copied" without guilt or judgement. It means having people in our lives who check in on us with genuine interest, not just polite small talk. It means recognising that unpaid carers need rest, support, and understanding just as much as the people we care for.

If you're an unpaid carer and you've been feeling overwhelmed or low, you're not alone. Reaching out to someone you trust – whether that's a friend, a family member, a GP, or a support organisation – is a sign of strength, not failure. You deserve support, and you deserve to be heard. And if you know an unpaid carer, take a moment to check in with them. Ask how they're really doing. Give them space to be honest. Sometimes that simple act can make more of a difference than you realise.

Caring is demanding work, and none of us should have to carry the emotional burden in silence or alone.

- Dan Fleshbourne, Unpaid Carer.



AIMP - All Included Music Project



AIMP is a Spalding-based community group initiative, created to bring people together through music.

As we celebrate our 1st birthday, we've grown from a small group of like-minded musicians supporting each other into a truly diverse, inclusive, and supportive community—where people can express themselves freely, without fear, judgement, or pressure. Whether you play an instrument, sing, write songs, or simply enjoy music, AIMP offers a welcoming and inclusive space for everyone.

AIMP actively supports mental health and wellbeing, helping individuals overcome isolation, adversity, and disability through the power of music and connection.

AIMP offers:

- **Regular Sunday social and practice sessions**

- **A relaxed space to meet up, chat, sing, and play together**
- **Open mic nights**
Opportunities to perform in a supportive, encouraging environment alongside AIMP members
- **Live concerts and performances**
Including upcoming AIMP Live events:
Moulton Village Picnic in the Park - 4 July
Ayscoughfee Hall - Ayscoughfest - 15 August

...and we continue to grow, with new events and opportunities being added regularly.

For further details look us up on Facebook and join in - All Included Music Project <https://www.facebook.com/AIMP>

No experience needed—just a love of music. Everyone is welcome!



Fields Farm Fitness Sessions

Fields Farm Fitness Sessions
Fridays, 9:30am - 11:30am

Delivered in partnership with Adults Move Lincolnshire CIC and funded through National Lottery Sport England funding, these outdoor fitness sessions are designed to help adults improve their wellbeing and physical health whilst their children safely play and explore nearby within our secure farm environment. We have a limited number of funded spaces available for those who may otherwise find it difficult to attend. We also have access to some transport funding and recognise that transport can often be a barrier for families accessing community activities. If transport is preventing someone from attending, we would encourage them to get in touch with us so that we can explore what support may be available.

▫ **Family Farm Yoga Sessions (Launching this Summer)**

We are also excited to be introducing family yoga sessions at Fields Farm this summer, providing an opportunity for children and adults to move, connect and enjoy wellbeing activities together in our beautiful outdoor setting. Further details will be released shortly.

Thank you also for the advice regarding the grant applications. I will have a look at the advice sessions and see if I can book onto Monday's session. The offer of additional 1-1 support is greatly appreciated and may be really useful as we continue to explore funding opportunities to support the growth of Fields Farm and our community provision.



The poster for Fields Farm Fitness features a circular logo at the top left with a farm scene and the text 'FIELDS FARM NATURE PLAY & THERAPY CIC'. The main title 'FIELDS FARM FITNESS' is in large green letters, with the tagline 'Move • Connect • Feel Good' below it. A green badge on the top right says 'ALL ABILITIES WELCOME!'. The central part of the poster shows three photos: a group of people sitting on the grass, a woman doing a yoga pose, and a woman lifting a kettlebell. Below these is a green circle with a calendar icon and the text 'FRIDAYS 9:30AM - 11:30AM' and 'FIELDS FARM WHAPLODE, SPALDING'. At the bottom, there is a section titled 'OUTDOOR FITNESS SESSIONS FOR ADULTS' with icons for 'OUTDOOR FITNESS SESSION', 'FARM FUN FOR CHILDREN', 'FRESH AIR & WELLBEING', 'FRIENDLY ATMOSPHERE', and 'ALL ABILITIES WELCOME'. To the right of this is a logo for 'ADULTS MOVE LINCOLNSHIRE'. Below the icons is a section titled 'FUNDED SPACES AVAILABLE' with text about funding from The National Lottery and Sport England. At the bottom left, there is a 'BOOK YOUR PLACE TODAY!' button and a 'DROP US A MESSAGE' button. At the bottom right, there is a 'FIND US ON FACEBOOK' button.

The Mareham le Fen Community Centre Digital Hub & Information Point

The Trustees and Volunteers of Mareham le Fen Community Centre are delighted to announce that their recent application to the ELDC Grass Roots Fund has been successful.

Work on the £10,000 project will start next week and brings back into use the Hurricane Room which is currently used for storage. The new Digital Hub project will include a Community Office and a computer training suite available to local people of all ages. There will also be two hot-desks available for home-workers or budding entrepreneurs.

An Information Point and access to wider services will respond to demand and will offer links to Health, Welfare, Transport, Social Networks, Leisure and Employment. Support will be offered, such as booking doctor appointments, ordering library books or needing to book the Social Car Scheme or Call Connect bus. A community drop-in cafe corner will provide a cuppa and a chat to those who need help.

The office will be manned by accredited and trained Volunteers who may want to use their volunteering experience as a pathway to further training or future employment.

Mareham le Fen Community Centre hosts regular fitness, , art and creative workshops but still has space for more. The Centre offers an attractive, modern and well equipped venue with a full commercial kitchen, bar and excellent outside area, all set in a large well maintained playing fields.

There is a large main hall plus smaller rooms for meetings, conferences, training or leisure activities please contact secretarymlfcc@gmail.com or ring 077030 48602. We also offer event organisation with packages tailored to individual needs.

For more information or to register your interest please email secretarymlfcc@gmail.com, or telephone 077030 48602.



Improving Health and Wellbeing through volunteering with animals

Fairfield Community Farm is a small, not for profit project, situated on Ruskington Fen, just outside Sleaford, Lincolnshire.

The farm is home to the friendliest goats, sheep, pigs, horses, ponies, chickens, geese, and ducks. Fairfield believes that spending time outdoors with the animals and connecting with the natural world can have a profound impact on health, happiness and quality of life and we witness these benefits first hand through our visitors and volunteers.

Our mission is to provide an outstanding, welcoming facility that benefits the local community and beyond. The farm exists as a safe space where people can visit, relax and reconnect, while improving mental and physical health, and overall wellbeing.

Fairfield is entirely volunteer led, with dedicated local people providing their time, skills and passion to care for the animals, maintain the land, provide education and welcome visitors from all walks of life. Our volunteers are at the heart of everything we do. They create a warm and friendly atmosphere while keeping the farm accessible, inclusive and community focused.

Our volunteers tell us that spending time at the farm has improved their self-esteem and helped them feel deeply connected to a wider, supportive farm family they never realised they needed. Many have experienced better mental wellbeing and feel less need for medical intervention, while others have learned new skills and grown in confidence.

We offer family visits, educational school trips and children's activities to support children with their continued development and wider learning, developing their knowledge of animals, nature and the environment, acknowledging the role these things play in supporting mental wellness and self-development.

For more information, visit www.fairfieldcf.co.uk or email admin@fairfieldcf.co.uk



Horncastle Speakers



Are you looking to build confidence, sharpen your communication skills, and connect with friendly, supportive people in your community?

Horncastle Speakers, part of the worldwide Toastmasters International network, is the perfect place to start.

We meet on the 1st and 3rd Thursdays of each month from 18:45 to 19:00 at Horncastle Community Centre, offering a welcoming and encouraging environment where you can develop both public speaking and leadership skills at your own pace. Whether you're completely new to speaking or looking to refine your existing abilities, our structured yet relaxed sessions make learning enjoyable and rewarding.

At Horncastle Speakers, you'll have the opportunity to practice prepared speeches, try impromptu speaking, and receive constructive feedback that helps you grow with every meeting. No pressure, no judgement—just friendly support every step of the way.

And of course, we keep things sociable too, enjoy tea, coffee, and biscuits as you meet like-minded individuals and build lasting connections.

Come along, give it a try for free, and discover the confidence you didn't know you had. Visitors are always warmly welcome.

Scan our QR code, call or email to register your interest and we will add you to our mailing list.

Email horncastle.speakers@gmail.com
Tel: 07363 023538



Chop, Chat & Change: Building Health, Wellbeing and Community One Vegetable at a Time

What began as a simple idea to reduce food waste and make healthy food more accessible has grown into something far more significant for the people involved.

Since launching in October 2025, Chop, Chat & Change, developed by GoGro CIC, has become a thriving community project in Sleaford, bringing volunteers together each week to prepare surplus and donated vegetables and create affordable, ready-to-use food products for local people, via the Sleaford Community Grocers. The project is helping families access nutritious food while preventing good produce from going to waste.

However, the impact of Chop, Chat & Change extends well beyond the food itself.

At its heart, the project is about people. Volunteers gather weekly to chop, prepare and package produce, but they also share conversations, laughter, experiences and support. For many, the sessions provide an important opportunity to connect with others, reduce feelings of isolation and be part of something positive within their community.

Volunteers have spoken about increased confidence, improved mental wellbeing and the sense of purpose they gain from contributing to a project that directly benefits local residents. The welcoming and inclusive environment allows people from different backgrounds and life experiences to work together, learn new skills and build meaningful friendships.

The health and wellbeing benefits are evident not only in the volunteers but also in the products they create. By transforming surplus vegetables into convenient, affordable food options, the project makes healthy eating more accessible for individuals and families who may face barriers such as cost, confidence in cooking or limited preparation time.

The food packs provide simple ways for people to incorporate more vegetables into their diets. By making healthy ingredients easier to use, Chop, Chat & Change is helping to encourage better eating habits while ensuring that valuable food is not wasted.

The project has recently expanded to two days a week thanks to the support of North Kesteven District Council through the REP Fund. The Sleaford project is part of the successful GoGro CIC model (where they are supporting the development of these initiatives across the county), which has enabled Chop, Chat & Change to grow into a project that supports both environmental sustainability and community wellbeing.

The project's success demonstrates that tackling food waste can achieve much more than reducing what ends up in the bin. It creates connections, improves wellbeing, builds confidence and helps people access healthier food choices. In doing so, Chop, Chat & Change is proving that sometimes the most meaningful community change begins with something as simple as sharing food and conversation around a table.



Support Directory



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

Updated: April 2026

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