



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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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.

June 2022 issue

The sun is shining, the birds are singing, the grass is growing and summer is upon us at last!

I've been tackling the never-ending beast that is our garden recently. It seems like I'm constantly removing handfuls of weeds, relocating snails and creating the right environment so that our shrubs and trees have the light and space they need to flourish.

It's so important for us as humans to get plenty of sunlight, water and fresh air – we are basically plants with more complicated emotions! For my daughter, gardening is an opportunity to dig in the mud and explore. For me, it's a chance to relax and be mindful, and then to admire my hard work later with a cold drink!

“Being mindful” seems to be the theme for the Living Later Life Well project. As life is starting to get busier for many of us, it's important not to overwhelm ourselves.

Our recent pottery and needle felting classes have been a wonderful opportunity to learn new skills, and use art as therapy to relax, be creative and enjoy forming new friendships. More sessions are planned so pop your name on the list and join us!

We're hosting a weaving workshop in late-June, and “Live Music Mondays” are coming to Trinity from August, so our creative juices really are flowing!

Why not come along soon and get inspired with us?

A trip to the seaside at Bridlington!

On **Monday 11th July**, we're organising a coach trip to bonny Bridlington, where you can enjoy the feel of the sand between your toes, feast on fish and chips, and enjoy a stroll along the prom, prom, prom!

The coach will depart from Barton Fire Station, Holydyke at 10.00am and return for 4.00pm. Once in Bridlington, your time is your own to explore and enjoy the fresh sea air. There is a £5.00 suggested donation for this trip. If you'd like to join us, get in touch to book your space.

Regular activities at Trinity Methodist Church

You're guaranteed a warm welcome at Trinity Methodist Church, and with different things on offer during the week, it's a perfect time to come and try something new!

Here's an overview of our 'regular activities' (although we also run lots of one-off sessions) – if you'd like any more information on these, please get in touch for a chat.

Tuesday:

Chair Exercise, 11.30am – 12.30pm

Pottery, 1.00pm – 3.00pm

Wednesday:

Coffee and Games/Activity Morning, 10.30am – 12.00pm

Table Tennis, 1.30pm – 2.30pm

Thursday:

Pensioners' Lunch, 12.00pm (last Thursday of the month)

Saturday:

Coffee Morning, 10.00am – 11.30am

New Age Kurling, 2.00pm (fortnightly)



Potty about Pottery!

Roll up your sleeves and join us in the wonderful world of pottery!

Led by our tutor Karen Raithby, you'll learn hand-building techniques to create your own masterpieces, which will be glazed and fired ready for you to take home at a future session.

No previous experience is needed, all materials and refreshments are provided, and it's an opportunity to switch off from your everyday life for a couple of hours, and take part in something creative, relaxing and fun!

Due to popular demand, we're offering more dates for pottery classes. **These are only available to people who aren't currently taking part in our pottery classes – if this is you, your sessions will continue fortnightly as normal!**

For the new group of aspiring potters, we are offering the following block of four sessions: Tuesday 28th June, Tuesday 12th July, Tuesday 26th July and Tuesday 9th August. Classes are from 1.00pm – 3.00pm, and include refreshments (donations are gratefully accepted on the day).

Booking is essential as spaces are very limited, so get in touch as soon as possible!



Live Music Mondays!

Every other month, we're offering a Monday morning of live music, with buffet lunch and cake, to kick-start your week!

Partnering with Live Music Now, we'll be hosting different artists and

performers to bring you a morning of music, fun and laughter.

Music is food for the soul, and a wonderful way to connect with others, so pull up a chair and get ready! There will be a performance followed by homemade buffet lunch, cakes and tea/coffee, all for a £5.00 suggested donation. 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 from folk musician Simon Robinson on Monday 8th August, 10.30am – 12.30pm.

Simon Robinson is a folk musician from Leeds. He plays a wide repertoire of traditional music, ranging from American mountain songs and Old Time Banjo tunes, Blues songs, chants and spirituals through to British folk songs and sea shanties. He has a real passion for facilitating music making in all different settings, and loves a good sing-a-long!

Booking is essential as spaces are limited – please get in touch as soon as possible to book your seat.

Weave your own bookmark/coaster!

Another therapeutic craft is on offer in June – a weaving workshop with local textile artist Janine Knight.

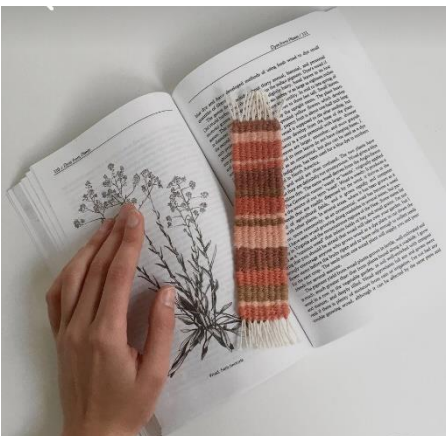
Perhaps the last time you had a go at weaving was in school? Maybe you'd like to develop your skills and make something beautiful and useful?

Using mini looms and plastic weaving needles, you will learn the techniques behind weaving, to create a bookmark or coaster in your own bespoke colours and pattern.

**Wednesday 29th June
12.30pm – 3.30pm**

The session is free of charge, but donations are gratefully accepted and refreshments are included.

Spaces are very limited, so get in touch to book!



Let's get digital!

Would you like to use a tablet to do your online shopping, learn how to use social media or keep in touch with family? Do you have one gathering dust in your home, or you're planning to purchase one, but you'd like to pick up some tips first?

We are planning our next round of three-week group sessions, designed to give you the skills and confidence to navigate the online world! Sessions are for complete beginners and will include:

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

This is just a rough guide, and sessions are led by what participants want to learn, so please come ready with your questions, a sense of humour and an open mind!

The next block of sessions is **Thursday 9th, 16th and 23rd June, 10.00am – 12.00pm** at Wilderspin School Museum on Queen Street.

Tablets will be provided, or you can bring your own. 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 book your space or for any more information, please get in touch.



Needle Felting workshops back with a hoot!

Following the success of our first needle felting workshop, led by local felt artist Vivienne Morpeth, we're back with a hoot in July!

At our next session, we'll be creating an adorable barn owl and developing our needle felting technique. Needle felting is a very therapeutic and mindful craft, where you can spend time making something beautifully unique and personal to you.

Feedback from our first session, where we made a beautiful blue tit, was really positive and everybody left feeling thrilled with their creations. Join us for this next workshop on **Monday 4th July, 9.30am – 12.30pm** – materials and refreshments will be provided, and you'll be supported through every step of making your new owl friend!

There are limited spaces available so please book as soon as possible. The workshop is free, but donations are gratefully accepted.

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, including:

- 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!

Newsletter feedback please!

We hope you're enjoying reading the information in this newsletter each month, and that you're inspired to join some of the activities on offer. If there's something you'd like to see happening as part of the project, we'd love to hear your feedback so please get in touch using the details on the front cover.

As well as being available via email, online and on our project Facebook page, this newsletter is available at the following places each month:

- Trinity Methodist Church, Holydyke
- AGE UK, High Street
- St. Mary's Church, Burgate
- Barton Library, Baysgarth Park
- Post Office, Burgate
- Wilderspin Museum, Queen Street
- The Ropewalk, Maltkiln Road

If you are not able to get to any of these places and require a copy to be posted to you, we are able to accommodate this. Due to time constraints, we can only offer this to people who are unable to get to these places or access the newsletter online. If you currently receive a posted copy, but are no longer interested or are able to collect one from the above places, please telephone or email to confirm and your details will be updated.

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)