

MINT LANE WELL-BEING HUB, LINCOLN DEC 2024

Members of the Trojan Mice group have been developing an interest in the work of the Mint Lane Wellbeing Hub in Lincoln. Some of our members knew little or nothing about this organisation prior to our Christmas meal which was held in the café in December and was well supported. Mint Lane Cafe is a community cafe that uses surplus and donated food to make nutritious, low cost meals but the Hub's prime purpose is to help reduce social isolation and improve wellbeing.



After our delicious meal, Ian Blackmore, the Manager of the Mill Lane Wellbeing Hub, joined us to tell us about the other work that goes on there. It is run by Involve Lincoln Ltd as a Community Benefit Society. The building is owned by Involve Lincoln Ltd and the objective is to offer rooms, facilities and support to charities and organisations who are working to support mental health and the wellbeing of the community. The hub is currently working with a number of organisations including: Mint Lane Cafe,

Alt Ed Lincs, Let Them Eat Cake, WEA, LARA, AA, The Network and IncLLinC.

More information can be found on their website: invovelincoln.org.uk

Ian would welcome any Lindsey U3A members to support this work by dropping into the cafe between 10am and 2pm Wednesday-Friday for a drink or lunch whenever they are in Lincoln, as some TM members now do on a regular basis. Just chatting sociably over a drink or meal around a shared table has proved to be a lifeline to others.