Shine

Community Investment

Mental Health and Wellbeing Community Investment Fund 2026



MENTAL HEALTH AND WELLBEING COMMUNITY INVESTMENT FUND



In 2022 the Mental Health and Wellbeing Community Investment Fund was launched following agreement with Lincolnshire partners as part of the Community Mental Health Transformation Programme. The Fund brings together the Community Asset Development Allocation and the Managed Care Network, mental health funding.

The Funding was available to all third sector and VCFSE organisations with the overarching aims that the fund would:

• Support growth and innovation of VCFSE organisations to deliver projects for the benefit of those experiencing a mental illness or wellbeing need.

• Support smaller grass roots organisations to deliver and test out innovative ideas in response to local population need.

• Further support the growth and sustainability of partner organisations to ensure the collective development of a mental health, learning disability and autism informed society and workforce.

• Ensure that all funding is aligned to clear objectives, able to evidence and demonstrate impact and delivery that is of benefit to the Lincolnshire population which they serve and does not duplicate other funding streams.

We are now in the fourth year of the Mental Health and Wellbeing Community Investment Fund (MHWCIF), and it's a pleasure to highlight the fantastic work of organisations currently delivering across all streams of the fund.

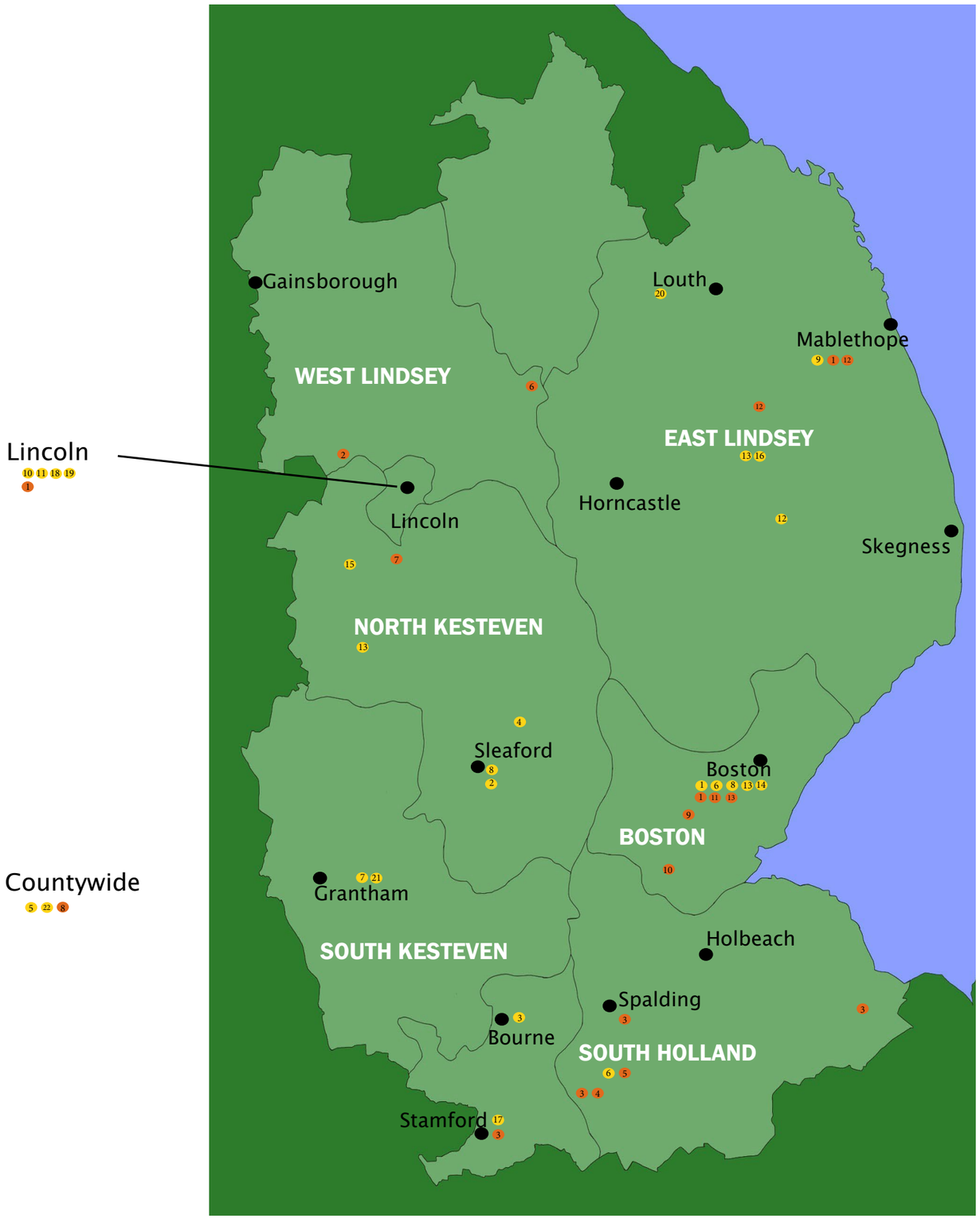
If you have any queries, please don't hesitate to contact the organisations directly or get in touch with us here at Shine.

Keep an eye on our website, magazine and social media channels for the latest updates and inspiring stories from across the county, highlighting the incredible work of organisations delivering support within our communities.

www.shinelincolnshire.com

@ShineLincs

@ShineLincolnshire



1. BOSTON COMMUNITY TENNIS PARTNERSHIP

Share the Court is a project run by Boston Tennis Club's Community Tennis Partnership (CTP). The weekly sessions will be ran by qualified and experienced coaches taking the group through low level sporting activities such as pickleball and short tennis. The group aims to improve emotional and physical health in adults 50 years and over whilst reducing loneliness and inactivity.

Each session will be followed by a FREE drink and a chat in the clubs impressive cafe.

Location: Boston
Session frequency: Weekly

T 01205 355502
E info@bostontennis.co.uk
W www. clubspark.lta.org.uk/BostonTennisClub

BOSTON TENNIS CLUB

2. CITIZENS ADVICE MID LINCOLNSHIRE

Fresh Focus will provide vulnerable members of the community with a safe, non-intimidating venue to access support and advice. This is especially important for those experiencing mental health difficulties.

We will assist with all enquiry areas including maternity, family/relationships, employment, discrimination, benefits and money. This preventative project aims to tackle daily life struggles by providing factual advice and practical support in order to prevent situations that could lead to mental health dips, anxiety, stress and depression.

Location: Sleaford
Session frequency: Weekly

T 08082787942
E outreach@citizensadvicemidlincs.org.uk
W www.camidlincs.org.uk

citizens advice Mid Lincolnshire

3. DON'T LOSE HOPE

The New Listening Shed is open and is proving a highly effective support space. With Groups taking place every morning, the space is open for listening and mental health support 6 days a week. If you know someone who might need to pop in for a chat, please get in contact with Don't Lose Hope on Enquiries@dontlosehope.co.uk,

Dom@dontlosehope.co.uk or pop in to the shed.

Location: Bourne
Session frequency: Weekly

T 07735614173
E Dom@dontlosehope.co.uk
W www.dontlosehope.co.uk

Don't lose hope
Charity #1178839
"To enhance the well-being of all members of our community by providing access to therapeutic and emotional support".

4. FAIRFIELD COMMUNITY FARM

Fairfield Community Farm is home to friendly goats, pigs, sheep, chickens, ducks and ponies. All the animals love spending time with people and they give so much joy to everyone who visits the farm!

Fairfield provides a welcoming space where people can improve their mental and physical health through being outdoors, socialising with others and helping to look after the animals. The Connections Project will help us to recruit, train, support and benefit many more volunteers. We will be able to offer expenses and refreshments, as well as training in important skills such as first aid and animal care.

Location: Ruskington
Session frequency: Weekly

T 07775741383
E fairfieldcf@outlook.com
W www.fairfieldcf.co.uk



5. SOUNDLINCS

MusiCare is a targeted initiative developed by SoundLincs to support the mental health and well-being of the approximately 70,000 care workers across Lincolnshire. Building on the success of the established UpBeat program, this project addresses the high levels of burnout, anxiety, and depression, affecting over 36% of the workforce, by providing regular, inclusive music-making sessions. The 260 workshops offer a non-medical, creative outlet for self-expression and stress relief, specifically designed to be accessible to those in high-stress roles.

Location: Countywide
Session frequency: Weekly

T 01522510073
E info@soundlincs.org
W www.soundlincs.org

soundlincs
unleashing potential through music

6. AGE UK LINCOLNSHIRE

Sapphire Socials will expand delivery of social activities including photography/dance/crafts/walking/horticultural/games groups, in order to increase the resilience of older people by promoting improved wellbeing, increased physical activity and reducing social isolation. Volunteer recruitment will be encouraged to support the programme, helping people gain new skills and build social connections with others in their area, whilst improving their own mental health and wellbeing. Weekly meetings both in town centres and rural locations will be supported by virtual groups for those unable to travel, and will be promoted to older people with physical disabilities, age related frailty and mental health or wellbeing concerns.

Location: South Holland & Boston
Session frequency: Various

T 03455 564 144
E laura.mackie@ageuklincolnshire.org.uk
W www.ageuk.org.uk/lincolnshire/

Lincolnshire age UK

7. JUBILEE CHURCH (ACM)

All Stars - A friendly parent's support group where parents bring their pre-schoolers located in the heart of Grantham one day a week for parents who have poor mental health, financial concerns, housing issues, lack of opportunity, loneliness / social isolation & other daily life challenges, physical health and wellbeing. We see migrants from over 45 nationalities many from ethnic minority groups. In light of the Minister for Health Feb 21st 2023 informing of Women's Wellness Hubs being set up across the UK this seems very much in line with government thinking. We provide free lunch and refreshments, an open fridge/bread basket.

Location: Grantham
Session frequency: Weekly

T 07794 296 154
E ericandpatwhittaker@gmail.com
W www.jubileegrantham.co.uk

Jubilee Church life centre

8. CITIZENS ADVICE MID LINCOLNSHIRE

Reach Out supports those who identify as women who are at risk of developing mental health dips with all aspects of their lives. This includes benefits, maternity, employment, financial wellbeing and discrimination, addressing the pressures experienced by women to reduce gender inequality and disadvantage. Reach Out pro-actively supports women to minimise the risk of mental health struggles. Women gain greater confidence in their ability to build upon and maintain their own mental wellbeing, whilst also embedding a self-sufficient and resilient approach to resolve future life events. Support is tailored, on a one-to-one basis, at a location most convenient to participants.

Location: Boston & Sleaford
Session frequency: Weekly

T 08082 787 942
E steph.shinn@citizensadvicemidlincs.org.uk
W www.camidlincs.org.uk

citizens advice Mid Lincolnshire

9. THE STORE HOUSE CHURCH ALFORD

Open Arms - We would aim to help different individual's with how they see things in a better way having the face to face with someone within the town, this would also reduce the pressure for the NHS as well as help the person without a waiting list. This would offer even being referred to training courses to boost confidence and also help the people we do interact with have a better way of how they see themselves and they wont feel alone.

Location: Alford
Session frequency: Various

T 01507 462 990
E thestorehousechurchalford@outlook.com
W www.thestorehousechurchalford.org.uk

THE STOREHOUSE Church Alford
Love God | Love People | Make a Difference

10. LINCOLNSHIRE YMCA

STRIVE (Support - Training - Recreation - Interaction - Volunteering - Environment) provides a rich, varied suite of engagement activities which have been brought together as a result of previous test-and-learn activities and in response to feedback from our beneficiaries - up to 180 adults experiencing homelessness and the mental, physical and emotional strain on the streets or in vulnerable housing situations. The project offers a wide range of learning, physical, social and community focused activities which will enable the people we support to improve and maintain their wellbeing, make positive contributions to the world around them, and develop confidence and resilience through personal development.

Location: Lincoln
Session frequency: Various

T 01522 508 385
E Nikomi.heath@lincsymca.co.uk
W www.lincsymca.co.uk

YMCA Here for young people Here for communities Here for you

11. LINCOLN CITY FOUNDATION

Does anyone ever listen to you? Fancy a Team Talk? We are here to help. **Team Talk** is Lincoln City Foundation's mental health programme for people aged over 18. We provide safe spaces and physical activity sessions to help break down the barriers that prevent people asking for help, whilst also offering a network of social support. Through our connection with Lincoln City Football Club and the dominant demographic of the football fan base, we know we can particularly reach men in need.

Location: Lincoln
Session frequency: Weekly

T 01522 563 792
E trafford.grimes@lincolncityfoundation.co.uk
W www.lincolncityfoundation.com

Lincoln City Foundation

12. DESIRE CHANGE CIC

Mood Booster's Gardening & Cookery provide weekly sessions on our rural therapeutic farm in the tranquil setting of Old Bolingbroke. Join us for a small group session either spending your time helping to cultivate the garden or cooking up delicious dishes in our BBQ Grill Hut. There is no charge for this session but booking is essential to ensure small group sizes. Also available as a private session designed to be flexible to suit your interests and give you time out. Rest, relax, revitalise!

Location: Old Bolingbroke

Session frequency: Weekly
T 01790 616 102
E angie@desirechange.org
W www.blackbarnbolingbroke.com

13. CURO SOCIAL ENTERPRISE CIC

Five Steps to Wellbeing Through Animal Assistance - alternative type of therapy, offers a safe, non-judgemental, non-clinical space, where anyone who is struggling with mental ill health, or experiencing difficulties with wellbeing, can seek support from us and each other by spending time relaxing and re-energizing outdoors, benefiting from fresh air and sunshine with farmyard therapy animals, and expressing their feelings and healing their minds with therapeutic art and craft engagement. Social groups and mindfulness activities including yoga. There will be opportunity to give back to their community through volunteering, developing social support networks, learning how to support each other and deliver helpful, reassuring support to other members.

Location: East Lindsey, North Kesteven & Boston

Session frequency: Various
T 07432 102 451
E admin@curo-lincs.co.uk
W www.curo-lincs.co.uk

14. CENTREPOINT OUTREACH

Centrepoint Outreach is a Christian charity working with homeless and vulnerable adults in Boston. We operate a drop-in six days a week to provide for the immediate essential needs of clients. Our project **Along With Us** has been developed with the goal of moving beyond clients' baseline needs. We want to help empower people to make long-term positive changes – find stable accommodation, employment and integration into the wider community. We do this through the delivery of small-group collaborative activity sessions designed to develop skills, encourage talents and creativity, aid social-development, community cohesion and ultimately to improve the mental wellbeing of our clients.

Location: Boston

Session frequency: Various
T 01205 310 700
E projectworkers@centrepoint-outreach.com
W www.centrepoint-outreach.com

15. HILL HOLT WOOD

The **Balancing Nature** project will involve the restoration and protection of a rare lowland heath set in the tranquil ancient woodland of Norton Bigwood. Without human intervention this heathland will become overrun by trees and be lost forever. The restoration of this rare environment will include the following tasks overseen by one of our experienced rangers; removal of trees and Bracken, scaping to create bare ground which will encourage regrowth and prevent soils from getting too nutrient rich. Pond restoration and reintroduction of some species. Planting of heather (Calluna Vulgaris) and other heath plant life. Protection of viviparous Lizard habitat (hibernacula).

Location: Norton Disney

Session frequency:
Fortnightly
T 01636 893 836
E steve.donagain@hillholtwood.co.uk
W www.hillholtwood.co.uk

16. LINCOLNSHIRE OUTDOOR LEARNING

Grow4Health - We bring people together as a support group for the mental health and social benefits of gardening and growing food plants for cooking and healthy eating. We support people within our sites at Kenwick Park and the 2 Community Allotments at Louth and Spilsby, or growing food plants at their own home and garden. So there is plenty of choice of locations, so come and join us and gain the benefits of gardening with others in nature.

Location: East Lindsey

Session frequency: Weekly
T 07864 967 057
E ashley@LincolnshireOutdoorLearning.co.uk
W www.Lincolnshireoutdoorlearning.co.uk

17. ART POP-UP

Art Pop-Up's Cheer Circle is an innovative programme building an inclusive community through fun opportunities to engage with the 5 Ways to Wellbeing. Make new friends through supported social activities - coffee mornings, music performances, art workshops, seasonal events including summer fayres and carolling, plus a tea dance, Christmas and summer parties. Through the joint activity programme, we facilitate introductions to like-minded participants of all ages from our local partner organisations. Activities take place at our partners' venues and in local community spaces. Particularly suitable if you want to build social confidence or have additional needs.

Location: Stamford

Session frequency: Various
T 07771 788 098
E samroddan@artpopup.co.uk
W www.artpopup.co.uk

18. ABBEY ACCESS CENTRE LTD

Abbey Access Training's **Better Together** project will support you to improve your mental health, confidence, anxiety and coping strategies through a range of fun activities. We aim to get you out of the house, make new friends and build you up to a positive way forward in life. Our cooking classes, cake decorating, wellbeing walks and craft classes are all designed to help improve your wellbeing, self esteem and give you the strategies to keep well. Our mentors will hand hold you through the journey and help keep you on track for a healthier future.

Location: Lincoln

Session frequency: Weekly
T 01522 801 556
E Gail.dunn@abbeyaccesstraining.co.uk
W www.abbeyaccesstraining.org

19. DARKSIDE RISING CIC

Darkside Rising CIC is a women's health organisation based in Lincoln. The **Strength in Cancer Project** will provide adapted strength training sessions to 24 women each year, who are experiencing mental health conditions with a co-occurring cancer diagnosis. They will engage in weekly physical activity and peer support, led by a specialist Cancer Exercise Rehabilitation Personal Trainer. Outcomes will include improved mental health, increased confidence and resilience, reduced social isolation and greater physical health. We will also develop a trauma informed CPD course for personal trainers, supporting the wider physical activity workforce to support the mental health of their community.

Location: Lincoln

Session frequency: Weekly
T 07717 202 065
E projects@darksiderising.co.uk
W www.darksiderising.co.uk

20. LINCOLN AND LINDSEY BLIND SOCIETY

By my side provide an individually tailored befriending service, which involves volunteers in social activity with clients in their own homes or within social groups. Home visits provide practical help, including reading correspondence, accompanied shopping, emotional support or companionship. Social groups are run by local volunteers and include activities such as ten pin bowling, reading, craft, friendship and walking. The project offers visually impaired people a range of opportunities to alleviate diminished mental health, encourages greater community inclusion, offers improved access to services and helps to enhance life skills and quality of life.

Location: Louth
Session frequency: Various
T 01507 605604
E mandy@llbs.co.uk
W www.llbs.co.uk

21. OUTWOOD CIC

Outwood offers groups and workshops to local people giving them the opportunity to engage with others whilst learning and sharing woodwork and craft skills. Outwood promotes positive interventions to improve mental wellbeing and gain confidence to continue their personal recovery.
The projects aim is to support people with their recovery from mental health issues and to gain support in a non-clinical way, and to continue their recovery through meaningful activity. Providing the opportunity to learn and share skills in a relaxed environment, whilst engaging the mindful activity of creating items from reclaimed wood, participants build confidence and self-esteem to organically grow social networks and gain the confidence to continue moving forward in their recovery.
Location: Grantham
Session frequency: Weekdays- times vary
T 07985 565 714
E simon.kieffer@outwoodcic.org
W www.outwoodcic.org

22. SOUNDLINCS

SoundLincs Social Prescription Service is a social prescription service that supports mental health through music. Music benefits mental health and can reduce depression, lower anxiety and create opportunities for connection, personal growth and fun. UpBeat is accessed via self-referral or referral from a social prescriber or health provider. Sound Lincs will make contact and use a person-centred approach to explore interests, ambitions and background and discuss ways that the service can provide support and opportunities to fit the individuals needs. They then provide a music related activity, either as a bespoke session delivered by a professional music facilitator, support to participate in a group or through tailored sign posting.

Location: Countywide

Session frequency: Various
T 01522 510 073
E ewan@soundlincs.org
W www.soundlincs.org

1. ACTS TRUST

Daylight is a new development of our existing community support work across Lincolnshire. This combines the out-of-hours support of Night Light Cafes with the practical foundations of our former skills programme, Restore. Mirroring Night Light, Daylight will offer an opportunity for adults 18+ experiencing long-term mental ill health.

Location: Lincoln, Boston, Mablethorpe

Session frequency: Weekly
T 01522 542166
E simon@actstrust.org.uk

2. BROADENING HORIZONS

Broadening Horizons delivers nature-based wellbeing and meaningful occupation days for adults at risk of or living with mental ill health, and those in recovery. Those living with mental ill health are very welcome to attend along with their support worker. Sessions take place on our working smallholding at Fenton, near Saxilby. We provide a calm, supportive setting where our guests take part in real, purposeful activity that the smallholding genuinely needs. For example, planting, harvesting, animal care, farm maintenance or group projects. We also provide space to rest and enjoy the countryside. The aim is to help our guests feel calmer, more connected and more confident, and to support them to stay well.

Location: Saxilby

Session frequency: Monthly
E admin@haveago.uk
W www.haveago.uk/broadening-horizons/

3. CPSL MIND

Our **Connecting Mums** course aims to increase social connection, confidence, and coping skills, and nurture the mother-baby bond, helping to prevent postnatal depression through a relaxed, supportive environment.

Location: Sutton Bridge, Spalding, Market Deeping, Stamford

Session frequency: Various
T 07852 642031
E Nicholas.moon@cpslmind.org.uk
W www.cpslmind.org.uk

4.DEEPING MEN IN SHEDS

Sweet Flowers Grow is a community project led by Deeping Men in Sheds to build and distribute raised bed planters for older and disabled people who can no longer garden easily at ground level. The project aims to bring cheer, independence and wellbeing to people in the community by enabling them to continue growing flowers safely and comfortably.

Location: Market Deeping

Session frequency: Various
T 07352 103657
E DeepingMeninsheds@gmail.com

5. FND LINCS

Enviro-Mental Health is a 12-month, community-led development project led by FND Lincs Community Interest Company. It will use approximately six acres of currently undeveloped land in South Holland as the starting point for a nature-based wellbeing resource shaped with, rather than simply for, local people.

Activities will include guided walk-and-talk site visits, wellbeing-in-nature sessions, conservation and habitat observation, creative mapping, rural craft and outdoor-skills tasters, community design events, open days and partner roundtables.

Location: South Holland

Session frequency:
Various
T 07507 713817
E info@fndlincs.org
W www.fndlincs.org

6. HAPPY HOOVES

Stable Futures is a weekly training sessions over an eight-week programme, taking place on Monday afternoons. The programme will run four times throughout the year, providing opportunities for four separate groups of participants to take part.

Sessions will be delivered on the farm and will focus on developing transferable skills that can support participants in everyday life, future education and meaningful employment. The programme will combine practical work experience with structured, skills-based activities, including record keeping, communication, first aid, confidentiality, teamwork and responsibility.

Participants will also have opportunities to develop practical skills through equine, animal and bird handling activities, helping to build confidence, patience and an understanding of safe working practices. Alongside these practical elements, there will be a strong focus on wellbeing, resilience and developing positive coping strategies.

Location: Market Rasen

Session frequency: Weekly
T 077242 97481
E hello@happyhooves.org.uk
W www.happyhooves.org.uk

7. HOPE MEADOWS

Grounded is a funded programme bringing the power of equine assisted mental health support to education staff across Lincolnshire. It's for teachers, teaching assistants, support staff, and senior education leaders who might be struggling with their wellbeing and would like to try a different kind of support.

We know that education staff are under sustained pressure, often putting others' needs before their own until they reach crisis point. Grounded offers a chance to step out of that cycle before it gets there.

Grounded offers two types of session: Equine Assisted Psychotherapy and Equine Assisted Coaching.

Location: South Hykeham

Session frequency: Various
T 001522 396643
E emily@hopemeadows.co.uk
W www.hopemeadows.co.uk

8. SOUNDLINCS

Social Prescription Service is a countywide pathway supporting people experiencing poor mental health, social isolation and barriers to community participation through structured music-based interventions. Developed through extensive evaluation and learning from an earlier iteration of this service, the new model now provides a progression route from initial engagement through to meaningful occupation, volunteering, education and employment opportunities.

Location: Countywide

Session frequency: Varied
T 01522 510073
E eddy@soundlincs.org
W www.soundlincs.org

9. INSIPIRED EQUINE ASSISTED LEARNING

EAL for MH, Confidence and Community Connection is a 12-month programme combines Equine-Assisted Learning with meaningful work-experience. It delivers two groups of six participants attending weekly one-hour sessions for 12 weeks, repeated quarterly, totalling 96 sessions and supporting 48 beneficiaries. A follow-on eight-week volunteering opportunity in stable management and horse care provides routine, purpose and social connection, strengthening local networks and reducing isolation.

Meaningful occupation is central to the model, helping participants develop calmness, communication and problem-solving skills, alongside work-readiness through IdEAL's Stable

Management course

Location: Boston

Session frequency: Weekly
T 07751 038719
E info@inspired-eal.co.uk
W www.inspired-eal.co.uk

10. PE11 MENS SHED

PE11 Men's Shed provides a safe, informal space where men experiencing isolation, bereavement, unemployment, disability, or declining health can connect.

The project will expand the current workshop and activity areas, improve accessiblity, upgrade tools and ventilation and create dedicated social and wellbeing spaces. It will also create new programmes including skills training, health talks and intergenerational projects.

Location: Gosberton

Session frequency: Weekly
T 07770 493800
E mensshedpe11@gmail.com

11. THE COMMUNITY GROWERS

Growing Good is a weekly gardening club for anyone over the age of 18. We offer support and guidance following the seasonal tasks involved with growing fresh fruit, vegetables and flowers.

This is a great opportunity to get out into nature and enjoy some outside time and light exercise with general chatting and socialising. Attendees are welcome to take freshly picked produce home with them, even bunches of flowers for themselves, friends or family.

We offer a space with 54 'No Dig' beds for growing a wide range of produce. We have a 27m long poly tunnel for summer hot crops and winter salads. During the colder months and on wetter days we have crafting and practical skill building activities that we do from a warm and inviting treehouse.

Location: Boston

Session frequency: Weekly
T 07507 5128267
E thecommunitygrowers_cic@outlook.com
W www.communitygrowers.co.uk

12. THE COMMUNITY TABLE

Community Table Social Supermarket is a dual-location Social Supermarket and Meaningful Occupation initiative across coastal Mablethorpe and rural Alford to support adults living with, or at risk of, Severe Mental Illness (SMI) and severe cost-of-living distress.

Beyond food security, our supermarket floors operate as live, non-clinical therapeutic environments. Over 12 months, we will embed a cohort of at least 45 adults facing mental health challenges into structured, 12-week volunteer training pathways. Participants gain real-world skills in retail operation, inventory management, food hygiene (Level 2 certification), and logistics, supported by Mental Health First Aid mentors. This model de-escalates acute financial anxiety while restoring self-efficacy, routine, and social connection.

Location: Mablethorpe & Alford

Session frequency: Mon-Sat
E liam@thecommunitytablecic.com
W www.thecommunitytablecic.com

13. POLISH SUPPORT INITIATIVE

Community Voices is a 12-month co-production project delivered by Polish Support Initiative CIC (PSI CIC) from the WeConnect Community Hub in Boston. Building on the success of the Roaring 40ties Women's Wellbeing Group, the project will establish a lived experience panel to ensure that people affected by loneliness, social isolation, poor mental wellbeing, caring responsibilities and long-term health conditions actively shape future mental health and wellbeing services.

Location: Boston

Session frequency: weekly
E psicicboston@gmail.com

Support Directory

Shine



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

Updated: April 2026

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

Shine

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

info@shinelincolnshire.com
www.shinelincolnshire.com