

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

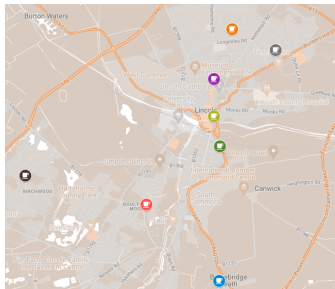
The Night Light Cafes are an out of hours, non clinical support service for people who are struggling with their mental health. These safe spaces are hosted by teams of trained volunteers, who provide a warm welcome alongside a listening service and signposting advice.



To make a referral for support from one of the cafes, please use the appropriate form following this link: <https://forms.gle/jnbE8mKzYx4R2pkX7>

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](mailto:stacey@actstrust.org.uk) or call 0300 011 1200.

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



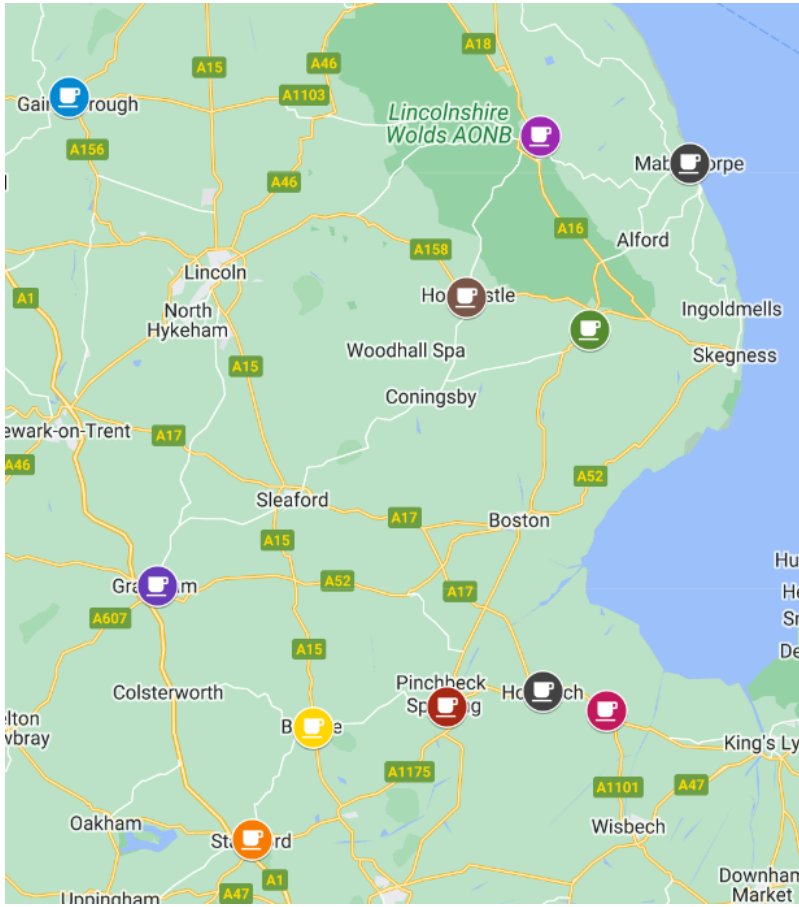
- Night Light Cafes**
- St Giles Methodist Church & Christian Center
  - Bridge Central Portland Street
  - St John the Baptist Church of England
  - Bailgate Methodist Church
  - Boultham Breakthrough Centre
  - Energize Youth Centre, Birchwood
  - St. Swithin's Lincoln
  - St John the Evangelist

## Lincolnshire County Wide Night Light Cafe Timetable












Town	Provider	Address	Opening Hours
Mablethorpe	Overboard Church	4C Centre, High Street LN12 1AX	Mondays and Wednesdays 7pm - 10pm
Grantham	South Lincs Blind Society	BHive, 11A Finkin Street, Grantham NG31 6QZ	Wednesdays and Thursdays 5pm - 8pm
Spalding	Tonic Health	6 Broadgate House, Westlode Street, PE11 2AF	Mondays and Thursdays 4pm - 7pm
Long Sutton	CPSL Mind	St Mary's Church, Market Place, PE12 9JE	Wednesdays and Thursdays 6pm - 9pm
Bourne	Don't Lose Hope	4 North Street, PE10 9EA	Mondays and Wednesdays 6pm - 9pm
Stamford	Mindspace	39 Broad Street, PE9 1PX	Mondays and Thursdays 5.30pm - 8.30pm
Louth	Trinity Centre	Eastgate, Louth, LN11 8DJ	Wednesdays 4pm - 7pm Thursdays 6.30pm - 9.30pm
Gainsborough	Gainsborough Trinity Foundation	Connexions, 100 Church Street DN21 2JH Riverside Training 11-23 Market Street DN21 2BL	Mondays 6-9pm Thursdays 6pm - 9pm
Horncastle	Trinity Centre	The Wong LN9 6EB	Thursdays 5.30pm - 9.30pm
Holbeach	Tonic Health	Tonic Health Holbeach Hub Boston Rd South PE12 7LR	Mondays and Wednesdays 4pm - 8pm
Spilsby	New Life Spilsby	New Life Centre Church Street PE23 5DU	Wednesdays and Fridays 5pm - 9pm
Sleaford	Riverside Church	The Source Southgate Sleaford NG34 7RY	Tuesdays 4pm - 8pm

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**More locations to be announced in the coming weeks.**



**Lincolnshire Night Light Cafes**

-  Gainsborough Night Light Cafe
-  Grantham Night Light Cafe
-  Spalding Night Light Cafe
-  Bourne Night Light Cafe
-  Stamford Night Light Cafe
-  Long Sutton Night Light Cafe
-  Louth Night Light Café
-  Mablethorpe Night Light Café
-  Horncastle Night Light Cafe
-  Holbeach Night Light Cafe
-  Spilsby Night Light Cafe