



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.

June/July 2023 issue

Hello summer sunshine! As I write, the sun is streaming through the windows at Trinity Methodist Church and shining on the table tennis tables, which are set up and ready for today's activity. Our Wednesday games sessions are a fun, friendly and relaxing way to spend the afternoon – play a board game, a game of table tennis or have a cuppa and a chat! Every Wednesday, 1.30pm – 3.00pm – we'd be really pleased to see you.

Our Pilates classes have moved back to a Monday, 10.00am – 11.00am and I hope more people will come and give it a go. Our instructor Stef has many years' experience of teaching Pilates and will happily adjust movements and stretches to suit all abilities, so don't be shy!

We're holding a Yoga taster session on Tuesday 27th June, with a view to making

this a weekly class, so why not give that a try too? Both Yoga and Pilates are open to beginners, so give yourself a wellbeing boost and try something new!

If you prefer something less active, we're always pleased to see new faces at our Wednesday coffee morning, 10.30am – 12.00pm – we have a lovely programme of guest speakers and activities, as well as the usual tea, coffee and biscuits. Free of charge so come along!

Activities will continue over the summer period as normal, and we will notify 'regulars' if any sessions are cancelled or changed.

I hope that we will see you at some of our summer sessions very soon.

Booking your space on activities

To enable us to plan and budget for sessions, we ask people to book and pay in advance to secure their space, as many of our sessions have limited spaces.

Please also get in touch if you need to cancel an activity, as we often have waiting lists, and this enables somebody else to take your place.

If you would like to take part, but will financially struggle to pay for sessions, please get in touch, as support may be available.

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 information on these, please get in touch.

Monday:

- **Pilates**, 10.00am – 11.00am
- **Digital drop-in sessions** – 1.00pm – 2.00pm
(last Monday of every month)

Tuesday:

- **Chair Exercise**, 10.30am – 11.30am
- **British Sign Language**, 1.30pm – 2.30pm (fortnightly)

Wednesday:

- **Coffee Morning**, 10.30am – 12.00pm
- **Board Games/Table Tennis**, 1.30pm – 3.00pm
- **Book Club** (first Weds of the month), 1.30pm – 2.30pm

Thursday:

- **Beginners Guitar Club**, 10.30am – 11.30am
- **Pensioners' Lunch**, 12.00pm
(last Thurs of the month)

Friday:

- **Watercolour Painting**, 1.00pm – 4.00pm

Saturday:

- **Coffee Morning** (& book sale monthly), 10.00am – 11.30am
- **New Age Kurling** (fortnightly), 2.00pm

Yoga Taster Session!

Tuesday 27th June

1.00pm – 2.00pm

£2.00



Would you like to strengthen, tone and flex your body, while learning deep breathing techniques? Would you like to reduce stress and enhance mental calm and focus?

Come and try our yoga taster session with teacher Néo, who has more than 23 years of experience teaching yoga to people of all ages and abilities. Beginners are warmly welcomed to try this class where you adopt a position and 'hold' it, before gently flowing into another position.

If you prefer to be seated on a chair, Néo will adapt the movements to accommodate this. Otherwise, please bring a mat.

Wear loose and comfortable clothing, and bring a mat. If possible, please also bring a small cushion and/or yoga block, soft belt or an old men's tie, and warm clothing or a blanket for the final relaxation. If you do not have those items, Néo can provide them for you.

We hope to offer this as a weekly session thereafter if there are sufficient numbers for the class, so please get in touch to book your space.

Trip to the Museum of Lincolnshire Life

Monday 17th July

Coach departs from Barton Fire Station, Holydyke at 9.30am, and returns for 4.00pm
£10.00



Join us on our next coach trip to Lincoln, where we will begin with a visit to the fabulous Museum of Lincolnshire Life. The museum celebrates the culture of Lincolnshire from 1750 to the present day. It is housed in a Victorian barracks built for the Royal North Lincoln Militia in 1857, and exhibits illustrate commercial, domestic, agricultural, industrial and community life. It has nearly 250,000 objects, including an authentic World War One tank!

The Museum also has a café and shop, in case you wish to have your lunch there. Otherwise, your time is your own - it's a short walk to Lincoln Castle and the Cathedral, the shops and various cafés/restaurants.

Places are limited, so please get in touch to book.

What can you do with a tablet (computer)?

And we don't mean 'avoid technology at all costs'!

Using a tablet, laptop, computer or smartphone can seem daunting, but there are lots of creative and easy ways to get the best out of them. Did you know that you can use your device to:

- Read your favourite magazine or the newspaper
- Do the crossword, word search or even 'paint by numbers!'
- Make a digital photo frame to display your family photographs
- Find any recipe in the world and step-by-step instructions
- Play the radio or find your favourite songs

If you have a tablet or smartphone and want some help to use it well, OR you don't have a tablet but want to try one of ours, come to our FREE Digital Drop-In sessions run by Age UK Lindsey.

We have Wi-Fi, refreshments and lots of tips to build your digital confidence!

Monday 26th June

Monday 31st July

Monday 21st August

Monday 25th September

1.00pm – 2.00pm

Pilates back to a Monday morning

After consultation, we have decided to move the weekly Pilates classes back to Monday morning starting on

Monday 12th June, 10.00am – 11.00am.

There are spaces in the class if you would like to join. All abilities are welcome – you don't need to be very flexible!

The classes are 'floor-based' so you will need to be able to sit comfortably on a mat on the floor. All you need to bring is a mat, a small towel and a bottle of water. If you don't have a roll-up mat, we have some spares that you may borrow.

Pilates helps to improve your posture, balance and flexibility with different stretches - you adopt a position and then challenge your core by moving your arms or legs. Our instructor Stef will guide you through the movements and make any adjustments to ensure you get the best out of every class.

£2.00 per session - why not come and give it a go?



Some useful contacts

Age UK Lindsey offers a free, impartial and confidential information and advice service for older people, their families and carers on 01507 524242 (option 1). They can advise on:

- Social care, such as finding and funding care at home/in a residential setting
- Your income including benefits checks, help with grants and entitlements
- Your home including adaptations for wellbeing and independence
- Local services that might support you
- Combatting isolation, improving your social life and befriending

Carers Support / Dementia Direct (Brigg) provides local advice and support for Carers in North Lincolnshire. They also have an advice and support service for people living with Dementia and their Carers. Contact them on 01652 650585.

Samaritans offers a free confidential helpline – call 116 123, email jo@samaritans.org or visit samaritans.org

Mind provides information about mental health support – call 0300 123 3393, email info@mind.org.uk or visit mind.org.uk

Citizens Advice Line provides free, confidential advice on all sorts of consumer issues – 0800 144 8848

Action Fraud provides help with reporting fraud – 0300 123 2040.

Happy Volunteers' Week!



Volunteers' Week is an annual celebration of the contribution that millions of people make across the UK through volunteering in their communities.

We have a wonderful team of volunteers at the Living Later Life Well project, who give their time, energy and skills to ensuring our activities are a success. Our volunteers support at/lead different activities, join us on trips, make endless cups of tea, provide a listening ear and a friendly face, and do countless other tasks behind-the-scenes. **A huge thank you to them all for making such a difference to so many people.**

One of our volunteers is Chrissy, who has been supporting the project since January 2022. Her role is primarily to lead our weekly Chair Based Exercise class, but she also supports at other activities, on trips, at our live music sessions and is a member of our monthly Book Club!

She came across the Living Later Life Well project when she was due to retire, and decided she wanted to give something back to the community.

What's the best part of being a volunteer?

The best part of being a volunteer is seeing how people grow in confidence, and with chair exercise you see people moving better. When someone comes up to you and says that they feel so much better after the exercise, and tells you that you have made a difference to their life, that just makes it worthwhile. I also like to see people enjoying themselves and socialising with other people.

How do you think the project helps people?

The project helps people to come out of their homes again after COVID-19, and not feel so isolated. They have opportunities to visit different places, meet new people and take up new skills like pottery and British Sign Language. Most importantly, it helps them to feel part of something again.

What three words would you use to describe being part of the project?

Worthwhile
Privileged
Satisfaction

