



# 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.

## August/September 2022 issue

This newsletter is a special “double edition” as I take a summer break, and hand sessions over to our fabulous volunteers to manage for a few weeks. As I type this, we’re right in the middle of the mid-July heatwave – it’s currently 36° and the sunflower in my garden is finally ready to burst into full colour, a beautiful mid-summer treat.

As always, there’s lots to talk about in this newsletter. We’ve got an instructor and dates confirmed for our British Sign Language classes, so please “sign” up!

We can squeeze a few more into our Pilates class (please bring your own mat, it makes it simpler on the day), and we’re looking ahead at our Live Music Mondays sessions so you can book as many as you’d like to.

Our next trip is confirmed to Normanby Park, an often-overlooked local treasure. Join us for a cream tea in the Regency Room of the old Hall!

We’re also changing our Wednesday table tennis sessions to include activities such as quoits, skittles and traditional board games. If you fancy a game of Scrabble, I’m your partner – it’s my favourite pastime!

It’s one whole year since I took over managing the Living Later Life Well project, so a huge thank you to everybody who has attended activities, and supported the project so far. For those of you who’ve met me, I’m sure you know how passionately I feel about this project and the difference it makes to people in our community. Please keep spreading the word!



## Macmillan Coffee Morning fundraiser!

Join us on Wednesday 28<sup>th</sup> September, 10.30am – 12.30pm to raise vital funds for Macmillan Cancer Support. There will be a selection of homemade cakes and bakes on offer – tuck in and show your support!

**If you wish to offer your baking services for this fundraiser, please let me know!**

## Regular activities at Trinity Methodist Church

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

### Monday:

Pilates, 10.30am – 11.30am  
(starting in September)

### Tuesday:

Chair Exercise, 11.30am – 12.30pm

Pottery, 1.00pm – 3.00pm

BSL, 1.30pm – 2.30pm (starting in September)

### Wednesday:

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

Games Afternoon, 1.30pm – 2.30pm

Book Club (fortnightly), 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  
(ring 01652 633123 for dates)



## Learn British Sign Language!

Did you know that it's only in 2022 that British Sign Language (BSL) has become a recognised language in Britain? Yet hundreds of thousands of people use BSL as their primary language to communicate with others.

Would you like to learn British Sign Language, starting with the basics such as the alphabet and working your way up to having fully signed conversations?

Join us for our new fortnightly British Sign Language classes in the Community Room at Trinity Methodist Church. The sessions will be relaxed, enjoyable and interesting, a chance to learn new and important skills, enjoy a cup of tea and have some fun!

The group will be led by Maddison Leigh, who grew up in a deaf household and is passionate about teaching British Sign Language to others. She teaches lots of different groups and is bringing her love of BSL to Barton!

Classes will start on Tuesday 6<sup>th</sup> September, 1.30pm – 2.30pm and will run fortnightly. Refreshments will be available and donations are gratefully accepted. To book, contact Jo on 07821 900623 / [jo.marwood.bartontrinity@outlook.com](mailto:jo.marwood.bartontrinity@outlook.com).



## Pilates from September

Join our new weekly Pilates sessions in the Lecture Hall at Trinity Methodist Church, with instructor Stef (left) who will lead you through a relaxing full-body stretching, mobilising and strengthening class.

Classes will run weekly from Monday 5<sup>th</sup> September, 10.30am – 11.30am, and are suitable for most people. You will need to bring a roll-up mat to work on, a small towel and a bottle of water. Suggested donation of £2.00 per session.

Benefits of Pilates include:

- Helps you to move easier with less aches and pains
- Improves your range of movement
- Helps you to stay supple
- Relieves stress and tension

Classes will start with a warm-up and stretch, followed by low intensity strengthening exercises and a full-body cool down and stretch.

You'll be asked to complete a brief medical consent form before your first session. If you have a specific health condition, you may need to speak with your GP. To book, contact Jo on 07821 900623 / [jo.marwood.bartontrinity@outlook.com](mailto:jo.marwood.bartontrinity@outlook.com).

## Games, music and magic with Barton St. Peter's Primary School!

Year 5 children at Barton St. Peter's Primary School paid our Wednesday Coffee Morning group a visit recently, as part of their Young Leaders Award.

We enjoyed a morning of singing, a beautiful cello performance, a selection of board games and some fabulous magic tricks.

Our thanks go to the children, their teacher Miss Chapman and the Teaching Assistants who made the morning run so smoothly. We all loved spending time with the children, particularly when some of our ladies got very competitive over winning the game 'Frustration'!



## Trip to Normanby Hall Country Park – bookings now open!

Monday 11<sup>th</sup> September,  
11.00am – 3.30pm  
£10.00 suggested donation

Our next trip will be to the beautiful Normanby Hall Country Park, which is only 20 minutes away and a hidden treasure of North Lincolnshire! Whilst there, you'll have free time to visit the grounds, Rural Life Museum, the Victorian walled garden, Deer Park, the Stable Yard and woodland. The Hall itself will also be open to explore, and we'll then congregate in the Regency Room in the Hall for a traditional cream tea.

Booking is essential as spaces are limited – contact Jo on 07821 900623 / [jo.marwood.bartontrinity@outlook.com](mailto:jo.marwood.bartontrinity@outlook.com)



## Games afternoon every Wednesday – give it a go!

Every Wednesday afternoon, starting from 7<sup>th</sup> September 1.30pm – 2.30pm, we'll be hosting a Games Afternoon in the Lecture Hall at Trinity Methodist Church. No need to book – just turn up and play!

In addition to our usual table tennis, there will be quoits, skittles, boccia (similar to boules) and a selection of traditional board games available. If you have a game that you love to play, why not bring it with you and teach somebody else?

Refreshments are available, and everybody is very welcome – the session is free, although donations are gratefully accepted.

## A polite reminder about activity bookings!

We are thrilled that so many people are joining the Living Later Life Well project, and we have waiting lists for many of our sessions and trips. This might mean that you are unable to take part in every activity that you'd like to. We are a small but oversubscribed project and are trying to ensure that everybody has equal access to activities, and a range on offer.

If you have booked an activity and cannot attend or have changed your mind, please let us know as soon as possible. This means we might offer your space to somebody else who would really appreciate the chance to take part. If you simply don't turn up, we often still must pay an instructor for the space you've taken, which wastes valuable project funds that could be used elsewhere. We completely understand that people become unwell, have appointments or make other plans – just please let us know so we can make sure the sessions are filled.

# LIVING LATER LIFE WELL & LIVE MUSIC NOW

Join us for a series of concerts and interactive music sessions, followed by lunch, with Live Music Now musicians through the Living Later Life Well project.

Suggested donation £5, which includes lunch.  
Booking is essential on 07821 900623, or email  
[jo.marwood.bartontrinity@outlook.com](mailto:jo.marwood.bartontrinity@outlook.com)



**Monday 8 August 10.30am**  
Simon Robinson is a folk musician with a passion for connecting everyone with music through a good sing-a-long!



**Monday 10 October 10.30am**  
Enjoy the world music sounds of the global folk collective Mishra - Katie and Ford will take you on an unforgettable journey.



**Monday 12 December 10.30am**  
A morning of songs and laughter will be guaranteed with Tom and Harry, who have a lovely set list of well-known tracks.



**Monday 6 February 10.30am**  
Dovetail Trio will bring beautiful songs and sounds to a morning of interactive performances.



**Monday 3 April 10.30am**  
Band of Jays perform original songs about people turning into birds, communication with aliens and other unexpected matters.



**Monday 05 June 10.30am**  
Our final music session brings Will Fletcher and Tom Clegg to perform their unique sounds with vocals, guitar and percussion.