Living Later Life Well News

Based at Trinity Methodist Church, Holydyke, the Living Later Life Well project offers a range of activities and events for everybody aged 60+ in the local community.

Contact details:

Jo Marwood - Project Manager

Living Later Life Well Project
Trinity Methodist Church
Holydyke
Barton upon Humber
DN18 5PS

Phone: **07821 900623**

Email:
jo.marwood.bartontrinity@outlook.com

Facebook:
www.facebook.com/LivingLaterLifeWell

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. We cannot offer refunds for activities where you cancel 7 days or less in advance unless we fill your space.

November/December 2026

Our last newsletter of the year is packed with festive activities, trips, and special events! Our regular programme of activities will continue until Friday 18th December (except for our Grief Café, details on the last page), and will restart on Monday 4th January 2027.

A huge thank you to everybody who has supported the Living Later Life Well project this year, including our wonderful volunteers, partner services, funders and of course the people who turn up and take part. We are so proud to be serving and supporting our local community, and look forward to seeing you again in 2027.

Festive Trip!

Monday 7th December
Coach collects at Barton Fire Station, Holydyke at 10.00am and returns for approximately 5.15pm
£10.00 suggested donation



Our final trip of the year includes a visit to the newly opened Maritime Museum, where you can discover Hull's rich maritime story through immersive galleries, remarkable objects and powerful personal stories.

There will be free time for lunch, and then an afternoon show at Hull City Hall, where Neil Sands and his wonderful cast return with a new production of their must-see Christmas Cracker! Get ready for a magical afternoon packed with festive joy, featuring over 60 timeless Christmas songs and carols you know and love. With dazzling costumes, magical moments and even falling snow, audiences have described it as "like a sparkly Christmas card come to life."

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/Craft Morning, 10.30am – 12.00pm

Tuesday:
Chair Exercise, 10.30am-11.30am
Yoga, 1.00pm-2.00pm
Grief Café (2nd & 4th 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

Botanical Printing workshop



Monday 2nd November
10.00am – 12.00pm
£10.00 suggested donation

Join Visual Artist Mandy Keating for a wonderful creative morning of exploring how different plants can be made into inks and dyes. You will create your own botanical ink from plants and a handmade stencil to print onto a tote bag. You will use a selection of pre-prepared botanical inks made from foraged and grown plants.

No experience necessary. Bring an apron or old shirt and be prepared to get a little bit messy and very creative!

Booking is essential as spaces are limited.

New weekly Crochet Club



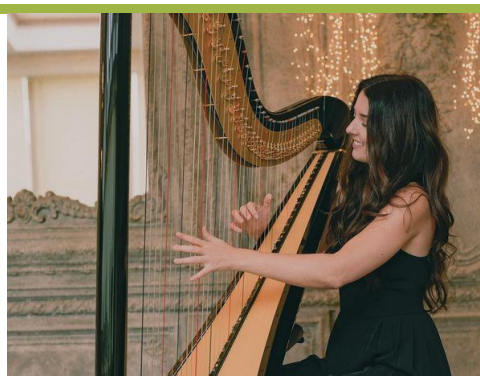
Every Tuesday from 10th November
10.00am – 1.00pm
£3.00 suggested donation

If you'd like to pick up new crochet skills, start a new crochet project or simply bring your work and crochet in company, then join our new weekly Crochet Club. The group is supported by teacher Ella who will guide you through whatever you'd like to make, and will bring a range of books, patterns and projects to spark your imagination!

Beginners are welcome too and Ella can supply a kit to get you started. Otherwise, bring your own hook and yarn, enjoy a cuppa and a chat, and get crocheting!

Booking is essential as places are limited.

Live Music and Lunch



Wednesday 11th November
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 professional harpist Stephanie Halsey. A graduate of the prestigious Royal Northern College of Music, Stephanie performs a range of repertoire from classical, to popular music from the 1960's to current.

Booking is essential as spaces are limited.

Live Music and Lunch dates for your diary!

Wednesday 20th January 2027 – Chameleon (multi-instrument woodwind duo)
Wednesday 17th March 2027 – Iwan Owen (pianist)

Practical Back Care workshop

Wednesday 18th November
10.30am – 12.00pm
FREE

Join Dr Julia Pullin, Chiropractor and IDD Therapist, for a practical and empowering workshop packed with simple, achievable ways to keep your back, joints and body moving well as you get older.

You'll discover:

- Practical posture & simple, everyday back care tips
- How to look after your back in later life
- Ways to reduce the stress and strain on your ageing discs
- Which supplements may best support healthy joints

You'll also learn a simple back-care routine that you can easily build into your daily life.

There's something for all abilities, with plenty of practical advice you can put into action straight away. Let's keep your body moving, independent and strong!

Booking is essential.

Festive Wreath workshop



Thursday 19th November
10.00am – 12.00pm
£10.00 suggested donation

It's that time of year again to spot all the beautiful wreaths on front doors as you wrap up warm and wander around the town!

Join us for a relaxed morning to make your own small wreath using fresh greenery and decorations, with teacher Shirley on hand to help you create your own festive masterpiece!

All equipment and refreshments provided (if you have secateurs and gardening gloves, please bring them along). **Booking is essential as spaces are very limited.**

Needle-Felted Robin Baubles



Monday 30th November OR
Tuesday 1st December
9.30am – 12.30pm
£10.00 suggested donation

Come and join us for a relaxed, festive workshop where you'll learn to needle felt a cute and characterful robin bauble. Perfect for the Christmas tree or a special gift! Everything you need is provided, including specialist tools and plenty of colourful wool.

Tracy's guidance is clear, and supportive—perfect if you're a complete beginner or simply want a fun creative session. You'll leave with a handmade robin decoration and a lovely sense of achievement.

Booking is essential as spaces are limited. Please indicate your preferred date at booking.

A big thank you!

A huge thank you to everybody who contributed to our recent fundraising Coffee Morning, with all money raised donated to local charity Sunflowers Children's Action Group.

We raised an incredible **£2,340**, with our wonderful cake sale, tombola, raffle and handmade items stall. Despite the rainy weather, there was such a huge wave of support for such a worthwhile cause.

Pottery Christmas Puds!



Monday 16th OR Monday 23rd November
10.00am – 12.00pm
£10.00 suggested donation

Join us for a delightful and creative pottery workshop where festive fun meets artistic flair!

Get into the Yuletide spirit as you craft a pottery Christmas pudding, adding your unique style and personality to make it truly one of a kind. Let your imagination shine as you sculpt, decorate and personalise your masterpiece to treasure for years to come, or gift to someone special.

All abilities are welcome at this relaxed and friendly session to create something special while enjoying great company. All materials and tuition will be provided.

Booking is essential as spaces are limited.

Trinity Festive Lunch



Thursday 26th November
12.00pm onwards
£7.00 suggested donation

The Trinity Catering volunteer team will be preparing a two-course Christmas lunch including traditional roast turkey dinner, and a festive dessert, plus tea and coffee. All are very welcome to join us and celebrate together. **Bookings are essential for catering purposes – please contact Wendy on 01652 633123.**

Look out in the next issue of The Bartonian for details of the Barton upon Humber Rotary Club Christmas Afternoon Tea, which is held here at Trinity Methodist Church, and also details of their meal delivery service on Christmas Day.

Quilling Christmas card workshop



Thursday 26th November
10.00am – 12.00pm
£5.00 suggested donation

Come and make a beautiful, handcrafted Christmas card and learn the simple art of quilling. We will use different coloured papers and tools to make a lovely festive tree design, which you can then decorate to your heart's content!

All materials are provided to make your Christmas card. If you have sequins or embellishments at home that you wish to add to your card, please bring them along.

We will be using UHU-branded glue, but have protective gloves for any skin sensitivities.

Booking is essential as spaces are limited.

Festive singalong & mince pies with the Silver Singers!



Wednesday 16th 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? All singing abilities (including no ability!) are very welcome and they're a really friendly, welcoming group. They meet every Wednesday from 1.00pm – 2.00pm and cover a range of songs including themed weeks. We ask for a £2.00 donation per session; please get in touch for more details.

Grief Café – all welcome



Tuesday 22nd December
1.30pm – 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. You are never alone – let us support you.

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.