



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.

June/July 2026

I think we can safely say that summer has arrived! There's sunshine, the smell of BBQ, plenty of people with shorts on, and the smell of suncream in the air. I hope the brighter, warmer weather fills you with a little extra joy and optimism, like it does for me.

We have many fabulous activities and events to look forward to over the next two months. I'm personally looking forward to another Afternoon Tea Dance and a chance to learn some new steps, and to welcoming harpist Lucy Nolan for our Live Music and Lunch morning.

As always, there are various creative opportunities to try something new and make something unique – you don't have to be 'arty', you'll be gently guided through each session, and it's a wonderful feeling to be able to proudly say "I made that" and show your creation off to friends and family.

We're also welcoming Chirohealth to lead an important talk on spinal health, posture and common issues associated with ageing bodies. This is entirely free and will give you plenty of advice and tips to support your body as best you can. Please get in touch to reserve your space.

Some of our 'regular' sessions are a little quieter at the moment while people are enjoying their gardens, so if you'd like to come to something, now is a good time. Our Wednesday Coffee Morning is a great place to start and meet a few friendly faces!

Silver Singers Summer Performance!

Wednesday 8th July
2.00pm – 3.00pm
Free (donations gratefully received for refreshments)

Join us for a summer performance and singalong courtesy of our wonderful Silver Singers choir! The group will perform a couple of songs and then it's very much a group sing altogether, with song sheets provided, drinks and biscuits. **Booking is essential as spaces are limited.** Also, if you're planning to visit Barton Carnival on Saturday 13th June, look out for the Silver Singers and Tuneless Choir performing together!

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/Craft 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

A fond farewell to our wonderful volunteer Vivienne

Our volunteer Vivienne, whom many of you will remember from her felt-making classes and also her presence at our Wednesday games and table tennis sessions, has very sadly died after several treatments for lymphoma.

Vivienne joined the Living Later Life Well project as a volunteer in early 2022, initially enjoying playing some great competitive games of table tennis. She then planned and delivered a programme of felt-making classes from wet felting landscape pictures, to needle felting barn owls, hares, blue tits and robins. Watching Vivienne share her passion for felting was a real privilege – her patience, care and compassion made her the perfect fit for a project like ours. I know many of you enjoyed learning new skills and creativity from Vivienne, and valued her friendship. She will be very much missed by myself, our volunteers, and all those who knew her through the project.



Trinket Bowl pottery workshop

Monday 15th OR Monday 22nd June
10.00am – 12.00pm
£10.00 suggested donation

Join us for a relaxed, welcoming session where you'll shape, sculpt and decorate your very own triangular ceramic trinket bowl. Whether you're brand-new to clay, or already love getting your hands messy, this workshop gives you space to play, learn, and create something beautifully unique. You will receive guided instruction from friendly tutors, all clay/tools/materials and time to design, texture and personalise your bowl. After the workshop, your bowl will be glazed & fired and returned to you after a couple of weeks.

Booking is essential as spaces are limited. Please choose one of the above dates when making your booking.



Free Spinal Health Talk

Wednesday 17th June
10.30am – 11.30am
FREE (donations gratefully received for refreshments)

Join us for a talk delivered by Julia Pullin, Principal Chiropractor from The Chirohealth Clinic in Scunthorpe. The session is designed to be practical, easy to understand, fun and genuinely useful - not overwhelming or overly clinical.

Julia will be covering the following topics:

“Why Does My Back Keep Going?” – Understanding Low Back Pain & Sciatica

“Stiff, Achy, and Slowing You Down?” – Rethinking Arthritis

“Posture Myths vs Reality” – Fixing Alignment Without Overthinking It

Booking is essential as spaces are limited.



Trip to Burton Constable Hall & Grounds

Thursday 16th July

**Coach leaves Barton Fire Station at 10.00am and returns for 4.30pm
£10.00 suggested donation**

Home to the Constable family for over 700 years, Burton Constable is one of the most fascinating English country houses to survive complete with its historic collections. Explore the hall with over 30 rooms crammed with fine arts, furniture and unique artifacts. Take a stroll around the Capability Brown Parkland, including the Orangery and Gardens. Visit the restored Stable Block, and enjoy lunch at the Stables Kitchen Café.

Your donation includes self-guided entry to the Hall and access to all the grounds.
Booking is essential as spaces are limited.



Are you struggling to care for your dog?

The Cinnamon Trust is a charity that helps older people and the terminally ill take care of their pets. Their volunteers help with things like walking dogs, fostering if an owner is in hospital and taking pets to the vets. The goal is to make sure that an owner has all the help they need to stay together with their pet and know that their beloved animal is in safe hands.

The charity has a volunteer based in Barton who is happy to help, and is keen to spread the word about the Cinnamon Trust and the support it can offer. The charity does not make a charge for its services and relies purely on voluntary donations.

If you're a pet owner and wish to find out more, please contact the charity on 01736 757900 or complete the contact form on their website www.cinnamon.org.uk.

Pressed Flower resin jewellery workshop

Monday 29th June

**10.00am – 12.00pm
£10.00 suggested donation**

Join Clare Slatter Design and use pressed flowers to make your own delicate resin jewellery – pick from either a bracelet, or two pairs of earrings (studs, dangles or clip-ons). All materials are included and you can take your creations home on the same day! Gold/silver earring hooks are hypoallergenic.

Booking is essential as spaces are limited.



Afternoon Tea Dance

Monday 6th July

**11.30am – 2.30pm
£5.00 suggested donation**

We're back with another vintage tea dance, so pop on your comfiest shoes and join us! Step back in time, enjoy music played from the 1930s – 1950s, and learn simple, well-known social dances including sequence dancing, waltzes and strolls, led by the Lincolnshire Lindy Hop Club.

Dancing is not essential as there will be plenty of dances to watch and tap your toes along to. However, if you'd like to try out some new steps, there will be plenty of experienced dancers happy to partner up and guide you. It's a really lovely, welcoming atmosphere with lots of laughter!

During the event, we will also be serving a homemade afternoon tea, freshly prepared by the Trinity Catering Volunteers.

The family of Bill Carter, who attended activities with us until he passed away last year, are sponsoring the event in his fond memory – come and raise a cup of tea to a gentleman who loved to dance.

Booking is essential – please notify us of any dietary requirements when you book.



Needle-Felted Sunflower Brooch Workshop

Tuesday 7th July OR Tuesday 14th July

9.30am – 12.30pm

£10.00 suggested donation

Join us for a joyful, three-hour workshop where you'll needle felt your own bright, cheerful sunflower-brooch. All materials and specialist tools are provided, and Tracy's clear, friendly guidance makes this a perfect session for complete beginners and seasoned makers alike.

Enjoy a relaxed, creative atmosphere and leave with a handmade sunflower that brings a little burst of sunshine wherever you pin it!

Booking is essential as spaces are limited.



Live Music and Lunch!

Wednesday 15th July

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 Lucy Nolan. She is an award-winning harpist known for her virtuosic command, creative versatility and bold artistic sensibilities. Inspired to learn the harp after seeing it on children's TV programme *Teletubbies*, she began studying under Eira Lynn Jones at the age of seven – and hasn't looked back. She has performed at The Royal Albert Hall, The Royal Opera House, The Glasshouse, and the Jaipur Literature Festival.

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.



And finally, a huge thank you to our volunteers!

Volunteers' Week is a national campaign celebrated from 1st – 7th June 2026, which highlights all the wonderful work of volunteers in our communities.

We are so lucky to have such a dedicated team of volunteers to support the Living Later Life Well project. From serving endless cups of tea to leading activities, making our delicious lunches at our Live Music mornings, supporting people on trips, and being an all-important listening ear to so many, our volunteers do a huge amount to help our project thrive, and much of it 'behind the scenes'.

When you're next attending a session, please thank the volunteers that are there to make your experience enjoyable and memorable. They are giving their time, effort and energy entirely for free, and play a really important part in making our work a success.

