

# Lincolnshire's Managed Care Network for Mental Health



*Community help and support for people with experience of mental health problems*

**#LincsMHnetwork**

**NHS**  
**Lincolnshire Partnership**  
NHS Foundation Trust

**Lincolnshire**  
COUNTY COUNCIL  
*Working for a better future*

March 2021 - February 2022

# What is the Managed Care Network?

Lincolnshire's Managed Care Network for mental health aims to help people who have already experienced mental health problems, or who are having their first experience of mental ill health.

The Managed Care Network is an alliance of groups and organisations that provide a range of activities and services to give people support, structure and choice in their lives.

Members of the network have close links with each other to help people with mental health problems, as well as those who care for them, to enjoy the best quality of life as they possibly can so that they can live well in their community.

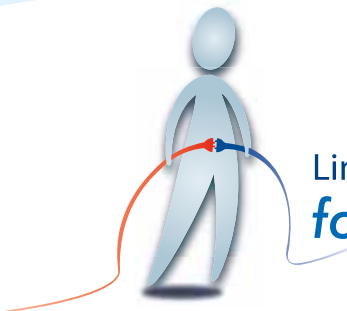
Groups and organisations across the county provide a variety of activities including social and friendship groups, formal and informal learning, supported volunteering, and community participation activities.

There are over 30 projects for people to choose from.

Established by Lincolnshire County Council, the Mental Health Promotion Fund has enabled investment to help support a wide range of voluntary and third sector groups and organisations that make up the Managed Care Network.

The network provides an important resource of community led activities and programmes to help people with mental health problems to access a range of activities that will aid recovery and maintain as good a quality of life as possible.

Working in partnership, funding comes directly from Lincolnshire County Council and is managed by Lincolnshire Partnership NHS Foundation Trust.



Lincolnshire's Managed Care Network  
*for Mental Health*

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# Managed Care Network





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<p><b>1 Abbey Access Training</b>  <b>Get out of the house</b></p> <p>The purpose of the project is to engage with individuals across Lincoln City who are isolated, depressed and have mental health difficulties. The project will offer three elements:</p> <ul style="list-style-type: none"> <li>• Weekly 2-hour coffee mornings to engage those suffering with mental health, anxiety and depression and bring them together for a natter</li> <li>• 2-3 hour craft/learning sessions</li> <li>• Group counselling/therapy sessions for those post counselling.</li> </ul>	<p><b>Contact:</b> Contact the team  <b>Email:</b> info@abbeyaccessstraining.co.uk  <b>Tel:</b> 01522 801556  <b>Web:</b> www.abbeyaccessstraining.com</p> <p><b>Facebook:</b> @abbeyaccess  <b>Twitter:</b> @AbbeyAccessT</p> <p><b>Days:</b> Once a week - day to be confirmed  <b>Area covered:</b> Lincoln City</p>
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<p><b>2 Active Arena Lincoln</b>  <b>Dads and Lads</b></p> <p>Let's team up, tackle and talk together! A project to help men talk about their mental health in a safe and friendly environment. We provide a game of football to build new connections as part of a team and a space to talk afterwards.</p>	<p><b>Contact:</b> Daniel Hone  <b>Email:</b> admin@activearena.co.uk  <b>Tel:</b> 01522 701715  <b>Web:</b> www.activearena.co.uk</p> <p><b>Facebook:</b> @activearenalincoln  <b>Instagram:</b> @activearenalincoln</p> <p><b>Days:</b> Fridays 6-7pm  <b>Area covered:</b> Lincoln</p>
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<p><b>3 Active Lincolnshire</b>  <b>Think Active Support Groups</b></p> <p>A network of peer support groups across Lincolnshire, providing opportunities to be active led by trained and knowledgeable ambassadors supporting mental and physical wellbeing. Activities will be appropriate for the individuals and based around running, walking, exercising and cycling, as well as peer to peer support through social interaction and wellbeing conversations.</p>	<p><b>Contact:</b> Donna Sutton  <b>Email:</b> Donna.Sutton@activelincolnshire.com  <b>Tel:</b> 07903 266040  <b>Web:</b> www.activelincolnshire.com</p> <p><b>Facebook:</b> @activelincs  <b>Twitter:</b> @ActiveLincs  <b>Instagram:</b> @activelincs</p> <p><b>Days:</b> Contact the team for more details  <b>Area covered:</b> Lincolnshire</p>
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<p><b>4 Acts Trust</b>  <b>Slow Bikers Club</b></p> <p>The slow bikers club is for anyone who would enjoy taking part in a group bike ride at a leisurely pace, with good company and plenty of breaks for chatting and having refreshments. One-to-one bike rides can also be enjoyed depending on latest social restrictions.</p>	<p><b>Contact:</b> Bethan Lloyd  <b>Email:</b> bethan@actstrust.org.uk  <b>Tel:</b> 01522 542166  <b>Web:</b> www.actstrust.org.uk</p> <p><b>Facebook:</b> @RestoreLincolnUK  <b>Instagram:</b> @actstrustlincoln</p> <p><b>Days:</b> Various, mid-week  <b>Area covered:</b> Lincoln</p>
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<p><b>5 Acts Trust WRAP Course</b></p> <p>The Wellness Recovery Action Plan Course helps you to learn and develop tools to help you recover from periods of stress and anxiety, recognise triggers and take steps to plan for the future. Then when challenges surface, you feel well equipped to deal with them.</p>	<p><b>Contact:</b> Bethan Lloyd  <b>Email:</b> bethan@actstrust.org.uk  <b>Tel:</b> 01522 542166  <b>Web:</b> www.actstrust.org.uk</p> <p><b>Facebook:</b> @RestoreLincolnUK  <b>Instagram:</b> @actstrustlincoln</p> <p><b>Days:</b> Fridays  <b>Area covered:</b> Lincoln</p>
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<p><b>6 Adults Supporting Adults Lincolnshire Volunteer Support Network</b></p> <p>Lincolnshire Volunteer Support Network help to reduce the isolation of vulnerable people, many of whom may not be eligible for statutory services. We provide regular emotional support and wellbeing telephone calls from one of our trained volunteers.</p>	<p><b>Contact:</b> Stephen Johnson  <b>Email:</b> enquiries@asaorg.co.uk  <b>Tel:</b> 01529 416270  <b>Web:</b> www.asaorg.co.uk</p> <p><b>Days:</b> 7 days a week  <b>Area covered:</b> Lincolnshire</p>
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<p><b>7 Art Pop-Up Stamford Connections</b></p> <p>The project will reduce social isolation through asset-based community development. We work with community partners and volunteers, looking at how connections are made and maintained locally and how we can make them wider reaching, resilient and sustainable. We'll create a platform to tell these stories and talk about opportunities to get involved and to make connections. We welcome volunteers and everyone who would like to get involved.</p>	<p><b>Contact:</b> Sam Roddan  <b>Email:</b> community@artpopup.co.uk  <b>Web:</b> www.artpopup.co.uk</p> <p><b>Facebook:</b> @ArtPopUpUK  <b>Instagram:</b> @ArtPopUpUK</p> <p><b>Days:</b> Please email the project team for more information.  <b>Area covered:</b> Stamford and surrounding areas.</p>
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<p><b>8 Bridge Church Lincoln Bridge the Gap - helping people to connect</b></p> <p>Bridge Central is a newly developed wellbeing space that offers opportunities to connect with others from the local community, meet with local healthcare professionals, learn new skills through cooking and art, and most importantly, make new friends. The drop-in space will be open to the whole community, and the cooking/art sessions will be free of charge and available through booking.</p>	<p><b>Contact:</b> Sian Wade  <b>Email:</b> sian@bridgechurchlincoln.co.uk  <b>Tel:</b> 01522 530730</p> <p><b>Days:</b> Monday- Friday, times vary. Contact us for more information.  <b>Area covered:</b> Lincoln</p>
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<p><b>9 Carers FIRST</b> <b>Caring for Carers</b></p> <p>Carers First provide unpaid carers with personalised wellbeing resource packs and a combination of individual and family activity vouchers for local activities. Transport can also be provided for those in need. The project will boost the mental health of carers during the pandemic by making them feel more valued, recognised, and supported. This project provides valuable respite from their caring responsibilities.</p>	<p><b>Contact:</b> Karen Johnson  <b>Email:</b> karen.johnson@carersfirst.org.uk  <b>Tel:</b> 07702 882658 / 0300 303 1555  <b>Web:</b> www.carersfirst.org.uk</p> <p><b>Facebook:</b> @CarersFirst  <b>Twitter:</b> @Carers_FIRST  <b>Instagram:</b> @carersfirst</p> <p><b>Days:</b> Throughout the year to suit the needs of carers and subject to venue availability.</p> <p><b>Area covered:</b> Lincolnshire</p>
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<p><b>10 Centrepoint Outreach</b> <b>Boston Rough Sleeping Community Project</b></p> <p>The Boston Rough Sleeping Community Project provides opportunities for those rough sleeping, recently accommodated or at risk of homelessness, to engage with their community. We offer cooking, art and social skill development activities as a gateway to mainstream resources, promoting meaningful use of time, personal growth and skill development - the first steps to a better and brighter future.</p>	<p><b>Contact:</b> Centrepoint Outreach  <b>Email:</b> projectworkers@centrepoint-outreach.com  <b>Tel:</b> 01205 360900  <b>Web:</b> www.centrepoint-outreach.com</p> <p><b>Facebook:</b> @centrepoint.outreach  <b>Twitter:</b> @CPOCEO  <b>Instagram:</b> @centrepointoutreach</p> <p><b>Days:</b> Monday to Friday. Times and venue may vary so please contact Centrepoint Outreach for further details.</p> <p><b>Area covered:</b> Boston</p>
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<p><b>11 Darkside Rising CIC</b> <b>Strength in Cancer</b></p> <p>The Strength in Cancer Project is a 26 week programme dedicated to improving the mental health of female cancer survivors, during and post treatment. It will provide adapted, weekly semi-private strength training and mindfulness, tailored to suit each individual and led by a specialist Level 4 Cancer Rehabilitation Exercise instructor.</p>	<p><b>Contact:</b> Shantelle Svarc  <b>Email:</b> darkside.risingcic@gmail.com  <b>Web:</b> www.darksidetraining.co.uk/darkside-rising-cic</p> <p><b>Facebook:</b> @DarksideRisingCIC</p> <p>Contact via email or Facebook is preferred</p> <p><b>Days:</b> Daytime and weekends</p> <p><b>Area covered:</b> Lincoln and surrounding areas</p>
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<p><b>12 Desire Change CIC</b> <b>Black Barn Rural Enterprise</b></p> <p>A project to support and skill those with lived experience of mental health, carers and family members, by providing a rural farm shop for the community with handmade and locally grown products and produce. We offer opportunities to volunteer, gain work experience and undertake qualifications and training - based on a rural community farm.</p>	<p><b>Contact:</b> Angie Beal  <b>Email:</b> desirechange@live.co.uk  <b>Tel:</b> 01790 616102 or 07825 475693  <b>Web:</b> www.desirechange.org</p> <p><b>Facebook:</b> @blackbarnbolingbroke</p> <p><b>Days:</b> Flexible</p> <p><b>Area covered:</b> Lincolnshire - Based in Old Bolingbroke, East Lindsey</p>
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<p><b>13 Every-One Circles of Support</b></p> <p>Struggling to move forward?</p> <p>Our trained facilitators provide focused support and work one-to-one with people to help them to achieve a goal they want to reach or with a problem which they are struggling to solve in their lives.</p> <p>Circles of Support uses questioning techniques, involving family, friends and the local community to support people to achieve their goals.</p>	<p><b>Contact:</b> Selena Stewart  <b>Email:</b> circlesofsupport@every-one.org.uk  <b>Tel:</b> 07876 123037  <b>Web:</b> www.every-one.org.uk</p> <p><b>Facebook:</b> @EveryOneUK  <b>Twitter:</b> @Every_OneUK</p> <p><b>Area covered:</b> Anyone in Lincolnshire</p>
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<p><b>14 Gainsborough Trinity Foundation West Lindsey Health &amp; Well-Being</b></p> <p>We provide a range of physical intervention sessions which are offered to small groups and/or on a one-to-one basis. Sessions will be held three times a week, offering a range of sports.</p> <p>In addition to the physical sessions, we work to ensure participants understand the benefits of the activity on their mental health and gain an understanding of the importance of healthy eating.</p>	<p><b>Contact:</b> Damon Parkinson  <b>Email:</b> damon@gainsboroughtrinityfoundation.com  <b>Tel:</b> 07342 881774  <b>Web:</b> www.gainsboroughtrinityfoundation.com</p> <p><b>Facebook:</b> @gainsboroughtrinityfoundation  <b>Twitter:</b> @GTFCFoundation</p> <p><b>Days:</b> Please contact us for more information</p> <p><b>Area covered:</b> West Lindsey</p>
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<p><b>15 Gobstyks Gaming Club Gainsborough Vikings Gaming Club</b></p> <p>Gobstyks is a club for tabletop and role-play fantasy gaming, engaging in games including Warhammer, Dungeons and Dragons, Warmachine and many others. We provide an opportunity for like-minded hobbyists to game, take part in local competitions, and develop lasting friendships in a friendly and welcoming environment. This project aims to create a club in Gainsborough with it's own identity, so that new members can take ownership and help grow the community in the area.</p>	<p><b>Contact:</b> Alister Williams  <b>Email:</b> Gobstyks@outlook.com  <b>Web:</b> www.gobstyks.co.uk</p> <p><b>Facebook:</b> @Gobstyks  <b>Twitter:</b> @Gobstyks  <b>Instagram:</b> @Gobstyks</p> <p><b>Days:</b> Gobstyks - Thursdays 6pm to 10pm  Gainsborough - Sundays 1pm to 5pm</p> <p><b>Area covered:</b> Lincolnshire</p>
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<p><b>16 Headway Lincolnshire Together From Home</b></p> <p>Together From Home aims to bring together brain injury survivors and carers online, to help improve mental and physical wellbeing. We organise online activities and workshops each week including mindfulness, Art Therapy, Laughter Therapy and craft activities.</p>	<p><b>Contact:</b> Ann-Marie Smith  <b>Email:</b> info@headwaylincolnshire.org.uk  <b>Tel:</b> 07546 592526  <b>Web:</b> www.headwaylincolnshire.org.uk</p> <p><b>Facebook:</b> @headwaylincolnshire  <b>Twitter:</b> @HeadwayLincs</p> <p><b>Days:</b> Thursdays</p> <p><b>Area covered:</b> Lincolnshire</p>
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**17 Hill Holt Wood Seasonal Cycles**

Encouraging the community to explore the wonders of our natural world by surveying the flora/fauna of our beautiful ancient woodland through the seasons. Spending time in nature is proven to improve mental health and wellbeing, and our project gives participants the additional bonus of learning about species, biodiversity and the natural cycles of our planet along the way.

**Contact:** Oliver Woodman  
**Email:** [oliver.woodman@hillholtwood.co.uk](mailto:oliver.woodman@hillholtwood.co.uk)  
**Tel:** 01636 892836  
**Web:** [www.hillholtwood.co.uk](http://www.hillholtwood.co.uk)

**Facebook:** @hillholt  
**Twitter:** @hillholtwood  
**Instagram:** @hillholtwood

**Days:** Sessions run from 11am-2pm on the first and third Monday of every month, excluding bank holidays and public holidays.

**Area covered:** Lincoln

**18 Hope Meadows Equine Assisted Recovery CIC Mental Wellbeing Through COVID-19**

This project intends to support the mental health of the local community by offering experiential sessions for adults. By interacting with our small herd of horses, clients are supported to develop self-awareness and explore new ways of managing their mental health.

**Contact:** Thomas Yard  
**Email:** [enquiries@hopemeadows.co.uk](mailto:enquiries@hopemeadows.co.uk)  
**Tel:** 07768 858984

**Facebook:** @hopemeadowsequine  
**Instagram:** @hopemeadowsequine

**Days:** Wednesdays, Saturdays and Sundays

**Area covered:** Based in South Hykeham and open to anyone in the local community.

**19 Inspired Equine Assisted Learning CIC Using equine work-experience and EAL to improve physical and mental wellbeing**

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.

**Contact:** Mike Burrow  
**Email:** [info@inspired-eal.co.uk](mailto:info@inspired-eal.co.uk)  
**Tel:** 07729 909186  
**Web:** [www.inspired-eal.co.uk](http://www.inspired-eal.co.uk)

**Facebook:** @IdEALCIC  
**Twitter:** @InspiredEAL  
**Instagram:** @inspired\_eal\_cic

**Days:** Open Tuesday to Saturday - booking required

**Area covered:** South Lincolnshire

**20 Lincoln Community Development Worker Project The Feelgood Project**

We offer a three-month rolling programme that provides person centred one-to-one, group and peer mentoring sessions. These enable individuals to develop a wellness toolkit to overcome personal barriers and sustain recovery. Sessions are based around mindfulness practice including meditation, mindful walking and movement, EFT tapping, art sessions, and healthy eating.

**Contact:** Stuart Couling  
**Email:** [stuart.couling@developmentplus.org.uk](mailto:stuart.couling@developmentplus.org.uk)  
**Tel:** 07944 431776  
**Web:** [www.developmentplus.org.uk](http://www.developmentplus.org.uk)

**Facebook:** @developmentplus  
**Twitter:** @developmentplus  
**Instagram:** @development.plus

**Days:** Contact the organisation for more details.

**Area covered:** Sleaford and Grantham

<p><b>21</b> <b>Lincolnshire ADHD Support Services</b> <b>Checking in with Lincs ADHD</b></p> <p>Guided weekly drop-in support for adults who have ADHD or those who are supporting someone who has ADHD. Our weekly 'check-in' will support you with strategies to work/parent during pandemic restrictions. This can reduce stress, anxiety and loneliness, and increase mental wellbeing, motivation and peer connections.</p>	<p><b>Contact:</b> Sharon O'Dell <b>Email:</b> lincsadhd@outlook.com <b>Tel:</b> 07483 166042 <b>Web:</b> www.lincsadhd.org</p> <p><b>Facebook:</b> @lincoln.adhd <b>Twitter:</b> @LincolnADHD <b>Instagram:</b> @lincolnshireadhd</p> <p><b>Days:</b> Thursdays 1pm to 3pm <b>Area covered:</b> Lincolnshire</p>
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<p><b>22</b> <b>Lincolnshire Outdoor Learning</b> <b>Make, Do &amp; Grow</b></p> <p>Using craft, cooking and growing plants, our project delivers a free activity box to your door (every month for twelve months). Activities include growing kits for growing plants for food, recipes and ingredients that will use these plants in your cooking, and craft kits that will teach new skills and help you to create useful things for your home.</p>	<p><b>Contact:</b> Ashley Butterfield <b>Email:</b> Ashley@LincolnshireOutdoorLearning.co.uk <b>Tel:</b> 07864 967057 <b>Web:</b> www.lincolnshireoutdoorlearning.co.uk</p> <p><b>Facebook:</b> @LincolnshireOutdoorLearning <b>Twitter:</b> @OutsideLearning</p> <p><b>Days:</b> Contact the team for more details <b>Area covered:</b> Lincolnshire</p>
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<p><b>23</b> <b>Mint Lane Cafe</b> <b>Friendship Through Food - Expansion</b></p> <p>Mint Lane Cafe takes retail surplus and food that would otherwise go to waste and turns it into nutritious healthy meals at only £3 for three courses! We also have a Thrifty Shop where we sell food at less than 30% of the regular retail price. We fight against food poverty and social isolation. Join us for Friendship Through Food.</p>	<p><b>Contact:</b> Alexandra Crow <b>Email:</b> mintlanecafe@gmail.com <b>Web:</b> www.involvelincoln.org.uk</p> <p><b>Facebook:</b> @mintlanecafe</p> <p><b>Days:</b> Wednesdays, Thursdays, Fridays and Saturdays 10am - 2:30pm Food is served between 12pm - 2pm <b>Area covered:</b> Lincoln City Centre</p>
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<p><b>24</b> <b>New Life Church/New Life Centre</b> <b>Spilsby</b> <b>Community Lounge</b></p> <p>This weekly project provides signposting and support to other services in the area. We offer a safe place where someone can come for a chat, grab a coffee, and access computers with internet for free. Individuals also have access to a range of art and craft materials, and there is scope for service users to gain training and work alongside staff as a peer worker, who in turn, will be able to support others with their own mental health and wellbeing.</p>	<p><b>Contact:</b> Sally Osmond and David Bruce <b>Email:</b> david@newlifespilsby.com <b>Tel:</b> 01790 754092 <b>Web:</b> www.newlifespilsby.com</p> <p><b>Facebook:</b> @newlifespilsby</p> <p><b>Days:</b> Wednesday 12pm - 3pm <b>Area covered:</b> Spilsby and District</p>
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**25 Sage Gardener CIC**  
**Nature's Pathway**

Nature's Pathways uses nature and the outdoors as an inspirational guide to improving physical and mental health. By using and observing nature in a variety of different ways and linking with plants, trees, wildlife and birds, you will explore how you can work together to develop roots and branches as solutions to enhance your wellbeing and build a healthier you.

**Contact:** Jane Newman  
**Email:** jane.sagegardener@virginmedia.com  
**Tel:** 07707 325016

**Web:** www.sagegardener.co.uk

**Facebook:** @sagegardenercic  
**Twitter:** @sagegardeneagle  
**Instagram:** @sage\_gardener

**Days:** A specific programme will be published to include volunteering days, wellbeing workshops and other activities including events. Contact the organisation for more details.

**Area covered:** West Lincolnshire

**26 Seagull Recycling Ltd**  
**Living Library 365 Project**

The Living-Library-365 Project will offer clients the opportunity to interact with the wealth of natural spaces, activities, resources and small animal experiences available around the Eco Centre. It will help to reduce isolation and loneliness, and increase your sense of wellbeing, independence, self-reliance and confidence. We offer opportunities to socialise through a help network in an informal and relaxed forest space.

**Contact:** Paul Charles  
**Email:** paul.charles@seagullrecycling.org.uk  
**Tel:** 07709 866614  
**Web:** www.ecoskegness.org.uk

**Facebook:** @thecoastal.ecocentre  
**Twitter:** @ecocentrepaul OR @ecowellness1  
**Instagram:** @paulecocentre

**Days:** Throughout the week at times to suit the individual or group. Sessions run mainly during normal office hours Monday - Friday 9am to 3pm, but evening and weekend sessions can be arranged depending on the needs of the clients.

**Area covered:** Primarily Skegness and East Lindsey but countywide coverage is available.

**27 Stepping Stone Theatre for Mental Health**  
**The Lockdown Legacy**

During the lockdown, we have been broadcasting on Facebook and on our show, talking about all things mental health. Viewers can participate through a live feed. We also offer an online creative writing workshop. "Scribblers" write testimonial stories which are published in a quarterly booklet. We also create two podcasts where participants tell their stories in the hope that they will inspire others.

**Contact:** Bill Rodgers  
**Email:** justask@steppingstonetheatre.co.uk  
**Tel:** 01427 628888  
**Web:** www.steppingstonetheatre.co.uk

**Facebook:** @steppingstonetheatreformentalhealth  
**Twitter:** @SstoneTheatre

**Days:** 7 days a week

**Area covered:** We are based in Gainsborough but as we are online, we are now accessible anywhere.

**28 Sutton St James Baptist Church**  
**Renew SSJ**

You can be sure of a warm welcome at Renew SSJ. Our simple café style space is part of the Renew Wellbeing network of 'quiet shared spaces where it is okay not to be okay'.

Enjoy sharing hobbies and activities, relax in the peace of our quiet room or just sit and 'be' – all over a cuppa!

**Contact:** Sue Hensby  
**Email:** sue@ssjbc.org.uk  
**Tel:** 07501 123183  
**Web:** www.ssjbc.org.uk  
**Facebook:** @ssjbc.org.uk

**Days:** Weekdays (excluding bank holidays) between 10am - 12noon. This is all subject to current Government COVID-19 guidelines. Some activities will be offered via Zoom if we are unable to meet in person. Please contact the organiser for more details

**Area covered:** If you can get to us in Spalding, you are very welcome.

**29 The Askefield Project Ltd**  
**Challenge Askefield!**

Challenge Askefield! is an opportunity for you to try new things, things you never even thought you would have an opportunity to do. We will run a day of challenges which include a range of craft and farm experiences, and mystery challenges! If it is not your thing, you can drink coffee and watch.

**Contact:** Hannah Blevins  
**Email:** enquiries@askefield.co.uk  
**Tel:** 07754 232873  
**Web:** www.askefield.co.uk  
**Facebook:** @TheAskefieldProject  
**Twitter:** @askefield  
**Instagram:** @theaskefieldproject

**Days:** Thursdays from 6 May 2021 -16 December 2021 (excluding 12 August 2021) 10am-1pm and 1:30pm-4:30pm (but you can stay all day - bring lunch).

**Area covered:** Anyone who can get to the farm in Friskney.

**30 The Storehouse Church Skegness**  
**Restore Wellness**

We offer a café style project with peer to peer support, signposting to professional services, sessions of encouragement, and self worth workshops. Access to computers will support online training, CV writing and helping individuals to return to work. This is a relaxed environment to come and talk over a coffee, crafts or games.

**Contact:** David Bruce  
**Email:** david.bruce@thestorehouse.co.uk  
**Tel:** 01754 763362  
**Web:** www.thestorehouse.co.uk  
**Facebook:** @restorewellnessskegness

**Days:** Mondays 12-3pm

**Area covered:** Skegness and the surrounding villages

**31 Tonic Health and Transported Arts**  
**Tonic Taster Arts**

We work towards combatting rural isolation through a programme of accessible "taster" art sessions that bring people together. You can try a range of techniques and learn new skills before going on to create a piece that can be shared with the wider community, boosting self-esteem. The project will also be an opportunity for social interaction and networking.

**Contact:** Nick Jones  
**Email:** nickjones@lincoln.ac.uk  
**Tel:** 07947 157765  
**Web:** www.tonic-health.co.uk  
**Facebook:** @TonicHealthSpalding

**Days:** Please contact the team for more information.

**Area covered:** South Holland - Spalding and Surfleet.

# Notes

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# Managed Care Network Team



Information



Advice and guidance



Contracts



Contacts



Investment



Reports



Focus groups and other events

Lincolnshire Partnership NHS Foundation Trust



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