

HEALTHIER COMMUNITIES

PROGRAMME	DESCRIPTION	TARGET DEMOGRAPHIC	LOCATION
Imps Together	<p>The Imps Together programme focuses on supporting residents, primarily from the Sincil Bank area of Lincoln, through four key areas: Community Outreach, Cost of Living Support, Improving Cultural Understanding and Building Community Capacity. Our vision for the Imps Together programme is to support the Sincil Bank area to become a thriving place to live, and to support local people with emerging and ongoing need and aspirations.</p> <p>Contact: community@lincolncityfoundation.co.uk More details: Social Hub - https://www.lincolncityfoundation.com/social-hub Imps Together - https://www.lincolncityfoundation.com/impstogether</p>	Residents living in the Sincil Bank area of the city	Lincoln
Conversation Club	<p>Conversation Club classes aim to provide accessible English language provision for non-native speakers. Classes seek to improve the communication skills and confidence of migrant residents, as well as developing social support networks in an informal and friendly environment.</p> <p>Contact: community@lincolncityfoundation.co.uk More details: https://www.lincolncityfoundation.com/conversationclub</p>	Non-native speakers, migrant residents, refugees	Lincoln
ESOL	<p>ESOL Classes provide structured English language provision for non-native speakers targeted at different levels of learner. Classes offer progressive tuition which seeks to improve the employability prospects of learners and their ability to integrate successfully into communities.</p> <p>Contact: community@lincolncityfoundation.co.uk More details: https://www.lincolncityfoundation.com/learnenglish</p>	Non-native speakers, migrant residents, refugees	Lincoln
Fighting Fit	<p>Fighting Fit is a physical activity programme for people living with cancer. The programme aims to help individuals to maintain or increase physical activity levels to support with the side effects of cancer treatment. Sessions also allow individuals to connect with people with shared experiences and gain peer to peer support.</p> <p>Contact: health@lincolncityfoundation.co.uk More details: https://www.lincolncityfoundation.com/fightingfit</p>	People living with cancer	Lincoln, Mablethorpe, Gainsborough, Boston, Grantham, Bourne, Market Rasen, Skegness, Sleaford

Team Talk	<p>Team Talk is a mental health programme for people aged over 16, with a predominate focus on males. We provide safe spaces and physical activity sessions to help break down the barriers that prevent people asking for help, whilst also offering a network of social support.</p> <p>Contact: health@lincolncityfoundation.co.uk</p> <p>More details: https://www.lincolncityfoundation.com/team-talk</p>	Adults aged 16+	Lincoln
Extra Time Hub	<p>The Extra Time Hub programme is designed to increase social interaction and physical activity for older adults, aiming to bring people together, enabling them to feel less isolated, live well, and do things they enjoy. The programme features a combination of social opportunities alongside numerous physical activity sessions which include Walking Football, Kurling, Bowls, Seated Chair Exercise, Wellbeing Walks and Multi Sport Sessions.</p> <p>Contact: health@lincolncityfoundation.co.uk</p> <p>More details:</p> <p>Walking Football - https://www.lincolncityfoundation.com/womenswalkingfootball and https://www.lincolncityfoundation.com/menswalkingfootball</p> <p>Walking Tennis - https://www.lincolncityfoundation.com/walking-tennis</p> <p>Multi Activity Sessions - https://www.lincolncityfoundation.com/extratimehub</p> <p>Wellbeing Walks - https://www.lincolncityfoundation.com/wellbeingwalks</p> <p>Seated Chair Exercise - https://www.lincolncityfoundation.com/ethfitness</p> <p>New Age Kurling - https://www.lincolncityfoundation.com/new-age-kurling</p> <p>Indoor Carpet Bowls - https://www.lincolncityfoundation.com/indoor-carpet-bowls</p>	Older adults	Lincoln, Skellingthorpe, Bracebridge Heath, Anwick
Active Together	<p>Active Together is a physical activity programme for people living with Parkinson's. The programme aims to build participants' balance, strength, and coordination, whilst also enabling them to connect with people with shared experiences.</p> <p>Contact: health@lincolncityfoundation.co.uk</p> <p>More details:</p> <p>Exercise Classes - https://www.lincolncityfoundation.com/active-together</p> <p>Walking Football - https://www.lincolncityfoundation.com/football-together</p>	People living with Parkinson's	Lincoln, Sleaford
Care Homes	<p>The Foundation supports local care homes across Lincolnshire with the delivery of seated chair classes and low impact multi-sport sessions. Sessions are designed to improve physical activity levels, encourage social interaction, provide mental stimulation, and help enhance the overall quality of life for residents.</p> <p>Contact: health@lincolncityfoundation.co.uk</p> <p>More details: https://www.lincolncityfoundation.com/care-homes</p>	Care Home Residents	Various across Lincolnshire

Fit Imps	<p>Fit Imps is a health programme for men and women who are looking to lose weight, get fitter and lead a more active life. The programme combines a mix of physical activity and weekly workshop support focused on topics such as health eating, smoking cessation and movement advice.</p> <p>Contact: health@lincolncityfoundation.co.uk</p> <p>More details: https://www.lincolncityfoundation.com/fitimps</p>	Men and women aged 18+	Lincoln
Happier, Healthier, Inspired	<p>Happier, Healthier, Inspired uses the power of sport and physical activity to inspire and help communities in the Theddlethorpe, Mablethorpe, and Withern region to improve their health and wellbeing. The programme seeks to inspire individuals to be more active, promote long term health benefits, encourage positive mental wellbeing, and create positive social change by bringing people together</p> <p>Contact: health@lincolncityfoundation.co.uk</p>	Residents living in the Mablethorpe area	Mablethorpe