



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!

March 2022 issue

Lighter evenings are on the way, and spring bulbs are popping up everywhere! These splashes of colour are a wonderful mood-booster – now the weather is improving, why not arrange to meet a friend for a stroll through Baysgarth Park, or visit some of the beauty spots in the town?

At the time of printing, we're fully booked for our coach trip to Beverley and we're planning ahead for a trip every other month. More details are in the newsletter!

We're delighted to welcome Barton Saturday Club to Trinity Methodist Church. The group runs sessions every week including a dedicated Community Craft group every Friday – you'd be very welcome to join them.

Our Chair-Based Exercise classes are so popular that we're planning to segment them into two separate groups: one group will focus on gentle movements and light exercises, whereas the 'intermediate' class will have a bit of challenge involved! Classes take place every Wednesday from 11.30am – 12.30pm and cost £2.00 per session which includes refreshments. If you'd like to join us, please get in touch to register your interest so we can work out group numbers.

We've got lots to look forward to as we welcome the signs of spring. Hopefully you'll feel inspired to join in some of the activities in this newsletter, and experience a new 'spring' in your step!

Make a lunch date with new friends!

The next Pensioners' Lunch is on Thursday 31st March at 12.00pm – for only £6.00 you'll get a two-course homemade hot lunch and drink. There's sausages on the menu this month!

It's a great opportunity to enjoy a meal with old friends and make new ones – if you'd like us to save you a seat, please contact Wendy on 01652 633123.

Upcoming Trips in 2022!



Following a fully-booked trip to Beverley, we're planning regional coach trips every other month in 2022.

Trips will vary from visits to stately homes, to a day at the seaside and a trip to the theatre later in the year!

Our coach trips are a perfect opportunity to enjoy a day out in friendly company, and explore somewhere new.

Coaches come with storage for walking frames/sticks, and trips include plenty of opportunity for rest and refreshment, as well as exploring what's on offer at the destination!

All trip details will be confirmed nearer to the date, but just to whet your appetite, here are our plans!

May: visit to a stately home

July: visit to the seaside

September: visit to a formal gardens

November: visit to a theatre

Look out for information in future newsletters, or if you're very flexible with your diary and wish to pre-book your place, get in touch now!



A huge welcome to our new residents!

Barton Saturday Club/Friday Community Crafters has moved their base to Trinity Methodist Church and are ready and raring to go!

We're pleased to welcome Barton Saturday Club to its new home at Trinity Methodist Church, where the following sessions will be running:

Knit, Natter and Lace Group – Wednesdays, 9.30am – 11.30am (£2.50)

Friday Morning Community Crafters – Fridays, 10.30am – 1.30pm (£2.50)

Bring your own crafts or help with charitable makes

Saturday Club – alternate Saturdays, 2.00pm – 4.00pm (£3.50)

Fun and friendship, including bingo, quizzes, crafts and games

New faces are always very welcome – if you're interested in any of the above sessions, contact Elaine Georgiou on 07951 374770.

Make a FREE fabric 'Boomerang Bag' through this latest WEA course



Monday 25th April, 1.00pm – 3.00pm

**Wilderspin National School Museum, Queen Street
Barton upon Humber, DN18 5QP**



A free opportunity to make your own custom-designed recycled fabric tote bag! Learn the skills needed to select your fabric, use and lay a pattern, cut out fabric and sew your very own reusable bag with your choice of handles and with the option of adding an additional pocket with our very own 'Boomerang Bags' logo.

These planet-friendly alternatives to plastic bags are very useful for shopping, or to give as a unique gift bag. As part of this course, you will learn principles of Slow Fashion and how we can do our bit to help. Ideally you will need to be able to sew using a machine to a basic level. You can bring your own fabric to use or use ours as provided. You are welcome to bring and use your own sewing machine if you prefer. Sewing machines, fabrics, tote bag pattern, tape measure and fabric scissors will be provided at the venue.

To book your space, call 0300 303 3464 and quote course reference C3680252 or visit the WEA website www.wea.org and type your postcode in the Search Box to find this course and others. WEA is a registered charity, funded by the Education & Skills Funding Agency in this area. Classes are for all adults 18+ - fees may be payable depending on the course you select, but these are waived fully for claimants on benefits/with low household incomes.

Try your hand at New Age Kurling!



If you've been watching the Winter Olympics with interest and thinking "I could do that", now is your chance! The conditions are warmer, drier and slightly different, but New Age Kurling is a very popular sport that's simple to learn and very addictive.

New Age Kurling is played indoors in teams by sliding weighted stones towards a target, with the idea being to get as many of your stones closer to the centre of the target than your opponents' stones.

It's great fun and inclusive for all ages and abilities – complete beginners are very welcome and you'll soon pick up the technique!

Sessions run on Saturday afternoons, but these vary depending on other bookings – get in touch with Wendy Fowler on 01652 633123 if you'd like more information about the next planned session.



Easter Crafts coming soon!

Regulars at our Wednesday Coffee Mornings have enjoyed a bit of variety at sessions recently, including a classic sing-a-long around the piano, memory games and a visit from children at St. Peter's Primary School.

This month we're hosting guest speaker Amie-Alissa Watson from Slow Circular Earth, who will talk about her business promoting sustainability and environmentally-friendly initiatives.

We've also got the children from St. Peter's back at the end of the month making these fabulous Easter crafts!

If you'd like a cuppa and a chat, you're very welcome to join us! We meet every **Wednesday from 10.30am – 12.00pm** in the Community Room at Trinity Methodist Church (access is via the side entrance on Vestry Lane).



Are you 'arty'?

Do you have a background in, or passion for, all things art? We're working alongside children at St. Peter's Primary School as they hope to achieve the Gold Arts Mark from the National College of Art. We plan to hold some art sessions at Trinity Methodist Church, where pupils will come and get creative with people just like you!

If this sounds of interest, please get in touch!



Historical health walks

Would you like a gentle stroll in friendly company? Join the North Lincs Community Wellbeing Activators for a short health walk around Barton taking in the sights of our historic town – a distance of 1.6 miles.

The next walk is on **Friday 11th March at 10.30am**, then alternate Fridays meeting at Baysgarth House Museum car park (DN18 6AH). The health walks are free to join – wear appropriate clothing for the weather, comfortable footwear and bring a drink.

For further information, call Alison on 07825 858175 or Alice on 07766 747070.

“Film, food & activity” Wednesdays are back at The Ropewalk!

Film matinee, lunch and afternoon activity sessions are back at The Ropewalk! A hugely popular mid-week treat, there's a range of films and activities on offer, homemade food courtesy of the Coffee Shop, and a chance to socialise with other film enthusiasts.

For £5.00, you get access to the film, a two-course lunch and afternoon activity. Doors open for the film at 10.00am in Ropery Hall, for a 10.30am start. If you prefer not to stay for lunch, you're welcome to see the film only for £3.00.



Wednesday 2nd March – Film: West Side Story (1961), Activity: 3D Birds with Carolyn Short

Romeo and Juliet played out in New York City as two youngsters from rival gangs fall in love. The original Hollywood musical starring Natalie Wood.

Wednesday 9th March – Film: Harriet, Activity: Drawing from Nature with Linda Ingham

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history. Stars Cynthia Erivo, Janelle Monae.

Wednesday 16th March – Film: Gaslight (1944), Activity: Explosion Books with Carolyn Short

Ten years after her aunt was murdered in their London home, a woman returns from Italy in the 1880s to resume residence with her new husband. His obsessive interest in the home rises from a secret that may require driving his wife insane. Stars Ingrid Bergman and Charles Boyer

Wednesday 23rd March – Film: Six Minutes to Midnight, Activity: Bookmarks with Fiona Caley

It's the summer of 1939, and influential Nazi families are sending their daughters to a finishing school in the seaside town of Bexhill to learn English, and act as ambassadors for a future-looking National Socialist. But when a new teacher arrives and tries to raise the alarm about what's happening, the authorities see him as the problem.

Wednesday 30th March – Film: The Rescue, Activity: Chair Exercise

A chronicle of the enthralling, against-all-odds story that transfixed the world in 2018: the daring rescue of twelve boys and their coach from deep inside a flooded cave in Northern Thailand.

Key Contacts

If you're finding things difficult at the moment, please reach out and seek appropriate professional help. Make an appointment with your GP to discuss how you're feeling (in an emergency, always dial 999)

Samaritans (free confidential helpline) – call 116 123, email jo@samaritans.org or visit [samaritans.org](https://www.samaritans.org)

Mind (information about mental health support) – call 0300 123 3393, email info@mind.org.uk or visit [mind.org.uk](https://www.mind.org.uk)

Campaign Against Living Miserably (CALM) – call 0800 58 58 58 (5.00pm – midnight)