

Fitness, Food and Friends – Magna Vitae

These 12 week courses involve nutritional advice, gentle physical activity, some practical cookery lessons and time for social activity around tea/coffee and the opportunity to make new friends. So far these have taken place in community venues including Wragby, Holton le Clay, North Somercotes, Skegness Saxon Fields and Chapel St Leonards. During the next course we will revisit Wragby on Monday 3rd June; more locations will be listed in the monthly newsletter. For more information please contact Tracey Wilkinson or Marko Humphrey via email: tracey.wilkinson@mvtlc.org or marko.humphrey@mvtlc.org or call: 01507 613461



Men Do... TED Men Do – Carers First

Men Do will be a regular programme of male orientated events across the whole of East Lindsey based on the carers voice, geared towards creating opportunities to build sustainable friendships, reduce loneliness and social isolation in men over 50. This project will organise trips, activities and tailored support to provide opportunities and social interaction for men only. For more information please contact Sarah Vines via phone: 07391418586 or email: sarah.vines@carersfirst.org.uk

CHAPS (Community Health Activity Project For Men) – Magna Vitae

Using sport as a theme, weekly sessions will be developed where men can meet and socialise whilst doing familiar and popular working class past times such as; watching televised sport, playing pub games (darts, dominoes, shive ha'penny and cards etc.), reading and talking about the latest sports news and sharing their memories.

For more information please contact Elizabeth Atkin via email: elizabeth.atkin@mvtlc.org or phone: 01507 613503



Contact Us:

We value your feedback. Please do let us know if you have any comments on this newsletter or 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
Post: T.E.D., Community Lincs, Old Mart, Church Lane, Sleaford, NG34 7D



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Newsletter – Summer Edition 2019



Becoming Digital – Lincs Digital

Lincs Digital are providing Digital outreach within East Lindsey at venues as requested by community groups. Covering all aspects of essential digital skills by supporting groups around on line safety, use of devices, and awareness of online services eg. Banking.

For more information contact Rich Avison or Ann Avison either via phone: 07833 151469 or email: lincsdigital@outlook.com



A Quick Hello

Welcome to the summer edition of the TED newsletter. Your home of all TED information, where we shout about the events we've had in the past month and share your stories.

In this edition we will cover a celebration at one of our Friendship Groups and give you an up to date list of the TED partners and what they will be delivering across East Lindsey until 2021.



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T.E.D. Members Section



The Over 50s Youth Club – 1 year celebration

On Wednesday 8th May The Over 50s Youth Club in Horncastle celebrated their one year anniversary with a party for all their members and volunteers to recognise the hard work that has gone into their friendship group. The celebration saw the Horncastle Ukulele Group perform music for the party, along with a visit from the Mayor of Horncastle and his wife.

The TED Project originally helped the friendship group establish in 2018. Since then The Over 50s Youth Club has gone from strength-to-strength and oversees their own events. They have also successfully gained the use of the Horncastle Youth Centre free of charge every Wednesday and have also hosted a stall at the Horncastle Christmas Market in 2018.

For the celebration one of the volunteers baked an amazing cake, along with the rest of the volunteers clubbing together to organise a buffet for the users. One group member, Kathy Israel commented “I just come for the chat, it doesn’t matter if there is an activity or not, the mixing is good”. The Over 50s Youth Group have regular activities at their sessions including Indoor Bowls and Boccia by Magna Vitae, along with crafts and board games organised by the volunteers. Regular attender Roy Simmons told us “I love it; it’s great if I didn’t come here I’d just have a doze in the afternoon. I wouldn’t miss it for anything”.



As a group being run solely by volunteers the Over 50s Youth Club are very keen to fundraise to help organise events and trip for the users. Some of their up-coming trips include a day in Sheffield and a trip to a Fish and Chip Restaurant in Cleethorpes. Talking to the friendship group users, Brenda Newstead remarked that the group is “very handy, just passes the time when you’re on your own”.

Lynda Baker (Volunteer) shared “today would not have happened without the hard work of our volunteers who make this so special that makes it worth all the hard work that goes into it.” She went on to describe the celebrations as “special, magic and a lovely atmosphere, the way the room has been arranged has really helped. Everyone is talking, you know you’ve done well when everyone is talking to each other, and there’s a buzz”. For more information about the group or if you wish to attend call 01529 301966.



Befriending – Age UK Lindsey

We offer home visiting and information on social activities. With home visiting we give befriending support, for people who have little or no social contact along with information on social groups and activities that they can access in their local area. Telephone and home visiting befriending are both available. For more information please contact Jennie Wilson on: 01507 524242 or via email: befriending@ageuklindsey.co.uk

Gateway to Friendship Group – Age UK Lindsey

We organise friendship groups which provides opportunities to meet socially in your local area. During these events we have organisations offering information on services available that might be of interest to yourself along with tea, coffee and company. For more information please contact Jennie Wilson on: 01507 524242 or email befriending@ageuklindsey.co.uk

Lunch Clubs – Age UK Lindsey

Age UK will also continue offering their lunch clubs to give regular social contact and serve fresh, home cooked food to those over 50 in East Lindsey.

Specialist Advice –

citizens advice Lindsey

Citizens Advice Lindsey

We aim to provide free, confidential and impartial advice on benefits, debts, housing and consumer issues to people over 50 in East Lindsey. We will be in our Mablethorpe and Louth offices (opening times Mon & Tues 9.30am-12.30pm), Skegness office (Tues, & Weds 9.30am- 1.30pm) and we also offer a drop in services at Spilsby New Life Centre (Mon 10am-12pm) and Marisco Medical Practice (Weds 9am-12pm). For more information please call Marissa Ward on 07977 226520 or email marissa.ward@citizensadvice.org.uk



Before T.E.D. I was lonely, scared and recovering from a massive breakdown. Now, TED has become my family. Thank you.



community Lincs

T.E.D. is funded by the National Lottery Community Fund and managed by Community Lincs