

ENGAGE

IMPROVING
THE LIVES OF
OLDER PEOPLE

HAPPY NEW YEAR 2019



WELCOME



MEET THE TEAM...

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Happy New Year!

As we review our last year of delivering services and support to older people and consider our plans for 2019 it's very clear to see that 2018 was a year of challenge, a year of change and a year for opportunity.

2018 was a year of for celebration as it marked our charities 60th year of delivering services and support to the older people of initially Lincoln and the surrounding area and latterly Lincoln and the entire area that is South Lincolnshire. This is due to the closure of one local Age UK and our merger with another to create Age UK Lincoln & South Lincolnshire as we are now known. This is a trend that we are seeing all too often, not only across the Age

UK network but across the charity sector on the whole, as funding cuts continue, costs increase and demands on our services continue to grow.

Our challenges and targets were evident on the walls of Park Street. Those who visited our centre will have seen our thermometers on the wall indicating our challenges to reach 600 new customers raise £60,000 and recruit 60 new volunteers. At the end of the year, the figure for new customers exceeded for new customers was 4047 - this is 3447 more people than we anticipated coming to us for help.

I am delighted to say that new volunteers we recruited reached 107 almost doubling our target. Our fundraising thermometer was the slowest to rise but our

events were vast, from skydiving, the Lincoln 10k and a Diamond Ball to name just a few. Our Christmas parties were a fantastic few days as ever – do not miss our gallery and feature on page 14.

Don't miss our "Your Letters" feature this month, we love to hear from you so please feel free to write in and share your experiences or concerns.

We are full of hope and inspiration as we move forward into the New Year and continue to look for new ways to deliver our services and reach more people.

The Winter months always put additional strain on loneliness and isolation particularly in older people and this Winter we are all seeking to make a difference. Our national campaign is highlighting that "No one should have no one to turn to". That we as an organisation are here for older people and their families offering a wealth of Information and advice and services. – Take a look at the article on page 16.

As we enter 2019 may I re iterate that we are here, if you know someone that would benefit from our vast array of services please don't hesitate to put them in touch with us.

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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Support Services



Cleaning Services - Assisting with a wide range of tasks which include vacuuming, dusting, polishing, change 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. We can visit weekly, fortnightly or monthly to meet your requirements.

All our staff are DBS checked and are fully insured. For more information

Please call **01522 696000** Or visit: ageuk.org.uk/lincolnsouthlincolnshire or Email info@ageuklsl.org.uk

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YOUR LETTERS

Here at Engage magazine we want to hear from you! Share your experiences, comment on an article or tell us what you would like to see more of in Engage magazine!

Here are some of your letters and our star letter this month.

Dear Sir

I write to tell you how delighted I am to come to Age UK Lincoln & South Lincolnshire's Park Street Centre. The meals are well presented the staff are friendly and helpful and polite.

I feel relaxed when I go there. There are lots of friendly people and I have met many nice new people to socialise with.

Mrs J Britton

A Fabulous event, The Diamond Ball. What can we say other than a huge thank you for an absolutely fabulous evening. The attention to detail was amazing.

We had a fantastic evening with our friends with delicious food. Shame my hubby was too busy winning on the poker table to join me for a dance to our song!

Next year's date is already in our diary and I'm circulating to friends who couldn't join us this year.

Mrs T Redfeam

STAR LETTER Sisters – re united

I would like to share how the centre at Park Street brought four sisters together. My two sisters Margaret and Sylvia first started coming to the centre for Zumba class. Margaret asked Brenda is she wanted to join the singing group and they both regularly attended the classes. After a couple of months my sister suggested I join too so now we all meet every Tuesday and after singing we all have lunch together in the cafe*.

The Park Street centre has brought us all together again. since our Mum died, we had all drifted apart and now every Tuesday we meet and share some time as Sisters. The centre has played a huge part in bringing us back together.

Christine, Brenda, Margaret and Sylvia



Our star letter writer wins tea and cake for all 4 ladies in Park Street Eatery.

NEWS FROM LINCOLN

Intergenerational Afternoon Tea and Bowling.

We were delighted to be approached by Lincoln Minster School regarding a group of students wanting to provide an afternoon tea for a group of older people.

The organiser of this event was a young person called Emily and we asked her what inspired her to create this event.

"Hello! My name is Emily. I am a Year 10 pupil at Lincoln Minster School. Inspired by the initiatives I had been involved in with Compassionate Lincoln (a community based social action group), I approached Mrs Muir, one of our teachers at school, to see whether there was anything we could do in school to support the work Compassionate Lincoln do.

She said yes, and the idea for a school social action group was born! I got together a team of other pupils from across the year groups who said they would be keen to be involved and, as a result, we formed Compassionate Minster - a school social action group working alongside Compassionate Lincoln.

We had various meetings with members of Compassionate Lincoln to identify what sort of projects we could become involved with. They highlighted to us how loneliness is a real issue in Lincoln amongst the elderly so we thought this would be the group we would like to help. We decided that we would

organise and host a 'Generation T' party; inviting members of the local elderly community to come into school to enjoy an afternoon of tea, cake and the company of pupils. To get our idea off the ground, we needed some funding. So, with the support of Compassionate Lincoln, I was invited to attend the 'Big Soup' in Lincoln at which I bid for, and won, a pot of money to put our idea into action!

Unfortunately, we struggled to find enough people who could actually physically make it into our school. However, a phone call to Age UK Lincoln & South Lincolnshire solved our problem. They offered us their activity hall as a venue and a group who we could visit and host afternoon tea for. With all plans in hand, we visited the Friday Bowls Group for an afternoon of indoor bowls and tea! After much coaching from Bert and the other 'professionals', we began to play some games!

I have to say, I think me and the other pupils have a long way to go before we are as good as the bowls group! After a few hearty games, we then hosted our afternoon tea. We really enjoyed being able to sit with members of the group and chat with them. The cakes were good and the conversation even better! We are now making plans to visit again after Christmas and hope to be able to fundraise for the group to help them to buy new bowls mats as the ones they have are water damaged.

We are also having secret indoor bowls training but ssshhh, don't tell them!"



NEWS FROM BOSTON

HORTICULTURAL SHOW

The Age UK Horticultural show takes place every year in Boston and invites anyone to enter their item in a variety of categories for judging by experts.



PHOTO LEFT TO RIGHT
Garden Centre Manager Tania, Lisa Wilson, Stacey Zealand, John Jaques, Matthew Hodgekinson (Vertu Honda), Mayor of Boston Councillor Judith Skinner, Janet Bulls representative, and Amanda Wilson.

Raffle sales and entries raised £300. We received 63 entries across several categories including vegetables, cakes and crafts.

- Winner of the flower section John Jaques for his dahlias
- Winner of cookery Lisa Wilson for her Victoria sponge
- Winner of Arts & Crafts section Janet Bull for her hand knitted garment
- Winner of young childrens section Stacey Zealand
- The Best in Show who received the Rodney Issaac Trophy was John Jaques for his dahlias
- Runner up was Janet Bull for her knitted garment
- Winner of the vegetable section John Jaques for his carrots



The event was sponsored by Vertu Honda (Boston) and held at Johnsons Garden Centre on 8th September.

A DAY IN THE LIFE OF AGE UK LINCOLN & SOUTH LINCOLNSHIRE HOMECARE ASSISTANTS

Working in care is a rewarding and varied role.

We spoke to a couple of our Homecare Assistants from the Care & Support Services Department and visited one of our service users to find out more about what they do and what a difference they make.

Maria Miles Age UK Lincoln & South Lincolnshire, Homecare Assistant

What inspired you to go into a role as a Homecare Assistant?

"I had trained and worked as a Nurse in my 20's, and later mostly as a district nurse. Later in life I thought about going back into nursing on a Return to Nursing course. However, to get started I needed over 200 hrs of care work. I applied to Age UK Lincoln & South Lincolnshire as a Homecare Assistant and I was so impressed with the training and the care certificate, that I decided not to apply to do the Return to Nursing and stayed with Age UK Lincoln & South Lincolnshire."

What do you find most rewarding about your job?

"I have always enjoyed working with older people. I enjoy listening and chatting with each person in their own home. Providing personal care is only part of the job, it also involves engaging with our elders and finding out what is going on in their world. Some of my service users are no longer able to get out of the house anymore and tend to stay indoors."

"The fear of falling is their greatest fear, so I like to chat with them about the changes that may be happening around them in Lincoln, for example how the University is growing and how the city is evolving, or we chat about the news and current affairs."

"Working with Age UK Lincoln & South Lincolnshire, I feel very valued. I love that we are a very person centred organisation. We do not go rushing in and have to provide care in 15-minute slots. We provide a good service and have the time to also chat with the service user, which is so important. It is very rewarding to be able to help our elders remain in their own homes for as long as possible, in a safe and happy atmosphere."

Julie Duckering Age UK Lincoln & South Lincolnshire - Homecare Assistant

What inspired you to go into a role as a Homecare Assistant?

"It has always been in my nature to be caring and I just wanted to make a difference to people's lives enabling them to live as independently as possible in their homes. I had worked as a teaching assistant previously and was new to care when I joined Age UK Lincoln and South Lincolnshire"

What do you find most rewarding about your job?

"The most the most rewarding part of my work is knowing I have made that difference to the people I provide care for. For some service users we may be

the only people they see regularly and look forward to seeing us. One service user told me "It's better than a 5 star hotel." For me, I need nothing more than to know we have done all we can to ensure our service users are happy safe and well cared for."

What do you feel is the biggest misconception about being a Homecare Assistant?

"People seem to have the impression that working in care is an untrained, unskilled & unrewarding job, this is not the case. In fact, it is actually quite the opposite."

"We spoke with Mr and Mrs Carr about having care at home provided through Age UK Lincoln and South Lincolnshire. Mrs Carr has been having receiving care from our Homecare Assistants since a fall 4 years ago where she injured her hip. Mrs Carr was offered nursing home care but wanted to stay independent at home so the couple from Lincoln decided to

look into receiving help from Age UK Lincoln & South Lincolnshire."

Mrs Carr now has a visit from a Homecare Assistant 4 times a week, assisting with personal care and also bringing conversation and laughter. "It makes it so much easier for Stanley" quotes Mrs. Carr of her husband of 72 years who in turn adds that "getting stockings on is a nightmare!"

Mr Carr continues, "We couldn't be as we are; together, happy, living at home and this relaxed and comfortable, without the help of Age UK Lincoln & South Lincolnshire and not to mention we also visit Park Street every day for a hot meal and we attend sequence dancing too. It really has changed our lives for the better"



Boston and Moulton Christmas Parties

We held two Christmas parties in the Boston and South Holland area, for One at Richmond House and one at everyone attending received a three-course meal

Christmas meal catered by Rumblin Tums of Boston and also participated in a fun Christmas quiz with a guess the artist performing Christmas songs. Both days were supported by Calders and Grandidge by donating sponsorship and also their time to help serve meals on the day alongside our team of volunteers.

Everyone took part in a fun Christmas quiz and were entertained by local secondary school Tower Road Academy. The second meal was at Moulton Community Centre where 35 people attended. They received a traditional



VOLUNTEERING



THE VOLUNTEER AWARDS

Our annual volunteer awards took place in November at Park Street.

Each year this is a celebration of our Volunteering department and a recognition of the value our volunteers have to our organisation.

We currently have around 170 volunteers, volunteering across 16 volunteering opportunities. It may be surprising to know that on a monthly basis, our volunteers collectively give around 1200 hours of their time to Age UK Lincoln & South Lincolnshire.

Time is the most precious resource we have in our lives and our volunteers give it freely to help and support others. Our volunteers bring skills, advice, experience, friendship, vision, leadership, and inspiration but it's their precious time they give that makes them so important to us.

Receiving 5 year volunteer awards were:

Caroline Davidson, John Bryant, Joy Kingsley-Smith, Dennis Andrews, Jennie Skidmore, Pamela Killingsworth, Duncan Sawyer, Andrew Kingsley-Smith, Jane Taft

For 10 years of volunteering services awards were presented to:

Bryan Sephton, Pauline Preston, Susan White

Volunteer Team of the Year 2018 - #1 Age UK LSL Shop

"There are 11 volunteers in

this team and between them they cover 7 hours a day, 6 days a week. Each one of the volunteers have pulled together, to ensure there is always at least one volunteer with a member of staff at all times, swapping and doing extra shifts, including giving up their Saturdays. Nothing is too much trouble, and the volunteers are quite happy to do a variety of necessary tasks" – Amanda Jones Shop Manager

With thanks to Mandy Illes, Margaret Cocksedge, Chloe Howell, Steve Johnson, May Rutherford, Eve Beer, Dawn Plant, Lyn Wootton, Mo Desa, Tony Leggett, Jane Vella.

Volunteer Line Manager of the Year: Polly Smith

"We couldn't wish for better, she cares, she listens to what you have to say. She is fantastic with customers, and always says THANK YOU"

Trustee Board Member of the Year - Stewart Featherby

This volunteer has been Treasurer for Age UK LSL for over nine years. He is a massive support to the Executive Team and offers a logical and sound voice to the Board of Trustees.

His opinion is valued by all and his commitment to the Charity is welcomed and appreciated on all levels.

Age UK LSL Make a Difference Award - Adam Wood

This volunteer always has a smile on his face and always approaches his volunteering with a positive can do attitude.

As well as volunteering in the restaurant, he has recently completed a 3-week training course at Clip Learning in Gainsborough, on Customer Service, Hospitality and Food Safety. Adam is a great ambassador for Volunteering & for Age UK Lincoln and South Lincolnshire.

Volunteer of the Year 2018 - Margaret Bamforth

This award is for the volunteer who has shown outstanding commitment to volunteering for our organisation. Margaret is very conscientious and loyal, and despite giving so much time to our organisation she remains unassuming and always willing to take direction and be open to new suggestions. She is a great example of how volunteers can become mentors for other volunteers to help them get involved with volunteering.

Age UK LSL Lifetime Service Award - Val Morris

This award goes to a volunteer who has been volunteering as a Befriender for Age UK Lincoln & South Lincolnshire, for over 42 years.

Val Morris came to Lincoln from a town near Dusseldorf, in the Rhineland, Germany, 64 years ago, to learn English, whilst working as an Au Pair. During her first year in England, Val met her future husband and consequently never returned to Germany to live. Val heard about our Befriending Service, when she attended a meeting in 1976 at St George's Church Lincoln, where a representative from Age Concern came to talk about how to get involved with

volunteering and befriending at our organisation as it was then.

Val thought that Befriending was something that she would really like to get involved in, and she began to volunteer for us, initially travelling around on her motorbike to get from place to place! We asked Val how many people she has provided the Befriending Service to over the last 42 years. The answer we finally agreed upon was over 40 people (there were too many to remember exactly). The longest period she befriended one gentleman who she befriended for 25 years.



FUNDRAISING

The James Bond themed Diamond Ball – Celebrating 60 years!

A dazzling evening of entertainment was enjoyed by over 150 people at this year's Diamond Ball held at The Hilton in Lincoln.

The evening started with a performance from Felicity Sings and a sparkling drinks reception with a view over the city. Ticket holders were serenaded with a selection of Bond movie songs while enjoying a glass of bubbles and gathering with friends and colleagues. AD Hall photography captured our glamorous ladies and gents dressed to impress.

The room for the evening was a Bond themed backdrop with playing card and diamond centre pieces, dice and chocolate Poker chips and tuxedo themed napkins. A casino and cocktail bar offering the "James Bond" or "Miss Money Penny" cocktail added to the atmosphere. Fraudio the band who played an acoustic set to

warm everyone up and a full set of tracks chosen by ticket holders had the dance floor full!

A charity auction featuring a shark dive, a session in a Typhoon Simulator, a signed England shirt, Vivienne Westwood handbag, brand new ipad plus other unique lots excited bidders, and a diamond necklace sparkled its way around the room for our Diamond Raffle. A grand total of £3,368 was raised.

Don't miss this year's Big Top themed Ball – tickets are available now call 03455 564 144 or email our Fundraising coordinator Melanie – Melanie.meik@ageuklsl.org.uk

We were delighted for the second time to receive a cheque from Sills and Betteridge from their fundraising efforts throughout the year, the support of local businesses is vital in our work in the local community.

Jennifer Lowe from Sills and Betteridge presented the cheque to Fundraising and Marketing Coordinator Melanie Meik





sessions to their specific needs and requirements.

We interviewed Audrey Bartle, aged 95 years who has been doing yoga for 40 years and continues to enjoy practicing her moves with our Yoga instructor Sally Worth. 10 years ago, Audrey moved house and found herself missing yoga due to there being no class in her area.



She continued to practice at home but approached Age UK Lincoln & South Lincolnshire and asked us to consider holding a yoga class here. Fortunately, we were able to facilitate this and have been running the class ever since.

Audrey tells us that she has experienced many benefits from yoga, including improved balance and mobility. One of the main benefits personally for her is the friendships she has developed through a mutual love of yoga –



“it’s the friendliest thing I’ve ever done”. Enjoying a well-balanced diet is also key to Audrey’s health and wellbeing and her secret weapon is a teaspoon of honey and apple cider in a morning! “Yoga arrived in Britain in the 1970’s. Today we see it being offered in some hospital facilities, nursing homes and here at Age UK Lincoln & South Lincolnshire. I began my practice in those early days, when I was in my late 20’s when it was the new kid on the block! Today I still feel very privileged to have discovered it so early on in my life, as it has become my mainstay for the past 40 years.

The yoga I practice now is very different to what I did in my 20’s and 30’s and 40’s. I think it has become softer, more intuitive and I listen more to my body’s needs from my heart and not my head. In many ways it has become deeper, simpler and more effective.

Initially it was about learning the different postures or asanas as they are called and seeing what my body would do. The pose was the focus or goal. Over the years, I have noticed that this is not necessary and it is more about letting go of wanting to ‘do’ the pose and instead ‘feel’ the pose. I work from a more receptive frame of mind and focus on letting my body release into the pose, letting it grow more organically from the inside so it feels more natural. I am learning not to dictate what I, the ego, wants my body to do, but rather feel what the body is able to do today. This is the way I tend to practice and therefore teach nowadays.

The sages say that all we need to do is learn how to stand well, walk well, sit well and lie well. Most of the time we do all of these badly! Yoga gives us the means to cultivate an awareness of how we are



using or misusing our bodies and our mental abilities. All of us have tight and sometimes painful areas and this can be due to many factors, but particularly to the stresses and strains of everyday life.”

How can we release these tensions and tightness and discover a more relaxed and so a more fluid way of moving? How can we rediscover our potential to move and be fully alive?

“For me, the way of achieving this is through Yoga and this is what I hope to put across to my Yoga students. My aim in my classes is to help people discover through Yoga movements a way of freeing up the body that will release pain, tension and stiffness. We find that in freeing up the body, we also free up the mind. Mental blocks dissolve as we dissolve the physical ones. When you teach someone a new movement you are a catalyst for them to connect to the brain, to notice an unhelpful, old, outworn habit and try something new. We forget that, it is the brain that controls the muscles and thereby movement.

Every class is different. Every student’s needs will be personal to them and those needs can change from week to week. With patience, persistence and regular practice, things can and do

improve. The best reward for a yoga teacher is when someone says at the end of a class things like “I can lift up my arm easier!” or “My back doesn’t hurt anymore!” or “I feel stronger and freer and lighter.” or “I slept really well after class.”

I start my classes here at Age UK Lincoln & South Lincolnshire with some breathing practices sitting in a chair. This starts the process of turning or “tuning” inward. We call it Golden Thread Breath. It is a short practice focusing or concentrating on lengthening the out-breath and feeling a longer slower deeper in-breath. This also helps relax the mind.

I then start with some simple joint releasing movements, maybe seated or standing. We gently move joints and muscles so we can connect the mind to the body. As one lady said to me in her first yoga class “It is about knowing where all your bits and pieces are!”

We need to be able to sense where we are able to move and where there are restrictions. It is only in being aware of something that we can do something about it. If we are aware, we can choose to learn a different habit or different way of approaching the challenges we face in life. The definition of insanity is

doing the same thing over and over again and expecting a different outcome. Having an open mind and open heart is essential if we want to expand and grow. Experimenting with different movements, having an inquiring mind and being prepared to make changes is necessary for progress to be made. Shift can happen!

We work on Yoga mats, so sometimes we will be coming down into a kneeling or seated position. For people unable to get down on the floor or up from the floor, I always adapt the postures to movements from a chair. I will always find a way round an injury or difficulty. No-one is left out. I finish the class with a relaxation, either lying on the floor, with knees bent if more comfortable, or again seated on a chair. The relaxation is the icing on the cake, my yoga students tell me.

The benefits or rewards of consistent Yoga practice are manifold. It helps with not just physical pain and tension but also with mental pain and tension, depression and anxiety. It helps realign the spine and gives more freedom to movements that we perform regularly in everyday life, such as walking or getting up a flight of stairs. The techniques you learn on your yoga mat, you take into everyday life. You have a better quality of sleep for longer the night of your daytime yoga class. Breathing is improved. Every cell of the body needs oxygen. By exhaling deeper which means bringing awareness to the

diaphragm, the body takes in more oxygen which helps with tissue repair and makes us feel more energised.

As students learn how to move the body in a more creative aware way, they feel more alive, and awaken to new possibilities. Yoga is a process of empowering people to find



means and ways of helping themselves improve their own health and well-being.

In my 20’s, after only my second or third lesson of Yoga, I knew this I wanted to do with my life, to share with others the benefits and joy I felt, in being able to move my body and expand my consciousness. I decided to train with the British Wheel of Yoga and attained a Teaching Diploma which took several years. I continue to attend workshops and teacher training to develop my skills and hone my knowledge of the different ways and approaches to achieve the very best we can be today. It is awesome to discover how marvellous our bodies and minds are, and what they can achieve given the right tools and information.”

Om Shanti.



YOGA

YOGA FOR HEALTH AND WELL-BEING IN OUR LATER YEARS

Yoga – a practice for mind and body, for any body, any age and any ability.

We asked our Yoga teacher Sally to share her experiences and her love for teaching Yoga.

Yoga teaches us to stop and be present, to be “in the moment” and to check in with ourselves our bodies and our emotions. It increase our mobility and suppleness and just 10 minutes a day can make a significant difference to body and mind.

Our Yoga class at Park Street is one of our most attended classes. Yoga is inclusive and each person attending the class can take it at their own speed and to their own ability. Yoga can be performed sitting, standing or lying down, with a variety of positions (Asanas). “Yoga can help with a range of ailments including, poor

digestion, disturbed sleep and it can help to keep joints steady and flexible, maintain healthy bones and muscles and regulate blood pressure.”

Yoga has grown in popularity in recent years and many older people don’t come to yoga until they are in their 60s/70s and many say they wish they had started sooner. There are yoga classes for every age group. Here at Park Street, we have a range of ages from 50 to 95! Our groups are suitable for complete beginners, and Sally our yoga teacher has 30 years of experience. She gets to know all of her class as individuals and tailors all



PARK STREET CHRISTMAS PARTIES

Our legendary Christmas parties were in full swing for 3 days in December as we catered for approximately 350 people over the 3 days.

vocal performers, entertained our guests. There was dancing in the aisles and lots of laughter and festive fun.

Our dedicated team of volunteers served meals alongside Lincoln Fire and Rescue who kindly donated their time to help.

Other guests included the Mayor and other members of the Civic Party. Father Christmas arrived every day to distribute gifts to everyone that attended and we had a special appearance from Peter Pan and Wendy from the Drill Hall and of course our very own Town Crier.

Thank you to everyone who attended our Christmas Parties and we will see you all again next year!

A traditional Christmas lunch was served with all of the trimmings and of course sprouts! Tipples of Sherry were kindly donated and served by Lincoln Feucht Frohliche Neustadter over the three days. The Lincoln Minster School Choir, our very own Age UK Lincoln & South Lincolnshire choir and other



KEEPING WARM THIS WINTER - FREE HOME ENERGY CHECKS

Are you or someone you know over the age of 65 and either

- Have an income below £16,190 per annum?
- Suffer from respiratory problems, arthritis or have mobility issues?
- Live in a property that is hard to heat?

Age UK are working with EON to offer home energy checks which include:

- Installing free energy efficiency equipment including lightbulbs, socket timers and radiator panels
- Advice on keeping warm and well during the winter months.

For further information, or to make a referral please contact a member of the telecare team on 13455 564144



No one wants to live in a cold home

Every winter 24,000 older people die in the UK as a result of cold weather.

Age UK offers home energy checks, which include:

- Installing free energy efficiency equipment including draught excluders and radiator panels.
- Advice on keeping warm and well in winter.

If you are concerned about an older person, refer them to Age UK for a free* home energy check:

Contact the Technical Team on 03455 564 144

*This service is free, however funding is limited to older people who are at risk of cold related illnesses.

Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798). The registered address is Tavistock House, 1-6 Tavistock Square, London WC1H 9NA. 12022750 01715



NEW LIBRARY OF INFORMATION SERVICES AVAILABLE

Are you looking for a service or support within your community?

NEW Library of Information and Services available with Live Chat. AGE UK Lincoln & South Lincolnshire – trading as LINC2ADVICE are working in conjunction with...



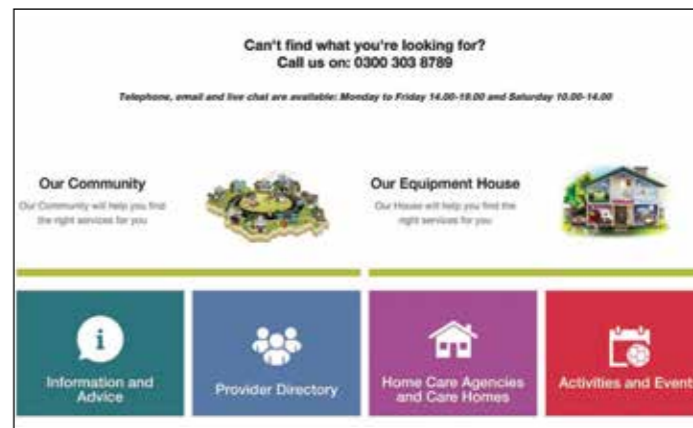
Lincolnshire County Council Adult Care and Community Wellbeing together with Lincolnshire NHS have now launched their partnership online Library of Information and Services called Connect to Support Lincolnshire.

Connect to Support Lincolnshire IS NOW providing people with a range of options on how care, support, health and community services can be accessed. Alongside the website, it offers remote

support by telephone, email, and web chat. Live operators ARE available Monday to Friday 2.00pm to 7.00pm and Saturday 10.00am to 2.00pm.

The site OFFERS an online directory of providers and services, alongside information and advice content pages. Following the initial launch of the service, there will be an ongoing programme to develop the amount and scope of information held on the directory. Future development of Connect to Support Lincolnshire will include the development of an e-marketplace, virtual wallet for care users, and capability to capture referrals for services.

The website can be accessed at: <https://lincolnshire.connecttosupport.org/>





LONELINESS NO ONE SHOULD HAVE NO ONE

Loneliness is one of the greatest public health challenges of our time, Theresa May has said.

Writing in her foreword for the Loneliness Strategy, the Prime Minister said: 'Loneliness is a reality for too many people in our society today, it can affect anyone of any age and background. Across our communities there are people who can go for days, weeks or even a month without seeing a friend or family member.' Statistics show that up to a fifth of all UK adults feel lonely most or all of the time, and GPs are seeing 1-5 people per day that are suffering from loneliness. Around 200,000 older people haven't had a conversation with a friend or relative in more than a month. In fact, there are

1.4m chronically lonely older people in England, and many more across the rest of the UK. For people in later life, loneliness can define their lives and have a significant impact on their wellbeing. Minister for Care, Caroline Dinenage said, 'Loneliness can be detrimental to our health and it's unacceptable that so many people still suffer in silence from this social injustice.' Evidence shows that loneliness can be as bad for the health as obesity or smoking, and is associated with poorer physical and mental health amongst older people. In particular, loneliness makes you twice as likely to develop Alzheimer's disease, as well as other damaging health impacts including heart disease and strokes. Theresa May has announced that all GPs in England will be able to refer patients with loneliness

to voluntary services and community activities by 2023, also known as 'social prescribing'. This will refer patients to activities such as walking clubs, art groups and cookery classes which will improve their quality of life. Age UK Lincoln & South Lincolnshire currently supports around 4,000 people a week through the various services we offer. We use evidence and data to create services that combat loneliness through influencing, campaigning and service provision.. You can help combat loneliness and isolation by fundraising and contributing towards our Befriending Service. One of our Befrienders can visit and help alleviate loneliness for one day from a £5.00 donation. That's £20.00 for a volunteer to visit once a week for a month, to prevent loneliness and the poor physical and mental health that it provokes.

Our Information and Advice department, a free service accessible to all is also crucial as we help older people to discover the things available to them, which will help them, live a more independent and fulfilling life. This includes taking part in activities at our Park Street Activity Centre and joining our weekly friendship group.

To find out more about our services and how you can get involved, visit our website at
www.ageuk.org.uk/lincolnsouthlincolnshire/
or call us on 03455 564 144

AGE UK LINCOLN & SOUTH LINCOLNSHIRE & AGE UK LINDSEY WRITING AND POETRY COMPETITION 2019

*If you are aged 50 or over on 1st January 2019 and live in Lincolnshire then this competition is for you
 The 2019 competition offers writers and poets alike the following 5 titles to choose from:*

1. Mother Nature - Winter to Spring
2. The unwanted gift
3. Am I old?
4. What the dog did
5. The show must go on

PLEASE SEE LEAFLET FOR ENTRY FORM - PLEASE SUBMIT THIS FORM WITH YOUR ENTRY NO LATER THAN FRIDAY 27TH APRIL 2019

WRITING & POETRY COMPETITION 2019

Age UK Lindsey and Age UK Lincoln & South Lincolnshire are pleased to invite you to take part in the annual writing and poetry competition.

NOTES FOR ENTRANTS

The competition is open to anyone over the age of 50 on 1st January 2019 and residing in the county of Lincolnshire. In the preliminary round of

judging the five best essays/poems from each of the two Age UK's in Lincolnshire will be put forward for final judging.

This year each Age UK will select 5 finalists and the winner will be chosen by our sponsor Lance Print.

The winning entry may be awarded at local level at the discretion of each Age UK. You will be notified by

your local Age UK after the closing date.

1st Prize
 Sponsored by Lance Print £100 Amazon Books / Kindle voucher and the Marie Fox Memorial Cup (held for one year)
PLUS - A One to One Q&A with published Lincolnshire author James Hazel A Presentation Day will be held in the autumn for the County Winners.

Please read the competition rules on the back of this leaflet.

Send your entry to your local Age UK at the address on the back of this leaflet. If you are not sure which Age UK covers your area please ring the office nearest to your postal address.

Thank you for taking part and good luck with your entry!

RULES

1. The competition is open to any resident in the county of Lincolnshire aged 50 or over on 1st January 2019
2. The subject matter must be one of the listed titles.
3. Essays/Poems must be no longer than 1,750 words. Essays/Poems over 1,750 words may be disqualified. Typewritten work is preferred but handwritten entries are acceptable and must be clear and legible.

Entries will be typed and sent to you for authorisation to be submitted. Entries may be e-mailed by contacting the relevant Age UK

4. The competitor's name & address should not appear anywhere on the essay/poem. Entrants should complete the application form on the reverse side of this sheet and attach it to their essay/poem.

5. The competition is intended for amateurs.

6. Only one essay/poem per entrant.

7. The entry must not have been printed or published previously.

8. Age UK reserves the right to publish the entries.

9. The closing date for the competition is Friday 27th April 2019.

10. Please send your entries to your local Age UK

Age UK Lindsey
 The Old School House Manor House Street Horncastle Lincolnshire, LN9 5HF
 Tel: 01507 524242

Age UK Lincoln & South Lincolnshire
 Lincoln office
 36 Park Street Lincoln, LN1 1UQ
 Tel: 03455 654 144

Boston Office
 Chantry House
 3 Lincoln Lane Boston, PE21 8RU
 Tel: 01205 364161

FIRE SAFETY



Staying warm during the winter months can be difficult for all of us.

We try our best to conserve warmth in our houses and put on an extra layer of clothes – or two. However you choose to heat your home and keep warm, it is important to do it safely. Not just for yourself but for others around you.

When it's freezing outside, an extra portable heater can be used to give a room a quick boost but the trusty heater you've had for years might not be as trusty as you think. Give it a quick check before you use it to check to see if it is damaged or worn in any way. If there is any damage, it will need to be repaired by a professional or it might just be time to invest in a new one.

Dan Moss – Prevention and Protection Manager, says:

"We all want to stay nice and warm this winter but our priority is that everyone does this safely. A quick way and easy way to heat a room is to use a portable heater but it is important to make sure it is in good condition and you follow our safety advice.

"There are lots of different types of heaters which can be used. It is important to know the positives and potential risks of each type. For example Halogen heaters can set objects on fire if they are too close.

"By following safety advice and the manufacturer information you can keep yourself warm and well this winter.

"Here at Lincolnshire Fire and Rescue we hope that everyone has a safe Winter season."

The fire service also offers free Safe and Well

checks which help protect thousands of people throughout the county each year. Depending on your circumstances, these checks could be carried out by firefighters and prevention staff and include fire safety advice and can offer connections to different services which could help improve your health and wellbeing.

Lincolnshire Fire and Rescue's ultimate goal is to help you stay safe and well in your own home so, please contact them to discuss what could be best for you. Call 01476 565441 or visit www.lincolnshire.gov.uk/lfr for more details.

Keeping warm is important in order to help prevent illnesses such as colds and flu. Safe and Well – Safe and Well checks are a free service available to people living in Lincolnshire.

Here are some helpful tips to help use your portable heater safely:

- Make sure heaters are at least one metre away from everything e.g. furniture, clothes, curtains or bedding.
- Turn off heaters when you're asleep or leave the room.
- Don't move the heaters whilst they are on.
- Don't use them to dry your clothes as they could easily catch fire.
- Make sure the heaters cannot be easily knocked over.
- Use the wall socket to plug in the heater instead of an extension lead
- We recommend oil filled radiators as a safer heat source.



WINTER ON THE ALLOTMENT - JOHN HOWARD, ALLOTMENT LEAD VOLUNTEER

"Looking at the allotment on a winter's day there is still plenty going on."

Most of the raised beds have a green manure crop planted in them. Green manures are fast-growing plants sown to cover bare soil, this helps to protect the soil over the winter months, the foliage from the plants smothers weeds, and their roots prevent soil erosion. In early spring we will dig these plants back into the ground while still green and they will return valuable nutrients to the soil and improve soil structure.

Other beds have now been planted with kale, sprouting broccoli and perpetual spinach, which we will continue to grow and harvest throughout the season.

The compost heap is undergoing the process of being turned; we do this to add air to the contents, which is necessary for composting to occur. In some cases, it can help to accelerate the process. We are also very aware of managing the moisture of the heap – being too wet or to too dry will

slow down the process of the composting. We are hopeful that by the spring we will be able to spread our homemade compost on to the beds in the polytunnel where our winter lettuce, snap peas and rainbow chard currently grow for consumption over the winter months.

Our strawberries have been moved to their new bed and because of spells of mild weather new growth can already be seen in the crowns. The leeks and celery have now finished but we had a bumper crop from both beds.

One thing I will be doing over the next couple of months is talking to the chef at Park Street Eatery to plan our crops for 2019. It is essential that our produce makes it to the kitchen of our restaurant and our customers get to enjoy our home grown produce.

Next year we also plan to grow more cut flowers for display and propagate more plants to sell. Therefore, for the rest of the Winter I will be browsing seed catalogues in a warm place, and dreaming of abundant fruit, vegetables and flowers.

To be continued...



PARK STREET EATERY Beef Stew & Dumplings

**PREPARATION TIME – 30 MINUTES
COOKING TIME – 2 HOURS
THIS WILL SERVE 4/5 PEOPLE**

INGREDIENTS FOR STEW

- 1lb stewing beef
- 2 chopped white onions
- 1 swede (diced)
- 2 parsnips (chopped)
- 1 beef stock cube (any variety)
- 1 pint of boiling water
- gravy granules to thicken

INGREDIENTS FOR DUMPLINGS

- 4oz plain flour
- 1tsp baking powder
- 3oz suet
- Cold water to mix

PREPARATION - IMPORTANT

Wash hands before and after handling raw meat use separate utensils and chopping board for raw meat

1. Put the kettle on to boil
2. Finely chop the onions
3. Dice the swede into 1cm cubes
4. Dice the parsnips into 1cm cubes
5. Chop the stewing beef into bite size pieces
6. Add the beef stock to 1 pint of boiling water and stir until dissolved

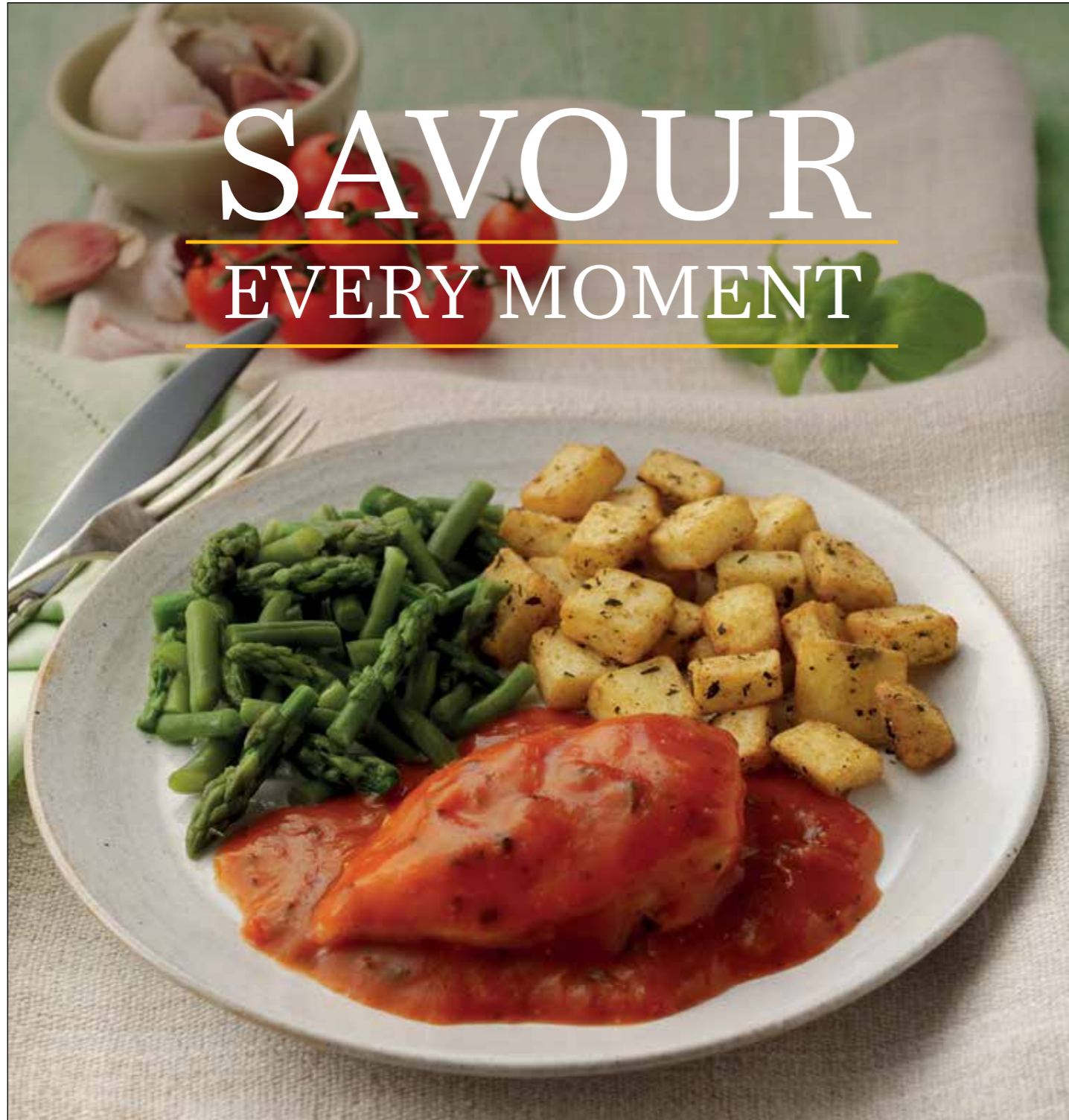
START COOKING

1. Add the beef stock to a large pan, along with the chopped beef, onions, swede and parsnips.
2. Cover with a lid and bring to the boil over a high heat.
3. Once boiling, reduce the heat and simmer for around 2 hours leaving the lid on.
4. Once cooked, use the gravy granules to thicken according to taste.

MEANWHILE MAKE YOUR DUMPLINGS...

1. Preheat the oven to gas mark 5 (190oC)
2. Mix together flour, baking powder and suet.
3. Slowly add small amounts of water until the mixture forms a thick dough.
4. Roll the mixture into small balls.
5. Place the dough balls on a baking tray and cook for 30 minutes.

SERVE THE STEW AND DUMPLINGS WITH FLUFFY MASHED POTATOES OR IN A BOWL WITH WARM CRUSTY BREAD.



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look after themselves in their own home.

Maybe you regularly care for an elderly relative or friend, then you know how worrying it can be that they may not be eating as well or as frequently as they should, especially if you don't live nearby. Getting the right daily nutrition is important, as well as catering for complex individual needs such as Diabetes or many food intolerances that can occur in later life. Convenience is a big part of

Wiltshire Farm Foods service. All meals can be ordered over the telephone, online or by post.

They're then delivered directly to homes throughout Lincolnshire for free by a friendly, police-checked delivery driver who is always happy to stack the meals away in the freezer. We make sure our customers have the same driver who they can trust as a friend.

When ready to eat, simple pop your meal straight into the microwave or oven

to cook from frozen in a matter of minutes. There's no preparation, no pots and pans, just meals to aid an healthy diet.

Another big benefit of Wiltshire Farm Foods is that the service is completely commitment free.

Customers can order as often as it suits their individual needs. And with meals starting at just £2.99, they offer good value as well as nutrition and flavour and eating well has never been easier.



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**OPTICIAN
SERVICES**

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By Qualified Optician
Contact: Mr Harold Barnaby MBE
F.C. Optom.

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about Wiltshire Farm
Foods or to order a
free brochure**

**Contact our local
customer care team
on
01427 666130**

**or visit
www.wiltshirefarmfoods.com**



Age UK, Park Street, Lincoln

Alistair Cotton DipCFHP MPSPract

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healthyfeetlincs.co.uk





Sills & Betteridge Legal Myth Busters
Solicitors This month; Personal Injury Claims

Common Myths about Personal Injury

Accidents happen, but when another party causes you to suffer injury, life-changing or otherwise, '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 6 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 funding arrangements to you in detail in order to ensure that you are happy.

Myth 2 – If I have legal expenses insurance on my motor or home insurance policy, I will have to use the solicitor they choose for me

Many clients are unaware that they have the benefit of legal expenses insurance. We will therefore ask you to provide us with copies of your insurance policies in order that we can clarify the position for you. Many legal expenses insurers will insist that you use their nominated solicitor. We do not consider that your interests are best served by such an arrangement. The solicitor nominated by your insurers will almost certainly not be local to you. You will not therefore have the benefit of being able to meet with your solicitor at any time during the case. The nominated solicitor will usually require you to provide your information by filling in forms. We are always happy to meet with clients at any time during a case to discuss progress and deal with any queries.

Myth 3 – If I am unhappy with my solicitor, I can't transfer my claim to another firm

We are often approached by clients who are unhappy with their current solicitors and want us to take over their case. We are always happy to try and help clients who find themselves in this situation. We may suggest that in the first instance you speak with your current solicitor in order to see whether the difficulties can be resolved. We may also request your file from your current solicitors in order that we can carry out a full review before advising you on the best way ahead. We will always act in your best interests and provide you with honest advice which will help you to reach the best decision for you.

Myth 4 – 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



Simon Breeden
Associate Solicitor

Specialist in all personal injury matters including road traffic accidents, workplace accidents, slips & trips, medical negligence, assault and abuse claims.

settle claims until they have made a full recovery or until a firm medical prognosis has been given. The reason for this is that any settlement is "full and final" and other than in exceptional circumstances it is not possible to apply for further compensation at a later date if a client does not recover as expected. 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 simply deducted from the final damages payment at the conclusion of the case.

Myth 5 – My accident happened at work, so my employer is automatically at fault

In any accident claim we need to be able to prove that somebody else was at fault. If you have an accident at work we need to be able to show that your employer has done something wrong – for example your employer may have failed to provide you with safe work equipment or may have failed to provide you with appropriate training in order to enable you to do your job safely.

Myth 6 – If I make a claim against my employer I will lose my job

Clients are often concerned about making a claim against their employer and we will be able to discuss any concerns at our initial meeting and provide reassurance. Although our initial contact may be with your employer it is important to remember that all employers must have insurance in place and it is their insurers who will deal with the claim once it has been notified to them. Your employment rights are not affected as a result of you bringing a claim.



- | | |
|-------------------------|---------------------|
| Residential Property | Commercial Law |
| Wills, Trusts & Probate | Commercial Property |
| Later Life Planning | Employment Law |
| Divorce & Separation | Dispute Resolution |
| Family Mediation | Agricultural Law |
| Personal Injury Claims | Debt Recovery |
| Medical Negligence | Criminal Law |

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Lincolnshire Home Independence Agency

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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 otherwise, '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 funding 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.



Information correct at the time of going to print

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For a free initial consultation please call Alison Hurton on 0800 542 4215 or email AHurton@sillslegal.co.uk

Puzzle Page

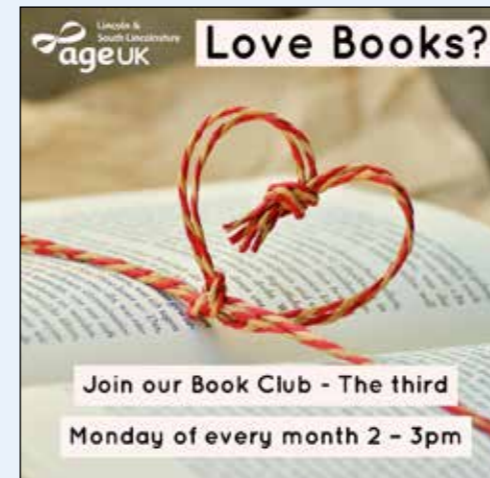
COLD
FREEZE
SNOW
ICE
WARM
HEATING
COSY
HOT
CHOCOLATE
COMFORT
BLANKET
WEATHER

WINTER WORDSEARCH

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

Calendar of Events

FEBRUARY 2019	
14th	Valentines Afternoon Tea Dance
5th	Chinese New Year lunch at Park Street Eatery
APRIL 2018	
7th	Run for all - Lincoln 10K



PERSONAL CARE
ART CLASSES
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SHOP **INSURANCE**
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FORM FILLING
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LAUNDRY ZUMBA
FUNDRAISING
DAY CENTRE **BEFRIENDING**

Anagrams

01. EHAINGT
02. LANBETK
03. FRTCOMO
04. TAH
05. FSRCA
06. NAIR
07. WSNO
08. ZFEEIFGNR
09. EWATHRE
10. ERFI
11. MWRAHT
12. CYI

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

Answers on page 25

SUDOKU

The Game of Logic
Place each of the digits 1 to 9 in each row, column and 3x3 box. There is only one solution.

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

WINTER WORDSEARCH

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

SUDOKU

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

Anagrams Answers

01. Heating
02. Blanket
03. Comfort
04. Hat
05. Scarf
06. Rain
07. Snow
08. Freezing
09. Weather
10. Fire
11. Warmth
12. Icy



Lincoln & South Lincolnshire
ageUK

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.

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Hunstanton



Friday 9th August 2019



Members- £20 Non-Members- £21.50

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Lincolnshire PE21 8RU

You can also call your local Age UK office:
0800 313 4023 †

www.insureover50.co.uk

Lincoln & South Lincolnshire
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STAMFORD



Friday 15th November 2019



Members £18 - Non-Members £19.50

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Saturday 28th September 2019

All funds raised from the Ball go directly to Age UK Lincoln & South Lincolnshire

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*Subject to medical screening and acceptance by the underwriters. Medical exclusions may apply and acceptance is not guaranteed.
† 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.
**Free cover for children is subject to them being covered under the same policy as an insured adult and subject to underwriting
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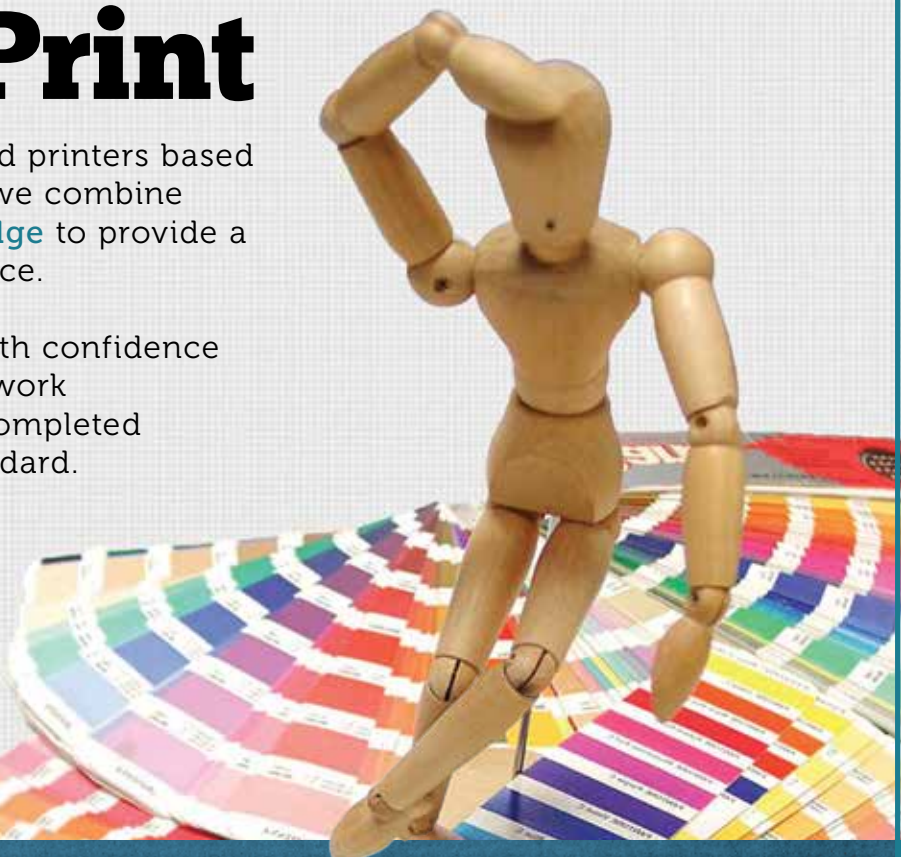
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