



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.

August/September 2024 issue

Summer is here! I'm writing with a fan trained on my face and the sun shining through my office window – I refuse to complain though!

It's very quiet at our Wednesday Games afternoons at the moment, so if you fancy an hour out of the house, please come along. You can play Scrabble, chess, dominoes, ludo, or a game or two of table tennis – or just have a cuppa, some biscuits and a chat with friendly people. Every Wednesday from 1.30pm – 3.00pm, no need to book.

There are some fabulous new activities coming up in September, from air fryer cookery classes to a spin painting session. Our Guitar Club led by volunteer John is relaunching and is welcoming anyone interested in learning or improving their guitar skills. Our Silent Book Club starts on 9th September and I'm hoping will encourage new people to come along.

All sessions will continue as normal over August, and are supported by our wonderful project volunteers who will be pleased to welcome you!

Trip to Sewerby Hall

Monday 23rd September
9.30am – 5.00pm
£10.00 suggested donation

Set on a dramatic clifftop position with views over Bridlington, the Grade I listed Sewerby Hall is furnished with pieces from the Victoria & Albert Museum, and also includes a collection of memorabilia about Hull-born aviatrix Amy Johnson. The Hall is set in 50 acres of early 19th Century parkland and magnificent gardens, and there's also a small zoo!



Tickets include access to the Hall, gardens and zoo. There is an on-site café and shop, or you'll have plenty of time to walk (or take the Land Train) into Bridlington to explore and enjoy fish and chips! **Booking is essential as places 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:

- **Silent Book Club**, 11.00am – 12.00pm
- **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
- **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:

- **Guitar Club**, 10.00am – 12.00pm
- **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

Sunday

- **Trinity Sunday Service and refreshments**, 10.00am

Spin Painting class

Thursday 19th September, 10.30am – 11.30am
FREE (donations welcome)

Come and unleash your creativity (or find the creativity you didn't know you had!), with a demonstration of 'spin painting' and then create your own unique masterpiece to take home.



Local artist Dennis Rowley will be on hand to show you how his home-made frame works, demonstrate colour mixing and technique, and then it's your opportunity to have a go. It's a bit of fun, and because the paint is spinning onto the canvas at some speed, nobody quite knows how it's going to turn out! You won't get paint-splattered but wear old clothes and shoes just in case.

Refreshments will be provided, and 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 a £5.00 suggested donation!

Wednesday 21st August, 10.30am – 12.00pm

Band of Jays are a Huddersfield-based trio playing original songs about people turning into birds, communication with aliens and other unexpected matters. Their music oozes luscious three-part harmonies, supported by delicately entwined acoustic guitar, bass and percussion. Over the years they have enjoyed performing in unusual places – think meditation centres, libraries, narrow boats, a milk float, a truck, a farmyard and in the smallest venue in the UK. The whimsical nature of their songs lends itself to playful, light and interactive performances.

Booking is essential as spaces are limited.



Sshhh...Silent Book Club is here!

Monday, 11.00am – 12.00pm (starting 9th September)
FREE (donations gratefully accepted)

What is a Silent Book Club, I hear you ask...

It's an introvert's paradise! You bring your own book, collect a tea/coffee/water from us, get comfortable and read together in quiet company for an hour. Then you stay and chat, or head home if you prefer. There's no pressure to socialise, no judgement or expectations – simply 'be' amongst people and lose yourself in a good read. We will have a range of books available at sessions to read/take home too.

Feel free to just turn up, no need to book. We'll be based in the Community Room which is accessed from the side entrance on Vestry Lane.



Macmillan Morning

Friday 27th September
10.30am – 12.00pm

Come and enjoy a cuppa and cake, and raise lots of money for Macmillan Cancer Support. We'll have homemade cakes and traybakes to sample, a tombola and craft stall. All proceeds will go to Macmillan Cancer Support. **Offers of baking are very welcome!**



Guitar Club is back!

Thursdays, 10.00am – 12.00pm
FREE (donations welcome)

Have you ever thought about learning to play the guitar? Perhaps you have your own and would like to build your confidence playing with others?

Our Guitar Club is relaunching from Thursday 5th September, with a two-hour session where all abilities can learn together, enjoy music and develop your guitar-playing abilities. Acoustic guitars are available to borrow for people who haven't yet got their own.

Refreshments are included, and booking is essential.



Age UK Lindsey Volunteers Needed!



Age UK Lindsey is looking for volunteers – if you have a few hours to spare and would like to help, please get in touch with them.

Shop Volunteers

Age UK, based on High Street in Barton upon Humber, needs shop volunteers. Can you spare some time on a Monday or Friday? It's a great way to make friends and learn new skills. No experience necessary – all training given.

Why not call in the shop and speak to Teresa for more details, or to arrange a 'taster session' to find out if this role would suit you. Alternatively please ring us on 01507 524242 for more info.

Information and Advice Volunteers

Can you spare a few hours a week on either a Tuesday, Wednesday or Thursday, to join their Information & Advice Service? The service provides free, impartial and confidential social welfare advice to older people.

They are looking for friendly, reliable and trustworthy people who would be able to support them in increasing their reach in North and North East Lincolnshire. Volunteers will receive full training to support with benefit applications in clients' homes. Examples include filling out online 'Blue Badge' applications, or paper 'Attendance Allowance' applications. They will also signpost to other services and give support. The role will require travel so access to a car is desirable (travel expenses are reimbursed). **Call them on 01507 524242 for more information.**

Ready, steady, cook with our Air Fryer Cookery session!

Choose one date from the below options:

Wednesday 11th September OR

Thursday 12th September OR

Wednesday 18th September

11.00am – 1.00pm

FREE

Air fryers are a low-cost way to cook nutritious food quickly and safely. They're safe and easy to use, don't take up much worktop space, and can even help you save energy (and money).

Come to this interactive cookery session where we will teach you the basics of using an air fryer, and lead you (working in pairs) to prepare and cook a delicious meal before eating together as a group.

At the end of the workshop, each participant will receive:

- A two-drawer air fryer to take home
- An air fryer recipe book
- A £30 gift card for Tesco to spend on groceries/kitchen utensils

Spaces are very limited and are only available for people who do not currently own an air fryer. Booking is essential.



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!

A collage of various food dishes including soups, breads, meats, and vegetables. The dishes are arranged in a circular pattern around a central text box.

WILTSHIRE
EST. FARM 1991
FOODS

Delivering delicious frozen meals for over 30 years

FREE TASTING EVENT

Join us in

Trinity Methodist Church

Date/Time

Wednesday 28th August - 10.30am

No obligation to buy

NO CONTRACT OR COMMITMENT | **OVER 330 TASTY DISHES** | **EASY ORDERING & FREE DELIVERY**

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 or visit samaritans.org
- **Mind** provides mental health support – call 0300 123 3393, email info@mind.org.uk or visit 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.