

Lincolnshire

Signposting manual

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National Signposting

Healthy Living

Healthy Weight

<https://www.nhs.uk/live-well/healthy-weight/>

Healthy Lifestyles

<https://www.nhs.uk/live-well/healthy-body/>

Smoking

<https://www.nhs.uk/live-well/quit-smoking/>

Nutrition

<https://www.nhs.uk/live-well/eat-well/>

Physical Activity Guidelines

<https://www.nhs.uk/live-well/exercise/>

Active10

<https://www.nhs.uk/oneyou/active10/home>

Sleep

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

Alcohol Consumption

<https://www.nhs.uk/live-well/alcohol-support/>

Mood

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Bourne, Market Deeping, Stamford, Spalding, Grantham, Boston, Sleaford, Alford, Skegness, Spilsby, Dunston, Woodhall spa, Horncastle, central Lincoln, Heighton, Nettleham, North and south Hykeham

Smoking cessation

OneYou Lincolnshire

You're up to four times more likely to quit smoking with the support of ONE YOU Lincolnshire. Our team of specialist stop smoking advisors offer face to face and telephone support alongside Nicotine Replacement Therapies to give you the best possible chance of going smokefree for good.

Find out more information by visiting -

<https://www.oneyoulincolnshire.org.uk/lincolnshire-residents>

Weight management

OneYou Lincolnshire

Our weight loss programmes are open to Lincolnshire residents with a long term condition and a BMI over 30.

We know that what works for one person to lose weight doesn't always work for the next person so our team of health care professionals have carefully developed a range of programme options to ensure you have the best possible chance of success.

Find out more information by visiting -

<https://www.oneyoulincolnshire.org.uk/lincolnshire-residents>

Weight Watchers

www.uk.help@weightwatchers.co.uk | local groups all over Lincolnshire visit website to find nearest group

Slimming World

0344 8978000 | www.slimmingworld.co.uk | local groups in all over Lincolnshire

Lincolnshire co-op ltd (pharmacies)

Well Bourne next to Hereward practice.

Deepings community centre

01778 381770 | www.deepingscommunitycentre.org.uk |

Has various groups and individuals supporting those wishing to make changes to their diet and weight. Visiting the centre is probably the best way for someone to find out what is available.

Renu ladies gym

01778 423923 | www.renu.uk.com | Bourne |

Offer one to one and group support around healthy eating and weight management as part of the membership package

Physical activity

OneYou Lincolnshire

Our team of dedicated physical activity coaches are on hand with a range of 1:1 and group sessions designed to get you moving more and achieving the recommended 150 minutes of physical activity per week.

In addition to our in-house programmes, we also offer our 'Get Healthy, Get Active' programme which provides a number of links with community based activity programmes such as Pilates, aqua aerobics and walking football.

Find out more information by visiting -

<https://www.oneyoulincolnshire.org.uk/lincolnshire-residents>

Walking for Health:

01522 785 240 | www.walkingforhealth.org.uk | A range of health walks for all ages and abilities are available on a weekly timetable. Duration varies from 30-90 mins and led by trained leaders with refreshments offered at the end.

South Holland Co-ordinator Ray Bowden 01775 762178 email:

spalding.health@1Life.co.uk.

Padma Yoga Studios (Price varies)

07443 602108 | <https://www.padmayogastudio.co.uk> | A small yoga/tai chi studio providing classes on a weekly basis for beginners and improvers.

Castle Sports Complex & Pool

01775 762178/ pool 01775 725978 | www.1life.co.uk/castle-sports-complex-and-pool

Definitions Gym

01775760137 | www.definitionshealthandfitness.co.uk

The Fitness Company

01775766775 | www.fitnesscompanyspalding.co.uk tracey@spaldingfitness.co.uk

In 2 Yoga Lincs (£7 per session)

<http://www.in2yogalincs.com> | Yoga in group sessions on a weekly basis and welcome to all abilities.

Grantham Squash & Fitness Centre

<http://granthamsquash.co.uk> | A fully equipped gym with a weekly class timetable including Yoga, Spinning and Boxing. There is also squash courts which are used in coaching sessions or can be hired out.

Zumba with Amanda (£4.50 per class)

<https://www.south-witham.org.uk/zumba-amanda> | This weekly Thursday evening dance class is open to all ages and abilities in the South Witham Village Hall.

Just 4 Kicks (£3.00 per class)

07962 101526 | <http://www.svenda.co.uk/j4k/> | This is a line dancing group offering classes during the week in various village halls. They welcome all ages, line dancing experiences, and fitness levels.

New Age Curling (£2.50 per session)

01572 768264 | <https://south-witham.org.uk/new-age-kurling> | A local group coming together every Wednesday to unite in a round of new age curling. No prior experience is necessary, and the first taster session is free.

Geoff Molder Leisure Complex (prices vary)

01205 363483 | <http://www.bostonleisurecentre.co.uk> | Gym and swimming pool with a variety of group exercise classes including Aerobics, Zumba, HIIT and Aqua-Fit. Specific classes for 50+.

Boogle Bounce (£3.50 per class)

<http://www.d4danceandfitness.co.uk> | Group exercise classes on a weekly basis including Yoga and Pilates, Clubbercise and All-in-One Fitness.

Vitality Lincs

07876 050105 | <http://www.vitalitylincs.co.uk/contact-us/> | Classes for the over 60's facilitated all around the Lincolnshire area in a variety of settings; village halls, leisure centres and church halls. Seated and standing routines available to cater for all abilities.

Walking for Health (optional £1.50 donation)

01205354320 | <https://www.walkingforhealth.org.uk/walkfinder/boston-health-walks> | These health walks run 12 different walking routes on a weekly timetable and led by trained leaders.

Boston Community Runners (free)

<https://www.bostoncommunityrunners.co.uk> | A friendly and informal running group in Boston catering for all abilities on Thursday evenings. Suitable for those who are new to running but also those who have been running for a while.

Boston Parkrun (free)

<http://www.parkrun.org.uk/boston/> | This is a free weekly 5km run taking place in Witham Way Country Park on Saturdays at 9:00am.

Kirton Curlers

01205 724172 | New Age Curling for the over 60's but happy to welcome anyone who is interested.

My-Barre

07543 772132 | <https://www.mybarreboston.co.uk/> | Fitness classes for women incorporating dance, pilates, yoga, aerobics, keep fit and martial arts into a 45-60-minute session.

Skegness Coasters

<http://www.skegnesscoasters.org.uk/> | A group encouraging a running community in the local area and cater for all ages and abilities, from those who are occasional joggers right through to seasoned racers, meeting on Tuesday evenings.

Fitsteps

01242 374029 | <https://www.fitsteps.co.uk/> | An energetic dance class, inspired by Strictly Come Dancing, which incorporates steps from Ballroom and Latin dances to get your body moving to music.

Walking for Health

01522 701308 | <https://www.walkingforhealth.org.uk/walkfinder/north-kesteven-social-strollers> | Health walks available to all ages and abilities across the district and led by experienced volunteers. Social walks of varying durations on a weekly basis.

Go Dance (price varies)

01529 300930 | <http://www.godance.co.uk/home-sleaford/4589382221>
Fitness classes and dance lessons, as well as dance courses, for beginners and improvers. Many different dances available from Ballroom, Latin, Tap and Ballet.

Indoor Bowls Club (membership)

01529 413755 | <https://www.sleafordindoorbowlsclub.com/> | An indoor bowls club welcoming all ages and abilities to join and offers a free taster session.

Total Fitness

03309 958425 | <https://www.totalfitness.co.uk/> | A gym with a 25m Lengths pool, fully equipped gym, and a full weekly timetable of classes. Classes including Pilates, Circuits, Aerobics and Aqua.

Fit4Less

<http://www.f4l.com/lincoln/> | A gym that is fully equipped and offering a weekly class timetable including Pilates, Box Fit and Functional Fitness.

Rhythm in Movement

07540 445002 | <https://www.rhythminmovement.co.uk/> | A company providing dance classes that aim to be fun and social, improve fitness, and improve confidence. Classes include Seated Exercises, Zumba, Hula Hoop Fitness, and U3A Keep Fit.

Yarborough Leisure Centre

01522 304400 | <http://activenation.org.uk/venues/yarborough-leisure-centre/> | A fully equipped gym and swimming pool offering a weekly class timetable. Classes include yoga, Body Blast, Pilates, Aqua Aerobics and Zumba. They also offer a wide range of additional outdoor facilities such as a cycling track, aqua turf and grass pitches and a running track.

Washing Borough Tennis Club

<http://www.tennistoday.net/washingborough/page.asp?node=1&sec=Home> | A tennis club playing regularly throughout the year offering club matches, coaching sessions and social events.

Walking for Health (free)

01522544632 | <https://www.walkingforhealth.org.uk/walkfinder/lincoln-health-walks> | Health walks available to all ages and abilities across the district and led by experienced volunteers. Social walks of varying durations on a weekly basis.

Mental Health

Mindspace

01780437330 | www.mindspacestamford.com | info@mindspacestamford.com | local mental health support offering support for those with mental health needs a variety of activities available.

Dementia support South lincs

01778 426756 | offers support for those with dementia and their families, various social activities as well as practical support, available in Bourne, Deeping and Stamford areas.

Meditation Classes (costs vary)

01733 755444 | info@drolmacentre.org.uk | A weekly meditation program to reduce stress, anger and improve concentration.

Lincolnshire Rural Support Network

01775 723333 | info@lrsn.co.uk | Supporting rural and farming communities

Well Being Lincs

01507 601111 | <https://www.wellbeinglincs.org/> | This service is designed to promote confidence in independent living. Help includes money and housing advice, engagement in community services, and accessing education, training or work.

One You Website

www.NHS.UK/oneyou | Check out every mind matters section for help and support with problems such as sleep, anxiety, low mood and stress.

LiveWell NHS

www.nhs.uk/Livewell

Steps2change.nhs.uk

Adult support services and local group and individual support self-referral available for this service

Additional services

Do-It

<https://do-it.org> | A database for volunteering opportunities in the local communities. There are a wide range of organizations and diverse roles to get involved with to suit individual interests.

Lincolnshire Healthy Families (free)

01522 309309 | <http://lincolnshirehealthyfamilies.nhs.uk/sexualhealth> | Sexual health service providing flexible, non-judgmental and confidential advice operating throughout Lincolnshire. To find your nearest centre, use the postcode finder on the website.

Lincolnshire Wellbeing Service

01522782140 | www.lincsindependentlivingpartnership.org.uk | Support people in a variety of ways to remain independent and living in their own homes and community.

Rutland Information Service

01572 722577 | ris@rutland.gov.uk | Directory of information for adults, children and families in the Rutland area.

Lincs2advice

03003038789 | www.lincs2advice.org.uk | Charitable organization focused on people being able to access quality support and information when they need it via website and live chat or telephone.

Tonic Health

01775 725059 | www.tonic-health.co.uk | hold a variety of support and health related services, contact centre for updated services.

Age UK

01205364161 | <https://www.ageuk.org.uk/bostonandsouthholland/>
Lunch Clubs, Computer Lessons and other activities/ events within the community.

Falls Prevention

07961 282112 | This service, run by Age UK, is available to those 65+ and aims to reduce the risk of falls. A falls prevention in-home assessment is available and advice and support to further keep you safe are offered.

U3A (Membership required)

<https://u3asites.org.uk/boston/welcome> | A community-based UK-wide movement to further their members' educational, social and creative interests. Activities are diverse - examples include art, languages, history discussions, games, as well as outings.

Campaign Against Living Miserably

0800 585858 |
5pm-12pm, 365 days per year. Offering support to men in the UK, of any age, who are down or in crisis via helpline, webchat and website.

Direct Help and Advice

01159 300199 | info@dhadvice.org | Specialist legal advice for homelessness, defending possession proceedings, eviction notices, unlawful evictions, serious disrepair and negotiation with landlords.

OneYou Lincolnshire - Drink Less

Our Drink Less programme is for anyone drinking over 14units per week and looking to reduce their alcohol intake to within the recommended levels or abstain for good.

In addition to 1:1 and group sessions, we also offer digital and remote support.

Find out more information by visiting -

<https://www.oneyoulincolnshire.org.uk/lincolnshire-residents>