



Living Later Life Well News

The latest activities and events 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 email the newsletter directly to you, or you can collect a copy from Trinity Methodist Church or other venues around Barton. For people who are unable to collect a copy, we can arrange to post through their door.

December 2022/January 2023 issue

Time is flying so quickly at the moment – we're on the cusp of a new year, festive lights are twinkling all over Barton, and I'm already a little bored of mince pies!

Although it seems like only yesterday that I was writing last December's newsletter, I look back over 2022 and realise it's chock-a-block full of wonderful moments.

We've enjoyed fish and chips in Bridlington (and a bit of paddling in the sea!), created pottery masterpieces, and enjoyed live music performances. We've explored the stunning Sledmere House, challenged children at St. Peter's Primary School to a board game or two, and kept our bodies moving with Chrissy's chair exercise classes.

Most importantly, so many people this year have felt motivated to get out of the house and join our activities. It's been a real pleasure to see new friendships forming, people laughing and chatting, enjoying each other's company, and feeling loved and valued.

That's what the *Living Later Life Well* project is all about.

As we look ahead to 2023, aside from planning a whole range of new activities and trips to inspire you, I'm looking for how I can help people to feel part of our fantastic community.

So many people tell me that coming to our activities gives them a sense of purpose that they have been missing. Everybody knows somebody who feels a bit lonely – maybe it's a family member, neighbour or friend. Could you be the one to encourage them to come along? You might just be their key to feeling happier in their life.

If you are reflecting on your year, I hope you feel glad that you've been part of our activities as the project continues to develop and offer support to older people in the area.

A huge thank you, as always, to our wonderful volunteers who do so much to support activities and keep everything running smoothly.

And the biggest thank you to you all, for trying something new in 2022.

Merry Christmas!

Regular activities at Trinity Methodist Church

Here's an overview of our 'regular activities' (although we also run one-off sessions) – if you'd like any more information on these, please get in touch for a chat.

Monday:

Pilates, 10.30am - 11.30am

Bowls, 2.00pm – 4.00pm
(October - April)

Tuesday:

Chair Exercise, 11.30am - 12.30pm

Pottery, 1.00pm - 3.00pm

Wednesday:

Coffee Morning, 10.30am-12.00pm

Games Afternoon, 1.30pm-2.30pm

Book Club (fortnightly),
1.30pm-2.30pm

Thursday:

Pensioners' Lunch, 12.00pm
(last Thursday of the month)

Saturday:

Coffee Morning, 10.00am – 11.30am

New Age Kurling (fortnightly),
2.00pm

Landscape Felting Workshop

Come and spend a relaxing morning in a world of wool! Learn traditional wet felting techniques, guided by our expert tutor, to create your own bespoke landscape art to hang on your wall or give as a beautiful gift.

Monday 9th January, 9.30am – 12.30pm

Suggested donation: £2.00



Using beautiful soft carded sheep's fleece, we will tease out the fibres, wet and roll it to create a felted landscape picture. You'll have plenty of time to add your own personal touches! Our tutor Vivienne will give you step by step tuition, and refreshments will be provided throughout the session.

Booking is essential as spaces are limited.

Make your own clay jewellery!

If you've ever fancied creating your own handmade jewellery, this workshop is for you!

Tuesday 17th January, 10.00am – 12.00pm

Suggested donation: £2.00



Working with clay is very therapeutic and relaxing, and everybody creates something completely unique.

You'll experiment with the clay using gentle rolling and moulding techniques guided by our tutor Karen, to make your own pendant necklace, a bead, and a brooch.

Work will be glazed in Karen's workshop; brooch pins will be fitted and a cord for the necklace will be provided. All you need to decide on is an outfit to wear with it, or who you'll gift the jewellery to!

Booking is essential as spaces are limited.



Celebrate Chinese New Year with your own willow lantern!

Monday 23rd January

10.00am – 12.00pm

Suggested donation: £2.00

Chinese New Year is celebrated on Sunday 22nd January 2023, so come and herald the 'Year of the Rabbit' with a creative morning making your own

lantern out of willow and tissue paper. It makes a beautiful table centrepiece, and will bring a cosy light to your home in these dark winter evenings.

Local artist Wendy Chan will be on hand to provide all materials and tuition.

Booking is essential as spaces are limited.

A new year of live music and lunch!

Every two months on a Monday, we host a morning of live music followed by a lunch of sandwiches, savouries, and homemade cakes. It's a great way to start your week and watch some talented artists!

Suggested donation: £5.00
Booking is essential

Monday 12th December
10.30am – 12.00pm
Tom and Harry

A morning of songs and laughter will be guaranteed with this lovely set list of well-known tracks.



Monday 6th February
10.30am – 12.00pm
Mishra
Enjoy the world music sounds of global folk collective Mishra, who will take you on an unforgettable journey.



Fabric Art workshop

Tuesday 7th February
10.00am – 12.00pm
Suggested donation: £2.00

We're welcoming Amie from Slow Circular Earth to run this workshop creating artwork from recycled fabrics.

Using the natural world as your inspiration, you will experiment with embroidery techniques, cut-out windows, different wools, and fabrics to make unique pictures celebrating our gardens, wildlife, and the great outdoors.

Booking is essential!



New course of pottery classes available to book!

First session: Tuesday 7th February
Last session: Tuesday 28th March
(8-week block of sessions)
1.00pm – 3.00pm
Suggested donation: £2.00 per session

Our pottery classes, led by tutor Karen, have been such a success that we're running some more in 2023!

Book onto this block of sessions, and you'll learn a range of pottery techniques, creating something wonderful each week that will be glazed, fired, and returned to you to keep.

Come along and enjoy:

- An opportunity to be creative and have a go at something new!
- Reduced stress and boosted self-esteem when you learn to make something beautiful and unique
- A chance to relax and 'switch off'
- A real sense of achievement
- Exercise for the hands, wrists, and arms
- More social interaction with others

Spaces are limited so get in touch to book!

“Don’t just sit there, or life passes you by”

Fay joined the Living Later Life Well project earlier this year and is a regular at our craft classes and on our trips around the region. You’ll usually find her laughing and chatting, often covered in clay at our pottery sessions, and always ready to get stuck into every activity she joins. She’s made new friends, picked up new hobbies and created this fabulous needle felted robin! This is her story...



How were you feeling when you first contacted the project?

I’d been going to a weekly group at Mind in Scunthorpe for four years, but the group stopped during the COVID lockdown. I had regular phone calls from them, but I didn’t have anywhere else to go and started to feel really down. I’ve always been an active person, but I was so fed up and could feel that I was spiralling into myself with nothing to look forward to.

I had a chat with Jo, and she invited me to a new Chair Exercise class as a starting point. I felt a bit nervous about coming, not knowing anybody, and wondering if I would manage the session, but I’m so glad I made the effort!

How do you feel since joining some of the project’s activities?

Since that first day, Jo’s made me feel so relaxed, she’s easy to talk to and keeps in touch to check in on me. Everybody is lovely, and the people who run the classes all make you feel really welcome. I just want to do everything! There are so many activities on offer, and I feel that I can be ‘me’ – I’ve met people who are as chatty as I am, and I feel accepted and appreciated.

What would you say to somebody who might be interested in joining the project?

Don’t just sit there, or life passes you by. It’s a big step to accept support and come to the classes, but if you don’t try, then you don’t know what’s out there. Joining activities gives me more purpose in other areas of my life, and I’m finally feeling positive about the future – I’m back and it feels great!

New Year, new you!

Start 2023 with a boost to your energy levels and self-esteem! Why not join us for our Pilates classes on a Monday morning, or our Chair Based Exercise classes on a Tuesday morning?

Both are gentle classes designed to keep your body moving, build your fitness levels and improve posture. Pilates is a floor-based exercise using mats, and your instructor Stef will guide you through the various positions and stretches.

Chair Based Exercise is what it says on the tin...you’ll be seated and use resistance bands alongside music to stretch different areas of your body.

Both are fun, friendly sessions and everybody is very welcome!

Pilates – Monday, 10.30am – 11.30am

Chair Based Exercise – Tuesday, 11.30am – 12.30pm (includes refreshments at the end of the session)



Volunteer befriending opportunities with the Age UK Lindsey team



Did you know that more than 20% of people living in North Lincolnshire are aged 65+?

Age UK Lindsey is an independent local charity, working to reduce loneliness and social isolation, help older people understand their pension age benefits and enable them to access digital technology. The charity has been around for over 30 years, and has a shop on the High Street in Barton.

To deliver the ever-growing need for their services, they rely heavily on the kindness and commitment of volunteers. They're now looking to increase their team of Befriending Volunteers, to support older people in Barton and the surrounding villages.

What is a Befriender?

Being a Befriender means you are there to provide much-needed company for older people who are feeling lonely or socially isolated. You can do this by simply having a cup of tea with them, playing games, discussing hobbies and interests, talking about family and friends, and sharing special, important memories with them.

You might also wish to accompany them to join in a social group or local activity if they're able to get out into the community.

All we need is an hour of your time each week (there is also the option of telephone befriending if this is more suitable for you). The role is suitable for all ages (18+), you must be comfortable chatting to new people, and you'll be given lots of support.

Benefits to you!

There are so many benefits to becoming a Befriending Volunteer, including:

- A positive feeling of giving something back to the community
- Increases your own sense of confidence and wellbeing
- Making new friends
- Being part of a team

Want to find out more? Come to our Befriending Open Morning!

Would you like to volunteer as a Befriender, or do you know somebody who would benefit from a Befriender contacting them? Come along to our Befriending Open Morning, in partnership with the Living Later Life Well project, on **Friday 20th January 2023, from 10.00am – 1.00pm** at Trinity Methodist Church.

We'll be on hand to answer all your questions, and hopefully start your Befriending journey!

In the meantime, if you want to make a difference in your community and are interested in volunteering, visit the Age UK Lindsey website www.ageuk.org.uk/lindsey, email info@ageuklindsey.co.uk or call 01507 524242 for more information.



Coming soon in 2023

There is so much to look forward to in 2023, and we're always open to new ideas, so if there's something you'd like to try, please let us know! In the new year, you can look forward to:

- **Regional coach trips every two months (starting from March)**
- **Pottery masterclasses including wall planters for your garden, and little fairy figurines**
- **Printmaking Easter cards**
- **Digital skills sessions – learn how to use your iPad, or borrow one of ours!**
- **So, you've retired...what now? Sessions offering advice on anything from pensions to volunteering, mental health support to available benefits**
- **Intergenerational friendship sessions where older people can spend time with children and babies, chatting, playing games, and interacting to help reduce loneliness and promote kindness**
- **Needle felted animals, from hares to penguins!**
- **Zumba classes**
- **Creative writing sessions and opportunities to share your writing with others**
- **A brand new 'bake off' cake club**

And much, much more! Please remember, when booking activities, you may be asked to prioritise which sessions you'd like to attend most. This is to ensure that as many people as possible can take part, as the project is very busy and oversubscribed – thank you for your understanding.



A new sport for a new year!

Our New Age Kurling sessions are very popular, meeting fortnightly on a **Saturday afternoon from 2.00pm** in the Lecture Hall at Trinity Methodist Church.

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 center of the target than your opponents' stones.

The stones slide easily along the floor, meaning that people of all abilities can learn to play. It's great fun, complete beginners are very welcome, and you'll soon pick up the technique with lots of people to help you.

Get in touch with Nancy on 01652 281521 if you'd like any more information or to join the group!

Come and learn British Sign Language!

Earlier this year, we advertised British Sign Language sessions, but they were unable to start as the instructor was unwell. However, she is now ready to begin teaching this wonderful language in January, so get in touch to book (if you have already signed up, please let us know that you still wish to attend).

Did you know that it's only in 2022 that British Sign Language (BSL) has become a recognised language in Britain? Yet hundreds of thousands of people use BSL as their primary language to communicate with others.

Would you like to learn British Sign Language, starting with the basics such as the alphabet and working your way up to having fully signed conversations? Join us for our new fortnightly British Sign Language classes in the Community Room at Trinity Methodist Church.

The sessions will be relaxed, enjoyable and interesting, a chance to learn new and important skills, enjoy a cup of tea and have some fun! The group will be led by Maddison Leigh, who grew up in a deaf household and is passionate about teaching British Sign Language to others. She teaches lots of different groups and is bringing her love of BSL to Barton!

Classes will start on **Tuesday 24th January 2023, 1.30pm – 2.30pm** and will run fortnightly. Refreshments will be available, and donations are gratefully accepted. **Booking is essential.**



A few photo highlights from 2022 – thank you for your support!



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)