



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+.



Contact details:

Jo Marwood

**Community Outreach Manager
Living Later Life Well Project**

Phone: 07821 900623

Email:

jo.marwood.bartontrinity@outlook.com

Facebook:

www.facebook.com/LivingLaterLifeWell

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 get in touch.

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

Some activities have a price/suggested donation attached to them. Please note that if you are unable to contribute, you are still welcome to attend. Our priority is ensuring you can access activities that will enrich your life. If you are able to donate, this will help the project to continue and develop into the future.

February/March 2024 issue

As we slowly creep into spring, with daffodils starting to flower and (slightly) warmer weather just around the corner, I'm pleased to promote lots of lovely new activities here at Trinity Methodist Church. We have sessions happening every week, such as chair exercise and our games afternoons, as well as 'one off' sessions like our Easter cards watercolour painting session coming up in March. There's never been a better time to try something new; we're a very friendly bunch and we'd love to welcome you!

I really hope you will join us at our very first 'sound bath' therapy session, which will be a wonderful opportunity to relax and release tension. Therapist Hannah will play a variety of musical instruments to create a peaceful, calming atmosphere – you might even nod off!

If you're nervous about coming to something for the first time, I am happy to meet you beforehand, visit you at home or simply walk in with you, so that you have that extra support whilst you meet other people and settle in. Don't let the fear of the unknown stop you – being part of the Living Later Life Well project could be just the thing to enrich your life and bring you happiness in 2024.

Spaces available in the Silver Singers!

Every Wednesday

1.00pm – 2.00pm

£2.00 suggested donation

If you like a good sing-along, come and join us at the Silver Singers! You don't have to be able to sing well; we're a friendly group that's recently launched, so we're enjoying learning and singing together.

Guided by experienced choir leader Debbie, we cover a range of songs mainly from the 50s-70s, musicals and classics. Bring a bottle of water and a sense of humour!



Regular activities at Trinity Methodist Church

Here is 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
- **Internet Café** (fortnightly), 1.00pm – 2.00pm

Tuesday:

- **Chair Exercise**, 10.30am – 11.30am
- **Yoga**, 1.00pm – 2.00pm

Wednesday:

- **Coffee Morning**, 10.30am – 12.00pm
- **Silver Singers Choir**, 1.00pm – 2.00pm
- **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)

Saturday:

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

Trip to Leeds!

Wednesday 13th March

Coach departs from Barton Fire Station, Holydyke at 9.30am, returns for 3.30pm
£10.00



Join us for a trip to central Leeds, where the coach will drop-off at Leeds City Museum. Enjoy time wandering around the six galleries, get close to amazing animals, uncover buried archeological treasures and discover the incredible story of Leeds history. A four-minute walk away is Leeds Art Gallery with its significant collection of modern and contemporary British art.

Of course, there is plenty of time for shopping and enjoying the various cafés and restaurants. Once in Leeds, your time is your own!

Booking is essential as places are limited.

Springtime bunting workshop

Monday 26th February

10.00am – 12.00pm
£5.00

Brighten up your home or garden with a row of bunting using spring-themed fabrics and ribbons. You will make up to ten flags and stitch them onto a tape, ready to hang wherever you would like.



All materials will be provided, or you're welcome to bring some fabrics, ribbons or decorations from home for that extra distinctive touch.

Booking is essential as spaces are limited.

Come to our Internet Café!

Bring your devices or borrow one of ours, connect to our Wi-Fi and enjoy a cuppa and a chat. We can help you to build confidence using your device, from browsing the internet to booking appointments, using social media or troubleshooting things that you just cannot work out!

Dates for early 2024 are:

Monday 5th February
Monday 19th February

Monday 4th March
Monday 18th March

1.00pm – 2.00pm – drop in at any time or stay for the hour!

Hot drinks and biscuits aplenty, and this session is free although donations are gratefully received. No need to book, just turn up.



Macramé rainbow workshop

Monday 4th March
9.30am – 12.30pm

£5.00

Choose from a range of colours to create a bespoke rainbow hanging via the art of macramé.

Macramé is a form of textile produced using knotting and wrapping techniques. It's not as difficult as it seems! Macramé can be a very relaxing and therapeutic craft, and you'll be guided throughout the process.

The workshop includes refreshments and all materials needed to make a rainbow around 14cm.

Booking is essential as spaces are very limited.



A big thank you to our funders!

Thank you to the members of the St. Matthew Freemasons Lodge in Barton, who have awarded the Living Later Life Well project a grant of £250 towards developing more activities.

We really appreciate the support – this money will help us to offer a wider range of sessions and introduce new activities over the next year.

Live Music and lunch!

Join us for our next concert, followed by a lunch of sandwiches, homemade cakes and hot drink, all for only £5.00!

Wednesday 21st February
10.30am – 12.00pm

Performing traditional folk songs with a new energy, join The Dovetail Trio, comprising Rosie (vocals and fiddle), Jamie (vocals and guitar) and Matt (vocals and duet concertina) for a fabulous morning of all things folk!

Booking is essential as spaces are limited.



Sound Bath therapy session

Wednesday 28th February, 11.00am – 12.00pm
£2.00 suggested donation

Join Hannah Hooper of Stellar Sounds, for an hour of meditation, gentle breathing exercises and deep relaxation. She harnesses the ancient wisdom of sound healing which dates back thousands of years in Indian medicine.

If you've never heard of a 'sound bath', now is the time to try it! It's a deeply relaxing sound therapy session run by a qualified teacher, to aid wellness and healing. Expect gongs, chimes, crystal bowls and more, to create immersive sounds that induce relaxation and release tension.

During the session, Hannah will begin with a brief explanation of what to expect and the instruments being used. You'll then get comfortable on either a chair or a mat on the floor, and relax whilst Hannah plays the instruments, allowing the warm tones and vibrations to gently guide you into an altered state of consciousness.

Booking is essential as spaces are limited.

Please indicate at booking whether you will be chair-based or floor-based. For either, you will need a blanket, bottle of water and comfortable clothing. If you are floor-based, you will also need to bring a yoga/gym mat and a pillow or cushion.



Watercolour Easter cards

Monday 18th March
9.30am – 12.30pm
£5.00

Join watercolour artist Wendy to paint your own Easter cards of a rabbit filled with beautiful spring flowers! There should be time to paint two cards - no experience necessary. All materials and refreshments included for a lovely morning of creativity.

Booking is essential as spaces are limited.



Dementia Café continues to offer support and friendship

If you or somebody you know is living with dementia, please pass on details of this vital support group based in the Community Room at Trinity Methodist Church, on the **first Tuesday of every month from 1.00pm – 3.00pm.**

Perhaps you care for a loved one with dementia - the group is also for you. Trained staff and volunteers lead the sessions where there is an opportunity to chat, pick up information, enjoy company with other people and take part in different games and activities.

It's a very relaxed and welcoming group, refreshments are available and it's completely free of charge. Just pop in, or contact Dementia Direct on the details (right) for more information.

Access to the Community Room is from the side entrance on Vestry Lane.

Dementia Direct

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

The home of support for people living with Dementia and Carers

Dementia Café

For people living with Dementia and their Carers

Come along for a cuppa and a chat at your Dementia Café

**Trinity Methodist Church,
10 Holydyke, Barton
DN18 5PJ**

**6th February, 5th March,
2nd April 2024**

First Tuesday of the month 1pm to 3pm



01652 650585



CarersSupportCentre



www.carerssupportcentre.com/dementiadirect

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 or visit samaritans.org
- **Mind** provides 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.