



# Connect

SUMMER 2022



## An update from Shine

Over the past few months at Shine we have been busy!

We have moved to a new mailing system that allows us to keep everyone more up to date with everything that is taking place across Lincolnshire! Every month we sent out an email blast from our very own community engagement email address! If you are interested in receiving information on events and groups taking place around the county alongside the latest Shine information get in touch by emailing [Communityengagement@Shinelincolnshire.com](mailto:Communityengagement@Shinelincolnshire.com)

## CHANGES TO OUR BOARD OF TRUSTEES

We are happy to announce our Board of Trustees has expanded, we would like to take the time to welcome Wendy to the board:

As an experienced Director and Charity Trustee, Wendy brings a wealth of experience and skills to the Charity.

After graduating, she qualified as an accountant and led a range of health service audits and value for money studies for the National Audit Office. She moved to a global Management Consultancy practice and, as a Director, led teams procuring local authority and health service buildings and services, and performance improvement projects for public sector. She then took the plunge into independent working and had a wide variety of clients across the Government and Education Sectors, before moving to a permanent role as Director of Corporate Services in a special education needs charity in Surrey.

After stopping work, she became a Trustee with Artbox London, a charity supporting adults with learning disabilities to create and sell their artwork on-line and at exhibitions.

Having thoroughly enjoyed the Trustee role, and after relocating to Lincolnshire, Wendy was keen to find another post. She chose Shine Lincolnshire having seen the links between learning disability and mental health challenges whilst at Artbox, and recognising the huge impact Covid has had on mental health.

She is looking forward to supporting the Charity in its next phase of development and keen to participate in shaping its path.

## Our new Training and Development Manager

We are happy to introduce our new Training and Development Manager, Ian Tomlinson. We wanted to take the time to welcome Ian and let him introduce himself to you...

I qualified as a teacher with a Bed Honours degree in July 1991. Following this, I taught for 11 years in the classroom and have been an educator/trainer since. I also worked within a Community Programme at a professional football Club providing support to young people disaffected with education.

Then I took a role as a schools' adviser for the National Healthy Schools Programme, this focused on the provision for pupils in the areas of Healthy Eating, Physical Activity, PSHE (Personal Social Health Education) and Emotional Health and Wellbeing. These combined gave the young people the ability to make informed decisions about their health and to develop emotional literacy that would be the foundations for their lives. Through this experience I know the importance of mental health within education and have seen how it can build or erode self-esteem and ultimately affect engagement with life and achievement.

Since I have delivered driver CPC, advised school managers, written and delivered a health education and a first aid programme for young people and delivered training within a community response charity.

Working in public, private, and voluntary environments

has given me an insight into the working environment and the processes that individuals function within. Most recently, I was fortunate enough to deliver Mental Health First Aid training to over 200 staff from the health Sector within Lincolnshire.

As an Educator, Mental Health First Aid instructor, and recently a Suicide First Aid Instructor, I have a passion for facilitating learning for people to understand their own, and therefore others', mental health. Knowing you contribute to improving individuals' knowledge and resilience; contributing to breaking down social barriers and increase conversations around mental health, for all people is hugely satisfying.

If we educate across our diverse community settings we build knowledge, skills and awareness. Through this we have greater capacity as individuals, workplaces and socially to manage life's path. We can make informed choices about our health, recognise when we need support and where to find it and respond in times of crisis.

This new role is an exciting opportunity to further develop the valuable contribution Shine Lincolnshire plays in the county. Education is crucial to improving our health choices and ultimately reducing the risk of developing mental ill health and potential crisis.

## Education and Training

As you may be aware Shine Lincolnshire continues to grow and evolve. We have created a new post in Training and Development which will broaden our organisation's offer.

Watch this space as we will soon be in a position to provide training to our partners and the wider community of Lincolnshire. This training offer will include courses from the National leading provider Mental Health First Aid England (MHFAE) in Mental Health First Aid, Mental Health First Aid Refresher, Mental Health Awareness and as a Mental Health Champion. To further compliment this offer there will be the new Suicide First Aid through the National Centre for Suicide Prevention, Education and Training (NCSPET).

In this current challenging time, every individual's mental health is being challenged outside the boundaries that existed prior to COVID - 19. We all have mental health. We all have physical health. Together they are 'our health.'

The opportunity to educate our community to be more aware and informed about mental health is exciting. COVID has raised the profile of mental health.

Education and training brings increased knowledge and skills to engage with daily life and its challenges. Having a greater understanding can change mindsets and perceptions. This will improve health choices and contribute to breaking down the barriers to the stigma and discrimination that is attached to mental ill health.



## COMMUNITY ASSET UPDATE

Our project support officer Katy, has been out and about visiting funded projects across the county over the past few months, she has really enjoyed seeing the fantastic work being done in communities and wants to say a big thank you to the projects for welcoming her to their sessions.

She's been all over the county so could fill the entire newsletter with information on the different projects, but she has selected just a few to tell you about:

### Assist – Vine Community Church “1-1 and wellbeing space”

The Assist project is a practical and emotional support group where attendees can access informal befriending services or take part in organised activities to focus on wellbeing.

### Lincolnshire Wildlife Park “The Peaceful Plot”

Lincolnshire Wildlife Park are currently building The Peaceful Plot, which will provide space where visitors to the park can rest and reflect in the sensory space and memory garden. Tools will be available in the garden shed tend to a traditional vegetable garden. There is, of course, the added option of seeing the Tigers, Lions, Meercats, & Parrots!



### Darkside Rising Postnatal Community of Strength project in Lincoln

Darkside Rising run a mother and baby group for mothers at risk of postnatal depression and anxiety. The group is a chance for mums to chat to other mums and share advice whilst engaging in strength training sessions delivered by a specialist postnatal coach in small groups of four. Great friendships have been made within the groups, and there is additional support given through facebook and email. Not only that, attendees also have lifetime access to the 28 days mindful art course where some fantastic artwork has been created.



### Green Synergy New Growth project in Lincoln

New Growth is a gardening based project for men to learn gardening and environmental skills whilst discussing any mental health challenges and combatting loneliness. This project has enabled friendships to form and new skills to be learnt and as well as the friendships and attendees, the garden has flourished!



### The Askefield Project “The Garden Party” in Friskney

The project is Based in the “Propagation and Contemplation” area of the Askefield farm, the area is wheelchair accessible, with raised beds and a 72ft polytunnel with a insulated tropical area. The attendees have been growing Babaco, oranges, lemons, pomegranate, figs and even tea. There is also a sensory garden which is being developed and maintained.



The highlight of the visit were the 2 day old goats, baby lambs and Boris the donkey (how cute are they?!)

### Sage Gardener “Grow Better”

is a project of friendship, gardening, nature, wildlife, craft, wellbeing and the outdoors. When Katy visited, the group were engaging in a floral art workshop enjoyed by all in the sunshine.

“Summertime and the livin’ is easy; Fish are jumpin’ and the cotton is high...” Oh how I love this lyric from the late, great Louis Armstrong. As soon as the warm sun comes out I can feel this tune running through my head. And that’s what summertime means to me... Music, music, music everywhere.



If there is one positive to come out of the pandemic it has been the prevalence of music. During time alone in my home for all those months I solidified my love of music. This has improved my mental health no end.

Now, I have music on when washing the dishes, when I exercise in my garden and when I’m just sat down. I have a play list on my phone that has become familiar. I now know all the words; so with my headphones on I sing along, loudly! My husband says it sounds like the cat has been stepped on...we don’t even have a cat. I’m having too much fun to stop.

I’ve also started to listen to music when I meditate. I used to listen to rain, thunder and beach sounds. But over the last few weeks I have started to listen to music, classical music. I started with Mozart – absolutely unbelievably good. Then I tried Beethoven. Started with the fifth symphony, it was excellent. Then I listened to the ninth, it was even better. Finally I listened to the seventh symphony and it blew my socks off. I was literally moved to tears. Not because it was sad, but because it was so brilliant. Every note had a different meaning and story attached to it. I was listening mindfully. I had to be in the present to take in all the beauty it was offering.

Shortly thereafter, I was working in my office; this is not always an easy thing for me as I suffer from anxiety and often get overwhelmed. Often I can’t open my emails because I have a panic attack just looking at the screen. But this day I found myself not only enthusiastically opening my emails, I was even answering them. This usually takes quite a lot of effort from me but, I was finding it easy. I had NO brain fog – a terrible side effect of the medication I am on. No, my mind and brain were clear.

I wondered if it had to do with my new musical taste. I wondered if listening to classical music had literally, cleared my head. I immediately went on the internet to do some research about this phenomenon. I discovered there is a whole school of belief that classical music can aid in cognition and productivity. It is called the Mozart Effect. My research told me that listening to classical music would not make me smarter but, it would make the best of what brain power I have. I continue to listen every night. I highly recommend it. If you want to be the best you going, try a little Amadeus or Louis in your life. And now the summer is here, it will add that extra sparkle too.



Kate Hull-Rodgers

## BERT’S VISIT TO MANOR LEAS

**Y**ou may have seen that we recently rebranded, this left us with a dilemma – what to do with all the merch with the old logo on?

Luckily, a solution presented itself! Schools are always running low on equipment, so Bert took the hundreds of pens we had left to Manor Leas Junior Academy for their staff and students to make use of.

Manor Leas Junior Academy is a great school serving the Lincoln, Bracebridge and Hykeham communities and we are happy to be able to donate something so useful to such a fantastic school.



## GOBSTYKS

Lincoln and Gainsborough

Gobstyks is a table top and role playing gaming group based in Lincoln with a sister club called Vikings based in Gainsborough.

We play a range of games including Warhammer, Blood Bowl, Dungeons and Dragons, Magic the Gathering, Warmachine and Star Wars Legion to name just a few. We support members to use fantasy systems to help with Mental Health problems by providing a safe and non judgemental environment when members can escape the day to day issues of real life and relax in a comfortable setting with like minded people who themselves have battled their own demons.

Fantasy and Sci-Fi gaming has been proven to help support mental health challenges, by giving people the opportunity to face real issues, but within a safe fantasy setting without fear of repercussions, for example people dealing with Social Anxiety can use Dungeons and Dragons as a tool to practice certain social skills such as assertiveness, and building

confidence within the game without worrying about rejection or being put down. The game mechanics were created by people who themselves suffered with such problems.



Gobstyks will be celebrating our 25th Anniversary on the 24th September at our gaming venue in Lincoln and we will be showcasing a range of our games and inviting people to come and try out the games and meet with our members in a very informal setting, with cake!

[www.gobstyks.com](http://www.gobstyks.com)  
 Facebook: Gobstyks  
 Facebook: Gainsborough Vikings Gaming Club  
 Gobstyks meets on Thursdays in Lincoln 6pm-10pm at Trintig URC, Garmston Street, Lincoln, LN2 1HZ.  
 Vikings meets on Sundays in Gainsborough 1pm-5pm at Roses Sports Ground, Gainsborough, DN21 2TU

### SUMMER ACCREDITED LEARNING

clip

**Market Rasen**  
 Extended Award in Maths  
 Extended Award in English  
 Humanities Level 2 Award (Pre-Access)

**Gainsborough**  
 Level 1 Working with Children  
 Extended Award in Maths  
 Health Professions Level 2 Award (Pre-Access)

**Mablethorpe**  
 Extended Award in Maths  
 Extended Award in English  
 Health Professions Level 2 Award (Pre-Access)

**Distance Learning**  
 Level 2 Customer Service  
 Level 2 Understanding Autism  
 Level 2 Mental Health First Aid & Advocacy in the Workplace  
 Level 2 Understanding Adverse Childhood Experiences  
 Level 2 Understanding Specific Learning Disabilities  
 Level 2 Understanding Behaviour That Challenges  
 Level 2 Children and Young Peoples Mental Health  
 Level 2 Principles of Learning Disabilities

info@cliplearning.com  
 www.cliplearning.com

Education & Skills Funding Agency | Lincolnshire | European Union | clip

## BERT WENT TO BRANSTON!

Shine had the pleasure of taking part in Branston Potatoes’ staff wellbeing days, it was wonderful to see and talk to their staff about how they approach wellbeing in the workplace!

Bert even made some new friends!!



# CO-PRODUCTION

**People with lived-experience bring such an important perspective to the development and delivery of change and improvement.**

The Transformation Programme has ensured people are at the centre of planning by investing in the Mental Health Co-production Group that has been running throughout the last 12 months. This dedicated group of people, all of whom have experience of mental health needs or caring for someone who has, have given their time, experience and ideas to work alongside professionals to influence the services and changes that are happening.

What does co-production mean to its members?

*"I have been involved with co-production, since I saw it advertised about 2/3 years ago. I wasn't fully sure how it would work but I just knew something amazing could happen from working in Co-Production. The group, Every-One and Vicky Thomson have given me this great opportunity to work alongside professionals in LPFT to create a better future for the Lincolnshire community with regards to mental health and wellbeing.*

*It is amazing to have such an influence in some of the decision making and bringing back the local feel within our communities.*

*I look forward to many more years of working in this*

*programme as it has helped build my self confidence, as well and given me a sense of pride knowing I'm representing such an honourable group and the rest of my community, while making mental health less stigmatised.*

*There are some amazing people working in LPFT and each and every person has made us feel welcomed and part of the same team and as if we are part of the working team.*

*I urge anyone who does have time to come forward to join the group"*

**Co-production group member.**

We also want to know what is important to you, send us your answers to this question at [coproduction@shinelincolnshire.com](mailto:coproduction@shinelincolnshire.com):

**How can we drive carer involvement and feedback further forward in the Transformation of Mental Health Services?**



## WOULD YOU LIKE TO LEARN MORE ABOUT MENTAL HEALTH, RECOVERY AND WELLBEING?

**The Lincolnshire Recovery College provides educational courses for anyone in Lincolnshire who is over 16.**

Recovery is about people seeking to improve their own health and wellbeing and discovering ways to live the life that they want to. We offer a range of courses designed to help you to learn about health, recovery, and wellbeing, inspire you to live well, learn new skills, and provide strategies and ideas to promote self-management and instil hope.

All our courses have been designed together by people with expertise in the area, whether that is from their

own personal lived experience or as a healthcare professional or educator.

Find us at [www.lpft.nhs.uk/recovery-college](http://www.lpft.nhs.uk/recovery-college). Take a look and see what's on offer, a new timetable is published approx. every 6-7 weeks.

We continue to deliver all our courses over MS Teams, we are happy to offer telephone support with accessing / setting up MS Teams. All courses are live and interactive and not pre-recorded. You can sit back and listen or join in using the chat and microphone function.

**Contact us by email:**  
[lpft.recovery.college@nhs.net](mailto:lpft.recovery.college@nhs.net) or telephone  
**01522 518500 (Monday-Friday 9-2.30pm)**

**#LincsRecoveryCollege**

**Recovery College**  
Sharing the journey together



**Lincolnshire Partnership**  
NHS Foundation Trust

hope | control | opportunity



# GAINSBOROUGH WOMAN TAKES CONTROL OF HER LIFE AGAIN

**A Gainsborough woman says she is looking forward to the future after participating in a new programme designed to increase confidence and boost wellbeing.**

Janet\*, 65, has suffered from depression for many years but it was made worse by a feeling of loneliness caused by family matters, the coronavirus pandemic and subsequent lockdowns.

With her confidence at rock bottom, Janet struggled to integrate into society, felt alone and often stayed indoors.

She said: "I don't know how I got through the pandemic. I was on my own a lot, right when I needed people.

"A week before the lockdowns, I was told I had a lot of illnesses. People would say they're coming to see me, then they didn't. I ended up just looking at four walls."

But things started to change when she was referred by her local social prescribing team to the Acistance programme, run by housing charity Acis Group and Riverside Training and funded through Shine's Lincolnshire's Community Asset Development Fund in partnership with Lincolnshire County Council and Lincolnshire NHS Clinical Commissioning Group.

Janet is now being supported by Acis Group's Supporting Foundations team and is a regular at Riverside Training's coffee time events, which help people to connect with others in similar situations.

She started attending sessions virtually on video with her camera not on but progressed to putting her camera on and

eventually meeting up in person – and is now looking positively about her future.

She added: "I was very scared at first. But everyone has made it really easy for me. They don't judge, which was really important to me.

"I struggle to go anywhere in town. I don't drive so have to get public transport or a taxi, and at first, I had a friend take me to Riverside, but now I can get there on my own. I'm still scared, but I can do it.

"The people at Riverside are lovely. They put me at ease straight away. Emma made me smile and the whole team are just so nice and made me welcome.

"The coffee mornings have been great. We talk about just about anything, about how we're finding things and it's all part of my routine now. I still struggle but it's definitely helping. It's all about getting my confidence up and getting to a place so I can move on.

"I'm also speaking to Mandy at Acis for one to one support on the phone and I feel comfortable talking to her too about what's going on in my life and to find out what else is available for me."

Since starting the programme, Janet has also reconnected with her local church, stopped drinking, stopping smoking and started letting go of her emotions as she looks to regain control of her life.

\*name changed to protect identity



**Acistance**  
Boosting people's mental health in Lincolnshire.

One-to-one sessions, group workshops and virtual social events aimed at helping people increase their confidence and resilience.

For more information about Acistance or to make a referral, contact the Supporting Foundations team on [support@acisgroup.co.uk](mailto:support@acisgroup.co.uk)

Logos for Acis, NHS Lincolnshire, Lincolnshire County Council, and Shine.

**Wellbeing Lincs**  
Better wellbeing across Lincolnshire

Sometimes, people need support to stay well and independent through life's changes.

Wellbeing Lincs is a countywide service, delivering a wide range of support and guidance for eligible adults across Lincolnshire.

Visit our website at [www.wellbeinglincs.org](http://www.wellbeinglincs.org) to find out if you are eligible.

Logos for Facebook, Twitter, and phone contact: 01507 601111

# COMMUNITY CONNECTORS

## GAINSBOROUGH UPDATE

Life as the Community Connector at Gainsborough Trinity Foundation has been jam packed over the last 5 months. Here's an update:



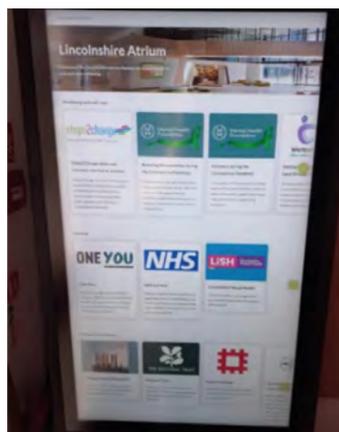
The **Community Book Exchange** is building in popularity, with people finding and swapping books. Reading is great for your wellbeing, just a few minutes of reading can slow your heart rate and reduce stress levels. The **Wellbeing Sessions** are still on facilitated by volunteers during term-time.

We have introduced games, table tennis and bingo to our Monday session which has proved popular.

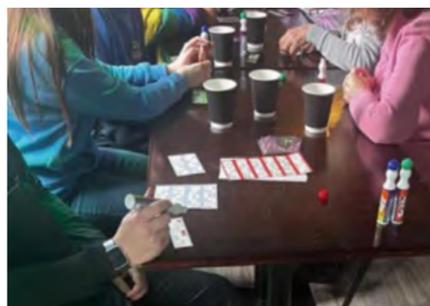
### Coffee Connect – Monday 1pm-3pm, term time. Are you feeling lonely or isolated?

Pop along to our informal Coffee Connect sessions and meet new people. We will also offer support and signposting to existing provision should this be required. Free refreshment available.

Our **Open Access** session gives you access to the internet and tablets. The Digital Kiosk is available every day, it is located in the foyer of The Venue, this can be used to explore services and make self-referrals to support.



We have been exploring our artistic skills with different craft activities such as jam jar lanterns, button art and designing your own bag/pencil case.



**Craft & Chat** – Friday 10-12pm, term time. Feeling Creative? Come along and join us for our weekly informal drop-in craft sessions. Bring your own crafts or have a go at something new

with our range of arts and crafts materials.

Refreshments included. Support and advice available.

All sessions at The Venue, Roses, North Warren Rd,

Gainsborough DN21 2TU. All enquiries to:

[enquiries@gtfoundation.co.uk](mailto:enquiries@gtfoundation.co.uk)

The Partnership Board (a collective of local Statutory, Voluntary and Community Sector partner agencies working together to promote accessible, responsive, and flexible community mental health services in Gainsborough and the surrounding areas) continues to go from strength to strength with well attended monthly update meetings. If your organisation would like to know more please enquire at: [enquiries@gtfoundation.co.uk](mailto:enquiries@gtfoundation.co.uk)

## FOUR COUNTIES UPDATE

Hello, my name is Donna Pinkney, I am the Community Connector for the Four Counties primary care network, that covers Bourne, Stamford and surrounding villages. My role has been funded through the Lincolnshire Mental Health and wellbeing transformation project. I am based and supported in the Community at Mindspace, a charity in Stamford that provides a range of activities based on the NHS five ways to wellbeing.

My role is focused on bringing people together, bringing organisations together and supporting community groups, faith groups and individuals that provide such valuable services that support people's mental health and wellbeing. A key aspect is ensuring that up-to-date information about what support is available in the community is shared and groups know how to signpost and get further support as necessary. It is important to promote and support the concept that there is no wrong door to accessing community mental health support.

I am keen to develop a citizen voice, through developing a Co-production group and a community survey. The co-production group will include people with lived experience and carers that will be supported to guide the development the Four Counties Primary Care Network pathway and help shape what Community Mental Health support looks like in our area.

The community survey, in partnership with Mindspace Stamford will provide us with a flavour of what community means to people across our area and identify what is strong in our communities and any patterns or needs to help us to identify the support that is needed.

I have been in my role for a short amount of time and received a very warm welcome by everyone. I have been attending and supporting local events, this has given me opportunities to connect organisations to each other, to address locally identified gaps in provision by the sharing of community assets and resources. I have also provided information to groups that offer other services in the community but whose attendees often have additional mental health struggles, ensuring there is no wrong door to accessing support.

It is exciting that in a short space of time, I am being contacted daily for information and connections. I truly believe that the role is already making an impact within the community, I look forward to developing the role further.

## GRANTHAM UPDATE

The development of the Mental Health Transformation Programme has given us the opportunity to champion and

support so many great community and voluntary groups and organisations within Grantham. Whether you are struggling or walking the journey of mental health, feeling isolated and want to get out and about or learn new skills and hobbies, there are people in Grantham and surrounding villages wanting to support. We are very lucky in our area to have a range of Community Cafés, woodwork and craft groups, fitness and activity groups. There is lots of information in this newsletter on what's available or please do contact us at Shine.

## LINCOLN CITY UPDATE

Hi I'm Mike Farley, **Community Connector** for Lincoln City South, working in Bridge Church Lincoln. I am part of the church's leadership team, with a background in primary education and a good number of years' experience in



community work in the city. My work, and that of all the Community Connectors in the county, is a pioneering role within the Mental Health Transformation Project; partnering with colleagues within the NHS as, they create Integrated Place Based Teams (IBPT) and seek to develop the innovative 'no wrong door' approach to

people securing the support they really need for their mental health and wellbeing.

I got involved in this early on, just over three years ago. We decided to develop a **community wellbeing café** and communication hub, at Bridge central on Portland Street, for the spoke leading through the south of Lincoln. Then the pandemic hit! In September 2021, as I began this new role, we were able to launch the Café and it has begun to thrive ever since, with a great community team. This café is open to the public; there are a range of mindful activities laid on, but it is also a space for people to meet, chat and be listened to. Alongside this, colleagues from the IBPT meet guests there as well as others from teams, such a Community Rehabilitation. This is normalising meeting up and reducing the impact of clinical settings which is not always where people feel most comfortable to meet.

We have extended this provision, in a simpler way, at the Bridge Community Venue, on Newark Road. This is an ideal listening space, equally with free teas and coffees, for people and it has a small under fives soft play space too!

We run one of Lincoln's successful **Night Light Cafés** and have been involved in this since its inception. Connecting this provision to that of the café during the day has been critical in offering a more holistic community safe space. This is in line with the vision of spaces such as these every fifteen minutes from a person's home. One aspect of my varied role is that I run our **partnership board**. This is a monthly

gathering of partners in the south of the city, all of whom gather behind and promote the vision of eradicating loneliness and isolation. Since January, this board has grown in size, with a regular 20+ partners from across the statutory, retail and VCSE sectors all seeking to communicate, collaborate and envision co-producing services and support that will see gaps as opportunities. One of our major discussions right now, similar to that of Gainsborough is to have a means to hold consistent initial conversations with people across multiple VCSE services, linking them directly into support swiftly. I truly believe that alongside our partners and the newly established roles within the Mental Health Transformation Programme, people will feel more connected than ever and their mental health will improve greatly as a result.

## SPILSBY UPDATE

Hi, my name is David Bruce, and I am one of the Community Connectors for SOLAS & the First Coastal area. I have been in post since December 2021 and am based at the Wellbeing Hub in Spilsby as well as our satellite venue, The Storehouse in Skegness. We aim to provide support across the PCNs as well as the outlying villages etc. We are trying to provide grass root support to our communities through a range of wellbeing & wellness projects and drop-ins. One of our most successful projects is Bro Pro UK, which is our men's peer to peer support network across the region (with plans to go national over the next 5 years) We are connecting with the wider community as well as ensuring professionals and key services know we are about. We work with and as part of the neighbourhood team and IPBT. We connect and work alongside the social prescribers and peer support workers too. Our aim is to reduce the pressures on GP surgeries, mental health phone lines, crisis teams etc. Please do not hesitate to get in touch if we can help and support in anyway. We will only move forwards if we all work together.

**What can the Wellbeing Hub offer you?**

- Drop-in sessions
- Wellbeing Projects
- Community Engagement Events
- Signposting to key mental health services
- Connecting with rural villages and bringing our projects to you
- Access to a Peer Support Worker
- Access to Bro Pro UK (Mens Mental Health)
- Access to Eve (Women's Mental Health)
- Access to Social Prescribing
- Support with doctors and other appointments

**How to find us:**  
Hub number: 0793902585 (Monday to Friday 9-4pm)  
Location: Spilsby & District Wellbeing Hub, New Lily Centre, Spilsby, Lincolnshire, PE23 5DU  
Hours: Monday 10am-1pm, Tuesday 12pm-3pm, Wednesday 7:30am-3pm, Thursday Community Outreach, Friday 12pm-3pm

**Other Wellbeing Hubs in the area:**  
Mablethorpe Hub - Mablethorpe College 01507 473325  
Louth Hub - Trinity Centre 07734370873 or 07734370875

When life is tough, we're here to listen  
**SAMARITANS**  
Call us free 24/7 on **116 123**  
[samaritans.org](http://samaritans.org)

Find us on Visit Wellbeing Hub Spilsby & District on Facebook

The Hub is part of the New Life Community Church Family - Charity Number: 1146916

And much more!!!

# LINCOLN & LINDSEY BLIND SOCIETY CELEBRATES 100 YEARS

**T**he Society recently marked its centenary with a special event, where we were joined by some of our supporters.

The special guest was one of our clients, Mrs Joan Hewson, who was invited to cut the cake, as she too celebrated her 100th birthday in 2021.

Our celebration event – Crossing the centuries, Looking to the future – was a great opportunity to thank everyone for supporting our great Society and the visually impaired people we serve.

We may not be able to restore sight, but we can and do improve quality of life in the long term for people with a visual impairment.

Our charity was set up on the 6th of December 1921 to enhance the quality of life for blind and partially sighted people whatever their age and circumstances in life and it is great to say that is still the Society mission



## Spirit of Endeavour



Marsh lane, Boston, Lincolnshire, PE21 7QS

Meeting @ 0900 every Saturday

(Stay for as long as you like)

Breakfast & unlimited brews for £6.98

*Breakfast Clubs exist to help veterans, and often currently serving Armed Forces personnel, by meeting face to face, in a relaxed, safe and social environment. We still have the original values "By Veterans for Veterans" and "for the Benefit of Veterans", full accountability and transparency. All Breakfast Clubs are run autonomously and by their members for the benefit of their members not the selected few.*

*The AFVBC, is a not for profit organisation (CIC) and any surplus funds are reinvested into the veterans community. This is why the AFVBC is run "By Veterans for Veterans"*

## ARMED FORCES DAY

Armed Forces Day 2022 took place on the 25th of June and was an event to celebrate the careers of those currently serving in the armed forces, as well as veterans, service families and cadets.

It was an opportunity to be show support, provide a morale boost to those involved in the Armed Forces, and to be thankful for their efforts and their sacrifices. Events were held across the UK beginning on the 20th when the Armed Forces Day flag was raised on many famous buildings and landmarks.

Alongside this, Wednesday 22nd was Reserves Day which celebrates and highlights the often unseen contribution of the Reserve Forces who make up one sixth of our Armed Forces and balance their civilian life with a military career so that when they are called upon to defend the UK and its interests – such as by delivering aid, providing security and fighting the threat of terrorism – they are ready.

## FAMOUS PUMA 'NIGEL' FINALLY MOVES IN!



### A Worldwide Pandemic almost rendered it impossible... but that didn't stop this team!

Lincolnshire Wildlife Park is already an award-winning animal attraction and the largest Parrot rescue centre in the UK, offering lifelong sanctuary to the many species that reside there. One resident in particular has sparked supporters' attention when he arrived with a debilitating eye condition, known as Exotropia.

Nigel the Puma, famously being seen on documentaries and wildlife TV programmes for many years, was rehomed to LWP with an eye condition that could eventually render him completely blind. Usually, euthanasia would be the first port of call in other parks for a condition like this, but LWP could not see that happen! Therefore, Steve and the team set to work to design a custom-built enclosure for larger animals like Nigel, that need a sensory environment.

After some incredible support from volunteers and social media, of which the park now has almost 100,000 followers, funds were raised to begin work on this special enclosure, only to be halted in 2020 due to the outbreak of COVID-19. With a lack of funding through the closing of the charity's doors, the future for Nigel was beginning to look very bleak. It is only with the sheer determination from the supporters and the staff, that Nigel's enclosure could slowly continue. All the funds available were injected into making sure it happened, while Nigel resided alongside the Tigers at Bengal Gardens, still gaining an enriching lifestyle as part of the rotation system with the other Big Cats.

On Thursday 12th May Nigel finally moved to his completed sensory enclosure, after first having a thorough health check from trusted veterinarian of many years Ian Bates of Fenwold Vets in Mablethorpe. Not only will Nigel have a new enclosure to explore and live out a full and healthy lifestyle in, but a new form of medication developed for Cats with arthritic problems such as his. CEO Steven

Nichols will be monitoring him closely while in the initial stages of the medication, as well as updating the many followers on social media of his progress.

Steve went on to say the £250,000 enclosure has been designed to cater for the problems that Nigel is suffering from but will also cater for any other big cats we have such as the Giant White Lions who are also showing signs of age. There are training tables so the cats can receive treatment regular without the worry of continually sedating them that comes complete with weighing scales. Zoned, underfloor heated areas on the floors give the animals choice of floor temperature rather than keepers having to decide whether the animals are warm or cool enough, the raised bed located directly in front of the bullet-proof viewing windows are always set at 20 degrees Centigrade, meaning the likes of Nigel's acute Arthritis can receive heat at all times while letting the visitors get a real close-up and personal experience, as like every cat on the planet, he just loves lounging in the heat.

The huge indoor pens (bedroom) can be split into two with the rear unit being used as medical operating theatre instantly with all lighting and electrics retrospectively fitted so they're in place ready.

The one thing our supporters love is the fact that nothing is hidden, you can see the animals' luxurious indoor houses and just how it benefits the animals.

To thank the supporters and mark this special occasion for the famous Puma, the park held an official opening event on 13th June, inviting special guest fundraisers and celebrities to finally witness Nigel in his new surroundings at one of Lincolnshire's Premier Animal Attractions. The park will be open as normal to the public, who will also be some of the first to see him enjoying his new space, hopefully for many years to come.

# Governor Elections 2022

Would you like to help make a difference in your community?



Would you like to help make a difference and represent our members in the development of NHS services for mental health, learning disabilities and autism?

Why not run to be a governor for Lincolnshire Partnership NHS Foundation Trust (LPFT)?

We are holding elections for the following seats:

- **SERVICE USER x7**
- **CARER x3**
- **YOUNG PEOPLE CARER x1**

For more information on being a Governor email: [lpft.governor-member@nhs.net](mailto:lpft.governor-member@nhs.net)

Call: 01522 309176

Or visit: [www.lpft.nhs.uk/governors](http://www.lpft.nhs.uk/governors)

*“Being a governor set me on a path to discovering new ways to use my passion for helping other unpaid carers to be valued for their role and gain support that they are entitled to.”*

Nominations open on Monday 27 June 2022, with the deadline for returned forms being 5pm on Monday 25 July 2022.

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

While we know this isn't an exhaustive list, we hope you will find something to suit you.

- Abbey Access Training** | Lincoln  
T 01522 801 556  
W [www.abbeyaccesstraining.com](http://www.abbeyaccesstraining.com)
- Acis Group** | Countywide  
T 0800 027 2057 W [www.acisgroup.co.uk](http://www.acisgroup.co.uk)
- Active Arena Lincoln** | Lincoln  
T 01522 701 715 W [www.activearena.co.uk](http://www.activearena.co.uk)
- Active Lincolnshire** | Countywide  
T 07903 266 040  
W [www.activelincs.org.uk](http://www.activelincs.org.uk)
- Acts Trust** | Lincoln  
T 01522 542 166 W [www.actstrust.org.uk](http://www.actstrust.org.uk)
- Adults Supporting Adults** | Countywide  
T 01529 416 270 W [www.asaorg.co.uk](http://www.asaorg.co.uk)
- Age UK** | Lincoln  
T 01522 696 000  
W [www.ageuk.org.uk/lincolnsouthlincolnshire](http://www.ageuk.org.uk/lincolnsouthlincolnshire)
- Age UK Lindsey** | East/West Lindsey  
01507 524 242 W [www.ageuk.org.uk/lindsey](http://www.ageuk.org.uk/lindsey)
- Alford Dementia** | Alford  
T 01507 522 116
- Alford Hub** | Alford  
T 01507 464 901 W [www.alfordhub.co.uk](http://www.alfordhub.co.uk)
- Alford Storehouse Church** | Alford  
T 01507 462 990  
W [www.thestorehousechurchalford.org.uk](http://www.thestorehousechurchalford.org.uk)
- Ali McDonald Art to Enjoy** | Countywide  
E [ali.art@tiscali.co.uk](mailto:ali.art@tiscali.co.uk)
- Allenby Training** | Lincoln  
T 01522 548 559  
W [www.allenby-training.co.uk](http://www.allenby-training.co.uk)
- Alzheimer's Society** | Nationwide  
T 0333 150 3456  
E [enquiries@alzheimers.org.uk](mailto:enquiries@alzheimers.org.uk)  
W [www.alzheimers.org.uk](http://www.alzheimers.org.uk)
- Andy's Man Club** | Lincoln  
W [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)
- Anxiety UK** | Nationwide  
T 03444 775 774 (Helpline)  
M 07537 416905 (Text service)  
E [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)  
W [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- Appleton Therapies** | Gainsborough  
T 07889 054 477
- Armed Forces Covenant Fund Trust** | Nationwide  
E [info@covenantfund.org.uk](mailto:info@covenantfund.org.uk)  
W [www.covenantfund.org.uk](http://www.covenantfund.org.uk)
- Armed Forces Community Advice Service (AFCAS)** | Gainsborough  
W [www.facebook.com/armedforcescommunityadviceproject](http://www.facebook.com/armedforcescommunityadviceproject)
- Art Ninja HQ ActiviTea CIC** | Lincoln  
T 07802 478 515 W [www.artninja.com](http://www.artninja.com)
- Art Pop-Up** | Stamford  
W [www.artpopup.co.uk](http://www.artpopup.co.uk)
- The Askefield Project** | Friskney  
T 07754 232 873 W [www.askefield.co.uk](http://www.askefield.co.uk)
- Assist** | Lincoln  
T 01522 370 164 W [www.assistlincs.org.uk](http://www.assistlincs.org.uk)
- Association of Service Drop In Centres (ASDIC)** | Nationwide  
T 01622 278 110 E [admin@asdic.org.uk](mailto:admin@asdic.org.uk)  
W [www.asdic.org.uk](http://www.asdic.org.uk)

- Bearded Fishermen** | Countywide  
T 0300 365 0019  
W [www.beardedfishermen.org.uk](http://www.beardedfishermen.org.uk)
- Be The Difference** | Gainsborough  
T 0300 102 7735  
W [www.bethedifference.org.uk](http://www.bethedifference.org.uk)
- BHive Community** | Grantham  
E [enquire@bhive.community](mailto:enquire@bhive.community)  
W [www.bhive.community](http://www.bhive.community)
- Bipolar UK** | Nationwide  
E [info@bipolaruk.org](mailto:info@bipolaruk.org)  
W [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)
- BLESMA** | Nationwide  
T 020 8590 1124 E [info@blesma.org](mailto:info@blesma.org)  
W [www.blesma.org](http://www.blesma.org)
- Blonde Beet** | Stamford  
T 01780 766 464 W [www.blondebeet.co.uk](http://www.blondebeet.co.uk)
- Boston District Council** | Boston  
T 01205 314 200 W [www.mybostonuk.com](http://www.mybostonuk.com)
- Bourne Library** | Bourne  
T 01522 782 010
- British Red Cross** | Nationwide  
T 0344 871 11 11 E [contactus@redcross.org.uk](mailto:contactus@redcross.org.uk)  
W [www.redcross.org.uk](http://www.redcross.org.uk)
- Bromhead Medical Charity** | Countywide  
T 01522 846 901  
W [www.bromheadmedicalcharity.co.uk](http://www.bromheadmedicalcharity.co.uk)
- Boston and South Holland Talking Newspaper** | Boston  
E [enquiries@bashn.org.uk](mailto:enquiries@bashn.org.uk)  
W [www.bashn.org.uk](http://www.bashn.org.uk)
- Boston Centenary Methodist Church** | Boston  
T 01205 355 543  
W [www.bostonmethodist.org.uk](http://www.bostonmethodist.org.uk)
- Boston Community Food Bank** | Boston  
T 01205 310 929  
W [www.boston.foodbank.org.uk](http://www.boston.foodbank.org.uk)
- Boston Community Transport** | Boston  
T 01205 360 183 W [www.bostonct.org.uk](http://www.bostonct.org.uk)
- Boston Lithuanian Community Group** | Boston  
T 07565 617 039
- Boston Men's Shed** | Boston  
T 01205 360 800 W [www.bostonshed.co.uk](http://www.bostonshed.co.uk)
- Boston Salvation Army** | Boston  
T 01205 359 232 W [www.bostonsa.org.uk](http://www.bostonsa.org.uk)
- Boston Stump** | Boston  
T 01205 310 929  
W [www.parish-of-boston.org.uk/church/st-botolphs](http://www.parish-of-boston.org.uk/church/st-botolphs)
- Boston United Football Club Community Foundation** | Boston  
T 01205 364 406  
W [www.bostonunitedcf.co.uk](http://www.bostonunitedcf.co.uk)
- Boston United Positive Pilgrims** | Boston  
T 07931 311 345  
W [www.bostonunitedcf.co.uk/positive-pilgrims](http://www.bostonunitedcf.co.uk/positive-pilgrims)
- Bourne Food Bank** | Bourne  
T 07546 131 806  
W [www.bournefoodbank.org.uk](http://www.bournefoodbank.org.uk)
- Bridge Church** | Lincoln  
T 01522 530 730 W [www.wearebridge.org](http://www.wearebridge.org)

- The Butterfly Hospice** | Boston  
T 01205 367 372  
W [www.butterflyhospice.org.uk](http://www.butterflyhospice.org.uk)
- Butterflies Lincoln South** | Lincoln  
T 07947 494238  
W [lincolnsouthbutterflies@alivechurch.org.uk](mailto:lincolnsouthbutterflies@alivechurch.org.uk)
- CALM** | Nationwide  
T 0800 585858 W [www.thecalzone.net](http://www.thecalzone.net)
- Café CLIP Market Rasen** | Market Rasen  
T 07554 450 505 W [www.cliplearning.com](http://www.cliplearning.com)
- Carers First** | Countywide  
T 0300 303 1555 W [www.carersfirst.org.uk](http://www.carersfirst.org.uk)
- Centrepoint for Mental Health** | Countywide  
W [www.centrepointmentalhealth.org.uk](http://www.centrepointmentalhealth.org.uk)
- Centrepoint Outreach** | Boston  
T 01205 360 900  
W [www.centrepoint-outreach.com](http://www.centrepoint-outreach.com)
- Chatabit** | Louth  
E [info@chatabit.org.uk](mailto:info@chatabit.org.uk)  
W [www.chatabit.org.uk](http://www.chatabit.org.uk)
- Children's Links** | Countywide  
T 01507 528 300  
W [www.childrenslinks.org.uk](http://www.childrenslinks.org.uk)
- Christ Church Stamford** | Stamford  
T 01780 766 446  
W [www.christchurchstamford.com](http://www.christchurchstamford.com)
- Citizens Advice Bureau** | Nationwide  
T 0800 144 8848 (England) T 0800 702 2020 (Wales) W [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)
- Citizens Advice Mid Lincolnshire** | Boston  
T 01205 314 534 W [www.camidlincs.org.uk](http://www.camidlincs.org.uk)
- City of Lincoln Council** | Lincoln  
01522 881188 W [www.lincoln.gov.uk](http://www.lincoln.gov.uk)
- CLIP Gainsborough** | Gainsborough  
T 01427 677 377  
W [www.cliplearning.com/gainsborough](http://www.cliplearning.com/gainsborough)
- The Coastal Centre** | Mablethorpe  
W [www.mablethorpe.info/the-coastal-centre](http://www.mablethorpe.info/the-coastal-centre)
- Combat Stress** | Nationwide  
T 0800 138 1619 M 07537 173 683 (text)  
E [helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)  
W [www.combatstress.org.uk](http://www.combatstress.org.uk)
- Community Pharmacy** | Countywide  
T 01522 889 573  
W [www.lincolnshirepharmacies.co.uk](http://www.lincolnshirepharmacies.co.uk)
- Connect2Support Lincolnshire** | Countywide  
W [www.lincolnshire.connecttosupport.org](http://www.lincolnshire.connecttosupport.org)
- Connexions** | Gainsborough  
T 01427 678 695  
W [www.connexions.zohosites.com](http://www.connexions.zohosites.com)
- CPSL Mind** | South Lincolnshire  
T 0300 303 4363 W [www.cpslmind.org.uk](http://www.cpslmind.org.uk)
- Crimestoppers** | Countywide  
T 0800 555 111 W [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)
- County Care Independent Living** | Skegness  
T 01754 611 153 W [www.countycare.co.uk](http://www.countycare.co.uk)
- Cruse Bereavement Support** | Countywide  
T 0808 808 1677 W [www.cruse.org.uk](http://www.cruse.org.uk)
- Cycling Without Age Skegness** | Skegness  
T 078108 277 22  
W [www.cyclingwithoutage.org.uk/skegness](http://www.cyclingwithoutage.org.uk/skegness)

**Darkside Rising CIC** | Lincoln  
**W** www.darksidetraining.co.uk

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

**Development Plus** | Countywide  
**T** 07432 445481  
**W** www.developmentplus.org.uk

**Disability Social Network** | Gainsborough  
**T** 01427 239 203

**Doddington Hall** | Doddington  
**T** 01522 694 308 **W** www.doddingtonhall.com

**Donington Library** | Spalding  
**T** 01522 782 010

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

**Double Impact** | Countywide  
**T** 01522 304 246 **W** www.doubleimpact.org.uk

**Dunston Churches Together** | Dunston  
**T** 01526 320 946  
**W** www.stpetersdunston.weebly.com

**East Lindsey Down Syndrome Family Support Group** | Boston  
**E** info@eastlincsdownsyndrome.org.uk  
**W** www.eastlincsdownsyndrome.org.uk

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

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

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

**The Feel Good Project** | Sleaford  
**T** 07944 431 776  
**W** www.developmentplus.org.uk/our-projects/current-projects/the-feel-good-project

**Foxdale Equine Assisted Learning** | Oasby  
**T** 07980 783 321 **W** www.fealc.org.uk

**Freedom Dancer** | Gainsborough  
**E** hannah537481@gmail.com

**Furnichurch** | Mablethorpe  
**T** 01507 477 007 **W** www.furnichurch.org.uk

**Gainsborough Crisis Action Team** | Gainsborough  
**T** 07999 354 491

**Gainsborough Trinity Foundation** | West Lindsey  
**T** 07342 881 774  
**W** www.gainsboroughtrinityfoundation.com

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

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

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

**Grantham & District Hospital** | Grantham  
**T** 01476 565 232

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

**Grantham Men's Shed** | Grantham  
**T** 01476 401 876  
**W** www.facebook.com/granthammensshed

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

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

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

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

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

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

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

**Help for Heroes** | Nationwide  
**T** 0300 303 9888 **W** Request a call: www.helpforheroes.org.uk/get-support/get-support-today  
**W** www.helpforheroes.org.uk

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

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

**Hope Meadows Equine CIC** | South Hykeham  
**T** 07768 858 984 **W** www.hopemeadows.co.uk

**Horncastle Community Larder** | Horncastle  
**T** 07395 873 338  
**W** www.horncastlecommunitylarder.co.uk

**The Horncastle Support Team** | Horncastle  
**T** 07599 023 501  
**W** www.horncastletowncouncil.co.uk

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

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

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

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

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

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

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

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

**Lighthouse Project** | Spalding  
**T** 07961 978 396  
**W** www.thelighthouseprojectspalding.com

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

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

**Lincoln Council for Voluntary Youth Services (LCVYS)** | Countywide  
**T** 01522 720 789 **W** www.lcvys.co.uk

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

**Lincolnshire ADHD Support Services** | Countywide  
**T** 07483 166 042 **W** www.lincsadh.org

**Lincolnshire Community and Voluntary Service (LCVS)** | Boston  
01205 510 888 **W** www.lincolnshirecvcs.org.uk

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

**Lincolnshire CCG** | Countywide  
**W** www.lincolnshireccg.nhs.uk/get-involved

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

**Lincolnshire Neurological Alliance** | Countywide  
**T** 07495 590 749  
**W** www.lincolnshire-neurological-alliance.org.uk

**Lincolnshire Outdoor Learning** | Countywide

**T** 07864 967 057  
**W** www.lincolnshireoutdoorlearning.co.uk

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

**Lincolnshire Wildlife Park** | Friskney  
**T** 0871 384 1130 **W** www.lincswildlife.com

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

**The Local Community Centre Boston** | Boston  
**T** 07392 014 058  
**W** www.facebook.com/the-local-community-centre

**Long Sutton Market House Trust** | Spalding  
**W** www.longsuttonmarkethouse.org

**Long Sutton Men's Shed** | Long Sutton  
**W** www.mensshedlongsutton.co.uk

**Louth Area Autism Family Support (LAAFS)** | Louth  
**T** 07982 787 823

**Louth Men's Shed** | Louth  
**T** 07503 175 650 **W** www.louthmensshed.org

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

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

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

**Making Space** | Spalding  
**T** 01775 711 375 **W** www.makingspace.co.uk

**Meals on Wheels Larders** | Countywide  
**T** 07540 660 351

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

**Mental Health Matters** | Countywide  
**T** 0800 001 4331

**Mel Downing Homeopathy** | Gainsborough  
**T** 01909 591 972 **W** www.meldowning.com

**The Mill Birth & Wellbeing Centre** | Stamford  
**W** www.themillwellbeing.co.uk

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

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

**Mindspace** | Stamford  
**T** 01780 437 330  
**W** www.mindspacestamford.com

**Mint Lane Café** | Lincoln  
**W** www.involvelincoln.org.uk

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

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

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

**NHS PALS** | Countywide  
**T** 0300 123 9553  
**W** www.lincolnshirecommunityhealthservices.nhs.uk

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

**No Panic** | Nationwide  
**T** 0300 772 9844 (Helpline)  
**T** 0330 606 1174 (Youth helpline)  
**W** www.nopanic.org.uk

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

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

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

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

**Op Courage** | Countywide  
**T** 0300 323 0137  
**W** www.lpft.nhs.uk/our-services/adults/veterans-mental-health

**Outwood CIC** | Grantham  
**T** 07985 565 714

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

**Pay Plan** | Nationwide  
**T** 0800 072 1206  
**W** www.payplan.com/debtadvice

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

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

**Rainbow Stars** | Sleaford  
**T** 07761 449 404  
**W** www.rainbowstarslincs.co.uk

**Recovery College** | Countywide  
**T** 01522 518 500  
**W** www.lpft.nhs.uk/our-services/adults/recovery-college

**Renew** | Lincoln  
**T** 07526 608 496  
**W** www.rethink.org/help-in-your-area/support-groups

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

**Renew** | Grantham  
**T** 07863 712 797  
**W** www.granthambaptistchurch.co.uk/renew-grantham

**Rethink Mental Illness** | Nationwide  
**T** 0300 5000 927 **W** www.rethink.org

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

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

**Richmond Fellowship Crisis Service** | Boston  
**T** 01205 363 938  
**W** www.richmondfellowship.org.uk

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

**Ruskington Library** | Sleaford  
**T** 01522 782 010

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

**Ryhall Village Hall** | Stamford  
**T** 07751 098 996  
**W** www.facebook.com/Ryhallvillagehall

**Sage Gardener CIC** | West Lincolnshire  
**T** 07707 325 016 **W** www.sagegardener.co.uk

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

**Samaritans** | Nationwide  
**T** 116 123 **E** jo@samaritans.org  
**W** www.samaritans.org

**Samaritans** | Boston  
**T** 0330 094 5717  
**W** www.samaritans.org/branches/boston

**Samaritans** | Grantham  
**T** 0330 094 5717  
**W** www.samaritans.org/branches/grantham

**SANE** | Nationwide  
**T** 07984 967 708 **W** www.sane.org.uk

**Seagull Recycling Ltd** | East Lincolnshire  
**T** 07709 866 614 **W** www.ecoskegness.org.uk

**Shelter** | Nationwide  
**T** 0808 800 4444 /  
**W** Webchat www.england.shelter.org.uk/get\_help/webchat  
**W** www.england.shelter.org.uk

**SHOUT** | Countywide  
**M** Text 'Shout' 85258  
**W** www.giveusashout.org

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

**Simply Being You** | Stamford  
**T** 07806 228 494  
**W** www.simplybeingyou.co.uk

**Sincil Bank Community Partnership** | Lincoln  
**T** 01522 510 157  
**W** www.sincilbankcommunity.co.uk

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

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

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

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

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

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

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

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

**The Source** | Sleaford  
**T** 01529 309 482

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

**South Kesteven Health Walks**  
**W** www.walkingforhealth.org.uk/walkfinder/south-kesteven-health-walks

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

**SSAFA** | Nationwide  
**T** 0800 260 6767 **W** Live Chat/Contact form: www.ssafo.org.uk/get-help/forcesline  
**W** www.ssafo.org.uk

**Stamford & Rutland Hospital** | Stamford  
**T** 01733 875 847  
**W** www.nwangliaft.nhs.uk/our-hospitals/stamford-and-rutland-hospital  
groups/115183981838656

**Stamford Arts Centre** | Stamford  
**W** www.stamfordartscentre.com

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

**Stamford Food Bank** | Stamford  
**T** 07570 583 799  
**W** www.stamfordundle.foodbank.org.uk

**Stamford in Bloom** | Stamford  
**E** stamford18bloom@gmail.com  
**W** www.facebook.com/StamfordinBloom

**Stamford Library** | Stamford  
**W** www.lincolnshire.gov.uk/directory-record/64005/stamford-library

**The Stamford Mummy** | Stamford  
**W** www.facebook.com/thestamfordmummy

**Stamford Rugby Club** | Stamford  
**T** 01780 752 180  
**W** www.facebook.com/stamfordrugbyclub

**Stamford Shakespeare Company** | Stamford  
**T** 01780 754 381  
**W** www.stamfordshakespeare.co.uk

**Stamford Striders** | Stamford  
**E** info@stamfordstriders.org  
**W** www.facebook.com

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

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

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

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

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

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

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

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

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

**Sutton St James Baptist Church** | Spalding  
**T** 07501 123 183 **W** www.ssjbc.org.uk

**TED East Lindsey** | Sleaford  
**T** 01529 301 966  
**W** www.tedineastlindsey.co.uk

**Trinity Centre Louth** | Louth  
**T** 01507 605 803  
**W** www.teamparishoflouth.org.uk

**Together** | Nationwide  
**W** www.together-uk.org

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

**Tonic Health & Transported Arts** | South Holland  
**T** 07947 157 765 **W** www.tonic-health.co.uk

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

**University of Lincoln Student Wellbeing Centre** | Lincoln  
**T** 01522 886 400  
**W** www.student-services.lincoln.ac.uk

**Valentine Events** | Gainsborough  
**T** 07891 065 004  
**W** www.facebook.com/valentineeventsUK

**Veterans Mental Health** | Countywide  
**T** 0300 323 0137  
**W** www.lpft.nhs.uk/our-services/adults/veterans-mental-health

**Veterans Support Service CIC** | Spalding  
**T** 07434 827 372 **W** www.vsscic.org.uk

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

**Vital Stepping Stones** | Gainsborough  
**T** 07751 964 832  
**W** www.vitalsteppingstones.co.uk

**Voluntary Centre Services** | Lincoln  
**T** 01522 551 683  
**W** www.voluntarycentreservices.org.uk

**Voluntary Centre Services** | North Kesteven  
**T** 01529 308 450  
**W** www.voluntarycentreservices.org.uk

**Voluntary Centre Services** | West Lindsey  
**T** 01427 613 470  
**W** www.voluntarycentreservices.org.uk

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

**We Are With You** | Countywide  
**T** 01522 305 518 **W** www.wearewithyou.org.uk

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

**Willoughby Road Allotments** | Boston  
**T** 07818 848 850

**Willow Farm Equine** | Fulbeck  
**T** 01400 675 075  
**W** www.willowfarmequineassistedtherapycic.co.uk

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

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

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

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

**Winthorpe Community Centre** | Skegness  
**T** 07738 997 000  
**W** www.facebook.com/winthorpecommunitypartnership

**Writing East Midlands** | Lincoln  
**T** 07938 104 469  
**W** www.writingeastmidlands.co.uk

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

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

## SURGERIES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Colsterworth Surgery** | Grantham  
**T** 01476 860243  
**W** www.colsterworthmedicalpractice.nhs.uk

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Cliff House Medical Practice** | Lincoln  
**T** 01522 872 872  
**W** www.cliffhousemedicalpractice.co.uk

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Littlebury Medical Centre** | Spalding  
**T** 01406 422 231  
**W** www.littleburymedicalcentre.co.uk

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

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

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

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

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

**StAMFORD**  
**Sheepmarket Surgery** | Stamford  
**T** 01780 753 171  
**W** www.lakesidehealthcarestamford.co.uk/sheepmarket-surgery

**St Mary's Medical Centre** | Stamford  
**T** 01780 764 121  
**W** www.lakesidehealthcarestamford.co.uk/st-marys-medical-centre

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

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

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

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

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

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

**NATIONWIDE**  
**NHS Urgent Medical Advice Line** | Nationwide  
**T** 999

**NHS Urgent Medical Advice Line** | Nationwide  
**T** 111

## CHILDREN AND YOUNG PERSONS SUPPORT

Shine Lincolnshire are pleased to announce that we will be expanding our remit to include Children and Young persons health and wellbeing. Historically, Shine have provided information, support and guidance for residents of Lincolnshire over the age of 18, however in line with our growth over the last 18 months we feel we are now in strong position to expand and begin to deliver this for both adults and those under the age of 18.

We hope you are excited as we are with these changes, to mark this change we have worked to produce a list of support resources for children and young people.

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

**Abbey Youthise** | Lincoln  
**T** 07988 229 720  
**W** bevsmith6@googlemail.com

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

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

**Bardney Gateway Centre** | Bardney  
**T** 01526 398464  
**E** bardneygatewaycentre@outlook.com

**Barnardo's Young Carers Service**  
**T** 0208 554 2888  
**W** www.barnardos.org.uk/what-we-do/services/young-carers-service

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

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

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

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

**Birchwood Youth Centre** | Birchwood  
**T** 07767 003 858  
**E** fiona.carroll@lincolnshire.gov.uk

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

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

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

**Boston Laughton (Carlton Rd) Youth Centre** | Boston  
**T** 01205 311 794 **E** fishtoftpc1@outlook.com

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

**Bourne Youth Centre** | Bourne  
**T** 01778 426134  
**E** david.gosney@lincolnshire.gov.uk

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

**Brigg Children's Centre** | Brigg  
**T** 01652 659 882  
**E** surestartchildrenscentres@northlincs.gov.uk

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

**Calm Harm**  
Free app to help young people resist the urge to self-harm.

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

**Carlton Road Children's Centre** | Boston  
**T** 01205 355 056  
**E** CarltonRoadCC@lincolnshire.gov.uk

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

**Cherry Willingham Children's Centre** | Cherry Willingham  
**T** 07541 802 815  
**E** cherrywillinghamcc@lincolnshire.gov.uk

**Cherry Willingham Youth Centre** | Cherry Willingham  
T 01522 595 729 E cwyc@btinternet.com

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

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

**Coningsby Youth Centre** | Coningsby  
T 01526 344 031

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

**Graham Matthews Youth Club** | Welton  
T 07799 478 443  
E ian.layton@lincolnshire.gov.uk

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

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

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

**Holton Le Clay Children's Centre** | Holton Le Clay  
T 01472 828 548  
E HoltonLeClay\_CC@lincolnshire.gov.uk

**Horncastle Children's Centre** | Horncastle  
T 01507 526 603  
E Horncastle\_Childrens\_Centre@lincolnshire.gov.uk

**Kirton Youth Club** | Kirton  
T 01205 722 560  
E Catrina.smith@lincolnshire.gov.uk

**Kooth.com**  
W www.kooth.com

**LGBTQ Youth Club** | Sleaford  
T 07532 339 327  
E lincsparentsLGBT@gmail.com  
W www.lincsparentslgbt.org.uk

**Lincoln Ambassador Club** | Lincoln  
T 0800 151 3350  
E ambassadors@whizz-kids.org.uk

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

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

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

**Lincolnshire Young Farmers' Club** | Lincoln  
T 01522 568 989  
E kshone@lincoln.ac.uk

**Louth Children's Centre** | Louth  
T 01507 607 087  
E Louth\_CC\_Fax@lincolnshire.gov.uk

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

**Mablethorpe Youth Club** | Mablethorpe  
T 07717 225 097  
E luke.small@lincolnshire.gov.uk

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

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

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

**Meridale Youth Centre** | Mablethorpe  
T 01507 441 481  
T 07957 643 974  
E meridale@meridale.co.uk

**Mermaids**  
T Helpline: 0808 801 0400  
W www.mermaidsuk.org.uk  
T Student Space Helpline: 0808 801 0424  
W www.studentspace.org.uk  
W www.studentminds.org.uk

**Moorland Youth Centre** | Lincoln  
E recreation@lincoln.gov.uk

**Moulton Chapel Youth Club** | Spalding  
T 01406 380 470 E kim.ayto@sky.com

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

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

**North Somercotes Youth Club** | North Somercotes  
T 07799 117 612  
E viv.cross@lincolnshire.gov.uk

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

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

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

**Ruskington Youth Centre** | Ruskington  
T 01526 268 090  
E maggie.harris@yahoo.co.uk  
FB Ruskington Youth Centre

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

**Skellingthorpe Youth Centre** | Skellingthorpe  
T 01522 683 997

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

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

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

**Spalding Youth Centre** | Spalding  
T 01775 722 538  
E sam.newton@lincolnshire.gov.uk

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

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

W community.lincolnshire.gov.uk/spilsbyyouthcentre/

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

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

**Sturton-by-Stow Children's Centre** | Sturton-by-Stow  
T 01427 788 971  
E SturtonbyStowCC@lincolnshire.gov.uk

**Sturton-by-Stow Youth Club** | Sturton-by-Stow  
FB Sturton-by-Stow Youth Centre

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

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

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

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

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

**The Wednesday Club** | Boston  
T 07950 769 115 T 01205 352 744  
E neilr.butler@btinternet.com

**Tingers Childcare** | Lincoln  
T 07306 800 663  
E office@tingerschildcare.co.uk  
W www.tingerschildcare.co.uk

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

**Waddington Youth Club** | Waddington  
T 01522 720 789  
W www.lcvys.co.uk

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

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

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

**Witham St Hugh's Children's Centre** | Witham  
T 07552 250 252  
E withamsthughschildrenscentre@lincolnshire.gov.uk

**Wragby Youth Centre** | Wragby  
T 01673 858 371

**Wrangle Youth Club** | Boston  
T 07751 051 862  
E jayne.bonsor@tiscali.co.uk

**Youth Housing Support Service** | Lincolnshire  
T 01522 873 212  
E housing.homeless@lincoln.gov.uk  
W www.lincolnshire.gov.uk

**YoungMinds**  
T 85258 (Text service for young people)  
W www.youngminds.org.uk

# PHOTO CHALLENGE



Send us your photos of Lincolnshire to be in with the chance of having them featured on the cover of our newsletters!



JOIN US

NEW

## Gainsborough Wellbeing Walk



**10am every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday**

Meet at West Lindsey Leisure Centre reception, The Avenue, DN21 1EP

**10am every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday**

Meet at Roses Sports Ground, Nth Warren Rd, DN21 2TU

- ✓ Join our free and friendly short walk
- 🔗 At your own pace and suitable for all abilities
- ☀️ Friendship, fresh air and fitness



For more info contact: T: 01522 544 632 E: wellbeingwalks@lincolnshire.coop  
W: lincolnshire.coop/wellbeing-walks

If you are an organisation who would like to be featured please get in touch with us on [info@shinelincolnshire.com](mailto:info@shinelincolnshire.com)

University can be a fantastic, insightful and exciting experience for students. It offers the opportunity to expand knowledge, increase confidence and develop essential skills for future employment and life. However, it can also be a daunting and overwhelming experience for some.

Transitioning to University is a huge step in a student's life. It may involve becoming familiar with a new city, creating new social networks and studying in a completely different way to ever before. This alone can cause feelings of isolation, loneliness and anxiety.

University can often be viewed as 'party central', particularly by those thinking about making the jump to higher education. However, the reality of adapting your entire routine to a new way of living and learning can be harder to adjust to than initially thought. Studying at University involves meeting multiple deadlines, hours of self-directed study as well as completing a variety of assessments. Not to mention fitting in to a brand-new social crowd both academically and socially.

Balancing the pressures of University alongside everyday stress can be extremely challenging and triggering for students. At the University of Lincoln, the Student Wellbeing Centre currently has over 7000 students registered with them which is around half of the current student population. It is important to note that this is only the students who have felt confident to reach out for support. We imagine the number of students experiencing some type of mental health challenge or difficulty at some point during their studies to be much higher than what we have on our records.

The external and internal pressure students can experience has been described in the past as a 'crushing weight' that impacts all aspects of daily life. The sense of being so overwhelmed can cause complete mind blocks and an inability to focus enough to complete day to day tasks. This in turn impacts self-esteem, confidence, and resilience.

The Student Wellbeing Centre is made up of a team of Mental Health and Wellbeing Advisors, Student Wellbeing

Education Officers and Student Wellbeing Administrators who are here to try and support those students who are experiencing any type of difficulty. We have a daily drop-in service so that students can access the service 'on the day' that they feel they need the support. Every student who registers with the service also gets allocated an advisor who will remain with that student until they Graduate (occasionally even slightly longer if needed). The Student Wellbeing Centre delivers a range of groups (online and face-to-face), events around campus, resources and has an SVLO and counselling service. We also run a residential Summer School every July for prospective students who are experiencing anxieties about the transition to University.

Having good relationships with our partners across Primary, Secondary and Voluntary services is essential when supporting the students at the University. Working collaboratively ensures that the students can access the right type of support as early as possible.

So, if you hear a student mention they are feeling "a bit stressed", ask them again how they are really doing.

## STUDENT LIFE AND MENTAL HEALTH

I have been a student for four years and I'm nearing the end of a MSc degree so you could say I'm quite clued up on the trials and tribulations of navigating a degree (or two) whilst juggling daily life and looking after my physical and mental health.

I'm going to be honest, it's not been easy by any stretch of the imagination. I've seriously considered dropping out twice. I've lost count of the amount of how many times I've said "I can't do this", "I'm not smart enough", "This is impossible". I'm not shy to admit that there have been times when I have neglected my physical and mental health just to meet deadlines or squeeze in that extra hour of work (please do not follow my actions here - 10/10 would not recommend).

It can be really tough. But it can be



really rewarding.

I think students get a lot of bad press, especially with the "oh you just go partying and live with your friends" and yes, there is an element of that. But there is also SO much more. Sure, there's always people around to go talk to but the actual process of completing a degree can be very lonely. I often find myself on my own with my laptop doing work for hours on end. It can get to 6pm and I realise I haven't spoken or seen anyone all day. It's a hidden hustle.

Having said all that, it has made me very self-aware. I know when I should push on or when I should take a break. I'm aware of my signs when my mental health is being affected and how I should take care of that. But this has also taken work to know which self-care strategies work for me. I love to cook, read, go for walks and watch Marvel films - to name a few.

I know student life has made me more resilient and a stronger person. If you'd have told me at the start of first year (when I was two bad days off quitting) that I had achieved a top-grade degree and on the way to getting a MSc, I think I'd have told you where to go. In the midst of it all, I persisted, I learnt what worked for me for my mental health and I got through it. It wasn't something that I worked on alone though. I spoke to people about how I was feeling. I confided in my parents, friends and tutors. If I hadn't have reached out for help I don't know what I would be doing now (probably not writing this article, sat in the library with looming deadlines). It is true what they say though - a problem shared is a problem halved. It took courage to admit that I wasn't okay and it hasn't been an easy road.

I encourage you to do the same and speak about your experiences and how they made you feel.

**Megan**

# FREE SUMMER FUN FOR CHILDREN!

Children and young people receiving benefits-related free school meals can enjoy free holiday clubs this summer.

Funded by the Department for Education, the Holiday Activities and Food (HAF) programme provides a range of fun and engaging activities, as well as free, healthy food.

Lincolnshire County Council is working with schools, sports providers, leisure centres, youth clubs, early years settings and kids' clubs to organise holiday clubs across the county, which are open to both primary and secondary aged children.

Each club is unique and provides a wide variety of enriching activities, depending upon the venue. Examples of the type of activities on offer include music, cooking, trips to places of interest, arts and crafts, sports and games, drama, beatboxing, animal encounters, kite making and so much more.

You can find further details on how to book your child on to a club, including a list of participating venues, at [www.lincolnshire.gov.uk/school-pupil-support/holiday-activities-food-programme](http://www.lincolnshire.gov.uk/school-pupil-support/holiday-activities-food-programme)



**TINGERS**  
— CHILDCARE —

Nursery & Preschool  
Lincoln - Lincolnshire

### What We Offer

- Warm & homely learning spaces.
- Individualised inclusive learning.
- Variety of sessions for 0-5 year olds.
- Home cooked food.
- Highly qualified and experienced staff team.
- Free funded places.
- Sensory room.

### Contact Us

🌐 [www.tingerschildcare.co.uk](http://www.tingerschildcare.co.uk)  
✉ [office@tingerschildcare.co.uk](mailto:office@tingerschildcare.co.uk)  
☎ 07306 800 663

📍 Queens Park Community Hub  
South Park  
Lincoln  
LN5 8EW

**GET IN TOUCH FOR MORE DETAILS  
OR TO BOOK A VISIT!**



# CIRCLES OF SUPPORT FOR POSITIVE MENTAL HEALTH

**Circles of Support promotes Positive Mental Health for residents across the county.**

The team has developed its skills, knowledge and practice through formal training, experience, and listening to feedback from the people we have supported.

Circles of Support works with people who find themselves 'stuck' or who feel overwhelmed by their current circumstances. They may be facing a variety of difficulties such as mental health, social isolation, relationship/housing/financial issues, or carers needing some additional help and support.

We work with individuals, for up to 3 months, helping them to make a personal plan, with achievable short to medium term goals. This enables them to begin to see things more clearly. This is key to creating their own Circle of Support, which may include family, friends, community groups or other key agencies and organisations. This starts to address elements of their plan and move forward with solutions and recommendations.

Thanks to funding from SHINE, we are delighted to be able to continue running Circles of Support for Positive Mental Health, to residents of Gainsborough and Lincoln through to February 2023.

Referrals to this service can be made by individuals themselves or agencies currently supporting them, by completing an online referral form at this web address: <https://forms.office.com/r/WvNbiWNrsD>

Alternatively, our co-ordinator, Dinah, would be pleased to hear from anyone who thinks this service could benefit them, or someone they know or work with.

You can email her at [circlesofsupport@every-one.org.uk](mailto:circlesofsupport@every-one.org.uk) or call **07434 860064**



## LINCOLNSHIRE OUTDOOR LEARNING

**L**incolnshire Outdoor Learning is a registered Social Enterprise, that has been working with schools and local people, developing community based projects that supports people's greater understanding and engagement with the natural world for over 10 years.

Working closely with NHS and Shine Mental Health funding programmes, including the 'Community Asset Development Fund,' for Social Prescribing through our 'Growth for Health,' programme which supports people with Mental Health issues within the community.

We have developed our 2 Community Allotments at Spilsby and Louth. These are safe and peaceful places that people can join in the fun of growing your own food and nurturing the plants as a small community of people that want to do something to help themselves, others and the local environment. We can provide people in East Lindsey with a growing kit, that they can grow

seedlings at home and then bring to the allotment to plant out and grow and harvest, in order to gain the benefits of fresh air and gentle exercise, as well as nutritious vegetables and fruits.

We are also excited about our Wave 11 Managed Care Network funded project, which is open to people that will benefit by learning new skills in Horticulture, working alongside people with learning difficulties, learning how to grow flowers, fruit and vegetables that can be taken home and used in cooking or display. This will ensure that we are linking the activities that we do at the fantastic site of Kenwick Park, with home life. We ensure that our activities are suitable for people of all abilities.

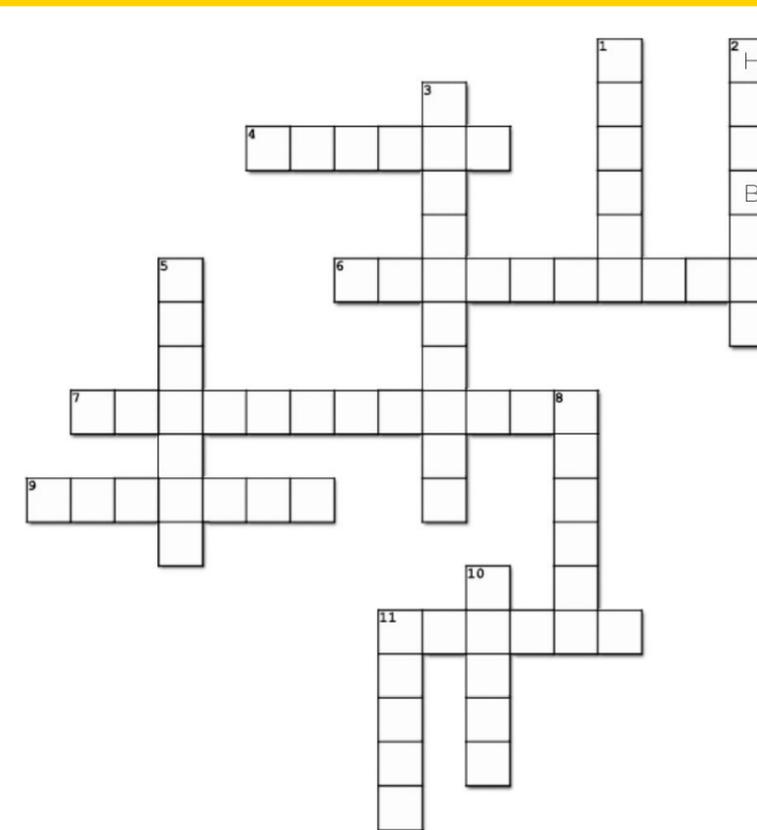
Please contact us if you are interested in joining our projects and receiving a free veg growing kit to get you started.

**Ashley Butterfield**  
07864967057  
[Ashley@LincolnshireOutdoorLearning.co.uk](mailto:Ashley@LincolnshireOutdoorLearning.co.uk)  
[www.LincolnshireOutdoorLearning.co.uk](http://www.LincolnshireOutdoorLearning.co.uk)



# HAVE A BREAK WITH BERT

Bert wants to know what is going on in the county, so he has gone for a wander in the pages of this newsletter – see if you can find him!!



### ACROSS

4. Be at one with \_\_\_\_\_
6. A feeling of self-assurance
7. Our County
9. Something you might dunk in tea
11. The season after spring

### DOWN

1. The colour of Bert!
2. Something you do for fun
3. A connection between two friends
5. The name of this newsletter
8. To take part in activities
10. Something you do when you're happy
11. Sun\_\_\_\_\_

**ANSWERS**  
Across: 4. nature, 6. confidence, 7. Lincolnshire, 9. biscuit, 11. summer  
Down: 1. Bert, 2. hobbies, 3. friendship, 5. connect, 8. engage, 10. smile, 11. shine



Bert's away on his holidays, he's seen the sights and had more ice cream than an orange bug should consume! He decided a boat trip was the perfect end to the holiday and has ended up stranded on an island. Help him get back to the boat so he can make it home in time to come to work at Shine on Monday!

# BEING A CARER

By Daniel Fleshbourne



**Life can be strange sometimes, the unexpected can happen out of the blue and change life forever...**

One day you're working the next you're caring. It can be a difficult and confusing time, a great upheaval that rocks the metaphorical boat that has been stable for many years.

According to CarersUK 1 in 5 people aged 50-64 are carers. That's over 2 million people who give a part of themselves to help a loved one.

Often this sort of unpaid caring role creeps up on the person or happens suddenly overnight. Helping their loved one comes naturally and is part of any loving relationship but what happens when the person you love and care for has needs that go above and beyond that?

Often people will "keep smiling and carry on" not realising that they are an unpaid carer. Some feel like they are failing by asking for help. Some feel overwhelmed by the position they find themselves in. Some people are uncomfortable with other people asking lots of questions and feel like they are being judged.

Often carers find that they become isolated, losing contact with friends and family. The caring role can become all-encompassing and there doesn't seem to be time for anything else.

Thankfully there are services and support that can help like letting your doctors surgery know that you're an unpaid carer can open many new ways you can be supported in your caring role. Maybe you could speak to a Social Prescriber who can connect you to organisations that can support you in your situation, or maybe you could ask for a Carers Assessment to look at what support you could be offered to help you in your caring role. There could be a group that you can join where you talk about what it's like for you and listen to other people who are in similar situations to

reassure you that you are not alone and share helpful ways to cope with your situation.

The message is always ask for help if you feel you need it. You don't have to carry on alone. There is support out there.

Every year in June there is a campaign to raise awareness for carers and the invaluable work they do to support the people they care for; it is called Carers Week. This year the theme was "Visible, valued and supported".

The aim of the campaign was to recognise, value and respect unpaid carers throughout our society and ensure carers have access to information and the support they need, where and when they need it.

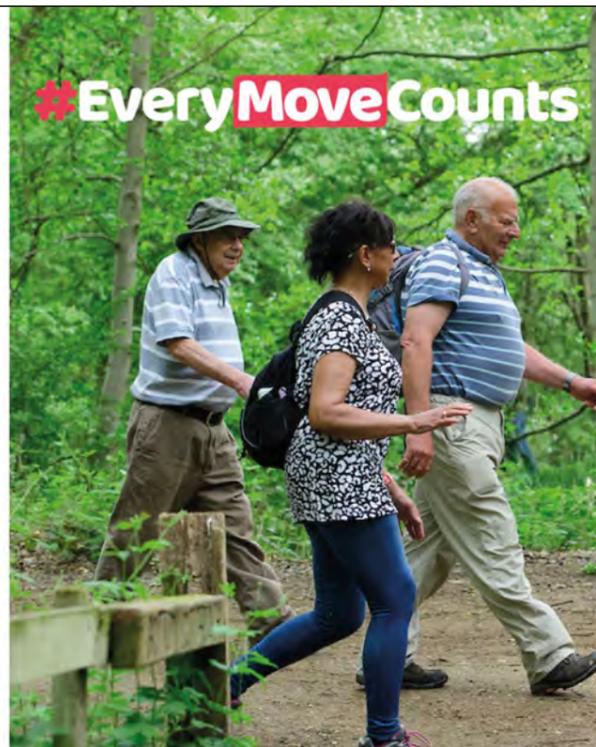
Lots of organisations around the country put on special events and open days to help unpaid carers and those people who don't recognise they are unpaid carers. This year The Lincolnshire Recovery College launched a new course to help carers learn and discover "Who is a carer?", allowing local people a safe space to identify as a carer and understand the support offered to carers in Lincolnshire, allowing carers the choice to access the services they want and to support them in their caring role.



**Moving More is great for our physical and mental health.**

**Being active is all about finding ways to move that work for you. Discover advice and inspiration and find activities near you on the Let's Move Lincolnshire website.**

**Letsmovelincolnshire.com**



# YMCA FUNDING NEWS

**The YMCA was granted funding to deliver a wide range of activities designed to support good mental health and wellbeing.**

The funding aims were organised into 3 categories: Mind, Body and Spirit. Each category had four separate groups of activities headed within them. YMCA staff have co-produced and actioned a wide variety of activities and workshops designed with the beneficiaries to support their wellbeing.

Even through the initial set back presented to our team due to the effects of Covid-19 restrictions, we provided a reduction in social isolation which can be seen by the increase in participation from our beneficiaries in respect to Wave 11 activities. As a housing provider of supported accommodation, the Covid-19 restrictions had a negative impact on the wellbeing of our beneficiaries, many of whom are socially isolated due to pre-existing mental and physical wellbeing needs, family difficulties and so on. The Wave 11 funding provided the financial basis to enhance our service and aid in supporting those who are isolated to co-produce and actively participate in workshops and activities, aimed at reducing isolation, which we have achieved.

Many of the activities and workshops were designed and tailored to be simple and easy to understand but to prioritise the improvement of mental and physical wellbeing and driving a desire to learn and be interested in new skills. Our beneficiaries had a varied menu of choice which has enabled their entire experience on the project to be entirely bespoke and person-centred.

The funding has been used to encourage outdoor activities and fitness as well as getting into nature to improve personal wellbeing. There was a much larger interest in being outdoors than we had anticipated, which encouraged us to be flexible in how we planned the project and used the funding, in order to meet desires of our beneficiaries.

The service has been able to effectively reduce incidents of critical mental health difficulties by being able to host and create activities which enabled staff to sign post those presenting as struggling with their wellbeing to other services; including We Are With You for drug and alcohol concerns, Holistic Help for the Homeless for both physical and mental wellbeing concerns, Local Social Services, Local Housing providers and our own psychotherapist to treat critical needs.



All of our beneficiaries have their own story and lived experience; our co-produced sessions and activities have provided the necessary setting for beneficiaries to utilise their own lived experiences to support one another.

Our staff have been a strong driving factor to promote positive wellbeing among our beneficiaries through constant tailored and support whilst undertaking the goals of the Wave 11 project.

Throughout the Wave 11 funded timescale the organisation has encouraged a total of 248 attendees to participate in wellbeing sessions; most of these beneficiaries attended more multiple sessions.

Our beneficiaries have benefited from an increase in social mobilisation through activities designed to promote participants to socialise and build personal connections with others, which in turn provides another support mechanism in the form of 1-1 peer to peer support to one another.

The project has opened a channel of co-production between the organisation and its beneficiaries allowing a clear line of communication to discuss the needs and wants of the beneficiaries.

The project has created a closer nit bond between staff and beneficiary by providing activities that have been co-produced. Beneficiaries feel more confident to discuss their own personal supporting needs with staff due to the rapport that has been established through meaningful wellbeing activities.



**A dementia diagnosis can be daunting, but it opens the door to treatment, care and support.**

With dementia diagnosis rates at a five-year low, it's little surprise Alzheimer's Society's latest campaign seeks to address this worrying trend.

The pandemic has played its part in driving the numbers down. The charity estimates around 30,000 fewer people with dementia were diagnosed during the pandemic, compared with pre-pandemic levels.

However, a recent survey it commissioned also found that confusion about the symptoms of the condition is a major factor.

In its most recent national survey of people with dementia, more than 40% of respondents said they delayed getting a diagnosis because they assumed the symptoms they had been experiencing were a natural part of ageing.

This figure was even higher across Yorkshire and Humberside, where 68% said they had initially confused signs of dementia with getting older.

And worryingly, more than one-in-three (36%) struggled with the condition for more than two years after first noticing symptoms before they finally got a diagnosis.

Dementia is a progressive condition for which there is currently no cure. Why then, you might ask, is Alzheimer's Society campaigning so vigorously to ensure people seek a timely diagnosis?

The answer is simple. Yes, being told you have dementia can be daunting and scary, but the charity believes it is better to know than to be in the dark...

and most people who responded to its survey agree.

More than nine in 10 people with dementia said they benefited from getting a diagnosis. It gave them crucial access to treatment, care and support, and precious time to plan for the future.

For some, it even came as a relief that they could finally put a name to how they had been feeling. And, despite what many people believe, a diagnosis of dementia is not the end of the world.

People can, and do, live well with the condition. Once they are able to access support and they, and their loved ones, have a greater understanding of dementia, they are better equipped to cope with what lies ahead.

Confusion about the symptoms is, of course, understandable. People can become forgetful as they get older, and we all experience moments when we misplace items or struggle to recall a face or name.

However, with dementia the symptoms are much more persistent. Asking the same question over and over again is not called getting old, it's called getting ill.

This was the message featured in Alzheimer's Society's recent hard-hitting TV advert, which depicted a loving husband slowly realising his wife's forgetfulness was not 'normal'.

Other reasons for not seeking a timely diagnosis identified in the survey included fear, stigma and denial.

The charity has created a useful 'symptoms checklist' on its website that can be used by anyone worried about their memory, which can be accessed by visiting [www.alzheimers.org.uk/memoryloss](http://www.alzheimers.org.uk/memoryloss) It can be printed off and given to a GP to initiate a conversation about their concerns.

Meanwhile, for more information about Alzheimer's Society's services in Lincolnshire, either email [Lincoln.enquiries@alzheimers.org.uk](mailto:Lincoln.enquiries@alzheimers.org.uk) or call 01522 692 681.



**GoGro CIC is a Community Interest Company based in Lincoln and we are passionate about positive change for both individuals and for our communities. Our vision is to support and inspire people through creative projects, focusing on healthy and affordable eating, nature, the environment and innovation.**

We have just finished our project 'Cook, Learn, Grow' (funded through the Greater Lincolnshire LEP Employment and Skills ESF Grant Programme) where we delivered a cooking course with a difference!

As well as teaching our students to make lovely food, we offered an opportunity to learn new skills and experiences that could help them back into education, volunteering opportunities or paid work as well as improve their mental health, confidence and self-esteem.

We quickly realised that the project and the manner in which it was delivered did so much more than teach people to cook. Our students made us proud, surprised us (and themselves!) and showed us the transformations that are possible when we enable people to learn new skills and to create things that make their taste buds dance!

Not only did we help our students to create nourishing and cost-effective meals, but we made over 250 portions for the community, including those on low income and the homeless.

We are developing more community initiatives that help the most vulnerable in society and although times are tough for a lot of people, we have seen so much love and positivity out there that we are inspired to do what we can to help as many people as we can - if you want to find out more please visit us at [www.gogro.org.uk](http://www.gogro.org.uk) or find us on Facebook and Instagram @GoGro\_CIC!



**Butterfly Therapy Service**

**Free therapy for you - when you need it most**

07731 722165  
therapy@butterflyhospice.org.uk

**Have you been recently bereaved, or are you facing the challenges of a life-limiting diagnosis?**

We offer personalised therapy where you can receive professional 1:1 support, and can explore the challenges in dealing with a life-limiting illness.

Call us or email for further details

We are committed to providing compassionate and personal therapy. Our support is for everyone affected by a life-limiting illness.

THE BUTTERFLY TRUST HOSPICE TRUST  
Your local hospice for local people

THE NATIONAL COUNSELLING SOCIETY

SCAN ME

**BUTTERFLIES SOUTH HYKEHAM**

**Butterflies is a venue for all women where they can have a little 'me time', in a safe environment. They can do crafts, have a pamper (hand/arm massage) have their nails done and plenty of other activities. They can make friends, chat, have tea, coffee and homemade cake! There are also seasonal activities.**

If there's a Birthday, Butterflies send cards and if we know they are going through a bad time butterflies take them flowers. The group is all about trying and make people feel loved and special.

Butterflies has been in existence since 2011, Now there have sessions in North Hykeham and Brant Road area, the group is run by volunteers and is part of the Alive Church.

# PEER SUPPORT WORKERS UPDATES

The role of a peer support worker is an interesting one. The more I have found out about my role, the more I've valued and appreciated what it hopes to offer someone who needs that extra bit of caring support.

It has made me realise how much we can all help each other in this capacity though. If we want to improve our own relationships and wellbeing at home or work, the underlying proven peer support principles are so valuable. They are based on people learning together in a relationship that is mutual, trusting, safe, non-judgemental and respectful.

The principles are to:

- provide opportunities for people to be properly seen and heard
- give individuals a sense of hope that things can improve
- support them to gain a sense of control over their lives
- help them to engage and connect with what they would like to in their local communities
- help individuals to gain satisfaction in different parts of their lives.

Why not try these peer support principles out for yourself? See if there are significant improvements in your own relationships and wellbeing.

Based on my own observations, I think you'll be pleased with the results.

Fiona Monk PSW (Apex/Marina)

My name is Gemma and I work as a peer support worker in Skegness. Recently I visited the ECO Centre in Skegness, they have a forest Tots group and volunteer opportunities. You can also organise birthday parties and group gatherings with notice.

They have pond dipping, a fire to toast marshmallows, sensory play and painting and den building. Plus, there is a new building designed for groups to use overlooking a peaceful area where the sheep graze, it is so tranquil and beautiful being among the nature, the perfect place to unwind/

meditate/read a book. I can use the space to take a service user if I think it would be a good benefit to them. They are very accommodating.

Gemma PSW



Hello Everyone. My name is Dawn and I am very lucky to be part of Team Shine, where I have been in post for 6 months.

My role as a Peer Support Worker is something I am very passionate about, having had my own mental health journey, my own lived experience and having had coaching is something to say I am very proud about. In my Peer Support role, I am going to deliver the best care I can, and to make a difference for others. My favourite past time has to be tennis; I am a member of the Grantham Tennis Centre. Having only picked up a tennis racquet 4 years ago I can only say it's one of the best feel

good practises I have had. Not only the exercise but the tennis family I have now. Having a dog, as we all know brings us the exercise and meeting people out and about, and this in itself has a feel good factor.

Dawn Pearson PSW



Hi, I am Emma the PSW based at Mindspace in Stamford. I have now been in role for four months, and much has happened during this time!

There has been lots of training and I have been getting to know my community, and all the great activities and support that is available in Stamford for adults wanting to connect and benefit their mental wellbeing.

I've met numerous professionals, volunteers, and peers who are determined to benefit the wellbeing of our community in a multitude of ways, whether that's providing free activity sessions at Mindspace or running a monthly support group. It is astounding how many groups exist in this area! We are fortunate in Stamford, and the whole county, to have a wealth of expertise and passion that is driving the need for transformation and change in how we view and live with our mental health.

During the last month I was excited to begin supporting my first client! This is going well, and I am now in the fantastic position that more referrals have been made to me. I am looking forward to meeting these individuals, adding to my case-load, and continuing to work with Mindspace.

Emma Allman PSW



Bearded Fishermen were founded in October 2019 by the side of a fishing lake in Ashby, by Rick Roberts & Mick Leyland, the reason being the loss of a fellow fishermen to suicide.

This prompted us to start a support group as both Rick and Mick have been through similar experiences in life. what started out as just a simple support group has now grown into a great support network supporting mental health and suicide prevention.

Since then, our activities have grown, prospered, and expanded. Bearded Fishermen is a charity based in Gainsborough that helps to support people with mental health issues, whether it's just a chat, counselling, or referrals to bigger more specialised services.

We have partnerships with lots of groups that can help with getting you out and help loneliness with art, singing, acting, gardening and even a community radio station where you can produce and run your own shows. All this helps to build up your support network and help in battling depression and anxiety and also making new friends.



## Men Do Events and Activity Programme

### July

**Saturday July 9<sup>th</sup> 10am Woodhall Spa 1940's Festival**

'Celebrating life on the home front'. The festival has a wide variety of 40s 'Home Front' themed events which take place at numerous venues across the village throughout the weekend.

We will meet at the car park of the park and ride, costs of which will be covered, and head to the centre together to enjoy some of the events and displays put on.

**Saturday 16<sup>th</sup> Ladies Day at Market Rasen Racecourse**

Get your glad rags on, we're going to the races! Dress code, think wedding attire. Denim is allowed if smart and dark in colour, with no tears.

Transport provided from Mablethorpe 9:15am, Skegness 9:50am and Louth 10:30am.

Coach will return to pick us up at 4:45pm.

**Tuesday 26<sup>th</sup> July 1pm Ice Cream Social at Farmer Browns**

Did you know July is ice cream month? Let's celebrate by meeting up and enjoying one. Tea, coffee and cake also available.

### August

**Friday 5<sup>th</sup> 7:30pm August Comedy Night with Jim Davidson at Embassy Theatre in Skegness**

Jim Davidson OBE, one of Britain's greatest ever comedians is unlocked and asks you to breakout too and join him on another hilarious white-knuckle evening of comedy.

**Tuesday 9<sup>th</sup> 1pm Pub Lunch**

The Welcome Inn – Burgh Old Rd, Skegness, PE25 2LJ

Royal Oak Inn 'The Splash' – Watery Lane, Little Cawthorpe, Louth, LN11 8LZ

**Monday 29<sup>th</sup> August Cadwell Superbike Championship**

Cadwell Park's season highlight, the Bennetts British Superbike Championship 'Party in the Park' returns. Join us to watch some of the best riders on the planet compete in an exciting day of racing.

Tickets will be provided prior to the event so that you can arrive at a time to suit you.

### September

**Monday 5<sup>th</sup> 7:30pm Online Quiz**

Test your general knowledge for a chance to win real prizes.

**Wednesday 14<sup>th</sup> 1pm – 4pm Summer Celebration**

Let us celebrate the end of a wonderful summer by having a BBQ with friends. Due to popular demand, we will be going to Legbourne Village Hall again to all meet up for a lovely afternoon of food and music.

**Thursday 29<sup>th</sup> Whitby Day Trip**

Jump on the coach and we will head to Whitby for the day. No set itinerary for when we get there you can take the opportunity to go off and do your own thing or stay with the group for a nice stroll around the town. Just watch out for Dracula! Transport provided from Skegness, Mablethorpe and Louth. Approximate times 7:30am – 6pm, to be confirmed.

**Don't forget our Masons Banter Breakfast project runs 1<sup>st</sup> Tuesday of every month! There is no need to book the breakfasts, just show up with your card or get in touch if you don't yet have one.**

The Men Do Project is only for Men. If you are over 50 and live in East Lindsey, why not give it a go. It is all about giving you the chance to get out, meet others and have fun doing something in which you are interested. All the activities and events are completely FREE, though spaces may be limited and must be booked in advance. To book your place on any activity or event or for more information call Carers First Hub on 0300 303 1555, Hannah on 07391 418586 or email: [hannah.key@CarersFIRST.org.uk](mailto:hannah.key@CarersFIRST.org.uk)

**Carers  
First**

# GRANTHAM



## BILLINGHAY HUB COFFEE MORNINGS

THIS IS AN OPPORTUNITY TO FIND OUT WHAT IS HAPPENING IN YOUR LOCAL AREA, AND WHAT SUPPORT AND ACTIVITIES ARE AVAILABLE.

WHY NOT JOIN US FOR A FRIENDLY CHAT AND A CUPPA.

**FIRST WEDNESDAY OF EACH MONTH**  
**10AM-12PM**

at Billingham Village Hall



K2

**Wellbeing Café**

Ascension Church Hall  
Edinburgh Road, Harrowby, Grantham

Free Refreshments

Every Monday 10am - 12noon

Company • Chat • Crafts • Table Games

All Welcome

## BHIVE COMMUNITY HUB

Come and join us at any of our group sessions: **Bottomless Tea, Coffee and Biscuits**  
Only £3 per person

### Weekly

**Monday Women's Wellbeing Group** – 12 noon to 2pm  
Women only. Friendship, share skills, self-help and support.

**Monday Place2bee for Men** – 6pm to 9pm  
Men only. Support, discussion, social activities, friendship and peer support.

**Wednesday Knit, Crochet & Natter** – 10am to 12:30pm  
For all levels from beginners to advance. Meet new friends, share skills and support each other.

**Wednesday Dementia Café** – 1pm to 3pm  
Make friends, learn about services and support available. To help anyone to live well with memory loss and support for carers too.

**Wednesday Weeding** – 10am to 12 noon & 1pm to 3pm  
Come and help us care for our beautiful sensory garden and allotment.

**Thursday Social Eyes** – 10am to 12 noon  
Coffee morning for people with sight loss and their carers. Please contact Tel: 01476 592775 to book in.

**Thursday Ex Forces Club** – 1pm to 3pm  
Military community to help and support each other.

**Thursday Place2bee Men's Group** – 6pm to 8pm  
Men only. Mini self-help workshop session on wellbeing.

**Friday Arts, Crafts & Laughs** – 10am to 1pm  
Come and bring your crafts or learn a new skill, make and enjoy your hobbies with others.

**Tuesday to Friday inclusive**  
**Night Light Café** – 6pm to 9pm **FREE TO COME**  
A safe space and a listening ear for people who are struggling with anxiety, depression or suicidal thoughts.

### Monthly

**First Tuesday** – **VIP Book Club** – 10am to 11am  
For Visually Impaired People. Please contact Tel: 01476 592775 to book in.

**First Tuesday** – **Photography Group** – 1pm to 3:30pm & 6pm to 8:30pm  
Learn how to use your camera or phone to take amazing photos.

# BELTON HOUSE

After a couple of years of restriction and forced cancellations, it was fantastic to finally get some of our wonderful Reconnecting Grantham partnership project volunteers together and to say a big **THANK YOU** for all you do for the Woodland Trust, the National Trust, the project and most importantly, for Grantham.

At the lunch we had updates from Ian Ross one of our Guided Walk Leaders, Tim Carter, a Wildlife Monitors and Pete Armstrong who leads the Woodland Working Group. We also had a brief presentation of the changes on site with fixed point photography from Estelle Slegers. You can find the images on her website here: <https://newtraces.uk/londonthorpe-woods-woodland-trust/> An Update from the Project....

The new Londonthorpe car park, easy access track and cycle path were completed in early January. It's

fantastic to see how many more families are visiting the site and making use of the new facilities.

You'll have seen a number of new gates at various entrances and some benches appearing on site with a few more to follow. We're also pleased to see the



resurfacing work on Five Gates Lane. While the road was closed for the resurfacing work, we took the opportunity to install five gateway features, to replicate the five gates after which the road was named.

The specialist tree surgery work on Belton's East Avenue of veteran trees is almost complete with a small amount of work due to take place this winter.

We've also set up a small tree nursery in the Wood Yard at Belton to grow the 250 trees we'll need to fill the gaps in the avenue. They should be ready to plant out towards the end of 2024.

Since restriction lifted, we've hosted quite a few events and activities.

We've also held two Woodland Skills training sessions for unemployed young people in Grantham. These week-long sessions allowed 12 participants to learn skills such as tree planting, tree ID and thinning. Each participant finished the course and qualified for their strimmer ticket.

We've also started regular community litter picks on site. At our first one we collected 24 bags on rubbish!

A sunny (with showers) litter pick around London Thorpe Woods and Alma Park a few weeks ago, saw only 6 bags compared to the 24 filled just 3 months ago!

**If you or a group are interested in joining in with this, contact Anna or Charlotte to find out more:**  
[anna.robson1@nationaltrust.org.uk](mailto:anna.robson1@nationaltrust.org.uk)  
[charlotte.beaver@nationaltrust.org.uk](mailto:charlotte.beaver@nationaltrust.org.uk)

supporting the local community in promoting positive mental health through meaningful creative activity

- Our workshops give people the opportunity to engage with others and learn and share woodworking and craft skills
- We specialise in creating products from mainly reclaimed wood that would have been destined for landfill
- We promote positive mental wellbeing and help people gain confidence to continue their personal recovery
- Our activities are open for people of all skill levels
- Come along and join!**

Opening Monday 11am – 9:30pm  
Times: Tuesday 10am – 5pm  
Thursday 5:30pm – 9:30pm

Triggs Yard, Union Street, Grantham, NG31 6NT

07985 565714 | [simon.kieffer@outwoodcic.org](mailto:simon.kieffer@outwoodcic.org)

@OutwoodCIC | @outwoodcic

PRINCE'S TRUST TEAM PROGRAMME

Join our 12 week programme!

for young people aged from 16 - 25

**OUR 12 WEEK COURSE WILL HELP YOU**

- Uncover hidden talents
- Assume responsibility
- Develop team working and communication skills
- Gain awareness of your local community and how you can contribute to it
- Gain nationally recognised qualifications

More than 80% of unemployed participants go on to jobs, training or education within three months of completing

**Starting near you soon**

**16-25 years old?** Starting in Grantham soon! Call Sally on 07825704082 for details OR text TEAMS and we will call you back

Looking for personal development opportunities and the chance to gain some qualifications?

**It's OK  
to not  
be OK**

**Don't bottle up your feelings**

**Talking helps**

Call the confidential emotional and mental health support line in Lincolnshire.

Our experienced support workers will provide you with emotional support, advice and guidance.

**0800 001 4331**  
**Available 24/7**



**Here4You**



Mental health and emotional wellbeing advice line for young people, parents and carers

**0800 234 6342**  
**Available 24/7**

**Lincolnshire Mental Health  
Advisor Helpline**

An advice line for those supporting people with their mental health



**0303 123 4000**  
**Available 24/7**

**Steps2change  
talking therapies**

Anyone over the age of 16 can self-refer or contact their GP for a referral to our steps2change talking therapies service.



The Lincolnshire IAPT Service

[www.lpft.nhs.uk/steps2change](http://www.lpft.nhs.uk/steps2change)

**Lincolnshire's  
Recovery College**

People over the age of 16 can access free educational courses on mental health and wellbeing through the Lincolnshire Recovery College.

**Lincolnshire Recovery College**  
[www.lpft.nhs.uk/recovery-college](http://www.lpft.nhs.uk/recovery-college)

For more information please contact [lpft.recovery.college@nhs.net](mailto:lpft.recovery.college@nhs.net), or visit [www.lpft.nhs.uk/recovery-college](http://www.lpft.nhs.uk/recovery-college)

**Further help is available should you need it:**  
[www.lpft.nhs.uk/accessing-support](http://www.lpft.nhs.uk/accessing-support)



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

**T 01522 300 206**  
**E [info@shinelincolnshire.com](mailto:info@shinelincolnshire.com)**  
**[www.shinelincolnshire.com](http://www.shinelincolnshire.com)**

**Be featured in the next newsletter**

If your organisation would like to feature in our next newsletter please contact us on [info@shinelincolnshire.com](mailto:info@shinelincolnshire.com) for further information.

**Stay up to date with Shine**

Sign up for our email updates!

Whether you are interested in mental health, have lived experience or work for an organisation by signing up you will be the first to hear all the latest Shine news.

Contact us at [info@shinelincolnshire.com](mailto:info@shinelincolnshire.com) to find out more and to sign up.

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