



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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Some activities have a 'suggested donation' attached to them. We are grateful that many people donate to help sustain our project into the future. We are also 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. Every penny donated is used to fund our activities for people in the community.

Please note: 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.

February/March 2026

We don't seem to hear many 'New Year's Resolutions' made anymore. Perhaps the age-old promises to run a marathon, lose weight, or learn a new language put too much pressure on us? Instead, perhaps make 2026 your year to gently push the boundaries of your comfort zone. Try a session once and you've nothing to lose. Everybody is friendly, welcoming and supportive – our volunteers are here to help you settle into the activity, and everybody is 'new' at some point so you're in good company.

There's a range of craft-based classes in this newsletter, with some new teachers joining the ranks. We're also welcoming the Barton Allotment Society to one of our Coffee Mornings, who hope to attract people to be part of an exciting new community growing venture. Lots to look forward to this year!

These chilly winter months can be a difficult time for many, with the weather sometimes making it easier to stay at home. This newsletter is full of activities, groups and talks to hopefully inspire you to head out and visit us at Trinity Methodist Church. The kettle is always on, the heating is warm, and there's more biscuits than anybody could eat! **We're here for everyone and we'd love to meet you.**

Trip to "Junction 32" Shopping Outlet Village

Monday 2nd March

Coach leaves Barton Fire Station at

9.30am and returns for 4.00pm

£10.00 suggested donation



Join us for a trip to the Junction 32 Outlet Shopping Village in Castleford, which has more than 85 shops offering up to 70% off all year round. Stores include Marks & Spencer, Bonmarché, Clarks, Cotton Traders, Pavers, Klass and many more. There's also a range of cafes, or directly across the road from the Village there are restaurants if you fancy a larger meal.

There is plenty of space on the coach for wheelchairs, walking frames etc. **Booking is essential as spaces are limited.**

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:

Needle Craft, 9.30am – 11.30am

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

Barton Allotment Society talk – "Plot 47 Growers"

Wednesday 18th February

10.30am – 12.00pm

FREE



Barton upon Humber Allotment Society

currently has 100 plots, which are used by individuals to grow vegetables, flowers and fruit. However, they are proposing an exciting new venture, which centres around transforming an existing plot into one which is purposely designed for a team of growers.

The plot (number 47) will incorporate a large polytunnel, several outdoor raised beds and a quiet seating area, which overlooks the fabulous view of the Humber Bridge and river.

It is hoped that a Plot 47 Growing Team can be created from a mix of retired and current 'allotmenteers', along with Living Later Life Well members. This team will grow both vegetable and flower plants inside the polytunnel and later in the year, either plant them in their raised beds or sell them to plot holders or at local gardening events. Any proceeds will be re-invested into the Growing Team's efforts for the following year.

2026 will allow time for those interested in being part of the Plot 47 growers to help build the detail for this exciting proposal, and growing will begin in early 2027.

Join us at this Coffee Morning to find out more details – we hope to attract people who may be interested in joining the Plot 47 Growing Team and being part of this exciting new venture. No previous experience of growing is required, and all ages, ability and agility can fit into the team! For further details about the Barton Allotments check out www.bartonallotments.org.uk.

Needle felt a glasses pouch!

Monday 23rd February

9.30am – 12.30pm

£10.00 suggested donation



Fancy a stab at needle felting? Learn to use needle felting techniques to decorate a pure wool glasses pouch to take home.

During the session, Tracy will guide you through the process of needle felting your chosen image (such as a flower, animal or initials) onto a supplied handmade pouch, then "colour-in" using colourful wool fibres and a special felting needle.

You can bring a simple image with you, or choose from the ones Tracy will provide on the day. We will talk about ideas for finishing the pouches during the session.

All materials and tools you will need for the workshop are provided. Refreshments are also provided. You do not need any previous craft or art experience.

Booking is essential as spaces are limited.

Needle Craft group

Wednesdays

9.30am – 11.30am

£3.00 including refreshments

Join our Needle Crafting Group, a friendly group that meets weekly for a natter and to do a variety of needlecrafts, including bobbin lace, tapestry, knitting, crochet, embroidery and even spinning. New members are very welcome, so come along and join in the fun. There is lots of expertise in the group, so beginners will be given plenty of help and encouragement. Members bring their own materials (if you'd like to try out bobbin lace, we are happy to lend you what you need to get started. **No need to book, just turn up!**



Pottery mushrooms!

Monday 23rd March

10.00am – 12.00pm

£10.00 suggested donation

Come and get creative with ceramics, and make a beautiful mushroom decoration from clay to brighten any garden! No experience is needed—just bring your imagination and join a friendly, supportive environment where learning and laughter go hand-in-hand. You will make the mushroom (or two), and it will then be glazed for you in a colour of your choice, before being fired and returned to you. Refreshments are included. **Booking is essential as spaces are limited.**



Lino Print Springtime Print

Monday 9th March

10.00am – 1.00pm

£10.00 suggested donation

Join Lucy (also known as 'The Humber Printmaker') for a morning of creativity, where you will create a unique springtime themed print ready to frame.



In this session you will be guided step-by-step to create your own beautiful print. You will transfer the image onto lino, then use specialist tools to carve your design before printing onto paper. You can bring an image of your own to copy from, or be inspired by a selection of images that Lucy will provide on the day.

No experience is necessary, and refreshments are provided. **Booking is essential as spaces are limited.**

Free blood pressure check-up



Keep on track with your heart

Wednesday 11th March

10.30am – 12.00pm

The North Lincolnshire Healthy Hearts project is on a mission to reduce the risk of heart-related illnesses across the county by offering free blood pressure checks in local communities. Come and get your blood pressure checked, get advice on your blood pressure reading and what it means, and pick up information on making lifestyle changes to support your heart health.

Free event and booking not required – just turn up. There may be a short wait, refreshments will be available.

Live Music and Lunch!



Wednesday 18th March

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.

This month, we're joined by Nicolas Lewis, a classical guitarist and composer based in York. Since leaving the Royal Welsh College of Music in 2013 he has written music for theatre, opera, and dance productions that have toured throughout the country.

His repertoire is made up of the music that he loves to play, ranging from Spanish and South American music to baroque lute works, and maybe even a few of his own pieces.

Booking is essential as spaces are limited.

Need support with a computer, iPad, tablet or phone?



Age UK Lincolnshire is working with North Lincolnshire Council to run a set of free digital skills sessions designed to build confidence in using technology for your day-to-day needs. This will cover essential topics like QR codes, apps, and online safety.

Sessions run every Friday, 10.00am – 12.00pm at Baysgarth Community Hub (part of the Library in Baysgarth Park). In addition to the above topics that will be covered, you are welcome to bring your device in, and their volunteers will support you to get the best use out of it.

For more information, pop into Baysgarth Community Hub!

