

What's Here Today? A Guide to the Love Your Heart Event

Welcome to the Love Your Heart Event!

This event has been organised through a partnership approach involving, Beechfield Medical Centre Patient Participation Group, South Lincs Rural Primary Care Network (PCN), Spalding PCN, Pinchbeck Parish Council, Neighbourhood Working South Lincolnshire, and NHS Lincolnshire Integrated Care Board. We are delighted to welcome you to this FREE community health event focused on loving and caring for your heart.

Today's event is all about connecting you with local services that support your physical health as well as your social and mental wellbeing.

We've gathered a variety of professionals and organisations to offer guidance, resources, and interactive activities—all under one roof.

You'll have the opportunity to participate in free taster sessions for exercise and activities, and take advantage of health checks including blood pressure, pulse, weight, and oxygen levels as a sensory room to use your senses to their full potential helping to regulate emotions in a calm and quieter environment.

The event will showcase the range of health and care services available to the public in the Pinchbeck area, bringing together various organisations to demonstrate how they can support residents and promote heart health.

Explore the different rooms and activities happening today:

Overview of Activities Today	
Activity	Room the activity is happening in: (all rooms will have signs according to the colours below)
Taster Sessions - Try out activities that promote heart health and overall wellbeing	Orange Room
Free Health checks	Green Room
Sensory room	Rainbow Room
Stalls holders will be in the following rooms:	Yellow Room
	Library
	Blue Room
	Purple Room

See more information on the following pages to find out more about what is happening in each room!

Taster Sessions (Orange room) These sessions are beginner-friendly and open to everyone!			
Time	Organisation	Subject	Instructor
10.15 - 10:45	Adults Move Lincs	A low impact/Seated Exercise class to help with strength, balance and co-ordination.	Lisa/Bekki
11.00 - 11:30	Royal Voluntary Service	An opportunity to make an Origami Heart session using a virtual village Hall video tutorial	Andrea
11:45 - 12:15	Pinchbeck Tappers	Dance exercise	Nicola
13.00- 13:45	Royal Voluntary Service	An opportunity to make a heart shaped craft using a virtual village Hall Video tutorial	Andrea
14:00 – 14:30	Adults Move Lincs	Yoga can offer a number of health benefits including increased flexibility, muscle strength, cardio and circulatory health.	Lisa/Bekki

Green Room

Pop in for free health checks including:

- Blood Pressure Checks
- Pulse Monitoring
- Height & Weight
- Oxygen levels.

Our team is available throughout the event to provide these checks. No appointment needed!

Rainbow Room

Sensory Room

Use your senses to their full potential helping to regulate emotions in a calm and quieter environment. An Occupational Therapist will be on hand to discuss and support with equipment in the room as well as answer any questions you may have.

Stallholders

Explore a wide range of stands offering advice and information from local health and care services, charities, and community groups.

Stallholders will be in the following rooms:

Stands in the Yellow Room include:

1. Connect to Support
2. Royal Voluntary Service
3. Digital Skills
4. Personalisation Team
5. Every One
6. One you Lincs
7. Homelessness Reduction team South Holland District Council
8. Framework
9. Age Friendly Communities
10. South Holland District Council
11. Age UK

Stands in the Library include:

1. Cook Stars
2. Knights Pharmacy
3. Pinchbeck Choir
4. Pinchbeck Tappers
5. Ramblers
6. Veterans Support

Stands the Blue Room include:

1. Healthwatch Lincolnshire
2. Cardiac rehab
3. Citizen Advice
4. Autism Hub
5. Lincolnshire Partnership NHS Foundations Trust's Learning Disability Team
6. Lincs Talking Therapies
7. St Barnabas hospice
8. NHS Diabetes Prevention Programme
9. Social Prescribing
10. Shine
11. Wellbeing Lincs

Stands the Purple Room include:

1. Community Connector
2. NHS Lincolnshire Integrated Care Board
3. Enhanced Health in Care Homes and Recommended summary plan for emergency care and treatment information
4. Neighbourhood Teams
5. Spalding Primary Care Network/ Beechfield Patient Participation Group
6. South Lincs Rural Primary Care Network
7. Wildbush Fitness
8. Adults Move Lincs
9. Carers First

We Need Your Feedback!

Your thoughts are important to us. Please help us improve future events by filling out our evaluation form. Scan the QR code below or the codes displayed on posters around the venue or pick up a paper copy at the welcome desk. Your feedback is greatly appreciated!

Thank you for being part of the Love Your Heart event! We hope you leave feeling informed, inspired, and equipped with tools to care for your heart and wellbeing. If you have any questions, our team at the welcome desk is here to help.

Enjoy the event!

