



# 2019

# T.E.D. Times

AGEING BETTER IN EAST LINDSEY

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

[ted@communitylincs.com](mailto:ted@communitylincs.com)

01529 301966

Newsletter – January / February

Age UK East Lindsey are having their next T.E.D. Friendship and Information Group meeting on Thursday 7<sup>th</sup> February.

Meetings are held at St Paul's Church, Beresford Avenue, Skegness, PE25 3HY from 10am till 12pm.

They offer the opportunity to make friends, gain information on social care, housing options, pension benefits and they can offer help with Blue Badge applications.



## CHAPS Cooking Workshop

Come along and learn to cook new dishes with Magna Vitae, with the opportunity to get advice on nutrition and food budgeting.

Starting Monday 7th January at The Trinity Centre, Eastgate, Louth from 1:30pm – 3:30pm. For more information contact Lizzie, call 01507 613503 or email [elizabeth.atkin@mvtlc.org](mailto:elizabeth.atkin@mvtlc.org)

## Magna Vitae Activities

Magna Vitae are offering a wide range of activities this year, please see a short list below:

### Wellbeing Session - Horncastle

**Community Centre.** Starting Monday 21st January for 10 weeks from 10am – 12pm.

### Wellbeing Session - Burgh Le Marsh

**Village Hall.** Starting 21st January for 4 weeks from 10am – 12pm.

### Badminton - Alford Sports Hall, John

**Spendluffe Technology College.** Starting Wednesday 9th January for 4 weeks from 5:30pm – 7pm. All abilities welcome.

Please bring a drink and wear comfortable clothing.

### Louth Indoor Bowls - Louth Indoor Bowls

**Club.** Every Sunday from 09:45 – 11:45am for 12 weeks starting 13th January 2019. £1.50 and all abilities welcome.

### Louth Town Walking Football - London

**Road Pavilion.** Every Sunday from 10:30 – 11:30am. £2 and all abilities welcome.

For more information visit

<https://www.magnavitae.org/activity/health/chaps/> or call 01507 613503 to speak to Lizzie.



Funded by the National Lottery through the Big Lottery fund – managed by Community Lincs

community  
Lincs



## T.E.D. Events

Tea with T.E.D.'s are being held on the following dates:

The Storehouse, Skegness.

- Every Tuesday 1pm – 3pm from Tuesday 8<sup>th</sup> January

The Coastal Centre, Mablethorpe:

- Thursday 3<sup>rd</sup> January 1pm – 3pm
- Thursday 7<sup>th</sup> February 1pm – 3pm

Sutton-on-Sea Library:

- Thursday 24<sup>th</sup> January 10am – 12pm
- Thursday 28<sup>th</sup> February 10am-12pm

Louth Library:

- Monday 14<sup>th</sup> January 10am – 12pm
- Monday 11<sup>th</sup> February 10am – 12pm

Elizabeth Court, Louth:

- Tuesday 15<sup>th</sup> January 1pm – 3pm
- Tuesday 19<sup>th</sup> February 1pm – 3pm

### Louth Friendship Group

Come along to the Louth Friendship Group at The Joseph Morton, Wetherspoon, Kidgate, Louth, LN11 9EZ

Monday 21<sup>st</sup> January 2pm – 4pm

Monday

Everyone is welcome to take part in activities, outings, conversation and refreshments.

## Contact Us:

We value your feedback. Please do let us know if you have any events or details of articles for inclusion in the next edition. If you would rather not receive information from T.E.D. please get in touch to let us know:

Call: 01529 301966, Email: [ted@communitylincs.com](mailto:ted@communitylincs.com), Post: T.E.D., Community Lincs, Old Mart, Church Lane, Sleaford, NG34 7DF

Disclaimer – all dates included are correct on day of print.

## The Over 50s Youth Club

Come along to Horncastle Youth Centre every Wednesday 2pm – 4pm. £1 for unlimited refreshments and entry into the raffle.

The Over 50s Youth Club will reopen on the 2<sup>nd</sup> January 2019 and look forwards to seeing you in the New Year.

For more information on the club please call 01507 522328 or visit them at Horncastle Youth Centre, Church View, Cagthorpe, Horncastle, LN9 6DZ.



### BREAKING NEWS!

A new Friendship Group will be launching on Thursday 10<sup>th</sup> January from 10am – 12pm at The Central Café in Barrett Court, Lyndhurst Road, Skegness, PE25 2PQ.

The Time Out Group are looking forward to seeing you all at their launch!

Follow us on Twitter:

@ted\_EastLindsey



Find us on Facebook:

TED In East Lindsey



Funded by the National Lottery through the Big Lottery fund – managed by Community Lincs

community  
Lincs