



Living Later Life Well News

October 2021

News about the latest activities, events & services on offer in and around Barton upon Humber, aimed at residents aged 60 +.

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If you have an older friend, neighbour or family member who is feeling isolated and would appreciate contact to help them engage in community activities, please contact me and I will be happy to help.

If you've picked this newsletter up and would like to receive it monthly to your home, get in touch and we can arrange for a volunteer to deliver a copy to you!

If you no longer wish to receive this newsletter, please contact me using the above details.

Welcome to our new monthly newsletter!

My name is Jo Marwood, and I am the new Community Outreach Worker responsible for the Living Later Life Well project. The purpose of this project is to engage our older community through a vibrant programme of activities to provide physical, mental and spiritual enrichment.

I support older residents in Barton and the surrounding villages, by signposting them to activities on offer at Trinity Methodist Church and in the local community. We are keen to build upon the regular activities at Trinity, so that there's something for everyone to enjoy throughout the week. You might be interested in crafts, want to try a new exercise class, or simply fancy popping to our coffee mornings.

If you're feeling anxious about coming to some of these groups, I am perfectly happy to have a chat over the phone, or meet for a coffee and a walk. My role is to support *you* to engage in *your* community in a way that suits *you* best.

The newsletter will feature updates on activities running that you might wish to join, and articles from local groups and services to hopefully spark your interest!

This month, we're shining the spotlight on Nordic Walking around Barton, film matinees and lunches at The Ropewalk, and the Barton Friday Morning Community Crafters / Saturday Club.

Now the darker autumnal evenings are drawing in, we have opportunities to stay active with free online exercise classes that you can access from home. We've also got the potential to run exercise classes at Trinity Methodist Church, so please let us know if you're interested!

It's important that everybody feels connected to, and a valuable part of, their community. Please pick up the phone or email me if I can support you or somebody you know that is an older resident and would like to take part in some new activities. If there's anything you see in this newsletter that you'd like to talk about, my details are at the top of this page.

Let's Ride – free guided group bike rides in Barton and beyond!

Dust off your bicycle and join a free group bike ride – rides take place every day of the week and range from a leisurely few miles to a challenging 50-mile circular. Led by volunteer guides, the rides cater for all abilities and ages – you just need to be able to ride a bike! All rides include a café stop too, and the Let's Ride website gives plenty of information on the route, meeting points and who else has booked to join.

Visit www.letsride.co.uk for more information – if you type 'Barton upon Humber' into the search box on the website homepage, you will see rides taking place within 10 miles of Barton.

If you need help accessing the website and signing up to join a bike ride, get in touch and I'll be happy to help.



Nordic Walking – taking steps to better mental and physical health

Try something new this autumn and enjoy the fresh air and exercise, with this established walking group in Barton upon Humber

Nordic walking takes place every Monday and Thursday from 10.30am – 12.00pm (roughly), walking on average about 3 miles on paths and trails from Waters' Edge Nature Reserve in Barton. We use special poles and techniques to improve posture and alleviate strain on hips and knees. There is no cost to join the walks, and poles can be supplied.

If you are interested in trying us out, give me a ring on 01652 632770 and I will arrange training with you before the walk begins. All you need are comfortable walking shoes/trainers, loose clothes and up to £2 to pay for your tea/coffee at the end of the walk. Parking is free and plentiful at the Nature Reserve, or it's a ten-minute walk from the Barton Interchange for bus/train services.

My walkers say they love the walk, the chat and the cuppa at the end. There's been lots of research highlighting the benefits of walking outside with others, to help physical and mental wellbeing. You can be sure of a warm welcome, and a chance to meet different people and pick up a new hobby!

Pam McCartney
Nordic Walking group leader

Free exercise classes in your own home!



www.ActiveHumber.co.uk/TV.fit

Active Humber is now working with TV.Fit, the online health and wellbeing portal, to supporting older people in North Lincolnshire to increase their physical activity levels. They are offering free 6-month subscriptions to online fitness and wellbeing classes, with workouts designed for you to complete in the comfort of your own home.

All you need is a smartphone, smart TV or tablet device (such as an iPad) – we can help you to get signed up and learn how to use the app.

Once you're signed up, you're ready to go! Try yoga, pilates, dance exercise or even a bit of cardio to get your heart pumping!

This programme is part of the Get Out Get Active programme which has been funded through Spirit of 2012. If you'd like to find out more about this and sign up, completely free of charge, please get in touch.



Voluntary Car Service

Humber & Wolds Rural Action offers a Voluntary Car Service which helps people with transport difficulties get to shops, appointments, support groups and activities.

Drivers are available from 9.00am – 5.00pm, Monday – Friday. Drivers give their time freely but charge 45p per mile to cover the cost of fuel/vehicle running costs. Drivers will wait up to 1.5 hours at your destination, but flexibility can often be given. All our drivers are DBS checked.

To find out more about our service, please contact the office on **01652 637700**.

Get stuck into a new book!

If you can't visit a library in person, you can join the Home Library Service.

North Lincolnshire Libraries can supply you with a FREE and full library service in your own home, including:

- Regular/large print books
- Talking books on CD
- Monthly visits by trained volunteers
- Longer loan periods and no charges

Contact the Home Library Service on 01724 297000 for more information.



Film Matinees and Lunches at The Ropewalk

Wednesday morning film matinees are the perfect weekly treat at The Ropewalk, Barton upon Humber. See a film and enjoy a two-course meal followed by a hot drink, all for only £5!

There's ample free parking and the bus/train station is only a few minutes away.

Doors open at 10.00am in Ropery Hall, for a 10.30am start. If you don't fancy staying for lunch, you're welcome to see the film on its own for £3.

Wednesday 6th October - Radioactive (PG)

From the 1870s to the modern era, 'Radioactive' is a journey through Marie Curie's enduring legacies – her passionate relationships, scientific breakthroughs, and the consequences that followed for her and for the world.

Wednesday 13th October - Emma (PG)

Jane Austen's beloved comedy about finding your equal and earning your happy ending is reimagined in this adaptation of 'Emma'. Handsome, clever, and rich, Emma Woodhouse is a restless queen bee without rivals in her sleepy little town.

Wednesday 20th October - To Catch a Thief (U)

Hitchcock classic starring Cary Grant and Grace Kelly. A famous cat burglar who has retired to the Riviera catches a thief imitating his old style.

Wednesday 27th October - Cruella (12)

Academy Award winner Emma Stone stars in Disney's Cruella, an all-new live-action feature film about the rebellious early days of one of cinema's most notorious – and notoriously fashionable – villains, the legendary Cruella de Vil.

Friday Morning Community Crafters

This established craft group has a new home at the top of Fleetgate (across the road from W.A Clarke's Shoe Shop)

Every Friday morning from 10.30am – 1.30pm, the group is open for people to drop in and join them! All crafts are covered – you can bring your own project or have a go at knitting, sewing, paper crafts and even get started on Christmas decorations and presents!

Sessions cost £2.50 and include tea/coffee and biscuits. For more information, contact Elaine on 07951 374770.



Trinity Coffee Mornings (and toasted teacakes) are back!

Join us every Saturday morning from 10.00am – 12.00pm for tea/coffee and toasted teacakes. It's a perfect opportunity to get out of the house, meet new friends and catch up on news.

The first Saturday of the month includes a book sale, and look out later in October for games, quizzes and bingo – all are very welcome!

Pick up some new computer skills!

Would you like to learn how to use your computer/tablet or mobile phone better?

From ordering your prescription or groceries, to keeping in touch with family, would you benefit from some handy tips?

We are partnering with Humber & Wolds Rural Action to set up Digital Skills workshops. If you would be interested in joining a weekly group covering different digital skills, please get in touch to register your interest.



I'm writing to introduce myself as the new Methodist Superintendent Minister. In the Methodist Church, different congregations are grouped together in a Circuit. Each Circuit has one or more ministers who either look after a group of churches in the Circuit or carry out work in the community. The person with overall responsibility for the whole Circuit is the Superintendent Minister. So while I mainly look after the congregations at Barton Trinity, Barrow, East Halton and Goxhill, I have overall responsibility for the Methodist churches in Brigg and the surrounding villages.

I've recently moved from Cornwall where I was minister to seven rural churches. Before that I was a secondary school teacher, and in the past, I've had appointments as a minister in inner London, Stockton on Tees and South Wales. In my spare time I enjoy reading and writing poetry and detective fiction, and family history.

I'm very pleased that with the easing of restrictions it is possible to start up more activities and see other people face to face. One important thing that we learnt from lockdown is how important it is to be connected to other people for both our physical and mental health. The Living Later Life Well Project is an exciting way of maintaining links with others and to build new friendships. I look forward to meeting more of you in the coming months.

Get active with new exercise classes

If you're feeling a little sluggish and would like to get more active, we've got the solution! We're working with Active Humber to run a variety of exercise sessions at Trinity Methodist Church, but we want to know what *you'd* like to see on offer.

Examples of classes that could start are:

- Chair-based classes including seated Pilates, yoga and Tai Chi
- Strength and conditioning classes including Boxercise/kettlebell
- Table tennis
- Multi sports activities

If you fancy joining any of these classes, please contact us to register your interest.

Are you feeling isolated at home?

If you're missing a bit of social interaction, but don't yet feel confident to join in some of the activities covered in this newsletter, why not let us bring some activities to you at home?

We can visit you for a cup of tea and a chat, bring some games, or even invite a few friends and enjoy cake and a catch-up! If the weather allows, we can arrange to meet you for a walk and some fresh air to help you get out of the house.

Please contact us for more information and to arrange a suitable date.