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:

Jo Marwood
Community Outreach Manager
Living Later Life Well Project

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

September/October 2026

After the long, hot summer we're looking ahead to cosier autumnal activities and spending time with a cuppa, meeting new people and enjoying good company. All of our sessions finish by 3.15pm at the latest, so you don't have to worry about the darker evenings drawing in.

There's lots to look forward to over the next couple of months, with craft sessions, health checks, a shopping trip and much more. A new endeavour for us is our "beginner's crochet course" which will be a lovely, relaxed group all learning together. Picking up a new skill at this time of year might just give you a hobby to enjoy through the winter!

We've also got a great fundraising morning to look forward to, which always means lots of tea, cake and chat. Everyone is welcome to pop in, and all proceeds on the day go to a very worthy local cause, so please dig deep and help us raise lots of money.

As with all of our activities, just pick up the phone or send an email if you'd like more information. We'd love to meet you.

Fabulous Fundraiser!

Wednesday 7th October
10.00am – 12.00pm

Sunflowers Children's Action Group

Please come and show your support for this year's charity fundraising Coffee Morning, with all proceeds on the day donated to Sunflowers Children's Action Group, which is a local charity providing activities and support for children living with life-limiting conditions, and their families.

There will be a fabulous cake/bake stall, a tombola and a raffle to win a hamper of goodies!

Donations of baking on the day would be much appreciated, and all bakers will be entered into a prize draw to win a gift voucher. If you plan to bake, please contact Jo Marwood via the details at the top of this page.

Have a cuppa with friends old and new, and raise lots of money for this wonderful local charity!

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

Beginner's Crochet Course



Tuesday 22nd and 29th September,
and 6th and 13th October
(4-week course)
10.00am – 12.00pm
£5.00 suggested donation per session

Would you like to learn how to crochet but are not sure where to start? This 4-week relaxed course is for you! Join our lovely crochet teacher Ella who will provide all materials and gentle guidance to teach you everything you need to know, to create your own 'granny squares'. It doesn't matter if you're right or left-handed, or if you've never held a crochet hook before – you will be welcomed and crocheting before you know it! If you have your own wool that you'd prefer to use, then bring it along, but there will be a choice of colours available.

Refreshments are provided, and there'll be lots of time to relax and chat. Start your Autumn by learning a new skill with us!

Booking is essential as places are very limited.

Shopping trip to Downtown, Grantham



Monday 28th September
Coach departs at 9.30am from outside Barton Fire Station, Holydyke, and returns for 4.30pm
£10.00 suggested donation

Join us for a shopping day at the popular home and furniture store, Downtown, based near Grantham. All under one roof, there's a host of household brands for every room in the home, from kitchen appliances, clothes, shoes, bedding and furnishings. There's a café selling hot and cold food, drinks and delicious cakes too!

If you're thinking ahead to preparing your garden for autumn/winter, then the Downtown Garden Centre stocks a great range of plants, bulbs, tools, garden furniture and décor.

There is plenty of space underneath the coach for mobility aids. Booking is essential as spaces are limited.

Research Project Interviews

Joanna Malone, at the University of York, has been coming along to sessions since April and has enjoyed getting to know you. She is looking to conduct one-on-one interviews with people to understand your ideas around living and dying 'well' in more depth. She's looking to interview people who identity as non-religious or non-traditionally religious (e.g. spiritual). If you think you might be interested or have any questions, please talk to Joanna if you see her in person, or you can email her at joanna.malone@york.ac.uk or ring her on 01904 325698, leave a message and she'll get back to you. Taking part is completely voluntary.

Pebble Decorating

Thursday 24th September
10.00am – 12.00pm
£5.00 suggested donation

Join us for a relaxed, creative morning of pebble decorating in a 'mandala style' (a geometric design that traditionally represents the universe, wholeness and unity).

Simply put, mandala pebble decorating is a relaxing craft where you use dots of acrylic paint on a smooth stone to make symmetric, circular patterns. Don't be put off by how complicated the picture looks! If you prefer to decorate in a different way, there will be a range of paint pens and tools to unleash your creativity!

All materials, pebbles and refreshments are provided. **Booking is essential as spaces are limited.**



Free Blood Pressure Check-Ups

Wednesday 23rd September
10.00am – 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.

Get your blood pressure checked for free, get advice on your result, and pick up information on 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.

Wet Felted Poppy Pod/Bowl



Monday 5th OR Monday 12th October
9.30am – 12.30pm
£10.00 suggested donation

Come and join us for a relaxing and creative session led by tutor Tracy. You'll learn to make your very own wet-felted poppy pod/bowl.
It's a magical process—watch soft Merino wool fibres transform under your hands into something sturdy, beautiful and completely unique.

No experience? No problem. Tracy will support you throughout and teach you the basics, so you can enjoy the process and build confidence as you go. All materials and equipment are included.

Just bring a towel and a plastic bag to take home your finished bowl.

Booking is essential as spaces are limited. Please indicate when booking, if you can make either date or if you have a preference.

Foot Health Checks

Wednesday 21st October
10.30am – 12.00pm
FREE foot checks (treatment is chargeable, please see below)

Dan East (also known as 'The Footman') provides gentle, professional foot care to keep your feet healthy. He runs a mobile clinic, but he's also offering a one-off clinic here at Trinity Methodist Church on the above date. During the clinic, you can have a **FREE** full health check of your feet, and if any treatment is required, you can either pay for it to be completed on the day, or you can arrange an appointment for him to visit your home if you prefer.

Services offered include:

- Nail care: trimming, shaping and managing toenails to prevent discomfort
- Fungal nail and verruca care: advice and assistance to improve nail health, relieve discomfort and promote healing
- Corn management: relieves pressure and restores comfort to your feet
- Callus and hard skin removal: removes thick, hard skin to make walking more comfortable
- Foot health advice: guidance to keep your feet healthy and prevent common problems

Your feet work hard and deserve your care and attention! If you have any concerns or questions about looking after your feet, Dan will be happy to assess and advise you. All treatment is managed sensitively, professionally and discreetly. Whatever your needs, he is there to help you move with confidence and comfort.

Any treatment required on the day is set at £30 – there are no hidden charges or increased costs. Only cash payments can be accepted (we do not have a card reader for card payments).

If you'd like to book a slot, please get in touch!

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 or visit samaritans.org.
- **Mind** provides mental health support – call 0300 123 3393, email info@mind.org.uk or visit 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.