



Living Later Life Well News

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



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www.facebook.com/LivingLaterLifeWell

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 email the newsletter directly to you, or you can collect a copy from Trinity Methodist Church or other venues around Barton. For people who are unable to collect a copy, we can arrange to post through their door.

May 2022 issue

Summer is on the horizon, and there are so many plans in Barton to celebrate The Queen's Platinum Jubilee. I'm keen to maintain this celebratory atmosphere, so from August we'll be enjoying bi-monthly live music performances and workshops at Trinity Methodist Church. Covering all genres of music, the performances will get your toes tapping at the very least!

With our Chair Exercise classes going from strength to strength, we're looking at more fitness activities including aerobics and boxercise. Perhaps you're newly retired or want to stay active and keep your fitness levels up? Get in touch now to register your interest!

At the time of writing, our fortnightly Pottery classes are fully booked, and I'm looking forward to seeing the creations from each session. If you've missed the boat this time, please still put your name on the waiting list, as we may be able to offer an additional class soon.

Finally, don't be left in the dark with technology! If you want to learn how to use a tablet computer, we've got some free sessions coming up in June to pick up new skills, and impress your family and friends!

You just need to pick up the phone, or drop me an email – what are you waiting for?



Spaces available at the Jubilee Afternoon Tea!

On **Saturday 4th June**, a special afternoon tea party will be hosted at Trinity Methodist Church to celebrate The Queen's Platinum Jubilee.

From **12.30pm - 4.00pm**, Barton Saturday Club is planning a luxurious afternoon tea with live entertainment, a raffle and tombola.

Tickets are FREE of charge but very limited, so if you'd like to attend, please get in touch with Elaine on 07951 374770 as soon as possible to book.

New Age Kurling leader needed!



Our New Age Kurling group meets fortnightly on a Saturday afternoon, and is looking for somebody to take the lead in running the sessions.

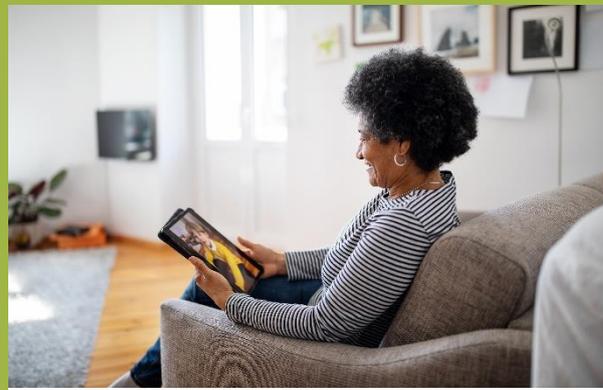
This will involve setting up/tidying away equipment, supporting new people to learn the sport, scoring and managing the smooth running of the sessions.

Instructor fees/expenses can be paid – if you are interested in this role, please get in touch with Jo Marwood on 07821 900623.

Pottery classes – new bookings being taken!

Our new fortnightly Pottery classes have been so popular, that every space has been taken in record time!

We are keeping a waiting list with the potential to add an additional workshop, so if you're interested in learning the art of pottery and exercising your creativity, please get in touch.



Brush up on your digital skills with our 'Beginners Guide to using a Tablet' workshops in June!

Are you feeling bamboozled by the world of iPads? Would you like to stay connected to family and friends, learn to do your shopping and banking online, or simply find out more about using apps and games to keep your brain active?

Join our three-week course of workshops designed to give you a gentle introduction into using a tablet computer. You'll learn how to navigate a tablet, what apps are and how to download and use them, using the camera, contacting family and friends, using email, accessing your online banking, doing online shopping and using the NHS app.

Our next course of workshops will be on **Thursday 9th, 16th and 23rd June, 10.00am – 12.00pm** at Wilderspin National School Museum on Queen Street.

All resources are provided, so you just need to book your space on 07821 900623!



Live Music Now!

Music provides us with ways to connect and share feeling, memories and moments with others. It lifts the spirit, gives us the opportunity to be creative and express ourselves, and has a hugely positive impact on our overall wellbeing.

Partnering with Live Music Now, an organisation that works to bring live music to settings across the UK, we'll be offering bi-monthly live music performances and workshops to the older residents of Barton upon Humber and surrounding villages.

Starting in August, we'll be welcoming different bands and artists to Trinity Methodist Church every other month. All performances will be during the day and will include opportunities to participate, enjoy refreshments and chat to others.

Performances will be free of charge (donations gratefully accepted) and are open to residents aged 60+. Although several of the performers welcome participation, it is not essential – you are free to simply sit back, relax and enjoy the music!

The first performance will be on **Monday 8th August, 10.30am – 12.30pm**. Limited spaces are available so please get in touch to book your seat. Refreshments are included in your donation.

“I feel like I’m living again”

Eileen joined the Living Later Life Well project six months ago and has thrown herself into every activity we’ve offered! She’s been on coach trips, joined our craft classes, and is a regular at Chair Exercise and table tennis. This is her story...

How were you feeling when you were first referred to the project?

I’d been feeling so fed up and lonely, thinking that nobody cared about me and I had nothing to look forward to. I told my GP that I was feeling down, and somebody came to visit me at home and told me about the project. Jo rang me and talked about the different activities I could join, and the support that I’d be given to take part.

I felt so nervous and unsteady at the first session. I came to the Wednesday Coffee Morning, and I could easily have stayed at home. I didn’t know anybody, but Jo and her volunteers were there to meet me and introduce me to other people.

How do you feel differently since you’ve been taking part in the project’s activities?

I feel like I’m living again, I’m more confident and I look forward to each day. I’ve always felt like an outsider, and preferred to sit quietly at the back of the room. Now I enjoy spending time with people, I feel more relaxed and much happier.

I feel like a different person. I’m finally enjoying my life again and making up for lost time. There’s always days when I could stay at home, but I take each day as it comes and every activity I join is better than the last. I’ve made new friends and I feel like there’s such a big difference to my life now.



New opportunities to join
our team in 2022



Do you enjoy meeting and talking with others?

We are recruiting volunteers to help with our

Memory Café

- events organising
- outreach activities
- reminiscence work

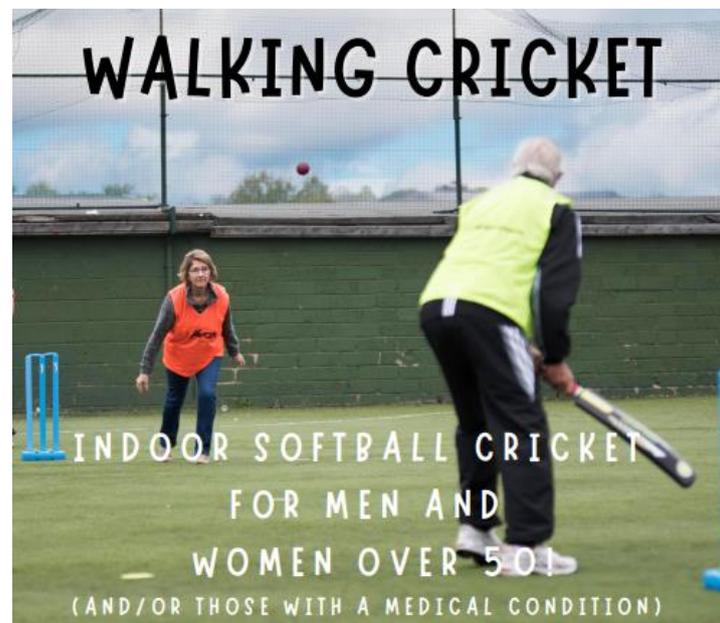


Contact us for more information about how to get involved and join our award-winning team of volunteers
(01652) 635172

Wilderspin & National School Museum, Barton

Queen Street School Preservation Trust
Barton upon Humber, DN18 5QP
(01652) 635172 wilderspinschoolmuseum@gmail.com
wilderspinschool.org.uk

Regd. Charity 104187 Company No. 2844791



THURSDAYS 2-3PM FROM 13TH JAN 2022
AT BAYSGARTH LEISURE CENTRE,
BARTON-UPON-HUMBER
£3.50 PER SESSION
ALL WELCOMED - NO EXPERIENCE NEEDED!

FOR MORE INFORMATION CONTACT:
DARRYL CAMP, ACTIVE LIFESTYLES COORDINATOR,
DARRYL.CAMP@NORTHLINC.S.GOV.UK OR
JUSTIN OWEN, SCHOOLS AND COMMUNITY OFFICER,
JUSTIN.OWEN@LINCSCRICKET.CO.UK



Build your fitness with new classes coming to Trinity Methodist Church!

Do you fancy joining a fitness group where you'll be challenged, but don't want to join a gym or commit to evening classes?

Perhaps you've recently retired and want to maintain a good level of fitness, or just want to keep your muscles working and look after your body and mind?

New fitness classes are coming to Trinity Methodist Church, covering:

- Aerobics / Circuit Training
- Pilates
- Boxercise
- Kettlebells

If you'd like to register your interest, please get in touch as soon as possible, as spaces will be very limited. Dates will be arranged when we have reached a minimum number for booking. All sessions will be during the day, and all equipment will be provided – you'll just need to wear comfortable, practical clothes and footwear, and bring a bottle of water!



Table Tennis sessions becoming a multi-activity afternoon

Our Wednesday afternoon table tennis sessions will soon be expanding to include other games/ activities, to encourage as many people to take part as possible.

We'll soon be offering boccia, giant connect-4, giant Jenga and other board games. Perhaps you'd like to come along with a friend (or meet somebody new), and enjoy a game of chess with a cuppa? Maybe you'd prefer to tackle a jigsaw but have a chat with people while you're doing it?

We'll soon have new boccia sets arriving, which is a game very similar to boules. This sport is very gentle and inclusive, but great for enjoying some competition with others!

If you'd like to join us, booking is not required – simply come to Trinity Methodist Church every Wednesday, 1.30pm – 2.30pm. Refreshments are included and you can enjoy the company of others and try something new!

Key Contacts

If you're finding things difficult at the moment, please reach out and seek appropriate professional help. Make an appointment with your GP to discuss how you're feeling (in an emergency, always dial 999)

Samaritans (free confidential helpline) – call 116 123, email jo@samaritans.org or visit samaritans.org

Mind (information about mental health support) – call 0300 123 3393, email info@mind.org.uk or visit mind.org.uk

Campaign Against Living Miserably (CALM) – call 0800 58 58 58 (5.00pm – midnight)