

ENGAGE

IMPROVING
THE LIVES OF
OLDER PEOPLE

HERO GRAN - IN THE GYM AT 76



Support Services



Cleaning Services - Assisting with a wide range of tasks which include vacuuming, dusting, polishing, changing bedding, home laundry and ironing, kitchen and bathroom. Specialised cleaning is also available.

Gardening & Handyperson Services -

Our gardeners can support with a range of tasks to help maintain your garden throughout the year. Tasks can include weeding, mowing the lawn, borders, hedge trimming and planting. Our Gardeners can also help with fence & shed painting. Numerous DIY tasks undertaken.



Deep Cleans - Specialised cleaning services provided by two members of staff and all materials included. Very competitive rates. Carried out at a time that suits you.

Laundry Services - A collection service run in partnership with a local laundrette where your garments are washed, dried and ironed before being delivered back to you at home. We offer laundry bags to purchase for your convenience.



Lifestyle Support Services - Services include shopping, pension collection, prescription collection, accompanying to appointments, groups or activities. Visits can be weekly, fortnightly or monthly to meet your requirements.

All our staff are DBS checked and are fully insured. For more information please call **03455 564 144** Or visit: ageuk.org.uk/lincolnsouthlincolnshire or

Email info@ageuklsl.org.uk



MEET THE TEAM...

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WELCOME



We are appealing for donations of good quality clothing, books and electrical items. We will be recruiting volunteers to help in our shops. Perhaps one of your New Year's goals was to give something back and you would enjoy helping in one of our shops? There are many ways you can help local older people by donating a piece of clothing or some of your free time or by holding a fundraising event or sponsoring someone raising funds for us. This year we will exhibit monthly in Lincoln city centre sharing free information and advice and offering support for anyone who may need our services. Come along and see us for a chat in the Cornhill Square, see our events guide for the dates.

Spring is well and truly upon us, after a beautifully warm February, which was a welcome change in comparison to last years "Beast from the East".

background, and instead thoughts of longer summer days and time in our gardens, summer evenings and brighter days are at the forefront of our minds.

We would love to hear from you about your plans and goals for the year ahead, have you set yourself a personal challenge? Our feature this month on page 20 is an inspirational interview with Pat who set herself the challenge to become more physically fit and stronger and is 76 years young!

One of our goals as an organisation is to open our second retail outlet and we are delighted and excited to announce the opening of #2 in Boston town centre with hopes that a #3-retail shop will also be opening soon in Lincoln City Centre.

Our allotment is a hive of activity as we sow seeds and plant flowers ready for an early spring harvest, see our allotment feature on page 19. Why not join our allotment team and enjoy the benefits of teamwork, enjoying the outdoor air and growing and nurturing something, and most importantly enjoy eating it! Do you live elsewhere in the county and have a suggestion for a service or activity? As always, we welcome your comments and feedback, suggestions and ideas.

Michele Jolly

Chief Executive Officer of Age UK Lincoln & South Lincolnshire

To keep up to date with the latest! Follow us on our social media pages:



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www.countrycourtcare.com



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HEALTH AWARENESS WEEK

Health awareness week, 11th – 15th March, at Park Street Lincoln.

What a fantastic week we had at Park Street. During health awareness week.

We had Lincolnshire Coop and their pharmacist Jeff Law holding free body MOT's for our clients and the Osteoporosis Society were here for three full days holding bone density checks.

We completed 130 Osteoporosis checks and 16 MOT body checks over three days. During the week we held a New Age Kurling challenge, Age UK Lincoln & South Lincolnshire v Saxilby Kurling club. Clive Cox and Barry Kendall won for Age UK Lincoln & South Lincolnshire!

During the week we had the smoothie bike in reception and visitors to Park Street could make their own fruit smoothie using pedal power on the Lincolnshire County Council smoothie bike. Thanks again to all the organisations who took part and everyone who



attended to make the week a huge success.

The radiologist nurses from Lincoln County Hospital reported that they saw 69 people and assessed their bone health using a tool called FRAX. The Royal Osteoporosis Society was then able to give people information about lifestyle choices, including information on foods rich in calcium and vitamin D and exercise. For more information on the Royal Osteoporosis Society please visit: www.theros.org.uk



DON'T MISS DEMENTIA AWARENESS WEEK 20 - 24TH MAY

During Dementia Action Awareness week we will be hosting a range of activities, free advice and support for those living with dementia and their carers. Please contact Park Street reception for more information 03455 564 144

NEWS FROM LINCOLN

LOVE, LAUGHTER AND DANCING

Dancers and tea lovers gathered for our afternoon tea dance on Valentines Day.

With guest appearances from the Waddington RAF and Mrs Lincolnshire Galaxy.

Tony our dance teacher provided us with an array of sequence dancing and directed a variety of different dances to classic music. After dancing the group sat down

and enjoyed an afternoon tea of sandwiches, scones and cakes provided by our team at Park Street Eatery.

If you would like more information on our sequence dancing, come along to Park Street Mondays 2-4pm and join our friendly group. Afternoon tea is available to book for £7.50 per person.



WINNERS! HIGHLY COMMENDED LINCA CARE AWARDS

The LinCA Awards celebrate outstanding care workers, teams and organisations from across the county.

A Gala dinner took place in Lincoln on Thursday 28th February. Presented by BBC Radio Lincolnshire's Melvyn Prior. Each award was sponsored by a local business or organisation. We were delighted and proud to have been shortlisted and nominated by the judges for two awards.

A Healthy Nutrition Award for meals chosen and served at our Eccleshare Court Day Centre and an individual nomination for Lindsey Keightley for a Community Leadership Award for her leadership of our HART teams countywide.

We are delighted to say that we won Highly Commended in the Healthy Nutrition Award, which is a great accolade to take back to our team at Eccleshare Court who work in partnership with Apetito to deliver delicious and nutritious hot meals for our services users daily.



Speaking at the event, Melanie Weatherley, Chair of Lincolnshire Care Association, says:

"I meet brilliant care workers, nurses and leaders every day and they've deserved their work and achievements to be celebrated this evening. The work they do in the county is so important and the people they care for, their colleagues and all of us who benefit from high quality care value them hugely. The amazing work carers do is not celebrated enough so it is an honour to host this event and recognise the great contribution of those from the care sector in Lincolnshire."



NEWS FROM BOSTON

MEET THE INSURANCE TEAM AT BOSTON

Insurance services are available through both of our branches in Lincoln and in Boston. Home insurance, travel insurance, car insurance, motor breakdown cover and more.



Amanda Wilson Insurance Supervisor.



Karen Barley Insurance Arranger.



Alla Insurance Arranger.

Our Boston team are available on the phone - 01205 330446 or we take walk in appointments at our offices in Chantry House. As a team, we have worked together for quite a few years and enjoy meeting our customers and helping them with their insurance needs.

We offer a face to face service where we are able to provide quotes on home, car, and travel insurance and various other products for the over 50's. We will even put the kettle on! For more information or a quote please call our Boston team on 01205 364 161

NEW LUNCH CLUB STARTING IN BOSTON IN COOPERATION WITH HAVEN HIGH SCHOOL

NEW LUNCH CLUB
STARTING 25th April 2019
11.45am - 1pm.

Haven High Academy,
Marian Road, Boston
PE21 9HB

**LAST THURSDAY OF EACH MONTH
(25TH APRIL)**

2 COURSE MEAL - £8

Roast Chicken Dinner or Fish, Chips & Mushy Peas
Apple & Sultana Sponge with Custard or
Double Chocolate Mousse

CONDITIONS:

You will need to be mobile with or without a walking aid as we are unable to provide a carers service whilst you are at the school.

If you are interested, or know someone who may be, please contact our Reception:

Age UK Lincoln & South Lincolnshire
Chantry House, 3 Lincoln Lane, Boston PE21 8RU
Telephone: 01205 364161

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Pop in for a quote at:

Age UK South Lincolnshire
Park Street Activity Centre, Park Street,
Lincoln, Lincolnshire LN1 1UQ
Chantry House 3 Lincoln Lane, Boston,
Lincolnshire PE21 8RU

You can also call your local Age UK office:

0800 313 4023†
www.insureover50.co.uk



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† If you call the 0800 number and your local office is not available, your call will be answered by Age UK Enterprises or Ageas Retail Limited.

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You could be in the Algarve, relaxing in the sun...

www.algarve-retreats.com/property-to-rent/apartment-meia.htm

Situated on the top floor of a three storey block the apartment has its own residents' swimming pool. It has the advantage of being away from the bustle of the town centre but within walking distance (5 minutes to the marina and another 5 to the town centre).

It has a twin bedroom, open plan kitchen and lounge. The kitchen has a 4-ring hob, oven, microwave, toaster and washing machine. There is a family sized bathroom. The lounge has a sofa (which converts into two more single beds) and a table to seat four. A TV, DVD and CD player are also available. Both the lounge and Bedroom have Patio doors which open onto the balcony offering views over the swimming pool and across Lagos. There is ample car parking space in front of the building.

PRICES:

Jan - March	£225
April	£300
May	£325
June	£375
July/August	£475
Sept	£375
Oct	£325
Nov/Dec	£250



To book accommodation please contact Judith Hall on **01536 711884**
Apartments can also be booked very competitively at judith.hall6@btinternet.com

VOLUNTEERING

VOLUNTEERING IS GREAT FOR ALL OF US...

Here at Age UK Lincoln & South Lincolnshire, we are fortunate to be able to rely on our dedicated team of volunteers who help us to support older people.

Volunteering doesn't just benefit the charity; it has a positive effect on the wellbeing of many of those who are donating their time.

Unemployed people and students can acquire important skills and experience through their volunteer work, which can help increase their employability and confidence when entering the work place. Age UK Lincoln & South Lincolnshire is able to offer opportunities to volunteers of all ages, and nurture young talent, helping individuals gain expertise in

a variety of roles. Reception work, customer service and catering creates face to face interaction with the public, operating a till, answering the phone and using a computer are all areas which can be incorporated into the volunteer role.

Loneliness and isolation are a concern across Lincolnshire and for some, volunteering can be seen as a route to combat this. The impact of volunteering on the community has been referred to as 'double benefit'. Research has suggested that volunteering has a positive effect on peoples mental health; it can increase social connections and generate a sense of wellbeing. In fact a report in 2010 found that older people themselves identified volunteering as an important way to feel they are contributing to society, and recognised the positive effects on their wellbeing. Volunteering in a charity shop can be a great way to increase social connections

as it requires team work. Volunteers come and go on different shifts and all bring with them different life experiences which give this retail environment a unique feel. Charity shops gain a loyal customer following, from both donors and shoppers. Unlike a regular retail outlet you never quite know what you are going to find. Age UK Lincoln & South Lincolnshire are shortly opening two new charity shops positioned in the centres of Boston and Lincoln. Susan Kellitt, Head of Charitable Services said "We are delighted with the success of our first shop in Lincoln, and excited to be opening two new shops very soon, one in Lincoln and our third outlet which will be in Boston town centre".

Both shops are due to open in the spring and we are now searching for volunteers who would like to help us. Previous retail experience isn't necessary; applicants just need to be willing to get



involved with a variety of tasks that come with running a shop. Our volunteers can find themselves steaming fabrics and clothes, sorting donations, merchandising, window dressing, pricing goods, sorting books, serving customers, in fact anything that happens along on the day – and that's the beauty of it, you never know what you might be doing next! On the other hand, some of our volunteers have particular areas of interest, or skills they've acquired over a life time of retail work, and donate their time to us to share their knowledge.

IF YOU WOULD LIKE TO LEARN MORE ABOUT VOLUNTEERING IN OUR SHOPS, OR ANY OTHER AREA OF AGE UK LINCOLN & SOUTH LINCOLNSHIRE.

PLEASE CALL NICKI OR PIP ON 03455 564 144 – OPTION 5 OR EXTENSION 1110

OR TAKE A LOOK AT OUR WEBSITE
www.ageuk.org.uk/lincolnsouthlincolnshire/get-involved/volunteer

WE'D LOVE TO HEAR FROM YOU!



FUNDRAISING



Could you be our next fundraising superstar?

DID YOU KNOW?

Age UK Lincoln & South Lincolnshire operates as an independent charity that relies on donations and fundraising from the public. Age UK Lincoln & South Lincolnshire offer services and support to approximately 110,000 people over the age of 65, almost 15,000 of these people are over 85. Demand for our services is increasing year on year

It's our *vision* to create a world in which older people flourish.

Last year our Information and Advice service responded to more than 7,000 enquiries to help older people access more money through benefits to improve their standard of living. We helped older people in and around Lincoln & Kesteven claim over a million pounds in unclaimed benefits last year. This is a figure we want to improve on every year.



Fewer older people in and around Lincoln & South Lincolnshire will be living in isolation thanks to our befriending volunteers who visited 2,000 lonely people last year. We welcome over 1,500 people who are aged 50 and over to our Park Street Activity Centre every week for a range of activities from Friendship Group, Lunch Club and Tai Chi to Silver Surfer and Language Classes.

Supporting local people for more than 60 years

FUNDRAISING

Fundraising with us is easy and it's a lot of fun. What would you like to do? A dinner party, a coffee morning, cake sale, film screening or drastic haircuts – these are all fundraisers that have helped older people but you might have some other ideas up your sleeve.

DRESS DOWN DAY

Leave the suits at home for a day and come to work in your jeans, or something more wacky if you would prefer. It's such an easy way to raise funds if everyone donates £1 to dress down at work.

THE GREAT CAKE BAKE

Encourage your colleagues to bring in home-baked (or shop-bought) goodies to sell in the office.

It's a simple way to raise money and will perk up the morning coffee break.

GET QUIZZICAL

Quiz nights take place in pubs across the UK and are always popular. Why not organise your own and raise funds for Age UK Lincoln & South Lincolnshire?

THROW A PARTY

Perhaps a themed dinner party, a murder mystery

evening, games night, karaoke, a barbeque – if it gets people together, it can be a fundraiser. Impress your guests with your hosting skills and charge them a small donation for the food or games.

SPONSORED ANYTHING!

Swim, walk, run, silence and pie eating! Most things can be sponsored so the choice is yours. What would your friends

and colleague consider a challenge? Maybe they think you're inseparable from your iphone or unable to walk instead of driving everywhere

Let your imagination run wild – the more creative you are, the more publicity you will attract and the more people will support you. To request a fundraising pack email melanie.meik@ageukls.org.uk

Leaving a legacy of kindness

How a gift in your will could help give people in Lincolnshire someone to turn to in later life.

No one should have to spend later life feeling vulnerable and alone.

Age UK Lincoln & South Lincolnshire make sure older people are not forgotten or left to struggle alone. As our population gets older we will have to work harder to meet the increasing demand for our services. Your compassionate gift could allow us to do that – and to give older people the comfort, respect and support they deserve. It really is a wonderful legacy to leave.

For more information on leaving a legacy to Age UK Lincoln & South Lincolnshire please call 03455 564 144 to request an information pack



PARK STREET ACTIVITIES



Kurling is a form of the original curling game, but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice.

New Age Kurling is a sport that requires participants to deliver 'stones' from one end of the court to a target at the other end of the court. The target has red, white and blue concentric circles and

scoring is determined by the number of stones closest to the centre of this target. Each game normally consists of 6 or 8 ends and is played on a court based on half the width of a standard size badminton court with each end being played in the opposite direction to the previous end. The winner is the player with the highest number of scoring 'stones' at the finish of the game.

The game will start with the toss of a coin with the visiting team calling heads or tails as the coin is in the air. If the competition is at a venue where neither opponent has

NEW AGE KURLING

home court advantage, it will be the player listed first on the score sheet that will call. The person winning the toss will have the option of deciding either who will play first or with which colour stones they wish to play.

The person losing the toss will then choose from the option not selected by the toss winner; e.g. if the toss winner chooses to play with red stones that the toss loser will have the choice of who plays first. Once it has been decided who will go first at the first end, the players will alternate at the start of each subsequent end. Therefore, if player A wins the toss and elects to go first in the first end, player B will go first in the second end, player A will go first in the third end, player B first in the fourth end and so forth until all ends have been completed.

During an end players will take it in turns to deliver their stones until all stones have been delivered. The stones may be delivered by the use of a pusher, by hand or by use of a ramp. Any form of pusher may be used; but must not exceed 125 centimetres in

length when fully extended. Ramps can be used to assist the delivery of the stone for those disabled people who would find it hard to push their stone.

Source – www.kurling.com

We spoke to our current Kurling team for some quotes about what makes Kurling great.

Why do you come to New Age Kurling?

"A little bit of sport and a lot of socialising."

"I come to come second place."

"It's something to look forward to in the week as a lot of us live alone so we get to meet people and socialise with one another."

"Friendly gentle exercise for a laugh. We love our tea and biscuit break half way through."

Does it get competitive?

"We're having too much fun to be competitive, but we love to win."



LINE DANCING

Jack has volunteered to teach Line Dancing for around two years at Age UK Lincoln & South Lincolnshire. Line dancing is one of Park Streets most popular classes and is held within the main hall at Park Street on a Monday 12pm – 1pm, with around 20 attendees each week who continue to love learning how to line dance.

Why do you teach line dancing?

I Love dancing, love listening to music, and now that I'm retired I have time to give back to the community and reach other people.

What does line dancing teach your students?

To keep fit and healthy, and to embrace music and movement.



What physical benefits does it provide?

Line Dancing forces you to keep active and fit, and allows your body to stay agile and free.

How does line dancing make you feel?

Happy, I feel like I've achieved something for the day I might not know my left from my right, but I give it a go. It's very enjoyable.

Do you need to be experienced?

No, everyone is welcome, as long as you enjoy dancing and music you'll enjoy it.

Why do people continue to line dance?

People enjoy the music.

What kind of music do you play?

A mixture of modern, disco, lots of country & western!

What's your favorite music to play for your members?

Gypsy Queen is everyone's favorite and gets everyone up to dance.



SIMNEL CAKE RECIPE

INGREDIENTS

175g butter
175g soft brown sugar
3 Free range eggs
Pinch of salt
175g plain flour
1 Tsp mixed spice
400g mixed dried fruit (Sultanas, currants, raisins and mixed peel)
1 lemon zest
2 tsp apricot jam
1 egg for glazing
Marzipan for top



METHOD

Mix sugar and butter together in a bowl.

Add the eggs next, then gradually add all the other ingredients slowly ensuring it's well mixed.

Put half the mixture into a 7 inch round baking tin, and then cover with a thin layer of marzipan. Cover the marzipan with the other half of the mixture.

Bake in a pre-heated oven on gas mark 1 for 105 mins.

When cooked remove from the oven and brush the jam over the top of the cake and leave to cool.

DECORATION

Roll out a circle of the marzipan to cover the top of the cake, and make 11 1 inch diameter balls.

Put the circle of marzipan on the cold cake and arrange the 11 balls on top near the outer edge.

Brush with egg glaze and put under a medium grill for 1-2 mins. Until golden brown.

HANDICRAFTS WEDNESDAY –

The handicrafts class is held on a Wednesday afternoon and is the perfect class if you want to express your creative flair, but mainly to have a knit and natter. There is no real structure or direct projects. The ladies have free reign to create what they like from scarfs to babies hats and gifts for their grandchildren.

What are you currently making?

We have an ongoing project and have been knitting hats for the neo natal babies at Lincoln hospital over the past year, we send around 25 per month.



With Easter round the corner some of the ladies are making hanging Easter Bunny decorations. The handicrafts club currently have around nine members, more are welcome if you have a natural creative flair.

Coming to handicrafts allows us to get out the house, a lot of us use Park Street Eatery for lunch prior to the



session so we have a good social afternoon.



1.30PM – 3.15PM

What are the benefits of coming to handicrafts?

It's only £1, good camaraderie, social inclusion, relaxing, after holidays we share a lot about our holidays we always bring in our holiday photos and exchange information about what sales and discounts are available on the high street.



SIMNEL CAKE HAS BEEN EATEN SINCE MEDIEVAL TIMES AS BOTH A RICH, SWEET TREAT AND A SYMBOLIC RITUAL. THE FRUIT CAKE IS TOPPED WITH ELEVEN MARZIPAN BALLS TO REPRESENT THE ELEVEN APOSTLES OF CHRIST, MINUS JUDAS.

RETAIL EXPANSION IN LINCOLN AND BOSTON

We are excited to be growing our retail division and recycling more clothing and household items while raising money to help support local older people with no one to turn to.

Every donation helps. Make Every Donation Helps like a sub heading and the open speech marks for the start and end of Metas editorial. I would like to introduce myself having recently joined Age UK Lincoln & South Lincolnshire as the Retail Manager. My name is Meta Lear, my first name is Scandinavian though as far as I know I have no Viking heritage!



I have sixteen years' experience in this sector and in total over thirty in retail. I love retail as every day brings new challenges, no two days are the same. Over the years I have seen many positive changes in charity retail the quality of goods on offer is



exceptional thanks to the continuing generosity of our donors.

Merchandising, display and shop layout has moved forward at a rapid rate making the shopping experience satisfying, fun and worthwhile. They are our presence in your local community where you can shop choosing from a huge range of clothing, accessories, toys, gifts and much more. Donate goods or volunteer. Call in for a browse or to chat to the staff and volunteers who can give you information on the charity, and point you in the direction of support services for yourself or your family and friends.

This is an exciting time for us as our retail presence grows rapidly, with a new shop opening in Boston shortly, followed by our third shop which will be in Lincoln City Centre. Lots more to follow so watch this space!

Our shop on Newark Road has had a bit of a revamp, a dedicated team of staff and



volunteers are making sure new stock is available daily. The shop is kept to a high standard, all customers and donors are welcomed and there is always a helping hand with donations or finding that item you want. We never know what will

be coming through the door next so make sure you call in regularly, and pick up a loyalty card whilst you're there.

We have drop off points of points at Park Street Lincoln, Newark Road Lincoln and Chantry House Boston.



INFORMATION AND ADVICE

Advocacy is about helping people to speak up for themselves when they may not feel able to do this alone.

It is to make sure that the persons views, thoughts and opinions about their own life is heard and understood by the people around them.

A discussion with an Advocate can help people to consider all of the options available to them. It can assist with making their views and wishes clear, and offer face to face support to people to help them represent themselves, having received independent and accurate information in order to understand their rights.

WHAT ARE THE BENEFITS OF ADVOCACY?

- Ensure your voice is heard and you are listened to by the people around you.
- Provide independent support to help make informed choices.
- Help to ensure others understand your point of view.
- Provide the information you need in a way that is suitable for you.
- It is a free and confidential service.

CASE STUDY – MR D

Mr D recently contacted the advocacy service to ask for some help, as he did not feel that his friend understood what it was he wanted. Mr D lives alone in his own home where he is very happy and his desire is to live there for the rest of his days. His friend holds a Lasting Power

of Attorney for both his health and welfare, and his finances. A Lasting Power of Attorney (LPA) is a legal document where someone (while they still have mental capacity) nominates a trusted friend or relative to look after their affairs if they lose mental capacity. Mr D, although sometimes forgetful and can become confused, still has full mental capacity and recently has felt that his friend has been making financial decisions on his behalf.

He felt he was being encouraged to sell his house and consider moving into a care home. This is not what Mr D wants to do, although had agreed to visit several care homes at his friends request. He still remains adamant that, although they are suitable for some, they are not suitable for him, and he has no desire to move at all. Mr D pays for all of his care costs from his own resources and has been employing the same carer to call three days a week, for over 20 years, who he considers to be a personal friend. There have also been additional paid daily carers attending Mr D, and due to the fact the daily carers, and the long term carer carry out the same tasks, the friend holding the LPA spoke to the long term carer and ended her employment.

Mr D was devastated about this situation and wants his long term carer to return. He does not feel able to speak to his friend about this himself. He is very clear on what he would like to happen and has made a wish list for his advocate which includes;

- Remain living in his own home.

- Retain his long term live in carer.
- Look into his reducing financial situation as he no longer has access to his own bank account.
- Continue to get out as much as possible to local places of interest and to meet with his friends.
- Have pocket money available to visit the charity shops.
- Retain his gardener and chiropodist.
- Keep deliveries of his daily paper and doorstep milkman.
- Go to his usual dentist and barber on a regular basis.
- Look into buying a funeral plan.

Following the initial visit with the advocate, an action plan has been agreed with Mr D taking all of his wishes into account. Already he was feeling much more in control of his own life and the support of the advocate has enabled him to make clear exactly what it is he wants, and as importantly, what he doesn't want. He no longer feels helpless or alone.

The advocate has met with the friend and informed them of Mr D's wishes. Clarity was gained on the reasoning behind the friend's decisions and the advocate was able to explain this to Mr D in order for him to understand.

Mr D values his friendships with both his long term carer, and the friend who holds his LPA, and was very worried about upsetting anyone, so was very relieved to be able to have open discussions on all of the matters which were causing him concern. Unfortunately at this point Mr D became ill and was admitted to hospital.

TotalVoice Lincolnshire



During this time, his ongoing condition worsened and his care needs changed dramatically.

The advocate was able to visit Mr D in Hospital and gain an understanding of his wishes due to the change in his health and care needs, establishing how he wanted to be cared for in the future so that his increased needs would be met.

Throughout it all Mr D was absolutely clear all he wanted to do was to be at home. The advocate was able to inform the health professionals, social workers and all those involved with his care, whilst liaising with Mr D's Friend who holds Lasting Power of Attorney for him.

After several difficult weeks, and with everyone working together, Mr D's home was re-assessed by the occupational therapy teams and essential equipment was arranged to meet his increased needs.

The carers were increased and with the help of a successful application for Continuing Health Care funding, Mr D finally got his wish to return home, where he is now, happily being cared for, according to his own wishes. Mr D is very happy with the outcome and very thankful he had the help and support of the Advocacy service, to help him achieve it.

LINCOLNSHIRE TELECARE SERVICES

Providing equipment
to ensure you are safe
independent and
secure at home.

We are a specialist voluntary organisation, and our aim is to provide high quality services and support to the over 50s in the Lincoln City and surrounding areas, ensuring that they get the most from life. We do this through researching into the needs of older people and devising new ways of meeting these, campaigning and raising public awareness of older people's issues, providing information and advice, volunteering opportunities and delivering a range of community support services. Age UK Lincoln & South Lincolnshire is a local independent charitable organisation and part of the Age UK Federation.

Lincolnshire Housing Partnership – LHP is a 12,700 home landlord covering the whole of the historic east coast of Lincolnshire, providing affordable rental and shared ownership homes, as well as a range of services to help support people and communities.

Our support services include Community Support, a Warden Service, Telecare and a Dementia service. These services help to keep customers at home for as long as possible by delivering independent living and support.

Anyone can access these services and they don't need to be a tenant of LHP.

WHY CHOOSE US

- We are local providers who care about the communities we serve
- We are not for profit organisations who invest our money back into our communities
- We are Telecare Services Association (TSA) accredited so are quality assured
- We provide value for money, ethical services
- We have over 20 years' experience
- All our staff are friendly, helpful and trained in all aspects of the service we provide
- We respond to all enquires within 48 hours,
- Urgent installs are undertaken within 24 hours and all others within 7 working days
- We respond to all urgent faults within 48 hours

DEVELOPING SERVICES

Lincolnshire Telecare Services are working alongside hospitals, technology providers and our customers to ensure that we continually develop and introduce new and emerging products to meet the changing demands of our clientele.

We pride ourselves on giving all of our products a robust test period, so that we are satisfied they operate satisfactorily and will meet the needs of our customers. This means that there are products, which



we are introducing or that are changing constantly, so please call us and we can discuss how we can help you.

CASE STUDY

Mrs M has had a lifeline installed for a while, but when there was a change to her hearing and she needed hearing aids in both ears, she was concerned that when she took her hearing aids out she would be unable to hear her smoke alarm.

She enquired about other equipment that would help with this. We were able to provide a smoke alarm, pager and vibrating pillow alert so when she was in bed, she would be alerted if the smoke alarm was activated, by the pillow alert vibrating and the pager going off. She had the added reassurance that it would also put a call through to our monitoring centre.

In addition; in her lounge we fitted a flashing beacon so that if she did not have her hearing aids in during the day, the beacon would flash and she would be alerted. Mrs M feels much safer in her home and is reassured that she has help 24 hours a day and she is so pleased with her added Telecare equipment.



Putting the heart
into your service



"My Nan was unsteady on her feet and with her being slow to get to the door and then unsure who was there, this was making her anxious. The fitting of the doorbell, by Lincolnshire Telecare Service, gave her re-assurance and her independence back, as she can now view who comes to the door on her mobile phone and speak to them or raise an alert if required. It has given us all more confidence"

FOR MORE INFORMATION
ON LINCOLNSHIRE
TELECARE SERVICES.

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SPRINGTIME ON THE ALLOTMENT

What a fabulous February it has been with early daffodils, crocus, cowslips and primroses already in flower in our wild garden.

We have gained some extra ground on the allotment following the recent erection of a new boundary fence and will be looking forward to using this to extend the wild flower area to encourage more bees and pollinators into our space.

I will be looking at the seeds to sow in the polytunnel for early crops, i.e. lettuce, radish, spring onions, rocket, plus beetroot for young, tender salad leaves. The compost heap was turned in January, in April this rich, organic treasure will be spread onto the no dig beds.

On the allotment, we work closely to our ground plan and are currently preparing the beds for onion sets and potatoes. There are still crops to harvest from the winter such as kale, spinach and parsley, very welcome greens at this time of year, for the allotment to be abundant also in the winter months is particularly rewarding.

The new strawberry bed is coming on nicely, we will not take a crop this year but the summer and autumn fruiting raspberries should provide plenty of delicious soft fruit.

As we move into April seed sowing begins in earnest, along with other jobs such as grass cutting and erecting the bean frames and the netted tunnel for the brassicas.

We have painted both of our huts and we have acquired a large water butt to collect rainwater from the roof of the newest one. We will be planning our plant sale so propagation and division of the stock plants will be another task.

Any proceeds pay for all of our seeds, potting compost, organic fertiliser, plant pots and other sundries so I hope we will do well on the day.

More volunteers are always welcome to join our friendly group; we meet on Mondays and Wednesdays around 10am. Even a couple of hours would give you fresh air and exercise along with companionship.

So do consider coming!

John - Allotment Lead Volunteer



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INSPIRATIONALLY AGEING

HERO GRAN – WEIGHT TRAINING AT 76

Meet Pat! 76 years young, a proficient regular swimmer, beginner at Archery, part of Boston Rowing Club, attends a Yoga class and regular attendee at Heroes Gym Spalding, weight training twice a week with her personal trainer Joe and currently leg pressing a quarter of a metric “tonne”!

“I DON’T THINK OLD I THINK YOUNG”

Pat joined Hero’s Gym in Spalding almost 3 years ago. Joe her personal trainer remembers the very day she walked through the door. “Pat walked in and said she wanted a personal trainer and I was selected to sit with her. I have to admit, I saw in my mind this little old lady and thought my goodness this is going to be a challenge. I asked her if she had any pre existing medical conditions, she said osteoarthritis in the knee, and hip and she had suffered a Transient Ischemic Attack and was taking statins and aspirin for that. Blimey, I thought, this is going to be interesting and every training session with Pat ever since has been just that – she has never said no to anything I have asked of her in the gym, every challenge I have given her she has sucked up.”

Joe and Pat weight train twice a week and during the rest periods required for weight training generally love to put the world to rights.

They share a love of reading and interests in learning about science, evolution and psychology. Pat believes that learning new things, reading facts and obtaining new information helps to stave off dementia so that’s one great reason to read and she also loves to learn and have various topics to debate about with Joe whilst they are training.

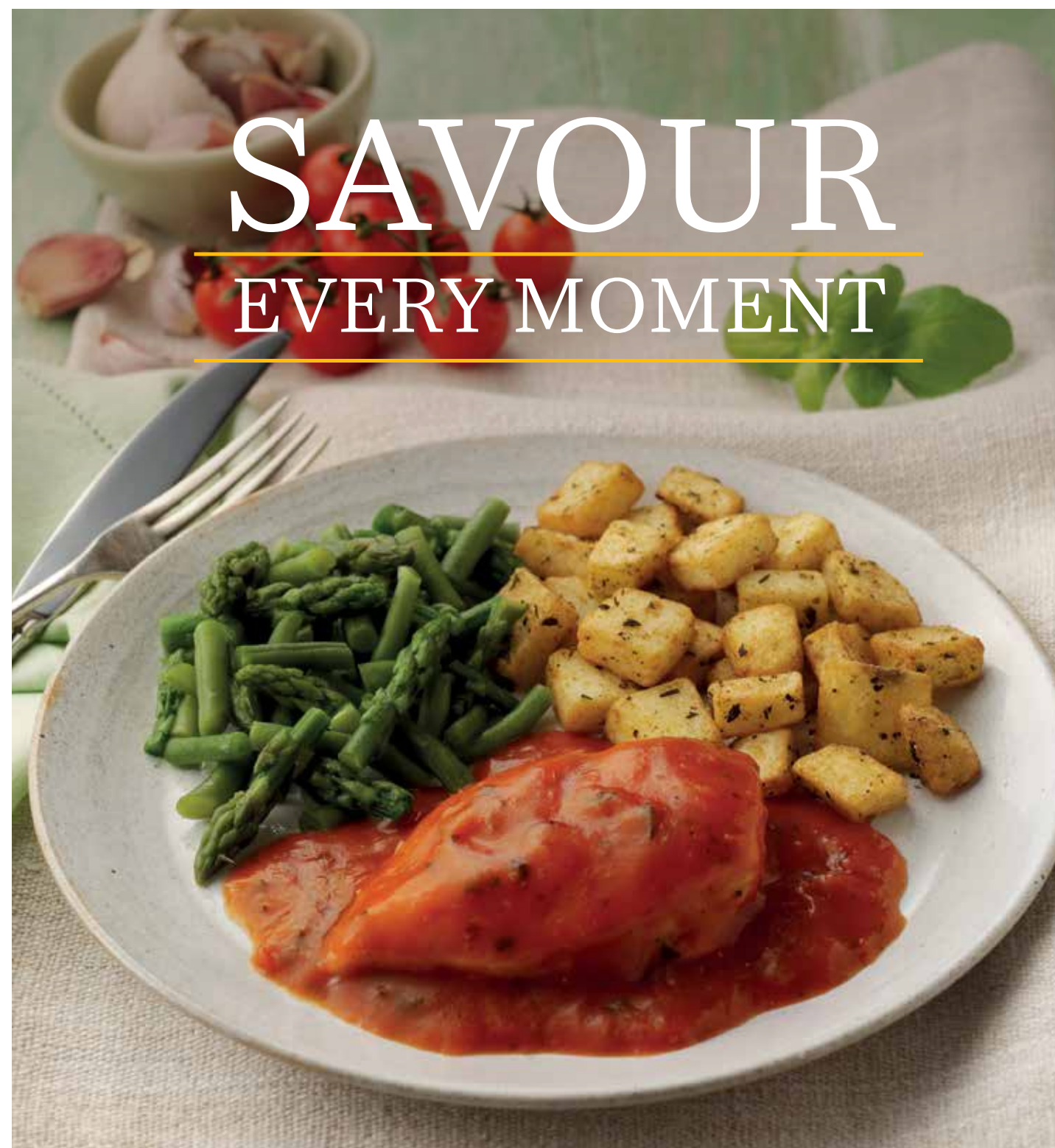
Pat has received You Tube fame when a video of her leg pressing received over 30,000 views, she is a truly courageous, determined woman and her goal has always been to stay fit and healthy – mentally and physically.

“HAVE BODY WILL USE IT”



“I AM 76 YEARS OF AGE AND INSTEAD OF SUFFERING WITH MUSCLE WASTAGE I AM GAINING MUSCLE. I HAVE ALSO SEEN A SIGNIFICANT IMPROVEMENT IN MY POSTURE WHICH HAS RESULTED IN ME STANDING TALLER. I FIND IT QUITE INCREDIBLE THAT MY BODY IS ABLE TO GET BETTER AND IMPROVE, AS I GET OLDER. I WANT TO ENCOURAGE ALL OLDER PEOPLE TO GET INVOLVED IN PHYSICAL

ACTIVITY, I HAVE FELT SO WELCOME HERE AT THE GYM RIGHT FROM THE BEGINNING AND AT MY ROWING CLUB AND AT SILVER SPOON BOWMEN ARCHERY CLUB IN SPALDING. EVERYONE IS SO FRIENDLY AND I LOVE MIXING WITH YOUNGER PEOPLE. OFTEN WHEN I AM ROWING I CAN BE IN A BOAT WITH THREE OTHERS IN THEIR 30’S AND I FEEL PHYSICALLY FIT ENOUGH TO ROW AT THE SAME LEVEL AS THEM.”



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FOODS

LACE HOSPITAL TRANSPORT SERVICE IS BACK



Thanks to partnership working between Age UK Lincoln & South Lincolnshire and LACE Housing Ltd, we are able to respond to the demands of Lincoln County and Boston Pilgrim hospitals between December 2018 and June 2019.

THE SERVICE AIMS ARE;

- Prompt discharge from hospital, freeing

up hospital beds and increasing patient flow, and relieving pressure on the A&E departments.

- Prompt discharge in turn will alleviate deterioration, which may otherwise have impacted on an individual's ability to remain independent at home.
- To be flexible and responsive to the changing demands of both hospital sites.

Age UK Lincoln & South Lincolnshire are responsible for the management of this service along with providing the support workers, with LACE Housing Association providing the vehicles and trained drivers. LACE Hospital Transport Service

is designed to transport patients that are medically fit for discharge from hospital back to their home or on to their next place of care.

Two vehicles are available, one is based at Lincoln County Hospital and the other is based at Boston Pilgrim Hospital with a spare vehicle for additional demand in either area or to provide a substitute in case of breakdown or vehicle service requirements. 725 Transportations were undertaken between 17 December 2018 and 31 March 2019!

CASE STUDY

The Transport Team were asked to transport a patient to another hospital within the county.

The patient had a family member with them and was becoming distressed about transferring to a hospital on their own.

The family member also expressed concerns that they wouldn't know where to find their relative at the different hospital and how they would settle. The Transport Team suggested that the family member go along with them to the other hospital.

They explained that they would be returning back to base and would be able to return the family member with them to collect their car. The outcome resulted in the patient feeling much more comfortable about their hospital move and their family member being reassured.

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Common Myths about Personal Injury

Sills & Betteridge are specialists in Personal Injury claims for road traffic accidents, accidents at work, slip and trip accidents, assault and abuse claims and medical negligence. Look out for our regular column in future editions of this magazine.

Accidents happen, but when another party causes you to suffer injury, life-changing or other-wise, 'sorry' is often not enough. Personal Injury claims can secure your future and make sure you are compensated for your injury and any losses you may have suffered as a result. Here we will discuss 3 common misconceptions regarding claims.

Myth 1 – If I lose my case I have to pay legal costs

We pursue claims under "no win, no fee" agreements which are sometimes called conditional fee agreements. Under these agreements we will not charge you for our services if you lose your case. You are therefore able to pursue a claim without any financial risk. At our initial meeting we will take time to explain the finding arrangements to you in detail in order to ensure that you are happy.

Myth 2 – I have Legal Expenses Insurance on my motor / home insurance, and I have to use their panel of solicitors

Whilst some insurers insist that you use their nominated solicitors, some do allow you to choose a local solicitor. We can make enquiries on your behalf. If they do insist that you use their solicitors, you can opt not to use your Legal Expenses Insurance and choose a local firm who can act for you on a No Win No Fee basis.

Myth 3 – I will have to wait a long time to receive any compensation

We progress all claims as quickly as possible however every claim is unique and the amount of time it takes to achieve a settlement depends on a number of factors such as whether the third party admits liability, the extent of the injuries and the recovery time. We do not advise clients to settle claims until they have made a full recovery or until a firm medical prognosis has been given, if you

will never fully recover. In cases where liability is admitted we can apply for an interim payment of damages – this is essentially an advance payment of damages and can help with any financial pressures a client may face as a result of their accident. The amount of the interim payment is deducted from the final damages payment at the conclusion of the case.



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EAST MIDLANDS CHARITY AWARDS – NOMINATED FINALISTS

For the first time, East Midlands charities, social enterprise, volunteers groups and not-for-profit organisations now have an opportunity to be celebrated and recognised for their outstanding contributions to their communities.

The awards have been created to shout about all the great things charities have been doing in the East Midlands.

To promote and raise awareness and profiles for our charities and not-for-profit organisations.

To honour, recognise, celebrate and promote outstanding professionals and best practices within our charities.

The awards are aimed at recognising and showing appreciation to charities, social leaders and individuals across the sector who have made a positive impact; giving opportunities, refuge, care and guidance for some of our community's most affected.

Michele Jolly - CEO Age UK Lincoln & South Lincolnshire

"I am delighted to announce that Age UK Lincoln & South Lincolnshire has been named as a finalist in two categories for the East Midlands Charity of the Year Awards in recognition of all the work we do, for and on behalf of older people.

I'm sure that you will agree that this is fantastic news and a great cause for celebration to have gotten this far.

The winner will be announced at an Awards Ceremony that is being held on the evening of 27th June at the Crown Plaza in Nottingham. The two categories we are nominated finalists in are:

FINALIST
East Midlands
Charity of the year

FINALIST
Volunteer of
the year –
Pauline Hardy



SPRING WORDSEARCH

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

EASTER
DEW
DAFFODIL

WALKS
PLANTS
BRIGHT

COLOUR
FROST
GRASS

ANIMALS
BLOOM
APRIL

CALENDAR OF EVENTS 2019

Friday 17th May Wednesday 26th June Friday 28th June Friday 19th July Friday 27th September Friday 25th October	Meet us in Lincoln Cornhill Square
Monday 20th May to Friday 24th May	Dementia Awareness Week
Friday 21st June	Royal Ascot Summer Party
Saturday 13th July	Day trip to Woodhall Spa 1940's Day
Friday 9th August	Day trip to Hunstanton
Saturday 28th September	Big Top Ball
Friday 15th November	Day trip to Stamford

Anagrams Answers



- 01. Puddles
- 02. Rainbow
- 03. Flowers
- 04. Baby Animals
- 05. Narcissus
- 06. Rain coat
- 07. Showers
- 08. Snowdrop
- 09. Sprout
- 10. Sunshine
- 11. Easter
- 12. Dew



Anagrams

01. UPDSLED
02. BWOAIRN
03. OLFERSW
04. YBAB NILSAMA
05. SUISSCNAR
06. ACOT ARNI
07. ERSHSWO
08. PRDSONWO
09. TSPOUR
10. ENSUSHI
11. TERASE
12. WED



Wordsearch Answers

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

Unshuffle the letters to make the words - all words relate to Spring.



Woodhall Spa 1940's Day



Saturday 13th July

Members £10 Non-members £11.50

The Woodhall Spa 40s Festival consists of a wide variety of 40s 'Home Front' themed events which take place at numerous venues across the village throughout the weekend.

Hunstanton



Friday 9th August 2019



Members- £20 Non-Members- £21.50

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Saturday 28th September 2019

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STAMFORD



Friday 15th November 2019



Members £18 - Non-Members £19.50

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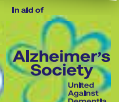
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