



Living Later Life Well News

The latest activities, events and services on offer at Trinity Methodist Church and around Barton upon Humber, aimed at residents aged 60+.



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If you have an older friend, neighbour or family member who is feeling isolated and would appreciate contact to help them engage in community activities, please contact me and I will be happy to help.

Would you like to receive this newsletter monthly? We can either email you a copy, or post one through your door – get in touch with your details above and we'll add you to the list!

January 2022 issue

A new year is a great opportunity to say “yes” to new things, and there are lots of new activities on offer at Trinity Methodist Church and the local area to whet your appetite.

Following our fabulous workshop in November, where people made fabric wreaths from recycled materials, we're back with another crafty class! You'll learn to create your very own microwaveable bag stuffed with wheat and lavender – great for keeping you toasty on chilly days.

Our Games and Coffee mornings are back, every Wednesday from 10.30am – 12.00pm in the Community Room. We enjoy a good chat, refreshments and a different games, craft or activity every week. Everybody is very welcome to join us!

If you're keen to get a little more active this month, there's two great activities on offer – Chair Based Exercise classes, and friendly Table Tennis sessions.

Both activities are relaxed, open to everybody, and will help you to gently exercise and improve your physical and mental health. Why not give it a go this January and give your wellbeing a boost?

We had a great trip to Brigg Garden Centre in November, and I know lots of people are excited about the next 'day out', so answers on a postcard please! Where would you like to explore? Before you shout “Barbados” and start packing your sunglasses, let's think of somewhere a little more local first!

Coming soon!

In March, we're planning to hold a Wellbeing Event, where you can 'give it a go' trying new activities including archery, boccia, circuit training, table tennis and more. There will also be Health services available for you to assess your current level of health and fitness, and find out what's on offer locally. More information in the next newsletter!



Pensioners' Lunch Club

Don't forget, Trinity Methodist Church hosts a Pensioners' Lunch Club on the **last Thursday of every month**, and it's a great opportunity to enjoy a meal with old friends and make new ones!

Join us from 12.00pm each month for a two-course homemade hot lunch and drink, all for £6.00.

If you'd like us to save you a seat, please contact Wendy on 01652 633123.

Saturday cuppa!

Every Saturday from 10.00am – 12.00pm, you're guaranteed a warm welcome at the Coffee Morning, hosted by Trinity Methodist Church.

Tea/coffee, biscuits and toasted teacakes on offer – join us for a friendly weekend cuppa!



Would you like to get fitter, healthier and more active?

Chair-based exercises classes starting this month at Trinity Methodist Church!

We've finished the mince pies, and the summer months are still a long way off...so why not make it your New Year's Resolution to get a little more active this January?

Chair-based exercise classes are starting weekly from **Tuesday 18th January, 1.30pm – 2.30pm** at Trinity Methodist Church and places are currently available!

Classes will be led by a qualified instructor and will include gentle exercises to improve your posture and balance – you won't get tired or sweaty, and if you haven't exercised in a while, don't worry because everything will be tailored to your ability level.

What's more, exercise helps to:

- Reduce your risk of falls by strengthening your muscles
- Is linked to supporting your thinking skills
- Boosts your mood and energy levels

Plus, it's a chance to socialise and have some fun! Chair-based exercise is suitable for most people, and as with all our activities, there'll also be lots of chat and refreshments on offer.

There is a suggested donation of £2.00 per session for this activity, which contributes towards the cost of the class and the refreshments.

Time for a spot of table tennis!

Thanks to Active Humber, Trinity Methodist Church is now the proud owner of two brand-new table tennis tables and equipment. If you've never played before, or you're feeling a bit rusty and fancy a game, then please join us!

Table tennis offers surprisingly great health benefits, including:

- Improving hand-eye coordination
- Developing your reflexes whilst being easy on the joints
- Keeping your brain sharp!

Plus, it's lots of fun, and easy to learn – come to Trinity Methodist Church every **Wednesday from 1.30pm – 2.30pm, starting on Wednesday 19th January**. Sessions are free of charge, very relaxed and include a cuppa!



Games, chat and cake is back!

After a Christmas break and chance to recharge our batteries, the weekly Games and Coffee Mornings are back at Trinity Methodist Church.

Join us every **Wednesday, 10.30am – 12.00pm** in the Community Room for a good cuppa and conversation, and a different game or activity each week.

We've got giant Snakes and Ladders, quizzes, bingo, craft activities and more on offer. Everyone enjoys a laugh together and a chance to catch up, it's lots of fun and a relaxing morning out of the house.

If you'd like to join us, you'll be made very welcome – access is from the side entrance on Vestry Lane.

Walking cricket!

North Lincolnshire Council are offering Walking Cricket sessions at Baysgarth Leisure Centre from **Thursday 13th January, 2.00pm – 3.00pm.**

Walking Cricket is the same sport you love, just played at a slower pace – so it's perfect for people who are older or less mobile but who still want to enjoy the thrill of the game!

No booking required, simply turn up - £3.50 per session.



Make your own microwave-friendly wheat bag in our upcoming craft workshop!

Following the success of our fabric wreath workshop in November, we're back with another craft workshop in February!

Stay warm and cosy this winter and learn how to make your very own microwaveable heat bag! Ideal for keeping you snug on the sofa, pop it under your duvet an hour before bedtime, or use it to alleviate aching muscles or a headache. They even make good stands to prop up your book or iPad!

Filled with wheat and lavender, your reusable heat bag will keep you toasty, and we'll be using recycled materials to create them, so it's good for our planet too!

Monday 21st February, 9.30am – 11.30am

Trinity Methodist Church

Suggested donation - £2.00 (refreshments included)

To book your space, contact Jo on 07821 900623 or email jo.marwood.bartontrinity@outlook.com



Let's get digital!

Would you like to be able to use a tablet computer to do your online shopping, banking, learn how to use social media or keep in touch with family?

Perhaps you have one gathering dust in your home, or you're planning to purchase one, but you'd like to pick up some tips and techniques first?

We are planning two different three-week group sessions in February, designed to give you the skills and confidence to navigate the online world!

Beginners Course:

How to use a tablet computer
Using the internet, downloading and using apps
Using the camera, sending emails and playing games

'Growing in Confidence' Course:

Communicating with family and using social media
Accessing your medical records, and online shopping
Banking online, avoiding scams and staying safe on the internet

Tablets will be provided, or you can bring your own! All classes will be delivered by a tutor, and you'll be given supporting materials to take home, so you can put your new skills into practice! If you'd like to register your interest, get in touch – contact Jo on 07821 900623 or email jo.marwood.bartontrinity@outlook.com.

Living sustainably in 2022 with Slow Circular Earth



I am Amie Alissa Watson, the founder of Slow Circular Earth UK, a non-profit organisation based in North Lincolnshire.

We are all about educating, empowering and championing women to live their own sustainable, green and environmentally active lives.

There are lots of upcoming events in and around Barton upon Humber listed below – we'd love to welcome you!

We run wild eco weekend retreats, craft and nature-based workshops, food co-operatives, a 'zero waste' café, sewing and clothing repair cafés, and an eco book library. We are the organisation behind Barton's Great Big Green Week, Boomerang Bags Barton, Plastic Free Barton and North Lincolnshire Climate Action Group. With a focus on working together, creating action for climate change, we work closely with other local groups, creating a wider network of women celebrating other women in acting for their children's futures.

So Sew Cafe/Repair Cafe - St. Mary's Church Hall, Barton **£5.00**

Making recycled fabric items such as Boomerang Bags, plus offering alteration and clothing repairs service.

- Tuesday 18th January 9.30am - 11.30am
- Tuesday 25th January 9.30am - 11.30am
- Tuesday 1st February 9.30am - 11.30am
- Tuesday 8th February 9.30am - 11.30am
- Tuesday 22nd February 9.30am - 11.30am

Macrame with The Knotty Corner, hosted by Zero Waste Café - St. Mary's Church Hall, Barton **£5.00**

Fun making a selection of macrame items together!

- Saturday 15th January 10.00am – 1.00pm

Soup Cafe hosted by Zero Waste Café - St. Mary's Church Hall, Barton **FREE for all**

Join us for some homemade plant-based soup and artisan organic bread.

- Saturday 22nd January 11.00am – 1.00pm

Artisan Organic Bread-Making Masterclass, hosted by Zero Waste Café - St. Mary's Church Hall, Barton **£5.00**

Join our very own artisan bread maker, demonstrating some baking tricks and techniques!

- Saturday 12th February 11.00am – 1.00pm

All events/workshops and meetings need to be booked in advance via email slowcircularearthuk@gmail.com or contact us on 07875 407997. For more details, visit www.slowcircularearth.co.uk