

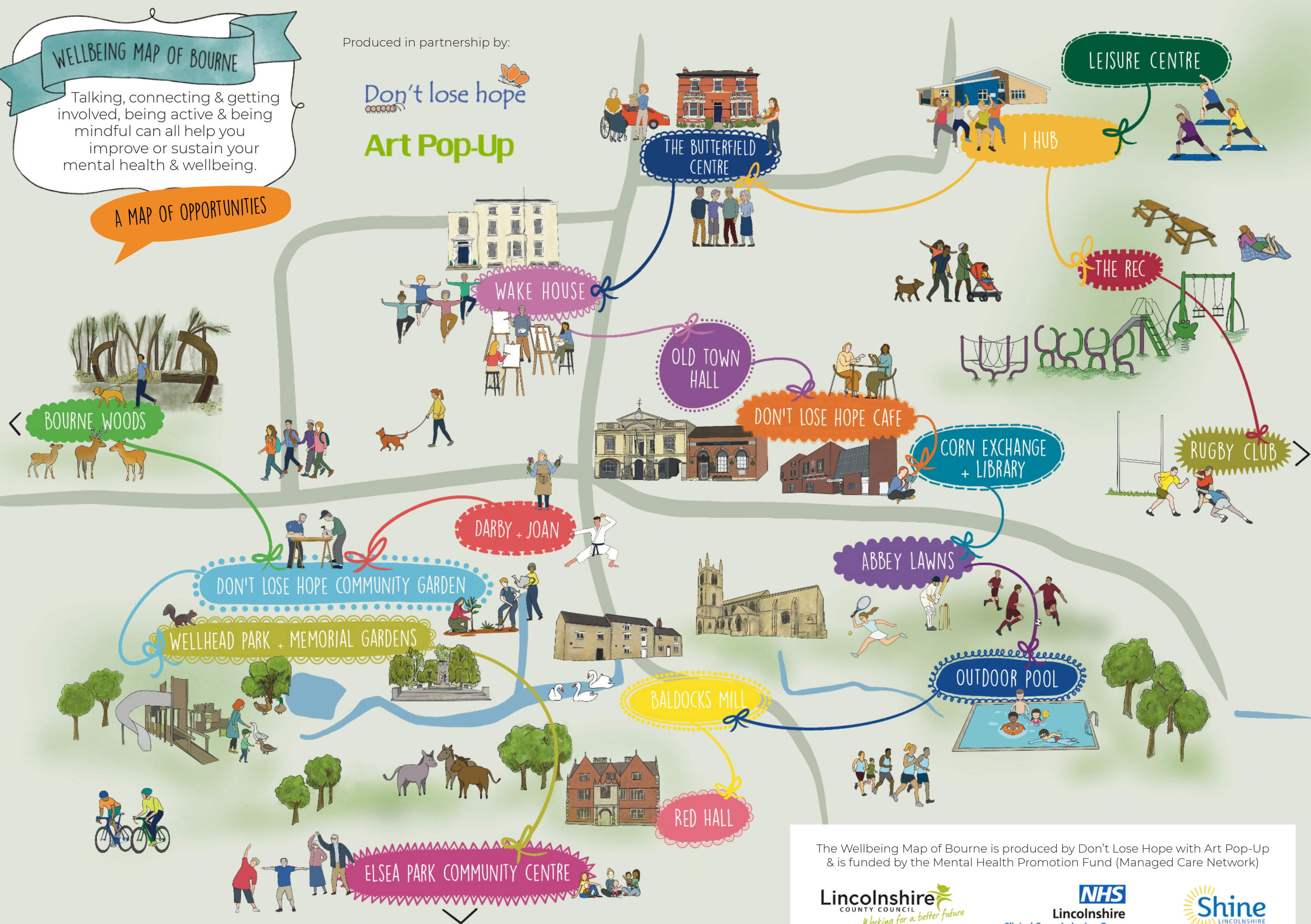
WELLBEING MAP OF BOURNE

Talking, connecting & getting involved, being active & being mindful can all help you improve or sustain your mental health & wellbeing.

A MAP OF OPPORTUNITIES

Produced in partnership by:

Don't lose hope
Art Pop-Up



The Wellbeing Map of Bourne is produced by Don't Lose Hope with Art Pop-Up & is funded by the Mental Health Promotion Fund (Managed Care Network)

ABOUT US

Don't lose hope



Don't Lose Hope is a mental health charity that provides a counselling service for children & adults. We also have less formal support via our Night Light Cafe & various support groups. www.dontlosehope.co.uk

Art Pop-Up is a Stamford-based non-profit arts organisation. We are cultural engineers & community builders who create inspiring opportunities for creative discovery & participation, reaching out to everyone in our communities.

www.artpopup.co.uk



Art Pop-Up

ORGANISATIONS & SERVICES

MAIN HUBS

DON'T LOSE HOPE

Website: dontlosehope.co.uk

Email: enquiries@dontlosehope.co.uk

Phone: 01778 420762

Felting, Knit and Natter, Hand Sewing and Embroidery, Crafternoon, Ceramics Art Club (with Art Pop-Up), Bereavement Group, The Runaway Theatre, Night Light Cafe

DON'T LOSE HOPE SHED

Young Men's Group, Tool Confidence, Whittle while you Whittle, Weeding, Military & Veterans Group, Granddaddy Day Care

ELSEA PARK COMMUNITY CENTRE

Website: elseapark.co.uk

Email: admin@elseapark.co.uk

Phone: 01778 423 062

Dance for the Over 60s: 01778 421229

Peterborough Freestyle Kickboxing Academy: cliftonfindley@yahoo.co.uk

Taekwondo: annabelmurcott.com

Playgroup: elseaparkplaygroup@outlook.com

Move it or Lose it: amanda@smart-fitt.fitness

Zumba: cle43@hotmail.com

Scouts/Beavers/Cubs:

daniel.day@stamfordbournescouts.org.uk

Cardiac Gentle Exercise: laura@thevaughans.org.uk

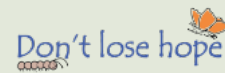


Positive mental health & wellbeing

TALK, CONNECT, GET INVOLVED, BE ACTIVE, BE MINDFUL

A MAP OF OPPORTUNITIES!

THIS MAP WAS PRODUCED BY DON'T LOST HOPE WITH ART POP-UP FOLLOWING RESEARCH WITH THE BOURNE COMMUNITY. OUR RESEARCHER & VOLUNTEERS DISCOVERED HOW LOCAL RESIDENTS SUPPORT THEIR WELLBEING AND WHAT THEY WOULD RECOMMEND TO OTHERS.



Art Pop-Up



ESOL (English for Speakers of Other Languages):

kate.maltby@lincolnshire.gov.uk

Bourne Tuneless Choir: bourne@tunelesschoir.com

Kixx Football: samspooner@kixx.org.uk

WAKE HOUSE

Website: wakehouse.org.uk

Email: wakehousenew@gmail.com

Phone: 01778 393517

Carers Sitters Service: carersittersservice.org.uk

Jenny Hutchings Personal Trainer:

jnypersonaltraining.co.uk

KiWays Tai Chi: ki-ways.com

Art Classes: wakehousenew@gmail.com

Skamp (Amateur Dramatics):

skampgroup@hotmail.com

Dementia Support Group:

dementiasupportsouthlincs.co.uk

French Classes: wespeakfrench.co.uk

Lincolnshire Family History Society:

bournebranch@lincolnshirefhs.org.uk

I HUB

Website: facebook.com/onehubbourne/

Email: onehubbourne@outlook.com

One Touch Football: onetouchfootball.co.uk

Meditation & Mindfulness: engyeena@yahoo.com

The Hang Out (Youth Club): nszwed65@gmail.com

Apollo Dance: info@apollodance.co.uk

Tai Chi & Yoga/Pilates: maxgolding@sky.com

Mencap: jude-trevey@hotmail.co.uk

Happy Little Hands: venetiablackmore@yahoo.co.uk
Drama School: songbirdmusic80@gmail.com
Dancing Fitness: adultsmove@gmail.com
Clubbercise: emma.onetouchfootball@gmail.com

ABBEY LAWNS

Website: bourneunitedcharities.co.uk/open-spaces/

Email: info@bourneunitedcharities.co.uk

Bourne Football Club: fb.com/BourneTownFC

Bourne Lawn Tennis Club: bourne.lawn.tennis@gmail.com

Bourne Cricket Club: bourne.play-cricket.com

Bourne Petanque Club: contactbapc@gmail.com

Bourne Outdoor Swimming Pool:

bourneoutdoorswimmingpool.org

Bourne Town Bowls Club: bourne.town.bowls.club.co.uk

Rippingale Village Hall + Rippingale & District

Friendship Club: wendy7wansford@gmail.com

Rippingale & District WI: fb.com/radwilincs/

BUTTERFIELD CENTRE

Email: enquiries@thebutterfield.org.uk

Phone: 01778 421422

Friendship Lunch Club, Coffee & Chat,

Community Pantry, Meals on Wheels

DARBY & JOAN

Website: fb.com/Bourne-District-Darby-Joan-Club-193903011017247

Phone: 01778 421900

Slimming World: lesleytgs@gmail.com

Bourne Judo Club: bournejudo21@gmail.com

Bourne & District Flower Club: sunflower63@live.co.uk

BOURNE LEISURE CENTRE

Website: leisuresk.co.uk

Email: receptionbourne@leisuresk.co.uk

Aerobics, Aquafit, Circuits, Pilates, Indoor Cycling, Gym

BOURNE BAPTIST CHURCH

Website: bournebaptistchurch.org

Phone: 01778 424206

Toddler Group, Youth Groups for 15- 18 & 11-14 year

olds, 'Who Let the Dads Out' Dads & Kids Group

OTHER

Tool Bar: toolbar-bourne.org

Bourne Foodbank: bournefoodbank.org.uk

Bourne Worth It WI: fb.com/bourneworthit

Galletly Practice Patients Group:

galletlyppg@gmail.com

Bourne Lions: bourne.lions.org

Sortified: sortified.com

Bourne Rugby Club: pitchero.com/clubs/bournerufc

Bourne Library: 01522 782010

Bourne & Morton Cycling Club: -

bourneandmortoncyclingclub@gmail.com

Musical Minis: hazel@musicalminis.co.uk

Bourne Town Harriers: bourne.town.harriers.org

Bourne Gateway Club (for Disabled Adults):

bourne.gateway.org.uk

Bourne Wheelers Cycling Club:

bournewheelers@hotmail.co.uk

Yoga/Pilates: tracyhankin72@gmail.com

Fit Feet: fit-feet.co.uk

HELLO

We know that first hello can be daunting so some of those featuring on this map have introduced themselves! Scan the QR codes below:



Nicola
DON'T LOSE HOPE



Dom
DON'T LOSE HOPE SHED



Clare
BUTTERFIELD CENTRE



Jake & Maureen
BOURNE FOODBANK



Kenny & Linda
BOURNE TUNELESS CHOIR



Jono
ELSEA PARK COMMUNITY CENTRE



Tony
GALLETLY PRACTICE PATIENTS GROUP



Adele
WAKE HOUSE



Glenn
I HUB



Sarah
DANCING FOR THE OVER 60S



Roy
TOOLBAR



Diane
BOURNE WORTH IT WI



Charles
OLD TOWN HALL



Ann & Mavis
BOURNE & DISTRICT FLOWER CLUB

THE MAP COULD NOT HAVE BEEN PRODUCED WITHOUT THE TIME & EFFORT GIVEN BY THE DON'T LOSE HOPE VOLUNTEERS & MEMBERS OF THE BOURNE COMMUNITY TO RESEARCH THE FINDINGS PLOTTED ON THE MAP. OUR SINCERE THANKS GOES TO THEM.

Research lead: Nicola Brister, Don't Lose Hope.
Graphic design & illustration: Sam Roddan, Art Pop-Up
Video: Emily Steele

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DONT LOSE HOPE'S NIGHT LIGHT CAFE IS OPEN EVERY MONDAY & WEDNESDAY 6-10PM.

FOR MORE INFORMATION EMAIL [ENQUIRIES@DONTLOSEHOPE.CO.UK](mailto:enquiries@dontlosehope.co.uk) OR POP ALONG FOR A CHAT.