



# 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:

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Please note: all activities require you to book in advance unless specified otherwise. Sessions fill up very quickly so please get in touch as soon as possible if you would like to take part. Please only book for sessions you intend to come to. Regrettably we cannot offer refunds for activities where you cancel 7 days or less in advance unless we manage to fill your space.

Some activities have a 'suggested donation' attached to them. We are grateful that many people donate to help sustain our project into the future. However, we are mindful that not everybody is able to give - all are welcome to attend regardless of whether they donate or not. Our priority is ensuring you can access activities that will enrich your life. If you would like to discuss this, please get in touch above for a confidential chat.

## December 2025/January 2026

Here we are, approaching the end of the year and preparing for activities in early 2026. Thank you to everybody who supports our Living Later Life Well project, whether you attend sessions, volunteer your time or even pass on details to someone you think might benefit from our support. Everything you do helps us to reach those who need it.

Sessions will finish for the project on Friday 19<sup>th</sup> December (except for our Grief Café that will meet on Tuesday 23<sup>rd</sup> December, more details in the newsletter). We will then reopen on Monday 5<sup>th</sup> January, 10.30am for our usual Coffee and Craft Morning. Perhaps you'd like to join us? Bring your knitting/crochet/card making/colouring, or simply come for a cuppa and a chat. We have puzzle books and conversation aplenty!

**This year we have delivered more than 450 activities to people aged 60+ in our local community.** That's 450 reasons to get out of the house, meet new people and enjoy something different.

I hope you find something to look forward to in this newsletter. In January we have our first Live Music and Lunch of 2026, which is a lovely social event with a delicious lunch provided by the Trinity Catering volunteers. Why not make that one of your first plans in the new year?

## Festive Singalong & mince pies the Silver Singers!

**Wednesday 17<sup>th</sup> December**  
**2.00pm – 3.00pm**  
**Free (donations gratefully accepted)**



Come and eat, drink, sing and be entertained by the Silver Singers choir, for an hour of carols and festive classics! Our choir will perform a couple of songs and then it's very much a group singalong, with songbooks provided, hot drinks and mince pies. **Booking is essential as spaces are limited.**

If you enjoy yourself, perhaps you'd like to join the Silver Singers in the new year? They meet every Wednesday from 1.00pm – 2.00pm, get in touch for more details!

# 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:

**Coffee Morning,**  
10.30am – 12.00pm

## Tuesday:

**Chair Exercise**, 10.30am-11.30am

**Yoga**, 1.00pm-2.00pm

**Grief Café** (second & fourth Tues of the month), 1.30pm-3.00pm

**Pilates**, 2.30pm-3.15pm

## Wednesday:

**Coffee Morning**,  
10.30am-12.00pm

**Silver Singers Choir**,  
1.00pm-2.00pm

**Board Games/Table Tennis**,  
1.30pm-3.00pm

## Thursday:

**Guitar Club**, 10.00am-11.00am & 11.15am-12.15pm

**Book Club** (first Thurs of the month), 2.00pm-3.00pm

**Older Persons' Lunch** (last Thurs of the month), 12.00pm

## Friday:

**Chair Exercise**, 11.30am – 12.30pm

## Saturday:

**Coffee Morning** (& book sale monthly), 10.00am-11.30am

**New Age Kurling** (fortnightly), 2.00pm

## Sunday

**Trinity Sunday Service and refreshments**, 10.00am

## Chair Exercise festive buffets!

**Tuesday 16<sup>th</sup> December**  
**AND Friday 19<sup>th</sup> December**

To undo all the hard work that our Chair Exercise attendees do each week, we're celebrating the last sessions of the year with a festive buffet. This will be held for both the Tuesday and Friday groups, so if you come to Chair Exercise, please get involved!



If you are able to, please bring something savoury or sweet (and/or a bottle of non-alcoholic drink) to the session, and after the class is finished we will share a festive lunch together. Food can be homemade or shop-bought - if it's something that can be portioned/sliced up, please do this at home before bringing on the day!

**Chair Exercise sessions will resume on Tuesday 6<sup>th</sup> January 2026.**

## First Live Music and Lunch of 2026!

**Wednesday 21<sup>st</sup> January**  
**10.30am – 12.30pm**  
**£5.00 suggested donation, includes lunch**



Join us for a fabulous 'live music and lunch' morning, where we welcome regional performers for an hour of live music, followed by a lunch of sandwiches, sausage rolls and homemade cakes courtesy of the Trinity Catering Team volunteers.

For our first session of the new year, we're welcoming back global folk duo Mishra, formed by Kate Griffin on vocals, banjo and dobro, and Ford Collier on low whistle, calabash/percussion, and guitar.

Drawing on their unique base of influences that encompasses folk music of the UK and America, Indian classical music, and soul, they weave a tight web of intricate, Indian-influenced original music and a surprisingly accessible sound that audiences instantly connect to. **Booking is essential as spaces are limited.**

## New Age Kurling

**Alternate Saturday afternoons (upcoming dates 6<sup>th</sup> and 13<sup>th</sup> December, and 3<sup>rd</sup> January)**  
**2.00pm - 3.30pm**



Come and join our friendly, non-competitive New Age Kurling group. It's a fun activity for all abilities, and no experience is required. There's no need to bend as they use 'pusher' sticks to send the 'stones' towards the target.

Come and have a go, no need to book in advance. £1.00 a session, includes refreshments. For more information, contact Mike on 07792 753609.

## Scams Awareness Talk

**Wednesday 28<sup>th</sup> January**

**10.30am – 12.00pm**

**FREE – donations gratefully accepted**

Join us for a special coffee morning where we welcome Rachael Edwards, Investigation Officer for Humberside Police. She will be delivering a presentation on scams and fraud awareness, giving out information and talking with people about how to protect yourself from scams.

Importantly, come and find out what to do if you suspect you are being/have been scammed and who to contact.

‘Scammers’ are incredibly clever and convincing, and often target older vulnerable people – although anybody can fall victim to a scam. It is never your fault, and although it can feel embarrassing and incredibly upsetting, it’s important to seek help quickly.

Rachael will be able to answer all your questions at the session, and we hope to have a regular drop-in set up throughout 2026 to get advice and support.



## Afternoon Tea Dance in memory of Bernard Muller

**Wednesday 4<sup>th</sup> February**

**11.30am – 2.30pm**

**FREE – includes homemade afternoon tea**



A huge thank you to the family and friends of Bernard Muller, who have given a generous donation to the Living Later Life Well project in his memory.

Bernard died on 16<sup>th</sup> August, aged 81, and is hugely missed by our LLLW community. Over the past few years, Bernard and his wife Jackie have taken part in a range of activities from pottery to felting, trips, live music mornings, New Age Kurling and most recently joining our lovely chair exercise family. Bernard was especially proud of the items he created in our pottery sessions, and with Jackie by his side made many friendships here.

He particularly enjoyed coming to our afternoon tea dances, so our next event will be in honour of Bernard, a truly wonderful gentleman.

The Lincolnshire Lindy Hop Club will be joining us to play vintage songs and perform classic dances, as well as getting everybody involved with simple steps. It’s great fun, followed by a traditional afternoon tea homemade by the Trinity Catering volunteers.

**Booking is essential as spaces are limited – initial priority will be given to those who knew Bernard.**

## Grief Café

**Tuesday 23<sup>rd</sup> December**

**2.00pm – 3.00pm**

**FREE**

For many people, this time of year can be difficult, particularly when thoughts turn to somebody you love who has died. If you’d like to come and share your story and memories, or just wish to listen and be amongst others who understand some of what you’re feeling, come to our pre-Christmas Grief Café.



Anybody aged 60+ is very welcome to attend this session with no obligation to continue attending in the new year (unless you wish to register to join the group). Refreshments are provided free of charge, and this is a warm, welcoming, confidential space where you will be supported and listened to. In this instance, booking is not required – please don’t face your feelings alone. If you’d like to come, then please do.

## Macmillan Coffee Morning total

Thank you to everybody who supported our Macmillan Coffee Morning at the end of September. We raised a wonderful **£715.00** which we have donated to Macmillan Cancer Support. We look forward to the next fundraiser in 2026!



**Friday 5th December 2025**

**10 am - 12 pm**

**Trinity Methodist Church**

**10 Holydyke, Barton-upon-Humber, DN18 5PS**

**COFFEE, TEA, HOMEMADE CAKES AND CHRISTMAS DECORATIONS.**

**ALL PROCEEDS TO MACMILLAN CANCER SUPPORT.**

**HOSTED BY RAPHAELA MORPETH**

**@MIGHTYCHALLENGE**

## Seniors' Christmas Tea Party, and Christmas Day meal delivery

The Rotary Club of Barton upon Humber and Trinity Methodist Church are once again providing an afternoon Tea Party, and Christmas Day meal home deliveries.

**The Seniors' Tea Party is on Sunday 7<sup>th</sup> December, 3.00pm – 5.00pm.** There will be refreshments and entertainment, all provided free of charge. The event will be based in the Lecture Hall at Trinity Methodist Church. Booking isn't required, just turn up!

If you're unable to provide your own Christmas lunch, the Trinity Catering volunteers will be cooking meals which Rotary Club volunteers will deliver to your home on Christmas Day. This is also a free service, but you must book this in advance by contacting Joe Havoc on 07590 975399.



## Useful Contacts

- **Age UK Lincolnshire** offers a free, impartial and confidential information and advice service for older people, their families and carers on 01522 696000, including:
  - Social care, 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.
- **Cruse** offers a bereavement support helpline – call 0808 808 1677 for grief support.
- **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** provides free advice on various consumer issues – call 0800 144 8848.
- **Action Fraud** provides help with reporting fraud – 0300 123 2040.