

Night Light Cafes - Offering free, non-clinical mental health support

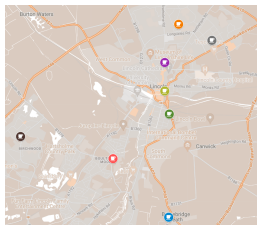
The Night Light Cafes are an NHS commissioned out of hours, non clinical support service for people who are at risk of experiencing a mental health crisis. These safe spaces are hosted by teams of trained volunteers, who provide a warm welcome alongside a listening service and signposting advice.



To make a referral for support from one of the cafes, please use the appropriate form following this link: <https://forms.gle/jnbE8mKzYx4R2pkX7> -NB. *A referral is not a compulsory requirement but it does give us the opportunity to make contact prior to a visit which can often give new guests the confidence to attend.*

The Night Light cafe operates in several locations around Lincoln and has now launched in several other towns around the county in partnership with local charities. Please see the countywide timetable on the following page and the Lincoln timetable below. For more information, please contact stacey@actstrust.org.uk or call 0300 011 1200.

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| Monday 4pm - 8pm | St John the Baptist Church, Sudbrooke Drive, Ermine, LN2 2EF |
| Monday 8pm - 11pm | Bridge Central, Portland Street, LN5 7NN |
| Tuesday 4pm - 8pm | St Giles Methodist Church, Addison Drive, St Giles LN2 4LH |
| Wednesday 4pm - 11pm | Bailgate Methodist Church, Bailgate, LN1 3AR |
| Thursday 4pm - 11pm | Boultham Breakthrough centre, Boultham Park Road, LN6 7ST |
| Friday 4pm - 8pm | Energize Youth Centre, Larchwood Crescent, Birchwood LN6 0NA |
| Saturday 8pm - 11pm | The Salt house, Free School Lane, Lincoln LN2 1EY |
| Sunday 6pm - 9pm - fortnightly | St John the Evangelist Church, Bracebridge Heath LN4 2LD |



- Night Light Cafes
- St Giles Methodist Church & Christian Center
 - Bridge Central Portland Street
 - St John the Baptist Church of England
 - Bailgate Methodist Church
 - Boultham Breakthrough Centre
 - Energize Youth Centre, Birchwood
 - St. Swithin's Lincoln
 - St John the Evangelist

Lincolnshire County Wide Night Light Cafe Timetable

| Town | Provider | Address | Opening Hours |
|--------------|---------------------------------|---|---|
| Boston | BEAM | Centenary Church, Red Lion Street PE21 6NY | Fridays 6pm - 8pm |
| Bourne | Don't Lose Hope | 4 North Street, PE10 9EA | Mondays and Wednesdays 6pm-9pm |
| Gainsborough | Gainsborough Trinity Foundation | Connexions, 100 Church Street DN21 2JH Riverside Training 11-23 Market Street DN21 2BL | Mondays 6-9pm Thursdays 6pm-9pm |
| Grantham | South Lincs Blind Society | BHive, 11A Finkin Street, Grantham NG31 6QZ | Wednesdays and Thursdays 5pm - 8pm |
| Holbeach | Tonic Health | Tonic Health Holbeach Hub Boston Rd South PE12 7LR | Mondays and Wednesdays 4pm - 7pm |
| Horncastle | Trinity Centre | The Wong Day Centre LN9 6EB | Thursdays 5.30pm - 8.30pm |
| Long Sutton | CPSL Mind | St Mary's Church Hall, Market Place, PE12 9JE | Wednesdays and Thursdays 6pm - 9pm |
| Louth | Trinity Centre | Eastgate, Louth, LN11 8DJ | Wednesdays 4pm - 7pm Thursdays 6.30pm - 9.30pm |
| Mablethorpe | Overboard Church | 4C Centre, High Street LN12 1AX | Mondays and Wednesdays 7pm - 10pm |
| Market Rasen | New Life Church | New Life Church, Serpentine Street Market Rasen LN8 3AR | Mondays 6pm - 9pm |
| Skegness | Community Connector | Skegness Day Centre Alghitha Road Day Service, 40 Alghitha Road, Skegness, PE25 2AJ | Wednesdays and Fridays 5pm - 8pm |

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| Sleaford | Riverside Church | The Source Southgate Sleaford NG34 7RY | Tuesdays 4pm - 7pm |
| Spalding | Tonic Health | 6 Broadgate House, Westlode Street, PE11 2AF | Mondays and Thursdays 4pm - 7pm |
| Spilsby | New Life Spilsby | New Life Centre Church Street PE23 5DU | Wednesdays and Fridays 5pm - 8pm |
| Stamford | Mindspace | 39 Broad Street, PE9 1PX | Mondays and Thursdays 5.30pm - 8.30pm |

More locations to be announced in the coming weeks.

