

## MEET

SOCIALISE WITH  
LIKE-MINDED MEN

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## ONLINE

### Spark Support

Online peer support group  
[www.sparksupport.co.uk](http://www.sparksupport.co.uk)

We celebrate the good times together, and we help each other through the bad. If you're suffering from depression, anxiety, bipolar disorder or anything else, you're welcome here.

### The Tomorrow Project CHESS Club

Virtual cafe, Wednesdays 2-6pm  
<https://www.surveymonkey.co.uk/r/8QCKNTJ>

*The Tomorrow Project's CHESS club, (crisis help, social and emotional support) offers men a safe space to talk about mental health. Sessions run weekly on Wednesdays 2-6pm via a digital cafe.*

### Gainsborough Mates

Online and face-to-face peer support  
[facebook.com/gainsboroughmates](https://facebook.com/gainsboroughmates)

Gainsborough Mates aims to combat loneliness and isolation among men.

### SHINE – Coffee Mornings

Monday, Wednesday, Friday  
[www.lincsshine.co.uk](http://www.lincsshine.co.uk)

*Zoom coffee mornings, email [info@lincsshine.co.uk](mailto:info@lincsshine.co.uk) for login details.*

### MIND – Side by Side

Peer support community group  
[www.sidebyside.mind.org.uk](http://www.sidebyside.mind.org.uk)

Side by Side is an online peer support community offering an opportunity to talk openly about feelings and experiences with people who are experiencing the same.

### A Broken Mind

Online support group  
Facebook Group

*A Broken Mind was set up to help men talk through their struggles with anxiety and depression without fear of stigma.*

## SOUTH HOLLAND

### Spalding Safe Places

Weekly meetings, Tuesday 4.30-6pm  
01775 725059 [www.tonic-health.co.uk](http://www.tonic-health.co.uk)

A weekly community meeting providing advice and support for those with mental ill health in Spalding.

### Long Sutton Men's Shed

Social group for all men and all interests  
01945 700070  
[facebook.com/longsuttonmensshed](https://facebook.com/longsuttonmensshed)

*Men's Shed caters for all men, all interests and have a Silver Surfers Section. This is a place to make friends, drink tea, enjoy some company. Silverwood Nursery, Long Sutton.*

### Project Renew: Sutton St James

Baptist Church  
Hobbies, chat, activities,  
weekdays 10am-noon  
07501 123183  
[www.ssbbc.org.uk](http://www.ssbbc.org.uk)

At Renew SSJ the café style space is part of the Renew Wellbeing network of quiet shared spaces where it is okay not to be okay. Share hobbies and activities, or relax in the peace of the quiet room. Weekdays, 10am-noon.

### Spalding Men's Shed

01775 725059  
[www.tonic-health.co.uk](http://www.tonic-health.co.uk)

*Open to all men and currently developing an allotment.*

### Tonic Health & Tonic Taster Arts

Arts sessions to inspire interaction and creativity 07947 157765  
[www.tonic-health.co.uk](http://www.tonic-health.co.uk)

Aiming to combat rural isolation through a programme of accessible taster art sessions that bring people together. The project is an opportunity for social interaction and creativity.





## MEET

### LINCOLN

#### NIGHT LIGHT CAFE

8pm-midnight, 7 days a week  
0800 470 8090  
[www.actstrust.org.uk/night-light-cafes](http://www.actstrust.org.uk/night-light-cafes)

The Night Light Service hosts 'crisis cafes' in different churches across Lincoln every day of the week.

#### Rethink Group Lincoln

First Monday of each month, 6.30pm  
07973 513762  
<https://www.rethink.org>

*The RENEW group meets monthly, offering peer support to anyone affected by mental illness.*

#### Team Talk

Kickabout and a chat  
LNER stadium, Tues 7-8pm;  
Weds 2.30-3.30pm / 07305 095690  
[lincolncityfoundation.com/team-talk](http://lincolncityfoundation.com/team-talk)

Team Talk is Lincoln City Foundation's Mental Health programme for men aged over 18, providing a safe space, breaking down barriers and come together for a kickabout.

#### Get Out of the House

Wednesday, 12-3pm / 01522 801556  
[www.abbeyaccessstraining.com](http://www.abbeyaccessstraining.com)

*Zoom coffee mornings, email [info@lincsshine.co.uk](mailto:info@lincsshine.co.uk) for login details.*

#### Shine Lincoln Peer Link Supporters

Mental health support / 01522 300206  
<https://lincsshine.co.uk/information-support/peer-link-workers>

Helping to prevent a crisis or relapse with an individual's mental health, whilst providing a safe and accessible support network.

#### The Sage Gardener

Environmental action and crafts  
07707 325016  
[www.sagegardener.co.uk](http://www.sagegardener.co.uk)

*The Sage Gardener provides members of the community with opportunities to improve their health and well-being, reducing stress by engaging with the natural, green environment.*

### LINCOLN

#### Acts Trust - WRAP

The Wellness Recovery Action Plan Course / Fridays  
01522 542167  
[www.actstrust.org.uk](http://www.actstrust.org.uk)

The Wellness Recovery Action Plan Course helps people to learn and develop tools to help them recover from periods of stress and anxiety, and take steps to plan for the future.

#### Dads and Lads

Football and a place to chat  
01522 701715  
[www.activearena.co.uk](http://www.activearena.co.uk)

*A project to help men talk about their mental health in a safe and friendly environment, providing a game of football as part of a team and a space to talk afterwards.*

#### The Feel Good Project

One-to-one peer mentoring  
07944 431776  
Facebook: The Place2Bee

A three-month rolling programme that provides person centred one-to-one, group and peer mentoring sessions, enabling individuals to develop a wellness toolkit to overcome personal barriers and sustain recovery.

### NORTH KESTEVEN

#### Seasonal Cycles

Explore Hill Holt Wood  
11am-2pm, first and third  
Monday of each month  
Call 01636 892836  
[www.hillholtwood.co.uk](http://www.hillholtwood.co.uk)

Seasonal Cycles encourages the community to explore the natural world by surveying the flora/fauna in the Hill Holt Wood ancient woodland through the seasons. Sessions run from 11am-2pm on the first and third Monday of every month, excluding bank holidays.





## MEET

### EAST LINDSEY

#### Men Do Project

Regular social events and trips for men age over 50 / 0300 303 1555  
[www.carersfirst.org.uk/lincolnshire/men-do-project](http://www.carersfirst.org.uk/lincolnshire/men-do-project)

#### New Life Church Centre Community

Lounge Wednesday, 12-3pm  
01790 754092  
[www.newlifespilsby.com](http://www.newlifespilsby.com)

#### Mablethorpe Men's Shed

Community workshop  
07777 628043  
[www.mablethorpemensshed.co.uk](http://www.mablethorpemensshed.co.uk)

#### Louth Men's Shed

Community workshop  
01507 607197  
<http://louthmensshed.org>

#### Shine Louth Peer Link Supporters

Mental health support  
07712 541847 <https://lincsshine.co.uk/information-support/peer-link-workers>

#### Rethink Group - Woodhall Spa

Social group and events  
07526 608496 [www.rethink.org](http://www.rethink.org)

#### The Storehouse, Skegness

Environment cafe and peer to peer support, Monday 1-3pm, 01754 763362  
[www.thestorehouse.co.uk](http://www.thestorehouse.co.uk)

Carers First offers men who live in East Lindsey over the age of 50 opportunities to access social events, activities and trips, aiming to combat social isolation and loneliness.

*Providing a signposting and support service, a safe place to go for a chat, access computers and art and craft materials, as well as offering training opportunities.*

Mablethorpe, Trusthorpe & Sutton On Sea Men's Shed is a community group where people can socialise and share practical skills in the community workshop.

*The group provides a local meeting space for like-minded folks to socialise, share jokes and get stuck into creative projects.*

Non-clinical interventions aimed at helping to prevent a crisis or relapse with an individual's mental health, whilst providing a safe and accessible support network.

*Providing support to carers of those affected by mental ill health. Activities helping to reduce isolation and deliver respite from caring responsibilities. 2nd Wednesday of the month 10am-12pm.*

An environment café style project with peer to peer support, signposting to professional services, and self worth workshops. Access to computers will support online training, CV writing and help for individuals to return to work

### SOUTH KESTIVEN

#### Grantham Men's Shed

Tuesdays & Wednesdays, 10am-3pm,  
The Old Bowls Club / 01476 401876  
<https://granthamsunriserotary.org>

#### Mindspace Stamford

Conversation and activities  
01780 437330  
[www.mindspacestamford.com](http://www.mindspacestamford.com)

#### Don't Lose Hope

Counselling and community garden  
Bourne / 01778 420762  
<https://dontlosehope.co.uk>

#### The Place2Bee

Men's group in Grantham,  
Monday and Thursday, 6-9pm  
Facebook: The Place2Bee

*The group provides a safe space for men to come and talk and find out what support is available locally to help them live well. A sensory garden is being regenerated and its aim is to help and support good male mental health and prevent suicide in our local community.*

The group provides a local meeting space for like-minded folks to socialise, share jokes and get stuck into creative projects.

*MindSpace aims to improve the mental health and wellbeing of the town's residents, encouraging conversations around mental health.*

Offering counselling services, community garden, café and men's shed to enhance the wellbeing of all members of our community by providing access to therapeutic and emotional support.



## MEET

### BOSTON

#### **Boston Men's Shed**

Social group for all men and all interests  
01205 360800 / [www.bostonshed.co.uk](http://www.bostonshed.co.uk)

Boston Men's Shed is an initiative in Boston for men over the age of 50. Activities are developed as members wish.

#### **The Askefield Project – The Toolshed**

Learn or develop skills  
Thursdays, 4-9pm / 07764 232873  
[www.askefield.co.uk](http://www.askefield.co.uk)

*Learn new skills, practice old skills or pass on your knowledge to others. For people wishing to improve their mental health but do not have the space, tools or confidence at home.*

#### **The Askefield Project – Care Farm**

Drop-in social hub, Peter's Eden Farm  
Thursdays, 8.45am-noon  
01775 4232873  
[www.askefield.co.uk](http://www.askefield.co.uk)

Have coffee, get involved with the animals, join in with the crafts. The farm caters for anybody who would benefit from "green care" especially those with mental health illnesses.

### WEST LINDSEY

#### **Stepping Stones Theatre for Mental Health**

Workshops and plays to tell stories and create community / 01427 628888  
[www.steppingstonetheatre.co.uk](http://www.steppingstonetheatre.co.uk)

*A theatre company for people living with mental health issues, carers, healthcare workers, family and friends running workshops and creating testimonial plays.*

#### **Gainsborough Trinity Foundation**

Group and one-to-one physical activity  
07342 881774 / [www.gainsboroughtrinityfoundation.com](http://www.gainsboroughtrinityfoundation.com)

Providing a range of physical intervention sessions which are offered to small groups and/or on a one-to-one basis. In addition to the physical sessions, they work to ensure participants understand the benefits of the activity on their mental health.

## OFFLOAD CENTRAL BOOK A ONE-TO-ONE

SPEAK YOUR MIND

**OFFLOAD CENTRAL  
IS A CHANCE TO  
FREELY TO OFFLOAD  
WHAT IS ON  
YOUR MIND.**

**You get one hour to just be in a place to have someone listen without judgement, without offering their opinions and advice, and without telling you what to do.**

This is your space to find your way, or just to air the many things that can overwhelm us on a day-to-day basis.

Offload Central is not counselling, but instead offers a one-off session for individuals to utilise and support them at any point in their journey. After the session we will provide personalised information and signposting to other services and resources which can provide a longer period of support for you. The Offload session might focus on identifying support that will help, or it might just be a period where you can quiet a busy mind.

To take part in the one-to-ones you will need to be:

Male

Living or working in Lincolnshire

Aged 39-61

**To sign up for your one-to-one session with Offload Central, visit [hwlincs.co.uk/offload](http://hwlincs.co.uk/offload)**