

HEALTH & WELLBEING

NEWSLETTER

Issue 1 OCTOBER 2017

The Day Alan Shearer Came To Town

Football legend and former England captain Alan Shearer recently paid a visit to Waltham Library where he took part in one of Lincs Inspire's Sporting Memories sessions whilst filming for a new BBC One documentary, *Dementia - Football's Silent Shame*?

Sporting Memories is a national initiative supporting wellbeing through reminiscence and Lincs Inspire host weekly meetings at Waltham Library. The sessions provide a relaxed and informal environment in which memories of sport are shared and friendships are established. Sport is something that many people are comfortable talking about and these sessions, although not exclusively for people with dementia, help to combat social isolation and are all about inclusion and fun.

Regular members of the group were treated to an extra special visit from the all-time leading Premier League goal scorer who thoroughly enjoyed the session. Shearer explained: "I thought it was brilliant, there's so much energy in there. You can tell how much they all enjoy it. They all interact with each other, they all have a laugh and a joke and it's great to see.

"Speaking to them afterwards you can see what it does for them. It gets them out and about, it gets them speaking to people and it gets them interacting with each other which is great to see."

Shearer, who famously played for Newcastle and Blackburn Rovers, added: "They're non-stop with stories about Grimsby and football in general and so it was brilliant. I really loved it."



Jennie Cartwright, Development Officer for Lincs Inspire Libraries, who led the special session, said: "It's been absolutely brilliant. There's been a real buzz in the group today. They've thoroughly enjoyed it! We wanted to keep the group as normal as possible. Obviously it's normal, but it's not normal with someone like Alan Shearer visiting, that doesn't happen every week!"

Alan wasted no time in getting involved, despite recently undergoing surgery on his wrist, Jennie explained: "He just walked in, he participated, he joined in with the quiz we were doing, he had a cuppa and he stayed and all of the group were asking him questions. He put everybody at their ease, I think we put him at his ease as well. He's a really naturally lovely bloke and it just means so much to the group."

She added: "The groups are about inclusion, it's not dementia focused, not everybody has dementia in the group. It's about mixing people up and just enjoying conversation. Yes, two or three members of the group have got dementia but we know from having talked to their loved ones and family members that these

meetings and these groups make a difference, they do bring them out of themselves. It's just lovely to have the conversations that we have with them."

Alan M, a regular member of the Sporting Memories group, said: "It was enjoyable having Alan [Shearer] here. It's strange that you see people on television and you never think you'll get the opportunity to meet them in real life and then to actually meet somebody that you've watched on television, not only on Match of the Day, but also play football for Newcastle and England. To actually meet a hero that you've seen is a wonderful experience."

"He came across as a very nice, likeable, talkative guy, who was willing to help out with the quizzes that were happening, helping out with the conversations, talking about what he was doing; a really nice chap. I thoroughly enjoyed having him here."

For more information about our
Sporting Memories sessions
at Waltham Library
call Jennie Cartwright
on (01472) 323615

Active Seniors Show Age Is No Obstacle

Lincs Inspire's Active Seniors programme is proving a real success in helping the ageing population in North East Lincolnshire to stay active. The weekly Tai Chi sessions, held at Bradley Football Development Centre, are proving very popular.

Those attending the sessions benefit not only from increased wellbeing attained by regular attendance, but also the social interaction that the sessions bring.



Silvia (77) explained: "It gets you out of the house and socialising with other people. You pass the time of day, have a laugh and then afterwards have a gossip. I don't think I could manage without it to be quite honest."

Currently there are 15 weekly sessions attracting around 850 attendees per month.

For more information on Lincs Inspire's Active Seniors sessions please contact Sports Development on (01472) 323349 or email: sports.development@lincsinpire.com

Day / Venue	Session	Time
Monday		
Scartho Library	Tai Chi	10:30am to 11:30am
Warehouse, Freeman Street	Tai Chi	12 noon to 1pm
Bradley Football Development Centre	Zumba	1pm to 2pm
Bradley Football Development Centre	Tai Chi	2pm to 3pm
Tuesday		
Waltham Leas Extended Services Centre	New Age Kurling	11:30am to 12:30pm
Wednesday		
Waltham Library	Tai Chi	10am to 11am
Waltham Library	Tai Chi	11am to 12 noon
Grimsby Leisure Centre	New Age Kurling	12:30pm to 1:30pm
Thursday		
Warehouse, Freeman Street	Zumba	12 noon to 1pm
Holten Le Clay Village Hall	New Age Kurling	1pm to 2pm
Friday		
Holten Le Clay Village Hall	Zumba	11am to 12 noon
Grimsby Leisure Centre	Walking Netball	11am to 12 noon
Grimsby Leisure Centre (New Pool Studio)	Tai Chi	11.30am to 12.30pm
Waltham All Saints	Bokwa	1pm to 2pm
Corpus Christi Church Hall	New Age Kurling	1:30pm to 2:30pm

Slowing Down The Beautiful Game

Walking footballers in Grimsby are taking old age in their stride and proving age is just a number with Lincs Inspire's Over 55s Walking Football sessions.

The sessions, which are run in partnership with the Grimsby Ancient Mariners Walking Football Club, help those who take part to keep active, achieve their fitness goals, meet people and have fun.

Taking place at the Bradley Football Development Centre three times a week, the sessions have seen the number of people playing grow steadily since its inception in 2012 with up to 40 people now attending each session.

Ken, who attends the sessions, said: "It's obviously good for fitness. I've lost plenty of weight since I started playing. I enjoy the exercise and the social side afterwards, some of the one-liners and sarcasm afterwards are as much fun as playing the football!"



For more information please contact Bradley Football Development Centre on (01472) 325300

Crafts and a Cuppa

Lincs Inspire's Arts Development team deliver weekly adult craft sessions in North East Lincolnshire.

Rachel McWilliam, Lincs Inspire Arts Development Officer, said: "The Craft and a Cuppa sessions are fun and relaxed sessions open to anyone to come along and join in, there's no need to have any previous arts or crafts experience.

"The group members often comment about what a difference the sessions have made to their lives, they've formed new friendships and have grown in confidence as they have tried new things and surprised themselves with the results! The time seems to fly by in the two hours each week but the fun and friendships carry on for much longer."

Kath, who regularly attends the session, said "It's been a really good way to make

new friends and learn new things."

Each session costs £5 per person and sessions take place on a weekly basis at:

- Grimsby Library
Mondays from 10am to 12 noon.
- Cleethorpes Library
Wednesdays from 1:15pm to 3:25pm.
- Waltham Library
Mondays from 10am to 12 noon.
- Immingham Library
Thursdays from 10am to 12 noon.



For more information or to book a place please call
Caroline Moorby on (01472) 323435

Richard's Active Forever Journey

A new health and well-being programme has been launched by Lincs Inspire offering people the opportunity to improve both body and mind.

The Active Forever scheme is a 12-week programme packed with wellbeing activities individually designed to support a wide range of health conditions.

Whether you want to work out in the gym, make a splash in a swimming pool, join in a group exercise class, or get crafty and creative, the Active Forever journey could be for you.

Listeners to Compass FM may have heard their presenter, Richard Lyon, talk about his own very special mission as he aims to improve his own health and wellbeing by joining the wellness scheme.

During his time of the Active Forever programme Richard has made the most of Grimsby Leisure Centre's specialist Toning Suite which offers a relaxing and gentle form of exercise ideal for rehabilitation,

those not used to exercise, or those living with a long term illness or medical condition. The Suite is home to fourteen specially designed toning stations, all of which are adjusted to individual needs.

Richard has found the inclusivity of the programme to be one of its many positives. He explained: "I've never once felt uncomfortable and that's the same chatting to the other ladies and gentlemen that use the facility nobody seems to feel uncomfortable at all, which sometimes is what you can get from going to an ordinary gym."

If you would like more information about the Active Forever programme please speak to a member of Lincs Inspire's wellbeing team at Grimsby Leisure Centre about self-referral, or speak to a health professional, i.e. your GP, practice nurse, health trainer or physiotherapist, to see if you can be referred onto the programme.



You can find out more about the
Active Forever wellness scheme at:
lincsinspire.com

Shelia's Story

Shelia (76) regularly attends Lincs Inspire's Disability Swimming sessions at Grimsby Leisure Centre, as well as the gym at Cleethorpes Leisure Centre. After being diagnosed with osteoporosis and curvature of the spine Shelia got a GP referral onto Lincs Inspire's Active Forever programme.

Shelia explained: "Things weren't getting any better and I thought I'm not getting any younger, I've really got to do something about this.

"I got this GP referral, which included twelve weeks activity, and then from there I thought I'm going to enrol because I can't imagine not coming here. Now it's part of my life."

Shelia feels the programme and subsequent swimming sessions have given her a lot of confidence, she said: "I'm still in pain but I do feel as though I've got my confidence back and I feel as though I walk quicker. You can't have everything, it's helped me enormously.

"My girls say to me 'You should have done it a long, long time ago!' but you just keep thinking things will get better, tomorrow will be another day, it will be better tomorrow, but you've got to help these things, haven't you?"

Shelia attends the session every week, with the exception of holiday times, and tries to

be as active as possible when not using Lincs Inspire's facilities. She explained: "I think the fitter I am, it's got to help me. Psychologically, physically and I haven't brought my stick today, I try to walk as much as possible."

The Active Forever programme and support she's received from Lincs Inspire's staff have inspired Shelia to lead a more active and healthy life. She said: "I'm doing really well and I feel confident in here [at Grimsby Leisure Centre]."

She added: "I've just got my confidence back. I look forward to getting in the pool and just going off. It's brilliant, I love it. I just can't imagine my life now not doing these things and everything works around my [exercise] where as it used to be the other way round.

"I won't say every week I come here I feel 100%, but I do what I can. Some weeks I might have an hour and a quarter, some weeks I'll go less than the hour, but I know when my body's had enough. I think it's called learning to live with your disability and doing the best you can to work round it."

If you'd like to find out more about Lincs Inspire's Active Forever programme call (01472) 324385 or email: activeforever@lincsinspire.com

Access To Health-related Information Made Easier

Health-related information for members of the public has become easier to access, thanks to a partnership between Lincs Inspire Libraries and Trust Libraries at Northern Lincolnshire and Goole NHS Foundation Trust.

If health care articles are unavailable through Lincs Inspire Libraries then, through the partnership, Lincs Inspire staff will then be able to check availability with the Trust Libraries.

This positive joint working initiative will help people to become more confident and knowledgeable about their own healthcare management and requirements.

The resource contains a comprehensive collection of medical and nursing electronic journals.

For more information please contact Jennie Cartwright on (01472) 323615

About Us

Lincs Inspire Limited is a registered charity committed to inspiring people in and around North East Lincolnshire to lead more active and healthy lives through a wide range of sporting, leisure, cultural and learning services.

We currently manage five sporting facilities, four libraries as well as an arts and sports development service and a public archive facility.

We also operate Grimsby Auditorium via our trading subsidiary (Lincs Inspire Venues and Enterprises Limited).

We're focused on inspiring local people to achieve their aspirations, develop new skills, keep active, meet people and have fun!

Find out more about us at lincsinspire.com.

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