



# 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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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.

## April/May 2026

Spring is definitely here, with daffodils and blossom a-plenty, the storing away of thick winter coats and even the optimistic appearance of sunglasses! I think we all feel a little lighter and brighter when the weather improves, the darker early evenings withdraw, and we feel more encouraged to venture out of our homes.

As always, our newsletter is full of new activities and opportunities to engage with the Living Later Life Well project. Our regular sessions are always happy to welcome newcomers too. Spaces are currently available at the following:

Yoga (Tuesdays)  
Pilates (Tuesdays)  
Silver Singers Choir (Wednesdays)  
Games Afternoon (Wednesdays)  
Chair Exercise (Fridays)

For times of the regular sessions, take a look at the second page of this newsletter. For all of the above you're welcome to just turn up, and there's no commitment or obligation so you've nothing to lose. You might discover a new hobby to add into your week!

If you'd like a chat about how we can support you, just give me a call or email on the details to the left. Let our wonderful project bring some sunshine into your life!

## Recent funding success!

We are thrilled to have recently received funding from both the National Lottery Community Fund, and the Singleton Birch Community Fund. This money gives the project 'breathing room' to be able to provide a greater number and variety of activities, trips and support opportunities for our older community.



These grants are hugely appreciated, and reinforce the value that this project gives to our community.

# 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**

refreshments, 10.00am

# Trip to Lincolnshire Aviation Heritage Centre

**Tuesday 19<sup>th</sup> May**

**Coach leaves Barton Fire Station at 9.00am and returns for 4.30pm**

**£10.00 suggested donation**

Step back in time to a WW2 Bomber Command airfield and experience some of the greatest planes in history. The Centre is a living and breathing history experience with the sights and sounds of a wartime airfield. On the day, there will be two taxi runs of both the Lancaster and Mosquito aircraft where you will get to see, feel and hear the mighty Merlin engines roar!

The Centre is home to some of the rarest, most amazing and important aircraft of WW2, and a range of museum exhibits including the Original Control Tower, the restoration of the Avro Lancaster NX611 'Just Jane', the RAF Escape Museum, a Memorial Chapel, the 'Home Front' museum and much more.

Refreshment is available at the wartime NAAFI building, filled with wartime photos and memorabilia, and a souvenir shop.

**Booking is essential as spaces are limited.**



## Would you like to be part of the 'Plot 47 Growers'?

**Thursday 16<sup>th</sup> April**

**10.00am – 11.30am**

**FREE**

Barton upon Humber Allotment Society is partnering with us to launch their 'Plot 47 Growers' project. They are proposing to transform an existing plot on their site off Gravel Pit Lane into a quiet garden area with seating and wildlife-friendly planting and features, with a large communal polytunnel to the rear of the plot as the main focus of the growing activity through the year. Raised beds will also be built to enable plants to be grown outside at the appropriate times.

They're hoping to form a Plot 47 Growing Team which 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. We're also looking for anyone who has enthusiasm and interest to help us develop this project over the coming year.

To find out more, come to this Coffee Morning to register your interest, and chat with the volunteer team from the Allotment Society.



# University of York Research Project

Throughout April, May and June, we will be joined at occasional activities by Dr Joanna Malone, from the Department of Sociology at the University of York.

She is leading a research project into what it means to live a 'good life' in later life. Part of her work will involve attending some of our sessions and simply chatting to people about their lives, and what they feel they need to 'live well'. Any conversations will be completely anonymised in her study so your personal details will never be used or published.

We hope you agree that the Living Later Life Well project is an excellent fit for Joanna's research, and we're looking forward to welcoming her. She is very friendly and keen to get 'stuck in' and get to know people. Of course, there's no obligation to talk so please let a member of staff/volunteer know if you'd rather not be involved.

If you'd like to know more about the research project, an information sheet is available from Jo Marwood, Project Manager (or you can speak directly to Joanna when you meet her!).

## Introduction to Quilling

**Thursday 7<sup>th</sup> May**  
**10.00am – 11.30am**  
**£5.00 suggested donation**

Come and explore the relaxing and creative world of quilling, using colourful strips of paper to coil into shapes to make patterned cards and pictures.

In this session, we will be learning how to use basic quilling tools and following design examples (or using your own imagination) to make a decorative image that can be used as a greetings card, or framed for your wall. Refreshments and all materials are provided, no previous experience is necessary – join us for a lovely crafty morning!

**Booking is essential as spaces are limited.**

## Needle Felt Spring Lambs workshop

**Monday 27<sup>th</sup> April**  
**9.30am – 12.30pm**  
**£10.00 suggested donation**

Join us for a creative session where you'll learn to needle-felt your own adorable spring lamb. All materials and specialist tools you will need are provided.

Our teacher Tracy will offer clear, friendly and supportive guidance throughout, making this workshop perfect for complete beginners as well as those with some creative experience. Join us for a relaxed, enjoyable session and leave with a handmade lamb to cherish!

Tea/coffee and biscuits are provided. **Booking is essential as spaces are limited.**



## 'Future Planning' talk

**Wednesday 29<sup>th</sup> April**  
**10.30am – 11.30am**  
**FREE**



Join us for a free, expert talk on planning for the future from Silvertime Legal – specialists in Wills, Trusts and Estate Planning. Their speaker will give simple practical advice, reassurance and insight into:

- Learning how Wills and Trusts work
- Avoiding common pitfalls around care fees and inheritance
- The importance of Lasting Powers of Attorney

Specialist speakers from Silvertime Legal deliver free talks around the country to help people feel confident about important life decisions.

If you'd like to learn more, improve your knowledge and ask your own questions, come along! Refreshments are provided.

**Booking is essential as we need to reach minimum numbers for the talk to go ahead.**



# Live Music and Lunch!

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

**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 made by the Trinity Catering Volunteers.



This month, we're joined by returning folk musician Simon Robinson. He's performed for us a couple of times and the feedback is always so great that we've invited him again!

Hailing from Leeds, Simon plays a wide repertoire of traditional music, ranging from American mountain songs and Old-Time Banjo tunes, Blues songs, chants and spirituals through to British folk songs and sea shanties. He is passionate about facilitating music making in all different settings, and loves a good sing-along!

**Booking is essential as spaces are limited.**

*These sessions are in partnership with national charity Live Music Now, which trains and employs professional musicians who visit healthcare settings, care homes, schools, community centres and libraries around to country to build community and boost wellbeing through live music.*

## Bank Holiday Closing Dates

There will be no sessions on Good Friday (Friday 3<sup>rd</sup> April) or Easter Monday (Monday 6<sup>th</sup> April). In May, there will be no sessions on Monday 4<sup>th</sup> or Monday 25<sup>th</sup> May due to the Spring Bank Holidays – all other sessions throughout April and May remain as normal!



## And lastly, don't forget our Wednesday Games Afternoon!

**Every Wednesday**

**1.30pm – 3.00pm**

**FREE (donations gratefully accepted for refreshments)**

Our Wednesday Games Afternoons are very quiet at the moment, so if you're at a 'loose end' mid-week and fancy coming for a cuppa and a chat, please join us. We have a range of board games on offer (and our Scrabble players always make newcomers welcome), jigsaws and table tennis tables for people who fancy being a little more active.

Refreshments are in constant supply, and if you'd rather just have a chat, our volunteers will be really happy to see you.

**No need to book, just turn up!**

