



# Living Later Life Well News

The latest activities and events on offer at Trinity Methodist Church for all members of the local community 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 support.

**Please note: all activities in this newsletter required advanced booking and payment unless specified otherwise. Sessions fill up very quickly so please get in touch as soon as possible if you'd like to take part.**

## August/September 2023 issue

**Please vote for us!** From now until the last week of September, shoppers in Tesco Barton/Winterton stores can vote for the Living Later Life Well project to receive up to £1,500!

We rely on charitable funding to continue our work supporting older people living in and around Barton. When you shop at Tesco, collect a blue plastic token at the checkout and pop it in the container near the entrance with our project's name on it. It's quick, easy and will make a huge difference.



**The project with the most votes receives £1,500, the second project receives £1,000 and the third project receives £500 – so it's all down to you! Whether you take part in project activities yourself, or know a family member, friend or neighbour who does – please spread the word and get everybody voting.**

## Monthly Book Sales!

**Saturday 5<sup>th</sup> August and Saturday 9<sup>th</sup> September, 10.00am – 11.30am**

Come and browse our huge selection of second-hand books, from novels to DIY guides, autobiographies to children's books and everything in between. Based in the Lecture Hall at Trinity Methodist Church, Holydyke. **3 books for only £1.00!**

## Macmillan Coffee Morning

**Friday 29<sup>th</sup> September  
10.30am – 12.30pm**

Come and help us raise lots of money for Macmillan Cancer Support! There will be hot/cold drinks, and a selection of homemade cakes and bakes on offer. We'll also have a tombola and some entertainment for you!

**If you would like to donate some baking to this event, please get in touch.**

**MACMILLAN  
CANCER SUPPORT**

## 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)
- **Yoga**, 1.00pm – 2.00pm

### **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**, 10.00am – 11.00am
- **Improvers Guitar Club**, 11.15am – 12.15pm
- **Pensioners' Lunch**, 12.00pm (last Thurs of the month)

### **Friday:**

- **Watercolour Painting**, 11.00am – 2.00pm

### **Saturday:**

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

## Watercolour Painting classes

**11.00am – 2.00pm**

**£10.00 for each painting over a two-week period**

Come and learn the therapeutic art of watercolour painting led by artist Wendy Bruce. Beginners are very welcome – bring your lunch (hot drinks/biscuits provided) and enjoy a few hours of creativity!



**Wildflower Meadow: Friday 6th October (start), Friday 13th October (finish)**

**Kingfisher: Friday 20<sup>th</sup> October (start), Friday 27<sup>th</sup> October (finish)**

**Mallard: Friday 3<sup>rd</sup> November (start), Friday 10<sup>th</sup> November (finish)**

**Tree of Life: Friday 17<sup>th</sup> November (start), Friday 24<sup>th</sup> November (finish)**

**Robin: Friday 1<sup>st</sup> December (will be completed in one session)**

## Trip to the Lakeside Outlet Shopping Village, Doncaster

**Monday 18<sup>th</sup> September**

**Coach departs from Barton Fire Station, Holydyke at 9.30am, and returns for 3.00pm**

**£10.00**

Come and pick up some bargains on our next trip to the Lakeside Outlet Shopping Village in Doncaster. There are more than 45 different shops offering up to 60% off normal prices, as well as a range of cafés and outdoor areas. A good place to start on some (very early) Christmas shopping!

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



## Strengthen body and mind with our new Yoga class

**Tuesdays, 1.00pm – 2.00pm**

**£4.00 per session**

Yoga is a gentle and therapeutic form of exercise to help strengthen and tone your body, whilst learning deep breathing techniques. Come and spend an hour with us, improving your sense of wellbeing, calm and focus.



Beginners are very welcome; it is a relaxed group, and the teacher will adjust the movements to suit all abilities. Please bring a yoga mat and warm, comfortable clothing for the relaxation at the end.

## 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 31<sup>st</sup> July**  
**Monday 21<sup>st</sup> August**  
**Monday 25<sup>th</sup> September**

**1.00pm – 2.00pm**

## Two Guitar Clubs starting in September

**Thursdays – Beginners Guitar Club (starting 7<sup>th</sup> September)**

**10.00am – 11.00am**

**FREE**

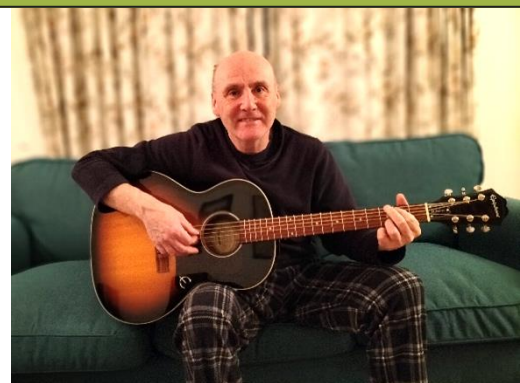
Do you want to learn a new skill through autumn and winter? Have you ever thought about playing guitar? Join this new club to learn the basics of guitar playing, from studying the different strings and notes to playing your first tune. Guitars are available to use if you don't have your own. All you need is a sense of humour and a willingness to 'have a go' – no musical experience or tune-carrying ability required! Booking essential.

**Thursdays – Improvers Guitar Club (starting 7<sup>th</sup> September)**

**11.15am – 12.15pm**

**FREE**

If you can play guitar but want somewhere to practise and continue improving, this club is for you! Bring your guitar and learn some new techniques, explore different songs, experiment with your playing and chat about guitars with like-minded people. Booking essential.



### Dementia Direct

At the Carers' Support Service **NORTH LINCOLNSHIRE**

The home of support for people living with Dementia and Carers



## Dementia Café

New venue!

Come along for a cuppa and a chat

**5th September from 1pm to 3pm**

Trinity Methodist Church  
10 Holydyke  
Barton upon Humber  
DN18 5PS



For those living with Dementia or supporting someone who is

First Tuesday of every month from 1pm to 3pm

3rd October  
7th November  
5th December

If you would like to attend, please give us a call



**01652 650585**



CarersSupportCentre



[www.carerssupportcentre.com/dementiadirect](http://www.carerssupportcentre.com/dementiadirect)

## Glass Engraving workshop

**Monday 4<sup>th</sup> September**

**10.00am – 12.00pm**

**£2.00 includes one glass tumbler to engrave, £1 per tumbler thereafter**

Have you ever seen those beautifully engraved glasses in antiques shops, or made for commemorative events? Now is your chance to create your own bespoke piece of glass art! Local glass artist Andy Carlile will be showing you how to make your very own etched glass tumbler. Choose from a wide selection of designs, or come up with something new, and use a special tool to engrave it onto the outside of the glass.

Price includes all materials and refreshments, you don't need to bring anything with you. Please note – the activity uses manual hand tools which may prove problematic to people who have pain/problems with their hands or fingers.



## Live Music and Lunch is back!

Join us for a series of concerts and interactive music performances, followed by sandwiches, homemade cakes and tea/coffee, all for only £5.00!

### **Wednesday 20th September (Fernleaf)**

Jo, Mikey and Emily bring joy, fun, energy and a deep sense of connection through their music. From swing and music hall songs to traditional folk songs and tunes from the European folk dance and ceilidh scenes, their music covers a range of genres.

### **Wednesday 22nd November (Ruth Lee)**

Ruth Lee is an award-winning composer and harpist – interested in mythology, nature and anthropology, she explores acoustic and electro-acoustic sound worlds.



## 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 local services that might support you, and also:
  - 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
  - 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](mailto:jo@samaritans.org) or visit [samaritans.org](http://samaritans.org)
- **Mind** provides mental health support – call 0300 123 3393, email [info@mind.org.uk](mailto:info@mind.org.uk) or visit [mind.org.uk](http://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.