



# 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+.



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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 get in touch.

Please note: all 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.

Some activities have a price attached to them. These are suggested donations only, and if you are unable to contribute, you are still welcome to attend. Our priority is ensuring you can access activities that will enrich your life. If you are able to donate, this will help the project to continue into the future.

## June/July 2024 issue

We have some wonderful activities to look forward to in this newsletter, designed to boost your physical and mental wellbeing. We're hosting a Vintage Tea Dance in July, which is guaranteed to get your toes tapping at the very least! We've also arranged a trip to Burnby Hall Gardens in Pocklington (thank you to the several people who suggested this), which gives you an opportunity to spend time outdoors in the fresh air.

Our Daylight Grief Café will be starting in July, so if you are experiencing feelings of bereavement and loss (or know somebody who is), please contact us to book your space. The group will be a safe, supportive and compassionate space to explore your feelings with others, and is led by two experienced volunteers.

The British Summertime can be very unpredictable in terms of the weather, but rain or shine, we are always here. If you're feeling lonely at home, missing company and need a little sunshine in your life, please pick up the phone and get in touch.

## Trip to Burnby Hall Gardens & Museum

**Monday 22<sup>nd</sup> July**  
**10.00am – 4.00pm**  
**£10.00**

Join us for a trip to Pocklington to visit the beautiful Burnby Hall Gardens and Museum. With formal gardens, lakes with over 100 varieties of waterlily, a walled garden, aviary garden, rock garden, stumpery, birch walk, museum, shop and café – you'll be spoilt for choice! The gardens are a 5-minute walk from the centre of Pocklington where there are shops, cafés and an arts centre, for people that want to explore the area.



**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:

- **Pilates**, 10.00am – 11.00am
- **Internet/Scams Awareness Café** (first & third Monday of the month), 1.00pm – 2.00pm

### Tuesday:

- **Chair Exercise**, 10.30am - 11.30am
- **Yoga**, 1.00pm – 2.00pm
- **Dementia Café** (first Tues of the month), 1.00pm – 3.00pm
- **Grief Café** (second & fourth Tues of the month), 1.30pm – 3.00pm

### Wednesday:

- **Coffee Morning**, 10.30am - 12.00pm
- **Silver Singers Choir**, 1.00pm – 2.00pm
- **Board Games/Table Tennis**, 1.30pm - 3.00pm

### Thursday:

- **Beginners Guitar Club**, 10.00am – 11.00am
- **Improvers Guitar Club**, 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

### Saturday:

- **Coffee Morning** (& book sale monthly), 10.00am – 11.30am
- **New Age Kurling** (fortnightly), 2.00pm

## Vintage Tea Dance

**Monday 8<sup>th</sup> July, 11.30am – 2.30pm**  
**£10.00 includes afternoon tea**

Step back in time and enjoy vintage music played from the 1930s – 1950s, and learn simple, well-known social dances including sequence dancing, waltzes and strolls, led by the Lincolnshire Lindy Hop Club.

Traditional, homemade afternoon tea will be served during the event, courtesy of the Trinity Catering Team. A wonderful opportunity to enjoy a bit of nostalgia with friends – no dancing experience is necessary, people with 'two left feet' are very welcome! If you'd prefer not to dance, and simply want to enjoy the music and afternoon tea, that's completely fine too.

**Booking is essential as spaces are limited.**



## Live Music and lunch!

Join us for our next concert, followed by a lunch of sandwiches, homemade cakes and hot drinks, all for only £5.00!

**Wednesday 19<sup>th</sup> June, 10.30am – 12.00pm**

Mishra are a global folk collective with strong roots in UK folk, formed by Kate Griffin on vocals, banjo, and dobro and Ford Collier on low whistle, calabash/percussion, and guitar.

Drawing on their unique base of influences that encompasses folk music of the UK and America, Indian classical music, and soul, they weave a tight web of intricate, Indian-influenced original music and a surprisingly accessible sound that audiences instantly connect to.

**Booking is essential as spaces are limited.**



## Silver Singers Choir to perform at Barton Carnival!

Our fabulous Silver Singers choir will be performing a range of popular and classic tunes at Barton Carnival, on Saturday 15<sup>th</sup> June from 2.15pm – 3.00pm.

If you're planning to attend Barton Carnival in Baysgarth Park, please come to the stage to watch them and show them your support, as it will be their first public performance. Let's hope for sunshine!



## Daylight Grief Café

**Second and fourth Tuesday of the month (starting 9<sup>th</sup> July)**  
**1.30pm – 3.00pm**  
**FREE**

Are you experiencing feelings of grief, and don't know where to turn for support?

Perhaps you've lost somebody, and you want to speak with others who understand.

**You are not alone – let us help.**

Our new Daylight Grief Café will be held in the Community Room at Trinity Methodist Church.

The group will be led by our volunteers Enid and Becky, who have many years of experience in supporting people through bereavement.

This is not a counselling service – it is a peer support group, where you will be able to share your story, listen to others, and explore your feelings. Enid and Becky will facilitate the sessions, but it will be mainly led by the needs of the people attending.

The group is free of charge and refreshments will be provided.

Numbers are very limited, and spaces must be pre-booked. We cannot accept walk-ins as this can affect the group. If you'd like to know more, please contact Jo Marwood via the details on the front page of this newsletter.



## Thank you to our 'Ray' of sunshine!

A big 'thank you' to Ray Jacklin, who is donating £100 every two months, to cover the cost of printing our project newsletter. Ray is new to the project, but has been enjoying lots of new activities including weekly chair exercise, our Wednesday coffee mornings, monthly lunch club, and our watercolour painting sessions!

Ray's generous donation means that we don't have to find funding to print the newsletter, which helps to 'spread the word' about our fabulous project and the many ways that older people can get involved. Thank you very much Ray!

**If you'd like to talk about making a one-off or ongoing donation to the Living Later Life Well project, or are considering leaving a gift in your Will to the project, please speak to Jo Marwood for more information on 07821 900623 or [jo.marwood.bartontrinity@outlook.com](mailto:jo.marwood.bartontrinity@outlook.com)**

## Internet Café and Scams Awareness session

**First and third Monday of the month**  
**1.00pm – 2.00pm (drop in at any time)**  
**FREE**

In partnership with Age UK Lindsey, come to our free digital support sessions, where you can bring your own device or borrow one of ours. We have free Wi-Fi, refreshments and volunteers to help you!

Whether you're bamboozled by your tablet or phone, or you have specific questions or things you'd like to learn, come along for support. We have helped people work through setting up:

- a new broadband
- face recognition for secure access on their phones
- applications (apps) for a variety of sites and general internet browsing
- online shopping and banking
- social media to keep in touch with friends/family anywhere in the world

### Scams Awareness

As part of the sessions, Janine (Scams Awareness Officer for Age UK Lindsey) will be on hand to offer tips and advice on recognising and protecting yourself against scams. She can also offer practical and emotional support to anybody who has been a victim of scams. If you have concerns about being scammed, or this has happened to you and you would like some support, please come along.



## Sssshhhh...coming soon – the Silent Book Club!

A session for introvert-friendly socialising! Bring your own book, enjoy a cuppa, read in quiet company for an hour, then stay for a chat or head home. There's no pressure to socialise, or even to share what you're reading. Sometimes simply 'being' around people is enough. More information in the next newsletter!

## Message in a Bottle

Thank you to Barton Lions for the donation of 'Message in a Bottle' pots. The scheme helps you store your personal and medical information in your fridge door, so it can be found quickly by emergency services. This simple idea could help to save your life.

The little green bottle means you can give emergency services your important medical and contact details, if you have an accident or sudden illness at home.

The bottles come with a simple form that you fill out and store in your fridge. There are stickers to display at your front and back door, that would be visible to any emergency services, so they know the bottle is in your fridge.

We also have forms to keep in your wallet, and covers to help pull out plugs in the home. Please pop into Trinity Methodist Church to collect!



## 100 chair-based exercise sessions for Chrissy!

**A huge congratulations and 'thank you' to our wonderful volunteer Chrissy, who celebrated her 100<sup>th</sup> chair-based exercise class recently.**

Every week, Chrissy delivers a fabulous class to music (including song requests from the audience!). Not only does she get people moving and stretching, she also helps with refreshments, chats to people and makes everybody welcome and included.

We couldn't let this milestone go without a small token of our appreciation and a heartfelt thank you. Volunteers like Chrissy are the lifeblood of this project – her help is hugely appreciated, and she makes a big difference to many people's lives. Her classes are the highlight of the week!

If you'd like to give Chair Based Exercise a go, please come along. New faces are always warmly welcomed – every Tuesday from 10.30am – 11.30am, £2.00 suggested donation and refreshments are included.



## Some useful contacts

- **Age UK Lindsey** offers a free, impartial and confidential information and advice service for older people, their families and carers on 01507 524242 (option 1). They can advise on:
  - Social care, such as 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 advice and support for Carers in North Lincolnshire. They also have a service for people living with Dementia and their Carers. Contact them on 01652 650585.
- **Samaritans** offers a free confidential helpline – call 116 123, email [jo@samaritans.org](mailto:jo@samaritans.org) or visit [samaritans.org](http://samaritans.org)
- **Mind** provides mental health support – call 0300 123 3393, email [info@mind.org.uk](mailto:info@mind.org.uk) or visit [mind.org.uk](http://mind.org.uk)
- **Citizens Advice Line** provides free, confidential advice on all sorts of consumer issues – 0800 144 8848.
- **Action Fraud** provides help with reporting fraud – 0300 123 2040.