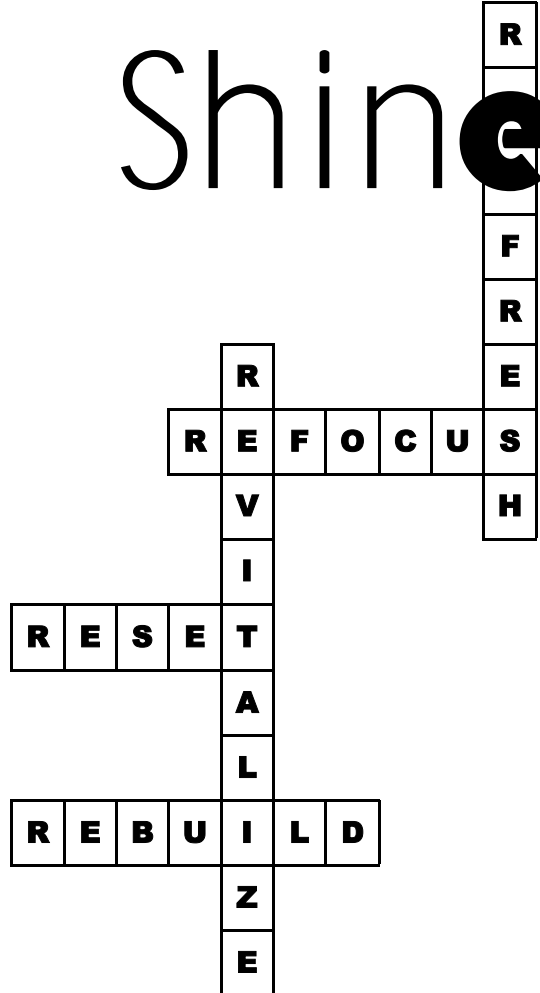


# Shine

Mental health  
support network  
in Lincolnshire



# Shine



*connecting people with the services and support that will most effectively meet their needs*

## SHINE Newsletter - January 2020

# GAINSBOROUGH WINTER PRESSURES SERVICE

**RIVERSIDE**  
ACCESS

**PATHWAYS**

**WELLNESS**

For many people, winter can be a challenging time of year. There are memories of lost loved ones, a sense of loneliness, financial pressures due to increased fuel bills and empty cupboards. Perhaps the most disabling factor of all is the thought that no-one cares and a desperate sense of loneliness.

For this reason, Riverside Access and Training Centre/ Pathways to Wellness is operating a Winter Pressures Service. The service includes, but is not limited to, emergency food parcels, access to immediate hot and cold snacks, fun social activities and functional training courses, through an extended hours programme. Also on offer is personalised support with a signposting and referral service along with crisis escalation if required. As a shortage of

money is often a key issue for many people at this time of year, there is also support with benefits claims plus a discretionary Winter Fund to help out with the little things that make a difference.

Throughout January and February 2020, the service will operate over the following days and times:

**Mon-Fri 9.00am – 5.00pm**

**Saturdays 12.00pm – 4.00pm**

**Sundays 12.00pm – 4.00pm**

To access the service and support available, please call one of the following numbers:

**07887 698 120 - 07887 705 782 - 07887 698 388**

or feel free to drop in to Riverside Training Services any time within the above opening hours.

Alternatively you can call the Centre on 01427 677 277 for more information.

**RIVERSIDE**  
TRAINING  
SERVICES

Riverside Training Services, First Floor Offices, 11-23 Market Street, Gainsborough DN21 2BL

01427 677 277

enquiries@riverside-training.org.uk

www.riverside-training.org.uk

@RiversideTrngOz

Riverside Training Services

@RiversideTrainingServices

**LAND**  
FOOD BANK

YOU ARE INVITED TO...

## CHAPS SPORTING MEMORIES

BROUGHT TO YOU BY THE  
CHAPS TEAM AT MAGNA  
VITAE

EVERY THURSDAY 14.00 - 15.30  
STARTING 12TH DECEMBER

### AT CAFE MAGNA

COMPASS GARDENS, GRAND PARADE  
SKEGNESS, PE25 2UG

**FREE HOT DRINK AND CAKE/BACON  
SANDWICH/PIZZA SLICE**

FOR MORE INFO CONTACT LIZZIE ON:  
01507 681811  
ELIZABETH.ATKIN@MVTLC.ORG

SPONSORED BY

**MAGNA VITAE**

**OUTWOOD**  
COMMUNITY INTEREST COMPANY

**Outwood CIC  
Grantham**

Outwood offers groups and workshops to local people accessing mental health service the opportunity to engage with others whilst learning and sharing woodworking and craft skills. Outwood promotes positive interventions to improve mental wellbeing and gain confidence to continue their personal recovery. Physical Activity to Benefit Mental Health Monday 10.00am -1.00pm. 2.00pm - 5.00pm and 5.30pm-8.30pm  
Simon Kieffer  
07985 565714  
simon.kieffer@outwoodcic.org  
www.outwoodcic.org



## SHINE Network

### A Partnership Approach

The SHINE Network aims to support people with poor mental health to live well through accessing a range of support services, working in partnership with service users, carers and other agencies in the County.

One of SHINE's guiding principles is to develop partnership working with the aim of sharing expertise, skills and resources putting people at the centre of all that we do.

SHINE has embarked on a six month programme of development starting in September 2019. This has involved working with Lincolnshire County Council Adult Social Care, Lincolnshire Partnership NHS Foundation Trust and South West Lincolnshire Clinical Commissioning Group – it has also involved us in working with service users and carers.

The development programme involves a number of initiatives, funded by a grant from partner agencies, aimed at improving the following areas:

*Governance* – strengthening the Management Board so it has a balance of skills and expertise from people with mental ill health working with colleagues from partner agencies.

*Communications* – a revived newsletter is being produced and

widely distributed and service users and carers have been involved in the future design and content of a new website, which will be commissioned shortly.

*Development of Peer Link Worker Initiative* – this has been developed in Lincoln, Gainsborough, and Louth working with local volunteers, community groups and Neighbourhood Teams – discussions are currently taking place about the further development of this initiative across the County working with Primary Care Networks.

*Engagement in Co-production of Mental Health Services* – engaging with service users and carers is a core feature of our work and this will be further developed working with an agency that specialises in co-production with service users and carers.

Pelican Trust has been a key partner in the re-development of the SHINE Network and they are providing infrastructure support with office facilities, communications and support from their Chief Executive.

Plans going forward will be considered by the newly formed Management Board in the New Year following a period of discussion and engagement with people that use mental health services, their carers and partner agencies.

A further update will feature in the Spring/early Summer edition of the SHINE Newsletter.

Send your good news stories and contributions for the next newsletter (April) or the website (anytime) to: [info@lincsshine.co.uk](mailto:info@lincsshine.co.uk)

**Contribution Deadline: Friday 13 March 2020**



Pelican Trust was formed in 1989 after the closure of St Johns Hospital in Bracebridge Health. The trust is a social enterprise, limited company and registered charity working with adults with mental health issues, autism and learning disabilities or difficulties.

Pelican Trust strives to be an effective and supportive organisation providing meaningful work and training with a person centred approach. Please watch our promotional video at [www.pelicantrust.org/video](http://www.pelicantrust.org/video)

Each placement will be designed with the individual to sample the world of work without the pressure of full employment, enabling the person to adjust to a working environment, whilst giving the individual an opportunity to try various types of work experience that we have on offer:

- **Joinery** - making bespoke items to order, assisting in the manufacture of benches, notice boards and making craft items to sell
- **Commercial assembly** - packing items, upcycling customer's stock, shrink wrapping and warehouse work
- **Catering & domestic work** - assist in the canteen, food hygiene, cleaning the offices and work area in general
- **Print finishing** - assisting the printers in producing a variety of work such as booklets, fliers, magazines and promotional materials

The above services are all commercially available. Discounts are available to charities and third sector organisations. Call or email for a quote

## FREE courses from Pelican Trust

All of our courses are designed to :

- Encourage people back into learning
- Promote confidence for further learning
- Provide skills for use in everyday life & be fun!

Courses on offer, but not exclusive are:

- Healthy Eating, Healthy Body, Healthy Mind
- Computer Security
- Budgeting Skills
- Basic First Aid
- Positive Steps to Building Confidence & Self-Esteem
- Introduction to Sing Language
- Maths for Everyday Life
- Act Safely in the Workplace
- English for Everyday Life
- Skills towards Employment

- ⇒ An enrolment form needs to be completed per person, at the beginning of the first session (support given, as and when required)
- ⇒ Learners must be 19 years of age as of August 2019
- ⇒ Courses must run for min of 6 hours
- ⇒ They can be adapted to meet the needs of the learners
- ⇒ They are run from your venue
- ⇒ Ideally a minimum of 8 people in some cases less (the capacity of the training area determines the maximum of people)
- ⇒ All resources are supplied by us and a certificate of attendance will be awarded.

For further information or to book a course please phone 01522 513533 or email us at [enquiries@pelicantrust.org](mailto:enquiries@pelicantrust.org)

# Projects funded by the Managed Care Network\* from October 2019 to September 2020

The following groups have given their permission for this information to be entered on our website and published in this newsletter - **thank you.**

Further information and more projects can be found at:

[www.lpft.nhs.uk/contact-us/support/managed-care-network](http://www.lpft.nhs.uk/contact-us/support/managed-care-network)

\*Some organisations have asked us to promote projects that have not been funded by the MCN



## acts **Acts Trust - Life Ready**

An interactive friendship group designed for some of the most vulnerable people in our community who want to develop the basic life skills needed to achieve in life.

- Development of Befriending Networks

Thursdays in Lincoln

Simon Hoare

01522 542166

[simon@actstrust.org.uk](mailto:simon@actstrust.org.uk)

[www.actstrust.org.uk](http://www.actstrust.org.uk)



## **Adults Supporting Adults Bridge the Gap with ASA**

Countywide project. Although currently main areas with available capacity include: Lincoln, Gainsborough, Sleaford and Spalding

The purpose of the project which will run from 1st Oct – 30th Sept 2020 is to work in partnership with LPFT to ensure clients have access to individualised, person centred guidance and support in a more streamlined and timely manner ensuring people are not left for weeks without support.

The guidance and support can be offered in a variety of ways between Monday and

Friday, 9.00 am to 5.00 pm, ensuring a flexible approach to meet immediate need in a range of circumstances. ASA can provide regular telephone contact, one off visits or more regular sustained visits to support individuals achieve a particular outcome.

ASA will assist individuals to learn to understand how their mental health impacts them on a day to day basis and enable people to develop strategies to live a positive independent lifestyle of their choice.

- Development of Befriending Networks

Emma Duncomb

01529 416270

[enquiries@asaorg.co.uk](mailto:enquiries@asaorg.co.uk)

[www.asaorg.co.uk](http://www.asaorg.co.uk)



## **DarkSide Training**

Postnatal Community of Strength

Semi-private and baby-friendly strength training for new mothers at risk of post-natal depression and anxiety. Creating community, promoting physical and

mental health and effecting meaningful change in the lives of new mothers.

- Physical Activity to Benefit Mental Health
- MH Advocacy Support
- Development of Befriending Networks

Daytime and Weekend in Lincoln

Shantelle Svarc

01522 535046

[shantelle.darksided@gmail.com](mailto:shantelle.darksided@gmail.com)

[www.facebook.com/darksidedgym](https://www.facebook.com/darksidedgym)



## Desire Change - Farm Time

Farm time utilises the wonderful qualities of our animal friends in a calming rural farm environment. Suitable for individuals and groups.

- Physical Activity to Benefit Mental Health
- Development of Befriending Networks

Angie Beal

01790 616102

[desirechange@live.co.uk](mailto:desirechange@live.co.uk)

[www.desirechange.org](http://www.desirechange.org)



## Don't Lose Hope

### Community Garden

### "Whittle While you Whittle"

A chance to Whittle While you Whittle. For cross generational links and a friendly ear whilst you learn new skills or hone and rekindle forgotten times. With knives, a fire and a warm kettle throughout, the chance to talk, whilst whiling away a few hours making wood shavings, and hopefully something a little more useful. Whittling

skills allow for chat in a non threatening environment and we are hoping that men and women of all ages will take up this opportunity to share and unload in a supportive and friendly environment.

- Physical Activity to Benefit Mental Health
- MH Advocacy Support
- Development of Befriending Networks

Wednesday 9.00am to 12.00pm

South Lincolnshire

Dom Brister 7735614173

[dbrister@stamfordwellandacademy.org](mailto:dbrister@stamfordwellandacademy.org)

[www.dontlosehope.co.uk](http://www.dontlosehope.co.uk)



## Green Synergy Eco Therapy WRAP

Based in Lincoln, open to anyone in Lincolnshire

The Eco WRAP Project offers:

*Weekly Pop In* - for people wanting to step into a safe space, have a cuppa with a dose of listening and to find out about Wellness Recovery Action Planning and other projects. If the weather is good, we will be on Hillside garden but if you would prefer to meet in our office please pop in. Thursdays 1.30pm to 2.30pm

*Eco Wellness Recovery Action Planning (WRAP)* - programme 11.00am to 1.00pm Thursdays commencing 14th November 2019. Each program runs for four weeks

WRAP is a structured recovery programme that is used to promote, enable and sustain recovery. As part of your WRAP you can develop your own wellness toolbox with an emphasis on what can be discovered in nature. As part of your wellness action plan you will

experience new tools such as;

- Meditation - including mindfulness
- Stress management techniques
- Manage your thinking patterns
- Using medicinal plants safely to support your wellbeing

*Train the Trainer Option* - we will also be offering a Train the Trainer option for those who would like to support others using WRAP.

To find out more about this project and book in please email [trudy@greensynergy.org.uk](mailto:trudy@greensynergy.org.uk) or [Lizzie@greensynergy.org.uk](mailto:Lizzie@greensynergy.org.uk) drop into a pop-in session or phone on 01522 533077 where you can speak to someone or leave a message for us.

*Who can Come along?* Anyone who would like to create or build on personal resource to enable recovery and wellness. Anyone wanting to develop their own unique Wellness Recovery Action Plan. Anyone that would like to spend time in a supportive environment.

Anyone that would like to be more mindful of nature and wellness.



## Green Synergy Therapeutic Horticulture Better Together Project

Better Together (B2G) which started in January 2019 is a three-year partnership project with two other local charities- Abbey Access and Development Plus. It is **funded by The National Lottery Community Fund** and offers pre-employability opportunities to build skills, confidence and connections for people with mental health conditions.

The project offers continuous support, through skilled mentoring, for the duration of the project and for a period of onward transition at the end. Using a person-centred approach, we work flexibly with beneficiaries to meet their identified needs and goals. This involves recognising and dealing with a wide range of complex issues that can affect people and then using a holistic approach that can enable them to move on and be better able to

sustain social, physical and emotional wellbeing.

If you would like to get involved, or know someone who does...

The Green Synergy element of B2G involves therapeutic and community gardening delivered in small to medium-sized groups on the Hillside Garden. The sessions run every Tuesday, Wednesday & Thursday between 1.00pm and 3.00pm. With the help of the garden, we create an environment where people feel safe and can grow in a creative and enabled way. From the outset we have taken a co-design approach to B2G so we are building on the skills and creativity of beneficiaries which gives authentic ownership in project delivery, lets peer support naturally grow and allows people to make choices in how they go forwards – a great fertilizer for confidence. For more information contact Trudy on [trudy@greensynergy.org.uk](mailto:trudy@greensynergy.org.uk) or Lindsay on [lindsay@greensynergy.org.uk](mailto:lindsay@greensynergy.org.uk)



## Headway Lincolnshire Laughter Therapy

Laughter Therapy and Laughter itself boosts people's health, communication, positive thinking and creativity. Our five sessions in each area are for those

affected by brain injury and their carer. Physical Activity to Benefit Mental Health Spalding, Boston, Grantham and Lincoln  
Ann-Marie Smith  
07546 592526  
[info@headwaylincolnshire.org.uk](mailto:info@headwaylincolnshire.org.uk)  
[www.headwaylincolnshire.org.uk](http://www.headwaylincolnshire.org.uk)



## Hill Holt Wood A Maze in Nature

Encouraging the community to get outdoors and build a beautiful Labyrinth in an ancient woodland

- Physical Activity to Benefit Mental Health
- MH Advocacy Support
- Development of Befriending Networks

Monday and Friday for 30 weeks from 2nd March 2020  
Lincoln, North Kesteven  
Steve Donagain  
01636 892836  
[steve.donagain@hillholtwood.co.uk](mailto:steve.donagain@hillholtwood.co.uk)  
[www.hillholtwood.co.uk](http://www.hillholtwood.co.uk)

Keep up to date with the latest news, events and information on the Shine website  
[www.lincsshine.co.uk](http://www.lincsshine.co.uk)



## Inspired Equine Assisted Learning CIC

*Ponies promoting physical activity and social cohesion to benefit mental health*

Clients and their carers can undertake a variety of enjoyable activities and exercises with our horses, enabling them to learn new skills as they develop partnerships with the horses and others based on trust and mutual respect. Activities do not involve riding and no prior experience with horses is required.

- Physical Activity to Benefit Mental Health
- Development of Befriending Networks

Open Monday to Saturday - **Booking required.**

*Horses Helping Those Living With Early Stage Dementia*

The idea of Equine Assisted Learning (EAL) is that spending time with horses is a very positive experience. Horses give you a wonderful sense of well-being and inner peace and can also help rekindle many happy memories. **Thanks to the**

**generosity of Ørsted** we are able to offer fully-funded EAL sessions to equally benefit both those living with early stage dementia and also their carers. Activities do not involve riding and no prior experience with horses is required.

- Those living with early stage dementia and also their carers

*Horses Helping Those Living With Autism*  
**Thanks to the generosity of the Autism Support Network** we are able to continue to offer fully-funded Equine Assisted Learning (EAL) sessions to help adults and children address the communication struggles of ASD and understand how to relate to other people and make sense of social cues. Activities do not involve riding and no prior experience with horses is required.

- Adults and children on the autistic spectrum.

South Lincolnshire  
Mike Burrow  
07729 909186  
info@inspired-eal.co.uk  
www.inspired-eal.co.uk



## Lincoln & Lindsey Blind Society

SERVING VISUALLY IMPAIRED PEOPLE SINCE 1921

### A Friend in Sight

This is a befriending project for blind and sight impaired people. Volunteers are matched with a person with sight loss and regularly visit and take their new friend out, helping them to choose and do more of the things they enjoy and to participate in local services and facilities.

- Physical Activity to Benefit Mental Health
- Development of Befriending Networks

Lincoln City, East and West Lindsey  
Mandy Johnson  
01507 605604  
mandy@llbs.co.uk  
www.llbs.co.uk

### Manged Care Network Community Partnerships Team

Unit 9, The Point, Lions Ways, Sleaford, NG34 8GG  
Telephone: 01529 222245  
Email: lpn-tr.MCN@nhs.net



Lincolnshire Partnership  
NHS Foundation Trust





## The Long Sutton Men's Shed

### Expansion/Extension

Long Sutton Men's Shed, was established two years ago, with a Lottery Grant as a not for profit, volunteer led charity. Members share experiences, meet other men and learn new skills, in a welcoming, friendly space, which helps reduce loneliness and depression. Members suffer from strokes, dementia, depression, loneliness, anxiety and isolation. They can find support at the Shed, which is a local community social program, aiming to

provide a community space, to boost emotional and physical well-being.

- Physical Activity to Benefit Mental Health

From Kings Lynn in the East, Wisbech in the South and Spalding in the West and all villages in the area in between including Long Sutton, Sutton Bridge, and Holbeach.

Tuesday, Thursday and Sunday  
9.30am to 1.00pm

Frank Heinrich-Tiller  
01406 362850 / 07778 460398  
frankheinrichjones@gmail.com  
www.mensshedlongsutton.co.uk



A national charity since 1911



## The Royal National Institute for Deaf People—Action on Hearing Loss

### Sensory Loss and Mental Health Project

This project delivers mental health awareness raising sessions for people who are deaf or have a hearing or sight loss; their families and carers and other

key professionals. The sessions offer support to those with an existing mental health problem or at risk of developing a mental health problem and covers recognising mental health, coping strategies and support available.

MH Advocacy Support in Lincolnshire  
Jayne Oakes  
03333 202667  
jayne.oakes@hearingloss.org.uk  
www.lincolnshiresensoryservices.org.uk



## Sage Gardener CIC Escape to the Woods

"Escape to the Woods" encourages everyone to try out unusual activities and push their boundaries within the natural environment. From fun to fitness, nostalgia to old time, from gardening to forest bathing, from relaxation to health - whatever your choice there's an option for you to join in, get fitter, meet new friends

or simply relax amongst the trees and plants.

- Physical Activity to Benefit Mental Health

A specific programme will be run to include volunteering days, Wellbeing days and Friendship days as well as events - Contact organisation for details.

Jane Newman  
07707 325016  
jane.sagegardener@virginmedia.com  
www.sagegardener.co.uk



Please see information on the back page. Tada!

**Not been included - please get in touch**

# Tonic health

## Forget me Not Dementia Café

A weekly dementia café in Crowland, running on Thursday mornings, 10.00am to 12.00noon. Incorporating a range of activities for both the person with dementia and their carer and family members.

- MH Advocacy Support
- Development of Befriending Networks

Jean Gifford - Dementia Support Co-Ordinator  
01775 725059  
dementiasupport@tonic-health.co.uk

## FOCUS - Dementia Day Care

A fortnightly dementia day care service for people with early onset, or recently diagnosed for the people of Crowland and surrounding areas.

- Physical Activity to Benefit Mental Health
- MH Advocacy Support
- Development of Befriending Networks

Every two weeks on a Monday 10.00am to 4.00pm

Jean Gifford - Dementia Support Co-Ordinator  
01775 725059  
dementiasupport@tonic-health.co.uk

## Advocacy South Holland

This is a specific advocacy service to help those struggling with the mental health and their carers to offer them support and

guidance in the form of attending meetings, form filling, advice signposting service. This can be carried out over the phone, in their home, via skype or at a one-to-one meeting. Places to meet will be in Spalding, Surfleet and Crowland, but will travel to serve the people across South Lincolnshire if transport to a venue is an issue.

- MH Advocacy Support

### By appointment.

Ruth Taplin - Advocacy Officer  
01775 725059  
advocacy@tonic-health.co.uk

## Pottery for Carers

A monthly pottery group to meet and take part in a therapeutic creative group using clay within a pottery studio located on a small farm in Holbeach. This group is aimed at carers of people with dementia, providing them with some creative 'down-time', safe in the knowledge that their cared for are being looked after and receiving some group time.

- Development of Befriending Networks

2nd Friday of each Month  
Michael Morris  
01775 725059  
info@tonic-health.co.uk

[www.tonic-health.co.uk](http://www.tonic-health.co.uk)

This newsletter is produced with funding from Lincolnshire County Council, Lincolnshire CCG's and Public Health.

The views expressed in the Shine Newsletter are those of the individual contributors and do not necessarily represent those of the Editorial Team. While every effort is made to ensure accuracy, we cannot be held responsible for alterations which occur during the publication process.

No anonymous articles will be published in

this newsletter; however contributors may request that their names are withheld from publication.

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Proof read by: John Dwane  
Printed by: [www.pelicantrust.org](http://www.pelicantrust.org)

## Veterans' support team bears weight of medicine ball to raise awareness of mental health problems

A team of NHS professionals are spending a week chained to a medicine ball to highlight the weight and burden of mental health problems that some people carry with them daily.

Lincolnshire Partnership NHS Foundation Trust's (LPFT) Veterans' Mental Health Transition, Intervention and Liaison service (TILs) are the first NHS veterans' service to take on the quirky Medicine Ball Challenge.

The challenge aims to raise awareness of mental health, with each participant carrying the ball for a week at a time before passing it on. The ball represents the hidden illnesses that people can be carrying with them, such as anxiety, depression and stress.

Afghanistan veteran, Sergeant Andrew Unwin initiated the challenge after witnessing his comrades suffering with Post Traumatic Stress Disorder (PTSD), spending two weeks with the ball chained to his wrist.

Paula Jelly Regional Lead for the TILs service said "This is an excellent opportunity for the team to raise awareness around mental illness and the 'weight' of carrying around the challenge and stigma often related to experiencing mental ill health. The idea to participate came from



Lincolnshire Partnership  
NHS Foundation Trust

Karen Salter, our veteran liaison nurse. Each team member will carry the ball for 24 hours before handing it over to their colleague. We are hoping to raise awareness amongst peers, the public and the Armed Forces communities across Lincolnshire."

Captain Andrew Perkins from the British Army, who is leading the Medicine Ball Challenge alongside founder Sgt Unwin, said "The Medicine Ball Challenge was first created to help eliminate the stigma which still exists around mental health – especially in the military. One can only wonder how many deaths could be prevented if people felt confident enough to talk about the problems and issues they are struggling with. We want to continue to raise awareness about an issue which affects all corners of society. We now have four medicine balls and over 100 challengers wishing to take on the Medicine Ball Challenge throughout the UK and Cyprus."



Every other Saturday in the month. Meeting at  
The fountain Marshall's Yard,  
Gainsborough @ 11.00 am - for more information  
Call Kate on 07754764491



## Stepping Stone Saturday Strollers Walking Group



Every Tuesday At 1.30 - 3.30

Stepping Stone Theatre  
FOR MENTAL HEALTH ARE OFFERING A  
DOWN TOWN DAY TIME DRAMA DROP IN  
TO HELP IMPROVE MENTAL HEALTH

Marshall's Yard Physiotherapy & Sports Injuries Clinic  
5a The Pattern Store, Station Approach,  
Gainsborough DN21 2AU

For More Information call  
Bill on 01427 628888 or e-mail  
Justask@steppingstonetheatre.co.uk



OVER 18'S ONLY