



# Living Later Life Well News

The latest activities, events and services on offer at Trinity Methodist Church and around Barton upon Humber, aimed at residents aged 60+.



## Contact details:

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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.

Would you like to receive this newsletter monthly? We can either email you a copy, or post one through your door – get in touch with your details above and we'll add you to the list!

## December 2021 issue

By the time you're reading this, you might be tucking into a mince pie and starting to think about putting up your Christmas decorations – I'm looking forward to joining you!

Our first Pensioners' Lunch Club of the year was a great success, with delicious home-cooked food and good conversation. Perhaps you'll join us for the next one at the end of the month (details below).

The weekly Games and Coffee Mornings are such a lovely way to spend a couple of hours – all suggestions are welcome for different games or craft activities, or perhaps you know somebody who would be keen to talk about a passion of theirs?

I'm really hoping to see some of you at our new Chair-Based Exercise Classes starting in January. It's a great opportunity to kickstart your wellbeing and get more active. Most importantly, the classes will be really good fun!

**Don't forget: Barton Rotary Club are delivering FREE Christmas Day Dinners to Senior Citizens, if you're going to be on your own. Turkey and all the trimmings, and no cost to you! If you'd like to book one for yourself, contact Ted Treasure on 01469 531117 by Sunday 12<sup>th</sup> December.**

Wishing you all a wonderful Christmas, and I'm really looking forward to time together in 2022!

## Enjoy a post-Christmas lunch at Trinity!

Our Pensioners' Lunch Club is back, and there's a special lunch planned for **Thursday 30<sup>th</sup> December from 12.00pm** at Trinity Methodist Church. It's the perfect opportunity to catch up with others and share some festive cheer!

For only £6, you receive a two-course hot meal plus tea/coffee. Everybody in the community is very welcome to join, but you must book your space – please contact Wendy on 01652 633123.



## Partnership with St. Peter's coming soon!

We're really excited to begin working with pupils and staff at Barton St. Peter's Church of England Primary School, starting in the New Year.

They'll be helping out at our Give it a Go games sessions where you'll be able to try a range of gentle sports activities and games (details to follow). You'll also see children leading an occasional Games and Coffee Morning as part of our usual Wednesday group, and you might also find that you're nominated to be interviewed as part of a 'This is your Life' campaign we'll be running in summer 2022!

Keep an eye out in future newsletters for more information!



## Don't forget the Warm Homes Discount scheme this winter!

Peter Hirschfeld, Rural Energy Adviser at Humber & Wolds Rural Action, gives an update on the energy cost debate this winter

Under normal circumstances, the advice to lower your energy costs has been to switch energy supplier. With the current problem of higher energy costs and many smaller energy companies disappearing, the new advice is to stay with your current supplier. The price on a Standard Variable Tariff is the cheapest you can get.

If you are on a Standard Variable Tariff, see it out. If you want the certainty of a Fixed Rate Tariff, be prepared to pay £300 per year more for it.

If your energy supplier went bust, DON'T PANIC:

- you won't lose your gas and electricity supply
- any credit you have is protected and goes to your new supplier who will be appointed for you – wait for the supplier to contact you
- make sure to take meter readings and download bills, or ask for them if you can still get access to your account
- be prepared to pay more for your energy

Warm Homes Discount (WHD) will be even more important this winter. Many schemes are open for applications, but most are on a first come, first served basis. You are eligible for Warm Homes Discount if:

- you get the Guarantee Credit element of Pension Credit
- you're on a low income and meet your energy supplier's criteria

If you'd like more information on the Warm Homes Discount Scheme, contact Jo (details on the first page) and she will provide you with a leaflet.

## New Year, new you?

January is just around the corner – traditionally a time when we make (and sometimes quickly break!) New Year's resolutions.

If you'd like to get fitter and more active in 2022, join our new Chair-Based exercise classes starting weekly from **Tuesday 18<sup>th</sup> January, 1.30pm – 2.30pm** at Trinity Methodist Church.

Classes will include gentle exercises to improve your posture and balance – you won't get tired or sweaty, and if you haven't exercised in a while, don't worry because everything will be tailored to your ability level.

What's more, exercise helps to reduce your risk of falls by strengthening your muscles, is linked to supporting your thinking skills, boosts your mood and energy levels, plus it's a chance to socialise and have some fun!

Chair-based exercise is suitable for most people, and as with all our activities, there'll also be lots of chat and refreshments on offer. Limited spaces are available so book your place now – contact Jo on 07821 900623 or email [jo.marwood.bartontrinity@outlook.com](mailto:jo.marwood.bartontrinity@outlook.com).



## Win an afternoon tea for two!

Would you like to enjoy a luxurious takeaway afternoon tea, with a friend, neighbour or family member to share it with?

Too often, we hear all about the negative things happening in the world, and we forget to celebrate the positives in our lives.

We want to change that and hear your highlights of 2021 in poetry form! It doesn't have to rhyme unless you want it to, it doesn't have to be long...it doesn't even have to be neatly typed!

Simply write a poem that talks about what you've enjoyed this year and why – it can be anything from meeting somebody new, to spending time in the garden, to a big family wedding.

Email your poems to [jo.marwood.bartontrinity@outlook.com](mailto:jo.marwood.bartontrinity@outlook.com), or post them to Jo Marwood, Trinity Methodist Church, 10 Holydyke, Barton upon Humber, DN18 5PS (or drop them into our Wednesday Games and Coffee mornings.

The winning poem will be published in the next issue of this newsletter and will also win an afternoon tea for two, from The Fig Tree.

Good luck!



homemade cake!), and it's a relaxed atmosphere to enjoy other people's company and get out of the house.

If you'd like to join us, you'll be made very welcome – **every Wednesday from 10.30am – 12.00pm in the Community Room (side entrance on Vestry Lane).**

Our session on Wednesday 15<sup>th</sup> December will be a Christmas craft session where we will (attempt to) make these fabulous paper trees! All materials provided – come ready to get stuck in and bring a sense of humour!



## Let's get digital!

Would you like to be able to use a tablet computer to do your online shopping, banking, learn how to use social media or keep in touch with family?

Perhaps you have one gathering dust in your home, or you're planning to purchase one, but you'd like to pick up some tips and techniques first?

We will be offering two different three-week group sessions in early 2022, designed to give you the skills and confidence to navigate the online world!

### **Beginners Course:**

How to use a tablet computer  
Using the internet, downloading and using apps  
Using the camera, sending emails and playing games

### **'Growing in Confidence' Course:**

Communicating with family and using social media  
Accessing your medical records, and online shopping  
Banking online, avoiding scams and staying safe on the internet

Sessions will take place on Tuesday mornings, and you can either bring your own tablet or use one of ours. All classes will be delivered by a tutor, and you'll be given supporting materials to take home, so you can put your new skills into practice! If you'd like to register your interest, get in touch – contact Jo on 07821 900623 or email [jo.marwood.bartontrinity@outlook.com](mailto:jo.marwood.bartontrinity@outlook.com).

## Film & Food – now with added craft at The Ropewalk!

In addition to the Wednesday morning film matinees and two-course lunch for £5, you can now stay for the afternoon and take part in a free craft session led by qualified artists!

Doors open for the film 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 1<sup>st</sup> December – Paddington 2

Paddington, now happily settled with the Brown family and a popular member of the local community, picks up a series of odd jobs to buy the perfect present for his Aunt Lucy's 100th birthday, only for the gift to be stolen.

*Craft session – Origami gift boxes with Wendy Chan*

### Wednesday 8<sup>th</sup> December – Nativity

A primary school teacher (Martin Freeman) is charged with producing the school's Nativity play, but he has to compete with his rival at the posh school down the road. Added to the mix is his foolhardy boast that his ex-girlfriend, a Hollywood producer, will come to see the show. A feel-good musical comedy!

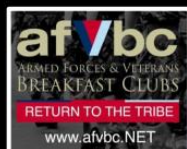
*Craft session – Origami stars with Linda Ingham*

## New Year's Eve Historical Health Walk

There's no better way to wave goodbye to 2021 than with a bracing walk in the fresh air! The next Barton Historical Health Walk is on **Friday 31<sup>st</sup> December at 10.30am**, and everybody is very welcome to join. This free short, guided walk starts from Baysgarth House Museum car park, and is roughly 1.6 miles taking in some of the town's historic landmarks. All you need is sensible clothing, comfy footwear and a drink of water.



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Barton upon Humber

## Calling all Veterans!

We are a group of Veterans and serving members of Her Majesty's Armed Forces, and like any other Veterans' Breakfast Club around the UK/overseas.

Our ethos is mutual support – it works because we all have a similar humour and outlook, and the social life we now enjoy is like our service days.

Our club meets every first Sunday of the month from 9.30am – 12.00pm at Barton Town Cricket Club, Marsh Lane, Barton upon Humber, DN18 5JD.

The next meeting is on Sunday 5<sup>th</sup> December – breakfast is pre-ordered so if you'd like to join us, please contact Russ on 07725 191857.