

Gainsborough Mental Health Partnership

We have been made aware of numerous places/organisations that we can contact for support for families in our immediate area, Gainsborough. Please take time to read and access support for yourselves and families if required.



Collaborative partnership Projects at GAPA:

- BRIC run a weekly Kid's Patch – Mondays 10.00am until 12 noon. Cater for pre-schoolers and some children who are not in school. Contact Jo at BRIC
- Men's Shed meet on Friday mornings
- For the People – a local well-being group run every Thursday 10.00am until 12 noon.

St Barnabas will be holding a drop-in wellbeing Café at Gainsborough Park Springs Community Centre on 6th Dec from 10.00am until noon.

Alpacas and Friends:

- Sessions run on Mon-Fri 9.30am until 2.30pm and are based at Laughton. Small groups - no more than 6 people to 3 staff. Designed to help improve mental health, anxiety, helping children care for animals and animal therapy. I am meeting with Gemma from the organisation on Monday to see how we could possibly utilise this service more for our children who are struggling in school and will update you with any feedback.

Night Light Cafes:

- Safe spaces offering non-clinical out of hours mental health support. Two cafes in Gainsborough run by trained volunteers; can all ahead or just drop in:
 - Connexions, Church Street: Mon 6.00pm-9.00pm
 - Riverside Training: Thurs 6.00pm – 9.00pm

Provides a warm, friendly environment for anyone with low/mid-level mental health needs; provide tea, coffee, and snacks. Also offer 1:1 chats with trained volunteers.

Contact details - nightlifecafegainsborough@gmail.com

Warm Space Provision:

- GAPA- Tues, Tues: 11.30 am until 2.30pm
- The Bridge, Gainsborough – Sun: 9.30 am until 12.30pm
- Children's centres will also be open and offer pop in and play. Check what's on as some sessions are suitable for children up to 8 years of age.