

The Campus Community

Issue 1 | Winter 2025/2026

Introducing the
**Campus for
Future Living:**
A new home for
innovation, wellbeing
and community

*Bringing health, opportunity,
and enterprise together in the heart of Mablethorpe*



Welcome to

The Campus Community

Welcome to the very first edition of The Campus Community – your inside look at what’s happening here at the Campus for Future Living.

It’s been an exciting few months since we officially opened our doors in June 2025, and the Campus is already buzzing with life. From new businesses moving in, to community events, workshops, and cafe customers popping in for a coffee, it’s fantastic to see the space being used in so many ways.

This newsletter is our way of keeping you in the loop – sharing stories, updates, and opportunities from across the Campus and our growing network of partners.

Whether you’ve already visited us or you’re planning your first trip, we hope this gives you a taste of what’s happening and what’s still to come.

– The Campus for Future Living Team



A space for **health, innovation and community**

The **Campus for Future Living** officially opened its doors in June 2025, marking an exciting new chapter for Mablethorpe and the surrounding area.

The Campus brings together **health, research, enterprise, and wellbeing** all in one place – helping people to live healthier, happier lives while supporting local business growth and innovation.



Here, you'll find:

- **Flexible workspaces and meeting rooms** for local businesses, support organisations and community groups
- **Training and community engagement spaces** for innovation, community projects and education and skills
- A welcoming **cafe** serving local produce at wallet-friendly prices
- **Short term accommodation and facilities** for visiting professionals and learners.

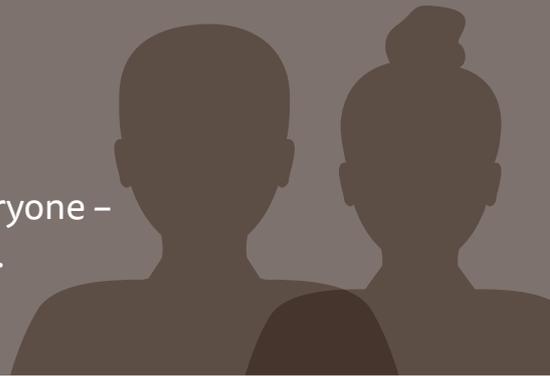
Since opening we've already hosted many workshops, training sessions and local events - with plenty more planned for the months ahead. Keep reading to find out more about what's been going on and how to stay up to date.



It's a partnership between **Acis Group** and **East Lindsey District Council**, working closely with the **University of Lincoln's Lincoln Institute for Rural and Coastal Health (LIRCH)** and other organisations.



Meet the **team**



Since the Campus opened, our dedicated team has been working hard to make sure it's a space that works for everyone – from businesses and researchers to the local community.

The team all share a common goal, to improve health and wellbeing within our local communities.

We're always happy to chat, so pop in for a cuppa if you have any questions or queries.

Behind the scenes, our **Business Development Manager, Emma Tayler** and **Facilities Coordinator, Paul Marper**, keep everything running smoothly here at Campus. You'll also see **Claire Spencer** around, making sure there's lots on at Campus.

We also have a friendly team working in the Wayfinder Cafe, you might have seen some of them on our social media or already met them at the cafe! They're always ready with a smile, so don't forget to say hello next time you stop by!



Emma Tayler

Business Development
Manager

Hi, I'm Emma. I've spent 26 years supporting communities and tackling inequalities, and I'm excited to bring that experience to the Campus. I love this area and can see so much potential in it and its people. And for fun—I'm a big fan of Steampunk and occasionally dress the part!



Claire Spencer

Engagement and
Experience Champion

Hi, I'm Claire Spencer, and I'm the Engagement and Experience Champion here at the Campus for Future Living. I love bringing people together through events, activities and community projects. When I'm not at the Campus, you'll find me at our allotment in Mablethorpe with my husband, daughter, and our stubborn bulldog, Bruce, or out walking, playing tennis, reading history, and doing a bit of embroidery.



Paul Marper

Facilities Coordinator

Hi, I'm Paul Marper, Campus Facilities Coordinator. I make sure our Campus runs smoothly, leading the cafe and support teams, keeping everything safe, clean, and welcoming. I love supporting the local community, helping events and visitors have a great experience, and outside work, you'll find me enjoying family time and football.



Keep an eye out in our next edition where we will be introducing more about our team members.

The **Wayfinder Cafe**



Since opening in April, the Wayfinder Cafe has quickly become a favourite spot for locals, visitors and people working across the Campus.

It's a bright, welcoming space serving **locally sourced food**, **barista coffee**, and plenty of friendly conversation.



Whether you're grabbing a quick lunch, meeting friends, or holding an informal meeting, the cafe is the perfect place to relax and connect. And most importantly, there is a great children's menu! As well as being dog friendly for our furry friends! We also have a quiet space if you'd prefer somewhere calm to unwind!

The cafe also creates opportunities for **training and employment**, helping local people build skills and confidence in hospitality and customer service.

If you haven't visited yet, pop in and say hello – the coffee's great, and the welcome's even better.



Introducing **our Partners**



Acis Group



Acis Group is proud to be the operator of the Campus for Future Living, bringing over 25 years' experience in creating positive change for individuals and communities.

Acis is a charity that supports people through services including housing, education and skills. The group works in communities across Lincolnshire, Yorkshire and the Humber, North Derbyshire and Nottinghamshire.

Acis helps people to access the resources they need, learn skills and build resilience through its own services and working with partners to enable independence and sustainable success. As the operator of the Campus for Future Living, Acis brings its expertise in collaboration and innovation to support Mablethorpe and the surrounding areas. The Campus is more than a building; it's a catalyst for change, offering health and wellbeing services, learning opportunities and support for local businesses.



Clip and Riverside



Clip and Riverside Training are proud partners of the **Campus for Future Living**.

Clip offers education, skills development, and wellbeing support across Lincolnshire, including its welcoming Wellbeing Hub in Mablethorpe. Their work helps people build confidence, learn new skills, and stay connected.

Riverside Training brings expertise in employability, personal development and family learning, supporting residents to unlock their potential and create brighter futures.

Together, they strengthen the Campus and its mission to support local people and communities.

Following their work with young people through the Spark and Flare programmes, learners in Mablethorpe recently took part in a research project called **"Let's Talk About It."** The aim was simple: to give young people a space to share their views on mental health and to understand what support would make the biggest difference to them.

A core group of 16–19-year-olds led the project from start to finish — planning the research, speaking to other

young people, hosting engagement events and analysing the results. For many, it was their first time taking part in something like this, and the boost in their confidence, communication skills and sense of ownership was clear to see.

Using the Campus as a base, the learners spoke to local young people. This opened up honest conversations about mental health, gave young people the chance to be heard, and highlighted just how important early, accessible and youth-friendly support is. It also showed how willing young people are to get involved in shaping services when they're given the opportunity.

The group used their findings to create an information leaflet, and showcased their findings during an event in October at the Campus. Many attended, from the young people involved, to larger organisations. Their work will help influence future support for young people in the area — a brilliant example of what happens when young people are trusted to lead the way.

University of Lincoln's LIRCH



Lincoln Institute
for Rural and
Coastal Health

The **Lincoln Institute for Rural and Coastal Health (LIRCH)** is the UK's first research institute dedicated to improving health and wellbeing for people living in rural, remote and coastal communities.

These communities often face unique challenges and unfair health inequalities. LIRCH exists to understand those issues and find practical ways to reduce them.

The institute was established with the support of a £10.9 million grant from UK Research and Innovation. This funding reflects the importance of the work and the confidence in LIRCH's ability to deliver research that makes a real difference. Based in Lincolnshire – a county with a largely rural population and more than 50 miles of coastline – LIRCH is perfectly placed to study these challenges in a real-world setting.

LIRCH brings together experts from many different fields, including mental health, cancer care, oral health, infectious diseases and digital healthcare. By working across disciplines, the team can tackle complex problems

and develop solutions that work for the people who need them most. A key part of this approach is involving patients and the public at every stage. LIRCH works closely with local communities to make sure research and interventions are co-designed, culturally appropriate and genuinely meet local needs.

The institute also plays an important role in shaping policy and sharing knowledge, so that what is learned through research leads to real improvements in healthcare. Its goal is simple: to reduce health inequalities and improve the lives of people living in rural and coastal areas, both in the UK and beyond.

If you'd like to find out more or get involved, contact the team at lirch@lincoln.ac.uk.

East Lindsey District Council



East Lindsey District Council (ELDC) is a proud partner in delivering the Campus for Future Living in Mablethorpe. As a primary funder, their £8.6m government investment has been vital in bringing this transformative project to life.

The Campus supports ELDC's vision to tackle health inequalities, boost local skills, and drive economic growth. By backing this innovative hub for healthcare, training, and community support, the council is helping create lasting benefits for residents and businesses across the district.

ELDC continues to invest in regeneration, infrastructure, and opportunities that strengthen communities and make East Lindsey a great place to live, work, and visit.

Learn more at www.e-lindsey.gov.uk.

Monthly Community & Digital Drop-ins: Why not come along?

East Lindsey District Council's Ageing Well Team is delighted to invite you to our monthly **Community & Digital Drop-ins**, held in partnership with local charity **Lincs Digital**.

The sessions provide an opportunity to meet with a variety of community organisations as well as a chance for people to seek help with a range of digital issues.

Lincs Digital can help with your phone, tablet, or other device. They can assist with many issues including online banking, NHS services, email, internet, council services, or .GOV resources.

Why not come along for a cuppa and a chat with our Ageing Well Officer and representatives from various organisations. Recent drop-ins have included colleagues

from the **Mablethorpe Wellbeing Hub**, **Magna Vitae** (leisure services), **Carer's First**, **Healthwatch**, and **Lincs Links**, offering advice and support.

Drop-ins take place in the Wayfinder Cafe area at the Campus for Future Living on the fourth Monday of each month, from 10am to 12 noon:

- **26 Jan** Money and budgeting
- **23 Feb** Community activities
- **23 Mar** Physical activity
- **27 Apr** Memory and care
- **25 May** Home and independent living
- **22 Jun** Health and wellbeing

Contact: Tiffany
on 07710 036405
or email
healthcommunities
@e-lindsey.gov.uk

Connected Coast



Connected Coast is overseeing the multi-million-pound Towns Fund investment in Mablethorpe and Skegness.

In 2021, Mablethorpe received £23.9 million from the government to help create a healthier, more resilient and better-connected community. Part of this investment includes £8.6 million for the new Campus for Future Living.

Town Deal funding is also supporting other local improvements, including the Station Leisure and Learning Centre, the Town Centre Transformation

programme, the Seaview Colonnade in Sutton-on-Sea, and a new visitor hub at National Trust Sandilands.

With a board made up of local public and private sector partners, Connected Coast is working to unlock the area's potential and help both Mablethorpe and Skegness thrive... The Campus for Future Living is a key part of this exciting progress.

Seven Districts



A brew that brings people together

At Seven Districts, we believe coffee is more than a drink — it's a chance to connect, share stories, and enjoy a moment with friends old and new.

We started right here in Lincolnshire, learning, roasting, and growing with the support of our local community. That's why our coffee is inspired by home and the people who have been with us from the beginning.

Today, our community stretches across the country, all brought together by great coffee and good conversation. Each of our blends is linked to a Lincolnshire legend, keeping our local stories alive with every cup.

We're passionate about quality too. Our beans are graded as some of the best in the world, and we take care at every stage to make sure your coffee — and the people who grow it — get the respect they deserve.



If you love good coffee and good stories, you're already part of the Seven Districts family. Enjoy a cup with us at the Wayfinder Cafe!

Lincolnshire Community and Voluntary Partnership



Lincolnshire Community and Voluntary Partnership (LCVP) brings together two of Lincolnshire's biggest charity organisations; **Voluntary Centre Services (VCS)** and **Lincolnshire Community and Voluntary Service (LCVS)**. Making a difference to the communities of Lincolnshire by supporting the voluntary and community sector; helping people to achieve their personal and organisational goals and creating partnerships and building strong communities.

Our work with the Campus for Future Living

Various teams from LCVP work closely with the Campus for Future Living, and as a member, LCVP also uses the incredible space provided to work from.

The Volunteering Team support the Campus in finding volunteers, as well as helping them register on the volunteering platform when needed. For example, a member of our team is a part of the steering group for the community garden at the Campus and is supporting in recruiting volunteers for this. Our teams have also had stalls at multiple community events that have taken place at the campus.

LCVP also runs the Community Enterprise programme, which is an exciting initiative that offers support to local people who want to set up and run their own small community enterprises or groups. The aim is to provide

support at home for older and disabled people who want to live life their way. The Development Officer for this project says *"The Campus for Future Living has enabled me to deliver real, person-centred support in a welcoming environment. It has also given me the opportunity to build networks, relationships, and partnerships that strengthen the work I do and the impact it has on the community."*

LCVP is grateful to be able to work with the Campus for Future Living and we're excited for the opportunities this provides in furthering our involvement and support in our community.

You can find out more information about all the support and services that LCVP offer, on their website here www.lincscvp.org.uk.

Potter Podiatry



Potter Podiatry offer foot care services at the new Health Hub at the Campus for Future Living on Stanley Avenue, Mablethorpe - just opposite the library, with parking available on site.

We provide friendly, professional care for all your foot health needs - from routine everyday nail and skin care to help with foot pain, orthotics, and diabetic foot checks. Our goal is simple: to help you stay comfortable, active and confident on your feet.

Find us at Room 3 in the **Health Hub,**
at The Campus for Future Living,
Stanley Avenue, Mablethorpe, LN12 1DP.

Who are we?

First Coastal Primary Care Network (PCN) is a collaborative group of GP practices located in the East of Lincolnshire.

First Coastal PCN includes seven GP practices:

- **Beacon Medical Practice** (Skegness)
- **Hawthorn Medical Practice** (Skegness)
- **Marisco Medical Practice** (Mablethorpe)
- **Merton Lodge** (Alford)
- **Spilsby Surgery**
- **Stickney Surgery**
- **Old Leake Medical Centre**

Together, we serve a population of approximately 83,000 patients.



What PCN services/roles do we have?

- **Social prescribing**
- **Nursing Team**
- **Health and Wellbeing Coaches**
- **Dementia coordinator**
- **Cancer Coordinator**
- **Same day care home visiting team**
- **Therapy Team**
- **Specialist Mental Health Practitioners** – available in each GP practice
- **First Contact Physio Practitioners** – available in each GP practice
- **Pharmacy Team**
- **Learning Disability Care Coordinators**

It's important to note that each service has its own specific referral criteria. This means that not every patient will be suitable for every service, and referrals are typically based on clinical need, patient readiness, and service capacity.

What we do

PCN's enable patients to receive more proactive, coordinated and personalised care that is closer to their home. We pride ourselves in taking a proactive approach when thinking about the needs of our local population.

PCNs are a core part of the NHS long term plan's vision of achieving more proactive, coordinated care through greater collaboration between GPs and other services in the community. Drawing on the skills of a wider range of health professionals is a pragmatic response to rising demand and complex needs. PCNs have the potential to improve coordination of services for patients and to support GPs to deliver improved access and high-quality care.



Get up and Go

7-week programme in Skegness and Mablethorpe

2 hours sessions cover Education - falls prevention and equipment; social prescribing and personal alarms, ReSpec, PCSPs, mental health; healthy eating and drinking; and medication.

Initial session: assessment (Outcome measures) i.e. Set of observations, BERG balance test, timed up and go test, personal wellbeing score, grip strength. There is a 13-week reassessment and evaluation form.

Referrals

Referrals are usually made by GPs, nurses, or other healthcare professionals, and in some cases, patients can self-refer if they meet the criteria.

This approach ensures that patients receive the most appropriate support for their individual circumstances, and that services are used effectively and equitably.

PCN Main Office number: 07554 557830

PCN email: licb.firstcoastalpcn@nhs.net

Follow us on Facebook

HS Health Group



At HS Health Group, we are committed to delivering exceptional healthcare through personalised treatment plans and advanced diagnostics, provided by experienced specialists. From consultations to diagnosis and tailored treatments, your health is our priority.

Our services:

- NHS and Private Physiotherapy management of musculoskeletal conditions
- Manual therapy
- Women's health physiotherapy
- Shockwave therapy
- Occupational health services
- Post-operative or post-fracture rehabilitation
- Home visits

Private healthcare services in Boston:

- Private GP
- Blood tests and diagnostics
- ENT services
- Weight management
- Orthopaedics and physiotherapy
- Aesthetics



Your health is our priority – that's why we work with experienced, trusted professionals to provide outstanding healthcare services.

We are fully registered by the Care Quality Commission (CQC), ensuring that our services meet the highest standards of safety.

Find us at Room 4 in the Health Hub, at
**The Campus for Future Living,
Stanley Avenue, Mablethorpe, LN12 1DP.**

Contact us:

Tel: **03330147700**

Email: **contact@hshealthgroup.co.uk**

Website: **hshealthgroup.co.uk**

Conversations that matter: Listening to the 'People Nobody Knows'



A World Café initiative was the inaugural research event held at the newly launched **Campus for Future Living** in May 2025. **Lincoln Institute for Rural and Coastal Health (LIRCH)**, alongside colleagues from **University College London**, hosted a public engagement and consultation Café to investigate the challenges faced by 'People Nobody Knows', and the lived experiences of members of our communities experiencing extreme isolation and loneliness.

This event brought together members of the public, researchers, service providers and policy makers to develop greater understanding of the local needs of people living in social isolation, who are at greater risk of health inequalities and social neglect. Over 35 attendees contributed to developing key insights into an important field of research aimed at driving social care change in areas of greatest need in rural and coastal communities.

We are pleased to say that our project partners are now working with local authorities to discuss these findings and how they can be used to improve services in the future.



Lincoln Institute
for Rural and
Coastal Health

Helpful hints

(from our partners)

Keeping you on your feet – foot care tips with Potter Podiatry

Top tips for happy, healthy feet:

- **Check your feet regularly** – spotting changes early can help prevent problems.
- **Wear supportive shoes** – good, well-fitting footwear protects your feet and joints.
- **Moisturise daily** – keep your skin soft and healthy (but avoid between toes).
- **Don't ignore pain** – if something doesn't feel right, get it checked.

Did you know that the average person walks the equivalent of four times around the world in their lifetime? That's a lot of miles for your feet!

At Potter Podiatry, we're here to help you look after them – so you can stay comfortable, active and pain-free every step of the way.

To book an appointment:

Email: enquiries@potterpodiatry.co.uk

Call or text: **07720 821277**



Understanding knee osteoarthritis – with HS Health Ltd



Osteoarthritis is a common condition affecting the knee, where the cartilage thins and the joint no longer moves smoothly. MRI and X-ray cannot predict pain or function and are no longer needed to diagnose or manage osteoarthritis.

Osteoarthritis isn't an inevitable part of ageing – many people improve their pain and function. Pain levels can vary over time – this is normal and rarely a sign of something serious. Stress, tiredness, sleep and past experiences can all influence pain. The exact cause of osteoarthritis is unknown, but age, previous knee injury, repetitive activity and excess weight increase the risk.

Common symptoms include:

- **Pain, especially with movement**
- **Morning or resting stiffness**
- **Swelling around the joint**
- **Thigh muscle weakness**
- **Knee giving way**
- **Grinding or crunching sensations**

Self-care tips

Staying active is the most effective way to manage osteoarthritis. Exercise strengthens muscles, reduces stiffness and improves overall wellbeing. Weight loss can also make a big difference if needed.

Other helpful options include:

- **Physiotherapy including manual therapy and regular therapeutic exercise**
- **Using walking aids during painful spells**
- **Heat for stiffness and ice for swelling** (with a towel as a barrier)
- **Pacing your activities**
- **Knee supports during flare-ups**
- **Pain relief medication and or steroid injection helpful to give short term relief from pain and inflammation**

Keyhole surgery / "Knee Clean out" rarely helps and often doesn't prevent the need for a knee replacement later on.



Get **Involved!**

Here are just some of the groups and activities you can get involved in here at Campus

Wellbeing Hub

Our in house Wellbeing Hub provide non-clinical mental health and wellbeing support at the heart of the community.

Here at the Wellbeing Hub you can get involved with a range of social groups, learn a new hobby or get one-to-one support.

We host groups that meet on a weekly or monthly basis - there really is something for everyone!

Our Memory Cafe provides a relaxing space with the opportunity to get involved in activities, have a cuppa and connect with others - whether you are facing challenges with dementia, or supporting a family member or friend.

Keep on Movin is our seated exercise group to help improve strength, mobility and balance. It's exercise that's social, enjoyable and fun!



Our Chat, Chill and Craft group is for crafters of all experience levels. Bring your own equipment, share and learn new skills and meet new people along the way. The perfect place to de-stress and unwind.

If you are into music, our Song and Sandwich group is the one for you. Reminisce with your favourite songs, and share the memories they evoke.

We also have an adult autism group - a safe, welcoming and inclusive group to support one another and meet like minded people. There's no formal diagnosis necessary.



We've got lots of other groups, like a walking group, womens empowerment and much more! We also offer Wellbeing drop ins - the opportunity to meet with one of the team on a one-to-one basis. It's a safe, accessible and confidential space if you need support or signposting to services you might need.

For more information, follow us on Facebook!

Mablethorpe Wellbeing Hub

Our seasonal family events



Here at Campus we often hold seasonal family events - they're free to attend and are great for all ages!

Our recent autumn event saw lots of you joining us in the Wayfinder Cafe for seasonal crafts, festive treats and a chance to catch up and socialise. It's a great way to get out of the house, meet new people and get involved with your local community - not to mention free entertainment for the kids!



Clip Community Garden



Clip are proud to have a new community garden here at Campus - the perfect opportunity for those with a green finger!

Whether you are an experience grower, or new to gardening, you'll gain knowledge and skills - not to mention the opportunity to meet new people and get outside in the fresh air.

Planters have been built and we are ready for the growing season ahead. Visit <https://cliplearning.com/mablethorpecommunitywellbeinggarden/> for more information on how to get involved, or speak to a member of the team!



 **Follow us** - on Facebook

The Campus for Future Living
www.facebook.com/campusforfutureliving

Mablethorpe Wellbeing Hub
www.facebook.com/MaboHub

Clip Mablethorpe
www.facebook.com/clipmablethorpe



Scan the QR code
to find out what's
on at Campus

Campus Conundrums



Word search: Seaside towns in the UK

M	C	O	X	S	N	E	E	M	J	T	M	U	H	H	F	Q
M	T	M	D	U	D	E	G	T	D	S	U	R	L	S	F	H
C	R	O	M	E	R	C	Y	O	R	G	T	F	V	H	S	U
M	R	V	D	W	G	N	A	R	R	H	Y	L	L	X	F	N
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D	R	I	L	Q	S	W	G	V	X	S	R	U	W	T	T	O
J	U	A	B	P	E	N	D	I	N	E	P	E	W	H	H	I
O	N	D	A	Y	R	M	W	S	L	R	S	P	O	S	N	E
F	O	E	I	A	P	C	L	A	C	T	O	N	C	Q	D	P

- BOURNEMOUTH
- BRIGHTON
- CAISTER
- CLACTON
- CROMER
- HUNSTANTON
- PENDINE
- POOLE
- RHYLL
- SKEGNESS
- SOUTHEND
- ST IVES
- TORQUAY
- WEYMOUTH
- WHITBY
- YARMOUTH

Riddle Corner

Riddle 1:

I get stronger the more you use me, but if you ignore me I'll slowly fade. Lift me, stretch me, feed me — I'll help you move.

Clue: Strength

Riddle 2:

I come in with the moon and go out with the moon, shaping sand and revealing shells as I sweep the shore.

Clue: Movement

Become a **Community Member**



The Campus for Future Living is here to support our community — and we'd love you to be part of it.

By signing up as a free community member, you'll stay up to date with what's happening at the Campus and have the chance to share your ideas on the services that matter most to you.

As a member, you'll get:

- **Updates on events and activities**
- **Free Wi-Fi while you're here**
- **Special offers**
- **Access to health and wellbeing support**
- **Our community newsletter straight to your inbox**
- **Opportunities to join local groups and take part in research**

**Anyone in Mablethorpe
and the surrounding areas can
join — it only takes a minute,
and your voice helps shape
what we do.**

Scan the
QR code:





Scan for the
QR code to sign
up for updates

info@campusforfutureliving.co.uk • www.campusforfutureliving.co.uk



Together we're building a healthier, brighter future for all