

WELLBEING MAP OF SPILSBY

Engaging in the 5 Ways to Wellbeing every day can help you improve or sustain your mental health and wellbeing.

A MAP OF OPPORTUNITIES

SNIPES DALES

LINCS AVIATION HERITAGE CENTRE

SPILSBY PAVILION & PLAYING FIELDS

SPILSBY THEATRE

FOOD BANK & WELLBEING HUB

OUTDOOR MARKET

FRANKLIN HALL

GUNBY ESTATE, HALL & GARDENS

Funded & commissioned by
East Lindsey District Council
Concept & design by
Art Pop-Up artpopup.co.uk

East Lindsey
DISTRICT COUNCIL

THE 5 WAYS TO WELLBEING: CONNECT | BE ACTIVE | TAKE NOTICE | LEARN | GIVE



ABOUT US



East Lindsey District Council recognises the vital role our communities play in promoting health and wellbeing across the district, including the town of Spilsby.

This map highlights a wide range of local opportunities where residents can learn new skills, build friendships, and strengthen community connections—supporting a healthier, more connected lifestyle for everyone.

For more details visit:
e-lindsey.gov.uk/article/6955/Community-Wellbeing



SPILSBY

Spilsby & District Food Bank
New Life Centre, Church Street, Spilsby PE23 5DU
01790 754 092
david.bruce23@nhs.net
Monday 12-3pm
Tuesday 12-3pm
Wednesday 10-5pm
Friday 12-5pm
Closed Thursday, Saturday, Sunday

Spilsby Wellbeing Hub
New Life Centre, Church Street, Spilsby PE23 5DU
07901 211 220
suzy.pearl@nhs.net
Providing mental health support and wellbeing

Spilsby Night Light Cafe
New Life Centre, Church Street, Spilsby PE23 5DU
0300 011 1200
nightlight@actstrust.org.uk
Every Wednesday and Friday – 5 – 8 pm (may vary on bank holidays)



The 5 ways to wellbeing

CONNECT | BE ACTIVE | TAKE NOTICE | LEARN | GIVE

A MAP OF OPPORTUNITIES!

THIS MAP WAS PRODUCED BY EAST LINDSEY DISTRICT COUNCIL WITH ART POP-UP. IT EXPLORES OPPORTUNITIES FOR LOCAL RESIDENTS TO SUPPORT THEIR WELLBEING AND IMPROVE MENTAL HEALTH THROUGH REGULAR ACTIVITY RELATING TO THE 5 WAYS TO WELLBEING.



Art Pop-Up

Eve – Women's Wellbeing Support Group
New Life Centre, Church Street, Spilsby PE23 5DU
07901 211 220
Providing a safe place for women to meet, socialise and talk
Tuesdays 7 – 9 pm

Spilsby Pavilion and Playing Fields
Ancaster Avenue, Spilsby PE23 5HL
07825 545 704

Hundleby Community Café
Parish Rooms, Church Lane, Hundleby PE23 5NA
Every fourth Thursday of the month 2pm – 4pm
stmaryshundleby@btinternet.com

Hundleby Community Choir
Parish Rooms, Church Lane, Hundleby PE23 5NA
Every Thursday (except for seasonal breaks)
7pm – 8.30 pm
hundlebycommunitychoir@gmail.com

Spilsby Theatre
Church Street, Spilsby PE23 5DY
Currently undergoing a regeneration project bringing it back to life as a cultural venue
spilsbytheatre.com

Spilsby Community Library
Coop Building, Post Office Lane, Spilsby PE23 5LH
Monday to Friday 9am – 5pm
Saturday 9am – 1pm

Spilsby Outdoor Market
Spilsby Market, Market Place, Spilsby PE23 5JT
Every Monday
e-lindsey.gov.uk/MarketDays

Franklin Hall
Halton Road, Spilsby PE23 5LA
01790 752 913
spilsbyfranklinhall@outlook.com

Gunby Estate, Hall and Gardens
Gunby, Spilsby Lincolnshire PE23 5SS
nationaltrust.org.uk/visit/nottinghamshire-lincolnshire/gunby-estate-hall-and-gardens
01754 890 102
gundbyhall@nationaltrust.org.uk

Snipe Dales County Park and Nature Reserve
Lusby, Spilsby PE23 4JB
Car parking available
OS Map Reference TF 319 683
What3Words: //hides.frizz.rivers
lincstrust.org.uk/nature-reserves/snipe-dales

Lincolnshire Aviation Heritage Centre
East Kirkby Airfield, Spilsby, Lincolnshire, PE23 4DE
Open Tuesday to Saturday 9.30am – 4pm
01790 763 207
lincsaviation.co.uk

Spilsby Town Council
Franklin Hall, Halton Road, Spilsby PE23 5LA
01790 753 189
Opening hours – 10 – 12 pm Monday to Thursday (also by appointment outside opening hours)
townclerk@spilsbytowncouncil.gov.uk

5 Ways to Wellbeing

CONNECT | BE ACTIVE | TAKE NOTICE | LEARN | GIVE

Evidence suggests there are 5 steps you can take to improve your mental health & wellbeing. Trying these things could help you feel more positive & able to get the most out of life. Find out more on the NHS website.

Spilsby Christian Fellowship
Halton Road, Spilsby PE23 5LA
01790 752 457
spilsbychristianfellowship@live.co.uk
Parent and Toddler Group - Monday & Wednesday term time only, Baby Group - Tuesdays term time only, Thursday - coffee morning. All at 10 – 11.30am.

BroProUK
New Life Centre, Church Street, Spilsby PE23 5DU
Thursdays 7 – 9 pm
07939 092 585
David.bruce23@nhs.net

Spilsby Surgery
The Surgery Bull Yard, Simpson Street, Spilsby PE23 5LG
01790 728 111
spilsbysurgery.com

CONNECT TO SUPPORT

Connect to Support Lincolnshire is an online directory helping you to manage your health & wellbeing. It is the place to go to for information & advice on all aspects of health and wellbeing & adult social care in Lincolnshire. Please visit:
lincolnshire.connecttosupport.org

HOW ARE YOU (H.A.Y.) LINCOLNSHIRE

H.A.Y. Lincolnshire is an online directory to find local groups and activities to boost your mental health and wellbeing. Please visit
haylincolnshire.co.uk

NHS MENTAL HEALTH

If you need help for a mental health crisis or emergency anytime during the day or night, you should get immediate expert advice and assessment by calling 111 and select the mental health option 2. You can also get help from 111 online: 111.nhs.uk/triage/check-your-mental-health-symptoms

SAMARITANS

If you need someone to talk to, you can contact a Samaritan. Any time day or night, whatever you are going through, Samaritans will not judge or tell you what to do. Call 116 123 free or online at samaritans.org/how-we-can-help/contact-samaritan

LOCATION OF LIFE-SAVING DEFIBRILLATORS

To find exact locations of all the defibrillators in the area and many others within the district can be found at www.defibfinder.uk

FUNDED, COMMISSIONED & WITH CONTENT BY EAST LINDSEY DISTRICT COUNCIL

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