

ENGAGE

IMPROVING
THE LIVES OF
OLDER PEOPLE



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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 were proud to bring home two awards, read the full article on page 12.

The 2018/2019 Big Knit campaign ended for another year and I would like to take this opportunity to say a big Thank You to everyone who knitted the smoothie hats for us. We have seen foxes, dinosaurs, big tops, pigs, and many more creations that are beautiful and gratefully received. The Big Knit will be back next year and we are hoping to make it bigger and better than ever! Be sure to register your interest with our Fundraising department to keep up to date with Big Knit patterns and the campaign start date. In September, we hosted our third annual charity ball. 160 people enjoyed a night of entertainment featuring Greatest Showman themed tables and performances, a magician, a live band, casino and of course an incredible charity auction, read the full article on page 11. Our Fundraising and Events team are working hard creating lots of exciting new events and challenges. Do you dare to skydive from 15,000 feet to raise funds to help local older people? Perhaps you are interested in running next year's Lincoln 10K, Boston Half or London Marathon. 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, if you know someone that would enjoy this magazine please pass it on!

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:



As we move swiftly into November, the nights start to pull in and the mornings bring with them a crisp freshness as we look towards the Autumn and Winter. We prepare for the colder months and look to support older people in Lincoln and South Lincolnshire to stay warm and independent over the longer Winter days. We also look back and reflect on an incredible Summer here at Age UK Lincoln & South Lincolnshire.

Throughout the Summer, we were actively involved in the #SwitchedOff campaign. For over a million of our oldest citizens the TV is their constant companion and window on the world. Now it is under threat, as we wait for a decision from our new Prime Minister. The BBC has announced they will means test free TV licences for the over-75s. Means-testing

may sound fair but in reality it means at least 650,000 of our poorest pensioners facing a big new annual bill they simply can't afford. This is really the Government's doing: they pushed the scheme onto the BBC without asking any of us what we think or providing the funding to sustain it.

Don't miss the feature on page 14 covering the opening of our new Charity shops, #2 in Lincoln and #3 in Boston, both treasure troves of preloved items including fashion, housewares, toys, books and more. Our charity shops are also a local information resource point for people to call in and find out more about our products and services. We attended the East Midlands Charity Awards in June, and gracing the front cover of this edition of Engage magazine is Pauline our very deserving winner of the Volunteer of the Year category.



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07



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NEWS FROM LINCOLN

EAST MIDLANDS CHARITY AWARDS

On Thursday 27th June we attended the first ever East Midlands Charity Awards, for which we were finalists in 2 categories: Charity of the Year and Volunteer of the Year.

Twenty employees and Trustees from Age UK Lincoln & South Lincolnshire headed to the Crowne Plaza in Nottingham, along with our 'Volunteer of the Year' finalist, Pauline Hardy who has volunteered with us for over 31 years. Everyone took their seats, anxiously awaiting the results of the awards. First to be announced was Volunteer of the Year.

"And the winner for Volunteer of the Year is... Pauline Hardy from Age UK Lincoln & South Lincolnshire!"

In a sea of cheers and clapping, Pauline made her way to the stage, grinning ear to ear, to collect her award. The event host, Ilona Alcock then said a few words about Pauline from the application made on her behalf, saying

"Pauline's passion and dedication and commitment to Age UK Lincoln & South Lincolnshire is awe inspiring, her wicked sense of humor bringing light, energy and laughter to the organisation shone through."

These words could not be truer, with Pauline dedicating so much time to helping others. Over her 31+ years volunteering at Age UK



Lincoln & South Lincolnshire, Pauline has given more than 5,000 incredible volunteer hours. We can think of no person more deserving of this award. Other charities agreed, with Voluntary Care Services tweeting that there was

"Barely a dry eye in the front row as Pauline collected her Award!"

With spirits high, the night continued with many other amazing charities being recognised for their help in communities and minority groups. Last to be announced was the 'East Midlands Charity of the Year'. With 15 finalists in this category, it was certainly the most competitive. For this category 3 highly commended awards were given, 1 rising star award and an overall winner.

"And the Rising Star award for East Midlands Charity of the Year goes to... Age UK Lincoln & South Lincolnshire!"

Again, our attendees erupted in applause and cheers as our Finance and Business Support Director, Wendy Smathers, proudly went to collect the award with 2 of our Trustees.

These awards are a true reflection of the hard work and dedication given to Age UK Lincoln & South Lincolnshire by its employees and volunteers. This work ensures that support is given to local people and the local community and actions are made to tackle isolation and loneliness.

This shows that our work is being recognised on a bigger scale and is just the start of things to come for Age UK Lincoln & South Lincolnshire.

If you would like to see more of the official photos from the night, please visit the East Midlands Charity Awards Facebook page.

NEWS FROM BOSTON

Retiring after 10 years of service as a Support Worker for Age UK Lincoln & South Lincolnshire.

Sandra has recently decided to retire as a Support Worker after working for the organisation for nearly 10 years. Over the years Sandra has offered support to many older people enabling them to remain independent in their own homes. We would like to wish Sandra Best Wishes and a Happy Retirement from all at Age UK Lincoln & South Lincolnshire.

"I really love my job. The relationships you build up with clients is lovely. For some you may be the only face they see all week and they look forward to your visit. So it's important to walk in with a smile on your face and get on with what needs doing. Having a good old chat is as important to them as whatever job you are doing for them. Hours are great. Wish I'd had this job when my children were at school due to the hours being flexible. I enjoy taking clients out, shopping, cleaning this is all part of helping to maintain their independence for which they are very grateful for."

Lisa Osborne:

"It's great to be back!"

After nearly four years away doing other roles in the social care sector Lisa has returned to the organisation as the new Community Services Manager in the Boston and South Lincolnshire area. Lisa previously worked for Age UK Boston & South Holland for nine years setting up the

Home Support Service. Since being away she has gained lots of experience with working with older people in residential care as a Registered Manager. She now feels like she has never been away and is looking forward to developing the service across the county.

LIME COURT FRIDAY GROUP

This group meets usually on the last Friday of the month at Lime Court Community Hall, Spalding. The group has been running for about ten years.

We usually have about 20 people attend the group from Spalding and outlying areas. The group plan their own programme and enjoy a wide range of activities including board games, craft, speakers on issues relevant to older people, exercise to music and outings. The morning also includes refreshments and provides a safe, accessible place for the people that attend to get together and socialise in a stimulating environment.



We helped one of our members Vera celebrate her 100th birthday in June.



The groups meeting in July was on an outing to the WW2 museum in Freiston near Boston. The trip was funded by Cllr Sally-Ann Slade from South Holland District council. They had a fabulous day which brought back many memories of their childhood especially during the 'Blitz' experience.



ASDA FUNDING

We recently were awarded funding from Asda Boston's Community Champion. £500 for activities in Boston and also £300 for our Christmas parties. The funding will help support our existing activities that we run to help with loneliness and isolation especially at Christmas which can be a very lonely time. To find out more of what activities we run please call in and see us at Chantry House where some of our activities are carried out or phone us on **0345 5564144**.



We now run three lunch clubs in the Boston area. One is at Boston College which is on a Friday once a month. This experience is in their Lime Restaurant cooked and served by students.

The second is at Haven High Academy, Marian Way, Boston on the last Thursday of each month. The lovely food is cooked by the Head chef and his team and served by the students.

Lastly a more relaxed lunch served at Richmond House, Freiston Road, Boston. After the lunch there is time to participate in activities which range from bingo, quizzes, and games. Whatever the group decide.

For more details about the lunch clubs please contact the Activities Coordinator on **0345 5564144**.

Our craft club run at Chantry House has also been popular. We started this in April and have so far made decopatch boxes, iris folding and covered wood shaped watering cans and tea pots with mosaic tiles. Please contact us for a programme on **01205 364161**.

We are hoping to hold more activities in Boston and the South of Lincolnshire and welcome any ideas/suggestions for anything that is missing in your area. Please get in contact with us.

VOLUNTEERING

Our Telephone Befriending Service offers a friendly chat to over 20 clients each week. Calls can last from 10 minutes to half an hour and are a great way for our clients to have a regular contact with a volunteer over the phone.

All the calls are made by a volunteer sat in a private room in our offices in Lincoln. This popular service is ideal for older people living in more remote areas of the county, which are difficult for us to recruit face to face volunteers.

"I look forward to my call each week. It puts me in a better mood and cheers me up. I would miss it terribly if I didn't have the service"

Helen is one of our telephone befrienders

"It's a nice way to make contact with an older isolated person."

"I really look forward to talking to my clients just as much as they look forward to receiving a call. I get a lot of pleasure from being a telephone befriender. I understand their frustration and sadness of not seeing or speaking to a person from one day to another. The joy comes when they greet me like an old friend. We have built up a good companionship and I feel very privileged to have the clients put their trust in me as they share their life experiences with me. It's the best volunteer role I could have!"

The Volunteering Team are very keen to hear from people in the following areas who may be interested in becoming a Home Visiting Befriending Volunteer. This role requires the Volunteer to visit someone in their own home on a weekly basis. Successful Volunteers will enjoy conversation, be able to commit to 1 hour at a regular time during the week (daytime) and be willing to attend two group meetings a year.

- Bourne
- Branston
- Corby Glen
- Friskney
- Stamford
- Washingborough
- Waddington

VOLUNTEERING VACANCIES

WANTED - WALKING NETBALL LEADER

Did you used to play Netball?

Are you eager to show others how to play the game?

Knowledge of the game, good sense of humour, and coordination desirable.

WANTED - CHARITY SHOP VOLUNTEERS IN LINCOLN AND BOSTON

Do you enjoy shopping? Have you got a passion for fashion? Fans of all things vintage welcomed to apply.

Experience of working in a shop not necessary. Must be a team player and great with customers.

APPLY TO THE VOLUNTEERING TEAM AT PARK STREET - CALL 03455 564 144 OR EMAIL VOLUNTEERING@AGEUKLSL.ORG.UK



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FUNDRAISING

REBEKAH AND KATIE – MEET THE TEAM!

We met with our new Community and Events Fundraiser, Katie, and Marketing Assistant, Rebekah, to discuss their time at Age UK Lincoln & South Lincolnshire so far and what brought them to work with us.



Hi Katie! Firstly, why did you decide to work for Age UK Lincoln & South Lincolnshire?

Hi! Well I have previous work experience in the charity sector, working for End of Life and Autism charities so I really wanted to expand my knowledge into another area. Also, Lincoln is a hub for rural communities so it has allowed me to broaden my horizons.

That's great! Is Age UK Lincoln & South Lincolnshire what you thought it would be?

Based on my interview, yes! But, based on my previous assumptions of the organisation, I would have to say no. As soon as I came to interview, my perceptions completely changed. Now I feel like part of the furniture. I feel welcomed, I feel challenged, I feel thoroughly engaged.

What is your favourite thing about Age UK Lincoln & South Lincolnshire?

I would have to say the variety of challenges brought to me in such a short space of time. My days are so varied, I can be in a room with the Bishop of Grimsby in the morning and planning a charity fashion show in the afternoon, I have the [opportunity] to make my fundraising ideas a reality.

What do you hope to do during your time at Age UK Lincoln & South Lincolnshire?

In terms of what I want to do, I want to engage a greater variety of people in the work we do and deliver our message across generations. In a divided world, Age UK Lincoln & South Lincolnshire can teach people to be tolerant of others and create intergenerational partnerships.

Have you always been passionate about fundraising?

Definitely! Growing up I always would get involved with events like fundraising concerts. I always loved helping those who need it and I love events and the two go hand in hand. It gave me a focus and an amazing way to meet new people.

Aside from your work here, what do you like to do?

I have been a keen singer/performer most of my life. I also enjoy surfing, kayaking and recently took part in a skydive for Age UK Lincoln & South Lincolnshire which was the most amazing experience!

Thank you Katie and good luck in your new role!

Thank you!

Rebekah, hello! So why did you decide to join Age UK & South Lincolnshire?

I have just finished University where I studied Business and Marketing, and I wanted to go into a job that utilised my degree as I am really passionate about marketing. Age UK Lincoln & South Lincolnshire also reflects my own values and beliefs which I felt was important.

Is Age UK Lincoln & South Lincolnshire what you thought it would be?

Similar to Katie I had misconceptions about Age UK Lincoln & South Lincolnshire prior to my interview but those views changed on interview day. Park Street has such a warm, welcoming atmosphere and I felt like there was so much opportunity and space for me to grow here.

That's lovely! What is your favourite thing about Age UK Lincoln & South Lincolnshire?

I would have to say the service users. They really brighten my day and seeing the impact that it has on them on a daily basis is really rewarding. It reminds me why I came into this line of work and shows me every day what we are working towards, which is helping older people to love later life.

What do you hope to do during your time at Age UK Lincoln & South Lincolnshire?

I want to raise awareness of Age UK Lincoln & South Lincolnshire and the impact our work has on the community, encouraging support from residents of the local area. I think it is really important to educate our community on who we are and what we offer as a charity, it's just getting the word out there.

Have you always wanted to go into marketing?

No, I initially wanted to be a primary school teacher until I joined sixth form. I chose Business Studies as one of my a-levels and I fell in love with it. Since then, I have known that marketing is where I want to be.

What do you like to do outside of work?

Socialise mainly, spending time with my friends and family is really important to me. I also love travelling so any chance I get I try to visit new places.

Thanks Rebekah, good luck here at Age UK Lincoln & South Lincolnshire!

Thank you!

FUNDRAISING

THE BIG TOP BALL

On Saturday 28 September, we hosted our third annual charity fundraising ball. The Big Top Ball with a Greatest Showman theme held at the Double Tree by Hilton hotel in Lincoln was a night of fun, fundraising and entertainment.

Guests arrived, enjoyed a glass of prosecco and had the opportunity to have professional photographs taken while being entertained by magician David Fox.

As the doors to the Cathedral Ballroom opened and the guests made their way to circus themed tables the sound of a female vocal quartet, Katie, Evangeline, Poppy and Katy filled the room with a medley from The Greatest Showman and set the atmosphere for an incredible evening.

"An incredible night, the attention to detail was incredible, what a great cause too"

Over 44 prizes featured in our Red and Gold envelope raffle, supported by local businesses in Lincoln and South Lincolnshire.

A delicious 3 course dinner was served and guests participated in a charity auction which featured "money can't buy" lots including a live tour of the Good Morning Britain studio, whilst on air, sporting memorabilia, a Shark Ninja cleaning package worth over £700, an incredible Gin package featuring a day for two at 45 Gin School and more.

One lucky lady won a diamond necklace in our diamond necklace raffle and the guests danced the night away to live band Radioactive or played on the casino.

"I won the diamond, what a great end to an INCREDIBLE evening"

The total amount of funds raised on the night is over £5,000. This is an incredible amount of money, which will go a long way towards supporting local older people in Lincoln and South Lincolnshire. It costs us just £5 to send a befriender to a lonely older person for one visit, with the funds raised, we will be able to support more people and continue working to eliminate isolation and loneliness in older people.

"The ball has made us consider volunteering to spend some of our time with an older person"



WHY WORK FOR US?

Age UK Lincoln & South Lincolnshire offers a diverse range of roles from Support Worker to Volunteer Coordinator, from Community & Events Fundraiser to Gardener/Handyman.

Working for Age UK Lincoln & South Lincolnshire is really rewarding, especially when you step into Park Street and are greeted by warm smiles and friendly faces of those taking part in a class or enjoying some tea and cake. The impact that the work has on our service users is evident by the atmosphere at Park Street, Chantry House and in the homes of those who receive personal care and support services. Aggie Gustaite, our Finance Administrator, echoes this saying:

"I like working for Age UK Lincoln & South Lincolnshire because seeing the difference we make in older people's lives everyday makes a huge difference in my own and leaves a smile on my face."

Not only this, but employees receive benefits including ongoing training/support, competitive annual leave and pay, a work-life balance and the opportunity to make a real difference in the community.

No two days are the same, with a number of positions interlinking with other departments, making job roles exciting and dynamic. Assistant Manager of the Response Team, Lindsey Keightley, said:

"I work for Lincoln & South Lincolnshire because it's an absolute pleasure working alongside likeminded Colleagues and Managers who all work collectively with intense passion and dedication to enable those who require our support, access our extensive range of Services".

The employees of Age UK Lincoln & South Lincolnshire share similar values about the importance of community work and therefore collaborative work between departments is encouraged and successful. In the past six months,



we have seen many of our teams growing in numbers and we have hired:

- **25 Support Workers**
- **6 Homecare Assistants**
- **13 Responders**
- **9 Gardener/Handyperson**

This growth allows us to cater to even more people in Lincoln and South Lincolnshire, meaning that we will be able to further reduce the rates of loneliness and isolation. Our current vacancies are within our Response Team and Care & Support Services department.

IF YOU ARE INTERESTED IN APPLYING FOR A JOB WITH US OR DISCOVERING UPCOMING JOB OPPORTUNITIES AT AGE UK LINCOLN & SOUTH LINCOLNSHIRE, OUR VACANCIES CAN BE FOUND ON INDEED, FACEBOOK AND OUR WEBSITE WWW.AGEUK.ORG.UK/ APPLICATION PACKS CAN BE OBTAINED BY CONTACTING OUR FRIENDLY HR TEAM ON RECRUITMENT@AGEUKLSL.ORG.UK OR CALLING 03455 564 144 EXT. 1105 OR 1121.



PARK STREET ACTIVITIES

ROYAL ASCOT SUMMER PARTY

Fascinators, top hats and hats adorned with race horses. Park Street was bustling with excited guests ready to enjoy an afternoon of food, fun and laughter on Friday 21st June.

Over 100 guests arrived at Park Street, Lincoln, dressed up in true Royal Ascot fashion and took their seats. Many different groups attended including Eccleshare Court Day Centre, Age UK Choir, Yoga, Luncheon Club and Lenton Green. It was really lovely to see everyone with a smile on their face, enjoying the company of their friends, many of which were formed because of Age UK Lincoln & South Lincolnshire's services.



Rosettes were given to a few of our best-dressed ladies who wore some beautiful hats and fascinators. The 'Best Ladies Hat' winner was then picked and she certainly went all out, styling a Royal Ascot jumper and horse-adorned hat to match. Mrs. Galaxy Ireland attended the event, selling raffle tickets to our guests, giving them the chance to win one of

of our wonderful prizes. Feucht-Frohliche Neustadter also came and served our guests glasses of wine before their meals were served. The food consisted of a 3-course meal served by our fantastic Volunteers whose services made the event a success. Our kitchen and activity centre staff worked tirelessly to ensure smooth

running of the event and that every one's needs were catered for.



RETAIL- LINCOLN #2 AND BOSTON #3

On Friday 24th May, we opened our second Age UK Lincoln & South Lincolnshire charity shop, located in Boston town centre.

Our Boston shop, #3, was ready with quality clothes, shoes, children's toys, books, DVDs, ornaments, jewellery, accessories and home décor.

Locals to the area were keen to have a look around the store, asking when it was opening all week during the lead up to the opening day on Friday. We opened at 11am and immediately the shop was bustling with shoppers eager to find a quality bargain. Before we knew it, shoppers were bringing multiple items to the till and leaving the store with a smile on their face and an Age UK Lincoln & South Lincolnshire bag in their hand.

The busy atmosphere remained throughout the day as people came in and looked through the array of items we had to offer in store. Many locals were really happy about the return of Age UK to their town centre, saying:

"I'm really glad Age UK are back"

This proved to us that we are very much welcome in Boston and should see continued success with the new shop. The shop has a spacious layout with plenty of access for wheelchairs and pushchairs, making it accessible to everyone in the community. We have Volunteers who make it possible for our shops to run

as smoothly as they do, without them we really couldn't do it. We are always looking for volunteers so if you are wanting to develop your skills or grow your confidence you could be perfect for the job.

Age UK Lincoln & South Lincolnshire are thrilled to be in Boston, especially as we expand our services. Our lunch club, craft club and bingo are now being offered to the community on a regular basis in Boston and South Holland. We want to give the 50+ age group in the Boston area the chance to be involved and benefit from our service offering, allowing them to engage with us and each other. Engaging in activities helps better mental health, allows for meeting people and keep people active in the community.

Our aim is to reach a greater number of people and eliminate loneliness and isolation in more communities. We are always grateful for donations of good quality clothing, books, toys and small furniture items. We also take bags of clean but marked/damaged items which we are able to weigh in for rags.



IF YOU ARE INTERESTED IN BECOMING A VOLUNTEER WITH US, GET IN TOUCH TODAY ON 01205 364161 OR, IF YOU WANT TO VISIT OUR SHOP AND FIND YOURSELF A BARGAIN, OR DROP OFF STOCK DONATIONS VISIT: 36 STRAIT BARGATE, BOSTON, PE21 6LJ 5 GUILDHALL STREET LINCOLN LN1 1TT



INFORMATION AND ADVICE

Our Information and Advice service is a free and confidential service for older people, their families and carers.

In the year 2017/18 we helped local people to claim previously unclaimed benefits of £1,141,179 allowing people to be more independent and live more comfortably.

OUR ADVISERS ARE TRAINED TO HELP WITH:

- Social care - such as finding a care home, accessing social care and how it's funded.
- Your income - including a free benefit check and help with applying for pension age welfare benefits.
- Your home - information on staying warm at home and access to home aids and adaptations.
- Legal issues - information guides and factsheets on making a Will, Power of Attorney, and how to deal with an estate.

CASE STUDY - MRS A

Mrs A contacted us as she was looking for support with an application for Attendance Allowance, for both herself and her husband. They were both finding it increasingly difficult to carry out their own personal care and daily living tasks, due to reduced

mobility caused by their medical conditions. Their initial telephone enquiry resulted in a referral to our Information and Advice team. Our Senior Information and Advice officer Diane called Mrs A to discuss the eligibility criteria for Attendance Allowance. Having talked through both Mr and Mrs A's health conditions and the impact their symptoms have on their daily living and personal care needs, it was clear that they would both benefit from Attendance Allowance to help them remain independent.

Mrs A has had a knee operation which has resulted in her not being able to straighten her leg properly to enable her to put her full foot down onto the floor, which was making walking difficult and causing loss of balance. Mrs A also has Arthritis in her hands, feet, neck and hip and is currently on the waiting list for an operation to have a finger straightened after suffering tendon damage. Other medical conditions include Diabetes Type 2 and High Blood Pressure. Mrs A is also a carer for her husband, but her medical conditions are making it difficult for her to carry out her caring role. Mr A has carers attending every morning to help him wash and dress,

Mrs A attends to all her husband's care needs after this time. Mr A has sight problems due to having Diabetes Type 2, hearing loss, and suffers from Bronchitis making him breathless on exertion. He also suffers with Cellulitis on both legs which is painful for him. In addition to this he is on a waiting list for surgery to replace both his knees. Mr A's mobility is severely restricted due to his medical conditions and is unable to carry out any personal care needs unaided. He sleeps in his chair as getting in and out of bed is too painful. Mr A rarely leaves the house unless to hospital appointments or his GP surgery.

Diane was able to offer Mr and Mrs A a home visit where she supported them with Attendance Allowance applications. Both applications were successful, resulting in the higher rate of Attendance Allowance being awarded. These payments of £87.65 a week each, plus an additional back payment of £513.60 each is now helping them to meet the costs of the additional expenses which can be incurred when struggling with poor health, and is helping them to remain independent. In total their joint weekly income has increased by £175.30

and they have benefited from a lump sum payment of £1027.20.

Due to his reduced mobility a Blue Badge application was completed for Mr A to enable him to park nearer to his GP surgery and hospital when attending appointments. He is now in receipt of his Blue Badge which allows him a little more freedom to go out and about.

Diane was also able to signpost Mrs A to the carer support service who carried out a Carers Assessment. This assessment identifies the needs of unpaid carers and offers access to support with a carers role.

Both Mr and Mrs A are very pleased with the outcome of our intervention and wanted to thank Age UK Lincoln & South Lincolnshire for the information, advice and support they received.

Mrs A said:

"We are now able to worry less about our income and paying for my husband's care, we can afford to treat ourselves occasionally".



TO CONTACT OUR INFORMATION AND ADVICE DEPARTMENT PLEASE CALL 03455 564 144



LINCOLNSHIRE LIVES

INTERVIEWS WITH SOME OF LINCOLNSHIRE'S MOST INSPIRATIONAL INDIVIDUALS

John Alford, who moved to Lincoln in 1980 was a former member of The Allisons and came into Park Street to talk all things Eurovision and environment.

Speaking to us in Park Street Eatery, John explained his love for music and how he came to write and perform hit record "Are you sure?" earning The Allisons 2nd place at Eurovision in 1961. The duo took the charts by storm alongside artists such as Cliff Richard, Connie Francis, Elvis, Bobby Darin and more.

As a child, John was fairly shy and struggled with his confidence. One day he saw someone performing and was inspired, pushing him to want to learn to sing and play the guitar. He had sung in the local church choir alongside Colin Day, his duo partner in The Allisons, but was keen to branch out into the pop music scene where many were making names for themselves.

Coming from a poor background, John did not have the money to buy his own guitar. He asked the local Vicar if he could borrow a pair of shears, to which he agreed and John asked people in the local area if he could cut their hedges and grass for them to earn some money. One, a local artist, agreed and John began working on his garden for £1 a week. After a while, John noticed that he had a guitar, and asked if he could purchase

it using the money he had earned. The artist agreed and John found himself owning his very first guitar.

John started learning to play the guitar and not realising then that he would need a plectrum to play, would spend hours playing, leaving his fingertips sore and cracked at first. Laughing about this John then showed us four plectrums that he keeps in his wallet at all times, should a guitar become available for him to play. John's guitar skills continued to improve and he started learning sheet music, which he would try to memorise so that he could perform without prompts.

"Practice something long enough and your brain will pick it up"

However, John sometimes missed or changed a note or two accidentally meaning that he was playing some songs slightly differently. But this was the start of his songwriting as when this happened John found himself still enjoying the tune he was playing, encouraging him to start writing his own music and lyrics.

"It's like getting a piece of wood and chopping the first bits off"

Whilst John was working at an engineering company in his youth he would sneakily write songs at his desk, explaining to us with a cheeky grin on his face that he was caught a few times by his manager.

One day he excused himself away to the office toilets with a pen and paper in his trouser pockets and scribbled away the lyrics to what would become number 1 hit record 'Are You Sure?'. When asked what inspired the writing of 'Are You Sure?' written in May 1959, hopeless romantic John explained that it was from a heartbreak the year before and the song was carrying the message of 'Are you sure you won't change your mind?'. Heartbreak has inspired many successful artists in their work, Adele being one of the most famous to date. John's songwriting led the duo to begin performing at the well-known Bread Basket coffee bar in London, located off Oxford Street.

'Are You Sure?' was entered into the 1961 Eurovision song contest after being selected from several of John's songs that were recorded by the duo after their music reached Fontana Records and caught their attention. This was the start of The Allisons whirlwind experience of fame. Coming 2nd in Eurovision, the duo topped UK charts, knocking Elvis from the top spot with Cliff Richard sitting 3rd on the charts at the time (April 1961). Being at the top of the charts with these names was a massive achievement and The Allisons became the first British group to have 1 million copies sold, earning them a gold disc. Jonathan King and Lord Andrew Lloyd Webber plus Sir Tim Rice were amongst those who were big fans of the song which again was a

massive overseas, international achievement for the pop duo. Their hit was also top of the Juke Box, Sheet Music and Radio Playlist charts. After their Eurovision success, John and Colin travelled around the country performing at various venues including the London Palladium, Odeon Southend, Royalty Chester, Colston Hall and Apollo. At these venues they performed alongside acts like Frankie Vaughan and Billy Fury, plus many top American stars. Despite The Allisons' moment in the spotlight, their success was not long-lived, due to poor management, with the group disbanding reluctantly in 1963 and John's attention moving towards his love for nature and the environment.

In 1974, John joined other members of Friends of the Earth in a demonstration which would show just how much paper waste occurs through throwing away newspapers instead of recycling them. Pictured in the Gazette and Post, John and the group proudly surround a mountain of newspapers they were able to collect from two apartment blocks. 60% of the residents were happy to participate in the demonstration. The group estimated that the council could earn £31,000 if they were to recycle all of the newspapers that would be typically thrown away, which is now fully accepted.

Being a Friends of the Earth member, John again wanted to make and encourage change in people, spreading the message of a cleaner



LINCOLNSHIRE LIVES

environment. Something to show this was his creation of a slogan clad t-shirt hosting the words "My machine is quiet and clean!", which was an attempt to encourage cycling over driving in towns to reduce emissions. This caught the eye of the media and in 1978, The Observer Magazine featured John wearing one of his t-shirts and riding his bike with his son on the back. He also created seats fitted on for children with the phrase/logo "BIKE IT!" John sold these t-shirts and also went on to making caps and jumpers printed with the logo and slogan.

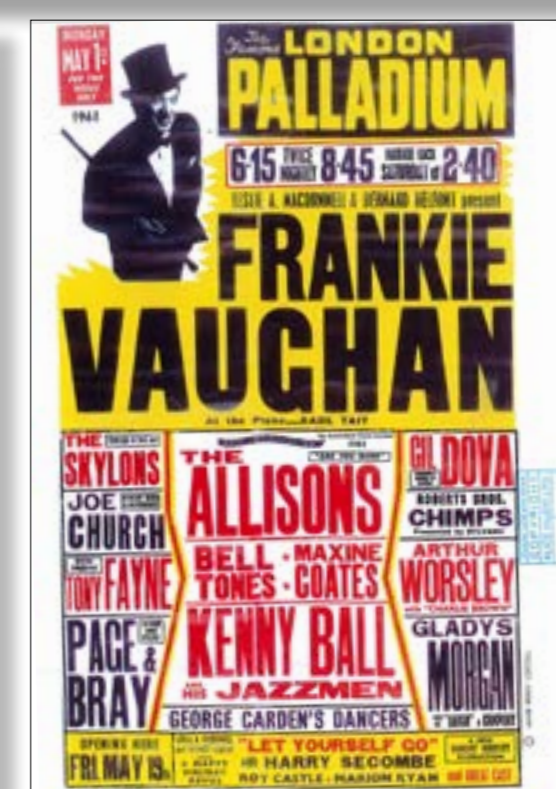
John has always loved nature and told us that when he was younger he would "Lie on the grass and just look", taking in all of the insects and flowers around him.

"Lie on the grass and just look"

His passion for the environment continues today being a member of the International Tree Foundation that works on planting trees all over the world, combatting deforestation. This is particularly important with a worldwide push to become 'greener', starting in 1971.

John's passion of music and the environment shows that he is very much still young at heart, telling us

"There are no old people, just young people of different ages"



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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

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

THE ALLOTMENT

GARDEN YOUR WAY TO A HEALTHIER LIFE

On Wednesday 29th May we met with Lead Volunteer, John, to discuss the Age UK Lincoln & South Lincolnshire allotment, and the benefits it has on him and the other Volunteers.

his time at the allotment, he went on to explain that gardening 'has real health benefits'.

This was clear to us, as we could see that everyone at the allotment was able to enjoy gentle exercise which has known health benefits, whilst learning a new skill which keeps the brain active and healthy too. John also explained that the mental wellbeing benefits were just as evident as the physical benefits using gardening as gentle exercise for the body and mind. Speaking of the benefits that gardening has on your mental wellbeing, John explained



The allotment, beautifully kept, is home to a variety of fruit, vegetables and wild flowers. Each week six Volunteers give their time to help sustain the allotment and harvest the produce grown there. The vegetables, if good enough quality and quantity, sometimes make their way to Park Street Eatery where they are used in the kitchen for the enjoyment of our customers. The majority of the produce given to Park Street comes in the form of salad vegetables like lettuce, tomatoes, radishes and cucumber. When the potato crop comes in, our Park Street restaurant also makes use of these vegetables. Showing us around, John proudly named each vegetable and area of the allotment whilst other Volunteers were planting or picking produce. The atmosphere at the allotment is really peaceful and all of the volunteers seemed very content in their roles. When we spoke to John more about

'Working with plants, it relaxes you'.

In a time where mental health is being talked about more than ever, it is key to know the kinds of activities that people of all ages can get involved in to benefit their mental health. Mental health charity, Mind, have previously spoken about the mental health benefits of nature. Mind mentioned that growing food and outdoor exercise can reduce stress, provide peer support and help you to be more active and confident. They also say that nurturing something else can help you in learning to care for yourself and the importance of that.

We encourage you to share your own gardening pictures, stories and produce. Tag us in your pictures on social media and use the hashtag **#NurtureTheMind**.



If you are interested in becoming a volunteer at the Age UK Lincoln & South Lincolnshire allotment, get in touch today on 03455 564 144 and ask for Nicki or Pip.

In addition, if you want more information from Mind visit : <https://www.mind.org.uk/>.



WRITING AND POETRY COMPETITION



This years writing and poetry competition has once more seen some incredibly diverse, beautiful and emotively written entries.

Our Sponsors Lance Print and our second judge published author James Hazel had the difficult task of choosing two entries to be placed in First and Second place

"The quality was very high – the entries were as diverse as they were creative. Having given it careful thought, my pick is number 21: Ode to Passing Years, an enchanting, witty and (in places) brutal account of self-observation – pure and completely honest"

James Hazel

The First place winner takes home a £100 Amazon voucher sponsored by Lance Print and the second place prize is a Q&A with James Hazel



RUNNER UP

*The unwanted gift
It came in my fifties year, my
unwanted gift
And soon became very clear
it wasn't going to shift
It started touching both my
knees, then hips and
fingers too
Its common name is Arthur
arthritis to me and you*

*I didn't ask to receive it,
I didn't want it at all
It stopped me running
for my bus
Ok kicking the
grandson's ball*

*The stairs became
like Everest
Its steps were hard to climb
I wasn't sure which way to go
Which way would take
less time*

*Hands and knees or
bum slide
Or crawling all crab fashion
I really just couldn't decide
The best way forward
became my passion*

*The surgeon said "New knees
I think, this is the route
to take*

*So duly guided by him it was
this or turn to drink
So knife and scalpel
undertook, crutches
wheelchair the lot
But after several months of
pain it hadn't helped a jot*

*So please, please arthritis
just do one right away
As this was not on my gift list
for my 50th birthday*

WINNER

*To whom belongs this dreary
face, it surely isn't mine?
The inside is still seventeen,
the outside sixty nine*

*The laughter lines give
character (at least that's
what we're told),
Quite frankly I just think they
make my face look very old)*

*The silver threads amongst
the gold are weeds within
the garden
And doubtless, any minute
now, the arteries will harden*

*Keep- Fit was such a pleasure
when it boosted zest
and drive
But now I find I have to go to
merely stay alive*

*Birthdays arrive more
frequently (or so it would
appear) I swear I'm having,
at the least, a couple
every year*

*My sex appeal, there's not a
doubt, has just begun to wilt
I'de rathr be UNDER than
sprawled UPON my
continental quilt*

*Can you forgive this self-
-indulgent wallow in the
blues? To quote a friend 'My
boobs are making contact
with my shoes'*

*The thickening waist is
'cuddly', the hips prove I'm
a woman, My imperfections
just confirm that I'm fallible
and human*

*Now I don't mind the loss of
looks (I never was Bardot),
The widening shape,well,
I can take, the 'slink' was
bound to go*

*What I DO mind, an awful lot,
I'm finding it a strain
That 'they' left all the trash
behind when someone stole
my brain*

*Not that it toyed with mighty
schemes ; t'was flummoxed
by a shandy
But now and then and here
and there and here and there
it came in very handy*

*A face-lift here, a chin tuck
there, would be
scant consolation
Cause for a dissapearing
brain there is no operation*

*So this is how it's going to be;
totally imprisoned,
A dithering, dotty, dopey
drip, wandering and wizened*

*Ah, woe is me and beat my
breast (albeit droopy) it's
more than just a rumour
But I will never let 'them' take
my twisted sense of humour*

*If you were going to steal
a mind, pray ponder for
a minute, Wouldn't you
be looking for one with
something init?*

*So I have had the final smile,
it could have been much
worse. 'They' thought to rob
a merchant bank but got an
empty purse*



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FOODS

ECCLESHARE COURT DAY CENTRE

At Eccleshare Day Centre we provide a welcoming, comfortable and safe environment for our clients, plus the opportunity to socialise and have some fun.

Our clients at Eccleshare Day Centre can enjoy our enclosed garden, themed room pub, coffee shop and pay a visit to our hair dressing salon. Each day our dedicated team of Support Workers look to provide a range of stimulating and enjoyable activities which reflect the personal interests and hobbies of our clients; whilst also introducing new activities to try. The focus is to promote choice, self-esteem, mental stimulation and self-fulfilment in a friendly and relaxing environment.

For clients who enjoy movement and music, we have regular seated exercise sessions from Move It Mobility, and the opportunity to dance from local dance company Rhythm in Movement. Our local choir Birchwood Sings have given us a fantastic concert recently and will be returning later this year for another live performance. Our local African Drumming group also provided a stimulating and exciting drumming workshop for our clients. This was something that

most of our clients had not tried before and it was a great success.

Local charity The Reader, provide the opportunity for clients to hear spoken dramas, plays and poetry and join in the discussion on the themes and topics raised. This ties in well with our philosophy group and regular current affairs discussions.

We have links to a local primary school to promote the relationship between our clients and their pupils through a pen-pal scheme. We know that forging relationships between the generations has proven to be extremely beneficial for both young and old.

We recently enjoyed a themed 1960s week of activities. Andy Warhol style art was produced by some of our clients, along with a walk down memory lane with 1960s baking and testing knowledge of the decade in 1960s games such as Jeopardy. The week culminated in a live show from well renowned entertainer Geoff Bridge who provided a fantastic show of laughs and a chance to sing along to the great songs of the decade.

Singing is a great joy and a therapeutic activity for many of our clients. Our enthusiastic singers will be joining in song with Eccleshare Court residential home clients to form a choir; possibly with the view to perform in the future.



Sepsis and Medical Negligence

Sepsis (a form of blood poisoning) is a potentially life-threatening condition which occurs when the body's immune system overreacts to an infection.

Although in most cases our immune system can fight infection by releasing chemicals into the bloodstream, if our body's response to these chemicals is out of balance, our response can trigger changes which then causes damage to tissues and organs instead.

Once the infection is in the bloodstream it can affect the entire body and can lead to organ failure. If not treated urgently it can become a life-threatening condition where our response causes a sudden and dangerous drop in blood pressure and the Sepsis progresses to Septic shock. If left untreated this can result in death.

In recent years the numbers of Sepsis cases have risen which experts believe could be linked to our increased resistance to antibiotics. In addition, the number of medical negligence cases have also risen where the signs and symptoms have been missed or overlooked.

What are the symptoms?

According to the UK Sepsis Trust, 5 people die of Sepsis every hour in the UK, with 1 in 4 sufferers being left with permanent life changing consequences. Because the symptoms of Sepsis can initially mirror flu or a chest infection it can sometimes be difficult to reach an early diagnosis. The symptoms of Sepsis can also vary with age and where there is a history of illness or surgery.

Symptoms of sepsis in **Adults** can include:

- S - Slurred speech and decreased mental ability / confusion
- E - Extreme shivering, chills or muscle pain
- P - Passing no urine (in a day)
- S - Severe breathlessness or fast heart rate
- I - It feels like you have never felt as unwell
- S - Skin is mottled or discoloured

... whilst symptoms in **Children** can include:

- Fever, low temperature, fits or convulsions
- Confusion and disorientation
- Feeling cold to touch

- A rash that does not fade when pressed or having mottled, bluish, and clammy skin
- Breathing very fast
- Very tired or difficult to wake

... and symptoms in **Babies and Very Young Children** can also include:

- Not feeding as usual or being sick repeatedly
- Not passing urine for 12 hours

What is the treatment?

The NICE (National Institute for Health and Care Excellence) Guidelines published in 2016 provide clinicians with guidance on how to spot signs of Sepsis and understand how to manage and treat the condition as early as possible. Generally, patients should be treated within 1 hour of diagnosis by being administered oxygen, fluids and intravenous antibiotics. If treated quickly, recovery without any lasting side effects is possible. However, any delay in diagnosis and treatment can lead to serious complications and survival rates can drastically reduce to less than 50%.

When negligence can occur

Although fatalities can happen even with the best quality of care, there are some instances where substandard medical treatment or delays in diagnosis occur where symptoms are not dealt with quickly enough or have been misdiagnosed for something less severe.

In order to explore a possible claim and identify if errors in care have taken

place, several expert opinions may be necessary to prove this and outcomes and compensation will vary case by case. Whilst Sepsis can lead to loss of life in the most serious cases, it can also lead to long-lasting injuries as well as loss of earnings, travel and treatment expenses and costs of any care needed during recovery. It is common amongst survivors to also experience physical, emotional and psychological problems whilst recovering. Examples of these include recurring infections, insomnia, hair loss, short term memory loss and depression.

The next steps - how we can help

At Sills & Betteridge, we understand that the effects of Sepsis can be devastating and can have an enormous impact on the quality of life of the person affected. If you or a loved one have been affected by Medical Negligence whilst being treated for Sepsis, then we are here to help you explore and prove your claim to recover any compensation you deserve.

Generally, you only have 3 years to pursue your claim from the date of the incident or date of knowledge if later. Therefore, it is always best to seek legal advice at the earliest opportunity.

If you feel that you may have been affected by Medical Negligence then please contact us. Sills & Betteridge Solicitors have a specialist Medical Negligence team with a wealth of experience and are fully committed to obtaining the best possible outcome for you. We are very approachable and will listen carefully to your concerns.



To arrange a **FREE CLAIM ASSESSMENT** at your nearest branch or at home, either call **0800 542 4245**, email **info@sillslegal.co.uk** or visit our website **www.sillslegal.co.uk**

FOOT HEALTH AT PARK STREET

Margaret, a client of Alistair Cotton Foot Health Practitioner, told us:

"It's like floating on air when you [leave]".

Alistair has been running his foot clinic at Park Street for many years and has helped many of our service users with their foot care. Maintaining healthy feet can be particularly difficult for older people. Margaret told us "I can't bend to do them myself" which is a common problem, and therefore coming to Alistair is a weight lifted.

Alistair mentioned that clients can often be really nervous before their first appointment, mentioning that one client was nervous for the two weeks running up to his first appointment. Having seen Alistair with his clients, he quickly puts them at ease and makes

them comfortable. Margaret too said she felt nervous before her first appointment

"I was nervous when I first came, once I had been... he puts you at ease".

Alistair sees most of his clients on a regular basis, recommending next appointments within 6-8 weeks. When asked about the difference in people after their appointment Alistair said;

"They're happy. They go away feeling elated and in less pain. I get immediate job satisfaction".

Alistair operates his foot clinic at Park Street (Wednesdays and alternate Mondays) and also mobile, visiting people in their homes.

IF YOU WANT TO ARRANGE AN APPOINTMENT WITH ALISTAIR, CONTACT HIM ON: 07855 915 282 or email alistair@healthyfeetlincs.co.uk.



WORDSEARCH

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

APPLE
COLD
DARK
EARTHY

FALL
FEAST
LEAVES
PUMPKIN

RAIN
RAKE
SCARF
TREES

Sudoku

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

		6		8		5		3
	7	9	5		1	6	2	
2					3			
	8				2	3		1
		5		6		8		
	1	2	3		8			9
		3			6			7
	6			3	9	2	4	
8		4		1		9		

Join us at Park Street Eatery for Afternoon Tea

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- Crisps
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- Selection of homemade cakes inc. pot of tea

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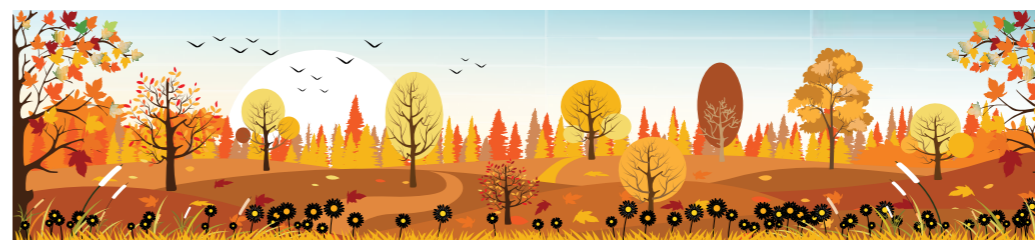


8	2	4	7	1	5	9	3	6
7	6	1	8	3	9	2	4	5
5	9	3	4	2	6	1	8	7
6	1	2	3	7	8	4	5	9
9	3	5	1	6	4	8	7	2
4	8	7	9	5	2	3	6	1
2	5	8	6	9	3	7	1	4
3	7	9	5	4	1	6	2	8
1	4	6	2	8	7	5	9	3

Sudoku Answers

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

Wordsearch Answers



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Sunday 14th June 2020

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The course begins with observational drawing, throughout the course we will consider a selection of themes and engage in a variety of drawing & painting processes. Students can use their own mediums of choice and are encouraged to use any materials they have already.

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