



# 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+.



## Contact details:

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Living Later Life Well Project

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Facebook:  
[www.facebook.com/LivingLaterLifeWell](https://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.

## April 2022 issue

Writing these newsletters can sometimes feel like the film Groundhog Day – almost as soon as have I collected them from the printers, it's time to start thinking about the next issue!

In many ways, however, this is very encouraging. It means that there are lots of wonderful things on offer to tell you about! This issue is jam-packed full of new activities to motivate you to try something new.

Booking is open for our next trip to Sledmere House, we're starting a fortnightly pottery group, a needle felting workshop, AND an additional Chair Exercise Session.

We'd love to see some new faces at our weekly table tennis sessions on Wednesdays, 1.30pm – 2.30pm too. It's very relaxed and friendly, with a real mix of beginners and those with a bit more confidence – the ball never seems to stay on the table, no matter what your skill level!

One gentleman who attends our sessions describes it as the "highlight of my week" and a lady who comes to several activities talks about how positive she feels about her life, and how her confidence has grown since being part of the project – these testimonials really make my day.

Why not get in touch and see how we can support you to live later life well?



## Join us for a Jubilee Afternoon Tea Party!

On **Saturday 3<sup>rd</sup> June**, a special afternoon tea party will be hosted at Trinity Methodist Church by Barton Saturday Club, to celebrate The Queen's Platinum Jubilee.

From **12.30pm - 4.00pm**, the 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 as soon as possible to book.

## Needle felting workshop!



Learn the therapeutic art of needle felting and create your own charming blue tit!

**Monday 16<sup>th</sup> May, 10.00am – 12.30pm** at Trinity Methodist Church. There is a suggested £2.00 donation.

There are limited spaces available so book now!

## Barton Saturday Club – bingo, beetle and more!

Barton Saturday Club meets every other Saturday, 2.00pm – 4.00pm at Trinity Methodist Church, with different activities on offer, a chat and a cuppa with friendly faces.

2<sup>nd</sup> April – Bingo

16<sup>th</sup> April – Beetle Drive

30<sup>th</sup> April – VE/Falklands 40 Memorial Celebration at Goxhill Memorial Hall

14<sup>th</sup> May – Watercolour Painting

28<sup>th</sup> May – Bingo

For more information, contact Elaine Georgiou on 07951 374770 or email [elaine.georgiou@sky.com](mailto:elaine.georgiou@sky.com)



## Trip to the stunning Sledmere House – booking now open!

Booking is now open for a day coach trip to Sledmere House, East Yorkshire on **Wednesday 25<sup>th</sup> May**.

Sledmere House is a Grade I listed traditional Georgian country house, set within a park designed by Capability Brown. The trip will include refreshments upon arrival, a special guided tour of the house, lunch in the café and an afternoon to explore the formal gardens, grounds, shops and rare breed animal park.

There's a lift in the house for people with mobility issues, and there are chairs in most rooms for people to sit if needed. The coach has plenty of storage for walking frames/sticks.

The coach will leave from Barton Fire Station on Holydyke at **9.30am** and will return for **4.00pm**. Lunch, refreshments and the house tour are included in your donation, but lunch will need to be pre-ordered - a menu will be provided when you book.

Spaces are limited so please get in touch as soon as possible to book. **There is a suggested donation of £5.00 for this trip.**



## Pottery classes coming soon!

If you'd like to pick up a new creative hobby, look no further than our fortnightly pottery classes, led by an experienced potter at Trinity Methodist Church.

Sessions are free (donations for refreshments are gratefully received), and will take place fortnightly on **Tuesdays, 1.00pm – 3.00pm, starting on Tuesday 10<sup>th</sup> May**.

You'll learn different techniques to create your own work of art to take away, or be glazed and fired ready to collect at a later date.

There are many mental and physical benefits to taking up pottery, which include:

- An opportunity to be creative and express yourself
- Help to feel more positive and optimistic
- Improved focus
- Reduced stress and boosted self-esteem
- Exercise for the hands, wrists and arms
- More social interaction

Spaces are very limited, so if you'd like to join us and learn more about the wonderful world of clay, contact Jo on 07821 900623 or email

[jo.marwood.bartontrinity@outlook.com](mailto:jo.marwood.bartontrinity@outlook.com).

## Spaces now available at our Chair Based Exercise classes!

Our Chair Based Exercise classes have become so popular that we now have two classes running – a gentler session and a more intermediate session for those who want a challenge - so we have a few spaces available!

Classes take place every **Tuesday from 11.30am – 12.30pm** at Trinity Methodist Church and are led by qualified instructors who will guide you through a series of exercises to improve your posture, balance and overall fitness level. Sessions are suitable for most people and are delivered in a relaxed, friendly way – you won't get too tired or sweaty, and exercises can be adapted for different ability levels.



You will be asked to complete a brief medical questionnaire before your first session, and if you have any medical conditions that could be worsened by exercise, we ask that you speak to your GP before taking part.

This form of exercise helps to reduce your risk of falls by strengthening your muscles, is linked to supporting your thinking skills, and boosts your mood and energy levels. Plus, it's a chance to socialise and have some fun! After each 45-minute session there will be refreshments and a chance to chat to the other attendees. **There is a suggested donation of £2.00 per session for this activity.**

Booking is essential due to limited spaces, so please get in touch with Jo on 07821 900623 or email [jo.marwood.bartontrinity@outlook.com](mailto:jo.marwood.bartontrinity@outlook.com).

### Get INvolved

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

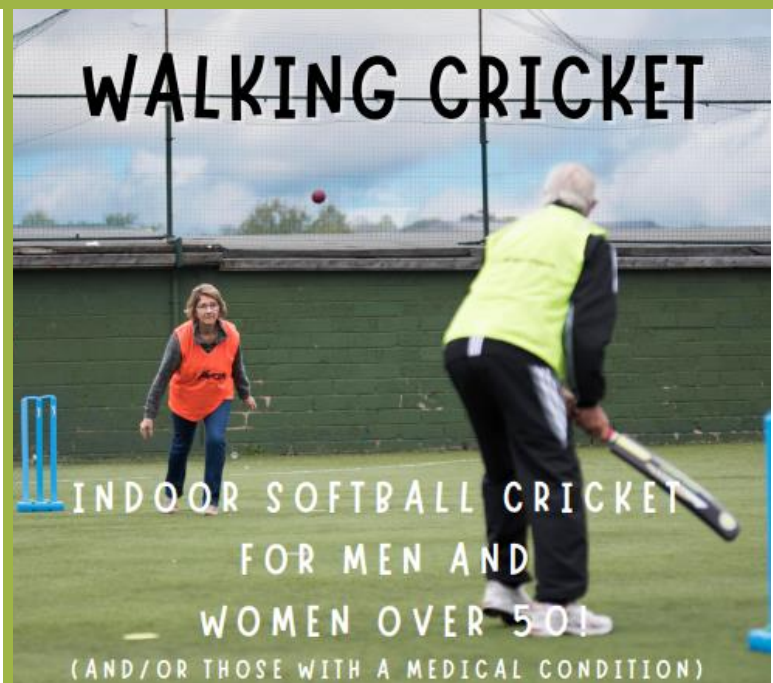


Contact us for more information about how to get involved and join our award-winning team of volunteers  
(01652) 635172

### 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@NORTHLINCS.GOV.UK OR  
JUSTIN OWEN, SCHOOLS AND COMMUNITY OFFICER,  
JUSTIN.OWEN@LINCSCRICKET.CO.UK**



## “Film, food & activity” Wednesdays at The Ropewalk!

Film matinee, lunch and afternoon activity sessions are back at The Ropewalk! A hugely popular mid-week treat, there's a range of films and activities on offer, homemade food courtesy of the Coffee Shop, and a chance to socialise with other film enthusiasts.

For £5.00, you get access to the film, a two-course lunch and afternoon activity. Doors open for the film at 10.00am in Ropery Hall, for a 10.30am start. If you prefer not to stay for lunch, you're welcome to see the film only for £3.00.



### **Wednesday 6<sup>th</sup> April – Film: King Richard, Activity: Drawing from Still Life with Linda Ingham**

Armed with a clear vision and a 78-page plan, Richard Williams is determined to write his daughters, Venus and Serena, into history. Training on Compton, California's neglected tennis courts, the girls are shaped by their father's unyielding commitment whilst he continues to work two jobs as a security guard and a nurse.

### **Wednesday 13<sup>th</sup> April – Film: Local Hero (1983), Activity: Easter Egg Bingo**

An American oil company has plans for a new refinery and sends someone to Scotland to buy up an entire village, but things don't go as expected.

### **Wednesday 20<sup>th</sup> April – Film: Off the Rails, Activity: Botanical Prints with Angela Lindsley**

Three fifty-something women set out to repeat the European inter-railing adventures of their youth, after their close friend passes away leaving them rail tickets, and a final request: to take her teenage daughter with them.

### **Wednesday 27<sup>th</sup> April – Film: West Side Story, Activity: Collage Window Art with Wendy Chan**

An adaptation of the 1957 musical, West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.

### **Wednesday 4<sup>th</sup> May – Film: The Courier, Activity: Beautiful Butterflies with Nicky Dillerstone**

The true story of a British businessman unwittingly recruited into one of the greatest international conflicts in history. Forming an unlikely partnership with a Soviet officer hoping to prevent a nuclear confrontation, the two men work together to provide the crucial intelligence used to defuse the Cuban Missile Crisis.

## 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](mailto:jo@samaritans.org) or visit [samaritans.org](https://www.samaritans.org)

Mind (information about mental health support) – call 0300 123 3393, email [info@mind.org.uk](mailto:info@mind.org.uk) or visit [mind.org.uk](https://www.mind.org.uk)

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